

XXXIII CTO. ESPAÑA "OPEN" DE VERANO NATACIÓN MASTERS  
PUERTOLLANO, 6 - 9/7/2023

Prueba 21  
08/07/2023 - 9:30

Fem., 400m Estilos

20+  
Resultados

Clasificación	AN		Tiempo								
1. FERNANDEZ MIRANDA Sara	99	C.N. Alcobendas	<b>5:51.15</b> 19,00								
50m:	35.07	35.07	150m:	2:03.36	46.38	250m:	3:37.80	50.47	350m:	5:11.09	42.14
100m:	1:16.98	41.91	200m:	2:47.33	43.97	300m:	4:28.95	51.15	400m:	5:51.15	40.06
2. BARRENA ZUDAIRE Nerea	99	C.N. Soriano	<b>5:54.51</b> 16,00								
50m:	35.85	35.85	150m:	2:01.91	46.55	250m:	3:40.62	52.18	350m:	5:14.78	41.39
100m:	1:15.36	39.51	200m:	2:48.44	46.53	300m:	4:33.39	52.77	400m:	5:54.51	39.73
3. CARTES ORDOVAS Alba	99	C.D. Natacion Cordoba	<b>6:15.74</b> 14,00								
50m:	41.52	41.52	150m:	2:19.14	47.83	250m:	3:59.13	52.75	350m:	5:33.98	41.28
100m:	1:31.31	49.79	200m:	3:06.38	47.24	300m:	4:52.70	53.57	400m:	6:15.74	41.76
4. MUÑOZ VALVERDE Alba	03	Piri, Aece Vilassar De Mar	<b>6:19.12</b> 13,00								
50m:	42.53	42.53	150m:	2:23.38	49.88	250m:	4:04.33	52.69	350m:	5:38.77	41.61
100m:	1:33.50	50.97	200m:	3:11.64	48.26	300m:	4:57.16	52.83	400m:	6:19.12	40.35
5. LUJÁN MARTÍN Miriam	99	C.N. Cuatro Caminos	<b>6:40.38</b> 12,00								
50m:	42.29	42.29	150m:	2:22.55	51.05	250m:	4:07.86	55.50	350m:	5:52.99	50.12
100m:	1:31.50	49.21	200m:	3:12.36	49.81	300m:	5:02.87	55.01	400m:	6:40.38	47.39

Prueba 21  
08/07/2023 - 9:30

Fem., 400m Estilos

25+  
Resultados

RE 5:19.12 GONZALEZ MEGIA PATRICIA MADRIDEJOS 15/07/2018

Clasificación	AN		Tiempo								
1. SANCHEZ-ROJO HUERTAS Belen	97	C.N. Albacete	<b>5:38.61</b> 19,00								
50m:	34.32	34.32	150m:	2:02.75	46.84	250m:	3:34.94	47.08	350m:	5:01.05	39.21
100m:	1:15.91	41.59	200m:	2:47.86	45.11	300m:	4:21.84	46.90	400m:	5:38.61	37.56
2. SANCHEZ CASTILLO Sheila	95	C.N. Thiar Horadada	<b>5:45.65</b> 16,00								
50m:	36.10	36.10	150m:	2:03.57	45.17	250m:	3:35.80	49.54	350m:	5:06.64	41.42
100m:	1:18.40	42.30	200m:	2:46.26	42.69	300m:	4:25.22	49.42	400m:	5:45.65	39.01
3. LARRAYA DEL HOYO Cristina	95	C.D.E. Mako	<b>5:50.58</b> 14,00								
50m:	36.11	36.11	150m:	2:05.60	47.37	250m:	3:41.85	49.88	350m:	5:12.67	40.32
100m:	1:18.23	42.12	200m:	2:51.97	46.37	300m:	4:32.35	50.50	400m:	5:50.58	37.91
4. RAMOS ROJAS Gisela	94	C.D.E. Mako	<b>6:00.15</b> 13,00								
50m:	36.93	36.93	150m:	2:09.41	49.16	250m:	3:47.20	51.06	350m:	5:19.89	42.10
100m:	1:20.25	43.32	200m:	2:56.14	46.73	300m:	4:37.79	50.59	400m:	6:00.15	40.26
5. PORTILLA ERAÑA Nekane	95	Galdakao I.T.	<b>6:05.91</b> 12,00								
50m:	38.17	38.17	150m:	2:13.67	52.02	250m:	3:52.02	50.20	350m:	5:25.72	42.77
100m:	1:21.65	43.48	200m:	3:01.82	48.15	300m:	4:42.95	50.93	400m:	6:05.91	40.19
6. TORRE MAROTO Miriam De La	95	C.N. Albacete	<b>6:08.42</b> 11,00								
50m:	37.02	37.02	150m:	2:07.88	48.30	250m:	3:46.60	51.63	350m:	5:24.33	44.31
100m:	1:19.58	42.56	200m:	2:54.97	47.09	300m:	4:40.02	53.42	400m:	6:08.42	44.09
7. SAENZ OLMEDO Andrea	96	C.N. Cuatro Caminos	<b>6:10.93</b> 10,00								
50m:	37.57	37.57	150m:	2:12.44	48.84	250m:	3:53.48	52.93	350m:	5:30.70	42.93
100m:	1:23.60	46.03	200m:	3:00.55	48.11	300m:	4:47.77	54.29	400m:	6:10.93	40.23
8. VINAGRE MATEO Lucia	94	C.N. Merida	<b>6:22.70</b> 9,00								
50m:	35.52	35.52	150m:	2:11.48	52.61	250m:	3:57.66	56.76	350m:	5:38.93	45.11
100m:	1:18.87	43.35	200m:	3:00.90	49.42	300m:	4:53.82	56.16	400m:	6:22.70	43.77
9. GÁMEZ POZA Lucía	98	C.N. Fuenlabrada	<b>6:25.96</b> 8,00								
50m:	36.85	36.85	150m:	2:15.97	52.24	250m:	4:00.86	53.79	350m:	5:43.29	47.06
100m:	1:23.73	46.88	200m:	3:07.07	51.10	300m:	4:56.23	55.37	400m:	6:25.96	42.67

XXXIII CTO. ESPAÑA "OPEN" DE VERANO NATACIÓN MASTERS  
PUERTOLLANO, 6 - 9/7/2023

Prueba 21, Fem., 400m Estilos, 25+

Clasificación	AN	Equipo	Tiempo
10. CUENCA JIMENEZ Elia Maria	96	C.D. Natacion Cordoba	<b>6:26.77</b> 7,00
50m: 39.55 39.55	150m: 2:18.33 52.33	250m: 4:02.88 54.10	350m: 5:43.19 45.09
100m: 1:26.00 46.45	200m: 3:08.78 50.45	300m: 4:58.10 55.22	400m: 6:26.77 43.58
11. BAEZ DIEGUEZ Silvia	98	C.N. Monteverde	<b>6:50.13</b> 6,00
50m: 43.96 43.96	150m: 2:28.75 52.27	250m: 4:18.20 59.55	350m: 6:05.79 46.39
100m: 1:36.48 52.52	200m: 3:18.65 49.90	300m: 5:19.40 1:01.20	400m: 6:50.13 44.34
12. ESLAVA TRONCOSO Yolanda	96	C.D. Jerez Natacion Master	<b>7:00.90</b> 5,00
50m: 48.12 48.12	150m: 2:37.71 54.10	250m: 4:28.14 57.23	350m: 6:15.59 48.56
100m: 1:43.61 55.49	200m: 3:30.91 53.20	300m: 5:27.03 58.89	400m: 7:00.90 45.31
13. DÍAZ MOLINA Paula	95	C.N. Ugena	<b>7:15.37</b> 4,00
50m: 45.93 45.93	150m: 2:46.16 1:01.67	250m: 4:39.99 55.10	350m: 6:27.93 50.93
100m: 1:44.49 58.56	200m: 3:44.89 58.73	300m: 5:37.00 57.01	400m: 7:15.37 47.44

Prueba 21 Fem., 400m Estilos 30+  
08/07/2023 - 9:30 Resultados

RE 5:17.26 REQUENA JUAREZ YUREMA TORREVIEJA 01/06/2014

Clasificación	AN	Equipo	Tiempo
1. GONZALEZ MEGIA Patricia	93	C.N. Monteverde	<b>5:25.41</b> 19,00
50m: 33.07 33.07	150m: 1:54.63 43.54	250m: 3:23.22 45.01	350m: 4:47.50 38.29
100m: 1:11.09 38.02	200m: 2:38.21 43.58	300m: 4:09.21 45.99	400m: 5:25.41 37.91
2. CORBALÁN HERNÁNDEZ María José	90	Ucam C.N. Fuensanta	<b>6:02.54</b> 16,00
50m: 36.26 36.26	150m: 2:05.16 46.97	250m: 3:45.38 52.64	350m: 5:21.00 42.19
100m: 1:18.19 41.93	200m: 2:52.74 47.58	300m: 4:38.81 53.43	400m: 6:02.54 41.54
3. GONZALEZ TIMON Noelia	90	C.D.E. Mako	<b>6:14.09</b> 14,00
50m: 36.59 36.59	150m: 2:09.43 49.27	250m: 3:51.41 53.72	350m: 5:31.25 43.94
100m: 1:20.16 43.57	200m: 2:57.69 48.26	300m: 4:47.31 55.90	400m: 6:14.09 42.84
4. PERONA LARA Lorena	93	Master Natacion Tomelloso	<b>6:34.70</b> 13,00
50m: 43.73 43.73	150m: 2:25.65 51.07	250m: 4:07.46 52.52	350m: 5:47.65 48.02
100m: 1:34.58 50.85	200m: 3:14.94 49.29	300m: 4:59.63 52.17	400m: 6:34.70 47.05
5. MORALEDA DIAZ Laura	89	C.N. Fuenlabrada	<b>6:50.35</b> 12,00
50m: 44.76 44.76	150m: 2:33.86 56.23	250m: 4:17.90 51.81	350m: 6:03.31 51.53
100m: 1:37.63 52.87	200m: 3:26.09 52.23	300m: 5:11.78 53.88	400m: 6:50.35 47.04
6. RUIZ MORENO Irene	89	C.D. Jerez Natacion Master	<b>6:59.92</b> 11,00
50m: 45.01 45.01	150m: 2:40.98 58.67	250m: 4:29.48 51.33	350m: 6:11.10 47.77
100m: 1:42.31 57.30	200m: 3:38.15 57.17	300m: 5:23.33 53.85	400m: 6:59.92 48.82

Prueba 21 Fem., 400m Estilos 35+  
08/07/2023 - 9:30 Resultados

RE 5:18.68 BENEYTO VIZUETE CAROLINA JEREZ 27/06/2014

Clasificación	AN	Equipo	Tiempo
1. ROLDÁN GÓMEZ Alba	86	C.D. Jerez Natacion Master	<b>5:54.15</b> 19,00
50m: 36.51 36.51	150m: 2:08.40 48.65	250m: 3:41.94 46.97	350m: 5:13.96 42.55
100m: 1:19.75 43.24	200m: 2:54.97 46.57	300m: 4:31.41 49.47	400m: 5:54.15 40.19
2. RODRÍGUEZ PRADOS Laura	87	C.D. Swim Granada	<b>7:59.31</b> 16,00
50m: 55.13 55.13	150m: 3:06.57 1:08.60	250m: 5:13.17 59.25	350m: 7:08.61 53.45
100m: 1:57.97 1:02.84	200m: 4:13.92 1:07.35	300m: 6:15.16 1:01.99	400m: 7:59.31 50.70

XXXIII CTO. ESPAÑA "OPEN" DE VERANO NATACIÓN MASTERS  
PUERTOLLANO, 6 - 9/7/2023

Prueba 21, Fem., 400m Estilos

Prueba 21 Fem., 400m Estilos 40+  
08/07/2023 - 9:30 Resultados  
RE 5:15.83 Mireia García Sánchez SEDAVI 10/07/2021

Clasificación	AN	Tempo
1. GONZALEZ RUBIO Ana Belen	79 C.N. Fuenlabrada	<b>6:17.54</b> 19,00
50m: 39.14 39.14 150m: 2:15.20 48.91 250m: 3:56.36 53.70 350m: 5:34.55 43.51		
100m: 1:26.29 47.15 200m: 3:02.66 47.46 300m: 4:51.04 54.68 400m: 6:17.54 42.99		
2. MORIANA MARTIN Fatima	82 C.D. Jerez Natacion Master	<b>6:43.09</b> 16,00
50m: 41.44 41.44 150m: 2:24.92 54.15 250m: 4:14.94 57.90 350m: 5:58.85 44.45		
100m: 1:30.77 49.33 200m: 3:17.04 52.12 300m: 5:14.40 59.46 400m: 6:43.09 44.24		
3. BRETÓ PRATS Paula	79 C.N. Benicarlo	<b>6:50.20</b> 14,00
50m: 42.51 42.51 150m: 2:29.05 57.42 250m: 4:23.88 57.42 350m: 6:08.04 45.40		
100m: 1:31.63 49.12 200m: 3:26.46 57.41 300m: 5:22.64 58.76 400m: 6:50.20 42.16		
4. HIDALGO SANCHEZ Laura	79 C.N. Puertollano	<b>7:07.44</b> 13,00
50m: 42.46 42.46 150m: 2:34.26 57.88 250m: 4:31.69 1:01.28 350m: 6:21.53 47.26		
100m: 1:36.38 53.92 200m: 3:30.41 56.15 300m: 5:34.27 1:02.58 400m: 7:07.44 45.91		
5. VIVAS ROVIRA Lledo	83 C.N. Albacora	<b>10:04.54</b> 12,00
50m: 1:10.87 1:10.87 150m: 3:57.43 1:23.37 250m: 6:32.92 1:16.99 350m: 9:01.96 1:10.09		
100m: 2:34.06 1:23.19 200m: 5:15.93 1:18.50 300m: 7:51.87 1:18.95 400m: 10:04.54 1:02.58		

Prueba 21 Fem., 400m Estilos 45+  
08/07/2023 - 9:30 Resultados  
RE 5:41.08 GARCIA COLOMO MAITE LAS PALMAS 01/07/2011

Clasificación	AN	Tempo
1. BENEYTO VIZUETE Carolina	78 Real Canoe N.C.	<b>5:51.08</b> 19,00
50m: 35.28 35.28 150m: 2:05.18 47.89 250m: 3:41.94 49.29 350m: 5:11.59 39.81		
100m: 1:17.29 42.01 200m: 2:52.65 47.47 300m: 4:31.78 49.84 400m: 5:51.08 39.49		
2. GUTIERREZ GARCIA Noelia	78 C. Tenerife Masters	<b>6:51.54</b> 16,00
50m: 45.53 45.53 150m: 2:32.80 55.58 250m: 4:22.11 56.07 350m: 6:06.51 47.45		
100m: 1:37.22 51.69 200m: 3:26.04 53.24 300m: 5:19.06 56.95 400m: 6:51.54 45.03		
3. PARREÑO CAPARRÓS Elena	78 C.D. Albacete Swim	<b>7:15.30</b> 14,00
50m: 45.56 45.56 150m: 2:36.64 1:00.70 250m: 4:34.71 58.58 350m: 6:28.08 52.01		
100m: 1:35.94 50.38 200m: 3:36.13 59.49 300m: 5:36.07 1:01.36 400m: 7:15.30 47.22		
4. PEREZ RODRIGUEZ Maria Esther	74 C.N. Merida	<b>7:28.65</b> 13,00
50m: 48.38 48.38 150m: 2:45.34 1:00.59 250m: 4:47.79 1:03.10 350m: 6:41.20 49.43		
100m: 1:44.75 56.37 200m: 3:44.69 59.35 300m: 5:51.77 1:03.98 400m: 7:28.65 47.45		
5. PALOMARES CONTRERAS Inma	75 C.N. Picassent	<b>7:38.45</b> 12,00
50m: 50.50 50.50 200m: 3:44.45 1:53.87 300m: 5:56.96 1:06.77 400m: 7:38.45 48.72		
100m: 1:50.58 1:00.08 250m: 4:50.19 1:05.74 350m: 6:49.73 52.77		
6. BREVAL LISTAN Montserrat	75 C.D. Jerez Natacion Master	<b>7:39.03</b> 11,00
50m: 54.94 54.94 150m: 2:55.60 1:01.39 250m: 4:56.93 1:00.08 350m: 6:50.57 53.56		
100m: 1:54.21 59.27 200m: 3:56.85 1:01.25 300m: 5:57.01 1:00.08 400m: 7:39.03 48.46		
7. NEMETH Andrea	74 C.N. Cuatro Caminos	<b>7:40.08</b> 10,00
50m: 49.99 49.99 150m: 2:54.61 1:03.53 250m: 4:54.74 56.56 350m: 6:48.44 53.05		
100m: 1:51.08 1:01.09 200m: 3:58.18 1:03.57 300m: 5:55.39 1:00.65 400m: 7:40.08 51.64		
8. MONDÉJAR LÓPEZ Almudena	78 C.N. Albacete	<b>8:01.78</b> 9,00
50m: 48.31 48.31 200m: 4:02.61 2:15.01 300m: 6:07.46 1:03.81 400m: 8:01.78 54.55		
100m: 1:47.60 59.29 250m: 5:03.65 1:01.04 350m: 7:07.23 59.77		
9. CALVENTE NINATSAKI Lidia	74 C.D. Swim Granada	<b>8:02.09</b> 8,00
50m: 52.71 52.71 150m: 3:00.73 1:07.00 250m: 5:10.12 1:04.94 350m: 7:11.06 54.81		
100m: 1:53.73 1:01.02 200m: 4:05.18 1:04.45 300m: 6:16.25 1:06.13 400m: 8:02.09 51.03		

Piscina 50 m. / Crono Electrónico

XXXIII CTO. ESPAÑA "OPEN" DE VERANO NATACIÓN MASTERS  
PUERTOLLANO, 6 - 9/7/2023

Prueba 21, Fem., 400m Estilos

Prueba 21 Fem., 400m Estilos 50+  
08/07/2023 - 9:30 Resultados

RE 5:51.63 MONTERRAT GOMARIZ GONZÁLEZ TARRAGONA 11/06/2022

Clasificación	AN		Tiempo							
1. VILA FORTUNY Marta	72	G.E. I E.G.	<b>6:19.60</b> 19,00							
50m: 41.28 41.28	150m: 2:19.76	49.33	250m: 4:00.35	54.19	350m: 5:37.91	42.53	400m: 6:19.60	41.69		
100m: 1:30.43 49.15	200m: 3:06.16	46.40	300m: 4:55.38	55.03						
2. DIAZ BRAVO Begoña	70	C.N. Fuenlabrada	<b>7:00.85</b> 16,00							
50m: 43.03 43.03	150m: 2:38.17	57.60	250m: 4:33.03	1:00.10	350m: 6:18.24	44.39	400m: 7:00.85	42.61		
100m: 1:40.57 57.54	200m: 3:32.93	54.76	300m: 5:33.85	1:00.82						
3. ESCANERO MAICAS Begoña	73	C.D. Jerez Natacion Master	<b>7:04.12</b> 14,00							
50m: 44.05 44.05	150m: 2:33.39	57.31	250m: 4:28.73	59.17	350m: 6:15.70	46.93	400m: 7:04.12	48.42		
100m: 1:36.08 52.03	200m: 3:29.56	56.17	300m: 5:28.77	1:00.04						
4. GAY MICHAEL Angela	70	C.D.Resist4	<b>7:39.92</b> 13,00							
50m: 49.90 49.90	150m: 2:52.17	1:05.95	250m: 4:52.06	1:01.30	350m: 6:49.95	55.75	400m: 7:39.92	49.97		
100m: 1:46.22 56.32	200m: 3:50.76	58.59	300m: 5:54.20	1:02.14						
5. SANCHEZ LOPEZ Maria Jose	73	C.N. Monteverde	<b>9:04.61</b> 12,00							
50m: 56.18 56.18	150m: 3:17.72	1:13.83	250m: 5:49.28	1:19.32	350m: 8:07.65	1:00.04	400m: 9:04.61	56.96		
100m: 2:03.89 1:07.71	200m: 4:29.96	1:12.24	300m: 7:07.61	1:18.33						
6. CALATAYUD VENTOSA Cristina	69	C.D. Jerez Natacion Master	<b>10:30.13</b> 11,00							
50m: 1:08.61 1:08.61	150m:		250m: 6:48.84	1:28.10	350m: 9:26.79	1:06.97	400m: 10:30.13	1:03.34		
100m: 2:27.56 1:18.95	200m: 5:20.74		300m: 8:19.82	1:30.98						

Prueba 21 Fem., 400m Estilos 55+  
08/07/2023 - 9:30 Resultados

RE 6:13.29 SILVIA PAGES SEGURA BARCELONA - CEM 12/06/2021

Clasificación	AN		Tiempo							
1. PINTO SALVADOR Mª Teresa	67	C.N. Albacora	<b>7:20.23</b> 19,00							
50m: 46.99 46.99	150m: 2:42.29	59.01	250m: 4:38.71	1:00.81	350m: 6:32.38	52.15	400m: 7:20.23	47.85		
100m: 1:43.28 56.29	200m: 3:37.90	55.61	300m: 5:40.23	1:01.52						
2. ROSA ROS Nuria	67	Cn.Palma de Mallorca	<b>7:23.63</b> 16,00							
50m: 46.44 46.44	150m: 2:41.47	56.86	250m: 4:39.91	1:02.99	350m: 6:34.05	50.16	400m: 7:23.63	49.58		
100m: 1:44.61 58.17	200m: 3:36.92	55.45	300m: 5:43.89	1:03.98						
3. BODAS ARRANZ Marta Maria	68	C.N. Tres Cantos	<b>7:25.78</b> 14,00							
50m: 46.99 46.99	150m: 2:44.80	1:01.58	250m: 4:44.92	1:01.55	350m: 6:37.82	49.34	400m: 7:25.78	47.96		
100m: 1:43.22 56.23	200m: 3:43.37	58.57	300m: 5:48.48	1:03.56						
4. DIAZ BRAVO Maria Del Carmen	64	C.N. Fuenlabrada	<b>7:57.75</b> 13,00							
50m: 51.13 51.13	150m: 3:01.86	1:03.66	250m: 5:02.69	1:01.04	350m: 7:03.13	57.85	400m: 7:57.75	54.62		
100m: 1:58.20 1:07.07	200m: 4:01.65	59.79	300m: 6:05.28	1:02.59						
5. GONZALEZ RODRIGUEZ Mercedes	67	C. Tenerife Masters	<b>8:00.60</b> 12,00							
50m: 1:00.96 1:00.96	150m: 3:14.97	1:04.64	250m: 5:15.39	59.38	350m: 7:10.10	54.28	400m: 8:00.60	50.50		
100m: 2:10.33 1:09.37	200m: 4:16.01	1:01.04	300m: 6:15.82	1:00.43						
Baja HERRERA CAMES Victoria	68	Natacion Sevilla Master, C.D.	-							

XXXIII CTO. ESPAÑA "OPEN" DE VERANO NATACIÓN MASTERS  
PUERTOLLANO, 6 - 9/7/2023

Prueba 21, Fem., 400m Estilos

Prueba 21	Fem., 400m Estilos			60+
08/07/2023 - 9:30				Resultados
RE	6:22.67	Mª RAMONA GUILLEN MUÑOZ	LAS PALMAS G. C.	09/07/2022

Clasificación	AN		Tiempo	
1. MARTINEZ PABLO Ana Maria	60	C.N. Ferca-San Jose	<b>7:09.51</b>	19,00
50m: 46.91 46.91	150m: 2:40.65 56.53	250m: 4:35.15 1:00.92	350m: 6:23.76 47.82	
100m: 1:44.12 57.21	200m: 3:34.23 53.58	300m: 5:35.94 1:00.79	400m: 7:09.51 45.75	
2. MONEO HERNANDEZ Idoia	63	C.D. Jerez Natacion Master	<b>8:11.61</b>	16,00
50m: 57.20 57.20	150m: 3:07.17 1:05.42	250m: 5:15.35 1:06.88	350m: 7:18.20 53.38	
100m: 2:01.75 1:04.55	200m: 4:08.47 1:01.30	300m: 6:24.82 1:09.47	400m: 8:11.61 53.41	
3. OCHOA SANCHEZ Carmen	61	Natacion Sevilla Master, C.D.	<b>8:15.34</b>	14,00
50m: 56.46 56.46	150m: 3:09.25 1:08.16	250m: 5:25.48 1:10.89	350m: 7:25.37 51.33	
100m: 2:01.09 1:04.63	200m: 4:14.59 1:05.34	300m: 6:34.04 1:08.56	400m: 8:15.34 49.97	

Prueba 21	Fem., 400m Estilos			65+
08/07/2023 - 9:30				Resultados
RE	7:21.25	ARANZASU ARANEGA BENITEZ	LAS PALMAS G. C.	09/07/2022

Clasificación	AN		Tiempo	
1. ARANEGA BENITEZ Aranzazu	57	C. Tenerife Masters	<b>7:37.19</b>	19,00
50m: 51.55 51.55	150m: 2:52.36 1:01.61	250m: 4:55.89 1:05.01	350m: 6:49.63 50.71	
100m: 1:50.75 59.20	200m: 3:50.88 58.52	300m: 5:58.92 1:03.03	400m: 7:37.19 47.56	

Prueba 21	Fem., 400m Estilos			70+
08/07/2023 - 9:30				Resultados
RE	7:42.00	ROSA SEGARRA PEÑARROYA	S.C. de Tenerife	13/06/2021

Clasificación	AN		Tiempo	
1. SEGARRA PEÑARROYA Rosa	49	C.N. Vulcania Master	<b>7:58.28</b>	19,00
50m: 57.42 57.42	150m: 3:07.11 1:05.52	250m: 5:15.47 1:04.58	350m: 7:11.08 48.13	
100m: 2:01.59 1:04.17	200m: 4:10.89 1:03.78	300m: 6:22.95 1:07.48	400m: 7:58.28 47.20	
2. CASTILLO MIQUEL Roser	51	C.N. Palamós	<b>10:00.26</b>	16,00
50m: 1:04.57 1:04.57	150m: 3:52.45 1:28.32	250m: 6:34.87 1:21.89	350m: 9:00.88 1:01.73	
100m: 2:24.13 1:19.56	200m: 5:12.98 1:20.53	300m: 7:59.15 1:24.28	400m: 10:00.26 59.38	