

Event 4 Men, 400m Freestyle 2005 and older
 7/6/2025 - 10:40 Results

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

LLoc	Nom i cognoms	Any	Club	Time	Punts IND	Punts CLUB
20+						
1.	BLANES FRIGOLA, Aleix	04	C.D. Jerez Natacion Master	4:21.40	783	
	50m: 29.06 29.06	150m: 1:34.52 33.05	250m: 2:41.75 33.88	350m: 3:48.95 33.70		
	100m: 1:01.47 32.41	200m: 2:07.87 33.35	300m: 3:15.25 33.50	400m: 4:21.40 32.45		
2.	FILOSO GARCIA, Alonso	02	C.N. Cornellà	5:01.83	508	
	50m: 32.66 32.66	150m: 1:46.02 37.15	250m: 3:01.18 37.00	350m: 4:20.03 40.58		
	100m: 1:08.87 36.21	200m: 2:24.18 38.16	300m: 3:39.45 38.27	400m: 5:01.83 41.80		
25+						
1.	AUNON LLORENS, Juan Manuel	96	C.D. Jerez Natacion Master	4:52.86	556	
	50m: 31.50 31.50	150m: 1:44.41 36.88	250m: 2:59.51 37.57	350m: 4:15.70 38.38		
	100m: 1:07.53 36.03	200m: 2:21.94 37.53	300m: 3:37.32 37.81	400m: 4:52.86 37.16		
30+						
1.	COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues	4:43.15	594	
	50m: 32.24 32.24	150m: 1:42.37 35.38	250m: 2:53.80 35.17	350m: 4:06.38 36.27		
	100m: 1:06.99 34.75	200m: 2:18.63 36.26	300m: 3:30.11 36.31	400m: 4:43.15 36.77		
2.	MORALES HURTADO, Adrian	95	U.E. Horta	5:03.44	483	
	50m: 31.33 31.33	150m: 1:43.54 37.02	250m: 3:02.45 40.12	350m: 4:23.86 40.84		
	100m: 1:06.52 35.19	200m: 2:22.33 38.79	300m: 3:43.02 40.57	400m: 5:03.44 39.58		
3.	LOZANO ORTEGA, Victor	95	C.N. Caldes	5:21.98	404	
	50m: 34.71 34.71	150m: 1:54.37 39.85	250m: 3:16.71 41.15	350m: 4:40.51 42.17		
	100m: 1:14.52 39.81	200m: 2:35.56 41.19	300m: 3:58.34 41.63	400m: 5:21.98 41.47		
4.	CAGIGA VILA, Ignacio	94	C.N. Alcobendas	5:25.66	390	
	100m: 1:14.22 1:14.22	200m: 2:37.33 1:23.11	300m: 4:02.18 1:24.85	400m: 5:25.66 1:23.48		
35+						
1.	CALDERON RAMIREZ, Marc	88	C.N. Aquamasters	4:38.99	642	
	50m: 30.67 30.67	150m: 1:39.57 35.11	250m: 2:51.50 36.04	350m: 4:03.55 35.81		
	100m: 1:04.46 33.79	200m: 2:15.46 35.89	300m: 3:27.74 36.24	400m: 4:38.99 35.44		
2.	SAN MARTIN TRESOLS, Luis	88	C.D. Jerez Natacion Master	4:50.73	568	
	50m: 32.35 32.35	150m: 1:46.22 36.50	250m: 3:01.20 37.34	350m: 4:15.16 36.37		
	100m: 1:09.72 37.37	200m: 2:23.86 37.64	300m: 3:38.79 37.59	400m: 4:50.73 35.57		
40+						
1.	GALLARDO FLORES, Alberto	82	Club Natacio Swimfaster Salt	4:24.35	813	
	50m: 30.73 30.73	150m: 1:37.78 33.87	250m: 2:45.15 33.66	350m: 3:52.13 33.56		
	100m: 1:03.91 33.18	200m: 2:11.49 33.71	300m: 3:18.57 33.42	400m: 4:24.35 32.22		
2.	HERRERA MARTINEZ, Francisco Josè	82	C.D. Jerez Natacion Master	4:47.98	628	
	50m: 32.29 32.29	150m: 1:43.10 35.82	250m: 2:56.61 36.83	350m: 4:11.26 37.38		
	100m: 1:07.28 34.99	200m: 2:19.78 36.68	300m: 3:33.88 37.27	400m: 4:47.98 36.72		
3.	GALLEN I TORAN, Xavier	85	C.E. Panteres Grogues	5:05.67	525	
	50m: 33.71 33.71	150m: 1:50.12 38.28	250m: 3:08.45 38.84	350m: 4:27.66 39.03		
	100m: 1:11.84 38.13	200m: 2:29.61 39.49	300m: 3:48.63 40.18	400m: 5:05.67 38.01		



Event 4, Men, 400m Freestyle, 40+

LLoc	Nom i cognoms	Any	Club	Time	Punts IND	Punts CLUB
4.	BARRIONUEVO VILAR, Manuel	83	C.N. Aquamasters	5:15.58	477	
	50m: 32.71 32.71	150m: 1:49.99	39.90	250m: 3:12.15	41.20	350m: 4:36.14 41.92
	100m: 1:10.09 37.38	200m: 2:30.95	40.96	300m: 3:54.22	42.07	400m: 5:15.58 39.44
5.	GRAU CARRION, Marc	84	C.N. Granollers	5:19.36	461	
	50m: 36.04 36.04	150m: 1:57.05	41.02	250m: 3:20.09	41.40	350m: 4:40.24 39.21
	100m: 1:16.03 39.99	200m: 2:38.69	41.64	300m: 4:01.03	40.94	400m: 5:19.36 39.12
45+						
1.	ORENSANZ MARTINEZ, Joan	77	C.N. Aquamasters	4:45.05	671	
	50m: 31.73 31.73	150m: 1:41.05	35.28	250m: 2:55.36	37.42	350m: 4:10.15 36.54
	100m: 1:05.77 34.04	200m: 2:17.94	36.89	300m: 3:33.61	38.25	400m: 4:45.05 34.90
2.	PONS RODRIGUEZ, Benet	77	C.N. Granollers	4:46.18	663	
	50m: 32.17 32.17	150m: 1:43.99	36.37	250m: 2:57.88	36.57	350m: 4:10.75 36.43
	100m: 1:07.62 35.45	200m: 2:21.31	37.32	300m: 3:34.32	36.44	400m: 4:46.18 35.43
3.	TORRES TORRONTERAS, Javier	78	C.N. Prat Llobregat	5:32.47	423	
	50m: 37.92 37.92	150m: 2:02.23	42.55	250m: 3:28.27	42.94	350m: 4:53.30 42.39
	100m: 1:19.68 41.76	200m: 2:45.33	43.10	300m: 4:10.91	42.64	400m: 5:32.47 39.17
50+						
1.	CABELLO VILLALONGA, Manuel	72	C.N. L' Hospitalet	4:47.00	709	
	50m: 31.35 31.35	150m: 1:43.35	36.55	250m: 2:57.31	36.75	350m: 4:12.29 37.46
	100m: 1:06.80 35.45	200m: 2:20.56	37.21	300m: 3:34.83	37.52	400m: 4:47.00 34.71
2.	SAVESCU, George	75	C.D. Jerez Natacion Master	4:56.31	644	
	50m: 33.51 33.51	150m: 1:48.26	37.71	250m: 3:04.56	38.24	350m: 4:21.01 38.14
	100m: 1:10.55 37.04	200m: 2:26.32	38.06	300m: 3:42.87	38.31	400m: 4:56.31 35.30
3.	MUNOZ SANCHEZ, Pedro	71	C.N. Granollers	5:21.45	504	
	100m: 1:18.40 1:18.40	200m: 2:40.52	1:22.12	300m: 4:01.96	1:21.44	400m: 5:21.45 1:19.49
4.	ALVAREZ RODRIGUEZ, Jose Antoni	73	C.N. Prat Llobregat	5:25.51	486	
	50m: 36.06 36.06	150m: 1:55.42	40.34	250m: 3:18.43	41.50	350m: 4:43.46 42.73
	100m: 1:15.08 39.02	200m: 2:36.93	41.51	300m: 4:00.73	42.30	400m: 5:25.51 42.05
5.	JULIA MANRESA, Ignacio	71	C.N. Aquamasters	5:29.60	468	
	100m: 1:20.59 1:20.59	200m: 2:44.35	41.78	300m: 4:08.26	41.94	400m: 5:29.60 39.70
	150m: 2:02.57 41.98	250m: 3:26.32	41.97	350m: 4:49.90	41.64	
55+						
1.	ROCH BLOM, Raul	70	C.N. Sitges	4:57.64	685	
	50m: 33.68 33.68	150m: 1:48.98	37.57	250m: 3:05.06	37.96	350m: 4:21.68 38.23
	100m: 1:11.41 37.73	200m: 2:27.10	38.12	300m: 3:43.45	38.39	400m: 4:57.64 35.96
2.	MATEU ADZERIAS, Oriol	70	C.N. Sabadell	5:11.12	600	
	50m: 35.80 35.80	150m: 1:53.86	39.65	250m: 3:12.95	38.94	350m: 4:31.46 39.19
	100m: 1:14.21 38.41	200m: 2:34.01	40.15	300m: 3:52.27	39.32	400m: 5:11.12 39.66
3.	LATORRE SEGARRA, Francesc	66	C.N. Aquamasters	5:41.51	454	
	50m: 37.47 37.47	150m: 2:02.22	42.69	250m: 3:29.24	43.43	350m: 4:57.64 44.09
	100m: 1:19.53 42.06	200m: 2:45.81	43.59	300m: 4:13.55	44.31	400m: 5:41.51 43.87



Event 4, Men, 400m Freestyle

60+

1.	ARRIBAS PUVILL, Albert	65	C.E. Mediterrani	5:16.41	622
	50m: 36.29 36.29	150m: 1:57.35 40.73	250m: 3:18.03 40.90	350m: 4:38.43 40.55	
	100m: 1:16.62 40.33	200m: 2:37.13 39.78	300m: 3:57.88 39.85	400m: 5:16.41 37.98	
2.	GOMEZ VELEZ, Rafael	62	C.N.Salou	5:29.09	553
	50m: 36.24 36.24	150m: 1:57.88 41.08	250m: 3:21.56 41.44	350m: 4:46.55 42.92	
	100m: 1:16.80 40.56	200m: 2:40.12 42.24	300m: 4:03.63 42.07	400m: 5:29.09 42.54	
3.	VALDES VILCHES, Manuel Angel	64	C.N. Tarraco	5:44.75	481
	50m: 38.39 38.39	150m: 2:04.50 43.79	250m: 3:33.09 44.59	350m: 5:02.55 44.95	
	100m: 1:20.71 42.32	200m: 2:48.50 44.00	300m: 4:17.60 44.51	400m: 5:44.75 42.20	

65+

1.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms	5:34.06	574
	50m: 38.54 38.54	150m: 2:01.72 42.02	250m: 3:26.32 42.44	350m: 4:52.02 43.09	
	100m: 1:19.70 41.16	200m: 2:43.88 42.16	300m: 4:08.93 42.61	400m: 5:34.06 42.04	
2.	GARRIDO HERNANDEZ, Wenceslao	60	Club Natacio Swimfaster Salt	6:25.93	372
	50m: 41.01 41.01	150m: 2:17.26 50.26	250m: 3:57.93 50.45	350m: 5:37.77 49.73	
	100m: 1:27.00 45.99	200m: 3:07.48 50.22	300m: 4:48.04 50.11	400m: 6:25.93 48.16	

70+

1.	POCH BATLLE, Josep	51	G.E.Nautics De Roses	6:58.29	361
	50m: 47.01 47.01	150m: 2:32.78 53.78	250m: 4:22.28 54.84	350m: 6:10.87 54.22	
	100m: 1:39.00 51.99	200m: 3:27.44 54.66	300m: 5:16.65 54.37	400m: 6:58.29 47.42	

85+

1.	HENDRIK DE BRUIJN, Frederik	38	C.N. Aquamasters	7:00.48	853
	100m: 1:42.65 1:42.65	200m: 3:30.15 54.20	400m: 7:00.48 1:43.52		
	150m: 2:35.95 53.30	300m: 5:16.96 1:46.81			