

Prueba 1
20/01/2024

Mixto, 4 x 50m Estilos

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
+80 (PRE-MASTER)						
PONTEAREAS 1		+80	(P)PONTEAREAS	2:07.00	25m	2:07.00
+100						
XOVE 1		+100	XOVE	2:17.09	25m	2:17.09
RIASBAIXAS 1		+100	RIASBAIXAS	2:27.09	25m	2:27.09
PONTEAREAS 2		+100	PONTEAREAS	2:37.49	25m	2:37.49
+120						
PONTEAREAS 3		+120	PONTEAREAS	2:02.92	25m	2:02.92
FLUVIAL 1		+120	FLUVIAL	2:05.06	25m	2:05.06
NCORUÑA 1		+120	NCORUÑA	2:05.36	25m	2:05.36
NTNARON 1		+120	NTNARON	2:18.34	25m	2:18.34
GALAICO 3		+120	GALAICO	2:19.23	25m	2:19.23
HERCULES 1		+120	HERCULES	2:19.64	25m	2:19.64
PORTAMIÑA 1		+120	PORTAMIÑA	2:23.30	25m	2:23.30
ESCUALOS 1		+120	ESCUALOS	2:23.91	25m	2:23.91
XOVE 2		+120	XOVE	2:25.46	25m	2:25.46
RIASBAIXAS 2		+120	RIASBAIXAS	2:27.67	25m	2:27.67
ARTEIXO 3		+120	ARTEIXO	2:28.61	25m	2:28.61
MONFORTE 1		+120	MONFORTE	2:42.67	25m	2:42.67
SALESTRA 2		+120	SALESTRA	2:59.19	25m	2:59.19
POURENSE 1		+120	POURENSE	2:59.38	25m	2:59.38
+160						
RIASBAIXAS 3		+160	RIASBAIXAS	2:10.86	25m	2:10.86
PORTAMIÑA 2		+160	PORTAMIÑA	2:13.95	25m	2:13.95
CIDSANTIAG 1		+160	CIDSANTIAG	2:15.85	25m	2:15.85
NCORUÑA 2		+160	NCORUÑA	2:22.55	25m	2:22.55
ESCUALOS 2		+160	ESCUALOS	2:22.58	25m	2:22.58
ARTEIXO 2		+160	ARTEIXO	2:23.05	25m	2:23.05
SCASINO 1		+160	SCASINO	2:39.71	25m	2:39.71
PONTEAREAS 4		+160	PONTEAREAS	2:42.98	25m	2:42.98
GALAICO 2		+160	GALAICO	2:50.81	25m	2:50.81
SALESTRA 1		+160	SALESTRA	3:07.20	25m	3:07.20
POURENSE 2		+160	POURENSE	3:10.21	25m	3:10.21
TRAVIESAS 2		+160	TRAVIESAS	3:26.69	25m	3:26.88
+200						
ESCUALOS 3		+200	ESCUALOS	2:30.78	25m	2:30.78
RIASBAIXAS 4		+200	RIASBAIXAS	2:36.48	25m	2:36.67
HERCULES 3		+200	HERCULES	2:38.18	25m	2:38.18
CULLEREDO 1		+200	CULLEREDO	2:41.35	25m	2:41.35
PONTEAREAS 5		+200	PONTEAREAS	2:42.08	25m	2:42.27
CMARINA 1		+200	CMARINA	2:53.59	50m	2:50.89
NCORUÑA 3		+200	NCORUÑA	2:51.26	25m	2:51.26
ARTEIXO 1		+200	ARTEIXO	2:58.80	25m	2:58.80
POURENSE 3		+200	POURENSE	4:28.12	25m	4:28.31

Prueba 1, Mixto, 4 x 50m Estilos

+240

HERCULES 2	+240	HERCULES	2:36.75	25m	2:36.75
PONTEAREAS 6	+240	PONTEAREAS	3:01.50	25m	3:01.50
POURENSE 4	+240	POURENSE	3:03.22	25m	3:03.22
GALAICO 1	+240	GALAICO	3:24.81	25m	3:24.81
RIASBAIXAS 5	+240	RIASBAIXAS	4:01.54	25m	4:01.54

+280

TRAVIESAS 1	+280	TRAVIESAS	4:44.05	25m	4:44.05
PONTEAREAS 7	+280	PONTEAREAS	4:55.67	25m	4:55.67

Prueba 2
20/01/2024

Fem., 400m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
SUAREZ GONZALEZ, Gracia	24	20+	PONTEAREAS	4:32.24	25m	4:32.24
FERNANDEZ GONZALEZ, Elena	23	20+	HERCULES	5:29.74	50m	5:23.54
25+						
FREIJE TORNEIRO, Aroa	26	25+	PORTAMIÑA	4:45.06	25m	4:45.25
SUAREZ GARCIA, Sofia	27	25+	RIASBAIXAS	5:46.25	25m	5:46.44
30+						
FRANCO CAL, Alba	33	30+	FLUVIAL	4:36.96	25m	4:37.15
FREIJO LÓPEZ, Lucía	32	30+	NCORUÑA	6:03.58	25m	6:03.77
ARAÚJO CASTRO, Paula	33	30+	CDELMAR	6:05.05	25m	6:05.05
SALGADO CASTELO, Marta	30	30+	MULLEREF	6:30.17	50m	6:23.97
SANCHEZ DE LLANO, M. Nieves	32	30+	SCASINO	7:06.61	50m	7:00.41
OTERO FERNANDEZ, Maria Luisa	31	30+	SALESTRA	7:28.17	50m	7:21.97
35+						
QUEREDA RODRÍGUEZ, Almudena	39	35+	LICEO	5:44.59	25m	5:44.78
GONZALEZ PEREZ, Jessica	37	35+	RIASBAIXAS	6:00.21	25m	6:00.21
40+						
SANCHEZ LEDO, Cira	43	40+	ESCUALOS	5:55.70	25m	5:55.70
MIRA VAZQUEZ, Marta	43	40+	ESCUALOS	6:07.01	25m	6:07.20
RODRIGUEZ LOPEZ, Belen	43	40+	RIASBAIXAS	6:30.17	50m	6:23.97
VILARIÑO CACHO, Elvira	43	40+	SALESTRA	6:30.31	50m	6:24.11
OLMO VAQUEIRO, Leticia	43	40+	PONTEAREAS	6:26.29	25m	6:26.29
FERNANDEZ GONZALEZ, Iria	42	40+	PORTAMIÑA	6:43.13	25m	6:43.13
FARIÑA SOUSA, Noemi	41	40+	GALAICO	6:57.75	25m	6:57.94
MOLANES PIÑEIRO, Maria Elena	40	40+	PONTEAREAS	6:59.62	25m	6:59.81
BROZOS VAZQUEZ, Elena María	42	40+	CIDSANTIAG	7:38.92	25m	7:39.11
45+						
DE LORENZO FERNANDEZ, Maria	46	45+	ESCUALOS	5:57.78	25m	5:57.97
VARELA REDONDO, Veronica	49	45+	PONTEAREAS	6:04.37	25m	6:04.56
PRADO FRANCO, Marta E.	45	45+	RIASBAIXAS	6:12.30	25m	6:12.30
GARCÍA SEOANE, Cristina María	49	45+	HERCULES	6:55.26	50m	6:49.06
ANDON YAÑEZ, Lorena	46	45+	SCASINO	7:17.82	50m	7:11.62
SANCHEZ BARREIRO, Maria Carmen	48	45+	PONTEAREAS	7:49.60	25m	7:49.79
BESADA FERNÁNDEZ, Ana M.	46	45+	PONTEAREAS	8:26.61	25m	8:26.80
50+						
HERNANDEZ ALFAGEME, Rita	53	50+	RIASBAIXAS	5:46.22	50m	5:40.02
SALES MANTIÑAN, Carmen	50	50+	SCASINO	6:51.55	50m	6:45.35
PEREZ PEREZ, Sonia	52	50+	ESCUALOS	7:08.16	50m	7:01.96
RODRIGUEZ VAZQUEZ, Maria Teresa	52	50+	POURENSE	7:36.13	50m	7:29.93

Prueba 2, Fem., 400m Libre

55+

MUTILBA OBREGON, Nuria	55	55+	PONTEAREAS	6:08.44	25m	6:08.63
REGUEIRO RODRIGUEZ, Ana	58	55+	RIASBAIXAS	6:32.09	25m	6:32.28
CALVIÑO CANCELA, Maria Cristina	56	55+	PONTEAREAS	6:48.33	50m	6:42.13
GARNACHO GAYARRE, Nuria	55	55+	SCASINO	7:39.31	25m	7:39.31

60+

TERCEIRO DELGADO, María Del Mar	61	60+	CDELMAR	5:50.96	50m	5:44.76
OREIRO PAZOS, M. Gloria	64	60+	ARTEIXO	7:35.04	25m	7:35.23
REBOREDADA MORILLO, Susana	62	60+	ESCUALOS	7:54.27	25m	7:54.27
PEREZ GALLARDO, Teresa	60	60+	POURENSE	9:14.99	25m	9:14.99

65+

SUEIRO COSTAS, Mª Carmen	68	65+	PONTEAREAS	9:58.38	25m	9:58.57
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Prueba 3
20/01/2024

Masc., 400m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
MARTINEZ MARTINEZ, Marcos	21	20+	PONTEAREAS	4:22.64	50m	4:15.94
INCUTTI TELLADO, Denis	24	20+	PONTEAREAS	4:47.15	25m	4:47.34
GONZÁLEZ MARTÍNEZ, Cristian	21	20+	ARTEIXO	4:47.41	25m	4:47.60
GÓMEZ MÉNDEZ, Borja	22	20+	PONTEAREAS	9:47.30	25m	9:47.49
25+						
PASTORIZA SANTACLARA, Jorge	27	25+	RIASBAIXAS	4:17.30	25m	4:17.30
CARRERA COSTAS, Martin	28	25+	PONTEAREAS	4:29.72	25m	4:29.91
PICALLO MATO, Adrian	29	25+	SALESTRA	5:37.04	25m	5:37.23
30+						
MUIÑO ALONSO, Anton	30	30+	NCORUÑA	4:54.97	25m	4:55.16
35+						
BLANCO PEREZ, Jesus	38	35+	NTNARON	5:01.37	25m	5:01.56
ABUIN ARES, Manuel	37	35+	CIDSANTIAG	5:12.82	25m	5:12.82
PRESA PRESA, Santiago	36	35+	GALAICO	5:26.62	25m	5:26.62
MANEIRO BETANZOS, Javier	39	35+	ESCUALOS	5:38.30	25m	5:38.30
FIGUEIRA DOMINGUEZ, J.	36	35+	RIASBAIXAS	5:39.15	25m	5:39.34
MARTÍNEZ DOMÍNGUEZ, Iván	36	35+	PONTEAREAS	5:51.20	25m	5:51.39
BARCIA SIXTO, Francisco José	39	35+	NTNARON	5:55.57	25m	5:55.76
FIDALGO SERRANO, Guillermo	38	35+	TRAVIESAS	6:25.79	25m	6:25.98
40+						
GARCIA RODRIGUEZ, Sergio	43	40+	RIASBAIXAS	4:52.88	25m	4:52.88
SEVILLA AROCA, Javier	41	40+	ESCUALOS	4:56.78	25m	4:56.78
DOMINGUEZ PHILOCREON, Ticiano	43	40+	CIDSANTIAG	5:30.08	25m	5:30.08
ALVAREZ SILVA, Ruben	43	40+	ESCUALOS	5:31.06	25m	5:31.06
FIERRO FERNÁNDEZ, Julio	42	40+	HERCULES	5:36.42	25m	5:36.61
PEREZ LOPEZ, Manuel	43	40+	ESCUALOS	5:43.65	50m	5:36.95
CARBALLA BARROSO, R.	43	40+	GALAICO	5:41.03	25m	5:41.03
GONZALEZ PEÑAS, David	40	40+	PORTAMIÑA	5:46.04	25m	5:46.04
45+						
SANCHEZ GORDON, Roman	46	45+	RIASBAIXAS	4:39.50	25m	4:39.50
IGLESIAS GOMEZ, Gonzalo	45	45+	HERCULES	4:57.90	50m	4:51.20
BAIZ ROCA, Gabriel	45	45+	ARTEIXO	4:53.66	25m	4:53.85
MASSO AGUADO, Jorge	48	45+	RIASBAIXAS	5:10.73	50m	5:04.03
GONZALEZ PARIS, David	46	45+	HERCULES	5:29.35	50m	5:22.65
MOURIÑO FORTES, Victor Manuel	47	45+	PONTEAREAS	5:53.56	25m	5:53.75
LOPEZ PAYO, Mario	47	45+	SALESTRA	6:20.18	25m	6:20.37
TABOADA CALVELO, Jose Carlos	45	45+	SALESTRA	6:51.58	50m	6:44.88

Prueba 3, Masc., 400m Libre

50+

GARCIA CASTIÑEIRA, Daniel	50	50+	GALAICO	5:44.46	25m	5:44.65
BOUSO FUENTECILLA, Fernando	53	50+	ESCUALOS	5:46.43	25m	5:46.43
DURO GONZALEZ, Antonio	50	50+	SALESTRA	5:57.92	25m	5:57.92
FERREIRO SEOANE, Jose Raul	51	50+	RIASBAIXAS	5:59.70	25m	5:59.89
FERNANDEZ-TESTA BARREIRO, D.	50	50+	RIASBAIXAS	6:09.79	50m	6:03.09
FERREIRO SUAREZ, Javier M.	51	50+	SCASINO	6:19.21	25m	6:19.21

55+

RIVAS FEAL, Antonio	58	55+	SCASINO	5:06.40	25m	5:06.40
IRIBARNEGARAY FERNANDEZ, J.	58	55+	GALAICO	5:47.28	50m	5:40.58
CASTRO QUINTELA, Avelino	57	55+	GALAICO	7:26.23	25m	7:26.42

60+

BETHENCOURT IGLESIAS, Sergio	61	60+	GALAICO	5:43.60	50m	5:36.90
BLANCO PEREZ, Angel	60	60+	POURENSE	6:34.25	25m	6:34.25
HERNANZ MORAL, Fausto	62	60+	RIASBAIXAS	6:48.03	50m	6:41.33
LAGO REY, Jose Manuel	61	60+	RIASBAIXAS	9:27.71	25m	9:27.71

65+

CODESIDO LOPEZ, José	65	65+	CIDSANTIAG	5:57.02	25m	5:57.21
RODRIGUEZ VIEITO, Ricardo M.	67	65+	CNMOS	6:22.43	25m	6:22.43
PERDIZ GONZALEZ, Jose Ramon	66	65+	ESCUALOS	8:25.73	25m	8:25.73
AREA PEREIRA, Jose Manuel	67	65+	GALAICO	8:26.55	25m	8:26.74
TIMIRAOS CARRASCO, Luis	68	65+	POURENSE	10:28.93	25m	10:29.12

70+

GARCIA COLOMO, Manuel Ramon	70	70+	POURENSE	6:10.19	25m	6:10.38
SUANZES PEREZ, Fernando	71	70+	HERCULES	6:10.72	25m	6:10.91
MONROY FERNÁNDEZ, Manuel	74	70+	PONTEAREAS	7:22.74	50m	7:16.04

Prueba 4
20/01/2024

Fem., 50m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
IBAÑEZ CARRERA, Sara	23	20+	PONTEAREAS	32.60	25m	32.60
SOILAN FERNANDEZ, Raquel	23	20+	FLUVIAL	35.73	50m	34.83
SOUTIÑO RAMIREZ, Carmen Victoria	23	20+	PORTAMIÑA	35.05	25m	35.34
ABASOLO RUEDA, Claudia	24	20+	NCORUÑA	36.90	25m	37.19
VALIÑO FERRAZ, Tatyana	21	20+	PONTEAREAS	39.27	25m	39.56
LEMONS FERNANDEZ, Zaira	22	20+	PONTEAREAS	40.26	25m	40.55
GARCÉS FERNÁNDEZ, Erea	21	20+	RIASBAIXAS	44.92	25m	45.21
25+						
PASCUAL GUTIERREZ, Maria Teresa	26	25+	HERCULES	33.17	50m	32.27
LAGO CASTILLO, Natalia	25	25+	NCORUÑA	34.93	25m	35.22
LAGO LOPEZ, Raquel	29	25+	RIASBAIXAS	34.93	25m	35.22
ALVITE LOPEZ, Andrea	25	25+	XOVE	39.04	25m	39.04
MENDEZ SEIJO, Nerea	25	25+	RIASBAIXAS	38.78	25m	39.07
FERNÁNDEZ JUAN, María	26	25+	CIDSANTIAG	40.57	25m	40.86
FUENTES LORENZO, Carla	25	25+	GALAICO	49.40	25m	49.69
30+						
DOPEREIRO GARCIA, Alba	34	30+	NCORUÑA	38.63	50m	37.73
LÓPEZ SANMARTÍN, Tania	33	30+	NFERROL	38.29	25m	38.58
MUIÑO, Andrea	33	30+	NCORUÑA	40.03	25m	40.32
SALGADO CASTELO, Marta	30	30+	MULLEREF	45.02	25m	45.31
GONZALEZ MACIA, Alba	30	30+	MONFORTE	51.30	25m	51.59
SANCHEZ DE LLANO, M. Nieves	32	30+	SCASINO	52.77	25m	53.06
MARTINEZ GARCIA, Susana	33	30+	MONFORTE	54.16	25m	54.45
MARTINEZ BARCIELA, Maria Olga	34	30+	RIASBAIXAS	1:05.26	25m	1:05.55
35+						
LOUREIRO AMOR, Belen Martina	36	35+	NTNARON	33.79	25m	34.08
GESTO ALONSO, Clarisa	35	35+	PONTEAREAS	38.55	50m	37.65
GONZÁLEZ RIVAS, Sara	35	35+	ARTEIXO	39.36	50m	38.46
MIRA VAZQUEZ, Paula	38	35+	ESCUALOS	44.00	25m	44.00
GONZALEZ GARCIA, Covadonga	35	35+	GALAICO	53.93	25m	53.93
40+						
GONZALEZ RODRIGUEZ, Maria	42	40+	CIDSANTIAG	40.74	50m	39.84
GONZALEZ FERNANDEZ, Leticia	42	40+	XOVE	41.22	25m	41.22
ABBATEMARCO, Cristina	40	40+	SALESTRA	46.43	50m	45.53
RODRIGUEZ LOPEZ, Belen	43	40+	RIASBAIXAS	51.34	50m	50.73
VAZQUEZ PARCERO, Marta	44	40+	CMARINA	57.84	25m	58.13
BROZOS VAZQUEZ, Elena María	42	40+	CIDSANTIAG	58.81	25m	59.10

Prueba 4, Fem., 50m Espalda

45+

MOLINOS LAMAS, Bibiana	47	45+	RIASBAIXAS	47.32	50m	46.71
VILLASANTE ARMAS, Maria Rosa	49	45+	NCORUÑA	50.85	50m	49.95
SERRANO AVENDAÑO, Silvia	49	45+	TRAVIESAS	54.98	25m	55.27
ANDON YAÑEZ, Lorena	46	45+	SCASINO	1:00.78	25m	1:00.78
BESADA FERNÁNDEZ, Ana M.	46	45+	PONTEAREAS	1:02.53	50m	1:01.63

50+

OJEA DE CASTRO, Macarena	51	50+	PORTAMIÑA	43.39	50m	42.49
SALES MANTIÑAN, Carmen	50	50+	SCASINO	43.53	50m	42.63
ROIG SANCHEZ, Blanca Ana	50	50+	RIASBAIXAS	45.33	25m	45.62
SOUSA CARNEIRO, Rosana	53	50+	CNMOS	46.89	25m	47.18
SEARA JALON, Monica	54	50+	POURENSE	57.36	25m	57.36
SOUSA CARNEIRO, Alicia	50	50+	CNMOS	59.13	25m	59.42
FERNANDEZ SESTELO, Maria Jose	54	50+	PONTEAREAS	1:07.28	25m	1:07.28

55+

BARJA BARJA, Liliana	59	55+	TRAVIESAS	44.84	25m	44.84
DEL AMO BLANCO, Margarita	57	55+	PONTEAREAS	46.81	25m	46.81
LOPEZ RODRIGUEZ, Adela Elena	56	55+	POURENSE	49.85	50m	48.95
GARNACHO GAYARRE, Nuria	55	55+	SCASINO	53.98	25m	54.27
MIGUEZ DE LA SIERRA, Angeles	58	55+	GALAICO	59.51	25m	59.80

60+

GARCIA COLOMO, M. Cristina	62	60+	POURENSE	42.67	50m	41.77
LOPEZ MAHIA, Purificacion	61	60+	HERCULES	51.64	50m	50.74

65+

SAR MORANO, Dolores	69	65+	CULLEREDO	51.24	25m	51.24
RODRÍGUEZ TRONCOSO, Marina	65	65+	PONTEAREAS	1:09.13	25m	1:09.42

70+

MAROTO REGLERO, M.	72	70+	TRAVIESAS	1:18.36	25m	1:18.36
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75+

GONZALEZ RODRIGUEZ, S. Marta	78	75+	PONTEAREAS	1:31.99	25m	1:32.28
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80+

MORAL RUBIO, Isabel	82	80+	PONTEAREAS	1:29.76	50m	1:28.86
PEREZ DOMINGUEZ, Maria Luisa	80	80+	RIASBAIXAS	1:47.73	25m	1:47.73

Prueba 5
20/01/2024

Masc., 50m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
PEREZ TIERRA, Ismael	22	20+	MONFORTE	26.82	25m	26.82
ALONSO RODRIGUEZ, Javier	23	20+	PONTEAREAS	29.82	50m	28.61
HERMIDA RAMOS, Raul	24	20+	NTNARON	32.08	25m	32.37
FERRO SANTOS, Juan Manuel	24	20+	XOVE	32.16	25m	32.45
GÓMEZ MÉNDEZ, Borja	22	20+	PONTEAREAS	1:11.12	25m	1:11.12
25+						
RIVAS MACEIRAS, Isaac	25	25+	HERCULES	30.06	25m	30.06
MEILAN SANCHEZ, Sergio Jose	28	25+	PORTAMIÑA	40.15	50m	38.65
30+						
LAGO LOPEZ, Diego	33	30+	NCORUÑA	31.15	25m	31.44
FREIRE GONZALEZ, Javier	31	30+	RIASBAIXAS	34.36	50m	32.86
CASTRO VILLAR, David	33	30+	FLUVIAL	33.04	25m	33.04
OROZA PARGA, Bruno	30	30+	XOVE	33.24	25m	33.24
FONTAN SEIJO, Adrian	31	30+	CNMOS	43.14	50m	41.64
35+						
TABOADA VILA, Alberto	37	35+	POURENSE	27.61	25m	27.61
LOBELLE GONZALEZ, Ivan	35	35+	FLUVIAL	28.80	25m	28.80
RODRIGUEZ LAGO, David	38	35+	CIDSANTIAG	33.11	25m	33.40
BERNARDEZ FERRO, Juan Jose	37	35+	CIDSANTIAG	35.67	50m	34.17
FORTES NOVOA, Martiño	36	35+	ESCUALOS	37.11	50m	35.61
IGLESIAS LAPIDO, Miguel	39	35+	FLUVIAL	39.45	50m	37.95
PEREZ VAZQUEZ, Telmo	36	35+	CMARINA	42.26	50m	40.76
PASCUAL DE PEDRO, Jorge	38	35+	PONTEAREAS	44.21	50m	42.71
HERRUZO CARREÑO, Guillermo	37	35+	GALAICO	51.11	25m	51.40
GIRALDEZ VILLANUEVA, Ivan	37	35+	PONTEAREAS	57.59	25m	57.88
40+						
CARBALLA BARROSO, R.	43	40+	GALAICO	36.29	25m	36.29
MATIAS DUARTE, Erick	42	40+	HERCULES	39.13	50m	37.63
BASTIDA CAMPOS, Alejandro	42	40+	SALESTRA	39.53	50m	38.03
ESPAÑA CABEZAS, Jesús	43	40+	CIDSANTIAG	39.64	25m	39.93
CARRERA COSTAS, Andres	42	40+	PONTEAREAS	40.84	25m	40.84
FIDALGO SERRANO, Manuel A.	43	40+	TRAVIESAS	49.50	50m	48.00
MARIÑO GONZALEZ, Ramón	44	40+	POURENSE	49.55	25m	49.84
MUINELO LORENZO, Manuel	43	40+	PORTAMIÑA	51.97	25m	52.26
45+						
EIRIZ DIEGUEZ, Daniel	46	45+	CNMOS	31.76	50m	30.26
RODRÍGUEZ SALGADO, Manuel	49	45+	CIDSANTIAG	36.21	50m	34.71
FOUZ ROUCO, Rubén	45	45+	HERCULES	36.79	50m	35.29
NOGUEIRA-PINTO CRESPO, Hugo	46	45+	ESCUALOS	37.12	25m	37.12
BAIZ ROCA, Gabriel	45	45+	ARTEIXO	36.88	25m	37.17
PEREZ CARRERA, Elias	45	45+	RIASBAIXAS	39.55	25m	39.55
MARTIN MONTERO, Manuel Jose	47	45+	ARTEIXO	40.42	25m	40.71

Prueba 5, Masc., 50m Espalda

CABANELAS EIRAS, Pablo	45	45+	CIDSANTIAG	41.44	25m	41.73
ALIAGA SOLA, Alberto	47	45+	PONTEAREAS	41.99	25m	42.28
BALSA MOSQUERA, Pablo	46	45+	CMARINA	42.58	25m	42.87
LAMAS SOTO, Cesar	49	45+	CULLEREDO	42.81	25m	43.10
PEXEGUEIRO BALADRON, Nicolas	47	45+	CNMOS	43.92	25m	43.92
MOURIÑO FORTES, Victor Manuel	47	45+	PONTEAREAS	44.74	25m	45.03
VAZQUEZ PEREZ, Luis Fernando	45	45+	CULLEREDO	48.60	25m	48.60
BRIOSO DÍAZ, Manuel	47	45+	REDONDELA	1:01.86	25m	1:02.15

50+

SAAVEDRA GONZÁLEZ, Raul	51	50+	HERCULES	34.23	25m	34.23
DIEGUEZ ARANDA, Hector	51	50+	PORTAMIÑA	36.33	25m	36.33
PUENTE DÍAZ, Javier	53	50+	CIDSANTIAG	39.02	50m	37.52
CARNERO FIRVIDA, Jose Ramón	50	50+	ESCUALOS	44.24	25m	44.24
LORENZO FERNANDEZ, Jose Manuel	52	50+	RIASBAIXAS	44.33	25m	44.62
MARTÍNEZ LEMA, José Antonio	52	50+	TRICORUÑA	45.16	25m	45.45
CADAVID NUÑEZ, Jose	54	50+	POURENSE	49.84	50m	48.63
TERREN ENRUBIA, Lucio A	54	50+	RIASBAIXAS	48.39	25m	48.68
CRESPO PÉREZ, Albarino	54	50+	ESCUALOS	50.05	25m	50.34
LORENZO GONZALEZ-VISO, Carlos	53	50+	POURENSE	55.11	50m	53.61

55+

DE LA PAZ VIGO, Agustin A.	58	55+	CMARINA	38.26	50m	36.76
TOURIÑO GONZALEZ, Victor M.	56	55+	CMARINA	40.12	50m	38.62
SÁNCHEZ SECO, Manuel	56	55+	ESCUALOS	40.52	25m	40.52
FERREIRA GONZALEZ, Xose Anxo	58	55+	REDONDELA	42.99	25m	42.99
GARCIA SANJURJO, Jose Manuel	57	55+	CDELMAR	43.03	25m	43.03
PEREZ LEIVA, Manuel	56	55+	RIASBAIXAS	43.88	25m	43.88
GURIDI HUERTA, Jesus M.	56	55+	FLUVIAL	45.77	50m	44.27
PEREZ GARCIA, Manuel	57	55+	CULLEREDO	1:00.29	25m	1:00.29

60+

FERNANDEZ NUÑEZ, Santiago	61	60+	CIDSANTIAG	34.65	50m	33.15
SANJORGE PEDREIRA, Carmelo	62	60+	ARTEIXO	47.92	25m	48.21
RODRIGUEZ GOMEZ, Emilio	63	60+	PONTEAREAS	48.39	25m	48.68

65+

YAÑEZ WONENBURGER, J. Carlos	65	65+	HERCULES	39.53	25m	39.53
RODRIGUEZ VIEITO, Ricardo M.	67	65+	CNMOS	49.70	25m	49.70
SANTAMARINA LÓPEZ, Javier	66	65+	TRAVIESAS	1:26.42	50m	1:25.21

70+

MONROY FERNÁNDEZ, Manuel	74	70+	PONTEAREAS	54.62	25m	54.62
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75+

VILLORIA CARAMES, Alejandro	79	75+	TRAVIESAS	1:09.14	25m	1:09.43
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80+

ARAUJO DOMINGUEZ, Francisco	84	80+	PONTEAREAS	1:02.57	25m	1:02.57
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Prueba 6
20/01/2024

Fem., 200m Estilos

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>20+</u>						
SUAREZ GONZALEZ, Gracia	24	20+	PONTEAREAS	2:35.59	50m	2:32.69
RODRIGUEZ RODRIGUEZ, Nina	22	20+	RIASBAIXAS	2:33.58	25m	2:33.58
EIJO GIL, Ana Paula	21	20+	PONTEAREAS	3:01.13	25m	3:01.13
<u>25+</u>						
GARCIA MIGUEZ, Rosalia	26	25+	GALAICO	2:43.98	25m	2:43.98
FREIJE TORNEIRO, Aroa	26	25+	PORTAMIÑA	2:49.01	25m	2:49.20
GONZALEZ PEREZ, Paula	28	25+	PONTEAREAS	3:24.13	25m	3:24.13
<u>30+</u>						
BEN CILLERO, Sabela	32	30+	XOVE	2:51.44	25m	2:51.63
<u>35+</u>						
GONZALEZ PEREZ, Jessica	37	35+	RIASBAIXAS	3:16.81	25m	3:16.81
LOPEZ CORTABITARTE, Belen	37	35+	HERCULES	3:36.80	25m	3:36.80
<u>40+</u>						
GONZALEZ RODRIGUEZ, Maria	42	40+	CIDSANTIAG	2:52.33	50m	2:49.43
FKEOUI OMARI, Salma	42	40+	ESCUALOS	3:04.33	25m	3:04.33
<u>45+</u>						
REGUEIRA MARTINEZ, Maria J.	49	45+	HERCULES	3:23.10	25m	3:23.29
CARBALLO BALOIRA, Susana María	49	45+	HERCULES	4:24.65	50m	4:21.75
<u>50+</u>						
HERNANDEZ ALFAGEME, Rita	53	50+	RIASBAIXAS	3:20.23	50m	3:17.33
SANDERSON KEOUGH, Helen Jane	54	50+	CULLEREDO	3:30.20	25m	3:30.20
GARCIA RODRIGUEZ, Teresa	52	50+	PORTAMIÑA	4:03.09	50m	4:00.19
<u>55+</u>						
REGUEIRO RODRIGUEZ, Ana	58	55+	RIASBAIXAS	3:44.10	25m	3:44.29
MELON PARENTE, M. Lourdes	55	55+	PONTEAREAS	5:29.08	25m	5:29.08
<u>60+</u>						
BALADO LOPEZ, Ana Maria	63	60+	POURENSE	3:31.10	25m	3:31.10
LOPEZ MAHIA, Purificacion	61	60+	HERCULES	4:08.61	25m	4:08.61
OREIRO PAZOS, M. Gloria	64	60+	ARTEIXO	4:13.43	25m	4:13.62

Prueba 7
20/01/2024

Masc., 200m Estilos

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
ALONSO RODRIGUEZ, Javier	23	20+	PONTEAREAS	2:19.83	25m	2:20.02
MARTINEZ ARGIZ, David	24	20+	MONFORTE	2:33.84	25m	2:33.84
30+						
TENORIO FREIRE, Martin	32	30+	GALAICO	2:27.71	50m	2:24.01
OROZA PARGA, Bruno	30	30+	XOVE	2:49.32	25m	2:49.32
NOVALES BLANCO, Xabier	33	30+	RIASBAIXAS	3:23.59	50m	3:19.89
35+						
RODRIGUEZ LAGO, David	38	35+	CIDSANTIAG	2:20.77	25m	2:20.77
PAZOS ALONSO, Josue	38	35+	ESCUALOS	2:32.77	25m	2:32.77
GARCIA GARCIA, Anselmo	36	35+	XOVE	2:41.22	25m	2:41.22
MARTINEZ DOPAZO, David	37	35+	GALAICO	2:46.59	50m	2:42.89
40+						
CALLE FACAL, Telmo	41	40+	GALAICO	2:28.95	50m	2:25.25
MERA MONTECELOS, Pablo	41	40+	HERCULES	2:35.66	25m	2:35.66
GARCIA RODRIGUEZ, Sergio	43	40+	RIASBAIXAS	2:35.89	25m	2:36.08
ESPAÑA CABEZAS, Jesús	43	40+	CIDSANTIAG	2:58.17	25m	2:58.36
ALVAREZ SILVA, Ruben	43	40+	ESCUALOS	3:01.95	25m	3:01.95
GONZALEZ PEÑAS, David	40	40+	PORTAMIÑA	3:10.04	25m	3:10.04
SUAREZ GARCIA, Pedro Lois	44	40+	PONTEAREAS	3:22.86	25m	3:22.86
POSE MATO, Cesar	41	40+	ADFOGAR	4:06.73	25m	4:06.73
45+						
EIRIZ DIEGUEZ, Daniel	46	45+	CNMOS	2:30.79	25m	2:30.79
MASSO AGUADO, Jorge	48	45+	RIASBAIXAS	2:41.02	25m	2:41.02
GUIRADO CARABEL, Oscar	48	45+	CULLEREDO	2:43.24	25m	2:43.24
GUIMAREY VAZQUEZ, Marcos	47	45+	PORTAMIÑA	2:51.78	25m	2:51.78
FOUZ ROUCO, Rubén	45	45+	HERCULES	2:58.99	50m	2:55.29
CABANELAS EIRAS, Pablo	45	45+	CIDSANTIAG	2:56.52	25m	2:56.71
FERNANDEZ IGLESIAS, Emilio J.	47	45+	PONTEAREAS	3:14.03	25m	3:14.03
PEXEGUEIRO BALADRON, Nicolas	47	45+	CNMOS	3:24.32	50m	3:20.62
BALSA MOSQUERA, Pablo	46	45+	CMARINA	3:29.45	50m	3:25.75
50+						
GARABATOS RODRIGUEZ, Santiago	50	50+	CNMOS	2:29.37	25m	2:29.37
MOURIÑO ORTIGUERA, Roberto C.	50	50+	PONTEAREAS	2:52.88	25m	2:52.88
PEREIRA DIAZ, Angel	52	50+	ESCUALOS	2:59.39	50m	2:55.69
PREGO MARTINEZ, Benjamin	51	50+	PONTEAREAS	3:07.65	25m	3:07.65
DE LUIS GONZÁLEZ, Aitor	50	50+	RCNVIGO	3:14.15	25m	3:14.15
LORENZO FERNANDEZ, Jose Manuel	52	50+	RIASBAIXAS	3:28.61	25m	3:28.80
DURO GONZALEZ, Antonio	50	50+	SALESTRA	3:48.42	50m	3:44.72
LORENZO GONZALEZ-VISO, Carlos	53	50+	POURENSE	3:57.33	50m	3:53.63

Prueba 7, Masc., 200m Estilos

60+

SANJORGE PEDREIRA, Carmelo	62	60+	ARTEIXO	4:37.15	25m	4:37.15
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65+

FERNANDEZ ARRUTI, Jose Angel	65	65+	CIDSANTIAG	3:18.08	25m	3:18.08
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Prueba 8
20/01/2024

Fem., 100m Mariposa

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>20+</u>						
FERNANDEZ GONZALEZ, Elena	23	20+	HERCULES	1:31.48	50m	1:30.78
<u>25+</u>						
GONZALEZ AVENDAÑO, Lucia	25	25+	GALAICO	1:24.01	50m	1:23.31
GONZALEZ PEREZ, Paula	28	25+	PONTEAREAS	1:48.95	25m	1:48.95
<u>30+</u>						
FRANCO CAL, Alba	33	30+	FLUVIAL	1:04.42	25m	1:04.42
PEREZ GARCIA, Eva	34	30+	RIASBAIXAS	1:32.84	50m	1:32.14
ARAÚJO CASTRO, Paula	33	30+	CDELMAR	1:37.04	25m	1:37.04
<u>35+</u>						
VINAGRE SENDINO, Cora	36	35+	SCASINO	1:26.36	25m	1:26.36
FERNANDEZ GUARDIOLA, Loira	35	35+	PONTEAREAS	2:24.36	25m	2:24.55
<u>40+</u>						
HERMIDA RODRIGUEZ, Blanca	43	40+	CMARINA	1:16.40	25m	1:16.40
CID ALVAREZ, Isabel	44	40+	ESCUALOS	1:44.83	25m	1:44.83
OLMO VAQUEIRO, Leticia	43	40+	PONTEAREAS	2:02.59	25m	2:02.78
<u>45+</u>						
PRADO FRANCO, Marta E.	45	45+	RIASBAIXAS	1:29.40	25m	1:29.40
REGUEIRA MARTINEZ, Maria J.	49	45+	HERCULES	1:37.49	25m	1:37.49
GARCÍA SEOANE, Cristina María	49	45+	HERCULES	1:48.04	25m	1:48.04
GIL VILLARINO, Marta	47	45+	HERCULES	1:53.05	25m	1:53.24
<u>50+</u>						
GARCIA RODRIGUEZ, Teresa	52	50+	PORTAMIÑA	1:58.43	25m	1:58.62
SOBRINO EIRIZ, Maria Del Valle	52	50+	PONTEAREAS	1:59.65	25m	1:59.65
<u>55+</u>						
BARJA BARJA, Liliana	59	55+	TRAVIESAS	1:55.62	25m	1:55.62
CALVIÑO CANCELA, Maria Cristina	56	55+	PONTEAREAS	1:55.65	25m	1:55.84
MELON PARENTE, M. Lourdes	55	55+	PONTEAREAS	2:51.38	25m	2:51.57
<u>60+</u>						
TERCEIRO DELGADO, María Del Mar	61	60+	CDELMAR	1:42.44	25m	1:42.63

Prueba 9
20/01/2024

Masc., 100m Mariposa

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
CANCELA GOMEZ, Hugo	21	20+	PONTEAREAS	1:03.25	25m	1:03.25
MARTINEZ MARTINEZ, Marcos	21	20+	PONTEAREAS	1:03.52	25m	1:03.52
GONZÁLEZ MARTÍNEZ, Cristian	21	20+	ARTEIXO	1:11.63	25m	1:11.82
25+						
CARRERA COSTAS, Martin	28	25+	PONTEAREAS	1:02.10	25m	1:02.10
SUAREZ FERNÁNDEZ, Santiago	29	25+	MONFORTE	1:02.96	25m	1:02.96
BOUZA PADRON, Adrian	27	25+	PONTEAREAS	1:05.62	50m	1:04.52
PASTORIZA SANTACLARA, Jorge	27	25+	RIASBAIXAS	1:04.64	25m	1:04.64
IBÁÑEZ CARRERA, Manuel Gabriel	28	25+	PONTEAREAS	1:09.72	25m	1:09.72
30+						
VALDES REY, Enol	31	30+	XOVE	1:02.66	25m	1:02.66
MUIÑO ALONSO, Anton	30	30+	NCORUÑA	1:04.59	25m	1:04.78
FREIRE GONZALEZ, Javier	31	30+	RIASBAIXAS	1:09.77	25m	1:09.96
NOVALES BLANCO, Xabier	33	30+	RIASBAIXAS	1:36.64	25m	1:36.83
35+						
LOBELLE GONZALEZ, Ivan	35	35+	FLUVIAL	1:00.75	25m	1:00.75
DOMÍNGUEZ PARDELLAS, Rubén	36	35+	RCNVIGO	1:08.26	25m	1:08.26
ABUIN ARES, Manuel	37	35+	CIDSANTIAG	1:19.47	25m	1:19.66
LAMEIRO SEOANE, Javier	37	35+	HERCULES	1:20.94	25m	1:20.94
CAO LAGO, Pablo	37	35+	RIASBAIXAS	1:24.91	50m	1:23.81
BARCIA SIXTO, Francisco José	39	35+	NTNARON	1:34.76	50m	1:33.66
40+						
MUIÑO REY, Daniel	40	40+	NFERROL	1:18.87	25m	1:19.06
DOMINGUEZ PHILOCREON, Ticiano	43	40+	CIDSANTIAG	1:23.18	25m	1:23.37
GUTIERREZ COSTAS, Oscar	42	40+	RIASBAIXAS	1:25.21	25m	1:25.40
SUAREZ GARCIA, Pedro Lois	44	40+	PONTEAREAS	1:45.07	25m	1:45.07
POSE MATO, Cesar	41	40+	ADFOGAR	2:10.78	25m	2:10.78
45+						
SANCHEZ GORDON, Roman	46	45+	RIASBAIXAS	1:11.33	25m	1:11.33
IGLESIAS GOMEZ, Gonzalo	45	45+	HERCULES	1:12.91	50m	1:11.81
MARTINEZ FERNANDEZ, Hector	47	45+	NTNARON	1:18.87	25m	1:19.06
FERNANDEZ IGLESIAS, Emilio J.	47	45+	PONTEAREAS	1:26.19	25m	1:26.19
CARRERA RODRÍGUEZ, Rubén	45	45+	PONTEAREAS	1:29.66	25m	1:29.66
50+						
PEREZ ARIAS, Hector	53	50+	PORTAMIÑA	1:11.18	25m	1:11.18
SAAVEDRA GONZÁLEZ, Raul	51	50+	HERCULES	1:12.78	25m	1:12.97
MANDADO RODRIGUEZ, Enrique	52	50+	HERCULES	1:35.94	50m	1:34.84
CARNERO FIRVIDA, Jose Ramón	50	50+	ESCUALOS	1:43.88	50m	1:42.78
FERREIRO SANCHEZ, Luis	54	50+	POURENSE	2:08.66	25m	2:08.66

Prueba 9, Masc., 100m Mariposa

55+

TAPIA PORTO, Enrique	59	55+	NCORUÑA	1:14.85	50m	1:13.75
FERREIRA GONZALEZ, Xose Anxo	58	55+	REDONDELA	1:37.56	25m	1:37.56

60+

BETHENCOURT IGLESIAS, Sergio	61	60+	GALAICO	1:27.56	25m	1:27.56
MARTINEZ BERJANO, Jose Manuel	61	60+	MONFORTE	1:48.31	25m	1:48.31

65+

ROS ROSILLO, Alejandro	66	65+	RIASBAIXAS	1:38.05	25m	1:38.05
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70+

SUANZES PEREZ, Fernando	71	70+	HERCULES	1:29.52	25m	1:29.52
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Prueba 10
20/01/2024

Fem., 100m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
RODRIGUEZ RODRIGUEZ, Nina	22	20+	RIASBAIXAS	1:30.13	50m	1:28.92
SOILAN FERNANDEZ, Raquel	23	20+	FLUVIAL	1:31.60	50m	1:30.39
EIJO GIL, Ana Paula	21	20+	PONTEAREAS	1:32.01	25m	1:32.20
BLANCO PEREZ, Laura	20	20+	PONTEAREAS	1:33.09	25m	1:33.28
CARBALLAL FEBREIRO, María	24	20+	XOVE	1:41.00	25m	1:41.19
25+						
GARCIA MIGUEZ, Rosalia	26	25+	GALAICO	1:31.70	25m	1:31.89
VAZQUEZ SANCHEZ, Pilar	26	25+	XOVE	1:31.86	25m	1:32.05
MENDEZ SEIJO, Nerea	25	25+	RIASBAIXAS	1:34.16	25m	1:34.35
FERNÁNDEZ JUAN, María	26	25+	CIDSANTIAG	1:35.43	25m	1:35.62
SUAREZ GARCIA, Sofia	27	25+	RIASBAIXAS	1:36.06	25m	1:36.06
ALVITE LOPEZ, Andrea	25	25+	XOVE	1:46.57	25m	1:46.57
FUENTES LORENZO, Carla	25	25+	GALAICO	2:02.51	25m	2:02.70
30+						
CIDRÁS ANGEL, Iria	34	30+	NCORUÑA	1:24.00	25m	1:24.19
BEN CILLERO, Sabela	32	30+	XOVE	1:24.96	25m	1:25.15
GONZALEZ MACIA, Alba	30	30+	MONFORTE	1:46.42	50m	1:45.02
PAZOS GANDARA, Andrea	32	30+	PONTEAREAS	1:45.13	25m	1:45.32
MARTINEZ GARCIA, Susana	33	30+	MONFORTE	1:54.28	50m	1:53.07
OTERO FERNANDEZ, Maria Luisa	31	30+	SALESTRA	1:55.20	25m	1:55.20
SIMOIS MORAIS, Yolanda	30	30+	SALESTRA	1:57.31	50m	1:55.91
MARTINEZ BARCIELA, Maria Olga	34	30+	RIASBAIXAS	2:00.37	25m	2:00.56
FERNANDEZ PARADA, Clara	31	30+	POURENSE	2:22.29	25m	2:22.29
35+						
RIVAS TENREIRO, Arantz	35	35+	NTNARON	1:31.00	25m	1:31.19
TORRE GONZALEZ, Elisa	39	35+	RIASBAIXAS	1:38.34	25m	1:38.53
GONZALEZ FERNANDEZ, Coral.M	37	35+	ESCUALOS	1:54.50	50m	1:53.29
QUEREDA RODRÍGUEZ, Almudena	39	35+	LICEO	1:55.21	25m	1:55.40
GONZALEZ GARCIA, Covadonga	35	35+	GALAICO	2:11.29	50m	2:10.08
40+						
DURÁN VEIRAS, Raquel	40	40+	ARTEIXO	1:30.79	25m	1:30.98
FKEOUI OMARI, Salma	42	40+	ESCUALOS	1:35.08	50m	1:33.68
MIRA VAZQUEZ, Marta	43	40+	ESCUALOS	1:34.59	25m	1:34.59
VILARIÑO CACHO, Elvira	43	40+	SALESTRA	1:47.47	50m	1:46.07
CID ALVAREZ, Isabel	44	40+	ESCUALOS	1:46.78	25m	1:46.78
GONZALEZ FERNANDEZ, Leticia	42	40+	XOVE	1:48.79	25m	1:48.79
MOLANES PIÑEIRO, Maria Elena	40	40+	PONTEAREAS	1:53.12	25m	1:53.31
FARIÑA SOUSA, Noemi	41	40+	GALAICO	1:56.22	25m	1:56.22

Prueba 10, Fem., 100m Braza

45+

ÁLVAREZ ALONSO, Sonia M.	48	45+	RIASBAIXAS	1:38.30	25m	1:38.49
COVELO SAAVEDRA, Nahir	46	45+	PONTEAREAS	1:44.96	25m	1:44.96
DIEGUEZ VARELA, Carina	47	45+	RIASBAIXAS	1:47.35	25m	1:47.54
GIL VILLARINO, Marta	47	45+	HERCULES	1:57.08	25m	1:57.27
SANCHEZ BARREIRO, Maria Carmen	48	45+	PONTEAREAS	2:05.11	25m	2:05.30
CARBALLEIRA LOIS, Barbara	48	45+	ESCUALOS	2:12.88	50m	2:11.67

50+

SANDERSON KEOUGH, Helen Jane	54	50+	CULLEREDO	1:38.54	25m	1:38.73
PEREZ PEREZ, Sonia	52	50+	ESCUALOS	2:02.48	50m	2:01.27
RODRIGUEZ VAZQUEZ, Maria Teresa	52	50+	POURENSE	2:07.89	50m	2:06.68
SOBRINO EIRIZ, Maria Del Valle	52	50+	PONTEAREAS	2:08.57	25m	2:08.76

55+

MUTILBA OBREGON, Nuria	55	55+	PONTEAREAS	1:37.70	25m	1:37.89
LOPEZ RODRIGUEZ, Adela Elena	56	55+	POURENSE	1:47.64	25m	1:47.64
CASTRO MAESTRE, Isaura	55	55+	FLUVIAL	1:53.71	50m	1:52.50

60+

BALADO LOPEZ, Ana Maria	63	60+	POURENSE	1:38.09	25m	1:38.09
REBOREDA MORILLO, Susana	62	60+	ESCUALOS	2:03.61	50m	2:02.21

65+

SAR MORANO, Dolores	69	65+	CULLEREDO	2:06.00	50m	2:04.60
CELEMIN PORRERO, Maria Teresa	65	65+	GALAICO	2:09.34	25m	2:09.53
GOMEZ DOVAL, Maria Angela	68	65+	TRAVIESAS	2:18.06	25m	2:18.06
RODRÍGUEZ TRONCOSO, Marina	65	65+	PONTEAREAS	2:21.44	25m	2:21.63
GUARDIOLA MEDEL, Nuria	68	65+	PONTEAREAS	2:48.96	25m	2:49.15
SUEIRO COSTAS, Mª Carmen	68	65+	PONTEAREAS	3:19.21	25m	3:19.21

Prueba 11
20/01/2024

Masc., 100m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>20+</u>						
PEREZ TIERRA, Ismael	22	20+	MONFORTE	1:09.53	25m	1:09.53
MARTINEZ ARGIZ, David	24	20+	MONFORTE	1:16.82	25m	1:16.82
VILLAMOR FERRO, Rubén	24	20+	ARTEIXO	1:19.85	25m	1:19.85
<u>25+</u>						
MIGUEZ VAZQUEZ, Victor	27	25+	XOVE	1:24.17	25m	1:24.17
IBAÑEZ CARRERA, Manuel Gabriel	28	25+	PONTEAREAS	1:27.94	25m	1:28.13
<u>30+</u>						
SABUZ FORNEIRO, Martin	30	30+	POURENSE	1:09.59	50m	1:07.19
BORRAZAS RUMBO, Manuel	31	30+	NCORUÑA	1:09.26	25m	1:09.45
GRACIA CARBAJO, Miguel	30	30+	NTNARON	1:10.40	25m	1:10.59
TENORIO FREIRE, Martin	32	30+	GALAICO	1:16.36	50m	1:13.96
GARCÍA MERA, Rodrigo	32	30+	FLUVIAL	1:40.88	25m	1:40.88
LAGO GONZALEZ, Ivan	31	30+	PONTEAREAS	2:06.52	50m	2:04.12
<u>35+</u>						
PAZOS ALONSO, Josue	38	35+	ESCUALOS	1:14.69	25m	1:14.69
FORTES NOVOA, Martiño	36	35+	ESCUALOS	1:18.50	50m	1:16.10
MARTINEZ DOPAZO, David	37	35+	GALAICO	1:17.50	25m	1:17.50
BLANCO PEREZ, Jesus	38	35+	NTNARON	1:18.29	25m	1:18.48
GARCIA GARCIA, Anselmo	36	35+	XOVE	1:19.20	25m	1:19.20
FIGUEIRA DOMINGUEZ, J.	36	35+	RIASBAIXAS	1:19.53	25m	1:19.72
CAO LAGO, Pablo	37	35+	RIASBAIXAS	1:21.46	25m	1:21.65
FERNANDEZ GAYOSO, Jose Manuel	38	35+	CNMOS	1:21.74	25m	1:21.93
MIRAS LOPEZ, Raul	37	35+	NCORUÑA	1:25.84	50m	1:23.44
IGLESIAS LAPIDO, Miguel	39	35+	FLUVIAL	1:27.33	50m	1:25.12
PEREZ VAZQUEZ, Telmo	36	35+	CMARINA	1:29.65	25m	1:29.84
MANEIRO BETANZOS, Javier	39	35+	ESCUALOS	1:37.45	50m	1:35.05
PRESA PRESA, Santiago	36	35+	GALAICO	1:35.81	25m	1:35.81
<u>40+</u>						
SEVILLA AROCA, Javier	41	40+	ESCUALOS	1:21.51	50m	1:19.30
FIERRO FERNÁNDEZ, Julio	42	40+	HERCULES	1:20.25	25m	1:20.44
MATIAS DUARTE, Erick	42	40+	HERCULES	1:26.62	25m	1:26.62
GUTIERREZ COSTAS, Oscar	42	40+	RIASBAIXAS	1:32.11	25m	1:32.30
MARIÑO GONZALEZ, Ramón	44	40+	POURENSE	1:38.50	50m	1:36.29
TORRES FRAILE, Emilio	40	40+	MONFORTE	1:43.84	50m	1:41.44
<u>45+</u>						
VAZQUEZ IGLESIAS, Daniel	45	45+	RIASBAIXAS	1:14.68	25m	1:14.68
NOGUEIRA-PINTO CRESPO, Hugo	46	45+	ESCUALOS	1:18.25	50m	1:15.85
GARCIA REBOLO, Alejandro	49	45+	POURENSE	1:24.46	50m	1:22.25
RODRÍGUEZ SALGADO, Manuel	49	45+	CIDSANTIAG	1:26.02	50m	1:23.81
GUIMAREY VAZQUEZ, Marcos	47	45+	PORTAMIÑA	1:24.38	25m	1:24.38
HERMIDA SALIDO, Gustavo	47	45+	NTNARON	1:24.35	25m	1:24.54
CARBALLO CABEZAS, Enrique	48	45+	POURENSE	1:31.45	50m	1:29.24

Prueba 11, Masc., 100m Braza

FERNANDEZ PEREIRA, Carlos	45	45+	POURENSE	1:38.73	50m	1:36.52
ALONSO ORTIZ, Mariano	48	45+	FLUVIAL	1:39.19	50m	1:36.98
LOPEZ PAYO, Mario	47	45+	SALESTRA	1:39.26	25m	1:39.26
TABOADA CALVELO, Jose Carlos	45	45+	SALESTRA	1:42.39	50m	1:39.99
CARRERA RODRÍGUEZ, Rubén	45	45+	PONTEAREAS	1:45.97	25m	1:46.16

50+

HERNAEZ OUBIÑA, David	51	50+	CULLEREDO	1:18.86	25m	1:19.05
PEREIRA DIAZ, Angel	52	50+	ESCUALOS	1:20.94	25m	1:21.13
FERREIRO SUAREZ, Javier M.	51	50+	SCASINO	1:25.66	25m	1:25.66
DIEGUEZ ARANDA, Hector	51	50+	PORTAMIÑA	1:26.88	25m	1:26.88
BOUSO FUENTECILLA, Fernando	53	50+	ESCUALOS	1:29.74	50m	1:27.34
MANDADO RODRIGUEZ, Enrique	52	50+	HERCULES	1:27.64	25m	1:27.83
QUINTAS BARROS, Jesus C.	51	50+	ESCUALOS	1:28.57	25m	1:28.57
MOURIÑO ORTIGUERA, Roberto C.	50	50+	PONTEAREAS	1:28.63	25m	1:28.82
PREGO MARTINEZ, Benjamin	51	50+	PONTEAREAS	1:30.31	25m	1:30.50
CRESPO PÉREZ, Albarino	54	50+	ESCUALOS	1:33.55	50m	1:31.15
FERNANDEZ-TESTA BARREIRO, D.	50	50+	RIASBAIXAS	1:36.96	25m	1:36.96
MARTÍNEZ LEMA, José Antonio	52	50+	TRICORUÑA	1:37.35	25m	1:37.54
DIEZ RODRIGUEZ, Ignacio J.	52	50+	PORTAMIÑA	1:52.64	50m	1:50.43
ARAUJO FERNÁNDEZ, Jose	53	50+	ESCUALOS	1:54.16	50m	1:51.76

55+

TOURIÑO GONZALEZ, Victor M.	56	55+	CMARINA	1:21.32	25m	1:21.32
RIVAS FEAL, Antonio	58	55+	SCASINO	1:24.55	25m	1:24.55
FERNANDEZ GONZALEZ, Alvaro	59	55+	CNMOS	1:51.84	25m	1:52.03
PEREZ GARCIA, Manuel	57	55+	CULLEREDO	2:02.00	25m	2:02.19

60+

SOLLEIRO TIZON, Juan Jose	61	60+	NCORUÑA	1:30.00	25m	1:30.00
RODRIGUEZ QUEIRUGA, Juan Carlos	61	60+	NCORUÑA	1:41.00	25m	1:41.19
RODRIGUEZ GOMEZ, Emilio	63	60+	PONTEAREAS	1:43.86	25m	1:43.86
HERNANZ MORAL, Fausto	62	60+	RIASBAIXAS	1:54.90	25m	1:54.90

65+

ROS ROSILLO, Alejandro	66	65+	RIASBAIXAS	1:27.31	25m	1:27.31
FERNANDEZ ARRUTI, Jose Angel	65	65+	CIDSANTIAG	1:31.20	25m	1:31.20
AREA PEREIRA, Jose Manuel	67	65+	GALAICO	2:41.03	50m	2:38.63

70+

IVANCHENKO, Yuri	71	70+	POURENSE	1:54.11	50m	1:51.90
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75+

RODRIGUEZ LEMOS, Andres J.	75	75+	CNMOS	1:53.96	25m	1:53.96
VILLORIA CARAMES, Alejandro	79	75+	TRAVIESAS	3:06.59	25m	3:06.78

80+

ARAUJO DOMINGUEZ, Francisco	84	80+	PONTEAREAS	2:53.24	25m	2:53.24
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Prueba 12
20/01/2024

Fem., 100m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
IBAÑEZ CARRERA, Sara	23	20+	PONTEAREAS	1:10.45	25m	1:10.45
SOUTIÑO RAMIREZ, Carmen Victoria	23	20+	PORTAMIÑA	1:17.63	25m	1:17.82
ABASOLO RUEDA, Claudia	24	20+	NCORUÑA	1:23.31	25m	1:23.31
VALIÑO FERRAZ, Tatyana	21	20+	PONTEAREAS	1:24.56	25m	1:24.75
25+						
PASCUAL GUTIERREZ, Maria Teresa	26	25+	HERCULES	1:13.53	25m	1:13.72
LAGO CASTILLO, Natalia	25	25+	NCORUÑA	1:15.07	25m	1:15.26
GONZALEZ AVENDAÑO, Lucia	25	25+	GALAICO	1:29.73	25m	1:29.92
30+						
FREIJO LÓPEZ, Lucía	32	30+	NCORUÑA	1:26.48	25m	1:26.48
LÓPEZ SANMARTÍN, Tania	33	30+	NFERROL	1:35.28	25m	1:35.47
PAZOS GANDARA, Andrea	32	30+	PONTEAREAS	1:38.67	50m	1:36.57
35+						
LOUREIRO AMOR, Belen Martina	36	35+	NTNARON	1:14.60	25m	1:14.79
GESTO ALONSO, Clarisa	35	35+	PONTEAREAS	1:23.82	50m	1:21.72
VINAGRE SENDINO, Cora	36	35+	SCASINO	1:22.61	25m	1:22.80
MIRA VAZQUEZ, Paula	38	35+	ESCUALOS	1:37.82	25m	1:37.82
LOPEZ CORTABITARTE, Belen	37	35+	HERCULES	1:40.94	25m	1:40.94
GONZALEZ FERNANDEZ, Coral.M	37	35+	ESCUALOS	1:59.99	25m	1:59.99
40+						
HERMIDA RODRIGUEZ, Blanca	43	40+	CMARINA	1:20.91	50m	1:18.81
SANCHEZ LEDO, Cira	43	40+	ESCUALOS	1:26.72	25m	1:26.91
DURÁN VEIRAS, Raquel	40	40+	ARTEIXO	1:34.29	25m	1:34.48
ABBATEMARCO, Cristina	40	40+	SALESTRA	1:41.43	50m	1:39.33
VAZQUEZ PARCERO, Marta	44	40+	CMARINA	2:19.82	25m	2:19.82
45+						
DE LORENZO FERNANDEZ, Maria	46	45+	ESCUALOS	1:37.37	25m	1:37.56
COVELO SAAVEDRA, Nahir	46	45+	PONTEAREAS	1:42.53	50m	1:40.43
DIEGUEZ VARELA, Carina	47	45+	RIASBAIXAS	1:47.11	25m	1:47.30
VARELA REDONDO, Veronica	49	45+	PONTEAREAS	1:47.84	25m	1:48.03
VILLASANTE ARMAS, Maria Rosa	49	45+	NCORUÑA	1:51.84	25m	1:51.84
CARBALLO BALOIRA, Susana María	49	45+	HERCULES	1:56.59	25m	1:56.59
SERRANO AVENDAÑO, Silvia	49	45+	TRAVIESAS	2:02.21	50m	2:00.11
50+						
OJEA DE CASTRO, Macarena	51	50+	PORTAMIÑA	1:33.67	50m	1:31.57
ROIG SANCHEZ, Blanca Ana	50	50+	RIASBAIXAS	1:40.43	50m	1:38.33
SOUSA CARNEIRO, Rosana	53	50+	CNMOS	1:42.94	25m	1:43.13
SOUSA CARNEIRO, Alicia	50	50+	CNMOS	2:14.01	25m	2:14.20
SEARA JALON, Monica	54	50+	POURENSE	2:19.64	25m	2:19.64
FERNANDEZ SESTELO, Maria Jose	54	50+	PONTEAREAS	2:28.31	25m	2:28.50

Prueba 12, Fem., 100m Espalda

55+

DEL AMO BLANCO, Margarita	57	55+	PONTEAREAS	1:42.40	25m	1:42.59
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60+

GARCIA COLOMO, M. Cristina	62	60+	POURENSE	1:39.60	50m	1:37.50
PEREZ GALLARDO, Teresa	60	60+	POURENSE	2:45.07	50m	2:42.97

65+

CELEMIN PORRERO, Maria Teresa	65	65+	GALAICO	2:07.22	50m	2:05.12
GOMEZ DOVAL, Maria Angela	68	65+	TRAVIESAS	2:32.58	25m	2:32.58

70+

MAROTO REGLERO, M.	72	70+	TRAVIESAS	3:14.11	25m	3:14.11
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75+

GONZALEZ RODRIGUEZ, S. Marta	78	75+	PONTEAREAS	3:16.66	25m	3:16.85
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80+

MORAL RUBIO, Isabel	82	80+	PONTEAREAS	3:06.67	50m	3:04.57
PEREZ DOMINGUEZ, Maria Luisa	80	80+	RIASBAIXAS	4:01.00	25m	4:01.19

Prueba 13
20/01/2024

Masc., 100m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
CANCELA GOMEZ, Hugo	21	20+	PONTEAREAS	1:08.59	25m	1:08.78
HERMIDA RAMOS, Raul	24	20+	NTNARON	1:10.84	25m	1:11.03
FERRO SANTOS, Juan Manuel	24	20+	XOVE	1:10.85	25m	1:11.04
VILLAMOR FERRO, Rubén	24	20+	ARTEIXO	1:11.79	25m	1:11.79
INCUTTI TELLADO, Denis	24	20+	PONTEAREAS	1:17.94	25m	1:18.13
25+						
BOUZA PADRON, Adrian	27	25+	PONTEAREAS	1:05.49	25m	1:05.49
RIVAS MACEIRAS, Isaac	25	25+	HERCULES	1:08.59	50m	1:05.69
MEILAN SANCHEZ, Sergio Jose	28	25+	PORTAMIÑA	1:26.37	50m	1:23.47
30+						
CASTRO VILLAR, David	33	30+	FLUVIAL	1:11.27	25m	1:11.27
FONTAN SEIJO, Adrian	31	30+	CNMOS	1:46.42	25m	1:46.61
35+						
TABOADA VILA, Alberto	37	35+	POURENSE	59.34	25m	59.34
BERNARDEZ FERRO, Juan Jose	37	35+	CIDSANTIAG	1:17.71	50m	1:14.81
FERNANDEZ GAYOSO, Jose Manuel	38	35+	CNMOS	1:17.56	25m	1:17.75
LAMEIRO SEOANE, Javier	37	35+	HERCULES	1:29.56	25m	1:29.75
PASCUAL DE PEDRO, Jorge	38	35+	PONTEAREAS	1:32.76	25m	1:32.95
FIDALGO SERRANO, Guillermo	38	35+	TRAVIESAS	1:34.89	25m	1:35.08
MARTÍNEZ DOMÍNGUEZ, Iván	36	35+	PONTEAREAS	1:37.65	25m	1:37.84
HERRUZO CARREÑO, Guillermo	37	35+	GALAICO	1:50.39	25m	1:50.58
40+						
CALLE FACAL, Telmo	41	40+	GALAICO	1:09.48	50m	1:06.58
MERA MONTECELOS, Pablo	41	40+	HERCULES	1:18.30	50m	1:15.40
BASTIDA CAMPOS, Alejandro	42	40+	SALESTRA	1:33.17	50m	1:30.27
PEREZ LOPEZ, Manuel	43	40+	ESCUALOS	1:33.30	50m	1:30.40
CARRERA COSTAS, Andres	42	40+	PONTEAREAS	1:33.66	25m	1:33.66
FIDALGO SERRANO, Manuel A.	43	40+	TRAVIESAS	1:50.25	50m	1:47.35
45+						
GUIRADO CARABEL, Oscar	48	45+	CULLEREDO	1:17.73	50m	1:14.83
GONZALEZ PARIS, David	46	45+	HERCULES	1:28.77	50m	1:25.87
ALIAGA SOLA, Alberto	47	45+	PONTEAREAS	1:33.89	25m	1:33.89
PEREZ CARRERA, Elias	45	45+	RIASBAIXAS	1:38.56	25m	1:38.75
TRONCOSO CAAMAÑO, Fernando	49	45+	ESCUALOS	1:43.31	25m	1:43.31
VAZQUEZ PEREZ, Luis Fernando	45	45+	CULLEREDO	1:53.00	25m	1:53.19
50+						
PUENTE DÍAZ, Javier	53	50+	CIDSANTIAG	1:24.25	50m	1:21.35
PEREZ ARIAS, Hector	53	50+	PORTAMIÑA	1:24.35	50m	1:21.45
QUINTAS BARROS, Jesus C.	51	50+	ESCUALOS	1:23.26	25m	1:23.26
DE LUIS GONZÁLEZ, Aitor	50	50+	RCNVIGO	1:29.48	25m	1:29.48

Prueba 13, Masc., 100m Espalda

CADAVID NUÑEZ, Jose	54	50+	POURENSE	1:49.20	25m	1:49.39
TERREN ENRUBIA, Lucio A	54	50+	RIASBAIXAS	1:55.22	25m	1:55.41
FERREIRO SANCHEZ, Luis	54	50+	POURENSE	1:59.44	25m	1:59.44

55+

DE LA PAZ VIGO, Agustin A.	58	55+	CMARINA	1:23.88	25m	1:24.07
SÁNCHEZ SECO, Manuel	56	55+	ESCUALOS	1:29.01	25m	1:29.01
PEREZ LEIVA, Manuel	56	55+	RIASBAIXAS	1:35.11	25m	1:35.11
GARCIA SANJURJO, Jose Manuel	57	55+	CDELMAR	1:39.33	25m	1:39.33
GURIDI HUERTA, Jesus M.	56	55+	FLUVIAL	1:46.62	25m	1:46.81
FERNANDEZ GONZALEZ, Alvaro	59	55+	CNMOS	1:55.01	25m	1:55.20

60+

FERNANDEZ NUÑEZ, Santiago	61	60+	CIDSANTIAG	1:10.88	25m	1:10.88
MARTINEZ BERJANO, Jose Manuel	61	60+	MONFORTE	1:44.23	25m	1:44.42
SANJORGE PEDREIRA, Carmelo	62	60+	ARTEIXO	1:51.52	25m	1:51.52
BLANCO PEREZ, Angel	60	60+	POURENSE	2:06.97	25m	2:07.16

65+

YAÑEZ WONENBURGER, J. Carlos	65	65+	HERCULES	1:28.70	25m	1:28.70
CODESIDO LOPEZ, José	65	65+	CIDSANTIAG	1:29.29	25m	1:29.29
TIMIRAOS CARRASCO, Luis	68	65+	POURENSE	2:55.36	25m	2:55.55

70+

GARCIA COLOMO, Manuel Ramon	70	70+	POURENSE	1:44.77	25m	1:44.96
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75+

RODRIGUEZ LEMOS, Andres J.	75	75+	CNMOS	1:54.31	25m	1:54.31
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Prueba 14
20/01/2024

Fem., 4 x 50m Libre

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
+80 (PRE-MASTER)						
RIASBAIXAS 1		+80	(PRIASBAIXAS)	2:11.74	50m	2:10.14
PONTEAREAS 1		+80	(PIPONTEAREAS)	2:19.63	25m	2:19.63
+100						
GALAICO 2		+100	GALAICO	2:23.21	25m	2:23.21
+120						
RIASBAIXAS 2		+120	RIASBAIXAS	2:15.85	25m	2:15.85
XOVE 1		+120	XOVE	2:19.75	25m	2:19.75
PONTEAREAS 3		+120	PONTEAREAS	2:21.13	25m	2:21.13
SALESTRA 1		+120	SALESTRA	2:40.30	25m	2:40.30
NCORUÑA 1		+120	NCORUÑA	2:48.16	25m	2:48.16
+160						
PORTAMIÑA 1		+160	PORTAMIÑA	2:20.97	25m	2:20.97
ESCUALOS 1		+160	ESCUALOS	2:26.35	25m	2:26.35
PONTEAREAS 4		+160	PONTEAREAS	2:30.14	25m	2:30.14
SCASINO 1		+160	SCASINO	2:44.81	25m	2:44.81
POURENSE 1		+160	POURENSE	3:16.45	25m	3:16.45
+200						
RIASBAIXAS 3		+200	RIASBAIXAS	2:27.69	25m	2:27.69
HERCULES 1		+200	HERCULES	2:37.37	25m	2:37.37
PONTEAREAS 5		+200	PONTEAREAS	2:38.36	25m	2:38.36
POURENSE 2		+200	POURENSE	2:44.66	25m	2:44.66
ESCUALOS 2		+200	ESCUALOS	2:49.83	25m	2:49.83
GALAICO 1		+200	GALAICO	3:06.79	25m	3:06.79
+240						
POURENSE 3		+240	POURENSE	3:03.54	25m	3:03.54
TRAVIESAS 1		+240	TRAVIESAS	3:12.90	25m	3:13.09
PONTEAREAS 6		+240	PONTEAREAS	3:33.73	25m	3:33.92
+280						
PONTEAREAS 7		+280	PONTEAREAS	4:47.02	25m	4:47.02

Prueba 15
20/01/2024

Masc., 4 x 50m Libre

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>+80 (PRE-MASTER)</u>						
PONTEAREAS 1		+80	(P)PONTEAREAS	1:45.38	25m	1:45.38
<u>+100</u>						
PONTEAREAS 2		+100	PONTEAREAS	1:56.63	50m	1:54.42
<u>+120</u>						
NCORUÑA 1		+120	NCORUÑA	1:48.98	25m	1:48.98
PONTEAREAS 3		+120	PONTEAREAS	1:53.89	25m	1:53.89
GALAICO 2		+120	GALAICO	1:56.42	25m	1:56.42
POURENSE 1		+120	POURENSE	1:56.49	25m	1:56.49
RIASBAIXAS 1		+120	RIASBAIXAS	1:59.65	50m	1:57.44
ESCUALOS 1		+120	ESCUALOS	1:58.74	25m	1:58.74
XOVE 1		+120	XOVE	1:58.93	25m	1:58.93
HERCULES 1		+120	HERCULES	1:59.09	25m	1:59.09
NTNARON 1		+120	NTNARON	1:59.31	25m	1:59.50
<u>+160</u>						
HERCULES 2		+160	HERCULES	1:50.41	25m	1:50.41
ESCUALOS 2		+160	ESCUALOS	1:54.99	25m	1:54.99
FLUVIAL 1		+160	FLUVIAL	1:55.72	25m	1:55.72
PONTEAREAS 4		+160	PONTEAREAS	1:58.18	25m	1:58.18
RIASBAIXAS 2		+160	RIASBAIXAS	1:58.96	25m	1:58.96
CIDSANTIAG 1		+160	CIDSANTIAG	2:02.78	25m	2:02.78
SALESTRA 1		+160	SALESTRA	2:12.89	25m	2:12.89
POURENSE 2		+160	POURENSE	2:13.61	25m	2:13.61
ARTEIXO 1		+160	ARTEIXO	2:15.31	25m	2:15.31
<u>+200</u>						
CMARINA 2		+200	CMARINA	2:03.91	25m	2:04.10
CIDSANTIAG 2		+200	CIDSANTIAG	2:05.37	25m	2:05.56
PORTAMIÑA 1		+200	PORTAMIÑA	2:07.04	25m	2:07.04
ESCUALOS 3		+200	ESCUALOS	2:07.64	25m	2:07.83
GALAICO 1		+200	GALAICO	2:08.31	25m	2:08.31
CULLEREDO 1		+200	CULLEREDO	2:11.04	25m	2:11.04
PONTEAREAS 5		+200	PONTEAREAS	2:15.56	25m	2:15.56
NCORUÑA 2		+200	NCORUÑA	2:20.78	25m	2:20.78
RIASBAIXAS 3		+200	RIASBAIXAS	2:24.74	25m	2:24.74
CNMOS 1		+200	CNMOS	2:28.69	25m	2:28.69
POURENSE 3		+200	POURENSE	2:31.99	25m	2:32.18
TRAVIESAS 1		+200	TRAVIESAS	2:39.66	50m	2:37.45
<u>+240</u>						
HERCULES 3		+240	HERCULES	2:02.71	25m	2:02.71
CIDSANTIAG 3		+240	CIDSANTIAG	2:03.24	25m	2:03.24
RIASBAIXAS 4		+240	RIASBAIXAS	2:27.09	50m	2:24.88
PONTEAREAS 6		+240	PONTEAREAS	2:59.44	25m	2:59.44
POURENSE 4		+240	POURENSE	3:07.16	25m	3:07.16

Prueba 16
21/01/2024

Mixto, 4 x 50m Libre

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
+80 (PRE-MASTER)						
PONTEAREAS 1		+80	(P)PONTEAREAS	1:57.68	25m	1:57.68
+100						
XOVE 2		+100	XOVE	1:58.63	25m	1:58.63
PONTEAREAS 2		+100	PONTEAREAS	1:58.50	25m	1:58.69
RIASBAIXAS 1		+100	RIASBAIXAS	2:07.95	25m	2:08.14
+120						
HERCULES 1		+120	HERCULES	1:53.18	25m	1:53.18
NCORUÑA 1		+120	NCORUÑA	1:55.66	25m	1:55.66
GALAICO 3		+120	GALAICO	1:58.33	25m	1:58.33
MONFORTE 1		+120	MONFORTE	1:58.42	25m	1:58.42
NTNARON 1		+120	NTNARON	2:01.42	25m	2:01.61
PONTEAREAS 3		+120	PONTEAREAS	2:01.85	25m	2:01.85
RIASBAIXAS 2		+120	RIASBAIXAS	2:02.05	25m	2:02.24
XOVE 1		+120	XOVE	2:02.60	25m	2:02.60
ARTEIXO 2		+120	ARTEIXO	2:10.09	25m	2:10.09
ESCUALOS 1		+120	ESCUALOS	2:10.54	25m	2:10.54
POURENSE 1		+120	POURENSE	2:17.29	25m	2:17.29
PORTAMIÑA 1		+120	PORTAMIÑA	2:17.44	25m	2:17.44
SALESTRA 1		+120	SALESTRA	2:29.69	25m	2:29.69
+160						
CMARINA 1		+160	CMARINA	2:01.27	25m	2:01.27
ESCUALOS 2		+160	ESCUALOS	2:06.74	25m	2:06.74
RIASBAIXAS 3		+160	RIASBAIXAS	2:09.23	25m	2:09.23
FLUVIAL 1		+160	FLUVIAL	2:09.42	25m	2:09.61
NCORUÑA 2		+160	NCORUÑA	2:10.73	25m	2:10.73
PONTEAREAS 4		+160	PONTEAREAS	2:13.88	25m	2:13.88
ADFOGAR 1		+160	ADFOGAR	2:20.01	25m	2:20.01
MONFORTE 2		+160	MONFORTE	2:21.38	25m	2:21.38
GALAICO 2		+160	GALAICO	2:27.21	25m	2:27.21
ARTEIXO 1		+160	ARTEIXO	2:30.40	25m	2:30.40
SALESTRA 2		+160	SALESTRA	2:36.56	25m	2:36.56
POURENSE 2		+160	POURENSE	2:40.38	25m	2:40.38
TRAVIESAS 2		+160	TRAVIESAS	2:41.48	25m	2:41.67
+200						
CIDSANTIAG 1		+200	CIDSANTIAG	2:01.95	25m	2:01.95
ESCUALOS 3		+200	ESCUALOS	2:12.65	25m	2:12.65
RIASBAIXAS 4		+200	RIASBAIXAS	2:14.64	25m	2:14.64
HERCULES 3		+200	HERCULES	2:16.43	25m	2:16.43
SCASINO 1		+200	SCASINO	2:20.98	25m	2:21.17
CULLEREDO 1		+200	CULLEREDO	2:21.70	25m	2:21.89
PONTEAREAS 5		+200	PONTEAREAS	2:24.72	25m	2:24.91
NCORUÑA 3		+200	NCORUÑA	2:26.67	25m	2:26.67
PORTAMIÑA 2		+200	PORTAMIÑA	2:28.10	25m	2:28.10

Prueba 16, Mixto, 4 x 50m Libre

POURENSE 3	+200	POURENSE	2:54.65	25m	2:54.65
<u>+240</u>					
HERCULES 4	+240	HERCULES	2:21.94	25m	2:21.94
POURENSE 4	+240	POURENSE	2:30.49	25m	2:30.49
PONTEAREAS 6	+240	PONTEAREAS	2:37.31	25m	2:37.50
GALAICO 1	+240	GALAICO	2:45.65	25m	2:45.65
RIASBAIXAS 5	+240	RIASBAIXAS	2:49.88	25m	2:50.07
<u>+280</u>					
TRAVIESAS 1	+280	TRAVIESAS	3:06.03	25m	3:06.22
PONTEAREAS 7	+280	PONTEAREAS	4:03.94	25m	4:04.13
RIASBAIXAS 6	+280	RIASBAIXAS	5:42.80	25m	5:42.99

Prueba 17
21/01/2024

Fem., 50m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
SOILAN FERNANDEZ, Raquel	23	20+	FLUVIAL	28.56	25m	28.56
BLANCO PEREZ, Laura	20	20+	PONTEAREAS	30.98	50m	30.58
ABASOLO RUEDA, Claudia	24	20+	NCORUÑA	30.72	25m	30.72
SOUTIÑO RAMIREZ, Carmen Victoria	23	20+	PORTAMIÑA	31.23	25m	31.52
FERNANDEZ GONZALEZ, Elena	23	20+	HERCULES	32.25	50m	31.85
SUAREZ GARCIA, Marta	21	20+	RIASBAIXAS	35.91	25m	36.20
GARCÉS FERNÁNDEZ, Erea	21	20+	RIASBAIXAS	37.62	25m	37.91
HERNANDEZ GARCIA, Maria	24	20+	HERCULES	38.88	25m	39.17
CARBALLAL FEBREIRO, María	24	20+	XOVE	40.91	25m	41.20

25+

PASCUAL GUTIERREZ, Maria Teresa	26	25+	HERCULES	27.71	50m	27.31
ALVITE LOPEZ, Andrea	25	25+	XOVE	31.94	25m	31.94
LAGO LOPEZ, Raquel	29	25+	RIASBAIXAS	32.40	25m	32.69
SUAREZ GARCIA, Sofia	27	25+	RIASBAIXAS	32.73	25m	33.02
FERNÁNDEZ JUAN, María	26	25+	CIDSANTIAG	33.39	25m	33.68
DARRIBA CASTRO, Maria	28	25+	RIASBAIXAS	42.32	25m	42.61
RODRIGUEZ-TOUBES FORRYAN, I.	25	25+	PONTEAREAS	53.95	25m	54.24

30+

FRANCO CAL, Alba	33	30+	FLUVIAL	27.17	25m	27.17
CHAMADOIRA DOMÍNGUEZ, Jennifer	30	30+	PONTEAREAS	29.85	25m	29.85
DOPEREIRO GARCIA, Alba	34	30+	NCORUÑA	31.34	25m	31.34
PEREZ GARCIA, Eva	34	30+	RIASBAIXAS	33.00	50m	32.60
ESPIÑO ALBELA, Andrea	30	30+	HERCULES	32.96	25m	32.96
EIRIS CASTRO, Andrea	34	30+	ADFOGAR	34.03	50m	33.63
RODRIGUEZ GONZÁLEZ, Raquel	31	30+	MONFORTE	34.55	50m	34.15
MUIÑO, Andrea	33	30+	NCORUÑA	34.29	25m	34.58
ARAÚJO CASTRO, Paula	33	30+	CDELMAR	36.19	25m	36.19
SIMOIS MORAIS, Yolanda	30	30+	SALESTRA	48.32	50m	47.92
FERNANDEZ PARADA, Clara	31	30+	POURENSE	53.17	25m	53.17

35+

GONZÁLEZ RIVAS, Sara	35	35+	ARTEIXO	30.99	50m	30.59
VÁZQUEZ FUENTES, Cintia	37	35+	MONFORTE	32.89	25m	32.89
GONZALEZ GARCIA, Covadonga	35	35+	GALAICO	40.42	25m	40.42
COMESAÑA REGUEIRA, Miriam	35	35+	RIASBAIXAS	42.33	25m	42.62
FERNANDEZ GUARDIOLA, Loira	35	35+	PONTEAREAS	50.13	25m	50.42

40+

GONZALEZ RODRIGUEZ, Maria	42	40+	CIDSANTIAG	30.93	50m	30.53
FERNANDEZ GONZALEZ, Iria	42	40+	PORTAMIÑA	35.12	25m	35.12
ABBATEMARCO, Cristina	40	40+	SALESTRA	35.07	25m	35.36
GONZALEZ FERNANDEZ, Leticia	42	40+	XOVE	35.57	25m	35.57
RODRIGUEZ LOPEZ, Belen	43	40+	RIASBAIXAS	36.41	50m	36.01
DE MARTIN MIGUEL, Ana Asunción	44	40+	ESCUALOS	37.54	25m	37.83
OLMO VAQUEIRO, Leticia	43	40+	PONTEAREAS	40.85	25m	40.85

Prueba 17, Fem., 50m Libre

FARIÑA SOUSA, Noemi	41	40+	GALAICO	41.82	25m	41.82
VAZQUEZ PARCERO, Marta	44	40+	CMARINA	49.79	25m	50.08

45+

VARELA REDONDO, Veronica	49	45+	PONTEAREAS	35.10	25m	35.39
MOLINOS LAMAS, Bibiana	47	45+	RIASBAIXAS	36.06	50m	35.95
RIVAS RODRIGUEZ, Lucia	45	45+	NCORUÑA	39.62	50m	39.22
GARCÍA SEOANE, Cristina María	49	45+	HERCULES	39.84	25m	39.84
GIL VILLARINO, Marta	47	45+	HERCULES	40.67	50m	40.27
ANDON YAÑEZ, Lorena	46	45+	SCASINO	40.81	25m	40.81
VILLASANTE ARMAS, Maria Rosa	49	45+	NCORUÑA	41.74	25m	41.74
DIEGUEZ VARELA, Carina	47	45+	RIASBAIXAS	42.01	25m	42.01
SERRANO AVENDAÑO, Silvia	49	45+	TRAVIESAS	43.99	25m	44.28
CARBALLEIRA LOIS, Barbara	48	45+	ESCUALOS	49.20	25m	49.49

50+

SALES MANTIÑAN, Carmen	50	50+	SCASINO	37.09	25m	37.09
ROIG SANCHEZ, Blanca Ana	50	50+	RIASBAIXAS	37.20	25m	37.20
PEREZ PEREZ, Sonia	52	50+	ESCUALOS	38.75	50m	38.35
MAZAIRO CASTRO, Carmen	51	50+	ESCUALOS	38.47	25m	38.76
JARDON GONZALEZ, Helena	53	50+	PONTEAREAS	40.99	25m	41.28
FERNANDEZ SESTELO, Maria Jose	54	50+	PONTEAREAS	46.84	25m	46.84

55+

REGUEIRO RODRIGUEZ, Ana	58	55+	RIASBAIXAS	38.84	25m	38.84
MIGUEZ DE LA SIERRA, Angeles	58	55+	GALAICO	45.68	25m	45.68
FERNÁNDEZ ARRIZABALO, María	58	55+	TRAVIESAS	46.11	25m	46.11

60+

TERCEIRO DELGADO, María Del Mar	61	60+	CDELMAR	33.48	25m	33.77
GARCIA COLOMO, M. Cristina	62	60+	POURENSE	33.80	25m	33.80
PEREIRA ALONSO, Isabel	63	60+	ADFOGAR	41.46	25m	41.75
PEREZ GALLARDO, Teresa	60	60+	POURENSE	1:01.50	25m	1:01.79

65+

SAR MORANO, Dolores	69	65+	CULLEREDO	46.54	25m	46.54
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70+

GONZALEZ-ALEGRE BURGUEÑO, A.	72	70+	TRAVIESAS	42.38	50m	41.98
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75+

GONZALEZ RODRIGUEZ, S. Marta	78	75+	PONTEAREAS	1:19.99	25m	1:20.28
LOPEZ GONZALEZ, Rosa	75	75+	RIASBAIXAS	1:52.42	25m	1:52.71

80+

PEREZ DOMINGUEZ, Maria Luisa	80	80+	RIASBAIXAS	41.82	25m	41.82
MORAL RUBIO, Isabel	82	80+	PONTEAREAS	1:12.42	50m	1:12.02

Prueba 18
21/01/2024

Masc., 50m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
PEREZ TIERRA, Ismael	22	20+	MONFORTE	24.55	25m	24.55
ALONSO RODRIGUEZ, Javier	23	20+	PONTEAREAS	25.98	50m	25.67
SUAREZ URRUZOLA, Leo	24	20+	CIDSANTIAG	25.48	25m	25.77
INCUTTI TELLADO, Denis	24	20+	PONTEAREAS	26.93	25m	27.22
HERMIDA RAMOS, Raul	24	20+	NTNARON	27.98	25m	28.27
FERRO SANTOS, Juan Manuel	24	20+	XOVE	28.25	25m	28.54
GÓMEZ MÉNDEZ, Borja	22	20+	PONTEAREAS	52.64	25m	52.93
25+						
SUAREZ FERNÁNDEZ, Santiago	29	25+	MONFORTE	26.07	25m	26.07
CARRERA COSTAS, Martin	28	25+	PONTEAREAS	26.67	25m	26.67
MIGUEZ VAZQUEZ, Victor	27	25+	XOVE	28.51	25m	28.51
IBAÑEZ CARRERA, Manuel Gabriel	28	25+	PONTEAREAS	28.52	25m	28.52
MEILAN SANCHEZ, Sergio Jose	28	25+	PORTAMIÑA	31.28	25m	31.57
30+						
VALDES REY, Enol	31	30+	XOVE	25.43	25m	25.43
GRACIA CARBAJO, Miguel	30	30+	NTNARON	25.27	25m	25.56
BORRAZAS RUMBO, Manuel	31	30+	NCORUÑA	25.33	25m	25.62
MUIÑO ALONSO, Anton	30	30+	NCORUÑA	26.24	50m	25.64
SABUZ FORNEIRO, Martin	30	30+	POURENSE	26.69	25m	26.98
LAGO LOPEZ, Diego	33	30+	NCORUÑA	27.22	25m	27.51
OROZA PARGA, Bruno	30	30+	XOVE	27.58	25m	27.58
IGLESIAS DE LEON, Cristian	30	30+	NCORUÑA	30.49	25m	30.78
FREIRE GONZALEZ, Javier	31	30+	RIASBAIXAS	33.49	25m	33.78
FONTAN SEIJO, Adrian	31	30+	CNMOS	34.63	25m	34.92
ANDRES DUASO, Olmo	31	30+	ARTEIXO	35.09	25m	35.09
SANMARTIN GARCÍA, Jorge	33	30+	NTNARON	35.90	25m	36.19
BELLO PORTO, David	34	30+	NCORUÑA	37.37	25m	37.66
35+						
LOBELLE GONZALEZ, Ivan	35	35+	FLUVIAL	23.75	25m	23.75
RODRIGUEZ LAGO, David	38	35+	CIDSANTIAG	25.01	25m	25.01
BLANCO PEREZ, Jesus	38	35+	NTNARON	27.65	25m	27.65
COTELO SENANDE, Alberto	36	35+	ADFOGAR	29.80	50m	29.20
PEREZ VAZQUEZ, Telmo	36	35+	CMARINA	29.15	25m	29.44
IGLESIAS LAPIDO, Miguel	39	35+	FLUVIAL	29.58	25m	29.58
MIRAS LOPEZ, Raul	37	35+	NCORUÑA	29.92	25m	30.21
MANEIRO BETANZOS, Javier	39	35+	ESCUALOS	31.59	50m	30.99
FERNANDEZ MONTEAGUDO, Ruben	39	35+	CIDSANTIAG	31.71	25m	31.71
MARTÍNEZ DOMÍNGUEZ, Iván	36	35+	PONTEAREAS	32.64	25m	32.93
FIDALGO SERRANO, Guillermo	38	35+	TRAVIESAS	35.19	25m	35.48
RODRIGUEZ PEREZ, Pedro Fco.	36	35+	NTNARON	35.75	25m	36.04
GIRALDEZ VILLANUEVA, Ivan	37	35+	PONTEAREAS	55.45	50m	54.85

Prueba 18, Masc., 50m Libre

40+

GARCIA RODRIGUEZ, Sergio	43	40+	RIASBAIXAS	26.30	25m	26.30
MERA MONTECELOS, Pablo	41	40+	HERCULES	27.29	50m	26.69
CANOSA RODRÍGUEZ, Juan José	44	40+	NTNARON	28.31	25m	28.31
MENDES FERRAS, Artur Leonel	43	40+	MONFORTE	28.35	25m	28.64
CAMIÑA MARTINEZ, Oscar	44	40+	GALAICO	30.24	50m	29.64
GUTIERREZ COSTAS, Oscar	42	40+	RIASBAIXAS	29.70	25m	29.70
PEREZ LOPEZ, Manuel	43	40+	ESCUALOS	30.58	25m	30.58
ARANGO GAYAR, Saul	44	40+	RIASBAIXAS	30.49	25m	30.78
BASTIDA CAMPOS, Alejandro	42	40+	SALESTRA	31.26	25m	31.55
GONZALEZ CONDE, Rodrigo	42	40+	PONTEAREAS	33.51	25m	33.80
CARBALLA BARROSO, R.	43	40+	GALAICO	33.70	25m	33.99
RODRIGUEZ GARCIA, Jose Bernardo	41	40+	RIASBAIXAS	34.04	25m	34.04
FIDALGO SERRANO, Manuel A.	43	40+	TRAVIESAS	37.02	25m	37.31
TORRES FRAILE, Emilio	40	40+	MONFORTE	37.63	25m	37.92

45+

BELTRAN DIAZ, Emilio	47	45+	MONFORTE	26.87	50m	26.27
SONEIRA REBOREDO, Oscar	49	45+	CIDSANTIAG	27.23	25m	27.23
FOUZ ROUCO, Rubén	45	45+	HERCULES	28.56	50m	27.96
IGLESIAS GOMEZ, Gonzalo	45	45+	HERCULES	28.07	25m	28.36
SANCHEZ GORDON, Roman	46	45+	RIASBAIXAS	28.31	25m	28.60
BALSA MOSQUERA, Pablo	46	45+	CMARINA	30.10	25m	30.10
GARCIA REBOLO, Alejandro	49	45+	POURENSE	30.57	25m	30.86
MOURIÑO FORTES, Victor Manuel	47	45+	PONTEAREAS	31.20	25m	31.20
MARTIN MONTERO, Manuel Jose	47	45+	ARTEIXO	31.14	25m	31.43
LAMAS SOTO, Cesar	49	45+	CULLEREDO	31.56	25m	31.85
VAZQUEZ PEREZ, Luis Fernando	45	45+	CULLEREDO	32.96	50m	32.36
MARTINEZ SAIÑAS, Juan Ramon	48	45+	RIASBAIXAS	37.41	25m	37.41
RODRIGUEZ BLANCO, J.	48	45+	POURENSE	38.38	50m	37.78
BRIOSO DÍAZ, Manuel	47	45+	REDONDELA	38.41	25m	38.41
LOURIÑO VAZQUEZ, Luis Ignacio	47	45+	PONTEAREAS	48.75	25m	49.04

50+

GARABATOS RODRIGUEZ, Santiago	50	50+	CNMOS	25.46	25m	25.75
SAAVEDRA GONZÁLEZ, Raul	51	50+	HERCULES	27.40	25m	27.40
DIEGUEZ ARANDA, Hector	51	50+	PORTAMIÑA	28.73	25m	28.73
GARCIA CASTIÑEIRA, Daniel	50	50+	GALAICO	30.69	25m	30.98
PUENTE DÍAZ, Javier	53	50+	CIDSANTIAG	32.04	25m	32.33
FERREIRO SEOANE, Jose Raul	51	50+	RIASBAIXAS	32.94	50m	32.34
LORENZO FERNANDEZ, Jose Manuel	52	50+	RIASBAIXAS	33.76	25m	34.05
TERREN ENRUBIA, Lucio A	54	50+	RIASBAIXAS	34.40	25m	34.40
SOTO HECTOR, Oscar	54	50+	RIASBAIXAS	34.67	25m	34.96
CARNERO FIRVIDA, Jose Ramón	50	50+	ESCUALOS	35.31	25m	35.31
MARTÍNEZ LEMA, José Antonio	52	50+	TRICORUÑA	38.50	25m	38.79
LORENZO GONZALEZ-VISO, Carlos	53	50+	POURENSE	40.65	25m	40.94

55+

RIVAS FEAL, Antonio	58	55+	SCASINO	29.38	25m	29.38
TAPIA PORTO, Enrique	59	55+	NCORUÑA	30.02	50m	29.42
FERREIRA GONZALEZ, Xose Anxo	58	55+	REDONDELA	31.97	25m	31.97
DE LA PAZ VIGO, Agustin A.	58	55+	CMARINA	31.99	25m	32.28

Prueba 18, Masc., 50m Libre

VAZQUEZ VARELA, Jose Manuel	58	55+	RIASBAIXAS	32.58	25m	32.58
GURIDI HUERTA, Jesus M.	56	55+	FLUVIAL	35.04	50m	34.44
ESPESO LANCE, Juan Carlos	58	55+	CMARINA	35.04	25m	35.33
LAMELO OTERO, Ramón Jesus	56	55+	CIDSANTIAG	36.91	25m	37.20
CRESPO PIÑEIRO, Natalio	55	55+	RIASBAIXAS	38.83	50m	38.23
PEREZ GARCIA, Manuel	57	55+	CULLEREDO	39.35	25m	39.35

60+

FERNANDEZ NUÑEZ, Santiago	61	60+	CIDSANTIAG	28.49	25m	28.49
BETHENCOURT IGLESIAS, Sergio	61	60+	GALAICO	30.69	25m	30.69
SOLLEIRO TIZON, Juan Jose	61	60+	NCORUÑA	33.27	50m	32.67
MARTINEZ BERJANO, Jose Manuel	61	60+	MONFORTE	34.89	25m	34.89
BLANCO PEREZ, Angel	60	60+	POURENSE	36.96	25m	36.96
RODRIGUEZ QUEIRUGA, Juan Carlos	61	60+	NCORUÑA	40.74	25m	41.03
GONZALEZ ANTON, Jose Luis	62	60+	GALAICO	41.79	50m	41.19
ROMERO PENA, Juan Ramon	61	60+	HERCULES	49.21	25m	49.50
LAGO REY, Jose Manuel	61	60+	RIASBAIXAS	54.07	25m	54.07

65+

PERDIZ GONZALEZ, Jose Ramon	66	65+	ESCUALOS	43.21	25m	43.21
AREA PEREIRA, Jose Manuel	67	65+	GALAICO	43.45	25m	43.45

70+

SUANZES PEREZ, Fernando	71	70+	HERCULES	33.48	25m	33.48
ANDRES GONZALEZ, Ramiro J. E.	70	70+	TRAVIESAS	36.89	25m	37.18
IVANCHENKO, Yurii	71	70+	POURENSE	38.57	50m	37.97
MONROY FERNÁNDEZ, Manuel	74	70+	PONTEAREAS	39.99	25m	39.99

75+

VILLORIA CARAMES, Alejandro	79	75+	TRAVIESAS	52.08	25m	52.37
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Prueba 19
21/01/2024

Fem., 200m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>20+</u>						
EIJO GIL, Ana Paula	21	20+	PONTEAREAS	3:14.61	25m	3:14.80
ALVAREZ SOUTO, Claudia	23	20+	ESCUALOS	3:43.79	25m	3:43.98
<u>25+</u>						
VAZQUEZ SANCHEZ, Pilar	26	25+	XOVE	3:18.94	25m	3:19.13
GARCIA MIGUEZ, Rosalia	26	25+	GALAICO	3:24.77	50m	3:20.37
GONZALEZ PEREZ, Paula	28	25+	PONTEAREAS	3:47.37	25m	3:47.56
FUENTES LORENZO, Carla	25	25+	GALAICO	4:15.84	25m	4:16.03
<u>30+</u>						
GONZALEZ MACIA, Alba	30	30+	MONFORTE	3:51.71	50m	3:47.31
MARTINEZ GARCIA, Susana	33	30+	MONFORTE	4:13.35	50m	4:08.95
<u>35+</u>						
RIVAS TENREIRO, Arantza	35	35+	NTNARON	3:19.53	25m	3:19.72
GONZALEZ FERNANDEZ, Coral.M	37	35+	ESCUALOS	4:00.44	25m	4:00.44
<u>40+</u>						
DURÁN VEIRAS, Raquel	40	40+	ARTEIXO	3:15.01	25m	3:15.01
FKEOUI OMARI, Salma	42	40+	ESCUALOS	3:23.98	50m	3:19.58
MIRA VAZQUEZ, Marta	43	40+	ESCUALOS	3:27.88	50m	3:23.48
CID ALVAREZ, Isabel	44	40+	ESCUALOS	3:51.83	50m	3:47.43
<u>45+</u>						
REGUEIRA MARTINEZ, Maria J.	49	45+	HERCULES	3:45.62	50m	3:41.22
PAZ BERMUDEZ, Maria	48	45+	SALESTRA	4:00.25	50m	3:55.85
DIEGUEZ VARELA, Carina	47	45+	RIASBAIXAS	3:55.79	25m	3:55.98
<u>50+</u>						
SANDERSON KEOUGH, Helen Jane	54	50+	CULLEREDO	3:38.88	25m	3:39.07
RODRIGUEZ VAZQUEZ, Maria Teresa	52	50+	POURENSE	4:38.59	25m	4:38.59
<u>55+</u>						
MUTILBA OBREGON, Nuria	55	55+	PONTEAREAS	3:46.27	25m	3:46.27
FERNÁNDEZ ARRIZABALO, María	58	55+	TRAVIESAS	4:04.35	25m	4:04.54
MELON PARENTE, M. Lourdes	55	55+	PONTEAREAS	6:41.40	50m	6:37.00
<u>60+</u>						
REBOREDÁ MORILLO, Susana	62	60+	ESCUALOS	4:32.03	25m	4:32.22
<u>65+</u>						
GOMEZ DOVAL, Maria Angela	68	65+	TRAVIESAS	4:55.73	25m	4:55.73
RODRÍGUEZ TRONCOSO, Marina	65	65+	PONTEAREAS	4:56.88	25m	4:57.07

Prueba 20
21/01/2024

Masc., 200m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
MARTINEZ ARGIZ, David	24	20+	MONFORTE	2:53.17	25m	2:53.17
VILLAMOR FERRO, Rubén	24	20+	ARTEIXO	2:55.68	25m	2:55.87
25+						
PASTORIZA SANTACLARA, Jorge	27	25+	RIASBAIXAS	2:36.47	25m	2:36.66
BOUZA PADRON, Adrian	27	25+	PONTEAREAS	2:44.62	50m	2:39.22
IBAÑEZ CARRERA, Manuel Gabriel	28	25+	PONTEAREAS	3:08.59	25m	3:08.78
FRANCISCO MACÍAS, Simón	28	25+	POURENSE	3:27.68	50m	3:22.28
30+						
TENORIO FREIRE, Martin	32	30+	GALAICO	2:45.17	50m	2:39.77
LAGO GONZALEZ, Ivan	31	30+	PONTEAREAS	4:51.35	25m	4:51.54
35+						
PAZOS ALONSO, Josue	38	35+	ESCUALOS	2:49.94	50m	2:44.54
FORTES NOVOA, Martiño	36	35+	ESCUALOS	3:00.81	50m	2:55.41
MARTINEZ DOPAZO, David	37	35+	GALAICO	3:04.80	50m	2:59.40
FIGUEIRA DOMINGUEZ, J.	36	35+	RIASBAIXAS	3:10.56	50m	3:05.16
IGLESIAS LAPIDO, Miguel	39	35+	FLUVIAL	3:11.44	25m	3:11.63
40+						
SEVILLA AROCA, Javier	41	40+	ESCUALOS	2:54.23	25m	2:54.42
FIERRO FERNÁNDEZ, Julio	42	40+	HERCULES	2:59.43	25m	2:59.62
MATIAS DUARTE, Erick	42	40+	HERCULES	3:11.79	50m	3:06.39
GONZALEZ PEÑAS, David	40	40+	PORTAMIÑA	3:28.16	50m	3:22.76
CARRERA COSTAS, Andres	42	40+	PONTEAREAS	3:28.40	25m	3:28.40
MARIÑO GONZALEZ, Ramón	44	40+	POURENSE	3:39.78	50m	3:34.38
45+						
NOGUEIRA-PINTO CRESPO, Hugo	46	45+	ESCUALOS	2:53.07	25m	2:53.07
VAZQUEZ IGLESIAS, Daniel	45	45+	RIASBAIXAS	3:03.14	50m	2:57.74
HERMIDA SALIDO, Gustavo	47	45+	NTNARON	3:03.53	25m	3:03.72
ALONSO ORTIZ, Mariano	48	45+	FLUVIAL	3:31.40	50m	3:26.00
TABOADA CALVELO, Jose Carlos	45	45+	SALESTRA	3:45.14	50m	3:39.74
CARRERA RODRÍGUEZ, Rubén	45	45+	PONTEAREAS	3:49.75	25m	3:49.75
50+						
QUINTAS BARROS, Jesus C.	51	50+	ESCUALOS	2:58.33	25m	2:58.33
PEREIRA DIAZ, Angel	52	50+	ESCUALOS	3:06.26	50m	3:00.86
BOUSO FUENTECILLA, Fernando	53	50+	ESCUALOS	3:11.08	25m	3:11.08
FERREIRO SUAREZ, Javier M.	51	50+	SCASINO	3:12.21	25m	3:12.21
MOURIÑO ORTIGUERA, Roberto C.	50	50+	PONTEAREAS	3:14.73	25m	3:14.92
MANDADO RODRIGUEZ, Enrique	52	50+	HERCULES	3:15.28	25m	3:15.28
PEREZ ARIAS, Hector	53	50+	PORTAMIÑA	3:18.24	25m	3:18.43
PREGO MARTINEZ, Benjamin	51	50+	PONTEAREAS	3:23.10	25m	3:23.29
CRESPO PÉREZ, Albarino	54	50+	ESCUALOS	3:34.74	25m	3:34.74

Prueba 20, Masc., 200m Braza

CADAVID NUÑEZ, Jose	54	50+	POURENSE	3:51.67	50m	3:46.27
MARTÍNEZ LEMA, José Antonio	52	50+	TRICORUÑA	3:46.84	25m	3:47.03
ARAUJO FERNÁNDEZ, Jose	53	50+	ESCUALOS	4:11.82	25m	4:11.82

55+

TOURIÑO GONZALEZ, Victor M.	56	55+	CMARINA	3:04.23	25m	3:04.42
GARCIA SANJURJO, Jose Manuel	57	55+	CDELMAR	3:29.35	25m	3:29.35
FERNANDEZ GONZALEZ, Alvaro	59	55+	CNMOS	4:25.09	50m	4:19.69

60+

HERNANZ MORAL, Fausto	62	60+	RIASBAIXAS	4:04.93	25m	4:05.12
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65+

ROS ROSILLO, Alejandro	66	65+	RIASBAIXAS	3:13.00	25m	3:13.00
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75+

RODRIGUEZ LEMOS, Andres J.	75	75+	CNMOS	4:11.04	25m	4:11.04
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80+

ARAUJO DOMINGUEZ, Francisco	84	80+	PONTEAREAS	6:13.07	25m	6:13.07
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Prueba 21
21/01/2024

Fem., 200m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
VALIÑO FERRAZ, Tatyana	21	20+	PONTEAREAS	2:59.46	25m	2:59.65
SOUTIÑO RAMIREZ, Carmen Victoria	23	20+	PORTAMIÑA	3:06.77	50m	3:03.06
25+						
FREIJE TORNEIRO, Aroa	26	25+	PORTAMIÑA	2:35.90	25m	2:36.09
LAGO CASTILLO, Natalia	25	25+	NCORUÑA	2:45.88	25m	2:46.07
GONZALEZ AVENDAÑO, Lucia	25	25+	GALAICO	3:00.84	25m	3:01.03
30+						
FREIJO LÓPEZ, Lucía	32	30+	NCORUÑA	3:06.53	25m	3:06.72
LÓPEZ SANMARTÍN, Tania	33	30+	NFERROL	3:12.35	25m	3:12.54
SALGADO CASTELO, Marta	30	30+	MULLEREF	3:41.56	50m	3:37.66
35+						
LOUREIRO AMOR, Belen Martina	36	35+	NTNARON	2:42.91	25m	2:43.10
GESTO ALONSO, Clarisa	35	35+	PONTEAREAS	3:00.90	50m	2:57.00
VINAGRE SENDINO, Cora	36	35+	SCASINO	2:59.72	25m	2:59.72
GONZALEZ PEREZ, Jessica	37	35+	RIASBAIXAS	3:20.62	25m	3:20.81
LOPEZ CORTABITARTE, Belen	37	35+	HERCULES	3:30.24	25m	3:30.43
MIRA VAZQUEZ, Paula	38	35+	ESCUALOS	3:33.73	25m	3:33.92
40+						
HERMIDA RODRIGUEZ, Blanca	43	40+	CMARINA	2:45.96	25m	2:45.96
GONZALEZ RODRIGUEZ, Maria	42	40+	CIDSANTIAG	2:51.27	50m	2:47.56
SANCHEZ LEDO, Cira	43	40+	ESCUALOS	3:06.00	50m	3:02.29
45+						
DE LORENZO FERNANDEZ, Maria	46	45+	ESCUALOS	3:17.79	25m	3:17.79
REGUEIRA MARTINEZ, Maria J.	49	45+	HERCULES	3:21.06	25m	3:21.06
CARBALLO BALOIRA, Susana María	49	45+	HERCULES	4:04.85	25m	4:05.04
50+						
HERNANDEZ ALFAGEME, Rita	53	50+	RIASBAIXAS	3:14.87	25m	3:15.06
OJEA DE CASTRO, Macarena	51	50+	PORTAMIÑA	3:19.29	50m	3:15.58
SOUSA CARNEIRO, Alicia	50	50+	CNMOS	3:24.04	25m	3:24.23
FERNANDEZ SESTELO, Maria Jose	54	50+	PONTEAREAS	5:10.13	25m	5:10.13
55+						
BARJA BARJA, Liliana	59	55+	TRAVIESAS	3:23.87	25m	3:23.87
DEL AMO BLANCO, Margarita	57	55+	PONTEAREAS	3:39.94	25m	3:40.13
MARTY PAZOS, Maria Victoria	59	55+	TRAVIESAS	4:12.09	25m	4:12.28
ACEVEDO REGO, Ermitas	58	55+	POURENSE	4:33.98	50m	4:30.27
MELON PARENTE, M. Lourdes	55	55+	PONTEAREAS	5:43.58	25m	5:43.58

Prueba 21, Fem., 200m Espalda

60+

PEREIRA ALONSO, Isabel	63	60+	ADFOGAR	4:19.08	25m	4:19.08
LOPEZ MAHIA, Purificacion	61	60+	HERCULES	4:26.95	25m	4:27.14

80+

PEREZ DOMINGUEZ, Maria Luisa	80	80+	RIASBAIXAS	8:12.00	25m	8:12.19
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Prueba 22
21/01/2024

Masc., 200m Espalda

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
25+						
RIVAS MACEIRAS, Isaac	25	25+	HERCULES	2:25.69	25m	2:25.69
30+						
CASTRO VILLAR, David	33	30+	FLUVIAL	2:34.84	25m	2:34.84
CAMPAÑA BARROS, Adrian	34	30+	CIDSANTIAG	2:37.03	25m	2:37.22
35+						
TABOADA VILA, Alberto	37	35+	POURENSE	2:09.06	25m	2:09.25
BERNARDEZ FERRO, Juan Jose	37	35+	CIDSANTIAG	2:53.88	50m	2:48.57
LAMEIRO SEOANE, Javier	37	35+	HERCULES	3:00.23	25m	3:00.42
FIDALGO SERRANO, Guillermo	38	35+	TRAVIESAS	3:32.50	50m	3:27.00
HERRUZO CARREÑO, Guillermo	37	35+	GALAICO	3:55.62	25m	3:55.81
40+						
CALLE FACAL, Telmo	41	40+	GALAICO	2:32.42	50m	2:26.92
CARBALLA BARROSO, R.	43	40+	GALAICO	3:11.40	25m	3:11.59
PEREZ LOPEZ, Manuel	43	40+	ESCUALOS	3:27.10	50m	3:21.79
GONZALEZ PEÑAS, David	40	40+	PORTAMIÑA	3:28.39	50m	3:23.08
CARRERA COSTAS, Andres	42	40+	PONTEAREAS	3:33.00	25m	3:33.00
45+						
SANCHEZ GORDON, Roman	46	45+	RIASBAIXAS	2:29.44	25m	2:29.63
EIRIZ DIEGUEZ, Daniel	46	45+	CNMOS	2:29.54	25m	2:29.73
GONZALEZ PARIS, David	46	45+	HERCULES	3:19.91	50m	3:14.41
TRONCOSO CAAMAÑO, Fernando	49	45+	ESCUALOS	3:50.50	50m	3:45.19
50+						
QUINTAS BARROS, Jesus C.	51	50+	ESCUALOS	2:57.27	50m	2:51.96
PEREZ ARIAS, Hector	53	50+	PORTAMIÑA	3:10.96	50m	3:05.46
SOTO HECTOR, Oscar	54	50+	RIASBAIXAS	3:09.10	25m	3:09.29
DE LUIS GONZÁLEZ, Aitor	50	50+	RCNVIGO	3:23.90	50m	3:18.40
FERREIRO SANCHEZ, Luis	54	50+	POURENSE	4:34.17	25m	4:34.36
55+						
DE LA PAZ VIGO, Agustin A.	58	55+	CMARINA	3:06.19	25m	3:06.38
TOME NOGUEIRA, Alberto M.	56	55+	ADFOGAR	3:16.62	25m	3:16.62
PEREZ LEIVA, Manuel	56	55+	RIASBAIXAS	3:30.62	25m	3:30.62
FERREIRA GONZALEZ, Xose Anxo	58	55+	REDONDELA	3:45.92	50m	3:40.42
TRILLO CARLIN, Jose Fdo.	56	55+	ADFOGAR	4:08.86	25m	4:09.05
FERNANDEZ GONZALEZ, Alvaro	59	55+	CNMOS	4:12.25	25m	4:12.44
60+						
BETHENCOURT IGLESIAS, Sergio	61	60+	GALAICO	3:12.08	25m	3:12.08

Prueba 22, Masc., 200m Espalda

65+

CODESIDO LOPEZ, José	65	65+	CIDSANTIAG	3:16.19	25m	3:16.19
YAÑEZ WONENBURGER, J. Carlos	65	65+	HERCULES	3:23.10	25m	3:23.29
TIMIRAOS CARRASCO, Luis	68	65+	POURENSE	6:17.99	25m	6:18.18

70+

GARCIA COLOMO, Manuel Ramon	70	70+	POURENSE	3:44.15	50m	3:38.65
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75+

RODRIGUEZ LEMOS, Andres J.	75	75+	CNMOS	4:07.00	25m	4:07.19
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Prueba 23
21/01/2024

Fem., 50m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
VALIÑO FERRAZ, Tatyana	21	20+	PONTEAREAS	44.00	25m	44.00
ALVAREZ SOUTO, Claudia	23	20+	ESCUALOS	44.54	25m	44.83
CARBALLAL FEBREIRO, María	24	20+	XOVE	46.00	25m	46.29
IBAÑEZ CARRERA, Sara	23	20+	PONTEAREAS	46.64	25m	46.93
25+						
LAGO LOPEZ, Raquel	29	25+	RIASBAIXAS	41.28	25m	41.57
MENDEZ SEIJO, Nerea	25	25+	RIASBAIXAS	42.61	25m	42.90
FERNÁNDEZ JUAN, María	26	25+	CIDSANTIAG	43.53	25m	43.82
BARCA PENSADO, Maria	28	25+	ADFOGAR	44.32	25m	44.61
DARRIBA CASTRO, Maria	28	25+	RIASBAIXAS	58.29	25m	58.58
30+						
BEN CILLERO, Sabela	32	30+	XOVE	39.00	25m	39.29
CIDRÁS ANGEL, Iria	34	30+	NCORUÑA	39.41	25m	39.70
BUGALLO PÉREZ, Estíbaliz	34	30+	RCNVIGO	40.34	25m	40.63
GONZALEZ MACIA, Alba	30	30+	MONFORTE	46.84	25m	47.13
PAZOS GANDARA, Andrea	32	30+	PONTEAREAS	48.33	50m	47.83
MARTINEZ BARCIELA, Maria Olga	34	30+	RIASBAIXAS	52.07	25m	52.36
SIMOIS MORAIS, Yolanda	30	30+	SALESTRA	54.35	50m	53.85
35+						
TORRE GONZALEZ, Elisa	39	35+	RIASBAIXAS	44.66	25m	44.95
MIRA VAZQUEZ, Paula	38	35+	ESCUALOS	48.26	25m	48.26
GONZALEZ FERNANDEZ, Coral.M	37	35+	ESCUALOS	52.65	25m	52.94
GONZALEZ GARCIA, Covadonga	35	35+	GALAICO	56.66	25m	56.66
COMESAÑA REGUEIRA, Miriam	35	35+	RIASBAIXAS	58.69	25m	58.98
40+						
DURÁN VEIRAS, Raquel	40	40+	ARTEIXO	41.81	25m	41.81
MIRA VAZQUEZ, Marta	43	40+	ESCUALOS	42.12	25m	42.12
DE MARTIN MIGUEL, Ana Asunción	44	40+	ESCUALOS	44.20	25m	44.49
VILARIÑO CACHO, Elvira	43	40+	SALESTRA	47.67	50m	47.17
CID ALVAREZ, Isabel	44	40+	ESCUALOS	49.70	25m	49.99
GONZALEZ FERNANDEZ, Leticia	42	40+	XOVE	51.95	25m	51.95
VAZQUEZ PARCERO, Marta	44	40+	CMARINA	1:05.06	25m	1:05.06
45+						
ÁLVAREZ ALONSO, Sonia M.	48	45+	RIASBAIXAS	45.57	25m	45.86
COVELO SAAVEDRA, Nahir	46	45+	PONTEAREAS	46.88	25m	47.17
PAZ BERMUDEZ, Maria	48	45+	SALESTRA	51.92	25m	51.92
ALVAREZ LARRAN, Maria Del Pilar	45	45+	RIASBAIXAS	52.99	25m	52.99
GIL VILLARINO, Marta	47	45+	HERCULES	53.57	25m	53.86
CARBALLEIRA LOIS, Barbara	48	45+	ESCUALOS	57.24	25m	57.53
SANCHEZ BARREIRO, Maria Carmen	48	45+	PONTEAREAS	59.47	25m	59.76

Prueba 23, Fem., 50m Braza

50+

JARDON GONZALEZ, Helena	53	50+	PONTEAREAS	48.20	25m	48.49
MAZAIIRA CASTRO, Carmen	51	50+	ESCUALOS	52.44	25m	52.73
SOBRINO EIRIZ, Maria Del Valle	52	50+	PONTEAREAS	54.99	25m	54.99

55+

BARJA BARJA, Liliana	59	55+	TRAVIESAS	48.06	25m	48.06
DEL AMO BLANCO, Margarita	57	55+	PONTEAREAS	49.22	25m	49.22

60+

BALADO LOPEZ, Ana Maria	63	60+	POURENSE	44.94	25m	44.94
REBOREDA MORILLO, Susana	62	60+	ESCUALOS	56.28	50m	56.07

65+

SAR MORANO, Dolores	69	65+	CULLEREDO	53.97	25m	53.97
CELEMIN PORRERO, Maria Teresa	65	65+	GALAICO	57.60	25m	57.60
GOMEZ DOVAL, Maria Angela	68	65+	TRAVIESAS	1:02.47	25m	1:02.47
RODRÍGUEZ TRONCOSO, Marina	65	65+	PONTEAREAS	1:02.47	25m	1:02.76
GUARDIOLA MEDEL, Nuria	68	65+	PONTEAREAS	1:14.99	25m	1:15.28

Prueba 24
21/01/2024

Masc., 50m Braza

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
GONZÁLEZ MARTÍNEZ, Cristian	21	20+	ARTEIXO	34.85	25m	34.85
VILLAMOR FERRO, Rubén	24	20+	ARTEIXO	36.45	50m	35.75
HERMIDA RAMOS, Raul	24	20+	NTNARON	39.00	25m	39.29
25+						
PASTORIZA SANTACLARA, Jorge	27	25+	RIASBAIXAS	31.74	25m	31.74
SUAREZ FERNÁNDEZ, Santiago	29	25+	MONFORTE	32.04	25m	32.04
FRANCISCO MACÍAS, Simón	28	25+	POURENSE	39.02	50m	38.32
30+						
SABUZ FORNEIRO, Martin	30	30+	POURENSE	30.94	25m	30.94
BORRAZAS RUMBO, Manuel	31	30+	NCORUÑA	31.12	25m	31.41
GRACIA CARBAJO, Miguel	30	30+	NTNARON	31.40	25m	31.69
LAGO LOPEZ, Diego	33	30+	NCORUÑA	33.95	25m	34.24
GARCÍA MERA, Rodrigo	32	30+	FLUVIAL	40.61	25m	40.61
NOVALES BLANCO, Xabier	33	30+	RIASBAIXAS	44.78	25m	45.07
ANDRES DUASO, Olmo	31	30+	ARTEIXO	50.68	25m	50.68
LAGO GONZALEZ, Ivan	31	30+	PONTEAREAS	53.65	50m	52.95
35+						
FORTES NOVOA, Martiño	36	35+	ESCUALOS	34.30	50m	33.60
BLANCO PEREZ, Jesus	38	35+	NTNARON	34.78	25m	34.78
FIGUEIRA DOMINGUEZ, J.	36	35+	RIASBAIXAS	36.13	50m	35.43
GARCIA GARCIA, Anselmo	36	35+	XOVE	35.66	25m	35.66
CAO LAGO, Pablo	37	35+	RIASBAIXAS	36.13	25m	36.13
MIRAS LOPEZ, Raul	37	35+	NCORUÑA	37.29	50m	36.59
FERNANDEZ GAYOSO, Jose Manuel	38	35+	CNMOS	39.01	25m	39.30
PRESA PRESA, Santiago	36	35+	GALAICO	40.46	25m	40.75
HERRUZO CARREÑO, Guillermo	37	35+	GALAICO	42.47	25m	42.76
PASCUAL DE PEDRO, Jorge	38	35+	PONTEAREAS	42.66	25m	42.95
40+						
MATIAS DUARTE, Erick	42	40+	HERCULES	38.50	50m	37.80
MARIÑO GONZALEZ, Ramón	44	40+	POURENSE	42.46	25m	42.75
DOMINGUEZ PHILOCREON, Ticiano	43	40+	CIDSANTIAG	42.49	25m	42.78
GONZALEZ CONDE, Rodrigo	42	40+	PONTEAREAS	44.13	25m	44.13
RODRIGUEZ GARCIA, Jose Bernardo	41	40+	RIASBAIXAS	44.17	25m	44.46
TORRES FRAILE, Emilio	40	40+	MONFORTE	46.42	50m	45.72
45+						
NOGUEIRA-PINTO CRESPO, Hugo	46	45+	ESCUALOS	33.56	50m	32.86
VAZQUEZ IGLESIAS, Daniel	45	45+	RIASBAIXAS	34.41	25m	34.41
GARCIA REBOLO, Alejandro	49	45+	POURENSE	34.84	25m	35.13
GUIRADO CARABEL, Oscar	48	45+	CULLEREDO	35.24	25m	35.53
BAIZ ROCA, Gabriel	45	45+	ARTEIXO	35.54	25m	35.83
RODRÍGUEZ SALGADO, Manuel	49	45+	CIDSANTIAG	36.56	25m	36.85
HERMIDA SALIDO, Gustavo	47	45+	NTNARON	37.76	25m	38.05

Prueba 24, Masc., 50m Braza

CARRERA RODRÍGUEZ, Rubén	45	45+	PONTEAREAS	43.11	25m	43.11
PEXEGUEIRO BALADRON, Nicolas	47	45+	CNMOS	44.20	25m	44.49
BRIOSO DÍAZ, Manuel	47	45+	REDONDELA	56.87	25m	56.87

50+

HERNAEZ OUBIÑA, David	51	50+	CULLEREDO	36.40	25m	36.40
FERREIRO SUAREZ, Javier M.	51	50+	SCASINO	38.09	25m	38.09
BOUSO FUENTECILLA, Fernando	53	50+	ESCUALOS	39.21	50m	38.51
CRESPO PÉREZ, Albarino	54	50+	ESCUALOS	40.42	50m	39.72
PREGO MARTINEZ, Benjamin	51	50+	PONTEAREAS	40.92	25m	41.21
MANDADO RODRIGUEZ, Enrique	52	50+	HERCULES	41.00	25m	41.29
CARNERO FIRVIDA, Jose Ramón	50	50+	ESCUALOS	46.05	25m	46.34
CADAVID NUÑEZ, Jose	54	50+	POURENSE	47.45	50m	46.75
ARAUJO FERNÁNDEZ, Jose	53	50+	ESCUALOS	49.40	50m	48.70

55+

TOURIÑO GONZALEZ, Victor M.	56	55+	CMARINA	35.68	25m	35.68
SÁNCHEZ SECO, Manuel	56	55+	ESCUALOS	43.24	50m	42.54
ESPESO LANCE, Juan Carlos	58	55+	CMARINA	46.09	25m	46.38
CRESPO PIÑEIRO, Natalio	55	55+	RIASBAIXAS	50.68	25m	50.97
PIROSCIA PENADO, Jose	58	55+	PORTAMIÑA	54.66	25m	54.95
PEREZ GARCIA, Manuel	57	55+	CULLEREDO	58.56	25m	58.85

60+

SOLLEIRO TIZON, Juan Jose	61	60+	NCORUÑA	43.16	50m	42.46
RODRIGUEZ GOMEZ, Emilio	63	60+	PONTEAREAS	46.51	25m	46.51
RODRIGUEZ QUEIRUGA, Juan Carlos	61	60+	NCORUÑA	47.00	25m	47.29
HERNANZ MORAL, Fausto	62	60+	RIASBAIXAS	53.11	25m	53.40

65+

ROS ROSILLO, Alejandro	66	65+	RIASBAIXAS	39.30	25m	39.30
FERNANDEZ ARRUTI, Jose Angel	65	65+	CIDSANTIAG	40.87	25m	41.16
RODRIGUEZ VIEITO, Ricardo M.	67	65+	CNMOS	48.69	25m	48.69
AREA PEREIRA, Jose Manuel	67	65+	GALAICO	1:07.09	25m	1:07.38

70+

IVANCHENKO, Yuri	71	70+	POURENSE	46.56	50m	45.86
MONROY FERNÁNDEZ, Manuel	74	70+	PONTEAREAS	55.89	25m	55.89

80+

ARAUJO DOMINGUEZ, Francisco	84	80+	PONTEAREAS	1:00.67	50m	59.97
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Prueba 25
21/01/2024

Fem., 100m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
SUAREZ GONZALEZ, Gracia	24	20+	PONTEAREAS	59.70	25m	59.70
RODRIGUEZ RODRIGUEZ, Nina	22	20+	RIASBAIXAS	1:00.36	25m	1:00.36
ABASOLO RUEDA, Claudia	24	20+	NCORUÑA	1:06.26	25m	1:06.26
IBAÑEZ CARRERA, Sara	23	20+	PONTEAREAS	1:06.81	25m	1:06.81
BLANCO PEREZ, Laura	20	20+	PONTEAREAS	1:06.94	25m	1:07.13
FERNANDEZ GONZALEZ, Elena	23	20+	HERCULES	1:10.06	25m	1:10.06
LEMONS FERNANDEZ, Zaira	22	20+	PONTEAREAS	1:18.41	25m	1:18.41
GARCÉS FERNÁNDEZ, Erea	21	20+	RIASBAIXAS	1:19.56	25m	1:19.75
HERNANDEZ GARCIA, Maria	24	20+	HERCULES	1:24.46	25m	1:24.65

25+

FREIJE TORNEIRO, Aroa	26	25+	PORTAMIÑA	1:03.16	50m	1:02.06
SUAREZ GARCIA, Sofia	27	25+	RIASBAIXAS	1:10.86	25m	1:10.86
ALVITE LOPEZ, Andrea	25	25+	XOVE	1:11.99	25m	1:11.99
VAZQUEZ SANCHEZ, Pilar	26	25+	XOVE	1:14.55	25m	1:14.55
FUENTES LORENZO, Carla	25	25+	GALAICO	1:26.38	25m	1:26.57
BARCA PENSADO, Maria	28	25+	ADFOGAR	1:35.58	50m	1:34.67
RODRIGUEZ-TOUBES FORRYAN, I.	25	25+	PONTEAREAS	2:01.67	25m	2:01.86

30+

FRANCO CAL, Alba	33	30+	FLUVIAL	1:00.30	25m	1:00.30
CHAMADOIRA DOMÍNGUEZ, Jennifer	30	30+	PONTEAREAS	1:05.59	25m	1:05.78
EIRIS CASTRO, Andrea	34	30+	ADFOGAR	1:13.49	50m	1:12.39
PEREZ GARCIA, Eva	34	30+	RIASBAIXAS	1:14.14	25m	1:14.33
ESPIÑO ALBELA, Andrea	30	30+	HERCULES	1:14.45	25m	1:14.45
RODRIGUEZ GONZÁLEZ, Raquel	31	30+	MONFORTE	1:16.83	50m	1:15.73
MARTINEZ GARCIA, Susana	33	30+	MONFORTE	1:26.66	50m	1:25.56
SALGADO CASTELO, Marta	30	30+	MULLEREF	1:28.23	50m	1:27.13
MARTINEZ BARCIELA, Maria Olga	34	30+	RIASBAIXAS	1:34.73	50m	1:33.63
FERNANDEZ PARADA, Clara	31	30+	POURENSE	2:00.89	25m	2:01.08

35+

ALCALDE BALADO, Tania	38	35+	CIDSANTIAG	1:05.90	25m	1:05.90
QUEREDA RODRÍGUEZ, Almudena	39	35+	LICEO	1:16.63	25m	1:16.82
GONZALEZ PEREZ, Jessica	37	35+	RIASBAIXAS	1:19.07	25m	1:19.26
TORRE GONZALEZ, Elisa	39	35+	RIASBAIXAS	1:28.41	25m	1:28.60
FERNANDEZ GUARDIOLA, Loira	35	35+	PONTEAREAS	1:57.42	50m	1:56.32

40+

FERNANDEZ GONZALEZ, Iria	42	40+	PORTAMIÑA	1:17.37	25m	1:17.37
RODRIGUEZ LOPEZ, Belen	43	40+	RIASBAIXAS	1:21.06	50m	1:19.96
VILARIÑO CACHO, Elvira	43	40+	SALESTRA	1:22.74	50m	1:21.64
SANCHEZ LEDO, Cira	43	40+	ESCUALOS	1:23.75	25m	1:23.94
ABBATEMARCO, Cristina	40	40+	SALESTRA	1:24.95	25m	1:25.14
OLMO VAQUEIRO, Leticia	43	40+	PONTEAREAS	1:27.25	25m	1:27.25
FARIÑA SOUSA, Noemi	41	40+	GALAICO	1:33.25	25m	1:33.25
MOLANES PIÑEIRO, Maria Elena	40	40+	PONTEAREAS	1:34.09	25m	1:34.28

Prueba 25, Fem., 100m Libre

45+

VARELA REDONDO, Veronica	49	45+	PONTEAREAS	1:18.38	25m	1:18.38
DE LORENZO FERNANDEZ, Maria	46	45+	ESCUALOS	1:18.76	25m	1:18.76
ANDON YAÑEZ, Lorena	46	45+	SCASINO	1:35.64	25m	1:35.64
ALVAREZ LARRAN, Maria Del Pilar	45	45+	RIASBAIXAS	1:39.85	25m	1:39.85
SERRANO AVENDAÑO, Silvia	49	45+	TRAVIESAS	1:42.16	50m	1:41.06
BESADA FERNÁNDEZ, Ana M.	46	45+	PONTEAREAS	1:41.26	25m	1:41.26
SANCHEZ BARREIRO, Maria Carmen	48	45+	PONTEAREAS	1:46.03	25m	1:46.22

50+

SALES MANTIÑAN, Carmen	50	50+	SCASINO	1:23.84	25m	1:23.84
OJEA DE CASTRO, Macarena	51	50+	PORTAMIÑA	1:28.47	50m	1:27.56
PEREZ PEREZ, Sonia	52	50+	ESCUALOS	1:31.57	50m	1:30.47
SOUSA CARNEIRO, Rosana	53	50+	CNMOS	1:30.57	25m	1:30.76

55+

CASTRO MAESTRE, Isaura	55	55+	FLUVIAL	1:36.31	50m	1:35.40
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60+

TERCEIRO DELGADO, María Del Mar	61	60+	CDELMAR	1:15.34	50m	1:14.24
MENDEZ TORRES, Isabel	64	60+	PORTAMIÑA	1:53.38	25m	1:53.57
PEREZ GALLARDO, Teresa	60	60+	POURENSE	2:09.23	25m	2:09.23

65+

SUEIRO COSTAS, Mª Carmen	68	65+	PONTEAREAS	2:18.17	25m	2:18.36
GUARDIOLA MEDEL, Nuria	68	65+	PONTEAREAS	3:03.92	25m	3:04.11

70+

GONZALEZ-ALEGRE BURGUEÑO, A.	72	70+	TRAVIESAS	1:38.80	50m	1:37.70
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75+

GONZALEZ RODRIGUEZ, S. Marta	78	75+	PONTEAREAS	2:51.58	25m	2:51.77
LOPEZ GONZALEZ, Rosa	75	75+	RIASBAIXAS	4:07.14	25m	4:07.33

80+

MORAL RUBIO, Isabel	82	80+	PONTEAREAS	2:32.19	50m	2:31.09
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Prueba 26
21/01/2024

Masc., 100m Libre

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
ALONSO RODRIGUEZ, Javier	23	20+	PONTEAREAS	54.61	25m	54.61
PEREZ TIERRA, Ismael	22	20+	MONFORTE	55.15	25m	55.15
CANCELA GOMEZ, Hugo	21	20+	PONTEAREAS	57.57	50m	55.97
INCUTTI TELLADO, Denis	24	20+	PONTEAREAS	59.25	25m	59.25
FERRO SANTOS, Juan Manuel	24	20+	XOVE	1:05.86	25m	1:06.05
GÓMEZ MÉNDEZ, Borja	22	20+	PONTEAREAS	1:59.27	50m	1:57.67
25+						
CARRERA COSTAS, Martin	28	25+	PONTEAREAS	59.80	25m	59.80
BOUZA PADRON, Adrian	27	25+	PONTEAREAS	1:02.09	25m	1:02.28
MEILAN SANCHEZ, Sergio Jose	28	25+	PORTAMIÑA	1:10.42	25m	1:10.61
30+						
VALDES REY, Enol	31	30+	XOVE	54.51	25m	54.51
MUIÑO ALONSO, Anton	30	30+	NCORUÑA	56.91	25m	57.10
CAMPAÑA BARROS, Adrian	34	30+	CIDSANTIAG	1:02.22	25m	1:02.22
NOVALES BLANCO, Xabier	33	30+	RIASBAIXAS	1:16.18	50m	1:14.58
SANMARTIN GARCÍA, Jorge	33	30+	NTNARON	1:17.84	25m	1:18.03
BELLO PORTO, David	34	30+	NCORUÑA	1:17.84	25m	1:18.03
FONTAN SEIJO, Adrian	31	30+	CNMOS	1:26.31	25m	1:26.50
35+						
LOBELLE GONZALEZ, Ivan	35	35+	FLUVIAL	54.78	50m	53.18
RODRIGUEZ LAGO, David	38	35+	CIDSANTIAG	56.87	25m	57.06
BERNARDEZ FERRO, Juan Jose	37	35+	CIDSANTIAG	1:04.62	25m	1:04.81
COTELO SENANDE, Alberto	36	35+	ADFOGAR	1:06.59	50m	1:04.99
ABUIN ARES, Manuel	37	35+	CIDSANTIAG	1:09.27	25m	1:09.46
BARCIA SIXTO, Francisco José	39	35+	NTNARON	1:11.09	50m	1:09.49
MANEIRO BETANZOS, Javier	39	35+	ESCUALOS	1:09.81	25m	1:09.81
PRESA PRESA, Santiago	36	35+	GALAICO	1:12.41	25m	1:12.41
RODRIGUEZ PEREZ, Pedro Fco.	36	35+	NTNARON	1:13.65	25m	1:13.84
MARTÍNEZ DOMÍNGUEZ, Iván	36	35+	PONTEAREAS	1:16.21	25m	1:16.21
FERNANDEZ MONTEAGUDO, Ruben	39	35+	CIDSANTIAG	1:16.43	25m	1:16.43
GIRALDEZ VILLANUEVA, Ivan	37	35+	PONTEAREAS	2:05.72	25m	2:05.91
40+						
GARCIA RODRIGUEZ, Sergio	43	40+	RIASBAIXAS	58.61	25m	58.61
SEVILLA AROCA, Javier	41	40+	ESCUALOS	1:01.78	25m	1:01.78
CANOSA RODRÍGUEZ, Juan José	44	40+	NTNARON	1:01.86	25m	1:01.86
MENDES FERRAS, Artur Leonel	43	40+	MONFORTE	1:05.88	50m	1:04.28
ALVAREZ SILVA, Ruben	43	40+	ESCUALOS	1:06.38	25m	1:06.38
CAMIÑA MARTINEZ, Oscar	44	40+	GALAICO	1:08.30	50m	1:06.70
BASTIDA CAMPOS, Alejandro	42	40+	SALESTRA	1:10.42	25m	1:10.42
FIDALGO SERRANO, Manuel A.	43	40+	TRAVIESAS	1:26.79	50m	1:25.19

Prueba 26, Masc., 100m Libre

45+

BELTRAN DIAZ, Emilio	47	45+	MONFORTE	1:00.83	50m	59.23
IGLESIAS GOMEZ, Gonzalo	45	45+	HERCULES	1:01.19	50m	59.59
FOUZ ROUCO, Rubén	45	45+	HERCULES	1:03.70	50m	1:02.10
GUIRADO CARABEL, Oscar	48	45+	CULLEREDO	1:02.82	25m	1:03.01
SONEIRA REBOREDO, Oscar	49	45+	CIDSANTIAG	1:07.73	50m	1:06.32
MASSO AGUADO, Jorge	48	45+	RIASBAIXAS	1:07.34	25m	1:07.53
MOURIÑO FORTES, Victor Manuel	47	45+	PONTEAREAS	1:10.35	25m	1:10.54
GONZALEZ PARIS, David	46	45+	HERCULES	1:11.23	25m	1:11.42
BALSA MOSQUERA, Pablo	46	45+	CMARINA	1:11.52	25m	1:11.71
FERNANDEZ IGLESIAS, Emilio J.	47	45+	PONTEAREAS	1:12.25	25m	1:12.44
MARTINEZ FERNANDEZ, Hector	47	45+	NTNARON	1:15.13	25m	1:15.32
VAZQUEZ PEREZ, Luis Fernando	45	45+	CULLEREDO	1:17.55	50m	1:15.95
LOPEZ PAYO, Mario	47	45+	SALESTRA	1:16.47	25m	1:16.47
LAMAS SOTO, Cesar	49	45+	CULLEREDO	1:17.65	25m	1:17.84
ALONSO ORTIZ, Mariano	48	45+	FLUVIAL	1:24.32	50m	1:22.72
TRONCOSO CAAMAÑO, Fernando	49	45+	ESCUALOS	1:32.65	50m	1:31.24
RODRIGUEZ BLANCO, J.	48	45+	POURENSE	1:38.79	50m	1:37.38
LOURIÑO VAZQUEZ, Luis Ignacio	47	45+	PONTEAREAS	1:48.23	25m	1:48.42

50+

GARABATOS RODRIGUEZ, Santiago	50	50+	CNMOS	56.80	25m	56.99
SAAVEDRA GONZÁLEZ, Raul	51	50+	HERCULES	1:02.26	25m	1:02.26
DIEGUEZ ARANDA, Hector	51	50+	PORTAMIÑA	1:04.24	25m	1:04.24
GARCIA CASTIÑEIRA, Daniel	50	50+	GALAICO	1:10.76	25m	1:10.76
FERNANDEZ-TESTA BARREIRO, D.	50	50+	RIASBAIXAS	1:13.20	25m	1:13.39
DURO GONZALEZ, Antonio	50	50+	SALESTRA	1:14.52	25m	1:14.52
TERREN ENRUBIA, Lucio A	54	50+	RIASBAIXAS	1:20.94	25m	1:21.13
LORENZO GONZALEZ-VISO, Carlos	53	50+	POURENSE	1:30.43	50m	1:28.83

55+

TAPIA PORTO, Enrique	59	55+	NCORUÑA	1:07.50	50m	1:05.90
RIVAS FEAL, Antonio	58	55+	SCASINO	1:07.09	25m	1:07.09
VAZQUEZ VARELA, Jose Manuel	58	55+	RIASBAIXAS	1:14.15	25m	1:14.15
GARCIA SANJURJO, Jose Manuel	57	55+	CDELMAR	1:14.48	25m	1:14.48
GURIDI HUERTA, Jesus M.	56	55+	FLUVIAL	1:21.52	25m	1:21.71
PEREZ LEIVA, Manuel	56	55+	RIASBAIXAS	1:25.83	25m	1:26.02
TRILLO CARLIN, Jose Fdo.	56	55+	ADFOGAR	1:34.00	25m	1:34.19
PIROSCIA PENADO, Jose	58	55+	PORTAMIÑA	1:36.25	50m	1:34.65
SUAREZ FREIRE, David Manuel	56	55+	RIASBAIXAS	1:41.50	25m	1:41.69

60+

FERNANDEZ NUÑEZ, Santiago	61	60+	CIDSANTIAG	1:03.57	25m	1:03.57
MARTINEZ BERJANO, Jose Manuel	61	60+	MONFORTE	1:22.35	25m	1:22.54
BLANCO PEREZ, Angel	60	60+	POURENSE	1:24.72	50m	1:23.12
SANJORGE PEDREIRA, Carmelo	62	60+	ARTEIXO	1:35.58	25m	1:35.58
ROMERO PENA, Juan Ramon	61	60+	HERCULES	1:45.90	25m	1:46.09
GONZALEZ ANTON, Jose Luis	62	60+	GALAICO	1:49.33	50m	1:47.73
LAGO REY, Jose Manuel	61	60+	RIASBAIXAS	2:03.09	25m	2:03.09

Prueba 26, Masc., 100m Libre

65+

RODRIGUEZ VIEITO, Ricardo M.	67	65+	CNMOS	1:20.25	25m	1:20.25
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70+

SUANZES PEREZ, Fernando	71	70+	HERCULES	1:17.28	25m	1:17.28
GARCIA COLOMO, Manuel Ramon	70	70+	POURENSE	1:20.21	25m	1:20.21
ANDRES GONZALEZ, Ramiro J. E.	70	70+	TRAVIESAS	1:27.31	25m	1:27.31

75+

VILLORIA CARAMES, Alejandro	79	75+	TRAVIESAS	2:06.93	25m	2:07.12
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Prueba 27
21/01/2024

Fem., 100m Estilos

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
20+						
RODRIGUEZ RODRIGUEZ, Nina	22	20+	RIASBAIXAS	1:08.39	25m	1:08.39
SUAREZ GONZALEZ, Gracia	24	20+	PONTEAREAS	1:11.04	25m	1:11.23
SOILAN FERNANDEZ, Raquel	23	20+	FLUVIAL	1:12.75	25m	1:12.75
EIJO GIL, Ana Paula	21	20+	PONTEAREAS	1:20.05	25m	1:20.24
LEMONS FERNANDEZ, Zaira	22	20+	PONTEAREAS	1:29.66	25m	1:29.66
SUAREZ GARCIA, Marta	21	20+	RIASBAIXAS	1:41.51	25m	1:41.70
25+						
GARCIA MIGUEZ, Rosalia	26	25+	GALAICO	1:15.81	25m	1:15.81
PASCUAL GUTIERREZ, Maria Teresa	26	25+	HERCULES	1:17.08	25m	1:17.08
GONZALEZ AVENDAÑO, Lucia	25	25+	GALAICO	1:23.03	25m	1:23.03
MENDEZ SEIJO, Nerea	25	25+	RIASBAIXAS	1:25.76	25m	1:25.95
GONZALEZ PEREZ, Paula	28	25+	PONTEAREAS	1:36.89	25m	1:37.08
30+						
BUGALLO PÉREZ, Estíbaliz	34	30+	RCNVIGO	1:14.27	25m	1:14.27
BEN CILLERO, Sabela	32	30+	XOVE	1:19.87	25m	1:20.06
DOPEREIRO GARCIA, Alba	34	30+	NCORUÑA	1:24.48	25m	1:24.48
PAZOS GANDARA, Andrea	32	30+	PONTEAREAS	1:36.44	25m	1:36.44
ARAÚJO CASTRO, Paula	33	30+	CDELMAR	1:37.96	25m	1:38.15
35+						
LOUREIRO AMOR, Belen Martina	36	35+	NTNARON	1:15.81	25m	1:15.81
ALCALDE BALADO, Tania	38	35+	CIDSANTIAG	1:18.45	25m	1:18.45
VÁZQUEZ FUENTES, Cintia	37	35+	MONFORTE	1:23.73	25m	1:23.73
VINAGRE SENDINO, Cora	36	35+	SCASINO	1:23.84	25m	1:24.03
RIVAS TENREIRO, Arantza	35	35+	NTNARON	1:23.94	25m	1:24.13
GESTO ALONSO, Clarisa	35	35+	PONTEAREAS	1:26.81	25m	1:27.00
LOPEZ CORTABITARTE, Belen	37	35+	HERCULES	1:40.06	25m	1:40.25
QUEREDA RODRÍGUEZ, Almudena	39	35+	LICEO	1:42.28	25m	1:42.28
40+						
HERMIDA RODRIGUEZ, Blanca	43	40+	CMARINA	1:17.51	25m	1:17.70
FKEOUI OMARI, Salma	42	40+	ESCUALOS	1:27.35	25m	1:27.35
MOLANES PIÑEIRO, Maria Elena	40	40+	PONTEAREAS	1:53.03	25m	1:53.03
45+						
COVELO SAAVEDRA, Nahir	46	45+	PONTEAREAS	1:36.76	25m	1:36.76
RIVAS RODRIGUEZ, Lucia	45	45+	NCORUÑA	1:48.00	25m	1:48.00
GARCÍA SEOANE, Cristina María	49	45+	HERCULES	1:51.21	25m	1:51.21
CARBALLO BALOIRA, Susana María	49	45+	HERCULES	2:04.36	25m	2:04.36
BESADA FERNÁNDEZ, Ana M.	46	45+	PONTEAREAS	2:18.66	25m	2:18.66

Prueba 27, Fem., 100m Estilos

50+

SANDERSON KEOUGH, Helen Jane	54	50+	CULLEREDO	1:34.87	25m	1:35.06
ROIG SANCHEZ, Blanca Ana	50	50+	RIASBAIXAS	1:37.43	25m	1:37.62
SOBRINO EIRIZ, Maria Del Valle	52	50+	PONTEAREAS	1:50.12	25m	1:50.12
SOUSA CARNEIRO, Rosana	53	50+	CNMOS	1:53.96	25m	1:54.15
RODRIGUEZ VAZQUEZ, Maria Teresa	52	50+	POURENSE	1:55.26	25m	1:55.26

55+

MUTILBA OBREGON, Nuria	55	55+	PONTEAREAS	1:33.65	25m	1:33.84
REGUEIRO RODRIGUEZ, Ana	58	55+	RIASBAIXAS	1:42.37	25m	1:42.56
MARTY PAZOS, Maria Victoria	59	55+	TRAVIESAS	1:58.00	25m	1:58.19
ACEVEDO REGO, Ermitas	58	55+	POURENSE	2:13.31	25m	2:13.50

60+

GARCIA COLOMO, M. Cristina	62	60+	POURENSE	1:29.13	25m	1:29.13
BALADO LOPEZ, Ana Maria	63	60+	POURENSE	1:37.71	25m	1:37.90
LOPEZ MAHIA, Purificacion	61	60+	HERCULES	1:53.35	25m	1:53.54
MENDEZ TORRES, Isabel	64	60+	PORTAMIÑA	2:18.38	25m	2:18.38

65+

CELEMIN PORRERO, Maria Teresa	65	65+	GALAICO	2:02.39	25m	2:02.39
SUEIRO COSTAS, Mª Carmen	68	65+	PONTEAREAS	3:12.49	25m	3:12.68

Prueba 28
21/01/2024

Masc., 100m Estilos

2004 y mayores
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>20+</u>						
CANCELA GOMEZ, Hugo	21	20+	PONTEAREAS	1:09.01	25m	1:09.20
GONZÁLEZ MARTÍNEZ, Cristian	21	20+	ARTEIXO	1:11.77	25m	1:11.96
MARTINEZ ARGIZ, David	24	20+	MONFORTE	1:12.38	25m	1:12.57
<u>25+</u>						
RIVAS MACEIRAS, Isaac	25	25+	HERCULES	1:06.42	25m	1:06.42
MIGUEZ VAZQUEZ, Victor	27	25+	XOVE	1:13.29	25m	1:13.29
<u>30+</u>						
TENORIO FREIRE, Martin	32	30+	GALAICO	1:05.88	25m	1:05.88
CASTRO VILLAR, David	33	30+	FLUVIAL	1:12.73	25m	1:12.92
<u>35+</u>						
TABOADA VILA, Alberto	37	35+	POURENSE	1:01.53	25m	1:01.72
PAZOS ALONSO, Josue	38	35+	ESCUALOS	1:10.85	25m	1:10.85
MARTINEZ DOPAZO, David	37	35+	GALAICO	1:11.96	25m	1:11.96
FERNANDEZ GAYOSO, Jose Manuel	38	35+	CNMOS	1:12.03	25m	1:12.03
GARCIA GARCIA, Anselmo	36	35+	XOVE	1:13.29	25m	1:13.29
ABUIN ARES, Manuel	37	35+	CIDSANTIAG	1:17.46	25m	1:17.46
LAMEIRO SEOANE, Javier	37	35+	HERCULES	1:17.75	25m	1:17.75
CAO LAGO, Pablo	37	35+	RIASBAIXAS	1:22.90	25m	1:23.09
BARCIA SIXTO, Francisco José	39	35+	NTNARON	1:23.38	25m	1:23.57
PEREZ VAZQUEZ, Telmo	36	35+	CMARINA	1:23.50	25m	1:23.69
PASCUAL DE PEDRO, Jorge	38	35+	PONTEAREAS	1:28.99	25m	1:28.99
<u>40+</u>						
CALLE FACAL, Telmo	41	40+	GALAICO	1:08.13	25m	1:08.13
MERA MONTECELOS, Pablo	41	40+	HERCULES	1:11.21	25m	1:11.21
ALVAREZ SILVA, Ruben	43	40+	ESCUALOS	1:20.95	25m	1:20.95
ARANGO GAYAR, Saul	44	40+	RIASBAIXAS	1:21.38	25m	1:21.57
DOMINGUEZ PHILOCREON, Ticiano	43	40+	CIDSANTIAG	1:23.15	25m	1:23.34
GUTIERREZ COSTAS, Oscar	42	40+	RIASBAIXAS	1:23.68	25m	1:23.87
FIERRO FERNÁNDEZ, Julio	42	40+	HERCULES	1:24.04	25m	1:24.04
<u>45+</u>						
MASSO AGUADO, Jorge	48	45+	RIASBAIXAS	1:11.09	25m	1:11.28
BAIZ ROCA, Gabriel	45	45+	ARTEIXO	1:14.62	25m	1:14.81
RODRÍGUEZ SALGADO, Manuel	49	45+	CIDSANTIAG	1:18.02	25m	1:18.21
FERNANDEZ IGLESIAS, Emilio J.	47	45+	PONTEAREAS	1:26.49	25m	1:26.49
PEXEGUEIRO BALADRON, Nicolas	47	45+	CNMOS	1:30.56	25m	1:30.75
TABOADA CALVELO, Jose Carlos	45	45+	SALESTRA	1:40.32	25m	1:40.51

Prueba 28, Masc., 100m Estilos

50+

PEREIRA DIAZ, Angel	52	50+	ESCUALOS	1:13.38	25m	1:13.38
HERNAEZ OUBIÑA, David	51	50+	CULLEREDO	1:17.92	25m	1:18.11
MOURIÑO ORTIGUERA, Roberto C.	50	50+	PONTEAREAS	1:20.07	25m	1:20.07
PUENTE DÍAZ, Javier	53	50+	CIDSANTIAG	1:25.37	25m	1:25.56
DE LUIS GONZÁLEZ, Aitor	50	50+	RCNVIGO	1:29.35	25m	1:29.35
FERNANDEZ-TESTA BARREIRO, D.	50	50+	RIASBAIXAS	1:30.22	25m	1:30.22
LORENZO FERNANDEZ, Jose Manuel	52	50+	RIASBAIXAS	1:32.09	25m	1:32.09
DURO GONZALEZ, Antonio	50	50+	SALESTRA	1:39.61	25m	1:39.80
FERREIRO SANCHEZ, Luis	54	50+	POURENSE	1:53.58	25m	1:53.58

55+

SÁNCHEZ SECO, Manuel	56	55+	ESCUALOS	1:27.97	25m	1:28.16
TOME NOGUEIRA, Alberto M.	56	55+	ADFOGAR	1:30.46	25m	1:30.65
LAMELO OTERO, Ramón Jesus	56	55+	CIDSANTIAG	1:58.43	25m	1:58.62
SUAREZ FREIRE, David Manuel	56	55+	RIASBAIXAS	2:05.75	25m	2:05.94

60+

RODRIGUEZ GOMEZ, Emilio	63	60+	PONTEAREAS	1:40.09	25m	1:40.09
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65+

FERNANDEZ ARRUTI, Jose Angel	65	65+	CIDSANTIAG	1:26.53	25m	1:26.72
YAÑEZ WONENBURGER, J. Carlos	65	65+	HERCULES	1:27.84	25m	1:27.84
CODESIDO LOPEZ, José	65	65+	CIDSANTIAG	1:33.36	25m	1:33.55
TIMIRAO S CARRASCO, Luis	68	65+	POURENSE	2:51.12	25m	2:51.31

Prueba 29
21/01/2024

Fem., 4 x 50m Estilos

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
+80 (PRE-MASTER)						
RIASBAIXAS 1		+80	(PRIASBAIXAS)	2:32.59	25m	2:32.59
PONTEAREAS 1		+80	(PIPONTEAREAS)	2:45.16	25m	2:45.16
+100						
GALAICO 1		+100	GALAICO	2:57.73	25m	2:57.73
PONTEAREAS 7		+100	PONTEAREAS	3:01.77	25m	3:01.77
+120						
NCORUÑA 1		+120	NCORUÑA	2:24.08	25m	2:24.08
XOVE 1		+120	XOVE	2:29.96	25m	2:29.96
PONTEAREAS 2		+120	PONTEAREAS	2:33.51	25m	2:33.51
RIASBAIXAS 2		+120	RIASBAIXAS	2:35.97	25m	2:36.16
MONFORTE 1		+120	MONFORTE	2:49.22	25m	2:49.41
+160						
HERCULES 2		+160	HERCULES	2:31.12	25m	2:31.12
ESCUALOS 1		+160	ESCUALOS	2:45.67	50m	2:43.76
PORTAMIÑA 1		+160	PORTAMIÑA	2:51.59	25m	2:51.78
RIASBAIXAS 3		+160	RIASBAIXAS	3:04.16	25m	3:04.35
PONTEAREAS 3		+160	PONTEAREAS	3:09.92	25m	3:09.92
POURENSE 1		+160	POURENSE	3:16.07	25m	3:16.07
SALESTRA 1		+160	SALESTRA	3:17.84	25m	3:17.84
+200						
PONTEAREAS 4		+200	PONTEAREAS	2:50.96	25m	2:51.15
ESCUALOS 2		+200	ESCUALOS	3:11.68	25m	3:11.68
POURENSE 2		+200	POURENSE	3:20.92	25m	3:20.92
TRAVIESAS 1		+200	TRAVIESAS	3:20.82	25m	3:21.01
GALAICO 2		+200	GALAICO	3:46.13	25m	3:46.13
RIASBAIXAS 4		+200	RIASBAIXAS	4:03.52	25m	4:03.52
+240						
POURENSE 3		+240	POURENSE	3:47.51	25m	3:47.51
PONTEAREAS 5		+240	PONTEAREAS	4:10.34	25m	4:10.34
RIASBAIXAS 5		+240	RIASBAIXAS	5:20.91	25m	5:20.91
+280						
PONTEAREAS 6		+280	PONTEAREAS	5:14.67	25m	5:14.67

Prueba 30
21/01/2024

Masc., 4 x 50m Estilos

AG 80 - 359
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>+80 (PRE-MASTER)</u>						
PONTEAREAS 1		+80	(PI)PONTEAREAS	1:56.80	25m	1:56.80
<u>+100</u>						
PONTEAREAS 2		+100	PONTEAREAS	2:08.36	25m	2:08.36
<u>+120</u>						
NCORUÑA 1		+120	NCORUÑA	2:00.45	25m	2:00.45
NTNARON 1		+120	NTNARON	2:09.79	25m	2:09.98
RIASBAIXAS 1		+120	RIASBAIXAS	2:10.38	25m	2:10.38
HERCULES 1		+120	HERCULES	2:12.71	25m	2:12.71
ESCUALOS 1		+120	ESCUALOS	2:13.01	25m	2:13.01
XOVE 1		+120	XOVE	2:14.06	25m	2:14.06
POURENSE 1		+120	POURENSE	2:19.41	50m	2:16.40
CNMOS 2		+120	CNMOS	2:21.05	25m	2:21.05
PONTEAREAS 3		+120	PONTEAREAS	2:27.17	25m	2:27.36
CIDSANTIAG 3		+120	CIDSANTIAG	2:33.46	50m	2:30.45
<u>+160</u>						
NTNARON 2		+160	NTNARON	2:09.86	25m	2:09.86
ESCUALOS 2		+160	ESCUALOS	2:10.08	25m	2:10.27
PORTAMIÑA 1		+160	PORTAMIÑA	2:11.43	25m	2:11.43
RIASBAIXAS 2		+160	RIASBAIXAS	2:11.74	25m	2:11.74
CMARINA 1		+160	CMARINA	2:12.28	25m	2:12.28
HERCULES 2		+160	HERCULES	2:15.44	25m	2:15.44
CIDSANTIAG 2		+160	CIDSANTIAG	2:22.65	50m	2:19.64
POURENSE 2		+160	POURENSE	2:23.41	50m	2:20.40
GALAICO 2		+160	GALAICO	2:23.06	25m	2:23.25
PONTEAREAS 4		+160	PONTEAREAS	2:26.45	25m	2:26.45
MONFORTE 1		+160	MONFORTE	2:27.91	25m	2:27.91
FLUVIAL 1		+160	FLUVIAL	2:33.44	25m	2:33.63
SALESTRA 1		+160	SALESTRA	2:39.40	25m	2:39.40
ARTEIXO 1		+160	ARTEIXO	2:43.66	25m	2:43.66
<u>+200</u>						
ESCUALOS 3		+200	ESCUALOS	2:10.13	25m	2:10.13
NCORUÑA 2		+200	NCORUÑA	2:13.62	25m	2:13.62
PONTEAREAS 5		+200	PONTEAREAS	2:33.09	25m	2:33.28
CULLEREDO 1		+200	CULLEREDO	2:34.79	25m	2:34.79
RIASBAIXAS 3		+200	RIASBAIXAS	2:50.56	25m	2:50.75
POURENSE 3		+200	POURENSE	3:07.55	25m	3:07.55
<u>+240</u>						
CIDSANTIAG 1		+240	CIDSANTIAG	2:22.31	50m	2:19.30
HERCULES 3		+240	HERCULES	2:19.84	25m	2:19.84
RIASBAIXAS 4		+240	RIASBAIXAS	2:37.32	25m	2:37.51
PONTEAREAS 6		+240	PONTEAREAS	2:56.15	25m	2:56.15
CNMOS 1		+240	CNMOS	2:56.70	25m	2:56.70

Prueba 30, Masc., 4 x 50m Estilos

GALAICO 1	+240	GALAICO	3:30.63	25m	3:30.63
POURENSE 4	+240	POURENSE	4:04.85	50m	4:01.84

Prueba 31
21/01/2024

25m Libre

YOB 1924 - 2023
Listado de inscrito

Introducir conversión: ESP:Conversion Spanish Rules

Nome	Ano	Cat.	Clube	Marca	Pisc.	Marca Pond.
<u>Absoluto Masculino, Masc.</u>						
BORDALLO CORTINA, Fernando	70	ABSO	HERCULES	NT		NT
REDONDO PARCERO, Iban	39	ABSO	CNMOS	NT		NT
IGLESIAS DE LA TORRE, Felipe	48	ABSO	POURENSE	NT		NT
<u>Absoluto Femenino, Fem.</u>						
VALLADARES BERTOL, Begoña	51	ABSO	GALAICO	NT		NT