

Event 26
 24/5/2026 - 10:03

Men, 400m Medley

 Open
 Results

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

| Lloc | Nom i cognoms | Any | | | | | | | | | TinPunts CAT |
|------|---------------------------------|-----------------------|------------------------------|---------------------|-----|--|--|--|--|--|--------------|
| Open | | | | | | | | | | | |
| 1. | GALLARDO FLORES, Carlos | 88 | Club Natacio Swimfaster Salt | 5:10.31 | 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 | 5:15.16 | 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 | 5:20.68 | 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 | 5:53.94 | 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 | 6:01.96 | 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 | 6:04.28 | 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. Cornella | 6:07.30 | 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. | 6:21.01 | 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 | 6:22.14 | 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 | 6:40.52 | 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 | 6:50.57 | 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. | SANTANES MOLINA, Jordi | 74 | Fed. Andorrana | 7:55.17 | 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 | 8:11.09 | 520 | | | | | | |
| | <i>Rècord Catalunya</i> | | | | | | | | | | |
| | 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 | | | | | | | |
| 14. | GARRIDO CASADO, Antonio | 62 | Club Nagi | 8:52.89 | 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 | | | | | | | |



Event 26, Men, 400m Medley

30+

| | | | | | | | | | |
|----|-------------------------------|---------------------|------------------------------|---------------------|--|--|--|----------------|------------|
| 1. | COLORADO SANCHEZ, Raul | 92 | C.E. Panteres Grogues | | | | | 5:15.16 | 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 | | | | | |
| 2. | PENEDES FRADERA, Marti | 96 | C.E.N. Cabrera De Mar | | | | | 5:20.68 | 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 | | | | | |

35+

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|----|--------------------------------|---------------------|-------------------------------------|---------------------|--|--|--|----------------|------------|
| 1. | GALLARDO FLORES, Carlos | 88 | Club Natacio Swimfaster Salt | | | | | 5:10.31 | 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 | | | | | |

40+

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|----|---------------------------------|---------------------|----------------------------|---------------------|--|--|--|----------------|------------|
| 1. | SALAS ALONSO, Jose | 83 | C.N. Cornella | | | | | 6:07.30 | 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 | | | | | |
| 2. | SILES CHINCHILLA, Marcos | 84 | C.N. Prat Llobregat | | | | | 6:40.52 | 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 | | | | | |

45+

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|----|-------------------------------------|---------------------|---------------------|---------------------|--|--|--|----------------|------------|
| 1. | GONZALEZ LAMPURDANES, Ismael | 78 | C.N. Tarraco | | | | | 6:01.96 | 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 | | | | | |

50+

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|----|--|---------------------|----------------------------|---------------------|--|--|--|----------------|------------|
| 1. | ALVAREZ RODRIGUEZ, Jose Antonio | 73 | C.N. Prat Llobregat | | | | | 6:04.28 | 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 | | | | | |
| 2. | SANTANES MOLINA, Jordi | 74 | Fed. Andorrana | | | | | 7:55.17 | 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 | | | | | |

55+

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|----|-----------------------------------|---------------------|-----------------------------------|---------------------|--|--|--|----------------|------------|
| 1. | ROCH BLOM, Raul | 70 | C.N. Aquamasters | | | | | 5:53.94 | 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 | | | | | |
| 2. | ADELL LLOSAS, Joan Carles | 68 | Cambrils C.N. | | | | | 6:21.01 | 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 | | | | | |
| 3. | CINALLI PETRINGA, Carlos | 70 | C.N. Aquamasters | | | | | 6:22.14 | 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 | | | | | |
| 4. | DE LA VEGA GIMENEZ, Rafael | 69 | C.D. Jerez Natacion Master | | | | | 6:50.57 | 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 | | | | | |

Event 26, Men, 400m Medley

60+

| | | | | | | | | | |
|----|-------------------------|---------|-----------|-------|---------|---------|-------|----------------|---------|
| 1. | GARRIDO CASADO, Antonio | 62 | Club Nagi | | | | | 8:52.89 | 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 | | | | | 8:11.09 | 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 Natacio Swimfaster Salt | | | | | 5:10.31 | 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 | | | | | 5:53.94 | 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 | | | | | 5:15.16 | 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 | | | | | 5:20.68 | 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 | | | | | 8:11.09 | 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 | | | | | 6:01.96 | 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 | | | | | 6:04.28 | 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. | | | | | 6:21.01 | 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 | | | | | 6:22.14 | 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 | | | | | 6:07.30 | 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 | | | | | 6:50.57 | 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 | | | | | 6:40.52 | 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 |

Event 26, Men, 400m Medley, Class Punts T. Catalana Màster

| Lloc | Nom i cognoms | Any | TinPunts CAT | | | | | | | |
|------|-------------------------|-----------------------|-----------------------|---------------------|--|--|--|--|--|--|
| 13. | SANTANES MOLINA, Jordi | 74 Fed. Andorrana | 7:55.17 217 | | | | | | | |
| | 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 | 8:52.89 193 | | | | | | | |
| | 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 | | | | | | |