

CXIII Cto. España Absoluto P50 OPEN TRIALS - ASTRALPOOL
Palma de Mallorca, 25 - 28/6/2026

Event 3 Men, 400m Freestyle Open
25/06/2026 - 17:45 Results Finals

Récord España	3:47.29	CARLOS GARACH BENITO	Palma de Mallorca	22/06/2024
Mínima Europeo París	3:48.84			
Mínima Europeo Junior 2008	3:55.59			
Mínima Europeo Junior 2009 y menores	3:56.84			

Points: AQUA 2026

Rank YB Time WA

Final A

1. GARACH BENITO Carlos	04	ESP	C.N. Churriana	3:49.01	886
50m: 26.63 26.63	150m: 1:23.43 28.59	250m: 2:21.63 29.12	350m: 3:20.86 29.67		
100m: 54.84 28.21	200m: 1:52.51 29.08	300m: 2:51.19 29.56	400m: 3:49.01 28.15		
2. VARGAS TRUJILLO Cristobal	07	ESP	C.N. Dos Hermanas	3:50.08	873
50m: 27.02 27.02	150m: 1:25.24 29.15	250m: 2:23.53 29.08	350m: 3:21.77 29.09		
100m: 56.09 29.07	200m: 1:54.45 29.21	300m: 2:52.68 29.15	400m: 3:50.08 28.31		
3. GONZALEZ RODERO Alonso	03	ESP	Real Canoe N.C.	3:51.50	857
50m: 27.33 27.33	150m: 1:25.04 29.02	250m: 2:23.50 29.23	350m: 3:22.03 29.23		
100m: 56.02 28.69	200m: 1:54.27 29.23	300m: 2:52.80 29.30	400m: 3:51.50 29.47		
4. JULIA TOUS Ferran	00	ESP	C.N. Sabadell	3:52.08	851
50m: 26.63 26.63	150m: 1:24.54 29.29	250m: 2:23.74 29.37	350m: 3:22.49 29.09		
100m: 55.25 28.62	200m: 1:54.37 29.83	300m: 2:53.40 29.66	400m: 3:52.08 29.59		
5. QUIJADA ROLDAN Carlos	01	ESP	Real Canoe N.C.	3:53.08	840
50m: 27.03 27.03	150m: 1:25.32 29.27	250m: 2:24.46 29.57	350m: 3:23.90 29.58		
100m: 56.05 29.02	200m: 1:54.89 29.57	300m: 2:54.32 29.86	400m: 3:53.08 29.18		
6. GARCIA CASTRO Mateo	05	ESP	C.N. Arteixo	3:53.98	830
50m: 27.33 27.33	150m: 1:26.64 29.77	250m: 2:26.22 29.77	350m: 3:25.07 29.22		
100m: 56.87 29.54	200m: 1:56.45 29.81	300m: 2:55.85 29.63	400m: 3:53.98 28.91		
7. VALLMITJANA BEHRENDT Juan	09	ESP	C.N. Barcelona	3:53.99	830
50m: 27.42 27.42	150m: 1:26.50 29.65	250m: 2:26.16 29.69	350m: 3:25.37 29.19		
100m: 56.85 29.43	200m: 1:56.47 29.97	300m: 2:56.18 30.02	400m: 3:53.99 28.62		
8. GARCIA SAIZ Nicolas	02	ESP	C.D. Gredos San Diego	3:55.31	816
50m: 27.09 27.09	150m: 1:25.81 29.45	250m: 2:25.14 29.80	350m: 3:25.19 30.07		
100m: 56.36 29.27	200m: 1:55.34 29.53	300m: 2:55.12 29.98	400m: 3:55.31 30.12		

Final B

9. ARROYO LOPEZ DEL CASTILLO Izan	07	ESP	C.N. Sant Andreu	3:54.56	824
50m: 27.55 27.55	150m: 1:27.71 30.28	250m: 2:27.45 29.83	350m: 3:26.33 29.24		
100m: 57.43 29.88	200m: 1:57.62 29.91	300m: 2:57.09 29.64	400m: 3:54.56 28.23		
10. MENDEZ PUGA Mario	03	ESP	C.N. Santa Olaya	3:54.60	824
50m: 27.52 27.52	150m: 1:26.61 29.65	250m: 2:26.25 29.92	350m: 3:26.33 29.99		
100m: 56.96 29.44	200m: 1:56.33 29.72	300m: 2:56.34 30.09	400m: 3:54.60 28.27		
11. NEVADO RUIZ Pablo	06	ESP	C.N. Sabadell	3:57.06	798
50m: 27.56 27.56	150m: 1:27.41 30.08	250m: 2:27.76 30.21	350m: 3:27.60 29.80		
100m: 57.33 29.77	200m: 1:57.55 30.14	300m: 2:57.80 30.04	400m: 3:57.06 29.46		

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Rank	YB								Time	WA
12.	CUEN SIBILA Biel	07	AND	C.N. Sant Andreu					3:57.44	795
	50m: 27.49	27.49	150m: 1:26.86	29.59	250m: 2:26.97	29.92	350m: 3:27.57	30.46		
	100m: 57.27	29.78	200m: 1:57.05	30.19	300m: 2:57.11	30.14	400m: 3:57.44	29.87		
13.	SANCHEZ GONZALEZ Marcos	04	ESP	C.N. Sabadell					3:58.55	783
	50m: 27.61	27.61	150m: 1:27.84	30.38	250m: 2:28.31	30.09	350m: 3:29.12	30.17		
	100m: 57.46	29.85	200m: 1:58.22	30.38	300m: 2:58.95	30.64	400m: 3:58.55	29.43		
14.	RIVAS TORRES Paulo	08	ESP	C.N. Coruna					3:58.90	780
	50m: 26.86	26.86	150m: 1:25.76	29.75	250m: 2:26.97	30.67	350m: 3:28.40	30.64		
	100m: 56.01	29.15	200m: 1:56.30	30.54	300m: 2:57.76	30.79	400m: 3:58.90	30.50		
15.	GRANADO MARTIN Pablo	04	ESP	C.N. Mairena Aljarafe					3:59.37	775
	50m: 27.50	27.50	150m: 1:27.43	30.20	250m: 2:28.37	30.51	350m: 3:29.52	30.35		
	100m: 57.23	29.73	200m: 1:57.86	30.43	300m: 2:59.17	30.80	400m: 3:59.37	29.85		
16.	ROSELL DIEZ Marti	07	ESP	C.N. Sabadell					4:00.20	767
	50m: 27.56	27.56	150m: 1:27.66	30.28	250m: 2:28.22	30.40	350m: 3:29.95	31.09		
	100m: 57.38	29.82	200m: 1:57.82	30.16	300m: 2:58.86	30.64	400m: 4:00.20	30.25		
17.	RAMIA VIVES Guillem	02	ESP	C.N. Terrassa					4:01.80	752
	50m: 26.31	26.31	150m: 1:25.46	30.06	250m: 2:27.45	31.24	350m: 3:30.75	31.69		
	100m: 55.40	29.09	200m: 1:56.21	30.75	300m: 2:59.06	31.61	400m: 4:01.80	31.05		
18.	EL FALLAKI EL ACHRAFI Ilias	06	MAR	C.N. Alcalá					4:04.88	724
	50m: 27.67	27.67	150m: 1:28.33	30.61	250m: 2:29.67	30.80	350m: 3:32.99	32.08		
	100m: 57.72	30.05	200m: 1:58.87	30.54	300m: 3:00.91	31.24	400m: 4:04.88	31.89		

