

Prova 3
20/1/2024 - 10:14

Fem., 400m Lliure

2004 i majors
Resultats

CR	4:39.58	BERTRAN IZQUIERDO, Aida	00076	SABADELL	9/1/2022
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Punts: FINA Master 2024

Classificació ANY Temps Punts CAT

25+

1.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	4:46.74	692
	50m: 32.41 32.41 150m: 1:43.61 36.25 250m: 2:56.19 36.18 350m: 4:10.17 37.05				
	100m: 1:07.36 34.95 200m: 2:20.01 36.40 300m: 3:33.12 36.93 400m: 4:46.74 36.57				
2.	GELABERT SALÓ, Berta	97	G.E.N. Roses	5:05.54	572
	50m: 33.28 33.28 150m: 1:49.04 38.63 250m: 3:08.12 39.75 350m: 4:27.60 39.84				
	100m: 1:10.41 37.13 200m: 2:28.37 39.33 300m: 3:47.76 39.64 400m: 5:05.54 37.94				
3.	LOPEZ ALBA, Paula	99	C.N. Terrassa	5:16.29	516
	50m: 34.46 34.46 150m: 1:50.66 38.91 250m: 3:11.15 40.61 350m: 4:35.42 42.52				
	100m: 1:11.75 37.29 200m: 2:30.54 39.88 300m: 3:52.90 41.75 400m: 5:16.29 40.87				
4.	CANTÓN PRIETO, Ruth	98	C.N. Santa Perpètua	5:53.35	370
	50m: 38.29 38.29 150m: 2:05.17 44.02 250m: 3:35.35 45.26 350m: 5:09.35 46.56				
	100m: 1:21.15 42.86 200m: 2:50.09 44.92 300m: 4:22.79 47.44 400m: 5:53.35 44.00				

30+

1.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya	5:12.35	541
	50m: 35.72 35.72 150m: 1:52.74 39.02 250m: 3:12.34 39.96 350m: 4:32.74 40.16				
	100m: 1:13.72 38.00 200m: 2:32.38 39.64 300m: 3:52.58 40.24 400m: 5:12.35 39.61				
2.	SILVESTRE HERNANDEZ, Judith	92	Fed Andorrana	7:18.58	195
	50m: 45.72 45.72 150m: 2:33.24 55.75 250m: 4:28.71 58.01 350m: 6:24.56 57.39				
	100m: 1:37.49 51.77 200m: 3:30.70 57.46 300m: 5:27.17 58.46 400m: 7:18.58 54.02				

35+

1.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamàsters	5:39.83	447
	50m: 37.86 37.86 150m: 2:02.77 43.37 250m: 3:30.29 43.56 350m: 4:56.96 43.61				
	100m: 1:19.40 41.54 200m: 2:46.73 43.96 300m: 4:13.35 43.06 400m: 5:39.83 42.87				

40+

1.	MARTINEZ LEON, Sabina	84	C.N. Aquamàsters	5:05.06	631
	50m: 34.53 34.53 150m: 1:49.62 37.90 250m: 3:06.26 38.52 350m: 4:25.50 39.82				
	100m: 1:11.72 37.19 200m: 2:27.74 38.12 300m: 3:45.68 39.42 400m: 5:05.06 39.56				
2.	SANTIAGO DIAZ, Cristina	83	C.N. Sabadell	5:37.02	468
	50m: 38.44 38.44 150m: 2:03.23 42.98 250m: 3:30.21 43.45 350m: 4:56.28 42.87				
	100m: 1:20.25 41.81 200m: 2:46.76 43.53 300m: 4:13.41 43.20 400m: 5:37.02 40.74				
3.	FERNANDEZ RAFEGAS, Olga	84	C.N. Caldes	6:00.34	383
	50m: 39.17 39.17 150m: 2:07.81 45.28 250m: 3:42.49 47.98 350m: 5:15.46 45.25				
	100m: 1:22.53 43.36 200m: 2:54.51 46.70 300m: 4:30.21 47.72 400m: 6:00.34 44.88				
4.	RODRIGUEZ MONTOLIO, Monica	81	C.E. Mediterrani	6:40.09	280
	50m: 45.56 45.56 150m: 2:27.28 51.42 250m: 4:09.33 51.13 350m: 5:51.82 51.61				
	100m: 1:35.86 50.30 200m: 3:18.20 50.92 300m: 5:00.21 50.88 400m: 6:40.09 48.27				

45+

1.	SÁNCHEZ MARQUÉS, Mireia	77	CV Platja Llarga Tarragona	5:36.23	488
	50m: 40.09 40.09 150m: 2:03.32 42.57 250m: 3:29.42 43.35 350m: 4:54.98 42.71				
	100m: 1:20.75 40.66 200m: 2:46.07 42.75 300m: 4:12.27 42.85 400m: 5:36.23 41.25				

Piscina 25mts i cronometratge automàtic

20/1/2024 10:42 - Pàgina 1

Sponsor principal

Sponsors institucionals

Acreditacions



Prova 3, Fem., 400m Lliure, 45+

Classificació				ANY					Temps	Punts CAT	
2. ROMERO AZNAR, Gemma				75 C.N. Onades					5:54.01	418	
50m:	38.88	38.88	150m:	2:04.78	43.32	250m:	3:34.62	45.38	350m:	5:07.86	46.77
100m:	1:21.46	42.58	200m:	2:49.24	44.46	300m:	4:21.09	46.47	400m:	5:54.01	46.15

50+

1.	VILA FORTUNY, Marta			72 GEiEG					5:16.56		647	
	50m:	35.77	35.77	150m:	1:52.10	38.79	250m:	3:13.26	40.71	350m:	4:36.03	41.41
	100m:	1:13.31	37.54	200m:	2:32.55	40.45	300m:	3:54.62	41.36	400m:	5:16.56	40.53
2.	FONT FORTUNY, M ^a Victoria			72 C.N. Aquamàsters					5:41.44		515	
	50m:	38.33	38.33	150m:	2:03.84	43.42	250m:	3:30.88	43.41	350m:	4:58.59	43.93
	100m:	1:20.42	42.09	200m:	2:47.47	43.63	300m:	4:14.66	43.78	400m:	5:41.44	42.85
3.	TAPIA ROMAN, Eva			74 C.N. Catalunya					5:47.71		488	
	50m:	37.23	37.23	150m:	2:03.26	43.69	250m:	3:33.32	45.14	350m:	5:04.74	45.87
	100m:	1:19.57	42.34	200m:	2:48.18	44.92	300m:	4:18.87	45.55	400m:	5:47.71	42.97
4.	SHAW HERRERO, Begoña			73 C.N. Tarraco					5:56.72		452	
	50m:	38.93	38.93	150m:	2:05.26	44.40	250m:	3:36.10	45.87	350m:	5:10.69	47.35
	100m:	1:20.86	41.93	200m:	2:50.23	44.97	300m:	4:23.34	47.24	400m:	5:56.72	46.03
5.	VALLET OCHOA, Cristina			71 Marnaton					6:26.28		356	
	50m:	40.95	40.95	150m:	2:15.26	48.57	250m:	3:55.67	50.52	350m:	5:37.57	51.11
	100m:	1:26.69	45.74	200m:	3:05.15	49.89	300m:	4:46.46	50.79	400m:	6:26.28	48.71
6.	PERA MENDEZ, Yolanda			73 C.N. Cerdanyola					6:26.89		354	
	50m:	41.52	41.52	150m:	2:15.28	48.82	250m:	3:55.92	50.68	350m:	5:37.43	50.68
	100m:	1:26.46	44.94	200m:	3:05.24	49.96	300m:	4:46.75	50.83	400m:	6:26.89	49.46
7.	BONET BALAGUER, Teresa			70 G.E.N. Roses					7:23.68		235	
	50m:	49.80	49.80	150m:	2:37.79	54.96	250m:	4:31.30	56.91	350m:	6:26.01	57.42
	100m:	1:42.83	53.03	200m:	3:34.39	56.60	300m:	5:28.59	57.29	400m:	7:23.68	57.67

55+

1.	RAVÉS OLIVÉ, Maria Del Mar				67 C.N. Tarraco				5:15.75				677
	Rècord Catalunya												
	50m:	35.84	35.84	150m:	1:53.93	39.18	250m:	3:13.90	40.00	350m:	4:35.01	40.61	
	100m:	1:14.75	38.91	200m:	2:33.90	39.97	300m:	3:54.40	40.50	400m:	5:15.75	40.74	
2.	ALSINA FERNANDEZ, Anna				69 Marnaton				6:54.77				298
	50m:	45.51	45.51	150m:	2:26.91	51.89	250m:	4:14.97	53.65	350m:	6:01.71	52.68	
	100m:	1:35.02	49.51	200m:	3:21.32	54.41	300m:	5:09.03	54.06	400m:	6:54.77	53.06	
3.	TORDERA ARAUS, Laura				66 GEiEG				6:55.97				296
	50m:	48.29	48.29	150m:	2:33.67	53.68	250m:	4:20.56	53.18	350m:	6:05.87	52.43	
	100m:	1:39.99	51.70	200m:	3:27.38	53.71	300m:	5:13.44	52.88	400m:	6:55.97	50.10	
4.	GARRIGA ALSINA, Carmen				67 GEiEG				6:58.56				290
	50m:	46.65	46.65	150m:	2:29.22	52.78	250m:	4:17.77	54.99	350m:	6:05.95	54.65	
	100m:	1:36.44	49.79	200m:	3:22.78	53.56	300m:	5:11.30	53.53	400m:	6:58.56	52.61	
5.	VENTURA ARASANZ, Isolda				68 Marnaton				7:07.63				272
	50m:	49.29	49.29	150m:	2:37.48	54.21	250m:	4:26.42	54.62	350m:	6:15.03	54.08	
	100m:	1:43.27	53.98	200m:	3:31.80	54.32	300m:	5:20.95	54.53	400m:	7:07.63	52.60	

BX VALLESPI SUÑE, Cristina 69 C.N. Aquamàsters

Prova 3, Fem., 400m Lliure

60+

1.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi					7:02.00	320
	50m: 48.32	48.32	150m: 2:35.74	53.94	250m: 4:25.19	54.86	350m: 6:12.85	53.31	
	100m: 1:41.80	53.48	200m: 3:30.33	54.59	300m: 5:19.54	54.35	400m: 7:02.00	49.15	

70+

1.	LLIVINA CARBONELL, Maria Rosa	54	C.N. Aquamàsters					7:41.62	327
	50m: 52.78	52.78	150m: 2:47.90	57.61	250m: 4:44.74	58.73	350m: 6:43.22	59.32	
	100m: 1:50.29	57.51	200m: 3:46.01	58.11	300m: 5:43.90	59.16	400m: 7:41.62	58.40	

Rècord Catalunya