

Prueba 21
11/01/2026

Fem., 400m Estilos

2006 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1.	1143299 EIJO GIL, Naiara	20 PONTEAREAS	5:29.29 13,00
	50m: 34.24 34.24 150m: 1:55.20 42.02 250m: 3:23.92 47.66 350m: 4:51.24 39.54		
	100m: 1:13.18 38.94 200m: 2:36.26 41.06 300m: 4:11.70 47.78 400m: 5:29.29 38.05		
2.	1194207 VALIÑO FERRAZ, Tatyana	23 PONTEAREAS	6:35.29 10,00
	50m: 45.77 45.77 150m: 2:28.14 48.69 250m: 4:11.55 54.71 350m: 5:51.51 45.58		
	100m: 1:39.45 53.68 200m: 3:16.84 48.70 300m: 5:05.93 54.38 400m: 6:35.29 43.78		
30+			
1.	1116506 RAMOS LOBO, Raquel	33 PORTAMIÑA	5:53.05 13,00
	50m: 37.95 37.95 150m: 2:08.02 45.86 250m: 3:42.75 49.98 350m: 5:14.45 40.63		
	100m: 1:22.16 44.21 200m: 2:52.77 44.75 300m: 4:33.82 51.07 400m: 5:53.05 38.60		
2.	1145008 GONZALEZ PEREZ, Paula	30 PONTEAREAS	7:27.96 10,00
	50m: 51.77 51.77 150m: 2:51.87 57.90 250m: 4:47.67 59.76 350m: 6:40.92 51.83		
	100m: 1:53.97 1:02.20 200m: 3:47.91 56.04 300m: 5:49.09 1:01.42 400m: 7:27.96 47.04		
35+			
1.	1144894 VINAGRE SENDINO, Cora	38 LICEO	6:28.43 13,00
	50m: 40.85 40.85 150m: 2:18.46 48.95 250m: 4:03.05 55.85 350m: 5:45.35 46.23		
	100m: 1:29.51 48.66 200m: 3:07.20 48.74 300m: 4:59.12 56.07 400m: 6:28.43 43.08		
2.	1040731 GESTO ALONSO, Clarisa	37 PONTEAREAS	7:27.38 10,00
	50m: 52.39 52.39 150m: 2:50.54 57.63 250m: 4:50.54 1:05.18 350m: 6:45.30 49.61		
	100m: 1:52.91 1:00.52 200m: 3:45.36 54.82 300m: 5:55.69 1:05.15 400m: 7:27.38 42.08		
3.	1250482 RODRIGUEZ DE DIOS, Amparo	39 C. N. Valdeorras	7:29.12 8,00
	50m: 49.49 49.49 150m: 2:45.52 57.88 250m: 4:47.11 1:05.15 350m: 6:40.84 50.71		
	100m: 1:47.64 58.15 200m: 3:41.96 56.44 300m: 5:50.13 1:03.02 400m: 7:29.12 48.28		
45+			
1.	1143598 MIRA VAZQUEZ, Marta	45 ESCUALOS	7:03.47 13,00
	50m: 51.05 51.05 150m: 2:46.45 56.79 250m: 4:36.93 53.45 350m: 6:20.52 47.25		
	100m: 1:49.66 58.61 200m: 3:43.48 57.03 300m: 5:33.27 56.34 400m: 7:03.47 42.95		
2.	1264778 VAZQUEZ LOPEZ, Eva	49 MULLEREF	9:18.90 10,00
	50m: 1:04.74 1:04.74 150m: 3:38.31 1:17.29 250m: 6:01.92 1:14.68 350m: 8:19.59 1:01.16		
	100m: 2:21.02 1:16.28 200m: 4:47.24 1:08.93 300m: 7:18.43 1:16.51 400m: 9:18.90 59.31		
50+			
1.	1171727 GARCIA RODRIGUEZ, Teresa	54 PORTAMIÑA	8:52.34 13,00
	50m: 1:00.43 1:00.43 150m: 3:24.87 1:16.54 250m: 5:47.82 1:10.79 350m: 7:56.52 58.65		
	100m: 2:08.33 1:07.90 200m: 4:37.03 1:12.16 300m: 6:57.87 1:10.05 400m: 8:52.34 55.82		
DSQ	1180238 GARCIA SEOANE, Cristina Maria	51 LICEO	-
	<i>Nado irregular</i>		

Prueba 21, Fem., 400m Estilos

55+

1.	1197600 SANDERSON KEOUGH, Helen Jane	56	CULLEREDO	7:04.98	13,00
	50m: 46.97 46.97	150m: 2:35.63 57.04	250m: 4:29.43 59.11	350m: 6:18.94 49.53	
	100m: 1:38.59 51.62	200m: 3:30.32 54.69	300m: 5:29.41 59.98	400m: 7:04.98 46.04	
2.	1145007 MELON PARENTE, Maria Lourdes	57	PONTEAREAS	12:04.28	10,00
	50m: 1:33.00 1:33.00	150m: 4:50.49 1:34.92	250m: 8:00.64 1:40.27	350m: 10:52.87 1:12.32	
	100m: 3:15.57 1:42.57	200m: 6:20.37 1:29.88	300m: 9:40.55 1:39.91	400m: 12:04.28 1:11.41	

60+

1.	1076172 GARCIA COLOMO, Maria Cristina	64	POURENSE	7:31.16	13,00
	50m: 52.82 52.82	150m: 2:52.48 57.26	250m: 4:52.72 1:05.63	350m: 6:45.21 46.87	
	100m: 1:55.22 1:02.40	200m: 3:47.09 54.61	300m: 5:58.34 1:05.62	400m: 7:31.16 45.95	