

Prueba 19  
26/11/2022

Masc., 400m Estilos

Absoluto Masculino  
Resultados Final

RG	4:17.48	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	05/01/2021
RC	4:17.48	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	05/01/2021

Clasificación			AN			Tiempo	ABSO					
<b>Final A</b>												
1.	MENDEZ PUGA, Mario		03	VIGO RIAS BAIXAS		<b>4:22.43</b>	19,00					
	50m:	27.64	27.64	150m:	1:33.90	34.77	250m:	2:45.22	36.99	350m:	3:52.86	30.27
	100m:	59.13	31.49	200m:	2:08.23	34.33	300m:	3:22.59	37.37	400m:	4:22.43	29.57
2.	PARDO PERNAS, Martin		02	C. FLUVIAL LUGO		<b>4:35.90</b>	16,00					
	50m:	28.71	28.71	150m:	1:36.81	35.41	250m:	2:51.63	40.31	350m:	4:04.89	32.42
	100m:	1:01.40	32.69	200m:	2:11.32	34.51	300m:	3:32.47	40.84	400m:	4:35.90	31.01
3.	NAVARRO LOSADA, Sergi		07	C. N. FERROL		<b>4:38.49</b>	14,00					
	50m:	29.90	29.90	150m:	1:40.15	36.57	250m:	2:54.91	40.54	350m:	4:07.77	31.87
	100m:	1:03.58	33.68	200m:	2:14.37	34.22	300m:	3:35.90	40.99	400m:	4:38.49	30.72
4.	CARRERA COSTAS, Martin		96	C. N. PONTEAREAS		<b>4:45.22</b>	13,00					
	50m:	29.91	29.91	150m:	1:42.29	37.65	250m:	2:57.98	38.72	350m:	4:11.61	33.98
	100m:	1:04.64	34.73	200m:	2:19.26	36.97	300m:	3:37.63	39.65	400m:	4:45.22	33.61
5.	MANEIROS PAZ, Mario		06	C. N. FERROL		<b>4:47.96</b>	12,00					
	50m:	30.53	30.53	150m:	1:43.69	37.20	250m:	3:00.55	41.49	350m:	4:16.30	33.36
	100m:	1:06.49	35.96	200m:	2:19.06	35.37	300m:	3:42.94	42.39	400m:	4:47.96	31.66
6.	MORENO TEIJEIRO, Hugo		05	C. FLUVIAL LUGO		<b>4:55.92</b>	11,00					
	50m:	30.75	30.75	150m:	1:46.55	40.20	250m:	3:05.74	40.75	350m:	4:22.32	34.81
	100m:	1:06.35	35.60	200m:	2:24.99	38.44	300m:	3:47.51	41.77	400m:	4:55.92	33.60
<b>Final B</b>												
7.	MARTINEZ MARTINEZ, Marcos		03	C. N. PONTEAREAS		<b>4:49.18</b>	10,00					
	50m:	30.97	30.97	150m:	1:43.56	37.91	250m:	3:01.62	41.66	350m:	4:17.92	32.66
	100m:	1:05.65	34.68	200m:	2:19.96	36.40	300m:	3:45.26	43.64	400m:	4:49.18	31.26
8.	PASTORIZA SANTA CLARA, Jorge		97	VIGO RIAS BAIXAS		<b>4:51.41</b>	9,00					
	50m:	32.23	32.23	150m:	1:46.65	37.95	250m:	3:04.81	41.96	350m:	4:19.47	32.88
	100m:	1:08.70	36.47	200m:	2:22.85	36.20	300m:	3:46.59	41.78	400m:	4:51.41	31.94
9.	TIMIRAO FERNANDEZ, Marcos		05	C. N. PORTAMIÑA		<b>4:54.09</b>	8,00					
	50m:	30.01	30.01	150m:	1:43.48	38.46	250m:	3:03.19	42.12	350m:	4:19.95	34.61
	100m:	1:05.02	35.01	200m:	2:21.07	37.59	300m:	3:45.34	42.15	400m:	4:54.09	34.14
10.	RODRIGUEZ DEL RIO, Miguel		06	PABELLON OURENSE		<b>4:58.19</b>	7,00					
	50m:	31.92	31.92	150m:	1:47.22	38.73	250m:	3:06.86	41.77	350m:	4:24.63	35.64
	100m:	1:08.49	36.57	200m:	2:25.09	37.87	300m:	3:48.99	42.13	400m:	4:58.19	33.56
DSQ	SIMON COTELO, Manuel		01	C. N. PANAS		-	-					
	<i>Viraje irregular</i>											