

Prova 13
23/5/2026 - 16:47
Fem., 400m Lliure
Open
Resultats
CR 4:45.29 **BERTRAN IZQUIERDO, Aida** **ESP** **TARRAGONA** 12/6/2022

Lloc	Nom i cognoms	Any	TempPunts CAT												
Open															
1.	BERTRAN IZQUIERDO, Aida <i>Rècord Catalunya</i>	96	C.N. Athletic-Barceloneta				4:48.27		722						
	50m: 32.65 32.65	150m: 1:44.41	36.27	250m: 2:58.02	36.85	350m: 4:12.18	36.96	100m: 1:08.14	35.49	200m: 2:21.17	36.76	300m: 3:35.22	37.20	400m: 4:48.27	36.09
2.	RUBIO PLAZA, Marta	77	C.N. Tarraco				4:57.25		754						
	50m: 33.08 33.08	150m: 1:46.51	37.09	250m: 3:02.75	37.99	350m: 4:19.70	38.18	100m: 1:09.42	36.34	200m: 2:24.76	38.25	300m: 3:41.52	38.77	400m: 4:57.25	37.55
3.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters				5:01.80		614						
	50m: 34.85 34.85	150m: 1:50.12	37.97	250m: 3:07.21	38.42	350m: 4:24.54	38.74	100m: 1:12.15	37.30	200m: 2:28.79	38.67	300m: 3:45.80	38.59	400m: 5:01.80	37.26
4.	BLANCO ARDANUY, Carla	01	C.N. L' Hospitalet				5:03.16		606						
	50m: 34.06 34.06	150m: 1:49.24	38.01	250m: 3:06.76	38.85	350m: 4:25.47	39.35	100m: 1:11.23	37.17	200m: 2:27.91	38.67	300m: 3:46.12	39.36	400m: 5:03.16	37.69
5.	GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar				5:03.81		602						
	50m: 34.87 34.87	150m: 1:51.32	39.06	250m: 3:09.60	39.53	350m: 4:27.18	38.77	100m: 1:12.26	37.39	200m: 2:30.07	38.75	300m: 3:48.41	38.81	400m: 5:03.81	36.63
6.	ZAMORA CASALS, Clara	06	C.E.N. Cabrera De Mar				5:10.25		565						
	50m: 33.97 33.97	150m: 1:51.36	39.29	250m: 3:11.30	39.93	350m: 4:32.56	40.55	100m: 1:12.07	38.10	200m: 2:31.37	40.01	300m: 3:52.01	40.71	400m: 5:10.25	37.69
7.	ZAPATER RODRIGUEZ, Gemma	81	CV Platja Llarga Tarragona				5:10.48		662						
	50m: 34.91 34.91	150m: 1:52.21	39.12	250m: 3:11.17	39.49	350m: 4:30.86	39.79	100m: 1:13.09	38.18	200m: 2:31.68	39.47	300m: 3:51.07	39.90	400m: 5:10.48	39.62
8.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya				5:13.35		612						
	50m: 35.62 35.62	150m: 1:53.39	39.36	250m: 3:12.97	39.93	350m: 4:33.69	40.21	100m: 1:14.03	38.41	200m: 2:33.04	39.65	300m: 3:53.48	40.51	400m: 5:13.35	39.66
9.	SANTIAGO DIAZ, Cristina	83	C.N. Sabadell				5:24.49		531						
	50m: 36.07 36.07	150m: 1:55.85	40.43	250m: 3:19.29	42.02	350m: 4:43.67	42.08	100m: 1:15.42	39.35	200m: 2:37.27	41.42	300m: 4:01.59	42.30	400m: 5:24.49	40.82
10.	TRULLAS MEDINA, Mariona	99	C.E.N. Cabrera De Mar				5:25.55		489						
	50m: 35.33 35.33	150m: 1:56.32	41.57	250m: 3:21.14	42.40	350m: 4:45.66	42.11	100m: 1:14.75	39.42	200m: 2:38.74	42.42	300m: 4:03.55	42.41	400m: 5:25.55	39.89
11.	VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar				5:30.66		611						
	50m: 37.79 37.79	150m: 1:59.91	41.54	250m: 3:24.15	42.38	350m: 4:49.29	42.77	100m: 1:18.37	40.58	200m: 2:41.77	41.86	300m: 4:06.52	42.37	400m: 5:30.66	41.37
12.	RAVES OLIVE, Maria Del Mar	67	C.N. Tarraco				5:31.27		626						
	50m: 38.31 38.31	150m: 2:03.57	42.73	250m: 3:28.12	41.94	350m: 4:50.96	41.03	100m: 1:20.84	42.53	200m: 2:46.18	42.61	300m: 4:09.93	41.81	400m: 5:31.27	40.31
13.	LAMAS HERNANDEZ, Jessica	94	C.N. Sant Andreu				5:38.91		444						
	50m: 37.58 37.58	150m: 2:01.50	43.21	250m: 3:27.70	43.35	350m: 4:55.97	44.46	100m: 1:18.29	40.71	200m: 2:44.35	42.85	300m: 4:11.51	43.81	400m: 5:38.91	42.94
14.	CALDUCH PRAT, Monica	74	C.E. Mediterrani				5:39.05		567						
	50m: 38.69 38.69	150m: 2:04.45	43.37	250m: 3:31.68	43.76	350m: 4:59.05	1:23.39	100m: 1:21.08	42.39	200m: 2:47.92	43.47	300m: 4:15.66	43.98	400m: 5:39.05	
15.	PASCUAL AREVALO, Jenifer	92	C.N. Cornellà				5:45.03		421						
	50m: 37.74 37.74	150m: 2:01.82	42.97	250m: 3:30.32	44.93	350m: 5:01.18	45.74	100m: 1:18.85	41.11	200m: 2:45.39	43.57	300m: 4:15.44	45.12	400m: 5:45.03	43.85

Prova 13, Fem., 400m Lliure, Open

Lloc	Nom i cognoms	Any	TempPunts CAT												
16.	GARCIA GUIRADO, Maria Victoria	64	C.N. Aquamasters	5:47.79 571											
	50m: 39.50 39.50	150m: 2:07.43	44.38	250m: 3:36.42	44.54	350m: 5:05.15	44.50	100m: 1:23.05	43.55	200m: 2:51.88	44.45	300m: 4:20.65	44.23	400m: 5:47.79	42.64
17.	ABRAHAM, Eszter	76	Fed. Andorrana	5:47.82 525											
	50m: 36.62 36.62	150m: 2:03.44	44.11	250m: 3:33.95	45.14	350m: 5:04.94	45.31	100m: 1:19.33	42.71	200m: 2:48.81	45.37	300m: 4:19.63	45.68	400m: 5:47.82	42.88
18.	FORTUNY PARULL, Laia	03	Cambrils C.N.	5:48.93 397											
	50m: 36.57 36.57	150m: 2:01.26	43.09	250m: 3:32.37	45.55	350m: 5:05.59	45.79	100m: 1:18.17	41.60	200m: 2:46.82	45.56	300m: 4:19.80	47.43	400m: 5:48.93	43.34
19.	DEL CAÑO VIVAS, Priscila	87	C.N. Mataro	5:50.14 439											
	50m: 38.16 38.16	150m: 2:05.23	44.06	250m: 3:35.12	45.03	350m: 5:05.97	45.22	100m: 1:21.17	43.01	200m: 2:50.09	44.86	300m: 4:20.75	45.63	400m: 5:50.14	44.17
20.	HERRERO RUIZ, Judit	97	Nats Natacio Club Esquaix Esportiu Icaria	5:50.19 393											
	50m: 38.93 38.93	150m: 2:06.83	44.67	250m: 3:37.62	45.54	350m: 5:08.04	45.37	100m: 1:22.16	43.23	200m: 2:52.08	45.25	300m: 4:22.67	45.05	400m: 5:50.19	42.15
21.	MARIÑOSA LOPEZ, Ruth	83	C.E. Mediterrani	5:57.14 398											
	50m: 39.34 39.34	150m: 2:07.34	44.19	250m: 3:38.04	45.19	350m: 5:11.09	46.45	100m: 1:23.15	43.81	200m: 2:52.85	45.51	300m: 4:24.64	46.60	400m: 5:57.14	46.05
22.	SHAW HERRERO, Begona	73	C.N. Tarraco	5:58.68 479											
	50m: 39.57 39.57	150m: 2:09.03	45.12	250m: 3:41.09	45.68	350m: 5:14.43	46.36	100m: 1:23.91	44.34	200m: 2:55.41	46.38	300m: 4:28.07	46.98	400m: 5:58.68	44.25
23.	PINEL SAMBLAS, Cristina	93	C.N. Vila-Seca	5:59.25 373											
	50m: 39.53 39.53	150m: 2:10.04	46.19	250m: 3:43.37	46.89	350m: 5:16.36	45.98	100m: 1:23.85	44.32	200m: 2:56.48	46.44	300m: 4:30.38	47.01	400m: 5:59.25	42.89
24.	MERIDA VALLEJO, Carla	90	C.N. Mataro	6:02.19 396											
	50m: 40.68 40.68	150m: 2:11.08	45.63	250m: 3:43.32	46.66	350m: 5:17.18	46.79	100m: 1:25.45	44.77	200m: 2:56.66	45.58	300m: 4:30.39	47.07	400m: 6:02.19	45.01
25.	TARDIO CORTES, Cristina	97	C.N. Mataro	6:04.04 350											
	50m: 39.83 39.83	150m: 2:09.12	44.97	250m: 3:42.68	46.45	350m: 5:17.13	46.78	100m: 1:24.15	44.32	200m: 2:56.23	47.11	300m: 4:30.35	47.67	400m: 6:04.04	46.91
26.	CAMPILLO VALLMAJO, Nuria	69	C.E.N. Cabrera De Mar	6:08.61 454											
	50m: 41.39 41.39	150m: 2:15.38	47.82	250m: 3:50.60	47.84	350m: 5:24.52	46.58	100m: 1:27.56	46.17	200m: 3:02.76	47.38	300m: 4:37.94	47.34	400m: 6:08.61	44.09
27.	HIGON VISUS, Sara	81	C.D. Jerez Natacion Master	6:10.40 390											
	50m: 40.74 40.74	150m: 2:12.62	46.43	250m: 3:48.00	48.00	350m: 5:24.06	47.86	100m: 1:26.19	45.45	200m: 3:00.00	47.38	300m: 4:36.20	48.20	400m: 6:10.40	46.34
28.	PARES REDONDO, Dolors	60	C.E.N. Cabrera De Mar	6:27.99 524											
	50m: 41.70 41.70	150m: 2:18.26	49.60	250m: 3:59.88	50.80	350m: 5:39.89	49.38	100m: 1:28.66	46.96	200m: 3:09.08	50.82	300m: 4:50.51	50.63	400m: 6:27.99	48.10
29.	TORREMADE SALVADOR, Nuri	71	C.N. Mataro	6:38.74 359											
	50m: 45.06 45.06	150m: 2:24.69	50.15	250m: 4:07.68	51.01	350m: 5:50.50	50.95	100m: 1:34.54	49.48	200m: 3:16.67	51.98	300m: 4:59.55	51.87	400m: 6:38.74	48.24
30.	MOLAS CANALS, Ma Dolors	51	C.N. Sabadell	8:39.09 368											
	50m: 1:00.65 1:00.65	150m: 3:14.37	1:07.50	250m: 5:27.06	1:06.91	350m: 7:37.86	1:05.59	100m: 2:06.87	1:06.22	200m: 4:20.15	1:05.78	300m: 6:32.27	1:05.21	400m: 8:39.09	1:01.23
20+															
1.	ZAMORA CASALS, Clara	06	C.E.N. Cabrera De Mar	5:10.25 565											
	50m: 33.97 33.97	150m: 1:51.36	39.29	250m: 3:11.30	39.93	350m: 4:32.56	40.55	100m: 1:12.07	38.10	200m: 2:31.37	40.01	300m: 3:52.01	40.71	400m: 5:10.25	37.69

Prova 13, Fem., 400m Lliure, 20+

Lloc	Nom i cognoms	Any	TempPunts CAT							
2.	FORTUNY PARULL, Laia	03	Cambrils C.N.		5:48.93		397			
	50m: 36.57 36.57	150m: 2:01.26 43.09	250m: 3:32.37 45.55	350m: 5:05.59 45.79						
	100m: 1:18.17 41.60	200m: 2:46.82 45.56	300m: 4:19.80 47.43	400m: 5:48.93 43.34						

25+

1.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters		5:01.80		614			
	50m: 34.85 34.85	150m: 1:50.12 37.97	250m: 3:07.21 38.42	350m: 4:24.54 38.74						
	100m: 1:12.15 37.30	200m: 2:28.79 38.67	300m: 3:45.80 38.59	400m: 5:01.80 37.26						
2.	BLANCO ARDANUY, Carla	01	C.N. L' Hospitalet		5:03.16		606			
	50m: 34.06 34.06	150m: 1:49.24 38.01	250m: 3:06.76 38.85	350m: 4:25.47 39.35						
	100m: 1:11.23 37.17	200m: 2:27.91 38.67	300m: 3:46.12 39.36	400m: 5:03.16 37.69						
3.	GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar		5:03.81		602			
	50m: 34.87 34.87	150m: 1:51.32 39.06	250m: 3:09.60 39.53	350m: 4:27.18 38.77						
	100m: 1:12.26 37.39	200m: 2:30.07 38.75	300m: 3:48.41 38.81	400m: 5:03.81 36.63						
4.	TRULLAS MEDINA, Mariona	99	C.E.N. Cabrera De Mar		5:25.55		489			
	50m: 35.33 35.33	150m: 1:56.32 41.57	250m: 3:21.14 42.40	350m: 4:45.66 42.11						
	100m: 1:14.75 39.42	200m: 2:38.74 42.42	300m: 4:03.55 42.41	400m: 5:25.55 39.89						
5.	HERRERO RUIZ, Judit	97	Nats Natacio Club Esquaix Esportiu Icaris		5:50.19		393			
	50m: 38.93 38.93	150m: 2:06.83 44.67	250m: 3:37.62 45.54	350m: 5:08.04 45.37						
	100m: 1:22.16 43.23	200m: 2:52.08 45.25	300m: 4:22.67 45.05	400m: 5:50.19 42.15						
6.	TARDIO CORTES, Cristina	97	C.N. Mataro		6:04.04		350			
	50m: 39.83 39.83	150m: 2:09.12 44.97	250m: 3:42.68 46.45	350m: 5:17.13 46.78						
	100m: 1:24.15 44.32	200m: 2:56.23 47.11	300m: 4:30.35 47.67	400m: 6:04.04 46.91						

30+

1.	BERTRAN IZQUIERDO, Aida	96	C.N. Athletic-Barceloneta		4:48.27		722			
	<i>Rècord Catalunya</i>									
	50m: 32.65 32.65	150m: 1:44.41 36.27	250m: 2:58.02 36.85	350m: 4:12.18 36.96						
	100m: 1:08.14 35.49	200m: 2:21.17 36.76	300m: 3:35.22 37.20	400m: 4:48.27 36.09						
2.	LAMAS HERNANDEZ, Jessica Gal	94	C.N. Sant Andreu		5:38.91		444			
	50m: 37.58 37.58	150m: 2:01.50 43.21	250m: 3:27.70 43.35	350m: 4:55.97 44.46						
	100m: 1:18.29 40.71	200m: 2:44.35 42.85	300m: 4:11.51 43.81	400m: 5:38.91 42.94						
3.	PASCUAL AREVALO, Jenifer	92	C.N. Cornellà		5:45.03		421			
	50m: 37.74 37.74	150m: 2:01.82 42.97	250m: 3:30.32 44.93	350m: 5:01.18 45.74						
	100m: 1:18.85 41.11	200m: 2:45.39 43.57	300m: 4:15.44 45.12	400m: 5:45.03 43.85						
4.	PINEL SAMBLAS, Cristina	93	C.N. Vila-Seca		5:59.25		373			
	50m: 39.53 39.53	150m: 2:10.04 46.19	250m: 3:43.37 46.89	350m: 5:16.36 45.98						
	100m: 1:23.85 44.32	200m: 2:56.48 46.44	300m: 4:30.38 47.01	400m: 5:59.25 42.89						

35+

1.	CORDOBA NAVARRO, Sara	90	C.N. Catalunya		5:13.35		612			
	50m: 35.62 35.62	150m: 1:53.39 39.36	250m: 3:12.97 39.93	350m: 4:33.69 40.21						
	100m: 1:14.03 38.41	200m: 2:33.04 39.65	300m: 3:53.48 40.51	400m: 5:13.35 39.66						
2.	DEL CAÑO VIVAS, Priscila	87	C.N. Mataro		5:50.14		439			
	50m: 38.16 38.16	150m: 2:05.23 44.06	250m: 3:35.12 45.03	350m: 5:05.97 45.22						
	100m: 1:21.17 43.01	200m: 2:50.09 44.86	300m: 4:20.75 45.63	400m: 5:50.14 44.17						
3.	MERIDA VALLEJO, Carla	90	C.N. Mataro		6:02.19		396			
	50m: 40.68 40.68	150m: 2:11.08 45.63	250m: 3:43.32 46.66	350m: 5:17.18 46.79						
	100m: 1:25.45 44.77	200m: 2:56.66 45.58	300m: 4:30.39 47.07	400m: 6:02.19 45.01						

Prova 13, Fem., 400m Lliure

40+

1.	SANTIAGO DIAZ, Cristina	83	C.N. Sabadell	5:24.49	531
	50m: 36.07 36.07	150m: 1:55.85 40.43	250m: 3:19.29 42.02	350m: 4:43.67 42.08	
	100m: 1:15.42 39.35	200m: 2:37.27 41.42	300m: 4:01.59 42.30	400m: 5:24.49 40.82	
2.	MARIÑOSA LOPEZ, Ruth	83	C.E. Mediterrani	5:57.14	398
	50m: 39.34 39.34	150m: 2:07.34 44.19	250m: 3:38.04 45.19	350m: 5:11.09 46.45	
	100m: 1:23.15 43.81	200m: 2:52.85 45.51	300m: 4:24.64 46.60	400m: 5:57.14 46.05	

45+

1.	RUBIO PLAZA, Marta	77	C.N. Tarraco	4:57.25	754
	50m: 33.08 33.08	150m: 1:46.51 37.09	250m: 3:02.75 37.99	350m: 4:19.70 38.18	
	100m: 1:09.42 36.34	200m: 2:24.76 38.25	300m: 3:41.52 38.77	400m: 4:57.25 37.55	
2.	ZAPATER RODRIGUEZ, Gemma	81	CV Platja Llarga Tarragona	5:10.48	662
	50m: 34.91 34.91	150m: 1:52.21 39.12	250m: 3:11.17 39.49	350m: 4:30.86 39.79	
	100m: 1:13.09 38.18	200m: 2:31.68 39.47	300m: 3:51.07 39.90	400m: 5:10.48 39.62	
3.	HIGON VISUS, Sara	81	C.D. Jerez Natacion Master	6:10.40	390
	50m: 40.74 40.74	150m: 2:12.62 46.43	250m: 3:48.00 48.00	350m: 5:24.06 47.86	
	100m: 1:26.19 45.45	200m: 3:00.00 47.38	300m: 4:36.20 48.20	400m: 6:10.40 46.34	

50+

1.	VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar	5:30.66	611
	50m: 37.79 37.79	150m: 1:59.91 41.54	250m: 3:24.15 42.38	350m: 4:49.29 42.77	
	100m: 1:18.37 40.58	200m: 2:41.77 41.86	300m: 4:06.52 42.37	400m: 5:30.66 41.37	
2.	CALDUCH PRAT, Monica	74	C.E. Mediterrani	5:39.05	567
	50m: 38.69 38.69	150m: 2:04.45 43.37	250m: 3:31.68 43.76	400m: 5:39.05 1:23.39	
	100m: 1:21.08 42.39	200m: 2:47.92 43.47	300m: 4:15.66 43.98		
3.	ABRAHAM, Eszter	76	Fed. Andorrana	5:47.82	525
	50m: 36.62 36.62	150m: 2:03.44 44.11	250m: 3:33.95 45.14	350m: 5:04.94 45.31	
	100m: 1:19.33 42.71	200m: 2:48.81 45.37	300m: 4:19.63 45.68	400m: 5:47.82 42.88	
4.	SHAW HERRERO, Begona	73	C.N. Tarraco	5:58.68	479
	50m: 39.57 39.57	150m: 2:09.03 45.12	250m: 3:41.09 45.68	350m: 5:14.43 46.36	
	100m: 1:23.91 44.34	200m: 2:55.41 46.38	300m: 4:28.07 46.98	400m: 5:58.68 44.25	

55+

1.	RAVES OLIVE, Maria Del Mar	67	C.N. Tarraco	5:31.27	626
	50m: 38.31 38.31	150m: 2:03.57 42.73	250m: 3:28.12 41.94	350m: 4:50.96 41.03	
	100m: 1:20.84 42.53	200m: 2:46.18 42.61	300m: 4:09.93 41.81	400m: 5:31.27 40.31	
2.	CAMPILLO VALLMAJO, Nuria	69	C.E.N. Cabrera De Mar	6:08.61	454
	50m: 41.39 41.39	150m: 2:15.38 47.82	250m: 3:50.60 47.84	350m: 5:24.52 46.58	
	100m: 1:27.56 46.17	200m: 3:02.76 47.38	300m: 4:37.94 47.34	400m: 6:08.61 44.09	
3.	TORREMADE SALVADOR, Nuri	71	C.N. Mataro	6:38.74	359
	50m: 45.06 45.06	150m: 2:24.69 50.15	250m: 4:07.68 51.01	350m: 5:50.50 50.95	
	100m: 1:34.54 49.48	200m: 3:16.67 51.98	300m: 4:59.55 51.87	400m: 6:38.74 48.24	

60+

1.	GARCIA GUIRADO, Maria Victoria	64	C.N. Aquamasters	5:47.79	571
	50m: 39.50 39.50	150m: 2:07.43 44.38	250m: 3:36.42 44.54	350m: 5:05.15 44.50	
	100m: 1:23.05 43.55	200m: 2:51.88 44.45	300m: 4:20.65 44.23	400m: 5:47.79 42.64	

Prova 13, Fem., 400m Lliure

65+

1. PARES REDONDO, Dolors	60	C.E.N. Cabrera De Mar	6:27.99	524
50m: 41.70 41.70	150m: 2:18.26 49.60	250m: 3:59.88 50.80	350m: 5:39.89 49.38	
100m: 1:28.66 46.96	200m: 3:09.08 50.82	300m: 4:50.51 50.63	400m: 6:27.99 48.10	

75+

1. MOLAS CANALS, Ma Dolors	51	C.N. Sabadell	8:39.09	368
50m: 1:00.65 1:00.65	150m: 3:14.37 1:07.50	250m: 5:27.06 1:06.91	350m: 7:37.86 1:05.59	
100m: 2:06.87 1:06.22	200m: 4:20.15 1:05.78	300m: 6:32.27 1:05.21	400m: 8:39.09 1:01.23	

Class Punts T. Catalana Màster

1. RUBIO PLAZA, Marta	77	C.N. Tarraco	4:57.25	754
50m: 33.08 33.08	150m: 1:46.51 37.09	250m: 3:02.75 37.99	350m: 4:19.70 38.18	
100m: 1:09.42 36.34	200m: 2:24.76 38.25	300m: 3:41.52 38.77	400m: 4:57.25 37.55	
2. BERTRAN IZQUIERDO, Aida	96	C.N. Athletic-Barceloneta	4:48.27	722
<i>Rècord Catalunya</i>				
50m: 32.65 32.65	150m: 1:44.41 36.27	250m: 2:58.02 36.85	350m: 4:12.18 36.96	
100m: 1:08.14 35.49	200m: 2:21.17 36.76	300m: 3:35.22 37.20	400m: 4:48.27 36.09	
3. ZAPATER RODRIGUEZ, Gemma	81	CV Platja Llarga Tarragona	5:10.48	662
50m: 34.91 34.91	150m: 1:52.21 39.12	250m: 3:11.17 39.49	350m: 4:30.86 39.79	
100m: 1:13.09 38.18	200m: 2:31.68 39.47	300m: 3:51.07 39.90	400m: 5:10.48 39.62	
4. RAVES OLIVE, Maria Del Mar	67	C.N. Tarraco	5:31.27	626
50m: 38.31 38.31	150m: 2:03.57 42.73	250m: 3:28.12 41.94	350m: 4:50.96 41.03	
100m: 1:20.84 42.53	200m: 2:46.18 42.61	300m: 4:09.93 41.81	400m: 5:31.27 40.31	
5. TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters	5:01.80	614
50m: 34.85 34.85	150m: 1:50.12 37.97	250m: 3:07.21 38.42	350m: 4:24.54 38.74	
100m: 1:12.15 37.30	200m: 2:28.79 38.67	300m: 3:45.80 38.59	400m: 5:01.80 37.26	
6. CORDOBA NAVARRO, Sara	90	C.N. Catalunya	5:13.35	612
50m: 35.62 35.62	150m: 1:53.39 39.36	250m: 3:12.97 39.93	350m: 4:33.69 40.21	
100m: 1:14.03 38.41	200m: 2:33.04 39.65	300m: 3:53.48 40.51	400m: 5:13.35 39.66	
7. VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar	5:30.66	611
50m: 37.79 37.79	150m: 1:59.91 41.54	250m: 3:24.15 42.38	350m: 4:49.29 42.77	
100m: 1:18.37 40.58	200m: 2:41.77 41.86	300m: 4:06.52 42.37	400m: 5:30.66 41.37	
8. BLANCO ARDANUY, Carla	01	C.N. L' Hospitalet	5:03.16	606
50m: 34.06 34.06	150m: 1:49.24 38.01	250m: 3:06.76 38.85	350m: 4:25.47 39.35	
100m: 1:11.23 37.17	200m: 2:27.91 38.67	300m: 3:46.12 39.36	400m: 5:03.16 37.69	
9. GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar	5:03.81	602
50m: 34.87 34.87	150m: 1:51.32 39.06	250m: 3:09.60 39.53	350m: 4:27.18 38.77	
100m: 1:12.26 37.39	200m: 2:30.07 38.75	300m: 3:48.41 38.81	400m: 5:03.81 36.63	
10. GARCIA GUIRADO, Maria Victoria	64	C.N. Aquamasters	5:47.79	571
50m: 39.50 39.50	150m: 2:07.43 44.38	250m: 3:36.42 44.54	350m: 5:05.15 44.50	
100m: 1:23.05 43.55	200m: 2:51.88 44.45	300m: 4:20.65 44.23	400m: 5:47.79 42.64	
11. CALDUCH PRAT, Monica	74	C.E. Mediterrani	5:39.05	567
50m: 38.69 38.69	150m: 2:04.45 43.37	250m: 3:31.68 43.76	400m: 5:39.05 1:23.39	
100m: 1:21.08 42.39	200m: 2:47.92 43.47	300m: 4:15.66 43.98		
12. ZAMORA CASALS, Clara	06	C.E.N. Cabrera De Mar	5:10.25	565
50m: 33.97 33.97	150m: 1:51.36 39.29	250m: 3:11.30 39.93	350m: 4:32.56 40.55	
100m: 1:12.07 38.10	200m: 2:31.37 40.01	300m: 3:52.01 40.71	400m: 5:10.25 37.69	

Prova 13, Fem., 400m Lliure, Class Punts T. Catalana Màster

Lloc	Nom i cognoms	Any	TempPunts CAT							
13.	SANTIAGO DIAZ, Cristina	83 C.N. Sabadell	5:24.49 531							
	50m: 36.07 36.07	150m: 1:55.85 40.43	250m: 3:19.29 42.02	350m: 4:43.67 42.08						
	100m: 1:15.42 39.35	200m: 2:37.27 41.42	300m: 4:01.59 42.30	400m: 5:24.49 40.82						
14.	ABRAHAM, Eszter	76 Fed. Andorrana	5:47.82 525							
	50m: 36.62 36.62	150m: 2:03.44 44.11	250m: 3:33.95 45.14	350m: 5:04.94 45.31						
	100m: 1:19.33 42.71	200m: 2:48.81 45.37	300m: 4:19.63 45.68	400m: 5:47.82 42.88						
15.	PARES REDONDO, Dolors	60 C.E.N. Cabrera De Mar	6:27.99 524							
	50m: 41.70 41.70	150m: 2:18.26 49.60	250m: 3:59.88 50.80	350m: 5:39.89 49.38						
	100m: 1:28.66 46.96	200m: 3:09.08 50.82	300m: 4:50.51 50.63	400m: 6:27.99 48.10						
16.	TRULLAS MEDINA, Mariona	99 C.E.N. Cabrera De Mar	5:25.55 489							
	50m: 35.33 35.33	150m: 1:56.32 41.57	250m: 3:21.14 42.40	350m: 4:45.66 42.11						
	100m: 1:14.75 39.42	200m: 2:38.74 42.42	300m: 4:03.55 42.41	400m: 5:25.55 39.89						
17.	SHAW HERRERO, Begona	73 C.N. Tarraco	5:58.68 479							
	50m: 39.57 39.57	150m: 2:09.03 45.12	250m: 3:41.09 45.68	350m: 5:14.43 46.36						
	100m: 1:23.91 44.34	200m: 2:55.41 46.38	300m: 4:28.07 46.98	400m: 5:58.68 44.25						
18.	CAMPILLO VALLMAJO, Nuria	69 C.E.N. Cabrera De Mar	6:08.61 454							
	50m: 41.39 41.39	150m: 2:15.38 47.82	250m: 3:50.60 47.84	350m: 5:24.52 46.58						
	100m: 1:27.56 46.17	200m: 3:02.76 47.38	300m: 4:37.94 47.34	400m: 6:08.61 44.09						
19.	LAMAS HERNANDEZ, Jessica Gal	94 C.N. Sant Andreu	5:38.91 444							
	50m: 37.58 37.58	150m: 2:01.50 43.21	250m: 3:27.70 43.35	350m: 4:55.97 44.46						
	100m: 1:18.29 40.71	200m: 2:44.35 42.85	300m: 4:11.51 43.81	400m: 5:38.91 42.94						
20.	DEL CAÑO VIVAS, Priscila	87 C.N. Mataro	5:50.14 439							
	50m: 38.16 38.16	150m: 2:05.23 44.06	250m: 3:35.12 45.03	350m: 5:05.97 45.22						
	100m: 1:21.17 43.01	200m: 2:50.09 44.86	300m: 4:20.75 45.63	400m: 5:50.14 44.17						
21.	PASCUAL AREVALO, Jenifer	92 C.N. Cornellà	5:45.03 421							
	50m: 37.74 37.74	150m: 2:01.82 42.97	250m: 3:30.32 44.93	350m: 5:01.18 45.74						
	100m: 1:18.85 41.11	200m: 2:45.39 43.57	300m: 4:15.44 45.12	400m: 5:45.03 43.85						
22.	MARIÑOSA LOPEZ, Ruth	83 C.E. Mediterrani	5:57.14 398							
	50m: 39.34 39.34	150m: 2:07.34 44.19	250m: 3:38.04 45.19	350m: 5:11.09 46.45						
	100m: 1:23.15 43.81	200m: 2:52.85 45.51	300m: 4:24.64 46.60	400m: 5:57.14 46.05						
23.	FORTUNY PARULL, Laia	03 Cambrils C.N.	5:48.93 397							
	50m: 36.57 36.57	150m: 2:01.26 43.09	250m: 3:32.37 45.55	350m: 5:05.59 45.79						
	100m: 1:18.17 41.60	200m: 2:46.82 45.56	300m: 4:19.80 47.43	400m: 5:48.93 43.34						
24.	MERIDA VALLEJO, Carla	90 C.N. Mataro	6:02.19 396							
	50m: 40.68 40.68	150m: 2:11.08 45.63	250m: 3:43.32 46.66	350m: 5:17.18 46.79						
	100m: 1:25.45 44.77	200m: 2:56.66 45.58	300m: 4:30.39 47.07	400m: 6:02.19 45.01						
25.	HERRERO RUIZ, Judit	97 Nats Natacio Club Esquaix Esportiu Icaris	5:50.19 393							
	50m: 38.93 38.93	150m: 2:06.83 44.67	250m: 3:37.62 45.54	350m: 5:08.04 45.37						
	100m: 1:22.16 43.23	200m: 2:52.08 45.25	300m: 4:22.67 45.05	400m: 5:50.19 42.15						
26.	HIGON VISUS, Sara	81 C.D. Jerez Natacion Master	6:10.40 390							
	50m: 40.74 40.74	150m: 2:12.62 46.43	250m: 3:48.00 48.00	350m: 5:24.06 47.86						
	100m: 1:26.19 45.45	200m: 3:00.00 47.38	300m: 4:36.20 48.20	400m: 6:10.40 46.34						
27.	PINEL SAMBLAS, Cristina	93 C.N. Vila-Seca	5:59.25 373							
	50m: 39.53 39.53	150m: 2:10.04 46.19	250m: 3:43.37 46.89	350m: 5:16.36 45.98						
	100m: 1:23.85 44.32	200m: 2:56.48 46.44	300m: 4:30.38 47.01	400m: 5:59.25 42.89						
28.	MOLAS CANALS, Ma Dolors	51 C.N. Sabadell	8:39.09 368							
	50m: 1:00.65 1:00.65	150m: 3:14.37 1:07.50	250m: 5:27.06 1:06.91	350m: 7:37.86 1:05.59						
	100m: 2:06.87 1:06.22	200m: 4:20.15 1:05.78	300m: 6:32.27 1:05.21	400m: 8:39.09 1:01.23						
29.	TORREMADE SALVADOR, Nuri	71 C.N. Mataro	6:38.74 359							
	50m: 45.06 45.06	150m: 2:24.69 50.15	250m: 4:07.68 51.01	350m: 5:50.50 50.95						
	100m: 1:34.54 49.48	200m: 3:16.67 51.98	300m: 4:59.55 51.87	400m: 6:38.74 48.24						

Prova 13, Fem., 400m Lliure, Class Punts T. Catalana Màster

Lloc	Nom i cognoms	Any	TemPunts CAT							
30.	TARDIO CORTES, Cristina	97 C.N. Mataro	6:04.04 350							
	50m: 39.83 39.83	150m: 2:09.12 44.97	250m: 3:42.68 46.45	350m: 5:17.13 46.78						
	100m: 1:24.15 44.32	200m: 2:56.23 47.11	300m: 4:30.35 47.67	400m: 6:04.04 46.91						