

XXXII Copa de España de Clubes PRIMERA DIVISIÓN
Gijón, 21 - 23/12/2022

Prueba 13 Masc., 400m Estilos Abs.
22/12/2022 - 9:43 Resultados

RE 4:12.67 JOAN LLUIS PONS RAMON TOKYO (JPN) 24/07/2021
Puntos: FINA 2022

Clasificación	AN	Nombre	Equipo	Tiempo	FINA
1.	99	TRETT OLIVER Tony	C.N. Palma de Mallorca	4:30.13 35,00 -	735
		50m: 28.38 28.38 150m: 1:36.02 35.16 250m: 2:49.53 38.83 350m: 4:00.00 31.07			
		100m: 1:00.86 32.48 200m: 2:10.70 34.68 300m: 3:28.93 39.40 400m: 4:30.13 30.13			
2.	02	GONZALEZ ALVAREZ Arbidel	C.N. Barcelona	4:30.29 32,00 -	734
		50m: 28.15 28.15 150m: 1:36.32 36.23 250m: 2:50.09 38.89 350m: 4:00.85 30.81			
		100m: 1:00.09 31.94 200m: 2:11.20 34.88 300m: 3:30.04 39.95 400m: 4:30.29 29.44			
3.	03	FRANCO CEGARRA Alfonso	C.N.Cartagonova Cartagena	4:31.44 30,00 -	724
		50m: 28.95 28.95 150m: 1:38.18 35.83 250m: 2:52.27 38.95 350m: 4:01.99 30.70			
		100m: 1:02.35 33.40 200m: 2:13.32 35.14 300m: 3:31.29 39.02 400m: 4:31.44 29.45			
4.	05	GOMEZ-GUILLAMON DE LAS HERAS .05me	C.D. El Valle	4:32.47 29,00 -	716
		50m: 28.95 28.95 150m: 1:36.12 34.57 250m: 2:48.99 37.42 350m: 4:01.14 32.39			
		100m: 1:01.55 32.60 200m: 2:11.57 35.45 300m: 3:28.75 39.76 400m: 4:32.47 31.33			
5.	96	GIL TARAZONA Pol	C.N. Barcelona	4:34.55 28,00 -	700
		50m: 29.72 29.72 150m: 1:39.04 36.16 250m: 2:52.94 37.98 350m: 4:03.84 32.07			
		100m: 1:02.88 33.16 200m: 2:14.96 35.92 300m: 3:31.77 38.83 400m: 4:34.55 30.71			
6.	03	MONCHO GONZALEZ Pau	C.N. Tennis Elche	4:36.10 27,00 -	688
		50m: 29.39 29.39 150m: 1:38.86 35.59 250m: 2:53.62 39.53 350m: 4:05.21 31.37			
		100m: 1:03.27 33.88 200m: 2:14.09 35.23 300m: 3:33.84 40.22 400m: 4:36.10 30.89			
7.	05	IGUIÑIZ PORRES Asier	C.D.N. Bidasoa XXI	4:37.95 26,00 -	675
		50m: 29.27 29.27 150m: 1:40.03 36.93 250m: 2:54.96 38.45 350m: 4:06.95 33.13			
		100m: 1:03.10 33.83 200m: 2:16.51 36.48 300m: 3:33.82 38.86 400m: 4:37.95 31.00			
8.	00	OLIVER GARCIA Roberto	C.N. Tennis Elche	4:38.55 25,00 -	670
		50m: 28.35 28.35 150m: 1:39.42 37.38 250m: 2:55.84 39.49 350m: 4:08.30 31.85			
		100m: 1:02.04 33.69 200m: 2:16.35 36.93 300m: 3:36.45 40.61 400m: 4:38.55 30.25			
9.	05	GOÑEZ ORTUÑEZ Jon	C.D.N. Bidasoa XXI	4:39.35 24,00 -	665
		50m: 29.73 29.73 150m: 1:41.03 37.38 250m: 2:56.01 37.93 350m: 4:07.69 33.37			
		100m: 1:03.65 33.92 200m: 2:18.08 37.05 300m: 3:34.32 38.31 400m: 4:39.35 31.66			
10.	06	MARTINEZ JAÉN Adrian	C.N. Alcala	4:39.48 23,00 -	664
		50m: 28.88 28.88 150m: 1:40.01 37.44 250m: 2:57.20 39.54 350m: 4:08.74 31.60			
		100m: 1:02.57 33.69 200m: 2:17.66 37.65 300m: 3:37.14 39.94 400m: 4:39.48 30.74			
11.	05	ZORNOZA QUIROS Alvaro	C.N. Santa Olaya	4:44.48 22,00 -	629
		50m: 27.97 27.97 150m: 1:38.85 37.93 250m: 2:56.67 39.21 350m: 4:11.75 33.50			
		100m: 1:00.92 32.95 200m: 2:17.46 38.61 300m: 3:38.25 41.58 400m: 4:44.48 32.73			
12.	07	BERDIEL LATORRE Dario	E.M. El Olivar	4:44.62 21,00 -	628
		50m: 29.71 29.71 150m: 1:41.07 37.53 250m: 2:58.56 41.01 350m: 4:13.57 32.40			
		100m: 1:03.54 33.83 200m: 2:17.55 36.48 300m: 3:41.17 42.61 400m: 4:44.62 31.05			
13.	02	PUEBLA MARTINEZ Alejandro	C.N.Cartagonova Cartagena	4:45.18 20,00 -	625
		50m: 28.78 28.78 150m: 1:40.07 37.88 250m: 2:58.91 42.44 350m: 4:14.78 32.19			
		100m: 1:02.19 33.41 200m: 2:16.47 36.40 300m: 3:42.59 43.68 400m: 4:45.18 30.40			

Piscina 50 m. / Crono electrónico

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Clasificación	AN		Tiempo		FINA
14. ACAMER PEREZ Alex	04	Club Deportivo Nados Castellon	4:45.37	19,00 -	623
50m: 29.45 29.45	150m: 1:41.73	38.64 250m: 2:59.57 41.28	350m: 4:14.86 32.48		
100m: 1:03.09 33.64	200m: 2:18.29	36.56 300m: 3:42.38 42.81	400m: 4:45.37 30.51		
15. MORALES CEBEY Hector	02	C.N. Granollers	4:47.79	18,00 -	608
50m: 28.56 28.56	150m: 1:39.48	37.88 250m: 2:57.80 41.56	350m: 4:13.72 33.52		
100m: 1:01.60 33.04	200m: 2:16.24	36.76 300m: 3:40.20 42.40	400m: 4:47.79 34.07		
16. RUIZ DIAZ Gonzalo	01	E.M. El Olivar	4:49.60	17,00 -	596
50m: 29.44 29.44	150m: 1:41.20	37.56 250m: 2:59.25 40.72	350m: 4:15.60 33.21		
100m: 1:03.64 34.20	200m: 2:18.53	37.33 300m: 3:42.39 43.14	400m: 4:49.60 34.00		
17. CARRASCAL GUILCHENKO Andreas	06	C.N. Palma de Mallorca	4:49.85	16,00 -	595
50m: 28.77 28.77	150m: 1:40.70	37.78 250m: 2:58.20 40.75	350m: 4:16.37 34.05		
100m: 1:02.92 34.15	200m: 2:17.45	36.75 300m: 3:42.32 44.12	400m: 4:49.85 33.48		
18. MICHANS BURGUES Àlex	07	C.N. Lleida	4:49.94	15,00 -	594
50m: 30.08 30.08	150m: 1:44.31	39.89 250m: 3:03.23 39.91	350m: 4:18.05 34.38		
100m: 1:04.42 34.34	200m: 2:23.32	39.01 300m: 3:43.67 40.44	400m: 4:49.94 31.89		
19. LAZARO SANCHEZ-MAYORAL Ignacio	95	C.N. Alcobendas	4:51.20	14,00 -	587
50m: 29.38 29.38	150m: 1:41.14	37.85 250m: 3:00.07 40.23	350m: 4:16.82 35.55		
100m: 1:03.29 33.91	200m: 2:19.84	38.70 300m: 3:41.27 41.20	400m: 4:51.20 34.38		
20. MARTI ASARTA Alejandro	04	Club Deportivo Nados Castellon	4:52.22	13,00 -	581
50m: 28.74 28.74	150m: 1:41.44	38.81 250m: 3:01.72 41.48	350m: 4:19.66 34.59		
100m: 1:02.63 33.89	200m: 2:20.24	38.80 300m: 3:45.07 43.35	400m: 4:52.22 32.56		
21. GALINDO FLORES Jesús	03	C.N. Alcala	4:52.88	12,00 -	577
50m: 28.23 28.23	150m: 1:38.43	36.66 250m: 2:59.15 43.95	350m: 4:20.63 33.84		
100m: 1:01.77 33.54	200m: 2:15.20	36.77 300m: 3:46.79 47.64	400m: 4:52.88 32.25		
22. IZAGUIRRE GARCIA Francisco Javier	92	C.N. Madrid Moscardo	4:53.49	11,00 -	573
50m: 30.56 30.56	150m: 1:45.19	39.98 250m: 3:04.11 40.64	350m: 4:20.04 34.67		
100m: 1:05.21 34.65	200m: 2:23.47	38.28 300m: 3:45.37 41.26	400m: 4:53.49 33.45		
23. FERNANDEZ SIMO Eric	05	C.N. Granollers	4:53.60	10,00 -	572
50m: 30.44 30.44	150m: 1:45.50	39.17 250m: 3:05.96 42.19	350m: 4:21.52 33.12		
100m: 1:06.33 35.89	200m: 2:23.77	38.27 300m: 3:48.40 42.44	400m: 4:53.60 32.08		
24. CANSADO MARTINEZ Sergio	04	C.D. El Valle	4:53.95	9,00 -	570
50m: 29.56 29.56	150m: 1:42.75	38.73 250m: 3:03.32 41.54	350m: 4:20.84 33.98		
100m: 1:04.02 34.46	200m: 2:21.78	39.03 300m: 3:46.86 43.54	400m: 4:53.95 33.11		
25. ARGIZ LOPEZ Marcos	04	S.D. Anaitasuna	4:55.90	8,00 -	559
50m: 30.36 30.36	150m: 1:45.00	37.50 250m: 3:04.50 43.43	350m: 4:24.54 34.28		
100m: 1:07.50 37.14	200m: 2:21.07	36.07 300m: 3:50.26 45.76	400m: 4:55.90 31.36		
26. ARJO DELGADO Sergi	06	C.N. Lleida	4:56.01	7,00 -	558
50m: 30.30 30.30	150m: 1:45.28	38.99 250m: 3:05.85 41.89	350m: 4:23.96 34.25		
100m: 1:06.29 35.99	200m: 2:23.96	38.68 300m: 3:49.71 43.86	400m: 4:56.01 32.05		
27. ZUBILLAGA LOPEZ Marcos	05	S.D. Anaitasuna	4:57.01	6,00 -	553
50m: 29.28 29.28	150m: 1:44.52	39.48 250m: 3:05.66 43.70	350m: 4:23.61 33.53		
100m: 1:05.04 35.76	200m: 2:21.96	37.44 300m: 3:50.08 44.42	400m: 4:57.01 33.40		

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Clasificación			AN					Tiempo	FINA			
28.	ELHADAD Ramez		03	C.N. Madrid Moscardo				4:57.44	5,00 -	550		
	50m:	30.42	30.42	150m:	1:44.18	38.37	250m:	3:03.58	41.90	350m:	4:22.59	35.99
	100m:	1:05.81	35.39	200m:	2:21.68	37.50	300m:	3:46.60	43.02	400m:	4:57.44	34.85
29.	GUTIERREZ GARCIA Jaime		06	C.N. Alcobendas				5:05.72	4,00 -	507		
	50m:	30.72	30.72	150m:	1:45.81	39.00	250m:	3:07.99	43.64	350m:	4:29.98	36.66
	100m:	1:06.81	36.09	200m:	2:24.35	38.54	300m:	3:53.32	45.33	400m:	5:05.72	35.74
30.	CORRALES DIAZ Lucas		06	C.N. Santa Olaya				5:07.75	3,00 -	497		
	50m:	31.15	31.15	150m:	1:48.02	40.59	250m:	3:10.85	42.67	350m:	4:32.43	36.88
	100m:	1:07.43	36.28	200m:	2:28.18	40.16	300m:	3:55.55	44.70	400m:	5:07.75	35.32
31.	CRESPO GINJAUME Alex		05	C.N. Sant Feliu				5:08.23	2,00 -	495		
	50m:	28.31	28.31	150m:	1:39.62	38.46	250m:	3:04.61	46.30	350m:	4:31.72	38.92
	100m:	1:01.16	32.85	200m:	2:18.31	38.69	300m:	3:52.80	48.19	400m:	5:08.23	36.51
32.	CAFARO ADE Nicolas		04	C.N. Sant Feliu				5:09.25	1,00 -	490		
	50m:	31.38	31.38	150m:	1:52.08	43.40	250m:	3:17.82	44.07	350m:	4:36.15	33.46
	100m:	1:08.68	37.30	200m:	2:33.75	41.67	300m:	4:02.69	44.87	400m:	5:09.25	33.10

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