

1 - Sábado, 10 de Enero de 2026

10/01/2026 - 10:00

Prueba 18
10/01/2026

Fem., 400m Libre

2006 y mayores
Resultados

Clasificación				Edad					Tiempo	Puntos
20+										
1.	1194207	VALIÑO FERRAZ, Tatyana		23	PONTEAREAS				5:54.35	13,00
	50m:	40.75	40.75	150m:	2:10.80	45.38	250m:	3:41.29	45.66	350m: 5:12.46 45.71
	100m:	1:25.42	44.67	200m:	2:55.63	44.83	300m:	4:26.75	45.46	400m: 5:54.35 41.89
25+										
1.	1054495	SEGOVIA CARBALLO, Paula		26	NTNARON				5:07.66	13,00
	50m:	34.22	34.22	150m:	1:50.84	38.72	250m:	3:09.47	39.30	350m: 4:29.04 39.70
	100m:	1:12.12	37.90	200m:	2:30.17	39.33	300m:	3:49.34	39.87	400m: 5:07.66 38.62
2.	1037965	COSTA FERNANDEZ, Laura		25	PONTEAREAS				5:39.59	10,00
	50m:	37.64	37.64	150m:	2:03.62	43.35	250m:	3:31.54	44.19	350m: 4:59.30 44.08
	100m:	1:20.27	42.63	200m:	2:47.35	43.73	300m:	4:15.22	43.68	400m: 5:39.59 40.29
3.	1144257	FERNANDEZ GONZALEZ, Elena		25	HERCULES				5:47.24	8,00
	50m:	38.99	38.99	150m:	2:07.07	44.46	250m:	3:37.49	45.54	350m: 5:05.64 43.96
	100m:	1:22.61	43.62	200m:	2:51.95	44.88	300m:	4:21.68	44.19	400m: 5:47.24 41.60
4.	1079877	LAGO COMESAÑA, Raquel		27	CNMOS				6:23.34	7,00
	50m:	38.99	38.99	150m:	2:11.75	47.81	250m:	3:51.36	50.06	350m: 5:34.18 52.10
	100m:	1:23.94	44.95	200m:	3:01.30	49.55	300m:	4:42.08	50.72	400m: 6:23.34 49.16
5.	1284671	LAMAS RODRIGUEZ, Nevía Aureliana		28	C. N. As Meigas				6:24.05	6,00
	50m:	44.51	44.51	150m:	2:23.01	50.04	250m:	4:03.25	49.85	350m: 5:42.30 49.22
	100m:	1:32.97	48.46	200m:	3:13.40	50.39	300m:	4:53.08	49.83	400m: 6:24.05 41.75
WDR	1101513	POLO GIL, Paula		29	C. N. As Meigas					-
30+										
1.	1116506	RAMOS LOBO, Raquel		33	PORTAMIÑA				5:11.80	13,00
	50m:	34.19	34.19	150m:	1:51.46	39.43	250m:	3:11.60	40.19	350m: 4:32.61 40.58
	100m:	1:12.03	37.84	200m:	2:31.41	39.95	300m:	3:52.03	40.43	400m: 5:11.80 39.19
2.	1266318	GORDILLO VAN GILS, Silvia		30	NTNARON				6:18.35	10,00
	50m:	40.79	40.79	150m:	2:14.87	48.12	250m:	3:53.46	49.58	350m: 5:32.11 49.17
	100m:	1:26.75	45.96	200m:	3:03.88	49.01	300m:	4:42.94	49.48	400m: 6:18.35 46.24
3.	1078925	SALGADO CASTELO, Marta		32	MULLEREF				6:40.48	8,00
	50m:	45.67	45.67	150m:	2:27.62	50.98	250m:	4:09.89	51.22	350m: 5:51.75 50.63
	100m:	1:36.64	50.97	200m:	3:18.67	51.05	300m:	5:01.12	51.23	400m: 6:40.48 48.73
4.	1257939	PUENTE MARIN, Cristina		31	FLUVIAL				7:12.07	7,00
	50m:	47.70	47.70	150m:	2:34.96	54.60	250m:	4:25.51	54.70	350m: 6:16.44 56.05
	100m:	1:40.36	52.66	200m:	3:30.81	55.85	300m:	5:20.39	54.88	400m: 7:12.07 55.63
35+										
1.	1144894	VINAGRE SENDINO, Cora		38	LICEO				5:42.99	13,00
	50m:	38.24	38.24	150m:	2:05.38	43.84	250m:	3:33.86	44.02	350m: 5:01.92 43.95
	100m:	1:21.54	43.30	200m:	2:49.84	44.46	300m:	4:17.97	44.11	400m: 5:42.99 41.07
2.	1144948	GONZALEZ PEREZ, Jessica		39	RIASBAIXAS				5:59.60	10,00
	50m:	39.88	39.88	150m:	2:09.55	45.29	250m:	3:41.88	46.52	350m: 5:14.73 46.20
	100m:	1:24.26	44.38	200m:	2:55.36	45.81	300m:	4:28.53	46.65	400m: 5:59.60 44.87

Prueba 18, Fem., 400m Libre, 35+

Clasificación							Edad				Tiempo	Puntos
3.	1036315	LOPEZ CORTABITARTE, Belen					39	SCASINO			6:24.13	8,00
	50m:	46.74	46.74	150m:	2:23.01	48.26	250m:	3:59.98	48.59	350m:	5:37.38	48.62
	100m:	1:34.75	48.01	200m:	3:11.39	48.38	300m:	4:48.76	48.78	400m:	6:24.13	46.75
4.	1129917	MURAS MORA, Andrea					37	CIDSANTIAG			6:33.33	7,00
	50m:	44.03	44.03	150m:	2:20.51	49.02	250m:	4:00.53	50.55	350m:	5:43.15	51.40
	100m:	1:31.49	47.46	200m:	3:09.98	49.47	300m:	4:51.75	51.22	400m:	6:33.33	50.18
5.	1258330	BEN CILLERO, Natalia					37	C. N. As Meigas			9:06.28	6,00
	50m:	55.79	55.79	150m:	3:05.86	1:08.19	250m:	5:29.65	1:12.90	350m:	7:55.71	1:12.68
	100m:	1:57.67	1:01.88	200m:	4:16.75	1:10.89	300m:	6:43.03	1:13.38	400m:	9:06.28	1:10.57
WDR	1260386	FRANCO CAL, Sonia					39	C. N. As Meigas				-

40+

1.	1075496	BARBEITO DOMINGUEZ, Marta				42	SCASINO				5:11.15	13,00
	50m:	35.52	35.52	150m:	1:53.85	39.44	250m:	3:13.03	39.47	350m:	4:32.67	39.56
	100m:	1:14.41	38.89	200m:	2:33.56	39.71	300m:	3:53.11	40.08	400m:	5:11.15	38.48
2.	1203741	QUEREDA RODRIGUEZ, Almudena				41	LICEO				5:40.11	10,00
	50m:	39.23	39.23	150m:	2:04.83	43.14	250m:	3:31.53	43.18	350m:	4:58.16	43.23
	100m:	1:21.69	42.46	200m:	2:48.35	43.52	300m:	4:14.93	43.40	400m:	5:40.11	41.95
3.	1274254	VAZQUEZ DUARTE, Cristina				40	RIASBAIXAS				6:19.15	8,00
	50m:	42.12	42.12	150m:	2:16.77	48.21	250m:	3:54.67	49.23	350m:	5:32.26	48.95
	100m:	1:28.56	46.44	200m:	3:05.44	48.67	300m:	4:43.31	48.64	400m:	6:19.15	46.89
4.	1041646	MOLANES PIÑEIRO, Maria Elena				42	PONTEAREAS				7:10.86	7,00
	50m:	46.44	46.44	150m:	2:34.41	54.95	250m:	4:24.36	54.93	350m:	6:16.35	55.68
	100m:	1:39.46	53.02	200m:	3:29.43	55.02	300m:	5:20.67	56.31	400m:	7:10.86	54.51

45+

1.	1237395	VILARIÑO CACHO, Elvira					45	SALESTRA			5:35.36	13,00
	50m:	38.56	38.56	150m:	2:03.06	42.48	250m:	3:28.42	42.65	350m:	4:53.94	42.72
	100m:	1:20.58	42.02	200m:	2:45.77	42.71	300m:	4:11.22	42.80	400m:	5:35.36	41.42
2.	1144598	OLMO VAQUEIRO, Leticia					45	PONTEAREAS			6:32.13	10,00
	50m:	43.07	43.07	150m:	2:20.17	49.30	250m:	4:01.02	50.28	350m:	5:42.93	50.85
	100m:	1:30.87	47.80	200m:	3:10.74	50.57	300m:	4:52.08	51.06	400m:	6:32.13	49.20
3.	1253184	ABELLEIRA CORRAL, Gema					46	MULLEREF			8:02.90	8,00
	50m:	52.15	52.15	150m:	2:51.10	1:01.14	250m:	4:55.92	1:02.61	350m:	7:02.61	1:03.19
	100m:	1:49.96	57.81	200m:	3:53.31	1:02.21	300m:	5:59.42	1:03.50	400m:	8:02.90	1:00.29
4.	1178771	BESADA FERNANDEZ, Ana Maria					48	PONTEAREAS			8:30.52	7,00
	50m:	49.75	49.75	150m:	2:56.11	1:05.71	250m:	5:10.16	1:06.66	350m:	7:25.44	1:06.85
	100m:	1:50.40	1:00.65	200m:	4:03.50	1:07.39	300m:	6:18.59	1:08.43	400m:	8:30.52	1:05.08

50+

1.	1078902	AZANZA MORENO, Cristina					50	MULLEREF			5:43.27	13,00
	50m:	38.35	38.35	150m:	2:05.44	44.24	250m:	3:34.16	44.13	350m:	5:01.93	43.56
	100m:	1:21.20	42.85	200m:	2:50.03	44.59	300m:	4:18.37	44.21	400m:	5:43.27	41.34
2.	1040944	VARELA REDONDO, Veronica					51	PONTEAREAS			6:18.55	10,00
	50m:	41.89	41.89	150m:	2:15.77	47.53	250m:	3:53.47	49.48	350m:	5:31.38	49.13
	100m:	1:28.24	46.35	200m:	3:03.99	48.22	300m:	4:42.25	48.78	400m:	6:18.55	47.17
3.	1180238	GARCIA SEOANE, Cristina Maria					51	LICEO			6:33.83	8,00
	50m:	43.19	43.19	150m:	2:20.05	49.12	250m:	4:00.30	50.23	350m:	5:43.22	52.15
	100m:	1:30.93	47.74	200m:	3:10.07	50.02	300m:	4:51.07	50.77	400m:	6:33.83	50.61

Prueba 18, Fem., 400m Libre, 50+

Clasificación	Edad								Tiempo		Puntos	
4.	1250484	VAZQUEZ GONZALEZ, Yolanda				50	C. N. Valdeorras		8:44.68	7,00		
	50m:	55.35	55.35	150m:	3:01.98	1:05.75	250m:	5:22.98	1:12.75	350m:	7:40.63	1:08.15
	100m:	1:56.23	1:00.88	200m:	4:10.23	1:08.25	300m:	6:32.48	1:09.50	400m:	8:44.68	1:04.05
55+												
1.	1037970	CALVIÑO CANCELA, Maria Cristina				58	PONTEAREAS		7:03.88	13,00		
	50m:	46.41	46.41	150m:	2:34.28	54.24	250m:	4:24.55	55.07	350m:	6:12.67	53.88
	100m:	1:40.04	53.63	200m:	3:29.48	55.20	300m:	5:18.79	54.24	400m:	7:03.88	51.21
2.	1143584	FERNANDEZ SESTELO, Maria Jose				56	PONTEAREAS		8:23.11	10,00		
	50m:	51.24	51.24	150m:	3:00.68	1:07.71	250m:	5:10.07	1:04.38	350m:	7:19.86	1:04.36
	100m:	1:52.97	1:01.73	200m:	4:05.69	1:05.01	300m:	6:15.50	1:05.43	400m:	8:23.11	1:03.25
3.	1076154	ABREU FERNANDEZ, Marta				55	PONTEAREAS		8:34.69	-		
	50m:	53.09	53.09	150m:	2:57.96	1:04.65	250m:	5:13.30	1:07.60	350m:	7:27.91	1:08.19
	100m:	1:53.31	1:00.22	200m:	4:05.70	1:07.74	300m:	6:19.72	1:06.42	400m:	8:34.69	1:06.78
60+												
1.	1269270	REY OTERO, Angela Maria				60	MULLEREF		8:15.63	13,00		
	50m:	53.31	53.31	150m:	2:58.72	1:03.92	250m:	5:07.25	1:04.02	350m:	7:15.67	1:04.30
	100m:	1:54.80	1:01.49	200m:	4:03.23	1:04.51	300m:	6:11.37	1:04.12	400m:	8:15.63	59.96
2.	1260384	CAL FERNANDEZ, Monica Catalina				62	C. N. As Meigas		8:51.09	10,00		
	50m:	1:00.03	1:00.03	150m:	3:11.65	1:05.97	250m:	5:27.21	1:08.07	350m:	7:43.93	1:08.70
	100m:	2:05.68	1:05.65	200m:	4:19.14	1:07.49	300m:	6:35.23	1:08.02	400m:	8:51.09	1:07.16
WDR	1145099	LOPEZ MAHIA, Purificacion				63	HERCULES					-
65+												
1.	1079307	CHAMOSA MARTIN, Julia				65	RIASBAIXAS		6:26.20	13,00		
	50m:	43.05	43.05	150m:	2:21.25	49.71	250m:	4:00.56	49.73	350m:	5:39.52	49.42
	100m:	1:31.54	48.49	200m:	3:10.83	49.58	300m:	4:50.10	49.54	400m:	6:26.20	46.68
2.	1143622	OTERO LOPEZ, Maria Elisa				66	POURENSE		7:55.22	10,00		
	50m:	53.58	53.58	150m:	2:53.68	1:00.94	250m:	4:56.21	1:00.36	350m:	6:56.90	59.96
	100m:	1:52.74	59.16	200m:	3:55.85	1:02.17	300m:	5:56.94	1:00.73	400m:	7:55.22	58.32