

Prueba 9, Masc., 1500m Libre, Open masculino

Clasificación	Edad				Tiempo				PUNTOS			
6.	TIMIRAOS FERNANDEZ, Marcos				19	C. N. PORTAMIÑA			16:51.55	27,00		
	50m:	29.21	29.21	450m:	4:51.65	33.62	850m:	9:26.39	34.67	1250m:	14:03.29	34.46
	100m:	1:00.56	31.35	500m:	5:25.64	33.99	900m:	10:00.89	34.50	1300m:	14:37.95	34.66
	150m:	1:32.86	32.30	550m:	5:59.75	34.11	950m:	10:35.83	34.94	1350m:	15:11.76	33.81
	200m:	2:05.46	32.60	600m:	6:34.12	34.37	1000m:	11:10.94	35.11	1400m:	15:45.50	33.74
	250m:	2:38.35	32.89	650m:	7:08.46	34.34	1050m:	11:45.89	34.95	1450m:	16:19.19	33.69
	300m:	3:11.29	32.94	700m:	7:43.04	34.58	1100m:	12:20.23	34.34	1500m:	16:51.55	32.36
	350m:	3:44.60	33.31	750m:	8:17.32	34.28	1150m:	12:54.41	34.18			
	400m:	4:18.03	33.43	800m:	8:51.72	34.40	1200m:	13:28.83	34.42			
7.	PEREZ FERNANDEZ, Brais				17	C. N. PORTAMIÑA			16:51.67	26,00		
	50m:	28.85	28.85	450m:	4:49.04	33.11	850m:	9:19.93	34.45	1250m:	13:59.12	35.50
	100m:	1:00.21	31.36	500m:	5:22.29	33.25	900m:	9:54.17	34.24	1300m:	14:34.88	35.76
	150m:	1:32.14	31.93	550m:	5:55.86	33.57	950m:	10:28.79	34.62	1350m:	15:10.44	35.56
	200m:	2:04.50	32.36	600m:	6:29.53	33.67	1000m:	11:03.05	34.26	1400m:	15:44.64	34.20
	250m:	2:37.04	32.54	650m:	7:03.47	33.94	1050m:	11:38.12	35.07	1450m:	16:19.16	34.52
	300m:	3:09.96	32.92	700m:	7:37.24	33.77	1100m:	12:13.08	34.96	1500m:	16:51.67	32.51
	350m:	3:43.00	33.04	750m:	8:11.29	34.05	1150m:	12:48.27	35.19			
	400m:	4:15.93	32.93	800m:	8:45.48	34.19	1200m:	13:23.62	35.35			
8.	LOPEZ VARELA, Anton				15	C. N. ARZUA			17:01.44	25,00		
	50m:	30.48	30.48	450m:	5:04.99	34.66	850m:	9:38.09	34.01	1250m:	14:12.76	34.45
	100m:	1:03.91	33.43	500m:	5:39.02	34.03	900m:	10:12.69	34.60	1300m:	14:46.92	34.16
	150m:	1:37.99	34.08	550m:	6:13.07	34.05	950m:	10:46.95	34.26	1350m:	15:21.37	34.45
	200m:	2:12.14	34.15	600m:	6:47.41	34.34	1000m:	11:21.14	34.19	1400m:	15:55.88	34.51
	250m:	2:46.50	34.36	650m:	7:21.80	34.39	1050m:	11:55.79	34.65	1450m:	16:30.05	34.17
	300m:	3:20.89	34.39	700m:	7:56.01	34.21	1100m:	12:29.76	33.97	1500m:	17:01.44	31.39
	350m:	3:55.61	34.72	750m:	8:29.94	33.93	1150m:	13:04.11	34.35			
	400m:	4:30.33	34.72	800m:	9:04.08	34.14	1200m:	13:38.31	34.20			
9.	ALVAREZ VAZQUEZ, Sergio				15	VIGO RIAS BAIXAS			17:07.47	24,00		
	50m:	30.71	30.71	450m:	5:01.26	33.94	850m:	9:39.14	34.86	1250m:	14:17.78	34.97
	100m:	1:03.86	33.15	500m:	5:36.28	35.02	900m:	10:13.88	34.74	1300m:	14:52.30	34.52
	150m:	1:37.27	33.41	550m:	6:11.01	34.73	950m:	10:48.90	35.02	1350m:	15:27.37	35.07
	200m:	2:11.15	33.88	600m:	6:45.48	34.47	1000m:	11:23.81	34.91	1400m:	16:01.74	34.37
	250m:	2:45.02	33.87	650m:	7:20.12	34.64	1050m:	11:58.31	34.50	1450m:	16:35.65	33.91
	300m:	3:18.38	33.36	700m:	7:55.05	34.93	1100m:	12:32.74	34.43	1500m:	17:07.47	31.82
	350m:	3:52.98	34.60	750m:	8:29.65	34.60	1150m:	13:07.90	35.16			
	400m:	4:27.32	34.34	800m:	9:04.28	34.63	1200m:	13:42.81	34.91			
10.	LEIROS FERNANDEZ, Lucas				16	C. N. PONTEAREAS			17:07.67	23,00		
	50m:	30.07	30.07	450m:	5:01.22	34.45	850m:	9:38.85	35.24	1250m:	14:16.52	34.67
	100m:	1:02.94	32.87	500m:	5:35.26	34.04	900m:	10:13.69	34.84	1300m:	14:51.59	35.07
	150m:	1:36.52	33.58	550m:	6:10.01	34.75	950m:	10:48.18	34.49	1350m:	15:26.29	34.70
	200m:	2:10.56	34.04	600m:	6:44.37	34.36	1000m:	11:22.58	34.40	1400m:	16:00.98	34.69
	250m:	2:44.32	33.76	650m:	7:19.53	35.16	1050m:	11:57.47	34.89	1450m:	16:35.60	34.62
	300m:	3:18.43	34.11	700m:	7:54.30	34.77	1100m:	12:32.13	34.66	1500m:	17:07.67	32.07
	350m:	3:52.45	34.02	750m:	8:29.25	34.95	1150m:	13:06.98	34.85			
	400m:	4:26.77	34.32	800m:	9:03.61	34.36	1200m:	13:41.85	34.87			
11.	GARRIDO BRUN, Jacobo				22	C. N. Panas			17:08.88	22,00		
	50m:	30.14	30.14	450m:	5:02.11	35.27	850m:	9:37.29	34.27	1250m:	14:17.08	34.88
	100m:	1:02.85	32.71	500m:	5:36.60	34.49	900m:	10:12.15	34.86	1300m:	14:52.24	35.16
	150m:	1:35.97	33.12	550m:	6:10.79	34.19	950m:	10:46.77	34.62	1350m:	15:27.18	34.94
	200m:	2:09.39	33.42	600m:	6:45.11	34.32	1000m:	11:22.05	35.28	1400m:	16:01.90	34.72
	250m:	2:43.22	33.83	650m:	7:19.69	34.58	1050m:	11:57.26	35.21	1450m:	16:36.09	34.19
	300m:	3:17.55	34.33	700m:	7:53.96	34.27	1100m:	12:32.13	34.87	1500m:	17:08.88	32.79
	350m:	3:52.17	34.62	750m:	8:28.49	34.53	1150m:	13:07.11	34.98			
	400m:	4:26.84	34.67	800m:	9:03.02	34.53	1200m:	13:42.20	35.09			

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Clasificación	Edad				Tiempo				PUNTOS			
12.	PEDRE SALIDO, Julio				21	C. N. FERROL				17:11.07	21,00	
	50m:	29.00	29.00	450m:	4:58.90	33.85	850m:	9:34.35	34.63	1250m:	14:17.16	35.50
	100m:	1:01.84	32.84	500m:	5:32.95	34.05	900m:	10:09.40	35.05	1300m:	14:52.73	35.57
	150m:	1:35.51	33.67	550m:	6:06.89	33.94	950m:	10:44.94	35.54	1350m:	15:28.02	35.29
	200m:	2:09.15	33.64	600m:	6:40.96	34.07	1000m:	11:20.34	35.40	1400m:	16:03.47	35.45
	250m:	2:43.01	33.86	650m:	7:15.24	34.28	1050m:	11:56.02	35.68	1450m:	16:38.31	34.84
	300m:	3:17.21	34.20	700m:	7:49.95	34.71	1100m:	12:31.29	35.27	1500m:	17:11.07	32.76
	350m:	3:51.03	33.82	750m:	8:24.63	34.68	1150m:	13:06.71	35.42			
	400m:	4:25.05	34.02	800m:	8:59.72	35.09	1200m:	13:41.66	34.95			
13.	PENAS CAYADO, Fernando				15	SPORTING CASINO				17:11.44	20,00	
	50m:	29.15	29.15	450m:	4:53.41	33.77	850m:	9:30.71	35.46	1250m:	14:16.40	35.75
	100m:	1:01.32	32.17	500m:	5:27.37	33.96	900m:	10:06.38	35.67	1300m:	14:52.01	35.61
	150m:	1:33.82	32.50	550m:	6:01.60	34.23	950m:	10:42.08	35.70	1350m:	15:27.42	35.41
	200m:	2:06.59	32.77	600m:	6:36.11	34.51	1000m:	11:17.88	35.80	1400m:	16:02.52	35.10
	250m:	2:39.66	33.07	650m:	7:10.33	34.22	1050m:	11:53.82	35.94	1450m:	16:37.29	34.77
	300m:	3:12.94	33.28	700m:	7:44.79	34.46	1100m:	12:30.07	36.25	1500m:	17:11.44	34.15
	350m:	3:46.29	33.35	750m:	8:19.87	35.08	1150m:	13:05.27	35.20			
	400m:	4:19.64	33.35	800m:	8:55.25	35.38	1200m:	13:40.65	35.38			
14.	PREGO GROBA, Brais				16	C. N. PONTEAREAS				17:14.91	19,00	
	50m:	29.78	29.78	450m:	5:00.69	34.21	850m:	9:38.26	34.91	1250m:	14:19.62	35.22
	100m:	1:02.89	33.11	500m:	5:35.53	34.84	900m:	10:12.51	34.25	1300m:	14:55.34	35.72
	150m:	1:36.58	33.69	550m:	6:09.97	34.44	950m:	10:47.45	34.94	1350m:	15:30.84	35.50
	200m:	2:10.52	33.94	600m:	6:44.18	34.21	1000m:	11:22.38	34.93	1400m:	16:06.21	35.37
	250m:	2:44.39	33.87	650m:	7:19.03	34.85	1050m:	11:57.70	35.32	1450m:	16:40.95	34.74
	300m:	3:18.23	33.84	700m:	7:53.75	34.72	1100m:	12:33.07	35.37	1500m:	17:14.91	33.96
	350m:	3:52.39	34.16	750m:	8:28.70	34.95	1150m:	13:08.48	35.41			
	400m:	4:26.48	34.09	800m:	9:03.35	34.65	1200m:	13:44.40	35.92			
15.	GIL-RIVERA BARBEITO, Pablo				18	CIDADE SANTIAGO				17:28.74	18,00	
	50m:	30.67	30.67	450m:	5:05.06	34.83	850m:	9:49.20	35.97	1250m:	14:31.56	35.48
	100m:	1:03.48	32.81	500m:	5:40.45	35.39	900m:	10:23.91	34.71	1300m:	15:07.22	35.66
	150m:	1:37.10	33.62	550m:	6:16.35	35.90	950m:	10:59.21	35.30	1350m:	15:43.08	35.86
	200m:	2:11.12	34.02	600m:	6:51.54	35.19	1000m:	11:34.62	35.41	1400m:	16:18.97	35.89
	250m:	2:46.03	34.91	650m:	7:27.23	35.69	1050m:	12:09.83	35.21	1450m:	16:54.77	35.80
	300m:	3:20.69	34.66	700m:	8:02.84	35.61	1100m:	12:45.07	35.24	1500m:	17:28.74	33.97
	350m:	3:55.70	35.01	750m:	8:38.66	35.82	1150m:	13:20.86	35.79			
	400m:	4:30.23	34.53	800m:	9:13.23	34.57	1200m:	13:56.08	35.22			
16.	QUIÑÓY VEIGA, Alvaro				15	CIDADE SANTIAGO				17:43.06	17,00	
	50m:	31.37	31.37	450m:	5:10.60	35.45	850m:	9:57.93	35.97	1250m:	14:44.93	35.83
	100m:	1:05.38	34.01	500m:	5:46.92	36.32	900m:	10:33.40	35.47	1300m:	15:20.43	35.50
	150m:	1:39.78	34.40	550m:	6:22.28	35.36	950m:	11:09.30	35.90	1350m:	15:56.38	35.95
	200m:	2:14.55	34.77	600m:	6:58.05	35.77	1000m:	11:45.25	35.95	1400m:	16:31.83	35.45
	250m:	2:49.36	34.81	650m:	7:33.90	35.85	1050m:	12:21.33	36.08	1450m:	17:08.43	36.60
	300m:	3:24.42	35.06	700m:	8:09.84	35.94	1100m:	12:57.20	35.87	1500m:	17:43.06	34.63
	350m:	3:59.85	35.43	750m:	8:45.73	35.89	1150m:	13:33.04	35.84			
	400m:	4:35.15	35.30	800m:	9:21.96	36.23	1200m:	14:09.10	36.06			
17.	ORTEGO PORTA, Andre				17	C. N. GALAICO				17:47.40	16,00	
	50m:	30.56	30.56	450m:	5:10.12	35.38	850m:	9:57.37	35.93	1250m:	14:46.86	36.61
	100m:	1:04.06	33.50	500m:	5:45.68	35.56	900m:	10:33.58	36.21	1300m:	15:23.25	36.39
	150m:	1:38.59	34.53	550m:	6:21.49	35.81	950m:	11:09.29	35.71	1350m:	15:59.81	36.56
	200m:	2:13.45	34.86	600m:	6:57.57	36.08	1000m:	11:45.57	36.28	1400m:	16:36.18	36.37
	250m:	2:48.54	35.09	650m:	7:33.32	35.75	1050m:	12:21.84	36.27	1450m:	17:12.45	36.27
	300m:	3:24.02	35.48	700m:	8:09.13	35.81	1100m:	12:57.77	35.93	1500m:	17:47.40	34.95
	350m:	3:59.45	35.43	750m:	8:45.52	36.39	1150m:	13:33.90	36.13			
	400m:	4:34.74	35.29	800m:	9:21.44	35.92	1200m:	14:10.25	36.35			

Prueba 9, Masc., 1500m Libre, Open masculino

Clasificación	Edad		Tiempo		PUNTOS
18. NUÑEZ SALINAS, Ricardo	14	C. FLUVIAL LUGO	18:27.43	15,00	
50m: 32.66 32.66	450m: 5:27.54 37.58	850m: 10:25.77 37.46	1250m: 15:25.66 37.70		
100m: 1:08.78 36.12	500m: 6:04.04 36.50	900m: 11:03.15 37.38	1300m: 16:02.81 37.15		
150m: 1:45.80 37.02	550m: 6:41.04 37.00	950m: 11:40.73 37.58	1350m: 16:39.00 36.19		
200m: 2:22.39 36.59	600m: 7:18.70 37.66	1000m: 12:18.34 37.61	1400m: 17:16.10 37.10		
250m: 2:59.36 36.97	650m: 7:55.67 36.97	1050m: 12:55.50 37.16	1450m: 17:52.44 36.34		
300m: 3:35.87 36.51	700m: 8:32.64 36.97	1100m: 13:32.79 37.29	1500m: 18:27.43 34.99		
350m: 4:13.08 37.21	750m: 9:10.63 37.99	1150m: 14:10.36 37.57			
400m: 4:49.96 36.88	800m: 9:48.31 37.68	1200m: 14:47.96 37.60			
19. CADAVID RIBEIRO, Tiziano	16	C. N. PABELLON	18:30.35	14,00	
50m: 32.63 32.63	450m: 5:26.97 37.03	850m: 10:22.03 37.12	1250m: 15:22.37 37.74		
100m: 1:08.68 36.05	500m: 6:03.59 36.62	900m: 10:59.43 37.40	1300m: 16:00.27 37.90		
150m: 1:45.34 36.66	550m: 6:40.09 36.50	950m: 11:36.93 37.50	1350m: 16:37.89 37.62		
200m: 2:22.22 36.88	600m: 7:17.52 37.43	1000m: 12:14.37 37.44	1400m: 17:16.13 38.24		
250m: 2:58.74 36.52	650m: 7:54.46 36.94	1050m: 12:52.00 37.63	1450m: 17:53.72 37.59		
300m: 3:35.86 37.12	700m: 8:31.37 36.91	1100m: 13:29.44 37.44	1500m: 18:30.35 36.63		
350m: 4:13.01 37.15	750m: 9:08.31 36.94	1150m: 14:06.99 37.55			
400m: 4:49.94 36.93	800m: 9:44.91 36.60	1200m: 14:44.63 37.64			
20. ÁLVAREZ RIVAS, Nicolás	15	RCN VIGO	18:49.06	13,00	
50m: 32.74 32.74	450m: 5:32.30 38.06	850m: 10:33.54 36.84	1250m: 15:40.34 39.19		
100m: 1:09.27 36.53	500m: 6:10.17 37.87	900m: 11:11.25 37.71	1300m: 16:19.41 39.07		
150m: 1:46.42 37.15	550m: 6:47.83 37.66	950m: 11:49.36 38.11	1350m: 16:57.21 37.80		
200m: 2:23.39 36.97	600m: 7:25.68 37.85	1000m: 12:27.52 38.16	1400m: 17:36.42 39.21		
250m: 3:01.06 37.67	650m: 8:02.54 36.86	1050m: 13:06.76 39.24	1450m: 18:13.74 37.32		
300m: 3:38.60 37.54	700m: 8:40.53 37.99	1100m: 13:45.17 38.41	1500m: 18:49.06 35.32		
350m: 4:16.06 37.46	750m: 9:18.82 38.29	1150m: 14:23.61 38.44			
400m: 4:54.24 38.18	800m: 9:56.70 37.88	1200m: 15:01.15 37.54			
21. BRAVO CONDE, Cristian	24	C. N. Panas	19:07.55	12,00	
50m: 33.07 33.07	450m: 5:43.75 39.43	850m: 10:53.12 37.62	1250m: 15:58.00 38.60		
100m: 1:10.90 37.83	500m: 6:22.84 39.09	900m: 11:31.26 38.14	1300m: 16:36.25 38.25		
150m: 1:49.37 38.47	550m: 7:02.66 39.82	950m: 12:09.31 38.05	1350m: 17:14.69 38.44		
200m: 2:27.83 38.46	600m: 7:41.20 38.54	1000m: 12:47.00 37.69	1400m: 17:53.15 38.46		
250m: 3:06.93 39.10	650m: 8:20.52 39.32	1050m: 13:25.24 38.24	1450m: 18:31.07 37.92		
300m: 3:45.90 38.97	700m: 8:59.13 38.61	1100m: 14:03.07 37.83	1500m: 19:07.55 36.48		
350m: 4:25.01 39.11	750m: 9:37.55 38.42	1150m: 14:41.40 38.33			
400m: 5:04.32 39.31	800m: 10:15.50 37.95	1200m: 15:19.40 38.00			
Baja ALONSO VIDAL, Teo	17	VIGO RIAS BAIXAS	-		
Baja CHAMORRO LÓPEZ, Guzmán	15	RCN VIGO	-		