Prueba 13 — Fem., 400m Libre — 20+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA 4:59.00 GAVIRIA MARTI, Cecilia Emma 01263 Don Benito 13/04/2024

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1087028	NIETO ORTEGA, Sara	2003	C.N. Moralo	**5:16.84**	13,00	389
		50m: 35.70 35.70 150m: 1:54.28 39.88 250m: 3:15.33 40.42 350m: 4:37.50 40.91					
		100m: 1:14.40 38.70 200m: 2:34.91 40.63 300m: 3:56.59 41.26 400m: 5:16.84 39.34					
2.	1050297	CORRAL BOLAÑOS, Laura	2002	Club Arriacense Natacion	**5:19.56**	-	379
		50m: 36.47 36.47 150m: 1:57.08 40.37 250m: 3:19.37 41.33 350m: 4:40.78 40.61					
		100m: 1:16.71 40.24 200m: 2:38.04 40.96 300m: 4:00.17 40.80 400m: 5:19.56 38.78					
3.	1126934	RODRIGUEZ MORENO, Adriana	2004	El Perú Cáceres Wellness	**5:39.86**	10,00	315
		50m: 37.16 37.16 150m: 1:59.22 41.52 250m: 3:24.98 43.42 350m: 4:55.74 45.54					
		100m: 1:17.70 40.54 200m: 2:41.56 42.34 300m: 4:10.20 45.22 400m: 5:39.86 44.12					
4.	1127299	LIBERAL MUÑOZ, Paula	2003	Cn.Caceres Delfines	**6:05.76**	8,00	252
		50m: 39.62 39.62 150m: 2:09.36 45.55 250m: 3:42.72 47.45 350m: 5:16.30 46.87					
		100m: 1:23.81 44.19 200m: 2:55.27 45.91 300m: 4:29.43 46.71 400m: 6:05.76 49.46					
5.	1091074	HERNANDEZ MOLANO, Monica	2003	A.D. Plasencia 96	**7:16.51**	7,00	148
		50m: 46.52 46.52 150m: 2:32.43 54.15 250m: 4:25.51 57.73 350m: 6:20.91 57.78					
		100m: 1:38.28 51.76 200m: 3:27.78 55.35 300m: 5:23.13 57.62 400m: 7:16.51 55.60					
Baja	1056578	GONCALVES FERNANDEZ, Alba	2002	Club Arriacense Natacion		-	

Prueba 13 — Fem., 400m Libre — 25+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA 5:04.84 VINAGRE MATEO, Lucia 00681 Don Benito 29/05/2021

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1108054	LOZANO MARTIN-ROMO, Sandra	1997	C.N. Merida	**5:14.45**	13,00	397
		50m: 36.15 36.15 150m: 1:54.05 39.13 250m: 3:12.97 39.76 350m: 4:34.18 40.68					
		100m: 1:14.92 38.77 200m: 2:33.21 39.16 300m: 3:53.50 40.53 400m: 5:14.45 40.27					

Prueba 13 — Fem., 400m Libre — 30+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA 4:59.44 MENA TIMON, Marina 00468 Don Benito 26/04/2025

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1008611	HARO RUIZ, Carolina	1991	Cn.Caceres Delfines	**5:44.30**	13,00	303
		50m: 36.36 36.36 150m: 1:56.31 40.88 250m: 3:18.81 41.50 350m: 4:44.35 43.58					
		100m: 1:15.43 39.07 200m: 2:37.31 41.00 300m: 4:00.77 41.96 400m: 5:44.30 59.95					
2.	1265426	CHICO NIETO SANDOVAL, Marta	1992	A.D. Plasencia 96	**6:03.81**	10,00	256
		50m: 39.20 39.20 150m: 2:09.47 45.97 250m: 3:45.06 48.39 350m: 5:11.58 41.39					
		100m: 1:23.50 44.30 200m: 2:56.67 47.20 300m: 4:30.19 45.13 400m: 6:03.81 52.23					
3.	1250310	MARTINEZ YAÑEZ, Almudena	1992	C.N. Badajoz	**6:25.24**	8,00	216
		50m: 42.18 42.18 150m: 2:17.13 48.57 250m: 3:56.58 49.70 350m: 5:36.23 49.79					
		100m: 1:28.56 46.38 200m: 3:06.88 49.75 300m: 4:46.44 49.86 400m: 6:25.24 49.01					
4.	1056412	DURAN CABANILLAS, Lidia	1991	C.N. Badajoz	**6:30.37**	7,00	208
		50m: 41.26 41.26 150m: 2:16.24 48.88 250m: 3:57.98 51.22 350m: 5:40.97 51.16					
		100m: 1:27.36 46.10 200m: 3:06.76 50.52 300m: 4:49.81 51.83 400m: 6:30.37 49.40					

Prueba 13, Fem., 400m Libre

Prueba 13 — Fem., 400m Libre — 35+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	5:15.38	MARTÍNEZ RODRÍGUEZ, Mª Dolores00798	Plasencia	12/05/2018

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1088269	DIOSDADO MOLANO, Miriam	1986	C.N. Almendralejo	**6:27.77**	13,00	212
		50m: 45.11 (45.11) 150m: 2:22.67 (48.91) 250m: 4:00.97 (48.97) 350m: 5:39.97 (50.07)					
		100m: 1:33.76 (48.65) 200m: 3:12.00 (49.33) 300m: 4:49.90 (48.93) 400m: 6:27.77 (47.80)					
2.	1133990	MONTERO GONZALEZ, Monica	1987	C.N. Badajoz	**6:31.17**	10,00	206
		50m: 41.69 (41.69) 150m: 2:17.44 (48.98) 250m: 3:58.71 (50.89) 350m: 5:39.98 (50.63)					
		100m: 1:28.46 (46.77) 200m: 3:07.82 (50.38) 300m: 4:49.35 (50.64) 400m: 6:31.17 (51.19)					

Prueba 13 — Fem., 400m Libre — 40+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	5:06.25	MARTÍNEZ RODRÍGUEZ, Mª Dolores00798	Badajoz	09/03/2019

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1126793	MARTIN SERRANO, Maria Jose	1985	A.D. Plasencia 96	**5:58.43**	13,00	268
		50m: 38.70 (38.70) 150m: 2:07.82 (45.86) 250m: 3:39.39 (45.64) 350m: 5:13.07 (46.90)					
		100m: 1:21.96 (43.26) 200m: 2:53.75 (45.93) 300m: 4:26.17 (46.78) 400m: 5:58.43 (45.36)					
2.	1175382	BANDA REALES, Pilar	1984	C.N. Don Benito Acuarun	**6:07.09**	10,00	250
		50m: 39.04 (39.04) 150m: 2:10.66 (46.91) 250m: 3:46.40 (48.22) 350m: 5:21.85 (48.07)					
		100m: 1:23.75 (44.71) 200m: 2:58.18 (47.52) 300m: 4:33.78 (47.38) 400m: 6:07.09 (45.24)					
3.	1273370	DISTASIO, Sandra Lee	1981	C.N. Bahia De Cadiz	**6:35.62**	-	199
		50m: 43.29 (43.29) 150m: 2:21.77 (50.20) 250m: 4:02.84 (50.93) 350m: 5:47.39 (51.29)					
		100m: 1:31.57 (48.28) 200m: 3:11.91 (50.14) 300m: 4:56.10 (53.26) 400m: 6:35.62 (48.23)					

Prueba 13 — Fem., 400m Libre — 45+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	5:17.05	PÉREZ GARCÍA, Beatriz	00468	Palma M.	02/02/2017

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1265758	HERNANDEZ GUERRERO, Carmen Elena	1978	C.N. Don Benito Acuarun	**7:46.05**	13,00	122
		50m: 50.52 (50.52) 150m: 2:45.25 (58.58) 250m: 4:46.55 (1:00.94) 350m: 6:49.89 (1:02.05)					
		100m: 1:46.67 (56.15) 200m: 3:45.61 (1:00.36) 300m: 5:47.84 (1:01.29) 400m: 7:46.05 (56.16)					
2.	1218569	ESTARLICH PEREZ, Beatriz	1977	Cn.Caceres Delfines	**8:54.84**	10,00	80
		50m: 54.74 (54.74) 150m: 3:10.82 (1:10.10) 250m: 5:31.76 (1:10.47) 350m: 7:52.00 (1:08.02)					
		100m: 2:00.72 (1:05.98) 200m: 4:21.29 (1:10.47) 300m: 6:43.98 (1:12.22) 400m: 8:54.84 (1:02.84)					

Prueba 13, Fem., 400m Libre

Prueba 13 — Fem., 400m Libre — 50+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	5:24.79	LIBRADA FLORES, Susana	00681	Don Benito	26/04/2025

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1188711	PEREZ RODRIGUEZ, Maria Esther	1974	C.N. Merida	**6:13.55**	13,00	237
2.	1058162	REYERO HERNANDEZ, Maria Emma	1971	A.D. Plasencia 96	**6:52.00**	10,00	176
3.	1190526	ESCAMILLA MARTINEZ, Elena	1973	A.D. Plasencia 96	**7:24.37**	8,00	141
4.	1227043	LOPEZ NIETO, Elvira	1973	A.D. Plasencia 96	**9:02.93**	7,00	77

1188711	50m:	40.22	40.22	150m:	2:11.90	47.32	250m:	3:47.95	48.23	350m:	5:25.48	49.34
	100m:	1:24.58	44.36	200m:	2:59.72	47.82	300m:	4:36.14	48.19	400m:	6:13.55	48.07
1058162	50m:	45.04	45.04	150m:	2:27.85	52.37	250m:	4:13.33	53.19	350m:	6:00.74	53.34
	100m:	1:35.48	50.44	200m:	3:20.14	52.29	300m:	5:07.40	54.07	400m:	6:52.00	51.26
1190526	50m:	50.70	50.70	150m:	2:44.47	56.54	250m:	4:35.09	55.03	350m:	6:27.89	56.56
	100m:	1:47.93	57.23	200m:	3:40.06	55.59	300m:	5:31.33	56.24	400m:	7:24.37	56.48
1227043	50m:	58.81	58.81	150m:	3:18.04	1:10.87	250m:	5:37.73	1:09.74	350m:	7:59.36	1:09.95
	100m:	2:07.17	1:08.36	200m:	4:27.99	1:09.95	300m:	6:49.41	1:11.68	400m:	9:02.93	1:03.57

Prueba 13 — Fem., 400m Libre — 55+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	6:22.20	DOMINGUEZ PERALS, Caridad	00681	Don Benito	13/04/2024

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1070906	TELLEZ MARQUEZ, Joaquina	1966	C.N. Bahia De Cadiz	**7:00.27**	-	166
2.	1199987	LOPEZ CALLE, Elena	1970	Club Arriacense Natacion	**7:07.75**	-	158
3.	1106621	ALMONACID RAMIRO, Eloisa	1969	Cn.Caceres Delfines	**7:56.16**	13,00	114
4.	1232862	CAZORRO NICOLAS, Ana Maria	1970	A.D. Plasencia 96	**8:18.52**	10,00	99

1070906	50m:	46.79	46.79	150m:	2:32.27	53.46	250m:	4:20.46	53.99	350m:	6:07.73	53.68
	100m:	1:38.81	52.02	200m:	3:26.47	54.20	300m:	5:14.05	53.59	400m:	7:00.27	52.54
1199987	50m:	46.48	46.48	150m:	2:32.66	54.34	250m:	4:22.18	54.85	350m:	6:13.59	56.22
	100m:	1:38.32	51.84	200m:	3:27.33	54.67	300m:	5:17.37	55.19	400m:	7:07.75	54.16
1106621	50m:	49.37	49.37	150m:	2:46.40	1:00.59	250m:	4:50.17	1:02.22	350m:	6:54.97	1:02.70
	100m:	1:45.81	56.44	200m:	3:47.95	1:01.55	300m:	5:52.27	1:02.10	400m:	7:56.16	1:01.19
1232862	50m:	51.22	51.22	150m:	2:54.01	1:01.34	250m:	5:02.23	1:05.36	350m:	7:14.57	1:05.89
	100m:	1:52.67	1:01.45	200m:	3:56.87	1:02.86	300m:	6:08.68	1:06.45	400m:	8:18.52	1:03.95

Prueba 13 — Fem., 400m Libre — 60+
24/05/2025 - 17:00 — Resultados

RECORD EXTREMADURA	7:09.32	PÉREZ CARO, Milagros	00798	Navalmoral	17/02/2018

Puntos: AQUA 2024

Clasific.	Licencia	Nadador/a	Año	Club	Marca	Puntos	FINA
1.	1134290	FERNANDEZ DIAZ, Ana Maria	1964	C.N. Don Benito Acuarun	**8:43.96**	13,00	86
2.	1056340	MARTIN PLAZA, Juana	1962	Cn.Caceres Delfines	**9:21.30**	10,00	69

1134290	50m:	59.27	59.27	150m:	3:14.69	1:08.10	250m:	5:29.41	1:07.03	350m:	7:42.34	1:06.34
	100m:	2:06.59	1:07.32	200m:	4:22.38	1:07.69	300m:	6:36.00	1:06.59	400m:	8:43.96	1:01.62
1056340	50m:	1:04.62	1:04.62	150m:	3:26.79	1:11.92	250m:	5:50.52	1:12.01	350m:	8:11.78	1:10.71
	100m:	2:14.87	1:10.25	200m:	4:38.51	1:11.72	300m:	7:01.07	1:10.55	400m:	9:21.30	1:09.52