Prueba 21 | Fem., 400m Estilos | Open
14/11/2026 - 10:21 | Resultados Prelim

Récord España	4:18.94	BELMONTE GARCIA MIREIA	EINDHOVEN (NED)	12/08/2017
Récord Campeonato	4:26.86	BELMONTE GARCÍA Mireia	SABADELL	13/12/2014
Mínima Mundial Pekín	4:32.20			

Puntos: AQUA 2026

Clasificación		AN		RT	Tiempo	WA
1.	CARRASCO CADENS Emma	05	ESP C.N. Sant Andreu	+0,70	**4:43.20**	734
2.	GONZALEZ MIRALLES Paula	04	ESP C.N. Sabadell	+0,77	**4:45.60**	715
3.	PUJADAS RUSIÑOL Julia	01	ESP C.N. Sant Andreu	+0,72	**4:51.09**	676
4.	SANTANA BENEYTO Maria	10	ESP Real Canoe N.C.	+0,68	**4:51.54**	672
5.	PEREZ BLANCO Jimena	97	ESP C.N. Barcelona	+0,66	**4:54.96**	649
6.	MEDINA ROMERO Paula	10	ESP C.N. Las Norias	+0,66	**4:55.40**	646
7.	SKORYK KRYSHTAL Aleksandrina	10	ESP E.M. El Olivar	+0,73	**4:55.45**	646
8.	MUÑOZ GONZALEZ Natalia	08	ESP C.N. Sabadell	+0,80	**4:57.70**	632
9.	AZZATO ALIBERTI Paola Alessandra	09	VEN C.N. Santa Olaya	+0,74	**4:58.92**	624

	1. CARRASCO CADENS Emma		7. SKORYK KRYSHTAL Aleksandrina		8. MUÑOZ GONZALEZ Natalia		9. AZZATO ALIBERTI Paola Alessandra	
25m:	13.27	13.27	14.69	14.69	13.87	13.87	14.37	14.37
50m:	29.85	16.58	31.89	17.20	30.29	16.42	32.28	17.91
75m:	46.63	16.78	49.69	17.80	47.27	16.98	49.63	17.35
100m:	1:04.01	17.38	1:07.83	18.14	1:04.62	17.35	1:07.64	18.01
125m:	1:21.88	17.87	1:27.88	20.05	1:24.50	19.88	1:27.54	19.90
150m:	1:39.72	17.84	1:46.84	18.96	1:43.46	18.96	1:46.26	18.72
175m:	1:58.44	18.72	2:05.75	18.91	2:02.65	19.19	2:05.22	18.96
200m:	2:16.82	18.38	2:24.42	18.67	2:21.45	18.80	2:23.76	18.54
225m:	2:36.61	19.79	2:45.54	21.12	2:44.17	22.72	2:45.57	21.81
250m:	2:56.42	19.81	3:06.87	21.33	3:06.42	22.25	3:07.12	21.55
275m:	3:16.31	19.89	3:27.93	21.06	3:28.73	22.31	3:29.41	22.29
300m:	3:36.47	20.16	3:49.30	21.37	3:50.96	22.23	3:51.65	22.24
325m:	3:53.97	17.50	4:06.74	17.44	4:09.06	18.10	4:09.64	17.99
350m:	4:11.11	17.14	4:23.23	16.49	4:25.77	16.71	4:26.42	16.78
375m:	4:27.47	16.36	4:39.83	16.60	4:42.06	16.29	4:42.77	16.35
400m:	4:43.20	15.73	4:55.45	15.62	4:57.70	15.64	4:58.92	16.15

	2. GONZALEZ MIRALLES Paula		3. PUJADAS RUSIÑOL Julia		4. SANTANA BENEYTO Maria		5. PEREZ BLANCO Jimena		6. MEDINA ROMERO Paula	
25m:	13.69	13.69	13.57	13.57	13.71	13.71	14.18	14.18	13.79	13.79
50m:	29.70	16.01	29.99	16.42	30.29	16.58	31.78	17.60	31.45	17.66
75m:	45.96	16.26	46.82	16.83	47.38	17.09	48.38	16.60	49.44	17.99
100m:	1:03.11	17.15	1:04.33	17.51	1:04.93	17.55	1:06.14	17.76	1:08.47	19.03
125m:	1:21.42	18.31	1:23.61	19.28	1:24.09	19.16	1:25.58	19.44	1:27.50	19.03
150m:	1:39.23	17.81	1:42.02	18.41	1:42.38	18.29	1:44.13	18.55	1:46.31	18.81
175m:	1:57.18	17.95	2:00.19	18.17	2:00.79	18.41	2:02.95	18.82	2:05.01	18.70
200m:	2:14.87	17.69	2:18.37	18.18	2:18.99	18.20	2:21.86	18.91	2:23.68	18.67
225m:	2:35.22	20.35	2:39.53	21.16	2:39.58	20.59	2:42.35	20.49	2:43.76	20.08
250m:	2:55.79	20.57	3:00.77	21.24	3:00.52	20.94	3:03.53	21.18	3:04.82	21.06
275m:	3:16.50	20.71	3:21.79	21.02	3:21.77	21.25	3:24.77	21.24	3:24.91	20.09
300m:	3:37.59	21.09	3:43.26	21.47	3:43.11	21.34	3:46.30	21.53	3:46.01	21.10
325m:	3:54.87	17.28	4:00.91	17.65	4:00.64	17.53	4:04.09	17.79	4:03.70	17.69
350m:	4:11.85	16.98	4:18.07	17.16	4:17.79	17.15	4:21.15	17.06	4:21.46	17.76
375m:	4:28.71	16.86	4:34.81	16.74	4:35.03	17.24	4:38.46	17.31	4:38.86	17.40
400m:	4:45.60	16.89	4:51.09	16.28	4:51.54	16.51	4:54.96	16.50	4:55.40	16.54

Prueba 21, Fem., 400m Estilos, Prelim, Open

Clasificación		AN			RT	Tiempo	WA
10.	FERNANDEZ GONZALEZ Cristina	12	ESP	C.N. Madrid Moscardo	+0,73	**4:59.83**	618
	25m: 14.53 14.53 125m: 1:26.77 19.12 225m: 2:46.42 20.80 325m: 4:09.39 17.52						
	50m: 31.70 17.17 150m: 1:46.06 19.29 250m: 3:07.99 21.57 350m: 4:26.87 17.48						
	75m: 49.33 17.63 175m: 2:05.33 19.27 275m: 3:29.66 21.67 375m: 4:43.72 16.85						
	100m: 1:07.65 18.32 200m: 2:25.62 20.29 300m: 3:51.87 22.21 400m: 4:59.83 16.11						
11.	SANCHEZ SANCHEZ Angela	05	ESP	C.N.Mairena Aljarafe	+0,69	**5:00.13**	616
	25m: 14.25 14.25 125m: 1:27.33 20.05 225m: 2:46.26 20.38 325m: 4:08.96 17.76						
	50m: 31.30 17.05 150m: 1:46.60 19.27 250m: 3:07.15 20.89 350m: 4:26.02 17.06						
	75m: 48.71 17.41 175m: 2:06.40 19.80 275m: 3:28.83 21.68 375m: 4:43.10 17.08						
	100m: 1:07.28 18.57 200m: 2:25.88 19.48 300m: 3:51.20 22.37 400m: 5:00.13 17.03						
12.	FERNANDEZ GONZALEZ Aina	06	ESP	C.N. Sant Andreu	+0,76	**5:01.11**	610
	25m: 14.76 14.76 125m: 1:31.24 20.15 225m: 2:48.98 20.30 325m: 4:09.34 18.35						
	50m: 33.52 18.76 150m: 1:50.60 19.36 250m: 3:09.41 20.43 350m: 4:27.12 17.78						
	75m: 51.86 18.34 175m: 2:09.71 19.11 275m: 3:29.74 20.33 375m: 4:44.54 17.42						
	100m: 1:11.09 19.23 200m: 2:28.68 18.97 300m: 3:50.99 21.25 400m: 5:01.11 16.57						
13.	ACOSTA BONILLA Marina	03	ESP	C.N. Churriana	+0,65	**5:01.43**	608
	25m: 14.13 14.13 125m: 1:26.07 19.23 225m: 2:44.45 20.56 325m: 4:08.61 18.12						
	50m: 30.76 16.63 150m: 1:45.07 19.00 250m: 3:06.34 21.89 350m: 4:26.45 17.84						
	75m: 48.50 17.74 175m: 2:04.25 19.18 275m: 3:28.24 21.90 375m: 4:44.31 17.86						
	100m: 1:06.84 18.34 200m: 2:23.89 19.64 300m: 3:50.49 22.25 400m: 5:01.43 17.12						
14.	HOLGADO BARAHONA Sarah	07	ESP	C.N. Terrassa	+0,68	**5:01.46**	608
	25m: 14.63 14.63 125m: 1:29.34 19.84 225m: 2:46.59 20.42 325m: 4:08.04 18.36						
	50m: 32.35 17.72 150m: 1:48.43 19.09 250m: 3:07.49 20.90 350m: 4:25.71 17.67						
	75m: 50.25 17.90 175m: 2:07.37 18.94 275m: 3:28.25 20.76 375m: 4:43.71 18.00						
	100m: 1:09.50 19.25 200m: 2:26.17 18.80 300m: 3:49.68 21.43 400m: 5:01.46 17.75						
15.	ESPINOSA ALVAREZ Aroa	08	ESP	C.N. Terrassa	+0,75	**5:01.53**	608
	25m: 14.66 14.66 125m: 1:27.59 19.46 225m: 2:45.19 22.42 325m: 4:10.53 18.19						
	50m: 32.01 17.35 150m: 1:46.12 18.53 250m: 3:07.31 22.12 350m: 4:27.83 17.30						
	75m: 49.99 17.98 175m: 2:04.53 18.41 275m: 3:29.72 22.41 375m: 4:45.06 17.23						
	100m: 1:08.13 18.14 200m: 2:22.77 18.24 300m: 3:52.34 22.62 400m: 5:01.53 16.47						
16.	ZUBELDIA OTEIZA Malen	09	ESP	Getxo Igeriketa Bolue K.E.	+0,71	**5:02.26**	603
	25m: 13.97 13.97 125m: 1:28.39 18.83 225m: 2:47.08 21.58 325m: 4:10.50 17.04						
	50m: 32.09 18.12 150m: 1:47.25 18.86 250m: 3:08.91 21.83 350m: 4:28.07 17.57						
	75m: 49.92 17.83 175m: 2:06.73 19.48 275m: 3:30.58 21.67 375m: 4:45.48 17.41						
	100m: 1:09.56 19.64 200m: 2:25.50 18.77 300m: 3:53.46 22.88 400m: 5:02.26 16.78						
17.	DOMINGO RUIZ Andrea	09	ESP	C.N. Palencia	+0,70	**5:02.48**	602
	25m: 14.55 14.55 125m: 1:28.63 20.08 225m: 2:47.27 21.35 325m: 4:10.80 18.77						
	50m: 32.33 17.78 150m: 1:47.98 19.35 250m: 3:08.76 21.49 350m: 4:28.46 17.66						
	75m: 50.11 17.78 175m: 2:06.89 18.91 275m: 3:30.10 21.34 375m: 4:45.71 17.25						
	100m: 1:08.55 18.44 200m: 2:25.92 19.03 300m: 3:52.03 21.93 400m: 5:02.48 16.77						
18.	MOURENZA ROCHA Ines	07	ESP	C.N. Portamiña Lugo	+0,75	**5:02.96**	599
	25m: 13.82 13.82 125m: 1:26.48 19.61 225m: 2:45.13 22.53 325m: 4:11.63 17.87						
	50m: 30.65 16.83 150m: 1:45.24 18.76 250m: 3:08.04 22.91 350m: 4:29.26 17.63						
	75m: 48.53 17.88 175m: 2:04.03 18.79 275m: 3:30.65 22.61 375m: 4:46.52 17.26						
	100m: 1:06.87 18.34 200m: 2:22.60 18.57 300m: 3:53.76 23.11 400m: 5:02.96 16.44						
19.	MARTINEZ GUILLEN Sara	07	ESP	KZM Swimming Team	+0,69	**5:03.42**	596
	25m: 14.98 14.98 125m: 1:29.57 19.95 225m: 2:48.44 21.74 325m: 4:11.80 17.71						
	50m: 32.68 17.70 150m: 1:48.54 18.97 250m: 3:10.16 21.72 350m: 4:29.09 17.29						
	75m: 51.01 18.33 175m: 2:07.77 19.23 275m: 3:32.07 21.91 375m: 4:46.31 17.22						
	100m: 1:09.62 18.61 200m: 2:26.70 18.93 300m: 3:54.09 22.02 400m: 5:03.42 17.11						

Prueba 21, Fem., 400m Estilos, Prelim, Open

Clasificación			AN			RT	Tiempo	WA
20.	DE LA CALLE IBAÑEZ Isabel	09	MEX	Real Canoe N.C.		+0,69	**5:04.21**	592
	25m: 14.91 14.91	125m: 1:33.33	20.82	225m: 2:53.85	19.80	325m: 4:14.03	17.58	
	50m: 33.23 18.32	150m: 1:53.43	20.10	250m: 3:14.93	21.08	350m: 4:31.39	17.36	
	75m: 52.09 18.86	175m: 2:13.68	20.25	275m: 3:35.46	20.53	375m: 4:48.35	16.96	
	100m: 1:12.51 20.42	200m: 2:34.05	20.37	300m: 3:56.45	20.99	400m: 5:04.21	15.86	
21.	BAS CUTILLAS Julia	08	ESP	C.N. Ferca-San Jose		+0,71	**5:04.77**	589
	25m: 14.78 14.78	125m: 1:31.20	20.30	225m: 2:49.84	21.18	325m: 4:13.29	17.97	
	50m: 32.87 18.09	150m: 1:50.36	19.16	250m: 3:11.54	21.70	350m: 4:30.79	17.50	
	75m: 51.38 18.51	175m: 2:09.32	18.96	275m: 3:32.83	21.29	375m: 4:47.98	17.19	
	100m: 1:10.90 19.52	200m: 2:28.66	19.34	300m: 3:55.32	22.49	400m: 5:04.77	16.79	
22.	GONZALEZ NUEZ Lucia	06	ESP	C.N. Sant Andreu		+0,70	**5:05.24**	586
	25m: 13.88 13.88	125m: 1:26.82	20.63	225m: 2:46.46	20.79	325m: 4:12.71	18.33	
	50m: 31.04 17.16	150m: 1:46.28	19.46	250m: 3:08.68	22.22	350m: 4:30.49	17.78	
	75m: 48.09 17.05	175m: 2:05.84	19.56	275m: 3:31.30	22.62	375m: 4:48.04	17.55	
	100m: 1:06.19 18.10	200m: 2:25.67	19.83	300m: 3:54.38	23.08	400m: 5:05.24	17.20	
23.	VILARDEBO PLA Nuria	04	ESP	C.N. Calella		+0,76	**5:13.00**	543
	25m: 14.67 14.67	125m: 1:30.41	20.30	225m: 2:52.08	23.03	325m: 4:19.76	18.39	
	50m: 32.21 17.54	150m: 1:49.73	19.32	250m: 3:14.97	22.89	350m: 4:37.72	17.96	
	75m: 50.77 18.56	175m: 2:09.72	19.99	275m: 3:38.09	23.12	375m: 4:55.81	18.09	
	100m: 1:10.11 19.34	200m: 2:29.05	19.33	300m: 4:01.37	23.28	400m: 5:13.00	17.19	
24.	MARTINEZ LASERNA Sofia	08	ESP	C.N. Madrid Moscardo		+0,73	**5:13.10**	543
	25m: 14.18 14.18	125m: 1:28.73	19.88	225m: 2:50.71	23.27	325m: 4:19.32	18.48	
	50m: 31.46 17.28	150m: 1:48.30	19.57	250m: 3:14.29	23.58	350m: 4:37.37	18.05	
	75m: 49.64 18.18	175m: 2:07.86	19.56	275m: 3:37.45	23.16	375m: 4:55.69	18.32	
	100m: 1:08.85 19.21	200m: 2:27.44	19.58	300m: 4:00.84	23.39	400m: 5:13.10	17.41	
25.	BARNEDA GONZALEZ Sara	10	ESP	G.E. I E.G.		+0,70	**5:13.25**	542
	25m: 14.81 14.81	125m: 1:31.38	20.76	225m: 2:52.95	21.89	325m: 4:18.46	19.17	
	50m: 32.85 18.04	150m: 1:51.45	20.07	250m: 3:14.94	21.99	350m: 4:36.75	18.29	
	75m: 51.09 18.24	175m: 2:11.53	20.08	275m: 3:36.80	21.86	375m: 4:55.24	18.49	
	100m: 1:10.62 19.53	200m: 2:31.06	19.53	300m: 3:59.29	22.49	400m: 5:13.25	18.01	
26.	WOOD MESA Maria	12	ESP	C.N. Metropole		+0,65	**5:28.02**	472
	25m: 14.45 14.45	125m: 1:31.35	21.48	225m: 2:55.53	23.36	325m: 4:28.37	20.47	
	50m: 32.17 17.72	150m: 1:51.83	20.48	250m: 3:19.30	23.77	350m: 4:48.37	20.00	
	75m: 50.51 18.34	175m: 2:12.23	20.40	275m: 3:43.38	24.08	375m: 5:08.32	19.95	
	100m: 1:09.87 19.36	200m: 2:32.17	19.94	300m: 4:07.90	24.52	400m: 5:28.02	19.70	