

Prova 26
 25/10/2025 - 20:15

Fem., 400m Lliure

 Copa Catalana
 Resultats

Rècords Espanya	3:54.52	BELMONTE GARCIA, MIREIA	BERLIN (GER)	11/08/2013
Rècord Catalunya	3:54.52	MIREIA BELMONTE, Garcia	Berlin	11/08/2013

Classificació	ANY		Temps								
1. CARRON MUIÑA, Carla <i>1r Parcial 200L + 3</i>	05	C.N. Sant Andreu	4:08.77 19,00								
50m:	28.31	28.31	150m:	1:30.35	31.10	250m:	2:33.82	31.77	350m:	3:37.49	31.38
100m:	59.25	30.94	200m:	2:02.05	31.70	300m:	3:06.11	32.29	400m:	4:08.77	31.28
2. DE VALDES ALVAREZ, Maria	98	C.N. Mataro	4:12.10 15,00								
50m:	29.10	29.10	150m:	1:31.48	31.47	250m:	2:34.77	31.74	350m:	3:39.82	32.62
100m:	1:00.01	30.91	200m:	2:03.03	31.55	300m:	3:07.20	32.43	400m:	4:12.10	32.28
3. MARTINEZ DE SALINAS PEÑA, Clara	07	C.E. Mediterrani	4:14.64 14,00								
50m:	29.66	29.66	150m:	1:33.31	32.05	250m:	2:38.29	32.52	350m:	3:43.41	32.42
100m:	1:01.26	31.60	200m:	2:05.77	32.46	300m:	3:10.99	32.70	400m:	4:14.64	31.23
4. CARMONA VILLAPLANA, Marta	05	C.N. Barcelona	4:15.13 13,00								
50m:	29.68	29.68	150m:	1:33.42	32.09	250m:	2:38.41	32.45	350m:	3:43.91	32.67
100m:	1:01.33	31.65	200m:	2:05.96	32.54	300m:	3:11.24	32.83	400m:	4:15.13	31.22
5. HERRERO LAZARO, Alba	02	C.N. Terrassa	4:15.83 12,00								
50m:	29.19	29.19	150m:	1:32.92	32.08	250m:	2:38.07	32.63	350m:	3:43.80	32.80
100m:	1:00.84	31.65	200m:	2:05.44	32.52	300m:	3:11.00	32.93	400m:	4:15.83	32.03
6. MUÑOZ GONZALEZ, Natalia	08	C.N. Sabadell	4:17.50 11,00								
50m:	29.89	29.89	150m:	1:34.26	32.53	250m:	2:39.76	32.96	350m:	3:45.69	32.91
100m:	1:01.73	31.84	200m:	2:06.80	32.54	300m:	3:12.78	33.02	400m:	4:17.50	31.81
7. GENDARMI, Alessandra Liviana	08	C.N. Barcelona	4:18.72 10,00								
50m:	29.57	29.57	150m:	1:34.48	32.70	250m:	2:41.13	33.37	350m:	3:47.93	33.05
100m:	1:01.78	32.21	200m:	2:07.76	33.28	300m:	3:14.88	33.75	400m:	4:18.72	30.79
8. DEL RIO DECABO, Carlota	09	C.N. Granollers	4:18.91 9,00								
50m:	29.76	29.76	150m:	1:33.63	32.28	250m:	2:39.39	33.06	350m:	3:46.25	33.05
100m:	1:01.35	31.59	200m:	2:06.33	32.70	300m:	3:13.20	33.81	400m:	4:18.91	32.66
9. OLIVEIRA LARA, Carolina	07	C.N. Sabadell	4:22.53 8,00								
50m:	29.98	29.98	150m:	1:35.76	33.53	250m:	2:42.76	33.30	350m:	3:49.88	33.56
100m:	1:02.23	32.25	200m:	2:09.46	33.70	300m:	3:16.32	33.56	400m:	4:22.53	32.65
10. ESPINOSA ALVAREZ, Aroa	08	C.N. Terrassa	4:25.45 7,00								
50m:	30.21	30.21	150m:	1:36.51	33.53	250m:	2:44.26	33.85	350m:	3:52.58	33.96
100m:	1:02.98	32.77	200m:	2:10.41	33.90	300m:	3:18.62	34.36	400m:	4:25.45	32.87
11. CARMONA MASERGAS, Ivet	10	C.N. Banyoles	4:26.73 6,00								
50m:	30.63	30.63	150m:	1:36.96	33.54	250m:	2:45.04	34.12	350m:	3:53.67	34.44
100m:	1:03.42	32.79	200m:	2:10.92	33.96	300m:	3:19.23	34.19	400m:	4:26.73	33.06
12. GRESELY SALETA, Victoria	09	C.N. Mataro	4:27.02 5,00								
50m:	30.54	30.54	150m:	1:36.84	33.26	250m:	2:44.96	34.12	350m:	3:53.49	34.32
100m:	1:03.58	33.04	200m:	2:10.84	34.00	300m:	3:19.17	34.21	400m:	4:27.02	33.53
13. RHALMANE HMIDI, Yasmin	10	C.N. Sant Andreu	4:31.78 4,00								
50m:	31.11	31.11	150m:	1:38.61	33.94	250m:	2:48.14	34.91	350m:	3:57.76	34.46
100m:	1:04.67	33.56	200m:	2:13.23	34.62	300m:	3:23.30	35.16	400m:	4:31.78	34.02
14. ROCA FORTUNY, Marina	05	C.N. Granollers	4:33.45 3,00								
50m:	30.28	30.28	150m:	1:37.36	34.04	250m:	2:47.54	35.18	350m:	3:58.41	35.51
100m:	1:03.32	33.04	200m:	2:12.36	35.00	300m:	3:22.90	35.36	400m:	4:33.45	35.04
15. ALSINA PASTOR, Naia	11	C.N. Banyoles	4:35.56 2,00								
50m:	31.92	31.92	150m:	1:40.44	34.50	250m:	2:50.70	35.28	350m:	4:01.45	35.42
100m:	1:05.94	34.02	200m:	2:15.42	34.98	300m:	3:26.03	35.33	400m:	4:35.56	34.11
16. MARTIN SUSIN, Berta	08	C.E. Mediterrani	4:39.79 1,00								
50m:	31.39	31.39	150m:	1:40.72	35.29	250m:	2:52.32	36.06	350m:	4:04.33	35.99
100m:	1:05.43	34.04	200m:	2:16.26	35.54	300m:	3:28.34	36.02	400m:	4:39.79	35.46