

1. 400 m Estilos Feminino

25+										
1	19536	GONZALEZ PEREZ PAULA	1996	NPONTEA	7:54.71	M 25	2021-03-21	Álvaro Pino	11	
		50M: 53.77			100M: 1:56.93					
40+										
1	16696	SANCHEZ LEDO CIRA	1981	ESCUALOS	6:59.24	M 25	2021-03-21	Álvaro Pino	11	
		50M: 56.36			100M: 2:00.11					
45+										
1	17164	REGUEIRA MARTINEZ MARIA J.	1975	CNLICEO	6:56.77	M 25	2021-03-07	Carballo Calero	11	
		50M: 46.39			100M: 1:40.53					
50+										
1	19444	MELON PARENTE M. LOURDES	1969	NPONTEA	11:56.70	M 25	2021-03-21	Álvaro Pino	11	
		50M: 1:25.92			100M: 3:07.04					
60+										
1	15374	BALADO LOPEZ ANA MARIA	1961	POURENSE	7:30.53	M 25	2021-03-21	Álvaro Pino	11	
		50M: 54.65			100M: 2:00.22					

2. 400 m Estilos Masculino

20+										
1	9286	VERDES COLLAZO MANUEL	2000	ADFOGAR	4:53.04	M 25	2021-03-07	Carballo Calero	11	
		50M: 29.54			100M: 1:04.85					
2	7740	ALONSO RODRIGUEZ JAVIER	2001	NPONTEA	4:55.48	M 25	2021-03-21	Álvaro Pino	8	
		50M: 29.30			100M: 1:03.90					
3	17847	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	5:08.81	M 25	2021-03-21	Álvaro Pino	6	
		50M: 31.60			100M: 1:09.29					
4	262	INCUTTI TELLADO DENIS	2000	NPONTEA	5:44.09	M 25	2021-03-21	Álvaro Pino	5	
		50M: 35.47			100M: 1:19.76					
25+										
1	2717	CARRERA COSTAS MARTIN	1996	NPONTEA	4:58.56	M 25	2021-03-21	Álvaro Pino	11	
		50M: 31.57			100M: 1:08.60					
2	5899	DEL RIO REGUEIRA MARCOS	1993	CNLICEO	4:59.19	M 25	2021-03-07	Carballo Calero	8	
		50M: 29.88			100M: 1:06.00					
3	7504	BALSA BALBOA PABLO	1993	ADFOGAR	5:26.78	M 25	2021-03-07	Carballo Calero	6	
		50M: 30.93			100M: 1:12.37					
30+										
1	5225	TABOADA VILA ALBERTO	1987	POURENSE	4:47.27	M 25	2021-03-21	Álvaro Pino	11	
		50M: 30.18			100M: 1:06.24					
35+										
1	19580	FIERRO FERNÁNDEZ JULIO	1982	CNLICEO	6:53.89	M 25	2021-03-07	Carballo Calero	11	
		50M: 42.89			100M: 1:33.97					
2	9186	POSE MATO CESAR	1983	ADFOGAR	9:10.27	M 25	2021-03-07	Carballo Calero	8	
		50M: 1:09.68			100M: 2:26.34					
40+										
1	15691	GARCIA RODRIGUEZ SERGIO	1981	RCNVIGO	5:26.53	M 25	2021-03-21	Álvaro Pino	11	
		50M: 35.62			100M: 1:17.29					
2	14699	SANCHEZ GORDON ROMAN	1978	RBAIXAS	5:29.44	M 25	2021-03-21	Álvaro Pino	8	
		50M: 33.99			100M: 1:14.34					
3	574	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	6:00.49	M 25	2021-03-07	Carballo Calero	6	
		50M: 36.95			100M: 1:18.87					
4	16787	ABADES REBOREDO DANIEL	1978	CNLICEO	6:11.08	M 25	2021-03-07	Carballo Calero	5	
		50M: 37.00			100M: 1:21.50					
5	8120	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	7:15.74	M 25	2021-03-21	Álvaro Pino	4	
		50M: 49.21			100M: 1:47.32					

45+										
1	20127	MASSO AGUADO JORGE	1976	RBAIXAS	5:48.06	M 25	2021-03-21	Álvaro Pino	11	
		50M: 34.97			100M: 1:17.56					
2	20368	SAAVEDRA GONZÁLEZ RAUL	1973	CNLICEO	6:26.23	M 25	2021-03-07	Carballo Calero	8	
		50M: 42.13			100M: 1:31.45					
3	17405	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	6:57.46	M 25	2021-03-21	Álvaro Pino	6	
		50M: 46.70			100M: 1:44.70					
4	16200	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	7:38.13	M 25	2021-03-21	Álvaro Pino	5	
		50M: 52.50			100M: 1:52.40					
5	16754	PENEDO PADIN ADOLFO	1972	GALAICO	7:55.10	M 25	2021-03-21	Álvaro Pino	4	
		50M: 57.20			100M: 2:06.88					
50+										
1	1688	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	7:01.90	M 25	2021-03-07	Carballo Calero	11	
		50M: 45.16			100M: 1:40.66					
2	19579	FERREIRO CRUZ EDUARDO	1970	CNLICEO	8:30.65	M 25	2021-03-07	Carballo Calero	8	
		50M: 56.29			100M: 2:04.02					
55+										
1	16735	FERREIRA GONZALEZ XOSE ANXO	1966	CTRAVIE	7:49.41	M 25	2021-03-21	Álvaro Pino	11	
		50M: 50.74			100M: 1:48.57					
60+										
1	20	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	7:08.61	M 25	2021-03-21	Álvaro Pino	11	
		50M: 49.66			100M: 1:44.24					

3. 50 m Libre Feminino

20+									
1	3254	IBAÑEZ CARRERA SARA	2001	NPONTEA	29.30	M 25	2021-03-21	Álvaro Pino	11
2	3283	FERNANDEZ PARDO IRENE	2001	NPONTEA	30.02	M 25	2021-03-21	Álvaro Pino	8
3	3235	COSTA FERNANDEZ LAURA	2001	NPONTEA	35.49	M 25	2021-03-21	Álvaro Pino	6
25+									
1	3230	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	29.86	M 25	2021-03-21	Álvaro Pino	11
2	3229	CHAMADOIRA DOMINGUEZ ESTEFANIA	1993	NPONTEA	30.62	M 25	2021-03-21	Álvaro Pino	8
3	6002	TARRIO MANGAS BALBINA	1994	ADFOGAR	32.30	M 25	2021-03-07	Carballo Calero	6
4	743	SANCHEZ PALACIOS FATIMA	1994	CMARINA	32.58	M 25	2021-03-07	Carballo Calero	5
30+									
1	16677	RIVAS TENREIRO ARANTZA	1989	NTNARON	31.42	M 25	2021-03-07	Carballo Calero	11
2	19311	LOPEZ SANMARTIN TANIA	1991	CNFERRO	31.64	M 25	2021-03-07	Carballo Calero	8
3	4614	RIVAS CARCACIA NATALIA	1991	ESCUALOS	32.53	M 25	2021-03-21	Álvaro Pino	6
4	19086	ESPASANDIN MARTÍNEZ MARÍA	1990	CNLICEO	33.11	M 25	2021-03-07	Carballo Calero	5
5	21701	DEL CURA MIRANDA VIRGINIA	1991	CNLICEO	40.85	M 25	2021-03-07	Carballo Calero	4
6	18889	SANTOS DA GRACA FRANCELINA	1987	ADFOGAR	41.79	M 25	2021-03-07	Carballo Calero	3
7	745	LOPEZ CORTABITARTE BELEN	1987	CNLICEO	41.89	M 25	2021-03-07	Carballo Calero	2
8	20331	DOMINGUEZ SANCHEZ MIRIAM	1991	RBAIXAS	42.50	M 25	2021-03-21	Álvaro Pino	1
9	8135	GONZALEZ GARCIA COVADONGA	1989	GALAICO	42.62	M 25	2021-03-21	Álvaro Pino	0
10	21066	ABELENDA POSE MARÍA ESTEFANIA	1989	CNLICEO	42.64	M 25	2021-03-07	Carballo Calero	0
35+									
1	5634	PICHEL GARCIA ELISA	1984	ADFOGAR	30.66	M 25	2021-03-07	Carballo Calero	11
2	641	SOUTO DERUNGS CRISTINA	1985	CNFERRO	32.88	M 25	2021-03-07	Carballo Calero	8
3	20401	FKEOUI SALMA	1982	ESCUALOS	36.79	M 25	2021-03-21	Álvaro Pino	6
4	628	BROZOS VAZQUEZ ELENA MARIA	1982	CIDSANTI	45.90	M 25	2021-03-07	Carballo Calero	5
40+									
1	3616	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	34.93	M 25	2021-03-21	Álvaro Pino	11
2	17694	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	38.18	M 25	2021-03-21	Álvaro Pino	8
3	20155	COVELO SAAVEDRA NAHIR	1978	NPONTEA	40.56	M 25	2021-03-21	Álvaro Pino	6
4	14644	FERNANDEZ CARRERA ANA	1977	NPONTEA	42.35	M 25	2021-03-21	Álvaro Pino	5
5	19183	OLMO VAQUEIRO LETICIA	1981	NPONTEA	42.67	M 25	2021-03-21	Álvaro Pino	4
6	19583	MANTIÑÁN PAREDES MARÍA	1977	CNLICEO	47.30	M 25	2021-03-07	Carballo Calero	3
45+									
1	1652	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	37.48	M 25	2021-03-07	Carballo Calero	11
2	15481	VARELA REDONDO VERONICA	1975	NPONTEA	38.33	M 25	2021-03-21	Álvaro Pino	8

3	18848	RODRIGUEZ REY MARIA JOSE	1973	ADFOGAR	38.37	M 25	2021-03-07	Carballo Calero	6
4	21723	PITA REGUEIRO RAQUEL	1972	CNLICEO	52.52	M 25	2021-03-07	Carballo Calero	5
50+									
1	180	MUTILBA OBREGON NURIA	1969	NPONTEA	35.78	M 25	2021-03-21	Álvaro Pino	11
2	490	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	36.48	M 25	2021-03-07	Carballo Calero	8
3	2696	ABREU FERNANDEZ MARTA	1971	NPONTEA	43.60	M 25	2021-03-21	Álvaro Pino	6
55+									
1	18879	ACEVEDO REGO ERMITAS	1966	POURENSE	52.87	M 25	2021-03-21	Álvaro Pino	11
2	17749	PEREZ GALLARDO TERESA	1964	POURENSE	1:02.52	M 25	2021-03-21	Álvaro Pino	8
60+									
1	7937	PEREIRA ALONSO ISABEL	1961	ADFOGAR	41.46	M 25	2021-03-07	Carballo Calero	11
65+									
1	3452	GONZALEZ ALEGRE ANA M.	1952	RCNVIGO	43.92	M 25	2021-03-21	Álvaro Pino	11
75+									
1	3441	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:29.50	M 25	2021-03-21	Álvaro Pino	11
2	20154	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	1:35.34	M 25	2021-03-21	Álvaro Pino	8

4. 50 m Libre Masculino

20+										
1	7547	RIVAS MACEIRAS ISAAC	1999	HERCULES	27.02	M 25	2021-03-07	Carballo Calero	11	
2	8293	MORGADAS IGLESIAS PABLO	1998	CNMOS	27.97	M 25	2021-03-21	Álvaro Pino	8	
3	8256	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	30.20	M 25	2021-03-21	Álvaro Pino	6	
4	8265	ALVAREZ LAGO RODRIGO	2000	CNMOS	30.79	M 25	2021-03-21	Álvaro Pino	5	
25+										
1	2717	CARRERA COSTAS MARTIN	1996	NPONTEA	27.27	M 25	2021-03-21	Álvaro Pino	11	
2	3161	GARCIA GONZALEZ CARLOS	1996	CNMOS	28.80	M 25	2021-03-21	Álvaro Pino	8	
3	3253	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	29.85	M 25	2021-03-21	Álvaro Pino	6	
4	21205	BARCIA ANIDO VALENTÍN	1992	CNLICEO	30.30	M 25	2021-03-07	Carballo Calero	5	
5	9597	TABOADA VILA DANIEL	1993	POURENSE	30.36	M 25	2021-03-21	Álvaro Pino	4	
30+										
1	20150	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	30.14	M 25	2021-03-07	Carballo Calero	11	
2	1825	RODRIGUEZ BALIÑA MAURO	1990	CFVLUGO	36.97	M 25	2021-03-21	Álvaro Pino	8	
35+										
1	697	BLANCO PEREZ JESUS	1986	CMARINA	28.35	M 25	2021-03-07	Carballo Calero	11	
2	17854	SEVILLA AROCA JAVIER	1983	ESCUALOS	28.65	M 25	2021-03-21	Álvaro Pino	8	
3	3137	PAZOS ALONSO JOSUE	1986	ESCUALOS	28.70	M 25	2021-03-21	Álvaro Pino	6	
4	18975	MATIAS DUARTE ERICK	1982	HERCULES	31.20	M 25	2021-03-07	Carballo Calero	5	
5	19178	FERNANDEZ ENCINA ALBERTO	1985	RBAIXAS	31.80	M 25	2021-03-21	Álvaro Pino	4	
6	8137	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	32.06	M 25	2021-03-07	Carballo Calero	3	
7	3601	GONZALEZ CONDE RODRIGO	1982	NPONTEA	36.57	M 25	2021-03-21	Álvaro Pino	2	
8	21258	ARIAS LÓPEZ JAIME	1982	CNLICEO	37.48	M 25	2021-03-07	Carballo Calero	1	
40+										
1	21224	PANTOJA GUIO JOSUE	1978	ADFOGAR	27.38	M 25	2021-03-07	Carballo Calero	11	
2	5692	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	29.02	M 25	2021-03-21	Álvaro Pino	8	
3	16787	ABADES REBOREDANO DANIEL	1978	CNLICEO	29.27	M 25	2021-03-07	Carballo Calero	6	
4	16718	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	30.43	M 25	2021-03-21	Álvaro Pino	5	
5	20983	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	31.46	M 25	2021-03-21	Álvaro Pino	4	
6	21724	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	33.60	M 25	2021-03-07	Carballo Calero	3	
7	20352	COSTAS GONZALEZ PABLO	1979	NPONTEA	35.08	M 25	2021-03-21	Álvaro Pino	2	
8	19334	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	35.15	M 25	2021-03-21	Álvaro Pino	1	
9	16715	FERNANDEZ GONZALEZ BRUNO	1977	POURENSE	37.66	M 25	2021-03-21	Álvaro Pino	0	
10	18543	CONCU RICARDO	1980	RBAIXAS	37.88	M 25	2021-03-21	Álvaro Pino	0	
45+										

1	3612	GARABATOS RODRIGUEZ SANTIAGO	1974	RBAIXAS	25.43	M 25	2021-03-21	Álvaro Pino	11
2	16788	COLLAZO ESMORIS GERARDO A.	1975	CNLICEO	29.14	M 25	2021-03-07	Carballo Calero	8
3	16336	ANEIROS GARCIA JOSE M.	1974	CMARINA	30.02	M 25	2021-03-07	Carballo Calero	6
4	14586	HOUT VARELA FADY	1974	CNLICEO	30.14	M 25	2021-03-07	Carballo Calero	5
5	14725	MOURIO ORTIGUEIRA ROBERTO C.	1974	RCNVIGO	31.46	M 25	2021-03-21	Álvaro Pino	4
6	3645	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	34.38	M 25	2021-03-21	Álvaro Pino	3
7	15607	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	34.45	M 25	2021-03-21	Álvaro Pino	2
8	17307	GARROCHO DURAN EMILIO JOSE	1972	CNFERRO	40.11	M 25	2021-03-07	Carballo Calero	1
9	21266	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	43.91	M 25	2021-03-07	Carballo Calero	0
50+									
1	17186	TOURIÑO GONZALEZ VICTOR M.	1968	RSDH	30.33	M 25	2021-03-07	Carballo Calero	11
2	20762	TRINCADO FERNANDEZ ALBERTO	1967	CNMOS	33.29	M 25	2021-03-21	Álvaro Pino	8
3	16065	GENDE DIAZ JUAN FELIX	1970	ADFOGAR	34.18	M 25	2021-03-07	Carballo Calero	6
4	20403	SANCHEZ SECO MANUEL	1968	ESCUALOS	35.86	M 25	2021-03-21	Álvaro Pino	5
5	20168	CRESPO PEREZ ALBARIÑO	1970	ESCUALOS	39.07	M 25	2021-03-21	Álvaro Pino	4
6	21061	LAMELO OTERO RAMÓN J.	1968	CIDSANTI	39.36	M 25	2021-03-07	Carballo Calero	2.5
7	19644	FERREIRO SANCHEZ LUIS	1970	POURENSE	39.36	M 25	2021-03-21	Álvaro Pino	2.5
8	6593	TRILLO CARLIN JOSE FERNANDO	1968	ADFOGAR	41.92	M 25	2021-03-07	Carballo Calero	1
55+									
1	16735	FERREIRA GONZALEZ XOSE ANXO	1966	CTRAVIE	33.59	M 25	2021-03-21	Álvaro Pino	11
2	2809	BLANCO PEREZ ANGEL	1964	POURENSE	39.14	M 25	2021-03-21	Álvaro Pino	8
3	17844	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	41.63	M 25	2021-03-21	Álvaro Pino	6
4	3532	LAGO REY JOSE MANUEL	1963	RBAIXAS	52.76	M 25	2021-03-21	Álvaro Pino	5
60+									
1	20088	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	31.93	M 25	2021-03-07	Carballo Calero	11
2	19938	CODESIDO LOPEZ JOSE	1959	CIDSANTI	34.64	M 25	2021-03-07	Carballo Calero	8
3	16756	PEREZ SOLIÑO CONSTANTE	1958	GALAICO	39.39	M 25	2021-03-21	Álvaro Pino	6
4	17848	PERDIZ GONZALEZ RAMON	1958	ESCUALOS	44.24	M 25	2021-03-21	Álvaro Pino	5
65+									
1	2784	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	36.33	M 25	2021-03-21	Álvaro Pino	11
70+									
1	3449	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	41.80	M 25	2021-03-21	Álvaro Pino	11
80+									
1	16629	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:11.30	M 25	2021-03-21	Álvaro Pino	11

5. 100 m Bolboreta Feminino

20+									
1	3254	IBAÑEZ CARRERA SARA	2001	NPONTEA	1:12.87	M 25	2021-03-21	Álvaro Pino	11
		50M: 33.14							
2	3283	FERNANDEZ PARDO IRENE	2001	NPONTEA	1:13.35	M 25	2021-03-21	Álvaro Pino	8
		50M: 33.18							
3	3235	COSTA FERNANDEZ LAURA	2001	NPONTEA	1:27.93	M 25	2021-03-21	Álvaro Pino	6
		50M: 29.65							
30+									
1	20464	GARCÍA LORENZO IRIA	1987	NPONTEA	1:47.49	M 25	2021-03-21	Álvaro Pino	11
		50M: 50.44							
2	20331	DOMINGUEZ SANCHEZ MIRIAM	1991	RBAIXAS	1:56.51	M 25	2021-03-21	Álvaro Pino	8
		50M: 52.09							
35+									
1	5634	PICHEL GARCIA ELISA	1984	ADFOGAR	1:17.66	M 25	2021-03-07	Carballo Calero	11
		50M: 35.55							
40+									
1	19583	MANTIÑÁN PAREDES MARÍA	1977	CNLICEO	2:16.26	M 25	2021-03-07	Carballo Calero	11
		50M: 1:03.82							
50+									
1	2696	ABREU FERNANDEZ MARTA	1971	NPONTEA	2:02.19	M 25	2021-03-21	Álvaro Pino	11
		50M: 57.16							
2	19444	MELON PARENTE M. LOURDES	1969	NPONTEA	2:58.43	M 25	2021-03-21	Álvaro Pino	8
		50M: 1:20.48							

6. 100 m Bolboreta Masculino

20+										
1	7740	ALONSO RODRIGUEZ JAVIER	2001	NPONTEA	1:01.11	M 25	2021-03-21	Álvaro Pino	11	
		50M: 28.66								
2	262	INCUTTI TELLADO DENIS	2000	NPONTEA	1:17.69	M 25	2021-03-21	Álvaro Pino	8	
		50M: 33.82								
25+										
1	3167	RODRIGUEZ LOPEZ ROI	1995	CNMOS	1:02.25	M 25	2021-03-21	Álvaro Pino	11	
		50M: 28.42								
30+										
1	1825	RODRIGUEZ BALIÑA MAURO	1990	CFVLUGO	1:22.52	M 25	2021-03-21	Álvaro Pino	11	
		50M: 37.39								
35+										
1	19945	ROMERO ALVAREZ JULIAN	1984	ESCUALOS	1:48.32	M 25	2021-03-21	Álvaro Pino	11	
		50M: 50.37								
40+										
1	19334	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:32.64	M 25	2021-03-21	Álvaro Pino	11	
		50M: 43.90								
2	18543	CONCU RICARDO	1980	RBAIXAS	1:47.03	M 25	2021-03-21	Álvaro Pino	8	
		50M: 49.40								
45+										
1	20127	MASSO AGUADO JORGE	1976	RBAIXAS	1:11.81	M 25	2021-03-21	Álvaro Pino	11	
		50M: 32.69								
2	14586	HOUT VARELA FADY	1974	CNLICEO	1:19.52	M 25	2021-03-07	Carballo Calero	8	
		50M: 36.14								
3	16788	COLLAZO ESMORIS GERARDO A.	1975	CNLICEO	1:30.51	M 25	2021-03-07	Carballo Calero	6	
		50M: 41.51								
4	19602	ESCUADERO DANS DAVID	1973	HERCULES	1:31.30	M 25	2021-03-07	Carballo Calero	5	
		50M: 42.90								
5	21687	IGLESIAS DE LA TORRE FELIPE	1976	POURENSE	1:43.57	M 25	2021-03-21	Álvaro Pino	4	
		50M: 44.65								
6	20407	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	HERCULES	1:56.60	M 25	2021-03-07	Carballo Calero	3	
		50M: 46.35								
50+										
1	1688	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	1:33.41	M 25	2021-03-07	Carballo Calero	11	



LIGA GALEGA MÁSTER XOR. 3 (UNIFICADOS)

Federación Galega de Natación

Avenida de Glasgow, 13
CP 15008 - A Coruña
www.fegan.org - info@fegan.org

50M: 43.04

2	6593	TRILLO CARLIN JOSE FERNANDO	1968	ADFOGAR	2:13.94	M 25	2021-03-07	Carballo Calero	8
---	------	-----------------------------	------	---------	---------	------	------------	-----------------	---

50M: 1:01.68

7. 50 m Costas Feminino

20+										
1	7052	CANO ROSALES NURIA	2001	GALAICO	37.09	M 25	2021-03-21	Álvaro Pino	11	
25+										
1	3230	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	34.06	M 25	2021-03-21	Álvaro Pino	11	
2	3229	CHAMADOIRA DOMINGUEZ ESTEFANIA	1993	NPONTEA	37.29	M 25	2021-03-21	Álvaro Pino	8	
3	6002	TARRIO MANGAS BALBINA	1994	ADFOGAR	39.10	M 25	2021-03-07	Carballo Calero	6	
4	743	SANCHEZ PALACIOS FATIMA	1994	CMARINA	40.97	M 25	2021-03-07	Carballo Calero	5	
30+										
1	4374	GARCIA MARIN CRISTINA	1990	NPONTEA	34.55	M 25	2021-03-21	Álvaro Pino	11	
2	19311	LOPEZ SANMARTIN TANIA	1991	CNFERRO	37.94	M 25	2021-03-07	Carballo Calero	8	
3	745	LOPEZ CORTABITARTE BELEN	1987	CNLICEO	49.86	M 25	2021-03-07	Carballo Calero	6	
4	21701	DEL CURA MIRANDA VIRGINIA	1991	CNLICEO	54.96	M 25	2021-03-07	Carballo Calero	5	
5	18889	SANTOS DA GRACA FRANCELINA	1987	ADFOGAR	56.05	M 25	2021-03-07	Carballo Calero	4	
6	8135	GONZALEZ GARCIA COVADONGA	1989	GALAICO	56.41	M 25	2021-03-21	Álvaro Pino	3	
35+										
1	641	SOUTO DERUNGS CRISTINA	1985	CNFERRO	39.81	M 25	2021-03-07	Carballo Calero	11	
40+										
1	16696	SANCHEZ LEDO CIRA	1981	ESCUALOS	41.41	M 25	2021-03-21	Álvaro Pino	11	
2	3616	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	44.51	M 25	2021-03-21	Álvaro Pino	8	
3	20155	COVELO SAAVEDRA NAHIR	1978	NPONTEA	54.34	M 25	2021-03-21	Álvaro Pino	6	
4	592	VAZQUEZ PARCERO MARTA	1980	CMARINA	59.59	M 25	2021-03-07	Carballo Calero	5	
5	14644	FERNANDEZ CARRERA ANA	1977	NPONTEA	1:00.13	M 25	2021-03-21	Álvaro Pino	4	
45+										
1	17164	REGUEIRA MARTINEZ MARIA J.	1975	CNLICEO	45.82	M 25	2021-03-07	Carballo Calero	11	
2	15481	VARELA REDONDO VERONICA	1975	NPONTEA	48.88	M 25	2021-03-21	Álvaro Pino	8	
3	21723	PITA REGUEIRO RAQUEL	1972	CNLICEO	1:04.11	M 25	2021-03-07	Carballo Calero	6	
50+										
1	490	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	45.73	M 25	2021-03-07	Carballo Calero	11	
2	180	MUTILBA OBREGON NURIA	1969	NPONTEA	45.94	M 25	2021-03-21	Álvaro Pino	8	
3	6575	DEL AMO BLANCO MARGARITA	1967	NPONTEA	47.49	M 25	2021-03-21	Álvaro Pino	6	
55+										
1	18879	ACEVEDO REGO ERMITAS	1966	POURENSE	1:08.24	M 25	2021-03-21	Álvaro Pino	11	
2	17749	PEREZ GALLARDO TERESA	1964	POURENSE	1:22.13	M 25	2021-03-21	Álvaro Pino	8	

60+									
1	15374	BALADO LOPEZ ANA MARIA	1961	POURENSE	49.23	M 25	2021-03-21	Álvaro Pino	11
2	7937	PEREIRA ALONSO ISABEL	1961	ADFOGAR	55.11	M 25	2021-03-07	Carballo Calero	8
75+									
1	3441	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:36.71	M 25	2021-03-21	Álvaro Pino	11
2	20154	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	2:07.27	M 25	2021-03-21	Álvaro Pino	8

8. 50 m Costas Masculino

20+										
1	9286	VERDES COLLAZO MANUEL	2000	ADFOGAR	28.06	M 25	2021-03-07	Carballo Calero	11	
2	7547	RIVAS MACEIRAS ISAAC	1999	HERCULES	30.84	M 25	2021-03-07	Carballo Calero	8	
3	8265	ALVAREZ LAGO RODRIGO	2000	CNMOS	32.52	M 25	2021-03-21	Álvaro Pino	6	
4	8293	MORGADAS IGLESIAS PABLO	1998	CNMOS	32.91	M 25	2021-03-21	Álvaro Pino	5	
5	11681	FERNANDEZ GARCIA JACOBO	2001	GALAICO	35.79	M 25	2021-03-21	Álvaro Pino	4	
6	8256	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	37.97	M 25	2021-03-21	Álvaro Pino	3	
25+										
1	7504	BALSA BALBOA PABLO	1993	ADFOGAR	30.60	M 25	2021-03-07	Carballo Calero	11	
2	3167	RODRIGUEZ LOPEZ ROI	1995	CNMOS	30.76	M 25	2021-03-21	Álvaro Pino	8	
3	5899	DEL RIO REGUEIRA MARCOS	1993	CNLICEO	31.24	M 25	2021-03-07	Carballo Calero	6	
4	3161	GARCIA GONZALEZ CARLOS	1996	CNMOS	35.17	M 25	2021-03-21	Álvaro Pino	5	
5	9597	TABOADA VILA DANIEL	1993	POURENSE	37.74	M 25	2021-03-21	Álvaro Pino	4	
30+										
1	17109	FORTES NOVOA MARTIÑO	1988	ESCUALOS	40.70	M 25	2021-03-21	Álvaro Pino	11	
2	20150	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	42.26	M 25	2021-03-07	Carballo Calero	8	
35+										
1	3105	CARRERA COSTAS ANDRES	1982	NPONTEA	43.71	M 25	2021-03-21	Álvaro Pino	11	
2	19945	ROMERO ALVAREZ JULIAN	1984	ESCUALOS	44.76	M 25	2021-03-21	Álvaro Pino	8	
3	3601	GONZALEZ CONDE RODRIGO	1982	NPONTEA	46.42	M 25	2021-03-21	Álvaro Pino	6	
4	8137	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	49.35	M 25	2021-03-07	Carballo Calero	5	
40+										
1	20983	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	45.54	M 25	2021-03-21	Álvaro Pino	11	
45+										
1	3612	GARABATOS RODRIGUEZ SANTIAGO	1974	RBAIXAS	33.29	M 25	2021-03-21	Álvaro Pino	11	
2	16336	ANEIROS GARCIA JOSE M.	1974	CMARINA	37.80	M 25	2021-03-07	Carballo Calero	8	
3	15607	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	46.12	M 25	2021-03-21	Álvaro Pino	6	
4	16200	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	51.03	M 25	2021-03-21	Álvaro Pino	5	
5	17307	GARROCHO DURAN EMILIO JOSE	1972	CNFERRO	1:01.75	M 25	2021-03-07	Carballo Calero	4	
50+										
1	17186	TOURIÑO GONZALEZ VICTOR M.	1968	RSDH	39.41	M 25	2021-03-07	Carballo Calero	11	
2	20762	TRINCADO FERNANDEZ ALBERTO	1967	CNMOS	45.61	M 25	2021-03-21	Álvaro Pino	8	
3	16065	GENDE DIAZ JUAN FELIX	1970	ADFOGAR	47.44	M 25	2021-03-07	Carballo Calero	6	
4	21061	LAMELO OTERO RAMÓN J.	1968	CIDSANTI	57.07	M 25	2021-03-07	Carballo Calero	5	

5	19579	FERREIRO CRUZ EDUARDO	1970	CNLICEO	57.36	M 25	2021-03-07	Carballo Calero	4
55+									
1	3532	LAGO REY JOSE MANUEL	1963	RBAIXAS	1:56.85	M 25	2021-03-21	Álvaro Pino	11
60+									
1	19938	CODESIDO LOPEZ JOSE	1959	CIDSANTI	40.87	M 25	2021-03-07	Carballo Calero	11
2	20088	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	43.24	M 25	2021-03-07	Carballo Calero	8
3	16756	PEREZ SOLIÑO CONSTANTE	1958	GALAICO	51.70	M 25	2021-03-21	Álvaro Pino	6
70+									
1	3447	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	54.90	M 25	2021-03-21	Álvaro Pino	11
2	3449	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	57.17	M 25	2021-03-21	Álvaro Pino	8
80+									
1	16629	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:22.87	M 25	2021-03-21	Álvaro Pino	11

9. 200 m Braza Feminino

20+										
1	7052	CANO ROSALES NURIA	2001	GALAICO	3:28.82	M 25	2021-03-21	Álvaro Pino	11	
		50B: 46.37								100B: 1:39.13
25+										
1	19536	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:54.69	M 25	2021-03-21	Álvaro Pino	11	
		50B: 54.12								100B: 1:53.14
30+										
1	4374	GARCIA MARIN CRISTINA	1990	NPONTEA	3:02.16	M 25	2021-03-21	Álvaro Pino	11	
		50B: 39.93								100B: 1:24.85
2	4614	RIVAS CARCACIA NATALIA	1991	ESCUALOS	3:24.34	M 25	2021-03-21	Álvaro Pino	8	
		50B: 44.98								100B: 1:37.66
3	19086	ESPASANDIN MARTÍNEZ MARÍA	1990	CNLICEO	3:26.56	M 25	2021-03-07	Carballo Calero	6	
		50B: 46.43								100B: 1:37.81
4	20464	GARCÍA LORENZO IRIA	1987	NPONTEA	3:49.58	M 25	2021-03-21	Álvaro Pino	5	
		50B: 53.64								100B: 1:51.53
5	21066	ABELENDA POSE MARÍA ESTEFANIA	1989	CNLICEO	3:55.60	M 25	2021-03-07	Carballo Calero	4	
		50B: 50.84								100B: 1:51.40
35+										
1	20401	FKEOUI SALMA	1982	ESCUALOS	3:47.18	M 25	2021-03-21	Álvaro Pino	11	
		50B: 53.35								100B: 1:52.25
40+										
1	17694	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	3:53.65	M 25	2021-03-21	Álvaro Pino	11	
		50B: 55.46								100B: 1:55.42
2	19183	OLMO VAQUEIRO LETICIA	1981	NPONTEA	4:16.48	M 25	2021-03-21	Álvaro Pino	8	
		50B: 55.52								100B: 2:00.32
45+										
1	20366	BRAÑA MENENDEZ SONIA	1975	CNLICEO	3:07.98	M 25	2021-03-07	Carballo Calero	11	
		50B: 41.90								100B: 1:29.16
2	1652	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	3:57.39	M 25	2021-03-07	Carballo Calero	8	
		50B: 52.33								100B: 1:52.84
50+										
1	6575	DEL AMO BLANCO MARGARITA	1967	NPONTEA	3:51.74	M 25	2021-03-21	Álvaro Pino	11	
		50B: 51.62								100B: 1:50.88

10. 200 m Braza Masculino

20+										
1	17847	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	2:45.43	M 25	2021-03-21	Álvaro Pino	11	
		50B: 35.65			100B: 1:17.73					
25+										
1	3253	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	3:20.97	M 25	2021-03-21	Álvaro Pino	11	
		50B: 43.84			100B: 1:34.20					
2	21205	BARCIA ANIDO VALENTÍN	1992	CNLICEO	3:23.42	M 25	2021-03-07	Carballo Calero	8	
		50B: 44.96			100B: 1:34.90					
30+										
1	17109	FORTES NOVOA MARTIÑO	1988	ESCUALOS	3:05.84	M 25	2021-03-21	Álvaro Pino	11	
		50B: 42.49			100B: 1:30.59					
35+										
1	3137	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:50.50	M 25	2021-03-21	Álvaro Pino	11	
		50B: 39.47			100B: 1:23.45					
2	17854	SEVILLA AROCA JAVIER	1983	ESCUALOS	3:07.43	M 25	2021-03-21	Álvaro Pino	8	
		50B: 43.13			100B: 1:30.98					
3	19580	FIERRO FERNÁNDEZ JULIO	1982	CNLICEO	3:09.06	M 25	2021-03-07	Carballo Calero	6	
		50B: 42.06			100B: 1:29.96					
4	18975	MATIAS DUARTE ERICK	1982	HERCULES	3:14.08	M 25	2021-03-07	Carballo Calero	5	
		50B: 43.58			100B: 1:32.21					
5	21258	ARIAS LÓPEZ JAIME	1982	CNLICEO	3:25.10	M 25	2021-03-07	Carballo Calero	4	
		50B: 46.60			100B: 1:38.52					
6	3105	CARRERA COSTAS ANDRES	1982	NPONTEA	3:31.68	M 25	2021-03-21	Álvaro Pino	3	
		50B: 48.75			100B: 1:43.34					
7	19178	FERNANDEZ ENCINA ALBERTO	1985	RBAIXAS	3:36.83	M 25	2021-03-21	Álvaro Pino	2	
		50B: 46.46			100B: 1:40.21					
8	9186	POSE MATO CESAR	1983	ADFOGAR	4:35.18	M 25	2021-03-07	Carballo Calero	1	
		50B: 1:07.06			100B: 2:19.26					
40+										
1	15691	GARCIA RODRIGUEZ SERGIO	1981	RCNVIGO	2:49.79	M 25	2021-03-21	Álvaro Pino	11	
		50B: 38.62			100B: 1:22.34					
2	14699	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:51.34	M 25	2021-03-21	Álvaro Pino	8	
		50B: 37.50			100B: 1:20.94					
3	5692	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	2:52.09	M 25	2021-03-21	Álvaro Pino	6	
		50B: 38.10			100B: 1:21.14					
4	16718	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	3:00.59	M 25	2021-03-21	Álvaro Pino	5	

		50B: 41.21				100B: 1:27.42				
5	21724	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	3:32.42	M 25	2021-03-07	Carballo Calero	4	
		50B: 46.51				100B: 1:41.04				
6	8120	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	3:32.69	M 25	2021-03-21	Álvaro Pino	3	
		50B: 47.79				100B: 1:42.74				
7	16715	FERNANDEZ GONZALEZ BRUNO	1977	POURENSE	3:39.75	M 25	2021-03-21	Álvaro Pino	2	
		50B: 47.56				100B: 1:43.66				
45+										
1	20368	SAAVEDRA GONZÁLEZ RAUL	1973	CNLICEO	3:19.46	M 25	2021-03-07	Carballo Calero	11	
		50B: 44.92				100B: 1:35.23				
2	17405	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	3:23.10	M 25	2021-03-21	Álvaro Pino	8	
		50B: 43.77				100B: 1:34.59				
3	14725	MOURIO ORTIGUEIRA ROBERTO C.	1974	RCNVIGO	3:23.26	M 25	2021-03-21	Álvaro Pino	6	
		50B: 44.18				100B: 1:34.89				
4	3645	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	3:29.43	M 25	2021-03-21	Álvaro Pino	5	
		50B: 48.66				100B: 1:42.17				
5	4457	GOMEZ SOUSA MANUEL	1976	POURENSE	3:29.94	M 25	2021-03-21	Álvaro Pino	4	
		50B: 49.63				100B: 1:43.85				
6	19602	ESCUDERO DANS DAVID	1973	HERCULES	3:30.70	M 25	2021-03-07	Carballo Calero	3	
		50B: 47.34				100B: 1:40.45				
7	16754	PENEDO PADIN ADOLFO	1972	GALAICO	3:56.94	M 25	2021-03-21	Álvaro Pino	2	
		50B: 52.34				100B: 1:53.79				
8	20407	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	HERCULES	3:57.04	M 25	2021-03-07	Carballo Calero	1	
		50B: 53.90				100B: 1:55.95				
9	21266	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	4:40.28	M 25	2021-03-07	Carballo Calero	0	
		50B: 1:03.64				100B: 2:18.08				
50+										
1	20168	CRESPO PEREZ ALBARIÑO	1970	ESCUALOS	3:39.02	M 25	2021-03-21	Álvaro Pino	11	
		50B: 48.49				100B: 1:44.41				
2	20403	SANCHEZ SECO MANUEL	1968	ESCUALOS	3:46.14	M 25	2021-03-21	Álvaro Pino	8	
		50B: 50.21				100B: 1:48.43				
3	19644	FERREIRO SANCHEZ LUIS	1970	POURENSE	4:28.52	M 25	2021-03-21	Álvaro Pino	6	
		50B: 57.13				100B: 2:05.05				
55+										
1	17844	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	4:39.06	M 25	2021-03-21	Álvaro Pino	11	
		50B: 59.96				100B: 2:09.14				
2	2809	BLANCO PEREZ ANGEL	1964	POURENSE	4:54.12	M 25	2021-03-21	Álvaro Pino	8	
		50B: 1:04.46				100B: 2:21.73				
60+										
1	20	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	3:18.18	M 25	2021-03-21	Álvaro Pino	11	



LIGA GALEGA MÁSTER XOR. 3 (UNIFICADOS)

Federación Galega de Natación

Avenida de Glasgow, 13

CP 15008 - A Coruña

www.fegan.org - info@fegan.org

50B: 47.42

100B: 1:37.83

65+

1	2784	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	3:55.57	M 25	2021-03-21	Álvaro Pino	11
		50B: 54.33						100B: 1:54.41	

70+

1	3447	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	4:12.24	M 25	2021-03-21	Álvaro Pino	11
		50B: 57.61						100B: 2:03.69	