

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

|                 | RECORD CLUB   | 18 AÑOS (2005)                         | 17 AÑOS (2006)                          | 16 AÑOS (2007)                          | 15 AÑOS (2008)                                     | 14 AÑOS (2009)                         | 13 AÑOS (2010)                        | 12 AÑOS (2011)                          | 11 AÑO (2012)                         | 10 AÑOS (2013)                         |
|-----------------|---|--|---|---|--|--|---------------------------------------|---|---------------------------------------|--|
| 50 MARIPOSA     | RAQUEL FERNANDEZ<br>0.29.24 E 31/03/15                                      | RAQUEL FERNANDEZ<br>0.29.24 E 31/03/15 | RAQUEL FERNANDEZ<br>0.29.42 E 13/04/14  | RAQUEL FERNANDEZ<br>0.29.80 E 29/06/13  | RAQUEL FERNANDEZ<br>0.29.71 E 31/3/12              | RAQUEL FERNANDEZ<br>0.31.90 E 3/7/11   | RAQUEL FERNANDEZ<br>0.35.67 E 18/7/10 | RAQUEL FERNANDEZ<br>0.39.28 E 8/07/09   | RAQUEL FERNANDEZ<br>0.47.33 E 5/04/08 | CARLA CASTRO F.<br>1.01.76 E 28/03/09  |
| 100 MARIPOSA    | RAQUEL FERNANDEZ<br>1.04.71 E 17/07/14                                      | RAQUEL FERNANDEZ<br>1.05.10 E 25/07/15 | RAQUEL FERNANDEZ<br>1.04.71 E 17/07/14  | RAQUEL FERNANDEZ<br>1.05.69 E 19/06/13  | RAQUEL FERNANDEZ<br>1.07.01 E 29/6/12              | RAQUEL FERNANDEZ<br>1.10.91 E 26/6/11  | AMUDENA LAMIGUEIRO<br>1.13.78 11/7/99 | RAQUEL FDEZ T.<br>1.20.04 E 8/07/09     | RAQUEL FERNADE<br>1.33.82 E 5/04/08   |  |
| 200 MARIPOSA    | LORENA COSTOYA<br>2.25.35 4/7/98  | LORENA COSTOYA<br>2.36.08 10/7/99      | LORENA COSTOYA<br>2.25.35 4/7/98        | IHARA ANDRÉS<br>2.39.84 E 8/07/07       | RAQUEL FERNANDEZ<br>2.37.35 E 17/3/12              | IHARA ANDRÉS<br>2.35.83 E 30/7/05      | OLGA PEREZ M.<br>2.43.08 10/7/99      |   |                                       |  |
| 50 ESPALDA      | RAQUEL FERNANDEZ<br>0.32.94 E 23/07/15                                      | RAQUEL FERNANDEZ<br>0.32.94 E 23/07/15 | ALBA JIMENEZ<br>0.33.98 E 29/6/12       | ALBA JIMENEZ<br>0.33.32 E 1/7/11        | CARLA CASTRO F.<br>0.33.78 E 16/2/14               | ANTIA BOUZA<br>0.33.84 E 25/6/16       | CARLA CASTRO F<br>0.35.89 E 21/07/12  | UXIA MUÑO DIAZ<br>0.41.67 E 28/03/08    | ICIA LOPEZ RAMUDO<br>0.45.55 E 4/7/15 | IRIS LOPEZ PRIETO<br>0.49.88 E 5/04/08 |
| 100 ESPALDA     | RAQUEL FERNANDEZ<br>1.09.81 E 25/03/15                                      | RAQUEL FERNANDEZ<br>1.09.81 E 25/03/15 | PAULA ALBES<br>1.13.20 E 9/02/20        | RAQUEL FERNANDEZ<br>1.11.85 E 29/06/13  | ANTIA BOUZA<br>1.11.83 E 8/06/17                   | ANTIA BOUZA<br>1.12.59 E 25/6/16       | CARLA LÓPEZ S.<br>1.14.08 E 29/6/06   | PAULA ALBES ALVA.<br>1.25.96 E 5/07/15  | ICIA LOPEZ RAMUDO<br>1.34.08 E 4/7/15 |  |
| 200 ESPALDA     | RAQUEL FERNANDEZ<br>2.33.24 E 30/06/13                                      | RAQUEL FERNANDEZ<br>2.35.67 11/04/15   | RAQUEL FERNANDEZ<br>2.33.33 E 6/07/14   | RAQUEL FERNANDEZ<br>2.33.24 E 30/06/13  | ANTIA BOUZA<br>2.39.53 E 9/06/2/17                 | ANTIA BOUZA<br>2.39.11 E 26/6/16       | CARLA LÓPEZ S.<br>2.40.94 E 28/6/06   | JULIA MANEIROS<br>3.05.46 E 9/06/18     |                                       |  |
| 50 BRAZA        | ICIA LOPEZ R.<br>0.36.40 E 18/07/21   | ICIA LOPEZ RAMUDO<br>0.36.74 E 1/07/22 | ICIA LOPEZ RAMUDO<br>0.36.40 E 18/07/21 | ICIA LOPEZ R.<br>0.36.76 E 7/02/20      | MARINA FILGUEIRA<br>0.37.65 E 1/07/12              | MARINA FILGUEIRA<br>0.38.12 E 3/7/11   | NOA SOBRADO C.<br>0.39.21 E 8/7/07    | MARINA FILGUEIRAS<br>0.42.01 E 7/07/09  | CARLOTA NÚÑEZ L<br>0.46.26 E 4/7/15   | MIREIA DOCE C.<br>0.57.78 E 27/03/10   |
| 100 BRAZA       | ICIA LOPEZ R.<br>1.19.09 E 18/07/21   | ICIA LOPEZ RAMUDO<br>1.20.67 E 3/07/22 | ICIA LOPEZ RAMUDO<br>1.19.09 E 18/07/21 | ICIA LOPEZ R.<br>1.19.41 E 8/02/20      | ICIA LOPEZ R.<br>1.21.04 E 24/02/19                | ICIA LOPEZ R.<br>1.20.68 9/06/18       | JENIFER PEDRAYES<br>1.25.34 E 8/7/04  | MARINA FILGUEIRAS<br>1.29.72 E 7/07/09  | MARTA BALADO<br>1.37.07 24/1/98       |  |
| 200 BRAZA       | ICIA LOPEZ R.<br>2.51.88 E 9/02/20  | ICIA LOPEZ RAMUDO<br>2.55.15 E 2/07/22 | ICIA LOPEZ RAMUDO<br>2.53.15 E 17/07/21 | ICIA LOPEZ R.<br>2.51.88 E 9/02/20      | ICIA LOPEZ R.<br>2.52.03 E 23/02/19                | ICIA LOPEZ R.<br>2.56.60 E 23/06/18    | JENIFER PEDRAYES<br>3.00.25 E 11/7/04 | ICIA LOPEZ R.<br>3.17.31 E 3/06/16      | ICIA LOPEZ RAMUDO<br>3.32.47 E 5/7/15 |  |
| 50 LIBRES       | IRIA CASAS-RAQUEL FDEZ<br>0.28.68 E 8/8/97-30/6/12                          | RAQUEL FERNANDEZ<br>0.29.09 E 27/06/15 | RAQUEL FERNANDEZ<br>0.29.29 E 8/02/14   | IRIA CASAS<br>0.28.41 3/7/98            | IRIA CASAS-RAQUEL FDEZ<br>0.28.68 E 8/8/97-30/6/12 | INÉS VÁZQUEZ R.<br>0.29.55 E 25/6/11   | CARLA CASTRO F.<br>0.30.41 E 7/07/12  | CARLA SOTO PICO<br>0.33.93 E 11/07/10   | CARLA CASTRO F.<br>0.37.81 E 7/03/10  | CARLA SOTO PICO<br>0.40.92 E 5/04/08   |
| 100 LIBRES      | IRIA CASAS<br>1.03.62 E 12/7/97   | RAQUEL FERNANDEZ<br>1.04.52 11/04/15   | IRIA CASAS<br>1.03.98 11/7/99           | IRIA CASAS<br>1.03.75 5/7/98            | IRIA CASAS<br>1.03.62 E 12/7/97                    | CARLA LÓPEZ S.<br>1.04.78 E 30/7/07    | AMUDENA LAMIGUEIRO<br>1.05.21 9/7/99  | CARLA SOTO PICO<br>1.09.17 E 11/07/10   | ELBA PAZ LOPEZ<br>1.20.57 E 22/06/22  |  |
| 200 LIBRES      | CARLA LOPEZ<br>2.19.42 E 13/7/08  | IRENE LAZARO G<br>2.25.02 E 16/7/03    | SARA LOPEZ L<br>2.25.50 E 2/3/18        | ISABEL DE FREITAS<br>2.20.15 25/05/19   | CARLA LOPEZ<br>2.19.42 E 13/7/08                   | CARLA LOPEZ S.<br>2.20.46 31/7/07      | CARLA SOTO PICO<br>2.27.72 E 1/7/11   | NAROA SOTO PICO<br>2.38.44E 5/07/15     | CARLA SOTO PICO<br>2.56.81 E 28/03/09 |  |
| 400 LIBRES      | SARA GUERRERO<br>5.00.19 E 29/6/12  | IRENE LAZARO G<br>5.10.35 E 17/7/03    | SARA LOPEZ L<br>5.02.58 9/6/18          | SARA LOPEZ L<br>4.56.59 E 25/2/17       | SARA LOPEZ L.<br>5.02.11 E 30/01/16                | SARA GUERRERO<br>5.01.42 E 25/6/11     | UXIA PITA LOPEZ<br>5.09.61 E 7/07/12  | PAULA ALBES ALVA.<br>5.58.43 E 3/07/15  |                                       |  |
| 800 LIBRES      | SARA LOPEZ L<br>10.17.02 E 25/2/17  |  | SARA LOPEZ L<br>10.26.06 E 3/3/18       | SARA LOPEZ L<br>10.17.02 E 25/2/17      | SARA GUERRERO<br>10.22.60 E 1/7/12                 | SARA GUERRERO<br>10.34.74 E 25/6/11    | UXIA PITA LOPEZ<br>10.41.57 E 8/07/12 | PAULA ALBES ALVA.<br>12.00.88 E 3/07/15 |                                       |  |
| 1.500 LIBRES    | SARA LOPEZ L<br>19.56.03 10/06/17   |  |   | SARA LOPEZ L<br>19.56.03 10/06/17       |  |  |                                       |   |                                       |  |
| 200 ESTILOS     | RAQUEL FERNANDEZ<br>2.36.67 E 30/6/12                                       |  | RAQUEL FERNANDEZ<br>2.36. 83 E 7/02/14  | PAULA ALBES ALVA.<br>2.39.45 E 22/02/19 | RAQUEL FERNANDEZ<br>2.36.67 E 30/6/12              | RAQUEL FERNANDEZ<br>2.39.89 E 3/7/11   | AMUDENA LAMIGUEIRO<br>2.43.46 10/7/99 | IRIA CASAS<br>2:57.26 28/12/94          | ELBA PAZ LOPEZ<br>3.23.31 E 22/06/22  |  |
| 400 ESTILOS     | ANA ALVARINO<br>5.40.21 3/7/98  |  | ANA ALVARINO<br>5.49.52 9/7/99          | ANA ALVARINO<br>5.40.21 3/7/98          | BEATRIZ TOIMIL<br>5.42.91 E 23/6/01                | JENNIFER PEDRAYES<br>5.42.37 E 28/7/05 | AMUDENA LAMIGUEI.<br>5.48.98 9/7/99   | BEATRIZ TOIMIL<br>6.56.24 24/1/98       | ALBA ROMERO<br>7.20.94 24/1/98        |  |
| 4 x 50 LIBRES   | INEZ VÁZQUEZ-ALBA JIMENEZ-RAQUEL FDEZ-SARA GUERRERO<br>1.58.57 E 3/7/11     |  |   |   |  |  |                                       |   |                                       |  |
| 4 x 100 LIBRES  | ANA ALVARINO-IRIA CASAS-BANESSA MANSO-VERONICA LOMBAO<br>4.21.28 E 4/7/98   |  |   |   |  |  |                                       |   |                                       |  |
| 4 x 200 LIBRES  | SARA GUERRERO-RAQUEL FDEZ-INES VÁZQUEZ-CARLA SOTO<br>9.38.26 E 2/7/11       |  |   |   |  |  |                                       |   |                                       |  |
| 4 x 50 ESTILOS  | ALBA JIMENEZ-MARINA FILGUEIRA-RAQUEL FDEZ-SARA ROMERO<br>2.10.65 E 29/06/12 |  |   |   |  |  |                                       |   |                                       |  |
| 4 x 100 ESTILOS | SARA ROMERO-MARINA FILGUEIRA-RAQUEL FDEZ-SARA GUERRERO<br>4.51. E 1/07/12   |  |   |   |  |  |                                       |   |                                       |  |