

Prueba 1
20/01/2024

Mixto, 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	2:02.96	26,00 RG
	IBAÑEZ CARRERA, Sara	23	32.89	SUAREZ GONZALEZ, Gracia	24	26.66
	MARTINEZ MARTINEZ, Marcos	21	33.18	INCUTTI TELLADO, Denis	24	30.23

+100

1.	RIASBAIXAS 1			RIASBAIXAS	2:12.06	26,00
	FREIRE GONZALEZ, Javier	31	33.16	MENDEZ SEIJO, Nerea	25	35.12
	PASTORIZA SANTA CLARA, Jorge	27	31.58	PEREZ GARCIA, Eva	34	32.20
2.	XOVE 1			XOVE	2:17.14	20,00
	OROZA PARGA, Bruno	30	33.85	VAZQUEZ SANCHEZ, Pilar	26	36.36
	GARCIA GARCIA, Anselmo	36	34.61	ALVITE LOPEZ, Andrea	25	32.32
3.	PONTEAREAS 2			PONTEAREAS	2:19.43	16,00
	GESTO ALONSO, Clarisa	35	37.83	CARRERA COSTAS, Martin	28	29.80
	BOUZA PADRON, Adrian	27	34.17	GONZALEZ PEREZ, Paula	28	37.63

+120

1.	FLUVIAL 1			FLUVIAL	2:12.57	26,00
	CASTRO VILLAR, David	33	33.07	LOBELLE GONZALEZ, Ivan	35	26.17
	FRANCO CAL, Alba	33	35.75	CASTRO MAESTRE, Isaura	55	37.58
2.	GALAICO 3			GALAICO	2:23.37	20,00
	GARCIA MIGUEZ, Rosalia	26	36.99	CALLE FACAL, Telmo	41	31.62
	MARTINEZ DOPAZO, David	37	35.81	FUENTES LORENZO, Carla	25	38.95
3.	HERCULES 1			HERCULES	2:24.55	16,00
	RIVAS MACEIRAS, Isaac	25	33.12	PASCUAL GUTIERREZ, Maria Tere	26	30.09
	LOPEZ CORTABITARTE, Belen	37	50.77	MATIAS DUARTE, Erick	42	30.57
4.	RIASBAIXAS 2			RIASBAIXAS	2:25.45	14,00
	GONZALEZ PEREZ, Jessica	37	45.28	CAO LAGO, Pablo	37	31.69
	FIGUEIRA DOMINGUEZ, Javier Gu	36	35.85	SUAREZ GARCIA, Sofia	27	32.63
5.	ESCUALOS 1			ESCUALOS	2:27.08	12,00
	MIRA VAZQUEZ, Paula	38	45.42	PAZOS ALONSO, Josue	38	31.81
	FORTES NOVOA, Martiño	36	34.15	MIRA VAZQUEZ, Marta	43	35.70
6.	MONFORTE 1			MONFORTE	2:48.35	10,00
	GONZALEZ MACIA, Alba	30	51.89	MARTINEZ GARCIA, Susana	33	45.41
	SUAREZ FERNÁNDEZ, Santiago	29	32.95	TORRES FRAILE, Emilio	40	38.10
DSQ	NCORUÑA 1			NCORUÑA		-
	<i>Salida anticipada 2º posta</i>					
	LAGO CASTILLO, Natalia	25	35.21	MUIÑO ALONSO, Anton	30	
	BORRAZAS RUMBO, Manuel	31		DOPEREIRO GARCIA, Alba	34	
DSQ	POURENSE 1			POURENSE		-
	<i>Nado irregular</i>					
	MARIÑO GONZALEZ, Ramón, RODRIGUEZ VAZQUEZ, Maria Teresa, SABUZ FORNEIRO, Martin, FERNANDEZ PARADA, Clara					
Baja	NTNARON 1			NTNARON		-
Baja	ARTEIXO 3			ARTEIXO		-
Baja	SALESTRA 2			SALESTRA		-

Prueba 1, Mixto, 4 x 50m Estilos, +120

Clasificación

Tiempo Puntos

Baja	PONTEAREAS 3	PONTEAREAS	-
Baja	PORTAMIÑA 1	PORTAMIÑA	-
Baja	XOVE 2	XOVE	-

+160

1.	CIDSANTIAG 1	CIDSANTIAG	2:13.59	26,00	RG
	FERNANDEZ NUÑEZ, Santiago 61	GONZALEZ RODRIGUEZ, Maria 42		35.83	
	RODRIGUEZ LAGO, David 38	FERNÁNDEZ JUAN, María 26		32.88	
2.	ESCUALOS 2	ESCUALOS	2:21.67	20,00	
	SANCHEZ LEDO, Cira 43	SEVILLA AROCA, Javier 41		32.34	
	NOGUEIRA-PINTO CRESPO, Hugo 46	FKEOUI OMARI, Salma 42		33.86	
3.	PORTAMIÑA 2	PORTAMIÑA	2:22.23	16,00	
	DIEGUEZ ARANDA, Hector 51	FREIJE TORNEIRO, Aroa 26		32.31	
	GUIMAREY VAZQUEZ, Marcos 47	FERNANDEZ GONZALEZ, Iria 42		35.89	
4.	NCORUÑA 2	NCORUÑA	2:24.55	14,00	
	FREIJO LÓPEZ, Lucía 32	TAPIA PORTO, Enrique 59		31.88	
	CIDRÁS ANGEL, Iria 34	MIRAS LOPEZ, Raul 37		30.22	
5.	RIASBAIXAS 3	RIASBAIXAS	2:33.67	12,00	
	SANCHEZ GORDON, Roman 46	NOVALES BLANCO, Xabier 33		39.80	
	TORRE GONZALEZ, Elisa 39	RODRIGUEZ LOPEZ, Belen 43		36.03	
6.	PONTEAREAS 4	PONTEAREAS	2:49.01	10,00	
	ALIAGA SOLA, Alberto 47	MOURIÑO FORTES, Victor Manuel 47		38.73	
	COVELO SAAVEDRA, Nahir 46	OLMO VAQUEIRO, Leticia 43		40.18	
7.	GALAICO 2	GALAICO	2:52.39	8,00	
	CARBALLA BARROSO, Rogelio Martínez 43	GARCIA CASTIÑEIRA, Daniel 50		35.23	
	GONZALEZ GARCIA, Covadonga 35	FARIÑA SOUSA, Noemi 41		40.34	
8.	SALESTRA 1	SALESTRA	2:55.84	6,00	
	LOPEZ PAYO, Mario 47	DURO GONZALEZ, Antonio 50		43.07	
	OTERO FERNANDEZ, Maria Luisa 31	VILARIÑO CACHO, Elvira 43		35.87	
9.	TRAVIESAS 2	TRAVIESAS	3:20.92	4,00	
	SERRANO AVENDAÑO, Silvia 49	BARJA BARJA, Liliana 59		52.74	
	FIDALGO SERRANO, Guillermo 38	FIDALGO SERRANO, Manuel A. 43		39.83	
Baja	ARTEIXO 2	ARTEIXO		-	
Baja	POURENSE 2	POURENSE		-	
Baja	SCASINO 1	SCASINO		-	

+200

1.	RIASBAIXAS 4	RIASBAIXAS	2:36.31	26,00	
	HERNANDEZ ALFAGEME, Rita 53	ROIG SANCHEZ, Blanca Ana 50		20.73	
	ROS ROSILLO, Alejandro 66	GARCIA RODRIGUEZ, Sergio 43		50.98	
2.	HERCULES 3	HERCULES	2:37.83	20,00	
	YAÑEZ WONENBURGER, J. Carlos 65	SAAVEDRA GONZÁLEZ, Raul 51		29.82	
	REGUEIRA MARTINEZ, Maria J. 49	GARCÍA SEOANE, Cristina María 49		39.58	
3.	PONTEAREAS 5	PONTEAREAS	2:38.37	16,00	
	DEL AMO BLANCO, Margarita 57	FERNANDEZ IGLESIAS, Emilio J. 47		34.85	
	MUTILBA OBREGON, Nuria 55	MOURIÑO ORTIGUERA, Roberto C. 50		30.05	
4.	ESCUALOS 3	ESCUALOS	2:39.46	14,00	
	DE LORENZO FERNANDEZ, Maria 46	BOUSO FUENTECILLA, Fernando 53		39.23	
	PEREIRA DIAZ, Angel 52	PEREZ PEREZ, Sonia 52		37.90	

Prueba 1, Mixto, 4 x 50m Estilos, +200

Clasificación

				Tiempo	Puntos
5.	CULLEREDO 1		CULLEREDO	2:40.05	12,00
	SANDERSON KEOUGH, Helen Jane54	44.64	GUIRADO CARABEL, Oscar	48	30.16
	HERNAEZ OUBIÑA, David 51	36.56	SAR MORANO, Dolores	69	48.69
6.	ARTEIXO 1		ARTEIXO	2:40.08	10,00
	SANJORGE PEDREIRA, Carmelo 62	42.97	GONZÁLEZ RIVAS, Sara	35	33.92
	BAIZ ROCA, Gabriel 45	37.82	OREIRO PAZOS, M. Gloria	64	45.37
7.	NCORUÑA 3		NCORUÑA	2:43.82	8,00
	VILLASANTE ARMAS, Maria Rosa 49	51.48	MUIÑO, Andrea	33	37.36
	SOLLEIRO TIZON, Juan Jose 61	41.01	RODRIGUEZ QUEIRUGA, Juan Carl61		33.97
8.	CMARINA 1		CMARINA	2:50.03	6,00
	DE LA PAZ VIGO, Agustin A. 58	38.40	HERMIDA RODRIGUEZ, Blanca	43	34.94
	ESPESO LANCE, Juan Carlos 58	45.94	VAZQUEZ PARCERO, Marta	44	50.75
9.	POURENSE 3		POURENSE	3:35.48	4,00
	CADAVID NUÑEZ, Jose 54	52.12	FERREIRO SANCHEZ, Luis	54	54.07
	LOPEZ RODRIGUEZ, Adela Elena 56	50.47	PEREZ GALLARDO, Teresa	60	58.82

+240

1.	POURENSE 4		POURENSE	2:55.13	26,00
	GARCIA COLOMO, M. Cristina 62	45.70	IVANCHENKO, Yurii	71	46.10
	BALADO LOPEZ, Ana Maria 63	46.73	GARCIA COLOMO, Manuel Ramon	70	36.60
2.	PONTEAREAS 6		PONTEAREAS	3:17.29	20,00
	RODRIGUEZ GOMEZ, Emilio 63	49.11	CALVIÑO CANCELA, Maria Cristina56		52.39
	MONROY FERNÁNDEZ, Manuel 74	58.84	VARELA REDONDO, Veronica	49	36.95
3.	GALAICO 1		GALAICO	3:30.54	16,00
	CELEMIN PORRERO, Maria Teresa 65	58.03	BETHENCOURT IGLESIAS, Sergio	61	35.87
	AREA PEREIRA, Jose Manuel 67	1:07.50	MIGUEZ DE LA SIERRA, Angeles	58	49.14
4.	RIASBAIXAS 5		RIASBAIXAS	4:52.62	14,00
	PEREZ DOMINGUEZ, Maria Luisa 80	2:33.95	REGUEIRO RODRIGUEZ, Ana	58	48.08
	HERNANZ MORAL, Fausto 62	52.45	PEREZ LEIVA, Manuel	56	38.14

DSQ

HERCULES 2
Nado irregular 2 posta

CARBALLO BALOIRA, Susana Mai49	55.04
BORDALLO CORTINA, Fernando 70	

HERCULES

SUANZES PEREZ, Fernando	71
LOPEZ MAHIA, Purificacion	61

+280

1.	TRAVIESAS 1		TRAVIESAS	4:32.98	26,00 RG
	SANTAMARINA LÓPEZ, Javier 66	1:14.27	GONZALEZ-ALEGRE BURGUEÑO, 721a Maria		58.96
	VILLORIA CARAMES, Alejandro 79	1:20.97	MAROTO REGLERO, Maria Consue72Paula		58.78
2.	PONTEAREAS 7		PONTEAREAS	4:44.67	20,00
	GONZALEZ RODRIGUEZ, S. Marta 78	1:39.30	PREGO MARTINEZ, Benjamin	51	25.17
	ARAUJO DOMINGUEZ, Francisco 84	56.81	SUEIRO COSTAS, Mª Carmen	68	1:43.39

Prueba 2
20/01/2024

Fem., 400m Libre

2004 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1108273	SUAREZ GONZALEZ, Gracia					24	PONTEAREAS			4:41.21	13,00 RG
	50m:	31.38	31.38	150m:	1:40.65	35.20	250m:	2:52.74	36.44	350m:	4:06.21	36.72
	100m:	1:05.45	34.07	200m:	2:16.30	35.65	300m:	3:29.49	36.75	400m:	4:41.21	35.00
2.	1144257	FERNANDEZ GONZALEZ, Elena					23	HERCULES			5:31.81	10,00
	50m:	37.69	37.69	150m:	2:00.38	41.79	250m:	3:25.18	42.77	350m:	4:51.61	42.96
	100m:	1:18.59	40.90	200m:	2:42.41	42.03	300m:	4:08.65	43.47	400m:	5:31.81	40.20
25+												
1.	1038096	FREIJE TORNEIRO, Aroa					26	PORTAMIÑA			4:50.77	13,00
	50m:	32.44	32.44	150m:	1:46.25	37.68	250m:	3:00.58	36.98	350m:	4:14.48	37.04
	100m:	1:08.57	36.13	200m:	2:23.60	37.35	300m:	3:37.44	36.86	400m:	4:50.77	36.29
2.	1038608	SUAREZ GARCIA, Sofia					27	RIASBAIXAS			5:55.29	10,00
	50m:	37.66	37.66	150m:	2:03.08	43.84	250m:	3:37.35	47.51	350m:	5:10.26	45.88
	100m:	1:19.24	41.58	200m:	2:49.84	46.76	300m:	4:24.38	47.03	400m:	5:55.29	45.03
30+												
1.	1093459	FRANCO CAL, Alba					33	FLUVIAL			4:40.43	13,00 RG
	50m:	31.23	31.23	150m:	1:40.19	35.07	250m:	2:52.35	36.47	350m:	4:04.77	36.15
	100m:	1:05.12	33.89	200m:	2:15.88	35.69	300m:	3:28.62	36.27	400m:	4:40.43	35.66
2.	1040457	FREIJO LÓPEZ, Lucía					32	NCORUÑA			5:53.59	10,00
	50m:	40.38	40.38	150m:	2:08.33	44.42	250m:	3:38.69	45.24	350m:	5:09.19	45.26
	100m:	1:23.91	43.53	200m:	2:53.45	45.12	300m:	4:23.93	45.24	400m:	5:53.59	44.40
3.	1143565	ARAÚJO CASTRO, Paula					33	CDELMAR			6:15.77	8,00
	50m:	39.41	39.41	150m:	2:11.27	47.05	250m:	3:48.71	49.11	350m:	5:27.89	49.91
	100m:	1:24.22	44.81	200m:	2:59.60	48.33	300m:	4:37.98	49.27	400m:	6:15.77	47.88
4.	1078925	SALGADO CASTELO, Marta					30	MULLEREF			6:21.16	7,00
	50m:	43.63	43.63	150m:	2:19.25	48.78	250m:	3:57.25	48.85	350m:	5:33.72	47.77
	100m:	1:30.47	46.84	200m:	3:08.40	49.15	300m:	4:45.95	48.70	400m:	6:21.16	47.44
5.	1218233	SANCHEZ DE LLANO, M. Nieves					32	SCASINO			6:54.12	6,00
	50m:	45.80	45.80	150m:	2:31.26	54.31	250m:	4:18.57	53.15	350m:	6:03.93	51.97
	100m:	1:36.95	51.15	200m:	3:25.42	54.16	300m:	5:11.96	53.39	400m:	6:54.12	50.19
6.	1221892	OTERO FERNANDEZ, Maria Luisa					31	SALESTRA			7:13.70	5,00
	50m:	46.41	46.41	150m:	2:33.93	54.63	250m:	4:27.35	56.51	350m:	6:18.83	54.29
	100m:	1:39.30	52.89	200m:	3:30.84	56.91	300m:	5:24.54	57.19	400m:	7:13.70	54.87
35+												
1.	1203741	QUEREDA RODRÍGUEZ, Almudena					39	LICEO			5:35.10	13,00
	50m:	37.97	37.97	150m:	2:01.14	42.07	250m:	3:26.35	42.73	350m:	4:52.83	43.51
	100m:	1:19.07	41.10	200m:	2:43.62	42.48	300m:	4:09.32	42.97	400m:	5:35.10	42.27
2.	1144948	GONZALEZ PEREZ, Jessica					37	RIASBAIXAS			6:01.44	10,00
	50m:	39.25	39.25	150m:	2:08.50	45.40	250m:	3:41.07	46.47	350m:	5:15.59	47.33
	100m:	1:23.10	43.85	200m:	2:54.60	46.10	300m:	4:28.26	47.19	400m:	6:01.44	45.85

Prueba 2, Fem., 400m Libre

40+

1.	1143598 MIRA VAZQUEZ, Marta	43 ESCUALOS	6:03.54	13,00
	50m: 40.81 40.81 150m: 2:11.58 46.10 250m: 3:45.42 47.59 350m: 5:19.44 46.46			
	100m: 1:25.48 44.67 200m: 2:57.83 46.25 300m: 4:32.98 47.56 400m: 6:03.54 44.10			
2.	1143597 SANCHEZ LEDO, Cira	43 ESCUALOS	6:11.18	10,00
	50m: 42.92 42.92 150m: 2:16.32 47.34 250m: 3:50.98 47.45 350m: 5:25.17 46.88			
	100m: 1:28.98 46.06 200m: 3:03.53 47.21 300m: 4:38.29 47.31 400m: 6:11.18 46.01			
3.	1237395 VILARIÑO CACHO, Elvira	43 SALESTRA	6:13.88	8,00
	50m: 43.78 43.78 150m: 2:16.24 46.85 250m: 3:52.05 48.20 350m: 5:28.44 48.33			
	100m: 1:29.39 45.61 200m: 3:03.85 47.61 300m: 4:40.11 48.06 400m: 6:13.88 45.44			
4.	1144200 RODRIGUEZ LOPEZ, Belen	43 RIASBAIXAS	6:27.60	7,00
	50m: 40.16 40.16 150m: 2:15.01 49.67 250m: 3:56.85 51.05 350m: 5:38.69 50.14			
	100m: 1:25.34 45.18 200m: 3:05.80 50.79 300m: 4:48.55 51.70 400m: 6:27.60 48.91			
5.	1144598 OLMO VAQUEIRO, Leticia	43 PONTEAREAS	6:31.83	6,00
	50m: 44.35 44.35 150m: 2:22.02 49.53 250m: 4:02.45 50.27 350m: 5:43.67 50.58			
	100m: 1:32.49 48.14 200m: 3:12.18 50.16 300m: 4:53.09 50.64 400m: 6:31.83 48.16			
6.	1222531 FERNANDEZ GONZALEZ, Iria	42 PORTAMIÑA	6:45.42	5,00
	50m: 44.20 44.20 150m: 2:23.93 51.21 250m: 4:09.24 53.22 350m: 5:55.81 53.52			
	100m: 1:32.72 48.52 200m: 3:16.02 52.09 300m: 5:02.29 53.05 400m: 6:45.42 49.61			
7.	1145082 FARIÑA SOUSA, Noemi	41 GALAICO	6:56.10	4,00
	50m: 45.82 45.82 150m: 2:31.27 53.50 250m: 4:18.71 53.67 350m: 6:05.15 53.09			
	100m: 1:37.77 51.95 200m: 3:25.04 53.77 300m: 5:12.06 53.35 400m: 6:56.10 50.95			
8.	1041646 MOLANES PIÑEIRO, Maria Elena	40 PONTEAREAS	6:59.50	3,00
	50m: 46.71 46.71 150m: 2:30.52 53.02 250m: 4:18.01 53.59 350m: 6:06.92 54.79			
	100m: 1:37.50 50.79 200m: 3:24.42 53.90 300m: 5:12.13 54.12 400m: 6:59.50 52.58			

Baja 1075224 BROZOS VAZQUEZ, Elena María 42 CIDSANTIAG -

45+

1.	1143894 DE LORENZO FERNANDEZ, Maria	46 ESCUALOS	6:19.78	13,00
	50m: 42.82 42.82 150m: 2:16.74 47.72 250m: 3:53.87 48.78 350m: 5:31.19 48.62			
	100m: 1:29.02 46.20 200m: 3:05.09 48.35 300m: 4:42.57 48.70 400m: 6:19.78 48.59			
2.	1146893 PRADO FRANCO, Marta E.	45 RIASBAIXAS	6:25.39	10,00
	50m: 40.94 40.94 150m: 2:13.30 47.94 250m: 3:51.21 49.94 350m: 5:35.08 52.24			
	100m: 1:25.36 44.42 200m: 3:01.27 47.97 300m: 4:42.84 51.63 400m: 6:25.39 50.31			
3.	1180238 GARCÍA SEOANE, Cristina María	49 HERCULES	6:36.36	8,00
	50m: 43.22 43.22 150m: 2:20.74 49.67 250m: 4:01.79 50.76 350m: 5:45.92 52.66			
	100m: 1:31.07 47.85 200m: 3:11.03 50.29 300m: 4:53.26 51.47 400m: 6:36.36 50.44			
4.	1040944 VARELA REDONDO, Veronica	49 PONTEAREAS	6:50.04	7,00
	50m: 42.07 42.07 150m: 2:21.67 50.78 250m: 4:08.05 53.85 350m: 5:56.37 53.91			
	100m: 1:30.89 48.82 200m: 3:14.20 52.53 300m: 5:02.46 54.41 400m: 6:50.04 53.67			
5.	1223050 ANDON YAÑEZ, Lorena	46 SCASINO	7:23.89	6,00
	50m: 48.81 48.81 150m: 2:37.52 56.15 250m: 4:34.07 58.35 350m: 6:28.93 58.12			
	100m: 1:41.37 52.56 200m: 3:35.72 58.20 300m: 5:30.81 56.74 400m: 7:23.89 54.96			
6.	1246144 SANCHEZ BARREIRO, Maria Carmen	48 PONTEAREAS	7:58.43	5,00
	50m: 51.99 51.99 150m: 2:51.48 1:01.55 250m: 4:58.47 1:03.96 350m: 7:03.63 1:03.33			
	100m: 1:49.93 57.94 200m: 3:54.51 1:03.03 300m: 6:00.30 1:01.83 400m: 7:58.43 54.80			
7.	1178771 BESADA FERNÁNDEZ, Ana M.	46 PONTEAREAS	8:23.03	4,00
	50m: 51.75 51.75 150m: 2:57.43 1:04.99 250m: 5:09.28 1:05.99 350m: 7:20.84 1:05.59			
	100m: 1:52.44 1:00.69 200m: 4:03.29 1:05.86 300m: 6:15.25 1:05.97 400m: 8:23.03 1:02.19			

Prueba 2, Fem., 400m Libre

50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	5:41.29	13,00
	50m: 38.39 38.39 150m: 2:03.44 43.05 250m: 3:30.64 43.65 350m: 4:58.41 43.76				
	100m: 1:20.39 42.00 200m: 2:46.99 43.55 300m: 4:14.65 44.01 400m: 5:41.29 42.88				
2.	1202971 PEREZ PEREZ, Sonia	52	ESCUALOS	7:00.85	10,00
	50m: 46.20 46.20 150m: 2:32.41 53.73 250m: 4:21.12 53.99 350m: 6:10.42 55.04				
	100m: 1:38.68 52.48 200m: 3:27.13 54.72 300m: 5:15.38 54.26 400m: 7:00.85 50.43				
3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE	7:13.91	8,00
	50m: 47.88 47.88 150m: 2:35.63 55.41 250m: 4:28.68 56.60 350m: 6:20.62 56.08				
	100m: 1:40.22 52.34 200m: 3:32.08 56.45 300m: 5:24.54 55.86 400m: 7:13.91 53.29				
Baja	1145023 SALES MANTIÑAN, Carmen	50	SCASINO	-	-

55+

1.	1058998 MUTILBA OBREGON, Nuria	55	PONTEAREAS	6:14.22	13,00
	50m: 40.55 40.55 150m: 2:12.53 47.33 250m: 3:48.92 48.23 350m: 5:26.56 48.82				
	100m: 1:25.20 44.65 200m: 3:00.69 48.16 300m: 4:37.74 48.82 400m: 6:14.22 47.66				
2.	1147048 REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	6:30.55	10,00
	50m: 44.47 44.47 150m: 2:21.60 49.69 250m: 4:02.13 50.20 350m: 5:41.64 49.52				
	100m: 1:31.91 47.44 200m: 3:11.93 50.33 300m: 4:52.12 49.99 400m: 6:30.55 48.91				
3.	1037970 CALVIÑO CANCELA, Maria Cristina	56	PONTEAREAS	7:00.00	8,00
	50m: 46.14 46.14 150m: 2:31.94 54.01 250m: 4:19.78 54.77 350m: 6:08.52 53.59				
	100m: 1:37.93 51.79 200m: 3:25.01 53.07 300m: 5:14.93 55.15 400m: 7:00.00 51.48				
4.	1199642 GARNACHO GAYARRE, Nuria	55	SCASINO	7:54.24	7,00
	50m: 50.61 50.61 150m: 2:48.64 1:00.35 250m: 4:51.39 1:01.63 350m: 6:56.35 1:02.51				
	100m: 1:48.29 57.68 200m: 3:49.76 1:01.12 300m: 5:53.84 1:02.45 400m: 7:54.24 57.89				

60+

1.	1144331 TERCEIRO DELGADO, María Del Mar	61	CDELMAR	6:07.23	13,00
	50m: 40.75 40.75 150m: 2:12.03 46.97 250m: 3:47.35 47.58 350m: 5:22.52 47.40				
	100m: 1:25.06 44.31 200m: 2:59.77 47.74 300m: 4:35.12 47.77 400m: 6:07.23 44.71				
2.	1170586 OREIRO PAZOS, M. Gloria	64	ARTEIXO	7:48.35	10,00
	50m: 49.70 49.70 150m: 2:46.59 59.52 250m: 4:47.72 1:00.64 350m: 6:49.58 1:00.98				
	100m: 1:47.07 57.37 200m: 3:47.08 1:00.49 300m: 5:48.60 1:00.88 400m: 7:48.35 58.77				
3.	1143893 REBORDA MORILLO, Susana	62	ESCUALOS	8:29.89	8,00
	50m: 56.03 56.03 150m: 3:01.82 1:04.42 250m: 5:12.42 1:05.28 350m: 7:23.98 1:05.33				
	100m: 1:57.40 1:01.37 200m: 4:07.14 1:05.32 300m: 6:18.65 1:06.23 400m: 8:29.89 1:05.91				
4.	1144231 PEREZ GALLARDO, Teresa	60	POURENSE	9:16.47	7,00
	50m: 1:03.55 1:03.55 150m: 3:23.30 1:10.43 250m: 5:45.95 1:10.49 350m: 8:06.91 1:10.17				
	100m: 2:12.87 1:09.32 200m: 4:35.46 1:12.16 300m: 6:56.74 1:10.79 400m: 9:16.47 1:09.56				

65+

1.	1076494 SUEIRO COSTAS, Mª Carmen	68	PONTEAREAS	10:55.42	13,00
	50m: 1:10.16 1:10.16 150m: 3:58.86 1:25.65 250m: 6:48.22 1:24.06 350m: 9:34.10 1:21.99				
	100m: 2:33.21 1:23.05 200m: 5:24.16 1:25.30 300m: 8:12.11 1:23.89 400m: 10:55.42 1:21.32				

Prueba 3
20/01/2024

Masc., 400m Libre

2004 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1068314	MARTINEZ MARTINEZ, Marcos	21	PONTEAREAS						4:37.35	13,00	
	50m:	28.77	28.77	150m:	1:31.88	32.23	250m:	2:43.84	39.54	350m:	3:59.91	38.36
	100m:	59.65	30.88	200m:	2:04.30	32.42	300m:	3:21.55	37.71	400m:	4:37.35	37.44
2.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO						5:03.02	10,00	
	50m:	32.77	32.77	150m:	1:44.07	36.64	250m:	3:02.10	39.75	350m:	4:23.06	40.77
	100m:	1:07.43	34.66	200m:	2:22.35	38.28	300m:	3:42.29	40.19	400m:	5:03.02	39.96
3.	1061561	INCUTTI TELLADO, Denis	24	PONTEAREAS						5:08.06	8,00	
	50m:	30.01	30.01	150m:	1:38.08	34.94	250m:	3:00.81	46.89	350m:	4:25.98	42.84
	100m:	1:03.14	33.13	200m:	2:13.92	35.84	300m:	3:43.14	42.33	400m:	5:08.06	42.08
4.	1208836	GÓMEZ MÉNDEZ, Borja	22	PONTEAREAS						9:41.11	7,00	
	50m:	58.51	58.51	150m:	3:12.67	1:08.39	250m:	5:39.75	1:15.61	350m:	8:22.86	1:20.57
	100m:	2:04.28	1:05.77	200m:	4:24.14	1:11.47	300m:	7:02.29	1:22.54	400m:	9:41.11	1:18.25
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge	27	RIASBAIXAS						4:23.56	13,00	
	50m:	29.67	29.67	150m:	1:33.63	32.28	250m:	2:39.66	33.10	350m:	3:48.44	34.60
	100m:	1:01.35	31.68	200m:	2:06.56	32.93	300m:	3:13.84	34.18	400m:	4:23.56	35.12
2.	1037180	CARRERA COSTAS, Martin	28	PONTEAREAS						4:33.58	10,00	
	50m:	28.73	28.73	150m:	1:32.61	32.61	250m:	2:43.34	36.05	350m:	3:57.07	37.09
	100m:	1:00.00	31.27	200m:	2:07.29	34.68	300m:	3:19.98	36.64	400m:	4:33.58	36.51
3.	1232980	PICALLO MATO, Adrian	29	SALESTRA						5:27.59	8,00	
	50m:	37.70	37.70	150m:	1:58.88	41.31	250m:	3:23.68	42.09	350m:	4:48.54	42.71
	100m:	1:17.57	39.87	200m:	2:41.59	42.71	300m:	4:05.83	42.15	400m:	5:27.59	39.05
30+												
1.	1093458	MUIÑO ALONSO, Anton	30	NCORUÑA						4:45.73	13,00	
	50m:	31.56	31.56	150m:	1:42.42	35.10	250m:	2:54.21	36.00	350m:	4:08.35	37.33
	100m:	1:07.32	35.76	200m:	2:18.21	35.79	300m:	3:31.02	36.81	400m:	4:45.73	37.38
35+												
1.	1086708	ABUIN ARES, Manuel	37	CIDSANTIAG						5:19.51	13,00	
	50m:	34.44	34.44	150m:	1:52.08	39.39	250m:	3:14.49	41.47	350m:	4:38.37	41.83
	100m:	1:12.69	38.25	200m:	2:33.02	40.94	300m:	3:56.54	42.05	400m:	5:19.51	41.14
2.	1136629	FIGUEIRA DOMINGUEZ, Javier	36	RIASBAIXAS						5:42.00	10,00	
	50m:	38.51	38.51	150m:	2:01.45	42.47	250m:	3:28.40	44.00	350m:	5:41.99	1:28.66
	100m:	1:18.98	40.47	200m:	2:44.40	42.95	300m:	4:13.33	44.93	400m:	5:42.00	0.01
3.	1170846	PRESA PRESA, Santiago	36	GALAICO						5:48.59	8,00	
	50m:	35.76	35.76	150m:	1:58.95	43.56	250m:	3:32.38	46.62	350m:	5:05.98	46.56
	100m:	1:15.39	39.63	200m:	2:45.76	46.81	300m:	4:19.42	47.04	400m:	5:48.59	42.61
4.	1036745	BARCIA SIXTO, Francisco José	39	NTNARON						5:53.21	7,00	
	50m:	38.17	38.17	150m:	2:02.51	42.89	250m:	3:32.60	44.60	350m:	5:06.82	47.34
	100m:	1:19.62	41.45	200m:	2:48.00	45.49	300m:	4:19.48	46.88	400m:	5:53.21	46.39
5.	1198278	MANEIRO BETANZOS, Javier	39	ESCUALOS						5:57.89	6,00	
	50m:	36.40	36.40	150m:	1:58.97	43.14	250m:	3:32.00	47.66	350m:	5:09.17	48.99
	100m:	1:15.83	39.43	200m:	2:44.34	45.37	300m:	4:20.18	48.18	400m:	5:57.89	48.72

Prueba 3, Masc., 400m Libre, 35+

Clasificación						Edad						Tiempo	Puntos
6.	1145090	MARTÍNEZ DOMÍNGUEZ, Iván				36	PONTEAREAS				6:16.71	5,00	
	50m:	38.50	38.50	150m:	2:08.93	46.08	250m:	3:47.25	49.49	350m:	5:28.10	50.45	
	100m:	1:22.85	44.35	200m:	2:57.76	48.83	300m:	4:37.65	50.40	400m:	6:16.71	48.61	
7.	1178928	FIDALGO SERRANO, Guillermo				38	TRAVIESAS				6:28.34	4,00	
	50m:	43.55	43.55	150m:	2:20.03	49.30	250m:	4:01.21	51.42	350m:	5:43.91	51.82	
	100m:	1:30.73	47.18	200m:	3:09.79	49.76	300m:	4:52.09	50.88	400m:	6:28.34	44.43	

40+

1.	1107942	GARCIA RODRIGUEZ, Sergio		43	RIASBAIXAS			4:55.04	13,00			
	50m:	33.33	33.33	150m:	1:46.27	36.68	250m:	3:01.47	37.70	350m:	4:18.68	38.71
	100m:	1:09.59	36.26	200m:	2:23.77	37.50	300m:	3:39.97	38.50	400m:	4:55.04	36.36
2.	1143897	SEVILLA AROCA, Javier		41	ESCUALOS			5:05.05	10,00			
	50m:	32.50	32.50	150m:	1:44.44	36.89	250m:	3:01.08	39.08	350m:	4:23.40	41.86
	100m:	1:07.55	35.05	200m:	2:22.00	37.56	300m:	3:41.54	40.46	400m:	5:05.05	41.65
3.	1143899	PEREZ LOPEZ, Manuel		43	ESCUALOS			5:25.99	8,00			
	50m:	34.12	34.12	150m:	1:52.75	40.91	250m:	3:18.29	42.81	350m:	4:44.29	43.75
	100m:	1:11.84	37.72	200m:	2:35.48	42.73	300m:	4:00.54	42.25	400m:	5:25.99	41.70
4.	1190909	CARBALLA BARROSO, Rogelio	Manue	43	GALAICO			5:40.19	7,00			
	50m:	39.33	39.33	150m:	2:03.82	42.75	250m:	3:31.61	44.26	350m:	4:59.26	43.49
	100m:	1:21.07	41.74	200m:	2:47.35	43.53	300m:	4:15.77	44.16	400m:	5:40.19	40.93
5.	1145052	FIERRO FERNÁNDEZ, Julio		42	HERCULES			5:40.37	6,00			
	50m:	36.87	36.87	150m:	1:59.84	42.31	250m:	3:27.50	44.08	350m:	4:56.97	44.54
	100m:	1:17.53	40.66	200m:	2:43.42	43.58	300m:	4:12.43	44.93	400m:	5:40.37	43.40
6.	1199899	DOMINGUEZ PHILOCREON, Ticiano		43	CIDSANTIAG			5:41.73	5,00			
	50m:	37.83	37.83	150m:	1:59.52	41.97	250m:	3:26.52	44.08	350m:	4:57.86	45.70
	100m:	1:17.55	39.72	200m:	2:42.44	42.92	300m:	4:12.16	45.64	400m:	5:41.73	43.87
7.	1144584	ALVAREZ SILVA, Ruben		43	ESCUALOS			5:42.25	4,00			
	50m:	36.53	36.53	150m:	1:58.67	42.08	250m:	3:27.34	44.50	350m:	4:58.22	45.57
	100m:	1:16.59	40.06	200m:	2:42.84	44.17	300m:	4:12.65	45.31	400m:	5:42.25	44.03
8.	1214823	GONZALEZ PEÑAS, David		40	PORTAMIÑA			5:42.55	3,00			
	50m:	39.86	39.86	150m:	2:04.67	42.83	250m:	3:31.48	43.59	350m:	4:59.64	44.25
	100m:	1:21.84	41.98	200m:	2:47.89	43.22	300m:	4:15.39	43.91	400m:	5:42.55	42.91

45+

1.	1053922	BAIZ ROCA, Gabriel				45	ARTEIXO			4:49.62	13,00	
	50m:	32.39	32.39	150m:	1:43.80	36.41	250m:	2:57.78	37.12	350m:	4:13.03	37.37
	100m:	1:07.39	35.00	200m:	2:20.66	36.86	300m:	3:35.66	37.88	400m:	4:49.62	36.59
2.	1118746	SANCHEZ GORDON, Roman				46	RIASBAIXAS			4:51.43	10,00	
	50m:	32.96	32.96	150m:	1:44.02	35.79	250m:	2:58.19	37.31	350m:	4:13.84	37.85
	100m:	1:08.23	35.27	200m:	2:20.88	36.86	300m:	3:35.99	37.80	400m:	4:51.43	37.59
3.	1024675	IGLESIAS GOMEZ, Gonzalo				45	HERCULES			4:54.45	8,00	
	50m:	31.67	31.67	150m:	1:43.78	36.76	250m:	3:00.05	38.57	350m:	4:16.99	38.68
	100m:	1:07.02	35.35	200m:	2:21.48	37.70	300m:	3:38.31	38.26	400m:	4:54.45	37.46
4.	1212075	GONZALEZ PARIS, David				46	HERCULES			5:28.22	7,00	
	50m:	37.53	37.53	150m:	1:58.25	40.92	250m:	3:20.65	41.25	350m:	4:46.95	43.63
	100m:	1:17.33	39.80	200m:	2:39.40	41.15	300m:	4:03.32	42.67	400m:	5:28.22	41.27
5.	1192271	MOURIÑO FORTES, Victor Manuel				47	PONTEAREAS			5:44.07	6,00	
	50m:	38.51	38.51	150m:	2:03.14	42.68	250m:	3:32.73	45.20	350m:	5:03.79	44.80
	100m:	1:20.46	41.95	200m:	2:47.53	44.39	300m:	4:18.99	46.26	400m:	5:44.07	40.28

Prueba 3, Masc., 400m Libre, 45+

Clasificación	Edad	Tiempo	Puntos
DSQ 1200126 TABOADA CALVELO, Jose Carlos <i>Salida anticipada</i>	45 SALESTRA		-
Baja 1144269 LOPEZ PAYO, Mario	47 SALESTRA		-
Baja 1175127 MASSO AGUADO, Jorge	48 RIASBAIXAS		-

50+

1.	1084040 GARCIA CASTIÑEIRA, Daniel	50 GALAICO	5:25.46	13,00
	50m: 36.34 36.34 150m: 1:58.15 41.40 250m: 3:21.26 41.69 350m: 4:44.56 41.31			
	100m: 1:16.75 40.41 200m: 2:39.57 41.42 300m: 4:03.25 41.99 400m: 5:25.46 40.90			
2.	1141504 BOUSO FUENTECILLA, Fernando	53 ESCUALOS	6:02.02	10,00
	50m: 37.89 37.89 150m: 2:05.67 45.11 250m: 3:40.15 47.58 350m: 5:16.22 48.18			
	100m: 1:20.56 42.67 200m: 2:52.57 46.90 300m: 4:28.04 47.89 400m: 6:02.02 45.80			
3.	1203306 DURO GONZALEZ, Antonio	50 SALESTRA	6:02.32	8,00
	50m: 38.91 38.91 150m: 2:07.28 45.10 250m: 3:41.12 47.18 350m: 5:16.01 47.33			
	100m: 1:22.18 43.27 200m: 2:53.94 46.66 300m: 4:28.68 47.56 400m: 6:02.32 46.31			
4.	1076553 FERNANDEZ-TESTA BARREIRO, David	50 RIASBAIXAS	6:07.73	7,00
	50m: 38.74 38.74 150m: 2:05.89 44.94 250m: 3:40.89 48.33 350m: 5:19.98 49.24			
	100m: 1:20.95 42.21 200m: 2:52.56 46.67 300m: 4:30.74 49.85 400m: 6:07.73 47.75			
Baja	1171462 FERREIRO SEOANE, Jose Raul	51 RIASBAIXAS		-
Baja	1144857 FERREIRO SUAREZ, Javier M.	51 SCASINO		-

55+

1.	1085112 RIVAS FEAL, Antonio	58 SCASINO	5:08.84	13,00
	50m: 36.84 36.84 150m: 1:55.33 39.17 250m: 3:13.40 38.68 350m: 4:30.52 38.39			
	100m: 1:16.16 39.32 200m: 2:34.72 39.39 300m: 3:52.13 38.73 400m: 5:08.84 38.32			
2.	1199894 IRIBARNEGARAY FERNANDEZ, Javier	58 GALAICO	5:30.32	10,00
	50m: 38.38 38.38 150m: 2:00.76 41.93 250m: 3:25.08 41.80 350m: 4:48.42 41.96			
	100m: 1:18.83 40.45 200m: 2:43.28 42.52 300m: 4:06.46 41.38 400m: 5:30.32 41.90			
3.	1175217 CASTRO QUINTELA, Avelino	57 GALAICO	7:26.06	8,00
	50m: 47.32 47.32 150m: 2:33.10 54.08 250m: 4:28.66 57.41 350m: 6:27.76 59.61			
	100m: 1:39.02 51.70 200m: 3:31.25 58.15 300m: 5:28.15 59.49 400m: 7:26.06 58.30			

60+

1.	1076250 BETHENCOURT IGLESIAS, Sergio	61 GALAICO	5:34.35	13,00
	50m: 38.91 38.91 150m: 2:04.68 42.83 250m: 3:30.18 42.68 350m: 4:54.52 41.81			
	100m: 1:21.85 42.94 200m: 2:47.50 42.82 300m: 4:12.71 42.53 400m: 5:34.35 39.83			
2.	1144940 HERNANZ MORAL, Fausto	62 RIASBAIXAS	6:37.37	10,00
	50m: 45.60 45.60 150m: 2:24.27 49.95 250m: 4:05.39 50.72 350m: 5:47.15 50.98			
	100m: 1:34.32 48.72 200m: 3:14.67 50.40 300m: 4:56.17 50.78 400m: 6:37.37 50.22			
3.	1143536 BLANCO PEREZ, Angel	60 POURENSE	6:46.03	8,00
	50m: 44.92 44.92 150m: 2:27.62 52.48 250m: 4:13.95 53.21 350m: 5:58.07 51.84			
	100m: 1:35.14 50.22 200m: 3:20.74 53.12 300m: 5:06.23 52.28 400m: 6:46.03 47.96			
4.	1076514 LAGO REY, Jose Manuel	61 RIASBAIXAS	10:26.03	7,00
	50m: 1:03.65 1:03.65 150m: 3:42.56 1:21.82 250m: 6:27.41 1:23.28 350m: 9:08.14 1:18.27			
	100m: 2:20.74 1:17.09 200m: 5:04.13 1:21.57 300m: 7:49.87 1:22.46 400m: 10:26.03 1:17.89			

Prueba 3, Masc., 400m Libre

65+

1.	1170858 CODESIDO LOPEZ, José	65	CIDSANTIAG	5:51.53	13,00	RG
	50m: 39.42 39.42 150m: 2:06.22 44.31 250m: 3:36.37 45.34 350m: 5:08.34 45.60					
	100m: 1:21.91 42.49 200m: 2:51.03 44.81 300m: 4:22.74 46.37 400m: 5:51.53 43.19					
2.	1141150 RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	7:22.29	10,00	
	50m: 46.92 46.92 150m: 2:36.40 57.17 250m: 4:33.78 58.60 350m: 6:29.94 57.48					
	100m: 1:39.23 52.31 200m: 3:35.18 58.78 300m: 5:32.46 58.68 400m: 7:22.29 52.35					
3.	1143896 PERDIZ GONZALEZ, Jose Ramon	66	ESCUALOS	8:32.69	8,00	
	50m: 55.15 55.15 150m: 3:02.97 1:04.72 250m: 5:13.51 1:05.05 350m: 7:25.86 1:05.95					
	100m: 1:58.25 1:03.10 200m: 4:08.46 1:05.49 300m: 6:19.91 1:06.40 400m: 8:32.69 1:06.83					
4.	1222391 AREA PEREIRA, Jose Manuel	67	GALAICO	8:47.30	7,00	
	50m: 51.20 51.20 150m: 2:58.84 1:05.58 250m: 5:14.64 1:07.85 350m: 7:35.29 1:11.39					
	100m: 1:53.26 1:02.06 200m: 4:06.79 1:07.95 300m: 6:23.90 1:09.26 400m: 8:47.30 1:12.01					
Baja	1191492 TIMIRAOS CARRASCO, Luis	68	POURENSE		-	

70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	70	POURENSE	6:07.65	13,00	RG
	50m: 42.82 42.82 150m: 2:15.76 46.96 250m: 3:49.65 47.00 350m: 5:23.39 46.51					
	100m: 1:28.80 45.98 200m: 3:02.65 46.89 300m: 4:36.88 47.23 400m: 6:07.65 44.26					
2.	1075190 SUANZES PEREZ, Fernando	71	HERCULES	6:14.95	10,00	
	50m: 42.12 42.12 150m: 2:14.69 46.82 250m: 3:51.22 48.55 350m: 5:28.45 48.81					
	100m: 1:27.87 45.75 200m: 3:02.67 47.98 300m: 4:39.64 48.42 400m: 6:14.95 46.50					
3.	1076488 MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	7:20.84	8,00	
	50m: 48.40 48.40 150m: 2:40.36 57.71 250m: 4:36.98 58.25 350m: 6:29.69 55.74					
	100m: 1:42.65 54.25 200m: 3:38.73 58.37 300m: 5:33.95 56.97 400m: 7:20.84 51.15					

Prueba 4
20/01/2024

Fem., 50m Espalda

2004 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1038179	IBAÑEZ CARRERA, Sara	23	PONTEAREAS	33.01 13,00
2.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL	34.55 10,00
3.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA	34.93 8,00
4.	1089303	ABASOLO RUEDA, Claudia	24	NCORUÑA	37.47 7,00
5.	1076318	LEMONS FERNANDEZ, Zaira	22	PONTEAREAS	39.22 6,00
6.	1194207	VALIÑO FERRAZ, Tatyana	21	PONTEAREAS	40.40 5,00
Baja	1111470	GARCÉS FERNÁNDEZ, Erea	21	RIASBAIXAS	-
25+					
1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	33.29 13,00
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA	35.91 10,00
3.	1076348	ALVITE LOPEZ, Andrea	25	XOVE	37.56 8,00
4.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS	38.06 7,00
5.	1115644	FERNÁNDEZ JUAN, María	26	CIDSANTIAG	41.02 6,00
6.	1219491	FUENTES LORENZO, Carla	25	GALAICO	50.10 5,00
Baja	1039096	LAGO LOPEZ, Raquel	29	RIASBAIXAS	-
30+					
1.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA	38.63 13,00
2.	1237382	MUIÑO, Andrea	33	NCORUÑA	39.96 10,00
3.	1078925	SALGADO CASTELO, Marta	30	MULLEREF	44.66 8,00
4.	1204918	MARTINEZ GARCIA, Susana	33	MONFORTE	49.95 7,00
5.	1191499	GONZALEZ MACIA, Alba	30	MONFORTE	50.87 6,00
6.	1218233	SANCHEZ DE LLANO, M. Nieves	32	SCASINO	52.58 5,00
7.	1202705	MARTINEZ BARCIELA, Maria Olga	34	RIASBAIXAS	1:08.52 4,00
35+					
1.	1127407	GONZÁLEZ RIVAS, Sara	35	ARTEIXO	37.84 13,00
2.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS	39.12 10,00
3.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS	45.67 8,00
4.	1129954	GONZALEZ GARCIA, Covadonga	35	GALAICO	56.24 7,00
Baja	1212097	LOUREIRO AMOR, Belen Martina	36	NTNARON	-
40+					
1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	37.61 13,00
2.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE	40.96 10,00
3.	1144200	RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS	51.19 8,00
4.	1036387	VAZQUEZ PARCERO, Marta	44	CMARINA	1:01.07 7,00
DSQ	1075224	BROZOS VAZQUEZ, Elena María	42	CIDSANTIAG	-
	<i>Nado irregular</i>				
Baja	1236642	ABBATEMARCO, Cristina	40	SALESTRA	-

Prueba 4, Fem., 50m Espalda

45+

1.	1079470	MOLINOS LAMAS, Bibiana	47	RIASBAIXAS	46.49	13,00
2.	1217442	VILLASANTE ARMAS, Maria Rosa	49	NCORUÑA	51.06	10,00
3.	1144074	SERRANO AVENDAÑO, Silvia	49	TRAVIESAS	54.56	8,00
4.	1178771	BESADA FERNÁNDEZ, Ana M.	46	PONTEAREAS	1:09.96	7,00
DSQ	1223050	ANDON YAÑEZ, Lorena	46	SCASINO		-
<i>Viraje irregular</i>						

50+

1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA	40.86	13,00
2.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	45.25	10,00
3.	1076524	SOUZA CARNEIRO, Rosana	53	CNMOS	47.68	8,00
4.	1143584	FERNANDEZ SESTELO, Maria Jose	54	PONTEAREAS	1:07.73	7,00
Baja	1076525	SOUZA CARNEIRO, Alicia	50	CNMOS		-
Baja	1144696	SEARA JALON, Monica	54	POURENSE		-
Baja	1145023	SALES MANTIÑAN, Carmen	50	SCASINO		-

55+

1.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	46.65	13,00
2.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS	48.44	10,00
3.	1189938	LOPEZ RODRIGUEZ, Adela Elena	56	POURENSE	49.63	8,00
4.	1199642	GARNACHO GAYARRE, Nuria	55	SCASINO	57.04	7,00
DSQ	1076253	MIGUEZ DE LA SIERRA, Angeles	58	GALAICO		-
<i>Viraje irregular</i>						

60+

1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	43.38	13,00
2.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES	51.85	10,00

65+

1.	1075178	SAR MORANO, Dolores	69	CULLEREDO	53.79	13,00
2.	1217937	RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	1:14.68	10,00

70+

1.	1208789	MAROTO REGLERO, Maria Consuelo F72Ila		TRAVIESAS	1:21.84	13,00
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75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	1:37.17	13,00
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80+

1.	1058045	MORAL RUBIO, Isabel	82	PONTEAREAS	1:39.36	13,00
2.	1143507	PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	2:34.08	10,00

Prueba 5
20/01/2024

Masc., 50m Espalda

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1075913	PEREZ TIERRA, Ismael	22	MONFORTE	27.90	13,00
2.	1037192	FERRO SANTOS, Juan Manuel	24	XOVE	30.51	10,00
3.	1038800	ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	31.03	8,00
4.	1078716	HERMIDA RAMOS, Raul	24	NTNARON	33.16	7,00
5.	1208836	GÓMEZ MÉNDEZ, Borja	22	PONTEAREAS	1:07.05	6,00
25+						
1.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES	31.79	13,00
Baja	1078908	MEILAN SANCHEZ, Sergio Jose	28	PORTAMIÑA		-
30+						
1.	1107418	LAGO LOPEZ, Diego	33	NCORUÑA	30.44	13,00
2.	1038638	CASTRO VILLAR, David	33	FLUVIAL	32.93	10,00
3.	1037824	FREIRE GONZALEZ, Javier	31	RIASBAIXAS	33.17	8,00
4.	1076355	OROZA PARGA, Bruno	30	XOVE	33.83	7,00
5.	1241602	FONTAN SEIJO, Adrian	31	CNMOS	41.36	6,00
35+						
1.	1078993	LOBELLE GONZALEZ, Ivan	35	FLUVIAL	29.58	13,00
2.	1140778	RODRIGUEZ LAGO, David	38	CIDSANTIAG	30.83	10,00
3.	1226258	BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG	35.00	8,00
4.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS	38.20	7,00
5.	1218108	IGLESIAS LAPIDO, Miguel	39	FLUVIAL	38.95	6,00
6.	1023057	PEREZ VAZQUEZ, Telmo	36	CMARINA	39.55	5,00
7.	1076566	HERRUZO CARREÑO, Guillermo	37	GALAICO	41.82	4,00
8.	1217936	PASCUAL DE PEDRO, Jorge	38	PONTEAREAS	43.51	3,00
9.	1236854	GIRALDEZ VILLANUEVA, Ivan	37	PONTEAREAS	59.11	2,00
Baja	1089000	TABOADA VILA, Alberto	37	POURENSE		-
40+						
1.	1144789	MATIAS DUARTE, Erick	42	HERCULES	37.07	13,00
2.	1190909	CARBALLA BARROSO, Rogelio Manue	43	GALAICO	37.95	10,00
3.	1178765	ESPAÑA CABEZAS, Jesús	43	CIDSANTIAG	38.45	8,00
4.	1170841	BASTIDA CAMPOS, Alejandro	42	SALESTRA	39.08	7,00
5.	1076282	CARRERA COSTAS, Andres	42	PONTEAREAS	43.03	6,00
6.	1238677	MARIÑO GONZALEZ, Ramón	44	POURENSE	48.61	5,00
7.	1238132	FIDALGO SERRANO, Manuel A.	43	TRAVIESAS	49.01	4,00
Baja	1198878	MUINELO LORENZO, Manuel	43	PORTAMIÑA		-
45+						
1.	1076560	EIRIZ DIEGUEZ, Daniel	46	CNMOS	31.46	13,00
2.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	35.00	10,00
3.	1053922	BAIZ ROCA, Gabriel	45	ARTEIXO	36.62	8,00
4.	1180237	FOUZ ROUCO, Rubén	45	HERCULES	37.00	7,00
5.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS	37.20	6,00
6.	1078611	MARTIN MONTERO, Manuel Jose	47	ARTEIXO	37.80	5,00

Prueba 5, Masc., 50m Espalda, 45+

Clasificación		Edad		Tiempo	Puntos
7.	1076564 CABANELAS EIRAS, Pablo	45	CIDSANTIAG	40.93	4,00
8.	1144181 PEREZ CARRERA, Elias	45	RIASBAIXAS	40.94	3,00
9.	1143662 Balsa MOSQUERA, Pablo	46	CMARINA	43.21	2,00
10.	1144297 LAMAS SOTO, Cesar	49	CULLEREDO	43.58	1,00
11.	1096414 ALIAGA SOLA, Alberto	47	PONTEAREAS	44.48	-
12.	1192271 MOURIÑO FORTES, Victor Manuel	47	PONTEAREAS	44.97	-
13.	1127402 PEXEGUEIRO BALADRON, Nicolas	47	CNMOS	46.12	-
Baja	1215947 VAZQUEZ PEREZ, Luis Fernando	45	CULLEREDO		-
Baja	1235958 BRIOSO DÍAZ, Manuel	47	REDONDELA		-

50+

1.	1180192 SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	35.64	13,00
2.	1144601 PUENTE DÍAZ, Javier	53	CIDSANTIAG	36.97	10,00
3.	1146934 DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	37.00	8,00
4.	1141071 LORENZO FERNANDEZ, Jose Manuel	52	RIASBAIXAS	44.38	7,00
5.	1191914 CARNERO FIRVIDA, Jose Ramón	50	ESCUALOS	44.99	6,00
6.	1180239 MARTÍNEZ LEMA, José Antonio	52	TRICORUÑA	46.03	5,00
7.	1195570 TERREN ENRUBIA, Lucio A	54	RIASBAIXAS	46.95	4,00
8.	1178895 CRESPO PÉREZ, Albarino	54	ESCUALOS	48.45	3,00
9.	1144698 CADAVID NUÑEZ, Jose	54	POURENSE	52.89	2,00
10.	1208795 LORENZO GONZALEZ-VISO, Carlos	53	POURENSE	54.32	1,00

55+

1.	1141209 DE LA PAZ VIGO, Agustin A.	58	CMARINA	38.12	13,00
2.	1143661 TOURIÑO GONZALEZ, Victor M.	56	CMARINA	40.44	10,00
3.	1143575 FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	41.17	8,00
4.	1180234 SÁNCHEZ SECO, Manuel	56	ESCUALOS	41.84	7,00
5.	1141191 GARCIA SANJURJO, Jose Manuel	57	CDELMAR	42.64	6,00
6.	1195569 PEREZ LEIVA, Manuel	56	RIASBAIXAS	44.16	5,00
7.	1057905 GURIDI HUERTA, Jesus M.	56	FLUVIAL	50.43	4,00
8.	1228047 PEREZ GARCIA, Manuel	57	CULLEREDO	57.68	3,00

60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG	33.55	13,00
2.	1053394 SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	48.10	10,00
3.	1079361 RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	49.26	8,00

65+

1.	1075185 YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	42.58	13,00
2.	1141150 RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	54.54	10,00
3.	1079748 SANTAMARINA LÓPEZ, Javier	66	TRAVIESAS	1:14.53	8,00

70+

1.	1076488 MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	56.75	13,00
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75+

1.	1247512 VILLORIA CARAMES, Alejandro	79	TRAVIESAS	1:07.39	13,00
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Prueba 5, Masc., 50m Espalda

80+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	1:23.75	13,00
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Prueba 6
20/01/2024

Fem., 200m Estilos

2004 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina					22	RIASBAIXAS			2:29.74	13,00 RG
	50m:	31.32	31.32	100m:	1:09.79	38.47	150m:	1:54.78	44.99	200m:	2:29.74	34.96
2.	1108273	SUAREZ GONZALEZ, Gracia					24	PONTEAREAS			2:30.01	10,00
	50m:	32.26	32.26	100m:	1:11.26	39.00	150m:	1:56.61	45.35	200m:	2:30.01	33.40
3.	1143296	EIJO GIL, Ana Paula					21	PONTEAREAS			3:04.13	8,00
	50m:	37.63	37.63	100m:	1:25.05	47.42	150m:	2:18.98	53.93	200m:	3:04.13	45.15
25+												
1.	1038096	FREIJE TORNEIRO, Aroa					26	PORTAMIÑA			2:43.43	13,00
	50m:	33.68	33.68	100m:	1:14.49	40.81	150m:	2:04.43	49.94	200m:	2:43.43	39.00
2.	1130789	GARCIA MIGUEZ, Rosalia					26	GALAICO			2:46.62	10,00
	50m:	35.80	35.80	100m:	1:18.43	42.63	150m:	2:07.73	49.30	200m:	2:46.62	38.89
3.	1145008	GONZALEZ PEREZ, Paula					28	PONTEAREAS			3:27.54	8,00
	50m:	47.17	47.17	100m:	1:41.66	54.49	150m:	2:39.63	57.97	200m:	3:27.54	47.91
30+												
1.	1041452	BEN CILLERO, Sabela					32	XOVE			2:57.84	13,00
	50m:	37.33	37.33	100m:	1:22.36	45.03	150m:	2:12.93	50.57	200m:	2:57.84	44.91
35+												
1.	1144948	GONZALEZ PEREZ, Jessica					37	RIASBAIXAS			3:16.98	13,00
	50m:	45.97	45.97	100m:	1:36.05	50.08	150m:	2:32.74	56.69	200m:	3:16.98	44.24
2.	1036315	LOPEZ CORTABITARTE, Belen					37	HERCULES			3:39.39	10,00
	50m:	53.57	53.57	100m:	1:49.66	56.09	150m:	2:49.29	59.63	200m:	3:39.39	50.10
40+												
1.	1013486	GONZALEZ RODRIGUEZ, Maria					42	CIDSANTIAG			2:48.48	13,00 RG
	50m:	36.22	36.22	100m:	1:19.92	43.70	150m:	2:10.51	50.59	200m:	2:48.48	37.97
2.	1180232	FKEOUI OMARI, Salma					42	ESCUALOS			3:03.90	10,00
	50m:	41.54	41.54	100m:	1:30.84	49.30	150m:	2:21.42	50.58	200m:	3:03.90	42.48
45+												
1.	1143813	REGUEIRA MARTINEZ, Maria J.					49	HERCULES			3:23.10	13,00
	50m:	45.85	45.85	100m:	1:39.20	53.35	150m:	2:36.44	57.24	200m:	3:23.10	46.66
2.	1197606	CARBALLO BALOIRA, Susana María					49	HERCULES			4:08.63	10,00
	50m:	1:02.48	1:02.48	100m:	2:07.49	1:05.01	150m:	3:13.63	1:06.14	200m:	4:08.63	55.00
50+												
1.	1147115	HERNANDEZ ALFAGEME, Rita					53	RIASBAIXAS			3:15.53	13,00
	50m:	45.92	45.92	100m:	1:35.88	49.96	150m:	2:32.11	56.23	200m:	3:15.53	43.42
2.	1197600	SANDERSON KEOUGH, Helen Jane					54	CULLEREDO			3:23.30	10,00
	50m:	45.67	45.67	100m:	1:36.27	50.60	150m:	2:35.19	58.92	200m:	3:23.30	48.11

Prueba 6, Fem., 200m Estilos, 50+

Clasificación									Edad		Tiempo	Puntos
3.	1171727	GARCIA RODRIGUEZ, Teresa				52	PORTAMIÑA				4:07.52	8,00
	50m:	55.29	55.29	100m:	2:04.41	1:09.12	150m:	3:13.74	1:09.33	200m:	4:07.52	53.78

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS						3:46.41	13,00	
	50m:	50.07	50.07	100m:	1:51.47	1:01.40	150m:	2:55.56	1:04.09	200m:	3:46.41	50.85
2.	1145007	MELON PARENTE, M. Lourdes	55	PONTEAREAS						5:44.43	10,00	
	50m:	1:26.10	1:26.10	100m:	2:59.03	1:32.93	150m:	4:37.62	1:38.59	200m:	5:44.43	1:06.81

60+

1.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE							3:32.86	13,00
	50m:	53.60	53.60	100m:	1:49.06	55.46	150m:	2:44.13	55.07	200m:	3:32.86	48.73
2.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES							4:11.34	10,00
	50m:	1:03.24	1:03.24	100m:	2:12.52	1:09.28	150m:	3:20.86	1:08.34	200m:	4:11.34	50.48
3.	1170586	OREIRO PAZOS, M. Gloria	64	ARTEIXO							4:14.75	8,00
	50m:	1:05.67	1:05.67	100m:	2:14.10	1:08.43	150m:	3:20.30	1:06.20	200m:	4:14.75	54.45

Prueba 7
20/01/2024

Masc., 200m Estilos

2004 y mayores
Resultados

Clasificación					Edad					Tiempo	Puntos
20+											
1.	1142936	MARTINEZ ARGIZ, David			24	MONFORTE			2:31.94	13,00	
	50m:	31.91	31.91	100m:	1:11.28	39.37	150m:	1:55.18	43.90	200m:	2:31.94 36.76
2.	1038800	ALONSO RODRIGUEZ, Javier			23	PONTEAREAS			2:38.81	10,00	
	50m:	30.73	30.73	100m:	1:10.33	39.60	150m:	1:55.81	45.48	200m:	2:38.81 43.00
30+											
1.	1076355	OROZA PARGA, Bruno			30	XOVE			2:42.02	13,00	
	50m:	33.01	33.01	100m:	1:16.07	43.06	150m:	2:05.63	49.56	200m:	2:42.02 36.39
2.	1076271	NOVALES BLANCO, Xabier			33	RIASBAIXAS			3:16.21	10,00	
	50m:	42.18	42.18	100m:	1:39.23	57.05	150m:	2:33.02	53.79	200m:	3:16.21 43.19
Baja	1130602	TENORIO FREIRE, Martin			32	GALAICO					-
35+											
1.	1140778	RODRIGUEZ LAGO, David			38	CIDSANTIAG			2:22.10	13,00	
	50m:	30.26	30.26	100m:	1:07.54	37.28	150m:	1:48.59	41.05	200m:	2:22.10 33.51
2.	1076287	PAZOS ALONSO, Josue			38	ESCUALOS			2:31.42	10,00	
	50m:	32.72	32.72	100m:	1:13.88	41.16	150m:	1:55.32	41.44	200m:	2:31.42 36.10
3.	1199549	MARTINEZ DOPAZO, David			37	GALAICO			2:39.80	8,00	
	50m:	33.70	33.70	100m:	1:15.95	42.25	150m:	2:02.23	46.28	200m:	2:39.80 37.57
4.	1037182	GARCIA GARCIA, Anselmo			36	XOVE			2:41.92	7,00	
	50m:	33.64	33.64	100m:	1:15.21	41.57	150m:	2:01.02	45.81	200m:	2:41.92 40.90
40+											
1.	1141151	CALLE FACAL, Telmo			41	GALAICO			2:24.91	13,00	
	50m:	31.58	31.58	100m:	1:09.74	38.16	150m:	1:51.63	41.89	200m:	2:24.91 33.28
2.	1107942	GARCIA RODRIGUEZ, Sergio			43	RIASBAIXAS			2:36.05	10,00	
	50m:	34.69	34.69	100m:	1:15.55	40.86	150m:	1:59.94	44.39	200m:	2:36.05 36.11
3.	1228089	MERA MONTECELOS, Pablo			41	HERCULES			2:37.98	8,00	
	50m:	33.60	33.60	100m:	1:15.13	41.53	150m:	2:02.00	46.87	200m:	2:37.98 35.98
4.	1178765	ESPAÑA CABEZAS, Jesús			43	CIDSANTIAG			2:52.42	7,00	
	50m:	34.43	34.43	100m:	1:23.25	48.82	150m:	2:12.42	49.17	200m:	2:52.42 40.00
5.	1144584	ALVAREZ SILVA, Ruben			43	ESCUALOS			3:02.05	6,00	
	50m:	41.33	41.33	100m:	1:30.59	49.26	150m:	2:21.22	50.63	200m:	3:02.05 40.83
6.	1214823	GONZALEZ PEÑAS, David			40	PORTAMIÑA			3:15.41	5,00	
	50m:	46.62	46.62	100m:	1:37.86	51.24	150m:	2:30.20	52.34	200m:	3:15.41 45.21
7.	1038913	SUAREZ GARCIA, Pedro Lois			44	PONTEAREAS			3:27.73	4,00	
	50m:	48.75	48.75	100m:	1:45.25	56.50	150m:	2:38.31	53.06	200m:	3:27.73 49.42
8.	1039360	POSE MATO, Cesar			41	ADFOGAR			4:35.54	3,00	
	50m:	1:09.31	1:09.31	100m:	2:22.33	1:13.02	150m:	3:37.24	1:14.91	200m:	4:35.54 58.30

Prueba 7, Masc., 200m Estilos

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	46	CNMOS	2:30.68	13,00		
	50m:	32.73 32.73	100m:	1:12.79 40.06	150m:	1:55.78 42.99	200m:	2:30.68 34.90
2.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO	2:43.33	10,00		
	50m:	32.95 32.95	100m:	1:14.66 41.71	150m:	2:03.76 49.10	200m:	2:43.33 39.57
3.	1180237	FOUZ ROUCO, Rubén	45	HERCULES	2:52.85	8,00		
	50m:	37.82 37.82	100m:	1:22.08 44.26	150m:	2:14.83 52.75	200m:	2:52.85 38.02
4.	1076564	CABANELAS EIRAS, Pablo	45	CIDSANTIAG	2:55.82	7,00		
	50m:	38.68 38.68	100m:	1:25.88 47.20	150m:	2:16.50 50.62	200m:	2:55.82 39.32
5.	1006004	GUIMAREY VAZQUEZ, Marcos	47	PORTAMIÑA	2:57.56	6,00		
	50m:	34.23 34.23	100m:	1:22.04 47.81	150m:	2:13.94 51.90	200m:	2:57.56 43.62
6.	1143662	BALSA MOSQUERA, Pablo	46	CMARINA	3:12.94	5,00		
	50m:	37.53 37.53	100m:	1:30.47 52.94	150m:	2:30.24 59.77	200m:	3:12.94 42.70
7.	1145005	FERNANDEZ IGLESIAS, Emilio J.	47	PONTEAREAS	3:15.72	4,00		
	50m:	39.52 39.52	100m:	1:34.71 55.19	150m:	2:32.03 57.32	200m:	3:15.72 43.69
8.	1127402	PEXEGUEIRO BALADRON, Nicolas	47	CNMOS	3:30.07	3,00		
	50m:	46.05 46.05	100m:	1:40.84 54.79	150m:	2:40.14 59.30	200m:	3:30.07 49.93

50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	50	CNMOS	2:33.33	13,00	RG	
	50m:	31.25 31.25	100m:	1:11.10 39.85	150m:	1:57.45 46.35	200m:	2:33.33 35.88
2.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	2:51.60	10,00		
	50m:	34.89 34.89	100m:	1:24.23 49.34	150m:	2:11.71 47.48	200m:	2:51.60 39.89
3.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS	2:53.63	8,00		
	50m:	34.79 34.79	100m:	1:24.13 49.34	150m:	2:14.39 50.26	200m:	2:53.63 39.24
4.	1144117	PREGO MARTINEZ, Benjamin	51	PONTEAREAS	3:11.06	7,00		
	50m:	43.88 43.88	100m:	1:37.49 53.61	150m:	2:28.45 50.96	200m:	3:11.06 42.61
5.	1076535	DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	3:15.40	6,00		
	50m:	45.01 45.01	100m:	1:35.36 50.35	150m:	2:33.31 57.95	200m:	3:15.40 42.09
6.	1141071	LORENZO FERNANDEZ, Jose Manuel	52	RIASBAIXAS	3:31.02	5,00		
	50m:	43.03 43.03	100m:	1:38.83 55.80	150m:	2:42.25 1:03.42	200m:	3:31.02 48.77
7.	1203306	DURO GONZALEZ, Antonio	50	SALESTRA	3:45.02	4,00		
	50m:	46.54 46.54	100m:	1:48.36 1:01.82	150m:	2:58.77 1:10.41	200m:	3:45.02 46.25
8.	1208795	LORENZO GONZALEZ-VISO, Carlos	53	POURENSE	3:56.53	3,00		
	50m:	51.84 51.84	100m:	1:55.59 1:03.75	150m:	3:03.96 1:08.37	200m:	3:56.53 52.57

60+

1.	1053394	SANJORGE PEDREIRA, Carmelo			62	ARTEIXO			4:01.05	13,00		
	50m:	52.54	52.54	100m:	1:51.28	58.74	150m:	3:07.57	1:16.29	200m:	4:01.05	53.48

65+

Baja	1174449	FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG	-
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Prueba 8
20/01/2024

Fem., 100m Mariposa

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1144257	FERNANDEZ GONZALEZ, Elena	23	HERCULES	1:30.74	13,00
	50m:	43.92 43.92	100m:	1:30.74 46.82		
25+						
1.	1145008	GONZALEZ PEREZ, Paula	28	PONTEAREAS	1:46.45	13,00
	50m:	48.28 48.28	100m:	1:46.45 58.17		
Baja	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO		-
30+						
1.	1093459	FRANCO CAL, Alba	33	FLUVIAL	1:06.10	13,00
	50m:	31.38 31.38	100m:	1:06.10 34.72		
2.	1144580	PEREZ GARCIA, Eva	34	RIASBAIXAS	1:31.45	10,00
	50m:	41.14 41.14	100m:	1:31.45 50.31		
3.	1143565	ARAÚJO CASTRO, Paula	33	CDELMAR	1:38.42	8,00
	50m:	44.09 44.09	100m:	1:38.42 54.33		
35+						
1.	1144894	VINAGRE SENDINO, Cora	36	SCASINO	1:26.56	13,00
	50m:	39.54 39.54	100m:	1:26.56 47.02		
2.	1110693	FERNANDEZ GUARDIOLA, Loira	35	PONTEAREAS	2:25.40	10,00
	50m:	1:01.66 1:01.66	100m:	2:25.40 1:23.74		
40+						
1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA	1:16.12	13,00 RG
	50m:	34.86 34.86	100m:	1:16.12 41.26		
2.	1170845	CID ALVAREZ, Isabel	44	ESCUALOS	1:45.60	10,00
	50m:	50.10 50.10	100m:	1:45.60 55.50		
Baja	1144598	OLMO VAQUEIRO, Leticia	43	PONTEAREAS		-
45+						
1.	1146893	PRADO FRANCO, Marta E.	45	RIASBAIXAS	1:37.47	13,00
	50m:	42.81 42.81	100m:	1:37.47 54.66		
2.	1143813	REGUEIRA MARTINEZ, Maria J.	49	HERCULES	1:39.89	10,00
	50m:	46.09 46.09	100m:	1:39.89 53.80		
3.	1180238	GARCÍA SEOANE, Cristina María	49	HERCULES	1:41.32	8,00
	50m:	46.28 46.28	100m:	1:41.32 55.04		
Baja	1222316	GIL VILLARINO, Marta	47	HERCULES		-
50+						
1.	1171727	GARCIA RODRIGUEZ, Teresa	52	PORTAMIÑA	2:00.95	13,00
	50m:	56.09 56.09	100m:	2:00.95 1:04.86		

Prueba 8, Fem., 100m Mariposa, 50+

Clasificación					Edad			Tiempo	Puntos
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS				2:21.15	10,00
	50m:	55.11	55.11	100m:	2:21.15	1:26.04			

55+

1.	1037970	CALVIÑO CANCELA, Maria Cristina	56	PONTEAREAS				1:53.67	13,00
	50m:	52.71	52.71	100m:	1:53.67	1:00.96			
2.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS				2:03.83	10,00
	50m:	56.49	56.49	100m:	2:03.83	1:07.34			
3.	1145007	MELON PARENTE, M. Lourdes	55	PONTEAREAS				3:13.63	8,00
	50m:	1:31.49	1:31.49	100m:	3:13.63	1:42.14			

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	61	CDELMAR				1:42.38	13,00
	50m:	48.39	48.39	100m:	1:42.38	53.99			

Prueba 9
20/01/2024

Masc., 100m Mariposa

2004 y mayores
Resultados

Clasificación							Edad		Tiempo	Puntos
20+										
1.	1076409	CANCELA GOMEZ, Hugo				21	PONTEAREAS		1:03.40	13,00
	50m:	29.11	29.11	100m:	1:03.40	34.29				
2.	1068314	MARTINEZ MARTINEZ, Marcos				21	PONTEAREAS		1:04.74	10,00
	50m:	30.57	30.57	100m:	1:04.74	34.17				
3.	1097741	GONZÁLEZ MARTÍNEZ, Cristian				21	ARTEIXO		1:11.26	8,00
	50m:	32.46	32.46	100m:	1:11.26	38.80				
25+										
1.	1144193	PASTORIZA SNTACLARA, Jorge				27	RIASBAIXAS		1:03.61	13,00
	50m:	29.75	29.75	100m:	1:03.61	33.86				
2.	1037180	CARRERA COSTAS, Martin				28	PONTEAREAS		1:04.54	10,00
	50m:	30.32	30.32	100m:	1:04.54	34.22				
3.	1119327	SUAREZ FERNÁNDEZ, Santiago				29	MONFORTE		1:04.76	8,00
	50m:	30.24	30.24	100m:	1:04.76	34.52				
4.	1038181	BOUZA PADRON, Adrian				27	PONTEAREAS		1:04.91	7,00
	50m:	30.40	30.40	100m:	1:04.91	34.51				
5.	1038178	IBAÑEZ CARRERA, Manuel Gabriel				28	PONTEAREAS		1:12.49	6,00
	50m:	33.14	33.14	100m:	1:12.49	39.35				
30+										
1.	1093458	MUIÑO ALONSO, Anton				30	NCORUÑA		1:03.39	13,00
	50m:	29.31	29.31	100m:	1:03.39	34.08				
2.	1037824	FREIRE GONZALEZ, Javier				31	RIASBAIXAS		1:12.10	10,00
	50m:	33.09	33.09	100m:	1:12.10	39.01				
3.	1076271	NOVALES BLANCO, Xabier				33	RIASBAIXAS		1:35.72	8,00
	50m:	46.14	46.14	100m:	1:35.72	49.58				
Baja	1038182	VALDES REY, Enol				31	XOVE			-
35+										
1.	1078993	LOBELLE GONZALEZ, Ivan				35	FLUVIAL		1:00.07	13,00
	50m:	27.47	27.47	100m:	1:00.07	32.60				
2.	1107406	DOMÍNGUEZ PARDELLAS, Rubén				36	RCNVIGO		1:07.12	10,00
	50m:	31.60	31.60	100m:	1:07.12	35.52				
3.	1191119	CAO LAGO, Pablo				37	RIASBAIXAS		1:15.19	8,00
	50m:	33.77	33.77	100m:	1:15.19	41.42				
4.	1086708	ABUIN ARES, Manuel				37	CIDSANTIAG		1:19.95	7,00
	50m:	35.37	35.37	100m:	1:19.95	44.58				
5.	1097263	LAMEIRO SEOANE, Javier				37	HERCULES		1:24.38	6,00
	50m:	38.75	38.75	100m:	1:24.38	45.63				
6.	1036745	BARCIA SIXTO, Francisco José				39	NTNARON		1:28.93	5,00
	50m:	41.73	41.73	100m:	1:28.93	47.20				

Prueba 9, Masc., 100m Mariposa

40+

1.	1230338	MUIÑO REY, Daniel	40	NFERROL	1:18.15	13,00
	50m:	35.59 35.59	100m:	1:18.15 42.56		
2.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	1:23.62	10,00
	50m:	34.75 34.75	100m:	1:23.62 48.87		
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano	43	CIDSANTIAG	1:37.35	8,00
	50m:	41.16 41.16	100m:	1:37.35 56.19		
4.	1038913	SUAREZ GARCIA, Pedro Lois	44	PONTEAREAS	1:49.57	7,00
	50m:	51.01 51.01	100m:	1:49.57 58.56		
5.	1039360	POSE MATO, Cesar	41	ADFOGAR	2:30.81	6,00
	50m:	1:09.60 1:09.60	100m:	2:30.81 1:21.21		

45+

1.	1024675	IGLESIAS GOMEZ, Gonzalo	45	HERCULES	1:11.27	13,00
	50m:	33.61 33.61	100m:	1:11.27 37.66		
2.	1118746	SANCHEZ GORDON, Roman	46	RIASBAIXAS	1:11.84	10,00
	50m:	33.06 33.06	100m:	1:11.84 38.78		
3.	1075220	MARTINEZ FERNANDEZ, Hector	47	NTNARON	1:22.52	8,00
	50m:	37.89 37.89	100m:	1:22.52 44.63		
4.	1145005	FERNANDEZ IGLESIAS, Emilio J.	47	PONTEAREAS	1:27.36	7,00
	50m:	40.95 40.95	100m:	1:27.36 46.41		
DSQ	1178772	CARRERA RODRÍGUEZ, Rubén	45	PONTEAREAS		-
	<i>Retirado</i>					

50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	1:11.34	13,00
	50m:	33.66 33.66	100m:	1:11.34 37.68		
2.	1079474	MANDADO RODRIGUEZ, Enrique	52	HERCULES	1:35.57	10,00
	50m:	44.44 44.44	100m:	1:35.57 51.13		
3.	1191914	CARNERO FIRVIDA, Jose Ramón	50	ESCUALOS	1:43.15	8,00
	50m:	45.61 45.61	100m:	1:43.15 57.54		
4.	1145039	FERREIRO SANCHEZ, Luis	54	POURENSE	2:05.19	7,00
	50m:	59.34 59.34	100m:	2:05.19 1:05.85		
Baja	1038104	PEREZ ARIAS, Hector	53	PORTAMIÑA		-

55+

1.	1232926	TAPIA PORTO, Enrique	59	NCORUÑA	1:13.53	13,00
	50m:	34.22 34.22	100m:	1:13.53 39.31		
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	1:37.99	10,00
	50m:	46.04 46.04	100m:	1:37.99 51.95		

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	61	GALAICO	1:31.26	13,00
	50m:	43.48 43.48	100m:	1:31.26 47.78		
2.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:53.33	10,00
	50m:	50.22 50.22	100m:	1:53.33 1:03.11		

Prueba 9, Masc., 100m Mariposa

65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	1:35.16	13,00
	50m:	46.15 46.15	100m:	1:35.16 49.01		

70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	1:30.81	13,00
	50m:	42.78 42.78	100m:	1:30.81 48.03		

Prueba 10
20/01/2024

Fem., 100m Braza

2004 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS		1:23.16	13,00
	50m:	40.05 40.05	100m:	1:23.16	43.11		
2.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL		1:26.57	10,00
	50m:	40.60 40.60	100m:	1:26.57	45.97		
3.	1076336	BLANCO PEREZ, Laura	20	PONTEAREAS		1:34.54	8,00
	50m:	44.69 44.69	100m:	1:34.54	49.85		
4.	1143296	EIJO GIL, Ana Paula	21	PONTEAREAS		1:38.06	7,00
	50m:	45.82 45.82	100m:	1:38.06	52.24		
5.	1252297	CARBALLAL FEBREIRO, María	24	XOVE		1:41.11	6,00
	50m:	46.94 46.94	100m:	1:41.11	54.17		
25+							
1.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO		1:28.13	13,00
	50m:	42.41 42.41	100m:	1:28.13	45.72		
2.	1041448	VAZQUEZ SANCHEZ, Pilar	26	XOVE		1:30.86	10,00
	50m:	43.30 43.30	100m:	1:30.86	47.56		
3.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS		1:34.75	8,00
	50m:	44.13 44.13	100m:	1:34.75	50.62		
4.	1115644	FERNÁNDEZ JUAN, María	26	CIDSANTIAG		1:36.92	7,00
	50m:	46.79 46.79	100m:	1:36.92	50.13		
5.	1038608	SUAREZ GARCIA, Sofia	27	RIASBAIXAS		1:40.46	6,00
	50m:	47.74 47.74	100m:	1:40.46	52.72		
6.	1076348	ALVITE LOPEZ, Andrea	25	XOVE		1:50.55	5,00
	50m:	52.37 52.37	100m:	1:50.55	58.18		
DSQ	1219491	FUENTES LORENZO, Carla	25	GALAICO			-
		<i>Nado irregular</i>					
30+							
1.	1249165	CIDRÁS ANGEL, Iria	34	NCORUÑA		1:25.43	13,00
	50m:	40.43 40.43	100m:	1:25.43	45.00		
2.	1041452	BEN CILLERO, Sabela	32	XOVE		1:26.56	10,00
	50m:	40.24 40.24	100m:	1:26.56	46.32		
3.	1191499	GONZALEZ MACIA, Alba	30	MONFORTE		1:43.99	8,00
	50m:	49.84 49.84	100m:	1:43.99	54.15		
4.	1224940	PAZOS GANDARA, Andrea	32	PONTEAREAS		1:46.33	7,00
	50m:	50.91 50.91	100m:	1:46.33	55.42		
5.	1221892	OTERO FERNANDEZ, Maria Luisa	31	SALESTRA		1:48.99	6,00
	50m:	52.49 52.49	100m:	1:48.99	56.50		
6.	1204918	MARTINEZ GARCIA, Susana	33	MONFORTE		1:49.36	5,00
	50m:	50.39 50.39	100m:	1:49.36	58.97		
7.	1240953	SIMOIS MORAIS, Yolanda	30	SALESTRA		2:01.55	4,00
	50m:	54.60 54.60	100m:	2:01.55	1:06.95		

Prueba 10, Fem., 100m Braza, 30+

Clasificación					Edad			Tiempo	Puntos
8.	1202705	MARTINEZ BARCIELA, Maria Olga	34	RIASBAIXAS				2:04.32	3,00
	50m:	59.98	59.98	100m:	2:04.32	1:04.34			
9.	1215890	FERNANDEZ PARADA, Clara	31	POURENSE				2:46.08	2,00
	50m:	1:21.17	1:21.17	100m:	2:46.08	1:24.91			

35+

1.	1141212	RIVAS TENREIRO, Arantza	35	NTNARON				1:34.91	13,00
	50m:	43.79	43.79	100m:	1:34.91	51.12			
2.	1243130	TORRE GONZALEZ, Elisa	39	RIASBAIXAS				1:37.24	10,00
	50m:	44.30	44.30	100m:	1:37.24	52.94			
3.	1203741	QUEREDA RODRÍGUEZ, Almudena	39	LICEO				1:41.87	8,00
	50m:	48.57	48.57	100m:	1:41.87	53.30			
4.	1143898	GONZALEZ FERNANDEZ, Coral.M	37	ESCUALOS				1:55.74	7,00
	50m:	55.11	55.11	100m:	1:55.74	1:00.63			
5.	1129954	GONZALEZ GARCIA, Covadonga	35	GALAICO				2:00.07	6,00
	50m:	56.65	56.65	100m:	2:00.07	1:03.42			

40+

1.	1143598	MIRA VAZQUEZ, Marta	43	ESCUALOS				1:31.17	13,00
	50m:	43.66	43.66	100m:	1:31.17	47.51			
2.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO				1:31.20	10,00
	50m:	43.20	43.20	100m:	1:31.20	48.00			
3.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS				1:32.67	8,00
	50m:	45.60	45.60	100m:	1:32.67	47.07			
4.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE				1:42.06	7,00
	50m:	48.90	48.90	100m:	1:42.06	53.16			
5.	1237395	VILARIÑO CACHO, Elvira	43	SALESTRA				1:46.94	6,00
	50m:	52.34	52.34	100m:	1:46.94	54.60			
6.	1170845	CID ALVAREZ, Isabel	44	ESCUALOS				1:47.34	5,00
	50m:	51.91	51.91	100m:	1:47.34	55.43			
7.	1041646	MOLANES PIÑEIRO, Maria Elena	40	PONTEAREAS				1:51.70	4,00
	50m:	51.94	51.94	100m:	1:51.70	59.76			
8.	1145082	FARIÑA SOUSA, Noemi	41	GALAICO				1:55.46	3,00
	50m:	54.40	54.40	100m:	1:55.46	1:01.06			

45+

1.	1144949	ÁLVAREZ ALONSO, Sonia M.	48	RIASBAIXAS				1:36.51	13,00
	50m:	44.55	44.55	100m:	1:36.51	51.96			
2.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS				1:43.55	10,00
	50m:	48.43	48.43	100m:	1:43.55	55.12			
3.	1144051	DIEGUEZ VARELA, Carina	47	RIASBAIXAS				1:48.47	8,00
	50m:	51.97	51.97	100m:	1:48.47	56.50			
4.	1246144	SANCHEZ BARREIRO, Maria Carmen	48	PONTEAREAS				2:05.39	7,00
	50m:	1:01.96	1:01.96	100m:	2:05.39	1:03.43			
5.	1239790	CARBALLEIRA LOIS, Barbara	48	ESCUALOS				2:09.80	6,00
	50m:	1:03.48	1:03.48	100m:	2:09.80	1:06.32			

Prueba 10, Fem., 100m Braza, 45+

Clasificación							Edad		Tiempo	Puntos
Baja	1222316	GIL VILLARINO, Marta					47	HERCULES		-
50+										
1.	1197600	SANDERSON KEOUGH, Helen Jane					54	CULLEREDO	1:42.04	13,00
	50m:	48.84	48.84	100m:	1:42.04	53.20				
2.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa					52	POURENSE	2:07.30	10,00
	50m:	59.37	59.37	100m:	2:07.30	1:07.93				
3.	1127346	SOBRINO EIRIZ, Maria Del Valle					52	PONTEAREAS	2:13.77	8,00
	50m:	1:01.52	1:01.52	100m:	2:13.77	1:12.25				
DSQ	1202971	PEREZ PEREZ, Sonia					52	ESCUALOS		-
	Nado irregular									
55+										
1.	1058998	MUTILBA OBREGON, Nuria					55	PONTEAREAS	1:38.32	13,00
	50m:	46.55	46.55	100m:	1:38.32	51.77				
2.	1189938	LOPEZ RODRIGUEZ, Adela Elena					56	POURENSE	1:48.23	10,00
	50m:	50.71	50.71	100m:	1:48.23	57.52				
3.	1037939	CASTRO MAESTRE, Isaura					55	FLUVIAL	1:48.73	8,00
	50m:	51.28	51.28	100m:	1:48.73	57.45				
60+										
1.	1039437	BALADO LOPEZ, Ana Maria					63	POURENSE	1:39.59	13,00
	50m:	46.59	46.59	100m:	1:39.59	53.00				
2.	1143893	REBOREDADA MORILLO, Susana					62	ESCUALOS	2:16.21	10,00
	50m:	1:04.75	1:04.75	100m:	2:16.21	1:11.46				
65+										
1.	1075178	SAR MORANO, Dolores					69	CULLEREDO	2:09.26	13,00 RG
	50m:	58.79	58.79	100m:	2:09.26	1:10.47				
2.	1141154	CELEMIN PORRERO, Maria Teresa					65	GALAICO	2:12.37	10,00
	50m:	1:02.10	1:02.10	100m:	2:12.37	1:10.27				
3.	1217937	RODRÍGUEZ TRONCOSO, Marina					65	PONTEAREAS	2:25.39	8,00
	50m:	1:07.37	1:07.37	100m:	2:25.39	1:18.02				
4.	1037151	GOMEZ DOVAL, Maria Angela					68	TRAVIESAS	2:29.38	7,00
	50m:	1:12.46	1:12.46	100m:	2:29.38	1:16.92				
5.	1249213	GUARDIOLA MEDEL, Nuria					68	PONTEAREAS	2:41.12	6,00
	50m:	1:13.83	1:13.83	100m:	2:41.12	1:27.29				
6.	1076494	SUEIRO COSTAS, Mª Carmen					68	PONTEAREAS	3:31.91	5,00
	50m:	1:37.08	1:37.08	100m:	3:31.91	1:54.83				

Prueba 11
20/01/2024

Masc., 100m Braza

2004 y mayores
Resultados

Clasificación			Edad			Tiempo	Puntos
20+							
1.	1075913	PEREZ TIERRA, Ismael	22	MONFORTE		1:10.21	13,00
		50m: 32.50 32.50 100m: 1:10.21	37.71				
2.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE		1:16.77	10,00
		50m: 36.27 36.27 100m: 1:16.77	40.50				
3.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO		1:18.14	8,00
		50m: 36.79 36.79 100m: 1:18.14	41.35				
25+							
1.	1040134	MIGUEZ VAZQUEZ, Victor	27	XOVE		1:22.40	13,00
		50m: 38.54 38.54 100m: 1:22.40	43.86				
2.	1038178	IBAÑEZ CARRERA, Manuel Gabriel	28	PONTEAREAS		1:26.75	10,00
		50m: 41.29 41.29 100m: 1:26.75	45.46				
30+							
1.	1037284	SABUZ FORNEIRO, Martin	30	POURENSE		1:08.44	13,00
		50m: 32.49 32.49 100m: 1:08.44	35.95				
2.	1078641	GRACIA CARBAJO, Miguel	30	NTNARON		1:09.72	10,00
		50m: 32.53 32.53 100m: 1:09.72	37.19				
3.	1110674	BORRAZAS RUMBO, Manuel	31	NCORUÑA		1:09.73	8,00
		50m: 32.16 32.16 100m: 1:09.73	37.57				
4.	1174923	GARCÍA MERA, Rodrigo	32	FLUVIAL		1:36.40	7,00
		50m: 45.43 45.43 100m: 1:36.40	50.97				
5.	1222771	LAGO GONZALEZ, Ivan	31	PONTEAREAS		2:10.34	6,00
		50m: 59.48 59.48 100m: 2:10.34	1:10.86				
Baja	1130602	TENORIO FREIRE, Martin	32	GALAICO			-
35+							
1.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS		1:14.18	13,00
		50m: 35.06 35.06 100m: 1:14.18	39.12				
2.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS		1:17.52	10,00
		50m: 36.54 36.54 100m: 1:17.52	40.98				
3.	1199549	MARTINEZ DOPAZO, David	37	GALAICO		1:17.85	8,00
		50m: 37.09 37.09 100m: 1:17.85	40.76				
4.	1037182	GARCIA GARCIA, Anselmo	36	XOVE		1:19.00	7,00
		50m: 37.48 37.48 100m: 1:19.00	41.52				
5.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman	36	RIASBAIXAS		1:20.05	6,00
		50m: 36.84 36.84 100m: 1:20.05	43.21				
6.	1126597	FERNANDEZ GAYOSO, Jose Manuel	38	CNMOS		1:22.16	5,00
		50m: 38.93 38.93 100m: 1:22.16	43.23				
7.	1240711	MIRAS LOPEZ, Raul	37	NCORUÑA		1:22.38	4,00
		50m: 38.99 38.99 100m: 1:22.38	43.39				
8.	1218108	IGLESIAS LAPIDO, Miguel	39	FLUVIAL		1:22.87	3,00
		50m: 38.55 38.55 100m: 1:22.87	44.32				

Prueba 11, Masc., 100m Braza, 35+

Clasificación					Edad			Tiempo	Puntos
9.	1191119	CAO LAGO, Pablo	37	RIASBAIXAS				1:26.02	2,00
	50m:	40.04	40.04	100m:	1:26.02	45.98			
10.	1023057	PEREZ VAZQUEZ, Telmo	36	CMARINA				1:32.45	1,00
	50m:	43.12	43.12	100m:	1:32.45	49.33			
11.	1198278	MANEIRO BETANZOS, Javier	39	ESCUALOS				1:34.11	-
	50m:	45.54	45.54	100m:	1:34.11	48.57			
12.	1170846	PRESA PRESA, Santiago	36	GALAICO				1:42.80	-
	50m:	47.95	47.95	100m:	1:42.80	54.85			

40+

1.	1144789	MATIAS DUARTE, Erick	42	HERCULES				1:24.33	13,00
	50m:	38.24	38.24	100m:	1:24.33	46.09			
2.	1145052	FIERRO FERNÁNDEZ, Julio	42	HERCULES				1:26.23	10,00
	50m:	40.27	40.27	100m:	1:26.23	45.96			
3.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS				1:27.30	8,00
	50m:	41.08	41.08	100m:	1:27.30	46.22			
4.	1238677	MARIÑO GONZALEZ, Ramón	44	POURENSE				1:36.33	7,00
	50m:	45.37	45.37	100m:	1:36.33	50.96			
5.	1204315	TORRES FRAILE, Emilio	40	MONFORTE				1:43.05	6,00
	50m:	48.15	48.15	100m:	1:43.05	54.90			
DSQ	1143897	SEVILLA AROCA, Javier	41	ESCUALOS					-
	<i>Saída anticipada</i>								

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS				1:15.97	13,00
	50m:	35.68	35.68	100m:	1:15.97	40.29			
2.	1010047	GARCIA REBOLO, Alejandro	49	POURENSE				1:19.83	10,00
	50m:	36.81	36.81	100m:	1:19.83	43.02			
3.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG				1:22.02	8,00
	50m:	38.86	38.86	100m:	1:22.02	43.16			
4.	1251854	CARBALLO CABEZAS, Enrique	48	POURENSE				1:22.66	7,00
	50m:	38.62	38.62	100m:	1:22.66	44.04			
5.	1006004	GUIMAREY VAZQUEZ, Marcos	47	PORTAMIÑA				1:23.13	6,00
	50m:	39.28	39.28	100m:	1:23.13	43.85			
6.	1218110	HERMIDA SALIDO, Gustavo	47	NTNARON				1:24.68	5,00
	50m:	40.54	40.54	100m:	1:24.68	44.14			
7.	1201621	ALONSO ORTIZ, Mariano	48	FLUVIAL				1:32.52	4,00
	50m:	44.42	44.42	100m:	1:32.52	48.10			
8.	1200126	TABOADA CALVELO, Jose Carlos	45	SALESTRA				1:41.01	3,00
	50m:	47.05	47.05	100m:	1:41.01	53.96			
9.	1178772	CARRERA RODRÍGUEZ, Rubén	45	PONTEAREAS				1:49.53	2,00
	50m:	52.03	52.03	100m:	1:49.53	57.50			
DSQ	1144269	LOPEZ PAYO, Mario	47	SALESTRA					-
	<i>Viraxe irregular</i>								
Baja	1252284	FERNANDEZ PEREIRA, Carlos	45	POURENSE					-
Baja	1093446	VAZQUEZ IGLESIAS, Daniel	45	RIASBAIXAS					-

Prueba 11, Masc., 100m Braza

50+

1.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	1:21.95	13,00
	50m:	38.11 38.11	100m:	1:21.95 43.84		
2.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	1:23.51	10,00
	50m:	39.15 39.15	100m:	1:23.51 44.36		
3.	1146934	DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	1:27.38	8,00
	50m:	41.89 41.89	100m:	1:27.38 45.49		
4.	1141504	BOUSO FUENTECILLA, Fernando	53	ESCUALOS	1:27.82	7,00
	50m:	41.22 41.22	100m:	1:27.82 46.60		
5.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS	1:29.21	6,00
	50m:	41.97 41.97	100m:	1:29.21 47.24		
6.	1144117	PREGO MARTINEZ, Benjamin	51	PONTEAREAS	1:30.94	5,00
	50m:	44.06 44.06	100m:	1:30.94 46.88		
7.	1079474	MANDADO RODRIGUEZ, Enrique	52	HERCULES	1:34.22	4,00
	50m:	45.20 45.20	100m:	1:34.22 49.02		
8.	1076553	FERNANDEZ-TESTA BARREIRO, David	50	RIASBAIXAS	1:40.38	3,00
	50m:	48.15 48.15	100m:	1:40.38 52.23		
9.	1180239	MARTÍNEZ LEMA, José Antonio	52	TRICORUÑA	1:41.74	2,00
	50m:	46.52 46.52	100m:	1:41.74 55.22		
10.	1244388	DIEZ RODRIGUEZ, Ignacio J.	52	PORTAMIÑA	1:46.27	1,00
	50m:	49.68 49.68	100m:	1:46.27 56.59		
11.	1197604	ARAUJO FERNÁNDEZ, Jose	53	ESCUALOS	1:49.03	-
	50m:	50.88 50.88	100m:	1:49.03 58.15		
DSQ	1178895	CRESPO PÉREZ, Albarino	54	ESCUALOS		-
	<i>Saída anticipada</i>					
Baja	1040137	QUINTAS BARROS, Jesus C.	51	ESCUALOS		-
Baja	1144857	FERREIRO SUAREZ, Javier M.	51	SCASINO		-

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA	1:25.10	13,00
	50m:	38.75 38.75	100m:	1:25.10 46.35		
2.	1085112	RIVAS FEAL, Antonio	58	SCASINO	1:25.99	10,00
	50m:	40.48 40.48	100m:	1:25.99 45.51		
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS	1:54.17	8,00
	50m:	51.44 51.44	100m:	1:54.17 1:02.73		
4.	1228047	PEREZ GARCIA, Manuel	57	CULLEREDO	2:00.58	7,00
	50m:	54.78 54.78	100m:	2:00.58 1:05.80		

60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	61	NCORUÑA	1:28.82	13,00
	50m:	43.15 43.15	100m:	1:28.82 45.67		
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	1:40.03	10,00
	50m:	47.66 47.66	100m:	1:40.03 52.37		
3.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	1:43.91	8,00
	50m:	49.33 49.33	100m:	1:43.91 54.58		
4.	1144940	HERNANZ MORAL, Fausto	62	RIASBAIXAS	1:56.25	7,00
	50m:	54.98 54.98	100m:	1:56.25 1:01.27		

Prueba 11, Masc., 100m Braza

65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	1:29.99	13,00
	50m:	43.58 43.58	100m:	1:29.99 46.41		
2.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	2:43.32	10,00
	50m:	1:14.75 1:14.75	100m:	2:43.32 1:28.57		
Baja	1174449	FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG		-

70+

1.	1240096	IVANCHENKO, Yurii	71	POURENSE	1:52.06	13,00
	50m:	53.54 53.54	100m:	1:52.06 58.52		

75+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	75	CNMOS	1:53.08	13,00 RG
	50m:	53.39 53.39	100m:	1:53.08 59.69		
2.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	3:09.23	10,00
	50m:	1:26.97 1:26.97	100m:	3:09.23 1:42.26		

80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	3:07.78	13,00
	50m:	1:33.90 1:33.90	100m:	3:07.78 1:33.88		

Prueba 12
20/01/2024

Fem., 100m Espalda

2004 y mayores
Resultados

Clasificación			Edad			Tiempo	Puntos
20+							
1.	1038179	IBÁÑEZ CARRERA, Sara	23	PONTEAREAS		1:10.49	13,00
	50m:	34.15 34.15	100m:	1:10.49	36.34		
2.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA		1:19.76	10,00
	50m:	37.50 37.50	100m:	1:19.76	42.26		
3.	1089303	ABASOLO RUEDA, Claudia	24	NCORUÑA		1:22.03	8,00
	50m:	39.77 39.77	100m:	1:22.03	42.26		
4.	1194207	VALIÑO FERRAZ, Tatyana	21	PONTEAREAS		1:29.86	7,00
	50m:	43.26 43.26	100m:	1:29.86	46.60		
25+							
1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES		1:14.43	13,00
	50m:	36.40 36.40	100m:	1:14.43	38.03		
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA		1:17.84	10,00
	50m:	37.85 37.85	100m:	1:17.84	39.99		
3.	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO		1:24.34	8,00
	50m:	41.47 41.47	100m:	1:24.34	42.87		
30+							
1.	1040457	FREIJO LÓPEZ, Lucía	32	NCORUÑA		1:29.65	13,00
	50m:	43.60 43.60	100m:	1:29.65	46.05		
2.	1224940	PAZOS GANDARA, Andrea	32	PONTEAREAS		1:35.54	10,00
	50m:	46.07 46.07	100m:	1:35.54	49.47		
35+							
1.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS		1:21.47	13,00
	50m:	40.64 40.64	100m:	1:21.47	40.83		
2.	1144894	VINAGRE SENDINO, Cora	36	SCASINO		1:23.15	10,00
	50m:	40.56 40.56	100m:	1:23.15	42.59		
3.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS		1:38.74	8,00
	50m:	49.83 49.83	100m:	1:38.74	48.91		
4.	1036315	LOPEZ CORTABITARTE, Belen	37	HERCULES		1:43.73	7,00
	50m:	51.49 51.49	100m:	1:43.73	52.24		
5.	1143898	GONZALEZ FERNANDEZ, Coral.M	37	ESCUALOS		1:56.22	6,00
	50m:	58.53 58.53	100m:	1:56.22	57.69		
Baja	1212097	LOUREIRO AMOR, Belen Martina	36	NTNARON			-
40+							
1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA		1:18.14	13,00 RG
	50m:	38.15 38.15	100m:	1:18.14	39.99		
2.	1143597	SANCHEZ LEDO, Cira	43	ESCUALOS		1:27.61	10,00
	50m:	43.60 43.60	100m:	1:27.61	44.01		

Prueba 12, Fem., 100m Espalda, 40+

Clasificación				Edad		Tiempo	Puntos
3.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO		1:32.82	8,00
	50m:	44.92	44.92	100m:	1:32.82	47.90	
4.	1036387	VAZQUEZ PARCERO, Marta	44	CMARINA		2:16.72	7,00
	50m:	1:06.40	1:06.40	100m:	2:16.72	1:10.32	
Baja	1236642	ABBATEMARCO, Cristina	40	SALESTRA			-
45+							
1.	1143894	DE LORENZO FERNANDEZ, Maria	46	ESCUALOS		1:36.85	13,00
	50m:	48.49	48.49	100m:	1:36.85	48.36	
2.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS		1:38.39	10,00
	50m:	48.31	48.31	100m:	1:38.39	50.08	
3.	1040944	VARELA REDONDO, Veronica	49	PONTEAREAS		1:50.15	8,00
	50m:	53.60	53.60	100m:	1:50.15	56.55	
4.	1144051	DIEGUEZ VARELA, Carina	47	RIASBAIXAS		1:52.16	7,00
	50m:	54.21	54.21	100m:	1:52.16	57.95	
5.	1217442	VILLASANTE ARMAS, Maria Rosa	49	NCORUÑA		1:56.40	6,00
	50m:	55.91	55.91	100m:	1:56.40	1:00.49	
6.	1144074	SERRANO AVENDAÑO, Silvia	49	TRAVIESAS		1:57.69	5,00
	50m:	1:00.27	1:00.27	100m:	1:57.69	57.42	
7.	1197606	CARBALLO BALOIRA, Susana María	49	HERCULES		2:01.21	4,00
	50m:	58.02	58.02	100m:	2:01.21	1:03.19	
50+							
1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA		1:28.42	13,00
	50m:	43.36	43.36	100m:	1:28.42	45.06	
2.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS		1:39.26	10,00
	50m:	47.99	47.99	100m:	1:39.26	51.27	
3.	1076524	SOUSA CARNEIRO, Rosana	53	CNMOS		1:43.52	8,00
	50m:	51.08	51.08	100m:	1:43.52	52.44	
4.	1143584	FERNANDEZ SESTELO, Maria Jose	54	PONTEAREAS		2:32.86	7,00
	50m:	1:14.93	1:14.93	100m:	2:32.86	1:17.93	
Baja	1076525	SOUSA CARNEIRO, Alicia	50	CNMOS			-
Baja	1144696	SEARA JALON, Monica	54	POURENSE			-
55+							
1.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS		1:45.25	13,00
	50m:	51.59	51.59	100m:	1:45.25	53.66	
60+							
1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE		1:36.82	13,00 RG
	50m:	47.05	47.05	100m:	1:36.82	49.77	
2.	1144231	PEREZ GALLARDO, Teresa	60	POURENSE		2:42.00	10,00
	50m:	1:18.65	1:18.65	100m:	2:42.00	1:23.35	

Prueba 12, Fem., 100m Espalda

65+

1.	1141154 CELEMIN PORRERO, Maria Teresa	65	GALAICO	2:10.50	13,00
	50m: 1:01.87 1:01.87 100m: 2:10.50 1:08.63				
2.	1037151 GOMEZ DOVAL, Maria Angela	68	TRAVIESAS	2:52.89	10,00
	50m: 1:22.57 1:22.57 100m: 2:52.89 1:30.32				

70+

1.	1208789 MAROTO REGLERO, Maria Consuelo F72lla	TRAVIESAS	2:53.95	13,00
	50m: 1:24.23 1:24.23 100m: 2:53.95 1:29.72			

75+

1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	3:24.35	13,00
	50m: 1:37.50 1:37.50 100m: 3:24.35 1:46.85				

80+

1.	1058045 MORAL RUBIO, Isabel	82	PONTEAREAS	3:35.76	13,00
	50m: 1:41.69 1:41.69 100m: 3:35.76 1:54.07				
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	5:28.69	10,00
	50m: 2:34.01 2:34.01 100m: 5:28.69 2:54.68				

Prueba 13
20/01/2024

Masc., 100m Espalda

2004 y mayores
Resultados

Clasificación	Edad						Tiempo	Puntos
20+								
1.	1037192	FERRO SANTOS, Juan Manuel	24	XOVE			1:07.30	13,00
	50m:	32.28 32.28	100m:	1:07.30	35.02			
2.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO			1:10.25	10,00
	50m:	34.30 34.30	100m:	1:10.25	35.95			
3.	1076409	CANCELA GOMEZ, Hugo	21	PONTEAREAS			1:10.34	8,00
	50m:	34.52 34.52	100m:	1:10.34	35.82			
4.	1078716	HERMIDA RAMOS, Raul	24	NTNARON			1:12.69	7,00
	50m:	35.31 35.31	100m:	1:12.69	37.38			
Baja	1061561	INCUTTI TELLADO, Denis	24	PONTEAREAS				-
25+								
1.	1038181	BOUZA PADRON, Adrian	27	PONTEAREAS			1:07.38	13,00
	50m:	32.28 32.28	100m:	1:07.38	35.10			
2.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES			1:08.42	10,00
	50m:	33.16 33.16	100m:	1:08.42	35.26			
Baja	1078908	MEILAN SANCHEZ, Sergio Jose	28	PORTAMIÑA				-
30+								
1.	1038638	CASTRO VILLAR, David	33	FLUVIAL			1:12.25	13,00
	50m:	36.64 36.64	100m:	1:12.25	35.61			
2.	1241602	FONTAN SEIJO, Adrian	31	CNMOS			1:34.45	10,00
	50m:	43.82 43.82	100m:	1:34.45	50.63			
35+								
1.	1089000	TABOADA VILA, Alberto	37	POURENSE			59.22	13,00 RG
	50m:	28.72 28.72	100m:	59.22	30.50			
2.	1226258	BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG			1:15.98	10,00
	50m:	37.32 37.32	100m:	1:15.98	38.66			
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	38	CNMOS			1:16.53	8,00
	50m:	38.08 38.08	100m:	1:16.53	38.45			
4.	1097263	LAMEIRO SEOANE, Javier	37	HERCULES			1:23.50	7,00
	50m:	41.40 41.40	100m:	1:23.50	42.10			
5.	1217936	PASCUAL DE PEDRO, Jorge	38	PONTEAREAS			1:36.71	6,00
	50m:	46.93 46.93	100m:	1:36.71	49.78			
6.	1178928	FIDALGO SERRANO, Guillermo	38	TRAVIESAS			1:36.97	5,00
	50m:	47.68 47.68	100m:	1:36.97	49.29			
7.	1145090	MARTÍNEZ DOMÍNGUEZ, Iván	36	PONTEAREAS			1:37.64	4,00
	50m:	47.28 47.28	100m:	1:37.64	50.36			
8.	1076566	HERRUZO CARREÑO, Guillermo	37	GALAICO			1:41.90	3,00
	50m:	49.57 49.57	100m:	1:41.90	52.33			

Prueba 13, Masc., 100m Espalda

40+

1.	1141151	CALLE FACAL, Telmo	41	GALAICO	1:07.50	13,00
	50m:	33.40 33.40	100m:	1:07.50	34.10	
2.	1228089	MERA MONTECELOS, Pablo	41	HERCULES	1:17.52	10,00
	50m:	38.54 38.54	100m:	1:17.52	38.98	
3.	1143899	PEREZ LOPEZ, Manuel	43	ESCUALOS	1:28.61	8,00
	50m:	43.24 43.24	100m:	1:28.61	45.37	
4.	1170841	BASTIDA CAMPOS, Alejandro	42	SALESTRA	1:29.67	7,00
	50m:	45.26 45.26	100m:	1:29.67	44.41	
5.	1076282	CARRERA COSTAS, Andres	42	PONTEAREAS	1:42.24	6,00
	50m:	48.10 48.10	100m:	1:42.24	54.14	
6.	1238132	FIDALGO SERRANO, Manuel A.	43	TRAVIESAS	1:50.86	5,00
	50m:	53.84 53.84	100m:	1:50.86	57.02	

45+

1.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO	1:15.78	13,00
	50m:	36.19 36.19	100m:	1:15.78	39.59	
2.	1212075	GONZALEZ PARIS, David	46	HERCULES	1:26.19	10,00
	50m:	42.32 42.32	100m:	1:26.19	43.87	
3.	1096414	ALIAGA SOLA, Alberto	47	PONTEAREAS	1:38.07	8,00
	50m:	48.47 48.47	100m:	1:38.07	49.60	
4.	1144181	PEREZ CARRERA, Elias	45	RIASBAIXAS	1:39.29	7,00
	50m:	48.98 48.98	100m:	1:39.29	50.31	
5.	1141502	TRONCOSO CAAMAÑO, Fernando	49	ESCUALOS	1:40.86	6,00
	50m:	49.34 49.34	100m:	1:40.86	51.52	

Baja 1215947 VAZQUEZ PEREZ, Luis Fernando 45 CULLEREDO -

50+

1.	1144601	PUENTE DÍAZ, Javier	53	CIDSANTIAG	1:20.54	13,00
	50m:	39.32 39.32	100m:	1:20.54	41.22	
2.	1076535	DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	1:30.32	10,00
	50m:	44.78 44.78	100m:	1:30.32	45.54	
3.	1144698	CADAVID NUÑEZ, Jose	54	POURENSE	1:51.72	8,00
	50m:	54.82 54.82	100m:	1:51.72	56.90	
4.	1195570	TERREN ENRUBIA, Lucio A	54	RIASBAIXAS	1:54.24	7,00
	50m:	51.41 51.41	100m:	1:54.24	1:02.83	
5.	1145039	FERREIRO SANCHEZ, Luis	54	POURENSE	2:00.30	6,00
	50m:	1:00.88 1:00.88	100m:	2:00.30	59.42	

Baja 1040137 QUINTAS BARROS, Jesus C. 51 ESCUALOS -
Baja 1038104 PEREZ ARIAS, Hector 53 PORTAMIÑA -

Prueba 13, Masc., 100m Espalda

55+

1.	1180234	SÁNCHEZ SECO, Manuel	56	ESCUALOS	1:30.37	13,00
	50m:	45.07 45.07	100m:	1:30.37 45.30		
2.	1141191	GARCIA SANJURJO, Jose Manuel	57	CDELMAR	1:37.32	10,00
	50m:	48.46 48.46	100m:	1:37.32 48.86		
3.	1195569	PEREZ LEIVA, Manuel	56	RIASBAIXAS	1:38.64	8,00
	50m:	48.55 48.55	100m:	1:38.64 50.09		
4.	1057905	GURIDI HUERTA, Jesus M.	56	FLUVIAL	1:46.35	7,00
	50m:	53.05 53.05	100m:	1:46.35 53.30		
5.	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS	1:56.88	6,00
	50m:	58.47 58.47	100m:	1:56.88 58.41		
DSQ	1141209	DE LA PAZ VIGO, Agustin A.	58	CMARINA		-
	<i>Saída anticipada</i>					

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG	1:13.25	13,00
	50m:	35.53 35.53	100m:	1:13.25 37.72		
2.	1053394	SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	1:42.72	10,00
	50m:	51.83 51.83	100m:	1:42.72 50.89		
3.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:47.97	8,00
	50m:	53.12 53.12	100m:	1:47.97 54.85		
4.	1143536	BLANCO PEREZ, Angel	60	POURENSE	2:08.93	7,00
	50m:	1:04.34 1:04.34	100m:	2:08.93 1:04.59		

65+

1.	1170858	CODESIDO LOPEZ, José	65	CIDSANTIAG	1:29.84	13,00 RG
	50m:	44.55 44.55	100m:	1:29.84 45.29		
2.	1075185	YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	1:32.24	10,00
	50m:	45.43 45.43	100m:	1:32.24 46.81		
Baja	1191492	TIMIRAOS CARRASCO, Luis	68	POURENSE		-

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	70	POURENSE	1:44.53	13,00 RG
	50m:	52.30 52.30	100m:	1:44.53 52.23		

75+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	75	CNMOS	1:55.89	13,00
	50m:	1:00.00 1:00.00	100m:	1:55.89 55.89		

Prueba 14
20/01/2024

Fem., 4 x 50m Libre

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Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	2:01.52	26,00 RG
	SUAREZ GONZALEZ, Gracia	24	28.06	BLANCO PEREZ, Laura	20	31.38
	IBAÑEZ CARRERA, Sara	23	29.20	LEMONS FERNANDEZ, Zaira	22	32.88
Baja	RIASBAIXAS 1			RIASBAIXAS		-

+100

1.	GALAICO 2			GALAICO	2:23.40	26,00
	GONZALEZ AVENDAÑO, Lucia	25	34.15	FARIÑA SOUSA, Noemi	41	39.86
	FUENTES LORENZO, Carla	25	39.20	GARCIA MIGUEZ, Rosalia	26	30.19

+120

1.	NCORUÑA 1			NCORUÑA	2:10.29	26,00
	LAGO CASTILLO, Natalia	25	32.69	DOPEREIRO GARCIA, Alba	34	32.37
	MUIÑO, Andrea	33	33.47	CIDRÁS ANGEL, Iria	34	31.76
2.	XOVE 1			XOVE	2:10.32	20,00
	BEN CILLERO, Sabela	32	31.24	GONZALEZ FERNANDEZ, Leticia	42	34.32
	VAZQUEZ SANCHEZ, Pilar	26	32.14	ALVITE LOPEZ, Andrea	25	32.62
3.	RIASBAIXAS 2			RIASBAIXAS	2:13.45	16,00
	SUAREZ GARCIA, Sofia	27	33.44	PEREZ GARCIA, Eva	34	32.15
	GONZALEZ PEREZ, Jessica	37	36.19	MENDEZ SEIJO, Nerea	25	31.67
4.	PONTEAREAS 3			PONTEAREAS	2:28.03	14,00
	GESTO ALONSO, Clarisa	35	33.95	GONZALEZ PEREZ, Paula	28	38.03
	PAZOS GANDARA, Andrea	32	38.13	VARELA REDONDO, Veronica	49	37.92
Baja	SALESTRA 1			SALESTRA		-

+160

1.	PORTAMIÑA 1			PORTAMIÑA	2:22.91	26,00
	FREJE TORNEIRO, Aroa	26	28.65	FERNANDEZ GONZALEZ, Iria	42	36.83
	OJEA DE CASTRO, Macarena	51	35.19	GARCIA RODRIGUEZ, Teresa	52	42.24
2.	ESCUALOS 1			ESCUALOS	2:26.79	20,00
	MIRA VAZQUEZ, Marta	43	35.80	PEREZ PEREZ, Sonia	52	37.46
	SANCHEZ LEDO, Cira	43	38.87	FKEOUI OMARI, Salma	42	34.66
3.	SCASINO 1			SCASINO	2:39.25	16,00
	VINAGRE SENDINO, Cora	36	33.20	GARNACHO GAYARRE, Nuria	55	43.83
	ANDON YAÑEZ, Lorena	46	39.63	SANCHEZ DE LLANO, M. Nieves	32	42.59
Baja	POURENSE 1			POURENSE		-
Baja	PONTEAREAS 4			PONTEAREAS		-

Prueba 14, Fem., 4 x 50m Libre

+200

1.	RIASBAIXAS 3			RIASBAIXAS	2:32.98	26,00
	ÁLVAREZ ALONSO, Sonia M.	48	34.17	ROIG SANCHEZ, Blanca Ana	50	37.17
	DIEGUEZ VARELA, Carina	47	42.20	REGUEIRO RODRIGUEZ, Ana	58	39.44
2.	HERCULES 1			HERCULES	2:37.12	20,00
	REGUEIRA MARTINEZ, Maria J.	49	35.00	CARBALLO BALOIRA, Susana Ma	49	42.30
	GARCÍA SEOANE, Cristina María	49	39.40	LOPEZ MAHIA, Purificacion	61	40.42
3.	PONTEAREAS 5			PONTEAREAS	2:39.27	16,00
	DEL AMO BLANCO, Margarita	57	41.97	COVELO SAAVEDRA, Nahir	46	39.26
	MUTILBA OBREGON, Nuria	55	34.94	CALVIÑO CANCELA, Maria Cristina	56	43.10
4.	ESCUALOS 2			ESCUALOS	2:57.64	14,00
	REBOREDÁ MORILLO, Susana	62	51.82	CARBALLEIRA LOIS, Barbara	48	48.14
	CID ALVAREZ, Isabel	44	40.31	DE LORENZO FERNANDEZ, Maria	46	37.37
5.	GALAICO 1			GALAICO	3:13.28	12,00
	CELEMIN PORRERO, Maria Teresa	65	54.59	MIGUEZ DE LA SIERRA, Angeles	58	47.62
	GONZALEZ GARCIA, Covadonga	35	44.05	VALLADARES BERTOL, Begoña	51	47.02
Baja	POURENSE 2			POURENSE		-

+240

1.	POURENSE 3			POURENSE	2:57.11	26,00 RG
	GARCIA COLOMO, M. Cristina	62	35.98	LOPEZ RODRIGUEZ, Adela Elena	56	40.94
	BALADO LOPEZ, Ana Maria	63	40.35	PEREZ GALLARDO, Teresa	60	59.84
2.	TRAVIESAS 1			TRAVIESAS	3:24.43	20,00
	MAROTO REGLERO, Maria Consue72Paula		57.98	SERRANO AVENDAÑO, Silvia	49	45.38
	GOMEZ DOVAL, Maria Angela	68	1:00.26	BARJA BARJA, Liliana	59	40.81
3.	PONTEAREAS 6			PONTEAREAS	3:50.83	16,00
	SOBRINO EIRIZ, Maria Del Valle	52	45.55	SUEIRO COSTAS, Mª Carmen	68	1:06.46
	RODRÍGUEZ TRONCOSO, Marina	65	59.03	MELON PARENTE, M. Lourdes	55	59.79

+280

1.	PONTEAREAS 7			PONTEAREAS	4:49.98	26,00
	MORAL RUBIO, Isabel	82	1:20.50	GUARDIOLA MEDEL, Nuria	68	1:18.73
	FERNANDEZ SESTELO, Maria Jose	54	49.44	GONZALEZ RODRIGUEZ, S. Marta	78	1:21.31

Prueba 15
20/01/2024

Masc., 4 x 50m Libre

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Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	2:12.68	26,00
	MARTINEZ MARTINEZ, Marcos	21	26.26	INCUTTI TELLADO, Denis	24	27.14
	CANCELA GOMEZ, Hugo	21	25.76	GÓMEZ MÉNDEZ, Borja	22	53.52

+100

1.	PONTEAREAS 2			PONTEAREAS	1:56.72	26,00
	CARRERA COSTAS, Martin	28	27.34	IBAÑEZ CARRERA, Manuel Gabriel	28	28.85
	BOUZA PADRON, Adrian	27	27.40	MARTÍNEZ DOMÍNGUEZ, Iván	36	33.13

+120

1.	NCORUÑA 1			NCORUÑA	1:46.50	26,00
	BORRAZAS RUMBO, Manuel	31	25.30	MUIÑO ALONSO, Anton	30	24.92
	MIRAS LOPEZ, Raul	37	29.83	LAGO LOPEZ, Diego	33	26.45
2.	GALAICO 2			GALAICO	1:55.08	20,00
	CALLE FACAL, Telmo	41	27.09	PRESA PRESA, Santiago	36	33.27
	MARTINEZ DOPAZO, David	37	28.39	TENORIO FREIRE, Martin	32	26.33
3.	RIASBAIXAS 1			RIASBAIXAS	2:00.17	16,00
	PASTORIZA SANTA CLARA, Jorge	27	26.48	FIGUEIRA DOMINGUEZ, Javier	36	31.54
	NOVALES BLANCO, Xabier	33	33.78	FREIRE GONZALEZ, Javier	31	28.37
4.	ESCUALOS 1			ESCUALOS	2:00.35	14,00
	MANEIRO BETANZOS, Javier	39	31.12	ALVAREZ SILVA, Ruben	43	30.49
	FORTES NOVOA, Martiño	36	30.29	PAZOS ALONSO, Josue	38	28.45
5.	HERCULES 1			HERCULES	2:03.34	12,00
	RIVAS MACEIRAS, Isaac	25	28.13	MATIAS DUARTE, Erick	42	30.87
	FIERRO FERNÁNDEZ, Julio	42	33.56	LAMEIRO SEOANE, Javier	37	30.78

DSQ

NTNARON 1

NTNARON

Posta anticipada relevista 2

GRACIA CARBAJO, Miguel	30	25.21	BARCIA SIXTO, Francisco José	39
SANMARTIN GARCÍA, Jorge	33		RODRIGUEZ PEREZ, Pedro Fco.	36

Baja

POURENSE 1

POURENSE

Baja

PONTEAREAS 3

PONTEAREAS

Baja

XOVE 1

XOVE

+160

1.	HERCULES 2			HERCULES	1:50.28	26,00 RG
	SAAVEDRA GONZÁLEZ, Raul	51	28.24	FOUZ ROUCO, Rubén	45	27.48
	IGLESIAS GOMEZ, Gonzalo	45	27.56	MERA MONTECELOS, Pablo	41	27.00
2.	ESCUALOS 2			ESCUALOS	1:56.62	20,00
	SEVILLA AROCA, Javier	41	28.48	PEREIRA DIAZ, Angel	52	29.76
	QUINTAS BARROS, Jesus C.	51	30.74	NOGUEIRA-PINTO CRESPO, Hugo	46	27.64
3.	CIDSANTIAG 1			CIDSANTIAG	2:09.37	16,00
	BERNARDEZ FERRO, Juan Jose	37	29.81	ABUIN ARES, Manuel	37	30.76
	CODESIDO LOPEZ, José	65	34.04	DOMINGUEZ PHILOCREON, Ticiano	43	34.76
4.	ARTEIXO 1			ARTEIXO	2:09.43	14,00
	BAIZ ROCA, Gabriel	45	29.28	ANDRES DUASO, Olmo	31	31.38
	MARTIN MONTERO, Manuel Jose	47	30.68	SANJORGE PEDREIRA, Carmelo	62	38.09

Prueba 15, Masc., 4 x 50m Libre, +160

Clasificación

					Tiempo	Puntos
5.	FLUVIAL 1		FLUVIAL	2:12.08	12,00	
	GARCÍA MERA, Rodrigo 32	31.81	ALONSO ORTIZ, Mariano 48		33.54	
	IGLESIAS LAPIDO, Miguel 39	28.85	GURIDI HUERTA, Jesus M. 56		37.88	
6.	SALESTRA 1		SALESTRA	2:13.56	10,00	
	DURO GONZALEZ, Antonio 50	33.79	PICALLO MATO, Adrian 29		31.99	
	TABOADA CALVELO, Jose Carlos 45	35.22	BASTIDA CAMPOS, Alejandro 42		32.56	
7.	POURENSE 2		POURENSE	2:19.10	8,00	
	CARBALLO CABEZAS, Enrique 48	31.16	MARIÑO GONZALEZ, Ramón 44		21.30	
	GARCIA REBOLO, Alejandro 49	30.39	FERREIRO SANCHEZ, Luis 54		56.25	
8.	PONTEAREAS 4		PONTEAREAS	2:22.04	6,00	
	ALIAGA SOLA, Alberto 47	35.51	PASCUAL DE PEDRO, Jorge 38		35.46	
	PREGO MARTINEZ, Benjamin 51	34.59	CARRERA COSTAS, Andres 42		36.48	
Baja	RIASBAIXAS 2		RIASBAIXAS		-	

+200

1.	CIDSANTIAG 2		CIDSANTIAG	1:59.76	26,00	
	FERNANDEZ NUÑEZ, Santiago 61	29.06	PUENTE DÍAZ, Javier 53		32.53	
	RODRÍGUEZ SALGADO, Manuel 49	28.55	ESPAÑA CABEZAS, Jesús 43		29.62	
2.	NCORUÑA 2		NCORUÑA	2:07.76	20,00	
	TAPIA PORTO, Enrique 59	29.69	BELLO PORTO, David 34		31.44	
	RODRIGUEZ QUEIRUGA, Juan Carl61	34.43	SOLLEIRO TIZON, Juan Jose 61		32.20	
3.	CULLEREDO 1		CULLEREDO	2:10.52	16,00	
	PEREZ GARCIA, Manuel 57	39.89	HERNAEZ OUBIÑA, David 51		31.15	
	LAMAS SOTO, Cesar 49	31.85	GUIRADO CARABEL, Oscar 48		27.63	
4.	GALAICO 1		GALAICO	2:13.49	14,00	
	BETHENCOURT IGLESIAS, Sergio 61	31.56	CASTRO QUINTELA, Avelino 57		39.14	
	GARCIA CASTIÑEIRA, Daniel 50	30.91	HERRUZO CARREÑO, Guillermo 37		31.88	
5.	PONTEAREAS 5		PONTEAREAS	2:14.57	12,00	
	MOURIÑO ORTIGUERA, Roberto C. 50	31.05	MOURIÑO FORTES, Victor Manuel 47		30.60	
	FERNANDEZ IGLESIAS, Emilio J. 47	34.16	RODRIGUEZ GOMEZ, Emilio 63		38.76	
6.	ESCUALOS 3		ESCUALOS	2:15.40	10,00	
	BOUSO FUENTECILLA, Fernando 53	33.14	CRESPO PÉREZ, Albarino 54		37.82	
	SÁNCHEZ SECO, Manuel 56	34.48	PEREZ LOPEZ, Manuel 43		29.96	
7.	RIASBAIXAS 3		RIASBAIXAS	2:17.96	8,00	
	TERREN ENRUBIA, Lucio A 54	35.26	PEREZ LEIVA, Manuel 56		39.40	
	LORENZO FERNANDEZ, Jose Mani52	34.79	SANCHEZ GORDON, Roman 46		28.51	
8.	CNMOS 1		CNMOS	2:28.11	6,00	
	FONTAN SEIJO, Adrian 31	34.36	FERNANDEZ GAYOSO, Jose Manu38		29.16	
	FERNANDEZ GONZALEZ, Alvaro 59	42.59	RODRIGUEZ LEMOS, Andres J. 75		42.00	
9.	TRAVIESAS 1		TRAVIESAS	3:00.69	4,00	
	VILLORIA CARAMES, Alejandro 79	49.09	FIDALGO SERRANO, Manuel A. 43		39.88	
	SANTAMARINA LÓPEZ, Javier 66	54.17	FIDALGO SERRANO, Guillermo 38		37.55	

DSQ

CMARINA 2
Saída anticipada

BALSA MOSQUERA, Pablo, DE LA PAZ VIGO, Agustin A., ESPESO LANCE, Juan Carlos, TOURIÑO GONZALEZ, Victor M.

Baja

POURENSE 3
PORTAMIÑA 1

POURENSE
PORTAMIÑA

-
-

Prueba 15, Masc., 4 x 50m Libre

+240

1.	POURENSE 4			POURENSE	2:39.01	26,00
	BLANCO PEREZ, Angel	60	38.81	GARCIA COLOMO, Manuel Ramon	70	36.60
	IVANCHENKO, Yurii	71	42.78	CADAVID NUÑEZ, Jose	54	40.82
2.	PONTEAREAS 6			PONTEAREAS	3:07.02	20,00
	CARRERA RODRÍGUEZ, Rubén	45	35.76	MONROY FERNÁNDEZ, Manuel	74	41.89
	SUAREZ GARCIA, Pedro Lois	44	38.15	ARAUJO DOMINGUEZ, Francisco	84	1:11.22
DSQ	HERCULES 3			HERCULES		- RG
	<i>Posta anticipada relevista 4</i>					
	BORDALLO CORTINA, Fernando	70	33.81	YAÑEZ WONENBURGER, J. Carlos	65	33.40
	SUANZES PEREZ, Fernando	71	35.35	GONZALEZ PARIS, David	46	
Baja	CIDSANTIAG 3			CIDSANTIAG		-

Prueba 16
21/01/2024

Mixto, 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	1:50.14	26,00
	ALONSO RODRIGUEZ, Javier	23	27.50	SUAREZ GONZALEZ, Gracia	24	27.33
	INCUTTI TELLADO, Denis	24	26.73	IBAÑEZ CARRERA, Sara	23	28.58

+100

1.	XOVE 2			XOVE	1:57.66	26,00
	OROZA PARGA, Bruno	30	27.20	BEN CILLERO, Sabela	32	30.71
	ALVITE LOPEZ, Andrea	25	32.10	MIGUEZ VAZQUEZ, Victor	27	27.65
2.	RIASBAIXAS 1			RIASBAIXAS	1:58.74	20,00
	FREIRE GONZALEZ, Javier	31	29.09	SUAREZ GARCIA, Sofia	27	31.92
	MENDEZ SEIJO, Nerea	25	31.87	PASTORIZA SANTA CLARA, Jorge	27	25.86
3.	PONTEAREAS 2			PONTEAREAS	2:33.59	16,00
	IBAÑEZ CARRERA, Manuel Gabriel	28	29.17	GONZALEZ PEREZ, Paula	28	37.96
	PAZOS GANDARA, Andrea	32	37.92	LAGO GONZALEZ, Ivan	31	48.54

+120

1.	HERCULES 1			HERCULES	1:53.61	26,00
	MERA MONTECELOS, Pablo	41	26.76	ESPIÑO ALBELA, Andrea	30	32.16
	RIVAS MACEIRAS, Isaac	25	27.44	PASCUAL GUTIERREZ, Maria Tere	26	27.25
2.	NCORUÑA 1			NCORUÑA	1:53.76	20,00
	BORRAZAS RUMBO, Manuel	31	25.22	MUIÑO ALONSO, Anton	30	24.89
	DOPEREIRO GARCIA, Alba	34	32.62	LAGO CASTILLO, Natalia	25	31.03
3.	PONTEAREAS 3			PONTEAREAS	1:58.62	16,00
	CARRERA COSTAS, Martin	28	27.56	CHAMADOIRA DOMÍNGUEZ, Jenni	30	30.92
	BOUZA PADRON, Adrian	27	27.62	GESTO ALONSO, Clarisa	35	32.52
4.	GALAICO 3			GALAICO	1:58.73	14,00
	GONZALEZ AVENDAÑO, Lucia	25	33.93	CALLE FACAL, Telmo	41	26.75
	MARTINEZ DOPAZO, David	37	28.05	GARCIA MIGUEZ, Rosalia	26	30.00
5.	MONFORTE 1			MONFORTE	2:00.07	12,00
	SUAREZ FERNÁNDEZ, Santiago	29	26.23	VÁZQUEZ FUENTES, Cintia	37	33.59
	BELTRAN DIAZ, Emilio	47	26.00	RODRIGUEZ GONZÁLEZ, Raquel	31	34.25
6.	RIASBAIXAS 2			RIASBAIXAS	2:05.43	10,00
	LAGO LOPEZ, Raquel	29	31.52	PEREZ GARCIA, Eva	34	32.16
	FIGUEIRA DOMINGUEZ, Javier Guzmán	36	32.58	CAO LAGO, Pablo	37	29.17
7.	PORTAMIÑA 1			PORTAMIÑA	2:12.69	8,00
	FREJE TORNEIRO, Aroa	26	28.86	GONZALEZ PEÑAS, David	40	38.49
	DIEGUEZ ARANDA, Hector	51	28.65	FERNANDEZ GONZALEZ, Iria	42	36.69
8.	ESCUALOS 1			ESCUALOS	2:14.90	6,00
	FORTES NOVOA, Martiño	36	30.49	MIRA VAZQUEZ, Paula	38	39.52
	PAZOS ALONSO, Josue	38	28.85	DE MARTIN MIGUEL, Ana Asunción	44	36.04
9.	SALESTRA 1			SALESTRA	2:29.15	4,00
	BASTIDA CAMPOS, Alejandro	42	32.69	SIMOIS MORAIS, Yolanda	30	47.75
	ABBATEMARCO, Cristina	40	35.01	TABOADA CALVELO, Jose Carlos	45	33.70

Baja NTNARON 1
Baja ARTEIXO 2

NTNARON -
ARTEIXO -

Prueba 16, Mixto, 4 x 50m Libre, +120

Clasificación

Tiempo Puntos

Baja	POURENSE 1			POURENSE		-
Baja	XOVE 1			XOVE		-
+160						
1.	FLUVIAL 1			FLUVIAL	1:58.23	26,00 RG
	IGLESIAS LAPIDO, Miguel	39	29.24	CASTRO MAESTRE, Isaura	55	38.12
	LOBELLE GONZALEZ, Ivan	35	23.76	FRANCO CAL, Alba	33	27.11
2.	NCORUÑA 2			NCORUÑA	2:03.79	20,00
	TAPIA PORTO, Enrique	59	29.71	MIRAS LOPEZ, Raul	37	29.74
	CIDRÁS ANGEL, Iria	34	31.21	MUIÑO, Andrea	33	33.13
3.	ARTEIXO 1			ARTEIXO	2:05.04	16,00
	BAIZ ROCA, Gabriel	45	29.21	MARTIN MONTERO, Manuel Jose	47	31.04
	GONZÁLEZ RIVAS, Sara	35	30.85	DURÁN VEIRAS, Raquel	40	33.94
4.	ESCUALOS 2			ESCUALOS	2:05.14	14,00
	SEVILLA AROCA, Javier	41	28.51	MIRA VAZQUEZ, Marta	43	35.11
	NOGUEIRA-PINTO CRESPO, Hugo	46	28.10	FKEOUI OMARI, Salma	42	33.42
5.	RIASBAIXAS 3			RIASBAIXAS	2:11.70	12,00
	ARANGO GAYAR, Saul	44	31.59	RODRIGUEZ LOPEZ, Belen	43	35.32
	TORRE GONZALEZ, Elisa	39	38.16	GARCIA RODRIGUEZ, Sergio	43	26.63
6.	CMARINA 1			CMARINA	2:22.09	10,00
	BALSA MOSQUERA, Pablo	46	30.45	VAZQUEZ PARCERO, Marta	44	51.21
	PEREZ VAZQUEZ, Telmo	36	28.89	HERMIDA RODRIGUEZ, Blanca	43	31.54
7.	ADFOGAR 1			ADFOGAR	2:25.13	8,00
	COTELO SENANDE, Alberto	36	29.27	TOME NOGUEIRA, Alberto M.	56	37.13
	PEREIRA ALONSO, Isabel	63	45.04	EIRIS CASTRO, Andrea	34	33.69
8.	PONTEAREAS 4			PONTEAREAS	2:26.07	6,00
	PREGO MARTINEZ, Benjamin	51	34.93	COVELO SAAVEDRA, Nahir	46	38.35
	MARTÍNEZ DOMÍNGUEZ, Iván	36	33.49	JARDON GONZALEZ, Helena	53	39.30
9.	SALESTRA 2			SALESTRA	2:33.07	4,00
	VILARIÑO CACHO, Elvira	43	35.92	DURO GONZALEZ, Antonio	50	35.96
	LOPEZ PAYO, Mario	47	33.90	PAZ BERMUDEZ, Maria	48	47.29
10.	GALAICO 2			GALAICO	2:36.60	2,00
	VALLADARES BERTOL, Begoña	51	48.53	CARBALLA BARROSO, Rogelio M ²⁴³ iel		35.07
	FARIÑA SOUSA, Noemi	41	42.36	GARCIA CASTIÑEIRA, Daniel	50	30.64
11.	TRAVIESAS 2			TRAVIESAS	2:47.33	-
	FIDALGO SERRANO, Manuel A.	43	38.53	FERNÁNDEZ ARRIZABALO, María	58	44.44
	MARTY PAZOS, Maria Victoria	59	47.27	FIDALGO SERRANO, Guillermo	38	37.09
DSQ	MONFORTE 2			MONFORTE		-
	<i>Salida anticipada</i>					
	TORRES FRAILE, Emilio, MARTINEZ GARCIA, Susana, MARTINEZ BERJANO, Jose Manuel, GONZALEZ MACIA, Alba					
Baja	POURENSE 2			POURENSE		-

Prueba 16, Mixto, 4 x 50m Libre

+200

1.	CIDSANTIAG 1			CIDSANTIAG	2:07.94	26,00
	FERNANDEZ ARRUTI, Jose Angel	65	33.03	ALCALDE BALADO, Tania	38	30.68
	CODESIDO LOPEZ, José	65	33.54	GONZALEZ RODRIGUEZ, Maria	42	30.69
2.	RIASBAIXAS 4			RIASBAIXAS	2:11.86	20,00
	SOTO HECTOR, Oscar	54	31.82	MOLINOS LAMAS, Bibiana	47	35.82
	HERNANDEZ ALFAGEME, Rita	53	35.95	SANCHEZ GORDON, Roman	46	28.27
3.	ESCUALOS 3			ESCUALOS	2:14.47	16,00
	QUINTAS BARROS, Jesus C.	51	31.51	PEREZ PEREZ, Sonia	52	37.88
	PEREIRA DIAZ, Angel	52	29.18	DE LORENZO FERNANDEZ, Maria	46	35.90
4.	PONTEAREAS 5			PONTEAREAS	2:15.60	14,00
	MOURIÑO ORTIGUERA, Roberto C.	50	30.50	MUTILBA OBREGON, Nuria	55	34.50
	FERNANDEZ IGLESIAS, Emilio J.	47	33.29	VARELA REDONDO, Veronica	49	37.31
5.	CULLEREDO 1			CULLEREDO	2:24.05	12,00
	HERNAEZ OUBIÑA, David	51	31.81	SANDERSON KEOUGH, Helen Jane	54	36.58
	SAR MORANO, Dolores	69	47.90	GUIRADO CARABEL, Oscar	48	27.76
6.	NCORUÑA 3			NCORUÑA	2:26.56	10,00
	SOLLEIRO TIZON, Juan Jose	61	33.21	RODRIGUEZ QUEIRUGA, Juan Carl	61	34.50
	VILLASANTE ARMAS, Maria Rosa	49	43.40	FREIJO LÓPEZ, Lucía	32	35.45
7.	POURENSE 3			POURENSE	3:04.97	8,00
	IGLESIAS DE LA TORRE, Felipe	48	34.45	PEREZ GALLARDO, Teresa	60	1:00.69
	FERREIRO SANCHEZ, Luis	54	40.04	ACEVEDO REGO, Ermitas	58	49.79

DSQ

HERCULES 3

Salida anticipada

FOUZ ROUCO, Rubén, YAÑEZ WONENBURGER, J. Carlos, GARCÍA SEOANE, Cristina María, REGUEIRA MARTINEZ, Maria J.

Baja

PORTAMIÑA 2

PORTAMIÑA

-

+240

1.	HERCULES 4			HERCULES	2:31.59	26,00 RG
	BORDALLO CORTINA, Fernando	70	33.27	LOPEZ MAHIA, Purificacion	61	41.42
	CARBALLO BALOIRA, Susana Mai	49	42.93	SUANZES PEREZ, Fernando	71	33.97
2.	POURENSE 4			POURENSE	2:32.71	20,00
	BLANCO PEREZ, Angel	60	40.27	GARCIA COLOMO, M. Cristina	62	35.88
	GARCIA COLOMO, Manuel Ramon	70	36.34	BALADO LOPEZ, Ana Maria	63	40.22
3.	PONTEAREAS 6			PONTEAREAS	2:53.72	16,00
	MOURIÑO FORTES, Víctor Manuel	47	31.35	DEL AMO BLANCO, Margarita	57	41.73
	MONROY FERNÁNDEZ, Manuel	74	41.15	RODRÍGUEZ TRONCOSO, Marina	65	59.49
4.	GALAICO 1			GALAICO	2:53.88	14,00
	CELEMIN PORRERO, Maria Teresa	65	54.07	BETHENCOURT IGLESIAS, Sergio	61	31.40
	CASTRO QUINTELA, Avelino	57	40.16	MIGUEZ DE LA SIERRA, Angeles	58	48.25

Baja

RIASBAIXAS 5

RIASBAIXAS

-

Prueba 16, Mixto, 4 x 50m Libre

+280

1.	TRAVIESAS 1			TRAVIESAS	3:16.69	26,00
	VILLORIA CARAMES, Alejandro	79	48.28	GONZALEZ-ALEGRE BURGUEÑO, 721a Maria		45.63
	GOMEZ DOVAL, Maria Angela	68	59.60	ANDRES GONZALEZ, Ramiro J. E.	70	43.18
2.	PONTEAREAS 7			PONTEAREAS	4:14.02	20,00
	RODRIGUEZ GOMEZ, Emilio	63	40.40	SUEIRO COSTAS, Mª Carmen	68	1:06.65
	GUARDIOLA MEDEL, Nuria	68	1:14.78	ARAUJO DOMINGUEZ, Francisco	84	1:12.19
3.	RIASBAIXAS 6			RIASBAIXAS	6:48.13	16,00
	PEREZ DOMINGUEZ, Maria Luisa	80	2:38.52	ROS ROSILLO, Alejandro	66	39.23
	LOPEZ GONZALEZ, Rosa	75	2:31.76	LAGO REY, Jose Manuel	61	58.62

Prueba 17
21/01/2024

Fem., 50m Libre

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
	1.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL	29.17 13,00
	2.	1089303	ABASOLO RUEDA, Claudia	24	NCORUÑA	30.68 10,00
	3.	1076336	BLANCO PEREZ, Laura	20	PONTEAREAS	31.53 8,00
	4.	1144257	FERNANDEZ GONZALEZ, Elena	23	HERCULES	31.86 7,00
	5.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA	31.94 6,00
	6.	1111470	GARCÉS FERNÁNDEZ, Erea	21	RIASBAIXAS	36.45 5,00
	7.	1252297	CARBALLAL FEBREIRO, María	24	XOVE	36.84 4,00
	8.	1250478	HERNANDEZ GARCIA, Maria	24	HERCULES	37.55 3,00
Baja		1143380	SUAREZ GARCIA, Marta	21	RIASBAIXAS	-
25+						
	1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	28.11 13,00
	2.	1039096	LAGO LOPEZ, Raquel	29	RIASBAIXAS	31.63 10,00
	3.	1038608	SUAREZ GARCIA, Sofia	27	RIASBAIXAS	32.17 8,00
	4.	1076348	ALVITE LOPEZ, Andrea	25	XOVE	32.73 7,00
	5.	1115644	FERNÁNDEZ JUAN, María	26	CIDSANTIAG	33.59 6,00
	6.	1243122	DARRIBA CASTRO, Maria	28	RIASBAIXAS	42.20 5,00
	7.	1222772	RODRIGUEZ-TOUBES FORRYAN, Irene	25	PONTEAREAS	54.43 4,00
30+						
	1.	1093459	FRANCO CAL, Alba	33	FLUVIAL	27.68 13,00
	2.	1178773	CHAMADOIRA DOMÍNGUEZ, Jennifer	30	PONTEAREAS	30.60 10,00
	3.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA	32.37 8,00
	4.	1144580	PEREZ GARCIA, Eva	34	RIASBAIXAS	32.44 7,00
	5.	1219499	ESPIÑO ALBELA, Andrea	30	HERCULES	32.49 6,00
	6.	1226235	EIRIS CASTRO, Andrea	34	ADFOGAR	33.33 5,00
	7.	1237382	MUIÑO, Andrea	33	NCORUÑA	33.37 4,00
	8.	1236745	RODRIGUEZ GONZÁLEZ, Raquel	31	MONFORTE	35.11 3,00
	9.	1143565	ARAÚJO CASTRO, Paula	33	CDELMAR	35.66 2,00
	10.	1240953	SIMOIS MORAIS, Yolanda	30	SALESTRA	49.41 1,00
Baja		1215890	FERNANDEZ PARADA, Clara	31	POURENSE	-
35+						
	1.	1127407	GONZÁLEZ RIVAS, Sara	35	ARTEIXO	30.29 13,00
	2.	1224939	VÁZQUEZ FUENTES, Cintia	37	MONFORTE	33.61 10,00
	3.	1243119	COMESAÑA REGUEIRA, Miriam	35	RIASBAIXAS	40.62 8,00
	4.	1129954	GONZALEZ GARCIA, Covadonga	35	GALAICO	41.41 7,00
	5.	1110693	FERNANDEZ GUARDIOLA, Loira	35	PONTEAREAS	51.89 6,00
40+						
	1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	31.28 13,00
	2.	1236642	ABBATEMARCO, Cristina	40	SALESTRA	34.72 10,00
	3.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE	35.00 8,00
	4.	1144200	RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS	35.30 7,00
	5.	1244421	DE MARTIN MIGUEL, Ana Asunción	44	ESCUALOS	35.76 6,00
	6.	1222531	FERNANDEZ GONZALEZ, Iria	42	PORTAMIÑA	36.19 5,00

Prueba 17, Fem., 50m Libre, 40+

Clasificación		Edad		Tiempo	Puntos
7.	1145082 FARIÑA SOUSA, Noemi	41	GALAICO	41.53	4,00
Baja	1036387 VAZQUEZ PARCERO, Marta	44	CMARINA		-
45+					
1.	1079470 MOLINOS LAMAS, Bibiana	47	RIASBAIXAS	35.94	13,00
2.	1040944 VARELA REDONDO, Veronica	49	PONTEAREAS	36.98	10,00
3.	1180238 GARCÍA SEOANE, Cristina María	49	HERCULES	38.93	8,00
4.	1144051 DIEGUEZ VARELA, Carina	47	RIASBAIXAS	43.77	7,00
5.	1144074 SERRANO AVENDAÑO, Silvia	49	TRAVIESAS	43.80	6,00
6.	1217442 VILLASANTE ARMAS, Maria Rosa	49	NCORUÑA	44.56	5,00
7.	1239790 CARBALLEIRA LOIS, Barbara	48	ESCUALOS	49.14	4,00
DSQ	1223050 ANDON YAÑEZ, Lorena	46	SCASINO		-
	<i>Salida irregular</i>				
Baja	1222316 GIL VILLARINO, Marta	47	HERCULES		-
Baja	1236743 RIVAS RODRIGUEZ, Lucia	45	NCORUÑA		-
50+					
1.	1172138 ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	37.50	13,00
2.	1202971 PEREZ PEREZ, Sonia	52	ESCUALOS	38.50	10,00
3.	1232962 JARDON GONZALEZ, Helena	53	PONTEAREAS	41.00	8,00
4.	1143584 FERNANDEZ SESTELO, Maria Jose	54	PONTEAREAS	48.21	7,00
Baja	1207084 MAZAIRO CASTRO, Carmen	51	ESCUALOS		-
Baja	1145023 SALES MANTIÑAN, Carmen	50	SCASINO		-
55+					
1.	1147048 REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	39.05	13,00
2.	1187918 FERNÁNDEZ ARRIZABALO, María	58	TRAVIESAS	44.67	10,00
3.	1076253 MIGUEZ DE LA SIERRA, Angeles	58	GALAICO	50.00	8,00
60+					
1.	1144331 TERCEIRO DELGADO, María Del Mar	61	CDELMAR	34.44	13,00
2.	1076172 GARCIA COLOMO, M. Cristina	62	POURENSE	34.87	10,00
3.	1127105 PEREIRA ALONSO, Isabel	63	ADFOGAR	43.57	8,00
4.	1144231 PEREZ GALLARDO, Teresa	60	POURENSE	1:01.87	7,00
65+					
1.	1075178 SAR MORANO, Dolores	69	CULLEREDO	48.91	13,00
70+					
1.	1076490 GONZALEZ-ALEGRE BURGUEÑO, A.	72	TRAVIESAS	45.28	13,00
75+					
1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	1:23.49	13,00
2.	1249735 LOPEZ GONZALEZ, Rosa	75	RIASBAIXAS	2:30.35	10,00

Prueba 17, Fem., 50m Libre

80+

1.	1058045 MORAL RUBIO, Isabel	82	PONTEAREAS	1:18.94	13,00
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	2:46.87	10,00

Prueba 18
21/01/2024

Masc., 50m Libre

2004 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1075913 PEREZ TIERRA, Ismael	22	MONFORTE	25.27	13,00
2.	1217804 SUAREZ URRUZOLA, Leo	24	CIDSANTIAG	26.36	10,00
3.	1038800 ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	26.93	8,00
4.	1037192 FERRO SANTOS, Juan Manuel	24	XOVE	27.86	7,00
5.	1061561 INCUTTI TELLADO, Denis	24	PONTEAREAS	27.88	6,00
6.	1078716 HERMIDA RAMOS, Raul	24	NTNARON	28.45	5,00
DSQ	1208836 GÓMEZ MÉNDEZ, Borja	22	PONTEAREAS		-
<i>Salida anticipada</i>					
25+					
1.	1119327 SUAREZ FERNÁNDEZ, Santiago	29	MONFORTE	26.46	13,00
2.	1037180 CARRERA COSTAS, Martin	28	PONTEAREAS	26.69	10,00
3.	1040134 MIGUEZ VAZQUEZ, Victor	27	XOVE	27.83	8,00
4.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	28	PONTEAREAS	29.35	7,00
Baja	1078908 MEILAN SANCHEZ, Sergio Jose	28	PORTAMIÑA		-
30+					
1.	1093458 MUIÑO ALONSO, Anton	30	NCORUÑA	25.27	13,00
2.	1078641 GRACIA CARBAJO, Miguel	30	NTNARON	25.30	10,00
3.	1110674 BORRAZAS RUMBO, Manuel	31	NCORUÑA	25.34	8,00
4.	1107418 LAGO LOPEZ, Diego	33	NCORUÑA	26.97	7,00
5.	1076355 OROZA PARGA, Bruno	30	XOVE	27.17	6,00
6.	1037824 FREIRE GONZALEZ, Javier	31	RIASBAIXAS	28.82	5,00
7.	1252298 SANMARTIN GARCÍA, Jorge	33	NTNARON	30.20	4,00
8.	1249168 IGLESIAS DE LEON, Cristian	30	NCORUÑA	30.32	3,00
9.	1249163 BELLO PORTO, David	34	NCORUÑA	31.90	2,00
10.	1251210 ANDRES DUASO, Olmo	31	ARTEIXO	31.96	1,00
11.	1241602 FONTAN SEIJO, Adrian	31	CNMOS	34.92	-
Baja	1037284 SABUZ FORNEIRO, Martin	30	POURENSE		-
Baja	1038182 VALDES REY, Enol	31	XOVE		-
35+					
1.	1078993 LOBELLE GONZALEZ, Ivan	35	FLUVIAL	24.19	13,00 RG
2.	1140778 RODRIGUEZ LAGO, David	38	CIDSANTIAG	25.52	10,00
3.	1078620 RODRIGUEZ PEREZ, Pedro Fco.	36	NTNARON	28.20	8,00
4.	1023057 PEREZ VAZQUEZ, Telmo	36	CMARINA	29.13	7,00
5.	1226234 COTELO SENANDE, Alberto	36	ADFOGAR	29.44	6,00
6.	1218108 IGLESIAS LAPIDO, Miguel	39	FLUVIAL	29.62	5,00
7.	1240711 MIRAS LOPEZ, Raul	37	NCORUÑA	29.94	4,00
8.	1020991 FERNANDEZ MONTEAGUDO, Ruben	39	CIDSANTIAG	32.91	3,00
9.	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	36	PONTEAREAS	34.43	2,00
10.	1178928 FIDALGO SERRANO, Guillermo	38	TRAVIESAS	36.93	1,00
11.	1236854 GIRALDEZ VILLANUEVA, Ivan	37	PONTEAREAS	59.53	-
Baja	1143515 BLANCO PEREZ, Jesus	38	NTNARON		-
Baja	1198278 MANEIRO BETANZOS, Javier	39	ESCUALOS		-

Prueba 18, Masc., 50m Libre

40+

1.	1228089	MERA MONTECELOS, Pablo	41	HERCULES	27.01	13,00
2.	1107942	GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS	27.36	10,00
3.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	30.04	8,00
4.	1143899	PEREZ LOPEZ, Manuel	43	ESCUALOS	30.06	7,00
5.	1085888	CAMIÑA MARTINEZ, Oscar	44	GALAICO	30.11	6,00
6.	1224733	ARANGO GAYAR, Saul	44	RIASBAIXAS	31.39	5,00
7.	1170841	BASTIDA CAMPOS, Alejandro	42	SALESTRA	32.16	4,00
8.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	41	RIASBAIXAS	32.68	3,00
9.	1190909	CARBALLA BARROSO, Rogelio Manuel	43	GALAICO	33.92	2,00
10.	1076542	GONZALEZ CONDE, Rodrigo	42	PONTEAREAS	35.15	1,00
11.	1204315	TORRES FRAILE, Emilio	40	MONFORTE	38.20	-
12.	1238132	FIDALGO SERRANO, Manuel A.	43	TRAVIESAS	38.77	-
Baja	1182358	CANOSA RODRÍGUEZ, Juan José	44	NTNARON		-
Baja	1079215	MENDES FERRAS, Artur Leonel	43	MONFORTE		-

45+

1.	1050705	BELTRAN DIAZ, Emilio	47	MONFORTE	26.59	13,00
2.	1243174	SONEIRA REBOREDO, Oscar	49	CIDSANTIAG	27.36	10,00
3.	1180237	FOUZ ROUCO, Rubén	45	HERCULES	27.99	8,00
4.	1024675	IGLESIAS GOMEZ, Gonzalo	45	HERCULES	28.64	7,00
5.	1118746	SANCHEZ GORDON, Roman	46	RIASBAIXAS	28.89	6,00
6.	1010047	GARCIA REBOLO, Alejandro	49	POURENSE	30.35	5,00
7.	1192271	MOURIÑO FORTES, Victor Manuel	47	PONTEAREAS	30.67	4,00
8.	1078611	MARTIN MONTERO, Manuel Jose	47	ARTEIXO	30.95	3,00
9.	1143662	BALSA MOSQUERA, Pablo	46	CMARINA	31.23	2,00
10.	1144297	LAMAS SOTO, Cesar	49	CULLEREDO	32.25	1,00
11.	1240470	RODRIGUEZ BLANCO, Jose Francisco	48	POURENSE	36.51	-
12.	1239951	LOURIÑO VAZQUEZ, Luis Ignacio	47	PONTEAREAS	47.25	-
Baja	1215947	VAZQUEZ PEREZ, Luis Fernando	45	CULLEREDO		-
Baja	1235958	BRIOSO DÍAZ, Manuel	47	REDONDELA		-
Baja	1143495	MARTINEZ SAIÑAS, Juan Ramon	48	RIASBAIXAS		-

50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	50	CNMOS	26.82	13,00
2.	1146934	DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	29.08	10,00
3.	1180192	SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	29.75	8,00
4.	1084040	GARCIA CASTIÑEIRA, Daniel	50	GALAICO	30.58	7,00
5.	1051938	SOTO HECTOR, Oscar	54	RIASBAIXAS	31.28	6,00
6.	1144601	PUENTE DÍAZ, Javier	53	CIDSANTIAG	32.80	5,00
7.	1195570	TERREN ENRUBIA, Lucio A	54	RIASBAIXAS	34.79	4,00
8.	1141071	LORENZO FERNANDEZ, Jose Manuel	52	RIASBAIXAS	34.88	3,00
9.	1191914	CARNERO FIRVIDA, Jose Ramón	50	ESCUALOS	34.97	2,00
10.	1208795	LORENZO GONZALEZ-VISO, Carlos	53	POURENSE	40.45	1,00
Baja	1171462	FERREIRO SEOANE, Jose Raul	51	RIASBAIXAS		-

Prueba 18, Masc., 50m Libre

55+

1.	1232926	TAPIA PORTO, Enrique	59	NCORUÑA	29.77	13,00
2.	1085112	RIVAS FEAL, Antonio	58	SCASINO	30.89	10,00
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	31.64	8,00
4.	1076509	VAZQUEZ VARELA, Jose Manuel	58	RIASBAIXAS	32.69	7,00
5.	1141209	DE LA PAZ VIGO, Agustin A.	58	CMARINA	33.15	6,00
6.	1246079	ESPESO LANCE, Juan Carlos	58	CMARINA	34.24	5,00
7.	1057905	GURIDI HUERTA, Jesus M.	56	FLUVIAL	36.37	4,00
8.	1203919	CRESPO PIÑEIRO, Natalio	55	RIASBAIXAS	38.37	3,00
9.	1193949	LAMELO OTERO, Ramón Jesus	56	CIDSANTIAG	38.52	2,00
10.	1228047	PEREZ GARCIA, Manuel	57	CULLEREDO	39.03	1,00

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	61	GALAICO	31.79	13,00
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	33.88	10,00
3.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	34.99	8,00
4.	1143536	BLANCO PEREZ, Angel	60	POURENSE	39.64	7,00
5.	1076248	GONZALEZ ANTON, Jose Luis	62	GALAICO	41.08	6,00
6.	1076514	LAGO REY, Jose Manuel	61	RIASBAIXAS	56.81	5,00
DSQ	1078597	SOLLEIRO TIZON, Juan Jose	61	NCORUÑA		-
		<i>Salida anticipada</i>				
Baja	1076173	FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG		-
Baja	1250479	ROMERO PENA, Juan Ramon	61	HERCULES		-

65+

1.	1143896	PERDIZ GONZALEZ, Jose Ramon	66	ESCUALOS	43.53	13,00
2.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	1:08.06	10,00

70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	34.57	13,00
2.	1076493	ANDRES GONZALEZ, Ramiro J. E.	70	TRAVIESAS	39.91	10,00
3.	1240096	IVANCHENKO, Yurii	71	POURENSE	40.83	8,00
4.	1076488	MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	41.22	7,00

75+

1.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	48.01	13,00
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Prueba 19
21/01/2024

Fem., 200m Braza

2004 y mayores
Resultados

Clasificación	Edad										Tiempo		Puntos
20+													
1.	1143296	EIJO GIL, Ana Paula				21	PONTEAREAS				3:29.79	13,00	
	50m:	46.81	46.81	100m:	1:38.50	51.69	150m:	2:33.11	54.61	200m:	3:29.79	56.68	
2.	1228048	ALVAREZ SOUTO, Claudia				23	ESCUALOS				3:35.59	10,00	
	50m:	49.38	49.38	100m:	1:44.69	55.31	150m:	2:39.94	55.25	200m:	3:35.59	55.65	
25+													
1.	1130789	GARCIA MIGUEZ, Rosalia				26	GALAICO				3:10.33	13,00	
	50m:	43.78	43.78	100m:	1:32.60	48.82	150m:	2:22.10	49.50	200m:	3:10.33	48.23	
2.	1041448	VAZQUEZ SANCHEZ, Pilar				26	XOVE				3:15.28	10,00	
	50m:	45.07	45.07	100m:	1:34.98	49.91	150m:	2:25.60	50.62	200m:	3:15.28	49.68	
3.	1145008	GONZALEZ PEREZ, Paula				28	PONTEAREAS				3:46.23	8,00	
	50m:	53.00	53.00	100m:	1:50.56	57.56	150m:	2:50.40	59.84	200m:	3:46.23	55.83	
4.	1219491	FUENTES LORENZO, Carla				25	GALAICO				4:14.85	7,00	
	50m:	56.46	56.46	100m:	2:00.90	1:04.44	150m:	3:08.14	1:07.24	200m:	4:14.85	1:06.71	
30+													
1.	1191499	GONZALEZ MACIA, Alba				30	MONFORTE				3:50.10	13,00	
	50m:	51.41	51.41	100m:	1:50.67	59.26	150m:	2:51.54	1:00.87	200m:	3:50.10	58.56	
2.	1204918	MARTINEZ GARCIA, Susana				33	MONFORTE				3:59.67	10,00	
	50m:	52.12	52.12	100m:	1:55.11	1:02.99	150m:	2:58.21	1:03.10	200m:	3:59.67	1:01.46	
35+													
1.	1141212	RIVAS TENREIRO, Arantza				35	NTNARON				3:25.37	13,00	
	50m:	46.33	46.33	100m:	1:38.16	51.83	150m:	2:32.23	54.07	200m:	3:25.37	53.14	
2.	1143898	GONZALEZ FERNANDEZ, Coral.M				37	ESCUALOS				4:07.16	10,00	
	50m:	57.79	57.79	100m:	2:01.55	1:03.76	150m:	3:05.89	1:04.34	200m:	4:07.16	1:01.27	
40+													
1.	1146780	DURÁN VEIRAS, Raquel				40	ARTEIXO				3:16.41	13,00	
	50m:	44.76	44.76	100m:	1:34.03	49.27	150m:	2:24.50	50.47	200m:	3:16.41	51.91	
2.	1180232	FKEOUI OMARI, Salma				42	ESCUALOS				3:19.51	10,00	
	50m:	47.31	47.31	100m:	1:38.22	50.91	150m:	2:29.52	51.30	200m:	3:19.51	49.99	
3.	1170845	CID ALVAREZ, Isabel				44	ESCUALOS				3:46.30	8,00	
	50m:	52.91	52.91	100m:	1:50.30	57.39	150m:	2:49.20	58.90	200m:	3:46.30	57.10	
DSQ	1143598	MIRA VAZQUEZ, Marta				43	ESCUALOS					-	
	Viraxe irregular												
45+													
1.	1143813	REGUEIRA MARTINEZ, Maria J.				49	HERCULES				3:38.29	13,00	
	50m:	49.51	49.51	100m:	1:44.16	54.65	150m:	2:41.14	56.98	200m:	3:38.29	57.15	
2.	1144051	DIEGUEZ VARELA, Carina				47	RIASBAIXAS				3:53.06	10,00	
	50m:	53.27	53.27	100m:	1:52.50	59.23	150m:	2:54.32	1:01.82	200m:	3:53.06	58.74	

Prueba 19, Fem., 200m Braza, 45+

Clasificación	Edad						Tiempo		Puntos	
3.	1217806	PAZ BERMUDEZ, Maria			48	SALESTRA		4:07.31	8,00	
	50m:	57.38	57.38	100m:	2:01.64	1:04.26	150m:	3:07.38 1:05.74	200m:	4:07.31 59.93
50+										
1.	1197600	SANDERSON KEOUGH, Helen Jane			54	CULLEREDO		3:38.41	13,00	
	50m:	50.44	50.44	100m:	1:46.03	55.59	150m:	2:43.80 57.77	200m:	3:38.41 54.61
2.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa			52	POURENSE		4:32.99	10,00	
	50m:	1:00.72	1:00.72	100m:	2:10.90	1:10.18	150m:	3:23.01 1:12.11	200m:	4:32.99 1:09.98
55+										
1.	1058998	MUTILBA OBREGON, Nuria			55	PONTEAREAS		3:37.54	13,00	
	50m:	48.72	48.72	100m:	1:43.68	54.96	150m:	2:40.97 57.29	200m:	3:37.54 56.57
2.	1187918	FERNÁNDEZ ARRIZABALO, María			58	TRAVIESAS		4:02.89	10,00	
	50m:	55.21	55.21	100m:	1:56.01	1:00.80	150m:	3:00.92 1:04.91	200m:	4:02.89 1:01.97
3.	1145007	MELON PARENTE, M. Lourdes			55	PONTEAREAS		6:22.96	8,00	
	50m:	1:31.41	1:31.41	100m:	3:08.53	1:37.12	150m:	4:46.46 1:37.93	200m:	6:22.96 1:36.50
60+										
1.	1143893	REBORDA MORILLO, Susana			62	ESCUALOS		4:53.52	13,00	
	50m:	1:07.42	1:07.42	100m:	2:20.55	1:13.13	150m:	3:38.83 1:18.28	200m:	4:53.52 1:14.69
65+										
1.	1217937	RODRÍGUEZ TRONCOSO, Marina			65	PONTEAREAS		5:10.20	13,00	
	50m:	1:08.76	1:08.76	100m:	2:28.12	1:19.36	150m:	3:50.18 1:22.06	200m:	5:10.20 1:20.02
2.	1037151	GOMEZ DOVAL, Maria Angela			68	TRAVIESAS		5:11.29	10,00	
	50m:	1:11.43	1:11.43	100m:	2:32.61	1:21.18	150m:	3:52.70 1:20.09	200m:	5:11.29 1:18.59

Prueba 20
21/01/2024

Masc., 200m Braza

2004 y mayores
Resultados

Clasificación	Edad								Tiempo		Puntos	
20+												
1.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE					2:51.47	13,00		
	50m:	37.64	37.64	100m:	1:20.73	43.09	150m:	2:05.85	45.12	200m:	2:51.47	45.62
2.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO					2:52.16	10,00		
	50m:	38.79	38.79	100m:	1:22.21	43.42	150m:	2:07.97	45.76	200m:	2:52.16	44.19
25+												
1.	1144193	PASTORIZA SANTACLARA, Jorge	27	RIASBAIXAS					2:33.87	13,00		
	50m:	34.39	34.39	100m:	1:13.21	38.82	150m:	1:53.75	40.54	200m:	2:33.87	40.12
2.	1038181	BOUZA PADRON, Adrian	27	PONTEAREAS					2:40.61	10,00		
	50m:	35.57	35.57	100m:	1:16.44	40.87	150m:	1:58.43	41.99	200m:	2:40.61	42.18
3.	1038178	IBAÑEZ CARRERA, Manuel Gabriel	28	PONTEAREAS					3:08.11	8,00		
	50m:	41.85	41.85	100m:	1:29.59	47.74	150m:	2:20.01	50.42	200m:	3:08.11	48.10
Baja	1216460	FRANCISCO MACÍAS, Simón	28	POURENSE								-
30+												
DSQ	1222771	LAGO GONZALEZ, Ivan	31	PONTEAREAS								-
	<i>Chegada irregular</i>											
Baja	1130602	TENORIO FREIRE, Martin	32	GALAICO								-
35+												
1.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS					2:42.56	13,00		
	50m:	36.46	36.46	100m:	1:17.77	41.31	150m:	2:00.79	43.02	200m:	2:42.56	41.77
2.	1199549	MARTINEZ DOPAZO, David	37	GALAICO					2:54.21	10,00		
	50m:	37.57	37.57	100m:	1:20.90	43.33	150m:	2:07.05	46.15	200m:	2:54.21	47.16
3.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS					3:02.49	8,00		
	50m:	38.92	38.92	100m:	1:23.36	44.44	150m:	2:11.25	47.89	200m:	3:02.49	51.24
4.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman	36	RIASBAIXAS					3:03.23	7,00		
	50m:	42.27	42.27	100m:	1:29.29	47.02	150m:	2:16.12	46.83	200m:	3:03.23	47.11
5.	1218108	IGLESIAS LAPIDO, Miguel	39	FLUVIAL					3:07.74	6,00		
	50m:	39.60	39.60	100m:	1:25.99	46.39	150m:	2:16.92	50.93	200m:	3:07.74	50.82
40+												
1.	1143897	SEVILLA AROCA, Javier	41	ESCUALOS					2:56.11	13,00		
	50m:	39.45	39.45	100m:	1:23.02	43.57	150m:	2:09.04	46.02	200m:	2:56.11	47.07
2.	1144789	MATIAS DUARTE, Erick	42	HERCULES					3:06.61	10,00		
	50m:	42.95	42.95	100m:	1:29.91	46.96	150m:	2:17.89	47.98	200m:	3:06.61	48.72
3.	1145052	FIERRO FERNÁNDEZ, Julio	42	HERCULES					3:07.50	8,00		
	50m:	43.21	43.21	100m:	1:30.63	47.42	150m:	2:20.53	49.90	200m:	3:07.50	46.97
4.	1214823	GONZALEZ PEÑAS, David	40	PORTAMIÑA					3:24.91	7,00		
	50m:	47.99	47.99	100m:	1:39.32	51.33	150m:	2:31.69	52.37	200m:	3:24.91	53.22
5.	1238677	MARIÑO GONZALEZ, Ramón	44	POURENSE					3:42.56	6,00		
	50m:	49.87	49.87	100m:	1:46.24	56.37	150m:	2:44.43	58.19	200m:	3:42.56	58.13

Prueba 20, Masc., 200m Braza, 40+

Clasificación					Edad				Tiempo	Puntos		
6.	1076282	CARRERA COSTAS, Andres			42	PONTEAREAS			3:47.31	5,00		
	50m:	49.63	49.63	100m:	1:47.22	57.59	150m:	2:47.15	59.93	200m:	3:47.31	1:00.16

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS						3:04.14	13,00	
	50m:	42.18	42.18	100m:	1:29.99	47.81	150m:	2:18.06	48.07	200m:	3:04.14	46.08
2.	1218110	HERMIDA SALIDO, Gustavo	47	NTNARON						3:06.53	10,00	
	50m:	43.34	43.34	100m:	1:31.15	47.81	150m:	2:19.31	48.16	200m:	3:06.53	47.22
3.	1200126	TABOADA CALVELO, Jose Carlos	45	SALESTRA						3:39.59	8,00	
	50m:	48.73	48.73	100m:	1:44.73	56.00	150m:	2:43.11	58.38	200m:	3:39.59	56.48
4.	1178772	CARRERA RODRÍGUEZ, Rubén	45	PONTEAREAS						4:01.98	7,00	
	50m:	54.58	54.58	100m:	1:59.31	1:04.73	150m:	3:03.01	1:03.70	200m:	4:01.98	58.97
DSQ	1201621	ALONSO ORTIZ, Mariano	48	FLUVIAL								-
	Saída anticipada											
Baja	1093446	VAZQUEZ IGLESIAS, Daniel	45	RIASBAIXAS								-

50+

1.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS						3:04.75	13,00	
	50m:	41.41	41.41	100m:	1:27.67	46.26	150m:	2:16.31	48.64	200m:	3:04.75	48.44
2.	1040137	QUINTAS BARROS, Jesus C.	51	ESCUALOS						3:05.06	10,00	
	50m:	41.37	41.37	100m:	1:27.83	46.46	150m:	2:15.95	48.12	200m:	3:05.06	49.11
3.	1141504	BOUSO FUENTECILLA, Fernando	53	ESCUALOS						3:13.59	8,00	
	50m:	42.48	42.48	100m:	1:30.36	47.88	150m:	2:21.04	50.68	200m:	3:13.59	52.55
4.	1144117	PREGO MARTINEZ, Benjamin	51	PONTEAREAS						3:16.09	7,00	
	50m:	44.48	44.48	100m:	1:34.01	49.53	150m:	2:25.20	51.19	200m:	3:16.09	50.89
5.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS						3:17.02	6,00	
	50m:	42.96	42.96	100m:	1:32.14	49.18	150m:	2:24.16	52.02	200m:	3:17.02	52.86
6.	1178895	CRESPO PÉREZ, Albarino	54	ESCUALOS						3:28.22	5,00	
	50m:	45.34	45.34	100m:	1:37.61	52.27	150m:	2:33.41	55.80	200m:	3:28.22	54.81
7.	1079474	MANDADO RODRIGUEZ, Enrique	52	HERCULES						3:31.09	4,00	
	50m:	48.15	48.15	100m:	1:41.24	53.09	150m:	2:35.88	54.64	200m:	3:31.09	55.21
8.	1144698	CADAVID NUÑEZ, Jose	54	POURENSE						3:49.34	3,00	
	50m:	50.56	50.56	100m:	1:48.33	57.77	150m:	2:48.01	59.68	200m:	3:49.34	1:01.33
9.	1197604	ARAUJO FERNÁNDEZ, Jose	53	ESCUALOS						4:20.19	2,00	
	50m:	57.03	57.03	100m:	2:03.69	1:06.66	150m:	3:13.59	1:09.90	200m:	4:20.19	1:06.60
Baja	1038104	PEREZ ARIAS, Hector	53	PORTAMIÑA								-
Baja	1144857	FERREIRO SUAREZ, Javier M.	51	SCASINO								-

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA						3:13.44	13,00	
	50m:	44.13	44.13	100m:	1:32.84	48.71	150m:	2:23.50	50.66	200m:	3:13.44	49.94
2.	1141191	GARCIA SANJURJO, Jose Manuel	57	CDELMAR						3:28.89	10,00	
	50m:	46.47	46.47	100m:	1:38.36	51.89	150m:	2:34.91	56.55	200m:	3:28.89	53.98
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS						4:28.13	8,00	
	50m:	55.87	55.87	100m:	2:02.21	1:06.34	150m:	3:15.53	1:13.32	200m:	4:28.13	1:12.60

Prueba 20, Masc., 200m Braza

60+

1.	1144940 HERNANZ MORAL, Fausto	62	RIASBAIXAS	4:07.88	13,00
	50m: 54.96 54.96 100m: 1:57.56 1:02.60 150m: 3:02.93 1:05.37 200m: 4:07.88 1:04.95				

65+

1.	1048207 ROS ROSILLO, Alejandro	66	RIASBAIXAS	3:16.40	13,00
	50m: 44.87 44.87 100m: 1:32.96 48.09 150m: 2:24.11 51.15 200m: 3:16.40 52.29				

75+

1.	1076487 RODRIGUEZ LEMOS, Andres J.	75	CNMOS	4:09.16	13,00 RG
	50m: 54.67 54.67 100m: 1:58.16 1:03.49 150m: 3:05.32 1:07.16 200m: 4:09.16 1:03.84				

80+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	6:31.33	13,00
	50m: 1:29.86 1:29.86 100m: 3:11.76 1:41.90 150m: 4:52.75 1:40.99 200m: 6:31.33 1:38.58				

Prueba 21
21/01/2024

Fem., 200m Espalda

2004 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1194207	VALIÑO FERRAZ, Tatyana	21	PONTEAREAS						3:02.27	13,00	
	50m:	43.00	43.00	100m:	1:29.59	46.59	150m:	2:18.47	48.88	200m:	3:02.27 43.80	
2.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA						3:03.84	10,00	
	50m:	42.09	42.09	100m:	1:28.38	46.29	150m:	2:17.43	49.05	200m:	3:03.84 46.41	
25+												
1.	1038096	FREIJE TORNEIRO, Aroa	26	PORTAMIÑA						2:37.59	13,00 RG	
	50m:	36.54	36.54	100m:	1:15.90	39.36	150m:	1:57.00	41.10	200m:	2:37.59 40.59	
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA						2:47.46	10,00	
	50m:	39.20	39.20	100m:	1:21.39	42.19	150m:	2:04.86	43.47	200m:	2:47.46 42.60	
3.	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO						2:55.95	8,00	
	50m:	42.07	42.07	100m:	1:26.38	44.31	150m:	2:11.27	44.89	200m:	2:55.95 44.68	
30+												
1.	1040457	FREIJO LÓPEZ, Lucía	32	NCORUÑA						3:08.97	13,00	
	50m:	45.29	45.29	100m:	1:32.69	47.40	150m:	2:20.73	48.04	200m:	3:08.97 48.24	
2.	1078925	SALGADO CASTELO, Marta	30	MULLEREF						3:35.13	10,00	
	50m:	50.67	50.67	100m:	1:43.97	53.30	150m:	2:40.35	56.38	200m:	3:35.13 54.78	
35+												
1.	1144894	VINAGRE SENDINO, Cora	36	SCASINO						2:59.37	13,00	
	50m:	42.11	42.11	100m:	1:28.04	45.93	150m:	2:14.16	46.12	200m:	2:59.37 45.21	
2.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS						3:03.06	10,00	
	50m:	43.10	43.10	100m:	1:30.55	47.45	150m:	2:18.99	48.44	200m:	3:03.06 44.07	
3.	1144948	GONZALEZ PEREZ, Jessica	37	RIASBAIXAS						3:16.17	8,00	
	50m:	45.40	45.40	100m:	1:34.56	49.16	150m:	2:26.08	51.52	200m:	3:16.17 50.09	
4.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS						3:32.22	7,00	
	50m:	51.89	51.89	100m:	1:46.45	54.56	150m:	2:41.47	55.02	200m:	3:32.22 50.75	
5.	1036315	LOPEZ CORTABITARTE, Belen	37	HERCULES						3:37.45	6,00	
	50m:	54.36	54.36	100m:	1:50.40	56.04	150m:	2:45.99	55.59	200m:	3:37.45 51.46	
Baja	1212097	LOUREIRO AMOR, Belen Martina	36	NTNARON							-	
40+												
1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG						2:43.70	13,00 RG	
	50m:	38.48	38.48	100m:	1:18.63	40.15	150m:	2:00.77	42.14	200m:	2:43.70 42.93	
2.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA						2:45.91	10,00	
	50m:	39.04	39.04	100m:	1:22.32	43.28	150m:	2:04.13	41.81	200m:	2:45.91 41.78	
3.	1143597	SANCHEZ LEDO, Cira	43	ESCUALOS						3:02.74	8,00	
	50m:	45.20	45.20	100m:	1:31.85	46.65	150m:	2:18.32	46.47	200m:	3:02.74 44.42	

Prueba 21, Fem., 200m Espalda

45+

1.	1143894 DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	3:23.21	13,00
	50m: 49.57 49.57 100m: 1:41.44 51.87 150m: 2:33.09 51.65 200m: 3:23.21 50.12				
2.	1143813 REGUEIRA MARTINEZ, Maria J.	49	HERCULES	3:28.07	10,00
	50m: 48.75 48.75 100m: 1:41.54 52.79 150m: 2:35.75 54.21 200m: 3:28.07 52.32				
3.	1197606 CARBALLO BALOIRA, Susana María	49	HERCULES	4:14.44	8,00
	50m: 59.98 59.98 100m: 2:06.04 1:06.06 150m: 3:11.16 1:05.12 200m: 4:14.44 1:03.28				

50+

1.	1228008 OJEA DE CASTRO, Macarena	51	PORTAMIÑA	3:10.82	13,00 RG
	50m: 45.40 45.40 100m: 1:33.48 48.08 150m: 2:22.63 49.15 200m: 3:10.82 48.19				
2.	1147115 HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	3:15.39	10,00
	50m: 44.96 44.96 100m: 1:33.25 48.29 150m: 2:24.87 51.62 200m: 3:15.39 50.52				
3.	1143584 FERNANDEZ SESTELO, Maria Jose	54	PONTEAREAS	5:15.73	8,00
	50m: 1:17.30 1:17.30 100m: 2:39.19 1:21.89 150m: 4:00.00 1:20.81 200m: 5:15.73 1:15.73				

Baja 1076525 SOUSA CARNEIRO, Alicia 50 CNMOS -

55+

1.	1086162 BARJA BARJA, Liliana	59	TRAVIESAS	3:39.89	13,00
	50m: 51.58 51.58 100m: 1:47.21 55.63 150m: 2:43.76 56.55 200m: 3:39.89 56.13				
2.	1038729 DEL AMO BLANCO, Margarita	57	PONTEAREAS	3:46.57	10,00
	50m: 54.11 54.11 100m: 1:52.14 58.03 150m: 2:50.03 57.89 200m: 3:46.57 56.54				
3.	1076506 MARTY PAZOS, Maria Victoria	59	TRAVIESAS	4:17.90	8,00
	50m: 1:03.21 1:03.21 100m: 2:07.09 1:03.88 150m: 3:11.91 1:04.82 200m: 4:17.90 1:05.99				
4.	1144697 ACEVEDO REGO, Ermitas	58	POURENSE	4:38.06	7,00
	50m: 1:10.97 1:10.97 100m: 2:20.77 1:09.80 150m: 3:30.33 1:09.56 200m: 4:38.06 1:07.73				
5.	1145007 MELON PARENTE, M. Lourdes	55	PONTEAREAS	5:53.70	6,00
	50m: 1:28.80 1:28.80 100m: 2:58.91 1:30.11 150m: 4:27.29 1:28.38 200m: 5:53.70 1:26.41				

60+

1.	1145099 LOPEZ MAHIA, Purificacion	61	HERCULES	4:20.37	13,00
	50m: 1:01.58 1:01.58 100m: 2:08.01 1:06.43 150m: 3:14.92 1:06.91 200m: 4:20.37 1:05.45				
2.	1127105 PEREIRA ALONSO, Isabel	63	ADFOGAR	4:33.77	10,00
	50m: 1:03.11 1:03.11 100m: 2:13.59 1:10.48 150m: 3:24.98 1:11.39 200m: 4:33.77 1:08.79				

80+

1.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	12:18.08	13,00
	50m: 2:37.84 2:37.84 100m: 5:44.42 3:06.58 150m: 8:50.62 3:06.20 200m: 12:18.08 3:27.46				

Prueba 22
21/01/2024

Masc., 200m Espalda

2004 y mayores
Resultados

Clasificación					Edad				Tiempo	Puntos
25+										
1.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES					2:38.17	13,00
	50m:	38.46	38.46	100m:	1:19.17	40.71	150m:	2:00.75	41.58	200m: 2:38.17 37.42
30+										
1.	1038638	CASTRO VILLAR, David	33	FLUVIAL					2:36.59	13,00
	50m:	37.17	37.17	100m:	1:17.42	40.25	150m:	1:57.25	39.83	200m: 2:36.59 39.34
2.	1010948	CAMPAÑA BARROS, Adrian	34	CIDSANTIAG					2:39.22	10,00
	50m:	37.39	37.39	100m:	1:17.55	40.16	150m:	1:58.61	41.06	200m: 2:39.22 40.61
35+										
1.	1089000	TABOADA VILA, Alberto	37	POURENSE					2:12.29	13,00
	50m:	30.33	30.33	100m:	1:03.07	32.74	150m:	1:35.89	32.82	200m: 2:12.29 36.40
2.	1226258	BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG					2:45.94	10,00
	50m:	39.37	39.37	100m:	1:21.39	42.02	150m:	2:04.02	42.63	200m: 2:45.94 41.92
3.	1097263	LAMEIRO SEOANE, Javier	37	HERCULES					3:00.73	8,00
	50m:	42.58	42.58	100m:	1:27.58	45.00	150m:	2:14.47	46.89	200m: 3:00.73 46.26
4.	1178928	FIDALGO SERRANO, Guillermo	38	TRAVIESAS					3:37.25	7,00
	50m:	52.65	52.65	100m:	1:46.51	53.86	150m:	2:43.15	56.64	200m: 3:37.25 54.10
5.	1076566	HERRUZO CARREÑO, Guillermo	37	GALAICO					3:51.93	6,00
	50m:	49.19	49.19	100m:	1:44.02	54.83	150m:	2:47.60	1:03.58	200m: 3:51.93 1:04.33
40+										
1.	1141151	CALLE FACAL, Telmo	41	GALAICO					2:31.94	13,00
	50m:	37.56	37.56	100m:	1:16.95	39.39	150m:	1:55.45	38.50	200m: 2:31.94 36.49
2.	1143899	PEREZ LOPEZ, Manuel	43	ESCUALOS					3:11.02	10,00
	50m:	45.34	45.34	100m:	1:33.40	48.06	150m:	2:22.83	49.43	200m: 3:11.02 48.19
3.	1214823	GONZALEZ PEÑAS, David	40	PORTAMIÑA					3:14.68	8,00
	50m:	48.61	48.61	100m:	1:38.06	49.45	150m:	2:26.42	48.36	200m: 3:14.68 48.26
4.	1190909	CARBALLA BARROSO, Rogelio	43	GALAICO					3:18.82	7,00
	50m:	45.39	45.39	100m:	1:34.83	49.44	150m:	2:27.11	52.28	200m: 3:18.82 51.71
5.	1076282	CARRERA COSTAS, Andres	42	PONTEAREAS					3:46.28	6,00
	50m:	55.37	55.37	100m:	1:54.26	58.89	150m:	2:51.75	57.49	200m: 3:46.28 54.53
45+										
1.	1076560	EIRIZ DIEGUEZ, Daniel	46	CNMOS					2:29.88	13,00
	50m:	35.67	35.67	100m:	1:14.39	38.72	150m:	1:52.86	38.47	200m: 2:29.88 37.02
2.	1118746	SANCHEZ GORDON, Roman	46	RIASBAIXAS					2:37.01	10,00
	50m:	37.63	37.63	100m:	1:17.05	39.42	150m:	1:57.29	40.24	200m: 2:37.01 39.72
3.	1212075	GONZALEZ PARIS, David	46	HERCULES					3:08.97	8,00
	50m:	45.23	45.23	100m:	1:33.92	48.69	150m:	2:23.08	49.16	200m: 3:08.97 45.89
4.	1141502	TRONCOSO CAAMAÑO, Fernando	49	ESCUALOS					3:42.53	7,00
	50m:	56.70	56.70	100m:	1:54.02	57.32	150m:	2:48.78	54.76	200m: 3:42.53 53.75

Prueba 22, Masc., 200m Espalda

50+

1.	1040137	QUINTAS BARROS, Jesus C.	51	ESCUALOS	2:54.61	13,00						
	50m:	41.86	41.86	100m:	1:26.56	44.70	150m:	2:11.26	44.70	200m:	2:54.61	43.35
2.	1051938	SOTO HECTOR, Oscar	54	RIASBAIXAS	3:05.44	10,00						
	50m:	44.86	44.86	100m:	1:30.64	45.78	150m:	2:17.96	47.32	200m:	3:05.44	47.48
3.	1076535	DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	3:12.90	8,00						
	50m:	46.34	46.34	100m:	1:35.47	49.13	150m:	2:25.25	49.78	200m:	3:12.90	47.65
4.	1145039	FERREIRO SANCHEZ, Luis	54	POURENSE	4:24.84	7,00						
	50m:	1:03.80	1:03.80	100m:	2:09.45	1:05.65	150m:	3:18.30	1:08.85	200m:	4:24.84	1:06.54
Baja	1038104	PEREZ ARIAS, Hector	53	PORTAMIÑA	-							

55+

1.	1141209	DE LA PAZ VIGO, Agustin A.	58	CMARINA	3:12.46	13,00						
	50m:	45.91	45.91	100m:	1:34.56	48.65	150m:	2:24.06	49.50	200m:	3:12.46	48.40
2.	1037161	TOME NOGUEIRA, Alberto M.	56	ADFOGAR	3:24.52	10,00						
	50m:	47.83	47.83	100m:	1:39.20	51.37	150m:	2:32.59	53.39	200m:	3:24.52	51.93
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	3:31.65	8,00						
	50m:	49.25	49.25	100m:	1:43.48	54.23	150m:	2:38.78	55.30	200m:	3:31.65	52.87
4.	1195569	PEREZ LEIVA, Manuel	56	RIASBAIXAS	3:32.12	7,00						
	50m:	50.34	50.34	100m:	1:44.65	54.31	150m:	2:40.48	55.83	200m:	3:32.12	51.64
5.	1106828	TRILLO CARLIN, Jose Fdo.	56	ADFOGAR	4:21.64	6,00						
	50m:	1:03.42	1:03.42	100m:	2:09.30	1:05.88	150m:	3:16.13	1:06.83	200m:	4:21.64	1:05.51
DSQ	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS		-						

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	61	GALAICO					3:18.61	13,00		
	50m:	46.13	46.13	100m:	1:37.63	51.50	150m:	2:31.60	53.97	200m:	3:18.61	47.01

65+

1.	1170858	CODESIDO LOPEZ, José	65	CIDSANTIAG	3:18.11	13,00	RG
	50m:	45.82	45.82	100m:	1:36.14	50.32	
				150m:	2:28.17	52.03	
				200m:	3:18.11	49.94	
2.	1075185	YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	3:29.49	10,00	
	50m:	50.46	50.46	100m:	1:43.86	53.40	
				150m:	2:37.55	53.69	
				200m:	3:29.49	51.94	
Baja	1191492	TIMIRAOS CARRASCO, Luis	68	POURENSE		-	

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon			70	POURENSE				3:40.21	13,00	RG
	50m:	53.62	53.62	100m:	1:49.09	55.47	150m:	2:45.30	56.21	200m:	3:40.21	54.91

75+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	75	CNMOS	4:08.69	13,00						
	50m:	1:00.09	1:00.09	100m:	2:03.93	1:03.84	150m:	3:08.90	1:04.97	200m:	4:08.69	59.79

Prueba 23
21/01/2024

Fem., 50m Braza

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1228048	ALVAREZ SOUTO, Claudia	23	ESCUALOS	41.95	13,00
2.	1038179	IBÁÑEZ CARRERA, Sara	23	PONTEAREAS	44.62	10,00
3.	1194207	VALIÑO FERRAZ, Tatyana	21	PONTEAREAS	45.63	8,00
DSQ	1252297	CARBALLAL FEBREIRO, María	24	XOVE		-
<i>Saída anticipada</i>						
25+						
1.	1039096	LAGO LOPEZ, Raquel	29	RIASBAIXAS	41.33	13,00
2.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS	42.53	10,00
3.	1115644	FERNÁNDEZ JUAN, María	26	CIDSANTIAG	43.98	8,00
4.	1238682	BARCA PENSADO, Maria	28	ADFOGAR	44.26	7,00
5.	1243122	DARRIBA CASTRO, Maria	28	RIASBAIXAS	55.74	6,00
30+						
1.	1084714	BUGALLO PÉREZ, Estíbaliz	34	RCNVIGO	38.05	13,00
2.	1041452	BEN CILLERO, Sabela	32	XOVE	39.09	10,00
3.	1249165	CIDRÁS ANGEL, Iria	34	NCORUÑA	39.18	8,00
4.	1191499	GONZALEZ MACIA, Alba	30	MONFORTE	47.60	7,00
5.	1224940	PAZOS GANDARA, Andrea	32	PONTEAREAS	49.42	6,00
6.	1240953	SIMOIS MORAIS, Yolanda	30	SALESTRA	54.19	5,00
7.	1202705	MARTINEZ BARCIELA, Maria Olga	34	RIASBAIXAS	54.74	4,00
35+						
1.	1243130	TORRE GONZALEZ, Elisa	39	RIASBAIXAS	44.37	13,00
2.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS	49.49	10,00
3.	1129954	GONZALEZ GARCIA, Covadonga	35	GALAICO	57.09	8,00
4.	1243119	COMESAÑA REGUEIRA, Miriam	35	RIASBAIXAS	59.16	7,00
Baja	1143898	GONZALEZ FERNANDEZ, Coral.M	37	ESCUALOS		-
40+						
1.	1143598	MIRA VAZQUEZ, Marta	43	ESCUALOS	41.13	13,00
2.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO	42.07	10,00
3.	1237395	VILARIÑO CACHO, Elvira	43	SALESTRA	45.94	8,00
4.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE	47.19	7,00
5.	1170845	CID ALVAREZ, Isabel	44	ESCUALOS	50.83	6,00
6.	1036387	VAZQUEZ PARCERO, Marta	44	CMARINA	1:10.61	5,00
DSQ	1244421	DE MARTIN MIGUEL, Ana Asunción	44	ESCUALOS		-
<i>Saída anticipada</i>						
45+						
1.	1144949	ÁLVAREZ ALONSO, Sonia M.	48	RIASBAIXAS	42.79	13,00
2.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS	45.80	10,00
3.	1217806	PAZ BERMUDEZ, Maria	48	SALESTRA	52.56	8,00
4.	1144201	ALVAREZ LARRAN, Maria Del Pilar	45	RIASBAIXAS	53.05	7,00
5.	1239790	CARBALLEIRA LOIS, Barbara	48	ESCUALOS	57.64	6,00

Prueba 23, Fem., 50m Braza, 45+

Clasificación			Edad		Tiempo	Puntos
6.	1246144	SANCHEZ BARREIRO, Maria Carmen	48	PONTEAREAS	59.96	5,00
Baja	1222316	GIL VILLARINO, Marta	47	HERCULES		-
50+						
1.	1232962	JARDON GONZALEZ, Helena	53	PONTEAREAS	49.16	13,00
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS	57.37	10,00
Baja	1207084	MAZAIRO CASTRO, Carmen	51	ESCUALOS		-
55+						
1.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS	52.73	13,00
2.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	52.86	10,00
60+						
1.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE	45.22	13,00
2.	1143893	REBOREDA MORILLO, Susana	62	ESCUALOS	1:03.77	10,00
65+						
1.	1075178	SAR MORANO, Dolores	69	CULLEREDO	57.50	13,00
2.	1141154	CELEMIN PORRERO, Maria Teresa	65	GALAICO	1:01.22	10,00
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	1:08.83	8,00
4.	1037151	GOMEZ DOVAL, Maria Angela	68	TRAVIESAS	1:12.43	7,00
5.	1249213	GUARDIOLA MEDEL, Nuria	68	PONTEAREAS	1:14.34	6,00

Prueba 24
21/01/2024

Masc., 50m Braza

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO	35.40	13,00
2.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	35.81	10,00
3.	1078716	HERMIDA RAMOS, Raul	24	NTNARON	38.82	8,00
25+						
1.	1144193	PASTORIZA SANTA CLARA, Jorge	27	RIASBAIXAS	31.86	13,00
2.	1119327	SUAREZ FERNÁNDEZ, Santiago	29	MONFORTE	32.67	10,00
Baja	1216460	FRANCISCO MACÍAS, Simón	28	POURENSE		-
30+						
1.	1037284	SABUZ FORNEIRO, Martin	30	POURENSE	31.11	13,00
2.	1110674	BORRAZAS RUMBO, Manuel	31	NCORUÑA	31.20	10,00
3.	1078641	GRACIA CARBAJO, Miguel	30	NTNARON	31.66	8,00
4.	1107418	LAGO LOPEZ, Diego	33	NCORUÑA	33.89	7,00
5.	1174923	GARCÍA MERA, Rodrigo	32	FLUVIAL	42.03	6,00
6.	1076271	NOVALES BLANCO, Xabier	33	RIASBAIXAS	44.88	5,00
7.	1251210	ANDRES DUASO, Olmo	31	ARTEIXO	45.06	4,00
8.	1222771	LAGO GONZALEZ, Ivan	31	PONTEAREAS	1:02.52	3,00
35+						
1.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS	34.32	13,00
2.	1037182	GARCIA GARCIA, Anselmo	36	XOVE	35.14	10,00
3.	1191119	CAO LAGO, Pablo	37	RIASBAIXAS	35.25	8,00
4.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman	36	RIASBAIXAS	36.22	7,00
5.	1240711	MIRAS LOPEZ, Raul	37	NCORUÑA	37.00	6,00
6.	1126597	FERNANDEZ GAYOSO, Jose Manuel	38	CNMOS	37.42	5,00
7.	1076566	HERRUZO CARREÑO, Guillermo	37	GALAICO	41.38	4,00
8.	1217936	PASCUAL DE PEDRO, Jorge	38	PONTEAREAS	43.39	3,00
DSQ	1170846	PRESA PRESA, Santiago	36	GALAICO		-
<i>Saída anticipada</i>						
Baja	1143515	BLANCO PEREZ, Jesus	38	NTNARON		-
40+						
1.	1144789	MATIAS DUARTE, Erick	42	HERCULES	38.57	13,00
2.	1238677	MARIÑO GONZALEZ, Ramón	44	POURENSE	42.16	10,00
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano	43	CIDSANTIAG	42.88	8,00
4.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	41	RIASBAIXAS	43.44	7,00
5.	1076542	GONZALEZ CONDE, Rodrigo	42	PONTEAREAS	44.40	6,00
6.	1204315	TORRES FRAILE, Emilio	40	MONFORTE	45.49	5,00

Prueba 24, Masc., 50m Braza

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS	33.32	13,00
2.	1010047	GARCIA REBOLO, Alejandro	49	POURENSE	35.15	10,00
3.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO	35.47	8,00
4.	1053922	BAIZ ROCA, Gabriel	45	ARTEIXO	35.78	7,00
5.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	36.43	6,00
6.	1218110	HERMIDA SALIDO, Gustavo	47	NTNARON	38.39	5,00
7.	1127402	PEXEGUEIRO BALADRON, Nicolas	47	CNMOS	44.99	4,00
8.	1178772	CARRERA RODRÍGUEZ, Rubén	45	PONTEAREAS	45.77	3,00
Baja	1235958	BRIOSO DÍAZ, Manuel	47	REDONDELA		-
Baja	1093446	VAZQUEZ IGLESIAS, Daniel	45	RIASBAIXAS		-

50+

1.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	36.91	13,00
2.	1141504	BOUSO FUENTECILLA, Fernando	53	ESCUALOS	39.72	10,00
3.	1178895	CRESPO PÉREZ, Albarino	54	ESCUALOS	41.21	8,00
4.	1144117	PREGO MARTINEZ, Benjamin	51	PONTEAREAS	41.36	7,00
5.	1079474	MANDADO RODRIGUEZ, Enrique	52	HERCULES	43.91	6,00
6.	1191914	CARNERO FIRVIDA, Jose Ramón	50	ESCUALOS	46.35	5,00
7.	1197604	ARAUJO FERNÁNDEZ, Jose	53	ESCUALOS	47.69	4,00
8.	1144698	CADAVID NUÑEZ, Jose	54	POURENSE	48.79	3,00
Baja	1144857	FERREIRO SUAREZ, Javier M.	51	SCASINO		-

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA	36.29	13,00
2.	1180234	SÁNCHEZ SECO, Manuel	56	ESCUALOS	43.74	10,00
3.	1203919	CRESPO PIÑEIRO, Natalio	55	RIASBAIXAS	50.88	8,00
4.	1228047	PEREZ GARCIA, Manuel	57	CULLEREDO	51.41	7,00
5.	1075593	PIROSCIA PENADO, Jose	58	PORTAMIÑA	55.75	6,00
DSQ	1246079	ESPESO LANCE, Juan Carlos	58	CMARINA		-

Saída anticipada

60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	61	NCORUÑA	41.67	13,00
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	45.16	10,00
3.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	47.00	8,00
4.	1144940	HERNANZ MORAL, Fausto	62	RIASBAIXAS	53.61	7,00

65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	40.17	13,00
2.	1174449	FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG	40.64	10,00
3.	1141150	RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	49.22	8,00
4.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	1:09.52	7,00

70+

1.	1240096	IVANCHENKO, Yurii	71	POURENSE	47.20	13,00
2.	1076488	MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	59.26	10,00

Prueba 24, Masc., 50m Braza

80+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	1:27.07	13,00
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Prueba 25
21/01/2024

Fem., 100m Libre

2004 y mayores
Resultados

Clasificación				Edad			Tiempo	Puntos
20+								
1.	1108273	SUAREZ GONZALEZ, Gracia	24	PONTEAREAS			59.65	13,00 RG
	50m:	29.25 29.25	100m:	59.65	30.40			
2.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS			1:00.76	10,00
	50m:	29.41 29.41	100m:	1:00.76	31.35			
3.	1038179	IBÁÑEZ CARRERA, Sara	23	PONTEAREAS			1:04.35	8,00
	50m:	30.75 30.75	100m:	1:04.35	33.60			
4.	1089303	ABASOLO RUEDA, Claudia	24	NCORUÑA			1:06.31	7,00
	50m:	31.68 31.68	100m:	1:06.31	34.63			
5.	1144257	FERNANDEZ GONZALEZ, Elena	23	HERCULES			1:09.88	6,00
	50m:	33.95 33.95	100m:	1:09.88	35.93			
6.	1076336	BLANCO PEREZ, Laura	20	PONTEAREAS			1:10.32	5,00
	50m:	33.80 33.80	100m:	1:10.32	36.52			
7.	1076318	LEMONS FERNANDEZ, Zaira	22	PONTEAREAS			1:11.32	4,00
	50m:	33.58 33.58	100m:	1:11.32	37.74			
8.	1111470	GARCÉS FERNÁNDEZ, Erea	21	RIASBAIXAS			1:19.44	3,00
	50m:	37.22 37.22	100m:	1:19.44	42.22			
9.	1250478	HERNANDEZ GARCIA, Maria	24	HERCULES			1:23.40	2,00
	50m:	38.53 38.53	100m:	1:23.40	44.87			
25+								
1.	1038096	FREIJE TORNEIRO, Aroa	26	PORTAMIÑA			1:03.74	13,00
	50m:	30.55 30.55	100m:	1:03.74	33.19			
2.	1038608	SUAREZ GARCIA, Sofia	27	RIASBAIXAS			1:10.43	10,00
	50m:	33.89 33.89	100m:	1:10.43	36.54			
3.	1076348	ALVITE LOPEZ, Andrea	25	XOVE			1:12.05	8,00
	50m:	33.45 33.45	100m:	1:12.05	38.60			
4.	1219491	FUENTES LORENZO, Carla	25	GALAICO			1:26.82	7,00
	50m:	40.35 40.35	100m:	1:26.82	46.47			
5.	1238682	BARCA PENSADO, Maria	28	ADFOGAR			1:28.84	6,00
	50m:	41.87 41.87	100m:	1:28.84	46.97			
6.	1222772	RODRIGUEZ-TOUBES FORRYAN, Irene	25	PONTEAREAS			2:07.24	5,00
	50m:	58.22 58.22	100m:	2:07.24	1:09.02			
Baja	1041448	VAZQUEZ SANCHEZ, Pilar	26	XOVE				-
30+								
1.	1093459	FRANCO CAL, Alba	33	FLUVIAL			59.73	13,00 RG
	50m:	29.21 29.21	100m:	59.73	30.52			
2.	1178773	CHAMADOIRA DOMÍNGUEZ, Jennifer	30	PONTEAREAS			1:08.28	10,00
	50m:	32.51 32.51	100m:	1:08.28	35.77			
3.	1219499	ESPIÑO ALBELA, Andrea	30	HERCULES			1:11.58	8,00
	50m:	34.67 34.67	100m:	1:11.58	36.91			
4.	1226235	EIRIS CASTRO, Andrea	34	ADFOGAR			1:12.36	7,00
	50m:	34.53 34.53	100m:	1:12.36	37.83			

Prueba 25, Fem., 100m Libre, 30+

Clasificación					Edad			Tiempo	Puntos
5.	1144580	PEREZ GARCIA, Eva	34	RIASBAIXAS				1:13.45	6,00
	50m:	34.15	34.15	100m:	1:13.45	39.30			
6.	1236745	RODRIGUEZ GONZÁLEZ, Raquel	31	MONFORTE				1:17.65	5,00
	50m:	36.66	36.66	100m:	1:17.65	40.99			
7.	1078925	SALGADO CASTELO, Marta	30	MULLEREF				1:26.08	4,00
	50m:	40.67	40.67	100m:	1:26.08	45.41			
8.	1204918	MARTINEZ GARCIA, Susana	33	MONFORTE				1:26.91	3,00
	50m:	40.08	40.08	100m:	1:26.91	46.83			
9.	1202705	MARTINEZ BARCIELA, Maria Olga	34	RIASBAIXAS				1:39.07	2,00
	50m:	48.62	48.62	100m:	1:39.07	50.45			
Baja	1215890	FERNANDEZ PARADA, Clara	31	POURENSE					-

35+

1.	1193947	ALCALDE BALADO, Tania	38	CIDSANTIAG				1:07.18	13,00
	50m:	32.88	32.88	100m:	1:07.18	34.30			
2.	1203741	QUEREDA RODRÍGUEZ, Almudena	39	LICEO				1:17.52	10,00
	50m:	37.34	37.34	100m:	1:17.52	40.18			
3.	1144948	GONZALEZ PEREZ, Jessica	37	RIASBAIXAS				1:18.22	8,00
	50m:	36.98	36.98	100m:	1:18.22	41.24			
4.	1243130	TORRE GONZALEZ, Elisa	39	RIASBAIXAS				1:25.66	7,00
	50m:	39.96	39.96	100m:	1:25.66	45.70			
5.	1110693	FERNANDEZ GUARDIOLA, Loira	35	PONTEAREAS				2:00.28	6,00
	50m:	55.39	55.39	100m:	2:00.28	1:04.89			

40+

1.	1237395	VILARIÑO CACHO, Elvira	43	SALESTRA				1:18.06	13,00
	50m:	38.29	38.29	100m:	1:18.06	39.77			
2.	1144200	RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS				1:18.22	10,00
	50m:	37.29	37.29	100m:	1:18.22	40.93			
3.	1236642	ABBATEMARCO, Cristina	40	SALESTRA				1:21.60	8,00
	50m:	38.91	38.91	100m:	1:21.60	42.69			
4.	1222531	FERNANDEZ GONZALEZ, Iria	42	PORTAMIÑA				1:23.05	7,00
	50m:	40.15	40.15	100m:	1:23.05	42.90			
5.	1143597	SANCHEZ LEDO, Cira	43	ESCUALOS				1:24.45	6,00
	50m:	41.56	41.56	100m:	1:24.45	42.89			
6.	1041646	MOLANES PIÑEIRO, Maria Elena	40	PONTEAREAS				1:32.82	5,00
	50m:	44.19	44.19	100m:	1:32.82	48.63			
7.	1145082	FARIÑA SOUSA, Noemi	41	GALAICO				1:33.23	4,00
	50m:	44.75	44.75	100m:	1:33.23	48.48			
Baja	1144598	OLMO VAQUEIRO, Leticia	43	PONTEAREAS					-

Prueba 25, Fem., 100m Libre

45+

1.	1143894	DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	1:22.23	13,00
	50m:	39.83	39.83	100m:	1:22.23	42.40
2.	1040944	VARELA REDONDO, Veronica	49	PONTEAREAS	1:24.41	10,00
	50m:	40.09	40.09	100m:	1:24.41	44.32
3.	1223050	ANDON YAÑEZ, Lorena	46	SCASINO	1:33.83	8,00
	50m:	46.57	46.57	100m:	1:33.83	47.26
4.	1144074	SERRANO AVENDAÑO, Silvia	49	TRAVIESAS	1:38.13	7,00
	50m:	47.82	47.82	100m:	1:38.13	50.31
5.	1144201	ALVAREZ LARRAN, Maria Del Pilar	45	RIASBAIXAS	1:39.92	6,00
	50m:	46.41	46.41	100m:	1:39.92	53.51
6.	1246144	SANCHEZ BARREIRO, Maria Carmen	48	PONTEAREAS	1:41.58	5,00
	50m:	48.70	48.70	100m:	1:41.58	52.88
7.	1178771	BESADA FERNÁNDEZ, Ana M.	46	PONTEAREAS	1:43.73	4,00
	50m:	49.20	49.20	100m:	1:43.73	54.53

50+

1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA	1:18.20	13,00
	50m:	38.43	38.43	100m:	1:18.20	39.77
2.	1202971	PEREZ PEREZ, Sonia	52	ESCUALOS	1:28.79	10,00
	50m:	41.68	41.68	100m:	1:28.79	47.11
3.	1076524	SOSA CARNEIRO, Rosana	53	CNMOS	1:32.99	8,00
	50m:	44.44	44.44	100m:	1:32.99	48.55

Baja 1145023 SALES MANTIÑAN, Carmen 50 SCASINO -

55+

1.	1037939	CASTRO MAESTRE, Isaura	55	FLUVIAL	1:25.33	13,00
	50m:	41.05	41.05	100m:	1:25.33	44.28

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	61	CDELMAR	1:15.44	13,00 RG
	50m:	36.83	36.83	100m:	1:15.44	38.61
2.	1075767	MENDEZ TORRES, Isabel	64	PORTAMIÑA	1:56.98	10,00
	50m:	55.88	55.88	100m:	1:56.98	1:01.10
3.	1144231	PEREZ GALLARDO, Teresa	60	POURENSE	2:10.76	8,00
	50m:	1:03.97	1:03.97	100m:	2:10.76	1:06.79

65+

1.	1076494	SUEIRO COSTAS, Mª Carmen	68	PONTEAREAS	2:23.06	13,00
	50m:	1:06.03	1:06.03	100m:	2:23.06	1:17.03
2.	1249213	GUARDIOLA MEDEL, Nuria	68	PONTEAREAS	2:50.94	10,00
	50m:	1:19.90	1:19.90	100m:	2:50.94	1:31.04

Prueba 25, Fem., 100m Libre

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	72	TRAVIESAS	1:40.72	13,00
	50m:	46.67	46.67	100m:	1:40.72	54.05

75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	2:53.49	13,00
	50m:	1:21.15	1:21.15	100m:	2:53.49	1:32.34
2.	1249735	LOPEZ GONZALEZ, Rosa	75	RIASBAIXAS	4:33.47	10,00
	50m:	2:04.70	2:04.70	100m:	4:33.47	2:28.77

80+

1.	1058045	MORAL RUBIO, Isabel	82	PONTEAREAS	3:03.50	13,00
	50m:	1:25.81	1:25.81	100m:	3:03.50	1:37.69

Prueba 26
21/01/2024

Masc., 100m Libre

2004 y mayores
Resultados

Clasificación	Edad						Tiempo	Puntos
20+								
1.	1075913	PEREZ TIERRA, Ismael	22	MONFORTE	54.86		13,00	
	50m:	26.23 26.23	100m:	54.86	28.63			
2.	1076409	CANCELA GOMEZ, Hugo	21	PONTEAREAS	57.02		10,00	
	50m:	27.45 27.45	100m:	57.02	29.57			
3.	1038800	ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	1:00.32		8,00	
	50m:	28.35 28.35	100m:	1:00.32	31.97			
4.	1061561	INCUTTI TELLADO, Denis	24	PONTEAREAS	1:00.41		7,00	
	50m:	28.60 28.60	100m:	1:00.41	31.81			
5.	1037192	FERRO SANTOS, Juan Manuel	24	XOVE	1:00.91		6,00	
	50m:	29.86 29.86	100m:	1:00.91	31.05			
6.	1208836	GÓMEZ MÉNDEZ, Borja	22	PONTEAREAS	2:03.97	1:05.38	5,00	
	50m:	58.59 58.59	100m:	2:03.97				
25+								
1.	1037180	CARRERA COSTAS, Martin	28	PONTEAREAS	57.43		13,00	
	50m:	27.51 27.51	100m:	57.43	29.92			
2.	1038181	BOUZA PADRON, Adrian	27	PONTEAREAS	1:00.24		10,00	
	50m:	28.79 28.79	100m:	1:00.24	31.45			
Baja	1078908	MEILAN SANCHEZ, Sergio Jose	28	PORTAMIÑA			-	
30+								
1.	1093458	MUIÑO ALONSO, Anton	30	NCORUÑA	56.90		13,00	
	50m:	27.87 27.87	100m:	56.90	29.03			
2.	1010948	CAMPAÑA BARROS, Adrian	34	CIDSANTIAG	1:02.99		10,00	
	50m:	30.37 30.37	100m:	1:02.99	32.62			
3.	1252298	SANMARTIN GARCÍA, Jorge	33	NTNARON	1:10.33		8,00	
	50m:	32.86 32.86	100m:	1:10.33	37.47			
4.	1249163	BELLO PORTO, David	34	NCORUÑA	1:13.44		7,00	
	50m:	32.62 32.62	100m:	1:13.44	40.82			
5.	1076271	NOVALES BLANCO, Xabier	33	RIASBAIXAS	1:14.60		6,00	
	50m:	37.09 37.09	100m:	1:14.60	37.51			
6.	1241602	FONTAN SEIJO, Adrian	31	CNMOS	1:18.35		5,00	
	50m:	36.36 36.36	100m:	1:18.35	41.99			
Baja	1038182	VALDES REY, Enol	31	XOVE			-	
35+								
1.	1078993	LOBELLE GONZALEZ, Ivan	35	FLUVIAL	53.90		13,00 RG	
	50m:	25.97 25.97	100m:	53.90	27.93			
2.	1140778	RODRIGUEZ LAGO, David	38	CIDSANTIAG	55.98		10,00	
	50m:	27.38 27.38	100m:	55.98	28.60			
3.	1078620	RODRIGUEZ PEREZ, Pedro Fco.	36	NTNARON	1:04.02		8,00	
	50m:	30.49 30.49	100m:	1:04.02	33.53			

Prueba 26, Masc., 100m Libre, 35+

Clasificación				Edad			Tiempo	Puntos
4.	1226258	BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG			1:04.59	7,00
	50m:	31.33 31.33	100m:	1:04.59	33.26			
5.	1226234	COTELO SENANDE, Alberto	36	ADFOGAR			1:06.74	6,00
	50m:	31.46 31.46	100m:	1:06.74	35.28			
6.	1036745	BARCIA SIXTO, Francisco José	39	NTNARON			1:08.03	5,00
	50m:	32.78 32.78	100m:	1:08.03	35.25			
7.	1086708	ABUIN ARES, Manuel	37	CIDSANTIAG			1:08.30	4,00
	50m:	32.30 32.30	100m:	1:08.30	36.00			
8.	1170846	PRESA PRESA, Santiago	36	GALAICO			1:14.28	3,00
	50m:	35.52 35.52	100m:	1:14.28	38.76			
9.	1145090	MARTÍNEZ DOMÍNGUEZ, Iván	36	PONTEAREAS			1:16.57	2,00
	50m:	35.93 35.93	100m:	1:16.57	40.64			
10.	1236854	GIRALDEZ VILLANUEVA, Ivan	37	PONTEAREAS			1:59.33	1,00
	50m:	53.79 53.79	100m:	1:59.33	1:05.54			
Baja	1020991	FERNANDEZ MONTEAGUDO, Ruben	39	CIDSANTIAG				-
Baja	1198278	MANEIRO BETANZOS, Javier	39	ESCUALOS				-
40+								
1.	1107942	GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS			59.77	13,00
	50m:	29.20 29.20	100m:	59.77	30.57			
2.	1143897	SEVILLA AROCA, Javier	41	ESCUALOS			1:02.95	10,00
	50m:	30.20 30.20	100m:	1:02.95	32.75			
3.	1085888	CAMIÑA MARTINEZ, Oscar	44	GALAICO			1:06.04	8,00
	50m:	31.30 31.30	100m:	1:06.04	34.74			
4.	1144584	ALVAREZ SILVA, Ruben	43	ESCUALOS			1:08.46	7,00
	50m:	33.54 33.54	100m:	1:08.46	34.92			
5.	1170841	BASTIDA CAMPOS, Alejandro	42	SALESTRA			1:12.10	6,00
	50m:	34.03 34.03	100m:	1:12.10	38.07			
6.	1238132	FIDALGO SERRANO, Manuel A.	43	TRAVIESAS			1:29.19	5,00
	50m:	41.83 41.83	100m:	1:29.19	47.36			
Baja	1182358	CANOSA RODRÍGUEZ, Juan José	44	NTNARON				-
Baja	1079215	MENDES FERRAS, Artur Leonel	43	MONFORTE				-
45+								
1.	1050705	BELTRAN DIAZ, Emilio	47	MONFORTE			58.84	13,00
	50m:	28.27 28.27	100m:	58.84	30.57			
2.	1024675	IGLESIAS GOMEZ, Gonzalo	45	HERCULES			1:00.25	10,00
	50m:	28.95 28.95	100m:	1:00.25	31.30			
3.	1243174	SONEIRA REBOREDO, Oscar	49	CIDSANTIAG			1:01.27	8,00
	50m:	29.83 29.83	100m:	1:01.27	31.44			
4.	1180237	FOUZ ROUCO, Rubén	45	HERCULES			1:02.83	7,00
	50m:	30.82 30.82	100m:	1:02.83	32.01			
5.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO			1:03.24	6,00
	50m:	29.86 29.86	100m:	1:03.24	33.38			
6.	1075220	MARTINEZ FERNANDEZ, Hector	47	NTNARON			1:09.03	5,00
	50m:	33.69 33.69	100m:	1:09.03	35.34			

Prueba 26, Masc., 100m Libre, 45+

Clasificación				Edad		Tiempo	Puntos
7.	1192271	MOURIÑO FORTES, Victor Manuel	47	PONTEAREAS		1:09.06	4,00
	50m:	33.55	33.55	100m:	1:09.06	35.51	
8.	1144297	LAMAS SOTO, Cesar	49	CULLEREDO		1:10.58	3,00
	50m:	33.91	33.91	100m:	1:10.58	36.67	
9.	1143662	BALSA MOSQUERA, Pablo	46	CMARINA		1:11.06	2,00
	50m:	34.20	34.20	100m:	1:11.06	36.86	
10.	1212075	GONZALEZ PARIS, David	46	HERCULES		1:11.59	1,00
	50m:	34.04	34.04	100m:	1:11.59	37.55	
11.	1145005	FERNANDEZ IGLESIAS, Emilio J.	47	PONTEAREAS		1:15.03	-
	50m:	35.74	35.74	100m:	1:15.03	39.29	
12.	1201621	ALONSO ORTIZ, Mariano	48	FLUVIAL		1:16.94	-
	50m:	36.95	36.95	100m:	1:16.94	39.99	
13.	1144269	LOPEZ PAYO, Mario	47	SALESTRA		1:17.11	-
	50m:	34.65	34.65	100m:	1:17.11	42.46	
14.	1141502	TRONCOSO CAAMAÑO, Fernando	49	ESCUALOS		1:17.84	-
	50m:	36.07	36.07	100m:	1:17.84	41.77	
15.	1240470	RODRIGUEZ BLANCO, Jose Francisco	48	POURENSE		1:30.31	-
	50m:	42.88	42.88	100m:	1:30.31	47.43	
16.	1239951	LOURIÑO VAZQUEZ, Luis Ignacio	47	PONTEAREAS		1:45.36	-
	50m:	46.21	46.21	100m:	1:45.36	59.15	
Baja	1215947	VAZQUEZ PEREZ, Luis Fernando	45	CULLEREDO			-
Baja	1175127	MASSO AGUADO, Jorge	48	RIASBAIXAS			-
50+							
1.	1076544	GARABATOS RODRIGUEZ, Santiago	50	CNMOS		59.24	13,00 RG
	50m:	27.87	27.87	100m:	59.24	31.37	
2.	1180192	SAAVEDRA GONZÁLEZ, Raul	51	HERCULES		1:03.31	10,00
	50m:	30.60	30.60	100m:	1:03.31	32.71	
3.	1146934	DIEGUEZ ARANDA, Hector	51	PORTAMIÑA		1:05.07	8,00
	50m:	31.29	31.29	100m:	1:05.07	33.78	
4.	1084040	GARCIA CASTIÑEIRA, Daniel	50	GALAICO		1:09.10	7,00
	50m:	32.88	32.88	100m:	1:09.10	36.22	
5.	1076553	FERNANDEZ-TESTA BARREIRO, David	50	RIASBAIXAS		1:14.68	6,00
	50m:	35.34	35.34	100m:	1:14.68	39.34	
6.	1203306	DURO GONZALEZ, Antonio	50	SALESTRA		1:15.15	5,00
	50m:	36.05	36.05	100m:	1:15.15	39.10	
7.	1195570	TERREN ENRUBIA, Lucio A	54	RIASBAIXAS		1:23.75	4,00
	50m:	36.63	36.63	100m:	1:23.75	47.12	
8.	1208795	LORENZO GONZALEZ-VISO, Carlos	53	POURENSE		1:33.34	3,00
	50m:	43.33	43.33	100m:	1:33.34	50.01	

Prueba 26, Masc., 100m Libre

55+

1.	1232926	TAPIA PORTO, Enrique	59	NCORUÑA	1:05.26	13,00
	50m:	31.47 31.47	100m:	1:05.26 33.79		
2.	1085112	RIVAS FEAL, Antonio	58	SCASINO	1:06.78	10,00
	50m:	32.07 32.07	100m:	1:06.78 34.71		
3.	1141191	GARCIA SANJURJO, Jose Manuel	57	CDELMAR	1:13.15	8,00
	50m:	34.11 34.11	100m:	1:13.15 39.04		
4.	1076509	VAZQUEZ VARELA, Jose Manuel	58	RIASBAIXAS	1:14.37	7,00
	50m:	35.87 35.87	100m:	1:14.37 38.50		
5.	1057905	GURIDI HUERTA, Jesus M.	56	FLUVIAL	1:19.57	6,00
	50m:	38.14 38.14	100m:	1:19.57 41.43		
6.	1195569	PEREZ LEIVA, Manuel	56	RIASBAIXAS	1:27.51	5,00
	50m:	42.70 42.70	100m:	1:27.51 44.81		
7.	1075593	PIROSCIA PENADO, Jose	58	PORTAMIÑA	1:34.10	4,00
	50m:	44.16 44.16	100m:	1:34.10 49.94		
8.	1106828	TRILLO CARLIN, Jose Fdo.	56	ADFOGAR	1:42.36	3,00
	50m:	49.21 49.21	100m:	1:42.36 53.15		
9.	1180249	SUAREZ FREIRE, David Manuel	56	RIASBAIXAS	1:48.36	2,00
	50m:	51.28 51.28	100m:	1:48.36 57.08		

60+

1.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:22.23	13,00
	50m:	38.30 38.30	100m:	1:22.23 43.93		
2.	1053394	SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	1:24.87	10,00
	50m:	41.08 41.08	100m:	1:24.87 43.79		
3.	1143536	BLANCO PEREZ, Angel	60	POURENSE	1:26.48	8,00
	50m:	41.46 41.46	100m:	1:26.48 45.02		
4.	1076248	GONZALEZ ANTON, Jose Luis	62	GALAICO	1:36.67	7,00
	50m:	45.44 45.44	100m:	1:36.67 51.23		
5.	1076514	LAGO REY, Jose Manuel	61	RIASBAIXAS	2:08.56	6,00
	50m:	59.26 59.26	100m:	2:08.56 1:09.30		
Baja	1076173	FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG		-
Baja	1250479	ROMERO PENA, Juan Ramon	61	HERCULES		-

65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	1:24.89	13,00
	50m:	40.39 40.39	100m:	1:24.89 44.50		

70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	1:18.94	13,00
	50m:	38.28 38.28	100m:	1:18.94 40.66		
2.	1076165	GARCIA COLOMO, Manuel Ramon	70	POURENSE	1:21.93	10,00
	50m:	39.99 39.99	100m:	1:21.93 41.94		
3.	1076493	ANDRES GONZALEZ, Ramiro J. E.	70	TRAVIESAS	1:35.11	8,00
	50m:	45.44 45.44	100m:	1:35.11 49.67		

Prueba 26, Masc., 100m Libre

75+

1.	1247512 VILLORIA CARAMES, Alejandro	79	TRAVIESAS	1:55.91	13,00
	50m: 55.60 55.60 100m: 1:55.91 1:00.31				

Prueba 27
21/01/2024

Fem., 100m Estilos

2004 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1108273	SUAREZ GONZALEZ, Gracia	24	PONTEAREAS		1:09.71	13,00 RG
	50m:	32.32 32.32	100m:	1:09.71	37.39		
2.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS		1:10.27	10,00
	50m:	31.95 31.95	100m:	1:10.27	38.32		
3.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL		1:15.78	8,00
	50m:	33.61 33.61	100m:	1:15.78	42.17		
4.	1076318	LEMONS FERNANDEZ, Zaira	22	PONTEAREAS		1:22.00	7,00
	50m:	37.79 37.79	100m:	1:22.00	44.21		
Baja	1143296	EIJO GIL, Ana Paula	21	PONTEAREAS			-
Baja	1143380	SUAREZ GARCIA, Marta	21	RIASBAIXAS			-
25+							
1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES		1:15.36	13,00
	50m:	33.63 33.63	100m:	1:15.36	41.73		
2.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO		1:15.90	10,00
	50m:	35.21 35.21	100m:	1:15.90	40.69		
3.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS		1:22.72	8,00
	50m:	38.19 38.19	100m:	1:22.72	44.53		
4.	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO		1:24.93	7,00
	50m:	38.76 38.76	100m:	1:24.93	46.17		
5.	1145008	GONZALEZ PEREZ, Paula	28	PONTEAREAS		1:35.85	6,00
	50m:	45.72 45.72	100m:	1:35.85	50.13		
30+							
1.	1084714	BUGALLO PÉREZ, Estíbaliz	34	RCNVIGO		1:14.69	13,00
	50m:	35.11 35.11	100m:	1:14.69	39.58		
2.	1041452	BEN CILLERO, Sabela	32	XOVE		1:19.04	10,00
	50m:	36.91 36.91	100m:	1:19.04	42.13		
3.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA		1:23.95	8,00
	50m:	38.01 38.01	100m:	1:23.95	45.94		
4.	1224940	PAZOS GANDARA, Andrea	32	PONTEAREAS		1:34.04	7,00
	50m:	43.91 43.91	100m:	1:34.04	50.13		
5.	1143565	ARAÚJO CASTRO, Paula	33	CDELMAR		1:37.65	6,00
	50m:	44.77 44.77	100m:	1:37.65	52.88		
35+							
1.	1193947	ALCALDE BALADO, Tania	38	CIDSANTIAG		1:19.07	13,00
	50m:	36.21 36.21	100m:	1:19.07	42.86		
2.	1141212	RIVAS TENREIRO, Arantza	35	NTNARON		1:22.77	10,00
	50m:	38.36 38.36	100m:	1:22.77	44.41		
3.	1144894	VINAGRE SENDINO, Cora	36	SCASINO		1:23.61	8,00
	50m:	38.17 38.17	100m:	1:23.61	45.44		

Prueba 27, Fem., 100m Estilos, 35+

Clasificación				Edad		Tiempo	Puntos
4.	1224939	VÁZQUEZ FUENTES, Cintia	37	MONFORTE		1:24.60	7,00
	50m:	38.39 38.39	100m:	1:24.60	46.21		
5.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS		1:26.65	6,00
	50m:	39.33 39.33	100m:	1:26.65	47.32		
6.	1203741	QUEREDA RODRÍGUEZ, Almudena	39	LICEO		1:32.71	5,00
	50m:	44.87 44.87	100m:	1:32.71	47.84		
7.	1036315	LOPEZ CORTABITARTE, Belen	37	HERCULES		1:43.94	4,00
	50m:	51.46 51.46	100m:	1:43.94	52.48		
Baja	1212097	LOUREIRO AMOR, Belen Martina	36	NTNARON			-

40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA		1:19.72	13,00
	50m:	35.86 35.86	100m:	1:19.72	43.86		
2.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS		1:26.44	10,00
	50m:	41.52 41.52	100m:	1:26.44	44.92		
3.	1041646	MOLANES PIÑEIRO, Maria Elena	40	PONTEAREAS		1:51.79	8,00
	50m:	57.00 57.00	100m:	1:51.79	54.79		

45+

1.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS		1:36.44	13,00
	50m:	46.00 46.00	100m:	1:36.44	50.44		
2.	1180238	GARCÍA SEOANE, Cristina María	49	HERCULES		1:43.49	10,00
	50m:	47.50 47.50	100m:	1:43.49	55.99		
3.	1197606	CARBALLO BALOIRA, Susana María	49	HERCULES		1:58.69	8,00
	50m:	59.27 59.27	100m:	1:58.69	59.42		
4.	1178771	BESADA FERNÁNDEZ, Ana M.	46	PONTEAREAS		2:28.59	7,00
	50m:	1:11.45 1:11.45	100m:	2:28.59	1:17.14		
Baja	1236743	RIVAS RODRIGUEZ, Lucia	45	NCORUÑA			-

50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	54	CULLEREDO		1:32.83	13,00
	50m:	42.42 42.42	100m:	1:32.83	50.41		
2.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS		1:38.82	10,00
	50m:	45.27 45.27	100m:	1:38.82	53.55		
3.	1076524	SOUSA CARNEIRO, Rosana	53	CNMOS		1:50.84	8,00
	50m:	51.53 51.53	100m:	1:50.84	59.31		
4.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS		1:57.24	7,00
	50m:	55.66 55.66	100m:	1:57.24	1:01.58		
5.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE		1:58.00	6,00
	50m:	58.61 58.61	100m:	1:58.00	59.39		

55+

1.	1058998	MUTILBA OBREGON, Nuria	55	PONTEAREAS		1:30.78	13,00
	50m:	42.52 42.52	100m:	1:30.78	48.26		
2.	1147048	REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS		1:44.86	10,00
	50m:	50.11 50.11	100m:	1:44.86	54.75		

Prueba 27, Fem., 100m Estilos, 55+

Clasificación					Edad		Tiempo	Puntos
3.	1076506	MARTY PAZOS, Maria Victoria	59	TRAVIESAS			1:58.03	8,00
	50m:	57.64 57.64	100m:	1:58.03 1:00.39				
4.	1144697	ACEVEDO REGO, Ermitas	58	POURENSE			2:06.47	7,00
	50m:	1:01.92 1:01.92	100m:	2:06.47 1:04.55				

60+

1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE			1:32.72	13,00
	50m:	42.90 42.90	100m:	1:32.72 49.82				
2.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE			1:36.38	10,00
	50m:	48.08 48.08	100m:	1:36.38 48.30				
3.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES			1:51.39	8,00
	50m:	53.20 53.20	100m:	1:51.39 58.19				
4.	1075767	MENDEZ TORRES, Isabel	64	PORTAMIÑA			2:23.90	7,00
	50m:	1:13.08 1:13.08	100m:	2:23.90 1:10.82				

65+

1.	1141154	CELEMIN PORRERO, Maria Teresa	65	GALAICO			2:08.40	13,00
	50m:	59.62 59.62	100m:	2:08.40 1:08.78				
2.	1076494	SUEIRO COSTAS, M ^a Carmen	68	PONTEAREAS			3:19.68	10,00
	50m:	1:43.27 1:43.27	100m:	3:19.68 1:36.41				

Prueba 28
21/01/2024

Masc., 100m Estilos

2004 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE	1:09.60	13,00
	50m:	32.11 32.11	100m:	1:09.60	37.49	
2.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	1:13.22	10,00
	50m:	35.28 35.28	100m:	1:13.22	37.94	
DSQ	1076409	CANCELA GOMEZ, Hugo	21	PONTEAREAS		-
25+						
1.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES	1:10.22	13,00
	50m:	31.77 31.77	100m:	1:10.22	38.45	
2.	1040134	MIGUEZ VAZQUEZ, Victor	27	XOVE	1:10.54	10,00
	50m:	32.71 32.71	100m:	1:10.54	37.83	
30+						
1.	1038638	CASTRO VILLAR, David	33	FLUVIAL	1:14.07	13,00
	50m:	33.51 33.51	100m:	1:14.07	40.56	
Baja	1130602	TENORIO FREIRE, Martin	32	GALAICO		-
35+						
1.	1089000	TABOADA VILA, Alberto	37	POURENSE	1:02.03	13,00
	50m:	28.21 28.21	100m:	1:02.03	33.82	
2.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS	1:10.67	10,00
	50m:	33.94 33.94	100m:	1:10.67	36.73	
3.	1037182	GARCIA GARCIA, Anselmo	36	XOVE	1:11.31	8,00
	50m:	34.13 34.13	100m:	1:11.31	37.18	
4.	1199549	MARTINEZ DOPAZO, David	37	GALAICO	1:11.38	7,00
	50m:	33.87 33.87	100m:	1:11.38	37.51	
5.	1126597	FERNANDEZ GAYOSO, Jose Manuel	38	CNMOS	1:13.23	6,00
	50m:	34.22 34.22	100m:	1:13.23	39.01	
6.	1191119	CAO LAGO, Pablo	37	RIASBAIXAS	1:14.27	5,00
	50m:	35.39 35.39	100m:	1:14.27	38.88	
7.	1086708	ABUIN ARES, Manuel	37	CIDSANTIAG	1:18.53	4,00
	50m:	36.64 36.64	100m:	1:18.53	41.89	
8.	1097263	LAMEIRO SEOANE, Javier	37	HERCULES	1:20.70	3,00
	50m:	37.39 37.39	100m:	1:20.70	43.31	
9.	1023057	PEREZ VAZQUEZ, Telmo	36	CMARINA	1:21.98	2,00
	50m:	38.30 38.30	100m:	1:21.98	43.68	
10.	1036745	BARCIA SIXTO, Francisco José	39	NTNARON	1:23.12	1,00
	50m:	40.29 40.29	100m:	1:23.12	42.83	
11.	1217936	PASCUAL DE PEDRO, Jorge	38	PONTEAREAS	1:34.15	-
	50m:	44.11 44.11	100m:	1:34.15	50.04	

Prueba 28, Masc., 100m Estilos

40+

1.	1141151	CALLE FACAL, Telmo	41	GALAICO	1:06.38	13,00
	50m:	30.69 30.69	100m:	1:06.38 35.69		
2.	1228089	MERA MONTECELOS, Pablo	41	HERCULES	1:11.17	10,00
	50m:	34.47 34.47	100m:	1:11.17 36.70		
3.	1144584	ALVAREZ SILVA, Ruben	43	ESCUALOS	1:19.76	7,50
	50m:	38.05 38.05	100m:	1:19.76 41.71		
	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	1:19.76	7,50
	50m:	37.69 37.69	100m:	1:19.76 42.07		
5.	1224733	ARANGO GAYAR, Saul	44	RIASBAIXAS	1:22.08	6,00
	50m:	37.98 37.98	100m:	1:22.08 44.10		
6.	1199899	DOMINGUEZ PHILOCREON, Ticiano	43	CIDSANTIAG	1:24.90	5,00
	50m:	41.60 41.60	100m:	1:24.90 43.30		
7.	1145052	FIERRO FERNÁNDEZ, Julio	42	HERCULES	1:28.14	4,00
	50m:	43.10 43.10	100m:	1:28.14 45.04		

45+

1.	1053922	BAIZ ROCA, Gabriel	45	ARTEIXO	1:11.25	13,00
	50m:	34.66 34.66	100m:	1:11.25 36.59		
2.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	1:13.27	10,00
	50m:	33.42 33.42	100m:	1:13.27 39.85		
3.	1145005	FERNANDEZ IGLESIAS, Emilio J.	47	PONTEAREAS	1:27.12	8,00
	50m:	41.62 41.62	100m:	1:27.12 45.50		
4.	1127402	PEXEGUEIRO BALADRON, Nicolas	47	CNMOS	1:34.71	7,00
	50m:	45.43 45.43	100m:	1:34.71 49.28		
5.	1200126	TABOADA CALVELO, Jose Carlos	45	SALESTRA	1:37.32	6,00
	50m:	50.30 50.30	100m:	1:37.32 47.02		

Baja 1175127 MASSO AGUADO, Jorge 48 RIASBAIXAS -

50+

1.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	1:17.33	13,00
	50m:	37.87 37.87	100m:	1:17.33 39.46		
2.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	1:17.69	10,00
	50m:	37.39 37.39	100m:	1:17.69 40.30		
3.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS	1:19.80	8,00
	50m:	37.61 37.61	100m:	1:19.80 42.19		
4.	1144601	PUENTE DÍAZ, Javier	53	CIDSANTIAG	1:24.19	7,00
	50m:	37.72 37.72	100m:	1:24.19 46.47		
5.	1076535	DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	1:30.00	6,00
	50m:	43.63 43.63	100m:	1:30.00 46.37		
6.	1076553	FERNANDEZ-TESTA BARREIRO, David	50	RIASBAIXAS	1:32.43	5,00
	50m:	46.35 46.35	100m:	1:32.43 46.08		
7.	1141071	LORENZO FERNANDEZ, Jose Manuel	52	RIASBAIXAS	1:33.30	4,00
	50m:	42.67 42.67	100m:	1:33.30 50.63		
8.	1203306	DURO GONZALEZ, Antonio	50	SALESTRA	1:38.69	3,00
	50m:	46.87 46.87	100m:	1:38.69 51.82		

Prueba 28, Masc., 100m Estilos, 50+

Clasificación					Edad			Tiempo	Puntos
9.	1145039	FERREIRO SANCHEZ, Luis	54	POURENSE				1:48.59	2,00
	50m:	54.14	54.14	100m:	1:48.59	54.45			
55+									
1.	1180234	SÁNCHEZ SECO, Manuel	56	ESCUALOS				1:31.61	13,00
	50m:	43.93	43.93	100m:	1:31.61	47.68			
2.	1037161	TOME NOGUEIRA, Alberto M.	56	ADFOGAR				1:33.38	10,00
	50m:	42.72	42.72	100m:	1:33.38	50.66			
3.	1193949	LAMELO OTERO, Ramón Jesus	56	CIDSANTIAG				1:51.99	8,00
	50m:	52.55	52.55	100m:	1:51.99	59.44			
4.	1180249	SUAREZ FREIRE, David Manuel	56	RIASBAIXAS				2:03.92	7,00
	50m:	1:01.34	1:01.34	100m:	2:03.92	1:02.58			
60+									
1.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS				1:41.38	13,00
	50m:	48.71	48.71	100m:	1:41.38	52.67			
65+									
1.	1174449	FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG				1:27.32	13,00
	50m:	42.53	42.53	100m:	1:27.32	44.79			
2.	1075185	YAÑEZ WONENBURGER, J. Carlos	65	HERCULES				1:28.14	10,00
	50m:	40.87	40.87	100m:	1:28.14	47.27			
3.	1170858	CODESIDO LOPEZ, José	65	CIDSANTIAG				1:36.12	8,00
	50m:	44.74	44.74	100m:	1:36.12	51.38			
Baja	1191492	TIMIRAOS CARRASCO, Luis	68	POURENSE					-

Prueba 29
21/01/2024

Fem., 4 x 50m Estilos

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Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	2:15.90	26,00 RG
	IBAÑEZ CARRERA, Sara	23	33.06	LEMONS FERNANDEZ, Zaira	22	35.48
	SUAREZ GONZALEZ, Gracia	24	35.99	BLANCO PEREZ, Laura	20	31.37

Baja	RIASBAIXAS 1			RIASBAIXAS		-
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+100

1.	GALAICO 1			GALAICO	2:44.63	26,00
	GARCIA MIGUEZ, Rosalia	26	35.67	GONZALEZ AVENDAÑO, Lucia	25	37.56
	FARIÑA SOUSA, Noemi	41	53.71	FUENTES LORENZO, Carla	25	37.69

Baja	PONTEAREAS 7			PONTEAREAS		-
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+120

1.	NCORUÑA 1			NCORUÑA	2:21.35	26,00
	LAGO CASTILLO, Natalia	25	35.15	DOPEREIRO GARCIA, Alba	34	34.41
	CIDRÁS ANGEL, Iria	34	38.90	MUIÑO, Andrea	33	32.89

2.	XOVE 1			XOVE	2:25.10	20,00
	ALVITE LOPEZ, Andrea	25	37.49	VAZQUEZ SANCHEZ, Pilar	26	35.04
	BEN CILLERO, Sabela	32	38.65	GONZALEZ FERNANDEZ, Leticia	42	33.92

3.	RIASBAIXAS 2			RIASBAIXAS	2:26.62	16,00
	LAGO LOPEZ, Raquel	29	35.57	MENDEZ SEIJO, Nerea	25	35.13
	TORRE GONZALEZ, Elisa	39	44.12	SUAREZ GARCIA, Sofia	27	31.80

4.	PONTEAREAS 2			PONTEAREAS	2:41.52	14,00
	CHAMADOIRA DOMÍNGUEZ, Jenni	30	34.91	GESTO ALONSO, Clarisa	35	40.77
	PAZOS GANDARA, Andrea	32	48.94	GONZALEZ PEREZ, Paula	28	36.90

5.	MONFORTE 1			MONFORTE	2:46.29	12,00
	RODRIGUEZ GONZÁLEZ, Raquel	31	43.03	VÁZQUEZ FUENTES, Cintia	37	37.53
	GONZALEZ MACIA, Alba	30	47.50	MARTINEZ GARCIA, Susana	33	38.23

+160

1.	ESCUALOS 1			ESCUALOS	2:37.77	26,00
	SANCHEZ LEDO, Cira	43	42.82	FKEOUI OMARI, Salma	42	38.76
	MIRA VAZQUEZ, Marta	43	40.82	DE MARTIN MIGUEL, Ana Asunción	44	35.37

2.	HERCULES 2			HERCULES	2:40.23	20,00
	PASCUAL GUTIERREZ, Maria Tere	26	34.25	ESPIÑO ALBELA, Andrea	30	37.91
	REGUEIRA MARTINEZ, Maria J.	49	48.22	LOPEZ MAHIA, Purificacion	61	39.85

3.	RIASBAIXAS 3			RIASBAIXAS	2:42.65	16,00
	GONZALEZ PEREZ, Jessica	37	45.20	PEREZ GARCIA, Eva	34	37.81
	ÁLVAREZ ALONSO, Sonia M.	48	43.40	RODRIGUEZ LOPEZ, Belen	43	36.24

4.	PORTAMIÑA 1			PORTAMIÑA	2:59.03	14,00
	OJEA DE CASTRO, Macarena	51	41.37	FREIJE TORNEIRO, Aroa	26	32.78
	FERNANDEZ GONZALEZ, Iria	42	50.50	MENDEZ TORRES, Isabel	64	54.38

5.	SALESTRA 1			SALESTRA	3:09.62	12,00
	ABBATEMARCO, Cristina	40	44.00	VILARIÑO CACHO, Elvira	43	34.44
	PAZ BERMUDEZ, Maria	48	52.11	SIMOIS MORAIS, Yolanda	30	59.07

6.	PONTEAREAS 3			PONTEAREAS	3:59.94	10,00
	FERNANDEZ SESTELO, Maria Jose	54	1:12.66	FERNANDEZ GUARDIOLA, Loira	35	1:09.28
	MOLANES PIÑEIRO, Maria Elena	40	51.81	SANCHEZ BARREIRO, Maria Carme	48	46.19

Prueba 29, Fem., 4 x 50m Estilos, +160

Clasificación

Tiempo Puntos

Baja	POURENSE 1		POURENSE		-
+200					
1.	RIASBAIXAS 4		RIASBAIXAS	3:01.79	26,00
	HERNANDEZ ALFAGEME, Rita 53	44.51	ROIG SANCHEZ, Blanca Ana 50		45.47
	ALVAREZ LARRAN, Maria Del Pilar 45	52.50	REGUEIRO RODRIGUEZ, Ana 58		39.31
2.	PONTEAREAS 4		PONTEAREAS	3:07.21	20,00
	COVELO SAAVEDRA, Nahir 46	45.79	SOBRINO EIRIZ, Maria Del Valle 52		55.20
	JARDON GONZALEZ, Helena 53	49.02	VARELA REDONDO, Veronica 49		37.20
3.	ESCUALOS 2		ESCUALOS	3:09.04	16,00
	DE LORENZO FERNANDEZ, Maria 46	45.35	CID ALVAREZ, Isabel 44		46.38
	REBOREDA MORILLO, Susana 62	58.45	PEREZ PEREZ, Sonia 52		38.86
4.	GALAICO 2		GALAICO	3:34.87	14,00
	VALLADARES BERTOL, Begoña 51	53.40	MIGUEZ DE LA SIERRA, Angeles 58		56.97
	CELEMIN PORRERO, Maria Teresa 65	1:01.80	GONZALEZ GARCIA, Covadonga 35		42.70
5.	TRAVIESAS 1		TRAVIESAS	3:47.08	12,00
	SERRANO AVENDAÑO, Silvia 49	54.36	MARTY PAZOS, Maria Victoria 59		57.89
	GOMEZ DOVAL, Maria Angela 68	1:10.70	FERNÁNDEZ ARRIZABALO, María 58		44.13
Baja	POURENSE 2		POURENSE		-
+240					
1.	POURENSE 3		POURENSE	3:33.92	26,00
	GARCIA COLOMO, M. Cristina 62	45.19	ACEVEDO REGO, Ermitas 58		1:02.00
	BALADO LOPEZ, Ana Maria 63	45.79	PEREZ GALLARDO, Teresa 60		1:00.94
2.	PONTEAREAS 5		PONTEAREAS	3:41.17	20,00
	DEL AMO BLANCO, Margarita 57	49.29	MUTILBA OBREGON, Nuria 55		39.34
	RODRÍGUEZ TRONCOSO, Marina 65	1:06.90	SUEIRO COSTAS, Mª Carmen 68		1:05.64
Baja	RIASBAIXAS 5		RIASBAIXAS		-
+280					
1.	PONTEAREAS 6		PONTEAREAS	5:42.18	26,00
	GONZALEZ RODRIGUEZ, S. Marta 78	1:36.70	MELON PARENTE, M. Lourdes 55		1:22.12
	GUARDIOLA MEDEL, Nuria 68	1:21.29	MORAL RUBIO, Isabel 82		1:22.07

Prueba 30
21/01/2024

Masc., 4 x 50m Estilos

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Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 1			PONTEAREAS	2:59.59	26,00
	CANCELA GOMEZ, Hugo	21	32.61	INCUTTI TELLADO, Denis	24	32.31
	LAGO GONZALEZ, Ivan	31	1:01.09	GÓMEZ MÉNDEZ, Borja	22	53.58

+100

1.	PONTEAREAS 2			PONTEAREAS	2:07.39	26,00
	IBAÑEZ CARRERA, Manuel Gabriel	28	33.10	BOUZA PADRON, Adrian	27	28.89
	CARRERA COSTAS, Martin	28	32.90	MARTÍNEZ DOMÍNGUEZ, Iván	36	32.50

+120

1.	NCORUÑA 1			NCORUÑA	1:58.02	26,00
	LAGO LOPEZ, Diego	33	30.87	MUIÑO ALONSO, Anton	30	26.63
	BORRAZAS RUMBO, Manuel	31	31.64	MIRAS LOPEZ, Raul	37	28.88
2.	RIASBAIXAS 1			RIASBAIXAS	2:02.42	20,00
	FREIRE GONZALEZ, Javier	31	33.16	CAO LAGO, Pablo	37	31.28
	PASTORIZA SANTA CLARA, Jorge	27	31.49	GARCIA RODRIGUEZ, Sergio	43	26.49
3.	NTNARON 1			NTNARON	2:08.04	16,00
	GRACIA CARBAJO, Miguel	30	30.44	MARTINEZ FERNANDEZ, Hector	47	32.34
	RODRIGUEZ PEREZ, Pedro Fco.	36	35.52	SAN MARTIN GARCÍA, Jorge	33	29.74
4.	POURENSE 1			POURENSE	2:11.78	14,00
	TABOADA VILA, Alberto	37	28.39	IGLESIAS DE LA TORRE, Felipe	48	37.82
	SABUZ FORNEIRO, Martin	30	30.29	MARIÑO GONZALEZ, Ramón	44	35.28
5.	ESCUALOS 1			ESCUALOS	2:15.83	12,00
	PEREZ LOPEZ, Manuel	43	41.88	PAZOS ALONSO, Josue	38	32.10
	FORTES NOVOA, Martiño	36	33.62	SEVILLA AROCA, Javier	41	28.23
6.	CNMOS 2			CNMOS	2:17.27	10,00
	REDONDO PARCERO, Iban	39	36.08	GARABATOS RODRIGUEZ, Santiago	50	28.91
	FERNANDEZ GAYOSO, Jose Manu	38	37.78	FONTAN SEIJO, Adrian	31	34.50
7.	HERCULES 1			HERCULES	2:17.47	8,00
	RIVAS MACEIRAS, Isaac	25	32.76	LAMEIRO SEOANE, Javier	37	35.24
	FIERRO FERNÁNDEZ, Julio	42	38.41	MATIAS DUARTE, Erick	42	31.06

Baja	CIDSANTIAG 3			CIDSANTIAG		-
Baja	PONTEAREAS 3			PONTEAREAS		-
Baja	XOVE 1			XOVE		-

+160

1.	CIDSANTIAG 2			CIDSANTIAG	2:02.59	26,00 RG
	CAMPAÑA BARROS, Adrian	34	33.04	SONEIRA REBOREDO, Oscar	49	29.79
	RODRIGUEZ LAGO, David	38	31.59	RODRÍGUEZ SALGADO, Manuel	49	28.17
2.	GALAICO 2			GALAICO	2:07.43	20,00
	CALLE FACAL, Telmo	41	31.98	TENORIO FREIRE, Martin	32	28.97
	MARTINEZ DOPAZO, David	37	35.74	GARCIA CASTIÑEIRA, Daniel	50	30.74
3.	HERCULES 2			HERCULES	2:10.91	16,00
	FOUZ ROUCO, Rubén	45	36.77	SAAVEDRA GONZÁLEZ, Raul	51	30.12
	MERA MONTECELOS, Pablo	41	36.60	IGLESIAS GOMEZ, Gonzalo	45	27.42

Prueba 30, Masc., 4 x 50m Estilos, +160

Clasificación

Tiempo Puntos

4.	ESCUALOS 2			ESCUALOS	2:14.49	14,00
	QUINTAS BARROS, Jesus C.	51	37.45	PEREIRA DIAZ, Angel	52	34.14
	NOGUEIRA-PINTO CRESPO, Hugo	46	32.98	ALVAREZ SILVA, Ruben	43	29.92
5.	CMARINA 1			CMARINA	2:17.19	12,00
	DE LA PAZ VIGO, Agustin A.	58	38.36	BALSA MOSQUERA, Pablo	46	34.10
	TOURIÑO GONZALEZ, Victor M.	56	36.28	PEREZ VAZQUEZ, Telmo	36	28.45
6.	RIASBAIXAS 2			RIASBAIXAS	2:22.67	10,00
	ARANGO GAYAR, Saul	44	41.79	GUTIERREZ COSTAS, Oscar	42	32.18
	FIGUEIRA DOMINGUEZ, Javier Gu	36	36.60	RODRIGUEZ GARCIA, Jose Bernar	41	32.10
7.	ARTEIXO 1			ARTEIXO	2:35.76	8,00
	MARTIN MONTERO, Manuel Jose	47	39.07	SANJORGE PEDREIRA, Carmelo	62	50.47
	BAIZ ROCA, Gabriel	45	34.75	ANDRES DUASO, Olmo	31	31.47
8.	SALESTRA 1			SALESTRA	2:41.82	6,00
	BASTIDA CAMPOS, Alejandro	42	40.33	DURO GONZALEZ, Antonio	50	43.22
	TABOADA CALVELO, Jose Carlos	45	44.03	LOPEZ PAYO, Mario	47	34.24
DSQ	FLUVIAL 1			FLUVIAL		-
	<i>Salida anticipada 3º posta</i>					
	CASTRO VILLAR, David	33	33.33	ALONSO ORTIZ, Mariano	48	
	GARCÍA MERA, Rodrigo	32	43.45	GURIDI HUERTA, Jesus M.	56	
DSQ	PONTEAREAS 4			PONTEAREAS		-
	<i>Nado irregular</i>					
	GIRALDEZ VILLANUEVA, Ivan, CARRERA COSTAS, Andres, CARRERA RODRÍGUEZ, Rubén, LOURIÑO VAZQUEZ, Luis Ignacio					
Baja	NTNARON 2			NTNARON		-
Baja	MONFORTE 1			MONFORTE		-
Baja	POURENSE 2			POURENSE		-
Baja	PORTAMIÑA 1			PORTAMIÑA		-

+200

1.	CULLEREDO 1			CULLEREDO	2:30.86	26,00
	LAMAS SOTO, Cesar	49	43.18	GUIRADO CARABEL, Oscar	48	30.37
	HERNAEZ OUBIÑA, David	51	37.35	PEREZ GARCIA, Manuel	57	39.96
2.	PONTEAREAS 5			PONTEAREAS	2:35.33	20,00
	RODRIGUEZ GOMEZ, Emilio	63	48.15	FERNANDEZ IGLESIAS, Emilio J.	47	34.74
	MOURIÑO ORTIGUERA, Roberto C.	50	41.72	MOURIÑO FORTES, Victor Manuel	47	30.72
3.	ESCUALOS 3			ESCUALOS	2:39.02	16,00
	CARNERO FIRVIDA, Jose Ramón	50	44.93	TRONCOSO CAAMAÑO, Fernando	49	41.18
	CRESPO PÉREZ, Albarino	54	40.37	BOUSO FUENTECILLA, Fernando	53	32.54
4.	RIASBAIXAS 3			RIASBAIXAS	2:44.51	14,00
	SOTO HECTOR, Oscar	54	40.42	LORENZO FERNANDEZ, Jose Man	52	40.25
	CRESPO PIÑEIRO, Natalio	55	49.23	TERREN ENRUBIA, Lucio A	54	34.61
5.	POURENSE 3			POURENSE	2:59.35	12,00
	LORENZO GONZALEZ-VISO, Carl	53	55.47	FERREIRO SANCHEZ, Luis	54	52.11
	GARCIA REBOLO, Alejandro	49	35.25	RODRIGUEZ BLANCO, Jose Franci	48	36.52
DSQ	NCORUÑA 2			NCORUÑA		-
	<i>Nado irregular</i>					
	IGLESIAS DE LEON, Cristian, SOLLEIRO TIZON, Juan Jose, TAPIA PORTO, Enrique, RODRIGUEZ QUEIRUGA, Juan Carlos					

Prueba 30, Masc., 4 x 50m Estilos

+240

1.	HERCULES 3			HERCULES	2:33.26	26,00
	YAÑEZ WONENBURGER, J. Carlos	65	41.18	SUANZES PEREZ, Fernando	71	36.93
	MANDADO RODRIGUEZ, Enrique	52	42.37	BORDALLO CORTINA, Fernando	70	32.78
2.	CNMOS 1			CNMOS	3:06.97	20,00
	RODRIGUEZ LEMOS, Andres J.	75	53.53	PEXEGUEIRO BALADRON, Nicolas	47	28.13
	FERNANDEZ GONZALEZ, Alvaro	59	50.28	RODRIGUEZ VIEITO, Ricardo M.	67	55.03
3.	POURENSE 4			POURENSE	3:08.16	16,00
	CADAVID NUÑEZ, Jose	54	50.87	IVANCHENKO, Yurii	71	46.86
	GARCIA COLOMO, Manuel Ramon	70	52.11	BLANCO PEREZ, Angel	60	38.32
4.	RIASBAIXAS 4			RIASBAIXAS	3:08.62	14,00
	PEREZ LEIVA, Manuel	56	45.03	ROS ROSILLO, Alejandro	66	42.83
	HERNANZ MORAL, Fausto	62	53.38	SUAREZ FREIRE, David Manuel	56	47.38
5.	PONTEAREAS 6			PONTEAREAS	3:23.47	12,00
	PASCUAL DE PEDRO, Jorge	38	45.76	PREGO MARTINEZ, Benjamin	51	37.75
	ARAUJO DOMINGUEZ, Francisco	84	1:18.72	MONROY FERNÁNDEZ, Manuel	74	41.24
6.	GALAICO 1			GALAICO	3:29.31	10,00
	GONZALEZ ANTON, Jose Luis	62	1:06.67	BETHENCOURT IGLESIAS, Sergio	61	37.36
	AREA PEREIRA, Jose Manuel	67	1:05.79	CASTRO QUINTELA, Avelino	57	39.49
Baja	CIDSANTIAG 1			CIDSANTIAG		-

Puntos

Todas las pruebas

Todos, Abs.

1. C. N. PONTEAREAS	00878	2.100,00
2. C. N. Vigo Rías Baixas	00765	1.511,50
3. C. N. ESCUALOS	01547	1.057,50
4. C. Hércules Termaria	01572	946,00
5. C. N. GALAICO	00784	698,00
6. C. N. Pabellón Ourense	00101	668,00
7. C. Dep. N. Cidade De Santiago	01295	609,00
8. C. N. CORUÑA	00186	605,00
9. C. TRAVIESAS N.	00824	392,00
10. C. N. Xove	00622	344,00
11. C. Fluvial De Lugo	00398	337,00
C. N. Portamiñá Lugo	01156	337,00
13. C. N. Monforte De Lemos	00837	326,00
14. C. N. MOS	01424	320,00
15. C. N. ARTEIXO	01133	309,00
16. C. N. CULLEREDO	01433	263,00
17. C. MARINA FERROL	00146	208,00
18. C. N. E Salvamento A Estrada	01576	201,00
19. Agrup. Dep. Náutico De Narón	00639	186,00
20. Sporting C. Casino	00287	142,00
21. C. Del Mar De San Amaro	00282	110,00
22. Agrup. Dep. Fogar	00617	101,00
23. Real C. Náutico De Vigo	00071	66,00
24. C. N. LICEO	01269	36,00
25. C. N. REDONDELA	00873	34,00
26. C. Muller En Forma	01824	29,00
27. C. N. FERROL	00674	13,00
28. C. TRIATLON CORUÑA	01762	7,00

Masc., Abs.

1. C. N. PONTEAREAS	00878	838,00
2. C. N. Vigo Rías Baixas	00765	711,50
3. C. Hércules Termaria	01572	577,00
4. C. N. ESCUALOS	01547	576,50
5. C. Dep. N. Cidade De Santiago	01295	478,00
6. C. N. GALAICO	00784	398,00
7. C. N. Pabellón Ourense	00101	389,00
8. C. N. CORUÑA	00186	334,00
9. C. N. MOS	01424	288,00
10. C. N. Monforte De Lemos	00837	219,00
11. C. N. ARTEIXO	01133	211,00
12. C. Fluvial De Lugo	00398	197,00
13. C. N. CULLEREDO	01433	150,00
Agrup. Dep. Náutico De Narón	00639	150,00
15. C. N. Xove	00622	148,00
16. C. TRAVIESAS N.	00824	138,00
17. C. MARINA FERROL	00146	132,00
18. C. N. Portamiñá Lugo	01156	92,00
C. N. E Salvamento A Estrada	01576	92,00
20. Agrup. Dep. Fogar	00617	54,00
21. Sporting C. Casino	00287	43,00
22. Real C. Náutico De Vigo	00071	40,00
23. C. Del Mar De San Amaro	00282	34,00
C. N. REDONDELA	00873	34,00
25. C. N. FERROL	00674	13,00
26. C. TRIATLON CORUÑA	01762	7,00

Fem., Abs.

1. C. N. PONTEAREAS	00878	1.262,00
2. C. N. Vigo Rías Baixas	00765	800,00
3. C. N. ESCUALOS	01547	481,00
4. C. Hércules Termaria	01572	369,00
5. C. N. GALAICO	00784	300,00
6. C. N. Pabellón Ourense	00101	279,00
7. C. N. CORUÑA	00186	271,00
8. C. TRAVIESAS N.	00824	254,00
9. C. N. Portamiñá Lugo	01156	245,00
10. C. N. Xove	00622	196,00
11. C. Fluvial De Lugo	00398	140,00
12. C. Dep. N. Cidade De Santiago	01295	131,00
13. C. N. CULLEREDO	01433	113,00
14. C. N. E Salvamento A Estrada	01576	109,00
15. C. N. Monforte De Lemos	00837	107,00
16. Sporting C. Casino	00287	99,00
17. C. N. ARTEIXO	01133	98,00
18. C. Del Mar De San Amaro	00282	76,00
C. MARINA FERROL	00146	76,00
20. Agrup. Dep. Fogar	00617	47,00
21. Agrup. Dep. Náutico De Narón	00639	36,00
C. N. LICEO	01269	36,00
23. C. N. MOS	01424	32,00
24. C. Muller En Forma	01824	29,00
25. Real C. Náutico De Vigo	00071	26,00

Récords batidos por prueba...

Todas las pruebas

Masc., 50m Libre

15.	Serie 5	Bordallo Cortina, Fernando	70	01572	33.81	R. G.	70+
16.	Serie 3	Bordallo Cortina, Fernando	70	01572	33.27	R. G.	70+
18.	Serie 18	Lobelle Gonzalez, Ivan	35	00398	24.19	R. G.	35+

Masc., 100m Libre

26.	Serie 13	Rodriguez Lago, David	38	01295	55.98	R. G.	35+
26.	Serie 14	Garabatos Rodriguez, Santiagoc	50	01424	59.24	R. G.	50+
26.	Serie 14	Lobelle Gonzalez, Ivan	35	00398	53.90	R. G.	35+

Masc., 400m Libre

3.	Serie 3	Garcia Colomo, Manuel Ramor	70	00101	6:07.65	R. G.	70+
3.	Serie 4	Codesido Lopez, José	65	01295	5:51.53	R. G.	65+

Masc., 50m Espalda

1.	Serie 7	Fernandez Nuñez, Santiago	61	01295	32.93	R. G.	60+
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Masc., 100m Espalda

13.	Serie 3	Garcia Colomo, Manuel Ramor	70	00101	1:44.53	R. G.	70+
13.	Serie 6	Codesido Lopez, José	65	01295	1:29.84	R. G.	65+
13.	Serie 9	Taboada Vila, Alberto	37	00101	59.22	R. G.	35+

Masc., 200m Espalda

22.	Serie 2	Garcia Colomo, Manuel Ramor	70	00101	3:40.21	R. G.	70+
22.	Serie 3	Yañez Wonenburger, J. Carlos	65	01572	3:29.49	R. G.	65+
22.	Serie 4	Codesido Lopez, José	65	01295	3:18.11	R. G.	65+

Masc., 100m Braza

11.	Serie 2	Rodriguez Lemos, Andres J.	75	01424	1:53.08	R. G.	75+
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Masc., 200m Braza

20.	Serie 2	Rodriguez Lemos, Andres J.	75	01424	4:09.16	R. G.	75+
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Masc., 200m Estilos

7.	Serie 6	Garabatos Rodriguez, Santiagoc	50	01424	2:33.33	R. G.	50+
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Masc., 4 x 50m Libre

15.	Serie 7	C. Hércules Termaria	01572	1:50.28	R. G.	+160
SAAVEDRA GONZÁLEZ, Raul, IGLESIAS GOMEZ, Gonzalo, FOUZ ROUCO, Rubén, MERA MONTECELOS, Pablo						

Masc., 4 x 50m Estilos

30.	Serie 4	C. Dep. N. Cidade De Santiago	01295	2:02.59	R. G.	+160
CAMPAÑA BARROS, Adrian, RODRIGUEZ LAGO, David, SONEIRA REBOREDO, Oscar, RODRÍGUEZ SALGADO, Manuel						

Fem., 100m Libre

25.	Serie 8	Terceiro Delgado, M.	61	00282	1:15.44	R. G.	60+
25.	Serie 10	Franco Cal, Alba	33	00398	59.73	R. G.	30+
25.	Serie 10	Suarez Gonzalez, Gracia	24	00878	59.65	R. G.	20+

Fem., 200m Libre

2.	Serie 7	Suarez Gonzalez, Gracia	24	00878	2:16.30	R. G.	20+
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Fem., 400m Libre

2.	Serie 7	Franco Cal, Alba	33	00398	4:40.43	R. G.	30+
2.	Serie 7	Suarez Gonzalez, Gracia	24	00878	4:41.21	R. G.	20+

Fem., 100m Espalda

12.	Serie 6	Garcia Colomo, M. Cristina	62	00101	1:36.82	R. G.	60+
12.	Serie 8	Hermida Rodriguez, Blanca	43	00146	1:18.14	R. G.	40+

Fem., 200m Espalda

21.	Serie 4	Ojea De Castro, Macarena	51	01156	3:10.82	R. G.	50+
21.	Serie 6	Gonzalez Rodriguez, Maria	42	01295	2:43.70	R. G.	40+
21.	Serie 6	Freije Torneiro, Aroa	26	01156	2:37.59	R. G.	25+

Fem., 100m Braza

10. Serie 3 Sar Morano, Dolores 69 01433 2:09.26 R. G. 65+

Fem., 100m Mariposa

8. Serie 4 Hermida Rodriguez, Blanca 43 00146 1:16.12 R. G. 40+

Fem., 100m Estilos

27. Serie 8 Suarez Gonzalez, Gracia 24 00878 1:09.71 R. G. 20+

Fem., 200m Estilos

6. Serie 4 Gonzalez Rodriguez, Maria 42 01295 2:48.48 R. G. 40+

6. Serie 4 Rodriguez Rodriguez, Nina 22 00765 2:29.74 R. G. 20+

Fem., 4 x 50m Libre

14. Serie 2 C. N. Pabellón Ourense 00101 2:57.11 R. G. +240

GARCIA COLOMO, M. Cristina, BALADO LOPEZ, Ana Maria, LOPEZ RODRIGUEZ, Adela Elena, PEREZ GALLARDO, Teresa

14. Serie 4 C. N. PONTEAREAS 00878 2:01.52 R. G. +80 (PRE-MASTER)

SUAREZ GONZALEZ, Gracia, IBAÑEZ CARRERA, Sara, BLANCO PEREZ, Laura, EIJO GIL, Ana Paula

Fem., 4 x 50m Estilos

29. Serie 4 C. N. PONTEAREAS 00878 2:15.90 R. G. +80 (PRE-MASTER)

IBAÑEZ CARRERA, Sara, SUAREZ GONZALEZ, Gracia, LEMOS FERNANDEZ, Zaira, BLANCO PEREZ, Laura

Mixto, 4 x 50m Libre

16. Serie 6 C. Fluvial De Lugo 00398 1:58.23 R. G. +160

IGLESIAS LAPIDO, Miguel, LOBELLE GONZALEZ, Ivan, CASTRO MAESTRE, Isaura, FRANCO CAL, Alba

Mixto, 4 x 50m Estilos

1. Serie 1 C. TRAVIESAS N. 00824 4:32.98 R. G. +280

SANTAMARINA LÓPEZ, Javier, VILLORIA CARAMES, Alejandro, GONZALEZ-ALEGRE BURGUEÑO, Ana Maria, MAROTO REGLERO, Maria Consuelo Paula

1. Serie 8 C. N. PONTEAREAS 00878 2:02.96 R. G. +80 (PRE-MASTER)

IBAÑEZ CARRERA, Sara, MARTINEZ MARTINEZ, Marcos, SUAREZ GONZALEZ, Gracia, INCUTTI TELLADO, Denis

Medallistas por prueba

Todas las pruebas

1. Mixto, 4 x 50m Estilos

+80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	2:02.96	- RG
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1. Mixto, 4 x 50m Estilos

+100

1.	RIASBAIXAS 1	RIASBAIXAS	2:12.06	-
2.	XOVE 1	XOVE	2:17.14	-
3.	PONTEAREAS 2	PONTEAREAS	2:19.43	-

1. Mixto, 4 x 50m Estilos

+120

1.	FLUVIAL 1	FLUVIAL	2:12.57	-
2.	GALAICO 3	GALAICO	2:23.37	-
3.	HERCULES 1	HERCULES	2:24.55	-

1. Mixto, 4 x 50m Estilos

+160

1.	CIDSANTIAG 1	CIDSANTIAG	2:13.59	- RG
2.	ESCUALOS 2	ESCUALOS	2:21.67	-
3.	PORTAMIÑA 2	PORTAMIÑA	2:22.23	-

1. Mixto, 4 x 50m Estilos

+200

1.	RIASBAIXAS 4	RIASBAIXAS	2:36.31	-
2.	HERCULES 3	HERCULES	2:37.83	-
3.	PONTEAREAS 5	PONTEAREAS	2:38.37	-

1. Mixto, 4 x 50m Estilos

+240

1.	POURENSE 4	POURENSE	2:55.13	-
2.	PONTEAREAS 6	PONTEAREAS	3:17.29	-
3.	GALAICO 1	GALAICO	3:30.54	-

1. Mixto, 4 x 50m Estilos

+280

1.	TRAVIESAS 1	TRAVIESAS	4:32.98	- RG
2.	PONTEAREAS 7	PONTEAREAS	4:44.67	-

2. Fem., 400m Libre

20+

1.	1108273 SUAREZ GONZALEZ, Gracia	24	PONTEAREAS	4:41.21	- RG
2.	1144257 FERNANDEZ GONZALEZ, Elena	23	HERCULES	5:31.81	-

2. Fem., 400m Libre

25+

1.	1038096 FREIJE TORNEIRO, Aroa	26	PORTAMIÑA	4:50.77	-
2.	1038608 SUAREZ GARCIA, Sofia	27	RIASBAIXAS	5:55.29	-

2. Fem., 400m Libre 30+

1.	1093459 FRANCO CAL, Alba	33	FLUVIAL	4:40.43	- RG
2.	1040457 FREIJO LÓPEZ, Lucía	32	NCORUÑA	5:53.59	-
3.	1143565 ARAÚJO CASTRO, Paula	33	CDELMAR	6:15.77	-

2. Fem., 400m Libre 35+

1.	1203741 QUEREDA RODRÍGUEZ, Almudena	39	LICEO	5:35.10	-
2.	1144948 GONZALEZ PEREZ, Jessica	37	RIASBAIXAS	6:01.44	-

2. Fem., 400m Libre 40+

1.	1143598 MIRA VAZQUEZ, Marta	43	ESCUALOS	6:03.54	-
2.	1143597 SANCHEZ LEDO, Cira	43	ESCUALOS	6:11.18	-
3.	1237395 VILARIÑO CACHO, Elvira	43	SALESTRA	6:13.88	-

2. Fem., 400m Libre 45+

1.	1143894 DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	6:19.78	-
2.	1146893 PRADO FRANCO, Marta E.	45	RIASBAIXAS	6:25.39	-
3.	1180238 GARCÍA SEOANE, Cristina María	49	HERCULES	6:36.36	-

2. Fem., 400m Libre 50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	5:41.29	-
2.	1202971 PEREZ PEREZ, Sonia	52	ESCUALOS	7:00.85	-
3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE	7:13.91	-

2. Fem., 400m Libre 55+

1.	1058998 MUTILBA OBREGON, Nuria	55	PONTEAREAS	6:14.22	-
2.	1147048 REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	6:30.55	-
3.	1037970 CALVIÑO CANCELA, Maria Cristina	56	PONTEAREAS	7:00.00	-

2. Fem., 400m Libre 60+

1.	1144331 TERCEIRO DELGADO, María Del Mar	61	CDELMAR	6:07.23	-
2.	1170586 OREIRO PAZOS, M. Gloria	64	ARTEIXO	7:48.35	-
3.	1143893 REBORDA MORILLO, Susana	62	ESCUALOS	8:29.89	-

2. Fem., 400m Libre 65+

1.	1076494 SUEIRO COSTAS, Mª Carmen	68	PONTEAREAS	10:55.42	-
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3. Masc., 400m Libre 20+

1.	1068314 MARTINEZ MARTINEZ, Marcos	21	PONTEAREAS	4:37.35	-
2.	1097741 GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	5:03.02	-
3.	1061561 INCUTTI TELLADO, Denis	24	PONTEAREAS	5:08.06	-

3. Masc., 400m Libre 25+

1.	1144193 PASTORIZA SANTA CLARA, Jorge	27	RIASBAIXAS	4:23.56	-
2.	1037180 CARRERA COSTAS, Martin	28	PONTEAREAS	4:33.58	-
3.	1232980 PICALLO MATO, Adrian	29	SALESTRA	5:27.59	-

3. Masc., 400m Libre 30+

1.	1093458 MUIÑO ALONSO, Anton	30	NCORUÑA	4:45.73	-
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3. Masc., 400m Libre 35+

1.	1086708 ABUIN ARES, Manuel	37	CIDSANTIAG	5:19.51	-
2.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	36	RIASBAIXAS	5:42.00	-
3.	1170846 PRESA PRESA, Santiago	36	GALAICO	5:48.59	-

3. Masc., 400m Libre 40+

1.	1107942 GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS	4:55.04	-
2.	1143897 SEVILLA AROCA, Javier	41	ESCUALOS	5:05.05	-
3.	1143899 PEREZ LOPEZ, Manuel	43	ESCUALOS	5:25.99	-

3. Masc., 400m Libre 45+

1.	1053922 BAIZ ROCA, Gabriel	45	ARTEIXO	4:49.62	-
2.	1118746 SANCHEZ GORDON, Roman	46	RIASBAIXAS	4:51.43	-
3.	1024675 IGLESIAS GOMEZ, Gonzalo	45	HERCULES	4:54.45	-

3. Masc., 400m Libre 50+

1.	1084040 GARCIA CASTIÑEIRA, Daniel	50	GALAICO	5:25.46	-
2.	1141504 BOUSO FUENTECILLA, Fernando	53	ESCUALOS	6:02.02	-
3.	1203306 DURO GONZALEZ, Antonio	50	SALESTRA	6:02.32	-

3. Masc., 400m Libre 55+

1.	1085112 RIVAS FEAL, Antonio	58	SCASINO	5:08.84	-
2.	1199894 IRIBARNEGARAY FERNANDEZ, Javier	58	GALAICO	5:30.32	-
3.	1175217 CASTRO QUINTELA, Avelino	57	GALAICO	7:26.06	-

3. Masc., 400m Libre 60+

1.	1076250 BETHENCOURT IGLESIAS, Sergio	61	GALAICO	5:34.35	-
2.	1144940 HERNANZ MORAL, Fausto	62	RIASBAIXAS	6:37.37	-
3.	1143536 BLANCO PEREZ, Angel	60	POURENSE	6:46.03	-

3. Masc., 400m Libre 65+

1.	1170858 CODESIDO LOPEZ, José	65	CIDSANTIAG	5:51.53	- RG
2.	1141150 RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	7:22.29	-
3.	1143896 PERDIZ GONZALEZ, Jose Ramon	66	ESCUALOS	8:32.69	-

3. Masc., 400m Libre 70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	70	POURENSE	6:07.65	- RG
2.	1075190 SUANZES PEREZ, Fernando	71	HERCULES	6:14.95	-
3.	1076488 MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	7:20.84	-

4. Fem., 50m Espalda 20+

1.	1038179	IBAÑEZ CARRERA, Sara	23	PONTEAREAS	33.01	-
2.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL	34.55	-
3.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA	34.93	-

4. Fem., 50m Espalda 25+

1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	33.29	-
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA	35.91	-
3.	1076348	ALVITE LOPEZ, Andrea	25	XOVE	37.56	-

4. Fem., 50m Espalda 30+

1.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA	38.63	-
2.	1237382	MUIÑO, Andrea	33	NCORUÑA	39.96	-
3.	1078925	SALGADO CASTELO, Marta	30	MULLEREF	44.66	-

4. Fem., 50m Espalda 35+

1.	1127407	GONZÁLEZ RIVAS, Sara	35	ARTEIXO	37.84	-
2.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS	39.12	-
3.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS	45.67	-

4. Fem., 50m Espalda 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	37.61	-
2.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE	40.96	-
3.	1144200	RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS	51.19	-

4. Fem., 50m Espalda 45+

1.	1079470	MOLINOS LAMAS, Bibiana	47	RIASBAIXAS	46.49	-
2.	1217442	VILLASANTE ARMAS, Maria Rosa	49	NCORUÑA	51.06	-
3.	1144074	SERRANO AVENDAÑO, Silvia	49	TRAVIESAS	54.56	-

4. Fem., 50m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA	40.86	-
2.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	45.25	-
3.	1076524	SOUSA CARNEIRO, Rosana	53	CNMOS	47.68	-

4. Fem., 50m Espalda 55+

1.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	46.65	-
2.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS	48.44	-
3.	1189938	LOPEZ RODRIGUEZ, Adela Elena	56	POURENSE	49.63	-

4. Fem., 50m Espalda 60+

1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	43.38	-
2.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES	51.85	-

4. Fem., 50m Espalda 65+

1.	1075178 SAR MORANO, Dolores	69	CULLEREDO	53.79	-
2.	1217937 RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	1:14.68	-

4. Fem., 50m Espalda 70+

1.	1208789 MAROTO REGLERO, Maria Consuelo F72lla		TRAVIESAS	1:21.84	-
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4. Fem., 50m Espalda 75+

1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	1:37.17	-
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4. Fem., 50m Espalda 80+

1.	1058045 MORAL RUBIO, Isabel	82	PONTEAREAS	1:39.36	-
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	2:34.08	-

5. Masc., 50m Espalda 20+

1.	1075913 PEREZ TIERRA, Ismael	22	MONFORTE	27.90	-
2.	1037192 FERRO SANTOS, Juan Manuel	24	XOVE	30.51	-
3.	1038800 ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	31.03	-

5. Masc., 50m Espalda 25+

1.	1039755 RIVAS MACEIRAS, Isaac	25	HERCULES	31.79	-
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5. Masc., 50m Espalda 30+

1.	1107418 LAGO LOPEZ, Diego	33	NCORUÑA	30.44	-
2.	1038638 CASTRO VILLAR, David	33	FLUVIAL	32.93	-
3.	1037824 FREIRE GONZALEZ, Javier	31	RIASBAIXAS	33.17	-

5. Masc., 50m Espalda 35+

1.	1078993 LOBELLE GONZALEZ, Ivan	35	FLUVIAL	29.58	-
2.	1140778 RODRIGUEZ LAGO, David	38	CIDSANTIAG	30.83	-
3.	1226258 BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG	35.00	-

5. Masc., 50m Espalda 40+

1.	1144789 MATIAS DUARTE, Erick	42	HERCULES	37.07	-
2.	1190909 CARBALLA BARROSO, Rogelio Manue	43	GALAICO	37.95	-
3.	1178765 ESPAÑA CABEZAS, Jesús	43	CIDSANTIAG	38.45	-

5. Masc., 50m Espalda 45+

1.	1076560 EIRIZ DIEGUEZ, Daniel	46	CNMOS	31.46	-
2.	1231581 RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	35.00	-
3.	1053922 BAIZ ROCA, Gabriel	45	ARTEIXO	36.62	-

5. Masc., 50m Espalda 50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	35.64	-
2.	1144601	PUENTE DÍAZ, Javier	53	CIDSANTIAG	36.97	-
3.	1146934	DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	37.00	-

5. Masc., 50m Espalda 55+

1.	1141209	DE LA PAZ VIGO, Agustin A.	58	CMARINA	38.12	-
2.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA	40.44	-
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	41.17	-

5. Masc., 50m Espalda 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG	33.55	-
2.	1053394	SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	48.10	-
3.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	49.26	-

5. Masc., 50m Espalda 65+

1.	1075185	YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	42.58	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	54.54	-
3.	1079748	SANTAMARINA LÓPEZ, Javier	66	TRAVIESAS	1:14.53	-

5. Masc., 50m Espalda 70+

1.	1076488	MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	56.75	-
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5. Masc., 50m Espalda 75+

1.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	1:07.39	-
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5. Masc., 50m Espalda 80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	1:23.75	-
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6. Fem., 200m Estilos 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS	2:29.74	- RG
2.	1108273	SUAREZ GONZALEZ, Gracia	24	PONTEAREAS	2:30.01	-
3.	1143296	EIJO GIL, Ana Paula	21	PONTEAREAS	3:04.13	-

6. Fem., 200m Estilos 25+

1.	1038096	FREIJE TORNEIRO, Aroa	26	PORTAMIÑA	2:43.43	-
2.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO	2:46.62	-
3.	1145008	GONZALEZ PEREZ, Paula	28	PONTEAREAS	3:27.54	-

6. Fem., 200m Estilos 30+

1.	1041452	BEN CILLERO, Sabela	32	XOVE	2:57.84	-
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6. Fem., 200m Estilos 35+

1.	1144948	GONZALEZ PEREZ, Jessica	37	RIASBAIXAS	3:16.98	-
2.	1036315	LOPEZ CORTABITARTE, Belen	37	HERCULES	3:39.39	-

6. Fem., 200m Estilos 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	2:48.48	- RG
2.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS	3:03.90	-

6. Fem., 200m Estilos 45+

1.	1143813	REGUEIRA MARTINEZ, Maria J.	49	HERCULES	3:23.10	-
2.	1197606	CARBALLO BALOIRA, Susana María	49	HERCULES	4:08.63	-

6. Fem., 200m Estilos 50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	3:15.53	-
2.	1197600	SANDERSON KEOUGH, Helen Jane	54	CULLEREDO	3:23.30	-
3.	1171727	GARCIA RODRIGUEZ, Teresa	52	PORTAMIÑA	4:07.52	-

6. Fem., 200m Estilos 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	3:46.41	-
2.	1145007	MELON PARENTE, M. Lourdes	55	PONTEAREAS	5:44.43	-

6. Fem., 200m Estilos 60+

1.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE	3:32.86	-
2.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES	4:11.34	-
3.	1170586	OREIRO PAZOS, M. Gloria	64	ARTEIXO	4:14.75	-

7. Masc., 200m Estilos 20+

1.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE	2:31.94	-
2.	1038800	ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	2:38.81	-

7. Masc., 200m Estilos 30+

1.	1076355	OROZA PARGA, Bruno	30	XOVE	2:42.02	-
2.	1076271	NOVALES BLANCO, Xabier	33	RIASBAIXAS	3:16.21	-

7. Masc., 200m Estilos 35+

1.	1140778	RODRIGUEZ LAGO, David	38	CIDSANTIAG	2:22.10	-
2.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS	2:31.42	-
3.	1199549	MARTINEZ DOPAZO, David	37	GALAICO	2:39.80	-

7. Masc., 200m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	41	GALAICO	2:24.91	-
2.	1107942	GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS	2:36.05	-
3.	1228089	MERA MONTECELOS, Pablo	41	HERCULES	2:37.98	-

7. Masc., 200m Estilos 45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	46	CNMOS	2:30.68	-
2.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO	2:43.33	-
3.	1180237	FOUZ ROUCO, Rubén	45	HERCULES	2:52.85	-

7. Masc., 200m Estilos 50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	50	CNMOS	2:33.33	- RG
2.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	2:51.60	-
3.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS	2:53.63	-

7. Masc., 200m Estilos 60+

1.	1053394	SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	4:01.05	-
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8. Fem., 100m Mariposa 20+

1.	1144257	FERNANDEZ GONZALEZ, Elena	23	HERCULES	1:30.74	-
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8. Fem., 100m Mariposa 25+

1.	1145008	GONZALEZ PEREZ, Paula	28	PONTEAREAS	1:46.45	-
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8. Fem., 100m Mariposa 30+

1.	1093459	FRANCO CAL, Alba	33	FLUVIAL	1:06.10	-
2.	1144580	PEREZ GARCIA, Eva	34	RIASBAIXAS	1:31.45	-
3.	1143565	ARAÚJO CASTRO, Paula	33	CDELMAR	1:38.42	-

8. Fem., 100m Mariposa 35+

1.	1144894	VINAGRE SENDINO, Cora	36	SCASINO	1:26.56	-
2.	1110693	FERNANDEZ GUARDIOLA, Loira	35	PONTEAREAS	2:25.40	-

8. Fem., 100m Mariposa 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA	1:16.12	- RG
2.	1170845	CID ALVAREZ, Isabel	44	ESCUALOS	1:45.60	-

8. Fem., 100m Mariposa 45+

1.	1146893	PRADO FRANCO, Marta E.	45	RIASBAIXAS	1:37.47	-
2.	1143813	REGUEIRA MARTINEZ, Maria J.	49	HERCULES	1:39.89	-
3.	1180238	GARCÍA SEOANE, Cristina María	49	HERCULES	1:41.32	-

8. Fem., 100m Mariposa 50+

1.	1171727	GARCIA RODRIGUEZ, Teresa	52	PORTAMIÑA	2:00.95	-
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS	2:21.15	-

8. Fem., 100m Mariposa 55+

1.	1037970	CALVIÑO CANCELA, Maria Cristina	56	PONTEAREAS	1:53.67	-
2.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	2:03.83	-
3.	1145007	MELON PARENTE, M. Lourdes	55	PONTEAREAS	3:13.63	-

8. Fem., 100m Mariposa 60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	61	CDELMAR	1:42.38	-
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9. Masc., 100m Mariposa 20+

1.	1076409	CANCELA GOMEZ, Hugo	21	PONTEAREAS	1:03.40	-
2.	1068314	MARTINEZ MARTINEZ, Marcos	21	PONTEAREAS	1:04.74	-
3.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	1:11.26	-

9. Masc., 100m Mariposa 25+

1.	1144193	PASTORIZA SANTACLARA, Jorge	27	RIASBAIXAS	1:03.61	-
2.	1037180	CARRERA COSTAS, Martin	28	PONTEAREAS	1:04.54	-
3.	1119327	SUAREZ FERNÁNDEZ, Santiago	29	MONFORTE	1:04.76	-

9. Masc., 100m Mariposa 30+

1.	1093458	MUIÑO ALONSO, Anton	30	NCORUÑA	1:03.39	-
2.	1037824	FREIRE GONZALEZ, Javier	31	RIASBAIXAS	1:12.10	-
3.	1076271	NOVALES BLANCO, Xabier	33	RIASBAIXAS	1:35.72	-

9. Masc., 100m Mariposa 35+

1.	1078993	LOBELLE GONZALEZ, Ivan	35	FLUVIAL	1:00.07	-
2.	1107406	DOMÍNGUEZ PARDELLAS, Rubén	36	RCNVIGO	1:07.12	-
3.	1191119	CAO LAGO, Pablo	37	RIASBAIXAS	1:15.19	-

9. Masc., 100m Mariposa 40+

1.	1230338	MUIÑO REY, Daniel	40	NFERROL	1:18.15	-
2.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	1:23.62	-
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano	43	CIDSANTIAG	1:37.35	-

9. Masc., 100m Mariposa 45+

1.	1024675	IGLESIAS GOMEZ, Gonzalo	45	HERCULES	1:11.27	-
2.	1118746	SANCHEZ GORDON, Roman	46	RIASBAIXAS	1:11.84	-
3.	1075220	MARTINEZ FERNANDEZ, Hector	47	NTNARON	1:22.52	-

9. Masc., 100m Mariposa 50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	1:11.34	-
2.	1079474	MANDADO RODRIGUEZ, Enrique	52	HERCULES	1:35.57	-
3.	1191914	CARNERO FIRVIDA, Jose Ramón	50	ESCUALOS	1:43.15	-

9. Masc., 100m Mariposa 55+

1.	1232926	TAPIA PORTO, Enrique	59	NCORUÑA	1:13.53	-
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	1:37.99	-

9. Masc., 100m Mariposa 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	61	GALAICO	1:31.26	-
2.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:53.33	-

9. Masc., 100m Mariposa 65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	1:35.16	-
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9. Masc., 100m Mariposa 70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	1:30.81	-
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10. Fem., 100m Braza 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS	1:23.16	-
2.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL	1:26.57	-
3.	1076336	BLANCO PEREZ, Laura	20	PONTEAREAS	1:34.54	-

10. Fem., 100m Braza 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO	1:28.13	-
2.	1041448	VAZQUEZ SANCHEZ, Pilar	26	XOVE	1:30.86	-
3.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS	1:34.75	-

10. Fem., 100m Braza 30+

1.	1249165	CIDRÁS ANGEL, Iria	34	NCORUÑA	1:25.43	-
2.	1041452	BEN CILLERO, Sabela	32	XOVE	1:26.56	-
3.	1191499	GONZALEZ MACIA, Alba	30	MONFORTE	1:43.99	-

10. Fem., 100m Braza 35+

1.	1141212	RIVAS TENREIRO, Arantza	35	NTNARON	1:34.91	-
2.	1243130	TORRE GONZALEZ, Elisa	39	RIASBAIXAS	1:37.24	-
3.	1203741	QUEREDA RODRÍGUEZ, Almudena	39	LICEO	1:41.87	-

10. Fem., 100m Braza 40+

1.	1143598	MIRA VAZQUEZ, Marta	43	ESCUALOS	1:31.17	-
2.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO	1:31.20	-
3.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS	1:32.67	-

10. Fem., 100m Braza 45+

1.	1144949	ÁLVAREZ ALONSO, Sonia M.	48	RIASBAIXAS	1:36.51	-
2.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS	1:43.55	-
3.	1144051	DIEGUEZ VARELA, Carina	47	RIASBAIXAS	1:48.47	-

10. Fem., 100m Braza 50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	54	CULLEREDO	1:42.04	-
2.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE	2:07.30	-
3.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS	2:13.77	-

10. Fem., 100m Braza 55+

1.	1058998	MUTILBA OBREGON, Nuria	55	PONTEAREAS	1:38.32	-
2.	1189938	LOPEZ RODRIGUEZ, Adela Elena	56	POURENSE	1:48.23	-
3.	1037939	CASTRO MAESTRE, Isaura	55	FLUVIAL	1:48.73	-

10. Fem., 100m Braza 60+

1.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE	1:39.59	-
2.	1143893	REBOREDAS MORILLO, Susana	62	ESCUALOS	2:16.21	-

10. Fem., 100m Braza 65+

1.	1075178	SAR MORANO, Dolores	69	CULLEREDO	2:09.26	- RG
2.	1141154	CELEMIN PORRERO, Maria Teresa	65	GALAICO	2:12.37	-
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	2:25.39	-

11. Masc., 100m Braza 20+

1.	1075913	PEREZ TIERRA, Ismael	22	MONFORTE	1:10.21	-
2.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE	1:16.77	-
3.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO	1:18.14	-

11. Masc., 100m Braza 25+

1.	1040134	MIGUEZ VAZQUEZ, Victor	27	XOVE	1:22.40	-
2.	1038178	IBÁÑEZ CARRERA, Manuel Gabriel	28	PONTEAREAS	1:26.75	-

11. Masc., 100m Braza 30+

1.	1037284	SABUZ FORNEIRO, Martin	30	POURENSE	1:08.44	-
2.	1078641	GRACIA CARBAJO, Miguel	30	NTNARON	1:09.72	-
3.	1110674	BORRAZAS RUMBO, Manuel	31	NCORUÑA	1:09.73	-

11. Masc., 100m Braza 35+

1.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS	1:14.18	-
2.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS	1:17.52	-
3.	1199549	MARTINEZ DOPAZO, David	37	GALAICO	1:17.85	-

11. Masc., 100m Braza 40+

1.	1144789	MATIAS DUARTE, Erick	42	HERCULES	1:24.33	-
2.	1145052	FIERRO FERNÁNDEZ, Julio	42	HERCULES	1:26.23	-
3.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	1:27.30	-

11. Masc., 100m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS	1:15.97	-
2.	1010047	GARCIA REBOLO, Alejandro	49	POURENSE	1:19.83	-
3.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	1:22.02	-

11. Masc., 100m Braza 50+

1.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	1:21.95	-
2.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	1:23.51	-
3.	1146934	DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	1:27.38	-

11. Masc., 100m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA	1:25.10	-
2.	1085112	RIVAS FEAL, Antonio	58	SCASINO	1:25.99	-
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS	1:54.17	-

11. Masc., 100m Braza 60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	61	NCORUÑA	1:28.82	-
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	1:40.03	-
3.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	1:43.91	-

11. Masc., 100m Braza 65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	1:29.99	-
2.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	2:43.32	-

11. Masc., 100m Braza 70+

1.	1240096	IVANCHENKO, Yurii	71	POURENSE	1:52.06	-
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11. Masc., 100m Braza 75+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	75	CNMOS	1:53.08	- RG
2.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	3:09.23	-

11. Masc., 100m Braza 80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	3:07.78	-
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12. Fem., 100m Espalda 20+

1.	1038179	IBAÑEZ CARRERA, Sara	23	PONTEAREAS	1:10.49	-
2.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA	1:19.76	-
3.	1089303	ABASOLO RUEDA, Claudia	24	NCORUÑA	1:22.03	-

12. Fem., 100m Espalda 25+

1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	1:14.43	-
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA	1:17.84	-
3.	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO	1:24.34	-

12. Fem., 100m Espalda 30+

1.	1040457	FREIJO LÓPEZ, Lucía	32	NCORUÑA	1:29.65	-
2.	1224940	PAZOS GANDARA, Andrea	32	PONTEAREAS	1:35.54	-

12. Fem., 100m Espalda 35+

1.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS	1:21.47	-
2.	1144894	VINAGRE SENDINO, Cora	36	SCASINO	1:23.15	-
3.	1141313	MIRA VAZQUEZ, Paula	38	ESCUALOS	1:38.74	-

12. Fem., 100m Espalda 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA	1:18.14	- RG
2.	1143597	SANCHEZ LEDO, Cira	43	ESCUALOS	1:27.61	-
3.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO	1:32.82	-

12. Fem., 100m Espalda 45+

1.	1143894 DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	1:36.85	-
2.	1178775 COVELO SAAVEDRA, Nahir	46	PONTEAREAS	1:38.39	-
3.	1040944 VARELA REDONDO, Veronica	49	PONTEAREAS	1:50.15	-

12. Fem., 100m Espalda 50+

1.	1228008 OJEA DE CASTRO, Macarena	51	PORTAMIÑA	1:28.42	-
2.	1172138 ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	1:39.26	-
3.	1076524 SOUSA CARNEIRO, Rosana	53	CNMOS	1:43.52	-

12. Fem., 100m Espalda 55+

1.	1038729 DEL AMO BLANCO, Margarita	57	PONTEAREAS	1:45.25	-
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12. Fem., 100m Espalda 60+

1.	1076172 GARCIA COLOMO, M. Cristina	62	POURENSE	1:36.82	- RG
2.	1144231 PEREZ GALLARDO, Teresa	60	POURENSE	2:42.00	-

12. Fem., 100m Espalda 65+

1.	1141154 CELEMIN PORRERO, Maria Teresa	65	GALAICO	2:10.50	-
2.	1037151 GOMEZ DOVAL, Maria Angela	68	TRAVIESAS	2:52.89	-

12. Fem., 100m Espalda 70+

1.	1208789 MAROTO REGLERO, Maria Consuelo F72lla		TRAVIESAS	2:53.95	-
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12. Fem., 100m Espalda 75+

1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	3:24.35	-
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12. Fem., 100m Espalda 80+

1.	1058045 MORAL RUBIO, Isabel	82	PONTEAREAS	3:35.76	-
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	5:28.69	-

13. Masc., 100m Espalda 20+

1.	1037192 FERRO SANTOS, Juan Manuel	24	XOVE	1:07.30	-
2.	1141093 VILLAMOR FERRO, Rubén	24	ARTEIXO	1:10.25	-
3.	1076409 CANCELA GOMEZ, Hugo	21	PONTEAREAS	1:10.34	-

13. Masc., 100m Espalda 25+

1.	1038181 BOUZA PADRON, Adrian	27	PONTEAREAS	1:07.38	-
2.	1039755 RIVAS MACEIRAS, Isaac	25	HERCULES	1:08.42	-

13. Masc., 100m Espalda 30+

1.	1038638 CASTRO VILLAR, David	33	FLUVIAL	1:12.25	-
2.	1241602 FONTAN SEIJO, Adrian	31	CNMOS	1:34.45	-

13. Masc., 100m Espalda 35+

1.	1089000 TABOADA VILA, Alberto	37	POURENSE	59.22	- RG
2.	1226258 BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG	1:15.98	-
3.	1126597 FERNANDEZ GAYOSO, Jose Manuel	38	CNMOS	1:16.53	-

13. Masc., 100m Espalda 40+

1.	1141151 CALLE FACAL, Telmo	41	GALAICO	1:07.50	-
2.	1228089 MERA MONTECELOS, Pablo	41	HERCULES	1:17.52	-
3.	1143899 PEREZ LOPEZ, Manuel	43	ESCUALOS	1:28.61	-

13. Masc., 100m Espalda 45+

1.	1205935 GUIRADO CARABEL, Oscar	48	CULLEREDO	1:15.78	-
2.	1212075 GONZALEZ PARIS, David	46	HERCULES	1:26.19	-
3.	1096414 ALIAGA SOLA, Alberto	47	PONTEAREAS	1:38.07	-

13. Masc., 100m Espalda 50+

1.	1144601 PUENTE DÍAZ, Javier	53	CIDSANTIAG	1:20.54	-
2.	1076535 DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	1:30.32	-
3.	1144698 CADAVID NUÑEZ, Jose	54	POURENSE	1:51.72	-

13. Masc., 100m Espalda 55+

1.	1180234 SÁNCHEZ SECO, Manuel	56	ESCUALOS	1:30.37	-
2.	1141191 GARCIA SANJURJO, Jose Manuel	57	CDELMAR	1:37.32	-
3.	1195569 PEREZ LEIVA, Manuel	56	RIASBAIXAS	1:38.64	-

13. Masc., 100m Espalda 60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	61	CIDSANTIAG	1:13.25	-
2.	1053394 SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	1:42.72	-
3.	1040281 MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:47.97	-

13. Masc., 100m Espalda 65+

1.	1170858 CODESIDO LOPEZ, José	65	CIDSANTIAG	1:29.84	- RG
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	1:32.24	-

13. Masc., 100m Espalda 70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	70	POURENSE	1:44.53	- RG
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13. Masc., 100m Espalda 75+

1.	1076487 RODRIGUEZ LEMOS, Andres J.	75	CNMOS	1:55.89	-
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14. Fem., 4 x 50m Libre +80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	2:01.52	- RG
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14. Fem., 4 x 50m Libre +100

1.	GALAICO 2	GALAICO	2:23.40	-
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14. Fem., 4 x 50m Libre +120

1.	NCORUÑA 1	NCORUÑA	2:10.29	-
2.	XOVE 1	XOVE	2:10.32	-
3.	RIASBAIXAS 2	RIASBAIXAS	2:13.45	-

14. Fem., 4 x 50m Libre +160

1.	PORTAMIÑA 1	PORTAMIÑA	2:22.91	-
2.	ESCUALOS 1	ESCUALOS	2:26.79	-
3.	SCASINO 1	SCASINO	2:39.25	-

14. Fem., 4 x 50m Libre +200

1.	RIASBAIXAS 3	RIASBAIXAS	2:32.98	-
2.	HERCULES 1	HERCULES	2:37.12	-
3.	PONTEAREAS 5	PONTEAREAS	2:39.27	-

14. Fem., 4 x 50m Libre +240

1.	POURENSE 3	POURENSE	2:57.11	- RG
2.	TRAVIESAS 1	TRAVIESAS	3:24.43	-
3.	PONTEAREAS 6	PONTEAREAS	3:50.83	-

14. Fem., 4 x 50m Libre +280

1.	PONTEAREAS 7	PONTEAREAS	4:49.98	-
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15. Masc., 4 x 50m Libre +80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	2:12.68	-
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15. Masc., 4 x 50m Libre +100

1.	PONTEAREAS 2	PONTEAREAS	1:56.72	-
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15. Masc., 4 x 50m Libre +120

1.	NCORUÑA 1	NCORUÑA	1:46.50	-
2.	GALAICO 2	GALAICO	1:55.08	-
3.	RIASBAIXAS 1	RIASBAIXAS	2:00.17	-

15. Masc., 4 x 50m Libre +160

1.	HERCULES 2	HERCULES	1:50.28	- RG
2.	ESCUALOS 2	ESCUALOS	1:56.62	-
3.	CIDSANTIAG 1	CIDSANTIAG	2:09.37	-

15. Masc., 4 x 50m Libre +200

1.	CIDSANTIAG 2	CIDSANTIAG	1:59.76	-
2.	NCORUÑA 2	NCORUÑA	2:07.76	-
3.	CULLEREDO 1	CULLEREDO	2:10.52	-

15. Masc., 4 x 50m Libre +240

1.	POURENSE 4	POURENSE	2:39.01	-
2.	PONTEAREAS 6	PONTEAREAS	3:07.02	-

16. Mixto, 4 x 50m Libre +80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	1:50.14	-
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16. Mixto, 4 x 50m Libre +100

1.	XOVE 2	XOVE	1:57.66	-
2.	RIASBAIXAS 1	RIASBAIXAS	1:58.74	-
3.	PONTEAREAS 2	PONTEAREAS	2:33.59	-

16. Mixto, 4 x 50m Libre +120

1.	HERCULES 1	HERCULES	1:53.61	-
2.	NCORUÑA 1	NCORUÑA	1:53.76	-
3.	PONTEAREAS 3	PONTEAREAS	1:58.62	-

16. Mixto, 4 x 50m Libre +160

1.	FLUVIAL 1	FLUVIAL	1:58.23	- RG
2.	NCORUÑA 2	NCORUÑA	2:03.79	-
3.	ARTEIXO 1	ARTEIXO	2:05.04	-

16. Mixto, 4 x 50m Libre +200

1.	CIDSANTIAG 1	CIDSANTIAG	2:07.94	-
2.	RIASBAIXAS 4	RIASBAIXAS	2:11.86	-
3.	ESCUALOS 3	ESCUALOS	2:14.47	-

16. Mixto, 4 x 50m Libre +240

1.	HERCULES 4	HERCULES	2:31.59	- RG
2.	POURENSE 4	POURENSE	2:32.71	-
3.	PONTEAREAS 6	PONTEAREAS	2:53.72	-

16. Mixto, 4 x 50m Libre +280

1.	TRAVIESAS 1	TRAVIESAS	3:16.69	-
2.	PONTEAREAS 7	PONTEAREAS	4:14.02	-
3.	RIASBAIXAS 6	RIASBAIXAS	6:48.13	-

17. Fem., 50m Libre 20+

1.	1037951 SOILAN FERNANDEZ, Raquel	23	FLUVIAL	29.17	-
2.	1089303 ABASOLO RUEDA, Claudia	24	NCORUÑA	30.68	-
3.	1076336 BLANCO PEREZ, Laura	20	PONTEAREAS	31.53	-

17. Fem., 50m Libre 25+

1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	28.11	-
2.	1039096 LAGO LOPEZ, Raquel	29	RIASBAIXAS	31.63	-
3.	1038608 SUAREZ GARCIA, Sofia	27	RIASBAIXAS	32.17	-

17. Fem., 50m Libre 30+

1.	1093459	FRANCO CAL, Alba	33	FLUVIAL	27.68	-
2.	1178773	CHAMADOIRA DOMÍNGUEZ, Jennifer	30	PONTEAREAS	30.60	-
3.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA	32.37	-

17. Fem., 50m Libre 35+

1.	1127407	GONZÁLEZ RIVAS, Sara	35	ARTEIXO	30.29	-
2.	1224939	VÁZQUEZ FUENTES, Cintia	37	MONFORTE	33.61	-
3.	1243119	COMESAÑA REGUEIRA, Miriam	35	RIASBAIXAS	40.62	-

17. Fem., 50m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	31.28	-
2.	1236642	ABBATEMARCO, Cristina	40	SALESTRA	34.72	-
3.	1075843	GONZALEZ FERNANDEZ, Leticia	42	XOVE	35.00	-

17. Fem., 50m Libre 45+

1.	1079470	MOLINOS LAMAS, Bibiana	47	RIASBAIXAS	35.94	-
2.	1040944	VARELA REDONDO, Veronica	49	PONTEAREAS	36.98	-
3.	1180238	GARCÍA SEOANE, Cristina María	49	HERCULES	38.93	-

17. Fem., 50m Libre 50+

1.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	37.50	-
2.	1202971	PEREZ PEREZ, Sonia	52	ESCUALOS	38.50	-
3.	1232962	JARDON GONZALEZ, Helena	53	PONTEAREAS	41.00	-

17. Fem., 50m Libre 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	39.05	-
2.	1187918	FERNÁNDEZ ARRIZABALO, María	58	TRAVIESAS	44.67	-
3.	1076253	MIGUEZ DE LA SIERRA, Angeles	58	GALAICO	50.00	-

17. Fem., 50m Libre 60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	61	CDELMAR	34.44	-
2.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	34.87	-
3.	1127105	PEREIRA ALONSO, Isabel	63	ADFOGAR	43.57	-

17. Fem., 50m Libre 65+

1.	1075178	SAR MORANO, Dolores	69	CULLEREDO	48.91	-
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17. Fem., 50m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	72	TRAVIESAS	45.28	-
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17. Fem., 50m Libre 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	1:23.49	-
2.	1249735	LOPEZ GONZALEZ, Rosa	75	RIASBAIXAS	2:30.35	-

17. Fem., 50m Libre 80+

1.	1058045 MORAL RUBIO, Isabel	82	PONTEAREAS	1:18.94	-
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	2:46.87	-

18. Masc., 50m Libre 20+

1.	1075913 PEREZ TIERRA, Ismael	22	MONFORTE	25.27	-
2.	1217804 SUAREZ URRUZOLA, Leo	24	CIDSANTIAG	26.36	-
3.	1038800 ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	26.93	-

18. Masc., 50m Libre 25+

1.	1119327 SUAREZ FERNÁNDEZ, Santiago	29	MONFORTE	26.46	-
2.	1037180 CARRERA COSTAS, Martin	28	PONTEAREAS	26.69	-
3.	1040134 MIGUEZ VAZQUEZ, Victor	27	XOVE	27.83	-

18. Masc., 50m Libre 30+

1.	1093458 MUIÑO ALONSO, Anton	30	NCORUÑA	25.27	-
2.	1078641 GRACIA CARBAJO, Miguel	30	NTNARON	25.30	-
3.	1110674 BORRAZAS RUMBO, Manuel	31	NCORUÑA	25.34	-

18. Masc., 50m Libre 35+

1.	1078993 LOBELLE GONZALEZ, Ivan	35	FLUVIAL	24.19	- RG
2.	1140778 RODRIGUEZ LAGO, David	38	CIDSANTIAG	25.52	-
3.	1078620 RODRIGUEZ PEREZ, Pedro Fco.	36	NTNARON	28.20	-

18. Masc., 50m Libre 40+

1.	1228089 MERA MONTECELOS, Pablo	41	HERCULES	27.01	-
2.	1107942 GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS	27.36	-
3.	1143702 GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	30.04	-

18. Masc., 50m Libre 45+

1.	1050705 BELTRAN DIAZ, Emilio	47	MONFORTE	26.59	-
2.	1243174 SONEIRA REBOREDO, Oscar	49	CIDSANTIAG	27.36	-
3.	1180237 FOUZ ROUCO, Rubén	45	HERCULES	27.99	-

18. Masc., 50m Libre 50+

1.	1076544 GARABATOS RODRIGUEZ, Santiago	50	CNMOS	26.82	-
2.	1146934 DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	29.08	-
3.	1180192 SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	29.75	-

18. Masc., 50m Libre 55+

1.	1232926 TAPIA PORTO, Enrique	59	NCORUÑA	29.77	-
2.	1085112 RIVAS FEAL, Antonio	58	SCASINO	30.89	-
3.	1143575 FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	31.64	-

18. Masc., 50m Libre 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	61	GALAICO	31.79	-
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	33.88	-
3.	1040281	MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	34.99	-

18. Masc., 50m Libre 65+

1.	1143896	PERDIZ GONZALEZ, Jose Ramon	66	ESCUALOS	43.53	-
2.	1222391	AREA PEREIRA, Jose Manuel	67	GALAICO	1:08.06	-

18. Masc., 50m Libre 70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	34.57	-
2.	1076493	ANDRES GONZALEZ, Ramiro J. E.	70	TRAVIESAS	39.91	-
3.	1240096	IVANCHENKO, Yurii	71	POURENSE	40.83	-

18. Masc., 50m Libre 75+

1.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	48.01	-
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19. Fem., 200m Braza 20+

1.	1143296	EIJO GIL, Ana Paula	21	PONTEAREAS	3:29.79	-
2.	1228048	ALVAREZ SOUTO, Claudia	23	ESCUALOS	3:35.59	-

19. Fem., 200m Braza 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO	3:10.33	-
2.	1041448	VAZQUEZ SANCHEZ, Pilar	26	XOVE	3:15.28	-
3.	1145008	GONZALEZ PEREZ, Paula	28	PONTEAREAS	3:46.23	-

19. Fem., 200m Braza 30+

1.	1191499	GONZALEZ MACIA, Alba	30	MONFORTE	3:50.10	-
2.	1204918	MARTINEZ GARCIA, Susana	33	MONFORTE	3:59.67	-

19. Fem., 200m Braza 35+

1.	1141212	RIVAS TENREIRO, Arantza	35	NTNARON	3:25.37	-
2.	1143898	GONZALEZ FERNANDEZ, Coral.M	37	ESCUALOS	4:07.16	-

19. Fem., 200m Braza 40+

1.	1146780	DURÁN VEIRAS, Raquel	40	ARTEIXO	3:16.41	-
2.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS	3:19.51	-
3.	1170845	CID ALVAREZ, Isabel	44	ESCUALOS	3:46.30	-

19. Fem., 200m Braza 45+

1.	1143813	REGUEIRA MARTINEZ, Maria J.	49	HERCULES	3:38.29	-
2.	1144051	DIEGUEZ VARELA, Carina	47	RIASBAIXAS	3:53.06	-
3.	1217806	PAZ BERMUDEZ, Maria	48	SALESTRA	4:07.31	-

19. Fem., 200m Braza 50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	54	CULLEREDO	3:38.41	-
2.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	52	POURENSE	4:32.99	-

19. Fem., 200m Braza 55+

1.	1058998	MUTILBA OBREGON, Nuria	55	PONTEAREAS	3:37.54	-
2.	1187918	FERNÁNDEZ ARRIZABALO, María	58	TRAVIESAS	4:02.89	-
3.	1145007	MELON PARENTE, M. Lourdes	55	PONTEAREAS	6:22.96	-

19. Fem., 200m Braza 60+

1.	1143893	REBOREDÁ MORILLO, Susana	62	ESCUALOS	4:53.52	-
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19. Fem., 200m Braza 65+

1.	1217937	RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	5:10.20	-
2.	1037151	GOMEZ DOVAL, Maria Angela	68	TRAVIESAS	5:11.29	-

20. Masc., 200m Braza 20+

1.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE	2:51.47	-
2.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO	2:52.16	-

20. Masc., 200m Braza 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	27	RIASBAIXAS	2:33.87	-
2.	1038181	BOUZA PADRON, Adrian	27	PONTEAREAS	2:40.61	-
3.	1038178	IBÁÑEZ CARRERA, Manuel Gabriel	28	PONTEAREAS	3:08.11	-

20. Masc., 200m Braza 35+

1.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS	2:42.56	-
2.	1199549	MARTINEZ DOPAZO, David	37	GALAICO	2:54.21	-
3.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS	3:02.49	-

20. Masc., 200m Braza 40+

1.	1143897	SEVILLA AROCA, Javier	41	ESCUALOS	2:56.11	-
2.	1144789	MATIAS DUARTE, Erick	42	HERCULES	3:06.61	-
3.	1145052	FIERRO FERNÁNDEZ, Julio	42	HERCULES	3:07.50	-

20. Masc., 200m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS	3:04.14	-
2.	1218110	HERMIDA SALIDO, Gustavo	47	NTNARON	3:06.53	-
3.	1200126	TABOADA CALVELO, Jose Carlos	45	SALESTRA	3:39.59	-

20. Masc., 200m Braza 50+

1.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	3:04.75	-
2.	1040137	QUINTAS BARROS, Jesus C.	51	ESCUALOS	3:05.06	-
3.	1141504	BOUSO FUENTECILLA, Fernando	53	ESCUALOS	3:13.59	-

20. Masc., 200m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	56	CMARINA	3:13.44	-
2.	1141191	GARCIA SANJURJO, Jose Manuel	57	CDELMAR	3:28.89	-
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	59	CNMOS	4:28.13	-

20. Masc., 200m Braza 60+

1.	1144940	HERNANZ MORAL, Fausto	62	RIASBAIXAS	4:07.88	-
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20. Masc., 200m Braza 65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	3:16.40	-
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20. Masc., 200m Braza 75+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	75	CNMOS	4:09.16	- RG
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20. Masc., 200m Braza 80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	6:31.33	-
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21. Fem., 200m Espalda 20+

1.	1194207	VALIÑO FERRAZ, Tatyana	21	PONTEAREAS	3:02.27	-
2.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	23	PORTAMIÑA	3:03.84	-

21. Fem., 200m Espalda 25+

1.	1038096	FREIJE TORNEIRO, Aroa	26	PORTAMIÑA	2:37.59	- RG
2.	1039634	LAGO CASTILLO, Natalia	25	NCORUÑA	2:47.46	-
3.	1038929	GONZALEZ AVENDAÑO, Lucia	25	GALAICO	2:55.95	-

21. Fem., 200m Espalda 30+

1.	1040457	FREIJO LÓPEZ, Lucía	32	NCORUÑA	3:08.97	-
2.	1078925	SALGADO CASTELO, Marta	30	MULLEREF	3:35.13	-

21. Fem., 200m Espalda 35+

1.	1144894	VINAGRE SENDINO, Cora	36	SCASINO	2:59.37	-
2.	1040731	GESTO ALONSO, Clarisa	35	PONTEAREAS	3:03.06	-
3.	1144948	GONZALEZ PEREZ, Jessica	37	RIASBAIXAS	3:16.17	-

21. Fem., 200m Espalda 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	42	CIDSANTIAG	2:43.70	- RG
2.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA	2:45.91	-
3.	1143597	SANCHEZ LEDO, Cira	43	ESCUALOS	3:02.74	-

21. Fem., 200m Espalda 45+

1.	1143894	DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	3:23.21	-
2.	1143813	REGUEIRA MARTINEZ, Maria J.	49	HERCULES	3:28.07	-
3.	1197606	CARBALLO BALOIRA, Susana María	49	HERCULES	4:14.44	-

21. Fem., 200m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA	3:10.82	- RG
2.	1147115	HERNANDEZ ALFAGEME, Rita	53	RIASBAIXAS	3:15.39	-
3.	1143584	FERNANDEZ SESTELO, Maria Jose	54	PONTEAREAS	5:15.73	-

21. Fem., 200m Espalda 55+

1.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	3:39.89	-
2.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS	3:46.57	-
3.	1076506	MARTY PAZOS, Maria Victoria	59	TRAVIESAS	4:17.90	-

21. Fem., 200m Espalda 60+

1.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES	4:20.37	-
2.	1127105	PEREIRA ALONSO, Isabel	63	ADFOGAR	4:33.77	-

21. Fem., 200m Espalda 80+

1.	1143507	PEREZ DOMINGUEZ, Maria Luisa	80	RIASBAIXAS	12:18.08	-
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22. Masc., 200m Espalda 25+

1.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES	2:38.17	-
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22. Masc., 200m Espalda 30+

1.	1038638	CASTRO VILLAR, David	33	FLUVIAL	2:36.59	-
2.	1010948	CAMPAÑA BARROS, Adrian	34	CIDSANTIAG	2:39.22	-

22. Masc., 200m Espalda 35+

1.	1089000	TABOADA VILA, Alberto	37	POURENSE	2:12.29	-
2.	1226258	BERNARDEZ FERRO, Juan Jose	37	CIDSANTIAG	2:45.94	-
3.	1097263	LAMEIRO SEOANE, Javier	37	HERCULES	3:00.73	-

22. Masc., 200m Espalda 40+

1.	1141151	CALLE FACAL, Telmo	41	GALAICO	2:31.94	-
2.	1143899	PEREZ LOPEZ, Manuel	43	ESCUALOS	3:11.02	-
3.	1214823	GONZALEZ PEÑAS, David	40	PORTAMIÑA	3:14.68	-

22. Masc., 200m Espalda 45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	46	CNMOS	2:29.88	-
2.	1118746	SANCHEZ GORDON, Roman	46	RIASBAIXAS	2:37.01	-
3.	1212075	GONZALEZ PARIS, David	46	HERCULES	3:08.97	-

22. Masc., 200m Espalda 50+

1.	1040137	QUINTAS BARROS, Jesus C.	51	ESCUALOS	2:54.61	-
2.	1051938	SOTO HECTOR, Oscar	54	RIASBAIXAS	3:05.44	-
3.	1076535	DE LUIS GONZÁLEZ, Aitor	50	RCNVIGO	3:12.90	-

22. Masc., 200m Espalda 55+

1.	1141209 DE LA PAZ VIGO, Agustín A.	58	CMARINA	3:12.46	-
2.	1037161 TOME NOGUEIRA, Alberto M.	56	ADFOGAR	3:24.52	-
3.	1143575 FERREIRA GONZALEZ, Xose Anxo	58	REDONDELA	3:31.65	-

22. Masc., 200m Espalda 60+

1.	1076250 BETHENCOURT IGLESIAS, Sergio	61	GALAICO	3:18.61	-
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22. Masc., 200m Espalda 65+

1.	1170858 CODESIDO LOPEZ, José	65	CIDSANTIAG	3:18.11	- RG
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	3:29.49	- RG

22. Masc., 200m Espalda 70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	70	POURENSE	3:40.21	- RG
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22. Masc., 200m Espalda 75+

1.	1076487 RODRIGUEZ LEMOS, Andres J.	75	CNMOS	4:08.69	-
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23. Fem., 50m Braza 20+

1.	1228048 ALVAREZ SOUTO, Claudia	23	ESCUALOS	41.95	-
2.	1038179 IBAÑEZ CARRERA, Sara	23	PONTEAREAS	44.62	-
3.	1194207 VALIÑO FERRAZ, Tatyana	21	PONTEAREAS	45.63	-

23. Fem., 50m Braza 25+

1.	1039096 LAGO LOPEZ, Raquel	29	RIASBAIXAS	41.33	-
2.	1037987 MENDEZ SEIJO, Nerea	25	RIASBAIXAS	42.53	-
3.	1115644 FERNÁNDEZ JUAN, María	26	CIDSANTIAG	43.98	-

23. Fem., 50m Braza 30+

1.	1084714 BUGALLO PÉREZ, Estíbaliz	34	RCNVIGO	38.05	-
2.	1041452 BEN CILLERO, Sabela	32	XOVE	39.09	-
3.	1249165 CIDRÁS ANGEL, Iria	34	NCORUÑA	39.18	-

23. Fem., 50m Braza 35+

1.	1243130 TORRE GONZALEZ, Elisa	39	RIASBAIXAS	44.37	-
2.	1141313 MIRA VAZQUEZ, Paula	38	ESCUALOS	49.49	-
3.	1129954 GONZALEZ GARCIA, Covadonga	35	GALAICO	57.09	-

23. Fem., 50m Braza 40+

1.	1143598 MIRA VAZQUEZ, Marta	43	ESCUALOS	41.13	-
2.	1146780 DURÁN VEIRAS, Raquel	40	ARTEIXO	42.07	-
3.	1237395 VILARIÑO CACHO, Elvira	43	SALESTRA	45.94	-

23. Fem., 50m Braza 45+

1.	1144949	ÁLVAREZ ALONSO, Sonia M.	48	RIASBAIXAS	42.79	-
2.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS	45.80	-
3.	1217806	PAZ BERMUDEZ, Maria	48	SALESTRA	52.56	-

23. Fem., 50m Braza 50+

1.	1232962	JARDON GONZALEZ, Helena	53	PONTEAREAS	49.16	-
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	52	PONTEAREAS	57.37	-

23. Fem., 50m Braza 55+

1.	1038729	DEL AMO BLANCO, Margarita	57	PONTEAREAS	52.73	-
2.	1086162	BARJA BARJA, Liliana	59	TRAVIESAS	52.86	-

23. Fem., 50m Braza 60+

1.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE	45.22	-
2.	1143893	REBORDA MORILLO, Susana	62	ESCUALOS	1:03.77	-

23. Fem., 50m Braza 65+

1.	1075178	SAR MORANO, Dolores	69	CULLEREDO	57.50	-
2.	1141154	CELEMIN PORRERO, Maria Teresa	65	GALAICO	1:01.22	-
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	65	PONTEAREAS	1:08.83	-

24. Masc., 50m Braza 20+

1.	1141093	VILLAMOR FERRO, Rubén	24	ARTEIXO	35.40	-
2.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	35.81	-
3.	1078716	HERMIDA RAMOS, Raul	24	NTNARON	38.82	-

24. Masc., 50m Braza 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	27	RIASBAIXAS	31.86	-
2.	1119327	SUAREZ FERNÁNDEZ, Santiago	29	MONFORTE	32.67	-

24. Masc., 50m Braza 30+

1.	1037284	SABUZ FORNEIRO, Martin	30	POURENSE	31.11	-
2.	1110674	BORRAZAS RUMBO, Manuel	31	NCORUÑA	31.20	-
3.	1078641	GRACIA CARBAJO, Miguel	30	NTNARON	31.66	-

24. Masc., 50m Braza 35+

1.	1143890	FORTES NOVOA, Martiño	36	ESCUALOS	34.32	-
2.	1037182	GARCIA GARCIA, Anselmo	36	XOVE	35.14	-
3.	1191119	CAO LAGO, Pablo	37	RIASBAIXAS	35.25	-

24. Masc., 50m Braza 40+

1.	1144789	MATIAS DUARTE, Erick	42	HERCULES	38.57	-
2.	1238677	MARIÑO GONZALEZ, Ramón	44	POURENSE	42.16	-
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano	43	CIDSANTIAG	42.88	-

24. Masc., 50m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	46	ESCUALOS	33.32	-
2.	1010047	GARCIA REBOLO, Alejandro	49	POURENSE	35.15	-
3.	1205935	GUIRADO CARABEL, Oscar	48	CULLEREDO	35.47	-

24. Masc., 50m Braza 50+

1.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	36.91	-
2.	1141504	BOUSO FUENTECILLA, Fernando	53	ESCUALOS	39.72	-
3.	1178895	CRESPO PÉREZ, Albarino	54	ESCUALOS	41.21	-

24. Masc., 50m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Víctor M.	56	CMARINA	36.29	-
2.	1180234	SÁNCHEZ SECO, Manuel	56	ESCUALOS	43.74	-
3.	1203919	CRESPO PIÑEIRO, Natalio	55	RIASBAIXAS	50.88	-

24. Masc., 50m Braza 60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	61	NCORUÑA	41.67	-
2.	1241138	RODRIGUEZ QUEIRUGA, Juan Carlos	61	NCORUÑA	45.16	-
3.	1079361	RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	47.00	-

24. Masc., 50m Braza 65+

1.	1048207	ROS ROSILLO, Alejandro	66	RIASBAIXAS	40.17	-
2.	1174449	FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG	40.64	-
3.	1141150	RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	49.22	-

24. Masc., 50m Braza 70+

1.	1240096	IVANCHENKO, Yurii	71	POURENSE	47.20	-
2.	1076488	MONROY FERNÁNDEZ, Manuel	74	PONTEAREAS	59.26	-

24. Masc., 50m Braza 80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	84	PONTEAREAS	1:27.07	-
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25. Fem., 100m Libre 20+

1.	1108273	SUAREZ GONZALEZ, Gracia	24	PONTEAREAS	59.65	- RG
2.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS	1:00.76	-
3.	1038179	IBÁÑEZ CARRERA, Sara	23	PONTEAREAS	1:04.35	-

25. Fem., 100m Libre 25+

1.	1038096	FREIJE TORNEIRO, Aroa	26	PORTAMIÑA	1:03.74	-
2.	1038608	SUAREZ GARCIA, Sofia	27	RIASBAIXAS	1:10.43	-
3.	1076348	ALVITE LOPEZ, Andrea	25	XOVE	1:12.05	-

25. Fem., 100m Libre 30+

1.	1093459	FRANCO CAL, Alba	33	FLUVIAL	59.73	- RG
2.	1178773	CHAMADOIRA DOMÍNGUEZ, Jennifer	30	PONTEAREAS	1:08.28	-
3.	1219499	ESPIÑO ALBELA, Andrea	30	HERCULES	1:11.58	-

25. Fem., 100m Libre 35+

1.	1193947	ALCALDE BALADO, Tania	38	CIDSANTIAG	1:07.18	-
2.	1203741	QUEREDA RODRÍGUEZ, Almudena	39	LICEO	1:17.52	-
3.	1144948	GONZALEZ PEREZ, Jessica	37	RIASBAIXAS	1:18.22	-

25. Fem., 100m Libre 40+

1.	1237395	VILARIÑO CACHO, Elvira	43	SALESTRA	1:18.06	-
2.	1144200	RODRIGUEZ LOPEZ, Belen	43	RIASBAIXAS	1:18.22	-
3.	1236642	ABBATEMARCO, Cristina	40	SALESTRA	1:21.60	-

25. Fem., 100m Libre 45+

1.	1143894	DE LORENZO FERNANDEZ, Maria	46	ESCUALOS	1:22.23	-
2.	1040944	VARELA REDONDO, Veronica	49	PONTEAREAS	1:24.41	-
3.	1223050	ANDON YAÑEZ, Lorena	46	SCASINO	1:33.83	-

25. Fem., 100m Libre 50+

1.	1228008	OJEA DE CASTRO, Macarena	51	PORTAMIÑA	1:18.20	-
2.	1202971	PEREZ PEREZ, Sonia	52	ESCUALOS	1:28.79	-
3.	1076524	SOSA CARNEIRO, Rosana	53	CNMOS	1:32.99	-

25. Fem., 100m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	55	FLUVIAL	1:25.33	-
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25. Fem., 100m Libre 60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	61	CDELMAR	1:15.44	- RG
2.	1075767	MENDEZ TORRES, Isabel	64	PORTAMIÑA	1:56.98	-
3.	1144231	PEREZ GALLARDO, Teresa	60	POURENSE	2:10.76	-

25. Fem., 100m Libre 65+

1.	1076494	SUEIRO COSTAS, Mª Carmen	68	PONTEAREAS	2:23.06	-
2.	1249213	GUARDIOLA MEDEL, Nuria	68	PONTEAREAS	2:50.94	-

25. Fem., 100m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	72	TRAVIESAS	1:40.72	-
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25. Fem., 100m Libre 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	78	PONTEAREAS	2:53.49	-
2.	1249735	LOPEZ GONZALEZ, Rosa	75	RIASBAIXAS	4:33.47	-

25. Fem., 100m Libre 80+

1.	1058045	MORAL RUBIO, Isabel	82	PONTEAREAS	3:03.50	-
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26. Masc., 100m Libre 20+

1.	1075913 PEREZ TIERRA, Ismael	22	MONFORTE	54.86	-
2.	1076409 CANCELA GOMEZ, Hugo	21	PONTEAREAS	57.02	-
3.	1038800 ALONSO RODRIGUEZ, Javier	23	PONTEAREAS	1:00.32	-

26. Masc., 100m Libre 25+

1.	1037180 CARRERA COSTAS, Martin	28	PONTEAREAS	57.43	-
2.	1038181 BOUZA PADRON, Adrian	27	PONTEAREAS	1:00.24	-

26. Masc., 100m Libre 30+

1.	1093458 MUIÑO ALONSO, Anton	30	NCORUÑA	56.90	-
2.	1010948 CAMPAÑA BARROS, Adrian	34	CIDSANTIAG	1:02.99	-
3.	1252298 SANMARTIN GARCÍA, Jorge	33	NTNARON	1:10.33	-

26. Masc., 100m Libre 35+

1.	1078993 LOBELLE GONZALEZ, Ivan	35	FLUVIAL	53.90	- RG
2.	1140778 RODRIGUEZ LAGO, David	38	CIDSANTIAG	55.98	- RG
3.	1078620 RODRIGUEZ PEREZ, Pedro Fco.	36	NTNARON	1:04.02	-

26. Masc., 100m Libre 40+

1.	1107942 GARCIA RODRIGUEZ, Sergio	43	RIASBAIXAS	59.77	-
2.	1143897 SEVILLA AROCA, Javier	41	ESCUALOS	1:02.95	-
3.	1085888 CAMIÑA MARTINEZ, Oscar	44	GALAICO	1:06.04	-

26. Masc., 100m Libre 45+

1.	1050705 BELTRAN DIAZ, Emilio	47	MONFORTE	58.84	-
2.	1024675 IGLESIAS GOMEZ, Gonzalo	45	HERCULES	1:00.25	-
3.	1243174 SONEIRA REBOREDO, Oscar	49	CIDSANTIAG	1:01.27	-

26. Masc., 100m Libre 50+

1.	1076544 GARABATOS RODRIGUEZ, Santiago	50	CNMOS	59.24	- RG
2.	1180192 SAAVEDRA GONZÁLEZ, Raul	51	HERCULES	1:03.31	-
3.	1146934 DIEGUEZ ARANDA, Hector	51	PORTAMIÑA	1:05.07	-

26. Masc., 100m Libre 55+

1.	1232926 TAPIA PORTO, Enrique	59	NCORUÑA	1:05.26	-
2.	1085112 RIVAS FEAL, Antonio	58	SCASINO	1:06.78	-
3.	1141191 GARCIA SANJURJO, Jose Manuel	57	CDELMAR	1:13.15	-

26. Masc., 100m Libre 60+

1.	1040281 MARTINEZ BERJANO, Jose Manuel	61	MONFORTE	1:22.23	-
2.	1053394 SANJORGE PEDREIRA, Carmelo	62	ARTEIXO	1:24.87	-
3.	1143536 BLANCO PEREZ, Angel	60	POURENSE	1:26.48	-

26. Masc., 100m Libre 65+

1.	1141150 RODRIGUEZ VIEITO, Ricardo M.	67	CNMOS	1:24.89	-
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26. Masc., 100m Libre 70+

1.	1075190	SUANZES PEREZ, Fernando	71	HERCULES	1:18.94	-
2.	1076165	GARCIA COLOMO, Manuel Ramon	70	POURENSE	1:21.93	-
3.	1076493	ANDRES GONZALEZ, Ramiro J. E.	70	TRAVIESAS	1:35.11	-

26. Masc., 100m Libre 75+

1.	1247512	VILLORIA CARAMES, Alejandro	79	TRAVIESAS	1:55.91	-
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27. Fem., 100m Estilos 20+

1.	1108273	SUAREZ GONZALEZ, Gracia	24	PONTEAREAS	1:09.71	- RG
2.	1079883	RODRIGUEZ RODRIGUEZ, Nina	22	RIASBAIXAS	1:10.27	-
3.	1037951	SOILAN FERNANDEZ, Raquel	23	FLUVIAL	1:15.78	-

27. Fem., 100m Estilos 25+

1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	26	HERCULES	1:15.36	-
2.	1130789	GARCIA MIGUEZ, Rosalia	26	GALAICO	1:15.90	-
3.	1037987	MENDEZ SEIJO, Nerea	25	RIASBAIXAS	1:22.72	-

27. Fem., 100m Estilos 30+

1.	1084714	BUGALLO PÉREZ, Estíbaliz	34	RCNVIGO	1:14.69	-
2.	1041452	BEN CILLERO, Sabela	32	XOVE	1:19.04	-
3.	1084711	DOPEREIRO GARCIA, Alba	34	NCORUÑA	1:23.95	-

27. Fem., 100m Estilos 35+

1.	1193947	ALCALDE BALADO, Tania	38	CIDSANTIAG	1:19.07	-
2.	1141212	RIVAS TENREIRO, Arantza	35	NTNARON	1:22.77	-
3.	1144894	VINAGRE SENDINO, Cora	36	SCASINO	1:23.61	-

27. Fem., 100m Estilos 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	43	CMARINA	1:19.72	-
2.	1180232	FKEOUI OMARI, Salma	42	ESCUALOS	1:26.44	-
3.	1041646	MOLANES PIÑEIRO, Maria Elena	40	PONTEAREAS	1:51.79	-

27. Fem., 100m Estilos 45+

1.	1178775	COVELO SAAVEDRA, Nahir	46	PONTEAREAS	1:36.44	-
2.	1180238	GARCÍA SEOANE, Cristina María	49	HERCULES	1:43.49	-
3.	1197606	CARBALLO BALOIRA, Susana María	49	HERCULES	1:58.69	-

27. Fem., 100m Estilos 50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	54	CULLEREDO	1:32.83	-
2.	1172138	ROIG SANCHEZ, Blanca Ana	50	RIASBAIXAS	1:38.82	-
3.	1076524	SOSA CARNEIRO, Rosana	53	CNMOS	1:50.84	-

27. Fem., 100m Estilos 55+

1.	1058998	MUTILBA OBREGON, Nuria	55	PONTEAREAS	1:30.78	-
2.	1147048	REGUEIRO RODRIGUEZ, Ana	58	RIASBAIXAS	1:44.86	-
3.	1076506	MARTY PAZOS, Maria Victoria	59	TRAVIESAS	1:58.03	-

27. Fem., 100m Estilos 60+

1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	1:32.72	-
2.	1039437	BALADO LOPEZ, Ana Maria	63	POURENSE	1:36.38	-
3.	1145099	LOPEZ MAHIA, Purificacion	61	HERCULES	1:51.39	-

27. Fem., 100m Estilos 65+

1.	1141154	CELEMIN PORRERO, Maria Teresa	65	GALAICO	2:08.40	-
2.	1076494	SUEIRO COSTAS, Mª Carmen	68	PONTEAREAS	3:19.68	-

28. Masc., 100m Estilos 20+

1.	1142936	MARTINEZ ARGIZ, David	24	MONFORTE	1:09.60	-
2.	1097741	GONZÁLEZ MARTÍNEZ, Cristian	21	ARTEIXO	1:13.22	-

28. Masc., 100m Estilos 25+

1.	1039755	RIVAS MACEIRAS, Isaac	25	HERCULES	1:10.22	-
2.	1040134	MIGUEZ VAZQUEZ, Víctor	27	XOVE	1:10.54	-

28. Masc., 100m Estilos 30+

1.	1038638	CASTRO VILLAR, David	33	FLUVIAL	1:14.07	-
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28. Masc., 100m Estilos 35+

1.	1089000	TABOADA VILA, Alberto	37	POURENSE	1:02.03	-
2.	1076287	PAZOS ALONSO, Josue	38	ESCUALOS	1:10.67	-
3.	1037182	GARCIA GARCIA, Anselmo	36	XOVE	1:11.31	-

28. Masc., 100m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	41	GALAICO	1:06.38	-
2.	1228089	MERA MONTECELOS, Pablo	41	HERCULES	1:11.17	-
3.	1144584	ALVAREZ SILVA, Ruben	43	ESCUALOS	1:19.76	-
3.	1143702	GUTIERREZ COSTAS, Oscar	42	RIASBAIXAS	1:19.76	-

28. Masc., 100m Estilos 45+

1.	1053922	BAIZ ROCA, Gabriel	45	ARTEIXO	1:11.25	-
2.	1231581	RODRÍGUEZ SALGADO, Manuel	49	CIDSANTIAG	1:13.27	-
3.	1145005	FERNANDEZ IGLESIAS, Emilio J.	47	PONTEAREAS	1:27.12	-

28. Masc., 100m Estilos 50+

1.	1076185	PEREIRA DIAZ, Angel	52	ESCUALOS	1:17.33	-
2.	1197597	HERNAEZ OUBIÑA, David	51	CULLEREDO	1:17.69	-
3.	1079343	MOURIÑO ORTIGUERA, Roberto C.	50	PONTEAREAS	1:19.80	-

28. Masc., 100m Estilos 55+

1.	1180234 SÁNCHEZ SECO, Manuel	56	ESCUALOS	1:31.61	-
2.	1037161 TOME NOGUEIRA, Alberto M.	56	ADFOGAR	1:33.38	-
3.	1193949 LAMELO OTERO, Ramón Jesus	56	CIDSANTIAG	1:51.99	-

28. Masc., 100m Estilos 60+

1.	1079361 RODRIGUEZ GOMEZ, Emilio	63	PONTEAREAS	1:41.38	-
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28. Masc., 100m Estilos 65+

1.	1174449 FERNANDEZ ARRUTI, Jose Angel	65	CIDSANTIAG	1:27.32	-
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	65	HERCULES	1:28.14	-
3.	1170858 CODESIDO LOPEZ, José	65	CIDSANTIAG	1:36.12	-

29. Fem., 4 x 50m Estilos +80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	2:15.90	- RG
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29. Fem., 4 x 50m Estilos +100

1.	GALAICO 1	GALAICO	2:44.63	-
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29. Fem., 4 x 50m Estilos +120

1.	NCORUÑA 1	NCORUÑA	2:21.35	-
2.	XOVE 1	XOVE	2:25.10	-
3.	RIASBAIXAS 2	RIASBAIXAS	2:26.62	-

29. Fem., 4 x 50m Estilos +160

1.	ESCUALOS 1	ESCUALOS	2:37.77	-
2.	HERCULES 2	HERCULES	2:40.23	-
3.	RIASBAIXAS 3	RIASBAIXAS	2:42.65	-

29. Fem., 4 x 50m Estilos +200

1.	RIASBAIXAS 4	RIASBAIXAS	3:01.79	-
2.	PONTEAREAS 4	PONTEAREAS	3:07.21	-
3.	ESCUALOS 2	ESCUALOS	3:09.04	-

29. Fem., 4 x 50m Estilos +240

1.	POURENSE 3	POURENSE	3:33.92	-
2.	PONTEAREAS 5	PONTEAREAS	3:41.17	-

29. Fem., 4 x 50m Estilos +280

1.	PONTEAREAS 6	PONTEAREAS	5:42.18	-
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30. Masc., 4 x 50m Estilos +80 (PRE-MASTER)

1.	PONTEAREAS 1	PONTEAREAS	2:59.59	-
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30. Masc., 4 x 50m Estilos +100

1.	PONTEAREAS 2	PONTEAREAS	2:07.39	-
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30. Masc., 4 x 50m Estilos +120

1.	NCORUÑA 1	NCORUÑA	1:58.02	-
2.	RIASBAIXAS 1	RIASBAIXAS	2:02.42	-
3.	NTNARON 1	NTNARON	2:08.04	-

30. Masc., 4 x 50m Estilos +160

1.	CIDSANTIAG 2	CIDSANTIAG	2:02.59	- RG
2.	GALAICO 2	GALAICO	2:07.43	-
3.	HERCULES 2	HERCULES	2:10.91	-

30. Masc., 4 x 50m Estilos +200

1.	CULLEREDO 1	CULLEREDO	2:30.86	-
2.	PONTEAREAS 5	PONTEAREAS	2:35.33	-
3.	ESCUALOS 3	ESCUALOS	2:39.02	-

30. Masc., 4 x 50m Estilos +240

1.	HERCULES 3	HERCULES	2:33.26	-
2.	CNMOS 1	CNMOS	3:06.97	-
3.	POURENSE 4	POURENSE	3:08.16	-