



Event 4
3/6/2023 - 10:21

Men, 400m Freestyle

2003 and older
Results

CR 4:08.53 CABANILLAS QUINTANILLA, RAFA00069 BARCELONA-CNSA 30/5/2015

Points: FINA Master 2023

Rank			YB			Time	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.	PROFITOS LEON, 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:		250m:	2:40.29 32.73	350m:	3:46.23 33.20
	100m:	1:02.09 31.95	200m:	2:07.56	300m:	3:13.03 32.74	400m:	4:18.30 32.07
2.	TORRENTE LLAMAS, Victor		88 C.N. Santa Perpetua		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 Aquamasters		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 Perpetua		4:58.01		567	
	50m:		150m:	1:48.05 38.14	250m:	3:04.22 37.79	350m:	
	100m:	1:09.91	200m:	2:26.43 38.38	300m:	3:42.10 37.88	400m:	4:58.01
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



Event 4, Men, 400m Freestyle

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. MUNOZ SANCHEZ, Pedro	71 C.N. Sant Adria	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 Aquamasters	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



Event 4, Men, 400m Freestyle, 60+

Rank			YB			Time	Punts CAT	
2.	DURAN MARTI, 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	Aquamasters		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