

Prueba 44
26/11/2023 - 18:45

Masc., 400m Libre

Open masculino
Resultados

RG 3:50.73 , REGUEIRA SUAREZ, RUFINO RIVEIRA 02/12/2010

Clasificación			AN				Tiempo	PUNTOS				
1.	GARCÍA CASTRO, Mateo		05	C. N. ARTEIXO			3:59.01	35,00				
	50m:	27.23	27.23	150m:	1:25.91	29.29	250m:	2:26.47	30.58	350m:	3:28.81	31.21
	100m:	56.62	29.39	200m:	1:55.89	29.98	300m:	2:57.60	31.13	400m:	3:59.01	30.20
2.	PARDO PERNAS, Martin		02	C. FLUVIAL LUGO			4:02.25	32,00				
	50m:	27.98	27.98	150m:	1:28.48	30.39	250m:	2:29.43	30.38	350m:	3:31.45	31.19
	100m:	58.09	30.11	200m:	1:59.05	30.57	300m:	3:00.26	30.83	400m:	4:02.25	30.80
3.	MANEIROS PAZ, Mario		06	C. N. FERROL			4:04.57	30,00				
	50m:	27.86	27.86	150m:	1:28.73	30.77	250m:	2:31.36	31.34	350m:	3:34.32	31.55
	100m:	57.96	30.10	200m:	2:00.02	31.29	300m:	3:02.77	31.41	400m:	4:04.57	30.25
4.	CIVEIRA CORRAL, Raul		02	C. N. PABELLON			4:07.45	29,00				
	50m:	27.97	27.97	150m:	1:29.42	30.96	250m:	2:32.80	31.59	350m:	3:36.26	31.65
	100m:	58.46	30.49	200m:	2:01.21	31.79	300m:	3:04.61	31.81	400m:	4:07.45	31.19
5.	ALONSO VIDAL, Teo		07	VIGO RIAS BAIXAS			4:09.16	28,00				
	50m:	28.26	28.26	150m:	1:30.69	31.79	250m:	2:34.76	32.06	350m:	3:38.51	31.72
	100m:	58.90	30.64	200m:	2:02.70	32.01	300m:	3:06.79	32.03	400m:	4:09.16	30.65
6.	MASSO ROIG, Martin		07	VIGO RIAS BAIXAS			4:09.48	27,00				
	50m:	28.68	28.68	150m:	1:30.60	31.19	250m:	2:34.25	31.97	350m:	3:37.98	32.21
	100m:	59.41	30.73	200m:	2:02.28	31.68	300m:	3:05.77	31.52	400m:	4:09.48	31.50
7.	PEREZ FERNANDEZ, Brais		07	C. N. PORTAMIÑA			4:10.53	26,00				
	50m:	28.03	28.03	150m:	1:30.74	31.83	250m:	2:35.00	32.23	350m:	3:39.03	31.99
	100m:	58.91	30.88	200m:	2:02.77	32.03	300m:	3:07.04	32.04	400m:	4:10.53	31.50
8.	CARBALLO RODRIGUEZ, Enrique		07	C. N. PABELLON			4:12.86	25,00				
	50m:	27.70	27.70	150m:	1:30.58	32.18	250m:	2:35.33	32.56	350m:	3:40.56	32.67
	100m:	58.40	30.70	200m:	2:02.77	32.19	300m:	3:07.89	32.56	400m:	4:12.86	32.30
9.	SUAREZ MARTINEZ, Diego		08	SPORTING CASINO			4:13.34	24,00				
	50m:	28.58	28.58	150m:	1:32.67	31.87	250m:	2:38.54	33.16	350m:	3:43.05	32.96
	100m:	1:00.80	32.22	200m:	2:05.38	32.71	300m:	3:10.09	31.55	400m:	4:13.34	30.29
10.	GOMEZ PUMARIÑO, Samuel		08	C. N. PORTAMIÑA			4:14.63	23,00				
	50m:	28.62	28.62	150m:	1:31.95	31.81	250m:	2:36.96	32.40	350m:	3:42.49	32.77
	100m:	1:00.14	31.52	200m:	2:04.56	32.61	300m:	3:09.72	32.76	400m:	4:14.63	32.14
11.	PEREZ PAZ, Dario		05	C. N. PONTEAREAS			4:18.96	22,00				
	50m:	29.47	29.47	150m:	1:34.59	32.68	250m:	2:40.46	32.84	350m:	3:46.89	33.25
	100m:	1:01.91	32.44	200m:	2:07.62	33.03	300m:	3:13.64	33.18	400m:	4:18.96	32.07
12.	GOMEZ LIMIA, Pablo		06	C. N. CORUÑA			4:19.28	21,00				
	50m:	29.16	29.16	150m:	1:34.17	32.69	250m:	2:40.70	33.47	350m:	3:47.14	33.25
	100m:	1:01.48	32.32	200m:	2:07.23	33.06	300m:	3:13.89	33.19	400m:	4:19.28	32.14
13.	PEREZ GARCIA, Iker		07	C. N. GALAICO			4:21.09	20,00				
	50m:	28.95	28.95	150m:	1:34.94	33.40	250m:	2:44.06	34.67	350m:	3:50.69	33.62
	100m:	1:01.54	32.59	200m:	2:09.39	34.45	300m:	3:17.07	33.01	400m:	4:21.09	30.40
14.	PENAS CAYADO, Fernando		09	SPORTING CASINO			4:21.72	19,00				
	50m:	29.41	29.41	150m:	1:34.70	32.92	250m:	2:40.70	32.72	350m:	3:48.79	34.36
	100m:	1:01.78	32.37	200m:	2:07.98	33.28	300m:	3:14.43	33.73	400m:	4:21.72	32.93

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Clasificación	AN	Nombre	Equipo	Tiempo	PUNTOS
15.	06	VARELA PASANDÍN, Manuel	C. N. ARTEIXO	4:23.23	18,00
		50m: 29.50 29.50 150m: 1:35.55 33.22 250m: 2:42.63 33.76 350m: 3:49.99 33.50			
		100m: 1:02.33 32.83 200m: 2:08.87 33.32 300m: 3:16.49 33.86 400m: 4:23.23 33.24			
16.	05	RODRÍGUEZ RODRÍGUEZ, Germán	C. N. FERROL	4:24.84	17,00
		50m: 29.31 29.31 150m: 1:35.60 33.74 250m: 2:43.98 34.20 350m: 3:52.29 34.30			
		100m: 1:01.86 32.55 200m: 2:09.78 34.18 300m: 3:17.99 34.01 400m: 4:24.84 32.55			
17.	01	SIMON COTELO, Manuel	C. N. Panas	4:25.31	16,00
		50m: 28.84 28.84 150m: 1:34.79 33.78 250m: 2:42.66 33.81 350m: 3:51.91 34.73			
		100m: 1:01.01 32.17 200m: 2:08.85 34.06 300m: 3:17.18 34.52 400m: 4:25.31 33.40			
18.	06	ABELLEIRA GÓMEZ, Miguel A.	S. DEP. BOIRO	4:28.95	15,00
		50m: 29.97 29.97 150m: 1:36.53 33.66 250m: 2:45.35 34.60 350m: 3:54.71 34.53			
		100m: 1:02.87 32.90 200m: 2:10.75 34.22 300m: 3:20.18 34.83 400m: 4:28.95 34.24			
19.	06	REY MUNIN, Tomas	CIDADE SANTIAGO	4:29.95	14,00
		50m: 29.54 29.54 150m: 1:36.41 34.00 250m: 2:46.51 35.30 350m: 3:55.84 34.38			
		100m: 1:02.41 32.87 200m: 2:11.21 34.80 300m: 3:21.46 34.95 400m: 4:29.95 34.11			
20.	08	LEIROS FERNANDEZ, Lucas	C. N. PONTEAREAS	4:30.46	13,00
		50m: 30.71 30.71 150m: 1:38.78 34.44 250m: 2:47.63 34.53 350m: 3:56.66 34.61			
		100m: 1:04.34 33.63 200m: 2:13.10 34.32 300m: 3:22.05 34.42 400m: 4:30.46 33.80			
21.	07	RIBÓ MIGUEL, Lucas	CIDADE SANTIAGO	4:30.67	12,00
		50m: 30.60 30.60 150m: 1:37.94 33.75 250m: 2:47.80 34.88 350m: 3:57.77 35.14			
		100m: 1:04.19 33.59 200m: 2:12.92 34.98 300m: 3:22.63 34.83 400m: 4:30.67 32.90			
22.	07	OUBIÑA SÁNCHEZ, Pedro	RCN VIGO	4:31.08	11,00
		50m: 30.15 30.15 150m: 1:36.77 33.72 250m: 2:46.25 34.85 350m: 3:57.11 35.57			
		100m: 1:03.05 32.90 200m: 2:11.40 34.63 300m: 3:21.54 35.29 400m: 4:31.08 33.97			
23.	08	MENDEZ-BENEGASSI FDEZ., Adrian	C. N. GALAICO	4:32.88	10,00
		50m: 29.43 29.43 150m: 1:36.16 34.19 250m: 2:46.80 35.44 350m: 3:58.40 35.96			
		100m: 1:01.97 32.54 200m: 2:11.36 35.20 300m: 3:22.44 35.64 400m: 4:32.88 34.48			
24.	07	SANTÍN MÉNDEZ, Rubén	RCN VIGO	4:35.51	9,00
		50m: 29.80 29.80 150m: 1:36.40 33.62 250m: 2:45.29 34.72 350m: 3:58.64 37.28			
		100m: 1:02.78 32.98 200m: 2:10.57 34.17 300m: 3:21.36 36.07 400m: 4:35.51 36.87			
25.	08	ALCALDE MAHIA, Jun Bin	C. N. CORUÑA	4:43.60	8,00
		50m: 30.60 30.60 150m: 1:40.11 35.33 250m: 2:53.81 37.14 350m: 4:07.54 37.13			
		100m: 1:04.78 34.18 200m: 2:16.67 36.56 300m: 3:30.41 36.60 400m: 4:43.60 36.06			
26.	98	GERPE RODRIGUEZ, Fco. Jose	C. N. Panas	5:35.55	7,00
		50m: 31.25 31.25 150m: 1:44.93 38.35 250m: 3:14.20 44.73 350m: 4:47.92 47.40			
		100m: 1:06.58 35.33 200m: 2:29.47 44.54 300m: 4:00.52 46.32 400m: 5:35.55 47.63			
Baja	08	SUBIRAN GOMEZ, Pedro	C. FLUVIAL LUGO	-	-