

Prueba 14
23/11/2019 - 16:00

Fem., 400m Libre

20 años y mayores
Resultados

Clasificación	AN								Tiempo	Pts
25+										
1.	JAIME PORRAS, Veronica	90	C.Kronos Natación Mijas						5:05.40	674,00
	50m: 34.45 34.45	150m: 1:49.54	37.97	250m: 3:07.08	38.86	350m: 4:27.16	40.52			
	100m: 1:11.57 37.12	200m: 2:28.22	38.68	300m: 3:46.64	39.56	400m: 5:05.40	38.24			
2.	MARTINEZ ROA, Gloria Elisa	94	C.D.N. Inacua Malaga						5:05.43	674,00
	50m: 33.10 33.10	150m: 1:47.91	37.96	250m: 3:06.41	39.62	350m: 4:27.33	40.73			
	100m: 1:09.95 36.85	200m: 2:26.79	38.88	300m: 3:46.60	40.19	400m: 5:05.43	38.10			
3.	SANCHEZ JEREZ, Clara	90	C.D.U. Granada						5:11.66	634,00
	50m: 33.41 33.41	150m: 1:49.24	38.64	250m: 3:09.05	40.14	350m: 4:31.43	41.32			
	100m: 1:10.60 37.19	200m: 2:28.91	39.67	300m: 3:50.11	41.06	400m: 5:11.66	40.23			
4.	RECIO PANEQUE, Marta	90	C.D.N. Inacua Malaga						5:12.64	628,00
	50m: 33.60 33.60	150m: 1:48.93	38.55	250m: 3:09.53	40.89	350m: 4:32.30	41.41			
	100m: 1:10.38 36.78	200m: 2:28.64	39.71	300m: 3:50.89	41.36	400m: 5:12.64	40.34			
5.	MORALES SOLANO, M ^a Jesus	91	C.D.N. Cordoba						5:32.61	522,00
	50m: 35.26 35.26	150m: 1:53.89	40.24	250m: 3:20.01	44.00	350m: 4:48.36	44.19			
	100m: 1:13.65 38.39	200m: 2:36.01	42.12	300m: 4:04.17	44.16	400m: 5:32.61	44.25			
6.	MORAL ALCAZAR, Laura	93	C.N. Master Jaen						6:24.49	338,00
	50m: 44.07 44.07	150m: 2:20.38	48.54	250m: 3:59.41	49.40	350m: 5:38.38	49.80			
	100m: 1:31.84 47.77	200m: 3:10.01	49.63	300m: 4:48.58	49.17	400m: 6:24.49	46.11			
7.	QUINTANA ROMAN, Alma	91	C.D. Jerez Natacion Master						7:26.73	215,00
	50m: 44.74 44.74	150m: 2:32.69	56.25	250m: 4:29.21	58.11	350m: 6:30.12	1:00.32			
	100m: 1:36.44 51.70	200m: 3:31.10	58.41	300m: 5:29.80	1:00.59	400m: 7:26.73	56.61			
WDR	GIL CABEZAS, Eva	90	C.D. Indea							-
30+										
1.	BUENO DELGADO, Carmen Maria	85	C.D.N. Inacua Malaga						5:20.53	621,00
	50m: 35.85 35.85	150m: 1:53.32	38.86	250m: 3:14.08	40.69	350m: 4:38.49	42.79			
	100m: 1:14.46 38.61	200m: 2:33.39	40.07	300m: 3:55.70	41.62	400m: 5:20.53	42.04			
2.	RUIZ JIMENEZ, Marina	89	C.N. Master Jaen						5:48.20	484,00
	50m: 36.22 36.22	150m: 2:02.21	43.73	250m: 3:31.29	44.81	350m: 5:03.15	46.03			
	100m: 1:18.48 42.26	200m: 2:46.48	44.27	300m: 4:17.12	45.83	400m: 5:48.20	45.05			
3.	HERNÁNDEZ LA HOZ, Marta	87	C.D.Inacua Antonio Prieto						6:03.92	424,00
	50m: 35.24 35.24	150m: 2:00.00	44.15	250m: 3:35.35	48.54	350m: 5:14.49	49.90			
	100m: 1:15.85 40.61	200m: 2:46.81	46.81	300m: 4:24.59	49.24	400m: 6:03.92	49.43			
4.	CORDERO RAMIREZ, Nerea	88	C.D.N. Inacua Malaga						6:22.74	364,00
	50m: 42.52 42.52	150m: 2:16.64	47.56	250m: 3:53.47	48.58	350m: 5:32.73	49.27			
	100m: 1:29.08 46.56	200m: 3:04.89	48.25	300m: 4:43.46	49.99	400m: 6:22.74	50.01			
5.	RODRÍGUEZ PRADOS, Laura	87	C.D.U. Granada						6:26.71	353,00
	50m: 43.42 43.42	150m: 2:20.91	49.05	250m: 3:59.39	49.35	350m: 5:38.93	50.03			
	100m: 1:31.86 48.44	200m: 3:10.04	49.13	300m: 4:48.90	49.51	400m: 6:26.71	47.78			
6.	PEÑA NAVARRO, Silvia	88	C.D. Indea						6:45.14	307,00
	50m: 43.93 43.93	150m: 2:25.55	51.62	250m: 4:11.04	52.96	350m: 5:56.90	52.95			
	100m: 1:33.93 50.00	200m: 3:18.08	52.53	300m: 5:03.95	52.91	400m: 6:45.14	48.24			
7.	JANET, Camille	86	C.D.N. Inacua Malaga						7:13.90	250,00
	50m: 48.12 48.12	150m: 2:36.51	55.27	250m: 4:29.15	56.31	350m: 6:20.82	55.50			
	100m: 1:41.24 53.12	200m: 3:32.84	56.33	300m: 5:25.32	56.17	400m: 7:13.90	53.08			

Prueba 14, Fem., 400m Libre, 30+

Clasificación			AN					Tiempo	Pts			
8.	AZUAGA CAÑETE, Laura		85	C.D. Indea				7:58.05	187,00			
	50m:	53.12	53.12	150m:	2:54.90	1:02.29	250m:	4:58.57	1:01.94	350m:	7:01.74	1:01.88
	100m:	1:52.61	59.49	200m:	3:56.63	1:01.73	300m:	5:59.86	1:01.29	400m:	7:58.05	56.31

35+

DNF	CABRERA ESPAÑA, Veronica		83	R.C. Mediterraneo					-
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40+

1.	PEREZ MAYORGAS, Estibaliz		75	R.C. Mediterraneo				5:15.30	677,00			
	50m:	36.18	36.18	150m:	1:53.38	38.95	250m:	3:12.97	39.97	350m:	4:34.46	40.81
	100m:	1:14.43	38.25	200m:	2:33.00	39.62	300m:	3:53.65	40.68	400m:	5:15.30	40.84
2.	MATESANZ BARRON, Christina Barbar		79	C.D. Resist4				5:33.71	571,00			
	50m:	37.36	37.36	150m:	1:58.60	41.16	250m:	3:24.02	43.18	350m:	4:51.59	43.99
	100m:	1:17.44	40.08	200m:	2:40.84	42.24	300m:	4:07.60	43.58	400m:	5:33.71	42.12
3.	RUIZ LARRAMENDI FERNANDEZ, Ainh79		79	C.N. Mare Nostrum				5:38.75	546,00			
	50m:	36.91	36.91	150m:	1:59.75	42.66	250m:	3:27.15	44.24	350m:	4:56.23	44.86
	100m:	1:17.09	40.18	200m:	2:42.91	43.16	300m:	4:11.37	44.22	400m:	5:38.75	42.52
4.	MORALES ORTIZ, Esther		78	C.D.U. Granada				5:54.89	475,00			
	50m:	36.86	36.86	150m:	2:03.41	44.58	250m:	3:35.99	46.66	350m:	5:09.52	46.89
	100m:	1:18.83	41.97	200m:	2:49.33	45.92	300m:	4:22.63	46.64	400m:	5:54.89	45.37
5.	LORITE COBO, Amelia		75	C.N. Master Jaen				6:10.26	418,00			
	50m:	42.60	42.60	150m:	2:13.91	46.11	250m:	3:48.86	47.68	350m:	5:24.11	47.47
	100m:	1:27.80	45.20	200m:	3:01.18	47.27	300m:	4:36.64	47.78	400m:	6:10.26	46.15
6.	IBORRA ORTIZ, Raquel		76	C.D.U. Granada				6:13.75	406,00			
	50m:	40.95	40.95	150m:	2:16.23	48.35	250m:	3:53.85	48.70	350m:	5:29.92	47.66
	100m:	1:27.88	46.93	200m:	3:05.15	48.92	300m:	4:42.26	48.41	400m:	6:13.75	43.83
7.	GIMENEZ ALOS, Maria Teresa		77	C.D. Jerez Natacion Master				6:25.62	370,00			
	50m:	41.58	41.58	150m:	2:16.50	48.80	250m:	3:56.46	49.46	350m:	5:37.59	50.70
	100m:	1:27.70	46.12	200m:	3:07.00	50.50	300m:	4:46.89	50.43	400m:	6:25.62	48.03
8.	AGUI GUERRERO, Nuria		77	C.D.U. Granada				6:37.22	338,00			
	50m:	44.30	44.30	150m:	2:22.49	49.99	250m:	4:03.77	51.08	350m:	5:47.75	51.31
	100m:	1:32.50	48.20	200m:	3:12.69	50.20	300m:	4:56.44	52.67	400m:	6:37.22	49.47
9.	LARA CAMACHO, Lina		78	C.D.N. Inacua Malaga				6:39.79	332,00			
	50m:	44.57	44.57	150m:	2:23.57	50.18	250m:	4:05.90	51.49	350m:	5:50.33	52.02
	100m:	1:33.39	48.82	200m:	3:14.41	50.84	300m:	4:58.31	52.41	400m:	6:39.79	49.46

45+

1.	GAY MICHAEL, Angela		70	C.D. Resist4				6:15.16	433,00			
	50m:	42.02	42.02	150m:	2:14.17	47.25	250m:	3:49.73	48.17	350m:	5:26.51	48.99
	100m:	1:26.92	44.90	200m:	3:01.56	47.39	300m:	4:37.52	47.79	400m:	6:15.16	48.65
2.	ÁLVAREZ ROMÁN, Ana Mª		74	C.N. Master Jaen				6:16.03	430,00			
	50m:	40.26	40.26	150m:	2:11.84	46.82	250m:	3:48.90	48.56	350m:	5:27.81	49.63
	100m:	1:25.02	44.76	200m:	3:00.34	48.50	300m:	4:38.18	49.28	400m:	6:16.03	48.22
3.	CALVENTE NINATSUKI, Lidia		74	C.D.U. Granada				6:33.86	374,00			
	50m:	43.15	43.15	150m:	2:18.75	49.34	250m:	4:01.75	52.65	350m:	5:44.77	51.47
	100m:	1:29.41	46.26	200m:	3:09.10	50.35	300m:	4:53.30	51.55	400m:	6:33.86	49.09
4.	MINGORANCE GARCIA, Jacqueline Ma71		71	C.D. Resist4				6:36.18	367,00			
	50m:	40.23	40.23	150m:	2:14.52	50.70	250m:	3:59.00	52.80	350m:	5:44.12	52.20
	100m:	1:23.82	43.59	200m:	3:06.20	51.68	300m:	4:51.92	52.92	400m:	6:36.18	52.06

Prueba 14, Fem., 400m Libre, 45+

Clasificación	AN						Tiempo	Pts				
5.	GONZALEZ FERNANDEZ, Ana Maria		74	C.D.U. Granada				7:01.11	306,00			
	50m:	45.22	45.22	150m:	2:31.85	54.94	250m:	4:22.75	55.19	350m:	6:10.49	53.48
	100m:	1:36.91	51.69	200m:	3:27.56	55.71	300m:	5:17.01	54.26	400m:	7:01.11	50.62
6.	GARCIA NAVARRO, Lidia		71	Club Nat. Melilla				7:02.03	304,00			
	50m:	48.61	48.61	150m:	2:32.74	52.75	250m:	4:20.82	53.77	350m:	6:10.27	55.06
	100m:	1:39.99	51.38	200m:	3:27.05	54.31	300m:	5:15.21	54.39	400m:	7:02.03	51.76
7.	LARA ALMANSA, Carmen		70	C.N. Roquetas				7:33.92	244,00			
	50m:	52.29	52.29	150m:	2:45.58	57.18	250m:	4:41.84	58.52	350m:	6:37.88	57.28
	100m:	1:48.40	56.11	200m:	3:43.32	57.74	300m:	5:40.60	58.76	400m:	7:33.92	56.04
50+												
1.	GIMENEZ BLANCO, Eva		69	C.D.N. Inacua Malaga				5:36.94	613,00			
	50m:	37.89	37.89	150m:	1:59.72	41.72	250m:	3:26.29	43.79	350m:	4:53.63	43.89
	100m:	1:18.00	40.11	200m:	2:42.50	42.78	300m:	4:09.74	43.45	400m:	5:36.94	43.31
2.	GRESSET, Christine		68	C.Kronos Natación Mijas				6:04.82	483,00			
	50m:	40.30	40.30	150m:	2:10.77	45.95	250m:	3:44.93	46.93	350m:	5:19.52	47.27
	100m:	1:24.82	44.52	200m:	2:58.00	47.23	300m:	4:32.25	47.32	400m:	6:04.82	45.30
3.	GIL MONTAÑO, Matilde		69	C.N. Master Murcia				7:09.19	297,00			
	50m:	45.34	45.34	150m:	2:28.77	53.06	250m:	4:20.25	56.36	350m:	6:14.73	57.45
	100m:	1:35.71	50.37	200m:	3:23.89	55.12	300m:	5:17.28	57.03	400m:	7:09.19	54.46
4.	DEL PINO CASTILLO, Yolanda		69	C.D.U. Granada				7:21.61	272,00			
	50m:	45.35	45.35	150m:	2:31.76	55.99	250m:	4:27.48	57.68	350m:	6:24.71	58.95
	100m:	1:35.77	50.42	200m:	3:29.80	58.04	300m:	5:25.76	58.28	400m:	7:21.61	56.90
55+												
1.	DE LUNA ARMENTEROS, Elena		64	Club Fideas Natacion Integral				8:39.95	182,00			
	50m:	54.65	54.65	150m:	3:05.19	1:06.51	250m:	5:18.89	1:06.44	350m:	7:34.51	1:08.65
	100m:	1:58.68	1:04.03	200m:	4:12.45	1:07.26	300m:	6:25.86	1:06.97	400m:	8:39.95	1:05.44
65+												
1.	SMYTH, Anne		53	C.D. Resist4				9:28.25	238,00			
	50m:	1:00.12	1:00.12	150m:	3:23.23	1:12.79	250m:	5:50.96	1:13.22	350m:	8:18.05	1:14.07
	100m:	2:10.44	1:10.32	200m:	4:37.74	1:14.51	300m:	7:03.98	1:13.02	400m:	9:28.25	1:10.20
EXH	CASTILLO GALLARDO, Silvia		00	C.N. Churriana				8:55.04	-			
	50m:	56.28	56.28	150m:	3:17.09	1:11.91	250m:	5:38.41	1:10.69	350m:	7:53.15	1:04.88
	100m:	2:05.18	1:08.90	200m:	4:27.72	1:10.63	300m:	6:48.27	1:09.86	400m:	8:55.04	1:01.89