

Prova 23
 8/6/2025 - 9:50

Masc., 400m Estils

 2005 i majors
 Resultats

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

LLoc Nom i cognoms Any Club Temps Punts IND Punts CLUB

30+

1.	COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues	5:12.55	581
	50m: 31.29 31.29 150m: 1:49.91 41.31 250m: 3:16.61 45.38 350m: 4:37.37 36.11				
	100m: 1:08.60 37.31 200m: 2:31.23 41.32 300m: 4:01.26 44.65 400m: 5:12.55 35.18				
2.	MORALES HURTADO, Adrian	95	U.E. Horta	5:38.12	458
	50m: 32.64 32.64 150m: 1:58.32 45.90 250m: 3:31.57 48.59 350m: 5:00.42 39.47				
	100m: 1:12.42 39.78 200m: 2:42.98 44.66 300m: 4:20.95 49.38 400m: 5:38.12 37.70				

35+

1.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt	5:10.84	705
	50m: 32.01 32.01 150m: 1:51.38 41.34 250m: 3:14.95 43.98 350m: 4:35.34 36.13				
	100m: 1:10.04 38.03 200m: 2:30.97 39.59 300m: 3:59.21 44.26 400m: 5:10.84 35.50				
2.	GUTIERREZ MARTINEZ, Javier	90	Club Natació Swimfaster Salt	5:15.82	672
	50m: 31.72 31.72 150m: 1:53.27 44.06 250m: 3:17.71 41.32 350m: 4:38.33 38.24				
	100m: 1:09.21 37.49 200m: 2:36.39 43.12 300m: 4:00.09 42.38 400m: 5:15.82 37.49				

40+

1.	SILES CHINCHILLA, Marcos	84	C.N. Prat Llobregat	6:46.65	335
	50m: 41.44 41.44 150m: 2:27.50 55.88 250m: 4:14.91 54.90 350m: 6:00.39 48.33				
	100m: 1:31.62 50.18 200m: 3:20.01 52.51 300m: 5:12.06 57.15 400m: 6:46.65 46.26				

45+

1.	GONZALEZ LAMPURDANES, Ismael	78	C.N. Tarraco	6:16.07	429
	50m: 39.85 39.85 150m: 2:15.98 50.98 250m: 3:57.27 51.75 350m: 5:32.76 43.78				
	100m: 1:25.00 45.15 200m: 3:05.52 49.54 300m: 4:48.98 51.71 400m: 6:16.07 43.31				

50+

1.	GARCIA MOYANO, Oscar	71	C.N. Tres Cantos	5:39.66	594
	50m: 36.31 36.31 150m: 2:02.69 43.61 250m: 3:33.36 48.72 350m: 5:02.16 40.01				
	100m: 1:19.08 42.77 200m: 2:44.64 41.95 300m: 4:22.15 48.79 400m: 5:39.66 37.50				
2.	ALVAREZ RODRIGUEZ, Jose Antoni	73	C.N. Prat Llobregat	6:10.62	457
	50m: 44.73 44.73 150m: 2:21.94 52.86 250m: 4:02.30 48.96 350m: 5:31.28 41.60				
	100m: 1:29.08 44.35 200m: 3:13.34 51.40 300m: 4:49.68 47.38 400m: 6:10.62 39.34				
3.	GABARRO ROSELL, Lluís	74	C.N. Sabadell	6:21.36	420
	50m: 36.61 36.61 150m: 2:16.55 52.65 250m: 4:00.01 52.99 350m: 5:38.51 44.90				
	100m: 1:23.90 47.29 200m: 3:07.02 50.47 300m: 4:53.61 53.60 400m: 6:21.36 42.85				
4.	SANTAÑES MOLINA, Jordi	74	Fed. Andorrana	7:48.72	226
	50m: 49.51 49.51 150m: 2:46.13 58.00 250m: 4:49.75 1:06.18 350m: 6:51.92 56.10				
	100m: 1:48.13 58.62 200m: 3:43.57 57.44 300m: 5:55.82 1:06.07 400m: 7:48.72 56.80				

55+

1.	GUIRAL CUGAT, Ramon	69	C.N. Aquamasters	6:16.05	495
	50m: 41.78 41.78 200m: 3:04.38 1:33.19 300m: 4:56.90 56.44 400m: 6:16.05 39.24				
	100m: 1:31.19 49.41 250m: 4:00.46 56.08 350m: 5:36.81 39.91				



Prova 23, Masc., 400m Estils, 55+

LLoc	Nom i cognoms	Any	Club	Temps	Punts IND	Punts CLUB
2.	DE LA VEGA GIMENEZ, Rafael	69	C.D. Jerez Natacion Master	6:34.12	430	
	50m: 40.37 40.37	150m: 2:25.72	54.86	250m: 4:13.92	55.68	350m: 5:52.77 43.52
	100m: 1:30.86 50.49	200m: 3:18.24	52.52	300m: 5:09.25	55.33	400m: 6:34.12 41.35
3.	RIBON CALABIA, Enrique	68	C.N. Aquamasters	7:16.91	315	
	50m: 54.79 54.79	150m: 2:48.59	56.02	250m: 4:43.61	58.86	350m: 6:30.24 49.66
	100m: 1:52.57 57.78	200m: 3:44.75	56.16	300m: 5:40.58	56.97	400m: 7:16.91 46.67
4.	MASIP CASADO, Joan Manel	68	C.N. Sabadell	8:04.12	232	
	50m: 54.37 54.37	150m: 3:11.12	1:08.04	250m: 5:16.63	1:00.93	350m: 7:13.83 54.79
	100m: 2:03.08 1:08.71	200m: 4:15.70	1:04.58	300m: 6:19.04	1:02.41	400m: 8:04.12 50.29

60+

1.	GARRIDO CASADO, Antonio	62	Club Nagi	8:24.51	227	
	50m: 59.72 59.72	150m: 3:20.15	1:08.69	250m: 5:39.64	1:09.65	350m: 7:38.84 48.01
	100m: 2:11.46 1:11.74	200m: 4:29.99	1:09.84	300m: 6:50.83	1:11.19	400m: 8:24.51 45.67