

**Prova 24  
17/01/2020**
**Masc., 400m Estils**
**Open  
Resultats Prelim**

RC	4:16.98	, NUÑEZ MOLANO JAVIER	PALMA MALLORCA	04/04/2008
CCT	4:19.02	BOGGIATTO, ALESSIO	SABADELL	14/02/2009
CR	4:20.00	, ALESSIO BOGGIATTO	CCOPEN	23/02/2008

**Classificació**
**ANY**
**Temps**

1.	PONS RAMON, Joan Lluís	96	CN Sant Andreu	<b>4:28.28</b>	-	A
	50m: 28.27 28.27	150m: 1:34.27	33.19	250m: 2:45.46	36.70	350m: 3:55.98 31.40
	100m: 1:01.08 32.81	200m: 2:08.76	34.49	300m: 3:24.58	39.12	400m: 4:28.28 32.30
2.	COLL MARTI, Carles	01	CN Tarraco	<b>4:32.94</b>	16,00	A
	50m: 27.89 27.89	150m: 1:38.77	37.32	250m: 2:50.64	36.90	350m: 4:01.70 33.26
	100m: 1:01.45 33.56	200m: 2:13.74	34.97	300m: 3:28.44	37.80	400m: 4:32.94 31.24
3.	SANTIAGO BETANCOR, Raul	97	CN Sant Andreu	<b>4:35.23</b>	-	A
	50m: 29.66 29.66	150m: 1:40.61	37.67	250m: 2:54.99	38.02	350m: 4:06.00 31.43
	100m: 1:02.94 33.28	200m: 2:16.97	36.36	300m: 3:34.57	39.58	400m: 4:35.23 29.23
4.	GIL TARAZONA, Pol	96	Ucam CN Fuensanta	<b>4:36.78</b>	-	A
	50m: 30.94 30.94	150m: 1:41.12	35.95	250m: 2:55.54	39.88	350m: 4:07.07 32.51
	100m: 1:05.17 34.23	200m: 2:15.66	34.54	300m: 3:34.56	39.02	400m: 4:36.78 29.71
5.	ESCRITS MAÑOSA, Albert	98	CN Sant Andreu	<b>4:36.82</b>	-	A
	50m: 29.80 29.80	150m: 1:39.21	36.12	250m: 2:54.83	41.45	350m: 4:08.22 31.74
	100m: 1:03.09 33.29	200m: 2:13.38	34.17	300m: 3:36.48	41.65	400m: 4:36.82 28.60
6.	MARTINEZ MURCIA, Alberto	98	CN Marina-Cartagena "Ancora"	<b>4:38.35</b>	-	A
	50m: 29.59 29.59	150m: 1:41.56	38.39	250m: 2:57.84	40.33	350m: 4:08.83 31.21
	100m: 1:03.17 33.58	200m: 2:17.51	35.95	300m: 3:37.62	39.78	400m: 4:38.35 29.52
7.	PEREZ PUJOL, Jordi	00	CN Terrassa	<b>4:39.90</b>	-	A
	50m: 28.87 28.87	150m: 1:40.40	37.40	250m: 2:55.70	39.27	350m: 4:08.39 32.99
	100m: 1:03.00 34.13	200m: 2:16.43	36.03	300m: 3:35.40	39.70	400m: 4:39.90 31.51
8.	COMA PLANELLA, Roger	00	CN Mataró	<b>4:40.56</b>	-	A
	50m: 29.58 29.58	150m: 1:40.70	36.30	250m: 2:56.60	40.80	350m: 4:09.47 32.38
	100m: 1:04.40 34.82	200m: 2:15.80	35.10	300m: 3:37.09	40.49	400m: 4:40.56 31.09
9.	PENEDES FRADERA, Martí	96	CN Mataró	<b>4:40.57</b>	-	A
	50m: 29.91 29.91	150m: 1:41.59	37.76	250m: 2:56.59	38.77	350m: 4:08.89 33.20
	100m: 1:03.83 33.92	200m: 2:17.82	36.23	300m: 3:35.69	39.10	400m: 4:40.57 31.68
10.	HONRUBIA CERDA, Arnau	99	CN Sabadell	<b>4:43.58</b>	-	A
	50m: 29.81 29.81	150m: 1:40.43	36.60	250m: 2:59.07	43.11	350m: 4:13.15 30.89
	100m: 1:03.83 34.02	200m: 2:15.96	35.53	300m: 3:42.26	43.19	400m: 4:43.58 30.43
11.	MORALES CEBEY, Hector	02	CN Granollers	<b>4:45.02</b>	-	B
	50m: 29.15 29.15	150m: 1:42.09	38.64	250m: 3:00.24	41.08	350m: 4:13.78 32.97
	100m: 1:03.45 34.30	200m: 2:19.16	37.07	300m: 3:40.81	40.57	400m: 4:45.02 31.24
12.	ALLANDE GONZALEZ, Jofre	98	CN Sabadell	<b>4:45.43</b>	-	B
	50m: 30.86 30.86	150m: 1:44.72	38.71	250m: 3:00.49	39.30	350m: 4:13.31 33.63
	100m: 1:06.01 35.15	200m: 2:21.19	36.47	300m: 3:39.68	39.19	400m: 4:45.43 32.12
13.	GIL CORBACHO, Marcos	00	CN Terrassa	<b>4:47.69</b>	-	B
	50m: 29.15 29.15	150m: 1:42.14	39.36	250m: 3:03.42	44.56	350m: 4:17.55 30.84
	100m: 1:02.78 33.63	200m: 2:18.86	36.72	300m: 3:46.71	43.29	400m: 4:47.69 30.14
14.	POU FERNANDEZ, Marc	01	CN Mataró	<b>4:47.88</b>	-	B
	50m: 30.09 30.09	150m: 1:42.44	37.97	250m: 3:00.34	40.91	350m: 4:15.56 34.03
	100m: 1:04.47 34.38	200m: 2:19.43	36.99	300m: 3:41.53	41.19	400m: 4:47.88 32.32
15.	ESCRITS MAÑOSA, Lluís	01	CN Granollers	<b>4:48.53</b>	-	B
	50m: 31.23 31.23	150m: 1:47.14	40.42	250m: 3:06.90	40.44	350m: 4:19.00 30.88
	100m: 1:06.72 35.49	200m: 2:26.46	39.32	300m: 3:48.12	41.22	400m: 4:48.53 29.53
16.	RUIZ DE CAÑAS, Alvaro	02	CN Olot	<b>4:48.69</b>	-	B
	50m: 29.41 29.41	150m: 1:41.38	37.72	250m: 3:01.83	42.47	350m: 4:18.06 32.05
	100m: 1:03.66 34.25	200m: 2:19.36	37.98	300m: 3:46.01	44.18	400m: 4:48.69 30.63

**NQ = Nedadors NO Classificats (tall no superat)**
**Sponsor Sponsor Institucional**
**Certificacions**

**Prova 24, Masc., 400m Estils, Prelim, Open**

Classificació	ANY				Temps				
17. VIDAL MARTINEZ, Jordi	03	CN Atl Barceloneta	<b>4:49.27</b>	-	B	50m: 30.63 30.63	150m: 1:45.59 38.74	250m: 3:03.07 38.00	350m: 4:16.69 34.16
						100m: 1:06.85 36.22	200m: 2:25.07 39.48	300m: 3:42.53 39.46	400m: 4:49.27 32.58
18. CABEZUELO AREVALO, Albert	04	AN Gramenet	<b>4:49.36</b>	-	B	50m: 29.81 29.81	150m: 1:41.65 36.92	250m: 3:00.66 42.58	350m: 4:16.98 33.02
						100m: 1:04.73 34.92	200m: 2:18.08 36.43	300m: 3:43.96 43.30	400m: 4:49.36 32.38
19. PASTOR VALLE, Ivan	03	CN Vallirana	<b>4:51.53</b>	-	B	50m: 31.35 31.35	150m: 1:46.25 37.69	250m: 3:04.00 41.54	350m: 4:19.07 33.70
						100m: 1:08.56 37.21	200m: 2:22.46 36.21	300m: 3:45.37 41.37	400m: 4:51.53 32.46
20. CHAVES GUARDIA, David	98	CN Mataró	<b>4:52.48</b>	-	B	50m: 29.53 29.53	150m: 1:41.90 38.06	250m: 3:02.82 43.09	350m: 4:19.15 32.85
						100m: 1:03.84 34.31	200m: 2:19.73 37.83	300m: 3:46.30 43.48	400m: 4:52.48 33.33
21. MORILLAS RAMOS, Fernando	90	CN Mataró	<b>4:52.99</b>	-		50m: 30.96 30.96	150m: 1:46.49 39.86	250m: 3:06.90 40.35	350m: 4:20.04 33.94
						100m: 1:06.63 35.67	200m: 2:26.55 40.06	300m: 3:46.10 39.20	400m: 4:52.99 32.95
22. DE LA ROSA ESPIN, Pol	02	CN Mataró	<b>4:54.50</b>	-		50m: 31.42 31.42	150m: 1:49.79 41.78	250m: 3:10.01 40.71	350m: 4:23.86 33.43
						100m: 1:08.01 36.59	200m: 2:29.30 39.51	300m: 3:50.43 40.42	400m: 4:54.50 30.64
23. FERNANDEZ I THOMAS, Marçal	03	CN Barcelona	<b>4:54.80</b>	15,00		50m: 30.80 30.80	150m: 1:45.76 39.49	250m: 3:06.05 42.01	350m: 4:22.78 34.53
						100m: 1:06.27 35.47	200m: 2:24.04 38.28	300m: 3:48.25 42.20	400m: 4:54.80 32.02
24. CARÓS ITÚRBIDE, Marc	03	AE Santa Eulàlia	<b>4:54.86</b>	14,00		50m: 30.67 30.67	150m: 1:43.81 38.06	250m: 3:02.92 42.84	350m: 4:21.37 35.63
						100m: 1:05.75 35.08	200m: 2:20.08 36.27	300m: 3:45.74 42.82	400m: 4:54.86 33.49
25. ROY NEGRO, Adria	04	CN Terrassa	<b>4:55.60</b>	13,00		50m: 30.35 30.35	150m: 1:41.99 37.44	250m: 3:02.98 44.41	350m: 4:21.88 34.31
						100m: 1:04.55 34.20	200m: 2:18.57 36.58	300m: 3:47.57 44.59	400m: 4:55.60 33.72
26. MELENDEZ RAMOS, Eduard	02	CN Terrassa	<b>4:56.75</b>	-		50m: 30.63 30.63	150m: 1:43.18 38.04	250m: 3:02.86 42.34	350m: 4:21.37 36.24
						100m: 1:05.14 34.51	200m: 2:20.52 37.34	300m: 3:45.13 42.27	400m: 4:56.75 35.38
27. ARMENGOL TRIVES, Genis	02	CN Barcelona	<b>4:57.17</b>	12,00		50m: 31.50 31.50	150m: 1:47.11 39.50	250m: 3:07.55 41.30	350m: 4:23.83 34.19
						100m: 1:07.61 36.11	200m: 2:26.25 39.14	300m: 3:49.64 42.09	400m: 4:57.17 33.34
28. PASTOR SANCHEZ, Gabriel	00	CN Terrassa	<b>4:57.52</b>	-		50m: 29.67 29.67	150m: 1:43.00 38.13	250m: 3:01.60 41.58	350m: 4:22.13 36.65
						100m: 1:04.87 35.20	200m: 2:20.02 37.02	300m: 3:45.48 43.88	400m: 4:57.52 35.39
29. CASADO GARRIGUES, Manel	03	CN Mataró	<b>4:58.29</b>	-		50m: 30.73 30.73	150m: 1:48.81 42.46	250m: 3:12.61 43.28	350m: 4:27.24 31.31
						100m: 1:06.35 35.62	200m: 2:29.33 40.52	300m: 3:55.93 43.32	400m: 4:58.29 31.05
30. VELASCO FERNÁNDEZ, Gerard	01	CN Terrassa	<b>4:58.64</b>	-		50m: 30.10 30.10	150m: 1:45.22 40.50	250m: 3:07.63 43.94	350m: 4:26.86 34.79
						100m: 1:04.72 34.62	200m: 2:23.69 38.47	300m: 3:52.07 44.44	400m: 4:58.64 31.78
31. AGUILERA ALCAIDE, Gorka	03	CN Granollers	<b>4:58.69</b>	11,00		50m: 31.16 31.16	150m: 1:48.29 40.45	250m: 3:09.33 41.25	350m: 4:25.32 34.12
						100m: 1:07.84 36.68	200m: 2:28.08 39.79	300m: 3:51.20 41.87	400m: 4:58.69 33.37
32. ENRIQUE BARROSO, Albert	02	CN Mataró	<b>4:58.93</b>	-		50m: 31.11 31.11	150m: 1:48.58 40.81	250m: 3:10.05 42.43	350m: 4:27.70 33.31
						100m: 1:07.77 36.66	200m: 2:27.62 39.04	300m: 3:54.39 44.34	400m: 4:58.93 31.23
33. ARRIZABALAGA ORTIZ, Aritz	01	CE Mediterrani	<b>4:58.96</b>	10,00		50m: 30.63 30.63	150m: 1:47.13 40.72	250m: 3:08.62 43.77	350m: 4:26.64 33.63
						100m: 1:06.41 35.78	200m: 2:24.85 37.72	300m: 3:53.01 44.39	400m: 4:58.96 32.32

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Prova 24, Masc., 400m Estils, Prelim, Open

Classificació	ANY								Temps	
34.	ATIENZA ROLDAN, Daniel		03	Cambrils CN				<b>5:01.48</b>	9,00	
	50m:	31.24 31.24	200m:	2:24.06	1:16.62	300m:	3:51.93	43.85	400m:	5:01.48 34.16
	100m:	1:07.44 36.20	250m:	3:08.08	44.02	350m:	4:27.32	35.39		
35.	USECHI ELIZARI, Guillermo		02	CN Barcelona				<b>5:02.35</b>	8,00	
	50m:	30.91 30.91	150m:	1:47.92	39.60	250m:	3:08.98	42.82	350m:	4:28.66 34.76
	100m:	1:08.32 37.41	200m:	2:26.16	38.24	300m:	3:53.90	44.92	400m:	5:02.35 33.69
36.	MONTEIRO VIEGAS, Marc		00	Fed Andorrana				<b>5:02.48</b>	7,00	
	50m:	30.59 30.59	150m:	1:47.05	39.94	250m:	3:10.37	43.17	350m:	4:28.98 34.79
	100m:	1:07.11 36.52	200m:	2:27.20	40.15	300m:	3:54.19	43.82	400m:	5:02.48 33.50
37.	RUIZ VICO, Pau		99	CN Mataró				<b>5:05.31</b>	-	
	50m:	30.49 30.49	150m:	1:48.87	43.35	250m:	3:11.92	40.71	350m:	4:30.19 35.86
	100m:	1:05.52 35.03	200m:	2:31.21	42.34	300m:	3:54.33	42.41	400m:	5:05.31 35.12
38.	REYES VALENZUELA, Abel		03	CN Mataró				<b>5:07.65</b>	-	
	50m:	32.64 32.64	150m:	1:51.68	40.82	250m:	3:13.66	43.40	350m:	4:32.91 34.72
	100m:	1:10.86 38.22	200m:	2:30.26	38.58	300m:	3:58.19	44.53	400m:	5:07.65 34.74
39.	LUCAS PUJOL, Marc		03	CN Sabadell				<b>5:12.45</b>	6,00	
	50m:	32.13 32.13	150m:	1:51.14	41.61	250m:	3:15.70	44.45	350m:	4:36.98 35.08
	100m:	1:09.53 37.40	200m:	2:31.25	40.11	300m:	4:01.90	46.20	400m:	5:12.45 35.47
DSQ	RODELAS FARRE, Eric		03	CN Terrassa					-	
	<i>DVI - DESQ VIRATGE IRREGULAR</i>									
DNS	CASANOVAS SKOUBO, Joan		97	CN Sabadell					-	
DNS	LÓPEZ MOLINS, Àngel		03	CEN Balaguer					-	
DNS	HAIDAR, Kacper		03	CN Barcelona					-	
DNS	DELGADO VALLMITJANA, Adria		02	CN Sabadell					-	

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