

Event 25
24/5/2026 - 9:52

Women, 400m Medley

Open
Results

CR 5:15.47 DANCKWARDT-LILLIESTROM, Fanr00051 SABADELL-CNS 16/7/2016

Lloc	Nom i cognoms	Any					TinPunts CAT
Open							
1.	HAM-MAN ABELLA, Anna	84	C.E.N. Cabrera De Mar				5:37.33 689
	50m: 36.54 36.54	150m: 2:01.97 46.41	250m: 3:33.50 47.53	350m: 4:59.98 39.78	400m: 5:37.33 37.35		
	100m: 1:15.56 39.02	200m: 2:45.97 44.00	300m: 4:20.20 46.70				
2.	ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master				5:51.08 611
	50m: 36.32 36.32	150m: 2:07.13 47.92	250m: 3:39.37 47.15	350m: 5:10.60 42.64	400m: 5:51.08 40.48		
	100m: 1:19.21 42.89	200m: 2:52.22 45.09	300m: 4:27.96 48.59				
3.	GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar				5:55.90 615
	50m: 39.16 39.16	150m: 2:11.26 47.41	250m: 3:48.67 51.72	350m: 5:19.09 40.62	400m: 5:55.90 36.81		
	100m: 1:23.85 44.69	200m: 2:56.95 45.69	300m: 4:38.47 49.80				
4.	LEIVA HERRADOR, Amalia	01	C.N. Cornella				6:02.59 582
	50m: 39.39 39.39	150m: 2:08.81 48.70	250m: 3:47.50 51.75	350m: 5:22.06 42.98	400m: 6:02.59 40.53		
	100m: 1:20.11 40.72	200m: 2:55.75 46.94	300m: 4:39.08 51.58				
5.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters				6:05.49 568
	50m: 41.27 41.27	150m: 2:16.55 46.89	250m: 3:55.17 53.45	350m: 5:27.71 39.67	400m: 6:05.49 37.78		
	100m: 1:29.66 48.39	200m: 3:01.72 45.17	300m: 4:48.04 52.87				
6.	VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar				6:21.89 592
	50m: 44.63 44.63	150m: 2:23.03 49.52	250m: 4:03.59 54.82	350m: 5:40.49 43.36	400m: 6:21.89 41.40		
	100m: 1:33.51 48.88	200m: 3:08.77 45.74	300m: 4:57.13 53.54				
7.	ARRABAL SANCHEZ, Montse	68	C.N. Lleida				8:48.92 226
	50m: 1:00.46 1:00.46	150m: 3:20.94 1:07.86	250m: 5:41.37 1:16.17	350m: 7:54.56 57.01	400m: 8:48.92 54.36		
	100m: 2:13.08 1:12.62	200m: 4:25.20 1:04.26	300m: 6:57.55 1:16.18				
8.	CASTILLO MIQUEL, Roser	51	C.N. Palamos				10:04.09 428
	50m: 1:03.57 1:03.57	150m: 3:52.37 1:30.15	250m: 6:39.26 1:23.85	350m: 9:04.52 1:04.53	400m: 10:04.09 59.57		
	100m: 2:22.22 1:18.65	200m: 5:15.41 1:23.04	300m: 7:59.99 1:20.73				

25+

1.	GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar				5:55.90 615
	50m: 39.16 39.16	150m: 2:11.26 47.41	250m: 3:48.67 51.72	350m: 5:19.09 40.62	400m: 5:55.90 36.81		
	100m: 1:23.85 44.69	200m: 2:56.95 45.69	300m: 4:38.47 49.80				
2.	LEIVA HERRADOR, Amalia	01	C.N. Cornella				6:02.59 582
	50m: 39.39 39.39	150m: 2:08.81 48.70	250m: 3:47.50 51.75	350m: 5:22.06 42.98	400m: 6:02.59 40.53		
	100m: 1:20.11 40.72	200m: 2:55.75 46.94	300m: 4:39.08 51.58				
3.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters				6:05.49 568
	50m: 41.27 41.27	150m: 2:16.55 46.89	250m: 3:55.17 53.45	350m: 5:27.71 39.67	400m: 6:05.49 37.78		
	100m: 1:29.66 48.39	200m: 3:01.72 45.17	300m: 4:48.04 52.87				

40+

1.	HAM-MAN ABELLA, Anna	84	C.E.N. Cabrera De Mar				5:37.33 689
	50m: 36.54 36.54	150m: 2:01.97 46.41	250m: 3:33.50 47.53	350m: 4:59.98 39.78	400m: 5:37.33 37.35		
	100m: 1:15.56 39.02	200m: 2:45.97 44.00	300m: 4:20.20 46.70				
2.	ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master				5:51.08 611
	50m: 36.32 36.32	150m: 2:07.13 47.92	250m: 3:39.37 47.15	350m: 5:10.60 42.64	400m: 5:51.08 40.48		
	100m: 1:19.21 42.89	200m: 2:52.22 45.09	300m: 4:27.96 48.59				

Event 25, Women, 400m Medley

50+

1.	VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar					6:21.89	592
	50m: 44.63 44.63	150m: 2:23.03 49.52	250m: 4:03.59 54.82	350m: 5:40.49 43.36					
	100m: 1:33.51 48.88	200m: 3:08.77 45.74	300m: 4:57.13 53.54	400m: 6:21.89 41.40					

55+

1.	ARRABAL SANCHEZ, Montse	68	C.N. Lleida					8:48.92	226
	50m: 1:00.46 1:00.46	150m: 3:20.94 1:07.86	250m: 5:41.37 1:16.17	350m: 7:54.56 57.01					
	100m: 2:13.08 1:12.62	200m: 4:25.20 1:04.26	300m: 6:57.55 1:16.18	400m: 8:48.92 54.36					

75+

1.	CASTILLO MIQUEL, Roser	51	C.N. Palamos					10:04.09	428
	50m: 1:03.57 1:03.57	150m: 3:52.37 1:30.15	250m: 6:39.26 1:23.85	350m: 9:04.52 1:04.53					
	100m: 2:22.22 1:18.65	200m: 5:15.41 1:23.04	300m: 7:59.99 1:20.73	400m: 10:04.09 59.57					

Class Punts T. Catalana Màster

1.	HAM-MAN ABELLA, Anna	84	C.E.N. Cabrera De Mar					5:37.33	689
	50m: 36.54 36.54	150m: 2:01.97 46.41	250m: 3:33.50 47.53	350m: 4:59.98 39.78					
	100m: 1:15.56 39.02	200m: 2:45.97 44.00	300m: 4:20.20 46.70	400m: 5:37.33 37.35					
2.	GELABERT SALO, Berta	97	C.E.N. Cabrera De Mar					5:55.90	615
	50m: 39.16 39.16	150m: 2:11.26 47.41	250m: 3:48.67 51.72	350m: 5:19.09 40.62					
	100m: 1:23.85 44.69	200m: 2:56.95 45.69	300m: 4:38.47 49.80	400m: 5:55.90 36.81					
3.	ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master					5:51.08	611
	50m: 36.32 36.32	150m: 2:07.13 47.92	250m: 3:39.37 47.15	350m: 5:10.60 42.64					
	100m: 1:19.21 42.89	200m: 2:52.22 45.09	300m: 4:27.96 48.59	400m: 5:51.08 40.48					
4.	VILA FORTUNY, Marta	72	C.E.N. Cabrera De Mar					6:21.89	592
	50m: 44.63 44.63	150m: 2:23.03 49.52	250m: 4:03.59 54.82	350m: 5:40.49 43.36					
	100m: 1:33.51 48.88	200m: 3:08.77 45.74	300m: 4:57.13 53.54	400m: 6:21.89 41.40					
5.	LEIVA HERRADOR, Amalia	01	C.N. Cornella					6:02.59	582
	50m: 39.39 39.39	150m: 2:08.81 48.70	250m: 3:47.50 51.75	350m: 5:22.06 42.98					
	100m: 1:20.11 40.72	200m: 2:55.75 46.94	300m: 4:39.08 51.58	400m: 6:02.59 40.53					
6.	TORRAS PIEDEHIERRO, Judith	98	C.N. Aquamasters					6:05.49	568
	50m: 41.27 41.27	150m: 2:16.55 46.89	250m: 3:55.17 53.45	350m: 5:27.71 39.67					
	100m: 1:29.66 48.39	200m: 3:01.72 45.17	300m: 4:48.04 52.87	400m: 6:05.49 37.78					
7.	CASTILLO MIQUEL, Roser	51	C.N. Palamos					10:04.09	428
	50m: 1:03.57 1:03.57	150m: 3:52.37 1:30.15	250m: 6:39.26 1:23.85	350m: 9:04.52 1:04.53					
	100m: 2:22.22 1:18.65	200m: 5:15.41 1:23.04	300m: 7:59.99 1:20.73	400m: 10:04.09 59.57					
8.	ARRABAL SANCHEZ, Montse	68	C.N. Lleida					8:48.92	226
	50m: 1:00.46 1:00.46	150m: 3:20.94 1:07.86	250m: 5:41.37 1:16.17	350m: 7:54.56 57.01					
	100m: 2:13.08 1:12.62	200m: 4:25.20 1:04.26	300m: 6:57.55 1:16.18	400m: 8:48.92 54.36					