

Prova 24  
22/1/2023 - 9:59

400m Estils

2003 i majors  
Resultats

CR	4:42.51	DIAZ MERCADO, Zigor	ESP	SABADELL	8/1/2022
CR	5:06.66	GARCIA SANCHEZ, Mireia	ESP	Manresa	17/4/2021

Punts: Taula Catalana 2022

Classificació ANY Temps Punts CAT

35+, Masc.

1. CABANILLAS QUINTANILLA, Rafael	87	Marnaton	<b>5:02.06</b>	636
50m: 32.53 32.53	150m: 1:50.86 40.70	250m: 3:13.30 42.63	350m: 4:30.09 34.12	
100m: 1:10.16 37.63	200m: 2:30.67 39.81	300m: 3:55.97 42.67	400m: 5:02.06 31.97	

40+, Masc.

BX NUÑEZ MOLANO, Javier 83 C.D. Jerez Natacion Master

45+, Masc.

1. TALAVERA GUADAYOL, Jordi	76	C.N. Terrassa	<b>5:07.95</b>	684
50m: 31.90 31.90	150m: 1:48.49 40.85	250m: 3:13.13 44.90	350m: 4:33.61 36.14	
100m: 1:07.64 35.74	200m: 2:28.23 39.74	300m: 3:57.47 44.34	400m: 5:07.95 34.34	
2. MORALES ROBERT, Daniel	77	Aquamàsters	<b>5:14.26</b>	644
50m: 33.28 33.28	150m: 1:52.37 42.22	250m: 3:16.75 43.42	350m: 4:38.23 37.40	
100m: 1:10.15 36.87	200m: 2:33.33 40.96	300m: 4:00.83 44.08	400m: 5:14.26 36.03	
3. GOMEZ GARCES, Raul	78	Cv Platja Llarga Tarragona	<b>5:24.72</b>	584
50m: 32.72 32.72	150m: 1:54.95 44.36	250m: 3:24.58 46.03	350m: 4:49.53 38.62	
100m: 1:10.59 37.87	200m: 2:38.55 43.60	300m: 4:10.91 46.33	400m: 5:24.72 35.19	
4. GABARRO ROSELL, Lluís	74	Aquamàsters	<b>6:04.50</b>	413
50m: 38.20 38.20	150m: 2:11.65 47.96	250m: 3:51.19 52.11	350m: 5:24.56 41.21	
100m: 1:23.69 45.49	200m: 2:59.08 47.43	300m: 4:43.35 52.16	400m: 6:04.50 39.94	

BX GIL SOJO, Carlos 76 C.D. Jerez Natacion Master

50+, Masc.

1. LOPEZ SANCHEZ, Ruben	72	C.N. Sabadell	<b>5:25.07</b>	569
50m: 32.79 32.79	150m: 1:53.28 41.67	250m: 3:22.74 47.85	350m: 4:48.56 37.59	
100m: 1:11.61 38.82	200m: 2:34.89 41.61	300m: 4:10.97 48.23	400m: 5:25.07 36.51	

BX OCAMPO GISBERT, David 71 Cn Master Torrijos

55+, Masc.

1. CARALT RIERA, Miquel	65	Aquamàsters	<b>5:56.89</b>	536
50m: 37.00 37.00	150m: 2:05.87 46.91	250m: 3:43.84 51.82	350m: 5:17.19 41.88	
100m: 1:18.96 41.96	200m: 2:52.02 46.15	300m: 4:35.31 51.47	400m: 5:56.89 39.70	

60+, Masc.

1. TRENS ESCUDERO, Enric	63	C.N. Sabadell	<b>6:23.86</b>	499
50m: 41.58 41.58	150m: 2:24.35 53.50	250m: 4:08.68 52.21	350m: 5:43.40 42.21	
100m: 1:30.85 49.27	200m: 3:16.47 52.12	300m: 5:01.19 52.51	400m: 6:23.86 40.46	
2. CISNEROS HERRILLO, Jordi	61	C.N. Catalunya	<b>6:55.93</b>	393
50m: 48.60 48.60	150m: 2:37.96 54.15	250m: 4:27.66 56.07	350m: 6:10.83 46.98	
100m: 1:43.81 55.21	200m: 3:31.59 53.63	300m: 5:23.85 56.19	400m: 6:55.93 45.10	

Piscina 25mts i cronometratge automàtic

22/1/2023 10:24 - Pàgina 1

Sponsor principal

Sponsors institucionals

Acreditacions



Prova 24, 400m Estils

50+, Fem.

1. VILA FORTUNY, Marta	72 GEIEG	<b>6:05.35</b>	617
50m: 40.47 40.47	150m: 2:12.23 45.78	250m: 3:48.17 51.59	350m: 5:23.66 42.98
100m: 1:26.45 45.98	200m: 2:56.58 44.35	300m: 4:40.68 52.51	400m: 6:05.35 41.69
2. ESCANERO MAICAS, Begoña	73 C.D. Jerez Natacion Master	<b>6:45.94</b>	449
50m: 41.98 41.98	150m: 2:26.60 54.35	250m: 4:15.87 56.57	350m: 5:59.30 45.61
100m: 1:32.25 50.27	200m: 3:19.30 52.70	300m: 5:13.69 57.82	400m: 6:45.94 46.64
3. ALVAREZ PINO, Olga	69 C.N. Terrassa	<b>7:44.22</b>	301
50m: 53.72 53.72	150m: 2:54.84 57.68	250m: 4:55.64 1:05.38	350m: 6:54.12 52.78
100m: 1:57.16 1:03.44	200m: 3:50.26 55.42	300m: 6:01.34 1:05.70	400m: 7:44.22 50.10

55+, Fem.

1. PAGES SEGURA, Silvia	66 C.N. Terrassa	<b>6:12.09</b>	611
50m: 40.45 40.45	150m: 2:17.19 50.06	250m: 3:55.29 49.99	350m: 5:30.27 43.63
100m: 1:27.13 46.68	200m: 3:05.30 48.11	300m: 4:46.64 51.35	400m: 6:12.09 41.82

60+, Fem.

1. MONEO HERNANDEZ, Idoia	63 C.D. Jerez Natacion Master	<b>7:52.42</b>	386
50m: 52.82 52.82	150m: 2:57.76 1:02.00	250m: 5:01.17 1:05.13	350m: 7:00.34 54.50
100m: 1:55.76 1:02.94	200m: 3:56.04 58.28	300m: 6:05.84 1:04.67	400m: 7:52.42 52.08

70+, Fem.

1. CASTILLO MIQUEL, Roser	51 C.N. Palamós	<b>9:38.47</b>	335
<i>Rècord Catalunya</i>			
50m: 59.75 59.75	150m: 3:33.09 1:20.24	250m: 6:10.10 1:19.04	350m: 8:37.78 1:05.85
100m: 2:12.85 1:13.10	200m: 4:51.06 1:17.97	300m: 7:31.93 1:21.83	400m: 9:38.47 1:00.69