



## LIGA GAL CLUBES PRE XOR 2 DIV. HONRA, 2023-01-21

Datos técnicos: Piscina de 25 m., Crono Manual

FRIGSA

21/01/2023

RK	Club	Nome	Club	T.R.	Pts.	Resultado
1	00398	<b>CFVLUGO 01</b>	CFVLUGO		30,0	7:39.31
	1	PARDO PERNAS MARTIN	2002	50 - 26.88   100 - 55.44   150 - 1:24.72   200 - 1:53.93 26.88   28.56   29.28   29.21		
	2	ALVAREZ FERNANDEZ BORJA	1996	250 - 2:20.09   300 - 2:49.38   350 - 3:18.68   400 - 3:48.30 26.16   29.29   29.30   29.62		
	3	TEIJEIRO PRADO XOEL	2006	450 - 4:14.78   500 - 4:44.51   550 - 5:15.53   600 - 5:45.51 26.48   29.73   31.02   29.98		
	4	GOMEZ TOJO ANDER	2005	650 - 6:11.36   700 - 6:40.57   750 - 7:10.07   800 - 7:39.31 25.85   29.21   29.50   7:39.31		
2	01156	<b>POR-MIÑA 01</b>	POR-MIÑA		24,0	7:39.51
	1	VAZQUEZ LIZ ALEJANDRO	2003	50 - 27.72   100 - 58.29   150 - 1:29.49   200 - 2:00.64 27.72   30.57   31.20   31.15		
	2	VAZQUEZ LOPEZ MARTIN	2003	250 - 2:25.33   300 - 2:53.77   350 - 3:22.61   400 - 3:51.11 24.69   28.44   28.84   28.50		
	3	NOVO LOPEZ BRAIS	2003	450 - 4:16.76   500 - 4:45.66   550 - 5:15.41   600 - 5:45.76 25.65   28.90   29.75   30.35		
	4	RODRIGUEZ SANCOSMED PABLO	2003	650 - 6:11.47   700 - 6:40.66   750 - 7:10.33   800 - 7:39.51 25.71   29.19   29.67   7:39.51		
3	00101	<b>POURENSE 01</b>	POURENSE		20,0	7:50.67
	1	QUIROGA RAMOS YAGO	2005	50 - 27.95   100 - 57.95   150 - 1:28.69   200 - 1:59.30 27.95   30.00   30.74   30.61		
	2	CIVEIRA CORRAL RAUL	2002	250 - 2:25.83   300 - 2:54.49   350 - 3:24.57   400 - 3:55.51 26.53   28.66   30.08   30.94		
	3	QUIROGA RAMOS NOEL	2000	450 - 4:23.05   500 - 4:53.79   550 - 5:25.24   600 - 5:56.67 27.54   30.74   31.45   31.43		
	4	MOURE DOVAL JOSE	1999	650 - 6:22.11   700 - 6:50.54   750 - 7:20.36   800 - 7:50.67 25.44   28.43   29.82   7:50.67		
4	01156	<b>POR-MIÑA 02</b>	POR-MIÑA		18,0	8:01.10
	1	DIAZ- BECERRA LOPEZ ANTON	2005	50 - 26.99   100 - 56.78   150 - 1:28.80   200 - 2:00.71 26.99   29.79   32.02   31.91		
	2	SANCHEZ VAZQUEZ ANTONIO	2004	250 - 2:27.77   300 - 2:58.23   350 - 3:29.30   400 - 3:59.98 27.06   30.46   31.07   30.68		
	3	FRAGA SAL ALEXANDRE	2006	450 - 4:27.59   500 - 4:58.99   550 - 5:30.59   600 - 6:02.01 27.61   31.40   31.60   31.42		
	4	PEREZ FERNANDEZ BRAIS	2007	650 - 6:29.02   700 - 6:59.27   750 - 7:30.37   800 - 8:01.10 27.01   30.25   31.10   8:01.10		
5	00674	<b>CNFERROL 01</b>	CNFERRO		16,0	8:03.67
	1	RAMOS PEREZ NICOLAS ANTON	2006	50 - 27.92   100 - 58.53   150 - 1:29.88   200 - 2:01.35 27.92   30.61   31.35   31.47		
	2	TABEIRA OLASCOAGA TADEO	2007	250 - 2:29.15   300 - 2:59.49   350 - 3:31.08   400 - 4:03.13 27.80   30.34   31.59   32.05		
	3	MANEIROS PAZ MARIO	2006	450 - 4:30.57   500 - 5:01.30   550 - 5:33.28   600 - 6:05.33 27.44   30.73   31.98   32.05		
	4	NAVARRO LOSADA SERGI	2007	650 - 6:31.93   700 - 7:01.57   750 - 7:32.90   800 - 8:03.67 26.60   29.64   31.33   30.77		

RT: Retirado

NP: Non presentado  
DVI: Desc. Viraxe IrregularDSI: Desc. Saida Irregular  
DSA: Desc. Saida AnticipadaDNI: Desc. Nado Irregular  
DLI: Desc. Chegada IrregularDES: Descualificado  
BAJ: BaixaMMG: M.M. Terr. (Para Edades)  
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RK	Club	Nome	Club	T.R.	Pts.	Resultado
6	00674	<b>CNFERROL 02</b>	CNFERRO		14,0	8:03.73
	1	GARCIA AFONSO ALEXIS	2007	50 - 26.29   100 - 56.96   150 - 1:29.00   200 - 2:01.45 26.29   30.67   32.04   32.45		
	2	PEDRE SALIDO JULIO	2003	250 - 2:29.06   300 - 2:59.76   350 - 3:31.04   400 - 4:02.25 27.61   30.70   31.28   0.00		
	3	LOSADA JIMÉNEZ SERGIO	2004	450 - 4:29.98   500 - 5:00.25   550 - 5:31.66   600 - 6:03.75 27.73   30.27   31.41   32.09		
	4	SEJO BERMUDEZ DANIEL	2004	650 - 6:30.70   700 - 7:00.89   750 - 7:32.21   800 - 8:03.73 26.95   30.19   31.32   8:03.73		
7	00878	<b>NPONTEA 01</b>	NPONTEA		12,0	8:08.77
	1	FARO MARTINEZ YOEL	2007	50 - 27.59   100 - 58.66   150 - 1:30.75   200 - 2:03.45 27.59   31.07   32.09   32.70		
	2	MARTINEZ MARTINEZ MARCOS	2003	250 - 2:31.05   300 - 3:01.53   350 - 3:32.72   400 - 4:04.02 27.60   30.48   31.19   31.30		
	3	COSTA FERNANDEZ LUCAS	1998	450 - 4:31.55   500 - 5:02.34   550 - 5:34.04   600 - 6:05.41 27.53   30.79   31.70   31.37		
	4	GONZALEZ ESTEVEZ YOEL	2007	650 - 6:33.16   700 - 7:04.20   750 - 7:36.65   800 - 8:08.77 27.75   31.04   32.45   8:08.77		
8	00398	<b>CFVLUGO 02</b>	CFVLUGO		10,0	8:17.67
	1	POMBO LOPEZ SERGIO	1991	50 - 28.80   100 - 1:00.26   150 - 1:30.95   200 - 2:02.06 28.80   31.46   30.69   31.11		
	2	MORENO TEIJEIRO HUGO	2005	250 - 2:30.23   300 - 3:01.98   350 - 3:33.89   400 - 4:05.29 28.17   31.75   31.91   31.40		
	3	MORENO TEIJEIRO ANDRE	2007	450 - 4:33.12   500 - 5:05.32   550 - 5:38.25   600 - 6:10.73 27.83   32.20   32.93   32.48		
	4	NUÑEZ SUAREZ ANTÓN	2005	650 - 6:38.86   700 - 7:10.72   750 - 7:43.68   800 - 8:17.67 28.13   31.86   32.96   8:17.67		
9	00101	<b>POURENSE 02</b>	POURENSE		8,0	8:21.88
	1	CIVEIRA CORRAL SAMUEL	2002	50 - 27.88   100 - 58.91   150 - 1:31.34   200 - 2:03.14 27.88   31.03   32.43   31.80		
	2	ALVAREZ ALVAREZ HECTOR	2000	250 - 2:31.73   300 - 3:02.88   350 - 3:34.29   400 - 4:04.54 28.59   31.15   31.41   30.25		
	3	RODRIGUEZ DEL RIO MIGUEL	2006	450 - 4:33.33   500 - 5:05.71   550 - 5:39.52   600 - 6:13.02 0.00   32.38   33.81   33.50		
	4	ESTEVEZ CRESPO HUGO	2006	650 - 6:39.29   700 - 7:11.83   750 - 7:47.43   800 - 8:21.88 26.27   32.54   35.60   8:21.88		
10	00878	<b>NPONTEA 02</b>	NPONTEA		6,0	8:28.33
	1	PEREZ PAZ DARIO	2005	50 - 28.52   100 - 1:01.00   150 - 1:34.02   200 - 2:06.37 28.52   32.48   33.02   32.35		
	2	ACEVEDO MENDEZ GABRIEL	2006	250 - 2:34.52   300 - 3:06.82   350 - 3:40.12   400 - 4:13.18 28.15   32.30   33.30   33.06		
	3	CARRERA COSTAS MARTIN	1996	450 - 4:41.38   500 - 5:12.78   550 - 5:46.11   600 - 6:20.06 28.20   31.40   33.33   33.95		
	4	BOUZA PADRON ADRIAN	1997	650 - 6:49.02   700 - 7:21.12   750 - 7:54.64   800 - 8:28.33 28.96   32.10   33.52   8:28.33		

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11	00186	<b>NCORUÑA 01</b>	NCORUÑA										4,0	9:01.97
		1 GOMEZ LIMIA PABLO	2006		50	28.70	100	1:01.23	150	1:35.22	200	2:07.47		
						28.70		32.53		33.99		32.25		
		2 LAGO CASTILLO DIEGO	2007		250	2:37.61	300	3:12.01	350	3:47.72	400	4:23.63		
						30.14		34.40		35.71		35.91		
		3 ALCALDE MAHIA JUN BIN	2008		450	4:55.55	500	5:31.25	550	6:08.74	600	6:44.82		
						31.92		35.70		37.49		36.08		
		4 GONZALEZ PREGO XOSE	2008		650	7:16.40	700	7:51.29	750	8:26.97	800	9:01.97		
						31.58		34.89		35.68		35.00		
	00186	<b>NCORUÑA 02</b>	NCORUÑA										0,0	BAJ

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