

Prueba 3
27/12/2025

Fem., 400m Libre

Absoluto Femenino
Resultados

RG	4:04.11	, GOMEZ CORTES, BEATRIZ	GALAICO	2012
RC	4:10.82	, GOMEZ CORTES, BEATRIZ	GALAICO	2019
MMG 18	4:04.11	, GOMEZ CORTES, BEATRIZ	GALAICO	2012
MMG 17	4:06.89	, GOMEZ CORTES, BEATRIZ	GALAICO	2011
MMG 16	4:07.55	, CARRON MUIÑA, CARLA	ARZUA	2021
MMG 15	4:11.35	, OTERO FERNÁNDEZ, PAULA	ARTEIXO	2019
MMG 14	4:14.18	, VILAS VIDAL, MARIA	RIVEIRA	2010
MMG 13	4:26.99	, DE LA FUENTE FIAÑO, ANE	LICEO	2014

Clasificación

Edad

Tiempo

ABSOJUNI

1.	BARROS DA SILVA, Sofia	16	C. N. GALAICO	4:20.56	19,00						
	50m: 30.06 30.06	150m: 1:34.44	32.25	250m: 2:39.85	32.90	350m: 3:46.98	33.72				
	100m: 1:02.19 32.13	200m: 2:06.95	32.51	300m: 3:13.26	33.41	400m: 4:20.56	33.58				
2.	CANDO SANTOS, Raquel	22	C. N. PORTAMIÑA	4:22.65	16,00						
	50m: 30.18 30.18	150m: 1:34.87	32.45	250m: 2:41.42	33.44	350m: 3:49.25	33.97				
	100m: 1:02.42 32.24	200m: 2:07.98	33.11	300m: 3:15.28	33.86	400m: 4:22.65	33.40				
3.	SANTAS VAZQUEZ, Laura	16	C. N. PORTAMIÑA	4:24.83	14,00						
	50m: 30.90 30.90	150m: 1:36.88	33.29	250m: 2:43.80	33.39	350m: 3:51.24	33.88				
	100m: 1:03.59 32.69	200m: 2:10.41	33.53	300m: 3:17.36	33.56	400m: 4:24.83	33.59				
4.	VILLARNOVO PAZOS, Lucia	17	C. N. FERROL	4:33.17	13,00						
	50m: 30.72 30.72	150m: 1:38.07	34.06	250m: 2:47.67	34.82	350m: 3:58.23	35.37				
	100m: 1:04.01 33.29	200m: 2:12.85	34.78	300m: 3:22.86	35.19	400m: 4:33.17	34.94				
5.	RODRIGUEZ HUERTAS, Iria	26	C. FLUVIAL LUGO	4:37.10	12,00						
	50m: 31.17 31.17	150m: 1:38.54	33.49	250m: 2:48.36	35.03	350m: 4:01.86	37.12				
	100m: 1:05.05 33.88	200m: 2:13.33	34.79	300m: 3:24.74	36.38	400m: 4:37.10	35.24				
6.	PARDO CHAS, Eva	21	C. N. FERROL	4:38.29	11,00						
	50m: 31.02 31.02	150m: 1:40.47	34.99	250m: 2:51.09	35.19	350m: 4:03.52	36.50				
	100m: 1:05.48 34.46	200m: 2:15.90	35.43	300m: 3:27.02	35.93	400m: 4:38.29	34.77				
7.	HERNAEZ GONZALEZ, Paula	17	C. N. CULLEREDO	4:38.96	10,00						
	50m: 31.16 31.16	150m: 1:40.49	35.09	250m: 2:51.39	35.65	350m: 4:03.76	36.55				
	100m: 1:05.40 34.24	200m: 2:15.74	35.25	300m: 3:27.21	35.82	400m: 4:38.96	35.20				
8.	BLANCO ROUCO, Carmen	19	VIGO RIAS BAIXAS	4:39.04	9,00						
	50m: 31.84 31.84	150m: 1:40.59	34.41	250m: 2:51.11	35.48	350m: 4:03.41	36.33				
	100m: 1:06.18 34.34	200m: 2:15.63	35.04	300m: 3:27.08	35.97	400m: 4:39.04	35.63				
9.	RODRIGUEZ RODRIGUEZ, Paula	17	C. N. ARTEIXO	4:41.17	8,00						
	50m: 32.26 32.26	150m: 1:42.35	35.50	250m: 2:53.70	35.76	350m: 4:05.86	36.16				
	100m: 1:06.85 34.59	200m: 2:17.94	35.59	300m: 3:29.70	36.00	400m: 4:41.17	35.31				
10.	VEIGA SOUTO, Ana	27	C. DEL MAR	4:41.24	7,00						
	50m: 31.68 31.68	150m: 1:41.02	35.21	250m: 2:52.90	35.85	350m: 4:05.79	36.52				
	100m: 1:05.81 34.13	200m: 2:17.05	36.03	300m: 3:29.27	36.37	400m: 4:41.24	35.45				
11.	LOPEZ FERNANDEZ, Patricia	13	C. N. PORTAMIÑA	4:44.41	-						
	50m: 31.99 31.99	150m: 1:41.92	35.69	250m: 2:55.06	36.49	350m: 4:08.23	36.69				
	100m: 1:06.23 34.24	200m: 2:18.57	36.65	300m: 3:31.54	36.48	400m: 4:44.41	36.18				
12.	INSUA REY, Carmela	16	A. D. FOGAR	4:44.64	5,00						
	50m: 31.92 31.92	150m: 1:42.10	35.56	250m: 2:55.21	36.69	350m: 4:08.27	37.12				
	100m: 1:06.54 34.62	200m: 2:18.52	36.42	300m: 3:31.15	35.94	400m: 4:44.64	36.37				
13.	ORTIZ ESPARZA, Silvia	13	C. N. LICEO	4:44.93	4,00						
	50m: 30.92 30.92	150m: 1:41.96	36.06	250m: 2:55.15	36.64	350m: 4:09.24	37.13				
	100m: 1:05.90 34.98	200m: 2:18.51	36.55	300m: 3:32.11	36.96	400m: 4:44.93	35.69				

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

Clasificación	Edad				Tiempo				ABSOJUNI	
14. FERREIRO FIGUEIRAS, Noa	14	A. D. FOGAR			4:45.95	3,00				
50m: 31.46 31.46	150m: 1:42.21	36.01	250m: 2:55.69	36.93	350m: 4:09.78	36.85				
100m: 1:06.20 34.74	200m: 2:18.76	36.55	300m: 3:32.93	37.24	400m: 4:45.95	36.17				
15. GERVENO PRADA, Eva	14	SPORTING CASINO			4:46.64	2,00				
50m: 32.21 32.21	150m: 1:42.43	35.59	250m: 2:54.26	35.84	350m: 4:09.00	37.53				
100m: 1:06.84 34.63	200m: 2:18.42	35.99	300m: 3:31.47	37.21	400m: 4:46.64	37.64				
16. MUÑOZ GAVINO, Paula	17	C. N. PORTAMIÑA			4:48.53	-				
50m: 31.52 31.52	150m: 1:41.88	35.83	250m: 2:55.87	37.31	350m: 4:11.06	37.30				
100m: 1:06.05 34.53	200m: 2:18.56	36.68	300m: 3:33.76	37.89	400m: 4:48.53	37.47				
17. ALVITE BERGARA, Nerea	26	C. N. ARTEIXO			4:49.89	-				
50m: 33.20 33.20	150m: 1:45.85	36.69	250m: 2:59.09	36.40	350m: 4:13.70	37.85				
100m: 1:09.16 35.96	200m: 2:22.69	36.84	300m: 3:35.85	36.76	400m: 4:49.89	36.19				
18. CASTRO CIDRAS, Alba	15	C. N. GALAICO			4:49.92	-				
50m: 31.93 31.93	150m: 1:43.52	36.24	250m: 2:57.88	37.20	350m: 4:13.18	37.93				
100m: 1:07.28 35.35	200m: 2:20.68	37.16	300m: 3:35.25	37.37	400m: 4:49.92	36.74				
19. RAMOS PEREZ, Rocio Del Carmen	13	C. N. FERROL			4:51.70	-				
50m: 32.53 32.53	150m: 1:43.51	36.38	250m: 2:58.35	37.52	350m: 4:14.73	38.17				
100m: 1:07.13 34.60	200m: 2:20.83	37.32	300m: 3:36.56	38.21	400m: 4:51.70	36.97				
20. PARDAVILA DAVILA, Ainoa	17	VIGO RIAS BAIXAS			4:52.20	-				
50m: 33.83 33.83	150m: 1:46.42	36.62	250m: 3:00.42	37.19	350m: 4:15.60	37.79				
100m: 1:09.80 35.97	200m: 2:23.23	36.81	300m: 3:37.81	37.39	400m: 4:52.20	36.60				
21. SAAVEDRA BUIDE, Paula	18	C. N. PORTAMIÑA			4:52.87	-				
50m: 33.46 33.46	150m: 1:46.25	36.67	250m: 3:00.57	37.40	350m: 4:15.79	37.71				
100m: 1:09.58 36.12	200m: 2:23.17	36.92	300m: 3:38.08	37.51	400m: 4:52.87	37.08				
22. RODRIGUEZ SUAREZ, Iria	18	C. N. CULLEREDO			4:53.22	-				
50m: 34.00 34.00	150m: 1:47.21	37.01	250m: 3:01.86	37.31	350m: 4:16.92	37.78				
100m: 1:10.20 36.20	200m: 2:24.55	37.34	300m: 3:39.14	37.28	400m: 4:53.22	36.30				
23. GUERRA RODRIGUEZ, Zaida	15	PABELLON OURENSE			4:53.27	-				
50m: 32.44 32.44	150m: 1:45.40	36.94	250m: 3:00.46	37.76	350m: 4:16.49	38.02				
100m: 1:08.46 36.02	200m: 2:22.70	37.30	300m: 3:38.47	38.01	400m: 4:53.27	36.78				
24. CARRASCO DE CASTRO, Marina	15	C. MARINA FERROL			4:54.84	-				
50m: 32.96 32.96	150m: 1:46.79	37.23	250m: 3:02.19	37.60	350m: 4:17.47	37.49				
100m: 1:09.56 36.60	200m: 2:24.59	37.80	300m: 3:39.98	37.79	400m: 4:54.84	37.37				
25. FEAL DEVESA, Carlota	16	C. N. CULLEREDO			4:59.01	-				
50m: 34.00 34.00	150m: 1:48.51	37.81	250m: 3:04.51	37.98	350m: 4:21.19	38.08				
100m: 1:10.70 36.70	200m: 2:26.53	38.02	300m: 3:43.11	38.60	400m: 4:59.01	37.82				
26. ABUIN RAMOS, Laura	14	C. N. PORTAMIÑA			5:00.45	-				
50m: 33.09 33.09	150m: 1:46.30	36.93	250m: 3:02.05	38.11	350m: 4:21.64	40.55				
100m: 1:09.37 36.28	200m: 2:23.94	37.64	300m: 3:41.09	39.04	400m: 5:00.45	38.81				
27. COUCEIRO BARREIRO, Marta	18	SPORTING CASINO			5:00.46	-				
50m: 33.71 33.71	150m: 1:47.55	37.67	250m: 3:03.53	38.32	350m: 4:21.84	39.38				
100m: 1:09.88 36.17	200m: 2:25.21	37.66	300m: 3:42.46	38.93	400m: 5:00.46	38.62				
28. BLANCO IGLESIAS, Carmen	17	CIDADE SANTIAGO			5:00.58	-				
50m: 34.24 34.24	150m: 1:49.57	38.04	250m: 3:06.40	38.26	350m: 4:23.42	38.59				
100m: 1:11.53 37.29	200m: 2:28.14	38.57	300m: 3:44.83	38.43	400m: 5:00.58	37.16				
WDR CEBEY FIDALGO, Iraide	14	C. N. LICEO			-	-				