

Prova 13
17/1/2026 - 16:50

Fem., 400m Lliure

2006 i majors
Resultats

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

Punts: AQUA Master 2025

Classificació	ANY								Temps	Punts CAT		
20+												
1.	FORTUNY PARULL, Laia				03 Cambrils C.N.				5:40.16	414		
	50m:	37.06	37.06	150m:	1:59.54	42.08	250m:	3:27.73	44.66	350m:	4:57.54	44.56
	100m:	1:17.46	40.40	200m:	2:43.07	43.53	300m:	4:12.98	45.25	400m:	5:40.16	42.62
25+												
1.	PARDO ADAME, Adriana				99 C.N. Cornellà				6:23.60	289		
	50m:	41.06	41.06	150m:	2:13.01	47.22	250m:	3:53.08	50.77	350m:	5:34.26	50.68
	100m:	1:25.79	44.73	200m:	3:02.31	49.30	300m:	4:43.58	50.50	400m:	6:23.60	49.34
30+												
1.	BERTRAN IZQUIERDO, Aida				96 C.N. Athletic-Barceloneta				4:44.28	718		
	50m:	32.38	32.38	150m:	1:43.38	35.68	250m:	2:55.31	36.20	350m:	4:08.46	36.59
	100m:	1:07.70	35.32	200m:	2:19.11	35.73	300m:	3:31.87	36.56	400m:	4:44.28	35.82
2.	RIQUELME SAEZ, Carmen				96 C.N. Aquamasters				4:49.86	677		
	50m:	33.93	33.93	150m:	1:46.47	36.57	250m:	2:58.78	36.66	350m:	4:13.78	38.28
	100m:	1:09.90	35.97	200m:	2:22.12	35.65	300m:	3:35.50	36.72	400m:	4:49.86	36.08
3.	ALTADILL FERRANDO, Cinta				93 C.E. Mediterrani				5:05.63	577		
	50m:	34.20	34.20	150m:	1:49.79	38.56	250m:	3:07.28	38.57	350m:	4:26.75	39.80
	100m:	1:11.23	37.03	200m:	2:28.71	38.92	300m:	3:46.95	39.67	400m:	5:05.63	38.88
4.	LAMAS HERNANDEZ, Jessica Gabriela				94 C.N. Sant Andreu				5:32.11	450		
	50m:	36.25	36.25	150m:	1:57.66	41.27	250m:	3:22.92	43.10	350m:	4:49.60	43.78
	100m:	1:16.39	40.14	200m:	2:39.82	42.16	300m:	4:05.82	42.90	400m:	5:32.11	42.51
5.	PASCUAL AREVALO, Jenifer				92 C.N. Cornellà				5:33.51	444		
	50m:	37.79	37.79	150m:	1:59.64	41.60	250m:	3:24.25	42.25	350m:	4:50.69	43.52
	100m:	1:18.04	40.25	200m:	2:42.00	42.36	300m:	4:07.17	42.92	400m:	5:33.51	42.82
6.	AZANUY AGUSTIN, Carla				94 C.N. Prat Llobregat				6:10.38	324		
	50m:	40.48	40.48	150m:	2:12.10	46.80	250m:	3:47.98	47.83	350m:	5:25.17	48.52
	100m:	1:25.30	44.82	200m:	3:00.15	48.05	300m:	4:36.65	48.67	400m:	6:10.38	45.21
35+												
1.	CORDOBA NAVARRO, Sara				90 C.N. Catalunya				5:07.34	605		
	50m:	35.74	35.74	150m:	1:52.74	38.76	250m:	3:11.19	38.93	350m:	4:29.41	39.07
	100m:	1:13.98	38.24	200m:	2:32.26	39.52	300m:	3:50.34	39.15	400m:	5:07.34	37.93
2.	DEL CAÑO VIVAS, Priscila				87 C.N. Mataró				5:36.76	460		
	50m:	37.51	37.51	150m:	2:01.45	42.64	250m:	3:27.92	42.96	350m:	4:54.98	43.32
	100m:	1:18.81	41.30	200m:	2:44.96	43.51	300m:	4:11.66	43.74	400m:	5:36.76	41.78
3.	CARRERAS RODRIGUEZ, Alejandra				89 C.N. Aquamasters				5:44.04	431		
	50m:	37.22	37.22	150m:	2:00.20	42.35	250m:	3:28.32	44.62	350m:	4:58.11	44.78
	100m:	1:17.85	40.63	200m:	2:43.70	43.50	300m:	4:13.33	45.01	400m:	5:44.04	45.93
4.	VAN DER POEL CARO, Chantelle				90 C.N. Aquamasters				5:54.37	394		
	50m:	39.74	39.74	150m:	2:09.25	44.85	250m:	3:39.27	44.82	350m:	5:10.51	45.96
	100m:	1:24.40	44.66	200m:	2:54.45	45.20	300m:	4:24.55	45.28	400m:	5:54.37	43.86

Piscina 25mts i cronometratge automàtic

17/1/2026 20:02 - Pàgina 1

Sponsor principal

Sponsors institucionals

Acreditacions



Prova 13, Fem., 400m Lliure

40+

1.	SANTIAGO DIAZ, Cristina	83 C.N. Sabadell	5:27.74	509
	50m: 36.29 36.29	150m: 1:58.45 41.48	250m: 3:23.17 42.44	350m: 4:47.61 41.82
	100m: 1:16.97 40.68	200m: 2:40.73 42.28	300m: 4:05.79 42.62	400m: 5:27.74 40.13
2.	VALENCIA RAMON, Ester	85 Marnaton	5:54.47	402
	50m: 40.08 40.08	150m: 2:08.12 44.67	250m: 3:38.76 45.47	350m: 5:10.07 45.33
	100m: 1:23.45 43.37	200m: 2:53.29 45.17	300m: 4:24.74 45.98	400m: 5:54.47 44.40

45+

1.	RUBIO PLAZA, Marta	77 C.N. Tarraco	4:55.73	718
	50m: 33.37 33.37	150m: 1:46.50 36.99	250m: 3:02.56 37.76	350m: 4:18.45 38.14
	100m: 1:09.51 36.14	200m: 2:24.80 38.30	300m: 3:40.31 37.75	400m: 4:55.73 37.28
2.	PAYA RINCON, Laura	77 C.N. Sabadell	5:58.18	404
	50m: 40.55 40.55	150m: 2:09.93 45.33	250m: 3:41.16 45.26	350m: 5:12.41 45.74
	100m: 1:24.60 44.05	200m: 2:55.90 45.97	300m: 4:26.67 45.51	400m: 5:58.18 45.77
3.	RODRIGUEZ MONTOLIO, Monica	81 C.E. Mediterrani	6:59.64	251
	50m: 47.33 47.33	150m: 2:33.82 53.31	250m: 4:20.83 53.86	350m: 6:08.17 53.20
	100m: 1:40.51 53.18	200m: 3:26.97 53.15	300m: 5:14.97 54.14	400m: 6:59.64 51.47

BX ZAPATER RODRIGUEZ, Gemma 81 CV Platja Llarga Tarragona

50+

1.	ABRAHAM, Eszter	76 Fed. Andorrana	5:39.40	525
	50m: 34.86 34.86	150m: 1:58.31 42.77	250m: 3:27.58 44.90	350m: 4:57.22 44.56
	100m: 1:15.54 40.68	200m: 2:42.68 44.37	300m: 4:12.66 45.08	400m: 5:39.40 42.18
2.	CAROL LALAUZE, Arlette	76 Club Natació Swimfaster Salt	5:45.79	496
	50m: 38.05 38.05	150m: 2:02.00 42.85	250m: 3:29.80 44.18	350m: 5:00.65 45.74
	100m: 1:19.15 41.10	200m: 2:45.62 43.62	300m: 4:14.91 45.11	400m: 5:45.79 45.14
3.	SHAW HERRERO, Begona	73 C.N. Tarraco	5:53.64	464
	50m: 38.44 38.44	150m: 2:04.60 43.76	250m: 3:34.81 45.33	350m: 5:08.69 47.13
	100m: 1:20.84 42.40	200m: 2:49.48 44.88	300m: 4:21.56 46.75	400m: 5:53.64 44.95

55+

1.	CAMPILLO VALLMAJO, Nuria	69 C.E.N. Cabrera De Mar	5:59.06	460
	50m: 39.91 39.91	150m: 2:10.51 45.85	250m: 3:42.73 46.26	350m: 5:15.13 46.15
	100m: 1:24.66 44.75	200m: 2:56.47 45.96	300m: 4:28.98 46.25	400m: 5:59.06 43.93
2.	TORREMADE SALVADOR, Nuri	71 C.N. Mataro	6:44.21	323
	50m: 44.02 44.02	150m: 2:23.14 50.75	250m: 4:07.22 52.73	350m: 5:54.88 54.15
	100m: 1:32.39 48.37	200m: 3:14.49 51.35	300m: 5:00.73 53.51	400m: 6:44.21 49.33
3.	PLANAS RODRIGUEZ, Clara	70 Cn.Sant Just	6:46.04	318
	50m: 43.62 43.62	150m: 2:22.41 50.69	250m: 4:07.50 53.07	350m: 5:53.62 53.28
	100m: 1:31.72 48.10	200m: 3:14.43 52.02	300m: 5:00.34 52.84	400m: 6:46.04 52.42
4.	GARRIGA ALSINA, Carmen	67 G.E. I E.G.	7:12.61	263
	50m: 47.93 47.93	150m: 2:34.08 54.33	250m: 4:25.99 56.26	350m: 6:17.40 55.47
	100m: 1:39.75 51.82	200m: 3:29.73 55.65	300m: 5:21.93 55.94	400m: 7:12.61 55.21

BX MAILLO LARA, Ascensio 69 C.N. Terrassa

Prova 13, Fem., 400m Lliure

60+

1.	FRIGOLA PEREZ, Carme	65	C.N. L' Escala-Empuries	6:00.58	481
	50m: 40.64 40.64	150m: 2:10.46 45.53	250m: 3:43.01 46.25	350m: 5:15.45 46.28	
	100m: 1:24.93 44.29	200m: 2:56.76 46.30	300m: 4:29.17 46.16	400m: 6:00.58 45.13	

65+

1.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi	7:05.20	358
	50m: 48.01 48.01	150m: 2:35.29 54.43	250m: 4:26.72 55.69	350m: 6:15.08 54.33	
	100m: 1:40.86 52.85	200m: 3:31.03 55.74	300m: 5:20.75 54.03	400m: 7:05.20 50.12	

75+

1.	MOLAS CANALS, Ma Dolors	51	C.N. Sabadell	8:34.03	369
	50m: 1:01.83 1:01.83	150m: 3:13.59 1:05.69	250m: 5:24.13 1:04.91	350m: 7:32.88 1:04.45	
	100m: 2:07.90 1:06.07	200m: 4:19.22 1:05.63	300m: 6:28.43 1:04.30	400m: 8:34.03 1:01.15	