

Prova 28
13/04/2025 - 9:47

Masc., 400m Lliure

Open
Resultats Prelim

Rècord Espanya	3:47.29	CARLOS GARACH, BENITO		Palma de Mallorca	22/06/2024
Rècord Catalunya	3:50.46	FERRAN JULIA, TOUS		Palma de Mallorca	22/06/2024
Rècord Campionat Catalunya OPEN	3:52.67	DURAN NAVIA, Miguel	ESP	TERRASSA	17/01/2020
Circuit Català de Trofeus	3:51.86	DURAN NAVIA, Miguel	ESP	BARCELONA	15/02/2020

Punts: AQUA 2025

Classificació	ANY								Temps	Pts	
1. BEAUGRAND, Paul	00	Canet 66 Natation							4:04.50	729	-
50m: 27.47 27.47	150m: 1:27.74	30.54	250m: 2:30.03	31.19	350m: 3:33.69	31.94	400m: 4:04.50	30.81			
100m: 57.20 29.73	200m: 1:58.84	31.10	300m: 3:01.75	31.72							
2. JULIA TOUS, Ferran	00	C.N. Sabadell							4:04.88	725	-
50m: 28.29 28.29	150m: 1:30.61	31.40	250m: 2:34.36	31.77	350m: 3:35.51	29.55	400m: 4:04.88	29.37			
100m: 59.21 30.92	200m: 2:02.59	31.98	300m: 3:05.96	31.60							
3. PUEBLA MARTINEZ, Alejandro	02	C.N. Barcelona							4:05.59	719	-
50m: 28.66 28.66	150m: 1:31.07	31.52	250m: 2:33.88	31.14	350m: 3:35.86	30.62	400m: 4:05.59	29.73			
100m: 59.55 30.89	200m: 2:02.74	31.67	300m: 3:05.24	31.36							
4. SANTIAGO BETANCOR, Raul	97	C.N. Granollers							4:06.44	712	-
50m: 28.82 28.82	150m: 1:30.84	31.47	250m: 2:34.21	31.71	350m: 3:36.61	31.12	400m: 4:06.44	29.83			
100m: 59.37 30.55	200m: 2:02.50	31.66	300m: 3:05.49	31.28							
5. ESCRITS MAÑOSA, Lluís	01	C.N. Granollers							4:06.83	708	-
50m: 29.08 29.08	150m: 1:31.48	31.52	250m: 2:34.84	31.55	350m: 3:38.13	31.66	400m: 4:06.83	28.70			
100m: 59.96 30.88	200m: 2:03.29	31.81	300m: 3:06.47	31.63							
6. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell							4:07.63	701	-
50m: 27.87 27.87	150m: 1:29.50	31.09	250m: 2:32.69	31.60	350m: 3:36.81	31.99	400m: 4:07.63	30.82			
100m: 58.41 30.54	200m: 2:01.09	31.59	300m: 3:04.82	32.13							
7. RAMIA VIVES, Guillem	02	C.N. Terrassa							4:08.23	696	-
50m: 28.47 28.47	150m: 1:30.96	31.43	250m: 2:34.22	31.46	350m: 3:37.15	31.69	400m: 4:08.23	31.08			
100m: 59.53 31.06	200m: 2:02.76	31.80	300m: 3:05.46	31.24							
8. NEVADO RUIZ, Pablo	06	C.N. Sabadell							4:08.27	696	-
50m: 28.50 28.50	150m: 1:30.66	31.35	250m: 2:34.61	32.06	350m: 3:37.91	31.42	400m: 4:08.27	30.36			
100m: 59.31 30.81	200m: 2:02.55	31.89	300m: 3:06.49	31.88							
9. ROSELL DIEZ, Martí	07	C.N. Tarraco							4:08.51	694	-
50m: 28.30 28.30	150m: 1:29.71	30.88	250m: 2:32.70	31.62	350m: 3:36.91	32.20	400m: 4:08.51	31.60			
100m: 58.83 30.53	200m: 2:01.08	31.37	300m: 3:04.71	32.01							
10. JIMENEZ RISQUEZ, Alex	06	C.N. Sabadell							4:09.03	690	-
50m: 28.18 28.18	150m: 1:30.03	30.88	250m: 2:33.33	31.82	350m: 3:37.50	32.27	400m: 4:09.03	31.53			
100m: 59.15 30.97	200m: 2:01.51	31.48	300m: 3:05.23	31.90							
11. GASOL GUTIERREZ, Biel	08	C.N. Granollers							4:11.35	671	-
50m: 29.38 29.38	150m: 1:32.91	32.02	250m: 2:37.57	32.07	350m: 3:41.16	31.55	400m: 4:11.35	30.19			
100m: 1:00.89 31.51	200m: 2:05.50	32.59	300m: 3:09.61	32.04							
12. GUELL PARRAMON, Oriol	07	C.N. Banyoles							4:11.85	667	23,00
50m: 29.21 29.21	150m: 1:31.90	31.62	250m: 2:35.64	31.86	350m: 3:40.19	32.36	400m: 4:11.85	31.66			
100m: 1:00.28 31.07	200m: 2:03.78	31.88	300m: 3:07.83	32.19							
13. YEGRES COTTIN, Andres	02	C.N. Barcelona							4:12.08	665	22,00
50m: 28.83 28.83	150m: 1:32.20	31.97	250m: 2:36.34	32.09	350m: 3:41.00	32.25	400m: 4:12.08	31.08			
100m: 1:00.23 31.40	200m: 2:04.25	32.05	300m: 3:08.75	32.41							
14. RIERA CANELADA, Eloi	07	C.N. Banyoles							4:12.34	663	21,00
50m: 29.00 29.00	150m: 1:32.78	31.84	250m: 2:37.52	32.37	350m: 3:42.33	32.19	400m: 4:12.34	30.01			
100m: 1:00.94 31.94	200m: 2:05.15	32.37	300m: 3:10.14	32.62							
15. MORILLO LOPEZ, Ferran	05	C.E. Mediterrani							4:12.44	662	20,00
50m: 28.36 28.36	150m: 1:31.11	31.52	250m: 2:35.44	32.39	350m: 3:40.75	32.52	400m: 4:12.44	31.69			
100m: 59.59 31.23	200m: 2:03.05	31.94	300m: 3:08.23	32.79							
16. MARTIN BURGUILLO, Marcos	02	C.N. Terrassa							4:13.87	651	19,00
50m: 28.83 28.83	150m: 1:32.48	32.02	250m: 2:36.08	31.79	350m: 3:42.71	33.78	400m: 4:13.87	31.16			
100m: 1:00.46 31.63	200m: 2:04.29	31.81	300m: 3:08.93	32.85							

Prova 28, Masc., 400m Lliure, Prelim, Open

Classificació	ANY								Temps	Pts	
17.	FERRI BLANC, Oriol	05	C.N. Barcelona						4:13.89	651	18,00
	50m: 29.53 29.53	150m: 1:33.00	32.13	250m: 2:38.46	32.37	350m: 3:43.11	31.99				
	100m: 1:00.87 31.34	200m: 2:06.09	33.09	300m: 3:11.12	32.66	400m: 4:13.89	30.78				
18.	MORA LOPEZ, Pol	06	C.N. VIC-Etb						4:14.18	649	17,00
	50m: 29.86 29.86	150m: 1:34.51	32.38	250m: 2:38.33	31.46	350m: 3:42.77	32.25				
	100m: 1:02.13 32.27	200m: 2:06.87	32.36	300m: 3:10.52	32.19	400m: 4:14.18	31.41				
19.	POU FERNANDEZ, Marc	01	C.N. Mataro						4:14.50	646	16,00
	50m: 28.68 28.68	150m: 1:32.00	31.74	250m: 2:35.98	31.87	350m: 3:41.23	32.78				
	100m: 1:00.26 31.58	200m: 2:04.11	32.11	300m: 3:08.45	32.47	400m: 4:14.50	33.27				
20.	NEVADO RUIZ, Hugo	08	C.N. Sabadell						4:14.67	645	-
	50m: 29.53 29.53	150m: 1:33.64	32.21	250m: 2:39.05	32.95	350m: 3:44.27	32.63				
	100m: 1:01.43 31.90	200m: 2:06.10	32.46	300m: 3:11.64	32.59	400m: 4:14.67	30.40				
21.	DE LA CRUZ GARCIA, Didac	07	C.N. Sant Andreu						4:17.84	621	15,00
	50m: 29.09 29.09	150m: 1:33.88	32.58	250m: 2:40.43	33.21	350m: 3:46.18	32.13				
	100m: 1:01.30 32.21	200m: 2:07.22	33.34	300m: 3:14.05	33.62	400m: 4:17.84	31.66				
22.	PLANAS VILAGRAN, Blai	07	C.N. Banyoles						4:19.12	612	14,00
	50m: 29.95 29.95	150m: 1:35.32	32.74	250m: 2:41.35	33.04	350m: 3:47.59	33.23				
	100m: 1:02.58 32.63	200m: 2:08.31	32.99	300m: 3:14.36	33.01	400m: 4:19.12	31.53				
23.	RIERA GARCIA, Pablo	04	C.E.N. Cabrera De Mar						4:19.22	611	13,00
	50m: 29.32 29.32	150m: 1:34.33	32.66	250m: 2:40.06	32.58	350m: 3:47.19	33.73				
	100m: 1:01.67 32.35	200m: 2:07.48	33.15	300m: 3:13.46	33.40	400m: 4:19.22	32.03				
24.	FARRE CORTADA, Joel	08	C.E.N.Balaguer						4:19.66	608	12,00
	50m: 29.29 29.29	150m: 1:34.11	32.41	250m: 2:39.97	33.11	350m: 3:47.51	33.86				
	100m: 1:01.70 32.41	200m: 2:06.86	32.75	300m: 3:13.65	33.68	400m: 4:19.66	32.15				
25.	VELA OBIOLS, Roc	10	C.N. Tarraco						4:19.68	608	11,00
	50m: 28.95 28.95	150m: 1:33.56	32.38	250m: 2:39.12	32.43	350m: 3:46.63	34.00				
	100m: 1:01.18 32.23	200m: 2:06.69	33.13	300m: 3:12.63	33.51	400m: 4:19.68	33.05				
26.	VILASECA MARTIN, Jan	07	C.N. Terrassa						4:20.51	602	10,00
	50m: 29.00 29.00	150m: 1:33.95	33.06	250m: 2:40.87	33.46	350m: 3:47.99	33.47				
	100m: 1:00.89 31.89	200m: 2:07.41	33.46	300m: 3:14.52	33.65	400m: 4:20.51	32.52				
27.	ARNAU LINARES, Joel	09	C.N. Terrassa						4:21.29	597	-
	50m: 29.78 29.78	150m: 1:36.24	33.42	250m: 2:43.10	33.25	350m: 3:49.64	33.10				
	100m: 1:02.82 33.04	200m: 2:09.85	33.61	300m: 3:16.54	33.44	400m: 4:21.29	31.65				
28.	MUÑOZ REDONDO, Alex	11	C.N. Sabadell						4:21.32	597	-
	50m: 29.45 29.45	150m: 1:37.04	34.41	250m: 2:44.13	33.16	350m: 3:50.57	32.96				
	100m: 1:02.63 33.18	200m: 2:10.97	33.93	300m: 3:17.61	33.48	400m: 4:21.32	30.75				
29.	REDONDO SORIA, Iker	06	C.N. Granollers						4:21.74	594	-
	50m: 30.14 30.14	150m: 1:34.79	32.67	250m: 2:41.51	33.54	350m: 3:49.20	34.02				
	100m: 1:02.12 31.98	200m: 2:07.97	33.18	300m: 3:15.18	33.67	400m: 4:21.74	32.54				
30.	HERNANDEZ DOMINGUEZ, Alexander	09	C.N. Terrassa						4:21.89	593	-
	50m: 29.35 29.35	150m: 1:35.00	33.22	250m: 2:41.80	33.42	350m: 3:49.21	33.84				
	100m: 1:01.78 32.43	200m: 2:08.38	33.38	300m: 3:15.37	33.57	400m: 4:21.89	32.68				
31.	DORADO TOMAS, Pablo	10	C.N. L´ Hospitalet						4:22.95	586	9,00
	50m: 29.83 29.83	150m: 1:36.37	33.36	250m: 2:43.13	33.40	350m: 3:50.24	33.81				
	100m: 1:03.01 33.18	200m: 2:09.73	33.36	300m: 3:16.43	33.30	400m: 4:22.95	32.71				
32.	RODRIGO LOPEZ, Guillem	08	C.N. Mataro						4:23.81	580	8,00
	50m: 29.95 29.95	150m: 1:36.59	33.66	250m: 2:42.86	33.08	350m: 3:50.04	33.79				
	100m: 1:02.93 32.98	200m: 2:09.78	33.19	300m: 3:16.25	33.39	400m: 4:23.81	33.77				
33.	GARRIDO BRUN, Jacobo	02	C.N. Panas						4:23.95	579	-
	50m: 29.79 29.79	150m: 1:35.84	33.25	250m: 2:43.36	33.44	350m: 3:51.15	33.79				
	100m: 1:02.59 32.80	200m: 2:09.92	34.08	300m: 3:17.36	34.00	400m: 4:23.95	32.80				

Prova 28, Masc., 400m Lliure, Prelim, Open

Classificació	ANY										Temps	Pts	
34.	RODOREDA CONGOST, Pau	07	C.N. Banyoles								4:24.35	576	-
	50m: 29.92 29.92 150m: 1:37.63 34.12 250m: 2:44.56 32.63 350m: 3:51.78 33.89												
	100m: 1:03.51 33.59 200m: 2:11.93 34.30 300m: 3:17.89 33.33 400m: 4:24.35 32.57												
35.	HERRERO CASTELLANOS, Unai	09	C.N. Sabadell								4:24.93	573	-
	50m: 29.98 29.98 150m: 1:36.17 33.01 250m: 2:44.33 34.06 400m: 4:24.93 1:06.32												
	100m: 1:03.16 33.18 200m: 2:10.27 34.10 300m: 3:18.61 34.28												
36.	HUGUET PINO, Daniel	09	C.N. Premia								4:25.39	570	7,00
	50m: 30.31 30.31 150m: 1:37.42 34.11 250m: 2:45.40 33.60 350m: 3:54.31 34.44												
	100m: 1:03.31 33.00 200m: 2:11.80 34.38 300m: 3:19.87 34.47 400m: 4:25.39 31.08												
37.	DE MIGUEL JIMENEZ, Marcos	05	C.N. Sabadell								4:25.40	570	-
	50m: 28.02 28.02 150m: 1:33.80 33.81 250m: 2:42.23 34.21 350m: 3:52.49 34.90												
	100m: 59.99 31.97 200m: 2:08.02 34.22 300m: 3:17.59 35.36 400m: 4:25.40 32.91												
38.	RANEA VILA, Roger	06	C.N. VIC-Etb								4:25.90	566	6,00
	50m: 30.49 30.49 150m: 1:37.15 33.89 250m: 2:44.79 33.88 350m: 3:53.05 34.09												
	100m: 1:03.26 32.77 200m: 2:10.91 33.76 300m: 3:18.96 34.17 400m: 4:25.90 32.85												
39.	SAMBRUNO SAEZ, Fabio	09	C.N. Granollers								4:25.93	566	-
	50m: 30.11 30.11 150m: 1:37.00 33.67 250m: 2:44.40 33.37 350m: 3:52.01 34.08												
	100m: 1:03.33 33.22 200m: 2:11.03 34.03 300m: 3:17.93 33.53 400m: 4:25.93 33.92												
40.	GHIA ROIG, Ferran	08	C.N. Mataro								4:26.07	565	5,00
	50m: 29.73 29.73 150m: 1:36.58 33.62 250m: 2:44.62 33.78 350m: 3:52.66 34.02												
	100m: 1:02.96 33.23 200m: 2:10.84 34.26 300m: 3:18.64 34.02 400m: 4:26.07 33.41												
41.	GABERNET MARTIN, Biel	07	C.N. Manresa								4:28.24	552	4,00
	50m: 29.97 29.97 150m: 1:36.52 32.59 250m: 2:44.87 34.07 350m: 3:54.67 34.77												
	100m: 1:03.93 33.96 200m: 2:10.80 34.28 300m: 3:19.90 35.03 400m: 4:28.24 33.57												
42.	MARTINEZ QUINTERO, Cesar Alfonso	05	C.N. Barcelona								4:28.45	550	-
	50m: 29.74 29.74 150m: 1:34.47 32.80 250m: 2:42.30 34.35 350m: 3:53.10 35.56												
	100m: 1:01.67 31.93 200m: 2:07.95 33.48 300m: 3:17.54 35.24 400m: 4:28.45 35.35												
43.	BASANTA MORALES, Gael	09	C.N. Sant Feliu								4:29.96	541	3,00
	50m: 30.56 30.56 150m: 1:37.97 34.12 250m: 2:46.34 33.85 350m: 3:55.79 34.68												
	100m: 1:03.85 33.29 200m: 2:12.49 34.52 300m: 3:21.11 34.77 400m: 4:29.96 34.17												
44.	GARCIA MARTIN, Mario	09	C.N. L' Hospitalet								4:30.86	536	2,00
	50m: 30.02 30.02 150m: 1:37.03 33.77 250m: 2:46.40 34.49 350m: 3:56.62 35.16												
	100m: 1:03.26 33.24 200m: 2:11.91 34.88 300m: 3:21.46 35.06 400m: 4:30.86 34.24												
45.	MUÑOYERRO GUEVARA, Joan	09	C.E.N. Cabrera De Mar								4:31.48	532	1,00
	50m: 30.73 30.73 150m: 1:39.85 34.78 250m: 2:49.39 34.52 350m: 3:58.13 34.20												
	100m: 1:05.07 34.34 200m: 2:14.87 35.02 300m: 3:23.93 34.54 400m: 4:31.48 33.35												
46.	AGUDELO RAMOS, Mauricio	10	C.N. Martorell								4:31.55	532	-
	50m: 30.98 30.98 150m: 1:39.71 34.56 250m: 2:48.49 33.67 350m: 3:58.16 34.46												
	100m: 1:05.15 34.17 200m: 2:14.82 35.11 300m: 3:23.70 35.21 400m: 4:31.55 33.39												
47.	LOBO MARTINEZ, Victor	10	C.N. Terrassa								4:33.48	521	-
	50m: 30.47 30.47 150m: 1:38.54 34.30 250m: 2:49.07 35.50 350m: 3:59.94 35.69												
	100m: 1:04.24 33.77 200m: 2:13.57 35.03 300m: 3:24.25 35.18 400m: 4:33.48 33.54												
48.	NOMDEDEU LOPEZ, Joan	07	C.N. Santa Perpetua								4:33.79	519	-
	50m: 29.86 29.86 150m: 1:38.66 34.77 250m: 2:49.42 35.07 350m: 3:59.75 35.94												
	100m: 1:03.89 34.03 200m: 2:14.35 35.69 300m: 3:23.81 34.39 400m: 4:33.79 34.04												
49.	VELAR IBAÑEZ, Arnau	06	C.E.N. Cabrera De Mar								4:34.88	513	-
	50m: 29.72 29.72 150m: 1:37.12 33.96 250m: 2:48.18 35.60 350m: 4:00.09 35.90												
	100m: 1:03.16 33.44 200m: 2:12.58 35.46 300m: 3:24.19 36.01 400m: 4:34.88 34.79												
50.	BOGDANAS, Christian	08	C.N. Mataro								4:41.53	477	-
	50m: 29.52 29.52 150m: 1:37.73 34.81 250m: 2:50.42 36.74 350m: 4:05.05 37.44												
	100m: 1:02.92 33.40 200m: 2:13.68 35.95 300m: 3:27.61 37.19 400m: 4:41.53 36.48												
BX	PUJOL BELMONTE, Guillem	97	C.N. Mataro										-
BX	GIL GRANDE, Oriol	10	C.N. Sabadell										-