

XV TROFEU NATACIÓ MÀSTER DE GIRONA
GIRONA, 18/5/2024

Prova 1
18/5/2024

400m Lliure

Open
Resultats

CIR	4:14.37	CABANILLAS QUINTANILLA, Rafea	ESP	L'HOSPITALET LLOBREGAT	6/4/2019
CIR	4:48.97	BERTRAN IZQUIERDO, Aida	ESP	BARCELONA	21/4/2024
CR	4:22.81	GALLARDO FLORES, Alberto	ESP	GIRONA	14/5/2022
CR	4:50.76	GOMEZ ALBAREDA, MIREIA	00058	GIRONA	19/5/2018

Classificació

ANY

Temps CAT

Open, Masc.

1.	PEREZ MERINO, Alex	93	GEiEG	4:49.91	554,00	554,00
	100m: 1:06.68 1:06.68	200m: 2:20.37 1:13.69	300m: 3:35.64 1:15.27	400m: 4:49.91 1:14.27		
2.	ESPINA VELAZ, Fernando	71	C.N. Aquamàsters	5:00.38	618,00	618,00
	100m: 1:10.60 1:10.60	200m: 2:26.25 1:15.65	300m: 3:43.22 1:16.97	400m: 5:00.38 1:17.16		
3.	ROGER I BADOSA, Miquel	72	GEiEG	5:00.42	618,00	618,00
	100m: 1:10.41 1:10.41	200m: 2:27.79 1:17.38	300m: 3:45.95 1:18.16	400m: 5:00.42 1:14.47		
4.	ORTIZ CABALLERO, Adolfo	69	C.N. L'Hospitalet	5:02.52	653,00	653,00
	100m: 1:12.29 1:12.29	200m: 2:29.35 1:17.06	300m: 3:47.31 1:17.96	400m: 5:02.52 1:15.21		
5.	LOZANO ORTEGA, Victor	95	C.N. Caldes	5:22.13	418,00	418,00
	100m: 1:15.54 1:15.54	200m: 2:37.17 1:21.63	300m: 4:00.20 1:23.03	400m: 5:22.13 1:21.93		
6.	GONZALEZ VILA, Cunibert	90	C.N. Sabadell	5:31.02	372,00	372,00
	100m: 1:18.79 1:18.79	200m: 2:43.21 1:24.42	300m: 4:08.29 1:25.08	400m: 5:31.02 1:22.73		
7.	CRUELLES PAGÈS, Pere	64	C.E. Panteres Grogues	5:32.90	534,00	534,00
	100m: 1:19.16 1:19.16	200m: 2:44.04 1:24.88	300m: 4:09.56 1:25.52	400m: 5:32.90 1:23.34		
8.	RIFA MARTINEZ, Oriol	77	C.N. Tarraco	5:59.77	339,00	339,00
	100m: 1:19.04 1:19.04	200m: 2:51.09 1:32.05	300m: 4:24.60 1:33.51	400m: 5:59.77 1:35.17		
9.	RODON NAVARRO, Esteve	66	GEiEG	6:04.65	373,00	373,00
	100m: 1:25.21 1:25.21	200m: 2:59.32 1:34.11	300m: 4:32.96 1:33.64	400m: 6:04.65 1:31.69		
10.	SUBIRATS ALCOVERRO, Xavier	66	C.N. Mataró	6:05.55	370,00	370,00
	100m: 1:27.97 1:27.97	200m: 3:01.54 1:33.57	300m: 4:35.89 1:34.35	400m: 6:05.55 1:29.66		
11.	GARRIDO HERNANDEZ, Wencesla	60	C.N. Swimfaster Salt	6:12.77	380,00	380,00
	100m: 1:27.19 1:27.19	200m: 3:02.07 1:34.88	300m: 4:37.70 1:35.63	400m: 6:12.77 1:35.07		
12.	JOFRE RUIZ, Ramon	67	C.N. Lleida	6:15.77	340,00	340,00
	100m: 1:26.39 1:26.39	200m: 3:02.57 1:36.18	300m: 4:40.36 1:37.79	400m: 6:15.77 1:35.41		
13.	FARRE GANDUXE, Josep	46	C.N. Sant Andreu	6:54.38	450,00	450,00
	100m: 1:41.36 1:41.36	200m: 3:27.24 1:45.88	300m: 5:11.93 1:44.69	400m: 6:54.38 1:42.45		

25+, Masc.

1.	LOZANO ORTEGA, Victor	95	C.N. Caldes	5:22.13	418,00	418,00
	100m: 1:15.54 1:15.54	200m: 2:37.17 1:21.63	300m: 4:00.20 1:23.03	400m: 5:22.13 1:21.93		

30+, Masc.

1.	PEREZ MERINO, Alex	93	GEiEG	4:49.91	554,00	554,00
	100m: 1:06.68 1:06.68	200m: 2:20.37 1:13.69	300m: 3:35.64 1:15.27	400m: 4:49.91 1:14.27		
2.	GONZALEZ VILA, Cunibert	90	C.N. Sabadell	5:31.02	372,00	372,00
	100m: 1:18.79 1:18.79	200m: 2:43.21 1:24.42	300m: 4:08.29 1:25.08	400m: 5:31.02 1:22.73		

45+, Masc.

1.	RIFA MARTINEZ, Oriol	77	C.N. Tarraco	5:59.77	339,00	339,00
	100m: 1:19.04 1:19.04	200m: 2:51.09 1:32.05	300m: 4:24.60 1:33.51	400m: 5:59.77 1:35.17		

XV TROFEU NATACIÓ MÀSTER DE GIRONA
GIRONA, 18/5/2024

Prova 1, 400m Lliure

50+, Masc.

1.	ESPINA VELAZ, Fernando	71	C.N. Aquamàsters	5:00.38	618,00	618,00
	100m: 1:10.60 1:10.60	200m: 2:26.25 1:15.65	300m: 3:43.22 1:16.97	400m: 5:00.38 1:17.16		
2.	ROGER I BADOSA, Miquel	72	GEiEG	5:00.42	618,00	618,00
	100m: 1:10.41 1:10.41	200m: 2:27.79 1:17.38	300m: 3:45.95 1:18.16	400m: 5:00.42 1:14.47		

55+, Masc.

1.	ORTIZ CABALLERO, Adolfo	69	C.N. L'Hospitalet	5:02.52	653,00	653,00
	100m: 1:12.29 1:12.29	200m: 2:29.35 1:17.06	300m: 3:47.31 1:17.96	400m: 5:02.52 1:15.21		
2.	RODON NAVARRO, Esteve	66	GEiEG	6:04.65	373,00	373,00
	100m: 1:25.21 1:25.21	200m: 2:59.32 1:34.11	300m: 4:32.96 1:33.64	400m: 6:04.65 1:31.69		
3.	SUBIRATS ALCOVERRO, Xavier	66	C.N. Mataró	6:05.55	370,00	370,00
	100m: 1:27.97 1:27.97	200m: 3:01.54 1:33.57	300m: 4:35.89 1:34.35	400m: 6:05.55 1:29.66		
4.	JOFRE RUIZ, Ramon	67	C.N. Lleida	6:15.77	340,00	340,00
	100m: 1:26.39 1:26.39	200m: 3:02.57 1:36.18	300m: 4:40.36 1:37.79	400m: 6:15.77 1:35.41		

60+, Masc.

1.	CRUELLES PAGÈS, Pere	64	C.E. Panteres Grogues	5:32.90	534,00	534,00
	100m: 1:19.16 1:19.16	200m: 2:44.04 1:24.88	300m: 4:09.56 1:25.52	400m: 5:32.90 1:23.34		
2.	GARRIDO HERNANDEZ, Wenceslar	60	C.N. Swimfaster Salt	6:12.77	380,00	380,00
	100m: 1:27.19 1:27.19	200m: 3:02.07 1:34.88	300m: 4:37.70 1:35.63	400m: 6:12.77 1:35.07		

75+, Masc.

1.	FARRE GANDUXE, Josep	46	C.N. Sant Andreu	6:54.38	450,00	450,00
	100m: 1:41.36 1:41.36	200m: 3:27.24 1:45.88	300m: 5:11.93 1:44.69	400m: 6:54.38 1:42.45		

Class Punts T. Catalana Màster, Masc.

1.	ORTIZ CABALLERO, Adolfo	69	C.N. L'Hospitalet	5:02.52	653,00	653,00
	100m: 1:12.29 1:12.29	200m: 2:29.35 1:17.06	300m: 3:47.31 1:17.96	400m: 5:02.52 1:15.21		
2.	ESPINA VELAZ, Fernando	71	C.N. Aquamàsters	5:00.38	618,00	618,00
	100m: 1:10.60 1:10.60	200m: 2:26.25 1:15.65	300m: 3:43.22 1:16.97	400m: 5:00.38 1:17.16		
	ROGER I BADOSA, Miquel	72	GEiEG	5:00.42	618,00	618,00
	100m: 1:10.41 1:10.41	200m: 2:27.79 1:17.38	300m: 3:45.95 1:18.16	400m: 5:00.42 1:14.47		
4.	PEREZ MERINO, Alex	93	GEiEG	4:49.91	554,00	554,00
	100m: 1:06.68 1:06.68	200m: 2:20.37 1:13.69	300m: 3:35.64 1:15.27	400m: 4:49.91 1:14.27		
5.	CRUELLES PAGÈS, Pere	64	C.E. Panteres Grogues	5:32.90	534,00	534,00
	100m: 1:19.16 1:19.16	200m: 2:44.04 1:24.88	300m: 4:09.56 1:25.52	400m: 5:32.90 1:23.34		
6.	FARRE GANDUXE, Josep	46	C.N. Sant Andreu	6:54.38	450,00	450,00
	100m: 1:41.36 1:41.36	200m: 3:27.24 1:45.88	300m: 5:11.93 1:44.69	400m: 6:54.38 1:42.45		
7.	LOZANO ORTEGA, Victor	95	C.N. Caldes	5:22.13	418,00	418,00
	100m: 1:15.54 1:15.54	200m: 2:37.17 1:21.63	300m: 4:00.20 1:23.03	400m: 5:22.13 1:21.93		
8.	GARRIDO HERNANDEZ, Wenceslar	60	C.N. Swimfaster Salt	6:12.77	380,00	380,00
	100m: 1:27.19 1:27.19	200m: 3:02.07 1:34.88	300m: 4:37.70 1:35.63	400m: 6:12.77 1:35.07		
9.	RODON NAVARRO, Esteve	66	GEiEG	6:04.65	373,00	373,00
	100m: 1:25.21 1:25.21	200m: 2:59.32 1:34.11	300m: 4:32.96 1:33.64	400m: 6:04.65 1:31.69		
10.	GONZALEZ VILA, Cunibert	90	C.N. Sabadell	5:31.02	372,00	372,00
	100m: 1:18.79 1:18.79	200m: 2:43.21 1:24.42	300m: 4:08.29 1:25.08	400m: 5:31.02 1:22.73		
11.	SUBIRATS ALCOVERRO, Xavier	66	C.N. Mataró	6:05.55	370,00	370,00
	100m: 1:27.97 1:27.97	200m: 3:01.54 1:33.57	300m: 4:35.89 1:34.35	400m: 6:05.55 1:29.66		

XV TROFEU NATACIÓ MÀSTER DE GIRONA
GIRONA, 18/5/2024

Prova 1, Masc., 400m Lliure, Class Punts T. Catalana Màster

Classificació	ANY						Temps	CAT	
12. JOFRE RUIZ, Ramon	67	C.N. Lleida				6:15.77	340,00	340,00	
100m: 1:26.39 1:26.39	200m: 3:02.57	1:36.18	300m: 4:40.36	1:37.79	400m: 6:15.77	1:35.41			
13. RIFA MARTINEZ, Oriol	77	C.N. Tarraco				5:59.77	339,00	339,00	
100m: 1:19.04 1:19.04	200m: 2:51.09	1:32.05	300m: 4:24.60	1:33.51	400m: 5:59.77	1:35.17			

Open, Fem.

1. CORDOBA NAVARRO, Sara	90	C.N. Catalunya				5:21.00	523,00	523,00
100m: 1:16.11 1:16.11	200m: 2:37.58	1:21.47	300m: 4:00.41	1:22.83	400m: 5:21.00	1:20.59		
2. AGUILERA REVIDIEGO, Vanesa	80	C.N. Aquamàsters				5:22.93	539,00	539,00
100m: 1:17.16 1:17.16	200m: 2:39.61	1:22.45	300m: 4:01.96	1:22.35	400m: 5:22.93	1:20.97		
3. RAVÉS OLIVÉ, Maria Del Mar	67	C.N. Tarraco				5:24.63	665,00	665,00
100m: 1:17.19 1:17.19	200m: 2:39.98	1:22.79	300m: 4:03.06	1:23.08	400m: 5:24.63	1:21.57		
4. TEIXIDOR LEGOUX, Aurelia	68	GEiEG				5:31.31	625,00	625,00
100m: 1:19.79 1:19.79	200m: 2:48.47	1:28.68	300m: 4:19.91	1:31.44	400m: 5:31.31	1:11.40		
5. CARRERAS RODRIGUEZ, Alejandra	89	C.N. Aquamàsters				5:41.84	472,00	472,00
100m: 1:20.08 1:20.08	200m: 2:48.38	1:28.30	300m: 4:16.22	1:27.84	400m: 5:41.84	1:25.62		
6. GOMEZ ALONSO, Núria	01	Cee Sant Gervasi				5:43.04	428,00	428,00
100m: 1:21.85 1:21.85	200m: 2:49.10	1:27.25	300m: 4:16.92	1:27.82	400m: 5:43.04	1:26.12		
7. DURAN ROBERT, Claustre	67	C.N. Tarraco				5:51.73	523,00	523,00
100m: 1:20.27 1:20.27	200m: 2:49.33	1:29.06	300m: 4:20.11	1:30.78	400m: 5:51.73	1:31.62		
8. ROMO SERRAT, Paula	02	GEiEG				5:55.13	386,00	386,00
100m: 1:19.16 1:19.16	200m: 2:48.79	1:29.63	300m: 4:21.64	1:32.85	400m: 5:55.13	1:33.49		
9. PERA MENDEZ, Yolanda	73	C.N. Cerdanyola				6:22.78	394,00	394,00
100m: 1:27.76 1:27.76	200m: 3:05.13	1:37.37	300m: 4:44.47	1:39.34	400m: 6:22.78	1:38.31		
10. MASGRAU ANGELATS, M ^a Gracia	63	GEiEG				6:33.91	413,00	413,00
100m: 1:33.72 1:33.72	200m: 3:15.89	1:42.17	300m: 4:56.60	1:40.71	400m: 6:33.91	1:37.31		
11. GARRIGA ALSINA, Carmen	67	GEiEG				7:03.93	-	-
100m: 1:37.28 1:37.28	200m: 3:25.33	1:48.05	300m: 5:15.90	1:50.57	400m: 7:03.93	1:48.03		
12. BELLEGRANDI, Ginevra	90	C.N. Cerdanyola				7:17.81	206,00	206,00
100m: 1:32.15 1:32.15	200m: 3:26.54	1:54.39	300m: 5:24.35	1:57.81	400m: 7:17.81	1:53.46		
13. BONET BALAGUER, Teresa	70	G.E.N. Roses				7:33.17	237,00	237,00
100m: 1:44.23 1:44.23	200m: 3:38.36	1:54.13	300m: 5:35.18	1:56.82	400m: 7:33.17	1:57.99		
14. ARANIBAR DE VARGAS, Melva	55	C.N. Swimfaster Salt				8:29.49	231,00	231,00
100m: 2:00.86 2:00.86	200m: 4:12.65	2:11.79	300m: 6:22.68	2:10.03	400m: 8:29.49	2:06.81		

20+, Fem.

1. GOMEZ ALONSO, Núria	01	Cee Sant Gervasi				5:43.04	428,00	428,00
100m: 1:21.85 1:21.85	200m: 2:49.10	1:27.25	300m: 4:16.92	1:27.82	400m: 5:43.04	1:26.12		
2. ROMO SERRAT, Paula	02	GEiEG				5:55.13	386,00	386,00
100m: 1:19.16 1:19.16	200m: 2:48.79	1:29.63	300m: 4:21.64	1:32.85	400m: 5:55.13	1:33.49		

30+, Fem.

1. CORDOBA NAVARRO, Sara	90	C.N. Catalunya				5:21.00	523,00	523,00
100m: 1:16.11 1:16.11	200m: 2:37.58	1:21.47	300m: 4:00.41	1:22.83	400m: 5:21.00	1:20.59		
2. BELLEGRANDI, Ginevra	90	C.N. Cerdanyola				7:17.81	206,00	206,00
100m: 1:32.15 1:32.15	200m: 3:26.54	1:54.39	300m: 5:24.35	1:57.81	400m: 7:17.81	1:53.46		

XV TROFEU NATACIÓ MÀSTER DE GIRONA
GIRONA, 18/5/2024

Prova 1, 400m Lliure

35+, Fem.

1. CARRERAS RODRIGUEZ, Alejandra 89 C.N. Aquamàsters **5:41.84** 472,00 472,00
100m: 1:20.08 1:20.08 200m: 2:48.38 1:28.30 300m: 4:16.22 1:27.84 400m: 5:41.84 1:25.62

40+, Fem.

1. AGUILERA REVIDIEGO, Vanesa 80 C.N. Aquamàsters **5:22.93** 539,00 539,00
100m: 1:17.16 1:17.16 200m: 2:39.61 1:22.45 300m: 4:01.96 1:22.35 400m: 5:22.93 1:20.97

50+, Fem.

1. PERA MENDEZ, Yolanda 73 C.N. Cerdanyola **6:22.78** 394,00 394,00
100m: 1:27.76 1:27.76 200m: 3:05.13 1:37.37 300m: 4:44.47 1:39.34 400m: 6:22.78 1:38.31

2. BONET BALAGUER, Teresa 70 G.E.N. Roses **7:33.17** 237,00 237,00
100m: 1:44.23 1:44.23 200m: 3:38.36 1:54.13 300m: 5:35.18 1:56.82 400m: 7:33.17 1:57.99

55+, Fem.

1. RAVÉS OLIVÉ, Maria Del Mar 67 C.N. Tarraco **5:24.63** 665,00 665,00
100m: 1:17.19 1:17.19 200m: 2:39.98 1:22.79 300m: 4:03.06 1:23.08 400m: 5:24.63 1:21.57

2. TEIXIDOR LEGOUX, Aurelia 68 GEIEG **5:31.31** 625,00 625,00
100m: 1:19.79 1:19.79 200m: 2:48.47 1:28.68 300m: 4:19.91 1:31.44 400m: 5:31.31 1:11.40

3. DURAN ROBERT, Claustre 67 C.N. Tarraco **5:51.73** 523,00 523,00
100m: 1:20.27 1:20.27 200m: 2:49.33 1:29.06 300m: 4:20.11 1:30.78 400m: 5:51.73 1:31.62

4. GARRIGA ALSINA, Carmen 67 GEIEG **7:03.93** - -
100m: 1:37.28 1:37.28 200m: 3:25.33 1:48.05 300m: 5:15.90 1:50.57 400m: 7:03.93 1:48.03

60+, Fem.

1. MASGRAU ANGELATS, M^a Gracia 63 GEIEG **6:33.91** 413,00 413,00
100m: 1:33.72 1:33.72 200m: 3:15.89 1:42.17 300m: 4:56.60 1:40.71 400m: 6:33.91 1:37.31

65+, Fem.

1. ARANIBAR DE VARGAS, Melva 55 C.N. Swimfaster Salt **8:29.49** 231,00 231,00
100m: 2:00.86 2:00.86 200m: 4:12.65 2:11.79 300m: 6:22.68 2:10.03 400m: 8:29.49 2:06.81

Class Punts T. Catalana Màster, Fem.

1. RAVÉS OLIVÉ, Maria Del Mar 67 C.N. Tarraco **5:24.63** 665,00 665,00
100m: 1:17.19 1:17.19 200m: 2:39.98 1:22.79 300m: 4:03.06 1:23.08 400m: 5:24.63 1:21.57

2. TEIXIDOR LEGOUX, Aurelia 68 GEIEG **5:31.31** 625,00 625,00
100m: 1:19.79 1:19.79 200m: 2:48.47 1:28.68 300m: 4:19.91 1:31.44 400m: 5:31.31 1:11.40

3. AGUILERA REVIDIEGO, Vanesa 80 C.N. Aquamàsters **5:22.93** 539,00 539,00
100m: 1:17.16 1:17.16 200m: 2:39.61 1:22.45 300m: 4:01.96 1:22.35 400m: 5:22.93 1:20.97

4. CORDOBA NAVARRO, Sara 90 C.N. Catalunya **5:21.00** 523,00 523,00
100m: 1:16.11 1:16.11 200m: 2:37.58 1:21.47 300m: 4:00.41 1:22.83 400m: 5:21.00 1:20.59

DURAN ROBERT, Claustre 67 C.N. Tarraco **5:51.73** 523,00 523,00
100m: 1:20.27 1:20.27 200m: 2:49.33 1:29.06 300m: 4:20.11 1:30.78 400m: 5:51.73 1:31.62

6. CARRERAS RODRIGUEZ, Alejandra 89 C.N. Aquamàsters **5:41.84** 472,00 472,00
100m: 1:20.08 1:20.08 200m: 2:48.38 1:28.30 300m: 4:16.22 1:27.84 400m: 5:41.84 1:25.62

7. GOMEZ ALONSO, Núria 01 Cee Sant Gervasi **5:43.04** 428,00 428,00
100m: 1:21.85 1:21.85 200m: 2:49.10 1:27.25 300m: 4:16.92 1:27.82 400m: 5:43.04 1:26.12

XV TROFEU NATACIÓ MÀSTER DE GIRONA
GIRONA, 18/5/2024

Prova 1, Fem., 400m Lliure, Class Punts T. Catalana Màster

Classificació	ANY		Temps		CAT	
8. MASGRAU ANGELATS, M ^a Gracia	63	GEiEG	6:33.91	413,00	413,00	
100m:	1:33.72	1:33.72	200m:	3:15.89	1:42.17	300m: 4:56.60 1:40.71
400m:	6:33.91	1:37.31				
9. PERA MENDEZ, Yolanda	73	C.N. Cerdanyola	6:22.78	394,00	394,00	
100m:	1:27.76	1:27.76	200m:	3:05.13	1:37.37	300m: 4:44.47 1:39.34
400m:	6:22.78	1:38.31				
10. ROMO SERRAT, Paula	02	GEiEG	5:55.13	386,00	386,00	
100m:	1:19.16	1:19.16	200m:	2:48.79	1:29.63	300m: 4:21.64 1:32.85
400m:	5:55.13	1:33.49				
11. GARRIGA ALSINA, Carmen	67	GEiEG	7:03.93	-	-	
100m:	1:37.28	1:37.28	200m:	3:25.33	1:48.05	300m: 5:15.90 1:50.57
400m:	7:03.93	1:48.03				
12. BONET BALAGUER, Teresa	70	G.E.N. Roses	7:33.17	237,00	237,00	
100m:	1:44.23	1:44.23	200m:	3:38.36	1:54.13	300m: 5:35.18 1:56.82
400m:	7:33.17	1:57.99				
13. ARANIBAR DE VARGAS, Melva	55	C.N. Swimfaster Salt	8:29.49	231,00	231,00	
100m:	2:00.86	2:00.86	200m:	4:12.65	2:11.79	300m: 6:22.68 2:10.03
400m:	8:29.49	2:06.81				
14. BELLEGRANDI, Ginevra	90	C.N. Cerdanyola	7:17.81	206,00	206,00	
100m:	1:32.15	1:32.15	200m:	3:26.54	1:54.39	300m: 5:24.35 1:57.81
400m:	7:17.81	1:53.46				