

Prueba 13  
30/11/2024

Masc., 400m Estilos

Open masculino  
Resultados

RG	4:14.90	, MENDEZ PUGA, MARIO	RBAIXAS	16/12/2022
MMG 18	4:21.34	, MENDEZ PUGA, MARIO	RBAIXAS	26/11/2021
MMG 17	4:25.02	, NAVARRO LOSADA SERGI	CNFERRO	27/07/2024
MMG 16	4:25.68	, SOUTO VILAS, CARLOS	CDELMAR	28/12/2019
MMG 15	4:32.17	, CABANA DEL AMO, PABLO	NPONTEA	28/12/2019
MMG 14	4:35.15	, CABANA DEL AMO, PABLO	NPONTEA	28/12/2018
MMG 13	4:50.57	, CABANA DEL AMO, PABLO	NPONTEA	28/12/2017

Clasificación

Edad

Tiempo

PUNTOS

1. PARDO PERNAS, Martin	22	C. FLUVIAL LUGO	<b>4:31.46</b>	35,00	
50m: 28.87 28.87	150m: 1:36.30 34.54	250m: 2:49.21 38.94	350m: 4:00.70 31.83		
100m: 1:01.76 32.89	200m: 2:10.27 33.97	300m: 3:28.87 39.66	400m: 4:31.46 30.76		
2. MANEIROS PAZ, Mario	18	C. N. FERROL	<b>4:34.57</b>	32,00	
50m: 29.35 29.35	150m: 1:38.45 35.55	250m: 2:51.36 38.29	350m: 4:03.49 32.60		
100m: 1:02.90 33.55	200m: 2:13.07 34.62	300m: 3:30.89 39.53	400m: 4:34.57 31.08		
3. GOMEZ PUMARIÑO, Samuel	16	C. N. PORTAMIÑA	<b>4:46.73</b>	30,00	
50m: 30.14 30.14	150m: 1:42.90 38.01	250m: 2:59.05 39.14	350m: 4:13.06 33.65		
100m: 1:04.89 34.75	200m: 2:19.91 37.01	300m: 3:39.41 40.36	400m: 4:46.73 33.67		
4. SOUTO VILAS, Jorge	17	SPORTING CASINO	<b>4:49.00</b>	29,00	
50m: 30.60 30.60	150m: 1:41.19 36.58	250m: 2:57.94 40.92	350m: 4:16.05 35.98		
100m: 1:04.61 34.01	200m: 2:17.02 35.83	300m: 3:40.07 42.13	400m: 4:49.00 32.95		
5. PREGO GROBA, Brais	16	C. N. PONTEAREAS	<b>4:49.30</b>	28,00	
50m: 32.04 32.04	150m: 1:47.36 37.38	250m: 3:04.42 40.48	350m: 4:17.67 33.04		
100m: 1:09.98 37.94	200m: 2:23.94 36.58	300m: 3:44.63 40.21	400m: 4:49.30 31.63		
6. GAVIEIRO MONTERO, Raul	17	C. N. PORTAMIÑA	<b>4:49.60</b>	27,00	
50m: 30.41 30.41	150m: 1:43.57 38.23	250m: 3:01.78 40.99	350m: 4:17.89 34.61		
100m: 1:05.34 34.93	200m: 2:20.79 37.22	300m: 3:43.28 41.50	400m: 4:49.60 31.71		
7. ÁLVAREZ VÁZQUEZ, Gael	17	C. N. GALAICO	<b>4:52.05</b>	26,00	
50m: 30.52 30.52	150m: 1:41.98 35.97	250m: 3:01.63 43.48	350m: 4:19.61 33.86		
100m: 1:06.01 35.49	200m: 2:18.15 36.17	300m: 3:45.75 44.12	400m: 4:52.05 32.44		
8. ARES BARRAL, Anton	24	C. N. Panas	<b>4:54.51</b>	25,00	
50m: 30.65 30.65	150m: 1:45.95 39.31	250m: 3:05.38 41.39	350m: 4:21.36 34.38		
100m: 1:06.64 35.99	200m: 2:23.99 38.04	300m: 3:46.98 41.60	400m: 4:54.51 33.15		
9. AVILES ZHUAVLEV, Santiago	20	SPORTING CASINO	<b>4:56.28</b>	24,00	
50m: 31.96 31.96	150m: 1:48.87 39.79	250m: 3:08.80 41.95	350m: 4:24.08 33.18		
100m: 1:09.08 37.12	200m: 2:26.85 37.98	300m: 3:50.90 42.10	400m: 4:56.28 32.20		
10. LOPEZ VARELA, Anton	15	C. N. ARZUA	<b>4:56.77</b>	23,00	
50m: 30.43 30.43	150m: 1:46.23 39.09	250m: 3:09.34 44.62	350m: 4:26.43 32.16		
100m: 1:07.14 36.71	200m: 2:24.72 38.49	300m: 3:54.27 44.93	400m: 4:56.77 30.34		
11. CARRERA COSTAS, Martin	28	C. N. PONTEAREAS	<b>4:56.81</b>	22,00	
50m: 31.11 31.11	150m: 1:46.99 39.65	250m: 3:06.85 42.50	350m: 4:23.84 34.79		
100m: 1:07.34 36.23	200m: 2:24.35 37.36	300m: 3:49.05 42.20	400m: 4:56.81 32.97		
12. GIL-RIVERA BARBEITO, Pablo	18	CIDADE SANTIAGO	<b>4:57.22</b>	21,00	
50m: 31.54 31.54	150m: 1:45.77 38.31	250m: 3:07.67 43.39	350m: 4:25.21 33.86		
100m: 1:07.46 35.92	200m: 2:24.28 38.51	300m: 3:51.35 43.68	400m: 4:57.22 32.01		

Prueba 13, Masc., 400m Estilos, Open masculino

Clasificación	Edad	Tiempo	PUNTOS
13. MENDEZ-BENEGASSI FDEZ., Adrian	16	C. N. GALAICO	<b>4:57.42</b> 20,00
50m: 31.80 31.80 150m: 1:46.65 37.04 250m: 3:10.07 46.02 350m: 4:25.69 34.09			
100m: 1:09.61 37.81 200m: 2:24.05 37.40 300m: 3:51.60 41.53 400m: 4:57.42 31.73			
14. RODRIGUEZ RAÑA, Miguel	15	VIGO RIAS BAIXAS	<b>4:57.54</b> 19,00
50m: 34.38 34.38 150m: 1:50.89 37.23 250m: 3:11.69 44.38 350m: 4:27.46 32.06			
100m: 1:13.66 39.28 200m: 2:27.31 36.42 300m: 3:55.40 43.71 400m: 4:57.54 30.08			
15. DÍAZ RODAS, Aarón	17	C. N. ARTEIXO	<b>4:58.62</b> 18,00
50m: 30.17 30.17 150m: 1:44.51 40.33 250m: 3:06.42 42.72 350m: 4:25.13 36.13			
100m: 1:04.18 34.01 200m: 2:23.70 39.19 300m: 3:49.00 42.58 400m: 4:58.62 33.49			
16. PEREZ VIDAL, Dylan	15	C. N. PABELLON	<b>4:58.79</b> 17,00
50m: 31.18 31.18 150m: 1:46.47 39.45 250m: 3:06.95 41.79 350m: 4:25.25 35.53			
100m: 1:07.02 35.84 200m: 2:25.16 38.69 300m: 3:49.72 42.77 400m: 4:58.79 33.54			
17. FERNANDEZ QUINTELA, Daniel	14	C. N. PABELLON	<b>4:59.14</b> 16,00
50m: 32.62 32.62 150m: 1:50.59 39.64 250m: 3:09.39 41.32 350m: 4:26.00 34.65			
100m: 1:10.95 38.33 200m: 2:28.07 37.48 300m: 3:51.35 41.96 400m: 4:59.14 33.14			
18. ALVAREZ VAZQUEZ, Sergio	15	VIGO RIAS BAIXAS	<b>4:59.87</b> 15,00
50m: 31.76 31.76 150m: 1:46.23 38.37 250m: 3:08.48 44.82 350m: 4:27.80 33.96			
100m: 1:07.86 36.10 200m: 2:23.66 37.43 300m: 3:53.84 45.36 400m: 4:59.87 32.07			
19. REY MUNIN, Alonso	16	CIDADE SANTIAGO	<b>5:07.09</b> 14,00
50m: 32.48 32.48 150m: 1:49.10 39.69 250m: 3:12.56 43.30 350m: 4:34.29 35.96			
100m: 1:09.41 36.93 200m: 2:29.26 40.16 300m: 3:58.33 45.77 400m: 5:07.09 32.80			
20. BLANCO RUIZ, Jacobo	26	C. N. Panas	<b>5:13.17</b> 13,00
50m: 30.10 30.10 150m: 1:44.99 37.85 250m: 3:09.08 46.18 350m: 4:34.61 38.19			
100m: 1:07.14 37.04 200m: 2:22.90 37.91 300m: 3:56.42 47.34 400m: 5:13.17 38.56			
21. DOMINGUEZ HERMIDA, Lucas	15	C. N. FERROL	<b>5:17.24</b> 12,00
50m: 31.70 31.70 150m: 1:53.89 45.67 250m: 3:23.40 45.68 350m: 4:43.66 33.78			
100m: 1:08.22 36.52 200m: 2:37.72 43.83 300m: 4:09.88 46.48 400m: 5:17.24 33.58			
22. DÍAZ DOMÍNGUEZ, Ricardo	17	C. N. ARTEIXO	<b>5:18.61</b> 11,00
50m: 33.40 33.40 150m: 1:52.78 41.64 250m: 3:19.48 45.24 350m: 4:42.94 37.31			
100m: 1:11.14 37.74 200m: 2:34.24 41.46 300m: 4:05.63 46.15 400m: 5:18.61 35.67			
23. VIDAL ROSALES, Iago	15	RCN VIGO	<b>5:26.40</b> 10,00
50m: 34.00 34.00 150m: 1:58.42 42.20 250m: 3:27.36 47.56 350m: 4:51.99 35.17			
100m: 1:16.22 42.22 200m: 2:39.80 41.38 300m: 4:16.82 49.46 400m: 5:26.40 34.41			
24. VILLANUEVA VÁZQUEZ, Iago	13	RCN VIGO	<b>5:36.85</b> 9,00
50m: 36.00 36.00 150m: 2:02.45 43.64 250m: 3:33.22 48.28 350m: 5:00.27 37.74			
100m: 1:18.81 42.81 200m: 2:44.94 42.49 300m: 4:22.53 49.31 400m: 5:36.85 36.58			