

Prueba 2
08/06/2019 - 17:49

Mas., 400m Libre

20 años y mayores
Resultados

Clasificación	AN										Tiempo	Puntos
20+												
1.	3769705 BOUZA PADRON, Adrian					97	RIASBAIXAS			4:22.84	13,00	RG
	50m:	28.84	28.84	150m:	1:34.62	33.68	250m:	2:42.24	34.09	350m:	3:49.71	33.56
	100m:	1:00.94	32.09	200m:	2:08.14	33.52	300m:	3:16.15	33.90	400m:	4:22.84	33.12
2.	3770309 COBELO REPRESAS, Francisco					96	PONTEAREAS			4:44.19	10,00	
	50m:	32.04	32.04	150m:	1:42.46	35.57	250m:	2:55.04	36.55	350m:	4:07.88	36.76
	100m:	1:06.89	34.84	200m:	2:18.49	36.02	300m:	3:31.11	36.06	400m:	4:44.19	36.31
3.	3769112 TRILLO RODRIGUEZ, Adrian					97	RIASBAIXAS			5:28.14	8,00	
	50m:	34.84	34.84	150m:	1:55.10	41.19	250m:	3:20.66	42.56	350m:	4:46.67	42.89
	100m:	1:13.91	39.06	200m:	2:38.09	42.99	300m:	4:03.78	43.11	400m:	5:28.14	41.47
25+												
1.	3797338 RODRÍGUEZ OUTEIRIÑO, Alejandro					90	ESCUALOS			6:11.57	13,00	
	50m:	38.24	38.24	150m:	2:09.72	46.95	250m:	3:45.15	48.25	350m:	5:24.08	49.25
	100m:	1:22.77	44.52	200m:	2:56.89	47.17	300m:	4:34.82	49.67	400m:	6:11.57	47.48
30+												
1.	3586550 DOMÍNGUEZ PARDELLAS, Rubén					88	RCNVIGO			4:47.23	13,00	
	50m:	33.87	33.87	150m:	1:47.66	36.83	250m:	3:00.43	35.71	350m:	4:12.76	35.72
	100m:	1:10.83	36.95	200m:	2:24.71	37.05	300m:	3:37.04	36.61	400m:	4:47.23	34.46
2.	3599069 FERNANDEZ ENCINA, Alberto					85	RIASBAIXAS			6:13.15	10,00	
	50m:	37.42	37.42	150m:	2:08.78	48.64	250m:	3:47.07	49.71	350m:	5:27.73	51.19
	100m:	1:20.14	42.71	200m:	2:57.35	48.57	300m:	4:36.54	49.47	400m:	6:13.15	45.41
3.	3597002 FERNANDES MAGALHAES, Andre					86	RIASBAIXAS			6:43.13	8,00	
	50m:	42.97	42.97	150m:	2:21.69	50.87	250m:	4:07.21	53.41	350m:	5:53.47	53.43
	100m:	1:30.82	47.84	200m:	3:13.80	52.10	300m:	5:00.03	52.82	400m:	6:43.13	49.66
4.	3597970 ANDRADE VILLAR, Roberto					87	ARTEIXO			6:45.71	7,00	
	50m:	40.18	40.18	150m:			250m:	3:58.12	53.97	350m:		
	100m:	1:23.42	43.24	200m:	3:04.15		300m:	4:53.00	54.87	400m:	6:45.71	
5.	3597023 MARTÍNEZ DOMÍNGUEZ, Iván					88	PONTEAREAS			6:54.54	6,00	
	50m:	43.59	43.59	150m:	2:27.59	54.02	250m:	4:18.56	56.40	350m:	6:07.62	53.14
	100m:	1:33.56	49.96	200m:	3:22.15	54.56	300m:	5:14.47	55.91	400m:	6:54.54	46.92
BAJ	3590174 LOPEZ PEREZ, Carlos Avelino					86	GALAICO				-	
35+												
1.	3597497 SEVILLA AROCA, Javier					83	ESCUALOS			5:34.41	13,00	
	50m:	35.38	35.38	150m:	1:53.66	40.31	250m:	3:18.15	43.04	350m:	4:48.70	46.12
	100m:	1:13.35	37.97	200m:	2:35.11	41.44	300m:	4:02.58	44.42	400m:	5:34.41	45.70
2.	3580192 SOBRIDO TRONCOSO, Bernardo					83	RIASBAIXAS			5:39.73	10,00	
	50m:	36.82	36.82	150m:	2:00.56	42.22	250m:	3:27.86	43.58	350m:	4:57.04	44.52
	100m:	1:18.34	41.51	200m:	2:44.27	43.71	300m:	4:12.52	44.65	400m:	5:39.73	42.69
3.	3597033 CRUCES VERGARA, Manuel Jose					81	CDELMAR			6:00.20	8,00	
	50m:	38.95	38.95	150m:	2:11.11	47.34	250m:	3:46.60	47.61	350m:	5:18.68	45.98
	100m:	1:23.76	44.81	200m:	2:58.98	47.86	300m:	4:32.69	46.09	400m:	6:00.20	41.52

Prueba 2, Mas., 400m Libre, 35+

Clasificación		AN		Tiempo	Puntos
4.	4082008 VALES IGLESIAS, Gonzalo	80	POURENSE	6:41.53	7,00
	50m: 39.95 39.95 150m: 2:13.85 48.97 250m: 3:58.63 52.63 350m: 5:48.67 55.38				
	100m: 1:24.87 44.92 200m: 3:06.00 52.14 300m: 4:53.29 54.65 400m: 6:41.53 52.85				
5.	3596080 RODRIGUEZ MARTIN, Isaac	81	ARTEIXO	7:17.77	6,00
	50m: 47.37 47.37 150m: 2:35.03 55.32 250m: 4:29.87 57.69 350m: 6:24.22 57.03				
	100m: 1:39.70 52.33 200m: 3:32.17 57.14 300m: 5:27.19 57.31 400m: 7:17.77 53.55				
BAJ	3594690 DE PRADO RODRIGUEZ, Jacobo	84	PORTAMIÑA	-	-

40+

1.	3594036 FINS SEOANE, Juan Miguel	77	SALESTRA	5:02.40	13,00
	50m: 32.54 32.54 150m: 1:46.88 37.92 250m: 3:04.53 39.33 350m: 4:24.92 40.00				
	100m: 1:08.95 36.40 200m: 2:25.19 38.30 300m: 3:44.91 40.38 400m: 5:02.40 37.47				
2.	3581429 CABANELAS EIRAS, Pablo	79	USC	5:47.31	10,00
	50m: 36.72 36.72 150m: 2:03.39 44.66 250m: 3:34.69 45.57 350m: 5:04.97 45.06				
	100m: 1:18.72 41.99 200m: 2:49.12 45.73 300m: 4:19.91 45.21 400m: 5:47.31 42.34				
3.	3592429 FERREIRA SANCHEZ, Rogelio	75	GALAICO	6:10.03	8,00
	50m: 41.40 41.40 150m: 2:12.41 46.29 250m: 3:46.52 47.03 350m:				
	100m: 1:26.11 44.71 200m: 2:59.48 47.07 300m: 4:33.89 47.37 400m: 6:10.03				
4.	3594686 TRONCOSO CAAMAÑO, Fernando	75	ESCUALOS	6:23.03	7,00
	50m: 44.35 44.35 150m: 2:21.57 49.61 250m: 3:58.72 48.28 350m: 5:35.26 48.46				
	100m: 1:31.95 47.59 200m: 3:10.43 48.86 300m: 4:46.79 48.06 400m: 6:23.03 47.77				
5.	3580600 GONZÁLEZ PEREIRA, J. Carlos	75	RCNVIGO	6:30.23	6,00
	50m: 42.96 42.96 150m: 2:18.93 48.88 250m: 3:58.15 49.77 350m: 5:40.23 50.79				
	100m: 1:30.05 47.09 200m: 3:08.37 49.44 300m: 4:49.43 51.28 400m: 6:30.23 50.00				
6.	3597542 TABOAS BASTOS, Oscar	77	MASTMOS	7:27.26	5,00
	50m: 45.27 45.27 150m:		250m:	350m:	
	100m: 1:37.36 52.08 200m: 3:31.76		300m: 5:29.04	400m: 7:27.26	

45+

1.	3769548 QUINTAS BARROS, Jesus C.	73	ESCUALOS	5:00.58	13,00
	50m: 34.86 34.86 150m: 1:52.82 39.19 250m: 3:09.87 38.22 350m: 4:25.11 37.50				
	100m: 1:13.62 38.75 200m: 2:31.64 38.82 300m: 3:47.61 37.74 400m: 5:00.58 35.47				
2.	3585142 TABARES DOMINGUEZ, Rafael	74	PORTAMIÑA	5:29.72	10,00
	50m: 37.76 37.76 150m: 2:00.27 41.21 250m: 3:23.54 41.68 350m: 4:47.99 42.15				
	100m: 1:19.05 41.29 200m: 2:41.85 41.57 300m: 4:05.84 42.30 400m: 5:29.72 41.73				
3.	3581521 ÁVILA MONASTERIO, Roque R.	73	RCNVIGO	5:31.61	8,00
	50m: 35.72 35.72 150m: 1:58.64 42.72 250m: 3:25.78 43.60 350m: 4:52.84 43.49				
	100m: 1:15.91 40.19 200m: 2:42.17 43.53 300m: 4:09.34 43.55 400m: 5:31.61 38.77				
4.	3597766 SANJURJO POVEDA, Pablo	74	NFERROL	5:40.06	7,00
	50m: 35.34 35.34 150m: 1:56.17 41.85 250m: 3:24.61 44.94 350m: 4:56.14 46.34				
	100m: 1:14.31 38.97 200m: 2:39.67 43.50 300m: 4:09.80 45.18 400m: 5:40.06 43.91				
5.	3580208 FERNANDEZ-TESTA BARREIRO, D.	74	RIASBAIXAS	5:55.29	6,00
	50m: 39.40 39.40 150m: 2:05.83 44.33 250m: 3:35.33 44.74 350m: 5:08.76 47.32				
	100m: 1:21.50 42.09 200m: 2:50.59 44.76 300m: 4:21.43 46.09 400m: 5:55.29 46.53				
6.	3594173 ANEIROS GARCIA, Jose M.	74	CMARINA	6:04.23	5,00
	50m: 40.76 40.76 150m: 2:11.44 46.79 250m: 3:45.41 47.58 350m: 5:19.33 47.23				
	100m: 1:24.65 43.88 200m: 2:57.82 46.38 300m: 4:32.10 46.69 400m: 6:04.23 44.90				

Prueba 2, Mas., 400m Libre, 45+

Clasificación		AN		Tiempo	Puntos
7.	3597576 FERNANDEZ GARCIA, Miguel D.	73	RIVEIRA	6:12.38	4,00
	50m: 38.74 38.74 150m: 2:08.92 46.52 250m: 3:45.79 49.02 350m: 5:25.77 50.36				
	100m: 1:22.40 43.65 200m: 2:56.77 47.84 300m: 4:35.41 49.61 400m: 6:12.38 46.60				
8.	3590101 LORENZO FERNANDEZ, J.	72	RIASBAIXAS	6:28.91	3,00
	50m: 41.89 41.89 150m: 2:17.23 48.78 250m: 3:58.54 51.21 350m: 5:40.47 51.28				
	100m: 1:28.44 46.55 200m: 3:07.33 50.09 300m: 4:49.18 50.63 400m: 6:28.91 48.44				
9.	3598415 GOICOECHEA PEREZ, Fernando	71	RIASBAIXAS	6:51.24	2,00
	50m: 42.21 42.21 150m: 2:23.71 51.46 250m: 4:11.23 53.86 350m: 5:59.68 54.10				
	100m: 1:32.25 50.03 200m: 3:17.37 53.65 300m: 5:05.58 54.34 400m: 6:51.24 51.55				
10.	4092992 FERREIRO SUAREZ, Javier Manuel	73	SCASINO	6:57.99	1,00
	50m: 43.24 43.24 150m: 2:21.84 50.12 250m: 4:08.84 54.26 350m: 6:01.84 57.77				
	100m: 1:31.72 48.48 200m: 3:14.57 52.73 300m: 5:04.07 55.23 400m: 6:57.99 56.14				
11.	3596989 IGLESIAS MIRA, Felipe	74	POURENSE	7:01.24	-
	50m: 46.12 46.12 150m: 2:30.23 53.46 250m: 4:21.89 55.89 350m: 6:12.25 54.19				
	100m: 1:36.77 50.64 200m: 3:25.99 55.76 300m: 5:18.05 56.16 400m: 7:01.24 48.99				
BAJ	3585398 PEREIRA DIAZ, Angel	72	PORTAMIÑA		-

50+

1.	3580141 ISASTI MAIZA, Patxi Xabier	65	PORTAMIÑA	5:20.63	13,00
	50m: 37.03 37.03 150m: 1:56.17 40.28 250m: 3:18.02 41.28 350m: 4:41.39 42.03				
	100m: 1:15.88 38.85 200m: 2:36.73 40.56 300m: 3:59.35 41.32 400m: 5:20.63 39.24				
2.	4098554 NISTAL GARCÍA, Eduardo	68	SCASINO	6:01.41	10,00
	50m: 38.26 38.26 150m: 2:09.43 47.43 250m: 3:44.51 48.10 350m: 5:17.54 47.11				
	100m: 1:22.00 43.73 200m: 2:56.41 46.97 300m: 4:30.43 45.91 400m: 6:01.41 43.87				
3.	3596916 PIÑEIRO PEREZ, Armando	66	POURENSE	6:04.52	8,00
	50m: 40.32 40.32 150m: 2:11.74 46.63 250m: 3:46.18 46.96 350m: 5:20.36 46.62				
	100m: 1:25.11 44.78 200m: 2:59.21 47.46 300m: 4:33.73 47.55 400m: 6:04.52 44.15				
4.	3656022 GURIDI HUERTA, Jesus Maria	68	FLUVIAL	6:07.24	7,00
	50m: 41.89 41.89 150m: 2:12.81 46.35 250m: 3:48.33 48.45 350m: 5:22.43 47.11				
	100m: 1:26.46 44.56 200m: 2:59.87 47.06 300m: 4:35.32 46.98 400m: 6:07.24 44.81				
5.	3769301 MIRA PEREZ, Jorge	68	USC	6:28.78	6,00
	50m: 40.88 40.88 150m: 2:17.27 49.71 250m: 3:58.18 51.27 350m: 5:39.70 50.21				
	100m: 1:27.55 46.66 200m: 3:06.91 49.63 300m: 4:49.49 51.30 400m: 6:28.78 49.07				
6.	3595003 IGLESIAS RODRIGUEZ, Carlos	69	RIASBAIXAS	6:38.19	5,00
	50m: 42.37 42.37 150m: 2:18.88 49.23 250m: 4:02.89 52.96 350m: 5:47.68 52.20				
	100m: 1:29.65 47.27 200m: 3:09.92 51.03 300m: 4:55.48 52.59 400m: 6:38.19 50.50				
7.	3918771 GALLIE MORIGNY, Fabien	69	RIASBAIXAS	6:40.53	4,00
	50m: 43.62 43.62 150m: 2:20.54 49.87 250m: 4:06.22 53.37 350m: 5:52.88 53.57				
	100m: 1:30.66 47.03 200m: 3:12.85 52.31 300m: 4:59.31 53.08 400m: 6:40.53 47.64				

55+

1.	3585419 BETHENCOURT IGLESIAS, Sergio	63	GALAICO	5:37.90	13,00
	50m: 38.44 38.44 150m: 2:04.47 43.54 250m: 3:32.05 43.63 350m: 4:58.33 43.09				
	100m: 1:20.93 42.48 200m: 2:48.42 43.95 300m: 4:15.23 43.17 400m: 5:37.90 39.56				
2.	3582536 CEGARRA GARCIA, Eugenio	64	RSDH	6:31.13	10,00
	50m: 41.90 41.90 150m: 2:20.76 51.36 250m: 4:00.98 50.89 350m: 5:42.99 50.96				
	100m: 1:29.40 47.50 200m: 3:10.08 49.31 300m: 4:52.02 51.04 400m: 6:31.13 48.14				

Prueba 2, Mas., 400m Libre, 55+

Clasificación		AN		Tiempo	Puntos
3.	3579268 SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	6:38.61	8,00
	50m: 43.06 43.06 150m: 2:20.43 50.48 250m: 4:02.89 51.02 350m: 5:48.03 52.55				
	100m: 1:29.95 46.88 200m: 3:11.87 51.43 300m: 4:55.48 52.58 400m: 6:38.61 50.58				
4.	3595052 SANCHEZ MUÑOZ, Jose Ignacio	61	RIASBAIXAS	6:39.59	7,00
	50m: 44.92 44.92 150m: 2:25.74 51.35 250m: 4:10.09 52.25 350m: 5:52.82 50.86				
	100m: 1:34.39 49.46 200m: 3:17.83 52.08 300m: 5:01.96 51.87 400m: 6:39.59 46.76				
5.	3596089 HERNANZ MORAL, Fausto	62	RIASBAIXAS	7:02.57	6,00
	50m: 48.22 48.22 150m: 2:34.43 53.35 250m: 4:22.64 54.07 350m: 6:10.49 53.72				
	100m: 1:41.07 52.85 200m: 3:28.57 54.13 300m: 5:16.77 54.12 400m: 7:02.57 52.08				
6.	3595266 BLANCO PEREZ, Angel	64	POURENSE	7:06.57	5,00
	50m: 46.48 46.48 150m: 2:33.34 54.34 250m: 350m: 6:14.88 55.28				
	100m: 1:38.99 52.51 200m: 3:27.73 54.39 300m: 5:19.59 400m: 7:06.57 51.69				
7.	3580047 LAGO REY, Jose Manuel	63	MASTMOS	9:57.79	4,00
	50m: 1:05.23 1:05.23 150m: 3:35.38 1:17.85 250m: 6:09.40 1:16.40 350m: 8:44.64 1:19.47				
	100m: 2:17.53 1:12.29 200m: 4:52.99 1:17.61 300m: 7:25.17 1:15.77 400m: 9:57.79 1:13.15				
DNF	3586141 COUÑAGO BAUTISTA, Constante J.	62	PONTEAREAS		-
	<i>Retirado</i>				
	50m: 41.02 41.02 150m: 2:21.59 51.56 250m: 4:07.71 51.95 350m:				
	100m: 1:30.02 48.99 200m: 3:15.76 54.17 300m: 5:00.48 52.76 400m:				
BAJ	3594166 EIRAS DORADO, Juan Luis	62	PORTAMIÑA		-

60+

1.	3593223 COUSO LOPEZ, Javier	59	CDELMAR	6:14.78	13,00
	50m: 38.77 38.77 150m: 2:10.80 47.23 250m: 3:49.02 49.64 350m: 5:28.51 49.64				
	100m: 1:23.57 44.79 200m: 2:59.38 48.57 300m: 4:38.87 49.85 400m: 6:14.78 46.26				
2.	3593186 RODRIGUEZ VIEITO, Ricardo M.	57	MASTMOS	6:25.37	10,00
	50m: 41.19 41.19 150m: 2:14.87 48.19 250m: 3:56.02 50.76 350m: 5:37.56 50.68				
	100m: 1:26.68 45.48 200m: 3:05.25 50.37 300m: 4:46.88 50.86 400m: 6:25.37 47.80				
3.	3592431 PEREZ SOLIÑO, Constante	58	TRAVIESAS	7:07.80	8,00
	50m: 43.03 43.03 150m: 2:26.65 53.04 250m: 4:20.74 57.22 350m: 6:17.75 58.58				
	100m: 1:33.61 50.58 200m: 3:23.51 56.86 300m: 5:19.17 58.42 400m: 7:07.80 50.05				
4.	3598277 ESPINOSA SUANCES, Antucho	58	ESCUALOS	8:29.72	7,00
	50m: 55.19 55.19 150m: 3:05.75 1:07.41 250m: 5:16.89 1:06.29 350m: 7:31.44 1:06.25				
	100m: 1:58.33 1:03.13 200m: 4:10.59 1:04.84 300m: 6:25.18 1:08.29 400m: 8:29.72 58.28				
5.	3597510 EXPOSITO MARTINEZ, Antonio	58	GALAICO	10:28.18	6,00
	50m: 1:13.05 1:13.05 150m: 3:54.78 1:19.73 250m: 6:35.33 1:20.41 350m: 9:12.74 1:19.42				
	100m: 2:35.04 1:21.98 200m: 5:14.91 1:20.13 300m: 7:53.32 1:17.99 400m: 10:28.18 1:15.43				

65+

1.	3584777 GARCIA COLOMO, Manuel Ramon	54	POURENSE	6:08.05	13,00 RG
	50m: 42.10 42.10 150m: 2:16.02 48.22 250m: 3:51.26 48.03 350m: 5:24.37 46.45				
	100m: 1:27.80 45.69 200m: 3:03.23 47.21 300m: 4:37.91 46.64 400m: 6:08.05 43.68				
2.	3579780 MONROY FERNÁNDEZ, Manuel	50	RCNVIGO	7:06.73	10,00
	50m: 48.66 48.66 150m: 2:36.80 55.37 250m: 4:28.72 56.36 350m: 6:18.19 52.72				
	100m: 1:41.42 52.76 200m: 3:32.35 55.55 300m: 5:25.47 56.74 400m: 7:06.73 48.54				

Prueba 2, Mas., 400m Libre

70+

1.	3580118 RODRIGUEZ YAÑEZ, Manuel A.	48	RIASBAIXAS	7:10.03	13,00
	50m: 52.76 52.76	150m: 2:45.49 55.51	250m: 4:35.36 54.65	350m: 6:21.11 51.88	
	100m: 1:49.97 57.21	200m: 3:40.71 55.21	300m: 5:29.22 53.86	400m: 7:10.03 48.91	

75+

1.	3593193 OTERO DIAZ, Francisco Javier	42	GALAICO	9:48.73	13,00 RG
	50m: 1:04.59 1:04.59	150m: 3:35.76 1:17.81	250m: 6:08.62 1:16.85	350m: 8:44.08 1:17.52	
	100m: 2:17.94 1:13.34	200m: 4:51.77 1:16.01	300m: 7:26.56 1:17.93	400m: 9:48.73 1:04.64	

80+

1.	3596392 FOLCH MALLOFRE, Ramon	37	ARTEIXO	7:55.53	13,00
	50m: 50.89 50.89	150m: 2:53.58 1:02.06	250m: 4:54.90 1:00.87	350m: 6:58.70 1:01.12	
	100m: 1:51.51 1:00.61	200m: 3:54.02 1:00.44	300m: 5:57.58 1:02.67	400m: 7:55.53 56.83	