

Event 3

400m Freestyle

2003 and older

21/1/2023 - 10:12

Results

CR	4:09.06	GALLARDO FLORES, Alberto	ESP	Manresa	17/4/2021
CR	4:39.58	BERTRAN IZQUIERDO, Aida	ESP	SABADELL	9/1/2022

Points: Taula Catalana 2022

Rank			YB			Time	Punts CAT	
<b>30+, Men</b>								
1.	MORALES PULIDO, Kevin Jesus		93	Club Natacion Vulcania Master		<b>4:25.07</b>	670	
	50m:	30.55 30.55	150m:	1:35.88 32.86	250m:	2:42.52 32.97	350m:	3:50.27 34.10
	100m:	1:03.02 32.47	200m:	2:09.55 33.67	300m:	3:16.17 33.65	400m:	4:25.07 34.80
2.	ALEMANY MORA, Gerard		91	Radikal Swim		<b>4:27.32</b>	653	
	50m:	29.32 29.32	150m:	1:34.95 33.07	250m:	2:43.15 34.37	350m:	3:52.86 35.07
	100m:	1:01.88 32.56	200m:	2:08.78 33.83	300m:	3:17.79 34.64	400m:	4:27.32 34.46
3.	PEREZ MERINO, Alex		93	GEIEG		<b>4:33.26</b>	612	
	50m:	30.24 30.24	150m:	1:38.08 34.13	250m:	2:48.35 35.29	350m:	3:59.40 35.23
	100m:	1:03.95 33.71	200m:	2:13.06 34.98	300m:	3:24.17 35.82	400m:	4:33.26 33.86
4.	MALVESI MARTINEZ, Ruben		92	Cee Sant Gervasi		<b>4:36.74</b>	589	
	50m:	30.73 30.73	150m:	1:37.89 34.51	250m:	2:48.05 35.30	350m:	4:01.15 37.00
	100m:	1:03.38 32.65	200m:	2:12.75 34.86	300m:	3:24.15 36.10	400m:	4:36.74 35.59
5.	ROSES MARTI, Jordi		89	Radikal Swim		<b>4:44.36</b>	543	
	50m:	31.37 31.37	150m:	1:40.13 35.11	250m:	2:51.41 35.89	350m:	4:07.22 38.53
	100m:	1:05.02 33.65	200m:	2:15.52 35.39	300m:	3:28.69 37.28	400m:	4:44.36 37.14

35+, Men

1.	CABANILLAS QUINTANILLA, Rafael		87	Marnaton		<b>4:08.96</b>	871	
	<i>Rècord Campionat</i>							
	50m:	29.44 29.44	150m:	1:32.27 31.51	250m:	2:35.51 31.63	350m:	3:38.23 31.33
	100m:	1:00.76 31.32	200m:	2:03.88 31.61	300m:	3:06.90 31.39	400m:	4:08.96 30.73
2.	RODRIGUEZ RAMOS, Cristian		86	C.N. L'Hospitalet		<b>4:20.20</b>	763	
	50m:	29.09 29.09	150m:	1:34.32 32.90	250m:	2:39.97 32.65	350m:	3:47.38 33.96
	100m:	1:01.42 32.33	200m:	2:07.32 33.00	300m:	3:13.42 33.45	400m:	4:20.20 32.82
3.	GALLARDO FLORES, Carlos		88	C.N. Cornellà		<b>4:21.09</b>	755	
	50m:	29.99 29.99	150m:	1:35.97 32.83	250m:	2:41.91 32.42	350m:	3:48.61 33.27
	100m:	1:03.14 33.15	200m:	2:09.49 33.52	300m:	3:15.34 33.43	400m:	4:21.09 32.48
4.	NAVARRO GUILLEN, Javier		87	Aquamasters		<b>4:27.13</b>	705	
	50m:	29.68 29.68	150m:	1:35.51 33.33	250m:	2:44.33 34.61	350m:	3:53.84 34.82
	100m:	1:02.18 32.50	200m:	2:09.72 34.21	300m:	3:19.02 34.69	400m:	4:27.13 33.29
5.	TORRENTE LLAMAS, Victor		88	C.N. Santa Perpetua		<b>4:52.95</b>	535	
	50m:	33.28 33.28	150m:	1:47.32 37.67	250m:	3:02.71 37.98	350m:	4:17.58 36.98
	100m:	1:09.65 36.37	200m:	2:24.73 37.41	300m:	3:40.60 37.89	400m:	4:52.95 35.37

40+, Men

1.	GALLARDO FLORES, Alberto		82	C.N. Cornellà		<b>4:13.11</b>	860	
	50m:	29.45 29.45	150m:	1:32.77 31.64	250m:	2:36.35 31.77	350m:	3:41.07 32.58
	100m:	1:01.13 31.68	200m:	2:04.58 31.81	300m:	3:08.49 32.14	400m:	4:13.11 32.04
2.	REMESAR AGUILAR, Nemo Antonio		83	C.N. Atl Barceloneta		<b>4:25.24</b>	747	
	50m:	30.41 30.41	150m:	1:36.56 33.51	250m:	2:44.24 34.10	350m:	3:52.46 33.79
	100m:	1:03.05 32.64	200m:	2:10.14 33.58	300m:	3:18.67 34.43	400m:	4:25.24 32.78

WDR NUNEZ MOLANO, Javier 83 C.D. Jerez Natacion Master

Event 3, 400m Freestyle

45+, Men

1.	GLEIZES, Sylvain	74 F.P. Claror	<b>4:32.78</b>	708
	50m: 30.20 30.20	150m: 1:37.41 33.99	250m: 2:47.83 35.40	350m: 3:58.65 35.27
	100m: 1:03.42 33.22	200m: 2:12.43 35.02	300m: 3:23.38 35.55	400m: 4:32.78 34.13
2.	ORENSANZ MARTINEZ, Joan	77 Aquamasters	<b>4:34.14</b>	697
	50m: 30.50 30.50	150m: 1:37.00 33.80	250m: 2:47.15 35.48	350m: 3:59.36 35.80
	100m: 1:03.20 32.70	200m: 2:11.67 34.67	300m: 3:23.56 36.41	400m: 4:34.14 34.78
3.	MORALES ROBERT, Daniel	77 Aquamasters	<b>4:36.08</b>	683
	50m: 30.76 30.76	150m: 1:38.58 34.27	250m: 2:49.38 35.69	350m: 4:00.95 35.59
	100m: 1:04.31 33.55	200m: 2:13.69 35.11	300m: 3:25.36 35.98	400m: 4:36.08 35.13
4.	PONS RODRIGUEZ, Benet	77 GEiEG	<b>4:39.22</b>	660
	50m: 32.65 32.65	150m: 1:42.62 35.22	250m: 2:53.94 35.71	350m: 4:04.83 35.35
	100m: 1:07.40 34.75	200m: 2:18.23 35.61	300m: 3:29.48 35.54	400m: 4:39.22 34.39
5.	SAVESCU, George	75 C.D. Jerez Natacion Master	<b>4:43.25</b>	632
	50m: 32.60 32.60	150m: 1:43.55 35.61	250m: 2:55.91 36.38	350m: 4:08.76 36.17
	100m: 1:07.94 35.34	200m: 2:19.53 35.98	300m: 3:32.59 36.68	400m: 4:43.25 34.49
6.	ORTEGA FERRE, Diego	76 Cv Platja Llarga Tarragona	<b>4:48.75</b>	597
	50m: 33.04 33.04	150m: 1:45.52 36.47	250m: 2:58.96 36.84	350m: 4:12.36 36.59
	100m: 1:09.05 36.01	200m: 2:22.12 36.60	300m: 3:35.77 36.81	400m: 4:48.75 36.39
7.	BOVE SOLANES, Albert	78 C.N. Tarraco	<b>4:56.92</b>	549
	50m: 34.17 34.17	150m: 1:47.36 37.12	250m: 3:01.57 37.36	350m: 4:18.68 39.02
	100m: 1:10.24 36.07	200m: 2:24.21 36.85	300m: 3:39.66 38.09	400m: 4:56.92 38.24
8.	ARANYO REGAS, Ricard	78 C.N. Calella	<b>5:07.90</b>	492
	50m: 35.00 35.00	150m: 1:50.80 37.82	250m: 3:06.99 38.49	350m: 4:26.10 39.93
	100m: 1:12.98 37.98	200m: 2:28.50 37.70	300m: 3:46.17 39.18	400m: 5:07.90 41.80
9.	VARGAS ARANIBAR, Marcelo	78 C.N. Swimfaster Salt	<b>5:19.26</b>	441
	50m: 35.18 35.18	150m: 1:53.46 40.07	250m: 3:15.19 40.94	350m: 4:38.24 41.66
	100m: 1:13.39 38.21	200m: 2:34.25 40.79	300m: 3:56.58 41.39	400m: 5:19.26 41.02

50+, Men

1.	PIJUAN ORO, Lluís	72 C.E.N. Balaguer	<b>4:27.39</b>	764
	50m: 29.86 29.86	150m: 1:35.80 33.30	250m: 2:43.60 34.06	350m: 3:53.01 34.72
	100m: 1:02.50 32.64	200m: 2:09.54 33.74	300m: 3:18.29 34.69	400m: 4:27.39 34.38
2.	SANCHIS I DOMENECH, Jordi	72 Cn Master Torrijos	<b>4:46.08</b>	624
	50m: 32.40 32.40	150m: 1:44.12 36.18	250m: 2:57.51 36.92	350m: 4:11.07 36.90
	100m: 1:07.94 35.54	200m: 2:20.59 36.47	300m: 3:34.17 36.66	400m: 4:46.08 35.01
3.	VORONIN, Nikolai	69 C.N. Torrevieja	<b>4:46.60</b>	621
	50m: 32.57 32.57	150m: 1:44.23 36.12	250m: 2:56.89 36.46	350m: 4:11.09 37.24
	100m: 1:08.11 35.54	200m: 2:20.43 36.20	300m: 3:33.85 36.96	400m: 4:46.60 35.51
4.	SOLSONA OSET, Alex	73 C.N. Sabadell	<b>4:49.07</b>	605
	50m: 33.20 33.20	150m: 1:44.53 35.76	250m: 2:57.43 36.58	350m: 4:11.51 37.22
	100m: 1:08.77 35.57	200m: 2:20.85 36.32	300m: 3:34.29 36.86	400m: 4:49.07 37.56
5.	CARRIERE JORDANA, Xesco	69 Marnaton	<b>5:00.35</b>	539
	50m: 33.53 33.53	150m: 1:46.97 37.31	250m: 3:04.41 39.06	350m: 4:22.42 38.98
	100m: 1:09.66 36.13	200m: 2:25.35 38.38	300m: 3:43.44 39.03	400m: 5:00.35 37.93

55+, Men

1.	ADELL LLOSAS, Joan Carles	68 Cambrils C.N.	<b>4:52.54</b>	670
	50m: 32.97 32.97	150m: 1:45.58 36.78	250m: 3:00.09 37.27	350m: 4:15.64 38.00
	100m: 1:08.80 35.83	200m: 2:22.82 37.24	300m: 3:37.64 37.55	400m: 4:52.54 36.90

Event 3, Men, 400m Freestyle, 55+

Rank			YB			Time	Punts CAT	
2.	LATORRE SEGARRA, Francesc		66	Aquamasters		<b>5:43.85</b>	413	
	50m:	36.03 36.03	150m:	1:56.35 41.28	250m:	3:23.18 43.88	350m:	4:54.24 46.15
	100m:	1:15.07 39.04	200m:	2:39.30 42.95	300m:	4:08.09 44.91	400m:	5:43.85 49.61

60+, Men

1.	MORCILLO ESPUNY, Joan Francesc		61	C.N. Badalona		<b>5:21.74</b>	590	
	50m:	36.40 36.40	150m:	1:56.25 40.70	250m:	3:19.02 41.49	350m:	4:42.04 41.40
	100m:	1:15.55 39.15	200m:	2:37.53 41.28	300m:	4:00.64 41.62	400m:	5:21.74 39.70
2.	DURAN MARTI, Aleix		62	C.N. Tarraco		<b>5:46.74</b>	472	
	50m:	39.29 39.29	150m:	2:05.38 43.67	250m:	3:35.29 45.12	350m:	5:03.90 44.40
	100m:	1:21.71 42.42	200m:	2:50.17 44.79	300m:	4:19.50 44.21	400m:	5:46.74 42.84

65+, Men

1.	CASTELLO AUQUE, Antoni		58	C.N. Reus Ploms		<b>5:19.88</b>	587	
	<i>Rècord Catalunya</i>							
	50m:	36.94 36.94	150m:	1:57.20 40.67	250m:	3:18.65 40.64	350m:	4:39.91 40.43
	100m:	1:16.53 39.59	200m:	2:38.01 40.81	300m:	3:59.48 40.83	400m:	5:19.88 39.97

20+, Women

1.	ANGLES VALLS, Claudia		00	Cambrils C.N.		<b>5:03.59</b>	457	
	50m:	34.66 34.66	150m:	1:49.55 37.99	250m:	3:08.16 39.46	350m:	4:26.37 38.73
	100m:	1:11.56 36.90	200m:	2:28.70 39.15	300m:	3:47.64 39.48	400m:	5:03.59 37.22
2.	SERRA BALAGUERO, Anna		99	C.N. Terrassa		<b>5:04.56</b>	453	
	50m:	33.78 33.78	150m:	1:49.38 38.55	250m:	3:07.41 39.14	350m:	4:25.97 39.31
	100m:	1:10.83 37.05	200m:	2:28.27 38.89	300m:	3:46.66 39.25	400m:	5:04.56 38.59
3.	GOMEZ ALONSO, Nuria		01	Cee Sant Gervasi		<b>5:21.53</b>	385	
	50m:	36.15 36.15	150m:	1:55.76 40.38	250m:	3:18.44 41.50	350m:	4:41.85 41.82
	100m:	1:15.38 39.23	200m:	2:36.94 41.18	300m:	4:00.03 41.59	400m:	5:21.53 39.68

25+, Women

1.	BERTRAN IZQUIERDO, Aida		96	C.E. Mediterrani		<b>4:43.40</b>	735	
	50m:	31.94 31.94	150m:	1:41.74 35.19	250m:	2:53.31 36.04	350m:	4:06.73 36.77
	100m:	1:06.55 34.61	200m:	2:17.27 35.53	300m:	3:29.96 36.65	400m:	4:43.40 36.67
2.	CANTON PRIETO, Ruth		98	C.N. Santa Perpetua		<b>6:05.44</b>	343	
	100m:	1:18.26 1:18.26	200m:	2:50.86 47.17	300m:	4:28.02 49.07	400m:	6:05.44 48.23
	150m:	2:03.69 45.43	250m:	3:38.95 48.09	350m:	5:17.21 49.19		

30+, Women

1.	ALTADILL FERRANDO, Cinta		93	C.E. Mediterrani		<b>4:58.23</b>	622	
	50m:	33.15 33.15	150m:	1:46.94 37.38	250m:	3:03.32 38.40	350m:	4:21.05 38.67
	100m:	1:09.56 36.41	200m:	2:24.92 37.98	300m:	3:42.38 39.06	400m:	4:58.23 37.18
2.	CARRERAS RODRIGUEZ, Marta		92	C.N. Parets		<b>5:15.36</b>	526	
	50m:	34.72 34.72	150m:	1:53.55 40.06	250m:	3:15.53 41.03	350m:	4:37.13 40.90
	100m:	1:13.49 38.77	200m:	2:34.50 40.95	300m:	3:56.23 40.70	400m:	5:15.36 38.23
3.	CARRERAS RODRIGUEZ, Alejandra		89	C.N. Parets		<b>6:09.62</b>	327	
	50m:	39.46 39.46	150m:	2:07.54 45.39	250m:	3:42.39 48.25	350m:	5:20.63 49.33
	100m:	1:22.15 42.69	200m:	2:54.14 46.60	300m:	4:31.30 48.91	400m:	6:09.62 48.99

Event 3, 400m Freestyle

35+, Women

1. ELVIRA ARIAS, Eva Maria	86 Marnaton	<b>5:58.97</b>	391
50m: 37.63 37.63	150m: 2:06.20 45.82	250m: 3:39.14 46.19	350m: 5:13.07 46.91
100m: 1:20.38 42.75	200m: 2:52.95 46.75	300m: 4:26.16 47.02	400m: 5:58.97 45.90

WDR FERNANDEZ RAFEGAS, Olga 84 C.N. Caldes

40+, Women

1. ZAPATER RODRIGUEZ, Gemma	81 Cv Platja Llarga Tarragona	<b>4:57.21</b>	683
50m: 34.55 34.55	150m: 1:49.05 37.89	250m: 3:04.77 37.70	350m: 4:20.24 37.84
100m: 1:11.16 36.61	200m: 2:27.07 38.02	300m: 3:42.40 37.63	400m: 4:57.21 36.97
2. BRUNOL CAMPSOLINAS, Cristina	81 C.N. Swimfaster Salt	<b>5:03.11</b>	644
50m: 33.80 33.80	150m: 1:48.54 38.26	250m: 3:06.55 38.92	350m: 4:23.47 38.00
100m: 1:10.28 36.48	200m: 2:27.63 39.09	300m: 3:45.47 38.92	400m: 5:03.11 39.64
3. POCULL VINETS, Natalia	82 C.N. Caldes	<b>5:18.34</b>	556
50m: 36.98 36.98	150m: 1:57.13 40.18	250m: 3:17.52 40.24	350m: 4:37.81 40.17
100m: 1:16.95 39.97	200m: 2:37.28 40.15	300m: 3:57.64 40.12	400m: 5:18.34 40.53
4. SICART DOMEQ, Anna	80 Marnaton	<b>6:43.84</b>	272
50m: 49.35 49.35	150m: 2:31.93 50.34	250m: 4:15.25 50.74	350m: 5:56.52 50.31
100m: 1:41.59 52.24	200m: 3:24.51 52.58	300m: 5:06.21 50.96	400m: 6:43.84 47.32
5. FERRAN CARMONA, Eva	79 C.N. Lleida	<b>6:53.05</b>	254
50m: 42.99 42.99	150m: 2:23.80 51.54	250m: 4:11.96 54.76	350m: 6:01.82 55.03
100m: 1:32.26 49.27	200m: 3:17.20 53.40	300m: 5:06.79 54.83	400m: 6:53.05 51.23

45+, Women

1. SANCHEZ MARQUES, Mireia	77 Cv Platja Llarga Tarragona	<b>5:31.23</b>	511
50m: 37.06 37.06	150m: 1:58.68 41.50	250m: 3:23.37 42.27	350m: 4:49.03 42.83
100m: 1:17.18 40.12	200m: 2:41.10 42.42	300m: 4:06.20 42.83	400m: 5:31.23 42.20
2. BACH LOPEZ, Silvia	75 Cee Sant Gervasi	<b>5:44.57</b>	454
50m: 38.41 38.41	150m: 2:03.17 43.24	250m: 3:31.30 44.48	350m: 5:01.36 44.88
100m: 1:19.93 41.52	200m: 2:46.82 43.65	300m: 4:16.48 45.18	400m: 5:44.57 43.21
3. BERTRAN FERRER, Laura	78 GEIEG	<b>6:41.96</b>	286
50m: 40.91 40.91	150m: 2:21.61 52.81	250m: 4:08.70 52.58	350m: 5:53.46 52.09
100m: 1:28.80 47.89	200m: 3:16.12 54.51	300m: 5:01.37 52.67	400m: 6:41.96 48.50

50+, Women

1. VALLESPI SUNE, Cristina	69 Aquamasters	<b>5:26.75</b>	589
50m: 36.10 36.10	150m: 1:56.23 40.78	250m: 3:20.00 42.06	350m: 4:45.42 42.92
100m: 1:15.45 39.35	200m: 2:37.94 41.71	300m: 4:02.50 42.50	400m: 5:26.75 41.33
2. FONT FORTUNY, Ma Victoria	72 Aquamasters	<b>5:47.69</b>	489
50m: 37.45 37.45	150m: 2:01.74 43.05	250m: 3:30.96 44.91	350m: 5:02.60 45.79
100m: 1:18.69 41.24	200m: 2:46.05 44.31	300m: 4:16.81 45.85	400m: 5:47.69 45.09
3. VALLET OCHOA, Cristina	71 Marnaton	<b>6:15.93</b>	387
50m: 42.54 42.54	150m: 2:14.86 46.89	250m: 3:50.52 47.95	350m: 5:28.45 48.79
100m: 1:27.97 45.43	200m: 3:02.57 47.71	300m: 4:39.66 49.14	400m: 6:15.93 47.48
4. CARVAJAL DIAZ, Veronica	70 C.N. Badalona	<b>6:32.47</b>	340
50m: 42.30 42.30	150m: 2:20.52 50.03	250m: 4:01.83 51.00	350m: 5:42.67 50.41
100m: 1:30.49 48.19	200m: 3:10.83 50.31	300m: 4:52.26 50.43	400m: 6:32.47 49.80
5. PERA MENDEZ, Yolanda	73 C.N. Parets	<b>6:35.03</b>	333
50m: 43.56 43.56	150m: 2:21.55 50.12	250m: 4:02.90 50.91	350m: 5:45.22 51.04
100m: 1:31.43 47.87	200m: 3:11.99 50.44	300m: 4:54.18 51.28	400m: 6:35.03 49.81

Piscina 25mts i cronometratge automàtic

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Event 3, Women, 400m Freestyle, 50+

Rank	YB								Time	Punts CAT		
6.	ALSINA FERNANDEZ, Anna								<b>6:45.53</b>	308		
	50m:	46.66	46.66	150m:	2:27.00	51.14	250m:	4:11.48	52.87	350m:	5:55.94	52.08
	100m:	1:35.86	49.20	200m:	3:18.61	51.61	300m:	5:03.86	52.38	400m:	6:45.53	49.59
7.	MAILLO LARA, Ascensio								<b>7:04.75</b>	268		
	50m:	48.44	48.44	150m:	2:34.55	53.67	250m:	4:23.29	54.36	350m:	6:11.97	54.06
	100m:	1:40.88	52.44	200m:	3:28.93	54.38	300m:	5:17.91	54.62	400m:	7:04.75	52.78

55+, Women

1.	RAVES OLIVE, Maria Del Mar								<b>5:21.58</b>	642		
	50m:	37.39	37.39	150m:	1:58.70	40.89	250m:	3:21.24	40.84	350m:	4:42.49	40.67
	100m:	1:17.81	40.42	200m:	2:40.40	41.70	300m:	4:01.82	40.58	400m:	5:21.58	39.09
2.	GARCIA GUIRADO, Maria Victoria								<b>5:52.76</b>	486		
	50m:	39.99	39.99	150m:	2:07.59	44.09	250m:	3:37.77	45.41	350m:	5:08.53	45.23
	100m:	1:23.50	43.51	200m:	2:52.36	44.77	300m:	4:23.30	45.53	400m:	5:52.76	44.23
3.	VENTURA ARASANZ, Isolda								<b>7:08.01</b>	272		
	50m:	48.17	48.17	150m:	2:37.78	55.49	250m:	4:26.77	54.28	350m:	6:14.78	53.90
	100m:	1:42.29	54.12	200m:	3:32.49	54.71	300m:	5:20.88	54.11	400m:	7:08.01	53.23

60+, Women

1.	BALBUENA ESPARZA, Loli								<b>5:59.33</b>	519		
	50m:	38.38	38.38	150m:	2:04.30	43.69	250m:	3:35.19	45.77	350m:	5:11.70	48.56
	100m:	1:20.61	42.23	200m:	2:49.42	45.12	300m:	4:23.14	47.95	400m:	5:59.33	47.63
2.	PUIGDUETA PANACH, Merce								<b>7:05.68</b>	312		
	50m:	47.10	47.10	150m:	2:33.49	53.98	250m:	4:21.78	54.64	350m:	6:11.41	55.36
	100m:	1:39.51	52.41	200m:	3:27.14	53.65	300m:	5:16.05	54.27	400m:	7:05.68	54.27

65+, Women

1.	LLIVINA CARBONELL, Maria Rosa								<b>7:29.96</b>	303		
	50m:	51.31	51.31	150m:	2:42.80	56.56	250m:	4:36.87	57.05	350m:	6:33.26	58.17
	100m:	1:46.24	54.93	200m:	3:39.82	57.02	300m:	5:35.09	58.22	400m:	7:29.96	56.70

70+, Women

1.	MOLAS CANALS, Ma Dolors								<b>8:28.03</b>	271		
	50m:	54.78	54.78	150m:	2:55.83	1:00.69	250m:	5:05.49	1:06.32	350m:	7:22.44	1:08.94
	100m:	1:55.14	1:00.36	200m:	3:59.17	1:03.34	300m:	6:13.50	1:08.01	400m:	8:28.03	1:05.59