

Prueba 37
05/07/2026

Masc., 400m Estilos

ABSO MAS
Resultados

RG	4:26.60	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	29/05/2021
RC	4:30.63	, GUIOTTO SANCHEZ, MARCO	DELMAR	05/07/2019
MMG 18	4:30.63	, GUIOTTO SANCHEZ, MARCO	DELMAR	05/07/2019
MMG 17	4:35.25	, ABASCAL GALLEGOS, JOAQUIN	MARINAFE	10/04/2003
MMG 16	4:35.23	, SOUTO VILAS, CARLOS	LICEO	28/07/2019

Clasificación

Edad

Tiempo ABSO JUNI

JUNI MAS

1. PREGO GROBA, Brais	18	PONTEAREAS	4:47.81	13,00	19,00
50m: 30.52 30.52	150m: 1:44.19 36.79	250m: 3:00.42 40.04	350m: 4:15.26 32.65		
100m: 1:07.40 36.88	200m: 2:20.38 36.19	300m: 3:42.61 42.19	400m: 4:47.81 32.55		
2. GUITIAN LOPEZ, Iago	16	ARTEIXO	5:01.87	10,00	16,00
50m: 31.48 31.48	150m: 1:47.22 39.30	250m: 3:09.14 43.01	350m: 4:29.30 35.80		
100m: 1:07.92 36.44	200m: 2:26.13 38.91	300m: 3:53.50 44.36	400m: 5:01.87 32.57		
3. LOPEZ TURIÑO, Hugo	17	LICEO	5:03.39	7,00	14,00
50m: 32.06 32.06	150m: 1:46.77 39.12	250m: 3:08.64 43.93	350m: 4:29.10 35.12		
100m: 1:07.65 35.59	200m: 2:24.71 37.94	300m: 3:53.98 45.34	400m: 5:03.39 34.29		
4. FERNANDEZ QUINTELA, Daniel	16	POURENSE	5:03.67	6,00	13,00
50m: 32.50 32.50	150m: 1:47.59 38.44	250m: 3:09.10 43.07	350m: 4:29.32 36.89		
100m: 1:09.15 36.65	200m: 2:26.03 38.44	300m: 3:52.43 43.33	400m: 5:03.67 34.35		
5. SANESTEBAN LOPEZ, Teo	16	MARINAF	5:05.71	5,00	12,00
50m: 33.35 33.35	150m: 1:49.23 37.78	250m: 3:10.68 44.30	350m: 4:31.34 35.24		
100m: 1:11.45 38.10	200m: 2:26.38 37.15	300m: 3:56.10 45.42	400m: 5:05.71 34.37		
6. FREIRE ALVAREZ, Ivan	17	LICEO	5:15.81	-	11,00
50m: 33.26 33.26	150m: 1:52.25 42.54	250m: 3:18.71 45.54	350m: 4:41.53 36.61		
100m: 1:09.71 36.45	200m: 2:33.17 40.92	300m: 4:04.92 46.21	400m: 5:15.81 34.28		
7. GAVIEIRO MONTERO, Sergio	17	PORTAMIÑA	5:16.06	-	10,00
50m: 32.86 32.86	150m: 1:52.54 41.72	250m: 3:17.82 45.00	350m: 4:41.13 36.44		
100m: 1:10.82 37.96	200m: 2:32.82 40.28	300m: 4:04.69 46.87	400m: 5:16.06 34.93		
8. OTERO LAMAS, Alejandro	16	NTNARON	5:25.55	-	9,00
50m: 32.56 32.56	150m: 1:51.96 41.77	250m: 3:21.87 48.82	350m: 4:48.24 35.89		
100m: 1:10.19 37.63	200m: 2:33.05 41.09	300m: 4:12.35 50.48	400m: 5:25.55 37.31		
DSQ NISTAL PALACIOS, Rafael	17	SPORTINGCASINO	-	-	-
<i>Nado irregular</i>					

16 años

1. GUITIAN LOPEZ, Iago	16	ARTEIXO	5:01.87	10,00	16,00
50m: 31.48 31.48	150m: 1:47.22 39.30	250m: 3:09.14 43.01	350m: 4:29.30 35.80		
100m: 1:07.92 36.44	200m: 2:26.13 38.91	300m: 3:53.50 44.36	400m: 5:01.87 32.57		
2. FERNANDEZ QUINTELA, Daniel	16	POURENSE	5:03.67	6,00	13,00
50m: 32.50 32.50	150m: 1:47.59 38.44	250m: 3:09.10 43.07	350m: 4:29.32 36.89		
100m: 1:09.15 36.65	200m: 2:26.03 38.44	300m: 3:52.43 43.33	400m: 5:03.67 34.35		
3. SANESTEBAN LOPEZ, Teo	16	MARINAF	5:05.71	5,00	12,00
50m: 33.35 33.35	150m: 1:49.23 37.78	250m: 3:10.68 44.30	350m: 4:31.34 35.24		
100m: 1:11.45 38.10	200m: 2:26.38 37.15	300m: 3:56.10 45.42	400m: 5:05.71 34.37		
4. OTERO LAMAS, Alejandro	16	NTNARON	5:25.55	-	9,00
50m: 32.56 32.56	150m: 1:51.96 41.77	250m: 3:21.87 48.82	350m: 4:48.24 35.89		
100m: 1:10.19 37.63	200m: 2:33.05 41.09	300m: 4:12.35 50.48	400m: 5:25.55 37.31		

Prueba 37, Masc., 400m Estilos

17 - 18 años

1.	PREGO GROBA, Brais	18	PONTEAREAS	4:47.81	13,00	19,00
	50m: 30.52 30.52	150m: 1:44.19	36.79	250m: 3:00.42	40.04	350m: 4:15.26 32.65
	100m: 1:07.40 36.88	200m: 2:20.38	36.19	300m: 3:42.61	42.19	400m: 4:47.81 32.55
2.	LOPEZ TURIÑO, Hugo	17	LICEO	5:03.39	7,00	14,00
	50m: 32.06 32.06	150m: 1:46.77	39.12	250m: 3:08.64	43.93	350m: 4:29.10 35.12
	100m: 1:07.65 35.59	200m: 2:24.71	37.94	300m: 3:53.98	45.34	400m: 5:03.39 34.29
3.	FREIRE ALVAREZ, Ivan	17	LICEO	5:15.81	-	11,00
	50m: 33.26 33.26	150m: 1:52.25	42.54	250m: 3:18.71	45.54	350m: 4:41.53 36.61
	100m: 1:09.71 36.45	200m: 2:33.17	40.92	300m: 4:04.92	46.21	400m: 5:15.81 34.28
4.	GAVIEIRO MONTERO, Sergio	17	PORTAMIÑA	5:16.06	-	10,00
	50m: 32.86 32.86	150m: 1:52.54	41.72	250m: 3:17.82	45.00	350m: 4:41.13 36.44
	100m: 1:10.82 37.96	200m: 2:32.82	40.28	300m: 4:04.69	46.87	400m: 5:16.06 34.93
DSQ	NISTAL PALACIOS, Rafael	17	SPORTINGCASINO	-	-	-
	<i>Nado irregular</i>					

ABSO MAS

1.	MANEIROS PAZ, Mario	20	NFERROL	4:41.96	19,00	-
	50m: 29.55 29.55	150m: 1:40.82	37.19	250m: 2:57.15	40.42	350m: 4:09.93 32.82
	100m: 1:03.63 34.08	200m: 2:16.73	35.91	300m: 3:37.11	39.96	400m: 4:41.96 32.03
2.	ALVAREZ FERNANDEZ, Borja	30	FLUVIAL	4:46.00	16,00	-
	50m: 29.12 29.12	150m: 1:38.93	36.94	250m: 2:57.99	42.41	350m: 4:13.85 32.87
	100m: 1:01.99 32.87	200m: 2:15.58	36.65	300m: 3:40.98	42.99	400m: 4:46.00 32.15
3.	PEREZ FERNANDEZ, Brais	19	PORTAMIÑA	4:46.45	14,00	-
	50m: 29.57 29.57	150m: 1:40.73	38.03	250m: 2:59.02	41.80	350m: 4:15.29 32.72
	100m: 1:02.70 33.13	200m: 2:17.22	36.49	300m: 3:42.57	43.55	400m: 4:46.45 31.16
4.	PREGO GROBA, Brais	18	PONTEAREAS	4:47.81	13,00	19,00
	50m: 30.52 30.52	150m: 1:44.19	36.79	250m: 3:00.42	40.04	350m: 4:15.26 32.65
	100m: 1:07.40 36.88	200m: 2:20.38	36.19	300m: 3:42.61	42.19	400m: 4:47.81 32.55
5.	RODRIGUEZ JUSTO, Pedro	15	RBAIXASVIGO	4:51.88	12,00	-
	50m: 31.02 31.02	150m: 1:46.13	38.32	250m: 3:05.50	41.83	350m: 4:20.54 33.73
	100m: 1:07.81 36.79	200m: 2:23.67	37.54	300m: 3:46.81	41.31	400m: 4:51.88 31.34
6.	CUBEIRO ROSENDE, Xoel	19	LICEO	4:54.06	11,00	-
	50m: 29.72 29.72	150m: 1:39.17	35.11	250m: 2:59.21	45.26	350m: 4:20.52 34.31
	100m: 1:04.06 34.34	200m: 2:13.95	34.78	300m: 3:46.21	47.00	400m: 4:54.06 33.54
7.	GUITIANO LOPEZ, Iago	16	ARTEIXO	5:01.87	10,00	16,00
	50m: 31.48 31.48	150m: 1:47.22	39.30	250m: 3:09.14	43.01	350m: 4:29.30 35.80
	100m: 1:07.92 36.44	200m: 2:26.13	38.91	300m: 3:53.50	44.36	400m: 5:01.87 32.57
8.	PASTORIZA SANTA CLARA, Jorge	29	RBAIXASVIGO	5:01.98	9,00	-
	50m: 32.29 32.29	150m: 1:48.57	39.95	250m: 3:10.29	42.79	350m: 4:29.47 35.91
	100m: 1:08.62 36.33	200m: 2:27.50	38.93	300m: 3:53.56	43.27	400m: 5:01.98 32.51
9.	GAVIEIRO MONTERO, Raul	19	PORTAMIÑA	5:02.24	8,00	-
	50m: 30.69 30.69	150m: 1:48.97	41.57	250m: 3:12.91	44.15	350m: 4:30.42 33.94
	100m: 1:07.40 36.71	200m: 2:28.76	39.79	300m: 3:56.48	43.57	400m: 5:02.24 31.82
10.	LOPEZ TURIÑO, Hugo	17	LICEO	5:03.39	7,00	14,00
	50m: 32.06 32.06	150m: 1:46.77	39.12	250m: 3:08.64	43.93	350m: 4:29.10 35.12
	100m: 1:07.65 35.59	200m: 2:24.71	37.94	300m: 3:53.98	45.34	400m: 5:03.39 34.29
11.	FERNANDEZ QUINTELA, Daniel	16	POURENSE	5:03.67	6,00	13,00
	50m: 32.50 32.50	150m: 1:47.59	38.44	250m: 3:09.10	43.07	350m: 4:29.32 36.89
	100m: 1:09.15 36.65	200m: 2:26.03	38.44	300m: 3:52.43	43.33	400m: 5:03.67 34.35

Prueba 37, Masc., 400m Estilos, ABSO MAS

Clasificación	Edad	Tempo	ABSO	JUNI
12. SANESTEBAN LOPEZ, Teo	16	MARINAF	5:05.71	5,00 12,00
50m: 33.35 33.35 150m: 1:49.23 37.78 250m: 3:10.68 44.30 350m: 4:31.34 35.24				
100m: 1:11.45 38.10 200m: 2:26.38 37.15 300m: 3:56.10 45.42 400m: 5:05.71 34.37				
13. RIVERA PORRUA, Alejandro	15	RBAIXASVIGO	5:11.89	- -
50m: 32.29 32.29 150m: 1:49.83 40.43 250m: 3:16.03 46.01 350m: 4:38.36 36.08				
100m: 1:09.40 37.11 200m: 2:30.02 40.19 300m: 4:02.28 46.25 400m: 5:11.89 33.53				
14. FREIRE ALVAREZ, Ivan	17	LICEO	5:15.81	- 11,00
50m: 33.26 33.26 150m: 1:52.25 42.54 250m: 3:18.71 45.54 350m: 4:41.53 36.61				
100m: 1:09.71 36.45 200m: 2:33.17 40.92 300m: 4:04.92 46.21 400m: 5:15.81 34.28				
15. GAVIEIRO MONTERO, Sergio	17	PORTAMIÑA	5:16.06	- 10,00
50m: 32.86 32.86 150m: 1:52.54 41.72 250m: 3:17.82 45.00 350m: 4:41.13 36.44				
100m: 1:10.82 37.96 200m: 2:32.82 40.28 300m: 4:04.69 46.87 400m: 5:16.06 34.93				
16. OTERO LAMAS, Alejandro	16	NTNARON	5:25.55	- 9,00
50m: 32.56 32.56 150m: 1:51.96 41.77 250m: 3:21.87 48.82 350m: 4:48.24 35.89				
100m: 1:10.19 37.63 200m: 2:33.05 41.09 300m: 4:12.35 50.48 400m: 5:25.55 37.31				
DSQ AVILES ZHUAVLEV, Santiago	22	LICEO		- -
<i>Nado irregular</i>				
DSQ GIL-RIVERA BARBEITO, Pablo	20	CIDSANTIAGO		- -
<i>Nado irregular</i>				
DSQ NISTAL PALACIOS, Rafael	17	SPORTINGCASINO		- -
<i>Nado irregular</i>				