

3 - Domingo, 30 de Noviembre de 2025

30/11/2025 - 9:30

Prueba 26 30/11/2025	Fem., 400m Libre			Open femenino Resultados
RG	4:04.11	, GOMEZ CORTES, BEATRIZ	GALAICO	24/11/2012
MMG 17	4:06.89	, GOMEZ CORTES, BEATRIZ	GALAICO	17/12/2011
MMG 16	4:07.55	, CARRON MUIÑA, CARLA	ARZUA	25/11/2021
MMG 15	4:11.35	, OTERO FERNÁNDEZ, PAULA	ARTEIXO	14/11/2019
MMG 14	4:14.18	, VILAS VIDAL, MARIA	RIVEIRA	29/12/2010

Clasificación	Edad		Tiempo		PUNTOS	
1. MOURENZA ROCHA, Ines	18	PORTMIÑA	4:25.39	35,00		
50m: 30.07 30.07	150m: 1:35.86 33.09	250m: 2:43.61 33.80	350m: 3:51.85 33.99			
100m: 1:02.77 32.70	200m: 2:09.81 33.95	300m: 3:17.86 34.25	400m: 4:25.39 33.54			
2. CANDO SANTOS, Raquel	22	PORTMIÑA	4:26.66	32,00		
50m: 30.31 30.31	150m: 1:36.00 33.20	250m: 2:43.98 34.11	350m: 3:53.10 34.61			
100m: 1:02.80 32.49	200m: 2:09.87 33.87	300m: 3:18.49 34.51	400m: 4:26.66 33.56			
3. BORRAZAS RODRIGUEZ, Noa	17	SCASINO	4:33.36	30,00		
50m: 31.53 31.53	150m: 1:40.88 34.68	250m: 2:49.22 33.86	350m: 3:59.08 35.04			
100m: 1:06.20 34.67	200m: 2:15.36 34.48	300m: 3:24.04 34.82	400m: 4:33.36 34.28			
4. ORTIZ DE GUINEA BASTON, Alba	28	PONTEAREAS	4:36.80	29,00		
50m: 31.18 31.18	150m: 1:39.96 34.71	250m: 2:50.94 35.58	350m: 4:02.45 35.84			
100m: 1:05.25 34.07	200m: 2:15.36 35.40	300m: 3:26.61 35.67	400m: 4:36.80 34.35			
5. HERNAEZ GONZALEZ, Paula	17	CULLEREDO	4:37.15	28,00		
50m: 31.55 31.55	150m: 1:40.51 34.76	250m: 2:51.14 35.43	350m: 4:02.42 35.60			
100m: 1:05.75 34.20	200m: 2:15.71 35.20	300m: 3:26.82 35.68	400m: 4:37.15 34.73			
6. BLANCO ROUCO, Carmen	19	RBAIXAS	4:38.87	27,00		
50m: 31.79 31.79	150m: 1:40.45 34.54	250m: 2:51.46 35.71	350m: 4:03.69 36.15			
100m: 1:05.91 34.12	200m: 2:15.75 35.30	300m: 3:27.54 36.08	400m: 4:38.87 35.18			
7. SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	4:40.03	26,00		
50m: 30.67 30.67	150m: 1:40.08 35.26	250m: 2:52.19 36.10	350m: 4:05.31 36.42			
100m: 1:04.82 34.15	200m: 2:16.09 36.01	300m: 3:28.89 36.70	400m: 4:40.03 34.72			
8. VICENTINI, Sofia Chiara	22	CIDSANTI	4:44.26	25,00		
50m: 32.42 32.42	150m: 1:44.14 36.12	250m: 2:56.49 35.99	350m: 4:09.02 36.35			
100m: 1:08.02 35.60	200m: 2:20.50 36.36	300m: 3:32.67 36.18	400m: 4:44.26 35.24			
9. RODRIGUEZ HUERTAS, Iria	26	FLUVLUGO	4:45.02	24,00		
50m: 31.98 31.98	150m: 1:41.92 35.34	250m: 2:54.71 36.66	350m: 4:09.20 37.37			
100m: 1:06.58 34.60	200m: 2:18.05 36.13	300m: 3:31.83 37.12	400m: 4:45.02 35.82			
10. RODRIGUEZ RODRIGUEZ, Paula	17	ARTEIXO	4:46.16	23,00		
50m: 32.76 32.76	150m: 1:44.51 36.21	250m: 2:57.53 36.50	350m: 4:10.54 36.47			
100m: 1:08.30 35.54	200m: 2:21.03 36.52	300m: 3:34.07 36.54	400m: 4:46.16 35.62			
11. SUAREZ DOSIL, Claudia	18	ARTEIXO	4:51.35	22,00		
50m: 32.82 32.82	150m: 1:45.17 36.49	250m: 2:59.77 37.47	350m: 4:15.02 37.78			
100m: 1:08.68 35.86	200m: 2:22.30 37.13	300m: 3:37.24 37.47	400m: 4:51.35 36.33			
12. TUBIO SUEIRO, Rita	14	BOIRO	4:53.16	21,00		
50m: 32.74 32.74	150m: 1:45.33 36.96	250m: 3:00.10 37.72	350m: 4:15.95 37.93			
100m: 1:08.37 35.63	200m: 2:22.38 37.05	300m: 3:38.02 37.92	400m: 4:53.16 37.21			
13. HERMIDA ALONSO, Antia	17	MOS	4:54.57	20,00		
50m: 33.36 33.36	150m: 1:47.60 37.47	250m: 3:03.13 37.87	350m: 4:18.10 37.29			
100m: 1:10.13 36.77	200m: 2:25.26 37.66	300m: 3:40.81 37.68	400m: 4:54.57 36.47			

Prueba 26, Fem., 400m Libre, Open femenino

Clasificación	Edad	Tiempo	PUNTOS
14. FEAL DEVESA, Carlota	16	4:55.99	19,00
50m: 33.82 33.82 150m: 1:47.36 37.24 250m: 3:01.88 36.76 350m: 4:18.30 38.44			
100m: 1:10.12 36.30 200m: 2:25.12 37.76 300m: 3:39.86 37.98 400m: 4:55.99 37.69			
15. VILARNOVO SUAREZ, Noelia	19	4:58.02	18,00
50m: 33.20 33.20 150m: 1:47.43 37.69 250m: 3:03.26 37.91 350m: 4:20.75 38.98			
100m: 1:09.74 36.54 200m: 2:25.35 37.92 300m: 3:41.77 38.51 400m: 4:58.02 37.27			
16. CABANAS DEL RIO, Carla	16	4:58.18	17,00
50m: 32.84 32.84 150m: 1:47.36 37.70 250m: 3:03.81 38.30 350m: 4:20.69 38.37			
100m: 1:09.66 36.82 200m: 2:25.51 38.15 300m: 3:42.32 38.51 400m: 4:58.18 37.49			
17. CANEIRO PEREIRA, Tatiana	13	5:00.43	16,00
50m: 33.71 33.71 150m: 1:49.75 38.44 250m: 3:06.90 38.26 350m: 4:23.11 38.17			
100m: 1:11.31 37.60 200m: 2:28.64 38.89 300m: 3:44.94 38.04 400m: 5:00.43 37.32			
18. BUSTO LOPEZ, Ana	21	5:00.56	15,00
50m: 31.87 31.87 150m: 1:45.32 37.71 250m: 3:01.99 38.72 350m: 4:20.30 39.52			
100m: 1:07.61 35.74 200m: 2:23.27 37.95 300m: 3:40.78 38.79 400m: 5:00.56 40.26			
19. LEDO BARRIOS, Ana	14	5:02.61	14,00
50m: 33.82 33.82 150m: 1:49.16 37.95 250m: 3:06.61 38.87 350m: 4:24.50 39.07			
100m: 1:11.21 37.39 200m: 2:27.74 38.58 300m: 3:45.43 38.82 400m: 5:02.61 38.11			
20. REY CONESA, Carolina	21	5:03.00	13,00
50m: 33.58 33.58 150m: 1:48.90 38.22 250m: 3:06.24 38.49 350m: 4:23.99 38.83			
100m: 1:10.68 37.10 200m: 2:27.75 38.85 300m: 3:45.16 38.92 400m: 5:03.00 39.01			
21. GARCIA RODRIGUEZ, Andrea	15	5:08.65	12,00
50m: 33.77 33.77 150m: 1:50.67 39.47 250m: 3:09.05 39.73 350m: 4:29.44 40.51			
100m: 1:11.20 37.43 200m: 2:29.32 38.65 300m: 3:48.93 39.88 400m: 5:08.65 39.21			
22. LEIVAS ROCA, Candela	20	5:10.06	11,00
50m: 34.91 34.91 150m: 1:53.10 39.46 250m: 3:11.61 38.52 350m: 4:31.36 40.00			
100m: 1:13.64 38.73 200m: 2:33.09 39.99 300m: 3:51.36 39.75 400m: 5:10.06 38.70			
23. NALLE BEJES, Carol	15	5:20.22	10,00
50m: 34.00 34.00 150m: 1:51.66 39.55 250m: 3:14.48 41.40 350m: 4:38.33 42.31			
100m: 1:12.11 38.11 200m: 2:33.08 41.42 300m: 3:56.02 41.54 400m: 5:20.22 41.89			
24. GARRIDO BARCIELA, Valeria	14	5:26.48	9,00
50m: 36.34 36.34 150m: 2:00.31 42.42 250m: 3:23.87 42.09 350m: 4:46.64 41.77			
100m: 1:17.89 41.55 200m: 2:41.78 41.47 300m: 4:04.87 41.00 400m: 5:26.48 39.84			
25. YAÑEZ AMENEIRO, Cloe	14	5:31.58	8,00
50m: 35.34 35.34 150m: 1:57.54 42.20 250m: 3:24.05 43.56 350m: 4:51.28 43.55			
100m: 1:15.34 40.00 200m: 2:40.49 42.95 300m: 4:07.73 43.68 400m: 5:31.58 40.30			
26. TABOADA CODESIDO, Lucia	15	5:37.69	7,00
50m: 36.04 36.04 150m: 1:58.79 41.51 250m: 3:25.87 43.87 350m: 4:54.20 44.03			
100m: 1:17.28 41.24 200m: 2:42.00 43.21 300m: 4:10.17 44.30 400m: 5:37.69 43.49			
WDR COBELAS ALVAREZ, Laura	14	POURENSE	-
WDR GUERRA RODRIGUEZ, Zaida	15	POURENSE	-