

Prueba 19  
29/12/2023 - 18:36

Masc., 400m Libre

Absoluto Masculino  
Resultados

RG	3:50.73	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	02/12/2010
RC	3:50.95	, REGUEIRA SUAREZ, RUFINO	RIVEIRA	27/12/2008

Clasificación	AN		Tempo	ABSO	JUNI
<b>Junior Masculino</b>					
1. MANEIROS PAZ, Mario	06	C. N. FERROL	<b>4:06.64</b>	-	-
50m: 27.73 27.73	150m: 1:28.43 30.97	250m: 2:31.88 31.71	350m: 3:35.78 31.94		
100m: 57.46 29.73	200m: 2:00.17 31.74	300m: 3:03.84 31.96	400m: 4:06.64 30.86		
2. ALONSO VIDAL, Teo	07	VIGO RIAS BAIXAS	<b>4:07.56</b>	-	-
50m: 28.36 28.36	150m: 1:30.24 31.30	250m: 2:32.86 31.04	350m: 3:36.02 31.84		
100m: 58.94 30.58	200m: 2:01.82 31.58	300m: 3:04.18 31.32	400m: 4:07.56 31.54		
3. MASSO ROIG, Martin	07	VIGO RIAS BAIXAS	<b>4:07.76</b>	-	-
50m: 28.60 28.60	150m: 1:30.66 31.43	250m: 2:33.79 31.71	350m: 3:37.30 31.85		
100m: 59.23 30.63	200m: 2:02.08 31.42	300m: 3:05.45 31.66	400m: 4:07.76 30.46		
4. PEREZ FERNANDEZ, Brais	07	C. N. PORTAMIÑA	<b>4:07.94</b>	-	-
50m: 27.57 27.57	150m: 1:30.45 32.05	250m: 2:33.90 30.46	350m: 3:36.65 31.58		
100m: 58.40 30.83	200m: 2:03.44 32.99	300m: 3:05.07 31.17	400m: 4:07.94 31.29		
5. SOUTO RAMOS, Manuel	07	A. D. FOGAR	<b>4:11.15</b>	-	-
50m: 27.85 27.85	150m: 1:30.38 31.82	250m: 2:35.42 32.10	350m: 3:40.30 32.18		
100m: 58.56 30.71	200m: 2:03.32 32.94	300m: 3:08.12 32.70	400m: 4:11.15 30.85		
6. CUBEIRO ROSENDE, Xoel	07	C. N. LICEO	<b>4:14.49</b>	-	-
50m: 27.87 27.87	150m: 1:30.56 32.04	250m: 2:35.73 32.74	350m: 3:42.52 33.70		
100m: 58.52 30.65	200m: 2:02.99 32.43	300m: 3:08.82 33.09	400m: 4:14.49 31.97		
7. GARCÍA AFONSO, Alexis	07	C. N. FERROL	<b>4:15.75</b>	-	-
50m: 28.41 28.41	150m: 1:31.48 31.88	250m: 2:36.31 32.56	350m: 3:43.05 33.31		
100m: 59.60 31.19	200m: 2:03.75 32.27	300m: 3:09.74 33.43	400m: 4:15.75 32.70		
8. GOMEZ LIMIA, Pablo	06	C. N. CORUÑA	<b>4:15.77</b>	-	-
50m: 28.97 28.97	150m: 1:32.45 31.82	250m: 2:37.68 32.55	350m: 3:44.76 33.75		
100m: 1:00.63 31.66	200m: 2:05.13 32.68	300m: 3:11.01 33.33	400m: 4:15.77 31.01		
9. GOMEZ PUMARIÑO, Samuel	08	C. N. PORTAMIÑA	<b>4:18.68</b>	-	-
50m: 28.32 28.32	150m: 1:31.40 32.06	250m: 2:37.61 33.28	350m: 3:45.24 34.11		
100m: 59.34 31.02	200m: 2:04.33 32.93	300m: 3:11.13 33.52	400m: 4:18.68 33.44		
10. RODRIGUEZ VIEITEZ, Hugo	08	VIGO RIAS BAIXAS	<b>4:20.05</b>	-	-
50m: 28.12 28.12	150m: 1:31.82 32.21	250m: 2:38.13 33.20	350m: 3:46.46 34.50		
100m: 59.61 31.49	200m: 2:04.93 33.11	300m: 3:11.96 33.83	400m: 4:20.05 33.59		
11. MORENO TEIJEIRO, Andre	07	C. FLUVIAL LUGO	<b>4:20.36</b>	-	-
50m: 28.97 28.97	150m: 1:33.18 32.25	250m: 2:39.97 33.31	350m: 3:47.34 33.82		
100m: 1:00.93 31.96	200m: 2:06.66 33.48	300m: 3:13.52 33.55	400m: 4:20.36 33.02		
12. DIAZ RODRIGUEZ, Ivan	08	C. N. PORTAMIÑA	<b>4:22.74</b>	-	-
50m: 28.86 28.86	150m: 1:35.10 33.48	250m: 2:42.53 33.67	350m: 3:50.84 34.32		
100m: 1:01.62 32.76	200m: 2:08.86 33.76	300m: 3:16.52 33.99	400m: 4:22.74 31.90		
13. VAZQUEZ COSTA, Miguel	06	C. N. GALAICO	<b>4:24.62</b>	-	-
50m: 28.79 28.79	150m: 1:33.24 32.85	250m: 2:42.16 34.87	350m: 3:51.34 34.65		
100m: 1:00.39 31.60	200m: 2:07.29 34.05	300m: 3:16.69 34.53	400m: 4:24.62 33.28		



Prueba 19, Masc., 400m Libre, Junior Masculino

Clasificación	AN	Tempo	ABSO	JUNI
14. DIAZ-BECERRA LOPEZ, Pedro	07	<b>C. N. PORTAMIÑA</b> <b>4:25.40</b>	-	-
50m: 29.27 29.27 150m: 1:35.05 33.42 250m: 2:42.28 33.11 350m: 3:51.30 34.92		34.12 300m: 3:16.38 34.10 400m: 4:25.40 34.10		
100m: 1:01.63 32.36 200m: 2:09.17				
15. ABELLEIRA GÓMEZ, Miguel A.	06	<b>S. DEP. BOIRO</b> <b>4:26.00</b>	-	-
50m: 29.56 29.56 150m: 1:35.57 33.21 250m: 2:43.32 33.95 350m: 3:52.10 34.59		33.80 300m: 3:17.51 34.19 400m: 4:26.00 33.90		
100m: 1:02.36 32.80 200m: 2:09.37				
16. FRAGA VISOS, Teo	08	<b>CIDADE SANTIAGO</b> <b>4:26.45</b>	-	-
50m: 30.82 30.82 150m: 1:37.37 33.80 250m: 2:45.31 33.95 350m: 3:53.34 34.17		33.99 300m: 3:19.17 33.86 400m: 4:26.45 33.11		
100m: 1:03.57 32.75 200m: 2:11.36				
17. SUBIRAN GOMEZ, Pedro	08	<b>C. FLUVIAL LUGO</b> <b>4:27.88</b>	-	-
50m: 29.88 29.88 150m: 1:37.21 34.13 250m: 2:44.81 33.64 350m: 3:52.65 33.31		33.96 300m: 3:19.34 34.53 400m: 4:27.88 35.23		
100m: 1:03.08 33.20 200m: 2:11.17				
18. PREGO GROBA, Brais	08	<b>C. N. PONTEAREAS</b> <b>4:30.96</b>	-	-
50m: 29.34 29.34 150m: 1:36.03 34.16 250m: 2:45.94 35.31 350m: 3:56.64 35.46		34.60 300m: 3:21.18 35.24 400m: 4:30.96 34.32		
100m: 1:01.87 32.53 200m: 2:10.63				
19. DÍAZ RODAS, Aarón	07	<b>C. N. ARTEIXO</b> <b>4:32.02</b>	-	-
50m: 30.22 30.22 150m: 1:36.88 34.01 250m: 2:46.51 35.03 350m: 3:57.10 35.34		34.60 300m: 3:21.76 35.25 400m: 4:32.02 34.92		
100m: 1:02.87 32.65 200m: 2:11.48				
20. LEIROS FERNANDEZ, Lucas	08	<b>C. N. PONTEAREAS</b> <b>4:33.87</b>	-	-
50m: 30.11 30.11 150m: 1:37.57 34.69 250m: 2:48.09 35.44 350m: 3:59.41 35.51		35.08 300m: 3:23.90 35.81 400m: 4:33.87 34.46		
100m: 1:02.88 32.77 200m: 2:12.65				
21. SANTÍN MÉNDEZ, Rubén	07	<b>RCN VIGO</b> <b>4:36.29</b>	-	-
50m: 29.19 29.19 150m: 1:35.75 33.85 250m: 2:46.57 35.29 350m: 3:59.59 36.44		35.53 300m: 3:23.15 36.58 400m: 4:36.29 36.70		
100m: 1:01.90 32.71 200m: 2:11.28				
22. OUBIÑA SÁNCHEZ, Pedro	07	<b>RCN VIGO</b> <b>4:37.06</b>	-	-
50m: 30.19 30.19 150m: 1:36.96 34.25 250m: 2:48.50 35.92 350m: 4:01.48 36.67		35.62 300m: 3:24.81 36.31 400m: 4:37.06 35.58		
100m: 1:02.71 32.52 200m: 2:12.58				
23. BAO PURRIÑOS, Manuel	08	<b>C. N. LICEO</b> <b>4:38.20</b>	-	-
50m: 31.33 31.33 150m: 1:39.71 34.67 250m: 2:50.88 35.85 350m: 4:03.27 36.29		35.32 300m: 3:26.98 36.10 400m: 4:38.20 34.93		
100m: 1:05.04 33.71 200m: 2:15.03				
24. RIBÓ MIGUEL, Lucas	07	<b>CIDADE SANTIAGO</b> <b>4:39.33</b>	-	-
50m: 30.50 30.50 150m: 1:38.89 34.88 250m: 2:51.75 36.68 350m: 4:04.53 36.44		36.18 300m: 3:28.09 36.34 400m: 4:39.33 34.80		
100m: 1:04.01 33.51 200m: 2:15.07				
25. RODRIGUEZ ARIAS, Jacobo	08	<b>PABELLON OURENSE</b> <b>4:49.74</b>	-	-
50m: 30.55 30.55 150m: 1:42.11 36.65 250m: 2:57.22 37.88 350m: 4:13.18 37.77		37.23 300m: 3:35.41 38.19 400m: 4:49.74 36.56		
100m: 1:05.46 34.91 200m: 2:19.34				

Absoluto Masculino

1. GARCÍA CASTRO, Mateo	05	<b>C. N. ARTEIXO</b> <b>3:53.90</b>	-	-
50m: 27.12 27.12 150m: 1:24.79 28.99 250m: 2:23.73 29.75 350m: 3:24.39 30.29		29.19 300m: 2:54.10 30.37 400m: 3:53.90 29.51		
100m: 55.80 28.68 200m: 1:53.98				
2. PARDO PERNAS, Martin	02	<b>C. FLUVIAL LUGO</b> <b>4:00.09</b>	-	-
50m: 27.35 27.35 150m: 1:26.60 29.87 250m: 2:26.78 30.08 350m: 3:28.64 31.18		30.10 300m: 2:57.46 30.68 400m: 4:00.09 31.45		
100m: 56.73 29.38 200m: 1:56.70				

Prueba 19, Masc., 400m Libre, Absoluto Masculino

Clasificación			AN			Tempo	ABSO	JUNI	
3.	MANEIROS PAZ, Mario		06	C. N. FERROL		<b>4:06.64</b>	-	-	
	50m:	27.73 27.73	150m:	1:28.43 30.97	250m:	2:31.88 31.71	350m:	3:35.78 31.94	
	100m:	57.46 29.73	200m:	2:00.17 31.74	300m:	3:03.84 31.96	400m:	4:06.64 30.86	
4.	ALONSO VIDAL, Teo		07	VIGO RIAS BAIXAS		<b>4:07.56</b>	-	-	
	50m:	28.36 28.36	150m:	1:30.24 31.30	250m:	2:32.86 31.04	350m:	3:36.02 31.84	
	100m:	58.94 30.58	200m:	2:01.82 31.58	300m:	3:04.18 31.32	400m:	4:07.56 31.54	
5.	MASSO ROIG, Martin		07	VIGO RIAS BAIXAS		<b>4:07.76</b>	-	-	
	50m:	28.60 28.60	150m:	1:30.66 31.43	250m:	2:33.79 31.71	350m:	3:37.30 31.85	
	100m:	59.23 30.63	200m:	2:02.08 31.42	300m:	3:05.45 31.66	400m:	4:07.76 30.46	
6.	PEREZ FERNANDEZ, Brais		07	C. N. PORTAMIÑA		<b>4:07.94</b>	-	-	
	50m:	27.57 27.57	150m:	1:30.45 32.05	250m:	2:33.90 30.46	350m:	3:36.65 31.58	
	100m:	58.40 30.83	200m:	2:03.44 32.99	300m:	3:05.07 31.17	400m:	4:07.94 31.29	
7.	CIVEIRA CORRAL, Raul		02	PABELLON OURENSE		<b>4:10.91</b>	-	-	
	50m:	28.27 28.27	150m:	1:29.82 31.34	250m:	2:34.15 32.56	350m:	3:39.20 32.56	
	100m:	58.48 30.21	200m:	2:01.59 31.77	300m:	3:06.64 32.49	400m:	4:10.91 31.71	
8.	SOUTO RAMOS, Manuel		07	A. D. FOGAR		<b>4:11.15</b>	-	-	
	50m:	27.85 27.85	150m:	1:30.38 31.82	250m:	2:35.42 32.10	350m:	3:40.30 32.18	
	100m:	58.56 30.71	200m:	2:03.32 32.94	300m:	3:08.12 32.70	400m:	4:11.15 30.85	
9.	GARRIDO BRUN, Jacobo		02	C. N. PANAS		<b>4:14.46</b>	-	-	
	50m:	28.89 28.89	150m:	1:31.47 31.77	250m:	2:36.67 32.88	350m:	3:42.93 32.97	
	100m:	59.70 30.81	200m:	2:03.79 32.32	300m:	3:09.96 33.29	400m:	4:14.46 31.53	
10.	CUBEIRO ROSENDE, Xoel		07	C. N. LICEO		<b>4:14.49</b>	-	-	
	50m:	27.87 27.87	150m:	1:30.56 32.04	250m:	2:35.73 32.74	350m:	3:42.52 33.70	
	100m:	58.52 30.65	200m:	2:02.99 32.43	300m:	3:08.82 33.09	400m:	4:14.49 31.97	
11.	GARCÍA AFONSO, Alexis		07	C. N. FERROL		<b>4:15.75</b>	-	-	
	50m:	28.41 28.41	150m:	1:31.48 31.88	250m:	2:36.31 32.56	350m:	3:43.05 33.31	
	100m:	59.60 31.19	200m:	2:03.75 32.27	300m:	3:09.74 33.43	400m:	4:15.75 32.70	
12.	GOMEZ LIMIA, Pablo		06	C. N. CORUÑA		<b>4:15.77</b>	-	-	
	50m:	28.97 28.97	150m:	1:32.45 31.82	250m:	2:37.68 32.55	350m:	3:44.76 33.75	
	100m:	1:00.63 31.66	200m:	2:05.13 32.68	300m:	3:11.01 33.33	400m:	4:15.77 31.01	
13.	GUTIERREZ MARIÑO, Santiago		02	PABELLON OURENSE		<b>4:16.94</b>	-	-	
	50m:	29.21 29.21	150m:	1:34.16 32.68	250m:	2:39.78 32.73	350m:	3:45.33 32.52	
	100m:	1:01.48 32.27	200m:	2:07.05 32.89	300m:	3:12.81 33.03	400m:	4:16.94 31.61	
14.	INFESTAS CARAZO, Samuel		03	RCN VIGO		<b>4:17.18</b>	-	-	
	50m:	29.14 29.14	150m:	1:32.38 31.99	250m:	2:37.67 32.80	350m:	3:44.59 33.59	
	100m:	1:00.39 31.25	200m:	2:04.87 32.49	300m:	3:11.00 33.33	400m:	4:17.18 32.59	
15.	GOMEZ PUMARIÑO, Samuel		08	C. N. PORTAMIÑA		<b>4:18.68</b>	-	-	
	50m:	28.32 28.32	150m:	1:31.40 32.06	250m:	2:37.61 33.28	350m:	3:45.24 34.11	
	100m:	59.34 31.02	200m:	2:04.33 32.93	300m:	3:11.13 33.52	400m:	4:18.68 33.44	
16.	RODRIGUEZ VIEITEZ, Hugo		08	VIGO RIAS BAIXAS		<b>4:20.05</b>	-	-	
	50m:	28.12 28.12	150m:	1:31.82 32.21	250m:	2:38.13 33.20	350m:	3:46.46 34.50	
	100m:	59.61 31.49	200m:	2:04.93 33.11	300m:	3:11.96 33.83	400m:	4:20.05 33.59	
17.	PEREZ PAZ, Dario		05	C. N. PONTEAREAS		<b>4:20.08</b>	-	-	
	50m:	29.15 29.15	150m:	1:34.45 32.99	250m:	2:41.41 33.60	350m:	3:48.06 33.41	
	100m:	1:01.46 32.31	200m:	2:07.81 33.36	300m:	3:14.65 33.24	400m:	4:20.08 32.02	

Prueba 19, Masc., 400m Libre, Absoluto Masculino

Clasificación	AN							Tiempo	ABSO	JUNI		
18.	MORENO TEJEIRO, Andre	07	C. FLUVIAL LUGO	<b>4:20.36</b>	-	-						
	50m: 28.97 28.97	150m: 1:33.18	32.25	250m: 2:39.97	33.31	350m: 3:47.34	33.82					
	100m: 1:00.93 31.96	200m: 2:06.66	33.48	300m: 3:13.52	33.55	400m: 4:20.36	33.02					
19.	FERRON GUTIERREZ, Juan	03	C. N. MOS	<b>4:21.40</b>	-	-						
	50m: 29.27 29.27	150m: 1:33.47	32.32	250m: 2:39.67	33.40	350m: 3:47.68	34.42					
	100m: 1:01.15 31.88	200m: 2:06.27	32.80	300m: 3:13.26	33.59	400m: 4:21.40	33.72					
20.	PEDRE SALIDO, Julio	03	C. N. FERROL	<b>4:22.00</b>	-	-						
	50m: 28.28 28.28	150m: 1:32.18	32.06	250m: 2:37.31	32.75	350m: 3:42.01	31.39					
	100m: 1:00.12 31.84	200m: 2:04.56	32.38	300m: 3:10.62	33.31	400m: 4:22.00	39.99					
21.	RODRÍGUEZ RODRÍGUEZ, Germán	05	C. N. FERROL	<b>4:22.47</b>	-	-						
	50m: 29.11 29.11	150m: 1:34.29	33.05	250m: 2:41.70	33.79	350m: 3:49.13	33.79					
	100m: 1:01.24 32.13	200m: 2:07.91	33.62	300m: 3:15.34	33.64	400m: 4:22.47	33.34					
22.	DIAZ RODRIGUEZ, Ivan	08	C. N. PORTAMIÑA	<b>4:22.74</b>	-	-						
	50m: 28.86 28.86	150m: 1:35.10	33.48	250m: 2:42.53	33.67	350m: 3:50.84	34.32					
	100m: 1:01.62 32.76	200m: 2:08.86	33.76	300m: 3:16.52	33.99	400m: 4:22.74	31.90					
23.	VAZQUEZ COSTA, Miguel	06	C. N. GALAICO	<b>4:24.62</b>	-	-						
	50m: 28.79 28.79	150m: 1:33.24	32.85	250m: 2:42.16	34.87	350m: 3:51.34	34.65					
	100m: 1:00.39 31.60	200m: 2:07.29	34.05	300m: 3:16.69	34.53	400m: 4:24.62	33.28					
24.	DIAZ-BECERRA LOPEZ, Pedro	07	C. N. PORTAMIÑA	<b>4:25.40</b>	-	-						
	50m: 29.27 29.27	150m: 1:35.05	33.42	250m: 2:42.28	33.11	350m: 3:51.30	34.92					
	100m: 1:01.63 32.36	200m: 2:09.17	34.12	300m: 3:16.38	34.10	400m: 4:25.40	34.10					
25.	ABELLEIRA GÓMEZ, Miguel A.	06	S. DEP. BOIRO	<b>4:26.00</b>	-	-						
	50m: 29.56 29.56	150m: 1:35.57	33.21	250m: 2:43.32	33.95	350m: 3:52.10	34.59					
	100m: 1:02.36 32.80	200m: 2:09.37	33.80	300m: 3:17.51	34.19	400m: 4:26.00	33.90					
26.	PENAS CAYADO, Fernando	09	SPORTING CASINO	<b>4:26.05</b>	-	-						
	50m: 28.79 28.79	150m: 1:33.81	32.87	250m: 2:41.85	34.20	350m: 3:51.77	35.08					
	100m: 1:00.94 32.15	200m: 2:07.65	33.84	300m: 3:16.69	34.84	400m: 4:26.05	34.28					
27.	FRAGA VISOS, Teo	08	CIDADE SANTIAGO	<b>4:26.45</b>	-	-						
	50m: 30.82 30.82	150m: 1:37.37	33.80	250m: 2:45.31	33.95	350m: 3:53.34	34.17					
	100m: 1:03.57 32.75	200m: 2:11.36	33.99	300m: 3:19.17	33.86	400m: 4:26.45	33.11					
28.	SUBIRAN GOMEZ, Pedro	08	C. FLUVIAL LUGO	<b>4:27.88</b>	-	-						
	50m: 29.88 29.88	150m: 1:37.21	34.13	250m: 2:44.81	33.64	350m: 3:52.65	33.31					
	100m: 1:03.08 33.20	200m: 2:11.17	33.96	300m: 3:19.34	34.53	400m: 4:27.88	35.23					
29.	PREGO GROBA, Brais	08	C. N. PONTEAREAS	<b>4:30.96</b>	-	-						
	50m: 29.34 29.34	150m: 1:36.03	34.16	250m: 2:45.94	35.31	350m: 3:56.64	35.46					
	100m: 1:01.87 32.53	200m: 2:10.63	34.60	300m: 3:21.18	35.24	400m: 4:30.96	34.32					
30.	DÍAZ RODAS, Aarón	07	C. N. ARTEIXO	<b>4:32.02</b>	-	-						
	50m: 30.22 30.22	150m: 1:36.88	34.01	250m: 2:46.51	35.03	350m: 3:57.10	35.34					
	100m: 1:02.87 32.65	200m: 2:11.48	34.60	300m: 3:21.76	35.25	400m: 4:32.02	34.92					
31.	LEIROS FERNANDEZ, Lucas	08	C. N. PONTEAREAS	<b>4:33.87</b>	-	-						
	50m: 30.11 30.11	150m: 1:37.57	34.69	250m: 2:48.09	35.44	350m: 3:59.41	35.51					
	100m: 1:02.88 32.77	200m: 2:12.65	35.08	300m: 3:23.90	35.81	400m: 4:33.87	34.46					
32.	SANTÍN MÉNDEZ, Rubén	07	RCN VIGO	<b>4:36.29</b>	-	-						
	50m: 29.19 29.19	150m: 1:35.75	33.85	250m: 2:46.57	35.29	350m: 3:59.59	36.44					
	100m: 1:01.90 32.71	200m: 2:11.28	35.53	300m: 3:23.15	36.58	400m: 4:36.29	36.70					



Prueba 19, Masc., 400m Libre, Absoluto Masculino

Clasificación	AN		Tiempo		ABSO	JUNI
33. OUBIÑA SÁNCHEZ, Pedro	07	RCN VIGO	<b>4:37.06</b>	-	-	
50m: 30.19 30.19	150m: 1:36.96	34.25	250m: 2:48.50	35.92	350m: 4:01.48	36.67
100m: 1:02.71 32.52	200m: 2:12.58	35.62	300m: 3:24.81	36.31	400m: 4:37.06	35.58
34. BAO PURRIÑOS, Manuel	08	C. N. LICEO	<b>4:38.20</b>	-	-	
50m: 31.33 31.33	150m: 1:39.71	34.67	250m: 2:50.88	35.85	350m: 4:03.27	36.29
100m: 1:05.04 33.71	200m: 2:15.03	35.32	300m: 3:26.98	36.10	400m: 4:38.20	34.93
35. RIBÓ MIGUEL, Lucas	07	CIDADE SANTIAGO	<b>4:39.33</b>	-	-	
50m: 30.50 30.50	150m: 1:38.89	34.88	250m: 2:51.75	36.68	350m: 4:04.53	36.44
100m: 1:04.01 33.51	200m: 2:15.07	36.18	300m: 3:28.09	36.34	400m: 4:39.33	34.80
36. RODRIGUEZ ARIAS, Jacobo	08	PABELLON OURENSE	<b>4:49.74</b>	-	-	
50m: 30.55 30.55	150m: 1:42.11	36.65	250m: 2:57.22	37.88	350m: 4:13.18	37.77
100m: 1:05.46 34.91	200m: 2:19.34	37.23	300m: 3:35.41	38.19	400m: 4:49.74	36.56

