

Prueba 39
30/12/2023 - 18:00

Masc., 400m Estilos

Absoluto Masculino
Resultados

RG	4:14.90	, MENDEZ PUGA MARIO	RBAIXAS	16/12/2022
RC	4:17.48	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	05/01/2021

Clasificación	AN	Tempo	ABSO	JUNI
Junior Masculino				
1. NAVARRO LOSADA, Sergi	07	C. N. FERROL 4:33.91	-	-
50m: 28.65 28.65 150m: 1:35.89 33.88 250m: 2:49.87 41.13 350m: 4:03.21 31.61				
100m: 1:02.01 33.36 200m: 2:08.74 32.85 300m: 3:31.60 41.73 400m: 4:33.91 30.70				
2. MERZLYAKOV KOSTOMAROV, Mikhaïl	07	PABELLON OURENSE 4:50.95	-	-
50m: 29.90 29.90 150m: 1:41.31 35.44 250m: 2:59.54 43.15 350m: 4:18.68 34.81				
100m: 1:05.87 35.97 200m: 2:16.39 35.08 300m: 3:43.87 44.33 400m: 4:50.95 32.27				
3. VARELA PASANDÍN, Alejandro	06	C. N. ARTEIXO 4:57.28	-	-
50m: 29.63 29.63 150m: 1:44.64 40.26 250m: 3:05.39 42.48 350m: 4:23.94 35.39				
100m: 1:04.38 34.75 200m: 2:22.91 38.27 300m: 3:48.55 43.16 400m: 4:57.28 33.34				
4. GAVIEIRO MONTERO, Raul	07	C. N. PORTAMIÑA 4:58.23	-	-
50m: 30.78 30.78 150m: 1:44.95 38.96 250m: 3:07.06 44.10 350m: 4:26.50 34.97				
100m: 1:05.99 35.21 200m: 2:22.96 38.01 300m: 3:51.53 44.47 400m: 4:58.23 31.73				
5. FRAGA VISOS, Teo	08	CIDADE SANTIAGO 5:02.50	-	-
50m: 32.53 32.53 150m: 1:48.82 38.99 250m: 3:10.26 43.15 350m: 4:29.03 35.16				
100m: 1:09.83 37.30 200m: 2:27.11 38.29 300m: 3:53.87 43.61 400m: 5:02.50 33.47				
6. ÁLVAREZ VÁZQUEZ, Gael	07	RCN VIGO 5:07.26	-	-
50m: 32.69 32.69 150m: 1:48.91 38.21 250m: 3:12.06 44.84 350m: 4:32.82 34.39				
100m: 1:10.70 38.01 200m: 2:27.22 38.31 300m: 3:58.43 46.37 400m: 5:07.26 34.44				
7. DÍAZ RODAS, Aarón	07	C. N. ARTEIXO 5:10.04	-	-
50m: 30.62 30.62 150m: 1:46.79 40.51 250m: 3:10.22 43.44 350m: 4:33.71 37.91				
100m: 1:06.28 35.66 200m: 2:26.78 39.99 300m: 3:55.80 45.58 400m: 5:10.04 36.33				
8. DÍAZ DOMÍNGUEZ, Ricardo	07	C. N. ARTEIXO 5:15.78	-	-
50m: 33.31 33.31 150m: 1:52.50 42.06 250m: 3:19.43 45.95 350m: 4:40.75 36.27				
100m: 1:10.44 37.13 200m: 2:33.48 40.98 300m: 4:04.48 45.05 400m: 5:15.78 35.03				
9. CADAVID RIBEIRO, Tiziano	08	PABELLON OURENSE 5:17.66	-	-
50m: 32.97 32.97 150m: 1:53.96 42.39 250m: 3:18.08 43.40 350m: 4:40.78 38.42				
100m: 1:11.57 38.60 200m: 2:34.68 40.72 300m: 4:02.36 44.28 400m: 5:17.66 36.88				
10. LONGUEIRA GILDA, Martín	07	C. Del Mar De San Amos 5:19.60	-	-
50m: 33.38 33.38 150m: 1:53.71 40.02 250m: 3:20.50 48.26 350m: 4:45.48 36.12				
100m: 1:13.69 40.31 200m: 2:32.24 38.53 300m: 4:09.36 48.86 400m: 5:19.60 34.12				

Absoluto Masculino

1. PARDO PERNAS, Martin	02	C. FLUVIAL LUGO 4:31.43	-	-
50m: 28.43 28.43 150m: 1:35.85 34.52 250m: 2:49.58 39.99 350m: 4:01.58 31.60				
100m: 1:01.33 32.90 200m: 2:09.59 33.74 300m: 3:29.98 40.40 400m: 4:31.43 29.85				
2. NAVARRO LOSADA, Sergi	07	C. N. FERROL 4:33.91	-	-
50m: 28.65 28.65 150m: 1:35.89 33.88 250m: 2:49.87 41.13 350m: 4:03.21 31.61				
100m: 1:02.01 33.36 200m: 2:08.74 32.85 300m: 3:31.60 41.73 400m: 4:33.91 30.70				



Prueba 39, Masc., 400m Estilos, Absoluto Masculino

Clasificación	AN	Tempo	ABSO	JUNI
3. CARRERA COSTAS, Martin	96	C. N. PONTEAREAS 4:41.34	-	-
50m: 30.23 30.23	150m: 1:41.96	37.31	250m: 2:57.57	39.31
100m: 1:04.65 34.42	200m: 2:18.26	36.30	300m: 3:36.63	39.06
			350m: 4:09.66	33.03
			400m: 4:41.34	31.68
4. QUIROGA RAMOS, Yago	05	PABELLON OURENSE 4:46.68	-	-
50m: 29.72 29.72	150m: 1:39.85	36.29	250m: 2:57.51	42.91
100m: 1:03.56 33.84	200m: 2:14.60	34.75	300m: 3:40.96	43.45
			350m: 4:14.36	33.40
			400m: 4:46.68	32.32
5. LOPEZ FERNANDEZ, Martin	04	PABELLON OURENSE 4:48.26	-	-
50m: 29.93 29.93	150m: 1:42.19	37.45	250m: 3:00.93	42.49
100m: 1:04.74 34.81	200m: 2:18.44	36.25	300m: 3:43.77	42.84
			350m: 4:16.47	32.70
			400m: 4:48.26	31.79
6. PASTORIZA SANTA CLARA, Jorge	97	VIGO RIAS BAIXAS 4:50.55	-	-
50m: 31.27 31.27	150m: 1:43.26	36.67	250m: 3:01.38	41.46
100m: 1:06.59 35.32	200m: 2:19.92	36.66	300m: 3:43.95	42.57
			350m: 4:17.70	33.75
			400m: 4:50.55	32.85
7. MERZLYAKOV KOSTOMAROV, Mikhaïl	07	PABELLON OURENSE 4:50.95	-	-
50m: 29.90 29.90	150m: 1:41.31	35.44	250m: 2:59.54	43.15
100m: 1:05.87 35.97	200m: 2:16.39	35.08	300m: 3:43.87	44.33
			350m: 4:18.68	34.81
			400m: 4:50.95	32.27
8. TIMIRAOIS FERNANDEZ, Marcos	05	C. N. PORTAMIÑA 4:51.57	-	-
50m: 31.29 31.29	150m: 1:45.22	38.37	250m: 3:03.17	40.47
100m: 1:06.85 35.56	200m: 2:22.70	37.48	300m: 3:44.98	41.81
			350m: 4:19.26	34.28
			400m: 4:51.57	32.31
9. FUENTEFRÍA FERNANDEZ, Anxo	09	A. D. FOGAR 4:53.41	-	-
50m: 31.20 31.20	150m: 1:46.55	39.09	250m: 3:04.41	40.17
100m: 1:07.46 36.26	200m: 2:24.24	37.69	300m: 3:44.80	40.39
			350m: 4:20.86	36.06
			400m: 4:53.41	32.55
10. MARTINEZ MARTINEZ, Marcos	03	C. N. PONTEAREAS 4:56.34	-	-
50m: 30.64 30.64	150m: 1:44.14	38.31	250m: 3:03.33	41.98
100m: 1:05.83 35.19	200m: 2:21.35	37.21	300m: 3:47.81	44.48
			350m: 4:22.63	34.82
			400m: 4:56.34	33.71
11. VARELA PASANDÍN, Alejandro	06	C. N. ARTEIXO 4:57.28	-	-
50m: 29.63 29.63	150m: 1:44.64	40.26	250m: 3:05.39	42.48
100m: 1:04.38 34.75	200m: 2:22.91	38.27	300m: 3:48.55	43.16
			350m: 4:23.94	35.39
			400m: 4:57.28	33.34
12. PEREZ PAZ, Dario	05	C. N. PONTEAREAS 4:58.00	-	-
50m: 31.00 31.00	150m: 1:47.71	39.63	250m: 3:08.86	42.96
100m: 1:08.08 37.08	200m: 2:25.90	38.19	300m: 3:52.21	43.35
			350m: 4:26.87	34.66
			400m: 4:58.00	31.13
13. GAVIEIRO MONTERO, Raul	07	C. N. PORTAMIÑA 4:58.23	-	-
50m: 30.78 30.78	150m: 1:44.95	38.96	250m: 3:07.06	44.10
100m: 1:05.99 35.21	200m: 2:22.96	38.01	300m: 3:51.53	44.47
			350m: 4:26.50	34.97
			400m: 4:58.23	31.73
14. GARRIDO BRUN, Jacobo	02	C. N. PANAS 5:01.37	-	-
50m: 31.21 31.21	150m: 1:47.24	40.57	250m: 3:11.76	45.87
100m: 1:06.67 35.46	200m: 2:25.89	38.65	300m: 3:57.29	45.53
			350m: 4:29.77	32.48
			400m: 5:01.37	31.60
15. FRAGA VISOS, Teo	08	CIDADE SANTIAGO 5:02.50	-	-
50m: 32.53 32.53	150m: 1:48.82	38.99	250m: 3:10.26	43.15
100m: 1:09.83 37.30	200m: 2:27.11	38.29	300m: 3:53.87	43.61
			350m: 4:29.03	35.16
			400m: 5:02.50	33.47
16. PENAS CAYADO, Fernando	09	SPORTING CASINO 5:06.90	-	-
50m: 32.27 32.27	150m: 1:48.77	38.89	250m: 3:11.23	44.48
100m: 1:09.88 37.61	200m: 2:26.75	37.98	300m: 3:56.61	45.38
			350m: 4:31.95	35.34
			400m: 5:06.90	34.95
17. ÁLVAREZ VÁZQUEZ, Gael	07	RCN VIGO 5:07.26	-	-
50m: 32.69 32.69	150m: 1:48.91	38.21	250m: 3:12.06	44.84
100m: 1:10.70 38.01	200m: 2:27.22	38.31	300m: 3:58.43	46.37
			350m: 4:32.82	34.39
			400m: 5:07.26	34.44



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Clasificación	AN		Tiempo		ABSO	JUNI	
18. DÍAZ RODAS, Aarón	07		C. N. ARTEIXO		5:10.04	-	-
50m: 30.62 30.62	150m: 1:46.79	40.51	250m: 3:10.22	43.44	350m: 4:33.71	37.91	
100m: 1:06.28 35.66	200m: 2:26.78	39.99	300m: 3:55.80	45.58	400m: 5:10.04	36.33	
19. DÍAZ DOMÍNGUEZ, Ricardo	07		C. N. ARTEIXO		5:15.78	-	-
50m: 33.31 33.31	150m: 1:52.50	42.06	250m: 3:19.43	45.95	350m: 4:40.75	36.27	
100m: 1:10.44 37.13	200m: 2:33.48	40.98	300m: 4:04.48	45.05	400m: 5:15.78	35.03	
20. CADAVID RIBEIRO, Tiziano	08		PABELLON OURENSE		5:17.66	-	-
50m: 32.97 32.97	150m: 1:53.96	42.39	250m: 3:18.08	43.40	350m: 4:40.78	38.42	
100m: 1:11.57 38.60	200m: 2:34.68	40.72	300m: 4:02.36	44.28	400m: 5:17.66	36.88	
21. LONGUEIRA GILDA, Martín	07		C. Del Mar De San Am		5:19.60	-	-
50m: 33.38 33.38	150m: 1:53.71	40.02	250m: 3:20.50	48.26	350m: 4:45.48	36.12	
100m: 1:13.69 40.31	200m: 2:32.24	38.53	300m: 4:09.36	48.86	400m: 5:19.60	34.12	

