

Prueba 3

Fem., 400m Libre

Absoluto Femenino

28/12/2023 - 9:55

Resultados

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

Clasificación

AN

Tiempo

ABSO

JUNI

Junior Femenino

1.	MOURENZA ROCHA, Ines	07	C. N. PORTAMIÑA	4:19.27	16,00	19,00		
	50m: 29.67 29.67	150m: 1:34.51	32.71	250m: 2:40.52	32.85	350m: 3:46.93	33.25	
	100m: 1:01.80 32.13	200m: 2:07.67	33.16	300m: 3:13.68	33.16	400m: 4:19.27	32.34	
2.	VILLARNOVO PAZOS, Lucia	08	C. N. FERROL	4:30.06	12,00	16,00		
	50m: 30.45 30.45	150m: 1:37.72	34.34	250m: 2:46.77	34.49	350m: 3:56.54	34.89	
	100m: 1:03.38 32.93	200m: 2:12.28	34.56	300m: 3:21.65	34.88	400m: 4:30.06	33.52	
3.	RODRÍGUEZ RODRÍGUEZ, Paula	08	C. N. ARTEIXO	4:45.45	5,00	14,00		
	50m: 32.01 32.01	150m: 1:42.72	35.84	250m: 2:55.75	36.56	350m: 4:09.14	36.83	
	100m: 1:06.88 34.87	200m: 2:19.19	36.47	300m: 3:32.31	36.56	400m: 4:45.45	36.31	
4.	PARDAVILA DAVILA, Ainoa	08	VIGO RIAS BAIXAS	4:47.11	4,00	13,00		
	50m: 33.25 33.25	150m: 1:44.68	35.66	250m: 2:56.72	36.04	350m: 4:10.36	37.21	
	100m: 1:09.02 35.77	200m: 2:20.68	36.00	300m: 3:33.15	36.43	400m: 4:47.11	36.75	
5.	BABARRO LOPEZ, Maria	08	PABELLON OURENSE	4:52.57	-	12,00		
	50m: 32.33 32.33	150m: 1:43.54	36.03	250m: 2:57.41	37.10	350m: 4:13.92	38.60	
	100m: 1:07.51 35.18	200m: 2:20.31	36.77	300m: 3:35.32	37.91	400m: 4:52.57	38.65	
6.	MARTÍNEZ NOVOA, Silvia	06	RCN VIGO	4:52.65	-	11,00		
	50m: 33.01 33.01	150m: 1:45.87	37.02	250m: 3:00.18	37.15	350m: 4:15.74	37.73	
	100m: 1:08.85 35.84	200m: 2:23.03	37.16	300m: 3:38.01	37.83	400m: 4:52.65	36.91	
7.	COUCEIRO BARREIRO, Marta	07	SPORTING CASINO	4:53.45	-	10,00		
	50m: 33.77 33.77	150m: 1:47.04	37.02	250m: 3:01.60	37.22	350m: 4:16.68	37.61	
	100m: 1:10.02 36.25	200m: 2:24.38	37.34	300m: 3:39.07	37.47	400m: 4:53.45	36.77	
8.	PIÑEIRO FERNANDEZ, Antia	08	RCN VIGO	4:53.88	-	9,00		
	50m: 33.16 33.16	150m: 1:46.19	36.71	250m: 2:59.69	36.55	350m: 4:15.93	38.60	
	100m: 1:09.48 36.32	200m: 2:23.14	36.95	300m: 3:37.33	37.64	400m: 4:53.88	37.95	
9.	MUÑOZ GAVINO, Paula	08	C. N. PORTAMIÑA	4:53.97	-	8,00		
	50m: 32.21 32.21	150m: 1:44.38	36.63	250m: 2:59.79	38.05	350m: 4:15.82	37.91	
	100m: 1:07.75 35.54	200m: 2:21.74	37.36	300m: 3:37.91	38.12	400m: 4:53.97	38.15	
10.	CAAMAÑO LOPEZ, Xiana	08	CIDADE SANTIAGO	4:54.96	-	7,00		
	50m: 33.62 33.62	150m: 1:46.60	36.55	250m: 3:01.85	37.68	350m: 4:17.99	38.02	
	100m: 1:10.05 36.43	200m: 2:24.17	37.57	300m: 3:39.97	38.12	400m: 4:54.96	36.97	
11.	VILARNOVO SUÁREZ, Noelia	06	S. DEP. BOIRO	4:56.69	-	6,00		
	50m: 32.78 32.78	150m: 1:45.39	36.89	250m: 3:00.76	38.11	350m: 4:18.62	39.19	
	100m: 1:08.50 35.72	200m: 2:22.65	37.26	300m: 3:39.43	38.67	400m: 4:56.69	38.07	
12.	ORTEGO PORTA, Aldara	07	C. N. GALAICO	4:58.57	-	5,00		
	50m: 33.75 33.75	150m: 1:49.95	38.36	250m: 3:07.45	39.07	350m: 4:23.49	37.92	
	100m: 1:11.59 37.84	200m: 2:28.38	38.43	300m: 3:45.57	38.12	400m: 4:58.57	35.08	
13.	NUÑEZ PARDO, Laura	08	VIGO RIAS BAIXAS	5:01.08	-	4,00		
	50m: 35.29 35.29	150m: 1:50.83	37.57	250m: 3:07.09	38.36	350m: 4:23.64	38.35	
	100m: 1:13.26 37.97	200m: 2:28.73	37.90	300m: 3:45.29	38.20	400m: 5:01.08	37.44	



Prueba 3, Fem., 400m Libre, Junior Femenino

Clasificación	AN	Tempo	ABSO	JUNI
14. FERNANDEZ GRATEROL, Sofia Antia	07	PABELLON OURENSE 5:09.16	-	-
50m: 33.80 33.80	150m: 1:51.37	39.59	250m: 3:10.46	39.51
100m: 1:11.78 37.98	200m: 2:30.95	39.58	300m: 3:49.99	39.53
			350m: 4:30.44	40.45
			400m: 5:09.16	38.72
15. MARTINEZ MORAN, Esther	07	C. N. PORTAMIÑA 5:09.37	-	-
50m: 32.87 32.87	150m: 1:50.93	39.91	250m: 3:10.83	40.11
100m: 1:11.02 38.15	200m: 2:30.72	39.79	300m: 3:50.72	39.89
			350m: 4:30.85	40.13
			400m: 5:09.37	38.52
16. MARTIN VEIRA, Alicia	08	C. N. CULLEREDO 5:11.40	-	-
50m: 34.90 34.90	150m: 1:51.16	38.55	250m: 3:09.98	39.76
100m: 1:12.61 37.71	200m: 2:30.22	39.06	300m: 3:50.52	40.54
			350m: 4:31.58	41.06
			400m: 5:11.40	39.82
Baja CUGINI LENCE, Emma	08	C. FLUVIAL LUGO	-	-

Absoluto Femenino

1. CARRON MUIÑA, Carla	05	C. N. PONTEAREAS 4:13.19	19,00	-
50m: 29.19 29.19	150m: 1:32.53	31.74	250m: 2:36.94	31.92
100m: 1:00.79 31.60	200m: 2:05.02	32.49	300m: 3:09.35	32.41
			350m: 3:41.12	31.77
			400m: 4:13.19	32.07
2. MOURENZA ROCHA, Ines	07	C. N. PORTAMIÑA 4:19.27	16,00	19,00
50m: 29.67 29.67	150m: 1:34.51	32.71	250m: 2:40.52	32.85
100m: 1:01.80 32.13	200m: 2:07.67	33.16	300m: 3:13.68	33.16
			350m: 3:46.93	33.25
			400m: 4:19.27	32.34
3. FEIJOO GOMEZ, Eva	04	PABELLON OURENSE 4:26.50	14,00	-
50m: 30.24 30.24	150m: 1:37.29	33.72	250m: 2:44.47	33.74
100m: 1:03.57 33.33	200m: 2:10.73	33.44	300m: 3:18.20	33.73
			350m: 3:52.48	34.28
			400m: 4:26.50	34.02
4. CANDO SANTOS, Raquel	03	C. N. PORTAMIÑA 4:29.85	13,00	-
50m: 30.21 30.21	150m: 1:36.98	33.75	250m: 2:46.16	34.73
100m: 1:03.23 33.02	200m: 2:11.43	34.45	300m: 3:21.41	35.25
			350m: 3:56.40	34.99
			400m: 4:29.85	33.45
5. VILLARNOVO PAZOS, Lucia	08	C. N. FERROL 4:30.06	12,00	16,00
50m: 30.45 30.45	150m: 1:37.72	34.34	250m: 2:46.77	34.49
100m: 1:03.38 32.93	200m: 2:12.28	34.56	300m: 3:21.65	34.88
			350m: 3:56.54	34.89
			400m: 4:30.06	33.52
6. BARROS DA SILVA, Sofia	09	C. N. GALAICO 4:36.01	11,00	-
50m: 31.42 31.42	150m: 1:39.34	34.39	250m: 2:49.34	35.25
100m: 1:04.95 33.53	200m: 2:14.09	34.75	300m: 3:24.82	35.48
			350m: 4:00.67	35.85
			400m: 4:36.01	35.34
7. VEIGA SOUTO, Ana	98	C. N. ARTEIXO 4:39.34	10,00	-
50m: 31.49 31.49	150m: 1:41.46	35.32	250m: 2:52.66	35.53
100m: 1:06.14 34.65	200m: 2:17.13	35.67	300m: 3:28.40	35.74
			350m: 4:04.37	35.97
			400m: 4:39.34	34.97
8. INSUA REY, Carmela	09	A. D. FOGAR 4:40.66	9,00	-
50m: 32.18 32.18	150m: 1:42.29	35.35	250m: 2:53.99	35.83
100m: 1:06.94 34.76	200m: 2:18.16	35.87	300m: 3:30.01	36.02
			350m: 4:06.31	36.30
			400m: 4:40.66	34.35
9. CANALDA RAMOS, Laura	09	C. N. CORUÑA 4:41.35	8,00	-
50m: 31.80 31.80	150m: 1:41.68	35.26	250m: 2:53.23	35.97
100m: 1:06.42 34.62	200m: 2:17.26	35.58	300m: 3:29.50	36.27
			350m: 4:05.88	36.38
			400m: 4:41.35	35.47
10. PARDO CHAS, Eva	04	C. N. FERROL 4:42.73	7,00	-
50m: 31.60 31.60	150m: 1:41.32	35.34	250m: 2:53.51	36.10
100m: 1:05.98 34.38	200m: 2:17.41	36.09	300m: 3:30.06	36.55
			350m: 4:06.96	36.90
			400m: 4:42.73	35.77

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

Clasificación	AN						Tiempo	ABSO	JUNI		
11.	GONZALEZ GONZALEZ, Iara	09	VIGO RIAS BAIXAS	4:43.21	6,00	-					
	50m: 31.48 31.48	150m: 1:42.38	36.08	250m: 2:55.89	36.79	350m: 4:09.82	36.99				
	100m: 1:06.30 34.82	200m: 2:19.10	36.72	300m: 3:32.83	36.94	400m: 4:43.21	33.39				
12.	RODRÍGUEZ RODRÍGUEZ, Paula	08	C. N. ARTEIXO	4:45.45	5,00	14,00					
	50m: 32.01 32.01	150m: 1:42.72	35.84	250m: 2:55.75	36.56	350m: 4:09.14	36.83				
	100m: 1:06.88 34.87	200m: 2:19.19	36.47	300m: 3:32.31	36.56	400m: 4:45.45	36.31				
13.	PARDAVILA DAVILA, Ainoa	08	VIGO RIAS BAIXAS	4:47.11	4,00	13,00					
	50m: 33.25 33.25	150m: 1:44.68	35.66	250m: 2:56.72	36.04	350m: 4:10.36	37.21				
	100m: 1:09.02 35.77	200m: 2:20.68	36.00	300m: 3:33.15	36.43	400m: 4:47.11	36.75				
14.	ALVITE BERGARA, Nerea	99	C. N. ARTEIXO	4:48.74	-	-					
	50m: 33.35 33.35	150m: 1:45.75	36.54	250m: 2:58.67	36.41	350m: 4:11.99	36.91				
	100m: 1:09.21 35.86	200m: 2:22.26	36.51	300m: 3:35.08	36.41	400m: 4:48.74	36.75				
15.	FREIJE TORNEIRO, Aroa	98	C. N. PORTAMIÑA	4:49.69	-	-					
	50m: 31.55 31.55	150m: 1:44.75	37.17	250m: 2:59.76	37.55	350m: 4:14.71	37.31				
	100m: 1:07.58 36.03	200m: 2:22.21	37.46	300m: 3:37.40	37.64	400m: 4:49.69	34.98				
16.	CAMPOS TATO, Uxia	05	PABELLON OURENSE	4:51.02	-	-					
	50m: 31.87 31.87	150m: 1:45.12	37.25	250m: 2:59.97	37.62	350m: 4:14.87	37.57				
	100m: 1:07.87 36.00	200m: 2:22.35	37.23	300m: 3:37.30	37.33	400m: 4:51.02	36.15				
17.	ROCHA GONZALEZ, Gisele	09	C. N. GALAICO	4:52.29	-	-					
	50m: 32.78 32.78	150m: 1:45.23	36.81	250m: 2:59.71	37.43	350m: 4:15.60	38.13				
	100m: 1:08.42 35.64	200m: 2:22.28	37.05	300m: 3:37.47	37.76	400m: 4:52.29	36.69				
18.	BABARRO LOPEZ, Maria	08	PABELLON OURENSE	4:52.57	-	12,00					
	50m: 32.33 32.33	150m: 1:43.54	36.03	250m: 2:57.41	37.10	350m: 4:13.92	38.60				
	100m: 1:07.51 35.18	200m: 2:20.31	36.77	300m: 3:35.32	37.91	400m: 4:52.57	38.65				
19.	MARTÍNEZ NOVOA, Silvia	06	RCN VIGO	4:52.65	-	11,00					
	50m: 33.01 33.01	150m: 1:45.87	37.02	250m: 3:00.18	37.15	350m: 4:15.74	37.73				
	100m: 1:08.85 35.84	200m: 2:23.03	37.16	300m: 3:38.01	37.83	400m: 4:52.65	36.91				
20.	COUCEIRO BARREIRO, Marta	07	SPORTING CASINO	4:53.45	-	10,00					
	50m: 33.77 33.77	150m: 1:47.04	37.02	250m: 3:01.60	37.22	350m: 4:16.68	37.61				
	100m: 1:10.02 36.25	200m: 2:24.38	37.34	300m: 3:39.07	37.47	400m: 4:53.45	36.77				
21.	ILLAN LAMAS, Aroa	10	C. N. PORTAMIÑA	4:53.75	-	-					
	50m: 32.25 32.25	150m: 1:45.76	37.14	250m: 3:01.03	37.90	350m: 4:17.28	37.96				
	100m: 1:08.62 36.37	200m: 2:23.13	37.37	300m: 3:39.32	38.29	400m: 4:53.75	36.47				
22.	PIÑEIRO FERNANDEZ, Antia	08	RCN VIGO	4:53.88	-	9,00					
	50m: 33.16 33.16	150m: 1:46.19	36.71	250m: 2:59.69	36.55	350m: 4:15.93	38.60				
	100m: 1:09.48 36.32	200m: 2:23.14	36.95	300m: 3:37.33	37.64	400m: 4:53.88	37.95				
23.	MUÑOZ GAVINO, Paula	08	C. N. PORTAMIÑA	4:53.97	-	8,00					
	50m: 32.21 32.21	150m: 1:44.38	36.63	250m: 2:59.79	38.05	350m: 4:15.82	37.91				
	100m: 1:07.75 35.54	200m: 2:21.74	37.36	300m: 3:37.91	38.12	400m: 4:53.97	38.15				
24.	CAAMAÑO LOPEZ, Xiana	08	CIDADE SANTIAGO	4:54.96	-	7,00					
	50m: 33.62 33.62	150m: 1:46.60	36.55	250m: 3:01.85	37.68	350m: 4:17.99	38.02				
	100m: 1:10.05 36.43	200m: 2:24.17	37.57	300m: 3:39.97	38.12	400m: 4:54.96	36.97				
25.	VILARNOVO SUÁREZ, Noelia	06	S. DEP. BOIRO	4:56.69	-	6,00					
	50m: 32.78 32.78	150m: 1:45.39	36.89	250m: 3:00.76	38.11	350m: 4:18.62	39.19				
	100m: 1:08.50 35.72	200m: 2:22.65	37.26	300m: 3:39.43	38.67	400m: 4:56.69	38.07				



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

Clasificación	AN						Tiempo	ABSO	JUNI
26. ORTEGO PORTA, Aldara	07	C. N. GALAICO		4:58.57	-	5,00			
50m: 33.75 33.75	150m: 1:49.95	38.36	250m: 3:07.45	39.07	350m: 4:23.49	37.92			
100m: 1:11.59 37.84	200m: 2:28.38	38.43	300m: 3:45.57	38.12	400m: 4:58.57	35.08			
27. SEGOVIA CARBALLO, Paula	00	C. N. FERROL		5:00.90	-	-			
50m: 33.33 33.33	150m: 1:47.23	37.43	250m: 3:05.15	39.23	350m: 4:24.04	39.53			
100m: 1:09.80 36.47	200m: 2:25.92	38.69	300m: 3:44.51	39.36	400m: 5:00.90	36.86			
28. NUÑEZ PARDO, Laura	08	VIGO RIAS BAIXAS		5:01.08	-	4,00			
50m: 35.29 35.29	150m: 1:50.83	37.57	250m: 3:07.09	38.36	350m: 4:23.64	38.35			
100m: 1:13.26 37.97	200m: 2:28.73	37.90	300m: 3:45.29	38.20	400m: 5:01.08	37.44			
29. FERNANDEZ GRATEROL, Sofia Antia	07	PABELLON OURENSE		5:09.16	-	-			
50m: 33.80 33.80	150m: 1:51.37	39.59	250m: 3:10.46	39.51	350m: 4:30.44	40.45			
100m: 1:11.78 37.98	200m: 2:30.95	39.58	300m: 3:49.99	39.53	400m: 5:09.16	38.72			
30. MARTINEZ MORAN, Esther	07	C. N. PORTAMIÑA		5:09.37	-	-			
50m: 32.87 32.87	150m: 1:50.93	39.91	250m: 3:10.83	40.11	350m: 4:30.85	40.13			
100m: 1:11.02 38.15	200m: 2:30.72	39.79	300m: 3:50.72	39.89	400m: 5:09.37	38.52			
31. MARTIN VEIRA, Alicia	08	C. N. CULLEREDO		5:11.40	-	-			
50m: 34.90 34.90	150m: 1:51.16	38.55	250m: 3:09.98	39.76	350m: 4:31.58	41.06			
100m: 1:12.61 37.71	200m: 2:30.22	39.06	300m: 3:50.52	40.54	400m: 5:11.40	39.82			
32. SEOANE BAHILLO, Sara	00	RCN VIGO		5:11.78	-	-			
50m: 33.18 33.18	150m: 1:48.83	38.75	250m: 3:09.34	40.68	350m: 4:31.83	41.34			
100m: 1:10.08 36.90	200m: 2:28.66	39.83	300m: 3:50.49	41.15	400m: 5:11.78	39.95			
Baja CUGINI LENCE, Emma	08	C. FLUVIAL LUGO			-	-			

