

**Event 102
13/6/2021**
Men, 400m Freestyle
**YOB 1972 - 2001
Results**
CR 4:08.53 CABANILLAS QUINTANILLA, RAFA00069 BARCELONA-CNSA 30/5/2015

Points: Taula Catalana 2021

Rank	YB		Time		Punts CAT
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20+

1.	CATALAN CHOCANO, Adrian	00 Cee Sant Gervasi	6:14.58	203
	50m: 41.76 41.76	150m: 2:14.46 47.26	250m: 3:50.67 48.67	400m: 6:14.58 1:35.50
	100m: 1:27.20 45.44	200m: 3:02.00 47.54	300m: 4:39.08 48.41	

25+

1.	ROURA VIDAL, Oriol	95 GEIEG	5:29.76	390
	50m: 37.63 37.63	150m: 2:01.47 42.21	250m: 3:26.59 42.35	350m: 4:51.02 41.49
	100m: 1:19.26 41.63	200m: 2:44.24 42.77	300m: 4:09.53 42.94	400m: 5:29.76 38.74

30+

1.	GALLARDO FLORES, Carlos	88 C.N. Esplugues	4:29.41	690
	50m: 31.41 31.41	150m: 1:39.53 34.33	250m: 2:48.14 33.81	350m: 3:56.11 33.74
	100m: 1:05.20 33.79	200m: 2:14.33 34.80	300m: 3:22.37 34.23	400m: 4:29.41 33.30
2.	NAVARRO GUILLEN, Javier	87 Aquamasters	4:30.65	681
	50m: 29.99 29.99	150m: 1:36.06 33.79	250m: 2:45.95 34.73	350m: 3:57.02 35.37
	100m: 1:02.27 32.28	200m: 2:11.22 35.16	300m: 3:21.65 35.70	400m: 4:30.65 33.63
3.	GOMEZ MUDARRA, Francisco Alonso	88 C.N. Santa Perpetua	5:43.40	333
	50m: 37.37 37.37	150m: 2:02.26 43.32	250m: 3:31.15 44.67	350m: 5:00.51 44.04
	100m: 1:18.94 41.57	200m: 2:46.48 44.22	300m: 4:16.47 45.32	400m: 5:43.40 42.89

35+

1.	GALLARDO FLORES, Alberto	82 C.N. Esplugues	4:18.10	865
	50m: 30.17 30.17	150m: 1:35.71 33.15	250m: 2:41.79 32.95	350m: 3:47.50 32.86
	100m: 1:02.56 32.39	200m: 2:08.84 33.13	300m: 3:14.64 32.85	400m: 4:18.10 30.60
2.	NUNEZ MOLANO, Javier	83 C.N. Cerdanyola	4:21.47	832
	50m: 28.99 28.99	150m: 1:32.48 32.04	300m: 3:13.31 1:07.54	400m: 4:21.47 34.16
	100m: 1:00.44 31.45	200m: 2:05.77 33.29	350m: 3:47.31 34.00	
3.	RODRIGUEZ RAMOS, Cristian	86 C.N. L'hospitalet	4:31.41	744
	50m: 31.90 31.90	200m: 2:14.47 1:08.93	300m: 3:24.49 35.35	400m: 4:31.41 32.49
	100m: 1:05.54 33.64	250m: 2:49.14 34.67	350m: 3:58.92 34.43	
4.	ROLDAN GOMEZ, Antonio	84 C.N. Premia	4:44.92	643
	50m: 31.87 31.87	150m: 1:42.48 35.17	250m: 2:54.72 36.03	350m: 4:08.48 37.02
	100m: 1:07.31 35.44	200m: 2:18.69 36.21	300m: 3:31.46 36.74	400m: 4:44.92 36.44
5.	ALMECIJA INIGUEZ, Abelardo	84 C.N. L'hospitalet	6:30.86	249
	100m: 1:33.06 1:33.06	200m: 3:14.88 51.38	300m: 4:55.04 49.90	
	150m: 2:23.50 50.44	250m: 4:05.14 50.26	400m: 6:30.86 1:35.82	

WDR GUILLEN MARTINEZ, Mario 82 C.N. Terrassa
40+

1.	TORIBIO ECHEGOYEN, Alberto	77 Cee Sant Gervasi	5:05.00	529
	50m: 32.02 32.02	150m: 1:46.31 38.12	300m: 3:45.41 1:19.54	400m: 5:05.00 39.15
	100m: 1:08.19 36.17	200m: 2:25.87 39.56	350m: 4:25.85 40.44	
2.	TORRES GARCIA, Jorge	79 C.N. Tarraco	5:08.39	512
	50m: 35.09 35.09	150m: 1:51.27 38.35	250m: 3:09.16 39.06	350m: 4:29.55 40.78
	100m: 1:12.92 37.83	200m: 2:30.10 38.83	300m: 3:48.77 39.61	400m: 5:08.39 38.84

PISCINA 50m

CRONOMETRATGE AUTOMÀTIC

3/6/2022 11:43 - Page 1

Sponsors

Sponsor Institucional

Certificacions

Sponsors #100FCN



Event 102, Men, 400m Freestyle, 40+

Rank	YB								Time	Punts CAT		
3.	VARGAS ARANIBAR, Marcelo 78 C.N. Swimfaster Salt								5:29.70	419		
	50m:	35.95	35.95	150m:	1:57.41	41.75	250m:	3:24.26	43.40	350m:	4:50.02	41.73
	100m:	1:15.66	39.71	200m:	2:40.86	43.45	300m:	4:08.29	44.03	400m:	5:29.70	39.68
4.	ALCALDE SANTOS, Jose Antonio 80 C.N. Prat Llobregat								5:31.70	412		
	50m:	36.35	36.35	150m:	1:58.88	41.94	250m:	3:24.51	43.19	350m:	4:50.31	42.00
	100m:	1:16.94	40.59	200m:	2:41.32	42.44	300m:	4:08.31	43.80	400m:	5:31.70	41.39
WDR	ROMERO FRANQUET, Raul 80 C.N. Swimfaster Salt											

45+

1.	GLEIZES, Sylvain 74 F.P. Claror								4:48.94	656		
	50m:	32.93	32.93	150m:	1:46.37	36.99	250m:	3:01.31	37.20	350m:	4:14.74	35.82
	100m:	1:09.38	36.45	200m:	2:24.11	37.74	300m:	3:38.92	37.61	400m:	4:48.94	34.20
2.	SAVESCU, George 75 C.N. Catalunya								4:49.23	654		
	50m:	33.01	33.01	150m:	1:46.27	37.18	250m:	3:01.24	37.51	350m:	4:15.36	36.80
	100m:	1:09.09	36.08	200m:	2:23.73	37.46	300m:	3:38.56	37.32	400m:	4:49.23	33.87
3.	ALMEDA GUERRERO, Alejandro 74 C.E. Mediterrani								4:51.72	638		
	100m:	1:09.94	1:09.94	200m:	2:24.14	1:14.20	300m:	3:39.20	1:15.06	400m:	4:51.72	1:12.52
4.	PARRILLA MORALES, Felix 76 C.N. Sabadell								4:54.53	619		
	50m:	32.35	32.35	150m:	1:46.16	37.59	250m:	3:01.66	37.25	350m:	4:16.87	37.19
	100m:	1:08.57	36.22	200m:	2:24.41	38.25	300m:	3:39.68	38.02	400m:	4:54.53	37.66
5.	GALIANA ROCA, Xavier 73 Aquamasters								5:19.83	484		
	50m:	37.12	37.12	150m:	1:56.24	40.23	250m:	3:18.21	41.54	350m:	4:40.58	41.08
	100m:	1:16.01	38.89	200m:	2:36.67	40.43	300m:	3:59.50	41.29	400m:	5:19.83	39.25
6.	PRADOS ORTEGA, Valentin 74 C.N. Parets								6:21.17	286		
	50m:	41.02	41.02	150m:	2:14.21	47.53	250m:	3:51.63	48.85	350m:	5:31.57	50.23
	100m:	1:26.68	45.66	200m:	3:02.78	48.57	300m:	4:41.34	49.71	400m:	6:21.17	49.60