

Prueba 1  
10/03/2024

Masc., 1500m Libre

20 años y mayores  
Resultados

Clasificación		AN		Tiempo	Puntos
25+					
1.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	<b>20:49.56</b>	13,00
	50m: 37.77 37.77 200m: 2:39.82 1:21.93 800m: 11:03.39 5:35.83				
	100m: 1:17.89 40.12 400m: 5:27.56 2:47.74 1500m: 20:49.56 9:46.17				
2.	1232980 PICALLO MATO, Adrian	95	SALESTRADA	<b>22:06.18</b>	10,00
	50m: 40.99 40.99 200m: 2:52.27 1:27.07 800m: 11:45.58 5:54.89				
	100m: 1:25.20 44.21 400m: 5:50.69 2:58.42 1500m: 22:06.18 10:20.60				
30+					
1.	1093472 DEL RIO REGUEIRA, Marcos	93	ARTEIXO	<b>17:13.70</b>	13,00
	50m: 33.78 33.78 200m: 3:18.40 2:09.89 800m: 9:15.93 4:37.96				
	100m: 1:08.51 34.73 400m: 4:37.97 1:19.57 1500m: 17:13.70 7:57.77				
2.	1130602 TENORIO FREIRE, Martin	92	GALAICO	<b>18:17.24</b>	10,00
	50m: 32.64 32.64 200m: 2:19.73 1:12.52 800m: 9:40.78 4:55.55				
	100m: 1:07.21 34.57 400m: 4:45.23 2:25.50 1500m: 18:17.24 8:36.46				
3.	1037824 FREIRE GONZALEZ, Javier	93	RIASBAIXAS	<b>20:11.25</b>	8,00
	50m: 36.32 36.32 200m: 2:34.61 1:19.42 800m: 19:39.33 14:23.06				
	100m: 1:15.19 38.87 400m: 5:16.27 2:41.66 1500m: 20:11.25 31.92				
4.	1178769 RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	91	NFERROL	<b>22:26.97</b>	7,00
	50m: 43.00 43.00 200m: 2:56.03 1:30.36 800m: 11:55.31 5:58.70				
	100m: 1:25.67 42.67 400m: 5:56.61 3:00.58 1500m: 22:26.97 10:31.66				
Baja	1010948 CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	-	-
35+					
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	<b>17:50.57</b>	13,00
	50m: 33.60 33.60 200m: 2:20.09 1:11.46 800m: 9:30.05 4:46.14				
	100m: 1:08.63 35.03 400m: 4:43.91 2:23.82 1500m: 17:50.57 8:20.52				
2.	1107406 DOMÍNGUEZ PARDELLAS, Rubén	88	RCNVIGO	<b>19:11.74</b>	10,00
	50m: 35.64 35.64 200m: 2:28.74 1:15.85 800m: 10:11.70 5:08.40				
	100m: 1:12.89 37.25 400m: 5:03.30 2:34.56 1500m: 19:11.74 9:00.04				
3.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	<b>20:11.25</b>	8,00
	50m: 35.76 35.76 200m: 2:32.47 1:18.88 800m: 10:44.61 5:29.68				
	100m: 1:13.59 37.83 400m: 5:14.93 2:42.46 1500m: 20:11.25 9:26.64				
4.	1126597 FERNANDEZ GAYOSO,, Jose Manuel	86	MOS	<b>20:25.94</b>	7,00
	50m: 38.28 38.28 200m: 2:39.67 1:21.26 800m: 10:57.84 5:32.09				
	100m: 1:18.41 40.13 400m: 5:25.75 2:46.08 1500m: 20:25.94 9:28.10				
5.	1226258 BERNARDEZ FERRO, Juan Jose	87	CIDSANTIAGO	<b>21:51.37</b>	6,00
	50m: 38.70 38.70 200m: 2:47.70 1:26.94 800m: 11:33.78 5:50.44				
	100m: 1:20.76 42.06 400m: 5:43.34 2:55.64 1500m: 21:51.37 10:17.59				
40+					
1.	1107942 GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	<b>19:42.47</b>	13,00
	50m: 36.45 36.45 200m: 2:31.74 1:17.04 800m: 10:29.14 5:21.75				
	100m: 1:14.70 38.25 400m: 5:07.39 2:35.65 1500m: 19:42.47 9:13.33				
2.	1228089 MERA MONTECELOS, Pablo	83	HERCULES	<b>20:59.06</b>	10,00
	50m: 36.68 36.68 200m: 2:38.92 1:22.51 800m: 11:10.30 5:40.74				
	100m: 1:16.41 39.73 400m: 5:29.56 2:50.64 1500m: 20:59.06 9:48.76				

Prueba 1, Masc., 1500m Libre, 40+

Clasificación		AN		Tiempo	Puntos
3.	1214823 GONZALEZ PEÑAS, David	84	PORTAMIÑÁ	<b>22:16.50</b>	8,00
	50m: 41.52 41.52 200m: 2:53.23 1:28.68 800m: 11:49.77 5:56.34				
	100m: 1:24.55 43.03 400m: 5:53.43 3:00.20 1500m: 22:16.50 10:26.73				
4.	1190909 CARBALLA BARROSO, Rogelio Manue81		GALAICO	<b>22:40.80</b>	7,00
	50m: 42.39 42.39 200m: 2:55.55 1:29.60 800m: 12:01.73 6:04.06				
	100m: 1:25.95 43.56 400m: 5:57.67 3:02.12 1500m: 22:40.80 10:39.07				
5.	1144584 ALVAREZ SILVA, Ruben	81	ESCUALOS	<b>23:40.29</b>	6,00
	50m: 48.37 48.37 200m: 2:58.29 1:31.68 800m: 12:34.65 6:23.60				
	100m: 1:26.61 38.24 400m: 6:11.05 3:12.76 1500m: 23:40.29 11:05.64				
6.	1145052 FIERRO FERNANDEZ, Julio	82	HERCULES	<b>24:04.52</b>	5,00
	50m: 41.76 41.76 200m: 2:58.27 1:31.98 800m: 12:45.32 6:33.58				
	100m: 1:26.29 44.53 400m: 6:11.74 3:13.47 1500m: 24:04.52 11:19.20				
7.	1039360 POSE MATO, Cesar	83	ADFOGAR	<b>32:34.90</b>	4,00
	50m: 59.11 59.11 200m: 4:10.55 2:08.59 800m: 17:27.08 8:51.12				
	100m: 2:01.96 1:02.85 400m: 8:35.96 4:25.41 1500m: 32:34.90 15:07.82				

45+

1.	1118746 SANCHEZ GORDON, Roman	78	RIASBAIXAS	<b>19:23.15</b>	13,00
	50m: 36.31 36.31 200m: 2:29.27 1:16.18 800m: 10:14.84 5:10.78				
	100m: 1:13.09 36.78 400m: 5:04.06 2:34.79 1500m: 19:23.15 9:08.31				
2.	1243174 SONEIRA REBOREDO, Oscar	75	CIDSANTIAGO	<b>19:55.32</b>	10,00
	50m: 35.82 35.82 200m: 2:27.27 1:15.18 800m: 10:22.89 5:20.09				
	100m: 1:12.09 36.27 400m: 5:02.80 2:35.53 1500m: 19:55.32 9:32.43				
3.	1024675 IGLESIAS GOMEZ, Gonzalo	79	HERCULES	<b>20:20.16</b>	8,00
	50m: 36.41 36.41 200m: 2:32.79 1:18.82 800m: 10:37.70 5:23.88				
	100m: 1:13.97 37.56 400m: 5:13.82 2:41.03 1500m: 20:20.16 9:42.46				
4.	1079478 GONZÁLEZ PEREIRA, J. Carlos	75	RCNVIGO	<b>25:17.06</b>	7,00
	50m: 45.17 45.17 200m: 3:15.60 1:41.77 800m: 13:23.35 6:45.44				
	100m: 1:33.83 48.66 400m: 6:37.91 3:22.31 1500m: 25:17.06 11:53.71				
5.	1200126 TABOADA CALVELO, Jose Carlos	79	SALESTRADA	<b>27:41.15</b>	6,00
	50m: 47.26 47.26 200m: 3:26.69 1:48.44 800m: 14:41.47 7:31.90				
	100m: 1:38.25 50.99 400m: 7:09.57 3:42.88 1500m: 27:41.15 12:59.68				

Baja 1178772 CARRERA RODRÍGUEZ, Rubén 79 PONTEAREAS -

50+

1.	1040137 QUINTAS BARROS, Jesus C.	73	ESCUALOS	<b>20:08.58</b>	13,00
	50m: 36.50 36.50 200m: 2:36.27 1:20.24 800m: 10:42.91 5:25.88				
	100m: 1:16.03 39.53 400m: 5:17.03 2:40.76 1500m: 20:08.58 9:25.67				
2.	1079343 MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	<b>20:52.25</b>	10,00
	50m: 38.22 38.22 200m: 2:40.71 1:22.20 800m: 12:27.67 7:00.16				
	100m: 1:18.51 40.29 400m: 5:27.51 2:46.80 1500m: 20:52.25 8:24.58				
3.	1084040 GARCIA CASTIÑEIRA, Daniel	74	GALAICO	<b>22:39.17</b>	8,00
	50m: 42.78 42.78 200m: 2:56.21 1:29.34 800m: 11:57.77 6:03.78				
	100m: 1:26.87 44.09 400m: 5:53.99 2:57.78 1500m: 22:39.17 10:41.40				
4.	1203306 DURO GONZALEZ, Antonio	74	SALESTRADA	<b>24:06.53</b>	7,00
	50m: 44.46 44.46 200m: 3:06.33 1:35.58 800m: 12:45.27 6:26.22				
	100m: 1:30.75 46.29 400m: 6:19.05 3:12.72 1500m: 24:06.53 11:21.26				
5.	1078844 FERNÁNDEZ FERNÁNDEZ, José Luis	74	CIDSANTIAGO	<b>26:33.25</b>	6,00
	50m: 45.38 45.38 200m: 3:21.29 1:46.74 800m: 14:08.29 7:09.20				
	100m: 1:34.55 49.17 400m: 6:59.09 3:37.80 1500m: 26:33.25 12:24.96				

Prueba 1, Masc., 1500m Libre, 50+

Clasificación		AN		Tiempo	Puntos
6.	1141071 LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	<b>26:33.74</b>	5,00
	50m: 46.77 46.77 200m: 3:20.68 1:43.94 800m: 14:04.26 6:18.30				
	100m: 1:36.74 49.97 400m: 7:45.96 4:25.28 1500m: 26:33.74 12:29.48				
7.	1145039 FERREIRO SANCHEZ, Luis	70	POURENSE	<b>32:38.14</b>	4,00
	50m: 55.46 55.46 200m: 4:05.83 2:09.20 800m: 17:19.92 8:52.14				
	100m: 1:56.63 1:01.17 400m: 8:27.78 4:21.95 1500m: 32:38.14 15:18.22				
Baja	1076553 FERNANDEZ-TESTA BARREIRO, David	74	RIASBAIXAS	-	-

55+

1.	1085112 RIVAS FEAL, Antonio	66	CASINO	<b>21:04.21</b>	13,00
	50m: 40.75 40.75 200m: 2:46.00 1:23.93 800m: 11:20.38 5:45.35				
	100m: 1:22.07 41.32 400m: 5:35.03 2:49.03 1500m: 21:04.21 9:43.83				
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	<b>25:13.09</b>	10,00
	50m: 46.02 46.02 200m: 3:16.80 1:41.68 800m: 13:27.21 6:35.69				
	100m: 1:35.12 49.10 400m: 6:51.52 3:34.72 1500m: 25:13.09 11:45.88				
3.	1180234 SÁNCHEZ SECO, Manuel	68	ESCUALOS	<b>25:26.22</b>	8,00
	50m: 47.46 47.46 200m: 3:18.51 1:41.74 800m: 13:37.26 6:52.48				
	100m: 1:36.77 49.31 400m: 6:44.78 3:26.27 1500m: 25:26.22 11:48.96				
4.	1193949 LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	<b>26:09.33</b>	7,00
	50m: 46.11 46.11 200m: 3:20.65 1:44.00 800m: 13:52.05 6:08.69				
	100m: 1:36.65 50.54 400m: 7:43.36 4:22.71 1500m: 26:09.33 12:17.28				
Baja	1057905 GURIDI HUERTA, Jesus M.	68	FLUVIALUGO	-	-

60+

1.	1076250 BETHENCOURT IGLESIAS, Sergio	63	GALAICO	<b>22:16.50</b>	13,00
	50m: 41.81 41.81 200m: 2:54.11 1:28.31 800m: 11:48.97 5:57.50				
	100m: 1:25.80 43.99 400m: 5:51.47 2:57.36 1500m: 22:16.50 10:27.53				
2.	1144940 HERNANZ MORAL, Fausto	62	RIASBAIXAS	<b>25:54.21</b>	10,00
	50m: 46.66 46.66 200m: 3:20.67 1:44.36 800m: 13:47.49 6:59.68				
	100m: 1:36.31 49.65 400m: 6:47.81 3:27.14 1500m: 25:54.21 12:06.72				
3.	1143536 BLANCO PEREZ, Angel	64	POURENSE	<b>27:10.83</b>	8,00
	50m: 48.39 48.39 200m: 3:30.77 1:49.35 800m: 14:29.77 7:19.78				
	100m: 1:41.42 53.03 400m: 7:09.99 3:39.22 1500m: 27:10.83 12:41.06				

65+

1.	1170858 CODESIDO LOPEZ, José	59	CIDSANTIAGO	<b>23:58.51</b>	13,00
	50m: 40.90 40.90 200m: 3:00.60 1:35.48 800m: 12:41.86 6:28.37				
	100m: 1:25.12 44.22 400m: 6:13.49 3:12.89 1500m: 23:58.51 11:16.65				

70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	54	POURENSE	<b>23:45.38</b>	13,00
	50m: 44.58 44.58 200m: 3:07.93 1:37.35 800m: 12:44.08 6:23.97				
	100m: 1:30.58 46.00 400m: 6:20.11 3:12.18 1500m: 23:45.38 11:01.30				

Prueba 2  
10/03/2024

Fem., 800m Libre

20 años y mayores  
Resultados

Clasificación		AN		Tiempo	Puntos
<b>20+</b>					
1.	1075380 SALVANTE LAGO, Ainhoa	03	NFERROL	<b>10:29.81</b>	13,00
	50m: 37.54 37.54 200m: 2:35.49 1:19.20 800m: 10:29.81 5:14.58				
	100m: 1:16.29 38.75 400m: 5:15.23 2:39.74				
2.	1194207 VALIÑO FERRAZ, Tatyana	03	PONTEAREAS	<b>12:58.07</b>	10,00
	50m: 45.78 45.78 200m: 3:11.42 1:38.73 800m: 12:58.07 6:26.40				
	100m: 1:32.69 46.91 400m: 6:31.67 3:20.25				
<b>25+</b>					
1.	1038096 FREIJE TORNEIRO, Aroa	98	PORTAMIÑÁ	<b>10:32.01</b>	13,00
	50m: 35.58 35.58 200m: 2:30.59 1:17.66 800m: 10:32.01 5:23.96				
	100m: 1:12.93 37.35 400m: 5:08.05 2:37.46				
2.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	<b>10:37.36</b>	10,00
	50m: 35.86 35.86 200m: 2:33.16 1:19.12 800m: 10:37.36 5:24.31				
	100m: 1:14.04 38.18 400m: 5:13.05 2:39.89				
3.	1039634 LAGO CASTILLO, Natalia	99	NCORUNA	<b>11:18.21</b>	8,00
	50m: 38.62 38.62 200m: 2:43.99 1:24.31 800m: 11:18.21 5:43.44				
	100m: 1:19.68 41.06 400m: 5:34.77 2:50.78				
4.	1038929 GONZALEZ AVENDAÑO, Lucia	99	GALAICO	<b>11:31.68</b>	7,00
	50m: 39.14 39.14 200m: 2:45.45 1:25.06 800m: 11:31.68 5:51.64				
	100m: 1:20.39 41.25 400m: 5:40.04 2:54.59				
5.	1115615 PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	<b>11:52.39</b>	6,00
	50m: 38.44 38.44 200m: 2:48.37 1:27.98 800m: 11:52.39 6:00.12				
	100m: 1:20.39 41.95 400m: 5:52.27 3:03.90				
6.	1145008 GONZALEZ PEREZ, Paula	96	PONTEAREAS	<b>13:55.60</b>	5,00
	50m: 45.44 45.44 200m: 3:17.95 1:43.12 800m: 13:55.60 7:04.01				
	100m: 1:34.83 49.39 400m: 6:51.59 3:33.64				
<b>30+</b>					
1.	1093459 FRANCO CAL, Alba	91	FLUVIALUGO	<b>9:44.54</b>	13,00
	50m: 34.42 34.42 200m: 2:23.21 1:13.26 800m: 9:44.54 4:53.06				
	100m: 1:09.95 35.53 400m: 4:51.48 2:28.27				
2.	1041452 BEN CILLERO, Sabela	92	XOVE	<b>11:18.06</b>	10,00
	50m: 38.30 38.30 200m: 2:42.59 1:23.71 800m: 11:18.06 5:43.72				
	100m: 1:18.88 40.58 400m: 5:34.34 2:51.75				
3.	1040457 FREIJO LÓPEZ, Lucía	92	NCORUNA	<b>12:09.80</b>	8,00
	50m: 41.21 41.21 200m: 2:54.22 1:30.11 800m: 12:09.80 6:11.20				
	100m: 1:24.11 42.90 400m: 5:58.60 3:04.38				
4.	1218233 SANCHEZ DE LLANO, M. Nieves	92	CASINO	<b>14:01.12</b>	7,00
	50m: 50.24 50.24 200m: 3:29.90 1:48.35 800m: 14:01.12 6:56.07				
	100m: 1:41.55 51.31 400m: 7:05.05 3:35.15				
<b>35+</b>					
1.	1193947 ALCALDE BALADO, Tania	86	CIDSANTIAGO	<b>11:00.15</b>	13,00
	50m: 37.64 37.64 200m: 2:36.80 1:20.32 800m: 11:00.15 5:37.73				
	100m: 1:16.48 38.84 400m: 5:22.42 2:45.62				

Prueba 2, Fem., 800m Libre, 35+

Clasificación		AN		Tiempo	Puntos
2.	1076543 RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	<b>12:22.47</b>	10,00
	50m: 43.79 43.79 200m: 3:00.61 1:31.87 800m: 12:22.47 6:14.86				
	100m: 1:28.74 44.95 400m: 6:07.61 3:07.00				
3.	1144948 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	<b>12:43.43</b>	8,00
	50m: 41.90 41.90 200m: 3:04.77 1:36.56 800m: 12:43.43 6:23.44				
	100m: 1:28.21 46.31 400m: 6:19.99 3:15.22				
4.	1129954 GONZALEZ GARCIA, Covadonga	89	GALAICO	<b>13:55.60</b>	7,00
	50m: 51.40 51.40 200m: 2:29.35 45.14 800m: 13:55.60 6:54.95				
	100m: 1:44.21 52.81 400m: 7:00.65 4:31.30				

40+

1.	1075221 HERMIDA RODRIGUEZ, Blanca	81	MARINAFERROL	<b>10:32.55</b>	13,00
	50m: 37.27 37.27 200m: 2:35.80 1:19.63 800m: 10:32.55 5:18.28				
	100m: 1:16.17 38.90 400m: 5:14.27 2:38.47				
2.	1237395 VILARIÑO CACHO, Elvira	81	SALESTRADA	<b>12:35.57</b>	10,00
	50m: 44.54 44.54 200m: 3:04.65 1:33.86 800m: 12:35.57 6:22.54				
	100m: 1:30.79 46.25 400m: 6:13.03 3:08.38				
3.	1144598 OLMO VAQUEIRO, Leticia	81	PONTEAREAS	<b>13:54.44</b>	8,00
	50m: 49.07 49.07 200m: 3:23.46 1:43.56 800m: 13:54.44 7:00.73				
	100m: 1:39.90 50.83 400m: 6:53.71 3:30.25				
4.	1041646 MOLANES PIÑEIRO, Maria Elena	84	PONTEAREAS	<b>14:31.43</b>	7,00
	50m: 49.62 49.62 200m: 3:30.71 1:47.75 800m: 14:31.43 7:21.47				
	100m: 1:42.96 53.34 400m: 7:09.96 3:39.25				

45+

1.	1221213 CAGIAO RODRIGUEZ, Natalia	78	CASINO	<b>12:19.31</b>	13,00
	50m: 41.17 41.17 200m: 2:59.52 1:33.50 800m: 12:19.31 6:12.92				
	100m: 1:26.02 44.85 400m: 6:06.39 3:06.87				
2.	1214850 CORCOBA CARBIA, Raquel	77	SALESTRADA	<b>13:38.66</b>	10,00
	50m: 47.25 47.25 200m: 3:23.03 1:44.63 800m: 13:38.66 6:47.44				
	100m: 1:38.40 51.15 400m: 6:51.22 3:28.19				
3.	1246144 SANCHEZ BARREIRO, Maria Carmen	76	PONTEAREAS	<b>16:08.51</b>	8,00
	50m: 50.29 50.29 200m: 3:54.52 2:04.62 800m: 16:08.51 8:05.34				
	100m: 1:49.90 59.61 400m: 8:03.17 4:08.65				

Baja 1040944 VARELA REDONDO, Veronica 75 PONTEAREAS -

50+

1.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	72	POURENSE	<b>15:28.83</b>	13,00
	50m: 55.62 55.62 200m: 3:47.81 1:55.60 800m: 15:28.83 7:46.62				
	100m: 1:52.21 56.59 400m: 7:42.21 3:54.40				

Baja 1172138 ROIG SANCHEZ, Blanca Ana 74 RIASBAIXAS -

55+

1.	1037970 CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	<b>14:02.22</b>	13,00
	50m: 59.08 59.08 200m: 3:30.65 1:48.46 800m: 14:02.22 6:58.98				
	100m: 1:42.19 43.11 400m: 7:03.24 3:32.59				

Baja 1144697 ACEVEDO REGO, Ermitas 66 POURENSE -

Prueba 2, Fem., 800m Libre

60+

1.	1143893 REBOREDAS MORILLO, Susana	62	ESCUALOS	<b>16:32.96</b>	13,00
	50m: 56.83 56.83 200m: 4:00.14 2:03.41 800m: 16:32.96 8:23.16				
	100m: 1:56.73 59.90 400m: 8:09.80 4:09.66				
Baja	1144231 PEREZ GALLARDO, Teresa	64	POURENSE		-

65+

1.	1141154 CELEMIN PORRERO, Maria Teresa	59	GALAICO	<b>19:28.17</b>	13,00
	50m: 57.84 57.84 200m: 4:22.27 2:15.38 800m: 19:28.17 10:20.50				
	100m: 2:06.89 1:09.05 400m: 9:07.67 4:45.40				
2.	1217937 RODRÍGUEZ TRONCOSO, Marina	59	PONTEAREAS	<b>20:18.76</b>	10,00
	50m: 1:10.59 1:10.59 200m: 5:02.03 2:37.68 800m: 20:18.76 10:03.20				
	100m: 2:24.35 1:13.76 400m: 10:15.56 5:13.53				



Prueba 3  
10/03/2024

Fem., 1500m Libre

20 años y mayores  
Resultados

Clasificación	AN										Tiempo	Puntos		
20+														
1.	1140814	PARDO CHAS, Eva					04	NFERROL					18:29.35	13,00
	50m:	35.27	35.27	200m:	2:24.96	1:13.70	800m:	9:49.54	4:55.97					
	100m:	1:11.26	35.99	400m:	4:53.57	2:28.61	1500m:	18:29.35	8:39.81					
2.	1144257	FERNANDEZ GONZALEZ, Elena					01	HERCULES					21:50.60	10,00
	50m:	41.83	41.83	200m:	2:53.06	1:28.25	800m:	11:46.57	5:54.25					
	100m:	1:24.81	42.98	400m:	5:52.32	2:59.26	1500m:	21:50.60	10:04.03					
30+														
1.	1143565	ARAÚJO CASTRO, Paula					91	CDELMAR					24:15.15	13,00
	50m:	42.46	42.46	200m:	3:03.77	1:36.00	800m:	12:49.59	6:29.60					
	100m:	1:27.77	45.31	400m:	6:19.99	3:16.22	1500m:	24:15.15	11:25.56					
2.	1078925	SALGADO CASTELO, Marta					94	MULLEREF					25:04.28	10,00
	50m:	46.41	46.41	200m:	3:14.22	1:38.84	800m:	13:35.74	6:57.64					
	100m:	1:35.38	48.97	400m:	6:38.10	3:23.88	1500m:	25:04.28	11:28.54					
35+														
1.	1040731	GESTO ALONSO, Clarisa					89	PONTEAREAS					24:02.53	13,00
	50m:	43.38	43.38	200m:	3:03.81	1:38.24	800m:	12:48.03	6:31.04					
	100m:	1:25.57	42.19	400m:	6:16.99	3:13.18	1500m:	24:02.53	11:14.50					
2.	1036315	LOPEZ CORTABITARTE, Belen					87	HERCULES					26:08.23	10,00
	50m:	48.76	48.76	200m:	3:20.21	1:42.18	800m:	13:46.65	6:59.20					
	100m:	1:38.03	49.27	400m:	6:47.45	3:27.24	1500m:	26:08.23	12:21.58					
Baja	1144894	VINAGRE SENDINO, Cora					88	CASINO						-
40+														
1.	1013486	GONZALEZ RODRIGUEZ, Maria					82	CIDSANTIAGO					19:51.08	13,00
	50m:	36.46	36.46	200m:	2:31.43	1:17.41	800m:	10:29.89	5:19.78					
	100m:	1:14.02	37.56	400m:	5:10.11	2:38.68	1500m:	19:51.08	9:21.19					
2.	1143598	MIRA VAZQUEZ, Marta					81	ESCUALOS					24:04.67	10,00
	50m:	43.74	43.74	450m:	850m:					1250m:				
	100m:	1:30.62	46.88	500m:	900m:					1300m:				
	150m:	550m:			950m:					1350m:				
	200m:	3:05.74	600m:			1000m:					1400m:			
	250m:	650m:			1050m:					1450m:				
	300m:	700m:			1100m:					1500m:	24:04.67			
	350m:	750m:			1150m:									
	400m:	6:19.26	800m:			12:48.84	1200m:							
3.	1143597	SANCHEZ LEDO, Cira					81	ESCUALOS					24:53.88	8,00
	50m:	48.63	48.63	200m:	3:16.61	1:39.75	800m:	13:20.53	6:43.11					
	100m:	1:36.86	48.23	400m:	6:37.42	3:20.81	1500m:	24:53.88	11:33.35					
4.	1145082	FARIÑA SOUSA, Noemi					83	GALAICO					26:37.35	7,00
	50m:	48.22	48.22	200m:	3:26.19	1:45.98	800m:	14:09.55	7:09.48					
	100m:	1:40.21	51.99	400m:	7:00.07	3:33.88	1500m:	26:37.35	12:27.80					

Prueba 3, Fem., 1500m Libre

45+

1.	1180238	GARCÍA SEOANE, Cristina María	75	HERCULES	<b>25:21.01</b>	13,00
	50m:	58.84	58.84	200m:	3:26.23	1:39.32
	100m:	1:46.91	48.07	400m:	6:46.23	3:20.00
				800m:	13:29.23	6:43.00
				1500m:	25:21.01	11:51.78
2.	1197606	CARBALLO BALOIRA, Susana María	75	HERCULES	<b>29:04.87</b>	10,00
	50m:	48.66	48.66	200m:	3:37.55	1:54.41
	100m:	1:43.14	54.48	400m:	7:28.85	3:51.30
				800m:	15:19.90	7:51.05
				1500m:	29:04.87	13:44.97

50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	<b>22:12.75</b>	13,00
	50m:	41.14	41.14	200m:	2:52.58	1:28.22
	100m:	1:24.36	43.22	400m:	5:51.14	2:58.56
				800m:	11:47.64	5:56.50
				1500m:	22:12.75	10:25.11
2.	1197600	SANDERSON KEOUGH, Helen Jane	70	CULLEREDO	<b>25:00.71</b>	10,00
	50m:	45.07	45.07	200m:	3:12.82	1:40.49
	100m:	1:32.33	47.26	400m:	6:35.37	3:22.55
				800m:	13:22.34	6:46.97
				1500m:	25:00.71	11:38.37

55+

1.	1145007	MELON PARENTE, M. Lourdes	69	PONTEAREAS	<b>34:58.14</b>	13,00
	50m:	1:08.55	1:08.55	200m:	4:38.77	2:19.66
	100m:	2:19.11	1:10.56	400m:	9:18.71	4:39.94
				800m:	18:39.18	9:20.47
				1500m:	34:58.14	16:18.96

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	63	CDELMAR	<b>24:12.47</b>	13,00
	50m:	44.41	44.41	200m:	3:08.49	1:36.20
	100m:	1:32.29	47.88	400m:	6:22.43	3:13.94
				800m:	12:53.14	6:30.71
				1500m:	24:12.47	11:19.33
2.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	<b>31:00.84</b>	10,00
	50m:	51.58	51.58	200m:	3:43.53	1:57.34
	100m:	1:46.19	54.61	400m:	7:47.29	4:03.76
				800m:	16:10.79	8:23.50
				1500m:	31:00.84	14:50.05



Prueba 4  
10/03/2024

Masc., 800m Libre

20 años y mayores  
Resultados

Clasificación	AN										Tiempo	Puntos
20+												
1.	1075438	PEDRE SALIDO, Julio				03	NFERROL				9:00.75	13,00
	50m:	30.27	30.27	200m:	2:08.18	1:06.25	800m:	9:00.75	4:37.27			
	100m:	1:01.93	31.66	400m:	4:23.48	2:15.30						
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge				97	RIASBAIXAS				9:02.40	13,00
	50m:	30.71	30.71	200m:	2:08.40	1:06.04	800m:	9:02.40	4:38.00			
	100m:	1:02.36	31.65	400m:	4:24.40	2:16.00						
2.	1039270	TRILLO RODRIGUEZ, Adrian				97	MOS				10:38.22	10,00
	50m:	36.78	36.78	200m:	2:32.10	1:17.36	800m:	10:38.22	5:26.18			
	100m:	1:14.74	37.96	400m:	5:12.04	2:39.94						
3.	1039755	RIVAS MACEIRAS, Isaac				99	HERCULES				11:01.34	8,00
	50m:	32.68	32.68	100m:	1:07.64	34.96	400m:	5:10.08	4:02.44	800m:	11:01.34 5:51.26	
35+												
1.	1086708	ABUIN ARES, Manuel				87	CIDSANTIAGO				11:20.32	13,00
	50m:	38.74	38.74	200m:	2:44.15	1:23.88	800m:	11:20.32	5:43.25			
	100m:	1:20.27	41.53	400m:	5:37.07	2:52.92						
2.	1097263	LAMEIRO SEOANE, Javier				87	HERCULES				12:21.78	10,00
	50m:	43.51	43.51	200m:	2:59.95	1:32.06	800m:	12:21.78	6:11.83			
	100m:	1:27.89	44.38	400m:	6:09.95	3:10.00						
3.	1226234	COTELO SENANDE, Alberto				88	ADFOGAR				12:47.72	8,00
	50m:	39.67	39.67	200m:	2:56.36	1:33.05	800m:	12:47.72	6:33.49			
	100m:	1:23.31	43.64	400m:	6:14.23	3:17.87						
4.	1020991	FERNANDEZ MONTEAGUDO, Ruben				85	CIDSANTIAGO				13:06.71	7,00
	100m:	1:30.75	1:30.75	200m:	3:08.95	1:38.20	400m:	6:26.22	3:17.27	800m:	13:06.71 6:40.49	
40+												
1.	1178765	ESPAÑA CABEZAS, Jesús				81	CIDSANTIAGO				11:24.89	13,00
	50m:	38.78	38.78	200m:	2:45.83	1:25.34	800m:	11:24.89	5:45.48			
	100m:	1:20.49	41.71	400m:	5:39.41	2:53.58						
2.	1144789	MATIAS DUARTE, Erick				82	HERCULES				12:04.73	10,00
	50m:	46.74	46.74	200m:	2:54.35	1:30.00	800m:	12:04.73	6:07.62			
	100m:	1:24.35	37.61	400m:	5:57.11	3:02.76						
3.	1170841	BASTIDA CAMPOS, Alejandro				82	SALESTRADA				12:13.63	8,00
	100m:	1:28.47	1:28.47	200m:	3:48.02	2:19.55	400m:	6:54.16	3:06.14	800m:	12:13.63 5:19.47	
45+												
1.	1129898	SOTELO FERNANDEZ, Diego				75	CIDSANTIAGO				10:14.97	13,00
	50m:	37.24	37.24	200m:	2:32.05	1:16.62	800m:	10:14.97	5:07.44			
	100m:	1:15.43	38.19	400m:	5:07.53	2:35.48						
2.	1231581	RODRÍGUEZ SALGADO, Manuel				75	CIDSANTIAGO				11:12.13	10,00
	50m:	38.18	38.18	200m:	2:42.41	1:26.96	800m:	11:12.13	5:41.30			
	100m:	1:15.45	37.27	400m:	5:30.83	2:48.42						

Prueba 4, Masc., 800m Libre, 45+

Clasificación		AN		Tiempo	Puntos
3.	1143480 ABADES REBOREDO, Daniel	78	HERCULES	<b>11:19.86</b>	8,00
	50m: 40.66 40.66 200m: 2:46.02 1:24.00 800m: 11:19.86 5:40.20				
	100m: 1:22.02 41.36 400m: 5:39.66 2:53.64				
4.	1212075 GONZALEZ PARIS, David	78	HERCULES	<b>11:32.58</b>	7,00
	50m: 39.48 39.48 200m: 2:46.02 1:25.15 800m: 11:32.58 5:50.68				
	100m: 1:20.87 41.39 400m: 5:41.90 2:55.88				
5.	1144269 LOPEZ PAYO, Mario	77	SALESTRADA	<b>13:10.59</b>	6,00
	50m: 43.98 43.98 200m: 3:05.03 1:36.38 800m: 13:10.59 6:44.20				
	100m: 1:28.65 44.67 400m: 6:26.39 3:21.36				
Baja	1141502 TRONCOSO CAAMAÑO, Fernando	75	ESCUALOS	-	-

50+

1.	1110671 RUBIO RUBIRA, Ivan	74	ARTEIXO	<b>9:30.48</b>	13,00
	50m: 32.38 32.38 200m: 2:16.30 1:09.92 800m: 9:30.48 4:50.29				
	100m: 1:06.38 34.00 400m: 4:40.19 2:23.89				
2.	1147010 SANJURJO POVEDA, Pablo	74	NFERROL	<b>12:03.54</b>	10,00
	50m: 38.40 38.40 200m: 2:46.65 1:26.91 800m: 12:03.54 6:14.89				
	100m: 1:19.74 41.34 400m: 5:48.65 3:02.00				
3.	1144601 PUENTE DÍAZ, Javier	71	CIDSANTIAGO	<b>12:10.08</b>	8,00
	50m: 43.52 43.52 200m: 3:00.36 1:31.72 800m: 12:10.08 6:03.91				
	100m: 1:28.64 45.12 400m: 6:06.17 3:05.81				
4.	1144117 PREGO MARTINEZ, Benjamin	73	PONTEAREAS	<b>12:18.69</b>	7,00
	50m: 40.15 40.15 200m: 2:55.52 1:31.59 800m: 12:18.69 6:16.79				
	100m: 1:23.93 43.78 400m: 6:01.90 3:06.38				
5.	1180236 DE LA VEGA GÁNDARAS, Felipe	73	HERCULES	<b>14:37.06</b>	6,00
	50m: 59.61 59.61 200m: 3:43.39 1:48.16 800m: 14:37.06 7:14.04				
	100m: 1:55.23 55.62 400m: 7:23.02 3:39.63				

55+

1.	1175089 NISTAL GARCÍA, Eduardo	68	CASINO	<b>12:17.60</b>	13,00
	50m: 41.65 41.65 200m: 3:00.48 1:33.33 800m: 12:17.60 6:09.50				
	100m: 1:27.15 45.50 400m: 6:08.10 3:07.62				
2.	1076162 MIRA PÉREZ, Jorge	68	CIDSANTIAGO	<b>13:26.71</b>	10,00
	50m: 44.20 44.20 200m: 3:11.71 1:40.14 800m: 13:26.71 6:49.90				
	100m: 1:31.57 47.37 400m: 6:36.81 3:25.10				
3.	1037161 TOME NOGUEIRA, Alberto M.	68	ADFOGAR	<b>13:51.54</b>	8,00
	50m: 48.55 48.55 200m: 3:25.42 1:45.92 800m: 13:51.54 6:50.49				
	100m: 1:39.50 50.95 400m: 7:01.05 3:35.63				

60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	<b>11:17.48</b>	13,00
	50m: 38.92 38.92 200m: 2:40.74 1:21.41 800m: 11:17.48 5:48.65				
	100m: 1:19.33 40.41 400m: 5:28.83 2:48.09				

65+

1.	1174449 FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	<b>12:56.20</b>	13,00
	50m: 41.45 41.45 200m: 3:03.86 1:36.35 800m: 12:56.20 6:37.02				
	100m: 1:27.51 46.06 400m: 6:19.18 3:15.32				

Prueba 4, Masc., 800m Libre, 65+

Clasificación		AN		Tiempo	Puntos
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	59	HERCULES	<b>14:19.62</b>	10,00
	50m: 54.54 54.54 200m: 3:34.10 1:47.12 800m: 14:19.62 7:07.61				
	100m: 1:46.98 52.44 400m: 7:12.01 3:37.91				

70+

1.	1075190 SUANZES PEREZ, Fernando	53	HERCULES	<b>13:00.87</b>	13,00
	50m: 44.30 44.30 200m: 3:08.01 1:36.92 800m: 13:00.87 6:34.34				
	100m: 1:31.09 46.79 400m: 6:26.53 3:18.52				

85+

1.	1143727 FOLCH MALLOFRE, Ramon	37	ARTEIXO	<b>20:13.73</b>	13,00
	50m: 1:13.46 1:13.46 200m: 4:56.37 2:31.44 800m: 20:13.73 10:03.74				
	100m: 2:24.93 1:11.47 400m: 10:09.99 5:13.62				

## Puntos

## Todas las pruebas

### Todos, Abs.

1. C. Dep. N. Cidade De Santiago	01295	181,00
2. C. Hércules Termaria	01572	154,00
3. C. N. Ponteareas	00878	117,00
4. C. N. Vigo Rías Baixas	00765	93,00
5. C. N. Galaico	00784	82,00
6. C. N. Escualos	01547	66,00
7. C. N. E Salvamento A Estrada	01576	57,00
8. C. N. Ferrol	00674	56,00
9. Sporting C. Casino	00287	46,00
10. C. N. Arteixo	01133	39,00
11. C. N. Pabellón Ourense	00101	38,00
12. C. Del Mar De San Amaro	00282	26,00
13. C. N. Portamiñá Lugo	01156	21,00
14. Agrup. Dep. Fogar	00617	20,00
15. C. N. Mos	01424	17,00
Real C. Náutico De Vigo	00071	17,00
17. C. N. Coruña	00186	16,00
18. C. Fluvial De Lugo	00398	13,00
C. Marina Ferrol	00146	13,00
20. C. N. Culleredo	01433	10,00
C. N. Redondela	00873	10,00
C. N. Xove	00622	10,00
C. Muller En Forma	01824	10,00

### Masc., Abs.

1. C. Dep. N. Cidade De Santiago	01295	155,00
2. C. Hércules Termaria	01572	95,00
3. C. N. Vigo Rías Baixas	00765	62,00
4. C. N. Arteixo	01133	39,00
5. C. N. Galaico	00784	38,00
6. C. N. E Salvamento A Estrada	01576	37,00
7. C. N. Escualos	01547	35,00
8. C. N. Ferrol	00674	30,00
C. N. Ponteareas	00878	30,00
10. Sporting C. Casino	00287	26,00
11. C. N. Pabellón Ourense	00101	25,00
12. Agrup. Dep. Fogar	00617	20,00
13. C. N. Mos	01424	17,00
Real C. Náutico De Vigo	00071	17,00
15. C. N. Redondela	00873	10,00
16. C. N. Portamiñá Lugo	01156	8,00

### Fem., Abs.

1. C. N. Ponteareas	00878	87,00
2. C. Hércules Termaria	01572	59,00
3. C. N. Galaico	00784	44,00
4. C. N. Escualos	01547	31,00
C. N. Vigo Rías Baixas	00765	31,00
6. C. Del Mar De San Amaro	00282	26,00
C. Dep. N. Cidade De Santiago	01295	26,00
C. N. Ferrol	00674	26,00
9. Sporting C. Casino	00287	20,00
C. N. E Salvamento A Estrada	01576	20,00
11. C. N. Coruña	00186	16,00
12. C. Fluvial De Lugo	00398	13,00

C. N. Pabellón Ourense	00101	13,00
C. Marina Ferrol	00146	13,00
C. N. Portamiñá Lugo	01156	13,00
16. C. N. Culleredo	01433	10,00
C. N. Xove	00622	10,00
C. Muller En Forma	01824	10,00

## Puntos WAQ Master

Abs.

1. PEDRE SALIDO, Julio	03	NFERROL	734	1
2. DEL RIO REGUEIRA, Marcos	93	ARTEIXO	730	1
RUBIO RUBIRA, Ivan	74	ARTEIXO	730	1
4. PASTORIZA SNTACLARA, Jorge	97	RIASBAIXAS	727	1
5. PARDO CHAS, Eva	04	NFERROL	723	1
6. RODRIGUEZ LAGO, David	86	CIDSANTIAGO	713	1
7. FRANCO CAL, Alba	91	FLUVIALUGO	698	1
8. GONZALEZ RODRIGUEZ, Maria	82	CIDSANTIAGO	611	1
9. TENORIO FREIRE, Martin	92	GALAICO	610	1
10. HERMIDA RODRIGUEZ, Blanca	81	MARINAFERROL	606	1
11. SALVANTE LAGO, Ainhoa	03	NFERROL	599	1
12. FREIJE TORNEIRO, Aroa	98	PORTAMIÑÁ	593	1
13. SANCHEZ GORDON, Roman	78	RIASBAIXAS	585	1
14. GARCIA MIGUEZ, Rosalia	98	GALAICO	578	1
15. DOMÍNGUEZ PARDELLAS, Rubén	88	RCNVIGO	572	1
16. SOTELO FERNANDEZ, Diego	75	CIDSANTIAGO	552	1
17. SONEIRA REBOREDO, Oscar	75	CIDSANTIAGO	539	1
18. QUINTAS BARROS, Jesus C.	73	ESCUALOS	538	1
19. FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	528	1
20. RIVAS FEAL, Antonio	66	CASINO	524	1
21. GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	521	1
22. ALCALDE BALADO, Tania	86	CIDSANTIAGO	519	1
23. HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	513	1
24. IGLESIAS GOMEZ, Gonzalo	79	HERCULES	507	1
25. PAZOS ALONSO, Josue	86	ESCUALOS	492	1
26. BETHENCOURT IGLESIAS, Sergio	63	GALAICO	491	1
27. CODESIDO LOPEZ, José	59	CIDSANTIAGO	489	1
28. MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	484	1
29. LAGO CASTILLO, Natalia	99	NCORUNA	480	1
30. TERCEIRO DELGADO, María Del Mar	63	CDELMAR	476	1
31. FERNANDEZ GAYOSO,, Jose Manuel	86	MOS	475	1
32. GARCIA COLOMO, Manuel Ramon	54	POURENSE	471	1
33. FREIRE GONZALEZ, Javier	93	RIASBAIXAS	453	1
34. GONZALEZ AVENDAÑO, Lucia	99	GALAICO	452	1
35. BEN CILLERO, Sabela	92	XOVE	447	1
36. TRILLO RODRIGUEZ, Adrian	97	MOS	446	1
37. FERNANDEZ GONZALEZ, Elena	01	HERCULES	438	1
38. MERA MONTECELOS, Pablo	83	HERCULES	431	1
39. RODRÍGUEZ SALGADO, Manuel	75	CIDSANTIAGO	423	1
40. PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	414	1
41. IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	411	1
42. ABADES REBOREDO, Daniel	78	HERCULES	409	1
43. SUANZES PEREZ, Fernando	53	HERCULES	402	1
44. RIVAS MACEIRAS, Isaac	99	HERCULES	401	1
45. CAGIAO RODRIGUEZ, Natalia	78	CASINO	392	1
46. FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	389	1
47. BERNARDEZ FERRO, Juan Jose	87	CIDSANTIAGO	388	1
48. ABUIN ARES, Manuel	87	CIDSANTIAGO	387	1
GONZALEZ PARIS, David	78	HERCULES	387	1
50. ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	379	1
51. GARCIA CASTIÑEIRA, Daniel	74	GALAICO	378	1



52.	NISTAL GARCÍA, Eduardo	68	CASINO	373	1
53.	RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	365	1
54.	GONZALEZ PEÑAS, David	84	PORTAMIÑÁ	360	1
55.	SANDERSON KEOUGH, Helen Jane	70	CULLEREDO	359	1
56.	FREIJO LÓPEZ, Lucía	92	NCORUNA	358	1
57.	SANJURJO POVEDA, Pablo	74	NFERROL	357	1
58.	VILARIÑO CACHO, Elvira	81	SALESTRADA	355	1
59.	PUENTE DÍAZ, Javier	71	CIDSANTIAGO	348	1
60.	GESTO ALONSO, Clarisa	89	PONTEAREAS	346	1
61.	PICALLO MATO, Adrian	95	SALESTRADA	344	1
62.	MIRA VAZQUEZ, Marta	81	ESCUALOS	342	1
63.	CARBALLA BARROSO, Rogelio Manuel	81	GALAICO	341	1
64.	PREGO MARTINEZ, Benjamin	73	PONTEAREAS	336	1
	GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	336	1
66.	RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	91	NFERROL	330	1
67.	MATIAS DUARTE, Erick	82	HERCULES	319	1
68.	VALIÑO FERRAZ, Tatyana	03	PONTEAREAS	318	1
69.	DURO GONZALEZ, Antonio	74	SALESTRADA	314	1
	CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	314	1
71.	HERNANZ MORAL, Fausto	62	RIASBAIXAS	312	1
72.	ARAÚJO CASTRO, Paula	91	CDELMAR	311	1
73.	GARCÍA SEOANE, Cristina María	75	HERCULES	310	1
74.	SANCHEZ LEDO, Cira	81	ESCUALOS	309	1
75.	BASTIDA CAMPOS, Alejandro	82	SALESTRADA	308	1
76.	FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	306	1
77.	ALVAREZ SILVA, Ruben	81	ESCUALOS	300	1
78.	LAMEIRO SEOANE, Javier	87	HERCULES	299	1
79.	SÁNCHEZ SECO, Manuel	68	ESCUALOS	298	1
80.	CORCOBA CARBIA, Raquel	77	SALESTRADA	289	1
81.	YÁÑEZ WONENBURGER, J. Carlos	59	HERCULES	286	1
	FOLCH MALLOFRE, Ramon	37	ARTEIXO	286	1
83.	MIRA PÉREZ, Jorge	68	CIDSANTIAGO	285	1
	FIERRO FERNANDEZ, Julio	82	HERCULES	285	1
85.	SALGADO CASTELO, Marta	94	MULLEREF	282	1
86.	LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	274	1
87.	BLANCO PEREZ, Angel	64	POURENSE	270	1
88.	COTELO SENANDE, Alberto	88	ADFOGAR	269	1
	LOPEZ CORTABITARTE, Belen	87	HERCULES	269	1
90.	OLMO VAQUEIRO, Leticia	81	PONTEAREAS	264	1
	GONZÁLEZ PEREIRA, J. Carlos	75	RCNVIGO	264	1
92.	TOME NOGUEIRA, Alberto M.	68	ADFOGAR	260	1
	LOPEZ PAYO, Mario	77	SALESTRADA	260	1
94.	GONZALEZ GARCIA, Covadonga	89	GALAICO	256	1
	GONZALEZ PEREZ, Paula	96	PONTEAREAS	256	1
96.	FARIÑA SOUSA, Noemi	83	GALAICO	253	1
97.	FERNANDEZ MONTEAGUDO, Ruben	85	CIDSANTIAGO	250	1
98.	FERNÁNDEZ FERNÁNDEZ, José Luis	74	CIDSANTIAGO	235	1
99.	LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	234	1
	SANCHEZ DE LLANO, M. Nieves	92	CASINO	234	1
101.	MOLANES PIÑEIRO, Maria Elena	84	PONTEAREAS	231	1
102.	LOPEZ MAHIA, Purificacion	63	HERCULES	226	1
103.	RODRIGUEZ VAZQUEZ, Maria Teresa	72	POURENSE	223	1
104.	REBOREDA MORILLO, Susana	62	ESCUALOS	220	1
105.	CARBALLO BALOIRA, Susana María	75	HERCULES	205	1
106.	TABOADA CALVELO, Jose Carlos	79	SALESTRADA	201	1

107. DE LA VEGA GÁNDARAS, Felipe	73	HERCULES	<b>200</b>	1
108. SANCHEZ BARREIRO, Maria Carmen	76	PONTEAREAS	<b>174</b>	1
109. CELEMIN PORRERO, Maria Teresa	59	GALAICO	<b>160</b>	1
110. RODRÍGUEZ TRONCOSO, Marina	59	PONTEAREAS	<b>141</b>	1
111. MELON PARENTE, M. Lourdes	69	PONTEAREAS	<b>137</b>	1
112. FERREIRO SANCHEZ, Luis	70	POURENSE	<b>126</b>	1
113. POSE MATO, Cesar	83	ADFOGAR	<b>115</b>	1

## Medallistas por prueba

## Todas las pruebas

### 1. Masc., 1500m Libre 25+

1.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	<b>20:49.56</b>	-
2.	1232980 PICALLO MATO, Adrian	95	SALESTRADA	<b>22:06.18</b>	-

### 1. Masc., 1500m Libre 30+

1.	1093472 DEL RIO REGUEIRA, Marcos	93	ARTEIXO	<b>17:13.70</b>	-
2.	1130602 TENORIO FREIRE, Martin	92	GALAICO	<b>18:17.24</b>	-
3.	1037824 FREIRE GONZALEZ, Javier	93	RIASBAIXAS	<b>20:11.25</b>	-

### 1. Masc., 1500m Libre 35+

1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	<b>17:50.57</b>	-
2.	1107406 DOMÍNGUEZ PARDELLAS, Rubén	88	RCNVIGO	<b>19:11.74</b>	-
3.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	<b>20:11.25</b>	-

### 1. Masc., 1500m Libre 40+

1.	1107942 GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	<b>19:42.47</b>	-
2.	1228089 MERA MONTECELOS, Pablo	83	HERCULES	<b>20:59.06</b>	-
3.	1214823 GONZALEZ PEÑAS, David	84	PORTAMIÑÁ	<b>22:16.50</b>	-

### 1. Masc., 1500m Libre 45+

1.	1118746 SANCHEZ GORDON, Roman	78	RIASBAIXAS	<b>19:23.15</b>	-
2.	1243174 SONEIRA REBOREDO, Oscar	75	CIDSANTIAGO	<b>19:55.32</b>	-
3.	1024675 IGLESIAS GOMEZ, Gonzalo	79	HERCULES	<b>20:20.16</b>	-

### 1. Masc., 1500m Libre 50+

1.	1040137 QUINTAS BARROS, Jesus C.	73	ESCUALOS	<b>20:08.58</b>	-
2.	1079343 MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	<b>20:52.25</b>	-
3.	1084040 GARCIA CASTIÑEIRA, Daniel	74	GALAICO	<b>22:39.17</b>	-

### 1. Masc., 1500m Libre 55+

1.	1085112 RIVAS FEAL, Antonio	66	CASINO	<b>21:04.21</b>	-
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	<b>25:13.09</b>	-
3.	1180234 SÁNCHEZ SECO, Manuel	68	ESCUALOS	<b>25:26.22</b>	-

### 1. Masc., 1500m Libre 60+

1.	1076250 BETHENCOURT IGLESIAS, Sergio	63	GALAICO	<b>22:16.50</b>	-
2.	1144940 HERNANZ MORAL, Fausto	62	RIASBAIXAS	<b>25:54.21</b>	-
3.	1143536 BLANCO PEREZ, Angel	64	POURENSE	<b>27:10.83</b>	-

### 1. Masc., 1500m Libre 65+

1.	1170858 CODESIDO LOPEZ, José	59	CIDSANTIAGO	<b>23:58.51</b>	-
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### 1. Masc., 1500m Libre 70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	54	POURENSE	<b>23:45.38</b>	-
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2. Fem., 800m Libre 20+

1.	1075380 SALVANTE LAGO, Ainhoa	03	NFERROL	<b>10:29.81</b>	-
2.	1194207 VALIÑO FERRAZ, Tatyana	03	PONTEAREAS	<b>12:58.07</b>	-

2. Fem., 800m Libre 25+

1.	1038096 FREIJE TORNEIRO, Aroa	98	PORTAMIÑÁ	<b>10:32.01</b>	-
2.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	<b>10:37.36</b>	-
3.	1039634 LAGO CASTILLO, Natalia	99	NCORUNA	<b>11:18.21</b>	-

2. Fem., 800m Libre 30+

1.	1093459 FRANCO CAL, Alba	91	FLUVIALUGO	<b>9:44.54</b>	-
2.	1041452 BEN CILLERO, Sabela	92	XOVE	<b>11:18.06</b>	-
3.	1040457 FREIJO LÓPEZ, Lucía	92	NCORUNA	<b>12:09.80</b>	-

2. Fem., 800m Libre 35+

1.	1193947 ALCALDE BALADO, Tania	86	CIDSANTIAGO	<b>11:00.15</b>	-
2.	1076543 RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	<b>12:22.47</b>	-
3.	1144948 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	<b>12:43.43</b>	-

2. Fem., 800m Libre 40+

1.	1075221 HERMIDA RODRIGUEZ, Blanca	81	MARINAFERROL	<b>10:32.55</b>	-
2.	1237395 VILARIÑO CACHO, Elvira	81	SALESTRADA	<b>12:35.57</b>	-
3.	1144598 OLMO VAQUEIRO, Leticia	81	PONTEAREAS	<b>13:54.44</b>	-

2. Fem., 800m Libre 45+

1.	1221213 CAGIAO RODRIGUEZ, Natalia	78	CASINO	<b>12:19.31</b>	-
2.	1214850 CORCOBA CARBIA, Raquel	77	SALESTRADA	<b>13:38.66</b>	-
3.	1246144 SANCHEZ BARREIRO, M.	76	PONTEAREAS	<b>16:08.51</b>	-

2. Fem., 800m Libre 50+

1.	1144710 RODRIGUEZ VAZQUEZ, M.	72	POURENSE	<b>15:28.83</b>	-
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2. Fem., 800m Libre 55+

1.	1037970 CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	<b>14:02.22</b>	-
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2. Fem., 800m Libre 60+

1.	1143893 REBOREDA MORILLO, Susana	62	ESCUALOS	<b>16:32.96</b>	-
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2. Fem., 800m Libre 65+

1.	1141154 CELEMIN PORRERO, Maria Teresa	59	GALAICO	<b>19:28.17</b>	-
2.	1217937 RODRÍGUEZ TRONCOSO, Marina	59	PONTEAREAS	<b>20:18.76</b>	-

3. Fem., 1500m Libre 20+

1.	1140814 PARDO CHAS, Eva	04	NFERROL	<b>18:29.35</b>	-
2.	1144257 FERNANDEZ GONZALEZ, Elena	01	HERCULES	<b>21:50.60</b>	-

3. Fem., 1500m Libre 30+

1.	1143565 ARAÚJO CASTRO, Paula	91	CDELMAR	<b>24:15.15</b>	-
2.	1078925 SALGADO CASTELO, Marta	94	MULLEREF	<b>25:04.28</b>	-

3. Fem., 1500m Libre 35+

1.	1040731 GESTO ALONSO, Clarisa	89	PONTEAREAS	<b>24:02.53</b>	-
2.	1036315 LOPEZ CORTABITARTE, Belen	87	HERCULES	<b>26:08.23</b>	-

3. Fem., 1500m Libre 40+

1.	1013486 GONZALEZ RODRIGUEZ, Maria	82	CIDSANTIAGO	<b>19:51.08</b>	-
2.	1143598 MIRA VAZQUEZ, Marta	81	ESCUALOS	<b>24:04.67</b>	-
3.	1143597 SANCHEZ LEDO, Cira	81	ESCUALOS	<b>24:53.88</b>	-

3. Fem., 1500m Libre 45+

1.	1180238 GARCÍA SEOANE, Cristina María	75	HERCULES	<b>25:21.01</b>	-
2.	1197606 CARBALLO BALOIRA, Susana María	75	HERCULES	<b>29:04.87</b>	-

3. Fem., 1500m Libre 50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	<b>22:12.75</b>	-
2.	1197600 SANDERSON KEOUGH, Helen Jane	70	CULLEREDO	<b>25:00.71</b>	-

3. Fem., 1500m Libre 55+

1.	1145007 MELON PARENTE, M. Lourdes	69	PONTEAREAS	<b>34:58.14</b>	-
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3. Fem., 1500m Libre 60+

1.	1144331 TERCEIRO DELGADO, M.	63	CDELMAR	<b>24:12.47</b>	-
2.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	<b>31:00.84</b>	-

4. Masc., 800m Libre 20+

1.	1075438 PEDRE SALIDO, Julio	03	NFERROL	<b>9:00.75</b>	-
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4. Masc., 800m Libre 25+

1.	1144193 PASTORIZA SANTA CLARA, Jorge	97	RIASBAIXAS	<b>9:02.40</b>	-
2.	1039270 TRILLO RODRIGUEZ, Adrian	97	MOS	<b>10:38.22</b>	-
3.	1039755 RIVAS MACEIRAS, Isaac	99	HERCULES	<b>11:01.34</b>	-

4. Masc., 800m Libre 35+

1.	1086708 ABUIN ARES, Manuel	87	CIDSANTIAGO	<b>11:20.32</b>	-
2.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	<b>12:21.78</b>	-
3.	1226234 COTELO SENANDE, Alberto	88	ADFOGAR	<b>12:47.72</b>	-

4. Masc., 800m Libre 40+

1.	1178765 ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	<b>11:24.89</b>	-
2.	1144789 MATIAS DUARTE, Erick	82	HERCULES	<b>12:04.73</b>	-
3.	1170841 BASTIDA CAMPOS, Alejandro	82	SALESTRADA	<b>12:13.63</b>	-

4. Masc., 800m Libre 45+

1.	1129898 SOTELO FERNANDEZ, Diego	75	CIDSANTIAGO	<b>10:14.97</b>	-
2.	1231581 RODRÍGUEZ SALGADO, Manuel	75	CIDSANTIAGO	<b>11:12.13</b>	-
3.	1143480 ABADES REBOREDO, Daniel	78	HERCULES	<b>11:19.86</b>	-

4. Masc., 800m Libre 50+

1.	1110671 RUBIO RUBIRA, Ivan	74	ARTEIXO	<b>9:30.48</b>	-
2.	1147010 SANJURJO POVEDA, Pablo	74	NFERROL	<b>12:03.54</b>	-
3.	1144601 PUENTE DÍAZ, Javier	71	CIDSANTIAGO	<b>12:10.08</b>	-

4. Masc., 800m Libre 55+

1.	1175089 NISTAL GARCÍA, Eduardo	68	CASINO	<b>12:17.60</b>	-
2.	1076162 MIRA PÉREZ, Jorge	68	CIDSANTIAGO	<b>13:26.71</b>	-
3.	1037161 TOME NOGUEIRA, Alberto M.	68	ADFOGAR	<b>13:51.54</b>	-

4. Masc., 800m Libre 60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	<b>11:17.48</b>	-
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4. Masc., 800m Libre 65+

1.	1174449 FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	<b>12:56.20</b>	-
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	59	HERCULES	<b>14:19.62</b>	-

4. Masc., 800m Libre 70+

1.	1075190 SUANZES PEREZ, Fernando	53	HERCULES	<b>13:00.87</b>	-
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4. Masc., 800m Libre 85+

1.	1143727 FOLCH MALLOFRE, Ramon	37	ARTEIXO	<b>20:13.73</b>	-
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## Récords batidos por prueba^

## Todas las pruebas

### Masc., 800m Libre

1.	Serie 3	Garcia Colomo, Manuel Ramor	54	00101	12:44.08	RG P25	70+
4.	Serie 3	FERNANDEZ NUÑEZ, Santiagoc	63	01295	11:17.48	RG P25	60+
4.	Serie 4	Rubio Rubira, Ivan	74	01133	9:30.48	RG P25	50+
4.	Serie 4	Pastoriza Santaclara, Jorge	97	00765	9:02.40	RG P25	25+

### Masc., 1500m Libre

1.	Serie 3	Garcia Colomo, Manuel Ramor	54	00101	23:45.38	RG P25	70+
1.	Serie 3	Codesido Lopez, José	59	01295	23:58.51	RG P25	65+
1.	Serie 4	Bethencourt Iglesias, Sergio	63	00784	22:16.50	RG P25	60+

### Fem., 200m Libre

3.	Serie 3	Mira Vazquez, Marta	81	01547	2:05.74	RG P25	40+
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### Fem., 800m Libre

2.	Serie 4	Franco Cal, Alba	91	00398	9:44.54	RG P25	30+
3.	Serie 3	Pardo Chas, Eva	04	00674	9:49.54	RG P25	20+

### Fem., 1500m Libre

3.	Serie 3	Hernandez Alfageme, Rita	71	00765	22:12.75	RG P25	50+
3.	Serie 3	Gonzalez Rodriguez, Maria	82	01295	19:51.08	RG P25	40+
3.	Serie 3	Pardo Chas, Eva	04	00674	18:29.35	RG P25	20+

FICHA TÉCNICA DA COMPETICIÓN			
<b>Competición:</b> CAMPIONATO GALEGO FONDO MASTER "MEMORIAL GERADO ESTEUDELL"			
<b>Datas:</b> 10 DE MARZO DE 2024		<b>Número de sesións:</b> 02	
<b>Piscina:</b> SANTA ISABEL		<b>Concello:</b> SANTIAGO	
<b>Lonxitude:</b> 25	<b>Número de pistas:</b> 8		<b>Temperatura da auga:</b> 26,50°
<b>Relación de clubs participantes e persoa acreditada:</b>			
ADFOGAR	CN MOS	CFLUVIAL DE LUGO	CN PABELLON OURENSE
SPORTING C CASINO	CN PORTA MIÑA LUGO	CHERCULES TERMARIA	CN PONTEAREAS
CNDEL MAR	CN VIGO RIAS BAIXAS	CN ARTEIXO	CN REDONDELA
CN CULLEREDO	C MULLER EN FORMA	CN CORUÑA	RCNVIGO
CN ESCUALOS	CN GALAICO	CNSALVAMENTO ESTRADA	CD N CIDADE SANTIAGO
CN MARINA	CN XOVE	CN FERROL	
<b>Director de competición:</b> SANTIAGO ESCUDERO PEREIRA			
<b>Composición do xurado principal</b>			
<b>Posto</b>	<b>Nome e apelidos</b>	<b>LICENCIA</b>	
Xuíz Árbitro Mas :	FRANCISCO BARRAL TRIPOLI	1039267	
Xuíz Árbitro Fem:	LAURA VÁZQUEZ PARCERO	1037937	
Xuíz Saídas Mas:	NEREA GONZALEZ OUTEIRO	1099700	
Xuíz Saídas Fem:	MANUEL QUINTAS MOSQUERA	1228061	
Xuíz Estilos /Viraxes:	MARIA LUISA AVENDAÑO VILAS	1037960	
Xuíz Estilos/Viraxes:	MARIA COTOS SUAREZ	1038612	
Xuíz Estilos /Viraxes:	ANA LUCIA GONZALEZ CASTRO	1040739	
Xuíz Estilos /Viraxes:	CARMEN SANCHEZ VÁZQUEZ	1037174	
<b>Tipo de cronometraxe:</b> MANUAL			
<b>Outros postos do xurado ao dorso</b>			
<b>Hora de comezo:</b> 10:00/16:00		<b>Hora de remate:</b> 12:05/17:35	
<b>Incidencias da competición:</b>			
Certifico a veracidade dos datos que figuran nestes resultados: SANTIAGO , 10____de _____MARZO_____ de 2024  Asinado: <b>Xuízes árbitros</b>			

FICHA TÉCNICA DA COMPETICIÓN	
<b>Axudante do xuíz de saídas:</b>	LAURA TILVE RODRIGUEZ – ALEX MUNIN CANDAL
<b>Xefe de cronometradores:</b>	TOMAS REY MUÑIN
<b>Cronometradores:</b>	
Pista 1:	CANDELA VAZQUEZ FONTANS – CLAUDIA FANDIÑO LOPEZ
Pista 2:	AGUSTIN ORECHIA – NEREA MON GARCIA
Pista 3:	IAGO MERA RODRIGUEZ – ANDRES MARTINEZ MARINO
Pista 4:	LUCIA BLANCO FARIÑAS – CARMEN VICTORIA SOUTIÑO RAMIREZ
Pista 5:	RAQUEL GONZALEZ TOJO – IAN SUAREZ RIPOLL
Pista 6:	ERIC MUNIN CANDAL – MARTIN SEOANE FERNANDEZ
Pista 7:	OSCAR ETAYO GARCIA – ALONSO REY MUNIN
Pista 8:	ANA VILLA SEMPRE – NOELIA GARCIA POZAS
<b>Cronometrador volante:</b>	ALBA PAZ CASTRO
<b>Locutor/a:</b>	XIANA LOPEZ
<b>Axudantes de secretaría:</b>	
<b>Resultados:</b> SANDRA BOLAÑO PEDREIRA	
<b>Cronometraxe electrónica:</b>	
<b>Técnico de son:</b>	
<b>Outros postos:</b>	