

Event 24  
 4/6/2023 - 9:57

Men, 400m Medley

 2003 and older  
 Results

CR 4:50.22 DIAZ MERCADO, Zigor ESP BARCELONA - CEM 13/6/2021

Points: FINA Master 2023

Rank			YB			Time	Punts CAT	
<b>25+</b>								
1.	TORRES SERRANO, Sergio		96	Cee Sant Gervasi		<b>5:41.02</b>	496	
	50m:	32.66 32.66	150m:	1:56.76 46.38	250m:	3:32.90 49.61	350m:	5:02.86 39.15
	100m:	1:10.38 37.72	200m:	2:43.29 46.53	300m:	4:23.71 50.81	400m:	5:41.02 38.16
<b>30+</b>								
1.	GARRIDO GARCIA, Ivan		91	C.N. Parets		<b>6:52.08</b>	253	
	50m:	41.68 41.68	150m:	2:24.18 54.03	250m:	4:15.70 59.14	350m:	
	100m:	1:30.15 48.47	200m:	3:16.56 52.38	300m:	5:17.72 1:02.02	400m:	6:52.08
<b>35+</b>								
1.	CABANILLAS QUINTANILLA, Rafael		87	Marnaton		<b>5:12.54</b>	693	
	50m:	32.22 32.22	150m:	1:54.76 44.90	250m:	3:21.12 44.48	350m:	4:39.70 34.78
	100m:	1:09.86 37.64	200m:	2:36.64 41.88	300m:	4:04.92 43.80	400m:	5:12.54 32.84
<b>40+</b>								
1.	VALLES SALGADO, Alberto		80	C.N. Tarraco		<b>5:59.11</b>	489	
	50m:	35.25 35.25	150m:	2:05.85 48.41	250m:	3:42.20 50.11	350m:	5:16.72 44.39
	100m:	1:17.44 42.19	200m:	2:52.09 46.24	300m:	4:32.33 50.13	400m:	5:59.11 42.39
<b>45+</b>								
1.	SANTANES MOLINA, Jordi		74	Fed Andorrana		<b>7:31.83</b>	247	
	50m:	47.97 47.97	150m:	2:39.91 56.17	250m:	4:38.28 1:03.10	350m:	6:35.56 54.69
	100m:	1:43.74 55.77	200m:	3:35.18 55.27	300m:	5:40.87 1:02.59	400m:	7:31.83 56.27
WDR TALAVERA GUADAYOL, Jordi 76 C.N. Terrassa								
<b>50+</b>								
1.	PEREZ-PORTABELLA LOPEZ, Antoni		69	Cv Platja Llarga Tarragona		<b>6:19.36</b>	426	
	50m:	40.42 40.42	150m:	2:21.10 50.80	250m:	4:04.42 54.14	350m:	5:38.36 40.52
	100m:	1:30.30 49.88	200m:	3:10.28 49.18	300m:	4:57.84 53.42	400m:	6:19.36 41.00
2.	MOJICA PEREZ, Juan Carlos		72	C.N. Catalunya		<b>6:43.64</b>	354	
	50m:	41.09 41.09	150m:	2:24.42 52.69	250m:	4:13.69 57.18	350m:	5:57.45 46.06
	100m:	1:31.73 50.64	200m:	3:16.51 52.09	300m:	5:11.39 57.70	400m:	6:43.64 46.19
<b>55+</b>								
1.	RIBON CALABIA, Enrique		68	Aquamasters		<b>7:03.08</b>	347	
	50m:	54.00 54.00	150m:	2:45.60 55.38	250m:	4:34.59 54.99	350m:	6:17.12 48.55
	100m:	1:50.22 56.22	200m:	3:39.60 54.00	300m:	5:28.57 53.98	400m:	7:03.08 45.96
2.	MASIP CASADO, Joan Manel		68	C.N. Sabadell		<b>7:33.16</b>	283	
	50m:	49.96 49.96	150m:	2:51.15 1:00.71	250m:	4:48.97 59.99	350m:	6:44.50 52.75
	100m:	1:50.44 1:00.48	200m:	3:48.98 57.83	300m:	5:51.75 1:02.78	400m:	7:33.16 48.66

Piscina 50mts i cronometrage automàtic



## Event 24, Men, 400m Medley

## 60+

1.	TRENS ESCUDERO, Enric	63	C.N. Sabadell	<b>6:39.97</b>	<b>457</b>
	50m: 43.27 43.27	150m: 2:30.31 56.01	250m: 4:18.13 54.44	350m: 5:57.42 45.21	
	100m: 1:34.30 51.03	200m: 3:23.69 53.38	300m: 5:12.21 54.08	400m: 6:39.97 42.55	
2.	GARRIDO CASADO, Antonio	62	Club Nagi	<b>8:53.55</b>	<b>192</b>
	50m: 1:01.80 1:01.80	150m: 3:25.66 1:13.83	250m: 4:50.33 10.54	350m: 5:55.22	
	100m: 2:11.83 1:10.03	200m: 4:39.79 1:14.13	300m: 7:10.48 2:20.15	400m: 8:53.55 2:58.33	

## 65+

1.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	<b>6:50.98</b>	<b>443</b>
	50m: 44.26 44.26	150m: 2:32.08 55.55	250m: 4:26.79 58.54	350m: 6:08.45 43.62	
	100m: 1:36.53 52.27	200m: 3:28.25 56.17	300m: 5:24.83 58.04	400m: 6:50.98 42.53	

## 70+

1.	PROUS GRAU, Fernando	50	C.N. Reus Ploms	<b>7:35.38</b>	<b>477</b>
	50m: 45.99 45.99	150m: 2:40.36 59.22	250m: 4:43.44 1:05.30	350m: 6:42.04 53.02	
	100m: 1:41.14 55.15	200m: 3:38.14 57.78	300m: 5:49.02 1:05.58	400m: 7:35.38 53.34	

Piscina 50mts i cronometratge automàtic