

Prueba 2
20/01/2024

Fem., 400m Libre

2004 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1.	1108273 SUAREZ GONZALEZ, Gracia 24 PONTEAREAS	4:41.21	13,00 RG
	50m: 31.38 31.38 150m: 1:40.65 35.20 250m: 2:52.74 36.44 350m: 4:06.21 36.72		
	100m: 1:05.45 34.07 200m: 2:16.30 35.65 300m: 3:29.49 36.75 400m: 4:41.21 35.00		
2.	1144257 FERNANDEZ GONZALEZ, Elena 23 HERCULES	5:31.81	10,00
	50m: 37.69 37.69 150m: 2:00.38 41.79 250m: 3:25.18 42.77 350m: 4:51.61 42.96		
	100m: 1:18.59 40.90 200m: 2:42.41 42.03 300m: 4:08.65 43.47 400m: 5:31.81 40.20		
25+			
1.	1038096 FREIJE TORNEIRO, Aroa 26 PORTAMIÑA	4:50.77	13,00
	50m: 32.44 32.44 150m: 1:46.25 37.68 250m: 3:00.58 36.98 350m: 4:14.48 37.04		
	100m: 1:08.57 36.13 200m: 2:23.60 37.35 300m: 3:37.44 36.86 400m: 4:50.77 36.29		
2.	1038608 SUAREZ GARCIA, Sofía 27 RIASBAIXAS	5:55.29	10,00
	50m: 37.66 37.66 150m: 2:03.08 43.84 250m: 3:37.35 47.51 350m: 5:10.26 45.88		
	100m: 1:19.24 41.58 200m: 2:49.84 46.76 300m: 4:24.38 47.03 400m: 5:55.29 45.03		
30+			
1.	1093459 FRANCO CAL, Alba 33 FLUVIAL	4:40.43	13,00 RG
	50m: 31.23 31.23 150m: 1:40.19 35.07 250m: 2:52.35 36.47 350m: 4:04.77 36.15		
	100m: 1:05.12 33.89 200m: 2:15.88 35.69 300m: 3:28.62 36.27 400m: 4:40.43 35.66		
2.	1040457 FREIJO LÓPEZ, Lucía 32 NCORUÑA	5:53.59	10,00
	50m: 40.38 40.38 150m: 2:08.33 44.42 250m: 3:38.69 45.24 350m: 5:09.19 45.26		
	100m: 1:23.91 43.53 200m: 2:53.45 45.12 300m: 4:23.93 45.24 400m: 5:53.59 44.40		
3.	1143565 ARAÚJO CASTRO, Paula 33 CDELMAR	6:15.77	8,00
	50m: 39.41 39.41 150m: 2:11.27 47.05 250m: 3:48.71 49.11 350m: 5:27.89 49.91		
	100m: 1:24.22 44.81 200m: 2:59.60 48.33 300m: 4:37.98 49.27 400m: 6:15.77 47.88		
4.	1078925 SALGADO CASTELO, Marta 30 MULLEREF	6:21.16	7,00
	50m: 43.63 43.63 150m: 2:19.25 48.78 250m: 3:57.25 48.85 350m: 5:33.72 47.77		
	100m: 1:30.47 46.84 200m: 3:08.40 49.15 300m: 4:45.95 48.70 400m: 6:21.16 47.44		
5.	1218233 SANCHEZ DE LLANO, M. Nieves 32 SCASINO	6:54.12	6,00
	50m: 45.80 45.80 150m: 2:31.26 54.31 250m: 4:18.57 53.15 350m: 6:03.93 51.97		
	100m: 1:36.95 51.15 200m: 3:25.42 54.16 300m: 5:11.96 53.39 400m: 6:54.12 50.19		
6.	1221892 OTERO FERNANDEZ, Maria Luisa 31 SALESTRA	7:13.70	5,00
	50m: 46.41 46.41 150m: 2:33.93 54.63 250m: 4:27.35 56.51 350m: 6:18.83 54.29		
	100m: 1:39.30 52.89 200m: 3:30.84 56.91 300m: 5:24.54 57.19 400m: 7:13.70 54.87		
35+			
1.	1203741 QUEREDA RODRÍGUEZ, Almudena 39 LICEO	5:35.10	13,00
	50m: 37.97 37.97 150m: 2:01.14 42.07 250m: 3:26.35 42.73 350m: 4:52.83 43.51		
	100m: 1:19.07 41.10 200m: 2:43.62 42.48 300m: 4:09.32 42.97 400m: 5:35.10 42.27		
2.	1144948 GONZALEZ PEREZ, Jessica 37 RIASBAIXAS	6:01.44	10,00
	50m: 39.25 39.25 150m: 2:08.50 45.40 250m: 3:41.07 46.47 350m: 5:15.59 47.33		
	100m: 1:23.10 43.85 200m: 2:54.60 46.10 300m: 4:28.26 47.19 400m: 6:01.44 45.85		

Prueba 2, Fem., 400m Libre

40+

1.	1143598 MIRA VAZQUEZ, Marta	43	ESQUALOS	6:03.54	13,00
	50m: 40.81 40.81 150m: 2:11.58 46.10 250m: 3:45.42 47.59 350m: 5:19.44 46.46				
	100m: 1:25.48 44.67 200m: 2:57.83 46.25 300m: 4:32.98 47.56 400m: 6:03.54 44.10				
2.	1143597 SANCHEZ LEDO, Cira	43	ESQUALOS	6:11.18	10,00
	50m: 42.92 42.92 150m: 2:16.32 47.34 250m: 3:50.98 47.45 350m: 5:25.17 46.88				
	100m: 1:28.98 46.06 200m: 3:03.53 47.21 300m: 4:38.29 47.31 400m: 6:11.18 46.01				
3.	1237395 VILARIÑO CACHO, Elvira	43	SALESTRA	6:13.88	8,00
	50m: 43.78 43.78 150m: 2:16.24 46.85 250m: 3:52.05 48.20 350m: 5:28.44 48.33				
	100m: 1:29.39 45.61 200m: 3:03.85 47.61 300m: 4:40.11 48.06 400m: 6:13.88 45.44				
4.	1144200 RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS	6:27.60	7,00
	50m: 40.16 40.16 150m: 2:15.01 49.67 250m: 3:56.85 51.05 350m: 5:38.69 50.14				
	100m: 1:25.34 45.18 200m: 3:05.80 50.79 300m: 4:48.55 51.70 400m: 6:27.60 48.91				
5.	1144598 OLMO VAQUEIRO, Leticia	43	PONTEAREAS	6:31.83	6,00
	50m: 44.35 44.35 150m: 2:22.02 49.53 250m: 4:02.45 50.27 350m: 5:43.67 50.58				
	100m: 1:32.49 48.14 200m: 3:12.18 50.16 300m: 4:53.09 50.64 400m: 6:31.83 48.16				
6.	1222531 FERNANDEZ GONZALEZ, Iria	42	PORTAMIÑA	6:45.42	5,00
	50m: 44.20 44.20 150m: 2:23.93 51.21 250m: 4:09.24 53.22 350m: 5:55.81 53.52				
	100m: 1:32.72 48.52 200m: 3:16.02 52.09 300m: 5:02.29 53.05 400m: 6:45.42 49.61				
7.	1145082 FARIÑA SOUSA, Noemi	41	GALAICO	6:56.10	4,00
	50m: 45.82 45.82 150m: 2:31.27 53.50 250m: 4:18.71 53.67 350m: 6:05.15 53.09				
	100m: 1:37.77 51.95 200m: 3:25.04 53.77 300m: 5:12.06 53.35 400m: 6:56.10 50.95				
8.	1041646 MOLANES PIÑEIRO, Maria Elena	40	PONTEAREAS	6:59.50	3,00
	50m: 46.71 46.71 150m: 2:30.52 53.02 250m: 4:18.01 53.59 350m: 6:06.92 54.79				
	100m: 1:37.50 50.79 200m: 3:24.42 53.90 300m: 5:12.13 54.12 400m: 6:59.50 52.58				
Baja	1075224 BROZOS VAZQUEZ, Elena María	42	CIDSANTIAG	-	-

45+

1.	1143894 DE LORENZO FERNANDEZ, Maria	46	ESQUALOS	6:19.78	13,00
	50m: 42.82 42.82 150m: 2:16.74 47.72 250m: 3:53.87 48.78 350m: 5:31.19 48.62				
	100m: 1:29.02 46.20 200m: 3:05.09 48.35 300m: 4:42.57 48.70 400m: 6:19.78 48.59				
2.	1146893 PRADO FRANCO, Marta E.	45	RIASBAIXAS	6:25.39	10,00
	50m: 40.94 40.94 150m: 2:13.30 47.94 250m: 3:51.21 49.94 350m: 5:35.08 52.24				
	100m: 1:25.36 44.42 200m: 3:01.27 47.97 300m: 4:42.84 51.63 400m: 6:25.39 50.31				
3.	1180238 GARCÍA SEOANE, Cristina María	49	HERCULES	6:36.36	8,00
	50m: 43.22 43.22 150m: 2:20.74 49.67 250m: 4:01.79 50.76 350m: 5:45.92 52.66				
	100m: 1:31.07 47.85 200m: 3:11.03 50.29 300m: 4:53.26 51.47 400m: 6:36.36 50.44				
4.	1040944 VARELA REDONDO, Veronica	49	PONTEAREAS	6:50.04	7,00
	50m: 42.07 42.07 150m: 2:21.67 50.78 250m: 4:08.05 53.85 350m: 5:56.37 53.91				
	100m: 1:30.89 48.82 200m: 3:14.20 52.53 300m: 5:02.46 54.41 400m: 6:50.04 53.67				
5.	1223050 ANDON YAÑEZ, Lorena	46	SCASINO	7:23.89	6,00
	50m: 48.81 48.81 150m: 2:37.52 56.15 250m: 4:34.07 58.35 350m: 6:28.93 58.12				
	100m: 1:41.37 52.56 200m: 3:35.72 58.20 300m: 5:30.81 56.74 400m: 7:23.89 54.96				
6.	1246144 SANCHEZ BARREIRO, Maria Carmen	48	PONTEAREAS	7:58.43	5,00
	50m: 51.99 51.99 150m: 2:51.48 1:01.55 250m: 4:58.47 1:03.96 350m: 7:03.63 1:03.33				
	100m: 1:49.93 57.94 200m: 3:54.51 1:03.03 300m: 6:00.30 1:01.83 400m: 7:58.43 54.80				
7.	1178771 BESADA FERNÁNDEZ, Ana M.	46	PONTEAREAS	8:23.03	4,00
	50m: 51.75 51.75 150m: 2:57.43 1:04.99 250m: 5:09.28 1:05.99 350m: 7:20.84 1:05.59				
	100m: 1:52.44 1:00.69 200m: 4:03.29 1:05.86 300m: 6:15.25 1:05.97 400m: 8:23.03 1:02.19				

Prueba 2, Fem., 400m Libre

50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	5:41.29	13,00
	50m: 38.39 38.39 150m: 2:03.44 43.05 250m: 3:30.64 43.65 350m: 4:58.41 43.76				
	100m: 1:20.39 42.00 200m: 2:46.99 43.55 300m: 4:14.65 44.01 400m: 5:41.29 42.88				
2.	1202971 PEREZ PEREZ, Sonia	52	ESCUALOS	7:00.85	10,00
	50m: 46.20 46.20 150m: 2:32.41 53.73 250m: 4:21.12 53.99 350m: 6:10.42 55.04				
	100m: 1:38.68 52.48 200m: 3:27.13 54.72 300m: 5:15.38 54.26 400m: 7:00.85 50.43				
3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE	7:13.91	8,00
	50m: 47.88 47.88 150m: 2:35.63 55.41 250m: 4:28.68 56.60 350m: 6:20.62 56.08				
	100m: 1:40.22 52.34 200m: 3:32.08 56.45 300m: 5:24.54 55.86 400m: 7:13.91 53.29				
Baja	1145023 SALES MANTIÑAN, Carmen	50	SCASINO	-	-

55+

1.	1058998 MUTILBA OBREGON, Nuria	55	PONTEAREAS	6:14.22	13,00
	50m: 40.55 40.55 150m: 2:12.53 47.33 250m: 3:48.92 48.23 350m: 5:26.56 48.82				
	100m: 1:25.20 44.65 200m: 3:00.69 48.16 300m: 4:37.74 48.82 400m: 6:14.22 47.66				
2.	1147048 REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	6:30.55	10,00
	50m: 44.47 44.47 150m: 2:21.60 49.69 250m: 4:02.13 50.20 350m: 5:41.64 49.52				
	100m: 1:31.91 47.44 200m: 3:11.93 50.33 300m: 4:52.12 49.99 400m: 6:30.55 48.91				
3.	1037970 CALVIÑO CANCELA, Maria Cristina	56	PONTEAREAS	7:00.00	8,00
	50m: 46.14 46.14 150m: 2:31.94 54.01 250m: 4:19.78 54.77 350m: 6:08.52 53.59				
	100m: 1:37.93 51.79 200m: 3:25.01 53.07 300m: 5:14.93 55.15 400m: 7:00.00 51.48				
4.	1199642 GARNACHO GAYARRE, Nuria	55	SCASINO	7:54.24	7,00
	50m: 50.61 50.61 150m: 2:48.64 1:00.35 250m: 4:51.39 1:01.63 350m: 6:56.35 1:02.51				
	100m: 1:48.29 57.68 200m: 3:49.76 1:01.12 300m: 5:53.84 1:02.45 400m: 7:54.24 57.89				

60+

1.	1144331 TERCEIRO DELGADO, María Del Mar	61	CDELMAR	6:07.23	13,00
	50m: 40.75 40.75 150m: 2:12.03 46.97 250m: 3:47.35 47.58 350m: 5:22.52 47.40				
	100m: 1:25.06 44.31 200m: 2:59.77 47.74 300m: 4:35.12 47.77 400m: 6:07.23 44.71				
2.	1170586 OREIRO PAZOS, M. Gloria	64	ARTEIXO	7:48.35	10,00
	50m: 49.70 49.70 150m: 2:46.59 59.52 250m: 4:47.72 1:00.64 350m: 6:49.58 1:00.98				
	100m: 1:47.07 57.37 200m: 3:47.08 1:00.49 300m: 5:48.60 1:00.88 400m: 7:48.35 58.77				
3.	1143893 REBORDA MORILLO, Susana	62	ESCUALOS	8:29.89	8,00
	50m: 56.03 56.03 150m: 3:01.82 1:04.42 250m: 5:12.42 1:05.28 350m: 7:23.98 1:05.33				
	100m: 1:57.40 1:01.37 200m: 4:07.14 1:05.32 300m: 6:18.65 1:06.23 400m: 8:29.89 1:05.91				
4.	1144231 PEREZ GALLARDO, Teresa	60	POURENSE	9:16.47	7,00
	50m: 1:03.55 1:03.55 150m: 3:23.30 1:10.43 250m: 5:45.95 1:10.49 350m: 8:06.91 1:10.17				
	100m: 2:12.87 1:09.32 200m: 4:35.46 1:12.16 300m: 6:56.74 1:10.79 400m: 9:16.47 1:09.56				

65+

1.	1076494 SUEIRO COSTAS, M ^a Carmen	68	PONTEAREAS	10:55.42	13,00
	50m: 1:10.16 1:10.16 150m: 3:58.86 1:25.65 250m: 6:48.22 1:24.06 350m: 9:34.10 1:21.99				
	100m: 2:33.21 1:23.05 200m: 5:24.16 1:25.30 300m: 8:12.11 1:23.89 400m: 10:55.42 1:21.32				