

XVIII CTO NATACIÓN MASTER VERANO C.MADRID 22-23  
MADRID, 10 - 11/6/2023

Prueba 12 Fem., 400m Estilos 20 años y mayores  
10/06/2023 Resultados

Clas.	Nombre	Año	Club	Marca	Puntos
<b>20+</b>					
1.	FERNANDEZ MIRANDA, Sara	99	ALCOB - C.N. Alcobendas	<b>5:54.72</b>	40,00
	50m: 36.13 36.13 150m: 2:04.25 45.73 250m: 5:16.17 2:25.29 400m: 5:54.72 1:20.63				
	100m: 1:18.52 42.39 200m: 2:50.88 46.63 300m: 4:34.09				
2.	URBANO TARRERO, Rocio	99	MAKO - C.D.E. Mako	<b>7:17.86</b>	36,00
	50m: 45.87 45.87 150m: 4:31.84 2:53.71 250m: 6:27.71 2:56.94 400m: 7:17.86 1:42.42				
	100m: 1:38.13 52.26 200m: 3:30.77 300m: 5:35.44				
DQ	BECERRO BODAS, Berta	02	3CANT - C.N. Tres Cantos		-
	50m: 48.71 48.71 150m: 2:51.11 59.96 250m: 5:01.31 1:09.20 350m: 7:08.32 53.41				
	100m: 1:51.15 1:02.44 200m: 3:52.11 1:01.00 300m: 6:14.91 1:13.60 400m:				
<b>25+</b>					
1.	SEPULVEDA PEREZ, Lidia	94	MAKO - C.D.E. Mako	<b>10:00.40</b>	40,00
	50m: 58.03 58.03 150m: 6:30.54 4:15.31 250m: 9:00.82 4:04.67 400m: 10:00.40 1:55.45				
	100m: 2:15.23 1:17.20 200m: 4:56.15 300m: 8:04.95				
<b>30+</b>					
1.	ARROYO GARCIA, Sonia	93	AQUAM - Aquamàsters	<b>5:54.90</b>	40,00
	50m: 34.58 34.58 150m: 2:08.68 46.91 250m: 3:46.15 51.16 350m: 5:18.03 39.97				
	100m: 1:21.77 47.19 200m: 2:54.99 46.31 300m: 4:38.06 51.91 400m: 5:54.90 36.87				
2.	MORALEDA DIAZ, Laura	89	FUENL - C.N. Fuenlabrada	<b>7:01.55</b>	36,00
	50m: 42.59 42.59 150m: 2:32.33 59.48 250m: 4:24.32 55.46 350m: 6:11.97 53.19				
	100m: 1:32.85 50.26 200m: 3:28.86 56.53 300m: 5:18.78 54.46 400m: 7:01.55 49.58				
<b>40+</b>					
1.	GONZALEZ RUBIO, Ana Belen	79	FUENL - C.N. Fuenlabrada	<b>6:11.58</b>	40,00
	50m: 39.01 39.01 150m: 2:13.79 49.32 250m: 3:54.39 53.20 350m: 5:30.17 42.60				
	100m: 1:24.47 45.46 200m: 3:01.19 47.40 300m: 4:47.57 53.18 400m: 6:11.58 41.41				
<b>45+</b>					
1.	BENEYTO VIZUETE, Carolina	78	CANOE - Real Canoe N.C.	<b>5:49.49</b>	40,00
	~~~~ <i>récord Máster FMN</i>				
	50m: 34.65 34.65 150m: 2:06.02 49.27 250m: 3:41.26 48.88 350m: 5:10.04 40.69				
	100m: 1:16.75 42.10 200m: 2:52.38 46.36 300m: 4:29.35 48.09 400m: 5:49.49 39.45				
2.	PARRILLA SORIA, Raquel	75	LEGAN - C.N. Leganes	<b>7:02.29</b>	36,00
	50m: 47.58 47.58 150m: 2:38.49 55.16 250m: 4:30.17 58.21 350m: 6:17.64 46.31				
	100m: 1:43.33 55.75 200m: 3:31.96 53.47 300m: 5:31.33 1:01.16 400m: 7:02.29 44.65				

Piscina 50m - Cronometraje electrónico

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Prueba 12, Fem., 400m Estilos

50+

1.	ESCANERO MAICAS, Begoña	73	JEREZ - C.D. Jerez Natacion Master	<b>7:08.17</b>	40,00
	50m: 42.33 42.33	150m: 2:34.16 1:00.43	250m: 4:31.62 59.95	350m: 6:20.15 48.12	
	100m: 1:33.73 51.40	200m: 3:31.67 57.51	300m: 5:32.03 1:00.41	400m: 7:08.17 48.02	

55+

1.	DIAZ BRAVO, Maria Del Carmen	64	FUENL - C.N. Fuenlabrada	<b>8:01.89</b>	40,00
	50m: 52.35 52.35	150m: 3:04.19 1:01.30	300m: 6:08.26 1:01.85	400m: 8:01.89 55.82	
	100m: 2:02.89 1:10.54	250m: 5:06.41 2:02.22	350m: 7:06.07 57.81		
2.	GARCÍA PALOMARES, María Del Pilar	65	4CAM - C.N. Cuatro Caminos	<b>10:30.42</b>	36,00
	50m: 1:13.32 1:13.32	150m: 3:57.71 1:29.45	250m: 6:56.56 1:29.90	350m: 9:31.10 1:04.92	
	100m: 2:28.26 1:14.94	200m: 5:26.66 1:28.95	300m: 8:26.18 1:29.62	400m: 10:30.42 59.32	

60+

1.	MONEO HERNANDEZ, Idoia	63	JEREZ - C.D. Jerez Natacion Master	<b>8:13.03</b>	40,00
	50m: 56.89 56.89	150m: 3:04.77 1:03.27	250m: 5:16.33 1:08.75	350m: 7:19.23 54.12	
	100m: 2:01.50 1:04.61	200m: 4:07.58 1:02.81	300m: 6:25.11 1:08.78	400m: 8:13.03 53.80	