

XVIII CTO NATACIÓN MASTER VERANO C.MADRID 22-23
MADRID, 10 - 11/6/2023

Prueba 28
11/06/2023

Fem., 400m Libre

20 años y mayores
Resultados

Clas.	Nombre	Año	Club	Marca	Puntos
20+					
1.	PEDREGOSA BARRIOS, Patricia	99	COSLA - C.N. Coslada	5:21.60	40,00
	50m: 35.61 35.61 150m: 1:55.48 40.80 250m: 3:17.38 41.27 350m: 4:41.32 42.17				
	100m: 1:14.68 39.07 200m: 2:36.11 40.63 300m: 3:59.15 41.77 400m: 5:21.60 40.28				
2.	MERINO GOMEZ, Vera	03	MAKO - C.D.E. Mako	5:24.74	36,00
	50m: 35.38 35.38 150m: 1:55.40 40.94 250m: 3:18.56 41.96 350m: 4:43.35 43.08				
	100m: 1:14.46 39.08 200m: 2:36.60 41.20 300m: 4:00.27 41.71 400m: 5:24.74 41.39				
3.	RAMON ZAFRA, Marta	01	MAKO - C.D.E. Mako	5:59.05	34,00
	50m: 38.99 38.99 150m: 2:09.82 45.91 250m: 3:45.01 46.99 350m: 5:16.91 45.20				
	100m: 1:23.91 44.92 200m: 2:58.02 48.20 300m: 4:31.71 46.70 400m: 5:59.05 42.14				
4.	LUJÁN MARTÍN, Miriam	99	4CAM - C.N. Cuatro Caminos	6:03.55	33,00
	50m: 41.03 41.03 150m: 2:10.95 46.12 250m: 3:44.28 46.14 350m: 5:17.32 48.29				
	100m: 1:24.83 43.80 200m: 2:58.14 47.19 300m: 4:29.03 44.75 400m: 6:03.55 46.23				
5.	DIEZ GARCIA, Alba	99	SAFA - Safa Madrid	6:12.00	32,00
	50m: 39.30 39.30 150m: 2:09.89 46.19 250m: 3:45.82 48.40 350m: 5:23.23 47.65				
	100m: 1:23.70 44.40 200m: 2:57.42 47.53 300m: 4:35.58 49.76 400m: 6:12.00 48.77				
6.	PRIETO OLTRA, Marina	99	MAKO - C.D.E. Mako	6:22.96	31,00
	50m: 40.50 40.50 150m: 2:14.78 48.29 250m: 3:55.74 50.80 350m: 5:36.75 50.17				
	100m: 1:26.49 45.99 200m: 3:04.94 50.16 300m: 4:46.58 50.84 400m: 6:22.96 46.21				
25+					
1.	MAYERO MARISCAL DE GANTE, Paula	95	MAKO - C.D.E. Mako	4:56.49	40,00
	~~~~ <i>récord Máster FMN</i>				
	50m: 33.72 33.72 150m: 1:48.06 37.70 250m: 3:03.66 37.83 350m: 4:19.55 38.22				
	100m: 1:10.36 36.64 200m: 2:25.83 37.77 300m: 3:41.33 37.67 400m: 4:56.49 36.94				
2.	BENAVIDES LOPEZ, Guiomar	94	HALEG - C.D. Halegatos	<b>5:20.01</b>	36,00
	50m: 35.68 35.68 150m: 1:55.90 40.75 250m: 3:17.93 41.02 350m: 4:40.45 41.26				
	100m: 1:15.15 39.47 200m: 2:36.91 41.01 300m: 3:59.19 41.26 400m: 5:20.01 39.56				
3.	VOCES DOMINGO, Victoria	95	MOSCA - C.N. Madrid Moscardo	<b>6:18.89</b>	34,00
	50m: 39.12 39.12 150m: 2:11.47 47.75 250m: 3:50.53 49.88 350m: 5:31.04 49.67				
	100m: 1:23.72 44.60 200m: 3:00.65 49.18 300m: 4:41.37 50.84 400m: 6:18.89 47.85				
<b>30+</b>					
1.	DE LA ROCHA MANCHON, Veronica	91	LEGAN - C.N. Leganes	<b>5:05.40</b>	40,00
	~~~~ <i>récord Máster FMN</i>				
	50m: 33.80 33.80 150m: 1:48.16 37.43 250m: 3:05.50 38.93 350m: 4:26.21 40.04				
	100m: 1:10.73 36.93 200m: 2:26.57 38.41 300m: 3:46.17 40.67 400m: 5:05.40 39.19				

Piscina 50m - Cronometraje electrónico

XVIII CTO NATACIÓN MASTER VERANO C.MADRID 22-23
MADRID, 10 - 11/6/2023

Prueba 28, Fem., 400m Libre, 30+

Clas.	Nombre	Año	Club	Marca	Puntos
2.	LOPEZ DE LA ROSA, Irene	89	4CAM - C.N. Cuatro Caminos	5:35.85	36,00
	50m: 37.44 37.44 150m: 2:01.99 42.57 250m: 3:28.01 43.11 350m: 4:53.81 42.62				
	100m: 1:19.42 41.98 200m: 2:44.90 42.91 300m: 4:11.19 43.18 400m: 5:35.85 42.04				
3.	MANTERO SAN MIGUEL, Gabriela	91	ALCOB - C.N. Alcobendas	5:50.72	34,00
	50m: 37.25 37.25 150m: 2:04.91 45.34 250m: 3:35.70 45.90 350m: 5:08.09 46.27				
	100m: 1:19.57 42.32 200m: 2:49.80 44.89 300m: 4:21.82 46.12 400m: 5:50.72 42.63				

35+

1.	NUÑEZ ALVAREZ, Iris	88	SAFA - Safa Madrid	5:18.94	40,00
	50m: 35.12 35.12 150m: 1:52.37 39.53 250m: 3:14.84 41.29 350m: 4:38.72 42.08				
	100m: 1:12.84 37.72 200m: 2:33.55 41.18 300m: 3:56.64 41.80 400m: 5:18.94 40.22				
2.	CASTRO CAMARERO, Raquel	84	MMADR - C.N. Master Madrid	5:31.71	36,00
	50m: 35.55 35.55 150m: 1:57.06 41.07 250m: 3:22.82 42.30 350m: 4:49.32 42.73				
	100m: 1:15.99 40.44 200m: 2:40.52 43.46 300m: 4:06.59 43.77 400m: 5:31.71 42.39				
3.	MARTINEZ SAN JOSE, Ana	88	MOSTO - A.D.N. Mostoles	6:09.12	34,00
	50m: 39.29 39.29 150m: 2:10.70 47.20 250m: 3:46.45 47.90 350m: 5:23.75 49.24				
	100m: 1:23.50 44.21 200m: 2:58.55 47.85 300m: 4:34.51 48.06 400m: 6:09.12 45.37				
4.	PASCUAL LOPEZ, Celia	84	MMADR - C.N. Master Madrid	6:23.83	33,00
	50m: 40.19 40.19 150m: 2:14.58 48.87 250m: 3:53.67 49.75 350m: 5:35.42 51.13				
	100m: 1:25.71 45.52 200m: 3:03.92 49.34 300m: 4:44.29 50.62 400m: 6:23.83 48.41				
5.	RUIZ RODRIGUEZ, Noemi	84	HALEG - C.D. Halegatos	6:42.24	32,00
	50m: 43.37 43.37 200m: 3:15.72 1:43.29 300m: 5:00.60 52.69 400m: 6:42.24 49.78				
	100m: 1:32.43 49.06 250m: 4:07.91 52.19 350m: 5:52.46 51.86				

40+

1.	DAMASIO CAMPOS, Ana Carolina	82	HALEG - C.D. Halegatos	5:20.22	40,00
	50m: 35.03 35.03 150m: 1:54.74 40.43 250m: 3:17.46 41.50 350m: 4:40.79 41.40				
	100m: 1:14.31 39.28 200m: 2:35.96 41.22 300m: 3:59.39 41.93 400m: 5:20.22 39.43				
2.	BLANCO VILLANUEVA, Patricia	82	TORRI - Cn Master Torrijos	5:20.86	36,00
	50m: 36.41 36.41 150m: 1:56.29 40.59 250m: 3:18.91 41.76 350m: 4:41.71 41.35				
	100m: 1:15.70 39.29 200m: 2:37.15 40.86 300m: 4:00.36 41.45 400m: 5:20.86 39.15				
3.	GONZALEZ RUBIO, Ana Belen	79	FUENL - C.N. Fuenlabrada	5:30.28	34,00
	50m: 35.04 35.04 150m: 1:54.94 40.56 250m: 3:20.13 42.87 350m: 4:47.24 43.82				
	100m: 1:14.38 39.34 200m: 2:37.26 42.32 300m: 4:03.42 43.29 400m: 5:30.28 43.04				
4.	RUIZ VALDEPEÑAS, Cristina	81	MMADR - C.N. Master Madrid	6:07.88	33,00
	50m: 40.21 40.21 150m: 2:10.81 45.46 250m: 3:45.85 47.05 350m: 5:21.39 47.44				
	100m: 1:25.35 45.14 200m: 2:58.80 47.99 300m: 4:33.95 48.10 400m: 6:07.88 46.49				
5.	MURGA BLANCO, Maria Rita	79	POZUE - C.N. Pozuelo	6:23.85	32,00
	50m: 43.03 43.03 150m: 2:18.47 48.52 250m: 3:57.38 49.82 350m: 5:36.46 49.33				
	100m: 1:29.95 46.92 200m: 3:07.56 49.09 300m: 4:47.13 49.75 400m: 6:23.85 47.39				

Piscina 50m - Cronometraje electrónico

XVIII CTO NATACIÓN MASTER VERANO C.MADRID 22-23
MADRID, 10 - 11/6/2023

Prueba 28, Fem., 400m Libre, 40+

Clas.	Nombre	Año	Club	Marca	Puntos
6.	NUÑEZ LOPEZ, Maria Teresa	79	COSLA - C.N. Coslada	7:43.87	31,00
	50m: 51.92 51.92 150m: 2:47.24 58.01 250m: 4:45.92 58.67 350m: 6:46.25 1:00.53				
	100m: 1:49.23 57.31 200m: 3:47.25 1:00.01 300m: 5:45.72 59.80 400m: 7:43.87 57.62				

45+

1.	SANTOS ARRIAGA, Rebeca	77	TORRI - Cn Master Torrijos	4:52.66	40,00
	50m: 34.14 34.14 150m: 1:48.02 37.39 250m: 3:02.33 37.33 350m: 4:16.61 37.23				
	100m: 1:10.63 36.49 200m: 2:25.00 36.98 300m: 3:39.38 37.05 400m: 4:52.66 36.05				
2.	BENEYTO VIZUETE, Carolina	78	CANOE - Real Canoe N.C.	5:04.13	36,00
	~~~~ <i>récord Máster FMN</i>				
	50m: 33.48 33.48 150m: 1:48.59 38.20 250m: 3:06.03 38.58 400m: 5:04.13 1:18.74				
	100m: 1:10.39 36.91 200m: 2:27.45 38.86 300m: 3:45.39 39.36				
3.	GONZALEZ SANTAMARTA, Cristina	75	LEGAN - C.N. Leganes	<b>5:37.45</b>	34,00
	50m: 37.04 37.04 150m: 2:00.37 42.42 250m: 3:27.70 43.78 350m: 4:55.34 43.64				
	100m: 1:17.95 40.91 200m: 2:43.92 43.55 300m: 4:11.70 44.00 400m: 5:37.45 42.11				
4.	CASTRO CAMARERO, Monica	75	MMADR - C.N. Master Madrid	<b>5:54.64</b>	33,00
	50m: 39.53 39.53 150m: 2:11.38 46.37 250m: 3:43.79 45.95 350m: 5:12.63 43.67				
	100m: 1:25.01 45.48 200m: 2:57.84 46.46 300m: 4:28.96 45.17 400m: 5:54.64 42.01				
5.	INSÚA ORTEGA, Elena	75	MAKO - C.D.E. Mako	<b>7:10.62</b>	32,00
	50m: 47.35 47.35 150m: 2:35.44 55.12 250m: 4:26.51 55.95 350m: 6:18.41 55.89				
	100m: 1:40.32 52.97 200m: 3:30.56 55.12 300m: 5:22.52 56.01 400m: 7:10.62 52.21				
6.	ROMERO ABANADES, Lidia	74	ARRIAC - Club Arriacense Natacion	<b>7:39.94</b>	31,00
	50m: 49.28 49.28 200m: 3:43.79 1:59.15 350m: 6:42.97 59.36				
	100m: 1:44.64 55.36 300m: 5:43.61 1:59.82 400m: 7:39.94 56.97				
7.	CARRASCO SOLA, Noemi	74	ARRIAC - Club Arriacense Natacion	<b>8:13.04</b>	30,00
	50m: 46.33 46.33 150m: 2:47.44 1:04.16 250m: 4:57.42 1:06.03 350m: 7:10.39 1:06.61				
	100m: 1:43.28 56.95 200m: 3:51.39 1:03.95 300m: 6:03.78 1:06.36 400m: 8:13.04 1:02.65				

50+

1.	BEJARANO VAZQUEZ, Virginia	71	GSD - C.D. Gredos San Diego	<b>5:55.93</b>	40,00
	50m: 38.61 38.61 150m: 2:07.16 45.06 250m: 3:39.52 46.14 350m: 5:11.55 45.32				
	100m: 1:22.10 43.49 200m: 2:53.38 46.22 300m: 4:26.23 46.71 400m: 5:55.93 44.38				
2.	TAHARA, Maiko	72	TCHAM - C. Tenis Chamartin	<b>6:03.40</b>	36,00
	50m: 41.56 41.56 150m: 2:10.54 45.71 250m: 3:43.90 47.24 350m: 5:18.07 47.13				
	100m: 1:24.83 43.27 200m: 2:56.66 46.12 300m: 4:30.94 47.04 400m: 6:03.40 45.33				
3.	DEL RIO REDONDO, Emma	69	GSD - C.D. Gredos San Diego	<b>6:41.08</b>	34,00
	50m: 44.23 44.23 150m: 2:24.50 51.21 250m: 4:07.62 51.30 350m: 5:50.93 51.34				
	100m: 1:33.29 49.06 200m: 3:16.32 51.82 300m: 4:59.59 51.97 400m: 6:41.08 50.15				
4.	LOPEZ CALLE, Elena	70	ARRIAC - Club Arriacense Natacion	<b>7:08.59</b>	33,00
	50m: 47.69 47.69 150m: 2:33.86 54.49 250m: 4:24.71 55.71 350m: 6:15.35 55.26				
	100m: 1:39.37 51.68 200m: 3:29.00 55.14 300m: 5:20.09 55.38 400m: 7:08.59 53.24				

Piscina 50m - Cronometraje electrónico

XVIII CTO NATACIÓN MASTER VERANO C.MADRID 22-23  
MADRID, 10 - 11/6/2023

Prueba 28, Fem., 400m Libre

55+

1.	STAMMEYER, Ute	67	ROZAS - C.N. Las Rozas	<b>6:10.13</b>	40,00
	50m: 37.52 37.52	150m: 2:08.63	46.86	250m: 3:44.38	47.92
	100m: 1:21.77	44.25	200m: 2:56.46	47.83	300m: 4:33.65
				49.27	350m: 5:22.17
					48.52
				400m: 6:10.13	47.96
2.	BURGOS ESCRIBANO, Sonia	68	TCHAM - C. Tenis Chamartin	<b>6:12.45</b>	36,00
	50m: 41.81 41.81	150m: 2:14.78	47.25	250m: 3:50.19	47.83
	100m: 1:27.53	45.72	200m: 3:02.36	47.58	300m: 4:38.22
				48.03	350m: 5:25.93
					47.71
				400m: 6:12.45	46.52
3.	BARRAGAN BERMEJO, Maria	65	ROZAS - C.N. Las Rozas	<b>6:44.56</b>	34,00
	50m: 44.23 44.23	150m: 3:18.43	1:44.29	350m: 5:55.15	51.87
	100m: 1:34.14	49.91	200m: 5:03.28	1:44.85	400m: 6:44.56
					49.41
4.	MOREIRA MARTÍN, Elvira	64	GMADR - G. Madrid Sports	<b>6:51.63</b>	33,00
	50m: 47.88 47.88	150m: 2:31.13	52.28	250m: 4:16.42	52.27
	100m: 1:38.85	50.97	200m: 3:24.15	53.02	300m: 5:08.56
					52.14
				350m: 6:01.60	53.04
				400m: 6:51.63	50.03
5.	PUIG LLEIXA, Ana	65	3CANT - C.N. Tres Cantos	<b>7:55.70</b>	32,00
	50m: 52.38 52.38	150m: 2:52.16	1:00.33	250m: 4:55.18	1:01.37
	100m: 1:51.83	59.45	200m: 3:53.81	1:01.65	300m: 5:55.80
					1:00.62
				350m: 6:56.74	1:00.94
				400m: 7:55.70	58.96
6.	GARCÍA PALOMARES, María Del Pilar	65	4CAM - C.N. Cuatro Caminos	<b>8:39.79</b>	31,00
	50m: 1:00.18 1:00.18	150m: 3:12.59	1:07.31	250m: 5:27.67	1:08.47
	100m: 2:05.28	1:05.10	200m: 4:19.20	1:06.61	300m: 6:33.19
					1:05.52
				350m: 7:40.06	1:06.87
				400m: 8:39.79	59.73

60+

1.	AHIJON MORENO, Maria Luisa	60	ROZAS - C.N. Las Rozas	<b>6:20.08</b>	40,00
	50m: 42.72 42.72	150m: 2:17.12	48.11	250m: 3:53.42	48.30
	100m: 1:29.01	46.29	200m: 3:05.12	48.00	300m: 4:42.72
					49.30
				350m: 5:31.73	49.01
				400m: 6:20.08	48.35
2.	MONEO HERNANDEZ, Idoia	63	JEREZ - C.D. Jerez Natacion Master	<b>6:51.21</b>	36,00
	50m: 45.07 45.07	150m: 2:29.49	52.66	250m: 4:15.24	52.85
	100m: 1:36.83	51.76	200m: 3:22.39	52.90	300m: 5:08.97
					53.73
				350m: 6:01.18	52.21
				400m: 6:51.21	50.03
3.	MEDINA ALVAREZ, Gloria	60	LEGAN - C.N. Leganes	<b>8:06.91</b>	34,00
	100m: 1:54.67 1:54.67	250m: 5:01.59	1:02.95	400m: 8:06.91	2:02.80
	200m: 3:58.64	2:03.97	300m: 6:04.11	1:02.52	

65+

1.	CORONADO OLARTE, Pilar M.A.	58	TCHAM - C. Tenis Chamartin	<b>7:03.78</b>	40,00
	~~~~ <i>récord Máster FMN</i>				
	50m: 46.31 46.31	150m: 2:33.70	53.68	250m: 4:21.98	53.11
	100m: 1:40.02	53.71	200m: 3:28.87	55.17	300m: 5:17.28
					55.30
				350m: 6:11.31	54.03
				400m: 7:03.78	52.47

Piscina 50m - Cronometraje electrónico