

Prueba 1  
03/06/2023 - 10:00

Fem., 400m Libre

2003 y mayores  
Resultados

Clasificación		Edad			Tiempo	Puntos
<b>20+</b>						
1.	1040133 SAAVEDRA BUIDE, Carlota	24	PORTAMIÑA		<b>5:20.43</b>	13,00
	50m: 35.84 35.84 150m: 1:54.55 39.92 250m: 3:14.81 40.40 350m: 4:37.71 41.65					
	100m: 1:14.63 38.79 200m: 2:34.41 39.86 300m: 3:56.06 41.25 400m: 5:20.43 42.72					
2.	1144257 FERNANDEZ GONZALEZ, Elena	22	HERCULES		<b>5:29.74</b>	10,00
	50m: 38.74 38.74 150m: 2:00.68 41.01 250m: 3:23.65 41.44 350m: 4:49.24 42.83					
	100m: 1:19.67 40.93 200m: 2:42.21 41.53 300m: 4:06.41 42.76 400m: 5:29.74 40.50					
3.	1038929 GONZALEZ AVENDAÑO, Lucia	24	GALAICO		<b>5:39.49</b>	8,00
	50m: 37.86 37.86 150m: 2:01.30 42.16 250m: 3:26.82 42.78 350m: 4:55.40 44.48					
	100m: 1:19.14 41.28 200m: 2:44.04 42.74 300m: 4:10.92 44.10 400m: 5:39.49 44.09					
4.	1079007 GARCIA SANCHEZ, Isabel	21	MONFORTE		<b>6:12.53</b>	7,00
	50m: 39.84 39.84 150m: 2:09.34 45.89 250m: 3:45.21 48.30 350m: 5:24.20 49.20					
	100m: 1:23.45 43.61 200m: 2:56.91 47.57 300m: 4:35.00 49.79 400m: 6:12.53 48.33					
5.	1037965 COSTA FERNANDEZ, Laura	22	PONTEAREAS		<b>6:37.14</b>	6,00
	50m: 42.46 42.46 150m: 2:17.44 48.95 250m: 3:59.81 51.61 350m: 5:45.15 52.44					
	100m: 1:28.49 46.03 200m: 3:08.20 50.76 300m: 4:52.71 52.90 400m: 6:37.14 51.99					
Baja	1219491 FUENTES LORENZO, Carla	24	NFERROL			-
<b>25+</b>						
1.	1038096 FREIJE TORNEIRO, Aroa	25	PORTAMIÑA		<b>5:05.15</b>	13,00
	50m: 33.19 33.19 150m: 1:50.34 39.23 250m: 3:09.47 39.53 350m: 4:27.72 39.07					
	100m: 1:11.11 37.92 200m: 2:29.94 39.60 300m: 3:48.65 39.18 400m: 5:05.15 37.43					
2.	1078925 SALGADO CASTELO, Marta	29	PORTAMIÑA		<b>6:30.17</b>	10,00
	50m: 44.92 44.92 150m: 2:22.37 49.12 250m: 4:02.18 50.02 350m: 5:41.77 50.06					
	100m: 1:33.25 48.33 200m: 3:12.16 49.79 300m: 4:51.71 49.53 400m: 6:30.17 48.40					
3.	1035411 FERNANDEZ GARCIA, Marina	26	GALAICO		<b>7:33.26</b>	8,00
	50m: 47.04 47.04 150m: 2:39.39 57.66 250m: 4:37.38 58.68 350m: 6:36.83 1:00.92					
	100m: 1:41.73 54.69 200m: 3:38.70 59.31 300m: 5:35.91 58.53 400m: 7:33.26 56.43					
<b>30+</b>						
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL		<b>4:45.35</b>	13,00 RG
	50m: 32.61 32.61 150m: 1:45.26 36.46 250m: 2:58.25 36.18 350m: 4:10.34 35.91					
	100m: 1:08.80 36.19 200m: 2:22.07 36.81 300m: 3:34.43 36.18 400m: 4:45.35 35.01					
2.	1040545 POMBO LOPEZ, Belen	31	FLUVIAL		<b>5:16.91</b>	10,00
	50m: 36.08 36.08 150m: 1:54.95 40.03 250m: 3:15.52 40.23 350m: 4:36.68 40.68					
	100m: 1:14.92 38.84 200m: 2:35.29 40.34 300m: 3:56.00 40.48 400m: 5:16.91 40.23					
3.	1116506 RAMOS LOBO, Raquel	30	PORTAMIÑA		<b>5:25.86</b>	8,00
	50m: 35.46 35.46 150m: 1:55.47 40.68 250m: 3:18.65 41.82 350m: 4:43.92 42.40					
	100m: 1:14.79 39.33 200m: 2:36.83 41.36 300m: 4:01.52 42.87 400m: 5:25.86 41.94					
4.	1226235 EIRIS CASTRO, Andrea	33	ADFOGAR		<b>5:55.74</b>	7,00
	50m: 37.63 37.63 150m: 2:03.65 44.28 250m: 3:34.98 45.94 350m: 5:09.64 47.68					
	100m: 1:19.37 41.74 200m: 2:49.04 45.39 300m: 4:21.96 46.98 400m: 5:55.74 46.10					
5.	1236745 RODRIGUEZ GONZÁLEZ, Raquel	30	MONFORTE		<b>6:14.97</b>	6,00
	50m: 39.19 39.19 150m: 2:11.88 48.53 250m: 3:51.41 49.21 350m: 5:30.06 49.56					
	100m: 1:23.35 44.16 200m: 3:02.20 50.32 300m: 4:40.50 49.09 400m: 6:14.97 44.91					

Prueba 1, Fem., 400m Libre, 30+

Clasificación							Edad					Tiempo	Puntos
6.	1218233	SANCHEZ DE LLANO, M. Nieves				31	SCASINO				7:06.61	5,00	
	50m:	49.44	49.44	150m:	2:38.40	56.02	250m:	4:28.71	54.13	350m:	6:14.42	51.71	
	100m:	1:42.38	52.94	200m:	3:34.58	56.18	300m:	5:22.71	54.00	400m:	7:06.61	52.19	
7.	1221892	OTERO FERNANDEZ, Maria Luisa				30	SALESTRA				7:28.17	4,00	
	50m:	47.21	47.21	150m:	2:38.59	56.79	250m:	4:36.60	58.21	350m:	6:35.46	58.35	
	100m:	1:41.80	54.59	200m:	3:38.39	59.80	300m:	5:37.11	1:00.51	400m:	7:28.17	52.71	
Baja	1129954	GONZALEZ GARCIA, Covadonga				34	GALAICO					-	
Baja	1174885	RUIZ MEILAN, Blanca				33	SCASINO					-	

35+

1.	1144894	VINAGRE SENDINO, Cora	35	SCASINO						<b>5:52.81</b>	13,00	
	50m:	36.28	36.28	150m:	2:02.96	44.38	250m:	3:34.77	45.91	350m:	5:07.67	46.48
	100m:	1:18.58	42.30	200m:	2:48.86	45.90	300m:	4:21.19	46.42	400m:	5:52.81	45.14
2.	1203741	QUEREDA RODRÍGUEZ, Almudena	38	LICEO						<b>5:57.18</b>	10,00	
	50m:	39.64	39.64	150m:	2:08.73	45.19	250m:	3:40.11	45.65	350m:	5:12.45	45.92
	100m:	1:23.54	43.90	200m:	2:54.46	45.73	300m:	4:26.53	46.42	400m:	5:57.18	44.73
3.	1076543	RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS						<b>6:01.23</b>	8,00	
	50m:	40.36	40.36	150m:	2:08.43	44.95	250m:	3:40.86	46.68	350m:	5:14.67	47.11
	100m:	1:23.48	43.12	200m:	2:54.18	45.75	300m:	4:27.56	46.70	400m:	6:01.23	46.56
4.	1144948	GONZALEZ PEREZ, Jessica	36	RIASBAIXAS						<b>6:09.46</b>	7,00	
	50m:	40.97	40.97	150m:	2:13.33	46.75	250m:	3:48.54	47.16	350m:	5:23.49	47.10
	100m:	1:26.58	45.61	200m:	3:01.38	48.05	300m:	4:36.39	47.85	400m:	6:09.46	45.97
5.	1075741	VALIÑO GOMEZ, Iria	39	PORTAMIÑA						<b>6:20.29</b>	6,00	
	50m:	42.93	42.93	150m:	2:17.58	47.96	250m:	3:54.86	49.10	350m:	5:33.60	49.52
	100m:	1:29.62	46.69	200m:	3:05.76	48.18	300m:	4:44.08	49.22	400m:	6:20.29	46.69

40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria				41	POURENSE			<b>5:07.75</b>	13,00	RG
	50m:	33.87	33.87	150m:	1:50.04	38.80	250m:	3:09.12	39.60	350m:	4:28.49	39.52
	100m:	1:11.24	37.37	200m:	2:29.52	39.48	300m:	3:48.97	39.85	400m:	5:07.75	39.26
2.	1143598	MIRA VAZQUEZ, Marta				42	ESCUALOS			<b>6:16.04</b>	10,00	
	50m:	41.74	41.74	150m:	2:15.27	47.06	250m:	3:52.27	48.45	350m:	5:29.66	48.46
	100m:	1:28.21	46.47	200m:	3:03.82	48.55	300m:	4:41.20	48.93	400m:	6:16.04	46.38
3.	1143597	SANCHEZ LEDO, Cira				42	ESCUALOS			<b>6:21.83</b>	8,00	
	50m:	45.21	45.21	150m:	2:20.60	48.11	250m:	3:57.70	48.72	350m:	5:35.17	48.47
	100m:	1:32.49	47.28	200m:	3:08.98	48.38	300m:	4:46.70	49.00	400m:	6:21.83	46.66
4.	1144200	RODRIGUEZ LOPEZ, Belen				42	RIASBAIXAS			<b>6:30.17</b>	7,00	
	50m:	40.88	40.88	150m:	2:16.93	49.42	250m:	4:00.24	51.51	350m:	5:43.32	50.64
	100m:	1:27.51	46.63	200m:	3:08.73	51.80	300m:	4:52.68	52.44	400m:	6:30.17	46.85
5.	1237395	VILARIÑO CACHO, Elvira				42	SALESTRA			<b>6:30.31</b>	6,00	
	50m:	42.07	42.07	150m:	2:16.45	48.06	250m:	3:57.21	50.67	350m:	5:40.08	51.43
	100m:	1:28.39	46.32	200m:	3:06.54	50.09	300m:	4:48.65	51.44	400m:	6:30.31	50.23
6.	1145082	FARIÑA SOUSA, Noemi				40	GALAICO			<b>7:29.00</b>	5,00	
	50m:	49.22	49.22	150m:	2:41.16	56.92	250m:	4:38.18	59.01	350m:	6:34.84	58.80
	100m:	1:44.24	55.02	200m:	3:39.17	58.01	300m:	5:36.04	57.86	400m:	7:29.00	54.16

Prueba 1, Fem., 400m Libre

45+

1.	1221213 CAGIAO RODRIGUEZ, Natalia	45	SCASINO	<b>5:57.38</b>	13,00
	50m: 39.39 39.39 150m: 2:09.09 45.73 250m: 3:41.82 46.24 350m: 5:13.64 45.84				
	100m: 1:23.36 43.97 200m: 2:55.58 46.49 300m: 4:27.80 45.98 400m: 5:57.38 43.74				
2.	1040944 VARELA REDONDO, Veronica	48	PONTEAREAS	<b>6:15.89</b>	10,00
	50m: 40.12 40.12 150m: 2:13.88 46.96 250m: 3:50.72 48.03 350m: 5:28.70 48.99				
	100m: 1:26.92 46.80 200m: 3:02.69 48.81 300m: 4:39.71 48.99 400m: 6:15.89 47.19				
3.	1143894 DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	<b>6:20.12</b>	8,00
	50m: 43.10 43.10 150m: 2:19.64 48.86 250m: 3:57.30 49.17 350m: 5:34.29 48.36				
	100m: 1:30.78 47.68 200m: 3:08.13 48.49 300m: 4:45.93 48.63 400m: 6:20.12 45.83				
4.	1145023 SALES MANTIÑAN, Carmen	49	SCASINO	<b>6:51.55</b>	7,00
	50m: 42.80 42.80 150m: 2:23.88 52.28 250m: 4:11.56 54.40 350m: 5:59.59 54.93				
	100m: 1:31.60 48.80 200m: 3:17.16 53.28 300m: 5:04.66 53.10 400m: 6:51.55 51.96				
5.	1180238 GARCÍA SEOANE, Cristina María	48	SCASINO	<b>6:55.26</b>	6,00
	50m: 44.99 44.99 150m: 2:27.42 52.10 250m: 4:13.98 53.61 350m: 6:02.21 54.13				
	100m: 1:35.32 50.33 200m: 3:20.37 52.95 300m: 5:08.08 54.10 400m: 6:55.26 53.05				
6.	1223050 ANDON YAÑEZ, Lorena	45	SCASINO	<b>7:17.82</b>	5,00
	50m: 47.10 47.10 150m: 2:35.37 56.27 250m: 4:28.50 56.71 350m: 6:23.38 57.72				
	100m: 1:39.10 52.00 200m: 3:31.79 56.42 300m: 5:25.66 57.16 400m: 7:17.82 54.44				
7.	1178771 BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS	<b>8:51.65</b>	4,00
	50m: 52.40 52.40 150m: 3:06.05 1:08.62 250m: 5:27.21 1:10.51 350m: 7:47.31 1:09.25				
	100m: 1:57.43 1:05.03 200m: 4:16.70 1:10.65 300m: 6:38.06 1:10.85 400m: 8:51.65 1:04.34				

50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	<b>5:46.22</b>	13,00
	50m: 38.69 38.69 150m: 2:05.41 43.92 250m: 3:33.71 44.02 350m: 5:02.60 44.43				
	100m: 1:21.49 42.80 200m: 2:49.69 44.28 300m: 4:18.17 44.46 400m: 5:46.22 43.62				
2.	1228008 OJEA DE CASTRO, Macarena	50	PORTAMIÑA	<b>6:17.13</b>	10,00
	50m: 43.27 43.27 150m: 2:18.01 47.84 250m: 3:54.77 48.21 350m: 5:31.89 48.14				
	100m: 1:30.17 46.90 200m: 3:06.56 48.55 300m: 4:43.75 48.98 400m: 6:17.13 45.24				
3.	1197600 SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	<b>6:21.67</b>	8,00
	50m: 41.80 41.80 150m: 2:18.29 49.58 250m: 3:57.43 49.40 350m: 5:36.34 49.22				
	100m: 1:28.71 46.91 200m: 3:08.03 49.74 300m: 4:47.12 49.69 400m: 6:21.67 45.33				
4.	1076186 LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	<b>6:55.60</b>	7,00
	50m: 44.81 44.81 150m: 2:26.23 52.13 250m: 4:15.06 54.81 350m: 6:03.93 53.63				
	100m: 1:34.10 49.29 200m: 3:20.25 54.02 300m: 5:10.30 55.24 400m: 6:55.60 51.67				
5.	1202971 PEREZ PEREZ, Sonia	51	ESCUALOS	<b>7:08.16</b>	6,00
	50m: 47.24 47.24 150m: 2:35.17 56.24 250m: 4:24.29 55.15 350m: 6:16.23 56.50				
	100m: 1:38.93 51.69 200m: 3:29.14 53.97 300m: 5:19.73 55.44 400m: 7:08.16 51.93				
6.	1076524 SOUSA CARNEIRO, Rosana	52	CNMOS	<b>7:18.61</b>	5,00
	50m: 50.08 50.08 150m: 2:41.78 57.63 250m: 4:35.69 56.53 350m: 6:26.59 54.80				
	100m: 1:44.15 54.07 200m: 3:39.16 57.38 300m: 5:31.79 56.10 400m: 7:18.61 52.02				
7.	1076154 ABREU FERNANDEZ, Marta	52	PONTEAREAS	<b>7:29.78</b>	4,00
	50m: 52.78 52.78 200m: 3:42.82 1:54.50 300m: 5:38.01 57.53 400m: 7:29.78 54.55				
	100m: 1:48.32 55.54 250m: 4:40.48 57.66 350m: 6:35.23 57.22				
8.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	51	POURENSE	<b>7:36.13</b>	3,00
	50m: 49.62 49.62 150m: 2:38.64 55.92 250m: 4:36.44 58.74 350m: 6:35.52 58.86				
	100m: 1:42.72 53.10 200m: 3:37.70 59.06 300m: 5:36.66 1:00.22 400m: 7:36.13 1:00.61				

Prueba 1, Fem., 400m Libre, 50+

Clasificación	Edad						Tiempo		Puntos			
9.	1199642	GARNACHO GAYARRE, Nuria				54	SCASINO		7:46.17	2,00		
	50m:	50.91	50.91	150m:	2:47.18	59.02	250m:	4:47.51	1:00.09	350m:	6:50.15	1:01.09
	100m:	1:48.16	57.25	200m:	3:47.42	1:00.24	300m:	5:49.06	1:01.55	400m:	7:46.17	56.02
10.	1143584	FERNANDEZ SESTELO, Maria Jose				53	PONTEAREAS		8:52.43	1,00		
	50m:	53.55	53.55	150m:	3:17.48	1:14.46	250m:	5:36.16	1:08.92	350m:	7:52.14	1:07.45
	100m:	2:03.02	1:09.47	200m:	4:27.24	1:09.76	300m:	6:44.69	1:08.53	400m:	8:52.43	1:00.29
55+												
1.	1147048	REGUEIRO RODRIGUEZ, Ana				57	RIASBAIXAS		6:40.47	13,00		
	50m:	46.19	46.19	150m:	2:27.27	51.00	250m:	4:08.90	50.93	350m:	5:50.81	50.75
	100m:	1:36.27	50.08	200m:	3:17.97	50.70	300m:	5:00.06	51.16	400m:	6:40.47	49.66
2.	1037970	CALVIÑO CANCELA, Maria Cristina				55	PONTEAREAS		6:48.33	10,00		
	50m:	45.11	45.11	150m:	2:32.85	54.48	250m:	4:18.39	52.60	350m:	6:00.60	49.99
	100m:	1:38.37	53.26	200m:	3:25.79	52.94	300m:	5:10.61	52.22	400m:	6:48.33	47.73
3.	1144231	PEREZ GALLARDO, Teresa				59	POURENSE		9:26.61	8,00		
	50m:	1:04.36	1:04.36	150m:	3:27.85	1:12.60	250m:	5:51.99	1:11.86	350m:	8:15.98	1:11.68
	100m:	2:15.25	1:10.89	200m:	4:40.13	1:12.28	300m:	7:04.30	1:12.31	400m:	9:26.61	1:10.63
60+												
1.	1143893	REBORDA MORILLO, Susana				61	ESCUALOS		8:17.13	13,00		
	50m:	55.76	55.76	150m:	2:59.08	1:02.61	250m:	5:06.31	1:03.93	350m:	7:14.86	1:04.65
	100m:	1:56.47	1:00.71	200m:	4:02.38	1:03.30	300m:	6:10.21	1:03.90	400m:	8:17.13	1:02.27
65+												
1.	1076494	SUEIRO COSTAS, Mª Carmen				67	PONTEAREAS		10:52.27	13,00		
	50m:	1:11.53	1:11.53	150m:	4:00.08	1:25.34	250m:	6:46.95	1:22.96	350m:	9:30.92	1:21.70
	100m:	2:34.74	1:23.21	200m:	5:23.99	1:23.91	300m:	8:09.22	1:22.27	400m:	10:52.27	1:21.35
70+												
DNF	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.				71	TRAVIESAS			-		
	Abandonou											
80+												
1.	1058045	MORAL RUBIO, Isabel				81	PONTEAREAS		13:08.60	13,00	RG	
	50m:	1:23.47	1:23.47	150m:	4:40.97	1:39.83	250m:	8:04.11	1:40.43	350m:	11:29.36	1:40.01
	100m:	3:01.14	1:37.67	200m:	6:23.68	1:42.71	300m:	9:49.35	1:45.24	400m:	13:08.60	1:39.24