

Prova 26  
24/5/2026 - 10:03

Masc., 400m Estils

Open  
Resultats

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

Lloc	Nom i cognoms	Any	TempPunts CAT							
Open										
1.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt		<b>5:10.31</b>		708			
	50m: 31.86 31.86	150m: 1:50.64 41.22	250m: 3:14.26 44.21	350m: 4:35.16 36.48	100m: 1:09.42 37.56	200m: 2:30.05 39.41	300m: 3:58.68 44.42	400m: 5:10.31 35.15		
2.	COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues		<b>5:15.16</b>		566			
	50m: 31.90 31.90	150m: 1:50.56 41.46	250m: 3:17.96 45.31	350m: 4:40.07 37.06	100m: 1:09.10 37.20	200m: 2:32.65 42.09	300m: 4:03.01 45.05	400m: 5:15.16 35.09		
3.	PENEDES FRADERA, Marti	96	C.E.N. Cabrera De Mar		<b>5:20.68</b>		537			
	50m: 33.13 33.13	150m: 1:52.22 43.40	250m: 3:16.60 43.52	350m: 4:41.25 41.90	100m: 1:08.82 35.69	200m: 2:33.08 40.86	300m: 3:59.35 42.75	400m: 5:20.68 39.43		
4.	ROCH BLOM, Raul	70	C.N. Aquamasters		<b>5:53.94</b>		594			
	50m: 38.48 38.48	150m: 2:15.39 47.52	250m: 3:48.80 48.18	350m: 5:16.86 39.78	100m: 1:27.87 49.39	200m: 3:00.62 45.23	300m: 4:37.08 48.28	400m: 5:53.94 37.08		
5.	GONZALEZ LAMPURDANES, Ismael	78	C.N. Tarraco		<b>6:01.96</b>		482			
	50m: 36.57 36.57	150m: 2:11.41 51.54	250m: 3:49.66 48.86	350m: 5:21.17 41.35	100m: 1:19.87 43.30	200m: 3:00.80 49.39	300m: 4:39.82 50.16	400m: 6:01.96 40.79		
6.	ALVAREZ RODRIGUEZ, Jose Antonio	73	C.N. Prat Llobregat		<b>6:04.28</b>		481			
	50m: 43.29 43.29	150m: 2:17.44 51.35	250m: 3:54.62 47.95	350m: 5:24.32 40.86	100m: 1:26.09 42.80	200m: 3:06.67 49.23	300m: 4:43.46 48.84	400m: 6:04.28 39.96		
7.	SALAS ALONSO, Jose	83	C.N. Cornellà		<b>6:07.30</b>		455			
	50m: 42.22 42.22	150m: 2:16.61 46.09	250m: 3:56.13 53.88	350m: 5:28.36 40.41	100m: 1:30.52 48.30	200m: 3:02.25 45.64	300m: 4:47.95 51.82	400m: 6:07.30 38.94		
8.	ADELL LLOSAS, Joan Carles	68	Cambrils C.N.		<b>6:21.01</b>		476			
	50m: 39.81 39.81	150m: 2:16.61 51.38	250m: 4:05.66 57.40	350m: 5:42.37 39.72	100m: 1:25.23 45.42	200m: 3:08.26 51.65	300m: 5:02.65 56.99	400m: 6:21.01 38.64		
9.	CINALLI PETRINGA, Carlos	70	C.N. Aquamasters		<b>6:22.14</b>		472			
	50m: 42.64 42.64	150m: 2:23.69 52.50	250m: 4:06.83 52.78	350m: 5:42.05 44.37	100m: 1:31.19 48.55	200m: 3:14.05 50.36	300m: 4:57.68 50.85	400m: 6:22.14 40.09		
10.	SILES CHINCHILLA, Marcos	84	C.N. Prat Llobregat		<b>6:40.52</b>		351			
	50m: 39.85 39.85	150m: 2:22.86 54.74	250m: 4:12.85 56.52	350m: 5:56.35 47.65	100m: 1:28.12 48.27	200m: 3:16.33 53.47	300m: 5:08.70 55.85	400m: 6:40.52 44.17		
11.	DE LA VEGA GIMENEZ, Rafael	69	C.D. Jerez Natacion Master		<b>6:50.57</b>		380			
	50m: 39.85 39.85	150m: 2:26.10 56.01	250m: 4:19.88 57.39	350m: 6:06.09 46.86	100m: 1:30.09 50.24	200m: 3:22.49 56.39	300m: 5:19.23 59.35	400m: 6:50.57 44.48		
12.	SANTAÑES MOLINA, Jordi	74	Fed. Andorrana		<b>7:55.17</b>		217			
	50m: 51.10 51.10	150m: 2:51.53 59.24	250m: 4:52.76 1:03.43	350m: 6:56.33 59.96	100m: 1:52.29 1:01.19	200m: 3:49.33 57.80	300m: 5:56.37 1:03.61	400m: 7:55.17 58.84		
13.	PROUS GRAU, Fernando	50	C.N. Reus Ploms		<b>8:11.09</b>		520			
	50m: 52.18 52.18	150m: 2:57.97 1:04.57	250m: 5:10.39 1:08.65	350m: 7:18.73 58.41	100m: 1:53.40 1:01.22	200m: 4:01.74 1:03.77	300m: 6:20.32 1:09.93	400m: 8:11.09 52.36	<i>Rècord Catalunya</i>	
14.	GARRIDO CASADO, Antonio	62	Club Nagi		<b>8:52.89</b>		193			
	50m: 1:05.22 1:05.22	150m: 3:29.36 1:13.13	250m: 5:55.20 1:13.92	350m: 8:03.16 53.61	100m: 2:16.23 1:11.01	200m: 4:41.28 1:11.92	300m: 7:09.55 1:14.35	400m: 8:52.89 49.73		

Prova 26, Masc., 400m Estils

30+

1.	<b>COLORADO SANCHEZ, Raul</b>	<b>92</b>	<b>C.E. Panteres Grogues</b>					<b>5:15.16</b>	<b>566</b>
	50m: 31.90 31.90	150m: 1:50.56 41.46	250m: 3:17.96 45.31	350m: 4:40.07 37.06	100m: 1:09.10 37.20	200m: 2:32.65 42.09	300m: 4:03.01 45.05	400m: 5:15.16 35.09	
2.	<b>PENEDES FRADERA, Marti</b>	<b>96</b>	<b>C.E.N. Cabrera De Mar</b>					<b>5:20.68</b>	<b>537</b>
	50m: 33.13 33.13	150m: 1:52.22 43.40	250m: 3:16.60 43.52	350m: 4:41.25 41.90	100m: 1:08.82 35.69	200m: 2:33.08 40.86	300m: 3:59.35 42.75	400m: 5:20.68 39.43	

35+

1.	<b>GALLARDO FLORES, Carlos</b>	<b>88</b>	<b>Club Natació Swimfaster Salt</b>					<b>5:10.31</b>	<b>708</b>
	50m: 31.86 31.86	150m: 1:50.64 41.22	250m: 3:14.26 44.21	350m: 4:35.16 36.48	100m: 1:09.42 37.56	200m: 2:30.05 39.41	300m: 3:58.68 44.42	400m: 5:10.31 35.15	

40+

1.	<b>SALAS ALONSO, Jose</b>	<b>83</b>	<b>C.N. Cornella</b>					<b>6:07.30</b>	<b>455</b>
	50m: 42.22 42.22	150m: 2:16.61 46.09	250m: 3:56.13 53.88	350m: 5:28.36 40.41	100m: 1:30.52 48.30	200m: 3:02.25 45.64	300m: 4:47.95 51.82	400m: 6:07.30 38.94	
2.	<b>SILES CHINCHILLA, Marcos</b>	<b>84</b>	<b>C.N. Prat Llobregat</b>					<b>6:40.52</b>	<b>351</b>
	50m: 39.85 39.85	150m: 2:22.86 54.74	250m: 4:12.85 56.52	350m: 5:56.35 47.65	100m: 1:28.12 48.27	200m: 3:16.33 53.47	300m: 5:08.70 55.85	400m: 6:40.52 44.17	

45+

1.	<b>GONZALEZ LAMPURDANES, Ismael</b>	<b>78</b>	<b>C.N. Tarraco</b>					<b>6:01.96</b>	<b>482</b>
	50m: 36.57 36.57	150m: 2:11.41 51.54	250m: 3:49.66 48.86	350m: 5:21.17 41.35	100m: 1:19.87 43.30	200m: 3:00.80 49.39	300m: 4:39.82 50.16	400m: 6:01.96 40.79	

50+

1.	<b>ALVAREZ RODRIGUEZ, Jose Antonio</b>	<b>73</b>	<b>C.N. Prat Llobregat</b>					<b>6:04.28</b>	<b>481</b>
	50m: 43.29 43.29	150m: 2:17.44 51.35	250m: 3:54.62 47.95	350m: 5:24.32 40.86	100m: 1:26.09 42.80	200m: 3:06.67 49.23	300m: 4:43.46 48.84	400m: 6:04.28 39.96	
2.	<b>SANTAÑES MOLINA, Jordi</b>	<b>74</b>	<b>Fed. Andorrana</b>					<b>7:55.17</b>	<b>217</b>
	50m: 51.10 51.10	150m: 2:51.53 59.24	250m: 4:52.76 1:03.43	350m: 6:56.33 59.96	100m: 1:52.29 1:01.19	200m: 3:49.33 57.80	300m: 5:56.37 1:03.61	400m: 7:55.17 58.84	

55+

1.	<b>ROCH BLOM, Raul</b>	<b>70</b>	<b>C.N. Aquamasters</b>					<b>5:53.94</b>	<b>594</b>
	50m: 38.48 38.48	150m: 2:15.39 47.52	250m: 3:48.80 48.18	350m: 5:16.86 39.78	100m: 1:27.87 49.39	200m: 3:00.62 45.23	300m: 4:37.08 48.28	400m: 5:53.94 37.08	
2.	<b>ADELL LLOSAS, Joan Carles</b>	<b>68</b>	<b>Cambrils C.N.</b>					<b>6:21.01</b>	<b>476</b>
	50m: 39.81 39.81	150m: 2:16.61 51.38	250m: 4:05.66 57.40	350m: 5:42.37 39.72	100m: 1:25.23 45.42	200m: 3:08.26 51.65	300m: 5:02.65 56.99	400m: 6:21.01 38.64	
3.	<b>CINALLI PETRINGA, Carlos</b>	<b>70</b>	<b>C.N. Aquamasters</b>					<b>6:22.14</b>	<b>472</b>
	50m: 42.64 42.64	150m: 2:23.69 52.50	250m: 4:06.83 52.78	350m: 5:42.05 44.37	100m: 1:31.19 48.55	200m: 3:14.05 50.36	300m: 4:57.68 50.85	400m: 6:22.14 40.09	
4.	<b>DE LA VEGA GIMENEZ, Rafael</b>	<b>69</b>	<b>C.D. Jerez Natacion Master</b>					<b>6:50.57</b>	<b>380</b>
	50m: 39.85 39.85	150m: 2:26.10 56.01	250m: 4:19.88 57.39	350m: 6:06.09 46.86	100m: 1:30.09 50.24	200m: 3:22.49 56.39	300m: 5:19.23 59.35	400m: 6:50.57 44.48	


**Prova 26, Masc., 400m Estils**
**60+**

1.	GARRIDO CASADO, Antonio	62	Club Nagi					<b>8:52.89</b>	193
	50m:	1:05.22	1:05.22	150m:	3:29.36	1:13.13	250m:	5:55.20	1:13.92
	100m:	2:16.23	1:11.01	200m:	4:41.28	1:11.92	300m:	7:09.55	1:14.35
								350m:	8:03.16
								400m:	8:52.89
									53.61
									49.73

**75+**

1.	PROUS GRAU, Fernando	50	C.N. Reus Ploms					<b>8:11.09</b>	520
	<i>Rècord Catalunya</i>								
	50m:	52.18	52.18	150m:	2:57.97	1:04.57	250m:	5:10.39	1:08.65
	100m:	1:53.40	1:01.22	200m:	4:01.74	1:03.77	300m:	6:20.32	1:09.93
								350m:	7:18.73
								400m:	8:11.09
									58.41
									52.36

**Class Punts T. Catalana Màster**

1.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt					<b>5:10.31</b>	708
	50m:	31.86	31.86	150m:	1:50.64	41.22	250m:	3:14.26	44.21
	100m:	1:09.42	37.56	200m:	2:30.05	39.41	300m:	3:58.68	44.42
								350m:	4:35.16
								400m:	5:10.31
									36.48
									35.15
2.	ROCH BLOM, Raul	70	C.N. Aquamasters					<b>5:53.94</b>	594
	50m:	38.48	38.48	150m:	2:15.39	47.52	250m:	3:48.80	48.18
	100m:	1:27.87	49.39	200m:	3:00.62	45.23	300m:	4:37.08	48.28
								350m:	5:16.86
								400m:	5:53.94
									39.78
									37.08
3.	COLORADO SANCHEZ, Raul	92	C.E. Panteres Grogues					<b>5:15.16</b>	566
	50m:	31.90	31.90	150m:	1:50.56	41.46	250m:	3:17.96	45.31
	100m:	1:09.10	37.20	200m:	2:32.65	42.09	300m:	4:03.01	45.05
								350m:	4:40.07
								400m:	5:15.16
									37.06
									35.09
4.	PENEDES FRADERA, Marti	96	C.E.N. Cabrera De Mar					<b>5:20.68</b>	537
	50m:	33.13	33.13	150m:	1:52.22	43.40	250m:	3:16.60	43.52
	100m:	1:08.82	35.69	200m:	2:33.08	40.86	300m:	3:59.35	42.75
								350m:	4:41.25
								400m:	5:20.68
									41.90
									39.43
5.	PROUS GRAU, Fernando	50	C.N. Reus Ploms					<b>8:11.09</b>	520
	<i>Rècord Catalunya</i>								
	50m:	52.18	52.18	150m:	2:57.97	1:04.57	250m:	5:10.39	1:08.65
	100m:	1:53.40	1:01.22	200m:	4:01.74	1:03.77	300m:	6:20.32	1:09.93
								350m:	7:18.73
								400m:	8:11.09
									58.41
									52.36
6.	GONZALEZ LAMPURDANES, Ismael	78	C.N. Tarraco					<b>6:01.96</b>	482
	50m:	36.57	36.57	150m:	2:11.41	51.54	250m:	3:49.66	48.86
	100m:	1:19.87	43.30	200m:	3:00.80	49.39	300m:	4:39.82	50.16
								350m:	5:21.17
								400m:	6:01.96
									41.35
									40.79
7.	ALVAREZ RODRIGUEZ, Jose Antón	73	C.N. Prat Llobregat					<b>6:04.28</b>	481
	50m:	43.29	43.29	150m:	2:17.44	51.35	250m:	3:54.62	47.95
	100m:	1:26.09	42.80	200m:	3:06.67	49.23	300m:	4:43.46	48.84
								350m:	5:24.32
								400m:	6:04.28
									40.86
									39.96
8.	ADELL LLOSAS, Joan Carles	68	Cambrils C.N.					<b>6:21.01</b>	476
	50m:	39.81	39.81	150m:	2:16.61	51.38	250m:	4:05.66	57.40
	100m:	1:25.23	45.42	200m:	3:08.26	51.65	300m:	5:02.65	56.99
								350m:	5:42.37
								400m:	6:21.01
									39.72
									38.64
9.	CINALLI PETRINGA, Carlos	70	C.N. Aquamasters					<b>6:22.14</b>	472
	50m:	42.64	42.64	150m:	2:23.69	52.50	250m:	4:06.83	52.78
	100m:	1:31.19	48.55	200m:	3:14.05	50.36	300m:	4:57.68	50.85
								350m:	5:42.05
								400m:	6:22.14
									44.37
									40.09
10.	SALAS ALONSO, Jose	83	C.N. Cornellà					<b>6:07.30</b>	455
	50m:	42.22	42.22	150m:	2:16.61	46.09	250m:	3:56.13	53.88
	100m:	1:30.52	48.30	200m:	3:02.25	45.64	300m:	4:47.95	51.82
								350m:	5:28.36
								400m:	6:07.30
									40.41
									38.94
11.	DE LA VEGA GIMENEZ, Rafael	69	C.D. Jerez Natacion Master					<b>6:50.57</b>	380
	50m:	39.85	39.85	150m:	2:26.10	56.01	250m:	4:19.88	57.39
	100m:	1:30.09	50.24	200m:	3:22.49	56.39	300m:	5:19.23	59.35
								350m:	6:06.09
								400m:	6:50.57
									46.86
									44.48
12.	SILES CHINCHILLA, Marcos	84	C.N. Prat Llobregat					<b>6:40.52</b>	351
	50m:	39.85	39.85	150m:	2:22.86	54.74	250m:	4:12.85	56.52
	100m:	1:28.12	48.27	200m:	3:16.33	53.47	300m:	5:08.70	55.85
								350m:	5:56.35
								400m:	6:40.52
									47.65
									44.17

Prova 26, Masc., 400m Estils, Class Punts T. Catalana Màster

Lloc	Nom i cognoms	Any	TemPunts CAT							
13.	SANTAÑES MOLINA, Jordi	74 Fed. Andorrana	<b>7:55.17</b> 217							
	50m: 51.10 51.10	150m: 2:51.53 59.24	250m: 4:52.76 1:03.43	350m: 6:56.33 59.96						
	100m: 1:52.29 1:01.19	200m: 3:49.33 57.80	300m: 5:56.37 1:03.61	400m: 7:55.17 58.84						
14.	GARRIDO CASADO, Antonio	62 Club Nagi	<b>8:52.89</b> 193							
	50m: 1:05.22 1:05.22	150m: 3:29.36 1:13.13	250m: 5:55.20 1:13.92	350m: 8:03.16 53.61						
	100m: 2:16.23 1:11.01	200m: 4:41.28 1:11.92	300m: 7:09.55 1:14.35	400m: 8:52.89 49.73						