

Prueba 1
08/06/2019 - 17:00

Fem., 400m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	3770202 SUAREZ GARCIA, Sofia	97	RIASBAIXAS	6:12.16	13,00
	50m: 40.14 40.14 150m: 2:10.72 46.30 250m: 3:47.10 48.70 350m: 5:25.05 48.22				
	100m: 1:24.41 44.26 200m: 2:58.39 47.67 300m: 4:36.83 49.73 400m: 6:12.16 47.10				
BAJ	3597350 RIVADULLA MALLO, M Irene	98	SALESTRA		-
25+					
1.	3596707 ARAUJO CASTRO, Paula	91	CDELMAR	6:40.11	13,00
	50m: 42.61 42.61 150m: 2:19.99 50.34 250m: 4:04.96 52.95 350m: 5:51.51 53.31				
	100m: 1:29.65 47.04 200m: 3:12.00 52.00 300m: 4:58.20 53.24 400m: 6:40.11 48.60				
2.	3589817 IGLESIAS SUAREZ, Laura	92	CDELMAR	6:52.83	10,00
	50m: 42.61 42.61 150m: 2:30.31 54.07 250m: 4:19.24 54.43 350m: 6:02.83				
	100m: 1:36.23 47.62 200m: 3:24.81 54.50 300m: 5:13.66 54.42 400m: 6:52.83				
3.	4032404 LOPEZ HERNANDEZ, Reyes	94	POURENSE	6:58.10	8,00
	50m: 46.75 46.75 150m: 2:30.25 52.68 250m: 4:19.24 54.43 350m: 6:02.83				
	100m: 1:37.57 50.81 200m: 3:23.79 53.53 300m: 5:12.76 54.42 400m: 6:58.10				
4.	4051872 RUIZ MEILAN, Blanca	90	SCASINO	7:10.38	7,00
	50m: 45.67 45.67 150m: 2:33.36 55.01 250m: 4:24.67 55.19 350m: 6:15.65 55.22				
	100m: 1:38.35 52.68 200m: 3:29.48 56.12 300m: 5:20.42 55.74 400m: 7:10.38 54.72				
30+					
1.	3597137 VINAGRE SENDINO, Cora	88	ADFOGAR	5:40.83	13,00
	50m: 36.78 36.78 150m: 2:01.13 42.94 250m: 3:28.51 43.56 350m: 4:56.90 43.96				
	100m: 1:18.18 41.40 200m: 2:44.95 43.81 300m: 4:12.93 44.41 400m: 5:40.83 43.93				
2.	3659804 GALLEGO GONZALEZ, Cristina	86	ASOLRAS	6:04.56	10,00
	50m: 37.01 37.01 150m: 2:02.72 44.32 250m: 3:37.29 47.21 350m: 5:15.06 48.93				
	100m: 1:18.40 41.39 200m: 2:50.08 47.35 300m: 4:26.13 48.84 400m: 6:04.56 49.49				
3.	3590978 MURAS MORA, Andrea	89	USC	6:07.46	8,00
	50m: 40.17 40.17 150m: 2:07.63 44.00 250m: 3:40.85 47.36 350m: 5:18.58 49.32				
	100m: 1:23.63 43.46 200m: 2:53.49 45.86 300m: 4:29.26 48.40 400m: 6:07.46 48.88				
4.	3597168 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	6:22.93	7,00
	50m: 39.99 39.99 150m: 2:14.51 48.24 250m: 3:54.26 49.65 350m: 5:34.15 49.71				
	100m: 1:26.27 46.27 200m: 3:04.61 50.09 300m: 4:44.44 50.17 400m: 6:22.93 48.78				
5.	3598446 OLIVEIRA TASENDE, Maria	87	ARTEIXO	6:24.40	6,00
	50m: 43.12 43.12 150m: 2:19.37 49.11 250m: 3:59.73 50.49 350m: 5:38.17 49.06				
	100m: 1:30.26 47.13 200m: 3:09.24 49.87 300m: 4:49.10 49.36 400m: 6:24.40 46.22				
6.	3598745 ACUÑA MELLA, Maria	88	PONTEAREAS	7:13.87	5,00
	50m: 46.90 46.90 150m: 2:34.00 56.18 250m: 4:28.13 58.31 350m: 6:22.44 56.68				
	100m: 1:37.81 50.91 200m: 3:29.82 55.81 300m: 5:25.75 57.62 400m: 7:13.87 51.43				
7.	3596708 FRANQUEIRA LOSADA, Lucia	89	CDELMAR	7:34.37	4,00
	50m: 50.00 50.00 150m: 2:42.02 57.64 250m: 4:42.53 1:00.58 350m: 6:42.37 58.92				
	100m: 1:44.38 54.37 200m: 3:41.95 59.92 300m: 5:43.44 1:00.91 400m: 7:34.37 52.00				

Prueba 1, Fem., 400m Libre

35+

1.	3598108 PILLADO MARINHO, Vanessa	84	RIVEIRA	5:55.85	13,00
	50m: 38.40 38.40 150m: 2:05.58 44.22 250m: 3:36.88 45.75 350m: 5:10.21 46.78				
	100m: 1:21.35 42.95 200m: 2:51.12 45.54 300m: 4:23.43 46.55 400m: 5:55.85 45.63				
2.	3596725 MIRA VAZQUEZ, Marta	81	ESCUALOS	6:33.11	10,00
	50m: 43.02 43.02 150m: 2:19.68 49.42 250m: 4:00.84 50.90 350m: 5:42.77 50.81				
	100m: 1:30.25 47.23 200m: 3:09.93 50.25 300m: 4:51.96 51.12 400m: 6:33.11 50.34				
3.	3652530 CID ALVAREZ, Isabel	80	ESCUALOS	7:08.49	8,00
	50m: 47.00 47.00 150m: 2:32.48 54.48 250m: 4:22.19 55.38 350m: 6:12.70 55.05				
	100m: 1:38.00 50.99 200m: 3:26.81 54.32 300m: 5:17.65 55.45 400m: 7:08.49 55.79				
4.	4082012 FERNANDEZ ORDÓÑEZ, Iria	80	POURENSE	7:13.44	7,00
	50m: 46.08 46.08 150m: 2:35.60 55.58 250m: 4:30.27 57.47 350m: 6:21.90 55.79				
	100m: 1:40.02 53.93 200m: 3:32.80 57.19 300m: 5:26.11 55.83 400m: 7:13.44 51.54				
5.	3598132 VALDÉS ROMÁN, María	80	MONFORTE	7:15.30	6,00
	50m: 47.69 47.69 150m: 2:34.85 54.76 250m: 4:27.02 56.58 350m: 6:19.54 56.44				
	100m: 1:40.09 52.39 200m: 3:30.44 55.58 300m: 5:23.10 56.07 400m: 7:15.30 55.76				
6.	3582371 BROZOS VAZQUEZ, Elena Maria	82	USC	7:27.85	5,00
	50m: 50.10 50.10 150m: 2:41.60 56.58 250m: 4:35.34 56.78 350m: 6:32.46 59.01				
	100m: 1:45.02 54.91 200m: 3:38.55 56.95 300m: 5:33.45 58.10 400m: 7:27.85 55.38				
7.	3598750 OLMO VAQUEIRO, Leticia	81	PONTEAREAS	7:28.59	4,00
	50m: 50.40 50.40 150m: 2:43.39 56.46 250m: 4:39.20 58.45 350m: 6:34.58 57.50				
	100m: 1:46.92 56.51 200m: 3:40.74 57.35 300m: 5:37.07 57.87 400m: 7:28.59 54.00				
8.	3598916 GUIJARRO DEL AMO, Monica	81	PORTAMIÑA	8:09.73	3,00
	50m: 52.81 52.81 150m: 2:56.46 1:03.16 250m: 5:02.46 1:02.63 350m: 7:10.55 1:04.44				
	100m: 1:53.30 1:00.49 200m: 3:59.83 1:03.36 300m: 6:06.11 1:03.65 400m: 8:09.73 59.17				

40+

1.	3597227 IGLESIAS VAZQUEZ, Enriqueta	79	ARTEIXO	6:16.45	13,00
	50m: 41.96 41.96 150m: 2:14.36 47.08 250m: 3:51.62 48.91 350m: 5:29.92 49.10				
	100m: 1:27.28 45.31 200m: 3:02.71 48.34 300m: 4:40.81 49.19 400m: 6:16.45 46.52				
2.	3769886 VARELA REDONDO, Veronica	75	PONTEAREAS	6:39.08	10,00
	50m: 43.13 43.13 150m: 2:23.83 51.45 250m: 4:05.86 51.10 350m: 5:49.59 51.48				
	100m: 1:32.37 49.23 200m: 3:14.75 50.92 300m: 4:58.10 52.24 400m: 6:39.08 49.49				
3.	3596727 RODRIGUEZ LIEBANA, M. Carmen	76	ESCUALOS	6:50.13	8,00
	50m: 44.83 44.83 150m: 2:26.54 52.12 250m: 4:12.15 53.44 350m: 6:00.58 54.11				
	100m: 1:34.42 49.58 200m: 3:18.70 52.15 300m: 5:06.46 54.31 400m: 6:50.13 49.54				
4.	3769346 FERNANDEZ CARRERA, Ana	77	PONTEAREAS	7:39.27	7,00
	50m: 49.43 49.43 150m: 2:44.31 58.92 250m: 4:40.77 58.65 350m:				
	100m: 1:45.39 55.96 200m: 3:42.11 57.80 300m: 5:41.64 1:00.87 400m: 7:39.27				

45+

1.	3598903 HERNÁNDEZ ALFAGEME, Rita	71	RCNVIGO	6:00.83	13,00
	50m: 40.29 40.29 150m: 2:10.24 45.41 250m: 3:42.09 45.96 350m: 5:15.46 46.40				
	100m: 1:24.83 44.53 200m: 2:56.13 45.88 300m: 4:29.05 46.96 400m: 6:00.83 45.36				
2.	3826154 ROIG SANCHEZ, Blanca Ana	74	RIASBAIXAS	7:08.42	10,00
	50m: 43.36 43.36 150m:		250m: 4:21.91 57.28 350m: 6:15.24 57.14		
	100m: 1:34.20 50.83 200m: 3:24.62		300m: 5:18.09 56.18 400m: 7:08.42 53.18		

Prueba 1, Fem., 400m Libre, 45+

Clasificación		AN		Tiempo	Puntos
3.	3584658 ABREU FERNANDEZ, Marta	71	PONTEAREAS	7:16.61	8,00
	50m: 50.05 50.05 150m: 2:40.31 56.06 250m: 4:31.88 55.74 350m: 6:23.93 55.49				
	100m: 1:44.25 54.19 200m: 3:36.14 55.82 300m: 5:28.44 56.55 400m: 7:16.61 52.68				
4.	3582471 DE LA MONTAÑA ALCANTARA, G.	73	RSDH	7:23.43	7,00
	50m: 47.66 47.66 150m: 2:39.87 57.65 250m: 4:36.58 58.11 350m: 6:31.13 56.99				
	100m: 1:42.22 54.55 200m: 3:38.46 58.58 300m: 5:34.14 57.56 400m: 7:23.43 52.29				
5.	3593140 PLATERO LOPEZ DE TURISO, A.	71	POURENSE	7:39.41	6,00
	50m: 49.60 49.60 150m: 2:43.85 58.34 250m: 4:44.56 1:00.69 350m: 6:44.91 59.52				
	100m: 1:45.51 55.90 200m: 3:43.86 1:00.00 300m: 5:45.38 1:00.82 400m: 7:39.41 54.49				
6.	3900300 SALES MANTIÑAN, Carmen	74	SCASINO	7:53.35	5,00
	50m: 45.97 45.97 150m: 2:36.58 57.85 250m: 4:40.99 1:04.37 350m: 6:50.58 1:06.84				
	100m: 1:38.73 52.75 200m: 3:36.62 1:00.03 300m: 5:43.73 1:02.74 400m: 7:53.35 1:02.77				

50+

1.	3769994 CASTRO MAESTRE, Isaura	69	PORTAMIÑA	6:19.39	13,00
	50m: 40.78 40.78 150m: 2:13.85 47.93 250m: 3:52.17 49.17 350m: 5:32.33 50.21				
	100m: 1:25.91 45.12 200m: 3:03.00 49.15 300m: 4:42.12 49.94 400m: 6:19.39 47.05				
2.	3596337 GOMEZ GARCIA, Maria	65	RIASBAIXAS	6:49.00	10,00
	50m: 46.42 46.42 150m: 2:27.91 51.37 250m: 4:12.48 51.69 350m: 5:58.72 53.37				
	100m: 1:36.54 50.11 200m: 3:20.79 52.87 300m: 5:05.35 52.86 400m: 6:49.00 50.28				
3.	3769817 CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	6:54.88	8,00
	50m: 45.30 45.30 150m: 2:30.83 53.47 250m: 4:18.69 53.05 350m: 6:03.82 50.10				
	100m: 1:37.36 52.05 200m: 3:25.64 54.80 300m: 5:13.72 55.03 400m: 6:54.88 51.05				
4.	3579706 BASTOS ALONSO, Mari Carmen	65	MASTMOS	8:33.68	7,00
	50m: 57.91 57.91 150m: 3:06.64 1:05.42 250m: 5:20.61 1:06.79 350m: 7:32.60 1:05.32				
	100m: 2:01.21 1:03.30 200m: 4:13.82 1:07.18 300m: 6:27.28 1:06.67 400m: 8:33.68 1:01.07				

55+

1.	3593661 TERCEIRO DELGADO, M.	63	CDELMAR	5:59.37	13,00
	50m: 39.64 39.64 150m: 2:12.39 47.79 250m: 3:47.28 47.18 350m: 5:18.35 44.69				
	100m: 1:24.59 44.95 200m: 3:00.10 47.70 300m: 4:33.66 46.37 400m: 5:59.37 41.01				
2.	3596746 OTERO LOPEZ, Mª Elisa	60	POURENSE	7:13.29	10,00
	50m: 49.72 49.72 150m: 2:39.20 55.77 250m: 4:31.64 55.98 350m: 6:21.58 53.72				
	100m: 1:43.43 53.71 200m: 3:35.66 56.46 300m: 5:27.85 56.20 400m: 7:13.29 51.70				
3.	3585686 SANCHEZ LEAL, Gema Isabel	64	RIASBAIXAS	7:23.90	8,00
	50m: 48.67 48.67 150m: 2:37.75 56.25 250m: 4:33.52 58.26 350m: 6:30.18 57.88				
	100m: 1:41.49 52.82 200m: 3:35.25 57.50 300m: 5:32.30 58.78 400m: 7:23.90 53.71				
4.	3593142 PEREZ GALLARDO, Teresa	64	POURENSE	9:41.99	7,00
	50m: 1:06.13 1:06.13 150m: 3:34.28 1:15.00 250m: 6:00.92 1:13.08 350m: 8:29.76 1:15.55				
	100m: 2:19.28 1:13.15 200m: 4:47.84 1:13.56 300m: 7:14.21 1:13.28 400m: 9:41.99 1:12.22				

60+

1.	3657175 GOMEZ DOVAL, M. Angela	56	TRAVIESAS	8:49.87	13,00
	50m: 56.42 56.42 150m: 3:07.03 1:08.06 250m: 5:25.72 1:09.39 350m: 7:44.82 1:09.08				
	100m: 1:58.97 1:02.54 200m: 4:16.33 1:09.29 300m: 6:35.73 1:10.01 400m: 8:49.87 1:05.05				

Prueba 1, Fem., 400m Libre

65+

1.	3579677 CAICOYA DE URZAIZ, Alicia	54	TRAVIESAS	8:10.56	13,00
	50m: 56.22 56.22 150m: 3:02.47 1:02.88 250m: 5:09.51 1:03.49 350m: 7:15.37 1:02.89				
	100m: 1:59.58 1:03.36 200m: 4:06.01 1:03.54 300m: 6:12.48 1:02.96 400m: 8:10.56 55.18				