

Prueba 4
07/07/2023 - 17:50

Masc., 1500m Libre

Absoluto Masculino
Resultados

| Clasificación | AN | | Tiempo | | ABSO | JUNI |
|-------------------------|-----------------------------------|---------------------|-------------------------|-----------------------|------|------|
| Junior Masculino | | | | | | |
| 1. | GARCÍA CASTRO, Mateo | 05 | C. N. ARTEIXO | 16:14.94 | - | - |
| | 50m: 29.02 29.02 | 450m: 4:41.59 31.55 | 850m: 8:56.31 32.02 | 1250m: 13:27.24 33.77 | | |
| | 100m: 1:00.35 31.33 | 500m: 5:13.63 32.04 | 900m: 9:28.41 32.10 | 1300m: 14:00.88 33.64 | | |
| | 150m: 1:32.16 31.81 | 550m: 5:45.07 31.44 | 950m: 10:01.12 32.71 | 1350m: 14:34.76 33.88 | | |
| | 200m: 2:04.05 31.89 | 600m: 6:16.96 31.89 | 1000m: 10:36.37 35.25 | 1400m: 15:08.36 33.60 | | |
| | 250m: 2:35.52 31.47 | 650m: 6:48.58 31.62 | 1050m: 11:12.51 36.14 | 1450m: 15:42.00 33.64 | | |
| | 300m: 3:07.23 31.71 | 700m: 7:20.67 32.09 | 1100m: 11:46.24 33.73 | 1500m: 16:14.94 32.94 | | |
| | 350m: 3:38.59 31.36 | 750m: 7:52.42 31.75 | 1150m: 12:19.86 33.62 | | | |
| | 400m: 4:10.04 31.45 | 800m: 8:24.29 31.87 | 1200m: 12:53.47 33.61 | | | |
| 2. | MANEIROS PAZ, Mario | 06 | C. N. FERROL | 16:53.56 | - | - |
| | 50m: 29.92 29.92 | 450m: 4:55.43 33.38 | 850m: 9:28.55 34.48 | 1250m: 14:03.51 34.50 | | |
| | 100m: 1:02.05 32.13 | 500m: 5:29.30 33.87 | 900m: 10:02.50 33.95 | 1300m: 14:38.20 34.69 | | |
| | 150m: 1:34.78 32.73 | 550m: 6:03.11 33.81 | 950m: 10:36.78 34.28 | 1350m: 15:12.58 34.38 | | |
| | 200m: 2:07.37 32.59 | 600m: 6:37.53 34.42 | 1000m: 11:11.42 34.64 | 1400m: 15:46.39 33.81 | | |
| | 250m: 2:40.59 33.22 | 650m: 7:11.48 33.95 | 1050m: 11:45.88 34.46 | 1450m: 16:20.15 33.76 | | |
| | 300m: 3:14.38 33.79 | 700m: 7:45.30 33.82 | 1100m: 12:20.26 34.38 | 1500m: 16:53.56 33.41 | | |
| | 350m: 3:48.14 33.76 | 750m: 8:19.73 34.43 | 1150m: 12:54.63 34.37 | | | |
| | 400m: 4:22.05 33.91 | 800m: 8:54.07 34.34 | 1200m: 13:29.01 34.38 | | | |
| 3. | PEREZ PAZ, Dario | 05 | C. N. PONTEAREAS | 17:40.39 | - | - |
| | 50m: 30.35 30.35 | 450m: 5:10.19 35.66 | 850m: 9:55.22 35.93 | 1250m: 14:41.79 35.81 | | |
| | 100m: 1:04.30 33.95 | 500m: 5:45.53 35.34 | 900m: 10:31.51 36.29 | 1300m: 15:17.95 36.16 | | |
| | 150m: 1:38.83 34.53 | 550m: 6:20.95 35.42 | 950m: 11:07.33 35.82 | 1350m: 15:53.51 35.56 | | |
| | 200m: 2:13.56 34.73 | 600m: 6:56.40 35.45 | 1000m: 11:42.83 35.50 | 1400m: 16:29.33 35.82 | | |
| | 250m: 2:48.50 34.94 | 650m: 7:31.97 35.57 | 1050m: 12:18.30 35.47 | 1450m: 17:05.39 36.06 | | |
| | 300m: 3:23.80 35.30 | 700m: 8:07.64 35.67 | 1100m: 12:54.44 36.14 | 1500m: 17:40.39 35.00 | | |
| | 350m: 3:59.23 35.43 | 750m: 8:43.48 35.84 | 1150m: 13:30.22 35.78 | | | |
| | 400m: 4:34.53 35.30 | 800m: 9:19.29 35.81 | 1200m: 14:05.98 35.76 | | | |
| 4. | GOMEZ LIMIA, Pablo | 06 | C. N. CORUÑA | 17:48.28 | - | - |
| | 50m: 29.39 29.39 | 450m: 5:08.75 36.07 | 850m: 9:57.34 36.45 | 1250m: 14:48.44 36.48 | | |
| | 100m: 1:02.67 33.28 | 500m: 5:44.78 36.03 | 900m: 10:33.68 36.34 | 1300m: 15:24.91 36.47 | | |
| | 150m: 1:36.40 33.73 | 550m: 6:20.22 35.44 | 950m: 11:09.90 36.22 | 1350m: 16:00.63 35.72 | | |
| | 200m: 2:11.05 34.65 | 600m: 6:56.31 36.09 | 1000m: 11:46.23 36.33 | 1400m: 16:37.41 36.78 | | |
| | 250m: 2:46.42 35.37 | 650m: 7:32.43 36.12 | 1050m: 12:23.30 37.07 | 1450m: 17:13.30 35.89 | | |
| | 300m: 3:21.65 35.23 | 700m: 8:08.58 36.15 | 1100m: 12:59.11 35.81 | 1500m: 17:48.28 34.98 | | |
| | 350m: 3:56.60 34.95 | 750m: 8:45.35 36.77 | 1150m: 13:35.32 36.21 | | | |
| | 400m: 4:32.68 36.08 | 800m: 9:20.89 35.54 | 1200m: 14:11.96 36.64 | | | |
| 5. | GIL-RIVERA BARBEITO, Pablo | 06 | A. D. FOGAR | 18:08.17 | - | - |
| | 50m: 31.75 31.75 | 450m: 5:19.43 36.70 | 850m: 10:11.65 36.48 | 1250m: 15:04.35 36.33 | | |
| | 100m: 1:06.06 34.31 | 500m: 5:56.43 37.00 | 900m: 10:48.00 36.35 | 1300m: 15:41.94 37.59 | | |
| | 150m: 1:41.84 35.78 | 550m: 6:32.69 36.26 | 950m: 11:24.51 36.51 | 1350m: 16:18.70 36.76 | | |
| | 200m: 2:17.00 35.16 | 600m: 7:09.39 36.70 | 1000m: 12:01.26 36.75 | 1400m: 16:55.47 36.77 | | |
| | 250m: 2:53.69 36.69 | 650m: 7:45.69 36.30 | 1050m: 12:38.06 36.80 | 1450m: 17:32.10 36.63 | | |
| | 300m: 3:29.56 35.87 | 700m: 8:22.20 36.51 | 1100m: 13:15.09 37.03 | 1500m: 18:08.17 36.07 | | |
| | 350m: 4:06.45 36.89 | 750m: 8:58.49 36.29 | 1150m: 13:52.18 37.09 | | | |
| | 400m: 4:42.73 36.28 | 800m: 9:35.17 36.68 | 1200m: 14:28.02 35.84 | | | |
| Baja | TIMIRAOS FERNANDEZ, Marcos | 05 | C. N. PORTAMIÑA | | - | - |

Prueba 4, Masc., 1500m Libre

Absoluto Masculino

| | | | | | |
|----------------------------------|---------------|-------------------------|-----------------|-------|-----------------|
| 1. GARCÍA CASTRO, Mateo | 05 | C. N. ARTEIXO | 16:14.94 | - | - |
| 50m: 29.02 29.02 | 450m: 4:41.59 | 31.55 | 850m: 8:56.31 | 32.02 | 1250m: 13:27.24 |
| 100m: 1:00.35 31.33 | 500m: 5:13.63 | 32.04 | 900m: 9:28.41 | 32.10 | 1300m: 14:00.88 |
| 150m: 1:32.16 31.81 | 550m: 5:45.07 | 31.44 | 950m: 10:01.12 | 32.71 | 1350m: 14:34.76 |
| 200m: 2:04.05 31.89 | 600m: 6:16.96 | 31.89 | 1000m: 10:36.37 | 35.25 | 1400m: 15:08.36 |
| 250m: 2:35.52 31.47 | 650m: 6:48.58 | 31.62 | 1050m: 11:12.51 | 36.14 | 1450m: 15:42.00 |
| 300m: 3:07.23 31.71 | 700m: 7:20.67 | 32.09 | 1100m: 11:46.24 | 33.73 | 1500m: 16:14.94 |
| 350m: 3:38.59 31.36 | 750m: 7:52.42 | 31.75 | 1150m: 12:19.86 | 33.62 | |
| 400m: 4:10.04 31.45 | 800m: 8:24.29 | 31.87 | 1200m: 12:53.47 | 33.61 | |
| 2. PARDO PERNAS, Martin | 02 | C. FLUVIAL LUGO | 16:26.04 | - | - |
| 50m: 29.06 29.06 | 450m: 4:49.13 | 32.96 | 850m: 9:13.22 | 33.31 | 1250m: 13:40.14 |
| 100m: 1:00.85 31.79 | 500m: 5:22.03 | 32.90 | 900m: 9:46.36 | 33.14 | 1300m: 14:13.58 |
| 150m: 1:33.08 32.23 | 550m: 5:54.83 | 32.80 | 950m: 10:19.82 | 33.46 | 1350m: 14:47.49 |
| 200m: 2:05.41 32.33 | 600m: 6:27.66 | 32.83 | 1000m: 10:52.96 | 33.14 | 1400m: 15:20.98 |
| 250m: 2:37.66 32.25 | 650m: 7:00.61 | 32.95 | 1050m: 11:26.22 | 33.26 | 1450m: 15:54.24 |
| 300m: 3:10.45 32.79 | 700m: 7:33.64 | 33.03 | 1100m: 11:59.30 | 33.08 | 1500m: 16:26.04 |
| 350m: 3:43.30 32.85 | 750m: 8:06.74 | 33.10 | 1150m: 12:32.96 | 33.66 | |
| 400m: 4:16.17 32.87 | 800m: 8:39.91 | 33.17 | 1200m: 13:06.29 | 33.33 | |
| 3. MANEIROS PAZ, Mario | 06 | C. N. FERROL | 16:53.56 | - | - |
| 50m: 29.92 29.92 | 450m: 4:55.43 | 33.38 | 850m: 9:28.55 | 34.48 | 1250m: 14:03.51 |
| 100m: 1:02.05 32.13 | 500m: 5:29.30 | 33.87 | 900m: 10:02.50 | 33.95 | 1300m: 14:38.20 |
| 150m: 1:34.78 32.73 | 550m: 6:03.11 | 33.81 | 950m: 10:36.78 | 34.28 | 1350m: 15:12.58 |
| 200m: 2:07.37 32.59 | 600m: 6:37.53 | 34.42 | 1000m: 11:11.42 | 34.64 | 1400m: 15:46.39 |
| 250m: 2:40.59 33.22 | 650m: 7:11.48 | 33.95 | 1050m: 11:45.88 | 34.46 | 1450m: 16:20.15 |
| 300m: 3:14.38 33.79 | 700m: 7:45.30 | 33.82 | 1100m: 12:20.26 | 34.38 | 1500m: 16:53.56 |
| 350m: 3:48.14 33.76 | 750m: 8:19.73 | 34.43 | 1150m: 12:54.63 | 34.37 | |
| 400m: 4:22.05 33.91 | 800m: 8:54.07 | 34.34 | 1200m: 13:29.01 | 34.38 | |
| 4. ALONSO VIDAL, Teo | 07 | VIGO RIAS BAIXAS | 16:55.13 | - | - |
| 50m: 29.16 29.16 | 450m: 4:57.19 | 34.01 | 850m: 9:31.68 | 34.41 | 1250m: 14:07.11 |
| 100m: 1:01.62 32.46 | 500m: 5:31.44 | 34.25 | 900m: 10:06.07 | 34.39 | 1300m: 14:40.72 |
| 150m: 1:34.57 32.95 | 550m: 6:05.52 | 34.08 | 950m: 10:40.61 | 34.54 | 1350m: 15:13.79 |
| 200m: 2:08.14 33.57 | 600m: 6:39.98 | 34.46 | 1000m: 11:15.27 | 34.66 | 1400m: 15:45.76 |
| 250m: 2:41.86 33.72 | 650m: 7:14.20 | 34.22 | 1050m: 11:49.78 | 34.51 | 1450m: 16:22.65 |
| 300m: 3:15.52 33.66 | 700m: 7:48.68 | 34.48 | 1100m: 12:24.13 | 34.35 | 1500m: 16:55.13 |
| 350m: 3:49.22 33.70 | 750m: 8:23.12 | 34.44 | 1150m: 12:58.60 | 34.47 | |
| 400m: 4:23.18 33.96 | 800m: 8:57.27 | 34.15 | 1200m: 13:32.75 | 34.15 | |
| 5. COSTA FERNANDEZ, Lucas | 98 | C. N. PONTEAREAS | 16:56.53 | - | - |
| 50m: 30.31 30.31 | 450m: 4:57.28 | 33.65 | 850m: 9:29.89 | 34.10 | 1250m: 14:05.76 |
| 100m: 1:02.77 32.46 | 500m: 5:31.25 | 33.97 | 900m: 10:04.07 | 34.18 | 1300m: 14:40.20 |
| 150m: 1:36.07 33.30 | 550m: 6:05.17 | 33.92 | 950m: 10:38.32 | 34.25 | 1350m: 15:14.72 |
| 200m: 2:09.22 33.15 | 600m: 6:39.15 | 33.98 | 1000m: 11:12.72 | 34.40 | 1400m: 15:49.07 |
| 250m: 2:42.78 33.56 | 650m: 7:13.36 | 34.21 | 1050m: 11:47.11 | 34.39 | 1450m: 16:23.36 |
| 300m: 3:16.24 33.46 | 700m: 7:47.52 | 34.16 | 1100m: 12:21.65 | 34.54 | 1500m: 16:56.53 |
| 350m: 3:49.83 33.59 | 750m: 8:21.46 | 33.94 | 1150m: 12:56.23 | 34.58 | |
| 400m: 4:23.63 33.80 | 800m: 8:55.79 | 34.33 | 1200m: 13:31.02 | 34.79 | |
| 6. CUBEIRO ROSENDE, Xoel | 07 | C. N. LICEO | 17:29.72 | - | - |
| 50m: 29.83 29.83 | 450m: 5:03.91 | 35.16 | 850m: 9:43.07 | 35.11 | 1250m: 14:29.33 |
| 100m: 1:03.63 33.80 | 500m: 5:38.39 | 34.48 | 900m: 10:18.02 | 34.95 | 1300m: 15:06.86 |
| 150m: 1:37.05 33.42 | 550m: 6:13.04 | 34.65 | 950m: 10:53.55 | 35.53 | 1350m: 15:43.48 |
| 200m: 2:11.01 33.96 | 600m: 6:47.99 | 34.95 | 1000m: 11:28.71 | 35.16 | 1400m: 16:19.34 |
| 250m: 2:45.34 34.33 | 650m: 7:23.35 | 35.36 | 1050m: 12:03.78 | 35.07 | 1450m: 16:55.90 |
| 300m: 3:19.83 34.49 | 700m: 7:58.65 | 35.30 | 1100m: 12:39.13 | 35.35 | 1500m: 17:29.72 |
| 350m: 3:54.56 34.73 | 750m: 8:32.98 | 34.33 | 1150m: 13:15.33 | 36.20 | |
| 400m: 4:28.75 34.19 | 800m: 9:07.96 | 34.98 | 1200m: 13:51.70 | 36.37 | |

Prueba 4, Masc., 1500m Libre, Absoluto Masculino

| Clasificación | AN | | Tiempo | | ABSO | JUNI |
|---------------------------------------|---------------|------------------|-------------------------|-------|-----------------|-------|
| 7. PEREZ PAZ, Dario | 05 | | C. N. PONTEAREAS | | 17:40.39 | - - |
| 50m: 30.35 30.35 | 450m: 5:10.19 | 35.66 | 850m: 9:55.22 | 35.93 | 1250m: 14:41.79 | 35.81 |
| 100m: 1:04.30 33.95 | 500m: 5:45.53 | 35.34 | 900m: 10:31.51 | 36.29 | 1300m: 15:17.95 | 36.16 |
| 150m: 1:38.83 34.53 | 550m: 6:20.95 | 35.42 | 950m: 11:07.33 | 35.82 | 1350m: 15:53.51 | 35.56 |
| 200m: 2:13.56 34.73 | 600m: 6:56.40 | 35.45 | 1000m: 11:42.83 | 35.50 | 1400m: 16:29.33 | 35.82 |
| 250m: 2:48.50 34.94 | 650m: 7:31.97 | 35.57 | 1050m: 12:18.30 | 35.47 | 1450m: 17:05.39 | 36.06 |
| 300m: 3:23.80 35.30 | 700m: 8:07.64 | 35.67 | 1100m: 12:54.44 | 36.14 | 1500m: 17:40.39 | 35.00 |
| 350m: 3:59.23 35.43 | 750m: 8:43.48 | 35.84 | 1150m: 13:30.22 | 35.78 | | |
| 400m: 4:34.53 35.30 | 800m: 9:19.29 | 35.81 | 1200m: 14:05.98 | 35.76 | | |
| 8. GOMEZ LIMIA, Pablo | 06 | | C. N. CORUÑA | | 17:48.28 | - - |
| 50m: 29.39 29.39 | 450m: 5:08.75 | 36.07 | 850m: 9:57.34 | 36.45 | 1250m: 14:48.44 | 36.48 |
| 100m: 1:02.67 33.28 | 500m: 5:44.78 | 36.03 | 900m: 10:33.68 | 36.34 | 1300m: 15:24.91 | 36.47 |
| 150m: 1:36.40 33.73 | 550m: 6:20.22 | 35.44 | 950m: 11:09.90 | 36.22 | 1350m: 16:00.63 | 35.72 |
| 200m: 2:11.05 34.65 | 600m: 6:56.31 | 36.09 | 1000m: 11:46.23 | 36.33 | 1400m: 16:37.41 | 36.78 |
| 250m: 2:46.42 35.37 | 650m: 7:32.43 | 36.12 | 1050m: 12:23.30 | 37.07 | 1450m: 17:13.30 | 35.89 |
| 300m: 3:21.65 35.23 | 700m: 8:08.58 | 36.15 | 1100m: 12:59.11 | 35.81 | 1500m: 17:48.28 | 34.98 |
| 350m: 3:56.60 34.95 | 750m: 8:45.35 | 36.77 | 1150m: 13:35.32 | 36.21 | | |
| 400m: 4:32.68 36.08 | 800m: 9:20.89 | 35.54 | 1200m: 14:11.96 | 36.64 | | |
| 9. MORENO TEIJEIRO, Andre | 07 | | C. FLUVIAL LUGO | | 17:50.22 | - - |
| 50m: 30.52 30.52 | 450m: 5:13.36 | 35.77 | 850m: 10:00.65 | 36.26 | 1250m: 14:51.05 | 36.14 |
| 100m: 1:04.82 34.30 | 500m: 5:49.74 | 36.38 | 900m: 10:36.91 | 36.26 | 1300m: 15:27.69 | 36.64 |
| 150m: 1:39.68 34.86 | 550m: 6:25.14 | 35.40 | 950m: 11:12.95 | 36.04 | 1350m: 16:03.85 | 36.16 |
| 200m: 2:14.72 35.04 | 600m: 7:01.07 | 35.93 | 1000m: 11:49.26 | 36.31 | 1400m: 16:39.93 | 36.08 |
| 250m: 2:49.78 35.06 | 650m: 7:36.94 | 35.87 | 1050m: 12:25.49 | 36.23 | 1450m: 17:15.50 | 35.57 |
| 300m: 3:25.56 35.78 | 700m: 8:13.12 | 36.18 | 1100m: 13:01.85 | 36.36 | 1500m: 17:50.22 | 34.72 |
| 350m: 4:01.28 35.72 | 750m: 8:48.50 | 35.38 | 1150m: 13:38.17 | 36.32 | | |
| 400m: 4:37.59 36.31 | 800m: 9:24.39 | 35.89 | 1200m: 14:14.91 | 36.74 | | |
| 10. GAVIEIRO MONTERO, Raul | 07 | | C. N. PORTAMIÑA | | 18:05.31 | - - |
| 50m: 30.83 30.83 | 450m: 5:13.06 | 36.04 | 850m: 10:02.87 | 36.49 | 1250m: 15:00.40 | 37.19 |
| 100m: 1:04.86 34.03 | 500m: 5:48.96 | 35.90 | 900m: 10:40.12 | 37.25 | 1300m: 15:37.99 | 37.59 |
| 150m: 1:39.72 34.86 | 550m: 6:24.92 | 35.96 | 950m: 11:16.91 | 36.79 | 1350m: 16:15.38 | 37.39 |
| 200m: 2:14.78 35.06 | 600m: 7:01.07 | 36.15 | 1000m: 11:53.95 | 37.04 | 1400m: 16:52.92 | 37.54 |
| 250m: 2:50.27 35.49 | 650m: 7:37.23 | 36.16 | 1050m: 12:31.11 | 37.16 | 1450m: 17:29.57 | 36.65 |
| 300m: 3:25.54 35.27 | 700m: 8:13.58 | 36.35 | 1100m: 13:08.58 | 37.47 | 1500m: 18:05.31 | 35.74 |
| 350m: 4:01.06 35.52 | 750m: 8:49.74 | 36.16 | 1150m: 13:45.69 | 37.11 | | |
| 400m: 4:37.02 35.96 | 800m: 9:26.38 | 36.64 | 1200m: 14:23.21 | 37.52 | | |
| 11. GIL-RIVERA BARBEITO, Pablo | 06 | | A. D. FOGAR | | 18:08.17 | - - |
| 50m: 31.75 31.75 | 450m: 5:19.43 | 36.70 | 850m: 10:11.65 | 36.48 | 1250m: 15:04.35 | 36.33 |
| 100m: 1:06.06 34.31 | 500m: 5:56.43 | 37.00 | 900m: 10:48.00 | 36.35 | 1300m: 15:41.94 | 37.59 |
| 150m: 1:41.84 35.78 | 550m: 6:32.69 | 36.26 | 950m: 11:24.51 | 36.51 | 1350m: 16:18.70 | 36.76 |
| 200m: 2:17.00 35.16 | 600m: 7:09.39 | 36.70 | 1000m: 12:01.26 | 36.75 | 1400m: 16:55.47 | 36.77 |
| 250m: 2:53.69 36.69 | 650m: 7:45.69 | 36.30 | 1050m: 12:38.06 | 36.80 | 1450m: 17:32.10 | 36.63 |
| 300m: 3:29.56 35.87 | 700m: 8:22.20 | 36.51 | 1100m: 13:15.09 | 37.03 | 1500m: 18:08.17 | 36.07 |
| 350m: 4:06.45 36.89 | 750m: 8:58.49 | 36.29 | 1150m: 13:52.18 | 37.09 | | |
| 400m: 4:42.73 36.28 | 800m: 9:35.17 | 36.68 | 1200m: 14:28.02 | 35.84 | | |
| Baja SOUTO RAMOS, Manuel | 07 | A. D. FOGAR | - | - | | |
| Baja FERNANDEZ NIETO, Cristian | 92 | C. N. GALAICO | - | - | | |
| Baja TIMIRAO S FERNANDEZ, Marcos | 05 | C. N. PORTAMIÑA | - | - | | |
| Baja MASSO ROIG, Martin | 07 | VIGO RIAS BAIXAS | - | - | | |