

Prueba 4  
25/11/2022

Masc., 400m Libre

Absoluto Masculino  
Resultados Final

RG	3:50.73	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	02/12/2010
RC	3:50.95	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	27/12/2008

Clasificación

AN

Tiempo ABSO

Final A

1.	GARCÍA CASTRO, Mateo	05	C. N. ARTEIXO	<b>4:00.63</b>	19,00						
	50m: 27.13 27.13	150m: 1:26.86	29.93	250m: 2:28.20	30.96	350m: 3:30.59	30.90				
	100m: 56.93 29.80	200m: 1:57.24	30.38	300m: 2:59.69	31.49	400m: 4:00.63	30.04				
2.	PARDO PERNAS, Martin	02	C. FLUVIAL LUGO	<b>4:03.66</b>	16,00						
	50m: 27.42 27.42	150m: 1:27.34	30.15	250m: 2:28.51	30.69	350m: 3:31.86	31.89				
	100m: 57.19 29.77	200m: 1:57.82	30.48	300m: 2:59.97	31.46	400m: 4:03.66	31.80				
3.	CIVEIRA CORRAL, Raul	02	PABELLON OURENSE	<b>4:06.45</b>	14,00						
	50m: 28.35 28.35	150m: 1:29.79	31.05	250m: 2:32.90	31.91	350m: 3:35.57	31.12				
	100m: 58.74 30.39	200m: 2:00.99	31.20	300m: 3:04.45	31.55	400m: 4:06.45	30.88				
4.	SANLÉS DIESTE, Hugo	04	S. DEP. BOIRO	<b>4:08.36</b>	13,00						
	50m: 28.10 28.10	150m: 1:30.18	31.34	250m: 2:33.30	31.60	350m: 3:37.13	31.84				
	100m: 58.84 30.74	200m: 2:01.70	31.52	300m: 3:05.29	31.99	400m: 4:08.36	31.23				
5.	MANEIROS PAZ, Mario	06	C. N. FERROL	<b>4:09.44</b>	12,00						
	50m: 28.02 28.02	150m: 1:29.57	31.62	250m: 2:33.20	32.05	350m: 3:38.05	32.59				
	100m: 57.95 29.93	200m: 2:01.15	31.58	300m: 3:05.46	32.26	400m: 4:09.44	31.39				
6.	FERNANDEZ NIETO, Cristian	92	C. N. GALAICO	<b>4:13.99</b>	11,00						
	50m: 28.87 28.87	150m: 1:32.17	31.81	250m: 2:37.04	32.31	350m: 3:42.42	32.68				
	100m: 1:00.36 31.49	200m: 2:04.73	32.56	300m: 3:09.74	32.70	400m: 4:13.99	31.57				

Final B

7.	FRAGA SAL, Alexandre	06	C. N. PORTAMIÑA	<b>4:13.94</b>	10,00						
	50m: 27.79 27.79	150m: 1:31.56	32.25	250m: 2:37.26	32.51	350m: 3:43.13	32.53				
	100m: 59.31 31.52	200m: 2:04.75	33.19	300m: 3:10.60	33.34	400m: 4:13.94	30.81				
8.	PEREZ FERNANDEZ, Brais	07	C. N. PORTAMIÑA	<b>4:14.40</b>	9,00						
	50m: 28.26 28.26	150m: 1:32.25	32.66	250m: 2:37.27	32.41	350m: 3:43.00	33.00				
	100m: 59.59 31.33	200m: 2:04.86	32.61	300m: 3:10.00	32.73	400m: 4:14.40	31.40				
9.	MASSÓ ROIG, Martín	07	VIGO RIAS BAIXAS	<b>4:14.65</b>	8,00						
	50m: 29.19 29.19	150m: 1:32.81	32.31	250m: 2:38.17	32.68	350m: 3:43.43	32.75				
	100m: 1:00.50 31.31	200m: 2:05.49	32.68	300m: 3:10.68	32.51	400m: 4:14.65	31.22				
10.	QUIROGA RAMOS, Noel	00	PABELLON OURENSE	<b>4:14.70</b>	7,00						
	50m: 29.40 29.40	150m: 1:33.35	32.30	250m: 2:38.37	32.45	350m: 3:43.44	32.62				
	100m: 1:01.05 31.65	200m: 2:05.92	32.57	300m: 3:10.82	32.45	400m: 4:14.70	31.26				
11.	POMBO LOPEZ, Sergio	91	C. FLUVIAL LUGO	<b>4:17.77</b>	6,00						
	50m: 29.42 29.42	150m: 1:33.53	32.25	250m: 2:39.24	32.82	350m: 3:45.28	32.99				
	100m: 1:01.28 31.86	200m: 2:06.42	32.89	300m: 3:12.29	33.05	400m: 4:17.77	32.49				
12.	ALONSO VIDAL, Teo	07	VIGO RIAS BAIXAS	<b>4:18.43</b>	5,00						
	50m: 29.11 29.11	150m: 1:33.57	32.49	250m: 2:39.61	33.19	350m: 3:46.16	33.32				
	100m: 1:01.08 31.97	200m: 2:06.42	32.85	300m: 3:12.84	33.23	400m: 4:18.43	32.27				