

Prova 4
3/6/2023 - 10:21
Masc., 400m Lliure
2003 i majors
Resultats

CR	4:08.53	CABANILLAS QUINTANILLA, RAFA00069	BARCELONA-CNSA	30/5/2015
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Punts: FINA Master 2023

Classificació	ANY		Temps		Punts CAT
20+					
1.	JIMENEZ FRANCO, Adrian	03 C.N. Reus Ploms	4:46.16		
	50m: 29.81 29.81	150m: 1:38.45 35.16	250m: 2:51.99 37.41	350m: 4:08.80 38.74	
	100m: 1:03.29 33.48	200m: 2:14.58 36.13	300m: 3:30.06 38.07	400m: 4:46.16 37.36	
25+					
1.	TORRES SERRANO, Sergio	96 Cee Sant Gervasi	4:51.23		566
	50m: 32.33 32.33	150m: 1:44.48 36.24	250m: 2:58.97 37.07	350m: 4:14.20 37.57	
	100m: 1:08.24 35.91	200m: 2:21.90 37.42	300m: 3:36.63 37.66	400m: 4:51.23 37.03	
2.	PROFITÓS LEÓN, Ismael	96 C.E.N. Balaguer	5:06.65		485
	50m: 34.17 34.17	150m: 1:50.60 38.51	250m: 3:09.40 39.84	350m: 4:28.68 39.28	
	100m: 1:12.09 37.92	200m: 2:29.56 38.96	300m: 3:49.40 40.00	400m: 5:06.65 37.97	
3.	ROURA VIDAL, Oriol	95 GEIEG	5:31.12		385
	50m: 36.71 36.71	150m: 1:57.00 40.94	250m: 3:21.09 42.52	350m: 4:47.93 43.87	
	100m: 1:16.06 39.35	200m: 2:38.57 41.57	300m: 4:04.06 42.97	400m: 5:31.12 43.19	
30+					
1.	GONZALEZ VILA, Cunibert	90 C.N. Sabadell	5:54.21		303
	50m: 40.35 40.35	150m: 2:11.25 45.61	250m: 3:42.29 44.10	350m: 5:12.00 44.33	
	100m: 1:25.64 45.29	200m: 2:58.19 46.94	300m: 4:27.67 45.38	400m: 5:54.21 42.21	
35+					
1.	CABANILLAS QUINTANILLA, Rafael	87 Marnaton	4:18.30		862
	50m: 30.14 30.14	150m: 1:44.48 36.24	250m: 2:40.29 32.73	350m: 3:46.23 33.20	
	100m: 1:02.09 31.95	200m: 2:07.56 37.42	300m: 3:13.03 32.74	400m: 4:18.30 32.07	
2.	TORRENTE LLAMAS, Victor	88 C.N. Santa Perpètua	5:02.04		539
	50m: 33.55 33.55	150m: 1:49.02 38.11	250m: 3:05.54 38.35	350m: 4:23.53 38.86	
	100m: 1:10.91 37.36	200m: 2:27.19 38.17	300m: 3:44.67 39.13	400m: 5:02.04 38.51	
3.	ESTEVA CASADEVALL, Andreu	86 Aquamàsters	5:14.31		478
	50m: 34.63 34.63	150m: 1:53.65 40.37	250m: 3:14.80 41.09	350m: 4:36.03 40.31	
	100m: 1:13.28 38.65	200m: 2:33.71 40.06	300m: 3:55.72 40.92	400m: 5:14.31 38.28	
40+					
1.	FRANCO GARCIA, Raul	83 C.N. Santa Perpètua	4:58.01		567
	50m: 35.07 35.07	150m: 1:48.05 38.14	250m: 3:04.22 37.79	350m: 4:23.53 38.86	
	100m: 1:09.91 37.36	200m: 2:26.43 38.38	300m: 3:42.10 37.88	400m: 4:58.01 38.51	
2.	GONZALEZ CARRANCEJA, Bruno	80 Swim Camp Getxo Cd	5:17.71		468
	50m: 35.07 35.07	150m: 1:53.86 40.09	250m: 3:15.48 40.83	350m: 4:38.32 41.28	
	100m: 1:13.77 38.70	200m: 2:34.65 40.79	300m: 3:57.04 41.56	400m: 5:17.71 39.39	
3.	SABATER PLANELLES, Fco De Borja	80 Club Natacion Triswim	5:38.65		386
	50m: 38.76 38.76	150m: 2:03.59 43.06	250m: 3:30.15 43.10	350m: 4:56.51 43.03	
	100m: 1:20.53 41.77	200m: 2:47.05 43.46	300m: 4:13.48 43.33	400m: 5:38.65 42.14	

Piscina 50mts i cronometratge automàtic

Prova 4, Masc., 400m Lliure

45+

1.	GLEIZES, Sylvain		74 F.P. Claror		4:40.80	714
	50m: 31.70 31.70	150m: 1:41.95 35.22	250m: 2:53.71 36.05	350m: 4:05.84 35.96		
	100m: 1:06.73 35.03	200m: 2:17.66 35.71	300m: 3:29.88 36.17	400m: 4:40.80 34.96		
2.	SAVESCU, George		75 C.D. Jerez Natacion Master		4:52.42	632
	50m: 33.15 33.15	150m: 1:46.98 37.12	250m: 3:01.93 37.52	350m: 4:17.08 37.13		
	100m: 1:09.86 36.71	200m: 2:24.41 37.43	300m: 3:39.95 38.02	400m: 4:52.42 35.34		
3.	ORTEGA FERRE, Diego		76 Cv Platja Llarga Tarragona		4:58.33	596
	50m: 34.24 34.24	150m: 1:50.91 38.34	250m: 3:06.96 37.68	350m: 4:22.01 37.09		
	100m: 1:12.57 38.33	200m: 2:29.28 38.37	300m: 3:44.92 37.96	400m: 4:58.33 36.32		
4.	BOVE SOLANES, Albert		78 C.N. Tarraco		5:03.84	564
	50m: 34.88 34.88	150m: 1:51.74 38.68	250m: 3:09.40 38.94	350m: 4:26.54 38.07		
	100m: 1:13.06 38.18	200m: 2:30.46 38.72	300m: 3:48.47 39.07	400m: 5:03.84 37.30		
5.	DE AQUINO LORENTE, Sergio		77 C.N. Cerdanyola		5:20.35	481
	50m: 34.51 34.51	150m: 1:53.93 40.21	250m: 3:17.14 41.57	350m: 4:40.63 41.78		
	100m: 1:13.72 39.21	200m: 2:35.57 41.64	300m: 3:58.85 41.71	400m: 5:20.35 39.72		

50+

1.	MORENO CALDERON, Antonio		71 C.N. Reus Ploms		5:02.55	605
	50m: 34.06 34.06	150m: 1:50.15 38.24	250m: 3:07.09 38.27	350m: 4:25.02 38.92		
	100m: 1:11.91 37.85	200m: 2:28.82 38.67	300m: 3:46.10 39.01	400m: 5:02.55 37.53		
2.	MATEU ADZERIAS, Oriol		70 C.N. Sabadell		5:07.00	579
	50m:	150m:	250m:	350m: 4:27.80 38.21		
	100m: 1:13.99	200m: 2:32.72	300m: 3:49.59	400m: 5:07.00 39.20		
3.	MUÑOZ SANCHEZ, Pedro		71 C.N. Sant Adrià		5:18.03	521
	50m: 37.57 37.57	150m: 1:58.62 40.61	250m: 3:19.49 39.71	350m: 4:39.50 40.03		
	100m: 1:18.01 40.44	200m: 2:39.78 41.16	300m: 3:59.47 39.98	400m: 5:18.03 38.53		

55+

1.	ADELL LLOSAS, Joan Carles		68 Cambrils C.N.		5:02.87	650
	50m: 33.57 33.57	150m: 1:49.03 38.14	250m: 3:07.08 39.11	350m: 4:24.95 38.64		
	100m: 1:10.89 37.32	200m: 2:27.97 38.94	300m: 3:46.31 39.23	400m: 5:02.87 37.92		
2.	LATORRE SEGARRA, Francesc		66 Aquamàsters		5:36.59	474
	50m: 36.57 36.57	150m: 1:58.16 41.33	250m: 3:24.20 43.20	350m: 4:52.68 44.28		
	100m: 1:16.83 40.26	200m: 2:41.00 42.84	300m: 4:08.40 44.20	400m: 5:36.59 43.91		
3.	BERNAD BARDAJI, Rafael		68 C.N. Sabadell		5:52.27	413
	50m: 41.76 41.76	150m: 2:12.18 45.68	250m: 3:42.87 44.78	350m: 5:11.37 43.45		
	100m: 1:26.50 44.74	200m: 2:58.09 45.91	300m: 4:27.92 45.05	400m: 5:52.27 40.90		
4.	BAIGES GIRALT, Joan		64 Cambrils C.N.		6:11.75	352
	50m: 39.42 39.42	150m: 2:13.82 48.16	250m: 3:50.57 48.18	350m: 5:26.23 47.38		
	100m: 1:25.66 46.24	200m: 3:02.39 48.57	300m: 4:38.85 48.28	400m: 6:11.75 45.52		
5.	CARRERAS BONILLA, Francesc		67 C.N. Parets		6:54.02	254
	50m: 45.30 45.30	150m: 2:26.09 51.39	250m: 4:12.42 53.49	350m: 6:01.49 54.28		
	100m: 1:34.70 49.40	200m: 3:18.93 52.84	300m: 5:07.21 54.79	400m: 6:54.02 52.53		

60+

1.	GOMEZ VELEZ, Rafael		62 C.N. Salou		5:22.26	620
	50m: 36.62 36.62	150m: 1:59.18 42.01	250m: 3:20.73 40.90	350m: 4:42.46 41.04		
	100m: 1:17.17 40.55	200m: 2:39.83 40.65	300m: 4:01.42 40.69	400m: 5:22.26 39.80		

Piscina 50mts i cronometratge automàtic

Prova 4, Masc., 400m Lliure, 60+

Classificació	ANY								Temps	Punts CAT		
2.	DURAN MARTÍ, Aleix 62 C.N. Tarraco								5:57.85	453		
	50m:	39.61	39.61	150m:	2:11.25	46.09	250m:	3:44.66	44.82	350m:	5:15.42	44.91
	100m:	1:25.16	45.55	200m:	2:59.84	48.59	300m:	4:30.51	45.85	400m:	5:57.85	42.43
3.	ANGLES OLIVE, Josep 63 Cambrils C.N.								6:05.78	424		
	50m:	40.39	40.39	150m:	2:12.58	46.73	250m:	3:47.56	47.41	350m:	5:21.70	46.66
	100m:	1:25.85	45.46	200m:	3:00.15	47.57	300m:	4:35.04	47.48	400m:	6:05.78	44.08
4.	GARRIDO HERNANDEZ, Wenceslao 60 C.N. Swimfaster Salt								6:23.61	367		
	50m:	44.75	44.75	150m:	2:19.41	48.33	250m:	3:58.33	49.59	350m:	5:36.20	48.66
	100m:	1:31.08	46.33	200m:	3:08.74	49.33	300m:	4:47.54	49.21	400m:	6:23.61	47.41

65+

1.	CASTELLO AUQUE, Antoni 58 C.N. Reus Ploms								5:28.93	601		
	<i>Rècord Catalunya</i>											
	50m:	38.76	38.76	150m:	2:02.25	41.68	250m:	3:25.48	41.16	350m:	4:48.36	41.27
	100m:	1:20.57	41.81	200m:	2:44.32	42.07	300m:	4:07.09	41.61	400m:	5:28.93	40.57
2.	GAGO QUERO, Jose Ramon 56 F.P. Claror								6:01.97	451		
	50m:	41.99	41.99	150m:	2:13.55	45.73	250m:	3:47.15	46.44	350m:	5:19.09	45.53
	100m:	1:27.82	45.83	200m:	3:00.71	47.16	300m:	4:33.56	46.41	400m:	6:01.97	42.88

85+

1.	HENDRIK DE BRUIJN, Frederik 38 Aquamàsters								6:56.89	875		
	<i>European Record</i>											
	50m:			150m:	2:37.02	54.25	250m:	4:22.08	53.02	350m:	6:07.55	53.17
	100m:	1:42.77		200m:	3:29.06	52.04	300m:	5:14.38	52.30	400m:	6:56.89	49.34

90+

1.	COTS SOLDEVILA, Jaume 33 C.N. Manresa								12:25.92	232		
	<i>Rècord Catalunya</i>											
	50m:	1:20.39	1:20.39	150m:	4:26.15	1:34.79	250m:	7:38.42	1:36.14	350m:	10:54.43	1:38.96
	100m:	2:51.36	1:30.97	200m:	6:02.28	1:36.13	300m:	9:15.47	1:37.05	400m:	12:25.92	1:31.49