

Prueba 7  
03/06/2023

Mixto, 4 x 50m Estilos

AG 80 - 359  
Lista de salida

Pista Ano Clube Marca Pisc.  
Serie 1 de 7

<b>3 PONTEAREAS 7</b>	<b>+280 PONTEAREAS</b>	<b>4:55.67 25m</b>
MORAL RUBIO, Isabel 81, ARAUJO DOMINGUEZ, Francisco 83, CARRERA RODRÍGUEZ, Rubén 44, GONZALEZ RODRIGUEZ, S. Marta 77		
<b>4 RIASBAIXAS 5</b>	<b>+240 RIASBAIXAS</b>	<b>4:08.24 50m</b>
PEREZ DOMINGUEZ, Maria Luisa 79, HERNANZ MORAL, Fausto 61, REGUEIRO RODRIGUEZ, Ana 57, PEREZ LEIVA, Manuel 55		
<b>5 POURENSE 2</b>	<b>+200 POURENSE</b>	<b>4:28.12 25m</b>
PEREZ GALLARDO, Teresa 59, LOPEZ RODRIGUEZ, Adela Elena 55, CADAVID NUÑEZ, Jose 53, LORENZO GONZALEZ-VISO, Carlos 52		

Serie 2 de 7

<b>2 POURENSE 3</b>	<b>+160 POURENSE</b>	<b>3:10.21 25m</b>
RICO CARAMES, Pablo 42, MARIÑO GONZALEZ, Ramón 43, GONZALEZ RODRIGUEZ, Maria 41, RODRIGUEZ VAZQUEZ, Maria Teresa 51		
<b>3 POURENSE 1</b>	<b>+240 POURENSE</b>	<b>3:03.22 25m</b>
GARCIA COLOMO, Manuel Ramon 69, BALADO LOPEZ, Ana Maria 62, GARCIA COLOMO, Carlos Luis 65, GARCIA COLOMO, M. Cristina 61		
<b>4 SCASINO 1</b>	<b>+120 SCASINO</b>	<b>3:00.00 25m</b>
GOMEZ FREIRE, Domingo Jose 48, RAMIL FREAN, Ignacio 39, RUIZ MEILAN, Blanca 33, SANCHEZ DE LLANO, M. Nieves 31		
<b>5 PONTEAREAS 6</b>	<b>+240 PONTEAREAS</b>	<b>3:01.50 25m</b>
MONROY FERNÁNDEZ, Manuel 73, PIÑEIRO PEREZ, Armando 57, ABREU FERNANDEZ, Marta 52, SUEIRO COSTAS, Mª Carmen 67		
<b>6 GALAICO 5</b>	<b>+200 GALAICO</b>	<b>3:06.01 25m</b>
GONZALEZ GARCIA, Covadonga 34, MIGUEZ DE LA SIERRA, Angeles 57, BETHENCOURT IGLESIAS, Sergio 60, IRIBARNEGARAY FERNANDEZ		
<b>7 GALAICO 6</b>	<b>+240 GALAICO</b>	<b>3:18.28 50m</b>
CELEMIN PORRERO, Maria Teresa 64, GONZALEZ ANTON, Luis 61, BETHENCOURT IGLESIAS, Sergio 60, MIGUEZ DE LA SIERRA, Angeles 57		

Serie 3 de 7

<b>1 MONFORTE 3</b>	<b>+160 MONFORTE</b>	<b>3:00.35 50m</b>
ESCUDEIRO FERNÁNDEZ, Raquel 46, GONZALEZ MACIA, Alba 29, MENDES FERRAS, Artur Leonel 42, MARTINEZ BERJANO, Jose Manuel 60		
<b>2 TRAVIESAS 1</b>	<b>+200 TRAVIESAS</b>	<b>2:56.07 25m</b>
FIDALGO SERRANO, Guillermo 37, BARJA BARJA, Ana 61, GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 71, FIDALGO SERRANO, Manuel A. 42		
<b>3 CNMOS 1</b>	<b>+160 CNMOS</b>	<b>2:51.17 25m</b>
CARRERA PEREZ, Carolina 29, SOUSA CARNEIRO, Rosana 52, EIRIZ DIEGUEZ, Daniel 45, RODRIGUEZ PEREZ, Luis 36		
<b>4 PONTEAREAS 4</b>	<b>+160 PONTEAREAS</b>	<b>2:42.98 25m</b>
VARELA REDONDO, Veronica 48, PREGO MARTINEZ, Benjamin 50, MOURIÑO ORTIGUERA, Roberto C. 49, SOBRINO EIRIZ, Maria Del Valle 51		
<b>5 RIASBAIXAS 4</b>	<b>+200 RIASBAIXAS</b>	<b>2:47.43 50m</b>
HERNANDEZ ALFAGEME, Rita 52, FERNANDEZ-TESTA BARREIRO, David 49, ROIG SANCHEZ, Blanca Ana 49, FERREIRO SEOANE, Jose Raul 52		
<b>6 PORTAMIÑA 5</b>	<b>+200 PORTAMIÑA</b>	<b>2:55.38 50m</b>
MOURIZ LOMBAO, Fco. Javier 48, LOPEZ GONZALEZ, Monica 53, PEREZ ARIAS, Hector 52, DIAZ PARDO, Nuria M 48		
<b>7 SCASINO 3</b>	<b>+200 SCASINO</b>	<b>2:59.83 50m</b>
SALES MANTIÑAN, Carmen 49, NISTAL GARCÍA, Eduardo 55, GARCÍA SEOANE, Cristina María 48, COUCEIRO SANCHEZ, Gonzalo 57		
<b>8 POURENSE 4</b>	<b>+120 POURENSE</b>	<b>2:59.38 25m</b>
GONZALEZ RODRIGUEZ, Maria 41, FERNANDEZ PARADA, Clara 30, BLANCO PEREZ, Adrian 29, ESTEVEZ SOTO, Ricardo 31		

Prueba 7, Mixto, 4 x 50m Estilos

Serie 4 de 7

1	CULLEREDO 1	+200 CULLEREDO	2:41.35 25m
	SAR MORANO, Dolores 68, HERNAEZ OUBIÑA, David 50, GUIRADO CARABEL, Oscar 47, SANDERSON KEOUGH, Helen Jane 53		
2	<b>GALAICO 4</b>	<b>+160 GALAICO</b>	<b>2:39.60 25m</b>
	GONZALEZ GARCIA, Covadonga 34, PIÑEIRO PEON, Antonio 39, IRIBARNEGARAY FERNANDEZ, Javier 57, FARIÑA SOUSA, Noemi 40		
3	<b>SALESTRA 1</b>	<b>+120 SALESTRA</b>	<b>2:39.18 50m</b>
	BASTIDA CAMPOS, Alejandro 41, OTERO FERNANDEZ, Maria Luisa 30, FINS SEOANE, Juan Miguel 46, ROZADOS LUIS, Adriana 38		
4	<b>GALAICO 2</b>	<b>+100 GALAICO</b>	<b>2:33.53 25m</b>
	TENORIO FREIRE, Martin 31, FERNANDEZ GARCIA, Marina 26, VIEITEZ PORTO, Ismael 31, CRESPO ESTEVEZ, Laura 29		
5	RIASBAIXAS 1	+80 (FRIASBAIXAS)	2:37.48 50m
	NOVALES BLANCO, Xabier 32, SUAREZ GARCIA, Marta 20, RODRIGUEZ RODRIGUEZ, Nina 21, PASTORIZA SANTIAGO, Jorge 26		
6	<b>PONTEAREAS 2</b>	<b>+100 PONTEAREAS</b>	<b>2:37.49 25m</b>
	BOUZA PADRON, Adrian 26, PAZOS GANDARA, Andrea 31, RODRIGUEZ BALIÑA, Mauro 33, GONZALEZ PEREZ, Paula 27		
7	HERCULES 2	+200 HERCULES	2:42.57 50m
	REGUEIRA MARTINEZ, Maria J. 48, ESPASANDIN MARTÍNEZ, María 33, SUANZES PEREZ, Fernando 70, DI FELICE VÁZQUEZ, Mario 61		
8	<b>PONTEAREAS 5</b>	<b>+200 PONTEAREAS</b>	<b>2:42.08 25m</b>
	DEL AMO BLANCO, Margarita 56, MOURIÑO FORTES, Victor Manuel 46, CALVIÑO CANCELA, Maria Cristina 55, RODRIGUEZ BALIÑA, Marcos 50		

Serie 5 de 7

1	PORTAMIÑA 3	+120 PORTAMIÑA	2:34.05 50m
	LOPEZ RODRIGUEZ, Aroa 26, GONZALEZ PEÑAS, David 39, MENDEZ FERREIRO, Pablo 38, SALGADO CASTELO, Marta 29		
2	<b>SCASINO 2</b>	<b>+160 SCASINO</b>	<b>2:28.47 50m</b>
	VINAGRE SENDINO, Cora 35, FERREIRO SUAREZ, Javier M. 50, VEIGA PILLADO, Jose 45, CAGIAO RODRIGUEZ, Natalia 45		
3	CNMARINA 1	+200 CNMARINA	2:24.50 25m
	DE LA PAZ VIGO, Agustin 57, TOURIÑO GONZALEZ, Victor 55, HERMIDA RODRIGUEZ, Blanca 42, ROMAR GASALLA, Aurora 46		
4	<b>ESCUALOS 2</b>	<b>+160 ESCUALOS</b>	<b>2:22.58 25m</b>
	FORTES NOVOA, Martiño 35, NOGUEIRA-PINTO CRESPO, Hugo 45, FKEOUI OMARI, Salma 41, DE LORENZO FERNANDEZ, Maria 45		
5	RIASBAIXAS 2	+120 RIASBAIXAS	2:27.12 50m
	GONZALEZ PEREZ, Jessica 36, VAZQUEZ IGLESIAS, Daniel 44, CAO LAGO, Pablo 36, PEREZ GARCIA, Eva 33		
6	PORTAMIÑA 4	+160 PORTAMIÑA	2:27.45 50m
	OJEA DE CASTRO, Macarena 50, GUIMAREY VAZQUEZ, Marcos 46, FERNANDEZ TORRES, Diego 51, VALIÑO GOMEZ, Iria 39		
7	<b>ESCUALOS 3</b>	<b>+200 ESCUALOS</b>	<b>2:30.78 25m</b>
	SANCHEZ LEDO, Cira 42, PEREIRA DIAZ, Angel 51, FERNANDEZ NUÑEZ, Santiago 60, PEREZ PEREZ, Sonia 51		
8	POURENSE 5	+100 POURENSE	2:32.02 25m
	SABUZ FORNEIRO, Andrea 25, FRANCISCO MACÍAS, Simón 27, BLANCO PEREZ, Adrian 29, FERNANDEZ PARADA, Clara 30		

Serie 6 de 7

1	NCORUÑA 1	+120 NCORUÑA	2:20.46 25m
	VILLASANTE ARMAS, Maria Rosa 48, MIRAS LOPEZ, Raul 36, MUIÑO ALONSO, Anton 29, DOPEREIRO GARCIA, Alba 33		
2	PORTAMIÑA 1	+100 PORTAMIÑA	2:22.93 50m
	MEILAN SANCHEZ, Sergio Jose 27, BALBOA BLANCO, Ivan 29, FREIJE TORNEIRO, Aroa 25, RAMOS LOBO, Raquel 30		
3	<b>ESCUALOS 1</b>	<b>+120 ESCUALOS</b>	<b>2:18.55 25m</b>
	RIVAS CARCACIA, Natalia 32, MIRA VAZQUEZ, Marta 42, KRUGLOV, Mykola 38, PAZOS ALONSO, Josue 7		
4	CNMARINA 1	+120 CNMARINA	2:17.50 25m
	AZNAR GRUILLE, Carlos J. 28, ANEIROS GARCIA, Jose 49, LAGUNAS PEREZ, Sara 28		
5	PORTAMIÑA 2	+80 (FPORTAMIÑA)	2:18.32 25m
	VAZQUEZ PRADO, Martin 27, VAZQUEZ PRADO, Maria 23, OTERO VILLARES, Daniel 22, MOURIZ CASANOVA, Sabela 22		
6	RIASBAIXAS 3	+160 RIASBAIXAS	2:21.69 50m
	SANCHEZ GORDON, Roman 45, RODRIGUEZ PEREZ, Vanesa 37, PRADO FRANCO, Marta E. 44, MASSO AGUADO, Jorge 47		

Prueba 7, Mixto, 4 x 50m Estilos

<b>7 FLUVIAL 1</b>	<b>+120 FLUVIAL</b>	<b>2:23.15 50m</b>
POMBO LOPEZ, Belen 31, IGLESIAS LAPIDO, Miguel 38, FRANCO CAL, Alba 32, FERNANDEZ VARELA, Adrian 32		
<b>8 GALAICO 3</b>	<b>+120 GALAICO</b>	<b>2:21.98 25m</b>
GARCIA MIGUEZ, Rosalia 25, MARTINEZ DOPAZO, David 36, CALLE FACAL, Telmo 40, BALEA CASAS, Tania 27		

Serie 7 de 7

<b>1 NTNARON 4</b>	<b>+120 NTNARON</b>	<b>2:15.45 25m</b>
LOUREIRO AMOR, Belen Martina 35, HERMIDA SALIDO, Gustavo 46, BLANCO PEREZ, Jesus 37, DIAZ TOIMIL, Carla 25		
<b>2 GALAICO 1</b>	<b>+80 (IGALAICOTER)</b>	<b>2:13.39 25m</b>
CASTRO RODRIGUEZ, Francisco 23, CANO ROSALES, Nuria 22, GONZALEZ AVENDAÑO, Lucia 24, VILLAVARDE CAMPOS, Jose M 22		
<b>3 POURENSE 6</b>	<b>+80 (FPOURENSER)</b>	<b>2:08.45 25m</b>
BLANCO PEREZ, Paula 24, CIVEIRA CORRAL, Samuel 21, CIVEIRA CORRAL, Raul 21, SABUZ FORNEIRO, Andrea 25		
<b>4 PONTEAREAS 3</b>	<b>+120 PONTEAREAS</b>	<b>2:02.92 25m</b>
GESTO ALONSO, Clarisa 34, CARRERA COSTAS, Andres 41, OLMO VAQUEIRO, Leticia 42, PASCUAL DE PEDRO, Jorge 37		
<b>5 PONTEAREAS 1</b>	<b>+80 (IPONTEAREAS)</b>	<b>2:07.00 25m</b>
MARTINEZ MARTINEZ, Marcos 20, EIJO GIL, Ana Paula 20, COSTA FERNANDEZ, Laura 22, CANCELA GOMEZ, Hugo 20		
<b>6 HERCULES 1</b>	<b>+160 HERCULES</b>	<b>2:12.45 50m</b>
PASCUAL GUTIERREZ, Maria Teresa 25, BRAÑA MENENDEZ, Sonia 48, SAAVEDRA GONZÁLEZ, Raul 50, FOUZ ROUCO, Rubén 44		
<b>7 MONFORTE 2</b>	<b>+120 MONFORTE</b>	<b>2:18.21 50m</b>
VÁZQUEZ FUENTES, Cintia 36, SUAREZ FERNÁNDEZ, Santiago 28, BELTRAN DIAZ, Emilio 46, RODRIGUEZ GONZÁLEZ, Raquel 30		
<b>8 MONFORTE 1</b>	<b>+80 (IMONFORTER)</b>	<b>2:18.37 50m</b>
VARELA MENDEZ, Clara 20, MARTINEZ ARGIZ, David 23, CASTRO DE LA FUENTE, Uxia 20, PONTON RODRIGUEZ, Juan 21		

Prueba 14  
03/06/2023

Fem., 4 x 50m Libre

AG 80 - 359  
Lista de salida

Pista Ano Clube Marca Pisc.

Serie 1 de 4

<b>2 PONTEAREAS 3</b>	<b>+280 PONTEAREAS</b>	<b>4:47.02 25m</b>
MORAL RUBIO, Isabel 81, CHANTADA GÓMEZ, M. Del Carmen 80, MELON PARENTE, M. Lourdes 54, SUEIRO COSTAS, M <sup>a</sup> Carmen 67		
<b>3 POURENSE 4</b>	<b>+240 POURENSE</b>	<b>3:01.37 50m</b>
OTERO LOPEZ, Maria Elisa 63, BALADO LOPEZ, Ana Maria 62, LOPEZ RODRIGUEZ, Adela Elena 55, GARCIA COLOMO, M. Cristina 61		
<b>4 PORTAMIÑA 3</b>	<b>+200 PORTAMIÑA</b>	<b>2:54.74 50m</b>
LOPEZ GONZALEZ, Monica 53, OJEA DE CASTRO, Macarena 50, GARCIA RODRIGUEZ, Teresa 51, DIAZ PARDO, Nuria M 48		
<b>5 GALAICO 4</b>	<b>+160 GALAICO</b>	<b>2:56.82 25m</b>
CELEMIN PORRERO, Maria Teresa 64, GONZALEZ GARCIA, Covadonga 34, CRESPO ESTEVEZ, Laura 29, FARIÑA SOUSA, Noemi 40		
<b>6 PONTEAREAS 4</b>	<b>+240 PONTEAREAS</b>	<b>3:33.73 25m</b>
DEL AMO BLANCO, Margarita 56, CALVIÑO CANCELA, Maria Cristina 55, ABREU FERNANDEZ, Marta 52, GONZALEZ RODRIGUEZ, S. Marta 77		

Serie 2 de 4

<b>1 POURENSE 2</b>	<b>+160 POURENSE</b>	<b>2:48.53 50m</b>
GONZALEZ RODRIGUEZ, Maria 41, FERNANDEZ PARADA, Clara 30, LOPEZ RODRIGUEZ, Adela Elena 55, ACEVEDO REGO, Ermitas 57		
<b>2 POURENSE 3</b>	<b>+200 POURENSE</b>	<b>2:44.66 25m</b>
LOPEZ RODRIGUEZ, Adela Elena 55, BALADO LOPEZ, Ana Maria 62, PEREZ GALLARDO, Teresa 59, ACEVEDO REGO, Ermitas 57		
<b>3 PONTEAREAS 2</b>	<b>+120 PONTEAREAS</b>	<b>2:44.00 50m</b>
GESTO ALONSO, Clarisa 34, PAZOS GANDARA, Andrea 31, COVELO SAAVEDRA, Nahir 45, GONZALEZ PEREZ, Paula 27		
<b>4 SALESTRA 1</b>	<b>+120 SALESTRA</b>	<b>2:40.00 25m</b>
ROZADOS LUIS, Adriana 38, OTERO FERNANDEZ, Maria Luisa 30, VILARIÑO CACHO, Elvira 42, SIMOIS MORAIS, Yolanda 29		
<b>5 MONFORTE 1</b>	<b>+80 (IMONFORTER)</b>	<b>2:41.00 25m</b>
CASTRO DE LA FUENTE, Uxia 20, GARCIA SANCHEZ, Isabel 21, VÁZQUEZ FUENTES, Cintia 36, VARELA MENDEZ, Clara 20		
<b>6 SCASINO 2</b>	<b>+160 SCASINO</b>	<b>2:45.15 50m</b>
RUIZ MEILAN, Blanca 33, GARNACHO GAYARRE, Nuria 54, SALES MANTIÑAN, Carmen 49, GARCÍA SEOANE, Cristina Maria 48		
<b>7 POURENSE 1</b>	<b>+120 POURENSE</b>	<b>2:45.94 25m</b>
GONZALEZ RODRIGUEZ, Maria 41, FERNANDEZ PARADA, Clara 30, LOPEZ RODRIGUEZ, Adela Elena 55, SABUZ FORNEIRO, Andrea 25		
<b>8 ESCUALOS 3</b>	<b>+200 ESCUALOS</b>	<b>2:49.83 25m</b>
REBORDA MORILLO, Susana 61, CARBALLEIRA LOIS, Barbara 47, MAZAIRO CASTRO, Carmen 50, PEREZ PEREZ, Sonia 51		

Serie 3 de 4

<b>1 GALAICO 3</b>	<b>+120 GALAICO</b>	<b>2:34.04 25m</b>
GONZALEZ GARCIA, Covadonga 34, FERNANDEZ GARCIA, Marina 26, FARIÑA SOUSA, Noemi 40, CRESPO ESTEVEZ, Laura 29		
<b>2 ESCUALOS 1</b>	<b>+120 ESCUALOS</b>	<b>2:31.97 25m</b>
MIRA VAZQUEZ, Paula 37, CID ALVAREZ, Isabel 43, MARTIN, Christelle 42, RIVAS CARCACIA, Natalia 32		
<b>3 PONTEAREAS 6</b>	<b>+160 PONTEAREAS</b>	<b>2:30.14 25m</b>
GESTO ALONSO, Clarisa 34, OLMO VAQUEIRO, Leticia 42, COVELO SAAVEDRA, Nahir 45, BESADA FERNÁNDEZ, Ana M. 45		
<b>4 ESCUALOS 2</b>	<b>+160 ESCUALOS</b>	<b>2:26.35 25m</b>
MIRA VAZQUEZ, Marta 42, DE LORENZO FERNANDEZ, Maria 45, SANCHEZ LEDO, Cira 42, FKEOUI OMARI, Salma 41		
<b>5 MONFORTE 2</b>	<b>+120 MONFORTE</b>	<b>2:28.35 50m</b>
RODRIGUEZ GONZÁLEZ, Raquel 30, MARTINEZ GARCIA, Susana 32, GONZALEZ MACIA, Alba 29, ESCUDERO FERNÁNDEZ, Raquel 46		
<b>6 SCASINO 1</b>	<b>+120 SCASINO</b>	<b>2:33.29 50m</b>
VINAGRE SENDINO, Cora 35, SANCHEZ DE LLANO, M. Nieves 31, ANDON YAÑEZ, Lorena 45, CAGIAO RODRIGUEZ, Natalia 45		

Prueba 14, Fem., 4 x 50m Libre

7 RIASBAIXAS 3	+200 RIASBAIXAS	2:35.37 50m
REGUEIRO RODRIGUEZ, Ana 57, ALVAREZ LARRAN, Maria Del Pilar 44, ROIG SANCHEZ, Blanca Ana 49, HERNANDEZ ALFAGEME, Rita 52		
8 PONTEAREAS 5	+200 PONTEAREAS	2:38.36 25m
VARELA REDONDO, Veronica 48, SOBRINO EIRIZ, Maria Del Valle 51, FERNANDEZ SESTELO, Maria Jose 53, PORTELA VILLANUEVA, Gema 49		

Serie 4 de 4

1 GALAICO 1	+80 (IGALAICOTER)	2:20.83 25m
BALEA CASAS, Tania 27, CANO ROSALES, Nuria 22, GONZALEZ AVENDAÑO, Lucia 24, GARCIA MIGUEZ, Rosalia 25		
2 CNMARINA 1	+120 CNMARINA	2:19.25 25m
LAGUNAS PEREZ, Sara 28, ROMAR GASALLA, Aurora 46, HERMIDA RODRIGUEZ, Blanca 42		
3 RIASBAIXAS 1	+80 (FRIASBAIXAS)	2:13.46 50m
PEREZ GARCIA, Eva 33, SUAREZ GARCIA, Marta 20, MENDEZ SEIJO, Nerea 24, RODRIGUEZ RODRIGUEZ, Nina 21		
4 HERCULES 1	+120 HERCULES	2:08.32 25m
REGUEIRA MARTINEZ, Maria J. 48, ESPASANDIN MARTÍNEZ, María 33, BRAÑA MENENDEZ, Sonia 48, PASCUAL GUTIERREZ, Maria Teresa 25		
5 PORTAMIÑA 1	+80 (FPORTAMIÑA)	2:10.23 25m
PIROSCIA PONTIDE, Carla 24, SAINZ DE LA MAZA RIVAS, Cristina 24, SANCHEZ VAZQUEZ, Carmen 24, SAAVEDRA BUIDE, Carlota 24		
6 PORTAMIÑA 2	+120 PORTAMIÑA	2:14.72 50m
FREIJE TORNEIRO, Aroa 25, SALGADO CASTELO, Marta 29, RAMOS LOBO, Raquel 30, VALIÑO GOMEZ, Iria 39		
7 PONTEAREAS 1	+80 (IPONTEAREAS)	2:19.63 25m
COSTA FERNANDEZ, Laura 22, EIJO GIL, Ana Paula 20, VALIÑO FERRAZ, Tatyana 20, VICENTE RODRIGUEZ, Andrea 21		
8 RIASBAIXAS 2	+120 RIASBAIXAS	2:24.12 50m
RODRIGUEZ PEREZ, Vanesa 37, HERMIDA MARTINEZ, Vanesa 40, GONZALEZ PEREZ, Jessica 36, PRADO FRANCO, Marta E. 44		



Prueba 15  
03/06/2023

Masc., 4 x 50m Libre

AG 80 - 359  
Lista de salida

Pista	Ano	Clube	Marca	Pisc.
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Serie 1 de 5

3	POURENSE 6	+240 POURENSE	2:42.35	50m
	GARCIA COLOMO, Carlos Luis 65, MONTERO FERNANDEZ, Jose Antonio 60, BLANCO PEREZ, Angel 59, TIMIRAS CARRASCO, Luis 67			
4	CNMOS 4	+240 CNMOS	2:27.39	25m
	SIO LOURIDO, J. Salvador 62, RODRIGUEZ LEMOS, Andres J. 74, FERNANDEZ GONZALEZ, Alvaro 58, PEXEGUEIRO BALADRON, Nicolas 46			
5	<b>GALAICO 4</b>	<b>+240 GALAICO</b>	<b>2:35.97</b>	<b>50m</b>
	GONZALEZ ANTON, Luis 61, AREA PEREIRA, Jose Manuel 66, CASTRO QUINTELA, Avelino 56, BETHENCOURT IGLESIAS, Sergio 60			
6	<b>PONTEAREAS 6</b>	<b>+240 PONTEAREAS</b>	<b>2:59.44</b>	<b>25m</b>
	MONROY FERNÁNDEZ, Manuel 73, PASCUAL DE PEDRO, Jorge 37, RODRIGUEZ GOMEZ, Emilio 62, ARAUJO DOMINGUEZ, Francisco 83			

Serie 2 de 5

1	<b>GALAICO 3</b>	<b>+200 GALAICO</b>	<b>2:24.06</b>	<b>25m</b>
	BETHENCOURT IGLESIAS, Sergio 60, CASTRO QUINTELA, Avelino 56, GONZALEZ ANTON, Luis 61, PIÑEIRO PEON, Antonio 39			
2	PORTAMIÑA 2	+160 PORTAMIÑA	2:18.35	50m
	GONZALEZ VICENTE, Ruben 42, FERNANDEZ RICO, Alvaro 42, GONZALEZ PEÑAS, David 39, GUIMAREY VAZQUEZ, Marcos 46			
3	<b>ARTEIXO 1</b>	<b>+200 ARTEIXO</b>	<b>2:16.15</b>	<b>50m</b>
	FREIRE LOPEZ, Diego 32, BAIZ ROCA, Gabriel 44, SÁNCHEZ PARADA, Jose Mº 45, FOLCH MALLOFRE, Ramon 86			
4	POURENSE 5	+200 POURENSE	2:15.34	50m
	DE MARTIN DIAZ, Ruben 47, FERREIRO SANCHEZ, Luis 53, CADAVID NUÑEZ, Jose 53, LORENZO GONZALEZ-VISO, Carlos 52			
5	<b>SCASINO 1</b>	<b>+200 SCASINO</b>	<b>2:15.94</b>	<b>50m</b>
	COUCEIRO SANCHEZ, Gonzalo 57, GOMEZ FREIRE, Domingo Jose 48, VEIGA PILLADO, Jose 45, NISTAL GARCÍA, Eduardo 55			
6	<b>PONTEAREAS 5</b>	<b>+200 PONTEAREAS</b>	<b>2:15.56</b>	<b>25m</b>
	MOURIÑO ORTIGUERA, Roberto C. 49, RODRIGUEZ BALIÑA, Marcos 52, FERNANDEZ IGLESIAS, Emilio J. 46, PIÑEIRO PEREZ, Armando 57			
7	<b>ADFOGAR 1</b>	<b>+200 ADFOGAR</b>	<b>2:21.37</b>	<b>50m</b>
	GENDE DIAZ, Juan F. 53, TRILLO CARLIN, Jose Fdo. 55, CANOSA RODRIGUEZ, Alfonso J. 52, TOME NOGUEIRA, Alberto M. 55			
8	RIASBAIXAS 3	+200 RIASBAIXAS	2:28.16	50m
	LORENZO FERNANDEZ, Jose Manuel 51, PEREZ LEIVA, Manuel 55, HERNANZ MORAL, Fausto 61, FERNANDEZ-TESTA BARREIRO, David 49			

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1	HERCULES 2	+200 HERCULES	2:10.42	50m
	SUANZES PEREZ, Fernando 70, GONZALEZ PARIS, David 45, MATIAS DUARTE, Erick 41, ABADES REBOREDO, Daniel 45			
2	NCORUÑA 6	+240 NCORUÑA	2:05.36	25m
	TAPIA PORTO, Enrique 58, RODRIGUEZ QUEIRUGA, Juan Carlos 60, LOIS PEREZ, Antonio 62, SOLLEIRO TIZON, Juan Jose 60			
3	RIASBAIXAS 1	+120 RIASBAIXAS	2:07.47	50m
	CAO LAGO, Pablo 36, RODRIGUEZ GARCIA, Jose Bernardo 40, FIGUEIRA DOMINGUEZ, Javier Guzman 35, PASTORIZA SANTA CLARA, Jorge 2			
4	<b>ESCUALOS 1</b>	<b>+120 ESCUALOS</b>	<b>1:58.74</b>	<b>25m</b>
	FORTES NOVOA, Martiño 35, DE LORENZO FERNÁNDEZ, Javier 42, PADIN CHARLIN, Joaquin 43, KRUGLOV, Mykola 38			
5	POURENSE 4	+160 POURENSE	2:04.24	50m
	MARIÑO GONZALEZ, Ramón 43, DE MARTIN DIAZ, Ruben 47, TABOADA VILA, Alberto 36, LORENZO GONZALEZ-VISO, Carlos 52			
6	<b>GALAICO 2</b>	<b>+160 GALAICO</b>	<b>2:05.14</b>	<b>25m</b>
	PRESA PRESA, Santiago 35, CAMIÑA MARTINEZ, Oscar 43, MONTERO PRIETO, Carlos Eugenio 45, PIÑEIRO PEON, Antonio 39			
7	<b>ESCUALOS 3</b>	<b>+200 ESCUALOS</b>	<b>2:07.64</b>	<b>25m</b>
	BOUSO FUENTECILLA, Fernando 52, CARNERO FIRVIDA, Jose Ramón 49, SÁNCHEZ SECO, Manuel 55, PEREIRA DIAZ, Angel 51			

Prueba 15, Masc., 4 x 50m Libre

**8 SALESTRA 1**

**+160 SALESTRA**

**2:10.50 50m**

FINS SEOANE, Juan Miguel 46, BASTIDA CAMPOS, Alejandro 41, DURO GONZALEZ, Antonio 49, TABOADA CALVELO, Jose Carlos 44

Serie 4 de 5

**1 POURENSE 2**

**+100 POURENSE**

**2:00.74 50m**

TABOADA VILA, Daniel 30, FRANCISCO MACÍAS, Simón 27, SABUZ FORNEIRO, Martin 29, QUIROGA RAMOS, Ecequiel 28

**2 RIASBAIXAS 2**

**+160 RIASBAIXAS**

**1:59.72 50m**

ARANGO GAYAR, Saul 43, GUTIERREZ COSTAS, Oscar 41, SANCHEZ GORDON, Roman 45, MASSO AGUADO, Jorge 47

**3 PORTAMIÑA 3**

**+200 PORTAMIÑA**

**1:57.76 50m**

FERNANDEZ TORRES, Diego 51, PEREZ ARIAS, Hector 52, DIEGUEZ ARANDA, Hector 50, MOURIZ LOMBAO, Fco. Javier 48

**4 PORTAMIÑA 1**

**+120 PORTAMIÑA**

**1:54.69 25m**

VAZQUEZ PRADO, Martin 27, BALBOA BLANCO, Ivan 29, MENDEZ FERREIRO, Pablo 38, MEILAN SANCHEZ, Sergio Jose 27

**5 ESCUALOS 2**

**+160 ESCUALOS**

**1:54.99 25m**

PAZOS ALONSO, Josue 37, NOGUEIRA-PINTO CRESPO, Hugo 45, ALVAREZ SILVA, Ruben 42, SEVILLA AROCA, Javier 40

**6 CNMOS 1**

**+100 CNMOS**

**1:56.93 25m**

FONTAN SEIJO, Adrian 30, SEQUEIROS LAGO, Saul 25, FERNANDEZ GAYOSO, Jose Manuel 37, TRILLO RODRIGUEZ, Adrian 26

**7 PONTEAREAS 4**

**+160 PONTEAREAS**

**1:58.18 25m**

BOUZA PADRON, Adrian 26, PREGO MARTINEZ, Benjamin 50, SUAREZ GARCIA, Pedro Lois 43, CARRERA COSTAS, Andres 41

**8 CNMARINA 1**

**+160 CNMARINA**

**1:58.25 25m**

PEREZ VAZQUEZ, Telmo 35, Balsa Mosquera, Pablo 45, ANEIROS GARCIA, Jose 49, LAZARO GUERRERO, Victor 35

Serie 5 de 5

**1 HERCULES 1**

**+160 HERCULES**

**1:54.63 50m**

SAAVEDRA GONZÁLEZ, Raul 50, IGLESIAS GOMEZ, Gonzalo 44, MERA MONTECELOS, Pablo 40, FOUZ ROUCO, Rubén 44

**2 GALAICO 5**

**+80 (IGALAICOTER)**

**1:53.33 50m**

VIEITEZ PORTO, Ismael 31, FERNANDEZ GARCIA, Jacobo 22, CASTRO RODRIGUEZ, Francisco 23, VILLAVARDE CAMPOS, Jose M 22

**3 MONFORTE 1**

**+120 MONFORTE**

**1:49.38 50m**

BALLESTER IBAÑEZ, Edgar 32, SUAREZ FERNÁNDEZ, Santiago 28, MENDES FERRAS, Artur Leonel 42, BELTRAN DIAZ, Emilio 46

**4 POURENSE 1**

**+80 (FPOURENSE)**

**1:42.56 25m**

GUTIERREZ MARIÑO, Santiago 21, MOURE DOVAL, Jose 24, CIVEIRA CORRAL, Samuel 21, CIVEIRA CORRAL, Raul 21

**5 PONTEAREAS 1**

**+80 (IPONTEAREAS)**

**1:45.38 25m**

MARTINEZ MARTINEZ, Marcos 20, INCUTTI TELLADO, Denis 23, GONZALEZ ALONSO, Alejandro 21, LAGO GONZALEZ, Ivan 30

**6 GALAICO 1**

**+120 GALAICO**

**1:50.69 25m**

CALLE FACAL, Telmo 40, MARTINEZ DOPAZO, David 36, BERNARDEZ FERRO, Juan Jose 36, TENORIO FREIRE, Martin 31

**7 POURENSE 3**

**+120 POURENSE**

**1:53.34 50m**

QUIROGA RAMOS, Ecequiel 28, BLANCO PEREZ, Adrian 29, TABOADA VILA, Alberto 36, TABOADA VILA, Daniel 30

**8 PONTEAREAS 3**

**+120 PONTEAREAS**

**1:53.89 25m**

BOUZA PADRON, Adrian 26, RODRIGUEZ BALIÑA, Mauro 33, PASCUAL DE PEDRO, Jorge 37, CARRERA RODRÍGUEZ, Rubén 44

Prueba 22  
04/06/2023

Mixto, 4 x 50m Libre

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Lista de salida

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<b>3 GALAICO 6</b>	<b>+240 GALAICO</b>	<b>3:18.09 50m</b>
AREA PEREIRA, Jose Manuel 66, MIGUEZ DE LA SIERRA, Angeles 57, CELEMIN PORRERO, Maria Teresa 64, CASTRO QUINTELA, Avelino 56		
<b>4 PORTAMIÑA 5</b>	<b>+200 PORTAMIÑA</b>	<b>2:49.67 50m</b>
PEREZ ARIAS, Hector 52, TIMIRAS CARRASCO, Fernando 58, LOPEZ GONZALEZ, Monica 53, FERNANDEZ LOPEZ, Sonia 42		
<b>5 POURENSE 6</b>	<b>+200 POURENSE</b>	<b>2:54.65 25m</b>
IVANCHENKO, Yurii 70, FERREIRO SANCHEZ, Luis 53, PEREZ GALLARDO, Teresa 59, LOPEZ RODRIGUEZ, Adela Elena 55		
<b>6 PONTEAREAS 7</b>	<b>+280 PONTEAREAS</b>	<b>4:05.43 25m</b>
MORAL RUBIO, Isabel 81, CHANTADA GÓMEZ, M. Del Carmen 80, CARRERA RODRÍGUEZ, Rubén 44, ARAUJO DOMINGUEZ, Francisco 83		

Serie 2 de 7

<b>1 GALAICO 5</b>	<b>+200 GALAICO</b>	<b>2:37.16 25m</b>
CRESPO ESTEVEZ, Laura 29, LOPEZ VIDAL, Antonio 71, FARIÑA SOUSA, Noemi 40, BETHENCOURT IGLESIAS, Sergio 60		
<b>2 POURENSE 2</b>	<b>+240 POURENSE</b>	<b>2:30.49 25m</b>
GARCIA COLOMO, Carlos Luis 65, GARCIA COLOMO, Manuel Ramon 69, GARCIA COLOMO, M. Cristina 61, BALADO LOPEZ, Ana Maria 62		
<b>3 POURENSE 3</b>	<b>+160 POURENSE</b>	<b>2:29.89 25m</b>
GONZALEZ RODRIGUEZ, Maria 41, GOMEZ MARQUEZ, Hugo 40, BLANCO PEREZ, Angel 59, FERNANDEZ PARADA, Clara 30		
<b>4 PONTEAREAS 5</b>	<b>+200 PONTEAREAS</b>	<b>2:26.10 25m</b>
MOURIÑO ORTIGUERA, Roberto C. 49, RODRIGUEZ BALIÑA, Marcos 52, VARELA REDONDO, Veronica 48, SOBRINO EIRIZ, Maria Del Valle 51		
<b>5 RSDH 1</b>	<b>+160 RSDH</b>	<b>2:28.00 25m</b>
DE LA MONTAÑA ALCANTARA, Gloria 50, RAMIREZ INSUA, Julia 40, CEGARRA GARCIA, Eugenio 59, LOPEZ BERMUDEZ, Gabriel 39		
<b>6 SCASINO 2</b>	<b>+160 SCASINO</b>	<b>2:32.49 50m</b>
GOMEZ FREIRE, Domingo Jose 48, FERREIRO SUAREZ, Javier M. 50, GARNACHO GAYARRE, Nuria 54, ANDON YAÑEZ, Lorena 45		
<b>7 TRAVIESAS 1</b>	<b>+200 TRAVIESAS</b>	<b>2:33.42 25m</b>
BARJA BARJA, Ana 61, FIDALGO SERRANO, Manuel A. 42, GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 71, FIDALGO SERRANO, Guillermo 3		
<b>8 PONTEAREAS 6</b>	<b>+240 PONTEAREAS</b>	<b>2:43.63 25m</b>
PIÑEIRO PEREZ, Armando 57, MONROY FERNÁNDEZ, Manuel 73, DEL AMO BLANCO, Margarita 56, MUTILBA OBREGON, Nuria 54		

Serie 3 de 7

<b>1 SALESTRA 2</b>	<b>+120 SALESTRA</b>	<b>2:25.46 50m</b>
OTERO FERNANDEZ, Maria Luisa 30, BASTIDA CAMPOS, Alejandro 41, TABOADA CALVELO, Jose Carlos 44, ABBATEMARCO, Cristina 39		
<b>2 GALAICO 4</b>	<b>+160 GALAICO</b>	<b>2:22.48 25m</b>
GONZALEZ GARCIA, Covadonga 34, PENEDO PADIN, Adolfo 51, SEOANE GOMEZ, Ana 31, MONTERO PRIETO, Carlos Eugenio 45		
<b>3 SCASINO 3</b>	<b>+200 SCASINO</b>	<b>2:20.16 50m</b>
SALES MANTIÑAN, Carmen 49, NISTAL GARCÍA, Eduardo 55, CAGIAO RODRIGUEZ, Natalia 45, COUCEIRO SANCHEZ, Gonzalo 57		
<b>4 POURENSE 1</b>	<b>+120 POURENSE</b>	<b>2:17.29 25m</b>
ESTEVEZ SOTO, Ricardo 31, GONZALEZ RODRIGUEZ, Maria 41, FERNANDEZ PARADA, Clara 30, RICO CARAMES, Pablo 42		
<b>5 NTNARON 2</b>	<b>+120 NTNARON</b>	<b>2:19.33 50m</b>
LOUREIRO AMOR, Belen Martina 35, HERMIDA SALIDO, Gustavo 46, BLANCO PEREZ, Jesus 37, DIAZ TOIMIL, Carla 25		
<b>6 CULLEREDO 1</b>	<b>+200 CULLEREDO</b>	<b>2:21.70 25m</b>
SANDERSON KEOUGH, Helen Jane 53, LOPEZ BLANCO, Mº Isabel 60, VAZQUEZ PEREZ, Luis Fernando 44, GUIRADO CARABEL, Oscar 47		
<b>7 MONFORTE 3</b>	<b>+160 MONFORTE</b>	<b>2:24.69 50m</b>
MENDES FERRAS, Artur Leonel 42, ESCUDERO FERNÁNDEZ, Raquel 46, MARTINEZ BERJANO, Jose Manuel 60, GONZALEZ MACIA, Alba 29		



Prueba 22, Mixto, 4 x 50m Libre

**8 SCASINO 1** **+120 SCASINO** **2:26.15 50m**  
VINAGRE SENDINO, Cora 35, PUIG GONZALEZ, Pablo 37, VEIGA PILLADO, Jose 45, SANCHEZ DE LLANO, M. Nieves 31

Serie 4 de 7

**1 MONFORTE 1** **+80 (IMONFORTER)** **2:16.96 50m**  
SUAREZ FERNÁNDEZ, Santiago 28, PONTON RODRIGUEZ, Juan 21, CASTRO DE LA FUENTE, Uxia 20, VARELA MENDEZ, Clara 20

**2 ADFOGAR 1** **+160 ADFOGAR** **2:16.31 50m**  
COTELO SENANDE, Alberto 35, GENDE DIAZ, Juan F. 53, EIRIS CASTRO, Andrea 33, RODRIGUEZ REY, Maria J. 50

**3 PONTEAREAS 4** **+160 PONTEAREAS** **2:13.88 25m**  
PREGO MARTINEZ, Benjamin 50, GESTO ALONSO, Clarisa 34, ALVAREZ COSTAS, Maria Paz 35, SUAREZ GARCIA, Pedro Lois 43

**4 FLUVIAL 1** **+160 FLUVIAL** **2:14.84 50m**  
FRANCO CAL, Alba 32, ALONSO ORTIZ, Mariano 47, GURIDI HUERTA, Jesus M. 55, POMBO LOPEZ, Belen 31

**5 GALAICO 2** **+100 GALAICO** **2:13.74 25m**  
TENORIO FREIRE, Martin 31, FERNANDEZ GARCIA, Marina 26, PRESA PRESA, Santiago 35, GARCIA MIGUEZ, Rosalia 25

**6 RIASBAIXAS 3** **+120 RIASBAIXAS** **2:16.06 50m**  
FIGUEIRA DOMINGUEZ, Javier Guzman 35, RODRIGUEZ LOPEZ, Belen 42, GONZALEZ PEREZ, Jessica 36, CAO LAGO, Pablo 36

**7 RIASBAIXAS 5** **+240 RIASBAIXAS** **2:14.64 25m**  
PEREZ DOMINGUEZ, Maria Luisa 79, CRESPO PIÑEIRO, Natalio 54, REGUEIRO RODRIGUEZ, Ana 57, ROS ROSILLO, Alejandro 65

**8 HERCULES 3** **+200 HERCULES** **2:18.92 50m**  
SAAVEDRA GONZÁLEZ, Raul 50, REGUEIRA MARTINEZ, Maria J. 48, GIL VILLARINO, Marta 46, SUANZES PEREZ, Fernando 70

Serie 5 de 7

**1 ESCUALOS 3** **+200 ESCUALOS** **2:12.65 25m**  
FERNANDEZ NUÑEZ, Santiago 60, PEREIRA DIAZ, Angel 51, PEREZ PEREZ, Sonia 51, MIRA VAZQUEZ, Marta 42

**2 CNMARINA 6** **+200 CNMARINA** **2:10.75 25m**  
HERMIDA RODRIGUEZ, Blanca 42, DE LA PAZ VIGO, Agustin 57, ROMAR GASALLA, Aurora 46, TOURIÑO GONZALEZ, Victor 55

**3 PORTAMIÑA 4** **+160 PORTAMIÑA** **2:09.06 50m**  
FERNANDEZ TORRES, Diego 51, DIEGUEZ ARANDA, Hector 50, VALIÑO GOMEZ, Iria 39, OJEA DE CASTRO, Macarena 50

**4 CNMARINA 6** **+120 CNMARINA** **2:06.25 25m**  
LAZARO GUERRERO, Victor 35, LAGUNAS PEREZ, Sara 28, AZNAR GRUILLE, Carlos J. 28

**5 ESCUALOS 2** **+160 ESCUALOS** **2:06.74 25m**  
SEVILLA AROCA, Javier 40, NOGUEIRA-PINTO CRESPO, Hugo 45, DE LORENZO FERNANDEZ, Maria 45, FKEOUI OMARI, Salma 41

**6 POURENSE 5** **+100 POURENSE** **2:09.55 25m**  
BLANCO PEREZ, Adrian 29, QUIROGA RAMOS, Ecequiel 28, FERNANDEZ PARADA, Clara 30, SABUZ FORNEIRO, Andrea 25

**7 PORTAMIÑA 3** **+120 PORTAMIÑA** **2:14.62 50m**  
MOURIZ LOMBAO, Fco. Javier 48, GONZALEZ VICENTE, Ruben 42, RAMOS LOBO, Raquel 30, SALGADO CASTELO, Marta 29

**8 RIASBAIXAS 2** **+100 RIASBAIXAS** **2:14.78 50m**  
FERREÑO COMESAÑA, Cristian 27, SUAREZ GARCIA, Sofia 26, PEREZ GARCIA, Eva 33, NOVALES BLANCO, Xabier 32

Serie 6 de 7

**1 SALESTRA 1** **+160 SALESTRA** **2:07.88 50m**  
ROZADOS LUIS, Adriana 38, PORTO CASTAÑO, Alexandre 46, FINS SEOANE, Juan Miguel 46, CORCOBA CARBIA, Raquel 46

**2 PONTEAREAS 3** **+120 PONTEAREAS** **2:01.85 25m**  
PAZOS GANDARA, Andrea 31, CARRERA COSTAS, Andres 41, COVELO SAAVEDRA, Nahir 45, GONZALEZ CONDE, Rodrigo 41

**3 HERCULES 2** **+160 HERCULES** **2:03.29 50m**  
MERA MONTECELOS, Pablo 40, ESPASANDIN MARTÍNEZ, María 33, BRAÑA MENENDEZ, Sonia 48, FOUZ ROUCO, Rubén 44

**4 NCORUÑA 1** **+120 NCORUÑA** **2:00.18 25m**  
MUIÑO ALONSO, Anton 29, DOPEREIRO GARCIA, Alba 33, RIVAS RODRIGUEZ, Lucia 44, MIRAS LOPEZ, Raul 36

**5 GALAICO 3** **+120 GALAICO** **2:00.91 25m**  
BALEA CASAS, Tania 27, MARTINEZ DOPAZO, David 36, SANTORUM FONTAN, Iria Marta 31, CALLE FACAL, Telmo 40

Prueba 22, Mixto, 4 x 50m Libre

6	PORTAMIÑA 1	+80 (FPORTAMIÑA)	2:01.81 25m
	VAZQUEZ PRADO, Martin 27, OTERO VILLARES, Daniel 22, MOURIZ CASANOVA, Sabela 22, PIROSCIA PONTIDE, Carla 24		
7	RIASBAIXAS 4	+160 RIASBAIXAS	2:06.86 50m
	VAZQUEZ IGLESIAS, Daniel 44, RODRIGUEZ LOPEZ, Belen 42, MARCOS VARELA, Laura 47, SANCHEZ GORDON, Roman 45		
8	ESCUALOS 1	+120 ESCUALOS	2:06.08 25m
	PAZOS ALONSO, Josue 37, FORTES NOVOA, Martiño 35, MIRA VAZQUEZ, Paula 37, SANCHEZ LEDO, Cira 42		

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1	RIASBAIXAS 1	+80 (FRIASBAIXAS)	1:59.05 25m
	FREIRE GONZALEZ, Javier 30, SUAREZ GARCIA, Marta 20, RODRIGUEZ RODRIGUEZ, Nina 21, PASTORIZA SANTA CLARA, Jorge 26		
2	PONTEAREAS 2	+100 PONTEAREAS	1:58.50 25m
	BOUZA PADRON, Adrian 26, GARCIA SANCHEZ, Francis Mariam 29, RODRIGUEZ BALIÑA, Mauro 33, GONZALEZ PEREZ, Paula 27		
3	PONTEAREAS 1	+80 (IPONTEAREAS)	1:57.68 25m
	INCUTTI TELLADO, Denis 23, MARTINEZ MARTINEZ, Marcos 20, COSTA FERNANDEZ, Laura 22, EIJO GIL, Ana Paula 20		
4	HERCULES 1	+80 (FHERCULESR)	1:53.41 50m
	PASCUAL GUTIERREZ, Maria Teresa 25, FERNANDEZ GONZALEZ, Elena 22, RIVAS MACEIRAS, Isaac 24, SIMON COTELO, Manuel 22		
5	POURENSE 4	+80 (FPOURENSE)	1:56.90 25m
	MOURE DOVAL, Jose 24, CIVEIRA CORRAL, Samuel 21, BLANCO PEREZ, Paula 24, SABUZ FORNEIRO, Andrea 25		
6	GALAICO 1	+80 (IGALAICOTER)	1:58.55 25m
	FERNANDEZ GARCIA, Jacobo 22, CANO ROSALES, Nuria 22, GONZALEZ AVENDAÑO, Lucia 24, CASTRO RODRIGUEZ, Francisco 23		
7	PORTAMIÑA 2	+100 PORTAMIÑA	2:00.99 50m
	BALBOA BLANCO, Ivan 29, FREIJE TORNEIRO, Aroa 25, LOPEZ RODRIGUEZ, Aroa 26, MEILAN SANCHEZ, Sergio Jose 27		
8	MONFORTE 2	+120 MONFORTE	2:02.31 50m
	BALLESTER IBAÑEZ, Edgar 32, RODRIGUEZ GONZÁLEZ, Raquel 30, MARTINEZ GARCIA, Susana 32, BELTRAN DIAZ, Emilio 46		

Prueba 29  
04/06/2023

Fem., 4 x 50m Estilos

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- 3 PONTEAREAS 5** **+280 PONTEAREAS** **5:14.67 25m**  
MORAL RUBIO, Isabel 81, SUEIRO COSTAS, Mª Carmen 67, MELON PARENTE, M. Lourdes 54, CHANTADA GÓMEZ, M. Del Carmen 80
- 4 RIASBAIXAS 3** **+200 RIASBAIXAS** **3:51.20 50m**  
PEREZ DOMINGUEZ, Maria Luisa 79, MARCOS VARELA, Laura 47, ROIG SANCHEZ, Blanca Ana 49, REGUEIRO RODRIGUEZ, Ana 57
- 5 PONTEAREAS 6** **+240 PONTEAREAS** **4:10.34 25m**  
DEL AMO BLANCO, Margarita 56, MUTILBA OBREGON, Nuria 54, CALVIÑO CANCELA, Maria Cristina 55, GONZALEZ RODRIGUEZ, S. Marta 77

Serie 2 de 5

- 2 GALAICO 4** **+160 GALAICO** **3:32.92 25m**  
CELEMIN PORRERO, Maria Teresa 64, FARIÑA SOUSA, Noemi 40, GONZALEZ GARCIA, Covadonga 34, MIGUEZ DE LA SIERRA, Angeles 57
- 3 TRAVIESAS 1** **+200 TRAVIESAS** **3:20.82 25m**  
SERRANO AVENDAÑO, Silvia 48, FERNÁNDEZ ARRIZABALO, María 57, MARTY PAZOS, Maria Victoria 58, MOLDES CANDELA, Berta 58
- 4 GALAICO 3** **+120 GALAICO** **3:19.20 25m**  
SANTORUM FONTAN, Iria Marta 31, SEOANE GOMEZ, Ana 31, FARIÑA SOUSA, Noemi 40, GONZALEZ GARCIA, Covadonga 34
- 5 POURENSE 3** **+200 POURENSE** **3:20.92 25m**  
LOPEZ RODRIGUEZ, Adela Elena 55, BALADO LOPEZ, Ana Maria 62, GARCIA COLOMO, M. Cristina 61, ACEVEDO REGO, Ermitas 57
- 6 SCASINO 1** **+120 SCASINO** **3:29.22 50m**  
SANCHEZ DE LLANO, M. Nieves 31, RUIZ MEILAN, Blanca 33, SALES MANTIÑAN, Carmen 49, ANDON YAÑEZ, Lorena 45
- 7 POURENSE 4** **+240 POURENSE** **3:47.51 25m**  
OTERO LOPEZ, Maria Elisa 63, BALADO LOPEZ, Ana Maria 62, GARCIA COLOMO, M. Cristina 61, LOPEZ RODRIGUEZ, Adela Elena 55

Serie 3 de 5

- 1 ESCUALOS 3** **+200 ESCUALOS** **3:11.68 25m**  
CARBALLEIRA LOIS, Barbara 47, REBOREDA MORILLO, Susana 61, MAZAIRO CASTRO, Carmen 50, PEREZ PEREZ, Sonia 51
- 2 SALESTRA 1** **+160 SALESTRA** **3:04.95 50m**  
ABBATEMARCO, Cristina 39, PAZ BERMUDEZ, Maria 47, VILARIÑO CACHO, Elvira 42, ROZADOS LUIS, Adriana 38
- 3 MONFORTE 2** **+120 MONFORTE** **3:03.16 50m**  
ESCUDEIRO FERNÁNDEZ, Raquel 46, GONZALEZ MACIA, Alba 29, RODRIGUEZ GONZÁLEZ, Raquel 30, MARTINEZ GARCIA, Susana 32
- 4 HERCULES 1** **+200 HERCULES** **3:00.28 25m**  
REGUEIRA MARTINEZ, Maria J. 48, BRAÑA MENENDEZ, Sonia 48, GIL VILLARINO, Marta 46, LOPEZ MAHIA, Purificacion 60
- 5 ADFOGAR 1** **+160 ADFOGAR** **3:02.83 50m**  
EIRIS CASTRO, Andrea 33, PEREIRA ALONSO, Isabel 62, RODRIGUEZ REY, Maria J. 50, SANTOS DA GRACA, Francelina 36
- 6 POURENSE 1** **+120 POURENSE** **3:01.21 25m**  
SABUZ FORNEIRO, Andrea 25, FERNANDEZ PARADA, Clara 30, RODRIGUEZ VAZQUEZ, Maria Teresa 51, GONZALEZ RODRIGUEZ, Maria 41
- 7 PONTEAREAS 3** **+160 PONTEAREAS** **3:09.92 25m**  
GESTO ALONSO, Clarisa 34, COVELO SAAVEDRA, Nahir 45, OLMO VAQUEIRO, Leticia 42, VARELA REDONDO, Veronica 48
- 8 POURENSE 2** **+160 POURENSE** **3:16.07 25m**  
GONZALEZ RODRIGUEZ, Maria 41, FERNANDEZ PARADA, Clara 30, RODRIGUEZ VAZQUEZ, Maria Teresa 51, PEREZ GALLARDO, Teresa 59

Prueba 29, Fem., 4 x 50m Estilos

Serie 4 de 5

<b>1 GALAICO 2</b>	<b>+100 GALAICO</b>	<b>2:59.58 50m</b>
SANTORUM FONTAN, Iria Marta 31, SEOANE GOMEZ, Ana 31, CRESPO ESTEVEZ, Laura 29, FERNANDEZ GARCIA, Marina 26		
<b>2 PONTEAREAS 4</b>	<b>+200 PONTEAREAS</b>	<b>2:50.96 25m</b>
BESADA FERNÁNDEZ, Ana M. 45, SOBRINO EIRIZ, Maria Del Valle 51, ABREU FERNANDEZ, Marta 52, FERNANDEZ SESTELLO, Maria Jose 53		
<b>3 PONTEAREAS 1</b>	<b>+80 (IPONTEAREAS)</b>	<b>2:45.16 25m</b>
COSTA FERNANDEZ, Laura 22, EIJO GIL, Ana Paula 20, RODRIGUEZ-TOUBES FORRYAN, Irene 24, VICENTE RODRIGUEZ, Andrea 21		
<b>4 GALAICO 1</b>	<b>+80 (IGALAICOTER)</b>	<b>2:40.65 25m</b>
GARCIA MIGUEZ, Rosalia 25, CANO ROSALES, Nuria 22, GONZALEZ AVENDAÑO, Lucia 24, BALEA CASAS, Tania 27		
<b>5 ESCUALOS 1</b>	<b>+120 ESCUALOS</b>	<b>2:42.67 25m</b>
MARTIN, Christelle 42, CID ALVAREZ, Isabel 43, MIRA VAZQUEZ, Paula 37, RIVAS CARCACIA, Natalia 32		
<b>6 ESCUALOS 2</b>	<b>+160 ESCUALOS</b>	<b>2:45.79 25m</b>
SANCHEZ LEDO, Cira 42, MIRA VAZQUEZ, Marta 42, FKEOUI OMARI, Salma 41, DE LORENZO FERNANDEZ, Maria 45		
<b>7 SCASINO 2</b>	<b>+160 SCASINO</b>	<b>2:57.38 50m</b>
VINAGRE SENDINO, Cora 35, CAGIAO RODRIGUEZ, Natalia 45, GARCÍA SEOANE, Cristina María 48, GARNACHO GAYARRE, Nuria 54		
<b>8 PORTAMIÑA 3</b>	<b>+200 PORTAMIÑA</b>	<b>3:02.18 50m</b>
OJEA DE CASTRO, Macarena 50, LOPEZ GONZALEZ, Monica 53, VALIÑO GOMEZ, Iria 39, MENDEZ TORRES, Isabel 63		

Serie 5 de 5

<b>1 RIASBAIXAS 1</b>	<b>+80 (FRIASBAIXAS)</b>	<b>2:35.69 50m</b>
MENDEZ SEIJO, Nerea 24, SUAREZ GARCIA, Marta 20, RODRIGUEZ RODRIGUEZ, Nina 21, SUAREZ GARCIA, Sofia 26		
<b>2 RIASBAIXAS 2</b>	<b>+160 RIASBAIXAS</b>	<b>2:35.37 50m</b>
GONZALEZ PEREZ, Jessica 36, MARCOS VARELA, Laura 47, PRADO FRANCO, Marta E. 44, PEREZ GARCIA, Eva 33		
<b>3 PORTAMIÑA 2</b>	<b>+100 PORTAMIÑA</b>	<b>2:32.11 25m</b>
LOPEZ RODRIGUEZ, Aroa 26, RAMOS LOBO, Raquel 30, FREIJE TORNEIRO, Aroa 25, SALGADO CASTELO, Marta 29		
<b>4 PORTAMIÑA 1</b>	<b>+80 (FPORTAMIÑA)</b>	<b>2:25.69 25m</b>
SOUTIÑO RAMIREZ, Carmen Victoria 22, VAZQUEZ PRADO, Maria 23, SAINZ DE LA MAZA RIVAS, Cristina 24, SANCHEZ VAZQUEZ, Carmen 2		
<b>5 CNMARINA 1</b>	<b>+120 CNMARINA</b>	<b>2:30.57</b>
ROMAR GASALLA, Aurora 46, VAZQUEZ PARCERO, Marta 43, HERMIDA RODRIGUEZ, Blanca 42, LAGUNAS PEREZ, Sara 28		
<b>6 MONFORTE 1</b>	<b>+80 (IMONFORTE)</b>	<b>2:34.40 50m</b>
VARELA MENDEZ, Clara 20, GARCIA SANCHEZ, Isabel 21, CASTRO DE LA FUENTE, Uxia 20, VÁZQUEZ FUENTES, Cintia 36		
<b>7 PONTEAREAS 2</b>	<b>+120 PONTEAREAS</b>	<b>2:33.51 25m</b>
GARCIA SANCHEZ, Francis Mariam 29, PAZOS GANDARA, Andrea 31, FERNANDEZ GUARDIOLA, Loira 34, GONZALEZ PEREZ, Paula 27		
<b>8 NTNARON 2</b>	<b>+120 NTNARON</b>	<b>2:35.00 25m</b>
CASTRO TENREIRO, Rosa Mª 30, RIVAS TENREIRO, Arantza 34, LOUREIRO AMOR, Belen Martina 35, DIAZ TOIMIL, Carla 25		

Prueba 30  
04/06/2023

Masc., 4 x 50m Estilos

AG 80 - 359  
Lista de salida

Pista Ano Clube Marca Pisc.

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|---|------------------------|--------------------|
| <b>3 GALAICO 4</b>  | <b>+240 GALAICO</b>    | <b>3:41.04 50m</b> |
| LOPEZ VIDAL, Antonio 71, CASTRO QUINTELA, Avelino 56, BETHENCOURT IGLESIAS, Sergio 60, AREA PEREIRA, Jose Manuel 66     |                        |                    |
| <b>4 PONTEAREAS 6</b>   | <b>+240 PONTEAREAS</b> | <b>2:56.15 25m</b> |
| RODRIGUEZ GOMEZ, Emilio 62, ARAUJO DOMINGUEZ, Francisco 83, SUAREZ GARCIA, Pedro Lois 43, MONROY FERNÁNDEZ, Manuel 73   |                        |                    |
| <b>5 POURENSE 5</b>   | <b>+240 POURENSE</b>   | <b>3:06.00 50m</b> |
| GARCIA COLOMO, Manuel Ramon 69, MONTERO FERNANDEZ, Jose Antonio 60, IVANCHENKO, Yurii 70, GARCIA COLOMO, Carlos Luis 65 |                        |                    |

Serie 2 de 5

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|--|------------------------|--------------------|
| <b>1 CNMOS 1</b>   | <b>+240 CNMOS</b>      | <b>2:55.20 25m</b> |
| RODRIGUEZ LEMOS, Andres J. 74, PEXEGUEIRO BALADRON, Nicolas 46, SIO LOURIDO, J. Salvador 62, RODRIGUEZ VIEITO, Ricardo M. 66 |                        |                    |
| <b>2 POURENSE 4</b>  | <b>+200 POURENSE</b>   | <b>2:46.11 25m</b> |
| TIMIRAS CARRASCO, Luis 67, CADAVID NUÑEZ, Jose 53, FERREIRO SANCHEZ, Luis 53, BLANCO PEREZ, Angel 59                         |                        |                    |
| <b>3 PONTEAREAS 5</b>  | <b>+200 PONTEAREAS</b> | <b>2:37.71 25m</b> |
| PIÑEIRO PEREZ, Armando 57, PREGO MARTINEZ, Benjamin 50, CARRERA RODRÍGUEZ, Rubén 44, RODRIGUEZ BALIÑA, Marcos 52             |                        |                    |
| <b>4 GALAICO 3</b>   | <b>+200 GALAICO</b>    | <b>2:32.21 25m</b> |
| LOPEZ VIDAL, Antonio 71, BETHENCOURT IGLESIAS, Sergio 60, CASTRO QUINTELA, Avelino 56, PENEDO PADIN, Adolfo 51               |                        |                    |
| <b>5 RIASBAIXAS 2</b>  | <b>+160 RIASBAIXAS</b> | <b>2:37.23 50m</b> |
| NOVALES BLANCO, Xabier 32, VAZQUEZ IGLESIAS, Daniel 44, FERREIRO SEOANE, Jose Raul 50, FIGUEIRA DOMINGUEZ, Javier Guzman 35  |                        |                    |
| <b>6 ARTEIXO 1</b>   | <b>+200 ARTEIXO</b>    | <b>2:44.39 50m</b> |
| SÁNCHEZ PARADA, Jose Mª 45, BAIZ ROCA, Gabriel 44, FREIRE LOPEZ, Diego 32, FOLCH MALLOFRE, Ramon 86                          |                        |                    |
| <b>7 RIASBAIXAS 3</b>  | <b>+200 RIASBAIXAS</b> | <b>2:54.90 25m</b> |
| PEREZ LEIVA, Manuel 55, ROS ROSILLO, Alejandro 65, LORENZO FERNANDEZ, Jose Manuel 51, CRESPO PIÑEIRO, Natalio 54             |                        |                    |

Serie 3 de 5

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|--|------------------------|--------------------|
| <b>1 SCASINO 1</b>   | <b>+200 SCASINO</b>    | <b>2:31.62 25m</b> |
| GOMEZ FREIRE, Domingo Jose 48, FERREIRO SUAREZ, Javier M. 50, VEIGA PILLADO, Jose 45, COUCEIRO SANCHEZ, Gonzalo 57         |                        |                    |
| <b>2 SALESTRA 1</b>  | <b>+160 SALESTRA</b>   | <b>2:31.73 50m</b> |
| BASTIDA CAMPOS, Alejandro 41, TABOADA CALVELO, Jose Carlos 44, FINS SEOANE, Juan Miguel 46, DURO GONZALEZ, Antonio 49      |                        |                    |
| <b>3 HERCULES 2</b>  | <b>+200 HERCULES</b>   | <b>2:29.85 50m</b> |
| GONZALEZ PARIS, David 45, MANDADO RODRIGUEZ, Enrique 51, SUANZES PEREZ, Fernando 70, ABADES REBOREDO, Daniel 45            |                        |                    |
| <b>4 PONTEAREAS 4</b>  | <b>+160 PONTEAREAS</b> | <b>2:26.45 25m</b> |
| BOUZA PADRON, Adrian 26, CARRERA COSTAS, Andres 41, FERNANDEZ IGLESIAS, Emilio J. 46, MOURIÑO ORTIGUERA, Roberto C. 49     |                        |                    |
| <b>5 POURENSE 3</b>  | <b>+160 POURENSE</b>   | <b>2:26.62 25m</b> |
| DE MARTIN DIAZ, Ruben 47, RODRIGUEZ BLANCO, Jose Francisco 47, MARIÑO GONZALEZ, Ramón 43, LORENZO GONZALEZ-VISO, Carlos 50 |                        |                    |
| <b>6 PONTEAREAS 3</b>  | <b>+120 PONTEAREAS</b> | <b>2:27.17 25m</b> |
| PASCUAL DE PEDRO, Jorge 37, LAGO GONZALEZ, Ivan 30, RODRIGUEZ BALIÑA, Mauro 33, GIRALDEZ VILLANUEVA, Ivan 36               |                        |                    |
| <b>7 CIDSANTIAG 1</b>  | <b>+200 CIDSANTIAG</b> | <b>2:34.05 50m</b> |
| CODESIDO LOPEZ, José 64, FERNANDEZ ARRUTI, Jose Angel 64, PUENTE DÍAZ, Javier 52, BRION FERNANDEZ, Manuel Joaquin 31       |                        |                    |
| <b>8 PORTAMIÑA 3</b>   | <b>+200 PORTAMIÑA</b>  | <b>2:35.10 50m</b> |
| TIMIRAS CARRASCO, Fernando 58, REY ROMERO, Jorge J. 57, PEREZ ARIAS, Hector 52, SANCHEZ VAZQUEZ, Jesus 61                  |                        |                    |



Prueba 30, Masc., 4 x 50m Estilos

Serie 4 de 5

<b>1 GALAICO 2</b>	<b>+160 GALAICO</b>	<b>2:23.06 25m</b>
MONTERO PRIETO, Carlos Eugenio 45, PRESA PRESA, Santiago 35, PIÑEIRO PEON, Antonio 39, CAMIÑA MARTINEZ, Oscar 43		
<b>2 NTNARON 1</b>	<b>+160 NTNARON</b>	<b>2:19.00 25m</b>
BLANCO PEREZ, Jesus 37, HERMIDA SALIDO, Gustavo 46, MARTINEZ FERNANDEZ, Hector 46, BARCIA SIXTO, Francisco José 38		
<b>3 ESCUALOS 1</b>	<b>+120 ESCUALOS</b>	<b>2:13.01 25m</b>
DE LORENZO FERNÁNDEZ, Javier 42, FORTES NOVOA, Martiño 35, KRUGLOV, Mykola 38, PEREZ LOPEZ, Manuel 42		
<b>4 HERCULES 1</b>	<b>+160 HERCULES</b>	<b>2:14.37 50m</b>
MERA MONTECELOS, Pablo 40, MATIAS DUARTE, Erick 41, SAAVEDRA GONZÁLEZ, Raul 50, FOUZ ROUCO, Rubén 44		
<b>5 PORTAMIÑA 2</b>	<b>+160 PORTAMIÑA</b>	<b>2:11.43 25m</b>
FERNANDEZ RICO, Alvaro 42, GUIMAREY VAZQUEZ, Marcos 46, MENDEZ FERREIRO, Pablo 38, DIEGUEZ ARANDA, Hector 50		
<b>6 PORTAMIÑA 1</b>	<b>+120 PORTAMIÑA</b>	<b>2:13.63 25m</b>
VAZQUEZ PRADO, Martin 27, BALBOA BLANCO, Ivan 29, FERNANDEZ TORRES, Diego 51, MOURIZ LOMBAO, Fco. Javier 48		
<b>7 CNMARINA 1</b>	<b>+200 CNMARINA</b>	<b>2:20.50 25m</b>
DE LA PAZ VIGO, Agustin 57, TOURIÑO GONZALEZ, Victor 55, ANEIROS GARCIA, Jose 49, Balsa Mosquera, Pablo 45		
<b>8 NCORUÑA 1</b>	<b>+240 NCORUÑA</b>	<b>2:24.55 25m</b>
LOIS PEREZ, Antonio 62, SOLLEIRO TIZON, Juan Jose 60, TAPIA PORTO, Enrique 58, RODRIGUEZ QUEIRUGA, Juan Carlos 60		

Serie 5 de 5

<b>1 ESCUALOS 3</b>	<b>+200 ESCUALOS</b>	<b>2:10.13 25m</b>
FERNANDEZ NUÑEZ, Santiago 60, NOGUEIRA-PINTO CRESPO, Hugo 45, QUINTAS BARROS, Jesus C. 50, PEREIRA DIAZ, Angel 51		
<b>2 POURENSE 2</b>	<b>+100 POURENSE</b>	<b>2:09.24 25m</b>
BLANCO PEREZ, Adrian 29, SABUZ FORNEIRO, Martin 29, FRANCISCO MACÍAS, Simón 27, QUIROGA RAMOS, Ezequiel 28		
<b>3 MONFORTE 1</b>	<b>+120 MONFORTE</b>	<b>2:07.15 50m</b>
BELTRAN DIAZ, Emilio 46, SUAREZ FERNÁNDEZ, Santiago 28, BALLESTER IBAÑEZ, Edgar 32, MENDES FERRAS, Artur Leonel 42		
<b>4 POURENSE 1</b>	<b>+80 (FPOURENSE)</b>	<b>1:51.98 25m</b>
CIVEIRA CORRAL, Samuel 21, GUTIERREZ MARIÑO, Santiago 21, MOURE DOVAL, Jose 24, CIVEIRA CORRAL, Raul 21		
<b>5 PONTEAREAS 1</b>	<b>+80 (IPONTEAREAS)</b>	<b>1:56.80 25m</b>
MARTINEZ MARTINEZ, Marcos 20, GONZALEZ ALONSO, Alejandro 21, INCUTTI TELLADO, Denis 23, GÓMEZ MÉNDEZ, Borja 21		
<b>6 GALAICO 1</b>	<b>+120 GALAICO</b>	<b>2:05.39 25m</b>
BERNARDEZ FERRO, Juan Jose 36, TENORIO FREIRE, Martin 31, CALLE FACAL, Telmo 40, MARTINEZ DOPAZO, David 36		
<b>7 RIASBAIXAS 1</b>	<b>+100 RIASBAIXAS</b>	<b>2:12.95 50m</b>
FREIRE GONZALEZ, Javier 30, PASTORIZA SANTACLARA, Jorge 26, CAO LAGO, Pablo 36, FERREÑO COMESAÑA, Cristian 27		
<b>8 ESCUALOS 2</b>	<b>+160 ESCUALOS</b>	<b>2:10.08 25m</b>
PEREZ LOPEZ, Manuel 42, PAZOS ALONSO, Josue 37, SEVILLA AROCA, Javier 40, ALVAREZ SILVA, Ruben 42		