

Mellores Marcas Femininas P25

| Proba | 12 A | 13 A | 14 A | 15 A | 16 A | 17 A | 18 A |
|-------|---|--|--|---|--|---|---|
| 50L | 28.48 RÍAS DO SUR CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2016-12-29 | 27.87 SANTA ISABEL CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2017-12-28 | 26.87 SANTA ISABEL CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2018-12-28 | 26.44 CASTELLÓN GOMEZ CORTES, BEATRIZ 1994 GALAICO 2009-11-28 | 26.27 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-02 | 26.02 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-30 | 26.27 SANTA ISABEL GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-12-30 |
| 100L | 1:01.58 RÍAS DO SUR CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2016-12-30 | 59.40 RÍAS DO SUR LEMONS FERNANDEZ, IRIA 2006 NPONTEA 2019-12-28 | 58.21 RÍAS DO SUR CARRON MUIÑA, CARLA 2005 ARZUA 2019-12-28 | 56.90 CASTELLÓN GOMEZ CORTES, BEATRIZ 1994 GALAICO 2009-11-28 | 56.16 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-02 | 55.40 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-29 | 55.09 PALMA DE MALLORCA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-11-30 |
| 200L | 2:12.68 J. GOMEZ NOYA DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2013-12-28 | 2:07.14 SANTA ISABEL OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-12-29 | 2:03.80 RÍAS DO SUR CARRON MUIÑA, CARLA 2005 ARZUA 2019-12-28 | 2:00.12 GJÓN OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2019-11-16 | 2:00.54 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-03 | 1:58.15 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-17 | 1:57.84 PALMA DE MALLORCA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-11-30 |
| 400L | 4:34.81 J. GOMEZ NOYA DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2013-12-27 | 4:26.99 SANTA ISABEL DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2014-12-19 | 4:14.18 SANTA ISABEL VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-29 | 4:11.35 GJÓN OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2019-11-14 | 4:09.94 CHARTRES (FRA) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-11-24 | 4:06.89 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-17 | 4:04.11 CHARTRES (FRA) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-11-24 |
| 800L | 9:17.55 J. GOMEZ NOYA DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2013-12-29 | 9:01.16 BARCELONA OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-11-26 | 8:43.12 PALMA M. VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-04 | 8:31.48 MADRID VILAS VIDAL, MARIA 1996 RIVEIRA 2011-12-18 | 8:25.31 CHARTRES (FRA) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-11-23 | 8:24.41 CASTELLÓN VILAS VIDAL, MARIA 1996 RIVEIRA 2013-12-01 | 8:18.82 DOHA (QAT) VILAS VIDAL, MARIA 1996 RIVEIRA 2014-12-04 |
| 1500L | 19:19.39 - FRA OTERO, MARTA 1988 CNXOVE 2000-11-25 | 17:36.29 RÍAS DO SUR CANDO SANTOS, RAQUEL 2003 POR-MIÑA 2016-12-30 | 17:05.69 RÍAS DO SUR DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2015-12-30 | 16:16.39 J. GOMEZ NOYA VILAS VIDAL, MARIA 1996 RIVEIRA 2011-12-29 | 16:03.49 SABADELL CONS GESTIDO, AGUEDA BEATRIZ 2000 GALAICO 2016-12-16 | 16:01.84 CASTELLÓN VILAS VIDAL, MARIA 1996 RIVEIRA 2013-11-29 | 15:46.06 SABADELL VILAS VIDAL, MARIA 1996 RIVEIRA 2014-12-12 |
| 50M | 31.80 RÍAS DO SUR OTERO FERNANDEZ, PAULA 2004 CNLICEO 2016-12-30 | 30.21 SANTA ISABEL RODRÍGUEZ ALONSO, JULIA 2005 RCNVIGO 2018-12-29 | 29.54 J. GOMEZ NOYA FERNANDEZ TEJIDO, RAQUEL 1997 NTNARON 2011-12-29 | 29.14 RÍAS DO SUR SOLER LOMBA, ROSALIA 2000 RCNVIGO 2015-12-30 | 28.82 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-04 | 28.71 SANTA ISABEL SOLER LOMBA, ROSALIA 2000 RCNVIGO 2017-12-29 | 27.96 MADRID FRANCO CAL, ALBA 1991 GALAICO 2009-04-17 |
| 100M | 1:08.29 RÍAS DO SUR OTERO FERNANDEZ, PAULA 2004 CNLICEO 2016-12-30 | 1:04.83 SANTA ISABEL OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-12-30 | 1:03.03 SANTA ISABEL OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-12-30 | 1:03.18 SABADELL GARCIA GARAY, MACARENA 1999 CDELMAR 2014-12-12 | 1:01.70 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-04 | 1:01.27 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-28 | 1:02.46 SANTA ISABEL GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-12-28 |
| 200M | 2:28.43 RÍAS DO SUR OTERO FERNANDEZ, PAULA 2004 CNLICEO 2016-12-28 | 2:18.98 SANTA ISABEL OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-12-28 | 2:16.18 SANTA ISABEL OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-12-28 | 2:14.15 GJÓN OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2019-11-17 | 2:15.67 CASTELLÓN ALVAREZ LIZ, IRIA 1993 POURENSE 2009-11-26 | 2:14.71 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-30 | 2:11.57 SANTA ISABEL VILAS VIDAL, MARIA 1996 RIVEIRA 2014-12-20 |
| 50E | 33.02 INEFF GALICIA BLANCO PEREZ, PAULA 1999 POURENSE 2011-12-03 | 30.99 INEF SANMIGUEL TABOADA, IRIS 2002 ARZUA 2015-11-14 | 29.95 RÍAS DO SUR GÓMEZ TAIBO, ANTÍA 2005 ARTEIXO 2019-12-28 | 29.57 RÍAS DO SUR MARIN MARTINEZ, ROSALIA 2004 NCORUÑA 2019-12-28 | 29.76 P. MALLORCA RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2005-12-17 | 29.64 RÍAS DO SUR CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2021-01-03 | 29.89 SANTIAGO (STA ISABEL) RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2007-02-02 |
| 100E | 1:09.87 REDONDELA BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2015-05-16 | 1:07.61 INEF SANMIGUEL TABOADA, IRIS 2002 ARZUA 2015-11-14 | 1:04.95 SANTA ISABEL CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2018-12-29 | 1:03.04 RÍAS DO SUR MARIN MARTINEZ, ROSALIA 2004 NCORUÑA 2019-12-28 | 1:04.29 SABADELL RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2005-03-12 | 1:02.04 RÍAS DO SUR CERNADAS GONZALEZ, ANA 2004 CFVLUGO 2021-01-03 | 1:04.71 SANTA ISABEL RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2007-12-28 |
| 200E | 2:26.81 BERGANTIÑOS PEREZ-ROCA GARCIA, MARTA 2002 CNLICEO 2014-06-28 | 2:22.82 INEF PEREZ-ROCA GARCIA, MARTA 2002 CNLICEO 2015-11-14 | 2:18.92 RÍAS DO SUR TIMIRAOS FERNANDEZ, ANA 2002 POR-MIÑA 2016-12-30 | 2:16.30 RÍAS DO SUR MARIN MARTINEZ, ROSALIA 2004 NCORUÑA 2019-12-28 | 2:18.29 GIJON GARCIA GARAY, MACARENA 1999 CDELMAR 2015-11-28 | 2:14.01 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-30 | 2:14.26 SANTA ISABEL GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-12-30 |
| 50B | 36.00 J. GOMEZ NOYA RODRIGUEZ HUERTAS, IRIA 1999 RCNVIGO 2011-12-30 | 34.54 RÍAS DO SUR CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2019-12-28 | 33.72 SANTIAGO LIPPO DE LA TORRE, ESTEFANIA 1993 POURENSE 2007-12-30 | 33.45 MADRID LIPPO DE LA TORRE, ESTEFANIA 1993 POURENSE 2008-12-21 | 33.06 CHARTRES (FRA) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-11-23 | 32.86 MADRID PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2008-12-21 | 31.58 CASTELLÓN PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2009-04-19 |
| 100B | 1:17.19 J. GOMEZ NOYA RODRIGUEZ HUERTAS, IRIA 1999 RCNVIGO 2011-12-30 | 1:14.51 RÍAS DO SUR CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2019-12-28 | 1:10.90 SANTA ISABEL VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-28 | 1:12.45 J. GOMEZ NOYA VILAS VIDAL, MARIA 1996 RIVEIRA 2011-12-29 | 1:10.20 PALMA M. GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-03 | 1:09.57 CARANZA PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2008-12-28 | 1:07.80 CASTELLÓN PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2009-04-18 |
| 200B | 2:39.73 CARANZA VILAS VIDAL, MARIA 1996 RIVEIRA 2008-12-27 | 2:38.47 DON BENITO VILAS VIDAL, MARIA 1996 RIVEIRA 2009-12-12 | 2:31.21 PALMA M. VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-03 | 2:31.27 J. GOMEZ NOYA VILAS VIDAL, MARIA 1996 RIVEIRA 2011-12-29 | 2:25.48 EINDHOVEN (NED) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-11-26 | 2:25.29 J. GOMEZ NOYA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-29 | 2:25.45 CASTELLÓN PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2009-11-27 |
| 100S | 1:11.51 J. GOMEZ NOYA RODRIGUEZ HUERTAS, IRIA 1999 RCNVIGO 2011-12-29 | 1:09.18 CARANZA LAGO AROBES, JUDITH 1995 RIVEIRA 2008-12-29 | 1:06.80 SANTA ISABEL LAGO AROBES, JUDITH 1995 RIVEIRA 2009-07-04 | 1:04.55 VÄSBY (SWE) LAGO AROBES, JUDITH 1995 RIVEIRA 2010-10-31 | 1:02.79 VIGO (RCNV) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-12-12 | 1:04.10 CARANZA MARTINEZ CANOSA, RAQUEL 1991 NCORUÑA 2008-12-29 | 1:03.88 CASTELLÓN MARTINEZ CANOSA, RAQUEL 1991 NCORUÑA 2009-04-18 |
| 200S | 2:28.29 RÍAS DO SUR OTERO FERNANDEZ, PAULA 2004 CNLICEO 2016-12-30 | 2:22.49 SABADELL DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2014-12-14 | 2:18.69 SANTA ISABEL VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-30 | 2:14.56 CASTELLÓN GOMEZ CORTES, BEATRIZ 1994 GALAICO 2009-11-27 | 2:13.18 CHARTRES (FRA) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-11-22 | 2:12.21 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-12-18 | 2:11.80 CHARTRES (FRA) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-11-22 |
| 400S | 5:08.56 CARANZA VILAS VIDAL, MARIA 1996 RIVEIRA 2008-12-28 | 4:58.73 SABADELL DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2014-12-13 | 4:46.04 PALMA M. VILAS VIDAL, MARIA 1996 RIVEIRA 2010-12-05 | 4:43.12 J. GOMEZ NOYA VILAS VIDAL, MARIA 1996 RIVEIRA 2011-12-30 | 4:37.07 CHARTRES (FRA) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-11-25 | 4:35.50 HERNING (DEN) VILAS VIDAL, MARIA 1996 RIVEIRA 2013-12-15 | 4:32.54 DOHA (QAT) VILAS VIDAL, MARIA 1996 RIVEIRA 2014-12-03 |

Mellores Marcas Masculinas P25

| Proba | 12 A | 13 A | 14 A | 15 A | 16 A | 17 A | 18 A |
|-------|--|--|--|--|---|--|--|
| 50L | 29.50 VIGO ASENSIO VARELA, JAVIER 1977 RCNVIGO 1989-12-17 | 26.92 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2017-12-29 | 25.81 PALMA DE M. PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2012-03-10 | 24.46 J. GOMEZ NOYA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2013-12-29 | 24.30 SABADELL ACEVEDO GARCIA, MATIAS 1995 GALAICO 2011-03-19 | 23.47 RIÁS DO SUR PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2015-12-30 | 22.82 SANTA ISABEL GONZALEZ REGUEIRO, JOSE MANUEL 1989 POURENSE 2007-12-28 |
| 100L | 1:02.37 PONTEVEDRA VILLAVERDE PARADA, IAGO 1989 GALAICO 2001-11-11 | 58.10 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2017-12-29 | 55.38 A CORUÑA ANDRES PRASCHIL, FLORO 1981 RCNVIGO 1995-12-29 | 53.35 J. GOMEZ NOYA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2013-12-29 | 52.03 SABADELL PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-12-14 | 51.19 P. MALLORCA VAZQUEZ POMAR, MARCOS 1988 CNSANTI 2005-12-18 | 50.29 SANTA ISABEL GONZALEZ REGUEIRO, JOSE MANUEL 1989 POURENSE 2007-12-28 |
| 200L | 1:17.50 VIGO VALERO GIL, JESUS 1967 RCNVIGO 1979-08-03 | 2:04.50 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2017-12-28 | 1:58.32 J. GOMEZ NOYA MANSO FRAGA, TOMAS 1999 CMARINA 2013-12-28 | 1:54.29 RIÁS DO SUR CABANA DEL AMO, PABLO 2004 NPONTEA 2019-12-28 | 1:52.31 SABADELL PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-12-12 | 1:51.62 RIÁS DO SUR PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2015-12-29 | 1:49.03 CARANZA REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2008-12-28 |
| 400L | 4:42.60 VIGO OTERO NOVOA, ANTONIO 1972 RCNVIGO 1984-12-22 | 4:21.21 J. GOMEZ NOYA CARNEIRO VIQUEIRA, XABIER 2000 CNLICEO 2013-12-28 | 4:08.23 RIÁS DO SUR LAGES BRION, ALEXANDRE 2001 RIVEIRA 2015-12-28 | 3:59.42 SANTA ISABEL TOME SANLES, MANUEL 1999 RIVEIRA 2014-12-19 | 3:54.44 RIÁS DO SUR TOME SANLES, MANUEL 1999 RIVEIRA 2015-12-28 | 3:56.38 SABADELL TOME SANLES, MANUEL 1999 RIVEIRA 2016-12-17 | 3:50.95 CARANZA REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2008-12-27 |
| 800L | 9:55.34 CARANZA DAVILA LUSTRES, MANUEL 1996 SDBOIRO 2008-06-07 | 8:48.37 J. GOMEZ NOYA CARNEIRO VIQUEIRA, XABIER 2000 CNLICEO 2013-12-28 | 8:37.16 RIÁS DO SUR GALAN VICENTE, PABLO 2002 CDELMAR 2016-12-30 | 8:17.95 MADRID DAVILA LUSTRES, MANUEL 1996 RIVEIRA 2011-12-16 | 8:15.05 SABADELL ANDRADE BUDIÑO, GASPARD 1998 ARZUA 2014-12-14 | 8:07.42 RIÁS DO SUR GALAN VICENTE, PABLO 2002 CDELMAR 2019-12-28 | 8:06.31 SABADELL ANDRADE BUDIÑO, GASPARD 1998 ARZUA 2016-12-18 |
| 1500L | 18:33.01 VIGO OTERO NOVOA, ANTONIO 1972 RCNVIGO 1984-07-22 | 16:44.76 J. GOMEZ NOYA CARNEIRO VIQUEIRA, XABIER 2000 CNLICEO 2013-12-29 | 16:22.50 BERGANTIÑOS CARNEIRO VIQUEIRA, XABIER 2000 CNLICEO 2014-06-28 | 15:36.89 MADRID DAVILA LUSTRES, MANUEL 1996 RIVEIRA 2011-12-16 | 15:41.82 RIÁS DO SUR TOME SANLES, MANUEL 1999 RIVEIRA 2015-12-29 | 15:28.14 RIÁS DO SUR GALAN VICENTE, PABLO 2002 CDELMAR 2019-12-28 | 15:22.05 SABADELL ANDRADE BUDIÑO, GASPARD 1998 ARZUA 2016-12-16 |
| 50M | 32.00 LUGO VILLAVERDE PARADA, IAGO 1989 GALAICO 2001-06-02 | 29.91 LUGO VILLAVERDE PARADA, IAGO 1989 GALAICO 2002-06-15 | 27.51 J. GOMEZ NOYA MANSO FRAGA, TOMAS 1999 CMARINA 2013-12-27 | 25.90 SABADELL MANSO FRAGA, TOMAS 1999 CMARINA 2014-12-14 | 25.69 RIÁS DO SUR VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2019-12-28 | 25.03 RIÁS DO SUR MANSO FRAGA, TOMAS 1999 CMARINA 2016-12-29 | 24.90 SANTA ISABEL GONZALEZ REGUEIRO, JOSE MANUEL 1989 POURENSE 2007-12-28 |
| 100M | 1:11.20 AVILES MANSO FRAGA, TOMAS 1999 CMARINA 2011-04-16 | 1:03.98 OURENSE TOUZA TRONCOSO, ENRIQUE 1975 RCNVIGO 1988-12-28 | 59.48 J. GOMEZ NOYA MANSO FRAGA, TOMAS 1999 CMARINA 2013-12-27 | 56.79 SABADELL MANSO FRAGA, TOMAS 1999 CMARINA 2014-12-12 | 55.73 MADRID ORTIZ ANEIROS, LORENZO 1995 NTNARON 2011-12-16 | 55.25 PALMA DE MALLORCA ORTIZ ANEIROS, LORENZO 1995 NTNARON 2012-11-30 | 55.84 FERROL (BATALLONES) ORTIZ ANEIROS, LORENZO 1995 NTNARON 2013-04-27 |
| 200M | 2:37.60 VIGO OTERO NOVOA, ANTONIO 1972 RCNVIGO 1984-07-21 | 2:16.46 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2017-12-28 | 2:10.10 J. GOMEZ NOYA MANSO FRAGA, TOMAS 1999 CMARINA 2013-12-29 | 2:04.96 SABADELL MANSO FRAGA, TOMAS 1999 CMARINA 2014-12-13 | 2:01.86 RIÁS DO SUR MANSO FRAGA, TOMAS 1999 CMARINA 2015-12-29 | 2:00.87 SANTA ISABEL GARCIA GARAY, MARCOS 2001 CDELMAR 2018-12-28 | 2:00.78 RIÁS DO SUR GARCIA GARAY, MARCOS 2001 CDELMAR 2019-12-28 |
| 50E | 33.68 SANTA ISABEL SEGADE MARIÑO, RAUL 2000 ARZUA 2012-06-16 | 31.39 FERROL (BATALLONES) SOUTO VEIGA, MARCOS 2000 ADFOGAR 2013-04-27 | 29.24 SANTA ISABEL CARNEIRO VIQUEIRA, XABIER 2000 CNLICEO 2014-12-19 | 27.30 SANTA ISABEL VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2018-12-28 | 26.57 RIÁS DO SUR VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2019-12-28 | 26.24 RIÁS DO SUR SANCHEZ LOUZAN, DANIEL 1998 GALAICO 2015-12-29 | 25.48 SANTA ISABEL CAMPOS VARELA, SERGIO 1996 NCORUÑA 2014-12-19 |
| 100E | 1:11.09 SANTA ISABEL SEGADE MARIÑO, RAUL 2000 ARZUA 2012-06-16 | 1:05.36 OVIEDO NAVARRO LOSADA, SERGI 2007 CNFERRO 2020-03-01 | 1:01.73 RIÁS DO SUR LAGES BRION, ALEXANDRE 2001 RIVEIRA 2015-12-29 | 58.96 SANTA ISABEL VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2018-12-29 | 57.25 BARCELONA ARMSTRONG POSADA, ALEXANDER R. 2001 RCNVIGO 2017-11-25 | 56.83 SANTA ISABEL SEGADE MARIÑO, RAUL 2000 ARZUA 2017-12-29 | 53.70 MADRID REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2008-12-20 |
| 200E | 2:28.94 SANTA ISABEL SEGADE MARIÑO, RAUL 2000 ARZUA 2012-06-16 | 2:17.59 SANTA ISABEL VALCARCE DOMINGUEZ, PABLO 1999 MOLEMOS 2012-12-30 | 2:12.67 J. GOMEZ NOYA VALCARCE DOMINGUEZ, PABLO 1999 MOLEMOS 2013-12-29 | 2:09.24 RIÁS DO SUR SEGADE MARIÑO, RAUL 2000 ARZUA 2015-12-30 | 2:03.60 RIÁS DO SUR CARNEIRO VIQUEIRA, XABIER 2000 CDELMAR 2016-12-30 | 2:01.76 SANTIAGO REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2007-12-29 | 1:57.70 MADRID REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2008-12-21 |
| 50B | 36.89 FLUVIAL DE LUGO LOPEZ LOPEZ, JAIME 2000 POR-MIÑA 2012-05-19 | 34.07 LUGO ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1999-06-12 | 31.46 - ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2000-12-02 | 30.26 - ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2001-05-26 | 29.92 - ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2002-05-04 | 29.65 INEF BORRAZAS RUMBO, MANUEL 1993 NCORUÑA 2010-11-20 | 28.92 INEF VILAS VIDAL, ANGEL 1991 RIVEIRA 2009-11-14 |
| 100B | 1:18.62 FERROL ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1998-10-25 | 1:13.49 VIGO LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2003-12-06 | 1:08.25 CARANZA REY RODRIGUEZ, JOSE RAMON 1994 ARZUA 2008-12-28 | 1:04.69 BARCELONA ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2001-05-05 | 1:04.22 RIÁS DO SUR SOUTO VILAS, CARLOS 2003 CDELMAR 2019-12-28 | 1:03.30 FERROL ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2003-04-26 | 1:02.62 MADRID LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2008-12-20 |
| 200B | 2:50.18 NARÓN ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1998-12-19 | 2:37.04 SANTA ISABEL HERNANDEZ NIÑO, JUAN DAVID 1999 GALAICO 2012-12-29 | 2:26.13 FERROL ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2000-11-11 | 2:21.07 J. GOMEZ NOYA GANDARA DIEZ, ADRIAN 1996 NPONTEA 2011-12-29 | 2:17.40 PALMA DE MALLORCA GANDARA DIEZ, ADRIAN 1996 NPONTEA 2012-12-01 | 2:16.34 - ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2003-05-21 | 2:12.69 MADRID LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2008-12-19 |
| 100S | 1:15.00 SANTA ISABEL SOUTO VEIGA, MARCOS 2000 ADFOGAR 2012-06-16 | 1:06.96 VIGO (RCN) LOPEZ LOPEZ, JAIME 2000 POR-MIÑA 2013-06-22 | 1:02.19 FERROL ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2000-11-11 | 59.95 RIÁS DO SUR SUAREZ MATO, YOEL 2004 CDELMAR 2019-12-28 | 58.30 SABADELL ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2002-12-20 | 58.43 - ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2003-05-02 | 58.42 SANTA ISABEL CAMPOS VARELA, SERGIO 1996 NCORUÑA 2014-12-20 |
| 200S | 2:33.87 PONTEVEDRA VILLAVERDE PARADA, IAGO 1989 GALAICO 2001-12-30 | 2:25.30 LUGO ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1999-06-05 | 2:16.04 PONTEAREAS CABANA DEL AMO, PABLO 2004 NPONTEA 2018-06-09 | 2:06.68 RIÁS DO SUR CABANA DEL AMO, PABLO 2004 NPONTEA 2019-12-28 | 2:06.25 RIÁS DO SUR SOUTO VILAS, CARLOS 2003 CDELMAR 2019-12-28 | 2:04.85 RIÁS DO SUR PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2015-12-28 | 2:05.09 CASTELLÓN ALVAREZ MARTINEZ, FCO. JAVIER 1991 GALAICO 2009-03-27 |
| 400S | 5:31.39 A FIEITEIRA LUQUE ROMERO, NICOLAS 1998 CMARINA 2010-06-13 | 4:50.57 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2017-12-28 | 4:35.15 SANTA ISABEL CABANA DEL AMO, PABLO 2004 NPONTEA 2018-12-28 | 4:32.17 RIÁS DO SUR CABANA DEL AMO, PABLO 2004 NPONTEA 2019-12-28 | 4:25.68 RIÁS DO SUR SOUTO VILAS, CARLOS 2003 CDELMAR 2019-12-28 | 4:26.45 CARANZA ALVAREZ MARTINEZ, FCO. JAVIER 1991 GALAICO 2008-12-28 | 4:24.94 SANTA ISABEL MARTINEZ NOVOA, MIGUEL 2000 RCNVIGO 2018-12-28 |

Mellores Marcas Femininas P50

| Proba | 12 A | 13 A | 14 A | 15 A | 16 A | 17 A | 18 A |
|-------|--|---|---|--|--|--|---|
| 50L | 29.55 RÍAS DO SUR OTERO PEREZ, CLARA 2000 SDBOIRO 2012-06-30 | 28.13 RÍAS DO SUR LOPEZ SANMARTIN, NEREA 1996 CNFERRO 2009-06-27 | 27.47 BARCELONA OTERO PEREZ, CLARA 2000 RIVEIRA 2014-07-27 | 27.32 SABADELL LEMONS FERNANDEZ IRIA 2006 NPONTEA 2021-07-21 | 26.90 BARCELONA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-25 | 26.80 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-07-02 | 26.60 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-07-01 |
| 100L | 1:03.05 MADRID CERNADAS GONZALEZ, ANA 2004 CFLUGO 2016-07-22 | 59.80 BARCELONA FEJOO GOMEZ, EVA 2004 POURENSE 2017-07-20 | 1:00.01 BARCELONA OTERO PEREZ, CLARA 2000 RIVEIRA 2014-07-25 | 58.55 MÁLAGA LEMONS FERNANDEZ, IRIA 2006 NPONTEA 2021-03-06 | 57.18 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-04 | 57.25 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-07-01 | 56.80 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-02-04 |
| 200L | 2:15.56 MADRID BLAS RODRIGUEZ, AMALIA 2004 CNLICEO 2016-07-23 | 2:10.04 SYLVIA FONTANA LEMONS FERNANDEZ, IRIA 2006 NPONTEA 2019-07-20 | 2:08.15 RÍAS DO SUR OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-07-21 | 2:02.53 BAKU (AZE) OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2019-07-24 | 2:03.71 LAS PALMAS OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2020-02-15 | 2:01.21 LIMA (PER) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-08-16 | 2:01.61 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-02-03 |
| 400L | 4:43.78 MADRID BLAS RODRIGUEZ, AMALIA 2004 CNLICEO 2016-07-24 | 4:32.40 BARCELONA BLAS RODRIGUEZ, AMALIA 2004 CNLICEO 2017-07-22 | 4:22.42 MADRID OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-07-29 | 4:17.98 PALMA DE M. VILAS VIDAL, MARIA 1996 RIVEIRA 2011-07-17 | 4:15.31 CASTELLÓN OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2020-12-05 | 4:10.13 NETANYA (ISR) CONS GESTIDO, AGUEDA BEATRIZ 2000 GALAICO 2017-06-29 | 4:13.77 PALMA DE MALLORCA VILAS VIDAL, MARIA 1996 RIVEIRA 2014-04-13 |
| 800L | 9:41.76 MADRID BLAS RODRIGUEZ, AMALIA 2004 CNLICEO 2016-07-21 | 9:13.98 BARCELONA OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-07-19 | 8:59.60 RÍAS DO SUR VILAS VIDAL, MARIA 1996 RIVEIRA 2010-07-04 | 8:44.72 LIMA (PER) VILAS VIDAL, MARIA 1996 RIVEIRA 2011-08-20 | 8:39.99 LAS PALMAS G.C. CONS GESTIDO, AGUEDA BEATRIZ 2000 GALAICO 2016-07-13 | 8:30.85 INDIANAPOLIS (USA) CONS GESTIDO, AGUEDA BEATRIZ 2000 GALAICO 2017-08-24 | 8:32.15 BARCELONA VILAS VIDAL, MARIA 1996 RIVEIRA 2014-07-17 |
| 1500L | 59:00.99 - - 0 FEGAN 1900-01-01 | 18:39.86 SABADELL VILLARNOVO PAZOS LUCIA 2008 CNFERRO 2021-07-21 | 17:54.16 MATARÓ OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-02-24 | 16:27.75 LIMA (PER) VILAS VIDAL, MARIA 1996 RIVEIRA 2011-08-20 | 16:37.28 AMBERES (BEL) VILAS VIDAL, MARIA 1996 RIVEIRA 2012-07-06 | 16:17.84 INDIANAPOLIS (USA) CONS GESTIDO, AGUEDA BEATRIZ 2000 GALAICO 2017-08-27 | 16:07.48 BARCELONA VILAS VIDAL, MARIA 1996 RIVEIRA 2014-07-19 |
| 50M | 32.99 OURENSE VICENTE ESCALONA, MIREN 1990 NPONTEV 2002-07-05 | 30.60 BARCELONA OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-07-21 | 30.28 RÍAS DO SUR PEREIRA FERY, MARTA 2001 CMARINA 2015-06-27 | 29.40 RÍAS DO SUR LAGO AROBES, JUDITH 1995 RIVEIRA 2010-07-04 | 29.46 MÁLAGA GARCIA GARAY, MACARENA 1999 CDELMAR 2015-03-31 | 29.23 PONTEVEDRA VICENTE ESCALONA, MIREN 1990 NPONTEV 2007-07-07 | 28.69 RÍAS DO SUR FRANCO CAL, ALBA 1991 GALAICO 2009-06-27 |
| 100M | 1:11.17 ZARAGOZA VICENTE ESCALONA, MIREN 1990 NPONTEV 2002-06-27 | 1:06.52 SABADELL RODRÍGUEZ ALONSO, JULIA 2005 RCNVIGO 2018-07-20 | 1:06.05 CERVO OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-03-02 | 1:03.75 CASTELLÓN OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2019-02-15 | 1:03.95 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-03 | 1:03.92 CN SABADELL GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-03-05 | 1:03.53 OURENSE ALVAREZ LIZ, IRIA 1993 POURENSE 2011-07-09 |
| 200M | 2:33.13 MADRID OTERO FERNANDEZ, PAULA 2004 CNLICEO 2016-07-23 | 2:22.85 BARCELONA OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-07-21 | 2:20.54 MADRID OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2018-07-26 | 2:17.83 GIJÓN OTERO FERNÁNDEZ, PAULA 2004 CNLICEO 2019-03-16 | 2:16.83 LAS PALMAS OTERO FERNÁNDEZ, PAULA 2004 ARTEIXO 2020-02-15 | 2:17.56 MAR DEL PLATA (ARG) ALVAREZ LIZ, IRIA 1993 POURENSE 2010-05-20 | 2:15.99 MATARO ALVAREZ LIZ, IRIA 1993 POURENSE 2011-07-22 |
| 50E | 34.45 A CORUÑA BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2015-07-18 | 33.34 RÍAS DO SUR RASCADO HUERGA, RAQUEL 1994 NPONTEV 2007-07-06 | 31.72 MADRID RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2003-04-12 | 31.51 RÍAS DO SUR BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2018-07-20 | 30.66 CÁDIZ RODIÑO MAQUIEIRA, NEREA 1989 GALAICO 2005-04-02 | 30.58 ROSARIO DUEÑAS CERNADAS GONZALEZ, ANA 2004 CFLUGO 2021-07-18 | 30.93 MAIRENA DEL ALJARAFE OTERO PEREZ, CLARA 2000 GALAICO 2018-07-11 |
| 100E | 1:11.03 A CORUÑA BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2015-07-18 | 1:10.24 REUS RUBIAL LALIN, ALBA 1991 CNLALIN 2004-07-10 | 1:06.67 BERNAT PICORNELL GÓMEZ TAIBO, ANTÍA 2005 ARTEIXO 2019-07-28 | 1:04.98 BERNAT PICORNELL MARIN MARTINEZ, ROSALIA 2004 NCORUÑA 2019-07-28 | 1:05.78 LAS PALMAS CERNADAS GONZALEZ, ANA 2004 CFLUGO 2020-02-16 | 1:03.99 SABADELL CERNADAS GONZALEZ, ANA 2004 CFLUGO 2021-03-24 | 1:07.55 CN TERRASSA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-01-20 |
| 200E | 2:29.78 VALLADOLID LOUREIRO AMOR, BELEN 1988 CMARINA 2000-06-27 | 2:28.87 GIJÓN BOUZAS PEDREIRA, ALICIA 2005 GALAICO 2018-12-22 | 2:24.39 BERNAT PICORNELL GÓMEZ TAIBO, ANTÍA 2005 ARTEIXO 2019-07-29 | 2:20.68 BERNAT PICORNELL MARIN MARTINEZ, ROSALIA 2004 NCORUÑA 2019-07-29 | 2:21.58 ROSARIO DUEÑAS BOUZAS PEDREIRA, ALICIA 2005 GALAICO 2021-07-18 | 2:17.47 SABADELL CERNADAS GONZALEZ, ANA 2004 CFLUGO 2021-03-26 | 2:20.29 RÍAS DO SUR GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-07-01 |
| 50B | 37.29 RÍAS DO SUR RODRIGUEZ HUERTAS, IRIA 1999 RCNVIGO 2011-07-03 | 34.80 MADRID CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2019-12-22 | 33.82 CASTELLÓN CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2020-12-20 | 33.72 SANTA OLAYA CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2021-05-22 | 33.62 OURENSE LIPPO DE LA TORRE, ESTEFANIA 1993 POURENSE 2009-07-16 | 33.91 CÁDIZ FONTEROSA SANCHEZ, SARA 1982 CNFERRO 1999-03-26 | 32.55 MÁLAGA PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2009-04-04 |
| 100B | 1:18.85 MERIDA VILAS VIDAL, MARIA 1996 RIVEIRA 2008-07-08 | 1:14.96 MADRID CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2019-12-21 | 1:13.44 CASTELLÓN CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2020-12-19 | 1:11.73 SABADELL CARBALLO GONZALEZ SOFIA 2006 NPONTEA 2021-07-21 | 1:11.93 MADRID_M86 LAGO AROBES, JUDITH 1995 RIVEIRA 2011-06-11 | 1:11.96 MADRID GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-03-31 | 1:10.75 MÁLAGA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-03-29 |
| 200B | 2:53.12 BARCELONA CARRON MUIÑA, CARLA 2005 ARZUA 2017-07-20 | 2:43.98 MADRID CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2019-12-20 | 2:35.04 CASTELLÓN CARBALLO GONZALEZ, SOFIA 2006 NPONTEA 2020-12-18 | 2:34.35 SABADELL CARBALLO GONZALEZ SOFIA 2006 NPONTEA 2021-07-22 | 2:30.34 BARCELONA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-25 | 2:29.45 MATARO GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-07-22 | 2:30.22 MÁLAGA PEREZ FDEZ.DE CORDOBA, AURORA 1991 NCORUÑA 2009-04-05 |
| 200S | 2:32.93 A CORUÑA BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2015-07-19 | 2:26.91 BARCELONA OTERO FERNANDEZ, PAULA 2004 CNLICEO 2017-07-22 | 2:22.91 CATANIA (ITA) VILAS VIDAL, MARIA 1996 RIVEIRA 2010-06-19 | 2:19.74 BARCELONA LAGO AROBES, JUDITH 1995 RIVEIRA 2010-07-24 | 2:14.65 HELSINKI (FIN) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-18 | 2:13.57 LIMA (PER) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2011-08-19 | 2:12.26 MÁLAGA GOMEZ CORTES, BEATRIZ 1994 GALAICO 2012-03-30 |
| 400S | 5:21.62 A CORUÑA BARBIER URCULLU, PATRICIA 2003 RCNVIGO 2015-07-17 | 5:06.64 RÍAS DO SUR DE LA FUENTE FIAÑO, ANE 2001 CNLICEO 2014-07-13 | 4:56.06 CATANIA (ITA) VILAS VIDAL, MARIA 1996 RIVEIRA 2010-06-20 | 4:49.78 BELGRADO (SBR) VILAS VIDAL, MARIA 1996 RIVEIRA 2011-07-06 | 4:44.87 HELSINKI (FIN) GOMEZ CORTES, BEATRIZ 1994 GALAICO 2010-07-14 | 4:43.42 LAS PALMAS G.C. VILAS VIDAL, MARIA 1996 RIVEIRA 2013-08-09 | 4:41.07 BARCELONA VILAS VIDAL, MARIA 1996 RIVEIRA 2014-07-18 |

Mellores Marcas Masculinas P50

| Proba | 12 A | 13 A | 14 A | 15 A | 16 A | 17 A | 18 A |
|-------|--|--|--|---|---|---|--|
| 50L | 30.08 RÍAS DO SUR ROCHA GONZALEZ, OLIVIER 2008 GALAICO 2020-12-05 | 28.10 RÍAS DO SUR CABANA DEL AMO, PABLO 2004 NPONTEA 2017-07-09 | 25.87 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2012-07-18 | 25.41 REUS VILLAVEVERDE PARADA, IAGO 1989 GALAICO 2004-07-08 | 24.27 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-07-26 | 24.35 PONTEVEDRA GONZALEZ REGUEIRO, JOSE MANUEL 1989 POURENSE 2006-07-01 | 23.87 PONTEVEDRA ORTIZ ANEIROS, LORENZO 1995 NTNARON 2013-03-21 |
| 100L | 1:08.04 PONTEVEDRA BORRALLO CASTELO, HUGO 2003 CNLICEO 2015-05-23 | 1:00.39 CARTAGENA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2011-07-10 | 55.74 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2012-07-21 | 54.15 BARCELONA MANSO FRAGA, TOMAS 1999 CMARINA 2014-07-24 | 53.13 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-07-24 | 52.59 MÁLAGA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2015-03-30 | 51.62 ALMERIA VAZQUEZ POMAR, MARCOS 1988 CINSANTI 2006-07-16 |
| 200L | 2:24.80 CERVO PEDRE SALIDO, JULIO 2003 CNFERRO 2015-07-05 | 2:08.68 CÁDIZ TOME SANLES, MANUEL 1999 SDBOIRO 2012-07-07 | 2:01.37 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2012-07-19 | 1:58.18 OURENSE TOME SANLES, MANUEL 1999 RIVEIRA 2014-07-05 | 1:57.22 PONTEVEDRA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-03-02 | 1:55.68 MÁLAGA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2015-03-29 | 1:53.97 VALENCIA ORTIZ ANEIROS, LORENZO 1995 NTNARON 2013-07-18 |
| 400L | 4:58.47 CERVO BORRALLO CASTELO, HUGO 2003 CNLICEO 2015-07-05 | 4:29.27 CÁDIZ TOME SANLES, MANUEL 1999 SDBOIRO 2012-07-06 | 4:16.23 SABADELL CABANA DEL AMO, PABLO 2004 NPONTEA 2018-07-22 | 4:07.81 BARCELONA TOME SANLES, MANUEL 1999 RIVEIRA 2014-07-26 | 4:03.85 BARCELONA PASSARETTI PEREIRA, ALEJANDRO 1998 CIDSANTI 2014-07-26 | 4:01.69 ROSARIO DUEÑAS TOME SANLES, MANUEL 1999 RIVEIRA 2016-06-24 | 4:00.67 RÍAS DO SUR TOME SANLES, MANUEL 1999 RIVEIRA 2017-07-07 |
| 800L | 10:23.46 CERVO PEDRE SALIDO, JULIO 2003 CNFERRO 2015-07-03 | 9:14.32 BARCELONA CABANA DEL AMO, PABLO 2004 NPONTEA 2017-07-19 | 8:53.57 SABADELL CABANA DEL AMO, PABLO 2004 NPONTEA 2018-07-19 | 8:39.08 RÍAS DO SUR CABANA DEL AMO, PABLO 2004 NPONTEA 2019-07-06 | 8:30.38 RÍAS DO SUR GALAN VICENTE, PABLO 2002 CDELMAR 2018-07-19 | 8:21.35 RÍAS DO SUR ANDRADE BUDIÑO, GASPAS 1998 ARZUA 2015-06-27 | 8:16.07 LAS PALMAS G.C. ANDRADE BUDIÑO, GASPAS 1998 ARZUA 2016-07-15 |
| 1500L | 19:31.93 CERVO PEDRE SALIDO, JULIO 2003 CNFERRO 2015-07-03 | 17:17.72 BARCELONA CABANA DEL AMO, PABLO 2004 NPONTEA 2017-07-19 | 16:48.52 SABADELL CABANA DEL AMO, PABLO 2004 NPONTEA 2018-07-19 | 16:19.42 BARCELONA TOME SANLES, MANUEL 1999 RIVEIRA 2014-07-24 | 15:56.50 RÍAS DO SUR GALAN VICENTE, PABLO 2002 CDELMAR 2018-07-19 | 15:59.42 MÁLAGA ANDRADE BUDIÑO, GASPAS 1998 ARZUA 2015-03-28 | 15:44.78 LAS PALMAS G.C. ANDRADE BUDIÑO, GASPAS 1998 ARZUA 2016-07-13 |
| 50M | 33.16 RÍAS DO SUR SOLER LOMBA, IAGO 2005 CODESAL 2017-04-01 | 29.85 SYLVIA FONTANA RODRIGUEZ DIZ, DANIEL 2006 POURENSE 2019-07-19 | 28.07 RÍAS DO SUR MANSO FRAGA, TOMAS 1999 CMARINA 2013-06-29 | 26.06 OURENSE MANSO FRAGA, TOMAS 1999 CMARINA 2014-07-05 | 25.86 GIJON MANSO FRAGA, TOMAS 1999 CMARINA 2015-05-23 | 25.56 ROSARIO DUEÑAS MANSO FRAGA, TOMAS 1999 CMARINA 2016-06-26 | 25.68 PALMA MALLORCA ORTIZ ANEIROS, LORENZO 1995 NTNARON 2013-02-28 |
| 100M | 1:13.53 CERVO SOUTO VILAS, CARLOS 2003 CNLICEO 2015-07-04 | 1:03.98 OURENSE TOUZA TRONCOSO, ENRIQUE 1975 RCNVIGO 1988-12-28 | 1:01.71 MANRESA MANSO FRAGA, TOMAS 1999 CMARINA 2013-07-12 | 57.24 BARCELONA MANSO FRAGA, TOMAS 1999 CMARINA 2014-07-26 | 56.79 CÁDIZ MANSO FRAGA, TOMAS 1999 CMARINA 2015-02-27 | 55.97 LAS PALMAS G.C. MANSO FRAGA, TOMAS 1999 CMARINA 2016-07-15 | 55.52 PALMA MALLORCA ORTIZ ANEIROS, LORENZO 1995 NTNARON 2013-02-28 |
| 200M | 2:37.96 ROSARIO DUEÑAS CABANA DEL AMO, PABLO 2004 NPONTEA 2016-06-11 | 2:21.34 ROSARIO DUEÑAS CABANA DEL AMO, PABLO 2004 NPONTEA 2017-07-01 | 2:15.95 BARCELONA BORRALLO CASTELO, HUGO 2003 CNLICEO 2017-07-21 | 2:06.10 BARCELONA MANSO FRAGA, TOMAS 1999 CMARINA 2014-07-25 | 2:05.00 CÁDIZ MANSO FRAGA, TOMAS 1999 CMARINA 2015-02-28 | 2:04.01 LAS PALMAS G.C. MANSO FRAGA, TOMAS 1999 CMARINA 2016-07-14 | 2:01.73 SABADELL GARCIA GARAY, MARCOS 2001 CDELMAR 2019-04-08 |
| 50E | 36.15 RÍAS DO SUR VICENTE FERREIRA, DANIEL 2004 CNVILAG 2016-04-09 | 32.74 TARRAGONA SUAREZ MARTINEZ DIEGO 2008 CASINOC 2021-07-16 | 30.66 OURENSE FONTENLA LARA, RUBEN 1984 GALAICO 1998-07-05 | 29.35 RÍAS DO SUR VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2018-07-19 | 28.17 RÍAS DO SUR VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2019-07-04 | 27.47 SHEFFIELD (GBR) ARMSTRONG POSADA, ALEXANDER 2001 RCNVIGO 2018-07-24 | 26.36 GLASGOW (GBR) ARMSTRONG POSADA, ALEXANDER R. 2001 RCNVIGO 2019-07-23 |
| 100E | 1:17.19 RÍAS DO SUR LOPEZ LOPEZ, JAIME 2000 POR-MIÑA 2012-03-31 | 1:06.50 TARRAGONA SUAREZ MARTINEZ DIEGO 2008 CASINOC 2021-07-16 | 1:04.08 P. MALLORCA FONTENLA LARA, RUBEN 1984 GALAICO 1998-06-23 | 1:02.12 OURENSE REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2005-07-17 | 59.63 BERNAT PICORNELL VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2019-07-27 | 58.07 SHEFFIELD (GBR) ARMSTRONG POSADA, ALEXANDER 2001 RCNVIGO 2018-07-25 | 56.66 GLASGOW (GBR) ARMSTRONG POSADA, ALEXANDER R. 2001 RCNVIGO 2019-07-24 |
| 200E | 2:50.39 CERVO VAZQUEZ LOPEZ, MARTIN 2003 POR-MIÑA 2015-07-04 | 2:23.19 CÁDIZ VALCARCE DOMINGUEZ, PABLO 1999 MOLEMOS 2012-07-06 | 2:17.46 MANRESA VALCARCE DOMINGUEZ, PABLO 1999 MOLEMOS 2013-07-12 | 2:14.65 OURENSE REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2005-07-16 | 2:08.39 BARCELONA REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2006-07-28 | 2:06.31 GIJÓN REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2007-12-18 | 2:03.09 PALMA M REGUEIRA SUAREZ, RUFINO 1990 RIVEIRA 2008-04-05 |
| 50B | 39.91 RÍAS DO SUR VAZQUEZ FERNANDEZ, NICOLAS 2006 GALAICO 2018-04-07 | 34.06 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1999-07-10 | 32.84 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2000-07-08 | 31.42 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2001-07-29 | 30.52 SANTA OLAYA PEREZ LORENZO, MANUEL 2005 SDBOIRO 2021-05-23 | 30.49 P. MALLORCA ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2003-08-06 | 29.91 ROSARIO DUEÑAS SOUTO VILAS, CARLOS 2003 CDELMAR 2021-07-16 |
| 100B | 1:25.73 PONTEVEDRA SOUTO VILAS, CARLOS 2003 CNLICEO 2015-05-23 | 1:15.42 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1999-07-09 | 1:09.70 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2000-07-07 | 1:07.53 BARCELONA ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2001-07-12 | 1:06.19 BARCELONA ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2002-07-26 | 1:05.72 P. MALLORCA LEIRO ALVAREZ, LUIS 1986 CMARINA 2003-08-06 | 1:04.85 BELGRADO LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2008-08-02 |
| 200B | 3:09.00 CERVO DOPICO REY, ROI 2003 CNFERRO 2015-07-05 | 2:43.83 OURENSE ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 1999-07-11 | 2:32.98 GIJÓN LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2004-06-30 | 2:27.43 BARCELONA ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2001-07-14 | 2:23.09 BERNAT PICORNELL SOUTO VILAS, CARLOS 2003 CNLICEO 2019-07-29 | 2:19.70 TARRASA LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2007-08-03 | 2:18.93 BELGRADO LEIRO ALVAREZ, LUIS 1990 RCNVIGO 2008-07-30 |
| 200S | 2:40.32 CERVO SOUTO VILAS, CARLOS 2003 CNLICEO 2015-07-04 | 2:25.21 ROSARIO DUEÑAS PICALLO MARANTE, BRUNO 2004 NCORUÑA 2017-07-01 | 2:20.68 ROSARIO DUEÑAS CABANA DEL AMO, PABLO 2004 NPONTEA 2018-06-30 | 2:13.70 RÍAS DO SUR MANSO FRAGA, TOMAS 1999 CMARINA 2014-07-12 | 2:11.96 RÍAS DO SUR SOUTO VILAS, CARLOS 2003 CNLICEO 2019-07-04 | 2:08.28 BARCELONA ASTRAY GOMEZ, SAUL 1997 CIDSANTI 2014-07-20 | 2:08.32 VALENCIA ALONSO GATO, OSCAR 1995 CIDSANTI 2013-07-20 |
| 400S | 5:32.44 CERVO SOUTO VILAS, CARLOS 2003 CNLICEO 2015-07-05 | 5:03.28 BARCELONA CABANA DEL AMO, PABLO 2004 NPONTEA 2017-07-20 | 4:50.19 SABADELL CABANA DEL AMO, PABLO 2004 NPONTEA 2018-07-20 | 4:41.58 MADRID SOUTO VILAS, CARLOS 2003 CNLICEO 2018-07-26 | 4:35.23 BERNAT PICORNELL SOUTO VILAS, CARLOS 2003 CNLICEO 2019-07-28 | 4:35.25 MADRID ABASCAL GALLEGOS, JOAQUIN 1986 CMARINA 2003-04-10 | 4:30.63 RÍAS DO SUR GIUOTTO SANCHEZ, MARCO 2001 CDELMAR 2019-07-05 |