

Prueba 2  
14/01/2023

Masc., 400m Estilos

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	<b>4:51.07</b>	13,00
50m: 31.14 31.14 150m: 1:44.35 37.85 250m: 3:03.11 41.34 350m: 4:18.61 33.04	100m: 1:06.50 35.36 200m: 2:21.77 37.42 300m: 3:45.57 42.46 400m: 4:51.07 32.46		
<b>25+</b>			
1. 1144193 PASTORIZA SANTACLARA, Jorge	26 RIASBAIXAS	<b>4:59.28</b>	13,00
50m: 32.03 32.03 150m: 1:47.14 38.08 250m: 3:07.66 42.58 350m: 4:25.66 34.79	100m: 1:09.06 37.03 200m: 2:25.08 37.94 300m: 3:50.87 43.21 400m: 4:59.28 33.62		
2. 1038181 BOUZA PADRON, Adrian	26 PONTEAREAS	<b>5:05.37</b>	10,00
50m: 31.99 31.99 150m: 1:48.65 40.38 250m: 3:10.04 42.81 350m: 4:29.59 37.00	100m: 1:08.27 36.28 200m: 2:27.23 38.58 300m: 3:52.59 42.55 400m: 5:05.37 35.78		
3. 1038178 IBAÑEZ CARRERA, Manuel Gabriel	27 PONTEAREAS	<b>5:36.09</b>	8,00
50m: 32.26 32.26 150m: 1:54.58 44.86 250m: 3:28.09 49.15 350m: 4:58.83 39.90	100m: 1:09.72 37.46 200m: 2:38.94 44.36 300m: 4:18.93 50.84 400m: 5:36.09 37.26		
4. 1038356 AZNAR GRILLE, Carlos Javier	28 CMARINA	<b>6:05.84</b>	7,00
50m: 40.40 40.40 150m: 2:16.48 51.26 250m: 3:55.96 49.90 350m: 5:27.49 41.08	100m: 1:25.22 44.82 200m: 3:06.06 49.58 300m: 4:46.41 50.45 400m: 6:05.84 38.35		
<b>30+</b>			
1. 1130602 TENORIO FREIRE, Martin	31 GALAICO	<b>5:17.44</b>	13,00
50m: 30.33 30.33 150m: 1:49.43 42.09 250m: 3:14.38 44.05 350m: 4:38.91 38.60	100m: 1:07.34 37.01 200m: 2:30.33 40.90 300m: 4:00.31 45.93 400m: 5:17.44 38.53		
<b>35+</b>			
1. 1084717 VILA CID, Marcos	36 POURENSE	<b>4:44.93</b>	13,00 RG
50m: 30.76 30.76 150m: 1:43.10 37.89 250m: 3:00.04 40.94 350m: 4:13.50 33.63	100m: 1:05.21 34.45 200m: 2:19.10 36.00 300m: 3:39.87 39.83 400m: 4:44.93 31.43		
2. 1093877 GALERA PEREZ, Francisco	36 UTRERA	<b>5:36.29</b>	10,00
50m: 36.06 36.06 150m: 2:07.07 47.66 250m: 3:37.41 43.87 350m: 4:59.98 38.82	100m: 1:19.41 43.35 200m: 2:53.54 46.47 300m: 4:21.16 43.75 400m: 5:36.29 36.31		
3. 1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	<b>6:51.33</b>	8,00
50m: 48.18 48.18 150m: 2:35.04 53.35 250m: 4:20.15 53.13 350m: 6:04.79 49.56	100m: 1:41.69 53.51 200m: 3:27.02 51.98 300m: 5:15.23 55.08 400m: 6:51.33 46.54		
4. 1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35 RIASBAIXAS	<b>6:57.14</b>	7,00
50m: 43.08 43.08 150m: 2:34.09 58.60 250m: 4:23.38 54.52 350m: 6:08.85 50.02	100m: 1:35.49 52.41 200m: 3:28.86 54.77 300m: 5:18.83 55.45 400m: 6:57.14 48.29		
<b>40+</b>			
1. 1228089 MERA MONTECELOS, Pablo	40 HERCULES	<b>5:43.36</b>	13,00
50m: 34.79 34.79 150m: 1:59.97 45.26 250m: 3:34.61 50.46 350m: 5:05.19 39.99	100m: 1:14.71 39.92 200m: 2:44.15 44.18 300m: 4:25.20 50.59 400m: 5:43.36 38.17		
2. 1144789 MATIAS DUARTE, Erick	41 HERCULES	<b>6:20.02</b>	10,00
50m: 39.28 39.28 150m: 2:18.03 52.71 250m: 3:59.47 50.34 350m: 5:37.65 46.32	100m: 1:25.32 46.04 200m: 3:09.13 51.10 300m: 4:51.33 51.86 400m: 6:20.02 42.37		
3. 1199899 DOMINGUEZ PHILOCREON, Ticiano	42 CIDSANTIAG	<b>6:40.81</b>	8,00
50m: 41.59 41.59 150m: 2:28.97 56.07 250m: 4:15.57 53.26 350m: 5:57.43 46.48	100m: 1:32.90 51.31 200m: 3:22.31 53.34 300m: 5:10.95 55.38 400m: 6:40.81 43.38		

Prueba 2, Masc., 400m Estilos, 40+

Clasificación		Edad		Tiempo	Puntos
4.	1039360 POSE MATO, Cesar	40	ADFOGAR	<b>9:22.01</b>	7,00
	50m: 1:09.82 1:09.82 150m: 3:42.84 1:13.93 250m: 6:13.29 1:16.00 350m: 8:27.98 56.37				
	100m: 2:28.91 1:19.09 200m: 4:57.29 1:14.45 300m: 7:31.61 1:18.32 400m: 9:22.01 54.03				
DSQ	1190398 FERNANDEZ CORRAL, Marcos	44	PORTAMIÑA		-
	<i>Nado irregular</i>				
<b>45+</b>					
1.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	<b>5:28.03</b>	13,00
	50m: 34.53 34.53 150m: 1:57.29 42.67 250m: 3:25.69 47.20 350m: 4:50.49 37.56				
	100m: 1:14.62 40.09 200m: 2:38.49 41.20 300m: 4:12.93 47.24 400m: 5:28.03 37.54				
2.	1079343 MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	<b>6:10.05</b>	10,00
	50m: 35.45 35.45 150m: 2:10.64 51.69 250m: 3:54.89 53.02 350m: 5:30.79 40.98				
	100m: 1:18.95 43.50 200m: 3:01.87 51.23 300m: 4:49.81 54.92 400m: 6:10.05 39.26				
3.	1076553 FERNANDEZ-TESTA BARREIRO, David	49	RIASBAIXAS	<b>6:49.20</b>	8,00
	50m: 44.21 44.21 150m: 2:32.17 55.85 250m: 4:20.42 55.52 350m: 6:04.17 47.30				
	100m: 1:36.32 52.11 200m: 3:24.90 52.73 300m: 5:16.87 56.45 400m: 6:49.20 45.03				
Baja enf.	1145058 VALCUENDE RODRIGUEZ, Juan Manu	47	HERCULES		-
Baja enf.	1141502 TRONCOSO CAAMAÑO, Fernando	48	ESCUALOS		-
<b>50+</b>					
1.	1040137 QUINTAS BARROS, Jesus C.	50	ESCUALOS	<b>5:40.50</b>	13,00 RG
	50m: 35.81 35.81 150m: 2:05.37 48.24 250m: 3:39.42 48.23 350m: 5:05.26 38.35				
	100m: 1:17.13 41.32 200m: 2:51.19 45.82 300m: 4:26.91 47.49 400m: 5:40.50 35.24				
2.	1141504 BOUSO FUENTECILLA, Fernando	52	ESCUALOS	<b>6:40.41</b>	10,00
	50m: 44.15 44.15 150m: 2:33.01 56.36 250m: 4:18.98 51.92 350m: 5:58.76 46.88				
	100m: 1:36.65 52.50 200m: 3:27.06 54.05 300m: 5:11.88 52.90 400m: 6:40.41 41.65				
3.	1144117 PREGO MARTINEZ, Benjamin	50	PONTEAREAS	<b>6:52.08</b>	8,00
	50m: 44.83 44.83 150m: 2:39.63 59.64 250m: 4:32.40 53.66 350m: 6:10.97 44.09				
	100m: 1:39.99 55.16 200m: 3:38.74 59.11 300m: 5:26.88 54.48 400m: 6:52.08 41.11				
DSQ	1078814 CANOSA RODRIGUEZ, Alfonso J.	52	ADFOGAR		-
	<i>Nado irregular</i>				
<b>55+</b>					
1.	1037161 TOME NOGUEIRA, Alberto M.	55	ADFOGAR	<b>7:12.07</b>	13,00
	50m: 45.07 45.07 150m: 2:38.67 57.62 250m: 4:35.39 1:00.73 350m: 6:24.58 47.59				
	100m: 1:41.05 55.98 200m: 3:34.66 55.99 300m: 5:36.99 1:01.60 400m: 7:12.07 47.49				
<b>65+</b>					
1.	1048207 ROS ROSILLO, Alejandro	65	RIASBAIXAS	<b>7:12.07</b>	13,00
	50m: 49.21 49.21 150m: 2:47.19 1:01.47 250m: 4:36.51 53.59 350m: 6:24.19 54.81				
	100m: 1:45.72 56.51 200m: 3:42.92 55.73 300m: 5:29.38 52.87 400m: 7:12.07 47.88				
DSQ	1191492 TIMIRAOS CARRASCO, Luis	67	POURENSE		-
	<i>Nado irregular</i>				