

Prueba 22  
15/06/2025

Masc., 400m Estilos

2005 y mayores  
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1039554	GUTIERREZ MARIÑO, Santiago				23	POURENSE				5:18.83	13,00
	50m:	32.13	32.13	150m:	1:50.42	40.34	250m:	3:16.58	46.53	350m:	4:42.18	37.79
	100m:	1:10.08	37.95	200m:	2:30.05	39.63	300m:	4:04.39	47.81	400m:	5:18.83	36.65
25+												
1.	1115676	GONZALEZ IGLESIAS, Alberto				28	CULLEREDO				5:38.43	13,00
	50m:	36.67	36.67	150m:	2:06.69	45.05	250m:	3:38.02	47.40	350m:	5:02.48	38.21
	100m:	1:21.64	44.97	200m:	2:50.62	43.93	300m:	4:24.27	46.25	400m:	5:38.43	35.95
2.	1141093	VILLAMOR FERRO, Ruben				25	ARTEIXO				5:41.07	10,00
	50m:	37.14	37.14	150m:	2:04.97	43.57	250m:	3:31.91	45.15	350m:	5:01.09	42.35
	100m:	1:21.40	44.26	200m:	2:46.76	41.79	300m:	4:18.74	46.83	400m:	5:41.07	39.98
30+												
1.	1130602	TENORIO FREIRE, Martin				33	CIDSANTIAGO				5:04.37	13,00
	50m:	31.57	31.57	150m:	1:47.98	40.06	250m:	3:11.29	42.39	350m:	4:29.13	34.56
	100m:	1:07.92	36.35	200m:	2:28.90	40.92	300m:	3:54.57	43.28	400m:	5:04.37	35.24
2.	1037824	FREIRE GONZALEZ, Javier				32	RBAIXAS				5:49.73	10,00
	50m:	35.40	35.40	150m:	2:04.42	47.84	250m:	3:41.70	51.37	350m:	5:12.35	39.11
	100m:	1:16.58	41.18	200m:	2:50.33	45.91	300m:	4:33.24	51.54	400m:	5:49.73	37.38
3.	1076271	NOVALES BLANCO, Xabier				34	RBAIXAS				6:42.78	8,00
	50m:	45.80	45.80	150m:	2:31.39	54.97	250m:	4:21.23	53.19	350m:	6:00.85	46.00
	100m:	1:36.42	50.62	200m:	3:28.04	56.65	300m:	5:14.85	53.62	400m:	6:42.78	41.93
35+												
1.	1076287	PAZOS ALONSO, Josue				39	ESCUALOS				5:33.18	13,00
	50m:	35.68	35.68	150m:	2:02.66	44.76	250m:	3:32.26	44.81	350m:	4:56.64	38.78
	100m:	1:17.90	42.22	200m:	2:47.45	44.79	300m:	4:17.86	45.60	400m:	5:33.18	36.54
2.	1275099	ALONSO NOVOA, Diego				35	MOS				6:33.86	10,00
	50m:	41.61	41.61	150m:	2:26.59	52.81	250m:	4:14.00	53.57	350m:	5:55.58	44.09
	100m:	1:33.78	52.17	200m:	3:20.43	53.84	300m:	5:11.49	57.49	400m:	6:33.86	38.28
3.	1178928	FIDALGO SERRANO, Guillermo				39	TRAVIESAS				7:13.92	8,00
	50m:	51.48	51.48	150m:	2:49.16	57.54	250m:	4:42.14	58.39	350m:	6:29.28	48.50
	100m:	1:51.62	1:00.14	200m:	3:43.75	54.59	300m:	5:40.78	58.64	400m:	7:13.92	44.64
40+												
1.	1141151	CALLE FACAL, Telmo				42	CIDSANTIAGO				5:03.05	13,00
	50m:	31.30	31.30	150m:	1:46.07	38.30	250m:	3:07.71	43.55	350m:	4:28.06	36.32
	100m:	1:07.77	36.47	200m:	2:24.16	38.09	300m:	3:51.74	44.03	400m:	5:03.05	34.99
2.	1240331	DE LORENZO FERNANDEZ, Javier				44	ESCUALOS				6:33.86	10,00
	50m:	44.08	44.08	150m:	2:30.27	52.11	250m:	4:17.29	55.15	350m:	5:55.38	43.96
	100m:	1:38.16	54.08	200m:	3:22.14	51.87	300m:	5:11.42	54.13	400m:	6:33.86	38.48
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano				44	CIDSANTIAGO				6:52.83	8,00
	50m:	42.25	42.25	150m:	2:31.81	59.81	250m:	4:24.77	55.98	350m:	6:08.96	46.82
	100m:	1:32.00	49.75	200m:	3:28.79	56.98	300m:	5:22.14	57.37	400m:	6:52.83	43.87

Prueba 22, Masc., 400m Estilos

45+

1.	1076564 CABANELAS EIRAS, Pablo	46	CIDSANTIAGO	<b>6:24.53</b>	13,00
	50m: 41.69 41.69 150m: 2:21.66 50.89 250m: 4:08.30 55.01 350m: 5:43.88 41.61				
	100m: 1:30.77 49.08 200m: 3:13.29 51.63 300m: 5:02.27 53.97 400m: 6:24.53 40.65				
2.	1190398 FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA	<b>9:31.35</b>	10,00
	50m: 1:03.64 1:03.64 150m: 3:35.48 1:20.90 250m: 6:07.96 1:12.28 350m: 8:26.04 1:06.51				
	100m: 2:14.58 1:10.94 200m: 4:55.68 1:20.20 300m: 7:19.53 1:11.57 400m: 9:31.35 1:05.31				

50+

1.	1040137 QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	<b>5:54.89</b>	13,00
	50m: 36.46 36.46 150m: 2:09.42 49.68 250m: 3:47.49 50.30 350m: 5:17.35 39.93				
	100m: 1:19.74 43.28 200m: 2:57.19 47.77 300m: 4:37.42 49.93 400m: 5:54.89 37.54				
2.	1079343 MOURIÑO ORTIGUEIRA, Roberto Carlo	51	PONTEAREAS	<b>6:17.16</b>	10,00
	50m: 38.51 38.51 150m: 2:17.95 52.86 250m: 4:02.52 53.82 350m: 5:37.63 41.22				
	100m: 1:25.09 46.58 200m: 3:08.70 50.75 300m: 4:56.41 53.89 400m: 6:17.16 39.53				
3.	1224729 FERNANDEZ BARREIROS, Claudio	50	ORDES	<b>6:37.66</b>	8,00
	50m: 43.55 43.55 150m: 2:31.50 51.59 250m: 4:16.56 55.18 350m: 5:56.58 44.06				
	100m: 1:39.91 56.36 200m: 3:21.38 49.88 300m: 5:12.52 55.96 400m: 6:37.66 41.08				

DSQ 1144297 LAMAS SOTO, Cesar 50 CULLEREDO -  
*Viraxe irregular*

55+

1.	1143661 TOURIÑO GONZALEZ, Victor M.	57	CMARINA	<b>6:51.68</b>	13,00
	50m: 44.94 44.94 150m: 2:34.78 57.27 250m: 4:24.92 50.83 350m: 6:06.07 49.61				
	100m: 1:37.51 52.57 200m: 3:34.09 59.31 300m: 5:16.46 51.54 400m: 6:51.68 45.61				
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	<b>7:35.62</b>	10,00
	50m: 48.80 48.80 150m: 2:48.29 1:01.96 250m: 4:55.81 1:07.65 350m: 6:51.54 48.72				
	100m: 1:46.33 57.53 200m: 3:48.16 59.87 300m: 6:02.82 1:07.01 400m: 7:35.62 44.08				
3.	1193949 LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	<b>8:24.77</b>	8,00
	50m: 58.51 58.51 150m: 3:05.90 1:04.78 250m: 5:29.40 1:21.35 350m: 7:37.82 47.57				
	100m: 2:01.12 1:02.61 200m: 4:08.05 1:02.15 300m: 6:50.25 1:20.85 400m: 8:24.77 46.95				

60+

1.	1075770 RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	<b>8:32.68</b>	13,00
	50m: 1:03.29 1:03.29 150m: 3:29.08 1:08.25 250m: 5:41.50 1:05.52 350m: 7:43.85 53.38				
	100m: 2:20.83 1:17.54 200m: 4:35.98 1:06.90 300m: 6:50.47 1:08.97 400m: 8:32.68 48.83				