

Event 22
27/10/2019

Men, 400m Medley

Open
Results

RFEN	4:05.09	, CABELLO FORNS ALAN	ESTAMBUL (TUR)	11/12/2009
FCN	4:05.09	, CABELLO FORNS ALAN	ESTAMBUL (TUR)	11/12/2009
CCT	4:10.96	, CABELLO FORNS ALAN	L'HOSPITALET	30/10/2009

Points: FINA 2019

Rank			YB			Time	Pts	
1.	PONS RAMON, Joan Lluís		96	C.N. Sant Andreu		4:19.55	746	
	50m:	27.66 27.66	150m:	1:30.85 31.84	250m:	2:39.19 36.81	350m:	3:48.70 31.79
	100m:	59.01 31.35	200m:	2:02.38 31.53	300m:	3:16.91 37.72	400m:	4:19.55 30.85
2.	COLL MARTI, Carles		01	C.N. Tarraco		4:22.57	721	
	50m:	27.56 27.56	150m:	1:34.12 33.76	250m:	2:42.90 36.13	350m:	3:51.08 32.03
	100m:	1:00.36 32.80	200m:	2:06.77 32.65	300m:	3:19.05 36.15	400m:	4:22.57 31.49
3.	ALLANDE GONZALEZ, Jofre		98	C.N. Sabadell		4:24.00	709	
	50m:	29.43 29.43	150m:	1:36.29 34.63	250m:	2:46.47 36.23	350m:	3:54.23 31.64
	100m:	1:01.66 32.23	200m:	2:10.24 33.95	300m:	3:22.59 36.12	400m:	4:24.00 29.77
4.	COMA PLANELLA, Roger		00	C.N. Mataro		4:30.62	659	
	50m:	29.60 29.60	150m:	1:38.55 34.39	250m:	2:50.95 39.20	350m:	4:00.82 30.72
	100m:	1:04.16 34.56	200m:	2:11.75 33.20	300m:	3:30.10 39.15	400m:	4:30.62 29.80
5.	POU FERNANDEZ, Marc		01	C.N. Mataro		4:36.94	614	
	50m:	29.56 29.56	150m:	1:38.55 35.79	250m:	2:52.11 38.64	350m:	4:05.17 33.33
	100m:	1:02.76 33.20	200m:	2:13.47 34.92	300m:	3:31.84 39.73	400m:	4:36.94 31.77
6.	SIRE FIGUERAS, Ferran		01	C.N. Terrassa		4:38.46	604	
	50m:	27.51 27.51	150m:	1:34.15 35.50	250m:	2:50.43 41.09	350m:	4:05.42 34.41
	100m:	58.65 31.14	200m:	2:09.34 35.19	300m:	3:31.01 40.58	400m:	4:38.46 33.04
7.	ARMENGOL TRIVES, Genis		02	C.N. Barcelona		4:39.21	600	
	50m:	30.69 30.69	150m:	1:41.52 36.57	250m:	2:55.94 38.61	350m:	4:06.51 32.43
	100m:	1:04.95 34.26	200m:	2:17.33 35.81	300m:	3:34.08 38.14	400m:	4:39.21 32.70
8.	AGUILERA ALCAIDE, Gorka		03	C.N. Granollers		4:39.69	596	
	50m:	30.40 30.40	150m:	1:41.64 36.82	250m:	2:55.67 38.92	350m:	4:08.59 33.63
	100m:	1:04.82 34.42	200m:	2:16.75 35.11	300m:	3:34.96 39.29	400m:	4:39.69 31.10
9.	CHAVES GUARDIA, David		98	C.N. Mataro		4:44.75	565	
	50m:	30.01 30.01	150m:	1:39.49 35.64	250m:	2:56.39 41.21	350m:	4:12.16 33.72
	100m:	1:03.85 33.84	200m:	2:15.18 35.69	300m:	3:38.44 42.05	400m:	4:44.75 32.59
10.	CAROS ITURBIDE, Marc		03	A.E. Santa Eulalia		4:47.22	551	
	50m:	32.08 32.08	150m:	1:42.52 34.95	250m:	2:59.31 41.93	350m:	4:14.28 34.23
	100m:	1:07.57 35.49	200m:	2:17.38 34.86	300m:	3:40.05 40.74	400m:	4:47.22 32.94
11.	VELASCO FERNANDEZ, Gerard		01	C.N. Terrassa		4:47.77	548	
	50m:	31.11 31.11	150m:	1:43.12 36.56	250m:	3:01.11 41.17	350m:	4:16.50 31.40
	100m:	1:06.56 35.45	200m:	2:19.94 36.82	300m:	3:45.10 43.99	400m:	4:47.77 31.27
12.	DELGADO VALLMITJANA, Adria		02	C.N. Sabadell		4:48.85	541	
	50m:	32.30 32.30	150m:	1:48.12 39.10	250m:	3:03.67 38.76	350m:	4:16.81 33.40
	100m:	1:09.02 36.72	200m:	2:24.91 36.79	300m:	3:43.41 39.74	400m:	4:48.85 32.04
13.	MELENDEZ RAMOS, Eduard		02	C.N. Terrassa		4:49.90	536	
	50m:	30.92 30.92	150m:	1:44.52 38.37	250m:	3:01.87 40.46	350m:	4:17.10 34.56
	100m:	1:06.15 35.23	200m:	2:21.41 36.89	300m:	3:42.54 40.67	400m:	4:49.90 32.80
14.	PASTOR VALLE, Ivan		03	C.N. Vallirana		4:51.78	525	
	50m:	32.34 32.34	150m:	1:46.94 36.35	250m:	3:04.22 40.65	350m:	4:18.66 33.45
	100m:	1:10.59 38.25	200m:	2:23.57 36.63	300m:	3:45.21 40.99	400m:	4:51.78 33.12
15.	MATARO LLOBET, Albert		99	C.N. Terrassa		4:53.29	517	
	50m:	30.81 30.81	150m:	1:44.54 37.53	250m:	3:03.92 43.64	350m:	4:21.60 33.91
	100m:	1:07.01 36.20	200m:	2:20.28 35.74	300m:	3:47.69 43.77	400m:	4:53.29 31.69
16.	ORTEGA GOMEZ, Arturo		02	C.N. Sabadell		4:53.98	514	
	50m:	29.77 29.77	150m:	1:40.93 35.74	250m:	3:00.25 43.20	350m:	4:19.16 35.42
	100m:	1:05.19 35.42	200m:	2:17.05 36.12	300m:	3:43.74 43.49	400m:	4:53.98 34.82

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Rank					YB					Time	Pts	
17.	RETAMAL SIVILL, Enric				02	C.N. Vilafranca				4:55.01	508	
	50m:	31.03	31.03	150m:	1:44.19	37.10	250m:	3:04.51	44.13	350m:	4:22.50	33.60
	100m:	1:07.09	36.06	200m:	2:20.38	36.19	300m:	3:48.90	44.39	400m:	4:55.01	32.51
18.	ALVARO CAZORLA, Joel				03	C.N. Terrassa				4:55.03	508	
	50m:	30.26	30.26	150m:	1:42.05	37.37	250m:	3:02.35	44.19	350m:	4:21.72	35.24
	100m:	1:04.68	34.42	200m:	2:18.16	36.11	300m:	3:46.48	44.13	400m:	4:55.03	33.31
19.	GONZALEZ CASTELLO, Genis				04	C.N. Lleida				4:57.02	498	
	50m:	31.78	31.78	150m:	1:46.17	38.38	250m:	3:06.50	41.99	350m:	4:24.14	34.01
	100m:	1:07.79	36.01	200m:	2:24.51	38.34	300m:	3:50.13	43.63	400m:	4:57.02	32.88
20.	MORALES MONTES, Xavier				03	C.E. Mediterrani				4:59.01	488	
	50m:	31.30	31.30	150m:	1:45.82	39.34	250m:	3:06.55	42.20	350m:	4:25.62	34.94
	100m:	1:06.48	35.18	200m:	2:24.35	38.53	300m:	3:50.68	44.13	400m:	4:59.01	33.39
21.	MARTINEZ FARGUES, Pol				04	C.E. Inef De Lleida				5:00.81	479	
	50m:	32.71	32.71	150m:	1:47.85	37.28	250m:	3:08.65	44.36	350m:	4:26.44	32.47
	100m:	1:10.57	37.86	200m:	2:24.29	36.44	300m:	3:53.97	45.32	400m:	5:00.81	34.37
22.	BOSCH MONJE, David				01	C.N. Terrassa				5:11.48	432	
	50m:	32.72	32.72	150m:	1:53.05	43.67	250m:	3:17.53	42.56	350m:	4:36.90	36.02
	100m:	1:09.38	36.66	200m:	2:34.97	41.92	300m:	4:00.88	43.35	400m:	5:11.48	34.58
23.	LOPEZ MOLINS, Angel				03	C.E.N.Balaguer				5:11.50	432	
	50m:	30.94	30.94	150m:	1:44.85	38.24	250m:	3:13.41	48.13	350m:	4:35.85	36.19
	100m:	1:06.61	35.67	200m:	2:25.28	40.43	300m:	3:59.66	46.25	400m:	5:11.50	35.65
WDR	VIVAS EGEA, Marc				97	C.N. Sabadell						