

Event 23 400m Freestyle 2002 and older
 12/6/2022 - 10:38 Results

CR	4:08.53	CABANILLAS QUINTANILLA, RAFA00069	BARCELONA-CNSA	30/5/2015
CR	4:46.33	VELEZ, ANNE	MILLAU BARCELONA-CNSA	21/5/2011

Points: Taula Catalana 2021

Rank	YB	Time	Punts CAT
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25+, Men

1.	TORRES SERRANO, Sergio	96 Aquamasters	4:50.29	572
	50m: 32.61 32.61 150m: 1:45.11 36.88 250m: 2:59.30 37.13 350m: 4:14.02 37.55			
	100m: 1:08.23 35.62 200m: 2:22.17 37.06 300m: 3:36.47 37.17 400m: 4:50.29 36.27			
2.	PUERTO PALOMERO, Hector	95 Vila-Swim Fondistas Club Natacion	5:19.34	430
	50m: 35.26 35.26 150m: 1:56.24 40.71 250m: 3:18.55 40.53 350m: 4:40.09 40.55			
	100m: 1:15.53 40.27 200m: 2:38.02 41.78 300m: 3:59.54 40.99 400m: 5:19.34 39.25			

30+, Men

1.	GALLARDO FLORES, Carlos	88 C.N. Esplugues	4:27.24	707
	50m: 30.59 30.59 150m: 1:37.81 33.93 250m: 2:46.33 33.67 350m: 3:54.88 33.93			
	100m: 1:03.88 33.29 200m: 2:12.66 34.85 300m: 3:20.95 34.62 400m: 4:27.24 32.36			
2.	MALVESI MARTINEZ, Ruben	92 Cee Sant Gervasi	4:46.52	574
	50m: 31.25 31.25 150m: 1:41.70 36.10 250m: 2:55.35 37.29 350m: 4:10.21 37.37			
	100m: 1:05.60 34.35 200m: 2:18.06 36.36 300m: 3:32.84 37.49 400m: 4:46.52 36.31			

35+, Men

1.	RODRIGUEZ RAMOS, Cristian	86 C.N. L'Hospitalet	4:26.17	789
	50m: 30.10 30.10 150m: 1:36.74 33.62 250m: 2:44.65 33.95 350m: 3:53.49 34.04			
	100m: 1:03.12 33.02 200m: 2:10.70 33.96 300m: 3:19.45 34.80 400m: 4:26.17 32.68			
2.	ROSELL POBLET, Josep Ma	83 C.N. Tarraco	4:42.83	657
	50m: 31.59 31.59 150m: 1:41.38 35.39 250m: 2:54.35 36.70 350m: 4:07.58 36.65			
	100m: 1:05.99 34.40 200m: 2:17.65 36.27 300m: 3:30.93 36.58 400m: 4:42.83 35.25			
3.	FRANCO GARCIA, Raul	83 C.N. Santa Perpetua	5:13.28	484
	50m: 35.39 35.39 150m: 1:55.20 40.12 250m: 3:15.81 39.92 350m: 4:34.54 39.14			
	100m: 1:15.08 39.69 200m: 2:35.89 40.69 300m: 3:55.40 39.59 400m: 5:13.28 38.74			

40+, Men

1.	GALLARDO FLORES, Alberto	82 C.N. Esplugues	4:20.28	852
	50m: 30.11 30.11 150m: 1:35.11 32.95 250m: 2:41.08 32.88 350m: 3:47.90 33.48			
	100m: 1:02.16 32.05 200m: 2:08.20 33.09 300m: 3:14.42 33.34 400m: 4:20.28 32.38			
2.	RABASSA IGLESIAS, Roger	81 C.E.N. Cabrera De Mar	4:34.73	724
	50m: 31.33 31.33 150m: 1:40.60 34.33 250m: 2:50.26 34.31 350m: 4:01.00 35.05			
	100m: 1:06.27 34.94 200m: 2:15.95 35.35 300m: 3:25.95 35.69 400m: 4:34.73 33.73			
3.	GOMEZ GARCES, Raul	78 Cv Platja Llarga Tarragona	4:56.90	574
	50m: 32.60 32.60 150m: 1:45.45 37.24 250m: 3:01.92 38.65 350m: 4:19.74 39.45			
	100m: 1:08.21 35.61 200m: 2:23.27 37.82 300m: 3:40.29 38.37 400m: 4:56.90 37.16			
4.	VARGAS ARANIBAR, Marcelo	78 C.N. Swimfaster Salt	5:08.85	510
	50m: 35.38 35.38 150m: 1:52.05 38.71 250m: 3:10.30 39.36 350m: 4:30.18 40.10			
	100m: 1:13.34 37.96 200m: 2:30.94 38.89 300m: 3:50.08 39.78 400m: 5:08.85 38.67			
5.	TORRES GARCIA, Jorge	79 C.N. Tarraco	5:12.70	491
	50m: 34.81 34.81 150m: 1:51.69 39.40 250m: 3:12.07 40.03 350m: 4:33.13 41.00			
	100m: 1:12.29 37.48 200m: 2:32.04 40.35 300m: 3:52.13 40.06 400m: 5:12.70 39.57			

NQ= No Classificat/da

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Sponsor principal

Sponsors institucionals

Acreditacions



Event 23, 400m Freestyle

45+, Men

1.	ORENSANZ MARTINEZ, Joan	77	Aquamasters	4:38.30	734
	50m: 31.27 31.27	150m: 1:40.71 35.25	250m: 2:52.73 36.02	350m: 4:04.88 35.84	
	100m: 1:05.46 34.19	200m: 2:16.71 36.00	300m: 3:29.04 36.31	400m: 4:38.30 33.42	
2.	GLEIZES, Sylvain	74	F.P. Claror	4:46.21	675
	50m: 31.79 31.79	150m: 1:44.42 36.75	250m: 2:58.53 37.17	350m: 4:11.83 36.53	
	100m: 1:07.67 35.88	200m: 2:21.36 36.94	300m: 3:35.30 36.77	400m: 4:46.21 34.38	
3.	SAVESCU, George	75	C.D. Jerez Natacion Master	4:49.75	651
	50m: 32.61 32.61	150m: 1:46.44 36.95	250m: 3:01.09 36.99	350m: 4:15.16 36.88	
	100m: 1:09.49 36.88	200m: 2:24.10 37.66	300m: 3:38.28 37.19	400m: 4:49.75 34.59	
4.	TORIBIO ECHEGOYEN, Alberto	77	Cee Sant Gervasi	4:59.67	588
	50m: 33.39 33.39	150m: 1:48.26 38.11	250m: 3:05.17 38.37	350m: 4:22.81 39.01	
	100m: 1:10.15 36.76	200m: 2:26.80 38.54	300m: 3:43.80 38.63	400m: 4:59.67 36.86	

50+, Men

1.	PIJUAN ORO, Lluís	72	C.E.N. Balaguer	4:32.09	832
	<i>Rècord Espanya</i>				
	50m: 31.03 31.03	150m: 1:38.63 34.06	250m: 2:47.63 34.46	350m: 3:57.16 34.73	
	100m: 1:04.57 33.54	200m: 2:13.17 34.54	300m: 3:22.43 34.80	400m: 4:32.09 34.93	
2.	MORENO CALDERON, Antonio	71	C.N. Reus Ploms	4:59.65	623
	50m: 33.70 33.70	150m: 1:48.64 37.87	250m: 3:04.97 37.83	350m: 4:22.27 38.70	
	100m: 1:10.77 37.07	200m: 2:27.14 38.50	300m: 3:43.57 38.60	400m: 4:59.65 37.38	
3.	ADELL LLOSAS, Joan Carles	68	Cambrils C.N.	5:01.35	613
	50m: 34.34 34.34	150m: 1:49.80 38.40	250m: 3:07.14 38.70	350m: 4:24.27 38.50	
	100m: 1:11.40 37.06	200m: 2:28.44 38.64	300m: 3:45.77 38.63	400m: 5:01.35 37.08	
4.	MARTINEZ ESPADA, Jose	72	C.N. Salou	5:20.68	508
	50m: 35.85 35.85	150m: 1:54.73 40.00	250m: 3:17.29 41.64	350m: 4:40.67 41.27	
	100m: 1:14.73 38.88	200m: 2:35.65 40.92	300m: 3:59.40 42.11	400m: 5:20.68 40.01	
5.	SANCHEZ MEMBRILLA, Juan Jose	71	Cee Sant Gervasi	5:21.15	506
	50m: 34.18 34.18	150m: 1:52.16 40.43	250m: 3:14.70 41.30	350m: 4:39.74 42.65	
	100m: 1:11.73 37.55	200m: 2:33.40 41.24	300m: 3:57.09 42.39	400m: 5:21.15 41.41	
6.	GILLUE DIEZ, Jordi	71	C.N. Terrassa	5:39.14	430
	50m: 36.14 36.14	150m: 1:57.94 41.96	250m: 3:25.87 44.35	350m: 4:55.88 45.42	
	100m: 1:15.98 39.84	200m: 2:41.52 43.58	300m: 4:10.46 44.59	400m: 5:39.14 43.26	

55+, Men

1.	NILSSON, Stefan	64	Toeroekbalint	4:55.66	700
	50m: 32.75 32.75	150m: 1:47.08 37.32	250m: 3:02.80 37.86	350m: 4:19.03 38.03	
	100m: 1:09.76 37.01	200m: 2:24.94 37.86	300m: 3:41.00 38.20	400m: 4:55.66 36.63	
2.	ANGLES OLIVE, Josep	63	Cambrils C.N.	6:06.43	368
	50m: 41.09 41.09	150m: 2:15.03 47.94	250m: 3:50.19 47.71	350m: 5:24.87 47.29	
	100m: 1:27.09 46.00	200m: 3:02.48 47.45	300m: 4:37.58 47.39	400m: 6:06.43 41.56	

60+, Men

1.	GOMEZ VELEZ, Rafael	62	C.N. Salou	5:22.99	630
	50m: 36.48 36.48	150m: 1:57.00 40.71	250m: 3:18.97 41.20	350m: 4:42.35 42.18	
	100m: 1:16.29 39.81	200m: 2:37.77 40.77	300m: 4:00.17 41.20	400m: 5:22.99 40.64	
2.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	5:29.47	593
	50m: 37.15 37.15	150m: 1:59.18 41.35	250m: 3:22.97 41.84	350m: 4:47.73 42.04	
	100m: 1:17.83 40.68	200m: 2:41.13 41.95	300m: 4:05.69 42.72	400m: 5:29.47 41.74	

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Sponsor principal

Sponsors institucionals

Acreditacions



Event 23, 400m Freestyle

65+, Men

1.	GAGO QUERO, Jose Ramon	56 F.P. Claror						5:50.43	498			
	<i>Rècord Catalunya</i>											
	50m:	41.36	41.36	150m:	2:12.12	45.87	250m:	3:40.85	44.01	350m:	5:08.75	43.45
	100m:	1:26.25	44.89	200m:	2:56.84	44.72	300m:	4:25.30	44.45	400m:	5:50.43	41.68
2.	CAMARA SERRANO, Juan Ma	54 F.P. Claror						6:06.58	435			
	50m:	43.52	43.52	150m:	2:16.76	47.92	250m:	3:52.81	48.01	350m:	5:25.90	46.17
	100m:	1:28.84	45.32	200m:	3:04.80	48.04	300m:	4:39.73	46.92	400m:	6:06.58	40.68

75+, Men

1.	FARRE GANDUXE, Josep	46 C.N. Sant Andreu						6:38.89	506			
	50m:	46.59	46.59	150m:	2:30.15	51.48	250m:	4:11.68	50.18	350m:	5:51.51	49.24
	100m:	1:38.67	52.08	200m:	3:21.50	51.35	300m:	5:02.27	50.59	400m:	6:38.89	47.38

80+, Men

1.	HENDRIK DE BRUIJN, Frederik	38 Aquamasters						7:06.69	530			
	50m:	51.59	51.59	150m:	2:39.56	55.55	250m:	4:27.18	54.03	350m:	6:15.89	55.08
	100m:	1:44.01	52.42	200m:	3:33.15	53.59	300m:	5:20.81	53.63	400m:	7:06.69	50.80

20+, Women

1.	GOMEZ ALONSO, Nuria	01 Cee Sant Gervasi						5:31.46	363			
	50m:	37.10	37.10	150m:	1:59.23	41.42	250m:	3:24.58	42.78	350m:	4:50.55	42.46
	100m:	1:17.81	40.71	200m:	2:41.80	42.57	300m:	4:08.09	43.51	400m:	5:31.46	40.91

25+, Women

1.	BERTRAN IZQUIERDO, Aida	96 C.E. Mediterrani						4:45.29	745			
	<i>Rècord Catalunya</i>											
	50m:	33.18	33.18	150m:	1:43.98	35.95	250m:	2:56.36	36.51	350m:	4:09.42	36.99
	100m:	1:08.03	34.85	200m:	2:19.85	35.87	300m:	3:32.43	36.07	400m:	4:45.29	35.87
2.	ARROYO GARCIA, Sonia	93 Aquamasters						4:58.12	653			
	50m:	33.86	33.86	150m:	1:48.69	37.88	250m:	3:04.61	37.94	350m:	4:20.64	37.72
	100m:	1:10.81	36.95	200m:	2:26.67	37.98	300m:	3:42.92	38.31	400m:	4:58.12	37.48

30+, Women

1.	CARRERAS RODRIGUEZ, Alejandra	89 C.N. Parets						5:59.86	371			
	50m:	40.31	40.31	150m:	2:10.76	46.67	250m:	3:44.86	46.89	350m:	5:16.66	45.36
	100m:	1:24.09	43.78	200m:	2:57.97	47.21	300m:	4:31.30	46.44	400m:	5:59.86	43.20
2.	MARTINEZ SALCEDO, Nerea	89 C.N. Santa Perpetua						6:14.03	331			
	50m:	42.43	42.43	150m:	2:18.25	48.56	250m:	3:54.90	48.18	350m:	5:30.80	47.39
	100m:	1:29.69	47.26	200m:	3:06.72	48.47	300m:	4:43.41	48.51	400m:	6:14.03	43.23
3.	SILVESTRE HERNANDEZ, Judith	92 Fed Andorrana						6:52.89	246			
	50m:	45.69	45.69	150m:	2:31.09	54.13	250m:	4:18.57	53.68	350m:	6:04.80	53.03
	100m:	1:36.96	51.27	200m:	3:24.89	53.80	300m:	5:11.77	53.20	400m:	6:52.89	48.09

35+, Women

1.	DE MIGUEL GONZALEZ, Carolina	83 Vila-Swim Fondistas Club Natacion						4:56.47	724			
	50m:	34.37	34.37	150m:	1:48.24	37.46	250m:	3:03.40	37.20	350m:	4:19.24	38.19
	100m:	1:10.78	36.41	200m:	2:26.20	37.96	300m:	3:41.05	37.65	400m:	4:56.47	37.23

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Sponsor principal

Sponsors institucionals

Acreditacions



Event 23, Women, 400m Freestyle, 35+

Rank			YB			Time	Punts CAT	
2.	FERNANDEZ RAFEGAS, Olga		84	C.N. Caldes		5:55.08	421	
	50m:	39.51 39.51	150m:	2:08.20 45.35	250m:	3:40.74 46.40	350m:	5:12.63 45.98
	100m:	1:22.85 43.34	200m:	2:54.34 46.14	300m:	4:26.65 45.91	400m:	5:55.08 42.45

40+, Women

1.	ZAPATER RODRIGUEZ, Gemma		81	Cv Platja Llarga Tarragona		5:06.14	633	
	50m:	35.29 35.29	150m:	1:51.78 38.59	250m:	3:09.27 38.76	350m:	4:27.57 39.18
	100m:	1:13.19 37.90	200m:	2:30.51 38.73	300m:	3:48.39 39.12	400m:	5:06.14 38.57
2.	RODRIGUEZ MONTOLIO, Monica		81	C.E. Mediterrani		6:34.24	296	
	50m:	47.54 47.54	150m:	2:28.53 50.20	250m:	4:09.93 50.84	350m:	5:48.73 49.18
	100m:	1:38.33 50.79	200m:	3:19.09 50.56	300m:	4:59.55 49.62	400m:	6:34.24 45.51
3.	FERRAN CARMONA, Eva		79	C.N. Lleida		6:34.66	295	
	50m:	43.34 43.34	150m:	2:21.70 50.32	250m:	4:04.52 51.75	350m:	5:48.74 52.38
	100m:	1:31.38 48.04	200m:	3:12.77 51.07	300m:	4:56.36 51.84	400m:	6:34.66 45.92

45+, Women

1.	SANCHEZ MARQUES, Mireia		77	Cv Platja Llarga Tarragona		5:37.80	522	
	50m:	38.71 38.71	150m:	2:03.41 42.90	250m:	3:30.03 43.54	350m:	4:57.01 43.60
	100m:	1:20.51 41.80	200m:	2:46.49 43.08	300m:	4:13.41 43.38	400m:	5:37.80 40.79
2.	TAPIA ROMAN, Eva		74	C.N. Catalunya		5:46.67	483	
	50m:	36.58 36.58	150m:	2:02.77 43.99	250m:	3:33.17 45.07	350m:	5:04.09 45.61
	100m:	1:18.78 42.20	200m:	2:48.10 45.33	300m:	4:18.48 45.31	400m:	5:46.67 42.58
3.	ROMERO AZNAR, Gemma		75	C.N. Onades		6:04.13	417	
	50m:	42.01 42.01	150m:	2:13.88 46.38	250m:	3:47.09 46.75	350m:	5:19.84 46.02
	100m:	1:27.50 45.49	200m:	3:00.34 46.46	300m:	4:33.82 46.73	400m:	6:04.13 44.29
4.	PERA MENDEZ, Yolanda		73	C.N. Parets		6:37.15	321	
	50m:	46.08 46.08	150m:	2:25.19 49.99	250m:	4:07.28 51.56	350m:	5:48.81 50.52
	100m:	1:35.20 49.12	200m:	3:15.72 50.53	300m:	4:58.29 51.01	400m:	6:37.15 48.34

50+, Women

1.	CSIKANY, Csilla		68	Toeroekbalint		5:08.31	754	
	50m:	34.61 34.61	150m:	1:52.33 39.42	250m:	3:11.28 39.34	350m:	4:30.54 39.42
	100m:	1:12.91 38.30	200m:	2:31.94 39.61	300m:	3:51.12 39.84	400m:	5:08.31 37.77
2.	DEL POZO MARRUGAT, Maria Helena		72	C.N. Sabadell		6:47.63	326	
	50m:	45.69 45.69	150m:	2:29.74 52.83	250m:	4:14.84 52.51	350m:	5:57.95 51.96
	100m:	1:36.91 51.22	200m:	3:22.33 52.59	300m:	5:05.99 51.15	400m:	6:47.63 49.68
3.	MAILLO LARA, Ascensio		69	C.N. Terrassa		6:56.75	305	
	50m:	48.54 48.54	150m:	2:32.92 53.28	250m:	4:19.45 53.61	350m:	6:06.28 53.69
	100m:	1:39.64 51.10	200m:	3:25.84 52.92	300m:	5:12.59 53.14	400m:	6:56.75 50.47

55+, Women

1.	RAVES OLIVE, Maria Del Mar		67	C.N. Tarraco		5:30.11	633	
	50m:	38.20 38.20	150m:	2:03.18 42.94	250m:	3:27.38 41.86	350m:	4:50.96 41.25
	100m:	1:20.24 42.04	200m:	2:45.52 42.34	300m:	4:09.71 42.33	400m:	5:30.11 39.15
2.	GARCIA GUIRADO, Maria Victoria		64	Cv Platja Llarga Tarragona		5:52.56	519	
	50m:	39.76 39.76	150m:	2:08.76 44.96	250m:	3:38.90 44.63	350m:	5:09.07 44.88
	100m:	1:23.80 44.04	200m:	2:54.27 45.51	300m:	4:24.19 45.29	400m:	5:52.56 43.49

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Sponsor principal

Sponsors institucionals

Acreditacions



Event 23, 400m Freestyle

60+, Women

1.	GIBERT PERRAMON, Rosa Maria	60	Club Nagi					6:52.57	384			
	50m:	45.87	45.87	150m:	2:29.69	52.10	250m:	4:16.43	53.16	350m:	6:03.08	52.79
	100m:	1:37.59	51.72	200m:	3:23.27	53.58	300m:	5:10.29	53.86	400m:	6:52.57	49.49

65+, Women

1.	ARANIBAR DE VARGAS, Melva	55	C.N. Swimfaster Salt					8:14.33	253			
	50m:	54.64	54.64	150m:	2:59.04	1:03.39	250m:	5:07.35	1:04.33	350m:	7:14.14	1:02.92
	100m:	1:55.65	1:01.01	200m:	4:03.02	1:03.98	300m:	6:11.22	1:03.87	400m:	8:14.33	1:00.19