

Prueba 77
07/06/2026

Fem., 400m Libre

Júnior-Sénior Feminina
Resultados

RG	4:10.13	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	29/06/2017
MMG 18	4:12.52	, CARRON MUIÑA, CARLA	PONTEARE	02/04/2023
MMG 17	4:10.13	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	29/06/2017
MMG 16	4:15.31	, OTERO FERNÁNDEZ, PAULA	ARTEIXO	05/12/2020

Puntos: AQUA 2025

Clasificación	AN						Tiempo		clas	WAQ		
Junior Feminina												
1.	RODRIGUEZ RODRIGUEZ, Paula					08	ARTEIXO		4:46.15	26,00	556	
	50m:	32.66	32.66	150m:	1:44.20	36.25	250m:	2:57.08	36.52	350m:	4:10.72	36.84
	100m:	1:07.95	35.29	200m:	2:20.56	36.36	300m:	3:33.88	36.80	400m:	4:46.15	35.43
2.	CASTRO CIDRAS, Alba					10	GALAICO		4:50.34	22,00	532	
	50m:	33.00	33.00	150m:	1:46.97	37.45	250m:	3:01.12	37.15	350m:	4:15.51	36.58
	100m:	1:09.52	36.52	200m:	2:23.97	37.00	300m:	3:38.93	37.81	400m:	4:50.34	34.83
3.	HERNAEZ GONZALEZ, Paula					08	CULLEREDO		4:55.95	19,00	503	
	50m:	33.54	33.54	150m:	1:47.03	37.25	250m:	3:03.60	38.38	350m:	4:19.95	37.42
	100m:	1:09.78	36.24	200m:	2:25.22	38.19	300m:	3:42.53	38.93	400m:	4:55.95	36.00
4.	PARDAVILA DAVILA, Ainoa					08	RIASBAIXAS		5:04.64	17,00	461	
	50m:	35.84	35.84	150m:	1:52.06	38.30	250m:	3:09.19	38.51	350m:	4:26.44	38.72
	100m:	1:13.76	37.92	200m:	2:30.68	38.62	300m:	3:47.72	38.53	400m:	5:04.64	38.20
5.	BLANCO IGLESIAS, Carmen					08	CIDSANTI		5:05.92	16,00	455	
	50m:	34.85	34.85	150m:	1:52.45	39.34	250m:	3:10.99	38.97	350m:	4:28.87	38.61
	100m:	1:13.11	38.26	200m:	2:32.02	39.57	300m:	3:50.26	39.27	400m:	5:05.92	37.05
6.	INFESTAS CARAZO, Claudia					08	GALAICO		5:09.17	15,00	441	
	50m:	33.90	33.90	150m:	1:51.50	39.26	250m:	3:10.89	39.81	350m:	4:30.18	39.60
	100m:	1:12.24	38.34	200m:	2:31.08	39.58	300m:	3:50.58	39.69	400m:	5:09.17	38.99
7.	MARTINEZ GARCIA, Uxia					09	RIASBAIXAS		5:11.72	14,00	430	
	50m:	34.35	34.35	150m:	1:52.48	39.27	250m:	3:12.34	39.82	350m:	4:32.00	39.68
	100m:	1:13.21	38.86	200m:	2:32.52	40.04	300m:	3:52.32	39.98	400m:	5:11.72	39.72

Sénior Feminina

1. PARDO CHAS, Eva	04	NFERROL	4:46.30	26,00	555
50m: 31.93 31.93 150m: 1:43.96 36.31 250m: 2:57.36 36.57 350m: 4:11.45 36.95					
100m: 1:07.65 35.72 200m: 2:20.79 36.83 300m: 3:34.50 37.14 400m: 4:46.30 34.85					
2. ORTIZ DE GUINEA BASTON, Alba	97	PONTEAREAS	4:50.31	22,00	532
50m: 31.89 31.89 150m: 1:44.27 36.78 250m: 2:59.27 37.76 350m: 4:14.51 37.31					
100m: 1:07.49 35.60 200m: 2:21.51 37.24 300m: 3:37.20 37.93 400m: 4:50.31 35.80					
3. MOURENZA ROCHA, Ines	07	PORTAMIÑA	5:07.62	19,00	447
50m: 31.48 31.48 150m: 1:47.81 40.05 250m: 3:11.48 44.69 350m: 4:33.07 35.78					
100m: 1:07.76 36.28 200m: 2:26.79 38.98 300m: 3:57.29 45.81 400m: 5:07.62 34.55					