

Prova 23  
 27/11/2022

Fem., 400m Lliure

 Fase Territorial Copa 2a Divisió  
 Resultats

RE	3:54.52	, BELMONTE GARCIA MIREIA	BERLIN (GER)	11/08/2013
RC	3:54.52	, MIREIA BELMONTE GARCIA	BERLIN	11/08/2013

Punts: FINA 2022

Classificació	ANY		Temps		Pts
1. MARTI BALLESTER, Marilo	98	C.N. Mataró	<b>4:21.36</b>	716	
50m: 30.96 30.96	150m: 1:37.76	33.88 250m: 2:44.63	33.25 350m: 3:50.14	32.42	
100m: 1:03.88 32.92	200m: 2:11.38	33.62 300m: 3:17.72	33.09 400m: 4:21.36	31.22	
2. MUÑOZ ARMENGOU, Julia	07	C.N. Atl Barceloneta	<b>4:21.92</b>	712	
50m: 31.21 31.21	150m: 1:37.57	33.30 250m: 2:45.47	34.11 350m: 3:51.08	32.35	
100m: 1:04.27 33.06	200m: 2:11.36	33.79 300m: 3:18.73	33.26 400m: 4:21.92	30.84	
3. TORREJON GASCON, Xenia	06	C.N. Caldes	<b>4:28.95</b>	657	
50m: 30.53 30.53	150m: 1:38.01	34.27 250m: 2:46.46	33.97 350m: 3:55.69	34.52	
100m: 1:03.74 33.21	200m: 2:12.49	34.48 300m: 3:21.17	34.71 400m: 4:28.95	33.26	
4. OLIVEIRA LARA, Carolina	07	C.N. Caldes	<b>4:29.07</b>	657	
50m: 31.19 31.19	150m: 1:38.41	34.29 250m: 2:46.73	34.04 350m: 3:55.28	34.22	
100m: 1:04.12 32.93	200m: 2:12.69	34.28 300m: 3:21.06	34.33 400m: 4:29.07	33.79	
5. ROSELL DIEZ, Ona	09	C.N. Tarraco	<b>4:30.97</b>	643	
50m: 30.80 30.80	150m: 1:38.18	33.99 250m: 2:47.72	34.69 350m: 3:56.90	35.06	
100m: 1:04.19 33.39	200m: 2:13.03	34.85 300m: 3:21.84	34.12 400m: 4:30.97	34.07	
6. LLORACH FUSTES, Martina	08	C.N. Igualada	<b>4:31.94</b>	636	
50m: 31.84 31.84	150m: 1:39.61	34.21 250m: 2:49.29	34.86 350m: 3:58.57	34.73	
100m: 1:05.40 33.56	200m: 2:14.43	34.82 300m: 3:23.84	34.55 400m: 4:31.94	33.37	
7. ROCA FORTUNY, Marina	05	C.N. Cervera	<b>4:32.17</b>	634	
50m: 31.58 31.58	150m: 1:39.13	33.94 250m: 2:48.36	34.66 350m: 3:58.45	35.11	
100m: 1:05.19 33.61	200m: 2:13.70	34.57 300m: 3:23.34	34.98 400m: 4:32.17	33.72	
8. RIUS PELLEJA, Abril	04	C.N. Tarraco	<b>4:33.61</b>	624	
50m: 31.36 31.36	150m: 1:39.98	34.89 250m: 2:49.95	34.24 350m: 3:59.04	34.50	
100m: 1:05.09 33.73	200m: 2:15.71	35.73 300m: 3:24.54	34.59 400m: 4:33.61	34.57	
9. DELGADO GARCIA, Marta	09	C.N. Mataró	<b>4:41.13</b>	576	
50m: 32.00 32.00	150m: 1:43.49	35.62 250m: 2:54.86	34.79 350m: 4:06.38	35.49	
100m: 1:07.87 35.87	200m: 2:20.07	36.58 300m: 3:30.89	36.03 400m: 4:41.13	34.75	
10. VIDAL MERINO, Julia	07	C.N. Granollers	<b>4:41.97</b>	570	
50m: 32.57 32.57	150m: 1:43.69	35.80 250m: 2:55.19	35.65 350m: 4:07.09	35.92	
100m: 1:07.89 35.32	200m: 2:19.54	35.85 300m: 3:31.17	35.98 400m: 4:41.97	34.88	
11. CORTES VILANOVA, Judith	02	C.N. Lleida	<b>4:45.01</b>	552	
50m: 31.39 31.39	150m: 1:41.85	36.18 250m: 2:54.94	36.84 350m: 4:09.28	37.28	
100m: 1:05.67 34.28	200m: 2:18.10	36.25 300m: 3:32.00	37.06 400m: 4:45.01	35.73	
12. BENITO CASTELLÓ, Mar	08	C.N. Lleida	<b>4:49.57</b>	527	
50m: 32.78 32.78	150m: 1:44.56	36.25 250m: 2:58.16	37.01 350m: 4:13.18	37.09	
100m: 1:08.31 35.53	200m: 2:21.15	36.59 300m: 3:36.09	37.93 400m: 4:49.57	36.39	
13. BAJALICA, Pavlija Vajka	07	C.N. Atl Barceloneta	<b>4:51.76</b>	515	
50m: 33.83 33.83	150m: 1:46.47	36.55 250m: 2:59.94	36.68 350m: 4:12.78	35.89	
100m: 1:09.92 36.09	200m: 2:23.26	36.79 300m: 3:36.89	36.95 400m: 4:51.76	38.98	
14. HERREROS DE LA FUENTE, Maria	05	C.E. Inef Lleida	<b>4:51.88</b>	514	
50m: 33.40 33.40	150m: 1:46.70	37.18 250m: 3:00.62	36.91 350m: 4:15.30	37.57	
100m: 1:09.52 36.12	200m: 2:23.71	37.01 300m: 3:37.73	37.11 400m: 4:51.88	36.58	
15. HERREROS DE LA FUENTE, Lucia	08	C.E. Inef Lleida	<b>4:53.93</b>	504	
50m: 33.55 33.55	150m: 1:46.81	37.08 250m: 3:02.44	37.82 350m: 4:18.63	38.09	
100m: 1:09.73 36.18	200m: 2:24.62	37.81 300m: 3:40.54	38.10 400m: 4:53.93	35.30	
16. SOLA SOLERNOU, Ona	06	C.N. Igualada	<b>4:55.76</b>	494	
50m: 33.59 33.59	150m: 1:47.19	37.39 250m: 3:03.44	38.53 350m: 4:19.37	37.51	
100m: 1:09.80 36.21	200m: 2:24.91	37.72 300m: 3:41.86	38.42 400m: 4:55.76	36.39	

## Prova 23, Fem., 400m Lliure, Fase Territorial Copa 2a Divisió

Classificació	ANY								Temps	Pts
17.	MARTINEZ CAPARROS, Claudia	07	C.N. Sant Feliu						<b>4:57.87</b>	484
	50m: 33.35	33.35	150m: 1:46.75	37.32	250m: 3:02.92	38.30	350m: 4:20.19	38.70		
	100m: 1:09.43	36.08	200m: 2:24.62	37.87	300m: 3:41.49	38.57	400m: 4:57.87	37.68		
18.	MARTÍNEZ ORDÓÑEZ, Berta	07	C.N. Granollers						<b>5:06.72</b>	443
	50m: 35.86	35.86	150m: 1:52.18	38.36	250m: 3:10.02	39.21	350m: 4:28.52	39.02		
	100m: 1:13.82	37.96	200m: 2:30.81	38.63	300m: 3:49.50	39.48	400m: 5:06.72	38.20		
19.	TOSQUELLA VILARDOSA, Blau	10	C.N. Cervera						<b>5:11.37</b>	424
	50m: 37.46	37.46	150m: 1:57.36	39.89	250m: 3:14.91	38.19	350m: 4:33.93	39.76		
	100m: 1:17.47	40.01	200m: 2:36.72	39.36	300m: 3:54.17	39.26	400m: 5:11.37	37.44		
20.	MORENO GUTIERREZ, Júlia	07	C.N. Cornellà						<b>5:12.11</b>	420
	50m: 33.21	33.21	150m: 1:49.96	39.88	250m: 3:10.98	40.55	350m: 4:32.71	41.00		
	100m: 1:10.08	36.87	200m: 2:30.43	40.47	300m: 3:51.71	40.73	400m: 5:12.11	39.40		
21.	LUNA ROJAS, Judit	07	C.N. Cornellà						<b>5:12.60</b>	419
	50m: 35.25	35.25	150m: 1:52.99	39.35	250m: 3:13.47	40.42	350m: 4:33.64	40.21		
	100m: 1:13.64	38.39	200m: 2:33.05	40.06	300m: 3:53.43	39.96	400m: 5:12.60	38.96		
22.	COLOMER GUASCH, Mariona	07	C.N. Sant Feliu						<b>5:16.16</b>	405
	50m: 34.20	34.20	150m: 1:53.40	40.04	250m: 3:14.44	40.07	350m: 4:36.89	40.13		
	100m: 1:13.36	39.16	200m: 2:34.37	40.97	300m: 3:56.76	42.32	400m: 5:16.16	39.27		
BX	NAVARRO SILVESTRE, Judith	97	C.N. L'Hospitalet							
EXH	ORTIZ MARTINEZ, Ainhoa	03	C.N. L'Hospitalet						<b>4:37.82</b>	596
	50m: 32.41	32.41	150m: 1:43.08	34.97	250m: 2:53.08	35.30	350m: 4:03.20	35.08		
	100m: 1:08.11	35.70	200m: 2:17.78	34.70	300m: 3:28.12	35.04	400m: 4:37.82	34.62		
EXH	MANCERA DIEZ, Marta	06	C.N. Viladecans						<b>4:45.15</b>	552
	50m: 32.58	32.58	150m: 1:44.48	36.12	250m: 2:57.30	36.62	350m: 4:10.07	36.57		
	100m: 1:08.36	35.78	200m: 2:20.68	36.20	300m: 3:33.50	36.20	400m: 4:45.15	35.08		
EXH	BALAGUER SOLANO, Berta	07	C.N. Vilafranca						<b>4:45.40</b>	550
	50m: 32.37	32.37	150m: 1:43.83	36.14	250m: 2:56.83	36.45	350m: 4:09.86	36.50		
	100m: 1:07.69	35.32	200m: 2:20.38	36.55	300m: 3:33.36	36.53	400m: 4:45.40	35.54		
EXH	WERLIK MIRAVET, Zoé	06	C.N. Badalona						<b>4:55.24</b>	497
	50m: 34.29	34.29	150m: 1:49.03	37.81	250m: 3:04.32	37.60	350m: 4:19.49	37.76		
	100m: 1:11.22	36.93	200m: 2:26.72	37.69	300m: 3:41.73	37.41	400m: 4:55.24	35.75		
EXH	SALA CAÑAS, Núria	07	C.N. Vilafranca						<b>4:56.85</b>	489
	50m: 33.60	33.60	150m: 1:47.86	37.57	250m: 3:05.12	39.05	350m: 4:22.25	38.21		
	100m: 1:10.29	36.69	200m: 2:26.07	38.21	300m: 3:44.04	38.92	400m: 4:56.85	34.60		
EXH	BARJA MARTINEZ, Noelia	05	C.N. Viladecans						<b>4:58.02</b>	483
	50m: 33.36	33.36	150m: 1:45.92	36.93	250m: 3:02.30	38.60	350m: 4:20.67	39.09		
	100m: 1:08.99	35.63	200m: 2:23.70	37.78	300m: 3:41.58	39.28	400m: 4:58.02	37.35		
EXH	MORENO GONZALEZ, Julia	09	C.N. Badalona						<b>5:02.90</b>	460
	50m: 33.39	33.39	150m: 1:48.53	38.33	250m: 3:06.82	39.12	350m: 4:24.70	39.05		
	100m: 1:10.20	36.81	200m: 2:27.70	39.17	300m: 3:45.65	38.83	400m: 5:02.90	38.20		
EXH	BONAS GUITERAS, Martina	10	C.N. Santa Perpètua						<b>5:33.04</b>	346
	50m: 36.17	36.17	150m: 1:58.43	42.24	250m: 3:24.77	43.30	350m: 4:52.48	43.66		
	100m: 1:16.19	40.02	200m: 2:41.47	43.04	300m: 4:08.82	44.05	400m: 5:33.04	40.56		
EXH	BERMUDEZ SILLERO, Alba	10	C.N. Santa Perpètua						<b>6:10.29</b>	252
	50m: 41.17	41.17	150m: 2:15.26	48.13	250m: 3:50.15	47.42	350m: 5:26.33	47.45		
	100m: 1:27.13	45.96	200m: 3:02.73	47.47	300m: 4:38.88	48.73	400m: 6:10.29	43.96		