

Prueba 3  
20/01/2024

Masc., 400m Libre

2004 y mayores  
Resultados

Clasificación	Edad	Nombre	Equipo	50m	100m	150m	200m	250m	300m	350m	400m	Puntos
<b>20+</b>												
1.	21	1068314 MARTINEZ MARTINEZ, Marcos	PONTEAREAS	28.77	59.65	1:31.88	2:04.30	2:43.84	3:21.55	3:59.91	4:37.35	13,00
				32.23	30.88	32.42	32.42	39.54	37.71	38.36	37.44	
2.	21	1097741 GONZÁLEZ MARTÍNEZ, Cristian	ARTEIXO	32.77	1:07.43	1:44.07	2:22.35	3:02.10	3:42.29	4:23.06	5:03.02	10,00
				36.64	34.66	38.28	38.28	39.75	40.19	40.77	39.96	
3.	24	1061561 INCUTTI TELLADO, Denis	PONTEAREAS	30.01	1:03.14	1:38.08	2:13.92	3:00.81	3:43.14	4:25.98	5:08.06	8,00
				34.94	33.13	35.84	35.84	46.89	42.33	42.84	42.08	
4.	22	1208836 GÓMEZ MÉNDEZ, Borja	PONTEAREAS	58.51	2:04.28	3:12.67	4:24.14	5:39.75	7:02.29	8:22.86	9:41.11	7,00
				1:08.39	1:05.77	1:11.47	1:11.47	1:15.61	1:22.54	1:20.57	1:18.25	
<b>25+</b>												
1.	27	1144193 PASTORIZA SANTA CLARA, Jorge	RIASBAIXAS	29.67	1:01.35	1:33.63	2:06.56	2:39.66	3:13.84	3:48.44	4:23.56	13,00
				32.28	31.68	32.93	32.93	33.10	34.18	34.60	35.12	
2.	28	1037180 CARRERA COSTAS, Martin	PONTEAREAS	28.73	1:00.00	1:32.61	2:07.29	2:43.34	3:19.98	3:57.07	4:33.58	10,00
				32.61	31.27	34.68	34.68	36.05	36.64	37.09	36.51	
3.	29	1232980 PICALLO MATO, Adrian	SALESTRA	37.70	1:17.57	1:58.88	2:41.59	3:23.68	4:05.83	4:48.54	5:27.59	8,00
				41.31	39.87	42.71	42.71	42.09	42.15	42.71	39.05	
<b>30+</b>												
1.	30	1093458 MUIÑO ALONSO, Anton	NCORUÑA	31.56	1:07.32	1:42.42	2:18.21	2:54.21	3:31.02	4:08.35	4:45.73	13,00
				35.10	35.76	35.79	35.79	36.00	36.81	37.33	37.38	
<b>35+</b>												
1.	37	1086708 ABUIN ARES, Manuel	CIDSANTIAG	34.44	1:12.69	1:52.08	2:33.02	3:14.49	3:56.54	4:38.37	5:19.51	13,00
				39.39	38.25	40.94	40.94	41.47	42.05	41.83	41.14	
2.	36	1136629 FIGUEIRA DOMINGUEZ, Javier	RIASBAIXAS	38.51	1:18.98	2:01.45	2:44.40	3:28.40	4:13.33	5:41.99	5:42.00	10,00
				42.47	40.47	42.95	42.95	44.00	44.93	1:28.66	0.01	
3.	36	1170846 PRESA PRESA, Santiago	GALAICO	35.76	1:15.39	1:58.95	2:45.76	3:32.38	4:19.42	5:05.98	5:48.59	8,00
				43.56	39.63	46.81	46.81	46.62	47.04	46.56	42.61	
4.	39	1036745 BARCIA SIXTO, Francisco José	NTNARON	38.17	1:19.62	2:02.51	2:48.00	3:32.60	4:19.48	5:06.82	5:53.21	7,00
				42.89	41.45	45.49	45.49	44.60	46.88	47.34	46.39	
5.	39	1198278 MANEIRO BETANZOS, Javier	ESQUALOS	36.40	1:15.83	1:58.97	2:44.34	3:32.00	4:20.18	5:09.17	5:57.89	6,00
				43.14	39.43	45.37	45.37	47.66	48.18	48.99	48.72	

Prueba 3, Masc., 400m Libre, 35+

Clasificación	Edad	Tiempo	Puntos
6. 1145090 MARTÍNEZ DOMÍNGUEZ, Iván	36 PONTEAREAS	<b>6:16.71</b>	5,00
50m: 38.50 38.50 150m: 2:08.93 46.08 250m: 3:47.25 49.49 350m: 5:28.10 50.45	100m: 1:22.85 44.35 200m: 2:57.76 48.83 300m: 4:37.65 50.40 400m: 6:16.71 48.61		
7. 1178928 FIDALGO SERRANO, Guillermo	38 TRAVIESAS	<b>6:28.34</b>	4,00
50m: 43.55 43.55 150m: 2:20.03 49.30 250m: 4:01.21 51.42 350m: 5:43.91 51.82	100m: 1:30.73 47.18 200m: 3:09.79 49.76 300m: 4:52.09 50.88 400m: 6:28.34 44.43		

40+

1. 1107942 GARCIA RODRIGUEZ, Sergio	43 RIASBAIXAS	<b>4:55.04</b>	13,00
50m: 33.33 33.33 150m: 1:46.27 36.68 250m: 3:01.47 37.70 350m: 4:18.68 38.71	100m: 1:09.59 36.26 200m: 2:23.77 37.50 300m: 3:39.97 38.50 400m: 4:55.04 36.36		
2. 1143897 SEVILLA AROCA, Javier	41 ESCUALOS	<b>5:05.05</b>	10,00
50m: 32.50 32.50 150m: 1:44.44 36.89 250m: 3:01.08 39.08 350m: 4:23.40 41.86	100m: 1:07.55 35.05 200m: 2:22.00 37.56 300m: 3:41.54 40.46 400m: 5:05.05 41.65		
3. 1143899 PEREZ LOPEZ, Manuel	43 ESCUALOS	<b>5:25.99</b>	8,00
50m: 34.12 34.12 150m: 1:52.75 40.91 250m: 3:18.29 42.81 350m: 4:44.29 43.75	100m: 1:11.84 37.72 200m: 2:35.48 42.73 300m: 4:00.54 42.25 400m: 5:25.99 41.70		
4. 1190909 CARBALLA BARROSO, Rogelio Manue43 GALAICO		<b>5:40.19</b>	7,00
50m: 39.33 39.33 150m: 2:03.82 42.75 250m: 3:31.61 44.26 350m: 4:59.26 43.49	100m: 1:21.07 41.74 200m: 2:47.35 43.53 300m: 4:15.77 44.16 400m: 5:40.19 40.93		
5. 1145052 FIERRO FERNÁNDEZ, Julio	42 HERCULES	<b>5:40.37</b>	6,00
50m: 36.87 36.87 150m: 1:59.84 42.31 250m: 3:27.50 44.08 350m: 4:56.97 44.54	100m: 1:17.53 40.66 200m: 2:43.42 43.58 300m: 4:12.43 44.93 400m: 5:40.37 43.40		
6. 1199899 DOMINGUEZ PHILOCREON, Ticiano	43 CIDSANTIAG	<b>5:41.73</b>	5,00
50m: 37.83 37.83 150m: 1:59.52 41.97 250m: 3:26.52 44.08 350m: 4:57.86 45.70	100m: 1:17.55 39.72 200m: 2:42.44 42.92 300m: 4:12.16 45.64 400m: 5:41.73 43.87		
7. 1144584 ALVAREZ SILVA, Ruben	43 ESCUALOS	<b>5:42.25</b>	4,00
50m: 36.53 36.53 150m: 1:58.67 42.08 250m: 3:27.34 44.50 350m: 4:58.22 45.57	100m: 1:16.59 40.06 200m: 2:42.84 44.17 300m: 4:12.65 45.31 400m: 5:42.25 44.03		
8. 1214823 GONZALEZ PEÑAS, David	40 PORTAMIÑA	<b>5:42.55</b>	3,00
50m: 39.86 39.86 150m: 2:04.67 42.83 250m: 3:31.48 43.59 350m: 4:59.64 44.25	100m: 1:21.84 41.98 200m: 2:47.89 43.22 300m: 4:15.39 43.91 400m: 5:42.55 42.91		

45+

1. 1053922 BAIZ ROCA, Gabriel	45 ARTEIXO	<b>4:49.62</b>	13,00
50m: 32.39 32.39 150m: 1:43.80 36.41 250m: 2:57.78 37.12 350m: 4:13.03 37.37	100m: 1:07.39 35.00 200m: 2:20.66 36.86 300m: 3:35.66 37.88 400m: 4:49.62 36.59		
2. 1118746 SANCHEZ GORDON, Roman	46 RIASBAIXAS	<b>4:51.43</b>	10,00
50m: 32.96 32.96 150m: 1:44.02 35.79 250m: 2:58.19 37.31 350m: 4:13.84 37.85	100m: 1:08.23 35.27 200m: 2:20.88 36.86 300m: 3:35.99 37.80 400m: 4:51.43 37.59		
3. 1024675 IGLESIAS GOMEZ, Gonzalo	45 HERCULES	<b>4:54.45</b>	8,00
50m: 31.67 31.67 150m: 1:43.78 36.76 250m: 3:00.05 38.57 350m: 4:16.99 38.68	100m: 1:07.02 35.35 200m: 2:21.48 37.70 300m: 3:38.31 38.26 400m: 4:54.45 37.46		
4. 1212075 GONZALEZ PARIS, David	46 HERCULES	<b>5:28.22</b>	7,00
50m: 37.53 37.53 150m: 1:58.25 40.92 250m: 3:20.65 41.25 350m: 4:46.95 43.63	100m: 1:17.33 39.80 200m: 2:39.40 41.15 300m: 4:03.32 42.67 400m: 5:28.22 41.27		
5. 1192271 MOURIÑO FORTES, Victor Manuel	47 PONTEAREAS	<b>5:44.07</b>	6,00
50m: 38.51 38.51 150m: 2:03.14 42.68 250m: 3:32.73 45.20 350m: 5:03.79 44.80	100m: 1:20.46 41.95 200m: 2:47.53 44.39 300m: 4:18.99 46.26 400m: 5:44.07 40.28		

Prueba 3, Masc., 400m Libre, 45+

Clasificación	Edad	Tempo	Puntos
DSQ 1200126 TABOADA CALVELO, Jose Carlos <i>Salida anticipada</i>	45 SALESTRA		-
Baja 1144269 LOPEZ PAYO, Mario	47 SALESTRA		-
Baja 1175127 MASSO AGUADO, Jorge	48 RIASBAIXAS		-
<b>50+</b>			
1. 1084040 GARCIA CASTIÑEIRA, Daniel	50 GALAICO	<b>5:25.46</b>	13,00
50m: 36.34 36.34 150m: 1:58.15 41.40 250m: 3:21.26 41.69 350m: 4:44.56 41.31			
100m: 1:16.75 40.41 200m: 2:39.57 41.42 300m: 4:03.25 41.99 400m: 5:25.46 40.90			
2. 1141504 BOUSO FUENTECILLA, Fernando	53 ESCUALOS	<b>6:02.02</b>	10,00
50m: 37.89 37.89 150m: 2:05.67 45.11 250m: 3:40.15 47.58 350m: 5:16.22 48.18			
100m: 1:20.56 42.67 200m: 2:52.57 46.90 300m: 4:28.04 47.89 400m: 6:02.02 45.80			
3. 1203306 DURO GONZALEZ, Antonio	50 SALESTRA	<b>6:02.32</b>	8,00
50m: 38.91 38.91 150m: 2:07.28 45.10 250m: 3:41.12 47.18 350m: 5:16.01 47.33			
100m: 1:22.18 43.27 200m: 2:53.94 46.66 300m: 4:28.68 47.56 400m: 6:02.32 46.31			
4. 1076553 FERNANDEZ-TESTA BARREIRO, David	50 RIASBAIXAS	<b>6:07.73</b>	7,00
50m: 38.74 38.74 150m: 2:05.89 44.94 250m: 3:40.89 48.33 350m: 5:19.98 49.24			
100m: 1:20.95 42.21 200m: 2:52.56 46.67 300m: 4:30.74 49.85 400m: 6:07.73 47.75			
Baja 1171462 FERREIRO SEOANE, Jose Raul	51 RIASBAIXAS		-
Baja 1144857 FERREIRO SUAREZ, Javier M.	51 SCASINO		-
<b>55+</b>			
1. 1085112 RIVAS FEAL, Antonio	58 SCASINO	<b>5:08.84</b>	13,00
50m: 36.84 36.84 150m: 1:55.33 39.17 250m: 3:13.40 38.68 350m: 4:30.52 38.39			
100m: 1:16.16 39.32 200m: 2:34.72 39.39 300m: 3:52.13 38.73 400m: 5:08.84 38.32			
2. 1199894 IRIBARNEGARAY FERNANDEZ, Javier	58 GALAICO	<b>5:30.32</b>	10,00
50m: 38.38 38.38 150m: 2:00.76 41.93 250m: 3:25.08 41.80 350m: 4:48.42 41.96			
100m: 1:18.83 40.45 200m: 2:43.28 42.52 300m: 4:06.46 41.38 400m: 5:30.32 41.90			
3. 1175217 CASTRO QUINTELA, Avelino	57 GALAICO	<b>7:26.06</b>	8,00
50m: 47.32 47.32 150m: 2:33.10 54.08 250m: 4:28.66 57.41 350m: 6:27.76 59.61			
100m: 1:39.02 51.70 200m: 3:31.25 58.15 300m: 5:28.15 59.49 400m: 7:26.06 58.30			
<b>60+</b>			
1. 1076250 BETHENCOURT IGLESIAS, Sergio	61 GALAICO	<b>5:34.35</b>	13,00
50m: 38.91 38.91 150m: 2:04.68 42.83 250m: 3:30.18 42.68 350m: 4:54.52 41.81			
100m: 1:21.85 42.94 200m: 2:47.50 42.82 300m: 4:12.71 42.53 400m: 5:34.35 39.83			
2. 1144940 HERNANZ MORAL, Fausto	62 RIASBAIXAS	<b>6:37.37</b>	10,00
50m: 45.60 45.60 150m: 2:24.27 49.95 250m: 4:05.39 50.72 350m: 5:47.15 50.98			
100m: 1:34.32 48.72 200m: 3:14.67 50.40 300m: 4:56.17 50.78 400m: 6:37.37 50.22			
3. 1143536 BLANCO PEREZ, Angel	60 POURENSE	<b>6:46.03</b>	8,00
50m: 44.92 44.92 150m: 2:27.62 52.48 250m: 4:13.95 53.21 350m: 5:58.07 51.84			
100m: 1:35.14 50.22 200m: 3:20.74 53.12 300m: 5:06.23 52.28 400m: 6:46.03 47.96			
4. 1076514 LAGO REY, Jose Manuel	61 RIASBAIXAS	<b>10:26.03</b>	7,00
50m: 1:03.65 1:03.65 150m: 3:42.56 1:21.82 250m: 6:27.41 1:23.28 350m: 9:08.14 1:18.27			
100m: 2:20.74 1:17.09 200m: 5:04.13 1:21.57 300m: 7:49.87 1:22.46 400m: 10:26.03 1:17.89			

Prueba 3, Masc., 400m Libre

65+

1.	1170858	CODESIDO LOPEZ, José	65	CIDSANTIAG	<b>5:51.53</b>	13,00	RG					
	50m:	39.42	39.42	150m:	2:06.22	44.31	250m:	3:36.37	45.34	350m:	5:08.34	45.60
	100m:	1:21.91	42.49	200m:	2:51.03	44.81	300m:	4:22.74	46.37	400m:	5:51.53	43.19
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	<b>7:22.29</b>	10,00						
	50m:	46.92	46.92	150m:	2:36.40	57.17	250m:	4:33.78	58.60	350m:	6:29.94	57.48
	100m:	1:39.23	52.31	200m:	3:35.18	58.78	300m:	5:32.46	58.68	400m:	7:22.29	52.35
3.	1143896	PERDIZ GONZALEZ, Jose Ramon	66	ESCUALOS	<b>8:32.69</b>	8,00						
	50m:	55.15	55.15	150m:	3:02.97	1:04.72	250m:	5:13.51	1:05.05	350m:	7:25.86	1:05.95
	100m:	1:58.25	1:03.10	200m:	4:08.46	1:05.49	300m:	6:19.91	1:06.40	400m:	8:32.69	1:06.83
4.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	<b>8:47.30</b>	7,00						
	50m:	51.20	51.20	150m:	2:58.84	1:05.58	250m:	5:14.64	1:07.85	350m:	7:35.29	1:11.39
	100m:	1:53.26	1:02.06	200m:	4:06.79	1:07.95	300m:	6:23.90	1:09.26	400m:	8:47.30	1:12.01
Baja	1191492	TIMIRAOS CARRASCO, Luis	68	POURENSE		-						

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	70	POURENSE	<b>6:07.65</b>	13,00	RG					
	50m:	42.82	42.82	150m:	2:15.76	46.96	250m:	3:49.65	47.00	350m:	5:23.39	46.51
	100m:	1:28.80	45.98	200m:	3:02.65	46.89	300m:	4:36.88	47.23	400m:	6:07.65	44.26
2.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	<b>6:14.95</b>	10,00						
	50m:	42.12	42.12	150m:	2:14.69	46.82	250m:	3:51.22	48.55	350m:	5:28.45	48.81
	100m:	1:27.87	45.75	200m:	3:02.67	47.98	300m:	4:39.64	48.42	400m:	6:14.95	46.50
3.	1076488	MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	<b>7:20.84</b>	8,00						
	50m:	48.40	48.40	150m:	2:40.36	57.71	250m:	4:36.98	58.25	350m:	6:29.69	55.74
	100m:	1:42.65	54.25	200m:	3:38.73	58.37	300m:	5:33.95	56.97	400m:	7:20.84	51.15