

Prova 4

Masc., 400m Lliure

2004 i majors

20/1/2024 - 10:42

Resultats

CR 4:08.96 CABANILLAS QUINTANILLA, Rafae01603 MANRESA 21/1/2023

Punts: FINA Master 2024

Classificació ANY Temps Punts CAT

20+

1. JIMENEZ FRANCO, Adrian 03 C.N. Reus Ploms 4:44.50 548
50m: 31.05 31.05 150m: 1:41.25 35.84 250m: 2:53.92 36.39 350m: 4:08.44 37.80
100m: 1:05.41 34.36 200m: 2:17.53 36.28 300m: 3:30.64 36.72 400m: 4:44.50 36.06

25+

1. MORALES HURTADO, Adrian 95 U.E. D'Horta 4:39.53 577
50m: 30.87 30.87 150m: 1:39.23 34.65 250m: 2:50.66 36.13 350m: 4:04.31 36.96
100m: 1:04.58 33.71 200m: 2:14.53 35.30 300m: 3:27.35 36.69 400m: 4:39.53 35.22

2. TORRES SERRANO, Sergio 96 Cee Sant Gervasi 4:44.39 548
50m: 31.85 31.85 150m: 1:42.03 35.69 250m: 2:54.82 36.55 350m: 4:08.38 36.49
100m: 1:06.34 34.49 200m: 2:18.27 36.24 300m: 3:31.89 37.07 400m: 4:44.39 36.01

30+

1. DELGADO VALLEJO, Alejandro 92 C.N. Sabadell 4:44.07 520
50m: 31.48 31.48 150m: 1:40.86 35.76 250m: 2:53.92 36.71 350m: 4:07.82 36.67
100m: 1:05.10 33.62 200m: 2:17.21 36.35 300m: 3:31.15 37.23 400m: 4:44.07 36.25

2. PAGES URBANO, Aaron 93 Cee Sant Gervasi 4:52.39 477
50m: 31.59 31.59 150m: 1:41.73 35.96 250m: 2:56.25 37.60 350m: 4:13.55 38.84
100m: 1:05.77 34.18 200m: 2:18.65 36.92 300m: 3:34.71 38.46 400m: 4:52.39 38.84

35+

1. CABANILLAS QUINTANILLA, Rafael 87 Marnaton 4:08.35 877
Rècord Campionat
50m: 29.53 29.53 150m: 1:32.59 31.61 250m: 2:35.66 31.43 350m: 3:38.01 31.17
100m: 1:00.98 31.45 200m: 2:04.23 31.64 300m: 3:06.84 31.18 400m: 4:08.35 30.34

2. RODRIGUEZ RAMOS, Cristian 86 C.N. Swimfaster Salt 4:21.15 754
50m: 29.32 29.32 150m: 1:32.46 31.68 250m: 2:38.72 33.53 350m: 3:47.90 34.98
100m: 1:00.78 31.46 200m: 2:05.19 32.73 300m: 3:12.92 34.20 400m: 4:21.15 33.25

3. GALLARDO FLORES, Carlos 88 C.N. Swimfaster Salt 4:24.12 729
50m: 30.11 30.11 150m: 1:35.90 33.17 250m: 2:42.89 33.22 350m: 3:50.54 33.85
100m: 1:02.73 32.62 200m: 2:09.67 33.77 300m: 3:16.69 33.80 400m: 4:24.12 33.58

4. NAVARRO GUILLÉN, Javier 87 C.N. Aquamàsters 4:31.03 675
50m: 30.50 30.50 150m: 1:36.16 33.16 250m: 2:45.16 34.91 350m: 3:56.00 35.44
100m: 1:03.00 32.50 200m: 2:10.25 34.09 300m: 3:20.56 35.40 400m: 4:31.03 35.03

5. ROSES MARTI, Jordi 89 Radikal Swim 4:41.56 602
50m: 30.50 30.50 150m: 1:38.60 34.47 250m: 2:51.19 36.44 350m: 4:05.50 36.74
100m: 1:04.13 33.63 200m: 2:14.75 36.15 300m: 3:28.76 37.57 400m: 4:41.56 36.06

6. GALLÉN I TORÁN, Xavier 85 C.E. Panteres Grogues 5:04.89 474
50m: 33.56 33.56 150m: 1:48.50 38.14 250m: 3:06.40 39.28 350m: 4:26.49 40.33
100m: 1:10.36 36.80 200m: 2:27.12 38.62 300m: 3:46.16 39.76 400m: 5:04.89 38.40

BX MAURIZIO BUTTI, Manuele 87 Marnaton

Prova 4, Masc., 400m Lliure

40+

1.	GALLARDO FLORES, Alberto	82	C.N. Swimfaster Salt	4:14.85	842
	50m: 30.02 30.02	150m: 1:33.61 32.01	250m: 2:37.29 31.81	350m: 3:41.90 32.42	
	100m: 1:01.60 31.58	200m: 2:05.48 31.87	300m: 3:09.48 32.19	400m: 4:14.85 32.95	
2.	BOAZ ALEXANDER, Nur	83	C.N. Atl Barceloneta	4:43.74	610
	50m: 32.20 32.20	150m: 1:42.50 35.67	250m: 2:54.53 36.11	350m: 4:07.54 36.90	
	100m: 1:06.83 34.63	200m: 2:18.42 35.92	300m: 3:30.64 36.11	400m: 4:43.74 36.20	

45+

1.	PONS RODRÍGUEZ, Benet	77	GEIEG	4:40.76	649
	50m: 32.32 32.32	150m: 1:42.57 35.56	250m: 2:54.55 35.97	350m: 4:06.07 35.76	
	100m: 1:07.01 34.69	200m: 2:18.58 36.01	300m: 3:30.31 35.76	400m: 4:40.76 34.69	
2.	BOVE SOLANES, Albert	78	C.N. Tarraco	4:58.05	542
	50m: 33.15 33.15	150m: 1:45.27 36.73	250m: 3:00.37 37.75	350m: 4:18.78 39.38	
	100m: 1:08.54 35.39	200m: 2:22.62 37.35	300m: 3:39.40 39.03	400m: 4:58.05 39.27	

BX LLOBERAS VALLS, Joaquim 76 C.N. Terrassa

50+

1.	PIJUAN ORO, Lluís	72	C.E.N. Balaguer	4:25.22	783
	50m: 30.35 30.35	150m: 1:36.21 33.01	250m: 2:43.85 33.72	350m: 3:51.98 34.19	
	100m: 1:03.20 32.85	200m: 2:10.13 33.92	300m: 3:17.79 33.94	400m: 4:25.22 33.24	
2.	MATEU ADZERIAS, Oriol	70	C.N. Sabadell	4:52.48	584
	50m: 35.02 35.02	150m: 1:49.25 37.07	250m: 3:02.97 36.17	350m: 4:16.17 36.65	
	100m: 1:12.18 37.16	200m: 2:26.80 37.55	300m: 3:39.52 36.55	400m: 4:52.48 36.31	
3.	MUÑOZ SANCHEZ, Pedro	71	C.N. Granollers	5:09.00	495
	50m: 36.42 36.42	150m: 1:53.99 39.19	250m: 3:12.10 38.96	350m: 4:30.33 39.39	
	100m: 1:14.80 38.38	200m: 2:33.14 39.15	300m: 3:50.94 38.84	400m: 5:09.00 38.67	
4.	MARTINEZ ESPADA, Jose	72	C.N. Salou	5:24.77	426
	50m: 34.50 34.50	150m: 1:52.66 39.56	250m: 3:16.28 42.35	350m: 4:42.15 43.01	
	100m: 1:13.10 38.60	200m: 2:33.93 41.27	300m: 3:59.14 42.86	400m: 5:24.77 42.62	

55+

1.	CARRIERE JORDANA, Xesco	69	Marnaton	4:59.99	621
	50m: 33.42 33.42	150m: 1:46.60 37.12	250m: 3:04.00 38.81	350m: 4:22.10 39.37	
	100m: 1:09.48 36.06	200m: 2:25.19 38.59	300m: 3:42.73 38.73	400m: 4:59.99 37.89	
2.	GRAU SOLE, Ferran	67	CV Platja Llarga Tarragona	5:09.99	563
	50m: 34.35 34.35	150m: 1:50.94 38.96	250m: 3:10.07 39.76	350m: 4:30.68 40.57	
	100m: 1:11.98 37.63	200m: 2:30.31 39.37	300m: 3:50.11 40.04	400m: 5:09.99 39.31	
3.	CAMPS RUSSINES, David	67	C.N. Atl Barceloneta	5:20.15	511
	50m: 34.86 34.86	150m: 1:53.33 40.02	250m: 3:14.24 40.57	350m: 4:38.35 42.05	
	100m: 1:13.31 38.45	200m: 2:33.67 40.34	300m: 3:56.30 42.06	400m: 5:20.15 41.80	

60+

1.	GOMEZ VELEZ, Rafael	62	C.N. Salou	5:21.74	575
	50m: 35.01 35.01	150m: 1:53.14 39.77	250m: 3:13.97 40.14	350m: 4:39.20 43.01	
	100m: 1:13.37 38.36	200m: 2:33.83 40.69	300m: 3:56.19 42.22	400m: 5:21.74 42.54	
2.	CRUELLES PAGÈS, Pere	64	C.E. Panteres Grogues	5:22.48	571
	50m: 35.24 35.24	150m: 1:54.80 40.57	250m: 3:16.76 41.36	350m: 4:40.88 42.41	
	100m: 1:14.23 38.99	200m: 2:35.40 40.60	300m: 3:58.47 41.71	400m: 5:22.48 41.60	

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

Classificació	ANY								Temps	Punts CAT
3. TORRENTS CERVERA, Xavier	64 C.N. Sabadell								5:24.02	563
50m: 35.84 35.84	150m: 1:56.23 40.93	250m: 3:19.45 41.62	350m: 4:42.95 41.41							
100m: 1:15.30 39.46	200m: 2:37.83 41.60	300m: 4:01.54 42.09	400m: 5:24.02 41.07							
4. JULIAN RAFOLSE, Jordi	63 C.N. Sant Andreu								5:39.54	489
50m: 38.35 38.35	150m: 2:01.75 42.65	250m: 3:27.73 43.32	350m: 4:56.09 44.01							
100m: 1:19.10 40.75	200m: 2:44.41 42.66	300m: 4:12.08 44.35	400m: 5:39.54 43.45							
5. DURAN MARTÍ, Aleix	62 C.N. Tarraco								5:49.61	448
50m: 39.20 39.20	150m: 2:05.85 44.42	250m: 3:36.16 45.31	350m: 5:05.92 44.19							
100m: 1:21.43 42.23	200m: 2:50.85 45.00	300m: 4:21.73 45.57	400m: 5:49.61 43.69							
6. SERRANO TRULL, Josep	63 GEIEG								5:53.09	435
50m: 37.81 37.81	150m: 2:04.41 44.39	250m: 3:35.85 46.28	350m: 5:09.44 46.85							
100m: 1:20.02 42.21	200m: 2:49.57 45.16	300m: 4:22.59 46.74	400m: 5:53.09 43.65							

65+

BX CASTELLO AUQUE, Antoni 58 C.N. Reus Ploms

70+

1. CAMARA SERRANO, Juan M ^a	54 F.P. Claror								6:08.70	470
50m: 42.51 42.51	150m: 2:13.85 46.66	250m: 3:49.02 48.01	350m: 5:24.59 48.01							
100m: 1:27.19 44.68	200m: 3:01.01 47.16	300m: 4:36.58 47.56	400m: 6:08.70 44.11							

75+

1. FARRE GANDUXE, Josep	46 C.N. Sant Andreu								6:53.59	420
50m: 45.47 45.47	150m: 2:30.06 52.81	250m: 4:15.07 52.73	350m: 6:00.47 53.36							
100m: 1:37.25 51.78	200m: 3:22.34 52.28	300m: 5:07.11 52.04	400m: 6:53.59 53.12							