

Prueba 1  
14/01/2023 - 9:30

Fem., 400m Estilos

2003 y mayores  
Resultados

Clasificación		Edad		Tempo	Puntos
<b>20+</b>					
1.	1037965 COSTA FERNANDEZ, Laura	22	PONTEAREAS	<b>6:53.74</b>	13,00
	50m: 40.32 40.32 150m: 2:21.64 54.83 250m: 4:14.61 1:00.22 350m: 6:06.54 48.29				
	100m: 1:26.81 46.49 200m: 3:14.39 52.75 300m: 5:18.25 1:03.64 400m: 6:53.74 47.20				
<b>25+</b>					
1.	1038096 FREIJE TORNEIRO, Aroa	25	PORTAMIÑA	<b>6:16.42</b>	13,00
	50m: 35.91 35.91 150m: 2:08.39 48.17 250m: 3:50.71 55.86 350m: 5:34.00 44.43				
	100m: 1:20.22 44.31 200m: 2:54.85 46.46 300m: 4:49.57 58.86 400m: 6:16.42 42.42				
2.	1038608 SUAREZ GARCIA, Sofia	26	RIASBAIXAS	<b>6:51.69</b>	10,00
	50m: 45.69 45.69 150m: 2:29.47 49.22 250m: 4:15.19 56.33 350m: 6:04.01 50.57				
	100m: 1:40.25 54.56 200m: 3:18.86 49.39 300m: 5:13.44 58.25 400m: 6:51.69 47.68				
3.	1145008 GONZALEZ PEREZ, Paula	27	PONTEAREAS	<b>7:29.33</b>	8,00
	50m: 49.73 49.73 150m: 2:51.93 1:00.61 250m: 4:49.88 59.28 350m: 6:40.46 51.36				
	100m: 1:51.32 1:01.59 200m: 3:50.60 58.67 300m: 5:49.10 59.22 400m: 7:29.33 48.87				
4.	1078925 SALGADO CASTELO, Marta	29	PORTAMIÑA	<b>7:44.45</b>	7,00
	50m: 53.34 53.34 150m: 2:52.92 56.74 250m: 4:58.41 1:09.30 350m: 6:55.31 48.86				
	100m: 1:56.18 1:02.84 200m: 3:49.11 56.19 300m: 6:06.45 1:08.04 400m: 7:44.45 49.14				
<b>30+</b>					
1.	1084714 BUGALLO PÉREZ, Estíbaliz	33	RCNVIGO	<b>5:34.04</b>	13,00
	50m: 36.14 36.14 150m: 1:59.89 42.68 250m: 3:29.20 46.79 350m: 4:55.59 38.82				
	100m: 1:17.21 41.07 200m: 2:42.41 42.52 300m: 4:16.77 47.57 400m: 5:34.04 38.45				
2.	1040545 POMBO LOPEZ, Belen	31	FLUVIAL	<b>6:03.40</b>	10,00
	50m: 39.22 39.22 150m: 2:11.62 46.34 250m: 3:48.05 51.31 350m: 5:22.81 41.85				
	100m: 1:25.28 46.06 200m: 2:56.74 45.12 300m: 4:40.96 52.91 400m: 6:03.40 40.59				
Baja enf.	1174885 RUIZ MEILAN, Blanca	33	SCASINO		-
<b>35+</b>					
1.	1131844 FLEITAS IMBERNON, Irene	36	UTRERA	<b>5:43.08</b>	13,00
	50m: 35.97 35.97 150m: 1:59.34 43.22 250m: 3:32.24 50.32 350m: 5:04.36 40.04				
	100m: 1:16.12 40.15 200m: 2:41.92 42.58 300m: 4:24.32 52.08 400m: 5:43.08 38.72				
2.	1144894 VINAGRE SENDINO, Cora	35	SCASINO	<b>6:29.93</b>	10,00
	50m: 39.03 39.03 150m: 2:14.58 48.22 250m: 4:00.67 58.62 350m: 5:45.61 46.08				
	100m: 1:26.36 47.33 200m: 3:02.05 47.47 300m: 4:59.53 58.86 400m: 6:29.93 44.32				
3.	1146780 DURÁN VEIRAS, Raquel	39	ARTEIXO	<b>6:54.85</b>	8,00
	50m: 43.78 43.78 150m: 2:34.80 57.29 250m: 4:23.45 53.87 350m: 6:07.25 48.51				
	100m: 1:37.51 53.73 200m: 3:29.58 54.78 300m: 5:18.74 55.29 400m: 6:54.85 47.60				
4.	1144948 GONZALEZ PEREZ, Jessica	36	RIASBAIXAS	<b>6:58.06</b>	7,00
	50m: 48.34 48.34 150m: 2:38.19 53.40 250m: 4:30.36 59.04 350m: 6:13.04 45.43				
	100m: 1:44.79 56.45 200m: 3:31.32 53.13 300m: 5:27.61 57.25 400m: 6:58.06 45.02				
<b>40+</b>					
DSQ	1075221 HERMIDA RODRIGUEZ, Blanca	42	CMARINA		-
	<i>Nado irregular</i>				

Prueba 1, Fem., 400m Estilos, 40+

Clasificación	Edad	Tempo	Puntos
DSQ 1170812 MARTIN, Christelle <i>Nado irregular</i>	42 ESCUALOS		-
<b>45+</b>			
1. 1143813 REGUEIRA MARTINEZ, Maria J.	48 HERCULES	<b>7:24.79</b>	13,00
50m: 49.76 49.76 150m: 2:47.04 59.69 250m: 4:43.99 58.77 350m: 6:35.95 51.97			
100m: 1:47.35 57.59 200m: 3:45.22 58.18 300m: 5:43.98 59.99 400m: 7:24.79 48.84			
Baja enf. 1221213 CAGIAO RODRIGUEZ, Natalia	45 SCASINO		-
<b>50+</b>			
1. 1171727 GARCIA RODRIGUEZ, Teresa	51 PORTAMIÑA	<b>8:33.72</b>	13,00
50m: 56.56 56.56 150m: 3:16.48 1:13.29 250m: 5:34.49 1:09.84 350m: 7:41.08 57.35			
100m: 2:03.19 1:06.63 200m: 4:24.65 1:08.17 300m: 6:43.73 1:09.24 400m: 8:33.72 52.64			
2. 1145007 MELON PARENTE, M. Lourdes	54 PONTEAREAS	<b>12:09.45</b>	10,00
50m: 1:30.29 1:30.29 150m: 4:44.23 1:31.90 250m: 8:00.24 1:50.02 350m: 10:58.86 1:15.08			
100m: 3:12.33 1:42.04 200m: 6:10.22 1:25.99 300m: 9:43.78 1:43.54 400m: 12:09.45 1:10.59			
<b>55+</b>			
1. 1086162 BARJA BARJA, Liliana	58 TRAVIESAS	<b>7:51.15</b>	13,00
50m: 55.44 55.44 150m: 2:59.44 59.95 250m: 4:57.99 1:02.60 350m: 6:58.10 55.04			
100m: 1:59.49 1:04.05 200m: 3:55.39 55.95 300m: 6:03.06 1:05.07 400m: 7:51.15 53.05			