

2 - Domingo, 11 de Enero de 2026

11/01/2026 - 10:00

Prueba 22
11/01/2026

Masc., 400m Estilos

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1107916	FERNANDEZ DEL VALLE, Ivan				21	POURENSE				4:57.06	13,00
	50m:	30.82	30.82	150m:	1:45.31	38.55	250m:	3:04.84	41.03	350m:	4:22.41	34.80
	100m:	1:06.76	35.94	200m:	2:23.81	38.50	300m:	3:47.61	42.77	400m:	4:57.06	34.65
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge				29	RIASBAIXAS				4:52.65	13,00
	50m:	31.92	31.92	150m:	1:47.39	38.80	250m:	3:06.03	40.24	350m:	4:19.96	33.61
	100m:	1:08.59	36.67	200m:	2:25.79	38.40	300m:	3:46.35	40.32	400m:	4:52.65	32.69
30+												
1.	1037824	FREIRE GONZALEZ, Javier				33	RIASBAIXAS				5:59.62	13,00
	50m:	36.28	36.28	150m:	2:07.37	47.81	250m:	3:46.92	53.16	350m:	5:21.63	40.84
	100m:	1:19.56	43.28	200m:	2:53.76	46.39	300m:	4:40.79	53.87	400m:	5:59.62	37.99
35+												
1.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman				38	RIASBAIXAS				6:30.85	13,00
	50m:	43.84	43.84	150m:	2:27.67	53.75	250m:	4:11.51	49.68	350m:	5:47.88	45.56
	100m:	1:33.92	50.08	200m:	3:21.83	54.16	300m:	5:02.32	50.81	400m:	6:30.85	42.97
2.	1076271	NOVALES BLANCO, Xabier				35	RIASBAIXAS				6:53.77	10,00
	50m:	45.13	45.13	150m:	2:34.76	56.55	250m:	4:26.49	55.31	350m:	6:10.32	46.43
	100m:	1:38.21	53.08	200m:	3:31.18	56.42	300m:	5:23.89	57.40	400m:	6:53.77	43.45
40+												
1.	1141151	CALLE FACAL, Telmo				43	CIDSANTIAG				4:59.22	13,00
	50m:	31.17	31.17	150m:	1:45.64	38.31	250m:	3:06.69	42.66	350m:	4:25.01	35.12
	100m:	1:07.33	36.16	200m:	2:24.03	38.39	300m:	3:49.89	43.20	400m:	4:59.22	34.21
2.	1076287	PAZOS ALONSO, Josue				40	ESCUALOS				5:35.15	10,00
	50m:	35.92	35.92	150m:	2:05.19	45.48	250m:	3:34.39	44.87	350m:	4:58.57	38.64
	100m:	1:19.71	43.79	200m:	2:49.52	44.33	300m:	4:19.93	45.54	400m:	5:35.15	36.58
3.	1214823	GONZALEZ PEÑAS, David				42	PORTAMIÑA				6:39.61	8,00
	50m:	47.96	47.96	150m:	2:30.97	51.76	250m:	4:13.59	53.82	350m:	5:55.34	47.14
	100m:	1:39.21	51.25	200m:	3:19.77	48.80	300m:	5:08.20	54.61	400m:	6:39.61	44.27
45+												
1.	1118746	SANCHEZ GORDON, Roman				48	RIASBAIXAS				5:31.06	13,00
	50m:	35.03	35.03	150m:	1:59.12	43.35	250m:	3:28.36	47.89	350m:	4:53.89	37.67
	100m:	1:15.77	40.74	200m:	2:40.47	41.35	300m:	4:16.22	47.86	400m:	5:31.06	37.17
2.	1075220	MARTINEZ FERNANDEZ, Hector				49	NTNARON				6:09.71	10,00
	50m:	39.16	39.16	150m:	2:14.10	49.17	250m:	3:55.01	53.90	350m:	5:29.41	41.84
	100m:	1:24.93	45.77	200m:	3:01.11	47.01	300m:	4:47.57	52.56	400m:	6:09.71	40.30

Prueba 22, Masc., 400m Estilos, 45+

Clasificación										Edad			Tiempo	Puntos
3.	1240331	DE LORENZO FERNANDEZ, Javier				45	ESCUALOS				6:32.98	8,00		
	50m:	42.71	42.71	150m:	2:27.87	51.82	250m:	4:14.05	56.11	350m:	5:52.64	44.16		
	100m:	1:36.05	53.34	200m:	3:17.94	50.07	300m:	5:08.48	54.43	400m:	6:32.98	40.34		
4.	1145005	FERNANDEZ IGLESIAS, Emilio Jose				49	PONTEAREAS				6:58.75	7,00		
	50m:	48.25	48.25	150m:	2:42.50	1:00.81	250m:	4:37.36	55.96	350m:	6:16.26	44.15		
	100m:	1:41.69	53.44	200m:	3:41.40	58.90	300m:	5:32.11	54.75	400m:	6:58.75	42.49		
5.	1190398	FERNANDEZ CORRAL, Marcos				47	PORTAMIÑA				9:39.19	6,00		
	50m:	1:03.32	1:03.32	150m:	3:39.24	1:23.45	250m:	6:11.10	1:11.67	350m:	8:32.34	1:09.00		
	100m:	2:15.79	1:12.47	200m:	4:59.43	1:20.19	300m:	7:23.34	1:12.24	400m:	9:39.19	1:06.85		
WDR	1038913	SUAREZ GARCIA, Pedro Lois				46	PONTEAREAS					-		
50+														
1.	1040137	QUINTAS BARROS, Jesus Carlos				53	ESCUALOS				6:08.32	13,00		
	50m:	37.38	37.38	150m:	2:13.15	52.23	250m:	3:55.33	52.57	350m:	5:28.21	41.17		
	100m:	1:20.92	43.54	200m:	3:02.76	49.61	300m:	4:47.04	51.71	400m:	6:08.32	40.11		
2.	1076553	FERNANDEZ-TESTA BARREIRO, David				52	RIASBAIXAS				7:03.81	10,00		
	50m:	46.04	46.04	150m:	2:35.18	55.57	250m:	4:26.10	58.01	350m:	6:14.46	50.51		
	100m:	1:39.61	53.57	200m:	3:28.09	52.91	300m:	5:23.95	57.85	400m:	7:03.81	49.35		
WDR	1079343	MOURIÑO ORTIGUEIRA, Roberto Carlo				52	PONTEAREAS					-		
55+														
1.	1143661	TOURIÑO GONZALEZ, Victor Manuel				58	LICEO				6:47.83	13,00		
	50m:	47.35	47.35	150m:	2:39.39	56.99	250m:	4:25.68	50.64	350m:	6:04.99	47.38		
	100m:	1:42.40	55.05	200m:	3:35.04	55.65	300m:	5:17.61	51.93	400m:	6:47.83	42.84		
2.	1141504	BOUSO FUENTECILLA, Fernando				55	ESCUALOS				6:53.18	10,00		
	50m:	46.02	46.02	150m:	2:33.32	56.31	250m:	4:23.31	54.54	350m:	6:07.85	49.15		
	100m:	1:37.01	50.99	200m:	3:28.77	55.45	300m:	5:18.70	55.39	400m:	6:53.18	45.33		
3.	1193949	LAMELO OTERO, Ramon Jesus				58	CIDSANTIAG				8:39.60	8,00		
	50m:	56.86	56.86	150m:	3:09.12	1:08.57	250m:	5:37.96	1:23.71	350m:	7:51.65	48.83		
	100m:	2:00.55	1:03.69	200m:	4:14.25	1:05.13	300m:	7:02.82	1:24.86	400m:	8:39.60	47.95		
60+														
1.	1143575	FERREIRA GONZALEZ, Xose Anxo				60	REDONDELA				7:43.46	13,00		
	50m:	49.07	49.07	150m:	2:49.83	1:02.73	250m:	4:58.70	1:09.08	350m:	6:58.64	51.88		
	100m:	1:47.10	58.03	200m:	3:49.62	59.79	300m:	6:06.76	1:08.06	400m:	7:43.46	44.82		
65+														
1.	1075770	RODRIGUEZ BASANTA, Francisco Jos				65	C. N. Valdeorras				8:27.67	13,00		
	50m:	1:00.64	1:00.64	150m:	3:24.69	1:07.33	250m:	5:35.45	1:06.39	350m:	7:39.45	56.71		
	100m:	2:17.36	1:16.72	200m:	4:29.06	1:04.37	300m:	6:42.74	1:07.29	400m:	8:27.67	48.22		