

Prueba 13
25/11/2023 - 17:12

Masc., 400m Estilos

Open masculino
Resultados

RG 4:14.90 , MENDEZ PUGA MARIO RBAIXAS 16/12/2022

Clasificación			AN			Tiempo	PUNTOS	
1.	PARDO PERNAS, Martin		02	C. FLUVIAL LUGO		4:32.04	35,00	
	50m:	29.53 29.53	150m:	1:37.98 35.04	250m:	2:51.21 39.60	350m:	4:02.17 31.29
	100m:	1:02.94 33.41	200m:	2:11.61 33.63	300m:	3:30.88 39.67	400m:	4:32.04 29.87
2.	MANEIROS PAZ, Mario		06	C. N. FERROL		4:38.17	32,00	
	50m:	30.34 30.34	150m:	1:40.63 35.85	250m:	2:54.72 38.75	350m:	4:07.47 32.09
	100m:	1:04.78 34.44	200m:	2:15.97 35.34	300m:	3:35.38 40.66	400m:	4:38.17 30.70
3.	ORECHIA, Agustín		06	CIDADE SANTIAGO		4:42.01	30,00	
	50m:	29.67 29.67	150m:	1:38.42 34.77	250m:	2:54.89 42.61	350m:	4:10.22 33.40
	100m:	1:03.65 33.98	200m:	2:12.28 33.86	300m:	3:36.82 41.93	400m:	4:42.01 31.79
4.	FARO MARTINEZ, Yoel		07	C. N. PONTEAREAS		4:43.16	29,00	
	50m:	30.28 30.28	150m:	1:42.34 37.00	250m:	2:57.38 38.28	350m:	4:10.75 33.83
	100m:	1:05.34 35.06	200m:	2:19.10 36.76	300m:	3:36.92 39.54	400m:	4:43.16 32.41
5.	GÓMEZ MESÍAS, Miguel Ángel		03	C. N. ARTEIXO		4:44.20	28,00	
	50m:	30.00 30.00	150m:	1:42.57 38.03	250m:	2:57.66 38.26	350m:	4:11.23 34.16
	100m:	1:04.54 34.54	200m:	2:19.40 36.83	300m:	3:37.07 39.41	400m:	4:44.20 32.97
6.	LOPEZ FERNANDEZ, Martin		04	C. N. PABELLON		4:46.15	27,00	
	50m:	30.25 30.25	150m:	1:41.97 37.09	250m:	2:59.19 41.39	350m:	4:14.42 33.30
	100m:	1:04.88 34.63	200m:	2:17.80 35.83	300m:	3:41.12 41.93	400m:	4:46.15 31.73
7.	PEREZ PAZ, Dario		05	C. N. PONTEAREAS		4:51.16	26,00	
	50m:	30.58 30.58	150m:	1:45.14 38.49	250m:	3:03.60 40.84	350m:	4:19.05 33.86
	100m:	1:06.65 36.07	200m:	2:22.76 37.62	300m:	3:45.19 41.59	400m:	4:51.16 32.11
8.	INFESTAS CARAZO, Samuel		03	RCN VIGO		4:52.06	25,00	
	50m:	30.70 30.70	150m:	1:45.29 38.75	250m:	3:04.28 40.65	350m:	4:19.81 33.38
	100m:	1:06.54 35.84	200m:	2:23.63 38.34	300m:	3:46.43 42.15	400m:	4:52.06 32.25
9.	GAVIEIRO MONTERO, Raul		07	C. N. PORTAMIÑA		4:52.36	24,00	
	50m:	30.43 30.43	150m:	1:43.19 38.12	250m:	3:03.47 42.82	350m:	4:20.37 34.29
	100m:	1:05.07 34.64	200m:	2:20.65 37.46	300m:	3:46.08 42.61	400m:	4:52.36 31.99
10.	GARCIA GARAY, Marcos		01	C. N. Panas		4:52.41	23,00	
	50m:	29.63 29.63	150m:	1:42.50 39.25	250m:	3:02.53 41.75	350m:	4:18.97 34.80
	100m:	1:03.25 33.62	200m:	2:20.78 38.28	300m:	3:44.17 41.64	400m:	4:52.41 33.44
11.	GOMEZ PUMARIÑO, Samuel		08	C. N. PORTAMIÑA		4:55.09	22,00	
	50m:	31.07 31.07	150m:	1:45.37 37.96	250m:	3:04.02 41.23	350m:	4:20.84 34.67
	100m:	1:07.41 36.34	200m:	2:22.79 37.42	300m:	3:46.17 42.15	400m:	4:55.09 34.25
12.	ÁLVAREZ VÁZQUEZ, Gael		07	RCN VIGO		4:58.00	21,00	
	50m:	31.84 31.84	150m:	1:45.49 36.46	250m:	3:06.76 44.58	350m:	4:26.34 34.44
	100m:	1:09.03 37.19	200m:	2:22.18 36.69	300m:	3:51.90 45.14	400m:	4:58.00 31.66
13.	ARES BARRAL, Anton		00	C. N. Panas		4:58.21	20,00	
	50m:	31.74 31.74	150m:	1:47.63 38.74	250m:	3:07.74 43.63	350m:	4:25.94 34.70
	100m:	1:08.89 37.15	200m:	2:24.11 36.48	300m:	3:51.24 43.50	400m:	4:58.21 32.27
14.	DIAZ COUCE, Ruben		06	C. N. FERROL		4:58.26	19,00	
	50m:	29.08 29.08	150m:	1:42.27 38.91	250m:	3:05.66 44.61	350m:	4:25.38 35.04
	100m:	1:03.36 34.28	200m:	2:21.05 38.78	300m:	3:50.34 44.68	400m:	4:58.26 32.88

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Clasificación	AN		Tiempo	PUNTOS
15. RODRIGUEZ VIEITEZ, Hugo	08	VIGO RIAS BAIXAS	4:58.29	18,00
50m: 30.36 30.36	150m: 1:44.35	38.50 250m: 3:07.14	44.61	350m: 4:26.13 34.03
100m: 1:05.85 35.49	200m: 2:22.53	38.18 300m: 3:52.10	44.96	400m: 4:58.29 32.16
16. VAZQUEZ COSTA, Miguel	06	C. N. GALAICO	5:02.40	17,00
50m: 30.84 30.84	150m: 1:47.10	40.12 250m: 3:10.04	42.91	350m: 4:29.09 34.14
100m: 1:06.98 36.14	200m: 2:27.13	40.03 300m: 3:54.95	44.91	400m: 5:02.40 33.31
17. LAGO CASTILLO, Diego	07	C. N. CORUÑA	5:09.06	16,00
50m: 32.56 32.56	150m: 1:51.26	40.13 250m: 3:12.96	41.62	350m: 4:33.83 37.43
100m: 1:11.13 38.57	200m: 2:31.34	40.08 300m: 3:56.40	43.44	400m: 5:09.06 35.23
18. DÍAZ DOMÍNGUEZ, Ricardo	07	C. N. ARTEIXO	5:12.17	15,00
50m: 32.87 32.87	150m: 1:50.24	40.62 250m: 3:14.63	44.22	350m: 4:38.25 36.31
100m: 1:09.62 36.75	200m: 2:30.41	40.17 300m: 4:01.94	47.31	400m: 5:12.17 33.92
19. CADAVID RIBEIRO, Tiziano	08	C. N. PABELLON	5:12.46	14,00
50m: 33.75 33.75	150m: 1:54.74	42.26 250m: 3:17.55	42.62	350m: 4:38.13 37.29
100m: 1:12.48 38.73	200m: 2:34.93	40.19 300m: 4:00.84	43.29	400m: 5:12.46 34.33
20. ALVAREZ VAZQUEZ, Sergio	09	VIGO RIAS BAIXAS	5:12.64	13,00
50m: 33.63 33.63	150m: 1:50.91	39.35 250m: 3:16.84	46.59	350m: 4:39.33 35.56
100m: 1:11.56 37.93	200m: 2:30.25	39.34 300m: 4:03.77	46.93	400m: 5:12.64 33.31
21. MENDEZ-BENEGASSI FDEZ., Adrian	08	C. N. GALAICO	5:15.72	12,00
50m: 32.95 32.95	150m: 1:52.45	39.59 250m: 3:17.87	46.52	350m: 4:41.38 35.54
100m: 1:12.86 39.91	200m: 2:31.35	38.90 300m: 4:05.84	47.97	400m: 5:15.72 34.34
22. REY MUNIN, Alonso	08	CIDADE SANTIAGO	5:36.46	11,00
50m: 37.14 37.14	150m: 2:02.55	42.40 250m: 3:32.26	48.77	350m: 5:00.00 37.56
100m: 1:20.15 43.01	200m: 2:43.49	40.94 300m: 4:22.44	50.18	400m: 5:36.46 36.46
DSQ GONZALEZ PREGO, Xose	08	C. N. CORUÑA	-	-
<i>Viraxe irregular (costas-braza)</i>				
NP SOBRINO NOGALES, Sebastian	08	SPORTING CASINO	-	-