

Prueba 3
11/01/2025

Masc., 400m Libre

2005 y mayores
Resultados

Clasificación				Edad					Tiempo	Puntos
20+										
1.	1068314	MARTINEZ MARTINEZ, Marcos	22	PONTEAREAS					4:29.41	13,00
	50m:	30.12	30.12	150m:	1:37.30	34.15	250m:	2:46.10	34.29	350m: 3:56.37 35.36
	100m:	1:03.15	33.03	200m:	2:11.81	34.51	300m:	3:21.01	34.91	400m: 4:29.41 33.04
2.	1135985	CASARES GARCIA, Adrian	22	PONTEAREAS					5:22.02	10,00
	50m:	35.51	35.51	150m:	1:54.82	40.43	250m:	3:19.01	42.27	350m: 4:41.85 40.78
	100m:	1:14.39	38.88	200m:	2:36.74	41.92	300m:	4:01.07	42.06	400m: 5:22.02 40.17
25+										
1.	1061561	INCUTTI TELLADO, Denis	25	PONTEAREAS					4:46.35	13,00
	50m:	29.80	29.80	150m:	1:38.04	34.92	250m:	2:52.12	37.47	350m: 4:08.16 38.29
	100m:	1:03.12	33.32	200m:	2:14.65	36.61	300m:	3:29.87	37.75	400m: 4:46.35 38.19
2.	1039270	TRILLO RODRIGUEZ, Adrian	28	CNMOS					4:54.92	10,00
	50m:	32.11	32.11	150m:	1:44.89	36.82	250m:	3:00.17	37.81	350m: 4:16.77 38.56
	100m:	1:08.07	35.96	200m:	2:22.36	37.47	300m:	3:38.21	38.04	400m: 4:54.92 38.15
30+										
1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA					4:49.24	13,00
	50m:	32.11	32.11	150m:	1:44.62	36.40	250m:	2:58.77	37.20	350m: 4:12.37 36.81
	100m:	1:08.22	36.11	200m:	2:21.57	36.95	300m:	3:35.56	36.79	400m: 4:49.24 36.87
2.	1037824	FREIRE GONZALEZ, Javier	32	RIASBAIXAS					4:59.33	10,00
	50m:	33.39	33.39	150m:	1:47.75	37.39	250m:	3:04.96	38.69	350m: 4:22.66 38.93
	100m:	1:10.36	36.97	200m:	2:26.27	38.52	300m:	3:43.73	38.77	400m: 4:59.33 36.67
3.	1232980	PICALLO MATO, Adrian	30	SALESTRA					5:13.95	8,00
	50m:	36.59	36.59	150m:	1:54.98	40.03	250m:	3:15.38	39.88	350m: 4:35.26 40.00
	100m:	1:14.95	38.36	200m:	2:35.50	40.52	300m:	3:55.26	39.88	400m: 5:13.95 38.69
4.	1178769	RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	34	NFERROL					5:19.00	7,00
	50m:	36.30	36.30	150m:	1:57.18	41.36	250m:	3:19.73	41.24	350m: 4:40.85 40.19
	100m:	1:15.82	39.52	200m:	2:38.49	41.31	300m:	4:00.66	40.93	400m: 5:19.00 38.15
35+										
1.	1140778	RODRIGUEZ LAGO, David	39	CIDSANTIAG					4:28.07	13,00
	50m:	30.15	30.15	150m:	1:37.62	34.20	250m:	2:46.41	34.28	350m: 3:55.66 34.41
	100m:	1:03.42	33.27	200m:	2:12.13	34.51	300m:	3:21.25	34.84	400m: 4:28.07 32.41
2.	1143515	BLANCO PEREZ, Jesus	39	NTNARON					5:02.06	10,00
	50m:	32.81	32.81	150m:	1:45.81	37.11	250m:	3:02.52	38.54	350m: 4:22.25 40.43
	100m:	1:08.70	35.89	200m:	2:23.98	38.17	300m:	3:41.82	39.30	400m: 5:02.06 39.81
3.	1178928	FIDALGO SERRANO, Guillermo	39	TRAVIESAS					6:34.54	8,00
	50m:	41.81	41.81	150m:	2:17.55	48.84	250m:	4:00.40	51.82	350m: 5:45.41 53.17
	100m:	1:28.71	46.90	200m:	3:08.58	51.03	300m:	4:52.24	51.84	400m: 6:34.54 49.13

Prueba 3, Masc., 400m Libre

40+

1.	1199899 DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAG	5:38.48	13,00
	50m: 35.99 35.99 150m: 1:56.06 41.20 250m: 3:22.70 44.40 350m: 4:54.60 45.94				
	100m: 1:14.86 38.87 200m: 2:38.30 42.24 300m: 4:08.66 45.96 400m: 5:38.48 43.88				
2.	1214823 GONZALEZ PEÑAS, David	41	PORTAMIÑA	5:42.75	10,00
	50m: 39.61 39.61 150m: 2:05.16 43.66 250m: 3:33.68 44.27 350m: 5:00.47 42.93				
	100m: 1:21.50 41.89 200m: 2:49.41 44.25 300m: 4:17.54 43.86 400m: 5:42.75 42.28				
3.	1145052 FIERRO FERNÁNDEZ, Julio	43	SCASINO	5:44.40	8,00
	50m: 38.82 38.82 150m: 2:04.81 43.88 250m: 3:33.89 44.75 350m: 5:02.25 43.88				
	100m: 1:20.93 42.11 200m: 2:49.14 44.33 300m: 4:18.37 44.48 400m: 5:44.40 42.15				
4.	1141126 GOLPE IGLESIAS, Jose Antonio	43	C. N. Máster Pons Vetus	6:19.96	7,00
	50m: 41.16 41.16 150m: 2:14.20 47.87 250m: 3:53.51 50.90 350m: 5:32.81 49.51				
	100m: 1:26.33 45.17 200m: 3:02.61 48.41 300m: 4:43.30 49.79 400m: 6:19.96 47.15				
5.	1020991 FERNANDEZ MONTEAGUDO, Ruben	40	CIDSANTIAG	6:27.77	6,00
	50m: 42.76 42.76 150m: 2:22.09 50.80 250m: 4:04.26 51.33 350m: 5:41.27 47.17				
	100m: 1:31.29 48.53 200m: 3:12.93 50.84 300m: 4:54.10 49.84 400m: 6:27.77 46.50				

45+

1.	1118746 SANCHEZ GORDON, Roman	47	RIASBAIXAS	4:50.23	13,00
	50m: 32.25 32.25 150m: 1:44.19 36.52 250m: 2:58.81 37.25 350m: 4:13.23 37.21				
	100m: 1:07.67 35.42 200m: 2:21.56 37.37 300m: 3:36.02 37.21 400m: 4:50.23 37.00				
2.	1175127 MASSO AGUADO, Jorge	49	RIASBAIXAS	5:10.89	10,00
	50m: 35.17 35.17 150m: 1:52.72 39.77 250m: 3:13.32 40.42 350m: 4:32.91 39.43				
	100m: 1:12.95 37.78 200m: 2:32.90 40.18 300m: 3:53.48 40.16 400m: 5:10.89 37.98				
3.	1192271 MOURIÑO FORTES, Victor Manuel	48	PONTEAREAS	5:49.11	8,00
	50m: 39.50 39.50 150m: 2:07.61 45.09 250m: 3:38.82 45.46 350m: 5:08.94 44.91				
	100m: 1:22.52 43.02 200m: 2:53.36 45.75 300m: 4:24.03 45.21 400m: 5:49.11 40.17				
4.	1096414 ALIAGA SOLA, Alberto	48	PONTEAREAS	6:29.08	7,00
	50m: 40.25 40.25 150m: 2:10.49 46.01 250m: 3:50.33 51.63 350m: 5:37.54 54.09				
	100m: 1:24.48 44.23 200m: 2:58.70 48.21 300m: 4:43.45 53.12 400m: 6:29.08 51.54				
5.	1254829 FARIAS FORNEIRO, Patricio Cruz	48	FLUVIAL	6:46.76	6,00
	50m: 43.53 43.53 150m: 2:23.61 52.18 250m: 4:11.07 54.05 350m: 5:57.71 52.88				
	100m: 1:31.43 47.90 200m: 3:17.02 53.41 300m: 5:04.83 53.76 400m: 6:46.76 49.05				
6.	1253459 TEIJEIRO IGLESIAS, Jesus	49	PORTAMIÑA	6:59.97	5,00
	50m: 42.95 42.95 150m: 2:26.12 53.50 250m: 4:14.73 54.42 350m: 6:05.66 55.52				
	100m: 1:32.62 49.67 200m: 3:20.31 54.19 300m: 5:10.14 55.41 400m: 6:59.97 54.31				

50+

1.	1264722 BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	5:11.10	13,00
	50m: 36.98 36.98 150m: 1:56.76 39.84 250m: 3:14.22 37.89 350m: 4:31.63 39.17				
	100m: 1:16.92 39.94 200m: 2:36.33 39.57 300m: 3:52.46 38.24 400m: 5:11.10 39.47				
2.	1251882 IGLESIAS CARRERA, Pio	52	CIDSANTIAG	5:18.97	10,00
	50m: 36.83 36.83 150m: 1:58.11 40.76 250m: 3:20.27 41.17 350m: 4:41.24 39.99				
	100m: 1:17.35 40.52 200m: 2:39.10 40.99 300m: 4:01.25 40.98 400m: 5:18.97 37.73				

Prueba 3, Masc., 400m Libre, 50+

Clasificación				Edad					Tiempo	Puntos
3.	1038104 PEREZ ARIAS, Hector	54	PORTAMIÑA						5:24.03	8,00
	50m: 37.28 37.28 150m: 1:58.23 41.06 250m: 3:21.06 41.38 350m: 4:44.76 42.09									
	100m: 1:17.17 39.89 200m: 2:39.68 41.45 300m: 4:02.67 41.61 400m: 5:24.03 39.27									
4.	1084040 GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAG						5:24.05	7,00
	50m: 37.49 37.49 150m: 1:59.51 41.67 250m: 3:22.70 41.85 350m: 4:45.69 41.28									
	100m: 1:17.84 40.35 200m: 2:40.85 41.34 300m: 4:04.41 41.71 400m: 5:24.05 38.36									
5.	1203306 DURO GONZALEZ, Antonio	51	SALESTRA						5:48.64	6,00
	50m: 38.76 38.76 150m: 2:04.80 43.58 250m: 3:34.91 45.73 350m: 5:05.76 45.05									
	100m: 1:21.22 42.46 200m: 2:49.18 44.38 300m: 4:20.71 45.80 400m: 5:48.64 42.88									
6.	1268047 CUETO ALVAREZ, Elias	50	CIDSANTIAG						5:53.09	5,00
	50m: 40.45 40.45 150m: 2:08.19 44.88 250m: 3:38.91 45.62 350m: 5:10.11 44.95									
	100m: 1:23.31 42.86 200m: 2:53.29 45.10 300m: 4:25.16 46.25 400m: 5:53.09 42.98									
7.	1079478 GONZÁLEZ PEREIRA, J. Carlos	50	GALAICO						6:08.23	4,00
	50m: 40.78 40.78 150m: 2:12.20 46.25 250m: 3:47.00 48.11 350m: 5:22.45 47.14									
	100m: 1:25.95 45.17 200m: 2:58.89 46.69 300m: 4:35.31 48.31 400m: 6:08.23 45.78									
8.	1143605 FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS						6:10.04	3,00
	50m: 41.94 41.94 150m: 2:14.80 47.41 250m: 3:49.99 48.19 350m: 5:24.47 46.77									
	100m: 1:27.39 45.45 200m: 3:01.80 47.00 300m: 4:37.70 47.71 400m: 6:10.04 45.57									
9.	1171462 FERREIRO SEOANE, Jose Raul	52	RIASBAIXAS						6:11.23	2,00
	50m: 40.21 40.21 150m: 2:10.36 46.92 250m: 3:46.64 48.65 350m: 5:25.50 49.17									
	100m: 1:23.44 43.23 200m: 2:57.99 47.63 300m: 4:36.33 49.69 400m: 6:11.23 45.73									
10.	1141071 LORENZO FERNANDEZ, Jose Manuel	53	RIASBAIXAS						6:11.91	1,00
	50m: 42.49 42.49 150m: 2:17.66 48.06 250m: 3:54.05 48.12 350m: 5:28.27 46.58									
	100m: 1:29.60 47.11 200m: 3:05.93 48.27 300m: 4:41.69 47.64 400m: 6:11.91 43.64									
11.	1076553 FERNANDEZ-TESTA BARREIRO, David	51	RIASBAIXAS						6:12.21	-
	50m: 40.64 40.64 150m: 2:11.08 46.12 250m: 3:46.69 48.21 350m: 5:24.42 49.23									
	100m: 1:24.96 44.32 200m: 2:58.48 47.40 300m: 4:35.19 48.50 400m: 6:12.21 47.79									
12.	1078844 FERNÁNDEZ FERNÁNDEZ, José Luis	51	CIDSANTIAG						6:29.78	-
	50m: 42.16 42.16 150m: 2:21.06 50.10 250m: 4:03.05 51.07 350m: 5:45.66 51.19									
	100m: 1:30.96 48.80 200m: 3:11.98 50.92 300m: 4:54.47 51.42 400m: 6:29.78 44.12									
13.	1180236 DE LA VEGA GÁNDARAS, Felipe	52	HERCULES						6:31.35	-
	50m: 46.16 46.16 150m: 2:23.44 49.05 250m: 4:02.55 50.35 350m: 5:43.22 50.00									
	100m: 1:34.39 48.23 200m: 3:12.20 48.76 300m: 4:53.22 50.67 400m: 6:31.35 48.13									
Baja	1266322 NUÑEZ FERNANDEZ, Angel	50	C. N. Máster Pons Vetus							-
Baja	1143850 IGLESIAS MIRA, Felipe	51	POURENSE							-

55+

1.	1085112 RIVAS FEAL, Antonio	59	SCASINO						5:06.61	13,00
	50m: 35.02 35.02 150m: 1:52.11 38.81 250m: 3:10.20 39.05 350m: 4:28.22 38.91									
	100m: 1:13.30 38.28 200m: 2:31.15 39.04 300m: 3:49.31 39.11 400m: 5:06.61 38.39									
2.	1175089 NISTAL GARCÍA, Eduardo	57	SCASINO						5:52.88	10,00
	50m: 38.58 38.58 150m: 2:06.50 45.02 250m: 3:39.44 46.76 350m: 5:10.91 45.25									
	100m: 1:21.48 42.90 200m: 2:52.68 46.18 300m: 4:25.66 46.22 400m: 5:52.88 41.97									

Prueba 3, Masc., 400m Libre, 55+

Clasificación				Edad				Tiempo	Puntos
3.	1057905	GURIDI HUERTA, Jesus M.	57	FLUVIAL				6:22.44	8,00
	50m:	44.44	44.44	150m:	2:17.34	47.78	250m:	3:54.69	49.65
	100m:	1:29.56	45.12	200m:	3:06.18	48.84	300m:	4:44.33	49.64
							400m:	6:22.44	48.46
4.	1236643	MAGARIÑOS MACEIRAS, Xose	57	SALESTRA				7:21.32	7,00
	50m:	48.13	48.13	150m:	2:35.99	55.61	250m:	4:30.75	57.16
	100m:	1:40.38	52.25	200m:	3:33.59	57.60	300m:	5:30.41	59.66
							400m:	7:21.32	53.34

60+

1.	1105220	GARCIA RIÑON, Jaime	61	NCORUÑA				5:10.59	13,00 RG
	50m:	35.29	35.29	150m:	1:51.15	38.80	250m:	3:10.05	39.84
	100m:	1:12.35	37.06	200m:	2:30.21	39.06	300m:	3:50.76	40.71
							400m:	5:10.59	40.58
2.	1076250	BETHENCOURT IGLESIAS, Sergio	62	CIDSANTIAG				5:49.06	10,00
	50m:	39.76	39.76	150m:	2:06.92	44.04	250m:	3:37.23	46.05
	100m:	1:22.88	43.12	200m:	2:51.18	44.26	300m:	4:21.52	44.29
							400m:	5:49.06	43.17
3.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH				6:38.67	8,00
	50m:	42.87	42.87	150m:	2:21.14	51.32	250m:	4:06.24	52.84
	100m:	1:29.82	46.95	200m:	3:13.40	52.26	300m:	4:58.02	51.78
							400m:	6:38.67	51.35
4.	1143536	BLANCO PEREZ, Angel	61	POURENSE				6:43.82	7,00
	50m:	43.60	43.60	150m:	2:26.50	52.36	250m:	4:10.57	52.50
	100m:	1:34.14	50.54	200m:	3:18.07	51.57	300m:	5:03.59	53.02
							400m:	6:43.82	51.51
5.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	C. N. Valdeorras				6:44.65	6,00
	50m:	43.19	43.19	150m:	2:24.55	51.61	250m:	4:10.29	52.79
	100m:	1:32.94	49.75	200m:	3:17.50	52.95	300m:	5:02.72	52.43
							400m:	6:44.65	51.60
6.	1144940	HERNANZ MORAL, Fausto	63	RIASBAIXAS				6:45.03	5,00
	50m:	45.73	45.73	150m:	2:28.26	51.98	250m:	4:12.52	52.04
	100m:	1:36.28	50.55	200m:	3:20.48	52.22	300m:	5:04.46	51.94
							400m:	6:45.03	50.82
7.	1076514	LAGO REY, Jose Manuel	62	RIASBAIXAS				11:03.05	4,00
	50m:	1:07.79	1:07.79	150m:	3:53.03	1:25.80	250m:	6:47.18	1:26.11
	100m:	2:27.23	1:19.44	200m:	5:21.07	1:28.04	300m:	8:13.75	1:26.57
							400m:	11:03.05	1:27.18

65+

1.	1170858	CODESIDO LOPEZ, José	66	CIDSANTIAG				5:47.15	13,00 RG
	50m:	39.01	39.01	150m:	2:04.99	43.90	250m:	3:33.80	44.41
	100m:	1:21.09	42.08	200m:	2:49.39	44.40	300m:	4:18.29	44.49
							400m:	5:47.15	43.65

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE				6:16.25	13,00
	50m:	43.29	43.29	150m:	2:18.68	48.26	250m:	3:55.03	47.65
	100m:	1:30.42	47.13	200m:	3:07.38	48.70	300m:	4:43.29	48.26
							400m:	6:16.25	45.82
2.	1075177	LOPEZ VIDAL, Antonio	73	GALAICO				8:34.29	10,00
	50m:	55.53	55.53	150m:	3:05.84	1:06.66	250m:	5:18.18	1:05.78
	100m:	1:59.18	1:03.65	200m:	4:12.40	1:06.56	300m:	6:23.91	1:05.73
							400m:	8:34.29	1:03.93