

CTO. ESPAÑA OPEN ABSOLUTO P50 ASTRALPOOL - CTO. ESPAÑA JUNIOR
Palma de Mallorca, 29/3 - 2/4/2023

Event 15	Women, 400m Medley				Open
30/03/2023 - 11:10					Results Prelim
World Record	4:26.36	HOSSZU Katinka	HUN	Rio (BRA)	06/08/2016
European Record	4:26.36	HOSSZU Katinka	HUN	Rio (BRA)	06/08/2016
Récord de España	4:31.21	BELMONTE GARCIA MIREIA		BARCELONA	04/08/2013
Mejor Marca Nacional 17	4:38.53	ALBA VAZQUEZ RUIZ		BUDAPEST (HUN)	20/08/2019
Mejor Marca Nacional 16	4:41.79	PAULA JUSTE SANCHEZ		BUDAPEST (HUN)	20/08/2019
Récord Cto. Open	4:32.92	BELMONTE GARCIA MIREIA		PALMA M.	11/04/2014
Récord Cto. Júnior	4:46.34	PUJADAS RUSIÑOL JULIA		GIJON	18/03/2017

Points: FINA 2023

Rank	YB				Time	Pts		
1.	CARRASCO CADENS Emma	05	ESP C.N. Sant Andreu		4:46.40	804		
	50m: 29.66 29.66	150m: 1:41.24	36.64	250m: 2:57.22	39.39	350m: 4:12.49	35.08	
	100m: 1:04.60	34.94	200m: 2:17.83	36.59	300m: 3:37.41	40.19	400m: 4:46.40	33.91
2.	VAZQUEZ RUIZ Alba	02	ESP C.N. Churriana		4:47.85	792		
	50m: 30.91 30.91	150m: 1:42.84	37.35	250m: 3:00.42	40.87	350m: 4:16.15	34.54	
	100m: 1:05.49	34.58	200m: 2:19.55	36.71	300m: 3:41.61	41.19	400m: 4:47.85	31.70
3.	PEREZ BLANCO Jimena	97	ESP C.N. Barcelona		4:48.96	783		
	50m: 31.27 31.27	150m: 1:44.69	38.40	250m: 3:03.22	41.75	350m: 4:17.75	32.18	
	100m: 1:06.29	35.02	200m: 2:21.47	36.78	300m: 3:45.57	42.35	400m: 4:48.96	31.21
4.	JUSTE SANCHEZ Paula	03	ESP C.N. Lleida		4:55.89	729		
	50m: 29.28 29.28	150m: 1:42.43	38.67	250m: 3:02.82	42.46	350m: 4:21.31	34.93	
	100m: 1:03.76	34.48	200m: 2:20.36	37.93	300m: 3:46.38	43.56	400m: 4:55.89	34.58
5.	CABANES GARZAS Laura	06	ESP C.N. Daimiel		4:56.84	722		
	50m: 30.60 30.60	150m: 1:43.81	38.25	250m: 3:04.49	42.98	350m: 4:22.95	35.01	
	100m: 1:05.56	34.96	200m: 2:21.51	37.70	300m: 3:47.94	43.45	400m: 4:56.84	33.89
6.	MARTINEZ DE SALINAS PENA Clara	07	ESP E.M. El Olivar		5:01.52	689		
	50m: 31.46 31.46	150m: 1:47.72	40.30	250m: 3:09.14	42.58	350m: 4:28.40	35.38	
	100m: 1:07.42	35.96	200m: 2:26.56	38.84	300m: 3:53.02	43.88	400m: 5:01.52	33.12
7.	BOUZAS PEDREIRA Alicia	05	ESP C.N. Galaico		5:01.89	686		
	50m: 31.46 31.46	150m: 1:46.69	39.09	250m: 3:08.00	43.17	350m: 4:27.96	35.34	
	100m: 1:07.60	36.14	200m: 2:24.83	38.14	300m: 3:52.62	44.62	400m: 5:01.89	33.93
8.	MUNOZ BECERRA Claudia	07	ESP C.N. Caldes		5:05.73	661		
	50m: 30.43 30.43	150m: 1:47.57	40.92	250m: 3:10.44	43.20	350m: 4:31.52	36.34	
	100m: 1:06.65	36.22	200m: 2:27.24	39.67	300m: 3:55.18	44.74	400m: 5:05.73	34.21
9.	AGUDO DOMINGUEZ Paula	06	ESP Universidad de Granada		5:06.56	655		
	50m: 32.05 32.05	150m: 1:50.45	41.18	250m: 3:13.26	43.15	350m: 4:31.94	35.32	
	100m: 1:09.27	37.22	200m: 2:30.11	39.66	300m: 3:56.62	43.36	400m: 5:06.56	34.62
10.	MOURENZA ROCHA Sofia	07	ESP C.N. Portamina Lugo		5:06.90	653		
	50m: 32.81 32.81	150m: 1:52.72	42.05	250m: 3:13.57	40.29	350m: 4:32.07	37.03	
	100m: 1:10.67	37.86	200m: 2:33.28	40.56	300m: 3:55.04	41.47	400m: 5:06.90	34.83
11.	SANCHEZ SANCHEZ Angela	05	ESP C.N. Mairena Aljarafe		5:07.60	649		
	50m: 31.91 31.91	150m: 1:50.04	40.43	250m: 3:12.98	42.82	350m: 4:33.48	35.88	
	100m: 1:09.61	37.70	200m: 2:30.16	40.12	300m: 3:57.60	44.62	400m: 5:07.60	34.12
12.	GONZALEZ NUEZ Lucia	06	ESP C.N. Sabadell		5:08.10	646		
	50m: 31.11 31.11	150m: 1:47.08	40.69	250m: 3:11.45	44.76	350m: 4:34.11	36.55	
	100m: 1:06.39	35.28	200m: 2:26.69	39.61	300m: 3:57.56	46.11	400m: 5:08.10	33.99

Piscina 50 m. / Crono Electrónico

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Event 15, Women, 400m Medley, Prelim, Open

Rank					YB					Time	Pts	
13.	GARRIDO REBOLLO Yara				05	ESP C.D. Parquesol				5:08.14	645	
	50m:	32.40	32.40	150m:	1:50.23	41.83	250m:	3:14.31	43.09	350m:	4:33.57	35.69
	100m:	1:08.40	36.00	200m:	2:31.22	40.99	300m:	3:57.88	43.57	400m:	5:08.14	34.57
14.	RODRIGUEZ ALONSO Julia				05	ESP R.C.N. Vigo				5:08.48	643	
	50m:	31.69	31.69	150m:	1:49.56	41.38	250m:	3:14.06	43.79	350m:	4:34.16	35.57
	100m:	1:08.18	36.49	200m:	2:30.27	40.71	300m:	3:58.59	44.53	400m:	5:08.48	34.32
15.	DIAZ LOPEZ Helena				01	ESP Navial				5:08.54	643	
	50m:	30.94	30.94	150m:	1:47.44	40.71	250m:	3:11.32	42.90	350m:	4:32.43	36.37
	100m:	1:06.73	35.79	200m:	2:28.42	40.98	300m:	3:56.06	44.74	400m:	5:08.54	36.11
16.	POVOROZNYUK Valeria				06	ESP C.N. Camargo				5:10.05	634	
	50m:	32.48	32.48	150m:	1:51.48	40.83	250m:	3:13.79	42.97	350m:	4:34.29	36.87
	100m:	1:10.65	38.17	200m:	2:30.82	39.34	300m:	3:57.42	43.63	400m:	5:10.05	35.76
17.	PALOMINO SUCARRATS Laia				07	ESP C.N. Sabadell				5:10.35	632	
	50m:	30.85	30.85	150m:	1:46.73	39.62	250m:	3:11.73	46.25	350m:	4:35.59	37.32
	100m:	1:07.11	36.26	200m:	2:25.48	38.75	300m:	3:58.27	46.54	400m:	5:10.35	34.76
18.	GIRALT PIDEMONT Claudia				01	ESP C.N. L' Hospitalet				5:11.32	626	
	50m:	31.43	31.43	150m:	1:48.96	41.29	250m:	3:13.79	44.91	350m:	4:36.61	36.55
	100m:	1:07.67	36.24	200m:	2:28.88	39.92	300m:	4:00.06	46.27	400m:	5:11.32	34.71
19.	ROSELL DIEZ Ona				09	ESP C.N. Tarraco				5:13.51	613	
	50m:	31.29	31.29	150m:	1:49.80	41.85	250m:	3:16.83	47.62	350m:	4:38.64	34.39
	100m:	1:07.95	36.66	200m:	2:29.21	39.41	300m:	4:04.25	47.42	400m:	5:13.51	34.87
20.	FERNANDEZ MARTIN Lara				06	ESP C.D. El Valle				5:13.78	611	
	50m:	31.66	31.66	150m:	1:48.97	40.19	250m:	3:14.80	45.95	350m:	4:38.52	36.56
	100m:	1:08.78	37.12	200m:	2:28.85	39.88	300m:	4:01.96	47.16	400m:	5:13.78	35.26
21.	LAZARO RICO Marina				03	ESP C.D. Nados Castellon				5:14.07	609	
	50m:	32.38	32.38	150m:	1:52.96	41.77	250m:	3:16.52	43.62	350m:	4:38.43	36.97
	100m:	1:11.19	38.81	200m:	2:32.90	39.94	300m:	4:01.46	44.94	400m:	5:14.07	35.64
22.	TORNERO TEJERINA Alejandra				05	ESP C.D. Parquesol				5:14.57	607	
	50m:	31.80	31.80	150m:	1:50.12	41.91	250m:	3:15.98	45.38	350m:	4:39.84	36.90
	100m:	1:08.21	36.41	200m:	2:30.60	40.48	300m:	4:02.94	46.96	400m:	5:14.57	34.73
23.	LILLO MELLADO Miriam				05	ESP C.N. San Vicente				5:15.20	603	
	50m:	32.97	32.97	150m:	1:52.14	41.24	250m:	3:17.98	44.73	350m:	4:39.80	35.91
	100m:	1:10.90	37.93	200m:	2:33.25	41.11	300m:	4:03.89	45.91	400m:	5:15.20	35.40
24.	GOMEZ SANCHEZ Martina				05	ESP Circulo Mercantil				5:15.59	601	
	50m:	32.49	32.49	150m:	1:52.07	42.19	250m:	3:18.29	45.35	350m:	4:40.31	36.08
	100m:	1:09.88	37.39	200m:	2:32.94	40.87	300m:	4:04.23	45.94	400m:	5:15.59	35.28
25.	GRAU MARTIN Carla				07	ESP C.N. Cervera				5:18.58	584	
	50m:	32.26	32.26	150m:	1:50.09	40.34	250m:	3:16.26	46.84	350m:	4:42.28	37.46
	100m:	1:09.75	37.49	200m:	2:29.42	39.33	300m:	4:04.82	48.56	400m:	5:18.58	36.30
26.	MARTINEZ MARTINEZ Sara				06	ESP C.N. Tennis Elche				5:19.73	578	
	50m:	32.37	32.37	150m:	1:55.15	43.80	250m:	3:20.54	43.41	350m:	4:43.39	37.72
	100m:	1:11.35	38.98	200m:	2:37.13	41.98	300m:	4:05.67	45.13	400m:	5:19.73	36.34

Piscina 50 m. / Crono Electrónico

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Event 15, Women, 400m Medley, Prelim, Open

Rank			YB					Time	Pts		
27.	ULACIA HOMET Sara		07	ESP C.N. Sabadell				5:21.47	568		
	50m:	32.77 32.77	150m:	1:53.32	43.13	250m:	3:20.41	45.83	350m:	4:44.90	37.32
	100m:	1:10.19 37.42	200m:	2:34.58	41.26	300m:	4:07.58	47.17	400m:	5:21.47	36.57
28.	CARDENAS Isabella Eva		06	USA C.N. Bahia de Cadiz				5:28.72	532		
	50m:	31.53 31.53	150m:	1:50.53	39.95	250m:	3:18.97	48.18	350m:	4:49.75	40.37
	100m:	1:10.58 39.05	200m:	2:30.79	40.26	300m:	4:09.38	50.41	400m:	5:28.72	38.97
sick	DE VALDES ALVAREZ Maria		98	ESP C.N. Liceo							