

Prueba 2
16/12/2023

Masc., 400m Libre

Open masculino
Resultados

RG 3:50.73 , REGUEIRA SUAREZ, RUFINO RIVEIRA 02/12/2010

Puntos: FINA 2023

Clasificación					AN					Tiempo	Pts		
1. SOUTO RAMOS, Manuel					07	ADFOGAR				4:12.01	597		
50m: 27.29 27.29	150m: 1:28.35	31.11	250m: 2:32.68	32.24	350m: 3:38.98	33.36	100m: 57.24 29.95	200m: 2:00.44	32.09	300m: 3:05.62	32.94	400m: 4:12.01	33.03
2. GOMEZ LIMIA, Pablo					06	NCORUÑA				4:20.81	538		
50m: 38.89 38.89	150m: 2:08.51	1:07.35	250m: 3:14.45	33.43	350m: 3:48.45	34.00	100m: 1:01.16 22.27	200m: 2:41.02	32.51	300m: 3:14.45	34.00	400m: 4:20.81	32.36
3. DIAZ-BECERRA LOPEZ, Pedro					07	PORTAMIÑÁ				4:26.36	505		
50m: 29.30 29.30	150m: 1:36.05	33.46	250m: 2:44.56	33.76	350m: 3:52.75	34.25	100m: 1:02.59 33.29	200m: 2:10.80	34.75	300m: 3:18.50	33.94	400m: 4:26.36	33.61
4. DIAZ RODRIGUEZ, Ivan					08	PORTAMIÑÁ				4:27.21	501		
50m: 29.13 29.13	150m: 1:35.50	33.93	250m: 2:44.57	34.29	350m: 3:52.84	34.12	100m: 1:01.57 32.44	200m: 2:10.28	34.78	300m: 3:18.72	34.15	400m: 4:27.21	34.37
5. ABELLEIRA GÓMEZ, Miguel A.					06	BOIRO				4:29.70	487		
50m: 29.89 29.89	150m: 1:36.16	33.73	250m: 2:45.32	33.75	350m: 3:59.92	39.08	100m: 1:02.43 32.54	200m: 2:11.57	35.41	300m: 3:20.84	35.52	400m: 4:29.70	29.78
6. GIL-RIVERA BARBEITO, Pablo					06	ADFOGAR				4:29.84	486		
50m: 29.04 29.04	150m: 1:33.84	31.88	250m: 2:45.01	34.06	350m: 3:59.97	40.50	100m: 1:01.96 32.92	200m: 2:10.95	37.11	300m: 3:19.47	34.46	400m: 4:29.84	29.87
7. MARTINEZ SUAREZ, Hugo					06	ADFOGAR				4:30.06	485		
50m: 29.71 29.71	150m: 1:36.10	33.88	250m: 2:46.22	34.91	350m: 3:55.85	34.99	100m: 1:02.22 32.51	200m: 2:11.31	35.21	300m: 3:20.86	34.64	400m: 4:30.06	34.21
8. SOBRINO NOGALES, Sebastian					08	CASINO				4:30.18	484		
50m: 30.51 30.51	150m: 1:38.01	34.08	250m: 2:47.08	34.97	350m: 3:56.11	34.70	100m: 1:03.93 33.42	200m: 2:12.11	34.10	300m: 3:21.41	34.33	400m: 4:30.18	34.07
9. LAVANDEIRA AMADO, Alvaro					09	ADFOGAR				4:33.50	467		
50m: 29.32 29.32	150m: 1:35.75	34.13	250m: 2:46.54	35.61	350m: 3:58.16	36.15	100m: 1:01.62 32.30	200m: 2:10.93	35.18	300m: 3:22.01	35.47	400m: 4:33.50	35.34
10. GONZALEZ PREGO, Xose					08	NCORUÑA				4:37.50	447		
50m: 30.96 30.96	150m: 1:35.24	29.94	250m: 2:39.98	24.94	350m: 3:47.44	20.44	100m: 1:05.30 34.34	200m: 2:15.04	39.80	300m: 3:27.00	47.02	400m: 4:37.50	50.06
11. FRAGA VISOS, Teo					08	CIDSANTI				4:41.70	427		
50m: 29.84 29.84	150m: 1:36.58	33.50	250m: 2:44.03	33.50	350m: 3:52.39	34.00	100m: 1:03.08 33.24	200m: 2:10.53	33.95	300m: 3:18.39	34.36	400m: 4:41.70	49.31
12. LOPEZ CASTRO, Manuel					10	ADFOGAR				4:48.06	400		
50m: 32.50 32.50	150m: 1:46.75	37.51	250m: 3:00.01	35.81	350m: 4:13.31	36.69	100m: 1:09.24 36.74	200m: 2:24.20	37.45	300m: 3:36.62	36.61	400m: 4:48.06	34.75
13. GIL - RIVERA BARBEITO, Hugo					09	ADFOGAR				4:56.16	368		
50m: 32.19 32.19	150m: 1:46.35	37.83	250m: 3:01.46	37.12	350m: 4:18.08	38.68	100m: 1:08.52 36.33	200m: 2:24.34	37.99	300m: 3:39.40	37.94	400m: 4:56.16	38.08
14. NUÑEZ MUÑOZ, Michel					08	ADFOGAR				5:00.07	353		
50m: 33.56 33.56	150m: 1:47.48	37.55	250m: 3:03.64	38.04	350m: 4:21.68	39.25	100m: 1:09.93 36.37	200m: 2:25.60	38.12	300m: 3:42.43	38.79	400m: 5:00.07	38.39
Baja ESMORIS SIERRA, Hugo					08	ADFOGAR							