

Prova 11
 19/4/2026

400m Estils

 Open
 Resultats

Punts: AQUA Master 2025

Classificació	ANY		Temps								Pts	
Open, Masc.												
1.	CARO VAN DER POEL, Miguel		89	C.N. Tarraco				5:33.40		571		
	50m:	33.92	33.92	150m:	1:56.30	43.79	250m:	3:28.14	49.86	350m:	4:56.61	39.83
	100m:	1:12.51	38.59	200m:	2:38.28	41.98	300m:	4:16.78	48.64	400m:	5:33.40	36.79
2.	ROCH BLOM, Raul		70	C.N. Aquamasters				5:55.87		584		
	50m:	38.23	38.23	150m:	2:10.66	47.12	250m:	3:46.03	50.17	350m:	5:16.79	40.69
	100m:	1:23.54	45.31	200m:	2:55.86	45.20	300m:	4:36.10	50.07	400m:	5:55.87	39.08
3.	RIBON CALABIA, Enrique		68	C.N. Aquamasters				7:25.05		298		
	50m:	53.96	53.96	150m:	2:51.50	1:00.02	250m:	4:48.06	56.98	350m:	6:36.57	50.16
	100m:	1:51.48	57.52	200m:	3:51.08	59.58	300m:	5:46.41	58.35	400m:	7:25.05	48.48
4.	GARRIDO CASADO, Antonio		62	Club Nagi				8:39.50		208		
	50m:	1:00.99	1:00.99	150m:	3:24.90	1:10.08	250m:	5:47.34	1:11.73	350m:	7:49.49	50.07
	100m:	2:14.82	1:13.83	200m:	4:35.61	1:10.71	300m:	6:59.42	1:12.08	400m:	8:39.50	50.01
Baixa enf.	FERRER FLAMARICH, Albert		83	C.N. Onades								
35+, Masc.												
1.	CARO VAN DER POEL, Miguel		89	C.N. Tarraco				5:33.40		571		
	50m:	33.92	33.92	150m:	1:56.30	43.79	250m:	3:28.14	49.86	350m:	4:56.61	39.83
	100m:	1:12.51	38.59	200m:	2:38.28	41.98	300m:	4:16.78	48.64	400m:	5:33.40	36.79
40+, Masc.												
Baixa enf.	FERRER FLAMARICH, Albert		83	C.N. Onades								
55+, Masc.												
1.	ROCH BLOM, Raul		70	C.N. Aquamasters				5:55.87		584		
	50m:	38.23	38.23	150m:	2:10.66	47.12	250m:	3:46.03	50.17	350m:	5:16.79	40.69
	100m:	1:23.54	45.31	200m:	2:55.86	45.20	300m:	4:36.10	50.07	400m:	5:55.87	39.08
2.	RIBON CALABIA, Enrique		68	C.N. Aquamasters				7:25.05		298		
	50m:	53.96	53.96	150m:	2:51.50	1:00.02	250m:	4:48.06	56.98	350m:	6:36.57	50.16
	100m:	1:51.48	57.52	200m:	3:51.08	59.58	300m:	5:46.41	58.35	400m:	7:25.05	48.48
60+, Masc.												
1.	GARRIDO CASADO, Antonio		62	Club Nagi				8:39.50		208		
	50m:	1:00.99	1:00.99	150m:	3:24.90	1:10.08	250m:	5:47.34	1:11.73	350m:	7:49.49	50.07
	100m:	2:14.82	1:13.83	200m:	4:35.61	1:10.71	300m:	6:59.42	1:12.08	400m:	8:39.50	50.01
Class Punts T. Catalana Màster, Masc.												
1.	ROCH BLOM, Raul		70	C.N. Aquamasters				5:55.87		584		
	50m:	38.23	38.23	150m:	2:10.66	47.12	250m:	3:46.03	50.17	350m:	5:16.79	40.69
	100m:	1:23.54	45.31	200m:	2:55.86	45.20	300m:	4:36.10	50.07	400m:	5:55.87	39.08
2.	CARO VAN DER POEL, Miguel		89	C.N. Tarraco				5:33.40		571		
	50m:	33.92	33.92	150m:	1:56.30	43.79	250m:	3:28.14	49.86	350m:	4:56.61	39.83
	100m:	1:12.51	38.59	200m:	2:38.28	41.98	300m:	4:16.78	48.64	400m:	5:33.40	36.79

PISCINA 50M I CRONOMETRATGE AUTOMÀTIC

PATROCINADORS PRINCIPALS CEM

Oficial Plata



Oficial Bronze Tècnic



Partner Comerç



PATROCINADORS GLOBSALS CIRCUIT

COL-LABORADOR TROFEU




Prova 11, Masc., 400m Estils, Class Punts T. Catalana Màster

Classificació	ANY								Temps	Pts
3. RIBON CALABIA, Enrique	68	C.N. Aquamasters							7:25.05	298
50m: 53.96 53.96	150m: 2:51.50 1:00.02	250m: 4:48.06 56.98	350m: 6:36.57 50.16	400m: 7:25.05 48.48						
100m: 1:51.48 57.52	200m: 3:51.08 59.58	300m: 5:46.41 58.35								
4. GARRIDO CASADO, Antonio	62	Club Nagi							8:39.50	208
50m: 1:00.99 1:00.99	150m: 3:24.90 1:10.08	250m: 5:47.34 1:11.73	350m: 7:49.49 50.07	400m: 8:39.50 50.01						
100m: 2:14.82 1:13.83	200m: 4:35.61 1:10.71	300m: 6:59.42 1:12.08								
Baixa enf. FERRER FLAMARICH, Albert	83	C.N. Onades								

Open, Fem.

1. MOLINA SANCHEZ, Patricia	97	C.N. Terrassa							5:52.42	634
50m: 35.51 35.51	150m: 2:02.44 46.42	250m: 3:35.75 49.52	350m: 5:10.86 44.57	400m: 5:52.42 41.56						
100m: 1:16.02 40.51	200m: 2:46.23 43.79	300m: 4:26.29 50.54								
2. PAGES SEGURA, Silvia	66	C.N. Terrassa							6:22.52	642 RE
50m: 40.60 40.60	150m: 2:21.96 52.19	250m: 4:02.48 51.14	350m: 5:38.69 45.35	400m: 6:22.52 43.83						
100m: 1:29.77 49.17	200m: 3:11.34 49.38	300m: 4:53.34 50.86								

25+, Fem.

1. MOLINA SANCHEZ, Patricia	97	C.N. Terrassa							5:52.42	634
50m: 35.51 35.51	150m: 2:02.44 46.42	250m: 3:35.75 49.52	350m: 5:10.86 44.57	400m: 5:52.42 41.56						
100m: 1:16.02 40.51	200m: 2:46.23 43.79	300m: 4:26.29 50.54								

60+, Fem.

1. PAGES SEGURA, Silvia	66	C.N. Terrassa							6:22.52	642 RE
50m: 40.60 40.60	150m: 2:21.96 52.19	250m: 4:02.48 51.14	350m: 5:38.69 45.35	400m: 6:22.52 43.83						
100m: 1:29.77 49.17	200m: 3:11.34 49.38	300m: 4:53.34 50.86								

Class Punts T. Catalana Màster, Fem.

1. PAGES SEGURA, Silvia	66	C.N. Terrassa							6:22.52	642 RE
50m: 40.60 40.60	150m: 2:21.96 52.19	250m: 4:02.48 51.14	350m: 5:38.69 45.35	400m: 6:22.52 43.83						
100m: 1:29.77 49.17	200m: 3:11.34 49.38	300m: 4:53.34 50.86								
2. MOLINA SANCHEZ, Patricia	97	C.N. Terrassa							5:52.42	634
50m: 35.51 35.51	150m: 2:02.44 46.42	250m: 3:35.75 49.52	350m: 5:10.86 44.57	400m: 5:52.42 41.56						
100m: 1:16.02 40.51	200m: 2:46.23 43.79	300m: 4:26.29 50.54								

PISCINA 50M I CRONOMETRATGE AUTOMÀTIC
PATROCINADORS PRINCIPALS CEM

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