

Prova 3
17/1/2026 - 9:40

Masc., 400m Lliure

2006 i majors
Resultats

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

Punts: AQUA Master 2025

Classificació	ANY	Temps	Punts CAT
20+			
1.	FILOSO GARCIA, Alonso 50m: 32.54 32.54 100m: 1:08.38 35.84	02 C.N. Cornellà 150m: 1:45.83 37.45 200m: 2:24.44 38.61 250m: 3:02.04 37.60 300m: 3:40.78 38.74 350m: 4:21.48 40.70 400m: 5:01.74 40.26	5:01.74 442
25+			
1.	VANHALST, Thomas 50m: 32.72 32.72 100m: 1:07.74 35.02	99 C.N. L' Hospitalet 150m: 1:43.68 35.94 200m: 2:04.47 20.79 250m: 2:55.59 51.12 300m: 3:31.34 35.75 350m: 4:06.39 35.05 400m: 4:40.09 33.70	4:40.09 552
30+			
1.	LAGOS PAU, Aitor 50m: 30.36 30.36 100m: 1:02.92 32.56	95 C.N. L' Hospitalet 150m: 1:35.93 33.01 200m: 2:09.50 33.57 250m: 2:42.58 33.08 300m: 3:15.61 33.03 350m: 3:47.76 32.15 400m: 4:19.38 31.62	4:19.38 684
2.	PEREZ MERINO, Alex 50m: 30.32 30.32 100m: 1:03.51 33.19	93 C.N. Granollers 150m: 1:37.58 34.07 200m: 2:12.32 34.74 250m: 2:47.48 35.16 300m: 3:23.38 35.90 350m: 3:59.15 35.77 400m: 4:33.79 34.64	4:33.79 581
35+			
1.	CABANILLAS QUINTANILLA, Rafael 50m: 30.00 30.00 100m: 1:02.17 32.17	87 Marnaton 150m: 1:34.36 32.19 200m: 2:06.56 32.20 250m: 2:38.90 32.34 300m: 3:11.12 32.22 350m: 3:43.19 32.07 400m: 4:14.49 31.30	4:14.49 815
2.	NAVARRO GUILLEN, Javier 50m: 29.85 29.85 100m: 1:02.57 32.72	87 C.N. Aquamasters 150m: 1:35.70 33.13 200m: 2:09.54 33.84 250m: 2:43.36 33.82 300m: 3:17.43 34.07 350m: 3:51.49 34.06 400m: 4:24.89 33.40	4:24.89 723
40+			
1.	GALLARDO FLORES, Alberto 50m: 30.49 30.49 100m: 1:03.23 32.74	82 Club Natació Swimfaster Salt 150m: 1:36.33 33.10 200m: 2:09.81 33.48 250m: 2:42.53 32.72 300m: 3:15.10 32.57 350m: 3:48.41 33.31 400m: 4:20.60 32.19	4:20.60 787
2.	RODRIGUEZ RAMOS, Cristian 50m: 29.83 29.83 100m: 1:02.66 32.83	86 C.N. L' Hospitalet 150m: 1:35.72 33.06 200m: 2:08.92 33.20 250m: 2:42.25 33.33 300m: 3:15.69 33.44 350m: 3:49.35 33.66 400m: 4:20.66 31.31	4:20.66 787
3.	GRAU CARRION, Marc 50m: 34.69 34.69 100m: 1:12.59 37.90	84 C.N. Granollers 150m: 1:50.89 38.30 200m: 2:29.50 38.61 250m: 3:08.31 38.81 300m: 3:47.36 39.05 350m: 4:27.15 39.79 400m: 5:05.74 38.59	5:05.74 487
4.	GALLEN I TORAN, Xavier 50m: 35.03 35.03 100m: 1:13.42 38.39	85 C.E. Panteres Grogues 150m: 1:52.39 38.97 200m: 2:31.69 39.30 250m: 3:11.59 39.90 300m: 3:51.63 40.04 350m: 4:31.40 39.77 400m: 5:10.55 39.15	5:10.55 465
45+			
1.	MORALES ROBERT, Daniel 50m: 32.27 32.27 100m: 1:07.33 35.06	77 C.N. Aquamasters 150m: 1:42.95 35.62 200m: 2:19.05 36.10 250m: 2:55.57 36.52 300m: 3:32.40 36.83 350m: 4:09.46 37.06 400m: 4:46.41 36.95	4:46.41 611

Piscina 25mts i cronometratge automàtic

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Sponsor principal

Sponsors institucionals

Acreditacions



Prova 3, Masc., 400m Lliure, 45+

Classificació	ANY								Temps	Punts CAT		
2.	PONS RODRIGUEZ, Joan 77 C.N. Granollers								5:09.99	482		
	50m:	34.89	34.89	150m:	1:53.44	39.38	250m:	3:12.50	39.42	350m:	4:31.30	39.27
	100m:	1:14.06	39.17	200m:	2:33.08	39.64	300m:	3:52.03	39.53	400m:	5:09.99	38.69
50+												
1.	TALAVERA GUADAYOL, Jordi 76 C.N. Terrassa								4:35.47	699		
	50m:	31.87	31.87	150m:	1:40.54	34.40	250m:	2:50.65	35.00	350m:	4:00.78	34.87
	100m:	1:06.14	34.27	200m:	2:15.65	35.11	300m:	3:25.91	35.26	400m:	4:35.47	34.69
2.	CABELLO VILLALONGA, Manuel 72 C.N. L' Hospitalet								4:39.41	669		
	50m:	31.40	31.40	150m:	1:41.78	35.91	250m:	2:54.33	36.36	350m:	4:05.66	35.50
	100m:	1:05.87	34.47	200m:	2:17.97	36.19	300m:	3:30.16	35.83	400m:	4:39.41	33.75
3.	GLEIZES LAPIERRE, Sylvain 74 Fundacion Claror								4:39.84	666		
	50m:	31.25	31.25	150m:	1:40.74	35.43	250m:	2:53.51	36.42	350m:	4:05.34	35.80
	100m:	1:05.31	34.06	200m:	2:17.09	36.35	300m:	3:29.54	36.03	400m:	4:39.84	34.50
4.	ROGER I BADOSA, Miquel 72 G.E. I E.G.								4:58.57	549		
	50m:	33.07	33.07	150m:	1:47.41	37.56	250m:	3:04.62	38.74	350m:	4:22.33	39.00
	100m:	1:09.85	36.78	200m:	2:25.88	38.47	300m:	3:43.33	38.71	400m:	4:58.57	36.24
5.	GABARRO ROSELL, Lluís 74 C.N. Sabadell								5:51.98	335		
	50m:	39.21	39.21	150m:	2:08.96	45.44	250m:	3:38.86	45.51	350m:	5:09.81	45.26
	100m:	1:23.52	44.31	200m:	2:53.35	44.39	300m:	4:24.55	45.69	400m:	5:51.98	42.17
DNS	SOLSONA OSET, Alex 73 C.N. Sabadell											
55+												
1.	GOMEZ GARCIA, Jonathan 70 C.N. Badalona								4:50.77	682		
	50m:	33.63	33.63	150m:	1:46.16	36.61	250m:	2:59.97	36.98	350m:	4:14.48	37.12
	100m:	1:09.55	35.92	200m:	2:22.99	36.83	300m:	3:37.36	37.39	400m:	4:50.77	36.29
2.	CARRIERE JORDANA, Xesco 69 Marnaton								5:06.80	581		
	50m:	32.84	32.84	150m:	1:48.18	38.38	250m:	3:09.03	40.85	350m:	4:28.71	39.52
	100m:	1:09.80	36.96	200m:	2:28.18	40.00	300m:	3:49.19	40.16	400m:	5:06.80	38.09
3.	MUÑOZ SANCHEZ, Pedro 71 C.N. Granollers								5:09.93	563		
	50m:	35.61	35.61	150m:	1:53.02	38.78	250m:	3:12.44	39.74	350m:	4:31.00	39.47
	100m:	1:14.24	38.63	200m:	2:32.70	39.68	300m:	3:51.53	39.09	400m:	5:09.93	38.93
4.	CAMPS RUSSINES, David 67 C.N. Athletic-Barceloneta								5:19.68	513		
	50m:	35.94	35.94	150m:	1:56.51	40.84	250m:	3:18.24	40.99	350m:	4:39.19	40.19
	100m:	1:15.67	39.73	200m:	2:37.25	40.74	300m:	3:59.00	40.76	400m:	5:19.68	40.49
5.	JULIA MANRESA, Ignacio 71 C.N. Aquamasters								5:22.94	498		
	50m:	36.54	36.54	150m:	1:55.64	40.40	250m:	3:18.75	41.30	350m:	4:41.85	41.62
	100m:	1:15.24	38.70	200m:	2:37.45	41.81	300m:	4:00.23	41.48	400m:	5:22.94	41.09
60+												
1.	GOMEZ VELEZ, Rafael 62 C.N. Salou								5:23.43	566		
	50m:	36.47	36.47	150m:	1:57.89	40.97	250m:	3:19.38	40.22	350m:	4:41.57	41.63
	100m:	1:16.92	40.45	200m:	2:39.16	41.27	300m:	3:59.94	40.56	400m:	5:23.43	41.86
2.	LATORRE SEGARRA, Francesc 66 C.N. Aquamasters								5:35.59	506		
	50m:	37.98	37.98	150m:	2:00.11	41.00	250m:	3:25.66	42.85	350m:	4:52.35	43.58
	100m:	1:19.11	41.13	200m:	2:42.81	42.70	300m:	4:08.77	43.11	400m:	5:35.59	43.24
3.	CRUELLES PAGES, Pere 64 C.E.N. Cabrera De Mar								5:38.48	493		
	50m:	37.94	37.94	150m:	2:01.93	42.43	250m:	3:29.03	43.67	350m:	4:56.86	43.50
	100m:	1:19.50	41.56	200m:	2:45.36	43.43	300m:	4:13.36	44.33	400m:	5:38.48	41.62

Piscina 25mts i cronometratge automàtic

17/1/2026 20:09 - Pàgina 2

Prova 3, Masc., 400m Lliure, 60+

Classificació	ANY	Temps	Punts CAT
BX ARRIBAS PUVILL, Albert	65 C.E. Mediterrani		

65+

1. CASTELLO AUQUE, Antoni	58 C.N. Reus Ploms	5:25.74	556
50m: 38.09 38.09	150m: 1:59.07 40.70	250m: 3:21.43 41.17	350m: 4:44.61 41.56
100m: 1:18.37 40.28	200m: 2:40.26 41.19	300m: 4:03.05 41.62	400m: 5:25.74 41.13
2. GARRIDO HERNANDEZ, Wenceslao	60 Club Natació Swimfaster Salt	6:09.97	379
50m: 39.88 39.88	150m: 2:11.47 47.24	250m: 3:48.59 48.77	350m: 5:24.78 48.21
100m: 1:24.23 44.35	200m: 2:59.82 48.35	300m: 4:36.57 47.98	400m: 6:09.97 45.19

70+

1. GARCIA CARRETERO, Francesc	54 Club Nagi	8:35.85	171
50m: 55.06 55.06	150m: 3:08.13 1:07.89	250m: 5:21.40 1:07.07	350m: 7:33.57 1:05.56
100m: 2:00.24 1:05.18	200m: 4:14.33 1:06.20	300m: 6:28.01 1:06.61	400m: 8:35.85 1:02.28

75+

1. POCH BATLLE, Josep	51 G.E.Nautics De Roses	6:57.51	409
50m: 44.78 44.78	150m: 2:27.75 52.91	250m: 4:14.89 53.99	350m: 6:03.59 54.79
100m: 1:34.84 50.06	200m: 3:20.90 53.15	300m: 5:08.80 53.91	400m: 6:57.51 53.92
2. SANTAMARIA MORALES, Enrique	50 Marnaton	7:24.80	338
50m: 50.70 50.70	150m: 2:44.34 58.14	250m: 4:38.91 57.41	350m: 6:31.04 55.50
100m: 1:46.20 55.50	200m: 3:41.50 57.16	300m: 5:35.54 56.63	400m: 7:24.80 53.76