


 Event 3 Women, 400m Freestyle 2003 and older
 3/6/2023 - 9:54 Results

CR 4:45.29 BERTRAN IZQUIERDO, Aida ESP TARRAGONA 12/6/2022

Points: FINA Master 2023

Rank YB Time Punts CAT

20+

 1. MUNOZ VALVERDE, Alba 03 Piri, Aece Vilassar De Mar **5:24.58**
 50m: 36.60 36.60 150m: 1:57.42 40.80 250m: 3:20.36 41.68 350m: 4:43.82 41.53
 100m: 1:16.62 40.02 200m: 2:38.68 41.26 300m: 4:02.29 41.93 400m: 5:24.58 40.76

25+

 1. SAENZ OLMEDO, Andrea 96 C.N. Cuatro Caminos **5:15.41** 551
 50m: 35.63 35.63 150m: 1:54.88 40.23 250m: 3:17.00 41.06 350m: 4:37.82 40.12
 100m: 1:14.65 39.02 200m: 2:35.94 41.06 300m: 3:57.70 40.70 400m: 5:15.41 37.59

 2. CANTON PRIETO, Ruth 98 C.N. Santa Perpetua **6:08.28** 346
 50m: 37.03 37.03 150m: 2:07.14 47.19 250m: 3:44.07 48.38 350m: 5:15.41 40.12
 100m: 1:19.95 42.92 200m: 2:55.69 48.55 300m: 4:33.22 49.15 400m: 6:08.28

30+

 1. ARROYO GARCIA, Sonia 93 Aquamasters **5:07.59** 594
 50m: 34.30 34.30 150m: 1:52.22 39.52 250m: 3:09.03 39.22 350m: 4:28.54 39.70
 100m: 1:12.20 37.90 200m: 2:29.81 39.81 300m: 3:48.84 39.81 400m: 5:07.59 39.05

 2. ALTADILL FERRANDO, Cinta 93 C.E. Mediterrani **5:11.94** 569
 50m: 34.49 34.49 150m: 1:52.22 39.52 250m: 3:12.45 40.05 350m: 4:32.70 39.57
 100m: 1:12.70 38.21 200m: 2:32.40 40.18 300m: 3:53.13 40.68 400m: 5:11.94 39.24

 3. CARRERAS RODRIGUEZ, Alejandra 89 C.N. Parets **6:31.28** 288
 50m: 40.83 40.83 150m: 2:14.96 48.23 250m: 3:56.00 50.70 350m: 5:39.76 51.90
 100m: 1:26.73 45.90 200m: 3:05.30 50.34 300m: 4:47.86 51.86 400m: 6:31.28 51.52

 4. MARTINEZ SALCEDO, Nerea 89 C.N. Swimfaster Salt **6:49.30** 252
 50m: 43.63 43.63 150m: 2:23.31 51.66 250m: 4:10.07 53.77 350m: 5:57.17 52.73
 100m: 1:31.65 48.02 200m: 3:16.30 52.99 300m: 5:04.44 54.37 400m: 6:49.30 52.13

35+

 1. MIRON PEREZ, Marta 85 C.E. Mediterrani **5:51.57** 433
 50m: 39.10 39.10 150m: 2:06.38 44.11 250m: 3:36.14 45.04 350m: 5:07.78 45.96
 100m: 1:22.27 43.17 200m: 2:51.10 44.72 300m: 4:21.82 45.68 400m: 5:51.57 43.79

40+

 1. BRUNOL CAMPSOLINAS, Cristina 81 C.N. Swimfaster Salt **5:13.86** 587
 50m: 34.25 34.25 150m: 1:52.23 39.79 250m: 3:12.81 40.37 350m: 4:34.34 40.83
 100m: 1:12.44 38.19 200m: 2:32.44 40.21 300m: 3:53.51 40.70 400m: 5:13.86 39.52

 2. AGUILERA REVIDIEGO, Vanesa 80 Aquamasters **5:16.13** 574
 50m: 34.79 34.79 150m: 1:53.43 40.00 250m: 3:15.37 41.17 350m: 4:37.20 40.63
 100m: 1:13.43 38.64 200m: 2:34.20 40.77 300m: 3:56.57 41.20 400m: 5:16.13 38.93

WDR SANTIAGO DIAZ, Cristina 83 C.N. Sabadell

Piscina 50mts i cronometratge automàtic

Event 3, Women, 400m Freestyle

45+

1.	SANCHEZ MARQUES, Mireia	77	Cv Platja Llarga Tarragona	5:28.48	567
	50m: 37.10 37.10	150m: 1:59.92 42.06	250m: 3:24.18 42.00	350m: 4:48.37 41.74	
	100m: 1:17.86 40.76	200m: 2:42.18 42.26	300m: 4:06.63 42.45	400m: 5:28.48 40.11	
2.	OLIVES PONS, Silvia	78	Club Natacion Triswim	5:40.99	507
	50m: 37.47 37.47	150m: 2:01.64 42.67	250m: 3:29.19 43.71	350m: 4:57.45 44.23	
	100m: 1:18.97 41.50	200m: 2:45.48 43.84	300m: 4:13.22 44.03	400m: 5:40.99 43.54	
3.	TAPIA ROMAN, Eva	74	C.N. Catalunya	5:43.77	495
	50m: 36.81 36.81	150m: 2:03.68 43.84	250m: 3:30.00 43.84	350m: 5:02.00 44.64	
	100m: 1:19.84 43.03	200m: 2:48.24 44.56	300m: 4:17.36 43.84	400m: 5:43.77 41.77	
4.	ROMERO AZNAR, Gemma	75	C.N. Onades	5:55.11	449
	50m: 38.77 38.77	150m: 2:07.22 44.79	250m: 3:38.30 45.97	350m: 5:10.48 46.36	
	100m: 1:22.43 43.66	200m: 2:52.33 45.11	300m: 4:24.12 45.82	400m: 5:55.11 44.63	
5.	PAYA RINCON, Laura	77	C.N. Sabadell	6:09.28	399
	50m: 41.76 41.76	150m: 2:15.15 47.21	250m: 3:49.32 47.22	350m: 5:24.06 47.61	
	100m: 1:27.94 46.18	200m: 3:02.10 46.95	300m: 4:36.45 47.13	400m: 6:09.28 45.22	

50+

1.	VILA FORTUNY, Marta	72	GEiEG	5:25.86	638
	<i>Rècord Catalunya</i>				
	50m: 37.17 37.17	150m: 1:57.14 40.49	250m: 3:19.57 41.44	350m: 4:43.74 42.22	
	100m: 1:16.65 39.48	200m: 2:38.13 40.99	300m: 4:01.52 41.95	400m: 5:25.86 42.12	
2.	VALLESPI SUNE, Cristina	69	Aquamasters	5:32.18	603
	50m: 37.20 37.20	150m: 2:00.24 42.11	250m: 3:24.79 42.23	350m: 4:51.02 43.12	
	100m: 1:18.13 40.93	200m: 2:42.56 42.32	300m: 4:07.90 43.11	400m: 5:32.18 41.16	
3.	FONT FORTUNY, Ma Victoria	72	Aquamasters	5:37.11	577
	50m: 37.19 37.19	150m: 2:02.78 42.82	250m: 3:29.99 42.84	350m: 4:55.26 42.62	
	100m: 1:19.96 42.77	200m: 2:47.15 44.37	300m: 4:12.64 42.65	400m: 5:37.11 41.85	
4.	MAILLO LARA, Ascensio	69	C.N. Terrassa	7:17.03	264
	50m: 49.72 49.72	150m: 2:38.85 54.90	250m: 4:30.55 55.83	350m: 6:22.26 55.21	
	100m: 1:43.95 54.23	200m: 3:34.72 55.87	300m: 5:27.05 56.50	400m: 7:17.03 54.77	

WDR CAMPILLO VALLMAJO, Nuria 69 Piri, Aece Vilassar De Mar

55+

1.	RAVES OLIVE, Maria Del Mar	67	C.N. Tarraco	5:26.77	652
	50m: 35.86 35.86	150m: 1:57.92 41.25	250m: 3:21.64 41.71	350m: 4:45.99 41.79	
	100m: 1:16.67 40.81	200m: 2:39.93 42.01	300m: 4:04.20 42.56	400m: 5:26.77 40.78	
2.	GARRIGA ALSINA, Carmen	67	GEiEG	7:29.44	250
	50m: 47.44 47.44	150m: 2:36.09 56.36	250m: 4:31.25 58.38	350m: 6:31.89 1:01.43	
	100m: 1:39.73 52.29	200m: 3:32.87 56.78	300m: 5:30.46 59.21	400m: 7:29.44 57.55	

60+

1.	BALBUENA ESPARZA, Loli	59	C.N. Sabadell	5:53.44	573
	50m: 40.61 40.61	150m: 2:10.00 45.29	250m: 3:40.19 44.48	350m: 5:09.11 44.20	
	100m: 1:24.71 44.10	200m: 2:55.71 45.71	300m: 4:24.91 44.72	400m: 5:53.44 44.33	
2.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi	6:56.02	351
	50m: 48.10 48.10	150m: 2:34.62 53.50	250m: 4:22.21 54.25	350m: 6:07.80 52.59	
	100m: 1:41.12 53.02	200m: 3:27.96 53.34	300m: 5:15.21 53.00	400m: 6:56.02 48.22	

Piscina 50mts i cronometratge automàtic