

Prueba 3  
12/04/2025

Masc., 1500m Libre

Júnior-Sénior Masculina  
Resultados

RG 14:58.31 , MENDEZ PUGA, MARIO RBAIXAS 28/12/2023

Clasificación

AN

Tiempo

ABSOJUNI

1. MANEIROS PAZ, Mario

06

Selnor

15:54.24

7,00

50m:	27.90	27.90	450m:	4:38.92	32.00	850m:	8:56.50	32.37	1250m:	13:14.64	32.17
100m:	57.95	30.05	500m:	5:11.00	32.08	900m:	9:28.68	32.18	1300m:	13:46.99	32.35
150m:	1:28.77	30.82	550m:	5:43.12	32.12	950m:	10:01.25	32.57	1350m:	14:19.33	32.34
200m:	2:00.02	31.25	600m:	6:15.15	32.03	1000m:	10:33.44	32.19	1400m:	14:51.56	32.23
250m:	2:31.65	31.63	650m:	6:47.38	32.23	1050m:	11:05.41	31.97	1450m:	15:23.68	32.12
300m:	3:03.41	31.76	700m:	7:19.65	32.27	1100m:	11:37.85	32.44	1500m:	15:54.24	30.56
350m:	3:35.00	31.59	750m:	7:51.99	32.34	1150m:	12:10.26	32.41			
400m:	4:06.92	31.92	800m:	8:24.13	32.14	1200m:	12:42.47	32.21			

2. CUBEIRO ROSENDE, Xoel

07

Selnor

16:34.29

5,00

50m:	28.02	28.02	450m:	4:53.02	33.25	850m:	9:22.68	33.50	1250m:	13:52.63	33.68
100m:	59.37	31.35	500m:	5:26.53	33.51	900m:	9:56.57	33.89	1300m:	14:24.84	32.21
150m:	1:32.14	32.77	550m:	6:00.05	33.52	950m:	10:30.63	34.06	1350m:	14:57.90	33.06
200m:	2:04.95	32.81	600m:	6:34.15	34.10	1000m:	11:03.98	33.35	1400m:	15:31.16	33.26
250m:	2:38.88	33.93	650m:	7:07.73	33.58	1050m:	11:37.91	33.93	1450m:	16:04.26	33.10
300m:	3:12.36	33.48	700m:	7:41.85	34.12	1100m:	12:11.40	33.49	1500m:	16:34.29	30.03
350m:	3:45.83	33.47	750m:	8:15.38	33.53	1150m:	12:45.18	33.78			
400m:	4:19.77	33.94	800m:	8:49.18	33.80	1200m:	13:18.95	33.77			

3. SOUTO RAMOS, Manuel

07

Selnor

16:41.75

4,00

50m:	28.86	28.86	450m:	4:53.63	33.75	850m:	9:23.12	33.78	1250m:	13:52.99	33.95
100m:	1:00.50	31.64	500m:	5:26.52	32.89	900m:	9:56.54	33.42	1300m:	14:26.21	33.22
150m:	1:32.77	32.27	550m:	6:00.16	33.64	950m:	10:30.82	34.28	1350m:	14:59.84	33.63
200m:	2:05.46	32.69	600m:	6:34.21	34.05	1000m:	11:04.36	33.54	1400m:	15:34.46	34.62
250m:	2:38.97	33.51	650m:	7:07.82	33.61	1050m:	11:38.12	33.76	1450m:	16:08.50	34.04
300m:	3:12.44	33.47	700m:	7:42.15	34.33	1100m:	12:11.58	33.46	1500m:	16:41.75	33.25
350m:	3:45.95	33.51	750m:	8:15.50	33.35	1150m:	12:45.31	33.73			
400m:	4:19.88	33.93	800m:	8:49.34	33.84	1200m:	13:19.04	33.73			

4. ALONSO VIDAL, Teo

07

Selsur

16:44.91

3,00

50m:	30.46	30.46	450m:	4:57.46	33.71	850m:	9:28.52	33.98	1250m:	13:58.31	33.41
100m:	1:02.73	32.27	500m:	5:31.28	33.82	900m:	10:02.43	33.91	1300m:	14:31.75	33.44
150m:	1:35.77	33.04	550m:	6:05.18	33.90	950m:	10:36.36	33.93	1350m:	15:05.17	33.42
200m:	2:09.36	33.59	600m:	6:38.95	33.77	1000m:	11:10.15	33.79	1400m:	15:38.72	33.55
250m:	2:42.92	33.56	650m:	7:12.86	33.91	1050m:	11:44.05	33.90	1450m:	16:12.15	33.43
300m:	3:16.42	33.50	700m:	7:46.82	33.96	1100m:	12:17.88	33.83	1500m:	16:44.91	32.76
350m:	3:50.21	33.79	750m:	8:20.66	33.84	1150m:	12:51.57	33.69			
400m:	4:23.75	33.54	800m:	8:54.54	33.88	1200m:	13:24.90	33.33			

5. LEIROS FERNANDEZ, Lucas

08

Selsur

16:59.54

2,00

50m:	30.90	30.90	450m:	5:02.12	34.20	850m:	9:35.57	34.43	1250m:	14:09.90	34.32
100m:	1:04.07	33.17	500m:	5:36.47	34.35	900m:	10:09.82	34.25	1300m:	14:44.44	34.54
150m:	1:37.74	33.67	550m:	6:10.77	34.30	950m:	10:44.35	34.53	1350m:	15:18.85	34.41
200m:	2:11.61	33.87	600m:	6:44.82	34.05	1000m:	11:18.30	33.95	1400m:	15:53.17	34.32
250m:	2:45.55	33.94	650m:	7:18.95	34.13	1050m:	11:52.28	33.98	1450m:	16:27.27	34.10
300m:	3:19.59	34.04	700m:	7:53.18	34.23	1100m:	12:26.60	34.32	1500m:	16:59.54	32.27
350m:	3:53.86	34.27	750m:	8:27.30	34.12	1150m:	13:01.14	34.54			
400m:	4:27.92	34.06	800m:	9:01.14	33.84	1200m:	13:35.58	34.44			

Prueba 3, Masc., 1500m Libre, Júnior-Sénior Masculina

Clasificación				AN				Tiempo		ABSOJUNI		
6. SANCHEZ GONZALEZ, Samuel				09		Selsur		17:10.10		1,00		
50m:	30.96	30.96	450m:	5:02.60	34.24	850m:	9:38.15	34.59	1250m:	14:16.29	35.13	
100m:	1:03.64	32.68	500m:	5:37.20	34.60	900m:	10:12.67	34.52	1300m:	14:51.49	35.20	
150m:	1:37.42	33.78	550m:	6:11.41	34.21	950m:	10:47.24	34.57	1350m:	15:26.46	34.97	
200m:	2:11.64	34.22	600m:	6:45.51	34.10	1000m:	11:21.83	34.59	1400m:	16:01.18	34.72	
250m:	2:45.76	34.12	650m:	7:19.87	34.36	1050m:	11:56.54	34.71	1450m:	16:36.42	35.24	
300m:	3:19.91	34.15	700m:	7:54.38	34.51	1100m:	12:30.98	34.44	1500m:	17:10.10	33.68	
350m:	3:54.01	34.10	750m:	8:29.03	34.65	1150m:	13:06.06	35.08				
400m:	4:28.36	34.35	800m:	9:03.56	34.53	1200m:	13:41.16	35.10				