

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

	RECORD CLUB	18 AÑOS (2006)	17 AÑOS (2007)	16 AÑOS (2008)	15 AÑOS (2009)	14 AÑOS (2010)	13 AÑOS (2011)	12 AÑOS (2012)	11 AÑO (2013)	10 AÑOS (2014)
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	TATIANA CANEIRO 0.45.51 E 25/06/23	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 MANEIRÓS 3.05.46 E 9/06/18	TATIANA CANEIRO 3.28.17 E 24/06/23	
50 BRAZA	ICIA LOPEZ R. 0.36.40 E 18/07/21	ICIA LOPEZ RAMUDO 0.36.74 E 1/07/22	ICIA LOPEZ RAMUDO 0.36.40 E 18/07/21	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 NUNEZ L 0.46.26 E 4/7/15	MIREIA DOCE C. 0.57.78 E 27/03/10
100 BRAZA	ICIA LOPEZ R. 1.19.09 E 18/07/21	ICIA LOPEZ RAMUDO 1.20.67 E 3/07/22	ICIA LOPEZ RAMUDO 1.19.09 E 18/07/21	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	ICIA LOPEZ RAMUDO 2.55.15 E 2/07/22	ICIA LOPEZ RAMUDO 2.53.15 E 17/07/21	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 VÁZQUEZ R. 0.29.55 E 25/6/11	CARLA CASTRO F. 0.30.41 E 7/07/12	ELBA PAZ LOPEZ 0.33.67 E 1/07/23	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	ELBA PAZ LOPEZ 1.20.57 E 22/06/22	
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	ITZIAR FERNADEZ 6.49.65 E 25/06/23	
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	ITZIAR FERNADEZ 13.39.74 E 25/06/23	
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	ELBA PAZ LOPEZ 3.23.31 E 22/06/22	
400 ESTILOS	PAULA ALBES 5.28.04 E 1/06/24		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									