

Prueba 3
10/03/2024

Fem., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1140814 PARDO CHAS, Eva	04	NFERROL	18:29.35	13,00
	50m: 35.27 35.27 200m: 2:24.96 1:13.70 800m: 9:49.54 4:55.97				
	100m: 1:11.26 35.99 400m: 4:53.57 2:28.61 1500m: 18:29.35 8:39.81				
2.	1144257 FERNANDEZ GONZALEZ, Elena	01	HERCULES	21:50.60	10,00
	50m: 41.83 41.83 200m: 2:53.06 1:28.25 800m: 11:46.57 5:54.25				
	100m: 1:24.81 42.98 400m: 5:52.32 2:59.26 1500m: 21:50.60 10:04.03				
30+					
1.	1143565 ARAÚJO CASTRO, Paula	91	CDELMAR	24:15.15	13,00
	50m: 42.46 42.46 200m: 3:03.77 1:36.00 800m: 12:49.59 6:29.60				
	100m: 1:27.77 45.31 400m: 6:19.99 3:16.22 1500m: 24:15.15 11:25.56				
2.	1078925 SALGADO CASTELO, Marta	94	MULLEREF	25:04.28	10,00
	50m: 46.41 46.41 200m: 3:14.22 1:38.84 800m: 13:35.74 6:57.64				
	100m: 1:35.38 48.97 400m: 6:38.10 3:23.88 1500m: 25:04.28 11:28.54				
35+					
1.	1040731 GESTO ALONSO, Clarisa	89	PONTEAREAS	24:02.53	13,00
	50m: 43.38 43.38 200m: 3:03.81 1:38.24 800m: 12:48.03 6:31.04				
	100m: 1:25.57 42.19 400m: 6:16.99 3:13.18 1500m: 24:02.53 11:14.50				
2.	1036315 LOPEZ CORTABITARTE, Belen	87	HERCULES	26:08.23	10,00
	50m: 48.76 48.76 200m: 3:20.21 1:42.18 800m: 13:46.65 6:59.20				
	100m: 1:38.03 49.27 400m: 6:47.45 3:27.24 1500m: 26:08.23 12:21.58				
Baja	1144894 VINAGRE SENDINO, Cora	88	CASINO		-
40+					
1.	1013486 GONZALEZ RODRIGUEZ, Maria	82	CIDSANTIAGO	19:51.08	13,00
	50m: 36.46 36.46 200m: 2:31.43 1:17.41 800m: 10:29.89 5:19.78				
	100m: 1:14.02 37.56 400m: 5:10.11 2:38.68 1500m: 19:51.08 9:21.19				
2.	1143598 MIRA VAZQUEZ, Marta	81	ESCUALOS	24:04.67	10,00
	50m: 43.74 43.74 200m: 3:05.74 1:35.12 800m: 12:48.84 6:29.58				
	100m: 1:30.62 46.88 400m: 6:19.26 3:13.52 1500m: 24:04.67 11:15.83				
3.	1143597 SANCHEZ LEDO, Cira	81	ESCUALOS	24:53.88	8,00
	50m: 48.63 48.63 200m: 3:16.61 1:39.75 800m: 13:20.53 6:43.11				
	100m: 1:36.86 48.23 400m: 6:37.42 3:20.81 1500m: 24:53.88 11:33.35				
4.	1145082 FARIÑA SOUSA, Noemi	83	GALAICO	26:37.35	7,00
	50m: 48.22 48.22 200m: 3:26.19 1:45.98 800m: 14:09.55 7:09.48				
	100m: 1:40.21 51.99 400m: 7:00.07 3:33.88 1500m: 26:37.35 12:27.80				
45+					
1.	1180238 GARCÍA SEOANE, Cristina María	75	HERCULES	25:21.01	13,00
	50m: 58.84 58.84 200m: 3:26.23 1:39.32 800m: 13:29.23 6:43.00				
	100m: 1:46.91 48.07 400m: 6:46.23 3:20.00 1500m: 25:21.01 11:51.78				
2.	1197606 CARBALLO BALOIRA, Susana María	75	HERCULES	29:04.87	10,00
	50m: 48.66 48.66 200m: 3:37.55 1:54.41 800m: 15:19.90 7:51.05				
	100m: 1:43.14 54.48 400m: 7:28.85 3:51.30 1500m: 29:04.87 13:44.97				

Prueba 3, Fem., 1500m Libre

50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	22:12.75	13,00
	50m: 41.14 41.14 200m: 2:52.58 1:28.22 800m: 11:47.64 5:56.50				
	100m: 1:24.36 43.22 400m: 5:51.14 2:58.56 1500m: 22:12.75 10:25.11				
2.	1197600 SANDERSON KEOUGH, Helen Jane	70	CULLEREDO	25:00.71	10,00
	50m: 45.07 45.07 200m: 3:12.82 1:40.49 800m: 13:22.34 6:46.97				
	100m: 1:32.33 47.26 400m: 6:35.37 3:22.55 1500m: 25:00.71 11:38.37				

55+

1.	1145007 MELON PARENTE, M. Lourdes	69	PONTEAREAS	34:58.14	13,00
	50m: 1:08.55 1:08.55 200m: 4:38.77 2:19.66 800m: 18:39.18 9:20.47				
	100m: 2:19.11 1:10.56 400m: 9:18.71 4:39.94 1500m: 34:58.14 16:18.96				

60+

1.	1144331 TERCEIRO DELGADO, María Del Mar	63	CDELMAR	24:12.47	13,00
	50m: 44.41 44.41 200m: 3:08.49 1:36.20 800m: 12:53.14 6:30.71				
	100m: 1:32.29 47.88 400m: 6:22.43 3:13.94 1500m: 24:12.47 11:19.33				
2.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	31:00.84	10,00
	50m: 51.58 51.58 200m: 3:43.53 1:57.34 800m: 16:10.79 8:23.50				
	100m: 1:46.19 54.61 400m: 7:47.29 4:03.76 1500m: 31:00.84 14:50.05				