

Prueba 4  
12/03/2023

Masc., 800m Libre

20 años y mayores  
Resultados

Clasificación		AN		Tiempo	Puntos
<b>20+</b>					
1.	1144927 SUAREZ RIPOLL, Xian	03	CIDSANTIAGO	<b>9:28.57</b>	13,00
	50m: 33.66 33.66 200m: 2:19.95 1:11.44 800m: 9:28.57 4:45.50				
	100m: 1:08.51 34.85 400m: 4:43.07 2:23.12				
2.	1217804 SUAREZ URRUZOLA, Leo	00	CIDSANTIAGO	<b>9:35.15</b>	10,00
	50m: 34.99 34.99 200m: 2:24.02 1:13.37 800m: 9:35.15 4:44.31				
	100m: 1:10.65 35.66 400m: 4:50.84 2:26.82				
<b>25+</b>					
1.	1039270 TRILLO RODRIGUEZ, Adrian	97	MOS	<b>10:35.59</b>	13,00
	50m: 35.36 35.36 200m: 2:30.36 1:17.91 800m: 10:35.59 5:24.42				
	100m: 1:12.45 37.09 400m: 5:11.17 2:40.81				
<b>30+</b>					
1.	1130602 TENORIO FREIRE, Martin	92	GALAICO	<b>9:38.37</b>	13,00
	50m: 32.36 32.36 200m: 2:16.20 1:10.12 800m: 9:38.37 4:58.20				
	100m: 1:06.08 33.72 400m: 4:40.17 2:23.97				
<b>35+</b>					
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	<b>9:13.92</b>	13,00
	50m: 35.52 35.52 200m: 2:15.56 1:09.20 800m: 9:13.92 4:38.90				
	100m: 1:06.36 30.84 400m: 4:35.02 2:19.46				
2.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	<b>10:14.61</b>	10,00
	50m: 34.83 34.83 200m: 2:27.08 1:16.03 800m: 10:14.61 5:09.09				
	100m: 1:11.05 36.22 400m: 5:05.52 2:38.44				
3.	1199549 MARTINEZ DOPAZO, David	87	GALAICO	<b>10:31.53</b>	8,00
	50m: 36.30 36.30 200m: 2:31.71 1:18.03 800m: 10:31.53 5:20.20				
	100m: 1:13.68 37.38 400m: 5:11.33 2:39.62				
4.	1126597 FERNANDEZ GAYOSO, Jose Manuel	86	MOS	<b>11:15.38</b>	7,00
	50m: 37.09 37.09 200m: 2:39.37 1:22.72 800m: 11:15.38 5:43.64				
	100m: 1:16.65 39.56 400m: 5:31.74 2:52.37				
5.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	<b>12:07.33</b>	6,00
	50m: 42.28 42.28 200m: 2:58.05 1:32.72 800m: 12:07.33 6:12.78				
	100m: 1:25.33 43.05 400m: 5:54.55 2:56.50				
6.	1020991 FERNANDEZ MONTEAGUDO, Ruben	85	CIDSANTIAGO	<b>13:06.52</b>	5,00
	50m: 45.64 45.64 200m: 3:13.45 1:39.82 800m: 13:06.52 6:30.42				
	100m: 1:33.63 47.99 400m: 6:36.10 3:22.65				
Baja enf.	1198278 MANEIRO BETANZOS, Javier	85	ESCUALOS		-
<b>40+</b>					
1.	1190529 CERVELA DEBER, Moises	82	SALESTRADA	<b>11:20.67</b>	13,00
	50m: 36.76 36.76 200m: 2:39.85 1:24.08 800m: 11:20.67 5:45.64				
	100m: 1:15.77 39.01 400m: 5:35.03 2:55.18				
2.	1178765 ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	<b>11:31.72</b>	10,00
	50m: 40.80 40.80 200m: 2:55.11 1:30.84 800m: 11:31.72 5:39.54				
	100m: 1:24.27 43.47 400m: 5:52.18 2:57.07				

Prueba 4, Masc., 800m Libre, 40+

Clasificación		AN		Tiempo	Puntos
3.	1144584 ALVAREZ SILVA, Ruben	81	ESQUALOS	<b>11:57.49</b>	8,00
	50m: 41.76 41.76 200m: 2:54.35 1:29.56 800m: 11:57.49 6:02.40				
	100m: 1:24.79 43.03 400m: 5:55.09 3:00.74				
4.	1144789 MATIAS DUARTE, Erick	82	HERCULES	<b>11:58.02</b>	7,00
	50m: 42.27 42.27 200m: 2:53.83 1:27.38 800m: 11:58.02 5:58.38				
	100m: 1:26.45 44.18 400m: 5:59.64 3:05.81				
5.	1180237 FOUZ ROUCO, Rubén	79	HERCULES	<b>12:03.31</b>	6,00
	50m: 42.93 42.93 200m: 3:00.05 1:32.31 800m: 12:03.31 5:54.26				
	100m: 1:27.74 44.81 400m: 6:09.05 3:09.00				
6.	1145052 FIERRO FERNÁNDEZ, Julio	82	HERCULES	<b>12:09.19</b>	5,00
	50m: 39.92 39.92 200m: 2:50.96 1:28.35 800m: 12:09.19 6:13.48				
	100m: 1:22.61 42.69 400m: 5:55.71 3:04.75				

45+

1.	1144267 FINS SEOANE, Juan Miguel	77	SALESTRADA	<b>10:48.27</b>	13,00
	50m: 35.72 35.72 200m: 2:31.43 1:18.22 800m: 10:48.27 5:34.92				
	100m: 1:13.21 37.49 400m: 5:13.35 2:41.92				
2.	1212075 GONZALEZ PARIS, David	78	HERCULES	<b>11:10.59</b>	10,00
	50m: 39.43 39.43 200m: 2:45.05 1:24.90 800m: 11:10.59 5:36.72				
	100m: 1:20.15 40.72 400m: 5:33.87 2:48.82				
3.	1147010 SANJURJO POVEDA, Pablo	74	NFERROL	<b>12:04.81</b>	8,00
	50m: 41.16 41.16 200m: 2:54.17 1:29.96 800m: 12:04.81 6:08.36				
	100m: 1:24.21 43.05 400m: 5:56.45 3:02.28				
4.	1144269 LOPEZ PAYO, Mario	77	SALESTRADA	<b>13:18.25</b>	7,00
	50m: 41.96 41.96 200m: 3:03.24 1:36.22 800m: 13:18.25 6:58.07				
	100m: 1:27.02 45.06 400m: 6:20.18 3:16.94				

50+

1.	1180192 SAAVEDRA GONZÁLEZ, Raul	73	HERCULES	<b>11:41.75</b>	13,00
	50m: 41.52 41.52 200m: 2:52.77 1:28.28 800m: 11:41.75 5:50.11				
	100m: 1:24.49 42.97 400m: 5:51.64 2:58.87				
2.	1144117 PREGO MARTINEZ, Benjamin	73	PONTEAREAS	<b>11:55.34</b>	10,00
	50m: 40.95 40.95 200m: 2:49.80 1:27.19 800m: 11:55.34 6:07.89				
	100m: 1:22.61 41.66 400m: 5:47.45 2:57.65				
3.	1144601 PUENTE DÍAZ, Javier	71	CIDSANTIAGO	<b>12:12.08</b>	8,00
	50m: 43.30 43.30 200m: 3:01.31 1:32.68 800m: 12:12.08 6:06.67				
	100m: 1:28.63 45.33 400m: 6:05.41 3:04.10				
4.	1144792 LORENZO MEJUTO, Manuel	71	HERCULES	<b>13:50.46</b>	7,00
	50m: 47.40 47.40 200m: 3:20.90 1:42.23 800m: 13:50.46 7:01.37				
	100m: 1:38.67 51.27 400m: 6:49.09 3:28.19				
5.	1180236 DE LA VEGA GÁNDARAS, Felipe	73	HERCULES	<b>13:59.61</b>	6,00
	50m: 52.90 52.90 200m: 3:29.93 1:45.34 800m: 13:59.61 7:00.44				
	100m: 1:44.59 51.69 400m: 6:59.17 3:29.24				

55+

1.	1076162 MIRA PÉREZ, Jorge	68	CIDSANTIAGO	<b>13:13.25</b>	13,00
	50m: 44.14 44.14 200m: 3:09.05 1:37.69 800m: 13:13.25 6:42.48				
	100m: 1:31.36 47.22 400m: 6:30.77 3:21.72				

Prueba 4, Masc., 800m Libre, 55+

Clasificación		AN		Tiempo	Puntos
2.	1037161 TOME NOGUEIRA, Alberto M.	68	ADFOGAR	<b>13:24.35</b>	10,00
	50m: 46.48 46.48 200m: 3:14.49 1:39.52 800m: 13:24.35 6:45.94				
	100m: 1:34.97 48.49 400m: 6:38.41 3:23.92				
3.	1078802 CEGARRA GARCIA, Eugenio	64	RSDH	<b>13:52.31</b>	8,00
	50m: 47.92 47.92 200m: 3:23.85 1:44.94 800m: 13:52.31 6:56.24				
	100m: 1:38.91 50.99 400m: 6:56.07 3:32.22				
4.	1144788 BEREÁ RUIZ, Manuel	64	HERCULES	<b>13:55.81</b>	7,00
	50m: 47.24 47.24 200m: 3:18.27 1:42.37 800m: 13:55.81 7:11.10				
	100m: 1:35.90 48.66 400m: 6:44.71 3:26.44				
DSQ	1175217 CASTRO QUINTELA, Avelino	67	GALAICO		-
	<i>Retirado</i>				
<b>60+</b>					
1.	1174449 FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	<b>12:19.34</b>	13,00
	50m: 42.83 42.83 200m: 2:58.96 1:31.69 800m: 12:19.34 6:12.04				
	100m: 1:27.27 44.44 400m: 6:07.30 3:08.34				
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	59	HERCULES	<b>13:38.53</b>	10,00
	50m: 46.50 46.50 200m: 3:19.89 1:42.64 800m: 13:38.53 6:52.82				
	100m: 1:37.25 50.75 400m: 6:45.71 3:25.82				
<b>65+</b>					
1.	1222391 AREA PEREIRA, Jose Manuel	57	GALAICO	<b>18:17.73</b>	13,00
	50m: 56.52 56.52 200m: 4:16.47 2:16.30 800m: 18:17.73 9:23.00				
	100m: 2:00.17 1:03.65 400m: 8:54.73 4:38.26				
Baja enf.	1191492 TIMIRAOS CARRASCO, Luis	56	POURENSE		-
<b>70+</b>					
1.	1076487 RODRIGUEZ LEMOS, Andres J.	49	MOS	<b>17:44.09</b>	13,00
	50m: 57.77 57.77 200m: 4:08.58 2:09.53 800m: 17:44.09 9:12.57				
	100m: 1:59.05 1:01.28 400m: 8:31.52 4:22.94				
<b>85+</b>					
Baja enf.	1143727 FOLCH MALLOFRE, Ramon	37	ARTEIXO		-