

Prueba 35
29/12/2024 - 17:00

Masc., 400m Estilos

Absoluto Masculino
Resultados

RG	4:14.90	, MENDEZ PUGA, MARIO	RBAIXAS	16/12/2022
RC	4:17.48	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	05/01/2021
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

ABSOJUNI

1. NAVARRO LOSADA, Sergi	17	C. N. FERROL	4:26.64	19,00
50m: 27.22 27.22	150m: 1:32.65 33.49	250m: 2:45.01 39.30	350m: 3:57.08 31.40	
100m: 59.16 31.94	200m: 2:05.71 33.06	300m: 3:25.68 40.67	400m: 4:26.64 29.56	
2. MANEIROS PAZ, Mario	18	C. N. FERROL	4:39.45	16,00
50m: 28.20 28.20	150m: 1:37.57 36.57	250m: 2:52.59 39.87	350m: 4:07.53 33.47	
100m: 1:01.00 32.80	200m: 2:12.72 35.15	300m: 3:34.06 41.47	400m: 4:39.45 31.92	
3. CARRERA COSTAS, Martin	28	C. N. PONTEAREAS	4:45.74	14,00
50m: 30.52 30.52	150m: 1:43.77 37.96	250m: 3:00.51 39.94	350m: 4:13.57 32.71	
100m: 1:05.81 35.29	200m: 2:20.57 36.80	300m: 3:40.86 40.35	400m: 4:45.74 32.17	
4. FRAGA VISOS, Teo	16	CIDADE SANTIAGO	4:48.57	13,00
50m: 30.84 30.84	150m: 1:43.26 37.38	250m: 3:00.81 40.88	350m: 4:15.40 33.70	
100m: 1:05.88 35.04	200m: 2:19.93 36.67	300m: 3:41.70 40.89	400m: 4:48.57 33.17	
5. VAZQUEZ LIZ, Alejandro	21	C. N. PORTAMIÑA	4:48.78	12,00
50m: 30.75 30.75	150m: 1:44.32 37.88	250m: 3:01.65 40.05	350m: 4:16.31 34.24	
100m: 1:06.44 35.69	200m: 2:21.60 37.28	300m: 3:42.07 40.42	400m: 4:48.78 32.47	
6. MERZLYAKOV KOSTOMAROV, Mikhai	17	PABELLON OURENSE	4:52.53	11,00
50m: 30.38 30.38	150m: 1:42.52 35.73	250m: 3:01.69 43.90	350m: 4:20.01 33.97	
100m: 1:06.79 36.41	200m: 2:17.79 35.27	300m: 3:46.04 44.35	400m: 4:52.53 32.52	
7. LOPEZ TURÍÑO, Hugo	15	C. N. LICEO	4:53.47	10,00
50m: 31.05 31.05	150m: 1:43.54 37.28	250m: 3:03.04 42.29	350m: 4:20.48 34.34	
100m: 1:06.26 35.21	200m: 2:20.75 37.21	300m: 3:46.14 43.10	400m: 4:53.47 32.99	
8. CASAL CANCELA, Carlos	14	A. D. FOGAR	4:53.66	9,00
50m: 32.77 32.77	150m: 1:50.43 39.95	250m: 3:07.35 38.38	350m: 4:21.23 34.75	
100m: 1:10.48 37.71	200m: 2:28.97 38.54	300m: 3:46.48 39.13	400m: 4:53.66 32.43	
9. VAZQUEZ COSTA, Miguel	18	C. N. GALAICO	4:54.33	8,00
50m: 31.48 31.48	150m: 1:43.96 37.07	250m: 3:05.88 44.07	350m: 4:22.36 33.12	
100m: 1:06.89 35.41	200m: 2:21.81 37.85	300m: 3:49.24 43.36	400m: 4:54.33 31.97	
10. PREGO GROBA, Brais	16	C. N. PONTEAREAS	4:55.41	7,00
50m: 31.38 31.38	150m: 1:46.51 38.16	250m: 3:04.93 40.98	350m: 4:21.72 34.40	
100m: 1:08.35 36.97	200m: 2:23.95 37.44	300m: 3:47.32 42.39	400m: 4:55.41 33.69	
11. PEREZ VIDAL, Dylan	15	PABELLON OURENSE	5:00.47	-
50m: 30.63 30.63	150m: 1:45.58 39.27	250m: 3:07.21 43.42	350m: 4:26.83 35.82	
100m: 1:06.31 35.68	200m: 2:23.79 38.21	300m: 3:51.01 43.80	400m: 5:00.47 33.64	
12. GAVIEIRO MONTERO, Raul	17	C. N. PORTAMIÑA	5:01.76	-
50m: 30.34 30.34	150m: 1:44.40 39.07	250m: 3:06.69 43.43	350m: 4:27.26 36.24	
100m: 1:05.33 34.99	200m: 2:23.26 38.86	300m: 3:51.02 44.33	400m: 5:01.76 34.50	
13. ALVAREZ VAZQUEZ, Sergio	15	VIGO RIAS BAIXAS	5:03.22	-
50m: 32.49 32.49	150m: 1:47.44 38.65	250m: 3:10.04 45.01	350m: 4:31.16 34.92	
100m: 1:08.79 36.30	200m: 2:25.03 37.59	300m: 3:56.24 46.20	400m: 5:03.22 32.06	
14. SANESTEBAN LÓPEZ, Teo	14	C. MARINA FERROL	5:05.56	-
50m: 32.57 32.57	150m: 1:46.03 36.30	250m: 3:07.48 45.89	350m: 4:30.25 35.95	
100m: 1:09.73 37.16	200m: 2:21.59 35.56	300m: 3:54.30 46.82	400m: 5:05.56 35.31	

Prueba 35, Masc., 400m Estilos, Absoluto Masculino

Clasificación				Edad				Tiempo		ABSOJUNI		
15.	LOPEZ VARELA, Anton			15	C. N. ARZUA			5:05.69	-			
	50m:	30.80	30.80	150m:	1:48.11	38.83	250m:	3:12.62	45.45	350m:	4:32.49	34.26
	100m:	1:09.28	38.48	200m:	2:27.17	39.06	300m:	3:58.23	45.61	400m:	5:05.69	33.20
16.	RODRIGUEZ RAÑA, Miguel			15	VIGO RIAS BAIXAS			5:05.94	-			
	50m:	34.75	34.75	150m:	1:52.90	37.75	250m:	3:14.18	44.22	350m:	4:33.15	33.91
	100m:	1:15.15	40.40	200m:	2:29.96	37.06	300m:	3:59.24	45.06	400m:	5:05.94	32.79
17.	DÍAZ RODAS, Aarón			17	C. N. ARTEIXO			5:10.44	-			
	50m:	30.72	30.72	150m:	1:45.46	39.36	250m:	3:07.98	44.10	350m:	4:33.32	38.31
	100m:	1:06.10	35.38	200m:	2:23.88	38.42	300m:	3:55.01	47.03	400m:	5:10.44	37.12
18.	MENDEZ-BENEGASSI FDEZ., Adrian			16	C. N. GALAICO			5:19.03	-			
	50m:	31.97	31.97	150m:	1:49.30	38.49	250m:	3:13.09	44.71	350m:	4:40.53	39.07
	100m:	1:10.81	38.84	200m:	2:28.38	39.08	300m:	4:01.46	48.37	400m:	5:19.03	38.50
DSQ	GIL-RIVERA BARBEITO, Pablo			18	CIDADE SANTIAGO				-			
	Viraje irregular											
Baja	PARDO PERNAS, Martin			22	C. FLUVIAL LUGO				-			
Baja	PENAS CAYADO, Fernando			15	SPORTING CASINO				-			