

Prova 1  
16/10/2021

400m Lliure

Open  
Resultats

CIR	4:02.22	CABANILLAS QUINTANILLA, RAFA00069	SABADELL	29/11/2014
CIR	4:36.64	TORRAS PIEDEHIERRO, JUDITH ESP	SALT	22/2/2020
CR	4:05.52	CABANILLAS QUINTANILLA, RAFA00000	BARCELONA_BANYS ST SEB.24/10/2015	
CR	4:39.75	BULLON CURTO, MARIAN 00062	BARCELONA_BANYS ST SEB.31/10/2009	

Punts: Taula Catalana 2021

Classificació ANY Temps Pts

Open, Masc.

1.	RODRIGUEZ RAMOS, Cristian	86	C.N. L'hospitalet	<b>4:27.71</b>	701
	50m: 29.62 29.62 150m: 250m: 350m:			400m: 4:27.71	
	100m: 1:01.54 31.92 200m: 2:08.55 300m:				
2.	ROSES MARTI, Jordi	89	C.E. Mediterrani	<b>4:31.66</b>	623
	50m: 31.09 31.09 150m: 250m: 350m:			400m: 4:31.66	
	100m: 1:05.06 33.97 200m: 2:14.91 300m:				
3.	MALVESI MARTINEZ, Ruben	92	Cee Sant Gervasi	<b>4:38.16</b>	586
	50m: 31.13 31.13 150m: 250m: 350m:			400m: 4:38.16	
	100m: 1:04.91 33.78 200m: 2:14.80 300m:				
4.	CALLE MARTINEZ, Richard	81	C.N. L'hospitalet	<b>4:42.09</b>	621
	50m: 31.78 31.78 150m: 250m: 350m:			400m: 4:42.09	
	100m: 1:05.59 33.81 200m: 2:16.69 300m:				
5.	BOAZ ALEXANDER, Nur	83	C.N. Atl Barceloneta	<b>4:50.07</b>	551
	50m: 31.87 31.87 150m: 250m: 350m:			400m: 4:50.07	
	100m: 1:06.77 34.90 200m: 2:20.46 300m:				
6.	ESPINA VELAZ, Fernando	71	Aquamàsters	<b>4:51.26</b>	591
	50m: 32.53 32.53 150m: 250m: 350m:			400m: 4:51.26	
	100m: 1:07.42 34.89 200m: 2:19.69 300m:				
7.	TORIBIO ECHEGOYEN, Alberto	77	Cee Sant Gervasi	<b>4:51.40</b>	563
	50m: 31.78 31.78 150m: 250m: 350m:			400m: 4:51.40	
	100m: 1:07.07 35.29 200m: 2:20.89 300m:				
8.	FRANCO GARCIA, Raul	83	C.N. Santa Perpètua	<b>5:00.22</b>	497
	50m: 33.28 33.28 150m: 250m: 350m:			400m: 5:00.22	
	100m: 1:09.28 36.00 200m: 2:25.28 300m:				
9.	TORRES SERRANO, Sergio	96	Aquamàsters	<b>5:00.47</b>	465
	50m: 32.79 32.79 150m: 250m: 350m:			400m: 5:00.47	
	100m: 1:09.00 36.21 200m: 2:25.56 300m:				
10.	RIVEROLA FREDIANI, Carles	65	C.N. Swimfaster Salt	<b>5:14.00</b>	542
	50m: 37.55 37.55 150m: 250m: 350m:			400m: 5:14.00	
	100m: 1:17.37 39.82 200m: 2:36.56 300m:				
11.	SIEIRO CÓRDOBA, Javier José	71	C.N. Prat Llobregat	<b>5:18.22</b>	453
	50m: 38.50 38.50 150m: 250m: 350m:			400m: 5:18.22	
	100m: 1:18.69 40.19 200m: 2:38.66 300m:				
12.	LACUNZA, Etor	74	GEIEG	<b>5:20.38</b>	437
	50m: 36.22 36.22 150m: 250m: 350m:			400m: 5:20.38	
	100m: 1:15.69 39.47 200m: 2:37.06 300m:				
13.	LATORRE SEGARRA, Francesc	66	Aquamàsters	<b>5:25.41</b>	487
	50m: 37.13 37.13 150m: 250m: 350m:			400m: 5:25.41	
	100m: 1:17.26 40.13 200m: 2:39.16 300m:				
14.	SANCHEZ MEMBRILLA, Juan José	71	Cee Sant Gervasi	<b>5:28.88</b>	411
	50m: 33.03 33.03 150m: 250m: 350m:			400m: 5:28.88	
	100m: 1:10.56 37.53 200m: 2:33.88 300m:				
15.	TORRES TORRONTERAS, Javier	78	C.N. Prat Llobregat	<b>5:30.27</b>	387
	50m: 37.84 37.84 150m: 250m: 350m:			400m: 5:30.27	
	100m: 1:18.90 41.06 200m: 2:42.02 300m:				

<https://www.cnab.cat/ca/trofeo-master-natacion-cnab/>

Prova 1, Masc., 400m Lliure, Open

Classificació	ANY					Temps	Pts
16. CINALLI, Carlos	70	C.N. Sant Adrià				<b>5:46.48</b>	351
50m: 40.71	40.71	150m:	250m:	350m:			
100m: 1:25.35	44.64	200m: 2:55.55	300m:	400m:	5:46.48		
17. GARRIDO CASADO, Antonio	59	Club Nagi				<b>6:24.00</b>	347
50m: 43.97	43.97	150m:	250m:	350m:			
100m: 1:31.97	48.00	200m: 3:09.15	300m:	400m:	6:24.00		

Open, Fem.

1. BERTRAN IZQUIERDO, Aida	96	C.E. Mediterrani				<b>4:39.34</b>	767
<i>Rècord Campionat</i>							
50m: 31.16	31.16	150m:	250m:	350m:			
100m: 1:04.94	33.78	200m: 2:14.69	300m:	400m:	4:39.34		
2. DIAGO MIRAVET, Anna	90	C.E. Mediterrani				<b>4:49.11</b>	683
50m: 32.86	32.86	150m:	250m:	350m:			
100m: 1:08.35	35.49	200m: 2:20.89	300m:	400m:	4:49.11		
3. LÓPEZ QUINTÓ, Gina	89	Aquamàsters				<b>5:07.81</b>	566
50m: 34.19	34.19	150m:	250m:	350m:			
100m: 1:11.41	37.22	200m: 2:28.91	300m:	400m:	5:07.81		
4. ROLDÁN GÓMEZ, Alba	86	C.D. Jerez Natacion Master				<b>5:11.64</b>	598
50m: 33.23	33.23	150m:	250m:	350m:			
100m: 1:10.16	36.93	200m: 2:29.16	300m:	400m:	5:11.64		
5. AGUILERA REVIDIEGO, Vanesa	80	Aquamàsters				<b>5:18.48</b>	555
50m: 34.16	34.16	150m:	250m:	350m:			
100m: 1:11.91	37.75	200m: 2:32.38	300m:	400m:	5:18.48		
6. RAVÉS OLIVÉ, Maria Del Mar	67	C.N. Tarraco				<b>5:19.08</b>	639
50m: 36.82	36.82	150m:	250m:	350m:			
100m: 1:16.92	40.10	200m: 2:38.94	300m:	400m:	5:19.08		
7. GATTI, Miriam	90	C.E. Panteres Grogues				<b>5:31.16</b>	454
50m: 36.65	36.65	150m:	250m:	350m:			
100m: 1:16.70	40.05	200m: 2:40.20	300m:	400m:	5:31.16		
8. TAPIA ROMAN, Eva	74	C.N. Catalunya				<b>5:40.19</b>	472
50m: 36.97	36.97	150m:	250m:	350m:			
100m: 1:19.06	42.09	200m: 2:44.97	300m:	400m:	5:40.19		
9. FRANCO GARCIA, Cristina	84	C.N. Santa Perpètua				<b>5:55.28</b>	404
50m: 39.89	39.89	150m:	250m:	350m:			
100m: 1:23.76	43.87	200m: 2:54.50	300m:	400m:	5:55.28		
10. MARTÍNEZ SALCEDO, Nerea	89	C.N. Santa Perpètua				<b>6:21.84</b>	296
50m: 42.16	42.16	150m:	250m:	350m:			
100m: 1:29.51	47.35	200m: 3:08.22	300m:	400m:	6:21.84		
11. GIBERT PERRAMON, Rosa Maria	60	Club Nagi				<b>6:58.73</b>	343
50m: 46.81	46.81	150m:	250m:	350m:			
100m: 1:37.65	50.84	200m: 3:22.47	300m:	400m:	6:58.73		
12. LLIVINA CARBONELL, Maria Rosa	54	Aquamàsters				<b>7:22.96</b>	317
50m: 51.19	51.19	150m:	250m:	350m:			
100m: 1:45.97	54.78	200m: 3:37.03	300m:	400m:	7:22.96		