

Prueba 2
20/06/2026

Fem., 400m Libre

Alevín Femenino
Resultados

MMG 13	4:32.40	BLAS RODRIGUEZ, AMALIA	LICEO	22/07/2017
MMG 12	4:43.78	BLAS RODRIGUEZ, AMALIA	LICEO	24/07/2016

Clasificación

Edad

Tiempo

Alevín Femenino

1.	RIOS CASTRO, Sara	13	ADFOGAR	4:57.25	19,00
	50m: 33.23 33.23	150m: 1:48.04 37.52	250m: 3:05.00 38.30	350m: 4:21.28 37.43	
	100m: 1:10.52 37.29	200m: 2:26.70 38.66	300m: 3:43.85 38.85	400m: 4:57.25 35.97	
2.	ARRUÑADA JUNQUERA, Lucia	13	NCORUÑA	4:57.53	16,00
	50m: 32.83 32.83	150m: 1:49.05 38.77	250m: 3:06.67 38.90	350m: 4:22.67 37.84	
	100m: 1:10.28 37.45	200m: 2:27.77 38.72	300m: 3:44.83 38.16	400m: 4:57.53 34.86	
3.	VIDAL ROMERO, Nerea	13	CIDSANTI	4:58.39	14,00
	50m: 32.22 32.22	150m: 1:47.82 38.48	250m: 3:05.53 38.73	350m: 4:21.91 37.76	
	100m: 1:09.34 37.12	200m: 2:26.80 38.98	300m: 3:44.15 38.62	400m: 4:58.39 36.48	
4.	OTERO PENA, Anita	13	NFERROL	5:06.49	13,00
	50m: 35.27 35.27	150m: 1:52.94 39.92	250m: 3:11.27 39.34	350m: 4:29.35 38.73	
	100m: 1:13.02 37.75	200m: 2:31.93 38.99	300m: 3:50.62 39.35	400m: 5:06.49 37.14	
5.	HERMIDA-CACHALVITE KOPEK, A.	13	PORTAMIÑA	5:06.50	12,00
	50m: 34.37 34.37	150m: 1:53.07 39.79	250m: 3:12.64 39.67	350m: 4:30.33 38.23	
	100m: 1:13.28 38.91	200m: 2:32.97 39.90	300m: 3:52.10 39.46	400m: 5:06.50 36.17	
6.	CARREGAL RAMOS, Vera	13	PABELLON	5:08.05	11,00
	50m: 33.79 33.79	150m: 1:52.17 39.75	250m: 3:12.27 40.10	350m: 4:31.12 38.70	
	100m: 1:12.42 38.63	200m: 2:32.17 40.00	300m: 3:52.42 40.15	400m: 5:08.05 36.93	
7.	OTERO LOPEZ, Uxia	13	VIGORIASB	5:11.02	10,00
	50m: 34.65 34.65	150m: 1:53.19 39.97	250m: 3:13.26 39.96	350m: 4:32.99 39.78	
	100m: 1:13.22 38.57	200m: 2:33.30 40.11	300m: 3:53.21 39.95	400m: 5:11.02 38.03	
8.	CASTRO CIDRAS, Carmen	13	GALAICO	5:11.88	9,00
	50m: 34.64 34.64	150m: 1:53.72 40.02	250m: 3:13.10 40.00	350m: 4:32.71 39.56	
	100m: 1:13.70 39.06	200m: 2:33.10 39.38	300m: 3:53.15 40.05	400m: 5:11.88 39.17	
9.	LUACES CHAN, Adriana	13	SCASINO	5:14.46	8,00
	50m: 35.30 35.30	150m: 1:56.59 40.89	250m: 3:16.45 39.43	350m: 4:36.08 38.95	
	100m: 1:15.70 40.40	200m: 2:37.02 40.43	300m: 3:57.13 40.68	400m: 5:14.46 38.38	
10.	QUEIRUGA SILVA, Helena	12	RIVEIRA	5:15.90	7,00
	50m: 34.44 34.44	150m: 1:54.34 41.00	250m: 3:16.25 40.92	350m: 4:37.16 40.48	
	100m: 1:13.34 38.90	200m: 2:35.33 40.99	300m: 3:56.68 40.43	400m: 5:15.90 38.74	
11.	MARX DA QUINTA, Ainara	13	CULLEREDO	5:17.07	6,00
	50m: 35.17 35.17	150m: 1:55.36 40.32	250m: 3:16.51 40.40	350m: 4:37.57 40.01	
	100m: 1:15.04 39.87	200m: 2:36.11 40.75	300m: 3:57.56 41.05	400m: 5:17.07 39.50	
12.	CAMBRE HAZ, Alba	13	CULLEREDO	5:18.80	5,00
	50m: 35.90 35.90	150m: 1:54.45 39.90	250m: 3:16.12 40.91	350m: 4:39.04 41.63	
	100m: 1:14.55 38.65	200m: 2:35.21 40.76	300m: 3:57.41 41.29	400m: 5:18.80 39.76	
13.	BERNARDEZ FRANCISCO, Mara	13	PONTEAREAS	5:19.98	4,00
	50m: 34.96 34.96	150m: 1:54.80 40.41	250m: 3:15.21 39.94	350m: 4:38.86 41.50	
	100m: 1:14.39 39.43	200m: 2:35.27 40.47	300m: 3:57.36 42.15	400m: 5:19.98 41.12	
14.	PRIETO LOPEZ, Paula	13	PORTAMIÑA	5:21.91	3,00
	50m: 35.51 35.51	150m: 1:57.46 41.39	250m: 3:20.67 41.37	350m: 4:43.31 40.96	
	100m: 1:16.07 40.56	200m: 2:39.30 41.84	300m: 4:02.35 41.68	400m: 5:21.91 38.60	
15.	PARDO BARRETO, Maia	12	CEDEIRA	5:22.19	2,00
	50m: 35.40 35.40	150m: 1:56.54 40.92	250m: 3:19.55 41.56	350m: 4:42.69 41.43	
	100m: 1:15.62 40.22	200m: 2:37.99 41.45	300m: 4:01.26 41.71	400m: 5:22.19 39.50	

Prueba 2, Fem., 400m Libre, Alevín Femenino

Clasificación				Edad				Tiempo				
16.	LOPES BURR, Aroa			13	VIGORIASB			5:24.32			1,00	
	50m:	36.77	36.77	150m:	1:58.87	41.46	250m:	3:21.69	41.07	350m:	4:44.24	40.87
	100m:	1:17.41	40.64	200m:	2:40.62	41.75	300m:	4:03.37	41.68	400m:	5:24.32	40.08
17.	GARCIA CASAL, Flavia			13	PONTEAREAS			5:28.89			-	
	50m:	35.78	35.78	150m:	1:58.27	42.08	250m:	3:23.68	43.15	350m:	4:48.00	42.47
	100m:	1:16.19	40.41	200m:	2:40.53	42.26	300m:	4:05.53	41.85	400m:	5:28.89	40.89
18.	JUNQUERA CANCELA, Martina			12	GALAICO			5:30.91			-	
	50m:	35.78	35.78	150m:	2:00.72	42.96	250m:	3:27.07	43.59	350m:	4:51.35	42.02
	100m:	1:17.76	41.98	200m:	2:43.48	42.76	300m:	4:09.33	42.26	400m:	5:30.91	39.56
19.	MARTINEZ OZORES, Carmen			13	GALAICO			5:33.12			-	
	50m:	35.50	35.50	150m:	1:57.39	42.00	250m:	3:23.95	43.39	350m:	4:51.13	44.07
	100m:	1:15.39	39.89	200m:	2:40.56	43.17	300m:	4:07.06	43.11	400m:	5:33.12	41.99
20.	JARAZO FERNANDEZ, Aitana			13	LICEO			5:33.48			-	
	50m:	36.65	36.65	150m:	2:00.62	42.55	250m:	3:26.34	42.48	350m:	4:52.73	42.86
	100m:	1:18.07	41.42	200m:	2:43.86	43.24	300m:	4:09.87	43.53	400m:	5:33.48	40.75
21.	RAMIL MUIÑO, Mia			12	NFERROL			5:49.16			-	
	50m:	40.39	40.39	150m:	2:08.47	44.45	250m:	3:38.58	45.37	350m:	5:07.51	44.04
	100m:	1:24.02	43.63	200m:	2:53.21	44.74	300m:	4:23.47	44.89	400m:	5:49.16	41.65
22.	FORJAN NEGREIRA, Daniella			12	CIDSANTI			6:03.55			-	
	50m:	40.07	40.07	150m:	2:09.83	45.57	250m:	3:42.87	46.68	350m:	5:17.22	47.61
	100m:	1:24.26	44.19	200m:	2:56.19	46.36	300m:	4:29.61	46.74	400m:	6:03.55	46.33
23.	REBOREDO LIZASO, Eneka			12	NCORUÑA			6:04.52			-	
	50m:	38.79	38.79	150m:	2:09.68	47.65	250m:	3:44.82	47.95	350m:	5:20.06	47.67
	100m:	1:22.03	43.24	200m:	2:56.87	47.19	300m:	4:32.39	47.57	400m:	6:04.52	44.46

12 años

1.	QUEIRUGA SILVA, Helena	12	RIVEIRA	5:15.90	7,00
	50m: 34.44 34.44	150m: 1:54.34 41.00	250m: 3:16.25 40.92	350m: 4:37.16 40.48	
	100m: 1:13.34 38.90	200m: 2:35.33 40.99	300m: 3:56.68 40.43	400m: 5:15.90 38.74	
2.	PARDO BARRETO, Maia	12	CEDEIRA	5:22.19	2,00
	50m: 35.40 35.40	150m: 1:56.54 40.92	250m: 3:19.55 41.56	350m: 4:42.69 41.43	
	100m: 1:15.62 40.22	200m: 2:37.99 41.45	300m: 4:01.26 41.71	400m: 5:22.19 39.50	
3.	JUNQUERA CANCELA, Martina	12	GALAICO	5:30.91	-
	50m: 35.78 35.78	150m: 2:00.72 42.96	250m: 3:27.07 43.59	350m: 4:51.35 42.02	
	100m: 1:17.76 41.98	200m: 2:43.48 42.76	300m: 4:09.33 42.26	400m: 5:30.91 39.56	
4.	RAMIL MUIÑO, Mia	12	NFERROL	5:49.16	-
	50m: 40.39 40.39	150m: 2:08.47 44.45	250m: 3:38.58 45.37	350m: 5:07.51 44.04	
	100m: 1:24.02 43.63	200m: 2:53.21 44.74	300m: 4:23.47 44.89	400m: 5:49.16 41.65	
5.	FORJAN NEGREIRA, Daniella	12	CIDSANTI	6:03.55	-
	50m: 40.07 40.07	150m: 2:09.83 45.57	250m: 3:42.87 46.68	350m: 5:17.22 47.61	
	100m: 1:24.26 44.19	200m: 2:56.19 46.36	300m: 4:29.61 46.74	400m: 6:03.55 46.33	
6.	REBOREDO LIZASO, Eneka	12	NCORUÑA	6:04.52	-
	50m: 38.79 38.79	150m: 2:09.68 47.65	250m: 3:44.82 47.95	350m: 5:20.06 47.67	
	100m: 1:22.03 43.24	200m: 2:56.87 47.19	300m: 4:32.39 47.57	400m: 6:04.52 44.46	

Prueba 2, Fem., 400m Libre

13 años

1. RIOS CASTRO, Sara	13	ADFOGAR	4:57.25	19,00
50m: 33.23 33.23	150m: 1:48.04	37.52 250m: 3:05.00	38.30 350m: 4:21.28	37.43
100m: 1:10.52 37.29	200m: 2:26.70	38.66 300m: 3:43.85	38.85 400m: 4:57.25	35.97
2. ARRUÑADA JUNQUERA, Lucia	13	NCORUÑA	4:57.53	16,00
50m: 32.83 32.83	150m: 1:49.05	38.77 250m: 3:06.67	38.90 350m: 4:22.67	37.84
100m: 1:10.28 37.45	200m: 2:27.77	38.72 300m: 3:44.83	38.16 400m: 4:57.53	34.86
3. VIDAL ROMERO, Nerea	13	CIDSANTI	4:58.39	14,00
50m: 32.22 32.22	150m: 1:47.82	38.48 250m: 3:05.53	38.73 350m: 4:21.91	37.76
100m: 1:09.34 37.12	200m: 2:26.80	38.98 300m: 3:44.15	38.62 400m: 4:58.39	36.48
4. OTERO PENA, Anita	13	NFERROL	5:06.49	13,00
50m: 35.27 35.27	150m: 1:52.94	39.92 250m: 3:11.27	39.34 350m: 4:29.35	38.73
100m: 1:13.02 37.75	200m: 2:31.93	38.99 300m: 3:50.62	39.35 400m: 5:06.49	37.14
5. HERMIDA-CACHALVITE KOPEK, A.	13	PORTAMIÑA	5:06.50	12,00
50m: 34.37 34.37	150m: 1:53.07	39.79 250m: 3:12.64	39.67 350m: 4:30.33	38.23
100m: 1:13.28 38.91	200m: 2:32.97	39.90 300m: 3:52.10	39.46 400m: 5:06.50	36.17
6. CARREGAL RAMOS, Vera	13	PABELLON	5:08.05	11,00
50m: 33.79 33.79	150m: 1:52.17	39.75 250m: 3:12.27	40.10 350m: 4:31.12	38.70
100m: 1:12.42 38.63	200m: 2:32.17	40.00 300m: 3:52.42	40.15 400m: 5:08.05	36.93
7. OTERO LOPEZ, Uxia	13	VIGORIASB	5:11.02	10,00
50m: 34.65 34.65	150m: 1:53.19	39.97 250m: 3:13.26	39.96 350m: 4:32.99	39.78
100m: 1:13.22 38.57	200m: 2:33.30	40.11 300m: 3:53.21	39.95 400m: 5:11.02	38.03
8. CASTRO CIDRAS, Carmen	13	GALAICO	5:11.88	9,00
50m: 34.64 34.64	150m: 1:53.72	40.02 250m: 3:13.10	40.00 350m: 4:32.71	39.56
100m: 1:13.70 39.06	200m: 2:33.10	39.38 300m: 3:53.15	40.05 400m: 5:11.88	39.17
9. LUACES CHAN, Adriana	13	SCASINO	5:14.46	8,00
50m: 35.30 35.30	150m: 1:56.59	40.89 250m: 3:16.45	39.43 350m: 4:36.08	38.95
100m: 1:15.70 40.40	200m: 2:37.02	40.43 300m: 3:57.13	40.68 400m: 5:14.46	38.38
10. MARX DA QUINTA, Ainara	13	CULLEREDO	5:17.07	6,00
50m: 35.17 35.17	150m: 1:55.36	40.32 250m: 3:16.51	40.40 350m: 4:37.57	40.01
100m: 1:15.04 39.87	200m: 2:36.11	40.75 300m: 3:57.56	41.05 400m: 5:17.07	39.50
11. CAMBRE HAZ, Alba	13	CULLEREDO	5:18.80	5,00
50m: 35.90 35.90	150m: 1:54.45	39.90 250m: 3:16.12	40.91 350m: 4:39.04	41.63
100m: 1:14.55 38.65	200m: 2:35.21	40.76 300m: 3:57.41	41.29 400m: 5:18.80	39.76
12. BERNARDEZ FRANCISCO, Mara	13	PONTEAREAS	5:19.98	4,00
50m: 34.96 34.96	150m: 1:54.80	40.41 250m: 3:15.21	39.94 350m: 4:38.86	41.50
100m: 1:14.39 39.43	200m: 2:35.27	40.47 300m: 3:57.36	42.15 400m: 5:19.98	41.12
13. PRIETO LOPEZ, Paula	13	PORTAMIÑA	5:21.91	3,00
50m: 35.51 35.51	150m: 1:57.46	41.39 250m: 3:20.67	41.37 350m: 4:43.31	40.96
100m: 1:16.07 40.56	200m: 2:39.30	41.84 300m: 4:02.35	41.68 400m: 5:21.91	38.60
14. LOPES BURR, Aroa	13	VIGORIASB	5:24.32	1,00
50m: 36.77 36.77	150m: 1:58.87	41.46 250m: 3:21.69	41.07 350m: 4:44.24	40.87
100m: 1:17.41 40.64	200m: 2:40.62	41.75 300m: 4:03.37	41.68 400m: 5:24.32	40.08
15. GARCIA CASAL, Flavia	13	PONTEAREAS	5:28.89	-
50m: 35.78 35.78	150m: 1:58.27	42.08 250m: 3:23.68	43.15 350m: 4:48.00	42.47
100m: 1:16.19 40.41	200m: 2:40.53	42.26 300m: 4:05.53	41.85 400m: 5:28.89	40.89
16. MARTINEZ OZORES, Carmen	13	GALAICO	5:33.12	-
50m: 35.50 35.50	150m: 1:57.39	42.00 250m: 3:23.95	43.39 350m: 4:51.13	44.07
100m: 1:15.39 39.89	200m: 2:40.56	43.17 300m: 4:07.06	43.11 400m: 5:33.12	41.99

Prueba 2, Fem., 400m Libre, 13 años

Clasificación	Edad				Tiempo			
17. JARAZO FERNANDEZ, Aitana	13	LICEO			5:33.48		-	
50m: 36.65	36.65	150m: 2:00.62	42.55	250m: 3:26.34	42.48	350m: 4:52.73	42.86	
100m: 1:18.07	41.42	200m: 2:43.86	43.24	300m: 4:09.87	43.53	400m: 5:33.48	40.75	