

Prova 12
 12/12/2025 - 17:13

Fem., 400m Lliure

 Júnior
 Resultats

Millor Marca Espanyola 17 anys	4:09.17	CASTRO ORTEGA, PATRICIA	MALAGA	05/04/2009
Millor Marca Espanyola 16 anys	4:10.72	PAULA JUSTE, SANCHEZ	BUDAPEST (HUN)	23/08/2019
Millor Marca Espanyola 15 anys	4:16.04	DASCA ROMEU, CLAUDIA	MALAGA	05/04/2009
Millor Marca Catalana 17 anys	4:12.40	PAULA JUSTE, SANCHEZ	Castellon	05/12/2020
Millor Marca Catalana 16 anys	4:10.72	PAULA JUSTE, SANCHEZ	BUDAPEST (HUN)	23/08/2019
Millor Marca Catalana 15 anys	4:16.04	DASCA ROMEU, CLAUDIA	MALAGA	05/04/2009

Punts: AQUA 2025

Classificació	ANY				Temps	Pts					
1. MUÑOZ GONZALEZ, Natalia	08	C.N. Sabadell			4:20.92	734					
50m:	30.38	30.38	150m:	1:37.17	33.46	250m:	2:43.95	33.39	350m:	3:50.13	32.83
100m:	1:03.71	33.33	200m:	2:10.56	33.39	300m:	3:17.30	33.35	400m:	4:20.92	30.79
2. ROSELL DIEZ, Ona	09	C.N. Tarraco			4:22.78	718					
50m:	30.18	30.18	150m:	1:36.80	33.27	250m:	2:43.33	33.04	350m:	3:49.73	33.14
100m:	1:03.53	33.35	200m:	2:10.29	33.49	300m:	3:16.59	33.26	400m:	4:22.78	33.05
3. DEL RIO DECABO, Carlota	09	C.N. Granollers			4:26.39	689					
50m:	30.59	30.59	150m:	1:37.56	33.57	250m:	2:44.66	33.43	350m:	3:52.83	33.82
100m:	1:03.99	33.40	200m:	2:11.23	33.67	300m:	3:19.01	34.35	400m:	4:26.39	33.56
4. CODONY COSTA, Blanca	10	C.N. Olot			4:27.04	684					
50m:	30.12	30.12	150m:	1:36.59	33.36	250m:	2:44.39	33.96	350m:	3:52.96	34.34
100m:	1:03.23	33.11	200m:	2:10.43	33.84	300m:	3:18.62	34.23	400m:	4:27.04	34.08
5. GENDARMI, Alessandra Liviana	08	C.N. Barcelona			4:29.31	667					
50m:	30.77	30.77	150m:	1:38.39	33.99	250m:	2:46.88	34.18	350m:	3:55.34	34.13
100m:	1:04.40	33.63	200m:	2:12.70	34.31	300m:	3:21.21	34.33	400m:	4:29.31	33.97
6. LLORACH FUSTES, Martina	08	C.N. Igualada			4:30.67	657					
50m:	31.06	31.06	150m:	1:38.42	34.19	250m:	2:47.21	34.41	350m:	3:56.36	34.42
100m:	1:04.23	33.17	200m:	2:12.80	34.38	300m:	3:21.94	34.73	400m:	4:30.67	34.31
7. DE MIGUEL GOMEZ, Ona	09	C.N. Sabadell			4:33.50	637					
50m:	31.18	31.18	150m:	1:40.10	34.50	250m:	2:50.12	34.88	350m:	3:59.59	34.40
100m:	1:05.60	34.42	200m:	2:15.24	35.14	300m:	3:25.19	35.07	400m:	4:33.50	33.91
8. GARCIA MORENO, Claudia	10	C.N. Granollers			4:34.49	630					
50m:	31.55	31.55	150m:	1:39.72	34.61	250m:	2:49.60	35.14	350m:	4:00.22	35.46
100m:	1:05.11	33.56	200m:	2:14.46	34.74	300m:	3:24.76	35.16	400m:	4:34.49	34.27
9. CASAMITJANA GUIXA, Andrea	10	C.N. Sabadell			4:34.81	628					
50m:	31.29	31.29	150m:	1:39.50	34.29	250m:	2:48.90	35.02	350m:	4:00.04	35.63
100m:	1:05.21	33.92	200m:	2:13.88	34.38	300m:	3:24.41	35.51	400m:	4:34.81	34.77
10. RHALMANE HMIDI, Yasmin	10	C.N. Sant Andreu			4:35.22	625					
50m:	31.85	31.85	150m:	1:41.36	35.23	250m:	2:52.32	35.81	350m:	4:02.39	35.03
100m:	1:06.13	34.28	200m:	2:16.51	35.15	300m:	3:27.36	35.04	400m:	4:35.22	32.83
11. CARMONA MASERGAS, Ivet	10	C.N. Banyoles			4:36.32	618					
50m:	32.09	32.09	150m:	1:41.08	34.75	250m:	2:51.72	35.32	350m:	4:02.09	34.75
100m:	1:06.33	34.24	200m:	2:16.40	35.32	300m:	3:27.34	35.62	400m:	4:36.32	34.23
12. ARTIGAS VILANOVA, Gina	10	C.N. Banyoles			4:37.50	610					
50m:	31.98	31.98	150m:	1:41.07	34.71	250m:	2:51.92	35.46	350m:	4:03.33	35.72
100m:	1:06.36	34.38	200m:	2:16.46	35.39	300m:	3:27.61	35.69	400m:	4:37.50	34.17
13. PUJADAS RUSIÑOL, Ariadna	10	C.N. Granollers			4:38.34	604					
50m:	31.05	31.05	150m:	1:40.57	35.03	250m:	2:52.19	35.55	350m:	4:03.41	35.47
100m:	1:05.54	34.49	200m:	2:16.64	36.07	300m:	3:27.94	35.75	400m:	4:38.34	34.93
14. GRESELY SALETA, Victoria	09	C.N. Mataro			4:39.12	599					
50m:	31.79	31.79	150m:	1:41.38	35.02	250m:	2:52.17	35.54	350m:	4:04.11	36.09
100m:	1:06.36	34.57	200m:	2:16.63	35.25	300m:	3:28.02	35.85	400m:	4:39.12	35.01
15. AMOR HERNANDEZ, Avril	08	C.E. Mediterrani			4:39.20	599					
50m:	30.21	30.21	150m:	1:39.59	35.74	250m:	2:51.80	35.94	350m:	4:04.66	36.50
100m:	1:03.85	33.64	200m:	2:15.86	36.27	300m:	3:28.16	36.36	400m:	4:39.20	34.54

Prova 12, Fem., 400m Lliure, Júnior

Classificació			ANY					Temps	Pts			
16.	MAYMI CASANOVA, Flavia		08	C.N. Barcelona				4:39.48	597			
	50m:	32.24 32.24	150m:	1:42.31	35.03	250m:	2:53.42	35.25	350m:	4:04.25	35.09	
	100m:	1:07.28	35.04	200m:	2:18.17	35.86	300m:	3:29.16	35.74	400m:	4:39.48	35.23
17.	TERRAZA GONZALEZ, Ona		09	C.N. Sabadell				4:41.83	582			
	50m:	32.13 32.13	150m:	1:43.75	35.75	250m:	2:55.78	35.94	350m:	4:07.40	35.74	
	100m:	1:08.00	35.87	200m:	2:19.84	36.09	300m:	3:31.66	35.88	400m:	4:41.83	34.43
18.	HERGUEDAS GOMEZ, Adriana		10	C.N. Reus Ploms				4:42.03	581			
	50m:	32.51 32.51	150m:	1:42.86	35.56	250m:	2:54.14	35.75	350m:	4:06.45	36.05	
	100m:	1:07.30	34.79	200m:	2:18.39	35.53	300m:	3:30.40	36.26	400m:	4:42.03	35.58
19.	MARTIN SUSIN, Berta		08	C.E. Mediterrani				4:43.33	573			
	50m:	32.60 32.60	150m:	1:44.67	36.33	250m:	2:57.62	36.20	350m:	4:08.38	34.87	
	100m:	1:08.34	35.74	200m:	2:21.42	36.75	300m:	3:33.51	35.89	400m:	4:43.33	34.95
20.	RODRIGUEZ BOSCH, Laura		08	C.N. Banyoles				4:43.82	570			
	50m:	33.27 33.27	150m:	1:45.17	35.81	250m:	2:56.99	35.39	350m:	4:08.94	35.49	
	100m:	1:09.36	36.09	200m:	2:21.60	36.43	300m:	3:33.45	36.46	400m:	4:43.82	34.88
21.	DELGADO GARCIA, Marta		09	C.N. Mataró				4:43.94	569			
	50m:	31.00 31.00	150m:	1:41.34	36.13	250m:	2:54.14	36.81	350m:	4:08.01	36.99	
	100m:	1:05.21	34.21	200m:	2:17.33	35.99	300m:	3:31.02	36.88	400m:	4:43.94	35.93
22.	MATSUMURA PEREZ, Elis Akemi		10	C.N. Barcelona				4:44.66	565			
	50m:	31.74 31.74	150m:	1:42.98	35.71	250m:	2:56.38	36.69	350m:	4:09.75	36.53	
	100m:	1:07.27	35.53	200m:	2:19.69	36.71	300m:	3:33.22	36.84	400m:	4:44.66	34.91
23.	BENITO CASTELLO, Mar		08	C.N. Lleida				4:46.31	555			
	50m:	31.36 31.36	150m:	1:41.89	35.89	250m:	2:56.59	37.43	350m:	4:10.95	37.16	
	100m:	1:06.00	34.64	200m:	2:19.16	37.27	300m:	3:33.79	37.20	400m:	4:46.31	35.36
24.	CRESPO CAMBON, Maria		08	C.N. Sant Andreu				4:49.01	540			
	50m:	32.36 32.36	150m:	1:45.03	36.38	250m:	2:59.35	36.80	350m:	4:13.29	36.78	
	100m:	1:08.65	36.29	200m:	2:22.55	37.52	300m:	3:36.51	37.16	400m:	4:49.01	35.72
25.	ORTEGA ISERN, Ona		10	C.N. Reus Ploms				4:52.52	521			
	50m:	32.75 32.75	150m:	1:45.76	36.58	250m:	3:00.45	37.32	350m:	4:15.93	37.61	
	100m:	1:09.18	36.43	200m:	2:23.13	37.37	300m:	3:38.32	37.87	400m:	4:52.52	36.59
26.	BENNETT, Nela Emily		09	C.N. VIC-Etb				4:54.58	510			
	50m:	32.41 32.41	150m:	1:45.95	36.93	250m:	3:02.00	38.04	350m:	4:18.52	37.97	
	100m:	1:09.02	36.61	200m:	2:23.96	38.01	300m:	3:40.55	38.55	400m:	4:54.58	36.06
27.	MOSQUERA SORIANO, Paula		10	C.N. Granollers				4:56.87	498			
	50m:	33.56 33.56	150m:	1:47.11	36.96	250m:	3:02.65	37.66	350m:	4:19.03	38.18	
	100m:	1:10.15	36.59	200m:	2:24.99	37.88	300m:	3:40.85	38.20	400m:	4:56.87	37.84
28.	PASTOR VALLE, Eva		09	C.N. Vallirana				4:59.89	483			
	50m:	33.57 33.57	150m:	1:49.65	38.74	250m:	3:07.34	38.85	350m:	4:23.73	38.04	
	100m:	1:10.91	37.34	200m:	2:28.49	38.84	300m:	3:45.69	38.35	400m:	4:59.89	36.16
29.	RIU GIL, Valeria		09	C.E.N. Cabrera De Mar				5:00.48	480			
	50m:	33.71 33.71	150m:	1:47.87	37.79	250m:	3:06.23	38.90	350m:	4:23.66	38.26	
	100m:	1:10.08	36.37	200m:	2:27.33	39.46	300m:	3:45.40	39.17	400m:	5:00.48	36.82
30.	GIFREU MATILLO, Nuria		08	C.N. Olot				5:01.01	478			
	50m:	31.92 31.92	150m:	1:46.12	37.87	250m:	3:03.78	38.95	350m:	4:21.88	39.01	
	100m:	1:08.25	36.33	200m:	2:24.83	38.71	300m:	3:42.87	39.09	400m:	5:01.01	39.13
31.	MIRALLES BONADA, Ona		09	C.N. Sabadell				5:01.86	474			
	50m:	33.87 33.87	150m:	1:49.59	38.52	250m:	3:06.46	38.51	350m:	4:24.28	38.91	
	100m:	1:11.07	37.20	200m:	2:27.95	38.36	300m:	3:45.37	38.91	400m:	5:01.86	37.58
32.	FERNANDEZ GRILLO, Sara		10	C.N. Barcelona				5:01.94	473			
	50m:	33.43 33.43	150m:	1:48.20	37.62	250m:	3:06.01	38.80	400m:	5:01.94	1:16.54	
	100m:	1:10.58	37.15	200m:	2:27.21	39.01	300m:	3:45.40	39.39			
33.	YUFERA ALAEZ, Arie		10	C.N. Calella				5:04.13	463			
	50m:	33.84 33.84	150m:	1:49.66	38.45	250m:	3:08.51	39.28	350m:	4:26.21	38.41	
	100m:	1:11.21	37.37	200m:	2:29.23	39.57	300m:	3:47.80	39.29	400m:	5:04.13	37.92

Sponsor principal

Sponsors institucionals

Acreditacions

Prova 12, Fem., 400m Lliure, Júnior

Classificació	ANY								Temps	Pts	
34. CORTES BANDA, Paula	10 C.N. Lleida								5:25.07	379	
50m:	34.43	34.43	150m:	1:54.72	40.95	250m:	3:18.82	42.21	350m:	4:43.81	42.35
100m:	1:13.77	39.34	200m:	2:36.61	41.89	300m:	4:01.46	42.64	400m:	5:25.07	41.26