

MEJORES MARCAS MADRILEÑAS FEMENINAS PISCINA 50 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	00:25,49 (02-04-09) ARACELI HERRAEZ (CANOE)	00:31,01 (12-07-13) NADIA GONZALEZ (COVIBAR)	00:27,60 (03-05-19) NAIA LEGARDA (GREDOS)	00:26,81 (31-07-15) NADIA GONZÁLEZ (RIVAS)	00:26,59 (21-07-21) NAIA LEGARDA (GREDOS)	00:26,76 (26-06-15) MARTA CANO (CANOE)	00:26,54 (31-03-11) CARMEN HERRERO (MOSCARDÓ)	00:26,16 (13-02-20) DANIELA COGSWELL (GREDOS)
100 LIBRE	00:55,27 (15-03-22) CARMEN WEILER (CANOE)	01:04,35 (12-07-13) NADIA GONZALEZ (COVIBAR)	01:00,99 (19-07-19) NAIA LEGARDA (GREDOS)	00:57,42 (29-07-15) NADIA GONZÁLEZ (RIVAS)	00:57,44 (27-02-16) NADIA GONZÁLEZ (CANOE)	00:56,99 (28-02-15) MARTA CANO (CANOE)	00:56,70 (31-07-08) PATRICIA CASTRO (MOSCARDÓ)	00:55,84 (23-07-09) PATRICIA CASTRO (CANOE)
200 LIBRE	01:58,11 (15-08-10) PATRICIA CASTRO (CANOE)	02:22,99 (16-07-21) CANDELA ARROYO (S. FERNANDEZ)	02:14,67 (10-07-14) NADIA GONZALEZ (COVIBAR)	02:03,70 (06-08-15) NADIA GONZÁLEZ (RIVAS)	02:02,71 (29-02-16) NADIA GONZALEZ (CANOE)	02:01,99 (25-06-15) MARTA CANO (COVIBAR)	02:00,45 (02-08-08) PATRICIA CASTRO (MOSCARDÓ)	01:58,33 (03-04-09) PATRICIA CASTRO (CANOE)
400 LIBRE	04:09,17 (05-04-09) PATRICIA CASTRO (CANOE)	05:03,75 (08-06-12) ANDREA GALISTEO (COLMENAR)	04:38,96 (20-12-14) NADIA GONZALEZ (COVIBAR)	04:25,48 (19-12-15) NADIA GONZALEZ (CANOE)	04:20,10 (01-03-16) NADIA GONZALEZ (CANOE)	04:17,20 (31-07-16) ANDREA GALISTEO (CANOE)	04:15,24 (05-07-12) IRENE ANDREA (MOSCARDÓ)	04:09,17 (05-04-09) PATRICIA CASTRO (CANOE)
800 LIBRE	08:31,19 (18-05-16) JIMENA PEREZ (GREDOS)	10:20,86 (09-06-12) ANDREA GALISTEO (COLMENAR)	09:35,03 (09-07-09) STELLA TORABUELA (COSIADA)	09:10,02 (01-05-15) NADIA GONZALEZ (RIVAS)	08:51,76 (04-08-15) ANDREA GALISTEO (CANOE)	08:45,82 (06-07-16) ANDREA GALISTEO (CANOE)	08:40,31 (24-08-17) ANDREA GALISTEO (CANOE)	08:36,95 (19-08-14) JIMENA PEREZ (GREDOS)
1500 LIBRE	16:08,70 (05-12-20) JIMENA PEREZ (GREDOS)			19:37,08 (21/07/21) LAURA RECUERO (GREDOS)	17:16,89 (30-11-14) ESTHER HUETE (CANOE)	16:47,86 (23-05-15) ESTHER HUETE (CANOE)	16:30,63 (12-07-13) JIMENA PEREZ (GREDOS)	16:28,31 (12-04-13) JIMENA PEREZ (GREDOS)
50 MARIPOSA	00:26,78 (24-07-07) ANGELA SAN JUAN (CANOE)	00:33,00 (07-06-15) PAULA BARRIO (GREDOS)	00:31,03 (20-12-14) NADIA GONZALEZ (COVIBAR)	00:29,25 (05-08-15) NADIA GONZALEZ (RIVAS)	00:28,52 (29-12-16) NADIA GONZALEZ (CANOE)	00:28,36 (01-05-15) MARTA CANO (CANOE)	00:27,96 (20-12-19) CARLA LANZA (GREDOS)	00:27,40 (03-08-19) NADIA GONZALEZ (CANOE)
100 MARIPOSA	00:59,60 (26-06-09) ANGELA SAN JUAN (CANOE)	01:16,37 (22-06-13) NADIA GONZALEZ (COVIBAR)	01:08,22 (06-07-12) MARTA CANO (COVIBAR)	01:03,35 (01-03-13) MARTA CANO (COVIBAR)	01:02,50 (31-07-16) NADIA GONZALEZ (CANOE)	01:01,77 (19-07-13) CARMEN RICO (CANOE)	01:01,88 (28-02-14) CARMEN RICO (CANOE)	01:01,23 (23-03-13) MARÍA SÁNCHEZ (SEK)
200 MARIPOSA	02:12,37 (21-07-09) SONIA ATANASIO (ALCORCON)	02:49,30 (16-07-21) ALICIA ALBERTOS (VALLE)	02:31,66 (07-07-12) MARTA CANO (COVIBAR)	02:20,08 (03-03-13) MARTA CANO (COVIBAR)	02:18,43 (01-07-12) CARMEN RICO (CANOE)	02:14,29 (11-07-13) CARMEN RICO (CANOE)	02:14,57 (17-07-14) CARMEN RICO (CANOE)	02:14,40 (18-08-14) JIMENA PEREZ (GREDOS)
50 ESPALDA	00:28,25 (31-07-13) DUANE DA ROCHA (CANOE)	00:36,08 (12-07-14) CLAUDIA ESPINOSA (GREDOS)	00:33,34 (18-07-15) CLAUDIA ESPINOSA (GREDOS)	00:30,36 (29-12-16) CLAUDIA ESPINOSA (GREDOS)	00:30,10 (22-12-17) CLAUDIA ESPINOSA (GREDOS)	00:29,64 (22-12-18) CLAUDIA ESPINOSA (GREDOS)	00:29,41 (22-12-21) LAURA SÁNCHEZ (POZUELO)	00:28,98 (08-04-19) PAULA RODRIGUEZ (CANOE)
100 ESPALDA	01:00,43 (03-09-12) DUANE DA ROCHA (CANOE)	01:14,75 (12-07-14) CLAUDIA ESPINOSA (GREDOS)	01:08,38 (18-07-15) CLAUDIA ESPINOSA (GREDOS)	01:03,60 (04-12-16) CLAUDIA ESPINOSA (GREDOS)	01:02,83 (25-07-17) CLAUDIA ESPINOSA (GREDOS)	01:02,76 (26-07-18) CLAUDIA ESPINOSA (GREDOS)	01:02,97 (13-07-14) NATALIA PEÑA (CANOE)	01:01,83 (10-04-19) PAULA RODRIGUEZ (CANOE)
200 ESPALDA	02:09,56 (22-05-12) DUANE DA ROCHA (CANOE)	02:40,24 (22-02-14) CLAUDIA ESPINOSA (GREDOS)	02:26,34 (19-07-15) CLAUDIA ESPINOSA (GREDOS)	02:15,80 (25-06-16) CLAUDIA ESPINOSA (GREDOS)	02:13,42 (26-07-17) CLAUDIA ESPINOSA (GREDOS)	02:14,31 (27-07-18) CLAUDIA ESPINOSA (GREDOS)	02:15,59 (21-12-19) MARTA BEESMANS (GREDOS)	02:14,49 (14-02-20) CLAUDIA ESPINOSA (GREDOS)
50 BRAZA	00:31,48 (03-08-21) MARÍA RAMOS (GREDOS)	00:39,34 (16-07-22) LAURA TOVAR (GREDOS)	00:37,24 (07-07-09) ALEJANDRA NULA (GREDOS)	00:34,53 (19-12-15) SARA LAHRACH (LEGANES)	00:33,06 (22-12-20) MARÍA RAMOS (GREDOS)	00:31,48 (03-08-21) MARÍA RAMOS (GREDOS)	00:31,62 (20-07-22) MARÍA RAMOS (GREDOS)	00:32,40 (03-07-19) SARA LAHRACH (GREDOS)
100 BRAZA	01:09,32 (17-02-19) SARA LAHRACH (GREDOS)	01:23,51 (17-07-21) CLAUDIA TOVAR (VALLE)	01:16,64 (20-07-19) JIMENA RUIZ (TORREJÓN)	01:13,98 (09-02-20) JIMENA RUIZ (TORREJÓN)	01:11,43 (22-12-18) INÉS SANCHO (GREDOS)	01:09,44 (08-07-22) JIMENA RUIZ (GREDOS)	01:10,22 (10-04-18) SARA LAHRACH (GREDOS)	01:09,32 (17-02-19) SARA LAHRACH (GREDOS)
200 BRAZA	02:31,63 (24-07-19) INÉS SANCHO (GREDOS)	03:02,61 (15-07-21) CLAUDIA TOVAR (VALLE)	02:47,98 (15-07-22) CLAUDIA TOVAR (VALLE)	02:39,71 (20-07-17) CARLOTA UNGO (EL VALLE)	02:34,06 (28-07-18) INÉS SANCHO (GREDOS)	02:31,63 (24-07-19) INÉS SANCHO (GREDOS)	02:31,90 (21-12-20) INÉS SANCHO (GREDOS)	02:32,94 (28-03-21) INÉS SANCHO (GREDOS)
200 ESTILOS	02:14,67 (22-07-09) DUANE DA ROCHA (CANOE)	02:40,82 (12-07-13) NADIA GONZALEZ (COVIBAR)	02:28,57 (20-12-14) NADIA GONZÁLEZ (COVIBAR)	02:19,71 (05-08-15) NADIA GONZALEZ (RIVAS)	02:18,15 (09-07-16) NADIA GONZALEZ (CANOE)	02:17,74 (01-03-15) MARIA ARTIGAS (CANOE)	02:17,43 (18-07-09) ANA VADILLO (CANOE)	02:17,03 (01-07-17) ESTHER HUETE (CANOE)
400 ESTILOS	04:43,96 (03-08-19) JIMENA PEREZ (GREDOS)	05:42,37 (10-07-14) CLAUDIA ESPINOSA (GREDOS)	05:17,70 (17-07-15) CLAUDIA ESPINOSA (GREDOS)	05:01,95 (02-05-15) NADIA GONZALEZ (RIVAS)	04:57,13 (29-07-16) MAI ORTEGA (GREDOS)	04:51,54 (26-02-12) ALEJANDRA NULA (GREDOS)	04:47,74 (16-07-09) ANA VADILLO (CANOE)	04:46,19 (18-07-14) JIMENA PEREZ (GREDOS)

RECORDS DE ESPAÑA y MEJORES MARCAS NACIONALES