

1. 50 m Costas Feminino

20+										
1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	35.84	M 50	2021-11-28	ROSARIO DUEÑAS	11	
2	1037966	FERNANDEZ PARDO IRENE	2001	NPONTEA	38.92	M 50	2021-11-28	ROSARIO DUEÑAS	8	
25+										
1	1075328	LOPEZ SANMARTIN NEREA	1996	CNFERRO	33.49	M 25	2021-11-28	FRIGSA	11	
2	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	35.79	M 50	2021-11-28	ROSARIO DUEÑAS	8	
3	1078925	SALGADO CASTELO MARTA	1994	POR-MIÑA	47.26	M 25	2021-11-28	FRIGSA	6	
4	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	1:26.00	M 50	2021-11-28	ROSARIO DUEÑAS	5	
30+										
1	1075231	VILLAR CAINZOS CLAUDIA	1992	CNFERRO	33.21	M 25	2021-11-28	FRIGSA	11	
2	1213810	TORRES GUTIERREZ CRISTINA	1990	CMARINA	33.38	M 25	2021-11-28	FRIGSA	8	
3	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	34.15	M 25	2021-11-28	FRIGSA	6	
4	1142917	LOPEZ SANMARTIN TANIA	1991	CNFERRO	38.29	M 25	2021-11-28	FRIGSA	5	
5	1144825	ESPASANDIN MARTÍNEZ MARÍA	1990	HERCULES	41.13	M 25	2021-11-28	FRIGSA	4	
6	1086350	RIVAS CARCACIA NATALIA	1991	ESCUALOS	41.38	M 50	2021-11-28	ROSARIO DUEÑAS	3	
7	1093454	PINO AGUIRRE CRISTINA	1988	TRICORUÑ	45.37	M 25	2021-11-28	FRIGSA	2	
8	1208840	OUTERELO ALONSO NATALIA	1991	NPONTEA	54.27	M 50	2021-11-28	ROSARIO DUEÑAS	1	
9	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	55.29	M 50	2021-11-28	ROSARIO DUEÑAS	0	
35+										
1	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	39.32	M 25	2021-11-28	FRIGSA	11	
2	1075741	VALIÑO GOMEZ IRIA	1984	POR-MIÑA	40.15	M 25	2021-11-28	FRIGSA	8	
3	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	48.54	M 50	2021-11-28	ROSARIO DUEÑAS	6	
4	1203741	QUEREDA RODRÍGUEZ ALMUDENA	1985	CNLICEO	49.60	M 25	2021-11-28	FRIGSA	5	
40+										
1	1195584	ALAYON MORIN CRISTINA	1982	HERCULES	39.82	M 25	2021-11-28	FRIGSA	11	
2	1210700	ROMERO GOYANES VANESA	1982	CIDSANTI	41.33	M 25	2021-11-28	FRIGSA	8	
3	1182364	RODRIGUEZ RODRIGUEZ ZELTIA	1981	NTNARON	44.81	M 25	2021-11-28	FRIGSA	6	
4	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	50.64	M 50	2021-11-28	ROSARIO DUEÑAS	5	
5	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	51.34	M 50	2021-11-28	ROSARIO DUEÑAS	4	
6	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	1:00.37	M 25	2021-11-28	FRIGSA	3	
7	1075224	BROZOS VAZQUEZ ELENA MARIA	1982	CIDSANTI	1:01.22	M 25	2021-11-28	FRIGSA	2	
8	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	1:10.98	M 50	2021-11-28	ROSARIO DUEÑAS	1	
9	1147215	FERNANDEZ LOPEZ SONIA	1981	POR-MIÑA	1:24.08	M 25	2021-11-28	FRIGSA	0	
45+										
1	1075209	HERNANDEZ TENREIRO MARTA	1975	CNFERRO	42.03	M 25	2021-11-28	FRIGSA	11	

2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	46.94	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	47.32	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1208832	CORREDOIRA KARINA HAYDEE	1974	NPONTEA	53.04	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1185620	GRUEIRO CERCIDO PATRICIA	1976	NTNARON	53.45	M 25	2021-11-28	FRIGSA	4
6	1208841	PORTELA VILLANUEVA GEMA	1974	NPONTEA	1:00.08	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1180247	NAVARRO SANCHEZ M.A.	1974	RBAIXAS	1:05.82	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	1:07.94	M 25	2021-11-28	FRIGSA	1
50+									
1	1144812	FREY NANCY LOUISE	1968	RIVEIRA	41.83	M 25	2021-11-28	FRIGSA	11
2	1197600	SANDERSON HELEN JANE	1970	CULLERED	46.38	M 25	2021-11-28	FRIGSA	8
3	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	48.40	M 25	2021-11-28	FRIGSA	6
4	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	57.21	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1199898	PITA REGUEIRO RAQUEL	1972	HERCULES	57.39	M 25	2021-11-28	FRIGSA	4
6	1144696	SEARA JALON MONICA	1970	POURENSE	1:07.22	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1171721	VAZQUEZ ALONSO PATRICIA	1969	NPONTEA	1:10.77	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1212073	FERREIRA VARELA BEATRIZ	1969	CULLERED	1:12.82	M 25	2021-11-28	FRIGSA	1
9	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	1:15.31	M 50	2021-11-28	ROSARIO DUEÑAS	0
55+									
1	1102549	SANCHEZ LEAL GEMA ISABEL	1964	NPONTEA	50.81	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	51.24	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	53.20	M 25	2021-11-28	FRIGSA	6
4	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	58.34	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	58.82	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1212074	LOPEZ BLANCO Mº ISABEL	1963	CULLERED	1:05.43	M 25	2021-11-28	FRIGSA	3
7	1078803	MUIÑO ANDRADE MARIA JOSE	1964	ARTEIXO	1:14.34	M 25	2021-11-28	FRIGSA	2
60+									
1	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	50.39	M 25	2021-11-28	FRIGSA	11
65+									
1	1075178	SAR MORANO DOLORES	1955	CULLERED	54.74	M 25	2021-11-28	FRIGSA	11
2	1076492	CAICOYA DE URZAIZ ALICIA	1954	CTRAVIE	1:04.39	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1210641	GOMEZ SAL M ESTHER	1956	POR-MIÑA	1:26.94	M 25	2021-11-28	FRIGSA	6
75+									
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:39.38	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1178774	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	2:20.00	M 50	2021-11-28	ROSARIO DUEÑAS	8

2. 50 m Costas Masculino

20+										
1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	30.56	M 25	2021-11-28	FRIGSA		11
2	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	31.81	M 25	2021-11-28	FRIGSA		8
3	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	32.57	M 25	2021-11-28	FRIGSA		6
4	1207070	PEREZ MAROÑO DANIEL	2000	POR-MIÑA	42.76	M 25	2021-11-28	FRIGSA		5
25+										
1	1037076	COBELO REPRESAS FRANCISCO	1996	NPONTEA	32.88	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	32.94	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1194582	LOPEZ PARDO ALEJANDRO	1995	ADFOGAR	34.12	M 25	2021-11-28	FRIGSA		6
30+										
1	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	40.08	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1144278	ABOY CASTRO ADRIÁN	1990	NPONTEA	40.22	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1143606	LORENZO MARTIN JAVIER	1989	ESCUALOS	45.05	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1144207	PEREZ DIEGUEZ ADRIAN	1990	TRICORUÑ	46.23	M 25	2021-11-28	FRIGSA		5
5	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	46.58	M 50	2021-11-28	ROSARIO DUEÑAS		4
35+										
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	29.71	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1145073	FERNANDES MAGALHAES ANDRE	1986	RBAIXAS	46.82	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1178928	FIDALGO SERRANO GUILLERMO J.	1986	CTRAVIE	48.91	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1143699	OTERO ROSENDO ADOLFO	1984	CTRAVIE	55.78	M 50	2021-11-28	ROSARIO DUEÑAS		5
40+										
1	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	33.16	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	38.84	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1174609	MONTESINOS CEBALLOS SERGIO	1979	ESCUALOS	39.72	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	40.45	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	41.44	M 25	2021-11-28	FRIGSA		4
6	1212075	GONZALEZ PARIS DAVID	1978	HERCULES	41.54	M 25	2021-11-28	FRIGSA		3
7	1147216	GONZALEZ VICENTE RUBEN	1981	POR-MIÑA	42.23	M 25	2021-11-28	FRIGSA		2
8	1143895	PADIN CHARLIN JOAQUIN	1980	ESCUALOS	42.88	M 50	2021-11-28	ROSARIO DUEÑAS		1
9	1212080	MAIZ MANSO CARLOS	1980	TRICORUÑ	44.95	M 25	2021-11-28	FRIGSA		0
10	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	48.10	M 50	2021-11-28	ROSARIO DUEÑAS		0
11	1144915	SANCHEZ PARADAS JOSE Mª	1978	ARTEIXO	48.30	M 25	2021-11-28	FRIGSA		0
12	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	51.32	M 50	2021-11-28	ROSARIO DUEÑAS		0
13	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	55.89	M 50	2021-11-28	ROSARIO DUEÑAS		0
45+										



FEGAN

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1	1075220	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	34.54	M 25	2021-11-28	FRIGSA	11
2	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	36.28	M 25	2021-11-28	FRIGSA	8
3	1141206	ANEIROS GARCIA JOSE M.	1974	CMARINA	36.94	M 25	2021-11-28	FRIGSA	6
4	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	37.31	M 25	2021-11-28	FRIGSA	5
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	37.97	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1143850	IGLESIAS MIRA FELIPE	1974	ESCUALOS	48.38	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	49.13	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1147217	DIEGUEZ BALADRON IVAN	1977	POR-MIÑA	49.65	M 25	2021-11-28	FRIGSA	1
9	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	51.26	M 50	2021-11-28	ROSARIO DUEÑAS	0
10	1198885	COUTO WORNER SERGIO	1976	TRICORUÑ	51.68	M 25	2021-11-28	FRIGSA	0
50+									
1	1006006	FERNANDEZ TORRES DIEGO	1972	POR-MIÑA	32.75	M 25	2021-11-28	FRIGSA	11
2	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	40.29	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	RSDH	41.79	M 25	2021-11-28	FRIGSA	6
4	1076537	VAZQUEZ VALLADARES ANTONIO	1972	RBAIXAS	44.31	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	44.46	M 25	2021-11-28	FRIGSA	4
6	1141356	GENDE DIAZ JUAN FELIX	1970	ADFOGAR	45.27	M 25	2021-11-28	FRIGSA	3
7	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	45.63	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	48.18	M 50	2021-11-28	ROSARIO DUEÑAS	1
9	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	49.84	M 50	2021-11-28	ROSARIO DUEÑAS	0
10	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	55.20	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1079463	RUIBAL GARCIA ALBERTO	1968	CTRAVIE	56.85	M 50	2021-11-28	ROSARIO DUEÑAS	0
12	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	1:06.98	M 50	2021-11-28	ROSARIO DUEÑAS	0
55+									
1	1053144	GUIÑAZU WALTER GABRIEL	1965	NPONTEA	46.35	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	46.59	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1143998	FERNANDEZ GARCIA MANUEL V.	1965	RIVEIRA	52.82	M 25	2021-11-28	FRIGSA	6
4	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	58.00	M 50	2021-11-28	ROSARIO DUEÑAS	5
60+									
1	1170858	CODESIDO LOPEZ JOSE	1959	CIDSANTI	40.09	M 25	2021-11-28	FRIGSA	11
2	1075185	YAÑEZ WONENBURGER J. CARLOS	1959	RSDH	42.06	M 25	2021-11-28	FRIGSA	8
3	1144180	SEGUIN CID SEVERINO	1959	CTRAVIE	50.07	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	50.72	M 25	2021-11-28	FRIGSA	5
5	1141436	PEREZ SOLIÑO CONSTANTE	1958	GALAICO	52.81	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1079748	SANTAMARINA LOPEZ JAVIER	1958	CTRAVIE	1:26.42	M 50	2021-11-28	ROSARIO DUEÑAS	3
70+									
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	59.98	M 50	2021-11-28	ROSARIO DUEÑAS	11

3. 200 m Libre Feminino

20+										
1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	2:18.95	M 50	2021-11-28	ROSARIO DUEÑAS	11	100L: 1:08.13
2	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	2:19.70	M 25	2021-11-28	FRIGSA	8	50L: 32.42 100L: 1:07.43
3	1130789	GARCIA MIGUEZ ROSALIA	1998	GALAICO	2:38.57	M 50	2021-11-28	ROSARIO DUEÑAS	6	100L: 1:16.55
4	1110948	CANO ROSALES NURIA	2001	GALAICO	2:53.94	M 50	2021-11-28	ROSARIO DUEÑAS	5	100L: 1:21.11
5	1201851	BARCIA GARCIA MARINA	2002	GALAICO	3:09.29	M 50	2021-11-28	ROSARIO DUEÑAS	4	100L: 1:28.63
6	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	3:17.02	M 50	2021-11-28	ROSARIO DUEÑAS	3	100L: 1:37.12
25+										
1	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	2:28.16	M 25	2021-11-28	FRIGSA	11	50L: 32.43 100L: 1:09.30
2	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	2:36.75	M 50	2021-11-28	ROSARIO DUEÑAS	8	100L: 1:14.93
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	2:45.54	M 50	2021-11-28	ROSARIO DUEÑAS	6	100L: 1:19.17
4	1142918	UCHA MUTILBA ANAIS	1995	NPONTEA	2:46.26	M 50	2021-11-28	ROSARIO DUEÑAS	5	100L: 1:19.77
5	1212077	PEREZ MONTOYA MARIA DEL CARMEN	1993	HERCULES	3:17.52	M 25	2021-11-28	FRIGSA	4	50L: 45.08 100L: 1:35.09
6	1078925	SALGADO CASTELO MARTA	1994	POR-MIÑA	3:25.45	M 25	2021-11-28	FRIGSA	3	50L: 52.56 100L: 1:45.50
7	1035411	FERNANDEZ GARCIA MARINA	1997	GALAICO	3:31.96	M 50	2021-11-28	ROSARIO DUEÑAS	2	100L: 1:25.74
30+										
1	1075231	VILLAR CAINZOS CLAUDIA	1992	CNFERRO	2:20.92	M 25	2021-11-28	FRIGSA	11	50L: 32.80 100L: 1:08.84
2	1093454	PINO AGUIRRE CRISTINA	1988	TRICORUÑ	3:01.25	M 25	2021-11-28	FRIGSA	8	50L: 41.18 100L: 1:26.92
3	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	3:41.25	M 50	2021-11-28	ROSARIO DUEÑAS	6	100L: 1:46.61
35+										
1	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	2:56.85	M 50	2021-11-28	ROSARIO DUEÑAS	11	

100L: 1:24.89

2 1036315 LOPEZ CORTABITARTE BELEN 1987 HERCULES 3:03.43 M 25 2021-11-28 FRIGSA 8
50L: 45.49 100L: 1:31.02

3 1203741 QUEREDA RODRÍGUEZ ALMUDENA 1985 CNLICEO 3:03.93 M 25 2021-11-28 FRIGSA 6
50L: 42.18 100L: 1:28.28

40+

1 1075221 HERMIDA RODRIGUEZ BLANCA 1981 CMARINA 2:40.89 M 25 2021-11-28 FRIGSA 11
50L: 35.79 100L: 1:15.74

2 1195584 ALAYON MORIN CRISTINA 1982 HERCULES 2:56.53 M 25 2021-11-28 FRIGSA 8
50L: 39.95 100L: 1:24.47

3 1180232 FKEOUI OMARI SALMA 1982 ESCUALOS 2:58.54 M 50 2021-11-28 ROSARIO DUEÑAS 6
100L: 1:28.04

4 1143597 SANCHEZ LEDO CIRA 1981 ESCUALOS 3:00.34 M 50 2021-11-28 ROSARIO DUEÑAS 5
100L: 1:29.76

5 1146893 PRADO FRANCO MARTA E. 1979 RBAIXAS 3:01.22 M 50 2021-11-28 ROSARIO DUEÑAS 4
100L: 1:25.63

6 1143894 DE LORENZO FERNANDEZ MARIA 1978 ESCUALOS 3:03.71 M 50 2021-11-28 ROSARIO DUEÑAS 3
100L: 1:30.07

7 1143598 MIRA VAZQUEZ MARTA 1981 ESCUALOS 3:05.15 M 50 2021-11-28 ROSARIO DUEÑAS 2
100L: 1:29.77

8 1144200 RODRIGUEZ LOPEZ BELEN 1981 RBAIXAS 3:10.70 M 50 2021-11-28 ROSARIO DUEÑAS 1
100L: 1:34.23

9 1147215 FERNANDEZ LOPEZ SONIA 1981 POR-MIÑA 5:35.80 M 25 2021-11-28 FRIGSA 0
50L: 1:11.21 100L: 2:36.81

45+

1 1180189 BRAÑA MENENDEZ SONIA 1975 HERCULES 2:37.50 M 25 2021-11-28 FRIGSA 11
50L: 36.28 100L: 1:16.49

2 1205780 ROMAR GASALLA AURORA FATIMA 1977 CMARINA 3:00.39 M 25 2021-11-28 FRIGSA 8
50L: 41.34 100L: 1:25.79

3 1075503 DE LA MONTAÑA ALCANTARA GLORIA 1973 RSDH 3:12.97 M 25 2021-11-28 FRIGSA 6
50L: 41.67 100L: 1:30.97

4 1172138 ROIG SANCHEZ BLANCA ANA 1974 RBAIXAS 3:23.81 M 50 2021-11-28 ROSARIO DUEÑAS 5
100L: 1:32.27

50+

1 1197600 SANDERSON HELEN JANE 1970 CULLERED 2:56.41 M 25 2021-11-28 FRIGSA 11
50L: 40.70 100L: 1:25.57

2 1058998 MUTILBA OBREGON NURIA 1969 NPONTEA 3:11.88 M 50 2021-11-28 ROSARIO DUEÑAS 8
100L: 1:32.68

3 1171727 GARCIA RODRIGUEZ TERESA 1972 POR-MIÑA 3:28.34 M 25 2021-11-28 FRIGSA 6
50L: 45.75 100L: 1:37.77

4 1037970 CALVIÑO CANCELA MARIA CRISTINA 1968 NPONTEA 3:29.45 M 50 2021-11-28 ROSARIO DUEÑAS 5

		100L: 1:41.82								
5	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	3:33.38	M 50	2021-11-28	ROSARIO DUEÑAS	4	
		100L: 1:44.11								
6	1144225	PLATERO LOPEZ DE TURISO A.	1971	POURENSE	3:36.85	M 50	2021-11-28	ROSARIO DUEÑAS	3	
		100L: 1:44.76								
7	1199898	PITA REGUEIRO RAQUEL	1972	HERCULES	4:03.51	M 25	2021-11-28	FRIGSA	2	
		50L: 55.24			100L: 1:57.69					
8	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	4:18.33	M 50	2021-11-28	ROSARIO DUEÑAS	1	
		100L: 2:03.45								
9	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	4:29.81	M 50	2021-11-28	ROSARIO DUEÑAS	0	
		100L: 2:13.94								
10	1212073	FERREIRA VARELA BEATRIZ	1969	CULLERED	4:39.18	M 25	2021-11-28	FRIGSA	0	
		50L: 1:00.26			100L: 2:08.69					
11	1145050	MURIANO RODRIGUEZ MONTSERRAT	1971	CNLICEO	4:47.22	M 25	2021-11-28	FRIGSA	0	
		50L: 1:01.71			100L: 2:16.95					
12	1144696	SEARA JALON MONICA	1970	POURENSE	4:59.16	M 50	2021-11-28	ROSARIO DUEÑAS	0	
		100L: 2:25.15								
55+										
1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	3:15.71	M 50	2021-11-28	ROSARIO DUEÑAS	11	
		100L: 1:33.86								
2	1102549	SANCHEZ LEAL GEMA ISABEL	1964	NPONTEA	3:30.65	M 50	2021-11-28	ROSARIO DUEÑAS	8	
		100L: 1:41.64								
3	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	3:39.43	M 25	2021-11-28	FRIGSA	6	
		50L: 47.26			100L: 1:39.83					
4	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	3:41.13	M 50	2021-11-28	ROSARIO DUEÑAS	5	
		100L: 1:49.98								
5	1212074	LOPEZ BLANCO Mº ISABEL	1963	CULLERED	3:58.22	M 25	2021-11-28	FRIGSA	4	
		50L: 52.47			100L: 1:51.19					
6	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	4:07.50	M 50	2021-11-28	ROSARIO DUEÑAS	3	
		100L: 2:03.43								
7	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	4:59.47	M 50	2021-11-28	ROSARIO DUEÑAS	2	
		100L: 2:27.74								
60+										
1	1076172	GARCIA COLOMO M. CRISTINA	1962	POURENSE	2:50.31	M 50	2021-11-28	ROSARIO DUEÑAS	11	
		100L: 1:21.48								
2	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	3:11.88	M 25	2021-11-28	FRIGSA	8	
		50L: 41.79			100L: 1:28.98					
3	1039437	BALADO LOPEZ ANA MARIA	1961	POURENSE	3:20.71	M 50	2021-11-28	ROSARIO DUEÑAS	6	
		100L: 1:35.40								
4	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	3:37.37	M 25	2021-11-28	FRIGSA	5	
		50L: 48.69			100L: 1:44.08					
5	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	3:57.21	M 25	2021-11-28	FRIGSA	4	



LIGA GALEGA MÁSTER XOR. 2 (UNIFICADOS)

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50L: 54.80 100L: 1:53.38

6	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	4:01.00	M 50	2021-11-28	ROSARIO DUEÑAS	3
		100L: 1:56.50							

65+

1	1075178	SAR MORANO DOLORES	1955	CULLERED	4:03.32	M 25	2021-11-28	FRIGSA	11
		50L: 49.91 100L: 1:52.02							

2	1037151	GOMEZ DOVAL M. ANGELA	1956	CTRAVIE	4:45.11	M 50	2021-11-28	ROSARIO DUEÑAS	8
		100L: 2:15.31							

70+

1	1076490	GONZÁLEZ ALEGRE ANA M.	1952	RCNVIGO	3:41.98	M 50	2021-11-28	ROSARIO DUEÑAS	11
		100L: 1:47.58							

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	6:13.95	M 50	2021-11-28	ROSARIO DUEÑAS	11
		100L: 3:05.33							

4. 200 m Libre Masculino

20+										
1	1111716	SIMON COTELO MANUEL	2001	HERCULES	2:02.67	M 25	2021-11-28	FRIGSA		11
		50L: 27.18							100L: 58.04	
2	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	2:21.04	M 50	2021-11-28	ROSARIO DUEÑAS		8
		100L: 1:06.53								
3	1142927	FERNANDEZ GARCIA JACOBO	2001	GALAICO	2:35.46	M 50	2021-11-28	ROSARIO DUEÑAS		6
		100L: 1:12.51								
25+										
1	1144193	PASTORIZA SANTA CLARA JORGE	1997	RBAIXAS	2:09.56	M 50	2021-11-28	ROSARIO DUEÑAS		11
		100L: 1:03.36								
2	1037076	COBELO REPRESAS FRANCISCO	1996	NPONTEA	2:23.23	M 50	2021-11-28	ROSARIO DUEÑAS		8
		100L: 1:09.00								
3	1058921	SIMON PASCUAL DIEGO	1993	RBAIXAS	2:32.27	M 50	2021-11-28	ROSARIO DUEÑAS		6
		100L: 1:10.58								
4	1174610	TABOADA VILA DANIEL	1993	POURENSE	2:45.11	M 50	2021-11-28	ROSARIO DUEÑAS		5
		100L: 1:19.29								
30+										
1	1212081	VELO RODRIGUEZ JUAN LUIS	1991	TRICORUÑ	2:24.06	M 25	2021-11-28	FRIGSA		11
		50L: 33.17							100L: 1:09.90	
2	1143997	CORES VAZQUEZ RICARDO	1992	NTNARON	2:29.18	M 25	2021-11-28	FRIGSA		8
		50L: 33.52							100L: 1:09.48	
3	1178769	RODRÍGUEZ GONZÁLEZ A.J.	1991	CNFERRO	2:30.24	M 25	2021-11-28	FRIGSA		6
		50L: 33.47							100L: 1:11.15	
4	1212076	PAIS MILLAN PAULO	1990	HERCULES	2:44.71	M 25	2021-11-28	FRIGSA		5
		50L: 36.03							100L: 1:16.19	
5	1110754	FREIRE LOPEZ DIEGO	1991	ARTEIXO	2:44.84	M 25	2021-11-28	FRIGSA		4
		50L: 32.90							100L: 1:11.44	
6	1194883	BARCIA ANIDO VALENTÍN	1992	HERCULES	2:44.98	M 25	2021-11-28	FRIGSA		3
		50L: 35.88							100L: 1:17.39	
7	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	2:54.28	M 50	2021-11-28	ROSARIO DUEÑAS		2
		100L: 1:23.74								
8	1143606	LORENZO MARTIN JAVIER	1989	ESCUALOS	2:55.29	M 50	2021-11-28	ROSARIO DUEÑAS		1
		100L: 1:25.46								
35+										
1	1143515	BLANCO PEREZ JESUS	1986	NTNARON	2:16.97	M 25	2021-11-28	FRIGSA		11
		50L: 31.62							100L: 1:05.28	
2	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	2:20.43	M 50	2021-11-28	ROSARIO DUEÑAS		8

		100L: 1:08.00								
3	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:23.79	M 50	2021-11-28	ROSARIO DUEÑAS	6	
		100L: 1:08.37								
4	1196860	BECERRA GALEGO ALEXANDRE	1987	CNLICEO	2:32.10	M 25	2021-11-28	FRIGSA	5	
		50L: 34.29			100L: 1:12.93					
5	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	2:36.42	M 25	2021-11-28	FRIGSA	4	
		50L: 38.12			100L: 1:18.24					
6	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	2:40.39	M 50	2021-11-28	ROSARIO DUEÑAS	3	
		100L: 1:13.61								
7	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	2:47.26	M 50	2021-11-28	ROSARIO DUEÑAS	2	
		100L: 1:17.09								
8	1212078	FERNÁNDEZ LAGUNA F.J.	1987	TRICORUÑ	2:50.98	M 25	2021-11-28	FRIGSA	1	
		50L: 37.95			100L: 1:18.19					
9	1020991	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	2:51.92	M 25	2021-11-28	FRIGSA	0	
		50L: 38.64			100L: 1:21.89					
10	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	2:57.95	M 25	2021-11-28	FRIGSA	0	
		50L: 42.73			100L: 1:27.44					
11	1178928	FIDALGO SERRANO GUILLERMO J.	1986	CTRAVIE	3:05.06	M 50	2021-11-28	ROSARIO DUEÑAS	0	
		100L: 1:28.92								
12	1145073	FERNANDES MAGALHAES ANDRE	1986	RBAIXAS	3:05.28	M 50	2021-11-28	ROSARIO DUEÑAS	0	
		100L: 1:40.04								
13	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	3:29.67	M 25	2021-11-28	FRIGSA	0	
		50L: 44.83			100L: 1:37.08					
14	1039360	POSE MATO CESAR	1983	ADFOGAR	3:34.06	M 25	2021-11-28	FRIGSA	0	
		50L: 47.53			100L: 1:41.65					
40+										
1	1076163	GOMEZ DORRIO ANTONIO	1979	RIVEIRA	2:17.48	M 25	2021-11-28	FRIGSA	11	
		50L: 30.88			100L: 1:06.20					
2	1143480	ABADES REBOREDO DANIEL	1978	HERCULES	2:19.98	M 25	2021-11-28	FRIGSA	8	
		50L: 32.40			100L: 1:08.40					
3	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:21.03	M 50	2021-11-28	ROSARIO DUEÑAS	6	
		100L: 1:08.32								
4	1184179	MARTÍN MORENO CARLOS	1980	TRICORUÑ	2:28.25	M 25	2021-11-28	FRIGSA	5	
		50L: 34.30			100L: 1:11.37					
5	1212075	GONZALEZ PARIS DAVID	1978	HERCULES	2:30.13	M 25	2021-11-28	FRIGSA	4	
		50L: 34.27			100L: 1:12.30					
6	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	2:32.85	M 25	2021-11-28	FRIGSA	3	
		50L: 35.27			100L: 1:14.19					
7	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	2:35.74	M 25	2021-11-28	FRIGSA	2	
		50L: 35.20			100L: 1:14.56					
8	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	2:37.55	M 25	2021-11-28	FRIGSA	1	
		50L: 34.88			100L: 1:14.44					
9	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	2:42.57	M 50	2021-11-28	ROSARIO DUEÑAS	0	

100L: 1:18.95

10	1196836	AGEITOS SAMPEDRO JUAN CARLOS	1982	RIVEIRA	2:42.59	M 25	2021-11-28	FRIGSA	0
		50L: 34.79			100L: 1:16.15				
11	1212080	MAIZ MANSO CARLOS	1980	TRICORUÑ	2:51.99	M 25	2021-11-28	FRIGSA	0
		50L: 35.72			100L: 1:15.44				
12	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	2:52.76	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:22.98							
13	1202972	PÉREZ LÓPEZ MANUEL	1981	ESCUALOS	2:55.00	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:26.12							
14	1144915	SANCHEZ PARADAS JOSE Mª	1978	ARTEIXO	3:16.11	M 25	2021-11-28	FRIGSA	0
		50L: 41.85			100L: 1:31.04				
15	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	3:25.98	M 25	2021-11-28	FRIGSA	0
		50L: 46.37			100L: 1:39.53				

45+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	RBAIXAS	2:15.54	M 50	2021-11-28	ROSARIO DUEÑAS	11
		100L: 1:05.54							
2	1143482	COLLAZO ESMORIS GERARDO A.	1975	HERCULES	2:22.49	M 25	2021-11-28	FRIGSA	8
		50L: 33.13			100L: 1:09.82				
3	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	2:24.96	M 50	2021-11-28	ROSARIO DUEÑAS	6
		100L: 1:10.13							
4	1075501	HOUT VARELA FADY	1974	HERCULES	2:25.14	M 25	2021-11-28	FRIGSA	5
		50L: 33.36			100L: 1:10.64				
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	2:28.13	M 50	2021-11-28	ROSARIO DUEÑAS	4
		100L: 1:09.52							
6	1144212	MON FERNÁNDEZ JAVIER	1976	ARTEIXO	2:28.75	M 25	2021-11-28	FRIGSA	3
		50L: 34.55			100L: 1:12.12				
7	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	2:30.06	M 25	2021-11-28	FRIGSA	2
		50L: 31.95			100L: 1:09.94				
8	1075220	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	2:34.70	M 25	2021-11-28	FRIGSA	1
		50L: 35.69			100L: 1:15.13				
9	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	2:35.88	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:14.15							
10	1146885	GRAÑA FERNANDEZ ALFONSO	1976	NTNARON	2:44.48	M 25	2021-11-28	FRIGSA	0
		50L: 39.13			100L: 1:20.83				
11	1145058	VALCUENDE RODRIGUEZ J.M.	1976	HERCULES	2:48.51	M 25	2021-11-28	FRIGSA	0
		50L: 38.56			100L: 1:19.93				
12	1147287	ESCUADERO DANS DAVID	1973	HERCULES	2:49.69	M 25	2021-11-28	FRIGSA	0
		50L: 38.07			100L: 1:21.62				
13	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	2:49.70	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:22.77							
14	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	2:53.09	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:22.17							
15	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	2:55.83	M 50	2021-11-28	ROSARIO DUEÑAS	0

100L: 1:22.90

16	1078844	FERNANDEZ FERNANDEZ JOSE LUIS	1974	CIDSANTI	2:57.07	M 25	2021-11-28	FRIGSA	0
		50L: 39.19							100L: 1:23.49
17	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	2:58.83	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:24.27							
18	1198885	COUTO WORNER SERGIO	1976	TRICORUÑ	3:11.56	M 25	2021-11-28	FRIGSA	0
		50L: 40.66							100L: 1:27.92
19	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	3:11.78	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:36.77							
20	1143850	IGLESIAS MIRA FELIPE	1974	ESCUALOS	3:18.83	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:36.75							
21	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	3:19.53	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:29.86							
22	1212079	LAGO CASTRO MARCOS	1974	TRICORUÑ	3:23.84	M 25	2021-11-28	FRIGSA	0
		50L: 45.84							100L: 1:36.57
23	1197558	FERNANDEZ FERNANDEZ M.A.	1977	RBAIXAS	3:31.92	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:33.60							
24	1144196	LOPEZ FRANCISCO FRANCISCO JOSE	1976	RBAIXAS	3:41.00	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:38.82							

50+

1	1076185	PEREIRA DIAZ ANGEL	1972	POR-MIÑA	2:20.42	M 25	2021-11-28	FRIGSA	11
		50L: 32.15							100L: 1:08.47
2	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	2:25.17	M 25	2021-11-28	FRIGSA	8
		50L: 33.58							100L: 1:10.06
3	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	2:44.78	M 50	2021-11-28	ROSARIO DUEÑAS	6
		100L: 1:16.61							
4	1146890	CARRASCO LOPEZ JOSE LUIS	1972	NTNARON	3:00.81	M 25	2021-11-28	FRIGSA	5
		50L: 40.71							100L: 1:26.25
5	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	3:01.31	M 50	2021-11-28	ROSARIO DUEÑAS	4
		100L: 1:26.30							
6	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	3:03.57	M 50	2021-11-28	ROSARIO DUEÑAS	3
		100L: 1:26.19							
7	1145051	FERREIRO CRUZ EDUARDO	1970	CNLICEO	3:04.42	M 25	2021-11-28	FRIGSA	2
		50L: 40.03							100L: 1:27.60
8	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	3:04.87	M 50	2021-11-28	ROSARIO DUEÑAS	1
		100L: 1:28.62							
9	1170811	GOMEZ IGLESIAS JUAN	1970	ESCUALOS	3:06.98	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:31.50							
10	1193949	LAMELO OTERO RAMÓN J.	1968	CIDSANTI	3:10.61	M 25	2021-11-28	FRIGSA	0
		50L: 44.18							100L: 1:33.89
11	1144708	CARBALLO GONZALEZ MIGUEL	1968	POURENSE	3:10.83	M 50	2021-11-28	ROSARIO DUEÑAS	0
		100L: 1:32.83							
12	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	3:13.60	M 50	2021-11-28	ROSARIO DUEÑAS	0

100L: 1:35.74									
13	1143612	PENEDO PADIN ADOLFO	1972	GALAICO	3:15.00	M 50	2021-11-28	ROSARIO DUEÑAS	0
100L: 1:33.77									
14	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	3:33.48	M 50	2021-11-28	ROSARIO DUEÑAS	0
100L: 1:46.09									
15	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	3:50.20	M 25	2021-11-28	FRIGSA	0
		50L: 46.62			100L: 1:43.80				
16	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	3:54.64	M 25	2021-11-28	FRIGSA	0
		50L: 53.15			100L: 1:53.89				
17	1197594	BORRAZAS ZAS JOSE FERNANDO	1970	CULLERED	4:04.42	M 25	2021-11-28	FRIGSA	0
		50L: 53.67			100L: 1:54.72				
18	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	4:05.21	M 50	2021-11-28	ROSARIO DUEÑAS	0
100L: 1:56.60									
55+									
1	1076503	FERNANDEZ SALGUEIRO JUAN A.	1965	RIVEIRA	2:27.48	M 25	2021-11-28	FRIGSA	11
		50L: 34.76			100L: 1:11.57				
2	1076177	TIMIRAO S CARRASCO FERNANDO	1965	POR-MIÑA	2:29.62	M 25	2021-11-28	FRIGSA	8
		50L: 36.18			100L: 1:14.03				
3	1085112	RIVAS FEAL ANTONIO	1966	HERCULES	2:29.86	M 25	2021-11-28	FRIGSA	6
		50L: 35.55			100L: 1:13.40				
4	1076250	BETHENCOURT IGLESIAS SERGIO	1963	GALAICO	2:48.03	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	3:24.10	M 50	2021-11-28	ROSARIO DUEÑAS	4
100L: 1:40.44									
6	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	3:36.76	M 25	2021-11-28	FRIGSA	3
		50L: 48.45			100L: 1:42.67				
60+									
1	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	2:42.31	M 25	2021-11-28	FRIGSA	11
		50L: 35.87			100L: 1:16.20				
2	1170858	CODESIDO LOPEZ JOSE	1959	CIDSANTI	2:45.87	M 25	2021-11-28	FRIGSA	8
		50L: 38.16			100L: 1:19.94				
3	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	3:23.65	M 50	2021-11-28	ROSARIO DUEÑAS	6
100L: 1:39.02									
4	1141436	PEREZ SOLIÑO CONSTANTE	1958	GALAICO	3:25.91	M 50	2021-11-28	ROSARIO DUEÑAS	5
100L: 1:40.73									
5	1143896	PERDIZ GONZALEZ JOSE RAMON	1958	ESCUALOS	4:23.25	M 50	2021-11-28	ROSARIO DUEÑAS	4
100L: 2:10.21									
6	1207046	BARRERAS GARCIA REBOREDO J.F.	1961	RBAIXAS	5:01.16	M 50	2021-11-28	ROSARIO DUEÑAS	3
100L: 2:23.16									
65+									
1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	3:07.16	M 50	2021-11-28	ROSARIO DUEÑAS	11
100L: 1:32.86									



LIGA GALEGA MÁSTER XOR. 2 (UNIFICADOS)

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2	1076493	ANDRES GONZALEZ RAMIRO J. E.	1954	CTRAVIE	3:32.93	M 50	2021-11-28	ROSARIO DUEÑAS	8
		100L: 1:46.84							
3	1076495	PAZOS CABAL MIGUEL	1955	ADFOGAR	4:26.77	M 25	2021-11-28	FRIGSA	6
		50L: 1:01.49							
		100L: 2:11.06							
4	1191492	TIMIRAOS CARRASCO LUIS	1956	POURENSE	4:54.19	M 50	2021-11-28	ROSARIO DUEÑAS	5
		100L: 2:26.00							

5. 50 m Bolboreta Feminino

20+										
1	1115615	PASCUAL GUTIERREZ MARIA TERESA	1998	HERCULES	31.33	M 25	2021-11-28	FRIGSA		11
2	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	31.82	M 25	2021-11-28	FRIGSA		8
3	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	31.96	M 25	2021-11-28	FRIGSA		6
4	1039714	TABOADA ASOREY PAULA	2001	TRICORUÑ	34.07	M 25	2021-11-28	FRIGSA		5
5	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	34.16	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1130789	GARCIA MIGUEZ ROSALIA	1998	GALAICO	36.68	M 50	2021-11-28	ROSARIO DUEÑAS		3
7	1037966	FERNANDEZ PARDO IRENE	2001	NPONTEA	37.30	M 50	2021-11-28	ROSARIO DUEÑAS		2
8	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	39.23	M 50	2021-11-28	ROSARIO DUEÑAS		1
9	1201851	BARCIA GARCIA MARINA	2002	GALAICO	47.37	M 50	2021-11-28	ROSARIO DUEÑAS		0
25+										
1	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	35.40	M 25	2021-11-28	FRIGSA		11
2	1142918	UCHA MUTILBA ANAIS	1995	NPONTEA	40.10	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	49.50	M 50	2021-11-28	ROSARIO DUEÑAS		6
30+										
1	1075230	GARCIA SOTO PATRICIA	1991	CNFERRO	32.08	M 25	2021-11-28	FRIGSA		11
2	1075742	VALIÑO GÓMEZ ESTHER	1988	RBAIXAS	32.57	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	32.94	M 25	2021-11-28	FRIGSA		6
4	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	36.80	M 25	2021-11-28	FRIGSA		5
5	1142917	LOPEZ SANMARTIN TANIA	1991	CNFERRO	38.23	M 25	2021-11-28	FRIGSA		4
6	1194024	ABELENDA POSE MARÍA ESTEFANIA	1989	CNLICEO	47.00	M 25	2021-11-28	FRIGSA		3
7	1202705	MARTINEZ BARGIELA MARIA OLGA	1990	RBAIXAS	1:13.10	M 50	2021-11-28	ROSARIO DUEÑAS		2
35+										
1	1075741	VALIÑO GOMEZ IRIA	1984	POR-MIÑA	35.86	M 25	2021-11-28	FRIGSA		11
2	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	40.07	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	40.60	M 25	2021-11-28	FRIGSA		6
4	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	40.70	M 25	2021-11-28	FRIGSA		5
5	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	45.35	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1182379	GARCÍA LORENZO IRIA	1987	NPONTEA	48.16	M 50	2021-11-28	ROSARIO DUEÑAS		3
40+										
1	1182364	RODRIGUEZ RODRIGUEZ ZELTIA	1981	NTNARON	39.36	M 25	2021-11-28	FRIGSA		11
2	1146893	PRADO FRANCO MARTA E.	1979	RBAIXAS	39.66	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1210700	ROMERO GOYANES VANESA	1982	CIDSANTI	42.08	M 25	2021-11-28	FRIGSA		6
4	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	50.71	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	53.63	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	1:05.84	M 25	2021-11-28	FRIGSA		3

7	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	1:06.50	M 50	2021-11-28	ROSARIO DUEÑAS	2
45+									
1	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	42.91	M 50	2021-11-28	ROSARIO DUEÑAS	11
50+									
1	1144812	FREY NANCY LOUISE	1968	RIVEIRA	40.03	M 25	2021-11-28	FRIGSA	11
2	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	50.78	M 25	2021-11-28	FRIGSA	8
3	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	51.10	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	54.79	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	58.93	M 25	2021-11-28	FRIGSA	4
6	1145050	MURIANO RODRIGUEZ MONTSERRAT	1971	CNLICEO	1:08.57	M 25	2021-11-28	FRIGSA	3
7	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	1:20.22	M 50	2021-11-28	ROSARIO DUEÑAS	2
60+									
1	1076172	GARCIA COLOMO M. CRISTINA	1962	POURENSE	41.75	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	49.18	M 25	2021-11-28	FRIGSA	8
65+									
1	1076492	CAICOYA DE URZAIZ ALICIA	1954	CTRAVIE	1:01.65	M 50	2021-11-28	ROSARIO DUEÑAS	11
70+									
1	1076490	GONZÁLEZ ALEGRE ANA M.	1952	RCNVIGO	1:00.03	M 50	2021-11-28	ROSARIO DUEÑAS	11

6. 50 m Bolboreta Masculino

20+										
1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	27.48	M 25	2021-11-28	FRIGSA		11
2	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	29.96	M 25	2021-11-28	FRIGSA		8
3	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	30.27	M 25	2021-11-28	FRIGSA		6
4	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	32.92	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1142927	FERNANDEZ GARCIA JACOBO	2001	GALAICO	33.29	M 50	2021-11-28	ROSARIO DUEÑAS		4
25+										
1	1037180	CARRERA COSTAS MARTIN	1996	NPONTEA	28.45	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1038180	ARGIBAY QUEIJO DANIEL J.	1995	NPONTEA	32.31	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	32.70	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1058921	SIMON PASCUAL DIEGO	1993	RBAIXAS	34.47	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1174610	TABOADA VILA DANIEL	1993	POURENSE	39.57	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1198267	DOMÍNGUEZ ROMERO BRAIS	1997	CNFERRO	42.82	M 25	2021-11-28	FRIGSA		3
30+										
1	1107406	DOMÍNGUEZ PARDELLAS RUBÉN	1988	RCNVIGO	30.98	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	34.22	M 25	2021-11-28	FRIGSA		8
3	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	36.91	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1178769	RODRÍGUEZ GONZÁLEZ A.J.	1991	CNFERRO	37.32	M 25	2021-11-28	FRIGSA		5
5	1144278	ABOY CASTRO ADRIÁN	1990	NPONTEA	40.37	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1144207	PEREZ DIEGUEZ ADRIAN	1990	TRICORUÑ	44.99	M 25	2021-11-28	FRIGSA		3
35+										
1	1140778	RODRIGUEZ LAGO DAVID	1986	CIDSANTI	28.06	M 25	2021-11-28	FRIGSA		11
2	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	31.54	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	32.10	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	32.22	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1191119	CAO LAGO PABLO	1987	RBAIXAS	33.57	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	34.98	M 25	2021-11-28	FRIGSA		3
7	1075999	CHAVES RODRIGUEZ FABIO	1985	POR-MIÑA	35.02	M 25	2021-11-28	FRIGSA		2
8	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	39.00	M 50	2021-11-28	ROSARIO DUEÑAS		1
9	1020991	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	41.19	M 25	2021-11-28	FRIGSA		0
10	1196860	BECERRA GALEGO ALEXANDRE	1987	CNLICEO	42.91	M 25	2021-11-28	FRIGSA		0
11	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	47.07	M 50	2021-11-28	ROSARIO DUEÑAS		0
40+										
1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	32.34	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1182358	CANOSA RODRIGUEZ JUAN JOSE	1980	NTNARON	32.92	M 25	2021-11-28	FRIGSA		8
3	1143480	ABADES REBOREDO DANIEL	1978	HERCULES	33.33	M 25	2021-11-28	FRIGSA		6

4	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	34.29	M 25	2021-11-28	FRIGSA	5
5	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	35.64	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	35.88	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1202972	PÉREZ LÓPEZ MANUEL	1981	ESCUALOS	43.79	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	45.16	M 50	2021-11-28	ROSARIO DUEÑAS	1
9	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	45.84	M 50	2021-11-28	ROSARIO DUEÑAS	0
45+									
1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	RBAIXAS	27.87	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	30.46	M 25	2021-11-28	FRIGSA	8
3	1141206	ANEIROS GARCIA JOSE M.	1974	CMARINA	30.82	M 25	2021-11-28	FRIGSA	6
4	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	31.12	M 25	2021-11-28	FRIGSA	5
5	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	31.41	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1075501	HOUT VARELA FADY	1974	HERCULES	33.69	M 25	2021-11-28	FRIGSA	3
7	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	33.77	M 25	2021-11-28	FRIGSA	2
8	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	33.89	M 25	2021-11-28	FRIGSA	1
9	1143482	COLLAZO ESMORIS GERARDO A.	1975	HERCULES	35.10	M 25	2021-11-28	FRIGSA	0
10	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	36.07	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1147287	ESCUDERO DANS DAVID	1973	HERCULES	36.42	M 25	2021-11-28	FRIGSA	0
12	1127349	SOBRINO EIRIZ MANUEL	1975	NPONTEA	41.03	M 50	2021-11-28	ROSARIO DUEÑAS	0
13	1144830	RASKIN TALLER MARIANO	1975	CIDSANTI	43.26	M 25	2021-11-28	FRIGSA	0
14	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	45.27	M 50	2021-11-28	ROSARIO DUEÑAS	0
15	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	51.27	M 50	2021-11-28	ROSARIO DUEÑAS	0
16	1197558	FERNANDEZ FERNANDEZ M.A.	1977	RBAIXAS	51.45	M 50	2021-11-28	ROSARIO DUEÑAS	0
50+									
1	1006006	FERNANDEZ TORRES DIEGO	1972	POR-MIÑA	30.33	M 25	2021-11-28	FRIGSA	11
2	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	30.80	M 25	2021-11-28	FRIGSA	8
3	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	38.09	M 25	2021-11-28	FRIGSA	6
4	1076537	VAZQUEZ VALLADARES ANTONIO	1972	RBAIXAS	38.41	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1146890	CARRASCO LOPEZ JOSE LUIS	1972	NTNARON	38.77	M 25	2021-11-28	FRIGSA	4
6	1127108	ABELENDIA GARRIDO SANTIAGO	1972	ADFOGAR	39.34	M 25	2021-11-28	FRIGSA	3
7	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	40.70	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1141356	GENDE DIAZ JUAN FELIX	1970	ADFOGAR	41.07	M 25	2021-11-28	FRIGSA	1
9	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	44.39	M 25	2021-11-28	FRIGSA	0
10	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	45.84	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1145051	FERREIRO CRUZ EDUARDO	1970	CNLICEO	49.10	M 25	2021-11-28	FRIGSA	0
12	1193949	LAMELO OTERO RAMÓN J.	1968	CIDSANTI	58.32	M 25	2021-11-28	FRIGSA	0
13	1106828	TRILLO CARLIN JOSE FERNANDO	1968	ADFOGAR	58.90	M 25	2021-11-28	FRIGSA	0
55+									
1	1085112	RIVAS FEAL ANTONIO	1966	HERCULES	34.60	M 25	2021-11-28	FRIGSA	11
2	1076503	FERNANDEZ SALGUEIRO JUAN A.	1965	RIVEIRA	34.99	M 25	2021-11-28	FRIGSA	8
3	1076177	TIMIRAO S CARRASCO FERNANDO	1965	POR-MIÑA	36.92	M 25	2021-11-28	FRIGSA	6

4	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	37.87	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1143998	FERNANDEZ GARCIA MANUEL V.	1965	RIVEIRA	44.96	M 25	2021-11-28	FRIGSA	4
6	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	49.19	M 25	2021-11-28	FRIGSA	3
7	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	59.91	M 50	2021-11-28	ROSARIO DUEÑAS	2
60+									
1	1075185	YAÑEZ WONENBURGER J. CARLOS	1959	RSDH	38.74	M 25	2021-11-28	FRIGSA	11
2	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	49.80	M 25	2021-11-28	FRIGSA	8
3	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	50.56	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1144180	SEGUIN CID SEVERINO	1959	CTRAVIE	53.48	M 50	2021-11-28	ROSARIO DUEÑAS	5
65+									
1	1076495	PAZOS CABAL MIGUEL	1955	ADFOGAR	1:09.54	M 25	2021-11-28	FRIGSA	11
2	1191492	TIMIRAOS CARRASCO LUIS	1956	POURENSE	1:28.70	M 50	2021-11-28	ROSARIO DUEÑAS	8
70+									
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	1:03.46	M 50	2021-11-28	ROSARIO DUEÑAS	11

7. 100 m Braza Feminino

20+										
1	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	1:25.03	M 25	2021-11-28	FRIGSA		11
		50B: 40.75								
2	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	1:30.13	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1039714	TABOADA ASOREY PAULA	2001	TRICORUÑ	1:30.51	M 25	2021-11-28	FRIGSA		6
		50B: 42.57								
4	1115615	PASCUAL GUTIERREZ MARIA TERESA	1998	HERCULES	1:34.71	M 25	2021-11-28	FRIGSA		5
		50B: 44.05								
5	1110948	CANO ROSALES NURIA	2001	GALAICO	1:47.13	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:57.63	M 50	2021-11-28	ROSARIO DUEÑAS		3
25+										
1	1075328	LOPEZ SANMARTIN NEREA	1996	CNFERRO	1:21.13	M 25	2021-11-28	FRIGSA		11
		50B: 37.61								
2	1215925	RODRIGUEZ ZABALA MIRIAM	1993	NTNARON	1:41.38	M 25	2021-11-28	FRIGSA		8
		50B: 44.93								
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	1:41.63	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:48.94	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1212077	PEREZ MONTOYA MARIA DEL CARMEN	1993	HERCULES	2:03.71	M 25	2021-11-28	FRIGSA		4
		50B: 58.97								
6	1035411	FERNANDEZ GARCIA MARINA	1997	GALAICO	2:08.65	M 50	2021-11-28	ROSARIO DUEÑAS		3
7	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	2:36.69	M 50	2021-11-28	ROSARIO DUEÑAS		2
30+										
1	1075742	VALIÑO GÓMEZ ESTHER	1988	RBAIXAS	1:24.49	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1075230	GARCIA SOTO PATRICIA	1991	CNFERRO	1:25.64	M 25	2021-11-28	FRIGSA		8
		50B: 41.28								
3	1086350	RIVAS CARCACIA NATALIA	1991	ESCUALOS	1:31.81	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	1:32.65	M 25	2021-11-28	FRIGSA		5
		50B: 43.68								
5	1144825	ESPASANDIN MARTÍNEZ MARÍA	1990	HERCULES	1:38.40	M 25	2021-11-28	FRIGSA		4
		50B: 48.75								
6	1194024	ABELENDA POSE MARÍA ESTEFANIA	1989	CNLICEO	1:49.12	M 25	2021-11-28	FRIGSA		3
		50B: 49.24								
7	1208840	OUTERELO ALONSO NATALIA	1991	NPONTEA	1:59.21	M 50	2021-11-28	ROSARIO DUEÑAS		2
8	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	2:11.29	M 50	2021-11-28	ROSARIO DUEÑAS		1
9	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	2:16.77	M 50	2021-11-28	ROSARIO DUEÑAS		0
35+										
1	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	1:30.79	M 25	2021-11-28	FRIGSA		11

50B: 42.91

2	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	1:35.50	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	1:46.59	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1182379	GARCÍA LORENZO IRIA	1987	NPONTEA	1:48.35	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1036315	LOPEZ CORTABITARTE BELEN	1987	HERCULES	1:50.04	M 25	2021-11-28	FRIGSA	4

50B: 54.54

40+

1	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	1:39.03	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	1:39.71	M 25	2021-11-28	FRIGSA	8

50B: 47.97

3	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	1:42.13	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	1:47.10	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	1:51.47	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	1:51.91	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	1:59.50	M 50	2021-11-28	ROSARIO DUEÑAS	2

45+

1	1180189	BRAÑA MENENDEZ SONIA	1975	HERCULES	1:29.01	M 25	2021-11-28	FRIGSA	11
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50B: 41.96

2	1075209	HERNANDEZ TENREIRO MARTA	1975	CNFERRO	1:36.07	M 25	2021-11-28	FRIGSA	8
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50B: 44.45

3	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	1:51.35	M 25	2021-11-28	FRIGSA	6
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50B: 51.16

4	1185620	GRUEIRO CERCIDO PATRICIA	1976	NTNARON	1:51.53	M 25	2021-11-28	FRIGSA	5
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50B: 51.84

5	1208832	CORREDOIRA KARINA HAYDEE	1974	NPONTEA	1:56.81	M 50	2021-11-28	ROSARIO DUEÑAS	4
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6	1208841	PORTELA VILLANUEVA GEMA	1974	NPONTEA	2:28.27	M 50	2021-11-28	ROSARIO DUEÑAS	3
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7	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	2:31.30	M 25	2021-11-28	FRIGSA	2
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50B: 1:11.48

50+

1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	1:48.38	M 50	2021-11-28	ROSARIO DUEÑAS	11
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2	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	2:07.89	M 50	2021-11-28	ROSARIO DUEÑAS	8
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3	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	2:12.58	M 50	2021-11-28	ROSARIO DUEÑAS	6
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4	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	2:13.33	M 50	2021-11-28	ROSARIO DUEÑAS	5
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5	1144225	PLATERO LOPEZ DE TURISO A.	1971	POURENSE	2:13.91	M 50	2021-11-28	ROSARIO DUEÑAS	4
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6	1171721	VAZQUEZ ALONSO PATRICIA	1969	NPONTEA	2:43.69	M 50	2021-11-28	ROSARIO DUEÑAS	3
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55+

1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	1:49.65	M 50	2021-11-28	ROSARIO DUEÑAS	11
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2	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	1:57.28	M 50	2021-11-28	ROSARIO DUEÑAS	8
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3	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	2:00.44	M 50	2021-11-28	ROSARIO DUEÑAS	6
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4	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	2:30.69	M 50	2021-11-28	ROSARIO DUEÑAS	5
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5	1078803	MUIÑO ANDRADE MARIA JOSE	1964	ARTEIXO	3:00.61	M 25	2021-11-28	FRIGSA	4
		50B: 1:27.05							
6	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	3:12.63	M 50	2021-11-28	ROSARIO DUEÑAS	3
60+									
1	1039437	BALADO LOPEZ ANA MARIA	1961	POURENSE	1:43.13	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	1:52.57	M 25	2021-11-28	FRIGSA	8
		50B: 53.74							
3	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	2:05.55	M 25	2021-11-28	FRIGSA	6
		50B: 59.79							
4	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	2:10.77	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	2:17.94	M 25	2021-11-28	FRIGSA	4
		50B: 1:06.70							
65+									
1	1037151	GOMEZ DOVAL M. ANGELA	1956	CTRAVIE	2:30.20	M 50	2021-11-28	ROSARIO DUEÑAS	11
75+									
1	1178774	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	5:08.13	M 50	2021-11-28	ROSARIO DUEÑAS	11

8. 100 m Braza Masculino

20+										
1	1111716	SIMON COTELO MANUEL	2001	HERCULES	1:14.33	M 25	2021-11-28	FRIGSA		11
		50B: 34.44								
25+										
1	1037180	CARRERA COSTAS MARTIN	1996	NPONTEA	1:17.33	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	1:31.90	M 50	2021-11-28	ROSARIO DUEÑAS		8
3	1216460	FRANCISCO MACIAS SIMON	1996	POURENSE	1:34.00	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1198267	DOMÍNGUEZ ROMERO BRAIS	1997	CNFERRO	1:41.06	M 25	2021-11-28	FRIGSA		5
		50B: 47.76								
30+										
1	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	1:21.04	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1143997	CORES VAZQUEZ RICARDO	1992	NTNARON	1:25.89	M 25	2021-11-28	FRIGSA		8
		50B: 38.59								
3	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	1:28.31	M 50	2021-11-28	ROSARIO DUEÑAS		6
4	1212081	VELO RODRIGUEZ JUAN LUIS	1991	TRICORUÑ	1:30.58	M 25	2021-11-28	FRIGSA		5
		50B: 43.88								
5	1110754	FREIRE LOPEZ DIEGO	1991	ARTEIXO	1:31.92	M 25	2021-11-28	FRIGSA		4
		50B: 44.68								
6	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	1:33.04	M 25	2021-11-28	FRIGSA		3
		50B: 45.04								
7	1212076	PAIS MILLAN PAULO	1990	HERCULES	1:36.66	M 25	2021-11-28	FRIGSA		2
		50B: 45.16								
35+										
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	1:12.28	M 50	2021-11-28	ROSARIO DUEÑAS		11
2	1140778	RODRIGUEZ LAGO DAVID	1986	CIDSANTI	1:12.34	M 25	2021-11-28	FRIGSA		8
		50B: 34.52								
3	1143515	BLANCO PEREZ JESUS	1986	NTNARON	1:18.29	M 25	2021-11-28	FRIGSA		6
		50B: 36.11								
4	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	1:18.56	M 50	2021-11-28	ROSARIO DUEÑAS		5
5	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	1:23.21	M 50	2021-11-28	ROSARIO DUEÑAS		4
6	1191119	CAO LAGO PABLO	1987	RBAIXAS	1:27.70	M 50	2021-11-28	ROSARIO DUEÑAS		3
7	1075999	CHAVES RODRIGUEZ FABIO	1985	POR-MIÑA	1:29.81	M 25	2021-11-28	FRIGSA		2
		50B: 42.79								
8	1212078	FERNÁNDEZ LAGUNA F.J.	1987	TRICORUÑ	1:38.39	M 25	2021-11-28	FRIGSA		1
		50B: 46.66								
9	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	1:41.76	M 25	2021-11-28	FRIGSA		0
		50B: 48.50								

10	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	1:52.15	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1143699	OTERO ROSENDO ADOLFO	1984	CTRAVIE	2:01.53	M 50	2021-11-28	ROSARIO DUEÑAS	0
12	1039360	POSE MATO CESAR	1983	ADFOGAR	2:04.63	M 25	2021-11-28	FRIGSA	0
		50B: 59.21							
13	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	2:07.89	M 25	2021-11-28	FRIGSA	0
		50B: 57.30							

40+

1	1076163	GOMEZ DORRIO ANTONIO	1979	RIVEIRA	1:16.98	M 25	2021-11-28	FRIGSA	11
		50B: 36.08							
2	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	1:19.60	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	1:19.65	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	1:20.25	M 25	2021-11-28	FRIGSA	5
		50B: 37.09							
5	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	1:24.77	M 25	2021-11-28	FRIGSA	4
		50B: 39.63							
6	1182358	CANOSA RODRIGUEZ JUAN JOSE	1980	NTNARON	1:31.33	M 25	2021-11-28	FRIGSA	3
		50B: 43.58							
7	1143895	PADIN CHARLIN JOAQUIN	1980	ESCUALOS	1:32.30	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1174609	MONTESINOS CEBALLOS SERGIO	1979	ESCUALOS	1:33.42	M 50	2021-11-28	ROSARIO DUEÑAS	1
9	1147216	GONZALEZ VICENTE RUBEN	1981	POR-MIÑA	1:34.34	M 25	2021-11-28	FRIGSA	0
		50B: 46.20							
10	1184179	MARTÍN MORENO CARLOS	1980	TRICORUÑ	1:34.42	M 25	2021-11-28	FRIGSA	0
		50B: 47.06							
11	1196836	AGEITOS SAMPEDRO JUAN CARLOS	1982	RIVEIRA	1:34.73	M 25	2021-11-28	FRIGSA	0
		50B: 43.38							
12	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	1:35.47	M 50	2021-11-28	ROSARIO DUEÑAS	0
13	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	1:39.09	M 25	2021-11-28	FRIGSA	0
		50B: 45.39							
14	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	1:40.16	M 50	2021-11-28	ROSARIO DUEÑAS	0
15	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	1:42.62	M 50	2021-11-28	ROSARIO DUEÑAS	0
16	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	1:42.63	M 50	2021-11-28	ROSARIO DUEÑAS	0
17	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	1:42.95	M 50	2021-11-28	ROSARIO DUEÑAS	0
18	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	1:55.59	M 50	2021-11-28	ROSARIO DUEÑAS	0

45+

1	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	1:20.26	M 25	2021-11-28	FRIGSA	11
		50B: 38.56							
2	1145058	VALCUENDE RODRIGUEZ J.M.	1976	HERCULES	1:32.70	M 25	2021-11-28	FRIGSA	8
		50B: 43.72							
3	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	1:33.85	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	1:35.41	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1212079	LAGO CASTRO MARCOS	1974	TRICORUÑ	1:39.05	M 25	2021-11-28	FRIGSA	4
		50B: 48.19							

6	1146885	GRAÑA FERNANDEZ ALFONSO	1976	NTNARON	1:39.29	M 25	2021-11-28	FRIGSA	3
		50B: 47.53							
7	1078844	FERNANDEZ FERNANDEZ JOSE LUIS	1974	CIDSANTI	1:41.42	M 25	2021-11-28	FRIGSA	2
		50B: 47.13							
8	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:41.87	M 50	2021-11-28	ROSARIO DUEÑAS	1
9	1144830	RASKIN TALLER MARIANO	1975	CIDSANTI	1:42.60	M 25	2021-11-28	FRIGSA	0
		50B: 48.71							
10	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	1:44.12	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1127349	SOBRINO EIRIZ MANUEL	1975	NPONTEA	1:51.34	M 50	2021-11-28	ROSARIO DUEÑAS	0
12	1147217	DIEGUEZ BALADRON IVAN	1977	POR-MIÑA	1:55.62	M 25	2021-11-28	FRIGSA	0
		50B: 56.79							
13	1144196	LOPEZ FRANCISCO FRANCISCO JOSE	1976	RBAIXAS	2:08.39	M 50	2021-11-28	ROSARIO DUEÑAS	0
50+									
1	1076185	PEREIRA DIAZ ANGEL	1972	POR-MIÑA	1:20.94	M 25	2021-11-28	FRIGSA	11
		50B: 38.54							
2	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	RSDH	1:24.39	M 25	2021-11-28	FRIGSA	8
		50B: 39.40							
3	1127108	ABELENDA GARRIDO SANTIAGO	1972	ADFOGAR	1:35.77	M 25	2021-11-28	FRIGSA	6
		50B: 47.28							
4	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	1:36.84	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	1:40.50	M 50	2021-11-28	ROSARIO DUEÑAS	4
6	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:42.58	M 50	2021-11-28	ROSARIO DUEÑAS	3
7	1170811	GOMEZ IGLESIAS JUAN	1970	ESCUALOS	1:45.58	M 50	2021-11-28	ROSARIO DUEÑAS	2
8	1079463	RUIBAL GARCIA ALBERTO	1968	CTRAVIE	1:48.17	M 50	2021-11-28	ROSARIO DUEÑAS	1
9	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	1:48.22	M 50	2021-11-28	ROSARIO DUEÑAS	0
10	1143612	PENEDO PADIN ADOLFO	1972	GALAICO	1:51.93	M 50	2021-11-28	ROSARIO DUEÑAS	0
11	1106828	TRILLO CARLIN JOSE FERNANDO	1968	ADFOGAR	1:55.05	M 25	2021-11-28	FRIGSA	0
		50B: 54.33							
12	1197604	ARAUJO FERNÁNDEZ JOSE	1971	ESCUALOS	1:57.69	M 50	2021-11-28	ROSARIO DUEÑAS	0
13	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	1:58.29	M 50	2021-11-28	ROSARIO DUEÑAS	0
14	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	2:04.44	M 25	2021-11-28	FRIGSA	0
		50B: 59.68							
15	1197594	BORRAZAS ZAS JOSE FERNANDO	1970	CULLERED	2:08.93	M 25	2021-11-28	FRIGSA	0
		50B: 1:00.66							
55+									
1	1053144	GUIÑAZU WALTER GABRIEL	1965	NPONTEA	1:51.23	M 50	2021-11-28	ROSARIO DUEÑAS	11
2	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	2:02.09	M 25	2021-11-28	FRIGSA	8
		50B: 58.03							
3	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	2:03.09	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	2:05.77	M 25	2021-11-28	FRIGSA	5
		50B: 58.46							

60+

1	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	1:33.27	M 25	2021-11-28	FRIGSA	11
		50B: 45.75							
2	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	1:50.38	M 50	2021-11-28	ROSARIO DUEÑAS	8
3	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	1:59.21	M 50	2021-11-28	ROSARIO DUEÑAS	6
4	1143896	PERDIZ GONZALEZ JOSE RAMON	1958	ESCUALOS	2:15.21	M 50	2021-11-28	ROSARIO DUEÑAS	5
5	1207046	BARRERAS GARCIA REBOREDO J.F.	1961	RBAIXAS	2:41.53	M 50	2021-11-28	ROSARIO DUEÑAS	4

65+

1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	1:55.09	M 50	2021-11-28	ROSARIO DUEÑAS	11
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9. 4x50 m Libre Feminino

+80									
1	C. N. FERROL	CNFERRO	2:01.40	M 25	2021-11-28	FRIGSA			22
	LOPEZ HERMIDA CLARA (2002)	50L: 29.99							
	LOPEZ SANMARTIN TANIA (1991)								
	DIAZ DOPICO SABELA (2002)								
	LOPEZ SANMARTIN NEREA (1996)								
2	C. N. PONTEAREAS	NPONTEA	2:19.16	M 50	2021-11-28	ROSARIO DUEÑAS			16
	LEMONS FERNANDEZ ZAIRA (2002)	50L: 36.41							
	FERNANDEZ PARDO IRENE (2001)								
	IBAÑEZ CARRERA SARA (2001)								
	CABALEIRO FREIRIA LARA (2001)								
3	C. N. GALAICO	GALAICO	2:29.72	M 50	2021-11-28	ROSARIO DUEÑAS			12
	CANO ROSALES NURIA (2001)	50L: 34.03							
	FERNANDEZ GARCIA MARINA (1997)								
	BARCIA GARCIA MARINA (2002)								
	GARCIA MIGUEZ ROSALIA (1998)								
+100									
1	C. N. PONTEAREAS	NPONTEA	2:44.00	M 50	2021-11-28	ROSARIO DUEÑAS			22
	UCHA MUTILBA ANAIS (1995)	50L: 33.58							
	ACUÑA MELLA MARIA (1988)								
	OUTERELO ALONSO NATALIA (1991)								
	GONZALEZ PEREZ PAULA (1996)								
+120									
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:19.91	M 50	2021-11-28	ROSARIO DUEÑAS			22
	RODRIGUEZ PEREZ VANESA (1986)	50L: 36.16							
	GONZALEZ PEREZ JESSICA (1987)								
	VALIÑO GÓMEZ ESTHER (1988)								
	SUAREZ GARCIA SOFIA (1997)								
2	C. HÉRCULES TERMARIA	HERCULES	2:24.30	M 25	2021-11-28	FRIGSA			16
	ALAYON MORIN CRISTINA (1982)	50L: 33.32							
	LOPEZ CORTABITARTE BELEN (1987)								
	PEREZ MONTOYA MARIA DEL CARMEN (1993)								
	ESPASANDIN MARTÍNEZ MARÍA (1990)								
3	C. N. ESCUALOS	ESCUALOS	2:42.90	M 50	2021-11-28	ROSARIO DUEÑAS			12
	MIRA VAZQUEZ PAULA (1986)	50L: 41.23							
	MARTIN CHRISTELLE (1981)								
	CID ALVAREZ ISABEL (1980)								
	RIVAS CARCACIA NATALIA (1991)								

4	C. N. PONTEAREAS	NPONTEA	2:44.15	M 50	2021-11-28	ROSARIO DUEÑAS	10
	CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)	50L: 31.27					
	GARCÍA LORENZO IRIA (1987)						
	COVELO SAAVEDRA NAHIR (1978)						
	BESADA FERNÁNDEZ ANA M. (1978)						
+160							
1	C. N. FERROL	CNFERRO	2:13.12	M 25	2021-11-28	FRIGSA	22
	GARCIA SOTO PATRICIA (1991)	50L: 30.58					
	HERNANDEZ TENREIRO MARTA (1975)						
	JIMENEZ PEREZ VICTORIA (1969)						
	VILLAR CAINZOS CLAUDIA (1992)						
2	C. MARINA FERROL	CMARINA	2:26.27	M 25	2021-11-28	FRIGSA	16
	HERMIDA RODRIGUEZ BLANCA (1981)	50L: 33.17					
	ROMAR GASALLA AURORA FATIMA (1977)						
	TORRES GUTIERREZ CRISTINA (1990)						
	VAZQUEZ PARCERO MARTA (1980)						
3	C. N. ESCUALOS	ESCUALOS	2:32.60	M 50	2021-11-28	ROSARIO DUEÑAS	12
	MIRA VAZQUEZ MARTA (1981)	50L: 37.84					
	SANCHEZ LEDO CIRA (1981)						
	DE LORENZO FERNANDEZ MARIA (1978)						
	FKEOUI OMARI SALMA (1982)						
4	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:36.91	M 50	2021-11-28	ROSARIO DUEÑAS	10
	MOLINOS LAMAS BIBIANA (1977)	50L: 36.06					
	RODRIGUEZ LOPEZ BELEN (1981)						
	ROIG SANCHEZ BLANCA ANA (1974)						
	PRADO FRANCO MARTA E. (1979)						
5	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:47.68	M 25	2021-11-28	FRIGSA	8
	RAMOS LOBO RAQUEL (1993)	50L: 30.26					
	GARCIA RODRIGUEZ TERESA (1972)						
	SALGADO CASTELO MARTA (1994)						
	MENDEZ TORRES ISABEL (1960)						
6	C. N. PONTEAREAS	NPONTEA	3:11.40	M 50	2021-11-28	ROSARIO DUEÑAS	6
	CORREDOIRA KARINA HAYDEE (1974)	50L: 38.66					
	SOBRINO EIRIZ MARIA DEL VALLE (1972)						
	PORTELA VILLANUEVA GEMA (1974)						
	FERNANDEZ SESTELO MARIA JOSE (1970)						
7	C. N. PABELLÓN OURENSE	POURENSE	3:39.26	M 50	2021-11-28	ROSARIO DUEÑAS	4
	PLATERO LOPEZ DE TURISO A. (1971)	50L: 44.95					
	FERNANDEZ PARADA CLARA (1993)						
	ACEVEDO REGO ERMITAS (1966)						
	SEARA JALON MONICA (1970)						

+200

1	C. N. PONTEAREAS	NPONTEA	2:43.84	M 50	2021-11-28	ROSARIO DUEÑAS	22
	MUTILBA OBREGON NURIA (1969)	50L: 36.84					
	CALVIÑO CANCELA MARIA CRISTINA (1968)						
	DEL AMO BLANCO MARGARITA (1967)						
	SANCHEZ LEAL GEMA ISABEL (1964)						
2	C. HÉRCULES TERMARIA	HERCULES	3:02.89	M 25	2021-11-28	FRIGSA	16
	LOPEZ MAHIA PURIFICACION (1963)	50L: 44.27					
	PITA REGUEIRO RAQUEL (1972)						
	CARBALLO BALOIRA SUSANA MARÍA (1975)						
	BRAÑA MENENDEZ SONIA (1975)						
3	C. N. CULLEREDO	CULLERED	3:05.63	M 25	2021-11-28	FRIGSA	12
	LOPEZ BLANCO Mº ISABEL (1963)	50L: 48.48					
	FERREIRA VARELA BEATRIZ (1969)						
	SAR MORANO DOLORES (1955)						
	SANDERSON HELEN JANE (1970)						

+240

1	C. TRAVIESAS N.	CTRAVIE	3:20.57	M 50	2021-11-28	ROSARIO DUEÑAS	22
	GOMEZ DOVAL M. ANGELA (1956)	50L: 55.00					
	CAICOYA DE URZAIZ ALICIA (1954)						
	FERNÁNDEZ ARRIZABALO MARÍA (1966)						
	MARTY PAZOS MARIA VICTORIA (1965)						
2	C. N. PONTEAREAS	NPONTEA	5:12.69	M 50	2021-11-28	ROSARIO DUEÑAS	16
	CHANTADA GÓMEZ M. DEL CARMEN (1943)	50L: 1:41.55					
	VAZQUEZ ALONSO PATRICIA (1969)						
	MELON PARENTE M. LOURDES (1969)						
	GONZALEZ RODRIGUEZ S. MARTA (1946)						

10. 4x50 m Libre Masculino

+100									
1	C. N. PONTEAREAS	NPONTEA	1:56.63	M 50	2021-11-28	ROSARIO DUEÑAS	22		
	CARRERA COSTAS MARTIN (1996)	50L: 28.26							
	ARGIBAY QUEIJO DANIEL J. (1995)								
	IBAÑEZ CARRERA MANUEL GABRIEL (1996)								
	COBELO REPRESAS FRANCISCO (1996)								
+120									
1	C. N. VIGO RÍAS BAIAS	RBAIXAS	1:59.65	M 50	2021-11-28	ROSARIO DUEÑAS	22		
	CAO LAGO PABLO (1987)	50L: 30.62							
	FIGUEIRA DOMINGUEZ J.G. (1988)								
	SIMON PASCUAL DIEGO (1993)								
	PASTORIZA SANTA CLARA JORGE (1997)								
2	C. HÉRCULES TERMARIA	HERCULES	2:04.95	M 25	2021-11-28	FRIGSA	16		
	LAMEIRO SEOANE JAVIER (1987)	50L: 30.65							
	BARCIA ANIDO VALENTÍN (1992)								
	FIERRO FERNÁNDEZ JULIO (1982)								
	PAIS MILLAN PAULO (1990)								
3	C. N. ESCUALOS	ESCUALOS	2:08.17	M 50	2021-11-28	ROSARIO DUEÑAS	12		
	PÉREZ LÓPEZ MANUEL (1981)	50L: 33.54							
	FORTES NOVOA MARTIÑO (1988)								
	MONTESINOS CEBALLOS SERGIO (1979)								
	KRUGLOV MYKOLA (1985)								
4	C. TRIATLÓN CORUÑA	TRICORUÑ	2:11.35	M 25	2021-11-28	FRIGSA	10		
	FERNÁNDEZ LAGUNA F.J. (1987)	50L: 33.02							
	COUTO WORNER SERGIO (1976)								
	MAIZ MANSO CARLOS (1980)								
	VELO RODRIGUEZ JUAN LUIS (1991)								
+160									
1	C. N. PORTAMIÑA LUGO	POR-MIÑA	1:54.72	M 25	2021-11-28	FRIGSA	22		
	FERNANDEZ TORRES DIEGO (1972)	50L: 27.72							
	PEREIRA DIAZ ANGEL (1972)								
	PEREZ ARIAS HECTOR (1971)								
	MOURIZ LOMBAO FCO. JAVIER (1975)								
2	C. N. ESCUALOS	ESCUALOS	1:56.96	M 50	2021-11-28	ROSARIO DUEÑAS	16		
	PAZOS ALONSO JOSUE (1986)	50L: 29.17							
	NOGUEIRA-PINTO CRESPO HUGO (1978)								
	ALVAREZ SILVA RUBEN (1981)								
	SEVILLA AROCA JAVIER (1983)								

3	C. N. VIGO RÍAS BAIXAS	RBAIXAS	1:58.04	M 50	2021-11-28	ROSARIO DUEÑAS	12
	PEREZ CARRERA ELIAS (1979)	50L: 32.86					
	VAZQUEZ IGLESIAS DANIEL (1979)						
	MASSO AGUADO JORGE (1976)						
	GARABATOS RODRIGUEZ SANTIAGO (1974)						
4	C. HÉRCULES TERMARIA	HERCULES	2:06.13	M 25	2021-11-28	FRIGSA	10
	VALCUENDE RODRIGUEZ J.M. (1976)	50L: 32.68					
	GONZALEZ PARIS DAVID (1978)						
	ESCUDEIRO DANS DAVID (1973)						
	ABADES REBOREDO DANIEL (1978)						
5	C. N. RIVEIRA	RIVEIRA	2:09.37	M 25	2021-11-28	FRIGSA	8
	GOMEZ DORRIO ANTONIO (1979)	50L: 27.80					
	FERNANDEZ SALGUEIRO JUAN A. (1965)						
	AGEITOS SAMPEDRO JUAN CARLOS (1982)						
	FERNANDEZ GARCIA MANUEL V. (1965)						
6	C. N. ARTEIXO	ARTEIXO	2:11.59	M 25	2021-11-28	FRIGSA	6
	MON FERNÁNDEZ JAVIER (1976)	50L: 29.35					
	FREIRE LOPEZ DIEGO (1991)						
	SANCHEZ PARADAS JOSE Mª (1978)						
	MELLA BARBEITO JAVIER (1983)						
7	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:12.76	M 50	2021-11-28	ROSARIO DUEÑAS	4
	FINS SEOANE JUAN MIGUEL (1977)	50L: 29.10					
	BASTIDA CAMPOS ALEJANDRO (1982)						
	DURO GONZALEZ ANTONIO (1974)						
	TABOADA CALVELO JOSE CARLOS (1979)						
8	C. N. PONTEAREAS	NPONTEA	2:15.34	M 50	2021-11-28	ROSARIO DUEÑAS	2
	MOURIÑO ORTIGUERA ROBERTO C. (1974)	50L: 33.14					
	FERNANDEZ IGLESIAS EMILIO J. (1977)						
	PREGO MARTINEZ BENJAMIN (1973)						
	SOBRINO EIRIZ MANUEL (1975)						
9	AGRUP. DEP. FOGAR	ADFOGAR	2:15.72	M 25	2021-11-28	FRIGSA	0
	LOPEZ PARDO ALEJANDRO (1995)	50L: 29.24					
	GENDE DIAZ JUAN FELIX (1970)						
	ABELENDIA GARRIDO SANTIAGO (1972)						
	TOME NOGUEIRA ALBERTO M. (1968)						
10	C. N. GALAICO	GALAICO	2:20.82	M 50	2021-11-28	ROSARIO DUEÑAS	0
	BETHENCOURT IGLESIAS SERGIO (1963)	50L: 32.55					
	CARBALLA BARROSO R.M. (1981)						
	PENEDO PADIN ADOLFO (1972)						
	MARTINEZ DOPAZO DAVID (1987)						
11	C. TRIATLÓN CORUÑA	TRICORUÑ	2:21.23	M 25	2021-11-28	FRIGSA	0
	PEREZ DIEGUEZ ADRIAN (1990)	50L: 35.27					
	MARTÍNEZ LEMA JOSÉ ANTONIO (1972)						
	LAGO CASTRO MARCOS (1974)						

MARTÍN MORENO CARLOS (1980)

12	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:23.99	M 25	2021-11-28	FRIGSA	0
13	C. N. CULLEREDO	CULLERED	2:24.80	M 25	2021-11-28	FRIGSA	0

VAZQUEZ PEREZ LUIS FERNANDO (1979)

50L: 39.25

BORRAZAS ZAS JOSE FERNANDO (1970)

HERNAEZ OUBIÑA DAVID (1973)

GUIRADO CARABEL OSCAR (1976)

+200

1	C. HÉRCULES TERMARIA	HERCULES	1:54.40	M 25	2021-11-28	FRIGSA	22
	SAAVEDRA GONZÁLEZ RAUL (1973)		50L: 27.70				
	RIVAS FEAL ANTONIO (1966)						
	HOUT VARELA FADY (1974)						
	COLLAZO ESMORIS GERARDO A. (1975)						
2	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:05.37	M 25	2021-11-28	FRIGSA	16
	FERNANDEZ ARRUTI JOSE ANGEL (1959)		50L: 31.48				
	CODESIDO LOPEZ JOSE (1959)						
	FERNANDEZ FERNANDEZ JOSE LUIS (1974)						
	RODRIGUEZ LAGO DAVID (1986)						
3	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:21.53	M 25	2021-11-28	FRIGSA	12
	CHAVES RODRIGUEZ FABIO (1985)		50L: 31.56				
	TIMIRAOS CARRASCO FERNANDO (1965)						
	SANCHEZ VAZQUEZ JESUS (1962)						
	PIROSCIA PENADO JOSE (1966)						
4	C. N. ESCUALOS	ESCUALOS	2:24.75	M 50	2021-11-28	ROSARIO DUEÑAS	10
	FERNANDEZ MARTINEZ ALBERTO (1971)		50L: 37.08				
	GOMEZ IGLESIAS JUAN (1970)						
	TRONCOSO CAAMAÑO FERNANDO (1975)						
	BOUSO FUENTECILLA FERNANDO (1971)						
5	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:27.09	M 50	2021-11-28	ROSARIO DUEÑAS	8
	FUENTES FERNANDEZ EUGENIO (1972)		50L: 30.55				
	SUAREZ FREIRE DAVID MANUEL (1968)						
	FERNANDEZ-TESTA BARREIRO DAVID (1974)						
	FERREIRO SEOANE JOSE RAUL (1973)						
6	C. N. PONTEAREAS	NPONTEA	2:35.08	M 50	2021-11-28	ROSARIO DUEÑAS	6
	MARTÍNEZ DOMÍNGUEZ IVÁN (1988)		50L: 35.39				
	GUIÑAZU WALTER GABRIEL (1965)						
	MONROY FERNÁNDEZ MANUEL (1950)						
	RODRIGUEZ GOMEZ EMILIO (1961)						
7	C. TRAVIESAS N.	CTRAVIE	2:39.66	M 50	2021-11-28	ROSARIO DUEÑAS	4
	ANDRES GONZALEZ RAMIRO J. E. (1954)		50L: 37.90				
	SEGUIN CID SEVERINO (1959)						
	RUIBAL GARCIA ALBERTO (1968)						
	FIDALGO SERRANO GUILLERMO J. (1986)						

8	AGRUP. DEP. FOGAR	ADFOGAR	2:52.02	M 25	2021-11-28	FRIGSA	2
	TRILLO CARLIN JOSE FERNANDO (1968)	50L: 42.58					
	RODRIGUEZ FERNANDEZ F.X. (1964)						
	POSE MATO CESAR (1983)						
	PAZOS CABAL MIGUEL (1955)						
+240							
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	3:03.08	M 50	2021-11-28	ROSARIO DUEÑAS	22
	RODRIGUEZ YAÑEZ MANUEL A. (1948)	50L: 46.23					
	BARRERAS GARCIA REBOREDO J.F. (1961)						
	HERNANZ MORAL FAUSTO (1962)						
	PEREZ LEIVA MANUEL (1968)						
2	C. N. PABELLÓN OURENSE	POURENSE	3:03.55	M 50	2021-11-28	ROSARIO DUEÑAS	16
	GARCIA COLOMO MANUEL RAMON (1954)	50L: 36.77					
	MONTERO FERNANDEZ JOSE ANTONIO (1963)						
	TIMIRAOS CARRASCO LUIS (1956)						
	BLANCO PEREZ ANGEL (1964)						