

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

Prueba 6
14/12/2019

Fem., 3000m Libre

2002 y mayores
Resultados

Clasificación

AN

Marca

JUNIOR 2

1.	GOYANES GARCIA, Carla				01	C. N. Galaico				35:12.48	19,00	
	50m:	33.54	33.54	800m:	9:20.38	36.08	1550m:	18:07.88	35.00	2300m:	27:00.98	36.29
	100m:	1:08.38	34.84	850m:	9:56.05	35.67	1600m:	18:43.07	35.19	2350m:	27:37.05	36.07
	150m:	1:43.74	35.36	900m:	10:31.54	35.49	1650m:	19:18.42	35.35	2400m:	28:13.00	35.95
	200m:	2:18.82	35.08	950m:	11:07.23	35.69	1700m:	19:53.53	35.11	2450m:	28:48.94	35.94
	250m:	2:53.74	34.92	1000m:	11:42.42	35.19	1750m:	20:28.62	35.09	2500m:	29:24.15	35.21
	300m:	3:28.67	34.93	1050m:	12:17.25	34.83	1800m:	21:03.81	35.19	2550m:	29:59.40	35.25
	350m:	4:03.54	34.87	1100m:	12:52.34	35.09	1850m:	21:39.36	35.55	2600m:	30:34.54	35.14
	400m:	4:38.68	35.14	1150m:	13:27.50	35.16	1900m:	22:15.00	35.64	2650m:	31:09.53	34.99
	450m:	5:13.25	34.57	1200m:	14:02.57	35.07	1950m:	22:50.82	35.82	2700m:	31:44.67	35.14
	500m:	5:47.86	34.61	1250m:	14:37.52	34.95	2000m:	23:26.67	35.85	2750m:	32:20.05	35.38
	550m:	6:23.05	35.19	1300m:	15:12.53	35.01	2050m:	24:02.31	35.64	2800m:	32:55.12	35.07
	600m:	6:58.41	35.36	1350m:	15:47.44	34.91	2100m:	24:37.92	35.61	2850m:	33:30.38	35.26
	650m:	7:33.61	35.20	1400m:	16:22.48	35.04	2150m:	25:13.12	35.20	2900m:	34:05.54	35.16
	700m:	8:08.88	35.27	1450m:	16:57.69	35.21	2200m:	25:48.74	35.62	2950m:	34:40.18	34.64
	750m:	8:44.30	35.42	1500m:	17:32.88	35.19	2250m:	26:24.69	35.95	3000m:	35:12.48	32.30

SENIOR

1. VILAS VIDAL, Maria			96	C. N. Galaico				33:02.24	19,00		
50m:	31.98	31.98	800m:	8:41.54	32.94	1550m:	16:58.80	32.94	2300m:	25:16.67	33.36
100m:	1:04.56	32.58	850m:	9:14.43	32.89	1600m:	17:32.00	33.20	2350m:	25:50.05	33.38
150m:	1:37.43	32.87	900m:	9:47.40	32.97	1650m:	18:04.93	32.93	2400m:	26:23.42	33.37
200m:	2:10.32	32.89	950m:	10:20.44	33.04	1700m:	18:38.09	33.16	2450m:	26:56.60	33.18
250m:	2:42.80	32.48	1000m:	10:53.37	32.93	1750m:	19:11.09	33.00	2500m:	27:29.92	33.32
300m:	3:15.42	32.62	1050m:	11:26.42	33.05	1800m:	19:44.09	33.00	2550m:	28:02.92	33.00
350m:	3:47.62	32.20	1100m:	11:59.50	33.08	1850m:	20:17.29	33.20	2600m:	28:36.29	33.37
400m:	4:20.59	32.97	1150m:	12:32.56	33.06	1900m:	20:50.75	33.46	2650m:	29:09.46	33.17
450m:	4:52.90	32.31	1200m:	13:05.75	33.19	1950m:	21:24.16	33.41	2700m:	29:42.87	33.41
500m:	5:25.68	32.78	1250m:	13:38.34	32.59	2000m:	21:57.59	33.43	2750m:	30:16.06	33.19
550m:	5:58.16	32.48	1300m:	14:12.15	33.81	2050m:	22:30.67	33.08	2800m:	30:49.31	33.25
600m:	6:30.65	32.49	1350m:	14:45.68	33.53	2100m:	23:03.60	32.93	2850m:	31:23.00	33.69
650m:	7:03.16	32.51	1400m:	15:18.87	33.19	2150m:	23:36.84	33.24	2900m:	34:56.43	3:33.43
700m:	7:35.86	32.70	1450m:	15:52.79	33.92	2200m:	24:09.90	33.06	2950m:	32:29.67	
750m:	8:08.60	32.74	1500m:	16:25.86	33.07	2250m:	24:43.31	33.41	3000m:	33:02.24	32.57
2. GOMEZ MESIAS, Alba			00	C. N. Arteixo				35:10.24	16,00		
50m:	32.86	32.86	800m:	9:13.74	35.13	1550m:	18:07.91	35.36	2300m:	26:55.38	35.28
100m:	1:06.68	33.82	850m:	9:48.74	35.00	1600m:	18:43.32	35.41	2350m:	27:30.91	35.53
150m:	1:40.88	34.20	900m:	10:24.00	35.26	1650m:	19:18.32	35.00	2400m:	28:06.49	35.58
200m:	2:15.17	34.29	950m:	10:59.44	35.44	1700m:	14:53.06		2450m:	28:42.56	36.07
250m:	2:49.63	34.46	1000m:	11:34.47	35.03	1750m:	20:28.82	5:35.76	2500m:	29:17.66	35.10
300m:	3:24.63	35.00	1050m:	12:10.10	35.63	1800m:	21:03.30	34.48	2550m:	29:53.63	35.97
350m:	3:59.36	34.73	1100m:	12:45.80	35.70	1850m:	21:50.42	47.12	2600m:	30:29.12	35.49
400m:	4:34.41	35.05	1150m:	13:22.82	37.02	1900m:	22:13.24	22.82	2650m:	31:04.76	35.64
450m:	5:09.41	35.00	1200m:	13:57.53	34.71	1950m:	22:48.76	35.52	2700m:	31:39.88	35.12
500m:	5:44.17	34.76	1250m:	14:32.82	35.29	2000m:	23:23.63	34.87	2750m:	32:15.49	35.61
550m:	6:18.88	34.71	1300m:	15:08.99	36.17	2050m:	23:58.82	35.19	2800m:	32:50.91	35.42
600m:	6:53.61	34.73	1350m:	15:45.25	36.26	2100m:	24:34.28	35.46	2850m:	33:26.42	35.51
650m:	7:28.55	34.94	1400m:	16:21.24	35.99	2150m:	25:09.44	35.16	2900m:	34:01.44	35.02
700m:	8:03.50	34.95	1450m:	16:57.17	35.93	2200m:	25:44.68	35.24	3000m:	35:10.24	1:08.80
750m:	8:38.61	35.11	1500m:	17:32.55	35.38	2250m:	26:20.10	35.42			

CTO. DE GALICIA LARGA DISTANCIA P25
CARBALLO, 14/12/2019

Prueba 6, Fem., 3000m Libre, SENIOR

Clasificación	AN					Marca					
3. VEIGA SOUTO, Ana	98					C. Del Mar De San Amaro			36:40.87	14,00	
50m:	33.76	33.76	800m:	9:30.45	36.44	1550m:	18:41.54	37.54	2300m:	28:02.12	37.48
100m:	1:08.18	34.42	850m:	10:06.89	36.44	1600m:	19:19.06	37.52	2350m:	28:39.54	37.42
150m:	1:43.37	35.19	900m:	10:43.06	36.17	1650m:	19:57.56	38.50	2400m:	29:17.36	37.82
200m:	2:18.87	35.50	950m:	11:19.43	36.37	1700m:	20:33.43	35.87	2450m:	29:54.68	37.32
250m:	2:54.37	35.50	1000m:	11:55.81	36.38	1750m:	21:10.92	37.49	2500m:	30:31.75	37.07
300m:	3:29.60	35.23	1050m:	12:32.41	36.60	1800m:	21:48.70	37.78	2550m:	31:08.51	36.76
350m:	4:05.39	35.79	1100m:	13:08.89	36.48	1850m:	22:25.87	37.17	2600m:	31:45.75	37.24
400m:	4:41.10	35.71	1150m:	13:45.73	36.84	1900m:	23:03.45	37.58	2650m:	32:23.08	37.33
450m:	5:16.81	35.71	1200m:	14:22.57	36.84	1950m:	23:41.64	38.19	2700m:	33:00.10	37.02
500m:	5:52.89	36.08	1250m:	14:59.24	36.67	2000m:	24:18.83	37.19	2750m:	33:37.50	37.40
550m:	6:28.81	35.92	1300m:	15:36.26	37.02	2050m:	24:55.67	36.84	2800m:	34:14.81	37.31
600m:	7:04.75	35.94	1350m:	16:13.16	36.90	2100m:	25:32.70	37.03	2850m:	34:51.77	36.96
650m:	7:41.26	36.51	1400m:	16:49.87	36.71	2150m:	26:10.24	37.54	2900m:	35:28.62	36.85
700m:	8:17.50	36.24	1450m:	17:26.51	36.64	2200m:	26:47.45	37.21	2950m:	36:05.51	36.89
750m:	8:54.01	36.51	1500m:	18:04.00	37.49	2250m:	27:24.64	37.19	3000m:	36:40.87	35.36
4. ALVITE BERGARA, Nerea	99					C. Del Mar De San Amaro			37:54.29	13,00	
50m:	35.70	35.70	800m:	9:54.13	37.58	1550m:	19:22.42	38.06	2300m:	28:57.90	38.74
100m:	1:12.36	36.66	850m:	10:31.86	37.73	1600m:	20:00.54	38.12	2350m:	29:36.51	38.61
150m:	1:49.20	36.84	900m:	11:09.34	37.48	1650m:	20:38.52	37.98	2400m:	30:15.76	39.25
200m:	2:26.26	37.06	950m:	11:47.20	37.86	1700m:	21:16.59	38.07	2450m:	30:54.46	38.70
250m:	3:03.48	37.22	1000m:	12:25.15	37.95	1750m:	21:54.80	38.21	2500m:	31:33.02	38.56
300m:	3:40.29	36.81	1050m:	13:02.72	37.57	1800m:	22:33.29	38.49	2550m:	32:11.36	38.34
350m:	4:17.26	36.97	1100m:	13:40.67	37.95	1850m:	23:11.40	38.11	2600m:	32:49.67	38.31
400m:	4:54.73	37.47	1150m:	14:18.16	37.49	1900m:	23:49.92	38.52	2650m:	33:28.40	38.73
450m:	5:31.84	37.11	1200m:	14:56.34	38.18	1950m:	24:29.04	39.12	2700m:	34:06.67	38.27
500m:	6:09.26	37.42	1250m:	15:33.96	37.62	2000m:	25:07.28	38.24	2750m:	34:45.16	38.49
550m:	6:46.96	37.70	1300m:	16:11.86	37.90	2050m:	25:45.86	38.58	2800m:	35:23.73	38.57
600m:	7:24.04	37.08	1350m:	16:50.08	38.22	2100m:	26:24.04	38.18	2850m:	36:01.34	37.61
650m:	8:01.48	37.44	1400m:	17:28.23	38.15	2150m:	27:02.21	38.17	2900m:	36:39.21	37.87
700m:	8:39.08	37.60	1450m:	18:06.21	37.98	2200m:	27:40.59	38.38	2950m:	37:16.84	37.63
750m:	9:16.55	37.47	1500m:	18:44.36	38.15	2250m:	28:19.16	38.57	3000m:	37:54.29	37.45
5. SEOANE BAHILLO, Sara	00					Real C. Náutico De Vigo			38:32.76	12,00	
50m:	34.81	34.81	800m:	10:02.24	38.19	1550m:	19:40.68	38.56	2300m:	29:26.64	39.14
100m:	1:11.06	36.25	850m:	10:40.45	38.21	1600m:	20:19.41	38.73	2350m:	30:05.82	39.18
150m:	1:48.43	37.37	900m:	11:19.15	38.70	1650m:	20:58.26	38.85	2400m:	30:45.51	39.69
200m:	2:25.68	37.25	950m:	11:57.95	38.80	1700m:	21:37.00	38.74	2450m:	31:24.51	39.00
250m:	3:03.16	37.48	1000m:	12:36.45	38.50	1750m:	22:16.26	39.26	2500m:	32:03.62	39.11
300m:	3:40.81	37.65	1050m:	13:14.98	38.53	1800m:	22:54.93	38.67	2550m:	32:42.95	39.33
350m:	4:18.70	37.89	1100m:	13:53.60	38.62	1850m:	23:33.43	38.50	2600m:	33:22.18	39.23
400m:	4:56.36	37.66	1150m:	14:31.76		1900m:	24:12.39	38.96	2650m:	34:01.12	38.94
450m:	5:34.26	37.90	1200m:	15:10.20	38.44	1950m:	24:51.68	39.29	2700m:	34:40.62	39.50
500m:	6:12.81	38.55	1250m:	15:48.81	38.61	2000m:	25:30.68	39.00	2750m:	35:19.81	39.19
550m:	6:50.73	37.92	1300m:	16:27.43	38.62	2050m:	26:09.98	39.30	2800m:	35:59.18	39.37
600m:	7:28.93	38.20	1350m:	17:06.16	38.73	2100m:	26:49.42	10:39.44	2850m:	36:38.37	39.19
650m:	8:07.42	38.49	1400m:	17:44.51	38.35	2150m:	27:28.70		2900m:	37:16.90	38.53
700m:	8:45.75	38.33	1450m:	18:23.12	38.61	2200m:	28:08.06	39.36	2950m:	37:56.12	2:39.22
750m:	9:24.05	38.30	1500m:	19:02.12	39.00	2250m:	28:47.50	39.44	3000m:	38:32.76	