

Prueba 3
09/03/2025

Fem., 1500m Libre

20 años y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
25+					
1.	1266318 GORDILLO VAN GILS, Silvia	29	NTNARON	24:20.58	13,00
	50m: 43.35 43.35 200m: 3:03.77 1:34.62 800m: 12:48.09 6:31.53				
	100m: 1:29.15 45.80 400m: 6:16.56 3:12.79 1500m: 24:20.58 11:32.49				
2.	1145008 GONZALEZ PEREZ, Paula	29	PONTEAREAS	27:06.77	10,00
	50m: 46.15 46.15 200m: 3:19.88 1:44.48 800m: 14:27.91 7:33.84				
	100m: 1:35.40 49.25 400m: 6:54.07 3:34.19 1500m: 27:06.77 12:38.86				
30+					
1.	1093459 FRANCO CAL, Alba	34	ASMEIGAS	18:43.37	13,00 RG
	50m: 34.88 34.88 200m: 2:24.29 1:13.69 800m: 9:51.98 4:58.16				
	100m: 1:10.60 35.72 400m: 4:53.82 2:29.53 1500m: 18:43.37 8:51.39				
35+					
1.	1144894 VINAGRE SENDINO, Cora	37	SCASINO	22:46.26	13,00
	50m: 38.82 38.82 200m: 2:53.18 1:30.35 800m: 11:57.10 6:02.63				
	100m: 1:22.83 44.01 400m: 5:54.47 3:01.29 1500m: 22:46.26 10:49.16				
2.	1144592 ACUÑA MELLA, Maria	37	PONTEAREAS	30:57.91	10,00
	50m: 54.11 54.11 200m: 3:54.68 2:02.05 800m: 16:31.66 8:24.76				
	100m: 1:52.63 58.52 400m: 8:06.90 4:12.22 1500m: 30:57.91 14:26.25				
Baja	1036315 LOPEZ CORTABITARTE, Belen	38	SCASINO		-
40+					
1.	1075221 HERMIDA RODRIGUEZ, Blanca	44	NFERROL	19:36.02	13,00 RG
	50m: 36.89 36.89 200m: 2:33.48 1:18.05 800m: 10:20.45 5:11.69				
	100m: 1:15.43 38.54 400m: 5:08.76 2:35.28 1500m: 19:36.02 9:15.57				
50+					
1.	1147115 HERNANDEZ ALFAGEME, Rita	54	GALAICO	22:48.00	13,00
	50m: 41.30 41.30 200m: 2:52.41 1:28.36 800m: 11:57.24 6:06.09				
	100m: 1:24.05 42.75 400m: 5:51.15 2:58.74 1500m: 22:48.00 10:50.76				
2.	1180238 GARCIA SEOANE, Cristina Maria	50	HERCULES	25:11.12	10,00
	50m: 46.15 46.15 200m: 3:15.04 1:38.45 800m: 13:16.98 6:44.04				
	100m: 1:36.59 50.44 400m: 6:32.94 3:17.90 1500m: 25:11.12 11:54.14				
55+					
1.	1037970 CALVIÑO CANCELA, Maria Cristina	57	PONTEAREAS	26:54.33	13,00
	50m: 48.74 48.74 200m: 3:27.87 1:47.17 800m: 14:20.45 7:15.46				
	100m: 1:40.70 51.96 400m: 7:04.99 3:37.12 1500m: 26:54.33 12:33.88				
2.	1145007 MELON PARENTE, M. Lourdes	56	PONTEAREAS	36:14.76	10,00
	50m: 1:14.38 1:14.38 200m: 4:53.45 2:26.71 800m: 19:29.05 9:43.18				
	100m: 2:26.74 1:12.36 400m: 9:45.87 4:52.42 1500m: 36:14.76 16:45.71				

Prueba 3, Fem., 1500m Libre

60+

1.	1039437	BALADO LOPEZ, Ana Maria	64	POURENSE	26:05.32	13,00
	50m:	48.92 48.92	200m:	3:20.82 1:41.45	800m:	13:48.22 7:01.50
	100m:	1:39.37 50.45	400m:	6:46.72 3:25.90	1500m:	26:05.32 12:17.10

65+

1.	1143622	OTERO LOPEZ, Maria Elisa	65	POURENSE	30:34.87	13,00 RG
	50m:	55.73 55.73	200m:	3:59.32 1:59.34	800m:	16:11.42 8:12.15
	100m:	1:59.98 1:04.25	400m:	7:59.27 3:59.95	1500m:	30:34.87 14:23.45