

Prueba 21  
08/07/2023 - 9:50

Masc., 400m Libre

Absoluto Masculino  
Resultados Prelim

RG	3:57.35	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	21/07/2010
RC	3:59.83	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	16/07/2021

Clasificación			AN			Grupo	Tempo	ABSO	JUNI			
<b>Junior Masculino</b>												
1.	GARCÍA CASTRO, Mateo		05	C. N. ARTEIXO			<b>4:12.31</b>	-	19,00	A		
	50m:	29.37 29.37	150m:	1:32.72	31.70	250m:	2:36.52	31.98	350m:	3:41.07	31.94	
	100m:	1:01.02 31.65	200m:	2:04.54	31.82	300m:	3:09.13	32.61	400m:	4:12.31	31.24	
2.	MANEIROS PAZ, Mario		06	C. N. FERROL			<b>4:14.91</b>	-	16,00	A		
	50m:	29.57 29.57	150m:	1:33.57	32.10	250m:	2:38.35	32.30	350m:	3:43.21	32.21	
	100m:	1:01.47 31.90	200m:	2:06.05	32.48	300m:	3:11.00	32.65	400m:	4:14.91	31.70	
3.	CUMMINGS CANDAL, James		05	C. N. CORUÑA			<b>4:17.47</b>	-	14,00	A		
	50m:	28.61 28.61	150m:	1:32.26	32.49	250m:	2:37.71	32.78	350m:	3:44.11	33.27	
	100m:	59.77 31.16	200m:	2:04.93	32.67	300m:	3:10.84	33.13	400m:	4:17.47	33.36	
4.	GOMEZ LIMIA, Pablo		06	C. N. CORUÑA			<b>4:29.11</b>	-	13,00	B		
	50m:	29.79 29.79	150m:	1:36.51	32.89	250m:	2:45.57	34.29	350m:	3:55.48	34.41	
	100m:	1:03.62 33.83	200m:	2:11.28	34.77	300m:	3:21.07	35.50	400m:	4:29.11	33.63	
5.	PEREZ PAZ, Dario		05	C. N. PONTEAREAS			<b>4:30.75</b>	-	12,00	B		
	50m:	30.24 30.24	150m:	1:38.35	34.56	250m:	2:47.93	35.04	350m:	3:57.58	34.85	
	100m:	1:03.79 33.55	200m:	2:12.89	34.54	300m:	3:22.73	34.80	400m:	4:30.75	33.17	
6.	FRAGA SAL, Alexandre		06	C. N. PORTAMIÑA			<b>4:31.87</b>	1,00	11,00			
	50m:	29.57 29.57	150m:	1:36.50	33.94	250m:	2:46.72	35.15	350m:	3:58.07	35.70	
	100m:	1:02.56 32.99	200m:	2:11.57	35.07	300m:	3:22.37	35.65	400m:	4:31.87	33.80	
7.	MENDEZ GARCIA, Xoan		06	C. N. PORTAMIÑA			<b>4:33.23</b>	-	10,00			
	50m:	30.94 30.94	150m:	1:40.01	34.54	250m:	2:48.87	34.09	350m:	3:59.00	35.21	
	100m:	1:05.47 34.53	200m:	2:14.78	34.77	300m:	3:23.79	34.92	400m:	4:33.23	34.23	
8.	ABELLEIRA GÓMEZ, Miguel A.		06	S. DEP. BOIRO			<b>4:46.44</b>	-	-			
	50m:	31.86 31.86	150m:	1:42.20	35.76	250m:	2:55.94	36.98	350m:	4:10.05	36.64	
	100m:	1:06.44 34.58	200m:	2:18.96	36.76	300m:	3:33.41	37.47	400m:	4:46.44	36.39	
9.	PEREZ TEIJEIRA, Iago		06	C. N. XOVE			<b>4:49.19</b>	-	-			
	50m:	30.89 30.89	150m:	1:41.72	36.34	250m:	2:57.11	37.88	350m:	4:13.01	37.60	
	100m:	1:05.38 34.49	200m:	2:19.23	37.51	300m:	3:35.41	38.30	400m:	4:49.19	36.18	
Baja	TIMIRAOS FERNANDEZ, Marcos		05	C. N. PORTAMIÑA				-	-			

**Absoluto Masculino**

1.	GARCÍA CASTRO, Mateo		05	C. N. ARTEIXO			<b>4:12.31</b>	-	19,00	A	
	50m:	29.37 29.37	150m:	1:32.72	31.70	250m:	2:36.52	31.98	350m:	3:41.07	31.94
	100m:	1:01.02 31.65	200m:	2:04.54	31.82	300m:	3:09.13	32.61	400m:	4:12.31	31.24
2.	PARDO PERNAS, Martin		02	C. FLUVIAL LUGO			<b>4:13.59</b>	-	-	A	
	50m:	28.10 28.10	150m:	1:29.50	30.78	250m:	2:34.60	34.00	350m:	3:41.51	32.71
	100m:	58.72 30.62	200m:	2:00.60	31.10	300m:	3:08.80	34.20	400m:	4:13.59	32.08
3.	MANEIROS PAZ, Mario		06	C. N. FERROL			<b>4:14.91</b>	-	16,00	A	
	50m:	29.57 29.57	150m:	1:33.57	32.10	250m:	2:38.35	32.30	350m:	3:43.21	32.21
	100m:	1:01.47 31.90	200m:	2:06.05	32.48	300m:	3:11.00	32.65	400m:	4:14.91	31.70
4.	CIVEIRA CORRAL, Raul		02	PABELLON OURENSE			<b>4:15.09</b>	-	-	A	
	50m:	28.77 28.77	150m:	1:33.06	32.55	250m:	2:38.87	32.64	350m:	3:43.87	32.14
	100m:	1:00.51 31.74	200m:	2:06.23	33.17	300m:	3:11.73	32.86	400m:	4:15.09	31.22

Prueba 21, Masc., 400m Libre, Prelim, Absoluto Masculino

Clasificación			AN			Tiempo	ABSO	JUNI		
5.	CUMMINGS CANDAL, James		05	C. N. CORUÑA		<b>4:17.47</b>	-	14,00	A	
	50m:	28.61 28.61	150m:	1:32.26	32.49	250m:	2:37.71	32.78	350m:	3:44.11 33.27
	100m:	59.77 31.16	200m:	2:04.93	32.67	300m:	3:10.84	33.13	400m:	4:17.47 33.36
6.	GARRIDO BRUM, Jacobo		02	C. N. Mataro		<b>4:21.35</b>	-	-	A	
	50m:	29.85 29.85	150m:	1:35.06	32.94	250m:	2:41.66	33.42	350m:	3:49.37 33.84
	100m:	1:02.12 32.27	200m:	2:08.24	33.18	300m:	3:15.53	33.87	400m:	4:21.35 31.98
7.	ALONSO VIDAL, Teo		07	VIGO RIAS BAIXAS		<b>4:21.52</b>	-	-	A	
	50m:	29.44 29.44	150m:	1:34.28	33.01	250m:	2:41.03	33.53	350m:	3:48.29 33.65
	100m:	1:01.27 31.83	200m:	2:07.50	33.22	300m:	3:14.64	33.61	400m:	4:21.52 33.23
8.	MASSO ROIG, Martin		07	VIGO RIAS BAIXAS		<b>4:25.49</b>	-	-	A	
	50m:	30.16 30.16	150m:	1:36.54	33.80	250m:	2:44.28	34.41	350m:	3:52.03 34.12
	100m:	1:02.74 32.58	200m:	2:09.87	33.33	300m:	3:17.91	33.63	400m:	4:25.49 33.46
9.	GOMEZ PUMARIÑO, Samuel		08	C. N. PORTAMIÑA		<b>4:26.94</b>	-	-	B	
	50m:	29.85 29.85	150m:	1:35.35	32.90	250m:	2:43.26	33.95	350m:	3:52.65 34.69
	100m:	1:02.45 32.60	200m:	2:09.31	33.96	300m:	3:17.96	34.70	400m:	4:26.94 34.29
10.	BARROS DA SILVA, Pedro		07	C. N. GALAICO		<b>4:28.59</b>	-	-	B	
	50m:	30.00 30.00	150m:	1:35.45	33.31	250m:	2:44.09	34.71	350m:	3:54.32 35.35
	100m:	1:02.14 32.14	200m:	2:09.38	33.93	300m:	3:18.97	34.88	400m:	4:28.59 34.27
11.	GOMEZ LIMIA, Pablo		06	C. N. CORUÑA		<b>4:29.11</b>	-	13,00	B	
	50m:	29.79 29.79	150m:	1:36.51	32.89	250m:	2:45.57	34.29	350m:	3:55.48 34.41
	100m:	1:03.62 33.83	200m:	2:11.28	34.77	300m:	3:21.07	35.50	400m:	4:29.11 33.63
12.	MORENO TEIJEIRO, Andre		07	C. FLUVIAL LUGO		<b>4:30.15</b>	-	-	B	
	50m:	30.44 30.44	150m:	1:39.04	34.61	250m:	2:47.88	34.61	350m:	3:56.86 34.49
	100m:	1:04.43 33.99	200m:	2:13.27	34.23	300m:	3:22.37	34.49	400m:	4:30.15 33.29
13.	PEREZ PAZ, Dario		05	C. N. PONTEAREAS		<b>4:30.75</b>	-	12,00	B	
	50m:	30.24 30.24	150m:	1:38.35	34.56	250m:	2:47.93	35.04	350m:	3:57.58 34.85
	100m:	1:03.79 33.55	200m:	2:12.89	34.54	300m:	3:22.73	34.80	400m:	4:30.75 33.17
14.	GUTIERREZ MARIÑO, Santiago		02	PABELLON OURENSE		<b>4:30.80</b>	-	-	B	
	50m:	29.47 29.47	150m:	1:36.26	33.84	250m:	2:45.73	34.98	350m:	3:56.35 35.42
	100m:	1:02.42 32.95	200m:	2:10.75	34.49	300m:	3:20.93	35.20	400m:	4:30.80 34.45
15.	GARCÍA AFONSO, Alexis		07	C. N. FERROL		<b>4:30.82</b>	-	-	B	
	50m:	29.57 29.57	150m:	1:35.84	33.38	250m:	2:45.51	34.95	350m:	3:56.17 34.97
	100m:	1:02.46 32.89	200m:	2:10.56	34.72	300m:	3:21.20	35.69	400m:	4:30.82 34.65
16.	PASTORIZA SANTA CLARA, Jorge		97	VIGO RIAS BAIXAS		<b>4:31.30</b>	-	-	B	
	50m:	31.66 31.66	150m:	1:39.56	34.46	250m:	2:49.31	34.88	350m:	3:58.36 34.39
	100m:	1:05.10 33.44	200m:	2:14.43	34.87	300m:	3:23.97	34.66	400m:	4:31.30 32.94
17.	FRAGA SAL, Alexandre		06	C. N. PORTAMIÑA		<b>4:31.87</b>	1,00	11,00		
	50m:	29.57 29.57	150m:	1:36.50	33.94	250m:	2:46.72	35.15	350m:	3:58.07 35.70
	100m:	1:02.56 32.99	200m:	2:11.57	35.07	300m:	3:22.37	35.65	400m:	4:31.87 33.80
18.	MENDEZ GARCIA, Xoan		06	C. N. PORTAMIÑA		<b>4:33.23</b>	-	10,00		
	50m:	30.94 30.94	150m:	1:40.01	34.54	250m:	2:48.87	34.09	350m:	3:59.00 35.21
	100m:	1:05.47 34.53	200m:	2:14.78	34.77	300m:	3:23.79	34.92	400m:	4:33.23 34.23
19.	ROCHA GONZALEZ, Olivier		08	C. N. GALAICO		<b>4:44.76</b>	-	-		
	50m:	29.08 29.08	150m:	1:36.08	34.69	250m:	2:51.64	41.29	350m:	4:07.97 38.16
	100m:	1:01.39 32.31	200m:	2:10.35	34.27	300m:	3:29.81	38.17	400m:	4:44.76 36.79
20.	ABELLEIRA GÓMEZ, Miguel A.		06	S. DEP. BOIRO		<b>4:46.44</b>	-	-		
	50m:	31.86 31.86	150m:	1:42.20	35.76	250m:	2:55.94	36.98	350m:	4:10.05 36.64
	100m:	1:06.44 34.58	200m:	2:18.96	36.76	300m:	3:33.41	37.47	400m:	4:46.44 36.39

Prueba 21, Masc., 400m Libre, Prelim, Absoluto Masculino

Clasificación	AN		Tiempo		ABSO	JUNI
21. PEREZ TEJEIRA, Iago	06	C. N. XOVE	<b>4:49.19</b>	-	-	
50m: 30.89 30.89	150m: 1:41.72	36.34	250m: 2:57.11	37.88	350m: 4:13.01	37.60
100m: 1:05.38 34.49	200m: 2:19.23	37.51	300m: 3:35.41	38.30	400m: 4:49.19	36.18
Baja SOUTO RAMOS, Manuel	07	A. D. FOGAR		-	-	
Baja TIMIRAOS FERNANDEZ, Marcos	05	C. N. PORTAMIÑA		-	-	