

Prueba 19
13/06/2026

Masc., 400m Libre

2006 y mayores
Resultados

Clasificación	Edad	Nombre	Edad	Nombre	50m	100m	150m	200m	250m	300m	350m	400m	Puntos
20+													
1.	20	1144995 RIAL SIEIRA, Leo	20	RIVEIRA	32.82	1:08.22	1:44.88	2:22.21	3:01.01	3:39.86	4:18.50	4:55.13	13,00
					32.82	35.40	36.66	37.33	38.80	38.85	38.64	36.63	
25+													
1.	26	1110128 CAMINO PARDO, Rodrigo	26	NCORUÑA	31.49	1:07.09	1:43.00	2:19.73	2:55.44	3:31.48	4:07.12	4:40.96	13,00
					31.49	35.60	35.91	36.73	35.71	36.04	35.64	33.84	
2.	29	1039270 TRILLO RODRIGUEZ, Adrian	29	MOS	33.80	1:10.56	1:47.63	2:24.98	3:02.11	3:40.11	4:18.58	4:55.89	10,00
					33.80	36.76	37.07	37.35	37.13	38.00	38.47	37.31	
30+													
1.	34	1213891 CASTELAO VIEITES, Borja	34	CIDSANTIAGO	31.76	1:06.37	1:40.94	2:15.71	2:50.23	3:25.28	4:00.63	4:35.90	13,00
					31.76	34.61	34.57	34.77	34.52	35.05	35.35	35.27	
2.	33	1037824 FREIRE GONZALEZ, Javier	33	RBAIXAS	33.91	1:10.66	1:48.16	2:26.21	3:04.48	3:43.05	4:20.93	4:55.76	10,00
					33.91	36.75	37.50	38.05	38.27	38.57	37.88	34.83	
3.	30	1037076 COBELO REPRESAS, Francisco	30	PONTEAREAS	34.30	1:11.47	1:49.78	2:27.61	3:06.78	3:44.61	4:23.75	5:01.31	8,00
					34.30	37.17	38.31	37.83	39.17	37.83	39.14	37.56	
4.	31	1232980 PICALLO MATO, Adrian	31	SALVESTRADA	36.03	1:15.65	1:55.84	2:36.57	3:17.42	3:58.96	4:39.97	5:19.90	7,00
					36.03	39.62	40.19	40.73	40.85	41.54	41.01	39.93	
5.	33	1222771 LAGO GONZALEZ, Ivan	33	PONTEAREAS	48.97	1:44.52	2:50.36	4:02.37	5:15.34	6:25.49	7:37.78	8:50.82	6,00
					48.97	55.55	1:05.84	1:12.01	1:12.97	1:10.15	1:12.29	1:13.04	
35+													
1.	39	1180243 LAIÑO SILVA, Victor	39	RIVEIRA	36.44	1:15.87	1:58.32	2:42.33	3:26.64	4:11.47	4:57.27	5:40.22	13,00
					36.44	39.43	42.45	44.01	44.31	44.83	45.80	42.95	
2.	35	1128175 GULIAS GARCIA, Jose Ruben	35	PONSVETUS	38.42	1:20.51	2:02.88	2:46.17	3:31.29	4:17.66	5:03.68	5:47.04	10,00
					38.42	42.09	42.37	43.29	45.12	46.37	46.02	43.36	
40+													
1.	40	1140778 RODRIGUEZ LAGO, David	40	CIDSANTIAGO	30.34	1:03.57	1:36.55	2:10.50	2:44.59	3:18.84	3:53.11	4:26.99	13,00 RG
					30.34	33.23	32.98	33.95	34.09	34.25	34.27	33.88	
2.	41	1014291 GOMEZ CARDESIN, Alvaro	41	NCORUÑA	34.09	1:10.37	1:47.20	2:24.29	3:02.03	3:38.82	4:14.86	4:51.06	10,00
					34.09	36.28	36.83	37.09	37.74	36.79	36.04	36.20	

Prueba 19, Masc., 400m Libre, 40+

Clasificación	Edad	Tempo	Puntos
3. 1145052 FIERRO FERNANDEZ, Julio	44 CASINOC	5:27.10	8,00
50m: 36.88 36.88 150m: 1:58.00 41.36	250m: 3:22.90 42.71	350m: 4:45.36 41.12	
100m: 1:16.64 39.76 200m: 2:40.19 42.19	300m: 4:04.24 41.34	400m: 5:27.10 41.74	
4. 1284808 LONGA IGLESIAS, Pablo	41 RBAIXAS	6:12.54	7,00
50m: 41.82 41.82 150m: 2:14.53 47.34	250m: 3:50.15 47.98	350m: 5:27.30 48.48	
100m: 1:27.19 45.37 200m: 3:02.17 47.64	300m: 4:38.82 48.67	400m: 6:12.54 45.24	
5. 1178928 FIDALGO SERRANO, Guillermo	40 TRAVIESAS	6:43.30	6,00
50m: 44.15 44.15 150m: 2:21.46 49.66	250m: 4:06.01 52.47	350m: 5:53.97 54.06	
100m: 1:31.80 47.65 200m: 3:13.54 52.08	300m: 4:59.91 53.90	400m: 6:43.30 49.33	

45+

1. 1284730 RODRIGUEZ ESTEVEZ, Damian	49 POURENSE	5:07.81	13,00
50m: 34.55 34.55 150m: 1:50.76 38.42	250m: 3:07.02 38.09	350m: 4:27.21 41.36	
100m: 1:12.34 37.79 200m: 2:28.93 38.17	300m: 3:45.85 38.83	400m: 5:07.81 40.60	
2. 1199899 DOMINGUEZ PHILOCREON, Ticiano	45 CIDSANTIAGO	5:38.63	10,00
50m: 37.01 37.01 150m: 1:59.87 42.23	250m: 3:25.64 43.47	350m: 4:55.06 44.87	
100m: 1:17.64 40.63 200m: 2:42.17 42.30	300m: 4:10.19 44.55	400m: 5:38.63 43.57	
3. 1192271 MOURIÑO FORTES, Victor Manuel	49 PONTEAREAS	5:46.18	8,00
50m: 40.34 40.34 150m: 2:06.29 43.57	250m: 3:35.83 44.97	350m: 5:05.75 44.26	
100m: 1:22.72 42.38 200m: 2:50.86 44.57	300m: 4:21.49 45.66	400m: 5:46.18 40.43	
4. 1084041 SUAREZ GARCIA, Sergio	46 PONSIVETUS	6:08.45	7,00
50m: 40.15 40.15 150m: 2:11.10 46.17	250m: 3:46.08 47.82	350m: 5:22.03 48.06	
100m: 1:24.93 44.78 200m: 2:58.26 47.16	300m: 4:33.97 47.89	400m: 6:08.45 46.42	

50+

1. 1274246 MARTINEZ JACOME, Felix	53 MOS	4:36.80	13,00
50m: 32.01 32.01 150m: 1:41.54 34.87	250m: 2:51.79 35.03	350m: 4:01.96 35.23	
100m: 1:06.67 34.66 200m: 2:16.76 35.22	300m: 3:26.73 34.94	400m: 4:36.80 34.84	
2. 1264722 BALDOMAR OBELLEIRA, Ruben	52 NCORUÑA	4:58.93	10,00
50m: 34.81 34.81 150m: 1:50.72 38.22	250m: 3:06.67 37.84	350m: 4:22.12 37.68	
100m: 1:12.50 37.69 200m: 2:28.83 38.11	300m: 3:44.44 37.77	400m: 4:58.93 36.81	
3. 1040137 QUINTAS BARROS, Jesus Carlos	53 ESCUALOS	5:08.20	8,00
50m: 35.02 35.02 150m: 1:53.55 39.48	250m: 3:12.63 39.51	350m: 4:31.28 38.87	
100m: 1:14.07 39.05 200m: 2:33.12 39.57	300m: 3:52.41 39.78	400m: 5:08.20 36.92	
4. 1084040 GARCIA CASTIÑEIRA, Daniel	52 CIDSANTIAGO	5:17.78	7,00
50m: 35.48 35.48 150m: 1:53.84 39.41	250m: 3:15.15 40.84	350m: 4:37.55 41.60	
100m: 1:14.43 38.95 200m: 2:34.31 40.47	300m: 3:55.95 40.80	400m: 5:17.78 40.23	
5. 1251882 IGLESIAS CARRERA, Pio	53 CIDSANTIAGO	5:19.65	6,00
50m: 35.40 35.40 150m: 1:54.74 39.84	250m: 3:16.70 40.68	350m: 4:39.77 41.95	
100m: 1:14.90 39.50 200m: 2:36.02 41.28	300m: 3:57.82 41.12	400m: 5:19.65 39.88	
6. 1203306 DURO GONZALEZ, Antonio	52 SALVESTRADA	5:43.57	5,00
50m: 38.72 38.72 150m: 2:05.20 43.85	250m: 3:34.06 44.43	350m: 5:02.20 43.47	
100m: 1:21.35 42.63 200m: 2:49.63 44.43	300m: 4:18.73 44.67	400m: 5:43.57 41.37	
7. 1141071 LORENZO FERNANDEZ, Jose Manuel	54 RBAIXAS	6:35.23	4,00
50m: 43.45 43.45 150m: 2:22.45 50.67	250m: 4:02.94 50.25	350m: 5:45.29 50.84	
100m: 1:31.78 48.33 200m: 3:12.69 50.24	300m: 4:54.45 51.51	400m: 6:35.23 49.94	

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55+

1.	1175089 NISTAL GARCIA, Eduardo	58	CASINOC	5:49.50	13,00
	50m: 38.22 38.22 150m: 2:04.84 43.78 250m: 3:35.80 45.80 350m: 5:08.03 46.13				
	100m: 1:21.06 42.84 200m: 2:50.00 45.16 300m: 4:21.90 46.10 400m: 5:49.50 41.47				
2.	1057905 GURIDI HUERTA, Jesus Maria	58	FLUVIAL	6:21.67	10,00
	50m: 42.44 42.44 150m: 2:16.69 48.54 250m: 3:54.42 49.06 350m: 5:32.88 50.05				
	100m: 1:28.15 45.71 200m: 3:05.36 48.67 300m: 4:42.83 48.41 400m: 6:21.67 48.79				
3.	1076162 MIRA PEREZ, Jorge	58	CIDSANTIAGO	6:28.66	8,00
	50m: 42.09 42.09 150m: 2:16.80 48.28 250m: 3:56.45 50.26 350m: 5:38.64 51.29				
	100m: 1:28.52 46.43 200m: 3:06.19 49.39 300m: 4:47.35 50.90 400m: 6:28.66 50.02				
4.	1261402 FERNANDEZ RODRIGUEZ, Miguel Ang	57	VALDEORRAS	6:37.97	7,00
	50m: 45.84 45.84 150m: 2:28.68 51.95 250m: 4:10.70 51.34 350m: 5:51.40 49.69				
	100m: 1:36.73 50.89 200m: 3:19.36 50.68 300m: 5:01.71 51.01 400m: 6:37.97 46.57				
5.	1175217 CASTRO QUINTELA, Avelino	59	CIDSANTIAGO	6:58.04	6,00
	50m: 50.18 50.18 150m: 2:36.14 53.67 250m: 4:22.93 53.70 350m: 6:09.37 52.84				
	100m: 1:42.47 52.29 200m: 3:29.23 53.09 300m: 5:16.53 53.60 400m: 6:58.04 48.67				
6.	1236643 MAGARIÑOS MACEIRAS, Xose	58	SALVESTRADA	7:10.59	5,00
	50m: 44.26 44.26 150m: 2:29.09 54.47 250m: 4:20.50 56.54 350m: 6:15.89 57.47				
	100m: 1:34.62 50.36 200m: 3:23.96 54.87 300m: 5:18.42 57.92 400m: 7:10.59 54.70				
7.	1127250 RODRIGUEZ LOPEZ, Eloy Jesus	58	VALDEORRAS	7:18.24	4,00
	50m: 45.11 45.11 150m: 2:32.78 55.89 250m: 4:28.67 58.00 350m: 6:24.55 58.06				
	100m: 1:36.89 51.78 200m: 3:30.67 57.89 300m: 5:26.49 57.82 400m: 7:18.24 53.69				

60+

1.	1105220 GARCIA RIÑON, Jaime	62	NCORUÑA	5:11.88	13,00
	50m: 35.88 35.88 150m: 1:53.88 38.94 250m: 3:13.48 39.73 350m: 4:32.09 39.09				
	100m: 1:14.94 39.06 200m: 2:33.75 39.87 300m: 3:53.00 39.52 400m: 5:11.88 39.79				
2.	1085112 RIVAS FEAL, Antonio	60	CASINOC	5:13.88	10,00
	50m: 36.71 36.71 150m: 1:56.09 39.79 250m: 3:15.54 39.52 350m: 4:35.86 40.03				
	100m: 1:16.30 39.59 200m: 2:36.02 39.93 300m: 3:55.83 40.29 400m: 5:13.88 38.02				
3.	1144940 HERNANZ MORAL, Fausto	64	RBAIXAS	6:22.24	8,00
	50m: 43.02 43.02 150m: 2:20.71 49.37 250m: 3:58.32 48.57 350m: 5:35.71 48.61				
	100m: 1:31.34 48.32 200m: 3:09.75 49.04 300m: 4:47.10 48.78 400m: 6:22.24 46.53				
4.	1143536 BLANCO PEREZ, Angel	62	POURENSE	6:49.77	7,00
	50m: 45.58 45.58 150m: 2:28.19 52.22 250m: 4:14.07 53.04 350m: 6:00.39 53.52				
	100m: 1:35.97 50.39 200m: 3:21.03 52.84 300m: 5:06.87 52.80 400m: 6:49.77 49.38				

65+

1.	1170858 CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	5:48.09	13,00
	50m: 38.80 38.80 150m: 2:06.22 44.83 250m: 3:37.05 45.19 350m: 5:05.93 44.11				
	100m: 1:21.39 42.59 200m: 2:51.86 45.64 300m: 4:21.82 44.77 400m: 5:48.09 42.16				
2.	1075770 RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	6:32.33	10,00
	50m: 44.11 44.11 150m: 2:26.57 51.88 250m: 4:07.29 49.82 350m: 5:47.42 49.62				
	100m: 1:34.69 50.58 200m: 3:17.47 50.90 300m: 4:57.80 50.51 400m: 6:32.33 44.91				

70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	72	POURENSE	6:13.22	13,00
	50m: 44.44 44.44 150m: 2:19.50 48.40 250m: 3:54.15 47.74 350m: 5:28.38 47.29				
	100m: 1:31.10 46.66 200m: 3:06.41 46.91 300m: 4:41.09 46.94 400m: 6:13.22 44.84				