

Prova 4
 25/10/2025 - 10:58

Masc., 400m Estils

 Copa Catalana
 Resultats

Rècords Espanya	4:05.09	CABELLO FORNS, ALAN	ESTAMBUL (TUR)	11/12/2009
Rècord Catalunya	4:05.09	CABELLO FORNS, ALAN	ESTAMBUL (TUR)	11/12/2009

Classificació	ANY										Temps	
1.	MIRA ALBALADEJO, Diego		01	C.N. Sabadell							4:11.36	20,00
	<i>MParcial Pp + 1 MParcial Esq + 1 MParcial Br + 1 MParcial LI + 1 </i>											
	50m:	26.87	26.87	150m:	1:27.37	31.34	250m:	2:34.67	36.46	350m:	3:41.74	30.21
	100m:	56.03	29.16	200m:	1:58.21	30.84	300m:	3:11.53	36.86	400m:	4:11.36	29.62
2.	MORALES CEBEY, Hector		02	C.N. Terrassa							4:17.74	15,00
	50m:	27.12	27.12	150m:	1:30.82	33.22	250m:	2:40.36	36.73	350m:	3:48.28	30.96
	100m:	57.60	30.48	200m:	2:03.63	32.81	300m:	3:17.32	36.96	400m:	4:17.74	29.46
3.	FERRET COLOMER, Pol		04	C.N. Sant Andreu							4:20.86	14,00
	50m:	26.28	26.28	150m:	1:30.47	34.13	250m:	2:41.52	37.57	350m:	3:50.90	31.05
	100m:	56.34	30.06	200m:	2:03.95	33.48	300m:	3:19.85	38.33	400m:	4:20.86	29.96
4.	ORTIZ MARTINEZ, Carlos		04	C.E. Mediterrani							4:21.85	13,00
	50m:	26.84	26.84	150m:	1:31.13	33.30	250m:	2:41.88	38.01	350m:	3:51.90	31.52
	100m:	57.83	30.99	200m:	2:03.87	32.74	300m:	3:20.38	38.50	400m:	4:21.85	29.95
5.	CARRASCO CADENS, Jordi		08	C.N. Sabadell							4:24.04	12,00
	50m:	26.94	26.94	150m:	1:32.30	34.35	250m:	2:43.29	37.69	350m:	3:53.53	31.61
	100m:	57.95	31.01	200m:	2:05.60	33.30	300m:	3:21.92	38.63	400m:	4:24.04	30.51
6.	ORDOÑEZ VALDES, Sergi		08	C.N. Sant Andreu							4:34.42	11,00
	50m:	28.27	28.27	150m:	1:37.87	36.20	250m:	2:52.17	40.09	350m:	4:04.64	32.74
	100m:	1:01.67	33.40	200m:	2:12.08	34.21	300m:	3:31.90	39.73	400m:	4:34.42	29.78
7.	FERRI BLANC, Oriol		05	C.N. Barcelona							4:34.62	10,00
	50m:	29.05	29.05	150m:	1:38.26	36.56	250m:	2:52.73	38.56	350m:	4:04.45	32.24
	100m:	1:01.70	32.65	200m:	2:14.17	35.91	300m:	3:32.21	39.48	400m:	4:34.62	30.17
8.	FERNANDEZ SIMO, Eric		05	C.N. Granollers							4:36.07	9,00
	50m:	28.67	28.67	150m:	1:38.81	36.84	250m:	2:54.16	39.23	350m:	4:05.42	31.81
	100m:	1:01.97	33.30	200m:	2:14.93	36.12	300m:	3:33.61	39.45	400m:	4:36.07	30.65
9.	GASOL GUTIERREZ, Biel		08	C.N. Granollers							4:39.07	8,00
	50m:	28.76	28.76	150m:	1:39.25	37.47	250m:	2:55.18	39.92	350m:	4:08.38	31.78
	100m:	1:01.78	33.02	200m:	2:15.26	36.01	300m:	3:36.60	41.42	400m:	4:39.07	30.69
10.	SERNA IZQUIERDO, Arnau		05	C.N. Mataro							4:41.95	7,00
	50m:	28.77	28.77	150m:	1:38.85	36.76	250m:	2:55.43	40.04	350m:	4:09.17	32.59
	100m:	1:02.09	33.32	200m:	2:15.39	36.54	300m:	3:36.58	41.15	400m:	4:41.95	32.78
11.	AGUDELO RAMOS, Mauricio		10	C.N. Terrassa							4:47.98	6,00
	50m:	28.14	28.14	150m:	1:38.18	36.99	250m:	2:58.09	42.62	350m:	4:15.87	33.03
	100m:	1:01.19	33.05	200m:	2:15.47	37.29	300m:	3:42.84	44.75	400m:	4:47.98	32.11
12.	PONT SANS, Arnau		10	C.N. Banyoles							4:51.86	5,00
	50m:	30.29	30.29	150m:	1:44.31	38.57	250m:	3:02.90	41.34	350m:	4:18.14	34.03
	100m:	1:05.74	35.45	200m:	2:21.56	37.25	300m:	3:44.11	41.21	400m:	4:51.86	33.72
13.	MIRAPEIX CAPARROS, Joel		09	C.N. Barcelona							4:58.41	4,00
	50m:	30.16	30.16	150m:	1:43.22	37.66	250m:	3:01.22	41.80	350m:	4:21.88	37.03
	100m:	1:05.56	35.40	200m:	2:19.42	36.20	300m:	3:44.85	43.63	400m:	4:58.41	36.53
14.	PRUNES ARNAU, Jordi		10	C.N. Mataro							4:59.21	3,00
	50m:	30.09	30.09	150m:	1:46.15	39.74	250m:	3:06.98	41.32	350m:	4:25.14	36.01
	100m:	1:06.41	36.32	200m:	2:25.66	39.51	300m:	3:49.13	42.15	400m:	4:59.21	34.07
15.	MARQUES GUINOVART, Gerard		10	C.E. Mediterrani							4:59.58	2,00
	50m:	31.83	31.83	150m:	1:47.06	37.81	250m:	3:07.45	43.28	350m:	4:25.70	35.09
	100m:	1:09.25	37.42	200m:	2:24.17	37.11	300m:	3:50.61	43.16	400m:	4:59.58	33.88
16.	COLL GUELL, Arnau		10	C.N. Banyoles							5:06.04	1,00
	50m:	32.31	32.31	150m:	1:50.16	40.98	250m:	3:11.39	42.47	350m:	4:31.10	36.87
	100m:	1:09.18	36.87	200m:	2:28.92	38.76	300m:	3:54.23	42.84	400m:	5:06.04	34.94