

Prova 24
28/03/2026 - 11:29

Masc., 400m Estils

Absolut
Resultats Prelim

Rècord Espanya	4:12.67	JOAN LLUIS PONS, RAMON	TOKYO (JPN)	24/07/2021
Rècord Catalunya	4:16.98	NUÑEZ MOLANO, JAVIER	PALMA MALLORCA	04/04/2008
Circuit Català de Trofeus	4:19.02	BOGGIATTO, ALESSIO	SABADELL	14/02/2009
Rècord Campionat	4:20.00	, ALESSIO BOGGIATTO	CCOPEN	23/02/2008

Punts: AQUA 2026

Classificació	ANY		Temps		Pts	CCOI
1. MORALES CEBEY, Hector	02	C.N. Terrassa	4:33.38	697	-	
50m: 27.97 27.97	150m: 1:34.90 35.56	250m: 2:48.98 38.76	350m: 4:01.84 32.92			
100m: 59.34 31.37	200m: 2:10.22 35.32	300m: 3:28.92 39.94	400m: 4:33.38 31.54			
2. GONZALEZ DE OLIVEIRA, Hugo	99	C.N. Terrassa	4:36.88	671	-	
50m: 27.11 27.11	150m: 1:36.63 37.68	250m: 2:51.91 38.89	350m: 4:04.08 33.03			
100m: 58.95 31.84	200m: 2:13.02 36.39	300m: 3:31.05 39.14	400m: 4:36.88 32.80			
3. MIRA ALBALADEJO, Diego	01	C.N. Sabadell	4:37.73	665	-	
50m: 28.40 28.40	150m: 1:38.22 37.07	250m: 2:51.34 38.40	350m: 4:05.82 34.90			
100m: 1:01.15 32.75	200m: 2:12.94 34.72	300m: 3:30.92 39.58	400m: 4:37.73 31.91			
4. CUEN SIBILA, Biel	07	C.N. Sant Andreu	4:40.35	647	-	
50m: 29.14 29.14	150m: 1:38.93 35.22	250m: 2:56.53 43.35	350m: 4:10.92 30.99			
100m: 1:03.71 34.57	200m: 2:13.18 34.25	300m: 3:39.93 43.40	400m: 4:40.35 29.43			
5. CASTEJON RAMIREZ, Alex	98	C.N. Sabadell	4:42.21	634	-	
50m: 29.67 29.67	150m: 1:41.61 37.14	250m: 2:57.41 39.38	350m: 4:09.40 33.34			
100m: 1:04.47 34.80	200m: 2:18.03 36.42	300m: 3:36.06 38.65	400m: 4:42.21 32.81			
6. PARRA ESTRADE, Arnau	07	C.N. Sabadell	4:42.68	631	-	
50m: 29.24 29.24	150m: 1:40.58 37.26	250m: 2:58.57 40.84	350m: 4:10.37 31.01			
100m: 1:03.32 34.08	200m: 2:17.73 37.15	300m: 3:39.36 40.79	400m: 4:42.68 32.31			
7. ROCH VACCARO, Oliver	08	C.N. Terrassa	4:43.12	628	-	
50m: 27.66 27.66	150m: 1:38.40 37.90	250m: 2:56.02 40.89	350m: 4:11.17 33.32			
100m: 1:00.50 32.84	200m: 2:15.13 36.73	300m: 3:37.85 41.83	400m: 4:43.12 31.95			
8. FERNANDEZ SIMO, Eric	05	C.N. Granollers	4:45.01	615	-	
50m: 30.28 30.28	150m: 1:43.53 39.00	250m: 3:01.86 40.34	350m: 4:14.47 31.95			
100m: 1:04.53 34.25	200m: 2:21.52 37.99	300m: 3:42.52 40.66	400m: 4:45.01 30.54			
9. POU FERNANDEZ, Marc	01	C.N. Mataro	4:47.35	601	22,00	
50m: 29.87 29.87	150m: 1:41.81 37.20	250m: 2:59.09 40.28	350m: 4:14.05 32.97			
100m: 1:04.61 34.74	200m: 2:18.81 37.00	300m: 3:41.08 41.99	400m: 4:47.35 33.30			
10. FERRI BLANC, Oriol	05	C.N. Barcelona	4:49.02	590	21,00	
50m: 29.75 29.75	150m: 1:43.70 39.58	250m: 3:02.30 40.06	350m: 4:16.60 33.76			
100m: 1:04.12 34.37	200m: 2:22.24 38.54	300m: 3:42.84 40.54	400m: 4:49.02 32.42			
11. MORA LOPEZ, Pol	06	C.N. VIC-Etb	4:49.64	586	20,00	
50m: 29.43 29.43	150m: 1:41.73 38.51	250m: 3:01.02 42.21	350m: 4:18.52 33.91			
100m: 1:03.22 33.79	200m: 2:18.81 37.08	300m: 3:44.61 43.59	400m: 4:49.64 31.12			
12. ELIES VAZQUEZ, Pau	03	C.N. Athletic-Barceloneta	4:50.28	583	-	
50m: 28.57 28.57	150m: 1:41.18 38.24	250m: 3:01.96 42.80	350m: 4:18.83 32.88			
100m: 1:02.94 34.37	200m: 2:19.16 37.98	300m: 3:45.95 43.99	400m: 4:50.28 31.45			
13. SERNA IZQUIERDO, Arnau	05	C.N. Mataro	4:52.52	569	-	
50m: 30.25 30.25	150m: 1:44.04 39.65	250m: 3:03.85 41.20	350m: 4:18.64 34.03			
100m: 1:04.39 34.14	200m: 2:22.65 38.61	300m: 3:44.61 40.76	400m: 4:52.52 33.88			
14. FARRE CORTADA, Joel	08	C.E.N.Balaguer	4:53.64	563	19,00	
50m: 30.57 30.57	150m: 1:44.87 39.22	250m: 3:05.76 42.89	350m: 4:22.53 32.17			
100m: 1:05.65 35.08	200m: 2:22.87 38.00	300m: 3:50.36 44.60	400m: 4:53.64 31.11			
15. GASOL GUTIERREZ, Biel	08	C.N. Granollers	4:53.73	562	18,00	
50m: 30.13 30.13	150m: 1:45.82 40.93	250m: 3:06.70 41.89	350m: 4:23.24 32.72			
100m: 1:04.89 34.76	200m: 2:24.81 38.99	300m: 3:50.52 43.82	400m: 4:53.73 30.49			
16. GARCIA NARES, Joan Manel	10	C.N. Granollers	4:55.19	554	17,00	
50m: 31.70 31.70	150m: 1:47.50 39.84	250m: 3:07.52 42.05	350m: 4:23.12 33.13			
100m: 1:07.66 35.96	200m: 2:25.47 37.97	300m: 3:49.99 42.47	400m: 4:55.19 32.07			

Prova 24, Masc., 400m Estils, Prelim, Absolut

Classificació	ANY								Temps	Pts	CCOI
17.	DORADO TOMAS, Pablo		10	C.N. L' Hospitalet				4:55.37	553	16,00	
	50m:	30.98 30.98	150m:	1:47.27	40.76	250m:	3:06.24	39.61	350m:	4:22.31	34.56
	100m:	1:06.51 35.53	200m:	2:26.63	39.36	300m:	3:47.75	41.51	400m:	4:55.37	33.06
18.	CARRASCO SANCHEZ, Aitor		12	C.N. Sabadell				4:55.87	550	-	
	50m:	31.64 31.64	150m:	1:49.93	41.72	250m:	3:08.32	38.60	350m:	4:22.78	34.44
	100m:	1:08.21 36.57	200m:	2:29.72	39.79	300m:	3:48.34	40.02	400m:	4:55.87	33.09
19.	ARREDONDO RODRIGUEZ, Joel		08	Club Natació Lloret De Mar				4:55.95	550	15,00	
	50m:	29.09 29.09	150m:	1:42.18	38.84	250m:	3:04.14	43.82	350m:	4:23.88	34.90
	100m:	1:03.34 34.25	200m:	2:20.32	38.14	300m:	3:48.98	44.84	400m:	4:55.95	32.07
20.	YUZEN, Ali		09	C.N. Sabadell				4:56.78	545	-	
	50m:	30.62 30.62	150m:	1:43.08	37.61	250m:	3:02.77	42.49	350m:	4:22.02	35.87
	100m:	1:05.47 34.85	200m:	2:20.28	37.20	300m:	3:46.15	43.38	400m:	4:56.78	34.76
21.	CHAVES GUARDIA, David		98	C.N. Mataro				4:57.13	543	14,00	
	50m:	30.02 30.02	150m:	1:44.69	39.64	250m:	3:06.56	43.48	350m:	4:24.52	34.53
	100m:	1:05.05 35.03	200m:	2:23.08	38.39	300m:	3:49.99	43.43	400m:	4:57.13	32.61
22.	GARCIA MARTIN, Mario		09	C.N. L' Hospitalet				4:57.30	542	13,00	
	50m:	30.30 30.30	150m:	1:45.71	40.16	250m:	3:09.07	44.30	350m:	4:26.31	32.12
	100m:	1:05.55 35.25	200m:	2:24.77	39.06	300m:	3:54.19	45.12	400m:	4:57.30	30.99
23.	RUIZ YESTE, Joel		11	C.N. Rubi				4:57.58	541	12,00	
	50m:	30.60 30.60	150m:	1:46.19	39.91	250m:	3:08.15	43.08	350m:	4:25.08	34.81
	100m:	1:06.28 35.68	200m:	2:25.07	38.88	300m:	3:50.27	42.12	400m:	4:57.58	32.50
24.	NOSAS HERNANDO, Marti		10	C.E.N.Balaguer				5:00.29	526	11,00	
	50m:	30.59 30.59	150m:	1:46.56	41.02	250m:	3:05.94	40.32	350m:	4:25.15	37.42
	100m:	1:05.54 34.95	200m:	2:25.62	39.06	300m:	3:47.73	41.79	400m:	5:00.29	35.14
25.	GOMEZ BORRERO, Pau		10	C.N. L' Hospitalet				5:00.51	525	10,00	
	50m:	30.37 30.37	150m:	1:45.93	40.60	250m:	3:09.02	44.31	350m:	4:28.04	34.55
	100m:	1:05.33 34.96	200m:	2:24.71	38.78	300m:	3:53.49	44.47	400m:	5:00.51	32.47
26.	ARMENGOL TRIVES, Genis		02	C.N. Calella				5:00.56	525	9,00	
	50m:	31.25 31.25	150m:	1:49.29	41.92	250m:	3:10.09	40.58	350m:	4:25.75	35.48
	100m:	1:07.37 36.12	200m:	2:29.51	40.22	300m:	3:50.27	40.18	400m:	5:00.56	34.81
27.	MORENO CORTES, Aitor		01	C.E. Inef De Lleida				5:02.53	515	8,00	
	50m:	29.98 29.98	150m:	1:45.44	39.61	250m:	3:07.70	43.00	350m:	4:28.44	35.48
	100m:	1:05.83 35.85	200m:	2:24.70	39.26	300m:	3:52.96	45.26	400m:	5:02.53	34.09
28.	BLANES FRIGOLA, Aleix		04	C.N. Vilafranca				5:02.83	513	7,00	
	50m:	30.25 30.25	150m:	1:45.42	40.32	250m:	3:08.08	44.06	350m:	4:28.05	34.53
	100m:	1:05.10 34.85	200m:	2:24.02	38.60	300m:	3:53.52	45.44	400m:	5:02.83	34.78
29.	MARQUES GUINOVART, Gerard		10	C.E. Mediterrani				5:04.13	506	6,00	
	50m:	31.82 31.82	150m:	1:47.82	38.98	250m:	3:10.21	44.36	350m:	4:30.15	35.66
	100m:	1:08.84 37.02	200m:	2:25.85	38.03	300m:	3:54.49	44.28	400m:	5:04.13	33.98
30.	ARJO DELGADO, Sergi		06	C.N. Lleida				5:04.73	503	5,00	
	50m:	30.62 30.62	150m:	1:48.10	41.71	250m:	3:10.31	42.06	350m:	4:30.32	35.92
	100m:	1:06.39 35.77	200m:	2:28.25	40.15	300m:	3:54.40	44.09	400m:	5:04.73	34.41
31.	SORIANO MUÑOZ, Marc		10	C.N. Sabadell				5:09.46	481	-	
	50m:	30.99 30.99	150m:	1:49.80	43.55	250m:	3:15.50	44.19	350m:	4:35.88	35.84
	100m:	1:06.25 35.26	200m:	2:31.31	41.51	300m:	4:00.04	44.54	400m:	5:09.46	33.58
32.	CARALTO PASCUET, Ferran		10	C.N. Barcelona				5:09.63	480	4,00	
	50m:	30.80 30.80	150m:	1:49.93	41.47	250m:	3:13.83	43.38	350m:	4:36.63	38.15
	100m:	1:08.46 37.66	200m:	2:30.45	40.52	300m:	3:58.48	44.65	400m:	5:09.63	33.00
33.	SANCHEZ HURTADO, Eric		08	C.N. L' Hospitalet				5:09.95	478	-	
	50m:	31.07 31.07	150m:	1:49.01	42.66	250m:	3:14.74	42.78	350m:	4:34.63	35.88
	100m:	1:06.35 35.28	200m:	2:31.96	42.95	300m:	3:58.75	44.01	400m:	5:09.95	35.32

Prova 24, Masc., 400m Estils, Prelim, Absolut

Classificació	ANY		Temps		Pts	CCOI
34. PASCUAL FUENTES, Alejandro	10	C.N. Prat Llobregat	5:11.68	470	3,00	
50m: 30.13 30.13 150m: 1:45.45 39.93	250m: 3:09.47 44.99	350m: 4:35.23 37.60				
100m: 1:05.52 35.39 200m: 2:24.48 39.03	300m: 3:57.63 48.16	400m: 5:11.68 36.45				
35. DEL CORRAL NIETO, Eric	09	C.N. Sant Sadurni	5:15.98	452	2,00	
50m: 30.78 30.78 150m: 1:49.80 40.21	250m: 3:16.18 46.05	350m: 4:40.45 36.05				
100m: 1:09.59 38.81 200m: 2:30.13 40.33	300m: 4:04.40 48.22	400m: 5:15.98 35.53				
DSQ DIEZ ROSET, Jan	09	C.N. Manresa			-	