

Prueba 4
18/11/2023

Masc., 3000m Libre

YOB 1923 - 2006
Resultados

Clasificación

Edad

Marca

JUNIOR 2 MASCULINO LD

1.	GARCÍA CASTRO, Mateo	18	ARTEIXO	32:09.31	19,00
	50m: 30.93 30.93	200m: 2:05.91 1:03.25	800m: 8:21.45 4:09.25	2000m: 21:14.70 5:25.48	
	100m: 1:02.66 31.73	400m: 4:12.20 2:06.29	1500m: 15:49.22 7:27.77	3000m: 32:09.31 10:54.61	
2.	MANEIRO PAZ, Mario	17	NFERROL	32:52.61	16,00
	50m: 31.07 31.07	200m: 2:06.71 1:03.96	800m: 8:35.47 4:21.34	2000m: 21:48.04 5:29.76	
	100m: 1:02.75 31.68	400m: 4:14.13 2:07.42	1500m: 16:18.28 7:42.81	3000m: 32:52.61 11:04.57	
3.	QUIROGA RAMOS, Yago	18	POURENSE	34:24.01	14,00
	50m: 33.51 33.51	200m: 2:15.36 1:08.13	800m: 9:07.53 4:34.11	2000m: 22:48.78 5:44.55	
	100m: 1:07.23 33.72	400m: 4:33.42 2:18.06	1500m: 17:04.23 7:56.70	3000m: 34:24.01 11:35.23	
4.	GIL-RIVERA BARBEITO, Pablo	17	FOGAR	35:08.92	13,00
	50m: 34.46 34.46	200m: 2:18.81 1:08.82	800m: 9:16.28 4:38.21	2000m: 23:16.89 5:49.18	
	100m: 1:09.99 35.53	400m: 4:38.07 2:19.26	1500m: 17:27.71 8:11.43	3000m: 35:08.92 11:52.03	
5.	PEREZ PAZ, Dario	18	PONTEA	35:19.11	12,00
	50m: 31.94 31.94	200m: 2:15.64 1:09.50	800m: 9:19.78 4:42.50	2000m: 23:29.85 5:55.44	
	100m: 1:06.14 34.20	400m: 4:37.28 2:21.64	1500m: 17:34.41 8:14.63	3000m: 35:19.11 11:49.26	
6.	REY MUNIN, Tomas	17	CIDSANTI	36:08.11	11,00
	50m: 33.04 33.04	200m: 2:16.78 1:09.50	800m: 9:18.68 4:42.65	2000m: 23:53.18 6:07.75	
	100m: 1:07.28 34.24	400m: 4:36.03 2:19.25	1500m: 17:45.43 8:26.75	3000m: 36:08.11 12:14.93	
7.	RODRÍGUEZ RODRÍGUEZ, Germán	18	NFERROL	37:29.41	10,00
	50m: 34.09 34.09	200m: 2:20.06 1:11.00	800m: 9:40.44 4:55.38	2000m: 24:45.51 6:22.03	
	100m: 1:09.06 34.97	400m: 4:45.06 2:25.00	1500m: 18:23.48 8:43.04	3000m: 37:29.41 12:43.90	

SENIOR MASCULINO LD

1.	PARDO PERNAS, Martin	21	FLUVIAL	33:27.16	19,00
	50m: 31.41 31.41	200m: 2:07.70 1:04.32	800m: 8:39.77 4:21.78	2000m: 21:56.16 5:37.25	
	100m: 1:03.38 31.97	400m: 4:17.99 2:10.29	1500m: 16:18.91 7:39.14	3000m: 33:27.16 11:31.00	
2.	PASTORIZA SANTA CLARA, Jorge	26	RBAIXAS	35:15.25	16,00
	50m: 32.68 32.68	200m: 2:15.00 1:09.00	800m: 9:12.21 4:38.93	2000m: 23:21.06 5:54.00	
	100m: 1:06.00 33.32	400m: 4:33.28 2:18.28	1500m: 17:27.06 8:14.85	3000m: 35:15.25 11:54.19	
3.	COSTA FERNANDEZ, Lucas	25	PONTEA	36:02.29	14,00
	50m: 32.35 32.35	200m: 2:15.41 1:09.55	800m: 9:22.91 4:46.47	2000m: 23:46.90 5:59.95	
	100m: 1:05.86 33.51	400m: 4:36.44 2:21.03	1500m: 17:46.95 8:24.04	3000m: 36:02.29 12:15.39	
4.	ALVAREZ REPARAZ, Alejandro	19	GALAICO	37:28.65	13,00
	50m: 33.90 33.90	200m: 2:20.22 1:13.15	800m: 9:46.65 4:57.08	2000m: 25:00.05 6:22.36	
	100m: 1:07.07 33.17	400m: 4:49.57 2:29.35	1500m: 18:37.69 8:51.04	3000m: 37:28.65 12:28.60	