

Prova 28

Masc., 400m Lliure

Absolut

29/03/2026 - 16:36

Resultats Final

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. JULIA TOUS, Ferran	00	C.N. Sabadell	3:57.42							795	35,00			
50m:	27.55	27.55	150m:	1:27.69	30.41	250m:	2:29.52	31.01	350m:	3:28.47	28.97	400m:	3:57.42	28.95
100m:	57.28	29.73	200m:	1:58.51	30.82	300m:	2:59.50	29.98						
2. PARRA ESTRADE, Arnau	07	C.N. Sabadell	3:59.32							776	33,00			
50m:	27.88	27.88	150m:	1:27.95	30.11	250m:	2:29.10	30.39	350m:	3:29.82	30.02	400m:	3:59.32	29.50
100m:	57.84	29.96	200m:	1:58.71	30.76	300m:	2:59.80	30.70						
3. RAMIA VIVES, Guillem	02	C.N. Terrassa	4:01.93							751	31,00			
50m:	27.20	27.20	150m:	1:27.76	30.67	250m:	2:29.08	30.68	350m:	3:30.88	30.81	400m:	4:01.93	31.05
100m:	57.09	29.89	200m:	1:58.40	30.64	300m:	3:00.07	30.99						
4. CUEN SIBILA, Biel	07	C.N. Sant Andreu	4:03.97							732	29,00			
50m:	27.48	27.48	150m:	1:28.32	30.52	250m:	2:30.47	30.95	350m:	3:33.63	31.21	400m:	4:03.97	30.34
100m:	57.80	30.32	200m:	1:59.52	31.20	300m:	3:02.42	31.95						
5. NEVADO RUIZ, Pablo	06	C.N. Sabadell	4:04.51							728	28,00			
50m:	27.96	27.96	150m:	1:29.07	31.18	250m:	2:32.06	31.25	350m:	3:34.73	31.09	400m:	4:04.51	29.78
100m:	57.89	29.93	200m:	2:00.81	31.74	300m:	3:03.64	31.58						
6. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	4:05.44							719	-			
50m:	27.64	27.64	150m:	1:28.77	30.92	250m:	2:31.56	31.45	350m:	3:34.62	31.52	400m:	4:05.44	30.82
100m:	57.85	30.21	200m:	2:00.11	31.34	300m:	3:03.10	31.54						
7. MORILLO LOPEZ, Ferran	05	C.E. Mediterrani	4:05.67							717	27,00			
50m:	27.19	27.19	150m:	1:27.28	30.44	250m:	2:29.54	31.62	350m:	3:33.86	32.30	400m:	4:05.67	31.81
100m:	56.84	29.65	200m:	1:57.92	30.64	300m:	3:01.56	32.02						
8. IBAÑEZ PINA, Nil	03	C.N. Granollers	4:08.44							694	26,00			
50m:	28.60	28.60	150m:	1:31.87	31.89	250m:	2:36.42	32.06	350m:	3:39.62	31.21	400m:	4:08.44	28.82
100m:	59.98	31.38	200m:	2:04.36	32.49	300m:	3:08.41	31.99						
9. JIMENEZ RISQUEZ, Alex	06	C.N. Sabadell	4:08.47							693	-			
50m:	28.59	28.59	150m:	1:31.21	31.31	250m:	2:34.38	31.49	350m:	3:37.86	31.71	400m:	4:08.47	30.61
100m:	59.90	31.31	200m:	2:02.89	31.68	300m:	3:06.15	31.77						
10. CASTRO VALLE, Cesar	99	C.N. Terrassa	4:50.42							434	25,00			
50m:	23.44	23.44	150m:	1:45.73	39.13	250m:	3:00.61	36.91	350m:	4:14.99	36.88	400m:	4:50.42	35.43
100m:	1:06.60	43.16	200m:	2:23.70	37.97	300m:	3:38.11	37.50						