

Prueba 35
29/12/2025

Masc., 400m Estilos

Absoluto Masculino
Resultados

RG	4:14.90	, MENDEZ PUGA, MARIO	RBAIXAS	2022
RC	4:17.48	, MARTÍNEZ NOVOA, MIGUEL	RCNVIGO	2021
MMG 18	4:21.34	, MENDEZ PUGA, MARIO	RBAIXAS	2021
MMG 17	4:25.02	, NAVARRO LOSADA SERGI	NFERROL	2024
MMG 16	4:25.68	, SOUTO VILAS, CARLOS	DELMAR	2019
MMG 15	4:32.17	, CABANA DEL AMO, PABLO	PONTEARE	2019
MMG 14	4:35.15	, CABANA DEL AMO, PABLO	PONTEARE	2018
MMG 13	4:50.45	, SIMON GARRIDO GUILLERMO	LICEO	2025

Clasificación

Edad

Tiempo ABSOJUNI

1. NAVARRO LOSADA, Sergi	18	C. N. FERROL	4:28.90	19,00	
50m: 26.74 26.74	150m: 1:31.97 32.52	250m: 2:43.83 39.81	350m: 3:57.79 32.39		
100m: 59.45 32.71	200m: 2:04.02 32.05	300m: 3:25.40 41.57	400m: 4:28.90 31.11		
2. MANEIROS PAZ, Mario	19	C. N. FERROL	4:32.70	16,00	
50m: 28.49 28.49	150m: 1:36.44 34.64	250m: 2:50.12 39.38	350m: 4:01.95 31.45		
100m: 1:01.80 33.31	200m: 2:10.74 34.30	300m: 3:30.50 40.38	400m: 4:32.70 30.75		
3. PEREZ FERNANDEZ, Brais	18	C. N. PORTAMIÑA	4:33.34	14,00	
50m: 28.01 28.01	150m: 1:36.73 36.60	250m: 2:51.99 39.66	350m: 4:03.34 31.09		
100m: 1:00.13 32.12	200m: 2:12.33 35.60	300m: 3:32.25 40.26	400m: 4:33.34 30.00		
4. MOURE DOVAL, Jose	26	PABELLON OURENSE	4:39.53	13,00	
50m: 27.58 27.58	150m: 1:36.02 35.56	250m: 2:51.57 39.64	350m: 4:06.60 33.84		
100m: 1:00.46 32.88	200m: 2:11.93 35.91	300m: 3:32.76 41.19	400m: 4:39.53 32.93		
5. PREGO GROBA, Brais	17	C. N. PONTEAREAS	4:42.26	12,00	
50m: 29.89 29.89	150m: 1:41.23 35.85	250m: 2:55.54 39.06	350m: 4:09.90 33.69		
100m: 1:05.38 35.49	200m: 2:16.48 35.25	300m: 3:36.21 40.67	400m: 4:42.26 32.36		
6. CASAL CANCELA, Carlos	15	A. D. FOGAR	4:46.25	11,00	
50m: 30.93 30.93	150m: 1:46.19 38.57	250m: 3:02.51 38.48	350m: 4:14.50 33.51		
100m: 1:07.62 36.69	200m: 2:24.03 37.84	300m: 3:40.99 38.48	400m: 4:46.25 31.75		
7. AVILES ZHUAVLEV, Santiago	21	C. N. LICEO	4:48.98	10,00	
50m: 30.85 30.85	150m: 1:44.86 37.98	250m: 3:02.50 40.25	350m: 4:17.01 33.21		
100m: 1:06.88 36.03	200m: 2:22.25 37.39	300m: 3:43.80 41.30	400m: 4:48.98 31.97		
8. ANTON PEREZ, Ruben	14	C. N. XOVE	4:49.27	9,00	
50m: 29.48 29.48	150m: 1:42.38 38.41	250m: 3:00.84 41.67	350m: 4:17.62 34.04		
100m: 1:03.97 34.49	200m: 2:19.17 36.79	300m: 3:43.58 42.74	400m: 4:49.27 31.65		
9. FERNANDEZ ABEL, Adrian	14	C. N. PORTAMIÑA	4:49.65	8,00	
50m: 31.28 31.28	150m: 1:46.11 38.27	250m: 3:03.73 40.25	350m: 4:18.47 32.99		
100m: 1:07.84 36.56	200m: 2:23.48 37.37	300m: 3:45.48 41.75	400m: 4:49.65 31.18		
10. SANESTEBAN LOPEZ, Teo	15	C. MARINA FERROL	4:49.73	7,00	
50m: 32.38 32.38	150m: 1:44.83 35.07	250m: 3:00.94 41.16	350m: 4:16.65 33.73		
100m: 1:09.76 37.38	200m: 2:19.78 34.95	300m: 3:42.92 41.98	400m: 4:49.73 33.08		
11. PASTORIZA SANTA CLARA, Jorge	28	VIGO RIAS BAIXAS	4:50.02	6,00	
50m: 30.93 30.93	150m: 1:42.71 37.30	250m: 3:00.98 40.77	350m: 4:16.82 33.86		
100m: 1:05.41 34.48	200m: 2:20.21 37.50	300m: 3:42.96 41.98	400m: 4:50.02 33.20		
12. SIMON GARRIDO, Guillermo	13	C. N. LICEO	4:54.21	5,00	
50m: 31.19 31.19	150m: 1:46.15 39.52	250m: 3:06.15 41.29	350m: 4:22.91 34.31		
100m: 1:06.63 35.44	200m: 2:24.86 38.71	300m: 3:48.60 42.45	400m: 4:54.21 31.30		
13. INFESTAS CARAZO, Samuel	22	C. N. GALAICO	4:56.31	4,00	
50m: 31.24 31.24	150m: 1:46.70 40.34	250m: 3:06.37 39.99	350m: 4:23.44 35.27		
100m: 1:06.36 35.12	200m: 2:26.38 39.68	300m: 3:48.17 41.80	400m: 4:56.31 32.87		
14. GAVIEIRO MONTERO, Raul	18	C. N. PORTAMIÑA	4:57.01	-	
50m: 31.26 31.26	150m: 1:46.55 39.15	250m: 3:06.99 43.03	350m: 4:24.34 34.54		
100m: 1:07.40 36.14	200m: 2:23.96 37.41	300m: 3:49.80 42.81	400m: 4:57.01 32.67		

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

Clasificación					Edad					Tiempo	ABSOJUNI		
15.	CARRERA COSTAS, Martin				29	C. N. PONTEAREAS				4:57.44	2,00		
	50m:	30.53	30.53	150m:	1:45.92	39.35	250m:	3:05.72	42.42	350m:	4:23.20	35.04	
	100m:	1:06.57	36.04	200m:	2:23.30	37.38	300m:	3:48.16	42.44	400m:	4:57.44	34.24	
16.	VILLANUEVA VAZQUEZ, Iago				14	RCN VIGO				5:01.64	1,00		
	50m:	30.74	30.74	150m:	1:46.81	40.20	250m:	3:10.83	45.02	350m:	4:29.24	33.72	
	100m:	1:06.61	35.87	200m:	2:25.81	39.00	300m:	3:55.52	44.69	400m:	5:01.64	32.40	
17.	REY MUNIN, Alonso				17	CIDADE SANTIAGO				5:03.84	-		
	50m:	31.62	31.62	150m:	1:47.98	39.64	250m:	3:10.64	43.54	350m:	4:30.58	35.26	
	100m:	1:08.34	36.72	200m:	2:27.10	39.12	300m:	3:55.32	44.68	400m:	5:03.84	33.26	
18.	GARCIA AROCHENA, Jacobo Javier				16	C. N. CORUÑA				5:10.04	-		
	50m:	33.02	33.02	150m:	1:47.70	36.48	250m:	3:10.88	46.13	350m:	4:34.43	36.06	
	100m:	1:11.22	38.20	200m:	2:24.75	37.05	300m:	3:58.37	47.49	400m:	5:10.04	35.61	
DSQ	FERNANDEZ QUINTELA, Daniel				15	PABELLON OURENSE				-			
	Descalificado												
DSQ	LOPEZ TURIÑO, Hugo				16	C. N. LICEO				-			
	Nado irregular												