

Prova 3
23/5/2026 - 10:03

Masc., 400m Lliure

Open
Resultats

CR 4:08.53 CABANILLAS QUINTANILLA, RAFA00069 BARCELONA-CNSA 30/5/2015

Lloc	Nom i cognoms	Any	TempPunts CAT												
Open															
1.	YEGRES COTTIN, Andres	02	C.E. Panteres Grogues		4:12.71		866								
	50m: 27.90 27.90	150m: 1:30.90	31.92	250m: 2:35.57	32.86	350m: 3:40.53	32.39	100m: 58.98	31.08	200m: 2:02.71	31.81	300m: 3:08.14	32.57	400m: 4:12.71	32.18
2.	RODRIGUEZ RAMOS, Cristian	86	C.N. L' Hospitalet		4:26.19		796								
	50m: 30.49 30.49	150m: 1:37.13	33.17	250m: 2:45.32	34.11	350m: 3:53.70	34.00	100m: 1:03.96	33.47	200m: 2:11.21	34.08	300m: 3:19.70	34.38	400m: 4:26.19	32.49
3.	LAGOS PAU, Aitor	95	C.N. L' Hospitalet		4:26.89		710								
	50m: 30.57 30.57	150m: 1:36.80	33.11	250m: 2:45.33	34.39	350m: 3:54.46	34.59	100m: 1:03.69	33.12	200m: 2:10.94	34.14	300m: 3:19.87	34.54	400m: 4:26.89	32.43
4.	NUÑEZ MOLANO, Javier	83	Club Natació Swimfaster Salt		4:30.52		758								
	50m: 30.32 30.32	150m: 1:37.86	34.05	250m: 2:47.31	34.81	350m: 3:57.10	35.14	100m: 1:03.81	33.49	200m: 2:12.50	34.64	300m: 3:21.96	34.65	400m: 4:30.52	33.42
5.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt		4:30.73		703								
	50m: 31.17 31.17	150m: 1:39.61	34.46	250m: 2:47.53	33.66	350m: 3:56.78	34.71	100m: 1:05.15	33.98	200m: 2:13.87	34.26	300m: 3:22.07	34.54	400m: 4:30.73	33.95
6.	CONDE ALVAREZ, Joaquin	98	C.N. Camargo		4:32.85		688								
	50m: 28.79 28.79	150m: 1:35.31	33.98	250m: 2:45.88	35.02	350m: 3:57.64	36.04	100m: 1:01.33	32.54	200m: 2:10.86	35.55	300m: 3:21.60	35.72	400m: 4:32.85	35.21
7.	NAVARRO GUILLEN, Javier	87	C.N. Aquamasters		4:38.61		645								
	50m: 31.51 31.51	150m: 1:39.89	34.56	250m: 2:50.60	35.32	350m: 4:03.08	36.31	100m: 1:05.33	33.82	200m: 2:15.28	35.39	300m: 3:26.77	36.17	400m: 4:38.61	35.53
8.	ORTIZ CASTRO, Daniel	99	C.N. Igualada		4:40.26		635								
	50m: 31.59 31.59	150m: 1:40.56	34.76	250m: 2:52.22	36.26	350m: 4:04.66	36.28	100m: 1:05.80	34.21	200m: 2:15.96	35.40	300m: 3:28.38	36.16	400m: 4:40.26	35.60
9.	CABELLO VILLALONGA, Manuel	72	C.N. L' Hospitalet		4:44.36		729								
	50m: 32.46 32.46	150m: 1:44.77	36.66	250m: 2:57.54	36.45	350m: 4:09.75	35.99	100m: 1:08.11	35.65	200m: 2:21.09	36.32	300m: 3:33.76	36.22	400m: 4:44.36	34.61
10.	HERRERA MARTINEZ, Francisco	82	C.D. Jerez Natacion Master		4:44.75		650								
	50m: 32.28 32.28	150m: 1:43.52	36.30	250m: 2:57.01	36.73	350m: 4:10.26	36.33	100m: 1:07.22	34.94	200m: 2:20.28	36.76	300m: 3:33.93	36.92	400m: 4:44.75	34.49
11.	EDO FARRE, Teo	79	C.N. Sabadell		4:45.17		671								
	50m: 32.62 32.62	150m: 1:44.04	36.46	250m: 2:56.42	36.18	350m: 4:08.95	36.19	100m: 1:07.58	34.96	200m: 2:20.24	36.20	300m: 3:32.76	36.34	400m: 4:45.17	36.22
12.	PEREZ MERINO, Alex	93	C.N. Granollers		4:49.68		555								
	50m: 32.27 32.27	150m: 1:44.24	36.60	250m: 2:58.39	36.67	350m: 4:13.53	37.51	100m: 1:07.64	35.37	200m: 2:21.72	37.48	300m: 3:36.02	37.63	400m: 4:49.68	36.15
13.	SAN MARTIN TRESOLS, Luis	88	C.D. Jerez Natacion Master		4:51.45		563								
	50m: 31.69 31.69	150m: 1:45.19	37.49	250m: 3:01.71	38.30	350m: 4:16.18	36.69	100m: 1:07.70	36.01	200m: 2:23.41	38.22	300m: 3:39.49	37.78	400m: 4:51.45	35.27
14.	MARTINEZ VALENTIN, Sergi	01	C.N. Santa Perpetua		4:52.07		561								
	50m: 32.41 32.41	150m: 1:45.40	37.13	250m: 3:01.99	38.52	350m: 4:17.50	37.21	100m: 1:08.27	35.86	200m: 2:23.47	38.07	300m: 3:40.29	38.30	400m: 4:52.07	34.57
15.	AYALA MAESTRE, Alejandro	97	C.D. Jerez Natacion Master		4:59.02		523								
	50m: 32.02 32.02	150m: 1:43.21	36.26	250m: 2:59.50	38.40	350m: 4:18.08	39.46	100m: 1:06.95	34.93	200m: 2:21.10	37.89	300m: 3:38.62	39.12	400m: 4:59.02	40.94

Prova 3, Masc., 400m Lliure, Open

Lloc	Nom i cognoms	Any	TempPunts CAT							
16.	MAS PERIS, Jordi	94	C.N. Fanatic Swim Castellon		5:01.90		490			
	50m: 33.06 33.06	150m: 1:46.31 37.08	250m: 3:03.48 38.65	350m: 4:22.71 39.71	100m: 1:09.23 36.17	200m: 2:24.83 38.52	300m: 3:43.00 39.52	400m: 5:01.90 39.19		
17.	GALLEGO ALE, Jose Carlos	70	Club Natació Swimfaster Salt		5:02.15		655			
	100m: 1:11.47 1:11.47	200m: 2:28.63 38.51	300m: 3:46.95 39.49	400m: 5:02.15 36.55	150m: 1:50.12 38.65	250m: 3:07.46 38.83	350m: 4:25.60 38.65			
18.	BURGUES GOMEZ, Valentin	69	C.N. Aquamasters		5:04.51		640			
	50m: 34.14 34.14	150m: 1:49.78 38.24	250m: 3:06.95 38.73	350m: 4:25.28 39.38	100m: 1:11.54 37.40	200m: 2:28.22 38.44	300m: 3:45.90 38.95	400m: 5:04.51 39.23		
19.	BOVE SOLANES, Albert	78	C.N. Tarraco		5:12.00		512			
	50m: 35.98 35.98	150m: 1:53.93 39.38	250m: 3:13.40 39.76	350m: 4:33.15 39.85	100m: 1:14.55 38.57	200m: 2:33.64 39.71	300m: 3:53.30 39.90	400m: 5:12.00 38.85		
20.	MORENO CALDERON, Antonio	71	C.N. Reus Ploms		5:18.71		558			
	50m: 35.12 35.12	150m: 1:53.83 40.08	250m: 3:15.15 40.90	350m: 4:38.14 41.85	100m: 1:13.75 38.63	200m: 2:34.25 40.42	300m: 3:56.29 41.14	400m: 5:18.71 40.57		
21.	LOPEZ RUIZ, Javier	92	C.N. L' Hospitalet		5:19.37		414			
	50m: 33.01 33.01	150m: 1:50.40 39.54	250m: 3:11.86 41.24	350m: 4:36.89 42.81	100m: 1:10.86 37.85	200m: 2:30.62 40.22	300m: 3:54.08 42.22	400m: 5:19.37 42.48		
22.	ARRIBAS PUVILL, Albert	65	C.E. Mediterrani		5:19.98		601			
	50m: 37.28 37.28	150m: 1:57.29 40.53	250m: 3:18.57 40.44	350m: 4:40.24 41.13	100m: 1:16.76 39.48	200m: 2:38.13 40.84	300m: 3:59.11 40.54	400m: 5:19.98 39.74		
23.	GONZALEZ JUNQUERA, M.	66	C.N. Terrassa		5:25.42		572			
	50m: 38.36 38.36	150m: 2:01.07 41.57	250m: 3:25.18 42.28	350m: 4:47.79 41.29	100m: 1:19.50 41.14	200m: 2:42.90 41.83	300m: 4:06.50 41.32	400m: 5:25.42 37.63		
24.	GRAU CARRION, Marc	84	C.N. Granollers		5:28.58		423			
	50m: 38.19 38.19	150m: 1:59.53 41.08	250m: 3:23.67 42.50	350m: 4:48.34 42.12	100m: 1:18.45 40.26	200m: 2:41.17 41.64	300m: 4:06.22 42.55	400m: 5:28.58 40.24		
25.	TORRES TORRONTERAS, Javier	78	C.N. Prat Llobregat		5:29.41		435			
	50m: 36.89 36.89	150m: 1:59.64 41.85	250m: 3:24.07 42.37	350m: 4:49.19 42.53	100m: 1:17.79 40.90	200m: 2:41.70 42.06	300m: 4:06.66 42.59	400m: 5:29.41 40.22		
26.	MICHANS OTAL, Toni	78	C.N. Lleida		5:37.79		403			
	50m: 35.23 35.23	150m: 1:56.26 41.62	250m: 3:24.31 44.38	350m: 4:54.42 45.41	100m: 1:14.64 39.41	200m: 2:39.93 43.67	300m: 4:09.01 44.70	400m: 5:37.79 43.37		
27.	CASTELNUOVO RUIZ-PEINADO,	74	C.E.N. Cabrera De Mar		5:41.07		422			
	50m: 39.37 39.37	150m: 2:04.59 43.23	250m: 3:32.81 44.60	350m: 5:00.07 43.12	100m: 1:21.36 41.99	200m: 2:48.21 43.62	300m: 4:16.95 44.14	400m: 5:41.07 41.00		
28.	CASTELLO AUQUE, Antoni	58	C.N. Reus Ploms		5:41.57		537			
	50m: 40.15 40.15	150m: 2:05.95 43.04	250m: 3:32.45 43.11	350m: 4:58.91 43.33	100m: 1:22.91 42.76	200m: 2:49.34 43.39	300m: 4:15.58 43.13	400m: 5:41.57 42.66		
29.	VARGAS ARANIBAR, Marcelo	78	Club Natació Swimfaster Salt		5:42.23		388			
	50m: 38.32 38.32	150m: 2:02.26 43.15	250m: 3:32.09 45.33	350m: 5:00.82 43.81	100m: 1:19.11 40.79	200m: 2:46.76 44.50	300m: 4:17.01 44.92	400m: 5:42.23 41.41		
30.	PUESTES JURADO, David	72	C.N. Athletic-Barceloneta		5:42.47		417			
	50m: 39.04 39.04	150m: 2:03.02 42.60	250m: 3:31.73 44.08	350m: 5:00.57 44.09	100m: 1:20.42 41.38	200m: 2:47.65 44.63	300m: 4:16.48 44.75	400m: 5:42.47 41.90		
31.	LATORRE SEGARRA, Francesc	66	C.N. Aquamasters		5:50.78		456			
	50m: 37.42 37.42	150m: 2:01.39 42.53	250m: 3:30.78 45.09	350m: 5:04.44 46.97	100m: 1:18.86 41.44	200m: 2:45.69 44.30	300m: 4:17.47 46.69	400m: 5:50.78 46.34		
32.	GUILLEM CATA, Miquel	72	C.N. Mataro		6:01.03		356			
	50m: 40.20 40.20	150m: 2:09.78 45.61	250m: 3:43.73 47.03	350m: 5:18.58 47.09	100m: 1:24.17 43.97	200m: 2:56.70 46.92	300m: 4:31.49 47.76	400m: 6:01.03 42.45		

Prova 3, Masc., 400m Lliure, Open

Lloc	Nom i cognoms	Any							Temp	Punts CAT
33.	GARRIDO HERNANDEZ, Wenceslao	60	Club Natació Swimfaster Salt						6:18.94	393
	50m: 41.93 41.93	150m: 2:15.57	48.16	250m: 3:53.28	48.84	350m: 5:31.44	48.53			
	100m: 1:27.41 45.48	200m: 3:04.44	48.87	300m: 4:42.91	49.63	400m: 6:18.94	47.50			
34.	RIBE CORT, Ramon	55	C.N. Reus Ploms						6:54.99	369
	50m: 45.22 45.22	150m: 2:29.54	53.20	250m: 4:17.36	53.43	350m: 6:04.86	53.53			
	100m: 1:36.34 51.12	200m: 3:23.93	54.39	300m: 5:11.33	53.97	400m: 6:54.99	50.13			
35.	POCH BATLLE, Josep	51	G.E.Nautics De Roses						7:16.52	385
	50m: 47.80 47.80	150m: 2:38.08	55.65	250m: 4:31.98	56.54	350m: 6:25.56	56.49			
	100m: 1:42.43 54.63	200m: 3:35.44	57.36	300m: 5:29.07	57.09	400m: 7:16.52	50.96			
36.	HENDRIK DE BRUIJN, Frederik	38	C.N. Aquamasters						7:35.55	671
	50m: 51.76 51.76	150m: 2:46.78	58.46	250m: 4:44.80	1:00.41	350m: 6:41.11	58.44			
	100m: 1:48.32 56.56	200m: 3:44.39	57.61	300m: 5:42.67	57.87	400m: 7:35.55	54.44			
DNS	GOMEZ GARCIA, Jonathan	70	C.N. Badalona							
BX	GAGO QUERO, Jose Ramon	56	Fundacion Claror							
BX	PUERTO PALOMERO, Hector	95	Vila-Swim Fondistas Club Natación							
20+										
1.	YEGRES COTTIN, Andres	02	C.E. Panteres Grogues						4:12.71	866
	50m: 27.90 27.90	150m: 1:30.90	31.92	250m: 2:35.57	32.86	350m: 3:40.53	32.39			
	100m: 58.98 31.08	200m: 2:02.71	31.81	300m: 3:08.14	32.57	400m: 4:12.71	32.18			
25+										
1.	CONDE ALVAREZ, Joaquin	98	C.N. Camargo						4:32.85	688
	50m: 28.79 28.79	150m: 1:35.31	33.98	250m: 2:45.88	35.02	350m: 3:57.64	36.04			
	100m: 1:01.33 32.54	200m: 2:10.86	35.55	300m: 3:21.60	35.72	400m: 4:32.85	35.21			
2.	ORTIZ CASTRO, Daniel	99	C.N. Igualada						4:40.26	635
	50m: 31.59 31.59	150m: 1:40.56	34.76	250m: 2:52.22	36.26	350m: 4:04.66	36.28			
	100m: 1:05.80 34.21	200m: 2:15.96	35.40	300m: 3:28.38	36.16	400m: 4:40.26	35.60			
3.	MARTINEZ VALENTIN, Sergi	01	C.N. Santa Perpetua						4:52.07	561
	50m: 32.41 32.41	150m: 1:45.40	37.13	250m: 3:01.99	38.52	350m: 4:17.50	37.21			
	100m: 1:08.27 35.86	200m: 2:23.47	38.07	300m: 3:40.29	38.30	400m: 4:52.07	34.57			
4.	AYALA MAESTRE, Alejandro	97	C.D. Jerez Natacion Master						4:59.02	523
	50m: 32.02 32.02	150m: 1:43.21	36.26	250m: 2:59.50	38.40	350m: 4:18.08	39.46			
	100m: 1:06.95 34.93	200m: 2:21.10	37.89	300m: 3:38.62	39.12	400m: 4:59.02	40.94			
30+										
1.	LAGOS PAU, Aitor	95	C.N. L' Hospitalet						4:26.89	710
	50m: 30.57 30.57	150m: 1:36.80	33.11	250m: 2:45.33	34.39	350m: 3:54.46	34.59			
	100m: 1:03.69 33.12	200m: 2:10.94	34.14	300m: 3:19.87	34.54	400m: 4:26.89	32.43			
2.	PEREZ MERINO, Alex	93	C.N. Granollers						4:49.68	555
	50m: 32.27 32.27	150m: 1:44.24	36.60	250m: 2:58.39	36.67	350m: 4:13.53	37.51			
	100m: 1:07.64 35.37	200m: 2:21.72	37.48	300m: 3:36.02	37.63	400m: 4:49.68	36.15			
3.	MAS PERIS, Jordi	94	C.N. Fanatic Swim Castellon						5:01.90	490
	50m: 33.06 33.06	150m: 1:46.31	37.08	250m: 3:03.48	38.65	350m: 4:22.71	39.71			
	100m: 1:09.23 36.17	200m: 2:24.83	38.52	300m: 3:43.00	39.52	400m: 5:01.90	39.19			
4.	LOPEZ RUIZ, Javier	92	C.N. L' Hospitalet						5:19.37	414
	50m: 33.01 33.01	150m: 1:50.40	39.54	250m: 3:11.86	41.24	350m: 4:36.89	42.81			
	100m: 1:10.86 37.85	200m: 2:30.62	40.22	300m: 3:54.08	42.22	400m: 5:19.37	42.48			
BX	PUERTO PALOMERO, Hector	95	Vila-Swim Fondistas Club Natación							


Prova 3, Masc., 400m Lliure
35+

1.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt	4:30.73	703
	50m: 31.17 31.17	150m: 1:39.61 34.46	250m: 2:47.53 33.66	350m: 3:56.78 34.71	
	100m: 1:05.15 33.98	200m: 2:13.87 34.26	300m: 3:22.07 34.54	400m: 4:30.73 33.95	
2.	NAVARRO GUILLEN, Javier	87	C.N. Aquamasters	4:38.61	645
	50m: 31.51 31.51	150m: 1:39.89 34.56	250m: 2:50.60 35.32	350m: 4:03.08 36.31	
	100m: 1:05.33 33.82	200m: 2:15.28 35.39	300m: 3:26.77 36.17	400m: 4:38.61 35.53	
3.	SAN MARTIN TRESOLS, Luis	88	C.D. Jerez Natacion Master	4:51.45	563
	50m: 31.69 31.69	150m: 1:45.19 37.49	250m: 3:01.71 38.30	350m: 4:16.18 36.69	
	100m: 1:07.70 36.01	200m: 2:23.41 38.22	300m: 3:39.49 37.78	400m: 4:51.45 35.27	

40+

1.	RODRIGUEZ RAMOS, Cristian	86	C.N. L' Hospitalet	4:26.19	796
	50m: 30.49 30.49	150m: 1:37.13 33.17	250m: 2:45.32 34.11	350m: 3:53.70 34.00	
	100m: 1:03.96 33.47	200m: 2:11.21 34.08	300m: 3:19.70 34.38	400m: 4:26.19 32.49	
2.	NUÑEZ MOLANO, Javier	83	Club Natació Swimfaster Salt	4:30.52	758
	50m: 30.32 30.32	150m: 1:37.86 34.05	250m: 2:47.31 34.81	350m: 3:57.10 35.14	
	100m: 1:03.81 33.49	200m: 2:12.50 34.64	300m: 3:21.96 34.65	400m: 4:30.52 33.42	
3.	HERRERA MARTINEZ, Francisco	82	C.D. Jerez Natacion Master	4:44.75	650
	50m: 32.28 32.28	150m: 1:43.52 36.30	250m: 2:57.01 36.73	350m: 4:10.26 36.33	
	100m: 1:07.22 34.94	200m: 2:20.28 36.76	300m: 3:33.93 36.92	400m: 4:44.75 34.49	
4.	GRAU CARRION, Marc	84	C.N. Granollers	5:28.58	423
	50m: 38.19 38.19	150m: 1:59.53 41.08	250m: 3:23.67 42.50	350m: 4:48.34 42.12	
	100m: 1:18.45 40.26	200m: 2:41.17 41.64	300m: 4:06.22 42.55	400m: 5:28.58 40.24	

45+

1.	EDO FARRE, Teo	79	C.N. Sabadell	4:45.17	671
	50m: 32.62 32.62	150m: 1:44.04 36.46	250m: 2:56.42 36.18	350m: 4:08.95 36.19	
	100m: 1:07.58 34.96	200m: 2:20.24 36.20	300m: 3:32.76 36.34	400m: 4:45.17 36.22	
2.	BOVE SOLANES, Albert	78	C.N. Tarraco	5:12.00	512
	50m: 35.98 35.98	150m: 1:53.93 39.38	250m: 3:13.40 39.76	350m: 4:33.15 39.85	
	100m: 1:14.55 38.57	200m: 2:33.64 39.71	300m: 3:53.30 39.90	400m: 5:12.00 38.85	
3.	TORRES TORRONTERAS, Javier	78	C.N. Prat Llobregat	5:29.41	435
	50m: 36.89 36.89	150m: 1:59.64 41.85	250m: 3:24.07 42.37	350m: 4:49.19 42.53	
	100m: 1:17.79 40.90	200m: 2:41.70 42.06	300m: 4:06.66 42.59	400m: 5:29.41 40.22	
4.	MICHANS OTAL, Toni	78	C.N. Lleida	5:37.79	403
	50m: 35.23 35.23	150m: 1:56.26 41.62	250m: 3:24.31 44.38	350m: 4:54.42 45.41	
	100m: 1:14.64 39.41	200m: 2:39.93 43.67	300m: 4:09.01 44.70	400m: 5:37.79 43.37	
5.	VARGAS ARANIBAR, Marcelo	78	Club Natació Swimfaster Salt	5:42.23	388
	50m: 38.32 38.32	150m: 2:02.26 43.15	250m: 3:32.09 45.33	350m: 5:00.82 43.81	
	100m: 1:19.11 40.79	200m: 2:46.76 44.50	300m: 4:17.01 44.92	400m: 5:42.23 41.41	

50+

1.	CABELLO VILLALONGA, Manuel	72	C.N. L' Hospitalet	4:44.36	729
	50m: 32.46 32.46	150m: 1:44.77 36.66	250m: 2:57.54 36.45	350m: 4:09.75 35.99	
	100m: 1:08.11 35.65	200m: 2:21.09 36.32	300m: 3:33.76 36.22	400m: 4:44.36 34.61	
2.	CASTELNUOVO RUIZ-PEINADO,	74	C.E.N. Cabrera De Mar	5:41.07	422
	50m: 39.37 39.37	150m: 2:04.59 43.23	250m: 3:32.81 44.60	350m: 5:00.07 43.12	
	100m: 1:21.36 41.99	200m: 2:48.21 43.62	300m: 4:16.95 44.14	400m: 5:41.07 41.00	

Prova 3, Masc., 400m Lliure, 50+

Lloc	Nom i cognoms	Any	TempPunts CAT							
3.	PUNTES JURADO, David	72 C.N. Athletic-Barceloneta	5:42.47 417							
	50m: 39.04 39.04	150m: 2:03.02 42.60	250m: 3:31.73 44.08	350m: 5:00.57 44.09	100m: 1:20.42 41.38	200m: 2:47.65 44.63	300m: 4:16.48 44.75	400m: 5:42.47 41.90		
4.	GUILLEM CATA, Miquel	72 C.N. Mataro	6:01.03 356							
	50m: 40.20 40.20	150m: 2:09.78 45.61	250m: 3:43.73 47.03	350m: 5:18.58 47.09	100m: 1:24.17 43.97	200m: 2:56.70 46.92	300m: 4:31.49 47.76	400m: 6:01.03 42.45		

55+

1.	GALLEGO ALE, Jose Carlos	70 Club Natació Swimfaster Salt	5:02.15 655							
	100m: 1:11.47 1:11.47	200m: 2:28.63 38.51	300m: 3:46.95 39.49	400m: 5:02.15 36.55	150m: 1:50.12 38.65	250m: 3:07.46 38.83	350m: 4:25.60 38.65			
2.	BURGUES GOMEZ, Valentin	69 C.N. Aquamasters	5:04.51 640							
	50m: 34.14 34.14	150m: 1:49.78 38.24	250m: 3:06.95 38.73	350m: 4:25.28 39.38	100m: 1:11.54 37.40	200m: 2:28.22 38.44	300m: 3:45.90 38.95	400m: 5:04.51 39.23		
3.	MORENO CALDERON, Antonio	71 C.N. Reus Ploms	5:18.71 558							
	50m: 35.12 35.12	150m: 1:53.83 40.08	250m: 3:15.15 40.90	350m: 4:38.14 41.85	100m: 1:13.75 38.63	200m: 2:34.25 40.42	300m: 3:56.29 41.14	400m: 5:18.71 40.57		
DNS	GOMEZ GARCIA, Jonathan	70 C.N. Badalona								

60+

1.	ARRIBAS PUVILL, Albert	65 C.E. Mediterrani	5:19.98 601							
	50m: 37.28 37.28	150m: 1:57.29 40.53	250m: 3:18.57 40.44	350m: 4:40.24 41.13	100m: 1:16.76 39.48	200m: 2:38.13 40.84	300m: 3:59.11 40.54	400m: 5:19.98 39.74		
2.	GONZALEZ JUNQUERA, M.	66 C.N. Terrassa	5:25.42 572							
	50m: 38.36 38.36	150m: 2:01.07 41.57	250m: 3:25.18 42.28	350m: 4:47.79 41.29	100m: 1:19.50 41.14	200m: 2:42.90 41.83	300m: 4:06.50 41.32	400m: 5:25.42 37.63		
3.	LATORRE SEGARRA, Francesc	66 C.N. Aquamasters	5:50.78 456							
	50m: 37.42 37.42	150m: 2:01.39 42.53	250m: 3:30.78 45.09	350m: 5:04.44 46.97	100m: 1:18.86 41.44	200m: 2:45.69 44.30	300m: 4:17.47 46.69	400m: 5:50.78 46.34		

65+

1.	CASTELLO AUQUE, Antoni	58 C.N. Reus Ploms	5:41.57 537							
	50m: 40.15 40.15	150m: 2:05.95 43.04	250m: 3:32.45 43.11	350m: 4:58.91 43.33	100m: 1:22.91 42.76	200m: 2:49.34 43.39	300m: 4:15.58 43.13	400m: 5:41.57 42.66		
2.	GARRIDO HERNANDEZ, Wenceslao	60 Club Natació Swimfaster Salt	6:18.94 393							
	50m: 41.93 41.93	150m: 2:15.57 48.16	250m: 3:53.28 48.84	350m: 5:31.44 48.53	100m: 1:27.41 45.48	200m: 3:04.44 48.87	300m: 4:42.91 49.63	400m: 6:18.94 47.50		

70+

1.	RIBE CORT, Ramon	55 C.N. Reus Ploms	6:54.99 369							
	50m: 45.22 45.22	150m: 2:29.54 53.20	250m: 4:17.36 53.43	350m: 6:04.86 53.53	100m: 1:36.34 51.12	200m: 3:23.93 54.39	300m: 5:11.33 53.97	400m: 6:54.99 50.13		

BX GAGO QUERO, Jose Ramon 56 Fundacion Claror

75+

1.	POCH BATLLE, Josep	51 G.E.Nautics De Roses	7:16.52 385							
	50m: 47.80 47.80	150m: 2:38.08 55.65	250m: 4:31.98 56.54	350m: 6:25.56 56.49	100m: 1:42.43 54.63	200m: 3:35.44 57.36	300m: 5:29.07 57.09	400m: 7:16.52 50.96		

Prova 3, Masc., 400m Lliure

85+

1.	HENDRIK DE BRUIJN, Frederik	38	C.N. Aquamasters	7:35.55	671
	50m: 51.76 51.76	150m: 2:46.78 58.46	250m: 4:44.80 1:00.41	350m: 6:41.11 58.44	
	100m: 1:48.32 56.56	200m: 3:44.39 57.61	300m: 5:42.67 57.87	400m: 7:35.55 54.44	

Class Punts T. Catalana Màster

1.	YEGRES COTTIN, Andres	02	C.E. Panteres Grogues	4:12.71	866
	50m: 27.90 27.90	150m: 1:30.90 31.92	250m: 2:35.57 32.86	350m: 3:40.53 32.39	
	100m: 58.98 31.08	200m: 2:02.71 31.81	300m: 3:08.14 32.57	400m: 4:12.71 32.18	
2.	RODRIGUEZ RAMOS, Cristian	86	C.N. L' Hospitalet	4:26.19	796
	50m: 30.49 30.49	150m: 1:37.13 33.17	250m: 2:45.32 34.11	350m: 3:53.70 34.00	
	100m: 1:03.96 33.47	200m: 2:11.21 34.08	300m: 3:19.70 34.38	400m: 4:26.19 32.49	
3.	NUÑEZ MOLANO, Javier	83	Club Natació Swimfaster Salt	4:30.52	758
	50m: 30.32 30.32	150m: 1:37.86 34.05	250m: 2:47.31 34.81	350m: 3:57.10 35.14	
	100m: 1:03.81 33.49	200m: 2:12.50 34.64	300m: 3:21.96 34.65	400m: 4:30.52 33.42	
4.	CABELLO VILLALONGA, Manuel	72	C.N. L' Hospitalet	4:44.36	729
	50m: 32.46 32.46	150m: 1:44.77 36.66	250m: 2:57.54 36.45	350m: 4:09.75 35.99	
	100m: 1:08.11 35.65	200m: 2:21.09 36.32	300m: 3:33.76 36.22	400m: 4:44.36 34.61	
5.	LAGOS PAU, Aitor	95	C.N. L' Hospitalet	4:26.89	710
	50m: 30.57 30.57	150m: 1:36.80 33.11	250m: 2:45.33 34.39	350m: 3:54.46 34.59	
	100m: 1:03.69 33.12	200m: 2:10.94 34.14	300m: 3:19.87 34.54	400m: 4:26.89 32.43	
6.	GALLARDO FLORES, Carlos	88	Club Natació Swimfaster Salt	4:30.73	703
	50m: 31.17 31.17	150m: 1:39.61 34.46	250m: 2:47.53 33.66	350m: 3:56.78 34.71	
	100m: 1:05.15 33.98	200m: 2:13.87 34.26	300m: 3:22.07 34.54	400m: 4:30.73 33.95	
7.	CONDE ALVAREZ, Joaquin	98	C.N. Camargo	4:32.85	688
	50m: 28.79 28.79	150m: 1:35.31 33.98	250m: 2:45.88 35.02	350m: 3:57.64 36.04	
	100m: 1:01.33 32.54	200m: 2:10.86 35.55	300m: 3:21.60 35.72	400m: 4:32.85 35.21	
8.	EDO FARRE, Teo	79	C.N. Sabadell	4:45.17	671
	50m: 32.62 32.62	150m: 1:44.04 36.46	250m: 2:56.42 36.18	350m: 4:08.95 36.19	
	100m: 1:07.58 34.96	200m: 2:20.24 36.20	300m: 3:32.76 36.34	400m: 4:45.17 36.22	
	HENDRIK DE BRUIJN, Frederik	38	C.N. Aquamasters	7:35.55	671
	50m: 51.76 51.76	150m: 2:46.78 58.46	250m: 4:44.80 1:00.41	350m: 6:41.11 58.44	
	100m: 1:48.32 56.56	200m: 3:44.39 57.61	300m: 5:42.67 57.87	400m: 7:35.55 54.44	
10.	GALLEGO ALE, Jose Carlos	70	Club Natació Swimfaster Salt	5:02.15	655
	100m: 1:11.47 1:11.47	200m: 2:28.63 38.51	300m: 3:46.95 39.49	400m: 5:02.15 36.55	
	150m: 1:50.12 38.65	250m: 3:07.46 38.83	350m: 4:25.60 38.65		
11.	HERRERA MARTINEZ, Francisco	82	C.D. Jerez Natacion Master	4:44.75	650
	50m: 32.28 32.28	150m: 1:43.52 36.30	250m: 2:57.01 36.73	350m: 4:10.26 36.33	
	100m: 1:07.22 34.94	200m: 2:20.28 36.76	300m: 3:33.93 36.92	400m: 4:44.75 34.49	
12.	NAVARRO GUILLEN, Javier	87	C.N. Aquamasters	4:38.61	645
	50m: 31.51 31.51	150m: 1:39.89 34.56	250m: 2:50.60 35.32	350m: 4:03.08 36.31	
	100m: 1:05.33 33.82	200m: 2:15.28 35.39	300m: 3:26.77 36.17	400m: 4:38.61 35.53	
13.	BURGUES GOMEZ, Valentin	69	C.N. Aquamasters	5:04.51	640
	50m: 34.14 34.14	150m: 1:49.78 38.24	250m: 3:06.95 38.73	350m: 4:25.28 39.38	
	100m: 1:11.54 37.40	200m: 2:28.22 38.44	300m: 3:45.90 38.95	400m: 5:04.51 39.23	
14.	ORTIZ CASTRO, Daniel	99	C.N. Igualada	4:40.26	635
	50m: 31.59 31.59	150m: 1:40.56 34.76	250m: 2:52.22 36.26	350m: 4:04.66 36.28	
	100m: 1:05.80 34.21	200m: 2:15.96 35.40	300m: 3:28.38 36.16	400m: 4:40.26 35.60	
15.	ARRIBAS PUVILL, Albert	65	C.E. Mediterrani	5:19.98	601
	50m: 37.28 37.28	150m: 1:57.29 40.53	250m: 3:18.57 40.44	350m: 4:40.24 41.13	
	100m: 1:16.76 39.48	200m: 2:38.13 40.84	300m: 3:59.11 40.54	400m: 5:19.98 39.74	

Prova 3, Masc., 400m Lliure, Class Punts T. Catalana Màster

Lloc	Nom i cognoms	Any	TempPunts CAT							
16.	GONZALEZ JUNQUERA, M.	66 C.N. Terrassa	5:25.42 572							
	50m: 38.36 38.36	150m: 2:01.07 41.57	250m: 3:25.18 42.28	350m: 4:47.79 41.29	100m: 1:19.50 41.14	200m: 2:42.90 41.83	300m: 4:06.50 41.32	400m: 5:25.42 37.63		
17.	SAN MARTIN TRESOLS, Luis	88 C.D. Jerez Natacion Master	4:51.45 563							
	50m: 31.69 31.69	150m: 1:45.19 37.49	250m: 3:01.71 38.30	350m: 4:16.18 36.69	100m: 1:07.70 36.01	200m: 2:23.41 38.22	300m: 3:39.49 37.78	400m: 4:51.45 35.27		
18.	MARTINEZ VALENTIN, Sergi	01 C.N. Santa Perpetua	4:52.07 561							
	50m: 32.41 32.41	150m: 1:45.40 37.13	250m: 3:01.99 38.52	350m: 4:17.50 37.21	100m: 1:08.27 35.86	200m: 2:23.47 38.07	300m: 3:40.29 38.30	400m: 4:52.07 34.57		
19.	MORENO CALDERON, Antonio	71 C.N. Reus Ploms	5:18.71 558							
	50m: 35.12 35.12	150m: 1:53.83 40.08	250m: 3:15.15 40.90	350m: 4:38.14 41.85	100m: 1:13.75 38.63	200m: 2:34.25 40.42	300m: 3:56.29 41.14	400m: 5:18.71 40.57		
20.	PEREZ MERINO, Alex	93 C.N. Granollers	4:49.68 555							
	50m: 32.27 32.27	150m: 1:44.24 36.60	250m: 2:58.39 36.67	350m: 4:13.53 37.51	100m: 1:07.64 35.37	200m: 2:21.72 37.48	300m: 3:36.02 37.63	400m: 4:49.68 36.15		
21.	CASTELLO AUQUE, Antoni	58 C.N. Reus Ploms	5:41.57 537							
	50m: 40.15 40.15	150m: 2:05.95 43.04	250m: 3:32.45 43.11	350m: 4:58.91 43.33	100m: 1:22.91 42.76	200m: 2:49.34 43.39	300m: 4:15.58 43.13	400m: 5:41.57 42.66		
22.	AYALA MAESTRE, Alejandro	97 C.D. Jerez Natacion Master	4:59.02 523							
	50m: 32.02 32.02	150m: 1:43.21 36.26	250m: 2:59.50 38.40	350m: 4:18.08 39.46	100m: 1:06.95 34.93	200m: 2:21.10 37.89	300m: 3:38.62 39.12	400m: 4:59.02 40.94		
23.	BOVE SOLANES, Albert	78 C.N. Tarraco	5:12.00 512							
	50m: 35.98 35.98	150m: 1:53.93 39.38	250m: 3:13.40 39.76	350m: 4:33.15 39.85	100m: 1:14.55 38.57	200m: 2:33.64 39.71	300m: 3:53.30 39.90	400m: 5:12.00 38.85		
24.	MAS PERIS, Jordi	94 C.N. Fanatic Swim Castellon	5:01.90 490							
	50m: 33.06 33.06	150m: 1:46.31 37.08	250m: 3:03.48 38.65	350m: 4:22.71 39.71	100m: 1:09.23 36.17	200m: 2:24.83 38.52	300m: 3:43.00 39.52	400m: 5:01.90 39.19		
25.	LATORRE SEGARRA, Francesc	66 C.N. Aquamasters	5:50.78 456							
	50m: 37.42 37.42	150m: 2:01.39 42.53	250m: 3:30.78 45.09	350m: 5:04.44 46.97	100m: 1:18.86 41.44	200m: 2:45.69 44.30	300m: 4:17.47 46.69	400m: 5:50.78 46.34		
26.	TORRES TORRONTERAS, Javier	78 C.N. Prat Llobregat	5:29.41 435							
	50m: 36.89 36.89	150m: 1:59.64 41.85	250m: 3:24.07 42.37	350m: 4:49.19 42.53	100m: 1:17.79 40.90	200m: 2:41.70 42.06	300m: 4:06.66 42.59	400m: 5:29.41 40.22		
27.	GRAU CARRION, Marc	84 C.N. Granollers	5:28.58 423							
	50m: 38.19 38.19	150m: 1:59.53 41.08	250m: 3:23.67 42.50	350m: 4:48.34 42.12	100m: 1:18.45 40.26	200m: 2:41.17 41.64	300m: 4:06.22 42.55	400m: 5:28.58 40.24		
28.	CASTELNUOVO RUIZ-PEINADO,	74 C.E.N. Cabrera De Mar	5:41.07 422							
	50m: 39.37 39.37	150m: 2:04.59 43.23	250m: 3:32.81 44.60	350m: 5:00.07 43.12	100m: 1:21.36 41.99	200m: 2:48.21 43.62	300m: 4:16.95 44.14	400m: 5:41.07 41.00		
29.	PUNTES JURADO, David	72 C.N. Athletic-Barceloneta	5:42.47 417							
	50m: 39.04 39.04	150m: 2:03.02 42.60	250m: 3:31.73 44.08	350m: 5:00.57 44.09	100m: 1:20.42 41.38	200m: 2:47.65 44.63	300m: 4:16.48 44.75	400m: 5:42.47 41.90		
30.	LOPEZ RUIZ, Javier	92 C.N. L´ Hospitalet	5:19.37 414							
	50m: 33.01 33.01	150m: 1:50.40 39.54	250m: 3:11.86 41.24	350m: 4:36.89 42.81	100m: 1:10.86 37.85	200m: 2:30.62 40.22	300m: 3:54.08 42.22	400m: 5:19.37 42.48		
31.	MICHANS OTAL, Toni	78 C.N. Lleida	5:37.79 403							
	50m: 35.23 35.23	150m: 1:56.26 41.62	250m: 3:24.31 44.38	350m: 4:54.42 45.41	100m: 1:14.64 39.41	200m: 2:39.93 43.67	300m: 4:09.01 44.70	400m: 5:37.79 43.37		
32.	GARRIDO HERNANDEZ, Wenceslao	60 Club Natació Swimfaster Salt	6:18.94 393							
	50m: 41.93 41.93	150m: 2:15.57 48.16	250m: 3:53.28 48.84	350m: 5:31.44 48.53	100m: 1:27.41 45.48	200m: 3:04.44 48.87	300m: 4:42.91 49.63	400m: 6:18.94 47.50		



Prova 3, Masc., 400m Lliure, Class Punts T. Catalana Màster

Lloc	Nom i cognoms	Any	TemPunts CAT							
33.	VARGAS ARANIBAR, Marcelo	78	5:42.23 388							
	50m: 38.32 38.32	150m: 2:02.26 43.15	250m: 3:32.09 45.33	350m: 5:00.82 43.81						
	100m: 1:19.11 40.79	200m: 2:46.76 44.50	300m: 4:17.01 44.92	400m: 5:42.23 41.41						
34.	POCH BATLLE, Josep	51	7:16.52 385							
	50m: 47.80 47.80	150m: 2:38.08 55.65	250m: 4:31.98 56.54	350m: 6:25.56 56.49						
	100m: 1:42.43 54.63	200m: 3:35.44 57.36	300m: 5:29.07 57.09	400m: 7:16.52 50.96						
35.	RIBE CORT, Ramon	55	6:54.99 369							
	50m: 45.22 45.22	150m: 2:29.54 53.20	250m: 4:17.36 53.43	350m: 6:04.86 53.53						
	100m: 1:36.34 51.12	200m: 3:23.93 54.39	300m: 5:11.33 53.97	400m: 6:54.99 50.13						
36.	GUILLEM CATA, Miquel	72	6:01.03 356							
	50m: 40.20 40.20	150m: 2:09.78 45.61	250m: 3:43.73 47.03	350m: 5:18.58 47.09						
	100m: 1:24.17 43.97	200m: 2:56.70 46.92	300m: 4:31.49 47.76	400m: 6:01.03 42.45						
DNS	GOMEZ GARCIA, Jonathan	70	C.N. Badalona							
BX	GAGO QUERO, Jose Ramon	56	Fundacion Claror							
BX	PUERTO PALOMERO, Hector	95	Vila-Swim Fondistas Club Natación							