

Prueba 22
14/06/2026

Masc., 400m Estilos

2006 y mayores
Resultados

Clasificación		Edad			Tiempo	Puntos
20+						
1.	1039680 MOLINELLI MARCOTE, Andres	24	CASINOC		5:19.54	13,00
	50m: 33.12 33.12 150m: 1:53.42 42.97 250m: 3:20.07 45.92 350m: 4:43.56 38.07					
	100m: 1:10.45 37.33 200m: 2:34.15 40.73 300m: 4:05.49 45.42 400m: 5:19.54 35.98					
2.	1075385 DIZ NIEVES, David	22	NFERROL		5:26.94	10,00
	50m: 32.85 32.85 150m: 1:54.05 42.93 250m: 3:22.11 46.73 350m: 4:49.37 38.76					
	100m: 1:11.12 38.27 200m: 2:35.38 41.33 300m: 4:10.61 48.50 400m: 5:26.94 37.57					
3.	1144995 RIAL SIEIRA, Leo	20	RIVEIRA		5:38.82	8,00
	50m: 34.29 34.29 150m: 2:00.79 45.20 250m: 3:34.10 48.04 350m: 5:02.78 38.75					
	100m: 1:15.59 41.30 200m: 2:46.06 45.27 300m: 4:24.03 49.93 400m: 5:38.82 36.04					
25+						
1.	1144193 PASTORIZA SANTA CLARA, Jorge	29	RBAIXAS		4:53.64	13,00
	50m: 31.64 31.64 150m: 1:46.71 38.50 250m: 3:05.24 41.06 350m: 4:20.97 34.12					
	100m: 1:08.21 36.57 200m: 2:24.18 37.47 300m: 3:46.85 41.61 400m: 4:53.64 32.67					
2.	1115676 GONZALEZ IGLESIAS, Alberto	29	CULLEREDO		5:32.41	10,00
	50m: 36.41 36.41 150m: 2:04.98 43.47 250m: 3:32.06 45.38 350m: 4:55.95 38.46					
	100m: 1:21.51 45.10 200m: 2:46.68 41.70 300m: 4:17.49 45.43 400m: 5:32.41 36.46					
35+						
1.	1086708 ABUIN ARES, Manuel	39	CIDSANTIAGO		5:56.19	13,00
	50m: 38.68 38.68 150m: 2:09.90 45.90 250m: 3:45.46 49.89 350m: 5:17.28 41.43					
	100m: 1:24.00 45.32 200m: 2:55.57 45.67 300m: 4:35.85 50.39 400m: 5:56.19 38.91					
2.	1076271 NOVALES BLANCO, Xabier	35	RBAIXAS		6:52.51	10,00
	50m: 45.32 45.32 150m: 2:34.19 59.24 250m: 4:26.73 53.86 350m: 6:08.28 47.27					
	100m: 1:34.95 49.63 200m: 3:32.87 58.68 300m: 5:21.01 54.28 400m: 6:52.51 44.23					
40+						
1.	1141151 CALLE FACAL, Telmo	43	CIDSANTIAGO		4:57.44	13,00
	50m: 31.26 31.26 150m: 1:46.79 38.36 250m: 3:07.08 41.85 350m: 4:23.55 34.56					
	100m: 1:08.43 37.17 200m: 2:25.23 38.44 300m: 3:48.99 41.91 400m: 4:57.44 33.89					
2.	1214823 GONZALEZ PEÑAS, David	42	PORTAMIÑA		6:34.11	10,00
	50m: 47.87 47.87 150m: 2:29.74 49.91 250m: 4:10.29 52.40 350m: 5:50.06 46.89					
	100m: 1:39.83 51.96 200m: 3:17.89 48.15 300m: 5:03.17 52.88 400m: 6:34.11 44.05					
3.	1178928 FIDALGO SERRANO, Guillermo	40	TRAVIESAS		7:29.70	8,00
	50m: 53.21 53.21 150m: 2:56.81 59.83 250m: 4:53.55 57.88 350m: 6:43.13 48.58					
	100m: 1:56.98 1:03.77 200m: 3:55.67 58.86 300m: 5:54.55 1:01.00 400m: 7:29.70 46.57					
4.	1039360 POSE MATO, Cesar	43	FOGAR		9:40.57	7,00
	50m: 1:13.10 1:13.10 150m: 3:51.64 1:15.75 250m: 6:26.56 1:18.97 350m: 8:42.22 59.99					
	100m: 2:35.89 1:22.79 200m: 5:07.59 1:15.95 300m: 7:42.23 1:15.67 400m: 9:40.57 58.35					
45+						
1.	1118746 SANCHEZ GORDON, Roman	48	RBAIXAS		5:28.70	13,00
	50m: 36.05 36.05 150m: 2:00.24 41.84 250m: 3:28.11 47.28 350m: 4:52.38 37.18					
	100m: 1:18.40 42.35 200m: 2:40.83 40.59 300m: 4:15.20 47.09 400m: 5:28.70 36.32					

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

Clasificación	Edad	Tempo	Puntos
2. 1240331 DE LORENZO FERNANDEZ, Javier	45 ESCUALOS	6:35.25	10,00
50m: 45.16 45.16 150m: 2:31.56 51.51 250m: 4:15.48 54.38 350m: 5:54.94 44.25			
100m: 1:40.05 54.89 200m: 3:21.10 49.54 300m: 5:10.69 55.21 400m: 6:35.25 40.31			
3. 1199899 DOMINGUEZ PHILOCREON, Ticiano	45 CIDSANTIAGO	6:45.07	8,00
50m: 40.05 40.05 150m: 2:26.66 58.80 250m: 4:18.15 56.22 350m: 6:01.78 45.51			
100m: 1:27.86 47.81 200m: 3:21.93 55.27 300m: 5:16.27 58.12 400m: 6:45.07 43.29			
DSQ 1190398 FERNANDEZ CORRAL, Marcos	47 PORTAMIÑA		-
<i>Nado irregular</i>			

50+

1. 1040137 QUINTAS BARROS, Jesus Carlos	53 ESCUALOS	6:00.38	13,00
50m: 37.12 37.12 150m: 2:11.05 50.42 250m: 3:50.08 50.89 350m: 5:21.72 40.92			
100m: 1:20.63 43.51 200m: 2:59.19 48.14 300m: 4:40.80 50.72 400m: 6:00.38 38.66			

55+

1. 1141504 BOUSO FUENTECILLA, Fernando	55 ESCUALOS	7:03.60	13,00
50m: 44.71 44.71 150m: 2:35.65 58.67 250m: 4:28.51 56.07 350m: 6:16.33 51.08			
100m: 1:36.98 52.27 200m: 3:32.44 56.79 300m: 5:25.25 56.74 400m: 7:03.60 47.27			
2. 1144698 CADAVID NUÑEZ, Jose	56 POURENSE	8:23.80	10,00
50m: 1:00.49 1:00.49 150m: 3:18.32 1:06.82 250m: 5:24.48 1:01.92 350m: 7:27.48 1:00.95			
100m: 2:11.50 1:11.01 200m: 4:22.56 1:04.24 300m: 6:26.53 1:02.05 400m: 8:23.80 56.32			
DSQ 1193949 LAMELO OTERO, Ramon Jesus	58 CIDSANTIAGO		-
<i>Nado irregular</i>			

60+

1. 1076516 JORGE IGLESIAS, Marcelino	60 PONTEAREAS	6:03.91	13,00 RG
50m: 40.50 40.50 150m: 2:16.81 49.19 250m: 3:52.37 48.09 350m: 5:24.11 41.98			
100m: 1:27.62 47.12 200m: 3:04.28 47.47 300m: 4:42.13 49.76 400m: 6:03.91 39.80			
2. 1143575 FERREIRA GONZALEZ, Xose Anxo	60 REDONDELA	7:56.87	10,00
50m: 52.43 52.43 150m: 2:55.79 1:02.66 250m: 5:10.93 1:13.20 350m: 7:09.60 48.88			
100m: 1:53.13 1:00.70 200m: 3:57.73 1:01.94 300m: 6:20.72 1:09.79 400m: 7:56.87 47.27			

65+

1. 1048207 ROS ROSILLO, Alejandro	68 RBAIXAS	7:34.86	13,00
50m: 52.15 52.15 150m: 2:51.59 1:01.61 250m: 4:47.91 55.89 350m: 6:40.36 57.41			
100m: 1:49.98 57.83 200m: 3:52.02 1:00.43 300m: 5:42.95 55.04 400m: 7:34.86 54.50			
2. 1075770 RODRIGUEZ BASANTA, Francisco Jos	65 VALDEORRAS	8:17.21	10,00
50m: 1:00.48 1:00.48 150m: 3:23.16 1:08.03 250m: 5:32.68 1:05.80 350m: 7:31.81 51.62			
100m: 2:15.13 1:14.65 200m: 4:26.88 1:03.72 300m: 6:40.19 1:07.51 400m: 8:17.21 45.40			

70+

1. 1075190 SUANZES PEREZ, Fernando	73 HERCULES	7:48.67	13,00
50m: 52.16 52.16 150m: 2:55.07 1:05.76 250m: 5:04.61 1:07.96 350m: 7:01.57 50.56			
100m: 1:49.31 57.15 200m: 3:56.65 1:01.58 300m: 6:11.01 1:06.40 400m: 7:48.67 47.10			
2. 1191492 TIMIRAOS CARRASCO, Luis	70 POURENSE	15:01.80	10,00
50m: 2:03.08 2:03.08 150m: 6:30.85 1:49.84 250m: 10:19.49 2:00.82 350m: 13:40.64 1:24.50			
100m: 4:41.01 2:37.93 200m: 8:18.67 1:47.82 300m: 12:16.14 1:56.65 400m: 15:01.80 1:21.16			