

Prueba 3
08/06/2024

Masc., 400m Estilos

2004 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1075385	DIZ NIEVES, David				20	NFERROL			5:39.26	13,00	
	50m:	33.29	33.29	150m:	1:59.44	45.79	250m:	3:32.28	49.56	350m:	5:00.81	39.86
	100m:	1:13.65	40.36	200m:	2:42.72	43.28	300m:	4:20.95	48.67	400m:	5:39.26	38.45
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge				27	RIASBAIXAS			4:57.43	13,00	RG
	50m:	32.86	32.86	150m:	1:46.73	39.66	250m:	3:08.03	43.02	350m:	4:24.88	34.45
	100m:	1:07.07	34.21	200m:	2:25.01	38.28	300m:	3:50.43	42.40	400m:	4:57.43	32.55
30+												
1.	1130602	TENORIO FREIRE, Martin				32	GALAICO			5:19.19	13,00	RG
	50m:	31.89	31.89	150m:	1:52.13	43.00	250m:	3:17.32	43.65	350m:	4:40.84	37.79
	100m:	1:09.13	37.24	200m:	2:33.67	41.54	300m:	4:03.05	45.73	400m:	5:19.19	38.35
Baja	1037824	FREIRE GONZALEZ, Javier				31	RIASBAIXAS					-
35+												
1.	1084717	VILA CID, Marcos				37	POURENSE			4:56.84	13,00	RG
	50m:	31.23	31.23	150m:	1:47.00	40.11	250m:	3:07.64	42.53	350m:	4:24.94	34.59
	100m:	1:06.89	35.66	200m:	2:25.11	38.11	300m:	3:50.35	42.71	400m:	4:56.84	31.90
2.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman				36	RIASBAIXAS			6:35.86	10,00	
	50m:	44.88	44.88	150m:	2:34.46	57.89	250m:	4:19.51	50.53	350m:	5:53.76	43.84
	100m:	1:36.57	51.69	200m:	3:28.98	54.52	300m:	5:09.92	50.41	400m:	6:35.86	42.10
40+												
1.	1141151	CALLE FACAL, Telmo				41	GALAICO			5:10.46	13,00	RG
	50m:	31.58	31.58	150m:	1:50.00	41.23	250m:	3:15.46	44.38	350m:	4:35.22	36.03
	100m:	1:08.77	37.19	200m:	2:31.08	41.08	300m:	3:59.19	43.73	400m:	5:10.46	35.24
2.	1228089	MERA MONTECELOS, Pablo				41	HERCULES			6:04.77	10,00	
	50m:	36.09	36.09	150m:	2:07.20	47.58	250m:	3:46.75	53.25	350m:	5:22.85	43.76
	100m:	1:19.62	43.53	200m:	2:53.50	46.30	300m:	4:39.09	52.34	400m:	6:04.77	41.92
3.	1240331	DE LORENZO FERNÁNDEZ, Javier				43	ESCUALOS			6:55.15	8,00	
	50m:	47.76	47.76	150m:	2:40.67	54.71	250m:	4:29.62	56.80	350m:	6:13.66	1:02.03
	100m:	1:45.96	58.20	200m:	3:32.82	52.15	300m:	5:11.63	42.01	400m:	6:55.15	41.49
4.	1199899	DOMINGUEZ PHILOCREON, Ticiano				43	CIDSANTIAG			7:12.16	7,00	
	50m:	43.77	43.77	150m:	2:39.68	1:03.01	250m:	4:36.94	57.69	350m:	6:27.55	50.39
	100m:	1:36.67	52.90	200m:	3:39.25	59.57	300m:	5:37.16	1:00.22	400m:	7:12.16	44.61
5.	1039360	POSE MATO, Cesar				41	ADFOGAR			9:52.25	6,00	
	50m:	1:10.98	1:10.98	150m:	3:53.39	1:20.62	250m:	6:32.84	1:20.73	350m:	8:54.29	1:01.39
	100m:	2:32.77	1:21.79	200m:	5:12.11	1:18.72	300m:	7:52.90	1:20.06	400m:	9:52.25	57.96

Prueba 3, Masc., 400m Estilos

45+

DSQ 1118746 SANCHEZ GORDON, Roman 46 RIASBAIXAS -
Nado irregular

50+

1. 1038104 PEREZ ARIAS, Hector 53 PORTAMIÑA **6:36.70** 13,00
50m: 43.95 43.95 150m: 2:25.76 49.97 250m: 4:12.77 58.12 350m: 5:54.98 45.53
100m: 1:35.79 51.84 200m: 3:14.65 48.89 300m: 5:09.45 56.68 400m: 6:36.70 41.72

2. 1079343 MOURIÑO ORTIGUERA, Roberto C. 50 PONTEAREAS **6:46.69** 10,00
50m: 39.11 39.11 150m: 2:28.31 59.36 250m: 4:21.80 56.46 350m: 6:03.49 44.94
100m: 1:28.95 49.84 200m: 3:25.34 57.03 300m: 5:18.55 56.75 400m: 6:46.69 43.20

3. 1141504 BOUSO FUENTECILLA, Fernando 53 ESCUALOS **7:04.09** 8,00
50m: 43.64 43.64 150m: 2:33.77 1:02.33 250m: 4:27.08 54.73 350m: 6:16.02 52.71
100m: 1:31.44 47.80 200m: 3:32.35 58.58 300m: 5:23.31 56.23 400m: 7:04.09 48.07

4. 1076553 FERNANDEZ-TESTA BARREIRO, David 50 RIASBAIXAS **7:15.18** 7,00
50m: 47.36 47.36 150m: 2:43.79 1:01.07 250m: 4:39.96 58.33 350m: 6:27.24 52.01
100m: 1:42.72 55.36 200m: 3:41.63 57.84 300m: 5:35.23 55.27 400m: 7:15.18 47.94

DSQ 1038058 CANO PELAEZ, Alberto J. 54 CMARINA -
Viraje irregular

55+

1. 1143575 FERREIRA GONZALEZ, Xose Anxo 58 REDONDELA **7:40.89** 13,00
50m: 50.08 50.08 150m: 2:50.31 1:02.19 250m: 5:00.37 1:08.24 350m: 6:57.88 49.44
100m: 1:48.12 58.04 200m: 3:52.13 1:01.82 300m: 6:08.44 1:08.07 400m: 7:40.89 43.01

2. 1193949 LAMELO OTERO, Ramón Jesus 56 CIDSANTIAG **8:44.71** 10,00
50m: 1:01.70 1:01.70 150m: 3:13.54 1:07.93 250m: 5:40.65 1:21.20 350m: 7:55.09 52.16
100m: 2:05.61 1:03.91 200m: 4:19.45 1:05.91 300m: 7:02.93 1:22.28 400m: 8:44.71 49.62

60+

DNF 1075770 RODRIGUEZ BASANTA, Fco. Jose 63 VALDEORRAS -

65+

DSQ 1048207 ROS ROSILLO, Alejandro 66 RIASBAIXAS -
Nado irregular

70+

1. 1075190 SUANZES PEREZ, Fernando 71 HERCULES **7:48.00** 13,00 RG
50m: 48.66 48.66 150m: 2:48.93 1:06.25 250m: 4:58.51 1:06.87 350m: 7:00.41 53.36
100m: 1:42.68 54.02 200m: 3:51.64 1:02.71 300m: 6:07.05 1:08.54 400m: 7:48.00 47.59