

MEJORES MARCAS MADRILEÑAS FEMENINAS PISCINA 50 M (03-03-2020)



| 2020 | ABSOLUTO | 12 AÑOS (08) | 13 AÑOS (07) | 14 AÑOS (06) | 15 AÑOS (05) | 16 AÑOS (04) | 17 AÑOS (03) |
|--------------|---|--|---|---|--|--|---|
| 50 LIBRE | 00:25.49 (02-04-09) ARACELI HERRAEZ (CANOE) | 00:27.60 (03-05-19) NAIA LEGARDA (GREDOS) | 00:26.81 (31-07-15) NADIA GONZÁLEZ (RIVAS) | 00:27.04 (19-03-16) NADIA GONZALEZ (CANOE) | 00:26.76 (26-06-15) MARTA CANO (CANOE) | 00:26.54 (31-03-11) CARMEN HERRERO (MOSCARDÓ) | 00:26.43 (22-12-17) MARTA CANO (CANOE) |
| 100 LIBRE | 00:55.82 (31-03-12) PATRICIA CASTRO (CANOE) | 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) | 02:14.67 (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) | 04:38.96 (20-12-14) NADIA GONZÁLEZ (COVIBAR) | 04:25.48 (19-12-15) NADIA GONZÁLEZ (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) | 09:35.03 (09-07-09) STELLA P. TORABUELA (ORMAZ) | 09:10.02 (01-05-15) NADIA GONZÁLEZ (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 | 16:13.38 (12-05-19) JIMENA PEREZ (GREDOS) | | 23:47.32 (01-01-12) TOPE FMN () | 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) | 00:31.03 (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) | 01:08.22 (06-07-12) MARTA CANO (COVIBAR) | 01:03.35 (01-03-13) MARTA CANO (COVIBAR) | 01:02.50 (31-07-16) NADIA GONZÁLEZ (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 (VALCORGON) | 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) | 00:33.34 (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) | 00:29.61 (21-12-19) CLAUDIA ESPINOSA (GREDOS) | 00:28.98 (08-04-19) PAULA RODRIGUEZ (CANOE) |
| 100 ESPALDA | 01:00.43 (03-09-12) DUANE DA ROCHA (CANOE) | 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) | 02:26.34 (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 | 00:31.83 (04-04-09) MARTA ALVAREZ (SEK S OESTE) | 00:37.24 (07-07-09) ALEJANDRA NULA (GREDOS S.D.) | 00:34.53 (19-12-15) SARA LAHRACH (LEGANES) | 00:33.10 (29-02-20) MARÍA RAMOS (GREDOS) | 00:33.25 (23-12-17) SARA LAHRACH (GREDOS) | 00:32.69 (23-12-18) SARA LAHRACH (GREDOS) | 00:32.40 (03-07-19) SARA LAHRACH (GREDOS) |
| 100 BRAZA | 01:09.32 (17-02-19) SARA LAHRACH (GREDOS) | 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) | 01:10.92 (27-07-17) SARA LAHRACH (GREDOS) | 01:10.22 (10-04-18) SARA LAHRACH (LEGANES) | 01:09.32 (17-02-19) SARA LAHRACH (GREDOS) |
| 200 BRAZA | 02:31.63 (24-07-19) INÉS SANCHO (GREDOS) | 02:48.66 (19-07-19) JIMENA RUIZ (TORREJÓN) | 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) | 02:33.77 (16-02-20) INÉS SANCHO (GREDOS) | 02:35.93 (28-02-16) PAULA GARCIA (MOSCARDÓ) |
| 200 ESTILOS | 02:14.67 (22-07-09) DUANE DA ROCHA (CANOE) | 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) | 05:17.70 (17-07-15) CLAUDIA ESPINOSA (GREDOS) | 05:01.95 (02-05-15) NADIA GONZÁLEZ (RIVAS) | 04:57.13 (29-07-16) MAI ORTEGA (GREDOS) | 04:51.54 (26-02-12) ALEJANDRA NULA (GREDOS S.D.) | 04:47.74 (16-07-09) ANA I. VADILLO (CANOE) | 04:46.19 (18-07-14) JIMENA PEREZ (GREDOS) |

RECORDS DE ESPAÑA y MEJORES MARCAS NACIONALES