

Prueba 2  
11/06/2022

Masc., 400m Libre

2002 y mayores  
Resultados

| Clasificación | Edad    |                              |       |       |         |       |              |         |       |       | Tiempo  | Puntos |
|---------------|---------|------------------------------|-------|-------|---------|-------|--------------|---------|-------|-------|---------|--------|
| 20+           |         |                              |       |       |         |       |              |         |       |       |         |        |
| 1.            | 1217804 | SUAREZ URRUZOLA, Leo         |       |       |         | 22    | CIDSANTI     |         |       |       | 4:40.31 | 13,00  |
|               | 50m:    | 32.84                        | 32.84 | 150m: | 1:42.83 | 34.96 | 250m:        | 2:53.65 | 35.47 | 350m: | 4:05.47 | 36.00  |
|               | 100m:   | 1:07.87                      | 35.03 | 200m: | 2:18.18 | 35.35 | 300m:        | 3:29.47 | 35.82 | 400m: | 4:40.31 | 34.84  |
| 2.            | 1037841 | PINO LORENZO, Brais          |       |       |         | 21    | PONTEAREAS   |         |       |       | 4:44.68 | 10,00  |
|               | 50m:    | 29.93                        | 29.93 | 150m: | 1:40.37 | 36.38 | 250m:        | 2:51.86 | 34.39 | 350m: | 4:05.88 | 38.00  |
|               | 100m:   | 1:03.99                      | 34.06 | 200m: | 2:17.47 | 37.10 | 300m:        | 3:27.88 | 36.02 | 400m: | 4:44.68 | 38.80  |
| 3.            | 1061561 | INCUTTI TELLADO, Denis       |       |       |         | 22    | PONTEAREAS   |         |       |       | 4:51.62 | 8,00   |
|               | 50m:    | 31.74                        | 31.74 | 150m: | 1:42.29 | 35.80 | 250m:        | 2:57.03 | 37.73 | 350m: | 4:14.31 | 38.95  |
|               | 100m:   | 1:06.49                      | 34.75 | 200m: | 2:19.30 | 37.01 | 300m:        | 3:35.36 | 38.33 | 400m: | 4:51.62 | 37.31  |
| 4.            | 1040621 | SEQUEIROS LAGO, Saul         |       |       |         | 24    | TRAVIESAS    |         |       |       | 4:59.80 | 7,00   |
|               | 50m:    | 33.72                        | 33.72 | 150m: | 1:47.34 | 37.35 | 250m:        | 3:04.04 | 38.40 | 350m: | 4:22.22 | 39.02  |
|               | 100m:   | 1:09.99                      | 36.27 | 200m: | 2:25.64 | 38.30 | 300m:        | 3:43.20 | 39.16 | 400m: | 4:59.80 | 37.58  |
| 5.            | 1143300 | VOLLUZ ITALIANI, Facundo J.  |       |       |         | 24    | MOS          |         |       |       | 5:22.70 | 6,00   |
|               | 50m:    | 36.86                        | 36.86 | 150m: | 1:57.11 | 40.61 | 250m:        | 3:19.17 | 41.12 | 350m: | 4:43.15 | 42.43  |
|               | 100m:   | 1:16.50                      | 39.64 | 200m: | 2:38.05 | 40.94 | 300m:        | 4:00.72 | 41.55 | 400m: | 5:22.70 | 39.55  |
| 25+           |         |                              |       |       |         |       |              |         |       |       |         |        |
| 1.            | 1093472 | DEL RIO REGUEIRA, Marcos     |       |       |         | 29    | LICEO        |         |       |       | 4:15.50 | 13,00  |
|               | 50m:    | 29.33                        | 29.33 | 150m: | 1:33.87 | 32.38 | 250m:        | 2:38.74 | 32.38 | 350m: | 3:43.62 | 32.32  |
|               | 100m:   | 1:01.49                      | 32.16 | 200m: | 2:06.36 | 32.49 | 300m:        | 3:11.30 | 32.56 | 400m: | 4:15.50 | 31.88  |
| 2.            | 1144193 | PASTORIZA SANTA CLARA, Jorge |       |       |         | 25    | VIGORIASB    |         |       |       | 4:21.99 | 10,00  |
|               | 50m:    | 30.17                        | 30.17 | 150m: | 1:36.15 | 33.04 | 250m:        | 2:42.83 | 33.30 | 350m: | 3:49.50 | 33.21  |
|               | 100m:   | 1:03.11                      | 32.94 | 200m: | 2:09.53 | 33.38 | 300m:        | 3:16.29 | 33.46 | 400m: | 4:21.99 | 32.49  |
| 3.            | 1039270 | TRILLO RODRIGUEZ, Adrian     |       |       |         | 25    | MOS          |         |       |       | 5:07.07 | 8,00   |
|               | 50m:    | 34.34                        | 34.34 | 150m: | 1:49.92 | 38.33 | 250m:        | 3:07.87 | 39.12 | 350m: | 4:26.91 | 39.79  |
|               | 100m:   | 1:11.59                      | 37.25 | 200m: | 2:28.75 | 38.83 | 300m:        | 3:47.12 | 39.25 | 400m: | 5:07.07 | 40.16  |
| 4.            | 1038356 | AZNAR GRILLE, Carlos Javier  |       |       |         | 27    | MARINAFERROL |         |       |       | 5:10.44 | 7,00   |
|               | 50m:    | 34.44                        | 34.44 | 150m: | 1:49.70 | 38.29 | 250m:        | 3:09.81 | 40.57 | 350m: | 4:31.30 | 40.90  |
|               | 100m:   | 1:11.41                      | 36.97 | 200m: | 2:29.24 | 39.54 | 300m:        | 3:50.40 | 40.59 | 400m: | 5:10.44 | 39.14  |
| 30+           |         |                              |       |       |         |       |              |         |       |       |         |        |
| 1.            | 1130602 | TENORIO FREIRE, Martin       |       |       |         | 30    | GALAICO      |         |       |       | 4:38.87 | 13,00  |
|               | 50m:    | 30.37                        | 30.37 | 150m: | 1:38.71 | 34.76 | 250m:        | 2:50.84 | 36.13 | 350m: | 4:04.00 | 36.48  |
|               | 100m:   | 1:03.95                      | 33.58 | 200m: | 2:14.71 | 36.00 | 300m:        | 3:27.52 | 36.68 | 400m: | 4:38.87 | 34.87  |
| 2.            | 1143606 | LORENZO MARTIN, Javier       |       |       |         | 33    | ESCUALOS     |         |       |       | 5:56.77 | 10,00  |
|               | 50m:    | 39.78                        | 39.78 | 150m: | 2:06.72 | 44.49 | 250m:        | 3:39.71 | 46.66 | 350m: | 5:12.09 | 46.19  |
|               | 100m:   | 1:22.23                      | 42.45 | 200m: | 2:53.05 | 46.33 | 300m:        | 4:25.90 | 46.19 | 400m: | 5:56.77 | 44.68  |
| 35+           |         |                              |       |       |         |       |              |         |       |       |         |        |
| 1.            | 1076287 | PAZOS ALONSO, Josue          |       |       |         | 36    | ESCUALOS     |         |       |       | 4:56.55 | 13,00  |
|               | 50m:    | 32.80                        | 32.80 | 150m: | 1:46.53 | 37.20 | 250m:        | 3:02.93 | 38.30 | 350m: | 4:20.02 | 38.75  |
|               | 100m:   | 1:09.33                      | 36.53 | 200m: | 2:24.63 | 38.10 | 300m:        | 3:41.27 | 38.34 | 400m: | 4:56.55 | 36.53  |
| 2.            | 1143897 | SEVILLA AROCA, Javier        |       |       |         | 39    | ESCUALOS     |         |       |       | 4:56.78 | 10,00  |
|               | 50m:    | 33.45                        | 33.45 | 150m: | 1:47.47 | 37.74 | 250m:        | 3:03.20 | 37.89 | 350m: | 4:19.19 | 37.81  |
|               | 100m:   | 1:09.73                      | 36.28 | 200m: | 2:25.31 | 37.84 | 300m:        | 3:41.38 | 38.18 | 400m: | 4:56.78 | 37.59  |

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 2, Masc., 400m Libre, 35+

| Clasificación                                                                       | Edad          | Tiempo         | Puntos |
|-------------------------------------------------------------------------------------|---------------|----------------|--------|
| 3. 1198278 MANEIRO BETANZOS, Javier                                                 | 37 ESCUALOS   | <b>5:38.30</b> | 8,00   |
| 50m: 36.17 36.17 150m: 1:59.54 42.38 250m: 3:26.70 44.20 350m: 4:55.58 44.69        |               |                |        |
| 100m: 1:17.16 40.99 200m: 2:42.50 42.96 300m: 4:10.89 44.19 400m: 5:38.30 42.72     |               |                |        |
| 4. 1214823 GONZALEZ PEÑAS, David                                                    | 38 PORTAMIÑA  | <b>5:46.04</b> | 7,00   |
| 50m: 40.07 40.07 150m: 2:06.42 43.59 250m: 3:34.98 44.49 350m: 5:03.41 43.86        |               |                |        |
| 100m: 1:22.83 42.76 200m: 2:50.49 44.07 300m: 4:19.55 44.57 400m: 5:46.04 42.63     |               |                |        |
| 5. 1222392 SANMARTIN GOMEZ, Jose Manuel                                             | 35 PONSIVETUS | <b>6:45.33</b> | 6,00   |
| 50m: 44.18 44.18 150m: 2:23.56 51.04 250m: 4:08.43 53.39 350m: 5:55.17 53.93        |               |                |        |
| 100m: 1:32.52 48.34 200m: 3:15.04 51.48 300m: 5:01.24 52.81 400m: 6:45.33 50.16     |               |                |        |
| 6. 1178928 FIDALGO SERRANO, Guillermo                                               | 36 TRAVIESAS  | <b>6:46.68</b> | 5,00   |
| 50m: 42.72 42.72 150m: 2:21.64 50.58 250m: 4:07.07 53.28 350m: 5:55.84 53.88        |               |                |        |
| 100m: 1:31.06 48.34 200m: 3:13.79 52.15 300m: 5:01.96 54.89 400m: 6:46.68 50.84     |               |                |        |
| 7. 1039360 POSE MATO, Cesar                                                         | 39 ADFOGAR    | <b>7:53.35</b> | 4,00   |
| 50m: 52.87 52.87 150m: 2:53.76 1:01.12 250m: 4:56.12 1:00.59 350m: 6:57.12 1:00.63  |               |                |        |
| 100m: 1:52.64 59.77 200m: 3:55.53 1:01.77 300m: 5:56.49 1:00.37 400m: 7:53.35 56.23 |               |                |        |

40+

|                                                                                 |               |                |       |
|---------------------------------------------------------------------------------|---------------|----------------|-------|
| 1. 1118746 SANCHEZ GORDON, Roman                                                | 44 VIGORIASB  | <b>4:39.50</b> | 13,00 |
| 50m: 31.34 31.34 150m: 1:41.27 35.33 250m: 2:52.50 35.72 350m: 4:04.72 36.06    |               |                |       |
| 100m: 1:05.94 34.60 200m: 2:16.78 35.51 300m: 3:28.66 36.16 400m: 4:39.50 34.78 |               |                |       |
| 2. 1144584 ALVAREZ SILVA, Ruben                                                 | 41 ESCUALOS   | <b>5:31.06</b> | 10,00 |
| 50m: 37.23 37.23 150m: 1:59.28 41.28 250m: 3:23.23 42.33 350m: 4:49.81 42.52    |               |                |       |
| 100m: 1:18.00 40.77 200m: 2:40.90 41.62 300m: 4:07.29 44.06 400m: 5:31.06 41.25 |               |                |       |
| 3. 1199899 DOMINGUEZ PHILOCREON, Ticiano                                        | 41 CIDSANTI   | <b>5:41.58</b> | 8,00  |
| 50m: 35.91 35.91 150m: 1:57.35 41.51 250m: 3:24.02 43.85 350m: 4:55.17 46.23    |               |                |       |
| 100m: 1:15.84 39.93 200m: 2:40.17 42.82 300m: 4:08.94 44.92 400m: 5:41.58 46.41 |               |                |       |
| 4. 1202972 PÉREZ LÓPEZ, Manuel                                                  | 41 ESCUALOS   | <b>5:56.36</b> | 7,00  |
| 50m: 38.67 38.67 150m: 2:06.72 44.81 250m: 3:38.17 45.35 350m: 5:10.70 46.04    |               |                |       |
| 100m: 1:21.91 43.24 200m: 2:52.82 46.10 300m: 4:24.66 46.49 400m: 5:56.36 45.66 |               |                |       |
| 5. 1144865 ALVAREZ IGLESIAS, Ruben                                              | 42 VIGORIASB  | <b>6:02.76</b> | 6,00  |
| 50m: 38.26 38.26 150m: 2:07.66 46.02 250m: 3:42.02 47.19 350m: 5:17.67 47.71    |               |                |       |
| 100m: 1:21.64 43.38 200m: 2:54.83 47.17 300m: 4:29.96 47.94 400m: 6:02.76 45.09 |               |                |       |
| 6. 1141126 GOLPE IGLESIAS, Jose Antonio                                         | 40 PONSIVETUS | <b>6:14.91</b> | 5,00  |
| 50m: 39.60 39.60 150m: 2:11.01 46.77 250m: 3:50.94 51.62 350m: 5:29.79 49.34    |               |                |       |
| 100m: 1:24.24 44.64 200m: 2:59.32 48.31 300m: 4:40.45 49.51 400m: 6:14.91 45.12 |               |                |       |
| 7. 1144671 COSTA PEREIRA, Marcos                                                | 40 VIGORIASB  | <b>6:38.16</b> | 4,00  |
| 50m: 42.90 42.90 150m: 2:20.86 50.70 250m: 4:03.61 51.77 350m: 5:47.08 51.75    |               |                |       |
| 100m: 1:30.16 47.26 200m: 3:11.84 50.98 300m: 4:55.33 51.72 400m: 6:38.16 51.08 |               |                |       |

45+

|                                                                                 |               |                |       |
|---------------------------------------------------------------------------------|---------------|----------------|-------|
| 1. 1040137 QUINTAS BARROS, Jesus C.                                             | 49 ESCUALOS   | <b>4:54.70</b> | 13,00 |
| 50m: 33.42 33.42 150m: 1:47.88 37.16 250m: 3:03.13 37.64 350m: 4:17.80 37.33    |               |                |       |
| 100m: 1:10.72 37.30 200m: 2:25.49 37.61 300m: 3:40.47 37.34 400m: 4:54.70 36.90 |               |                |       |
| 2. 1144267 FINS SEOANE, Juan Miguel                                             | 45 SALESTRADA | <b>4:59.91</b> | 10,00 |
| 50m: 32.68 32.68 150m: 1:46.24 37.68 250m: 3:03.25 38.53 350m: 4:21.61 39.45    |               |                |       |
| 100m: 1:08.56 35.88 200m: 2:24.72 38.48 300m: 3:42.16 38.91 400m: 4:59.91 38.30 |               |                |       |
| 3. 1079343 MOURIÑO ORTIGUERA, Roberto C.                                        | 48 PONTEAREAS | <b>5:12.43</b> | 8,00  |
| 50m: 34.36 34.36 150m: 1:50.14 38.69 250m: 3:09.96 40.19 350m: 4:31.82 41.69    |               |                |       |
| 100m: 1:11.45 37.09 200m: 2:29.77 39.63 300m: 3:50.13 40.17 400m: 5:12.43 40.61 |               |                |       |

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 2, Masc., 400m Libre, 45+

| Clasificación |         |                                |       |       |         |       | Edad       |         |       |                | Tiempo  | Puntos |
|---------------|---------|--------------------------------|-------|-------|---------|-------|------------|---------|-------|----------------|---------|--------|
| 4.            | 1203306 | DURO GONZALEZ, Antonio         |       |       |         | 48    | SALESTRADA |         |       | <b>5:57.92</b> | 7,00    |        |
|               | 50m:    | 38.17                          | 38.17 | 150m: | 2:04.74 | 44.33 | 250m:      | 3:37.47 | 47.14 | 350m:          | 5:12.38 | 47.38  |
|               | 100m:   | 1:20.41                        | 42.24 | 200m: | 2:50.33 | 45.59 | 300m:      | 4:25.00 | 47.53 | 400m:          | 5:57.92 | 45.54  |
| 5.            | 1145005 | FERNANDEZ IGLESIAS, Emilio J.  |       |       |         | 45    | PONTEAREAS |         |       | <b>6:04.90</b> | 6,00    |        |
|               | 50m:    | 41.11                          | 41.11 | 150m: | 2:08.94 | 44.95 | 250m:      | 3:41.48 | 46.65 | 350m:          | 5:16.54 | 48.00  |
|               | 100m:   | 1:23.99                        | 42.88 | 200m: | 2:54.83 | 45.89 | 300m:      | 4:28.54 | 47.06 | 400m:          | 6:04.90 | 48.36  |
| 6.            | 1096414 | ALIAGA SOLA, Alberto           |       |       |         | 45    | PONTEAREAS |         |       | <b>6:10.41</b> | 5,00    |        |
|               | 50m:    | 41.31                          | 41.31 | 150m: | 2:12.80 | 46.68 | 250m:      | 3:48.22 | 47.78 | 350m:          | 5:25.02 | 48.51  |
|               | 100m:   | 1:26.12                        | 44.81 | 200m: | 3:00.44 | 47.64 | 300m:      | 4:36.51 | 48.29 | 400m:          | 6:10.41 | 45.39  |
| 7.            | 1171462 | FERREIRO SEOANE, Jose Raul     |       |       |         | 49    | VIGORIASB  |         |       | <b>6:15.01</b> | 4,00    |        |
|               | 50m:    | 41.59                          | 41.59 | 150m: | 2:14.24 | 47.41 | 250m:      | 3:49.10 | 48.14 | 350m:          | 5:26.99 | 49.85  |
|               | 100m:   | 1:26.83                        | 45.24 | 200m: | 3:00.96 | 46.72 | 300m:      | 4:37.14 | 48.04 | 400m:          | 6:15.01 | 48.02  |
| 8.            | 1144857 | FERREIRO SUAREZ, Javier M.     |       |       |         | 49    | CASINO     |         |       | <b>6:19.21</b> | 3,00    |        |
|               | 50m:    | 39.63                          | 39.63 | 150m: | 2:07.62 | 44.94 | 250m:      | 3:44.51 | 49.09 | 350m:          | 5:27.25 | 52.03  |
|               | 100m:   | 1:22.68                        | 43.05 | 200m: | 2:55.42 | 47.80 | 300m:      | 4:35.22 | 50.71 | 400m:          | 6:19.21 | 51.96  |
| Baja enf.     | 1076182 | TABARES DOMINGUEZ, Rafael      |       |       |         | 48    | ESCUALOS   |         |       |                | -       |        |
| Baja enf.     | 1192271 | MOURIÑO FORTES, Victor Manuel  |       |       |         | 45    | PONTEAREAS |         |       |                | -       |        |
| 50+           |         |                                |       |       |         |       |            |         |       |                |         |        |
| 1.            | 1082554 | MARTINEZ FAJARDO, Julio E.     |       |       |         | 52    | ADFOGAR    |         |       | <b>5:14.35</b> | 13,00   |        |
|               | 50m:    | 35.73                          | 35.73 | 150m: | 1:53.86 | 39.49 | 250m:      | 3:13.97 | 40.24 | 350m:          | 4:34.63 | 40.20  |
|               | 100m:   | 1:14.37                        | 38.64 | 200m: | 2:33.73 | 39.87 | 300m:      | 3:54.43 | 40.46 | 400m:          | 5:14.35 | 39.72  |
| 2.            | 1141504 | BOUSO FUENTECILLA, Fernando    |       |       |         | 51    | ESCUALOS   |         |       | <b>5:46.43</b> | 10,00   |        |
|               | 50m:    | 38.82                          | 38.82 | 150m: | 2:02.94 | 42.88 | 250m:      | 3:32.44 | 45.60 | 350m:          | 5:03.58 | 45.41  |
|               | 100m:   | 1:20.06                        | 41.24 | 200m: | 2:46.84 | 43.90 | 300m:      | 4:18.17 | 45.73 | 400m:          | 5:46.43 | 42.85  |
| 3.            | 1175089 | NISTAL GARCÍA, Eduardo         |       |       |         | 54    | CASINO     |         |       | <b>5:51.40</b> | 8,00    |        |
|               | 50m:    | 38.13                          | 38.13 | 150m: | 2:07.92 | 45.54 | 250m:      | 3:40.27 | 46.10 | 350m:          | 5:10.82 | 45.20  |
|               | 100m:   | 1:22.38                        | 44.25 | 200m: | 2:54.17 | 46.25 | 300m:      | 4:25.62 | 45.35 | 400m:          | 5:51.40 | 40.58  |
| 4.            | 1141071 | LORENZO FERNANDEZ, Jose Manuel |       |       |         | 50    | VIGORIASB  |         |       | <b>6:18.97</b> | 7,00    |        |
|               | 50m:    | 41.88                          | 41.88 | 150m: | 2:15.28 | 46.96 | 250m:      | 3:52.56 | 49.52 | 350m:          | 5:31.19 | 49.19  |
|               | 100m:   | 1:28.32                        | 46.44 | 200m: | 3:03.04 | 47.76 | 300m:      | 4:42.00 | 49.44 | 400m:          | 6:18.97 | 47.78  |
| 5.            | 1195569 | PEREZ LEIVA, Manuel            |       |       |         | 54    | VIGORIASB  |         |       | <b>6:24.31</b> | 6,00    |        |
|               | 50m:    | 43.15                          | 43.15 | 150m: | 2:19.94 | 48.88 | 250m:      | 3:59.88 | 49.88 | 350m:          | 5:38.88 | 49.53  |
|               | 100m:   | 1:31.06                        | 47.91 | 200m: | 3:10.00 | 50.06 | 300m:      | 4:49.35 | 49.47 | 400m:          | 6:24.31 | 45.43  |
| 6.            | 1193949 | LAMELO OTERO, Ramón J.         |       |       |         | 54    | CIDSANTI   |         |       | <b>6:35.56</b> | 5,00    |        |
|               | 50m:    | 43.01                          | 43.01 | 150m: | 2:23.23 | 51.19 | 250m:      | 4:05.36 | 51.13 | 350m:          | 5:47.50 | 51.16  |
|               | 100m:   | 1:32.04                        | 49.03 | 200m: | 3:14.23 | 51.00 | 300m:      | 4:56.34 | 50.98 | 400m:          | 6:35.56 | 48.06  |
| Baja enf.     | 1076162 | MIRA PEREZ, Jorge              |       |       |         | 54    | CIDSANTI   |         |       |                | -       |        |
| 55+           |         |                                |       |       |         |       |            |         |       |                |         |        |
| 1.            | 1189238 | TRINCADO FERNANDEZ, Alberto    |       |       |         | 55    | MOS        |         |       | <b>5:54.07</b> | 13,00   |        |
|               | 50m:    | 39.02                          | 39.02 | 150m: | 2:03.51 | 43.21 | 250m:      | 3:33.49 | 45.83 | 350m:          | 5:07.55 | 47.60  |
|               | 100m:   | 1:20.30                        | 41.28 | 200m: | 2:47.66 | 44.15 | 300m:      | 4:19.95 | 46.46 | 400m:          | 5:54.07 | 46.52  |
| 2.            | 1199641 | COUCEIRO SANCHEZ, Gonzalo      |       |       |         | 56    | CASINO     |         |       | <b>6:23.47</b> | 10,00   |        |
|               | 50m:    | 41.26                          | 41.26 | 150m: | 2:19.65 | 50.76 | 250m:      | 4:01.14 | 50.51 | 350m:          | 5:40.38 | 49.36  |
|               | 100m:   | 1:28.89                        | 47.63 | 200m: | 3:10.63 | 50.98 | 300m:      | 4:51.02 | 49.88 | 400m:          | 6:23.47 | 43.09  |
| 3.            | 1143536 | BLANCO PEREZ, Angel            |       |       |         | 58    | POURENSE   |         |       | <b>6:34.25</b> | 8,00    |        |
|               | 50m:    | 45.96                          | 45.96 | 150m: | 2:25.47 | 50.46 | 250m:      | 4:06.89 | 50.47 | 350m:          | 5:46.86 | 50.08  |
|               | 100m:   | 1:35.01                        | 49.05 | 200m: | 3:16.42 | 50.95 | 300m:      | 4:56.78 | 49.89 | 400m:          | 6:34.25 | 47.39  |

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 2, Masc., 400m Libre, 55+

| Clasificación | Edad    |                       |         |       |         |         |           |         | Tiempo  | Puntos  |         |         |
|---------------|---------|-----------------------|---------|-------|---------|---------|-----------|---------|---------|---------|---------|---------|
| 4.            | 1076514 | LAGO REY, Jose Manuel |         |       |         | 59      | VIGORIASB |         |         | 9:27.71 | 7,00    |         |
|               | 50m:    | 1:00.94               | 1:00.94 | 150m: | 3:23.53 | 1:13.03 | 250m:     | 5:51.72 | 1:14.12 | 350m:   | 8:17.79 | 1:13.17 |
|               | 100m:   | 2:10.50               | 1:09.56 | 200m: | 4:37.60 | 1:14.07 | 300m:     | 7:04.62 | 1:12.90 | 400m:   | 9:27.71 | 1:09.92 |

60+

|    |         |                               |         |       |         |         |       |            |         |       |         |         |
|----|---------|-------------------------------|---------|-------|---------|---------|-------|------------|---------|-------|---------|---------|
| 1. | 1170858 | CODESIDO LOPEZ, Jose          |         |       |         |         | 63    | CIDSANTI   |         |       | 5:57.44 | 13,00   |
|    | 50m:    | 40.19                         | 40.19   | 150m: | 2:09.57 | 45.82   | 250m: | 3:40.95    | 45.67   | 350m: | 5:12.32 | 45.28   |
|    | 100m:   | 1:23.75                       | 43.56   | 200m: | 2:55.28 | 45.71   | 300m: | 4:27.04    | 46.09   | 400m: | 5:57.44 | 45.12   |
| 2. | 1079362 | COÑAGO BAUTISTA, Constante J. |         |       |         |         | 60    | PONTEAREAS |         |       | 6:50.09 | 10,00   |
|    | 50m:    | 44.86                         | 44.86   | 150m: | 2:32.67 | 54.26   | 250m: | 4:20.46    | 53.81   | 350m: | 6:02.76 | 50.05   |
|    | 100m:   | 1:38.41                       | 53.55   | 200m: | 3:26.65 | 53.98   | 300m: | 5:12.71    | 52.25   | 400m: | 6:50.09 | 47.33   |
| 3. | 1141436 | PEREZ SOLIÑO, Constante       |         |       |         |         | 64    | GALAICO    |         |       | 7:43.88 | 8,00    |
|    | 50m:    | 50.83                         | 50.83   | 150m: | 2:49.67 | 59.63   | 250m: | 4:49.62    | 59.35   | 350m: | 6:48.69 | 59.54   |
|    | 100m:   | 1:50.04                       | 59.21   | 200m: | 3:50.27 | 1:00.60 | 300m: | 5:49.15    | 59.53   | 400m: | 7:43.88 | 55.19   |
| 4. | 1143896 | PERDIZ GONZALEZ, Jose Ramon   |         |       |         |         | 64    | ESCUALOS   |         |       | 8:29.99 | 7,00    |
|    | 50m:    | 52.53                         | 52.53   | 150m: | 2:56.17 | 1:04.00 | 250m: | 5:06.80    | 1:05.82 | 350m: | 7:22.79 | 1:08.27 |
|    | 100m:   | 1:52.17                       | 59.64   | 200m: | 4:00.98 | 1:04.81 | 300m: | 6:14.52    | 1:07.72 | 400m: | 8:29.99 | 1:07.20 |
| 5. | 1144337 | EIRAS DORADO, Juan Luis       |         |       |         |         | 60    | PORTAMIÑA  |         |       | 8:53.06 | 6,00    |
|    | 50m:    | 52.75                         | 52.75   | 150m: | 3:07.20 | 1:09.22 | 250m: | 5:26.57    | 1:09.30 | 350m: | 7:43.68 | 1:07.88 |
|    | 100m:   | 1:57.98                       | 1:05.23 | 200m: | 4:17.27 | 1:10.07 | 300m: | 6:35.80    | 1:09.23 | 400m: | 8:53.06 | 1:09.38 |

65+

|    |         |                              |       |       |         |       |       |         |       |       |         |       |
|----|---------|------------------------------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|
| 1. | 1141150 | RODRIGUEZ VIEITO, Ricardo M. |       |       |         | 65    | MOS   |         |       |       | 6:22.43 | 13,00 |
|    | 50m:    | 41.60                        | 41.60 | 150m: | 2:16.82 | 48.89 | 250m: | 3:57.19 | 50.49 | 350m: | 5:36.34 | 48.92 |
|    | 100m:   | 1:27.93                      | 46.33 | 200m: | 3:06.70 | 49.88 | 300m: | 4:47.42 | 50.23 | 400m: | 6:22.43 | 46.09 |

70+

|    |         |                          |       |       |         |       |            |         |       |       |         |       |
|----|---------|--------------------------|-------|-------|---------|-------|------------|---------|-------|-------|---------|-------|
| 1. | 1076488 | MONROY FERNÁNDEZ, Manuel |       |       |         | 72    | PONTEAREAS |         |       |       | 7:19.50 | 13,00 |
|    | 50m:    | 48.45                    | 48.45 | 150m: | 2:37.73 | 55.82 | 250m:      | 4:30.72 | 56.62 | 350m: | 6:24.17 | 56.44 |
|    | 100m:   | 1:41.91                  | 53.46 | 200m: | 3:34.10 | 56.37 | 300m:      | 5:27.73 | 57.01 | 400m: | 7:19.50 | 55.33 |