

RECORDS y MEJORES MARCAS AD NÁUTICO DE NARÓN FEMENINO p. 50 mts.

	RECORD CLUB	18 AÑOS (99)	17 AÑOS (2000)	16 AÑOS (2001)	15 AÑOS (2002)	14 AÑOS (2003)	13 AÑOS (2004)	12 AÑOS (2005)	11 AÑO (2006)	10 AÑOS (2007)
50 MARIPOSA	RAQUEL FERNANDEZ 0.29.24 E 31/03/15	RAQUEL FERNANDEZ 0.29.24 E 31/03/15	RAQUEL FERNANDEZ 0.29.42 E 13/04/14	RAQUEL FERNANDEZ 0.29.80 E 29/06/13	RAQUEL FERNANDEZ 0.29.71 E 31/3/12	RAQUEL FERNANDEZ 0.31.90 E 3/7/11	RAQUEL FERNANDEZ 0.35.67 E 18/7/10	RAQUEL FERNANDEZ 0.39.28 E 8/07/09	RAQUEL FERNANDEZ 0.47.33 E 5/04/08	CARLA CASTRO F. 1.01.76 E 28/03/09
100 MARIPOSA	RAQUEL FERNANDEZ 1.04.71 E 17/07/14	RAQUEL FERNANDEZ 1.05.10 E 25/07/15	RAQUEL FERNANDEZ 1.04.71 E 17/07/14	RAQUEL FERNANDEZ 1.05.69 E 19/06/13	RAQUEL FERNANDEZ 1.07.01 E 29/6/12	RAQUEL FERNANDEZ 1.10.91 E 26/6/11	AMUDENA LAMIGUEIRO 1.13.78 11/7/99	RAQUEL FDEZ T. 1.20.04 E 8/07/09	RAQUEL FERNANDEZ 1.33.82 E 5/04/08	
200 MARIPOSA	LORENA COSTOYA 2.25.35 4/7/98	LORENA COSTOYA 2.36.08 10/7/99	LORENA COSTOYA 2.25.35 4/7/98	IHARA ANDRÉS 2.39.84 E 8/07/07	RAQUEL FERNANDEZ 2.37.35 E 17/3/12	IHARA ANDRÉS 2.35.83 E 30/7/05	OLGA PEREZ M. 2.43.08 10/7/99			
50 ESPALDA	RAQUEL FERNANDEZ 0.32.94 E 23/07/15	RAQUEL FERNANDEZ 0.32.94 E 23/07/15	ALBA JIMENEZ 0.33.98 E 29/6/12	ALBA JIMENEZ 0.33.32 E 1/7/11	CARLA CASTRO F. 0.33.78 E 16/2/14	ANTIA BOUZA 0.33.84 E 25/6/16	CARLA CASTRO F 0.35.89 E 21/07/12	UXIA MUÑO DIAZ 0.41.67 E 28/03/08	ICIA LOPEZ RAMUDO 0.45.55 E 4/7/15	IRIS LOPEZ PRIETO 0.49.88 E 5/04/08
100 ESPALDA	RAQUEL FERNANDEZ 1.09.81 E 25/03/15	RAQUEL FERNANDEZ 1.09.81 E 25/03/15	ALBA JIMENEZ 1.14.13 E 30/6/12	RAQUEL FERNANDEZ 1.11.85 E 29/06/13	ANTIA BOUZA 1.11.83 E 8/06/17	ANTIA BOUZA 1.12.59 E 25/6/16	CARLA LÓPEZ S. 1.14.08 E 29/6/06	PAULA ALBES ALVA. 1.25.96 E 5/07/15	ICIA LOPEZ RAMUDO 1.34.08 E 4/7/15	
200 ESPALDA	RAQUEL FERNANDEZ 2.33.24 E 30/06/13	RAQUEL FERNANDEZ 2.35.67 11/04/15	RAQUEL FERNANDEZ 2.33.33 E 6/07/14	RAQUEL FERNANDEZ 2.33.24 E 30/06/13	ANTIA BOUZA 2.39.53 E 9/06/17	ANTIA BOUZA 2.39.11 E 26/6/16	CARLA LÓPEZ S. 2.40.94 E 28/6/06			
50 BRAZA	ALBA JIMENEZ 0.37.11 E 3/7/11	REBECA PERILLE 0.37.90 10/7/99	ALBA JIMENEZ 0.38.35 E 18/3/12	ALBA JIMENEZ 0.37.11 E 3/7/11	MARINA FILGUEIRA 0.37.65 E 1/07/12	MARINA FILGUEIRA 0.38.12 E 3/7/11	NOA SOBRADO C. 0.39.21 E 8/7/07	MARINA FILGUEIRAS 0.42.01 E 7/07/09	CARLOTA NÚÑEZ L 0.46.26 E 4/7/15	MIREIA DOCE C. 0.57.78 E 27/03/10
100 BRAZA	REBECA PERILLE 1.21.71 E 11/7/97	REBECA PERILLE 1.22.24 9/7/99	UXIA PITA LOPEZ 1.38.81 2/04/16	REBECA PERILLE 1.21.71 E 11/7/97	MARINA FILGUEIRA 1.22.36 E 26/2/12	MARINA FILGUEIRA 1.21.95 E 25/6/11	JENIFER PEDRAYES 1.25.34 E 8/7/04	MARINA FILGUEIRAS 1.29.72 E 7/07/09	MARTA BALADO 1.37.07 24/1/98	
200 BRAZA	REBECA PERILLE 2.55.01 E 12/7/97	REBECA PERILLE 3.03.07 11/7/99	UXIA PITA LOPEZ 3.19.30 2/04/16	REBECA PERILLE 2.55.01 E 12/7/97	MARINA FILGUEIRA 2.59.31 E 30/06/12	MARINA FILGUEIRA 2.56.93 E 2/7/11	JENIFER PEDRAYES 3.00.25 E 11/7/04	ICIA LOPEZ R. 3.17.31 E 3/06/16	ICIA LOPEZ RAMUDO 3.32.47 E 5/7/15	
50 LIBRES	IRIA CASAS-RAQUEL FDEZ 0.28.68 E 8/8/97-30/6/12	RAQUEL FERNANDEZ 0.29.09 E 27/06/15	RAQUEL FERNANDEZ 0.29.29 E 8/02/14	IRIA CASAS 0.28.41 3/7/98	IRIA CASAS-RAQUEL FDEZ 0.28.68 E 8/8/97-30/6/12	INÉS VÁZQUEZ R. 0.29.55 E 25/6/11	CARLA CASTRO F. 0.30.41 E 7/07/12	CARLA SOTO PICO 0.33.93 E 11/07/10	CARLA CASTRO F. 0.37.81 E 7/03/10	CARLA SOTO PICO 0.40.92 E 5/04/08
100 LIBRES	IRIA CASAS 1.03.62 E 12/7/97	RAQUEL FERNANDEZ 1.04.52 11/04/15	IRIA CASAS 1.03.98 11/7/99	IRIA CASAS 1.03.75 5/7/98	IRIA CASAS 1.03.62 E 12/7/97	CARLA LÓPEZ S. 1.04.78 E 30/7/07	AMUDENA LAMIGUEIRO 1.05.21 9/7/99	CARLA SOTO PICO 1.09.17 E 11/07/10	INES VÁZQUEZ R. 1.23.02 E 5/04/08	
200 LIBRES	CARLA LOPEZ 2.19.42 E 13/7/08	IRENE LAZARO G 2.25.02 E 16/7/03	CARLA CASTRO F 2.26.53 E 30/01/16	IRIA CASAS 2.20.61 3/7/98	CARLA LOPEZ 2.19.42 E 13/7/08	CARLA LOPEZ S. 2.20.46 31/7/07	CARLA SOTO PICO 2.27.72 E 1/7/11	NAROA SOTO PICO 2.38.44E 5/07/15	CARLA SOTO PICO 2.56.81 E 28/03/09	
400 LIBRES	SARA GUERRERO 5.00.19 E 29/6/12	IRENE LAZARO G 5.10.35 E 17/7/03	ELENA HERNANDEZ 5.09.29 E 27/7/09	SARA LOPEZ L 4.56.59 E 25/2/17	SARA LOPEZ L. 5.02.11 E 30/01/16	SARA GUERRERO 5.01.42 E 25/6/11	UXIA PITA LOPEZ 5.09.61 E 7/07/12	PAULA ALBES ALVA. 5.58.43 E 3/07/15		
800 LIBRES	SARA GUERRERO 10.22.60 E 1/7/12			SARA LOPEZ L 10.17.02 E 25/2/17	SARA GUERRERO 10.22.60 E 1/7/12	SARA GUERRERO 10.34.74 E 25/6/11	UXIA PITA LOPEZ 10.41.57 E 8/07/12	PAULA ALBES ALVA. 12.00.88 E 3/07/15		
1.500 LIBRES	SARA LOPEZ L 19.56.03 10/06/17			SARA LOPEZ L 19.56.03 10/06/17						
200 ESTILOS	RAQUEL FERNANDEZ 2.36.67 E 30/6/12		RAQUEL FERNANDEZ 2.36.83 E 7/02/14	SARA REY PONCE 2.53.85 E 3/7/11	RAQUEL FERNANDEZ 2.36.67 E 30/6/12	RAQUEL FERNANDEZ 2.39.89 E 3/7/11	AMUDENA LAMIGUEIRO 2.43.46 10/7/99	IRIA CASAS 2:57.26 28/12/94	CARLOTA NÚÑEZ 3.36.70 E 4/7/15	
400 ESTILOS	ANA ALVARINO 5.40.21 3/7/98		ANA ALVARINO 5.49.52 9/7/99	ANA ALVARINO 5.40.21 3/7/98	BEATRIZ TOIMIL 5.42.91 E 23/6/01	JENNIFER PEDRAYES 5.42.37 E 28/7/05	AMUDENA LAMIGUEI. 5.48.98 9/7/99	BEATRIZ TOIMIL 6.56.24 24/1/98	ALBA ROMERO 7.20.94 24/1/98	
4 x 50 LIBRES	INEZ VÁZQUEZ-ALBA JIMENEZ-RAQUEL FDEZ-SARA GUERRERO 1.58.57 E 3/7/11									
4 x 100 LIBRES	ANA ALVARINO-IRIA CASAS-BANESSA MANSO-VERONICA LOMBAO 4.21.28 E 4/7/98									
4 x 200 LIBRES	SARA GUERRERO-RAQUEL FDEZ-INES VÁZQUEZ-CARLA SOTO 9.38.26 E 2/7/11									
4 x 50 ESTILOS	ALBA JIMENEZ-MARINA FILGUEIRA-RAQUEL FDEZ-SARA ROMERO 2.10.65 E 29/06/12									
4 x 100 ESTILOS	SARA ROMERO-MARINA FILGUEIRA-RAQUEL FDEZ-SARA GUERRERO 4.51. E 1/07/12									