

Event 4 400m Medley 2002 and older  
11/6/2022 - 10:37 Results

CR	4:50.22	DIAZ MERCADO, Zigor	ESP	BARCELONA - CEM	13/6/2021
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	<b>5:43.50</b>	438
50m: 33.52 33.52	150m: 1:56.85 44.02	250m: 3:33.78 52.93	350m: 5:05.93 42.15
100m: 1:12.83 39.31	200m: 2:40.85 44.00	300m: 4:23.78 50.00	400m: 5:43.50 37.57

35+, Men

1. FRANCO GARCIA, Raul	83 C.N. Santa Perpetua	<b>5:40.94</b>	534
50m: 35.42 35.42	150m: 2:01.14 44.70	250m: 3:31.69 46.49	350m: 5:01.24 41.40
100m: 1:16.44 41.02	200m: 2:45.20 44.06	300m: 4:19.84 48.15	400m: 5:40.94 39.70

40+, Men

1. RICHART CONEJERO, Vicente	82 Cst-Cst Costa Azahar	<b>5:06.29</b>	789
50m: 31.20 31.20	150m: 1:48.13 40.44	250m: 3:12.18 43.81	350m: 4:33.15 35.43
100m: 1:07.69 36.49	200m: 2:28.37 40.24	300m: 3:57.72 45.54	400m: 5:06.29 33.14

45+, Men

1. LACUNZA, Etor	74 GEIEG	<b>6:35.93</b>	368
50m: 38.90 38.90	150m: 2:18.14 53.32	250m: 4:06.93 56.56	350m: 5:49.81 46.62
100m: 1:24.82 45.92	200m: 3:10.37 52.23	300m: 5:03.19 56.26	400m: 6:35.93 46.12
2. SANTANES MOLINA, Jordi	74 Fed Andorrana	<b>8:01.47</b>	205
50m: 53.42 53.42	150m: 2:57.05 59.51	250m: 5:03.84 1:09.70	350m: 7:07.64 54.90
100m: 1:57.54 1:04.12	200m: 3:54.14 57.09	300m: 6:12.74 1:08.90	400m: 8:01.47 53.83

50+, Men

1. PEREZ-PORTABELLA LOPEZ, Antoni	69 Cv Platja Llarga Tarragona	<b>6:18.91</b>	428
50m: 41.71 41.71	150m: 2:21.34 51.39	250m: 4:04.49 52.93	350m: 5:38.40 40.56
100m: 1:29.95 48.24	200m: 3:11.56 50.22	300m: 4:57.84 53.35	400m: 6:18.91 40.51
2. DE LA VEGA GIMENEZ, Rafael	69 C.D. Jerez Natacion Master	<b>6:33.62</b>	382
50m: 39.75 39.75	150m: 2:23.63 55.37	250m: 4:11.88 55.29	350m: 5:52.84 43.97
100m: 1:28.26 48.51	200m: 3:16.59 52.96	300m: 5:08.87 56.99	400m: 6:33.62 40.78

55+, Men

1. CARALT RIERA, Miquel	65 Aquamasters	<b>5:54.32</b>	618
50m: 36.84 36.84	150m: 2:06.67 48.18	250m: 3:46.05 51.46	350m: 5:16.39 39.14
100m: 1:18.49 41.65	200m: 2:54.59 47.92	300m: 4:37.25 51.20	400m: 5:54.32 37.93
2. JOFRE RUIZ, Ramon	67 C.N. Lleida	<b>7:34.64</b>	293
50m: 51.31 51.31	150m: 2:50.64 1:01.22	250m: 4:49.88 1:02.02	350m: 6:45.30 54.24
100m: 1:49.42 58.11	200m: 3:47.86 57.22	300m: 5:51.06 1:01.18	400m: 7:34.64 49.34

70+, Men

1. PROUS GRAU, Fernando	50 C.N. Reus Ploms	<b>7:37.88</b>	477
50m: 47.68 47.68	150m: 2:42.42 59.25	250m: 4:44.17 1:03.26	350m: 6:43.46 54.38
100m: 1:43.17 55.49	200m: 3:40.91 58.49	300m: 5:49.08 1:04.91	400m: 7:37.88 54.42

NQ= No Classificat/da

Pisc. 50mts i cronometratge automàtic

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Sponsor principal

Sponsors institucionals

Acreditacions



## Event 4, 400m Medley

## 20+, Women

1. SERRA BALAGUERO, Anna	99 C.N. Terrassa	<b>5:43.72</b>	465
50m: 33.98 33.98	150m: 1:59.50 46.77	250m: 3:34.08 48.85	350m: 5:04.02 40.46
100m: 1:12.73 38.75	200m: 2:45.23 45.73	300m: 4:23.56 49.48	400m: 5:43.72 39.70

## 35+, Women

1. ROLDAN GOMEZ, Alba	86 C.D. Jerez Natacion Master	<b>5:52.76</b>	613
50m: 36.79 36.79	150m: 2:08.20 47.87	250m: 3:41.15 46.31	350m: 5:12.22 42.22
100m: 1:20.33 43.54	200m: 2:54.84 46.64	300m: 4:30.00 48.85	400m: 5:52.76 40.54

## 40+, Women

1. PRIOR PALACIN, Almudena	81 C.N. Iregua-Villamediana	<b>6:25.62</b>	519
50m: 42.35 42.35	150m: 2:22.36 49.74	250m: 4:05.11 56.22	350m: 5:44.04 43.14
100m: 1:32.62 50.27	200m: 3:08.89 46.53	300m: 5:00.90 55.79	400m: 6:25.62 41.58

## 50+, Women

1. GOMARIZ GONZALEZ, Montserrat	70 C.N. Manresa	<b>5:51.63</b>	759
<i>Rècord Espanya</i>			
50m: 34.77 34.77	150m: 2:02.76 48.47	250m: 3:39.73 50.71	350m: 5:12.18 41.26
100m: 1:14.29 39.52	200m: 2:49.02 46.26	300m: 4:30.92 51.19	400m: 5:51.63 39.45