

Prueba 1
20/03/2022

Masc., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos	FINA
20+						
1.	1111716 SIMON COTELO, Manuel	01	HERCULES	17:42.84	13,00	
	100m: 1:03.56 1:03.56 500m:		900m:	1300m:		
	200m: 2:11.64 1:08.08 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 17:42.84		
	400m: 4:33.62 800m: 9:23.39		1200m:			
2.	1061561 INCUTTI TELLADO, Denis	00	PONTEAREAS	20:09.76	10,00	
	100m: 1:13.12 1:13.12 500m:		900m:	1300m:		
	200m: 2:31.82 1:18.70 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 20:09.76		
	400m: 5:12.99 800m: 10:38.84		1200m:			
3.	1141093 VILLAMOR FERRO, Rubén	00	C. N. Arteixo	20:57.03	8,00	
	100m: 1:16.09 1:16.09 500m:		900m:	1300m:		
	200m: 2:37.46 1:21.37 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 20:57.03		
	400m: 5:20.77 800m: 10:55.18		1200m:			
25+						
1.	1039270 TRILLO RODRIGUEZ, Adrian	97	MOS	20:10.93	13,00	452
	100m: 1:15.43 1:15.43 500m:		900m:	1300m:		
	200m: 2:34.84 1:19.41 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 20:10.93		
	400m: 5:14.93 800m: 10:39.56		1200m:			
2.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:33.75	10,00	427
	100m: 1:13.15 1:13.15 500m:		900m:	1300m:		
	200m: 2:30.88 1:17.73 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 20:33.75		
	400m: 5:13.19 800m: 10:43.13		1200m:			
30+						
1.	1212076 PAIS MILLAN, Paulo	90	HERCULES	24:09.58	13,00	264
	100m: 1:29.43 1:29.43 500m:		900m:	1300m:		
	200m: 3:03.46 1:34.03 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 24:09.58		
	400m: 800m: 12:47.97		1200m:			
2.	1171513 RODRÍGUEZ OUTEIRIÑO, Alejandro	90	ESCUALOS	24:54.26	10,00	241
	100m: 1:30.41 1:30.41 500m:		900m:	1300m:		
	200m: 3:05.90 1:35.49 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 24:54.26		
	400m: 6:25.23 800m: 13:14.87		1200m:			
Baja enf.	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS		-	
35+						
1.	1086708 ABUIN ARES, Manuel	87	CIDSANTIAGO	21:14.78	13,00	422
	100m: 1:17.12 1:17.12 500m:		900m:	1300m:		
	200m: 2:41.12 1:24.00 600m:		1000m:	1400m:		
	300m:		700m:	1500m: 21:14.78		
	400m: 5:30.93 800m: 11:10.30		1200m:			

Prueba 1, Masc., 1500m Libre, 35+

Clasificación		AN		Tiempo	Puntos	FINA
2.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	23:38.21	10,00	306
	100m: 1:28.98 1:28.98 500m:		900m:	1300m:		
	200m: 3:02.76 1:33.78 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 23:38.21		
	400m: 6:14.71 800m: 12:40.91		1200m:			
3.	1039360 POSE MATO, Cesar	83	ADFOGAR	32:30.03	8,00	118
	100m: 1:58.39 1:58.39 500m:		900m:	1300m:		
	200m: 4:07.15 2:08.76 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 32:30.03		
	400m: 8:26.78 800m: 17:21.21		1200m:			

40+

1.	1118746 SANCHEZ GORDON, Roman	78	RIASBAIXAS	19:10.03	13,00	566
	100m: 1:12.05 1:12.05 500m:		900m:	1300m:		
	200m: 2:26.48 1:14.43 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 19:10.03		
	400m: 4:59.24 800m: 10:07.37		1200m:			
2.	1127040 ACOSTA ALCOPA, Miguel A.	80	HERCULES	20:30.87	10,00	462
	100m: 1:12.25 1:12.25 500m:		900m:	1300m:		
	200m: 2:30.81 1:18.56 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 20:30.87		
	400m: 5:12.70 800m: 10:41.85		1200m:			
3.	1212075 GONZALEZ PARIS, David	78	HERCULES	21:21.96	8,00	409
	100m: 1:19.78 1:19.78 500m:		900m:	1300m:		
	200m: 2:42.93 1:23.15 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 21:21.96		
	400m: 5:30.81 800m: 11:15.28		1200m:			
4.	1178765 ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	22:01.70	7,00	373
	100m: 1:22.37 1:22.37 500m:		900m:	1300m:		
	200m: 2:49.49 1:27.12 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 22:01.70		
	400m: 5:49.36 800m: 11:45.75		1200m:			
5.	1076549 FERNÁNDEZ MAROTO, Diego	78	RCNVIGO	23:14.62	6,00	317
	100m: 1:28.73 1:28.73 500m:		900m:	1300m:		
	200m: 3:01.95 1:33.22 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 23:14.62		
	400m: 6:09.79 800m: 12:26.84		1200m:			

45+

1.	1040137 QUINTAS BARROS, Jesus C.	73	ESCUALOS	19:29.53	13,00	576
	100m: 1:13.04 1:13.04 500m:		900m:	1300m:		
	200m: 2:29.91 1:16.87 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 19:29.53		
	400m: 5:04.42 800m: 10:18.25		1200m:			
2.	1143482 COLLAZO ESMORIS, Gerardo A.	75	HERCULES	20:08.84	10,00	522
	100m: 1:14.85 1:14.85 500m:		900m:	1300m:		
	200m: 2:34.29 1:19.44 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 20:08.84		
	400m: 5:15.67 800m: 10:41.57		1200m:			

Prueba 1, Masc., 1500m Libre, 45+

Clasificación		AN		Tiempo	Puntos	FINA
3.	1075501 HOUT VARELA, Fady	74	HERCULES	20:28.32	8,00	497
	100m: 1:13.94 1:13.94 500m:		900m:	1300m:		
	200m: 2:33.23 1:19.29 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 20:28.32		
	400m: 5:15.96 800m: 10:46.79		1200m:			
4.	1079343 MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	20:34.29	7,00	490
	100m: 1:17.18 1:17.18 500m:		900m:	1300m:		
	200m: 2:37.77 1:20.59 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 20:34.29		
	400m: 5:20.61 800m: 10:50.49		1200m:			
5.	1079478 GONZÁLEZ PEREIRA, J. Carlos	75	RCNVIGO	23:19.77	6,00	336
	100m: 1:26.12 1:26.12 500m:		900m:	1300m:		
	200m: 2:57.44 1:31.32 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 23:19.77		
	400m: 6:04.02 800m: 12:17.57		1200m:			
6.	1145005 FERNANDEZ IGLESIAS, Emilio J.	77	PONTEAREAS	23:56.88	5,00	310
	100m: 1:29.46 1:29.46 500m:		900m:	1300m:		
	200m: 3:02.43 1:32.97 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 23:56.88		
	400m: 6:09.97 800m: 12:36.16		1200m:			
7.	1076553 FERNANDEZ-TESTA BARREIRO, David	74	RIASBAIXAS	24:26.03	4,00	292
	100m: 1:26.65 1:26.65 500m:		900m:	1300m:		
	200m: 2:59.11 1:32.46 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 24:26.03		
	400m: 6:09.26 800m: 12:43.62		1200m:			
8.	1143850 IGLESIAS MIRA, Felipe	74	ESCUALOS	27:28.73	3,00	205
	100m: 1:38.09 1:38.09 500m:		900m:	1300m:		
	200m: 3:24.39 1:46.30 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 27:28.73		
	400m: 7:04.94 800m: 14:29.65		1200m:			
50+						
1.	1082554 MARTINEZ FAJARDO, Julio E.	70	ADFOGAR	21:53.34	13,00	423
	100m: 1:20.37 1:20.37 500m:		900m:	1300m:		
	200m: 2:44.41 1:24.04 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 21:53.34		
	400m: 5:35.41 800m: 11:21.89		1200m:			
2.	1141071 LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	26:07.42	10,00	248
	100m: 1:31.46 1:31.46 500m:		900m:	1300m:		
	200m: 3:09.90 1:38.44 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 26:07.42		
	400m: 6:35.00 800m: 13:40.18		1200m:			
55+						
1.	1085112 RIVAS FEAL, Antonio	66	HERCULES	20:27.39	13,00 RG	598
	100m: 1:19.31 1:19.31 500m:		900m:	1300m:		
	200m: 2:41.96 1:22.65 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 20:27.39		
	400m: 5:25.25 800m: 10:53.84		1200m:			

Prueba 1, Masc., 1500m Libre, 55+

Clasificación		AN		Tiempo	Puntos	FINA
2.	1076514 LAGO REY, Jose Manuel	63	RIASBAIXAS	38:43.79	10,00	88
	100m: 2:20.74 2:20.74 500m:		900m:	1300m:		
	200m: 4:54.40 2:33.66 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 38:43.79		
	400m: 10:03.99 800m: 20:34.62		1200m:			
60+						
1.	1170858 CODESIDO LOPEZ, Jose	59	CIDSANTIAGO	24:23.85	13,00	410
	100m: 1:27.88 1:27.88 500m:		900m:	1300m:		
	200m: 3:02.00 1:34.12 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 24:23.85		
	400m: 6:15.91 800m: 12:47.82		1200m:			
70+						
1.	1076488 MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	28:28.77	13,00	335
	100m: 1:44.59 1:44.59 500m:		900m:	1300m:		
	200m: 3:39.16 1:54.57 600m:		1000m:	1400m:		
	300m:		1100m:	1500m: 28:28.77		
	400m: 7:27.84 800m: 15:09.02		1200m:			
85+						
1.	1143727 FOLCH MALLOFRE, Ramon	37	C. N. Arteixo	34:31.55	13,00 RG	393
	100m: 2:01.40 2:01.40 500m:		900m:	1300m:		
	200m:		1000m:	1400m:		
	300m:		1100m:	1500m: 34:31.55		
	400m: 8:59.17 800m: 18:30.25		1200m:			

Prueba 2
20/03/2022

Masc., 800m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos	FINA
20+						
1.	1077366 CASTRO GARCIA, Pedro	02	MOS	9:42.84	13,00	
	100m: 1:09.83 1:09.83 300m:		500m:	700m:		
	200m: 2:21.41 1:11.58 400m: 4:47.56		600m:	800m: 9:42.84		
25+						
1.	1037076 COBELO REPRESAS, Francisco	96	PONTEAREAS	10:05.22	13,00	523
	100m: 1:10.40 1:10.40 300m:		500m:	700m:		
	200m: 2:23.45 1:13.05 400m: 4:54.53		600m:	800m: 10:05.22		
30+						
1.	1194883 BARCIA ANIDO, Valentín	92	HERCULES	12:52.40	13,00	261
	100m: 1:25.99 1:25.99 300m:		500m:	700m:		
	200m: 2:58.34 1:32.35 400m: 6:10.59		600m:	800m: 12:52.40		
35+						
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	9:10.43	13,00	RG 732
	100m: 1:06.69 1:06.69 300m:		500m:	700m:		
	200m: 2:14.99 1:08.30 400m: 4:33.76		600m:	800m: 9:10.43		
2.	1141144 ARIETTO GARCIA, Jorge	86	RCNVIGO	9:34.43	10,00	644
	100m: 1:09.93 1:09.93 300m:		500m:	700m:		
	200m: 2:22.14 1:12.21 400m: 4:46.78		600m:	800m: 9:34.43		
3.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	10:26.57	8,00	496
	100m: 1:11.94 1:11.94 300m:		500m:	700m:		
	200m: 2:29.12 1:17.18 400m: 5:07.52		600m:	800m: 10:26.57		
4.	1107557 MELLA BARBEITO, Javier	83	C. N. Arteixo	16:09.97	7,00	133
	100m: 1:41.55 1:41.55 300m:		500m:	700m:		
	200m: 3:41.80 2:00.25 400m: 7:50.68		600m:	800m: 16:09.97		
40+						
1.	1143480 ABADES REBOREDO, Daniel	78	HERCULES	10:37.71	13,00	469
	100m: 1:16.66 1:16.66 300m:		500m:	700m:		
	200m: 2:36.99 1:20.33 400m: 5:20.62		600m:	800m: 10:37.71		
2.	1144584 ALVAREZ SILVA, Ruben	81	ESCUALOS	11:52.98	10,00	336
	100m: 1:24.40 1:24.40 300m:		500m:	700m:		
	200m: 2:52.65 1:28.25 400m: 5:56.44		600m:	800m: 11:52.98		
3.	1145052 FIERRO FERNÁNDEZ, Julio	82	HERCULES	11:55.97	8,00	331
	100m: 1:18.91 1:18.91 300m:		500m:	700m:		
	200m: 2:45.92 1:27.01 400m: 5:48.35		600m:	800m: 11:55.97		
4.	1190529 CERVELA DEBER, Moises	82	C. N. E Salvamento A Estr	12:01.81	7,00	323
	100m: 1:16.14 1:16.14 300m:		500m:	700m:		
	200m: 2:42.35 1:26.21 400m: 5:46.31		600m:	800m: 12:01.81		
5.	1170841 BASTIDA CAMPOS, Alejandro	82	C. N. E Salvamento A Estr	12:26.37	6,00	292
	100m: 1:21.27 1:21.27 300m:		500m:	700m:		
	200m: 2:52.77 1:31.50 400m: 6:04.68		600m:	800m: 12:26.37		

Prueba 2, Masc., 800m Libre, 40+

Clasificación		AN	Tiempo	Puntos	FINA
6.	1144789 MATIAS DUARTE, Erick	82 HERCULES	12:29.57	5,00	289
	100m: 1:22.73 1:22.73 300m:	500m:	700m:		
	200m: 2:53.35 1:30.62 400m: 6:02.90	600m:	800m: 12:29.57		
7.	1076282 CARRERA COSTAS, Andres	82 PONTEAREAS	13:41.87	4,00	219
	100m: 1:33.07 1:33.07 300m:	500m:	700m:		
	200m: 2:17.03 43.96 400m: 6:49.74	600m:	800m: 13:41.87		
8.	1195585 ARIAS LÓPEZ, Jaime	82 HERCULES	14:11.52	3,00	197
	100m: 1:35.51 1:35.51 300m:	500m:	700m:		
	200m: 3:19.87 1:44.36 400m: 6:56.44	600m:	800m: 14:11.52		

45+

1.	1144267 FINS SEOANE, Juan Miguel	77 C. N. E Salvamento A Estr	10:32.55	13,00	508
	100m: 1:11.95 1:11.95 300m:	500m:	700m:		
	200m: 2:29.52 1:17.57 400m: 5:07.50	600m:	800m: 10:32.55		
2.	1076182 TABARES DOMINGUEZ, Rafael	74 ESCUALOS	11:18.53	10,00	411
	100m: 1:18.06 1:18.06 300m:	500m:	700m:		
	200m: 2:41.31 1:23.25 400m: 5:34.98	600m:	800m: 11:18.53		
3.	1180192 SAAVEDRA GONZÁLEZ, Raul	73 HERCULES	11:43.73	8,00	368
	100m: 1:25.38 1:25.38 300m:	500m:	700m:		
	200m: 2:55.66 1:30.28 400m: 5:55.79	600m:	800m: 11:43.73		
4.	1144117 PREGO MARTINEZ, Benjamin	73 PONTEAREAS	12:05.20	7,00	337
	100m: 1:25.37 1:25.37 300m:	500m:	700m:		
	200m: 2:55.54 1:30.17 400m: 5:55.44	600m:	800m: 12:05.20		
5.	1096414 ALIAGA SOLA, Alberto	77 PONTEAREAS	12:50.11	6,00	281
	100m: 1:28.40 1:28.40 300m:	500m:	700m:		
	200m: 3:02.47 1:34.07 400m: 6:17.72	600m:	800m: 12:50.11		
6.	1145058 VALCUENDE RODRIGUEZ, Juan Manu	76 HERCULES	13:00.69	5,00	270
	100m: 1:22.71 1:22.71 300m:	500m:	700m:		
	200m: 2:56.94 1:34.23 400m: 6:16.75	600m:	800m: 13:00.69		
7.	1127402 PEXEGUEIRO BALADRON, Nicolas	77 MOS	13:08.34	4,00	262
	100m: 1:28.76 1:28.76 300m:	500m:	700m:		
	200m: 3:05.68 1:36.92 400m: 6:27.75	600m:	800m: 13:08.34		
8.	1198887 FERNANDEZ BERMUDEZ, Vicente	76 HERCULES	13:42.71	3,00	230
	100m: 1:28.01 1:28.01 300m:	500m:	700m:		
	200m: 3:07.88 1:39.87 400m: 6:40.81	600m:	800m: 13:42.71		

Baja enf.	1192271 MOURIÑO FORTES, Victor Manuel	77 PONTEAREAS		-	
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50+

1.	1180234 SÁNCHEZ SECO, Manuel	68 ESCUALOS	13:09.40	13,00	275
	100m: 1:32.94 1:32.94 300m:	500m:	700m:		
	200m: 3:14.37 1:41.43 400m: 6:37.99	600m:	800m: 13:09.40		
2.	1145039 FERREIRO SANCHEZ, Luis	70 POURENSE	15:45.43	10,00	160
	100m: 1:48.21 1:48.21 300m:	500m:	700m:		
	200m: 3:48.35 2:00.14 400m: 7:51.71	600m:	800m: 15:45.43		

Prueba 2, Masc., 800m Libre

55+

1.	1189238	TRINCADO FERNANDEZ, Alberto	67	MOS	12:42.07	13,00	338
	100m:	1:24.71	1:24.71	300m:	500m:	700m:	
	200m:	2:54.22	1:29.51	400m:	600m:	800m:	12:42.07

65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	57	MOS	13:31.00	13,00	341
	100m:	1:37.90	1:37.90	300m:	500m:	700m:	
	200m:	3:22.28	1:44.38	400m:	600m:	800m:	13:31.00

70+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	49	MOS	16:54.21	13,00	225
	100m:	1:54.24	1:54.24	300m:	500m:	700m:	
	200m:	3:59.81	2:05.57	400m:	600m:	800m:	16:54.21

Prueba 3
20/03/2022

Fem., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos	FINA
20+						
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	21:47.58	13,00	
	100m: 1:15.69 1:15.69 500m:		900m:	1300m:		
	200m: 2:38.69 1:23.00 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 5:31.36 800m: 11:25.03		1200m:	1500m: 21:47.58		
25+						
1.	1219499 ESPÍÑO ALBELA, Andrea	94	HERCULES	23:35.15	13,00	348
	100m: 1:29.46 1:29.46 500m:		900m:	1300m:		
	200m: 3:04.91 1:35.45 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 6:15.53 800m: 12:38.56		1200m:	1500m: 23:35.15		
2.	1038608 SUAREZ GARCIA, Sofia	97	RIASBAIXAS	23:45.92	10,00	340
	100m: 1:28.78 1:28.78 500m:		900m:	1300m:		
	200m: 3:01.04 1:32.26 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 6:09.96 800m: 12:33.33		1200m:	1500m: 23:45.92		
Baja enf.	1145008 GONZALEZ PEREZ, Paula	96	PONTEAREAS		-	
30+						
1.	1084714 BUGALLO PÉREZ, Estíbaliz	90	RCNVIGO	19:45.36	13,00	577
	100m: 1:13.78 1:13.78 500m:		900m:	1300m:		
	200m: 2:30.37 1:16.59 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 5:08.72 800m: 10:26.89		1200m:	1500m: 19:45.36		
2.	1040545 POMBO LOPEZ, Belen	92	FLUVIALUGO	20:17.60	10,00	532
	100m: 1:18.46 1:18.46 500m:		900m:	1300m:		
	200m: 2:39.97 1:21.51 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 5:24.40 800m: 10:52.28		1200m:	1500m: 20:17.60		
35+						
1.	1076543 RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	24:46.81	13,00	316
	100m: 1:31.47 1:31.47 500m:		900m:	1300m:		
	200m: 3:06.08 1:34.61 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 6:18.71 800m: 12:51.21		1200m:	1500m: 24:46.81		
2.	1036315 LOPEZ CORTABITARTE, Belen	87	HERCULES	26:21.22	10,00	262
	100m: 1:42.27 1:42.27 500m:		900m:	1300m:		
	200m: 3:25.83 1:43.56 600m:		1000m:	1400m:		
	300m:		700m:	1100m:		
	400m: 6:54.31 800m: 13:56.86		1200m:	1500m: 26:21.22		

Prueba 3, Fem., 1500m Libre

45+

1.	1040944 VARELA REDONDO, Veronica	75 PONTEAREAS	25:10.15	13,00	328
	100m: 1:33.64 1:33.64 500m:	900m:	1300m:		
	200m: 3:11.84 1:38.20 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 25:10.15		
	400m: 6:32.46 800m: 13:16.34	1200m:			
2.	1143813 REGUEIRA MARTINEZ, Maria J.	75 HERCULES	25:59.77	10,00	298
	100m: 1:29.75 1:29.75 500m:	900m:	1300m:		
	200m: 3:11.34 1:41.59 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 25:59.77		
	400m: 6:38.99 800m: 13:41.70	1200m:			

50+

1.	1147115 HERNÁNDEZ ALFAGEME, Rita	71 RCNVIGO	22:28.80	13,00 RG	498
	100m: 1:24.85 1:24.85 500m:	900m:	1300m:		
	200m: 2:53.16 1:28.31 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 22:28.80		
	400m: 5:51.83 800m: 11:54.36	1200m:			
2.	1037970 CALVIÑO CANCELA, Maria Cristina	68 PONTEAREAS	27:42.51	10,00	266
	100m: 1:42.49 1:42.49 500m:	900m:	1300m:		
	200m: 3:35.59 1:53.10 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 27:42.51		
	400m: 7:19.80 800m: 14:46.49	1200m:			
3.	1076154 ABREU FERNANDEZ, Marta	71 PONTEAREAS	28:08.46	8,00	253
	100m: 1:43.58 1:43.58 500m:	900m:	1300m:		
	200m: 3:33.18 1:49.60 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 28:08.46		
	400m: 7:17.18 800m: 14:49.35	1200m:			
4.	1145007 MELON PARENTE, M. Lourdes	69 PONTEAREAS	35:51.34	7,00	122
	100m: 2:18.19 2:18.19 500m:	900m:	1300m:		
	200m: 4:39.67 2:21.48 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 35:51.34		
	400m: 9:24.09 800m: 18:56.72	1200m:			

60+

1.	1076172 GARCIA COLOMO, M. Cristina	62 POURENSE	23:37.30	13,00 RG	575
	100m: 1:24.90 1:24.90 500m:	900m:	1300m:		
	200m: 2:58.42 1:33.52 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 23:37.30		
	400m: 6:07.68 800m: 12:26.34	1200m:			

65+

1.	1076492 CAICOYA DE URZAIZ, Alicia	54 C. Traviesas N.	32:28.68	13,00	246
	100m: 2:01.61 2:01.61 500m:	900m:	1300m:		
	200m: 4:11.92 2:10.31 600m:	1000m:	1400m:		
	300m:	700m:	1500m: 32:28.68		
	400m: 8:29.73 800m: 17:08.79	1200m:			

Prueba 4
20/03/2022

Fem., 800m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos	FINA
20+						
1.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	10:27.96	13,00	
	100m: 1:15.96 1:15.96 300m: 5:12.26		500m: 700m: 800m: 10:27.96			
	200m: 2:35.00 1:19.04 400m: 5:12.26		600m:			
2.	1037177 RODRIGUEZ SANCHEZ, Isabel	00	HERCULES	11:15.09	10,00	
	100m: 1:16.68 1:16.68 300m: 5:30.74		500m: 700m: 800m: 11:15.09			
	200m: 2:38.70 1:22.02 400m: 5:30.74		600m:			
3.	1039714 TABOADA ASOREY, Paula	01	C. Triatlón Coruña	12:03.57	8,00	
	100m: 1:19.46 1:19.46 300m: 5:51.83		500m: 700m: 800m: 12:03.57			
	200m: 2:47.70 1:28.24 400m: 5:51.83		600m:			
Baja enf.	1041231 RODRIGUEZ PEREZ, Lorena	01	PONTEAREAS		-	
25+						
1.	1212077 PEREZ MONTOYA, Maria del Carmen	93	HERCULES	13:17.36	13,00	295
	100m: 1:39.56 1:39.56 300m: 6:37.64		500m: 700m: 800m: 13:17.36			
	200m: 3:20.54 1:40.98 400m: 6:37.64		600m:			
2.	1035411 FERNANDEZ GARCIA, Marina	97	GALAICO	13:59.76	10,00	253
	100m: 1:36.06 1:36.06 300m: 6:57.52		500m: 700m: 800m: 13:59.76			
	200m: 3:22.17 1:46.11 400m: 6:57.52		600m:			
30+						
1.	1075742 VALIÑO GÓMEZ, Esther	88	RIASBAIXAS	10:49.52	13,00	508
	100m: 1:15.98 1:15.98 300m: 5:20.66		500m: 700m: 800m: 10:49.52			
	200m: 2:37.00 1:21.02 400m: 5:20.66		600m:			
2.	1038086 VAZQUEZ GOMEZ, Lorena	89	CDELMAR	11:42.93	10,00	401
	100m: 1:21.58 1:21.58 300m: 5:45.66		500m: 700m: 800m: 11:42.93			
	200m: 2:47.31 1:25.73 400m: 5:45.66		600m:			
3.	1143565 ARAÚJO CASTRO, Paula	91	CDELMAR	13:19.20	8,00	273
	100m: 1:28.36 1:28.36 300m: 6:30.21		500m: 700m: 800m: 13:19.20			
	200m: 3:06.34 1:37.98 400m: 6:30.21		600m:			
4.	1144592 ACUÑA MELLA, Maria	88	PONTEAREAS	15:35.25	7,00	170
	100m: 1:45.86 1:45.86 300m: 7:43.63		500m: 700m: 800m: 15:35.25			
	200m: 3:42.44 1:56.58 400m: 7:43.63		600m:			
35+						
1.	1219500 FRIAS DEL PALACIO, Soledad	86	HERCULES	12:13.22	13,00	393
	100m: 1:23.15 1:23.15 300m: 6:00.39		500m: 700m: 800m: 12:13.22			
	200m: 2:53.93 1:30.78 400m: 6:00.39		600m:			
2.	1144948 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:32.60	10,00	363
	100m: 1:26.84 1:26.84 300m: 6:12.64		500m: 700m: 800m: 12:32.60			
	200m: 3:01.11 1:34.27 400m: 6:12.64		600m:			

Prueba 4, Fem., 800m Libre

40+

1.	1075221 HERMIDA RODRIGUEZ, Blanca	81	C. Marina Ferrol	11:10.99	13,00	RG	507
	100m: 1:20.77 1:20.77 300m: 5:31.33		500m: 700m: 800m: 11:10.99				
2.	1195584 ALAYON MORIN, Cristina	82	HERCULES	12:19.06	10,00		380
	100m: 1:22.76 1:22.76 300m: 6:02.80		500m: 700m: 800m: 12:19.06				
3.	1143598 MIRA VAZQUEZ, Marta	81	ESCUALOS	12:25.98	8,00		369
	100m: 1:27.64 1:27.64 300m: 6:11.65		500m: 700m: 800m: 12:25.98				
4.	1146893 PRADO FRANCO, Marta E.	79	RIASBAIXAS	12:29.19	7,00		364
	100m: 1:26.33 1:26.33 300m: 6:12.93		500m: 700m: 800m: 12:29.19				
5.	1144598 OLMO VAQUEIRO, Leticia	81	PONTEAREAS	14:05.14	6,00		254
	100m: 1:40.10 1:40.10 300m: 6:56.18		500m: 700m: 800m: 14:05.14				
6.	1178771 BESADA FERNÁNDEZ, Ana M.	78	PONTEAREAS	18:14.57	5,00		116
	100m: 2:03.53 2:03.53 300m: 8:58.64		500m: 700m: 800m: 18:14.57				
Baja enf.	1170845 CID ALVAREZ, Isabel	80	ESCUALOS		-		

45+

1.	1180189 BRAÑA MENENDEZ, Sonia	75	HERCULES	11:20.19	13,00		532
	100m: 1:20.44 1:20.44 300m: 5:33.66		500m: 700m: 800m: 11:20.19				
2.	1141208 HERMIDA RODRIGUEZ, Cristina	73	C. Marina Ferrol	12:27.50	10,00		401
	100m: 1:24.37 1:24.37 300m: 6:11.15		500m: 700m: 800m: 12:27.50				
3.	1172138 ROIG SANCHEZ, Blanca Ana	74	RIASBAIXAS	13:56.17	8,00		286
	100m: 1:38.81 1:38.81 300m: 6:57.34		500m: 700m: 800m: 13:56.17				
4.	1197606 CARBALLO BALOIRA, Susana María	75	HERCULES	15:46.66	7,00		197
	100m: 1:49.15 1:49.15 300m: 7:49.91		500m: 700m: 800m: 15:46.66				

50+

1.	1199898 PITA REGUEIRO, Raquel	72	HERCULES	17:10.37	13,00		163
	100m: 1:59.67 1:59.67 300m: 8:32.18		500m: 700m: 800m: 17:10.37				
Baja enf.	1058998 MUTILBA OBREGON, Nuria	69	PONTEAREAS		-		

55+

1.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	15:33.68	13,00		230
	100m: 1:45.43 1:45.43 300m: 7:36.84		500m: 700m: 800m: 15:33.68				
2.	1144697 ACEVEDO REGO, Ermitas	66	POURENSE	17:02.47	10,00		175
	100m: 2:01.93 2:01.93 300m: 8:28.00		500m: 700m: 800m: 17:02.47				

Prueba 4, Fem., 800m Libre

60+

1.	1039437 BALADO LOPEZ, Ana Maria	61	POURENSE	13:22.68	13,00	464
	100m: 1:36.54 1:36.54 300m:		500m:	700m:		
	200m: 3:17.17 1:40.63 400m: 6:38.69		600m:	800m: 13:22.68		

65+

1.	1037151 GOMEZ DOVAL, Maria Angela	56	C. Traviesas N.	17:36.06	13,00	217
	100m: 1:59.46 1:59.46 300m:		500m:	700m:		
	200m: 4:11.84 2:12.38 400m: 8:39.71		600m:	800m: 17:36.06		

80+

Baja enf.	1058045 MORAL RUBIO, Isabel	42	C. Traviesas N.	-		
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Puntos

Todas las pruebas

Todos, Open

1. HERCULES	01572	281,00
2. PONTEAREAS	00878	131,00
3. RIASBAIXAS	00765	98,00
4. ESCUALOS	01547	75,00
5. MOS	01424	69,00
6. RCNVIGO	00071	48,00
7. CIDSANTIAGO	01295	46,00
POURENSE	00101	46,00
9. C. N. Arteixo	01133	28,00
10. C. Traviesas N.	00824	26,00
C. N. E Salvamento A Estrada	01576	26,00
12. GALAICO	00784	23,00
C. Marina Ferrol	00146	23,00
14. ADFOGAR	00617	21,00
15. CDELMAR	00282	18,00
16. FLUVIALUGO	00398	10,00
17. C. Triatlón Coruña	01762	8,00
18. CEDEIRA	00770	-
PONSVETUS	00819	-
USC	00126	-
NFERROL	00674	-
LICEO	01269	-

Masc., Open

1. HERCULES	01572	143,00
2. PONTEAREAS	00878	75,00
3. MOS	01424	69,00
4. ESCUALOS	01547	67,00
5. CIDSANTIAGO	01295	46,00
6. RIASBAIXAS	00765	37,00
7. C. N. Arteixo	01133	28,00
8. C. N. E Salvamento A Estrada	01576	26,00
9. RCNVIGO	00071	22,00
10. ADFOGAR	00617	21,00
11. POURENSE	00101	10,00
12. CDELMAR	00282	-
FLUVIALUGO	00398	-
CEDEIRA	00770	-
PONSVETUS	00819	-
USC	00126	-
NFERROL	00674	-
GALAICO	00784	-
LICEO	01269	-
C. Marina Ferrol	00146	-
C. Traviesas N.	00824	-
C. Triatlón Coruña	01762	-

Fem., Open

1. HERCULES	01572	138,00
2. RIASBAIXAS	00765	61,00
3. PONTEAREAS	00878	56,00
4. POURENSE	00101	36,00
5. RCNVIGO	00071	26,00
C. Traviesas N.	00824	26,00
7. GALAICO	00784	23,00
C. Marina Ferrol	00146	23,00
9. CDELMAR	00282	18,00
10. FLUVIALLLUGO	00398	10,00
11. ESCUALOS	01547	8,00
C. Triatlón Coruña	01762	8,00
13. ADFOGAR	00617	-
CIDSANTIAGO	01295	-
CEDEIRA	00770	-
PONSVETUS	00819	-
MOS	01424	-
USC	00126	-
NFERROL	00674	-
LICEO	01269	-
C. N. Arteixo	01133	-
C. N. E Salvamento A Estrada	01576	-

Medallistas por prueba, Masc.

Todas las pruebas

1. 1500m Libre						20+
1.	1111716	SIMON COTELO, Manuel	01	HERCULES	17:42.84	-
2.	1061561	INCUTTI TELLADO, Denis	00	PONTEAREAS	20:09.76	-
3.	1141093	VILLAMOR FERRO, Rubén	00	C. N. Arteixo	20:57.03	-
1. 1500m Libre						25+
1.	1039270	TRILLO RODRIGUEZ, Adrian	97	MOS	20:10.93	- 452
2.	1038178	IBÁÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:33.75	- 427
1. 1500m Libre						30+
1.	1212076	PAIS MILLAN, Paulo	90	HERCULES	24:09.58	- 264
2.	1171513	RODRÍGUEZ OUTEIRIÑO, Alejandro	90	ESCUALOS	24:54.26	- 241
1. 1500m Libre						35+
1.	1086708	ABUIN ARES, Manuel	87	CIDSANTIAGO	21:14.78	- 422
2.	1097263	LAMEIRO SEOANE, Javier	87	HERCULES	23:38.21	- 306
3.	1039360	POSE MATO, Cesar	83	ADFOGAR	32:30.03	- 118
1. 1500m Libre						40+
1.	1118746	SANCHEZ GORDON, Roman	78	RIASBAIXAS	19:10.03	- 566
2.	1127040	ACOSTA ALCOBA, Miguel A.	80	HERCULES	20:30.87	- 462
3.	1212075	GONZALEZ PARIS, David	78	HERCULES	21:21.96	- 409
1. 1500m Libre						45+
1.	1040137	QUINTAS BARROS, Jesus C.	73	ESCUALOS	19:29.53	- 576
2.	1143482	COLLAZO ESMORIS, Gerardo A.	75	HERCULES	20:08.84	- 522
3.	1075501	HOUT VARELA, Fady	74	HERCULES	20:28.32	- 497
1. 1500m Libre						50+
1.	1082554	MARTINEZ FAJARDO, Julio E.	70	ADFOGAR	21:53.34	- 423
2.	1141071	LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	26:07.42	- 248
1. 1500m Libre						55+
1.	1085112	RIVAS FEAL, Antonio	66	HERCULES	20:27.39	- RG 598
2.	1076514	LAGO REY, Jose Manuel	63	RIASBAIXAS	38:43.79	- 88
1. 1500m Libre						60+
1.	1170858	CODESIDO LOPEZ, Jose	59	CIDSANTIAGO	24:23.85	- 410
1. 1500m Libre						70+
1.	1076488	MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	28:28.77	- 335

1. 1500m Libre						85+
1.	1143727 FOLCH MALLOFRE, Ramon	37	C. N. Arteixo	34:31.55	- RG	393
2. 800m Libre						20+
1.	1077366 CASTRO GARCIA, Pedro	02	MOS	9:42.84	-	
2. 800m Libre						25+
1.	1037076 COBELO REPRESAS, Francisco	96	PONTEAREAS	10:05.22	-	523
2. 800m Libre						30+
1.	1194883 BARCIA ANIDO, Valentín	92	HERCULES	12:52.40	-	261
2. 800m Libre						35+
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	9:10.43	- RG	732
2.	1141144 ARIETTO GARCIA, Jorge	86	RCNVIGO	9:34.43	-	644
3.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	10:26.57	-	496
2. 800m Libre						40+
1.	1143480 ABADES REBOREDO, Daniel	78	HERCULES	10:37.71	-	469
2.	1144584 ALVAREZ SILVA, Ruben	81	ESCUALOS	11:52.98	-	336
3.	1145052 FIERRO FERNÁNDEZ, Julio	82	HERCULES	11:55.97	-	331
2. 800m Libre						45+
1.	1144267 FINS SEOANE, Juan Miguel	77	C. N. E Salvamento A Estr	10:32.55	-	508
2.	1076182 TABARES DOMINGUEZ, Rafael	74	ESCUALOS	11:18.53	-	411
3.	1180192 SAAVEDRA GONZÁLEZ, Raul	73	HERCULES	11:43.73	-	368
2. 800m Libre						50+
1.	1180234 SÁNCHEZ SECO, Manuel	68	ESCUALOS	13:09.40	-	275
2.	1145039 FERREIRO SANCHEZ, Luis	70	POURENSE	15:45.43	-	160
2. 800m Libre						55+
1.	1189238 TRINCADO FERNANDEZ, Alberto	67	MOS	12:42.07	-	338
2. 800m Libre						65+
1.	1141150 RODRIGUEZ VIEITO, Ricardo M.	57	MOS	13:31.00	-	341
2. 800m Libre						70+
1.	1076487 RODRIGUEZ LEMOS, Andres J.	49	MOS	16:54.21	-	225

Medallistas por prueba, Fem.

Todas las pruebas

3. 1500m Libre						20+
1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	21:47.58	-
3. 1500m Libre						25+
1.	1219499	ESPIÑO ALBELA, Andrea	94	HERCULES	23:35.15	- 348
2.	1038608	SUAREZ GARCIA, Sofia	97	RIASBAIXAS	23:45.92	- 340
3. 1500m Libre						30+
1.	1084714	BUGALLO PÉREZ, Estíbaliz	90	RCNVIGO	19:45.36	- 577
2.	1040545	POMBO LOPEZ, Belen	92	FLUVIALUGO	20:17.60	- 532
3. 1500m Libre						35+
1.	1076543	RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	24:46.81	- 316
2.	1036315	LOPEZ CORTABITARTE, Belen	87	HERCULES	26:21.22	- 262
3. 1500m Libre						45+
1.	1040944	VARELA REDONDO, Veronica	75	PONTEAREAS	25:10.15	- 328
2.	1143813	REGUEIRA MARTINEZ, Maria J.	75	HERCULES	25:59.77	- 298
3. 1500m Libre						50+
1.	1147115	HERNÁNDEZ ALFAGEME, Rita	71	RCNVIGO	22:28.80	- RG 498
2.	1037970	CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	27:42.51	- 266
3.	1076154	ABREU FERNANDEZ, Marta	71	PONTEAREAS	28:08.46	- 253
3. 1500m Libre						60+
1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	23:37.30	- RG 575
3. 1500m Libre						65+
1.	1076492	CAICOYA DE URZAIZ, Alicia	54	C. Traviesas N.	32:28.68	- 246
4. 800m Libre						20+
1.	1130789	GARCIA MIGUEZ, Rosalia	98	GALAICO	10:27.96	-
2.	1037177	RODRIGUEZ SANCHEZ, Isabel	00	HERCULES	11:15.09	-
3.	1039714	TABOADA ASOREY, Paula	01	C. Triatlón Coruña	12:03.57	-
4. 800m Libre						25+
1.	1212077	PEREZ MONTOYA, Maria del Carmen	93	HERCULES	13:17.36	- 295
2.	1035411	FERNANDEZ GARCIA, Marina	97	GALAICO	13:59.76	- 253

4. 800m Libre 30+

1.	1075742	VALIÑO GÓMEZ, Esther	88	RIASBAIXAS	10:49.52	-	508
2.	1038086	VAZQUEZ GOMEZ, Lorena	89	CDELMAR	11:42.93	-	401
3.	1143565	ARAÚJO CASTRO, Paula	91	CDELMAR	13:19.20	-	273

4. 800m Libre 35+

1.	1219500	FRIAS DEL PALACIO, Soledad	86	HERCULES	12:13.22	-	393
2.	1144948	GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:32.60	-	363

4. 800m Libre 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	81	C. Marina Ferrol	11:10.99	- RG	507
2.	1195584	ALAYON MORIN, Cristina	82	HERCULES	12:19.06	-	380
3.	1143598	MIRA VAZQUEZ, Marta	81	ESCUALOS	12:25.98	-	369

4. 800m Libre 45+

1.	1180189	BRAÑA MENENDEZ, Sonia	75	HERCULES	11:20.19	-	532
2.	1141208	HERMIDA RODRIGUEZ, Cristina	73	C. Marina Ferrol	12:27.50	-	401
3.	1172138	ROIG SANCHEZ, Blanca Ana	74	RIASBAIXAS	13:56.17	-	286

4. 800m Libre 50+

1.	1199898	PITA REGUEIRO, Raquel	72	HERCULES	17:10.37	-	163
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4. 800m Libre 55+

1.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	15:33.68	-	230
2.	1144697	ACEVEDO REGO, Ermitas	66	POURENSE	17:02.47	-	175

4. 800m Libre 60+

1.	1039437	BALADO LOPEZ, Ana Maria	61	POURENSE	13:22.68	-	464
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4. 800m Libre 65+

1.	1037151	GOMEZ DOVAL, Maria Angela	56	C. Traviesas N.	17:36.06	-	217
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Medallero

Todas las pruebas

			Masc.			Fem.			Todos			Total
			Oro	Plata	Bronce	Oro	Plata	Bronce	Oro	Plata	Bronce	
20+												
1. HERCULES	01572	ESP	1	-	-	1	1	-	2	1	-	3
2. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
GALAICO	00784	ESP	-	-	-	1	-	-	1	-	-	1
4. PONTEAREAS	00878	ESP	-	1	-	-	-	-	-	1	-	1
5. C. N. Arteixo	01133	ESP	-	-	1	-	-	-	-	-	1	1
C. Triatlón Coruña	01762	ESP	-	-	-	-	-	1	-	-	1	1
25+												
1. HERCULES	01572	ESP	-	-	-	2	-	-	2	-	-	2
2. PONTEAREAS	00878	ESP	1	1	-	-	-	-	1	1	-	2
3. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
4. RIASBAIXAS	00765	ESP	-	-	-	-	1	-	-	1	-	1
GALAICO	00784	ESP	-	-	-	-	1	-	-	1	-	1
30+												
1. HERCULES	01572	ESP	2	-	-	-	-	-	2	-	-	2
2. RIASBAIXAS	00765	ESP	-	-	-	1	-	-	1	-	-	1
RCNVIGO	00071	ESP	-	-	-	1	-	-	1	-	-	1
4. CDELMAR	00282	ESP	-	-	-	-	1	1	-	1	1	2
5. FLUVIALUGO	00398	ESP	-	-	-	-	1	-	-	1	-	1
ESCUALOS	01547	ESP	-	1	-	-	-	-	-	1	-	1
35+												
1. CIDSANTIAGO	01295	ESP	2	-	-	-	-	-	2	-	-	2
2. HERCULES	01572	ESP	-	1	-	1	1	-	1	2	-	3
3. RIASBAIXAS	00765	ESP	-	-	-	1	1	-	1	1	-	2
4. RCNVIGO	00071	ESP	-	1	-	-	-	-	-	1	-	1
5. ADFOGAR	00617	ESP	-	-	1	-	-	-	-	-	1	1
ESCUALOS	01547	ESP	-	-	1	-	-	-	-	-	1	1
40+												
1. HERCULES	01572	ESP	1	1	2	-	1	-	1	2	2	5
2. RIASBAIXAS	00765	ESP	1	-	-	-	-	-	1	-	-	1
C. Marina Ferrol	00146	ESP	-	-	-	1	-	-	1	-	-	1
4. ESCUALOS	01547	ESP	-	1	-	-	-	1	-	1	1	2

			Masc.			Fem.			Todos			
			Oro	Plata	Bronce	Oro	Plata	Bronce	Oro	Plata	Bronce	Total
45+												
1. HERCULES	01572	ESP	-	1	2	1	1	-	1	2	2	5
2. ESCUALOS	01547	ESP	1	1	-	-	-	-	1	1	-	2
3. PONTEAREAS	00878	ESP	-	-	-	1	-	-	1	-	-	1
C. N. E Salvamento A Estrada	01576	ESP	1	-	-	-	-	-	1	-	-	1
5. C. Marina Ferrol	00146	ESP	-	-	-	-	1	-	-	1	-	1
6. RIASBAIXAS	00765	ESP	-	-	-	-	-	1	-	-	1	1
50+												
1. ADOGAR	00617	ESP	1	-	-	-	-	-	1	-	-	1
ESCUALOS	01547	ESP	1	-	-	-	-	-	1	-	-	1
RCNVIGO	00071	ESP	-	-	-	1	-	-	1	-	-	1
HERCULES	01572	ESP	-	-	-	1	-	-	1	-	-	1
5. PONTEAREAS	00878	ESP	-	-	-	-	1	1	-	1	1	2
6. RIASBAIXAS	00765	ESP	-	1	-	-	-	-	-	1	-	1
POURENSE	00101	ESP	-	1	-	-	-	-	-	1	-	1
55+												
1. HERCULES	01572	ESP	1	-	-	1	-	-	2	-	-	2
2. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
3. RIASBAIXAS	00765	ESP	-	1	-	-	-	-	-	1	-	1
POURENSE	00101	ESP	-	-	-	-	1	-	-	1	-	1
60+												
1. POURENSE	00101	ESP	-	-	-	2	-	-	2	-	-	2
2. CIDSANTIAGO	01295	ESP	1	-	-	-	-	-	1	-	-	1
65+												
1. C. Traviesas N.	00824	ESP	-	-	-	2	-	-	2	-	-	2
2. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
70+												
1. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
PONTEAREAS	00878	ESP	1	-	-	-	-	-	1	-	-	1
85+												
1. C. N. Arteixo	01133	ESP	1	-	-	-	-	-	1	-	-	1

Mejor rendimiento por puntos

Todas las pruebas

Puntos: ESP Masters 20

Masc.

1. RODRIGUEZ LAGO, David	86	C. Dep. N. Cidade De Santiago	800m Libre	9:10.43	732
2. ARIETTO GARCIA, Jorge	86	Real C. Náutico De Vigo	800m Libre	9:34.43	644
3. RIVAS FEAL, Antonio	66	C. Hércules Termaria	1500m Libre	20:27.39	598
4. QUINTAS BARROS, Jesus C.	73	C. N. Escualos	1500m Libre	19:29.53	576
5. SANCHEZ GORDON, Roman	78	C. N. Vigo Rías Baixas	1500m Libre	19:10.03	566
6. COBELO REPRESAS, Francisco	96	C. N. Pontearreas	800m Libre	10:05.22	523
7. COLLAZO ESMORIS, Gerardo A.	75	C. Hércules Termaria	1500m Libre	20:08.84	522
8. FINS SEOANE, Juan Miguel	77	C. N. E Salvamento A Estrada	800m Libre	10:32.55	508
9. HOUT VARELA, Fady	74	C. Hércules Termaria	1500m Libre	20:28.32	497
10. PAZOS ALONSO, Josue	86	C. N. Escualos	800m Libre	10:26.57	496

Fem.

1. BUGALLO PÉREZ, Estíbaliz	90	Real C. Náutico De Vigo	1500m Libre	19:45.36	577
2. GARCIA COLOMO, M. Cristina	62	C. N. Pabellón Ourense	1500m Libre	23:37.30	575
3. POMBO LOPEZ, Belen	92	C. Fluvial De Lugo	1500m Libre	20:17.60	532
BRAÑA MENENDEZ, Sonia	75	C. Hércules Termaria	800m Libre	11:20.19	532
5. VALIÑO GÓMEZ, Esther	88	C. N. Vigo Rías Baixas	800m Libre	10:49.52	508
6. HERMIDA RODRIGUEZ, Blanca	81	C. Marina Ferrol	800m Libre	11:10.99	507
7. HERNÁNDEZ ALFAGEME, Rita	71	Real C. Náutico De Vigo	1500m Libre	22:28.80	498
8. BALADO LOPEZ, Ana Maria	61	C. N. Pabellón Ourense	800m Libre	13:22.68	464
9. VAZQUEZ GOMEZ, Lorena	89	C. Del Mar De San Amaro	800m Libre	11:42.93	401
HERMIDA RODRIGUEZ, Cristina	73	C. Marina Ferrol	800m Libre	12:27.50	401

Récords batidos por prueba...

Todas las pruebas

Masc., 400m Libre

1. Serie 1	Folch Mallofre, Ramon	37	ESP	8:59.17	Master	85+
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Masc., 800m Libre

1. Serie 1	Folch Mallofre, Ramon	37	ESP	18:30.25	Master	85+
1. Serie 4	Rivas Feal, Antonio	66	ESP	10:53.84	Master	55+
2. Serie 5	Rodriguez Lago, David	86	ESP	9:10.43	Master	35+

Masc., 1500m Libre

1. Serie 1	Folch Mallofre, Ramon	37	ESP	34:31.55	Master	85+
1. Serie 4	Rivas Feal, Antonio	66	ESP	20:27.39	Master	55+

Fem., 400m Libre

4. Serie 5	Hermida Rodriguez, Blanca	81	ESP	5:31.33	Master	40+
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Fem., 800m Libre

3. Serie 3	Garcia Colomo, M. Cristina	62	ESP	12:26.34	Master	60+
4. Serie 5	Hermida Rodriguez, Blanca	81	ESP	11:10.99	Master	40+

Fem., 1500m Libre

3. Serie 2	Hernández Alfageme, Rita	71	ESP	22:28.80	Master	50+
3. Serie 3	Garcia Colomo, M. Cristina	62	ESP	23:37.30	Master	60+