



LXIII CTO. DE ESPAÑA ABSOLUTO DE INVIERNO P25
GIJON, 14 - 17/11/2019



Prueba 15
15/11/2019 - 10:31

Masc., 400m Estilos

Absoluto
Resultados Prelim

RE	4:05.09	CABELLO FORNS ALAN	ESTAMBUL (TUR)	11/12/2009
RC	4:06.27	CABELLO FORNS ALAN	CASTELLON	28/11/2009

Puntos: FINA 2019

Clasificación	AN				Equipo	Tempo	Pts.	FINA				
1.	CASTEJON RAMIREZ Alex				98	C.N. Sabadell	4:14.15	- 795 A				
	50m:	27.58	27.58	150m:	1:32.01	33.10	250m:	2:39.39	35.24	350m:	3:45.14	30.83
	100m:	58.91	31.33	200m:	2:04.15	32.14	300m:	3:14.31	34.92	400m:	4:14.15	29.01
2.	SANCHEZ TORRENS Marc				92	C.N. Voltor Balear	4:14.80	- 789 A				
	50m:	27.10	27.10	150m:	1:31.24	33.08	250m:	2:39.74	36.01	350m:	3:45.85	29.85
	100m:	58.16	31.06	200m:	2:03.73	32.49	300m:	3:16.00	36.26	400m:	4:14.80	28.95
3.	CHACON MATEOS Francisco Javier				99	C.N. Alcala	4:17.58	- 764 A				
	50m:	27.37	27.37	150m:	1:31.79	32.91	250m:	2:40.72	37.25	350m:	3:48.46	30.99
	100m:	58.88	31.51	200m:	2:03.47	31.68	300m:	3:17.47	36.75	400m:	4:17.58	29.12
4.	ALLANDE GONZALEZ Jofre				98	C.N. Sabadell	4:17.80	- 762 A				
	50m:	28.13	28.13	150m:	1:32.74	33.38	250m:	2:40.85	35.47	350m:	3:47.84	31.39
	100m:	59.36	31.23	200m:	2:05.38	32.64	300m:	3:16.45	35.60	400m:	4:17.80	29.96
5.	LOPEZ CONDE Alvaro				92	C.N. Alcala	4:18.29	- 757 A				
	50m:	27.84	27.84	150m:	1:34.01	34.02	250m:	2:42.35	34.28	350m:	3:49.15	30.82
	100m:	59.99	32.15	200m:	2:08.07	34.06	300m:	3:18.33	35.98	400m:	4:18.29	29.14
6.	PONS RAMON Joan Lluís				96	C.N. Sant Andreu	4:18.68	- 754 A				
	50m:	26.95	26.95	150m:	1:30.13	31.29	250m:	2:38.63	34.92	350m:	3:49.55	31.92
	100m:	58.84	31.89	200m:	2:03.71	33.58	300m:	3:17.63	39.00	400m:	4:18.68	29.13
7.	GONZALEZ ALVAREZ Arbidel				02	C.N. Santa Olaya	4:19.78	- 744 A				
	50m:	28.19	28.19	150m:	1:33.16	33.58	250m:	2:41.20	35.62	350m:	3:49.87	31.07
	100m:	59.58	31.39	200m:	2:05.58	32.42	300m:	3:18.80	37.60	400m:	4:19.78	29.91
8.	MARTIN BURGUILLO Marcos				02	C.D. Gredos San Diego	4:20.57	- 738 A				
	50m:	27.87	27.87	150m:	1:33.11	33.29	250m:	2:42.68	37.61	350m:	3:51.45	30.71
	100m:	59.82	31.95	200m:	2:05.07	31.96	300m:	3:20.74	38.06	400m:	4:20.57	29.12
9.	MARTÍNEZ NOVOA Miguel				00	R.C.N. Vigo	4:20.98	- 734 B				
	50m:	28.05	28.05	150m:	1:33.19	33.55	250m:	2:44.55	37.97	350m:	3:52.20	29.96
	100m:	59.64	31.59	200m:	2:06.58	33.39	300m:	3:22.24	37.69	400m:	4:20.98	28.78
10.	COMA PLANELLA Roger				00	C.N. Mataro	4:22.03	- 725 B				
	50m:	28.70	28.70	150m:	1:34.70	33.67	250m:	2:45.37	37.65	350m:	3:53.88	30.28
	100m:	1:01.03	32.33	200m:	2:07.72	33.02	300m:	3:23.60	38.23	400m:	4:22.03	28.15
11.	SANTIAGO BETANCOR Raul				97	C.N. Sant Andreu	4:22.15	- 724 B				
	50m:	28.74	28.74	150m:	1:36.01	34.84	250m:	2:46.56	36.99	350m:	3:53.79	29.71
	100m:	1:01.17	32.43	200m:	2:09.57	33.56	300m:	3:24.08	37.52	400m:	4:22.15	28.36
12.	GIRALT PIDEMONT Jan				96	C.N. Mataro	4:22.27	- 723 B				
	50m:	28.19	28.19	150m:	1:32.85	31.48	250m:	2:42.01	38.06	350m:	3:52.20	31.46
	100m:	1:01.37	33.18	200m:	2:03.95	31.10	300m:	3:20.74	38.73	400m:	4:22.27	30.07
13.	DURAN CORTINES Juan Salvador				96	Real Canoe N.C.	4:22.28	- 723 B				
	50m:	27.77	27.77	150m:	1:32.60	33.50	250m:	2:44.31	38.45	350m:	3:53.66	30.39
	100m:	59.10	31.33	200m:	2:05.86	33.26	300m:	3:23.27	38.96	400m:	4:22.28	28.62

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Clasificación			AN					Tiempo	Pts.	FINA
14.	ARTAL MATEO Francho		99	C.E. Mediterrani				4:22.88	-	718 B
	50m:	27.62 27.62	150m:	1:33.69	34.42	250m:	2:44.04	36.31	350m:	3:53.03 31.36
	100m:	59.27 31.65	200m:	2:07.73	34.04	300m:	3:21.67	37.63	400m:	4:22.88 29.85
15.	PENEDES FRADERA Marti		96	C.N. Mataro				4:24.38	-	706 B
	50m:	28.02 28.02	150m:	1:33.88	33.82	250m:	2:44.02	36.13	350m:	3:53.62 31.80
	100m:	1:00.06 32.04	200m:	2:07.89	34.01	300m:	3:21.82	37.80	400m:	4:24.38 30.76
16.	ECHEVARRIA POLO Marcos		00	C.N. Helios				4:25.10	-	701 B
	50m:	28.20 28.20	150m:	1:33.64	33.86	250m:	2:45.24	37.67	350m:	3:54.47 30.78
	100m:	59.78 31.58	200m:	2:07.57	33.93	300m:	3:23.69	38.45	400m:	4:25.10 30.63
17.	LEON ARAN David		98	C.N. Vinaros				4:25.19	5,00	700
	50m:	28.71 28.71	150m:	1:33.96	33.07	250m:	2:45.13	38.77	350m:	3:55.32 31.29
	100m:	1:00.89 32.18	200m:	2:06.36	32.40	300m:	3:24.03	38.90	400m:	4:25.19 29.87
18.	CURTU FRUTOS Pau		97	C.N. Terrassa				4:26.14	4,00	692
	50m:	28.30 28.30	150m:	1:33.61	33.39	250m:	2:45.53	39.72	350m:	3:56.33 30.59
	100m:	1:00.22 31.92	200m:	2:05.81	32.20	300m:	3:25.74	40.21	400m:	4:26.14 29.81
19.	ZORZANO JOVER Javier		01	Navial				4:26.73	3,00	688
	50m:	27.99 27.99	150m:	1:34.16	34.43	250m:	2:44.95	36.71	350m:	3:55.09 32.59
	100m:	59.73 31.74	200m:	2:08.24	34.08	300m:	3:22.50	37.55	400m:	4:26.73 31.64
20.	HONRUBIA CERDA Arnau		99	C.N. Sabadell				4:27.00	-	686
	50m:	27.68 27.68	150m:	1:33.89	34.43	250m:	2:47.36	39.87	350m:	3:57.72 30.51
	100m:	59.46 31.78	200m:	2:07.49	33.60	300m:	3:27.21	39.85	400m:	4:27.00 29.28
21.	SIRE FIGUERAS Ferran		01	C.N. Terrassa				4:27.21	2,00	684
	50m:	27.44 27.44	150m:	1:34.02	34.81	250m:	2:46.58	38.62	350m:	3:57.11 31.10
	100m:	59.21 31.77	200m:	2:07.96	33.94	300m:	3:26.01	39.43	400m:	4:27.21 30.10
22.	YAGÜES ESCRIBA Pol		02	C.N. Sabadell				4:27.97	-	678
	50m:	28.58 28.58	150m:	1:36.54	35.32	250m:	2:49.55	38.93	350m:	3:59.52 30.83
	100m:	1:01.22 32.64	200m:	2:10.62	34.08	300m:	3:28.69	39.14	400m:	4:27.97 28.45
23.	VANHOUCKE Louka		02	R.C. Naut. Tenerife				4:28.47	1,00	674
	50m:	27.94 27.94	150m:	1:34.65	33.94	250m:	2:46.43	38.46	350m:	3:57.57 31.87
	100m:	1:00.71 32.77	200m:	2:07.97	33.32	300m:	3:25.70	39.27	400m:	4:28.47 30.90
24.	GONZALEZ RODERO Alonso		03	C.N. Alarcos Ciudad Real				4:28.70	-	673
	50m:	28.83 28.83	150m:	1:37.10	35.52	250m:	2:51.07	38.80	350m:	3:59.85 29.98
	100m:	1:01.58 32.75	200m:	2:12.27	35.17	300m:	3:29.87	38.80	400m:	4:28.70 28.85
25.	SOUTO VILAS Carlos		03	Club Del Mar				4:28.85	-	672
	50m:	28.93 28.93	150m:	1:36.81	35.40	250m:	2:49.14	37.81	350m:	3:58.58 31.98
	100m:	1:01.41 32.48	200m:	2:11.33	34.52	300m:	3:26.60	37.46	400m:	4:28.85 30.27
26.	VILLAREJO PRADES Alejandro		03	Real Canoe N.C.				4:29.24	-	669
	50m:	28.48 28.48	150m:	1:37.28	35.92	250m:	2:50.52	38.23	350m:	4:00.08 30.59
	100m:	1:01.36 32.88	200m:	2:12.29	35.01	300m:	3:29.49	38.97	400m:	4:29.24 29.16
27.	SANCHEZ MONTES Iván		01	C.D. Gredos San Diego				4:29.41	-	667
	50m:	27.99 27.99	150m:	1:35.07	34.91	250m:	2:47.46	38.02	350m:	3:58.36 31.91
	100m:	1:00.16 32.17	200m:	2:09.44	34.37	300m:	3:26.45	38.99	400m:	4:29.41 31.05
28.	GUIOTTO SANCHEZ Marco		01	Club Del Mar				4:29.54	-	666
	50m:	27.92 27.92	150m:	1:35.09	35.06	250m:	2:47.53	37.38	350m:	3:58.49 32.71
	100m:	1:00.03 32.11	200m:	2:10.15	35.06	300m:	3:25.78	38.25	400m:	4:29.54 31.05

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Clasificación	AN	Equipo	Timeo	Pts.	FINA
29.	PRAVIA DE LA GUERRA Iñigo	98 Real Canoe N.C.	4:29.79	-	665
	50m: 28.25 28.25 150m: 1:36.19	35.28 250m: 2:49.88 39.11	350m: 4:00.57		30.86
	100m: 1:00.91 32.66 200m: 2:10.77	34.58 300m: 3:29.71 39.83	400m: 4:29.79		29.22
30.	LAZARO ORTEGA Guillem	00 C.N. Terrassa	4:29.97	-	663
	50m: 27.84 27.84 150m: 1:35.00	35.55 250m: 2:48.45 39.59	350m: 4:00.54		32.62
	100m: 59.45 31.61 200m: 2:08.86	33.86 300m: 3:27.92 39.47	400m: 4:29.97		29.43
31.	SANCHEZ GTREZ-CABELLO Guillem	96 C.N. Alcobendas	4:30.55	-	659
	50m: 27.01 27.01 150m: 1:32.66	34.54 250m: 2:43.79 37.69	350m: 3:57.44		34.00
	100m: 58.12 31.11 200m: 2:06.10	33.44 300m: 3:23.44 39.65	400m: 4:30.55		33.11
32.	CHOCANO FERNANDEZ Daniel	02 C.D. Gredos San Diego	4:31.09	-	655
	50m: 28.42 28.42 150m: 1:36.41	35.41 250m: 2:49.48 38.42	350m: 4:00.60		32.10
	100m: 1:01.00 32.58 200m: 2:11.06	34.65 300m: 3:28.50 39.02	400m: 4:31.09		30.49
33.	ARRUABARRENA MAYOR Ander	99 C.D.N. Bidasoa XXI	4:31.21	-	654
	50m: 28.25 28.25 150m: 1:34.15	33.11 250m: 2:46.92 39.53	350m: 3:59.86		32.10
	100m: 1:01.04 32.79 200m: 2:07.39	33.24 300m: 3:27.76 40.84	400m: 4:31.21		31.35
34.	POU FERNANDEZ Marc	01 C.N. Mataro	4:31.33	-	653
	50m: 28.94 28.94 150m: 1:36.76	34.45 250m: 2:48.70 37.77	350m: 4:00.27		32.66
	100m: 1:02.31 33.37 200m: 2:10.93	34.17 300m: 3:27.61 38.91	400m: 4:31.33		31.06
35.	SANCHEZ CASTILLO Pedro	03 Club De Tennis Elche	4:32.27	-	647
	50m: 28.30 28.30 150m: 1:34.43	33.31 250m: 2:48.35 41.21	350m: 4:01.62		31.90
	100m: 1:01.12 32.82 200m: 2:07.14	32.71 300m: 3:29.72 41.37	400m: 4:32.27		30.65
36.	MORALES CEBEY Hector	02 C.N. Granollers	4:33.52	-	638
	50m: 29.06 29.06 150m: 1:37.57	35.22 250m: 2:51.67 39.12	350m: 4:02.89		32.11
	100m: 1:02.35 33.29 200m: 2:12.55	34.98 300m: 3:30.78 39.11	400m: 4:33.52		30.63
37.	ALVAREZ FERNANDEZ Borja	96 C. Fluvial De Lugo	4:33.57	-	637
	50m: 28.66 28.66 150m: 1:36.95	34.77 250m: 2:50.99 38.94	350m: 4:02.84		31.91
	100m: 1:02.18 33.52 200m: 2:12.05	35.10 300m: 3:30.93 39.94	400m: 4:33.57		30.73
38.	CUBILLAS GIL Izan	00 C.N. Terrassa	4:34.01	-	634
	50m: 28.20 28.20 150m: 1:33.63	33.88 250m: 2:45.82 37.58	350m: 4:00.83		34.31
	100m: 59.75 31.55 200m: 2:08.24	34.61 300m: 3:26.52 40.70	400m: 4:34.01		33.18
39.	AGUILAR URTXEGI Aritz	99 C.D.N. Bidasoa XXI	4:34.20	-	633
	50m: 28.71 28.71 150m: 1:35.95	34.30 250m: 2:49.96 39.85	350m: 4:03.40		32.29
	100m: 1:01.65 32.94 200m: 2:10.11	34.16 300m: 3:31.11 41.15	400m: 4:34.20		30.80
40.	PARDO PERNAS Martin	02 C. Fluvial De Lugo	4:34.99	-	628
	50m: 29.23 29.23 150m: 1:36.85	34.95 250m: 2:51.53 40.32	350m: 4:04.40		31.86
	100m: 1:01.90 32.67 200m: 2:11.21	34.36 300m: 3:32.54 41.01	400m: 4:34.99		30.59
41.	FRANCO CEGARRA Alfonso	03 C.N. Aguilas	4:35.14	-	627
	50m: 30.28 30.28 150m: 1:40.50	35.83 250m: 2:54.67 38.73	350m: 4:05.19		31.59
	100m: 1:04.67 34.39 200m: 2:15.94	35.44 300m: 3:33.60 38.93	400m: 4:35.14		29.95
42.	RUIZ DE CAÑAS Alvaro	02 C.N. Olot	4:35.90	-	621
	50m: 29.16 29.16 150m: 1:37.45	35.48 250m: 2:52.61 41.32	350m: 4:05.49		31.33
	100m: 1:01.97 32.81 200m: 2:11.29	33.84 300m: 3:34.16 41.55	400m: 4:35.90		30.41
43.	HERNANDEZ GARCIA Alberto	03 C.N. Sant Andreu	4:37.69	-	609
	50m: 27.29 27.29 150m: 1:33.88	34.95 250m: 2:50.87 40.53	350m: 4:05.91		32.45
	100m: 58.93 31.64 200m: 2:10.34	36.46 300m: 3:33.46 42.59	400m: 4:37.69		31.78

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Clasificación	AN						Tiempo	Pts.	FINA		
44. GARCIA GARAY Marcos	01	Club Del Mar					4:40.15	-	594		
50m:	28.68	28.68	150m:	1:38.25	37.17	250m:	2:54.34	40.67	350m:	4:08.36	33.26
100m:	1:01.08	32.40	200m:	2:13.67	35.42	300m:	3:35.10	40.76	400m:	4:40.15	31.79
45. AGUILAR URTXEGI Xabier	00	C.D.N. Bidasoa XXI					4:40.23	-	593		
50m:	28.02	28.02	150m:	1:36.82	36.67	250m:	2:55.00	42.02	350m:	4:09.42	32.43
100m:	1:00.15	32.13	200m:	2:12.98	36.16	300m:	3:36.99	41.99	400m:	4:40.23	30.81
46. MAÑOGIL HURTADO Carlos	01	C.Acuatico Salamanca					4:47.85	-	547		
50m:	29.50	29.50	150m:	1:40.10	37.17	250m:	2:58.01	42.01	350m:	4:15.27	34.63
100m:	1:02.93	33.43	200m:	2:16.00	35.90	300m:	3:40.64	42.63	400m:	4:47.85	32.58
DSQ LLORCA ANTON Sergi	00	C.N. Delfin						-			
Baja MENCHEN MARTIN Juan	02	C.N. Alarcos Ciudad Real						-			
Baja LAZARO SANCHEZ-MAYORAL Ignaci95		C.N. Alcobendas						-			

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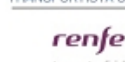
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