

Prueba 3
25/11/2022

Fem., 400m Libre

Absoluto Femenino
Resultados Final

RG	4:04.11	, GOMEZ CORTES, BEATRIZ	GALAICO	24/11/2012
RC	4:10.82	, GOMEZ CORTES, BEATRIZ	GALAICO	28/12/2019

Clasificación			AN			Tempo	ABSO			
Final A										
1.	CANDO SANTOS, Raquel		03	C. N. PORTAMIÑA		4:23.33	19,00			
	50m:	30.07 30.07	150m:	1:34.82	32.46	250m:	2:41.86	33.64	350m:	3:50.05 34.27
	100m:	1:02.36 32.29	200m:	2:08.22	33.40	300m:	3:15.78	33.92	400m:	4:23.33 33.28
2.	MOURENZA ROCHA, Ines		07	C. N. PORTAMIÑA		4:24.54	16,00			
	50m:	30.51 30.51	150m:	1:36.36	33.21	250m:	2:43.51	33.75	350m:	3:51.52 34.10
	100m:	1:03.15 32.64	200m:	2:09.76	33.40	300m:	3:17.42	33.91	400m:	4:24.54 33.02
3.	ORTIZ DE GUINEA BASTON, Alba		97	C. N. PONTEAREAS		4:29.54	14,00			
	50m:	30.33 30.33	150m:	1:36.75	33.72	250m:	2:45.48	34.63	350m:	3:55.22 34.95
	100m:	1:03.03 32.70	200m:	2:10.85	34.10	300m:	3:20.27	34.79	400m:	4:29.54 34.32
4.	VILLARNOVO PAZOS, Lucia		08	C. N. FERROL		4:30.71	13,00			
	50m:	30.65 30.65	150m:	1:37.65	34.03	250m:	2:47.33	35.24	350m:	3:57.37 34.84
	100m:	1:03.62 32.97	200m:	2:12.09	34.44	300m:	3:22.53	35.20	400m:	4:30.71 33.34
5.	PARDO CHAS, Eva		04	C. N. FERROL		4:33.17	12,00			
	50m:	30.86 30.86	150m:	1:38.30	33.99	250m:	2:47.40	34.71	350m:	3:58.34 35.59
	100m:	1:04.31 33.45	200m:	2:12.69	34.39	300m:	3:22.75	35.35	400m:	4:33.17 34.83
6.	BLANCO ROUCO, Carmen		06	VIGO RIAS BAIXAS		4:33.29	11,00			
	50m:	31.22 31.22	150m:	1:39.85	34.65	250m:	2:49.22	34.57	350m:	3:59.36 34.96
	100m:	1:05.20 33.98	200m:	2:14.65	34.80	300m:	3:24.40	35.18	400m:	4:33.29 33.93
Final B										
7.	BARROS DA SILVA, Sofia		09	C. N. GALAICO		4:35.91	10,00			
	50m:	31.66 31.66	150m:	1:40.54	34.75	250m:	2:50.56	35.30	350m:	4:01.52 35.41
	100m:	1:05.79 34.13	200m:	2:15.26	34.72	300m:	3:26.11	35.55	400m:	4:35.91 34.39
8.	CAMBA PRADA, Alexia		05	PABELLON OURENSE		4:37.56	9,00			
	50m:	31.02 31.02	150m:	1:39.11	34.44	250m:	2:50.66	36.33	350m:	4:03.15 36.19
	100m:	1:04.67 33.65	200m:	2:14.33	35.22	300m:	3:26.96	36.30	400m:	4:37.56 34.41
9.	VEIGA SOUTO, Ana		98	C. N. ARTEIXO		4:38.06	8,00			
	50m:	32.05 32.05	150m:	1:42.00	35.45	250m:	2:53.32	35.56	350m:	4:04.23 35.25
	100m:	1:06.55 34.50	200m:	2:17.76	35.76	300m:	3:28.98	35.66	400m:	4:38.06 33.83
10.	PEREZ GARCIA-PICHER, Ana		98	C. N. GALAICO		4:38.21	7,00			
	50m:	33.38 33.38	150m:	1:43.28	34.94	250m:	2:53.65	34.99	350m:	4:03.89 35.08
	100m:	1:08.34 34.96	200m:	2:18.66	35.38	300m:	3:28.81	35.16	400m:	4:38.21 34.32
11.	SEOANE BAHILLO, Sara		00	RCN VIGO		4:46.97	6,00			
	50m:	31.99 31.99	150m:	1:42.47	35.60	250m:	2:56.38	37.04	350m:	4:11.56 37.62
	100m:	1:06.87 34.88	200m:	2:19.34	36.87	300m:	3:33.94	37.56	400m:	4:46.97 35.41
12.	MARTÍNEZ NOVOA, Silvia		06	RCN VIGO		4:48.18	5,00			
	50m:	33.34 33.34	150m:	1:45.08	36.05	250m:	2:58.02	36.41	350m:	4:11.78 37.07
	100m:	1:09.03 35.69	200m:	2:21.61	36.53	300m:	3:34.71	36.69	400m:	4:48.18 36.40