

Prova 4

Masc., 400m Lliure

2005 i majors

18/1/2025 - 10:13

Resultats

CR 4:08.35 CABANILLAS QUINTANILLA, RafeaESP MANRESA 20/1/2024

Punts: AQUA Master 2024

Classificació	ANY	Temps	Punts CAT
20+			
1.	GRAU DE LA MANO, Marc	01 C.N. Aquamàsters	4:38.85 582
	50m: 29.00 29.00 150m: 1:34.08 33.00 250m: 2:43.62 35.51 350m: 3:59.36 38.50		
	100m: 1:01.08 32.08 200m: 2:08.11 34.03 300m: 3:20.86 37.24 400m: 4:38.85 39.49		
30+			
1.	MORENO SANDIN, Jonatan	91 C.N. Cornellà	4:30.80 601
	50m: 30.94 30.94 150m: 1:37.89 33.77 250m: 2:46.65 34.36 350m: 3:56.88 35.18		
	100m: 1:04.12 33.18 200m: 2:12.29 34.40 300m: 3:21.70 35.05 400m: 4:30.80 33.92		
2.	PEREZ MERINO, Alex	93 C.N. Granollers	4:33.12 585
	50m: 29.94 29.94 150m: 1:37.28 34.51 250m: 2:47.10 35.00 350m: 3:58.60 36.23		
	100m: 1:02.77 32.83 200m: 2:12.10 34.82 300m: 3:22.37 35.27 400m: 4:33.12 34.52		
3.	MORALES HURTADO, Adrian	95 U.E. D'Horta	4:48.01 499
	50m: 31.65 31.65 150m: 1:43.16 36.41 250m: 2:56.42 36.67 350m: 4:11.35 37.33		
	100m: 1:06.75 35.10 200m: 2:19.75 36.59 300m: 3:34.02 37.60 400m: 4:48.01 36.66		
4.	LOZANO ORTEGA, Victor	95 C.N. Caldes	5:07.81 409
	50m: 33.14 33.14 150m: 1:46.45 37.53 250m: 3:02.88 38.73 350m: 4:25.77 42.13		
	100m: 1:08.92 35.78 200m: 2:24.15 37.70 300m: 3:43.64 40.76 400m: 5:07.81 42.04		
35+			
1.	RODRIGUEZ RAMOS, Cristian	86 C.N. Swimfaster Salt	4:23.64 733
	50m: 28.97 28.97 150m: 1:33.64 32.69 250m: 2:40.91 33.66 350m: 3:50.57 34.91		
	100m: 1:00.95 31.98 200m: 2:07.25 33.61 300m: 3:15.66 34.75 400m: 4:23.64 33.07		
2.	NAVARRO GUILLÉN, Javier	87 C.N. Aquamàsters	4:24.87 723
	50m: 30.21 30.21 150m: 1:35.55 32.67 250m: 2:42.91 33.73 350m: 3:51.94 34.62		
	100m: 1:02.88 32.67 200m: 2:09.18 33.63 300m: 3:17.32 34.41 400m: 4:24.87 32.93		
3.	CALDERON RAMIREZ, Marc	88 C.N. Aquamàsters	4:27.88 699
	50m: 28.57 28.57 150m: 1:32.50 32.60 250m: 2:40.86 34.37 350m: 3:52.20 35.86		
	100m: 59.90 31.33 200m: 2:06.49 33.99 300m: 3:16.34 35.48 400m: 4:27.88 35.68		
4.	GOMEZ MUDARRA, Francisco Alonso	88 C.N. Santa Perpètua	5:51.16 310
	50m: 37.86 37.86 150m: 2:04.25 44.11 250m: 3:37.48 46.90 350m: 5:07.50 44.97		
	100m: 1:20.14 42.28 200m: 2:50.58 46.33 300m: 4:22.53 45.05 400m: 5:51.16 43.66		
BX	GONZALEZ VILA, Cunibert	90 C.N. Sabadell	
40+			
1.	GALLARDO FLORES, Alberto	82 C.N. Swimfaster Salt	4:17.63 815
	50m: 29.42 29.42 150m: 1:33.73 32.29 250m: 2:38.75 32.55 350m: 3:44.72 33.24		
	100m: 1:01.44 32.02 200m: 2:06.20 32.47 300m: 3:11.48 32.73 400m: 4:17.63 32.91		
2.	FOKBOR, Cédric	83 C.E. Panteres Grogues	5:17.26 436
	50m: 33.73 33.73 150m: 1:53.15 40.60 250m: 3:14.63 40.87 350m: 4:36.58 40.88		
	100m: 1:12.55 38.82 200m: 2:33.76 40.61 300m: 3:55.70 41.07 400m: 5:17.26 40.68		
3.	SILES CHINCHILLA, Marcos	84 C.N. Prat Llobregat	5:52.84 317
	50m: 38.29 38.29 150m: 2:07.03 44.77 250m: 3:37.67 45.50 350m: 5:07.73 45.27		
	100m: 1:22.26 43.97 200m: 2:52.17 45.14 300m: 4:22.46 44.79 400m: 5:52.84 45.11		

Prova 4, Masc., 400m Lliure

45+

1.	TALAVERA GUADAYOL, Jordi	76 C.N. Terrassa	4:37.73	670
	50m: 32.47 32.47	150m: 1:42.31 35.13	250m: 2:53.08 35.40	350m: 4:03.68 34.71
	100m: 1:07.18 34.71	200m: 2:17.68 35.37	300m: 3:28.97 35.89	400m: 4:37.73 34.05
2.	PONS RODRÍGUEZ, Benet	77 C.N. Granollers	4:48.31	599
	50m: 32.17 32.17	150m: 1:44.87 36.72	250m: 2:58.84 37.10	350m: 4:12.48 36.75
	100m: 1:08.15 35.98	200m: 2:21.74 36.87	300m: 3:35.73 36.89	400m: 4:48.31 35.83
3.	PONS RODRIGUEZ, Joan	77 C.N. Granollers	5:14.93	459
	50m: 33.86 33.86	150m: 1:52.31 40.28	250m: 3:14.40 41.08	350m: 4:36.13 40.53
	100m: 1:12.03 38.17	200m: 2:33.32 41.01	300m: 3:55.60 41.20	400m: 5:14.93 38.80
4.	GARCIA SALA, Ivan	76 C.N. Sabadell	5:50.22	334
	50m: 40.79 40.79	150m: 2:05.85 43.62	250m: 3:35.61 45.41	350m: 5:05.48 45.18
	100m: 1:22.23 41.44	200m: 2:50.20 44.35	300m: 4:20.30 44.69	400m: 5:50.22 44.74

50+

1.	ROGER I BADOSA, Miquel	72 GEIEG	4:56.88	558
	50m: 33.72 33.72	150m: 1:47.86 37.61	250m: 3:04.73 38.05	350m: 4:20.86 37.95
	100m: 1:10.25 36.53	200m: 2:26.68 38.82	300m: 3:42.91 38.18	400m: 4:56.88 36.02
2.	GABARRO ROSELL, Lluís	74 C.N. Sabadell	5:10.29	489
	50m: 34.24 34.24	150m: 1:51.76 39.48	250m: 3:11.61 40.03	350m: 4:31.81 40.21
	100m: 1:12.28 38.04	200m: 2:31.58 39.82	300m: 3:51.60 39.99	400m: 5:10.29 38.48
3.	PUNTES JURADO, David	72 C.N. Atl Barceloneta	5:21.27	440
	50m: 35.44 35.44	150m: 1:55.97 40.58	250m: 3:18.32 41.44	350m: 4:41.31 41.54
	100m: 1:15.39 39.95	200m: 2:36.88 40.91	300m: 3:59.77 41.45	400m: 5:21.27 39.96
4.	JULIA MANRESA, Ignacio	71 C.N. Aquamàsters	5:24.62	427
	50m: 35.96 35.96	150m: 1:53.22 38.97	250m: 3:15.25 41.53	350m: 4:41.66 43.74
	100m: 1:14.25 38.29	200m: 2:33.72 40.50	300m: 3:57.92 42.67	400m: 5:24.62 42.96

55+

1.	MATEU ADZERIAS, Oriol	70 C.N. Sabadell	4:55.82	648
	50m: 34.57 34.57	150m: 1:48.18 37.21	250m: 3:03.34 37.29	350m: 4:18.18 37.86
	100m: 1:10.97 36.40	200m: 2:26.05 37.87	300m: 3:40.32 36.98	400m: 4:55.82 37.64
2.	CARRIERE JORDANA, Xesco	69 Marnaton	5:07.34	578
	50m: 32.93 32.93	150m: 1:48.31 38.54	250m: 3:07.79 40.19	350m: 4:28.67 40.81
	100m: 1:09.77 36.84	200m: 2:27.60 39.29	300m: 3:47.86 40.07	400m: 5:07.34 38.67
3.	CAMPS RUSSINES, David	67 C.N. Atl Barceloneta	5:17.53	524
	50m: 35.54 35.54	150m: 1:54.76 40.20	250m: 3:15.82 40.87	350m: 4:37.25 40.46
	100m: 1:14.56 39.02	200m: 2:34.95 40.19	300m: 3:56.79 40.97	400m: 5:17.53 40.28
4.	LATORRE SEGARRA, Francesc	66 C.N. Aquamàsters	5:33.00	454
	50m: 36.45 36.45	150m: 1:56.48 40.74	250m: 3:20.55 42.48	350m: 4:48.06 44.18
	100m: 1:15.74 39.29	200m: 2:38.07 41.59	300m: 4:03.88 43.33	400m: 5:33.00 44.94

60+

1.	GOMEZ VELEZ, Rafael	62 C.N. Salou	5:22.50	571
	50m: 35.20 35.20	150m: 1:53.80 39.80	250m: 3:15.01 40.89	350m: 4:39.67 42.71
	100m: 1:14.00 38.80	200m: 2:34.12 40.32	300m: 3:56.96 41.95	400m: 5:22.50 42.83
2.	BAIGES GIRALT, Joan	64 Cambrils C.N.	6:02.46	402
	50m: 39.20 39.20	150m: 2:09.96 46.19	250m: 3:43.59 47.04	350m: 5:17.41 46.75
	100m: 1:23.77 44.57	200m: 2:56.55 46.59	300m: 4:30.66 47.07	400m: 6:02.46 45.05

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

Classificació	ANY								Temps	Punts CAT		
3.	LOPEZ AUBESO, Agusti 64 C.N. Calella								6:05.12	393		
	50m:	39.17	39.17	150m:	2:10.64	46.79	250m:	3:44.80	46.88	350m:	5:18.94	46.91
	100m:	1:23.85	44.68	200m:	2:57.92	47.28	300m:	4:32.03	47.23	400m:	6:05.12	46.18
65+												
1.	CASTELLO AUQUE, Antoni 58 C.N. Reus Ploms								5:24.03	565		
	50m:	38.08	38.08	150m:	1:59.31	40.92	250m:	3:21.60	40.97	350m:	4:43.53	40.92
	100m:	1:18.39	40.31	200m:	2:40.63	41.32	300m:	4:02.61	41.01	400m:	5:24.03	40.50
2.	GARRIDO HERNANDEZ, Wenceslao 60 C.N. Swimfaster Salt								6:19.53	351		
	50m:	41.17	41.17	150m:	2:13.77	47.56	250m:	3:51.99	49.38	350m:	5:30.34	48.54
	100m:	1:26.21	45.04	200m:	3:02.61	48.84	300m:	4:41.80	49.81	400m:	6:19.53	49.19
75+												
1.	SABRIA FIGUERAS, Jaume 47 GEIEG								6:57.89	408		
	50m:	45.78	45.78	150m:	2:27.02	52.41	250m:	4:14.39	53.60	350m:	6:04.48	55.94
	100m:	1:34.61	48.83	200m:	3:20.79	53.77	300m:	5:08.54	54.15	400m:	6:57.89	53.41
2.	SANTAMARIA MORALES, Enrique 50 Marnaton								7:22.25	344		
	50m:	50.65	50.65	150m:	2:42.44	56.65	250m:	4:34.97	55.99	350m:	6:27.14	55.59
	100m:	1:45.79	55.14	200m:	3:38.98	56.54	300m:	5:31.55	56.58	400m:	7:22.25	55.11