

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

| | RECORD CLUB | 18 AÑOS (2002) | 17 AÑOS (2003) | 16 AÑOS (2004) | 15 AÑOS (2005) | 14 AÑOS (2006) | 13 AÑOS (2007) | 12 AÑOS (2008) | 11 AÑO (2009) | 10 AÑOS (2010) |
|-----------------|---|--|--|---|--|--|---------------------------------------|---|---------------------------------------|--|
| 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 FERNADE 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 | PAULA ALBES 1.13.20 E 9/02/20 | 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 9/06/2/17 | ANTIA BOUZA 2.39.11 E 26/6/16 | CARLA LÓPEZ S. 2.40.94 E 28/6/06 | JULIA MANEIROS 3.05.46 E 9/06/18 | | |
| 50 BRAZA | ICIA LOPEZ R. 0.36.76 E 7/02/20 | REBECA PERILLE 0.37.90 10/7/99 | ALBA JIMENEZ 0.38.35 E 18/3/12 | ICIA LOPEZ R. 0.36.76 E 7/02/20 | 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 NÚNEZ L 0.46.26 E 4/7/15 | MIREIA DOCE C. 0.57.78 E 27/03/10 |
| 100 BRAZA | ICIA LOPEZ R. 1.19.41 E 8/02/20 | REBECA PERILLE 1.22.24 9/7/99 | UXIA PITA LOPEZ 1.38.81 2/04/16 | ICIA LOPEZ R. 1.19.41 E 8/02/20 | ICIA LOPEZ R. 1.21.04 E 24/02/19 | ICIA LOPEZ R. 1.20.68 9/06/18 | 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 | ICIA LOPEZ R. 2.51.88 E 9/02/20 | REBECA PERILLE 3.03.07 11/7/99 | UXIA PITA LOPEZ 3.19.30 2/04/16 | ICIA LOPEZ R. 2.51.88 E 9/02/20 | ICIA LOPEZ R. 2.52.03 E 23/02/19 | ICIA LOPEZ R. 2.56.60 E 23/06/18 | 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 VAZQUEZ 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 VAZQUEZ 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 | SARA LOPEZ L 2.25.50 E 2/3/18 | ISABEL DE FREITAS 2.20.15 25/05/19 | 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 | SARA LOPEZ L 5.02.58 9/6/18 | 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 LOPEZ L 10.17.02 E 25/2/17 | | SARA LOPEZ L 10.26.06 E 3/3/18 | 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 | PAULA ALBES ALVA. 2.39.45 E 22/02/19 | 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 NUNEZ 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 VAZQUEZ-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 VAZQUEZ-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 | | | | | | | | | |