

Prueba 12
08/02/2025

Masc., 400m Estilos

JUSE M
Resultados

Clasificación				Edad		Tiempo		Puntos				
JUNI M												
1.	CUBEIRO ROSENDE, Xoel			18	LICEO		4:52.56	19,00				
	50m:	30.19	30.19	150m:	1:42.44	36.48	250m:	3:02.68	44.84	350m:	4:19.60	31.11
	100m:	1:05.96	35.77	200m:	2:17.84	35.40	300m:	3:48.49	45.81	400m:	4:52.56	32.96
2.	FARO MARTINEZ, Yoel			18	PONTEAREAS		4:55.44	16,00				
	50m:	30.01	30.01	150m:	1:44.47	39.76	250m:	3:04.33	40.61	350m:	4:20.67	35.48
	100m:	1:04.71	34.70	200m:	2:23.72	39.25	300m:	3:45.19	40.86	400m:	4:55.44	34.77
3.	LOPEZ TURÍÑO, Hugo			16	LICEO		4:55.74	14,00				
	50m:	31.51	31.51	150m:	1:45.67	39.02	250m:	3:06.47	42.11	350m:	4:23.20	32.43
	100m:	1:06.65	35.14	200m:	2:24.36	38.69	300m:	3:50.77	44.30	400m:	4:55.74	32.54
4.	ALONSO VIDAL, Teo			18	RIASBAIXAS		4:57.61	13,00				
	50m:	32.02	32.02	150m:	1:49.02	40.27	250m:	3:09.75	42.08	350m:	4:25.18	33.05
	100m:	1:08.75	36.73	200m:	2:27.67	38.65	300m:	3:52.13	42.38	400m:	4:57.61	32.43
5.	PEREZ FERNANDEZ, Brais			18	PORTAMIÑA		4:58.22	12,00				
	50m:	31.34	31.34	150m:	1:45.70	40.19	250m:	3:09.03	44.68	350m:	4:26.53	33.06
	100m:	1:05.51	34.17	200m:	2:24.35	38.65	300m:	3:53.47	44.44	400m:	4:58.22	31.69
6.	FUENTEFRIA FERNANDEZ, Anxo			16	FOGAR		4:58.28	11,00				
	50m:	31.61	31.61	150m:	1:48.17	40.04	250m:	3:06.42	39.84	350m:	4:23.51	36.10
	100m:	1:08.13	36.52	200m:	2:26.58	38.41	300m:	3:47.41	40.99	400m:	4:58.28	34.77
7.	PREGO GROBA, Brais			17	PONTEAREAS		4:58.82	10,00				
	50m:	32.26	32.26	150m:	1:50.25	38.81	250m:	3:09.04	39.93	350m:	4:24.76	34.02
	100m:	1:11.44	39.18	200m:	2:29.11	38.86	300m:	3:50.74	41.70	400m:	4:58.82	34.06
8.	PENAS CAYADO, Fernando			16	CASINOC		5:03.67	9,00				
	50m:	32.52	32.52	150m:	1:47.78	38.87	250m:	3:13.00	46.35	350m:	4:31.21	32.48
	100m:	1:08.91	36.39	200m:	2:26.65	38.87	300m:	3:58.73	45.73	400m:	5:03.67	32.46
9.	MARIÑO SILVA, Brais			17	RIVEIRA		5:04.98	8,00				
	50m:	30.64	30.64	150m:	1:46.53	39.57	250m:	3:09.73	44.81	350m:	4:30.75	35.35
	100m:	1:06.96	36.32	200m:	2:24.92	38.39	300m:	3:55.40	45.67	400m:	5:04.98	34.23
10.	CILLERO GARCÍA, Antón			17	CDELMAR		5:08.59	7,00				
	50m:	31.93	31.93	150m:	1:50.09	41.75	250m:	3:14.96	43.54	350m:	4:34.78	34.76
	100m:	1:08.34	36.41	200m:	2:31.42	41.33	300m:	4:00.02	45.06	400m:	5:08.59	33.81
11.	GAVIEIRO MONTERO, Raul			18	PORTAMIÑA		5:09.03	6,00				
	50m:	32.72	32.72	150m:	1:50.55	41.00	250m:	3:14.46	44.25	350m:	4:35.50	36.48
	100m:	1:09.55	36.83	200m:	2:30.21	39.66	300m:	3:59.02	44.56	400m:	5:09.03	33.53
12.	FRAGA VISOS, Teo			17	CIDSANTI		5:11.35	5,00				
	50m:	32.68	32.68	150m:	1:49.80	41.05	300m:	3:59.15	44.64	400m:	5:11.35	35.92
	100m:	1:08.75	36.07	250m:	3:14.51	1:24.71	350m:	4:35.43	36.28			
13.	LOPEZ VARELA, Anton			16	ARZUA		5:12.37	4,00				
	50m:	31.96	31.96	150m:	1:52.69	42.02	250m:	3:19.34	46.78	350m:	4:40.01	35.03
	100m:	1:10.67	38.71	200m:	2:32.56	39.87	300m:	4:04.98	45.64	400m:	5:12.37	32.36
14.	GARCIA AROCHENA, Jacobo Javier			16	NCORUÑA		5:13.65	3,00				
	50m:	32.52	32.52	150m:	1:52.34	41.87	250m:	3:18.28	46.06	350m:	4:41.12	36.52
	100m:	1:10.47	37.95	200m:	2:32.22	39.88	300m:	4:04.60	46.32	400m:	5:13.65	32.53
15.	GONZALEZ PREGO, Xose			17	NCORUÑA		5:14.04	2,00				
	50m:	35.61	35.61	150m:	2:01.08	43.89	250m:	3:24.96	40.65	350m:	4:41.18	34.68
	100m:	1:17.19	41.58	200m:	2:44.31	43.23	300m:	4:06.50	41.54	400m:	5:14.04	32.86
16.	REY MUNIN, Alonso			17	CIDSANTI		5:15.96	1,00				
	50m:	32.58	32.58	150m:	1:51.56	42.03	250m:	3:15.83	44.71	350m:	4:39.94	37.05
	100m:	1:09.53	36.95	200m:	2:31.12	39.56	300m:	4:02.89	47.06	400m:	5:15.96	36.02

Prueba 12, Masc., 400m Estilos, JUNI M

Clasificación	Edad	Tiempo	Puntos
17. GAVIEIRO MONTERO, Sergio	16	PORTAMIÑA	5:22.85
50m: 34.83 34.83 150m: 1:56.70 42.06 250m: 3:23.79 46.22 350m: 4:48.08 36.97			
100m: 1:14.64 39.81 200m: 2:37.57 40.87 300m: 4:11.11 47.32 400m: 5:22.85 34.77			
18. FREIRE ALVAREZ, Ivan	16	LICEO	5:26.83
50m: 33.69 33.69 150m: 1:57.45 44.70 250m: 3:26.26 45.83 350m: 4:51.30 37.62			
100m: 1:12.75 39.06 200m: 2:40.43 42.98 300m: 4:13.68 47.42 400m: 5:26.83 35.53			
19. NISTAL PALACIOS, Rafael	16	CASINOC	5:28.23
50m: 34.01 34.01 150m: 1:59.01 42.70 250m: 3:27.00 45.18 350m: 4:52.37 38.68			
100m: 1:16.31 42.30 200m: 2:41.82 42.81 300m: 4:13.69 46.69 400m: 5:28.23 35.86			
WDR ALVAREZ VAZQUEZ, Sergio	16	RIASBAIXAS	-

SENI M

1. MANEIROS PAZ, Mario	19	NFERROL	4:48.59
50m: 29.29 29.29 150m: 1:42.00 38.32 250m: 3:00.20 40.97 350m: 4:16.53 34.25			
100m: 1:03.68 34.39 200m: 2:19.23 37.23 300m: 3:42.28 42.08 400m: 4:48.59 32.06			
2. PASTORIZA SANTACLARA, Jorge	28	RIASBAIXAS	5:04.23
50m: 32.64 32.64 150m: 1:50.61 40.47 250m: 3:12.44 43.22 350m: 4:30.46 34.62			
100m: 1:10.14 37.50 200m: 2:29.22 38.61 300m: 3:55.84 43.40 400m: 5:04.23 33.77			
3. TIMIRAOS FERNANDEZ, Marcos	20	PORTAMIÑA	5:06.63
50m: 31.64 31.64 150m: 1:47.99 40.31 250m: 3:09.48 42.68 350m: 4:30.86 37.08			
100m: 1:07.68 36.04 200m: 2:26.80 38.81 300m: 3:53.78 44.30 400m: 5:06.63 35.77			
4. PEREZ PAZ, Dario	20	PONTEAREAS	5:09.17
50m: 31.91 31.91 150m: 1:50.84 40.31 250m: 3:15.31 43.88 350m: 4:35.43 33.88			
100m: 1:10.53 38.62 200m: 2:31.43 40.59 300m: 4:01.55 46.24 400m: 5:09.17 33.74			
5. GUTIERREZ MARIÑO, Santiago	23	POURENSE	5:17.07
50m: 32.79 32.79 150m: 1:52.48 40.82 250m: 3:19.79 46.55 350m: 4:41.97 34.56			
100m: 1:11.66 38.87 200m: 2:33.24 40.76 300m: 4:07.41 47.62 400m: 5:17.07 35.10			
6. MARTINEZ MARTINEZ, Marcos	22	PONTEAREAS	5:23.49
50m: 32.16 32.16 150m: 1:52.22 42.04 250m: 3:20.60 47.20 350m: 4:46.64 37.67			
100m: 1:10.18 38.02 200m: 2:33.40 41.18 300m: 4:08.97 48.37 400m: 5:23.49 36.85			

17 - 18 años

1. CUBEIRO ROSENDE, Xael	18	LICEO	4:52.56	19,00
50m: 30.19 30.19 150m: 1:42.44 36.48 250m: 3:02.68 44.84 350m: 4:19.60 31.11				
100m: 1:05.96 35.77 200m: 2:17.84 35.40 300m: 3:48.49 45.81 400m: 4:52.56 32.96				
2. FARO MARTINEZ, Yoel	18	PONTEAREAS	4:55.44	16,00
50m: 30.01 30.01 150m: 1:44.47 39.76 250m: 3:04.33 40.61 350m: 4:20.67 35.48				
100m: 1:04.71 34.70 200m: 2:23.72 39.25 300m: 3:45.19 40.86 400m: 4:55.44 34.77				
3. ALONSO VIDAL, Teo	18	RIASBAIXAS	4:57.61	13,00
50m: 32.02 32.02 150m: 1:49.02 40.27 250m: 3:09.75 42.08 350m: 4:25.18 33.05				
100m: 1:08.75 36.73 200m: 2:27.67 38.65 300m: 3:52.13 42.38 400m: 4:57.61 32.43				
4. PEREZ FERNANDEZ, Brais	18	PORTAMIÑA	4:58.22	12,00
50m: 31.34 31.34 150m: 1:45.70 40.19 250m: 3:09.03 44.68 350m: 4:26.53 33.06				
100m: 1:05.51 34.17 200m: 2:24.35 38.65 300m: 3:53.47 44.44 400m: 4:58.22 31.69				
5. PREGO GROBA, Brais	17	PONTEAREAS	4:58.82	10,00
50m: 32.26 32.26 150m: 1:50.25 38.81 250m: 3:09.04 39.93 350m: 4:24.76 34.02				
100m: 1:11.44 39.18 200m: 2:29.11 38.86 300m: 3:50.74 41.70 400m: 4:58.82 34.06				
6. MARIÑO SILVA, Brais	17	RIVEIRA	5:04.98	8,00
50m: 30.64 30.64 150m: 1:46.53 39.57 250m: 3:09.73 44.81 350m: 4:30.75 35.35				
100m: 1:06.96 36.32 200m: 2:24.92 38.39 300m: 3:55.40 45.67 400m: 5:04.98 34.23				

Prueba 12, Masc., 400m Estilos, 17 - 18 años

Clasificación				Edad				Tiempo		Puntos		
7.	CILLERO GARCÍA, Antón			17	CDELMAR			5:08.59	7,00			
	50m:	31.93	31.93	150m:	1:50.09	41.75	250m:	3:14.96	43.54	350m:	4:34.78	34.76
	100m:	1:08.34	36.41	200m:	2:31.42	41.33	300m:	4:00.02	45.06	400m:	5:08.59	33.81
8.	GAVIEIRO MONTERO, Raul			18	PORTAMIÑA			5:09.03	6,00			
	50m:	32.72	32.72	150m:	1:50.55	41.00	250m:	3:14.46	44.25	350m:	4:35.50	36.48
	100m:	1:09.55	36.83	200m:	2:30.21	39.66	300m:	3:59.02	44.56	400m:	5:09.03	33.53
9.	FRAGA VISOS, Teo			17	CIDSANTI			5:11.35	5,00			
	50m:	32.68	32.68	150m:	1:49.80	41.05	300m:	3:59.15	44.64	400m:	5:11.35	35.92
	100m:	1:08.75	36.07	250m:	3:14.51	1:24.71	350m:	4:35.43	36.28			
10.	GONZALEZ PREGO, Xose			17	NCORUÑA			5:14.04	2,00			
	50m:	35.61	35.61	150m:	2:01.08	43.89	250m:	3:24.96	40.65	350m:	4:41.18	34.68
	100m:	1:17.19	41.58	200m:	2:44.31	43.23	300m:	4:06.50	41.54	400m:	5:14.04	32.86
11.	REY MUNIN, Alonso			17	CIDSANTI			5:15.96	1,00			
	50m:	32.58	32.58	150m:	1:51.56	42.03	250m:	3:15.83	44.71	350m:	4:39.94	37.05
	100m:	1:09.53	36.95	200m:	2:31.12	39.56	300m:	4:02.89	47.06	400m:	5:15.96	36.02

16 años

1. LOPEZ TURINO, Hugo	16				LICEO				4:55.74	14,00
50m: 31.51 31.51	150m: 1:45.67	39.02	250m: 3:06.47	42.11	350m: 4:23.20	32.43				
100m: 1:06.65 35.14	200m: 2:24.36	38.69	300m: 3:50.77	44.30	400m: 4:55.74	32.54				
2. FUENTEFRIA FERNANDEZ, Anxo	16				FOGAR				4:58.28	11,00
50m: 31.61 31.61	150m: 1:48.17	40.04	250m: 3:06.42	39.84	350m: 4:23.51	36.10				
100m: 1:08.13 36.52	200m: 2:26.58	38.41	300m: 3:47.41	40.99	400m: 4:58.28	34.77				
3. PENAS CAYADO, Fernando	16				CASINOC				5:03.67	9,00
50m: 32.52 32.52	150m: 1:47.78	38.87	250m: 3:13.00	46.35	350m: 4:31.21	32.48				
100m: 1:08.91 36.39	200m: 2:26.65	38.87	300m: 3:58.73	45.73	400m: 5:03.67	32.46				
4. LOPEZ VARELA, Anton	16				ARZUA				5:12.37	4,00
50m: 31.96 31.96	150m: 1:52.69	42.02	250m: 3:19.34	46.78	350m: 4:40.01	35.03				
100m: 1:10.67 38.71	200m: 2:32.56	39.87	300m: 4:04.98	45.64	400m: 5:12.37	32.36				
5. GARCIA AROCHENA, Jacobo Javier	16				NCORUÑA				5:13.65	3,00
50m: 32.52 32.52	150m: 1:52.34	41.87	250m: 3:18.28	46.06	350m: 4:41.12	36.52				
100m: 1:10.47 37.95	200m: 2:32.22	39.88	300m: 4:04.60	46.32	400m: 5:13.65	32.53				
6. GAVIEIRO MONTERO, Sergio	16				PORTAMIÑA				5:22.85	-
50m: 34.83 34.83	150m: 1:56.70	42.06	250m: 3:23.79	46.22	350m: 4:48.08	36.97				
100m: 1:14.64 39.81	200m: 2:37.57	40.87	300m: 4:11.11	47.32	400m: 5:22.85	34.77				
7. FREIRE ALVAREZ, Ivan	16				LICEO				5:26.83	-
50m: 33.69 33.69	150m: 1:57.45	44.70	250m: 3:26.26	45.83	350m: 4:51.30	37.62				
100m: 1:12.75 39.06	200m: 2:40.43	42.98	300m: 4:13.68	47.42	400m: 5:26.83	35.53				
8. NISTAL PALACIOS, Rafael	16				CASINOC				5:28.23	-
50m: 34.01 34.01	150m: 1:59.01	42.70	250m: 3:27.00	45.18	350m: 4:52.37	38.68				
100m: 1:16.31 42.30	200m: 2:41.82	42.81	300m: 4:13.69	46.69	400m: 5:28.23	35.86				
WDR ALVAREZ VAZQUEZ, Sergio	16				RIASBAIXAS				-	