

Prueba 5  
18/11/2023

Fem., 3000m Libre

JUNIOR 1 FEMENINO LD  
Resultados

Clasificación	Edad		Marca	
1. MOURENZA ROCHA, Ines	16	C. N. Portamiñá Lugo	<b>34:18.46</b>	19,00
50m: 33.01 33.01 200m: 2:14.44 1:07.79 800m: 9:01.48 4:31.17 2000m: 22:47.34 5:44.51	100m: 1:06.65 33.64 400m: 4:30.31 2:15.87 1500m: 17:02.83 8:01.35 3000m: 34:18.46 11:31.12			
2. BORRAZAS RODRIGUEZ, Noa	15	Sporting C. Casino	<b>36:20.16</b>	16,00
50m: 34.50 34.50 200m: 2:19.47 1:10.35 800m: 9:27.84 4:46.45 2000m: 24:04.39 6:08.10	100m: 1:09.12 34.62 400m: 4:41.39 2:21.92 1500m: 17:56.29 8:28.45 3000m: 36:20.16 12:15.77			
3. VILLARNOVO PAZOS, Lucia	15	NFERROL	<b>36:49.23</b>	14,00
50m: 34.18 34.18 200m: 2:19.85 1:11.00 800m: 9:30.59 4:48.45 2000m: 24:22.97 6:14.24	100m: 1:08.85 34.67 400m: 4:42.14 2:22.29 1500m: 18:08.73 8:38.14 3000m: 36:49.23 12:26.26			
4. ESTEVEZ MONTES, Naroa	15	PONTEA	<b>37:45.33</b>	13,00
50m: 35.65 35.65 200m: 2:24.58 1:12.61 800m: 9:49.19 4:57.72 2000m: 25:05.97 6:22.22	100m: 1:11.97 36.32 400m: 4:51.47 2:26.89 1500m: 18:43.75 8:54.56 3000m: 37:45.33 12:39.36			
5. BABARRO LOPEZ, Maria	15	POURENSE	<b>38:25.36</b>	12,00
50m: 35.56 35.56 200m: 2:28.38 1:15.73 800m: 10:05.66 5:05.06 2000m: 25:36.38 6:29.94	100m: 1:12.65 37.09 400m: 5:00.60 2:32.22 1500m: 19:06.44 9:00.78 3000m: 38:25.36 12:48.98			
6. PIÑEIRO FERNANDEZ, Antia	15	RCNV	<b>39:10.38</b>	11,00
50m: 37.51 37.51 200m: 2:29.98 1:14.59 800m: 10:12.72 5:09.23 2000m: 25:50.95 6:33.27	100m: 1:15.39 37.88 400m: 5:03.49 2:33.51 1500m: 19:17.68 9:04.96 3000m: 39:10.38 13:19.43			
7. PARDAVILA DAVILA, Ainoa	15	RBAIXAS	<b>39:17.77</b>	10,00
50m: 36.83 36.83 200m: 2:39.72 1:25.21 800m: 10:14.18 5:09.36 2000m: 25:55.63 6:35.34	100m: 1:14.51 37.68 400m: 5:04.82 2:25.10 1500m: 19:20.29 9:06.11 3000m: 39:17.77 13:22.14			
8. RODRÍGUEZ RODRÍGUEZ, Paula	15	ARTEIXO	<b>39:28.47</b>	9,00
50m: 35.89 35.89 200m: 2:28.58 1:15.58 800m: 10:07.10 5:05.98 2000m: 25:53.76 6:38.49	100m: 1:13.00 37.11 400m: 5:01.12 2:32.54 1500m: 19:15.27 9:08.17 3000m: 39:28.47 13:34.71			
9. CAAMAÑO LOPEZ, Xiana	15	CIDSANTI	<b>39:51.91</b>	8,00
50m: 37.76 37.76 200m: 2:34.31 1:17.83 800m: 10:25.66 5:14.82 2000m: 26:20.91 6:41.22	100m: 1:16.48 38.72 400m: 5:10.84 2:36.53 1500m: 19:39.69 9:14.03 3000m: 39:51.91 13:31.00			
10. FERNANDEZ GRATEROL, Sofia Antia	16	POURENSE	<b>40:14.13</b>	7,00
50m: 35.87 35.87 200m: 2:30.41 1:16.68 800m: 10:25.34 5:18.50 2000m: 26:39.76 6:50.89	100m: 1:13.73 37.86 400m: 5:06.84 2:36.43 1500m: 19:48.87 9:23.53 3000m: 40:14.13 13:34.37			
11. LADRA CAMPO, Martina	15	FLUVIAL	<b>40:22.21</b>	6,00
50m: 36.44 36.44 200m: 2:30.01 1:16.06 800m: 10:19.31 5:15.93 2000m: 26:34.44 6:49.97	100m: 1:13.95 37.51 400m: 5:03.38 2:33.37 1500m: 19:44.47 9:25.16 3000m: 40:22.21 13:47.77			
12. ORTEGO PORTA, Aldara	16	GALAICO	<b>40:44.37</b>	5,00
50m: 34.69 34.69 200m: 2:30.16 1:17.79 800m: 10:31.47 5:22.38 2000m: 27:04.30 6:56.86	100m: 1:12.37 37.68 400m: 5:09.09 2:38.93 1500m: 20:07.44 9:35.97 3000m: 40:44.37 13:40.07			
13. GONZALEZ IGLESIAS, Nerea	16	FLUVIAL	<b>41:38.90</b>	4,00
50m: 36.76 36.76 200m: 2:36.47 1:20.76 800m: 10:46.34 5:27.69 2000m: 27:28.04 6:59.69	100m: 1:15.71 38.95 400m: 5:18.65 2:42.18 1500m: 20:28.35 9:42.01 3000m: 41:38.90 14:10.86			
Baja CUGINI LENCE, Emma	15	FLUVIAL	-	-