

Prueba 1
20/03/2022

Masc., 1500m Libre

20 años y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Clube	Marca	Pisc.	Marca Pond.
20+					
SIMON COTELO, Manuel	01	HERCULES	16:06.81	25m	16:07.00
INCUTTI TELLADO, Denis	00	PONTEAREAS	19:54.16	25m	19:54.35
VILLAMOR FERRO, Rubén	00	C. N. Arteixo	20:38.60	25m	20:38.79
25+					
TRILLO RODRIGUEZ, Adrian	97	MOS	20:15.52	25m	20:15.71
IBÁÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:18.08	25m	20:18.27
30+					
PAIS MILLAN, Paulo	90	HERCULES	23:51.56	25m	23:51.75
RODRÍGUEZ OUTEIRIÑO, Alejandro	90	ESCUALOS	24:03.98	25m	24:04.17
MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS	24:45.02	25m	24:45.21
35+					
ABUIN ARES, Manuel	87	CIDSANTIAGO	19:59.23	25m	19:59.42
LAMEIRO SEOANE, Javier	87	HERCULES	24:29.00	25m	24:29.19
POSE MATO, Cesar	83	ADFOGAR	30:42.18	25m	30:42.37
40+					
SANCHEZ GORDON, Roman	78	RIASBAIXAS	18:31.13	25m	18:31.32
ACOSTA ALCOBA, Miguel A.	80	HERCULES	20:36.03	25m	20:36.22
GONZALEZ PARIS, David	78	HERCULES	21:15.88	25m	21:16.07
ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	22:07.61	25m	22:07.80
FERNÁNDEZ MAROTO, Diego	78	RCNVIGO	23:45.84	25m	23:46.03
45+					
QUINTAS BARROS, Jesus C.	73	ESCUALOS	18:59.12	25m	18:59.31
COLLAZO ESMORIS, Gerardo A.	75	HERCULES	20:24.40	25m	20:24.40
MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	20:26.84	25m	20:27.03
HOUT VARELA, Fady	74	HERCULES	20:47.72	25m	20:47.91
FERNANDEZ-TESTA BARREIRO, David	74	RIASBAIXAS	23:16.42	25m	23:16.61
GONZÁLEZ PEREIRA, J. Carlos	75	RCNVIGO	23:39.04	25m	23:39.23
FERNANDEZ IGLESIAS, Emilio J.	77	PONTEAREAS	25:22.36	25m	25:22.55
IGLESIAS MIRA, Felipe	74	ESCUALOS	28:25.69	25m	28:25.88
50+					
MARTINEZ FAJARDO, Julio E.	70	ADFOGAR	21:17.64	25m	21:17.64
LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	26:03.18	50m	25:39.68
MARTÍNEZ LEMA, José Antonio	72	C. Triatlón Coruña	34:16.46	25m	34:16.65
55+					
RIVAS FEAL, Antonio	66	HERCULES	21:16.02	25m	21:16.21
LAGO REY, Jose Manuel	63	RIASBAIXAS	35:59.42	25m	35:59.61

Prueba 1, Masc., 1500m Libre

60+

CODESIDO LOPEZ, Jose	59	CIDSANTIAGO	23:47.91	25m	23:48.10
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70+

MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	29:00.48	25m	29:00.67
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85+

FOLCH MALLOFRE, Ramon	37	C. N. Arteixo	31:08.85	25m	31:09.04
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Prueba 2

Masc., 800m Libre

20 años y mayores

20/03/2022

Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Clube	Marca	Pisc.	Marca Pond.
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20+

CASTRO GARCIA, Pedro	02	MOS	9:09.58	50m	8:56.68
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25+

COBELO REPRESAS, Francisco	96	PONTEAREAS	8:55.41	25m	8:55.60
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30+

BARCIA ANIDO, Valentín	92	HERCULES	13:41.70	25m	13:41.89
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35+

RODRIGUEZ LAGO, David	86	CIDSANTIAGO	9:06.95	25m	9:07.14
ARIETTO GARCIA, Jorge	86	RCNVIGO	9:25.93	25m	9:26.12
PAZOS ALONSO, Josue	86	ESCUALOS	10:26.18	25m	10:26.37
MELLA BARBEITO, Javier	83	C. N. Arteixo	15:03.58	25m	15:03.77

40+

ABADES REBOREDO, Daniel	78	HERCULES	10:35.51	25m	10:35.51
ALVAREZ SILVA, Ruben	81	ESCUALOS	12:05.20	25m	12:05.39
CERVELA DEBER, Moises	82	C. N. E Salvamento A Estra	12:27.81	25m	12:28.00
BASTIDA CAMPOS, Alejandro	82	C. N. E Salvamento A Estra	12:34.86	25m	12:35.05
MATIAS DUARTE, Erick	82	HERCULES	12:35.93	25m	12:36.12
CARRERA COSTAS, Andres	82	PONTEAREAS	12:55.69	25m	12:55.88
FIERRO FERNÁNDEZ, Julio	82	HERCULES	13:13.82	25m	13:14.01
ARIAS LÓPEZ, Jaime	82	HERCULES	13:56.94	25m	13:57.13

45+

FINS SEOANE, Juan Miguel	77	C. N. E Salvamento A Estra	10:28.75	25m	10:28.94
SAAVEDRA GONZÁLEZ, Raul	73	HERCULES	11:47.51	25m	11:47.70
DE LUIS GONZÁLEZ, Aitor	74	RCNVIGO	12:03.06	25m	12:03.25
PREGO MARTINEZ, Benjamin	73	PONTEAREAS	12:05.77	25m	12:05.96
TABARES DOMINGUEZ, Rafael	74	ESCUALOS	12:15.27	25m	12:15.46
MOURIÑO FORTES, Victor Manuel	77	PONTEAREAS	12:16.32	25m	12:16.51
PEXEGUEIRO BALADRON, Nicolas	77	MOS	12:39.39	25m	12:39.58

Prueba 2, Masc., 800m Libre

ALIAGA SOLA, Alberto	77	PONTEAREAS	13:00.20	25m	13:00.39
VALCUENDE RODRIGUEZ, Juan Manue	76	HERCULES	13:00.98	25m	13:01.17
FERNANDEZ BERMUDEZ, Vicente	76	HERCULES	13:16.22	25m	13:16.41

50+

SÁNCHEZ SECO, Manuel	68	ESCUALOS	13:09.06	25m	13:09.25
FERREIRO SANCHEZ, Luis	70	POURENSE	16:40.38	25m	16:40.57

55+

TRINCADO FERNANDEZ, Alberto	67	MOS	12:14.93	25m	12:15.12
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65+

RODRIGUEZ VIEITO, Ricardo M.	57	MOS	13:38.80	25m	13:38.99
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70+

RODRIGUEZ LEMOS, Andres J.	49	MOS	15:08.33	25m	15:08.52
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Prueba 3
20/03/2022

Fem., 1500m Libre

20 años y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Clube	Marca	Pisc.	Marca Pond.
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20+

PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	21:21.94	25m	21:22.13
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25+

SUAREZ GARCIA, Sofia	97	RIASBAIXAS	22:13.86	25m	22:14.05
ESPIÑO ALBELA, Andrea	94	HERCULES	23:39.15	25m	23:39.34
GONZALEZ PEREZ, Paula	96	PONTEAREAS	27:45.09	25m	27:45.28

30+

BUGALLO PÉREZ, Estíbaliz	90	RCNVIGO	18:57.99	25m	18:58.18
POMBO LOPEZ, Belen	92	FLUVIALUGO	20:06.30	25m	20:06.49

35+

RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	21:28.20	25m	21:28.39
LOPEZ CORTABITARTE, Belen	87	HERCULES	25:41.13	25m	25:41.32

45+

REGUEIRA MARTINEZ, Maria J.	75	HERCULES	23:13.16	25m	23:13.16
VARELA REDONDO, Veronica	75	PONTEAREAS	25:05.76	25m	25:05.95

Prueba 3, Fem., 1500m Libre

50+

HERNÁNDEZ ALFAGEME, Rita	71	RCNVIGO	23:50.71	25m	23:50.90
CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	26:14.04	25m	26:14.23
ABREU FERNANDEZ, Marta	71	PONTEAREAS	27:29.80	25m	27:29.99
MELON PARENTE, M. Lourdes	69	PONTEAREAS	36:02.63	25m	36:02.82

60+

GARCIA COLOMO, M. Cristina	62	POURENSE	22:28.67	50m	22:08.07
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65+

CAICOYA DE URZAIZ, Alicia	54	C. Traviesas N.	32:11.74	25m	32:11.93
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Prueba 4

20/03/2022

Fem., 800m Libre

20 años y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Clube	Marca	Pisc.	Marca Pond.
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20+

RODRIGUEZ SANCHEZ, Isabel	00	HERCULES	9:32.93	25m	9:33.12
GARCIA MIGUEZ, Rosalia	98	GALAICO	10:36.41	25m	10:36.60
TABOADA ASOREY, Paula	01	C. Triatlón Coruña	10:46.41	25m	10:46.60
RODRIGUEZ PEREZ, Lorena	01	PONTEAREAS	11:55.86	25m	11:56.05

25+

FERNANDEZ GARCIA, Marina	97	GALAICO	12:57.11	25m	12:57.30
PEREZ MONTOYA, Maria del Carmen	93	HERCULES	13:37.49	25m	13:37.68

30+

VALIÑO GÓMEZ, Esther	88	RIASBAIXAS	10:53.59	25m	10:53.59
VAZQUEZ GOMEZ, Lorena	89	CDELMAR	12:53.63	25m	12:53.82
ARAÚJO CASTRO, Paula	91	CDELMAR	13:11.53	50m	13:00.53
ACUÑA MELLA, Maria	88	PONTEAREAS	14:43.81	25m	14:44.00

35+

GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:41.71	25m	12:41.90
FRIAS DEL PALACIO, Soledad	86	HERCULES	12:44.63	25m	12:44.82

40+

HERMIDA RODRIGUEZ, Blanca	81	C. Marina Ferrol	10:50.01	25m	10:50.20
MIRA VAZQUEZ, Marta	81	ESCUALOS	12:32.08	25m	12:32.27
ALAYON MORIN, Cristina	82	HERCULES	12:50.06	25m	12:50.25
PRADO FRANCO, Marta E.	79	RIASBAIXAS	12:55.60	25m	12:55.79
OLMO VAQUEIRO, Leticia	81	PONTEAREAS	14:42.66	25m	14:42.85
CID ALVAREZ, Isabel	80	ESCUALOS	15:16.82	25m	15:17.01
BESADA FERNÁNDEZ, Ana M.	78	PONTEAREAS	19:13.91	25m	19:14.10

Prueba 4, Fem., 800m Libre

45+

BRAÑA MENENDEZ, Sonia	75	HERCULES	10:54.08	25m	10:54.08
HERMIDA RODRIGUEZ, Cristina	73	C. Marina Ferrol	12:25.32	25m	12:25.51
ROIG SANCHEZ, Blanca Ana	74	RIASBAIXAS	13:54.77	25m	13:54.96
CARBALLO BALOIRA, Susana María	75	HERCULES	16:21.81	25m	16:22.00

50+

MUTILBA OBREGON, Nuria	69	PONTEAREAS	13:07.42	25m	13:07.61
PITA REGUEIRO, Raquel	72	HERCULES	17:42.33	25m	17:42.52

55+

LOPEZ MAHIA, Purificacion	63	HERCULES	16:23.44	25m	16:23.63
ACEVEDO REGO, Ermitas	66	POURENSE	18:35.84	25m	18:36.03

60+

BALADO LOPEZ, Ana Maria	61	POURENSE	13:08.89	25m	13:09.08
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65+

GOMEZ DOVAL, Maria Angela	56	C. Traviesas N.	15:36.10	25m	15:36.10
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80+

MORAL RUBIO, Isabel	42	C. Traviesas N.	21:30.41	25m	21:30.60
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