

Prueba 1
12/03/2023

Masc., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1039755 RIVAS MACEIRAS, Isaac	99	HERCULES	19:23.31	13,00
	50m: 33.27 33.27 200m: 2:20.21 1:12.22 800m: 10:07.68 5:17.00				
	100m: 1:07.99 34.72 400m: 4:50.68 2:30.47 1500m: 19:23.31 9:15.63				
25+					
1.	1144193 PASTORIZA SANTA CLARA, Jorge	97	RIASBAIXAS	17:21.17	13,00 RG
	50m: 32.86 32.86 200m: 2:14.61 1:08.38 800m: 9:11.87 4:39.00				
	100m: 1:06.23 33.37 400m: 4:32.87 2:18.26 1500m: 17:21.17 8:09.30				
2.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:50.83	10,00
	50m: 37.84 37.84 200m: 2:35.63 1:19.00 800m: 10:43.53 5:26.68				
	100m: 1:16.63 38.79 400m: 5:16.85 2:41.22 1500m: 20:50.83 10:07.30				
30+					
1.	1093472 DEL RIO REGUEIRA, Marcos	93	ARTEIXO	17:01.61	13,00 RG
	50m: 32.02 32.02 200m: 2:10.83 1:05.94 800m: 8:55.67 4:29.80				
	100m: 1:04.89 32.87 400m: 4:25.87 2:15.04 1500m: 17:01.61 8:05.94				
2.	1010948 CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	19:57.18	10,00
	50m: 38.02 38.02 200m: 2:38.57 1:20.96 800m: 10:41.02 5:20.77				
	100m: 1:17.61 39.59 400m: 5:20.25 2:41.68 1500m: 19:57.18 9:16.16				
3.	1143997 CORES VÁZQUEZ, Ricardo	92	ADNTNARON	21:14.71	8,00
	50m: 39.39 39.39 200m: 2:40.99 1:22.10 800m: 11:11.05 5:42.22				
	100m: 1:18.89 39.50 400m: 5:28.83 2:47.84 1500m: 21:14.71 10:03.66				
4.	1178769 RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	91	NFERROL	23:09.71	7,00
	50m: 40.84 40.84 400m: 5:49.22 4:26.13 1500m: 23:09.71 11:09.38				
	100m: 1:23.09 42.25 800m: 12:00.33 6:11.11				
5.	1171513 RODRÍGUEZ OUTEIRIÑO, Alejandro	90	ESCUALOS	24:33.89	6,00
	50m: 46.10 46.10 200m: 3:11.57 1:38.56 800m: 13:08.15 6:41.14				
	100m: 1:33.01 46.91 400m: 6:27.01 3:15.44 1500m: 24:33.89 11:25.74				
35+					
1.	1084717 VILA CID, Marcos	87	POURENSE	16:50.17	13,00 RG
	50m: 31.86 31.86 200m: 2:10.24 1:05.85 800m: 8:56.33 4:30.91				
	100m: 1:04.39 32.53 400m: 4:25.42 2:15.18 1500m: 16:50.17 7:53.84				
2.	1086708 ABUIN ARES, Manuel	87	CIDSANTIAGO	21:06.50	10,00
	50m: 37.68 37.68 200m: 2:40.46 1:22.66 800m: 11:10.24 5:40.94				
	100m: 1:17.80 40.12 400m: 5:29.30 2:48.84 1500m: 21:06.50 9:56.26				
3.	1226258 BERNARDEZ FERRO, Juan Jose	87	GALAICO	21:42.77	8,00
	50m: 40.08 40.08 200m: 2:49.67 1:27.14 800m: 11:35.85 5:51.12				
	100m: 1:22.53 42.45 400m: 5:44.73 2:55.06 1500m: 21:42.77 10:06.92				
4.	1214823 GONZALEZ PEÑAS, David	84	C. N. Portamiñá Lugo	23:11.99	7,00
	50m: 48.76 48.76 200m: 2:58.39 1:30.24 800m: 12:19.35 6:14.82				
	100m: 1:28.15 39.39 400m: 6:04.53 3:06.14 1500m: 23:11.99 10:52.64				
5.	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS	23:53.81	6,00
	50m: 38.74 38.74 200m: 2:54.97 1:31.86 800m: 12:32.71 6:28.48				
	100m: 1:23.11 44.37 400m: 6:04.23 3:09.26 1500m: 23:53.81 11:21.10				

Prueba 1, Masc., 1500m Libre

40+

1.	1107942	GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	19:45.92	13,00
	50m:	37.49	37.49	200m:	2:34.61	1:18.22
	100m:	1:16.39	38.90	400m:	5:14.58	2:39.97
				800m:	10:35.92	5:21.34
				1500m:	19:45.92	9:10.00
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	81	CIDSANTIAGO	22:32.25	10,00
	50m:	40.42	40.42	200m:	2:48.61	1:26.34
	100m:	1:22.27	41.85	400m:	5:43.30	2:54.69
				800m:	11:46.08	6:02.78
				1500m:	22:32.25	10:46.17
3.	1190909	CARBALLA BARROSO, Rogelio Manue	81	GALAICO	22:57.36	8,00
	50m:	42.36	42.36	200m:	2:55.77	1:30.56
	100m:	1:25.21	42.85	400m:	6:01.77	3:06.00
				800m:	13:12.08	7:10.31
				1500m:	22:57.36	9:45.28
4.	1039360	POSE MATO, Cesar	83	ADFOGAR	32:55.28	7,00
	50m:	57.52	57.52	200m:	4:15.08	2:13.28
	100m:	2:01.80	1:04.28	400m:	8:38.77	4:23.69
				800m:	17:28.15	8:49.38
				1500m:	32:55.28	15:27.13
DSQ	1228089	MERA MONTECELOS, Pablo	83	HERCULES	-	-
		<i>Invasion lado Izquierdo</i>				

45+

1.	1110671	RUBIO RUBIRA, Ivan	74	ARTEIXO	18:21.68	13,00 RG
	50m:	34.05	34.05	200m:	2:21.34	1:12.29
	100m:	1:09.05	35.00	400m:	4:47.55	2:26.21
				800m:	9:43.24	4:55.69
				1500m:	18:21.68	8:38.44
2.	1118746	SANCHEZ GORDON, Roman	78	RIASBAIXAS	19:32.59	10,00
	50m:	36.80	36.80	200m:	2:31.30	1:16.87
	100m:	1:14.43	37.63	400m:	5:05.08	2:33.78
				800m:	10:17.86	5:12.78
				1500m:	19:32.59	9:14.73
3.	1129898	SOTELO FERNANDEZ, Diego	75	CIDSANTIAGO	19:55.45	8,00
	50m:	38.80	38.80	200m:	2:38.42	1:19.87
	100m:	1:18.55	39.75	400m:	5:18.24	2:39.82
				800m:	10:37.89	5:19.65
				1500m:	19:55.45	9:17.56
4.	1079343	MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	20:22.81	7,00
	50m:	37.77	37.77	200m:	2:36.27	1:19.34
	100m:	1:16.93	39.16	400m:	5:18.12	2:41.85
				800m:	10:47.90	5:29.78
				1500m:	20:22.81	9:34.91
5.	1143480	ABADES REBOREDO, Daniel	78	HERCULES	21:11.35	6,00
	50m:	41.96	41.96	200m:	2:50.11	1:25.04
	100m:	1:25.07	43.11	400m:	5:40.95	2:50.84
				800m:	12:47.55	7:06.60
				1500m:	21:11.35	8:23.80
6.	1076549	FERNÁNDEZ MAROTO, Diego	78	RCNVIGO	22:42.65	5,00
	50m:	43.05	43.05	200m:	2:56.45	1:29.81
	100m:	1:26.64	43.59	400m:	5:58.33	3:01.88
				800m:	12:09.33	6:11.00
				1500m:	22:42.65	10:33.32
7.	1203306	DURO GONZALEZ, Antonio	74	SALESTRADA	24:55.91	4,00
	50m:	43.96	43.96	200m:	3:05.05	1:35.56
	100m:	1:29.49	45.53	400m:	6:21.68	3:16.63
				800m:	12:59.02	6:37.34
				1500m:	24:55.91	11:56.89
8.	1076535	DE LUIS GONZÁLEZ, Aitor	74	RCNVIGO	25:13.80	3,00
	50m:	47.58	47.58	200m:	3:15.13	1:38.82
	100m:	1:36.31	48.73	400m:	7:20.44	4:05.31
				800m:	13:53.36	6:32.92
				1500m:	25:13.80	11:20.44
9.	1078844	FERNÁNDEZ FERNÁNDEZ, José Luis	74	CIDSANTIAGO	25:48.35	2,00
	50m:	43.60	43.60	200m:	3:11.69	1:40.32
	100m:	1:31.37	47.77	400m:	6:38.83	3:27.14
				800m:	13:39.41	7:00.58
				1500m:	25:48.35	12:08.94
Baja enf.	1175127	MASSO AGUADO, Jorge	76	RIASBAIXAS	-	-

50+

1.	1040137	QUINTAS BARROS, Jesus C.	73	ESQUALOS	19:29.08	13,00 RG
	50m:	37.46	37.46	200m:	2:33.09	1:16.95
	100m:	1:16.14	38.68	400m:	5:09.21	2:36.12
				800m:	10:22.02	5:12.81
				1500m:	19:29.08	9:07.06

Prueba 1, Masc., 1500m Libre, 50+

Clasificación		AN		Tiempo	Puntos
2.	1141071 LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	25:48.52	10,00
	50m: 45.58 45.58 200m: 3:16.23 1:41.37 800m: 13:43.61 6:59.47				
	100m: 1:34.86 49.28 400m: 6:44.14 3:27.91 1500m: 25:48.52 12:04.91				
55+					
1.	1085112 RIVAS FEAL, Antonio	66	HERCULES	20:36.44	13,00
	50m: 40.31 40.31 200m: 2:43.71 1:22.59 800m: 11:01.31 5:33.41				
	100m: 1:21.12 40.81 400m: 5:27.90 2:44.19 1500m: 20:36.44 9:35.13				
2.	1145033 PIÑEIRO PEREZ, Armando	66	PONTEAREAS	23:40.62	10,00
	50m: 46.33 46.33 200m: 3:10.77 1:36.63 800m: 12:43.11 6:20.06				
	100m: 1:34.14 47.81 400m: 6:23.05 3:12.28 1500m: 23:40.62 10:57.51				
3.	1193949 LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	26:32.40	8,00
	50m: 46.96 46.96 200m: 3:25.05 1:46.06 800m: 14:07.40 7:08.97				
	100m: 1:38.99 52.03 400m: 6:58.43 3:33.38 1500m: 26:32.40 12:25.00				
4.	1143575 FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	26:59.01	7,00
	50m: 48.88 48.88 200m: 4:22.66 52.73 800m: 14:22.91 7:17.90				
	100m: 3:29.93 2:41.05 400m: 7:05.01 2:42.35 1500m: 26:59.01 12:36.10				
5.	1143536 BLANCO PEREZ, Angel	64	POURENSE	27:01.69	6,00
	50m: 49.43 49.43 200m: 3:30.77 1:48.59 800m: 14:22.05 7:13.43				
	100m: 1:42.18 52.75 400m: 7:08.62 3:37.85 1500m: 27:01.69 12:39.64				
60+					
1.	1170858 CODESIDO LOPEZ, José	59	CIDSANTIAGO	24:24.69	13,00
	50m: 43.75 43.75 200m: 3:52.92 2:23.25 800m: 12:45.17 6:27.81				
	100m: 1:29.67 45.92 400m: 6:17.36 2:24.44 1500m: 24:24.69 11:39.52				
2.	1076514 LAGO REY, Jose Manuel	63	RIASBAIXAS	42:00.00	10,00
	50m: 1:08.74 1:08.74 200m: 5:15.24 2:37.19 850m: 22:09.92 11:18.59				
	100m: 2:38.05 1:29.31 400m: 10:51.33 5:36.09 1500m: 42:00.00 19:50.08				
70+					
1.	1075190 SUANZES PEREZ, Fernando	53	HERCULES	24:39.55	13,00 RG
	50m: 44.80 44.80 450m: 850m: 1250m:				
	100m: 1:32.05 47.25 500m: 900m: 1300m:				
	150m: 550m: 950m: 1350m:				
	200m: 3:10.43 600m: 1000m: 1400m:				
	250m: 650m: 1050m: 1450m:				
	300m: 700m: 1100m: 1500m: 24:39.55				
	350m: 750m: 1150m:				
	400m: 6:29.99 800m: 13:09.83 1200m:				
2.	1076488 MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	31:00.77	10,00
	50m: 54.77 54.77 200m: 3:55.61 2:02.53 800m: 16:20.88 8:20.46				
	100m: 1:53.08 58.31 400m: 8:00.42 4:04.81 1500m: 31:00.77 14:39.89				