

Prueba 3  
12/03/2023

Fem., 1500m Libre

20 años y mayores  
Resultados

Clasificación		AN		Tiempo	Puntos
<b>20+</b>					
1.	1038929 GONZALEZ AVENDAÑO, Lucia	99	GALAICO	<b>21:44.78</b>	13,00
	50m: 39.80 39.80 200m: 2:42.23 1:22.34 800m: 11:25.39 5:55.91				
	100m: 1:19.89 40.09 400m: 5:29.48 2:47.25 1500m: 21:44.78 10:19.39				
2.	1144257 FERNANDEZ GONZALEZ, Elena	01	HERCULES	<b>22:24.15</b>	10,00
	50m: 43.83 43.83 200m: 3:00.05 1:30.87 800m: 12:06.93 6:05.16				
	100m: 1:29.18 45.35 400m: 6:01.77 3:01.72 1500m: 22:24.15 10:17.22				
3.	1041231 RODRIGUEZ PEREZ, Lorena	01	PONTEAREAS	<b>25:52.78</b>	8,00
	50m: 43.49 43.49 200m: 3:08.24 1:38.63 800m: 13:39.30 7:01.12				
	100m: 1:29.61 46.12 400m: 6:38.18 3:29.94 1500m: 25:52.78 12:13.48				
<b>25+</b>					
1.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	<b>21:06.34</b>	13,00
	50m: 39.12 39.12 200m: 2:43.61 1:23.50 800m: 11:11.58 5:40.03				
	100m: 1:20.11 40.99 400m: 5:31.55 2:47.94 1500m: 21:06.34 9:54.76				
2.	1039299 DIAZ TOIMIL, Carla	98	ADNTNARON	<b>25:46.57</b>	10,00
	50m: 45.50 45.50 200m: 3:16.65 1:42.52 800m: 13:39.89 6:56.14				
	100m: 1:34.13 48.63 400m: 6:43.75 3:27.10 1500m: 25:46.57 12:06.68				
<b>30+</b>					
1.	1084714 BUGALLO PÉREZ, Estíbaliz	90	RCNVIGO	<b>19:29.99</b>	13,00
	50m: 36.32 36.32 200m: 2:29.05 1:15.62 800m: 10:17.71 5:13.19				
	100m: 1:13.43 37.11 400m: 5:04.52 2:35.47 1500m: 19:29.99 9:12.28				
2.	1040545 POMBO LOPEZ, Belen	92	FLUVIALUGO	<b>20:22.12</b>	10,00
	50m: 39.68 39.68 200m: 2:42.10 1:21.93 800m: 10:54.52 4:46.03				
	100m: 1:20.17 40.49 400m: 6:08.49 3:26.39 1500m: 20:22.12 9:27.60				
3.	1143565 ARAÚJO CASTRO, Paula	91	CDELMAR	<b>23:56.27</b>	8,00
	50m: 41.65 41.65 200m: 3:00.59 1:34.03 800m: 12:36.90 6:25.75				
	100m: 1:26.56 44.91 400m: 6:11.15 3:10.56 1500m: 23:56.27 11:19.37				
<b>40+</b>					
1.	1143598 MIRA VAZQUEZ, Marta	81	ESCUALOS	<b>23:27.90</b>	13,00 RG
	50m: 43.80 43.80 200m: 3:01.46 1:32.22 800m: 12:30.96 6:19.56				
	100m: 1:29.24 45.44 400m: 6:11.40 3:09.94 1500m: 23:27.90 10:56.94				
2.	1145082 FARIÑA SOUSA, Noemi	83	GALAICO	<b>29:05.25</b>	10,00
	50m: 49.80 49.80 200m: 3:41.79 1:55.40 800m: 15:28.57 7:51.94				
	100m: 1:46.39 56.59 400m: 7:36.63 3:54.84 1500m: 29:05.25 13:36.68				
<b>45+</b>					
1.	1180189 BRAÑA MENENDEZ, Sonia	75	HERCULES	<b>22:39.28</b>	13,00
	50m: 43.92 43.92 200m: 2:58.17 1:30.96 800m: 12:01.30 6:01.84				
	100m: 1:27.21 43.29 400m: 5:59.46 3:01.29 1500m: 22:39.28 10:37.98				
2.	1040944 VARELA REDONDO, Veronica	75	PONTEAREAS	<b>23:46.51</b>	10,00
	50m: 43.72 43.72 200m: 3:02.75 1:33.40 800m: 12:37.35 6:24.60				
	100m: 1:29.35 45.63 400m: 6:12.75 3:10.00 1500m: 23:46.51 11:09.16				

Prueba 3, Fem., 1500m Libre, 45+

Clasificación		AN		Tiempo	Puntos
3.	1178771 BESADA FERNÁNDEZ, Ana M.	78	PONTEAREAS	<b>32:57.23</b>	8,00
	50m: 53.95 53.95 200m: 4:02.17 2:07.00 800m: 17:16.24 8:48.41				
	100m: 1:55.17 1:01.22 400m: 8:27.83 4:25.66 1500m: 32:57.23 15:40.99				
50+					
1.	1076154 ABREU FERNANDEZ, Marta	71	PONTEAREAS	<b>28:26.61</b>	13,00
	50m: 51.66 51.66 200m: 3:37.21 1:51.12 800m: 15:00.03 7:36.98				
	100m: 1:46.09 54.43 400m: 7:23.05 3:45.84 1500m: 28:26.61 13:26.58				
2.	1145007 MELON PARENTE, M. Lourdes	69	PONTEAREAS	<b>35:18.53</b>	10,00
	50m: 1:11.10 1:11.10 200m: 4:46.00 2:22.17 800m: 18:57.61 9:28.76				
	100m: 2:23.83 1:12.73 400m: 9:28.85 4:42.85 1500m: 35:18.53 16:20.92				
55+					
1.	1037970 CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	<b>26:12.29</b>	13,00
	50m: 49.43 49.43 200m: 3:24.96 1:44.09 800m: 14:00.34 7:02.69				
	100m: 1:40.87 51.44 400m: 6:57.65 3:32.69 1500m: 26:12.29 12:11.95				
60+					
1.	1144331 TERCEIRO DELGADO, María Del Mar	63	CDELMAR	<b>23:51.98</b>	13,00
	50m: 42.02 42.02 200m: 3:01.59 1:34.58 800m: 12:37.31 6:24.84				
	100m: 1:27.01 44.99 400m: 6:12.47 3:10.88 1500m: 23:51.98 11:14.67				
2.	1039437 BALADO LOPEZ, Ana Maria	61	POURENSE	<b>24:43.13</b>	10,00
	50m: 47.40 47.40 200m: 3:12.59 1:37.15 800m: 13:04.18 6:36.47				
	100m: 1:35.44 48.04 400m: 6:27.71 3:15.12 1500m: 24:43.13 11:38.95				