

## Individual Top Times

Times since: 01-Nov-16 Times until: 07-May-17  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 100 Free</b>							
1	57.99	L MCA	F Helena Moreno	15 BELEN	15-Dec-16	Campeonato Nacional Inter-clubes - ES/	
<b>Women 200 Free</b>							
1	2:02.03	L MCA	F Helena Moreno	15 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Women 400 Free</b>							
1	4:16.70	L MCA	F Helena Moreno	15 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Women 800 Free</b>							
1	8:47.52	L MCA	F Helena Moreno	15 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Women 100 Back</b>							
1	1:08.88	L MCA	F Helena Moreno	15 BELEN	15-Dec-16	Campeonato Nacional Inter-clubes - ES/	
2	1:08.93	L MCA	F Amanda Alfaro	15 MILEN	24-Mar-17	XXII Copa Juan Santamaría	
<b>Women 200 Back</b>							
1	2:29.23	L MCA	F Amanda Alfaro	15 MILEN	24-Mar-17	XXII Copa Juan Santamaría	
<b>Women 200 Breast</b>							
1	2:51.87	L MCA	P Mariana Ovares	16 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
2	2:52.41	L MCA	F Valery Nicole Ramírez	17 MILEN	26-Jan-17	IV Torneo de Natación San José	
3	2:54.05	L MCA	P Victoria Castro	15 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
4	2:59.26	L MCA	F Nicole Rodríguez	15 HERED	04-May-17	XXXVII CNI Alfredo Cruz Bolaños FECC	
<b>Women 50 Fly</b>							
1	29.08	L MCA	P Helena Moreno	15 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
2	29.87	L MCA	F Amanda Alfaro	15 MILEN	14-Jan-17	2017 Al Soltis Memorial Meet	
<b>Women 100 Fly</b>							
1	1:05.88	L MCA	F Helena Moreno	15 BELEN	15-Dec-16	Campeonato Nacional Inter-clubes - ES/	
<b>Women 200 Fly</b>							
1	2:25.37	L MCA	F María Fernanda León	17 HERED	17-Feb-17	Torneo Clasificatorio FECONA 2017	
<b>Women 200 IM</b>							
1	2:28.45	L MCA	F Helena Moreno	15 BELEN	04-May-17	XXXVII CNI Alfredo Cruz Bolaños FECC	
2	2:28.91	L MCA	F Amanda Alfaro	15 MILEN	24-Mar-17	XXII Copa Juan Santamaría	
3	2:32.87	L MCA	F Julieta Carnevale	16 BELEN	07-Apr-17	VII Copa Chorotega de Natación de Nicc	
<b>Women 400 IM</b>							
1	5:16.94	L MCA	F Amanda Alfaro	15 MILEN	14-Jan-17	2017 Al Soltis Memorial Meet	
<b>Men 100 Free</b>							
1	54.22	L MCA	F Bryan Álvarez	17 BELEN	15-Dec-16	Campeonato Nacional Inter-clubes - ES/	
<b>Men 200 Free</b>							
1	1:57.30	L MCA	T Daniel Retana	16 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
2	1:57.41	L MCA	F Marcelo Valverde	15 STANA	24-Nov-16	XXXIV Invitacional Internacional Naco 20	
<b>Men 400 Free</b>							
1	4:09.36	L MCA	F Daniel Retana	16 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Men 200 Breast</b>							
1	2:23.58	L MCA	F José David Solís	15 PIRAT	15-Dec-16	Selectivo Sudamericano Juvenil 2017	
<b>Men 50 Fly</b>							
1	24.71	L MCA	T Bryan Álvarez	17 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Men 100 Fly</b>							
1	55.79	L MCA	T Bryan Álvarez	17 BELEN	28-Apr-17	LC09-17 San Juan International Swimmi	
<b>Men 200 Fly</b>							
1	2:06.57	L MCA	F Bryan Álvarez	17 CRC	02-Mar-17	2017 Arena Pro Swim Series Indianapoli	
2	2:09.42	L MCA	F José David Solís	15 PIRAT	07-Apr-17	VII Copa Chorotega de Natación de Nicc	

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	Time	P/F/S	Name	Age/Yr	
<b>Men 400 IM</b>					
1	4:44.33	L MCA F	José David Solís	15 PIRAT	15-Dec-16 Selectivo Sudamericano Juvenil 2017