

Prova 28
 09/07/2023

Masc., 400m Lliure

 Open
 Resultats

Rècord Catalunya	3:51.05	, GOICOECHEA CASANUEVA VICTOR	LAS PALMAS G.C.	09/08/2013
Millor Marca Catalana 18AM	3:53.43	, VIVAS EGEA MARC	CADIZ	28/02/2015
Millor Marca Catalana 17AM	3:54.42	, GIL CORBACHO MARCOS	NETANYA (ISR)	28/06/2017
Circuit Català de Trofeus	3:51.86	DURAN NAVIA, Miguel	ESP BARCELONA	15/02/2020

Punts: FINA 2023

Classificació	ANY								Temps	Pts		
1. JULIA TOUS, Ferran	00	C.N. Sabadell									3:54.79	823
50m:	27.52	27.52	150m:	1:27.20	29.93	250m:	2:28.09	30.29	350m:	3:25.79	28.98	
100m:	57.27	29.75	200m:	1:57.80	30.60	300m:	2:56.81	28.72	400m:	3:54.79	29.00	
2. DURAN NAVIA, Miguel	95	C.N. Terrassa									3:56.97	800
50m:	27.58	27.58	150m:	1:27.65	30.11	250m:	2:28.39	30.34	350m:	3:28.11	29.19	
100m:	57.54	29.96	200m:	1:58.05	30.40	300m:	2:58.92	30.53	400m:	3:56.97	28.86	
3. SANTIAGO BETANCOR, Raul	97	C.N. Sant Andreu									3:58.39	786
50m:	28.30	28.30	150m:	1:28.35	30.15	250m:	2:29.12	30.30	350m:	3:29.15	29.70	
100m:	58.20	29.90	200m:	1:58.82	30.47	300m:	2:59.45	30.33	400m:	3:58.39	29.24	
4. GIL CORBACHO, Marcos	00	C.N. Sabadell									4:01.39	757
50m:	27.37	27.37	150m:	1:27.90	30.53	250m:	2:29.13	30.68	350m:	3:30.61	31.12	
100m:	57.37	30.00	200m:	1:58.45	30.55	300m:	2:59.49	30.36	400m:	4:01.39	30.78	
5. RAMIA VIVES, Guillem	02	C.N. Terrassa									4:03.11	741
50m:	27.24	27.24	150m:	1:28.02	30.71	250m:	2:30.31	31.12	350m:	3:32.85	31.28	
100m:	57.31	30.07	200m:	1:59.19	31.17	300m:	3:01.57	31.26	400m:	4:03.11	30.26	
6. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell									4:03.76	735
50m:	27.92	27.92	150m:	1:29.17	30.95	250m:	2:31.07	31.02	350m:	3:33.54	31.51	
100m:	58.22	30.30	200m:	2:00.05	30.88	300m:	3:02.03	30.96	400m:	4:03.76	30.22	
7. NØRGAARD, Alexander Aslak	00	Sigma-Birk									4:04.05	733
50m:	27.68	27.68	150m:	1:27.19	30.12	250m:	2:28.93	30.99	350m:	3:31.89	31.87	
100m:	57.07	29.39	200m:	1:57.94	30.75	300m:	3:00.02	31.09	400m:	4:04.05	32.16	
8. JIMÉNEZ RÍSQUEZ, Alex	06	C.N. Caldes									4:04.35	730
50m:	28.39	28.39	150m:	1:29.88	31.06	250m:	2:31.69	31.15	350m:	3:34.10	31.49	
100m:	58.82	30.43	200m:	2:00.54	30.66	300m:	3:02.61	30.92	400m:	4:04.35	30.25	
9. ESCRITS MAÑOSA, Lluís	01	C.N. Sant Andreu									4:05.15	723
50m:	27.87	27.87	150m:	1:28.64	30.68	250m:	2:30.87	30.86	350m:	3:34.03	31.17	
100m:	57.96	30.09	200m:	2:00.01	31.37	300m:	3:02.86	31.99	400m:	4:05.15	31.12	
10. ORTIZ MARTINEZ, Carlos	04	C.E. Mediterrani									4:05.37	721
50m:	27.81	27.81	150m:	1:30.11	31.32	250m:	2:31.99	30.37	350m:	3:34.44	30.68	
100m:	58.79	30.98	200m:	2:01.62	31.51	300m:	3:03.76	31.77	400m:	4:05.37	30.93	
11. CASTEJON RAMIREZ, Alex	98	C.N. Sabadell									4:08.14	697
50m:	27.65	27.65	150m:	1:30.12	31.79	250m:	2:34.00	32.45	350m:	3:38.21	31.97	
100m:	58.33	30.68	200m:	2:01.55	31.43	300m:	3:06.24	32.24	400m:	4:08.14	29.93	
12. PEREZ MAÑAS, Adrian	03	C.E. Mediterrani									4:08.29	696
50m:	28.63	28.63	150m:	1:30.99	31.31	250m:	2:34.29	31.76	350m:	3:37.69	31.62	
100m:	59.68	31.05	200m:	2:02.53	31.54	300m:	3:06.07	31.78	400m:	4:08.29	30.60	
13. YEGRES COTTIN, Andres	02	C.N. Barcelona									4:08.63	693
50m:	28.45	28.45	150m:	1:30.93	31.38	250m:	2:34.14	31.60	350m:	3:37.63	31.33	
100m:	59.55	31.10	200m:	2:02.54	31.61	300m:	3:06.30	32.16	400m:	4:08.63	31.00	
14. VENDRELL GARCIA, Jose	03	C.N. Lleida									4:09.20	688
50m:	28.12	28.12	150m:	1:30.08	31.46	250m:	2:33.71	32.11	350m:	3:37.92	32.18	
100m:	58.62	30.50	200m:	2:01.60	31.52	300m:	3:05.74	32.03	400m:	4:09.20	31.28	
15. DØSSING, Emil Kildahl	02	Sigma-Birk									4:09.69	684
50m:	28.04	28.04	150m:	1:30.25	31.53	250m:	2:33.87	32.12	350m:	3:38.21	32.11	
100m:	58.72	30.68	200m:	2:01.75	31.50	300m:	3:06.10	32.23	400m:	4:09.69	31.48	
16. RAMOS RUIZ, Toni	05	Torelló C.A.N.									4:09.87	683
50m:	28.66	28.66	150m:	1:31.42	31.72	250m:	2:35.33	31.84	350m:	3:39.23	31.76	
100m:	59.70	31.04	200m:	2:03.49	32.07	300m:	3:07.47	32.14	400m:	4:09.87	30.64	

Prova 28, Masc., 400m Lliure, Open

Classificació			ANY					Temps	Pts
17.	RUIZ DE CAÑAS, Alvaro		02	C.N. Olot			4:10.87	675	
	50m: 28.62 28.62	150m: 1:31.54	31.90	250m: 2:35.57	31.98	350m: 3:40.27	31.94		
	100m: 59.64 31.02	200m: 2:03.59	32.05	300m: 3:08.33	32.76	400m: 4:10.87	30.60		
18.	MORA LOPEZ, Pol		06	Torelló C.A.N.			4:10.90	674	
	50m: 28.30 28.30	150m: 1:30.35	31.47	250m: 2:34.35	31.98	350m: 3:39.20	32.41		
	100m: 58.88 30.58	200m: 2:02.37	32.02	300m: 3:06.79	32.44	400m: 4:10.90	31.70		
19.	PEREZ PUJOL, Oriol		05	C.N. Terrassa			4:11.14	672	
	50m: 29.39 29.39	150m: 1:32.96	32.01	250m: 2:36.97	31.74	350m: 3:40.25	31.55		
	100m: 1:00.95 31.56	200m: 2:05.23	32.27	300m: 3:08.70	31.73	400m: 4:11.14	30.89		
20.	TEIXEIRA PEREIRA, Kevin		05	Fed Andorrana			4:12.40	662	
	50m: 28.97 28.97	150m: 1:33.26	32.32	250m: 2:37.83	32.30	350m: 3:42.42	32.18		
	100m: 1:00.94 31.97	200m: 2:05.53	32.27	300m: 3:10.24	32.41	400m: 4:12.40	29.98		
21.	ROURA CLEMENTE, Gerard		01	GEiEG			4:12.41	662	
	50m: 29.07 29.07	150m: 1:32.69	31.91	250m: 2:36.34	31.39	350m: 3:41.00	32.55		
	100m: 1:00.78 31.71	200m: 2:04.95	32.26	300m: 3:08.45	32.11	400m: 4:12.41	31.41		
22.	CASALS MAS, Èric		06	C.N. VIC-Etb			4:12.56	661	
	50m: 29.12 29.12	150m: 1:33.27	32.33	250m: 2:38.04	32.01	350m: 3:42.48	32.00		
	100m: 1:00.94 31.82	200m: 2:06.03	32.76	300m: 3:10.48	32.44	400m: 4:12.56	30.08		
23.	TEIXIDÓ JOVÉ, Aleix		06	C.E. Inef Lleida			4:12.66	660	
	50m: 28.45 28.45	150m: 1:31.80	32.34	250m: 2:37.34	32.89	350m: 3:42.59	32.68		
	100m: 59.46 31.01	200m: 2:04.45	32.65	300m: 3:09.91	32.57	400m: 4:12.66	30.07		
24.	GALLEN SABATER, Albert		05	C.E. Mediterrani			4:12.72	660	
	50m: 28.76 28.76	150m: 1:33.10	32.44	250m: 2:38.22	32.25	350m: 3:42.73	32.19		
	100m: 1:00.66 31.90	200m: 2:05.97	32.87	300m: 3:10.54	32.32	400m: 4:12.72	29.99		
25.	IBAÑEZ PINA, Nil		03	C.N. Atl Barceloneta			4:14.90	643	
	50m: 29.15 29.15	150m: 1:33.74	32.58	250m: 2:38.68	32.29	350m: 3:43.86	32.59		
	100m: 1:01.16 32.01	200m: 2:06.39	32.65	300m: 3:11.27	32.59	400m: 4:14.90	31.04		
26.	MONTEIRO VIEGAS, Marc		00	Fed Andorrana			4:16.64	630	
	50m: 29.51 29.51	150m: 1:33.61	32.49	250m: 2:39.49	32.93	350m: 3:45.50	32.99		
	100m: 1:01.12 31.61	200m: 2:06.56	32.95	300m: 3:12.51	33.02	400m: 4:16.64	31.14		
27.	FERNANDEZ SIMO, Eric		05	C.N. Granollers			4:17.02	627	
	50m: 30.04 30.04	150m: 1:36.20	33.14	250m: 2:41.46	31.89	350m: 3:46.21	32.22		
	100m: 1:03.06 33.02	200m: 2:09.57	33.37	300m: 3:13.99	32.53	400m: 4:17.02	30.81		
28.	RIERA GARCIA, Pablo		04	C.E.N. Cabrera De Mar			4:17.18	626	
	50m: 28.72 28.72	150m: 1:33.63	32.84	250m: 2:39.32	32.78	350m: 3:44.94	33.07		
	100m: 1:00.79 32.07	200m: 2:06.54	32.91	300m: 3:11.87	32.55	400m: 4:17.18	32.24		
29.	GONÇALVEZ ESTORACH, Marc		06	C.N. Amposta			4:17.47	624	
	50m: 27.84 27.84	150m: 1:32.43	33.02	250m: 2:39.44	33.26	350m: 3:46.30	32.88		
	100m: 59.41 31.57	200m: 2:06.18	33.75	300m: 3:13.42	33.98	400m: 4:17.47	31.17		
30.	BLANES FRIGOLA, Aleix		04	C.E. Àgora			4:18.42	617	
	50m: 28.98 28.98	150m: 1:33.28	32.37	250m: 2:39.65	33.26	350m: 3:46.32	33.19		
	100m: 1:00.91 31.93	200m: 2:06.39	33.11	300m: 3:13.13	33.48	400m: 4:18.42	32.10		
31.	ARRUGA MORENO, Alvaro		06	C.N. Igualada			4:20.71	601	
	50m: 29.36 29.36	150m: 1:34.87	33.29	250m: 2:42.31	33.66	350m: 3:49.22	33.30		
	100m: 1:01.58 32.22	200m: 2:08.65	33.78	300m: 3:15.92	33.61	400m: 4:20.71	31.49		
32.	REDONDO SORIA, Iker		06	C.N. Granollers			4:22.28	590	
	50m: 30.98 30.98	150m: 1:36.53	32.49	250m: 2:42.33	33.08	350m: 3:49.43	33.71		
	100m: 1:04.04 33.06	200m: 2:09.25	32.72	300m: 3:15.72	33.39	400m: 4:22.28	32.85		
33.	SANCHEZ GIBELLO, Nil		06	C.N. Terrassa			4:22.88	586	
	50m: 30.01 30.01	150m: 1:35.58	33.39	250m: 2:43.80	34.29	350m: 3:51.21	33.96		
	100m: 1:02.19 32.18	200m: 2:09.51	33.93	300m: 3:17.25	33.45	400m: 4:22.88	31.67		
34.	GABERNET MARTÍN, Biel		07	C.N. Tàrrrega			4:22.89	586	
	50m: 30.56 30.56	150m: 1:37.80	33.94	250m: 2:45.28	33.41	350m: 3:51.34	33.04		
	100m: 1:03.86 33.30	200m: 2:11.87	34.07	300m: 3:18.30	33.02	400m: 4:22.89	31.55		

Prova 28, Masc., 400m Lliure, Open

Classificació			ANY					Temps	Pts		
34.	FIORI PORTA, Marc		05	C.N. Mataró				4:22.89	586		
	50m:	29.78 29.78	150m:	1:35.96	33.21	250m:	2:42.53	33.08	350m:	3:49.96	33.93
	100m:	1:02.75 32.97	200m:	2:09.45	33.49	300m:	3:16.03	33.50	400m:	4:22.89	32.93
36.	BLANCO CUBERO, David		06	C.N. Sant Andreu				4:24.99	572		
	50m:	29.28 29.28	150m:	1:35.41	32.92	250m:	2:43.23	33.88	350m:	3:51.72	34.17
	100m:	1:02.49 33.21	200m:	2:09.35	33.94	300m:	3:17.55	34.32	400m:	4:24.99	33.27
37.	DEL CASTILLO MASICH, Guillem		06	C.N. Tarraco				4:26.13	565		
	50m:	30.33 30.33	150m:	1:36.93	33.68	250m:	2:44.97	33.76	350m:	3:52.46	33.74
	100m:	1:03.25 32.92	200m:	2:11.21	34.28	300m:	3:18.72	33.75	400m:	4:26.13	33.67
38.	CHAVES GUARDIA, David		98	C.N. Mataró				4:26.17	565		
	50m:	29.83 29.83	150m:	1:36.04	33.60	250m:	2:44.00	33.84	350m:	3:52.34	34.73
	100m:	1:02.44 32.61	200m:	2:10.16	34.12	300m:	3:17.61	33.61	400m:	4:26.17	33.83
39.	FANLO TORREMADE, Pau		04	C.N. Mataró				4:27.99	553		
	50m:	29.47 29.47	150m:	1:35.42	33.66	250m:	2:44.50	34.99	350m:	3:54.90	35.17
	100m:	1:01.76 32.29	200m:	2:09.51	34.09	300m:	3:19.73	35.23	400m:	4:27.99	33.09
40.	GABRIEL PARERAS, Pau Victor		05	C.N. Sant Andreu				4:28.28	551		
	50m:	29.70 29.70	150m:	1:36.07	33.73	250m:	2:44.52	34.04	350m:	3:54.63	35.08
	100m:	1:02.34 32.64	200m:	2:10.48	34.41	300m:	3:19.55	35.03	400m:	4:28.28	33.65
41.	CHECA HORNERO, Aleix		06	C.N. L'Hospitalet				4:28.34	551		
	50m:	31.10 31.10	150m:	1:37.79	32.90	250m:	2:46.40	34.30	350m:	3:55.32	34.43
	100m:	1:04.89 33.79	200m:	2:12.10	34.31	300m:	3:20.89	34.49	400m:	4:28.34	33.02
42.	ALVAREZ GARCIA, Joel		06	C.N. Premià				4:28.73	549		
	50m:	30.46 30.46	150m:	1:37.39	34.18	250m:	2:46.92	34.90	350m:	3:55.37	34.26
	100m:	1:03.21 32.75	200m:	2:12.02	34.63	300m:	3:21.11	34.19	400m:	4:28.73	33.36
43.	MARTIN SANCHEZ, Dylan		06	C.N. Salou				4:28.96	547		
	50m:	30.62 30.62	150m:	1:38.23	33.80	250m:	2:46.41	34.11	350m:	3:55.64	34.46
	100m:	1:04.43 33.81	200m:	2:12.30	34.07	300m:	3:21.18	34.77	400m:	4:28.96	33.32
44.	LUQUE SERRANO, Adria		05	GEIEG				4:29.20	546		
	50m:	30.36 30.36	150m:	1:37.81	34.19	250m:	2:47.10	34.71	350m:	3:55.94	34.04
	100m:	1:03.62 33.26	200m:	2:12.39	34.58	300m:	3:21.90	34.80	400m:	4:29.20	33.26
45.	RODRÍGUEZ SOLANS, Guifré		05	C.E. Inef Lleida				4:29.59	543		
	50m:	29.64 29.64	150m:	1:36.27	33.81	250m:	2:45.78	34.97	350m:	3:55.40	34.59
	100m:	1:02.46 32.82	200m:	2:10.81	34.54	300m:	3:20.81	35.03	400m:	4:29.59	34.19
46.	BACHS PUBILL, Pau		06	C.N. Barcelona				4:30.07	541		
	50m:	30.64 30.64	150m:	1:38.78	34.04	250m:	2:48.23	34.38	350m:	3:57.09	34.02
	100m:	1:04.74 34.10	200m:	2:13.85	35.07	300m:	3:23.07	34.84	400m:	4:30.07	32.98
47.	CRESPO BELTRAN, Xabier		05	C.N. Reus Ploms				4:31.12	534		
	50m:	29.49 29.49	150m:	1:38.20	34.67	250m:	2:47.61	34.56	350m:	3:57.64	35.10
	100m:	1:03.53 34.04	200m:	2:13.05	34.85	300m:	3:22.54	34.93	400m:	4:31.12	33.48
48.	BURILLO BENITEZ, Eloy		99	C.N. Cerdanyola				4:31.55	532		
	50m:	30.76 30.76	150m:	1:37.90	33.82	250m:	2:46.45	34.27	350m:	3:57.10	35.16
	100m:	1:04.08 33.32	200m:	2:12.18	34.28	300m:	3:21.94	35.49	400m:	4:31.55	34.45
49.	SALVATELLA ESTANY, Pau		03	C.N. Barcelona				4:31.95	529		
	50m:	29.92 29.92	150m:	1:37.48	34.10	250m:	2:47.19	34.91	350m:	3:57.66	35.14
	100m:	1:03.38 33.46	200m:	2:12.28	34.80	300m:	3:22.52	35.33	400m:	4:31.95	34.29
50.	VELAR IBAÑEZ, Arnau		06	C.E.N. Cabrera De Mar				4:33.97	518		
	50m:	30.36 30.36	150m:	1:38.55	34.55	250m:	2:49.24	35.49	350m:	3:59.84	35.15
	100m:	1:04.00 33.64	200m:	2:13.75	35.20	300m:	3:24.69	35.45	400m:	4:33.97	34.13
51.	ROCA BORRAS, Joan		06	C.N. Salou				4:34.35	516		
	50m:	30.82 30.82	150m:	1:38.70	34.47	250m:	2:48.63	35.38	350m:	3:59.78	35.51
	100m:	1:04.23 33.41	200m:	2:13.25	34.55	300m:	3:24.27	35.64	400m:	4:34.35	34.57
52.	SISCART MUNTANÉ, Oleguer		06	C.N. Barcelona				4:35.46	509		
	50m:	30.99 30.99	150m:	1:39.45	34.76	250m:	2:50.47	35.53	350m:	4:01.25	35.14
	100m:	1:04.69 33.70	200m:	2:14.94	35.49	300m:	3:26.11	35.64	400m:	4:35.46	34.21

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Classificació	ANY								Temps	Pts				
53. SARABIA FERNÁNDEZ, Marcos	06	C.E. Mediterrani								4:36.17	506			
50m: 31.78 31.78	150m: 1:41.52	35.10	250m: 2:52.56	35.63	350m: 4:03.19	34.81	100m: 1:06.42	34.64	200m: 2:16.93	35.41	300m: 3:28.38	35.82	400m: 4:36.17	32.98
54. RANEA VILA, Roger	06	C.N. VIC-Etb								4:37.01	501			
50m: 31.95 31.95	150m: 1:41.77	35.34	250m: 2:52.22	35.30	350m: 4:03.53	35.72	100m: 1:06.43	34.48	200m: 2:16.92	35.15	300m: 3:27.81	35.59	400m: 4:37.01	33.48
55. MCCLEMENTS, Barry	01	National Center Ulster								4:38.27	494			
50m: 30.97 30.97	150m: 1:38.51	33.74	250m: 2:49.03	35.26	350m: 4:02.27	36.78	100m: 1:04.77	33.80	200m: 2:13.77	35.26	300m: 3:25.49	36.46	400m: 4:38.27	36.00
56. GOMEZ BORRERO, Biel	06	C.N. L'Hospitalet								4:38.62	492			
50m: 31.41 31.41	150m: 1:42.29	35.39	250m: 2:53.07	35.11	350m: 4:04.63	35.42	100m: 1:06.90	35.49	200m: 2:17.96	35.67	300m: 3:29.21	36.14	400m: 4:38.62	33.99
57. MARCET CRUZ, Joel	05	C.N. Tàrraga								4:41.06	480			
50m: 31.95 31.95	150m: 1:41.98	35.31	250m: 2:52.59	34.68	350m: 4:05.40	36.90	100m: 1:06.67	34.72	200m: 2:17.91	35.93	300m: 3:28.50	35.91	400m: 4:41.06	35.66
58. GOMEZ DAMAS, Carlos	06	C.N. Sant Feliu								4:49.17	440			
50m: 31.92 31.92	150m: 1:44.35	36.62	250m: 2:57.38	36.31	350m: 4:12.56	37.84	100m: 1:07.73	35.81	200m: 2:21.07	36.72	300m: 3:34.72	37.34	400m: 4:49.17	36.61
DSQ CASADO GARRIGUES, Manel	03	C.N. Mataró												
BX BELIG, Xavier	97	C.N. Barcelona												
BX ARMENGOL TRIVES, Genis	02	C.N. Terrassa												