

CXIII Cto. España Absoluto P50 OPEN TRIALS - ASTRALPOOL  
Palma de Mallorca, 25 - 28/6/2026

Event 4 Women, 400m Freestyle Open  
25/06/2026 - 10:37 Results Prelim

Récord España	4:02.47	COSTA SCHMID MELANIE	BARCELONA	28/07/2013
Mínima Europeo París	4:09.96			
Mínima Europeo Junior 2008	4:15.75			
Mínima Europeo Junior 2009 y menores	4:16.75			

Points: AQUA 2026

Rank	YB		Time		WA
1.	DE VALDES ALVAREZ Maria	98 ESP C.N. Mataro	<b>4:13.84</b>	785	
	50m: 29.30 29.30	150m: 1:32.59 31.99	250m: 2:36.70 32.02	350m: 3:42.17 33.05	
	100m: 1:00.60 31.30	200m: 2:04.68 32.09	300m: 3:09.12 32.42	400m: 4:13.84 31.67	
2.	CARRON MUINA Carla	05 ESP C.N. Sant Andreu	<b>4:16.77</b>	758	
	50m: 29.07 29.07	150m: 1:32.96 32.11	250m: 2:37.79 32.62	350m: 3:43.27 32.33	
	100m: 1:00.85 31.78	200m: 2:05.17 32.21	300m: 3:10.94 33.15	400m: 4:16.77 33.50	
3.	MARTINEZ DE SALINAS PENA Clara	07 ESP C.E. Mediterrani	<b>4:17.32</b>	753	
	50m: 29.19 29.19	150m: 1:32.37 32.02	250m: 2:37.77 32.92	350m: 3:45.00 33.31	
	100m: 1:00.35 31.16	200m: 2:04.85 32.48	300m: 3:11.69 33.92	400m: 4:17.32 32.32	
4.	RUBIO VILLORIA Alba	09 ESP C.N. Marina-Cartagena	<b>4:17.79</b>	749	
	50m: 29.67 29.67	150m: 1:33.78 32.74	250m: 2:39.55 33.02	350m: 3:45.73 33.14	
	100m: 1:01.04 31.37	200m: 2:06.53 32.75	300m: 3:12.59 33.04	400m: 4:17.79 32.06	
5.	OTERO FERNANDEZ Paula	04 ESP C.N. Arteixo	<b>4:18.47</b>	743	
	50m: 30.28 30.28	150m: 1:34.63 32.42	250m: 2:40.09 32.73	350m: 3:46.04 33.02	
	100m: 1:02.21 31.93	200m: 2:07.36 32.73	300m: 3:13.02 32.93	400m: 4:18.47 32.43	
6.	ROSELL DIEZ Ona	09 ESP C.N. Tarraco	<b>4:19.38</b>	735	
	50m: 30.32 30.32	150m: 1:35.49 32.89	250m: 2:41.19 32.84	350m: 3:46.69 32.82	
	100m: 1:02.60 32.28	200m: 2:08.35 32.86	300m: 3:13.87 32.68	400m: 4:19.38 32.69	
7.	YEGRES COTTIN Maria Victoria	05 VEN C.N. Barcelona	<b>4:19.84</b>	732	
	50m: 29.52 29.52	150m: 1:33.80 32.59	250m: 2:39.91 33.31	350m: 3:46.69 33.54	
	100m: 1:01.21 31.69	200m: 2:06.60 32.80	300m: 3:13.15 33.24	400m: 4:19.84 33.15	
8.	HERRERO LAZARO Alba	02 ESP C.N. Terrassa	<b>4:19.98</b>	730	
	50m: 29.36 29.36	150m: 1:33.65 32.41	250m: 2:39.90 33.18	350m: 3:46.94 33.45	
	100m: 1:01.24 31.88	200m: 2:06.72 33.07	300m: 3:13.49 33.59	400m: 4:19.98 33.04	
9.	MALO MORENO Ariadna	08 ESP Getxo Igeriketa Bolue K.E.	<b>4:21.67</b>	716	
	50m: 29.44 29.44	150m: 1:34.42 32.92	250m: 2:41.29 33.40	350m: 3:48.41 33.64	
	100m: 1:01.50 32.06	200m: 2:07.89 33.47	300m: 3:14.77 33.48	400m: 4:21.67 33.26	
10.	MUNOZ GONZALEZ Natalia	08 ESP C.N. Sabadell	<b>4:22.16</b>	712	
	50m: 29.63 29.63	150m: 1:34.66 32.91	250m: 2:41.90 33.60	350m: 3:49.65 33.86	
	100m: 1:01.75 32.12	200m: 2:08.30 33.64	300m: 3:15.79 33.89	400m: 4:22.16 32.51	
11.	PODGER Jessica	01 GBR University of Bath SC	<b>4:22.28</b>	711	
	50m: 30.58 30.58	150m: 1:36.68 33.58	250m: 2:43.13 32.56	350m: 3:49.70 33.66	
	100m: 1:03.10 32.52	200m: 2:10.57 33.89	300m: 3:16.04 32.91	400m: 4:22.28 32.58	
12.	ABAD NUNEZ Beth	08 ESP C.N. Palma de Mallorca	<b>4:22.83</b>	707	
	50m: 30.22 30.22	150m: 1:36.54 33.23	250m: 2:43.21 33.28	350m: 3:50.30 33.49	
	100m: 1:03.31 33.09	200m: 2:09.93 33.39	300m: 3:16.81 33.60	400m: 4:22.83 32.53	

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Rank			YB				Time		WA
13.	GALISTEO ZAPATERO Andrea		01	ESP	Real Canoe N.C.		<b>4:23.32</b>		703
	50m:	30.51 30.51	150m:	1:36.57 33.37	250m:	2:43.28 33.33	350m:	3:50.24 33.44	
	100m:	1:03.20 32.69	200m:	2:09.95 33.38	300m:	3:16.80 33.52	400m:	4:23.32 33.08	
14.	COLL MARTI Julia		07	ESP	C.N. Olot		<b>4:24.22</b>		696
	50m:	30.31 30.31	150m:	1:36.45 33.66	250m:	2:43.84 33.78	350m:	3:51.04 33.50	
	100m:	1:02.79 32.48	200m:	2:10.06 33.61	300m:	3:17.54 33.70	400m:	4:24.22 33.18	
15.	SAN MARTIN IGLESIAS Carlota		07	ESP	C.N. Cuencas Mineras		<b>4:24.55</b>		693
	50m:	30.60 30.60	150m:	1:36.35 33.35	250m:	2:43.40 33.73	350m:	3:51.13 33.82	
	100m:	1:03.00 32.40	200m:	2:09.67 33.32	300m:	3:17.31 33.91	400m:	4:24.55 33.42	
16.	LIARTE QUESADA Elena		07	ESP	C.N. Caceres Delfines		<b>4:24.76</b>		691
	50m:	30.26 30.26	150m:	1:36.59 33.48	250m:	2:44.94 34.20	350m:	3:52.46 33.70	
	100m:	1:03.11 32.85	200m:	2:10.74 34.15	300m:	3:18.76 33.82	400m:	4:24.76 32.30	
17.	SEGURA FERREIRA Helena		09	ESP	Circulo Mercantil		<b>4:25.43</b>		686
	50m:	30.59 30.59	150m:	1:36.57 33.11	250m:	2:44.65 34.17	350m:	3:52.65 33.84	
	100m:	1:03.46 32.87	200m:	2:10.48 33.91	300m:	3:18.81 34.16	400m:	4:25.43 32.78	
18.	MUNOZ ARMENGOU Julia		07	ESP	C.N. Sant Andreu		<b>4:26.34</b>		679
	50m:	30.46 30.46	150m:	1:36.87 33.66	250m:	2:44.70 34.17	350m:	3:52.85 33.97	
	100m:	1:03.21 32.75	200m:	2:10.53 33.66	300m:	3:18.88 34.18	400m:	4:26.34 33.49	
19.	BURGUERA VALENS Maria Antonia		12	ESP	C.N. Palma de Mallorca		<b>4:26.36</b>		679
	50m:	29.85 29.85	150m:	1:36.54 33.64	250m:	2:44.40 33.98	350m:	3:52.64 34.02	
	100m:	1:02.90 33.05	200m:	2:10.42 33.88	300m:	3:18.62 34.22	400m:	4:26.36 33.72	
20.	ARROYO CARBAJO Candela		10	ESP	C.D. Gredos San Diego		<b>4:32.18</b>		636
	50m:	30.52 30.52	150m:	1:38.08 33.86	250m:	2:47.72 34.72	350m:	3:58.36 35.15	
	100m:	1:04.22 33.70	200m:	2:13.00 34.92	300m:	3:23.21 35.49	400m:	4:32.18 33.82	
21.	CASTILLO ACERO Helena		10	ESP	C.D.N. Cordoba		<b>4:32.93</b>		631
	50m:	29.79 29.79	150m:	1:36.58 33.97	250m:	2:46.61 35.30	350m:	3:57.43 35.25	
	100m:	1:02.61 32.82	200m:	2:11.31 34.73	300m:	3:22.18 35.57	400m:	4:32.93 35.50	
22.	MANN Alexa		06	GBR	University of Bath SC		<b>4:35.44</b>		614
	50m:	29.96 29.96	150m:	1:37.93 34.49	250m:	2:49.15 35.82	350m:	4:01.15 35.95	
	100m:	1:03.44 33.48	200m:	2:13.33 35.40	300m:	3:25.20 36.05	400m:	4:35.44 34.29	
23.	SIERRA RIERA Joana Maria		08	ESP	C.N. Palma de Mallorca		<b>4:35.97</b>		611
	50m:	30.97 30.97	150m:	1:38.52 34.22	250m:	2:48.82 35.36	350m:	4:01.04 36.05	
	100m:	1:04.30 33.33	200m:	2:13.46 34.94	300m:	3:24.99 36.17	400m:	4:35.97 34.93	
24.	OLIVEIRA LARA Carolina		07	ESP	C.N. Sabadell		<b>4:36.06</b>		610
	50m:	30.93 30.93	150m:	1:38.48 34.39	250m:	2:49.62 35.72	350m:	4:01.43 36.19	
	100m:	1:04.09 33.16	200m:	2:13.90 35.42	300m:	3:25.24 35.62	400m:	4:36.06 34.63	

