

Prova 11
400m Estils
**Open
Resultats**

21/4/2024 - 17:18

CIR	4:57.43	CABANILLAS QUINTANILLA, Rafae	ESP	L'HOSPITALET LLOBREGAT	22/4/2017
CIR	5:31.94	DIAGO MIRAVET, Anna	ESP	GIRONA	13/5/2023
CR	6:42.68	MOJICA PEREZ, Juan Carlos	ESP	BARCELONA	24/4/2022
CR	5:53.83	ROLDÁN GÓMEZ, Alba	ESP	BARCELONA	23/4/2023

Classificació

ANY

Temps

CAT

CLUBS

Open, Masc.

1.	TORRENTE LLAMAS, Victor	88	C.N. Santa Perpètua	5:53.41	479	479,00
	<i>Rècord Campionat</i>					
	50m: 39.59	39.59	150m: 2:08.97	46.75	250m: 3:43.21	48.67
	100m: 1:22.22	42.63	200m: 2:54.54	45.57	300m: 4:32.30	49.09
	350m: 5:13.57	41.27	400m: 5:53.41	39.84		
2.	MANZANO LOPEZ, Jose Luis	76	Club Nagi	6:20.80	414	414,00
	50m: 38.26	38.26	150m: 2:17.87	53.61	250m: 4:06.27	52.62
	100m: 1:24.26	46.00	200m: 3:13.65	55.78	300m: 4:58.60	52.33
	350m: 5:42.08	43.48	400m: 6:20.80	38.72		
3.	GONZALEZ LAMPURDANES, Ismael	78	C.N. Tarraco	6:23.03	406	406,00
	50m: 35.90	35.90	150m: 2:18.25	53.69	250m: 4:02.00	52.66
	100m: 1:24.56	48.66	200m: 3:09.34	51.09	300m: 4:56.34	54.34
	350m: 5:40.72	44.38	400m: 6:23.03	42.31		
4.	GARRIDO CASADO, Antonio	62	Club Nagi	8:39.32	209	209,00
	50m: 59.25	59.25	150m: 3:22.36	1:10.78	250m: 5:46.77	1:14.87
	100m: 2:11.58	1:12.33	200m: 4:31.90	1:09.54	300m: 7:00.26	1:13.49
	350m: 7:51.11	50.85	400m: 8:39.32	48.21		

35+, Masc.

1.	TORRENTE LLAMAS, Victor	88	C.N. Santa Perpètua	5:53.41	479	479,00
	<i>Rècord Campionat</i>					
	50m: 39.59	39.59	150m: 2:08.97	46.75	250m: 3:43.21	48.67
	100m: 1:22.22	42.63	200m: 2:54.54	45.57	300m: 4:32.30	49.09
	350m: 5:13.57	41.27	400m: 5:53.41	39.84		

45+, Masc.

1.	MANZANO LOPEZ, Jose Luis	76	Club Nagi	6:20.80	414	414,00
	50m: 38.26	38.26	150m: 2:17.87	53.61	250m: 4:06.27	52.62
	100m: 1:24.26	46.00	200m: 3:13.65	55.78	300m: 4:58.60	52.33
	350m: 5:42.08	43.48	400m: 6:20.80	38.72		
2.	GONZALEZ LAMPURDANES, Ismael	78	C.N. Tarraco	6:23.03	406	406,00
	50m: 35.90	35.90	150m: 2:18.25	53.69	250m: 4:02.00	52.66
	100m: 1:24.56	48.66	200m: 3:09.34	51.09	300m: 4:56.34	54.34
	350m: 5:40.72	44.38	400m: 6:23.03	42.31		

60+, Masc.

1.	GARRIDO CASADO, Antonio	62	Club Nagi	8:39.32	209	209,00
	50m: 59.25	59.25	150m: 3:22.36	1:10.78	250m: 5:46.77	1:14.87
	100m: 2:11.58	1:12.33	200m: 4:31.90	1:09.54	300m: 7:00.26	1:13.49
	350m: 7:51.11	50.85	400m: 8:39.32	48.21		

Class Punts T. Catalana Màster, Masc.

1.	TORRENTE LLAMAS, Victor	88	C.N. Santa Perpètua	5:53.41	479	479,00
	<i>Rècord Campionat</i>					
	50m: 39.59	39.59	150m: 2:08.97	46.75	250m: 3:43.21	48.67
	100m: 1:22.22	42.63	200m: 2:54.54	45.57	300m: 4:32.30	49.09
	350m: 5:13.57	41.27	400m: 5:53.41	39.84		
2.	MANZANO LOPEZ, Jose Luis	76	Club Nagi	6:20.80	414	414,00
	50m: 38.26	38.26	150m: 2:17.87	53.61	250m: 4:06.27	52.62
	100m: 1:24.26	46.00	200m: 3:13.65	55.78	300m: 4:58.60	52.33
	350m: 5:42.08	43.48	400m: 6:20.80	38.72		

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

Classificació	ANY								Temps	CAT	CLUBS	
3.	GONZALEZ LAMPURDANES, Ismael78								6:23.03	406	406,00	
	50m:	35.90	35.90	150m:	2:18.25	53.69	250m:	4:02.00	52.66	350m:	5:40.72	44.38
	100m:	1:24.56	48.66	200m:	3:09.34	51.09	300m:	4:56.34	54.34	400m:	6:23.03	42.31
4.	GARRIDO CASADO, Antonio								8:39.32	209	209,00	
	50m:	59.25	59.25	150m:	3:22.36	1:10.78	250m:	5:46.77	1:14.87	350m:	7:51.11	50.85
	100m:	2:11.58	1:12.33	200m:	4:31.90	1:09.54	300m:	7:00.26	1:13.49	400m:	8:39.32	48.21