

Prueba 3  
14/06/2025

Masc., 400m Libre

2005 y mayores  
Resultados

Clasificación				Edad				Tiempo	Puntos
<b>20+</b>									
1.	1135985 CASARES GARCIA, Adrian	22	PONTEAREAS					<b>5:33.36</b>	13,00
	50m: 34.21 34.21 150m: 1:52.26 40.43 250m: 3:18.61 44.17 350m: 4:48.87 45.15								
	100m: 1:11.83 37.62 200m: 2:34.44 42.18 300m: 4:03.72 45.11 400m: 5:33.36 44.49								
<b>25+</b>									
1.	1144193 PASTORIZA SANTA CLARA, Jorge	28	RBAIXAS					<b>4:16.67</b>	13,00
	50m: 29.82 29.82 150m: 1:32.81 32.01 250m: 2:38.11 32.66 350m: 3:43.88 32.73								
	100m: 1:00.80 30.98 200m: 2:05.45 32.64 300m: 3:11.15 33.04 400m: 4:16.67 32.79								
2.	1037180 CARRERA COSTAS, Martin	29	PONTEAREAS					<b>4:34.18</b>	10,00
	50m: 30.33 30.33 150m: 1:36.68 33.86 250m: 2:46.61 35.19 350m: 3:58.54 36.18								
	100m: 1:02.82 32.49 200m: 2:11.42 34.74 300m: 3:22.36 35.75 400m: 4:34.18 35.64								
3.	1061561 INCUTTI TELLADO, Denis	25	PONTEAREAS					<b>4:41.46</b>	8,00
	50m: 30.64 30.64 150m: 1:38.71 35.08 250m: 2:50.76 36.13 350m: 4:04.50 36.86								
	100m: 1:03.63 32.99 200m: 2:14.63 35.92 300m: 3:27.64 36.88 400m: 4:41.46 36.96								
4.	1039270 TRILLO RODRIGUEZ, Adrian	28	MOS					<b>4:59.21</b>	7,00
	50m: 33.53 33.53 150m: 1:47.24 37.33 250m: 3:04.06 38.45 350m: 4:21.59 39.12								
	100m: 1:09.91 36.38 200m: 2:25.61 38.37 300m: 3:42.47 38.41 400m: 4:59.21 37.62								
<b>30+</b>									
1.	1037824 FREIRE GONZALEZ, Javier	32	RBAIXAS					<b>4:55.27</b>	13,00
	50m: 33.01 33.01 150m: 1:46.08 37.13 250m: 3:02.44 38.39 350m: 4:18.71 38.08								
	100m: 1:08.95 35.94 200m: 2:24.05 37.97 300m: 3:40.63 38.19 400m: 4:55.27 36.56								
2.	1232980 PICALLO MATO, Adrian	30	SALVESTRADA					<b>5:18.62</b>	10,00
	50m: 36.30 36.30 150m: 1:55.35 40.11 250m: 3:16.37 40.85 350m: 4:39.12 41.61								
	100m: 1:15.24 38.94 200m: 2:35.52 40.17 300m: 3:57.51 41.14 400m: 5:18.62 39.50								
<b>35+</b>									
1.	1143515 BLANCO PEREZ, Jesus	39	NTNARON					<b>5:08.59</b>	13,00
	50m: 33.54 33.54 150m: 1:46.64 37.18 250m: 3:05.78 40.10 350m: 4:27.56 40.93								
	100m: 1:09.46 35.92 200m: 2:25.68 39.04 300m: 3:46.63 40.85 400m: 5:08.59 41.03								
2.	1178928 FIDALGO SERRANO, Guillermo	39	TRAVIESAS					<b>6:14.65</b>	10,00
	50m: 41.15 41.15 150m: 2:10.69 45.58 250m: 3:48.40 48.92 350m: 5:29.81 51.38								
	100m: 1:25.11 43.96 200m: 2:59.48 48.79 300m: 4:38.43 50.03 400m: 6:14.65 44.84								
<b>40+</b>									
1.	1145052 FIERRO FERNANDEZ, Julio	43	CASINOC					<b>5:39.88</b>	13,00
	50m: 38.00 38.00 150m: 1:59.87 42.10 250m: 3:26.41 44.12 350m: 4:55.82 44.12								
	100m: 1:17.77 39.77 200m: 2:42.29 42.42 300m: 4:11.70 45.29 400m: 5:39.88 44.06								
2.	1199899 DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO					<b>5:43.63</b>	10,00
	50m: 36.34 36.34 150m: 1:57.75 41.63 250m: 3:25.75 45.19 350m: 4:58.45 46.38								
	100m: 1:16.12 39.78 200m: 2:40.56 42.81 300m: 4:12.07 46.32 400m: 5:43.63 45.18								
3.	1141126 GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS					<b>6:25.16</b>	8,00
	50m: 42.49 42.49 150m: 2:16.31 48.46 250m: 3:58.63 51.33 350m: 5:37.49 49.02								
	100m: 1:27.85 45.36 200m: 3:07.30 50.99 300m: 4:48.47 49.84 400m: 6:25.16 47.67								

Prueba 3, Masc., 400m Libre

45+

1.	1084041 SUAREZ GARCIA, Sergio	45	PONSVETUS	<b>5:59.16</b>	13,00
	50m: 37.63 37.63 150m: 2:04.16 44.31 250m: 3:36.19 46.83 350m: 5:12.66 48.18				
	100m: 1:19.85 42.22 200m: 2:49.36 45.20 300m: 4:24.48 48.29 400m: 5:59.16 46.50				
2.	1200126 TABOADA CALVELO, Jose Carlos	46	SALVESTRADA	<b>6:28.75</b>	10,00
	50m: 38.38 38.38 150m: 2:12.57 49.03 250m: 3:55.54 51.86 350m: 5:38.58 51.02				
	100m: 1:23.54 45.16 200m: 3:03.68 51.11 300m: 4:47.56 52.02 400m: 6:28.75 50.17				
3.	1254829 FARIAS FORNEIRO, Patricio Cruz	48	FLUVIAL	<b>6:46.62</b>	8,00
	50m: 42.37 42.37 150m: 2:20.71 50.70 250m: 4:08.21 54.43 350m: 5:56.03 53.50				
	100m: 1:30.01 47.64 200m: 3:13.78 53.07 300m: 5:02.53 54.32 400m: 6:46.62 50.59				

50+

1.	1040137 QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	<b>5:01.71</b>	13,00
	50m: 35.28 35.28 150m: 1:51.75 38.69 250m: 3:09.21 38.68 350m: 4:25.62 37.95				
	100m: 1:13.06 37.78 200m: 2:30.53 38.78 300m: 3:47.67 38.46 400m: 5:01.71 36.09				
2.	1264722 BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	<b>5:05.48</b>	10,00
	50m: 35.64 35.64 150m: 1:54.02 39.88 250m: 3:11.54 38.10 350m: 4:27.11 37.95				
	100m: 1:14.14 38.50 200m: 2:33.44 39.42 300m: 3:49.16 37.62 400m: 5:05.48 38.37				
3.	1251882 IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	<b>5:10.35</b>	8,00
	50m: 35.55 35.55 150m: 1:54.57 39.80 250m: 3:14.59 40.12 350m: 4:33.12 38.41				
	100m: 1:14.77 39.22 200m: 2:34.47 39.90 300m: 3:54.71 40.12 400m: 5:10.35 37.23				
4.	1079343 MOURIÑO ORTIGUEIRA, Roberto Carlo	51	PONTEAREAS	<b>5:15.54</b>	7,00
	50m: 35.20 35.20 150m: 1:53.70 39.48 250m: 3:13.75 39.79 350m: 4:35.36 40.84				
	100m: 1:14.22 39.02 200m: 2:33.96 40.26 300m: 3:54.52 40.77 400m: 5:15.54 40.18				
5.	1258336 MUÑIZ CAL, Rafael	51	ARTEIXO	<b>5:18.55</b>	6,00
	50m: 35.12 35.12 150m: 1:53.62 39.69 250m: 3:15.58 41.78 350m: 4:38.17 41.21				
	100m: 1:13.93 38.81 200m: 2:33.80 40.18 300m: 3:56.96 41.38 400m: 5:18.55 40.38				
6.	1144297 LAMAS SOTO, Cesar	50	CULLEREDO	<b>5:35.88</b>	5,00
	50m: 36.79 36.79 150m: 2:01.25 43.24 250m: 3:28.30 43.77 350m: 4:54.61 42.87				
	100m: 1:18.01 41.22 200m: 2:44.53 43.28 300m: 4:11.74 43.44 400m: 5:35.88 41.27				
7.	1084040 GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAGO	<b>5:38.04</b>	4,00
	50m: 37.50 37.50 150m: 2:00.34 41.57 250m: 3:26.76 43.30 350m: 4:55.19 44.04				
	100m: 1:18.77 41.27 200m: 2:43.46 43.12 300m: 4:11.15 44.39 400m: 5:38.04 42.85				
8.	1268047 CUETO ALVAREZ, Elias	50	CIDSANTIAGO	<b>5:48.53</b>	3,00
	50m: 40.37 40.37 150m: 2:07.71 44.09 250m: 3:36.52 44.55 350m: 5:04.93 44.07				
	100m: 1:23.62 43.25 200m: 2:51.97 44.26 300m: 4:20.86 44.34 400m: 5:48.53 43.60				
9.	1143605 FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS	<b>6:07.57</b>	2,00
	50m: 40.57 40.57 150m: 2:12.12 46.67 250m: 3:47.73 47.65 350m: 5:23.29 47.79				
	100m: 1:25.45 44.88 200m: 3:00.08 47.96 300m: 4:35.50 47.77 400m: 6:07.57 44.28				

55+

1.	1085112 RIVAS FEAL, Antonio	59	CASINOC	<b>5:09.29</b>	13,00
	50m: 36.82 36.82 150m: 1:55.32 39.02 250m: 3:14.24 39.32 350m: 4:32.09 38.96				
	100m: 1:16.30 39.48 200m: 2:34.92 39.60 300m: 3:53.13 38.89 400m: 5:09.29 37.20				
2.	1175089 NISTAL GARCIA, Eduardo	57	CASINOC	<b>6:07.30</b>	10,00
	50m: 39.80 39.80 150m: 2:09.95 45.49 250m: 3:44.67 47.69 350m: 5:20.99 47.78				
	100m: 1:24.46 44.66 200m: 2:56.98 47.03 300m: 4:33.21 48.54 400m: 6:07.30 46.31				

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

Clasificación	Edad	Tiempo	Puntos
3. 1261402 FERNANDEZ RODRIGUEZ, Miguel Ang	56 VALDEORRAS	<b>6:47.60</b>	8,00
50m: 46.26 46.26 150m: 2:31.67 53.68 250m: 4:19.81 53.57 350m: 6:01.51 49.85			
100m: 1:37.99 51.73 200m: 3:26.24 54.57 300m: 5:11.66 51.85 400m: 6:47.60 46.09			
4. 1236643 MAGARIÑOS MACEIRAS, Xose	57 SALVESTRADA	<b>7:19.05</b>	7,00
50m: 45.52 45.52 150m: 2:32.74 55.22 250m: 4:26.81 57.52 350m: 6:23.43 58.69			
100m: 1:37.52 52.00 200m: 3:29.29 56.55 300m: 5:24.74 57.93 400m: 7:19.05 55.62			

60+

1. 1105220 GARCIA RIÑON, Jaime	61 NCORUÑA	<b>5:05.76</b>	13,00 RG
50m: 36.68 36.68 150m: 1:54.52 39.11 250m: 3:11.84 38.23 350m: 4:28.34 38.24			
100m: 1:15.41 38.73 200m: 2:33.61 39.09 300m: 3:50.10 38.26 400m: 5:05.76 37.42			
2. 1144940 HERNANZ MORAL, Fausto	63 RBAIXAS	<b>6:29.28</b>	10,00
50m: 43.72 43.72 150m: 2:20.86 48.87 250m: 4:00.51 49.89 350m: 5:40.22 50.13			
100m: 1:31.99 48.27 200m: 3:10.62 49.76 300m: 4:50.09 49.58 400m: 6:29.28 49.06			
3. 1075770 RODRIGUEZ BASANTA, Fco. Jose	64 VALDEORRAS	<b>6:39.58</b>	8,00
50m: 42.64 42.64 150m: 2:23.18 50.61 250m: 4:07.63 51.77 350m: 5:50.09 51.15			
100m: 1:32.57 49.93 200m: 3:15.86 52.68 300m: 4:58.94 51.31 400m: 6:39.58 49.49			
4. 1078802 CEGARRA GARCIA, Eugenio	61 RSDH	<b>6:45.03</b>	7,00
50m: 43.52 43.52 150m: 2:23.62 51.47 250m: 4:10.17 52.37 350m: 5:55.87 52.43			
100m: 1:32.15 48.63 200m: 3:17.80 54.18 300m: 5:03.44 53.27 400m: 6:45.03 49.16			
5. 1143536 BLANCO PEREZ, Angel	61 POURENSE	<b>6:45.36</b>	6,00
50m: 45.00 45.00 150m: 2:25.73 51.37 250m: 4:12.11 53.37 350m: 5:57.69 52.78			
100m: 1:34.36 49.36 200m: 3:18.74 53.01 300m: 5:04.91 52.80 400m: 6:45.36 47.67			
6. 1053394 SANJORGE PEDREIRA, Carmelo	63 ARTEIXO	<b>7:10.73</b>	5,00
50m: 43.11 43.11 150m: 2:23.86 52.84 250m: 4:15.49 57.66 350m: 6:11.33 58.48			
100m: 1:31.02 47.91 200m: 3:17.83 53.97 300m: 5:12.85 57.36 400m: 7:10.73 59.40			

65+

1. 1170858 CODESIDO LOPEZ, Jose	66 CIDSANTIAGO	<b>5:46.90</b>	13,00 RG
50m: 38.03 38.03 150m: 2:03.69 43.57 250m: 3:32.23 44.33 350m: 5:02.28 44.76			
100m: 1:20.12 42.09 200m: 2:47.90 44.21 300m: 4:17.52 45.29 400m: 5:46.90 44.62			
2. 1143896 PERDIZ GONZALEZ, Jose Ramon	67 ESCUALOS	<b>8:38.60</b>	10,00
50m: 56.61 56.61 150m: 3:04.45 1:04.99 250m: 5:16.63 1:05.79 350m: 7:31.72 1:08.47			
100m: 1:59.46 1:02.85 200m: 4:10.84 1:06.39 300m: 6:23.25 1:06.62 400m: 8:38.60 1:06.88			

70+

1. 1076165 GARCIA COLOMO, Manuel Ramon	71 POURENSE	<b>6:20.19</b>	13,00
50m: 43.46 43.46 150m: 2:19.81 48.81 250m: 3:58.03 48.88 350m: 5:34.47 47.72			
100m: 1:31.00 47.54 200m: 3:09.15 49.34 300m: 4:46.75 48.72 400m: 6:20.19 45.72			

75+

1. 1076488 MONROY FERNANDEZ, Manuel	75 PONTEAREAS	<b>7:40.80</b>	13,00
50m: 53.20 53.20 150m: 2:46.45 57.80 250m: 4:46.61 1:00.99 350m: 6:46.48 1:00.25			
100m: 1:48.65 55.45 200m: 3:45.62 59.17 300m: 5:46.23 59.62 400m: 7:40.80 54.32			