

Prueba 1
11/06/2022

Fem., 400m Libre

2002 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1130789	GARCIA MIGUEZ, Rosalia				24	GALAICO				5:01.84	13,00
	50m:	34.02	34.02	150m:	1:50.10	38.65	250m:	3:07.59	38.86	350m:	4:24.44	38.43
	100m:	1:11.45	37.43	200m:	2:28.73	38.63	300m:	3:46.01	38.42	400m:	5:01.84	37.40
2.	1038929	GONZALEZ AVENDAÑO, Lucia				23	GALAICO				5:27.49	10,00
	50m:	36.07	36.07	150m:	1:55.64	40.26	250m:	3:18.45	41.51	350m:	4:44.32	43.19
	100m:	1:15.38	39.31	200m:	2:36.94	41.30	300m:	4:01.13	42.68	400m:	5:27.49	43.17
3.	1145079	RIVADULLA MALLO, M Irene				24	SALESTRADA				5:44.41	8,00
	50m:	36.30	36.30	150m:	1:58.20	42.08	250m:	3:26.73	44.65	350m:	4:59.45	46.57
	100m:	1:16.12	39.82	200m:	2:42.08	43.88	300m:	4:12.88	46.15	400m:	5:44.41	44.96
4.	1041448	VAZQUEZ SANCHEZ, Pilar				24	XOVE				5:46.45	7,00
	50m:	39.11	39.11	150m:	2:05.17	43.60	250m:	3:34.46	44.97	350m:	5:04.59	44.70
	100m:	1:21.57	42.46	200m:	2:49.49	44.32	300m:	4:19.89	45.43	400m:	5:46.45	41.86
Baja enf.	1110948	CANO ROSALES, Nuria				21	GALAICO					-
25+												
1.	1178773	CHAMADOIRA DOMÍNGUEZ, Jennifer				28	PONTEAREAS				5:19.24	13,00
	50m:	34.37	34.37	150m:	1:54.46	40.80	250m:	3:16.27	40.96	350m:	4:39.19	41.59
	100m:	1:13.66	39.29	200m:	2:35.31	40.85	300m:	3:57.60	41.33	400m:	5:19.24	40.05
2.	1078925	SALGADO CASTELO, Marta				28	PORTAMIÑA				6:29.78	10,00
	50m:	45.33	45.33	150m:	2:24.14	49.81	250m:	4:03.67	49.67	350m:	5:42.27	49.22
	100m:	1:34.33	49.00	200m:	3:14.00	49.86	300m:	4:53.05	49.38	400m:	6:29.78	47.51
Baja enf.	1038608	SUAREZ GARCIA, Sofia				25	VIGORIASB					-
30+												
1.	1075742	VALIÑO GÓMEZ, Esther				34	VIGORIASB				5:12.47	13,00
	50m:	34.70	34.70	150m:	1:52.30	39.43	250m:	3:12.64	40.23	350m:	4:32.91	40.14
	100m:	1:12.87	38.17	200m:	2:32.41	40.11	300m:	3:52.77	40.13	400m:	5:12.47	39.56
2.	1040545	POMBO LOPEZ, Belen				30	FLUVIAL				5:14.82	10,00
	50m:	36.15	36.15	150m:	1:54.42	39.64	250m:	3:14.63	40.17	350m:	4:35.10	40.13
	100m:	1:14.78	38.63	200m:	2:34.46	40.04	300m:	3:54.97	40.34	400m:	5:14.82	39.72
3.	1143565	ARAÚJO CASTRO, Paula				31	CDELMAR				6:08.33	8,00
	50m:	39.19	39.19	150m:	2:08.30	46.11	250m:	3:43.62	48.07	350m:	5:20.93	48.67
	100m:	1:22.19	43.00	200m:	2:55.55	47.25	300m:	4:32.26	48.64	400m:	6:08.33	47.40
4.	1218233	SANCHEZ DE LLANO, M. Nieves				30	CASINO				7:13.66	7,00
	50m:	46.98	46.98	150m:	2:36.61	55.64	250m:	4:31.28	57.85	350m:	6:22.84	54.46
	100m:	1:40.97	53.99	200m:	3:33.43	56.82	300m:	5:28.38	57.10	400m:	7:13.66	50.82
Baja enf.	1174885	RUIZ MEILAN, Blanca				32	CASINO					-
35+												
1.	1144948	GONZALEZ PEREZ, Jessica				35	VIGORIASB				6:00.21	13,00
	50m:	40.32	40.32	150m:	2:10.39	45.63	250m:	3:43.10	46.37	350m:	5:15.55	46.44
	100m:	1:24.76	44.44	200m:	2:56.73	46.34	300m:	4:29.11	46.01	400m:	6:00.21	44.66
2.	1145082	FARIÑA SOUSA, Noemi				39	PONSVETUS				7:16.61	10,00
	50m:	45.41	45.41	150m:	2:35.59	56.86	250m:	4:31.42	58.57	350m:	6:24.40	56.30
	100m:	1:38.73	53.32	200m:	3:32.85	57.26	300m:	5:28.10	56.68	400m:	7:16.61	52.21

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 1, Fem., 400m Libre, 35+

Clasificación	Edad								Tiempo		Puntos	
DSQ	1203741 QUEREDA RODRÍGUEZ, Almudena						37	LICEO		5:36.01	-	
	Salida anticipada											
	50m:	38.10	38.10	150m:	2:01.22	42.49	250m:	3:27.22	43.24	350m:	4:53.89	43.43
	100m:	1:18.73	40.63	200m:	2:43.98	42.76	300m:	4:10.46	43.24	400m:	5:36.01	42.12
40+												
1.	1180232 FKEOUI OMARI, Salma						40	ESCUALOS		5:46.89	13,00	
	50m:	40.20	40.20	150m:	2:07.02	44.03	250m:	3:36.64	45.02	350m:	5:05.46	44.00
	100m:	1:22.99	42.79	200m:	2:51.62	44.60	300m:	4:21.46	44.82	400m:	5:46.89	41.43
2.	1221213 CAGIAO RODRIGUEZ, Natalia						44	CASINO		5:49.67	10,00	
	50m:	37.50	37.50	150m:	2:03.63	44.04	250m:	3:33.30	45.05	350m:	5:04.53	45.81
	100m:	1:19.59	42.09	200m:	2:48.25	44.62	300m:	4:18.72	45.42	400m:	5:49.67	45.14
3.	1143894 DE LORENZO FERNANDEZ, Maria						44	ESCUALOS		5:59.44	8,00	
	50m:	41.55	41.55	150m:	2:11.37	45.65	250m:	3:43.66	45.95	350m:	5:16.21	46.20
	100m:	1:25.72	44.17	200m:	2:57.71	46.34	300m:	4:30.01	46.35	400m:	5:59.44	43.23
4.	1144598 OLMO VAQUEIRO, Leticia						41	PONTEAREAS		6:26.29	7,00	
	50m:	44.95	44.95	150m:	2:21.62	48.92	250m:	4:00.54	49.31	350m:	5:39.58	49.27
	100m:	1:32.70	47.75	200m:	3:11.23	49.61	300m:	4:50.31	49.77	400m:	6:26.29	46.71
5.	1222531 FERNANDEZ GONZALEZ, Iria						40	PORTAMIÑA		6:43.13	6,00	
	50m:	43.44	43.44	150m:	2:23.57	51.67	250m:	4:10.84	53.87	350m:	5:56.90	51.84
	100m:	1:31.90	48.46	200m:	3:16.97	53.40	300m:	5:05.06	54.22	400m:	6:43.13	46.23
6.	1144200 RODRIGUEZ LOPEZ, Belen						41	VIGORIASB		6:46.62	5,00	
	50m:	43.12	43.12	150m:	2:25.57	52.84	250m:	4:12.77	53.37	350m:	5:57.63	51.67
	100m:	1:32.73	49.61	200m:	3:19.40	53.83	300m:	5:05.96	53.19	400m:	6:46.62	48.99
7.	1223050 ANDON YAÑEZ, Lorena						44	CASINO		7:13.34	4,00	
	50m:	46.69	46.69	150m:	2:32.60	54.24	250m:	4:24.26	56.56	350m:	6:17.49	56.98
	100m:	1:38.36	51.67	200m:	3:27.70	55.10	300m:	5:20.51	56.25	400m:	7:13.34	55.85
Baja enf.	1178771 BESADA FERNÁNDEZ, Ana M.						44	PONTEAREAS			-	
45+												
1.	1040944 VARELA REDONDO, Veronica						47	PONTEAREAS		6:20.45	13,00	
	50m:	41.90	41.90	150m:	2:15.19	48.08	250m:	3:53.95	49.19	350m:	5:32.16	48.56
	100m:	1:27.11	45.21	200m:	3:04.76	49.57	300m:	4:43.60	49.65	400m:	6:20.45	48.29
2.	1214850 CORCOBA CARBIA, Raquel						45	SALESTRADA		6:23.97	10,00	
	50m:	40.34	40.34	150m:	2:17.66	51.01	250m:	3:57.41	50.00	350m:	5:36.79	49.20
	100m:	1:26.65	46.31	200m:	3:07.41	49.75	300m:	4:47.59	50.18	400m:	6:23.97	47.18
3.	1145023 SALES MANTIÑAN, Carmen						48	CASINO		6:47.49	8,00	
	50m:	42.82	42.82	150m:	2:22.67	51.42	250m:	4:07.06	52.11	350m:	5:55.39	54.27
	100m:	1:31.25	48.43	200m:	3:14.95	52.28	300m:	5:01.12	54.06	400m:	6:47.49	52.10
DSQ	1180238 GARCÍA SEOANE, Cristina María						47	CASINO		7:00.74	-	
	Salida anticipada											
	50m:	44.31	44.31	150m:	2:25.92	51.85	250m:	4:12.94	53.31	350m:	6:03.78	55.67
	100m:	1:34.07	49.76	200m:	3:19.63	53.71	300m:	5:08.11	55.17	400m:	7:00.74	56.96

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 1, Fem., 400m Libre

50+

1.	1147115 HERNÁNDEZ ALFAGEME, Rita	51	RCNVIGO	5:41.23	13,00
	50m: 38.46 38.46 150m: 2:03.86 43.34 250m: 3:30.81 43.48 350m: 4:58.40 43.98				
	100m: 1:20.52 42.06 200m: 2:47.33 43.47 300m: 4:14.42 43.61 400m: 5:41.23 42.83				
2.	1197600 SANDERSON, Helen Jane	52	C. N. Culleredo	6:08.03	10,00
	50m: 40.05 40.05 150m: 2:11.83 47.01 250m: 3:47.68 47.84 350m: 5:24.17 48.42				
	100m: 1:24.82 44.77 200m: 2:59.84 48.01 300m: 4:35.75 48.07 400m: 6:08.03 43.86				
3.	1037970 CALVIÑO CANCELA, Maria Cristina	54	PONTEAREAS	7:01.50	8,00
	50m: 44.32 44.32 150m: 2:32.07 54.63 250m: 4:22.99 56.19 350m: 6:11.57 54.65				
	100m: 1:37.44 53.12 200m: 3:26.80 54.73 300m: 5:16.92 53.93 400m: 7:01.50 49.93				
4.	1076154 ABREU FERNANDEZ, Marta	51	PONTEAREAS	7:06.28	7,00
	50m: 49.03 49.03 150m: 2:36.66 54.29 250m: 4:24.44 53.82 350m: 6:12.74 54.45				
	100m: 1:42.37 53.34 200m: 3:30.62 53.96 300m: 5:18.29 53.85 400m: 7:06.28 53.54				
5.	1202971 PEREZ PEREZ, Sonia	50	ESCUALOS	7:35.94	6,00
	50m: 46.48 46.48 150m: 2:41.24 59.04 250m: 4:40.61 1:00.08 350m: 6:43.07 1:02.46				
	100m: 1:42.20 55.72 200m: 3:40.53 59.29 300m: 5:40.61 1:00.00 400m: 7:35.94 52.87				
6.	1199642 GARNACHO GAYARRE, Nuria	53	CASINO	7:39.31	5,00
	50m: 45.83 45.83 150m: 2:36.51 57.96 250m: 4:36.37 1:00.42 350m: 6:39.78 1:01.86				
	100m: 1:38.55 52.72 200m: 3:35.95 59.44 300m: 5:37.92 1:01.55 400m: 7:39.31 59.53				
7.	1143584 FERNANDEZ SESTELO, Maria Jose	52	PONTEAREAS	8:34.28	4,00
	50m: 55.95 55.95 150m: 3:10.69 1:09.23 250m: 5:25.82 1:06.32 350m: 7:34.80 1:04.47				
	100m: 2:01.46 1:05.51 200m: 4:19.50 1:08.81 300m: 6:30.33 1:04.51 400m: 8:34.28 59.48				

55+

1.	1144331 TERCEIRO DELGADO, María Del Mar	59	CDELMAR	6:01.34	13,00
	50m: 39.56 39.56 150m: 2:08.33 45.75 250m: 3:41.97 46.66 350m: 5:16.01 47.14				
	100m: 1:22.58 43.02 200m: 2:55.31 46.98 300m: 4:28.87 46.90 400m: 6:01.34 45.33				
2.	1076506 MARTY PAZOS, Maria Victoria	57	TRAVIESAS	7:22.44	10,00
	50m: 51.95 51.95 150m: 2:43.13 56.18 250m: 4:38.06 57.12 350m: 6:29.60 56.00				
	100m: 1:46.95 55.00 200m: 3:40.94 57.81 300m: 5:33.60 55.54 400m: 7:22.44 52.84				
3.	1144697 ACEVEDO REGO, Ermitas	56	POURENSE	8:23.58	8,00
	50m: 58.72 58.72 150m: 3:06.17 1:03.59 250m: 5:14.85 1:04.15 350m: 7:24.68 1:05.46				
	100m: 2:02.58 1:03.86 200m: 4:10.70 1:04.53 300m: 6:19.22 1:04.37 400m: 8:23.58 58.90				
4.	1144231 PEREZ GALLARDO, Teresa	58	POURENSE	9:14.99	7,00
	50m: 1:06.34 1:06.34 150m: 3:25.03 1:09.63 250m: 5:45.45 1:10.26 350m: 8:04.96 1:09.67				
	100m: 2:15.40 1:09.06 200m: 4:35.19 1:10.16 300m: 6:55.29 1:09.84 400m: 9:14.99 1:10.03				

Baja enf. 1187918 FERNÁNDEZ ARRIZABALO, María 56 TRAVIESAS -

60+

1.	1039437 BALADO LOPEZ, Ana Maria	61	POURENSE	6:21.27	13,00
	50m: 45.02 45.02 150m: 2:19.63 47.80 250m: 3:57.53 48.79 350m: 5:35.69 49.30				
	100m: 1:31.83 46.81 200m: 3:08.74 49.11 300m: 4:46.39 48.86 400m: 6:21.27 45.58				
2.	1214851 SÁNCHEZ CEBRIÁN, Olga	60	TRICORUÑA	6:28.67	10,00
	50m: 43.06 43.06 150m: 2:20.06 49.19 250m: 4:00.44 49.90 350m: 5:40.47 50.06				
	100m: 1:30.87 47.81 200m: 3:10.54 50.48 300m: 4:50.41 49.97 400m: 6:28.67 48.20				

Piscina 25m. - 6 calles - cronometraxe electrónica

Prueba 1, Fem., 400m Libre

65+

1.	1076494 SUEIRO COSTAS, M ^a Carmen	66	PONTEAREAS	10:00.90	13,00
	50m: 1:07.51 1:07.51	150m: 3:37.39 1:15.54	250m: 6:12.61 1:18.27	350m: 8:46.99 1:18.10	
	100m: 2:21.85 1:14.34	200m: 4:54.34 1:16.95	300m: 7:28.89 1:16.28	400m: 10:00.90 1:13.91	

80+

1.	1058045 MORAL RUBIO, Isabel	80	TRAVIESAS	11:36.43	13,00 RG
	50m: 1:19.90 1:19.90	150m: 4:14.49 1:29.21	250m: 7:12.87 1:29.83	350m: 10:10.10 1:26.82	
	100m: 2:45.28 1:25.38	200m: 5:43.04 1:28.55	300m: 8:43.28 1:30.41	400m: 11:36.43 1:26.33	

Piscina 25m. - 6 calles - cronometraxe electrónica

Splash Meet Manager, 11.73385

Registered to Galicia

11/06/2022 11:07 - Página 4