

Prova 28

Masc., 400m Lliure

Absolut

29/03/2026 - 9:52

Resultats Prelim

Rècord Espanya	3:47.29	CARLOS GARACH, BENITO		Palma de Mallorca	22/06/2024
Rècord Catalunya	3:50.46	FERRAN JULIA, TOUS		Palma de Mallorca	22/06/2024
Circuit Català de Trofeus	3:51.86	DURAN NAVIA, Miguel	ESP	BARCELONA	15/02/2020
Rècord Campionat	3:52.67	DURAN NAVIA, Miguel	ESP	TERRASSA	17/01/2020

Punts: AQUA 2026

Classificació	ANY		Temps		Pts	CCOI
1. MORILLO LOPEZ, Ferran	05	C.E. Mediterrani	4:04.87	724	-	
50m: 27.90 27.90	150m: 1:29.29 30.88	250m: 2:31.31 31.25	350m: 3:34.42 31.52	400m: 4:04.87 30.45		
100m: 58.41 30.51	200m: 2:00.06 30.77	300m: 3:02.90 31.59				
2. JULIA TOUS, Ferran	00	C.N. Sabadell	4:05.05	723	-	
50m: 27.86 27.86	150m: 1:30.13 31.52	250m: 2:34.91 32.24	350m: 3:37.49 30.93	400m: 4:05.05 27.56		
100m: 58.61 30.75	200m: 2:02.67 32.54	300m: 3:06.56 31.65				
3. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	4:08.80	691	-	
50m: 28.50 28.50	150m: 1:31.80 31.87	250m: 2:35.36 31.59	350m: 3:38.14 31.33	400m: 4:08.80 30.66		
100m: 59.93 31.43	200m: 2:03.77 31.97	300m: 3:06.81 31.45				
4. PARRA ESTRADE, Arnau	07	C.N. Sabadell	4:08.86	690	-	
50m: 28.56 28.56	150m: 1:32.27 31.86	250m: 2:35.19 31.50	350m: 3:38.06 31.27	400m: 4:08.86 30.80		
100m: 1:00.41 31.85	200m: 2:03.69 31.42	300m: 3:06.79 31.60				
5. NEVADO RUIZ, Pablo	06	C.N. Sabadell	4:08.92	690	-	
50m: 28.76 28.76	150m: 1:32.37 31.76	250m: 2:35.46 31.33	350m: 3:38.36 31.34	400m: 4:08.92 30.56		
100m: 1:00.61 31.85	200m: 2:04.13 31.76	300m: 3:07.02 31.56				
6. CASTRO VALLE, Cesar	99	C.N. Terrassa	4:08.93	689	-	
50m: 27.07 27.07	150m: 1:28.88 31.17	250m: 2:32.62 31.94	350m: 3:37.46 32.41	400m: 4:08.93 31.47		
100m: 57.71 30.64	200m: 2:00.68 31.80	300m: 3:05.05 32.43				
7. RAMIA VIVES, Guillem	02	C.N. Terrassa	4:09.12	688	-	
50m: 28.44 28.44	150m: 1:31.17 31.29	250m: 2:34.60 31.78	350m: 3:37.69 30.85	400m: 4:09.12 31.43		
100m: 59.88 31.44	200m: 2:02.82 31.65	300m: 3:06.84 32.24				
8. JIMENEZ RISQUEZ, Alex	06	C.N. Sabadell	4:09.69	683	-	
50m: 28.90 28.90	150m: 1:32.08 31.83	250m: 2:35.69 32.08	350m: 3:38.82 31.54	400m: 4:09.69 30.87		
100m: 1:00.25 31.35	200m: 2:03.61 31.53	300m: 3:07.28 31.59				
9. CUEN SIBILA, Biel	07	C.N. Sant Andreu	4:10.00	681	-	
50m: 28.38 28.38	150m: 1:30.80 31.28	250m: 2:34.48 32.07	350m: 3:38.73 32.00	400m: 4:10.00 31.27		
100m: 59.52 31.14	200m: 2:02.41 31.61	300m: 3:06.73 32.25				
10. IBAÑEZ PINA, Nil	03	C.N. Granollers	4:10.57	676	-	
50m: 29.07 29.07	150m: 1:33.15 32.23	250m: 2:36.94 31.50	350m: 3:40.63 31.50	400m: 4:10.57 29.94		
100m: 1:00.92 31.85	200m: 2:05.44 32.29	300m: 3:09.13 32.19				
11. GASOL GUTIERREZ, Biel	08	C.N. Granollers	4:10.71	675	24,00	
50m: 28.81 28.81	150m: 1:31.78 31.85	250m: 2:36.01 32.16	350m: 3:40.05 33.17	400m: 4:10.71 30.66		
100m: 59.93 31.12	200m: 2:03.85 32.07	300m: 3:06.88 30.87				
12. ROCH VACCARO, Oliver	08	C.N. Terrassa	4:11.15	671	23,00	
50m: 28.37 28.37	150m: 1:30.95 31.50	250m: 2:34.45 31.85	350m: 3:39.16 31.99	400m: 4:11.15 31.99		
100m: 59.45 31.08	200m: 2:02.60 31.65	300m: 3:07.17 32.72				
13. ESCRITS MAÑOSA, Lluís	01	C.N. Granollers	4:11.68	667	22,00	
50m: 29.64 29.64	150m: 1:33.19 31.75	250m: 2:36.74 31.60	350m: 3:40.37 31.72	400m: 4:11.68 31.31		
100m: 1:01.44 31.80	200m: 2:05.14 31.95	300m: 3:08.65 31.91				
14. ANSON CANO, Jacobo	09	Federación Asturiana	4:12.76	659	-	
50m: 29.16 29.16	150m: 1:33.92 32.64	250m: 2:38.12 31.88	350m: 3:42.01 31.80	400m: 4:12.76 30.75		
100m: 1:01.28 32.12	200m: 2:06.24 32.32	300m: 3:10.21 32.09				
15. NEVADO RUIZ, Hugo	08	C.N. Sabadell	4:15.19	640	-	
50m: 28.94 28.94	150m: 1:32.73 32.03	250m: 2:37.55 32.52	350m: 3:43.28 32.96	400m: 4:15.19 31.91		
100m: 1:00.70 31.76	200m: 2:05.03 32.30	300m: 3:10.32 32.77				
16. RIERA CANELADA, Eloi	07	C.N. Sabadell	4:15.65	636	-	
50m: 28.46 28.46	150m: 1:32.62 32.76	250m: 2:38.20 33.03	350m: 3:44.70 32.93	400m: 4:15.65 30.95		
100m: 59.86 31.40	200m: 2:05.17 32.55	300m: 3:11.77 33.57				

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Classificació	ANY						Temps	Pts	CCOI			
17.	GUELL PARRAMON, Oriol		07	C.N. Banyoles			4:15.80	635	21,00			
	50m:	29.09	29.09	150m:	1:33.09	32.04	250m:	2:37.12	31.34	350m:	3:43.08	33.17
	100m:	1:01.05	31.96	200m:	2:05.78	32.69	300m:	3:09.91	32.79	400m:	4:15.80	32.72
18.	VILASECA MARTIN, Jan		07	C.N. Terrassa			4:16.12	633	-			
	50m:	29.10	29.10	150m:	1:33.52	32.54	250m:	2:38.88	32.71	350m:	3:44.84	32.67
	100m:	1:00.98	31.88	200m:	2:06.17	32.65	300m:	3:12.17	33.29	400m:	4:16.12	31.28
19.	DE LA MORA AVENI, Marc		09	C.N. VIC-Etb			4:16.22	632	20,00			
	50m:	28.64	28.64	150m:	1:32.46	32.13	250m:	2:37.04	32.39	350m:	3:43.44	33.52
	100m:	1:00.33	31.69	200m:	2:04.65	32.19	300m:	3:09.92	32.88	400m:	4:16.22	32.78
20.	SEGARRA MONTERO, Arnau		07	C.E. Mediterrani			4:16.30	632	19,00			
	50m:	28.98	28.98	150m:	1:32.74	32.20	250m:	2:37.92	32.65	350m:	3:44.06	33.15
	100m:	1:00.54	31.56	200m:	2:05.27	32.53	300m:	3:10.91	32.99	400m:	4:16.30	32.24
21.	RIERA GARCIA, Pablo		04	C.E.N. Cabrera De Mar			4:16.57	630	18,00			
	50m:	29.59	29.59	150m:	1:33.57	32.15	250m:	2:38.25	32.39	350m:	3:43.85	32.82
	100m:	1:01.42	31.83	200m:	2:05.86	32.29	300m:	3:11.03	32.78	400m:	4:16.57	32.72
22.	CORONA EDO, Xavi		09	C.N. Sabadell			4:17.46	623	-			
	50m:	29.24	29.24	150m:	1:33.73	32.43	250m:	2:39.81	32.94	350m:	3:45.77	32.91
	100m:	1:01.30	32.06	200m:	2:06.87	33.14	300m:	3:12.86	33.05	400m:	4:17.46	31.69
23.	FERRI BLANC, Oriol		05	C.N. Barcelona			4:18.10	618	17,00			
	50m:	29.08	29.08	150m:	1:33.39	32.36	250m:	2:38.58	32.32	350m:	3:45.06	33.36
	100m:	1:01.03	31.95	200m:	2:06.26	32.87	300m:	3:11.70	33.12	400m:	4:18.10	33.04
24.	DORADO TOMAS, Pablo		10	C.N. L' Hospitalet			4:19.78	607	16,00			
	50m:	29.45	29.45	150m:	1:34.59	32.87	250m:	2:40.91	33.16	350m:	3:47.56	33.16
	100m:	1:01.72	32.27	200m:	2:07.75	33.16	300m:	3:14.40	33.49	400m:	4:19.78	32.22
25.	NOMDEDEU LOPEZ, Joan		07	C.E. Mediterrani			4:20.19	604	15,00			
	50m:	28.31	28.31	150m:	1:33.24	33.04	250m:	2:40.05	33.11	350m:	3:47.07	33.59
	100m:	1:00.20	31.89	200m:	2:06.94	33.70	300m:	3:13.48	33.43	400m:	4:20.19	33.12
26.	GARCIA NARES, Joan Manel		10	C.N. Granollers			4:21.80	593	-			
	50m:	30.24	30.24	150m:	1:36.87	33.47	250m:	2:43.33	32.98	350m:	3:49.67	33.11
	100m:	1:03.40	33.16	200m:	2:10.35	33.48	300m:	3:16.56	33.23	400m:	4:21.80	32.13
27.	OLIVEIRA LARA, Aran		09	C.N. Sabadell			4:23.27	583	-			
	50m:	30.47	30.47	150m:	1:37.34	33.70	250m:	2:43.51	33.15	350m:	3:50.36	33.41
	100m:	1:03.64	33.17	200m:	2:10.36	33.02	300m:	3:16.95	33.44	400m:	4:23.27	32.91
28.	FARRE CORTADA, Joel		08	C.E.N. Balaguer			4:24.00	578	14,00			
	50m:	29.67	29.67	150m:	1:35.07	32.83	250m:	2:42.12	33.51	350m:	3:50.54	34.00
	100m:	1:02.24	32.57	200m:	2:08.61	33.54	300m:	3:16.54	34.42	400m:	4:24.00	33.46
29.	HERNANDEZ DOMINGUEZ, Alexander		09	C.N. Terrassa			4:24.96	572	-			
	50m:	29.25	29.25	150m:	1:34.15	33.34	250m:	2:42.70	34.35	350m:	3:53.96	35.90
	100m:	1:00.81	31.56	200m:	2:08.35	34.20	300m:	3:18.06	35.36	400m:	4:24.96	31.00
30.	CHIVA REGALADO, Jaume		08	C.N. Athletic-Barceloneta			4:26.45	562	13,00			
	50m:	29.30	29.30	150m:	1:34.98	33.39	250m:	2:43.41	34.17	350m:	3:53.38	34.88
	100m:	1:01.59	32.29	200m:	2:09.24	34.26	300m:	3:18.50	35.09	400m:	4:26.45	33.07
31.	GARCIA MARTIN, Mario		09	C.N. L' Hospitalet			4:26.77	560	12,00			
	50m:	29.33	29.33	150m:	1:34.75	33.13	250m:	2:42.57	33.87	350m:	3:52.64	35.41
	100m:	1:01.62	32.29	200m:	2:08.70	33.95	300m:	3:17.23	34.66	400m:	4:26.77	34.13
32.	REDONDO SORIA, Iker		06	C.N. Granollers			4:27.16	558	-			
	50m:	31.41	31.41	150m:	1:37.60	33.41	250m:	2:45.67	34.44	350m:	3:54.10	34.12
	100m:	1:04.19	32.78	200m:	2:11.23	33.63	300m:	3:19.98	34.31	400m:	4:27.16	33.06
33.	SAMBRUNO SAEZ, Fabio		09	C.N. Granollers			4:27.28	557	-			
	50m:	30.49	30.49	150m:	1:37.56	34.12	250m:	2:45.45	33.93	350m:	3:55.00	34.72
	100m:	1:03.44	32.95	200m:	2:11.52	33.96	300m:	3:20.28	34.83	400m:	4:27.28	32.28

Prova 28, Masc., 400m Lliure, Prelim, Absolut

Classificació	ANY						Temps	Pts	CCOI						
34. HUGUET PINO, Daniel	09	C.N. Premia						4:28.32	550	11,00					
	50m:	30.14	30.14	150m:	1:36.43	33.51	250m:	2:43.72	33.19	350m:	3:53.74	34.99	400m:	4:28.32	34.58
	100m:	1:02.92	32.78	200m:	2:10.53	34.10	300m:	3:18.75	35.03						
35. GARCIA MORALES, Arnau	08	C.N. Calella						4:31.01	534	10,00					
	50m:	29.53	29.53	150m:	1:37.82	34.46	250m:	2:46.97	34.63	350m:	3:57.04	35.00	400m:	4:31.01	33.97
	100m:	1:03.36	33.83	200m:	2:12.34	34.52	300m:	3:22.04	35.07						
36. NOSAS HERNANDO, Marti	10	C.E.N. Balaguer						4:31.03	534	9,00					
	50m:	30.13	30.13	150m:	1:37.73	34.01	250m:	2:46.82	34.80	350m:	3:56.78	34.92	400m:	4:31.03	34.25
	100m:	1:03.72	33.59	200m:	2:12.02	34.29	300m:	3:21.86	35.04						
37. LOBO MARTINEZ, Victor	10	C.N. Terrassa						4:32.02	528	-					
	50m:	29.65	29.65	150m:	1:38.29	35.09	250m:	2:48.42	35.31	350m:	3:58.96	35.54	400m:	4:32.02	33.06
	100m:	1:03.20	33.55	200m:	2:13.11	34.82	300m:	3:23.42	35.00						
38. TAPIAS MARTINEZ, Alejandro	10	C.N. Cerdanyola						4:32.43	526	8,00					
	50m:	29.87	29.87	150m:	1:37.06	34.68	250m:	2:45.97	34.97	350m:	3:57.72	36.28	400m:	4:32.43	34.71
	100m:	1:02.38	32.51	200m:	2:11.00	33.94	300m:	3:21.44	35.47						
39. MATA SOLE, Nil	09	C.N. Vilafranca						4:36.09	505	7,00					
	50m:	31.32	31.32	150m:	1:39.60	34.53	250m:	2:50.15	34.86	350m:	4:01.70	35.45	400m:	4:36.09	34.39
	100m:	1:05.07	33.75	200m:	2:15.29	35.69	300m:	3:26.25	36.10						
40. MARTIN HUERTAS, Roger	10	C.N. Tarrega						4:37.09	500	6,00					
	50m:	30.92	30.92	150m:	1:39.52	34.56	250m:	2:49.25	35.29	350m:	4:01.66	36.30	400m:	4:37.09	35.43
	100m:	1:04.96	34.04	200m:	2:13.96	34.44	300m:	3:25.36	36.11						
DSQ LOPEZ ALCALA, Marti	07	C.N. Cornella								-					
BX PUEBLA MARTINEZ, Alejandro	02	C.N. Barcelona								-					
BX MORALES CEBEY, Hector	02	C.N. Terrassa								-					
BX OLIVER SAGUE, Aniol	08	C.N. Figueres								-					
BX HERRERO CASTELLANOS, Unai	09	C.N. Sabadell								-					