

Prueba 37
07/07/2024 - 17:00

Masc., 400m Estilos

Absoluto Masculino
Resultados

Clasificación	Edad	Tempo	ABSO	JUNI
Junior Masculino				
1. MANEIROS PAZ, Mario	18	C. N. FERROL	4:45.26	16,00 19,00
50m: 30.36 30.36	150m: 1:43.27 38.02	250m: 3:01.47 41.86	350m: 4:14.54 32.05	
100m: 1:05.25 34.89	200m: 2:19.61 36.34	300m: 3:42.49 41.02	400m: 4:45.26 30.72	
2. TEIJEIRO PRADO, Xoel	18	C. FLUVIAL LUGO	4:49.79	14,00 16,00
50m: 28.76 28.76	150m: 1:41.80 39.67	250m: 3:00.96 41.36	350m: 4:16.56 32.61	
100m: 1:02.13 33.37	200m: 2:19.60 37.80	300m: 3:43.95 42.99	400m: 4:49.79 33.23	
3. FARO MARTINEZ, Yoel	17	C. N. PONTEAREAS	4:55.01	13,00 14,00
50m: 30.92 30.92	150m: 1:47.74 41.92	250m: 3:07.20 39.21	350m: 4:21.65 33.63	
100m: 1:05.82 34.90	200m: 2:27.99 40.25	300m: 3:48.02 40.82	400m: 4:55.01 33.36	
4. PEREZ FERNANDEZ, Brais	17	C. N. PORTAMIÑA	4:55.38	12,00 13,00
50m: 31.62 31.62	150m: 1:44.49 39.19	250m: 3:06.33 44.48	350m: 4:23.42 31.86	
100m: 1:05.30 33.68	200m: 2:21.85 37.36	300m: 3:51.56 45.23	400m: 4:55.38 31.96	
5. MERZLYAKOV KOSTOMAROV, Mikhail	17	PABELLON OURENSE	5:01.05	10,00 12,00
50m: 29.75 29.75	150m: 1:42.68 37.07	250m: 3:05.78 46.36	350m: 4:26.77 35.61	
100m: 1:05.61 35.86	200m: 2:19.42 36.74	300m: 3:51.16 45.38	400m: 5:01.05 34.28	
6. GIL-RIVERA BARBEITO, Pablo	18	A. D. FOGAR	5:02.17	8,00 11,00
50m: 31.22 31.22	150m: 1:47.57 40.38	250m: 3:11.23 43.96	350m: 4:30.32 35.15	
100m: 1:07.19 35.97	200m: 2:27.27 39.70	300m: 3:55.17 43.94	400m: 5:02.17 31.85	
7. FRAGA VISOS, Teo	16	CIDADE SANTIAGO	5:02.44	7,00 10,00
50m: 31.09 31.09	150m: 1:46.52 39.89	250m: 3:08.91 43.68	350m: 4:28.60 35.71	
100m: 1:06.63 35.54	200m: 2:25.23 38.71	300m: 3:52.89 43.98	400m: 5:02.44 33.84	
8. GAVIEIRO MONTERO, Raul	17	C. N. PORTAMIÑA	5:04.07	4,00 9,00
50m: 32.42 32.42	150m: 1:50.66 41.22	250m: 3:13.84 43.83	350m: 4:31.74 34.59	
100m: 1:09.44 37.02	200m: 2:30.01 39.35	300m: 3:57.15 43.31	400m: 5:04.07 32.33	
9. LONGUEIRA GILDA, Martín	17	CDELMAR	5:18.22	- 8,00
50m: 32.87 32.87	150m: 1:52.80 41.05	250m: 3:19.00 46.56	350m: 4:43.40 37.28	
100m: 1:11.75 38.88	200m: 2:32.44 39.64	300m: 4:06.12 47.12	400m: 5:18.22 34.82	
10. FRAGA SAL, Alexandre	18	C. N. PORTAMIÑA	5:19.22	- -
50m: 32.52 32.52	150m: 1:52.25 42.05	250m: 3:20.91 46.35	350m: 4:43.88 36.50	
100m: 1:10.20 37.68	200m: 2:34.56 42.31	300m: 4:07.38 46.47	400m: 5:19.22 35.34	
11. REY MUNIN, Alonso	16	CIDADE SANTIAGO	5:27.30	- 7,00
50m: 34.64 34.64	150m: 1:56.69 42.74	250m: 3:24.67 46.75	350m: 4:51.78 38.19	
100m: 1:13.95 39.31	200m: 2:37.92 41.23	300m: 4:13.59 48.92	400m: 5:27.30 35.52	
12. DÍAZ DOMÍNGUEZ, Ricardo	17	C. N. ARTEIXO	5:29.04	- 6,00
50m: 33.72 33.72	150m: 1:55.25 43.71	250m: 3:26.87 47.87	350m: 4:52.18 38.73	
100m: 1:11.54 37.82	200m: 2:39.00 43.75	300m: 4:13.45 46.58	400m: 5:29.04 36.86	
13. MENDEZ-BENEGASSI FDEZ., Adrian	16	C. N. GALAICO	5:45.03	- -
50m: 36.08 36.08	150m: 2:03.81 44.02	250m: 3:34.53 47.39	350m: 5:05.45 40.49	
100m: 1:19.79 43.71	200m: 2:47.14 43.33	300m: 4:24.96 50.43	400m: 5:45.03 39.58	

Prueba 37, Masc., 400m Estilos

Absoluto Masculino

1.	ALVAREZ FERNANDEZ, Borja	28	C. FLUVIAL LUGO	4:44.22	19,00	-
	50m: 29.36 29.36 150m: 1:39.45 36.29 250m: 2:57.25 42.04 350m: 4:12.13 33.51					
	100m: 1:03.16 33.80 200m: 2:15.21 35.76 300m: 3:38.62 41.37 400m: 4:44.22 32.09					
2.	MANEIROS PAZ, Mario	18	C. N. FERROL	4:45.26	16,00	19,00
	50m: 30.36 30.36 150m: 1:43.27 38.02 250m: 3:01.47 41.86 350m: 4:14.54 32.05					
	100m: 1:05.25 34.89 200m: 2:19.61 36.34 300m: 3:42.49 41.02 400m: 4:45.26 30.72					
3.	TEIJEIRO PRADO, Xoel	18	C. FLUVIAL LUGO	4:49.79	14,00	16,00
	50m: 28.76 28.76 150m: 1:41.80 39.67 250m: 3:00.96 41.36 350m: 4:16.56 32.61					
	100m: 1:02.13 33.37 200m: 2:19.60 37.80 300m: 3:43.95 42.99 400m: 4:49.79 33.23					
4.	FARO MARTINEZ, Yoel	17	C. N. PONTEAREAS	4:55.01	13,00	14,00
	50m: 30.92 30.92 150m: 1:47.74 41.92 250m: 3:07.20 39.21 350m: 4:21.65 33.63					
	100m: 1:05.82 34.90 200m: 2:27.99 40.25 300m: 3:48.02 40.82 400m: 4:55.01 33.36					
5.	PEREZ FERNANDEZ, Brais	17	C. N. PORTAMIÑA	4:55.38	12,00	13,00
	50m: 31.62 31.62 150m: 1:44.49 39.19 250m: 3:06.33 44.48 350m: 4:23.42 31.86					
	100m: 1:05.30 33.68 200m: 2:21.85 37.36 300m: 3:51.56 45.23 400m: 4:55.38 31.96					
6.	CUMMINGS CANDAL, James F.	19	C. N. CORUÑA	4:58.51	11,00	-
	50m: 31.41 31.41 150m: 1:43.65 37.40 250m: 3:03.75 43.56 350m: 4:23.50 35.74					
	100m: 1:06.25 34.84 200m: 2:20.19 36.54 300m: 3:47.76 44.01 400m: 4:58.51 35.01					
7.	MERZLYAKOV KOSTOMAROV, Mikhail	17	PABELLON OURENSE	5:01.05	10,00	12,00
	50m: 29.75 29.75 150m: 1:42.68 37.07 250m: 3:05.78 46.36 350m: 4:26.77 35.61					
	100m: 1:05.61 35.86 200m: 2:19.42 36.74 300m: 3:51.16 45.38 400m: 5:01.05 34.28					
8.	PASTORIZA SANTACLARA, Jorge	27	VIGO RIAS BAIXAS	5:01.23	9,00	-
	50m: 31.73 31.73 150m: 1:46.51 39.10 250m: 3:08.32 43.63 350m: 4:27.05 34.49					
	100m: 1:07.41 35.68 200m: 2:24.69 38.18 300m: 3:52.56 44.24 400m: 5:01.23 34.18					
9.	GIL-RIVERA BARBEITO, Pablo	18	A. D. FOGAR	5:02.17	8,00	11,00
	50m: 31.22 31.22 150m: 1:47.57 40.38 250m: 3:11.23 43.96 350m: 4:30.32 35.15					
	100m: 1:07.19 35.97 200m: 2:27.27 39.70 300m: 3:55.17 43.94 400m: 5:02.17 31.85					
10.	FRAGA VISOS, Teo	16	CIDADE SANTIAGO	5:02.44	7,00	10,00
	50m: 31.09 31.09 150m: 1:46.52 39.89 250m: 3:08.91 43.68 350m: 4:28.60 35.71					
	100m: 1:06.63 35.54 200m: 2:25.23 38.71 300m: 3:52.89 43.98 400m: 5:02.44 33.84					
11.	PENAS CAYADO, Fernando	15	SPORTING CASINO	5:03.84	6,00	-
	50m: 31.96 31.96 150m: 1:47.07 39.04 250m: 3:10.22 45.04 350m: 4:31.14 34.53					
	100m: 1:08.03 36.07 200m: 2:25.18 38.11 300m: 3:56.61 46.39 400m: 5:03.84 32.70					
12.	LOPEZ TURIÑO, Hugo	15	C. N. LICEO	5:04.04	5,00	-
	50m: 32.94 32.94 150m: 1:47.28 39.00 250m: 3:09.58 44.78 350m: 4:29.90 34.88					
	100m: 1:08.28 35.34 200m: 2:24.80 37.52 300m: 3:55.02 45.44 400m: 5:04.04 34.14					
13.	GAVIEIRO MONTERO, Raul	17	C. N. PORTAMIÑA	5:04.07	4,00	9,00
	50m: 32.42 32.42 150m: 1:50.66 41.22 250m: 3:13.84 43.83 350m: 4:31.74 34.59					
	100m: 1:09.44 37.02 200m: 2:30.01 39.35 300m: 3:57.15 43.31 400m: 5:04.07 32.33					
14.	GUTIERREZ MARIÑO, Santiago	22	PABELLON OURENSE	5:05.40	3,00	-
	50m: 31.33 31.33 150m: 1:48.89 40.15 250m: 3:12.95 44.29 350m: 4:32.58 34.29					
	100m: 1:08.74 37.41 200m: 2:28.66 39.77 300m: 3:58.29 45.34 400m: 5:05.40 32.82					
15.	CARRERA COSTAS, Martin	28	C. N. PONTEAREAS	5:09.77	-	-
	50m: 31.11 31.11 150m: 1:48.54 40.98 250m: 3:10.78 43.08 350m: 4:33.62 37.77					
	100m: 1:07.56 36.45 200m: 2:27.70 39.16 300m: 3:55.85 45.07 400m: 5:09.77 36.15					
16.	RODRIGUEZ RAÑA, Miguel	15	VIGO RIAS BAIXAS	5:16.42	-	-
	50m: 35.13 35.13 150m: 1:57.47 41.20 250m: 3:23.30 46.04 350m: 4:42.50 34.10					
	100m: 1:16.27 41.14 200m: 2:37.26 39.79 300m: 4:08.40 45.10 400m: 5:16.42 33.92					

Prueba 37, Masc., 400m Estilos, Absoluto Masculino

Clasificación					Edad					Tiempo	ABSO	JUNI
17.	LONGUEIRA GILDA, Martín				17	CDELMAR				5:18.22	-	8,00
	50m:	32.87	32.87	150m:	1:52.80	41.05	250m:	3:19.00	46.56	350m:	4:43.40	37.28
	100m:	1:11.75	38.88	200m:	2:32.44	39.64	300m:	4:06.12	47.12	400m:	5:18.22	34.82
18.	FRAGA SAL, Alexandre				18	C. N. PORTAMIÑA				5:19.22	-	-
	50m:	32.52	32.52	150m:	1:52.25	42.05	250m:	3:20.91	46.35	350m:	4:43.88	36.50
	100m:	1:10.20	37.68	200m:	2:34.56	42.31	300m:	4:07.38	46.47	400m:	5:19.22	35.34
19.	REY MUNIN, Alonso				16	CIDADE SANTIAGO				5:27.30	-	7,00
	50m:	34.64	34.64	150m:	1:56.69	42.74	250m:	3:24.67	46.75	350m:	4:51.78	38.19
	100m:	1:13.95	39.31	200m:	2:37.92	41.23	300m:	4:13.59	48.92	400m:	5:27.30	35.52
20.	DÍAZ DOMÍNGUEZ, Ricardo				17	C. N. ARTEIXO				5:29.04	-	6,00
	50m:	33.72	33.72	150m:	1:55.25	43.71	250m:	3:26.87	47.87	350m:	4:52.18	38.73
	100m:	1:11.54	37.82	200m:	2:39.00	43.75	300m:	4:13.45	46.58	400m:	5:29.04	36.86
21.	MENDEZ-BENEGASSI FDEZ., Adrian				16	C. N. GALAICO				5:45.03	-	-
	50m:	36.08	36.08	150m:	2:03.81	44.02	250m:	3:34.53	47.39	350m:	5:05.45	40.49
	100m:	1:19.79	43.71	200m:	2:47.14	43.33	300m:	4:24.96	50.43	400m:	5:45.03	39.58