

Prueba 1
10/03/2024

Masc., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
25+					
1.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:49.56	13,00
	50m: 37.77 37.77 200m: 2:39.82 1:21.93 800m: 11:03.39 5:35.83				
	100m: 1:17.89 40.12 400m: 5:27.56 2:47.74 1500m: 20:49.56 9:46.17				
2.	1232980 PICALLO MATO, Adrian	95	SALESTRADA	22:06.18	10,00
	50m: 40.99 40.99 200m: 2:52.27 1:27.07 800m: 11:45.58 5:54.89				
	100m: 1:25.20 44.21 400m: 5:50.69 2:58.42 1500m: 22:06.18 10:20.60				
30+					
1.	1093472 DEL RIO REGUEIRA, Marcos	93	ARTEIXO	17:13.70	13,00
	50m: 33.78 33.78 200m: 3:18.40 2:09.89 800m: 9:15.93 4:37.96				
	100m: 1:08.51 34.73 400m: 4:37.97 1:19.57 1500m: 17:13.70 7:57.77				
2.	1130602 TENORIO FREIRE, Martin	92	GALAICO	18:17.24	10,00
	50m: 32.64 32.64 200m: 2:19.73 1:12.52 800m: 9:40.78 4:55.55				
	100m: 1:07.21 34.57 400m: 4:45.23 2:25.50 1500m: 18:17.24 8:36.46				
3.	1037824 FREIRE GONZALEZ, Javier	93	RIASBAIXAS	20:11.25	8,00
	50m: 36.32 36.32 200m: 2:34.61 1:19.42 800m: 19:39.33 14:23.06				
	100m: 1:15.19 38.87 400m: 5:16.27 2:41.66 1500m: 20:11.25 31.92				
4.	1178769 RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	91	NFERROL	22:26.97	7,00
	50m: 43.00 43.00 200m: 2:56.03 1:30.36 800m: 11:55.31 5:58.70				
	100m: 1:25.67 42.67 400m: 5:56.61 3:00.58 1500m: 22:26.97 10:31.66				
Baja	1010948 CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	-	-
35+					
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	17:50.57	13,00
	50m: 33.60 33.60 200m: 2:20.09 1:11.46 800m: 9:30.05 4:46.14				
	100m: 1:08.63 35.03 400m: 4:43.91 2:23.82 1500m: 17:50.57 8:20.52				
2.	1107406 DOMÍNGUEZ PARDELLAS, Rubén	88	RCNVIGO	19:11.74	10,00
	50m: 35.64 35.64 200m: 2:28.74 1:15.85 800m: 10:11.70 5:08.40				
	100m: 1:12.89 37.25 400m: 5:03.30 2:34.56 1500m: 19:11.74 9:00.04				
3.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	20:11.25	8,00
	50m: 35.76 35.76 200m: 2:32.47 1:18.88 800m: 10:44.61 5:29.68				
	100m: 1:13.59 37.83 400m: 5:14.93 2:42.46 1500m: 20:11.25 9:26.64				
4.	1126597 FERNANDEZ GAYOSO,, Jose Manuel	86	MOS	20:25.94	7,00
	50m: 38.28 38.28 200m: 2:39.67 1:21.26 800m: 10:57.84 5:32.09				
	100m: 1:18.41 40.13 400m: 5:25.75 2:46.08 1500m: 20:25.94 9:28.10				
5.	1226258 BERNARDEZ FERRO, Juan Jose	87	CIDSANTIAGO	21:51.37	6,00
	50m: 38.70 38.70 200m: 2:47.70 1:26.94 800m: 11:33.78 5:50.44				
	100m: 1:20.76 42.06 400m: 5:43.34 2:55.64 1500m: 21:51.37 10:17.59				
40+					
1.	1107942 GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	19:42.47	13,00
	50m: 36.45 36.45 200m: 2:31.74 1:17.04 800m: 10:29.14 5:21.75				
	100m: 1:14.70 38.25 400m: 5:07.39 2:35.65 1500m: 19:42.47 9:13.33				
2.	1228089 MERA MONTECELOS, Pablo	83	HERCULES	20:59.06	10,00
	50m: 36.68 36.68 200m: 2:38.92 1:22.51 800m: 11:10.30 5:40.74				
	100m: 1:16.41 39.73 400m: 5:29.56 2:50.64 1500m: 20:59.06 9:48.76				

Prueba 1, Masc., 1500m Libre, 40+

Clasificación	AN	Tiempo	Puntos
3. 1214823 GONZALEZ PEÑAS, David	84 PORTAMIÑÁ	22:16.50	8,00
50m: 41.52 41.52 200m: 2:53.23 1:28.68 800m: 11:49.77 5:56.34			
100m: 1:24.55 43.03 400m: 5:53.43 3:00.20 1500m: 22:16.50 10:26.73			
4. 1190909 CARBALLA BARROSO, Rogelio Manue81	GALAICO	22:40.80	7,00
50m: 42.39 42.39 200m: 2:55.55 1:29.60 800m: 12:01.73 6:04.06			
100m: 1:25.95 43.56 400m: 5:57.67 3:02.12 1500m: 22:40.80 10:39.07			
5. 1144584 ALVAREZ SILVA, Ruben	81 ESCUALOS	23:40.29	6,00
50m: 48.37 48.37 200m: 2:58.29 1:31.68 800m: 12:34.65 6:23.60			
100m: 1:26.61 38.24 400m: 6:11.05 3:12.76 1500m: 23:40.29 11:05.64			
6. 1145052 FIERRO FERNANDEZ, Julio	82 HERCULES	24:04.52	5,00
50m: 41.76 41.76 200m: 2:58.27 1:31.98 800m: 12:45.32 6:33.58			
100m: 1:26.29 44.53 400m: 6:11.74 3:13.47 1500m: 24:04.52 11:19.20			
7. 1039360 POSE MATO, Cesar	83 ADFOGAR	32:34.90	4,00
50m: 59.11 59.11 200m: 4:10.55 2:08.59 800m: 17:27.08 8:51.12			
100m: 2:01.96 1:02.85 400m: 8:35.96 4:25.41 1500m: 32:34.90 15:07.82			

45+

1. 1118746 SANCHEZ GORDON, Roman	78 RIASBAIXAS	19:23.15	13,00
50m: 36.31 36.31 200m: 2:29.27 1:16.18 800m: 10:14.84 5:10.78			
100m: 1:13.09 36.78 400m: 5:04.06 2:34.79 1500m: 19:23.15 9:08.31			
2. 1243174 SONEIRA REBOREDO, Oscar	75 CIDSANTIAGO	19:55.32	10,00
50m: 35.82 35.82 200m: 2:27.27 1:15.18 800m: 10:22.89 5:20.09			
100m: 1:12.09 36.27 400m: 5:02.80 2:35.53 1500m: 19:55.32 9:32.43			
3. 1024675 IGLESIAS GOMEZ, Gonzalo	79 HERCULES	20:20.16	8,00
50m: 36.41 36.41 200m: 2:32.79 1:18.82 800m: 10:37.70 5:23.88			
100m: 1:13.97 37.56 400m: 5:13.82 2:41.03 1500m: 20:20.16 9:42.46			
4. 1079478 GONZÁLEZ PEREIRA, J. Carlos	75 RCNIGO	25:17.06	7,00
50m: 45.17 45.17 200m: 3:15.60 1:41.77 800m: 13:23.35 6:45.44			
100m: 1:33.83 48.66 400m: 6:37.91 3:22.31 1500m: 25:17.06 11:53.71			
5. 1200126 TABOADA CALVELO, Jose Carlos	79 SALESTRADA	27:41.15	6,00
50m: 47.26 47.26 200m: 3:26.69 1:48.44 800m: 14:41.47 7:31.90			
100m: 1:38.25 50.99 400m: 7:09.57 3:42.88 1500m: 27:41.15 12:59.68			

Baja 1178772 CARRERA RODRÍGUEZ, Rubén 79 PONTEAREAS -

50+

1. 1040137 QUINTAS BARROS, Jesus C.	73 ESCUALOS	20:08.58	13,00
50m: 36.50 36.50 200m: 2:36.27 1:20.24 800m: 10:42.91 5:25.88			
100m: 1:16.03 39.53 400m: 5:17.03 2:40.76 1500m: 20:08.58 9:25.67			
2. 1079343 MOURIÑO ORTIGUERA, Roberto C.	74 PONTEAREAS	20:52.25	10,00
50m: 38.22 38.22 200m: 2:40.71 1:22.20 800m: 12:27.67 7:00.16			
100m: 1:18.51 40.29 400m: 5:27.51 2:46.80 1500m: 20:52.25 8:24.58			
3. 1084040 GARCIA CASTIÑEIRA, Daniel	74 GALAICO	22:39.17	8,00
50m: 42.78 42.78 200m: 2:56.21 1:29.34 800m: 11:57.77 6:03.78			
100m: 1:26.87 44.09 400m: 5:53.99 2:57.78 1500m: 22:39.17 10:41.40			
4. 1203306 DURO GONZALEZ, Antonio	74 SALESTRADA	24:06.53	7,00
50m: 44.46 44.46 200m: 3:06.33 1:35.58 800m: 12:45.27 6:26.22			
100m: 1:30.75 46.29 400m: 6:19.05 3:12.72 1500m: 24:06.53 11:21.26			
5. 1078844 FERNÁNDEZ FERNÁNDEZ, José Luis	74 CIDSANTIAGO	26:33.25	6,00
50m: 45.38 45.38 200m: 3:21.29 1:46.74 800m: 14:08.29 7:09.20			
100m: 1:34.55 49.17 400m: 6:59.09 3:37.80 1500m: 26:33.25 12:24.96			

Prueba 1, Masc., 1500m Libre, 50+

Clasificación		AN		Tiempo	Puntos
6.	1141071 LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	26:33.74	5,00
	50m: 46.77 46.77 200m: 3:20.68 1:43.94 800m: 14:04.26 6:18.30				
	100m: 1:36.74 49.97 400m: 7:45.96 4:25.28 1500m: 26:33.74 12:29.48				
7.	1145039 FERREIRO SANCHEZ, Luis	70	POURENSE	32:38.14	4,00
	50m: 55.46 55.46 200m: 4:05.83 2:09.20 800m: 17:19.92 8:52.14				
	100m: 1:56.63 1:01.17 400m: 8:27.78 4:21.95 1500m: 32:38.14 15:18.22				
Baja	1076553 FERNANDEZ-TESTA BARREIRO, David	74	RIASBAIXAS		-
55+					
1.	1085112 RIVAS FEAL, Antonio	66	CASINO	21:04.21	13,00
	50m: 40.75 40.75 200m: 2:46.00 1:23.93 800m: 11:20.38 5:45.35				
	100m: 1:22.07 41.32 400m: 5:35.03 2:49.03 1500m: 21:04.21 9:43.83				
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	25:13.09	10,00
	50m: 46.02 46.02 200m: 3:16.80 1:41.68 800m: 13:27.21 6:35.69				
	100m: 1:35.12 49.10 400m: 6:51.52 3:34.72 1500m: 25:13.09 11:45.88				
3.	1180234 SÁNCHEZ SECO, Manuel	68	ESCUALOS	25:26.22	8,00
	50m: 47.46 47.46 200m: 3:18.51 1:41.74 800m: 13:37.26 6:52.48				
	100m: 1:36.77 49.31 400m: 6:44.78 3:26.27 1500m: 25:26.22 11:48.96				
4.	1193949 LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	26:09.33	7,00
	50m: 46.11 46.11 200m: 3:20.65 1:44.00 800m: 13:52.05 6:08.69				
	100m: 1:36.65 50.54 400m: 7:43.36 4:22.71 1500m: 26:09.33 12:17.28				
Baja	1057905 GURIDI HUERTA, Jesus M.	68	FLUVIALUGO		-
60+					
1.	1076250 BETHENCOURT IGLESIAS, Sergio	63	GALAICO	22:16.50	13,00
	50m: 41.81 41.81 200m: 2:54.11 1:28.31 800m: 11:48.97 5:57.50				
	100m: 1:25.80 43.99 400m: 5:51.47 2:57.36 1500m: 22:16.50 10:27.53				
2.	1144940 HERNANZ MORAL, Fausto	62	RIASBAIXAS	25:54.21	10,00
	50m: 46.66 46.66 200m: 3:20.67 1:44.36 800m: 13:47.49 6:59.68				
	100m: 1:36.31 49.65 400m: 6:47.81 3:27.14 1500m: 25:54.21 12:06.72				
3.	1143536 BLANCO PEREZ, Angel	64	POURENSE	27:10.83	8,00
	50m: 48.39 48.39 200m: 3:30.77 1:49.35 800m: 14:29.77 7:19.78				
	100m: 1:41.42 53.03 400m: 7:09.99 3:39.22 1500m: 27:10.83 12:41.06				
65+					
1.	1170858 CODESIDO LOPEZ, José	59	CIDSANTIAGO	23:58.51	13,00
	50m: 40.90 40.90 200m: 3:00.60 1:35.48 800m: 12:41.86 6:28.37				
	100m: 1:25.12 44.22 400m: 6:13.49 3:12.89 1500m: 23:58.51 11:16.65				
70+					
1.	1076165 GARCIA COLOMO, Manuel Ramon	54	POURENSE	23:45.38	13,00
	50m: 44.58 44.58 200m: 3:07.93 1:37.35 800m: 12:44.08 6:23.97				
	100m: 1:30.58 46.00 400m: 6:20.11 3:12.18 1500m: 23:45.38 11:01.30				