

Prueba 10
16/07/2021 - 17:45

Masc., 400m Libre

Absoluto Masculino
Resultados

RG	3:57.35	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	21/07/2010
RC	4:00.04	, GARCIA MORENO, JORGE	CNLICEO	05/07/2019

Clasificación

AN

Tiempo

ABSO

JUNI

Júnior Masculino

1.	MENDEZ PUGA, Mario	03	VIGO RIAS BAIXAS	4:05.63	16,00	19,00		
	50m: 28.16 28.16	150m: 1:30.15	31.01	250m: 2:32.77	31.13	350m: 3:35.12	31.33	
	100m: 59.14 30.98	200m: 2:01.64	31.49	300m: 3:03.79	31.02	400m: 4:05.63	30.51	
2.	ABELENDIA PEREZ, Miguel Angel	04	A. D. FOGAR	4:18.84	11,00	16,00		
	50m: 29.97 29.97	150m: 1:34.83	32.77	250m: 2:41.30	33.28	350m: 3:47.58	33.15	
	100m: 1:02.06 32.09	200m: 2:08.02	33.19	300m: 3:14.43	33.13	400m: 4:18.84	31.26	
3.	PEDRE SALIDO, Julio	03	C. N. FERROL	4:18.89	10,00	14,00		
	50m: 29.56 29.56	150m: 1:35.15	32.91	250m: 2:41.43	33.31	350m: 3:48.14	33.39	
	100m: 1:02.24 32.68	200m: 2:08.12	32.97	300m: 3:14.75	33.32	400m: 4:18.89	30.75	
4.	AVILES ZHUAVLEV, Santiago	04	C. DEL MAR	4:20.18	9,00	13,00		
	50m: 29.52 29.52	150m: 1:35.74	33.19	250m: 2:42.43	33.37	350m: 3:49.75	33.63	
	100m: 1:02.55 33.03	200m: 2:09.06	33.32	300m: 3:16.12	33.69	400m: 4:20.18	30.43	
5.	RODRIGUEZ RILO, Alejandro	04	C. N. FERROL	4:20.30	8,00	12,00		
	50m: 29.96 29.96	150m: 1:35.99	33.27	250m: 2:42.18	32.87	350m: 3:48.68	33.07	
	100m: 1:02.72 32.76	200m: 2:09.31	33.32	300m: 3:15.61	33.43	400m: 4:20.30	31.62	
6.	MARTINEZ MARTINEZ, Marcos	03	C. N. PONTEAREAS	4:21.12	6,00	11,00		
	50m: 29.32 29.32	150m: 1:35.12	33.47	250m: 2:42.21	33.13	350m: 3:49.61	33.58	
	100m: 1:01.65 32.33	200m: 2:09.08	33.96	300m: 3:16.03	33.82	400m: 4:21.12	31.51	
7.	SANLES DIESTE, Hugo	04	S. DEP. BOIRO	4:23.19	1,00	10,00		
	50m: 29.39 29.39	150m: 1:34.51	32.97	250m: 2:42.40	34.05	350m: 3:50.72	34.05	
	100m: 1:01.54 32.15	200m: 2:08.35	33.84	300m: 3:16.67	34.27	400m: 4:23.19	32.47	
8.	SANCHEZ VAZQUEZ, Antonio	04	C. N. PORTAMIÑA	4:32.14	-	9,00		
	50m: 29.05 29.05	150m: 1:36.65	34.64	250m: 2:47.98	35.86	350m: 3:58.13	34.88	
	100m: 1:02.01 32.96	200m: 2:12.12	35.47	300m: 3:23.25	35.27	400m: 4:32.14	34.01	
9.	GONZALEZ BORGES, David	03	VIGO RIAS BAIXAS	4:32.64	-	8,00		
	50m: 31.58 31.58	150m: 1:40.18	34.85	250m: 2:50.22	35.08	350m: 3:59.40	34.43	
	100m: 1:05.33 33.75	200m: 2:15.14	34.96	300m: 3:24.97	34.75	400m: 4:32.64	33.24	
10.	NARANJO ESTEVEZ, Roi	04	C. N. PABELLON	4:41.78	-	7,00		
	50m: 31.83 31.83	150m: 1:42.34	35.64	250m: 2:54.56	35.99	350m: 4:07.06	36.59	
	100m: 1:06.70 34.87	200m: 2:18.57	36.23	300m: 3:30.47	35.91	400m: 4:41.78	34.72	
11.	ALVAREZ FERREIRA, Alexandre	03	C. N. PABELLON	4:41.93	-	-		
	50m: 32.24 32.24	150m: 1:42.53	35.32	250m: 2:53.27	35.62	350m: 4:05.64	36.42	
	100m: 1:07.21 34.97	200m: 2:17.65	35.12	300m: 3:29.22	35.95	400m: 4:41.93	36.29	
12.	CARRIL SOUTO, Javier	03	C. N. ARTEIXO	4:42.48	-	-		
	50m: 31.16 31.16	150m: 1:41.41	35.92	250m: 2:53.65	36.43	350m: 4:06.81	36.89	
	100m: 1:05.49 34.33	200m: 2:17.22	35.81	300m: 3:29.92	36.27	400m: 4:42.48	35.67	

Prueba 10, Masc., 400m Libre

Absoluto Masculino

1.	MARTÍNEZ NOVOA, Miguel	00	RCN VIGO	3:59.83	22,00	-	RC
	50m: 27.66 27.66	150m: 1:28.86	30.72 250m: 2:30.14	30.37	350m: 3:30.58	30.13	
	100m: 58.14 30.48	200m: 1:59.77	30.91 300m: 3:00.45	30.31	400m: 3:59.83	29.25	
2.	MENDEZ PUGA, Mario	03	VIGO RIAS BAIXAS	4:05.63	16,00	19,00	
	50m: 28.16 28.16	150m: 1:30.15	31.01 250m: 2:32.77	31.13	350m: 3:35.12	31.33	
	100m: 59.14 30.98	200m: 2:01.64	31.49 300m: 3:03.79	31.02	400m: 4:05.63	30.51	
3.	PARDO PERNAS, Martin	02	C. FLUVIAL LUGO	4:12.15	14,00	-	
	50m: 29.29 29.29	150m: 1:33.17	32.05 250m: 2:37.35	32.09	350m: 3:41.18	31.95	
	100m: 1:01.12 31.83	200m: 2:05.26	32.09 300m: 3:09.23	31.88	400m: 4:12.15	30.97	
4.	FERNANDEZ NIETO, Cristian	92	C. N. GALAICO	4:14.99	13,00	-	
	50m: 29.54 29.54	150m: 1:34.30	32.54 250m: 2:39.58	32.06	350m: 3:44.58	31.93	
	100m: 1:01.76 32.22	200m: 2:07.52	33.22 300m: 3:12.65	33.07	400m: 4:14.99	30.41	
5.	COSTA FERNANDEZ, Lucas	98	C. N. PONTEAREAS	4:15.32	12,00	-	
	50m: 29.34 29.34	150m: 1:34.17	32.80 250m: 2:39.43	32.45	350m: 3:44.94	32.77	
	100m: 1:01.37 32.03	200m: 2:06.98	32.81 300m: 3:12.17	32.74	400m: 4:15.32	30.38	
6.	ABELENDIA PEREZ, Miguel Angel	04	A. D. FOGAR	4:18.84	11,00	16,00	
	50m: 29.97 29.97	150m: 1:34.83	32.77 250m: 2:41.30	33.28	350m: 3:47.58	33.15	
	100m: 1:02.06 32.09	200m: 2:08.02	33.19 300m: 3:14.43	33.13	400m: 4:18.84	31.26	
7.	PEDRE SALIDO, Julio	03	C. N. FERROL	4:18.89	10,00	14,00	
	50m: 29.56 29.56	150m: 1:35.15	32.91 250m: 2:41.43	33.31	350m: 3:48.14	33.39	
	100m: 1:02.24 32.68	200m: 2:08.12	32.97 300m: 3:14.75	33.32	400m: 4:18.89	30.75	
8.	AVILES ZHUAVLEV, Santiago	04	C. DEL MAR	4:20.18	9,00	13,00	
	50m: 29.52 29.52	150m: 1:35.74	33.19 250m: 2:42.43	33.37	350m: 3:49.75	33.63	
	100m: 1:02.55 33.03	200m: 2:09.06	33.32 300m: 3:16.12	33.69	400m: 4:20.18	30.43	
9.	RODRIGUEZ RILO, Alejandro	04	C. N. FERROL	4:20.30	8,00	12,00	
	50m: 29.96 29.96	150m: 1:35.99	33.27 250m: 2:42.18	32.87	350m: 3:48.68	33.07	
	100m: 1:02.72 32.76	200m: 2:09.31	33.32 300m: 3:15.61	33.43	400m: 4:20.30	31.62	
10.	MANEIRO PAZ, Mario	06	C. N. FERROL	4:20.53	-	-	
	50m: 30.33 30.33	150m: 1:36.65	33.44 250m: 2:43.73	33.36	350m: 3:49.59	32.63	
	100m: 1:03.21 32.88	200m: 2:10.37	33.72 300m: 3:16.96	33.23	400m: 4:20.53	30.94	
11.	CIVEIRA CORRAL, Raul	02	C. N. PABELLON	4:20.58	7,00	-	
	50m: 29.95 29.95	150m: 1:35.61	32.45 250m: 2:43.06	33.46	350m: 3:50.09	32.32	
	100m: 1:03.16 33.21	200m: 2:09.60	33.99 300m: 3:17.77	34.71	400m: 4:20.58	30.49	
12.	MARTINEZ MARTINEZ, Marcos	03	C. N. PONTEAREAS	4:21.12	6,00	11,00	
	50m: 29.32 29.32	150m: 1:35.12	33.47 250m: 2:42.21	33.13	350m: 3:49.61	33.58	
	100m: 1:01.65 32.33	200m: 2:09.08	33.96 300m: 3:16.03	33.82	400m: 4:21.12	31.51	
13.	VAZQUEZ MADURGA, Ivan	05	C. N. PABELLON	4:21.14	5,00	-	
	50m: 29.46 29.46	150m: 1:34.51	32.87 250m: 2:42.07	34.15	350m: 3:50.42	33.78	
	100m: 1:01.64 32.18	200m: 2:07.92	33.41 300m: 3:16.64	34.57	400m: 4:21.14	30.72	
14.	CARNEIRO VIQUEIRA, Xabier	00	C. DEL MAR	4:21.81	4,00	-	
	50m: 29.58 29.58	150m: 1:34.28	32.91 250m: 2:41.02	33.34	350m: 3:48.78	34.29	
	100m: 1:01.37 31.79	200m: 2:07.68	33.40 300m: 3:14.49	33.47	400m: 4:21.81	33.03	
15.	GARCÍA CASTRO, Mateo	05	C. N. ARTEIXO	4:22.37	3,00	-	
	50m: 29.94 29.94	150m: 1:35.80	33.07 250m: 2:43.26	33.68	350m: 3:50.21	33.26	
	100m: 1:02.73 32.79	200m: 2:09.58	33.78 300m: 3:16.95	33.69	400m: 4:22.37	32.16	
16.	REY DE BARROS, Bruno	01	C. N. GALAICO	4:23.14	2,00	-	
	50m: 29.68 29.68	150m: 1:35.09	33.01 250m: 2:42.52	33.64	350m: 3:50.18	33.75	
	100m: 1:02.08 32.40	200m: 2:08.88	33.79 300m: 3:16.43	33.91	400m: 4:23.14	32.96	

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Clasificación	AN				Tiempo				ABSO	JUNI
17. SANLES DIESTE, Hugo	04	S. DEP. BOIRO	4:23.19	1,00	10,00					
50m: 29.39 29.39	150m: 1:34.51	32.97	250m: 2:42.40	34.05	350m: 3:50.72	34.05				
100m: 1:01.54 32.15	200m: 2:08.35	33.84	300m: 3:16.67	34.27	400m: 4:23.19	32.47				
18. RAMOS PEREZ, Nicolas Anton	06	C. N. FERROL	4:24.91	-	-					
50m: 30.07 30.07	150m: 1:37.75	34.41	250m: 2:46.20	33.99	350m: 3:54.10	33.13				
100m: 1:03.34 33.27	200m: 2:12.21	34.46	300m: 3:20.97	34.77	400m: 4:24.91	30.81				
19. FRAGA SAL, Alexandre	06	C. N. PORTAMIÑA	4:30.35	-	-					
50m: 30.49 30.49	150m: 1:38.66	34.50	250m: 2:46.95	34.35	350m: 3:57.05	35.11				
100m: 1:04.16 33.67	200m: 2:12.60	33.94	300m: 3:21.94	34.99	400m: 4:30.35	33.30				
20. SANCHEZ VAZQUEZ, Antonio	04	C. N. PORTAMIÑA	4:32.14	-	9,00					
50m: 29.05 29.05	150m: 1:36.65	34.64	250m: 2:47.98	35.86	350m: 3:58.13	34.88				
100m: 1:02.01 32.96	200m: 2:12.12	35.47	300m: 3:23.25	35.27	400m: 4:32.14	34.01				
21. GONZALEZ BORGES, David	03	VIGO RIAS BAIXAS	4:32.64	-	8,00					
50m: 31.58 31.58	150m: 1:40.18	34.85	250m: 2:50.22	35.08	350m: 3:59.40	34.43				
100m: 1:05.33 33.75	200m: 2:15.14	34.96	300m: 3:24.97	34.75	400m: 4:32.64	33.24				
22. NARANJO ESTEVEZ, Roi	04	C. N. PABELLON	4:41.78	-	7,00					
50m: 31.83 31.83	150m: 1:42.34	35.64	250m: 2:54.56	35.99	350m: 4:07.06	36.59				
100m: 1:06.70 34.87	200m: 2:18.57	36.23	300m: 3:30.47	35.91	400m: 4:41.78	34.72				
23. ALVAREZ FERREIRA, Alexandre	03	C. N. PABELLON	4:41.93	-	-					
50m: 32.24 32.24	150m: 1:42.53	35.32	250m: 2:53.27	35.62	350m: 4:05.64	36.42				
100m: 1:07.21 34.97	200m: 2:17.65	35.12	300m: 3:29.22	35.95	400m: 4:41.93	36.29				
24. CARRIL SOUTO, Javier	03	C. N. ARTEIXO	4:42.48	-	-					
50m: 31.16 31.16	150m: 1:41.41	35.92	250m: 2:53.65	36.43	350m: 4:06.81	36.89				
100m: 1:05.49 34.33	200m: 2:17.22	35.81	300m: 3:29.92	36.27	400m: 4:42.48	35.67				
Baja enf. ANDRADE BUDIÑO, Gaspar	98	C. N. ARZUA		-	-					
Baja enf. GUTIERREZ MARIÑO, Santiago	02	C. N. PABELLON		-	-					