

1 - Sábado, 10 de Enero de 2026

10/01/2026 - 10:00

Prueba 4
10/01/2026

Fem., 200m Braza

2006 y mayores
Resultados

Clasificación					Edad					Tiempo	Puntos
20+											
1.	1267340	VIEZZOLI, Cecilia			23	RCNVIGO				3:05.64	13,00
	50m:	42.41	42.41	100m:	1:29.62	47.21	150m:	2:17.43	47.81	200m:	3:05.64 48.21
2.	1194207	VALIÑO FERRAZ, Tatyana			23	PONTEAREAS				3:25.21	10,00
	50m:	46.70	46.70	100m:	1:38.93	52.23	150m:	2:32.19	53.26	200m:	3:25.21 53.02
25+											
1.	1037851	ALVITE BERGARA, Nerea			27	ARTEIXO				3:00.45	13,00
	50m:	42.17	42.17	100m:	1:28.13	45.96	150m:	2:14.28	46.15	200m:	3:00.45 46.17
2.	1113219	IGLESIAS LOPEZ, Maria			25	CULLEREDO				3:09.62	10,00
	50m:	42.84	42.84	100m:	1:30.39	47.55	150m:	2:19.60	49.21	200m:	3:09.62 50.02
3.	1054495	SEGOVIA CARBALLO, Paula			26	NTNARON				3:20.34	8,00
	50m:	45.73	45.73	100m:	1:35.95	50.22	150m:	2:27.65	51.70	200m:	3:20.34 52.69
4.	1228048	ALVAREZ SOUTO, Claudia			25	PONTEAREAS				3:25.47	7,00
	50m:	46.62	46.62	100m:	1:38.99	52.37	150m:	2:33.16	54.17	200m:	3:25.47 52.31
5.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria			25	PORTAMIÑA				3:57.66	6,00
	50m:	49.78	49.78	100m:	1:49.82	1:00.04	150m:	2:54.10	1:04.28	200m:	3:57.66 1:03.56
6.	1259711	FERNANDEZ ESCURIS, Iria			29	C.N. Riveira				4:07.80	5,00
	50m:	54.24	54.24	100m:	1:57.89	1:03.65	150m:	3:04.03	1:06.14	200m:	4:07.80 1:03.77
30+											
1.	1041452	BEN CILLERO, Sabela			34	C. N. As Meigas				3:14.84	13,00
	50m:	44.60	44.60	100m:	1:33.65	49.05	150m:	2:24.34	50.69	200m:	3:14.84 50.50
2.	1284670	BATISTA CORTES, Laura			30	C. N. As Meigas				3:57.87	10,00
	50m:	54.15	54.15	100m:	1:53.38	59.23	150m:	2:55.47	1:02.09	200m:	3:57.87 1:02.40
3.	1257939	PUENTE MARIN, Cristina			31	FLUVIAL				4:00.84	8,00
	50m:	52.68	52.68	100m:	1:53.25	1:00.57	150m:	2:56.54	1:03.29	200m:	4:00.84 1:04.30
4.	1240953	SIMOIS MORAIS, Yolanda			32	SALESTRA				4:37.10	7,00
	50m:	58.37	58.37	100m:	2:09.63	1:11.26	150m:	3:24.75	1:15.12	200m:	4:37.10 1:12.35
DSQ	1191499	GONZALEZ MACIA, Alba			32	MONFORTE					-
		<i>Salida irregular</i>									
35+											
1.	1249165	CIDRAS ANGEL, Iria			36	NCORUÑA				3:02.36	13,00
	50m:	40.27	40.27	100m:	1:26.05	45.78	150m:	2:13.51	47.46	200m:	3:02.36 48.85
2.	1284727	GONZALEZ NUNEZ, Cristina			39	RCNVIGO				4:00.03	10,00
	50m:	54.10	54.10	100m:	1:54.48	1:00.38	150m:	2:56.86	1:02.38	200m:	4:00.03 1:03.17

Prueba 4, Fem., 200m Braza

40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria				44	CIDSANTIAG			3:08.15	13,00	
	50m:	41.67	41.67	100m:	1:28.40	46.73	150m:	2:17.97	49.57	200m:	3:08.15	50.18
2.	1146780	DURAN VEIRAS, Raquel				42	ARTEIXO			3:16.35	10,00	
	50m:	44.19	44.19	100m:	1:34.03	49.84	150m:	2:25.24	51.21	200m:	3:16.35	51.11
3.	1243130	TORRE GONZALEZ, Elisa				41	RIASBAIXAS			3:28.37	8,00	
	50m:	45.90	45.90	100m:	1:39.06	53.16	150m:	2:34.44	55.38	200m:	3:28.37	53.93

45+

1.	1253184	ABELLEIRA CORRAL, Gema	46	MULLEREF	4:33.98	13,00			
	50m:	1:01.41	1:01.41	100m: 2:09.03	1:07.62	150m: 3:20.80	1:11.77	200m: 4:33.98	1:13.18

50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	3:32.41	13,00						
	50m:	48.15	48.15	100m:	1:41.44	53.29	150m:	2:36.60	55.16	200m:	3:32.41	55.81
2.	1261398	DIEGUEZ SANMARTIN, M.	50	SALESTRA	4:00.41	10,00						
	50m:	54.36	54.36	100m:	1:55.70	1:01.34	150m:	2:58.77	1:03.07	200m:	4:00.41	1:01.64
3.	1246144	SANCHEZ BARREIRO, Maria Carmen	50	PONTEAREAS	4:24.64	8,00						
	50m:	1:02.83	1:02.83	100m:	2:09.94	1:07.11	150m:	3:10.08	1:00.14	200m:	4:24.64	1:14.56

55+

1.	1197600	SANDERSON KEOUGH, Helen Jane	56	CULLEREDO					3:28.75	15,00	RG	
	50m:	47.74	47.74	100m:	1:40.49	52.75	150m:	2:34.74	54.25	200m:	3:28.75	54.01
2.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL					4:00.08	10,00		
	50m:	54.11	54.11	100m:	1:55.35	1:01.24	150m:	2:58.37	1:03.02	200m:	4:00.08	1:01.71
3.	1287796	MAURIZ ABUIN, Maria Del Mar	57	MULLEREF					4:17.63	8,00		
	50m:	1:00.85	1:00.85	100m:	2:05.36	1:04.51	150m:	3:11.10	1:05.74	200m:	4:17.63	1:06.53

60+

1.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	4:46.44	13,00			
	50m:	59.18	59.18	100m: 2:14.18	1:15.00	150m: 3:10.14	55.96	200m: 4:46.44	1:36.30

65+

1.	1039437	BALADO LOPEZ, Ana Maria					65	POURENSE			3:43.41	15,00	RG
	50m:	48.25	48.25	100m:	1:44.41	56.16	150m:	2:43.43	59.02	200m:	3:43.41	59.98	
2.	1170586	OREIRO PAZOS, Maria Gloria					66	ARTEIXO			4:29.58	10,00	
	50m:	1:00.14	1:00.14	100m:	2:10.90	1:10.76	150m:	3:21.45	1:10.55	200m:	4:29.58	1:08.13	
3.	1217937	RODRIGUEZ TRONCOSO, Marina					67	PONTEAREAS			5:06.10	8,00	
	50m:	1:08.04	1:08.04	100m:	2:27.13	1:19.09	150m:	3:46.93	1:19.80	200m:	5:06.10	1:19.17	

70+

1.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL	5:17.60	15,00	RG		
	50m:	1:12.42	1:12.42	100m: 2:34.94	1:22.52	150m: 3:56.82	1:21.88	200m: 5:17.60	1:20.78
2.	1249213	GUARDIOLA MEDEL, Nuria	70	PONTEAREAS	5:59.51	10,00			
	50m:	1:16.90	1:16.90	100m: 2:47.56	1:30.66	150m: 4:23.21	1:35.65	200m: 5:59.51	1:36.30