

1. 100 m Braza Feminino

20+

1	1140814	PARDO CHAS EVA	2004	CNFERRO	1:25.00	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 39.00							
2	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	1:26.41	M 50	2023-12-03	Rosario Dueñas	10
3	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	1:29.24	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50B: 42.62							
4	1099697	CHANS FANEGO PAULA	2003	CNFERRO	1:29.74	M 25	2023-12-02	J. GÓMEZ NOYA	7
		50B: 41.42							
5	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	1:31.60	M 50	2023-12-03	Rosario Dueñas	6
6	1143296	EIJO GIL ANA PAULA	2003	NPONTEA	1:35.12	M 25	2023-12-03	AS POZAS	5
		50B: 44.63							
7	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	1:36.10	M 25	2023-12-03	AS POZAS	4
		50B: 44.83							
8	1252297	CARBALLAL FEBREIRO MARÍA	2000	CNXOVE	1:41.00	M 25	2023-12-02	J. GÓMEZ NOYA	3
		50B: 46.00							
9	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	1:42.40	M 25	2023-12-03	AS POZAS	2
		50B: 47.24							
10	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	1:44.45	M 50	2023-12-03	Rosario Dueñas	1
11	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:48.87	M 25	2023-12-03	AS POZAS	0
		50B: 50.71							

25+

1	1039096	LAGO LOPEZ RAQUEL	1995	RBAIXAS	1:28.94	M 25	2023-12-03	AS POZAS	13
		50B: 41.83							
2	1130789	GARCIA MIGUEZ ROSALIA	1998	GALAICO	1:31.70	M 25	2023-12-03	AS POZAS	10
		50B: 44.09							
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	1:34.16	M 25	2023-12-03	AS POZAS	8
		50B: 43.85							
4	1038199	SABUZ FORNEIRO ANDREA	1998	POURENSE	1:34.47	M 50	2023-12-03	Rosario Dueñas	7
5	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	1:37.51	M 50	2023-12-03	Rosario Dueñas	6
6	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	1:40.16	M 50	2023-12-03	Rosario Dueñas	5
7	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:48.13	M 25	2023-12-03	AS POZAS	4
		50B: 52.01							

30+

1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	1:23.31	M 50	2023-12-03	Rosario Dueñas	13
2	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	1:24.00	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 39.97							
3	1041452	BEN CILLERO SABELA	1992	CNXOVE	1:24.96	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50B: 39.25							

4	1084714	BUGALLO PÉREZ ESTÍBALIZ	1990	RCNVIGO	1:24.98	M 25	2023-12-03	AS POZAS	7
		50B: 40.34							
5	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	1:34.43	M 25	2023-12-03	AS POZAS	6
		50B: 44.98							
6	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	1:45.13	M 25	2023-12-03	AS POZAS	5
		50B: 50.62							
7	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	1:48.41	M 50	2023-12-03	Rosario Dueñas	4
8	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	1:54.28	M 50	2023-12-03	Rosario Dueñas	3
9	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	2:00.37	M 25	2023-12-03	AS POZAS	2
		50B: 58.18							
10	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	2:54.63	M 50	2023-12-03	Rosario Dueñas	1
35+									
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	1:27.00	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 41.00							
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	1:31.00	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 42.00							
3	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	1:38.34	M 25	2023-12-03	AS POZAS	8
		50B: 46.01							
4	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	1:51.34	M 50	2023-12-03	Rosario Dueñas	7
5	1036315	LOPEZ CORTABITARTE BELEN	1987	HERCULES	1:53.59	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50B: 57.12							
6	1143898	GONZALEZ FERNANDEZ CORAL.M	1987	ESCUALOS	1:54.50	M 50	2023-12-03	Rosario Dueñas	5
7	1243119	COMESAÑA REGUEIRA MIRIAM	1989	RBAIXAS	2:06.91	M 25	2023-12-03	AS POZAS	4
		50B: 59.57							
40+									
1	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	1:38.12	M 50	2023-12-03	Rosario Dueñas	13
2	1244421	DE MARTIN MIGUEL ANA ASUNCIÓN	1980	ESCUALOS	1:41.23	M 50	2023-12-03	Rosario Dueñas	10
3	1143230	HAGEN GRIT	1983	VALDEORR	1:52.94	M 50	2023-12-03	Rosario Dueñas	8
4	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	1:53.12	M 25	2023-12-03	AS POZAS	7
		50B: 53.84							
45+									
1	1144949	ÁLVAREZ ALONSO SONIA M.	1976	RBAIXAS	1:38.30	M 25	2023-12-03	AS POZAS	13
		50B: 45.57							
2	1144051	DIEGUEZ VARELA CARINA	1977	RBAIXAS	1:47.35	M 25	2023-12-03	AS POZAS	10
		50B: 52.46							
3	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	1:47.44	M 25	2023-12-03	AS POZAS	8
		50B: 51.35							
4	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	1:56.28	M 25	2023-12-03	AS POZAS	7
		50B: 55.34							
5	1222316	GIL VILLARINO MARTA	1977	HERCULES	1:58.00	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50B: 56.00							

6	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	2:02.00	M 25	2023-12-02	J. GÓMEZ NOYA	5
		50B: 59.36							
7	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	2:05.11	M 25	2023-12-03	AS POZAS	4
		50B: 1:00.47							
8	1239790	CARBALLEIRA LOIS BARBARA	1976	ESCUALOS	2:12.88	M 50	2023-12-03	Rosario Dueñas	3
50+									
1	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	1:38.54	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 46.83							
2	1141514	DEIRA BARCALA SILVIA	1974	ARZUA	1:57.66	M 50	2023-12-03	Rosario Dueñas	10
3	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	1:59.00	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50B: 56.94							
4	1207084	MAZAIRO CASTRO CARMEN	1973	ESCUALOS	2:00.22	M 50	2023-12-03	Rosario Dueñas	7
5	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	2:02.48	M 50	2023-12-03	Rosario Dueñas	6
6	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	2:08.57	M 25	2023-12-03	AS POZAS	5
		50B: 58.38							
55+									
1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	1:37.70	M 25	2023-12-03	AS POZAS	13
2	1189938	LOPEZ RODRIGUEZ ADELA ELENA	1968	POURENSE	1:52.59	M 50	2023-12-03	Rosario Dueñas	10
3	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	1:53.03	M 25	2023-12-03	AS POZAS	8
		50B: 54.73							
4	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	1:53.71	M 50	2023-12-03	Rosario Dueñas	7
5	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	1:53.81	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50B: 52.20							
6	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	3:08.04	M 25	2023-12-03	AS POZAS	5
		50B: 1:33.04							
60+									
1	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	2:00.65	M 50	2023-12-03	Rosario Dueñas	13
2	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	2:12.81	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 1:00.94							
65+									
1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	2:22.94	M 25	2023-12-03	AS POZAS	13
		50B: 1:06.56							
2	1249213	GUARDIOLA MEDEL NURIA	1956	NPONTEA	2:48.96	M 25	2023-12-03	AS POZAS	10
		50B: 1:18.18							
3	1076494	SUEIRO COSTAS Mª CARMEN	1956	NPONTEA	3:26.32	M 25	2023-12-03	AS POZAS	8
		50B: 1:36.12							

2. 100 m Braza Masculino

20+

1	1075356	SEIJO BERMUDEZ DANIEL	2004	CNFERRO	1:10.12	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 32.18							
2	1140795	LOSADA JIMÉNEZ SERGIO	2004	CNFERRO	1:13.60	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 33.69							
3	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:15.06	M 25	2023-12-03	AS POZAS	8
		50B: 34.93							
4	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	1:22.46	M 25	2023-12-02	J. GÓMEZ NOYA	7
		50B: 39.00							
5	1143432	PARGA TORRENTE DAVID	2004	CNFERRO	1:22.72	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50B: 38.96							
6	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	1:34.79	M 25	2023-12-03	AS POZAS	5
		50B: 46.30							

25+

1	1119327	SUAREZ FERNÁNDEZ SANTIAGO	1995	MOLEMOS	1:19.27	M 50	2023-12-03	Rosario Dueñas	13
2	1038356	AZNAR GRILLE CARLOS JAVIER	1995	CMARINA	1:21.78	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 38.38							
3	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	1:27.94	M 25	2023-12-03	AS POZAS	8
		50B: 40.79							
4	1216460	FRANCISCO MACÍAS SIMÓN	1996	POURENSE	1:31.16	M 50	2023-12-03	Rosario Dueñas	7

30+

1	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	1:09.26	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 33.12							
2	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	1:10.40	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 32.85							
3	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	1:16.49	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50B: 35.57							
4	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	1:21.80	M 25	2023-12-02	J. GÓMEZ NOYA	7
		50B: 38.00							
5	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	1:32.01	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50B: 43.34							
6	1249224	GONZALEZ SANCHEZ LUIS FEDERICO	1992	CIDSANTI	1:35.60	M 50	2023-12-03	Rosario Dueñas	5
7	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	2:04.54	M 25	2023-12-03	AS POZAS	4
		50B: 54.09							

35+

1	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	1:18.17	M 50	2023-12-03	Rosario Dueñas	13
2	1136629	FIGUEIRA DOMINGUEZ JAVIER GUZMAN	1988	RBAIXAS	1:19.53	M 25	2023-12-03	AS POZAS	10

50B: 37.63

3	1191119	CAO LAGO PABLO	1987	RBAIXAS	1:21.46	M 25	2023-12-03	AS POZAS	8
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50B: 38.09

4	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	1:21.74	M 25	2023-12-03	AS POZAS	7
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50B: 39.01

5	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	1:22.65	M 25	2023-12-03	AS POZAS	6
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50B: 38.77

6	1185622	DÍAZ RODRÍGUEZ ANDRÉS	1989	NTNARON	1:23.00	M 25	2023-12-02	J. GÓMEZ NOYA	5
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50B: 39.00

7	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	1:23.53	M 50	2023-12-03	Rosario Dueñas	4
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8	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	1:27.33	M 50	2023-12-03	Rosario Dueñas	3
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9	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:31.77	M 50	2023-12-03	Rosario Dueñas	2
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10	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	1:31.80	M 25	2023-12-02	J. GÓMEZ NOYA	1
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50B: 42.62

11	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	1:32.00	M 25	2023-12-02	J. GÓMEZ NOYA	0
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50B: 43.00

12	1076566	HERRUZO CARREÑO GUILLERMO	1987	GALAICO	1:32.89	M 25	2023-12-03	AS POZAS	0
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50B: 42.47

13	1219495	LAGO CARRERA RAMON	1985	RBAIXAS	1:34.24	M 25	2023-12-03	AS POZAS	0
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50B: 43.63

40+

1	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	1:21.51	M 50	2023-12-03	Rosario Dueñas	13
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2	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	1:25.56	M 25	2023-12-02	J. GÓMEZ NOYA	10
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50B: 40.03

3	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	1:25.90	M 50	2023-12-03	Rosario Dueñas	8
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4	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	1:28.00	M 25	2023-12-02	J. GÓMEZ NOYA	7
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50B: 42.00

5	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	1:38.50	M 50	2023-12-03	Rosario Dueñas	6
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6	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	1:38.62	M 25	2023-12-03	AS POZAS	5
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50B: 47.17

7	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	1:39.91	M 50	2023-12-03	Rosario Dueñas	4
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8	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	1:40.51	M 25	2023-12-03	AS POZAS	3
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50B: 46.72

9	1224734	SOTO REGUEIRA ROI	1983	RBAIXAS	1:41.11	M 25	2023-12-03	AS POZAS	2
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50B: 48.35

10	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	1:45.38	M 50	2023-12-03	Rosario Dueñas	1
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11	1039360	POSE MATO CESAR	1983	ADFOGAR	2:19.49	M 50	2023-12-03	Rosario Dueñas	0
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45+

1	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	1:20.88	M 25	2023-12-02	J. GÓMEZ NOYA	13
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50B: 36.66

2	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	1:21.63	M 50	2023-12-03	Rosario Dueñas	10
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3	1010047	GARCIA REBOLO ALEJANDRO	1975	POURENSE	1:24.46	M 50	2023-12-03	Rosario Dueñas	8
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4	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	1:26.02	M 50	2023-12-03	Rosario Dueñas	7
5	1084706	ESCUDEIRO PEREIRA SANTIAGO	1977	POURENSE	1:26.59	M 50	2023-12-03	Rosario Dueñas	6
6	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	1:31.45	M 50	2023-12-03	Rosario Dueñas	5
7	1252284	FERNANDEZ PEREIRA CARLOS	1979	POURENSE	1:38.73	M 50	2023-12-03	Rosario Dueñas	4
8	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	1:39.19	M 50	2023-12-03	Rosario Dueñas	3
9	1174679	DE MARTIN DIAZ RUBEN	1976	POURENSE	1:39.42	M 50	2023-12-03	Rosario Dueñas	2
10	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	1:40.15	M 50	2023-12-03	Rosario Dueñas	1
11	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	1:42.44	M 25	2023-12-03	AS POZAS	0
50B: 48.01									
12	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	1:45.97	M 25	2023-12-03	AS POZAS	0
50B: 50.75									
13	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	1:46.09	M 25	2023-12-02	J. GÓMEZ NOYA	0
50B: 49.08									
14	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	1:46.48	M 50	2023-12-03	Rosario Dueñas	0
15	1144196	LOPEZ FRANCISCO FRANCISCO JOSE	1976	RBAIXAS	2:02.21	M 25	2023-12-03	AS POZAS	0
50B: 55.52									
16	1251233	GONZALEZ SANDEZ CARLOS	1979	VALDEORR	2:06.71	M 50	2023-12-03	Rosario Dueñas	0
50+									
1	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	1:23.09	M 25	2023-12-02	J. GÓMEZ NOYA	13
50B: 38.78									
2	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	1:28.05	M 25	2023-12-02	J. GÓMEZ NOYA	10
50B: 40.00									
3	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	1:28.98	M 25	2023-12-03	AS POZAS	8
50B: 42.12									
4	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	1:30.31	M 25	2023-12-03	AS POZAS	7
50B: 42.59									
5	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	1:31.71	M 50	2023-12-03	Rosario Dueñas	6
6	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	1:35.86	M 50	2023-12-03	Rosario Dueñas	5
7	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	1:36.97	M 50	2023-12-03	Rosario Dueñas	4
8	1084040	GARCIA CASTIÑEIRA DANIEL	1974	GALAICO	1:38.00	M 25	2023-12-03	AS POZAS	3
50B: 45.61									
9	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	1:38.40	M 50	2023-12-03	Rosario Dueñas	2
10	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	1:39.00	M 25	2023-12-02	J. GÓMEZ NOYA	1
50B: 46.00									
11	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	1:41.87	M 25	2023-12-03	AS POZAS	0
50B: 48.82									
12	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	1:43.83	M 50	2023-12-03	Rosario Dueñas	0
13	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	1:48.33	M 50	2023-12-03	Rosario Dueñas	0
14	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	1:52.64	M 50	2023-12-03	Rosario Dueñas	0
15	1197604	ARAUJO FERNÁNDEZ JOSE	1971	ESCUALOS	2:01.95	M 50	2023-12-03	Rosario Dueñas	0
16	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	2:03.83	M 50	2023-12-03	Rosario Dueñas	0

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	1:17.92	M 25	2023-12-03	AS POZAS	13
		50B: 36.45							
2	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	1:24.49	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 39.86							
3	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:43.20	M 50	2023-12-03	Rosario Dueñas	8
4	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	1:51.84	M 25	2023-12-03	AS POZAS	7
		50B: 52.12							
5	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	1:56.63	M 50	2023-12-03	Rosario Dueñas	6
6	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	2:02.00	M 25	2023-12-02	J. GÓMEZ NOYA	5
		50B: 58.56							
60+									
1	1078597	SOLLEIRO TIZON JUAN JOSE	1963	NCORUÑA	1:30.92	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50B: 43.72							
2	1241138	RODRIGUEZ QUEIRUGA JUAN CARLOS	1963	NCORUÑA	1:41.00	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50B: 47.00							
3	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	1:49.10	M 25	2023-12-03	AS POZAS	8
		50B: 49.90							
4	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	1:56.68	M 25	2023-12-03	AS POZAS	7
		50B: 54.56							
5	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	1:59.50	M 50	2023-12-03	Rosario Dueñas	6
6	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	2:04.00	M 50	2023-12-03	Rosario Dueñas	5
65+									
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	1:30.44	M 25	2023-12-03	AS POZAS	13
		50B: 44.53							
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	1:35.24	M 50	2023-12-03	Rosario Dueñas	10
3	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	1:49.09	M 25	2023-12-03	AS POZAS	8
		50B: 52.25							
70+									
1	1240096	IVANCHENKO YURII	1953	POURENSE	1:54.11	M 50	2023-12-03	Rosario Dueñas	13
2	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	2:18.21	M 25	2023-12-03	AS POZAS	10
		50B: 1:01.65							
75+									
1	1247512	VILLORIA CARAMES ALEJANDRO	1945	CTRAVIE	3:06.59	M 25	2023-12-03	AS POZAS	13
		50B: 1:25.62							
80+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	2:53.91	M 25	2023-12-03	AS POZAS	13
		50B: 1:23.71							

3. 200 m Costas Feminino

20+										
1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	2:34.79	M 25	2023-12-03	AS POZAS	13	
		50E: 35.04 100E: 1:13.18								
2	1099697	CHANS FANEGO PAULA	2003	CNFERRO	2:50.23	M 25	2023-12-02	J. GÓMEZ NOYA	10	
		50E: 40.06 100E: 1:23.09								
3	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	3:06.77	M 50	2023-12-03	Rosario Dueñas	8	
		100E: 1:30.82								
4	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	3:13.15	M 25	2023-12-03	AS POZAS	7	
		50E: 44.71 100E: 1:34.28								
5	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	3:37.56	M 50	2023-12-03	Rosario Dueñas	6	
		100E: 1:49.64								
6	1232978	LOPEZ MORADO MARIA	2001	CULLERED	4:18.14	M 25	2023-12-02	J. GÓMEZ NOYA	5	
		50E: 56.92 100E: 2:03.70								
25+										
1	1130789	GARCIA MIGUEZ ROSALIA	1998	GALAICO	2:51.99	M 25	2023-12-03	AS POZAS	13	
		50E: 41.22 100E: 1:25.31								
2	1038199	SABUZ FORNEIRO ANDREA	1998	POURENSE	2:54.22	M 50	2023-12-03	Rosario Dueñas	10	
		100E: 1:23.65								
3	1038929	GONZALEZ AVENDAÑO LUCIA	1999	GALAICO	3:00.84	M 25	2023-12-03	AS POZAS	8	
		50E: 43.86 100E: 1:29.73								
30+										
1	1084714	BUGALLO PÉREZ ESTÍBALIZ	1990	RCNVIGO	2:47.32	M 25	2023-12-03	AS POZAS	13	
		50E: 39.07 100E: 1:20.45								
2	1142917	LÓPEZ SANMARTÍN TANIA	1991	CNFERRO	3:12.35	M 25	2023-12-02	J. GÓMEZ NOYA	10	
		50E: 46.09 100E: 1:35.28								
35+										
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	2:49.40	M 25	2023-12-02	J. GÓMEZ NOYA	13	
		50E: 39.93 100E: 1:24.02								
2	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	3:10.09	M 25	2023-12-03	AS POZAS	10	
		50E: 43.31 100E: 1:32.53								
3	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	3:20.62	M 25	2023-12-03	AS POZAS	8	
		50E: 46.31 100E: 1:36.79								
4	1036315	LOPEZ CORTABITARTE BELEN	1987	HERCULES	3:45.35	M 25	2023-12-02	J. GÓMEZ NOYA	7	
		50E: 56.16 100E: 1:53.76								
5	1143898	GONZALEZ FERNANDEZ CORAL.M	1987	ESCUALOS	4:10.67	M 50	2023-12-03	Rosario Dueñas	6	
		100E: 2:05.13								

40+

1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	2:51.27	M 50	2023-12-03	Rosario Dueñas	13
		100E: 1:23.81							
2	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	3:10.29	M 50	2023-12-03	Rosario Dueñas	10
		100E: 1:35.20							
3	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	4:36.66	M 50	2023-12-03	Rosario Dueñas	8
		100E: 2:14.78							

45+

1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	3:33.29	M 50	2023-12-03	Rosario Dueñas	13
		100E: 1:47.54							
2	1143813	REGUEIRA MARTINEZ MARIA J.	1975	HERCULES	3:41.91	M 25	2023-12-02	J. GÓMEZ NOYA	10
		100E: 1:46.16							
3	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	3:50.90	M 25	2023-12-03	AS POZAS	8
		50E: 56.92 100E: 1:55.70							
4	1144051	DIEGUEZ VARELA CARINA	1977	RBAIXAS	3:52.21	M 25	2023-12-03	AS POZAS	7
		50E: 55.04 100E: 1:54.11							
5	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	4:04.85	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50E: 56.37 100E: 1:58.95							
6	1119241	VIDAL BELLO MARA	1977	VALDEORR	4:32.87	M 50	2023-12-03	Rosario Dueñas	5
		100E: 2:14.67							

50+

1	1147115	HERNANDEZ ALFAGEME RITA	1971	RBAIXAS	3:14.87	M 25	2023-12-03	AS POZAS	13
		50E: 46.44 100E: 1:35.45							
2	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	3:19.29	M 50	2023-12-03	Rosario Dueñas	10
		100E: 1:38.01							
3	1076525	SOUZA CARNEIRO ALICIA	1974	CNMOS	3:24.04	M 25	2023-12-03	AS POZAS	8
		50E: 1:05.12 100E: 2:14.01							
4	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	3:31.39	M 25	2023-12-03	AS POZAS	7
		50E: 47.42 100E: 1:40.10							
5	1076524	SOUZA CARNEIRO ROSANA	1971	CNMOS	3:40.08	M 25	2023-12-03	AS POZAS	6
		50E: 51.59 100E: 1:48.75							
6	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	4:30.63	M 50	2023-12-03	Rosario Dueñas	5
		100E: 2:13.84							
7	1144696	SEARA JALON MONICA	1970	POURENSE	5:10.65	M 50	2023-12-03	Rosario Dueñas	4
		100E: 2:29.91							
8	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	5:21.94	M 25	2023-12-03	AS POZAS	3
		50E: 1:13.30 100E: 2:38.65							

55+

1	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	3:39.97	M 25	2023-12-03	AS POZAS	13
		50E: 50.95 100E: 1:47.37							
2	1189938	LOPEZ RODRIGUEZ ADELA ELENA	1968	POURENSE	4:04.63	M 50	2023-12-03	Rosario Dueñas	10

100E: 2:01.35

3	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	4:17.94	M 25	2023-12-03	AS POZAS	8
		50E: 1:03.28						100E: 2:08.24	

4	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	4:33.98	M 50	2023-12-03	Rosario Dueñas	7
		100E: 2:20.88							

60+

1	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	4:26.95	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50E: 59.38						100E: 2:00.78	

2	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	5:37.53	M 50	2023-12-03	Rosario Dueñas	10
		100E: 2:47.70							

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	6:41.39	M 25	2023-12-03	AS POZAS	13
		50E: 1:32.71						100E: 3:16.66	

80+

1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	7:23.74	M 25	2023-12-03	AS POZAS	13
		50E: 1:41.93						100E: 3:33.35	

2	1143507	PEREZ DOMINGUEZ MARIA LUISA	1944	RBAIXAS	9:38.10	M 25	2023-12-03	AS POZAS	10
		50E: 2:14.35						100E: 4:39.26	

4. 200 m Costas Masculino

20+											
1	1075356	SEIJO BERMUDEZ DANIEL	2004	CNFERRO	2:23.34	M 25	2023-12-02	J. GÓMEZ NOYA	13		
		50E: 33.84 100E: 1:10.62									
2	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:34.54	M 25	2023-12-02	J. GÓMEZ NOYA	10		
		50E: 39.62 100E: 1:16.78									
25+											
1	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	2:34.26	M 25	2023-12-02	J. GÓMEZ NOYA	13		
		50E: 36.60 100E: 1:14.72									
30+											
1	1130602	TENORIO FREIRE MARTIN	1992	GALAICO	2:27.79	M 25	2023-12-03	AS POZAS	13		
		50E: 34.48 100E: 1:11.12									
2	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	2:44.88	M 50	2023-12-03	Rosario Dueñas	10		
		100E: 1:20.63									
3	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	3:33.29	M 25	2023-12-03	AS POZAS	8		
		50E: 50.59 100E: 1:46.42									
35+											
1	1089000	TABOADA VILA ALBERTO	1987	POURENSE	2:25.64	M 50	2023-12-03	Rosario Dueñas	13		
		100E: 1:10.85									
2	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	2:53.88	M 50	2023-12-03	Rosario Dueñas	10		
		100E: 1:24.49									
3	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	3:00.23	M 25	2023-12-02	J. GÓMEZ NOYA	8		
		50E: 44.13 100E: 1:29.56									
4	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	3:26.34	M 25	2023-12-03	AS POZAS	7		
		50E: 46.75 100E: 1:37.65									
5	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	3:31.84	M 25	2023-12-03	AS POZAS	6		
		50E: 49.96 100E: 1:42.74									
6	1076566	HERRUZO CARREÑO GUILLERMO	1987	GALAICO	3:55.62	M 25	2023-12-03	AS POZAS	5		
		50E: 51.11 100E: 1:50.39									
40+											
1	1141151	CALLE FACAL TELMO	1983	GALAICO	2:29.20	M 25	2023-12-03	AS POZAS	13		
		50E: 33.87 100E: 1:10.24									
2	1190909	CARBALLA BARROSO ROGELIO MANUEL	1981	GALAICO	3:15.48	M 25	2023-12-03	AS POZAS	10		
		50E: 43.03 100E: 1:31.36									
3	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	3:27.10	M 50	2023-12-03	Rosario Dueñas	8		
		100E: 1:41.98									
4	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	3:28.39	M 50	2023-12-03	Rosario Dueñas	7		

100E: 1:43.82

5	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	3:39.39	M 25	2023-12-03	AS POZAS	6
		50E: 51.13							100E: 1:45.70
6	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	3:53.35	M 25	2023-12-03	AS POZAS	5
		50E: 57.64							100E: 1:58.44
7	1039360	POSE MATO CESAR	1983	ADFOGAR	4:38.16	M 50	2023-12-03	Rosario Dueñas	4
		100E: 2:19.13							

45+

1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	2:29.97	M 25	2023-12-03	AS POZAS	13
		50E: 35.66							100E: 1:14.48
2	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:33.10	M 25	2023-12-03	AS POZAS	10
		50E: 35.98							100E: 1:14.33
3	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	2:50.98	M 50	2023-12-03	Rosario Dueñas	8
		100E: 1:24.82							
4	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	3:03.84	M 50	2023-12-03	Rosario Dueñas	7
		100E: 1:30.40							
5	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	3:37.52	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50E: 51.23							100E: 1:48.40
6	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	3:50.50	M 50	2023-12-03	Rosario Dueñas	5
		100E: 1:55.69							

50+

1	1040137	QUINTAS BARROS JESUS C.	1973	ESCUALOS	3:02.87	M 50	2023-12-03	Rosario Dueñas	13
2	1051938	SOTO HECTOR OSCAR	1970	RBAIXAS	3:09.10	M 25	2023-12-03	AS POZAS	10
		50E: 44.84							100E: 1:32.99
3	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	3:24.47	M 25	2023-12-03	AS POZAS	8
		50E: 50.44							100E: 1:42.28
4	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	3:53.13	M 50	2023-12-03	Rosario Dueñas	7
		100E: 1:53.59							
5	1038058	CANO PELAEZ ALBERTO J.	1970	CMARINA	4:05.96	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50E: 1:02.31							100E: 2:04.83
6	1076526	REBANAL ALFAYA FERNANDO	1971	VALDEORR	4:11.43	M 50	2023-12-03	Rosario Dueñas	5
		100E: 2:01.20							

55+

1	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	3:06.19	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50E: 43.52							100E: 1:31.89
2	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	3:30.70	M 50	2023-12-03	Rosario Dueñas	10
		100E: 1:43.34							
3	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	4:12.25	M 25	2023-12-03	AS POZAS	8
		50E: 59.41							100E: 2:03.93

60+

1	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	4:28.30	M 50	2023-12-03	Rosario Dueñas	13
2	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	4:31.84	M 50	2023-12-03	Rosario Dueñas	10
		100E: 2:18.50							
65+									
1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	3:29.87	M 50	2023-12-03	Rosario Dueñas	13
		100E: 1:39.07							
2	1191492	TIMIRAOs CARRASCO LUIS	1956	POURENSE	6:46.29	M 50	2023-12-03	Rosario Dueñas	10
		100E: 3:24.54							
70+									
1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	3:45.32	M 50	2023-12-03	Rosario Dueñas	13
		100E: 1:51.70							
75+									
1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	4:07.00	M 25	2023-12-03	AS POZAS	13
		50E: 1:02.85							
		100E: 2:07.15							

5. 50 m Bolboreta Feminino

20+

1	1037951	SOILAN FERNANDEZ RAQUEL	2001	CFVLUGO	31.63	M 50	2023-12-03	Rosario Dueñas	13
2	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	31.81	M 50	2023-12-03	Rosario Dueñas	10
3	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	32.79	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	34.81	M 25	2023-12-03	AS POZAS	7
5	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	35.88	M 25	2023-12-03	AS POZAS	6
6	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	37.74	M 25	2023-12-02	J. GÓMEZ NOYA	5
7	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	40.42	M 50	2023-12-03	Rosario Dueñas	4
8	1111470	GARCÉS FERNÁNDEZ EREA	2003	RBAIXAS	42.05	M 25	2023-12-03	AS POZAS	3
9	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	44.48	M 25	2023-12-03	AS POZAS	2
10	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	49.23	M 25	2023-12-03	AS POZAS	1
11	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	49.83	M 25	2023-12-03	AS POZAS	0

25+

1	1039096	LAGO LOPEZ RAQUEL	1995	RBAIXAS	34.78	M 25	2023-12-03	AS POZAS	13
2	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	35.75	M 25	2023-12-03	AS POZAS	10
3	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	48.51	M 25	2023-12-03	AS POZAS	8
4	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	57.60	M 25	2023-12-02	J. GÓMEZ NOYA	7

30+

1	1084711	DOPEREIRO GARCIA ALBA	1990	NCORUÑA	34.02	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1237382	MUIÑO ANDREA	1991	NCORUÑA	37.53	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	38.35	M 25	2023-12-03	AS POZAS	8
4	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMOS	41.51	M 50	2023-12-03	Rosario Dueñas	7
5	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	43.71	M 25	2023-12-03	AS POZAS	6
6	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	47.93	M 50	2023-12-03	Rosario Dueñas	5
7	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	48.03	M 25	2023-12-03	AS POZAS	4
8	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	55.35	M 50	2023-12-03	Rosario Dueñas	3
9	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	1:03.52	M 25	2023-12-03	AS POZAS	2

35+

1	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	36.34	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	42.81	M 25	2023-12-03	AS POZAS	10
3	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	47.47	M 50	2023-12-03	Rosario Dueñas	8
4	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	1:03.62	M 25	2023-12-03	AS POZAS	7
5	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	1:05.90	M 25	2023-12-03	AS POZAS	6

40+

1	1180232	FKEQUI OMARI SALMA	1982	ESCUALOS	39.07	M 50	2023-12-03	Rosario Dueñas	13
2	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	41.96	M 25	2023-12-03	AS POZAS	10

3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	46.18	M 50	2023-12-03	Rosario Dueñas	8
4	1244421	DE MARTIN MIGUEL ANA ASUNCIÓN	1980	ESCUALOS	46.49	M 50	2023-12-03	Rosario Dueñas	7

45+

1	1144949	ÁLVAREZ ALONSO SONIA M.	1976	RBAIXAS	37.24	M 25	2023-12-03	AS POZAS	13
2	1221213	CAGIAO RODRIGUEZ NATALIA	1978	CASINOC	41.83	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1180238	GARCÍA SEOANE CRISTINA MARÍA	1975	HERCULES	45.87	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1236743	RIVAS RODRIGUEZ LUCIA	1979	NCORUÑA	47.00	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1143813	REGUEIRA MARTINEZ MARIA J.	1975	HERCULES	47.09	M 25	2023-12-02	J. GÓMEZ NOYA	6
6	1222316	GIL VILLARINO MARTA	1977	HERCULES	51.30	M 25	2023-12-02	J. GÓMEZ NOYA	5
7	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	51.81	M 25	2023-12-03	AS POZAS	4
8	1119241	VIDAL BELLO MARA	1977	VALDEORR	58.76	M 50	2023-12-03	Rosario Dueñas	3
9	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	1:09.13	M 25	2023-12-03	AS POZAS	2

50+

1	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	45.53	M 25	2023-12-03	AS POZAS	13
2	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	50.11	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	50.96	M 25	2023-12-03	AS POZAS	8
4	1207084	MAZAIRO CASTRO CARMEN	1973	ESCUALOS	51.84	M 50	2023-12-03	Rosario Dueñas	7
5	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	55.98	M 25	2023-12-03	AS POZAS	6
6	1144710	RODRIGUEZ VAZQUEZ MARIA TERESA	1972	POURENSE	1:01.32	M 50	2023-12-03	Rosario Dueñas	5

55+

1	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	51.06	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	52.62	M 25	2023-12-03	AS POZAS	10
3	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	53.33	M 25	2023-12-03	AS POZAS	8
4	1199642	GARNACHO GAYARRE NURIA	1969	CASINOC	1:00.71	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	1:18.96	M 25	2023-12-03	AS POZAS	6

60+

1	1076172	GARCIA COLOMO M. CRISTINA	1962	POURENSE	42.84	M 50	2023-12-03	Rosario Dueñas	13
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	53.03	M 50	2023-12-03	Rosario Dueñas	10

6. 50 m Bolboreta Masculino

20+

1	1140795	LOSADA JIMÉNEZ SERGIO	2004	CNFERRO	26.95	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	GALAICO	29.67	M 25	2023-12-03	AS POZAS	10
3	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	29.82	M 50	2023-12-03	Rosario Dueñas	8
4	1143432	PARGA TORRENTE DAVID	2004	CNFERRO	31.14	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1142927	FERNANDEZ GARCIA JACOBO	2001	GALAICO	32.44	M 25	2023-12-03	AS POZAS	6
6	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	33.65	M 25	2023-12-02	J. GÓMEZ NOYA	5
7	1198276	VAZQUEZ VEGA ALBERTO	2004	CIDSANTI	34.80	M 50	2023-12-03	Rosario Dueñas	4

25+

1	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	26.63	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	28.88	M 25	2023-12-03	AS POZAS	10
3	1119327	SUAREZ FERNÁNDEZ SANTIAGO	1995	MOLEMOS	29.11	M 50	2023-12-03	Rosario Dueñas	8
4	1039755	RIVAS MACEIRAS ISAAC	1999	HERCULES	32.27	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1038356	AZNAR GRILLE CARLOS JAVIER	1995	CMARINA	35.15	M 25	2023-12-02	J. GÓMEZ NOYA	6
6	1216460	FRANCISCO MACÍAS SIMÓN	1996	POURENSE	39.99	M 50	2023-12-03	Rosario Dueñas	5
7	1144070	FERNÁNDEZ MELÉNDEZ ANDRÉS	1995	VALDEORR	43.08	M 50	2023-12-03	Rosario Dueñas	4
8	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	48.37	M 50	2023-12-03	Rosario Dueñas	3
9	1202676	MARTINEZ ARADES BRAIS	1995	CMARINA	1:24.81	M 25	2023-12-02	J. GÓMEZ NOYA	2

30+

1	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	26.63	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	27.26	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	27.78	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	28.72	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1204916	BALLESTER IBAÑEZ EDGAR	1991	MOLEMOS	29.48	M 50	2023-12-03	Rosario Dueñas	6
6	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	35.96	M 25	2023-12-02	J. GÓMEZ NOYA	5
7	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	38.20	M 25	2023-12-03	AS POZAS	4
8	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	40.00	M 25	2023-12-03	AS POZAS	3

35+

1	1191119	CAO LAGO PABLO	1987	RBAIXAS	31.82	M 25	2023-12-03	AS POZAS	13
2	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	31.92	M 50	2023-12-03	Rosario Dueñas	10
3	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	32.12	M 25	2023-12-03	AS POZAS	8
4	1078620	RODRIGUEZ PEREZ PEDRO FCO.	1988	NTNARON	32.51	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1185622	DÍAZ RODRÍGUEZ ANDRÉS	1989	NTNARON	32.78	M 25	2023-12-02	J. GÓMEZ NOYA	6
6	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	34.70	M 50	2023-12-03	Rosario Dueñas	5
7	1086708	ABUIN ARES MANUEL	1987	CIDSANTI	35.28	M 50	2023-12-03	Rosario Dueñas	4
8	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	35.69	M 25	2023-12-02	J. GÓMEZ NOYA	3
9	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	35.72	M 50	2023-12-03	Rosario Dueñas	2

10	1136629	FIGUEIRA DOMINGUEZ JAVIER GUZMAN	1988	RBAIXAS	36.81	M 25	2023-12-03	AS POZAS	1
11	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	38.78	M 50	2023-12-03	Rosario Dueñas	0
12	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	39.13	M 25	2023-12-02	J. GÓMEZ NOYA	0

40+

1	1141151	CALLE FACAL TELMO	1983	GALAICO	30.91	M 25	2023-12-03	AS POZAS	13
2	1230338	MUIÑO REY DANIEL	1984	CNFERRO	32.51	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	33.13	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	36.73	M 50	2023-12-03	Rosario Dueñas	7
5	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	49.53	M 25	2023-12-03	AS POZAS	6

45+

1	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	29.41	M 50	2023-12-03	Rosario Dueñas	13
2	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	29.65	M 25	2023-12-03	AS POZAS	10
3	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	31.15	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1024675	IGLESIAS GOMEZ GONZALO	1979	HERCULES	31.71	M 25	2023-12-02	J. GÓMEZ NOYA	7
5	1084706	ESCUDEIRO PEREIRA SANTIAGO	1977	POURENSE	31.74	M 50	2023-12-03	Rosario Dueñas	6
6	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	31.93	M 25	2023-12-03	AS POZAS	5
7	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	32.09	M 50	2023-12-03	Rosario Dueñas	4
8	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	32.32	M 50	2023-12-03	Rosario Dueñas	3
9	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	33.51	M 50	2023-12-03	Rosario Dueñas	2
10	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	33.74	M 50	2023-12-03	Rosario Dueñas	1
11	1010047	GARCIA REBOLO ALEJANDRO	1975	POURENSE	35.23	M 50	2023-12-03	Rosario Dueñas	0
12	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	36.27	M 25	2023-12-03	AS POZAS	0
13	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	36.35	M 50	2023-12-03	Rosario Dueñas	0
14	1199189	IGLESIAS DE LA TORRE FELIPE	1976	POURENSE	38.68	M 50	2023-12-03	Rosario Dueñas	0
15	1144297	LAMAS SOTO CESAR	1975	CULLERED	38.89	M 25	2023-12-02	J. GÓMEZ NOYA	0
16	1178772	CARRERA RODRÍGUEZ RUBÉN	1979	NPONTEA	42.07	M 25	2023-12-03	AS POZAS	0
17	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	42.17	M 25	2023-12-02	J. GÓMEZ NOYA	0
18	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	44.33	M 25	2023-12-03	AS POZAS	0
19	1197558	FERNANDEZ FERNANDEZ MIGUEL ANGEL	1977	RBAIXAS	47.85	M 25	2023-12-03	AS POZAS	0

50+

1	1141206	ANEIROS GARCIA JOSE M.	1974	CMARINA	30.79	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	32.05	M 50	2023-12-03	Rosario Dueñas	10
3	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	34.24	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	38.14	M 25	2023-12-03	AS POZAS	7
5	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	39.97	M 25	2023-12-03	AS POZAS	6
6	1075597	RODRIGUEZ BALIÑA MARCOS	1971	NPONTEA	41.38	M 25	2023-12-03	AS POZAS	5
7	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	43.38	M 25	2023-12-02	J. GÓMEZ NOYA	4
8	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	43.87	M 50	2023-12-03	Rosario Dueñas	3
9	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	45.50	M 50	2023-12-03	Rosario Dueñas	2
10	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	48.38	M 50	2023-12-03	Rosario Dueñas	1
11	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	48.79	M 25	2023-12-02	J. GÓMEZ NOYA	0

12	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	49.90	M 25	2023-12-03	AS POZAS	0
13	1141497	QUIÑONES GARCIA BENITO	1974	VALDEORR	50.36	M 50	2023-12-03	Rosario Dueñas	0
14	1197604	ARAUJO FERNÁNDEZ JOSE	1971	ESCUALOS	54.76	M 50	2023-12-03	Rosario Dueñas	0
15	1038058	CANO PELAEZ ALBERTO J.	1970	CMARINA	54.97	M 25	2023-12-02	J. GÓMEZ NOYA	0

55+

1	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	32.47	M 25	2023-12-02	J. GÓMEZ NOYA	13
2	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	37.17	M 25	2023-12-02	J. GÓMEZ NOYA	10
3	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	37.44	M 25	2023-12-02	J. GÓMEZ NOYA	8
4	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	39.34	M 50	2023-12-03	Rosario Dueñas	7
5	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	52.67	M 50	2023-12-03	Rosario Dueñas	6
6	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	1:04.04	M 25	2023-12-03	AS POZAS	5
7	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	1:05.22	M 50	2023-12-03	Rosario Dueñas	4

60+

1	1076173	FERNANDEZ NUÑEZ SANTIAGO	1963	CIDSANTI	31.20	M 50	2023-12-03	Rosario Dueñas	13
2	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	49.08	M 25	2023-12-03	AS POZAS	10
3	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	50.34	M 50	2023-12-03	Rosario Dueñas	8

65+

1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	42.06	M 25	2023-12-03	AS POZAS	13
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70+

1	1240096	IVANCHENKO YURII	1953	POURENSE	46.02	M 50	2023-12-03	Rosario Dueñas	13
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75+

1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	55.16	M 25	2023-12-03	AS POZAS	13
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7. 200 m Libre Feminino

20+

1	1140814	PARDO CHAS EVA	2004	CNFERRO	2:16.24	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50L: 30.76 100L: 1:04.98							
2	1089303	ABASOLO RUEDA CLAUDIA	2000	NCORUÑA	2:29.12	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50L: 35.41 100L: 1:14.94							
3	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	2:34.73	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50L: 36.50 100L: 1:15.58							
4	1143296	EIJO GIL ANA PAULA	2003	NPONTEA	2:41.56	M 25	2023-12-03	AS POZAS	7
		50L: 36.11 100L: 1:16.83							
5	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	2:43.73	M 25	2023-12-03	AS POZAS	6
		50L: 37.56 100L: 1:19.66							
6	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	2:43.82	M 25	2023-12-03	AS POZAS	5
		50L: 37.21 100L: 1:19.36							
7	1111470	GARCÉS FERNÁNDEZ EREA	2003	RBAIXAS	2:50.84	M 25	2023-12-03	AS POZAS	4
		50L: 37.62 100L: 1:19.56							
8	1250478	HERNANDEZ GARCIA MARIA	2000	HERCULES	3:03.68	M 25	2023-12-02	J. GÓMEZ NOYA	3
		50L: 38.88 100L: 1:24.46							
9	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	3:03.88	M 25	2023-12-03	AS POZAS	2
		50L: 39.61 100L: 1:24.92							
10	1232978	LOPEZ MORADO MARIA	2001	CULLERED	3:06.87	M 25	2023-12-02	J. GÓMEZ NOYA	1
		50L: 39.27 100L: 1:29.48							
11	1252297	CARBALLAL FEBREIRO MARÍA	2000	CNXOVE	3:16.14	M 25	2023-12-02	J. GÓMEZ NOYA	0
		50L: 40.91 100L: 1:29.48							
12	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	3:24.26	M 25	2023-12-03	AS POZAS	0
		50L: 43.01 100L: 1:34.12							
13	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	4:42.20	M 25	2023-12-02	J. GÓMEZ NOYA	0
		50L: 55.94 100L: 2:06.61							

25+

1	1038929	GONZALEZ AVENDAÑO LUCIA	1999	GALAICO	2:40.18	M 25	2023-12-03	AS POZAS	13
		50L: 35.87 100L: 1:15.70							
2	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	2:43.37	M 25	2023-12-03	AS POZAS	10
		50L: 38.23 100L: 1:19.37							
3	1037159	FREIRE EVIA ROCIO	1997	NTNARON	2:59.14	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50L: 38.09 100L: 1:20.34							
4	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	3:23.32	M 50	2023-12-03	Rosario Dueñas	7
		100L: 1:35.58							
5	1243122	DARRIBA CASTRO MARIA	1996	RBAIXAS	3:46.56	M 25	2023-12-03	AS POZAS	6
		50L: 48.19 100L: 1:43.88							
6	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	4:31.78	M 25	2023-12-02	J. GÓMEZ NOYA	5

50L: 59.34

100L: 2:02.98

30+

1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	2:19.32	M 50	2023-12-03	Rosario Dueñas	13
		100L: 1:06.48							
2	1041452	BEN CILLERO SABELA	1992	CNXOVE	2:29.92	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50L: 34.80			100L: 1:12.08				
3	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	2:36.48	M 25	2023-12-03	AS POZAS	8
		50L: 34.78			100L: 1:14.25				
4	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	2:52.60	M 25	2023-12-03	AS POZAS	7
		50L: 38.25			100L: 1:22.40				
5	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMOS	2:58.54	M 50	2023-12-03	Rosario Dueñas	6
		100L: 1:23.27							
6	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	3:08.36	M 25	2023-12-03	AS POZAS	5
		50L: 41.62			100L: 1:28.23				
7	1218233	SANCHEZ DE LLANO M. NIEVES	1992	CASINOC	3:18.28	M 25	2023-12-02	J. GÓMEZ NOYA	4
		50L: 44.34			100L: 1:34.80				
8	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	3:20.96	M 25	2023-12-03	AS POZAS	3
		50L: 45.60			100L: 1:37.31				
9	1250483	RODRIGUEZ RODRIGUEZ EVA	1993	VALDEORR	3:56.27	M 50	2023-12-03	Rosario Dueñas	2
		100L: 1:49.32							
10	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	5:00.21	M 50	2023-12-03	Rosario Dueñas	1
		100L: 2:23.35							

35+

1	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	2:51.83	M 25	2023-12-03	AS POZAS	13
		50L: 38.27			100L: 1:21.81				
2	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	3:04.09	M 25	2023-12-03	AS POZAS	10
		50L: 41.46			100L: 1:28.41				
3	1243119	COMESAÑA REGUEIRA MIRIAM	1989	RBAIXAS	3:36.87	M 25	2023-12-03	AS POZAS	8
		50L: 49.84			100L: 1:44.75				
4	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	4:42.62	M 25	2023-12-03	AS POZAS	7
		50L: 1:03.16			100L: 2:12.39				

40+

1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	2:27.47	M 50	2023-12-03	Rosario Dueñas	13
		100L: 1:10.79							
2	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	2:56.66	M 50	2023-12-03	Rosario Dueñas	10
		100L: 1:28.80							
3	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	2:57.01	M 25	2023-12-03	AS POZAS	8
		50L: 39.50			100L: 1:22.94				
4	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	3:07.19	M 50	2023-12-03	Rosario Dueñas	7
		100L: 1:31.96							
5	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	3:23.68	M 25	2023-12-03	AS POZAS	6

50L: 46.80 100L: 1:38.33

6	1143230	HAGEN GRIT	1983	VALDEORR	3:33.25	M 50	2023-12-03	Rosario Dueñas	5
		100L: 1:41.50							
7	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	3:49.31	M 50	2023-12-03	Rosario Dueñas	4
		100L: 1:48.11							
8	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	5:30.29	M 50	2023-12-03	Rosario Dueñas	3
		100L: 2:30.43							

45+

1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	3:04.98	M 50	2023-12-03	Rosario Dueñas	13
		100L: 1:31.64							
2	1180238	GARCÍA SEOANE CRISTINA MARÍA	1975	HERCULES	3:07.17	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50L: 43.24 100L: 1:30.60							
3	1223050	ANDON YAÑEZ LORENA	1978	CASINOC	3:21.24	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50L: 48.81 100L: 1:38.09							
4	1144074	SERRANO AVENDAÑO SILVIA	1975	CTRAVIE	3:37.06	M 25	2023-12-03	AS POZAS	7
		50L: 51.78 100L: 1:49.05							
5	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	3:37.90	M 25	2023-12-03	AS POZAS	6
		50L: 49.90 100L: 1:46.03							
6	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	4:06.87	M 25	2023-12-03	AS POZAS	5
		50L: 51.71 100L: 1:52.34							
7	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	4:07.79	M 50	2023-12-03	Rosario Dueñas	4
		100L: 2:03.94							
8	1144695	RODRIGUEZ LOPEZ ROSA	1975	POURENSE	4:08.43	M 50	2023-12-03	Rosario Dueñas	3
		100L: 1:56.53							
9	1239790	CARBALLEIRA LOIS BARBARA	1976	ESCUALOS	4:51.40	M 50	2023-12-03	Rosario Dueñas	2
		100L: 2:20.02							

50+

1	1147115	HERNANDEZ ALFAGEME RITA	1971	RBAIXAS	2:44.19	M 25	2023-12-03	AS POZAS	13
		50L: 38.51 100L: 1:19.77							
2	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	2:57.06	M 50	2023-12-03	Rosario Dueñas	10
		100L: 1:28.47							
3	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	2:57.37	M 25	2023-12-02	J. GÓMEZ NOYA	8
		50L: 38.95 100L: 1:23.37							
4	1141514	DEIRA BARCALA SILVIA	1974	ARZUA	3:14.31	M 50	2023-12-03	Rosario Dueñas	7
		100L: 1:34.81							
5	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	3:25.50	M 50	2023-12-03	Rosario Dueñas	6
		100L: 1:39.31							
6	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	3:32.72	M 25	2023-12-03	AS POZAS	5
		50L: 49.78 100L: 1:43.21							
7	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	4:11.40	M 25	2023-12-03	AS POZAS	4
		50L: 53.89 100L: 2:00.89							

55+										
1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	2:54.07	M 25	2023-12-03	AS POZAS		13
		50L: 39.98 100L: 1:23.85								
2	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	3:17.74	M 50	2023-12-03	Rosario Dueñas		10
		100L: 1:36.31								
3	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	3:22.10	M 25	2023-12-03	AS POZAS		8
		50L: 44.12 100L: 1:36.83								
4	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	3:33.96	M 25	2023-12-03	AS POZAS		7
		50L: 52.61 100L: 1:47.72								
5	1199642	GARNACHO GAYARRE NURIA	1969	CASINOC	3:48.51	M 25	2023-12-02	J. GÓMEZ NOYA		6
		50L: 50.98 100L: 1:49.42								
6	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	4:04.13	M 50	2023-12-03	Rosario Dueñas		5
		100L: 2:05.00								
60+										
1	1076172	GARCIA COLOMO M. CRISTINA	1962	POURENSE	2:55.86	M 50	2023-12-03	Rosario Dueñas		13
		100L: 1:22.30								
2	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	4:39.58	M 50	2023-12-03	Rosario Dueñas		10
		100L: 2:18.35								
65+										
1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	4:47.15	M 25	2023-12-03	AS POZAS		13
		50L: 1:05.46 100L: 2:19.78								
2	1076494	SUEIRO COSTAS Mª CARMEN	1956	NPONTEA	5:06.32	M 25	2023-12-03	AS POZAS		10
		50L: 1:09.13 100L: 2:28.00								
3	1249213	GUARDIOLA MEDEL NURIA	1956	NPONTEA	6:34.41	M 25	2023-12-03	AS POZAS		8
		50L: 1:23.74 100L: 3:03.92								
70+										
1	1076490	GONZALEZ-ALEGRE BURGUEÑO ANA MARIA	1952	CTRAVIE	3:33.90	M 25	2023-12-03	AS POZAS		13
		50L: 49.31								
75+										
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	6:01.31	M 25	2023-12-03	AS POZAS		13
		50L: 1:27.37 100L: 2:57.27								
2	1249735	LOPEZ GONZALEZ ROSA	1949	RBAIXAS	8:44.89	M 25	2023-12-03	AS POZAS		10
		50L: 1:53.42 100L: 4:07.14								
80+										
1	1058045	MORAL RUBIO ISABEL	1942	NPONTEA	6:59.46	M 25	2023-12-03	AS POZAS		13
		50L: 1:33.31 100L: 3:17.43								
2	1143507	PEREZ DOMINGUEZ MARIA LUISA	1944	RBAIXAS	9:36.10	M 25	2023-12-03	AS POZAS		10
		50L: 2:09.62 100L: 4:36.02								

8. 200 m Libre Masculino

20+

1	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	2:09.55	M 25	2023-12-03	AS POZAS	13
		50L: 28.77 100L: 1:00.84							
2	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	GALAICO	2:19.65	M 25	2023-12-03	AS POZAS	10
		50L: 29.55 100L: 1:02.65							
3	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	2:20.92	M 50	2023-12-03	Rosario Dueñas	8
		100L: 1:04.26							
4	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:25.94	M 25	2023-12-02	J. GÓMEZ NOYA	7
		50L: 34.71 100L: 1:12.24							
5	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	2:32.10	M 25	2023-12-02	J. GÓMEZ NOYA	6
		50L: 35.66 100L: 1:15.21							
6	1142927	FERNANDEZ GARCIA JACOBO	2001	GALAICO	2:33.56	M 25	2023-12-03	AS POZAS	5
		50L: 33.45 100L: 1:11.31							
7	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	2:54.78	M 25	2023-12-03	AS POZAS	4
		50L: 38.21 100L: 1:23.27							

25+

1	1144193	PASTORIZA SANTA CLARA JORGE	1997	RBAIXAS	2:03.50	M 25	2023-12-03	AS POZAS	13
		50L: 29.80 100L: 1:00.53							
2	1037154	LOSADA JIMENEZ ALVARO	1999	CNFERRO	2:07.20	M 25	2023-12-02	J. GÓMEZ NOYA	10
		50L: 28.25 100L: 1:00.37							
3	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	2:24.97	M 25	2023-12-03	AS POZAS	8
		50L: 31.89 100L: 1:08.78							
4	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	2:29.00	M 25	2023-12-03	AS POZAS	7
		50L: 33.66 100L: 1:10.28							
5	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	2:38.44	M 50	2023-12-03	Rosario Dueñas	6
		100L: 1:14.82							
6	1144070	FERNÁNDEZ MELÉNDEZ ANDRÉS	1995	VALDEORR	3:18.62	M 50	2023-12-03	Rosario Dueñas	5
		100L: 1:35.96							

30+

1	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	2:10.48	M 25	2023-12-02	J. GÓMEZ NOYA	13
		50L: 31.27 100L: 1:04.86							
2	1130602	TENORIO FREIRE MARTIN	1992	GALAICO	2:13.79	M 25	2023-12-03	AS POZAS	10
		50L: 30.03 100L: 1:03.54							
3	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	2:26.14	M 50	2023-12-03	Rosario Dueñas	8
		100L: 1:10.01							
4	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	2:26.41	M 25	2023-12-02	J. GÓMEZ NOYA	7
		50L: 33.75 100L: 1:10.51							
5	1143997	CORES VÁZQUEZ RICARDO	1992	NTNARON	2:30.46	M 25	2023-12-02	J. GÓMEZ NOYA	6

		50L: 34.53		100L: 1:11.71							
6	1249163	BELLO PORTO DAVID	1990	NCORUÑA	2:44.34	M 25	2023-12-02	J. GÓMEZ NOYA	5		
		50L: 37.37		100L: 1:17.84							
7	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	2:47.62	M 25	2023-12-02	J. GÓMEZ NOYA	4		
		50L: 35.90		100L: 1:17.84							
8	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	2:50.54	M 25	2023-12-03	AS POZAS	3		
		50L: 39.57		100L: 1:22.60							
9	1249224	GONZALEZ SANCHEZ LUIS FEDERICO	1992	CIDSANTI	2:52.59	M 50	2023-12-03	Rosario Dueñas	2		
		100L: 1:20.57									
10	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	3:08.84	M 25	2023-12-03	AS POZAS	1		
		50L: 39.73		100L: 1:26.64							
11	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	3:12.81	M 25	2023-12-03	AS POZAS	0		
		50L: 39.79		100L: 1:26.31							
12	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	3:54.97	M 25	2023-12-03	AS POZAS	0		
		50L: 45.62		100L: 1:41.11							
35+											
1	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	2:22.57	M 25	2023-12-03	AS POZAS	13		
		50L: 33.15		100L: 1:09.28							
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:25.64	M 50	2023-12-03	Rosario Dueñas	10		
		100L: 1:09.89									
3	1078620	RODRIGUEZ PEREZ PEDRO FCO.	1988	NTNARON	2:35.43	M 25	2023-12-02	J. GÓMEZ NOYA	8		
		50L: 35.75		100L: 1:13.65							
4	1086708	ABUIN ARES MANUEL	1987	CIDSANTI	2:38.45	M 50	2023-12-03	Rosario Dueñas	7		
		100L: 1:15.05									
5	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	2:39.59	M 25	2023-12-02	J. GÓMEZ NOYA	6		
		50L: 34.64		100L: 1:12.77							
6	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	2:41.09	M 50	2023-12-03	Rosario Dueñas	5		
		100L: 1:15.83									
7	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	2:49.06	M 25	2023-12-03	AS POZAS	4		
		50L: 37.35		100L: 1:19.49							
8	1219495	LAGO CARRERA RAMON	1985	RBAIXAS	2:56.62	M 25	2023-12-03	AS POZAS	3		
		50L: 38.09		100L: 1:20.62							
9	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	3:04.72	M 25	2023-12-03	AS POZAS	2		
		50L: 44.30		100L: 1:29.98							
10	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	4:47.69	M 25	2023-12-03	AS POZAS	1		
		50L: 58.16		100L: 2:11.90							
40+											
1	1231535	GOMEZ MARQUEZ HUGO	1983	POURENSE	2:10.82	M 50	2023-12-03	Rosario Dueñas	13		
		100L: 1:04.72									
2	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	2:23.07	M 50	2023-12-03	Rosario Dueñas	10		
		100L: 1:08.33									
3	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	2:25.37	M 50	2023-12-03	Rosario Dueñas	8		

100L: 1:09.73										
4	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	2:38.93	M 25	2023-12-02	J. GÓMEZ NOYA	7	
		50L: 34.04	100L: 1:12.78							
5	1190909	CARBALLA BARROSO ROGELIO MANUEL	1981	GALAICO	2:41.42	M 25	2023-12-03	AS POZAS	6	
		50L: 37.71	100L: 1:18.31							
6	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	2:43.80	M 50	2023-12-03	Rosario Dueñas	5	
		100L: 1:19.77								
7	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	2:44.20	M 50	2023-12-03	Rosario Dueñas	4	
		100L: 1:18.76								
8	1230338	MUIÑO REY DANIEL	1984	CNFERRO	2:48.90	M 25	2023-12-02	J. GÓMEZ NOYA	3	
		50L: 37.25	100L: 1:19.42							
9	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	2:50.26	M 25	2023-12-02	J. GÓMEZ NOYA	2	
		50L: 37.83	100L: 1:20.01							
10	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	2:53.16	M 50	2023-12-03	Rosario Dueñas	1	
		100L: 1:24.82								
11	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	2:53.40	M 50	2023-12-03	Rosario Dueñas	0	
		100L: 1:21.02								
12	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	2:56.90	M 50	2023-12-03	Rosario Dueñas	0	
		100L: 1:25.48								
13	1223126	ALVAREZ FERRIN PABLO	1984	CIDSANTI	3:09.80	M 50	2023-12-03	Rosario Dueñas	0	
		100L: 1:28.51								
14	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	3:13.56	M 25	2023-12-03	AS POZAS	0	
		50L: 41.43	100L: 1:27.12							
15	1224734	SOTO REGUEIRA ROI	1983	RBAIXAS	3:21.80	M 25	2023-12-03	AS POZAS	0	
		50L: 45.75	100L: 1:34.84							
16	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	3:33.03	M 25	2023-12-03	AS POZAS	0	
		50L: 48.08	100L: 1:35.45							
45+										
1	1024675	IGLESIAS GOMEZ GONZALO	1979	HERCULES	2:14.84	M 25	2023-12-02	J. GÓMEZ NOYA	13	
		50L: 31.13	100L: 1:05.14							
2	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:18.44	M 25	2023-12-03	AS POZAS	10	
		50L: 31.62	100L: 1:05.86							
3	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	2:19.74	M 50	2023-12-03	Rosario Dueñas	8	
		100L: 1:07.73								
4	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	2:22.06	M 25	2023-12-03	AS POZAS	7	
		50L: 32.34	100L: 1:07.54							
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	2:27.28	M 50	2023-12-03	Rosario Dueñas	6	
		100L: 1:09.96								
6	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	2:29.06	M 50	2023-12-03	Rosario Dueñas	5	
		100L: 1:14.35								
7	1144297	LAMAS SOTO CESAR	1975	CULLERED	2:44.45	M 25	2023-12-02	J. GÓMEZ NOYA	4	
		50L: 36.07	100L: 1:17.65							
8	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	2:45.32	M 25	2023-12-02	J. GÓMEZ NOYA	3	

								100L: 1:25.85		
13	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	3:00.75	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:26.85		
14	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	3:03.57	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:31.49		
15	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	3:09.38	M 25	2023-12-03	AS POZAS	0	
								50L: 42.71	100L: 1:31.18	
16	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	3:09.67	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:32.82		
17	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	3:09.72	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:32.34		
18	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	3:11.77	M 25	2023-12-02	J. GÓMEZ NOYA	0	
								50L: 46.25	100L: 1:34.84	
19	1141497	QUIÑONES GARCIA BENITO	1974	VALDEORR	3:16.04	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:31.46		
20	1076526	REBANAL ALFAYA FERNANDO	1971	VALDEORR	3:25.13	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:34.73		
21	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	3:26.19	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:38.88		
22	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	3:45.08	M 50	2023-12-03	Rosario Dueñas	0	
								100L: 1:49.13		
55+										
1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	2:27.01	M 25	2023-12-03	AS POZAS	13	
								50L: 33.33	100L: 1:10.46	
2	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	2:27.39	M 25	2023-12-02	J. GÓMEZ NOYA	10	
								50L: 34.77	100L: 1:12.36	
3	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	2:59.47	M 50	2023-12-03	Rosario Dueñas	8	
								100L: 1:28.29		
4	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	3:04.81	M 50	2023-12-03	Rosario Dueñas	7	
								100L: 1:29.79		
5	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	3:12.76	M 50	2023-12-03	Rosario Dueñas	6	
								100L: 1:33.19		
6	1175217	CASTRO QUINTELA AVELINO	1967	GALAICO	3:17.77	M 25	2023-12-03	AS POZAS	5	
								50L: 45.74	100L: 1:35.07	
7	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	3:36.32	M 25	2023-12-02	J. GÓMEZ NOYA	4	
								50L: 46.50	100L: 1:42.47	
8	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	3:42.38	M 25	2023-12-03	AS POZAS	3	
								50L: 50.21	100L: 1:44.99	
9	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	3:46.53	M 50	2023-12-03	Rosario Dueñas	2	
								100L: 1:45.35		
10	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	3:52.92	M 50	2023-12-03	Rosario Dueñas	1	
								100L: 1:54.56		

60+											
1	1241138	RODRIGUEZ QUEIRUGA JUAN CARLOS	1963	NCORUÑA	3:03.65	M 25	2023-12-02	J. GÓMEZ NOYA	13		
		50L: 40.74								100L: 1:36.63	
2	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	3:09.81	M 25	2023-12-03	AS POZAS	10		
		50L: 43.45								100L: 1:31.79	
3	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	3:18.14	M 50	2023-12-03	Rosario Dueñas	8		
		100L: 1:36.21									
4	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	3:40.87	M 25	2023-12-02	J. GÓMEZ NOYA	7		
		50L: 49.21								100L: 1:45.90	
5	1207046	BARRERAS GARCIA REBOREDO JUAN FELIX	1961	RBAIXAS	4:32.81	M 25	2023-12-03	AS POZAS	6		
		50L: 1:02.79								100L: 2:13.36	
6	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	5:02.25	M 25	2023-12-03	AS POZAS	5		
		50L: 1:01.81								100L: 2:18.36	
65+											
1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	2:50.82	M 50	2023-12-03	Rosario Dueñas	13		
		100L: 1:23.18									
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	2:53.93	M 50	2023-12-03	Rosario Dueñas	10		
		100L: 1:25.02									
3	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	3:16.35	M 25	2023-12-03	AS POZAS	8		
		50L: 44.84								100L: 1:34.98	
4	1143896	PERDIZ GONZALEZ JOSE RAMON	1958	ESCUALOS	4:04.73	M 50	2023-12-03	Rosario Dueñas	7		
		100L: 1:59.20									
5	1191492	TIMIRAOs CARRASCO LUIS	1956	POURENSE	5:34.98	M 50	2023-12-03	Rosario Dueñas	6		
		100L: 2:48.60									
70+											
1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	3:02.70	M 50	2023-12-03	Rosario Dueñas	13		
		100L: 1:31.79									
2	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	3:29.84	M 25	2023-12-03	AS POZAS	10		
		50L: 48.56								100L: 1:42.40	
3	1076493	ANDRES GONZALEZ RAMIRO J. E.	1954	CTRAVIE	3:33.47	M 25	2023-12-03	AS POZAS	8		
		50L: 45.81									
75+											
1	1247512	VILLORIA CARAMES ALEJANDRO	1945	CTRAVIE	4:16.62	M 25	2023-12-03	AS POZAS	13		
		50L: 1:00.07								100L: 2:06.93	

9. 4x50 m Estilos Feminino

+80									
1	C. N. FERROL	CNFERRO	2:23.03	M 25	2023-12-02	J. GÓMEZ NOYA	26		
	LÓPEZ SANMARTÍN TANIA (1991)	50E: 39.44							
+100									
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:39.14	M 25	2023-12-03	AS POZAS	26		
	LAGO LOPEZ RAQUEL (1995)	50E: 34.93							
+120									
1	C. N. CORUÑA	NCORUÑA	2:34.46	M 25	2023-12-02	J. GÓMEZ NOYA	26		
	DOPEREIRO GARCIA ALBA (1990)	50E: 38.19							
2	C. N. PONTEAREAS	NPONTEA	2:42.88	M 25	2023-12-03	AS POZAS	20		
	CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)	50E: 34.76							
3	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:57.35	M 25	2023-12-03	AS POZAS	16		
	ALONSO PEREIRA FATIMA (1993)	50E: 46.81							
+160									
1	C. N. ESCUALOS	ESCUALOS	2:45.67	M 50	2023-12-03	Rosario Dueñas	26		
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	3:04.16	M 25	2023-12-03	AS POZAS	20		
	GONZALEZ PEREZ JESSICA (1987)	50E: 45.42							
3	C. HÉRCULES TERMARIA	HERCULES	3:10.84	M 25	2023-12-02	J. GÓMEZ NOYA	16		
	CARBALLO BALOIRA SUSANA MARÍA (1975)	50E: 55.71							
4	C. N. PABELLÓN OURENSE	POURENSE	3:19.66	M 50	2023-12-03	Rosario Dueñas	14		
5	SPORTING C. CASINO	CASINOC	3:25.09	M 25	2023-12-02	J. GÓMEZ NOYA	12		
	SANCHEZ DE LLANO M. NIEVES (1992)	50E: 52.77							
6	C. N. VALDEORRAS	VALDEORR	3:35.86	M 50	2023-12-03	Rosario Dueñas	10		
7	C. N. PONTEAREAS	NPONTEA	4:00.56	M 25	2023-12-03	AS POZAS	8		
	BESADA FERNÁNDEZ ANA M. (1978)	50E: 1:10.75							
+200									
1	C. N. PONTEAREAS	NPONTEA	3:09.75	M 25	2023-12-03	AS POZAS	26		
	COVELO SAAVEDRA NAHIR (1978)	50E: 49.04							
2	C. N. PABELLÓN OURENSE	POURENSE	4:02.04	M 50	2023-12-03	Rosario Dueñas	20		
3	C. N. VIGO RÍAS BAIXAS	RBAIXAS	4:32.68	M 25	2023-12-03	AS POZAS	16		
	PEREZ DOMINGUEZ MARIA LUISA (1944)	50E: 2:18.21							
+240									
1	C. TRAVIESAS N.	CTRAVIE	3:24.37	M 25	2023-12-03	AS POZAS	26		
	MARTY PAZOS MARIA VICTORIA (1965)	50E: 56.87							
2	C. N. PONTEAREAS	NPONTEA	4:38.87	M 25	2023-12-03	AS POZAS	20		

FERNANDEZ SESTELO MARIA JOSE (1970)

50E: 1:14.73

+280

1 C. N. PONTEAREAS

NPONTEA

5:22.15

M 25

2023-12-03 AS POZAS

26

GONZALEZ RODRIGUEZ S. MARTA (1946)

50E: 1:32.68

10. 4x50 m Estilos Masculino

+80									
1	C. N. FERROL	CNFERRO	1:55.47	M 25	2023-12-02	J. GÓMEZ NOYA	26		
	LOSADA JIMENEZ ALVARO (1999)	50E: 30.28							
+120									
1	C. N. CORUÑA	NCORUÑA	1:57.75	M 25	2023-12-02	J. GÓMEZ NOYA	26		
	LAGO LOPEZ DIEGO (1991)	50E: 31.15							
2	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:09.79	M 25	2023-12-02	J. GÓMEZ NOYA	20		
	DÍAZ RODRÍGUEZ ANDRÉS (1989)	50E: 33.76							
3	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:12.44	M 25	2023-12-03	AS POZAS	16		
	PASTORIZA SANTA CLARA JORGE (1997)	50E: 31.55							
4	C. N. PABELLÓN OURENSE	POURENSE	2:19.41	M 50	2023-12-03	Rosario Dueñas	14		
5	C. N. ESCUALOS	ESCUALOS	2:22.49	M 50	2023-12-03	Rosario Dueñas	12		
6	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:33.46	M 50	2023-12-03	Rosario Dueñas	10		
+160									
1	C. N. MOS	CNMOS	2:04.71	M 25	2023-12-03	AS POZAS	26		
	EIRIZ DIEGUEZ DANIEL (1978)	50E: 31.48							
2	C. MARINA FERROL	CMARINA	2:18.28	M 25	2023-12-02	J. GÓMEZ NOYA	20		
	ANEIROS GARCIA JOSE M. (1974)	50E: 35.93							
3	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:22.65	M 50	2023-12-03	Rosario Dueñas	16		
4	AGRUP. DEP. FOGAR	ADFOGAR	2:23.12	M 50	2023-12-03	Rosario Dueñas	14		
5	C. N. PABELLÓN OURENSE	POURENSE	2:23.41	M 50	2023-12-03	Rosario Dueñas	12		
6	C. N. CULLEREDO	CULLERED	2:24.93	M 25	2023-12-02	J. GÓMEZ NOYA	10		
	LAMAS SOTO CESAR (1975)	50E: 44.03							
7	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:26.57	M 25	2023-12-03	AS POZAS	8		
	SANCHEZ GORDON ROMAN (1978)	50E: 33.23							
8	C. N. ESCUALOS	ESCUALOS	2:26.84	M 50	2023-12-03	Rosario Dueñas	6		
9	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:34.10	M 50	2023-12-03	Rosario Dueñas	4		
10	C. N. PONTEAREAS	NPONTEA	2:58.11	M 25	2023-12-03	AS POZAS	2		
	CARRERA COSTAS ANDRES (1982)	50E: 44.60							
+200									
1	C. N. PONTEAREAS	NPONTEA	2:33.09	M 25	2023-12-03	AS POZAS	26		
	PREGO MARTINEZ BENJAMIN (1973)	50E: 42.32							
2	C. HÉRCULES TERMARIA	HERCULES	2:33.60	M 25	2023-12-02	J. GÓMEZ NOYA	20		
	DE LA VEGA GÁNDARAS FELIPE (1973)	50E: 45.70							
3	C. MARINA FERROL	CMARINA	2:39.88	M 25	2023-12-02	J. GÓMEZ NOYA	16		
	DE LA PAZ VIGO AGUSTIN A. (1966)	50E: 37.48							
4	C. N. ESCUALOS	ESCUALOS	2:45.70	M 50	2023-12-03	Rosario Dueñas	14		

5	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:50.56	M 25	2023-12-03	AS POZAS	12
	LORENZO FERNANDEZ JOSE MANUEL (1972)	50E: 47.15					
6	C. N. PORTAMIÑA LUGO	POR-MIÑA	3:10.35	M 50	2023-12-03	Rosario Dueñas	10
7	C. N. PABELLÓN OURENSE	POURENSE	3:15.00	M 50	2023-12-03	Rosario Dueñas	8
8	C. N. VALDEORRAS	VALDEORR	3:19.50	M 50	2023-12-03	Rosario Dueñas	6
9	C. TRAVIESAS N.	CTRAVIE	3:47.40	M 25	2023-12-03	AS POZAS	4
	FIDALGO SERRANO MANUEL A. (1981)	50E: 53.55					

+240

1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:22.31	M 50	2023-12-03	Rosario Dueñas	26
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:37.32	M 25	2023-12-03	AS POZAS	20
	JORGE IGLESIAS MARCELINO (1966)	50E: 37.66					
3	C. N. MOS	CNMOS	3:14.60	M 25	2023-12-03	AS POZAS	16
	FERNANDEZ GONZALEZ ALVARO (1965)	50E: 53.04					
4	C. N. PONTEAREAS	NPONTEA	3:33.63	M 25	2023-12-03	AS POZAS	14
	RODRIGUEZ GOMEZ EMILIO (1961)	50E: 50.34					
5	C. N. PABELLÓN OURENSE	POURENSE	4:04.85	M 50	2023-12-03	Rosario Dueñas	12