

Prueba 46
09/07/2023 - 11:16

Fem., 1500m Libre

Absoluto Femenino
Resultados

RG	16:01.25	, VILAS VIDAL, MARIA	RIVEIRA	21/05/2016
RC	16:48.45	, VILAS VIDAL, MARIA	RIVEIRA	29/06/2013

Clasificación

AN

Tiempo ABSO JUNI

Junior Femenino

1. MARTÍNEZ NOVOA, Silvia	06	RCN VIGO	19:06.31	12,00	19,00	
50m: 34.34	34.34	450m: 5:41.58	39.07	850m: 10:50.40	38.57	1250m: 15:56.71 37.91
100m: 1:11.09	36.75	500m: 6:20.62	39.04	900m: 11:28.95	38.55	1300m: 16:35.10 38.39
150m: 1:48.87	37.78	550m: 6:59.27	38.65	950m: 12:07.03	38.08	1350m: 17:14.47 39.37
200m: 2:27.04	38.17	600m: 7:37.97	38.70	1000m: 12:45.68	38.65	1400m: 17:53.07 38.60
250m: 3:06.07	39.03	650m: 8:16.47	38.50	1050m: 13:24.32	38.64	1450m: 18:30.27 37.20
300m: 3:44.86	38.79	700m: 8:54.78	38.31	1100m: 14:02.50	38.18	1500m: 19:06.31 36.04
350m: 4:24.03	39.17	750m: 9:33.63	38.85	1150m: 14:41.07	38.57	
400m: 5:02.51	38.48	800m: 10:11.83	38.20	1200m: 15:18.80	37.73	
2. COUCEIRO BARREIRO, Marta	07	SPORTING CASINO	19:26.19		- 16,00	
50m: 35.71	35.71	450m: 5:48.83	38.85	850m: 11:00.56	38.42	1250m: 16:11.87 38.95
100m: 1:14.64	38.93	500m: 6:27.59	38.76	900m: 11:39.54	38.98	1300m: 16:51.60 39.73
150m: 1:53.48	38.84	550m: 7:06.69	39.10	950m: 12:18.05	38.51	1350m: 17:30.42 38.82
200m: 2:33.23	39.75	600m: 7:46.13	39.44	1000m: 12:56.90	38.85	1400m: 18:09.56 39.14
250m: 3:12.25	39.02	650m: 8:24.78	38.65	1050m: 13:35.31	38.41	1450m: 18:48.58 39.02
300m: 3:51.89	39.64	700m: 9:04.05	39.27	1100m: 14:14.57	39.26	1500m: 19:26.19 37.61
350m: 4:31.00	39.11	750m: 9:43.12	39.07	1150m: 14:53.69	39.12	
400m: 5:09.98	38.98	800m: 10:22.14	39.02	1200m: 15:32.92	39.23	
3. FERNANDEZ GRATEROL, Sofia Antia	07	PABELLON OURENS	19:38.60		- 14,00	
50m: 34.45	34.45	450m: 5:41.63	39.05	850m: 10:56.57	40.05	1250m: 16:19.97 41.34
100m: 1:12.02	37.57	500m: 6:20.42	38.79	900m: 11:36.73	40.16	1300m: 17:00.92 40.95
150m: 1:50.24	38.22	550m: 6:59.09	38.67	950m: 12:16.53	39.80	1350m: 17:41.35 40.43
200m: 2:28.28	38.04	600m: 7:38.14	39.05	1000m: 12:56.78	40.25	1400m: 18:21.82 40.47
250m: 3:07.18	38.90	650m: 8:17.67	39.53	1050m: 13:36.90	40.12	1450m: 19:01.08 39.26
300m: 3:45.52	38.34	700m: 8:56.66	38.99	1100m: 14:17.15	40.25	1500m: 19:38.60 37.52
350m: 4:24.21	38.69	750m: 9:36.75	40.09	1150m: 14:58.20	41.05	
400m: 5:02.58	38.37	800m: 10:16.52	39.77	1200m: 15:38.63	40.43	

Absoluto Femenino

1. ORTIZ DE GUINEA BASTON, Alba	97	C. N. PONTEAREAS	18:06.60	19,00	-	
50m: 31.96	31.96	450m: 5:19.60	36.41	850m: 10:11.31	36.46	1250m: 15:04.60 36.71
100m: 1:06.91	34.95	500m: 5:55.95	36.35	900m: 10:47.99	36.68	1300m: 15:41.20 36.60
150m: 1:42.69	35.78	550m: 6:32.42	36.47	950m: 11:24.69	36.70	1350m: 16:17.74 36.54
200m: 2:18.74	36.05	600m: 7:08.83	36.41	1000m: 12:01.33	36.64	1400m: 16:54.23 36.49
250m: 2:54.79	36.05	650m: 7:45.39	36.56	1050m: 12:37.97	36.64	1450m: 17:30.58 36.35
300m: 3:30.88	36.09	700m: 8:22.03	36.64	1100m: 13:14.46	36.49	1500m: 18:06.60 36.02
350m: 4:06.92	36.04	750m: 8:58.53	36.50	1150m: 13:51.25	36.79	
400m: 4:43.19	36.27	800m: 9:34.85	36.32	1200m: 14:27.89	36.64	
2. PARDO CHAS, Eva	04	C. N. FERROL	18:26.52	16,00	-	
50m: 32.37	32.37	450m: 5:25.73	37.18	850m: 10:22.16	37.22	1250m: 15:18.51 37.41
100m: 1:07.71	35.34	500m: 6:02.73	37.00	900m: 10:59.12	36.96	1300m: 15:55.51 37.00
150m: 1:44.11	36.40	550m: 6:39.83	37.10	950m: 11:36.14	37.02	1350m: 16:32.78 37.27
200m: 2:20.70	36.59	600m: 7:16.80	36.97	1000m: 12:13.23	37.09	1400m: 17:09.99 37.21
250m: 2:57.56	36.86	650m: 7:54.03	37.23	1050m: 12:50.46	37.23	1450m: 17:47.96 37.97
300m: 3:34.54	36.98	700m: 8:30.90	36.87	1100m: 13:27.15	36.69	1500m: 18:26.52 38.56
350m: 4:11.73	37.19	750m: 9:07.86	36.96	1150m: 14:04.37	37.22	
400m: 4:48.55	36.82	800m: 9:44.94	37.08	1200m: 14:41.10	36.73	

Prueba 46, Fem., 1500m Libre, Absoluto Femenino

Clasificación			AN			Tempo	ABSO	JUNI	
3.	CANALDA RAMOS, Laura		09	C. N. CORUÑA		18:38.10	14,00	-	
	50m:	33.79 33.79	450m:	5:34.23 37.93	850m:	10:34.21 37.06	1250m:	15:33.86 37.53	
	100m:	1:10.48 36.69	500m:	6:12.57 38.34	900m:	11:11.63 37.42	1300m:	16:11.56 37.70	
	150m:	1:47.33 36.85	550m:	6:50.64 38.07	950m:	11:48.96 37.33	1350m:	16:48.65 37.09	
	200m:	2:24.70 37.37	600m:	7:28.06 37.42	1000m:	12:26.30 37.34	1400m:	17:26.22 37.57	
	250m:	3:01.93 37.23	650m:	8:05.11 37.05	1050m:	13:03.60 37.30	1450m:	18:02.93 36.71	
	300m:	3:40.18 38.25	700m:	8:42.56 37.45	1100m:	13:41.07 37.47	1500m:	18:38.10 35.17	
	350m:	4:17.95 37.77	750m:	9:19.70 37.14	1150m:	14:18.25 37.18			
	400m:	4:56.30 38.35	800m:	9:57.15 37.45	1200m:	14:56.33 38.08			
4.	RODRÍGUEZ RODRÍGUEZ, Paula		08	C. N. ARTEIXO		18:58.50	13,00	-	
	50m:	34.03 34.03	450m:	5:36.31 38.16	850m:	10:42.68 38.34	1250m:	15:50.38 37.99	
	100m:	1:10.98 36.95	500m:	6:14.65 38.34	900m:	11:21.41 38.73	1300m:	16:28.93 38.55	
	150m:	1:48.47 37.49	550m:	6:53.16 38.51	950m:	11:59.67 38.26	1350m:	17:06.97 38.04	
	200m:	2:26.19 37.72	600m:	7:31.59 38.43	1000m:	12:38.84 39.17	1400m:	17:45.09 38.12	
	250m:	3:03.83 37.64	650m:	8:09.82 38.23	1050m:	13:17.33 38.49	1450m:	18:22.64 37.55	
	300m:	3:41.86 38.03	700m:	8:48.20 38.38	1100m:	13:55.61 38.28	1500m:	18:58.50 35.86	
	350m:	4:19.89 38.03	750m:	9:26.09 37.89	1150m:	14:34.07 38.46			
	400m:	4:58.15 38.26	800m:	10:04.34 38.25	1200m:	15:12.39 38.32			
5.	MARTÍNEZ NOVOA, Silvia		06	RCN VIGO		19:06.31	12,00	19,00	
	50m:	34.34 34.34	450m:	5:41.58 39.07	850m:	10:50.40 38.57	1250m:	15:56.71 37.91	
	100m:	1:11.09 36.75	500m:	6:20.62 39.04	900m:	11:28.95 38.55	1300m:	16:35.10 38.39	
	150m:	1:48.87 37.78	550m:	6:59.27 38.65	950m:	12:07.03 38.08	1350m:	17:14.47 39.37	
	200m:	2:27.04 38.17	600m:	7:37.97 38.70	1000m:	12:45.68 38.65	1400m:	17:53.07 38.60	
	250m:	3:06.07 39.03	650m:	8:16.47 38.50	1050m:	13:24.32 38.64	1450m:	18:30.27 37.20	
	300m:	3:44.86 38.79	700m:	8:54.78 38.31	1100m:	14:02.50 38.18	1500m:	19:06.31 36.04	
	350m:	4:24.03 39.17	750m:	9:33.63 38.85	1150m:	14:41.07 38.57			
	400m:	5:02.51 38.48	800m:	10:11.83 38.20	1200m:	15:18.80 37.73			
6.	ALVITE BERGARA, Nerea		99	C. N. ARTEIXO		19:12.09	11,00	-	
	50m:	34.68 34.68	450m:	5:35.53 38.03	850m:	10:43.15 38.57	1250m:	15:54.11 39.85	
	100m:	1:11.88 37.20	500m:	6:13.25 37.72	900m:	11:21.66 38.51	1300m:	16:33.62 39.51	
	150m:	1:49.07 37.19	550m:	6:51.36 38.11	950m:	12:00.15 38.49	1350m:	17:13.63 40.01	
	200m:	2:26.19 37.12	600m:	7:29.49 38.13	1000m:	12:39.19 39.04	1400m:	17:53.54 39.91	
	250m:	3:03.82 37.63	650m:	8:07.96 38.47	1050m:	13:17.85 38.66	1450m:	18:33.20 39.66	
	300m:	3:41.61 37.79	700m:	8:46.59 38.63	1100m:	13:56.37 38.52	1500m:	19:12.09 38.89	
	350m:	4:19.59 37.98	750m:	9:26.02 39.43	1150m:	14:34.95 38.58			
	400m:	4:57.50 37.91	800m:	10:04.58 38.56	1200m:	15:14.26 39.31			
7.	COUCEIRO BARREIRO, Marta		07	SPORTING CASINO		19:26.19	-	16,00	
	50m:	35.71 35.71	450m:	5:48.83 38.85	850m:	11:00.56 38.42	1250m:	16:11.87 38.95	
	100m:	1:14.64 38.93	500m:	6:27.59 38.76	900m:	11:39.54 38.98	1300m:	16:51.60 39.73	
	150m:	1:53.48 38.84	550m:	7:06.69 39.10	950m:	12:18.05 38.51	1350m:	17:30.42 38.82	
	200m:	2:33.23 39.75	600m:	7:46.13 39.44	1000m:	12:56.90 38.85	1400m:	18:09.56 39.14	
	250m:	3:12.25 39.02	650m:	8:24.78 38.65	1050m:	13:35.31 38.41	1450m:	18:48.58 39.02	
	300m:	3:51.89 39.64	700m:	9:04.05 39.27	1100m:	14:14.57 39.26	1500m:	19:26.19 37.61	
	350m:	4:31.00 39.11	750m:	9:43.12 39.07	1150m:	14:53.69 39.12			
	400m:	5:09.98 38.98	800m:	10:22.14 39.02	1200m:	15:32.92 39.23			
8.	FERNANDEZ GRATEROL, Sofia Antia		07	PABELLON OURENSI		19:38.60	-	14,00	
	50m:	34.45 34.45	450m:	5:41.63 39.05	850m:	10:56.57 40.05	1250m:	16:19.97 41.34	
	100m:	1:12.02 37.57	500m:	6:20.42 38.79	900m:	11:36.73 40.16	1300m:	17:00.92 40.95	
	150m:	1:50.24 38.22	550m:	6:59.09 38.67	950m:	12:16.53 39.80	1350m:	17:41.35 40.43	
	200m:	2:28.28 38.04	600m:	7:38.14 39.05	1000m:	12:56.78 40.25	1400m:	18:21.82 40.47	
	250m:	3:07.18 38.90	650m:	8:17.67 39.53	1050m:	13:36.90 40.12	1450m:	19:01.08 39.26	
	300m:	3:45.52 38.34	700m:	8:56.66 38.99	1100m:	14:17.15 40.25	1500m:	19:38.60 37.52	
	350m:	4:24.21 38.69	750m:	9:36.75 40.09	1150m:	14:58.20 41.05			
	400m:	5:02.58 38.37	800m:	10:16.52 39.77	1200m:	15:38.63 40.43			