

Prueba 19
06/07/2024

Masc., 400m Libre

Absoluto Masculino
Resultados

Clasificación					Edad					Tempo	ABSO	JUNI
Junior Masculino												
1.	MASSO ROIG, Martin				17	VIGO RIAS BAIXAS				4:10.80	14,00	19,00
	50m:	29.73	29.73	150m:	1:32.81	32.01	250m:	2:36.23	31.87	350m:	3:40.19	31.92
	100m:	1:00.80	31.07	200m:	2:04.36	31.55	300m:	3:08.27	32.04	400m:	4:10.80	30.61
2.	MANEIROS PAZ, Mario				18	C. N. FERROL				4:11.78	13,00	16,00
	50m:	28.86	28.86	150m:	1:30.62	31.26	250m:	2:35.02	32.56	350m:	3:39.77	32.79
	100m:	59.36	30.50	200m:	2:02.46	31.84	300m:	3:06.98	31.96	400m:	4:11.78	32.01
3.	PEREZ FERNANDEZ, Brais				17	C. N. PORTAMIÑA				4:18.86	12,00	14,00
	50m:	29.38	29.38	150m:	1:33.92	32.48	250m:	2:39.66	32.69	350m:	3:46.17	33.38
	100m:	1:01.44	32.06	200m:	2:06.97	33.05	300m:	3:12.79	33.13	400m:	4:18.86	32.69
4.	GOMEZ LIMIA, Pablo				18	C. N. CORUÑA				4:22.89	10,00	13,00
	50m:	30.16	30.16	150m:	1:37.12	33.61	250m:	2:44.35	33.05	350m:	3:51.90	33.92
	100m:	1:03.51	33.35	200m:	2:11.30	34.18	300m:	3:17.98	33.63	400m:	4:22.89	30.99
5.	CUBEIRO ROSENDE, Xoel				17	C. N. LICEO				4:23.34	8,00	12,00
	50m:	29.41	29.41	150m:	1:35.22	33.47	250m:	2:43.13	34.12	350m:	3:50.80	33.58
	100m:	1:01.75	32.34	200m:	2:09.01	33.79	300m:	3:17.22	34.09	400m:	4:23.34	32.54
6.	SOUTO RAMOS, Manuel				17	A. D. FOGAR				4:25.99	5,00	11,00
	50m:	29.26	29.26	150m:	1:33.56	32.81	250m:	2:41.74	34.12	350m:	3:51.63	34.95
	100m:	1:00.75	31.49	200m:	2:07.62	34.06	300m:	3:16.68	34.94	400m:	4:25.99	34.36
7.	DIAZ RODRIGUEZ, Ivan				16	C. N. PORTAMIÑA				4:27.72	-	10,00
	50m:	29.59	29.59	150m:	1:36.39	34.80	250m:	2:46.76	34.96	350m:	3:56.02	34.72
	100m:	1:01.59	32.00	200m:	2:11.80	35.41	300m:	3:21.30	34.54	400m:	4:27.72	31.70
8.	GIL-RIVERA BARBEITO, Pablo				18	A. D. FOGAR				4:27.87	3,00	9,00
	50m:	30.66	30.66	150m:	1:37.78	34.07	250m:	2:46.91	34.47	350m:	3:55.42	34.15
	100m:	1:03.71	33.05	200m:	2:12.44	34.66	300m:	3:21.27	34.36	400m:	4:27.87	32.45
9.	LEIROS FERNANDEZ, Lucas				16	C. N. PONTEAREAS				4:30.80	-	8,00
	50m:	30.58	30.58	150m:	1:38.48	34.43	250m:	2:48.29	35.10	350m:	3:57.72	34.64
	100m:	1:04.05	33.47	200m:	2:13.19	34.71	300m:	3:23.08	34.79	400m:	4:30.80	33.08
10.	RODRIGUEZ VIEITEZ, Hugo				16	VIGO RIAS BAIXAS				4:30.87	-	7,00
	50m:	30.22	30.22	150m:	1:37.82	34.13	250m:	2:46.71	34.54	350m:	3:56.18	35.07
	100m:	1:03.69	33.47	200m:	2:12.17	34.35	300m:	3:21.11	34.40	400m:	4:30.87	34.69
11.	PREGO GROBA, Brais				16	C. N. PONTEAREAS				4:34.50	-	6,00
	50m:	31.08	31.08	150m:	1:39.87	35.09	250m:	2:50.44	35.40	350m:	4:00.25	34.38
	100m:	1:04.78	33.70	200m:	2:15.04	35.17	300m:	3:25.87	35.43	400m:	4:34.50	34.25
12.	MENDEZ-BENEGASSI FDEZ., Adrian				16	C. N. GALAICO				4:34.82	-	5,00
	50m:	30.63	30.63	150m:	1:38.52	34.11	250m:	2:47.94	34.96	350m:	3:58.96	34.57
	100m:	1:04.41	33.78	200m:	2:12.98	34.46	300m:	3:24.39	36.45	400m:	4:34.82	35.86
13.	COBELAS ALVAREZ, Alvaro				16	PABELLON OURENSE				4:35.98	-	4,00
	50m:	31.09	31.09	150m:	1:39.55	34.77	250m:	2:50.10	35.66	350m:	4:01.63	35.83
	100m:	1:04.78	33.69	200m:	2:14.44	34.89	300m:	3:25.80	35.70	400m:	4:35.98	34.35
14.	DÍAZ RODAS, Aarón				17	C. N. ARTEIXO				4:40.12	-	3,00
	50m:	31.59	31.59	150m:	1:40.27	35.12	250m:	2:52.21	36.55	350m:	4:05.22	36.48
	100m:	1:05.15	33.56	200m:	2:15.66	35.39	300m:	3:28.74	36.53	400m:	4:40.12	34.90
15.	CADAVID RIBEIRO, Tiziano				16	PABELLON OURENSE				4:40.76	-	2,00
	50m:	30.80	30.80	150m:	1:41.34	35.04	250m:	2:52.61	35.55	350m:	4:05.08	36.37
	100m:	1:06.30	35.50	200m:	2:17.06	35.72	300m:	3:28.71	36.10	400m:	4:40.76	35.68

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

Clasificación	Edad	Tempo	ABSO	JUNI
16. BAO PURRIÑOS, Manuel	16 C. N. LICEO	4:41.99	-	1,00
50m: 32.89 32.89 150m: 1:42.90 35.62 250m: 2:55.22 36.25 350m: 4:07.08 36.21	100m: 1:07.28 34.39 200m: 2:18.97 36.07 300m: 3:30.87 35.65 400m: 4:41.99 34.91			
17. ORTEGO PORTA, Andre	17 C. N. GALAICO	4:42.28	-	-
50m: 32.00 32.00 150m: 1:42.75 35.83 250m: 2:54.72 35.88 350m: 4:06.98 35.95	100m: 1:06.92 34.92 200m: 2:18.84 36.09 300m: 3:31.03 36.31 400m: 4:42.28 35.30			
18. GARCÍA AFONSO, Alexis	17 C. N. FERROL	4:43.41	-	-
50m: 30.50 30.50 150m: 1:38.47 34.35 250m: 2:50.47 40.38 350m: 4:06.50 37.86	100m: 1:04.12 33.62 200m: 2:10.09 31.62 300m: 3:28.64 38.17 400m: 4:43.41 36.91			
19. DIAZ-BECERRA LOPEZ, Pedro	17 C. N. PORTAMIÑA	4:46.58	-	-
50m: 31.96 31.96 150m: 1:43.51 36.22 250m: 2:56.45 35.34 350m: 4:10.97 37.50	100m: 1:07.29 35.33 200m: 2:21.11 37.60 300m: 3:33.47 37.02 400m: 4:46.58 35.61			
20. RODRIGUEZ ARIAS, Jacobo	16 PABELLON OURENSE	4:53.85	-	-
50m: 31.86 31.86 150m: 1:43.39 36.88 250m: 2:58.67 37.47 350m: 4:15.63 38.76	100m: 1:06.51 34.65 200m: 2:21.20 37.81 300m: 3:36.87 38.20 400m: 4:53.85 38.22			

Absoluto Masculino

1. GARCÍA CASTRO, Mateo	19 C. N. ARTEIXO	3:58.19	22,00	- RC
50m: 28.30 28.30 150m: 1:28.89 30.31 250m: 2:29.26 30.18 350m: 3:29.25 29.80	100m: 58.58 30.28 200m: 1:59.08 30.19 300m: 2:59.45 30.19 400m: 3:58.19 28.94			
2. PARDO PERNAS, Martin	22 C. FLUVIAL LUGO	4:06.44	16,00	-
50m: 28.59 28.59 150m: 1:30.85 31.27 250m: 2:33.21 31.22 350m: 3:35.95 31.43	100m: 59.58 30.99 200m: 2:01.99 31.14 300m: 3:04.52 31.31 400m: 4:06.44 30.49			
3. MASSO ROIG, Martin	17 VIGO RIAS BAIXAS	4:10.80	14,00	19,00
50m: 29.73 29.73 150m: 1:32.81 32.01 250m: 2:36.23 31.87 350m: 3:40.19 31.92	100m: 1:00.80 31.07 200m: 2:04.36 31.55 300m: 3:08.27 32.04 400m: 4:10.80 30.61			
4. MANEIROS PAZ, Mario	18 C. N. FERROL	4:11.78	13,00	16,00
50m: 28.86 28.86 150m: 1:30.62 31.26 250m: 2:35.02 32.56 350m: 3:39.77 32.79	100m: 59.36 30.50 200m: 2:02.46 31.84 300m: 3:06.98 31.96 400m: 4:11.78 32.01			
5. PEREZ FERNANDEZ, Brais	17 C. N. PORTAMIÑA	4:18.86	12,00	14,00
50m: 29.38 29.38 150m: 1:33.92 32.48 250m: 2:39.66 32.69 350m: 3:46.17 33.38	100m: 1:01.44 32.06 200m: 2:06.97 33.05 300m: 3:12.79 33.13 400m: 4:18.86 32.69			
6. TIMIRAOS FERNANDEZ, Marcos	19 C. N. PORTAMIÑA	4:20.83	11,00	-
50m: 29.82 29.82 150m: 1:34.09 32.51 250m: 2:40.26 33.24 350m: 3:47.71 33.74	100m: 1:01.58 31.76 200m: 2:07.02 32.93 300m: 3:13.97 33.71 400m: 4:20.83 33.12			
7. GOMEZ LIMIA, Pablo	18 C. N. CORUÑA	4:22.89	10,00	13,00
50m: 30.16 30.16 150m: 1:37.12 33.61 250m: 2:44.35 33.05 350m: 3:51.90 33.92	100m: 1:03.51 33.35 200m: 2:11.30 34.18 300m: 3:17.98 33.63 400m: 4:22.89 30.99			
8. PENAS CAYADO, Fernando	15 SPORTING CASINO	4:23.00	9,00	-
50m: 29.68 29.68 150m: 1:35.28 32.79 250m: 2:42.22 33.38 350m: 3:49.89 33.52	100m: 1:02.49 32.81 200m: 2:08.84 33.56 300m: 3:16.37 34.15 400m: 4:23.00 33.11			
9. CUBEIRO ROSENDE, Xoel	17 C. N. LICEO	4:23.34	8,00	12,00
50m: 29.41 29.41 150m: 1:35.22 33.47 250m: 2:43.13 34.12 350m: 3:50.80 33.58	100m: 1:01.75 32.34 200m: 2:09.01 33.79 300m: 3:17.22 34.09 400m: 4:23.34 32.54			
10. PEREZ PAZ, Dario	19 C. N. PONTEAREAS	4:24.38	7,00	-
50m: 29.75 29.75 150m: 1:36.43 33.77 250m: 2:44.45 34.03 350m: 3:51.70 33.41	100m: 1:02.66 32.91 200m: 2:10.42 33.99 300m: 3:18.29 33.84 400m: 4:24.38 32.68			

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

Clasificación	Edad	Tempo	ABSO	JUNI
11. GUTIERREZ MARIÑO, Santiago	22	PABELLON OURENSE 4:24.96	6,00	-
50m: 30.37 30.37 150m: 1:36.92 33.21	250m: 2:43.35 33.27	350m: 3:51.71 34.26		
100m: 1:03.71 33.34 200m: 2:10.08 33.16	300m: 3:17.45 34.10	400m: 4:24.96 33.25		
12. SOUTO RAMOS, Manuel	17	A. D. FOGAR 4:25.99	5,00	11,00
50m: 29.26 29.26 150m: 1:33.56 32.81	250m: 2:41.74 34.12	350m: 3:51.63 34.95		
100m: 1:00.75 31.49 200m: 2:07.62 34.06	300m: 3:16.68 34.94	400m: 4:25.99 34.36		
13. COSTA FERNANDEZ, Lucas	26	C. N. PONTEAREAS 4:27.37	4,00	-
50m: 30.00 30.00 150m: 1:36.38 33.68	250m: 2:45.25 34.76	350m: 3:55.43 35.42		
100m: 1:02.70 32.70 200m: 2:10.49 34.11	300m: 3:20.01 34.76	400m: 4:27.37 31.94		
14. DIAZ RODRIGUEZ, Ivan	16	C. N. PORTAMIÑA 4:27.72	-	10,00
50m: 29.59 29.59 150m: 1:36.39 34.80	250m: 2:46.76 34.96	350m: 3:56.02 34.72		
100m: 1:01.59 32.00 200m: 2:11.80 35.41	300m: 3:21.30 34.54	400m: 4:27.72 31.70		
15. GIL-RIVERA BARBEITO, Pablo	18	A. D. FOGAR 4:27.87	3,00	9,00
50m: 30.66 30.66 150m: 1:37.78 34.07	250m: 2:46.91 34.47	350m: 3:55.42 34.15		
100m: 1:03.71 33.05 200m: 2:12.44 34.66	300m: 3:21.27 34.36	400m: 4:27.87 32.45		
16. CUMMINGS CANDAL, James F.	19	C. N. CORUÑA 4:28.00	2,00	-
50m: 29.62 29.62 150m: 1:35.67 33.30	250m: 2:43.86 33.84	350m: 3:53.24 34.32		
100m: 1:02.37 32.75 200m: 2:10.02 34.35	300m: 3:18.92 35.06	400m: 4:28.00 34.76		
17. RODRÍGUEZ RODRÍGUEZ, Germán	19	C. N. FERROL 4:28.52	1,00	-
50m: 29.66 29.66 150m: 1:35.61 33.30	250m: 2:44.27 34.60	350m: 3:54.09 34.90		
100m: 1:02.31 32.65 200m: 2:09.67 34.06	300m: 3:19.19 34.92	400m: 4:28.52 34.43		
18. FERRON GUTIERREZ, Juan	21	C. N. MOS 4:29.39	-	-
50m: 30.44 30.44 150m: 1:36.56 33.26	250m: 2:44.45 34.31	350m: 3:54.75 35.25		
100m: 1:03.30 32.86 200m: 2:10.14 33.58	300m: 3:19.50 35.05	400m: 4:29.39 34.64		
19. LOPEZ TURÍÑO, Hugo	15	C. N. LICEO 4:29.96	-	-
50m: 30.73 30.73 150m: 1:39.69 35.03	250m: 2:48.80 34.15	350m: 3:56.62 34.20		
100m: 1:04.66 33.93 200m: 2:14.65 34.96	300m: 3:22.42 33.62	400m: 4:29.96 33.34		
20. LEIROS FERNANDEZ, Lucas	16	C. N. PONTEAREAS 4:30.80	-	8,00
50m: 30.58 30.58 150m: 1:38.48 34.43	250m: 2:48.29 35.10	350m: 3:57.72 34.64		
100m: 1:04.05 33.47 200m: 2:13.19 34.71	300m: 3:23.08 34.79	400m: 4:30.80 33.08		
21. RODRIGUEZ VIEITEZ, Hugo	16	VIGO RIAS BAIXAS 4:30.87	-	7,00
50m: 30.22 30.22 150m: 1:37.82 34.13	250m: 2:46.71 34.54	350m: 3:56.18 35.07		
100m: 1:03.69 33.47 200m: 2:12.17 34.35	300m: 3:21.11 34.40	400m: 4:30.87 34.69		
22. RODRIGUEZ RAÑA, Miguel	15	VIGO RIAS BAIXAS 4:31.61	-	-
50m: 31.88 31.88 150m: 1:40.36 34.46	250m: 2:50.33 34.90	350m: 3:59.53 33.85		
100m: 1:05.90 34.02 200m: 2:15.43 35.07	300m: 3:25.68 35.35	400m: 4:31.61 32.08		
23. SANCHEZ GONZALEZ, Samuel	15	VIGO RIAS BAIXAS 4:32.40	-	-
50m: 31.00 31.00 150m: 1:39.10 34.87	250m: 2:49.96 35.57	350m: 4:00.26 34.43		
100m: 1:04.23 33.23 200m: 2:14.39 35.29	300m: 3:25.83 35.87	400m: 4:32.40 32.14		
24. PREGO GROBA, Brais	16	C. N. PONTEAREAS 4:34.50	-	6,00
50m: 31.08 31.08 150m: 1:39.87 35.09	250m: 2:50.44 35.40	350m: 4:00.25 34.38		
100m: 1:04.78 33.70 200m: 2:15.04 35.17	300m: 3:25.87 35.43	400m: 4:34.50 34.25		
25. LOPEZ VARELA, Anton	15	C. N. ARZUA 4:34.66	-	-
50m: 30.80 30.80 150m: 1:39.42 35.00	250m: 2:50.19 35.56	350m: 4:01.80 35.72		
100m: 1:04.42 33.62 200m: 2:14.63 35.21	300m: 3:26.08 35.89	400m: 4:34.66 32.86		
26. MENDEZ-BENEGASSI FDEZ., Adrian	16	C. N. GALAICO 4:34.82	-	5,00
50m: 30.63 30.63 150m: 1:38.52 34.11	250m: 2:47.94 34.96	350m: 3:58.96 34.57		
100m: 1:04.41 33.78 200m: 2:12.98 34.46	300m: 3:24.39 36.45	400m: 4:34.82 35.86		

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

Clasificación					Edad					Tiempo	ABSO	JUNI
27.	PEDRE SALIDO, Julio				21	C. N. FERROL				4:35.65	-	-
	50m:	30.56	30.56	150m:	1:38.11	34.39	250m:	2:47.87	35.08	350m:	4:00.03	36.14
	100m:	1:03.72	33.16	200m:	2:12.79	34.68	300m:	3:23.89	36.02	400m:	4:35.65	35.62
28.	COBELAS ALVAREZ, Alvaro				16	PABELLON OURENSE				4:35.98	-	4,00
	50m:	31.09	31.09	150m:	1:39.55	34.77	250m:	2:50.10	35.66	350m:	4:01.63	35.83
	100m:	1:04.78	33.69	200m:	2:14.44	34.89	300m:	3:25.80	35.70	400m:	4:35.98	34.35
29.	DÍAZ RODAS, Aarón				17	C. N. ARTEIXO				4:40.12	-	3,00
	50m:	31.59	31.59	150m:	1:40.27	35.12	250m:	2:52.21	36.55	350m:	4:05.22	36.48
	100m:	1:05.15	33.56	200m:	2:15.66	35.39	300m:	3:28.74	36.53	400m:	4:40.12	34.90
30.	CADAVID RIBEIRO, Tiziano				16	PABELLON OURENSE				4:40.76	-	2,00
	50m:	30.80	30.80	150m:	1:41.34	35.04	250m:	2:52.61	35.55	350m:	4:05.08	36.37
	100m:	1:06.30	35.50	200m:	2:17.06	35.72	300m:	3:28.71	36.10	400m:	4:40.76	35.68
31.	BAO PURRIÑOS, Manuel				16	C. N. LICEO				4:41.99	-	1,00
	50m:	32.89	32.89	150m:	1:42.90	35.62	250m:	2:55.22	36.25	350m:	4:07.08	36.21
	100m:	1:07.28	34.39	200m:	2:18.97	36.07	300m:	3:30.87	35.65	400m:	4:41.99	34.91
32.	ORTEGO PORTA, Andre				17	C. N. GALAICO				4:42.28	-	-
	50m:	32.00	32.00	150m:	1:42.75	35.83	250m:	2:54.72	35.88	350m:	4:06.98	35.95
	100m:	1:06.92	34.92	200m:	2:18.84	36.09	300m:	3:31.03	36.31	400m:	4:42.28	35.30
33.	GARCÍA AFONSO, Alexis				17	C. N. FERROL				4:43.41	-	-
	50m:	30.50	30.50	150m:	1:38.47	34.35	250m:	2:50.47	40.38	350m:	4:06.50	37.86
	100m:	1:04.12	33.62	200m:	2:10.09	31.62	300m:	3:28.64	38.17	400m:	4:43.41	36.91
34.	DIAZ-BECERRA LOPEZ, Pedro				17	C. N. PORTAMIÑA				4:46.58	-	-
	50m:	31.96	31.96	150m:	1:43.51	36.22	250m:	2:56.45	35.34	350m:	4:10.97	37.50
	100m:	1:07.29	35.33	200m:	2:21.11	37.60	300m:	3:33.47	37.02	400m:	4:46.58	35.61
35.	RODRIGUEZ ARIAS, Jacobo				16	PABELLON OURENSE				4:53.85	-	-
	50m:	31.86	31.86	150m:	1:43.39	36.88	250m:	2:58.67	37.47	350m:	4:15.63	38.76
	100m:	1:06.51	34.65	200m:	2:21.20	37.81	300m:	3:36.87	38.20	400m:	4:53.85	38.22
Baja	INFESTAS CARAZO, Samuel				21	RCN VIGO				-	-	-