Prova 22 — Masc., 400m Lliure — Open
25/10/2026 — Resultats

Rècord Espanya	3:40.52	RIVERA MIRANDA, MARCO	ESTAMBUL (TUR)	10/12/2009
Rècord Catalunya	3:42.87	NUÑEZ MOLANO, JAVIER	PALMA DE MALLORCA	18/12/2005
Circuit Català de Trofeus (25)	3:42.53	, MATHLOUTHI AHMED	MANRESA	06/11/2010

Punts: AQUA 2026 — resultats provisionals

Classificació

		ANY		Temps	Pts AQUA
1.	GARACH BENITO, Carlos	04	C.N.Mairena Aljarafe	**3:45.59**	832
	50m: 26.51 26.51 150m: 1:23.15 28.14 250m: 2:20.50 28.77 350m: 3:17.59 28.42				
	100m: 55.01 28.50 200m: 1:51.73 28.58 300m: 2:49.17 28.67 400m: 3:45.59 28.00				
2.	JULIA TOUS, Ferran	00	C.N. Sabadell	**3:49.11**	795
	50m: 26.44 26.44 150m: 1:24.25 29.04 250m: 2:22.51 29.34 350m: 3:21.04 28.76				
	100m: 55.21 28.77 200m: 1:53.17 28.92 300m: 2:52.28 29.77 400m: 3:49.11 28.07				
3.	MENDEZ PUGA, Mario	03	C.N. Santa Olaya	**3:49.61**	789
	50m: 26.92 26.92 150m: 1:24.41 28.83 250m: 2:22.78 29.34 350m: 3:21.82 29.77				
	100m: 55.58 28.66 200m: 1:53.44 29.03 300m: 2:52.05 29.27 400m: 3:49.61 27.79				
4.	GONZALEZ RODERO, Alonso	03	Real Canoe N.C.	**3:50.34**	782
	50m: 27.00 27.00 150m: 1:24.99 29.10 250m: 2:23.41 29.18 350m: 3:21.91 29.23				
	100m: 55.89 28.89 200m: 1:54.23 29.24 300m: 2:52.68 29.27 400m: 3:50.34 28.43				
5.	CUEN SIBILA, Biel	07	C.N. Sant Andreu	**3:50.94**	776
	50m: 26.51 26.51 150m: 1:24.70 29.04 250m: 2:23.51 29.41 350m: 3:22.20 29.39				
	100m: 55.66 29.15 200m: 1:54.10 29.40 300m: 2:52.81 29.30 400m: 3:50.94 28.74				
6.	VARGAS TRUJILLO, Cristobal	07	C.N. Dos Hermanas	**3:51.85**	767
	50m: 26.77 26.77 150m: 1:24.44 28.88 250m: 2:22.94 29.41 350m: 3:22.60 29.84				
	100m: 55.56 28.79 200m: 1:53.53 29.09 300m: 2:52.76 29.82 400m: 3:51.85 29.25				
7.	SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	**3:53.38**	752
	50m: 27.00 27.00 150m: 1:26.14 29.55 250m: 2:25.59 29.68 350m: 3:24.66 29.29				
	100m: 56.59 29.59 200m: 1:55.91 29.77 300m: 2:55.37 29.78 400m: 3:53.38 28.72				
8.	PARRA ESTRADE, Arnau	07	C.N. Sabadell	**3:54.49**	741
	50m: 26.94 26.94 150m: 1:26.32 29.70 250m: 2:25.57 29.62 350m: 3:25.79 30.17				
	100m: 56.62 29.68 200m: 1:55.95 29.63 300m: 2:55.62 30.05 400m: 3:54.49 28.70				
9.	MORILLO LOPEZ, Ferran	05	C.E. Mediterrani	**3:56.89**	719
	50m: 26.19 26.19 150m: 1:24.65 29.40 250m: 2:24.49 29.96 350m: 3:26.22 31.16				
	100m: 55.25 29.06 200m: 1:54.53 29.88 300m: 2:55.06 30.57 400m: 3:56.89 30.67				
10.	NEVADO RUIZ, Pablo	06	C.N. Sabadell	**3:57.84**	710
	50m: 26.86 26.86 150m: 1:25.16 29.37 250m: 2:24.97 30.16 350m: 3:26.69 30.89				
	100m: 55.79 28.93 200m: 1:54.81 29.65 300m: 2:55.80 30.83 400m: 3:57.84 31.15				
11.	VILASECA MARTIN, Jan	07	C.N. Terrassa	**4:00.65**	686
	50m: 27.00 27.00 150m: 1:26.91 30.45 250m: 2:28.35 30.79 350m: 3:30.55 31.03				
	100m: 56.46 29.46 200m: 1:57.56 30.65 300m: 2:59.52 31.17 400m: 4:00.65 30.10				
12.	JIMENEZ RISQUEZ, Alex	06	C.N. Sabadell	**4:01.14**	681
	50m: 27.32 27.32 150m: 1:26.96 30.10 250m: 2:28.43 30.79 350m: 3:30.14 30.98				
	100m: 56.86 29.54 200m: 1:57.64 30.68 300m: 2:59.16 30.73 400m: 4:01.14 31.00				
13.	IBAÑEZ PINA, Nil	03	C.N. Granollers	**4:02.30**	672
	50m: 28.69 28.69 150m: 1:30.25 30.82 250m: 2:31.60 30.33 350m: 3:32.92 30.48				
	100m: 59.43 30.74 200m: 2:01.27 31.02 300m: 3:02.44 30.84 400m: 4:02.30 29.38				
14.	ESCRITS MAÑOSA, Lluis	01	C.N. Granollers	**4:03.50**	662
	50m: 28.32 28.32 150m: 1:29.69 30.76 250m: 2:31.38 30.69 350m: 3:34.10 31.31				
	100m: 58.93 30.61 200m: 2:00.69 31.00 300m: 3:02.79 31.41 400m: 4:03.50 29.40				

Piscina 25mts i cronometratge automàtic

ORGANITZADORS: AMB EL SUPORT DE:

Prova 22, Masc., 400m Lliure, Open

Classificació		ANY		Temps	Pts AQUA
15.	FERRI BLANC, Oriol	05	C.N. Barcelona	**4:06.95**	634
BX	ORTIZ MARTINEZ, Carlos	04	C.N. L´ Hospitalet		

50m:	27.91	27.91	150m:	1:29.41	31.10	250m:	2:32.52	31.53	350m:	3:36.39	32.08
100m:	58.31	30.40	200m:	2:00.99	31.58	300m:	3:04.31	31.79	400m:	4:06.95	30.56

ORGANITZADORS:
AMB EL SUPORT DE:
Generalitat de Catalunya
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