

Prueba 19  
05/03/2023 - 19:09

Fem., 400m Libre

11 - 90 años  
Resultados

Clasificación			AN							Tiempo
<b>INFANTIL FEMENINO</b>										
1.	BACA REQUENA, Alicia		10	C.N. Almeria						<b>5:13.46</b> 19,00
	50m:	36.13 36.13	150m:	1:56.42	40.24	250m:	3:15.55	39.49	350m:	4:34.88 39.57
	100m:	1:16.18 40.05	200m:	2:36.06	39.64	300m:	3:55.31	39.76	400m:	5:13.46 38.58
2.	NAVARO GONZALEZ, Martina		08	C.N. Roquetas						<b>5:18.75</b> 16,00
	50m:	35.54 35.54	150m:	1:56.39	39.99	250m:	3:18.57	41.69	350m:	4:39.81 40.19
	100m:	1:16.40 40.86	200m:	2:36.88	40.49	300m:	3:59.62	41.05	400m:	5:18.75 38.94
3.	PACHO NIETO, Ana Victoria		09	C.N. Almeria						<b>5:40.54</b> 14,00
	50m:	36.12 36.12	150m:	2:02.46	44.00	250m:	3:30.71	44.62	350m:	4:58.19 42.92
	100m:	1:18.46 42.34	200m:	2:46.09	43.63	300m:	4:15.27	44.56	400m:	5:40.54 42.35
4.	PARRA MARTINEZ, Emma		10	C.N. Almeria						<b>5:51.24</b> 13,00
	50m:	38.10 38.10	150m:	2:07.85	45.88	250m:	3:38.06	44.77	350m:	5:08.31 45.25
	100m:	1:21.97 43.87	200m:	2:53.29	45.44	300m:	4:23.06	45.00	400m:	5:51.24 42.93
5.	RUBIO MOLINA, Claudia		10	C.N. Mare Nostrum						<b>6:23.28</b> 12,00
	50m:	41.33 41.33	150m:	2:17.05	49.13	250m:	3:55.48	49.19	350m:	5:34.22 48.75
	100m:	1:27.92 46.59	200m:	3:06.29	49.24	300m:	4:45.47	49.99	400m:	6:23.28 49.06
<b>CADETE FEMENINO</b>										
1.	PLATOV PUENTE, Lucia		06	C.N. Almeria						<b>5:24.00</b> 19,00
	50m:	36.24 36.24	150m:	1:57.62	40.92	250m:	3:19.12	40.79	350m:	4:43.01 42.18
	100m:	1:16.70 40.46	200m:	2:38.33	40.71	300m:	4:00.83	41.71	400m:	5:24.00 40.99
2.	RUEDA CHECA, Helena		07	C.N. Roquetas						<b>5:48.14</b> 16,00
	50m:	39.88 39.88	150m:	2:09.41	44.81	250m:	3:40.52	45.71	350m:	5:09.60 43.32
	100m:	1:24.60 44.72	200m:	2:54.81	45.40	300m:	4:26.28	45.76	400m:	5:48.14 38.54
3.	MARTINEZ MOLINA, Mar		07	C.N. Roquetas						<b>6:32.70</b> 14,00
	50m:	46.31 46.31	150m:	2:25.87	50.47	250m:	4:06.97	51.24	350m:	5:47.80 50.87
	100m:	1:35.40 49.09	200m:	3:15.73	49.86	300m:	4:56.93	49.96	400m:	6:32.70 44.90
WDR	GOMEZ VILLANUEVA, Nuria		07	C.N. Roquetas						-
<b>JUVENIL FEMENINO</b>										
1.	TEJADA RABANEDA, Paula		05	C.N. Almeria						<b>5:06.04</b> 19,00
	50m:	34.76 34.76	150m:	1:51.85	39.40	250m:	3:10.52	39.57	350m:	4:28.19 38.55
	100m:	1:12.45 37.69	200m:	2:30.95	39.10	300m:	3:49.64	39.12	400m:	5:06.04 37.85
2.	ESTEVEZ ALCARAZ, Maria		05	C.N. Roquetas						<b>7:00.41</b> 16,00
	50m:	46.39 46.39	150m:	2:32.62	53.99	250m:	4:21.57	54.82	350m:	6:08.56 54.17
	100m:	1:38.63 52.24	200m:	3:26.75	54.13	300m:	5:14.39	52.82	400m:	7:00.41 51.85
<b>SENIOR FEMENINO</b>										
1.	VITA VILLEGAS, Rosana		98	C.N. Almeria						<b>6:07.17</b> 19,00
	50m:	38.71 38.71	150m:	2:08.91	46.64	250m:	3:44.36	48.10	350m:	5:19.99 47.69
	100m:	1:22.27 43.56	200m:	2:56.26	47.35	300m:	4:32.30	47.94	400m:	6:07.17 47.18
2.	GOMEZ DIEZ DE LA CORTINA, Esther 96			C.N. Roquetas						<b>6:33.25</b> 16,00
	50m:	45.82 45.82	150m:	2:24.01	49.42	250m:	4:05.79	50.92	350m:	5:47.62 50.33
	100m:	1:34.59 48.77	200m:	3:14.87	50.86	300m:	4:57.29	51.50	400m:	6:33.25 45.63
3.	RUBIO LUZON, Monica Isabel		86	C.N. Roquetas						<b>6:58.14</b> 14,00
	50m:	43.10 43.10	150m:	2:30.34	54.10	250m:	4:20.95	56.01	350m:	6:07.14 53.17
	100m:	1:36.24 53.14	200m:	3:24.94	54.60	300m:	5:13.97	53.02	400m:	6:58.14 51.00

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Clasificación	AN								Tiempo		
4. CERVILLA MEDINA, Silvia	91 C.N. Roquetas								<b>9:14.39</b>	13,00	
50m:	58.89	58.89	150m:	3:18.98	1:11.94	250m:	5:45.20	1:13.40	350m:	8:10.08	1:12.02
100m:	2:07.04	1:08.15	200m:	4:31.80	1:12.82	300m:	6:58.06	1:12.86	400m:	9:14.39	1:04.31

VETERANOS FEMENINO

1. LARA ALMANSA, Carmen	70 C.N. Roquetas								<b>7:57.00</b>	19,00	
50m:	54.80	54.80	150m:	2:54.41	1:00.50	250m:	4:55.86	1:01.13	350m:	6:58.47	1:01.75
100m:	1:53.91	59.11	200m:	3:54.73	1:00.32	300m:	5:56.72	1:00.86	400m:	7:57.00	58.53
2. RABANEDA CARDENAS, Eva Maria	69 C.N. Almeria								<b>8:25.48</b>	16,00	
50m:	50.25	50.25	150m:	2:53.31	1:03.67	250m:	5:07.31	1:06.94	350m:	7:20.55	1:05.09
100m:	1:49.64	59.39	200m:	4:00.37	1:07.06	300m:	6:15.46	1:08.15	400m:	8:25.48	1:04.93