

Event 127
13/6/2021

400m Medley

YOB 1972 - 2001
Results

CR	5:04.05	RABAT, PIERRE	MILLAU	BARCELONA-CNSA	19/5/2013
CR	5:15.47	DANKWARDT-LILLIESTROM, FANN00051		SABADELL-CNS	16/7/2016

Points: Taula Catalana 2021

Rank YB Time Punts CAT

30+, Men

1. CARO VAN DER POEL, Miquel	89	C.N. Tarraco	5:27.54	505
50m: 34.18 34.18	150m: 1:53.13 42.22	250m: 3:25.39 51.25	350m: 4:52.18 38.73	
100m: 1:10.91 36.73	200m: 2:34.14 41.01	300m: 4:13.45 48.06	400m: 5:27.54 35.36	

35+, Men

1. DIAZ MERCADO, Zigor	84	Getxo Igeriketa Bolue K.E.	4:50.22	866
<i>Rècord Espanya</i>				
50m: 31.61 31.61	150m: 1:45.56 39.81	250m: 3:03.19 39.72	350m: 4:17.77 34.33	
100m: 1:05.75 34.14	200m: 2:23.47 37.91	300m: 3:43.44 40.25	400m: 4:50.22 32.45	

40+, Men

1. VALLES SALGADO, Alberto	80	C.N. Tarraco	5:57.29	497
50m: 37.12 37.12	150m: 2:07.51 48.60	250m: 3:43.74 49.44	350m: 5:15.95 43.78	
100m: 1:18.91 41.79	200m: 2:54.30 46.79	300m: 4:32.17 48.43	400m: 5:57.29 41.34	

20+, Women

1. SERRA BALAGUERO, Anna	99	C.N. Terrassa	5:49.97	441
50m: 35.26 35.26	150m: 2:01.21 47.60	250m: 3:38.01 50.09	350m: 5:09.93 41.41	
100m: 1:13.61 38.35	200m: 2:47.92 46.71	300m: 4:28.52 50.51	400m: 5:49.97 40.04	

40+, Women

1. GARCIA SANCHEZ, Mireia	81	C.N. Valencia Masters Sedavi	5:23.30	880
<i>Rècord Espanya</i>				
50m: 32.84 32.84	150m: 1:53.40 43.61	250m: 3:22.67 46.68	350m: 4:46.37 37.79	
100m: 1:09.79 36.95	200m: 2:35.99 42.59	300m: 4:08.58 45.91	400m: 5:23.30 36.93	