

Prueba 2
03/06/2023

Masc., 400m Libre

2003 y mayores
Resultados

Clasificación	Edad								Tiempo	Puntos
20+										
1.	1086359	MOURE DOVAL, Jose				24	POURENSE		4:16.72	13,00 RG
	50m:	28.05	28.05	150m:	1:31.71	33.05	250m:	2:39.07	33.89	350m: 3:45.89 33.00
	100m:	58.66	30.61	200m:	2:05.18	33.47	300m:	3:12.89	33.82	400m: 4:16.72 30.83
2.	1039567	CIVEIRA CORRAL, Raul				21	POURENSE		4:21.04	10,00
	50m:	29.15	29.15	150m:	1:32.85	32.70	250m:	2:40.45	33.96	350m: 3:48.32 33.58
	100m:	1:00.15	31.00	200m:	2:06.49	33.64	300m:	3:14.74	34.29	400m: 4:21.04 32.72
3.	1039554	GUTIERREZ MARÍÑO, Santiago				21	POURENSE		4:36.34	8,00
	50m:	31.11	31.11	150m:	1:40.58	35.45	250m:	2:50.95	35.38	350m: 4:01.42 35.42
	100m:	1:05.13	34.02	200m:	2:15.57	34.99	300m:	3:26.00	35.05	400m: 4:36.34 34.92
4.	1111716	SIMON COTELO, Manuel				22	HERCULES		4:41.25	7,00
	50m:	30.86	30.86	150m:	1:40.74	35.58	250m:	2:52.00	35.72	350m: 4:05.16 36.64
	100m:	1:05.16	34.30	200m:	2:16.28	35.54	300m:	3:28.52	36.52	400m: 4:41.25 36.09
5.	1076409	CANCELA GOMEZ, Hugo				20	PONTEAREAS		5:04.35	6,00
	50m:	31.85	31.85	150m:	1:43.98	37.25	250m:	3:03.99	39.89	350m: 4:24.90 40.21
	100m:	1:06.73	34.88	200m:	2:24.10	40.12	300m:	3:44.69	40.70	400m: 5:04.35 39.45
6.	1061561	INCUTTI TELLADO, Denis				23	PONTEAREAS		5:05.24	5,00
	50m:	33.09	33.09	150m:	1:48.20	38.23	250m:	3:07.34	39.81	350m: 4:27.02 39.65
	100m:	1:09.97	36.88	200m:	2:27.53	39.33	300m:	3:47.37	40.03	400m: 5:05.24 38.22
DSQ	1230348	GONZALEZ ALONSO, Alejandro				21	PONTEAREAS			-
	Saída anticipada									
25+										
1.	1144193	PASTORIZA SNTACLARA, Jorge				26	RIASBAIXAS		4:31.03	13,00
	50m:	30.98	30.98	150m:	1:38.14	33.82	250m:	2:47.16	34.61	350m: 3:56.87 34.64
	100m:	1:04.32	33.34	200m:	2:12.55	34.41	300m:	3:22.23	35.07	400m: 4:31.03 34.16
2.	1038181	BOUZA PADRON, Adrian				26	PONTEAREAS		4:37.89	10,00
	50m:	31.68	31.68	150m:	1:40.68	34.60	250m:	2:51.45	35.66	350m: 4:03.34 35.88
	100m:	1:06.08	34.40	200m:	2:15.79	35.11	300m:	3:27.46	36.01	400m: 4:37.89 34.55
3.	1068356	AZNAR GRUILLE, Carlos J.				28	CMARINA		5:09.65	8,00
	50m:	34.98	34.98	150m:	1:50.81	38.63	250m:	3:10.07	39.63	350m: 4:30.27 39.85
	100m:	1:12.18	37.20	200m:	2:30.44	39.63	300m:	3:50.42	40.35	400m: 5:09.65 39.38
4.	1078908	MEILAN SANCHEZ, Sergio Jose				27	PORTAMIÑA		6:01.65	7,00
	50m:	36.64	36.64	150m:	2:02.72	44.72	250m:	3:35.93	47.42	350m: 5:14.36 48.75
	100m:	1:18.00	41.36	200m:	2:48.51	45.79	300m:	4:25.61	49.68	400m: 6:01.65 47.29
DSQ	1039270	TRILLO RODRIGUEZ, Adrian				26	CNMOS			-
	Saída anticipada									
30+										
1.	1038322	VIEITEZ PORTO, Ismael				31	GALAICO		5:12.84	13,00
	50m:	34.39	34.39	150m:	1:51.45	38.95	250m:	3:11.78	40.20	350m: 4:33.22 40.08
	100m:	1:12.50	38.11	200m:	2:31.58	40.13	300m:	3:53.14	41.36	400m: 5:12.84 39.62

Prueba 2, Masc., 400m Libre, 30+

Clasificación	Edad	Tiempo	Puntos
DSQ 1025801 FERNANDEZ VARELA, Adrian <i>Saída anticipada</i>	32 FLUVIAL		-

35+

1.	1143515 BLANCO PEREZ, Jesus	37 NTNARON	5:18.18	13,00
	50m: 34.34 34.34 150m: 1:49.39 38.49 250m: 3:11.13 41.26 350m: 4:35.67 42.69			
	100m: 1:10.90 36.56 200m: 2:29.87 40.48 300m: 3:52.98 41.85 400m: 5:18.18 42.51			
2.	1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	5:55.87	10,00
	50m: 41.17 41.17 150m: 2:09.83 44.79 250m: 3:40.42 45.32 350m: 5:11.16 45.84			
	100m: 1:25.04 43.87 200m: 2:55.10 45.27 300m: 4:25.32 44.90 400m: 5:55.87 44.71			
3.	1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36 TRICORUÑA	5:59.20	8,00
	50m: 39.90 39.90 150m: 2:09.78 45.49 250m: 3:41.64 45.74 350m: 5:14.44 46.50			
	100m: 1:24.29 44.39 200m: 2:55.90 46.12 300m: 4:27.94 46.30 400m: 5:59.20 44.76			
4.	1198278 MANEIRO BETANZOS, Javier	38 ESCUALOS	6:04.87	7,00
	50m: 38.00 38.00 150m: 2:02.37 42.97 250m: 3:36.48 48.07 350m: 5:15.68 50.30			
	100m: 1:19.40 41.40 200m: 2:48.41 46.04 300m: 4:25.38 48.90 400m: 6:04.87 49.19			
5.	1036745 BARCIA SIXTO, Francisco José	38 NTNARON	6:14.30	6,00
	50m: 39.51 39.51 150m: 2:09.39 46.13 250m: 3:46.69 49.14 350m: 5:26.52 49.81			
	100m: 1:23.26 43.75 200m: 2:57.55 48.16 300m: 4:36.71 50.02 400m: 6:14.30 47.78			
6.	1224976 RODRIGUEZ PEREZ, Luis	36 CNMOS	6:22.77	5,00
	50m: 36.92 36.92 150m: 2:09.60 48.97 250m: 3:52.82 52.02 350m: 5:34.26 50.01			
	100m: 1:20.63 43.71 200m: 3:00.80 51.20 300m: 4:44.25 51.43 400m: 6:22.77 48.51			
7.	1178928 FIDALGO SERRANO, Guillermo	37 TRAVIESAS	6:35.61	4,00
	50m: 43.48 43.48 150m: 2:23.70 51.33 250m: 4:08.94 52.87 350m: 5:50.55 50.95			
	100m: 1:32.37 48.89 200m: 3:16.07 52.37 300m: 4:59.60 50.66 400m: 6:35.61 45.06			

40+

1.	1024675 IGLESIAS GOMEZ, Gonzalo	44 HERCULES	4:57.90	13,00
	50m: 32.91 32.91 150m: 1:46.04 37.27 250m: 3:02.48 38.53 350m: 4:20.34 39.52			
	100m: 1:08.77 35.86 200m: 2:23.95 37.91 300m: 3:40.82 38.34 400m: 4:57.90 37.56			
2.	1228089 MERA MONTECELOS, Pablo	40 HERCULES	5:10.37	10,00
	50m: 34.15 34.15 150m: 1:51.96 39.82 250m: 3:11.90 40.19 350m: 4:32.24 40.03			
	100m: 1:12.14 37.99 200m: 2:31.71 39.75 300m: 3:52.21 40.31 400m: 5:10.37 38.13			
3.	1144584 ALVAREZ SILVA, Ruben	42 ESCUALOS	5:43.42	8,00
	50m: 37.62 37.62 150m: 2:00.35 42.34 250m: 3:29.30 44.84 350m: 5:00.72 46.20			
	100m: 1:18.01 40.39 200m: 2:44.46 44.11 300m: 4:14.52 45.22 400m: 5:43.42 42.70			
4.	1143899 PEREZ LOPEZ, Manuel	42 ESCUALOS	5:43.65	7,00
	50m: 37.18 37.18 150m: 2:03.80 44.08 250m: 3:33.72 44.50 350m: 5:02.34 43.82			
	100m: 1:19.72 42.54 200m: 2:49.22 45.42 300m: 4:18.52 44.80 400m: 5:43.65 41.31			
5.	1200126 TABOADA CALVELO, Jose Carlos	44 SALESTRA	6:51.58	6,00
	50m: 42.25 42.25 150m: 2:23.43 52.42 250m: 4:12.14 54.78 350m: 6:01.59 54.90			
	100m: 1:31.01 48.76 200m: 3:17.36 53.93 300m: 5:06.69 54.55 400m: 6:51.58 49.99			
6.	1204849 RICO CARAMES, Pablo	42 POURENSE	7:13.36	5,00
	50m: 150m: 200m: 3:28.54	250m: 300m: 5:23.10	350m: 400m: 7:13.36	

Prueba 2, Masc., 400m Libre

45+

1.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	5:01.66	13,00
	50m: 33.41 33.41 150m: 1:48.15 37.78 250m: 3:05.97 38.69 350m: 4:24.04 38.47				
	100m: 1:10.37 36.96 200m: 2:27.28 39.13 300m: 3:45.57 39.60 400m: 5:01.66 37.62				
2.	1175127 MASSO AGUADO, Jorge	47	RIASBAIXAS	5:10.73	10,00
	50m: 35.10 35.10 150m: 1:54.52 40.08 250m: 3:15.71 40.22 350m: 4:33.88 38.17				
	100m: 1:14.44 39.34 200m: 2:35.49 40.97 300m: 3:55.71 40.00 400m: 5:10.73 36.85				
3.	1144267 FINS SEOANE, Juan Miguel	46	SALESTRA	5:15.54	8,00
	50m: 35.18 35.18 150m: 1:53.27 39.44 250m: 3:15.15 40.77 350m: 4:36.67 40.14				
	100m: 1:13.83 38.65 200m: 2:34.38 41.11 300m: 3:56.53 41.38 400m: 5:15.54 38.87				
4.	1079343 MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	5:17.26	7,00
	50m: 34.98 34.98 150m: 1:53.99 40.40 250m: 3:15.25 40.84 350m: 4:37.42 41.11				
	100m: 1:13.59 38.61 200m: 2:34.41 40.42 300m: 3:56.31 41.06 400m: 5:17.26 39.84				
5.	1212075 GONZALEZ PARIS, David	45	HERCULES	5:29.35	6,00
	50m: 36.44 36.44 150m: 1:57.68 41.60 250m: 3:21.24 41.93 350m: 4:47.72 43.33				
	100m: 1:16.08 39.64 200m: 2:39.31 41.63 300m: 4:04.39 43.15 400m: 5:29.35 41.63				
6.	1143480 ABADES REBOREDO, Daniel	45	HERCULES	5:31.40	5,00
	50m: 35.44 35.44 150m: 1:57.15 41.75 250m: 3:22.96 42.48 350m: 4:50.60 43.80				
	100m: 1:15.40 39.96 200m: 2:40.48 43.33 300m: 4:06.80 43.84 400m: 5:31.40 40.80				
7.	1192271 MOURIÑO FORTES, Victor Manuel	46	PONTEAREAS	6:00.98	4,00
	50m: 39.81 39.81 150m: 2:09.55 45.25 250m: 3:43.78 47.19 350m: 5:17.97 46.42				
	100m: 1:24.30 44.49 200m: 2:56.59 47.04 300m: 4:31.55 47.77 400m: 6:00.98 43.01				
8.	1076553 FERNANDEZ-TESTA BARREIRO, David	49	RIASBAIXAS	6:09.79	3,00
	50m: 38.95 38.95 150m: 2:08.47 46.16 250m: 3:43.65 47.86 350m: 5:21.77 49.44				
	100m: 1:22.31 43.36 200m: 2:55.79 47.32 300m: 4:32.33 48.68 400m: 6:09.79 48.02				
9.	1203306 DURO GONZALEZ, Antonio	49	SALESTRA	6:15.12	2,00
	50m: 40.72 40.72 150m: 2:12.36 46.82 250m: 3:49.31 48.67 350m: 5:28.21 49.68				
	100m: 1:25.54 44.82 200m: 3:00.64 48.28 300m: 4:38.53 49.22 400m: 6:15.12 46.91				
10.	1201621 ALONSO ORTIZ, Mariano	47	FLUVIAL	6:17.92	1,00
	50m: 39.86 39.86 150m: 2:11.69 47.37 250m: 3:49.23 49.35 350m: 5:29.30 50.71				
	100m: 1:24.32 44.46 200m: 2:59.88 48.19 300m: 4:38.59 49.36 400m: 6:17.92 48.62				
11.	1144915 SÁNCHEZ PARADA, Jose Mª	45	ARTEIXO	7:16.66	-
	50m: 45.13 45.13 150m: 2:32.71 55.15 250m: 4:28.91 58.91 350m: 6:24.07 57.00				
	100m: 1:37.56 52.43 200m: 3:30.00 57.29 300m: 5:27.07 58.16 400m: 7:16.66 52.59				
12.	1143964 TABOAS BASTOS, Oscar	46	CNMOS	7:40.58	-
	50m: 150m: 250m: 350m:				
	100m: 1:40.14 200m: 3:39.49 300m: 5:43.05 400m: 7:40.58				
Baja	1180411 NUÑEZ CORREDOIRA, Gonzalo	49	PORTAMIÑA	-	-

50+

1.	1040137 QUINTAS BARROS, Jesus C.	50	ESCUALOS	5:08.52	13,00 RG
	50m: 35.11 35.11 150m: 1:53.59 39.65 250m: 3:13.24 39.74 350m: 4:32.16 39.18				
	100m: 1:13.94 38.83 200m: 2:33.50 39.91 300m: 3:52.98 39.74 400m: 5:08.52 36.36				
2.	1038104 PEREZ ARIAS, Hector	52	PORTAMIÑA	5:47.67	10,00
	50m: 40.03 40.03 150m: 2:06.11 43.35 250m: 3:34.25 44.27 350m: 5:03.23 44.19				
	100m: 1:22.76 42.73 200m: 2:49.98 43.87 300m: 4:19.04 44.79 400m: 5:47.67 44.44				
3.	1075597 RODRIGUEZ BALIÑA, Marcos	52	PONTEAREAS	6:00.84	8,00
	50m: 40.93 40.93 150m: 2:10.89 45.33 250m: 3:43.90 46.50 350m: 5:17.29 46.49				
	100m: 1:25.56 44.63 200m: 2:57.40 46.51 300m: 4:30.80 46.90 400m: 6:00.84 43.55				

Prueba 2, Masc., 400m Libre, 50+

Clasificación		Edad		Tiempo	Puntos
4.	1141504 BOUSO FUENTECILLA, Fernando	52	ESCUALOS	6:03.61	7,00
	50m: 40.25 40.25 150m: 2:10.82 46.81 250m: 3:45.35 47.49 350m: 5:20.21 47.32				
	100m: 1:24.01 43.76 200m: 2:57.86 47.04 300m: 4:32.89 47.54 400m: 6:03.61 43.40				
5.	1171462 FERREIRO SEOANE, Jose Raul	50	RIASBAIXAS	6:21.97	6,00
	50m: 41.97 41.97 200m: 3:06.09 1:37.99 400m: 6:21.97 1:34.45				
	100m: 1:28.10 46.13 300m: 4:47.52 1:41.43				
6.	1144857 FERREIRO SUAREZ, Javier M.	50	SCASINO	6:28.88	5,00
	50m: 40.34 40.34 150m: 2:10.45 46.22 250m: 3:49.56 50.92 350m: 5:35.04 54.14				
	100m: 1:24.23 43.89 200m: 2:58.64 48.19 300m: 4:40.90 51.34 400m: 6:28.88 53.84				
7.	1141071 LORENZO FERNANDEZ, Jose Manuel	51	RIASBAIXAS	6:29.79	4,00
	50m: 42.55 42.55 150m: 2:18.49 49.27 250m: 3:58.01 50.99 350m: 5:40.50 51.68				
	100m: 1:29.22 46.67 200m: 3:07.02 48.53 300m: 4:48.82 50.81 400m: 6:29.79 49.29				
8.	1143605 FERNANDEZ MARTINEZ, Alberto	52	ESCUALOS	6:41.85	3,00
	50m: 44.18 44.18 150m: 2:23.90 51.01 250m: 4:07.45 52.03 350m: 5:53.39 53.17				
	100m: 1:32.89 48.71 200m: 3:15.42 51.52 300m: 5:00.22 52.77 400m: 6:41.85 48.46				
9.	1180236 DE LA VEGA GÁNDARAS, Felipe	50	HERCULES	6:50.99	2,00
	50m: 47.55 47.55 150m: 2:31.22 52.32 250m: 4:16.10 52.24 350m: 6:01.48 52.42				
	100m: 1:38.90 51.35 200m: 3:23.86 52.64 300m: 5:09.06 52.96 400m: 6:50.99 49.51				
10.	1145039 FERREIRO SANCHEZ, Luis	53	POURENSE	8:04.65	1,00
	50m: 150m: 250m: 350m:				
	100m: 1:48.64 200m: 3:54.83 300m: 6:06.11 400m: 8:04.65				

55+

1.	1076177 TIMIRAS CARRASCO, Fernando	58	PORTAMIÑA	5:18.36	13,00
	50m: 38.00 38.00 150m: 1:58.44 40.67 250m: 3:19.35 39.97 350m: 4:39.32 40.19				
	100m: 1:17.77 39.77 200m: 2:39.38 40.94 300m: 3:59.13 39.78 400m: 5:18.36 39.04				
2.	1199894 IRIBARNEGARAY FERNANDEZ, Javier	57	GALAICO	5:47.28	10,00
	50m: 37.90 37.90 150m: 2:01.37 42.57 250m: 3:31.14 45.21 350m: 5:02.26 45.67				
	100m: 1:18.80 40.90 200m: 2:45.93 44.56 300m: 4:16.59 45.45 400m: 5:47.28 45.02				
3.	1175089 NISTAL GARCÍA, Eduardo	55	SCASINO	6:00.34	8,00
	50m: 38.75 38.75 150m: 2:13.08 48.15 250m: 3:48.35 47.38 350m: 5:21.10 46.12				
	100m: 1:24.93 46.18 200m: 3:00.97 47.89 300m: 4:34.98 46.63 400m: 6:00.34 39.24				
4.	1145033 PIÑEIRO PEREZ, Armando	57	PONTEAREAS	6:06.86	7,00
	50m: 43.21 43.21 150m: 2:17.03 46.69 250m: 3:51.74 47.04 350m: 5:24.32 45.84				
	100m: 1:30.34 47.13 200m: 3:04.70 47.67 300m: 4:38.48 46.74 400m: 6:06.86 42.54				
5.	1057905 GURIDI HUERTA, Jesus M.	55	FLUVIAL	6:20.64	6,00
	50m: 43.10 43.10 150m: 2:18.44 48.33 250m: 3:55.99 47.87 350m: 5:33.62 48.28				
	100m: 1:30.11 47.01 200m: 3:08.12 49.68 300m: 4:45.34 49.35 400m: 6:20.64 47.02				
6.	1079460 REY ROMERO, Jorge J.	57	PORTAMIÑA	6:25.25	5,00
	50m: 150m: 250m: 350m:				
	100m: 1:28.28 200m: 3:06.42 300m: 4:47.49 400m: 6:25.25				
7.	1078802 CEGARRA GARCIA, Eugenio	59	RSDH	6:50.05	4,00
	100m: 1:37.86 1:37.86 200m: 3:25.07 52.69 300m: 5:12.48 53.54 400m: 6:50.05 45.85				
	150m: 2:32.38 54.52 250m: 4:18.94 53.87 350m: 6:04.20 51.72				
8.	1143536 BLANCO PEREZ, Angel	59	POURENSE	6:53.55	3,00
	50m: 46.77 46.77 150m: 2:32.82 53.88 250m: 4:19.22 53.44 350m: 6:04.92 52.64				
	100m: 1:38.94 52.17 200m: 3:25.78 52.96 300m: 5:12.28 53.06 400m: 6:53.55 48.63				

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

Clasificación			Edad				Tiempo	Puntos
9.	1175217	CASTRO QUINTELA, Avelino	56	GALAICO			7:37.24	2,00
	50m:	150m:	250m:	350m:				
	100m: 1:44.65	200m: 3:45.57	300m: 5:45.74	400m: 7:37.24				
Baja	1199641	COUCEIRO SANCHEZ, Gonzalo	57	SCASINO				-
60+								
1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO			5:43.60	13,00
	50m:	150m:	250m:	350m:				
	100m: 1:22.88	200m: 2:52.60	300m: 4:20.43	400m: 5:43.60				
2.	1144940	HERNANZ MORAL, Fausto	61	RIASBAIXAS			6:48.03	10,00
	50m:	150m:	250m:	350m:				
	100m: 1:35.46	200m: 3:20.26	300m: 5:05.72	400m: 6:48.03				
3.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE			7:32.58	8,00
	50m:	150m:	250m:	350m:				
	100m: 1:39.28	200m: 3:34.17	300m: 5:34.32	400m: 7:32.58				
4.	1076248	GONZALEZ ANTON, Luis	61	GALAICO			7:57.12	7,00
	50m:	150m:	250m:	350m:				
	100m: 1:49.33	200m: 3:51.57	300m: 5:55.14	400m: 7:57.12				
Baja	1144337	EIRAS DORADO, Juan Luis	61	PORTAMIÑA				-
65+								
1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE			6:17.73	13,00
	50m:	150m:	250m:	350m:				
	100m: 1:32.53	200m: 3:10.06	300m: 4:46.65	400m: 6:17.73				
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS			7:02.82	10,00
	50m:	150m:	250m:	350m:				
	100m: 1:37.27	200m: 3:29.55	300m: 5:21.91	400m: 7:02.82				
3.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO			8:58.22	8,00
	50m:	150m:	250m:	350m:				
	100m: 1:55.13	200m: 4:12.87	300m: 6:36.88	400m: 8:58.22				
Baja	1076168	GARCIA COLOMO, Carlos Luis	65	POURENSE				-
70+								
1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES			6:24.97	13,00 RG
	50m:	150m:	250m:	350m:				
	100m: 1:34.73	200m: 3:15.03	300m: 4:51.97	400m: 6:24.97				
2.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS			7:22.74	10,00
	50m:	150m:	250m:	350m:				
	100m: 1:47.38	200m: 3:44.14	300m: 5:38.18	400m: 7:22.74				
85+								
1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO			8:52.27	13,00 RG
	50m:	150m:	250m:	350m:				
	100m: 2:03.13	200m: 4:20.98	300m: 6:39.12	400m: 8:52.27				