

Prueba 10
25/04/2026

400m Libre

20 - 84 años
Resultados

		AN				Tiempo	
20 - 24 años							
19,00	LAMAS RETAMERO, Maider	02	Galdakao I.T.				5:41.75
	50m: 36.13 36.13	150m: 1:57.51	41.53	250m: 3:25.48	44.44	350m: 4:56.02	45.77
	100m: 1:15.98 39.85	200m: 2:41.04	43.53	300m: 4:10.25	44.77	400m: 5:41.75	45.73
25 - 29 años							
19,00	PONCE AGUIRRE, Mikel	00	Galdakao I.T.				4:27.99
	50m: 28.68 28.68	150m: 1:33.47	32.94	250m: 2:42.48	34.64	350m: 3:53.15	35.25
	100m: 1:00.53 31.85	200m: 2:07.84	34.37	300m: 3:17.90	35.42	400m: 4:27.99	34.84
16,00	MARTINEZ VITERI, Amaia	98	Galdakao I.T.				5:52.92
	50m: 38.57 38.57	150m: 2:05.96	44.44	250m: 3:36.65	45.07	350m: 5:08.45	45.98
	100m: 1:21.52 42.95	200m: 2:51.58	45.62	300m: 4:22.47	45.82	400m: 5:52.92	44.47
14,00	CRESPO ECHEVARRIA, Laura	97	Galdakao I.T.				5:56.51
	50m: 38.02 38.02	150m: 2:05.96	44.96	250m: 3:39.65	47.26	350m: 5:13.53	47.07
	100m: 1:21.00 42.98	200m: 2:52.39	46.43	300m: 4:26.46	46.81	400m: 5:56.51	42.98
30 - 34 años							
19,00	PRIETO PEREZ, Jonatan	93	Galdakao I.T.				4:57.95
	50m: 32.81 32.81	150m: 1:46.32	37.59	250m: 3:03.95	39.01	350m: 4:21.20	38.54
	100m: 1:08.73 35.92	200m: 2:24.94	38.62	300m: 3:42.66	38.71	400m: 4:57.95	36.75
16,00	PORTILLA ERAÑA, Nekane	95	Galdakao I.T.				4:58.09
	50m: 33.78 33.78	150m: 1:47.23	37.34	250m: 3:03.14	37.89	350m: 4:20.21	38.65
	100m: 1:09.89 36.11	200m: 2:25.25	38.02	300m: 3:41.56	38.42	400m: 4:58.09	37.88
35 - 39 años							
19,00	GONZALEZ PEREDA, Mario	87	Galdakao I.T.				4:46.93
	50m: 31.56 31.56	150m: 1:42.75	36.04	250m: 2:56.44	37.08	350m: 4:10.62	37.14
	100m: 1:06.71 35.15	200m: 2:19.36	36.61	300m: 3:33.48	37.04	400m: 4:46.93	36.31
16,00	TORDEUR, Nils	88	Bilbao Aingeruak Igeriketa Kluba				5:31.06
	50m: 34.29 34.29	150m: 1:54.81	41.20	250m: 3:20.52	43.57	350m: 4:48.64	43.94
	100m: 1:13.61 39.32	200m: 2:36.95	42.14	300m: 4:04.70	44.18	400m: 5:31.06	42.42
40 - 44 años							
19,00	MARGALLO ITZA, Leyre	84	Sopela Igeriketa Swim				6:15.70
	50m: 39.34 39.34	150m: 2:12.17	47.44	250m: 3:50.57	49.12	350m: 5:29.73	49.11
	100m: 1:24.73 45.39	200m: 3:01.45	49.28	300m: 4:40.62	50.05	400m: 6:15.70	45.97
50 - 54 años							
19,00	ZABALLA DEL PASO, Virginia	72	Sopela Igeriketa Swim				6:15.83
	50m: 42.72 42.72	150m: 2:16.54	48.04	250m: 3:53.85	48.92	350m: 5:30.66	48.25
	100m: 1:28.50 45.78	200m: 3:04.93	48.39	300m: 4:42.41	48.56	400m: 6:15.83	45.17
16,00	ZORROZUA GOMEZ, Laura	74	Galdakao I.T.				6:19.41
	50m: 41.94 41.94	150m: 2:17.10	48.66	250m: 3:55.44	48.32	350m: 5:34.58	49.41
	100m: 1:28.44 46.50	200m: 3:07.12	50.02	300m: 4:45.17	49.73	400m: 6:19.41	44.83
-	TRUEBA AGUIRRE, Francisco Javier	74	C.N. Santurtzi				

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60 - 64 años

19,00	DIEZ GOMEZ, Jose Ramon	65	Galdakao I.T.						5:55.93			
	50m:	38.84	38.84	150m:	2:09.55	46.01	250m:	3:41.15	45.64	350m:	5:14.01	46.60
	100m:	1:23.54	44.70	200m:	2:55.51	45.96	300m:	4:27.41	46.26	400m:	5:55.93	41.92