

RECORDS Y MEJORES MARCAS AD NÁUTICO DE NARÓN – FEMENINO p. 25 mts.

	RECORD CLUB	18 AÑOS (2005)	17 AÑOS (2006)	16 AÑOS (2007)	15 AÑOS (2008)	14 AÑOS (2009)	13 AÑOS (2010)	12 AÑOS (2011)	11AÑOS (2012)	10 AÑOS (2013)
50 MARIPOSA	RAQUELFERNANDEZ 0.28.87 E 29/11/15	RAQUELFERNANDEZ 0.28.87 E 29/11/15	RAQUELFERNANDEZ 0.29.31 E 21/12/14	RAQUELFERNANDEZ 0.29.29 E 1/12/13	RAQUELFERNANDEZ 0.29.89 E 02/12/12	RAQUELFERNANDEZ 0.29.54 E mmg 29/12/11	ALMUDENA LAMIGUEIRO 0.32.29 16/6/99	CARLA CASTRO F. 0.36.01 10/12/11	RAQUELFERNANDEZ 0.35.71 13/12/08	RAQUELFERNANDEZ 0.41.39 17/3/07
100 MARIPOSA	RAQUELFERNANDEZ 1.03.59 18/04/15	RAQUELFERNANDEZ 1.03.59 18/04/15	RAQUELFERNANDEZ 1.04.31 E 19/12/14	RAQUELFERNANDEZ 1.05.45 E 29/11/13	RAQUELFERNANDEZ 1.07.14 E 02/12/12	RAQUELFERNANDEZ 1.07.31 E 28/12/11	ALMUDENA LAMIGUEIRO 1.10.47 4/7/99	RAQUEL FDEZ T. 1.18.57 13/06/09	ALBA PERMUY 1.24.17 E 15/6/03	RAQUEL FERNANDEZ 1.36.58 17/3/07
200 MARIPOSA	LORENA COSTOYA 2.24.57 E 28/6/97	RAQUELFERNANDEZ 2.27.44 18/04/15	LORENA COSTOYA 2.25.04 98	LORENA COSTOYA 2.24.57 E 28/6/97	IHARA ANDREZ A. 2.34.04 10/6/06	IHARA ANDREZ A. 2.31.53 E 5/2/05	IHARA ANDRÉS 2.39.79 E 5/6/04	OLGA PEREZ M. 2.47.29 4/1/99	ALBA PERMUY 3.03.48 E 15/6/03	ALBA ROMERO 3.46.08 27/11/97
50 ESPALDA	RAQUELFERNANDEZ 0.30.70 14/03/15	RAQUELFERNANDEZ 0.30.70 14/03/15	ALBA JIMENEZ L. 0.32.03 20/10/12	ALBA JIMENEZ L. 0.32.06 E 28/12/11	MARTINA XIA RICO M 0.32.06 26/12/20	CARLA CASTRO F. 0.32.45 E 27/12/13	CARLA LOPEZ S. 0.34.39 11/11/06	CARLA CASTRO F. 0.35.53 5/11/11	CARLA CASTRO 0.39.92 17/12/10	AIXA PERMUY 0.44.93 8/3/97
100 ESPALDA	RAQUELFERNANDEZ 1.06.60 E 29/12/15	RAQUELFERNANDEZ 1.06.60 E 29/12/15	RAQUELFERNANDEZ 1.08.91 26/04/14	RAQUELFERNANDEZ 1.09.04 E 27/4/13	MARTINA XIA RICO M 1.10.19 26/12/20	CARLA LÓPEZ S. 1.11.12 E 17/2/07	CARLA LOPEZ S. 1.12.21 E 27/05/06	CARLA CASTRO F. 1.14.39 E 30/12/11	CARLA LOPEZ 1.23.69 13/11/04	GISELA GIZ CASTRO 1.35.67 19/12/15
200 ESPALDA	RAQUELFERNANDEZ 2.26.57 E 20/12/14	BEATRIZ TOIMIL REY 2.28.36 8/5/04	RAQUELFERNANDEZ 2.26.57 E 20/12/14	RAQUELFERNANDEZ 2.27.19 4/5/13	ANTIA BOUZA LOPEZ 2.30.01 29/04/17	CARLA LÓPEZ S. 2.31.42 E 30/6/07	CARLA LOPEZ S. 2.35.53 E 10/06/06	ANTIA BOUZA LOPEZ 2.48.82 22/11/14	CARLA LOPEZ 3.02.04 E 12/6/04	RAQUEL CEA 3.35.46 16/12/00
50 BRAZA	ICIA LOPEZ RAMUDO 0.36.27 E 25/11/22	ICIA LOPEZ RAMUDO 0.36.27 E 25/11/22	ICIA LOPEZ RAMUDO 0.36.60 E 28/12/21	ICIA LOPEZ RAMUDO 0.36.20 26/12/20	ICIA LOPEZ RAMUDO 0.36.46 E 28/12/19	ICIA LOPEZ RAMUDO 0.36.95 E 30/12/18	NOA SOBRADO C. 0.38.29 E 30/12/07	NOA SOBRADO C. 0.39.99 11/11/06	NOA SOBRADO C. 0.43.74 E 25/6/05	NOA SOBRADO 0.45.85 29/11/04
100 BRAZA	ICIA LOPEZ RAMUDO 1.18.39 E 27/11/22	ICIA LOPEZ RAMUDO 1.18.39 E 27/11/22	ICIA LOPEZ RAMUDO 1.18.48 E 28/12/21	ICIA LOPEZ RAMUDO 1.18.34 26/12/20	ICIA LOPEZ RAMUDO 1.18.92 E 30/12/19	ICIA LOPEZ RAMUDO 1.18.79 E 28/12/18	ICIA LOPEZ RAMUDO 1.22.03 25/11/17	NOA SOBRADO C. 1.25.45 16/12/06	NOA SOBRADO C. 1.32.69 E 25/6/05	NOA SOBRADO 1.37.29 29/11/04
200 BRAZA	ICIA LOPEZ RAMUDO 2.47.84 E 29/12/19	REBECA PERILLE 2.50.01 21/4/99	ICIA LOPEZ RAMUDO 2.48.76 E 29/12/21	REBECA PERILLE 2.51.60 27/11/97	ICIA LOPEZ RAMUDO 2.47.84 E 29/12/19	ICIA LOPEZ RAMUDO 2.49.43 24/11/18	ICIA LOPEZ RAMUDO 2.55.05 E 29/12/17	MARINA FILGUEIRA 3.08.30 E 7/6/09	MARTA BALADO 3.19.06 19/12/98	MARTA BALADO 3.38.59 15/3/97
50 LIBRES	RAQUELFERNANDEZ 0.27.95 E 29/12/15	RAQUELFERNANDEZ 0.27.95 E 29/12/15	CARLA CASTRO F. 0.28.38 23/04/16	RAQUEL FERNANDEZ 0.28.59 E 28/12/13	IRIA CASAS 0.28.34 E 28/12/97	INES VAZQUEZ R. 0.28.79 E 29/12/11	INES VÁZQUEZ RAMIL 0.29.69 E 29/12/10	CARLA CASTRO F. 0.30.58 19/11/11	PATRICIA LAMIG. 0.33.93 22/5/99	PATRICIA LAMIGUEIRO 0.37.54 19/12/98
100 LIBRES	INES SANTIAGO M 1.00.94 E 30/12/15	INES SANTIAGO M 1.00.94 E 30/12/15	INES SANTIAGO M 1.01.63 E 21/12/14	IRIA CASAS 1.02.48 28/3/98	IRIA CASAS 1.02.18 E 29/12/97	INES VAZQUEZ R. 1.03.00 E 30/12/11	ALMUDENA LAMIGUEIRO 1.03.02 15/5/99	ALMUDENA L AMIGUEIRO 1.06.62 4/1/98	BEATRIZ CARPINTERO 1.14.66 26/12/20	PATRICIA LAMIG. 1.19.70 19/12/98
200 LIBRES	INES SANTIAGO M 2.08.66 E 29/12/15	INES SANTIAGO M 2.08.66 E 29/12/15	INES SANTIAGO M 2.11.94 E 20/12/14	INES SANTIAGO M. 2.12.41 E 28/12/13	SARA GUERRERO 2.17.75 E 30/12/12	TAMARA PITA 2.16.30 E 7/2/98	ALMUDENA LAMIGUEIRO 2.17.97 15/5/99	JENIFER PEDRAYES 2.30.12 20/12/03	RAQUELFERNANDEZ 2.42.20 13/12/08	RAQUEL FERNANDEZ 3.03.11 15/12/07
400 LIBRES	INES SANTIAGO M 4.29.60 E 28/12/15	INES SANTIAGO M 4.29.60 E 28/12/15	INES SANTIAGO M 4.37.40 E 19/12/14	INES SANTIAGO M 4.41.36 E 27/12/13	SARA GUERRERO 4.54.00 E 28/12/12	CARLA LÓPEZ S. 4.46.03 E 30/6/07	TAMARA PITA 4.48.88 7/6/97	CARLA SOTO PICO 5.15.72 12/6/10	CARLA LOPEZ 5.48.12 24/4/04	RAQUEL FERNANDEZ 6.31.10 29/4/07
800 LIBRES	INES SANTIAGO M 9.43.52 E 20/12/14	SARA GUERRERO M 9.51.63 E 29/12/15	INES SANTIAGO M 9.43.52 E 20/12/14	SARA GUERRERO M. 9.57.77 E 29/12/97	TAMARA PITA 9.56.43 4/1/99	SARA GUERRERO 10.07.56 E 30/12/11	TAMARA PITA 9.51.68 29/12/97	OLGA PEREZ M. 10.34.10 E 21/12/98	CARLA LOPEZ 11.52.37 24/4/04	
1.500 LIBRES	IHARA ANDRES A 19.17.21 12/4/08		IHARA ANDRES A 19.17.21 12/4/08	ELENA HERNANDEZ 20.02.60 14/6/08	SARA LOPEZ L. 19.39.81 4/6/16	TAMARA PITA 19.56.32 17/1/98	IRIA SALGADO 20.41.39 16/6/08			
100 ESTILOS	RAQUEL FERNANDEZ 1.10.29 12/12/15	RAQUEL FERNANDEZ 1.10.29 12/12/15	LORENA COSTOYA 1.11.90 4/11/98	RAQUEL FERNANDEZ 1.10.88 E 28/12/13	RAQUEL FERNANDEZ 1.12.43 20/10/12	RAQUEL FERNANDEZ 1.11.03 E 29/12/11	CARLA CASTRO F. 1.15.75 18/2/12	CARLA CASTRO 1.16.42 19/11/11	RAQUELFERNANDEZ 1.23.11 8/10/08	GISELA GIZ CASTRO 1.39.91 2/05/15
200 ESTILOS	LORENA COSTOYA 2.31.29 E 4/5/97	LORENA COSTOYA 2.33.78 15/5/99	LORENA COSTOYA 2.31.38 17/1/98	LORENA COSTOYA 2.31.29 E 4/5/97	RAQUELFERNANDEZ 2.33.74 E 14/04/12	IHARA ANDRÉS 2.35.76 26/2/05	ANTIA BOUZA LOPEZ 2.39.75 27/06/15	ALMUDENA LAMIGUEIRO 2.45.07 E 21/12/98	RAQUELFERNANDEZ 3.03.88 3/05/08	RAQUEL FERNANDEZ 3.21.23 23/06/07
400 ESTILOS	LORENA COSTOYA 5.18.61 E 4/5/97	LORENA COSTOYA 5.31.81 15/2/99	RAQUELFERNANDEZ 5.21.95 4/05/14	LORENA COSTOYA 5.18.61 E 4/5/97	RAQUELFERNANDEZ 5.21.91 05/05/12	JENNIFER PEDRAYES 5.29.06 21/5/05	TAMARA PITA 5.31.73 E 27/12/97	ANTIA BOUZA L. 5.59.95 E 29/06/14	JENIFER PEDRAYES 6.38.87 9/6/02	ALBA PERMUY 6.55.12 9/11/02
4 x 50 LIBRES	RAQUEL FDEZ-INES SANTIAGO-SARA GUERRREO-UXIA PITA 1.54.28 E 29/12/2015									
4 x 100 LIBRES	RAQUEL FDEZ-INES SANTIAGO-SARA GUERRREO-UXIA PITA 4.09.34 E 29/12/2015									
4 x 200 LIBRES	SARA GUERRERO -INES SANTIAGO-RAQUEL FDEZ-UXIA PITA 9.57.17 E 29/12/2015									
4 x 50 ESTILOS	ALBA JIMENEZ-MARINA FILGUEIRA-RAQUEL FDEZ-VANESA LOPEZ 2.06.20 E 28/12/2011									
4 x 100 ESTILOS	ALBA JIMENEZ-MARINA FILGUEIRA-RAQUEL FDEZ- INEZ VAZQUEZ 4.42.53 14/01/2012									