

MEJORES MARCAS MADRILEÑAS FEMENINAS PISCINA 25 M (18-11-2022)

2022	ABSOLUTO	11 AÑOS (11)	12 AÑOS (10)	13 AÑOS (09)	14 AÑOS (08)	15 AÑOS (07)	16 AÑOS (06)	17 AÑOS (05)
50 LIBRE	00:24,92 (18-04-09) ARACELI HERRAEZ (CANOE)	00:32,01 (01-06-13) ELENA CAMARENA (ENCINAS)	00:27,30 (30-11-19) NAIA LEGARDA (GREDOS)	00:26,46 (27-11-20) NAIA LEGARDA (GREDOS)	00:25,99 (28-11-21) SARA MENDOZA (SAN BLAS)	00:26,10 (28-11-21) MARIA RAMOS (GREDOS)	00:25,90 (17-11-19) DANIELA COGSWELL (GREDOS)	00:25,05 (28-11-21) CARMEN WEILER (CANOE)
100 LIBRE	00:53,63 (27-11-21) CARMEN WEILER (CANOE)	01:08,20 (13-05-12) ANDREA GALISTEO (COLMENAR)	00:57,13 (23-11-14) NADIA GONZALEZ (COVIBAR)	00:56,47 (08-11-15) NADIA GONZALEZ (CANOE)	00:56,18 (12-12-14) MARTA CANO (CANOE)	00:56,08 (25-11-17) NADIA GONZALEZ (CANOE)	00:55,00 (19-12-08) PATRICIA CASTRO (CANOE)	00:53,63 (27-11-21) CARMEN WEILER (CANOE)
200 LIBRE	01:55,19 (05-12-10) PATRICIA CASTRO (CANOE)	02:29,62 (31-03-12) LAURA MUÑOZ (MOSCARDO)	02:03,46 (22-11-14) NADIA GONZALEZ (COVIBAR)	02:06,38 (11-12-11) CARMEN RICO (CANOE)	02:00,08 (16-12-16) NADIA GONZALEZ (CANOE)	01:58,32 (25-11-17) NADIA GONZALEZ (CANOE)	01:55,85 (14-12-08) PATRICIA CASTRO (CANOE)	01:57,85 (18-04-09) PATRICIA CASTRO (CANOE)
400 LIBRE	04:02,85 (17-12-10) PATRICIA CASTRO (CANOE)	05:10,52 (23-05-21) CLAUDIA ALVARO (VALLE)	04:32,30 (12-12-09) STELLA TOBARUELA (COSLADA)	04:22,36 (03-11-13) MARTA CANO (COVIBAR)	04:09,78 (17-12-16) NADIA GONZALEZ (CANOE)	04:10,90 (23-11-17) NADIA GONZALEZ (CANOE)	04:03,85 (13-12-08) PATRICIA CASTRO (CANOE)	04:09,74 (19-04-09) PATRICIA CASTRO (CANOE)
800 LIBRE	08:23,16 (18-11-18) JIMENA PEREZ (GREDOS)	10:17,31 (13-05-12) ANDREA GALISTEO (COLMENAR)	09:19,92 (12-12-09) STELLA TOBARUELA (COSLADA)	09:00,02 (27-11-15) NADIA GONZALEZ (CANOE)	08:44,55 (27-11-15) ANDREA GALISTEO (CANOE)	08:39,77 (29-11-15) ESTHER HUETE (CANOE)	08:40,97 (18-12-16) ESTHER HUETE (CANOE)	08:28,03 (18-04-09) PATRICIA CASTRO (CANOE)
1500 LIBRE	16:01,78 (27-11-15) JIMENA PEREZ (GREDOS)			16:55,10 (27-11-15) NADIA GONZALEZ (CANOE)	16:54,35 (16-12-16) NADIA GONZALEZ (CANOE)	16:35,49 (16-12-16) ANDREA GALISTEO (CANOE)	16:36,37 (29-11-13) JIMENA PEREZ (GREDOS)	16:13,62 (12-12-14) JIMENA PEREZ (GREDOS)
50 MARIPOSA	00:26,42 (17-04-09) ANGELA SAN JUAN (CANOE)	00:35,24 (10-05-14) MARIA GONZALEZ (MAJADAHONDA)	00:30,20 (22-11-14) NADIA GONZALEZ (COVIBAR)	00:28,32 (29-11-15) NADIA GONZALEZ (CANOE)	00:27,81 (18-12-16) NADIA GONZALEZ (CANOE)	00:28,15 (18-11-11) MARIA SANCHEZ (ALCORCÓN)	00:28,05 (21-11-20) PAULA MARTINEZ (GREDOS)	00:27,28 (16-11-19) NADIA GONZALEZ (CANOE)
100 MARIPOSA	00:58,90 (18-04-09) ANGELA SAN JUAN (CANOE)	01:17,29 (12-05-12) LAURA MUÑOZ (MOSCARDO)	01:05,10 (22-11-14) NADIA GONZALEZ (COVIBAR)	01:03,48 (02-12-12) ROSA Mª MAESO (CANOE)	01:02,43 (22-11-14) MARTA CANO (CANOE)	01:01,41 (23-11-17) NADIA GONZALEZ (CANOE)	01:01,07 (30-11-12) MARIA SANCHEZ (SEK)	00:59,86 (25-11-21) PAULA MARTINEZ (GREDOS)
200 MARIPOSA	02:10,20 (15-12-96) BARBARA FRANCO (CANOE)	02:57,63 (13-05-12) LAURA MUÑOZ (MOSCARDO)	02:26,40 (11-12-10) CARMEN RICO (CANOE)	02:21,27 (11-03-12) ROSA Mª MAESO (CANOE)	02:15,63 (01-12-12) CARMEN RICO (CANOE)	02:13,19 (30-11-13) CARMEN RICO (CANOE)	02:15,90 (12-12-13) JIMENA PEREZ (GREDOS)	02:13,27 (28-11-15) CARMEN RICO (CANOE)
50 ESPALDA	00:27,67 (09-04-11) DUANE DA ROCHA (CANOE)	00:36,15 (23-05-21) IRENE SERRANO (GREDOS)	00:31,66 (26-11-11) ROSA Mª MAESO (CANOE)	00:30,33 (29-11-15) NADIA GONZALEZ (CANOE)	00:28,73 (24-11-17) CLAUDIA ESPINOSA (GREDOS)	00:28,57 (16-11-18) CLAUDIA ESPINOSA (GREDOS)	00:28,28 (16-11-18) PAULA RODRIGUEZ (CANOE)	00:27,74 (27-11-20) DANIELA COGSWELL (GREDOS)
100 ESPALDA	00:57,70 (09-12-11) DUANE DA ROCHA (CANOE)	01:14,29 (23-05-21) IRENE SERRANO (GREDOS)	01:04,97 (22-11-14) NADIA GONZALEZ (COVIBAR)	01:02,44 (29-11-15) NADIA GONZALEZ (CANOE)	01:02,04 (25-11-17) CLAUDIA ESPINOSA (GREDOS)	01:00,90 (17-11-18) CLAUDIA ESPINOSA (GREDOS)	01:00,01 (17-11-18) PAULA RODRIGUEZ (CANOE)	01:00,23 (16-11-19) PAULA RODRIGUEZ (CANOE)
200 ESPALDA	02:03,32 (11-12-11) DUANE DA ROCHA (CANOE)	02:47,74 (12-05-12) IRENE BERBEL (GREDOS)	02:24,38 (22-05-21) SARA COSTA (GREDOS)	02:12,45 (07-11-15) NADIA GONZALEZ (CANOE)	02:13,43 (26-11-17) CLAUDIA ESPINOSA (GREDOS)	02:09,96 (18-11-18) CLAUDIA ESPINOSA (GREDOS)	02:10,24 (17-11-19) CLAUDIA ESPINOSA (GREDOS)	02:06,49 (26-11-21) CARMEN WEILER (CANOE)
50 BRAZA	00:30,28 (25-11-21) MARIA RAMOS (GREDOS)	00:41,31 (26-03-17) ISABEL CABAÑAS (POZUELO)	00:35,94 (10-12-11) ROSA Mª MAESO (CANOE)	00:32,71 (26-10-19) MARIA RAMOS (GREDOS)	00:31,35 (22-11-20) MARIA RAMOS (GREDOS)	00:30,28 (25-11-21) MARIA RAMOS (GREDOS)	00:30,60 (23-04-22) MARIA RAMOS (GREDOS)	00:32,00 (14-11-19) SARA LAHRACH (GREDOS)
100 BRAZA	01:07,10 (27-11-21) MARIA RAMOS (GREDOS)	01:28,26 (23-01-22) VALERIA GUTIERREZ (VALLE)	01:15,68 (10-02-11) ROSA Mª MAESO (CANOE)	01:13,36 (02-12-17) CARLOTA UNGO (VALLE)	01:10,25 (15-11-18) INES SANCHO (GREDOS)	01:07,10 (27-11-21) MARIA RAMOS (GREDOS)	01:07,48 (23-04-22) MARIA RAMOS (GREDOS)	01:08,98 (16-11-19) SARA LAHRACH (GREDOS)
200 BRAZA	02:24,72 (21-11-20) INES SANCHO (GREDOS)	03:11,11 (13-05-12) ANDREA RECUERO (GREDOS)	02:39,09 (10-12-11) ROSA Mª MAESO (CANOE)	02:38,66 (05-11-17) CARLOTA UNGO (VALLE)	02:29,45 (16-11-18) INES SANCHO (GREDOS)	02:27,25 (15-10-19) INES SANCHO (GREDOS)	02:24,72 (21-11-20) INES SANCHO (GREDOS)	02:29,50 (24-04-21) INES SANCHO (GREDOS)
100 ESTILOS	01:02,03 (30-11-12) DUANE DA ROCHA (CANOE)	01:20,52 (31-03-12) LAURA MUÑOZ (MOSCARDO)	01:09,32 (26-11-11) ROSA Mª MAESO (CANOE)	01:08,05 (21-10-16) DANIEL COGSWELL (GREDOS)	01:06,63 (15-11-18) INES SANCHO (GREDOS)	01:05,18 (14-11-19) INES SANCHO (GREDOS)	01:03,45 (27-11-15) ROSA Mª MAESO (CANOE)	01:03,00 (25-11-21) LAURA LOPEZ (GREDOS)
200 ESTILOS	02:12,07 (03-12-10) PATRICIA CASTRO (CANOE)	02:39,78 (01-06-13) NADIA GONZALEZ (COVIBAR)	02:25,61 (19-11-11) ROSA Mª MAESO (CANOE)	02:16,23 (29-11-15) NADIA GONZALEZ (CANOE)	02:15,00 (18-12-16) NADIA GONZALEZ (CANOE)	02:15,76 (29-12-17) NADIA GONZALEZ (CANOE)	02:14,23 (18-12-16) MARÍA ARTIGAS (CANOE)	02:12,37 (18-04-09) PATRICIA CASTRO (CANOE)
400 ESTILOS	04:37,42 (11-12-18) JIMENA PEREZ (GREDOS)	05:55,49 (12-05-12) CARMEN SANZ (CANOE)	05:17,96 (13-05-12) PATRICIA GAROTE (MOSCARDO)	04:50,71 (08-11-15) NADIA GONZALEZ (CANOE)	04:48,57 (17-12-11) ALEJANDRA NULA (GREDOS)	04:46,85 (24-11-17) LAURA GARCÍA (GREDOS)	04:43,83 (30-03-08) ANA I VADILLO (COVIBAR)	04:42,25 (24-11-17) ESTHER HUETE (CANOE)

RECORDS DE ESPAÑA y MEJORES MARCAS NACIONALES