



Prova 4

400m Estils

2002 i majors

08/01/2022 - 10:10

Resultats

| | | | | | |
|----|---------|-------------------------------|-----|-----------|------------|
| CR | 4:57.45 | CABANILLAS QUINTANILLA, Rafae | ESP | BARCELONA | 13/01/2019 |
| CR | 5:06.66 | GARCIA SANCHEZ, Mireia | ESP | Manresa | 17/04/2021 |

Punts: Taula Catalana 2021

Classificació ANY Temps Punts CAT

25+, Masc.

| | | | |
|--------------------------|---------------------|---------------------|---------------------|
| 1. LOPEZ DELGADO, Sergio | 93 C.N. Cornellà | 6:12.64 | 319 |
| 50m: 35.28 35.28 | 150m: 2:04.18 47.14 | 250m: 3:43.88 53.94 | 350m: 5:26.98 47.17 |
| 100m: 1:17.04 41.76 | 200m: 2:49.94 45.76 | 300m: 4:39.81 55.93 | 400m: 6:12.64 45.66 |

30+, Masc.

| | | | |
|------------------------------|------------------------------|---------------------|---------------------|
| 1. CARO VAN DER POEL, Miquel | 89 C.N. Tarraco | 4:57.62 | 637 |
| 50m: 30.81 30.81 | 150m: 1:42.24 37.13 | 250m: 3:03.18 44.27 | 350m: 4:24.27 35.32 |
| 100m: 1:05.11 34.30 | 200m: 2:18.91 36.67 | 300m: 3:48.95 45.77 | 400m: 4:57.62 33.35 |
| 2. SAN MARTIN TRESOLS, Luis | 88 A.E.N. Júpiter Sant Martí | 5:27.10 | 480 |
| 50m: 36.50 36.50 | 150m: 2:01.73 42.02 | 250m: 3:28.40 45.64 | 350m: 4:51.45 36.83 |
| 100m: 1:19.71 43.21 | 200m: 2:42.76 41.03 | 300m: 4:14.62 46.22 | 400m: 5:27.10 35.65 |

35+, Masc.

| | | | |
|-----------------------------------|-----------------------|---------------------|---------------------|
| 1. DIAZ MERCADO, Zigor | 84 Swim Camp Getxo Cd | 4:42.51 | 778 |
| <i>Rècord Campionat</i> | | | |
| 50m: 29.64 29.64 | 150m: 1:39.82 37.03 | 250m: 2:55.70 39.80 | 350m: 4:09.77 33.88 |
| 100m: 1:02.79 33.15 | 200m: 2:15.90 36.08 | 300m: 3:35.89 40.19 | 400m: 4:42.51 32.74 |
| 2. CABANILLAS QUINTANILLA, Rafael | 87 Marnaton | 4:55.25 | 681 |
| 50m: 31.54 31.54 | 150m: 1:48.21 40.47 | 250m: 3:08.19 41.65 | 350m: 4:23.51 33.42 |
| 100m: 1:07.74 36.20 | 200m: 2:26.54 38.33 | 300m: 3:50.09 41.90 | 400m: 4:55.25 31.74 |

40+, Masc.

| | | | |
|-----------------------|-------------------------------|---------------------|---------------------|
| 1. GOMEZ GARCES, Raul | 78 Cv Platja Llarga Tarragona | 5:13.87 | 641 |
| 50m: 31.91 31.91 | 150m: 1:51.68 42.75 | 250m: 3:17.03 43.94 | 350m: 4:38.84 36.61 |
| 100m: 1:08.93 37.02 | 200m: 2:33.09 41.41 | 300m: 4:02.23 45.20 | 400m: 5:13.87 35.03 |

DNS VALLES SALGADO, Alberto 80 C.N. Tarraco

45+, Masc.

| | | | |
|----------------------|---------------------|---------------------|---------------------|
| 1. VIÑAS ROURA, Marc | 74 GEIEG | 6:29.70 | 338 |
| 50m: 37.88 37.88 | 150m: 2:21.79 54.70 | 250m: 4:11.31 56.07 | 350m: 5:49.67 40.74 |
| 100m: 1:27.09 49.21 | 200m: 3:15.24 53.45 | 300m: 5:08.93 57.62 | 400m: 6:29.70 40.03 |

50+, Masc.

| | | | |
|---------------------------|---------------------|---------------------|---------------------|
| 1. NAGL, Norbert | 68 SC Hakoah Wien | 5:52.59 | 446 |
| 50m: 39.47 39.47 | 150m: 2:10.25 44.71 | 250m: 3:44.72 50.29 | 350m: 5:14.58 38.86 |
| 100m: 1:25.54 46.07 | 200m: 2:54.43 44.18 | 300m: 4:35.72 51.00 | 400m: 5:52.59 38.01 |
| 2. RIBON CALABIA, Enrique | 68 Aquamàsters | 6:38.75 | 308 |
| 50m: 48.35 48.35 | 150m: 2:33.00 52.55 | 250m: 4:15.31 52.00 | 350m: 5:53.87 46.22 |
| 100m: 1:40.45 52.10 | 200m: 3:23.31 50.31 | 300m: 5:07.65 52.34 | 400m: 6:38.75 44.88 |

Piscina 25mts i cronometratge automàtic





Prova 4, 400m Estils

55+, Masc.

| | | | | | | | | | | | | |
|----|------------------------------|---------|---------------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | NAVARRO AGUIRRE, Juan Carlos | 65 | GEIEG | | | | | 6:01.93 | 525 | | | |
| | 50m: | 39.99 | 39.99 | 150m: | 2:14.12 | 49.49 | 250m: | 3:53.37 | 51.07 | 350m: | 5:24.22 | 39.86 |
| | 100m: | 1:24.63 | 44.64 | 200m: | 3:02.30 | 48.18 | 300m: | 4:44.36 | 50.99 | 400m: | 6:01.93 | 37.71 |
| 2. | TRENS ESCUDERO, Enric | 63 | C.N. Sabadell | | | | | 6:10.63 | 489 | | | |
| | 50m: | 39.13 | 39.13 | 150m: | 2:17.72 | 51.02 | 250m: | 3:58.21 | 49.40 | 350m: | 5:31.17 | 41.67 |
| | 100m: | 1:26.70 | 47.57 | 200m: | 3:08.81 | 51.09 | 300m: | 4:49.50 | 51.29 | 400m: | 6:10.63 | 39.46 |
| 3. | JOFRE RUIZ, Ramon | 67 | C.N. Lleida | | | | | 6:42.95 | 380 | | | |
| | 50m: | 44.62 | 44.62 | 150m: | 2:29.45 | 53.15 | 250m: | 4:18.21 | 55.56 | 350m: | 5:59.49 | 46.68 |
| | 100m: | 1:36.30 | 51.68 | 200m: | 3:22.65 | 53.20 | 300m: | 5:12.81 | 54.60 | 400m: | 6:42.95 | 43.46 |

60+, Masc.

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|----|--------------------------|---------|----------------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | CISNEROS HERRILLO, Jorge | 61 | C.N. Catalunya | | | | | 6:36.21 | 454 | | | |
| | 50m: | 43.90 | 43.90 | 150m: | 2:26.67 | 52.24 | 250m: | 4:13.39 | 55.03 | 350m: | 5:53.92 | 44.69 |
| | 100m: | 1:34.43 | 50.53 | 200m: | 3:18.36 | 51.69 | 300m: | 5:09.23 | 55.84 | 400m: | 6:36.21 | 42.29 |

70+, Masc.

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|----|----------------------|---------|-----------------|-------|---------|-------|-------|----------------|---------|-------|---------|-------|
| 1. | PROUS GRAU, Fernando | 50 | C.N. Reus Ploms | | | | | 7:09.36 | 533 | | | |
| | 50m: | 45.90 | 45.90 | 150m: | 2:32.70 | 54.56 | 250m: | 4:26.37 | 1:00.25 | 350m: | 6:19.44 | 52.17 |
| | 100m: | 1:38.14 | 52.24 | 200m: | 3:26.12 | 53.42 | 300m: | 5:27.27 | 1:00.90 | 400m: | 7:09.36 | 49.92 |

20+, Fem.

| | | | | | | | | | | | | |
|----|-----------------------|---------|---------------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | SERRA BALAGUERO, Anna | 99 | C.N. Terrassa | | | | | 5:39.61 | 443 | | | |
| | 50m: | 33.85 | 33.85 | 150m: | 1:58.18 | 45.32 | 250m: | 3:31.39 | 48.90 | 350m: | 5:00.84 | 40.31 |
| | 100m: | 1:12.86 | 39.01 | 200m: | 2:42.49 | 44.31 | 300m: | 4:20.53 | 49.14 | 400m: | 5:39.61 | 38.77 |

35+, Fem.

BX MARTINEZ CASTELLANO, Saioa 84 Pamplona C.N.

55+, Fem.

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|----|----------------------|---------|---------------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | PAGES SEGURA, Silvia | 66 | C.N. Terrassa | | | | | 6:06.68 | 638 | | | |
| | 50m: | 38.59 | 38.59 | 150m: | 2:13.95 | 49.27 | 250m: | 3:50.00 | 48.93 | 350m: | 5:24.56 | 43.40 |
| | 100m: | 1:24.68 | 46.09 | 200m: | 3:01.07 | 47.12 | 300m: | 4:41.16 | 51.16 | 400m: | 6:06.68 | 42.12 |

BX PORT CASAMITJANA, Adriana 67 C.N. Sabadell