

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

Event 3 Men, 400m Freestyle Open
25/06/2026 - 10:17 Results Prelim

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	
1.	GARACH BENITO Carlos		04	ESP	C.N. Churriana	3:49.38	881	
	50m:	27.16 27.16	150m:	1:25.30 29.24	250m:	2:23.53 28.99	350m:	3:21.28 28.75
	100m:	56.06 28.90	200m:	1:54.54 29.24	300m:	2:52.53 29.00	400m:	3:49.38 28.10
2.	VARGAS TRUJILLO Cristobal		07	ESP	C.N. Dos Hermanas	3:53.30	838	
	50m:	27.00 27.00	150m:	1:26.05 29.64	250m:	2:25.16 29.62	350m:	3:24.52 29.81
	100m:	56.41 29.41	200m:	1:55.54 29.49	300m:	2:54.71 29.55	400m:	3:53.30 28.78
3.	GARCIA CASTRO Mateo		05	ESP	C.N. Arteixo	3:53.67	834	
	50m:	27.59 27.59	150m:	1:27.11 29.67	250m:	2:26.78 29.84	350m:	3:25.09 29.04
	100m:	57.44 29.85	200m:	1:56.94 29.83	300m:	2:56.05 29.27	400m:	3:53.67 28.58
	VALLMITJANA BEHRENDT Juan		09	ESP	C.N. Barcelona	3:53.67	834	
	50m:	27.54 27.54	150m:	1:26.40 29.74	250m:	2:26.27 29.90	350m:	3:25.50 28.95
	100m:	56.66 29.12	200m:	1:56.37 29.97	300m:	2:56.55 30.28	400m:	3:53.67 28.17
5.	JULIA TOUS Ferran		00	ESP	C.N. Sabadell	3:53.72	833	
	50m:	27.16 27.16	150m:	1:26.27 29.83	250m:	2:26.54 30.30	350m:	3:24.85 29.07
	100m:	56.44 29.28	200m:	1:56.24 29.97	300m:	2:55.78 29.24	400m:	3:53.72 28.87
6.	GONZALEZ RODERO Alonso		03	ESP	Real Canoe N.C.	3:53.77	833	
	50m:	27.35 27.35	150m:	1:25.24 29.25	250m:	2:24.19 29.54	350m:	3:24.58 30.38
	100m:	55.99 28.64	200m:	1:54.65 29.41	300m:	2:54.20 30.01	400m:	3:53.77 29.19
7.	GARCIA SAIZ Nicolas		02	ESP	C.D. Gredos San Diego	3:54.25	827	
	50m:	27.09 27.09	150m:	1:25.66 29.38	250m:	2:24.71 29.65	350m:	3:25.02 30.11
	100m:	56.28 29.19	200m:	1:55.06 29.40	300m:	2:54.91 30.20	400m:	3:54.25 29.23
8.	QUIJADA ROLDAN Carlos		01	ESP	Real Canoe N.C.	3:55.22	817	
	50m:	27.36 27.36	150m:	1:26.43 29.41	250m:	2:26.38 29.90	350m:	3:26.19 29.91
	100m:	57.02 29.66	200m:	1:56.48 30.05	300m:	2:56.28 29.90	400m:	3:55.22 29.03
9.	ARROYO LOPEZ DEL CASTILLO Izan		07	ESP	C.N. Sant Andreu	3:55.52	814	
	50m:	27.47 27.47	150m:	1:27.36 30.21	250m:	2:27.50 29.92	350m:	3:26.89 29.62
	100m:	57.15 29.68	200m:	1:57.58 30.22	300m:	2:57.27 29.77	400m:	3:55.52 28.63
10.	NEVADO RUIZ Pablo		06	ESP	C.N. Sabadell	3:55.53	814	
	50m:	27.36 27.36	150m:	1:26.45 29.76	250m:	2:26.57 30.14	350m:	3:26.22 29.90
	100m:	56.69 29.33	200m:	1:56.43 29.98	300m:	2:56.32 29.75	400m:	3:55.53 29.31
11.	MENDEZ PUGA Mario		03	ESP	C.N. Santa Olaya	3:55.75	812	
	50m:	27.31 27.31	150m:	1:26.08 29.46	250m:	2:26.16 30.08	350m:	3:26.60 30.24
	100m:	56.62 29.31	200m:	1:56.08 30.00	300m:	2:56.36 30.20	400m:	3:55.75 29.15
12.	SANCHEZ GONZALEZ Marcos		04	ESP	C.N. Sabadell	3:58.48	784	
	50m:	27.47 27.47	150m:	1:27.33 30.05	250m:	2:28.19 30.57	350m:	3:29.10 30.31
	100m:	57.28 29.81	200m:	1:57.62 30.29	300m:	2:58.79 30.60	400m:	3:58.48 29.38

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Rank			YB								Time	WA	
13.	CUEN SIBILA	Biel	07	AND	C.N. Sant Andreu							3:58.99	779
	50m:	27.45	27.45	150m:	1:27.71	29.98	250m:	2:28.29	30.19	350m:	3:29.39	30.35	
	100m:	57.73	30.28	200m:	1:58.10	30.39	300m:	2:59.04	30.75	400m:	3:58.99	29.60	
14.	RAMIA VIVES	Guillem	02	ESP	C.N. Terrassa							3:59.44	775
	50m:	26.76	26.76	150m:	1:26.30	30.28	250m:	2:27.37	30.52	350m:	3:28.89	30.53	
	100m:	56.02	29.26	200m:	1:56.85	30.55	300m:	2:58.36	30.99	400m:	3:59.44	30.55	
15.	EL FALLAKI EL	ACHRAFI Ilias	06	MAR	C.N. Alcala							3:59.66	773
	50m:	27.33	27.33	150m:	1:27.48	30.09	250m:	2:28.28	30.37	350m:	3:29.50	30.77	
	100m:	57.39	30.06	200m:	1:57.91	30.43	300m:	2:58.73	30.45	400m:	3:59.66	30.16	
16.	RIVAS TORRES	Paulo	08	ESP	C.N. Coruna							4:00.16	768
	50m:	27.07	27.07	150m:	1:27.23	30.09	250m:	2:28.30	30.53	350m:	3:30.34	30.89	
	100m:	57.14	30.07	200m:	1:57.77	30.54	300m:	2:59.45	31.15	400m:	4:00.16	29.82	
17.	ROSELL DIEZ	Marti	07	ESP	C.N. Sabadell							4:00.49	765
	50m:	27.57	27.57	150m:	1:27.43	30.16	250m:	2:28.32	30.70	350m:	3:30.40	31.10	
	100m:	57.27	29.70	200m:	1:57.62	30.19	300m:	2:59.30	30.98	400m:	4:00.49	30.09	
18.	GRANADO MARTIN	Pablo	04	ESP	C.N. Mairena Aljarafe							4:00.62	763
	50m:	27.76	27.76	150m:	1:27.42	30.04	250m:	2:28.33	30.53	350m:	3:29.86	30.84	
	100m:	57.38	29.62	200m:	1:57.80	30.38	300m:	2:59.02	30.69	400m:	4:00.62	30.76	
19.	PARRA ESTRADE	Arnau	07	ESP	C.N. Sabadell							4:01.54	755
	50m:	27.22	27.22	150m:	1:26.86	29.94	250m:	2:28.15	30.78	350m:	3:30.85	31.29	
	100m:	56.92	29.70	200m:	1:57.37	30.51	300m:	2:59.56	31.41	400m:	4:01.54	30.69	
20.	LEITE BREGUA	Miguel	04	BRA	C.N. Barcelona							4:01.88	752
	50m:	27.50	27.50	150m:	1:27.32	30.32	250m:	2:28.82	30.95	350m:	3:31.44	31.42	
	100m:	57.00	29.50	200m:	1:57.87	30.55	300m:	3:00.02	31.20	400m:	4:01.88	30.44	
21.	MORILLO LOPEZ	Ferran	05	ESP	C.E. Mediterrani							4:04.37	729
	50m:	27.39	27.39	150m:	1:27.94	30.72	250m:	2:29.90	31.39	350m:	3:33.36	31.95	
	100m:	57.22	29.83	200m:	1:58.51	30.57	300m:	3:01.41	31.51	400m:	4:04.37	31.01	
22.	HUTH VICENTE	Elrik	06	ESP	Galdakao I.T.							4:04.62	727
	50m:	26.94	26.94	150m:	1:27.81	30.88	250m:	2:30.45	31.21	350m:	3:33.54	32.03	
	100m:	56.93	29.99	200m:	1:59.24	31.43	300m:	3:01.51	31.06	400m:	4:04.62	31.08	
23.	GARCIA SANTOS	Hugo	07	ESP	Real Canoe N.C.							4:04.66	726
	50m:	28.71	28.71	150m:	1:29.88	30.98	250m:	2:32.43	30.96	350m:	3:34.73	30.87	
	100m:	58.90	30.19	200m:	2:01.47	31.59	300m:	3:03.86	31.43	400m:	4:04.66	29.93	
24.	ALVAREZ GONZALEZ	Unai	07	ESP	C.D. Gredos San Diego							4:05.55	718
	50m:	28.13	28.13	150m:	1:29.00	30.76	250m:	2:31.74	31.34	350m:	3:34.78	31.40	
	100m:	58.24	30.11	200m:	2:00.40	31.40	300m:	3:03.38	31.64	400m:	4:05.55	30.77	
25.	TEIXEIRA PEREIRA	Kevin	05	AND	Fed. Andorrana							4:05.84	716
	50m:	28.03	28.03	150m:	1:29.44	31.02	250m:	2:32.56	31.55	350m:	3:36.35	31.53	
	100m:	58.42	30.39	200m:	2:01.01	31.57	300m:	3:04.82	32.26	400m:	4:05.84	29.49	
26.	NIEVAS GARCIA	Lucas	07	ESP	Real Canoe N.C.							4:06.34	711
	50m:	27.74	27.74	150m:	1:29.25	31.07	250m:	2:32.31	31.48	350m:	3:36.05	31.77	
	100m:	58.18	30.44	200m:	2:00.83	31.58	300m:	3:04.28	31.97	400m:	4:06.34	30.29	

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Rank			YB				Time				WA	
27.	LASARTE LOPEZ	Lucas	06	ESP	E.M. El Olivar	4:06.37				711		
	50m:	29.05	29.05	150m:	1:31.64	30.98	250m:	2:33.74	30.97	350m:	3:35.62	30.96
	100m:	1:00.66	31.61	200m:	2:02.77	31.13	300m:	3:04.66	30.92	400m:	4:06.37	30.75
28.	MACARIO MOLINA	Joan	05	ESP	C.N. Las Palmas	4:06.42				711		
	50m:	27.90	27.90	150m:	1:29.43	30.99	250m:	2:32.34	31.54	350m:	3:35.95	31.54
	100m:	58.44	30.54	200m:	2:00.80	31.37	300m:	3:04.41	32.07	400m:	4:06.42	30.47
29.	ZARAGOZA RODRIGO	Adrian	08	ESP	Real Canoe N.C.	4:07.43				702		
	50m:	27.66	27.66	150m:	1:29.18	31.29	250m:	2:33.42	31.61	350m:	3:37.03	31.70
	100m:	57.89	30.23	200m:	2:01.81	32.63	300m:	3:05.33	31.91	400m:	4:07.43	30.40
30.	GIL VICENTE	Lucas	08	ESP	Real Canoe N.C.	4:07.53				701		
	50m:	27.62	27.62	150m:	1:28.84	30.85	250m:	2:32.14	31.43	350m:	3:36.09	31.88
	100m:	57.99	30.37	200m:	2:00.71	31.87	300m:	3:04.21	32.07	400m:	4:07.53	31.44
31.	BUGLER ACIN	Sean Pablo	06	ESP	A.D. Zoiti 89-Jaca	4:07.98				697		
	50m:	27.59	27.59	150m:	1:29.46	31.33	250m:	2:33.19	31.85	350m:	3:37.65	32.07
	100m:	58.13	30.54	200m:	2:01.34	31.88	300m:	3:05.58	32.39	400m:	4:07.98	30.33
32.	VILASECA MARTIN	Jan	07	ESP	C.N. Terrassa	4:08.05				697		
	50m:	27.45	27.45	150m:	1:29.89	32.01	250m:	2:34.28	31.57	350m:	3:37.51	31.65
	100m:	57.88	30.43	200m:	2:02.71	32.82	300m:	3:05.86	31.58	400m:	4:08.05	30.54
33.	MUNOZ ROJO	Javier	09	ESP	Real Canoe N.C.	4:08.14				696		
	50m:	27.85	27.85	150m:	1:30.07	31.80	250m:	2:33.86	31.71	350m:	3:38.01	31.96
	100m:	58.27	30.42	200m:	2:02.15	32.08	300m:	3:06.05	32.19	400m:	4:08.14	30.13
34.	BAKER	Matthew	06	GBR	University of Bath SC	4:08.55				693		
	50m:	26.78	26.78	150m:	1:25.92	29.82	250m:	2:28.35	32.00	350m:	3:35.30	33.82
	100m:	56.10	29.32	200m:	1:56.35	30.43	300m:	3:01.48	33.13	400m:	4:08.55	33.25
35.	WARBURTON	Matthew	05	GBR	University of Bath SC	4:09.34				686		
	50m:	28.05	28.05	150m:	1:29.29	31.16	250m:	2:32.87	31.91	350m:	3:37.44	32.48
	100m:	58.13	30.08	200m:	2:00.96	31.67	300m:	3:04.96	32.09	400m:	4:09.34	31.90
36.	JIMENEZ RISQUEZ	Alex	06	ESP	C.N. Sabadell	4:09.89				682		
	50m:	28.24	28.24	150m:	1:29.66	30.84	250m:	2:33.18	31.90	350m:	3:37.80	32.60
	100m:	58.82	30.58	200m:	2:01.28	31.62	300m:	3:05.20	32.02	400m:	4:09.89	32.09
37.	USAR MACAYA	Mikel	07	ESP	Amaya C.D.	4:12.65				659		
	50m:	27.76	27.76	150m:	1:29.65	31.79	250m:	2:34.73	32.41	350m:	3:40.21	32.78
	100m:	57.86	30.10	200m:	2:02.32	32.67	300m:	3:07.43	32.70	400m:	4:12.65	32.44
38.	ROURA CLEMENTE	Marc	07	ESP	G.E. I.E.G.	4:12.66				659		
	50m:	28.48	28.48	150m:	1:31.45	31.74	250m:	2:36.17	32.27	350m:	3:41.19	32.10
	100m:	59.71	31.23	200m:	2:03.90	32.45	300m:	3:09.09	32.92	400m:	4:12.66	31.47
39.	TOLEDO PANIAGUA	Oliver	07	ESP	A. Master Baleares	4:14.63				644		
	50m:	28.40	28.40	150m:	1:30.93	31.62	250m:	2:35.98	32.57	350m:	3:42.30	33.25
	100m:	59.31	30.91	200m:	2:03.41	32.48	300m:	3:09.05	33.07	400m:	4:14.63	32.33