

## 1. 200 m Costas Feminino

20+										
1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	2:34.52	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 35.21								100E: 1:13.58
2	1039634	LAGO CASTILLO NATALIA	1999	NCORUÑA	2:45.88	M 25	2022-12-03	BATALLONES	10	
		50E: 39.13								100E: 1:21.48
3	1087099	GOMEZ FERNANDEZ UXIA	2003	ESCUALOS	3:17.71	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 45.72								100E: 1:35.48
4	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	3:19.51	M 25	2022-12-03	BATALLONES	7	
		50E: 49.19								100E: 1:41.06
30+										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	2:37.22	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 36.37								100E: 1:15.72
2	1040545	POMBO LOPEZ BELEN	1992	CFVLUGO	2:53.02	M 25	2022-12-04	ÁLVARO PINO	10	
		50E: 41.18								100E: 1:24.68
3	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	3:02.34	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 44.25								100E: 1:29.52
4	1040457	FREIJO LÓPEZ LUCÍA	1992	NCORUÑA	3:06.53	M 25	2022-12-03	BATALLONES	7	
		50E: 42.97								100E: 1:29.25
5	1174885	RUIZ MEILAN BLANCA	1990	CASINOC	3:43.88	M 25	2022-12-03	BATALLONES	6	
		50E: 54.16								100E: 1:49.66
6	1230332	CASTRO TENREIRO ROSA Mª	1993	NTNARON	4:08.99	M 25	2022-12-03	BATALLONES	5	
		50E: 52.84								100E: 1:54.78
7	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	4:21.62	M 25	2022-12-04	AS POZAS	4	
		50E: 1:01.12								100E: 2:14.13
35+										
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	2:42.91	M 25	2022-12-03	BATALLONES	13	
		50E: 38.06								100E: 1:19.23
2	1093454	PINO AGUIRRE CRISTINA	1988	TRICORUÑ	3:19.25	M 25	2022-12-03	BATALLONES	10	
		50E: 47.07								100E: 1:37.75
3	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	3:21.50	M 25	2022-12-04	AS POZAS	8	
		50E: 45.92								100E: 1:36.03
4	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	3:24.86	M 25	2022-12-04	AS POZAS	7	
		50E: 51.08								100E: 1:42.98
5	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	3:33.73	M 25	2022-12-04	ÁLVARO PINO	6	
		50E: 52.50								100E: 1:47.63
40+										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	2:45.99	M 25	2022-12-03	BATALLONES	13	

		50E: 39.49						100E: 1:22.09		
2	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	3:35.69	M 25	2022-12-04	ÁLVARO PINO	10	
		50E: 51.91						100E: 1:48.89		
3	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	4:38.89	M 25	2022-12-04	AS POZAS	8	
		50E: 1:05.94						100E: 2:17.34		
<b>45+</b>										
1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	3:19.47	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 49.07						100E: 1:39.50		
2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	3:30.39	M 25	2022-12-04	AS POZAS	10	
		50E: 48.98						100E: 1:41.83		
3	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	3:34.90	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 52.08						100E: 1:46.28		
4	1143813	REGUEIRA MARTINEZ MARIA J.	1975	HERCULES	3:35.27	M 25	2022-12-03	BATALLONES	7	
		50E: 51.92						100E: 1:45.95		
5	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	3:46.28	M 25	2022-12-04	ÁLVARO PINO	6	
		50E: 53.80						100E: 1:50.29		
<b>50+</b>										
1	1197600	SANDERSON HELEN JANE	1970	CULLERED	3:32.23	M 25	2022-12-03	BATALLONES	13	
		50E: 50.63						100E: 1:45.56		
2	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	3:57.88	M 25	2022-12-04	AS POZAS	10	
		50E: 53.48						100E: 1:51.27		
3	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	4:34.61	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 1:09.06						100E: 2:18.79		
4	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	5:23.83	M 25	2022-12-04	ÁLVARO PINO	7	
		50E: 1:17.17						100E: 2:40.49		
5	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	5:47.06	M 25	2022-12-04	ÁLVARO PINO	6	
		50E: 1:26.75						100E: 2:55.30		
<b>55+</b>										
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	3:39.94	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 52.56						100E: 1:48.37		
2	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	4:16.37	M 25	2022-12-04	AS POZAS	10	
		50E: 1:04.48						100E: 2:08.82		
<b>60+</b>										
1	1039437	BALADO LOPEZ ANA MARIA	1961	POURENSE	3:36.90	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 52.70						100E: 1:46.66		
<b>75+</b>										
1	1143507	PEREZ DOMINGUEZ MARIA LUISA	1944	RBAIXAS	8:36.74	M 25	2022-12-04	AS POZAS	13	
		50E: 2:00.24						100E: 4:07.79		



LIGA GALEGA MÁSTER XOR. 2 (UNIFICADOS)

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80+

1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	6:57.33	M 25	2022-12-04	ÁLVARO PINO	13
		50E: 1:35.01							
		100E: 3:18.25							

## 2. 200 m Costas Masculino

<b>20+</b>										
1	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:34.41	M 25	2022-12-03	BATALLONES	13	
		50E: 37.55								100E: 1:16.59
<b>25+</b>										
1	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	2:46.03	M 25	2022-12-04	AS POZAS	13	
		50E: 38.47								100E: 1:19.91
2	1039568	BLANCO PEREZ ADRIAN	1994	POURENSE	2:46.76	M 25	2022-12-04	ÁLVARO PINO	10	
		50E: 39.10								100E: 1:22.00
<b>30+</b>										
1	1038638	CASTRO VILLAR DAVID	1991	NCORUÑA	2:36.21	M 25	2022-12-03	BATALLONES	13	
		50E: 38.78								100E: 1:18.81
2	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	2:38.87	M 25	2022-12-04	AS POZAS	10	
		50E: 38.19								100E: 1:18.07
3	1143606	LORENZO MARTIN JAVIER	1989	ESCUALOS	3:23.63	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 47.18								100E: 1:36.90
<b>35+</b>										
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	2:13.59	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 30.90								100E: 1:03.70
2	1005819	LAZARO GUERRERO VICTOR	1988	CMARINA	2:43.28	M 25	2022-12-03	BATALLONES	10	
		50E: 39.46								100E: 1:19.81
3	1226258	BERNARDEZ FERRO JUAN JOSE	1987	GALAICO	2:49.85	M 25	2022-12-04	AS POZAS	8	
		50E: 39.68								100E: 1:23.24
4	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	2:50.48	M 25	2022-12-04	ÁLVARO PINO	7	
		50E: 41.54								100E: 1:23.95
5	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	3:27.26	M 25	2022-12-03	BATALLONES	6	
		50E: 46.47								100E: 1:39.26
6	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	3:28.63	M 25	2022-12-04	ÁLVARO PINO	5	
		50E: 49.72								100E: 1:41.19
7	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	3:35.11	M 25	2022-12-04	AS POZAS	4	
		50E: 50.82								100E: 1:43.70
<b>40+</b>										
1	1231535	GOMEZ MARQUEZ HUGO	1983	POURENSE	2:25.48	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 34.76								100E: 1:12.18
2	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	3:11.40	M 25	2022-12-04	AS POZAS	10	
		50E: 41.92								100E: 1:27.65
3	1143895	PADIN CHARLIN JOAQUIN	1980	ESCUALOS	3:14.11	M 25	2022-12-04	ÁLVARO PINO	8	

		50E: 43.69		100E: 1:30.72						
4	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	3:26.34	M 25	2022-12-04	AS POZAS	7	
		50E: 50.66		100E: 1:44.35						
5	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	3:29.81	M 25	2022-12-04	ÁLVARO PINO	6	
		50E: 49.43		100E: 1:41.10						
6	1039360	POSE MATO CESAR	1983	ADFOGAR	4:31.93	M 25	2022-12-03	BATALLONES	5	
		50E: 1:05.82		100E: 2:14.86						
<b>45+</b>										
1	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:29.44	M 25	2022-12-04	AS POZAS	13	
		50E: 35.51		100E: 1:12.30						
2	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	2:29.54	M 25	2022-12-04	AS POZAS	10	
		50E: 35.85		100E: 1:14.10						
3	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	2:51.31	M 25	2022-12-04	AS POZAS	8	
		50E: 41.23		100E: 1:23.46						
4	1076549	FERNÁNDEZ MAROTO DIEGO	1978	RCNVIGO	2:54.58	M 25	2022-12-04	AS POZAS	7	
		50E: 41.65		100E: 1:26.16						
5	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	2:54.63	M 25	2022-12-03	BATALLONES	6	
		50E: 39.27		100E: 1:23.45						
6	1141206	ANEIROS GARCIA JOSE M.	1974	CMARINA	2:55.64	M 25	2022-12-03	BATALLONES	5	
		50E: 39.79		100E: 1:23.72						
7	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	3:08.53	M 25	2022-12-04	ÁLVARO PINO	4	
		50E: 46.00		100E: 1:33.90						
8	1143964	TABOAS BASTOS OSCAR	1977	CNMOS	3:51.98	M 25	2022-12-04	AS POZAS	3	
		50E: 56.00		100E: 1:53.98						
<b>50+</b>										
1	1040137	QUINTAS BARROS JESUS C.	1973	ESCUALOS	2:55.55	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 42.84		100E: 1:27.39						
2	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	2:55.64	M 25	2022-12-03	BATALLONES	10	
		50E: 43.46		100E: 1:29.28						
3	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	3:21.80	M 25	2022-12-04	ÁLVARO PINO	8	
		50E: 48.28		100E: 1:39.70						
<b>55+</b>										
1	1076516	JORGE IGLESIAS MARCELINO	1966	CNMOS	2:50.12	M 25	2022-12-04	AS POZAS	13	
		50E: 40.32		100E: 1:24.04						
2	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	3:20.08	M 25	2022-12-03	BATALLONES	10	
		50E: 47.40		100E: 1:38.11						
3	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	3:34.14	M 25	2022-12-04	AS POZAS	8	
		50E: 50.51		100E: 1:45.62						
4	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	4:38.52	M 25	2022-12-04	ÁLVARO PINO	7	
		50E: 1:07.85		100E: 2:21.00						

<b>60+</b>										
1	1076173	FERNANDEZ NUÑEZ SANTIAGO	1963	ESCUALOS	2:49.63	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 39.25								100E: 1:22.33
2	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	3:16.23	M 25	2022-12-04	AS POZAS	10	
		50E: 45.65								100E: 1:33.91
3	1075185	YAÑEZ WONENBURGER J. CARLOS	1959	HERCULES	3:23.10	M 25	2022-12-03	BATALLONES	8	
		50E: 47.10								100E: 1:38.45
<b>65+</b>										
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	3:38.95	M 25	2022-12-04	AS POZAS	13	
		50E: 54.70								100E: 1:50.37
2	1191492	TIMIRAOS CARRASCO LUIS	1956	POURENSE	6:17.99	M 25	2022-12-04	ÁLVARO PINO	10	
		50E: 1:31.50								100E: 3:10.33
3	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	6:33.21	M 25	2022-12-04	AS POZAS	8	
		50E: 1:44.00								100E: 3:28.62
<b>70+</b>										
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	4:32.68	M 25	2022-12-04	ÁLVARO PINO	13	
		50E: 1:04.73								100E: 2:17.16

### 3. 50 m Braza Feminino

20+										
1	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	39.35	M 25	2022-12-03	BATALLONES	13	
2	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	41.86	M 25	2022-12-03	BATALLONES	10	
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	44.06	M 25	2022-12-04	AS POZAS	8	
4	1110948	CANO ROSALES NURIA	2001	GALAICO	44.35	M 25	2022-12-04	AS POZAS	7	
5	1040130	CARREIRA GARCIA PAULA	2001	CFVLUGO	45.08	M 25	2022-12-04	ÁLVARO PINO	6	
6	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	48.88	M 25	2022-12-04	ÁLVARO PINO	5	
7	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	50.04	M 25	2022-12-04	ÁLVARO PINO	4	
8	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	1:05.51	M 25	2022-12-03	BATALLONES	2.5	
9	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	1:05.51	M 25	2022-12-03	BATALLONES	2.5	
25+										
1	1035411	FERNANDEZ GARCIA MARINA	1997	GALAICO	1:00.20	M 25	2022-12-04	AS POZAS	13	
2	1108841	DA FORTUNA VAZQUEZ NOEMI	1994	CTRAVIE	1:01.35	M 25	2022-12-04	AS POZAS	10	
30+										
1	1086350	RIVAS CARCACIA NATALIA	1991	ESCUALOS	39.57	M 25	2022-12-04	ÁLVARO PINO	13	
2	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	48.49	M 25	2022-12-04	ÁLVARO PINO	10	
3	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	49.00	M 25	2022-12-04	AS POZAS	8	
4	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	51.93	M 25	2022-12-03	BATALLONES	7	
5	1144979	SEOANE GOMEZ ANA	1992	GALAICO	53.93	M 25	2022-12-04	AS POZAS	6	
6	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	CTRAVIE	57.77	M 25	2022-12-04	AS POZAS	5	
7	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	1:10.27	M 25	2022-12-04	ÁLVARO PINO	4	
35+										
1	1075742	VALIÑO GÓMEZ ESTHER	1988	RBAIXAS	39.34	M 25	2022-12-04	AS POZAS	13	
2	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	41.63	M 25	2022-12-03	BATALLONES	10	
3	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	43.80	M 25	2022-12-04	ÁLVARO PINO	8	
4	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	44.38	M 25	2022-12-04	AS POZAS	7	
5	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	47.20	M 25	2022-12-03	BATALLONES	6	
6	1093454	PINO AGUIRRE CRISTINA	1988	TRICORUÑ	50.00	M 25	2022-12-03	BATALLONES	5	
40+										
1	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	43.47	M 25	2022-12-04	ÁLVARO PINO	13	
2	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	45.18	M 25	2022-12-04	ÁLVARO PINO	10	
3	1182364	RODRÍGUEZ RODRÍGUEZ ZELTIA	1981	NTNARON	46.71	M 25	2022-12-03	BATALLONES	8	
4	1146893	PRADO FRANCO MARTA E.	1979	RBAIXAS	46.78	M 25	2022-12-04	AS POZAS	7	
5	1228068	VARELA BAO SORAYA	1980	TRICORUÑ	52.05	M 25	2022-12-03	BATALLONES	6	
6	1093456	RAMIREZ INSUA JULIA	1983	RSDH	52.76	M 25	2022-12-03	BATALLONES	5	
7	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	1:09.09	M 25	2022-12-03	BATALLONES	4	

<b>45+</b>										
1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	38.97	M 25	2022-12-04	AS POZAS	13	
2	1192272	DAVILA BLANCO ARANZAZU	1977	CNMOS	51.03	M 25	2022-12-04	AS POZAS	10	
3	1208832	CORREDOIRA KARINA HAYDEE	1974	NPONTEA	51.49	M 25	2022-12-04	ÁLVARO PINO	8	
4	1144074	SERRANO AVENDAÑO SILVIA	1975	CTRAVIE	1:02.83	M 25	2022-12-04	AS POZAS	7	
5	1208841	PORTELA VILLANUEVA GEMA	1974	NPONTEA	1:03.23	M 25	2022-12-04	ÁLVARO PINO	6	
<b>50+</b>										
1	1232962	JARDON GONZALEZ HELENA	1971	NPONTEA	48.20	M 25	2022-12-04	ÁLVARO PINO	13	
2	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	50.92	M 25	2022-12-03	BATALLONES	10	
3	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	51.85	M 25	2022-12-03	BATALLONES	8	
4	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	57.72	M 25	2022-12-04	ÁLVARO PINO	7	
5	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	57.89	M 25	2022-12-04	ÁLVARO PINO	6	
6	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	1:00.28	M 25	2022-12-04	ÁLVARO PINO	5	
7	1226313	CHICO FERNANDEZ MARIA BEGOÑA	1971	CULLERED	1:32.68	M 25	2022-12-03	BATALLONES	4	
<b>55+</b>										
1	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	50.29	M 25	2022-12-04	AS POZAS	13	
2	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	50.63	M 25	2022-12-04	AS POZAS	10	
3	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	51.26	M 25	2022-12-04	ÁLVARO PINO	8	
4	1076508	BASTOS ALONSO M. CARMEN	1965	CNMOS	52.44	M 25	2022-12-04	AS POZAS	7	
5	1076253	MIGUEZ DE LA SIERRA ANGELES	1966	GALAICO	1:03.13	M 25	2022-12-04	AS POZAS	6	
6	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	1:08.81	M 25	2022-12-04	ÁLVARO PINO	5	
7	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	1:23.90	M 25	2022-12-04	ÁLVARO PINO	4	
<b>60+</b>										
1	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	57.02	M 25	2022-12-04	ÁLVARO PINO	13	
<b>65+</b>										
1	1075178	SAR MORANO DOLORES	1955	CULLERED	55.59	M 25	2022-12-03	BATALLONES	13	
<b>70+</b>										
1	1208789	MAROTO REGLERO M.C.P.	1952	CTRAVIE	1:44.43	M 25	2022-12-04	AS POZAS	13	
<b>75+</b>										
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	2:13.50	M 25	2022-12-04	ÁLVARO PINO	13	
<b>80+</b>										
1	1178774	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	2:33.42	M 25	2022-12-04	ÁLVARO PINO	13	



#### 4. 50 m Braza Masculino

<b>20+</b>										
1	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	46.68	M 25	2022-12-04	ÁLVARO PINO	13	
<b>25+</b>										
1	1228049	RODRIGUEZ RAMOS MANUEL	1997	ESCUALOS	38.65	M 25	2022-12-04	ÁLVARO PINO	13	
2	1216460	FRANCISCO MACÍAS SIMÓN	1996	POURENSE	40.72	M 25	2022-12-04	ÁLVARO PINO	10	
<b>30+</b>										
1	1130602	TENORIO FREIRE MARTIN	1992	GALAICO	34.79	M 25	2022-12-04	AS POZAS	13	
2	1174610	TABOADA VILA DANIEL	1993	POURENSE	40.07	M 25	2022-12-04	ÁLVARO PINO	10	
3	1178769	RODRÍGUEZ GONZÁLEZ A.J.	1991	CNFERRO	40.72	M 25	2022-12-03	BATALLONES	8	
4	1143606	LORENZO MARTIN JAVIER	1989	ESCUALOS	43.49	M 25	2022-12-04	ÁLVARO PINO	7	
<b>35+</b>										
1	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	34.52	M 25	2022-12-04	ÁLVARO PINO	13	
2	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	37.35	M 25	2022-12-04	AS POZAS	10	
3	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	38.67	M 25	2022-12-04	AS POZAS	8	
4	1222781	FARIÑA VILA MANUEL	1988	CNMOS	40.10	M 25	2022-12-04	AS POZAS	7	
5	1005819	LAZARO GUERRERO VICTOR	1988	CMARINA	40.71	M 25	2022-12-03	BATALLONES	6	
6	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	40.73	M 25	2022-12-03	BATALLONES	5	
<b>40+</b>										
1	1141151	CALLE FACAL TELMO	1983	GALAICO	35.12	M 25	2022-12-04	AS POZAS	13	
2	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	36.35	M 25	2022-12-04	ÁLVARO PINO	10	
3	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	36.99	M 25	2022-12-04	AS POZAS	8	
4	1144789	MATIAS DUARTE ERICK	1982	HERCULES	38.93	M 25	2022-12-03	BATALLONES	7	
5	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	39.51	M 25	2022-12-04	AS POZAS	6	
6	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	42.14	M 25	2022-12-04	ÁLVARO PINO	5	
7	1190529	CERVELA DEBER MOISES	1982	SALESTRA	43.56	M 25	2022-12-04	AS POZAS	4	
8	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	44.42	M 25	2022-12-04	ÁLVARO PINO	3	
9	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	46.72	M 25	2022-12-04	AS POZAS	2	
10	1180167	COSTAS GONZALEZ PABLO	1979	NPONTEA	47.61	M 25	2022-12-04	ÁLVARO PINO	1	
11	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	54.17	M 25	2022-12-03	BATALLONES	0	
<b>45+</b>										
1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	33.99	M 25	2022-12-04	ÁLVARO PINO	13	
2	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	38.50	M 25	2022-12-03	BATALLONES	10	
3	1145058	VALCUENDE RODRIGUEZ J.M.	1976	HERCULES	41.37	M 25	2022-12-03	BATALLONES	8	
4	1084040	GARCIA CASTIÑEIRA DANIEL	1974	GALAICO	42.83	M 25	2022-12-04	AS POZAS	7	
5	1224728	CARBALLIDO MOSQUERA OSCAR	1978	CNORDES	43.99	M 25	2022-12-03	BATALLONES	6	

6	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	44.20	M 25	2022-12-04	AS POZAS	5
7	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	45.04	M 25	2022-12-04	ÁLVARO PINO	4
8	1076549	FERNÁNDEZ MAROTO DIEGO	1978	RCNVIGO	46.21	M 25	2022-12-04	AS POZAS	3
9	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	48.27	M 25	2022-12-04	ÁLVARO PINO	2
10	1143964	TABOAS BASTOS OSCAR	1977	CNMOS	52.57	M 25	2022-12-04	AS POZAS	1
11	1197558	FERNANDEZ FERNANDEZ M.A.	1977	RBAIXAS	53.00	M 25	2022-12-04	AS POZAS	0
<b>50+</b>									
1	1076185	PEREIRA DIAZ ANGEL	1972	ESCUALOS	36.29	M 25	2022-12-04	ÁLVARO PINO	13
2	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	37.42	M 25	2022-12-03	BATALLONES	10
3	1147287	ESCUDEIRO DANS DAVID	1973	TRICORUÑ	41.41	M 25	2022-12-03	BATALLONES	8
4	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	42.16	M 25	2022-12-04	ÁLVARO PINO	7
5	1143494	IGLESIAS RODRIGUEZ CARLOS	1969	RBAIXAS	43.77	M 25	2022-12-04	AS POZAS	6
6	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	46.97	M 25	2022-12-03	BATALLONES	5
7	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	47.48	M 25	2022-12-04	ÁLVARO PINO	4
8	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	49.05	M 25	2022-12-03	BATALLONES	3
9	1143263	BUSTABAD FERREIRO FERNANDO	1971	CMARINA	59.22	M 25	2022-12-03	BATALLONES	2
<b>55+</b>									
1	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	36.13	M 25	2022-12-03	BATALLONES	13
2	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	42.93	M 25	2022-12-04	ÁLVARO PINO	10
3	1144788	BEREA RUIZ MANUEL	1964	HERCULES	46.90	M 25	2022-12-03	BATALLONES	8
4	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	48.04	M 25	2022-12-04	AS POZAS	7
5	1175217	CASTRO QUINTELA AVELINO	1967	GALAICO	56.88	M 25	2022-12-04	AS POZAS	6
<b>60+</b>									
1	1141399	SANCHEZ MUÑOZ JOSE IGNACIO	1961	RBAIXAS	44.56	M 25	2022-12-04	AS POZAS	13
2	1180241	COLLAZO LÓPEZ VICTOR ELISEO	1963	SALESTRA	45.30	M 25	2022-12-04	AS POZAS	10
3	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	47.19	M 25	2022-12-04	ÁLVARO PINO	8
4	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	48.27	M 25	2022-12-04	AS POZAS	7
5	1144712	MONTERO FERNANDEZ JOSE ANTONIO	1963	POURENSE	55.78	M 25	2022-12-04	ÁLVARO PINO	6
<b>65+</b>									
1	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	49.19	M 25	2022-12-04	AS POZAS	13
2	1222391	AREA PEREIRA JOSE MANUEL	1957	GALAICO	1:07.09	M 25	2022-12-04	AS POZAS	10
3	1076495	PAZOS CABAL MIGUEL	1955	ADFOGAR	1:13.29	M 25	2022-12-03	BATALLONES	8
<b>70+</b>									
1	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	1:10.34	M 25	2022-12-04	AS POZAS	13
<b>80+</b>									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:20.19	M 25	2022-12-04	ÁLVARO PINO	13

## 5. 100 m Estilos Feminino

20+										
1	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	1:12.45	M 25	2022-12-04	ÁLVARO PINO	13	
2	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	1:15.19	M 25	2022-12-04	ÁLVARO PINO	10	
3	1039634	LAGO CASTILLO NATALIA	1999	NCORUÑA	1:20.23	M 25	2022-12-03	BATALLONES	8	
4	1143296	EIJO GIL ANA PAULA	2003	NPONTEA	1:22.53	M 25	2022-12-04	ÁLVARO PINO	7	
5	1038929	GONZALEZ AVENDAÑO LUCIA	1999	GALAICO	1:24.91	M 25	2022-12-04	AS POZAS	6	
6	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	1:25.76	M 25	2022-12-04	AS POZAS	5	
7	1087099	GOMEZ FERNANDEZ UXIA	2003	ESCUALOS	1:27.36	M 25	2022-12-04	ÁLVARO PINO	4	
8	1110948	CANO ROSALES NURIA	2001	GALAICO	1:27.47	M 25	2022-12-04	AS POZAS	3	
9	1037965	COSTA FERNANDEZ LAURA	2001	NPONTEA	1:28.19	M 25	2022-12-04	ÁLVARO PINO	2	
10	1076318	LEMON FERNANDEZ ZAIRA	2002	NPONTEA	1:30.14	M 25	2022-12-04	ÁLVARO PINO	1	
11	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:37.51	M 25	2022-12-04	ÁLVARO PINO	0	
12	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	1:41.51	M 25	2022-12-04	AS POZAS	0	
13	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	1:42.28	M 25	2022-12-04	ÁLVARO PINO	0	
14	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	1:44.26	M 25	2022-12-04	ÁLVARO PINO	0	
25+										
1	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	1:26.06	M 25	2022-12-04	AS POZAS	13	
2	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	1:36.24	M 25	2022-12-04	AS POZAS	10	
3	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:36.89	M 25	2022-12-04	ÁLVARO PINO	8	
4	1217434	CRESPO ESTEVEZ LAURA	1994	GALAICO	1:40.48	M 25	2022-12-04	AS POZAS	7	
30+										
1	1075230	GARCÍA SOTO PATRICIA	1991	CNFERRO	1:15.41	M 25	2022-12-03	BATALLONES	13	
2	1040545	POMBO LOPEZ BELEN	1992	CFVLUGO	1:22.19	M 25	2022-12-04	ÁLVARO PINO	10	
3	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	1:24.83	M 25	2022-12-03	BATALLONES	8	
4	1222211	SANZ BARRIONUEVO MARIA LUISA	1991	CIDSANTI	1:26.16	M 25	2022-12-04	AS POZAS	7	
5	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	1:26.81	M 25	2022-12-04	ÁLVARO PINO	6	
6	1086350	RIVAS CARCACIA NATALIA	1991	ESCUALOS	1:27.98	M 25	2022-12-04	ÁLVARO PINO	5	
7	1040457	FREIJO LÓPEZ LUCÍA	1992	NCORUÑA	1:30.69	M 25	2022-12-03	BATALLONES	4	
35+										
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	1:16.04	M 25	2022-12-03	BATALLONES	13	
2	1144403	SILVA SILVA NATALIA	1986	CNMOS	1:22.03	M 25	2022-12-04	AS POZAS	10	
3	1224939	VÁZQUEZ FUENTES CINTIA	1987	MOLEMOS	1:25.17	M 25	2022-12-04	ÁLVARO PINO	8	
4	1097627	GIL FERNANDEZ MARTA	1988	TRICORUÑ	1:27.65	M 25	2022-12-03	BATALLONES	7	
5	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	1:35.28	M 25	2022-12-04	AS POZAS	6	
6	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	1:35.79	M 25	2022-12-04	ÁLVARO PINO	5	
7	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	1:52.31	M 25	2022-12-04	ÁLVARO PINO	4	

<b>40+</b>										
1	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	1:30.23	M 25	2022-12-04	ÁLVARO PINO	13	
2	1195584	ALAYON MORIN CRISTINA	1982	HERCULES	1:30.90	M 25	2022-12-03	BATALLONES	10	
3	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	1:43.92	M 25	2022-12-04	AS POZAS	8	
4	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	1:50.43	M 25	2022-12-04	ÁLVARO PINO	7	
5	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	1:53.21	M 25	2022-12-04	ÁLVARO PINO	6	
<b>45+</b>										
1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	1:34.59	M 25	2022-12-04	ÁLVARO PINO	13	
2	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	1:36.85	M 25	2022-12-04	ÁLVARO PINO	10	
3	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	1:37.43	M 25	2022-12-04	AS POZAS	8	
4	1192272	DAVILA BLANCO ARANZAZU	1977	CNMOS	1:43.02	M 25	2022-12-04	AS POZAS	7	
5	1076531	VALLADARES GONZALEZ TATIANA	1977	CNMOS	1:47.09	M 25	2022-12-04	AS POZAS	6	
6	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	1:54.40	M 25	2022-12-03	BATALLONES	5	
7	1217442	VILLASANTE ARMAS MARIA ROSA	1975	NCORUÑA	1:57.66	M 25	2022-12-03	BATALLONES	4	
8	1208841	PORTELA VILLANUEVA GEMA	1974	NPONTEA	2:18.47	M 25	2022-12-04	ÁLVARO PINO	3	
9	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	2:20.03	M 25	2022-12-04	AS POZAS	2	
10	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	2:21.21	M 25	2022-12-04	ÁLVARO PINO	1	
<b>50+</b>										
1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	1:33.65	M 25	2022-12-04	ÁLVARO PINO	13	
2	1197600	SANDERSON HELEN JANE	1970	CULLERED	1:34.87	M 25	2022-12-03	BATALLONES	10	
3	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	1:53.96	M 25	2022-12-04	AS POZAS	8	
4	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	1:56.10	M 25	2022-12-04	ÁLVARO PINO	7	
5	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	1:58.83	M 25	2022-12-04	ÁLVARO PINO	6	
<b>55+</b>										
1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	1:43.77	M 25	2022-12-04	AS POZAS	13	
2	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	1:58.00	M 25	2022-12-04	AS POZAS	10	
3	1076508	BASTOS ALONSO M. CARMEN	1965	CNMOS	2:06.18	M 25	2022-12-04	AS POZAS	8	
4	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	2:13.31	M 25	2022-12-04	ÁLVARO PINO	7	
<b>60+</b>										
1	1039437	BALADO LOPEZ ANA MARIA	1961	POURENSE	1:37.71	M 25	2022-12-04	ÁLVARO PINO	13	
2	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	1:39.12	M 25	2022-12-03	BATALLONES	10	
3	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	1:43.83	M 25	2022-12-03	BATALLONES	8	
4	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	1:53.35	M 25	2022-12-03	BATALLONES	7	
5	1212074	LOPEZ BLANCO Mº ISABEL	1963	CULLERED	2:08.52	M 25	2022-12-03	BATALLONES	6	
6	1143893	REBORDA MORILLO SUSANA	1962	ESCUALOS	2:19.45	M 25	2022-12-04	ÁLVARO PINO	5	
<b>65+</b>										
1	1075178	SAR MORANO DOLORES	1955	CULLERED	2:01.26	M 25	2022-12-03	BATALLONES	13	
2	1076494	SUEIRO COSTAS Mª CARMEN	1956	NPONTEA	3:12.49	M 25	2022-12-04	ÁLVARO PINO	10	

## 6. 100 m Estilos Masculino

20+										
1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	1:06.48	M 25	2022-12-03	BATALLONES	13	
2	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	1:09.97	M 25	2022-12-04	ÁLVARO PINO	10	
3	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	1:10.57	M 25	2022-12-03	BATALLONES	8	
4	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	GALAICO	1:11.53	M 25	2022-12-04	AS POZAS	7	
5	1040450	ARDAO GRANDAL DANIEL	2002	CMARINA	1:11.65	M 25	2022-12-03	BATALLONES	6	
6	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	1:11.77	M 25	2022-12-03	BATALLONES	5	
7	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	1:15.80	M 25	2022-12-03	BATALLONES	4	
8	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	1:30.69	M 25	2022-12-04	ÁLVARO PINO	3	
25+										
1	1037180	CARRERA COSTAS MARTIN	1996	NPONTEA	1:05.09	M 25	2022-12-04	ÁLVARO PINO	13	
2	1039568	BLANCO PEREZ ADRIAN	1994	POURENSE	1:09.36	M 25	2022-12-04	ÁLVARO PINO	10	
3	1040621	SEQUEIROS LAGO SAUL	1998	CNMOS	1:17.11	M 25	2022-12-04	AS POZAS	8	
30+										
1	1130602	TENORIO FREIRE MARTIN	1992	GALAICO	1:08.46	M 25	2022-12-04	AS POZAS	13	
2	1038638	CASTRO VILLAR DAVID	1991	NCORUÑA	1:12.73	M 25	2022-12-03	BATALLONES	10	
3	1174610	TABOADA VILA DANIEL	1993	POURENSE	1:20.61	M 25	2022-12-04	ÁLVARO PINO	8	
4	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	1:21.65	M 25	2022-12-03	BATALLONES	7	
5	1110754	FREIRE LOPEZ DIEGO	1991	ARTEIXO	1:23.37	M 25	2022-12-03	BATALLONES	6	
35+										
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	1:02.01	M 25	2022-12-04	ÁLVARO PINO	13	
2	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	1:09.28	M 25	2022-12-04	AS POZAS	10	
3	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	1:11.06	M 25	2022-12-04	ÁLVARO PINO	8	
4	1143515	BLANCO PEREZ JESUS	1986	NTNARON	1:11.59	M 25	2022-12-03	BATALLONES	7	
5	1234879	ROADE MORADO JOSE LUIS	1986	NTNARON	1:14.66	M 25	2022-12-03	BATALLONES	6	
6	1075232	SAAVEDRA SEOANE DAVID	1985	CMARINA	1:16.12	M 25	2022-12-03	BATALLONES	4.5	
7	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	1:16.12	M 25	2022-12-03	BATALLONES	4.5	
8	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	1:17.69	M 25	2022-12-04	ÁLVARO PINO	3	
9	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:19.30	M 25	2022-12-04	ÁLVARO PINO	2	
10	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	1:19.63	M 25	2022-12-03	BATALLONES	1	
11	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	1:21.75	M 25	2022-12-04	AS POZAS	0	
12	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	1:23.38	M 25	2022-12-03	BATALLONES	0	
13	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	1:23.50	M 25	2022-12-03	BATALLONES	0	
14	1228067	MONTEAGUDO LEAL JONATHAN	1987	TRICORUÑ	1:24.12	M 25	2022-12-03	BATALLONES	0	
15	1230338	MUIÑO REY DANIEL	1984	CNFERRO	1:24.55	M 25	2022-12-03	BATALLONES	0	
16	1212078	FERNÁNDEZ LAGUNA F.J.	1987	TRICORUÑ	1:26.04	M 25	2022-12-03	BATALLONES	0	
17	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	1:33.26	M 25	2022-12-04	AS POZAS	0	

18	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	1:40.08	M 25	2022-12-04	ÁLVARO PINO	0
<b>40+</b>									
1	1228089	MERA MONTECELOS PABLO	1983	HERCULES	1:11.74	M 25	2022-12-03	BATALLONES	13
2	1053922	BAIZ ROCA GABRIEL	1979	ARTEIXO	1:14.62	M 25	2022-12-03	BATALLONES	10
3	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	1:16.84	M 25	2022-12-03	BATALLONES	8
4	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	1:17.77	M 25	2022-12-04	ÁLVARO PINO	7
5	1180237	FOUZ ROUCO RUBÉN	1979	HERCULES	1:18.15	M 25	2022-12-03	BATALLONES	6
6	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	1:19.42	M 25	2022-12-04	AS POZAS	5
7	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	1:20.55	M 25	2022-12-04	AS POZAS	4
8	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	1:20.84	M 25	2022-12-04	AS POZAS	3
9	1144789	MATIAS DUARTE ERICK	1982	HERCULES	1:21.03	M 25	2022-12-03	BATALLONES	2
10	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	1:21.38	M 25	2022-12-04	AS POZAS	1
11	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	1:23.15	M 25	2022-12-04	AS POZAS	0
12	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	1:23.68	M 25	2022-12-04	AS POZAS	0
13	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	1:27.82	M 25	2022-12-04	AS POZAS	0
14	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	1:29.03	M 25	2022-12-04	AS POZAS	0
15	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	1:31.06	M 25	2022-12-04	ÁLVARO PINO	0
16	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	1:33.03	M 25	2022-12-04	AS POZAS	0
17	1144865	ALVAREZ IGLESIAS RUBEN	1980	RBAIXAS	1:33.62	M 25	2022-12-04	AS POZAS	0
18	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	1:34.16	M 25	2022-12-04	ÁLVARO PINO	0
19	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	1:35.98	M 25	2022-12-04	ÁLVARO PINO	0
20	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	1:40.32	M 25	2022-12-04	AS POZAS	0
21	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	1:46.48	M 25	2022-12-03	BATALLONES	0
<b>45+</b>									
1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	1:07.88	M 25	2022-12-04	AS POZAS	13
2	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	1:09.96	M 25	2022-12-04	AS POZAS	10
3	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	1:12.82	M 25	2022-12-04	AS POZAS	8
4	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	1:13.21	M 25	2022-12-03	BATALLONES	7
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	1:14.95	M 25	2022-12-04	AS POZAS	6
6	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	1:16.34	M 25	2022-12-04	ÁLVARO PINO	5
7	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	1:18.02	M 25	2022-12-04	AS POZAS	4
8	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	1:20.93	M 25	2022-12-04	ÁLVARO PINO	3
9	1147010	SANJURJO POVEDA PABLO	1974	CNFERRO	1:27.75	M 25	2022-12-03	BATALLONES	2
10	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:28.21	M 25	2022-12-04	ÁLVARO PINO	1
11	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	1:28.44	M 25	2022-12-03	BATALLONES	0
12	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	1:31.77	M 25	2022-12-03	BATALLONES	0
13	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	1:32.07	M 25	2022-12-04	AS POZAS	0
14	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	1:39.61	M 25	2022-12-04	AS POZAS	0
15	1144915	SÁNCHEZ PARADA JOSE Mª	1978	ARTEIXO	1:45.66	M 25	2022-12-03	BATALLONES	0
<b>50+</b>									
1	1076185	PEREIRA DIAZ ANGEL	1972	ESCUALOS	1:14.35	M 25	2022-12-04	ÁLVARO PINO	13

2	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	1:15.63	M 25	2022-12-03	BATALLONES	10
3	1040137	QUINTAS BARROS JESUS C.	1973	ESCUALOS	1:18.40	M 25	2022-12-04	ÁLVARO PINO	8
4	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	1:18.57	M 25	2022-12-03	BATALLONES	7
5	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	1:21.22	M 25	2022-12-04	AS POZAS	6
6	1147287	ESCUADERO DANS DAVID	1973	TRICORUÑ	1:23.88	M 25	2022-12-03	BATALLONES	5
7	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	1:29.40	M 25	2022-12-04	ÁLVARO PINO	4
8	1076537	VAZQUEZ VALLADARES ANTONIO	1972	RBAIXAS	1:29.71	M 25	2022-12-04	AS POZAS	3
9	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	1:32.09	M 25	2022-12-04	AS POZAS	2
10	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	1:46.53	M 25	2022-12-04	ÁLVARO PINO	1
11	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	1:47.12	M 25	2022-12-04	ÁLVARO PINO	0

**55+**

1	1076516	JORGE IGLESIAS MARCELINO	1966	CNMOS	1:14.22	M 25	2022-12-04	AS POZAS	13
2	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:27.97	M 25	2022-12-04	ÁLVARO PINO	10
3	1141191	GARCIA SANJURJO JOSE MANUEL	1967	CDELMAR	1:28.66	M 25	2022-12-03	BATALLONES	8
4	1144788	BEREA RUIZ MANUEL	1964	HERCULES	1:35.69	M 25	2022-12-03	BATALLONES	7
5	1076251	MARQUEZ FERNANDEZ XOSE LUIS	1966	GALAICO	1:51.28	M 25	2022-12-04	AS POZAS	6
6	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	1:58.21	M 25	2022-12-04	ÁLVARO PINO	5
7	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	1:58.82	M 25	2022-12-04	AS POZAS	4
8	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	2:03.42	M 25	2022-12-03	BATALLONES	3
9	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	2:05.75	M 25	2022-12-04	AS POZAS	2

**60+**

1	1076173	FERNANDEZ NUÑEZ SANTIAGO	1963	ESCUALOS	1:15.04	M 25	2022-12-04	ÁLVARO PINO	13
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	1:26.53	M 25	2022-12-04	AS POZAS	10
3	1076279	SIO LOURIDO J. SALVADOR	1961	CNMOS	1:27.29	M 25	2022-12-04	AS POZAS	8
4	1075185	YAÑEZ WONENBURGER J. CARLOS	1959	HERCULES	1:28.13	M 25	2022-12-03	BATALLONES	7
5	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	1:33.36	M 25	2022-12-04	AS POZAS	6
6	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	1:41.94	M 25	2022-12-04	ÁLVARO PINO	5
7	1141399	SANCHEZ MUÑOZ JOSE IGNACIO	1961	RBAIXAS	1:42.59	M 25	2022-12-04	AS POZAS	4

**65+**

1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	1:33.00	M 25	2022-12-04	AS POZAS	13
2	1191492	TIMIRAOS CARRASCO LUIS	1956	POURENSE	2:55.05	M 25	2022-12-04	ÁLVARO PINO	10
3	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	3:17.11	M 25	2022-12-04	AS POZAS	8

**70+**

1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	1:53.04	M 25	2022-12-04	AS POZAS	13
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## 7. 50 m Libre Feminino

20+										
1	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	28.74	M 25	2022-12-04	ÁLVARO PINO	13	
2	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	29.19	M 25	2022-12-04	ÁLVARO PINO	10	
3	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	30.22	M 25	2022-12-03	BATALLONES	8	
4	1040130	CARREIRA GARCIA PAULA	2001	CFVLUGO	33.75	M 25	2022-12-04	ÁLVARO PINO	7	
5	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	33.84	M 25	2022-12-03	BATALLONES	6	
6	1143296	EIJO GIL ANA PAULA	2003	NPONTEA	33.98	M 25	2022-12-04	ÁLVARO PINO	5	
7	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	35.34	M 25	2022-12-04	ÁLVARO PINO	4	
8	1232978	LOPEZ MORADO MARIA	2001	CULLERED	35.98	M 25	2022-12-03	BATALLONES	3	
9	1037965	COSTA FERNANDEZ LAURA	2001	NPONTEA	36.36	M 25	2022-12-04	ÁLVARO PINO	2	
10	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	38.33	M 25	2022-12-04	AS POZAS	1	
11	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	40.20	M 25	2022-12-04	ÁLVARO PINO	0	
12	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	53.56	M 25	2022-12-03	BATALLONES	0	
13	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	56.94	M 25	2022-12-03	BATALLONES	0	
14	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	57.90	M 25	2022-12-03	BATALLONES	0	
25+										
1	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	33.04	M 25	2022-12-04	AS POZAS	13	
2	1217434	CRESPO ESTEVEZ LAURA	1994	GALAICO	37.30	M 25	2022-12-04	AS POZAS	10	
3	1199647	TASENDE LÓPEZ XEILA	1997	ARTEIXO	38.12	M 25	2022-12-03	BATALLONES	8	
4	1227967	LAGUNAS PEREZ SARA	1995	CMARINA	38.65	M 25	2022-12-03	BATALLONES	7	
5	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	38.98	M 25	2022-12-04	AS POZAS	6	
6	1035411	FERNANDEZ GARCIA MARINA	1997	GALAICO	45.02	M 25	2022-12-04	AS POZAS	5	
7	1108841	DA FORTUNA VAZQUEZ NOEMI	1994	CTRAVIE	45.66	M 25	2022-12-04	AS POZAS	4	
30+										
1	1213810	TORRES GUTIERREZ CRISTINA	1990	CMARINA	30.53	M 25	2022-12-03	BATALLONES	13	
2	1075230	GARCÍA SOTO PATRICIA	1991	CNFERRO	30.56	M 25	2022-12-03	BATALLONES	10	
3	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	31.84	M 25	2022-12-03	BATALLONES	8	
4	1222211	SANZ BARRIONUEVO MARIA LUISA	1991	CIDSANTI	32.81	M 25	2022-12-04	AS POZAS	7	
5	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	34.33	M 25	2022-12-04	AS POZAS	6	
6	1230332	CASTRO TENREIRO ROSA Mª	1993	NTNARON	38.58	M 25	2022-12-03	BATALLONES	5	
7	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	38.88	M 25	2022-12-04	ÁLVARO PINO	4	
8	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	41.47	M 25	2022-12-04	AS POZAS	3	
9	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	CTRAVIE	45.35	M 25	2022-12-04	AS POZAS	2	
10	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	51.76	M 25	2022-12-04	ÁLVARO PINO	1	
11	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	53.79	M 25	2022-12-04	ÁLVARO PINO	0	
35+										
1	1144403	SILVA SILVA NATALIA	1986	CNMOS	31.96	M 25	2022-12-04	AS POZAS	13	



2	1097627	GIL FERNANDEZ MARTA	1988	TRICORUÑ	32.87	M 25	2022-12-03	BATALLONES	10
3	1224939	VÁZQUEZ FUENTES CINTIA	1987	MOLEMOS	33.84	M 25	2022-12-04	ÁLVARO PINO	8
4	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	34.16	M 25	2022-12-03	BATALLONES	7
5	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	34.43	M 25	2022-12-04	ÁLVARO PINO	6
6	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	40.50	M 25	2022-12-04	ÁLVARO PINO	5
<b>40+</b>									
1	1195584	ALAYON MORIN CRISTINA	1982	HERCULES	33.59	M 25	2022-12-03	BATALLONES	13
2	1182364	RODRÍGUEZ RODRÍGUEZ ZELTIA	1981	NTNARON	36.93	M 25	2022-12-03	BATALLONES	10
3	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	37.88	M 25	2022-12-04	AS POZAS	8
4	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	42.19	M 25	2022-12-04	ÁLVARO PINO	7
5	1093456	RAMIREZ INSUA JULIA	1983	RSDH	44.34	M 25	2022-12-03	BATALLONES	6
6	1228068	VARELA BAO SORAYA	1980	TRICORUÑ	45.36	M 25	2022-12-03	BATALLONES	5
7	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	45.45	M 25	2022-12-04	AS POZAS	4
8	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	55.13	M 25	2022-12-03	BATALLONES	3
<b>45+</b>									
1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	31.64	M 25	2022-12-04	AS POZAS	13
2	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	35.10	M 25	2022-12-04	ÁLVARO PINO	10
3	1208832	CORREDOIRA KARINA HAYDEE	1974	NPONTEA	39.68	M 25	2022-12-04	ÁLVARO PINO	8
4	1076531	VALLADARES GONZALEZ TATIANA	1977	CNMOS	40.03	M 25	2022-12-04	AS POZAS	7
5	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	42.22	M 25	2022-12-03	BATALLONES	6
6	1217442	VILLASANTE ARMAS MARIA ROSA	1975	NCORUÑA	43.59	M 25	2022-12-03	BATALLONES	5
7	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	47.49	M 25	2022-12-04	ÁLVARO PINO	4
8	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	47.63	M 25	2022-12-04	AS POZAS	3
9	1144074	SERRANO AVENDAÑO SILVIA	1975	CTRAVIE	47.98	M 25	2022-12-04	AS POZAS	2
<b>50+</b>									
1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	35.73	M 25	2022-12-04	ÁLVARO PINO	13
2	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	38.17	M 25	2022-12-03	BATALLONES	10
3	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	38.84	M 25	2022-12-03	BATALLONES	8
4	1232962	JARDON GONZALEZ HELENA	1971	NPONTEA	40.99	M 25	2022-12-04	ÁLVARO PINO	7
5	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	41.69	M 25	2022-12-04	ÁLVARO PINO	6
6	1226313	CHICO FERNANDEZ MARIA BEGOÑA	1971	CULLERED	48.04	M 25	2022-12-03	BATALLONES	5
7	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	49.60	M 25	2022-12-04	ÁLVARO PINO	4
<b>55+</b>									
1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	39.15	M 25	2022-12-04	AS POZAS	13
2	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	42.95	M 25	2022-12-04	ÁLVARO PINO	10
3	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	47.87	M 25	2022-12-04	AS POZAS	8
4	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	1:05.28	M 25	2022-12-04	ÁLVARO PINO	7
<b>60+</b>									
1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	33.48	M 25	2022-12-03	BATALLONES	13

2	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	38.69	M 25	2022-12-03	BATALLONES	10
3	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	42.80	M 25	2022-12-03	BATALLONES	8
4	1212074	LOPEZ BLANCO Mº ISABEL	1963	CULLERED	47.38	M 25	2022-12-03	BATALLONES	7
<b>65+</b>									
1	1076494	SUEIRO COSTAS Mª CARMEN	1956	NPONTEA	1:06.01	M 25	2022-12-04	ÁLVARO PINO	13
<b>70+</b>									
1	1076490	GONZÁLEZ ALEGRE ANA M.	1952	CTRAVIE	45.89	M 25	2022-12-04	AS POZAS	13
2	1208789	MAROTO REGLERO M.C.P.	1952	CTRAVIE	56.56	M 25	2022-12-04	AS POZAS	10
<b>75+</b>									
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:23.70	M 25	2022-12-04	ÁLVARO PINO	13
2	1143507	PEREZ DOMINGUEZ MARIA LUISA	1944	RBAIXAS	2:02.40	M 25	2022-12-04	AS POZAS	10
<b>80+</b>									
1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	1:17.25	M 25	2022-12-04	ÁLVARO PINO	13
2	1178774	CHANTADA GÓMEZ M. DEL CARMEN	1943	NPONTEA	1:41.10	M 25	2022-12-04	ÁLVARO PINO	10

## 8. 50 m Libre Masculino

20+										
1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	25.81	M 25	2022-12-03	BATALLONES		13
2	1040558	PONTON RODRIGUEZ JUAN	2002	MOLEMOS	26.06	M 25	2022-12-04	ÁLVARO PINO		10
3	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	GALAICO	27.79	M 25	2022-12-04	AS POZAS		8
4	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	28.64	M 25	2022-12-03	BATALLONES		7
5	1040450	ARDAO GRANDAL DANIEL	2002	CMARINA	28.78	M 25	2022-12-03	BATALLONES		6
6	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	29.81	M 25	2022-12-03	BATALLONES		5
25+										
1	1037180	CARRERA COSTAS MARTIN	1996	NPONTEA	26.51	M 25	2022-12-04	ÁLVARO PINO		13
2	1143300	VOLLUZ ITALIANI FACUNDO J.	1998	CNMOS	29.23	M 25	2022-12-04	AS POZAS		10
3	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	29.38	M 25	2022-12-04	AS POZAS		8
4	1228049	RODRIGUEZ RAMOS MANUEL	1997	ESCUALOS	30.19	M 25	2022-12-04	ÁLVARO PINO		7
5	1216460	FRANCISCO MACÍAS SIMÓN	1996	POURENSE	35.30	M 25	2022-12-04	ÁLVARO PINO		6
6	1202676	MARTINEZ ARADES BRAIS	1995	CMARINA	1:33.10	M 25	2022-12-03	BATALLONES		5
30+										
1	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	27.99	M 25	2022-12-04	AS POZAS		13
2	1110754	FREIRE LOPEZ DIEGO	1991	ARTEIXO	29.44	M 25	2022-12-03	BATALLONES		10
3	1178769	RODRÍGUEZ GONZÁLEZ A.J.	1991	CNFERRO	29.53	M 25	2022-12-03	BATALLONES		8
4	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	31.50	M 25	2022-12-03	BATALLONES		7
35+										
1	1234879	ROADE MORADO JOSE LUIS	1986	NTNARON	28.70	M 25	2022-12-03	BATALLONES		13
2	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	30.08	M 25	2022-12-03	BATALLONES		10
3	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	30.15	M 25	2022-12-04	ÁLVARO PINO		8
4	1228067	MONTEAGUDO LEAL JONATHAN	1987	TRICORUÑ	30.24	M 25	2022-12-03	BATALLONES		7
5	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	30.44	M 25	2022-12-03	BATALLONES		6
6	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	30.59	M 25	2022-12-03	BATALLONES		5
7	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	30.87	M 25	2022-12-03	BATALLONES		4
8	1212078	FERNÁNDEZ LAGUNA F.J.	1987	TRICORUÑ	32.86	M 25	2022-12-03	BATALLONES		3
9	1230338	MUIÑO REY DANIEL	1984	CNFERRO	33.53	M 25	2022-12-03	BATALLONES		2
10	1222781	FARIÑA VILA MANUEL	1988	CNMOS	35.50	M 25	2022-12-04	AS POZAS		1
11	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	35.61	M 25	2022-12-04	AS POZAS		0
12	1219495	LAGO CARRERA RAMON	1985	RBAIXAS	35.70	M 25	2022-12-04	AS POZAS		0
13	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	36.66	M 25	2022-12-04	AS POZAS		0
40+										
1	1231535	GOMEZ MARQUEZ HUGO	1983	POURENSE	26.91	M 25	2022-12-04	ÁLVARO PINO		13
2	1107942	GARCIA RODRIGUEZ SERGIO	1981	RBAIXAS	27.46	M 25	2022-12-04	AS POZAS		10

3	1228089	MERA MONTECELOS PABLO	1983	HERCULES	27.91	M 25	2022-12-03	BATALLONES	8
4	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	28.99	M 25	2022-12-03	BATALLONES	7
5	1053922	BAIZ ROCA GABRIEL	1979	ARTEIXO	29.59	M 25	2022-12-03	BATALLONES	6
6	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	31.11	M 25	2022-12-04	ÁLVARO PINO	5
7	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	31.22	M 25	2022-12-04	AS POZAS	4
8	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	31.24	M 25	2022-12-04	AS POZAS	3
9	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	32.16	M 25	2022-12-04	AS POZAS	2
10	1190529	CERVELA DEBER MOISES	1982	SALESTRA	32.43	M 25	2022-12-04	AS POZAS	1
11	1144865	ALVAREZ IGLESIAS RUBEN	1980	RBAIXAS	32.66	M 25	2022-12-04	AS POZAS	0
12	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	32.87	M 25	2022-12-04	AS POZAS	0
13	1220977	MIGUELEZ FERNANDEZ BRUNO	1980	RBAIXAS	33.02	M 25	2022-12-04	AS POZAS	0
14	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	33.39	M 25	2022-12-04	AS POZAS	0
15	1180167	COSTAS GONZALEZ PABLO	1979	NPONTEA	34.21	M 25	2022-12-04	ÁLVARO PINO	0
16	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	34.44	M 25	2022-12-04	AS POZAS	0
17	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	34.64	M 25	2022-12-04	ÁLVARO PINO	0
18	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	36.43	M 25	2022-12-04	AS POZAS	0

**45+**

1	1141206	ANEIROS GARCIA JOSE M.	1974	CMARINA	29.60	M 25	2022-12-03	BATALLONES	13
2	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	29.68	M 25	2022-12-04	AS POZAS	10
3	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	30.15	M 25	2022-12-04	AS POZAS	8
4	1084040	GARCIA CASTIÑEIRA DANIEL	1974	GALAICO	30.69	M 25	2022-12-04	AS POZAS	7
5	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	31.10	M 25	2022-12-04	ÁLVARO PINO	6
6	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	31.15	M 25	2022-12-03	BATALLONES	5
7	1147010	SANJURJO POVEDA PABLO	1974	CNFERRO	31.80	M 25	2022-12-03	BATALLONES	4
8	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	32.09	M 25	2022-12-03	BATALLONES	3
9	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	33.61	M 25	2022-12-03	BATALLONES	2
10	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	34.23	M 25	2022-12-04	AS POZAS	1
11	1224728	CARBALLIDO MOSQUERA OSCAR	1978	CNORDES	34.45	M 25	2022-12-03	BATALLONES	0
12	1144915	SÁNCHEZ PARADA JOSE Mª	1978	ARTEIXO	34.65	M 25	2022-12-03	BATALLONES	0
13	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	36.06	M 25	2022-12-04	ÁLVARO PINO	0
14	1197558	FERNANDEZ FERNANDEZ M.A.	1977	RBAIXAS	38.08	M 25	2022-12-04	AS POZAS	0
15	1203264	FERNANDEZ SOBRINO DAVID	1974	CMARINA	1:13.96	M 25	2022-12-03	BATALLONES	0

**50+**

1	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	30.72	M 25	2022-12-04	AS POZAS	13
2	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	32.93	M 25	2022-12-04	AS POZAS	10
3	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	33.38	M 25	2022-12-03	BATALLONES	8
4	1076537	VAZQUEZ VALLADARES ANTONIO	1972	RBAIXAS	34.75	M 25	2022-12-04	AS POZAS	7
5	1143494	IGLESIAS RODRIGUEZ CARLOS	1969	RBAIXAS	37.18	M 25	2022-12-04	AS POZAS	6
6	1143263	BUSTABAD FERREIRO FERNANDO	1971	CMARINA	40.23	M 25	2022-12-03	BATALLONES	5
7	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	40.24	M 25	2022-12-03	BATALLONES	4
8	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	40.65	M 25	2022-12-04	ÁLVARO PINO	3

<b>55+</b>											
1	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	31.69	M 25	2022-12-03	BATALLONES	13		
2	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	31.99	M 25	2022-12-03	BATALLONES	10		
3	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	33.08	M 25	2022-12-04	AS POZAS	8		
4	1141191	GARCIA SANJURJO JOSE MANUEL	1967	CDELMAR	33.22	M 25	2022-12-03	BATALLONES	7		
5	1076251	MARQUEZ FERNANDEZ XOSE LUIS	1966	GALAICO	36.34	M 25	2022-12-04	AS POZAS	6		
6	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	37.56	M 25	2022-12-04	AS POZAS	5		
7	1175217	CASTRO QUINTELA AVELINO	1967	GALAICO	39.43	M 25	2022-12-04	AS POZAS	4		
8	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	39.91	M 25	2022-12-04	AS POZAS	3		
9	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	40.51	M 25	2022-12-03	BATALLONES	2		
10	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	41.37	M 25	2022-12-04	AS POZAS	1		
11	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	43.39	M 25	2022-12-03	BATALLONES	0		
12	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	47.07	M 25	2022-12-04	AS POZAS	0		
<b>60+</b>											
1	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	32.73	M 25	2022-12-04	AS POZAS	13		
2	1078597	SOLLEIRO TIZON JUAN JOSE	1963	NCORUÑA	34.21	M 25	2022-12-03	BATALLONES	10		
3	1180241	COLLAZO LÓPEZ VICTOR ELISEO	1963	SALESTRA	34.87	M 25	2022-12-04	AS POZAS	8		
4	1144712	MONTERO FERNANDEZ JOSE ANTONIO	1963	POURENSE	49.86	M 25	2022-12-04	ÁLVARO PINO	7		
<b>65+</b>											
1	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	36.90	M 25	2022-12-04	AS POZAS	13		
2	1222391	AREA PEREIRA JOSE MANUEL	1957	GALAICO	43.60	M 25	2022-12-04	AS POZAS	10		
3	1076495	PAZOS CABAL MIGUEL	1955	ADFOGAR	50.25	M 25	2022-12-03	BATALLONES	8		
<b>70+</b>											
1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	42.72	M 25	2022-12-04	AS POZAS	13		
2	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	52.65	M 25	2022-12-04	AS POZAS	10		
<b>80+</b>											
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:13.08	M 25	2022-12-04	ÁLVARO PINO	13		

## 9. 200 m Bolboreta Feminino

<b>20+</b>										
1	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	2:52.04	M 25	2022-12-03	BATALLONES	13	
		50M: 34.68			100M: 1:15.61					
2	1038929	GONZALEZ AVENDAÑO LUCIA	1999	GALAICO	3:19.78	M 25	2022-12-04	AS POZAS	10	
		50M: 41.50			100M: 1:31.02					
<b>25+</b>										
1	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:59.62	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 50.06			100M: 1:51.49					
<b>30+</b>										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	2:26.95	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 32.24			100M: 1:09.36					
2	1084714	BUGALLO PÉREZ ESTÍBALIZ	1990	RCNVIGO	2:53.91	M 25	2022-12-04	AS POZAS	10	
		50M: 38.34			100M: 1:21.34					
3	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	3:51.44	M 25	2022-12-03	BATALLONES	8	
		50M: 44.76			100M: 1:41.06					
4	1174885	RUIZ MEILAN BLANCA	1990	CASINOC	4:30.07	M 25	2022-12-03	BATALLONES	7	
		50M: 59.28			100M: 2:10.22					
<b>35+</b>										
1	1075742	VALIÑO GÓMEZ ESTHER	1988	RBAIXAS	2:50.48	M 25	2022-12-04	AS POZAS	13	
		50M: 37.09			100M: 1:20.42					
2	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	3:42.53	M 25	2022-12-03	BATALLONES	10	
		50M: 47.98			100M: 1:43.56					
<b>40+</b>										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	2:47.93	M 25	2022-12-03	BATALLONES	13	
		50M: 36.31			100M: 1:18.86					
2	1146893	PRADO FRANCO MARTA E.	1979	RBAIXAS	3:43.40	M 25	2022-12-04	AS POZAS	10	
		50M: 46.94			100M: 1:42.68					
3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	3:52.65	M 25	2022-12-04	ÁLVARO PINO	8	
		50M: 49.77			100M: 1:48.97					
4	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	4:36.83	M 25	2022-12-04	ÁLVARO PINO	7	
		50M: 58.63			100M: 2:06.82					
<b>45+</b>										
1	1143813	REGUEIRA MARTINEZ MARIA J.	1975	HERCULES	3:52.19	M 25	2022-12-03	BATALLONES	13	
		50M: 49.84			100M: 1:49.06					

50+										
1	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	4:06.17	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 55.98								100M: 1:59.51
2	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	6:33.83	M 25	2022-12-04	ÁLVARO PINO	10	
		50M: 1:30.66								100M: 3:11.02
55+										
1	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	4:11.92	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 55.21								100M: 1:58.30
2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	4:18.56	M 25	2022-12-04	AS POZAS	10	
		50M: 57.62								100M: 2:04.03

## 10. 200 m Bolboreta Masculino

<b>25+</b>										
1	1040621	SEQUEIROS LAGO SAUL	1998	CNMOS	2:36.87	M 25	2022-12-04	AS POZAS	13	
		50M: 34.34			100M: 1:13.03					
<b>35+</b>										
1	1140778	RODRIGUEZ LAGO DAVID	1986	CIDSANTI	2:26.06	M 25	2022-12-04	AS POZAS	13	
		50M: 31.39			100M: 1:07.94					
2	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	2:39.54	M 25	2022-12-04	AS POZAS	10	
		50M: 35.20			100M: 1:16.30					
<b>40+</b>										
1	1107942	GARCIA RODRIGUEZ SERGIO	1981	RBAIXAS	3:11.20	M 25	2022-12-04	AS POZAS	13	
		50M: 40.00			100M: 1:28.17					
2	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	3:49.74	M 25	2022-12-04	ÁLVARO PINO	10	
		50M: 47.94			100M: 1:46.30					
3	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	3:58.57	M 25	2022-12-04	ÁLVARO PINO	8	
		50M: 58.18			100M: 2:02.03					
4	1039360	POSE MATO CESAR	1983	ADFOGAR	5:07.63	M 25	2022-12-03	BATALLONES	7	
		50M: 1:10.38			100M: 2:29.98					
<b>45+</b>										
1	1050705	BELTRAN DIAZ EMILIO	1977	MOLEMOS	2:46.47	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 36.68			100M: 1:18.38					
<b>50+</b>										
1	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	3:34.62	M 25	2022-12-04	ÁLVARO PINO	13	
		50M: 48.99			100M: 1:45.81					
<b>55+</b>										
1	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	3:46.20	M 25	2022-12-03	BATALLONES	13	
		50M: 48.53			100M: 1:48.45					
2	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	4:43.18	M 25	2022-12-03	BATALLONES	10	
		50M: 59.78			100M: 2:12.11					
<b>60+</b>										
1	1076279	SIO LOURIDO J. SALVADOR	1961	CNMOS	3:39.90	M 25	2022-12-04	AS POZAS	13	
		50M: 47.82			100M: 1:44.20					



## 11. 4x50 m Libre Feminino

<b>+80</b>									
1	C. N. PONTEAREAS	NPONTEA	2:21.75	M 25	2022-12-04	ÁLVARO PINO	26		
	COSTA FERNANDEZ LAURA (2001)	50L: 36.58							
	EIJO GIL ANA PAULA (2003)								
	LEMOS FERNANDEZ ZAIRA (2002)								
	CABALEIRO FREIRIA LARA (2001)								
<b>+120</b>									
1	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:17.93	M 25	2022-12-03	BATALLONES	26		
	CASTRO TENREIRO ROSA Mª (1993)	50L: 39.25							
	RODRÍGUEZ RODRÍGUEZ ZELTIA (1981)								
	RIVAS TENREIRO ARANTZA (1989)								
	LOUREIRO AMOR BELEN MARTINA (1988)								
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:19.44	M 25	2022-12-04	AS POZAS	20		
	RODRIGUEZ PEREZ VANESA (1986)	50L: 35.94							
	GONZALEZ PEREZ JESSICA (1987)								
	PEREZ GARCIA EVA (1990)								
	SUAREZ GARCIA SOFIA (1997)								
3	C. MARINA FERROL	CMARINA	2:34.69	M 25	2022-12-03	BATALLONES	16		
	TORRES GUTIERREZ CRISTINA (1990)	50L: 30.30							
	VAZQUEZ PARCERO MARTA (1980)								
	LAGUNAS PEREZ SARA (1995)								
	HERMIDA RODRIGUEZ BLANCA (1981)								
4	C. N. PONTEAREAS	NPONTEA	2:40.95	M 25	2022-12-04	ÁLVARO PINO	14		
	GONZALEZ PEREZ PAULA (1996)	50L: 33.52	50L: 38.93						
	OLMO VAQUEIRO LETICIA (1981)								
	PAZOS GANDARA ANDREA (1992)								
	ACUÑA MELLA MARIA (1988)								
5	C. N. GALAICO	GALAICO	2:49.82	M 25	2022-12-04	AS POZAS	12		
	CRESPO ESTEVEZ LAURA (1994)	50L: 35.97							
	MIGUEZ DE LA SIERRA ANGELES (1966)								
	GONZALEZ GARCIA COVADONGA (1989)								
	FERNANDEZ GARCIA MARINA (1997)								
<b>+160</b>									
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:15.17	M 25	2022-12-04	AS POZAS	26		
	MARCOS VARELA LAURA (1976)	50L: 32.93							
	RODRIGUEZ LOPEZ BELEN (1981)								
	PRADO FRANCO MARTA E. (1979)								
	VALIÑO GÓMEZ ESTHER (1988)								

2	C. HÉRCULES TERMARIA	HERCULES	2:29.83	M 25	2022-12-03	BATALLONES	20
	ALAYON MORIN CRISTINA (1982)	50L: 34.28					
	LOPEZ MAHIA PURIFICACION (1963)						
	REGUEIRA MARTINEZ MARIA J. (1975)						
	BRAÑA MENDEZ SONIA (1975)						
3	C. N. ESCUALOS	ESCUALOS	2:33.89	M 25	2022-12-04	ÁLVARO PINO	16
	MIRA VAZQUEZ MARTA (1981)	50L: 37.13					
	MIRA VAZQUEZ PAULA (1986)						
	MARTIN CHRISTELLE (1981)						
	FKEOUI OMARI SALMA (1982)						
4	C. N. MOS	CNMOS	2:38.13	M 25	2022-12-04	AS POZAS	14
	SILVA SILVA NATALIA (1986)	50L: 31.88					
	CARRERA PEREZ CAROLINA (1994)						
	VALLADARES GONZALEZ TATIANA (1977)						
	SOUSA CARNEIRO ALICIA (1974)						
5	C. TRIATLÓN CORUÑA	TRICORUÑ	2:39.87	M 25	2022-12-03	BATALLONES	12
	GIL FERNANDEZ MARTA (1988)	50L: 40.81					
	PINO AGUIRRE CRISTINA (1988)						
	SÁNCHEZ CEBRIÁN OLGA (1962)						
	VARELA BAO SORAYA (1980)						
6	C. TRAVIESAS N.	CTRAVIE	3:06.35	M 25	2022-12-04	AS POZAS	10
	DA FORTUNA VAZQUEZ NOEMI (1994)	50L: 46.31					
	FERNÁNDEZ ARRIZABALO MARÍA (1966)						
	SERRANO AVENDAÑO SILVIA (1975)						
	MARTINEZ BARCIELA MARIA OLGA (1990)						
<b>+200</b>							
1	C. N. PONTEAREAS	NPONTEA	2:39.78	M 25	2022-12-04	ÁLVARO PINO	26
	VARELA REDONDO VERONICA (1975)	50L: 36.15					
	CORREDOIRA KARINA HAYDEE (1974)						
	MUTILBA OBREGON NURIA (1969)						
	FERNANDEZ SESTELO MARIA JOSE (1970)						
2	C. N. CULLEREDO	CULLERED	2:46.61	M 25	2022-12-03	BATALLONES	20
	LOPEZ MORADO MARIA (2001)	50L: 36.28					
	LOPEZ BLANCO Mº ISABEL (1963)						
	SAR MORANO DOLORES (1955)						
	SANDERSON HELEN JANE (1970)						
3	C. N. ESCUALOS	ESCUALOS	2:50.43	M 25	2022-12-04	ÁLVARO PINO	16
	CID ALVAREZ ISABEL (1980)	50L: 41.98					
	REBORDA MORILLO SUSANA (1962)						
	PEREZ PEREZ SONIA (1972)						
	DE LORENZO FERNANDEZ MARIA (1978)						
4	C. N. PABELLÓN OURENSE	POURENSE	3:06.83	M 25	2022-12-04	ÁLVARO PINO	14
	ACEVEDO REGO ERMITAS (1966)	50L: 50.71					

BALADO LOPEZ ANA MARIA (1961)

FERNANDEZ PARADA CLARA (1993)

RODRIGUEZ VAZQUEZ MARIA TERESA (1972)

**+240**

1	C. TRAVIESAS N.	CTRAVIE	3:12.90	M 25	2022-12-04	AS POZAS	26
	GONZÁLEZ ALEGRE ANA M. (1952)	50L: 46.44					
	MAROTO REGLERO M.C.P. (1952)						
	BARJA BARJA LILIANA (1965)						
	MARTY PAZOS MARIA VICTORIA (1965)						
2	C. N. PONTEAREAS	NPONTEA	3:33.73	M 25	2022-12-04	ÁLVARO PINO	20
	DEL AMO BLANCO MARGARITA (1967)	50L: 41.39					
	CALVIÑO CANCELA MARIA CRISTINA (1968)						
	ABREU FERNANDEZ MARTA (1971)						
	GONZALEZ RODRIGUEZ S. MARTA (1946)						

**+280**

1	C. N. PONTEAREAS	NPONTEA	5:00.87	M 25	2022-12-04	ÁLVARO PINO	26
	CHANTADA GÓMEZ M. DEL CARMEN (1943)	50L: 1:38.26					
	MORAL RUBIO ISABEL (1942)						
	SUEIRO COSTAS Mª CARMEN (1956)						
	MELON PARENTE M. LOURDES (1969)						

**12. 4x50 m Libre Masculino**
**+100**

1	C. N. PABELLÓN OURENSE	POURENSE	2:00.49	M 25	2022-12-04	ÁLVARO PINO	26
	BLANCO PEREZ ADRIAN (1994)	50L: 26.52					
	TABOADA VILA DANIEL (1993)						
	SABUZ FORNEIRO MARTIN (1994)						
	FRANCISCO MACÍAS SIMÓN (1996)						

**+120**

1	C. N. GALAICO	GALAICO	1:54.68	M 25	2022-12-04	AS POZAS	26
	CALLE FACAL TELMO (1983)	50L: 27.90					
	BERNARDEZ FERRO JUAN JOSE (1987)						
	MARTINEZ DOPAZO DAVID (1987)						
	TENORIO FREIRE MARTIN (1992)						
2	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	1:59.31	M 25	2022-12-03	BATALLONES	20
	BARCIA SIXTO FRANCISCO JOSÉ (1985)	50L: 30.71					
	CORES VÁZQUEZ RICARDO (1992)						
	ROADE MORADO JOSE LUIS (1986)						
	BLANCO PEREZ JESUS (1986)						
3	C. N. ESCUALOS	ESCUALOS	2:03.70	M 25	2022-12-04	ÁLVARO PINO	16
	RODRIGUEZ RAMOS MANUEL (1997)	50L: 29.98					
	FORTES NOVOA MARTIÑO (1988)						
	PADIN CHARLIN JOAQUIN (1980)						
	PEREZ LOPEZ MANUEL (1981)						
4	C. N. PONTEAREAS	NPONTEA	2:05.33	M 25	2022-12-04	ÁLVARO PINO	14
	CARRERA COSTAS MARTIN (1996)	50L: 27.70					
	MARTÍNEZ DOMÍNGUEZ IVÁN (1988)						
	MOURIÑO FORTES VICTOR MANUEL (1977)						
	FERNANDEZ IGLESIAS EMILIO J. (1977)						
5	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:15.81	M 25	2022-12-04	AS POZAS	12
	FIGUEIRA DOMINGUEZ J.G. (1988)	50L: 31.47					
	LAGO CARRERA RAMON (1985)						
	RODRIGUEZ GARCIA JOSE BERNARDO (1983)						
	MIGUELEZ FERNANDEZ BRUNO (1980)						

**+160**

1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	1:53.53	M 25	2022-12-04	AS POZAS	26
	RODRIGUEZ LAGO DAVID (1986)	50L: 25.94					
	RODRÍGUEZ SALGADO MANUEL (1975)						
	CAMPAÑA BARROS ADRIAN (1990)						
	ESPAÑA CABEZAS JESÚS (1981)						

2	C. HÉRCULES TERMARIA	HERCULES	1:55.56	M 25	2022-12-03	BATALLONES	20
	SAAVEDRA GONZÁLEZ RAUL (1973)	50L: 28.85					
	FOUZ ROUCO RUBÉN (1979)						
	LAMEIRO SEOANE JAVIER (1987)						
	MERA MONTECELOS PABLO (1983)						
3	C. N. ESCUALOS	ESCUALOS	1:56.47	M 25	2022-12-04	ÁLVARO PINO	16
4	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:03.89	M 25	2022-12-04	AS POZAS	14
	ARANGO GAYAR SAUL (1980)	50L: 31.21					
	ALVAREZ IGLESIAS RUBEN (1980)						
	GUTIERREZ COSTAS OSCAR (1982)						
	VAZQUEZ IGLESIAS DANIEL (1979)						
5	C. N. MOS	CNMOS	2:05.15	M 25	2022-12-04	AS POZAS	12
	SIO LOURIDO J. SALVADOR (1961)	50L: 33.54					
	JORGE IGLESIAS MARCELINO (1966)						
	EIRIZ DIEGUEZ DANIEL (1978)						
	FARIÑA VILA MANUEL (1988)						
6	C. MARINA FERROL	CMARINA	2:07.34	M 25	2022-12-03	BATALLONES	10
	BUSTABAD FERREIRO FERNANDO (1971)	50L: 41.56					
	LAZARO GUERRERO VICTOR (1988)						
	PEREZ VAZQUEZ TELMO (1988)						
	SAAVEDRA SEOANE DAVID (1985)						
7	C. TRIATLÓN CORUÑA	TRICORUÑ	2:14.97	M 25	2022-12-03	BATALLONES	8
	MONTEAGUDO LEAL JONATHAN (1987)	50L: 30.50					
	ESCUDEIRO DANS DAVID (1973)						
	FERNÁNDEZ LAGUNA F.J. (1987)						
	COUTO WORNER SERGIO (1976)						
8	C. N. CULLEREDO	CULLERED	2:17.14	M 25	2022-12-03	BATALLONES	6
	VAZQUEZ PEREZ LUIS FERNANDO (1979)	50L: 35.42					
	PEREZ GARCIA MANUEL (1967)						
	HERNAEZ OUBIÑA DAVID (1973)						
	GUIRADO CARABEL OSCAR (1976)						
9	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:17.33	M 25	2022-12-04	AS POZAS	4
	CERVELA DEBER MOISES (1982)	50L: 32.94					
	TABOADA CALVELO JOSE CARLOS (1979)						
	DURO GONZALEZ ANTONIO (1974)						
	COLLAZO LÓPEZ VICTOR ELISEO (1963)						

**+200**

1	C. MARINA FERROL	CMARINA	2:03.91	M 25	2022-12-03	BATALLONES	26
	BALSA MOSQUERA PABLO (1978)	50L: 30.66					
	TOURIÑO GONZALEZ VICTOR M. (1968)						
	DE LA PAZ VIGO AGUSTIN A. (1966)						
	ANEIROS GARCIA JOSE M. (1974)						
2	C. N. ESCUALOS	ESCUALOS	2:07.64	M 25	2022-12-04	ÁLVARO PINO	20

	FERNANDEZ NUÑEZ SANTIAGO (1963)	50L: 28.97						
	BOUSO FUENTECILLA FERNANDO (1971)							
	SÁNCHEZ SECO MANUEL (1968)							
	PEREIRA DIAZ ANGEL (1972)							
3	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:13.11	M 25	2022-12-04	AS POZAS		16
	CABANELAS EIRAS PABLO (1979)	50L: 32.69						
	FERNANDEZ ARRUTI JOSE ANGEL (1959)							
	CODESIDO LOPEZ JOSÉ (1959)							
	DOMINGUEZ PHILOCREON TICIANO (1981)							
4	C. HÉRCULES TERMARIA	HERCULES	2:14.47	M 25	2022-12-03	BATALLONES		14
	MATIAS DUARTE ERICK (1982)	50L: 31.61						
	YAÑEZ WONENBURGER J. CARLOS (1959)							
	BEREA RUIZ MANUEL (1964)							
	VALCUENDE RODRIGUEZ J.M. (1976)							
5	C. N. PONTEAREAS	NPONTEA	2:19.51	M 25	2022-12-04	ÁLVARO PINO		12
	PREGO MARTINEZ BENJAMIN (1973)	50L: 34.53						
	MOURIÑO ORTIGUERA ROBERTO C. (1974)							
	COSTAS GONZALEZ PABLO (1979)							
	RODRIGUEZ GOMEZ EMILIO (1961)							
6	AGRUP. DEP. FOGAR	ADFOGAR	2:22.02	M 25	2022-12-03	BATALLONES		10
	TRILLO CARLIN JOSE FDO. (1968)	50L: 33.66						
	RODRIGUEZ FERNANDEZ F.X. (1964)							
	BELISARIO PERAZA RAFAEL E (1972)							
	POSE MATO CESAR (1983)							
7	C. N. GALAICO	GALAICO	2:24.06	M 25	2022-12-04	AS POZAS		8
	GARCIA CASTIÑEIRA DANIEL (1974)	50L: 30.78						
	CASTRO QUINTELA AVELINO (1967)							
	MARQUEZ FERNANDEZ XOSE LUIS (1966)							
	CARBALLA BARROSO R.M. (1981)							
8	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:26.81	M 25	2022-12-04	AS POZAS		6
	FUENTES FERNANDEZ EUGENIO (1972)	50L: 30.77						
	FERNANDEZ FERNANDEZ M.A. (1977)							
	IGLESIAS RODRIGUEZ CARLOS (1969)							
	PEREZ LEIVA MANUEL (1968)							
9	C. N. PABELLÓN OURENSE	POURENSE	2:31.99	M 25	2022-12-04	ÁLVARO PINO		4
	CADAVID NUÑEZ JOSE (1970)	50L: 42.08						
	BLANCO PEREZ ANGEL (1964)							
	LORENZO GONZALEZ-VISO CARLOS (1971)							
	GOMEZ MARQUEZ HUGO (1983)							
10	C. TRAVIESAS N.	CTRAVIE	3:13.55	M 25	2022-12-04	AS POZAS		2
	VIRUEL RODRÍGUEZ DIEGO (1952)	50L: 58.54						
	SEGUÍN CID SEVERINO (1959)							
	FIDALGO SERRANO GUILLERMO (1986)							
	SANTAMARINA LÓPEZ JAVIER (1958)							



**+240**

1	C. N. MOS	CNMOS	2:36.46	M 25	2022-12-04	AS POZAS	26
	PEXEGUEIRO BALADRON NICOLAS (1977)	50L: 34.66					
	RODRIGUEZ VIEITO RICARDO M. (1957)						
	RODRIGUEZ LEMOS ANDRES J. (1949)						
	FERNANDEZ GONZALEZ ALVARO (1965)						