


 Prova 24
 8/6/2025 - 10:05

Fem., 400m Estils

 2005 i majors
 Resultats

CR 5:15.47 DANCKWARDT-LILLIESTROM, Fanr00051 SABADELL-CNS 16/7/2016

LLoc	Nom i cognoms	Any	Club	Temps	Punts IND	Punts CLUB
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25+

1.	BAEZ DIEGUEZ, Silvia	98	C.D. Toledo Monteverde	6:46.35	413	
	50m: 42.47 42.47	200m: 3:17.64 1:43.01	300m: 5:18.28 1:01.60	400m: 6:46.35	43.08	
	100m: 1:34.63 52.16	250m: 4:16.68 59.04	350m: 6:03.27 44.99			

35+

1.	DIAGO MIRAVET, Anna	90	C.E. Mediterrani	5:42.24	670	
	50m: 35.87 35.87	150m: 2:06.83 49.01	250m: 3:38.55 45.12	350m: 5:03.70 39.84		
	100m: 1:17.82 41.95	200m: 2:53.43 46.60	300m: 4:23.86 45.31	400m: 5:42.24 38.54		
2.	ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master	5:56.01	595	
	50m: 37.42 37.42	150m: 2:10.25 49.01	250m: 3:42.31 46.14	350m: 5:14.45 43.72		
	100m: 1:21.24 43.82	200m: 2:56.17 45.92	300m: 4:30.73 48.42	400m: 5:56.01 41.56		

70+

1.	CASTILLO MIQUEL, Roser	51	C.N. Palamós	9:57.65	296	
	50m: 1:02.46 1:02.46	150m: 3:48.24 1:26.95	250m: 6:35.75 1:25.42	350m: 9:00.88 1:03.64		
	100m: 2:21.29 1:18.83	200m: 5:10.33 1:22.09	300m: 7:57.24 1:21.49	400m: 9:57.65 56.77		