

1. 400 m Estilos Feminino

20+										
1	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	5:49.65	M 25	2023-04-15	J. GÓMEZ NOYA	13	
		50M: 35.13			100M: 1:16.45					
2	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	6:04.05	M 25	2023-04-16	AS POZAS	10	
		50M: 33.18			100M: 1:14.54					
3	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	7:54.97	M 25	2023-04-16	FRIGSA	8	
		50M: 55.06			100M: 2:03.22					
25+										
1	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	7:31.13	M 25	2023-04-16	AS POZAS	13	
		50M: 50.39			100M: 1:52.56					
30+										
1	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	6:00.72	M 25	2023-04-16	FRIGSA	13	
		50M: 39.33			100M: 1:24.99					
2	1040545	POMBO LOPEZ BELEN	1992	CFVLUGO	6:01.94	M 25	2023-04-16	FRIGSA	10	
		50M: 38.17			100M: 1:23.84					
3	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	7:10.31	M 25	2023-04-16	AS POZAS	8	
		50M: 49.09			100M: 1:45.81					
35+										
1	1193947	ALCALDE BALADO TANIA	1986	CIDSANTI	5:56.28	M 25	2023-04-16	FRIGSA	13	
		50M: 28.19			100M: 1:22.43					
2	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	6:04.53	M 25	2023-04-15	J. GÓMEZ NOYA	10	
		50M: 36.65			100M: 1:18.71					
3	1144894	VINAGRE SENDINO CORA	1988	CASINOC	6:16.98	M 25	2023-04-15	J. GÓMEZ NOYA	8	
		50M: 38.83			100M: 1:27.14					
40+										
1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	POURENSE	5:59.19	M 25	2023-04-16	FRIGSA	13	
		50M: 37.95			100M: 1:21.03					
2	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	6:12.53	M 25	2023-04-15	J. GÓMEZ NOYA	10	
		50M: 38.43			100M: 1:22.71					
3	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	6:45.91	M 25	2023-04-16	FRIGSA	8	
		50M: 44.88			100M: 1:38.18					
4	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	7:08.30	M 25	2023-04-16	FRIGSA	7	
		50M: 50.69			100M: 1:50.47					
45+										
1	1221213	CAGIAO RODRIGUEZ NATALIA	1978	CASINOC	7:02.78	M 25	2023-04-15	J. GÓMEZ NOYA	13	

2. 400 m Estilos Masculino

20+										
1	1038566	CIVEIRA CORRAL SAMUEL	2002	POURENSE	4:54.73	M 25	2023-04-16	FRIGSA		13
		50M: 30.33			100M: 1:06.74					
2	1075438	PEDRE SALIDO JULIO	2003	CNFERRO	5:04.91	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 30.06			100M: 1:05.50					
3	1039554	GUTIERREZ MARIÑO SANTIAGO	2002	POURENSE	5:07.49	M 25	2023-04-16	FRIGSA		8
		50M: 31.14			100M: 1:08.84					
4	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	5:32.64	M 25	2023-04-15	J. GÓMEZ NOYA		7
		50M: 33.33			100M: 1:11.63					
25+										
1	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	5:03.91	M 25	2023-04-16	AS POZAS		13
		50M: 32.53			100M: 1:10.59					
35+										
1	1084717	VILA CID MARCOS	1987	POURENSE	4:49.61	M 25	2023-04-16	FRIGSA		13
		50M: 30.58			100M: 1:05.95					
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	5:37.07	M 25	2023-04-16	FRIGSA		10
		50M: 36.07			100M: 1:19.58					
3	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	6:51.51	M 25	2023-04-16	FRIGSA		8
		50M: 48.42			100M: 1:43.13					
40+										
1	1180237	FOUZ ROUCO RUBÉN	1979	HERCULES	6:49.21	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 39.68			100M: 1:28.04					
2	1039360	POSE MATO CESAR	1983	ADFOGAR	9:18.80	M 25	2023-04-16	FRIGSA		10
		50M: 1:08.35			100M: 2:26.14					
3	1190398	FERNANDEZ CORRAL MARCOS	1979	POR-MIÑA	9:33.56	M 25	2023-04-16	FRIGSA		8
		50M: 1:00.05			100M: 2:09.54					
45+										
1	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	5:55.87	M 25	2023-04-16	FRIGSA		13
		50M: 35.60			100M: 1:16.64					
2	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	5:59.51	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 36.84			100M: 1:22.79					
3	1075220	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	6:13.03	M 25	2023-04-15	J. GÓMEZ NOYA		8
		50M: 38.23			100M: 1:23.48					
4	1076549	FERNÁNDEZ MAROTO DIEGO	1978	RCNVIGO	6:30.01	M 25	2023-04-16	AS POZAS		7
		50M: 37.70			100M: 1:22.88					
5	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	6:45.73	M 25	2023-04-16	AS POZAS		6

		50M: 43.92				100M: 1:33.44				
6	1145058	VALCUENDE RODRIGUEZ J.M.	1976	HERCULES	6:56.65	M 25	2023-04-15	J. GÓMEZ NOYA		5
		50M: 42.08				100M: 1:31.78				
50+										
1	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	6:13.46	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 37.27				100M: 1:23.19				
2	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	6:27.42	M 25	2023-04-16	FRIGSA		10
		50M: 41.86				100M: 1:33.64				
3	1147287	ESCUDERO DANS DAVID	1973	TRICORUÑ	6:51.05	M 25	2023-04-15	J. GÓMEZ NOYA		8
		50M: 43.63				100M: 1:36.80				
4	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	6:51.81	M 25	2023-04-16	AS POZAS		7
		50M: 46.59				100M: 1:40.90				
5	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	7:17.36	M 25	2023-04-16	FRIGSA		6
		50M: 47.88				100M: 1:45.22				
6	1078814	CANOSA RODRIGUEZ ALFONSO J.	1971	ADFOGAR	7:34.76	M 25	2023-04-16	FRIGSA		5
		50M: 46.83				100M: 1:45.82				
55+										
1	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	7:05.59	M 25	2023-04-16	FRIGSA		13
		50M: 46.90				100M: 1:42.73				
2	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	7:42.35	M 25	2023-04-16	AS POZAS		10
		50M: 49.79				100M: 1:48.94				
60+										
1	1075185	YAÑEZ WONENBURGER J. CARLOS	1959	HERCULES	7:44.15	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 45.63				100M: 1:38.08				
65+										
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	6:58.29	M 25	2023-04-16	AS POZAS		13
		50M: 47.81				100M: 1:41.34				
70+										
1	1075190	SUANZES PEREZ FERNANDO	1953	HERCULES	7:18.25	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 43.69				100M: 1:34.87				

3. 50 m Libre Feminino

20+										
1	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	27.93	M 25	2023-04-16	FRIGSA		13
2	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	29.56	M 25	2023-04-16	FRIGSA		10
3	1040133	SAAVEDRA BUIDE CARLOTA	1999	POR-MIÑA	29.78	M 25	2023-04-16	FRIGSA		8
4	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	30.19	M 25	2023-04-15	J. GÓMEZ NOYA		7
5	1039455	DEVESA BLANCO LUCIA	2000	POR-MIÑA	30.94	M 25	2023-04-16	FRIGSA		6
6	1228009	SOUTIÑO RAMIREZ C.V.	2001	POR-MIÑA	31.23	M 25	2023-04-16	FRIGSA		5
7	1075380	SALVANTE LAGO AINHOA	2003	CNFERRO	31.44	M 25	2023-04-15	J. GÓMEZ NOYA		4
8	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	31.62	M 25	2023-04-15	J. GÓMEZ NOYA		3
9	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	32.04	M 25	2023-04-16	AS POZAS		2
10	1040130	CARREIRA GARCIA PAULA	2001	CFVLUGO	33.02	M 25	2023-04-16	FRIGSA		1
11	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	33.31	M 25	2023-04-16	AS POZAS		0
12	1033334	VAZQUEZ NUÑEZ CRISTINA	2000	GALAICO	34.24	M 25	2023-04-16	AS POZAS		0
13	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	34.44	M 25	2023-04-16	AS POZAS		0
14	1143296	EIJO GIL ANA PAULA	2003	NPONTEA	34.72	M 25	2023-04-16	AS POZAS		0
15	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	36.78	M 25	2023-04-16	AS POZAS		0
16	1219491	FUENTES LORENZO CARLA	1999	CNFERRO	38.28	M 25	2023-04-15	J. GÓMEZ NOYA		0
17	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	49.56	M 25	2023-04-15	J. GÓMEZ NOYA		0
18	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	53.97	M 25	2023-04-15	J. GÓMEZ NOYA		0
19	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	56.84	M 25	2023-04-15	J. GÓMEZ NOYA		0
20	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	57.56	M 25	2023-04-16	AS POZAS		0
25+										
1	1038096	FREIJE TORNEIRO AROA	1998	POR-MIÑA	28.94	M 25	2023-04-16	FRIGSA		13
2	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	29.80	M 25	2023-04-16	AS POZAS		10
3	1079047	BALEA CASAS TANIA	1996	GALAICO	31.14	M 25	2023-04-16	AS POZAS		8
4	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	33.39	M 25	2023-04-16	FRIGSA		7
5	1039299	DIAZ TOIMIL CARLA	1998	NTNARON	37.09	M 25	2023-04-15	J. GÓMEZ NOYA		6
6	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	37.98	M 25	2023-04-16	AS POZAS		5
7	1078925	SALGADO CASTELO MARTA	1994	POR-MIÑA	38.01	M 25	2023-04-16	FRIGSA		4
8	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	39.53	M 25	2023-04-16	FRIGSA		3
9	1108841	DA FORTUNA VAZQUEZ NOEMI	1994	CTRAVIE	42.31	M 25	2023-04-16	AS POZAS		2
30+										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	27.93	M 25	2023-04-16	FRIGSA		13
2	1213810	TORRES GUTIERREZ CRISTINA	1990	CMARINA	29.88	M 25	2023-04-15	J. GÓMEZ NOYA		10
3	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	31.91	M 25	2023-04-15	J. GÓMEZ NOYA		8
4	1222211	SANZ BARRIONUEVO MARIA LUISA	1991	CIDSANTI	32.69	M 25	2023-04-16	FRIGSA		7
5	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	33.43	M 25	2023-04-16	AS POZAS		6
6	1237382	MUIÑO ANDREA	1991	NCORUÑA	34.29	M 25	2023-04-15	J. GÓMEZ NOYA		5

7	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	36.03	M 25	2023-04-15	J. GÓMEZ NOYA	4
8	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMOS	36.47	M 25	2023-04-16	FRIGSA	3
9	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	37.86	M 25	2023-04-16	FRIGSA	2
10	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	38.04	M 25	2023-04-16	AS POZAS	1
11	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	43.78	M 25	2023-04-16	AS POZAS	0
12	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	CTRAVIE	44.52	M 25	2023-04-16	AS POZAS	0
13	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	50.13	M 25	2023-04-16	AS POZAS	0
35+									
1	1193947	ALCALDE BALADO TANIA	1986	CIDSANTI	30.94	M 25	2023-04-16	FRIGSA	13
2	1224939	VÁZQUEZ FUENTES CINTIA	1987	MOLEMOS	32.74	M 25	2023-04-16	FRIGSA	10
3	1144270	ROZADOS LUIS ADRIANA	1985	SALESTRA	32.79	M 25	2023-04-16	FRIGSA	8
4	1144894	VINAGRE SENDINO CORA	1988	CASINOC	33.02	M 25	2023-04-15	J. GÓMEZ NOYA	7
5	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	33.91	M 25	2023-04-16	AS POZAS	6
6	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	36.14	M 25	2023-04-16	FRIGSA	5
7	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	39.40	M 25	2023-04-16	AS POZAS	4
8	1204630	FERNANDEZ PEREIRA ANGELA	1985	GALAICO	49.04	M 25	2023-04-16	AS POZAS	3
40+									
1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	POURENSE	31.33	M 25	2023-04-16	FRIGSA	13
2	1182364	RODRÍGUEZ RODRÍGUEZ ZELTIA	1981	NTNARON	35.88	M 25	2023-04-15	J. GÓMEZ NOYA	10
3	1236743	RIVAS RODRIGUEZ LUCIA	1979	NCORUÑA	39.94	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	41.34	M 25	2023-04-16	AS POZAS	7
5	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	49.79	M 25	2023-04-15	J. GÓMEZ NOYA	6
45+									
1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	30.75	M 25	2023-04-16	AS POZAS	13
2	1221213	CAGIAO RODRIGUEZ NATALIA	1978	CASINOC	34.86	M 25	2023-04-15	J. GÓMEZ NOYA	10
3	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	35.11	M 25	2023-04-16	AS POZAS	8
4	1145023	SALES MANTIÑAN CARMEN	1974	CASINOC	38.07	M 25	2023-04-15	J. GÓMEZ NOYA	7
5	1144791	LORENZO LODEIRO M.D.C.	1978	HERCULES	40.54	M 25	2023-04-15	J. GÓMEZ NOYA	6
6	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	41.64	M 25	2023-04-15	J. GÓMEZ NOYA	5
7	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	44.43	M 25	2023-04-16	AS POZAS	4
8	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	46.98	M 25	2023-04-16	AS POZAS	3
50+									
1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	35.03	M 25	2023-04-16	AS POZAS	13
2	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	35.50	M 25	2023-04-16	FRIGSA	10
3	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	36.00	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1076186	LOPEZ GONZALEZ MONICA	1970	POR-MIÑA	36.88	M 25	2023-04-16	FRIGSA	7
5	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	38.46	M 25	2023-04-16	FRIGSA	6
6	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	38.98	M 25	2023-04-16	AS POZAS	5
7	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	42.23	M 25	2023-04-16	AS POZAS	4
8	1199642	GARNACHO GAYARRE NURIA	1969	CASINOC	44.64	M 25	2023-04-15	J. GÓMEZ NOYA	3



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9	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	49.04	M 25	2023-04-16	AS POZAS	2
55+									
1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	39.55	M 25	2023-04-16	AS POZAS	13
2	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	43.12	M 25	2023-04-16	AS POZAS	10
3	1075484	MÉNDEZ CEA M ^a JESÚS	1966	ARTEIXO	45.85	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	46.56	M 25	2023-04-16	AS POZAS	7
5	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	1:01.52	M 25	2023-04-16	FRIGSA	6
60+									
1	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	38.53	M 25	2023-04-15	J. GÓMEZ NOYA	13
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	42.36	M 25	2023-04-16	FRIGSA	10
3	1212074	LOPEZ BLANCO M ^o ISABEL	1963	CULLERED	47.80	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	57.94	M 25	2023-04-16	FRIGSA	7
5	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	59.51	M 25	2023-04-16	AS POZAS	6
65+									
1	1076494	SUEIRO COSTAS M ^a CARMEN	1956	NPONTEA	1:06.68	M 25	2023-04-16	AS POZAS	13
75+									
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:24.69	M 25	2023-04-16	AS POZAS	13
80+									
1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	1:23.59	M 25	2023-04-16	AS POZAS	13

4. 50 m Libre Masculino

20+										
1	1039567	CIVEIRA CORRAL RAUL	2002	POURENSE	24.31	M 25	2023-04-16	FRIGSA		13
2	1092303	MEIJIDE GIADAS DIEGO	2000	CIDSANTI	25.83	M 25	2023-04-16	FRIGSA		10
3	1075423	FERREIRO CASTRO BRUNO	2003	CNFERRO	26.20	M 25	2023-04-15	J. GÓMEZ NOYA		8
4	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	26.44	M 25	2023-04-15	J. GÓMEZ NOYA		7
5	1075438	PEDRE SALIDO JULIO	2003	CNFERRO	26.54	M 25	2023-04-15	J. GÓMEZ NOYA		6
6	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	26.55	M 25	2023-04-15	J. GÓMEZ NOYA		5
7	1040129	RODRIGUEZ ARES ALEJANDRO	2000	POR-MIÑA	27.80	M 25	2023-04-16	FRIGSA		4
8	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	28.40	M 25	2023-04-15	J. GÓMEZ NOYA		3
9	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	28.62	M 25	2023-04-15	J. GÓMEZ NOYA		2
10	1208836	GÓMEZ MÉNDEZ BORJA	2002	NPONTEA	52.64	M 25	2023-04-16	AS POZAS		1
25+										
1	1038356	AZNAR GRILLE CARLOS JAVIER	1995	CMARINA	29.13	M 25	2023-04-15	J. GÓMEZ NOYA		13
2	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	29.23	M 25	2023-04-16	AS POZAS		10
3	1078908	MEILAN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	31.28	M 25	2023-04-16	FRIGSA		8
30+										
1	1076267	TRIGO CASTRO CARLOS	1993	GALAICO	27.48	M 25	2023-04-16	AS POZAS		13
2	1025801	FERNANDEZ VARELA ADRIAN	1991	CFVLUGO	29.37	M 25	2023-04-16	FRIGSA		10
3	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	30.74	M 25	2023-04-15	J. GÓMEZ NOYA		8
4	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	34.45	M 25	2023-04-16	AS POZAS		7
5	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	36.37	M 25	2023-04-16	AS POZAS		6
6	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	43.84	M 25	2023-04-16	AS POZAS		5
35+										
1	1084043	PIÑEIRO PEON ANTONIO	1984	GALAICO	26.88	M 25	2023-04-16	AS POZAS		13
2	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	26.99	M 25	2023-04-16	FRIGSA		10
3	1144194	TELLA FERREIRO MIGUEL	1988	RBAIXAS	27.52	M 25	2023-04-16	AS POZAS		8
4	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	29.15	M 25	2023-04-15	J. GÓMEZ NOYA		7
5	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	29.57	M 25	2023-04-16	FRIGSA		6
6	1191119	CAO LAGO PABLO	1987	RBAIXAS	29.60	M 25	2023-04-16	AS POZAS		4.5
7	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	29.60	M 25	2023-04-16	FRIGSA		4.5
8	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	30.21	M 25	2023-04-16	FRIGSA		3
9	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	30.33	M 25	2023-04-15	J. GÓMEZ NOYA		2
10	1240711	MIRAS LOPEZ RAUL	1987	NCORUÑA	30.34	M 25	2023-04-15	J. GÓMEZ NOYA		1
11	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	30.73	M 25	2023-04-16	FRIGSA		0
12	1212078	FERNÁNDEZ LAGUNA F.J.	1987	TRICORUÑ	32.21	M 25	2023-04-15	J. GÓMEZ NOYA		0
13	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	32.64	M 25	2023-04-16	AS POZAS		0
14	1219495	LAGO CARRERA RAMON	1985	RBAIXAS	35.47	M 25	2023-04-16	AS POZAS		0

15	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	35.67	M 25	2023-04-16	FRIGSA	0
16	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	36.03	M 25	2023-04-16	AS POZAS	0
17	1204315	TORRES FRAILE EMILIO	1984	MOLEMOS	37.63	M 25	2023-04-16	FRIGSA	0
18	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	54.74	M 25	2023-04-16	AS POZAS	0
40+									
1	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	27.43	M 25	2023-04-16	FRIGSA	13
2	1079215	MENDES FERRAS ARTUR LEONEL	1981	MOLEMOS	28.35	M 25	2023-04-16	FRIGSA	10
3	1024675	IGLESIAS GOMEZ GONZALO	1979	HERCULES	28.43	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	29.10	M 25	2023-04-16	AS POZAS	7
5	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	30.39	M 25	2023-04-16	AS POZAS	6
6	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	30.69	M 25	2023-04-16	FRIGSA	5
7	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	30.70	M 25	2023-04-16	FRIGSA	4
8	1085888	CAMIÑA MARTINEZ OSCAR	1980	GALAICO	30.79	M 25	2023-04-16	AS POZAS	3
9	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	31.26	M 25	2023-04-16	FRIGSA	2
10	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	32.73	M 25	2023-04-16	AS POZAS	1
11	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	35.39	M 25	2023-04-16	FRIGSA	0
12	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	36.23	M 25	2023-04-16	AS POZAS	0
13	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	37.02	M 25	2023-04-16	AS POZAS	0
14	1198878	MUINELO LORENZO MANUEL	1981	POR-MIÑA	38.18	M 25	2023-04-16	FRIGSA	0
15	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	39.16	M 25	2023-04-16	FRIGSA	0
45+									
1	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	28.06	M 25	2023-04-16	FRIGSA	13
2	1134332	GIGOSOS BLAS DAVID	1976	RBAIXAS	28.28	M 25	2023-04-16	AS POZAS	10
3	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	29.01	M 25	2023-04-16	FRIGSA	8
4	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	29.13	M 25	2023-04-16	FRIGSA	7
5	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	30.36	M 25	2023-04-16	FRIGSA	6
6	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	30.59	M 25	2023-04-15	J. GÓMEZ NOYA	5
7	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	35.07	M 25	2023-04-16	FRIGSA	3.5
8	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	35.07	M 25	2023-04-16	FRIGSA	3.5
9	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	36.70	M 25	2023-04-16	FRIGSA	2
10	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	37.79	M 25	2023-04-16	FRIGSA	1
11	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	39.05	M 25	2023-04-16	AS POZAS	0
12	1144196	LOPEZ FRANCISCO FRANCISCO JOSE	1976	RBAIXAS	42.46	M 25	2023-04-16	AS POZAS	0
13	1203264	FERNANDEZ SOBRINO DAVID	1974	CMARINA	1:18.21	M 25	2023-04-15	J. GÓMEZ NOYA	0
50+									
1	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	29.56	M 25	2023-04-16	FRIGSA	13
2	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	31.23	M 25	2023-04-15	J. GÓMEZ NOYA	10
3	1075597	RODRIGUEZ BALIÑA MARCOS	1971	NPONTEA	31.71	M 25	2023-04-16	AS POZAS	8
4	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	33.76	M 25	2023-04-16	AS POZAS	7
5	1143494	IGLESIAS RODRIGUEZ CARLOS	1969	RBAIXAS	36.93	M 25	2023-04-16	AS POZAS	6
6	1144792	LORENZO MEJUTO MANUEL	1971	HERCULES	37.00	M 25	2023-04-15	J. GÓMEZ NOYA	5

7	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	37.09	M 25	2023-04-15	J. GÓMEZ NOYA	4
8	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	38.50	M 25	2023-04-15	J. GÓMEZ NOYA	3
9	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	38.82	M 25	2023-04-16	FRIGSA	2
10	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	39.50	M 25	2023-04-16	FRIGSA	1
55+									
1	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	31.82	M 25	2023-04-15	J. GÓMEZ NOYA	13
2	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	33.05	M 25	2023-04-16	AS POZAS	10
3	1144788	BEREA RUIZ MANUEL	1964	HERCULES	34.39	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1145033	PIÑEIRO PEREZ ARMANDO	1966	NPONTEA	34.62	M 25	2023-04-16	AS POZAS	7
5	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	34.87	M 25	2023-04-16	FRIGSA	6
6	1078802	CEGARRA GARCIA EUGENIO	1964	RSDH	35.21	M 25	2023-04-15	J. GÓMEZ NOYA	5
7	1079460	REY ROMERO JORGE J.	1966	POR-MIÑA	35.24	M 25	2023-04-16	FRIGSA	4
8	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	36.14	M 25	2023-04-16	FRIGSA	3
9	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	38.57	M 25	2023-04-16	AS POZAS	2
10	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	38.64	M 25	2023-04-16	FRIGSA	1
11	1175217	CASTRO QUINTELA AVELINO	1967	GALAICO	39.16	M 25	2023-04-16	AS POZAS	0
12	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	39.50	M 25	2023-04-16	FRIGSA	0
13	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	45.19	M 25	2023-04-16	AS POZAS	0
60+									
1	1076173	FERNANDEZ NUÑEZ SANTIAGO	1963	ESCUALOS	29.01	M 25	2023-04-16	FRIGSA	13
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	31.70	M 25	2023-04-16	FRIGSA	10
3	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	33.92	M 25	2023-04-16	FRIGSA	8
4	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	36.76	M 25	2023-04-16	FRIGSA	7
5	1198886	DI FELICE VÁZQUEZ MARIO	1962	HERCULES	40.03	M 25	2023-04-15	J. GÓMEZ NOYA	6
6	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	40.05	M 25	2023-04-16	AS POZAS	5
7	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	41.10	M 25	2023-04-16	AS POZAS	4
8	1144337	EIRAS DORADO JUAN LUIS	1962	POR-MIÑA	55.66	M 25	2023-04-16	FRIGSA	3
9	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	57.08	M 25	2023-04-16	AS POZAS	2
65+									
1	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	36.05	M 25	2023-04-16	AS POZAS	13
2	1222391	AREA PEREIRA JOSE MANUEL	1957	GALAICO	44.06	M 25	2023-04-16	AS POZAS	10
70+									
1	1075190	SUANZES PEREZ FERNANDO	1953	HERCULES	34.68	M 25	2023-04-15	J. GÓMEZ NOYA	13
2	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	40.62	M 25	2023-04-16	AS POZAS	10
80+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:16.60	M 25	2023-04-16	AS POZAS	13

5. 100 m Bolboreta Feminino

20+										
1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	1:10.86	M 25	2023-04-16	AS POZAS		13
		50M: 33.09								
2	1079226	CASTRO DE LA FUENTE UXIA	2003	MOLEMOS	1:23.63	M 25	2023-04-16	FRIGSA		10
		50M: 38.64								
3	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	1:31.04	M 25	2023-04-15	J. GÓMEZ NOYA		8
		50M: 41.50								
4	1033334	VAZQUEZ NUÑEZ CRISTINA	2000	GALAICO	1:35.97	M 25	2023-04-16	AS POZAS		7
		50M: 42.35								
5	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:50.12	M 25	2023-04-16	AS POZAS		6
		50M: 45.87								
25+										
1	1115615	PASCUAL GUTIERREZ MARIA TERESA	1998	HERCULES	1:13.70	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 33.49								
2	1038096	FREIJE TORNEIRO AROA	1998	POR-MIÑA	1:15.21	M 25	2023-04-16	FRIGSA		10
		50M: 33.79								
30+										
1	1222211	SANZ BARRIONUEVO MARIA LUISA	1991	CIDSANTI	1:27.04	M 25	2023-04-16	FRIGSA		13
		50M: 39.67								
2	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	1:40.08	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 45.90								
3	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	2:24.36	M 25	2023-04-16	AS POZAS		8
		50M: 1:04.28								
40+										
1	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	1:59.92	M 25	2023-04-16	AS POZAS		13
		50M: 55.30								
2	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	2:02.59	M 25	2023-04-16	AS POZAS		10
		50M: 55.15								
45+										
1	1222316	GIL VILLARINO MARTA	1977	HERCULES	1:53.05	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50M: 51.81								
2	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	1:55.27	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 52.94								
3	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	2:32.50	M 25	2023-04-16	AS POZAS		8
		50M: 1:07.28								

50+

1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	1:50.37	M 25	2023-04-16	AS POZAS	13
		50M: 51.13							
2	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	1:58.43	M 25	2023-04-16	FRIGSA	10
		50M: 55.17							
3	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	1:59.26	M 25	2023-04-16	AS POZAS	8
		50M: 56.94							
4	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	2:11.89	M 25	2023-04-16	AS POZAS	7
		50M: 55.59							

55+

1	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	1:55.65	M 25	2023-04-16	AS POZAS	13
		50M: 53.09							
2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	2:02.57	M 25	2023-04-16	AS POZAS	10
		50M: 57.90							
3	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	2:09.98	M 25	2023-04-16	AS POZAS	8
		50M: 1:01.02							

60+

1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	1:42.44	M 25	2023-04-15	J. GÓMEZ NOYA	13
		50M: 43.59							

6. 100 m Bolboreta Masculino

20+										
1	1086359	MOURE DOVAL JOSE	1999	POURENSE	58.89	M 25	2023-04-16	FRIGSA		13
		50M: 29.79								
2	1039567	CIVEIRA CORRAL RAUL	2002	POURENSE	1:01.11	M 25	2023-04-16	FRIGSA		10
		50M: 28.26								
3	1038566	CIVEIRA CORRAL SAMUEL	2002	POURENSE	1:03.19	M 25	2023-04-16	FRIGSA		8
		50M: 29.05								
4	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:06.16	M 25	2023-04-16	AS POZAS		7
		50M: 31.34								
5	1092303	MEJJIDE GIADAS DIEGO	2000	CIDSANTI	1:10.22	M 25	2023-04-16	FRIGSA		6
		50M: 30.69								
25+										
1	1039568	BLANCO PEREZ ADRIAN	1994	POURENSE	1:04.41	M 25	2023-04-16	FRIGSA		13
		50M: 29.22								
2	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	1:04.59	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 29.05								
3	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	1:07.05	M 25	2023-04-16	AS POZAS		8
		50M: 31.25								
30+										
1	1076267	TRIGO CASTRO CARLOS	1993	GALAICO	1:07.24	M 25	2023-04-16	AS POZAS		13
		50M: 31.30								
2	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	1:09.77	M 25	2023-04-16	AS POZAS		10
		50M: 32.24								
3	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	1:23.24	M 25	2023-04-16	AS POZAS		8
		50M: 37.82								
4	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	1:36.64	M 25	2023-04-16	AS POZAS		7
		50M: 45.92								
35+										
1	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	1:17.87	M 25	2023-04-16	AS POZAS		13
		50M: 33.48								
2	1230338	MUIÑO REY DANIEL	1984	CNFERRO	1:18.87	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50M: 38.06								
3	1144194	TELLA FERREIRO MIGUEL	1988	RBAIXAS	1:23.48	M 25	2023-04-16	AS POZAS		8
		50M: 38.88								
4	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:24.47	M 25	2023-04-16	FRIGSA		7
		50M: 37.52								
5	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	1:35.23	M 25	2023-04-16	AS POZAS		6

50M: 47.82

6 1212078 FERNÁNDEZ LAGUNA F.J. 1987 TRICORUÑ 1:35.98 M 25 2023-04-15 J. GÓMEZ NOYA 5

50M: 41.51

7 1036745 BARCIA SIXTO FRANCISCO JOSÉ 1985 NTNARON 1:40.48 M 25 2023-04-15 J. GÓMEZ NOYA 4

50M: 43.23

40+

1 1228089 MERA MONTECELOS PABLO 1983 HERCULES 1:12.69 M 25 2023-04-15 J. GÓMEZ NOYA 13

50M: 33.69

2 1143702 GUTIERREZ COSTAS OSCAR 1982 RBAIXAS 1:25.21 M 25 2023-04-16 AS POZAS 10

50M: 38.64

3 1144584 ALVAREZ SILVA RUBEN 1981 ESCUALOS 1:33.52 M 25 2023-04-16 FRIGSA 8

50M: 44.51

4 1143899 PEREZ LOPEZ MANUEL 1981 ESCUALOS 1:46.90 M 25 2023-04-16 FRIGSA 7

50M: 45.07

5 1215947 VAZQUEZ PEREZ LUIS FERNANDO 1979 CULLERED 1:47.25 M 25 2023-04-15 J. GÓMEZ NOYA 6

50M: 48.18

6 1038913 SUAREZ GARCIA PEDRO LOIS 1980 NPONTEA 1:48.31 M 25 2023-04-16 AS POZAS 5

50M: 50.54

7 1190398 FERNANDEZ CORRAL MARCOS 1979 POR-MIÑA 2:07.01 M 25 2023-04-16 FRIGSA 4

50M: 59.38

8 1039360 POSE MATO CESAR 1983 ADFOGAR 2:29.01 M 25 2023-04-16 FRIGSA 3

50M: 1:08.23

45+

1 1076560 EIRIZ DIEGUEZ DANIEL 1978 CNMOS 1:05.01 M 25 2023-04-16 AS POZAS 13

50M: 30.20

2 1079343 MOURIÑO ORTIGUERA ROBERTO C. 1974 NPONTEA 1:21.22 M 25 2023-04-16 AS POZAS 10

50M: 34.90

3 1145005 FERNANDEZ IGLESIAS EMILIO J. 1977 NPONTEA 1:30.42 M 25 2023-04-16 AS POZAS 8

50M: 42.78

50+

1 1180192 SAAVEDRA GONZÁLEZ RAUL 1973 HERCULES 1:13.93 M 25 2023-04-15 J. GÓMEZ NOYA 13

50M: 34.79

2 1078814 CANOSA RODRIGUEZ ALFONSO J. 1971 ADFOGAR 1:45.73 M 25 2023-04-16 FRIGSA 10

50M: 46.87

3 1180236 DE LA VEGA GÁNDARAS FELIPE 1973 HERCULES 1:56.15 M 25 2023-04-15 J. GÓMEZ NOYA 8

50M: 55.24

55+

1 1037161 TOME NOGUEIRA ALBERTO M. 1968 ADFOGAR 1:35.98 M 25 2023-04-16 FRIGSA 13

50M: 44.72



LIGA GALEGA MÁSTER XOR. 4 (UNIFICADOS)

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60+

1	1076279	SIO LOURIDO J. SALVADOR	1961	CNMOS	1:29.45	M 25	2023-04-16	AS POZAS	13
		50M: 41.25							
2	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	1:53.22	M 25	2023-04-16	FRIGSA	10
		50M: 51.28							

7. 50 m Costas Feminino

20+										
1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	33.65	M 25	2023-04-16	AS POZAS		13
2	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	33.86	M 25	2023-04-16	AS POZAS		10
3	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	34.07	M 25	2023-04-16	FRIGSA		8
4	1075380	SALVANTE LAGO AINHOA	2003	CNFERRO	34.28	M 25	2023-04-15	J. GÓMEZ NOYA		7
5	1040133	SAAVEDRA BUIDE CARLOTA	1999	POR-MIÑA	34.60	M 25	2023-04-16	FRIGSA		6
6	1039455	DEVESA BLANCO LUCIA	2000	POR-MIÑA	35.76	M 25	2023-04-16	FRIGSA		4.5
7	1228009	SOUTIÑO RAMIREZ C.V.	2001	POR-MIÑA	35.76	M 25	2023-04-16	FRIGSA		4.5
8	1079226	CASTRO DE LA FUENTE UXIA	2003	MOLEMOS	38.73	M 25	2023-04-16	FRIGSA		3
9	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	38.78	M 25	2023-04-16	AS POZAS		2
10	1040130	CARREIRA GARCIA PAULA	2001	CFVLUGO	39.43	M 25	2023-04-16	FRIGSA		1
11	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	40.75	M 25	2023-04-16	AS POZAS		0
12	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	41.04	M 25	2023-04-16	AS POZAS		0
13	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	56.62	M 25	2023-04-15	J. GÓMEZ NOYA		0
14	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	1:04.40	M 25	2023-04-15	J. GÓMEZ NOYA		0
15	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	1:04.56	M 25	2023-04-15	J. GÓMEZ NOYA		0
16	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	1:13.10	M 25	2023-04-16	AS POZAS		0
25+										
1	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	33.52	M 25	2023-04-16	AS POZAS		13
2	1115615	PASCUAL GUTIERREZ MARIA TERESA	1998	HERCULES	35.16	M 25	2023-04-15	J. GÓMEZ NOYA		10
3	1079047	BALEA CASAS TANIA	1996	GALAICO	37.81	M 25	2023-04-16	AS POZAS		8
4	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	40.57	M 25	2023-04-16	FRIGSA		7
5	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	43.02	M 25	2023-04-16	AS POZAS		6
6	1078925	SALGADO CASTELO MARTA	1994	POR-MIÑA	45.02	M 25	2023-04-16	FRIGSA		5
7	1108841	DA FORTUNA VAZQUEZ NOEMI	1994	CTRAVIE	51.93	M 25	2023-04-16	AS POZAS		4
30+										
1	1213810	TORRES GUTIERREZ CRISTINA	1990	CMARINA	33.14	M 25	2023-04-15	J. GÓMEZ NOYA		13
2	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	36.92	M 25	2023-04-16	FRIGSA		10
3	1040545	POMBO LOPEZ BELEN	1992	CFVLUGO	39.25	M 25	2023-04-16	FRIGSA		8
4	1237382	MUIÑO ANDREA	1991	NCORUÑA	40.03	M 25	2023-04-15	J. GÓMEZ NOYA		7
5	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	44.14	M 25	2023-04-16	AS POZAS		6
6	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMOS	45.06	M 25	2023-04-16	FRIGSA		5
7	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	58.06	M 25	2023-04-16	AS POZAS		4
8	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	CTRAVIE	1:05.26	M 25	2023-04-16	AS POZAS		3
35+										
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	34.44	M 25	2023-04-15	J. GÓMEZ NOYA		13
2	1224939	VÁZQUEZ FUENTES CINTIA	1987	MOLEMOS	40.12	M 25	2023-04-16	FRIGSA		10

3	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	41.13	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	41.42	M 25	2023-04-16	AS POZAS	7
5	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	44.10	M 25	2023-04-16	AS POZAS	6
6	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	45.39	M 25	2023-04-16	AS POZAS	5
7	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	45.73	M 25	2023-04-16	FRIGSA	4
8	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	56.90	M 25	2023-04-16	AS POZAS	3
40+									
1	1182364	RODRÍGUEZ RODRÍGUEZ ZELTIA	1981	NTNARON	45.91	M 25	2023-04-15	J. GÓMEZ NOYA	13
2	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	57.84	M 25	2023-04-15	J. GÓMEZ NOYA	10
3	1147215	FERNANDEZ LOPEZ SONIA	1981	POR-MIÑA	1:21.18	M 25	2023-04-16	FRIGSA	8
45+									
1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	44.42	M 25	2023-04-16	FRIGSA	13
2	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	45.53	M 25	2023-04-16	AS POZAS	10
3	1144051	DIEGUEZ VARELA CARINA	1977	RBAIXAS	48.53	M 25	2023-04-16	AS POZAS	8
4	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	50.62	M 25	2023-04-16	AS POZAS	7
5	1145023	SALES MANTIÑAN CARMEN	1974	CASINOC	51.71	M 25	2023-04-15	J. GÓMEZ NOYA	6
6	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	56.37	M 25	2023-04-15	J. GÓMEZ NOYA	5
7	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	59.95	M 25	2023-04-16	AS POZAS	4
8	1208841	PORTELA VILLANUEVA GEMA	1974	NPONTEA	1:00.81	M 25	2023-04-16	AS POZAS	3
50+									
1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	43.62	M 25	2023-04-16	FRIGSA	13
2	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	46.89	M 25	2023-04-16	AS POZAS	10
3	1076186	LOPEZ GONZALEZ MONICA	1970	POR-MIÑA	49.42	M 25	2023-04-16	FRIGSA	8
4	1199642	GARNACHO GAYARRE NURIA	1969	CASINOC	59.13	M 25	2023-04-15	J. GÓMEZ NOYA	7
5	1171721	VAZQUEZ ALONSO PATRICIA	1969	NPONTEA	1:10.56	M 25	2023-04-16	AS POZAS	6
6	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	1:14.00	M 25	2023-04-16	AS POZAS	5
55+									
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	46.79	M 25	2023-04-16	AS POZAS	13
2	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	52.83	M 25	2023-04-16	AS POZAS	10
3	1075484	MÉNDEZ CEA M ^a JESÚS	1966	ARTEIXO	1:06.45	M 25	2023-04-15	J. GÓMEZ NOYA	8
60+									
1	1214851	SÁNCHEZ CEBRIÁN OLGA	1962	TRICORUÑ	47.81	M 25	2023-04-15	J. GÓMEZ NOYA	13
2	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	48.61	M 25	2023-04-15	J. GÓMEZ NOYA	10
3	1212074	LOPEZ BLANCO M ^o ISABEL	1963	CULLERED	1:03.55	M 25	2023-04-15	J. GÓMEZ NOYA	8
4	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	1:08.07	M 25	2023-04-16	FRIGSA	7
5	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	1:11.34	M 25	2023-04-16	FRIGSA	6
65+									
1	1076494	SUEIRO COSTAS M ^a CARMEN	1956	NPONTEA	1:48.18	M 25	2023-04-16	AS POZAS	13

75+										
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:42.81	M 25	2023-04-16	AS POZAS		13
80+										
1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	1:40.34	M 25	2023-04-16	AS POZAS		13

8. 50 m Costas Masculino

20+										
1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	30.50	M 25	2023-04-15	J. GÓMEZ NOYA	13	
2	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	31.28	M 25	2023-04-15	J. GÓMEZ NOYA	10	
3	1040129	RODRIGUEZ ARES ALEJANDRO	2000	POR-MIÑA	31.90	M 25	2023-04-16	FRIGSA	8	
25+										
1	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	36.89	M 25	2023-04-16	AS POZAS	13	
2	1078908	MEILAN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	38.50	M 25	2023-04-16	FRIGSA	10	
30+										
1	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	33.18	M 25	2023-04-16	AS POZAS	13	
2	1025801	FERNANDEZ VARELA ADRIAN	1991	CFVLUGO	39.00	M 25	2023-04-16	FRIGSA	10	
35+										
1	1084043	PIÑEIRO PEON ANTONIO	1984	GALAICO	33.85	M 25	2023-04-16	AS POZAS	13	
2	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	35.83	M 25	2023-04-16	FRIGSA	10	
3	1230338	MUIÑO REY DANIEL	1984	CNFERRO	41.34	M 25	2023-04-15	J. GÓMEZ NOYA	8	
4	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	41.72	M 25	2023-04-16	FRIGSA	7	
5	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	44.08	M 25	2023-04-16	AS POZAS	6	
6	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	45.47	M 25	2023-04-16	FRIGSA	5	
7	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	45.68	M 25	2023-04-16	AS POZAS	4	
8	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	57.59	M 25	2023-04-16	AS POZAS	3	
40+										
1	1228089	MERA MONTECELOS PABLO	1983	HERCULES	33.83	M 25	2023-04-15	J. GÓMEZ NOYA	13	
2	1038961	MARTINEZ PENA ADRIAN	1983	ADFOGAR	35.26	M 25	2023-04-16	FRIGSA	10	
3	1085888	CAMIÑA MARTINEZ OSCAR	1980	GALAICO	39.47	M 25	2023-04-16	AS POZAS	8	
4	1079215	MENDES FERRAS ARTUR LEONEL	1981	MOLEMOS	40.74	M 25	2023-04-16	FRIGSA	7	
5	1093448	VAZQUEZ ESMORIS PABLO	1979	ADFOGAR	40.89	M 25	2023-04-16	FRIGSA	6	
6	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	40.91	M 25	2023-04-16	FRIGSA	5	
7	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	40.98	M 25	2023-04-16	AS POZAS	4	
8	1180237	FOUZ ROUCO RUBÉN	1979	HERCULES	41.23	M 25	2023-04-15	J. GÓMEZ NOYA	3	
9	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	42.12	M 25	2023-04-16	AS POZAS	2	
10	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	47.59	M 25	2023-04-16	AS POZAS	1	
11	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	49.87	M 25	2023-04-15	J. GÓMEZ NOYA	0	
12	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	51.77	M 25	2023-04-16	AS POZAS	0	
13	1198878	MUINELO LORENZO MANUEL	1981	POR-MIÑA	51.97	M 25	2023-04-16	FRIGSA	0	
45+										
1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	30.93	M 25	2023-04-16	AS POZAS	13	

2	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	34.70	M 25	2023-04-16	FRIGSA	10
3	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	36.91	M 25	2023-04-16	FRIGSA	8
4	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	43.11	M 25	2023-04-15	J. GÓMEZ NOYA	7
5	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	43.48	M 25	2023-04-15	J. GÓMEZ NOYA	6
6	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	44.68	M 25	2023-04-16	FRIGSA	5
7	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	45.15	M 25	2023-04-16	AS POZAS	4
8	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	48.58	M 25	2023-04-16	FRIGSA	3
9	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	50.03	M 25	2023-04-16	FRIGSA	2
10	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	1:01.86	M 25	2023-04-16	AS POZAS	1
11	1203264	FERNANDEZ SOBRINO DAVID	1974	CMARINA	1:43.02	M 25	2023-04-15	J. GÓMEZ NOYA	0
50+									
1	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	37.11	M 25	2023-04-16	FRIGSA	13
2	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	43.20	M 25	2023-04-16	FRIGSA	10
3	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	44.33	M 25	2023-04-16	AS POZAS	8
4	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	58.67	M 25	2023-04-16	FRIGSA	7
55+									
1	1076177	TIMIRAOS CARRASCO FERNANDO	1965	POR-MIÑA	36.89	M 25	2023-04-16	FRIGSA	13
2	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	41.36	M 25	2023-04-16	FRIGSA	10
3	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	44.49	M 25	2023-04-16	AS POZAS	8
4	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	48.39	M 25	2023-04-16	FRIGSA	7
5	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	52.93	M 25	2023-04-16	AS POZAS	6
6	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	57.56	M 25	2023-04-16	FRIGSA	5
7	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	58.36	M 25	2023-04-16	FRIGSA	4
8	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	1:00.27	M 25	2023-04-16	FRIGSA	3
9	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	1:03.18	M 25	2023-04-16	AS POZAS	2
60+									
1	1076173	FERNANDEZ NUÑEZ SANTIAGO	1963	ESCUALOS	34.28	M 25	2023-04-16	FRIGSA	13
2	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	40.26	M 25	2023-04-16	FRIGSA	10
3	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	49.16	M 25	2023-04-16	AS POZAS	8
65+									
1	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	53.35	M 25	2023-04-16	AS POZAS	13
2	1191492	TIMIRAOS CARRASCO LUIS	1956	POURENSE	1:22.75	M 25	2023-04-16	FRIGSA	10
70+									
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	57.41	M 25	2023-04-16	AS POZAS	13

9. 200 m Braza Feminino

20+										
1	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	3:08.38	M 25	2023-04-15	J. GÓMEZ NOYA	13	
		50B: 42.36								100B: 1:30.31
2	1075323	LOPEZ HERMIDA CLARA	2002	CNFERRO	3:08.53	M 25	2023-04-15	J. GÓMEZ NOYA	10	
		50B: 43.68								100B: 1:31.96
3	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	3:16.29	M 25	2023-04-16	FRIGSA	8	
		50B: 42.62								100B: 1:31.06
4	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	3:43.79	M 25	2023-04-16	FRIGSA	7	
		50B: 52.15								100B: 1:50.03
5	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	3:56.21	M 25	2023-04-16	AS POZAS	6	
		50B: 53.12								100B: 1:54.18
6	1219491	FUENTES LORENZO CARLA	1999	CNFERRO	4:15.84	M 25	2023-04-15	J. GÓMEZ NOYA	5	
		50B: 57.35								100B: 2:03.17
25+										
1	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	3:48.07	M 25	2023-04-16	FRIGSA	13	
		50B: 54.16								100B: 1:53.12
2	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:50.18	M 25	2023-04-16	AS POZAS	10	
		50B: 53.00								100B: 1:50.99
30+										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	2:50.18	M 25	2023-04-16	FRIGSA	13	
		50B: 38.23								100B: 1:20.26
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	3:19.53	M 25	2023-04-15	J. GÓMEZ NOYA	10	
		50B: 44.13								100B: 1:34.54
3	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	3:49.97	M 25	2023-04-16	AS POZAS	8	
		50B: 52.20								100B: 1:52.33
4	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	4:14.03	M 25	2023-04-16	FRIGSA	7	
		50B: 52.11								100B: 1:58.25
35+										
1	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	3:34.62	M 25	2023-04-16	AS POZAS	13	
		50B: 49.87								100B: 1:44.60
2	1144270	ROZADOS LUIS ADRIANA	1985	SALESTRA	3:36.24	M 25	2023-04-16	FRIGSA	10	
		50B: 47.29								100B: 1:42.17
40+										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	3:22.48	M 25	2023-04-15	J. GÓMEZ NOYA	13	
		50B: 47.16								100B: 1:58.58
2	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	3:32.13	M 25	2023-04-16	FRIGSA	10	

	50B: 49.73	100B: 1:43.47							
3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	3:32.67	M 25	2023-04-16	FRIGSA	8
	50B: 48.00	100B: 1:42.87							
4	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	4:12.06	M 25	2023-04-16	AS POZAS	7
	50B: 59.13	100B: 2:02.38							
5	1093456	RAMIREZ INSUA JULIA	1983	RSDH	4:26.12	M 25	2023-04-15	J. GÓMEZ NOYA	6
	50B: 57.73	100B: 2:05.69							
45+									
1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	3:04.44	M 25	2023-04-16	AS POZAS	13
	50B: 42.61	100B: 1:30.15							
2	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	3:46.58	M 25	2023-04-16	AS POZAS	10
	50B: 53.61	100B: 1:51.21							
3	1143813	REGUEIRA MARTINEZ MARIA J.	1975	HERCULES	3:51.05	M 25	2023-04-15	J. GÓMEZ NOYA	8
	50B: 53.55	100B: 1:51.94							
4	1144051	DIEGUEZ VARELA CARINA	1977	RBAIXAS	3:55.79	M 25	2023-04-16	AS POZAS	7
	50B: 54.22	100B: 1:54.10							
5	1222316	GIL VILLARINO MARTA	1977	HERCULES	4:05.01	M 25	2023-04-15	J. GÓMEZ NOYA	6
	50B: 55.95	100B: 1:57.08							
50+									
1	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	3:38.88	M 25	2023-04-15	J. GÓMEZ NOYA	13
	50B: 50.41	100B: 1:46.91							
2	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	4:22.23	M 25	2023-04-15	J. GÓMEZ NOYA	10
	50B: 58.03	100B: 2:05.16							
3	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	4:28.70	M 25	2023-04-16	FRIGSA	8
	50B: 58.16	100B: 2:07.43							
4	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	6:44.00	M 25	2023-04-16	AS POZAS	7
	50B: 1:39.54	100B: 3:22.15							
55+									
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	3:54.56	M 25	2023-04-16	AS POZAS	13
	50B: 54.31	100B: 1:53.59							
2	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	4:04.35	M 25	2023-04-16	AS POZAS	10
	50B: 58.54	100B: 2:00.56							
3	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	4:12.70	M 25	2023-04-16	AS POZAS	8
	50B: 58.64	100B: 2:02.64							
60+									
1	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	4:32.03	M 25	2023-04-16	FRIGSA	13
	50B: 1:03.19	100B: 2:13.26							
2	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	4:56.88	M 25	2023-04-16	AS POZAS	10
	50B: 1:06.98	100B: 2:21.44							

10. 200 m Braza Masculino

20+										
1	1086359	MOURE DOVAL JOSE	1999	POURENSE	2:29.83	M 25	2023-04-16	FRIGSA		13
		50B: 33.98							100B: 1:12.63	
2	1039554	GUTIERREZ MARIÑO SANTIAGO	2002	POURENSE	2:42.12	M 25	2023-04-16	FRIGSA		10
		50B: 34.82							100B: 1:16.03	
3	1075423	FERREIRO CASTRO BRUNO	2003	CNFERRO	2:51.09	M 25	2023-04-15	J. GÓMEZ NOYA		8
		50B: 38.24							100B: 1:21.92	
4	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:55.68	M 25	2023-04-15	J. GÓMEZ NOYA		7
		50B: 39.81							100B: 1:23.35	
5	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	3:01.66	M 25	2023-04-15	J. GÓMEZ NOYA		6
		50B: 41.36							100B: 1:27.59	
25+										
1	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	2:35.28	M 25	2023-04-16	FRIGSA		13
		50B: 34.72							100B: 1:14.24	
2	1038356	AZNAR GRILLE CARLOS JAVIER	1995	CMARINA	2:55.68	M 25	2023-04-15	J. GÓMEZ NOYA		10
		50B: 41.09							100B: 1:26.67	
3	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	3:08.59	M 25	2023-04-16	AS POZAS		8
		50B: 42.66							100B: 1:31.20	
30+										
1	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	3:00.27	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50B: 41.89							100B: 1:28.54	
2	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	4:51.35	M 25	2023-04-16	AS POZAS		10
		50B: 55.40							100B: 2:06.64	
35+										
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	2:31.61	M 25	2023-04-16	FRIGSA		13
		50B: 34.34							100B: 1:12.84	
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:47.18	M 25	2023-04-16	FRIGSA		10
		50B: 37.42							100B: 1:20.63	
3	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	2:54.99	M 25	2023-04-16	FRIGSA		8
		50B: 38.39							100B: 1:22.50	
4	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	2:58.01	M 25	2023-04-16	AS POZAS		7
		50B: 41.07							100B: 1:27.61	
5	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	3:10.18	M 25	2023-04-16	AS POZAS		6
		50B: 41.39							100B: 1:29.93	
6	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	3:11.44	M 25	2023-04-16	FRIGSA		5
		50B: 41.65							100B: 1:30.27	
7	1191119	CAO LAGO PABLO	1987	RBAIXAS	3:15.02	M 25	2023-04-16	AS POZAS		4

	50B: 42.30	100B: 1:32.66							
8	1219495	LAGO CARRERA RAMON	1985	RBAIXAS	3:22.45	M 25	2023-04-16	AS POZAS	3
	50B: 44.59	100B: 1:36.58							
9	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	3:27.00	M 25	2023-04-16	FRIGSA	2
	50B: 48.88	100B: 1:40.89							
10	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	3:35.29	M 25	2023-04-15	J. GÓMEZ NOYA	1
	50B: 47.87	100B: 1:41.09							
40+									
1	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	2:54.23	M 25	2023-04-16	FRIGSA	13
	50B: 39.16	100B: 1:23.85							
2	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	2:57.98	M 25	2023-04-16	AS POZAS	10
	50B: 40.70	100B: 1:25.96							
3	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	3:39.38	M 25	2023-04-16	FRIGSA	8
	50B: 48.17	100B: 1:42.08							
4	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	3:42.80	M 25	2023-04-16	FRIGSA	7
	50B: 48.76	100B: 1:45.02							
45+									
1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	2:55.64	M 25	2023-04-16	FRIGSA	13
	50B: 41.33	100B: 1:26.73							
2	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	3:03.53	M 25	2023-04-15	J. GÓMEZ NOYA	10
	50B: 41.61	100B: 1:28.86							
3	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	3:04.25	M 25	2023-04-15	J. GÓMEZ NOYA	8
	50B: 40.17	100B: 1:26.87							
4	1134332	GIGOSOS BLAS DAVID	1976	RBAIXAS	3:12.95	M 25	2023-04-16	AS POZAS	7
	50B: 43.40	100B: 1:31.94							
5	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	3:14.73	M 25	2023-04-16	AS POZAS	6
	50B: 42.68	100B: 1:31.78							
6	1145058	VALCUENDE RODRIGUEZ J.M.	1976	HERCULES	3:19.13	M 25	2023-04-15	J. GÓMEZ NOYA	5
	50B: 45.03	100B: 1:36.38							
7	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	3:26.49	M 25	2023-04-16	FRIGSA	4
	50B: 45.60	100B: 1:37.74							
8	1224728	CARBALLIDO MOSQUERA OSCAR	1978	CNORDES	3:30.81	M 25	2023-04-15	J. GÓMEZ NOYA	3
	50B: 48.96	100B: 1:41.68							
9	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	3:33.72	M 25	2023-04-16	AS POZAS	2
	50B: 49.10	100B: 1:44.00							
10	1144196	LOPEZ FRANCISCO FRANCISCO JOSE	1976	RBAIXAS	4:20.79	M 25	2023-04-16	AS POZAS	1
	50B: 56.33	100B: 2:00.29							
50+									
1	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	3:02.95	M 25	2023-04-15	J. GÓMEZ NOYA	13
	50B: 41.80	100B: 1:18.86							
2	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	3:18.24	M 25	2023-04-16	FRIGSA	10

		50B: 45.36		100B: 1:35.57						
3	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	3:23.10	M 25	2023-04-16	AS POZAS		8
		50B: 45.50		100B: 1:37.37						
4	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	3:26.09	M 25	2023-04-16	FRIGSA		7
		50B: 48.07		100B: 1:40.04						
5	1147287	ESCUDERO DANS DAVID	1973	TRICORUÑ	3:27.82	M 25	2023-04-15	J. GÓMEZ NOYA		6
		50B: 46.68		100B: 1:39.15						
6	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	3:46.84	M 25	2023-04-15	J. GÓMEZ NOYA		5
		50B: 40.35		100B: 1:37.35						
55+										
1	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	3:04.23	M 25	2023-04-15	J. GÓMEZ NOYA		13
		50B: 42.10		100B: 1:29.87						
2	1079460	REY ROMERO JORGE J.	1966	POR-MIÑA	3:35.06	M 25	2023-04-16	FRIGSA		10
		50B: 48.70		100B: 1:43.17						
3	1144788	BEREA RUIZ MANUEL	1964	HERCULES	3:40.35	M 25	2023-04-15	J. GÓMEZ NOYA		8
		50B: 50.15		100B: 1:45.71						
4	1145033	PIÑEIRO PEREZ ARMANDO	1966	NPONTEA	3:43.65	M 25	2023-04-16	AS POZAS		7
		50B: 51.78		100B: 1:49.46						
5	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	4:16.75	M 25	2023-04-16	FRIGSA		6
		50B: 59.34		100B: 2:06.19						
6	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	4:19.73	M 25	2023-04-16	AS POZAS		5
		50B: 53.59		100B: 1:56.12						
60+										
1	1076279	SIO LOURIDO J. SALVADOR	1961	CNMOS	3:25.51	M 25	2023-04-16	AS POZAS		13
		50B: 48.13		100B: 1:43.02						
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	3:32.06	M 25	2023-04-16	FRIGSA		10
		50B: 48.63		100B: 1:43.33						
3	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	4:04.93	M 25	2023-04-16	AS POZAS		8
		50B: 54.91		100B: 1:56.77						
65+										
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	3:14.70	M 25	2023-04-16	AS POZAS		13
		50B: 45.89		100B: 1:35.48						
80+										
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	6:42.43	M 25	2023-04-16	AS POZAS		13
		50B: 1:32.23		100B: 3:19.23						

11. 4x50 m Estilos Feminino

+80							
1	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:19.75	M 25	2023-04-16	FRIGSA	26
	DEVESA BLANCO LUCIA (2000)	50E: 36.16					
	SAAVEDRA BUIDE CARLOTA (1999)						
	FREIJE TORNEIRO AROA (1998)						
	SOUTIÑO RAMIREZ C.V. (2001)						
2	C. N. FERROL	CNFERRO	2:27.13	M 25	2023-04-15	J. GÓMEZ NOYA	20
	SALVANTE LAGO AINHOA (2003)	50E: 34.28					
	LOPEZ HERMIDA CLARA (2002)						
	DIAZ DOPICO SABELA (2002)						
	FUENTES LORENZO CARLA (1999)						
3	C. N. PONTEAREAS	NPONTEA	2:27.16	M 25	2023-04-16	AS POZAS	16
	IBAÑEZ CARRERA SARA (2001)	50E: 33.53					
	EIJO GIL ANA PAULA (2003)						
	LEMOS FERNANDEZ ZAIRA (2002)						
	VALIÑO FERRAZ TATYANA (2003)						
+120							
1	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:32.67	M 25	2023-04-15	J. GÓMEZ NOYA	26
	LOUREIRO AMOR BELEN MARTINA (1988)	50E: 34.34					
	RIVAS TENREIRO ARANTZA (1989)						
	RODRÍGUEZ RODRÍGUEZ ZELTIA (1981)						
	DIAZ TOIMIL CARLA (1998)						
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:35.97	M 25	2023-04-16	AS POZAS	20
	MARCOS VARELA LAURA (1976)	50E: 37.06					
	RODRIGUEZ PEREZ VANESA (1986)						
	PEREZ GARCIA EVA (1990)						
	GONZALEZ PEREZ JESSICA (1987)						
3	C. N. PONTEAREAS	NPONTEA	2:37.43	M 25	2023-04-16	AS POZAS	16
	GESTO ALONSO CLARISA (1989)	50E: 38.40					
	PAZOS GANDARA ANDREA (1992)						
	ALVAREZ COSTAS MARIA PAZ (1988)						
	CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)						
4	C. N. MONFORTE DE LEMOS	MOLEMOS	2:49.42	M 25	2023-04-16	FRIGSA	14
	RODRIGUEZ GONZÁLEZ RAQUEL (1993)	50E: 45.90					
	GONZALEZ MACIA ALBA (1994)						
	VÁZQUEZ FUENTES CINTIA (1987)						
	MARTINEZ GARCIA SUSANA (1991)						
5	C. N. GALAICO	GALAICO	3:21.55	M 25	2023-04-16	AS POZAS	12
	GONZALEZ GARCIA COVADONGA (1989)	50E: 58.97					

SEOANE GOMEZ ANA (1992)
BALEA CASAS TANIA (1996)
FERNANDEZ PEREIRA ANGELA (1985)

+160

1	C. N. ESCUALOS	ESCUALOS	2:45.68	M 25	2023-04-16	FRIGSA	26
	DE LORENZO FERNANDEZ MARIA (1978)	50E: 43.91					
	MIRA VAZQUEZ MARTA (1981)						
	FKEOUI OMARI SALMA (1982)						
	PEREZ PEREZ SONIA (1972)						
2	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:51.59	M 25	2023-04-16	FRIGSA	20
	OJEA DE CASTRO MACARENA (1973)	50E: 42.98					
	RAMOS LOBO RAQUEL (1993)						
	SALGADO CASTELO MARTA (1994)						
	GARCIA RODRIGUEZ TERESA (1972)						
3	C. N. PONTEAREAS	NPONTEA	3:15.47	M 25	2023-04-16	AS POZAS	16
	GONZALEZ PEREZ PAULA (1996)	50E: 49.31					
	OLMO VAQUEIRO LETICIA (1981)						
	SOBRINO EIRIZ MARIA DEL VALLE (1972)						
	CALVIÑO CANCELA MARIA CRISTINA (1968)						

+200

1	C. N. PONTEAREAS	NPONTEA	2:50.96	M 25	2023-04-16	AS POZAS	26
	DEL AMO BLANCO MARGARITA (1967)	50E: 48.31					
	COVELO SAAVEDRA NAHIR (1978)						
	MUTILBA OBREGON NURIA (1969)						
	VARELA REDONDO VERONICA (1975)						
2	C. TRAVIESAS N.	CTRAVIE	3:20.82	M 25	2023-04-16	AS POZAS	20
	MARTY PAZOS MARIA VICTORIA (1965)	50E: 54.35					
	FERNÁNDEZ ARRIZABALO MARÍA (1966)						
	BARJA BARJA LILIANA (1965)						
	MARTINEZ BARCIELA MARIA OLGA (1990)						

+240

1	C. N. PONTEAREAS	NPONTEA	4:19.00	M 25	2023-04-16	AS POZAS	26
	MORAL RUBIO ISABEL (1942)	50E: 1:35.30					
	RODRÍGUEZ TRONCOSO MARINA (1959)						
	ABREU FERNANDEZ MARTA (1971)						
	BESADA FERNÁNDEZ ANA M. (1978)						

12. 4x50 m Estilos Masculino

+80							
1	C. N. PABELLÓN OURENSE	POURENSE	1:51.90	M 25	2023-04-16	FRIGSA	26
	CIVEIRA CORRAL SAMUEL (2002)	50E: 28.69					
	GUTIERREZ MARIÑO SANTIAGO (2002)						
	MOURE DOVAL JOSE (1999)						
	CIVEIRA CORRAL RAUL (2002)						
+120							
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:18.65	M 25	2023-04-16	AS POZAS	26
	PEREZ CARRERA ELIAS (1979)	50E: 42.44					
	FIGUEIRA DOMINGUEZ J.G. (1988)						
	CAO LAGO PABLO (1987)						
	PASTORIZA SANTA CLARA JORGE (1997)						
2	C. N. PONTEAREAS	NPONTEA	2:27.17	M 25	2023-04-16	AS POZAS	20
	IBAÑEZ CARRERA MANUEL GABRIEL (1996)	50E: 34.12					
	MOURIÑO ORTIGUERA ROBERTO C. (1974)						
	RODRIGUEZ BALIÑA MAURO (1990)						
	MARTÍNEZ DOMÍNGUEZ IVÁN (1988)						
3	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:59.80	M 25	2023-04-16	FRIGSA	16
	MEILAN SANCHEZ SERGIO JOSE (1996)	50E: 39.35					
	GONZALEZ PEÑAS DAVID (1984)						
	FERNANDEZ CORRAL MARCOS (1979)						
	MUINELO LORENZO MANUEL (1981)						
+160							
1	C. N. ESCUALOS	ESCUALOS	2:10.08	M 25	2023-04-16	FRIGSA	26
	PAZOS ALONSO JOSUE (1986)	50E: 36.99					
	NOGUEIRA-PINTO CRESPO HUGO (1978)						
	KRUGLOV MYKOLA (1985)						
	SEVILLA AROCA JAVIER (1983)						
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:12.10	M 25	2023-04-16	AS POZAS	20
	FREIRE GONZALEZ JAVIER (1993)	50E: 33.67					
	VAZQUEZ IGLESIAS DANIEL (1979)						
	GUTIERREZ COSTAS OSCAR (1982)						
	GIGOSOS BLAS DAVID (1976)						
3	C. MARINA FERROL	CMARINA	2:18.58	M 25	2023-04-15	J. GÓMEZ NOYA	16
	DE LA PAZ VIGO AGUSTIN A. (1966)	50E: 38.47					
	TOURIÑO GONZALEZ VICTOR M. (1968)						
	BALSA MOSQUERA PABLO (1978)						
	PEREZ VAZQUEZ TELMO (1988)						

4	AGRUP. DEP. FOGAR	ADFOGAR	2:18.99	M 25	2023-04-16	FRIGSA	14
	FERNANDEZ VARELA PABLO J. (1984)	50E: 33.21					
	MARTINEZ PENA ADRIAN (1983)						
	VAZQUEZ ESMORIS PABLO (1979)						
	GENDE DIAZ JUAN F. (1970)						
5	C. N. GALAICO	GALAICO	2:23.06	M 25	2023-04-16	AS POZAS	12
	CAMIÑA MARTINEZ OSCAR (1980)	50E: 40.58					
	PIÑEIRO PEON ANTONIO (1984)						
	TRIGO CASTRO CARLOS (1993)						
	CASTRO QUINTELA AVELINO (1967)						
6	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:23.56	M 25	2023-04-16	FRIGSA	10
	MOURIZ LOMBAO FCO. JAVIER (1975)	50E: 36.88					
	DIEGUEZ ARANDA HECTOR (1973)						
	PEREZ ARIAS HECTOR (1971)						
	BLANCO HORTAS JOSE RAMON (1974)						
7	C. FLUVIAL LUGO	CFVLUGO	2:33.44	M 25	2023-04-16	FRIGSA	8
	GURIDI HUERTA JESUS M. (1968)	50E: 46.66					
	IGLESIAS LAPIDO MIGUEL (1985)						
	ALONSO ORTIZ MARIANO (1976)						
	FERNANDEZ VARELA ADRIAN (1991)						
8	C. N. PONTEAREAS	NPONTEA	2:38.32	M 25	2023-04-16	AS POZAS	6
	PREGO MARTINEZ BENJAMIN (1973)	50E: 43.23					
	PIÑEIRO PEREZ ARMANDO (1966)						
	FERNANDEZ IGLESIAS EMILIO J. (1977)						
	RODRIGUEZ BALIÑA MARCOS (1971)						
+200							
1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:28.24	M 25	2023-04-16	FRIGSA	26
	CODESIDO LOPEZ JOSÉ (1959)	50E: 40.39					
	FERNANDEZ ARRUTI JOSE ANGEL (1959)						
	RODRÍGUEZ SALGADO MANUEL (1975)						
	ALVAREZ FERRIN PABLO (1984)						
2	C. N. ESCUALOS	ESCUALOS	2:28.36	M 25	2023-04-16	FRIGSA	20
	FERNANDEZ NUÑEZ SANTIAGO (1963)	50E: 33.98					
	BOUSO FUENTECILLA FERNANDO (1971)						
	SÁNCHEZ SECO MANUEL (1968)						
	ALVAREZ SILVA RUBEN (1981)						
3	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:48.35	M 25	2023-04-16	FRIGSA	16
	PIROSCIA PENADO JOSE (1966)	50E: 50.40					
	REY ROMERO JORGE J. (1966)						
	TIMIRAOS CARRASCO FERNANDO (1965)						
	SANCHEZ VAZQUEZ JESUS (1962)						
4	C. N. MOS	CNMOS	2:48.75	M 25	2023-04-16	AS POZAS	14
	PEXEGUEIRO BALADRON NICOLAS (1977)	50E: 46.09					

FERNANDEZ GONZALEZ ALVARO (1965)

SIO LOURIDO J. SALVADOR (1961)

RODRIGUEZ VIEITO RICARDO M. (1957)

5 C. N. VIGO RÍAS BAIXAS RBAIXAS 2:54.90 M 25 2023-04-16 AS POZAS 12

PEREZ LEIVA MANUEL (1968)

50E: 43.79

VILA ESTEVEZ FRANCISCO MANUEL (1966)

LORENZO FERNANDEZ JOSE MANUEL (1972)

LAGO CARRERA RAMON (1985)

6 C. N. PABELLÓN OURENSE POURENSE 4:04.19 M 25 2023-04-16 FRIGSA 10

FERREIRO SANCHEZ LUIS (1970)

50E: 1:01.19

MARIÑO GONZALEZ RAMÓN (1980)

TIMIRAOS CARRASCO LUIS (1956)

BLANCO PEREZ ANGEL (1964)

+240

1 C. N. PONTEAREAS NPONTEA 3:24.47 M 25 2023-04-16 AS POZAS 26

CARRERA COSTAS ANDRES (1982)

50E: 40.73

ARAUJO DOMINGUEZ FRANCISCO (1940)

SUAREZ GARCIA PEDRO LOIS (1980)

MONROY FERNÁNDEZ MANUEL (1950)

2 C. N. VIGO RÍAS BAIXAS RBAIXAS 4:28.33 M 25 2023-04-16 AS POZAS 20

LAGO REY JOSE MANUEL (1963)

50E: 2:01.82

ROS ROSILLO ALEJANDRO (1958)

SUAREZ FREIRE DAVID MANUEL (1968)

HERNANZ MORAL FAUSTO (1962)