

Prova 3
18/1/2025 - 9:47

Fem., 400m Lliure

2005 i majors
Resultats

CR 4:39.58 BERTRAN IZQUIERDO, Aida 00076 SABADELL 9/1/2022

Punts: AQUA Master 2024

Classificació ANY Temps Punts CAT

25+

1.	BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani	4:42.51	724
	50m: 32.17 32.17 150m: 1:43.18 35.68 250m: 2:54.76 35.79 350m: 4:07.26 36.40				
	100m: 1:07.50 35.33 200m: 2:18.97 35.79 300m: 3:30.86 36.10 400m: 4:42.51 35.25				
2.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamàsters	4:57.33	621
	50m: 33.30 33.30 150m: 1:46.82 37.17 250m: 3:03.17 38.22 350m: 4:20.43 38.69				
	100m: 1:09.65 36.35 200m: 2:24.95 38.13 300m: 3:41.74 38.57 400m: 4:57.33 36.90				
3.	CERRILLO MARTINEZ, Alba	96	C.N. Cornellà	4:57.38	620
	50m: 33.48 33.48 150m: 1:47.41 37.68 250m: 3:03.46 38.00 350m: 4:20.84 38.87				
	100m: 1:09.73 36.25 200m: 2:25.46 38.05 300m: 3:41.97 38.51 400m: 4:57.38 36.54				
4.	GELABERT SALÓ, Berta	97	C.N. Mataró	5:13.70	529
	50m: 34.45 34.45 150m: 1:53.57 39.92 250m: 3:14.36 40.49 350m: 4:35.94 40.48				
	100m: 1:13.65 39.20 200m: 2:33.87 40.30 300m: 3:55.46 41.10 400m: 5:13.70 37.76				

30+

1.	ALTADILL FERRANDO, Cinta	93	C.E. Mediterrani	4:57.32	627
	50m: 33.78 33.78 150m: 1:48.39 37.51 250m: 3:03.71 37.73 350m: 4:20.34 38.65				
	100m: 1:10.88 37.10 200m: 2:25.98 37.59 300m: 3:41.69 37.98 400m: 4:57.32 36.98				
2.	LAMAS HERNANDEZ, Jessica Gabriela	94	C.N. Sant Andreu	5:48.81	388
	50m: 37.67 37.67 150m: 2:02.76 43.60 250m: 3:33.49 45.65 350m: 5:04.12 45.59				
	100m: 1:19.16 41.49 200m: 2:47.84 45.08 300m: 4:18.53 45.04 400m: 5:48.81 44.69				
3.	SILVESTRE HERNANDEZ, Judith	92	Fed Andorrana	7:21.73	191
	50m: 46.11 46.11 150m: 2:34.76 55.75 250m: 4:29.87 58.42 350m: 6:26.18 58.05				
	100m: 1:39.01 52.90 200m: 3:31.45 56.69 300m: 5:28.13 58.26 400m: 7:21.73 55.55				

35+

1.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya	5:10.09	589
	50m: 35.21 35.21 150m: 1:52.17 39.11 250m: 3:11.40 39.65 350m: 4:31.33 40.05				
	100m: 1:13.06 37.85 200m: 2:31.75 39.58 300m: 3:51.28 39.88 400m: 5:10.09 38.76				
2.	GATTI, Miriam	90	C.E. Panteres Grogues	5:36.09	462
	50m: 36.64 36.64 150m: 2:00.15 42.55 250m: 3:27.32 43.40 350m: 4:53.61 42.63				
	100m: 1:17.60 40.96 200m: 2:43.92 43.77 300m: 4:10.98 43.66 400m: 5:36.09 42.48				
3.	CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamàsters	5:38.68	452
	50m: 37.14 37.14 150m: 2:01.30 42.82 250m: 3:28.40 43.91 350m: 4:55.40 43.36				
	100m: 1:18.48 41.34 200m: 2:44.49 43.19 300m: 4:12.04 43.64 400m: 5:38.68 43.28				
4.	CASTELLANO GRANELL, Carme	89	C.N. Tarraco	6:14.11	335
	50m: 43.47 43.47 150m: 2:20.06 48.77 250m: 3:58.38 49.15 350m: 5:33.46 47.02				
	100m: 1:31.29 47.82 200m: 3:09.23 49.17 300m: 4:46.44 48.06 400m: 6:14.11 40.65				

40+

1.	CARBONELL SEGUER, Maria	85	Marnaton	5:17.24	561
	50m: 35.63 35.63 150m: 1:54.26 40.00 250m: 3:15.20 40.58 350m: 4:36.62 40.70				
	100m: 1:14.26 38.63 200m: 2:34.62 40.36 300m: 3:55.92 40.72 400m: 5:17.24 40.62				
2.	SANTIAGO DIAZ, Cristina	83	C.N. Sabadell	5:26.89	513
	50m: 36.15 36.15 150m: 1:55.26 39.85 250m: 3:17.98 41.62 350m: 4:43.92 43.03				
	100m: 1:15.41 39.26 200m: 2:36.36 41.10 300m: 4:00.89 42.91 400m: 5:26.89 42.97				

Piscina 25mts i cronometratge automàtic

20/1/2025 12:25 - Pàgina 1

Prova 3, Fem., 400m Lliure, 40+

Classificació	ANY								Temps	Punts CAT		
3.	SERRA SORIANO, Lidia 82 C.N. Onades								5:58.63	388		
	50m:	41.50	41.50	150m:	2:10.78	45.02	250m:	3:41.48	44.94	350m:	5:13.00	45.96
	100m:	1:25.76	44.26	200m:	2:56.54	45.76	300m:	4:27.04	45.56	400m:	5:58.63	45.63
45+												
1.	RUBIO PLAZA, Marta 77 C.N. Tarraco								4:49.21	768		
	<i>Récord Nacional Màsters</i>											
	50m:	32.60	32.60	150m:	1:44.55	36.65	250m:	2:58.65	37.19	350m:	4:13.26	37.14
	100m:	1:07.90	35.30	200m:	2:21.46	36.91	300m:	3:36.12	37.47	400m:	4:49.21	35.95
2.	PUJOL ULIED, Minerva 78 C.N. Granollers								5:06.57	644		
	50m:	33.40	33.40	150m:	1:48.92	38.28	250m:	3:07.56	39.65	350m:	4:27.54	40.29
	100m:	1:10.64	37.24	200m:	2:27.91	38.99	300m:	3:47.25	39.69	400m:	5:06.57	39.03
3.	ABRAHAM, Eszter 76 Fed Andorrana								5:35.27	493		
	50m:	34.44	34.44	150m:	1:56.75	42.27	250m:	3:24.01	43.80	350m:	4:52.07	44.19
	100m:	1:14.48	40.04	200m:	2:40.21	43.46	300m:	4:07.88	43.87	400m:	5:35.27	43.20
4.	PAYA RINCON, Laura 77 C.N. Sabadell								6:06.17	378		
	50m:	41.52	41.52	150m:	2:12.88	46.42	250m:	3:44.16	45.64	350m:	5:18.81	47.83
	100m:	1:26.46	44.94	200m:	2:58.52	45.64	300m:	4:30.98	46.82	400m:	6:06.17	47.36
5.	FERRAN CARMONA, Eva 79 C.N. Lleida								6:29.58	314		
	50m:	42.53	42.53	150m:	2:18.28	48.90	250m:	3:59.36	50.73	350m:	5:41.76	51.12
	100m:	1:29.38	46.85	200m:	3:08.63	50.35	300m:	4:50.64	51.28	400m:	6:29.58	47.82
50+												
1.	VILA FORTUNY, Marta 72 C.E.N. Cabrera De Mar								5:19.78	628		
	50m:	37.22	37.22	150m:	1:56.26	39.76	250m:	3:17.05	40.40	350m:	4:38.94	41.24
	100m:	1:16.50	39.28	200m:	2:36.65	40.39	300m:	3:57.70	40.65	400m:	5:19.78	40.84
2.	SHAW HERRERO, Begoña 73 C.N. Tarraco								5:39.90	523		
	50m:	39.07	39.07	150m:	2:04.23	42.84	250m:	3:30.92	43.63	350m:	4:58.47	43.74
	100m:	1:21.39	42.32	200m:	2:47.29	43.06	300m:	4:14.73	43.81	400m:	5:39.90	41.43
3.	ARRIBAS DOMINGUEZ, Monica 75 GEiEG								5:55.20	458		
	50m:	38.36	38.36	150m:	2:07.47	45.54	250m:	3:38.70	45.31	350m:	5:10.24	45.56
	100m:	1:21.93	43.57	200m:	2:53.39	45.92	300m:	4:24.68	45.98	400m:	5:55.20	44.96
BX	FONT FORTUNY, M^a Victoria 72 C.N. Aquamàsters											
55+												
1.	RAVÉS OLIVÉ, Maria Del Mar 67 C.N. Tarraco								5:12.25	700		
	<i>Récord Nacional Màsters</i>											
	50m:	36.02	36.02	150m:	1:54.55	39.62	250m:	3:14.53	40.08	350m:	4:34.24	39.69
	100m:	1:14.93	38.91	200m:	2:34.45	39.90	300m:	3:54.55	40.02	400m:	5:12.25	38.01
2.	BONET BALAGUER, Teresa 70 GEiEG								7:11.24	266		
	50m:	49.56	49.56	150m:	2:38.67	55.34	250m:	4:29.20	54.65	350m:	6:20.10	55.30
	100m:	1:43.33	53.77	200m:	3:34.55	55.88	300m:	5:24.80	55.60	400m:	7:11.24	51.14
3.	GARRIGA ALSINA, Carmen 67 GEiEG								7:12.25	264		
	50m:	47.18	47.18	150m:	2:33.32	54.24	250m:	4:26.47	56.72	350m:	6:18.60	55.19
	100m:	1:39.08	51.90	200m:	3:29.75	56.43	300m:	5:23.41	56.94	400m:	7:12.25	53.65

Prova 3, Fem., 400m Lliure

60+

1.	GARCÍA GUIRADO, María Victoria	64	C.N. Aquamàsters					5:48.22	570			
	50m:	39.36	39.36	150m:	2:07.55	45.03	250m:	3:36.77	44.57	350m:	5:05.41	44.37
	100m:	1:22.52	43.16	200m:	2:52.20	44.65	300m:	4:21.04	44.27	400m:	5:48.22	42.81
2.	PUIGDUETA PAÑACH, Merce	61	C.N. Caldes					7:17.19	288			
	50m:	47.83	47.83	150m:	2:37.27	55.21	250m:	4:30.12	56.70	350m:	6:23.03	56.12
	100m:	1:42.06	54.23	200m:	3:33.42	56.15	300m:	5:26.91	56.79	400m:	7:17.19	54.16

65+

1.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi					7:08.90	349			
	50m:	47.55	47.55	150m:	2:31.86	52.90	250m:	4:22.90	55.93	350m:	6:15.65	56.06
	100m:	1:38.96	51.41	200m:	3:26.97	55.11	300m:	5:19.59	56.69	400m:	7:08.90	53.25

70+

1.	LLIVINA CARBONELL, Maria Rosa	54	C.N. Aquamàsters					7:48.91	312			
	50m:	53.15	53.15	150m:	2:50.35	59.31	250m:	4:48.97	59.43	350m:	6:49.68	1:00.65
	100m:	1:51.04	57.89	200m:	3:49.54	59.19	300m:	5:49.03	1:00.06	400m:	7:48.91	59.23
2.	ARANIBAR DE VARGAS, Melva	55	C.N. Swimfaster Salt					8:13.08	268			
	50m:	56.72	56.72	150m:	2:58.64	1:01.69	250m:	5:04.47	1:03.66	350m:	7:11.43	1:03.40
	100m:	1:56.95	1:00.23	200m:	4:00.81	1:02.17	300m:	6:08.03	1:03.56	400m:	8:13.08	1:01.65