

Prueba 4  
07/12/2024

Masc., 3000m Libre

YOB 1924 - 2007  
Resultados

Clasificación

Edad

Marca

### JUNIOR 2 MASCULINO LD

1.	MANEIROS PAZ, Mario	18	NFERROL	<b>33:21.05</b>	19,00
	50m: 30.81 30.81	200m: 2:06.58 1:04.27	800m: 8:39.23 4:22.95	3000m: 33:21.05 16:54.96	
	100m: 1:02.31 31.50	400m: 4:16.28 2:09.70	1500m: 16:26.09 7:46.86		
2.	CUBEIRO ROSENDE, Xoel	17	LICEO	<b>33:29.47</b>	16,00
	50m: 30.01 30.01	200m: 2:07.28 1:05.05	800m: 8:44.79 4:25.44	3000m: 33:29.47 16:57.73	
	100m: 1:02.23 32.22	400m: 4:19.35 2:12.07	1500m: 16:31.74 7:46.95		
3.	SOUTO RAMOS, Manuel	17	Sporting C. Casino	<b>33:31.42</b>	14,00
	50m: 31.51 31.51	200m: 2:10.28 1:06.03	800m: 8:51.16 4:26.98	3000m: 33:31.42 16:49.79	
	100m: 1:04.25 32.74	400m: 4:24.18 2:13.90	1500m: 16:41.63 7:50.47		
4.	GOMEZ LIMIA, Pablo	18	C. N. Coruña	<b>34:19.92</b>	13,00
	50m: 33.10 33.10	200m: 2:12.37 1:06.13	800m: 9:03.68 4:33.78	3000m: 34:19.92 17:17.85	
	100m: 1:06.24 33.14	400m: 4:29.90 2:17.53	1500m: 17:02.07 7:58.39		
5.	PEREZ GARCIA, Iker	17	GALAICO	<b>36:30.55</b>	12,00
	50m: 31.82 31.82	200m: 2:12.16 1:07.11	800m: 9:14.21 4:43.18	3000m: 36:30.55 18:42.22	
	100m: 1:05.05 33.23	400m: 4:31.03 2:18.87	1500m: 17:48.33 8:34.12		
6.	ORTEGO PORTA, Andre	17	GALAICO	<b>36:40.99</b>	11,00
	50m: 33.20 33.20	200m: 2:19.49 1:11.79	800m: 9:34.00 4:50.64	3000m: 36:40.99 18:36.58	
	100m: 1:07.70 34.50	400m: 4:43.36 2:23.87	1500m: 18:04.41 8:30.41		
7.	CARBALLO RODRIGUEZ, Enrique	17	POURENSE	<b>38:02.64</b>	10,00
	50m: 31.28 31.28	200m: 2:10.19 1:06.85	800m: 9:30.60 4:56.79	3000m: 38:02.64 19:37.05	
	100m: 1:03.34 32.06	400m: 4:33.81 2:23.62	1500m: 18:25.59 8:54.99		
NP	SUÁREZ COUTO, Damián	17	C. Marina Ferrol	-	
	No presentado				
Baja	ALONSO VIDAL, Teo	17	RBAIXAS	-	

### SENIOR MASCULINO LD

1.	GARCÍA CASTRO, Mateo	19	ARTEIXO	<b>30:59.23</b>	19,00
	50m: 30.33 30.33	200m: 2:02.83 1:01.89	800m: 8:12.44 4:05.90	3000m: 30:59.23 15:35.96	
	100m: 1:00.94 30.61	400m: 4:06.54 2:03.71	1500m: 15:23.27 7:10.83		
2.	AVILES ZHUAVLEV, Santiago	20	Sporting C. Casino	<b>34:27.96</b>	16,00
	50m: 31.39 31.39	200m: 2:09.96 1:06.00	800m: 8:55.25 4:31.40	3000m: 34:27.96 17:27.35	
	100m: 1:03.96 32.57	400m: 4:23.85 2:13.89	1500m: 17:00.61 8:05.36		
3.	INFESTAS CARAZO, Samuel	21	GALAICO	<b>34:28.41</b>	14,00
	50m: 33.16 33.16	200m: 2:14.19 1:07.64	800m: 9:01.51 4:31.96	3000m: 34:28.41 17:26.29	
	100m: 1:06.55 33.39	400m: 4:29.55 2:15.36	1500m: 17:02.12 8:00.61		
4.	PEREZ PAZ, Dario	19	PONTEA	<b>34:52.24</b>	13,00
	50m: 30.81 30.81	200m: 2:09.38 1:06.09	800m: 9:03.95 4:38.52	3000m: 34:52.24 17:39.45	
	100m: 1:03.29 32.48	400m: 4:25.43 2:16.05	1500m: 17:12.79 8:08.84		
5.	PASTORIZA SANTA CLARA, Jorge	27	RBAIXAS	<b>34:58.33</b>	12,00
	50m: 33.04 33.04	200m: 2:15.01 1:08.36	800m: 9:11.95 4:39.44	3000m: 34:58.33 17:34.76	
	100m: 1:06.65 33.61	400m: 4:32.51 2:17.50	1500m: 17:23.57 8:11.62		