

Prova 3 Fem., 400m Lliure 2004 i majors  
8/6/2024 - 9:59 Resultats

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

Lloc Nom i cognoms Any Club Temps Punts IND Punts CLUB

Class Punts T. Catalana Màster

1.	MATTHEY JAQUET, Iris Marleen	88	C.D. Jerez Natacion Master	<b>4:48.18</b>	787	-
	50m: 31.42 31.42 150m: 1:43.20 36.37 250m: 2:56.90 36.88 350m: 4:11.34 37.24					
	100m: 1:06.83 35.41 200m: 2:20.02 36.82 300m: 3:34.10 37.20 400m: 4:48.18 36.84					
2.	VILANOVA BELMONTE, Cinta	70	C.N. Aquamàsters	<b>5:08.76</b>	751	751,00
	<i>Rècord Nacional Màsters</i>					
	50m: 34.90 34.90 150m: 1:51.75 38.95 250m: 3:11.91 40.49 350m: 4:32.02 40.03					
	100m: 1:12.80 37.90 200m: 2:31.42 39.67 300m: 3:51.99 40.08 400m: 5:08.76 36.74					
3.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	<b>4:45.68</b>	741	741,00
	50m: 32.10 32.10 150m: 1:43.28 35.92 250m: 2:55.75 35.94 350m: 4:09.41 36.54					
	100m: 1:07.36 35.26 200m: 2:19.81 36.53 300m: 3:32.87 37.12 400m: 4:45.68 36.27					
4.	RUBIO PLAZA, Marta	77	C.N. Tarraco	<b>5:03.93</b>	706	706,00
	50m: 34.74 34.74 150m: 1:50.45 38.24 250m: 3:07.81 38.60 350m: 4:25.55 39.02					
	100m: 1:12.21 37.47 200m: 2:29.21 38.76 300m: 3:46.53 38.72 400m: 5:03.93 38.38					
5.	GOMARIZ GONZÁLEZ, Montserrat	70	C.N. Manresa	<b>5:20.79</b>	669	669,00
	50m: 36.68 36.68 150m: 1:57.78 41.89 250m: 3:19.37 41.01 350m: 4:41.25 40.79					
	100m: 1:15.89 39.21 200m: 2:38.36 40.58 300m: 4:00.46 41.09 400m: 5:20.79 39.54					
6.	RAVÉS OLIVÉ, Maria Del Mar	67	C.N. Tarraco	<b>5:24.91</b>	663	663,00
	50m: 37.12 37.12 150m: 1:59.42 41.47 250m: 3:22.19 41.15 350m: 4:44.93 41.30					
	100m: 1:17.95 40.83 200m: 2:41.04 41.62 300m: 4:03.63 41.44 400m: 5:24.91 39.98					
7.	PUJOL ULIED, Minerva	78	GEIEG	<b>5:10.48</b>	662	662,00
	50m: 33.78 33.78 150m: 1:51.05 39.42 250m: 3:10.76 39.81 350m: 4:31.46 40.64					
	100m: 1:11.63 37.85 200m: 2:30.95 39.90 300m: 3:50.82 40.06 400m: 5:10.48 39.02					
8.	ALTADILL FERRANDO, Cinta	93	C.E. Mediterrani	<b>5:03.64</b>	617	617,00
	50m: 34.22 34.22 150m: 1:50.33 38.57 250m: 3:07.94 38.52 350m: 4:26.04 38.63					
	100m: 1:11.76 37.54 200m: 2:29.42 39.09 300m: 3:47.41 39.47 400m: 5:03.64 37.60					
	TORRAS PIEDEHIERRO, Judith	98	Cee Sant Gervasi	<b>5:03.65</b>	617	617,00
	50m: 33.81 33.81 150m: 1:48.78 38.08 250m: 3:06.21 38.48 350m: 4:25.17 39.35					
	100m: 1:10.70 36.89 200m: 2:27.73 38.95 300m: 3:45.82 39.61 400m: 5:03.65 38.48					
10.	GARCÍA GUIRADO, María Victoria	64	CV Platja Llarga Tarragona	<b>5:50.62</b>	587	587,00
	50m: 40.19 40.19 150m: 2:08.45 44.57 250m: 3:38.62 45.27 350m: 5:07.74 44.43					
	100m: 1:23.88 43.69 200m: 2:53.35 44.90 300m: 4:23.31 44.69 400m: 5:50.62 42.88					
11.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya	<b>5:19.14</b>	532	532,00
	50m: 35.96 35.96 150m: 1:54.85 39.90 250m: 3:16.43 41.11 350m: 4:39.07 41.22					
	100m: 1:14.95 38.99 200m: 2:35.32 40.47 300m: 3:57.85 41.42 400m: 5:19.14 40.07					
12.	FONT FORTUNY, M <sup>a</sup> Victoria	72	C.N. Aquamàsters	<b>5:47.92</b>	524	524,00
	50m: 38.52 38.52 150m: 2:04.57 43.39 250m: 3:33.16 44.20 350m: 5:03.51 44.89					
	100m: 1:21.18 42.66 200m: 2:48.96 44.39 300m: 4:18.62 45.46 400m: 5:47.92 44.41					
13.	SÁNCHEZ MARQUÉS, Mireia	77	CV Platja Llarga Tarragona	<b>5:35.70</b>	523	523,00
	50m: 38.17 38.17 150m: 2:01.72 42.38 250m: 3:27.85 43.28 350m: 4:53.99 42.68					
	100m: 1:19.34 41.17 200m: 2:44.57 42.85 300m: 4:11.31 43.46 400m: 5:35.70 41.71					
14.	AGUILERA REVIDIEGO, Vanesa	80	C.N. Aquamàsters	<b>5:27.67</b>	516	516,00
	50m: 36.81 36.81 150m: 1:59.17 41.63 250m: 3:22.98 41.76 350m: 4:46.57 41.30					
	100m: 1:17.54 40.73 200m: 2:41.22 42.05 300m: 4:05.27 42.29 400m: 5:27.67 41.10					

Piscina 50mts i cronometratge automàtic

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8/6/2024 10:30 - Pàgina 1

Sponsor principal

Sponsors institucionals

Acreditacions



**Prova 3, Fem., 400m Lliure, Class Punts T. Catalana Màster**

LLoc	Nom i cognoms	Any	Club	Temps		Punts IND	Punts CLUB
15.	FERNANDEZ DIAZ, Andrea	97	C.N. Aquamàsters	<b>5:30.66</b>		478	-
	50m: 36.95 36.95 150m: 1:59.55 41.74 250m: 3:24.00 41.90 350m: 4:48.93 41.86			100m: 1:17.81 40.86 200m: 2:42.10 42.55 300m: 4:07.07 43.07 400m: 5:30.66 41.73			
16.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamàsters	<b>5:44.60</b>		460	-
	50m: 38.50 38.50 150m: 2:03.93 43.62 250m: 3:32.04 44.00 350m: 5:01.09 44.50			100m: 1:20.31 41.81 200m: 2:48.04 44.11 300m: 4:16.59 44.55 400m: 5:44.60 43.51			
17.	ROMERO AZNAR, Gemma	75	C.N. Onades	<b>5:56.42</b>		437	437,00
	50m: 39.62 39.62 150m: 2:08.32 45.02 250m: 3:39.10 45.50 350m: 5:11.26 45.97			100m: 1:23.30 43.68 200m: 2:53.60 45.28 300m: 4:25.29 46.19 400m: 5:56.42 45.16			
18.	LLAMAS DELGADO, Judith	02	C.N. Terrassa	<b>5:52.12</b>		396	396,00
	50m: 39.22 39.22 150m: 2:06.67 44.06 250m: 3:36.70 45.14 350m: 5:08.03 46.14			100m: 1:22.61 43.39 200m: 2:51.56 44.89 300m: 4:21.89 45.19 400m: 5:52.12 44.09			
19.	ZARAGOZA CARBALLIDO, Paula	01	C.N. Cornellà	<b>5:58.77</b>		374	374,00
	50m: 39.06 39.06 150m: 2:06.25 44.24 250m: 3:37.20 45.86 350m: 5:11.61 47.20			100m: 1:22.01 42.95 200m: 2:51.34 45.09 300m: 4:24.41 47.21 400m: 5:58.77 47.16			
20.	HERRERO RUIZ, Judit	97	C.N. Castellet	<b>6:05.87</b>		353	353,00
	50m: 39.38 39.38 150m: 2:08.71 45.43 250m: 3:42.50 47.31 350m: 5:18.99 48.53			100m: 1:23.28 43.90 200m: 2:55.19 46.48 300m: 4:30.46 47.96 400m: 6:05.87 46.88			
21.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi	<b>7:08.53</b>		321	321,00
	100m: 1:42.21 1:42.21 200m: 3:32.65 55.51 300m: 5:24.09 55.79 400m: 7:08.53 50.23			150m: 2:37.14 54.93 250m: 4:28.30 55.65 350m: 6:18.30 54.21			
	PUIGDUETA PAÑACH, Merce	61	C.N. Caldes	<b>7:08.59</b>		321	321,00
	50m: 48.80 48.80 150m: 2:38.06 55.15 250m: 4:28.70 55.06 350m: 6:17.68 53.83			100m: 1:42.91 54.11 200m: 3:33.64 55.58 300m: 5:23.85 55.15 400m: 7:08.59 50.91			
23.	LLIVINA CARBONELL, Maria Rosa	54	C.N. Aquamàsters	<b>7:54.02</b>		311	-
	50m: 53.43 53.43 150m: 2:52.04 1:00.30 250m: 4:53.14 1:00.95 350m: 6:54.55 1:00.31			100m: 1:51.74 58.31 200m: 3:52.19 1:00.15 300m: 5:54.24 1:01.10 400m: 7:54.02 59.47			
24.	MARTÍNEZ LORA, Soraya	78	C.D. Jerez Natacion Master	<b>6:50.58</b>		286	-
	50m: 39.40 39.40 150m: 2:14.36 49.49 250m: 4:00.42 53.38 350m: 5:54.33 57.65			100m: 1:24.87 45.47 200m: 3:07.04 52.68 300m: 4:56.68 56.26 400m: 6:50.58 56.25			
25.	ARANIBAR DE VARGAS, Melva	55	C.N. Swimfaster Salt	<b>8:19.93</b>		244	244,00
	50m: 57.33 57.33 150m: 3:04.92 1:03.84 250m: 5:12.92 1:03.76 350m: 7:19.62 1:01.94			100m: 2:01.08 1:03.75 200m: 4:09.16 1:04.24 300m: 6:17.68 1:04.76 400m: 8:19.93 1:00.31			
26.	SILVESTRE HERNANDEZ, Judith	92	Fed Andorrana	<b>7:11.05</b>		216	216,00
	50m: 46.83 46.83 150m: 2:36.59 56.21 250m: 4:27.88 55.50 350m: 6:19.26 54.88			100m: 1:40.38 53.55 200m: 3:32.38 55.79 300m: 5:24.38 56.50 400m: 7:11.05 51.79			
27.	BELLEGRANDI, Ginevra	90	C.N. Cerdanyola	<b>7:35.57</b>		182	182,00
	50m: 46.11 46.11 150m: 2:37.31 58.23 250m: 4:38.34 1:00.85 350m: 6:40.06 1:00.88			100m: 1:39.08 52.97 200m: 3:37.49 1:00.18 300m: 5:39.18 1:00.84 400m: 7:35.57 55.51			
20+							
1.	LLAMAS DELGADO, Judith	02	C.N. Terrassa	<b>5:52.12</b>		396	396,00
	50m: 39.22 39.22 150m: 2:06.67 44.06 250m: 3:36.70 45.14 350m: 5:08.03 46.14			100m: 1:22.61 43.39 200m: 2:51.56 44.89 300m: 4:21.89 45.19 400m: 5:52.12 44.09			
2.	ZARAGOZA CARBALLIDO, Paula	01	C.N. Cornellà	<b>5:58.77</b>		374	374,00
	50m: 39.06 39.06 150m: 2:06.25 44.24 250m: 3:37.20 45.86 350m: 5:11.61 47.20			100m: 1:22.01 42.95 200m: 2:51.34 45.09 300m: 4:24.41 47.21 400m: 5:58.77 47.16			

Piscina 50mts i cronometratge automàtic

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8/6/2024 10:30 - Pàgina 2

Sponsor principal

Sponsors institucionals

Acreditacions



**Prova 3, Fem., 400m Lliure**
**25+**

1.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	<b>4:45.68</b>	741	741,00
	50m: 32.10 32.10	150m: 1:43.28 35.92	250m: 2:55.75 35.94	350m: 4:09.41 36.54		
	100m: 1:07.36 35.26	200m: 2:19.81 36.53	300m: 3:32.87 37.12	400m: 4:45.68 36.27		
2.	TORRAS PIEDEHIERRRO, Judith	98	Cee Sant Gervasi	<b>5:03.65</b>	617	617,00
	50m: 33.81 33.81	150m: 1:48.78 38.08	250m: 3:06.21 38.48	350m: 4:25.17 39.35		
	100m: 1:10.70 36.89	200m: 2:27.73 38.95	300m: 3:45.82 39.61	400m: 5:03.65 38.48		
3.	FERNANDEZ DIAZ, Andrea	97	C.N. Aquamàsters	<b>5:30.66</b>	478	-
	50m: 36.95 36.95	150m: 1:59.55 41.74	250m: 3:24.00 41.90	350m: 4:48.93 41.86		
	100m: 1:17.81 40.86	200m: 2:42.10 42.55	300m: 4:07.07 43.07	400m: 5:30.66 41.73		
4.	HERRERO RUIZ, Judit	97	C.N. Castellet	<b>6:05.87</b>	353	353,00
	50m: 39.38 39.38	150m: 2:08.71 45.43	250m: 3:42.50 47.31	350m: 5:18.99 48.53		
	100m: 1:23.28 43.90	200m: 2:55.19 46.48	300m: 4:30.46 47.96	400m: 6:05.87 46.88		

**30+**

1.	ALTADILL FERRANDO, Cinta	93	C.E. Mediterrani	<b>5:03.64</b>	617	617,00
	50m: 34.22 34.22	150m: 1:50.33 38.57	250m: 3:07.94 38.52	350m: 4:26.04 38.63		
	100m: 1:11.76 37.54	200m: 2:29.42 39.09	300m: 3:47.41 39.47	400m: 5:03.64 37.60		
2.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya	<b>5:19.14</b>	532	532,00
	50m: 35.96 35.96	150m: 1:54.85 39.90	250m: 3:16.43 41.11	350m: 4:39.07 41.22		
	100m: 1:14.95 38.99	200m: 2:35.32 40.47	300m: 3:57.85 41.42	400m: 5:19.14 40.07		
3.	SILVESTRE HERNANDEZ, Judith	92	Fed Andorrana	<b>7:11.05</b>	216	216,00
	50m: 46.83 46.83	150m: 2:36.59 56.21	250m: 4:27.88 55.50	350m: 6:19.26 54.88		
	100m: 1:40.38 53.55	200m: 3:32.38 55.79	300m: 5:24.38 56.50	400m: 7:11.05 51.79		
4.	BELLEGRANDI, Ginevra	90	C.N. Cerdanyola	<b>7:35.57</b>	182	182,00
	50m: 46.11 46.11	150m: 2:37.31 58.23	250m: 4:38.34 1:00.85	350m: 6:40.06 1:00.88		
	100m: 1:39.08 52.97	200m: 3:37.49 1:00.18	300m: 5:39.18 1:00.84	400m: 7:35.57 55.51		

**35+**

1.	MATTHEY JAQUET, Iris Marleen	88	C.D. Jerez Natacion Master	<b>4:48.18</b>	787	-
	50m: 31.42 31.42	150m: 1:43.20 36.37	250m: 2:56.90 36.88	350m: 4:11.34 37.24		
	100m: 1:06.83 35.41	200m: 2:20.02 36.82	300m: 3:34.10 37.20	400m: 4:48.18 36.84		
2.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamàsters	<b>5:44.60</b>	460	-
	50m: 38.50 38.50	150m: 2:03.93 43.62	250m: 3:32.04 44.00	350m: 5:01.09 44.50		
	100m: 1:20.31 41.81	200m: 2:48.04 44.11	300m: 4:16.59 44.55	400m: 5:44.60 43.51		

**40+**

1.	AGUILERA REVIDIEGO, Vanesa	80	C.N. Aquamàsters	<b>5:27.67</b>	516	516,00
	50m: 36.81 36.81	150m: 1:59.17 41.63	250m: 3:22.98 41.76	350m: 4:46.57 41.30		
	100m: 1:17.54 40.73	200m: 2:41.22 42.05	300m: 4:05.27 42.29	400m: 5:27.67 41.10		

**45+**

1.	RUBIO PLAZA, Marta	77	C.N. Tarraco	<b>5:03.93</b>	706	706,00
	50m: 34.74 34.74	150m: 1:50.45 38.24	250m: 3:07.81 38.60	350m: 4:25.55 39.02		
	100m: 1:12.21 37.47	200m: 2:29.21 38.76	300m: 3:46.53 38.72	400m: 5:03.93 38.38		
2.	PUJOL ULIED, Minerva	78	GEiEG	<b>5:10.48</b>	662	662,00
	50m: 33.78 33.78	150m: 1:51.05 39.42	250m: 3:10.76 39.81	350m: 4:31.46 40.64		
	100m: 1:11.63 37.85	200m: 2:30.95 39.90	300m: 3:50.82 40.06	400m: 5:10.48 39.02		

Piscina 50mts i cronometratge automàtic

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

LLoc	Nom i cognoms	Any	Club	Temps		Punts IND	Punts CLUB
3.	<b>SÁNCHEZ MARQUÉS, Mireia</b>	77	CV Platja Llarga Tarragona	<b>5:35.70</b>		523	523,00
	50m: 38.17 38.17	150m: 2:01.72	42.38	250m: 3:27.85	43.28	350m: 4:53.99	42.68
	100m: 1:19.34 41.17	200m: 2:44.57	42.85	300m: 4:11.31	43.46	400m: 5:35.70	41.71
4.	<b>ROMERO AZNAR, Gemma</b>	75	C.N. Onades	<b>5:56.42</b>		437	437,00
	50m: 39.62 39.62	150m: 2:08.32	45.02	250m: 3:39.10	45.50	350m: 5:11.26	45.97
	100m: 1:23.30 43.68	200m: 2:53.60	45.28	300m: 4:25.29	46.19	400m: 5:56.42	45.16
5.	<b>MARTÍNEZ LORA, Soraya</b>	78	C.D. Jerez Natacion Master	<b>6:50.58</b>		286	-
	50m: 39.40 39.40	150m: 2:14.36	49.49	250m: 4:00.42	53.38	350m: 5:54.33	57.65
	100m: 1:24.87 45.47	200m: 3:07.04	52.68	300m: 4:56.68	56.26	400m: 6:50.58	56.25
<b>50+</b>							
1.	<b>VILANOVA BELMONTE, Cinta</b>	70	C.N. Aquamàsters	<b>5:08.76</b>		751	751,00
	<i>Rècord Nacional Màsters</i>						
	50m: 34.90 34.90	150m: 1:51.75	38.95	250m: 3:11.91	40.49	350m: 4:32.02	40.03
	100m: 1:12.80 37.90	200m: 2:31.42	39.67	300m: 3:51.99	40.08	400m: 5:08.76	36.74
2.	<b>GOMARIZ GONZÁLEZ, Montserrat</b>	70	C.N. Manresa	<b>5:20.79</b>		669	669,00
	50m: 36.68 36.68	150m: 1:57.78	41.89	250m: 3:19.37	41.01	350m: 4:41.25	40.79
	100m: 1:15.89 39.21	200m: 2:38.36	40.58	300m: 4:00.46	41.09	400m: 5:20.79	39.54
3.	<b>FONT FORTUNY, M<sup>a</sup> Victoria</b>	72	C.N. Aquamàsters	<b>5:47.92</b>		524	524,00
	50m: 38.52 38.52	150m: 2:04.57	43.39	250m: 3:33.16	44.20	350m: 5:03.51	44.89
	100m: 1:21.18 42.66	200m: 2:48.96	44.39	300m: 4:18.62	45.46	400m: 5:47.92	44.41
<b>55+</b>							
1.	<b>RAVÉS OLIVÉ, Maria Del Mar</b>	67	C.N. Tarraco	<b>5:24.91</b>		663	663,00
	50m: 37.12 37.12	150m: 1:59.42	41.47	250m: 3:22.19	41.15	350m: 4:44.93	41.30
	100m: 1:17.95 40.83	200m: 2:41.04	41.62	300m: 4:03.63	41.44	400m: 5:24.91	39.98
<b>60+</b>							
1.	<b>GARCÍA GUIRADO, María Victoria</b>	64	CV Platja Llarga Tarragona	<b>5:50.62</b>		587	587,00
	50m: 40.19 40.19	150m: 2:08.45	44.57	250m: 3:38.62	45.27	350m: 5:07.74	44.43
	100m: 1:23.88 43.69	200m: 2:53.35	44.90	300m: 4:23.31	44.69	400m: 5:50.62	42.88
2.	<b>GIBERT PERRAMON, Rosa Maria</b>	60	Club Nagi	<b>7:08.53</b>		321	321,00
	100m: 1:42.21 1:42.21	200m: 3:32.65	55.51	300m: 5:24.09	55.79	400m: 7:08.53	50.23
	150m: 2:37.14 54.93	250m: 4:28.30	55.65	350m: 6:18.30	54.21		
3.	<b>PUIGDUETA PAÑACH, Merce</b>	61	C.N. Caldes	<b>7:08.59</b>		321	321,00
	50m: 48.80 48.80	150m: 2:38.06	55.15	250m: 4:28.70	55.06	350m: 6:17.68	53.83
	100m: 1:42.91 54.11	200m: 3:33.64	55.58	300m: 5:23.85	55.15	400m: 7:08.59	50.91
<b>65+</b>							
1.	<b>ARANIBAR DE VARGAS, Melva</b>	55	C.N. Swimfaster Salt	<b>8:19.93</b>		244	244,00
	50m: 57.33 57.33	150m: 3:04.92	1:03.84	250m: 5:12.92	1:03.76	350m: 7:19.62	1:01.94
	100m: 2:01.08 1:03.75	200m: 4:09.16	1:04.24	300m: 6:17.68	1:04.76	400m: 8:19.93	1:00.31

Piscina 50mts i cronometratge automàtic

Prova 3, Fem., 400m Lliure

70+

1.	LLIVINA CARBONELL, Maria Rosa		54	C.N. Aquamàsters			<b>7:54.02</b>	311	-			
	50m:	53.43	53.43	150m:	2:52.04	1:00.30	250m:	4:53.14	1:00.95	350m:	6:54.55	1:00.31
	100m:	1:51.74	58.31	200m:	3:52.19	1:00.15	300m:	5:54.24	1:01.10	400m:	7:54.02	59.47

Piscina 50mts i cronometratge automàtic

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Sponsors institucionals

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