

Prueba 22
18/07/2026

Masc., 400m Estilos

ABSO MAS
Resultados

RG	4:14.90	, MENDEZ PUGA, MARIO	RBAIXAS	16/12/2022
MMG 18	4:21.34	, MENDEZ PUGA, MARIO	RBAIXAS	26/11/2021
MMG 17	4:25.02	, NAVARRO LOSADA SERGI	NFERROL	27/07/2024
MMG 16	4:25.68	, SOUTO VILAS, CARLOS	DELMAR	28/12/2019
MMG 15	4:32.17	, CABANA DEL AMO, PABLO	PONTEARE	28/12/2019
MMG 14	4:35.15	, CABANA DEL AMO, PABLO	PONTEARE	28/12/2018
MMG 13	4:50.45	, SIMON GARRIDO GUILLERMO	LICEO	13/12/2025
MMG 12	5:31.39	, LUQUE ROMERO, NICOLAS	MARINAFE	13/06/2010

Puntos: AQUA 2025

Clasificación	Edad			Tiempo		ABSO	FINA
1. PREGO GROBA, Brais	18	PONTEAREAS	4:36.67	15,00	611		
50m: 28.98 28.98	150m: 1:38.91 35.16	250m: 2:51.93 38.05	350m: 4:04.69 32.85				
100m: 1:03.75 34.77	200m: 2:13.88 34.97	300m: 3:31.84 39.91	400m: 4:36.67 31.98				
2. ESTEVEZ MONTES, Ian	13	PONTEAREAS	5:50.89	12,00	299		
50m: 40.53 40.53	150m: 2:12.67 45.20	250m: 3:46.45 49.87	350m: 5:15.30 36.66				
100m: 1:27.47 46.94	200m: 2:56.58 43.91	300m: 4:38.64 52.19	400m: 5:50.89 35.59				
3. NEMIÑA MARTÍNEZ, Aitor	12	PONTEAREAS	6:12.28	-	250		
50m: 39.19 39.19	150m: 2:13.35 46.08	250m: 3:54.24 55.70	350m: 5:31.08 41.57				
100m: 1:27.27 48.08	200m: 2:58.54 45.19	300m: 4:49.51 55.27	400m: 6:12.28 41.20				
4. PEREIRA FONTELA, Xabier	12	PONTEAREAS	6:35.20	-	209		
50m: 43.22 43.22	150m: 2:21.91 48.16	250m: 4:08.97 59.15	350m: 5:52.59 43.96				
100m: 1:33.75 50.53	200m: 3:09.82 47.91	300m: 5:08.63 59.66	400m: 6:35.20 42.61				
DSQ PAZOS ULLA, Samuel	14	PONTEAREAS	-				
Nado irregular							
WDR NIETO MUÑOZ, Iago	12	PONTEAREAS	-				