


 Prova 3 Fem., 400m Lliure 2005 i majors Resultats
 7/6/2025 - 10:10

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

LLoc Nom i cognoms Any Club Temps Punts IND Punts CLUB

20+

1.	ROCAFULL FERNANDEZ, Laia	05	C.N. Terrassa	5:42.54	420
	50m: 37.11 37.11	150m: 1:59.52 42.48	300m: 4:12.37 1:30.13		
	100m: 1:17.04 39.93	200m: 2:42.24 42.72	400m: 5:42.54 1:30.17		
2.	MAIMÓ IBAÑEZ, Natalia	02	C.N. Mollerusa	5:58.55	366
	50m: 39.85 39.85	150m: 2:08.75 44.84	250m: 3:40.69 46.49	400m: 5:58.55 1:31.23	
	100m: 1:23.91 44.06	200m: 2:54.20 45.45	300m: 4:27.32 46.63		

25+

1.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	4:47.30	712
	50m: 32.84 32.84	150m: 1:44.10 35.96	250m: 2:57.08 36.50	350m: 4:11.53 37.37	
	100m: 1:08.14 35.30	200m: 2:20.58 36.48	300m: 3:34.16 37.08	400m: 4:47.30 35.77	
2.	RIQUELME SAEZ, Carmen	96	C.N. Prat Llobregat	4:57.15	644
	50m: 34.47 34.47	150m: 1:48.82 36.81	250m: 3:04.13 37.60	350m: 4:21.00 38.48	
	100m: 1:12.01 37.54	200m: 2:26.53 37.71	300m: 3:42.52 38.39	400m: 4:57.15 36.15	
3.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters	5:02.29	611
	100m: 1:11.29 1:11.29	200m: 2:28.29 38.44	300m: 3:45.60 38.84	400m: 5:02.29 37.19	
	150m: 1:49.85 38.56	250m: 3:06.76 38.47	350m: 4:25.10 39.50		
4.	LATORRE NAVARRO, Sara	96	C.N. Sant Feliu	5:44.79	412
	50m: 36.89 36.89	150m: 2:00.29 42.67	250m: 3:29.83 44.85	350m: 4:59.82 44.71	
	100m: 1:17.62 40.73	200m: 2:44.98 44.69	300m: 4:15.11 45.28	400m: 5:44.79 44.97	
5.	BAEZ DIEGUEZ, Silvia	98	C.D. Toledo Monteverde	5:50.61	392
	50m: 39.00 39.00	150m: 2:08.28 45.58	250m: 3:38.51 45.74	350m: 5:08.67 45.43	
	100m: 1:22.70 43.70	200m: 2:52.77 44.49	300m: 4:23.24 44.73	400m: 5:50.61 41.94	
6.	HERRERO RUIZ, Judit	97	C.N. Castellet	6:10.94	331
	50m: 39.89 39.89	150m: 2:10.79 46.42	250m: 3:46.50 48.27	350m: 5:24.15 48.90	
	100m: 1:24.37 44.48	200m: 2:58.23 47.44	300m: 4:35.25 48.75	400m: 6:10.94 46.79	
7.	PARDO ADAME, Adriana	99	C.N. Cornellà	6:11.79	328
	50m: 39.72 39.72	150m: 3:46.68 2:23.61	300m: 4:34.80 1:37.00		
	100m: 1:23.07 43.35	200m: 2:57.80	400m: 6:11.79 1:36.99		

30+

1.	ALTADILL FERRANDO, Cinta	93	C.E. Mediterrani	5:02.93	622
	50m: 34.67 34.67	150m: 1:50.03 37.94	250m: 3:06.36 37.76	350m: 4:24.85 39.31	
	100m: 1:12.09 37.42	200m: 2:28.60 38.57	300m: 3:45.54 39.18	400m: 5:02.93 38.08	
2.	LAMAS HERNANDEZ, Jessica Gabri	94	C.N. Sant Andreu	5:50.71	401
	50m: 37.98 37.98	150m: 2:03.85 44.21	250m: 3:34.50 45.50	350m: 5:06.09 45.87	
	100m: 1:19.64 41.66	200m: 2:49.00 45.15	300m: 4:20.22 45.72	400m: 5:50.71 44.62	

35+

1.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya	5:17.04	591
	50m: 35.94 35.94	150m: 1:54.51 39.59	250m: 3:15.05 40.45	350m: 4:36.95 41.06	
	100m: 1:14.92 38.98	200m: 2:34.60 40.09	300m: 3:55.89 40.84	400m: 5:17.04 40.09	
2.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamasters	5:40.65	477
	50m: 36.66 36.66	150m: 1:59.89 42.16	250m: 3:27.60 43.80	350m: 4:56.29 43.93	
	100m: 1:17.73 41.07	200m: 2:43.80 43.91	300m: 4:12.36 44.76	400m: 5:40.65 44.36	

Prova 3, Fem., 400m Lliure, 35+

LLoc	Nom i cognoms	Any	Club	Temps				Punts IND	Punts CLUB
3.	DEL CAÑO VIVAS, Priscila	87	C.N. Mataro	5:52.33				431	
	50m: 38.50 38.50	150m: 2:06.16	44.37	250m: 3:37.35	45.45	350m: 5:08.53	45.49		
	100m: 1:21.79 43.29	200m: 2:51.90	45.74	300m: 4:23.04	45.69	400m: 5:52.33	43.80		
4.	CASTELLANO GRANELL, Carme	89	C.N. Tarraco	6:20.73				341	
	50m: 43.09 43.09	150m: 2:17.27	48.43	250m: 3:55.54	49.31	350m: 5:34.34	49.04		
	100m: 1:28.84 45.75	200m: 3:06.23	48.96	300m: 4:45.30	49.76	400m: 6:20.73	46.39		
BX	BELLEGRANDI, Ginevra	90	C.N. Cerdanyola						
40+									
1.	SANTIAGO DIAZ, Cristina	83	C.N. Sabadell	5:18.57				561	
	50m: 36.03 36.03	150m: 1:55.47	40.22	250m: 3:16.34	40.84	350m: 4:38.45	41.02		
	100m: 1:15.25 39.22	200m: 2:35.50	40.03	300m: 3:57.43	41.09	400m: 5:18.57	40.12		
2.	HIGON VISUS, Sara	81	C.D. Jerez Natacion Master	6:16.27				340	
	50m: 40.41 40.41	200m: 3:01.68	1:36.04	300m: 4:39.37	49.59	400m: 6:16.27	48.49		
	100m: 1:25.64 45.23	250m: 3:49.78	48.10	350m: 5:27.78	48.41				
3.	RODRIGUEZ MONTOLIO, Monica	81	C.E. Mediterrani	7:04.43				237	
	50m: 47.83 47.83	150m: 2:34.06	53.95	250m: 4:23.45	53.50	350m: 6:11.61	52.30		
	100m: 1:40.11 52.28	200m: 3:29.95	55.89	300m: 5:19.31	55.86	400m: 7:04.43	52.82		
45+									
1.	RUBIO PLAZA, Marta	77	C.N. Tarraco	4:56.22				762	
	50m: 33.57 33.57	150m: 1:47.71	37.79	250m: 3:03.86	38.10	350m: 4:19.43	37.77		
	100m: 1:09.92 36.35	200m: 2:25.76	38.05	300m: 3:41.66	37.80	400m: 4:56.22	36.79		
2.	OLIVER MIRO, Pilar	76	Club Natacion Triswim	5:40.88				500	
	50m: 39.08 39.08	200m: 2:48.48	1:27.64	400m: 5:40.88	1:23.35				
	100m: 1:20.84 41.76	300m: 4:17.53	1:29.05						
3.	ABRAHAM, Eszter	76	Fed. Andorrana	5:44.27				485	
	50m: 35.85 35.85	150m: 2:01.31	43.55	250m: 3:31.39	45.20	350m: 5:01.88	44.96		
	100m: 1:17.76 41.91	200m: 2:46.19	44.88	300m: 4:16.92	45.53	400m: 5:44.27	42.39		
4.	CAROL LALAUZE, Arlette	76	Club Natació Swimfaster Salt	5:57.05				435	
	50m: 39.76 39.76	150m: 2:09.36	45.71	250m: 3:40.84	45.56	350m: 5:12.40	45.42		
	100m: 1:23.65 43.89	200m: 2:55.28	45.92	300m: 4:26.98	46.14	400m: 5:57.05	44.65		
5.	LLAGOSTERA SANTAMARIA, Nuria	78	C.N. Calella	6:06.36				403	
	50m: 38.93 38.93	150m: 2:09.09	46.15	250m: 3:44.54	48.13	350m: 5:20.76	48.40		
	100m: 1:22.94 44.01	200m: 2:56.41	47.32	300m: 4:32.36	47.82	400m: 6:06.36	45.60		
50+									
1.	TAPIA ROMAN, Eva	74	C.N. Catalunya	5:53.48				500	
	50m: 37.97 37.97	150m: 2:06.45	44.97	250m: 3:37.53	45.40	350m: 5:09.22	45.66		
	100m: 1:21.48 43.51	200m: 2:52.13	45.68	300m: 4:23.56	46.03	400m: 5:53.48	44.26		
55+									
1.	RAVES OLIVE, Maria Del Mar	67	C.N. Tarraco	5:24.04				669	
	50m: 36.99 36.99	150m: 1:57.34	40.53	250m: 3:19.31	40.92	350m: 4:42.96	41.95		
	100m: 1:16.81 39.82	200m: 2:38.39	41.05	300m: 4:01.01	41.70	400m: 5:24.04	41.08		
2.	GOMARIZ GONZALEZ, Montserrat	70	C.N. Manresa	5:30.94				628	
	50m: 36.20 36.20	150m: 1:59.03	42.25	250m: 3:24.76	42.65	350m: 4:49.80	42.19		
	100m: 1:16.78 40.58	200m: 2:42.11	43.08	300m: 4:07.61	42.85	400m: 5:30.94	41.14		



Prova 3, Fem., 400m Lliure, 55+

LLoc	Nom i cognoms	Any	Club	Temps	Punts IND	Punts CLUB
3.	PLANAS RODRIGUEZ, Clara	70	Cn.Sant Just	6:53.84	321	
	50m: 43.11 43.11	150m: 2:24.32 52.99	250m: 4:12.78 54.01	350m: 6:00.55 52.00		
	100m: 1:31.33 48.22	200m: 3:18.77 54.45	300m: 5:08.55 55.77	400m: 6:53.84 53.29		
4.	ARRABAL SANCHEZ, Montse	68	C.N. Lleida	7:27.74	253	
	50m: 47.47 47.47	150m: 2:41.62 58.22	250m: 4:39.60 58.18	350m: 6:34.92 57.04		
	100m: 1:43.40 55.93	200m: 3:41.42 59.80	300m: 5:37.88 58.28	400m: 7:27.74 52.82		

60+

1.	PUIGDUETA PAÑACH, Merce	61	C.N. Caldes	7:32.10	260	
	50m: 49.64 49.64	150m: 2:44.41 58.28	250m: 4:40.41 57.95	350m: 6:36.42 58.47		
	100m: 1:46.13 56.49	200m: 3:42.46 58.05	300m: 5:37.95 57.54	400m: 7:32.10 55.68		

65+

1.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi	7:07.03	393	
	100m: 1:41.88 1:41.88	200m: 3:32.74 1:50.86	300m: 5:23.37 1:50.63	400m: 7:07.03 1:43.66		

70+

1.	LLIVINA CARBONELL, Maria Rosa	54	C.N. Aquamasters	8:06.17	288	
	100m: 1:54.71 1:54.71	250m: 4:59.15 1:01.71	400m: 8:06.17 2:04.39			
	200m: 3:57.44 2:02.73	300m: 6:01.78 1:02.63				