

Prueba 26  
13/06/2021

Masc., 400m Libre

YOB 1977 - 2001  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1038800 ALONSO RODRIGUEZ, Javier	20 PONTEAREAS	<b>4:11.86</b>	13,00
50m: 27.47 27.47 150m: 1:30.50 32.27	250m: 2:35.60 32.41	350m: 3:40.79 32.45	
100m: 58.23 30.76 200m: 2:03.19 32.69	300m: 3:08.34 32.74	400m: 4:11.86 31.07	
2. 1111716 SIMON COTELO, Manuel	20 LICEO	<b>4:22.36</b>	10,00
50m: 28.81 28.81 150m: 1:32.37 32.17	250m: 2:38.66 33.56	350m: 3:47.55 34.65	
100m: 1:00.20 31.39 200m: 2:05.10 32.73	300m: 3:12.90 34.24	400m: 4:22.36 34.81	
3. 1144193 PASTORIZA SANTA CLARA, Jorge	24 VIGORIASB	<b>4:24.15</b>	8,00
50m: 29.91 29.91 150m: 1:35.99 33.11	250m: 2:43.57 33.58	350m: 3:50.96 33.92	
100m: 1:02.88 32.97 200m: 2:09.99 34.00	300m: 3:17.04 33.47	400m: 4:24.15 33.19	
4. 1133849 PEREZ GONZALEZ, Pablo	20 C. N. Cedeira	<b>4:25.66</b>	7,00
50m: 29.07 29.07 150m: 1:34.86 33.40	250m: 2:43.62 34.61	350m: 3:52.86 34.18	
100m: 1:01.46 32.39 200m: 2:09.01 34.15	300m: 3:18.68 35.06	400m: 4:25.66 32.80	
5. 1142936 MARTINEZ ARGIZ, David	21 MONFORTE	<b>4:58.80</b>	6,00
50m: 32.47 32.47 150m: 1:46.50 37.43	250m: 3:04.07 39.34	350m: 4:22.73 39.53	
100m: 1:09.07 36.60 200m: 2:24.73 38.23	300m: 3:43.20 39.13	400m: 4:58.80 36.07	
6. 1061561 INCUTTI TELLADO, Denis	21 PONTEAREAS	<b>5:01.59</b>	5,00
50m: 30.72 30.72 150m: 1:40.93 35.97	250m: 2:56.33 38.21	350m: 4:20.70 42.14	
100m: 1:04.96 34.24 200m: 2:18.12 37.19	300m: 3:38.56 42.23	400m: 5:01.59 40.89	
7. 1141093 VILLAMOR FERRO, Rubén	21 ARTEIXO	<b>5:13.74</b>	4,00
50m: 34.84 34.84 150m: 1:52.79 39.52	250m: 3:13.25 40.35	350m: 4:34.57 40.65	
100m: 1:13.27 38.43 200m: 2:32.90 40.11	300m: 3:53.92 40.67	400m: 5:13.74 39.17	
8. 1198267 DOMÍNGUEZ ROMERO, Brais	24 NATFERROL	<b>6:32.58</b>	3,00
50m: 42.91 42.91 150m: 2:18.06 48.84	250m: 3:59.90 51.78	350m: 5:43.60 52.16	
100m: 1:29.22 46.31 200m: 3:08.12 50.06	300m: 4:51.44 51.54	400m: 6:32.58 48.98	
<b>25+</b>			
1. 1093472 DEL RIO REGUEIRA, Marcos	28 LICEO	<b>4:13.21</b>	13,00 R. G.
50m: 28.34 28.34 150m: 1:30.82 31.41	250m: 2:35.45 32.42	350m: 3:40.91 32.78	
100m: 59.41 31.07 200m: 2:03.03 32.21	300m: 3:08.13 32.68	400m: 4:13.21 32.30	
2. 1194883 BARCIA ANIDO, Valentín	29 LICEO	<b>5:56.13</b>	10,00
50m: 38.15 38.15 150m: 2:04.32 43.61	250m: 3:34.02 45.75	350m: 5:07.73 47.36	
100m: 1:20.71 42.56 200m: 2:48.27 43.95	300m: 4:20.37 46.35	400m: 5:56.13 48.40	
<b>30+</b>			
1. 1038638 CASTRO VILLAR, David	30 CDELMAR	<b>4:53.04</b>	13,00
50m: 33.79 33.79 150m: 1:48.00 37.72	250m: 3:04.17 38.24	350m: 4:15.86 35.49	
100m: 1:10.28 36.49 200m: 2:25.93 37.93	300m: 3:40.37 36.20	400m: 4:53.04 37.18	
2. 1086708 ABUIN ARES, Manuel	34 CIDSANTI	<b>5:08.95</b>	10,00
50m: 34.16 34.16 150m: 1:51.09 38.84	250m: 3:09.97 39.62	350m: 4:30.60 39.65	
100m: 1:12.25 38.09 200m: 2:30.35 39.26	300m: 3:50.95 40.98	400m: 5:08.95 38.35	

Cronometraxe electrónica

Splash Meet Manager, 11.69132

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Prueba 26, Masc., 400m Libre, 30+

Clasificación	Edad	Tiempo	Puntos
3. 1196860 BECERRA GALEGO, Alexandre	34 LICEO	<b>5:25.69</b>	8,00
50m: 39.02 39.02 150m: 2:00.68 41.20 250m: 3:23.83 41.64		350m: 4:46.63 41.18	
100m: 1:19.48 40.46 200m: 2:42.19 41.51 300m: 4:05.45 41.62		400m: 5:25.69 39.06	
4. 1170846 PRESA PRESA, Santiago	33 GALAICO	<b>5:26.62</b>	7,00
50m: 35.08 35.08 150m: 1:54.31 41.25 250m: 3:19.76 43.16		350m: 4:46.36 42.95	
100m: 1:13.06 37.98 200m: 2:36.60 42.29 300m: 4:03.41 43.65		400m: 5:26.62 40.26	
5. 1097263 LAMEIRO SEOANE, Javier	34 HERCULES	<b>5:42.23</b>	6,00
50m: 37.86 37.86 150m: 2:03.89 43.75 250m: 3:32.08 44.28		350m: 5:00.33 44.35	
100m: 1:20.14 42.28 200m: 2:47.80 43.91 300m: 4:15.98 43.90		400m: 5:42.23 41.90	

35+

1. 1143897 SEVILLA AROCA, Javier	38 ESCUALOS	<b>5:10.89</b>	13,00
50m: 33.91 33.91 150m: 1:50.58 39.21 250m: 3:10.03 40.10		350m: 4:31.44 41.11	
100m: 1:11.37 37.46 200m: 2:29.93 39.35 300m: 3:50.33 40.30		400m: 5:10.89 39.45	
2. 1020991 FERNANDEZ MONTEAGUDO, Ruben	36 CIDSANTI	<b>5:54.64</b>	10,00
50m: 40.77 40.77 150m: 2:11.70 45.69 250m: 3:42.61 44.64		350m: 5:11.90 44.48	
100m: 1:26.01 45.24 200m: 2:57.97 46.27 300m: 4:27.42 44.81		400m: 5:54.64 42.74	
3. 1170457 ROMERO ALVAREZ, Julian	37 ESCUALOS	<b>6:17.84</b>	8,00
50m: 42.67 42.67 150m: 2:16.21 47.76 250m: 3:54.75 49.62		350m: 5:32.06 48.34	
100m: 1:28.45 45.78 200m: 3:05.13 48.92 300m: 4:43.72 48.97		400m: 6:17.84 45.78	

40+

1. 1143480 ABADES REBOREDO, Daniel	43 LICEO	<b>4:59.03</b>	13,00
50m: 33.00 33.00 150m: 1:47.32 37.37 250m: 3:04.26 38.55		350m: 4:22.43 38.71	
100m: 1:09.95 36.95 200m: 2:25.71 38.39 300m: 3:43.72 39.46		400m: 4:59.03 36.60	
2. 1144267 FINS SEOANE, Juan Miguel	44 C. N. E Salvamento A Estra	<b>5:00.70</b>	10,00
50m: 32.55 32.55 150m: 1:47.10 37.80 250m: 3:03.94 38.63		350m: 4:22.65 39.09	
100m: 1:09.30 36.75 200m: 2:25.31 38.21 300m: 3:43.56 39.62		400m: 5:00.70 38.05	
3. 1199899 DOMINGUEZ PHILOCREON, Ticiano	40 CIDSANTI	<b>5:21.58</b>	8,00
50m: 35.21 35.21 150m: 1:52.58 39.78 250m: 3:14.45 41.41		350m: 4:39.41 42.97	
100m: 1:12.80 37.59 200m: 2:33.04 40.46 300m: 3:56.44 41.99		400m: 5:21.58 42.17	
4. 1178765 ESPAÑA CABEZAS, Jesús	40 USC	<b>5:27.10</b>	7,00
50m: 37.62 37.62 150m: 1:58.65 41.18 250m: 3:22.69 41.39		350m: 4:46.77 41.69	
100m: 1:17.47 39.85 200m: 2:41.30 42.65 300m: 4:05.08 42.39		400m: 5:27.10 40.33	
5. 1076564 CABANELAS EIRAS, Pablo	42 CIDSANTI	<b>5:29.01</b>	6,00
50m: 37.46 37.46 150m: 1:59.08 41.67 250m: 3:24.16 42.97		350m: 4:48.60 41.86	
100m: 1:17.41 39.95 200m: 2:41.19 42.11 300m: 4:06.74 42.58		400m: 5:29.01 40.41	
6. 1190909 CARBALLA BARROSO, Rogelio Manue	40 GALAICO	<b>5:41.03</b>	5,00
50m: 39.49 39.49 150m: 2:05.10 43.42 250m: 3:33.79 44.26		350m: 5:00.32 42.70	
100m: 1:21.68 42.19 200m: 2:49.53 44.43 300m: 4:17.62 43.83		400m: 5:41.03 40.71	
7. 1198273 MONTERO PRIETO, Carlos Eugenio	43 GALAICO	<b>5:43.87</b>	4,00
50m: 37.80 37.80 150m: 2:03.70 44.04 250m: 3:31.88 43.96		350m: 4:59.44 43.37	
100m: 1:19.66 41.86 200m: 2:47.92 44.22 300m: 4:16.07 44.19		400m: 5:43.87 44.43	

Cronometraxe electrónica

Prueba 26, Masc., 400m Libre, 40+

Clasificación			Edad				Tiempo				Puntos	
8.	1145005	FERNANDEZ IGLESIAS, Emilio J.	44	PONTEAREAS			<b>5:45.28</b>				3,00	
	50m:	37.72	37.72	150m:	2:00.87	42.15	250m:	3:30.51	45.82	350m:	5:01.50	45.20
	100m:	1:18.72	41.00	200m:	2:44.69	43.82	300m:	4:16.30	45.79	400m:	5:45.28	43.78
9.	1096414	ALIAGA SOLA, Alberto	44	PONTEAREAS			<b>6:07.54</b>				2,00	
	50m:	41.73	41.73	150m:	2:12.73	46.45	250m:	3:46.65	47.27	350m:	5:23.32	47.86
	100m:	1:26.28	44.55	200m:	2:59.38	46.65	300m:	4:35.46	48.81	400m:	6:07.54	44.22
10.	1180167	COSTAS GONZALEZ, Pablo	42	PONTEAREAS			<b>6:58.01</b>				1,00	
	50m:	42.08	42.08	150m:	2:20.32	51.83	250m:	4:11.97	56.69	350m:	6:04.18	56.27
	100m:	1:28.49	46.41	200m:	3:15.28	54.96	300m:	5:07.91	55.94	400m:	6:58.01	53.83
11.	1200126	TABOADA CALVELO, Jose Carlos	42	C. N. E Salvamento A Estra			<b>7:02.84</b>				-	
	50m:	46.31	46.31	150m:	2:30.82	53.38	250m:	4:20.40	54.32	350m:	6:11.17	55.73
	100m:	1:37.44	51.13	200m:	3:26.08	55.26	300m:	5:15.44	55.04	400m:	7:02.84	51.67

Cronometraxe electrónica

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