

Prueba 44
05/01/2021 - 18:40

Masc., 400m Estilos

Absoluto Masculino
Resultados

RG	4:20.98	, MARTÍNEZ NOVOA MIGUEL	RCNVIGO	15/11/2019
RC	4:23.36	, DAVILA LUSTRES, MANUEL	RIVEIRA	28/12/2017

Clasificación			AN			Tiempo			
1.	MARTÍNEZ NOVOA, Miguel	00	RCN VIGO	4:17.48	26,00	RG			
	50m: 27.39 27.39	150m: 1:30.82	32.44	250m: 2:40.07	37.44	350m: 3:48.49	30.90		
	100m: 58.38 30.99	200m: 2:02.63	31.81	300m: 3:17.59	37.52	400m: 4:17.48	28.99		
2.	MENDEZ PUGA, Mario	03	VIGO RIAS BAIXAS	4:26.11	16,00				
	50m: 28.11 28.11	150m: 1:35.09	34.70	250m: 2:47.13	38.02	350m: 3:56.46	30.95		
	100m: 1:00.39 32.28	200m: 2:09.11	34.02	300m: 3:25.51	38.38	400m: 4:26.11	29.65		
3.	CABANA DEL AMO, Pablo	04	C. N. PONTEAREAS	4:29.63	14,00				
	50m: 28.10 28.10	150m: 1:35.01	34.68	250m: 2:47.85	38.72	350m: 3:58.99	31.62		
	100m: 1:00.33 32.23	200m: 2:09.13	34.12	300m: 3:27.37	39.52	400m: 4:29.63	30.64		
4.	SOUTO VILAS, Carlos	03	C. DEL MAR	4:32.47	13,00				
	50m: 28.77 28.77	150m: 1:36.60	35.46	250m: 2:48.81	38.01	350m: 4:00.69	32.89		
	100m: 1:01.14 32.37	200m: 2:10.80	34.20	300m: 3:27.80	38.99	400m: 4:32.47	31.78		
5.	ALVAREZ FERNANDEZ, Borja	96	C. FLUVIAL LUGO	4:35.85	12,00				
	50m: 27.72 27.72	150m: 1:34.28	34.12	250m: 2:48.14	39.87	350m: 4:02.79	33.68		
	100m: 1:00.16 32.44	200m: 2:08.27	33.99	300m: 3:29.11	40.97	400m: 4:35.85	33.06		
6.	ANDRADE BUDIÑO, Gaspar	98	C. N. ARZUA	4:42.75	11,00				
	50m: 31.42 31.42	150m: 1:44.49	36.64	250m: 2:59.19	39.38	350m: 4:12.15	32.91		
	100m: 1:07.85 36.43	200m: 2:19.81	35.32	300m: 3:39.24	40.05	400m: 4:42.75	30.60		
7.	GOMEZ TOJO, Ander	05	C. FLUVIAL LUGO	4:43.38	10,00				
	50m: 29.96 29.96	150m: 1:39.94	35.56	250m: 2:55.98	41.07	350m: 4:11.53	32.88		
	100m: 1:04.38 34.42	200m: 2:14.91	34.97	300m: 3:38.65	42.67	400m: 4:43.38	31.85		
8.	SEIJO BERMUDEZ, Daniel	04	C. N. FERROL	4:46.94	9,00				
	50m: 30.41 30.41	150m: 1:42.73	38.03	250m: 2:59.17	40.44	350m: 4:15.05	34.47		
	100m: 1:04.70 34.29	200m: 2:18.73	36.00	300m: 3:40.58	41.41	400m: 4:46.94	31.89		
9.	MARTIN NOVAS, Pablo	05	C. N. GALAICO	4:51.80	8,00				
	50m: 31.03 31.03	150m: 1:44.29	37.42	250m: 3:04.17	43.36	350m: 4:21.05	33.08		
	100m: 1:06.87 35.84	200m: 2:20.81	36.52	300m: 3:47.97	43.80	400m: 4:51.80	30.75		
10.	FERNANDEZ NIETO, Cristian	92	C. N. GALAICO	4:52.05	7,00				
	50m: 30.60 30.60	150m: 1:42.19	37.18	250m: 3:02.84	45.68	350m: 4:20.99	33.08		
	100m: 1:05.01 34.41	200m: 2:17.16	34.97	300m: 3:47.91	45.07	400m: 4:52.05	31.06		
11.	FIGUEROA FERNANDEZ, Gabriel	04	RCN VIGO	4:54.26	6,00				
	50m: 31.35 31.35	150m: 1:46.50	37.18	250m: 3:05.43	41.34	350m: 4:21.29	34.21		
	100m: 1:09.32 37.97	200m: 2:24.09	37.59	300m: 3:47.08	41.65	400m: 4:54.26	32.97		
12.	SILVA SIEIRA, Carlos	03	C. DEL MAR	4:55.48	5,00				
	50m: 32.45 32.45	150m: 1:44.87	34.79	250m: 3:04.44	43.91	350m: 4:22.96	34.46		
	100m: 1:10.08 37.63	200m: 2:20.53	35.66	300m: 3:48.50	44.06	400m: 4:55.48	32.52		
DES	INFESTAS CARAZO, Samuel	03	RCN VIGO	-					
	<i>Nado irregular</i>								
DES	MARTINEZ MARTINEZ, Marcos	03	C. N. PONTEAREAS	-					
	<i>Viraje irregular</i>								