

Prueba 3
07/07/2023 - 9:50

Fem., 400m Libre

Absoluto Femenino
Resultados Prelim

RG	4:10.13	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	29/06/2017
RC	4:19.21	, CARRON MUIÑA, CARLA	ARZUA	18/07/2021

Clasificación	AN		Grupo	Equipo	Tempo	ABSO	JUNI
Junior Femenino							
1.	MOURENZA ROCHA, Ines	07	C. N. PORTAMIÑA	4:32.24	-	19,00	A
	50m: 31.20 31.20	150m: 1:39.18	34.13	250m: 2:47.39	34.30	350m: 3:57.60	35.09
	100m: 1:05.05 33.85	200m: 2:13.09	33.91	300m: 3:22.51	35.12	400m: 4:32.24	34.64
2.	FERNANDEZ AGUION, Sara	07	C. N. CORUÑA	4:49.66	-	16,00	A
	50m: 32.79 32.79	150m: 1:44.08	35.91	250m: 2:57.86	36.50	350m: 4:12.95	37.35
	100m: 1:08.17 35.38	200m: 2:21.36	37.28	300m: 3:35.60	37.74	400m: 4:49.66	36.71
3.	COUCEIRO BARREIRO, Marta	07	SPORTING CASINO	4:55.74	-	14,00	B
	50m: 34.63 34.63	150m: 1:48.64	36.80	250m: 3:04.48	38.02	350m: 4:20.03	37.54
	100m: 1:11.84 37.21	200m: 2:26.46	37.82	300m: 3:42.49	38.01	400m: 4:55.74	35.71
4.	FERNANDEZ GRATEROL, Sofia Antia	07	PABELLON OURENSE	4:56.62	-	13,00	B
	50m: 34.83 34.83	150m: 1:49.08	37.45	250m: 3:04.06	37.45	350m: 4:19.32	37.60
	100m: 1:11.63 36.80	200m: 2:26.61	37.53	300m: 3:41.72	37.66	400m: 4:56.62	37.30
5.	BUJAN ROUCO, Enma	07	C. N. XOVE	5:04.28	-	12,00	B
	50m: 33.07 33.07	150m: 1:48.64	38.68	250m: 3:07.40	39.45	350m: 4:26.52	39.50
	100m: 1:09.96 36.89	200m: 2:27.95	39.31	300m: 3:47.02	39.62	400m: 5:04.28	37.76
6.	VILARNOVO SUÁREZ, Noelia	06	S. DEP. BOIRO	5:05.25	-	11,00	
	50m: 34.44 34.44	150m: 1:48.64	37.24	250m: 3:06.11	39.02	350m: 4:25.90	39.84
	100m: 1:11.40 36.96	200m: 2:27.09	38.45	300m: 3:46.06	39.95	400m: 5:05.25	39.35
7.	SANCHEZ JUANE, Maica	07	PABELLON OURENSE	5:17.07	-	-	
	50m: 35.11 35.11	150m: 1:52.42	39.60	250m: 3:12.98	40.10	350m: 4:36.03	42.15
	100m: 1:12.82 37.71	200m: 2:32.88	40.46	300m: 3:53.88	40.90	400m: 5:17.07	41.04
8.	GONZALEZ IGLESIAS, Nerea	07	C. FLUVIAL LUGO	5:18.69	-	-	
	50m: 33.68 33.68	150m: 1:51.32	39.95	250m: 3:13.22	41.42	350m: 4:37.88	42.80
	100m: 1:11.37 37.69	200m: 2:31.80	40.48	300m: 3:55.08	41.86	400m: 5:18.69	40.81
Baja	CARBALLO GONZALEZ, Sofia	06	C. N. PONTEAREAS		-	-	

Absoluto Femenino

1.	DE VALDES ALVAREZ, Maria	98	C. N. LICEO	4:28.81	-	-	A
	50m: 30.95 30.95	150m: 1:36.99	33.37	250m: 2:44.96	34.18	350m: 3:54.57	34.84
	100m: 1:03.62 32.67	200m: 2:10.78	33.79	300m: 3:19.73	34.77	400m: 4:28.81	34.24
2.	CANDO SANTOS, Raquel	03	C. N. PORTAMIÑA	4:31.33	-	-	A
	50m: 32.05 32.05	150m: 1:39.66	34.09	250m: 2:48.17	34.12	350m: 3:57.33	34.49
	100m: 1:05.57 33.52	200m: 2:14.05	34.39	300m: 3:22.84	34.67	400m: 4:31.33	34.00
3.	MOURENZA ROCHA, Ines	07	C. N. PORTAMIÑA	4:32.24	-	19,00	A
	50m: 31.20 31.20	150m: 1:39.18	34.13	250m: 2:47.39	34.30	350m: 3:57.60	35.09
	100m: 1:05.05 33.85	200m: 2:13.09	33.91	300m: 3:22.51	35.12	400m: 4:32.24	34.64
4.	GÓMEZ MESÍAS, Alba	00	C. N. ARTEIXO	4:35.99	-	-	A
	50m: 31.13 31.13	150m: 1:39.11	34.66	250m: 2:49.62	35.20	350m: 4:01.04	35.81
	100m: 1:04.45 33.32	200m: 2:14.42	35.31	300m: 3:25.23	35.61	400m: 4:35.99	34.95
5.	BARROS DA SILVA, Sofia	09	C. N. GALAICO	4:41.29	-	-	A
	50m: 32.57 32.57	150m: 1:42.72	35.20	250m: 2:53.78	35.49	350m: 4:05.92	36.19
	100m: 1:07.52 34.95	200m: 2:18.29	35.57	300m: 3:29.73	35.95	400m: 4:41.29	35.37

Prueba 3, Fem., 400m Libre, Prelim, Absoluto Femenino

Clasificación	AN	Club	Tiempo	ABSO	JUNI
6.	04	C. N. FERROL	4:46.29	-	- A
		50m: 32.81 32.81 150m: 1:44.01 36.33 250m: 2:56.75 35.91 350m: 4:10.08 36.94			
		100m: 1:07.68 34.87 200m: 2:20.84 36.83 300m: 3:33.14 36.39 400m: 4:46.29 36.21			
7.	07	C. N. CORUÑA	4:49.66	-	16,00 A
		50m: 32.79 32.79 150m: 1:44.08 35.91 250m: 2:57.86 36.50 350m: 4:12.95 37.35			
		100m: 1:08.17 35.38 200m: 2:21.36 37.28 300m: 3:35.60 37.74 400m: 4:49.66 36.71			
8.	09	C. N. GALAICO	4:51.15	-	- A
		50m: 33.37 33.37 150m: 1:45.75 36.59 250m: 3:00.24 37.29 350m: 4:14.74 37.16			
		100m: 1:09.16 35.79 200m: 2:22.95 37.20 300m: 3:37.58 37.34 400m: 4:51.15 36.41			
9.	08	C. N. ARTEIXO	4:51.78	-	- B
		50m: 33.57 33.57 150m: 1:46.02 36.68 250m: 3:00.41 37.21 350m: 4:15.28 37.34			
		100m: 1:09.34 35.77 200m: 2:23.20 37.18 300m: 3:37.94 37.53 400m: 4:51.78 36.50			
10.	08	PABELLON OURENSE	4:54.81	-	- B
		50m: 33.45 33.45 150m: 1:46.13 36.64 250m: 3:00.91 37.37 350m: 4:16.89 38.20			
		100m: 1:09.49 36.04 200m: 2:23.54 37.41 300m: 3:38.69 37.78 400m: 4:54.81 37.92			
11.	07	SPORTING CASINO	4:55.74	-	14,00 B
		50m: 34.63 34.63 150m: 1:48.64 36.80 250m: 3:04.48 38.02 350m: 4:20.03 37.54			
		100m: 1:11.84 37.21 200m: 2:26.46 37.82 300m: 3:42.49 38.01 400m: 4:55.74 35.71			
12.	07	PABELLON OURENSE	4:56.62	-	13,00 B
		50m: 34.83 34.83 150m: 1:49.08 37.45 250m: 3:04.06 37.45 350m: 4:19.32 37.60			
		100m: 1:11.63 36.80 200m: 2:26.61 37.53 300m: 3:41.72 37.66 400m: 4:56.62 37.30			
13.	09	VIGO RIAS BAIXAS	4:56.81	-	- B
		50m: 33.14 33.14 150m: 1:46.93 37.68 250m: 3:02.59 38.06 350m: 4:19.41 38.29			
		100m: 1:09.25 36.11 200m: 2:24.53 37.60 300m: 3:41.12 38.53 400m: 4:56.81 37.40			
14.	08	C. N. PORTAMIÑA	4:57.90	-	- B
		50m: 32.89 32.89 150m: 1:46.88 37.88 250m: 3:04.12 38.42 350m: 4:20.85 38.17			
		100m: 1:09.00 36.11 200m: 2:25.70 38.82 300m: 3:42.68 38.56 400m: 4:57.90 37.05			
15.	00	C. N. FERROL	5:04.19	-	- B
		50m: 33.94 33.94 150m: 1:49.87 38.32 250m: 3:06.90 38.46 350m: 4:24.67 38.84			
		100m: 1:11.55 37.61 200m: 2:28.44 38.57 300m: 3:45.83 38.93 400m: 5:04.19 39.52			
16.	07	C. N. XOVE	5:04.28	-	12,00 B
		50m: 33.07 33.07 150m: 1:48.64 38.68 250m: 3:07.40 39.45 350m: 4:26.52 39.50			
		100m: 1:09.96 36.89 200m: 2:27.95 39.31 300m: 3:47.02 39.62 400m: 5:04.28 37.76			
17.	06	S. DEP. BOIRO	5:05.25	-	11,00
		50m: 34.44 34.44 150m: 1:48.64 37.24 250m: 3:06.11 39.02 350m: 4:25.90 39.84			
		100m: 1:11.40 36.96 200m: 2:27.09 38.45 300m: 3:46.06 39.95 400m: 5:05.25 39.35			
18.	07	PABELLON OURENSE	5:17.07	-	-
		50m: 35.11 35.11 150m: 1:52.42 39.60 250m: 3:12.98 40.10 350m: 4:36.03 42.15			
		100m: 1:12.82 37.71 200m: 2:32.88 40.46 300m: 3:53.88 40.90 400m: 5:17.07 41.04			
19.	07	C. FLUVIAL LUGO	5:18.69	-	-
		50m: 33.68 33.68 150m: 1:51.32 39.95 250m: 3:13.22 41.42 350m: 4:37.88 42.80			
		100m: 1:11.37 37.69 200m: 2:31.80 40.48 300m: 3:55.08 41.86 400m: 5:18.69 40.81			
Baja	05	PABELLON OURENSE		-	-
Baja	06	C. N. PONTEAREAS		-	-