

Prueba 21
14/06/2026

Fem., 400m Estilos

2006 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1. 1267340 VIEZZOLI, Cecilia	23 RCNVIGO	5:55.13	13,00
50m: 35.96 35.96 150m: 2:05.99 45.32 250m: 3:37.22 46.83 350m: 5:12.12 45.45	100m: 1:20.67 44.71 200m: 2:50.39 44.40 300m: 4:26.67 49.45 400m: 5:55.13 43.01		
25+			
1. 1113219 IGLESIAS LOPEZ, Maria	25 CULLEREDO	6:06.29	13,00
50m: 41.19 41.19 150m: 2:14.99 47.33 250m: 3:50.81 49.62 350m: 5:24.92 43.35	100m: 1:27.66 46.47 200m: 3:01.19 46.20 300m: 4:41.57 50.76 400m: 6:06.29 41.37		
2. 1039634 LAGO CASTILLO, Natalia	27 NCORUÑA	6:29.76	10,00
50m: 41.40 41.40 150m: 2:25.46 50.71 250m: 4:07.38 54.52 350m: 5:47.34 44.63	100m: 1:34.75 53.35 200m: 3:12.86 47.40 300m: 5:02.71 55.33 400m: 6:29.76 42.42		
30+			
1. 1145008 GONZALEZ PEREZ, Paula	30 PONTEAREAS	7:50.30	13,00
50m: 51.55 51.55 150m: 2:58.77 1:02.81 250m: 5:01.83 1:03.37 350m: 7:00.76 52.85	100m: 1:55.96 1:04.41 200m: 3:58.46 59.69 300m: 6:07.91 1:06.08 400m: 7:50.30 49.54		
35+			
1. 1084714 BUGALLO PEREZ, Estibaliz	36 GALAICO	5:39.21	13,00
50m: 36.10 36.10 150m: 2:01.62 43.79 250m: 3:32.78 47.94 350m: 5:01.21 39.62	100m: 1:17.83 41.73 200m: 2:44.84 43.22 300m: 4:21.59 48.81 400m: 5:39.21 38.00		
2. 1026898 TOMILLO SANTOS, Erika	36 PONSIVETUS	7:26.77	10,00
50m: 49.69 49.69 150m: 2:46.09 59.33 250m: 4:44.00 1:01.30 350m: 6:39.53 52.49	100m: 1:46.76 57.07 200m: 3:42.70 56.61 300m: 5:47.04 1:03.04 400m: 7:26.77 47.24		
3. 1250482 RODRIGUEZ DE DIOS, Amparo	39 VALDEORRAS	7:38.90	8,00
50m: 50.32 50.32 150m: 2:49.28 1:00.28 250m: 4:55.82 1:06.88 350m: 6:51.71 51.29	100m: 1:49.00 58.68 200m: 3:48.94 59.66 300m: 6:00.42 1:04.60 400m: 7:38.90 47.19		
40+			
1. 1274254 VAZQUEZ DUARTE, Cristina	40 RBAIXAS	7:26.12	13,00
50m: 51.88 51.88 150m: 2:48.80 55.50 250m: 4:47.14 1:03.30 350m: 6:40.31 48.80	100m: 1:53.30 1:01.42 200m: 3:43.84 55.04 300m: 5:51.51 1:04.37 400m: 7:26.12 45.81		
45+			
1. 1119241 VIDAL BELLO, Mara	49 VALDEORRAS	9:34.03	13,00
50m: 1:00.07 1:00.07 150m: 3:19.78 1:10.14 250m: 6:02.50 1:33.15 350m: 8:34.28 1:01.50	100m: 2:09.64 1:09.57 200m: 4:29.35 1:09.57 300m: 7:32.78 1:30.28 400m: 9:34.03 59.75		
55+			
1. 1145007 MELON PARENTE, Maria Lourdes	57 PONTEAREAS	12:12.01	13,00
50m: 1:37.87 1:37.87 150m: 4:55.26 1:33.53 250m: 8:08.61 1:41.91 350m: 11:02.38 1:11.45	100m: 3:21.73 1:43.86 200m: 6:26.70 1:31.44 300m: 9:50.93 1:42.32 400m: 12:12.01 1:09.63		

Prueba 21, Fem., 400m Estilos

60+

1.	1086162 BARJA BARJA, Liliana	61	TRAVIESAS	8:50.37	13,00
	50m: 1:06.27 1:06.27	150m: 3:32.07 1:04.50	250m: 5:44.10 1:08.68	350m: 7:52.60 58.29	
	100m: 2:27.57 1:21.30	200m: 4:35.42 1:03.35	300m: 6:54.31 1:10.21	400m: 8:50.37 57.77	

65+

1.	1039437 BALADO LOPEZ, Ana Maria	65	POURENSE	7:42.22	13,00 RG
	50m: 58.94 58.94	150m: 3:06.98 59.45	250m: 5:00.38 56.96	350m: 6:52.57 53.66	
	100m: 2:07.53 1:08.59	200m: 4:03.42 56.44	300m: 5:58.91 58.53	400m: 7:42.22 49.65	