

Prova 23

Fem., 400m Estils

Absolut

28/03/2026 - 18:08

Resultats Final

Rècord Espanya	4:31.21	BELMONTE GARCIA, MIREIA	BARCELONA	04/08/2013
Rècord 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
Rècord Campionat	4:38.77	, BELMONTE GARCIA MIREIA	CCOPEN	21/01/2012

Punts: AQUA 2026

Classificació	ANY		Temps		Pts	CCOI
1. DEL RIO DECABO, Carlota	09	C.N. Granollers	5:00.44	675	35,00	
50m: 31.67 31.67	150m: 1:47.30 40.33	250m: 3:09.61 44.76	350m: 4:28.07 33.99			
100m: 1:06.97 35.30	200m: 2:24.85 37.55	300m: 3:54.08 44.47	400m: 5:00.44 32.37			
2. MUÑOZ GONZALEZ, Natalia	08	C.N. Sabadell	5:03.70	654	33,00	
50m: 30.34 30.34	150m: 1:46.65 41.64	250m: 3:12.04 45.43	350m: 4:31.82 33.94			
100m: 1:05.01 34.67	200m: 2:26.61 39.96	300m: 3:57.88 45.84	400m: 5:03.70 31.88			
3. GONZALEZ NUEZ, Lucia	06	C.N. Sant Andreu	5:06.85	634	31,00	
50m: 31.38 31.38	150m: 1:46.65 40.52	250m: 3:09.85 43.71	350m: 4:31.54 36.47			
100m: 1:06.13 34.75	200m: 2:26.14 39.49	300m: 3:55.07 45.22	400m: 5:06.85 35.31			
4. CUESTA PATON, Aurora	11	C.N. Sabadell	5:12.59	600	29,00	
50m: 31.76 31.76	150m: 1:50.31 40.62	250m: 3:15.76 45.75	350m: 4:37.72 36.35			
100m: 1:09.69 37.93	200m: 2:30.01 39.70	300m: 4:01.37 45.61	400m: 5:12.59 34.87			
5. PRIEGO ROMERO, Noa	10	C.N. Tarrega	5:15.03	586	28,00	
50m: 32.53 32.53	150m: 1:53.15 42.99	250m: 3:19.22 44.92	350m: 4:39.73 37.46			
100m: 1:10.16 37.63	200m: 2:34.30 41.15	300m: 4:02.27 43.05	400m: 5:15.03 35.30			
6. ESPINOSA ALVAREZ, Aroa	08	C.N. Terrassa	5:15.45	583	27,00	
50m: 33.01 33.01	150m: 1:51.90 40.77	250m: 3:17.87 45.76	350m: 4:41.21 36.79			
100m: 1:11.13 38.12	200m: 2:32.11 40.21	300m: 4:04.42 46.55	400m: 5:15.45 34.24			
7. GIRALT PIDEMONT, Claudia	01	C.N. Sant Andreu	5:16.29	579	26,00	
50m: 32.46 32.46	150m: 1:53.67 43.27	250m: 3:19.46 44.47	350m: 4:41.84 36.82			
100m: 1:10.40 37.94	200m: 2:34.99 41.32	300m: 4:05.02 45.56	400m: 5:16.29 34.45			
8. IWAN STAWIANA, Claudia	10	C.N. Navas	5:16.56	577	25,00	
50m: 33.31 33.31	150m: 1:54.27 41.54	250m: 3:18.28 45.52	350m: 4:41.42 37.64			
100m: 1:12.73 39.42	200m: 2:32.76 38.49	300m: 4:03.78 45.50	400m: 5:16.56 35.14			
9. HOLGADO BARAHONA, Sarah	07	C.N. Terrassa	5:18.30	568	24,00	
50m: 34.10 34.10	150m: 1:57.05 42.26	250m: 3:21.16 43.05	350m: 4:42.45 36.92			
100m: 1:14.79 40.69	200m: 2:38.11 41.06	300m: 4:05.53 44.37	400m: 5:18.30 35.85			
10. CARMONA VILLAPLANA, Marta	05	C.N. Barcelona	5:30.24	508	23,00	
50m: 35.49 35.49	150m: 2:00.49 43.56	250m: 3:31.15 49.71	350m: 4:56.43 36.32			
100m: 1:16.93 41.44	200m: 2:41.44 40.95	300m: 4:20.11 48.96	400m: 5:30.24 33.81			