

XXXV CAMP CATALUNYA "OPEN" MASTERS NATACIÓ - V MEMORIAL MANEL DOMENECH I BONET  
BARCELONA, 1 - 2/6/2019

Event 31 400m Medley 1999 and older  
2/6/2019 Results

CR 5:04.05 RABAT, PIERRE MILLAU BARCELONA-CNSA 19/5/2013  
CR 5:15.47 DANKWARDT-LILLIESTROM, FANN00051 SABADELL-CNS 16/7/2016

Points: Taula Catalana 2019

Rank		YB			Time	Pts
<b>30+, Men</b>						
1.	CABANILLAS QUINTANILLA, Rafael	87	Marnaton		<b>5:04.73</b>	627
	<i>Rècord Catalunya</i>					
	50m: 31.77 31.77	150m: 1:51.46	42.75	250m: 3:14.74	42.06	350m: 4:32.63 33.58
	100m: 1:08.71 36.94	200m: 2:32.68	41.22	300m: 3:59.05	44.31	400m: 5:04.73 32.10
2.	SAN MARTIN TRESOLS, Luis	88	C.N. Vilanova		<b>5:13.95</b>	573
	50m: 32.67 32.67	150m: 1:52.70	40.81	250m: 3:18.73	44.11	350m: 4:38.81 35.35
	100m: 1:11.89 39.22	200m: 2:34.62	41.92	300m: 4:03.46	44.73	400m: 5:13.95 35.14
<b>35+, Men</b>						
1.	HERRERA MARTINEZ, Francisco Jose	82	C.N. Vilanova		<b>5:35.31</b>	566
	50m: 31.65 31.65	150m: 1:56.27	47.88	250m: 3:31.38	47.46	350m: 4:57.31 38.83
	100m: 1:08.39 36.74	200m: 2:43.92	47.65	300m: 4:18.48	47.10	400m: 5:35.31 38.00
<b>40+, Men</b>						
1.	MORALES ROBERT, Daniel	77	C.N. Aquamasters		<b>5:17.74</b>	707
	50m: 31.46 31.46	150m: 1:51.29	43.37	250m: 3:17.50	44.06	350m: 4:40.65 38.22
	100m: 1:07.92 36.46	200m: 2:33.44	42.15	300m: 4:02.43	44.93	400m: 5:17.74 37.09
<b>45+, Men</b>						
1.	LECACHEUX, BRUNO	70	A.S. Cherbourg Natation		<b>5:41.93</b>	572
	50m: 37.21 37.21	150m: 2:05.21	46.48	250m: 3:36.21	45.77	350m: 5:03.79 39.91
	100m: 1:18.73 41.52	200m: 2:50.44	45.23	300m: 4:23.88	47.67	400m: 5:41.93 38.14
2.	LACUNZA, Etor	74	Club Natacio Swimfaster Salt		<b>6:06.88</b>	463
	50m: 36.82 36.82	150m: 2:09.10	49.46	250m: 3:50.59	53.01	350m: 5:26.50 42.20
	100m: 1:19.64 42.82	200m: 2:57.58	48.48	300m: 4:44.30	53.71	400m: 6:06.88 40.38
<b>50+, Men</b>						
1.	ORTIZ CABALLERO, Adolfo	69	C.N. L' Hospitalet		<b>5:44.10</b>	572
	<i>Rècord Catalunya</i>					
	50m: 35.07 35.07	150m: 2:01.95	47.67	250m: 3:38.03	50.47	350m: 5:06.24 38.79
	100m: 1:14.28 39.21	200m: 2:47.56	45.61	300m: 4:27.45	49.42	400m: 5:44.10 37.86
2.	RIBON CALABIA, Enrique	68	C.N. Aquamasters		<b>7:03.94</b>	306
	50m: 54.92 54.92	150m: 2:51.05	58.23	250m: 4:38.34	52.63	350m: 6:20.10 47.03
	100m: 1:52.82 57.90	200m: 3:45.71	54.66	300m: 5:33.07	54.73	400m: 7:03.94 43.84
3.	GARCIA CABAS, Fernando	69	C.N. Aquamasters		<b>7:10.97</b>	291
	50m: 45.22 45.22	150m: 2:38.62	1:02.34	250m: 4:42.10	1:05.09	350m: 6:29.09 42.88
	100m: 1:36.28 51.06	200m: 3:37.01	58.39	300m: 5:46.21	1:04.11	400m: 7:10.97 41.88
<b>55+, Men</b>						
1.	TRENS ESCUDERO, Enric	63	C.N. Sabadell		<b>6:25.71</b>	479
	50m: 42.45 42.45	150m: 2:25.85	53.72	250m: 4:11.83	52.35	350m: 5:45.61 41.97
	100m: 1:32.13 49.68	200m: 3:19.48	53.63	300m: 5:03.64	51.81	400m: 6:25.71 40.10
2.	CISNEROS HERRILLO, Jordi	61	C.N. Catalunya		<b>6:58.87</b>	374
	50m: 49.05 49.05	150m: 2:39.62	55.09	250m: 4:29.91	56.55	350m: 6:13.56 47.01
	100m: 1:44.53 55.48	200m: 3:33.36	53.74	300m: 5:26.55	56.64	400m: 6:58.87 45.31

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Event 31, Men, 400m Medley, 55+

Rank			YB					Time	Pts
3.	CORRAL SOLIS, Ignacio		62	C.N. Terrassa				<b>8:43.14</b>	192
	50m:	50.33 50.33	150m:	3:09.56 1:12.26	250m:	5:36.17 1:12.41	350m:	7:47.87 57.03	
	100m:	1:57.30 1:06.97	200m:	4:23.76 1:14.20	300m:	6:50.84 1:14.67	400m:	8:43.14 55.27	

65+, Men

1.	PROUS GRAU, Fernando		50	C.N. Reus Ploms				<b>7:26.02</b>	347
	50m:	46.75 46.75	150m:	2:39.84 58.87	250m:	4:38.51 1:01.69	350m:	6:33.03 52.63	
	100m:	1:40.97 54.22	200m:	3:36.82 56.98	300m:	5:40.40 1:01.89	400m:	7:26.02 52.99	

20+, Women

1.	SERRA BALAGUERO, Anna		99	C.N. Terrassa				<b>5:48.20</b>	448
	50m:	34.46 34.46	150m:	2:01.35 47.35	250m:	3:36.38 48.95	350m:	5:08.14 41.62	
	100m:	1:14.00 39.54	200m:	2:47.43 46.08	300m:	4:26.52 50.14	400m:	5:48.20 40.06	

30+, Women

1.	SANCHEZ DE LOS SANTOS, Lourdes		87	C.N. Monteverde				<b>6:52.38</b>	370
	50m:	41.20 41.20	150m:	2:30.96 1:01.80	250m:	4:24.30 53.99	350m:	6:05.54 47.28	
	100m:	1:29.16 47.96	200m:	3:30.31 59.35	300m:	5:18.26 53.96	400m:	6:52.38 46.84	

35+, Women

1.	GARCIA DIVIU, Nuria		84	C.N. Sabadell				<b>5:45.76</b>	651
	<i>Rècord Catalunya</i>								
	50m:	36.33 36.33	150m:	2:04.43 46.41	250m:	3:37.47 47.08	350m:	5:06.56 41.29	
	100m:	1:18.02 41.69	200m:	2:50.39 45.96	300m:	4:25.27 47.80	400m:	5:45.76 39.20	
2.	MARTINEZ CASTELLANO, Saioa		84	C.N. Pamplona				<b>6:13.13</b>	518
	50m:	37.69 37.69	150m:	2:11.36 49.75	250m:	3:54.49 53.85	350m:	5:31.49 43.37	
	100m:	1:21.61 43.92	200m:	3:00.64 49.28	300m:	4:48.12 53.63	400m:	6:13.13 41.64	
3.	ARROYO GODOY, Ines		81	Cn.Caceres Delfines				<b>6:29.48</b>	455
	50m:	39.59 39.59	150m:	2:19.32 52.54	250m:	4:05.24 54.83	350m:	5:46.05 45.44	
	100m:	1:26.78 47.19	200m:	3:10.41 51.09	300m:	5:00.61 55.37	400m:	6:29.48 43.43	