

Prueba 38  
05/07/2026

Fem., 400m Estilos

ABSO FEM  
Resultados

RG	4:38.81	, VILAS VIDAL, MARIA	RIVEIRA	20/03/2016
RC	4:53.40	, GOMEZ CORTES, BEATRIZ	GALAICO	01/07/2012
MMG 18	4:41.07	, VILAS VIDAL, MARIA	RIVEIRA	18/07/2014
MMG 17	4:43.42	, VILAS VIDAL, MARIA	RIVEIRA	09/08/2013
MMG 16	4:44.87	, GOMEZ CORTES, BEATRIZ	GALAICO	14/07/2010

Clasificación

Edad

Tiempo ABSO JUNI

JUNI FEM

1.	HERNAEZ GONZALEZ, Paula	18	CULLEREDO	<b>5:25.86</b>	12,00	19,00
	50m: 34.65 34.65 150m: 1:59.61 44.42 250m: 3:28.05 45.42 350m: 4:50.68 36.01					
	100m: 1:15.19 40.54 200m: 2:42.63 43.02 300m: 4:14.67 46.62 400m: 5:25.86 35.18					
2.	LOPEZ FERNANDEZ, Aitana	17	PORTAMIÑA	<b>5:26.91</b>	11,00	16,00
	50m: 33.26 33.26 150m: 1:54.33 42.93 250m: 3:23.86 46.86 350m: 4:50.19 38.08					
	100m: 1:11.40 38.14 200m: 2:37.00 42.67 300m: 4:12.11 48.25 400m: 5:26.91 36.72					
3.	SOUTO GOMEZ, Claudia	16	FLUVIAL	<b>5:32.95</b>	10,00	14,00
	50m: 36.08 36.08 150m: 2:01.72 42.99 250m: 3:30.76 47.44 350m: 4:56.67 37.42					
	100m: 1:18.73 42.65 200m: 2:43.32 41.60 300m: 4:19.25 48.49 400m: 5:32.95 36.28					
4.	CABANAS DEL RIO, Carla	17	SPORTINGCASINO	<b>5:35.55</b>	9,00	13,00
	50m: 38.54 38.54 150m: 2:04.00 42.70 250m: 3:33.12 48.25 350m: 4:58.21 39.65					
	100m: 1:21.30 42.76 200m: 2:44.87 40.87 300m: 4:18.56 45.44 400m: 5:35.55 37.34					
5.	PARDAVILA DAVILA, Ainoa	18	RBAIXASVIGO	<b>5:44.76</b>	-	12,00
	50m: 39.87 39.87 150m: 2:06.99 43.96 250m: 3:39.49 50.00 350m: 5:07.82 38.19					
	100m: 1:23.03 43.16 200m: 2:49.49 42.50 300m: 4:29.63 50.14 400m: 5:44.76 36.94					
6.	RODRIGUEZ RODRIGUEZ, Carla	17	ARTEIXO	<b>5:51.30</b>	-	11,00
	50m: 37.19 37.19 150m: 2:07.24 48.33 250m: 3:42.29 47.76 350m: 5:12.50 41.47					
	100m: 1:18.91 41.72 200m: 2:54.53 47.29 300m: 4:31.03 48.74 400m: 5:51.30 38.80					
7.	FEAL DEVESA, Carlota	17	CULLEREDO	<b>5:51.56</b>	-	-
	50m: 35.51 35.51 150m: 2:05.38 48.45 250m: 3:43.39 51.23 350m: 5:14.08 39.29					
	100m: 1:16.93 41.42 200m: 2:52.16 46.78 300m: 4:34.79 51.40 400m: 5:51.56 37.48					
8.	ARRUÑADA VAZQUEZ, Carmen	16	NCORUÑA	<b>5:54.56</b>	-	10,00
	50m: 39.41 39.41 150m: 2:07.94 44.55 250m: 3:44.05 52.90 350m: 5:16.23 40.38					
	100m: 1:23.39 43.98 200m: 2:51.15 43.21 300m: 4:35.85 51.80 400m: 5:54.56 38.33					
9.	SANCHEZ GARCIA, Antia	16	FLUVIAL	<b>5:56.32</b>	-	-
	50m: 38.56 38.56 150m: 2:10.38 47.13 250m: 3:45.47 49.88 350m: 5:17.03 40.53					
	100m: 1:23.25 44.69 200m: 2:55.59 45.21 300m: 4:36.50 51.03 400m: 5:56.32 39.29					
WDR	LOPEZ ALVAREZ, Paula	17	RBAIXASVIGO	-	-	-

16 años

1.	SOUTO GOMEZ, Claudia	16	FLUVIAL	<b>5:32.95</b>	10,00	14,00
	50m: 36.08 36.08 150m: 2:01.72 42.99 250m: 3:30.76 47.44 350m: 4:56.67 37.42					
	100m: 1:18.73 42.65 200m: 2:43.32 41.60 300m: 4:19.25 48.49 400m: 5:32.95 36.28					
2.	ARRUÑADA VAZQUEZ, Carmen	16	NCORUÑA	<b>5:54.56</b>	-	10,00
	50m: 39.41 39.41 150m: 2:07.94 44.55 250m: 3:44.05 52.90 350m: 5:16.23 40.38					
	100m: 1:23.39 43.98 200m: 2:51.15 43.21 300m: 4:35.85 51.80 400m: 5:54.56 38.33					
3.	SANCHEZ GARCIA, Antia	16	FLUVIAL	<b>5:56.32</b>	-	-
	50m: 38.56 38.56 150m: 2:10.38 47.13 250m: 3:45.47 49.88 350m: 5:17.03 40.53					
	100m: 1:23.25 44.69 200m: 2:55.59 45.21 300m: 4:36.50 51.03 400m: 5:56.32 39.29					

Prueba 38, Fem., 400m Estilos

17 - 18 años

1.	HERNAEZ GONZALEZ, Paula	18	CULLEREDO	<b>5:25.86</b>	12,00	19,00			
	50m: 34.65 34.65 150m: 1:59.61 44.42 250m: 3:28.05 45.42 350m: 4:50.68 36.01								
	100m: 1:15.19 40.54 200m: 2:42.63 43.02 300m: 4:14.67 46.62 400m: 5:25.86 35.18								
2.	LOPEZ FERNANDEZ, Aitana	17	PORTAMIÑA	<b>5:26.91</b>	11,00	16,00			
	50m: 33.26 33.26 150m: 1:54.33 42.93 250m: 3:23.86 46.86 350m: 4:50.19 38.08								
	100m: 1:11.40 38.14 200m: 2:37.00 42.67 300m: 4:12.11 48.25 400m: 5:26.91 36.72								
3.	CABANAS DEL RIO, Carla	17	SPORTINGCASINO	<b>5:35.55</b>	9,00	13,00			
	50m: 38.54 38.54 150m: 2:04.00 42.70 250m: 3:33.12 48.25 350m: 4:58.21 39.65								
	100m: 1:21.30 42.76 200m: 2:44.87 40.87 300m: 4:18.56 45.44 400m: 5:35.55 37.34								
4.	PARDAVILA DAVILA, Ainoa	18	RBAIXASVIGO	<b>5:44.76</b>	-	12,00			
	50m: 39.87 39.87 150m: 2:06.99 43.96 250m: 3:39.49 50.00 350m: 5:07.82 38.19								
	100m: 1:23.03 43.16 200m: 2:49.49 42.50 300m: 4:29.63 50.14 400m: 5:44.76 36.94								
5.	RODRIGUEZ RODRIGUEZ, Carla	17	ARTEIXO	<b>5:51.30</b>	-	11,00			
	50m: 37.19 37.19 150m: 2:07.24 48.33 250m: 3:42.29 47.76 350m: 5:12.50 41.47								
	100m: 1:18.91 41.72 200m: 2:54.53 47.29 300m: 4:31.03 48.74 400m: 5:51.30 38.80								
6.	FEAL DEVESA, Carlota	17	CULLEREDO	<b>5:51.56</b>	-	-			
	50m: 35.51 35.51 150m: 2:05.38 48.45 250m: 3:43.39 51.23 350m: 5:14.08 39.29								
	100m: 1:16.93 41.42 200m: 2:52.16 46.78 300m: 4:34.79 51.40 400m: 5:51.56 37.48								
WDR	LOPEZ ALVAREZ, Paula	17	RBAIXASVIGO		-	-			

ABSO FEM

1.	ALBES ALVARIÑO, Paula	23	NTNARON	<b>5:12.71</b>	19,00	-			
	50m: 32.67 32.67 150m: 1:50.38 40.51 250m: 3:15.62 46.10 350m: 4:37.05 36.14								
	100m: 1:09.87 37.20 200m: 2:29.52 39.14 300m: 4:00.91 45.29 400m: 5:12.71 35.66								
2.	JIMENEZ FILGUEIRA, Aroa	14	NFERROL	<b>5:15.59</b>	16,00	-			
	50m: 32.93 32.93 150m: 1:50.96 40.45 250m: 3:15.60 45.18 350m: 4:38.83 37.69								
	100m: 1:10.51 37.58 200m: 2:30.42 39.46 300m: 4:01.14 45.54 400m: 5:15.59 36.76								
3.	FARO MARTINEZ, Carla	23	PONTEAREAS	<b>5:21.77</b>	14,00	-			
	50m: 31.99 31.99 150m: 1:52.33 43.60 250m: 3:20.15 44.66 350m: 4:44.50 38.47								
	100m: 1:08.73 36.74 200m: 2:35.49 43.16 300m: 4:06.03 45.88 400m: 5:21.77 37.27								
4.	CEBEY FIDALGO, Iraide	15	LICEO	<b>5:23.52</b>	13,00	-			
	50m: 33.86 33.86 150m: 1:55.27 42.92 250m: 3:23.23 46.36 350m: 4:48.52 36.85								
	100m: 1:12.35 38.49 200m: 2:36.87 41.60 300m: 4:11.67 48.44 400m: 5:23.52 35.00								
5.	HERNAEZ GONZALEZ, Paula	18	CULLEREDO	<b>5:25.86</b>	12,00	19,00			
	50m: 34.65 34.65 150m: 1:59.61 44.42 250m: 3:28.05 45.42 350m: 4:50.68 36.01								
	100m: 1:15.19 40.54 200m: 2:42.63 43.02 300m: 4:14.67 46.62 400m: 5:25.86 35.18								
6.	LOPEZ FERNANDEZ, Aitana	17	PORTAMIÑA	<b>5:26.91</b>	11,00	16,00			
	50m: 33.26 33.26 150m: 1:54.33 42.93 250m: 3:23.86 46.86 350m: 4:50.19 38.08								
	100m: 1:11.40 38.14 200m: 2:37.00 42.67 300m: 4:12.11 48.25 400m: 5:26.91 36.72								
7.	SOUTO GOMEZ, Claudia	16	FLUVIAL	<b>5:32.95</b>	10,00	14,00			
	50m: 36.08 36.08 150m: 2:01.72 42.99 250m: 3:30.76 47.44 350m: 4:56.67 37.42								
	100m: 1:18.73 42.65 200m: 2:43.32 41.60 300m: 4:19.25 48.49 400m: 5:32.95 36.28								
8.	CABANAS DEL RIO, Carla	17	SPORTINGCASINO	<b>5:35.55</b>	9,00	13,00			
	50m: 38.54 38.54 150m: 2:04.00 42.70 250m: 3:33.12 48.25 350m: 4:58.21 39.65								
	100m: 1:21.30 42.76 200m: 2:44.87 40.87 300m: 4:18.56 45.44 400m: 5:35.55 37.34								
9.	CAGIAO VILLAR, Lucia	15	SPORTINGCASINO	<b>5:35.99</b>	8,00	-			
	50m: 33.60 33.60 150m: 1:56.12 43.26 250m: 3:29.11 49.64 400m: 5:35.99 1:16.51								
	100m: 1:12.86 39.26 200m: 2:39.47 43.35 300m: 4:19.48 50.37								

Prueba 38, Fem., 400m Estilos, ABSO FEM

Clasificación					Edad					Tempo	ABSO	JUNI
10.	ALVARIÑO FRAGA, Daniela				15	NFERROL				<b>5:40.92</b>	-	-
	50m:	38.36	38.36	150m:	2:03.79	41.70	250m:	3:34.14	48.81	350m:	5:03.04	39.36
	100m:	1:22.09	43.73	200m:	2:45.33	41.54	300m:	4:23.68	49.54	400m:	5:40.92	37.88
11.	PARDAVILA DAVILA, Ainoa				18	RBAIXASVIGO				<b>5:44.76</b>	-	12,00
	50m:	39.87	39.87	150m:	2:06.99	43.96	250m:	3:39.49	50.00	350m:	5:07.82	38.19
	100m:	1:23.03	43.16	200m:	2:49.49	42.50	300m:	4:29.63	50.14	400m:	5:44.76	36.94
12.	RODRIGUEZ RODRIGUEZ, Carla				17	ARTEIXO				<b>5:51.30</b>	-	11,00
	50m:	37.19	37.19	150m:	2:07.24	48.33	250m:	3:42.29	47.76	350m:	5:12.50	41.47
	100m:	1:18.91	41.72	200m:	2:54.53	47.29	300m:	4:31.03	48.74	400m:	5:51.30	38.80
13.	FEAL DEVESA, Carlota				17	CULLEREDO				<b>5:51.56</b>	-	-
	50m:	35.51	35.51	150m:	2:05.38	48.45	250m:	3:43.39	51.23	350m:	5:14.08	39.29
	100m:	1:16.93	41.42	200m:	2:52.16	46.78	300m:	4:34.79	51.40	400m:	5:51.56	37.48
14.	ARRUÑADA VAZQUEZ, Carmen				16	NCORUÑA				<b>5:54.56</b>	-	10,00
	50m:	39.41	39.41	150m:	2:07.94	44.55	250m:	3:44.05	52.90	350m:	5:16.23	40.38
	100m:	1:23.39	43.98	200m:	2:51.15	43.21	300m:	4:35.85	51.80	400m:	5:54.56	38.33
15.	SANCHEZ GARCIA, Antia				16	FLUVIAL				<b>5:56.32</b>	-	-
	50m:	38.56	38.56	150m:	2:10.38	47.13	250m:	3:45.47	49.88	350m:	5:17.03	40.53
	100m:	1:23.25	44.69	200m:	2:55.59	45.21	300m:	4:36.50	51.03	400m:	5:56.32	39.29
WDR	LOPEZ ALVAREZ, Paula				17	RBAIXASVIGO					-	-