

Prova 3  
 25/10/2025 - 10:42

Fem., 400m Estils

 Copa Catalana  
 Resultats

Rècords Espanya	4:18.94	BELMONTE GARCIA, MIREIA	EINDHOVEN (NED)	12/08/2017
Rècord Catalunya	4:18.94	MIREIA BELMONTE, Garcia	Eindhoven	12/08/2017

Classificació	ANY		Temps							
1. PUJADAS RUSIÑOL, Julia <i>MParcial Pp + 1  </i>	01	C.N. Sant Andreu	<b>4:38.73</b> 17,00							
50m: 29.20 29.20 150m: 1:38.55 36.30 250m: 2:54.75 40.61 350m: 4:07.63 32.07			100m: 1:02.25 33.05 200m: 2:14.14 35.59 300m: 3:35.56 40.81 400m: 4:38.73 31.10							
2. GONZALEZ MIRALLES, Paula <i>MParcial Esq + 1  </i>	04	C.N. Sabadell	<b>4:42.19</b> 16,00							
50m: 30.04 30.04 150m: 1:39.50 35.98 250m: 2:55.31 40.59 350m: 4:10.21 33.38			100m: 1:03.52 33.48 200m: 2:14.72 35.22 300m: 3:36.83 41.52 400m: 4:42.19 31.98							
3. PEREZ BLANCO, Jimena <i>MParcial Ll + 1  </i>	97	C.N. Barcelona	<b>4:43.24</b> 15,00							
50m: 30.35 30.35 150m: 1:41.29 37.00 250m: 2:58.27 40.89 350m: 4:12.17 31.95			100m: 1:04.29 33.94 200m: 2:17.38 36.09 300m: 3:40.22 41.95 400m: 4:43.24 31.07							
4. MARTINEZ DE SALINAS PEÑA, Clara	07	C.E. Mediterrani	<b>4:50.17</b> 13,00							
50m: 31.98 31.98 150m: 1:45.59 38.14 250m: 3:03.26 40.85 350m: 4:17.94 33.61			100m: 1:07.45 35.47 200m: 2:22.41 36.82 300m: 3:44.33 41.07 400m: 4:50.17 32.23							
5. HOLGADO BARAHONA, Sarah <i>MParcial Br + 1  </i>	07	C.N. Terrassa	<b>4:56.96</b> 13,00							
50m: 32.85 32.85 150m: 1:48.91 38.56 250m: 3:07.09 40.39 350m: 4:23.17 35.34			100m: 1:10.35 37.50 200m: 2:26.70 37.79 300m: 3:47.83 40.74 400m: 4:56.96 33.79							
6. ESPINOSA ALVAREZ, Aroa	08	C.N. Terrassa	<b>4:59.99</b> 11,00							
50m: 30.37 30.37 150m: 1:44.27 38.43 250m: 3:05.99 44.38 350m: 4:26.24 35.41			100m: 1:05.84 35.47 200m: 2:21.61 37.34 300m: 3:50.83 44.84 400m: 4:59.99 33.75							
7. DEL RIO DECABO, Carlota	09	C.N. Granollers	<b>5:01.90</b> 10,00							
50m: 31.19 31.19 150m: 1:44.93 38.56 250m: 3:07.38 45.14 350m: 4:28.48 35.51			100m: 1:06.37 35.18 200m: 2:22.24 37.31 300m: 3:52.97 45.59 400m: 5:01.90 33.42							
8. ROMERA AZNAR, Gemma	08	C.N. Sabadell	<b>5:05.01</b> 9,00							
50m: 32.56 32.56 150m: 1:49.58 39.36 250m: 3:11.87 42.70 350m: 4:30.47 34.79			100m: 1:10.22 37.66 200m: 2:29.17 39.59 300m: 3:55.68 43.81 400m: 5:05.01 34.54							
9. MATSUMURA PEREZ, Elis Akemi	10	C.N. Barcelona	<b>5:14.70</b> 8,00							
50m: 32.20 32.20 150m: 1:51.14 41.19 250m: 3:16.78 45.89 350m: 4:40.22 36.67			100m: 1:09.95 37.75 200m: 2:30.89 39.75 300m: 4:03.55 46.77 400m: 5:14.70 34.48							
10. PEREZ GARRIDO, Clàudia	09	C.N. Mataró	<b>5:16.37</b> 7,00							
50m: 32.25 32.25 150m: 1:50.06 40.63 250m: 3:16.48 46.50 350m: 4:40.80 36.61			100m: 1:09.43 37.18 200m: 2:29.98 39.92 300m: 4:04.19 47.71 400m: 5:16.37 35.57							
11. MARTIN SUSIN, Berta	08	C.E. Mediterrani	<b>5:18.23</b> 6,00							
50m: 32.29 32.29 150m: 1:51.45 40.58 250m: 3:17.69 47.03 350m: 4:43.09 37.22			100m: 1:10.87 38.58 200m: 2:30.66 39.21 300m: 4:05.87 48.18 400m: 5:18.23 35.14							
12. PEREZ GIL, Daniela	11	C.N. Banyoles	<b>5:21.27</b> 5,00							
50m: 33.29 33.29 150m: 1:54.25 41.32 250m: 3:20.32 45.91 350m: 4:45.19 38.16			100m: 1:12.93 39.64 200m: 2:34.41 40.16 300m: 4:07.03 46.71 400m: 5:21.27 36.08							
13. MAYOLAS VAQUERO, Carla	09	C.N. Banyoles	<b>5:21.34</b> 4,00							
50m: 32.87 32.87 150m: 1:50.68 40.00 250m: 3:18.14 47.51 350m: 4:44.72 37.26			100m: 1:10.68 37.81 200m: 2:30.63 39.95 300m: 4:07.46 49.32 400m: 5:21.34 36.62							
14. RHALMANE HMIDI, Yasmin	10	C.N. Sant Andreu	<b>5:21.68</b> 3,00							
50m: 33.68 33.68 150m: 1:53.97 39.30 250m: 3:22.06 49.06 350m: 4:48.25 35.65			100m: 1:14.67 40.99 200m: 2:33.00 39.03 300m: 4:12.60 50.54 400m: 5:21.68 33.43							
15. MOSQUERA SORIANO, Paula	10	C.N. Granollers	<b>5:21.89</b> 2,00							
50m: 34.29 34.29 150m: 1:55.87 42.28 250m: 3:22.57 46.26 350m: 4:46.87 36.63			100m: 1:13.59 39.30 200m: 2:36.31 40.44 300m: 4:10.24 47.67 400m: 5:21.89 35.02							

Sponsor principal

Sponsors institucionals

Acreditacions

Prova 3, Fem., 400m Estils, Copa Catalana

Classificació	ANY								Temps		
16. JURADO CUEVAS, Zoe	10	C.N. Mataro						<b>5:28.08</b>	1,00		
50m:	33.81	33.81	150m:	1:56.06	42.64	250m:	3:23.52	45.77	350m:	4:49.86	39.75
100m:	1:13.42	39.61	200m:	2:37.75	41.69	300m:	4:10.11	46.59	400m:	5:28.08	38.22