

Prueba 4
06/12/2025

Masc., 3000m Libre

YOB 1927 - 2008
Resultados

Clasificación

Edad

Marca

JUNIOR 2 MASCULINO LD

1. DIAZ RODRIGUEZ, Ivan	17	PORTAMI	33:54.36	19,00
50m: 30.94 30.94	800m: 8:54.44	1550m:	2300m:	
100m: 1:02.85 31.91	850m:	1600m:	2350m:	
150m:	900m:	1650m:	2400m:	
200m: 2:09.13	950m:	1700m:	2450m:	
250m:	1000m:	1750m:	2500m:	
300m:	1050m:	1800m:	2550m:	
350m:	1100m:	1850m:	2600m:	
400m: 4:24.74	1150m:	1900m:	2650m:	
450m:	1200m:	1950m:	2700m:	
500m:	1250m:	2000m: 22:33.01	2750m:	
550m:	1300m:	2050m:	2800m:	
600m:	1350m:	2100m:	2850m:	
650m:	1400m:	2150m:	2900m:	
700m:	1450m:	2200m:	2950m:	
750m:	1500m: 16:51.10	2250m:	3000m: 33:54.36	
2. CUBEIRO ROSENDE, Xoel	18	LICEO	33:57.97	16,00
50m: 29.90 29.90	200m: 2:07.44 1:05.57	800m: 8:48.62 4:28.50	2000m: 22:24.50 5:41.25	
100m: 1:01.87 31.97	400m: 4:20.12 2:12.68	1500m: 16:43.25 7:54.63	3000m: 33:57.97 11:33.47	
3. ALONSO VIDAL, Teo	18	RBAIXAS	34:25.88	14,00
50m: 31.27 31.27	200m: 2:08.99 1:05.80	800m: 8:57.20 4:32.65	2000m: 22:53.29 5:48.19	
100m: 1:03.19 31.92	400m: 4:24.55 2:15.56	1500m: 17:05.10 8:07.90	3000m: 34:25.88 11:32.59	
4. PREGO GROBA, Brais	17	PONTEA	34:32.87	13,00
50m: 31.79 31.79	200m: 2:12.37 1:07.68	800m: 9:04.69 4:36.07	2000m: 23:03.44 5:50.85	
100m: 1:04.69 32.90	400m: 4:28.62 2:16.25	1500m: 17:12.59 8:07.90	3000m: 34:32.87 11:29.43	
5. PEREZ GARCIA, Iker	18	GALAICO	36:26.91	12,00
50m: 31.69 31.69	200m: 2:12.69 1:08.50	800m: 9:23.22 4:49.46	2000m: 24:06.47 6:13.35	
100m: 1:04.19 32.50	400m: 4:33.76 2:21.07	1500m: 17:53.12 8:29.90	3000m: 36:26.91 12:20.44	
6. ORTEGO PORTA, Andre	18	GALAICO	36:29.56	11,00
50m: 33.77 33.77	200m: 2:18.54 1:10.32	800m: 9:28.45 4:48.62	2000m: 24:08.73 6:08.80	
100m: 1:08.22 34.45	400m: 4:39.83 2:21.29	1500m: 17:59.93 8:31.48	3000m: 36:29.56 12:20.83	
7. BAO PURRIÑOS, Manuel	17	LICEO	36:37.68	10,00
50m: 32.67 32.67	200m: 2:15.94 1:09.43	800m: 9:29.23 4:49.97	2000m: 24:17.41 6:11.03	
100m: 1:06.51 33.84	400m: 4:39.26 2:23.32	1500m: 18:06.38 8:37.15	3000m: 36:37.68 12:20.27	
8. COBELAS ALVAREZ, Alvaro	17	POURENSE	36:44.85	9,00
50m: 31.17 31.17	200m: 2:15.07 1:10.01	800m: 9:32.60 4:53.65	2000m: 24:22.81 6:12.81	
100m: 1:05.06 33.89	400m: 4:38.95 2:23.88	1500m: 18:10.00 8:37.40	3000m: 36:44.85 12:22.04	
9. MENDEZ-BENEGASSI FDEZ., Adrian	17	GALAICO	37:34.13	-
50m: 33.36 33.36	200m: 2:18.20 1:10.25	800m: 9:38.88 4:55.09	2000m: 24:36.48 6:24.53	
100m: 1:07.95 34.59	400m: 4:43.79 2:25.59	1500m: 18:11.95 8:33.07	3000m: 37:34.13 12:57.65	
WDR MASSO ROIG, Martin	18	RBAIXAS		-

SENIOR MASCULINO LD

1. MANEIROS PAZ, Mario	19	NFERROL	32:59.90	19,00
50m: 30.47 30.47	200m: 2:04.98 1:03.31	800m: 8:31.58 4:19.63	2000m: 21:47.48 5:33.50	
100m: 1:01.67 31.20	400m: 4:11.95 2:06.97	1500m: 16:13.98 7:42.40	3000m: 32:59.90 11:12.42	
2. AVILES ZHUAVLEV, Santiago	21	LICEO	33:14.30	16,00
50m: 30.00 30.00	200m: 2:05.65 1:04.18	800m: 8:39.30 4:23.93	2000m: 22:00.75 5:36.48	
100m: 1:01.47 31.47	400m: 4:15.37 2:09.72	1500m: 16:24.27 7:44.97	3000m: 33:14.30 11:13.55	

Prueba 4, Masc., 3000m Libre, SENIOR MASCULINO LD

Clasificación	Edad										Marca
3. INFESTAS CARAZO, Samuel	22 GALAICO										34:36.93 14,00
50m:	33.35	33.35	200m:	2:17.01	1:09.48	800m:	9:14.05	4:36.99	2000m:	23:03.93	5:47.49
100m:	1:07.53	34.18	400m:	4:37.06	2:20.05	1500m:	17:16.44	8:02.39	3000m:	34:36.93	11:33.00
4. PASTORIZA SNTACLARA, Jorge	28 RBAIXAS										35:13.92 13,00
50m:	32.88	32.88	200m:	2:15.27	1:08.88	800m:	9:15.78	4:40.73	2000m:	23:06.99	5:47.32
100m:	1:06.39	33.51	400m:	4:35.05	2:19.78	1500m:	17:19.67	8:03.89	3000m:	35:13.92	12:06.93
5. COSTA FERNANDEZ, Lucas	27 PONTEA										35:15.68 12,00
50m:	34.05	34.05	200m:	2:18.21	1:09.92	800m:	9:15.26	4:38.52	2000m:	23:24.56	5:56.27
100m:	1:08.29	34.24	400m:	4:36.74	2:18.53	1500m:	17:28.29	8:13.03	3000m:	35:15.68	11:51.12
WDR PEREZ PAZ, Dario	20 PONTEA										-