

Prueba 5
03/07/2026

Fem., 400m Libre

ABSO FEM
Resultados

RG	4:10.13	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	29/06/2017
RC	4:16.75	, DE VALDES ALVAREZ, MARIA	LICEO	07/07/2023
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

Clasificación

Edad

Tiempo

ABSO

JUNI

JUNI FEM

1.	SANTAS VAZQUEZ, Laura	17	PORTAMIÑA	4:33.88	16,00	19,00
	50m: 31.88 31.88 150m: 1:39.17 33.89 250m: 2:48.31 34.52 350m: 3:58.80 35.29					
	100m: 1:05.28 33.40 200m: 2:13.79 34.62 300m: 3:23.51 35.20 400m: 4:33.88 35.08					
2.	BORRAZAS RODRIGUEZ, Noa	18	SPORTINGCASINO	4:37.70	14,00	16,00
	50m: 31.58 31.58 150m: 1:40.90 35.35 250m: 2:52.27 35.55 350m: 4:03.02 35.45					
	100m: 1:05.55 33.97 200m: 2:16.72 35.82 300m: 3:27.57 35.30 400m: 4:37.70 34.68					
3.	VILLARNOVO PAZOS, Lucia	18	NFERROL	4:39.09	13,00	14,00
	50m: 32.15 32.15 150m: 1:41.55 35.15 250m: 2:52.46 35.34 350m: 4:03.90 35.55					
	100m: 1:06.40 34.25 200m: 2:17.12 35.57 300m: 3:28.35 35.89 400m: 4:39.09 35.19					
4.	MUÑOZ GAVINO, Paula	18	PORTAMIÑA	4:46.49	-	13,00
	50m: 32.70 32.70 150m: 1:43.50 35.87 250m: 2:56.66 36.73 350m: 4:09.90 36.78					
	100m: 1:07.63 34.93 200m: 2:19.93 36.43 300m: 3:33.12 36.46 400m: 4:46.49 36.59					
5.	HERNAEZ GONZALEZ, Paula	18	CULLEREDO	4:47.79	10,00	12,00
	50m: 32.53 32.53 150m: 1:43.31 35.86 250m: 2:56.73 36.98 350m: 4:11.31 37.53					
	100m: 1:07.45 34.92 200m: 2:19.75 36.44 300m: 3:33.78 37.05 400m: 4:47.79 36.48					
6.	CASTRO CIDRAS, Alba	16	GALAICO	4:53.75	9,00	11,00
	50m: 32.99 32.99 150m: 1:46.23 36.63 250m: 3:00.83 36.92 350m: 4:16.17 37.28					
	100m: 1:09.60 36.61 200m: 2:23.91 37.68 300m: 3:38.89 38.06 400m: 4:53.75 37.58					
7.	GUERRA RODRIGUEZ, Zaida	16	POURENSE	4:55.82	8,00	10,00
	50m: 33.52 33.52 150m: 1:47.23 37.49 250m: 3:02.86 37.95 350m: 4:18.80 38.02					
	100m: 1:09.74 36.22 200m: 2:24.91 37.68 300m: 3:40.78 37.92 400m: 4:55.82 37.02					
8.	RODRIGUEZ RODRIGUEZ, Paula	18	ARTEIXO	4:56.42	7,00	9,00
	50m: 33.41 33.41 150m: 1:47.06 37.02 250m: 3:02.24 37.61 350m: 4:18.72 38.40					
	100m: 1:10.04 36.63 200m: 2:24.63 37.57 300m: 3:40.32 38.08 400m: 4:56.42 37.70					
9.	HERMIDA ALONSO, Antia	18	MOS	4:57.49	6,00	8,00
	50m: 34.00 34.00 150m: 1:48.93 38.20 250m: 3:05.93 38.34 350m: 4:21.95 37.21					
	100m: 1:10.73 36.73 200m: 2:27.59 38.66 300m: 3:44.74 38.81 400m: 4:57.49 35.54					
10.	PARDAVILA DAVILA, Ainoa	18	RBAIXASVIGO	4:59.46	-	7,00
	50m: 35.12 35.12 150m: 1:49.40 37.38 250m: 3:05.00 37.86 350m: 4:21.83 38.16					
	100m: 1:12.02 36.90 200m: 2:27.14 37.74 300m: 3:43.67 38.67 400m: 4:59.46 37.63					
11.	GUDIN PEREZ, Andrea	16	MONFORTE	4:59.98	-	6,00
	50m: 34.34 34.34 150m: 1:49.65 38.34 250m: 3:05.86 37.70 350m: 4:22.36 38.08					
	100m: 1:11.31 36.97 200m: 2:28.16 38.51 300m: 3:44.28 38.42 400m: 4:59.98 37.62					
12.	BLANCO IGLESIAS, Carmen	18	CIDSANTIAGO	5:01.82	-	5,00
	50m: 35.18 35.18 150m: 1:51.18 38.07 250m: 3:08.33 38.39 350m: 4:24.61 38.06					
	100m: 1:13.11 37.93 200m: 2:29.94 38.76 300m: 3:46.55 38.22 400m: 5:01.82 37.21					
13.	FEAL DEVESA, Carlota	17	CULLEREDO	5:05.55	-	4,00
	50m: 34.55 34.55 150m: 1:50.97 38.95 250m: 3:09.78 39.44 350m: 4:27.26 38.54					
	100m: 1:12.02 37.47 200m: 2:30.34 39.37 300m: 3:48.72 38.94 400m: 5:05.55 38.29					
14.	ESTEVEZ MONTES, Naroa	18	PONTEAREAS	5:08.16	-	-
	50m: 33.95 33.95 150m: 1:47.97 37.82 250m: 3:06.04 38.78 350m: 4:27.39 39.82					
	100m: 1:10.15 36.20 200m: 2:27.26 39.29 300m: 3:47.57 41.53 400m: 5:08.16 40.77					

Prueba 5, Fem., 400m Libre, JUNI FEM

Clasificación	Edad	Tempo	ABSO	JUNI
15. PARDO CORTEZ, Sara	16	PORTAMIÑA	5:20.68	-
50m: 36.51 36.51	150m: 1:56.41	40.33 250m: 3:17.69	40.04 350m: 4:39.58	40.77
100m: 1:16.08 39.57	200m: 2:37.65	41.24 300m: 3:58.81	41.12 400m: 5:20.68	41.10

16 años

1. CASTRO CIDRAS, Alba	16	GALAICO	4:53.75	9,00 11,00
50m: 32.99 32.99	150m: 1:46.23	36.63 250m: 3:00.83	36.92 350m: 4:16.17	37.28
100m: 1:09.60 36.61	200m: 2:23.91	37.68 300m: 3:38.89	38.06 400m: 4:53.75	37.58
2. GUERRA RODRIGUEZ, Zaida	16	POURENSE	4:55.82	8,00 10,00
50m: 33.52 33.52	150m: 1:47.23	37.49 250m: 3:02.86	37.95 350m: 4:18.80	38.02
100m: 1:09.74 36.22	200m: 2:24.91	37.68 300m: 3:40.78	37.92 400m: 4:55.82	37.02
3. GUDIN PEREZ, Andrea	16	MONFORTE	4:59.98	- 6,00
50m: 34.34 34.34	150m: 1:49.65	38.34 250m: 3:05.86	37.70 350m: 4:22.36	38.08
100m: 1:11.31 36.97	200m: 2:28.16	38.51 300m: 3:44.28	38.42 400m: 4:59.98	37.62
4. PARDO CORTEZ, Sara	16	PORTAMIÑA	5:20.68	-
50m: 36.51 36.51	150m: 1:56.41	40.33 250m: 3:17.69	40.04 350m: 4:39.58	40.77
100m: 1:16.08 39.57	200m: 2:37.65	41.24 300m: 3:58.81	41.12 400m: 5:20.68	41.10

17 - 18 años

1. SANTAS VAZQUEZ, Laura	17	PORTAMIÑA	4:33.88	16,00 19,00
50m: 31.88 31.88	150m: 1:39.17	33.89 250m: 2:48.31	34.52 350m: 3:58.80	35.29
100m: 1:05.28 33.40	200m: 2:13.79	34.62 300m: 3:23.51	35.20 400m: 4:33.88	35.08
2. BORRAZAS RODRIGUEZ, Noa	18	SPORTINGCASINO	4:37.70	14,00 16,00
50m: 31.58 31.58	150m: 1:40.90	35.35 250m: 2:52.27	35.55 350m: 4:03.02	35.45
100m: 1:05.55 33.97	200m: 2:16.72	35.82 300m: 3:27.57	35.30 400m: 4:37.70	34.68
3. VILLARNOVO PAZOS, Lucia	18	NFERROL	4:39.09	13,00 14,00
50m: 32.15 32.15	150m: 1:41.55	35.15 250m: 2:52.46	35.34 350m: 4:03.90	35.55
100m: 1:06.40 34.25	200m: 2:17.12	35.57 300m: 3:28.35	35.89 400m: 4:39.09	35.19
4. MUÑOZ GAVINO, Paula	18	PORTAMIÑA	4:46.49	- 13,00
50m: 32.70 32.70	150m: 1:43.50	35.87 250m: 2:56.66	36.73 350m: 4:09.90	36.78
100m: 1:07.63 34.93	200m: 2:19.93	36.43 300m: 3:33.12	36.46 400m: 4:46.49	36.59
5. HERNAEZ GONZALEZ, Paula	18	CULLEREDO	4:47.79	10,00 12,00
50m: 32.53 32.53	150m: 1:43.31	35.86 250m: 2:56.73	36.98 350m: 4:11.31	37.53
100m: 1:07.45 34.92	200m: 2:19.75	36.44 300m: 3:33.78	37.05 400m: 4:47.79	36.48
6. RODRIGUEZ RODRIGUEZ, Paula	18	ARTEIXO	4:56.42	7,00 9,00
50m: 33.41 33.41	150m: 1:47.06	37.02 250m: 3:02.24	37.61 350m: 4:18.72	38.40
100m: 1:10.04 36.63	200m: 2:24.63	37.57 300m: 3:40.32	38.08 400m: 4:56.42	37.70
7. HERMIDA ALONSO, Antia	18	MOS	4:57.49	6,00 8,00
50m: 34.00 34.00	150m: 1:48.93	38.20 250m: 3:05.93	38.34 350m: 4:21.95	37.21
100m: 1:10.73 36.73	200m: 2:27.59	38.66 300m: 3:44.74	38.81 400m: 4:57.49	35.54
8. PARDAVILA DAVILA, Ainoa	18	RBAIXASVIGO	4:59.46	- 7,00
50m: 35.12 35.12	150m: 1:49.40	37.38 250m: 3:05.00	37.86 350m: 4:21.83	38.16
100m: 1:12.02 36.90	200m: 2:27.14	37.74 300m: 3:43.67	38.67 400m: 4:59.46	37.63
9. BLANCO IGLESIAS, Carmen	18	CIDSANTIAGO	5:01.82	- 5,00
50m: 35.18 35.18	150m: 1:51.18	38.07 250m: 3:08.33	38.39 350m: 4:24.61	38.06
100m: 1:13.11 37.93	200m: 2:29.94	38.76 300m: 3:46.55	38.22 400m: 5:01.82	37.21
10. FEAL DEvesa, Carlota	17	CULLEREDO	5:05.55	- 4,00
50m: 34.55 34.55	150m: 1:50.97	38.95 250m: 3:09.78	39.44 350m: 4:27.26	38.54
100m: 1:12.02 37.47	200m: 2:30.34	39.37 300m: 3:48.72	38.94 400m: 5:05.55	38.29

Prueba 5, Fem., 400m Libre, 17 - 18 años

Clasificación	Edad	Tempo	ABSO	JUNI
11. ESTEVEZ MONTES, Naroa	18 PONTEAREAS	5:08.16	-	-
50m: 33.95 33.95 150m: 1:47.97 37.82	250m: 3:06.04 38.78	350m: 4:27.39 39.82		
100m: 1:10.15 36.20 200m: 2:27.26 39.29	300m: 3:47.57 41.53	400m: 5:08.16 40.77		

ABSO FEM

1. CANDO SANTOS, Raquel	23 PORTAMIÑA	4:30.77	19,00	-
50m: 31.61 31.61 150m: 1:39.06 34.15	250m: 2:48.10 34.59	350m: 3:57.42 34.21		
100m: 1:04.91 33.30 200m: 2:13.51 34.45	300m: 3:23.21 35.11	400m: 4:30.77 33.35		
2. SANTAS VAZQUEZ, Laura	17 PORTAMIÑA	4:33.88	16,00	19,00
50m: 31.88 31.88 150m: 1:39.17 33.89	250m: 2:48.31 34.52	350m: 3:58.80 35.29		
100m: 1:05.28 33.40 200m: 2:13.79 34.62	300m: 3:23.51 35.20	400m: 4:33.88 35.08		
3. BORRAZAS RODRIGUEZ, Noa	18 SPORTINGCASINO	4:37.70	14,00	16,00
50m: 31.58 31.58 150m: 1:40.90 35.35	250m: 2:52.27 35.55	350m: 4:03.02 35.45		
100m: 1:05.55 33.97 200m: 2:16.72 35.82	300m: 3:27.57 35.30	400m: 4:37.70 34.68		
4. VILLARNOVO PAZOS, Lucia	18 NFERROL	4:39.09	13,00	14,00
50m: 32.15 32.15 150m: 1:41.55 35.15	250m: 2:52.46 35.34	350m: 4:03.90 35.55		
100m: 1:06.40 34.25 200m: 2:17.12 35.57	300m: 3:28.35 35.89	400m: 4:39.09 35.19		
5. PARDO CHAS, Eva	22 NFERROL	4:45.79	12,00	-
50m: 32.05 32.05 150m: 1:43.09 36.27	250m: 2:56.29 36.93	350m: 4:09.90 37.05		
100m: 1:06.82 34.77 200m: 2:19.36 36.27	300m: 3:32.85 36.56	400m: 4:45.79 35.89		
6. MUÑOZ GAVINO, Paula	18 PORTAMIÑA	4:46.49	-	13,00
50m: 32.70 32.70 150m: 1:43.50 35.87	250m: 2:56.66 36.73	350m: 4:09.90 36.78		
100m: 1:07.63 34.93 200m: 2:19.93 36.43	300m: 3:33.12 36.46	400m: 4:46.49 36.59		
7. GOMEZ PEDROUZO, Martina	14 FLUVIAL	4:47.76	11,00	-
50m: 32.74 32.74 150m: 1:45.41 36.99	250m: 2:59.13 36.91	350m: 4:12.32 36.55		
100m: 1:08.42 35.68 200m: 2:22.22 36.81	300m: 3:35.77 36.64	400m: 4:47.76 35.44		
8. HERNAEZ GONZALEZ, Paula	18 CULLEREDO	4:47.79	10,00	12,00
50m: 32.53 32.53 150m: 1:43.31 35.86	250m: 2:56.73 36.98	350m: 4:11.31 37.53		
100m: 1:07.45 34.92 200m: 2:19.75 36.44	300m: 3:33.78 37.05	400m: 4:47.79 36.48		
9. CASTRO CIDRAS, Alba	16 GALAICO	4:53.75	9,00	11,00
50m: 32.99 32.99 150m: 1:46.23 36.63	250m: 3:00.83 36.92	350m: 4:16.17 37.28		
100m: 1:09.60 36.61 200m: 2:23.91 37.68	300m: 3:38.89 38.06	400m: 4:53.75 37.58		
10. GUERRA RODRIGUEZ, Zaida	16 POURENSE	4:55.82	8,00	10,00
50m: 33.52 33.52 150m: 1:47.23 37.49	250m: 3:02.86 37.95	350m: 4:18.80 38.02		
100m: 1:09.74 36.22 200m: 2:24.91 37.68	300m: 3:40.78 37.92	400m: 4:55.82 37.02		
11. RODRIGUEZ RODRIGUEZ, Paula	18 ARTEIXO	4:56.42	7,00	9,00
50m: 33.41 33.41 150m: 1:47.06 37.02	250m: 3:02.24 37.61	350m: 4:18.72 38.40		
100m: 1:10.04 36.63 200m: 2:24.63 37.57	300m: 3:40.32 38.08	400m: 4:56.42 37.70		
12. HERMIDA ALONSO, Antia	18 MOS	4:57.49	6,00	8,00
50m: 34.00 34.00 150m: 1:48.93 38.20	250m: 3:05.93 38.34	350m: 4:21.95 37.21		
100m: 1:10.73 36.73 200m: 2:27.59 38.66	300m: 3:44.74 38.81	400m: 4:57.49 35.54		
13. MOSQUERA SANCHEZ, Daniella	14 NCORUÑA	4:58.73	-	-
50m: 33.80 33.80 150m: 1:48.05 37.46	250m: 3:04.85 38.22	350m: 4:21.26 37.91		
100m: 1:10.59 36.79 200m: 2:26.63 38.58	300m: 3:43.35 38.50	400m: 4:58.73 37.47		
14. PARDAVILA DAVILA, Ainoa	18 RBAIXASVIGO	4:59.46	-	7,00
50m: 35.12 35.12 150m: 1:49.40 37.38	250m: 3:05.00 37.86	350m: 4:21.83 38.16		
100m: 1:12.02 36.90 200m: 2:27.14 37.74	300m: 3:43.67 38.67	400m: 4:59.46 37.63		
15. GUDIN PEREZ, Andrea	16 MONFORTE	4:59.98	-	6,00
50m: 34.34 34.34 150m: 1:49.65 38.34	250m: 3:05.86 37.70	350m: 4:22.36 38.08		
100m: 1:11.31 36.97 200m: 2:28.16 38.51	300m: 3:44.28 38.42	400m: 4:59.98 37.62		

Prueba 5, Fem., 400m Libre, ABSO FEM

Clasificación	Edad	Tempo	ABSO	JUNI
16. BLANCO IGLESIAS, Carmen	18 CIDSANTIAGO	5:01.82	-	5,00
50m: 35.18 35.18 150m: 1:51.18 38.07	250m: 3:08.33 38.39	350m: 4:24.61 38.06		
100m: 1:13.11 37.93 200m: 2:29.94 38.76	300m: 3:46.55 38.22	400m: 5:01.82 37.21		
17. FEAL DEVESA, Carlota	17 CULLEREDO	5:05.55	-	4,00
50m: 34.55 34.55 150m: 1:50.97 38.95	250m: 3:09.78 39.44	350m: 4:27.26 38.54		
100m: 1:12.02 37.47 200m: 2:30.34 39.37	300m: 3:48.72 38.94	400m: 5:05.55 38.29		
18. ESTEVEZ MONTES, Naroa	18 PONTEAREAS	5:08.16	-	-
50m: 33.95 33.95 150m: 1:47.97 37.82	250m: 3:06.04 38.78	350m: 4:27.39 39.82		
100m: 1:10.15 36.20 200m: 2:27.26 39.29	300m: 3:47.57 41.53	400m: 5:08.16 40.77		
19. COUCEIRO BARREIRO, Marta	19 SPORTINGCASINO	5:14.06	-	-
50m: 35.39 35.39 150m: 1:52.35 38.82	250m: 3:12.59 39.91	350m: 4:34.06 40.68		
100m: 1:13.53 38.14 200m: 2:32.68 40.33	300m: 3:53.38 40.79	400m: 5:14.06 40.00		
20. PARDO CORTEZ, Sara	16 PORTAMIÑA	5:20.68	-	-
50m: 36.51 36.51 150m: 1:56.41 40.33	250m: 3:17.69 40.04	350m: 4:39.58 40.77		
100m: 1:16.08 39.57 200m: 2:37.65 41.24	300m: 3:58.81 41.12	400m: 5:20.68 41.10		
WDR LEDO BARRIOS, Ana	15 RBAIXASVIGO		-	-
WDR GERVENO PRADA, Eva	15 SPORTINGCASINO		-	-