

Prueba 20  
15/12/2019 - 13:26

Fem., 400m Libre

13 - 90 años  
Resultados

Clasificación	AN		Tiempo	
<b>INFANTIL FEMENINO</b>				
1. ACIEN VERDE, María Dolores	06	C.N. Mare Nostrum	<b>5:09.30</b>	19,00
50m: 34.84 34.84	150m: 1:52.53	39.67	250m: 3:11.83	39.70
100m: 1:12.86 38.02	200m: 2:32.13	39.60	300m: 3:50.96	39.13
350m: 4:28.96	38.00	400m: 5:09.30	40.34	
2. FERRER ARIAS, Valeria	07	C.N. Almeria	<b>5:16.54</b>	16,00
50m: 34.62 34.62	150m: 1:52.43	39.90	250m: 3:12.04	39.08
100m: 1:12.53 37.91	200m: 2:32.96	40.53	300m: 3:53.17	41.13
350m: 4:35.10	41.93	400m: 5:16.54	41.44	
3. FERNANDEZ GARCIA, Sandra	07	C.N. Roquetas	<b>5:35.46</b>	14,00
50m: 36.81 36.81	150m: 2:01.62	43.21	250m: 3:27.70	42.99
100m: 1:18.41 41.60	200m: 2:44.71	43.09	300m: 4:10.81	43.11
350m: 4:53.26	42.45	400m: 5:35.46	42.20	
4. PÉREZ RUIZ, Ainhara	07	C.N. Almeria	<b>5:40.87</b>	13,00
50m: 37.64 37.64	150m: 2:02.89	43.22	250m: 3:30.98	43.90
100m: 1:19.67 42.03	200m: 2:47.08	44.19	300m: 4:14.20	43.22
350m: 4:57.50	43.30	400m: 5:40.87	43.37	
5. CARVAJAL GARCIA, Ana	07	C.N. Almeria	<b>5:41.73</b>	12,00
50m: 39.84 39.84	150m: 2:08.09	44.59	250m: 3:34.71	42.67
100m: 1:23.50 43.66	200m: 2:52.04	43.95	300m: 4:17.83	43.12
350m: 5:00.05	42.22	400m: 5:41.73	41.68	
6. RUIZ HOLGADO, Moira	06	C.N. Mare Nostrum	<b>5:42.65</b>	11,00
50m: 39.06 39.06	150m: 2:06.63	44.50	250m: 3:36.11	44.26
100m: 1:22.13 43.07	200m: 2:51.85	45.22	300m: 4:18.97	42.86
350m: 5:02.63	43.66	400m: 5:42.65	40.02	
<b>CADETE FEMENINO</b>				
1. AZOR GRANADOS, María	04	C.N. Mare Nostrum	<b>5:06.49</b>	19,00
50m: 34.57 34.57	150m: 1:51.08	38.84	250m: 3:10.32	39.75
100m: 1:12.24 37.67	200m: 2:30.57	39.49	300m: 3:49.86	39.54
350m: 4:28.32	38.46	400m: 5:06.49	38.17	
2. NAVARRO SANCHEZ, Lucia	04	C.N. Mare Nostrum	<b>5:07.05</b>	16,00
50m: 34.69 34.69	150m: 1:51.84	39.10	250m: 3:10.11	39.08
100m: 1:12.74 38.05	200m: 2:31.03	39.19	300m: 3:49.87	39.76
350m: 4:28.73	38.86	400m: 5:07.05	38.32	
3. IGLESIAS ARQUEROS, María De Gado	04	C.N. Almeria	<b>5:27.41</b>	14,00
50m: 36.00 36.00	150m: 1:57.44	41.39	250m: 3:21.06	42.46
100m: 1:16.05 40.05	200m: 2:38.60	41.16	300m: 4:03.17	42.11
350m: 4:45.77	42.60	400m: 5:27.41	41.64	
<b>SENIOR FEMENINO</b>				
1. LOPEZ SANCHEZ, Laura	96	C.N. Almeria	<b>4:45.76</b>	19,00
50m: 32.39 32.39	150m: 1:43.47	35.82	250m: 2:55.92	36.07
100m: 1:07.65 35.26	200m: 2:19.85	36.38	300m: 3:32.47	36.55
350m: 4:09.62	37.15	400m: 4:45.76	36.14	
2. GALERA GUIRADO, Ana	88	C.D.Galosport	<b>6:48.24</b>	16,00
50m: 41.05 41.05	150m: 2:20.09	50.72	250m: 4:06.48	53.90
100m: 1:29.37 48.32	200m: 3:12.58	52.49	300m: 5:00.99	54.51
350m: 5:55.55	54.56	400m: 6:48.24	52.69	
3. GARRIDO HERNÁNDEZ, Amalia	83	C.D.Galosport	<b>7:24.82</b>	14,00
50m: 48.33 48.33	150m: 2:40.52	56.18	250m: 4:35.27	56.05
100m: 1:44.34 56.01	200m: 3:39.22	58.70	300m: 5:33.17	57.90
350m: 6:29.24	56.07	400m: 7:24.82	55.58	
<b>VETERANOS FEMENINO</b>				
1. RUIZ LARRAMENDI FERNANDEZ, Ainh79		C.N. Mare Nostrum	<b>5:47.15</b>	19,00
50m: 37.71 37.71	150m: 2:03.46	44.19	250m: 3:33.15	45.17
100m: 1:19.27 41.56	200m: 2:47.98	44.52	300m: 4:18.35	45.20
350m: 5:03.68	45.33	400m: 5:47.15	43.47	

Prueba 20, Fem., 400m Libre, VETERANOS FEMENINO

Clasificación	AN						Tiempo				
2. LARA ALMANSA, Carmen	70 C.N. Roquetas						<b>7:33.23</b>	16,00			
50m:	50.77	50.77	150m:	2:44.43	57.76	250m:	4:40.16	57.98	350m:	6:37.30	58.68
100m:	1:46.67	55.90	200m:	3:42.18	57.75	300m:	5:38.62	58.46	400m:	7:33.23	55.93