

4 - 3ª jornada, 1ª sesión

21/12/2025

Prueba 23
21/12/2025

Fem., 200m Libre

20 años y mayores
Resultados

Clasificación					AN					Tiempo	RT
20+											
1.	DE CASTRO URQUIOLA, Helena	04	C.D. Nonadamos							2:16.34	19,00
	50m: 31.17 31.17	100m: 1:05.11	33.94	150m:		200m:	2:16.34				
2.	GONZALEZ MARRERO, Isabel Del Carr	04n	C.N. Valleverde							2:55.66	16,00
	50m: 40.90 40.90	100m: 1:24.86	43.96	150m: 2:10.62	45.76	200m:	2:55.66	45.04			
3.	GONZALEZ MARRERO, Elena Maria	01	C.N. Valleverde							3:10.67	14,00
	50m: 42.37 42.37	100m: 1:29.61	47.24	150m: 2:20.37	50.76	200m:	3:10.67	50.30			
4.	VEGA IBRAHIM, Ainhoa	05	C.D.N. Playuki							3:40.39	13,00
	50m: 50.39 50.39	100m: 1:45.24	54.85	150m: 2:45.18	59.94	200m:	3:40.39	55.21			
Baja	ESPINEL ALEMAN, Nerea	03	Cn.Salinas Sta.Lucia								-
25+											
1.	PULIDO MAYOR, Sheila	98	C.N..Faynagua C. Telde							2:14.17	19,00
	50m: 31.00 31.00	100m: 1:04.98	33.98	150m:		200m:	2:14.17				
2.	ARTILES CARBALLO, Irene	96	C.N. Las Palmas							2:25.51	16,00
	50m: 33.40 33.40	100m: 1:10.14	36.74	150m:		200m:	2:25.51				
3.	PICOS HERNANDEZ, Laura	97	C.D. Nonadamos							2:54.65	14,00
	50m: 40.65 40.65	100m: 1:24.35	43.70	150m: 2:09.91	45.56	200m:	2:54.65	44.74			
4.	VALENCIA PAREDES, Nuria	00	C.D. Solventia							3:23.50	13,00
	50m: 44.69 44.69	100m: 1:36.85	52.16	150m: 2:32.68	55.83	200m:	3:23.50	50.82			
5.	ARENCIBIA PERERA, Miriam	97	C.N. Valleverde							3:32.88	12,00
	50m: 49.33 49.33	100m: 1:44.09	54.76	150m: 2:41.66	57.57	200m:	3:32.88	51.22			
NP	MARTINEZ VALLEJO, Itamar	97	C. Tennis Chamartin								-
Baja	PULIDO MONZON, Laura	98	C.D. Jescagua								-
Baja	ARTILES DIEPA, Leticia	98	C.D.N. Playuki								-
30+											
1.	BOUCHET, Sybille	93	C.N. Metropole							2:28.28	19,00
	50m: 33.74 33.74	100m: 1:11.11	37.37	150m:		200m:	2:28.28				
2.	QUINTANA FRANCO, Haridian	91	Cn.Salinas Sta.Lucia							2:45.86	16,00
	50m: 37.62 37.62	100m: 1:18.87	41.25	150m: 2:02.90	44.03	200m:	2:45.86	42.96			
3.	RODRIGUEZ CHAVEZ, Rocio Evelin	93	C.N. Los Cristianos							2:51.99	14,00
	50m: 40.34 40.34	100m: 1:24.07	43.73	150m: 2:08.01	43.94	200m:	2:51.99	43.98			

Prueba 23, Fem., 200m Libre

35+

1.	HERNANDEZ HERNANDEZ, Elena	89	C.D. Jerez Natacion Master	2:59.57	-
	50m: 39.34 39.34	100m: 1:24.65	45.31 150m: 2:11.62 46.97	200m: 2:59.57	47.95
2.	RIVERO RIVERO, Natalia Del Carmen	86	C.D. Solventia	3:38.96	19,00
	50m: 48.88 48.88	100m: 1:41.98	53.10 150m: 2:39.87 57.89	200m: 3:38.96	59.09

40+

1.	CORTES ALVAREZ, Elisa	82	C.D. Jescagua						3:19.92	19,00
	50m: 44.30 44.30	100m: 1:33.02	48.72	150m: 2:25.87	52.85	200m: 3:19.92				54.05
2.	HERNANDEZ MARRERO, Yurena Aran82izu	Cn.Salinas Sta.Lucia							3:33.34	16,00
	50m: 51.65 51.65	100m: 1:45.86	54.21	150m: 2:41.49	55.63	200m: 3:33.34				51.85
3.	FLORES SANTANA, Tania Del Carmen	84	C.D.N. Playuki						4:05.07	14,00
	50m: 50.18 50.18	100m: 1:48.34	58.16	150m: 2:56.59	1:08.25	200m: 4:05.07				1:08.48

45+

1.	GARCIA ALARCOS, Sara	80	C.N. Vulcania Master	2:47.76	19,00
	50m: 40.45 40.45	100m: 1:23.32	42.87 150m: 2:06.61 43.29	200m: 2:47.76	41.15

50+

1.	VALIDO CARREÑO, Isabel	74	C.N. Las Palmas	2:27.14	19,00
	50m: 34.69 34.69	100m: 1:11.66	36.97 150m:	200m: 2:27.14	
2.	DELGADO MARTIN, Montserrat	75	C.N. Los Cristianos	2:46.86	16,00
	50m: 39.87 39.87	100m: 1:22.82	42.95 150m: 2:06.36 43.54	200m: 2:46.86	40.50
3.	GONZALEZ ARIAS, Rosa Maria	71	C. Tenerife Masters	3:15.85	14,00
	50m: 44.53 44.53	100m: 1:33.41	48.88 150m: 2:25.03 51.62	200m: 3:15.85	50.82
4.	RODRIGUEZ ESPARRAGON, Isabel	71	C.D. Nonadamos	3:51.41	13,00
	50m: 51.46 51.46	100m: 1:48.86	57.40 150m: 2:49.91 1:01.05	200m: 3:51.41	1:01.50
5.	HAMPLOVA, Eva	72	Cn.Salinas Sta.Lucia	4:01.01	12,00
	50m: 54.70 54.70	100m: 1:55.93	1:01.23 150m: 2:55.10 59.17	200m: 4:01.01	1:05.91

Baja IZQUIERDO RODRIGUEZ, Cristina 74 C. Tenerife Masters -

55+

1.	ESCATLLAR FDEZ. DE MISA, Concepc66n	C. Tenerife Masters	2:27.56	19,00
	50m: 34.78 34.78 100m: 1:12.07	37.29 150m:	200m: 2:27.56	
2.	PEREZ SANTANA, Aranzazu	66 C.N. Valleverde	3:43.53	16,00
	50m: 51.67 51.67 100m: 1:49.32	57.65 150m: 2:46.39 57.07	200m: 3:43.53	57.14

Prueba 23, Fem., 200m Libre

60+

1.	FELIPE RAMIREZ, Maria Del Carmen	62	C.N..Faynagua C. Telde	3:25.92	19,00
	50m: 44.23 44.23	100m: 1:35.58	51.35 150m: 2:31.05 55.47	200m: 3:25.92	54.87
2.	SANCHEZ LEAL, Gema Isabel	64	C. Tenerife Masters	3:29.80	16,00
	50m: 45.66 45.66	100m: 1:36.84	51.18 150m: 2:34.05 57.21	200m: 3:29.80	55.75

70+

Baja	GONZALEZ MARTEL, Andrea	51	C.D. Jescagua	-
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85+

1.	RODRIGUEZ FUENTES, Mercedes	37	C. Tenerife Masters	5:29.42	19,00
	50m: 1:17.14 1:17.14	100m: 2:39.04	1:21.90 150m: 4:03.94 1:24.90	200m: 5:29.42	1:25.48