



International Life Saving Federation  
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**LYDIA DEL PLEIGO GARZON**  
**LIFESAVING WORLD CHAMPIONSHIPS RESULTS**  
**INDIVIDUAL RESULTS**

Championship	Event	#	Competitor
Interclub Open 2004	100m Rescue Medley	11	Lydia DEL PLEIGO GARZON - CD Vallecas SOS (ESP)
Interclub Open 2004	50m Manikin Carry	10	Lydia DEL PLEIGO GARZON - CD Vallecas SOS (ESP)
National Team Open 2008	100m Rescue Medley	15	Lydia DEL PLEIGO GARZON - Spain National Team (ESP)
National Team Open 2008	50m Manikin Carry	13	Lydia DEL PLEIGO GARZON - Spain National Team (ESP)
Interclub Open 2008	100m Rescue Medley	6	Lydia DEL PLEIGO GARZON - CD Vallecas SOS (ESP)
Interclub Open 2008	50m Manikin Carry	15	Lydia DEL PLEIGO GARZON - CD Vallecas SOS (ESP)

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**LYDIA DEL PLEIGO GARZON**  
**LIFESAVING WORLD CHAMPIONSHIPS RESULTS**  
**TEAM RESULTS**

Championship	Event	#	Competitors
Interclub Open 2004	4x50m Medley Relay	4	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Tamara ALEJANDRE, Lydia DEL PLEIGO GARZON, Cristina VEGA
Interclub Open 2004	4x50m Obstacle Relay	4	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Tamara ALEJANDRE, Nuria ALMAZAN, Lydia DEL PLEIGO GARZON
Interclub Open 2004	Line Throw	4	CD Vallecas SOS (ESP) Nuria ALMAZAN, Lydia DEL PLEIGO GARZON
Interclub Open 2008	4x50m Medley Relay	4	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Lydia DEL PLEIGO GARZON, Irene LALANA MUÑOZ, Beatriz LAS HERAS TORREGO
Interclub Open 2008	4x50m Obstacle Relay	4	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Lydia DEL PLEIGO GARZON, Irene LALANA MUÑOZ, Beatriz LAS HERAS TORREGO
Interclub Open 2002	4x50m Obstacle Relay	5	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Esther MONTERO FREIDEIRO, Lydia DEL PLEIGO GARZON, Irene ZAMORA SOTO
Interclub Open 2004	4x25m Manikin Relay	5	CD Vallecas SOS (ESP) Tamara ALEJANDRE, Nuria ALMAZAN, Teresa ARRIBAS, Lydia DEL PLEIGO GARZON

Championship	Event	#	Competitors
National Team Open 2008	Beach Relay	5	Spain National Team (ESP) Lydia DEL PLEIGO GARZON, Lorena MORÓN LÓPEZ, Itziar ABASCAL RIVERO, Ana GUIMAREY VAZQUEZ
National Team Open 2008	Rescue Tube Rescue	6	Spain National Team (ESP) Lydia DEL PLEIGO GARZON, Patricia DE DIEGO MARCHAMALO, Concepción ESCATLLAR FERNÁNDEZ DE MISA, Ana GUIMAREY VAZQUEZ
National Team Open 2008	4x50m Medley Relay	7	Spain National Team (ESP) Lydia DEL PLEIGO GARZON, Patricia DE DIEGO MARCHAMALO, Lorena MORÓN LÓPEZ, Ana GUIMAREY VAZQUEZ
Interclub Open 2002	4x50m Medley Relay	11	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Carolina HERNANDEZ ALCAIDE, Lydia DEL PLEIGO GARZON, Irene ZAMORA SOTO
Interclub Open 2004	Beach Relay	12	CD Vallecas SOS (ESP) Tamara ALEJANDRE, Nuria ALMAZAN, Lydia DEL PLEIGO GARZON, Cristina VEGA
Interclub Open 2008	4x50m Medley Relay	12	CD Vallecas SOS (ESP) Carolina HERNANDEZ ALCAIDE, Lydia DEL PLEIGO GARZON, Irene LALANA MUÑOZ, Beatriz LAS HERAS TORREGO
Interclub Open 2002	4x25m Manikin Relay	16	CD Vallecas SOS (ESP) Nadia RODRIGUEZ AYALA, Lydia DEL PLEIGO GARZON, Elysa PEREZ KENNEDY, Irene ZAMORA SOTO

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