

Prueba 13
29/11/2025

Masc., 400m Estilos

Open masculino
Resultados

RG	4:14.90	, MENDEZ PUGA, MARIO	RBAIXAS	16/12/2022
MMG 17	4:25.02	, NAVARRO LOSADA SERGI	NFERROL	27/07/2024
MMG 16	4:25.68	, SOUTO VILAS, CARLOS	DELMAR	28/12/2019
MMG 15	4:32.17	, CABANA DEL AMO, PABLO	PONTEARE	28/12/2019
MMG 14	4:35.15	, CABANA DEL AMO, PABLO	PONTEARE	28/12/2018

Clasificación

Edad

Tiempo

PUNTOS

1. MANEIROS PAZ, Mario	19	NFERROL	4:34.73	35,00	
50m: 28.75 28.75	150m: 1:37.99 36.06	250m: 2:52.80 39.59	350m: 4:04.76 31.81		
100m: 1:01.93 33.18	200m: 2:13.21 35.22	300m: 3:32.95 40.15	400m: 4:34.73 29.97		
2. PARDO PERNAS, Martin	23	FLUVLUGO	4:35.73	32,00	
50m: 28.29 28.29	150m: 1:36.11 35.10	250m: 2:49.90 39.93	350m: 4:03.60 32.98		
100m: 1:01.01 32.72	200m: 2:09.97 33.86	300m: 3:30.62 40.72	400m: 4:35.73 32.13		
3. PREGO GROBA, Brais	17	PONTEAREAS	4:38.86	30,00	
50m: 30.19 30.19	150m: 1:41.95 36.15	250m: 2:55.16 38.32	350m: 4:07.74 32.93		
100m: 1:05.80 35.61	200m: 2:16.84 34.89	300m: 3:34.81 39.65	400m: 4:38.86 31.12		
4. GOMEZ PUMARIÑO, Samuel	17	PORTMIÑA	4:39.11	29,00	
50m: 29.63 29.63	150m: 1:39.84 36.22	250m: 2:55.91 39.31	350m: 4:07.85 32.32		
100m: 1:03.62 33.99	200m: 2:16.60 36.76	300m: 3:35.53 39.62	400m: 4:39.11 31.26		
5. MOURE DOVAL, Jose	26	POURENSE	4:39.13	28,00	
50m: 28.17 28.17	150m: 1:37.68 36.26	250m: 2:54.76 40.59	350m: 4:07.86 32.69		
100m: 1:01.42 33.25	200m: 2:14.17 36.49	300m: 3:35.17 40.41	400m: 4:39.13 31.27		
6. CHAN VAZQUEZ, Lois	14	GALAICO	4:49.19	27,00	
50m: 30.21 30.21	150m: 1:42.59 37.76	250m: 3:01.33 41.34	350m: 4:17.64 33.88		
100m: 1:04.83 34.62	200m: 2:19.99 37.40	300m: 3:43.76 42.43	400m: 4:49.19 31.55		
7. FERNANDEZ ABEL, Adrian	14	PORTMIÑA	4:51.60	26,00	
50m: 30.92 30.92	150m: 1:45.40 38.28	250m: 3:02.99 39.57	350m: 4:19.33 34.54		
100m: 1:07.12 36.20	200m: 2:23.42 38.02	300m: 3:44.79 41.80	400m: 4:51.60 32.27		
8. ALONSO VIDAL, Teo	18	RBAIXAS	4:53.30	25,00	
50m: 29.88 29.88	150m: 1:44.08 39.34	250m: 3:04.67 41.95	350m: 4:21.32 33.81		
100m: 1:04.74 34.86	200m: 2:22.72 38.64	300m: 3:47.51 42.84	400m: 4:53.30 31.98		
9. FERNANDEZ QUINTELA, Daniel	15	POURENSE	4:53.79	24,00	
50m: 30.96 30.96	150m: 1:45.86 38.97	250m: 3:04.43 40.82	350m: 4:20.25 34.84		
100m: 1:06.89 35.93	200m: 2:23.61 37.75	300m: 3:45.41 40.98	400m: 4:53.79 33.54		
10. GOMEZ LIMIA, Pablo	19	NCORUÑA	4:56.06	23,00	
50m: 28.89 28.89	150m: 1:45.13 40.13	250m: 3:08.99 45.38	350m: 4:24.23 31.49		
100m: 1:05.00 36.11	200m: 2:23.61 38.48	300m: 3:52.74 43.75	400m: 4:56.06 31.83		
11. SUAREZ MARTINEZ, Pedro	15	SCASINO	4:57.07	22,00	
50m: 29.55 29.55	150m: 1:42.28 38.73	250m: 3:04.08 43.83	350m: 4:23.85 33.81		
100m: 1:03.55 34.00	200m: 2:20.25 37.97	300m: 3:50.04 45.96	400m: 4:57.07 33.22		
12. VILLANUEVA VAZQUEZ, Iago	14	RCNVIGO	4:57.61	21,00	
50m: 32.02 32.02	150m: 1:50.14 40.48	250m: 3:11.20 41.96	350m: 4:25.78 32.65		
100m: 1:09.66 37.64	200m: 2:29.24 39.10	300m: 3:53.13 41.93	400m: 4:57.61 31.83		
13. CARRERA COSTAS, Martin	29	PONTEAREAS	4:58.14	20,00	
50m: 32.58 32.58	150m: 1:49.55 40.21	250m: 3:08.90 41.26	350m: 4:24.99 34.69		
100m: 1:09.34 36.76	200m: 2:27.64 38.09	300m: 3:50.30 41.40	400m: 4:58.14 33.15		
14. SANCHEZ GONZALEZ, Samuel	16	RCNVIGO	4:58.80	19,00	
50m: 31.76 31.76	150m: 1:46.87 39.67	250m: 3:08.61 43.50	350m: 4:26.21 33.42		
100m: 1:07.20 35.44	200m: 2:25.11 38.24	300m: 3:52.79 44.18	400m: 4:58.80 32.59		

Prueba 13, Masc., 400m Estilos, Open masculino

Clasificación				Edad				Tiempo				PUNTOS	
15.	REY MUNIN, Alonso			17	CIDSANTI			5:02.81				18,00	
	50m:	31.39	31.39	150m:	1:46.77	39.34	250m:	3:08.39	43.15	350m:	4:28.52	35.24	
	100m:	1:07.43	36.04	200m:	2:25.24	38.47	300m:	3:53.28	44.89	400m:	5:02.81	34.29	
16.	CARNEIRO VIQUEIRA, Xabier			25	PANAS			5:04.20				17,00	
	50m:	30.95	30.95	150m:	1:44.47	38.30	250m:	3:06.27	43.71	350m:	4:27.64	37.77	
	100m:	1:06.17	35.22	200m:	2:22.56	38.09	300m:	3:49.87	43.60	400m:	5:04.20	36.56	
17.	GARCIA AROCHENA, Jacobo Javier			16	NCORUÑA			5:08.53				16,00	
	50m:	32.27	32.27	150m:	1:49.01	38.43	250m:	3:12.65	46.37	350m:	4:34.91	35.65	
	100m:	1:10.58	38.31	200m:	2:26.28	37.27	300m:	3:59.26	46.61	400m:	5:08.53	33.62	
18.	GUITIAN LOPEZ, Iago			15	ARTEIXO			5:08.54				15,00	
	50m:	33.25	33.25	150m:	1:51.46	40.31	250m:	3:15.04	44.20	350m:	4:35.16	36.60	
	100m:	1:11.15	37.90	200m:	2:30.84	39.38	300m:	3:58.56	43.52	400m:	5:08.54	33.38	
19.	MENDEZ-BENEGASSI FDEZ., Adrian			17	GALAICO			5:11.31				14,00	
	50m:	30.75	30.75	150m:	1:45.01	37.63	250m:	3:09.77	46.65	350m:	4:34.31	36.14	
	100m:	1:07.38	36.63	200m:	2:23.12	38.11	300m:	3:58.17	48.40	400m:	5:11.31	37.00	
20.	GUITIAN LOPEZ, Xabier			20	PANAS			5:11.89				13,00	
	50m:	32.30	32.30	150m:	1:49.37	40.45	250m:	3:12.88	43.59	350m:	4:34.68	37.80	
	100m:	1:08.92	36.62	200m:	2:29.29	39.92	300m:	3:56.88	44.00	400m:	5:11.89	37.21	
21.	VICENTE MEIER, Alex			15	ARTEIXO			5:13.11				12,00	
	50m:	33.43	33.43	150m:	1:52.79	40.75	250m:	3:15.94	43.60	350m:	4:38.12	37.91	
	100m:	1:12.04	38.61	200m:	2:32.34	39.55	300m:	4:00.21	44.27	400m:	5:13.11	34.99	
22.	QUIÑOY VEIGA, Alvaro			16	CIDSANTI			5:18.93				11,00	
	50m:	31.74	31.74	150m:	1:52.64	42.69	250m:	3:19.30	45.80	350m:	4:43.84	37.06	
	100m:	1:09.95	38.21	200m:	2:33.50	40.86	300m:	4:06.78	47.48	400m:	5:18.93	35.09	
23.	RIVERA PORRUA, Alejandro			14	RBAIXAS			5:22.10				10,00	
	50m:	33.28	33.28	150m:	1:54.70	41.51	250m:	3:22.03	47.22	350m:	4:48.54	36.93	
	100m:	1:13.19	39.91	200m:	2:34.81	40.11	300m:	4:11.61	49.58	400m:	5:22.10	33.56	
24.	GARAIZABAL DE LA MONTAÑA, Carlo			18	DELMAR			5:28.16				9,00	
	50m:	32.18	32.18	150m:	1:56.54	46.63	250m:	3:29.15	47.96	350m:	4:53.24	34.82	
	100m:	1:09.91	37.73	200m:	2:41.19	44.65	300m:	4:18.42	49.27	400m:	5:28.16	34.92	
25.	FERNANDEZ DIAZ, Sergio			15	FLUVLUGO			5:29.97				8,00	
	50m:	35.75	35.75	150m:	2:03.72	44.97	250m:	3:32.17	45.96	350m:	4:55.44	36.37	
	100m:	1:18.75	43.00	200m:	2:46.21	42.49	300m:	4:19.07	46.90	400m:	5:29.97	34.53	
26.	NISTAL PALACIOS, Rafael			16	SCASINO			5:34.66				7,00	
	50m:	34.89	34.89	150m:	1:59.68	43.05	250m:	3:28.36	46.76	350m:	4:56.58	39.81	
	100m:	1:16.63	41.74	200m:	2:41.60	41.92	300m:	4:16.77	48.41	400m:	5:34.66	38.08	
DSQ	DOMINGUEZ HERMIDA, Lucas			16	NFERROL							-	
	Nado irregular												