

Prova 30
 05/07/2025 - 19:10

Fem., 400m Estils

 Open
 Resultats

Rècord de Catalunya	4:31.21	BELMONTE GARCIA, MIREIA	BARCELONA	04/08/2013
Circuit Català de Trofeus	4:37.36	BELMONTE GARCIA, MIREIA	SABADELL	04/03/2012
Millor Marca Catalana 18	4:37.91	MIREIA, BELMONTE	PEQUÍN (CHN)	09/08/2008
Millor Marca Catalana 17	4:40.15	ZAMORANO SANZ, AFRICA	SINGAPUR	25/08/2015
Millor Marca Catalana 16	4:41.79	PAULA JUSTE, SANCHEZ	BUDAPEST (HUN)	20/08/2019

Puntis: AQUA 2025

Classificació	ANY							TempEquips Ciutat Mataró			
1. PUJADAS RUSIÑOL, Julia	01	C.N. Granollers	4:51.44	746	35,00						
50m:	29.46	29.46	150m:	1:41.30	38.69	250m:	3:02.00	42.80	350m:	4:18.61	33.50
100m:	1:02.61	33.15	200m:	2:19.20	37.90	300m:	3:45.11	43.11	400m:	4:51.44	32.83
2. PEREZ BLANCO, Jimena	97	C.N. Barcelona	4:54.51	723	32,00						
50m:	30.54	30.54	150m:	1:43.96	38.72	250m:	3:03.58	42.60	350m:	4:20.84	33.90
100m:	1:05.24	34.70	200m:	2:20.98	37.02	300m:	3:46.94	43.36	400m:	4:54.51	33.67
3. DEL RIO DECABO, Carlota	09	C.N. Granollers	5:08.11	631	30,00						
50m:	32.80	32.80	150m:	1:49.22	40.68	250m:	3:12.79	45.02	350m:	4:35.13	35.45
100m:	1:08.54	35.74	200m:	2:27.77	38.55	300m:	3:59.68	46.89	400m:	5:08.11	32.98
4. GONZALEZ NUEZ, Lucia	06	C.N. Sant Andreu	5:08.50	629	29,00						
50m:	31.11	31.11	150m:	1:47.56	41.60	250m:	3:11.09	43.81	350m:	4:33.74	36.62
100m:	1:05.96	34.85	200m:	2:27.28	39.72	300m:	3:57.12	46.03	400m:	5:08.50	34.76
5. ESPINOSA ALVAREZ, Aroa	08	C.N. Terrassa	5:16.04	585	28,00						
50m:	32.44	32.44	150m:	1:50.43	40.61	250m:	3:16.42	46.99	350m:	4:41.08	37.72
100m:	1:09.82	37.38	200m:	2:29.43	39.00	300m:	4:03.36	46.94	400m:	5:16.04	34.96
6. GIRALT PIDEMONT, Claudia	01	C.N. L' Hospitalet	5:16.56	582	27,00						
50m:	32.98	32.98	150m:	1:54.03	43.16	250m:	3:19.49	43.97	350m:	4:42.40	37.29
100m:	1:10.87	37.89	200m:	2:35.52	41.49	300m:	4:05.11	45.62	400m:	5:16.56	34.16
7. RUBIO ARROJO, Elsa	08	C.N. Figueres	5:19.36	567	26,00						
50m:	33.48	33.48	150m:	1:53.25	40.82	250m:	3:21.04	48.47	350m:	4:43.72	35.97
100m:	1:12.43	38.95	200m:	2:32.57	39.32	300m:	4:07.75	46.71	400m:	5:19.36	35.64
8. COLL MARTI, Julia	07	C.N. Olot	5:20.64	560	25,00						
50m:	34.33	34.33	150m:	1:56.68	42.46	250m:	3:23.12	45.31	350m:	4:45.54	36.49
100m:	1:14.22	39.89	200m:	2:37.81	41.13	300m:	4:09.05	45.93	400m:	5:20.64	35.10
9. MIRAPEIX DUFOL, Nerea	04	C.N. Barcelona	5:23.02	548	24,00						
50m:	32.15	32.15	150m:	1:52.19	42.95	250m:	3:22.61	47.83	350m:	4:48.11	36.86
100m:	1:09.24	37.09	200m:	2:34.78	42.59	300m:	4:11.25	48.64	400m:	5:23.02	34.91
10. MARTIN SUSIN, Berta	08	C.E. Mediterrani	5:23.83	544	23,00						
50m:	32.53	32.53	150m:	1:52.26	41.59	250m:	3:21.54	48.95	350m:	4:46.80	37.43
100m:	1:10.67	38.14	200m:	2:32.59	40.33	300m:	4:09.37	47.83	400m:	5:23.83	37.03
11. PERAIRE HERRERA, Aina	09	C.N. Sabadell	5:27.35	526	22,00						
50m:	33.75	33.75	150m:	1:56.84	43.94	250m:	3:23.27	45.86	350m:	4:48.59	39.12
100m:	1:12.90	39.15	200m:	2:37.41	40.57	300m:	4:09.47	46.20	400m:	5:27.35	38.76
12. PEREZ GARRIDO, Claudia	09	C.N. Mataro	5:27.85	524	21,00						
50m:	33.25	33.25	150m:	1:54.75	43.17	250m:	3:24.48	47.71	350m:	4:51.75	37.90
100m:	1:11.58	38.33	200m:	2:36.77	42.02	300m:	4:13.85	49.37	400m:	5:27.85	36.10
13. ORTI FERNANDEZ, Ona	07	C.N. Tarraco	5:30.04	514	20,00						
50m:	33.76	33.76	150m:	1:56.72	42.74	250m:	3:25.65	46.95	350m:	4:52.69	39.39
100m:	1:13.98	40.22	200m:	2:38.70	41.98	300m:	4:13.30	47.65	400m:	5:30.04	37.35
14. MANGAS JIMENEZ, Claudia	08	C.N. Granollers	5:31.36	507	19,00						
50m:	34.42	34.42	150m:	1:56.84	43.62	250m:	3:25.31	45.99	350m:	4:51.11	39.51
100m:	1:13.22	38.80	200m:	2:39.32	42.48	300m:	4:11.60	46.29	400m:	5:31.36	40.25
15. MARTINEZ VALLS, Clara	09	C.N. Tarrega	5:34.77	492	18,00						
50m:	35.28	35.28	150m:	1:59.43	42.66	250m:	3:30.22	49.70	350m:	4:58.74	38.94
100m:	1:16.77	41.49	200m:	2:40.52	41.09	300m:	4:19.80	49.58	400m:	5:34.77	36.03
16. GIFREU MATILLO, Nuria	08	C.N. Olot	5:39.52	472	17,00						
50m:	35.63	35.63	150m:	2:04.42	45.35	250m:	3:37.13	48.92	350m:	5:04.18	36.95
100m:	1:19.07	43.44	200m:	2:48.21	43.79	300m:	4:27.23	50.10	400m:	5:39.52	35.34

Prova 30, Fem., 400m Estils, Open

Classificació	ANY								TempEquips Ciutat Mataró					
17. BUSQUETS RUIZ, Martina	08	G.E. I E.G.								5:41.87	462	16,00		
50m: 35.50 35.50	150m: 2:02.75	44.75	250m: 3:32.73	48.47	350m: 5:02.66	40.54	100m: 1:18.00	42.50	200m: 2:44.26	41.51	300m: 4:22.12	49.39	400m: 5:41.87	39.21
18. BENITO CASTELLO, Mar	08	C.N. Lleida								5:42.75	458	15,00		
50m: 33.44 33.44	150m: 2:03.07	48.15	250m: 3:40.68	51.96	350m: 5:08.69	35.92	100m: 1:14.92	41.48	200m: 2:48.72	45.65	300m: 4:32.77	52.09	400m: 5:42.75	34.06
19. NARANJO VIUDEZ, Paula	07	C.N. Reus Ploms								5:43.45	456	14,00		
50m: 32.72 32.72	150m: 1:56.31	44.21	250m: 3:31.40	50.73	350m: 5:04.97	40.32	100m: 1:12.10	39.38	200m: 2:40.67	44.36	300m: 4:24.65	53.25	400m: 5:43.45	38.48
20. MORRI ZAFRA, Mia	09	C.N. Athletic-Barceloneta								5:44.09	453	13,00		
50m: 34.83 34.83	150m: 2:03.03	46.49	250m: 3:34.16	46.36	350m: 5:03.55	42.22	100m: 1:16.54	41.71	200m: 2:47.80	44.77	300m: 4:21.33	47.17	400m: 5:44.09	40.54
21. GARCIA-CONDE LLOBET, Alexia	09	C.N. Mataro								5:47.32	441	12,00		
50m: 37.70 37.70	150m: 2:09.19	47.47	250m: 3:42.79	48.28	350m: 5:10.19	38.85	100m: 1:21.72	44.02	200m: 2:54.51	45.32	300m: 4:31.34	48.55	400m: 5:47.32	37.13
22. MIGUENS SOLIZ, Astrid Carolina	09	C.N. Vallirana								5:47.35	440	11,00		
50m: 35.09 35.09	150m: 2:06.61	48.04	250m: 3:40.16	47.89	350m: 5:09.83	39.46	100m: 1:18.57	43.48	200m: 2:52.27	45.66	300m: 4:30.37	50.21	400m: 5:47.35	37.52
23. CASANOVAS SALVATELLA, Olga	01	C.N. Lleida								5:47.47	440	10,00		
50m: 33.87 33.87	150m: 1:59.65	45.79	250m: 3:33.91	50.38	350m: 5:05.97	40.61	100m: 1:13.86	39.99	200m: 2:43.53	43.88	300m: 4:25.36	51.45	400m: 5:47.47	41.50
24. TORREJON GASCON, Laia	09	C.N. Caldes								5:52.84	420	9,00		
50m: 38.11 38.11	150m: 2:09.51	47.95	250m: 3:41.80	48.14	350m: 5:13.82	42.96	100m: 1:21.56	43.45	200m: 2:53.66	44.15	300m: 4:30.86	49.06	400m: 5:52.84	39.02
25. INGLADA BALASCH, Blau	09	C.N. Mollerusa								5:53.32	418	8,00		
50m: 37.24 37.24	150m: 2:09.29	46.97	250m: 3:43.31	49.22	350m: 5:15.27	42.20	100m: 1:22.32	45.08	200m: 2:54.09	44.80	300m: 4:33.07	49.76	400m: 5:53.32	38.05
BX DIAZ ESCORIZA, Julia	09	C.N. Tortosa										-		