

| MELLORES MARCAS FEMININAS P25 | | | | | | |
|-------------------------------|--|---|---|---|--|--|
| Proba | 12A | 13A | 14A | 15A | 16A | 17A |
| 50L | 0:29.03 VIGO SUSANA GARABATO 1979 RCVNIGO 19911222 | 0:28.25 SABADELL RAQUEL RASCADO 1994 NPONTEV 20070309 | 0:27.59 BAÑOLAS SUSANA GARABATOS 1979 RCVNIGO 19930220 | 0:26.94 CASTELLÓN SUSANA GARABATOS 1979 RCVNIGO 19940220 | 0:27.16 FERROL LUCIA MEIRIÑO 1978 GALAICO 19951125 | 0:27.18 GIJÓN PAULA CARBALLIDO 1979 GALAICO 19961116 |
| 100L | 1:03.39 SANTIAGO RAQUEL RASCADO 1994 NPONTEV 20060625 | 1:00.74 SABADELL RAQUEL RASCADO 1994 NPONTEV 20070309 | 0:59.72 SANTIAGO SUSANA GARABATOS 1979 RCVNIGO 19930508 | 0:58.58 SALAMANCA SUSANA GARABATOS 1979 RCVNIGO 19940501 | 0:58.60 CUENCA PAULA CARBALLIDO 1979 GALAICO 19950521 | 0:57.87 FERROL PAULA CARBALLIDO 1979 GALAICO 19961228 |
| 200L | 2:18.03 SANTIAGO JUDITH LAGO 1995 RIVEIRA 20071229 | 2:12.02 P. MALLORCA JUDITH LAGO 1995 RIVEIRA 20080413 | 2:09.90 BAÑOLAS SUSANA GARABATOS 1979 RCVNIGO 19960220 | 2:06.85 SALAMANCA SUSANA GARABATOS 1979 RCVNIGO 19940430 | 2:06.65 VIGO XENIA VILARIÑO 1991 GALAICO 20071208 | 2:03.99 FERROL PAULA CARBALLIDO 1979 GALAICO 19961227 |
| 400L | 4:48.47 SANTIAGO LAURA VALIÑAS 1994 GALAICO 20060625 | 4:40.83 SANTIAGO JUDITH LAGO 1995 RIVEIRA 20080705 | 4:34.76 FERROL SUSANA LORENZO 1991 RIVEIRA 20050205 | 4:30.20 MÁLAGA EVA VILARÓ 1967 RCVNIGO 19821113 | 4:24.15 SANTIAGO XENIA VILARIÑO 1991 GALAICO 20071228 | 4:22.46 GIJÓN PAULA CARBALLIDO 1979 GALAICO 19961228 |
| 800L | 9:39.29 SANTIAGO LAURA VALIÑAS 1994 GALAICO 20060625 | 9:26.42 RIBERIA SUSANA LORENZO 1991 RIVEIRA 20041127 | 9:21.82 VIGO LAURA PIMETEL 1993 PORENSE 20071208 | 9:13.90 RCVNIGO LAURA PIMETEL 1993 PORENSE 20081206 | 9:07.57 GIJÓN IRIA GARCÍA 1991 GALAICO 20070421 | 8:55.38 ZARAGOZA ANA CARBALLIDO 1987 GALAICO 20040522 |
| 1500L | 19:19.39 - MARTA FRA 1988 CNXOVE 20001125 | 18:54.98 OLEIROS ARANTXA BARROS 1990 GALAICO 20030208 | 18:15.79 - MARTA FRA 1988 CNXOVE 20020118 | 18:01.92 SANTIAGO MARTA FRA 1988 CNXOVE 20030117 | 17:42.80 SANTIAGO LUCIA CORBELLE 1986 CNXOVE 20020117 | 18:23.82 CARBALLO NOELIA CURROS 1987 NCORUÑA 20040327 |
| 50M | 0:33.91 - MIREN VICENTE 1990 NPONTEV 20020209 | 0:32.11 SANTIAGO MIREN VICENTE 1990 NPONTEV 20030117 | 0:31.03 - MIREN VICENTE 1990 NPONTEV 20040424 | 0:29.30 - PATRICIA RGUEZ 1983 CMARINA 19981128 | 0:28.95 SANTIAGO ALBA FRANCO 1991 NCORUÑA 20071229 | 0:28.90 SANTIAGO MIREN VICENTE 1990 NPONTEV 20070203 |
| 100M | 1:12.79 - MIREN VICENTE 1990 NPONTEV 20020609 | 1:07.18 - MIREN VICENTE 1990 NPONTEV 20030629 | 1:06.32 - MIREN VICENTE 1990 NPONTEV 20040229 | 1:05.07 TORRE PACHECO MIREN VICENTE 1990 NPONTEV 20050429 | 1:04.57 SANTIAGO ALBA FRANCO 1991 NCORUÑA 20070202 | 1:03.46 SANTIAGO MIREN VICENTE 1990 NPONTEV 20070202 |
| 200M | 2:38.68 SANTIAGO LAURA VALIÑAS 1994 GALAICO 20060624 | 2:30.33 A FIEITEIRA LAURA VALIÑAS 1994 GALAICO 20070630 | 2:23.76 VIGO IRIA ALVAREZ 1993 PORENSE 20071208 | 2:23.02 GIJÓN IRIA ALVAREZ 1993 PORENSE 20080329 | 2:22.10 RCVNIGO LUISA ABELEDO 1992 NCORUÑA 20081206 | 2:20.79 SANTIAGO MONICA TRUJILLO 1990 RIVEIRA 20070230 |
| 50E | 0:33.34 PONTEVEDRA NEREA RODIÑO 1989 GALAICO 20011125 | 0:32.00 VIGO NEREA RODIÑO 1989 GALAICO 20021206 | 0:31.07 P. MALLORCA NEREA RODIÑO 1989 GALAICO 20030502 | 0:30.69 VALENCIA NEREA RODIÑO 1989 GALAICO 20041218 | 0:29.76 P. MALLORCA NEREA RODIÑO 1989 GALAICO 20051217 | 0:30.03 BARCELONA NEREA RODIÑO 1989 GALAICO 20061216 |
| 100E | 1:10.33 FERROL ESTELA PORTA 1996 CMARINA 20080607 | 1:08.45 NARÓN ALBA RUBIAL 1991 CNLALIN 20040229 | 1:06.92 SANTIAGO ALBA RUBIAL 1991 CNLALIN 20050123 | 1:06.20 TOLOSA RAQUEL MARTINEZ 1991 NCORUÑA 20060311 | 1:04.29 SABADELL NEREA RODIÑO 1989 GALAICO 20050312 | 1:05.19 SANTIAGO NEREA RODIÑO 1989 GALAICO 20060122 |
| 200E | 2:31.64 FERROL ALBA RUBIAL 1991 CNLALIN 20030614 | 2:26.50 NARÓN ALBA RUBIAL 1991 CNLALIN 20040228 | 2:24.67 SANTIAGO ALBA RUBIAL 1991 CNLALIN 20050122 | 2:21.46 VIGO BELEN LOUREIRO 1988 CMARINA 20031206 | 2:20.33 VALENCIA BELEN LOUREIRO 1988 CMARINA 20041216 | 2:18.58 TORRE PACHECO BELEN LOUREIRO 1988 CMARINA 20050501 |
| 50B | 0:36.39 FERROL TATIANA DOMÍNGUEZ 1984 GALAICO 19961229 | 0:36.39 FERROL TATIANA DOMÍNGUEZ 1984 GALAICO 19971228 | 0:33.72 SANTIAGO ESTEFANÍA LIPPO 1993 PORENSE 20071230 | 0:33.58 VALLADOLID ESTEFANÍA LIPPO 1993 PORENSE 20080502 | 0:33.54 - SARA FONTEROSA 1982 CNFERRO 19981220 | 0:33.22 - SARA FONTEROSA 1982 CNFERRO 19990307 |
| 100B | 1:17.88 RCVNIGO MARÍA VILAS 1996 RIVEIRA 20081206 | 1:15.53 - SUSANA MOSQUERA 1976 RCVNIGO 19891217 | 1:14.20 SANTIAGO ESTEFANÍA LIPPO 1993 PORENSE 20071229 | 1:12.96 GIJÓN SUSANA MOSQUERA 1976 RCVNIGO 19910519 | 1:11.56 VIGO AURORA PEREZ 1991 NCORUÑA 20071208 | 1:11.62 SANTIAGO SARA FONTEROSA 1982 CNFERRO 19990305 |
| 200B | 2:41.03 RCVNIGO MARÍA VILAS 1996 RIVEIRA 20081206 | 2:46.12 - SUSANA MOSQUERA 1976 RCVNIGO 19891125 | 2:37.79 P. MALLORCA AURORA PEREZ 1991 NCORUÑA 20051216 | 2:38.00 GIJÓN SUSANA MOSQUERA 1976 RCVNIGO 19910519 | 2:31.91 MADRID AURORA PEREZ 1991 NCORUÑA 20070318 | 2:33.36 VALLADOLID AURORA PEREZ 1991 NCORUÑA 20080502 |
| 100S | 1:17.06 FERROL RAQUEL LAGO 1995 GALAICO 20070616 | 1:10.43 LALIN ALBA RUBIAL 1991 CNLALIN 20040605 | 1:11.28 FERROL ALBA FRANCO 1991 NCORUÑA 20050205 | 1:07.68 VALLADOLID RAQUEL MARTINEZ 1991 NCORUÑA 20060217 | 1:06.37 SANTIAGO RAQUEL MARTINEZ 1991 NCORUÑA 20071230 | 1:07.73 CASTELLÓN RAQUEL MARTINEZ 1991 NCORUÑA 20080419 |
| 200S | 2:31.22 RCVNIGO MARIA VILAS 1996 RIVEIRA 20081206 | 2:27.09 RCVNIGO JUDITH LAGO 1995 RIVEIRA 20081206 | 2:27.48 SANTIAGO ALBA RUBIAL 1991 CNLALIN 20050121 | 2:24.02 VALLADOLID RAQUEL MARTINEZ 1991 NCORUÑA 20060218 | 2:21.77 VIGO RAQUEL MARTINEZ 1991 NCORUÑA 20071208 | 2:21.46 RCVNIGO RAQUEL MARTINEZ 1991 NCORUÑA 20081206 |
| 400S | 05:22.62 CARANZA MARIA VILAS 1996 BOIRO 20080608 | 5:12.27 SANTIAGO JUDITH LAGO 1995 RIVEIRA 20080706 | 5:12.20 CASTELLÓN LAURA VALIÑAS 1994 GALAICO 20080419 | 4:58.42 BARCELONA RAQUEL MARTINEZ 1991 NCORUÑA 20061215 | 5:00.35 MADRID RAQUEL MARTINEZ 1991 NCORUÑA 20070318 | 5:00.08 CASTELLÓN RAQUEL MARTINEZ 1991 NCORUÑA 20080419 |

| MELLORES MARCAS MASCULINAS P25 | | | | | | |
|--------------------------------|---|--|--|---|--|--|
| Proba | 12A | 13A | 14A | 15A | 16A | 17A |
| 50L | 0:29.50 VIGO JAVIER ASENSIO 1977 RCNVIGO 19891217 | 0:27.33 VIGO FLORO ANDRÉS 1981 RCNVIGO 19941218 | 0:26.01 VIGO FLORO ANDRES 1981 RCNVIGO 19951217 | 0:24.95 - MARCOS VAZQUEZ 1988 CNSANTI 20031227 | 0:24.49 FERROL IAGO VILLAVERDE 1989 GALAICO 20050320 | 0:23.66 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061214 |
| 100L | 1:02.37 PONTEVEDRA IAGO VILLAVERDE 1989 GALAICO 20011111 | 0:58.80 FERROL IAGO VILLAVERDE 1989 GALAICO 20020608 | 0:55.38 A CORUÑA FLORO ANDRES 1981 RCNVIGO 19951229 | 0:54.01 SANTIAGO MARCOS VAZQUEZ 1988 CNSANTI 20031018 | 0:52.82 None MARCOS VAZQUEZ 1988 CNSANTI 20040320 | 0:51.19 P. MALLORCA MARCOS VAZQUEZ 1988 CNSANTI 20051218 |
| 200L | 2:17.50 VIGO JESÚS VALERO 1967 RCNVIGO 19790803 | 2:10.18 VIGO FLORO ANDRES 1981 RCNVIGO 19941218 | 2:02.23 A CORUÑA FLORO ANDRES 1981 RCNVIGO 19951228 | 1:59.23 A CORUÑA RUFINO REGUEIRA 1990 RIVEIRA 20051203 | 1:55.22 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061214 | 1:52.37 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070318 |
| 400L | 4:42.60 VIGO ANTONIO OTERO 1972 RCNVIGO 19841222 | 4:31.80 VIGO IGNACIO LOPEZ 1970 RCNVIGO 19830528 | 4:19.44 VIGO NICOLÁS ESTEFANELL 1983 RCNVIGO 19971221 | 4:11.29 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050313 | 3:58.41 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061215 | 3:57.52 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070317 |
| 800L | 10:13.67 PONTEVEDRA IAGO VILLAVERDE 1989 GALAICO 20010422 | 9:54.35 PONTEVEDRA IAGO VILLAVERDE 1989 GALAICO 20020317 | 9:03.84 - FRANCISCO MARTÍNEZ 1985 RCNVIGO 19991120 | 8:47.74 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050311 | 8:28.03 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20060606 | 8:22.08 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070316 |
| 1500L | 18:33.01 VIGO ANTONIO OTERO 1972 RCNVIGO 19840722 | 17:47.90 VIGO IGNACIO LOPEZ 1970 RCNVIGO 19830211 | 17:05.38 FERROL NICOLAS ESTEFANELL 1983 RCNVIGO 19971229 | 16:26.14 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050311 | 15:48.58 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20060606 | 15:45.00 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070316 |
| 50M | 0:32.00 LUGO IAGO VILLAVERDE 1989 GALAICO 20010602 | 0:29.91 LUGO IAGO VILLAVERDE 1989 GALAICO 20020615 | 0:27.61 VIGO IAGO VILLAVERDE 1989 GALAICO 20031019 | 0:27.19 PONTEVEDRA JOAQUÍN ABASCAL 1986 CMARINA 20010512 | 0:25.92 P. MALLORCA JOSÉ MANUEL GLEZ 1989 PORENSE 20051217 | 0:25.48 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061215 |
| 100M | 1:13.02 A FIEITEIRA IAGO VILLAVERDE 1989 GALAICO 20010526 | 1:03.98 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228 | 1:01.74 VIGO JACOBO MARTÍNEZ 1992 RCNVIGO 20061210 | 1:00.29 SABADELL JACOBO MARTÍNEZ 1992 RCNVIGO 20070309 | 0:58.80 FERROL MATEO BRUQUETAS 1985 CMARINA 20010303 | 0:57.64 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20060312 |
| 200M | 2:37.60 VIGO ANTONIO OTERO 1972 RCNVIGO 19840721 | 2:33.74 A FIEITEIRA VICTOR PÉREZ 1993 GALAICO 20060610 | 2:21.34 RCNVIGO VICTOR PÉREZ 1994 RCNVIGO 20081206 | 2:16.60 A FIEITEIRA JACOBO MARTÍNEZ 1992 RCNVIGO 20070630 | 2:09.39 P. MALLORCA JOSÉ MANUEL GLEZ 1989 PORENSE 20051218 | 2:08.29 GIJÓN GUSTAVO RAMA 1982 CNSANTI 19990319 |
| 50E | 0:33.83 LUGO RUBEN FONTENLA 1984 GALAICO 19960601 | 0:31.49 VIGO MANUEL VIAÑO 1992 CARBALL 20050702 | 0:30.03 OLEIROS MANUEL VIAÑO 1992 CARBALL 20061118 | 0:28.54 - JOAQUÍN ABASCAL 1986 CMARINA 20010602 | 0:27.96 VIGO PABLO GONZALEZ 1991 RCNVIGO 20071208 | 0:27.15 SANTIAGO RUFINO REGUEIRA 1990 RIVEIRA 20071228 |
| 100E | 1:12.17 VIGO IGOR LLORENS 1981 RCNVIGO 19930501 | 1:06.67 VIGO MANUEL VIAÑO 1992 CARBALL 20050702 | 1:03.69 A CORUÑA IGOR LLORENS 1981 RCNVIGO 19951229 | 1:00.79 SABADELL MANUEL VIAÑO 1992 CARBALL 20070309 | 0:59.35 PONTEVEDRA MANUEL VIAÑO 1992 CARBALL 20080223 | 0:57.50 SANTIAGO RUFINO REGUEIRA 1990 RIVEIRA 20071230 |
| 200E | 2:35.19 SANTIAGO MARTIÑO NEIRA 1994 CFVLUGO 20060624 | 2:24.94 FERROL RUBEN FONTENLA 1984 GALAICO 19971227 | 2:17.10 A CORUÑA IGOR LLORENS 1981 RCNVIGO 19951228 | 2:09.84 SABADELL MANUEL VIAÑO 1992 CARBALL 20070310 | 2:06.18 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061216 | 2:01.76 SANTIAGO RUFINO REGUEIRA 1990 RIVEIRA 20071229 |
| 50B | 0:36.95 FERROL JOAQUÍN ABASCAL 1986 CMARINA 19981025 | 0:34.07 LUGO JOAQUÍN ABASCAL 1986 CMARINA 19990612 | 0:31.46 - JOAQUÍN ABASCAL 1986 CMARINA 20001202 | 0:30.26 - JOAQUÍN ABASCAL 1986 CMARINA 20010526 | 0:29.92 - JOAQUÍN ABASCAL 1986 CMARINA 20020504 | 0:29.86 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410 |
| 100B | 1:18.62 FERROL JOAQUÍN ABASCAL 1986 CMARINA 19981025 | 1:13.49 VIGO LUIS LEIRO 1990 RCNVIGO 20031206 | 1:09.47 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20000611 | 1:04.69 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010505 | 1:04.76 - JOAQUÍN ABASCAL 1986 CMARINA 20020406 | 1:03.30 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20030426 |
| 200B | 2:50.18 NARÓN JOAQUÍN ABASCAL 1986 CMARINA 19981219 | 2:38.36 VIGO LUIS LEIRO 1990 RCNVIGO 20031206 | 2:26.13 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20001111 | 2:21.81 None JOAQUÍN ABASCAL 1986 CMARINA 20010101 | 2:19.31 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220 | 2:16.34 - JOAQUÍN ABASCAL 1986 CMARINA 20030521 |
| 100S | 1:15.35 AVILES IAGO VILLAVERDE 1989 GALAICO 20010519 | 1:10.69 FERROL DIEGO FERNÁNDEZ 1994 CODESAL 20070616 | 1:02.19 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20001111 | 1:00.43 A CORUÑA JOAQUÍN ABASCAL 1986 CMARINA 20010630 | 0:58.30 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220 | 0:58.43 - JOAQUÍN ABASCAL 1986 CMARINA 20030502 |
| 200S | 2:33.87 PONTEVEDRA IAGO VILLAVERDE 1989 GALAICO 20011230 | 2:25.30 LUGO JOAQUÍN ABASCAL 1986 CMARINA 19990605 | 2:16.39 - JOAQUÍN ABASCAL 1986 CMARINA 20001216 | 2:11.47 A CORUÑA JOAQUÍN ABASCAL 1986 CMARINA 20010711 | 2:09.32 SANTIAGO ÁNGEL VILAS 1991 RIVEIRA 20061218 | 2:07.57 MADRID LUIS LEIRO 1990 RCNVIGO 20070318 |
| 400S | 5:36.63 A CORUÑA JOAQUÍN ABASCAL 1986 CMARINA 19981115 | 5:08.73 SANTIAGO JOAQUÍN ABASCAL 1986 CMARINA 19991107 | 4:53.38 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20001104 | 4:44.25 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20010428 | 4:26.78 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220 | 4:28.54 MADRID LUIS LEIRO 1990 RCNVIGO 20070317 |

| MELLORES MARCAS FEMININAS P50 | | | | | | |
|-------------------------------|---|---|---|--|---|--|
| Proba | 12A | 13A | 14A | 15A | 16A | 17A |
| 50L | 0:31.11 OURENSE ISABEL RAÑA 1992 PORENSE 20040619 | 0:28.93 MADRID RAQUEL RASCADO 1994 NPONTEV 20070629 | 0:28.99 OURENSE LAURA MARTINEZ 1991 CDELMAR 20050716 | 0:28.36 BARCELONA ISABEL FIGUEIRAS 1980 GALAICO 19950716 | 0:27.91 PONTEVEDRA LAURA MARTINEZ 1991 RIVEIRA 20071201 | 0:27.57 P. MALLORCA LAURA MARTINEZ 1991 RIVEIRA 20080405 |
| 100L | 1:06.47 MERIDA NEREA LOPEZ 1996 CNFERRO 20080710 | 1:02.65 REUS JUDITH LAGO 1995 RIVEIRA 20080729 | 1:02.14 BARCELONA ALBA RUBIAL 1991 CNLALIN 20050728 | 1:00.54 BARCELONA RAQUEL MARTINEZ 1991 NCORUÑA 20060727 | 1:00.73 OURENSE PAULA CARBALLIDO 1979 GALAICO 19950701 | 0:59.40 LOGROÑO PAULA CARBALLIDO 1979 GALAICO 19960802 |
| 200L | 2:19.89 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060318 | 2:16.53 OURENSE ANDREIA CONDE 1988 GALAICO 20010727 | 2:13.20 BARCELONA IRENE MARTÍN 1986 GALAICO 20000729 | 2:10.33 TARRASA LAURA PIMETEL 1993 PORENSE 20080807 | 2:09.99 TARRASA LUISA ABELEDO 1992 NCORUÑA 20080807 | 2:07.45 LOGROÑO PAULA CARBALLIDO 1979 GALAICO 19960803 |
| 400L | 5:07.08 ZARAGOZA ARANTXA BARROS 1990 GALAICO 20020627 | 4:48.13 REUS SUSANA LORENZO 1991 RIVEIRA 20040709 | 4:34.29 BARCELONA IRENE MARTÍN 1986 GALAICO 20000728 | 4:31.39 PONTEVEDRA MARIA LUISA ABELEDO 1992 NCORUÑA 20070706 | 4:29.89 BARCELONA IRIA GARCÍA 1991 GALAICO 20070727 | 4:26.15 BARCELONA ANA CARBALLIDO 1987 GALAICO 20040721 |
| 800L | 10:13.29 ZARAGOZA ARANTXA BARROS 1990 GALAICO 20020629 | 9:48.07 OURENSE SUSANA LORENZO 1991 RIVEIRA 20040801 | 9:27.89 GIJÓN IRENE MARTÍN 1986 GALAICO 20000715 | 9:16.30 RIAS DO SUR LAURA PIMENTEL 1993 PORENSE 20080713 | 9:17.18 BARCELONA IRIA GARCÍA 1991 GALAICO 20070728 | 9:00.48 BARCELONA ANA CARBALLIDO 1987 GALAICO 20040722 |
| 1500L | | 19:15.34 OURENSE ANDREA MURAS 1989 GALAICO 20020705 | 18:26.82 OURENSE MARTA FRA 1988 CNXOVE 20020705 | | 17:35.08 BARCELONA IRIA GARCÍA 1991 GALAICO 20070726 | 18:24.99 OURENSE IRENE MARTÍN 1986 GALAICO 20030716 |
| 50M | 0:32.99 OURENSE MIREN VICENTE 1990 NPONTEV 20020705 | 0:32.22 OURENSE MIREN VICENTE 1990 NPONTEV 20030716 | 0:30.60 OURENSE MIREN VICENTE 1991 CNLALIN 20050709 | 0:30.07 BARCELONA ALBA FRANCO 1991 NCORUÑA 20060728 | 0:29.60 - PATRICIA RGUEZ 1983 CMARINA 19990724 | 0:29.23 PONTEVEDRA MIREN VICENTE 1990 NPONTEV 20070707 |
| 100M | 1:11.17 ZARAGOZA MIREN VICENTE 1990 NPONTEV 20020627 | 1:07.26 VALENCIA MIREN VICENTE 1990 NPONTEV 20030713 | 1:06.88 REUS MIREN VICENTE 1990 NPONTEV 20040709 | 1:06.06 BARCELONA MIREN VICENTE 1990 NPONTEV 20050728 | 1:05.40 BARCELONA MIREN VICENTE 1990 NPONTEV 20060728 | 1:04.41 BARCELONA MIREN VICENTE 1990 NPONTEV 20070725 |
| 200M | 2:42.03 ZARAGOZA MIREN VICENTE 1990 NPONTEV 20020627 | 2:32.37 VALENCIA MIREN VICENTE 1990 NPONTEV 20030713 | 2:28.16 PONTEVEDRA IRIA ALVAREZ LIZ 1993 PORENSE 20070708 | 2:20.58 RIAS DO SUR IRIA ALVAREZ LIZ 1993 PORENSE 20080713 | 2:24.78 BARCELONA MONICA TRUJILLO 1990 CNLALIN 20060727 | 2:23.64 PONTEVEDRA MONICA TRUJILLO 1990 CNLALIN 20070708 |
| 50E | 0:35.88 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060318 | 0:33.40 OURENSE NEREA RODIÑO 1989 GALAICO 20020706 | 0:31.72 MADRID NEREA RODIÑO 1989 GALAICO 20030412 | 0:31.97 OURENSE NEREA RODIÑO 1989 GALAICO 20040730 | 0:30.66 CÁDIZ NEREA RODIÑO 1989 GALAICO 20050402 | 0:31.31 SABADELL NEREA RODIÑO 1989 GALAICO 20060302 |
| 100E | 1:14.17 MERIDA ESTELA PORTELA 1996 CMARINA 20080710 | 1:10.38 REUS ALBA RUBIAL 1991 CNLALIN 20040711 | 1:09.10 LISBOA ALBA RUBIAL 1991 CNLALIN 20050528 | 1:08.67 OURENSE NEREA RODIÑO 1989 GALAICO 20040801 | 1:06.39 MURCIA PATRICIA RGUEZ 1983 CMARINA 19990730 | 1:07.19 PONTEVEDRA SANDRA PRESAS 1990 PORENSE 20070708 |
| 200E | 2:29.78 VALLADOLID BELEN LOUREIRO 1988 CMARINA 20000627 | 2:30.27 REUS ALBA RUBIAL 1991 CNLALIN 20040711 | 2:31.04 BARCELONA BELEN LOUREIRO 1988 CMARINA 20000627 | 2:28.55 P. MALLORCA BELEN LOUREIRO 1988 CMARINA 20030807 | 2:23.45 GIJÓN ESTELA ALONSO 1983 RCNVIGO 19990320 | 2:23.01 OURENSE BELEN LOUREIRO 1988 CMARINA 20050716 |
| 50B | 0:39.31 OURENSE TATIANA DOMÍNGUEZ 1984 GALAICO 19960721 | 0:37.60 OURENSE MIRIAM CRESPO 1990 GALAICO 20030717 | 0:34.78 PONTEVEDRA ESTEFANÍA LIPPO 1993 PORENSE 20070708 | 0:34.39 - SARA FONTEROSA 1982 CNFERRO 19970725 | 0:33.67 MADRID SARA FONTEROSA 1982 CNFERRO 19980226 | 0:33.91 CADIZ SARA FONTEROSA 1982 CNFERRO 19990326 |
| 100B | 1:18.85 MERIDA MARIA VILAS 1996 RIVEIRA 20080708 | 1:20.88 MADRID MARÍA LAMEIRO 1994 RCNVIGO 20070629 | 1:16.64 OURENSE AURORA PEREZ 1991 NCORUÑA 20050716 | 1:16.33 REUS SARA FONTEROSA 1982 CNFERRO 19970810 | 1:13.60 AMBERES AURORA PEREZ 1991 NCORUÑA 20070721 | 1:15.58 OURENSE SARA CEBALLOS 1987 PORENSE 20040731 |
| 200B | 2:53.74 MERIDA MARIA VILAS 1996 RIVEIRA 20080710 | 2:55.07 OURENSE TATIANA DOMÍNGUEZ 1984 GALAICO 19970712 | 2:44.38 OURENSE AURORA PEREZ 1991 NCORUÑA 20050715 | 2:45.04 PONTEVEDRA AURORA PEREZ 1991 NCORUÑA 20060630 | 2:35.80 PONTEVEDRA AURORA PEREZ 1991 NCORUÑA 20070706 | 2:38.48 RIAS DO SUR AURORA PEREZ 1991 NCORUÑA 20080711 |
| 200S | 2:39.91 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060617 | 2:31.51 REUS JUDITH LAGO 1995 GALAICO 20080802 | 2:30.56 BARCELONA RAQUEL MARTINEZ 1991 NCORUÑA 20050731 | 2:24.81 BARCELONA RAQUEL MARTINEZ 1991 NCORUÑA 20060728 | 2:25.01 MADRID RAQUEL MARTINEZ 1991 NCORUÑA 20070630 | 2:25.37 CÁDIZ LUCÍA MEIRIÑ 1978 GALAICO 19960302 |
| 400S | 5:29.38 MERIDA MARIA VILAS 1996 RIVEIRA 20080709 | 5:14.72 RIAS DO SUR JUDITH LAGO 1995 RIVEIRA 20080712 | 5:16.03 REUS LAURA VALIÑAS 1994 GALAICO 20080801 | 5:07.04 BARCELONA RAQUEL MARTINEZ 1991 NCORUÑA 20060729 | 5:09.15 MADRID RAQUEL MARTINEZ 1991 NCORUÑA 20070701 | 5:07.75 CÁDIZ BELEN LOUREIRO 1988 CMARINA 20050402 |

| MELLORES MARCAS MASCULINAS P50 | | | | | | |
|--------------------------------|---|--|--|--|---|---|
| Proba | 12A | 13A | 14A | 15A | 16A | 17A |
| 50L | 0:37.50 OURENSE JOSE LUIS CONDE 1992 PORENSE 20040619 | 0:30.86 VALLADOLID MANUEL VIAÑO 1992 CARBALL 20050627 | 0:27.95 MADRID IAGO VILLAVERDE 1989 GALAICO 20030705 | 0:25.41 REUS IAGO VILLAVERDE 1989 GALAICO 20040708 | 0:25.17 BARCELONA IAGO VILLAVERDE 1989 GALAICO 20050731 | 0:24.35 PONTEVEDRA J MGLEZREGUEIRO 1989 PORENSE 20060701 |
| 100L | 1:14.02 OURENSE NOEL BLANCO 1992 PORENSE 20040619 | 1:02.73 VALLADOLID MANUEL VIAÑO 1992 CARBALL 20050627 | 0:57.98 MADRID IAGO VILLAVERDE 1989 GALAICO 20030705 | 0:55.40 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050728 | 0:54.49 REUS MARCOS VAZQUEZ 1988 CNSANTI 20040710 | 0:53.14 BARCELONA MARCOS VAZQUEZ 1988 CNSANTI 20050306 |
| 200L | 2:33.81 OURENSE NOEL BLANCO 1992 PORENSE 20040619 | 2:17.69 VALLADOLID NOEL BLANCO 1992 PORENSE 20050626 | 2:03.93 MALAGA FLORO ANDRES 1981 RCNVIGO 19960626 | 2:02.25 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050716 | 1:58.11 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060728 | 1:56.66 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070804 |
| 400L | | 4:57.98 MERIDA OSCAR ALONSO GATO 1995 CNSANTI 20080708 | 4:27.54 PONTEVEDRA MARIO SUÁREZ 1993 PORENSE 20071201 | 4:12.94 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050731 | 4:07.86 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060730 | 4:03.90 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070805 |
| 800L | | | 9:24.37 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20040630 | 8:52.35 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050729 | 8:52.91 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20060301 | 8:25.03 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070701 |
| 1500L | | | 17:34.98 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20040630 | 16:40.70 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050729 | 16:17.93 RIO MAIOR (PORTUGAL) RUFINO REGUEIRA 1990 RIVEIRA 20060702 | 16:12.67 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070802 |
| 50M | 0:37.99 PONTEVEDRA DIEGO FERNANDEZ 1994 CODESAL 20060318 | 0:30.98 ZARAGOZA DIEGO FERNANDEZ 1994 CODESAL 20070628 | 0:28.20 OURENSE IAGO VILLAVERDE 1989 GALAICO 20030716 | 0:27.56 PONTEVEDRA JACOBO MARTÍNEZ 1992 RCNVIGO 20070707 | 0:26.52 BARCELONA J MANUEL GLEZ 1989 PORENSE 20050729 | 0:26.08 SABADELL J MANUEL GLEZ 1989 PORENSE 20060303 |
| 100M | 1:21.66 PONTEVEDRA DIEGO FERNANDEZ 1994 CODESAL 20060318 | 1:03.98 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228 | 1:03.09 BARCELONA JACOBO MARTÍNEZ 1992 RCNVIGO 20060729 | 1:00.67 MADRID JACOBO MARTÍNEZ 1992 RCNVIGO 20070701 | 0:59.49 OURENSE MATEO BRUQUETAS 1985 CMARINA 20010727 | 0:58.97 BARCELONA ALBERTO FDEZ 1987 CMARINA 20040722 |
| 200M | | 2:34.07 ALICANTE VICTOR PÉREZ 1993 GALAICO 20060627 | 2:23.97 GIJÓN GUSTAVO RAMA 1982 CNSANTI 19960624 | 2:17.98 CARTAGENA GUSTAVO RAM 1982 CNSANTI 19970623 | 2:10.94 OURENSE J MGLEZREGUEIRO 1989 PORENSE 20050717 | 2:13.90 PONTEVEDRA J MGLEZREGUEIRO 1989 PORENSE 20060702 |
| 50E | 0:39.79 OURENSE JUAN GONZALEZ 1992 PORENSE 20040619 | 0:33.71 OURENSE MARCO GRANDI 1991 PORENSE 20040619 | 0:30.66 OURENSE RUBÉN FONTENLA 1984 GALAICO 19980705 | 0:29.85 BARCELONA PABLO GONZALEZ 1991 RCNVIGO 20060727 | 0:29.26 PONTEVEDRA PABLO GONZALEZ 1991 RCNVIGO 20070706 | 0:28.09 PONTEVEDRA OSCAR PEREIRO CARRIL 1991 ARZUA 20080711 |
| 100E | 1:52.22 OURENSE JOSE LUIS CONDE 1992 PORENSE 20040619 | 1:09.65 VALLADOLID MANUEL VIAÑO 1992 CARBALL 20050628 | 1:04.08 P. MALLORCA RUBÉN FONTENLA 1984 GALAICO 19980623 | 1:02.12 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050717 | 1:01.41 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060730 | 0:58.91 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20071220 |
| 200E | 3:05.70 PONTEVEDRA MIGUEL A GARRIDO 1994 NPONTEA 20060318 | 2:28.39 ZARAGOZA MARTIÑO NEIRA 1994 CFVLUGO 20070628 | 2:21.76 P. MALLORCA RUBÉN FONTENLA 1984 GALAICO 19980624 | 2:14.65 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050716 | 2:08.39 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060728 | 2:06.31 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20071218 |
| 50B | 0:42.59 OURENSE SIMÓN VAZQUEZ 1992 PORENSE 20040619 | 0:34.06 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990710 | 0:32.84 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000708 | 0:31.42 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20010729 | 0:30.82 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20020705 | 0:30.49 P. MALLORCA JOAQUÍN ABASCAL 1986 CMARINA 20030806 |
| 100B | 1:37.47 PONTEVEDRA VÍCTOR SANTOS 1994 GALAICO 20060318 | 1:15.42 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990709 | 1:09.70 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000707 | 1:07.53 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010712 | 1:06.19 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20020726 | 1:05.72 P. MALLORCA JOAQUÍN ABASCAL 1986 CMARINA 20030806 |
| 200B | | 2:43.83 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990711 | 2:32.98 GIJÓN LUIS LEIRO 1990 RCNVIGO 20040630 | 2:27.43 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010714 | 2:24.71 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20020727 | 2:19.70 TARRASA LUIS LEIRO 1990 RCNVIGO 20070803 |
| 200S | 3:06.79 OURENSE NOEL BLANCO 1992 PORENSE 20040619 | 2:30.62 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228 | 2:21.24 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000707 | 2:17.36 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20010727 | 2:13.15 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060728 | 2:09.70 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410 |
| 400S | | 5:41.18 OURENSE MARCOS FDEZ 1991 PORENSE 20040619 | 5:03.69 GIJÓN LUIS LEIRO 1990 RCNVIGO 20040629 | 4:47.13 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010712 | 4:42.80 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060729 | 4:35.25 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410 |