

1. 100 m Costas Feminino

20+

1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	1:10.38	M 25	2024-02-18	Álvaro Pino	13
		50E: 34.10							
2	1076318	LEMOZ FERNANDEZ ZAIRA	2002	NPONTEA	1:23.77	M 25	2024-02-18	Álvaro Pino	10
		50E: 39.88							
3	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	1:30.11	M 25	2024-02-18	CARBALLO CALERO	8
		50E: 45.24							
4	1232978	LOPEZ MORADO MARIA	2001	CULLERED	2:00.93	M 25	2024-02-18	CARBALLO CALERO	7
		50E: 58.27							
5	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	2:27.30	M 25	2024-02-18	CARBALLO CALERO	6
		50E: 1:09.72							

25+

1	1038096	FREIJE TORNEIRO AROA	1998	POR-MIÑA	1:11.63	M 25	2024-02-18	FRIGSA	13
		50E: 35.40							
2	1198880	LOPEZ RODRIGUEZ AROA	1997	POR-MIÑA	1:23.00	M 25	2024-02-18	FRIGSA	10
		50E: 39.00							
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	1:23.42	M 25	2024-02-18	Álvaro Pino	8
		50E: 39.79							
4	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	2:34.41	M 25	2024-02-18	Álvaro Pino	7
		50E: 1:15.19							
5	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	2:35.70	M 25	2024-02-18	CARBALLO CALERO	6
		50E: 1:11.43							

30+

1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	1:11.77	M 25	2024-02-18	FRIGSA	13
		50E: 34.17							
2	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMO	1:30.57	M 25	2024-02-18	FRIGSA	10
		50E: 42.28							
3	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	1:36.01	M 25	2024-02-18	FRIGSA	8
		50E: 46.33							
4	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	1:37.30	M 25	2024-02-18	Álvaro Pino	7
		50E: 48.12							
5	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	1:37.44	M 25	2024-02-18	Álvaro Pino	6
		50E: 47.66							
6	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	1:43.80	M 25	2024-02-18	Álvaro Pino	5
		50E: 51.20							
7	1141053	IGLESIAS SUÁREZ LAURA	1992	CDELMAR	1:44.68	M 25	2024-02-18	CARBALLO CALERO	4
		50E: 49.26							

35+

1	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	1:28.00	M 25	2024-02-18	FRIGSA	13
		50E: 43.40							
2	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	1:34.85	M 25	2024-02-18	Álvaro Pino	10
		50E: 45.84							
3	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	1:38.62	M 25	2024-02-18	FRIGSA	8
		50E: 48.55							
4	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	2:07.70	M 25	2024-02-18	Álvaro Pino	7
		50E: 1:04.70							

40+

1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	1:16.10	M 25	2024-02-18	CARBALLO CALERO	13
		50E: 36.70							
2	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	1:28.23	M 25	2024-02-18	FRIGSA	10
		50E: 43.83							
3	1237395	VILARIÑO CACHO ELVIRA	1981	SALESTRA	1:38.00	M 25	2024-02-18	FRIGSA	8
		50E: 50.25							
4	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	1:38.35	M 25	2024-02-18	FRIGSA	7
		50E: 48.02							
5	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	1:52.10	M 25	2024-02-18	Álvaro Pino	6
		50E: 57.14							
6	1129918	RODRIGUEZ AGUIN MARIA ANTIA	1981	MULLEREF	2:13.40	M 25	2024-02-18	FRIGSA	5
		50E: 1:05.16							
7	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	2:23.26	M 25	2024-02-18	CARBALLO CALERO	4
		50E: 1:09.25							
8	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	2:37.04	M 25	2024-02-18	FRIGSA	3
		50E: 1:11.04							

45+

1	1144949	ÁLVAREZ ALONSO SONIA M.	1976	RBAIXAS	1:27.76	M 25	2024-02-18	Álvaro Pino	13
		50E: 42.22							
2	1078902	AZANZA MORENO CRISTINA	1976	MULLEREF	1:29.82	M 25	2024-02-18	FRIGSA	10
		50E: 44.07							
3	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	1:36.38	M 25	2024-02-18	FRIGSA	8
		50E: 48.44							
4	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	1:51.60	M 25	2024-02-18	Álvaro Pino	7
		50E: 54.76							
5	1217442	VILLASANTE ARMAS MARIA ROSA	1975	NCORUÑA	1:57.67	M 25	2024-02-18	CARBALLO CALERO	6
		50E: 54.12							
6	1107383	CAMINO GONZALEZ CATUXA	1977	MPVETUS	1:59.01	M 25	2024-02-18	Álvaro Pino	5
		50E: 56.18							
7	1253190	GARCÍA NAVAS CAROLINA	1979	MULLEREF	2:00.34	M 25	2024-02-18	FRIGSA	4
		50E: 56.93							
8	1119241	VIDAL BELLO MARA	1977	VALDEORR	2:07.32	M 25	2024-02-18	FRIGSA	3

50E: 1:02.49

9	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	2:18.25	M 25	2024-02-18	Álvaro Pino	2
50E: 1:09.56									

50+

1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	1:27.79	M 25	2024-02-18	FRIGSA	13
50E: 42.72									
2	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	1:33.06	M 25	2024-02-18	CARBALLO CALERO	10
50E: 46.39									
3	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	1:33.22	M 25	2024-02-18	Álvaro Pino	8
50E: 44.99									
4	1147115	HERNANDEZ ALFAGEME RITA	1971	RBAIXAS	1:33.84	M 25	2024-02-18	Álvaro Pino	7
50E: 46.85									
5	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	1:42.35	M 25	2024-02-18	Álvaro Pino	6
50E: 49.12									
6	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	2:01.43	M 25	2024-02-18	Álvaro Pino	5
50E: 59.04									
7	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	2:31.64	M 25	2024-02-18	Álvaro Pino	4
50E: 1:14.86									

55+

1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	1:44.45	M 25	2024-02-18	Álvaro Pino	13
50E: 50.09									
2	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	1:53.36	M 25	2024-02-18	FRIGSA	10
50E: 57.16									
3	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	1:59.02	M 25	2024-02-18	Álvaro Pino	8
50E: 58.99									
4	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	2:11.00	M 25	2024-02-18	FRIGSA	7
50E: 1:06.13									
5	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	2:54.29	M 25	2024-02-18	Álvaro Pino	6
50E: 1:28.94									

60+

1	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	2:01.37	M 25	2024-02-18	CARBALLO CALERO	13
50E: 57.41									
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	2:02.81	M 25	2024-02-18	CARBALLO CALERO	10
50E: 1:00.24									
3	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	2:07.41	M 25	2024-02-18	CARBALLO CALERO	8
50E: 1:01.53									
4	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	2:23.93	M 25	2024-02-18	FRIGSA	7
50E: 1:11.86									
5	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	2:29.25	M 25	2024-02-18	FRIGSA	6
50E: 1:14.37									



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65+

1	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	3:00.62	M 25	2024-02-18	FRIGSA	13
50E: 1:30.90									

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	3:19.14	M 25	2024-02-18	Álvaro Pino	13
50E: 1:35.10									

2. 100 m Costas Masculino

20+

1	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:04.12	M 25	2024-02-18	Álvaro Pino	13
		50E: 31.24							
2	1075385	DIZ NIEVES DAVID	2004	CNFERRO	1:16.15	M 25	2024-02-18	CARBALLO CALERO	10
		50E: 36.53							
3	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	1:16.28	M 25	2024-02-18	Álvaro Pino	8
		50E: 34.60							
4	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	1:18.83	M 25	2024-02-18	CARBALLO CALERO	7
		50E: 37.79							
5	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	1:20.48	M 25	2024-02-18	CARBALLO CALERO	6
		50E: 37.85							
6	1208836	GÓMEZ MÉNDEZ BORJA	2002	NPONTEA	2:32.94	M 25	2024-02-18	Álvaro Pino	5
		50E: 1:12.40							

25+

1	1078908	MEILAN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	1:27.57	M 25	2024-02-18	FRIGSA	13
		50E: 41.37							
2	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	1:31.06	M 25	2024-02-18	FRIGSA	10
		50E: 44.68							

30+

1	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	1:05.21	M 25	2024-02-18	CARBALLO CALERO	13
		50E: 31.59							
2	1093473	DEL RIO REGUEIRA RUBEN	1993	ARTEIXO	1:05.23	M 25	2024-02-18	CARBALLO CALERO	10
		50E: 31.49							
3	1093472	DEL RIO REGUEIRA MARCOS	1993	ARTEIXO	1:05.40	M 25	2024-02-18	CARBALLO CALERO	8
		50E: 31.34							
4	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	1:08.16	M 25	2024-02-18	CARBALLO CALERO	7
		50E: 33.24							
5	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	1:13.97	M 25	2024-02-18	Álvaro Pino	6
		50E: 35.68							
6	1249168	IGLESIAS DE LEON CRISTIAN	1994	NCORUÑA	1:36.20	M 25	2024-02-18	CARBALLO CALERO	5
		50E: 45.07							
7	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	1:42.91	M 25	2024-02-18	Álvaro Pino	4
		50E: 50.34							

35+

1	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	1:14.93	M 25	2024-02-18	CARBALLO CALERO	13
		50E: 35.65							
2	1191119	CAO LAGO PABLO	1987	RBAIXAS	1:25.56	M 25	2024-02-18	Álvaro Pino	10

50E: 42.35

3 1226234 COTELO SENANDE ALBERTO 1988 ADFOGAR 1:27.45 M 25 2024-02-18 CARBALLO CALERO 8

50E: 41.24

4 1170846 PRESA PRESA SANTIAGO 1988 GALAICO 1:31.09 M 25 2024-02-18 Álvaro Pino 7

50E: 45.40

5 1136629 FIGUEIRA DOMINGUEZ JAVIER GUZMAN 1988 RBAIXAS 1:31.27 M 25 2024-02-18 Álvaro Pino 6

50E: 46.21

6 1145090 MARTÍNEZ DOMÍNGUEZ IVÁN 1988 NPONTEA 1:33.33 M 25 2024-02-18 Álvaro Pino 5

50E: 45.76

7 1178928 FIDALGO SERRANO GUILLERMO 1986 CTRAVIE 1:40.98 M 25 2024-02-18 Álvaro Pino 4

50E: 51.04

40+

1 1141151 CALLE FACAL TELMO 1983 GALAICO 1:06.81 M 25 2024-02-18 Álvaro Pino 13

50E: 32.16

2 1141095 LOPEZ BERMUDEZ GABRIEL 1984 RSDH 1:18.76 M 25 2024-02-18 CARBALLO CALERO 10

50E: 38.24

3 1190909 CARBALLA BARROSO ROGELIO MANUEL 1981 GALAICO 1:24.29 M 25 2024-02-18 Álvaro Pino 8

50E: 40.01

4 1170841 BASTIDA CAMPOS ALEJANDRO 1982 SALESTRA 1:28.00 M 25 2024-02-18 FRIGSA 7

50E: 41.45

5 1144584 ALVAREZ SILVA RUBEN 1981 ESCUALOS 1:30.65 M 25 2024-02-18 FRIGSA 6

50E: 44.95

6 1214823 GONZALEZ PEÑAS DAVID 1984 POR-MIÑA 1:33.97 M 25 2024-02-18 FRIGSA 5

50E: 46.47

7 1147216 GONZALEZ VICENTE RUBEN 1981 POR-MIÑA 1:35.11 M 25 2024-02-18 FRIGSA 4

50E: 44.65

8 1038913 SUAREZ GARCIA PEDRO LOIS 1980 NPONTEA 1:44.13 M 25 2024-02-18 Álvaro Pino 3

50E: 49.74

9 1076542 GONZALEZ CONDE RODRIGO 1982 NPONTEA 1:45.21 M 25 2024-02-18 Álvaro Pino 2

50E: 50.11

10 1198878 MUINELO LORENZO MANUEL 1981 POR-MIÑA 1:51.03 M 25 2024-02-18 FRIGSA 1

50E: 52.25

11 1107557 MELLA BARBEITO JAVIER 1983 ARTEIXO 1:51.21 M 25 2024-02-18 CARBALLO CALERO 0

50E: 53.24

45+

1 1244353 TATO FUENTES VICTOR 1979 ADFOGAR 1:14.77 M 25 2024-02-18 CARBALLO CALERO 13

50E: 37.17

2 1075217 ESPINOSA MIRA JORGE 1978 VALDEORR 1:17.59 M 25 2024-02-18 FRIGSA 10

50E: 37.72

3 1144267 FINS SEOANE JUAN MIGUEL 1977 SALESTRA 1:17.87 M 25 2024-02-18 FRIGSA 8

50E: 38.39

4 1006004 GUIMAREY VAZQUEZ MARCOS 1977 POR-MIÑA 1:18.24 M 25 2024-02-18 FRIGSA 7

50E: 37.69

5	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	1:20.14	M 25	2024-02-18	FRIGSA	6
		50E: 38.66							
6	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	1:24.41	M 25	2024-02-18	CARBALLO CALERO	5
		50E: 40.05							
7	1144297	LAMAS SOTO CESAR	1975	CULLERED	1:30.98	M 25	2024-02-18	CARBALLO CALERO	4
		50E: 44.12							
8	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	1:37.30	M 25	2024-02-18	CARBALLO CALERO	3
		50E: 47.81							
9	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:37.56	M 25	2024-02-18	Álvaro Pino	2
		50E: 48.02							
10	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	1:41.15	M 25	2024-02-18	Álvaro Pino	1
		50E: 50.17							
11	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	1:42.08	M 25	2024-02-18	FRIGSA	0
		50E: 50.08							
12	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	1:42.37	M 25	2024-02-18	FRIGSA	0
		50E: 50.01							
13	1147217	DIEGUEZ BALADRON IVAN	1977	POR-MIÑA	1:51.59	M 25	2024-02-18	FRIGSA	0
		50E: 55.38							
14	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	2:06.26	M 25	2024-02-18	FRIGSA	0
		50E: 59.99							

50+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	1:09.42	M 25	2024-02-18	Álvaro Pino	13
		50E: 32.86							
2	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	1:22.90	M 25	2024-02-18	CARBALLO CALERO	10
		50E: 40.27							
3	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	1:24.27	M 25	2024-02-18	FRIGSA	8
		50E: 40.41							
4	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	1:25.80	M 25	2024-02-18	FRIGSA	7
		50E: 41.38							
5	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	1:30.52	M 25	2024-02-18	Álvaro Pino	6
		50E: 45.18							
6	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	1:31.47	M 25	2024-02-18	Álvaro Pino	5
		50E: 45.57							
7	1076526	REBANAL ALFAYA FERNANDO	1971	VALDEORR	1:41.18	M 25	2024-02-18	FRIGSA	4
		50E: 50.84							
8	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	1:42.75	M 25	2024-02-18	FRIGSA	3
		50E: 49.36							
9	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	1:47.34	M 25	2024-02-18	CARBALLO CALERO	2
		50E: 52.84							
10	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	1:48.30	M 25	2024-02-18	FRIGSA	1
		50E: 52.91							
11	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	1:49.63	M 25	2024-02-18	FRIGSA	0

50E: 53.30

12	1038058	CANO PELAEZ ALBERTO J.	1970	CMARINA	1:55.54	M 25	2024-02-18	CARBALLO CALERO	0
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50E: 57.99

13	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	2:04.58	M 25	2024-02-18	FRIGSA	0
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50E: 1:04.19

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	1:18.93	M 25	2024-02-18	Álvaro Pino	13
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2	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	1:20.16	M 25	2024-02-18	CARBALLO CALERO	10
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50E: 39.93

3	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	1:24.64	M 25	2024-02-18	CARBALLO CALERO	8
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50E: 41.41

4	1076177	TIMIRAOS CARRASCO FERNANDO	1965	POR-MIÑA	1:29.01	M 25	2024-02-18	FRIGSA	7
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50E: 43.83

5	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:31.84	M 25	2024-02-18	FRIGSA	6
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50E: 42.25

6	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	1:37.24	M 25	2024-02-18	Álvaro Pino	5
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50E: 47.60

7	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	1:56.46	M 25	2024-02-18	Álvaro Pino	4
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50E: 58.48

8	1193949	LAMELO OTERO RAMON JESUS	1968	CIDSANTI	2:00.08	M 25	2024-02-18	CARBALLO CALERO	3
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50E: 58.62

9	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	2:08.34	M 25	2024-02-18	FRIGSA	2
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50E: 1:02.55

60+

1	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	1:50.43	M 25	2024-02-18	FRIGSA	13
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50E: 54.83

2	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	2:09.38	M 25	2024-02-18	FRIGSA	10
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50E: 1:03.48

3	1144337	EIRAS DORADO JUAN LUIS	1962	POR-MIÑA	3:13.28	M 25	2024-02-18	FRIGSA	8
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50E: 1:32.78

65+

1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	1:28.73	M 25	2024-02-18	CARBALLO CALERO	13
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50E: 43.74

2	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	1:38.99	M 25	2024-02-18	Álvaro Pino	10
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50E: 49.59

3	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	2:50.43	M 25	2024-02-18	Álvaro Pino	8
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50E: 1:25.57

70+

1	1075764	NOVOA GONZALEZ EDMUNDO	1952	MULLEREF	2:06.51	M 25	2024-02-18	FRIGSA	13
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50E: 1:01.15



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2	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	2:13.43	M 25	2024-02-18	Álvaro Pino	10
50E: 1:03.81									

80+

1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	3:00.29	M 25	2024-02-18	Álvaro Pino	13
50E: 1:28.24									

3. 200 m Bolboreta Feminino

20+

1	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	3:24.02	M 25	2024-02-18	CARBALLO CALERO	13
		50M: 45.01			100M: 1:36.56				

25+

1	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:55.21	M 25	2024-02-18	Álvaro Pino	13
		50M: 50.23			100M: 1:50.85				

35+

1	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	3:45.98	M 25	2024-02-18	Álvaro Pino	13
		50M: 48.37			100M: 1:44.79				
2	1250482	RODRIGUEZ DE DIOS AMPARO	1987	VALDEORR	4:27.46	M 25	2024-02-18	FRIGSA	10
		50M: 59.21			100M: 2:07.45				
3	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	5:20.24	M 25	2024-02-18	Álvaro Pino	8
		50M: 1:05.01			100M: 2:25.40				

40+

1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	2:42.27	M 25	2024-02-18	CARBALLO CALERO	13
		50M: 35.77			100M: 1:17.00				
2	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	3:46.94	M 25	2024-02-18	FRIGSA	9.0
		50M: 50.82			100M: 1:48.31				
3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	3:46.94	M 25	2024-02-18	FRIGSA	9.0
		50M: 48.77			100M: 1:46.56				

45+

1	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	3:52.86	M 25	2024-02-18	Álvaro Pino	13
		50M: 51.47			100M: 1:51.80				
2	1119241	VIDAL BELLO MARA	1977	VALDEORR	4:37.81	M 25	2024-02-18	FRIGSA	10
		50M: 1:00.47			100M: 2:10.10				

50+

1	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	4:28.18	M 25	2024-02-18	FRIGSA	13
		50M: 58.72			100M: 2:04.53				

55+

1	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	4:12.82	M 25	2024-02-18	Álvaro Pino	13
		50M: 54.23			100M: 1:56.72				
2	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	6:21.54	M 25	2024-02-18	Álvaro Pino	10
		50M: 1:27.01			100M: 3:03.49				

4. 200 m Bolboreta Masculino

20+										
1	1075385	DIZ NIEVES DAVID	2004	CNFERRO	2:33.33	M 25	2024-02-18	CARBALLO CALERO	13	
		50M: 32.24 100M: 1:10.30								
2	1217804	SUAREZ URRUZOLA LEO	2000	CIDSANTI	2:42.48	M 25	2024-02-18	CARBALLO CALERO	10	
		50M: 36.84 100M: 1:17.59								
30+										
1	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	3:17.13	M 25	2024-02-18	Álvaro Pino	13	
		50M: 39.78 100M: 1:30.12								
35+										
1	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	2:58.46	M 25	2024-02-18	Álvaro Pino	13	
		50M: 38.69 100M: 1:26.16								
40+										
1	1230338	MUIÑO REY DANIEL	1984	CNFERRO	3:17.62	M 25	2024-02-18	CARBALLO CALERO	13	
		50M: 44.39 100M: 1:36.26								
2	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	3:22.76	M 25	2024-02-18	CARBALLO CALERO	10	
		50M: 44.20 100M: 1:35.24								
3	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	3:43.57	M 25	2024-02-18	Álvaro Pino	8	
		50M: 49.65 100M: 1:45.05								
4	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	3:58.01	M 25	2024-02-18	Álvaro Pino	7	
		50M: 51.28 100M: 1:51.38								
5	1039360	POSE MATO CESAR	1983	ADFOGAR	5:24.32	M 25	2024-02-18	CARBALLO CALERO	6	
		50M: 1:14.68 100M: 2:37.72								
45+										
1	1024675	IGLESIAS GOMEZ GONZALO	1979	HERCULES	2:42.63	M 25	2024-02-18	CARBALLO CALERO	13	
		50M: 34.93 100M: 1:14.74								
2	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	4:01.67	M 25	2024-02-18	FRIGSA	10	
		50M: 53.92 100M: 1:03.10								
3	1199189	IGLESIAS DE LA TORRE FELIPE	1976	POURENSE	4:11.19	M 25	2024-02-18	FRIGSA	8	
		50M: 55.63 100M: 1:59.91								
50+										
1	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	3:17.83	M 25	2024-02-18	FRIGSA	13	
		50M: 45.15 100M: 1:36.54								
2	1203923	FERNANDEZ PEREZ RAMIRO EDERALDO	1971	RBAIXAS	3:30.23	M 25	2024-02-18	Álvaro Pino	10	
		50M: 46.86 100M: 1:38.92								
3	1038058	CANO PELAEZ ALBERTO J.	1970	CMARINA	4:02.93	M 25	2024-02-18	CARBALLO CALERO	8	

50M: 56.93

100M: 2:00.70

55+

1	1061111	ISASTI MAIZA PATXI XABIER	1965	CNXOVE	3:10.75	M 25	2024-02-18	FRIGSA	13
		50M: 39.31			100M: 1:24.81				
2	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	3:38.88	M 25	2024-02-18	CARBALLO CALERO	10
		50M: 47.12			100M: 1:44.00				
3	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	3:47.76	M 25	2024-02-18	Álvaro Pino	8
		50M: 49.35			100M: 1:47.04				

60+

1	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	4:33.20	M 25	2024-02-18	CARBALLO CALERO	13
		50M: 58.86			100M: 2:08.83				
2	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	4:49.78	M 25	2024-02-18	FRIGSA	10
		50M: 59.03			100M: 2:12.92				

5. 50 m Braza Feminino

20+

1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	37.49	M 25	2024-02-18	Álvaro Pino	13
2	1199453	FILGUEIRAS OLMO HELENA	2004	POR-MIÑA	41.68	M 25	2024-02-18	FRIGSA	10
3	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	41.90	M 25	2024-02-18	CARBALLO CALERO	8
4	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	42.19	M 25	2024-02-18	FRIGSA	7
5	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	43.64	M 25	2024-02-18	FRIGSA	6
6	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	43.85	M 25	2024-02-18	Álvaro Pino	5
7	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	44.13	M 25	2024-02-18	Álvaro Pino	4
8	1232978	LOPEZ MORADO MARIA	2001	CULLERED	49.13	M 25	2024-02-18	CARBALLO CALERO	3
9	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	51.83	M 25	2024-02-18	Álvaro Pino	2
10	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	51.86	M 25	2024-02-18	Álvaro Pino	1
11	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	1:04.56	M 25	2024-02-18	CARBALLO CALERO	0
12	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	1:06.88	M 25	2024-02-18	CARBALLO CALERO	0

25+

1	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	42.31	M 25	2024-02-18	CARBALLO CALERO	13
2	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	45.05	M 25	2024-02-18	Álvaro Pino	10
3	1243122	DARRIBA CASTRO MARIA	1996	RBAIXAS	52.46	M 25	2024-02-18	Álvaro Pino	8
4	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	1:03.27	M 25	2024-02-18	CARBALLO CALERO	7
5	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	1:16.60	M 25	2024-02-18	Álvaro Pino	6

30+

1	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	38.44	M 25	2024-02-18	CARBALLO CALERO	13
2	1041452	BEN CILLERO SABELA	1992	CNXOVE	39.22	M 25	2024-02-18	FRIGSA	10
3	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	41.84	M 25	2024-02-18	FRIGSA	8
4	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	46.34	M 25	2024-02-18	Álvaro Pino	7
5	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	46.83	M 25	2024-02-18	FRIGSA	6
6	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	48.92	M 25	2024-02-18	FRIGSA	5
7	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	49.82	M 25	2024-02-18	Álvaro Pino	4
8	1141053	IGLESIAS SUÁREZ LAURA	1992	CDELMAR	50.67	M 25	2024-02-18	CARBALLO CALERO	3
9	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	51.28	M 25	2024-02-18	CARBALLO CALERO	2
10	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	51.82	M 25	2024-02-18	FRIGSA	1
11	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	56.90	M 25	2024-02-18	Álvaro Pino	0

35+

1	1127407	GONZÁLEZ RIVAS SARA	1989	ARTEIXO	38.13	M 25	2024-02-18	CARBALLO CALERO	13
2	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	39.91	M 25	2024-02-18	FRIGSA	10
3	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	42.56	M 25	2024-02-18	FRIGSA	8
4	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	44.13	M 25	2024-02-18	Álvaro Pino	7
5	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	44.55	M 25	2024-02-18	Álvaro Pino	6

6	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	53.10	M 25	2024-02-18	Álvaro Pino	5
7	1147098	SANTOS DA GRACA FRANCELINA	1987	ADFOGAR	53.31	M 25	2024-02-18	CARBALLO CALERO	4
8	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	57.67	M 25	2024-02-18	Álvaro Pino	3

40+

1	1180232	FKEQUI OMARI SALMA	1982	ESCUALOS	43.73	M 25	2024-02-18	FRIGSA	13
2	1129918	RODRIGUEZ AGUIN MARIA ANTIA	1981	MULLEREF	50.46	M 25	2024-02-18	FRIGSA	10
3	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	50.54	M 25	2024-02-18	FRIGSA	8
4	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	50.56	M 25	2024-02-18	Álvaro Pino	7
5	1145082	FARIÑA SOUSA NOEMI	1983	GALAICO	52.42	M 25	2024-02-18	Álvaro Pino	6
6	1093456	RAMIREZ INSUA JULIA	1983	RSDH	52.46	M 25	2024-02-18	CARBALLO CALERO	5
7	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	55.85	M 25	2024-02-18	Álvaro Pino	4
8	1253187	DIAZ BAO MONICA	1984	MULLEREF	56.61	M 25	2024-02-18	FRIGSA	3

45+

1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	38.67	M 25	2024-02-18	Álvaro Pino	13
2	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	45.47	M 25	2024-02-18	Álvaro Pino	10
3	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	51.81	M 25	2024-02-18	Álvaro Pino	8
4	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	59.86	M 25	2024-02-18	Álvaro Pino	7
5	1144074	SERRANO AVENDAÑO SILVIA	1975	CTRAVIE	1:04.08	M 25	2024-02-18	Álvaro Pino	6

50+

1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	45.79	M 25	2024-02-18	FRIGSA	13
2	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	50.73	M 25	2024-02-18	CARBALLO CALERO	10
3	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	55.17	M 25	2024-02-18	Álvaro Pino	8
4	1144040	SANCHEZ DOMINGUEZ MARIA JESUS	1971	RBAIXAS	1:02.28	M 25	2024-02-18	Álvaro Pino	7
5	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	1:09.03	M 25	2024-02-18	Álvaro Pino	6

55+

1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	45.16	M 25	2024-02-18	Álvaro Pino	13
2	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	48.71	M 25	2024-02-18	FRIGSA	10
3	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	49.79	M 25	2024-02-18	Álvaro Pino	8
4	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	51.92	M 25	2024-02-18	Álvaro Pino	7
5	1253188	DIAZ RODRIGUEZ MARIA PILAR	1967	MULLEREF	1:06.68	M 25	2024-02-18	FRIGSA	6

60+

1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	51.33	M 25	2024-02-18	CARBALLO CALERO	13
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	52.52	M 25	2024-02-18	CARBALLO CALERO	10
3	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	56.52	M 25	2024-02-18	CARBALLO CALERO	8
4	1075767	MENDEZ TORRES ISABEL	1960	POR-MIÑA	1:07.56	M 25	2024-02-18	FRIGSA	7

65+

1	1141154	CELEMIN PORRERO MARIA TERESA	1959	GALAICO	1:00.66	M 25	2024-02-18	Álvaro Pino	13
2	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	1:20.21	M 25	2024-02-18	FRIGSA	10



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75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	2:22.99	M 25	2024-02-18	Álvaro Pino	13
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6. 50 m Braza Masculino

20+

1	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	34.65	M 25	2024-02-18	FRIGSA	13
2	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	37.34	M 25	2024-02-18	FRIGSA	10
3	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	46.32	M 25	2024-02-18	Álvaro Pino	8

30+

1	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	31.77	M 25	2024-02-18	FRIGSA	13
2	1038638	CASTRO VILLAR DAVID	1991	CFVLUGO	36.90	M 25	2024-02-18	FRIGSA	10
3	1249168	IGLESIAS DE LEON CRISTIAN	1994	NCORUÑA	39.80	M 25	2024-02-18	CARBALLO CALERO	8

35+

1	1093461	PEREZ FERNANDEZ DE CORDOBA PED	1986	RSDH	32.47	M 25	2024-02-18	CARBALLO CALERO	13
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	34.17	M 25	2024-02-18	FRIGSA	10
3	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	34.64	M 25	2024-02-18	FRIGSA	8
4	1240711	MIRAS LOPEZ RAUL	1987	NCORUÑA	36.57	M 25	2024-02-18	CARBALLO CALERO	7
5	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	36.71	M 25	2024-02-18	Álvaro Pino	6
6	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	38.47	M 25	2024-02-18	FRIGSA	5
7	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	39.90	M 25	2024-02-18	CARBALLO CALERO	4
8	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	40.55	M 25	2024-02-18	FRIGSA	3
9	1253931	REDONDO PARCERO IBAN	1985	CNMOS	41.83	M 25	2024-02-18	Álvaro Pino	2
10	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	42.42	M 25	2024-02-18	CARBALLO CALERO	1

40+

1	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	34.72	M 25	2024-02-18	FRIGSA	13
2	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	35.38	M 25	2024-02-18	CARBALLO CALERO	10
3	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	38.62	M 25	2024-02-18	Álvaro Pino	8
4	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	38.92	M 25	2024-02-18	FRIGSA	7
5	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	39.39	M 25	2024-02-18	CARBALLO CALERO	6
6	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	39.68	M 25	2024-02-18	Álvaro Pino	5
7	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	41.19	M 25	2024-02-18	FRIGSA	4
8	1147216	GONZALEZ VICENTE RUBEN	1981	POR-MIÑA	42.07	M 25	2024-02-18	FRIGSA	3
9	1204315	TORRES FRAILE EMILIO	1984	MOLEMOS	44.12	M 25	2024-02-18	FRIGSA	2
10	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	44.26	M 25	2024-02-18	Álvaro Pino	1
11	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	44.61	M 25	2024-02-18	Álvaro Pino	0
12	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	44.67	M 25	2024-02-18	Álvaro Pino	0
13	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	45.68	M 25	2024-02-18	Álvaro Pino	0
14	1198878	MUINELO LORENZO MANUEL	1981	POR-MIÑA	49.60	M 25	2024-02-18	FRIGSA	0

45+

1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	33.49	M 25	2024-02-18	FRIGSA	13
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2	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	35.26	M 25	2024-02-18	FRIGSA	10
3	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	35.99	M 25	2024-02-18	Álvaro Pino	8
4	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	37.66	M 25	2024-02-18	FRIGSA	7
5	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	38.20	M 25	2024-02-18	FRIGSA	6
6	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	39.57	M 25	2024-02-18	FRIGSA	5
7	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	43.07	M 25	2024-02-18	CARBALLO CALERO	4
8	1144269	LOPEZ PAYO MARIO	1977	SALESTRA	44.42	M 25	2024-02-18	FRIGSA	3
9	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	45.43	M 25	2024-02-18	Álvaro Pino	2
10	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	45.99	M 25	2024-02-18	CARBALLO CALERO	1
11	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	47.17	M 25	2024-02-18	Álvaro Pino	0
12	1147217	DIEGUEZ BALADRON IVAN	1977	POR-MIÑA	47.95	M 25	2024-02-18	FRIGSA	0
13	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	52.51	M 25	2024-02-18	Álvaro Pino	0

50+

1	1051938	SOTO HECTOR OSCAR	1970	RBAIXAS	36.66	M 25	2024-02-18	Álvaro Pino	13
2	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	39.57	M 25	2024-02-18	FRIGSA	10
3	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	40.11	M 25	2024-02-18	FRIGSA	8
4	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	41.41	M 25	2024-02-18	Álvaro Pino	7
5	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	42.02	M 25	2024-02-18	CARBALLO CALERO	6
6	1147287	ESCUDEIRO DANS DAVID	1973	TRICORUÑ	42.18	M 25	2024-02-18	CARBALLO CALERO	5
7	1075492	AÑON RODRIGUEZ EDUARDO	1971	RSDH	43.78	M 25	2024-02-18	CARBALLO CALERO	4
8	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	44.99	M 25	2024-02-18	CARBALLO CALERO	3
9	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	46.40	M 25	2024-02-18	FRIGSA	2
10	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	46.49	M 25	2024-02-18	FRIGSA	1
11	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	46.84	M 25	2024-02-18	Álvaro Pino	0
12	1078814	CANOSA RODRIGUEZ ALFONSO J.	1971	ADFOGAR	48.03	M 25	2024-02-18	CARBALLO CALERO	0
13	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	50.60	M 25	2024-02-18	CARBALLO CALERO	0
14	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	51.14	M 25	2024-02-18	FRIGSA	0
15	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	52.54	M 25	2024-02-18	Álvaro Pino	0
16	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	52.97	M 25	2024-02-18	FRIGSA	0

55+

1	1246079	ESPESO LANCE JUAN CARLOS	1966	CMARINA	46.17	M 25	2024-02-18	CARBALLO CALERO	13
2	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	49.26	M 25	2024-02-18	Álvaro Pino	10
3	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	52.41	M 25	2024-02-18	CARBALLO CALERO	8
4	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	1:11.33	M 25	2024-02-18	FRIGSA	7

60+

1	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	47.51	M 25	2024-02-18	Álvaro Pino	13
2	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	57.51	M 25	2024-02-18	Álvaro Pino	10
3	1144337	EIRAS DORADO JUAN LUIS	1962	POR-MIÑA	1:27.65	M 25	2024-02-18	FRIGSA	8

70+

1	1048954	BORDALLO CORTINA FERNANDO	1954	HERCULES	46.14	M 25	2024-02-18	CARBALLO CALERO	13
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2	1075764	NOVOA GONZALEZ EDMUNDO	1952	MULLEREF	57.06	M 25	2024-02-18	FRIGSA	10
75+									
1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	49.27	M 25	2024-02-18	Álvaro Pino	13
80+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:26.21	M 25	2024-02-18	Álvaro Pino	13

7. 100 m Estilos Feminino

20+

1	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	1:19.49	M 25	2024-02-18	CARBALLO CALERO	13
2	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	1:20.96	M 25	2024-02-18	FRIGSA	10
3	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	1:22.42	M 25	2024-02-18	Álvaro Pino	8
4	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	1:22.46	M 25	2024-02-18	Álvaro Pino	7
5	1199453	FILGUEIRAS OLMO HELENA	2004	POR-MIÑA	1:23.76	M 25	2024-02-18	FRIGSA	6
6	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	1:28.85	M 25	2024-02-18	Álvaro Pino	5
7	1111470	GARCÉS FERNÁNDEZ EREA	2003	RBAIXAS	1:31.50	M 25	2024-02-18	Álvaro Pino	4
8	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	1:32.03	M 25	2024-02-18	FRIGSA	3
9	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:40.44	M 25	2024-02-18	Álvaro Pino	2
10	1230349	VICENTE RODRIGUEZ ANDREA	2002	NPONTEA	1:45.56	M 25	2024-02-18	Álvaro Pino	1

25+

1	1038096	FREIJE TORNEIRO AROA	1998	POR-MIÑA	1:14.17	M 25	2024-02-18	FRIGSA	13
2	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	1:23.07	M 25	2024-02-18	Álvaro Pino	10
3	1198880	LOPEZ RODRIGUEZ AROA	1997	POR-MIÑA	1:24.40	M 25	2024-02-18	FRIGSA	8
4	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	1:26.24	M 25	2024-02-18	Álvaro Pino	7
5	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:36.19	M 25	2024-02-18	Álvaro Pino	6

30+

1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	1:11.30	M 25	2024-02-18	FRIGSA	13
2	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	1:16.92	M 25	2024-02-18	CARBALLO CALERO	10
3	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	1:18.23	M 25	2024-02-18	FRIGSA	8
4	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	1:30.21	M 25	2024-02-18	Álvaro Pino	7
5	1236745	RODRIGUEZ GONZÁLEZ RAQUEL	1993	MOLEMOS	1:31.26	M 25	2024-02-18	FRIGSA	6
6	1143565	ARAÚJO CASTRO PAULA	1991	CDELMAR	1:35.58	M 25	2024-02-18	CARBALLO CALERO	5
7	1040719	CUBA KOSTER ESMERALDA	1992	CNXOVE	1:38.84	M 25	2024-02-18	FRIGSA	4
8	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	1:40.51	M 25	2024-02-18	FRIGSA	3
9	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	1:40.65	M 25	2024-02-18	FRIGSA	2
10	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	1:41.23	M 25	2024-02-18	Álvaro Pino	1
11	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	1:42.91	M 25	2024-02-18	Álvaro Pino	0
12	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	1:43.44	M 25	2024-02-18	FRIGSA	0
13	1221892	OTERO FERNANDEZ MARIA LUISA	1993	SALESTRA	1:45.80	M 25	2024-02-18	FRIGSA	0
14	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	2:02.11	M 25	2024-02-18	Álvaro Pino	0

35+

1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	1:15.09	M 25	2024-02-18	FRIGSA	13
2	1127407	GONZÁLEZ RIVAS SARA	1989	ARTEIXO	1:22.28	M 25	2024-02-18	CARBALLO CALERO	10
3	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	1:23.26	M 25	2024-02-18	FRIGSA	8
4	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	1:27.69	M 25	2024-02-18	Álvaro Pino	7

5	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	1:29.19	M 25	2024-02-18	FRIGSA	6
6	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	1:32.22	M 25	2024-02-18	Álvaro Pino	5
7	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	1:33.94	M 25	2024-02-18	Álvaro Pino	4
8	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	1:39.38	M 25	2024-02-18	FRIGSA	3
9	1250482	RODRIGUEZ DE DIOS AMPARO	1987	VALDEORR	1:46.26	M 25	2024-02-18	FRIGSA	2
10	1243119	COMESAÑA REGUEIRA MIRIAM	1989	RBAIXAS	1:55.76	M 25	2024-02-18	Álvaro Pino	1
40+									
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	1:15.87	M 25	2024-02-18	CARBALLO CALERO	13
2	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	1:17.35	M 25	2024-02-18	CARBALLO CALERO	10
3	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	1:26.75	M 25	2024-02-18	FRIGSA	8
4	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	1:28.78	M 25	2024-02-18	FRIGSA	7
5	1237395	VILARIÑO CACHO ELVIRA	1981	SALESTRA	1:32.66	M 25	2024-02-18	FRIGSA	6
6	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	1:37.82	M 25	2024-02-18	FRIGSA	5
7	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	1:40.03	M 25	2024-02-18	FRIGSA	4
8	1144200	RODRIGUEZ LOPEZ BELEN	1981	RBAIXAS	1:46.39	M 25	2024-02-18	Álvaro Pino	3
9	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	1:50.16	M 25	2024-02-18	Álvaro Pino	2
10	1145082	FARIÑA SOUSA NOEMI	1983	GALAICO	1:50.74	M 25	2024-02-18	Álvaro Pino	1
11	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	1:55.71	M 25	2024-02-18	Álvaro Pino	0
12	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	2:18.12	M 25	2024-02-18	CARBALLO CALERO	0
13	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	2:39.45	M 25	2024-02-18	FRIGSA	0
45+									
1	1057273	MARCOS VARELA LAURA	1976	RBAIXAS	1:18.82	M 25	2024-02-18	Álvaro Pino	13
2	1144949	ÁLVAREZ ALONSO SONIA M.	1976	RBAIXAS	1:26.43	M 25	2024-02-18	Álvaro Pino	10
3	1078902	AZANZA MORENO CRISTINA	1976	MULLEREF	1:31.35	M 25	2024-02-18	FRIGSA	8
4	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	1:35.78	M 25	2024-02-18	Álvaro Pino	7
5	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	1:36.00	M 25	2024-02-18	FRIGSA	6
6	1107383	CAMINO GONZALEZ CATUXA	1977	MPVETUS	1:46.61	M 25	2024-02-18	Álvaro Pino	5
7	1253190	GARCÍA NAVAS CAROLINA	1979	MULLEREF	1:51.05	M 25	2024-02-18	FRIGSA	4
8	1144201	ALVAREZ LARRAN MARIA DEL PILAR	1979	RBAIXAS	1:52.02	M 25	2024-02-18	Álvaro Pino	3
9	1144074	SERRANO AVENDAÑO SILVIA	1975	CTRAVIE	1:55.82	M 25	2024-02-18	Álvaro Pino	2
10	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	2:18.86	M 25	2024-02-18	FRIGSA	1
11	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	2:21.38	M 25	2024-02-18	Álvaro Pino	0
50+									
1	1147115	HERNANDEZ ALFAGEME RITA	1971	RBAIXAS	1:30.81	M 25	2024-02-18	Álvaro Pino	13
2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	1:34.17	M 25	2024-02-18	Álvaro Pino	10
3	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	1:34.90	M 25	2024-02-18	CARBALLO CALERO	8
4	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	1:48.21	M 25	2024-02-18	CARBALLO CALERO	7
5	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	1:51.46	M 25	2024-02-18	Álvaro Pino	6
6	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	1:55.00	M 25	2024-02-18	FRIGSA	5
7	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	1:56.81	M 25	2024-02-18	Álvaro Pino	4
8	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	2:42.63	M 25	2024-02-18	Álvaro Pino	3

55+

1	1058998	MUTILBA OBREGON NURIA	1969	NPONTEA	1:30.15	M 25	2024-02-18	Álvaro Pino	13
2	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	1:54.65	M 25	2024-02-18	Álvaro Pino	10
3	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	2:00.29	M 25	2024-02-18	Álvaro Pino	8
4	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	2:11.90	M 25	2024-02-18	FRIGSA	7

60+

1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	1:36.39	M 25	2024-02-18	CARBALLO CALERO	13
2	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	1:58.60	M 25	2024-02-18	CARBALLO CALERO	10
3	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	2:16.53	M 25	2024-02-18	FRIGSA	8

65+

1	1141154	CELEMIN PORRERO MARIA TERESA	1959	GALAICO	2:04.08	M 25	2024-02-18	Álvaro Pino	13
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8. 100 m Estilos Masculino

20+									
1	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:05.28	M 25	2024-02-18	Álvaro Pino	13
2	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	1:06.43	M 25	2024-02-18	FRIGSA	10
3	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	1:09.04	M 25	2024-02-18	FRIGSA	8
4	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	1:09.43	M 25	2024-02-18	Álvaro Pino	7
5	1217804	SUAREZ URRUZOLA LEO	2000	CIDSANTI	1:10.38	M 25	2024-02-18	CARBALLO CALERO	6
6	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	1:12.38	M 25	2024-02-18	CARBALLO CALERO	5
7	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	1:17.40	M 25	2024-02-18	Álvaro Pino	4
8	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	1:19.52	M 25	2024-02-18	CARBALLO CALERO	3
9	1230348	GONZALEZ ALONSO ALEJANDRO	2002	NPONTEA	1:28.58	M 25	2024-02-18	Álvaro Pino	2
25+									
1	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	1:31.67	M 25	2024-02-18	FRIGSA	13
30+									
1	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	1:02.17	M 25	2024-02-18	FRIGSA	13
2	1093472	DEL RIO REGUEIRA MARCOS	1993	ARTEIXO	1:03.02	M 25	2024-02-18	CARBALLO CALERO	10
3	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	1:05.35	M 25	2024-02-18	CARBALLO CALERO	8
4	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	1:08.26	M 25	2024-02-18	CARBALLO CALERO	7
5	1038638	CASTRO VILLAR DAVID	1991	CFVLUGO	1:12.43	M 25	2024-02-18	FRIGSA	6
6	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	1:12.61	M 25	2024-02-18	Álvaro Pino	5
7	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	1:20.87	M 25	2024-02-18	Álvaro Pino	4
8	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	1:27.14	M 25	2024-02-18	Álvaro Pino	3
35+									
1	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	1:09.98	M 25	2024-02-18	Álvaro Pino	13
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	1:10.20	M 25	2024-02-18	FRIGSA	10
3	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	1:13.15	M 25	2024-02-18	FRIGSA	8
4	1191119	CAO LAGO PABLO	1987	RBAIXAS	1:13.16	M 25	2024-02-18	Álvaro Pino	7
5	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	1:14.70	M 25	2024-02-18	Álvaro Pino	6
6	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	1:16.71	M 25	2024-02-18	CARBALLO CALERO	5
7	1240711	MIRAS LOPEZ RAUL	1987	NCORUÑA	1:17.60	M 25	2024-02-18	CARBALLO CALERO	4
8	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:18.04	M 25	2024-02-18	FRIGSA	3
9	1136629	FIGUEIRA DOMINGUEZ JAVIER GUZMAN	1988	RBAIXAS	1:20.08	M 25	2024-02-18	Álvaro Pino	2
10	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	1:20.79	M 25	2024-02-18	CARBALLO CALERO	1
11	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	1:21.41	M 25	2024-02-18	FRIGSA	0
12	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	1:22.08	M 25	2024-02-18	CARBALLO CALERO	0
13	1170846	PRESA PRESA SANTIAGO	1988	GALAICO	1:30.25	M 25	2024-02-18	Álvaro Pino	0
14	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	1:38.94	M 25	2024-02-18	Álvaro Pino	0

40+

1	1141151	CALLE FACAL TELMO	1983	GALAICO	1:06.05	M 25	2024-02-18	Álvaro Pino	13
2	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	1:11.84	M 25	2024-02-18	CARBALLO CALERO	10
3	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	1:14.83	M 25	2024-02-18	FRIGSA	8
4	1182358	CANOSA RODRÍGUEZ JUAN JOSÉ	1980	NTNARON	1:15.86	M 25	2024-02-18	FRIGSA	7
5	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	1:20.42	M 25	2024-02-18	Álvaro Pino	6
6	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	1:21.72	M 25	2024-02-18	CARBALLO CALERO	5
7	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	1:21.95	M 25	2024-02-18	Álvaro Pino	4
8	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	1:22.20	M 25	2024-02-18	FRIGSA	3
9	1230338	MUIÑO REY DANIEL	1984	CNFERRO	1:23.16	M 25	2024-02-18	CARBALLO CALERO	2
10	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	1:30.74	M 25	2024-02-18	Álvaro Pino	1
11	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	1:30.86	M 25	2024-02-18	FRIGSA	0
12	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	1:32.10	M 25	2024-02-18	FRIGSA	0
13	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	1:39.55	M 25	2024-02-18	Álvaro Pino	0
14	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	1:41.44	M 25	2024-02-18	FRIGSA	0
15	1039360	POSE MATO CESAR	1983	ADFOGAR	2:03.90	M 25	2024-02-18	CARBALLO CALERO	0

45+

1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	1:07.83	M 25	2024-02-18	Álvaro Pino	13
2	1024675	IGLESIAS GOMEZ GONZALO	1979	HERCULES	1:11.10	M 25	2024-02-18	CARBALLO CALERO	10
3	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	1:13.85	M 25	2024-02-18	FRIGSA	8
4	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	1:14.35	M 25	2024-02-18	CARBALLO CALERO	7
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	1:14.38	M 25	2024-02-18	FRIGSA	6
6	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	1:14.62	M 25	2024-02-18	FRIGSA	5
7	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	1:19.04	M 25	2024-02-18	FRIGSA	4
8	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	1:19.65	M 25	2024-02-18	FRIGSA	3
9	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	1:22.93	M 25	2024-02-18	CARBALLO CALERO	2
10	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	1:23.54	M 25	2024-02-18	FRIGSA	1
11	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	1:26.79	M 25	2024-02-18	CARBALLO CALERO	0
12	1144297	LAMAS SOTO CESAR	1975	CULLERED	1:27.32	M 25	2024-02-18	CARBALLO CALERO	0
13	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	1:27.37	M 25	2024-02-18	CARBALLO CALERO	0
14	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:27.61	M 25	2024-02-18	Álvaro Pino	0
15	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	1:28.43	M 25	2024-02-18	Álvaro Pino	0
16	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	1:29.62	M 25	2024-02-18	FRIGSA	0
17	1144181	PEREZ CARRERA ELIAS	1979	RBAIXAS	1:32.72	M 25	2024-02-18	Álvaro Pino	0
18	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	1:34.70	M 25	2024-02-18	Álvaro Pino	0
19	1144269	LOPEZ PAYO MARIO	1977	SALESTRA	1:35.60	M 25	2024-02-18	FRIGSA	0
20	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	1:38.63	M 25	2024-02-18	FRIGSA	0
21	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	1:40.48	M 25	2024-02-18	FRIGSA	0
22	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	1:42.33	M 25	2024-02-18	CARBALLO CALERO	0
23	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	1:53.29	M 25	2024-02-18	Álvaro Pino	0
24	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	1:54.34	M 25	2024-02-18	Álvaro Pino	0

50+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	1:06.57	M 25	2024-02-18	Álvaro Pino	13
2	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	1:17.60	M 25	2024-02-18	FRIGSA	10
3	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	1:18.78	M 25	2024-02-18	CARBALLO CALERO	8
4	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	1:21.75	M 25	2024-02-18	Álvaro Pino	7
5	1147287	ESCUDEIRO DANS DAVID	1973	TRICORUÑ	1:23.79	M 25	2024-02-18	CARBALLO CALERO	6
6	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	1:25.94	M 25	2024-02-18	FRIGSA	5
7	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	1:32.73	M 25	2024-02-18	Álvaro Pino	4
8	1203923	FERNANDEZ PEREZ RAMIRO EDERALDO	1971	RBAIXAS	1:37.63	M 25	2024-02-18	Álvaro Pino	3
9	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	1:38.69	M 25	2024-02-18	FRIGSA	2
10	1078814	CANOSA RODRIGUEZ ALFONSO J.	1971	ADFOGAR	1:40.13	M 25	2024-02-18	CARBALLO CALERO	1
11	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	1:40.72	M 25	2024-02-18	CARBALLO CALERO	0
12	1075492	AÑON RODRIGUEZ EDUARDO	1971	RSDH	1:48.10	M 25	2024-02-18	CARBALLO CALERO	0
13	1146888	GARROCHO DURAN EMILIO JOSE	1972	CNFERRO	1:52.03	M 25	2024-02-18	CARBALLO CALERO	0
14	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	1:53.94	M 25	2024-02-18	Álvaro Pino	0

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	1:14.30	M 25	2024-02-18	Álvaro Pino	13
2	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	1:16.40	M 25	2024-02-18	CARBALLO CALERO	10
3	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	1:23.68	M 25	2024-02-18	CARBALLO CALERO	8
4	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:28.65	M 25	2024-02-18	FRIGSA	7
5	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	1:30.70	M 25	2024-02-18	CARBALLO CALERO	6
6	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	1:32.77	M 25	2024-02-18	Álvaro Pino	5
7	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	1:49.39	M 25	2024-02-18	Álvaro Pino	4
8	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	1:52.42	M 25	2024-02-18	CARBALLO CALERO	3
9	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	1:58.76	M 25	2024-02-18	FRIGSA	2

60+

1	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	1:38.94	M 25	2024-02-18	Álvaro Pino	13
2	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	1:55.48	M 25	2024-02-18	FRIGSA	10
3	1106829	RODRIGUEZ FERNANDEZ F.X.	1964	ADFOGAR	1:55.81	M 25	2024-02-18	CARBALLO CALERO	8
4	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	2:02.85	M 25	2024-02-18	FRIGSA	7

65+

1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	1:31.53	M 25	2024-02-18	Álvaro Pino	13
2	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	1:33.35	M 25	2024-02-18	CARBALLO CALERO	10
3	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	2:50.73	M 25	2024-02-18	Álvaro Pino	8

70+

1	1048954	BORDALLO CORTINA FERNANDO	1954	HERCULES	1:40.29	M 25	2024-02-18	CARBALLO CALERO	13
2	1240096	IVANCHENKO YURII	1953	POURENSE	1:45.43	M 25	2024-02-18	FRIGSA	10
3	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	2:08.49	M 25	2024-02-18	Álvaro Pino	8

75+

1	1076487	RODRIGUEZ LEMOS ANDRES J.	1949	CNMOS	1:51.04	M 25	2024-02-18	Álvaro Pino	13
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9. 4x50 m Libre Feminino

+80									
1	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:04.98	M 25	2024-02-18	FRIGSA	26		
	FREIJE TORNEIRO AROA (1998)	50L: 28.20							
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:08.22	M 25	2024-02-18	Álvaro Pino	20		
	MENDEZ SEIJO NEREA (1999)	50L: 33.12							
3	C. N. PONTEAREAS	NPONTEA	2:18.82	M 25	2024-02-18	Álvaro Pino	16		
	BLANCO PEREZ LAURA (2004)	50L: 31.54							
+120									
1	C. N. PONTEAREAS	NPONTEA	2:23.00	M 25	2024-02-18	Álvaro Pino	26		
	ALVAREZ COSTAS MARIA PAZ (1988)	50L: 34.28							
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:29.32	M 25	2024-02-18	Álvaro Pino	20		
	DARRIBA CASTRO MARIA (1996)	50L: 43.08							
+160									
1	C. N. ESCUALOS	ESCUALOS	2:21.41	M 25	2024-02-18	FRIGSA	26		
	MIRA VAZQUEZ MARTA (1981)	50L: 36.15							
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:28.72	M 25	2024-02-18	Álvaro Pino	20		
	MOLINOS LAMAS BIBIANA (1977)	50L: 35.92							
3	AGRUP. DEP. FOGAR	ADFOGAR	2:36.64	M 25	2024-02-18	CARBALLO CALERO	16		
	EIRIS CASTRO ANDREA (1990)	50L: 33.86							
4	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:40.79	M 25	2024-02-18	FRIGSA	14		
	RAMOS LOBO RAQUEL (1993)	50L: 30.61							
5	C. MULLER EN FORMA	MULLEREF	2:52.58	M 25	2024-02-18	FRIGSA	12		
	ABELLEIRA CORRAL GEMA (1980)	50L: 54.36							
6	C. N. VALDEORRAS	VALDEORR	3:12.07	M 25	2024-02-18	FRIGSA	10		
	VIDAL BELLO MARA (1977)	50L: 45.48							
7	C. N. PONTEAREAS	NPONTEA	3:14.21	M 25	2024-02-18	Álvaro Pino	8		
	MOLANES PIÑEIRO MARIA ELENA (1984)	50L: 42.43							
+200									
1	C. N. PONTEAREAS	NPONTEA	2:37.16	M 25	2024-02-18	Álvaro Pino	26		
	COVELO SAAVEDRA NAHIR (1978)	50L: 39.22							
2	C. MULLER EN FORMA	MULLEREF	3:21.26	M 25	2024-02-18	FRIGSA	20		
	DIAZ RODRIGUEZ MARIA PILAR (1967)	50L: 56.13							
+240									
1	C. N. PONTEAREAS	NPONTEA	3:40.05	M 25	2024-02-18	Álvaro Pino	26		
	DEL AMO BLANCO MARGARITA (1967)	50L: 42.88							

10. 4x50 m Libre Masculino

+80

1	C. N. PONTEAREAS	NPONTEA	1:53.92	M 25	2024-02-18	Álvaro Pino	26
	MARTINEZ MARTINEZ MARCOS (2003)	50L: 26.80					

+120

1	C. N. CORUÑA	NCORUÑA	1:52.51	M 25	2024-02-18	CARBALLO CALERO	26
	MUIÑO ALONSO ANTON (1994)	50L: 24.68					
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:02.85	M 25	2024-02-18	Álvaro Pino	20
	CAO LAGO PABLO (1987)	50L: 29.25					
3	C. N. GALAICO	GALAICO	2:03.39	M 25	2024-02-18	Álvaro Pino	16
	MARTINEZ DOPAZO DAVID (1987)	50L: 29.34					
4	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:23.48	M 25	2024-02-18	FRIGSA	14
	MEILAN SANCHEZ SERGIO JOSE (1996)	50L: 32.53					

+160

1	C. N. ESCUALOS	ESCUALOS	1:54.79	M 25	2024-02-18	FRIGSA	26
	PAZOS ALONSO JOSUE (1986)	50L: 28.95					
2	C. N. MOS	CNMOS	1:57.85	M 25	2024-02-18	Álvaro Pino	20
	GARABATOS RODRIGUEZ SANTIAGO (1974)	50L: 25.47					
3	AGRUP. DEP. FOGAR	ADFOGAR	1:59.76	M 25	2024-02-18	CARBALLO CALERO	16
	FERNANDEZ VARELA PABLO J. (1984)	50L: 28.24					
4	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:03.82	M 25	2024-02-18	FRIGSA	14
	DIEGUEZ ARANDA HECTOR (1973)	50L: 28.80					
5	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:07.34	M 25	2024-02-18	FRIGSA	12
	PICALLO MATO ADRIAN (1995)	50L: 31.58					
6	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:08.35	M 25	2024-02-18	CARBALLO CALERO	10
	MUIÑO LOPEZ IAGO (1977)	50L: 30.49					
7	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:09.54	M 25	2024-02-18	Álvaro Pino	8
	ARANGO GAYAR SAUL (1980)	50L: 31.74					
8	C. N. PONTEAREAS	NPONTEA	2:10.05	M 25	2024-02-18	Álvaro Pino	6
	MOURIÑO ORTIGUERA ROBERTO C. (1974)	50L: 30.91					
9	C. N. PABELLÓN OURENSE	POURENSE	2:27.41	M 25	2024-02-18	FRIGSA	4
	MARIÑO GONZALEZ RAMÓN (1980)	50L: 36.56					

+200

1	C. N. CULLEREDO	CULLERED	2:14.94	M 25	2024-02-18	CARBALLO CALERO	26
	PEREZ GARCIA MANUEL (1967)	50L: 38.82					
2	C. N. ESCUALOS	ESCUALOS	2:17.18	M 25	2024-02-18	FRIGSA	20
	ALVAREZ SILVA RUBEN (1981)	50L: 31.26					
3	C. MARINA FERROL	CMARINA	2:17.75	M 25	2024-02-18	CARBALLO CALERO	16

	BALSA MOSQUERA PABLO (1978)	50L: 30.29						
4	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:19.18	M 25	2024-02-18	FRIGSA		14
	PEREZ ARIAS HECTOR (1971)	50L: 29.50						
5	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:27.41	M 25	2024-02-18	Álvaro Pino		12
	PEREIRO LOPEZ-QUECUTY SIMON (1973)	50L: 37.12						
6	C. N. MOS	CNMOS	2:29.49	M 25	2024-02-18	Álvaro Pino		10
	RODRIGUEZ LEMOS ANDRES J. (1949)	50L: 41.66						
7	AGRUP. DEP. FOGAR	ADFOGAR	2:39.81	M 25	2024-02-18	CARBALLO CALERO		8
	TOME NOGUEIRA ALBERTO M. (1968)	50L: 37.51						
8	C. N. PABELLÓN OURENSE	POURENSE	2:42.62	M 25	2024-02-18	FRIGSA		6
	CADAVID NUÑEZ JOSE (1970)	50L: 42.09						
9	C. N. VALDEORRAS	VALDEORR	2:42.89	M 25	2024-02-18	FRIGSA		4
	ESPINOSA MIRA JORGE (1978)	50L: 29.47						
+240								
1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:25.41	M 25	2024-02-18	Álvaro Pino		26
	VAZQUEZ VARELA JOSE MANUEL (1966)	50L: 38.46						