

Prueba 35  
18/07/2021 - 9:45

Fem., 400m Libre

Absoluto Femenino  
Resultados

RG	4:10.13	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	29/06/2017
RC	4:21.53	, VILARIÑO GARCIA, XENIA	GALAICO	03/07/2010

Clasificación	AN	Tiempo	ABSO	JUNI
<b>Júnior Femenino</b>				
1. CARRON MUIÑA, Carla	05	C. N. ARZUA	<b>4:19.21</b>	22,00 19,00 RC
50m: 30.41 30.41	150m: 1:35.88	32.95 250m: 2:42.00	32.92	350m: 3:47.84 32.77
100m: 1:02.93 32.52	200m: 2:09.08	33.20 300m: 3:15.07	33.07	400m: 4:19.21 31.37
2. CERNADAS GONZALEZ, Ana	04	C. FLUVIAL LUGO	<b>4:21.31</b>	16,00 16,00
50m: 30.97 30.97	150m: 1:36.91	33.08 250m: 2:43.06	32.90	350m: 3:49.27 33.03
100m: 1:03.83 32.86	200m: 2:10.16	33.25 300m: 3:16.24	33.18	400m: 4:21.31 32.04
3. CAMBA PRADA, Alexia	05	C. N. PABELLON	<b>4:39.56</b>	12,00 14,00
50m: 31.36 31.36	150m: 1:40.90	35.23 250m: 2:52.91	35.85	350m: 4:04.74 35.97
100m: 1:05.67 34.31	200m: 2:17.06	36.16 300m: 3:28.77	35.86	400m: 4:39.56 34.82
4. SUAREZ KITAHORI, Nana Sofia	05	A. D. FOGAR	<b>4:45.60</b>	9,00 13,00
50m: 32.39 32.39	150m: 1:43.16	35.97 250m: 2:56.58	36.87	350m: 4:10.71 36.85
100m: 1:07.19 34.80	200m: 2:19.71	36.55 300m: 3:33.86	37.28	400m: 4:45.60 34.89
5. PARDO CHAS, Eva	04	C. N. FERROL	<b>4:47.36</b>	6,00 12,00
50m: 32.57 32.57	150m: 1:44.28	36.43 250m: 2:57.60	36.81	350m: 4:11.81 37.51
100m: 1:07.85 35.28	200m: 2:20.79	36.51 300m: 3:34.30	36.70	400m: 4:47.36 35.55
6. ESTEVEZ CRESPO, Aldara	04	C. N. PABELLON	<b>4:52.68</b>	1,00 11,00
50m: 33.52 33.52	150m: 1:47.73	37.55 250m: 3:02.39	37.32	350m: 4:16.59 36.82
100m: 1:10.18 36.66	200m: 2:25.07	37.34 300m: 3:39.77	37.38	400m: 4:52.68 36.09
7. MENDEZ BERNARDEZ, Arianna	04	C. N. PABELLON	<b>5:00.11</b>	- -
50m: 34.19 34.19	150m: 1:50.32	38.27 250m: 3:06.11	37.67	350m: 4:22.53 38.13
100m: 1:12.05 37.86	200m: 2:28.44	38.12 300m: 3:44.40	38.29	400m: 5:00.11 37.58
8. GIZ CASTRO, Gisela	05	A. DEP. NT. NARON	<b>5:00.49</b>	- 10,00
50m: 34.32 34.32	150m: 1:49.23	37.78 250m: 3:05.35	38.11	350m: 4:22.52 38.63
100m: 1:11.45 37.13	200m: 2:27.24	38.01 300m: 3:43.89	38.54	400m: 5:00.49 37.97
9. MARTÍNEZ NOVOA, Ángela	04	RCN VIGO	<b>5:05.10</b>	- -
50m: 33.47 33.47	150m: 1:48.60	38.43 250m: 3:05.95	38.87	350m: 4:25.52 40.64
100m: 1:10.17 36.70	200m: 2:27.08	38.48 300m: 3:44.88	38.93	400m: 5:05.10 39.58
10. VISO VARELA, Lucia	04	C. DEL MAR	<b>5:07.37</b>	- -
50m: 34.37 34.37	150m: 1:50.70	38.86 250m: 3:09.50	39.55	350m: 4:28.68 39.60
100m: 1:11.84 37.47	200m: 2:29.95	39.25 300m: 3:49.08	39.58	400m: 5:07.37 38.69
11. NOVO LOPEZ, Ainara	05	C. N. PORTAMIÑA	<b>5:07.64</b>	- -
50m: 34.06 34.06	150m: 1:49.80	38.29 250m: 3:08.23	39.47	350m: 4:28.10 39.81
100m: 1:11.51 37.45	200m: 2:28.76	38.96 300m: 3:48.29	40.06	400m: 5:07.64 39.54
12. REY CONESA, Carolina	04	C. N. FERROL	<b>5:09.12</b>	- -
50m: 34.94 34.94	150m: 1:51.34	38.65 250m: 3:10.50	39.38	350m: 4:29.82 39.51
100m: 1:12.69 37.75	200m: 2:31.12	39.78 300m: 3:50.31	39.81	400m: 5:09.12 39.30
13. LOPEZ RAMUDO, Icia	04	A. DEP. NT. NARON	<b>5:09.61</b>	- -
50m: 35.23 35.23	150m: 1:51.46	38.77 250m: 3:10.26	39.69	350m: 4:29.89 39.78
100m: 1:12.69 37.46	200m: 2:30.57	39.11 300m: 3:50.11	39.85	400m: 5:09.61 39.72
Baja enf. SANTOALLA NAVAL, Andrea	05	C. FLUVIAL LUGO	-	-
Baja enf. GONZALEZ REDONDO, Claudia	05	C. N. CORUÑA	-	-

Prueba 35, Fem., 400m Libre

Absoluto Femenino

1.	CARRON MUIÑA, Carla	05	C. N. ARZUA	<b>4:19.21</b>	22,00	19,00	RC
	50m: 30.41 30.41	150m: 1:35.88	32.95 250m: 2:42.00	32.92	350m: 3:47.84	32.77	
	100m: 1:02.93 32.52	200m: 2:09.08	33.20 300m: 3:15.07	33.07	400m: 4:19.21	31.37	
2.	CERNADAS GONZALEZ, Ana	04	C. FLUVIAL LUGO	<b>4:21.31</b>	16,00	16,00	
	50m: 30.97 30.97	150m: 1:36.91	33.08 250m: 2:43.06	32.90	350m: 3:49.27	33.03	
	100m: 1:03.83 32.86	200m: 2:10.16	33.25 300m: 3:16.24	33.18	400m: 4:21.31	32.04	
3.	GÓMEZ MESÍAS, Alba	00	C. N. ARTEIXO	<b>4:27.33</b>	14,00	-	
	50m: 30.71 30.71	150m: 1:37.43	33.51 250m: 2:44.91	33.73	350m: 3:53.12	34.27	
	100m: 1:03.92 33.21	200m: 2:11.18	33.75 300m: 3:18.85	33.94	400m: 4:27.33	34.21	
4.	PAYOLA ANGLADA, Nuria	99	C. N. GALAICO	<b>4:33.95</b>	13,00	-	
	50m: 31.88 31.88	150m: 1:40.49	34.63 250m: 2:49.95	34.61	350m: 3:59.56	34.94	
	100m: 1:05.86 33.98	200m: 2:15.34	34.85 300m: 3:24.62	34.67	400m: 4:33.95	34.39	
5.	CAMBA PRADA, Alexia	05	C. N. PABELLON	<b>4:39.56</b>	12,00	14,00	
	50m: 31.36 31.36	150m: 1:40.90	35.23 250m: 2:52.91	35.85	350m: 4:04.74	35.97	
	100m: 1:05.67 34.31	200m: 2:17.06	36.16 300m: 3:28.77	35.86	400m: 4:39.56	34.82	
6.	CONS GESTIDO, Agueda Beatriz	00	RCN VIGO	<b>4:40.46</b>	11,00	-	
	50m: 31.61 31.61	150m: 1:39.96	34.60 250m: 2:51.16	35.65	350m: 4:04.38	36.70	
	100m: 1:05.36 33.75	200m: 2:15.51	35.55 300m: 3:27.68	36.52	400m: 4:40.46	36.08	
7.	CAL FERNÁNDEZ, Lucía	03	RCN VIGO	<b>4:45.07</b>	10,00	-	
	50m: 32.17 32.17	150m: 1:43.68	36.51 250m: 2:57.60	36.97	350m: 4:10.20	36.34	
	100m: 1:07.17 35.00	200m: 2:20.63	36.95 300m: 3:33.86	36.26	400m: 4:45.07	34.87	
8.	SUAREZ KITAHORI, Nana Sofia	05	A. D. FOGAR	<b>4:45.60</b>	9,00	13,00	
	50m: 32.39 32.39	150m: 1:43.16	35.97 250m: 2:56.58	36.87	350m: 4:10.71	36.85	
	100m: 1:07.19 34.80	200m: 2:19.71	36.55 300m: 3:33.86	37.28	400m: 4:45.60	34.89	
9.	BLANCO ROUCO, Carmen	06	VIGO RIAS BAIXAS	<b>4:45.70</b>	8,00	-	
	50m: 31.73 31.73	150m: 1:43.34	36.22 250m: 2:56.35	36.54	350m: 4:09.95	36.81	
	100m: 1:07.12 35.39	200m: 2:19.81	36.47 300m: 3:33.14	36.79	400m: 4:45.70	35.75	
10.	RODRIGUEZ RODRIGUEZ, Nina	02	VIGO RIAS BAIXAS	<b>4:47.27</b>	7,00	-	
	50m: 32.96 32.96	150m: 1:45.03	36.19 250m: 2:58.52	36.48	350m: 4:11.72	36.30	
	100m: 1:08.84 35.88	200m: 2:22.04	37.01 300m: 3:35.42	36.90	400m: 4:47.27	35.55	
11.	PARDO CHAS, Eva	04	C. N. FERROL	<b>4:47.36</b>	6,00	12,00	
	50m: 32.57 32.57	150m: 1:44.28	36.43 250m: 2:57.60	36.81	350m: 4:11.81	37.51	
	100m: 1:07.85 35.28	200m: 2:20.79	36.51 300m: 3:34.30	36.70	400m: 4:47.36	35.55	
12.	VEIGA SOUTO, Ana	98	C. DEL MAR	<b>4:47.88</b>	5,00	-	
	50m: 32.83 32.83	150m: 1:43.82	35.77 250m: 2:56.78	36.32	350m: 4:11.30	37.32	
	100m: 1:08.05 35.22	200m: 2:20.46	36.64 300m: 3:33.98	37.20	400m: 4:47.88	36.58	
13.	GONZALEZ COVELO, Uxia	06	C. N. PONTEAREAS	<b>4:48.00</b>	4,00	-	
	50m: 32.55 32.55	150m: 1:44.29	36.35 250m: 2:58.01	37.25	350m: 4:11.59	36.40	
	100m: 1:07.94 35.39	200m: 2:20.76	36.47 300m: 3:35.19	37.18	400m: 4:48.00	36.41	
14.	VILLARNOVO PAZOS, Lucia	08	C. N. FERROL	<b>4:49.50</b>	3,00	-	
	50m: 31.97 31.97	150m: 1:44.62	36.85 250m: 2:58.98	37.27	350m: 4:13.30	37.13	
	100m: 1:07.77 35.80	200m: 2:21.71	37.09 300m: 3:36.17	37.19	400m: 4:49.50	36.20	
15.	BORGE JUSTE, Ines	06	C. N. PONTEAREAS	<b>4:52.59</b>	2,00	-	
	50m: 32.27 32.27	150m: 1:45.35	37.02 250m: 3:00.58	37.42	350m: 4:15.57	37.69	
	100m: 1:08.33 36.06	200m: 2:23.16	37.81 300m: 3:37.88	37.30	400m: 4:52.59	37.02	
16.	ESTEVEZ CRESPO, Aldara	04	C. N. PABELLON	<b>4:52.68</b>	1,00	11,00	
	50m: 33.52 33.52	150m: 1:47.73	37.55 250m: 3:02.39	37.32	350m: 4:16.59	36.82	
	100m: 1:10.18 36.66	200m: 2:25.07	37.34 300m: 3:39.77	37.38	400m: 4:52.68	36.09	

Prueba 35, Fem., 400m Libre, Absoluto Femenino

Clasificación	AN		Tiempo		ABSO	JUNI
17. ALVAREZ PAZOS, Maria	07	VIGO RIAS BAIXAS	<b>4:53.17</b>	-	-	
50m: 33.54 33.54	150m: 1:47.63	37.57	250m: 3:01.57	36.61	350m: 4:16.02	37.39
100m: 1:10.06 36.52	200m: 2:24.96	37.33	300m: 3:38.63	37.06	400m: 4:53.17	37.15
18. MARTÍNEZ NOVOA, Silvia	06	RCN VIGO	<b>4:57.54</b>	-	-	
50m: 32.61 32.61	150m: 1:46.76	37.87	250m: 3:02.57	38.10	350m: 4:19.78	38.56
100m: 1:08.89 36.28	200m: 2:24.47	37.71	300m: 3:41.22	38.65	400m: 4:57.54	37.76
19. MENDEZ BERNARDEZ, Arianna	04	C. N. PABELLON	<b>5:00.11</b>	-	-	
50m: 34.19 34.19	150m: 1:50.32	38.27	250m: 3:06.11	37.67	350m: 4:22.53	38.13
100m: 1:12.05 37.86	200m: 2:28.44	38.12	300m: 3:44.40	38.29	400m: 5:00.11	37.58
20. GIZ CASTRO, Gisela	05	A. DEP. NT. NARON	<b>5:00.49</b>	-	10,00	
50m: 34.32 34.32	150m: 1:49.23	37.78	250m: 3:05.35	38.11	350m: 4:22.52	38.63
100m: 1:11.45 37.13	200m: 2:27.24	38.01	300m: 3:43.89	38.54	400m: 5:00.49	37.97
21. FREIJE TORNEIRO, Aroa	98	C. N. PORTAMIÑA	<b>5:00.65</b>	-	-	
50m: 33.05 33.05	150m: 1:49.49	38.74	250m: 3:08.03	39.13	350m: 4:24.68	37.52
100m: 1:10.75 37.70	200m: 2:28.90	39.41	300m: 3:47.16	39.13	400m: 5:00.65	35.97
22. MARTÍNEZ NOVOA, Ángela	04	RCN VIGO	<b>5:05.10</b>	-	-	
50m: 33.47 33.47	150m: 1:48.60	38.43	250m: 3:05.95	38.87	350m: 4:25.52	40.64
100m: 1:10.17 36.70	200m: 2:27.08	38.48	300m: 3:44.88	38.93	400m: 5:05.10	39.58
23. VISO VARELA, Lucia	04	C. DEL MAR	<b>5:07.37</b>	-	-	
50m: 34.37 34.37	150m: 1:50.70	38.86	250m: 3:09.50	39.55	350m: 4:28.68	39.60
100m: 1:11.84 37.47	200m: 2:29.95	39.25	300m: 3:49.08	39.58	400m: 5:07.37	38.69
24. NOVO LOPEZ, Ainara	05	C. N. PORTAMIÑA	<b>5:07.64</b>	-	-	
50m: 34.06 34.06	150m: 1:49.80	38.29	250m: 3:08.23	39.47	350m: 4:28.10	39.81
100m: 1:11.51 37.45	200m: 2:28.76	38.96	300m: 3:48.29	40.06	400m: 5:07.64	39.54
25. REY CONESA, Carolina	04	C. N. FERROL	<b>5:09.12</b>	-	-	
50m: 34.94 34.94	150m: 1:51.34	38.65	250m: 3:10.50	39.38	350m: 4:29.82	39.51
100m: 1:12.69 37.75	200m: 2:31.12	39.78	300m: 3:50.31	39.81	400m: 5:09.12	39.30
26. LOPEZ RAMUDO, Icia	04	A. DEP. NT. NARON	<b>5:09.61</b>	-	-	
50m: 35.23 35.23	150m: 1:51.46	38.77	250m: 3:10.26	39.69	350m: 4:29.89	39.78
100m: 1:12.69 37.46	200m: 2:30.57	39.11	300m: 3:50.11	39.85	400m: 5:09.61	39.72
Baja enf. SANTOALLA NAVAL, Andrea	05	C. FLUVIAL LUGO		-	-	
Baja enf. GONZALEZ REDONDO, Claudia	05	C. N. CORUÑA		-	-	
Baja enf. NOVO DIOS, Marta	06	C. N. GALAICO		-	-	
Baja enf. SANTISO PRADO, Ana Maria	96	C. N. PABELLON		-	-	
Baja enf. MOURENZA ROCHA, Ines	07	C. N. PORTAMIÑA		-	-	