

Prueba 3
18/11/2023

Masc., 3000m Libre

JUNIOR 1 MASCULINO LD
Resultados

Clasificación	Edad		Marca	
1. ALONSO VIDAL, Teo	16	RBAIXAS	33:12.35	19,00
50m: 30.56 30.56	200m: 2:06.83 1:04.50	800m: 8:42.19 4:24.47	2000m: 22:00.96 5:33.27	
100m: 1:02.33 31.77	400m: 4:17.72 2:10.89	1500m: 16:27.69 7:45.50	3000m: 33:12.35 11:11.39	
2. CUBEIRO ROSENDE, Xoel	16	LICEO	33:50.29	16,00
50m: 29.94 29.94	200m: 2:07.08 1:05.56	800m: 8:46.16 4:27.45	2000m: 22:20.19 5:41.25	
100m: 1:01.52 31.58	400m: 4:18.71 2:11.63	1500m: 16:38.94 7:52.78	3000m: 33:50.29 11:30.10	
3. MASSO ROIG, Martin	16	RBAIXAS	34:06.90	14,00
50m: 32.12 32.12	200m: 2:12.37 1:07.30	800m: 8:51.09 4:25.83	2000m: 22:32.74 5:45.57	
100m: 1:05.07 32.95	400m: 4:25.26 2:12.89	1500m: 16:47.17 7:56.08	3000m: 34:06.90 11:34.16	
4. PEREZ FERNANDEZ, Brais	16	C. N. Portamiñá Lugo	34:18.97	13,00
50m: 31.99 31.99	200m: 2:08.73 1:04.82	800m: 8:43.06 4:23.48	2000m: 22:29.96 5:50.58	
100m: 1:03.91 31.92	400m: 4:19.58 2:10.85	1500m: 16:39.38 7:56.32	3000m: 34:18.97 11:49.01	
5. SOUTO RAMOS, Manuel	16	FOGAR	34:42.84	12,00
50m: 31.03 31.03	400m: 4:20.00 2:11.59	1500m: 17:00.76 8:07.53	3000m: 34:42.84 11:47.11	
200m: 2:08.41 1:37.38	800m: 8:53.23 4:33.23	2000m: 22:55.73 5:54.97		
6. SUAREZ MARTINEZ, Diego	15	Sporting C. Casino	34:53.45	11,00
50m: 31.90 31.90	200m: 2:12.90 1:07.70	800m: 9:00.56 4:33.20	2000m: 23:02.31 5:52.64	
100m: 1:05.20 33.30	400m: 4:27.36 2:14.46	1500m: 17:09.67 8:09.11	3000m: 34:53.45 11:51.14	
7. PEREZ GARCIA, Iker	16	GALAICO	35:19.85	10,00
50m: 32.10 32.10	200m: 2:12.95 1:07.92	800m: 9:07.85 4:39.00	2000m: 23:29.63 6:04.36	
100m: 1:05.03 32.93	400m: 4:28.85 2:15.90	1500m: 17:25.27 8:17.42	3000m: 35:19.85 11:50.22	
8. DIAZ RODRIGUEZ, Ivan	15	C. N. Portamiñá Lugo	35:21.87	9,00
50m: 33.69 33.69	200m: 2:16.06 1:08.90	800m: 9:52.63 5:17.15	2000m: 23:29.66 5:54.00	
100m: 1:07.16 33.47	400m: 4:35.48 2:19.42	1500m: 17:35.66 7:43.03	3000m: 35:21.87 11:52.21	
9. MORENO TEIJEIRO, Andre	16	FLUVIAL	35:33.72	8,00
50m: 32.55 32.55	200m: 2:14.94 1:08.94	800m: 9:18.08 4:42.00	2000m: 23:33.30 5:57.86	
100m: 1:06.00 33.45	400m: 4:36.08 2:21.14	1500m: 17:35.44 8:17.36	3000m: 35:33.72 12:00.42	
10. GARCÍA AFONSO, Alexis	16	NFERROL	35:45.53	7,00
50m: 33.42 33.42	200m: 2:17.63 1:10.02	800m: 9:16.06 4:39.58	2000m: 23:34.23 5:59.10	
100m: 1:07.61 34.19	400m: 4:36.48 2:18.85	1500m: 17:35.13 8:19.07	3000m: 35:45.53 12:11.30	
11. PARCERO AREOSO, Xoel	16	CIDSANTI	35:49.53	6,00
50m: 34.49 34.49	200m: 2:20.07 1:11.15	800m: 9:31.57 4:47.76	2000m: 23:51.46 5:57.62	
100m: 1:08.92 34.43	400m: 4:43.81 2:23.74	1500m: 17:53.84 8:22.27	3000m: 35:49.53 11:58.07	
12. ROCHA GONZALEZ, Olivier	15	GALAICO	35:56.82	5,00
50m: 32.66 32.66	200m: 2:15.55 1:09.21	800m: 9:16.88 4:41.51	2000m: 23:38.74 6:03.23	
100m: 1:06.34 33.68	400m: 4:35.37 2:19.82	1500m: 17:35.51 8:18.63	3000m: 35:56.82 12:18.08	
13. GAVIEIRO MONTERO, Raul	16	C. N. Portamiñá Lugo	36:10.80	-
50m: 33.93 33.93	200m: 2:17.60 1:09.30	900m: 9:20.73 4:43.96	2000m: 23:58.17 6:06.65	
100m: 1:08.30 34.37	400m: 4:36.77 2:19.17	1500m: 17:51.52 8:30.79	3000m: 36:10.80 12:12.63	
14. PREGO GROBA, Brais	15	PONTEA	36:21.62	4,00
50m: 33.20 33.20	200m: 2:17.19 1:09.86	800m: 9:28.12 4:49.33	2000m: 24:03.76 6:05.39	
100m: 1:07.33 34.13	400m: 4:38.79 2:21.60	1500m: 17:58.37 8:30.25	3000m: 36:21.62 12:17.86	



Prueba 3, Masc., 3000m Libre, JUNIOR 1 MASCULINO LD

Clasificación			Edad					Marca	
15.	SOBRINO NOGALES, Sebastian		15	Sporting C. Casino				36:56.54	3,00
	50m:	34.60 34.60	200m:	2:24.44 1:13.51	800m:	9:49.37 4:58.36	2000m:	24:40.69 6:13.76	
	100m:	1:10.93 36.33	400m:	4:51.01 2:26.57	1500m:	18:26.93 8:37.56	3000m:	36:56.54 12:15.85	
16.	MENDEZ-BENEGASSI FDEZ., Adrian		15	GALAICO				37:03.15	-
	50m:	32.22 32.22	200m:	2:17.72 1:10.72	800m:	9:30.07 4:52.92	2000m:	24:15.25 6:04.78	
	100m:	1:07.00 34.78	400m:	4:37.15 2:19.43	1500m:	18:10.47 8:40.40	3000m:	37:03.15 12:47.90	
17.	RIBÓ MIGUEL, Lucas		16	CIDSANTI				37:24.83	2,00
	50m:	33.16 33.16	200m:	2:22.78 1:13.54	800m:	9:49.71 4:58.82	2000m:	24:58.31 6:21.74	
	100m:	1:09.24 36.08	400m:	4:50.89 2:28.11	1500m:	18:36.57 8:46.86	3000m:	37:24.83 12:26.52	
18.	BARROS DA SILVA, Pedro		16	GALAICO				37:38.48	-
	50m:	33.31 33.31	200m:	2:20.48 1:12.40	800m:	9:48.38 4:59.30	2000m:	25:00.57 6:21.54	
	100m:	1:08.08 34.77	400m:	4:49.08 2:28.60	1500m:	18:39.03 8:50.65	3000m:	37:38.48 12:37.91	
19.	ORTEGO PORTA, Andre		16	GALAICO				37:42.73	-
	50m:	33.45 33.45	200m:	2:22.13 1:12.65	800m:	9:43.73 4:54.75	2000m:	24:49.73 6:21.39	
	100m:	1:09.48 36.03	400m:	4:48.98 2:26.85	1500m:	18:28.34 8:44.61	3000m:	37:42.73 12:53.00	
20.	GONZALEZ ESTEVEZ, Yoel		16	PONTEA				39:20.68	1,00
	50m:	34.59 34.59	200m:	2:23.65 1:13.59	800m:	9:53.35 5:01.62	2000m:	25:32.82 6:37.93	
	100m:	1:10.06 35.47	400m:	4:51.73 2:28.08	1500m:	18:54.89 9:01.54	3000m:	39:20.68 13:47.86	