

Prueba 18
13/06/2026

Fem., 400m Libre

2006 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
25+			
1. 1038503 COTOS SUAREZ, Ana	29 CIDSANTIAGO	5:14.10	13,00
50m: 35.89 35.89 150m: 1:55.14 40.56	250m: 3:15.09 39.69	350m: 4:34.75 39.86	
100m: 1:14.58 38.69 200m: 2:35.40 40.26	300m: 3:54.89 39.80	400m: 5:14.10 39.35	
2. 1037965 COSTA FERNANDEZ, Laura	25 PONTEAREAS	5:30.78	10,00
50m: 36.36 36.36 150m: 2:00.62 43.00	250m: 3:25.29 42.24	350m: 4:50.39 42.25	
100m: 1:17.62 41.26 200m: 2:43.05 42.43	300m: 4:08.14 42.85	400m: 5:30.78 40.39	
3. 1039634 LAGO CASTILLO, Natalia	27 NCORUÑA	5:34.18	8,00
50m: 37.98 37.98 150m: 2:02.16 42.41	250m: 3:28.22 42.96	350m: 4:55.00 43.51	
100m: 1:19.75 41.77 200m: 2:45.26 43.10	300m: 4:11.49 43.27	400m: 5:34.18 39.18	
4. 1263196 CASTRO BLANCO, Brenda	26 ESCUALOS	6:42.44	7,00
50m: 46.29 46.29 150m: 2:26.65 50.66	250m: 4:08.96 51.24	350m: 5:53.43 52.01	
100m: 1:35.99 49.70 200m: 3:17.72 51.07	300m: 5:01.42 52.46	400m: 6:42.44 49.01	
30+			
1. 1078925 SALGADO CASTELO, Marta	32 MULLEREF	6:45.05	13,00
50m: 48.83 48.83 150m: 2:33.25 52.48	250m: 4:16.20 50.92	350m: 5:56.80 49.61	
100m: 1:40.77 51.94 200m: 3:25.28 52.03	300m: 5:07.19 50.99	400m: 6:45.05 48.25	
35+			
1. 1144948 GONZALEZ PEREZ, Jessica	39 RBAIXAS	6:03.74	13,00
50m: 40.32 40.32 150m: 2:10.91 45.59	250m: 3:43.86 46.82	350m: 5:18.15 47.25	
100m: 1:25.32 45.00 200m: 2:57.04 46.13	300m: 4:30.90 47.04	400m: 6:03.74 45.59	
2. 1129917 MURAS MORA, Andrea	37 CIDSANTIAGO	6:16.91	10,00
50m: 43.24 43.24 150m: 2:15.73 46.19	250m: 3:50.27 47.70	350m: 5:26.90 49.18	
100m: 1:29.54 46.30 200m: 3:02.57 46.84	300m: 4:37.72 47.45	400m: 6:16.91 50.01	
3. 1143565 ARAUJO CASTRO, Paula	35 CDELMAR	6:23.82	8,00
50m: 41.14 41.14 150m: 2:14.80 48.30	250m: 3:53.15 49.84	350m: 5:33.66 50.15	
100m: 1:26.50 45.36 200m: 3:03.31 48.51	300m: 4:43.51 50.36	400m: 6:23.82 50.16	
4. 1250482 RODRIGUEZ DE DIOS, Amparo	39 VALDEORRAS	6:34.13	7,00
50m: 43.61 43.61 150m: 2:20.43 49.64	250m: 4:02.82 51.53	350m: 5:45.49 51.27	
100m: 1:30.79 47.18 200m: 3:11.29 50.86	300m: 4:54.22 51.40	400m: 6:34.13 48.64	
DSQ 1036315 LOPEZ CORTABITARTE, Belen	39 CASINOC		-
<i>Nado irregular</i>			
40+			
1. 1075496 BARBEITO DOMINGUEZ, Marta	42 CASINOC	5:22.69	13,00
50m: 35.98 35.98 150m: 1:56.35 40.63	250m: 3:17.58 40.44	350m: 4:40.86 41.72	
100m: 1:15.72 39.74 200m: 2:37.14 40.79	300m: 3:59.14 41.56	400m: 5:22.69 41.83	
2. 1076543 RODRIGUEZ PEREZ, Vanesa	40 RBAIXAS	5:52.05	10,00
50m: 42.61 42.61 150m: 2:12.08 44.88	250m: 3:41.59 44.46	350m: 5:09.22 43.36	
100m: 1:27.20 44.59 200m: 2:57.13 45.05	300m: 4:25.86 44.27	400m: 5:52.05 42.83	

Prueba 18, Fem., 400m Libre

45+

1.	1237395 VILARIÑO CACHO, Elvira	45	SALVESTRADA	5:33.98	13,00
	50m: 38.68 38.68 150m: 2:03.48 42.64 250m: 3:29.18 42.79 350m: 4:53.57 42.03				
	100m: 1:20.84 42.16 200m: 2:46.39 42.91 300m: 4:11.54 42.36 400m: 5:33.98 40.41				
2.	1268743 ANTON FUENTES, Veronica Maria	47	GALAICO	6:27.74	10,00
	50m: 45.91 45.91 150m: 2:24.28 50.33 250m: 4:02.94 49.42 350m: 5:42.97 49.89				
	100m: 1:33.95 48.04 200m: 3:13.52 49.24 300m: 4:53.08 50.14 400m: 6:27.74 44.77				
3.	1273323 LOPEZ BARREIRO, Cristina	47	MULLEREF	7:11.69	8,00
	50m: 47.38 47.38 150m: 2:33.39 54.78 250m: 4:25.21 55.67 350m: 6:18.02 56.88				
	100m: 1:38.61 51.23 200m: 3:29.54 56.15 300m: 5:21.14 55.93 400m: 7:11.69 53.67				
4.	1253184 ABELLEIRA CORRAL, Gema	46	MULLEREF	7:41.82	7,00
	50m: 51.02 51.02 150m: 2:45.80 58.72 250m: 4:45.00 1:00.89 350m: 6:45.13 59.66				
	100m: 1:47.08 56.06 200m: 3:44.11 58.31 300m: 5:45.47 1:00.47 400m: 7:41.82 56.69				
5.	1119241 VIDAL BELLO, Mara	49	VALDEORRAS	7:55.92	6,00
	50m: 54.92 54.92 150m: 2:55.66 1:01.07 250m: 4:58.13 1:00.38 350m: 6:59.53 1:00.92				
	100m: 1:54.59 59.67 200m: 3:57.75 1:02.09 300m: 5:58.61 1:00.48 400m: 7:55.92 56.39				
6.	1178771 BESADA FERNANDEZ, Ana Maria	48	PONTEAREAS	8:12.37	5,00
	50m: 52.22 52.22 150m: 2:53.75 1:03.16 250m: 5:02.31 1:03.89 350m: 7:09.87 1:03.60				
	100m: 1:50.59 58.37 200m: 3:58.42 1:04.67 300m: 6:06.27 1:03.96 400m: 8:12.37 1:02.50				

50+

1.	1040944 VARELA REDONDO, Veronica	51	PONTEAREAS	6:10.32	13,00
	50m: 41.14 41.14 150m: 2:14.04 47.12 250m: 3:49.31 47.52 350m: 5:24.05 47.59				
	100m: 1:26.92 45.78 200m: 3:01.79 47.75 300m: 4:36.46 47.15 400m: 6:10.32 46.27				
2.	1250484 VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	8:06.67	10,00
	50m: 56.18 56.18 150m: 2:56.80 1:00.82 250m: 5:01.96 1:02.81 350m: 7:07.43 1:02.96				
	100m: 1:55.98 59.80 200m: 3:59.15 1:02.35 300m: 6:04.47 1:02.51 400m: 8:06.67 59.24				

55+

1.	1037939 CASTRO MAESTRE, Isaura	57	FLUVIAL	6:46.06	13,00
	50m: 44.89 44.89 150m: 2:24.15 51.15 250m: 4:08.91 53.00 350m: 5:55.86 53.66				
	100m: 1:33.00 48.11 200m: 3:15.91 51.76 300m: 5:02.20 53.29 400m: 6:46.06 50.20				
2.	1076154 ABREU FERNANDEZ, Marta	55	PONTEAREAS	7:53.77	10,00
	50m: 53.62 53.62 150m: 2:52.67 59.96 250m: 4:53.75 1:00.66 350m: 6:54.36 1:00.23				
	100m: 1:52.71 59.09 200m: 3:53.09 1:00.42 300m: 5:54.13 1:00.38 400m: 7:53.77 59.41				
3.	1199642 GARNACHO GAYARRE, Nuria	57	CASINOC	8:00.14	8,00
	50m: 46.29 46.29 150m: 2:46.67 1:03.26 250m: 4:52.98 1:03.93 350m: 6:59.75 1:03.33				
	100m: 1:43.41 57.12 200m: 3:49.05 1:02.38 300m: 5:56.42 1:03.44 400m: 8:00.14 1:00.39				

60+

1.	1144331 TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	6:12.84	13,00
	50m: 40.84 40.84 150m: 2:12.79 46.74 250m: 3:49.39 48.58 350m: 5:26.96 48.69				
	100m: 1:26.05 45.21 200m: 3:00.81 48.02 300m: 4:38.27 48.88 400m: 6:12.84 45.88				
2.	1147048 REGUEIRO RODRIGUEZ, Ana	60	RBAIXAS	6:29.71	10,00
	50m: 44.47 44.47 150m: 2:21.71 49.23 250m: 4:00.88 49.67 350m: 5:40.74 49.91				
	100m: 1:32.48 48.01 200m: 3:11.21 49.50 300m: 4:50.83 49.95 400m: 6:29.71 48.97				
3.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	8:04.61	8,00
	50m: 48.76 48.76 150m: 2:47.21 1:01.04 250m: 4:53.87 1:04.41 350m: 7:03.11 1:05.01				
	100m: 1:46.17 57.41 200m: 3:49.46 1:02.25 300m: 5:58.10 1:04.23 400m: 8:04.61 1:01.50				

Prueba 18, Fem., 400m Libre, 60+

Clasificación	Edad	Tiempo	Puntos
4. 1269270 REY OTERO, Angela Maria	60 MULLEREF	8:08.63	7,00
50m: 54.88 54.88 150m: 2:55.56 1:00.89	250m: 5:02.51 1:03.01	350m: 7:12.06	1:04.86
100m: 1:54.67 59.79 200m: 3:59.50 1:03.94	300m: 6:07.20 1:04.69	400m: 8:08.63	56.57
5. 1144231 PEREZ GALLARDO, Teresa	62 POURENSE	9:35.92	6,00
50m: 1:04.72 1:04.72 150m: 3:28.30 1:13.24	250m: 5:55.94 1:13.77	350m: 8:23.74	1:13.61
100m: 2:15.06 1:10.34 200m: 4:42.17 1:13.87	300m: 7:10.13 1:14.19	400m: 9:35.92	1:12.18
65+			
1. 1079307 CHAMOSA MARTIN, Julia	65 RBAIXAS	6:21.54	13,00 RG
50m: 43.74 43.74 150m: 2:19.71 48.65	250m: 3:56.64 48.66	350m: 5:34.15	48.80
100m: 1:31.06 47.32 200m: 3:07.98 48.27	300m: 4:45.35 48.71	400m: 6:21.54	47.39
2. 1143622 OTERO LOPEZ, Maria Elisa	66 POURENSE	7:26.09	10,00
50m: 51.65 51.65 150m: 2:43.92 56.52	250m: 4:37.43 57.14	350m: 6:31.43	56.88
100m: 1:47.40 55.75 200m: 3:40.29 56.37	300m: 5:34.55 57.12	400m: 7:26.09	54.66
3. 1217937 RODRIGUEZ TRONCOSO, Marina	67 PONTEAREAS	9:43.17	8,00
50m: 1:03.53 1:03.53 150m: 3:26.48 1:13.15	250m: 5:55.07 1:15.74	350m: 8:29.56	1:16.74
100m: 2:13.33 1:09.80 200m: 4:39.33 1:12.85	300m: 7:12.82 1:17.75	400m: 9:43.17	1:13.61
70+			
1. 1037151 GOMEZ DOVAL, Maria Angela	70 FLUVIAL	9:52.77	13,00 RG
50m: 1:01.90 1:01.90 150m: 3:28.84 1:15.55	250m: 6:04.21 1:17.31	350m: 8:39.40	1:16.58
100m: 2:13.29 1:11.39 200m: 4:46.90 1:18.06	300m: 7:22.82 1:18.61	400m: 9:52.77	1:13.37