

Prueba 19
10/01/2026

Masc., 400m Libre

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1079156	MARQUEZ VAZQUEZ, Pablo				24	C. N. As Meigas				5:49.35	13,00
	50m:	37.40	37.40	150m:	2:03.52	44.27	250m:	3:33.27	45.35	350m:	5:05.76	46.44
	100m:	1:19.25	41.85	200m:	2:47.92	44.40	300m:	4:19.32	46.05	400m:	5:49.35	43.59
25+												
1.	1039270	TRILLO RODRIGUEZ, Adrian				29	CNMOS				5:02.34	13,00
	50m:	32.64	32.64	150m:	1:45.99	37.21	250m:	3:03.35	39.27	350m:	4:22.55	40.12
	100m:	1:08.78	36.14	200m:	2:24.08	38.09	300m:	3:42.43	39.08	400m:	5:02.34	39.79
30+												
1.	1037180	CARRERA COSTAS, Martin				30	PONTEAREAS				4:26.67	13,00
	50m:	30.95	30.95	150m:	1:37.58	33.56	250m:	2:45.64	33.87	350m:	3:53.28	33.57
	100m:	1:04.02	33.07	200m:	2:11.77	34.19	300m:	3:19.71	34.07	400m:	4:26.67	33.39
2.	1213891	CASTELAO VIEITES, Borja				34	CIDSANTIAG				4:37.15	10,00
	50m:	31.52	31.52	150m:	1:39.60	34.38	250m:	2:49.52	34.81	350m:	4:01.08	35.97
	100m:	1:05.22	33.70	200m:	2:14.71	35.11	300m:	3:25.11	35.59	400m:	4:37.15	36.07
3.	1232980	PICALLO MATO, Adrian				31	SALESTRA				5:31.20	8,00
	50m:	36.62	36.62	150m:	1:57.82	41.22	250m:	3:23.46	43.28	350m:	4:50.22	43.29
	100m:	1:16.60	39.98	200m:	2:40.18	42.36	300m:	4:06.93	43.47	400m:	5:31.20	40.98
4.	1287224	TORNE BOBO, Borja				34	C. N. Valdeorras				5:47.84	7,00
	50m:	38.09	38.09	150m:	2:04.79	44.01	250m:	3:34.65	45.07	350m:	5:05.81	45.39
	100m:	1:20.78	42.69	200m:	2:49.58	44.79	300m:	4:20.42	45.77	400m:	5:47.84	42.03
5.	1284672	SAINZ-MAZA VILAR, Adolfo Antonio				31	C. N. As Meigas				7:37.35	6,00
	50m:	50.30	50.30	150m:	2:47.24	57.44	250m:	4:43.32	56.66	350m:	6:39.69	59.55
	100m:	1:49.80	59.50	200m:	3:46.66	59.42	300m:	5:40.14	56.82	400m:	7:37.35	57.66
6.	1222771	LAGO GONZALEZ, Ivan				33	PONTEAREAS				8:45.96	5,00
	50m:	48.65	48.65	150m:	2:52.10	1:05.06	250m:	5:09.45	1:10.14	350m:	7:34.86	1:14.47
	100m:	1:47.04	58.39	200m:	3:59.31	1:07.21	300m:	6:20.39	1:10.94	400m:	8:45.96	1:11.10
35+												
1.	1145090	MARTINEZ DOMINGUEZ, Ivan				38	PONTEAREAS				5:28.79	13,00
	50m:	35.53	35.53	150m:	1:57.97	41.96	250m:	3:23.14	42.45	350m:	4:48.69	42.48
	100m:	1:16.01	40.48	200m:	2:40.69	42.72	300m:	4:06.21	43.07	400m:	5:28.79	40.10
2.	1097263	LAMEIRO SEOANE, Javier				39	HERCULES				5:32.73	10,00
	50m:	36.95	36.95	150m:	2:00.43	42.38	250m:	3:26.44	42.93	350m:	4:51.80	42.76
	100m:	1:18.05	41.10	200m:	2:43.51	43.08	300m:	4:09.04	42.60	400m:	5:32.73	40.93
3.	1269779	GARCIA COLMENARES, Ricardo Andre				35	NTNARON				6:33.87	8,00
	50m:	43.34	43.34	150m:	2:22.81	50.85	250m:	4:05.44	51.13	350m:	5:47.22	51.36
	100m:	1:31.96	48.62	200m:	3:14.31	51.50	300m:	4:55.86	50.42	400m:	6:33.87	46.65
4.	1236854	GIRALDEZ VILLANUEVA, Ivan				39	PONTEAREAS				9:53.93	7,00
	50m:	1:04.80	1:04.80	150m:	3:27.65	1:13.13	250m:	5:59.23	1:15.50	350m:	8:34.06	1:17.56
	100m:	2:14.52	1:09.72	200m:	4:43.73	1:16.08	300m:	7:16.50	1:17.27	400m:	9:53.93	1:19.87

Prueba 19, Masc., 400m Libre

40+

1.	1014291 GOMEZ CARDESIN, Alvaro	41	NCORUÑA	4:43.74	13,00
	50m: 31.88 31.88 150m: 1:42.03 35.72 250m: 2:54.57 36.65 350m: 4:08.07 36.56				
	100m: 1:06.31 34.43 200m: 2:17.92 35.89 300m: 3:31.51 36.94 400m: 4:43.74 35.67				
2.	1145052 FIERRO FERNANDEZ, Julio	44	SCASINO	5:29.12	10,00
	50m: 38.08 38.08 150m: 2:01.20 41.95 250m: 3:26.03 42.69 350m: 4:50.04 41.80				
	100m: 1:19.25 41.17 200m: 2:43.34 42.14 300m: 4:08.24 42.21 400m: 5:29.12 39.08				
3.	1214823 GONZALEZ PEÑAS, David	42	PORTAMIÑA	5:41.02	8,00
	50m: 38.89 38.89 150m: 2:04.29 43.23 250m: 3:30.73 43.26 350m: 4:58.44 44.12				
	100m: 1:21.06 42.17 200m: 2:47.47 43.18 300m: 4:14.32 43.59 400m: 5:41.02 42.58				

45+

1.	1284730 RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	5:05.96	13,00
	50m: 35.02 35.02 150m: 1:55.43 40.12 250m: 3:12.69 37.26 350m: 4:29.29 38.40				
	100m: 1:15.31 40.29 200m: 2:35.43 40.00 300m: 3:50.89 38.20 400m: 5:05.96 36.67				
2.	1075220 MARTINEZ FERNANDEZ, Hector	49	NTNARON	5:19.98	10,00
	50m: 37.29 37.29 150m: 1:58.41 40.67 250m: 3:19.35 40.39 350m: 4:39.73 40.33				
	100m: 1:17.74 40.45 200m: 2:38.96 40.55 300m: 3:59.40 40.05 400m: 5:19.98 40.25				
3.	1192271 MOURIÑO FORTES, Victor Manuel	49	PONTEAREAS	5:50.23	8,00
	50m: 39.02 39.02 150m: 2:05.88 43.58 250m: 3:37.73 45.67 350m: 5:08.52 45.09				
	100m: 1:22.30 43.28 200m: 2:52.06 46.18 300m: 4:23.43 45.70 400m: 5:50.23 41.71				
4.	1079491 GOMEZ MARTIN, Ruben	48	FLUVIAL	5:57.63	7,00
	50m: 39.21 39.21 150m: 2:07.20 44.79 250m: 3:38.88 46.24 350m: 5:12.13 46.86				
	100m: 1:22.41 43.20 200m: 2:52.64 45.44 300m: 4:25.27 46.39 400m: 5:57.63 45.50				
5.	1254829 FARIAS FORNEIRO, Patricio Cruz	49	FLUVIAL	6:37.02	6,00
	50m: 41.55 41.55 150m: 2:19.86 50.97 250m: 4:03.90 52.32 350m: 5:48.58 51.83				
	100m: 1:28.89 47.34 200m: 3:11.58 51.72 300m: 4:56.75 52.85 400m: 6:37.02 48.44				

50+

1.	1274246 MARTINEZ JACOME, Felix	53	CNMOS	4:41.80	13,00
	50m: 31.70 31.70 150m: 1:42.20 35.50 250m: 2:54.37 36.18 350m: 4:06.19 35.73				
	100m: 1:06.70 35.00 200m: 2:18.19 35.99 300m: 3:30.46 36.09 400m: 4:41.80 35.61				
2.	1243174 SONEIRA REBOREDO, Oscar	51	CIDSANTIAG	4:44.50	10,00
	50m: 31.80 31.80 150m: 1:42.17 35.46 250m: 2:54.68 36.27 350m: 4:08.26 36.76				
	100m: 1:06.71 34.91 200m: 2:18.41 36.24 300m: 3:31.50 36.82 400m: 4:44.50 36.24				
3.	1264722 BALDOMAR OBELLEIRA, Ruben	52	NCORUÑA	5:03.89	8,00
	50m: 35.37 35.37 150m: 1:53.87 39.51 250m: 3:11.24 37.59 350m: 4:26.14 37.46				
	100m: 1:14.36 38.99 200m: 2:33.65 39.78 300m: 3:48.68 37.44 400m: 5:03.89 37.75				
4.	1040137 QUINTAS BARROS, Jesus Carlos	53	ESCUALOS	5:10.30	7,00
	50m: 35.10 35.10 150m: 1:54.24 39.87 250m: 3:12.79 38.82 350m: 4:31.10 39.54				
	100m: 1:14.37 39.27 200m: 2:33.97 39.73 300m: 3:51.56 38.77 400m: 5:10.30 39.20				
5.	1084040 GARCIA CASTIÑEIRA, Daniel	52	CIDSANTIAG	5:22.39	6,00
	50m: 36.33 36.33 150m: 1:57.64 40.93 250m: 3:20.80 41.44 350m: 4:42.96 40.82				
	100m: 1:16.71 40.38 200m: 2:39.36 41.72 300m: 4:02.14 41.34 400m: 5:22.39 39.43				
6.	1268047 CUETO ALVAREZ, Elias	51	CIDSANTIAG	5:48.51	-
	50m: 40.18 40.18 150m: 2:06.58 43.54 250m: 3:35.65 44.78 350m: 5:06.25 45.45				
	100m: 1:23.04 42.86 200m: 2:50.87 44.29 300m: 4:20.80 45.15 400m: 5:48.51 42.26				
7.	1203306 DURO GONZALEZ, Antonio	52	SALESTRA	5:49.53	4,00
	50m: 39.56 39.56 150m: 2:07.53 44.59 250m: 3:37.37 45.38 350m: 5:07.20 45.02				
	100m: 1:22.94 43.38 200m: 2:51.99 44.46 300m: 4:22.18 44.81 400m: 5:49.53 42.33				

Prueba 19, Masc., 400m Libre, 50+

Clasificación					Edad					Tiempo	Puntos
8.	1224729	FERNADEZ BARREIROS, Claudio	51	C. N. Ordes						5:49.73	3,00
		50m: 36.48 36.48 150m: 1:59.35 42.15 250m: 3:39.95 47.64 350m: 5:08.23 44.47									
		100m: 1:17.20 40.72 200m: 2:52.31 52.96 300m: 4:23.76 43.81 400m: 5:49.73 41.50									
9.	1076553	FERNANDEZ-TESTA BARREIRO, David	52	RIASBAIXAS						6:08.82	2,00
		50m: 40.95 40.95 150m: 2:09.38 45.30 250m: 3:44.25 47.78 350m: 5:20.94 48.55									
		100m: 1:24.08 43.13 200m: 2:56.47 47.09 300m: 4:32.39 48.14 400m: 6:08.82 47.88									
10.	1079478	GONZALEZ PEREIRA, Jose Carlos	51	GALAICO						6:15.64	1,00
		50m: 42.93 42.93 150m: 2:17.31 48.22 250m: 3:53.51 48.12 350m: 5:29.04 47.58									
		100m: 1:29.09 46.16 200m: 3:05.39 48.08 300m: 4:41.46 47.95 400m: 6:15.64 46.60									
11.	1171462	FERREIRO SEOANE, Jose Raul	53	RIASBAIXAS						6:16.24	-
		50m: 39.71 39.71 150m: 2:10.88 47.15 250m: 3:47.93 48.73 350m: 5:28.77 50.96									
		100m: 1:23.73 44.02 200m: 2:59.20 48.32 300m: 4:37.81 49.88 400m: 6:16.24 47.47									
12.	1141502	TRONCOSO CAAMAÑO, Fernando	51	ESCUALOS						6:27.86	-
		50m: 46.96 46.96 150m: 2:25.58 49.48 250m: 4:03.79 48.48 350m: 5:40.08 47.92									
		100m: 1:36.10 49.14 200m: 3:15.31 49.73 300m: 4:52.16 48.37 400m: 6:27.86 47.78									
13.	1141071	LORENZO FERNANDEZ, Jose Manuel	54	RIASBAIXAS						6:29.51	-
		50m: 42.32 42.32 150m: 2:17.82 48.89 250m: 3:59.82 51.46 350m: 5:41.26 49.66									
		100m: 1:28.93 46.61 200m: 3:08.36 50.54 300m: 4:51.60 51.78 400m: 6:29.51 48.25									
DSQ	1282520	BLANCO MAGALLAN, Alejandro	52	ADFOGAR							-
		<i>Salida anticipada</i>									

55+

1.	1082554	MARTINEZ FAJARDO, Julio Enrique	56	ADFOGAR						5:28.94	13,00
		50m: 38.14 38.14 150m: 2:01.58 41.92 250m: 3:26.30 42.42 350m: 4:50.49 41.76									
		100m: 1:19.66 41.52 200m: 2:43.88 42.30 300m: 4:08.73 42.43 400m: 5:28.94 38.45									
2.	1057905	GURIDI HUERTA, Jesus Maria	58	FLUVIAL						6:26.21	10,00
		50m: 43.56 43.56 150m: 2:19.50 48.99 250m: 3:58.21 49.22 350m: 5:38.36 50.35									
		100m: 1:30.51 46.95 200m: 3:08.99 49.49 300m: 4:48.01 49.80 400m: 6:26.21 47.85									
3.	1236643	MAGARIÑOS MACEIRAS, Xose	58	SALESTRA						7:28.93	8,00
		50m: 45.48 45.48 150m: 2:33.67 56.06 250m: 4:30.50 59.55 350m: 6:30.73 1:00.39									
		100m: 1:37.61 52.13 200m: 3:30.95 57.28 300m: 5:30.34 59.84 400m: 7:28.93 58.20									

60+

1.	1105220	GARCIA RIÑON, Jaime	62	NCORUÑA						5:14.36	13,00
		50m: 36.49 36.49 150m: 1:56.87 40.48 250m: 3:17.47 40.22 350m: 4:36.86 39.30									
		100m: 1:16.39 39.90 200m: 2:37.25 40.38 300m: 3:57.56 40.09 400m: 5:14.36 37.50									
2.	1085112	RIVAS FEAL, Antonio	60	SCASINO						5:14.61	10,00
		50m: 36.41 36.41 150m: 1:55.81 40.29 250m: 3:15.29 39.47 350m: 4:35.71 40.02									
		100m: 1:15.52 39.11 200m: 2:35.82 40.01 300m: 3:55.69 40.40 400m: 5:14.61 38.90									
3.	1144940	HERNANZ MORAL, Fausto	64	RIASBAIXAS						6:19.72	8,00
		50m: 43.22 43.22 150m: 2:19.28 48.28 250m: 3:55.91 48.02 350m: 5:33.95 49.37									
		100m: 1:31.00 47.78 200m: 3:07.89 48.61 300m: 4:44.58 48.67 400m: 6:19.72 45.77									
4.	1143536	BLANCO PEREZ, Angel	62	POURENSE						6:43.23	7,00
		50m: 44.19 44.19 150m: 2:24.15 50.73 250m: 4:08.41 51.95 350m: 5:53.93 51.90									
		100m: 1:33.42 49.23 200m: 3:16.46 52.31 300m: 5:02.03 53.62 400m: 6:43.23 49.30									
5.	1078802	CEGARRA GARCIA, Eugenio	62	RSDH						6:44.33	6,00
		50m: 43.57 43.57 150m: 2:24.78 51.26 250m: 4:10.33 52.41 350m: 5:56.03 52.73									
		100m: 1:33.52 49.95 200m: 3:17.92 53.14 300m: 5:03.30 52.97 400m: 6:44.33 48.30									

Prueba 19, Masc., 400m Libre

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon				72	POURENSE				6:21.23	13,00
	50m:	43.95	43.95	150m:	2:20.77	48.57	250m:	3:58.17	48.61	350m:	5:35.35	48.30
	100m:	1:32.20	48.25	200m:	3:09.56	48.79	300m:	4:47.05	48.88	400m:	6:21.23	45.88