

Prueba 8
08/02/2025

Masc., 1500m Libre

JUSE M
Resultados

Clasificación

Edad

Tiempo Puntos

JUNI M

1. CUBEIRO ROSENDE, Xoel	18	LICEO	16:49.58	19,00
50m: 29.88 29.88	450m: 4:57.32 32.89	850m: 9:28.65 34.00	1250m: 14:01.87 34.36	
100m: 1:03.35 33.47	500m: 5:30.88 33.56	900m: 10:02.45 33.80	1300m: 14:36.23 34.36	
150m: 1:36.38 33.03	550m: 6:04.52 33.64	950m: 10:36.57 34.12	1350m: 15:09.98 33.75	
200m: 2:09.77 33.39	600m: 6:38.67 34.15	1000m: 11:10.45 33.88	1400m: 15:43.92 33.94	
250m: 2:43.27 33.50	650m: 7:12.81 34.14	1050m: 11:44.66 34.21	1450m: 16:17.12 33.20	
300m: 3:17.09 33.82	700m: 7:46.80 33.99	1100m: 12:19.31 34.65	1500m: 16:49.58 32.46	
350m: 3:50.40 33.31	750m: 8:20.51 33.71	1150m: 12:53.16 33.85		
400m: 4:24.43 34.03	800m: 8:54.65 34.14	1200m: 13:27.51 34.35		
2. DIAZ RODRIGUEZ, Ivan	17	PORTAMIÑA	17:04.78	16,00
50m: 29.66 29.66	450m: 5:00.63 34.39	850m: 9:35.94 34.65	1250m: 14:13.69 34.10	
100m: 1:02.08 32.42	500m: 5:34.79 34.16	900m: 10:10.51 34.57	1300m: 14:48.39 34.70	
150m: 1:35.77 33.69	550m: 6:09.40 34.61	950m: 10:45.44 34.93	1350m: 15:23.75 35.36	
200m: 2:09.52 33.75	600m: 6:43.79 34.39	1000m: 11:20.34 34.90	1400m: 15:58.29 34.54	
250m: 2:43.65 34.13	650m: 7:18.03 34.24	1050m: 11:55.35 35.01	1450m: 16:31.76 33.47	
300m: 3:17.87 34.22	700m: 7:52.51 34.48	1100m: 12:30.13 34.78	1500m: 17:04.78 33.02	
350m: 3:51.90 34.03	750m: 8:26.62 34.11	1150m: 13:04.79 34.66		
400m: 4:26.24 34.34	800m: 9:01.29 34.67	1200m: 13:39.59 34.80		
3. PEREZ FERNANDEZ, Brais	18	PORTAMIÑA	17:10.28	14,00
50m: 30.57 30.57	450m: 4:59.63 33.86	850m: 9:37.76 35.01	1250m: 14:17.59 35.14	
100m: 1:03.61 33.04	500m: 5:33.73 34.10	900m: 10:12.72 34.96	1300m: 14:52.18 34.59	
150m: 1:36.85 33.24	550m: 6:08.17 34.44	950m: 10:48.26 35.54	1350m: 15:27.02 34.84	
200m: 2:10.45 33.60	600m: 6:42.78 34.61	1000m: 11:22.27 34.01	1400m: 16:01.56 34.54	
250m: 2:43.93 33.48	650m: 7:17.58 34.80	1050m: 11:57.64 35.37	1450m: 16:36.32 34.76	
300m: 3:17.77 33.84	700m: 7:52.40 34.82	1100m: 12:32.65 35.01	1500m: 17:10.28 33.96	
350m: 3:51.63 33.86	750m: 8:27.43 35.03	1150m: 13:07.85 35.20		
400m: 4:25.77 34.14	800m: 9:02.75 35.32	1200m: 13:42.45 34.60		
4. SOUTO RAMOS, Manuel	18	CASINOC	17:13.69	13,00
50m: 29.69 29.69	450m: 4:59.21 34.63	850m: 9:37.99 35.24	1250m: 14:19.41 35.13	
100m: 1:01.80 32.11	500m: 5:33.76 34.55	900m: 10:12.73 34.74	1300m: 14:54.81 35.40	
150m: 1:34.82 33.02	550m: 6:08.54 34.78	950m: 10:48.02 35.29	1350m: 15:29.65 34.84	
200m: 2:08.15 33.33	600m: 6:43.20 34.66	1000m: 11:22.96 34.94	1400m: 16:05.04 35.39	
250m: 2:41.43 33.28	650m: 7:18.05 34.85	1050m: 11:58.02 35.06	1450m: 16:39.87 34.83	
300m: 3:15.37 33.94	700m: 7:52.68 34.63	1100m: 12:33.63 35.61	1500m: 17:13.69 33.82	
350m: 3:49.65 34.28	750m: 8:27.85 35.17	1150m: 13:08.85 35.22		
400m: 4:24.58 34.93	800m: 9:02.75 34.90	1200m: 13:44.28 35.43		
5. ALONSO VIDAL, Teo	18	RIASBAIXAS	17:21.34	12,00
50m: 30.12 30.12	450m: 5:01.40 34.18	850m: 9:43.81 35.06	1250m: 14:25.88 35.14	
100m: 1:03.23 33.11	500m: 5:36.59 35.19	900m: 10:19.37 35.56	1300m: 15:01.50 35.62	
150m: 1:36.89 33.66	550m: 6:11.59 35.00	950m: 10:54.36 34.99	1350m: 15:36.80 35.30	
200m: 2:10.85 33.96	600m: 6:47.09 35.50	1000m: 11:29.83 35.47	1400m: 16:12.15 35.35	
250m: 2:44.60 33.75	650m: 7:22.37 35.28	1050m: 12:04.98 35.15	1450m: 16:46.95 34.80	
300m: 3:18.73 34.13	700m: 7:58.19 35.82	1100m: 12:40.39 35.41	1500m: 17:21.34 34.39	
350m: 3:52.78 34.05	750m: 8:33.30 35.11	1150m: 13:15.30 34.91		
400m: 4:27.22 34.44	800m: 9:08.75 35.45	1200m: 13:50.74 35.44		
6. LEIROS FERNANDEZ, Lucas	17	PONTEAREAS	17:54.19	11,00
50m: 31.69 31.69	450m: 5:13.70 35.58	850m: 10:02.71 36.54	1250m: 14:55.25 36.33	
100m: 1:06.55 34.86	500m: 5:49.22 35.52	900m: 10:38.95 36.24	1300m: 15:31.86 36.61	
150m: 1:41.54 34.99	550m: 6:25.03 35.81	950m: 11:15.53 36.58	1350m: 16:07.93 36.07	
200m: 2:16.85 35.31	600m: 7:01.12 36.09	1000m: 11:52.33 36.80	1400m: 16:44.32 36.39	
250m: 2:52.21 35.36	650m: 7:37.17 36.05	1050m: 12:28.53 36.20	1450m: 17:20.20 35.88	
300m: 3:27.05 34.84	700m: 8:13.64 36.47	1100m: 13:05.35 36.82	1500m: 17:54.19 33.99	
350m: 4:02.62 35.57	750m: 8:49.65 36.01	1150m: 13:41.99 36.64		
400m: 4:38.12 35.50	800m: 9:26.17 36.52	1200m: 14:18.92 36.93		

Prueba 8, Masc., 1500m Libre, JUNI M

Clasificación	Edad				Tiempo				Puntos
7. PREGO GROBA, Brais	17				PONTEAREAS				17:57.29 10,00
50m:	31.38	31.38	450m:	5:16.22	36.62	850m:	10:09.54	36.83	1250m: 15:02.73 36.42
100m:	1:06.57	35.19	500m:	5:52.37	36.15	900m:	10:46.39	36.85	1300m: 15:37.90 35.17
150m:	1:42.25	35.68	550m:	6:28.99	36.62	950m:	11:23.88	37.49	1350m: 16:14.48 36.58
200m:	2:16.77	34.52	600m:	7:05.24	36.25	1000m:	12:00.43	36.55	1400m: 16:49.18 34.70
250m:	2:52.14	35.37	650m:	7:41.98	36.74	1050m:	12:37.61	37.18	1450m: 17:24.53 35.35
300m:	3:27.94	35.80	700m:	8:18.56	36.58	1100m:	13:13.74	36.13	1500m: 17:57.29 32.76
350m:	4:04.03	36.09	750m:	8:55.40	36.84	1150m:	13:50.57	36.83	
400m:	4:39.60	35.57	800m:	9:32.71	37.31	1200m:	14:26.31	35.74	
8. PATIÑO RÍOS, Jesús	16				RIVEIRA				17:57.42 9,00
50m:	31.30	31.30	450m:	5:14.90	35.90	850m:	10:06.28	36.89	1250m: 15:00.66 36.09
100m:	1:06.03	34.73	500m:	5:51.21	36.31	900m:	10:43.11	36.83	1300m: 15:37.37 36.71
150m:	1:40.79	34.76	550m:	6:27.18	35.97	950m:	11:19.92	36.81	1350m: 16:13.53 36.16
200m:	2:16.36	35.57	600m:	7:03.61	36.43	1000m:	11:56.89	36.97	1400m: 16:49.60 36.07
250m:	2:51.57	35.21	650m:	7:40.10	36.49	1050m:	12:33.59	36.70	1450m: 17:24.33 34.73
300m:	3:26.81	35.24	700m:	8:16.42	36.32	1100m:	13:10.37	36.78	1500m: 17:57.42 33.09
350m:	4:02.68	35.87	750m:	8:52.65	36.23	1150m:	13:47.51	37.14	
400m:	4:39.00	36.32	800m:	9:29.39	36.74	1200m:	14:24.57	37.06	
9. PENAS CAYADO, Fernando	16				CASINOC				18:10.92 8,00
50m:	31.78	31.78	450m:	5:16.31	36.09	850m:	10:10.47	37.26	1250m: 15:08.02 37.04
100m:	1:05.94	34.16	500m:	5:52.82	36.51	900m:	10:47.71	37.24	1300m: 15:45.15 37.13
150m:	1:41.23	35.29	550m:	6:29.54	36.72	950m:	11:24.78	37.07	1350m: 16:21.83 36.68
200m:	2:16.57	35.34	600m:	7:05.81	36.27	1000m:	12:01.99	37.21	1400m: 16:58.66 36.83
250m:	2:52.40	35.83	650m:	7:42.66	36.85	1050m:	12:39.55	37.56	1450m: 17:35.14 36.48
300m:	3:28.26	35.86	700m:	8:19.51	36.85	1100m:	13:16.82	37.27	1500m: 18:10.92 35.78
350m:	4:04.37	36.11	750m:	8:56.17	36.66	1150m:	13:54.10	37.28	
400m:	4:40.22	35.85	800m:	9:33.21	37.04	1200m:	14:30.98	36.88	
10. LOPEZ VARELA, Anton	16				ARZUA				18:23.75 7,00
50m:	32.00	32.00	450m:	5:25.78	36.46	850m:	10:20.56	36.93	1250m: 15:19.78 37.25
100m:	1:08.12	36.12	500m:	6:02.74	36.96	900m:	10:57.69	37.13	1300m: 15:57.20 37.42
150m:	1:44.84	36.72	550m:	6:39.15	36.41	950m:	11:34.99	37.30	1350m: 16:34.37 37.17
200m:	2:22.15	37.31	600m:	7:15.99	36.84	1000m:	12:12.51	37.52	1400m: 17:11.51 37.14
250m:	2:58.99	36.84	650m:	7:52.86	36.87	1050m:	12:50.02	37.51	1450m: 17:48.30 36.79
300m:	3:36.22	37.23	700m:	8:29.82	36.96	1100m:	13:27.66	37.64	1500m: 18:23.75 35.45
350m:	4:13.04	36.82	750m:	9:06.59	36.77	1150m:	14:04.98	37.32	
400m:	4:49.32	36.28	800m:	9:43.63	37.04	1200m:	14:42.53	37.55	
11. BAO PURRIÑOS, Manuel	17				LICEO				18:27.30 6,00
50m:	31.59	31.59	450m:	5:23.14	36.85	850m:	10:21.63	37.60	1250m: 15:22.21 37.06
100m:	1:06.65	35.06	500m:	6:00.00	36.86	900m:	10:58.89	37.26	1300m: 16:00.65 38.44
150m:	1:42.24	35.59	550m:	6:37.23	37.23	950m:	11:36.41	37.52	1350m: 16:37.72 37.07
200m:	2:18.74	36.50	600m:	7:13.98	36.75	1000m:	12:14.16	37.75	1400m: 17:14.66 36.94
250m:	2:55.37	36.63	650m:	7:51.30	37.32	1050m:	12:51.81	37.65	1450m: 17:51.68 37.02
300m:	3:32.88	37.51	700m:	8:29.23	37.93	1100m:	13:29.44	37.63	1500m: 18:27.30 35.62
350m:	4:09.70	36.82	750m:	9:06.64	37.41	1150m:	14:07.42	37.98	
400m:	4:46.29	36.59	800m:	9:44.03	37.39	1200m:	14:45.15	37.73	
12. ORTEGO PORTA, Andre	18				GALAICO				18:40.37 5,00
50m:	31.21	31.21	450m:	5:27.31	36.92	850m:	10:28.11	37.38	1250m: 15:31.30 38.00
100m:	1:07.03	35.82	500m:	6:04.70	37.39	900m:	11:06.50	38.39	1300m: 16:09.76 38.46
150m:	1:43.52	36.49	550m:	6:41.68	36.98	950m:	11:43.99	37.49	1350m: 16:48.02 38.26
200m:	2:20.34	36.82	600m:	7:19.22	37.54	1000m:	12:22.21	38.22	1400m: 17:26.48 38.46
250m:	2:57.58	37.24	650m:	7:56.45	37.23	1050m:	12:59.60	37.39	1450m: 18:04.32 37.84
300m:	3:35.25	37.67	700m:	8:34.44	37.99	1100m:	13:37.97	38.37	1500m: 18:40.37 36.05
350m:	4:12.76	37.51	750m:	9:12.03	37.59	1150m:	14:15.09	37.12	
400m:	4:50.39	37.63	800m:	9:50.73	38.70	1200m:	14:53.30	38.21	

Prueba 8, Masc., 1500m Libre, JUNI M

Clasificación	Edad				Tiempo				Puntos	
13. GAVIEIRO MONTERO, Sergio	16	PORTAMIÑA	18:55.39	-						
50m: 32.40 32.40	450m: 5:31.91 37.55	850m: 10:35.29 37.71	1250m: 15:44.33 38.47							
100m: 1:08.16 35.76	500m: 6:09.58 37.67	900m: 11:14.19 38.90	1300m: 16:23.13 38.80							
150m: 1:45.22 37.06	550m: 6:47.40 37.82	950m: 11:52.84 38.65	1350m: 17:01.93 38.80							
200m: 2:22.29 37.07	600m: 7:25.40 38.00	1000m: 12:30.70 37.86	1400m: 17:40.83 38.90							
250m: 3:00.26 37.97	650m: 8:03.04 37.64	1050m: 13:09.06 38.36	1450m: 18:18.78 37.95							
300m: 3:38.47 38.21	700m: 8:41.49 38.45	1100m: 13:47.88 38.82	1500m: 18:55.39 36.61							
350m: 4:16.81 38.34	750m: 9:19.26 37.77	1150m: 14:27.32 39.44								
400m: 4:54.36 37.55	800m: 9:57.58 38.32	1200m: 15:05.86 38.54								
14. COBELAS ALVAREZ, Alvaro	17	POURENSE	19:17.52	-						
50m: 31.89 31.89	450m: 5:37.65 39.40	850m: 10:54.12 39.28	1250m: 16:06.22 39.00							
100m: 1:07.54 35.65	500m: 6:17.14 39.49	900m: 11:32.97 38.85	1300m: 16:44.75 38.53							
150m: 1:44.73 37.19	550m: 6:56.41 39.27	950m: 12:12.32 39.35	1350m: 17:23.42 38.67							
200m: 2:23.59 38.86	600m: 7:36.36 39.95	1000m: 12:51.27 38.95	1400m: 18:02.27 38.85							
250m: 3:02.28 38.69	650m: 8:16.68 40.32	1050m: 13:30.73 39.46	1450m: 18:40.69 38.42							
300m: 3:40.82 38.54	700m: 8:55.97 39.29	1100m: 14:09.20 38.47	1500m: 19:17.52 36.83							
350m: 4:19.67 38.85	750m: 9:35.47 39.50	1150m: 14:48.44 39.24								
400m: 4:58.25 38.58	800m: 10:14.84 39.37	1200m: 15:27.22 38.78								
15. FREIRE ALVAREZ, Ivan	16	LICEO	19:19.01	-						
50m: 33.28 33.28	450m: 5:38.70 39.02	850m: 10:54.05 39.52	1250m: 16:07.98 39.72							
100m: 1:08.95 35.67	500m: 6:17.75 39.05	900m: 11:33.61 39.56	1300m: 16:45.87 37.89							
150m: 1:46.33 37.38	550m: 6:57.03 39.28	950m: 12:12.67 39.06	1350m: 17:24.65 38.78							
200m: 2:24.27 37.94	600m: 7:36.17 39.14	1000m: 12:51.98 39.31	1400m: 18:03.36 38.71							
250m: 3:02.92 38.65	650m: 8:16.05 39.88	1050m: 13:31.25 39.27	1450m: 18:41.72 38.36							
300m: 3:41.39 38.47	700m: 8:55.45 39.40	1100m: 14:10.67 39.42	1500m: 19:19.01 37.29							
350m: 4:20.61 39.22	750m: 9:34.93 39.48	1150m: 14:50.11 39.44								
400m: 4:59.68 39.07	800m: 10:14.53 39.60	1200m: 15:28.26 38.15								
WDR ALVAREZ VAZQUEZ, Sergio	16	RIASBAIXAS	-							
SENI M										
1. MANEIROS PAZ, Mario	19	NFERROL	17:04.47	-						
50m: 30.42 30.42	450m: 4:59.37 34.16	850m: 9:35.22 32.61	1250m: 14:13.08 35.44							
100m: 1:03.24 32.82	500m: 5:33.88 34.51	900m: 10:08.34 33.12	1300m: 14:48.31 35.23							
150m: 1:36.15 32.91	550m: 6:08.55 34.67	950m: 10:42.43 34.09	1350m: 15:23.40 35.09							
200m: 2:09.64 33.49	600m: 6:43.15 34.60	1000m: 11:16.49 34.06	1400m: 15:58.30 34.90							
250m: 2:43.12 33.48	650m: 7:17.93 34.78	1050m: 11:51.07 34.58	1450m: 16:31.80 33.50							
300m: 3:16.90 33.78	700m: 7:52.74 34.81	1100m: 12:26.78 35.71	1500m: 17:04.47 32.67							
350m: 3:50.69 33.79	750m: 8:27.64 34.90	1150m: 13:02.06 35.28								
400m: 4:25.21 34.52	800m: 9:02.61 34.97	1200m: 13:37.64 35.58								
2. GOMEZ LIMIA, Pablo	19	NCORUÑA	18:21.69	-						
50m: 31.64 31.64	450m: 5:23.45 36.66	850m: 10:22.05 37.26	1250m: 15:19.13 37.49							
100m: 1:06.78 35.14	500m: 6:00.61 37.16	900m: 10:59.61 37.56	1300m: 15:56.05 36.92							
150m: 1:42.42 35.64	550m: 6:37.59 36.98	950m: 11:37.33 37.72	1350m: 16:32.41 36.36							
200m: 2:18.54 36.12	600m: 7:15.39 37.80	1000m: 12:13.82 36.49	1400m: 17:09.85 37.44							
250m: 2:55.52 36.98	650m: 7:52.45 37.06	1050m: 12:51.57 37.75	1450m: 17:45.22 35.37							
300m: 3:32.44 36.92	700m: 8:29.92 37.47	1100m: 13:28.91 37.34	1500m: 18:21.69 36.47							
350m: 4:09.74 37.30	750m: 9:07.10 37.18	1150m: 14:04.18 35.27								
400m: 4:46.79 37.05	800m: 9:44.79 37.69	1200m: 14:41.64 37.46								
3. PEREZ PAZ, Dario	20	PONTEAREAS	18:22.96	-						
50m: 30.21 30.21	450m: 5:19.31 36.59	850m: 10:16.41 37.78	1250m: 15:18.11 37.18							
100m: 1:04.57 34.36	500m: 5:55.84 36.53	900m: 10:54.26 37.85	1300m: 15:55.49 37.38							
150m: 1:40.03 35.46	550m: 6:32.55 36.71	950m: 11:32.27 38.01	1350m: 16:32.62 37.13							
200m: 2:15.60 35.57	600m: 7:09.11 36.56	1000m: 12:10.10 37.83	1400m: 17:09.74 37.12							
250m: 2:51.87 36.27	650m: 7:46.00 36.89	1050m: 12:47.28 37.18	1450m: 17:46.72 36.98							
300m: 3:28.74 36.87	700m: 8:23.30 37.30	1100m: 13:25.26 37.98	1500m: 18:22.96 36.24							
350m: 4:05.57 36.83	750m: 9:01.10 37.80	1150m: 14:02.82 37.56								
400m: 4:42.72 37.15	800m: 9:38.63 37.53	1200m: 14:40.93 38.11								

Prueba 8, Masc., 1500m Libre

17 - 18 años

1. CUBEIRO ROSENDE, Xoel	18	LICEO	16:49.58	19,00	
50m: 29.88 29.88	450m: 4:57.32	32.89	850m: 9:28.65	34.00	1250m: 14:01.87 34.36
100m: 1:03.35 33.47	500m: 5:30.88	33.56	900m: 10:02.45	33.80	1300m: 14:36.23 34.36
150m: 1:36.38 33.03	550m: 6:04.52	33.64	950m: 10:36.57	34.12	1350m: 15:09.98 33.75
200m: 2:09.77 33.39	600m: 6:38.67	34.15	1000m: 11:10.45	33.88	1400m: 15:43.92 33.94
250m: 2:43.27 33.50	650m: 7:12.81	34.14	1050m: 11:44.66	34.21	1450m: 16:17.12 33.20
300m: 3:17.09 33.82	700m: 7:46.80	33.99	1100m: 12:19.31	34.65	1500m: 16:49.58 32.46
350m: 3:50.40 33.31	750m: 8:20.51	33.71	1150m: 12:53.16	33.85	
400m: 4:24.43 34.03	800m: 8:54.65	34.14	1200m: 13:27.51	34.35	
2. DIAZ RODRIGUEZ, Ivan	17	PORTAMIÑA	17:04.78	16,00	
50m: 29.66 29.66	450m: 5:00.63	34.39	850m: 9:35.94	34.65	1250m: 14:13.69 34.10
100m: 1:02.08 32.42	500m: 5:34.79	34.16	900m: 10:10.51	34.57	1300m: 14:48.39 34.70
150m: 1:35.77 33.69	550m: 6:09.40	34.61	950m: 10:45.44	34.93	1350m: 15:23.75 35.36
200m: 2:09.52 33.75	600m: 6:43.79	34.39	1000m: 11:20.34	34.90	1400m: 15:58.29 34.54
250m: 2:43.65 34.13	650m: 7:18.03	34.24	1050m: 11:55.35	35.01	1450m: 16:31.76 33.47
300m: 3:17.87 34.22	700m: 7:52.51	34.48	1100m: 12:30.13	34.78	1500m: 17:04.78 33.02
350m: 3:51.90 34.03	750m: 8:26.62	34.11	1150m: 13:04.79	34.66	
400m: 4:26.24 34.34	800m: 9:01.29	34.67	1200m: 13:39.59	34.80	
3. PEREZ FERNANDEZ, Brais	18	PORTAMIÑA	17:10.28	14,00	
50m: 30.57 30.57	450m: 4:59.63	33.86	850m: 9:37.76	35.01	1250m: 14:17.59 35.14
100m: 1:03.61 33.04	500m: 5:33.73	34.10	900m: 10:12.72	34.96	1300m: 14:52.18 34.59
150m: 1:36.85 33.24	550m: 6:08.17	34.44	950m: 10:48.26	35.54	1350m: 15:27.02 34.84
200m: 2:10.45 33.60	600m: 6:42.78	34.61	1000m: 11:22.27	34.01	1400m: 16:01.56 34.54
250m: 2:43.93 33.48	650m: 7:17.58	34.80	1050m: 11:57.64	35.37	1450m: 16:36.32 34.76
300m: 3:17.77 33.84	700m: 7:52.40	34.82	1100m: 12:32.65	35.01	1500m: 17:10.28 33.96
350m: 3:51.63 33.86	750m: 8:27.43	35.03	1150m: 13:07.85	35.20	
400m: 4:25.77 34.14	800m: 9:02.75	35.32	1200m: 13:42.45	34.60	
4. SOUTO RAMOS, Manuel	18	CASINOC	17:13.69	13,00	
50m: 29.69 29.69	450m: 4:59.21	34.63	850m: 9:37.99	35.24	1250m: 14:19.41 35.13
100m: 1:01.80 32.11	500m: 5:33.76	34.55	900m: 10:12.73	34.74	1300m: 14:54.81 35.40
150m: 1:34.82 33.02	550m: 6:08.54	34.78	950m: 10:48.02	35.29	1350m: 15:29.65 34.84
200m: 2:08.15 33.33	600m: 6:43.20	34.66	1000m: 11:22.96	34.94	1400m: 16:05.04 35.39
250m: 2:41.43 33.28	650m: 7:18.05	34.85	1050m: 11:58.02	35.06	1450m: 16:39.87 34.83
300m: 3:15.37 33.94	700m: 7:52.68	34.63	1100m: 12:33.63	35.61	1500m: 17:13.69 33.82
350m: 3:49.65 34.28	750m: 8:27.85	35.17	1150m: 13:08.85	35.22	
400m: 4:24.58 34.93	800m: 9:02.75	34.90	1200m: 13:44.28	35.43	
5. ALONSO VIDAL, Teo	18	RIASBAIXAS	17:21.34	12,00	
50m: 30.12 30.12	450m: 5:01.40	34.18	850m: 9:43.81	35.06	1250m: 14:25.88 35.14
100m: 1:03.23 33.11	500m: 5:36.59	35.19	900m: 10:19.37	35.56	1300m: 15:01.50 35.62
150m: 1:36.89 33.66	550m: 6:11.59	35.00	950m: 10:54.36	34.99	1350m: 15:36.80 35.30
200m: 2:10.85 33.96	600m: 6:47.09	35.50	1000m: 11:29.83	35.47	1400m: 16:12.15 35.35
250m: 2:44.60 33.75	650m: 7:22.37	35.28	1050m: 12:04.98	35.15	1450m: 16:46.95 34.80
300m: 3:18.73 34.13	700m: 7:58.19	35.82	1100m: 12:40.39	35.41	1500m: 17:21.34 34.39
350m: 3:52.78 34.05	750m: 8:33.30	35.11	1150m: 13:15.30	34.91	
400m: 4:27.22 34.44	800m: 9:08.75	35.45	1200m: 13:50.74	35.44	
6. LEIROS FERNANDEZ, Lucas	17	PONTEAREAS	17:54.19	11,00	
50m: 31.69 31.69	450m: 5:13.70	35.58	850m: 10:02.71	36.54	1250m: 14:55.25 36.33
100m: 1:06.55 34.86	500m: 5:49.22	35.52	900m: 10:38.95	36.24	1300m: 15:31.86 36.61
150m: 1:41.54 34.99	550m: 6:25.03	35.81	950m: 11:15.53	36.58	1350m: 16:07.93 36.07
200m: 2:16.85 35.31	600m: 7:01.12	36.09	1000m: 11:52.33	36.80	1400m: 16:44.32 36.39
250m: 2:52.21 35.36	650m: 7:37.17	36.05	1050m: 12:28.53	36.20	1450m: 17:20.20 35.88
300m: 3:27.05 34.84	700m: 8:13.64	36.47	1100m: 13:05.35	36.82	1500m: 17:54.19 33.99
350m: 4:02.62 35.57	750m: 8:49.65	36.01	1150m: 13:41.99	36.64	
400m: 4:38.12 35.50	800m: 9:26.17	36.52	1200m: 14:18.92	36.93	

Prueba 8, Masc., 1500m Libre, 17 - 18 años

Clasificación				Edad				Tiempo	Puntos
7. PREGO GROBA, Brais				17	PONTEAREAS			17:57.29	10,00
50m:	31.38	31.38	450m:	5:16.22	36.62	850m:	10:09.54	36.83	1250m: 15:02.73 36.42
100m:	1:06.57	35.19	500m:	5:52.37	36.15	900m:	10:46.39	36.85	1300m: 15:37.90 35.17
150m:	1:42.25	35.68	550m:	6:28.99	36.62	950m:	11:23.88	37.49	1350m: 16:14.48 36.58
200m:	2:16.77	34.52	600m:	7:05.24	36.25	1000m:	12:00.43	36.55	1400m: 16:49.18 34.70
250m:	2:52.14	35.37	650m:	7:41.98	36.74	1050m:	12:37.61	37.18	1450m: 17:24.53 35.35
300m:	3:27.94	35.80	700m:	8:18.56	36.58	1100m:	13:13.74	36.13	1500m: 17:57.29 32.76
350m:	4:04.03	36.09	750m:	8:55.40	36.84	1150m:	13:50.57	36.83	
400m:	4:39.60	35.57	800m:	9:32.71	37.31	1200m:	14:26.31	35.74	
8. BAO PURRIÑOS, Manuel				17	LICEO			18:27.30	6,00
50m:	31.59	31.59	450m:	5:23.14	36.85	850m:	10:21.63	37.60	1250m: 15:22.21 37.06
100m:	1:06.65	35.06	500m:	6:00.00	36.86	900m:	10:58.89	37.26	1300m: 16:00.65 38.44
150m:	1:42.24	35.59	550m:	6:37.23	37.23	950m:	11:36.41	37.52	1350m: 16:37.72 37.07
200m:	2:18.74	36.50	600m:	7:13.98	36.75	1000m:	12:14.16	37.75	1400m: 17:14.66 36.94
250m:	2:55.37	36.63	650m:	7:51.30	37.32	1050m:	12:51.81	37.65	1450m: 17:51.68 37.02
300m:	3:32.88	37.51	700m:	8:29.23	37.93	1100m:	13:29.44	37.63	1500m: 18:27.30 35.62
350m:	4:09.70	36.82	750m:	9:06.64	37.41	1150m:	14:07.42	37.98	
400m:	4:46.29	36.59	800m:	9:44.03	37.39	1200m:	14:45.15	37.73	
9. ORTEGO PORTA, Andre				18	GALAICO			18:40.37	5,00
50m:	31.21	31.21	450m:	5:27.31	36.92	850m:	10:28.11	37.38	1250m: 15:31.30 38.00
100m:	1:07.03	35.82	500m:	6:04.70	37.39	900m:	11:06.50	38.39	1300m: 16:09.76 38.46
150m:	1:43.52	36.49	550m:	6:41.68	36.98	950m:	11:43.99	37.49	1350m: 16:48.02 38.26
200m:	2:20.34	36.82	600m:	7:19.22	37.54	1000m:	12:22.21	38.22	1400m: 17:26.48 38.46
250m:	2:57.58	37.24	650m:	7:56.45	37.23	1050m:	12:59.60	37.39	1450m: 18:04.32 37.84
300m:	3:35.25	37.67	700m:	8:34.44	37.99	1100m:	13:37.97	38.37	1500m: 18:40.37 36.05
350m:	4:12.76	37.51	750m:	9:12.03	37.59	1150m:	14:15.09	37.12	
400m:	4:50.39	37.63	800m:	9:50.73	38.70	1200m:	14:53.30	38.21	
10. COBELAS ALVAREZ, Alvaro				17	POURENSE			19:17.52	-
50m:	31.89	31.89	450m:	5:37.65	39.40	850m:	10:54.12	39.28	1250m: 16:06.22 39.00
100m:	1:07.54	35.65	500m:	6:17.14	39.49	900m:	11:32.97	38.85	1300m: 16:44.75 38.53
150m:	1:44.73	37.19	550m:	6:56.41	39.27	950m:	12:12.32	39.35	1350m: 17:23.42 38.67
200m:	2:23.59	38.86	600m:	7:36.36	39.95	1000m:	12:51.27	38.95	1400m: 18:02.27 38.85
250m:	3:02.28	38.69	650m:	8:16.68	40.32	1050m:	13:30.73	39.46	1450m: 18:40.69 38.42
300m:	3:40.82	38.54	700m:	8:55.97	39.29	1100m:	14:09.20	38.47	1500m: 19:17.52 36.83
350m:	4:19.67	38.85	750m:	9:35.47	39.50	1150m:	14:48.44	39.24	
400m:	4:58.25	38.58	800m:	10:14.84	39.37	1200m:	15:27.22	38.78	

16 años

1. PATIÑO RÍOS, Jesús				16	RIVEIRA			17:57.42	9,00
50m:	31.30	31.30	450m:	5:14.90	35.90	850m:	10:06.28	36.89	1250m: 15:00.66 36.09
100m:	1:06.03	34.73	500m:	5:51.21	36.31	900m:	10:43.11	36.83	1300m: 15:37.37 36.71
150m:	1:40.79	34.76	550m:	6:27.18	35.97	950m:	11:19.92	36.81	1350m: 16:13.53 36.16
200m:	2:16.36	35.57	600m:	7:03.61	36.43	1000m:	11:56.89	36.97	1400m: 16:49.60 36.07
250m:	2:51.57	35.21	650m:	7:40.10	36.49	1050m:	12:33.59	36.70	1450m: 17:24.33 34.73
300m:	3:26.81	35.24	700m:	8:16.42	36.32	1100m:	13:10.37	36.78	1500m: 17:57.42 33.09
350m:	4:02.68	35.87	750m:	8:52.65	36.23	1150m:	13:47.51	37.14	
400m:	4:39.00	36.32	800m:	9:29.39	36.74	1200m:	14:24.57	37.06	
2. PENAS CAYADO, Fernando				16	CASINOC			18:10.92	8,00
50m:	31.78	31.78	450m:	5:16.31	36.09	850m:	10:10.47	37.26	1250m: 15:08.02 37.04
100m:	1:05.94	34.16	500m:	5:52.82	36.51	900m:	10:47.71	37.24	1300m: 15:45.15 37.13
150m:	1:41.23	35.29	550m:	6:29.54	36.72	950m:	11:24.78	37.07	1350m: 16:21.83 36.68
200m:	2:16.57	35.34	600m:	7:05.81	36.27	1000m:	12:01.99	37.21	1400m: 16:58.66 36.83
250m:	2:52.40	35.83	650m:	7:42.66	36.85	1050m:	12:39.55	37.56	1450m: 17:35.14 36.48
300m:	3:28.26	35.86	700m:	8:19.51	36.85	1100m:	13:16.82	37.27	1500m: 18:10.92 35.78
350m:	4:04.37	36.11	750m:	8:56.17	36.66	1150m:	13:54.10	37.28	
400m:	4:40.22	35.85	800m:	9:33.21	37.04	1200m:	14:30.98	36.88	

Prueba 8, Masc., 1500m Libre, 16 años

Clasificación	Edad				Tiempo				Puntos		
3. LOPEZ VARELA, Anton	16 ARZUA				18:23.75				7,00		
50m:	32.00	32.00	450m:	5:25.78	36.46	850m:	10:20.56	36.93	1250m:	15:19.78	37.25
100m:	1:08.12	36.12	500m:	6:02.74	36.96	900m:	10:57.69	37.13	1300m:	15:57.20	37.42
150m:	1:44.84	36.72	550m:	6:39.15	36.41	950m:	11:34.99	37.30	1350m:	16:34.37	37.17
200m:	2:22.15	37.31	600m:	7:15.99	36.84	1000m:	12:12.51	37.52	1400m:	17:11.51	37.14
250m:	2:58.99	36.84	650m:	7:52.86	36.87	1050m:	12:50.02	37.51	1450m:	17:48.30	36.79
300m:	3:36.22	37.23	700m:	8:29.82	36.96	1100m:	13:27.66	37.64	1500m:	18:23.75	35.45
350m:	4:13.04	36.82	750m:	9:06.59	36.77	1150m:	14:04.98	37.32			
400m:	4:49.32	36.28	800m:	9:43.63	37.04	1200m:	14:42.53	37.55			
4. GAVIEIRO MONTERO, Sergio	16 PORTAMIÑA				18:55.39				-		
50m:	32.40	32.40	450m:	5:31.91	37.55	850m:	10:35.29	37.71	1250m:	15:44.33	38.47
100m:	1:08.16	35.76	500m:	6:09.58	37.67	900m:	11:14.19	38.90	1300m:	16:23.13	38.80
150m:	1:45.22	37.06	550m:	6:47.40	37.82	950m:	11:52.84	38.65	1350m:	17:01.93	38.80
200m:	2:22.29	37.07	600m:	7:25.40	38.00	1000m:	12:30.70	37.86	1400m:	17:40.83	38.90
250m:	3:00.26	37.97	650m:	8:03.04	37.64	1050m:	13:09.06	38.36	1450m:	18:18.78	37.95
300m:	3:38.47	38.21	700m:	8:41.49	38.45	1100m:	13:47.88	38.82	1500m:	18:55.39	36.61
350m:	4:16.81	38.34	750m:	9:19.26	37.77	1150m:	14:27.32	39.44			
400m:	4:54.36	37.55	800m:	9:57.58	38.32	1200m:	15:05.86	38.54			
5. FREIRE ALVAREZ, Ivan	16 LICEO				19:19.01				-		
50m:	33.28	33.28	450m:	5:38.70	39.02	850m:	10:54.05	39.52	1250m:	16:07.98	39.72
100m:	1:08.95	35.67	500m:	6:17.75	39.05	900m:	11:33.61	39.56	1300m:	16:45.87	37.89
150m:	1:46.33	37.38	550m:	6:57.03	39.28	950m:	12:12.67	39.06	1350m:	17:24.65	38.78
200m:	2:24.27	37.94	600m:	7:36.17	39.14	1000m:	12:51.98	39.31	1400m:	18:03.36	38.71
250m:	3:02.92	38.65	650m:	8:16.05	39.88	1050m:	13:31.25	39.27	1450m:	18:41.72	38.36
300m:	3:41.39	38.47	700m:	8:55.45	39.40	1100m:	14:10.67	39.42	1500m:	19:19.01	37.29
350m:	4:20.61	39.22	750m:	9:34.93	39.48	1150m:	14:50.11	39.44			
400m:	4:59.68	39.07	800m:	10:14.53	39.60	1200m:	15:28.26	38.15			
WDR ALVAREZ VAZQUEZ, Sergio	16 RIASBAIXAS								-		