

Prova 34 Masc., 400m Lliure YOB 1917 - 1971
18/04/2021 - 9:59 Resultats

CR 4:09.06 GALLARDO FLORES, Alberto ESP Manresa 17/04/2021

Punts: Taula Catalana 2021

Classificació ANY Temps Punts CAT

50+

1.	ESPINA VELAZ, Fernando	71	Aquamàsters	4:47.83	613
	50m: 32.78 32.78 150m: 1:43.08 35.18 250m: 2:55.76 36.67 350m: 4:10.47 37.70				
	100m: 1:07.90 35.12 200m: 2:19.09 36.01 300m: 3:32.77 37.01 400m: 4:47.83 37.36				
2.	SOLE PUERTOLAS, Oscar	71	C.N. Lleida	4:57.29	556
	50m: 36.11 36.11 150m: 1:49.59 36.99 250m: 3:05.21 38.26 350m: 4:20.20 37.42				
	100m: 1:12.60 36.49 200m: 2:26.95 37.36 300m: 3:42.78 37.57 400m: 4:57.29 37.09				
3.	PEREZ-PORTABELLA LOPEZ, Antoni	69	Cv Platja Llarga Tarragona	5:06.39	508
	50m: 35.38 35.38 150m: 1:49.77 37.63 250m: 3:07.21 38.86 350m: 4:28.00 40.53				
	100m: 1:12.14 36.76 200m: 2:28.35 38.58 300m: 3:47.47 40.26 400m: 5:06.39 38.39				
4.	LE GRIX DE LA SALLE, Christophe	67	Club Nagi	6:14.72	278
	50m: 41.45 41.45 150m: 2:14.22 47.00 250m: 3:50.68 48.07 350m: 5:26.10 48.56				
	100m: 1:27.22 45.77 200m: 3:02.61 48.39 300m: 4:37.54 46.86 400m: 6:14.72 48.62				

55+

1.	GOMEZ VELEZ, Rafael	62	C.N. Salou	5:08.11	574
	50m: 36.35 36.35 150m: 1:54.57 39.19 250m: 3:12.01 38.29 350m: 4:29.47 38.90				
	100m: 1:15.38 39.03 200m: 2:33.72 39.15 300m: 3:50.57 38.56 400m: 5:08.11 38.64				
2.	GARRIDO CASADO, Antonio	62	Club Nagi	6:18.47	310
	50m: 42.66 42.66 150m: 2:17.99 48.40 250m: 3:54.28 47.99 350m: 5:32.28 49.09				
	100m: 1:29.59 46.93 200m: 3:06.29 48.30 300m: 4:43.19 48.91 400m: 6:18.47 46.19				
3.	CALERO HERNANDEZ, Juan Carles	65	C.N. L'hospitalet	6:40.08	262
	50m: 43.91 43.91 150m: 2:20.05 48.88 250m: 4:02.43 52.00 350m: 5:48.58 53.97				
	100m: 1:31.17 47.26 200m: 3:10.43 50.38 300m: 4:54.61 52.18 400m: 6:40.08 51.50				
4.	BRUGADA CATA, Albert	66	GEIEG	6:44.72	253
	50m: 45.80 45.80 150m: 2:24.35 50.49 250m: 4:08.29 52.21 350m: 5:53.94 52.61				
	100m: 1:33.86 48.06 200m: 3:16.08 51.73 300m: 5:01.33 53.04 400m: 6:44.72 50.78				

60+

1.	MORCILLO ESPUNY, Joan Francesc	61	C.N. Badalona	5:06.59	682
	<i>Rècord Catalunya</i>				
	50m: 36.19 36.19 150m: 1:52.78 38.70 250m: 3:11.04 39.10 350m: 4:29.41 39.29				
	100m: 1:14.08 37.89 200m: 2:31.94 39.16 300m: 3:50.12 39.08 400m: 5:06.59 37.18				
2.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	5:13.97	635
	50m: 37.18 37.18 150m: 1:55.76 39.34 250m: 3:15.32 39.53 350m: 4:34.69 39.87				
	100m: 1:16.42 39.24 200m: 2:35.79 40.03 300m: 3:54.82 39.50 400m: 5:13.97 39.28				

65+

1.	CAMARA SERRANO, Juan M ^a	54	F.P. Claror	6:01.46	407
	50m: 44.28 44.28 150m: 2:17.54 46.88 250m: 3:51.02 46.70 350m: 5:20.41 44.40				
	100m: 1:30.66 46.38 200m: 3:04.32 46.78 300m: 4:36.01 44.99 400m: 6:01.46 41.05				

Prova 34, Masc., 400m Lliure

80+

1. HENDRIK DE BRUIJN, Frederik	38 Aquamàsters						6:35.27	632
50m: 47.00	47.00	150m: 2:25.77	50.10	250m: 4:06.23	50.46	350m: 5:46.58	50.35	
100m: 1:35.67	48.67	200m: 3:15.77	50.00	300m: 4:56.23	50.00	400m: 6:35.27	48.69	