



XVI TROFEU C.N. SABADELL - VIII MEMORIAL PAULUS WILDEBOER  
SABADELL, 19 - 20/3/2022



Prova 29  
20/03/2022 - 18:10

Masc., 400m Estils

Open  
Resultats

RC	4:16.98	NUÑEZ MOLANO JAVIER	PALMA MALLORCA	04/04/2008
CCT	4:19.02	BOGGIATTO, ALESSIO	SABADELL	14/02/2009

Punts: FINA 2021

Classificació	ANY		Temps		Pts
1. CASTEJON RAMIREZ, Alex	98	C.N. Sabadell	<b>4:23.61</b>	791	
50m: 28.80 28.80	150m: 1:36.87	35.25 250m: 2:47.54	37.02 350m: 3:54.46	31.10	
100m: 1:01.62 32.82	200m: 2:10.52	33.65 300m: 3:23.36	35.82 400m: 4:23.61	29.15	
2. CHOUCAR, Ramzy	97	Cercle des Nageurs d'Antibes	<b>4:29.38</b>	741	
50m: 27.86 27.86	150m: 1:35.92	35.98 250m: 2:48.93	37.27 350m: 3:58.40	31.94	
100m: 59.94 32.08	200m: 2:11.66	35.74 300m: 3:26.46	37.53 400m: 4:29.38	30.98	
3. BONAL HERNANDEZ, Mikel	02	Federació Natació Comunitat Valenciana	<b>4:33.14</b>	711	
50m: 28.19 28.19	150m: 1:36.13	35.46 250m: 2:51.29	39.37 350m: 4:02.28	31.85	
100m: 1:00.67 32.48	200m: 2:11.92	35.79 300m: 3:30.43	39.14 400m: 4:33.14	30.86	
4. ORTIZ MARTINEZ, Carlos	04	C.N. Barcelona	<b>4:37.47</b>	678	
50m: 28.28 28.28	150m: 1:37.70	35.60 250m: 2:52.65	40.45 350m: 4:06.61	32.79	
100m: 1:02.10 33.82	200m: 2:12.20	34.50 300m: 3:33.82	41.17 400m: 4:37.47	30.86	
5. MONCHO GONZALEZ, Pau	03	Federació Natació Comunitat Valenciana	<b>4:38.81</b>	668	
50m: 29.28 29.28	150m: 1:39.01	35.89 250m: 2:53.69	39.31 350m: 4:06.96	32.18	
100m: 1:03.12 33.84	200m: 2:14.38	35.37 300m: 3:34.78	41.09 400m: 4:38.81	31.85	
6. ARRUABARRENA MAYOR, Ander	99	C.N. Sant Andreu	<b>4:41.96</b>	646	
50m: 28.81 28.81	150m: 1:37.92	35.24 250m: 2:54.74	41.55 350m: 4:09.98	32.51	
100m: 1:02.68 33.87	200m: 2:13.19	35.27 300m: 3:37.47	42.73 400m: 4:41.96	31.98	
7. CABEZUELO AREVALO, Albert	04	C.N. Sabadell	<b>4:43.46</b>	636	
50m: 30.22 30.22	150m: 1:41.10	37.33 250m: 2:57.59	41.00 350m: 4:11.99	33.48	
100m: 1:03.77 33.55	200m: 2:16.59	35.49 300m: 3:38.51	40.92 400m: 4:43.46	31.47	
8. DUVET, Alexis	05	Aqua Climbs Millau Grands Causses	<b>4:46.59</b>	615	
50m: 31.43 31.43	150m: 1:45.02	37.72 250m: 3:02.62	41.52 350m: 4:16.94	32.44	
100m: 1:07.30 35.87	200m: 2:21.10	36.08 300m: 3:44.50	41.88 400m: 4:46.59	29.65	
9. PEROSANZ LOPEZ, Guillermo	01	C.N. Sabadell	<b>4:46.85</b>	614	
50m: 28.60 28.60	150m: 1:39.74	38.27 250m: 3:02.21	45.30 350m: 4:17.76	30.97	
100m: 1:01.47 32.87	200m: 2:16.91	37.17 300m: 3:46.79	44.58 400m: 4:46.85	29.09	
10. GIJON ESPIGARES, Javier	99	C.E. Mediterrani	<b>4:49.77</b>	595	
50m: 29.00 29.00	150m: 1:40.89	37.90 250m: 2:57.92	41.01 350m: 4:15.27	34.77	
100m: 1:02.99 33.99	200m: 2:16.91	36.02 300m: 3:40.50	42.58 400m: 4:49.77	34.50	
11. BOTE BONELL, Josep	04	C.N. Terrassa	<b>4:53.32</b>	574	
50m: 31.05 31.05	150m: 1:42.58	35.92 250m: 3:02.53	43.22 350m: 4:19.98	34.21	
100m: 1:06.66 35.61	200m: 2:19.31	36.73 300m: 3:45.77	43.24 400m: 4:53.32	33.34	
12. CORTES VILARDELL, Pau	05	C.N. Caldes	<b>4:56.02</b>	558	
50m: 30.10 30.10	150m: 1:44.06	39.24 250m: 3:06.21	43.53 350m: 4:23.72	33.95	
100m: 1:04.82 34.72	200m: 2:22.68	38.62 300m: 3:49.77	43.56 400m: 4:56.02	32.30	
13. BLANES FRIGOLA, Aleix	04	C.E. Àgora	<b>4:59.61</b>	539	
50m: 30.65 30.65	150m: 1:46.13	40.30 250m: 3:08.54	43.45 350m: 4:27.82	34.86	
100m: 1:05.83 35.18	200m: 2:25.09	38.96 300m: 3:52.96	44.42 400m: 4:59.61	31.79	
14. MORALES MONTES, Xavier	03	C.E. Mediterrani	<b>4:59.83</b>	537	
50m: 31.48 31.48	150m: 1:47.00	40.59 250m: 3:08.99	43.16 350m: 4:27.91	34.23	
100m: 1:06.41 34.93	200m: 2:25.83	38.83 300m: 3:53.68	44.69 400m: 4:59.83	31.92	
15. GRANERO PÉREZ, Abel	05	C.N. Granollers	<b>5:00.37</b>	534	
50m: 30.78 30.78	150m: 1:47.38	40.95 250m: 3:10.64	43.38 350m: 4:28.85	34.10	
100m: 1:06.43 35.65	200m: 2:27.26	39.88 300m: 3:54.75	44.11 400m: 5:00.37	31.52	
16. SPARANO CAPDEVILA, Lautaro Nehue	06	C.N. Tarraco	<b>5:04.65</b>	512	
50m: 30.71 30.71	150m: 1:47.69	41.14 250m: 3:11.88	43.25 350m: 4:32.04	35.73	
100m: 1:06.55 35.84	200m: 2:28.63	40.94 300m: 3:56.31	44.43 400m: 5:04.65	32.61	



Prova 29, Masc., 400m Estils, Open

Classificació	ANY	Temps	Pts
17. DEL CASTILLO MASICH, Guillem	06 C.N. Tarraco	<b>5:04.72</b>	512
50m: 31.01 31.01 150m: 1:48.79 40.61 250m: 3:11.73 43.38		350m: 4:30.64 35.25	
100m: 1:08.18 37.17 200m: 2:28.35 39.56 300m: 3:55.39 43.66		400m: 5:04.72 34.08	
DNS SAXOD, Andrea	04 Speedo Swim Squads		
BX MORALES CEBEY, Hector	02 C.N. Granollers		
BX POU FERNANDEZ, Marc	01 C.N. Mataró		
BX CORONA EDO, Marc	07 C.N. Sabadell		
BX ESCRITS MAÑOSA, Albert	98 C.N. Sant Andreu		