

Prueba 1
25/04/2021

Masc., 1500m Libre

20 años y mayores
Resultados

Clasificación

AN

Tiempo

Puntos

20 - 29 años

1.	1133849 PEREZ GONZALEZ, Pablo	01	CEDEIRA	18:27.04	9,00
	100m: 1:04.14 1:04.14 500m: 5:57.40 1:14.93 900m: 10:58.58 1:14.94 1300m: 15:59.16 1:15.13				
	200m: 2:15.35 1:11.21 600m: 7:12.60 1:15.20 1000m: 12:13.09 1:14.51 1400m: 17:14.56 1:15.40				
	300m: 3:28.14 1:12.79 700m: 8:28.52 1:15.92 1100m: 13:28.33 1:15.24 1500m: 18:27.04 1:12.48				
	400m: 4:42.47 1:14.33 800m: 9:43.64 1:15.12 1200m: 14:44.03 1:15.70				
2.	1037076 COBELO REPRESAS, Francisco	96	PONTEAREAS	19:09.07	6,00 RG
	100m: 1:08.32 1:08.32 500m: 6:07.40 1:16.48 900m: 11:19.32 1:17.96 1300m: 16:34.02 1:18.52				
	200m: 2:21.24 1:12.92 600m: 7:24.82 1:17.42 1000m: 12:37.94 1:18.62 1400m: 17:52.32 1:18.30				
	300m: 3:35.69 1:14.45 700m: 8:42.90 1:18.08 1100m: 13:56.96 1:19.02 1500m: 19:09.07 1:16.75				
	400m: 4:50.92 1:15.23 800m: 10:01.36 1:18.46 1200m: 15:15.50 1:18.54				
3.	1038178 IBÁÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:18.08	4,00
	100m: 1:12.38 1:12.38 500m: 6:27.90 1:19.64 900m: 11:56.34 1:22.82 1300m: 17:30.27 1:23.72				
	200m: 2:30.32 1:17.94 600m: 7:48.93 1:21.03 1000m: 13:19.41 1:23.07 1400m: 18:55.19 1:24.92				
	300m: 3:49.14 1:18.82 700m: 9:10.94 1:22.01 1100m: 14:43.27 1:23.86 1500m: 20:18.08 1:22.89				
	400m: 5:08.26 1:19.12 800m: 10:33.52 1:22.58 1200m: 16:06.55 1:23.28				

30 - 39 años

1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	17:32.10	9,00 RG
	100m: 1:04.82 1:04.82 500m: 5:45.68 1:10.42 900m: 10:27.57 1:10.80 1300m: 15:10.68 1:11.29				
	200m: 2:14.43 1:09.61 600m: 6:56.20 1:10.52 1000m: 11:37.90 1:10.33 1400m: 16:21.68 1:11.00				
	300m: 3:24.68 1:10.25 700m: 8:06.39 1:10.19 1100m: 12:48.62 1:10.72 1500m: 17:32.10 1:10.42				
	400m: 4:35.26 1:10.58 800m: 9:16.77 1:10.38 1200m: 13:59.39 1:10.77				
2.	1038638 CASTRO VILLAR, David	91	CDELMAR	20:21.18	6,00
	100m: 1:15.23 1:15.23 500m: 6:41.80 1:22.71 900m: 12:13.52 1:23.29 1300m: 17:42.21 1:21.92				
	200m: 2:36.15 1:20.92 600m: 8:05.16 1:23.36 1000m: 13:36.93 1:23.41 1400m: 19:03.60 1:21.39				
	300m: 3:57.46 1:21.31 700m: 9:27.68 1:22.52 1100m: 14:58.46 1:21.53 1500m: 20:21.18 1:17.58				
	400m: 5:19.09 1:21.63 800m: 10:50.23 1:22.55 1200m: 16:20.29 1:21.83				
3.	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS	25:06.74	4,00
	100m: 1:26.94 1:26.94 500m: 8:06.18 1:41.12 900m: 14:52.70 1:42.60 1300m: 21:46.30 1:43.48				
	200m: 3:04.64 1:37.70 600m: 9:47.30 1:41.12 1000m: 16:33.20 1:40.50 1400m: 23:28.79 1:42.49				
	300m: 4:44.76 1:40.12 700m: 11:29.81 1:42.51 1100m: 18:17.87 1:44.67 1500m: 25:06.74 1:37.95				
	400m: 6:25.06 1:40.30 800m: 13:10.10 1:40.29 1200m: 20:02.82 1:44.95				
4.	1039360 POSE MATO, Cesar	83	ADFOGAR	30:42.18	3,00
	100m: 1:54.59 1:54.59 500m: 10:02.23 2:04.34 900m: 18:20.80 2:04.35 1300m: 26:45.16 2:06.10				
	200m: 3:59.91 2:05.32 600m: 12:08.34 2:06.11 1000m: 20:26.13 2:05.33 1400m: 28:47.06 2:01.90				
	300m: 5:56.34 1:56.43 700m: 14:12.13 2:03.79 1100m: 22:32.56 2:06.43 1500m: 30:42.18 1:55.12				
	400m: 7:57.89 2:01.55 800m: 16:16.45 2:04.32 1200m: 24:39.06 2:06.50				

40 - 49 años

1.	1118746 SANCHEZ GORDON, Roman	78	RIASBAIXAS	18:31.13	9,00
	100m: 1:07.87 1:07.87 500m: 6:02.44 1:14.53 900m: 11:01.34 1:15.32 1300m: 16:02.02 1:15.11				
	200m: 2:20.38 1:12.51 600m: 7:16.81 1:14.37 1000m: 12:16.73 1:15.39 1400m: 17:17.13 1:15.11				
	300m: 3:34.34 1:13.96 700m: 8:31.26 1:14.45 1100m: 13:31.69 1:14.96 1500m: 18:31.13 1:14.00				
	400m: 4:47.91 1:13.57 800m: 9:46.02 1:14.76 1200m: 14:46.91 1:15.22				
2.	1107942 GARCIA RODRIGUEZ, Sergio	81	RCNVIGO	19:01.60	6,00
	100m: 1:09.42 1:09.42 500m: 6:11.04 1:17.12 900m: 11:18.42 1:17.70 1300m: 16:30.10 1:17.58				
	200m: 2:22.92 1:13.50 600m: 7:28.40 1:17.36 1000m: 12:36.65 1:18.23 1400m: 17:46.86 1:16.76				
	300m: 3:38.16 1:15.24 700m: 8:44.28 1:15.88 1100m: 13:54.96 1:18.31 1500m: 19:01.60 1:14.74				
	400m: 4:53.92 1:15.76 800m: 10:00.72 1:16.44 1200m: 15:12.52 1:17.56				

Prueba 1, Masc., 1500m Libre, 40 - 49 años

Clasificación	AN	Tiempo	Puntos
3. 1175127 MASSO AGUADO, Jorge	76 RIASBAIXAS	19:31.60	4,00
100m: 1:10.81 1:10.81 500m: 6:26.79 1:18.69 900m: 11:39.85 1:19.61 1300m: 16:55.69 1:19.78			
200m: 2:29.54 1:18.73 600m: 7:44.58 1:17.79 1000m: 12:58.16 1:18.31 1400m: 18:14.55 1:18.86			
300m: 3:48.74 1:19.20 700m: 9:02.30 1:17.72 1100m: 14:17.16 1:19.00 1500m: 19:31.60 1:17.05			
400m: 5:08.10 1:19.36 800m: 10:20.24 1:17.94 1200m: 15:35.91 1:18.75			
4. 1174152 TORRES NEIRA, Francisco	75 PONSIVETUS	20:19.81	3,00
100m: 1:12.62 1:12.62 500m: 6:25.51 1:20.10 900m: 11:58.63 1:25.06 1300m: 17:36.29 1:24.30			
200m: 2:28.62 1:16.00 600m: 7:46.68 1:21.17 1000m: 13:23.77 1:25.14 1400m: 18:59.43 1:23.14			
300m: 3:47.23 1:18.61 700m: 9:09.87 1:23.19 1100m: 14:48.06 1:24.29 1500m: 20:19.81 1:20.38			
400m: 5:05.41 1:18.18 800m: 10:33.57 1:23.70 1200m: 16:11.99 1:23.93			
5. 1079343 MOURIÑO ORTIGUERA, Roberto C.	74 RCNIGO	20:26.84	2,00
100m: 1:14.48 1:14.48 500m: 6:37.44 1:21.17 900m: 12:06.65 1:22.74 1300m: 17:41.27 1:24.05			
200m: 2:34.36 1:19.88 600m: 7:59.40 1:21.96 1000m: 13:29.96 1:23.31 1400m: 19:04.73 1:23.46			
300m: 3:55.62 1:21.26 700m: 9:21.58 1:22.18 1100m: 14:53.88 1:23.92 1500m: 20:26.84 1:22.11			
400m: 5:16.27 1:20.65 800m: 10:43.91 1:22.33 1200m: 16:17.22 1:23.34			
6. 1143480 ABADES REBOREDO, Daniel	78 LICEO	20:28.52	1,00
100m: 1:13.23 1:13.23 500m: 6:35.48 1:22.48 900m: 12:10.51 1:24.56 1300m: 17:54.36 1:31.86			
200m: 2:32.80 1:19.57 600m: 7:59.40 1:21.96 1000m: 13:34.01 1:23.50 1400m: 19:05.94 1:11.58			
300m: 3:52.48 1:19.68 700m: 9:21.83 1:22.96 1100m: 14:58.90 1:24.89 1500m: 20:28.52 1:22.58			
400m: 5:13.00 1:20.52 800m: 10:45.95 1:24.12 1200m: 16:22.50 1:23.60			
7. 1143482 COLLAZO ESMORIS, Gerardo A.	75 LICEO	20:34.20	-
100m: 1:16.77 1:16.77 500m: 6:46.94 1:23.31 900m: 12:19.96 1:23.82 1300m: 17:51.66 1:23.08			
200m: 2:38.41 1:21.64 600m: 8:10.32 1:23.38 1000m: 13:42.63 1:22.67 1400m: 19:14.02 1:22.36			
300m: 4:00.03 1:21.62 700m: 9:33.28 1:22.96 1100m: 15:05.66 1:23.03 1500m: 20:34.20 1:20.18			
400m: 5:23.63 1:23.60 800m: 10:56.14 1:22.86 1200m: 16:28.58 1:22.92			
8. 1075501 HOUT VARELA, Fady	74 LICEO	20:47.72	-
100m: 1:17.72 1:17.72 500m: 6:54.28 1:23.81 900m: 12:32.64 1:24.92 1300m: 18:06.59 1:23.18			
200m: 2:40.83 1:23.11 600m: 8:18.41 1:24.13 1000m: 13:57.04 1:24.40 1400m: 19:29.30 1:22.71			
300m: 4:05.61 1:24.78 700m: 9:43.14 1:24.73 1100m: 15:20.34 1:23.30 1500m: 20:47.72 1:18.42			
400m: 5:30.47 1:24.86 800m: 11:07.72 1:24.58 1200m: 16:43.41 1:23.07			
9. 1178765 ESPAÑA CABEZAS, Jesús	81 USC	22:07.61	-
100m: 1:18.51 1:18.51 500m: 7:12.74 1:31.02 900m: 13:11.24 1:30.88 1300m: 19:12.30 1:31.20			
200m: 2:44.07 1:25.56 600m: 8:41.17 1:28.43 1000m: 14:39.36 1:28.12 1400m: 20:42.74 1:30.44			
300m: 4:12.10 1:28.03 700m: 10:10.80 1:29.63 1100m: 16:09.80 1:30.44 1500m: 22:07.61 1:24.87			
400m: 5:41.72 1:29.62 800m: 11:40.36 1:29.56 1200m: 17:41.10 1:31.30			
10. 1076553 FERNANDEZ-TESTA BARREIRO, David	74 RIASBAIXAS	23:54.50	-
100m: 1:21.61 1:21.61 500m: 7:29.18 1:34.18 900m: 14:00.97 1:39.16 1300m: 20:40.43 1:40.03			
200m: 2:51.15 1:29.54 600m: 9:05.61 1:36.43 1000m: 15:39.68 1:38.71 1400m: 22:19.25 1:38.82			
300m: 4:22.25 1:31.10 700m: 10:43.36 1:37.75 1100m: 17:20.08 1:40.40 1500m: 23:54.50 1:35.25			
400m: 5:55.00 1:32.75 800m: 12:21.81 1:38.45 1200m: 19:00.40 1:40.32			

50 años y mayores

1. 1085112 RIVAS FEAL, Antonio	66 HERCULES	21:27.05	9,00 RG
100m: 1:20.56 1:20.56 500m: 7:03.66 1:26.05 900m: 12:49.03 1:26.37 1300m: 18:35.66 1:25.88			
200m: 2:46.20 1:25.64 600m: 8:29.38 1:25.72 1000m: 14:15.38 1:26.35 1400m: 20:02.91 1:27.25			
300m: 4:11.38 1:25.18 700m: 9:55.98 1:26.60 1100m: 15:42.13 1:26.75 1500m: 21:27.05 1:24.14			
400m: 5:37.61 1:26.23 800m: 11:22.66 1:26.68 1200m: 17:09.78 1:27.65			
2. 1076250 BETHENCOURT IGLESIAS, Sergio	63 GALAICO	21:52.38	6,00
100m: 1:22.32 1:22.32 500m: 7:17.91 1:29.69 900m: 13:12.41 1:28.17 1300m: 19:03.19 1:28.25			
200m: 2:51.38 1:29.06 600m: 8:46.33 1:28.42 1000m: 14:40.38 1:27.97 1400m: 20:29.10 1:25.91			
300m: 4:20.30 1:28.92 700m: 10:14.82 1:28.49 1100m: 16:07.45 1:27.07 1500m: 21:52.38 1:23.28			
400m: 5:48.22 1:27.92 800m: 11:44.24 1:29.42 1200m: 17:34.94 1:27.49			

Prueba 1, Masc., 1500m Libre, 50 años y mayores

Clasificación	AN				Tiempo		Puntos
3.	1057905 GURIDI HUERTA, Jesus M.	68	FLUVIALUGO		23:45.21		4,00
	100m: 1:24.48 1:24.48	500m: 7:36.30 1:34.63	900m: 13:58.80 1:37.05	1300m: 20:22.86 1:35.92			
	200m: 2:55.47 1:30.99	600m: 9:11.17 1:34.87	1000m: 15:33.75 1:34.95	1400m: 21:59.09 1:36.23			
	300m: 4:28.18 1:32.71	700m: 10:46.30 1:35.13	1100m: 17:09.81 1:36.06	1500m: 23:45.21 1:46.12			
	400m: 6:01.67 1:33.49	800m: 12:21.75 1:35.45	1200m: 18:46.94 1:37.13				
4.	1170858 CODESIDO LOPEZ, Jose	59	CIDSANTIAGO		23:47.91		3,00
	100m: 1:24.16 1:24.16	500m: 7:42.51 1:35.13	900m: 14:07.41 1:36.40	1300m: 20:34.88 1:37.22			
	200m: 2:58.55 1:34.39	600m: 9:18.81 1:36.30	1000m: 15:43.37 1:35.96	1400m: 22:12.37 1:37.49			
	300m: 4:33.01 1:34.46	700m: 10:54.94 1:36.13	1100m: 17:20.13 1:36.76	1500m: 23:47.91 1:35.54			
	400m: 6:07.38 1:34.37	800m: 12:31.01 1:36.07	1200m: 18:57.66 1:37.53				
5.	1144788 BEREIA RUIZ, Manuel	64	HERCULES		26:25.86		2,00
	100m: 1:35.41 1:35.41	500m: 8:30.23 1:45.99	900m: 15:40.17 1:47.76	1300m: 22:51.02 1:49.51			
	200m: 3:15.05 1:39.64	600m: 10:16.17 1:45.94	1000m: 17:25.72 1:45.55	1400m: 24:40.84 1:49.82			
	300m: 4:58.37 1:43.32	700m: 12:04.51 1:48.34	1100m: 19:12.67 1:46.95	1500m: 26:25.86 1:45.02			
	400m: 6:44.24 1:45.87	800m: 13:52.41 1:47.90	1200m: 21:01.51 1:48.84				
6.	1076488 MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS		29:42.82		1,00
	100m: 1:48.91 1:48.91	500m: 9:44.15 1:57.17	900m: 17:47.26 2:00.15	1300m: 25:51.93 1:57.50			
	200m: 3:46.94 1:58.03	600m: 11:45.62 2:01.47	1000m: 19:49.99 2:02.73	1400m: 27:48.30 1:56.37			
	300m: 5:46.63 1:59.69	700m: 13:46.26 2:00.64	1100m: 21:52.11 2:02.12	1500m: 29:42.82 1:54.52			
	400m: 7:46.98 2:00.35	800m: 15:47.11 2:00.85	1200m: 23:54.43 2:02.32				
7.	1076514 LAGO REY, Jose Manuel	63	RIASBAIXAS		38:39.95		-
	100m: 2:15.50 2:15.50	500m: 12:30.33 2:33.15	900m: 22:51.62	1300m: 33:26.14 3:10.86			
	200m: 4:42.89 2:27.39	600m: 16:05.18 3:34.85	1000m: 25:29.14 2:37.52	1400m: 35:59.88 2:33.74			
	300m: 7:22.67 2:39.78	700m: 17:38.12 1:32.94	1100m: 28:06.83 2:37.69	1500m: 38:39.95 2:40.07			
	400m: 9:57.18 2:34.51	800m:	1200m: 30:15.28 2:08.45				

Prueba 2
25/04/2021

Masc., 800m Libre

20 años y mayores
Resultados

Clasificación	AN	Tiempo	Puntos
20 - 29 años			
1. 1141442 RODRIGUEZ LOPEZ, Roi	95 MOS	9:36.68	9,00 RG
100m: 1:07.82 1:07.82 300m: 3:32.72 1:12.40 500m: 5:59.74 1:13.58 700m: 8:25.55 1:13.04			
200m: 2:20.32 1:12.50 400m: 4:46.16 1:13.44 600m: 7:12.51 1:12.77 800m: 9:36.68 1:11.13			
2. 1039270 TRILLO RODRIGUEZ, Adrian	97 MOS	10:42.33	6,00
100m: 1:12.40 1:12.40 300m: 3:51.10 1:20.39 500m: 6:35.73 1:23.33 700m: 9:22.20 1:22.98			
200m: 2:30.71 1:18.31 400m: 5:12.40 1:21.30 600m: 7:59.22 1:23.49 800m: 10:42.33 1:20.13			
3. 1174868 BRION FERNANDEZ, Manuel Joaquin	92 CIDSANTIAGO	11:52.08	4,00
100m: 1:23.24 1:23.24 300m: 4:23.74 1:31.46 500m: 7:25.71 1:26.22 700m: 10:24.79 1:30.19			
200m: 2:52.28 1:29.04 400m: 5:59.49 1:35.75 600m: 8:54.60 1:28.89 800m: 11:52.08 1:27.29			
30 - 39 años			
1. 1076287 PAZOS ALONSO, Josue	86 ESCUALOS	10:26.18	9,00
100m: 1:10.32 1:10.32 300m: 3:46.92 1:19.85 500m: 6:27.12 1:20.21 700m: 9:08.13 1:20.45			
200m: 2:27.07 1:16.75 400m: 5:06.91 1:19.99 600m: 7:47.68 1:20.56 800m: 10:26.18 1:18.05			
2. 1010948 CAMPAÑA BARROS, Adrian	90 CIDSANTIAGO	10:37.68	6,00
100m: 1:15.09 1:15.09 300m: 3:54.86 1:20.27 500m: 6:36.09 1:22.02 700m: 9:18.36 1:21.39			
200m: 2:34.59 1:19.50 400m: 5:14.07 1:19.21 600m: 7:56.97 1:20.88 800m: 10:37.68 1:19.32			
3. 1020991 FERNANDEZ MONTEAGUDO, Ruben	85 CIDSANTIAGO	12:32.92	4,00
100m: 1:27.42 1:27.42 300m: 4:36.88 1:35.52 500m: 7:49.17 1:36.37 700m: 11:00.17 1:34.93			
200m: 3:01.36 1:33.94 400m: 6:12.80 1:35.92 600m: 9:25.24 1:36.07 800m: 12:32.92 1:32.75			
40 - 49 años			
1. 1147010 SANJURJO POVEDA, Pablo	74 NFERROL	11:41.98	9,00
100m: 1:19.45 1:19.45 300m: 4:16.42 1:28.94 500m: 7:15.29 1:30.03 700m: 10:15.42 1:29.83			
200m: 2:47.48 1:28.03 400m: 5:45.26 1:28.84 600m: 8:45.59 1:30.30 800m: 11:41.98 1:26.56			
2. 1180192 SAAVEDRA GONZÁLEZ, Raul	73 LICEO	11:47.51	6,00
100m: 1:26.57 1:26.57 300m: 4:29.18 1:31.37 500m: 7:32.85 1:30.77 700m: 10:24.94 1:22.45			
200m: 2:57.81 1:31.24 400m: 6:02.08 1:32.90 600m: 9:02.49 1:29.64 800m: 11:47.51 1:22.57			
3. 1144117 PREGO MARTINEZ, Benjamin	73 PONTEAREAS	12:05.77	4,00
100m: 1:22.87 1:22.87 300m: 4:24.89 1:31.02 500m: 7:28.51 1:30.89 700m: 10:33.13 1:33.97			
200m: 2:53.87 1:31.00 400m: 5:57.62 1:32.73 600m: 8:59.16 1:30.65 800m: 12:05.77 1:32.64			
4. 1076535 DE LUIS GONZÁLEZ, Aitor	74 RCNVIGO	12:07.35	3,00
100m: 1:27.11 1:27.11 300m: 4:29.58 1:31.96 500m: 7:33.16 1:31.56 700m: 10:36.38 1:31.94			
200m: 2:57.62 1:30.51 400m: 6:01.60 1:32.02 600m: 9:04.44 1:31.28 800m: 12:07.35 1:30.97			
5. 1079474 MANDADO RODRIGUEZ, Enrique	72 LICEO	13:19.65	2,00
100m: 1:26.88 1:26.88 300m: 4:42.76 1:39.52 500m: 8:09.92 1:44.14 700m: 11:38.59 1:44.94			
200m: 3:03.24 1:36.36 400m: 6:25.78 1:43.02 600m: 9:53.65 1:43.73 800m: 13:19.65 1:41.06			
6. 1180236 DE LA VEGA GÁNDARAS, Felipe	73 HERCULES	16:01.22	1,00
100m: 1:51.28 1:51.28 300m: 5:52.06 2:01.05 500m: 9:56.45 2:01.73 700m: 14:00.59 2:01.72			
200m: 3:51.01 1:59.73 400m: 7:54.72 2:02.66 600m: 11:58.87 2:02.42 800m: 16:01.22 2:00.63			

Prueba 2, Masc., 800m Libre

50 años y mayores

1.	1082554 MARTINEZ FAJARDO, Julio E.	70	ADFOGAR	10:57.67	9,00
	100m: 1:16.71 1:16.71 300m: 4:00.89 1:22.58 500m: 6:47.81 1:24.00 700m: 9:36.07 1:24.36				
	200m: 2:38.31 1:21.60 400m: 5:23.81 1:22.92 600m: 8:11.71 1:23.90 800m: 10:57.67 1:21.60				
2.	1144601 PUENTE DÍAZ, Javier	71	CIDSANTIAGO	11:54.64	6,00
	100m: 1:25.50 1:25.50 300m: 4:27.40 1:29.94 500m: 7:29.40 1:30.68 700m: 10:29.09 1:29.84				
	200m: 2:57.46 1:31.96 400m: 5:58.72 1:31.32 600m: 8:59.25 1:29.85 800m: 11:54.64 1:25.55				
3.	1174449 FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	12:18.80	4,00
	100m: 1:22.88 1:22.88 300m: 4:30.69 1:34.77 500m: 7:38.30 1:33.76 700m: 10:48.23 1:34.73				
	200m: 2:55.92 1:33.04 400m: 6:04.54 1:33.85 600m: 9:13.50 1:35.20 800m: 12:18.80 1:30.57				
4.	1189238 TRINCADO FERNANDEZ, Alberto	67	MOS	12:23.96	3,00
	100m: 1:26.04 1:26.04 300m: 4:29.06 1:32.63 500m: 7:37.96 1:34.93 700m: 10:49.50 1:35.79				
	200m: 2:56.43 1:30.39 400m: 6:03.03 1:33.97 600m: 9:13.71 1:35.75 800m: 12:23.96 1:34.46				
5.	1037161 TOME NOGUEIRA, Alberto M.	68	ADFOGAR	12:55.92	2,00
	100m: 1:28.00 1:28.00 300m: 4:44.05 1:39.12 500m: 8:04.03 1:39.15 700m: 11:20.67 1:38.87				
	200m: 3:04.93 1:36.93 400m: 6:24.88 1:40.83 600m: 9:41.80 1:37.77 800m: 12:55.92 1:35.25				
6.	1145051 FERREIRO CRUZ, Eduardo	70	LICEO	14:09.96	1,00
	100m: 1:32.49 1:32.49 300m: 5:06.71 1:48.97 500m: 8:46.80 1:50.40 700m: 12:27.78 1:49.96				
	200m: 3:17.74 1:45.25 400m: 6:56.40 1:49.69 600m: 10:37.82 1:51.02 800m: 14:09.96 1:42.18				
7.	1141436 PEREZ SOLIÑO, Constante	58	GALAICO	15:39.35	-
	100m: 1:48.48 1:48.48 300m: 5:45.52 2:00.62 500m: 9:43.02 2:00.91 700m: 13:43.67 1:58.40				
	200m: 3:44.90 1:56.42 400m: 7:42.11 1:56.59 600m: 11:45.27 2:02.25 800m: 15:39.35 1:55.68				

Prueba 3
25/04/2021

Fem., 1500m Libre

20 años y mayores
Resultados

Clasificación	AN								Tiempo	Puntos		
20 - 29 años												
1.	1038608	SUAREZ GARCIA, Sofia				97	RIASBAIXAS		22:13.86	9,00 RG		
	100m:	1:20.05	1:20.05	500m:	7:11.60	1:28.44	900m:	13:12.92	1:30.42	1300m:	19:15.56	1:30.27
	200m:	2:46.16	1:26.11	600m:	8:41.75	1:30.15	1000m:	14:43.81	1:30.89	1400m:	20:46.10	1:30.54
	300m:	4:14.05	1:27.89	700m:	10:12.23	1:30.48	1100m:	16:14.62	1:30.81	1500m:	22:13.86	1:27.76
	400m:	5:43.16	1:29.11	800m:	11:42.50	1:30.27	1200m:	17:45.29	1:30.67			
2.	1145008	GONZALEZ PEREZ, Paula				96	PONTEAREAS		27:45.09	6,00		
	100m:	1:37.88	1:37.88	500m:	9:01.44	1:50.58	900m:	16:35.32	1:54.57	1300m:	24:08.66	1:52.28
	200m:	3:26.23	1:48.35	600m:	10:54.98	1:53.54	1000m:	18:29.34	1:54.02	1400m:	26:01.80	1:53.14
	300m:	5:18.30	1:52.07	700m:	12:47.05	1:52.07	1100m:	20:22.36	1:53.02	1500m:	27:45.09	1:43.29
	400m:	7:10.86	1:52.56	800m:	14:40.75	1:53.70	1200m:	22:16.38	1:54.02			
30 - 39 años												
1.	1037385	PICHEL GARCIA, Elisa				84	ADFOGAR		19:18.80	9,00 RG		
	100m:	1:11.80	1:11.80	500m:	6:21.50	1:17.69	900m:	11:32.00	1:17.14	1300m:	16:44.04	1:17.83
	200m:	2:28.57	1:16.77	600m:	7:39.25	1:17.75	1000m:	12:50.17	1:18.17	1400m:	18:01.91	1:17.87
	300m:	3:46.36	1:17.79	700m:	8:57.25	1:18.00	1100m:	14:07.94	1:17.77	1500m:	19:18.80	1:16.89
	400m:	5:03.81	1:17.45	800m:	10:14.86	1:17.61	1200m:	15:26.21	1:18.27			
2.	1144894	VINAGRE SENDINO, Cora				88	ADFOGAR		22:04.55	6,00		
	100m:	1:18.26	1:18.26	500m:	7:09.08	1:26.95	900m:	13:05.35	1:29.73	1300m:	19:06.51	1:30.35
	200m:	2:45.51	1:27.25	600m:	8:37.66	1:28.58	1000m:	14:35.06	1:29.71	1400m:	20:35.88	1:29.37
	300m:	4:14.10	1:28.59	700m:	10:07.10	1:29.44	1100m:	16:05.74	1:30.68	1500m:	22:04.55	1:28.67
	400m:	5:42.13	1:28.03	800m:	11:35.62	1:28.52	1200m:	17:36.16	1:30.42			
3.	1182379	GARCÍA LORENZO, Iria				87	PONTEAREAS		25:25.55	4,00		
	100m:	1:31.99	1:31.99	500m:	8:12.99	1:43.11	900m:	15:09.29	1:44.47	1300m:	22:04.37	1:43.15
	200m:	3:09.24	1:37.25	600m:	9:58.13	1:45.14	1000m:	16:53.24	1:43.95	1400m:	23:47.04	1:42.67
	300m:	4:49.01	1:39.77	700m:	11:40.70	1:42.57	1100m:	18:38.18	1:44.94	1500m:	25:25.55	1:38.51
	400m:	6:29.88	1:40.87	800m:	13:24.82	1:44.12	1200m:	20:21.22	1:43.04			
40 - 49 años												
1.	1180189	BRAÑA MENENDEZ, Sonia				75	LICEO		20:46.40	9,00 RG		
	100m:	1:15.02	1:15.02	500m:	6:46.96	1:24.56	900m:	12:23.39	1:24.31	1300m:	17:58.72	1:24.23
	200m:	2:36.40	1:21.38	600m:	8:11.00	1:24.04	1000m:	13:46.89	1:23.50	1400m:	19:23.47	1:24.75
	300m:	3:58.84	1:22.44	700m:	9:35.15	1:24.15	1100m:	15:10.40	1:23.51	1500m:	20:46.40	1:22.93
	400m:	5:22.40	1:23.56	800m:	10:59.08	1:23.93	1200m:	16:34.49	1:24.09			
2.	1143813	REGUEIRA MARTINEZ, Maria J.				75	LICEO		23:25.50	6,00		
	100m:	1:25.26	1:25.26	500m:	7:41.45	1:34.65	900m:	14:00.01	1:34.58	1300m:	20:20.08	1:34.96
	200m:	2:58.56	1:33.30	600m:	9:15.18	1:33.73	1000m:	15:36.82	1:36.81	1400m:	21:54.70	1:34.62
	300m:	4:32.56	1:34.00	700m:	10:49.56	1:34.38	1100m:	17:10.93	1:34.11	1500m:	23:25.50	1:30.80
	400m:	6:06.80	1:34.24	800m:	12:25.43	1:35.87	1200m:	18:45.12	1:34.19			
3.	1040944	VARELA REDONDO, Veronica				75	PONTEAREAS		25:05.76	4,00		
	100m:	1:30.90	1:30.90	500m:	8:13.31	1:41.26	900m:	14:59.33	1:41.19	1300m:	21:45.06	1:41.24
	200m:	3:10.16	1:39.26	600m:	9:54.87	1:41.56	1000m:	16:41.31	1:41.98	1400m:	23:26.81	1:41.75
	300m:	4:51.12	1:40.96	700m:	11:36.81	1:41.94	1100m:	18:22.75	1:41.44	1500m:	25:05.76	1:38.95
	400m:	6:32.05	1:40.93	800m:	13:18.14	1:41.33	1200m:	20:03.82	1:41.07			

Prueba 3, Fem., 1500m Libre

50 años y mayores

1.	1076154 ABREU FERNANDEZ, Marta	71	PONTEAREAS	27:29.80	9,00
	100m: 1:42.86 1:42.86	500m: 8:58.89 1:49.47	900m: 16:23.46 1:50.48	1300m: 23:48.74 1:51.75	
	200m: 3:31.46 1:48.60	600m: 10:50.60 1:51.71	1000m: 18:14.51 1:51.05	1400m: 25:40.13 1:51.39	
	300m: 5:20.20 1:48.74	700m: 12:42.59 1:51.99	1100m: 20:06.02 1:51.51	1500m: 27:29.80 1:49.67	
	400m: 7:09.42 1:49.22	800m: 14:32.98 1:50.39	1200m: 21:56.99 1:50.97		
2.	1145007 MELON PARENTE, M. Lourdes	69	PONTEAREAS	36:02.63	6,00
	100m: 2:17.43 2:17.43	500m: 11:53.22 2:24.06	900m: 21:32.81 2:26.17	1300m: 31:15.56 2:24.06	
	200m: 4:41.12 2:23.69	600m: 14:17.08 2:23.86	1000m: 23:59.82 2:27.01	1400m: 33:40.24 2:24.68	
	300m: 7:05.87 2:24.75	700m: 16:41.93 2:24.85	1100m: 26:25.93 2:26.11	1500m: 36:02.63 2:22.39	
	400m: 9:29.16 2:23.29	800m: 19:06.64 2:24.71	1200m: 28:51.50 2:25.57		

Prueba 4
25/04/2021

Fem., 800m Libre

20 años y mayores
Resultados

Clasificación AN Tiempo Puntos

20 - 29 años

1.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	10:49.20	9,00
	100m: 1:15.85 1:15.85 300m: 3:59.90 1:22.50 500m: 6:44.09 1:22.32 700m: 9:28.46 1:21.56				
	200m: 2:37.40 1:21.55 400m: 5:21.77 1:21.87 600m: 8:06.90 1:22.81 800m: 10:49.20 1:20.74				
2.	1035411 FERNANDEZ GARCIA, Marina	97	GALAICO	13:14.94	6,00
	100m: 1:28.74 1:28.74 300m: 4:50.99 1:41.43 500m: 8:13.94 1:41.24 700m: 11:36.47 1:40.71				
	200m: 3:09.56 1:40.82 400m: 6:32.70 1:41.71 600m: 9:55.76 1:41.82 800m: 13:14.94 1:38.47				

Baja enf. 1185605 CÁCERES-TERRADO CARDENES, Ana00sabUSC -

30 - 39 años

1.	1144948 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:41.71	9,00
	100m: 1:25.14 1:25.14 300m: 4:36.98 1:36.40 500m: 7:52.27 1:37.81 700m: 11:07.29 1:37.53				
	200m: 3:00.58 1:35.44 400m: 6:14.46 1:37.48 600m: 9:29.76 1:37.49 800m: 12:41.71 1:34.42				
2.	1143565 ARAUJO CASTRO, Paula	91	CDELMAR	13:30.92	6,00
	100m: 1:24.08 1:24.08 300m: 4:46.67 1:43.81 500m: 8:16.56 1:45.05 700m: 11:48.18 1:46.13				
	200m: 3:02.86 1:38.78 400m: 6:31.51 1:44.84 600m: 10:02.05 1:45.49 800m: 13:30.92 1:42.74				
3.	1129954 GONZALEZ GARCIA, Covadonga	89	GALAICO	13:31.98	4,00
	100m: 1:32.12 1:32.12 300m: 4:56.45 1:44.21 500m: 8:25.02 1:44.21 700m: 11:53.43 1:44.35				
	200m: 3:12.24 1:40.12 400m: 6:40.81 1:44.36 600m: 10:09.08 1:44.06 800m: 13:31.98 1:38.55				
4.	1075224 BROZOS VAZQUEZ, Elena Maria	82	CIDSANTIAGO	15:02.00	3,00
	100m: 1:44.07 1:44.07 300m: 5:30.00 1:53.88 500m: 9:21.69 1:55.62 700m: 13:11.49 1:54.32				
	200m: 3:36.12 1:52.05 400m: 7:26.07 1:56.07 600m: 11:17.17 1:55.48 800m: 15:02.00 1:50.51				

40 - 49 años

1.	1057273 MARCOS VARELA, Laura	76	RIASBAIXAS	11:43.70	9,00
	100m: 1:21.76 1:21.76 300m: 4:24.18 1:31.54 500m: 7:24.13 1:29.37 700m: 10:20.84 1:28.37				
	200m: 2:52.64 1:30.88 400m: 5:54.76 1:30.58 600m: 8:52.47 1:28.34 800m: 11:43.70 1:22.86				
2.	1144598 OLMO VAQUEIRO, Leticia	81	PONTEAREAS	14:42.66	6,00
	100m: 1:41.22 1:41.22 300m: 5:24.05 1:52.27 500m: 9:07.84 1:51.73 700m: 12:53.91 1:52.43				
	200m: 3:31.78 1:50.56 400m: 7:16.11 1:52.06 600m: 11:01.48 1:53.64 800m: 14:42.66 1:48.75				
3.	1145048 MANTIÑÁN PAREDES, María	77	LICEO	15:09.73	4,00
	100m: 1:47.79 1:47.79 300m: 5:37.26 1:55.02 500m: 9:27.45 1:54.70 700m: 13:19.50 1:57.13				
	200m: 3:42.24 1:54.45 400m: 7:32.75 1:55.49 600m: 11:22.37 1:54.92 800m: 15:09.73 1:50.23				

50 años y mayores

1.	1144331 TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	12:09.53	9,00
	100m: 1:23.78 1:23.78 300m: 4:30.13 1:33.73 500m: 7:36.22 1:32.95 700m: 10:40.32 1:31.62				
	200m: 2:56.40 1:32.62 400m: 6:03.27 1:33.14 600m: 9:08.70 1:32.48 800m: 12:09.53 1:29.21				
2.	1039437 BALADO LOPEZ, Ana Maria	61	POURENSE	13:08.89	6,00 RG
	100m: 1:32.52 1:32.52 300m: 4:51.36 1:39.68 500m: 7:22.20 1:40.44 700m: 10:41.50 1:39.44				
	200m: 3:11.68 1:39.16 400m: 5:41.76 50.40 600m: 9:02.06 1:39.86 800m: 13:08.89 2:27.39				

Puntos

Todas las pruebas

Todos, Open

1. PONTEAREAS	00878	54,00
2. RIASBAIXAS	00765	40,00
3. CIDSANTIAGO	01295	39,00
4. ADFOGAR	00617	29,00
LICEO	01269	29,00
6. GALAICO	00784	25,00
7. CDELMAR	00282	21,00
8. MOS	01424	18,00
9. HERCULES	01572	12,00
10. RCNVIGO	00071	11,00
11. CEDEIRA	00770	9,00
ESCUALOS	01547	9,00
NFERROL	00674	9,00
14. POURENSE	00101	6,00
15. FLUVIALUGO	00398	4,00
16. PONSIVETUS	00819	3,00
17. USC	00126	-

Masc., Open

1. CIDSANTIAGO	01295	36,00
2. PONTEAREAS	00878	19,00
3. MOS	01424	18,00
4. ADFOGAR	00617	14,00
5. RIASBAIXAS	00765	13,00
6. HERCULES	01572	12,00
7. RCNVIGO	00071	11,00
8. LICEO	01269	10,00
9. CEDEIRA	00770	9,00
ESCUALOS	01547	9,00
NFERROL	00674	9,00
12. GALAICO	00784	6,00
CDELMAR	00282	6,00
14. FLUVIALUGO	00398	4,00
15. PONSIVETUS	00819	3,00
16. USC	00126	-
POURENSE	00101	-

Fem., Open

1. PONTEAREAS	00878	35,00
2. RIASBAIXAS	00765	27,00
3. GALAICO	00784	19,00
LICEO	01269	19,00
5. ADFOGAR	00617	15,00
CDELMAR	00282	15,00
7. POURENSE	00101	6,00
8. CIDSANTIAGO	01295	3,00
9. FLUVIALUGO	00398	-
CEDEIRA	00770	-
ESCUALOS	01547	-
PONSIVETUS	00819	-
MOS	01424	-
USC	00126	-

RCNVIGO	00071	-
HERCULES	01572	-
NFERROL	00674	-

Récords batidos por prueba...

Todas las pruebas

Masc., 800m Libre

1.	Serie 4	Rodriguez Lago, David	86	ESP	9:16.77	Master	35+
1.	Serie 4	Cobelo Represas, Francisco	96	ESP	10:01.36	Master	25+
2.	Serie 4	Rodriguez Lopez, Roi	95	ESP	9:36.68	Master	25+

Masc., 1500m Libre

1.	Serie 3	Rivas Feal, Antonio	66	ESP	21:27.05	Master	55+
1.	Serie 4	Rodriguez Lago, David	86	ESP	17:32.10	Master	35+

Fem., 100m Libre

4.	Serie 1	Balado Lopez, Ana Maria	61	ESP	1:32.52	Master	60+
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Fem., 200m Libre

4.	Serie 1	Balado Lopez, Ana Maria	61	ESP	3:11.68	Master	60+
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Fem., 400m Libre

4.	Serie 1	Balado Lopez, Ana Maria	61	ESP	5:41.76	Master	60+
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Fem., 800m Libre

3.	Serie 2	Braña Menendez, Sonia	75	ESP	10:59.08	Master	45+
3.	Serie 2	Pichel Garcia, Elisa	84	ESP	10:14.86	Master	35+
4.	Serie 1	Balado Lopez, Ana Maria	61	ESP	13:08.89	Master	60+

Fem., 1500m Libre

3.	Serie 2	Braña Menendez, Sonia	75	ESP	20:46.40	Master	45+
3.	Serie 2	Pichel Garcia, Elisa	84	ESP	19:18.80	Master	35+
3.	Serie 2	Suarez Garcia, Sofia	97	ESP	22:13.86	Master	20+

Medallistas por prueba, Masc.

Todas las pruebas

1. 1500m Libre 20 - 29 años

1.	1133849	PEREZ GONZALEZ, Pablo	01	CEDEIRA	18:27.04	-
2.	1037076	COBELO REPRESAS, Francisco	96	PONTEAREAS	19:09.07	- RG
3.	1038178	IBÁÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:18.08	-

1. 1500m Libre 30 - 39 años

1.	1140778	RODRIGUEZ LAGO, David	86	CIDSANTIAGO	17:32.10	- RG
2.	1038638	CASTRO VILLAR, David	91	CDELMAR	20:21.18	-
3.	1145090	MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS	25:06.74	-

1. 1500m Libre 40 - 49 años

1.	1118746	SANCHEZ GORDON, Roman	78	RIASBAIXAS	18:31.13	-
2.	1107942	GARCIA RODRIGUEZ, Sergio	81	RCNVIGO	19:01.60	-
3.	1175127	MASSO AGUADO, Jorge	76	RIASBAIXAS	19:31.60	-

1. 1500m Libre 50 años y mayores

1.	1085112	RIVAS FEAL, Antonio	66	HERCULES	21:27.05	- RG
2.	1076250	BETHENCOURT IGLESIAS, Sergio	63	GALAICO	21:52.38	-
3.	1057905	GURIDI HUERTA, Jesus M.	68	FLUVIALUGO	23:45.21	-

2. 800m Libre 20 - 29 años

1.	1141442	RODRIGUEZ LOPEZ, Roi	95	MOS	9:36.68	- RG
2.	1039270	TRILLO RODRIGUEZ, Adrian	97	MOS	10:42.33	-
3.	1174868	BRION FERNANDEZ, Manuel Joaquin	92	CIDSANTIAGO	11:52.08	-

2. 800m Libre 30 - 39 años

1.	1076287	PAZOS ALONSO, Josue	86	ESCUALOS	10:26.18	-
2.	1010948	CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	10:37.68	-
3.	1020991	FERNANDEZ MONTEAGUDO, Ruben	85	CIDSANTIAGO	12:32.92	-

2. 800m Libre 40 - 49 años

1.	1147010	SANJURJO POVEDA, Pablo	74	NFERROL	11:41.98	-
2.	1180192	SAAVEDRA GONZÁLEZ, Raul	73	LICEO	11:47.51	-
3.	1144117	PREGO MARTINEZ, Benjamin	73	PONTEAREAS	12:05.77	-

2. 800m Libre 50 años y mayores

1.	1082554	MARTINEZ FAJARDO, Julio E.	70	ADFOGAR	10:57.67	-
2.	1144601	PUENTE DÍAZ, Javier	71	CIDSANTIAGO	11:54.64	-
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	12:18.80	-

Medallistas por prueba, Fem.

Todas las pruebas

3. 1500m Libre 20 - 29 años

1.	1038608	SUAREZ GARCIA, Sofia	97	RIASBAIXAS	22:13.86	- RG
2.	1145008	GONZALEZ PEREZ, Paula	96	PONTEAREAS	27:45.09	-

3. 1500m Libre 30 - 39 años

1.	1037385	PICHEL GARCIA, Elisa	84	ADFOGAR	19:18.80	- RG
2.	1144894	VINAGRE SENDINO, Cora	88	ADFOGAR	22:04.55	-
3.	1182379	GARCÍA LORENZO, Iria	87	PONTEAREAS	25:25.55	-

3. 1500m Libre 40 - 49 años

1.	1180189	BRAÑA MENENDEZ, Sonia	75	LICEO	20:46.40	- RG
2.	1143813	REGUEIRA MARTINEZ, Maria J.	75	LICEO	23:25.50	-
3.	1040944	VARELA REDONDO, Veronica	75	PONTEAREAS	25:05.76	-

3. 1500m Libre 50 años y mayores

1.	1076154	ABREU FERNANDEZ, Marta	71	PONTEAREAS	27:29.80	-
2.	1145007	MELON PARENTE, M. Lourdes	69	PONTEAREAS	36:02.63	-

4. 800m Libre 20 - 29 años

1.	1130789	GARCIA MIGUEZ, Rosalia	98	GALAICO	10:49.20	-
2.	1035411	FERNANDEZ GARCIA, Marina	97	GALAICO	13:14.94	-

4. 800m Libre 30 - 39 años

1.	1144948	GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:41.71	-
2.	1143565	ARAUJO CASTRO, Paula	91	CDELMAR	13:30.92	-
3.	1129954	GONZALEZ GARCIA, Covadonga	89	GALAICO	13:31.98	-

4. 800m Libre 40 - 49 años

1.	1057273	MARCOS VARELA, Laura	76	RIASBAIXAS	11:43.70	-
2.	1144598	OLMO VAQUEIRO, Leticia	81	PONTEAREAS	14:42.66	-
3.	1145048	MANTIÑÁN PAREDES, María	77	LICEO	15:09.73	-

4. 800m Libre 50 años y mayores

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	12:09.53	-
2.	1039437	BALADO LOPEZ, Ana Maria	61	POURENSE	13:08.89	- RG

Medallero

Todas las pruebas

			Masc.			Fem.			Todos				
			Oro	Plata	Bronce	Oro	Plata	Bronce	Oro	Plata	Bronce	Total	
20 - 29 años													
1. MOS	01424	ESP	1	1	-	-	-	-	1	1	-	2	
GALAICO	00784	ESP	-	-	-	1	1	-	1	1	-	2	
3. CEDEIRA	00770	ESP	1	-	-	-	-	-	1	-	-	1	
RIASBAIXAS	00765	ESP	-	-	-	1	-	-	1	-	-	1	
5. PONTEAREAS	00878	ESP	-	1	1	-	1	-	-	2	1	3	
6. CIDSANTIAGO	01295	ESP	-	-	1	-	-	-	-	-	1	1	
30 - 39 años													
1. CIDSANTIAGO	01295	ESP	1	1	1	-	-	-	1	1	1	3	
2. ADFOGAR	00617	ESP	-	-	-	1	1	-	1	1	-	2	
3. ESCUALOS	01547	ESP	1	-	-	-	-	-	1	-	-	1	
RIASBAIXAS	00765	ESP	-	-	-	1	-	-	1	-	-	1	
5. CDELMAR	00282	ESP	-	1	-	-	1	-	-	2	-	2	
6. PONTEAREAS	00878	ESP	-	-	1	-	-	1	-	-	2	2	
7. GALAICO	00784	ESP	-	-	-	-	-	1	-	-	1	1	
40 - 49 años													
1. RIASBAIXAS	00765	ESP	1	-	1	1	-	-	2	-	1	3	
2. LICEO	01269	ESP	-	1	-	1	1	1	1	2	1	4	
3. NFERROL	00674	ESP	1	-	-	-	-	-	1	-	-	1	
4. PONTEAREAS	00878	ESP	-	-	1	-	1	1	-	1	2	3	
5. RCNVIGO	00071	ESP	-	1	-	-	-	-	-	1	-	1	
50 años y mayores													
1. PONTEAREAS	00878	ESP	-	-	-	1	1	-	1	1	-	2	
2. ADFOGAR	00617	ESP	1	-	-	-	-	-	1	-	-	1	
CDELMAR	00282	ESP	-	-	-	1	-	-	1	-	-	1	
HERCULES	01572	ESP	1	-	-	-	-	-	1	-	-	1	
5. CIDSANTIAGO	01295	ESP	-	1	1	-	-	-	-	1	1	2	
6. GALAICO	00784	ESP	-	1	-	-	-	-	-	1	-	1	
POURENSE	00101	ESP	-	-	-	-	1	-	-	1	-	1	
8. FLUVIALUGO	00398	ESP	-	-	1	-	-	-	-	-	1	1	

FICHA TÉCNICA DA COMPETICIÓN		
Competición: CAMPIONATO GALEGO FONDO MASTER GERARDO STEUDELL		
Datas: 25 DE ABRIL DE 2021		Número de sesións: 02
Piscina: CARBALLO CALERO	Concello: CARBALLO	
Lonxitude: 25	Número de pistas: 06	Temperatura da auga: 27,50°
Relación de clubs participantes : <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> CLUB DEL MAR CD N. CIDADE SANTIAGO C FLUVIAL DE LUGO C. HERCULES XTRM CN CEDEIRA CN ESCUALOS CNFERROL CNGALAICO ADFOGAR </div> <div style="width: 45%;"> CN LICEO CN MOS CN MASTER PONS VETUS CN PABELLON CN PONTEAREAS CN VIGO RIAS BAIXAS C USC RCNVIGO </div> </div>		
Director de competición: RAMON MOSQUERA NIELBA		
Composición do xurado principal		
Posto	Nome e apelidos	LICENCIA
Xuíz Árbitro Feminino:	OSCAR DIEGUEZ REINALDO	1138395
Xuíz Árbitro Masculino:	MANUEL CASTRO CASAL	1138060
Xuíz Saídas Feminino:	EVA CANDALES HERMIDA	1038083
Xuíz Saídas Masculino:	FRANCISCO BARRAL TRIPOLI	1039267
Xuíz Estilos 1:	LIDIA DEIBE PIÑON	1038062
Xuíz Estilos 2:	PEDRO LUIS FERNANDEZ POMBO	1038736
Tipo de cronometraxe: MANUAL		
Outros postos do xurado ao dorso		
Hora de comezo:		Hora de remate:
Incidencias da competición:		
Certifico a veracidade dos datos que figuran nestes resultados: CARBALLO, 25 de ____ABRIL____ de 2021 Asinado: Xuíces árbitros		

FICHA TÉCNICA DA COMPETICIÓN	
Axudante do xuíz de saídas:	Mª TERESA VILA BERMUDEZ
Xefe de cronometradores:	ALEJANDRO CANEDO BELLO
Cronometradores:	
Pista 1:	IRENE CABEZAS COLINAS
Pista 2:	UXIA SENDINO GESTOSO
Pista 3:	DANIEL CAPELAN VARELA
Pista 4:	IAN SANCHEZ OTERO
Pista 5:	ARIADNA ALCALDE MAHIA
Pista 6:	PABLO NEGREIRA CAAMAÑO
Cronometrador volante:	PEDRO LUIS FERNANDEZ VILA
Locutor/a:	Mª JOSE RODRIGUEZ REY
Axudantes de secretaría:	
Resultados: SANDRA BOLAÑO PEDREIRA (FEGAN)	
Cronometraxe electrónica:	
Técnico de son:	
Outros postos:	



PROB.	SEXO	Nº	NOME	ANO	CLUB	TEMPO	PUNTOS FINA	GANADOR
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3 - 1.500 m. LIBRE FEMININO

1500	FEM	1	PICHEL GARCIA, Elisa	1984	ADFOGAR	19:18,80	667,9	1º 1.500 FEM
1500	FEM	2	BRAÑA MENENDEZ, Sonia	1975	LICEO	20:46,40	584,3	
1500	FEM	3	SUAREZ GARCIA, Sofia	1997	RIASBAIXAS	22:13,86	416,4	
1500	FEM	4	VINAGRE SENDINO, Cora	1988	ADFOGAR	22:04,55	413,7	
1500	FEM	5	REGUEIRA MARTINEZ, Maria J.	1975	LICEO	23:25,50	407,5	
1500	FEM	6	VARELA REDONDO, Veronica	1975	PONTEAREAS	25:05,76	331,4	
1500	FEM	7	GARCÍA LORENZO, Iria	1987	PONTEAREAS	25:25,55	270,8	
1500	FEM	8	ABREU FERNANDEZ, Marta	1971	PONTEAREAS	27:29,80	252,0	
1500	FEM	9	GONZALEZ PEREZ, Paula	1996	PONTEAREAS	27:45,09	214,1	
1500	FEM	10	MELON PARENTE, M. Lourdes	1969	PONTEAREAS	36:02,63	120,9	



PROB.	SEXO	Nº	NOME	ANO	CLUB	TEMPO	PUNTOS FINA	GANADOR
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4 - 800 m. LIBRE FEMININO

800	FEM	1	GARCIA MIGUEZ, Rosalia	1998	GALAICO	10:19,20	631,3	1º 800 FEM
800	FEM	2	MARCOS VARELA, Laura	1976	RIASBAIXAS	11:43,70	440,3	
800	FEM	3	TERCEIRO DELGADO, Maria Del Mar	1963	CDELMAR	12:09,53	483,6	
800	FEM	4	GONZALEZ PEREZ, Jessica	1987	RIASBAIXAS	12:41,71	315,6	
800	FEM	5	FERNANDEZ GARCIA, Marina	1997	GALAICO	13:14,94	298,3	
800	FEM	6	ARAUJO CASTRO, Paula	1991	CDELMAR	13:30,92	281,1	
800	FEM	7	BALADO LOPEZ, Ana Maria	1961	POURENSE	13:08,89	382,4	
800	FEM	8	GONZALEZ GARCIA, Covadonga	1989	GALAICO	13:31,98	260,5	
800	FEM	9	CÁCERES-TERRADO CARDENES, Ana Isabel	2000	USC	00:00,00	0,0	
800	FEM	10	BROZOS VAZQUEZ, Elena Maria	1982	CIDSANTIAGO	15:02,00	211,3	
800	FEM	11	OLMO VAQUEIRO, Leticia	1981	PONTEAREAS	14:42,66	225,5	
800	FEM	12	MANTIÑÁN PAREDES, María	1977	LICEO	15:09,73	203,8	



PROB.	SEXO	Nº	NOME	ANO	CLUB	TEMPO	PUNTOS FINA	GANADOR
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1 - 1.500 m. LIBRE MASCULINO

1500	MAS	1	RODRIGUEZ LAGO, David	1986	CIDSANTIAGO	17:32,10	692,7	1º 1.500 MAS
1500	MAS	2	SANCHEZ GORDON, Roman	1978	RIASBAIXAS	18:31,13	628,2	
1500	MAS	3	PEREZ GONZALEZ, Pablo	2001	CEDEIRA	18:27,04	592,3	
1500	MAS	4	GARCIA RODRIGUEZ, Sergio	1981	RCNVIGO	19:01,60	588,3	
1500	MAS	5	MASSO AGUADO, Jorge	1976	RIASBAIXAS	19:31,20	536,4	
1500	MAS	6	COBELO REPRESAS, Francisco	1996	PONTEAREAS	19:09,07	529,6	
1500	MAS	7	TORRES NEIRA, Francisco	1975	PONSVETUS	20:19,81	508,1	
1500	MAS	8	MOURIÑO ORTIGUERA, Roberto C.	1974	RCNVIGO	20:26,84	499,4	
1500	MAS	9	COLLAZO ESMORIS, Gerardo A.	1975	LICEO	20:34,20	490,5	
1500	MAS	10	BETHENCOURT IGLESIAS, Sergio	1963	GALAICO	21:52,38	489,3	
1500	MAS	11	HOUT VARELA, Fady	1974	LICEO	20:47,72	474,7	
1500	MAS	12	ABADES REBOREDO, Daniel	1978	LICEO	20:28,52	464,7	
1500	MAS	13	CODESIDO LOPEZ, Jose	1959	CIDSANTIAGO	23:47,91	462,4	
1500	MAS	14	RIVAS FEAL, Antonio	1966	HERCULES	21:27,05	449,6	
1500	MAS	15	IBAÑEZ CARRERA, Manuel Gabriel	1996	PONTEAREAS	20:18,08	444,6	
1500	MAS	16	CASTRO VILLAR, David	1991	CDELMAR	20:21,18	441,2	
1500	MAS	17	ESPAÑA CABEZAS, Jesús	1981	USC	22:07,61	374,1	
1500	MAS	18	GURIDI HUERTA, Jesus M.	1968	FLUVIALUGO	23:45,21	331,1	
1500	MAS	19	FERNANDEZ-TESTA BARREIRO, David	1974	RIASBAIXAS	23:54,50	312,4	
1500	MAS	20	MONROY FERNÁNDEZ, Manuel	1950	PONTEAREAS	29:42,82	295,1	
1500	MAS	21	BEREA RUIZ, Manuel	1964	HERCULES	26:25,86	277,3	
1500	MAS	22	MARTÍNEZ DOMÍNGUEZ, Iván	1988	PONTEAREAS	25:06,74	235,8	
1500	MAS	23	POSE MATO, Cesar	1983	ADFOGAR	30:42,18	140,0	
1500	MAS	24	LAGO REY, José Manuel	1963	RIASBAIXAS	38:39,95	64,4	



PROB.	SEXO	Nº	NOME	ANO	CLUB	TEMPO	PUNTOS FINA	GANADOR
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2 - 800 m. LIBRE MASCULINO

800	MAS	1	RODRIGUEZ LOPEZ, Roi	1995	MOS	09:36,68	605,6	1º 800 MAS
800	MAS	2	TRILLO RODRIGUEZ, Adrian	1997	MOS	10:42,33	438,3	
800	MAS	3	MARTINEZ FAJARDO, Julio E.	1970	ADFOGAR	10:57,67	476,7	
800	MAS	4	CAMPAÑA BARROS, Adrian	1990	CIDSANTIAGO	10:37,68	463,8	
800	MAS	5	PAZOS ALONSO, Josue	1986	ESCUALOS	10:26,18	489,9	
800	MAS	6	FERNANDEZ ARRUTI, Jose Angel	1959	CIDSANTIAGO	12:18,80	454,5	
800	MAS	7	SANJURJO POVEDA, Pablo	1974	NFERROL	11:41,98	371,8	
800	MAS	8	TRINCADO FERNANDEZ, Alberto	1967	MOS	12:23,96	329,3	
800	MAS	9	DE LUIS GONZÁLEZ, Aitor	1974	RCNVIGO	12:07,35	334,2	
800	MAS	10	PUENTE DÍAZ, Javier	1971	CIDSANTIAGO	11:54,64	352,3	
800	MAS	11	SAAVEDRA GONZÁLEZ, Raul	1973	LICEO	11:47,51	363,1	
800	MAS	12	PREGO MARTINEZ, Benjamin	1973	PONTEAREAS	12:05,77	336,4	
800	MAS	13	BRION FERNANDEZ, Manuel Joaquin	1992	CIDSANTIAGO	11:52,08	321,7	
800	MAS	14	TOME NOGUEIRA, Alberto M.	1968	ADFOGAR	15:55,92	155,2	
800	MAS	15	FERNANDEZ MONTEAGUDO, Ruben	1985	CIDSANTIAGO	12:32,92	286,2	
800	MAS	16	PEREZ SOLIÑO, Constante	1958	GALAICO	15:39,35	221,1	
800	MAS	17	FERREIRO CRUZ, Eduardo	1970	LICEO	14:09,96	220,8	
800	MAS	18	DE LA VEGA GÁNDARAS, Felipe	1973	HERCULES	16:01,22	144,8	
800	MAS	19	MANDADO RODRIGUEZ, Enrique	1972	LICEO	13:19,65	251,5	