



II CAMPIONAT CATALUNYA "OPEN" MÀSTERS NATACIÓ HIVERN - P25
SABADELL, 11 - 12/1/2020



Event 36
12/01/2020

400m Medley

Open
Results

CR	4:57.45	CABANILLAS QUINTANILLA, Rafae	ESP	BARCELONA	13/01/2019
CR	5:35.09	OLIVERAS AMENEYROS, Arlet	ESP	BARCELONA	13/01/2019

Points: Taula Catalana 2019

Rank	YB		Time		Pts
Open, Men					
1.	TORRES SERRANO, Sergio	96	Aquamasters	5:13.21	425
	50m: 30.48 30.48 150m: 1:48.92 42.82 250m: 3:16.59 44.72 350m: 4:39.40 35.80				
	100m: 1:06.10 35.62 200m: 2:31.87 42.95 300m: 4:03.60 47.01 400m: 5:13.21 33.81				
2.	ROSELL POBLET, Josep Ma	83	C.N. Tarraco	5:14.17	596
	50m: 33.55 33.55 150m: 1:55.44 42.43 250m: 3:21.64 45.38 350m: 4:40.77 34.85				
	100m: 1:13.01 39.46 200m: 2:36.26 40.82 300m: 4:05.92 44.28 400m: 5:14.17 33.40				
3.	ALMENDROS RODRIGUEZ, Jonas	76	C.N. Master Madrid	5:43.96	487
	50m: 36.57 36.57 150m: 2:02.24 43.86 250m: 3:34.77 49.21 350m: 5:06.55 42.88				
	100m: 1:18.38 41.81 200m: 2:45.56 43.32 300m: 4:23.67 48.90 400m: 5:43.96 37.41				
4.	CARALT RIERA, Miquel	65	Aquamasters	5:58.39	541
	50m: 37.48 37.48 150m: 2:08.97 48.48 250m: 3:46.94 51.07 350m: 5:17.95 40.64				
	100m: 1:20.49 43.01 200m: 2:55.87 46.90 300m: 4:37.31 50.37 400m: 5:58.39 40.44				
5.	YNIGO DE LOS RIOS, Miguel	68	C.N. Master Madrid	6:06.91	396
	50m: 39.25 39.25 150m: 2:14.57 48.59 250m: 3:53.09 51.48 350m: 5:26.77 41.23				
	100m: 1:25.98 46.73 200m: 3:01.61 47.04 300m: 4:45.54 52.45 400m: 6:06.91 40.14				
6.	NOMDEDEU HERNANDEZ, Jordi	76	F.P. Sant Gervasi	6:12.15	385
	50m: 38.89 38.89 150m: 2:15.79 49.27 250m: 3:56.98 53.72 350m: 5:31.71 42.21				
	100m: 1:26.52 47.63 200m: 3:03.26 47.47 300m: 4:49.50 52.52 400m: 6:12.15 40.44				
7.	MOJICA PEREZ, Juan Carlos	72	C.N. Catalunya	6:18.76	368
	50m: 40.25 40.25 150m: 2:17.03 50.05 250m: 4:01.69 54.48 350m: 5:38.74 43.98				
	100m: 1:26.98 46.73 200m: 3:07.21 50.18 300m: 4:54.76 53.07 400m: 6:18.76 40.02				
8.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	6:19.63	516
	50m: 39.93 39.93 150m: 2:17.24 49.94 250m: 4:02.86 56.28 350m: 5:39.49 41.16				
	100m: 1:27.30 47.37 200m: 3:06.58 49.34 300m: 4:58.33 55.47 400m: 6:19.63 40.14				
9.	JOFRE RUIZ, Ramon	67	C.N. Lleida	6:30.14	329
	50m: 43.78 43.78 150m: 2:24.95 51.39 250m: 4:09.24 53.38 350m: 5:47.86 44.94				
	100m: 1:33.56 49.78 200m: 3:15.86 50.91 300m: 5:02.92 53.68 400m: 6:30.14 42.28				
10.	CISNEROS HERRILLO, Jorge	61	C.N. Catalunya	6:36.25	400
	50m: 44.73 44.73 150m: 2:27.21 51.31 250m: 4:11.67 54.23 350m: 5:52.31 45.26				
	100m: 1:35.90 51.17 200m: 3:17.44 50.23 300m: 5:07.05 55.38 400m: 6:36.25 43.94				
11.	GARCIA CABAS, Fernando	69	Aquamasters	6:55.86	272
	50m: 43.10 43.10 150m: 2:29.49 56.97 250m: 4:26.78 1:03.57 350m: 6:15.04 43.36				
	100m: 1:32.52 49.42 200m: 3:23.21 53.72 300m: 5:31.68 1:04.90 400m: 6:55.86 40.82				
12.	PROUS GRAU, Fernando	50	C.N. Reus Ploms	7:01.51	611
	<i>Rècord Catalunya</i>				
	50m: 45.39 45.39 150m: 2:32.05 54.69 250m: 4:23.98 58.77 350m: 6:12.90 50.06				
	100m: 1:37.36 51.97 200m: 3:25.21 53.16 300m: 5:22.84 58.86 400m: 7:01.51 48.61				

20+, Men

1.	TORRES SERRANO, Sergio	96	Aquamasters	5:13.21	425
	50m: 30.48 30.48 150m: 1:48.92 42.82 250m: 3:16.59 44.72 350m: 4:39.40 35.80				
	100m: 1:06.10 35.62 200m: 2:31.87 42.95 300m: 4:03.60 47.01 400m: 5:13.21 33.81				

35+, Men

1.	ROSELL POBLET, Josep Ma	83	C.N. Tarraco	5:14.17	596
	50m: 33.55 33.55 150m: 1:55.44 42.43 250m: 3:21.64 45.38 350m: 4:40.77 34.85				
	100m: 1:13.01 39.46 200m: 2:36.26 40.82 300m: 4:05.92 44.28 400m: 5:14.17 33.40				

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II CAMPIONAT CATALUNYA "OPEN" MÀSTERS NATACIÓ HIVERN - P25
SABADELL, 11 - 12/1/2020



Event 36, 400m Medley

40+, Men

1.	ALMENDROS RODRIGUEZ, Jonas	76	C.N. Master Madrid	5:43.96	487			
	50m: 36.57	36.57	150m: 2:02.24	43.86	250m: 3:34.77	49.21	350m: 5:06.55	42.88
	100m: 1:18.38	41.81	200m: 2:45.56	43.32	300m: 4:23.67	48.90	400m: 5:43.96	37.41
2.	NOMDEDEU HERNANDEZ, Jordi	76	F.P. Sant Gervasi	6:12.15	385			
	50m: 38.89	38.89	150m: 2:15.79	49.27	250m: 3:56.98	53.72	350m: 5:31.71	42.21
	100m: 1:26.52	47.63	200m: 3:03.26	47.47	300m: 4:49.50	52.52	400m: 6:12.15	40.44

45+, Men

1.	MOJICA PEREZ, Juan Carlos	72	C.N. Catalunya	6:18.76	368			
	50m: 40.25	40.25	150m: 2:17.03	50.05	250m: 4:01.69	54.48	350m: 5:38.74	43.98
	100m: 1:26.98	46.73	200m: 3:07.21	50.18	300m: 4:54.76	53.07	400m: 6:18.76	40.02

50+, Men

1.	YNIGO DE LOS RIOS, Miguel	68	C.N. Master Madrid	6:06.91	396			
	50m: 39.25	39.25	150m: 2:14.57	48.59	250m: 3:53.09	51.48	350m: 5:26.77	41.23
	100m: 1:25.98	46.73	200m: 3:01.61	47.04	300m: 4:45.54	52.45	400m: 6:06.91	40.14
2.	JOFRE RUIZ, Ramon	67	C.N. Lleida	6:30.14	329			
	50m: 43.78	43.78	150m: 2:24.95	51.39	250m: 4:09.24	53.38	350m: 5:47.86	44.94
	100m: 1:33.56	49.78	200m: 3:15.86	50.91	300m: 5:02.92	53.68	400m: 6:30.14	42.28
3.	GARCIA CABAS, Fernando	69	Aquamasters	6:55.86	272			
	50m: 43.10	43.10	150m: 2:29.49	56.97	250m: 4:26.78	1:03.57	350m: 6:15.04	43.36
	100m: 1:32.52	49.42	200m: 3:23.21	53.72	300m: 5:31.68	1:04.90	400m: 6:55.86	40.82

55+, Men

1.	CARALT RIERA, Miquel	65	Aquamasters	5:58.39	541			
	50m: 37.48	37.48	150m: 2:08.97	48.48	250m: 3:46.94	51.07	350m: 5:17.95	40.64
	100m: 1:20.49	43.01	200m: 2:55.87	46.90	300m: 4:37.31	50.37	400m: 5:58.39	40.44
2.	CISNEROS HERRILLO, Jorge	61	C.N. Catalunya	6:36.25	400			
	50m: 44.73	44.73	150m: 2:27.21	51.31	250m: 4:11.67	54.23	350m: 5:52.31	45.26
	100m: 1:35.90	51.17	200m: 3:17.44	50.23	300m: 5:07.05	55.38	400m: 6:36.25	43.94

60+, Men

1.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	6:19.63	516			
	50m: 39.93	39.93	150m: 2:17.24	49.94	250m: 4:02.86	56.28	350m: 5:39.49	41.16
	100m: 1:27.30	47.37	200m: 3:06.58	49.34	300m: 4:58.33	55.47	400m: 6:19.63	40.14

70+, Men

1.	PROUS GRAU, Fernando	50	C.N. Reus Ploms	7:01.51	611			
	<i>Rècord Catalunya</i>							
	50m: 45.39	45.39	150m: 2:32.05	54.69	250m: 4:23.98	58.77	350m: 6:12.90	50.06
	100m: 1:37.36	51.97	200m: 3:25.21	53.16	300m: 5:22.84	58.86	400m: 7:01.51	48.61

Open, Women

1.	GARCIA DIVIU, Nuria	84	C.N. Sabadell	5:31.10	692			
	<i>Rècord Campionat</i>							
	50m: 35.19	35.19	150m: 2:00.32	43.97	250m: 3:28.92	46.06	350m: 4:54.08	38.28
	100m: 1:16.35	41.16	200m: 2:42.86	42.54	300m: 4:15.80	46.88	400m: 5:31.10	37.02
2.	SERRA BALAGUERO, Anna	99	C.N. Terrassa	5:53.46	393			
	50m: 34.71	34.71	150m: 2:04.43	48.40	250m: 3:40.51	49.46	350m: 5:12.83	41.38
	100m: 1:16.03	41.32	200m: 2:51.05	46.62	300m: 4:31.45	50.94	400m: 5:53.46	40.63



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SABADELL, 11 - 12/1/2020



Event 36, Women, 400m Medley, Open

Rank			YB				Time				Pts
3.	PAGES SEGURA, Silvia		66 C.N. Terrassa				6:03.58				626
	50m:	39.36 39.36	150m:	2:14.50 49.40	250m:	3:50.86 48.87	350m:	5:22.45 41.86	400m:	6:03.58 41.13	
	100m:	1:25.10 45.74	200m:	3:01.99 47.49	300m:	4:40.59 49.73					
4.	LEWIS, Lucy Harriet		90 C.N. Master Madrid				6:24.30				408
	50m:	43.08 43.08	150m:	2:21.89 50.68	250m:	4:07.14 55.82	350m:	5:44.67 41.31	400m:	6:24.30 39.63	
	100m:	1:31.21 48.13	200m:	3:11.32 49.43	300m:	5:03.36 56.22					
5.	DIEZ PERELLON, Belen		58 C.N. Master Madrid				9:36.27				225
	50m:	1:02.18 1:02.18	150m:	3:32.80 1:12.22	250m:	6:02.98 1:20.42	350m:	8:32.39 1:05.83	400m:	9:36.27 1:03.88	
	100m:	2:20.58 1:18.40	200m:	4:42.56 1:09.76	300m:	7:26.56 1:23.58					

20+, Women

1.	SERRA BALAGUERO, Anna		99 C.N. Terrassa				5:53.46				393
	50m:	34.71 34.71	150m:	2:04.43 48.40	250m:	3:40.51 49.46	350m:	5:12.83 41.38	400m:	5:53.46 40.63	
	100m:	1:16.03 41.32	200m:	2:51.05 46.62	300m:	4:31.45 50.94					

30+, Women

1.	LEWIS, Lucy Harriet		90 C.N. Master Madrid				6:24.30				408
	50m:	43.08 43.08	150m:	2:21.89 50.68	250m:	4:07.14 55.82	350m:	5:44.67 41.31	400m:	6:24.30 39.63	
	100m:	1:31.21 48.13	200m:	3:11.32 49.43	300m:	5:03.36 56.22					

35+, Women

1.	GARCIA DIVIU, Nuria		84 C.N. Sabadell				5:31.10				692
	<i>Rècord Campionat</i>										
	50m:	35.19 35.19	150m:	2:00.32 43.97	250m:	3:28.92 46.06	350m:	4:54.08 38.28	400m:	5:31.10 37.02	
	100m:	1:16.35 41.16	200m:	2:42.86 42.54	300m:	4:15.80 46.88					

50+, Women

1.	PAGES SEGURA, Silvia		66 C.N. Terrassa				6:03.58				626
	50m:	39.36 39.36	150m:	2:14.50 49.40	250m:	3:50.86 48.87	350m:	5:22.45 41.86	400m:	6:03.58 41.13	
	100m:	1:25.10 45.74	200m:	3:01.99 47.49	300m:	4:40.59 49.73					

60+, Women

1.	DIEZ PERELLON, Belen		58 C.N. Master Madrid				9:36.27				225
	50m:	1:02.18 1:02.18	150m:	3:32.80 1:12.22	250m:	6:02.98 1:20.42	350m:	8:32.39 1:05.83	400m:	9:36.27 1:03.88	
	100m:	2:20.58 1:18.40	200m:	4:42.56 1:09.76	300m:	7:26.56 1:23.58					