

Prova 25
19/1/2025 - 10:11

Masc., 400m Estils

2005 i majors
Resultats

CR 4:42.51 DIAZ MERCADO, Zigor ESP SABADELL 8/1/2022

Punts: AQUA Master 2024

Classificació	ANY	Temps	Punts CAT
25+			
1.	PENEDES FRADERA, Marti 96 C.N. Mataró	4:55.29	640
	50m: 29.95 29.95 150m: 1:43.46 38.54 250m: 3:01.83 41.05 350m: 4:20.29 35.45		
	100m: 1:04.92 34.97 200m: 2:20.78 37.32 300m: 3:44.84 43.01 400m: 4:55.29 35.00		
30+			
1.	MORALES HURTADO, Adrian 95 U.E. D'Horta	5:23.27	496
	50m: 32.94 32.94 150m: 1:54.85 43.64 250m: 3:22.06 46.29 350m: 4:46.64 38.40		
	100m: 1:11.21 38.27 200m: 2:35.77 40.92 300m: 4:08.24 46.18 400m: 5:23.27 36.63		
35+			
1.	GALLARDO FLORES, Carlos 88 C.N. Swimfaster Salt	5:01.03	642
	50m: 30.97 30.97 150m: 1:47.31 39.94 250m: 3:08.30 41.93 350m: 4:26.52 35.33		
	100m: 1:07.37 36.40 200m: 2:26.37 39.06 300m: 3:51.19 42.89 400m: 5:01.03 34.51		
40+			
1.	ROLDAN GOMEZ, Antonio 84 C.N. Aquamàsters	5:13.77	641
	50m: 31.87 31.87 150m: 1:49.09 40.60 250m: 3:13.35 44.15 350m: 4:36.80 38.06		
	100m: 1:08.49 36.62 200m: 2:29.20 40.11 300m: 3:58.74 45.39 400m: 5:13.77 36.97		
45+			
1.	TALAVERA GUADAYOL, Jordi 76 C.N. Terrassa	5:12.66	653
	50m: 33.13 33.13 150m: 1:51.70 41.77 250m: 3:16.74 44.49 350m: 4:37.96 36.20		
	100m: 1:09.93 36.80 200m: 2:32.25 40.55 300m: 4:01.76 45.02 400m: 5:12.66 34.70		
2.	VALLES SALGADO, Alberto 80 C.N. Tarraco	5:46.68	479
	50m: 35.26 35.26 150m: 2:02.62 45.57 250m: 3:34.56 47.40 350m: 5:05.02 42.39		
	100m: 1:17.05 41.79 200m: 2:47.16 44.54 300m: 4:22.63 48.07 400m: 5:46.68 41.66		
3.	GONZALEZ LAMPURDANES, Ismael 78 C.N. Tarraco	5:55.83	443
	50m: 38.73 38.73 150m: 2:10.85 46.70 250m: 3:46.47 49.41 350m: 5:17.01 40.23		
	100m: 1:24.15 45.42 200m: 2:57.06 46.21 300m: 4:36.78 50.31 400m: 5:55.83 38.82		
4.	MANZANO LOPEZ, Jose Luis 76 Club Nagi	6:10.31	393
	50m: 38.13 38.13 150m: 2:11.31 49.29 250m: 3:54.06 50.61 350m: 5:30.06 43.80		
	100m: 1:22.02 43.89 200m: 3:03.45 52.14 300m: 4:46.26 52.20 400m: 6:10.31 40.25		
50+			
1.	CABELLO VILLALONGA, Manuel 72 C.N. L'Hospitalet	5:27.19	557
	50m: 33.03 33.03 150m: 1:55.62 43.84 250m: 3:25.74 47.79 350m: 4:52.12 37.33		
	100m: 1:11.78 38.75 200m: 2:37.95 42.33 300m: 4:14.79 49.05 400m: 5:27.19 35.07		
2.	LOPEZ SANCHEZ, Ruben 72 C.N. Sabadell	5:32.38	532
	50m: 34.58 34.58 150m: 1:59.05 44.06 250m: 3:31.15 48.94 350m: 4:56.33 36.48		
	100m: 1:14.99 40.41 200m: 2:42.21 43.16 300m: 4:19.85 48.70 400m: 5:32.38 36.05		
3.	MOJICA PEREZ, Juan Carlos 72 C.N. Catalunya	6:25.69	340
	50m: 41.73 41.73 150m: 2:23.69 52.78 250m: 4:08.90 54.47 350m: 5:46.23 43.23		
	100m: 1:30.91 49.18 200m: 3:14.43 50.74 300m: 5:03.00 54.10 400m: 6:25.69 39.46		

Piscina 25mts i cronometratge automàtic

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Sponsor principal

Sponsors institucionals

Acreditacions



Prova 25, Masc., 400m Estils

55+

1.	GUIRAL CUGAT, Ramon	69	C.N. Aquamàsters	5:54.95	544
	50m: 36.49 36.49	150m: 2:05.85 45.74	250m: 3:42.15 50.94	350m: 5:16.81 40.08	
	100m: 1:20.11 43.62	200m: 2:51.21 45.36	300m: 4:36.73 54.58	400m: 5:54.95 38.14	
2.	CINALLI PETRINGA, Carlos	70	C.N. Aquamàsters	6:19.71	444
	50m: 42.56 42.56	150m: 2:24.34 52.21	250m: 4:06.61 51.72	350m: 5:39.37 43.10	
	100m: 1:32.13 49.57	200m: 3:14.89 50.55	300m: 4:56.27 49.66	400m: 6:19.71 40.34	
3.	RIBON CALABIA, Enrique	68	C.N. Aquamàsters	6:51.21	350
	50m: 51.35 51.35	150m: 2:40.34 55.76	250m: 4:27.03 53.13	350m: 6:07.27 46.60	
	100m: 1:44.58 53.23	200m: 3:33.90 53.56	300m: 5:20.67 53.64	400m: 6:51.21 43.94	

BX JOFRE RUIZ, Ramon 67 C.N. Lleida

60+

1.	CARALT RIERA, Miquel	65	C.N. Aquamàsters	5:49.59	661
	<i>Rècord Estatal Màsters</i>				
	50m: 35.83 35.83	150m: 2:02.85 46.17	250m: 3:39.88 51.59	350m: 5:13.10 40.89	
	100m: 1:16.68 40.85	200m: 2:48.29 45.44	300m: 4:32.21 52.33	400m: 5:49.59 36.49	
2.	CISNEROS HERRILLO, Jordi	61	C.N. Catalunya	6:48.17	415
	50m: 40.51 40.51	150m: 2:34.19 54.36	250m: 4:22.05 54.86	350m: 6:03.88 45.80	
	100m: 1:39.83 59.32	200m: 3:27.19 53.00	300m: 5:18.08 56.03	400m: 6:48.17 44.29	
3.	GARRIDO CASADO, Antonio	62	Club Nagi	8:22.14	223
	50m: 58.99 58.99	150m: 3:21.58 1:13.07	250m: 5:38.30 1:08.81	350m: 7:34.83 49.27	
	100m: 2:08.51 1:09.52	200m: 4:29.49 1:07.91	300m: 6:45.56 1:07.26	400m: 8:22.14 47.31	

75+

1.	PROUS GRAU, Fernando	50	C.N. Reus Ploms	7:33.27	618
	<i>Rècord Nacional Màsters</i>				
	50m: 47.04 47.04	150m: 2:41.25 58.60	250m: 4:42.03 1:04.10	350m: 6:39.34 53.97	
	100m: 1:42.65 55.61	200m: 3:37.93 56.68	300m: 5:45.37 1:03.34	400m: 7:33.27 53.93	