



IX TROFEU MÀSTERS CIUTAT DE SANT ADRIÀ
SANT ADRIÀ DE BESÀS, 6/4/2024

Prova 2

Fem., 400m Lliure

Open

06/04/2024 - 16:28

Resultats

CIR	4:36.64	TORRAS PIEDEHIERRO, Judith	P0725	Salt	22/02/2020
CR	4:46.39	MARTINEZ LEON, SABINA	P0725	SANT ADRIÀ DE BESÀS	02/04/2016

Classificació³ Nom i Cognoms

Any Club

Temps

CAT

CLUBS

Open

1.	CARBONELL SEGUER, Maria	85	Marnaton	5:21.99	526	526,00
	50m: 36.25 36.25 100m: 1:15.20 38.95 200m: 2:36.60 1:21.40 400m: 5:21.99 2:45.39					
2.	PAGES SEGURA, Silvia	66	C.N. Terrassa	5:30.57	590	590,00
	50m: 38.27 38.27 100m: 1:19.74 41.47 200m: 2:43.80 1:24.06 400m: 5:30.57 2:46.77					
3.	SHAW HERRERO, Begoña	73	C.N. Tarraco	5:51.71	472	472,00
	50m: 39.90 39.90 100m: 1:24.05 44.15 200m: 2:53.73 1:29.68 400m: 5:51.71 2:57.98					
4.	CAROL LALAUZE, Arlette	76	C.E.N. Cabrera De Mar	6:01.35	393	393,00
	50m: 38.37 38.37 100m: 1:20.69 42.32 200m: 2:50.27 1:29.58 400m: 6:01.35 3:11.08					
5.	GARGALLO I GARASA, Marta	01	GEIEG	6:01.62	345	345,00
	50m: 38.95 38.95 100m: 1:22.68 43.73 200m: 2:54.37 1:31.69 400m: 6:01.62 3:07.25					
6.	ALVAREZ PINO, Olga	69	C.N. Terrassa	6:35.48	344	344,00
	50m: 42.67 42.67 100m: 1:31.26 48.59 200m: 3:12.43 1:41.17 400m: 6:35.48 3:23.05					
7.	VALLÉS MARTÍN, Gema	64	U.E. D'Horta	8:22.95	189	189,00
	50m: 51.73 51.73 100m: 1:53.06 1:01.33 200m: 4:04.57 2:11.51 400m: 8:22.95 4:18.38					
8.	LÁZARO IRANZO, Visitación	57	U.E. D'Horta	8:57.61	177	177,00
	50m: 58.02 58.02 100m: 2:04.73 1:06.71 200m: 4:22.28 2:17.55 400m: 8:57.61 4:35.33					

20+

1.	GARGALLO I GARASA, Marta	01	GEIEG	6:01.62	345	345,00
	50m: 38.95 38.95 100m: 1:22.68 43.73 200m: 2:54.37 1:31.69 400m: 6:01.62 3:07.25					

35+

1.	CARBONELL SEGUER, Maria	85	Marnaton	5:21.99	526	526,00
	50m: 36.25 36.25 100m: 1:15.20 38.95 200m: 2:36.60 1:21.40 400m: 5:21.99 2:45.39					

45+

1.	CAROL LALAUZE, Arlette	76	C.E.N. Cabrera De Mar	6:01.35	393	393,00
	50m: 38.37 38.37 100m: 1:20.69 42.32 200m: 2:50.27 1:29.58 400m: 6:01.35 3:11.08					

50+

1.	SHAW HERRERO, Begoña	73	C.N. Tarraco	5:51.71	472	472,00
	50m: 39.90 39.90 100m: 1:24.05 44.15 200m: 2:53.73 1:29.68 400m: 5:51.71 2:57.98					

CIRCUIT CATALÀ TROFEUS NATACIÓ MÀSTERS
X TROFEU FEDERACIÓ - 9ª ETAPA
TEMPORADA 23-24



IX TROFEU MÀSTERS CIUTAT DE SANT ADRIÀ
SANT ADRIÀ DE BESÒS, 6/4/2024

Prova 2, Fem., 400m Lliure

55+

1.	PAGES SEGURA, Silvia	66	C.N. Terrassa	5:30.57	590	590,00
	50m: 38.27 38.27	100m: 1:19.74 41.47	200m: 2:43.80 1:24.06	400m: 5:30.57 2:46.77		
2.	ALVAREZ PINO, Olga	69	C.N. Terrassa	6:35.48	344	344,00
	50m: 42.67 42.67	100m: 1:31.26 48.59	200m: 3:12.43 1:41.17	400m: 6:35.48 3:23.05		

60+

1.	VALLÉS MARTÍN, Gema	64	U.E. D'Horta	8:22.95	189	189,00
	50m: 51.73 51.73	100m: 1:53.06 1:01.33	200m: 4:04.57 2:11.51	400m: 8:22.95 4:18.38		

65+

1.	LÁZARO IRANZO, Visitación	57	U.E. D'Horta	8:57.61	177	177,00
	50m: 58.02 58.02	100m: 2:04.73 1:06.71	200m: 4:22.28 2:17.55	400m: 8:57.61 4:35.33		

Class Punts T. Catalana MÀster

1.	PAGES SEGURA, Silvia	66	C.N. Terrassa	5:30.57	590	590,00
	50m: 38.27 38.27	100m: 1:19.74 41.47	200m: 2:43.80 1:24.06	400m: 5:30.57 2:46.77		
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	50m: 36.25 36.25	100m: 1:15.20 38.95	200m: 2:36.60 1:21.40	400m: 5:21.99 2:45.39		
3.	SHAW HERRERO, Begoña	73	C.N. Tarraco	5:51.71	472	472,00
	50m: 39.90 39.90	100m: 1:24.05 44.15	200m: 2:53.73 1:29.68	400m: 5:51.71 2:57.98		
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	50m: 38.37 38.37	100m: 1:20.69 42.32	200m: 2:50.27 1:29.58	400m: 6:01.35 3:11.08		
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	50m: 58.02 58.02	100m: 2:04.73 1:06.71	200m: 4:22.28 2:17.55	400m: 8:57.61 4:35.33		

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