

## MEJORES MARCAS MADRILEÑAS FEMENINAS PISCINA 25 M (03-12-2021)

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

RECORDS DE ESPAÑA y MEJORES MARCAS NACIONALES