

Prueba 1
06/05/2023

Fem., 4 x 50m Libre

Open femenino
Resultados

Clasificación

Tiempo

1. FLUVIAL 1			FLUVIAL	1:49.71	14,00	
FRANCO CAL, Alba	91	27.17	SOILAN FERNANDEZ, Raquel	01	28.19	
CERNADAS GONZALEZ, Ana	04	26.01	BUSTO LOPEZ, Ana	04	28.34	
2. PORTAMIÑA 1			PORTAMIÑA	1:50.95	10,00	
MOURENZA ROCHA, Ines	07	27.71	LOPEZ-FREIRE FRANCIA, Carmen	07	27.76	
MOURENZA ROCHA, Sofia	07	27.63	CANDO SANTOS, Raquel	03	27.85	
3. PORTAMIÑA 2			PORTAMIÑA	1:55.09	7,00	
VAZQUEZ LIZ, Mireia	08	29.98	SANTAS VAZQUEZ, Laura	09	28.95	
FREIJE TORNEIRO, Aroa	98	28.20	LOPEZ-FREIRE FRANCIA, Celia	10	27.96	
4. FLUVIAL 2			FLUVIAL	2:00.34	6,00	
LADRA CAMPO, Martina	08	28.94	POMBO LOPEZ, Belen	92	31.55	
PARDO PIÑEIRO, Maria	06	29.31	CUGINI LENCE, Emma	08	30.54	
5. POURENSE 2			POURENSE	2:01.74	4,00	
REQUEJO FERNANDEZ, Irene	10	29.87	SANCHEZ JUANE, Maica	07	31.05	
SANCHEZ JUANE, Lucia	10	31.96	SANTISO PRADO, Ana Maria	96	28.86	
6. POURENSE 1			POURENSE	2:05.39	2,00	
BABARRO LOPEZ, Maria	08	30.24	MARTINEZ ZABALA, Sunai	07	30.95	
GUERRA RODRIGUEZ, Zaida	10	30.83	JUSTO DORRIO, Marta	06	33.37	

Prueba 2
06/05/2023

Fem., 4 x 50m Libre

Open femenino
Resultados

Clasificación

Tiempo

1. PONTEAREAS 1			PONTEAREAS	1:49.97	14,00	
LEMOS FERNANDEZ, Iria	06	26.92	CARBALLO GONZALEZ, Sofia	06		27.82
FARO MARTINEZ, Carla	03	27.09	ORTIZ DE GUINEA BASTON, Alba	97		28.14
2. NFERROL 1			NFERROL	1:52.43	10,00	
VILLARNOVO PAZOS, Lucia	08	28.14	PARDO CHAS, Eva	04		28.53
CHANS FANEGO, Paula	03	28.17	LOPEZ SANMARTIN, Nerea	96		27.59
3. PONTEAREAS 2			PONTEAREAS	1:53.51	7,00	
CARRON MUIÑA, Carla	05	26.37	EIJO GIL, Naiara	06		30.19
BORGE JUSTE, Ines	06	28.31	IBAÑEZ CARRERA, Sara	01		28.64
4. NCORUÑA 1			NCORUÑA	1:55.41	6,00	
CANALDA RAMOS, Laura	09	28.91	MARTINEZ CANOSA, Raquel	91		28.49
FERNANDEZ AGUION, Sara	07	29.35	ALCALDE MAHIA, Ariadna	04		28.66
5. NFERROL 2			NFERROL	1:57.26	4,00	
HERNÁNDEZ FIGUEROA, Ange Ma	09	28.39	JIMÉNEZ EZQUERRA, Ana María	07		29.68
REY CONESA, Carolina	04	29.51	LEIVAS ROCA, Candela	05		29.68
6. NCORUÑA 2			NCORUÑA	2:07.11	2,00	
VILLAR ARCEO, Iria	08	30.90	ROMERO LOURES, Lucia	04		30.62
ARRUÑADA VAZQUEZ, Carmen	10	31.89	YERA REGUEIRA, Teresa	07		33.70

Prueba 3
06/05/2023

Masc., 4 x 50m Libre

Open masculino
Resultados

Clasificación

Tiempo

1.	PORTAMIÑA 1			PORTAMIÑA	1:33.83	14,00	
	NOVO LOPEZ, Brais	03	23.66	SANCHEZ VAZQUEZ, Antonio	04		24.21
	RODRIGUEZ SANCOSMED, Pablo	03	23.26	VAZQUEZ LOPEZ, Martin	03		22.70
2.	FLUVIAL 1			FLUVIAL	1:34.92	10,00	
	GOMEZ TOJO, Ander	05	24.25	MARTINEZ SUAREZ, Diego	99		23.76
	LOBELLE GONZALEZ, Ivan	89	23.33	ALVAREZ FERNANDEZ, Borja	96		23.58
3.	FLUVIAL 2			FLUVIAL	1:38.99	7,00	
	MORENO TEJEIRO, Andre	07	25.75	POMBO LOPEZ, Sergio	91		24.80
	PARDO PERNAS, Martin	02	23.90	BURGO BEIRO, Marcos	00		24.54
4.	POURENSE 2			POURENSE	1:39.22	6,00	
	CIVEIRA CORRAL, Raul	02	24.58	RODRIGUEZ QUINTAS, Igor	04		24.71
	CIVEIRA CORRAL, Samuel	02	24.49	CARBALLO RODRIGUEZ, Enrique	07		25.44
5.	PORTAMIÑA 2			PORTAMIÑA	1:39.24	4,00	
	DIAZ- BECERRA LOPEZ, Anton	05	24.83	VAZQUEZ LIZ, Alejandro	03		25.21
	BALBOA BLANCO, Ivan	94	24.26	FRAGA SAL, Alexandre	06		24.94
6.	POURENSE 1			POURENSE	1:39.36	2,00	
	QUIROGA RAMOS, Yago	05	24.70	LOPEZ FERNANDEZ, Martin	04		25.29
	MOURE DOVAL, Jose	99	24.11	MERZLYAKOV KOSTOMAROV, Mil	07		25.26

Prueba 4
06/05/2023

Masc., 4 x 50m Libre

Open masculino
Resultados

Clasificación

Tiempo

1.	NFERROL 1			NFERROL	1:36.82	14,00	
	SEJO BERMUDEZ, Daniel	04	24.09	LOSADA JIMÉNEZ, Sergio		04	24.49
	RAMOS PEREZ, Nicolas Anton	06	24.09	NAVARRO LOSADA, Sergi		07	24.15
2.	PONTEAREAS 1			PONTEAREAS	1:39.38	10,00	
	RODRIGUEZ DOMINGUEZ, Fco. Jav04		25.13	PINO LORENZO, Brais		01	24.38
	COSTA FERNANDEZ, Lucas	98	24.79	CANCELA GOMEZ, HUGO		03	25.08
3.	NFERROL 2			NFERROL	1:41.95	7,00	
	LÓPEZ ANIDO, Nelson Andrés	00	25.60	LOSADA JIMENEZ, Alvaro		99	25.70
	GARCÍA AFONSO, Alexis	07	25.11	PEDRE SALIDO, JULIO		03	25.54
4.	PONTEAREAS 2			PONTEAREAS	1:42.05	6,00	
	ACEVEDO MENDEZ, Gabriel	06	26.12	FARO MARTINEZ, Yoel		07	25.30
	GONZALEZ ESTEVEZ, Yoel	07	25.09	VAZQUEZ ENES, BREOGAN		91	25.54
5.	NCORUÑA 1			NCORUÑA	1:46.69	4,00	
	GOMEZ LIMIA, Pablo	06	26.33	RIVAS MACEIRAS, Isaac		99	27.49
	CAMINO PARDO, Rodrigo	00	26.80	COSTA GARCIA, Adrian		86	26.07
6.	NCORUÑA 2			NCORUÑA	1:55.58	2,00	
	LAGO CASTILLO, Diego	07	27.04	ALCALDE MAHIA, Jun Bin		08	28.32
	GONZALEZ PREGO, Xose	08	29.58	OLVEIRA BARTOLOME, Pedro		08	30.64

Prueba 5
06/05/2023

Fem., 200m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. LOPEZ-FREIRE FRANCIA, Carmen	07	PORTAMIÑA	2:15.19	7,00				
50m: 30.74 30.74	100m: 1:04.29	33.55 150m: 1:39.47	35.18	200m: 2:15.19	35.72			
2. CANDO SANTOS, Raquel	03	PORTAMIÑA	2:15.50	5,00				
50m: 30.76 30.76	100m: 1:04.47	33.71 150m: 1:39.65	35.18	200m: 2:15.50	35.85			
3. LADRA CAMPO, Martina	08	FLUVIAL	2:17.55	4,00				
50m: 31.65 31.65	100m: 1:06.34	34.69 150m: 1:41.56	35.22	200m: 2:17.55	35.99			
4. BUSTO LOPEZ, Ana	04	FLUVIAL	2:20.70	3,00				
50m: 31.70 31.70	100m: 1:07.08	35.38 150m: 1:43.59	36.51	200m: 2:20.70	37.11			
5. FERNANDEZ GRATEROL, Sofia Antia	07	POURENSE	2:23.42	2,00				
50m: 32.57 32.57	100m: 1:08.31	35.74 150m: 1:45.84	37.53	200m: 2:23.42	37.58			
6. CIVEIRA CORRAL, Nerea	04	POURENSE	2:28.26	1,00				
50m: 33.97 33.97	100m: 1:11.44	37.47 150m: 1:49.85	38.41	200m: 2:28.26	38.41			

Prueba 6
06/05/2023

Fem., 200m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. CARRON MUIÑA, Carla	05	PONTEAREAS	2:09.66	7,00				
50m: 27.01 27.01	100m: 1:01.21	34.20	150m: 1:35.35	34.14	200m: 2:09.66	34.31		
2. FARO MARTINEZ, Carla	03	PONTEAREAS	2:11.69	5,00				
50m: 29.57 29.57	100m: 1:02.24	32.67	150m: 1:36.55	34.31	200m: 2:11.69	35.14		
3. PARDO CHAS, Eva	04	NFERROL	2:14.03	4,00				
50m: 30.89 30.89	100m: 1:04.52	33.63	150m: 1:39.28	34.76	200m: 2:14.03	34.75		
4. FERNANDEZ AGUION, Sara	07	NCORUÑA	2:16.37	3,00				
50m: 32.15 32.15	100m: 1:06.46	34.31	150m: 1:41.64	35.18	200m: 2:16.37	34.73		
5. REY CONESA, Carolina	04	NFERROL	2:20.70	2,00				
50m: 32.03 32.03	100m: 1:07.15	35.12	150m: 1:43.51	36.36	200m: 2:20.70	37.19		
6. YERA REGUEIRA, Teresa	07	NCORUÑA	2:40.01	1,00				
50m: 36.20 36.20	100m: 1:16.53	40.33	150m: 1:58.81	42.28	200m: 2:40.01	41.20		

Prueba 7
06/05/2023

Masc., 400m Libre

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. PARDO PERNAS, Martin	02	FLUVIAL	4:02.48	7,00				
50m: 27.79 27.79	150m: 1:29.27	31.08 250m: 2:31.39	30.89	350m: 3:32.05	30.16			
100m: 58.19 30.40	200m: 2:00.50	31.23 300m: 3:01.89	30.50	400m: 4:02.48	30.43			
2. NOVO LOPEZ, Brais	03	PORTAMIÑA	4:07.40	5,00				
50m: 28.09 28.09	150m: 1:29.57	31.08 250m: 2:32.27	31.14	350m: 3:35.48	32.02			
100m: 58.49 30.40	200m: 2:01.13	31.56 300m: 3:03.46	31.19	400m: 4:07.40	31.92			
3. PEREZ FERNANDEZ, Brais	07	PORTAMIÑA	4:12.97	4,00				
50m: 27.91 27.91	150m: 1:30.63	31.82 250m: 2:34.98	32.31	350m: 3:40.85	32.80			
100m: 58.81 30.90	200m: 2:02.67	32.04 300m: 3:08.05	33.07	400m: 4:12.97	32.12			
4. MORENO TEIJEIRO, Andre	07	FLUVIAL	4:27.03	3,00				
50m: 29.73 29.73	150m: 1:36.27	34.12 250m: 2:45.24	34.42	350m: 3:54.68	34.97			
100m: 1:02.15 32.42	200m: 2:10.82	34.55 300m: 3:19.71	34.47	400m: 4:27.03	32.35			
5. GUTIERREZ MARIÑO, Santiago	02	POURENSE	4:28.04	2,00				
50m: 29.93 29.93	150m: 1:36.10	33.74 250m: 2:44.58	34.05	350m: 3:54.82	35.36			
100m: 1:02.36 32.43	200m: 2:10.53	34.43 300m: 3:19.46	34.88	400m: 4:28.04	33.22			
6. PAZ RODRIGUEZ, Aritz	06	POURENSE	4:32.48	1,00				
50m: 29.83 29.83	150m: 1:36.42	33.92 250m: 2:46.63	35.41	350m: 3:58.14	35.75			
100m: 1:02.50 32.67	200m: 2:11.22	34.80 300m: 3:22.39	35.76	400m: 4:32.48	34.34			

Prueba 8
06/05/2023

Masc., 400m Libre

Open masculino
Resultados

Clasificación	AN				Tiempo					
1. MANEIROS PAZ, Mario	06	NFERROL	4:06.94	7,00						
50m: 28.48 28.48	150m: 1:29.91 30.79	250m: 2:33.19 31.98	350m: 3:36.11 31.25							
100m: 59.12 30.64	200m: 2:01.21 31.30	300m: 3:04.86 31.67	400m: 4:06.94 30.83							
2. RAMOS PEREZ, Nicolas Anton	06	NFERROL	4:10.32	5,00						
50m: 28.88 28.88	150m: 1:31.30 31.09	250m: 2:33.95 31.19	350m: 3:38.97 32.74							
100m: 1:00.21 31.33	200m: 2:02.76 31.46	300m: 3:06.23 32.28	400m: 4:10.32 31.35							
3. COSTA FERNANDEZ, Lucas	98	PONTEAREAS	4:13.30	4,00						
50m: 28.82 28.82	150m: 1:31.59 31.67	250m: 2:35.86 32.18	350m: 3:41.16 32.08							
100m: 59.92 31.10	200m: 2:03.68 32.09	300m: 3:09.08 33.22	400m: 4:13.30 32.14							
4. GOMEZ LIMIA, Pablo	06	NCORUÑA	4:20.35	3,00						
50m: 29.34 29.34	150m: 1:33.75 32.59	250m: 2:40.28 33.04	350m: 3:47.65 34.03							
100m: 1:01.16 31.82	200m: 2:07.24 33.49	300m: 3:13.62 33.34	400m: 4:20.35 32.70							
5. PEREZ PAZ, Dario	05	PONTEAREAS	4:24.92	2,00						
50m: 28.83 28.83	150m: 1:33.93 32.99	250m: 2:41.96 34.29	350m: 3:51.45 34.95							
100m: 1:00.94 32.11	200m: 2:07.67 33.74	300m: 3:16.50 34.54	400m: 4:24.92 33.47							

Prueba 9
06/05/2023

Fem., 200m Mariposa

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. MOURENZA ROCHA, Ines	07	PORTAMIÑA	2:23.69	7,00				
50m: 31.35 31.35 100m: 1:08.00 36.65 150m: 1:45.69 37.69 200m: 2:23.69 38.00								
2. SANTAS VAZQUEZ, Laura	09	PORTAMIÑA	2:33.36	5,00				
50m: 34.50 34.50 100m: 1:13.04 38.54 150m: 1:53.27 40.23 200m: 2:33.36 40.09								
3. BABARRO LOPEZ, Maria	08	POURENSE	3:00.49	4,00				
50m: 38.77 38.77 100m: 1:23.68 44.91 150m: 2:11.85 48.17 200m: 3:00.49 48.64								
4. SOUTO GOMEZ, Claudia	10	FLUVIAL	3:05.69	3,00				
50m: 39.81 39.81 100m: 1:25.75 45.94 150m: 2:16.45 50.70 200m: 3:05.69 49.24								
DSQ GONZALEZ IGLESIAS, Nerea	07	FLUVIAL	-					
<i>Retirada</i>								
DSQ SANCHEZ JUANE, Lucia	10	POURENSE	-					
<i>Nado irregular</i>								

Prueba 10
06/05/2023

Fem., 200m Mariposa

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. ORTIZ DE GUINEA BASTON, Alba	97	PONTEAREAS	2:28.19	7,00				
50m: 32.52 32.52 100m: 1:09.85		37.33 150m: 1:48.79	38.94	200m: 2:28.19	39.40			
2. CARBALLO GONZALEZ, Sofia	06	PONTEAREAS	2:29.19	5,00				
50m: 32.42 32.42 100m: 1:09.84		37.42 150m: 1:49.00	39.16	200m: 2:29.19	40.19			
3. SEGOVIA CARBALLO, Paula	00	NFERROL	2:35.91	4,00				
50m: 33.26 33.26 100m: 1:12.02		38.76 150m: 1:53.41	41.39	200m: 2:35.91	42.50			
4. HERNÁNDEZ FIGUEROA, Ange Marie	09	NFERROL	2:49.97	3,00				
50m: 35.05 35.05 100m: 1:16.02		40.97 150m: 2:01.68	45.66	200m: 2:49.97	48.29			
Baja enf. ALCALDE MAHIA, Ariadna	04	NCORUÑA	-					

Prueba 11
06/05/2023

Masc., 200m Mariposa

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. GOMEZ TOJO, Ander	05	FLUVIAL	2:09.49	7,00				
50m: 29.02 29.02	100m: 1:02.60	33.58 150m: 1:36.16	33.56	200m: 2:09.49	33.33			
2. MOURE DOVAL, Jose	99	POURENSE	2:10.55	5,00				
50m: 28.72 28.72	100m: 1:02.68	33.96 150m: 1:36.94	34.26	200m: 2:10.55	33.61			
3. SANCHEZ VAZQUEZ, Antonio	04	PORTAMIÑA	2:16.08	4,00				
50m: 28.82 28.82	100m: 1:02.85	34.03 150m: 1:38.67	35.82	200m: 2:16.08	37.41			
4. GAVIEIRO MONTERO, Raul	07	PORTAMIÑA	2:19.31	3,00				
50m: 31.10 31.10	100m: 1:06.55	35.45 150m: 1:43.07	36.52	200m: 2:19.31	36.24			
5. MERZLYAKOV KOSTOMAROV, Mikhai	07	POURENSE	2:21.05	2,00				
50m: 30.74 30.74	100m: 1:05.76	35.02 150m: 1:42.77	37.01	200m: 2:21.05	38.28			
6. SUBIRAN GOMEZ, Pedro	08	FLUVIAL	2:37.34	1,00				
50m: 33.12 33.12	100m: 1:11.84	38.72 150m: 1:53.63	41.79	200m: 2:37.34	43.71			

Prueba 12
06/05/2023

Masc., 200m Mariposa

Open masculino
Resultados

Clasificación	AN	Tiempo
1. LOSADA JIMÉNEZ, Sergio 50m: 29.70 29.70 100m: 1:02.71 33.01 150m: 1:37.29 34.58 200m: 2:12.39 35.10	04 NFERROL	2:12.39 7,00
2. DIAZ COUCE, Ruben 50m: 30.59 30.59 100m: 1:05.07 34.48 150m: 1:40.22 35.15 200m: 2:15.98 35.76	06 NFERROL	2:15.98 5,00
3. FARO MARTINEZ, Yoel 50m: 29.44 29.44 100m: 1:03.37 33.93 150m: 1:39.30 35.93 200m: 2:17.48 38.18	07 PONTEAREAS	2:17.48 4,00
4. BOUZA PADRON, Adrian 50m: 30.94 30.94 100m: 1:06.09 35.15 150m: 1:42.47 36.38 200m: 2:20.81 38.34	97 PONTEAREAS	2:20.81 3,00
DSQ ALCALDE MAHIA, Jun Bin <i>Salida anticipada</i>	08 NCORUÑA	-

Prueba 13
06/05/2023

Fem., 50m Espalda

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. CERNADAS GONZALEZ, Ana	04	FLUVIAL	29.22	7,00
2. LOPEZ-FREIRE FRANCIA, Celia	10	PORTAMIÑA	31.75	5,00
3. VAZQUEZ LIZ, Mireia	08	PORTAMIÑA	33.08	4,00
4. REQUEJO FERNANDEZ, Irene	10	POURENSE	33.30	3,00
5. SANTISO PRADO, Ana Maria	96	POURENSE	33.43	2,00
6. PARDO PIÑEIRO, Maria	06	FLUVIAL	34.89	1,00

Prueba 14
06/05/2023

Fem., 50m Espalda

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. CHANS FANEGO, Paula	03	NFERROL	32.05	7,00
2. BORGE JUSTE, Ines	06	PONTEAREAS	32.22	5,00
3. EIJO GIL, Naiara	06	PONTEAREAS	32.55	4,00
4. SALVANTE LAGO, Ainhoa	03	NFERROL	33.67	3,00
5. VILLAR ARCEO, Iria	08	NCORUÑA	35.08	2,00
6. ARRUÑADA VAZQUEZ, Carmen	10	NCORUÑA	38.03	1,00

Prueba 15
06/05/2023

Masc., 50m Espalda

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. RODRIGUEZ SANCOSMED, Pablo	03	PORTAMIÑA	27.21	7,00
2. ALVAREZ FERNANDEZ, Borja	96	FLUVIAL	27.80	5,00
3. DIAZ- BECERRA LOPEZ, Anton	05	PORTAMIÑA	27.90	4,00
4. BURGO BEIRO, Marcos	00	FLUVIAL	29.84	3,00
5. GUTIERREZ MARÍÑO, Santiago	02	POURENSE	31.34	2,00
6. RODRIGUEZ QUINTAS, Igor	04	POURENSE	31.77	1,00

Prueba 16
06/05/2023

Masc., 50m Espalda

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. NAVARRO LOSADA, Sergi	07	NFERROL	27.02	7,00
2. LÓPEZ ANIDO, Nelson Andrés	00	NFERROL	28.35	5,00
3. GONZALEZ ESTEVEZ, Yoel	07	PONTEAREAS	28.70	4,00
4. VILA PEREIRA, Brais	03	PONTEAREAS	29.17	3,00
5. CAMINO PARDO, Rodrigo	00	NCORUÑA	31.40	2,00
6. OLVEIRA BARTOLOME, Pedro	08	NCORUÑA	37.37	1,00

Prueba 17
06/05/2023

Fem., 100m Braza

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. MOURENZA ROCHA, Sofia	07	PORTAMIÑA	1:13.96	7,00		
50m: 34.67 34.67 100m: 1:13.96		39.29				
2. CERDEIRA TEIJEIRA, Clara	08	PORTAMIÑA	1:19.67	5,00		
50m: 37.09 37.09 100m: 1:19.67		42.58				
3. MARTINEZ ZABALA, Sunai	07	POURENSE	1:24.18	4,00		
50m: 39.74 39.74 100m: 1:24.18		44.44				
4. ALVAREZ GARCIA, Mencia	10	POURENSE	1:24.79	3,00		
50m: 40.42 40.42 100m: 1:24.79		44.37				
5. SANCHEZ GARCIA, ANTIA	10	FLUVIAL	1:30.49	2,00		
50m: 43.41 43.41 100m: 1:30.49		47.08				
6. POMBO LOPEZ, Belen	92	FLUVIAL	1:32.60	1,00		
50m: 43.55 43.55 100m: 1:32.60		49.05				

Prueba 18
06/05/2023

Fem., 100m Braza

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. LEMOS FERNANDEZ, Iria	06	PONTEAREAS	1:16.03	7,00		
50m: 36.05 36.05	100m: 1:16.03	39.98				
2. LEIVAS ROCA, Candela	05	NFERROL	1:17.46	5,00		
50m: 36.68 36.68	100m: 1:17.46	40.78				
3. MARTINEZ CANOSA, Raquel	91	NCORUÑA	1:18.57	4,00		
50m: 38.31 38.31	100m: 1:18.57	40.26				
4. ESTEVEZ MONTES, Naroa	08	PONTEAREAS	1:21.97	3,00		
50m: 39.07 39.07	100m: 1:21.97	42.90				
5. LOPEZ SANMARTIN, Nerea	96	NFERROL	1:23.28	2,00		
50m: 39.06 39.06	100m: 1:23.28	44.22				
6. BARREIRA, Lucia	09	NCORUÑA	1:36.01	1,00		
50m: 44.90 44.90	100m: 1:36.01	51.11				

Prueba 19
06/05/2023

Masc., 100m Braza

Open masculino
Resultados

Clasificación	AN				Tiempo	
1. NOVO LOPEZ, Brais	03	PORTAMIÑA	1:04.85	7,00		
50m: 31.10 31.10	100m: 1:04.85	33.75				
2. SABUZ FORNEIRO, Martin	94	POURENSE	1:07.69	5,00		
50m: 32.11 32.11	100m: 1:07.69	35.58				
3. PEDROUZO ARES, Javier	00	PORTAMIÑA	1:07.92	4,00		
50m: 31.74 31.74	100m: 1:07.92	36.18				
4. POMBO LOPEZ, Sergio	91	FLUVIAL	1:10.73	3,00		
50m: 33.44 33.44	100m: 1:10.73	37.29				
5. MORENO TEIJEIRO, Hugo	05	FLUVIAL	1:11.22	2,00		
50m: 33.28 33.28	100m: 1:11.22	37.94				
6. QUIROGA RAMOS, Yago	05	POURENSE	1:12.33	1,00		
50m: 33.74 33.74	100m: 1:12.33	38.59				

Prueba 20
06/05/2023

Masc., 100m Braza

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. SEIJO BERMUDEZ, Daniel	04	NFERROL	1:05.75	7,00
50m: 30.46 30.46	100m: 1:05.75	35.29		
2. FARO MARTINEZ, Yoel	07	PONTEAREAS	1:07.90	5,00
50m: 31.78 31.78	100m: 1:07.90	36.12		
3. DOPICO REY, Anton	97	NFERROL	1:09.45	4,00
50m: 32.08 32.08	100m: 1:09.45	37.37		
4. CARRERA COSTAS, Martin	96	PONTEAREAS	1:10.23	3,00
50m: 33.34 33.34	100m: 1:10.23	36.89		
5. LAGO CASTILLO, Diego	07	NCORUÑA	1:10.63	2,00
50m: 33.40 33.40	100m: 1:10.63	37.23		
6. GONZALEZ PREGO, Xose	08	NCORUÑA	1:17.56	1,00
50m: 36.38 36.38	100m: 1:17.56	41.18		

Prueba 21
06/05/2023

Fem., 800m Libre

Open femenino
Resultados

Clasificación

AN

Tiempo

1. CANDO SANTOS, Raquel	03	PORTAMIÑA	9:52.72	7,00
50m: 33.07 33.07	250m: 3:01.68 37.88	450m: 5:32.36 37.55	650m: 8:03.78 37.97	
100m: 1:09.07 36.00	300m: 3:39.15 37.47	500m: 6:10.04 37.68	700m: 8:41.69 37.91	
150m: 1:46.03 36.96	350m: 4:16.64 37.49	550m: 6:47.89 37.85	750m: 9:18.25 36.56	
200m: 2:23.80 37.77	400m: 4:54.81 38.17	600m: 7:25.81 37.92	800m: 9:52.72 34.47	
2. BUSTO LOPEZ, Ana	04	FLUVIAL	9:53.75	5,00
50m: 33.13 33.13	250m: 3:02.85 37.76	450m: 5:33.81 37.90	650m: 8:04.74 37.55	
100m: 1:09.70 36.57	300m: 3:40.52 37.67	500m: 6:11.54 37.73	700m: 8:42.03 37.29	
150m: 1:47.13 37.43	350m: 4:18.23 37.71	550m: 6:49.33 37.79	750m: 9:19.26 37.23	
200m: 2:25.09 37.96	400m: 4:55.91 37.68	600m: 7:27.19 37.86	800m: 9:53.75 34.49	
3. MUÑOZ GAVINO, Paula	08	PORTAMIÑA	9:56.11	4,00
50m: 32.86 32.86	250m: 3:02.06 38.05	450m: 5:33.17 37.96	650m: 8:04.48 37.86	
100m: 1:09.09 36.23	300m: 3:39.55 37.49	500m: 6:10.80 37.63	700m: 8:42.13 37.65	
150m: 1:46.29 37.20	350m: 4:17.16 37.61	550m: 6:48.73 37.93	750m: 9:19.86 37.73	
200m: 2:24.01 37.72	400m: 4:55.21 38.05	600m: 7:26.62 37.89	800m: 9:56.11 36.25	
4. SANCHEZ JUANE, Maica	07	POURENSE	10:24.73	3,00
50m: 35.16 35.16	250m: 3:10.50 39.36	450m: 5:47.97 40.02	650m: 8:26.78 39.89	
100m: 1:12.58 37.42	300m: 3:49.16 38.66	500m: 6:27.67 39.70	700m: 9:06.87 40.09	
150m: 1:51.95 39.37	350m: 4:28.38 39.22	550m: 7:06.67 39.00	750m: 9:47.35 40.48	
200m: 2:31.14 39.19	400m: 5:07.95 39.57	600m: 7:46.89 40.22	800m: 10:24.73 37.38	
5. GUERRA RODRIGUEZ, Zaida	10	POURENSE	10:24.74	2,00
50m: 35.42 35.42	250m: 3:11.93 39.47	450m: 5:50.32 39.66	650m: 8:28.59 39.55	
100m: 1:14.10 38.68	300m: 3:51.43 39.50	500m: 6:29.81 39.49	700m: 9:08.27 39.68	
150m: 1:53.15 39.05	350m: 4:31.04 39.61	550m: 7:09.49 39.68	750m: 9:47.47 39.20	
200m: 2:32.46 39.31	400m: 5:10.66 39.62	600m: 7:49.04 39.55	800m: 10:24.74 37.27	
6. CUGINI LENCE, Emma	08	FLUVIAL	10:28.40	1,00
50m: 34.64 34.64	250m: 3:09.49 39.33	450m: 5:47.98 39.69	650m: 8:27.82 39.85	
100m: 1:12.69 38.05	300m: 3:48.78 39.29	500m: 6:27.98 40.00	700m: 9:08.66 40.84	
150m: 1:51.14 38.45	350m: 4:28.48 39.70	550m: 7:07.77 39.79	750m: 9:49.09 40.43	
200m: 2:30.16 39.02	400m: 5:08.29 39.81	600m: 7:47.97 40.20	800m: 10:28.40 39.31	

Prueba 22
06/05/2023

Fem., 800m Libre

Open femenino
Resultados

Clasificación

AN

Tiempo

1. VILLARNOVO PAZOS, Lucia	08	NFERROL	9:15.26	7,00
50m: 31.20 31.20 250m: 2:46.20 34.11 450m: 5:05.56 35.19 650m: 7:28.37 36.13				
100m: 1:04.41 33.21 300m: 3:20.67 34.47 500m: 5:40.80 35.24 700m: 8:04.51 36.14				
150m: 1:38.10 33.69 350m: 3:55.42 34.75 550m: 6:16.31 35.51 750m: 8:40.68 36.17				
200m: 2:12.09 33.99 400m: 4:30.37 34.95 600m: 6:52.24 35.93 800m: 9:15.26 34.58				
2. ORTIZ DE GUINEA BASTON, Alba	97	PONTEAREAS	9:23.74	5,00
50m: 31.36 31.36 250m: 2:50.49 35.15 450m: 5:12.77 35.62 650m: 7:36.47 36.04				
100m: 1:05.54 34.18 300m: 3:25.90 35.41 500m: 5:48.55 35.78 700m: 8:12.56 36.09				
150m: 1:40.37 34.83 350m: 4:01.41 35.51 550m: 6:24.50 35.95 750m: 8:48.22 35.66				
200m: 2:15.34 34.97 400m: 4:37.15 35.74 600m: 7:00.43 35.93 800m: 9:23.74 35.52				
3. CARBALLO GONZALEZ, Sofia	06	PONTEAREAS	9:23.95	4,00
50m: 31.21 31.21 250m: 2:50.72 35.37 450m: 5:13.06 35.85 650m: 7:36.56 35.91				
100m: 1:05.46 34.25 300m: 3:26.21 35.49 500m: 5:48.73 35.67 700m: 8:12.41 35.85				
150m: 1:40.36 34.90 350m: 4:01.64 35.43 550m: 6:24.80 36.07 750m: 8:48.19 35.78				
200m: 2:15.35 34.99 400m: 4:37.21 35.57 600m: 7:00.65 35.85 800m: 9:23.95 35.76				
4. PARDO CHAS, Eva	04	NFERROL	9:38.39	3,00
50m: 31.75 31.75 250m: 2:53.04 35.84 450m: 5:17.74 36.34 650m: 7:45.05 37.44				
100m: 1:06.48 34.73 300m: 3:29.07 36.03 500m: 5:54.17 36.43 700m: 8:22.52 37.47				
150m: 1:41.79 35.31 350m: 4:05.22 36.15 550m: 6:30.81 36.64 750m: 9:00.20 37.68				
200m: 2:17.20 35.41 400m: 4:41.40 36.18 600m: 7:07.61 36.80 800m: 9:38.39 38.19				
5. CANALDA RAMOS, Laura	09	NCORUÑA	9:44.23	2,00
50m: 32.43 32.43 250m: 2:57.76 36.94 450m: 5:25.79 36.93 650m: 7:54.82 37.20				
100m: 1:07.58 35.15 300m: 3:34.93 37.17 500m: 6:02.87 37.08 700m: 8:31.90 37.08				
150m: 1:43.90 36.32 350m: 4:12.12 37.19 550m: 6:40.29 37.42 750m: 9:08.64 36.74				
200m: 2:20.82 36.92 400m: 4:48.86 36.74 600m: 7:17.62 37.33 800m: 9:44.23 35.59				
6. FERNANDEZ AGUION, Sara	07	NCORUÑA	9:45.87	1,00
50m: 33.34 33.34 250m: 2:58.92 36.70 450m: 5:26.93 37.21 650m: 7:55.93 37.29				
100m: 1:09.10 35.76 300m: 3:35.91 36.99 500m: 6:04.02 37.09 700m: 8:33.15 37.22				
150m: 1:45.49 36.39 350m: 4:12.77 36.86 550m: 6:41.14 37.12 750m: 9:10.17 37.02				
200m: 2:22.22 36.73 400m: 4:49.72 36.95 600m: 7:18.64 37.50 800m: 9:45.87 35.70				

Prueba 23
06/05/2023

Masc., 100m Libre

Open masculino
Resultados

Clasificación	AN				Tiempo	
1. VAZQUEZ LOPEZ, Martin	03	PORTAMIÑA			51.75	7,00
50m: 24.92 24.92	100m: 51.75	26.83				
2. MOURE DOVAL, Jose	99	POURENSE			52.48	5,00
50m: 25.47 25.47	100m: 52.48	27.01				
3. LOBELLE GONZALEZ, Ivan	89	FLUVIAL			53.20	4,00
50m: 25.43 25.43	100m: 53.20	27.77				
4. MARTINEZ SUAREZ, Diego	99	FLUVIAL			55.09	3,00
50m: 27.10 27.10	100m: 55.09	27.99				
5. CARBALLO RODRIGUEZ, Enrique	07	POURENSE			55.31	2,00
50m: 26.83 26.83	100m: 55.31	28.48				
6. FRAGA SAL, Alexandre	06	PORTAMIÑA			55.34	1,00
50m: 26.82 26.82	100m: 55.34	28.52				

Prueba 24
06/05/2023

Masc., 100m Libre

Open masculino
Resultados

Clasificación	AN				Tiempo	
1. RAMOS PEREZ, Nicolas Anton	06	NFERROL	52.84	7,00		
50m: 25.12 25.12 100m: 52.84		27.72				
2. GARCÍA AFONSO, Alexis	07	NFERROL	55.43	5,00		
50m: 26.51 26.51 100m: 55.43		28.92				
3. RODRIGUEZ DOMINGUEZ, Fco. Javier	04	PONTEAREAS	55.60	4,00		
50m: 26.67 26.67 100m: 55.60		28.93				
4. PINO LORENZO, Brais	01	PONTEAREAS	56.08	3,00		
50m: 25.99 25.99 100m: 56.08		30.09				
5. RIVAS MACEIRAS, Isaac	99	NCORUÑA	1:00.46	2,00		
50m: 28.19 28.19 100m: 1:00.46		32.27				
6. CAMINO PARDO, Rodrigo	00	NCORUÑA	1:04.71	1,00		
50m: 29.55 29.55 100m: 1:04.71		35.16				

Prueba 25
06/05/2023

Fem., 50m Libre

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. FRANCO CAL, Alba	91	FLUVIAL	27.30	7,00
2. LOPEZ-FREIRE FRANCIA, Carmen	07	PORTAMIÑA	28.64	5,00
3. SOILAN FERNANDEZ, Raquel	01	FLUVIAL	28.71	4,00
4. FREIJE TORNEIRO, Aroa	98	PORTAMIÑA	28.98	3,00
5. SANCHEZ JUANE, Lucia	10	POURENSE	32.26	2,00
6. JUSTO DORRIO, Marta	06	POURENSE	34.55	1,00

Prueba 26
06/05/2023

Fem., 50m Libre

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. CARRON MUIÑA, Carla	05	PONTEAREAS	26.32	7,00
2. LOPEZ SANMARTIN, Nerea	96	NFERROL	28.20	5,00
3. IBAÑEZ CARRERA, Sara	01	PONTEAREAS	29.49	4,00
4. JIMÉNEZ EZQUERRA, Ana María	07	NFERROL	29.82	3,00
5. ROMERO LOURES, Lucia	04	NCORUÑA	30.93	2,00
6. ABAD PAMPIN, Uxia	09	NCORUÑA	32.47	1,00

Prueba 27
06/05/2023

Masc., 200m Espalda

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. RODRIGUEZ SANCOSMED, Pablo	03	PORTAMIÑA	2:06.96	7,00				
50m: 30.28 30.28 100m: 1:02.36		32.08 150m: 1:34.93	32.57	200m: 2:06.96	32.03			
2. GOMEZ TOJO, Ander	05	FLUVIAL	2:07.64	5,00				
50m: 29.87 29.87 100m: 1:01.87		32.00 150m: 1:34.51	32.64	200m: 2:07.64	33.13			
3. DIAZ- BECERRA LOPEZ, Anton	05	PORTAMIÑA	2:11.64	4,00				
50m: 32.18 32.18 100m: 1:05.59		33.41 150m: 1:39.00	33.41	200m: 2:11.64	32.64			
4. CIVEIRA CORRAL, Samuel	02	POURENSE	2:12.03	3,00				
50m: 30.78 30.78 100m: 1:04.22		33.44 150m: 1:37.93	33.71	200m: 2:12.03	34.10			
5. LOPEZ FERNANDEZ, Martin	04	POURENSE	2:17.09	2,00				
50m: 31.52 31.52 100m: 1:05.90		34.38 150m: 1:41.72	35.82	200m: 2:17.09	35.37			
6. NUÑEZ SUAREZ, Antón	05	FLUVIAL	2:17.87	1,00				
50m: 33.32 33.32 100m: 1:07.95		34.63 150m: 1:42.78	34.83	200m: 2:17.87	35.09			

Prueba 28
06/05/2023

Masc., 200m Espalda

Open masculino
Resultados

Clasificación	AN	Tiempo
1. NAVARRO LOSADA, Sergi	07	NFERROL 2:08.24 7,00
50m: 29.45 29.45 100m: 1:01.70 32.25 150m: 1:35.08 33.38 200m: 2:08.24 33.16		
2. GONZALEZ ESTEVEZ, Yoel	07	PONTEAREAS 2:09.98 5,00
50m: 31.01 31.01 100m: 1:03.79 32.78 150m: 1:37.16 33.37 200m: 2:09.98 32.82		
3. COSTA FERNANDEZ, Lucas	98	PONTEAREAS 2:12.92 4,00
50m: 31.56 31.56 100m: 1:04.27 32.71 150m: 1:38.15 33.88 200m: 2:12.92 34.77		
4. LÓPEZ ANIDO, Nelson Andrés	00	NFERROL 2:17.44 3,00
50m: 31.57 31.57 100m: 1:05.55 33.98 150m: 1:40.09 34.54 200m: 2:17.44 37.35		
5. GOMEZ LIMIA, Pablo	06	NCORUÑA 2:26.48 2,00
50m: 34.08 34.08 100m: 1:11.28 37.20 150m: 1:48.87 37.59 200m: 2:26.48 37.61		
6. ALCALDE MAHIA, Jun Bin	08	NCORUÑA 2:29.02 1,00
50m: 35.41 35.41 100m: 1:13.34 37.93 150m: 1:51.88 38.54 200m: 2:29.02 37.14		

Prueba 29
06/05/2023

Fem., 200m Espalda

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. CERNADAS GONZALEZ, Ana	04	FLUVIAL	2:15.68	7,00				
50m: 31.39 31.39 100m: 1:04.99		33.60 150m: 1:39.90	34.91	200m: 2:15.68	35.78			
2. VAZQUEZ LIZ, Mireia	08	PORTAMIÑA	2:28.86	5,00				
50m: 35.18 35.18 100m: 1:12.66		37.48 150m: 1:50.78	38.12	200m: 2:28.86	38.08			
3. LOPEZ-FREIRE FRANCIA, Celia	10	PORTAMIÑA	2:32.03	4,00				
50m: 34.75 34.75 100m: 1:12.93		38.18 150m: 1:52.77	39.84	200m: 2:32.03	39.26			
4. FERNANDEZ GRATEROL, Sofia Antia	07	POURENSE	2:40.53	3,00				
50m: 37.63 37.63 100m: 1:18.40		40.77 150m: 1:59.48	41.08	200m: 2:40.53	41.05			
5. PARDO PIÑEIRO, Maria	06	FLUVIAL	2:41.47	2,00				
50m: 37.14 37.14 100m: 1:18.34		41.20 150m: 2:01.27	42.93	200m: 2:41.47	40.20			
6. CIVEIRA CORRAL, Nerea	04	POURENSE	2:48.40	1,00				
50m: 39.16 39.16 100m: 1:21.08		41.92 150m: 2:04.94	43.86	200m: 2:48.40	43.46			

Prueba 30
06/05/2023

Fem., 200m Espalda

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. VILLARNOVO PAZOS, Lucia	08	NFERROL	2:26.40	7,00				
50m: 35.16 35.16 100m: 1:12.04	36.88	150m: 1:49.69	37.65	200m: 2:26.40	36.71			
2. CANALDA RAMOS, Laura	09	NCORUÑA	2:30.92	5,00				
50m: 36.57 36.57 100m: 1:15.13	38.56	150m: 1:53.45	38.32	200m: 2:30.92	37.47			
3. BERGE JUSTE, Ines	06	PONTEAREAS	2:31.04	4,00				
50m: 34.98 34.98 100m: 1:12.68	37.70	150m: 1:52.05	39.37	200m: 2:31.04	38.99			
4. SEGOVIA CARBALLO, Paula	00	NFERROL	2:37.16	3,00				
50m: 36.13 36.13 100m: 1:15.15	39.02	150m: 1:56.30	41.15	200m: 2:37.16	40.86			
5. OTERO RICO, Rosette	08	PONTEAREAS	2:40.95	2,00				
50m: 36.23 36.23 100m: 1:16.79	40.56	150m: 1:58.87	42.08	200m: 2:40.95	42.08			
6. VILLAR ARCEO, Iria	08	NCORUÑA	2:48.01	1,00				
50m: 39.27 39.27 100m: 1:21.79	42.52	150m: 2:05.51	43.72	200m: 2:48.01	42.50			

Prueba 31
06/05/2023

Masc., 200m Estilos

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. VAZQUEZ LOPEZ, Martin	03	PORTAMIÑA	2:05.74	7,00				
50m: 27.04 27.04 100m: 59.49 32.45 150m: 1:36.39 36.90 200m: 2:05.74 29.35								
2. ALVAREZ FERNANDEZ, Borja	96	FLUVIAL	2:06.42	5,00				
50m: 27.48 27.48 100m: 59.93 32.45 150m: 1:37.42 37.49 200m: 2:06.42 29.00								
3. PARDO PERNAS, Martin	02	FLUVIAL	2:11.10	4,00				
50m: 27.64 27.64 100m: 1:00.83 33.19 150m: 1:39.32 38.49 200m: 2:11.10 31.78								
4. CIVEIRA CORRAL, Raul	02	POURENSE	2:14.17	2,50				
50m: 28.31 28.31 100m: 1:04.02 35.71 150m: 1:43.99 39.97 200m: 2:14.17 30.18								
QUIROGA RAMOS, Yago	05	POURENSE	2:14.17	2,50				
50m: 28.55 28.55 100m: 1:01.78 33.23 150m: 1:43.11 41.33 200m: 2:14.17 31.06								
6. VAZQUEZ LIZ, Alejandro	03	PORTAMIÑA	2:14.51	1,00				
50m: 29.38 29.38 100m: 1:04.45 35.07 150m: 1:43.41 38.96 200m: 2:14.51 31.10								

Prueba 32
06/05/2023

Masc., 200m Estilos

Open masculino
Resultados

Clasificación	AN	Tiempo
1. SEIJO BERMUDEZ, Daniel	04 NFERROL	2:14.74 7,00
50m: 29.18 29.18 100m: 1:04.63 35.45 150m: 1:44.29 39.66 200m: 2:14.74 30.45		
2. CARRERA COSTAS, Martin	96 PONTEAREAS	2:15.00 5,00
50m: 30.40 30.40 100m: 1:06.14 35.74 150m: 1:44.76 38.62 200m: 2:15.00 30.24		
3. MANEIROS PAZ, Mario	06 NFERROL	2:15.04 4,00
50m: 29.94 29.94 100m: 1:04.16 34.22 150m: 1:44.13 39.97 200m: 2:15.04 30.91		
4. MARTINEZ MARTINEZ, Marcos	03 PONTEAREAS	2:19.62 3,00
50m: 30.58 30.58 100m: 1:05.37 34.79 150m: 1:46.45 41.08 200m: 2:19.62 33.17		
5. LAGO CASTILLO, Diego	07 NCORUÑA	2:26.81 2,00
50m: 32.13 32.13 100m: 1:11.02 38.89 150m: 1:52.48 41.46 200m: 2:26.81 34.33		
6. GONZALEZ PREGO, Xose	08 NCORUÑA	2:36.15 1,00
50m: 35.15 35.15 100m: 1:17.24 42.09 150m: 1:59.92 42.68 200m: 2:36.15 36.23		

Prueba 33
06/05/2023

Fem., 200m Estilos

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. MOURENZA ROCHA, Sofia	07	PORTAMIÑA	2:27.15	7,00				
50m: 31.09 31.09 100m: 1:09.91 38.82 150m: 1:49.85 39.94 200m: 2:27.15 37.30								
2. SANTAS VAZQUEZ, Laura	09	PORTAMIÑA	2:30.72	5,00				
50m: 33.67 33.67 100m: 1:13.96 40.29 150m: 1:56.34 42.38 200m: 2:30.72 34.38								
3. LADRA CAMPO, Martina	08	FLUVIAL	2:37.46	4,00				
50m: 32.99 32.99 100m: 1:15.50 42.51 150m: 2:02.85 47.35 200m: 2:37.46 34.61								
4. SANTISO PRADO, Ana Maria	96	POURENSE	2:38.29	3,00				
50m: 33.18 33.18 100m: 1:14.77 41.59 150m: 2:02.24 47.47 200m: 2:38.29 36.05								
5. BABARRO LOPEZ, Maria	08	POURENSE	2:43.22	2,00				
50m: 36.52 36.52 100m: 1:17.14 40.62 150m: 2:06.90 49.76 200m: 2:43.22 36.32								
6. CUGINI LENCE, Emma	08	FLUVIAL	2:50.62	1,00				
50m: 39.26 39.26 100m: 1:22.38 43.12 150m: 2:12.23 49.85 200m: 2:50.62 38.39								

Prueba 34
06/05/2023

Fem., 200m Estilos

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. FARO MARTINEZ, Carla	03	PONTEAREAS	2:30.91	7,00				
50m: 31.21 31.21 100m: 1:10.07 38.86 150m: 1:52.91 42.84 200m: 2:30.91 38.00								
2. ESTEVEZ MONTES, Naroa	08	PONTEAREAS	2:34.27	5,00				
50m: 34.52 34.52 100m: 1:14.85 40.33 150m: 1:59.49 44.64 200m: 2:34.27 34.78								
3. HERNÁNDEZ FIGUEROA, Ange Marie	09	NFERROL	2:38.19	4,00				
50m: 32.23 32.23 100m: 1:13.35 41.12 150m: 2:00.70 47.35 200m: 2:38.19 37.49								
4. LEIVAS ROCA, Candela	05	NFERROL	2:42.09	3,00				
50m: 34.42 34.42 100m: 1:18.22 43.80 150m: 2:03.68 45.46 200m: 2:42.09 38.41								
5. ARRUÑADA VAZQUEZ, Carmen	10	NCORUÑA	2:56.83	2,00				
50m: 39.42 39.42 100m: 1:23.39 43.97 150m: 2:18.19 54.80 200m: 2:56.83 38.64								

Prueba 35
06/05/2023

Masc., 50m Mariposa

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. MARTINEZ SUAREZ, Diego	99	FLUVIAL	26.17	7,00
2. SANCHEZ VAZQUEZ, Antonio	04	PORTAMIÑA	26.76	5,00
3. LOBELLE GONZALEZ, Ivan	89	FLUVIAL	27.08	4,00
4. BALBOA BLANCO, Ivan	94	PORTAMIÑA	27.17	3,00
5. CIVEIRA CORRAL, Raul	02	POURENSE	27.56	2,00
6. CARBALLO RODRIGUEZ, Enrique	07	POURENSE	28.02	1,00

Prueba 36
06/05/2023

Masc., 50m Mariposa

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. LOSADA JIMÉNEZ, Sergio	04	NFERROL	26.81	7,00
2. LOSADA JIMENEZ, Alvaro	99	NFERROL	27.15	5,00
3. ACEVEDO MENDEZ, Gabriel	06	PONTEAREAS	27.21	4,00
4. VAZQUEZ ENES, BREOGAN	91	PONTEAREAS	27.73	3,00
5. RIVAS MACEIRAS, Isaac	99	NCORUÑA	30.83	2,00
6. OLVEIRA BARTOLOME, Pedro	08	NCORUÑA	35.36	1,00

Prueba 37
06/05/2023

Fem., 50m Mariposa

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. FRANCO CAL, Alba	91	FLUVIAL	29.07	7,00
2. MOURENZA ROCHA, Ines	07	PORTAMIÑA	29.51	5,00
3. SOILAN FERNANDEZ, Raquel	01	FLUVIAL	31.52	4,00
4. FREIJE TORNEIRO, Aroa	98	PORTAMIÑA	33.43	3,00
5. REQUEJO FERNANDEZ, Irene	10	POURENSE	34.02	2,00
6. GUERRA RODRIGUEZ, Zaida	10	POURENSE	38.25	1,00

Prueba 38
06/05/2023

Fem., 50m Mariposa

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. LEMOS FERNANDEZ, Iria	06	PONTEAREAS	28.88	7,00
2. CHANS FANEGO, Paula	03	NFERROL	30.82	5,00
3. IBAÑEZ CARRERA, Sara	01	PONTEAREAS	31.80	4,00
4. DIAZ DOPICO, Sabela	02	NFERROL	31.90	3,00
5. ROMERO LOURES, Lucia	04	NCORUÑA	34.42	2,00

Prueba 39
06/05/2023

Masc., 4 x 100m Estilos

Open masculino
Resultados

Clasificación

Tiempo

1.	PORTAMIÑA 1				PORTAMIÑA	3:57.80	14,00		
	DIAZ- BECERRA LOPEZ, Anton	05	29.62	1:00.05	SANCHEZ VAZQUEZ, Antonio	04	27.27	1:00.33	
	NOVO LOPEZ, Brais	03	29.19	1:02.93	FRAGA SAL, Alexandre	06	26.12	54.49	
2.	PORTAMIÑA 2				PORTAMIÑA	3:58.35	10,00		
	VAZQUEZ LOPEZ, Martin	03	28.39	57.07	BALBOA BLANCO, Ivan	94	28.36	1:01.83	
	PEDROUZO ARES, Javier	00	31.85	1:08.22	RODRIGUEZ SANCOSMED, Pablo	03	24.25	51.23	
3.	FLUVIAL 1				FLUVIAL	3:59.14	7,00		
	ALVAREZ FERNANDEZ, Borja	96	28.75	59.23	PARDO PERNAS, Martin	02	26.56	58.94	
	GOMEZ TOJO, Ander	05	30.73	1:06.75	LOBELLE GONZALEZ, Ivan	89	25.82	54.22	
4.	POURENSE 1				POURENSE	4:03.75	6,00		
	CARBALLO RODRIGUEZ, Enrique	07	30.23	1:01.89	CIVEIRA CORRAL, Samuel	02	27.25	1:00.27	
	SABUZ FORNEIRO, Martin	94	30.75	1:04.99	GUTIERREZ MARINO, Santiago	02	27.02	56.60	
5.	POURENSE 2				POURENSE	4:06.24	4,00		
	QUIROGA RAMOS, Yago	05	29.24	59.12	LOPEZ FERNANDEZ, Martin	04	29.02	1:03.44	
	MOURE DOVAL, Jose	99	31.65	1:07.23	PAZ RODRIGUEZ, Aritz	06	26.90	56.45	
6.	FLUVIAL 2				FLUVIAL	4:14.81	2,00		
	NUÑEZ SUAREZ, Antón	05	30.83	1:03.56	MARTINEZ SUAREZ, Diego	99	29.85	1:02.18	
	MORENO TEJEIRO, Hugo	05	33.31	1:11.37	POMBO LOPEZ, Sergio	91	27.57	57.70	

Prueba 40
06/05/2023

Masc., 4 x 100m Estilos

Open masculino
Resultados

Clasificación

Tiempo

1.	NFERROL 1				NFERROL	3:58.39	14,00		
	LÓPEZ ANIDO, Nelson Andrés	00	29.50	1:00.59	LOSADA JIMÉNEZ, Sergio	04	26.90	58.64	
	SEJO BERMUDEZ, Daniel	04	30.59	1:05.55	RAMOS PEREZ, Nicolas Anton	06	25.13	53.61	
2.	NFERROL 2				NFERROL	4:00.62	10,00		
	NAVARRO LOSADA, Sergi	07	27.58	57.24	DIAZ COUCE, Ruben	06	26.92	59.03	
	DOPICO REY, Anton	97	32.16	1:09.20	PEDRE SALIDO, JULIO	03	26.35	55.15	
3.	PONTEAREAS 1				PONTEAREAS	4:05.05	7,00		
	GONZALEZ ESTEVEZ, Yoel	07	30.04	1:00.63	ACEVEDO MENDEZ, Gabriel	06	27.97	1:01.95	
	FARO MARTINEZ, Yoel	07	30.87	1:06.66	RODRIGUEZ DOMINGUEZ, Fco. Jav04	04	25.62	55.81	
4.	PONTEAREAS 2				PONTEAREAS	4:10.80	6,00		
	COSTA FERNANDEZ, Lucas	98	30.56	1:02.00	CANCELA GOMEZ, HUGO	03	28.84	1:02.36	
	VILA PEREIRA, Brais	03	31.89	1:10.26	PINO LORENZO, Brais	01	25.45	56.18	
5.	NCORUÑA 1				NCORUÑA	4:24.88	4,00		
	GOMEZ LIMIA, Pablo	06	32.12	1:06.73	COSTA GARCIA, Adrian	86	29.46	1:06.24	
	LAGO CASTILLO, Diego	07	32.78	1:10.02	CAMINO PARDO, Rodrigo	00	27.91	1:01.89	
6.	NCORUÑA 2				NCORUÑA	4:49.70	2,00		
	RIVAS MACEIRAS, Isaac	99	33.70	1:11.46	ALCALDE MAHIA, Jun Bin	08	33.46	1:11.97	
	GONZALEZ PREGO, Xose	08	36.78	1:17.94	OLVEIRA BARTOLOME, Pedro	08	33.21	1:08.33	

Prueba 41
06/05/2023

Fem., 4 x 100m Estilos

Open femenino
Resultados

Clasificación

Tiempo

1.	PORTAMIÑA 1				PORTAMIÑA	4:26.49	14,00		
	VAZQUEZ LIZ, Mireia	08	33.87	1:09.16	MOURENZA ROCHA, Ines	07	29.57	1:04.46	
	MOURENZA ROCHA, Sofia	07	34.00	1:11.79	CANDO SANTOS, Raquel	03	28.41	1:01.08	
2.	FLUVIAL 1				FLUVIAL	4:34.21	10,00		
	CERNADAS GONZALEZ, Ana	04	30.29	1:01.76	LADRA CAMPO, Martina	08	32.47	1:11.25	
	FRANCO CAL, Alba	91	35.82	1:16.25	BUSTO LOPEZ, Ana	04	29.81	1:04.95	
3.	PORTAMIÑA 2				PORTAMIÑA	4:42.73	7,00		
	LOPEZ-FREIRE FRANCIA, Celia	10	33.29	1:08.89	SANTAS VAZQUEZ, Laura	09	32.53	1:09.50	
	LOPEZ-FREIRE FRANCIA, Carmen	07	36.27	1:19.52	FREIJE TORNEIRO, Aroa	98	30.79	1:04.82	
4.	POURENSE 1				POURENSE	5:02.18	6,00		
	REQUEJO FERNANDEZ, Irene	10	34.83	1:12.23	ALVAREZ GARCIA, Mencia	10	36.05	1:18.51	
	MARTINEZ ZABALA, Sunai	07	39.34	1:23.60	GUERRA RODRIGUEZ, Zaida	10	32.32	1:07.84	
5.	POURENSE 2				POURENSE	5:06.89	4,00		
	BABARRO LOPEZ, Maria	08	37.00	1:15.26	FERNANDEZ GRATEROL, Sofia An	07	34.30	1:14.68	
	CIVEIRA CORRAL, Nerea	04	41.46	1:28.73	SANCHEZ JUANE, Maica	07	32.87	1:08.22	
6.	FLUVIAL 2				FLUVIAL	5:18.61	2,00		
	PARDO PIÑEIRO, Maria	06	36.26	1:14.04	DE ANDRES MAJO, Alejandra	06	37.37	1:21.40	
	POMBO LOPEZ, Belen	92	44.20	1:34.59	CUGINI LENCE, Emma	08	32.36	1:08.58	

Prueba 42
06/05/2023

Fem., 4 x 100m Estilos

Open femenino
Resultados

Clasificación

Tiempo

1.	PONTEAREAS 1				PONTEAREAS	4:28.22	14,00		
	BORGE JUSTE, Ines	06	33.24	1:09.07	ORTIZ DE GUINEA BASTON, Alba	97	30.68	1:06.79	
	FARO MARTINEZ, Carla	03	35.55	1:15.74	CARRON MUIÑA, Carla	05	26.67	56.62	
2.	NFERROL 1				NFERROL	4:37.29	10,00		
	VILLARNOVO PAZOS, Lucia	08	33.09	1:07.78	HERNÁNDEZ FIGUEROA, Ange Ma	09	32.23	1:11.09	
	LEIVAS ROCA, Candela	05	35.46	1:16.06	LOPEZ SANMARTIN, Nerea	96	28.88	1:02.36	
3.	NCORUÑA 1				NCORUÑA	4:39.77	7,00		
	CANALDA RAMOS, Laura	09	34.06	1:09.99	ALCALDE MAHIA, Ariadna	04	31.61	1:08.78	
	MARTINEZ CANOSA, Raquel	91	36.46	1:17.39	FERNANDEZ AGUION, Sara	07	30.44	1:03.61	
4.	PONTEAREAS 2				PONTEAREAS	4:42.86	6,00		
	EIJO GIL, Naiara	06	34.50	1:12.81	CARBALLO GONZALEZ, Sofia	06	30.87	1:08.69	
	LEMONS FERNANDEZ, Iria	06	36.23	1:17.62	IBÁÑEZ CARRERA, Sara	01	29.78	1:03.74	
5.	NFERROL 2				NFERROL	4:51.23	4,00		
	CHANS FANEGO, Paula	03	33.91	1:09.76	DIAZ DOPICO, Sabela	02	33.60	1:13.08	
	REY CONESA, Carolina	04	40.79	1:26.15	PARDO CHAS, Eva	04	29.44	1:02.24	
DSQ	NCORUÑA 2				NCORUÑA		-		
	<i>Viraje irregular 2 posta</i>								
	VILLAR ARCEO, Iria	08	37.63	1:17.37	ARRUÑADA VAZQUEZ, Carmen	10			
	BARREIRA, Lucia	09			ROMERO LOURES, Lucia	04			

Prueba 43
06/05/2023

Masc., 4 x 50m Estilos

Open masculino
Resultados

Clasificación

Tiempo

1. PORTAMIÑA 1			PORTAMIÑA	1:45.69	14,00	
VAZQUEZ LOPEZ, Martin	03	24.92	BALBOA BLANCO, Ivan		94	25.89
PEDROUZO ARES, Javier	00	30.92	RODRIGUEZ SANCOSMED, Pablo		03	23.96
2. PORTAMIÑA 2			PORTAMIÑA	1:47.78	10,00	
DIAZ- BECERRA LOPEZ, Anton	05	27.85	SANCHEZ VAZQUEZ, Antonio		04	26.09
NOVO LOPEZ, Brais	03	28.90	FRAGA SAL, Alexandre		06	24.94
3. FLUVIAL 1			FLUVIAL	1:48.04	7,00	
ALVAREZ FERNANDEZ, Borja	96	27.66	MARTINEZ SUAREZ, Diego		99	25.55
GOMEZ TOJO, Ander	05	30.45	BURGO BEIRO, Marcos		00	24.38
4. POURENSE 1			POURENSE	1:49.77	6,00	
QUIROGA RAMOS, Yago	05	27.75	CIVEIRA CORRAL, Raul		02	26.58
SABUZ FORNEIRO, Martin	94	30.51	RODRIGUEZ QUINTAS, Igor		04	24.93
5. FLUVIAL 2			FLUVIAL	1:54.94	4,00	
NUÑEZ SUAREZ, Antón	05	30.30	PARDO PERNAS, Martin		02	26.69
MORENO TEIJEIRO, Hugo	05	32.99	POMBO LOPEZ, Sergio		91	24.96
6. POURENSE 2			POURENSE	1:55.38	2,00	
LOPEZ FERNANDEZ, Martin	04	30.78	MOURE DOVAL, Jose		99	26.46
CIVEIRA CORRAL, Samuel	02	31.95	GUTIERREZ MARINO, Santiago		02	26.19

Prueba 44
06/05/2023

Masc., 4 x 50m Estilos

Open masculino
Resultados

Clasificación

Tiempo

1.	NFERROL 1			NFERROL	1:49.37	14,00	
	LÓPEZ ANIDO, Nelson Andrés	00	28.27	LOSADA JIMÉNEZ, Sergio	04		26.15
	SEJO BERMUDEZ, Daniel	04	30.10	RAMOS PEREZ, Nicolas Anton	06		24.85
2.	NFERROL 2			NFERROL	1:50.24	10,00	
	NAVARRO LOSADA, Sergi	07	27.13	LOSADA JIMENEZ, Alvaro	99		26.37
	DOPICO REY, Anton	97	31.21	PEDRE SALIDO, JULIO	03		25.53
3.	PONTEAREAS 1			PONTEAREAS	1:50.88	7,00	
	GONZALEZ ESTEVEZ, Yoel	07	29.02	ACEVEDO MENDEZ, Gabriel	06		26.70
	FARO MARTINEZ, Yoel	07	30.47	RODRIGUEZ DOMINGUEZ, Fco. Jav04			24.69
4.	PONTEAREAS 2			PONTEAREAS	1:53.59	6,00	
	VILA PEREIRA, Brais	03	29.47	VAZQUEZ ENES, BREOGAN	91		28.19
	CARRERA COSTAS, Martin	96	31.88	PINO LORENZO, Brais	01		24.05
5.	NCORUÑA 1			NCORUÑA	1:59.41	4,00	
	GOMEZ LIMIA, Pablo	06	31.51	COSTA GARCIA, Adrian	86		28.52
	LAGO CASTILLO, Diego	07	32.36	CAMINO PARDO, Rodrigo	00		27.02
6.	NCORUÑA 2			NCORUÑA	2:14.02	2,00	
	RIVAS MACEIRAS, Isaac	99	32.01	ALCALDE MAHIA, Jun Bin	08		32.59
	GONZALEZ PREGO, Xose	08	36.40	OLVEIRA BARTOLOME, Pedro	08		33.02

Prueba 45
06/05/2023

Fem., 4 x 50m Estilos

Open femenino
Resultados

Clasificación

Tiempo

1.	PORTAMIÑA 1			PORTAMIÑA	2:02.38	14,00	
	VAZQUEZ LIZ, Mireia	08	32.89	MOURENZA ROCHA, Ines	07	29.05	
	MOURENZA ROCHA, Sofia	07	32.84	CANDO SANTOS, Raquel	03	27.60	
2.	FLUVIAL 1			FLUVIAL	2:03.02	10,00	
	CERNADAS GONZALEZ, Ana	04	29.26	SOILAN FERNANDEZ, Raquel	01	30.50	
	FRANCO CAL, Alba	91	34.93	BUSTO LOPEZ, Ana	04	28.33	
3.	PORTAMIÑA 2			PORTAMIÑA	2:11.59	7,00	
	ROIG, Marta	08	33.66	SANTAS VAZQUEZ, Laura	09	31.28	
	CERDEIRA TEJEIRA, Clara	08	35.90	CASTRO, Iria	03	30.75	
4.	FLUVIAL 2			FLUVIAL	2:16.69	6,00	
	PARDON PIÑEIRO, Maria	06	35.22	LADRA CAMPO, Martina	08	32.50	
	NOGUERAS PORTO, Sara	08	37.54	CUGINI LENCE, Emma	08	31.43	
5.	POURENSE 1			POURENSE	2:17.94	4,00	
	REQUEJO FERNANDEZ, Irene	10	34.24	ALVAREZ GARCIA, Mencia	10	34.21	
	CIVEIRA CORRAL, Nerea	04	40.31	BABARRO LOPEZ, Maria	08	29.18	
6.	POURENSE 2			POURENSE	2:18.34	2,00	
	FERNANDEZ GRATEROL, Sofia An07		36.61	SANTISO PRADO, Ana Maria	96	30.92	
	MARTINEZ ZABALA, Sunai	07	39.25	SANCHEZ JUANE, Maica	07	31.56	

Prueba 46
06/05/2023

Fem., 4 x 50m Estilos

Open femenino
Resultados

Clasificación

Tiempo

1. PONTEAREAS 1		PONTEAREAS	2:03.49	14,00	
EJO GIL, Naiara	06	32.81	CARBALLO GONZALEZ, Sofia	06	31.24
LEMONS FERNANDEZ, Iria	06	33.41	CARRON MUIÑA, Carla	05	26.03
2. PONTEAREAS 2		PONTEAREAS	2:04.97	10,00	
BORGE JUSTE, Ines	06	32.00	ORTIZ DE GUINEA BASTON, Alba	97	30.01
FARO MARTINEZ, Carla	03	34.55	IBANEZ CARRERA, Sara	01	28.41
3. NFERROL 1		NFERROL	2:06.10	7,00	
VILLARNOVO PAZOS, Lucia	08	32.27	CHANS FANEGO, Paula	03	30.28
LEIVAS ROCA, Candela	05	36.00	LOPEZ SANMARTIN, Nerea	96	27.55
4. NCORUÑA 1		NCORUÑA	2:10.05	6,00	
CANALDA RAMOS, Laura	09	33.01	ALCALDE MAHIA, Ariadna	04	30.39
MARTINEZ CANOSA, Raquel	91	36.68	FERNANDEZ AGUION, Sara	07	29.97
5. NFERROL 2		NFERROL	2:10.17	4,00	
SALVANTE LAGO, Ainhoa	03	34.06	DIAZ DOPICO, Sabela	02	31.91
HERNÁNDEZ FIGUEROA, Ange Ma09		35.61	PARDO CHAS, Eva	04	28.59
6. NCORUÑA 2		NCORUÑA	2:23.35	2,00	
VILLAR ARCEO, Iria	08	35.13	ROMERO LOURES, Lucia	04	34.26
YERA REGUEIRA, Teresa	07	41.97	ARRUÑADA VAZQUEZ, Carmen	10	31.99

Prueba 47
06/05/2023

Masc., 200m Braza

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. NOVO LOPEZ, Brais	03	PORTAMIÑA	2:25.47	7,00				
50m: 32.59 32.59	100m: 1:09.44	36.85 150m: 1:47.22	37.78	200m: 2:25.47	38.25			
2. VAZQUEZ LIZ, Alejandro	03	PORTAMIÑA	2:26.79	5,00				
50m: 33.21 33.21	100m: 1:10.48	37.27 150m: 1:48.43	37.95	200m: 2:26.79	38.36			
3. SABUZ FORNEIRO, Martin	94	POURENSE	2:32.04	4,00				
50m: 34.00 34.00	100m: 1:12.09	38.09 150m: 1:51.24	39.15	200m: 2:32.04	40.80			
4. CARBALLO RODRIGUEZ, Enrique	07	POURENSE	2:37.06	3,00				
50m: 35.16 35.16	100m: 1:15.34	40.18 150m: 1:56.57	41.23	200m: 2:37.06	40.49			
5. MORENO TEIJEIRO, Hugo	05	FLUVIAL	2:40.49	2,00				
50m: 36.85 36.85	100m: 1:18.05	41.20 150m: 1:59.30	41.25	200m: 2:40.49	41.19			
6. POMBO LOPEZ, Sergio	91	FLUVIAL	2:42.08	1,00				
50m: 36.61 36.61	100m: 1:17.21	40.60 150m: 1:59.25	42.04	200m: 2:42.08	42.83			

Prueba 48
06/05/2023

Masc., 200m Braza

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. FARO MARTINEZ, Yoel	07	PONTEAREAS	2:26.33	7,00				
50m: 33.53 33.53	100m: 1:10.69	37.16	150m: 1:48.52	37.83	200m: 2:26.33	37.81		
2. SEIJO BERMUDEZ, Daniel	04	NFERROL	2:27.43	5,00				
50m: 33.83 33.83	100m: 1:11.99	38.16	150m: 1:50.04	38.05	200m: 2:27.43	37.39		
3. CARRERA COSTAS, Martin	96	PONTEAREAS	2:27.78	4,00				
50m: 34.27 34.27	100m: 1:12.06	37.79	150m: 1:50.39	38.33	200m: 2:27.78	37.39		
4. DOPICO REY, Anton	97	NFERROL	2:35.86	3,00				
50m: 35.26 35.26	100m: 1:14.94	39.68	150m: 1:55.57	40.63	200m: 2:35.86	40.29		
5. LAGO CASTILLO, Diego	07	NCORUÑA	2:37.24	2,00				
50m: 35.44 35.44	100m: 1:15.51	40.07	150m: 1:56.34	40.83	200m: 2:37.24	40.90		
6. GONZALEZ PREGO, Xose	08	NCORUÑA	2:47.97	1,00				
50m: 38.03 38.03	100m: 1:21.21	43.18	150m: 2:05.11	43.90	200m: 2:47.97	42.86		

Prueba 49
06/05/2023

Fem., 200m Braza

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. MOURENZA ROCHA, Sofia	07	PORTAMIÑA	2:36.46	7,00				
50m: 34.43 34.43 100m: 1:13.54 39.11 150m: 1:54.47 40.93 200m: 2:36.46 41.99								
2. SANTAS VAZQUEZ, Laura	09	PORTAMIÑA	2:48.84	5,00				
50m: 39.24 39.24 100m: 1:22.05 42.81 150m: 2:05.81 43.76 200m: 2:48.84 43.03								
3. NOGUERAS PORTO, Sara	08	FLUVIAL	2:56.45	4,00				
50m: 40.88 40.88 100m: 1:26.25 45.37 150m: 2:11.37 45.12 200m: 2:56.45 45.08								
4. MARTINEZ ZABALA, Sunai	07	POURENSE	2:59.54	3,00				
50m: 41.58 41.58 100m: 1:27.34 45.76 150m: 2:13.68 46.34 200m: 2:59.54 45.86								
5. ALVAREZ GARCIA, Mencia	10	POURENSE	3:00.89	2,00				
50m: 41.81 41.81 100m: 1:27.30 45.49 150m: 2:14.82 47.52 200m: 3:00.89 46.07								
6. SANCHEZ GARCIA, ANTIA	10	FLUVIAL	3:14.83	1,00				
50m: 44.98 44.98 100m: 1:34.33 49.35 150m: 2:24.21 49.88 200m: 3:14.83 50.62								

Prueba 50
06/05/2023

Fem., 200m Braza

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. LEIVAS ROCA, Candela	05	NFERROL	2:45.08	7,00				
50m: 37.38 37.38 100m: 1:18.87	41.49	150m: 2:01.81	42.94	200m: 2:45.08	43.27			
2. MARTINEZ CANOSA, Raquel	91	NCORUÑA	2:49.98	5,00				
50m: 39.13 39.13 100m: 1:22.49	43.36	150m: 2:06.81	44.32	200m: 2:49.98	43.17			
3. BORGE JUSTE, Ines	06	PONTEAREAS	2:53.62	4,00				
50m: 40.31 40.31 100m: 1:23.80	43.49	150m: 2:08.65	44.85	200m: 2:53.62	44.97			
4. ESTEVEZ MONTES, Naroa	08	PONTEAREAS	2:55.28	3,00				
50m: 40.74 40.74 100m: 1:24.69	43.95	150m: 2:09.81	45.12	200m: 2:55.28	45.47			
5. HERNÁNDEZ FIGUEROA, Ange Marie	09	NFERROL	2:57.34	2,00				
50m: 40.85 40.85 100m: 1:25.48	44.63	150m: 2:11.95	46.47	200m: 2:57.34	45.39			
6. BARREIRA, Lucia	09	NCORUÑA	3:31.97	1,00				
50m: 46.66 46.66 100m: 1:40.48	53.82	150m: 2:36.58	56.10	200m: 3:31.97	55.39			

Prueba 51
06/05/2023

Masc., 200m Libre

Open masculino
Resultados

Clasificación

				AN						Tiempo		
1.	GOMEZ TOJO, Ander			05	FLUVIAL					1:53.48	7,00	
	50m:	27.40	27.40	100m:	57.06	29.66	150m:	1:25.23	28.17	200m:	1:53.48	28.25
2.	ALVAREZ FERNANDEZ, Borja			96	FLUVIAL					1:53.87	5,00	
	50m:	26.88	26.88	100m:	55.79	28.91	150m:	1:24.88	29.09	200m:	1:53.87	28.99
3.	RODRIGUEZ SANCOSMED, Pablo			03	PORTAMIÑA					1:54.88	4,00	
	50m:	27.48	27.48	100m:	57.26	29.78	150m:	1:26.34	29.08	200m:	1:54.88	28.54
4.	FRAGA SAL, Alexandre			06	PORTAMIÑA					2:01.40	3,00	
	50m:	27.84	27.84	100m:	58.44	30.60	150m:	1:30.58	32.14	200m:	2:01.40	30.82
5.	MERZLYAKOV KOSTOMAROV, Mikhai			07	POURENSE					2:02.71	2,00	
	50m:	28.40	28.40	100m:	59.88	31.48	150m:	1:31.28	31.40	200m:	2:02.71	31.43
6.	LOPEZ FERNANDEZ, Martin			04	POURENSE					2:05.95	1,00	
	50m:	27.81	27.81	100m:	58.91	31.10	150m:	1:31.76	32.85	200m:	2:05.95	34.19

Prueba 52
06/05/2023

Masc., 200m Libre

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. RAMOS PEREZ, Nicolas Anton	06	NFERROL	1:58.00	7,00				
50m: 27.49 27.49 100m: 57.56 30.07 150m: 1:27.58 30.02 200m: 1:58.00 30.42								
2. GARCÍA AFONSO, Alexis	07	NFERROL	1:59.06	5,00				
50m: 28.02 28.02 100m: 58.19 30.17 150m: 1:28.45 30.26 200m: 1:59.06 30.61								
3. GONZALEZ ESTEVEZ, Yoel	07	PONTEAREAS	1:59.68	4,00				
50m: 27.76 27.76 100m: 58.41 30.65 150m: 1:29.57 31.16 200m: 1:59.68 30.11								
4. MARTINEZ MARTINEZ, Marcos	03	PONTEAREAS	2:04.39	3,00				
50m: 28.43 28.43 100m: 59.78 31.35 150m: 1:31.85 32.07 200m: 2:04.39 32.54								
5. RIVAS MACEIRAS, Isaac	99	NCORUÑA	2:27.13	2,00				
50m: 32.50 32.50 100m: 1:09.81 37.31 150m: 1:47.72 37.91 200m: 2:27.13 39.41								
Baja enf. GOMEZ LIMIA, Pablo	06	NCORUÑA	-					

Prueba 53
06/05/2023

Fem., 400m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. CANDO SANTOS, Raquel	03	PORTAMIÑA	4:47.54	7,00				
50m: 32.38 32.38	150m: 1:44.16	36.17	250m: 2:57.25	36.77	350m: 4:11.15	37.09		
100m: 1:07.99 35.61	200m: 2:20.48	36.32	300m: 3:34.06	36.81	400m: 4:47.54	36.39		
2. MUÑOZ GAVINO, Paula	08	PORTAMIÑA	4:48.78	5,00				
50m: 32.82 32.82	150m: 1:44.96	36.38	250m: 2:58.62	37.10	350m: 4:12.75	37.34		
100m: 1:08.58 35.76	200m: 2:21.52	36.56	300m: 3:35.41	36.79	400m: 4:48.78	36.03		
3. FERNANDEZ GRATEROL, Sofia Antia	07	POURENSE	4:59.14	4,00				
50m: 33.95 33.95	150m: 1:49.41	38.39	250m: 3:06.76	38.59	350m: 4:22.69	37.57		
100m: 1:11.02 37.07	200m: 2:28.17	38.76	300m: 3:45.12	38.36	400m: 4:59.14	36.45		
4. GONZALEZ IGLESIAS, Nerea	07	FLUVIAL	5:01.49	3,00				
50m: 34.41 34.41	150m: 1:49.84	37.98	250m: 3:06.13	38.34	350m: 4:23.55	38.87		
100m: 1:11.86 37.45	200m: 2:27.79	37.95	300m: 3:44.68	38.55	400m: 5:01.49	37.94		
5. SANCHEZ JUANE, Maica	07	POURENSE	5:01.86	2,00				
50m: 34.94 34.94	150m: 1:50.07	37.80	250m: 3:07.16	38.70	350m: 4:24.44	38.79		
100m: 1:12.27 37.33	200m: 2:28.46	38.39	300m: 3:45.65	38.49	400m: 5:01.86	37.42		
6. CUGINI LENCE, Emma	08	FLUVIAL	5:11.44	1,00				
50m: 35.69 35.69	150m: 1:53.50	39.42	250m: 3:12.45	39.76	350m: 4:32.02	40.03		
100m: 1:14.08 38.39	200m: 2:32.69	39.19	300m: 3:51.99	39.54	400m: 5:11.44	39.42		

Prueba 54
06/05/2023

Fem., 400m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. CARRON MUIÑA, Carla	05	PONTEAREAS	4:08.39	7,00				
50m: 28.16 28.16	150m: 1:30.77	31.72	250m: 2:34.56	31.73	350m: 3:37.56	31.11		
100m: 59.05 30.89	200m: 2:02.83	32.06	300m: 3:06.45	31.89	400m: 4:08.39	30.83		
2. CARBALLO GONZALEZ, Sofia	06	PONTEAREAS	4:24.35	5,00				
50m: 30.23 30.23	150m: 1:36.15	33.26	250m: 2:43.56	34.04	350m: 3:51.26	33.66		
100m: 1:02.89 32.66	200m: 2:09.52	33.37	300m: 3:17.60	34.04	400m: 4:24.35	33.09		
3. VILLARNOVO PAZOS, Lucia	08	NFERROL	4:35.63	4,00				
50m: 30.35 30.35	150m: 1:37.34	34.18	250m: 2:47.87	35.57	350m: 4:00.06	36.45		
100m: 1:03.16 32.81	200m: 2:12.30	34.96	300m: 3:23.61	35.74	400m: 4:35.63	35.57		
4. PARDO CHAS, Eva	04	NFERROL	4:40.08	3,00				
50m: 31.32 31.32	150m: 1:40.51	34.89	250m: 2:51.89	36.12	350m: 4:04.35	36.42		
100m: 1:05.62 34.30	200m: 2:15.77	35.26	300m: 3:27.93	36.04	400m: 4:40.08	35.73		
5. CANALDA RAMOS, Laura	09	NCORUÑA	4:46.14	2,00				
50m: 33.33 33.33	150m: 1:45.02	35.89	250m: 2:58.42	37.03	350m: 4:11.05	36.43		
100m: 1:09.13 35.80	200m: 2:21.39	36.37	300m: 3:34.62	36.20	400m: 4:46.14	35.09		
6. FERNANDEZ AGUION, Sara	07	NCORUÑA	4:47.53	1,00				
50m: 32.46 32.46	150m: 1:44.05	36.24	250m: 2:57.72	36.96	350m: 4:12.35	37.45		
100m: 1:07.81 35.35	200m: 2:20.76	36.71	300m: 3:34.90	37.18	400m: 4:47.53	35.18		

Prueba 55
06/05/2023

Masc., 100m Espalda

Open masculino
Resultados

Clasificación	AN				Tiempo	
1. VAZQUEZ LOPEZ, Martin	03	PORTAMIÑA			58.11	7,00
50m: 27.90 27.90 100m: 58.11 30.21						
2. DIAZ- BECERRA LOPEZ, Anton	05	PORTAMIÑA			59.27	5,00
50m: 28.65 28.65 100m: 59.27 30.62						
3. BURGO BEIRO, Marcos	00	FLUVIAL			1:02.68	4,00
50m: 30.28 30.28 100m: 1:02.68 32.40						
4. MERZLYAKOV KOSTOMAROV, Mikha	07	POURENSE			1:02.95	3,00
50m: 31.13 31.13 100m: 1:02.95 31.82						
5. NUÑEZ SUAREZ, Antón	05	FLUVIAL			1:03.37	2,00
50m: 31.05 31.05 100m: 1:03.37 32.32						
6. PAZ RODRIGUEZ, Aritz	06	POURENSE			1:07.18	1,00
50m: 32.79 32.79 100m: 1:07.18 34.39						

Prueba 56
06/05/2023

Masc., 100m Espalda

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. NAVARRO LOSADA, Sergi	07	NFERROL	57.46	7,00
50m: 28.03 28.03 100m: 57.46 29.43				
2. LÓPEZ ANIDO, Nelson Andrés	00	NFERROL	1:00.24	5,00
50m: 29.40 29.40 100m: 1:00.24 30.84				
3. GONZALEZ ESTEVEZ, Yoel	07	PONTEAREAS	1:01.58	4,00
50m: 30.20 30.20 100m: 1:01.58 31.38				
4. VILA PEREIRA, Brais	03	PONTEAREAS	1:03.57	3,00
50m: 30.87 30.87 100m: 1:03.57 32.70				
5. CAMINO PARDO, Rodrigo	00	NCORUÑA	1:14.08	2,00
50m: 33.79 33.79 100m: 1:14.08 40.29				
Baja enf. VAZQUEZ QUIROGA, Angel M.	08	NCORUÑA	-	-

Prueba 57
06/05/2023

Fem., 100m Espalda

Open femenino
Resultados

Clasificación	AN					Tiempo	
1. CERNADAS GONZALEZ, Ana	04	FLUVIAL	1:02.27		7,00		
50m: 30.61 30.61 100m:		31.66					
2. LOPEZ-FREIRE FRANCIA, Celia	10	PORTAMIÑA	1:08.96		5,00		
50m: 34.10 34.10 100m:		34.86					
3. VAZQUEZ LIZ, Mireia	08	PORTAMIÑA	1:09.72		4,00		
50m: 34.06 34.06 100m:		35.66					
4. SANTISO PRADO, Ana Maria	96	POURENSE	1:11.12		3,00		
50m: 34.65 34.65 100m:		36.47					
5. BUSTO LOPEZ, Ana	04	FLUVIAL	1:12.93		2,00		
50m: 35.05 35.05 100m:		37.88					
6. JUSTO DORRIO, Marta	06	POURENSE	1:29.61		1,00		
50m: 45.24 45.24 100m:		44.37					

Prueba 58
06/05/2023

Fem., 100m Espalda

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. BORGE JUSTE, Ines	06	PONTEAREAS	1:08.06	7,00		
50m: 33.51 33.51	100m: 1:08.06	34.55				
2. CHANS FANEGO, Paula	03	NFERROL	1:08.51	5,00		
50m: 33.60 33.60	100m: 1:08.51	34.91				
3. IBAÑEZ CARRERA, Sara	01	PONTEAREAS	1:10.82	4,00		
50m: 34.61 34.61	100m: 1:10.82	36.21				
4. SALVANTE LAGO, Ainhoa	03	NFERROL	1:15.17	3,00		
50m: 35.52 35.52	100m: 1:15.17	39.65				
5. VILLAR ARCEO, Iria	08	NCORUÑA	1:17.28	2,00		
50m: 37.27 37.27	100m: 1:17.28	40.01				
6. ABAD PAMPIN, Uxia	09	NCORUÑA	1:21.40	1,00		
50m: 39.49 39.49	100m: 1:21.40	41.91				

Prueba 59
06/05/2023

Masc., 100m Mariposa

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. MOURE DOVAL, Jose	99	POURENSE	57.98	7,00
50m: 27.02 27.02 100m: 57.98 30.96				
2. NOVO LOPEZ, Brais	03	PORTAMIÑA	58.40	5,00
50m: 27.35 27.35 100m: 58.40 31.05				
3. MARTINEZ SUAREZ, Diego	99	FLUVIAL	58.48	4,00
50m: 27.93 27.93 100m: 58.48 30.55				
4. SANCHEZ VAZQUEZ, Antonio	04	PORTAMIÑA	59.16	3,00
50m: 27.83 27.83 100m: 59.16 31.33				
5. QUIROGA RAMOS, Yago	05	POURENSE	1:01.36	2,00
50m: 28.15 28.15 100m: 1:01.36 33.21				
6. SUBIRAN GOMEZ, Pedro	08	FLUVIAL	1:08.75	1,00
50m: 30.88 30.88 100m: 1:08.75 37.87				

Prueba 60
06/05/2023

Masc., 100m Mariposa

Open masculino
Resultados

Clasificación	AN				Tiempo	
1. LOSADA JIMÉNEZ, Sergio	04	NFERROL	59.02	7,00		
50m: 27.45 27.45 100m: 59.02 31.57						
2. DIAZ COUCE, Ruben	06	NFERROL	59.17	5,00		
50m: 27.37 27.37 100m: 59.17 31.80						
3. ACEVEDO MENDEZ, Gabriel	06	PONTEAREAS	1:02.77	4,00		
50m: 29.05 29.05 100m: 1:02.77 33.72						
4. BOUZA PADRON, Adrian	97	PONTEAREAS	1:04.68	3,00		
50m: 29.66 29.66 100m: 1:04.68 35.02						
5. ALCALDE MAHIA, Jun Bin	08	NCORUÑA	1:12.29	2,00		
50m: 34.06 34.06 100m: 1:12.29 38.23						
6. OLVEIRA BARTOLOME, Pedro	08	NCORUÑA	1:23.38	1,00		
50m: 37.66 37.66 100m: 1:23.38 45.72						

Prueba 61
06/05/2023

Fem., 100m Mariposa

Open femenino
Resultados

Clasificación	AN						Tiempo	
1.	FRANCO CAL, Alba				91	FLUVIAL	1:05.02	7,00
	50m:	30.63	30.63	100m:	1:05.02	34.39		
2.	MOURENZA ROCHA, Ines				07	PORTAMIÑA	1:05.13	5,00
	50m:	30.64	30.64	100m:	1:05.13	34.49		
3.	SANTAS VAZQUEZ, Laura				09	PORTAMIÑA	1:10.06	4,00
	50m:	33.61	33.61	100m:	1:10.06	36.45		
4.	LADRA CAMPO, Martina				08	FLUVIAL	1:12.46	3,00
	50m:	33.41	33.41	100m:	1:12.46	39.05		
5.	MARTINEZ ZABALA, Sunai				07	POURENSE	1:13.14	2,00
	50m:	34.26	34.26	100m:	1:13.14	38.88		
6.	GUERRA RODRIGUEZ, Zaida				10	POURENSE	1:25.31	1,00
	50m:	39.30	39.30	100m:	1:25.31	46.01		

Prueba 62
06/05/2023

Fem., 100m Mariposa

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. ORTIZ DE GUINEA BASTON, Alba	97	PONTEAREAS	1:06.24	7,00		
50m: 30.98 30.98 100m: 1:06.24		35.26				
2. CARBALLO GONZALEZ, Sofia	06	PONTEAREAS	1:07.61	5,00		
50m: 31.69 31.69 100m: 1:07.61		35.92				
3. ALCALDE MAHIA, Ariadna	04	NCORUÑA	1:07.75	4,00		
50m: 32.13 32.13 100m: 1:07.75		35.62				
4. HERNÁNDEZ FIGUEROA, Ange Marie	09	NFERROL	1:09.89	3,00		
50m: 32.40 32.40 100m: 1:09.89		37.49				
5. CANALDA RAMOS, Laura	09	NCORUÑA	1:12.76	2,00		
50m: 34.06 34.06 100m: 1:12.76		38.70				
6. CHANS FANEGO, Paula	03	NFERROL	1:13.34	1,00		
50m: 33.16 33.16 100m: 1:13.34		40.18				

Prueba 63
06/05/2023

Masc., 50m Braza

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. BALBOA BLANCO, Ivan	94	PORTAMIÑA	30.89	7,00
2. SABUZ FORNEIRO, Martin	94	POURENSE	30.94	5,00
3. PEDROUZO ARES, Javier	00	PORTAMIÑA	31.15	4,00
4. CIVEIRA CORRAL, Samuel	02	POURENSE	31.33	3,00
5. MORENO TEIJEIRO, Hugo	05	FLUVIAL	33.75	2,00
6. POMBO LOPEZ, Sergio	91	FLUVIAL	33.92	1,00

Prueba 64
06/05/2023

Masc., 50m Braza

Open masculino
Resultados

Clasificación

AN

Tiempo

1. SEIJO BERMUDEZ, Daniel	04	NFERROL	30.04	7,00
2. FARO MARTINEZ, Yoel	07	PONTEAREAS	30.75	5,00
3. DOPICO REY, Anton	97	NFERROL	31.61	4,00
4. VILA PEREIRA, Brais	03	PONTEAREAS	31.82	3,00
5. LAGO CASTILLO, Diego	07	NCORUÑA	32.70	2,00

Prueba 65
06/05/2023

Fem., 50m Braza

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. MOURENZA ROCHA, Sofia	07	PORTAMIÑA	33.34	7,00
2. LOPEZ-FREIRE FRANCIA, Carmen	07	PORTAMIÑA	35.10	5,00
3. SANTISO PRADO, Ana Maria	96	POURENSE	38.15	4,00
4. NOGUERAS PORTO, Sara	08	FLUVIAL	38.76	3,00
5. VALLEPUGA SALGUERO, Alba	08	FLUVIAL	41.02	2,00
6. SANCHEZ JUANE, Lucia	10	POURENSE	41.56	1,00

Prueba 66
06/05/2023

Fem., 50m Braza

Open femenino
Resultados

Clasificación	AN		Tiempo	
1. LEMOS FERNANDEZ, Iria	06	PONTEAREAS	33.97	7,00
2. FARO MARTINEZ, Carla	03	PONTEAREAS	34.49	5,00
3. LEIVAS ROCA, Candela	05	NFERROL	36.90	4,00
4. LOPEZ SANMARTIN, Nerea	96	NFERROL	37.02	3,00
5. MARTINEZ CANOSA, Raquel	91	NCORUÑA	41.42	2,00
6. YERA REGUEIRA, Teresa	07	NCORUÑA	42.16	1,00

Prueba 67
06/05/2023

Masc., 1500m Libre

Open masculino
Resultados

Clasificación

AN

Tiempo

1. PARDO PERNAS, Martin

02

FLUVIAL

16:17.86

7,00

50m:	28.82	28.82	450m:	4:48.82	32.81	850m:	9:12.92	32.86	1250m:	13:32.94	32.87
100m:	1:00.53	31.71	500m:	5:21.69	32.87	900m:	9:45.69	32.77	1300m:	14:05.86	32.92
150m:	1:32.62	32.09	550m:	5:54.59	32.90	950m:	10:18.33	32.64	1350m:	14:38.85	32.99
200m:	2:04.92	32.30	600m:	6:27.52	32.93	1000m:	10:50.92	32.59	1400m:	15:12.20	33.35
250m:	2:37.64	32.72	650m:	7:00.78	33.26	1050m:	11:22.92	32.00	1450m:	15:45.33	33.13
300m:	3:10.32	32.68	700m:	7:33.86	33.08	1100m:	11:55.18	32.26	1500m:	16:17.86	32.53
350m:	3:43.42	33.10	750m:	8:07.08	33.22	1150m:	12:27.61	32.43			
400m:	4:16.01	32.59	800m:	8:40.06	32.98	1200m:	13:00.07	32.46			

2. CIVEIRA CORRAL, Raul

02

POURENSE

16:31.95

5,00

50m:	28.83	28.83	450m:	4:48.87	32.81	850m:	9:13.43	32.97	1250m:	13:43.24	34.67
100m:	1:00.32	31.49	500m:	5:21.70	32.83	900m:	9:46.52	33.09	1300m:	14:17.31	34.07
150m:	1:32.42	32.10	550m:	5:54.66	32.96	950m:	10:19.62	33.10	1350m:	14:51.65	34.34
200m:	2:04.72	32.30	600m:	6:27.76	33.10	1000m:	10:53.13	33.51	1400m:	15:26.07	34.42
250m:	2:37.29	32.57	650m:	7:00.85	33.09	1050m:	11:26.42	33.29	1450m:	16:00.19	34.12
300m:	3:10.16	32.87	700m:	7:34.02	33.17	1100m:	12:00.33	33.91	1500m:	16:31.95	31.76
350m:	3:43.08	32.92	750m:	8:07.15	33.13	1150m:	12:34.36	34.03			
400m:	4:16.06	32.98	800m:	8:40.46	33.31	1200m:	13:08.57	34.21			

3. TIMIRAOS FERNANDEZ, Marcos

05

PORTAMIÑA

17:04.41

4,00

50m:	29.83	29.83	450m:	4:58.59	34.23	850m:	9:32.88	34.32	1250m:	14:11.01	34.84
100m:	1:02.51	32.68	500m:	5:32.69	34.10	900m:	10:07.27	34.39	1300m:	14:46.06	35.05
150m:	1:35.61	33.10	550m:	6:06.78	34.09	950m:	10:41.71	34.44	1350m:	15:20.78	34.72
200m:	2:09.06	33.45	600m:	6:41.02	34.24	1000m:	11:16.52	34.81	1400m:	15:55.87	35.09
250m:	2:42.66	33.60	650m:	7:15.36	34.34	1050m:	11:51.53	35.01	1450m:	16:30.58	34.71
300m:	3:16.38	33.72	700m:	7:49.83	34.47	1100m:	12:26.31	34.78	1500m:	17:04.41	33.83
350m:	3:50.34	33.96	750m:	8:24.13	34.30	1150m:	13:01.19	34.88			
400m:	4:24.36	34.02	800m:	8:58.56	34.43	1200m:	13:36.17	34.98			

4. GAVIEIRO MONTERO, Raul

07

PORTAMIÑA

17:05.08

3,00

50m:	30.31	30.31	450m:	5:02.84	34.54	850m:	9:37.90	34.59	1250m:	14:14.95	34.84
100m:	1:03.50	33.19	500m:	5:37.06	34.22	900m:	10:12.42	34.52	1300m:	14:49.78	34.83
150m:	1:37.30	33.80	550m:	6:11.23	34.17	950m:	10:46.97	34.55	1350m:	15:24.47	34.69
200m:	2:11.28	33.98	600m:	6:45.63	34.40	1000m:	11:21.83	34.86	1400m:	15:59.12	34.65
250m:	2:45.47	34.19	650m:	7:20.27	34.64	1050m:	11:56.30	34.47	1450m:	16:33.50	34.38
300m:	3:19.46	33.99	700m:	7:54.57	34.30	1100m:	12:31.08	34.78	1500m:	17:05.08	31.58
350m:	3:53.79	34.33	750m:	8:28.92	34.35	1150m:	13:05.45	34.37			
400m:	4:28.30	34.51	800m:	9:03.31	34.39	1200m:	13:40.11	34.66			

5. PAZ RODRIGUEZ, Aritz

06

POURENSE

17:55.23

2,00

50m:	31.45	31.45	400m:	4:42.01	35.78	750m:	8:55.60	36.17	1150m:	14:21.83	1:12.34
100m:	1:06.12	34.67	450m:	5:18.45	36.44	800m:	9:31.37	35.77	1250m:	14:58.15	36.32
150m:	1:41.71	35.59	500m:	5:54.27	35.82	850m:	10:07.86	36.49	1300m:	15:34.35	36.20
200m:	2:17.56	35.85	550m:	6:30.68	36.41	900m:	10:43.84	35.98	1350m:	16:09.83	35.48
250m:	2:54.05	36.49	600m:	7:07.39	36.71	950m:	11:19.72	35.88	1400m:	16:45.86	36.03
300m:	3:30.34	36.29	650m:	7:43.58	36.19	1000m:	11:56.23	36.51	1450m:	17:21.37	35.51
350m:	4:06.23	35.89	700m:	8:19.43	35.85	1050m:	13:09.49	1:13.26	1500m:	17:55.23	33.86

6. PALLIN BUJAN, Hector

08

FLUVIAL

18:36.40

1,00

50m:	31.27	31.27	450m:	5:23.34	37.06	850m:	10:28.01	38.95	1250m:	15:31.37	37.51
100m:	1:06.42	35.15	500m:	6:00.81	37.47	900m:	11:05.83	37.82	1300m:	16:09.28	37.91
150m:	1:42.36	35.94	550m:	6:39.08	38.27	950m:	11:43.69	37.86	1350m:	16:46.80	37.52
200m:	2:19.00	36.64	600m:	7:16.73	37.65	1000m:	12:21.40	37.71	1400m:	17:24.15	37.35
250m:	2:55.28	36.28	650m:	7:54.86	38.13	1050m:	12:59.41	38.01	1450m:	18:01.41	37.26
300m:	3:32.15	36.87	700m:	8:32.91	38.05	1100m:	13:37.53	38.12	1500m:	18:36.40	34.99
350m:	4:08.90	36.75	750m:	9:11.05	38.14	1150m:	14:15.89	38.36			
400m:	4:46.28	37.38	800m:	9:49.06	38.01	1200m:	14:53.86	37.97			

Prueba 68
06/05/2023

Masc., 1500m Libre

Open masculino
Resultados

Clasificación

AN

Tiempo

1. MANEIROS PAZ, Mario	06	NFERROL	16:13.70	7,00	
50m: 28.93 28.93	450m: 4:45.18 32.80	850m: 9:07.96 32.94	1250m: 13:30.67 33.58		
100m: 1:00.01 31.08	500m: 5:18.19 33.01	900m: 9:40.65 32.69	1300m: 14:03.64 32.97		
150m: 1:31.36 31.35	550m: 5:50.86 32.67	950m: 10:13.09 32.44	1350m: 14:36.76 33.12		
200m: 2:03.04 31.68	600m: 6:23.44 32.58	1000m: 10:46.24 33.15	1400m: 15:09.57 32.81		
250m: 2:35.02 31.98	650m: 6:56.46 33.02	1050m: 11:18.33 32.09	1450m: 15:42.51 32.94		
300m: 3:07.33 32.31	700m: 7:29.33 32.87	1100m: 11:50.81 32.48	1500m: 16:13.70 31.19		
350m: 3:40.05 32.72	750m: 8:02.71 33.38	1150m: 12:24.14 33.33			
400m: 4:12.38 32.33	800m: 8:35.02 32.31	1200m: 12:57.09 32.95			
2. RAMOS PEREZ, Nicolas Anton	06	NFERROL	16:29.47	5,00	
50m: 29.05 29.05	450m: 4:49.36 33.33	850m: 9:17.90 34.20	1250m: 13:46.42 32.79		
100m: 1:00.85 31.80	500m: 5:22.59 33.23	900m: 9:51.70 33.80	1300m: 14:19.73 33.31		
150m: 1:32.51 31.66	550m: 5:55.24 32.65	950m: 10:25.85 34.15	1350m: 14:52.80 33.07		
200m: 2:04.41 31.90	600m: 6:28.62 33.38	1000m: 10:59.91 34.06	1400m: 15:25.71 32.91		
250m: 2:36.67 32.26	650m: 7:02.15 33.53	1050m: 11:33.66 33.75	1450m: 15:58.79 33.08		
300m: 3:09.56 32.89	700m: 7:35.92 33.77	1100m: 12:07.04 33.38	1500m: 16:29.47 30.68		
350m: 3:42.84 33.28	750m: 8:09.77 33.85	1150m: 12:40.96 33.92			
400m: 4:16.03 33.19	800m: 8:43.70 33.93	1200m: 13:13.63 32.67			
3. COSTA FERNANDEZ, Lucas	98	PONTEAREAS	16:40.77	4,00	
50m: 29.06 29.06	450m: 4:51.22 33.96	850m: 9:26.84 33.97	1250m: 13:53.06 33.33		
100m: 1:00.63 31.57	500m: 5:25.31 34.09	900m: 10:00.79 33.95	1300m: 14:25.99 32.93		
150m: 1:32.12 31.49	550m: 5:59.80 34.49	950m: 10:34.37 33.58	1350m: 14:58.59 32.60		
200m: 2:04.01 31.89	600m: 6:34.09 34.29	1000m: 11:08.08 33.71	1400m: 15:32.44 33.85		
250m: 2:36.24 32.23	650m: 7:09.02 34.93	1050m: 11:41.08 33.00	1450m: 16:07.06 34.62		
300m: 3:09.45 33.21	700m: 7:43.54 34.52	1100m: 12:13.89 32.81	1500m: 16:40.77 33.71		
350m: 3:43.32 33.87	750m: 8:18.15 34.61	1150m: 12:46.67 32.78			
400m: 4:17.26 33.94	800m: 8:52.87 34.72	1200m: 13:19.73 33.06			
4. GOMEZ LIMIA, Pablo	06	NCORUÑA	16:46.06	3,00	
50m: 29.86 29.86	450m: 4:55.28 33.71	850m: 9:26.96 33.95	1250m: 13:57.72 34.26		
100m: 1:01.95 32.09	500m: 5:29.49 34.21	900m: 10:00.84 33.88	1300m: 14:31.57 33.85		
150m: 1:34.58 32.63	550m: 6:03.32 33.83	950m: 10:34.80 33.96	1350m: 15:05.59 34.02		
200m: 2:07.35 32.77	600m: 6:37.40 34.08	1000m: 11:08.39 33.59	1400m: 15:39.89 34.30		
250m: 2:40.65 33.30	650m: 7:11.12 33.72	1050m: 11:41.97 33.58	1450m: 16:13.49 33.60		
300m: 3:14.13 33.48	700m: 7:45.49 34.37	1100m: 12:15.77 33.80	1500m: 16:46.06 32.57		
350m: 3:47.56 33.43	750m: 8:19.32 33.83	1150m: 12:49.57 33.80			
400m: 4:21.57 34.01	800m: 8:53.01 33.69	1200m: 13:23.46 33.89			
5. PEREZ PAZ, Dario	05	PONTEAREAS	17:06.90	2,00	
50m: 29.48 29.48	450m: 5:01.40 34.52	850m: 9:37.86 34.52	1250m: 14:15.50 34.48		
100m: 1:02.72 33.24	500m: 5:35.85 34.45	900m: 10:12.95 35.09	1300m: 14:50.39 34.89		
150m: 1:36.43 33.71	550m: 6:10.32 34.47	950m: 10:47.65 34.70	1350m: 15:24.97 34.58		
200m: 2:09.91 33.48	600m: 6:45.02 34.70	1000m: 11:22.43 34.78	1400m: 15:59.93 34.96		
250m: 2:43.93 34.02	650m: 7:19.51 34.49	1050m: 11:57.01 34.58	1450m: 16:33.87 33.94		
300m: 3:18.33 34.40	700m: 7:54.15 34.64	1100m: 12:31.91 34.90	1500m: 17:06.90 33.03		
350m: 3:52.58 34.25	750m: 8:28.61 34.46	1150m: 13:06.52 34.61			
400m: 4:26.88 34.30	800m: 9:03.34 34.73	1200m: 13:41.02 34.50			

Prueba 69
06/05/2023

Fem., 100m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. CERNADAS GONZALEZ, Ana	04	FLUVIAL	56.94	7,00		
50m: 27.57 27.57	100m: 56.94	29.37				
2. CANDO SANTOS, Raquel	03	PORTAMIÑA	1:01.38	5,00		
50m: 29.50 29.50	100m: 1:01.38	31.88				
3. LOPEZ-FREIRE FRANCIA, Carmen	07	PORTAMIÑA	1:02.36	4,00		
50m: 29.99 29.99	100m: 1:02.36	32.37				
4. BUSTO LOPEZ, Ana	04	FLUVIAL	1:02.58	3,00		
50m: 30.05 30.05	100m: 1:02.58	32.53				
5. CIVEIRA CORRAL, Nerea	04	POURENSE	1:07.71	2,00		
50m: 32.49 32.49	100m: 1:07.71	35.22				
6. JUSTO DORRIO, Marta	06	POURENSE	1:15.31	1,00		
50m: 35.31 35.31	100m: 1:15.31	40.00				

Prueba 70
06/05/2023

Fem., 100m Libre

Open femenino
Resultados

Clasificación	AN				Tiempo	
1. LEMOS FERNANDEZ, Iria	06	PONTEAREAS	57.98	7,00		
50m: 27.94 27.94	100m: 57.98	30.04				
2. FARO MARTINEZ, Carla	03	PONTEAREAS	1:00.59	5,00		
50m: 29.29 29.29	100m: 1:00.59	31.30				
3. LOPEZ SANMARTIN, Nerea	96	NFERROL	1:02.60	4,00		
50m: 29.76 29.76	100m: 1:02.60	32.84				
4. PARDO CHAS, Eva	04	NFERROL	1:02.87	3,00		
50m: 30.44 30.44	100m: 1:02.87	32.43				
5. FERNANDEZ AGUION, Sara	07	NCORUÑA	1:03.83	2,00		
50m: 30.55 30.55	100m: 1:03.83	33.28				
6. ALCALDE MAHIA, Ariadna	04	NCORUÑA	1:03.86	1,00		
50m: 30.39 30.39	100m: 1:03.86	33.47				

Prueba 71
06/05/2023

Masc., 50m Libre

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. VAZQUEZ LOPEZ, Martin	03	PORTAMIÑA	23.07	7,00
2. RODRIGUEZ SANCOSMED, Pablo	03	PORTAMIÑA	23.82	5,00
3. MARTINEZ SUAREZ, Diego	99	FLUVIAL	23.98	4,00
4. CIVEIRA CORRAL, Samuel	02	POURENSE	24.58	3,00
5. RODRIGUEZ QUINTAS, Igor	04	POURENSE	25.13	2,00
6. MORENO TEIJEIRO, Andre	07	FLUVIAL	25.72	1,00

Prueba 72
06/05/2023

Masc., 50m Libre

Open masculino
Resultados

Clasificación	AN		Tiempo	
1. PINO LORENZO, Brais	01	PONTEAREAS	24.77	7,00
2. RODRIGUEZ DOMINGUEZ, Fco. Javier	04	PONTEAREAS	24.81	5,00
3. LOSADA JIMÉNEZ, Sergio	04	NFERROL	25.20	4,00
4. LÓPEZ ANIDO, Nelson Andrés	00	NFERROL	25.24	3,00
5. CAMINO PARDO, Rodrigo	00	NCORUÑA	27.28	2,00
6. GONZALEZ PREGO, Xose	08	NCORUÑA	30.16	1,00

Prueba 73
06/05/2023

Fem., 400m Estilos

Open femenino
Resultados

Clasificación	AN				Tiempo					
1. MOURENZA ROCHA, Ines	07	PORTAMIÑA	5:14.44	7,00						
50m: 32.12 32.12 150m: 1:50.64 41.85 250m: 3:16.51 46.15 350m: 4:39.68 36.52										
100m: 1:08.79 36.67 200m: 2:30.36 39.72 300m: 4:03.16 46.65 400m: 5:14.44 34.76										
2. LOPEZ FERNANDEZ, Aitana	09	PORTAMIÑA	5:33.77	5,00						
50m: 34.74 34.74 150m: 1:59.13 44.09 250m: 3:28.95 46.19 350m: 4:56.78 39.29										
100m: 1:15.04 40.30 200m: 2:42.76 43.63 300m: 4:17.49 48.54 400m: 5:33.77 36.99										
3. LADRA CAMPO, Martina	08	FLUVIAL	5:40.27	4,00						
50m: 34.41 34.41 150m: 2:01.70 45.72 250m: 3:34.13 49.00 350m: 5:03.03 38.55										
100m: 1:15.98 41.57 200m: 2:45.13 43.43 300m: 4:24.48 50.35 400m: 5:40.27 37.24										
4. ALVAREZ GARCIA, Mencia	10	POURENSE	5:43.98	3,00						
50m: 37.75 37.75 150m: 2:06.62 45.00 250m: 3:38.00 47.02 350m: 5:05.88 39.74										
100m: 1:21.62 43.87 200m: 2:50.98 44.36 300m: 4:26.14 48.14 400m: 5:43.98 38.10										
5. SOUTO GOMEZ, Claudia	10	FLUVIAL	6:03.13	2,00						
50m: 40.09 40.09 150m: 2:14.41 46.23 250m: 3:52.02 53.25 350m: 5:25.55 40.15										
100m: 1:28.18 48.09 200m: 2:58.77 44.36 300m: 4:45.40 53.38 400m: 6:03.13 37.58										
DSQ REQUEJO FERNANDEZ, Irene	10	POURENSE	-							
<i>Viraje irregular</i>										

Prueba 74
06/05/2023

Fem., 400m Estilos

Open femenino
Resultados

Clasificación	AN				Tiempo			
1. CARRON MUIÑA, Carla	05	PONTEAREAS	5:13.24	7,00				
50m: 29.02 29.02	150m: 1:51.25	46.57	250m: 3:13.70	42.57	350m: 4:36.42	39.04		
100m: 1:04.68 35.66	200m: 2:31.13	39.88	300m: 3:57.38	43.68	400m: 5:13.24	36.82		
2. VILLARNOVO PAZOS, Lucia	08	NFERROL	5:16.27	5,00				
50m: 32.86 32.86	150m: 1:53.30	41.23	250m: 3:18.50	45.41	350m: 4:40.82	36.76		
100m: 1:12.07 39.21	200m: 2:33.09	39.79	300m: 4:04.06	45.56	400m: 5:16.27	35.45		
3. ESTEVEZ MONTES, Naroa	08	PONTEAREAS	5:22.20	4,00				
50m: 34.88 34.88	150m: 1:56.84	42.78	250m: 3:22.66	44.88	350m: 4:46.39	37.07		
100m: 1:14.06 39.18	200m: 2:37.78	40.94	300m: 4:09.32	46.66	400m: 5:22.20	35.81		
4. REY CONESA, Carolina	04	NFERROL	5:48.68	3,00				
50m: 36.25 36.25	150m: 2:08.99	46.96	250m: 3:41.11	48.34	350m: 5:10.77	39.95		
100m: 1:22.03 45.78	200m: 2:52.77	43.78	300m: 4:30.82	49.71	400m: 5:48.68	37.91		
5. ARRUÑADA VAZQUEZ, Carmen	10	NCORUÑA	6:04.25	2,00				
50m: 39.69 39.69	150m: 2:11.71	45.98	250m: 3:49.66	54.88	350m: 5:26.01	40.59		
100m: 1:25.73 46.04	200m: 2:54.78	43.07	300m: 4:45.42	55.76	400m: 6:04.25	38.24		

Prueba 75
06/05/2023

Masc., 400m Estilos

Open masculino
Resultados

Clasificación	AN				Tiempo							
1. ALVAREZ FERNANDEZ, Borja	96	FLUVIAL	4:41.32	7,00								
50m: 28.30 28.30	150m: 1:38.32	36.09	250m: 2:54.38	40.84	350m: 4:08.88	33.26						
100m: 1:02.23 33.93	200m: 2:13.54	35.22	300m: 3:35.62	41.24	400m: 4:41.32	32.44						
2. VAZQUEZ LIZ, Alejandro	03	PORTAMIÑA	4:47.88	5,00								
50m: 30.77 30.77	150m: 1:44.28	37.26	250m: 3:02.13	40.94	350m: 4:16.43	33.28						
100m: 1:07.02 36.25	200m: 2:21.19	36.91	300m: 3:43.15	41.02	400m: 4:47.88	31.45						
3. PEREZ FERNANDEZ, Brais	07	PORTAMIÑA	4:49.93	4,00								
50m: 29.56 29.56	150m: 1:41.15	37.82	250m: 3:00.29	42.61	350m: 4:17.56	34.19						
100m: 1:03.33 33.77	200m: 2:17.68	36.53	300m: 3:43.37	43.08	400m: 4:49.93	32.37						
4. NUÑEZ SUAREZ, Antón	05	FLUVIAL	5:09.42	3,00								
50m: 32.00 32.00	150m: 1:49.34	39.59	250m: 3:13.01	46.56	350m: 4:34.90	35.26						
100m: 1:09.75 37.75	200m: 2:26.45	37.11	300m: 3:59.64	46.63	400m: 5:09.42	34.52						
DSQ QUIROGA RAMOS, Yago	05	POURENSE		-								
<i>Viraje irregular</i>												
DSQ LOPEZ FERNANDEZ, Martin	04	POURENSE		-								
<i>Viraje irregular</i>												

Prueba 76
06/05/2023

Masc., 400m Estilos

Open masculino
Resultados

Clasificación	AN				Tiempo			
1. NAVARRO LOSADA, Sergi	07	NFERROL	4:43.36	7,00				
50m: 28.21 28.21	150m: 1:38.03	35.38	250m: 2:55.75	42.18	350m: 4:11.29	32.35		
100m: 1:02.65 34.44	200m: 2:13.57	35.54	300m: 3:38.94	43.19	400m: 4:43.36	32.07		
2. MANEIROS PAZ, Mario	06	NFERROL	4:46.38	5,00				
50m: 31.06 31.06	150m: 1:44.28	36.73	250m: 3:00.56	40.97	350m: 4:13.84	32.56		
100m: 1:07.55 36.49	200m: 2:19.59	35.31	300m: 3:41.28	40.72	400m: 4:46.38	32.54		
3. CARRERA COSTAS, Martin	96	PONTEAREAS	4:48.99	4,00				
50m: 31.02 31.02	150m: 1:45.34	38.51	250m: 3:02.06	39.06	350m: 4:15.61	33.22		
100m: 1:06.83 35.81	200m: 2:23.00	37.66	300m: 3:42.39	40.33	400m: 4:48.99	33.38		
DSQ MARTINEZ MARTINEZ, Marcos	03	PONTEAREAS	-					
<i>Viraje irregular</i>								

Prueba 77
06/05/2023

Fem., 4 x 100m Libre

Open femenino
Resultados

Clasificación

Tiempo

1.	FLUVIAL 1				FLUVIAL	4:00.69	14,00		
	FRANCO CAL, Alba	91	29.03	1:00.30	LADRA CAMPO, Martina	08	29.92	1:02.69	
	CERNADAS GONZALEZ, Ana	04	27.16	56.31	BUSTO LOPEZ, Ana	04	29.32	1:01.39	
2.	PORTAMIÑA 1				PORTAMIÑA	4:03.77	10,00		
	MOURENZA ROCHA, Sofia	07	29.28	1:00.06	CANDO SANTOS, Raquel	03	28.72	1:00.77	
	MOURENZA ROCHA, Ines	07	28.97	1:00.88	LOPEZ-FREIRE FRANCIA, Carmen	07	29.37	1:02.06	
3.	PORTAMIÑA 2				PORTAMIÑA	4:19.90	7,00		
	VAZQUEZ LIZ, Mireia	08	30.80	1:04.20	MUÑOZ GAVINO, Paula	08	31.17	1:05.39	
	SAAVEDRA, Paula	07	31.06	1:05.87	ROIS, Marta	08	30.62	1:04.44	
4.	FLUVIAL 2				FLUVIAL	4:25.69	6,00		
	NOGUERAS PORTO, Sara	08	31.12	1:04.98	VALLEPUGA SALGUERO, Alba	08	32.39	1:07.88	
	PARDO PIÑEIRO, Maria	06	30.92	1:05.06	CUGINI LENCE, Emma	08	31.74	1:07.77	
5.	POURENSE 2				POURENSE	4:26.34	4,00		
	SANCHEZ JUANE, Maica	07	33.21	1:08.34	GUERRA RODRIGUEZ, Zaida	10	32.26	1:07.03	
	SANCHEZ JUANE, Lucia	10	32.22	1:07.85	SANTISO PRADO, Ana Maria	96	29.96	1:03.12	
6.	POURENSE 1				POURENSE	4:33.79	2,00		
	FERNANDEZ GRATEROL, Sofia An07	32.28	1:07.42	BABARRO LOPEZ, Maria	08	29.78	1:03.56		
	JUSTO DORRIO, Marta	06	35.16	1:14.41	ALVAREZ GARCIA, Mencia	10	32.86	1:08.40	

Prueba 78
06/05/2023

Fem., 4 x 100m Libre

Open femenino
Resultados

Clasificación

Tiempo

1.	PONTEAREAS 1				PONTEAREAS	4:02.84	14,00		
	FARO MARTINEZ, Carla	03	29.32	1:00.53	ORTIZ DE GUINEA BASTON, Alba	97	28.58	1:00.39	
	ESTEVEZ MONTES, Naroa	08	31.73	1:05.62	CARRON MUIÑA, Carla	05	26.43	56.30	
2.	PONTEAREAS 2				PONTEAREAS	4:02.99	10,00		
	BORGE JUSTE, Ines	06	29.55	1:01.17	IBAÑEZ CARRERA, Sara	01	29.73	1:03.95	
	CARBALLO GONZALEZ, Sofia	06	29.10	1:00.35	LEMONS FERNANDEZ, Iria	06	27.74	57.52	
3.	NFERROL 1				NFERROL	4:07.03	7,00		
	VILLARNOVO PAZOS, Lucia	08	29.14	1:00.50	PARDO CHAS, Eva	04	29.89	1:01.99	
	HERNÁNDEZ FIGUEROA, Ange Ma	09	29.40	1:01.52	LOPEZ SANMARTIN, Nerea	96	29.03	1:03.02	
4.	NFERROL 2				NFERROL	4:17.07	6,00		
	JIMÉNEZ EZQUERRA, Ana María	07	30.78	1:04.36	CHANS FANEGO, Paula	03	30.32	1:03.64	
	REY CONESA, Carolina	04	30.51	1:03.56	LEIVAS ROCA, Candela	05	31.24	1:05.51	
5.	NCORUÑA 1				NCORUÑA	4:30.43	4,00		
	CANALDA RAMOS, Laura	09	30.86	1:04.01	ALCALDE MAHIA, Ariadna	04	32.26	1:07.91	
	MARTINEZ CANOSA, Raquel	91	34.22	1:11.68	FERNANDEZ AGUION, Sara	07	31.88	1:06.83	
6.	NCORUÑA 2				NCORUÑA	4:45.23	2,00		
	VILLAR ARCEO, Iria	08	32.78	1:08.48	YERA REGUEIRA, Teresa	07	36.56	1:15.60	
	ARRUÑADA VAZQUEZ, Carmen	10	33.53	1:09.10	ABAD PAMPIN, Uxia	09	34.67	1:12.05	

13 - 98 años
Resultados

Tiempo

1.	PORTAMIÑA 1			PORTAMIÑA			3:25.80 14,00	
	RODRIGUEZ SANCOSMED, Pablo	03	24.71	51.55	DIAZ- BECERRA LOPEZ, Anton	05	25.30	53.60
	NOVO LOPEZ, Brais	03	24.59	51.27	VAZQUEZ LOPEZ, Martin	03	23.63	49.38
2.	FLUVIAL 1			FLUVIAL			3:30.58 10,00	
	MARTINEZ SUAREZ, Diego	99	25.99	53.64	ALVAREZ FERNANDEZ, Borja	96	25.25	52.41
	PARDO PERNAS, Martin	02	24.60	52.03	GOMEZ TOJO, Ander	05	24.76	52.50
3.	POURENSE 1			POURENSE			3:37.72 7,00	
	MERZLYAKOV KOSTOMAROV, Milail	07	27.25	56.42	GUTIERREZ MARIÑO, Santiago	02	26.74	56.49
	MOURE DOVAL, Jose	99	24.77	51.97	CIVEIRA CORRAL, Samuel	02	24.94	52.84
4.	POURENSE 2			POURENSE			3:39.84 6,00	
	PAZ RODRIGUEZ, Aritz	06	27.84	57.11	CARBALLO RODRIGUEZ, Enrique	07	26.23	55.55
	CIVEIRA CORRAL, Raul	02	26.12	53.75	QUIROGA RAMOS, Yago	05	25.70	53.43
5.	PORTAMIÑA 2			PORTAMIÑA			3:42.07 4,00	
	SANCHEZ VAZQUEZ, Antonio	04	25.90	53.84	PEREZ FERNANDEZ, Brais	07	26.97	56.36
	VAZQUEZ LIZ, Alejandro	03	26.11	54.99	MENDEZ GARCIA, Xoan	06	26.64	56.88
6.	FLUVIAL 2			FLUVIAL			3:46.19 2,00	
	MORENO TEJEIRO, Andre	07	27.46	57.36	BURGO BEIRO, Marcos	00	25.53	54.30
	MORENO TEJEIRO, Hugo	05	27.98	58.48	POMBO LOPEZ, Sergio	91	26.67	56.05

Prueba 80
06/05/2023

Masc., 4 x 100m Libre

13 - 98 años
Resultados

Clasificación

Tiempo

1.	NFERROL 1			NFERROL		3:37.06		14,00	
	NAVARRO LOSADA, Sergi	07	25.43	53.31	GARCÍA AFONSO, Alexis	07	26.09	55.31	
	RAMOS PEREZ, Nicolas Anton	06	25.15	53.26	PEDRE SALIDO, JULIO	03	26.09	55.18	
2.	NFERROL 2			NFERROL		3:38.07		10,00	
	SEIJO BERMUDEZ, Daniel	04	25.29	52.43	LOSADA JIMÉNEZ, Sergio	04	26.14	55.26	
	LÓPEZ ANIDO, Nelson Andrés	00	25.63	54.54	DÍAZ COUCE, Ruben	06	26.21	55.84	
3.	PONTEAREAS 1			PONTEAREAS		3:39.99		7,00	
	RODRIGUEZ DOMINGUEZ, Fco. Jav04		26.23	54.54	COSTA FERNANDEZ, Lucas	98	25.17	54.75	
	GONZALEZ ESTEVEZ, Yoel	07	25.92	54.83	PINO LORENZO, Brais	01	25.04	55.87	
4.	PONTEAREAS 2			PONTEAREAS		3:44.57		6,00	
	FARO MARTINEZ, Yoel	07	26.30	55.61	ACEVEDO MENDEZ, Gabriel	06	26.54	56.36	
	CANCELA GOMEZ, HUGO	03	26.50	55.95	MARTINEZ MARTINEZ, Marcos	03	27.14	56.65	
5.	NCORUÑA 1			NCORUÑA		4:04.61		4,00	
	GOMEZ LIMIA, Pablo	06	28.03	58.28	RIVAS MACEIRAS, Isaac	99	28.22	1:00.79	
	CAMINO PARDO, Rodrigo	00	28.82	1:03.41	LAGO CASTILLO, Diego	07	29.33	1:02.13	
6.	NCORUÑA 2			NCORUÑA		4:18.10		2,00	
	GONZALEZ PREGO, Xose	08	31.93	1:06.55	COSTA GARCIA, Adrian	86	28.28	1:00.25	
	ALCALDE MAHIA, Jun Bin	08	29.56	1:02.42	OLVEIRA BARTOLOME, Pedro	08	33.39	1:08.88	

CLASIFICACION ABSOLUTA

Todas las pruebas

Masc., Open

1. C. N. Ferrol	00674	271,00
2. C. N. Portamiñá Lugo	01156	235,00
3. C. N. Ponteareas	00878	176,00
4. C. Fluvial De Lugo	00398	165,00
5. C. N. Pabellón Ourense	00101	121,00
6. C. N. Coruña	00186	63,00

Fem., Open

1. C. N. Ponteareas	00878	258,00
2. C. N. Portamiñá Lugo	01156	244,00
3. C. Fluvial De Lugo	00398	180,00
4. C. N. Ferrol	00674	175,00
5. C. N. Pabellón Ourense	00101	96,00
6. C. N. Coruña	00186	83,00

Todos, Open

1. C. N. Portamiñá Lugo	01156	479,00
2. C. N. Ferrol	00674	446,00
3. C. N. Ponteareas	00878	434,00
4. C. Fluvial De Lugo	00398	345,00
5. C. N. Pabellón Ourense	00101	217,00
6. C. N. Coruña	00186	146,00

Récords batidos por prueba...

Todas las pruebas

Fem., 400m Libre

54.	Serie 1	Carron Muiña, Carla	05	00878	4:08.39	Records Cto. Galego P25	Open
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Fem., 100m Espalda

41.	Serie 1	Cernadas Gonzalez, Ana	04	00398	1:01.76	Records Cto. Galego P25	Open
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Progresión de los nadadores - sumario

Todas las pruebas

Lugar	Club	Código	Nadador	Masculino			Nadador	Femenino			Media
				Total	Progresión	in %		Total	Progresión	in %	
				Resultad	Resultados			Resultad	Resultados		Progresión
1.	C. N. Pabellón Ourense	00101	14	32	6	100%	11	32	10	102%	101%
2.	C. N. Ponteareas	00878	13	32	14	100%	10	32	11	99%	99%
	C. N. Portamiñá Lugo	01156	13	32	9	100%	15	32	14	98%	99%
4.	C. N. Ferrol	00674	11	32	10	98%	11	32	5	96%	97%
	C. Fluvial De Lugo	00398	13	32	4	96%	14	32	8	98%	97%
	C. N. Coruña	00186	9	26	6	96%	11	28	7	98%	97%
Sumario de 6 clubes			73	186	49	98%	72	188	55	98%	98%