

Prueba 19
16/12/2023

Masc., 400m Estilos

Open masculino
Resultados

RG	4:14.90	, MENDEZ PUGA MARIO	RBAIXAS	16/12/2022
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Puntos: FINA 2023

Clasificación	AN				Tiempo				Pts
1. PENAS CAYADO, Fernando	09 CASINO				4:54.28				508
50m: 31.09 31.09 150m: 1:45.87 38.18	250m: 3:05.98 42.78				350m: 4:22.21 32.52				
100m: 1:07.69 36.60 200m: 2:23.20 37.33	300m: 3:49.69 43.71				400m: 4:54.28 32.07				
2. GIL-RIVERA BARBEITO, Pablo	06 ADFOGAR				4:55.12				503
50m: 30.26 30.26 150m: 1:44.23 38.21	250m: 3:05.05 42.82				350m: 4:22.36 32.94				
100m: 1:06.02 35.76 200m: 2:22.23 38.00	300m: 3:49.42 44.37				400m: 4:55.12 32.76				
3. NISTAL PALACIOS, Rafael	09 CASINO				5:22.90				384
50m: 35.35 35.35 150m: 1:58.91 41.90	250m: 3:25.03 44.74				350m: 4:47.36 36.93				
100m: 1:17.01 41.66 200m: 2:40.29 41.38	300m: 4:10.43 45.40				400m: 5:22.90 35.54				
4. FERNANDEZ QUINTELA, Daniel	10 POURENSE				5:23.35				382
50m: 37.07 37.07 150m: 2:01.60 41.83	250m: 3:26.34 45.59				350m: 4:49.03 37.30				
100m: 1:19.77 42.70 200m: 2:40.75 39.15	300m: 4:11.73 45.39				400m: 5:23.35 34.32				
5. ESPERÓN BESADA, Felix	10 PONTEAREAS				6:04.91				266
50m: 39.67 39.67 150m: 2:12.80 45.97	250m: 3:50.19 53.17				350m: 5:24.01 41.06				
100m: 1:26.83 47.16 200m: 2:57.02 44.22	300m: 4:42.95 52.76				400m: 6:04.91 40.90				
6. PEREZ PAZ, Alberto	08 PONTEAREAS				6:16.23				243
50m: 38.71 38.71 150m: 2:14.87 46.56	250m: 3:56.90 56.12				350m: 5:35.16 41.60				
100m: 1:28.31 49.60 200m: 3:00.78 45.91	300m: 4:53.56 56.66				400m: 6:16.23 41.07				