



Prueba 7
21.12.19 - 10:46

Fem., 400m Bi-Aletas

Open
Resultados

FEDAS25ESP 3:54.59 SONIA, Fargas Mexía L'Hospitalet de Ll. 17.2.19

Mínima Control federativo : 4:46.63

Puntos: B-Swim

Clasificación	AN		Tiempo	Pts
Sénior				
1.	FARGAS MEXÍA, Sónia	98	CE Mediterrani	3:52.75 1015
	<i>Récord de España Sénior</i>			
	50m: 25.47 25.47	150m: 1:22.67 29.12	250m: 2:22.14 30.06	350m: 3:22.89 30.51
	100m: 53.55 28.08	200m: 1:52.08 29.41	300m: 2:52.38 30.24	400m: 3:52.75 29.86
2.	RODRÍGUEZ TEJERINA, Laura	00	CDN Morelia	4:08.07 891
	50m: 26.74 26.74	150m: 1:26.39 30.85	250m: 2:32.35 33.32	350m: 3:36.76 31.90
	100m: 55.54 28.80	200m: 1:59.03 32.64	300m: 3:04.86 32.51	400m: 4:08.07 31.31
3.	RUIZ MAYORAL, Carla	01	CN Tizona	4:08.53 887
	50m: 28.22 28.22	150m: 1:29.37 30.93	250m: 2:32.42 31.63	350m: 3:36.60 32.20
	100m: 58.44 30.22	200m: 2:00.79 31.42	300m: 3:04.40 31.98	400m: 4:08.53 31.93
4.	MÚGICA LEKUONA, Naiara	00	CN Tafalla	4:33.75 713
	50m: 30.10 30.10	150m: 1:37.37 34.24	250m: 2:48.28 35.30	350m: 3:59.94 35.49
	100m: 1:03.13 33.03	200m: 2:12.98 35.61	300m: 3:24.45 36.17	400m: 4:33.75 33.81

Pre-Sénior

1.	OROZ IZU, Claudia	02	AD San Juan	4:07.57 895
	50m: 27.72 27.72	150m: 1:26.83 29.72	250m: 2:29.02 31.51	350m: 3:35.49 33.55
	100m: 57.11 29.39	200m: 1:57.51 30.68	300m: 3:01.94 32.92	400m: 4:07.57 32.08
2.	SANCHO BANDE, Paula	02	CE Mediterrani	4:16.54 828
	50m: 28.16 28.16	150m: 1:30.96 32.23	250m: 2:37.40 33.60	350m: 3:43.83 33.14
	100m: 58.73 30.57	200m: 2:03.80 32.84	300m: 3:10.69 33.29	400m: 4:16.54 32.71
3.	FERNÁNDEZ CASTELLANOS, Alexandra	04	CN Top-Ten Alicante	4:22.92 784
	50m: 27.78 27.78	150m: 1:30.48 32.02	250m: 2:38.80 34.80	350m: 3:49.00 35.18
	100m: 58.46 30.68	200m: 2:04.00 33.52	300m: 3:13.82 35.02	400m: 4:22.92 33.92
4.	OROZ IZU, María	02	AD San Juan	4:30.23 736
	50m: 29.36 29.36	150m: 1:34.98 33.02	250m: 2:42.87 34.19	350m: 3:54.45 35.86
	100m: 1:01.96 32.60	200m: 2:08.68 33.70	300m: 3:18.59 35.72	400m: 4:30.23 35.78