

Prueba 1
16/12/2023 - 10:00

Fem., 400m Libre

Open Femenino
Resultados

RG 4:04.11 , GOMEZ CORTES, BEATRIZ GALAICO 24/11/2012

Puntos: FINA 2023

Clasificación	AN	Tiempo	Pts
1. INSUA REY, Carmela	09 ADFOGAR	4:39.59	566
50m: 31.34 31.34 150m: 1:40.49 35.38 250m: 2:51.95 35.62 350m: 4:04.78 36.44	250m: 2:51.95 35.62 300m: 3:28.34 36.39 400m: 4:39.59 34.81		
100m: 1:05.11 33.77 200m: 2:16.33 35.84			
2. HERNAEZ GONZALEZ, Paula	08 CULLEREDO	4:47.68	519
50m: 33.20 33.20 150m: 1:45.54 36.06 250m: 2:39.12 16.40 350m: 4:11.95 36.37	250m: 2:39.12 16.40 300m: 3:35.58 56.46 400m: 4:47.68 35.73		
100m: 1:09.48 36.28 200m: 2:22.72 37.18			
3. ILLAN LAMAS, Aroa	10 PORTAMIÑÁ	4:49.30	511
50m: 31.75 31.75 150m: 1:43.89 36.82 250m: 2:58.39 37.10 350m: 4:13.23 37.09	250m: 2:58.39 37.10 300m: 3:36.14 37.75 400m: 4:49.30 36.07		
100m: 1:07.07 35.32 200m: 2:21.29 37.40			
4. REQUEJO FERNANDEZ, Irene	10 POURENSE	4:49.65	509
50m: 39.96 39.96 150m: 1:44.13 36.74 250m: 2:58.59 37.58 350m: 4:13.02 37.40	250m: 2:58.59 37.58 300m: 3:35.62 37.03 400m: 4:49.65 36.63		
100m: 1:07.39 27.43 200m: 2:21.01 36.88			
5. VILARNOVO SUÁREZ, Noelia	06 BOIRO	4:50.24	506
50m: 32.91 32.91 150m: 1:44.96 36.59 250m: 2:57.93 36.77 350m: 4:13.06 37.50	250m: 2:57.93 36.77 300m: 3:35.56 37.63 400m: 4:50.24 37.18		
100m: 1:08.37 35.46 200m: 2:21.16 36.20			
6. BLANCO LAGE, Aitana	09 PONTEAREAS	4:58.40	465
50m: 32.07 32.07 150m: 1:46.34 37.90 250m: 3:02.89 38.39 350m: 4:20.07 38.49	250m: 3:02.89 38.39 300m: 3:41.58 38.69 400m: 4:58.40 38.33		
100m: 1:08.44 36.37 200m: 2:24.50 38.16			
7. RAMOS MÍGUEZ, Leyre	06 BOIRO	4:59.16	462
50m: 33.43 33.43 150m: 1:46.73 37.11 250m: 3:03.46 38.40 350m: 4:21.07 39.01	250m: 3:03.46 38.40 300m: 3:42.06 38.60 400m: 4:59.16 38.09		
100m: 1:09.62 36.19 200m: 2:25.06 38.33			
8. PEREZ FIGUEROA, Sabela	10 NCORUÑA	5:19.84	378
50m: 35.57 35.57 150m: 1:55.19 40.43 250m: 3:17.57 41.29 350m: 4:40.27 41.19	250m: 3:17.57 41.29 300m: 3:59.08 41.51 400m: 5:19.84 39.57		
100m: 1:14.76 39.19 200m: 2:36.28 41.09			
9. MENDEZ LOPEZ, Helena	10 NCORUÑA	5:24.32	362
50m: 37.35 37.35 150m: 1:57.64 39.80 250m: 3:20.38 41.34 350m: 4:44.39 41.58	250m: 3:20.38 41.34 300m: 4:02.81 42.43 400m: 5:24.32 39.93		
100m: 1:17.84 40.49 200m: 2:39.04 41.40			
Baja CANALDA RAMOS, Laura	09 NCORUÑA		
Baja GARCIA FEIJOO, Vera	10 POURENSE		
Baja COUCEIRO BARREIRO, Marta	07 CASINO		