



Event 24  
8/6/2025 - 10:05

Women, 400m Medley

2005 and older  
Results

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

LLoc Nom i cognoms Any Club Time Punts IND Punts CLUB

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. Palamos **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