

Prueba 22
12/01/2025

Masc., 400m Estilos

2005 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1142991 PEREZ PAZ, Dario	20	PONTEAREAS	4:55.22	13,00
	50m: 30.63 30.63 150m: 1:47.36 39.84 250m: 3:07.89 41.31 350m: 4:24.36 33.48				
	100m: 1:07.52 36.89 200m: 2:26.58 39.22 300m: 3:50.88 42.99 400m: 4:55.22 30.86				
DSQ	1107916 FERNANDEZ DEL VALLE, Ivan	20	POURENSE		-
	<i>Viraje irregular</i>				
25+					
1.	1144193 PASTORIZA SANTA CLARA, Jorge	28	RIASBAIXAS	4:52.80	13,00
	50m: 31.86 31.86 150m: 1:45.93 38.17 250m: 3:04.01 41.53 350m: 4:19.64 33.82				
	100m: 1:07.76 35.90 200m: 2:22.48 36.55 300m: 3:45.82 41.81 400m: 4:52.80 33.16				
30+					
1.	1130602 TENORIO FREIRE, Martin	33	CIDSANTIAG	5:08.77	13,00
	50m: 31.67 31.67 150m: 1:49.34 40.91 250m: 3:11.41 41.42 350m: 4:31.81 36.52				
	100m: 1:08.43 36.76 200m: 2:29.99 40.65 300m: 3:55.29 43.88 400m: 5:08.77 36.96				
2.	1037824 FREIRE GONZALEZ, Javier	32	RIASBAIXAS	5:59.15	10,00
	50m: 36.92 36.92 150m: 2:08.45 48.62 250m: 3:47.28 51.82 350m: 5:20.39 40.62				
	100m: 1:19.83 42.91 200m: 2:55.46 47.01 300m: 4:39.77 52.49 400m: 5:59.15 38.76				
3.	1076271 NOVALES BLANCO, Xabier	34	RIASBAIXAS	7:04.91	8,00
	50m: 46.44 46.44 150m: 2:37.88 59.18 250m: 4:32.82 56.51 350m: 6:18.53 49.12				
	100m: 1:38.70 52.26 200m: 3:36.31 58.43 300m: 5:29.41 56.59 400m: 7:04.91 46.38				
35+					
1.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	37	RIASBAIXAS	6:40.39	13,00
	50m: 45.51 45.51 150m: 2:33.48 58.02 250m: 4:19.63 49.75 350m: 5:57.12 46.57				
	100m: 1:35.46 49.95 200m: 3:29.88 56.40 300m: 5:10.55 50.92 400m: 6:40.39 43.27				
40+					
1.	1240331 DE LORENZO FERNÁNDEZ, Javier	44	ESCUALOS	6:41.20	13,00
	50m: 47.30 47.30 150m: 2:36.16 51.87 250m: 4:22.03 55.18 350m: 6:01.42 45.45				
	100m: 1:44.29 56.99 200m: 3:26.85 50.69 300m: 5:15.97 53.94 400m: 6:41.20 39.78				
2.	1214823 GONZALEZ PEÑAS, David	41	PORTAMIÑA	6:43.52	10,00
	50m: 52.01 52.01 150m: 2:38.54 51.30 250m: 4:21.07 54.24 350m: 6:01.34 45.50				
	100m: 1:47.24 55.23 200m: 3:26.83 48.29 300m: 5:15.84 54.77 400m: 6:43.52 42.18				
3.	1039360 POSE MATO, Cesar	42	ADFOGAR	9:52.94	8,00
	50m: 1:10.14 1:10.14 150m: 3:51.39 1:20.16 250m: 6:28.73 1:19.42 350m: 8:51.66 1:06.15				
	100m: 2:31.23 1:21.09 200m: 5:09.31 1:17.92 300m: 7:45.51 1:16.78 400m: 9:52.94 1:01.28				

Prueba 22, Masc., 400m Estilos, 40+

Clasificación	Edad	Tiempo	Puntos
DSQ 1199899 DOMINGUEZ PHILOCREON, Ticiano <i>Nado irregular</i>	44 CIDSANTIAG		-
DSQ 1141151 CALLE FACAL, Telmo <i>Viraje irregular</i>	42 CIDSANTIAG		-

45+

1.	1118746 SANCHEZ GORDON, Roman	47 RIASBAIXAS	5:32.65	13,00
	50m: 34.78 34.78 150m: 1:58.40 43.73 250m: 3:29.99 49.45 350m: 4:55.61 37.54			
	100m: 1:14.67 39.89 200m: 2:40.54 42.14 300m: 4:18.07 48.08 400m: 5:32.65 37.04			
2.	1076564 CABANELAS EIRAS, Pablo	46 CIDSANTIAG	6:32.09	10,00
	50m: 41.45 41.45 150m: 2:19.97 50.81 250m: 4:06.69 55.69 350m: 5:47.65 44.41			
	100m: 1:29.16 47.71 200m: 3:11.00 51.03 300m: 5:03.24 56.55 400m: 6:32.09 44.44			
3.	1190398 FERNANDEZ CORRAL, Marcos	46 PORTAMIÑA	8:59.02	8,00
	50m: 1:00.40 1:00.40 150m: 3:20.81 1:13.92 250m: 5:43.32 1:08.24 350m: 7:57.21 1:03.88			
	100m: 2:06.89 1:06.49 200m: 4:35.08 1:14.27 300m: 6:53.33 1:10.01 400m: 8:59.02 1:01.81			
Baja	1075220 MARTINEZ FERNANDEZ, Hector	48 NTNARON		-
Baja	1075217 ESPINOSA MIRA, Jorge	47 C. N. Valdeorras		-

50+

1.	1076553 FERNANDEZ-TESTA BARREIRO, David	51 RIASBAIXAS	6:59.60	13,00
	50m: 47.80 47.80 150m: 2:41.04 57.74 250m: 4:32.05 56.13 350m: 6:14.73 46.83			
	100m: 1:43.30 55.50 200m: 3:35.92 54.88 300m: 5:27.90 55.85 400m: 6:59.60 44.87			

55+

1.	1037161 TOME NOGUEIRA, Alberto M.	57 ADFOGAR	7:16.59	13,00
	50m: 45.69 45.69 150m: 2:40.94 57.74 250m: 4:36.67 1:00.33 350m: 6:29.57 49.82			
	100m: 1:43.20 57.51 200m: 3:36.34 55.40 300m: 5:39.75 1:03.08 400m: 7:16.59 47.02			
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	59 REDONDELA	7:47.40	10,00
	50m: 50.42 50.42 150m: 2:51.99 1:03.06 250m: 5:01.85 1:07.88 350m: 7:01.78 51.63			
	100m: 1:48.93 58.51 200m: 3:53.97 1:01.98 300m: 6:10.15 1:08.30 400m: 7:47.40 45.62			
3.	1193949 LAMELO OTERO, Ramón Jesus	57 CIDSANTIAG	8:27.02	8,00
	50m: 59.20 59.20 150m: 3:08.30 1:05.34 250m: 5:30.46 1:21.21 350m: 7:40.92 49.01			
	100m: 2:02.96 1:03.76 200m: 4:09.25 1:00.95 300m: 6:51.91 1:21.45 400m: 8:27.02 46.10			

60+

1.	1075770 RODRIGUEZ BASANTA, Fco. Jose	64 C. N. Valdeorras	8:40.18	13,00
	50m: 59.63 59.63 150m: 3:32.33 1:19.30 250m: 5:44.64 1:05.43 350m: 7:50.14 55.87			
	100m: 2:13.03 1:13.40 200m: 4:39.21 1:06.88 300m: 6:54.27 1:09.63 400m: 8:40.18 50.04			

Prueba 22, Masc., 400m Estilos

65+

Baja 1048207 ROS ROSILLO, Alejandro

67 RIASBAIXAS

-