

1. 100 m Bolboreta Feminino

20+										
1	1140796	DIAZ DOPICO SABELA	2002	CNFERRO	1:13.30	M 25	2024-04-13	J. Gómez Noya	13	50M: 33.90
2	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	1:16.09	M 25	2024-04-14	AS POZAS	10	50M: 34.44
3	1071508	PAZOS MARTÍNEZ NEREA	2002	ARTEIXO	1:17.79	M 25	2024-04-13	J. Gómez Noya	8	50M: 35.09
4	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	1:32.56	M 25	2024-04-14	AS POZAS	7	50M: 43.12
25+										
1	1093694	SANCHEZ LENCE MARIA	1997	NCORUÑA	1:26.39	M 25	2024-04-13	J. Gómez Noya	13	50M: 39.90
2	1199647	TASENDE LÓPEZ XEILA	1997	ARTEIXO	1:38.46	M 25	2024-04-13	J. Gómez Noya	10	50M: 45.34
3	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	2:27.72	M 25	2024-04-13	J. Gómez Noya	8	50M: 1:04.47
30+										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	1:05.05	M 25	2024-04-14	Santa Isabel	13	50M: 30.02
2	1256967	DEL RIO REGUEIRA SARA	1991	NCORUÑA	1:21.50	M 25	2024-04-13	J. Gómez Noya	10	50M: 37.60
3	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	1:30.28	M 25	2024-04-14	AS POZAS	8	50M: 41.36
4	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	1:46.32	M 25	2024-04-14	Santa Isabel	7	50M: 45.84
5	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	1:47.98	M 25	2024-04-14	AS POZAS	6	50M: 50.12
6	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	1:54.43	M 25	2024-04-14	AS POZAS	5	50M: 51.74
35+										
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	1:14.28	M 25	2024-04-13	J. Gómez Noya	13	50M: 35.22
2	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	1:56.95	M 25	2024-04-14	AS POZAS	10	50M: 55.03
3	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	2:18.70	M 25	2024-04-14	AS POZAS	8	50M: 1:02.52

40+										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	1:14.44	M 25	2024-04-13	J. Gómez Noya	13	50M: 35.19
2	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	2:08.60	M 25	2024-04-14	AS POZAS	10	50M: 57.96
45+										
1	1236743	RIVAS RODRIGUEZ LUCIA	1979	NCORUÑA	1:50.18	M 25	2024-04-13	J. Gómez Noya	13	50M: 51.18
2	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	1:55.55	M 25	2024-04-14	Santa Isabel	10	50M: 52.05
3	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	2:49.52	M 25	2024-04-14	AS POZAS	8	50M: 1:08.69
50+										
1	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	1:43.80	M 25	2024-04-13	J. Gómez Noya	13	50M: 47.28
2	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	2:10.44	M 25	2024-04-14	AS POZAS	10	50M: 58.66
55+										
1	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	3:01.37	M 25	2024-04-14	AS POZAS	13	50M: 1:25.42

2. 100 m Bolboreta Masculino

20+										
1	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	1:03.91	M 25	2024-04-14	AS POZAS		13
		50M: 29.34								
2	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:04.12	M 25	2024-04-14	AS POZAS		10
		50M: 30.31								
3	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	1:07.46	M 25	2024-04-14	Santa Isabel		8
		50M: 30.46								
4	1075385	DIZ NIEVES DAVID	2004	CNFERRO	1:08.20	M 25	2024-04-13	J. Gómez Noya		7
		50M: 31.38								
5	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	1:11.83	M 25	2024-04-13	J. Gómez Noya		6
		50M: 32.68								
6	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	1:15.33	M 25	2024-04-14	AS POZAS		5
		50M: 34.90								
7	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	1:20.63	M 25	2024-04-13	J. Gómez Noya		4
		50M: 37.49								
25+										
1	1119327	SUAREZ FERNÁNDEZ SANTIAGO	1995	MOLEMOS	1:07.73	M 25	2024-04-14	Santa Isabel		13
		50M: 31.32								
2	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	1:33.80	M 25	2024-04-14	Santa Isabel		10
		50M: 43.63								
30+										
1	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	1:06.66	M 25	2024-04-13	J. Gómez Noya		13
		50M: 30.85								
2	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	1:10.36	M 25	2024-04-14	AS POZAS		10
		50M: 33.45								
3	1038322	VIEITEZ PORTO ISMAEL	1992	GALAICO	1:19.31	M 25	2024-04-14	AS POZAS		8
		50M: 36.60								
4	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	1:30.48	M 25	2024-04-14	AS POZAS		7
		50M: 43.36								
35+										
1	1078993	LOBELLE GONZALEZ IVAN	1989	CFVLUGO	1:03.46	M 25	2024-04-14	Santa Isabel		13
		50M: 29.24								
2	1235475	ROADE MORADO AITOR	1985	NTNARON	1:17.57	M 25	2024-04-13	J. Gómez Noya		10
		50M: 34.77								
3	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	1:19.94	M 25	2024-04-14	AS POZAS		8
		50M: 37.09								
4	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:23.49	M 25	2024-04-14	Santa Isabel		7

50M: 37.17

5 1036745 BARCIA SIXTO FRANCISCO JOSÉ 1985 NTNARON 1:24.18 M 25 2024-04-13 J. Gómez Noya 6

50M: 38.20

6 1136629 FIGUEIRA DOMINGUEZ J.G. 1988 RBAIXAS 1:24.42 M 25 2024-04-14 AS POZAS 5

50M: 39.31

40+

1 1143702 GUTIERREZ COSTAS OSCAR 1982 RBAIXAS 1:20.75 M 25 2024-04-14 AS POZAS 13

50M: 36.95

2 1084041 SUAREZ GARCIA SERGIO 1980 MPVETUS 1:39.04 M 25 2024-04-14 AS POZAS 10

50M: 47.07

3 1141126 GOLPE IGLESIAS JOSE ANTONIO 1982 MPVETUS 1:41.15 M 25 2024-04-14 AS POZAS 8

50M: 46.16

4 1039360 POSE MATO CESAR 1983 ADFOGAR 2:26.25 M 25 2024-04-14 Santa Isabel 7

50M: 1:09.33

45+

1 1076560 EIRIZ DIEGUEZ DANIEL 1978 CNMOS 1:05.10 M 25 2024-04-14 AS POZAS 13

50M: 30.33

2 1243174 SONEIRA REBOREDO OSCAR 1975 CIDSANTI 1:07.78 M 25 2024-04-14 Santa Isabel 10

50M: 32.46

3 1050705 BELTRAN DIAZ EMILIO 1977 MOLEMOS 1:08.38 M 25 2024-04-14 Santa Isabel 8

50M: 31.49

4 1006004 GUIMAREY VAZQUEZ MARCOS 1977 POR-MIÑA 1:13.39 M 25 2024-04-14 Santa Isabel 7

50M: 32.24

5 1144265 PORTO CASTAÑO ALEXANDRE 1977 SALESTRA 1:13.41 M 25 2024-04-14 Santa Isabel 6

50M: 33.52

6 1231581 RODRÍGUEZ SALGADO MANUEL 1975 CIDSANTI 1:17.66 M 25 2024-04-14 Santa Isabel 5

50M: 33.83

7 1093467 FIGUEIRA JALLAS ANDRES FELIPE 1976 NCORUÑA 1:22.92 M 25 2024-04-13 J. Gómez Noya 4

50M: 38.97

8 1145005 FERNANDEZ IGLESIAS EMILIO J. 1977 NPONTEA 1:29.56 M 25 2024-04-14 AS POZAS 3

50M: 43.22

9 1143662 Balsa Mosquera Pablo 1978 CMARINA 1:30.71 M 25 2024-04-13 J. Gómez Noya 2

50M: 42.37

10 1144297 LAMAS SOTO CESAR 1975 CULLERED 1:34.03 M 25 2024-04-13 J. Gómez Noya 1

50M: 41.16

11 1141502 TRONCOSO CAAMAÑO FERNANDO 1975 ESCUALOS 1:42.25 M 25 2024-04-14 Santa Isabel 0

50M: 46.42

12 1127402 PEXEGUEIRO BALADRON NICOLAS 1977 CNMOS 1:47.32 M 25 2024-04-14 AS POZAS 0

50M: 48.15

50+

1 1197597 HERNAEZ OUBIÑA DAVID 1973 CULLERED 1:20.73 M 25 2024-04-13 J. Gómez Noya 13



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50M: 37.56

2 1079343 MOURIÑO ORTIGUERA ROBERTO C. 1974 NPONTEA 1:26.85 M 25 2024-04-14 AS POZAS 10

50M: 35.45

3 1255450 RODRÍGUEZ RODRÍGUEZ SANTIAGO 1972 CIDSANTI 1:28.27 M 25 2024-04-14 Santa Isabel 8

50M: 39.46

4 1078814 CANOSA RODRIGUEZ ALFONSO J. 1971 ADFOGAR 1:49.16 M 25 2024-04-14 Santa Isabel 7

50M: 46.36

5 1038058 CANO PELAEZ ALBERTO J. 1970 CMARINA 1:54.20 M 25 2024-04-13 J. Gómez Noya 6

50M: 56.99

55+

1 1228047 PEREZ GARCIA MANUEL 1967 CULLERED 1:52.43 M 25 2024-04-13 J. Gómez Noya 13

50M: 51.90

2 1253683 GESTOSO PAZO JUAN FRANCISCO 1967 SALESTRA 1:52.75 M 25 2024-04-14 Santa Isabel 10

50M: 47.99

60+

1 1106829 RODRIGUEZ FERNANDEZ FCO. XABIER 1964 ADFOGAR 2:03.37 M 25 2024-04-14 Santa Isabel 13

50M: 59.20

70+

1 1075190 SUANZES PEREZ FERNANDO 1953 HERCULES 1:29.80 M 25 2024-04-13 J. Gómez Noya 13

50M: 40.51

3. 50 m Libre Feminino

20+										
1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	28.60	M 25	2024-04-14	AS POZAS		13
2	1140814	PARDO CHAS EVA	2004	CNFERRO	29.16	M 25	2024-04-13	J. Gómez Noya		10
3	1071508	PAZOS MARTÍNEZ NEREA	2002	ARTEIXO	30.45	M 25	2024-04-13	J. Gómez Noya		8
4	1089303	ABASOLO RUEDA CLAUDIA	2000	NCORUÑA	30.60	M 25	2024-04-13	J. Gómez Noya		7
5	1075425	REY CONESA CAROLINA	2004	CNFERRO	31.22	M 25	2024-04-13	J. Gómez Noya		6
6	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	31.72	M 25	2024-04-14	Santa Isabel		5
7	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	32.10	M 25	2024-04-14	AS POZAS		4
8	1076318	LEMOS FERNANDEZ ZAIRA	2002	NPONTEA	32.14	M 25	2024-04-14	AS POZAS		3
9	1199453	FILGUEIRAS OLMO HELENA	2004	POR-MIÑA	33.05	M 25	2024-04-14	Santa Isabel		2
10	1079226	CASTRO DE LA FUENTE UXIA	2003	MOLEMOS	34.42	M 25	2024-04-14	Santa Isabel		1
11	1232978	LOPEZ MORADO MARIA	2001	CULLERED	35.59	M 25	2024-04-13	J. Gómez Noya		0
12	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	36.00	M 25	2024-04-14	AS POZAS		0
13	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	52.44	M 25	2024-04-13	J. Gómez Noya		0
14	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	59.63	M 25	2024-04-13	J. Gómez Noya		0
25+										
1	1039096	LAGO LOPEZ RAQUEL	1995	RBAIXAS	31.42	M 25	2024-04-14	AS POZAS		13
2	1037836	VEIGA RODRIGUEZ ROSALIA	1999	NCORUÑA	31.48	M 25	2024-04-13	J. Gómez Noya		10
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	32.16	M 25	2024-04-14	AS POZAS		8
4	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	32.39	M 25	2024-04-14	AS POZAS		7
5	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	33.13	M 25	2024-04-14	Santa Isabel		6
6	1257948	TORTOSA MENDOZA MARIA GABRIELA	1996	CULLERED	33.50	M 25	2024-04-13	J. Gómez Noya		5
7	1093694	SANCHEZ LENCE MARIA	1997	NCORUÑA	33.96	M 25	2024-04-13	J. Gómez Noya		4
8	1199647	TASENDE LÓPEZ XEILA	1997	ARTEIXO	35.98	M 25	2024-04-13	J. Gómez Noya		3
9	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	38.72	M 25	2024-04-14	Santa Isabel		2
10	1243122	DARRIBA CASTRO MARIA	1996	RBAIXAS	42.79	M 25	2024-04-14	AS POZAS		1
30+										
1	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	29.86	M 25	2024-04-14	AS POZAS		13
2	1041452	BEN CILLERO SABELA	1992	CNXOVE	30.58	M 25	2024-04-13	J. Gómez Noya		10
3	1256967	DEL RIO REGUEIRA SARA	1991	NCORUÑA	31.00	M 25	2024-04-13	J. Gómez Noya		8
4	1144580	PEREZ GARCIA EVA	1990	RBAIXAS	32.90	M 25	2024-04-14	AS POZAS		7
5	1226235	EIRIS CASTRO ANDREA	1990	ADFOGAR	33.28	M 25	2024-04-14	Santa Isabel		6
6	1142917	LÓPEZ SANMARTÍN TANIA	1991	CNFERRO	33.46	M 25	2024-04-13	J. Gómez Noya		5
7	1243197	GANDARA SUAREZ TANIA	1993	CNORDES	36.96	M 25	2024-04-14	Santa Isabel		4
8	1040719	CUBA KOSTER ESMERALDA	1992	CNXOVE	37.03	M 25	2024-04-13	J. Gómez Noya		3
9	1221892	OTERO FERNANDEZ MARIA LUISA	1993	SALESTRA	37.36	M 25	2024-04-14	Santa Isabel		2
10	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	38.68	M 25	2024-04-14	AS POZAS		1
11	1257417	ALONSO GONZALEZ INES	1992	CNMOS	39.39	M 25	2024-04-14	AS POZAS		0

12	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	41.77	M 25	2024-04-14	Santa Isabel	0
13	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	44.71	M 25	2024-04-14	AS POZAS	0
14	1253937	MELLA CASTRO ANA MARIA	1994	CNORDES	45.74	M 25	2024-04-14	Santa Isabel	0
15	1256963	ARIAS CHAO SARA	1991	CASINOC	45.95	M 25	2024-04-13	J. Gómez Noya	0
16	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	48.25	M 25	2024-04-14	Santa Isabel	0
35+									
1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	30.05	M 25	2024-04-13	J. Gómez Noya	13
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	31.78	M 25	2024-04-13	J. Gómez Noya	10
3	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	32.60	M 25	2024-04-14	AS POZAS	8
4	1251884	PITA FREIRE ALBA MARÍA	1988	CIDSANTI	32.84	M 25	2024-04-14	Santa Isabel	7
5	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	33.29	M 25	2024-04-14	AS POZAS	6
6	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	33.75	M 25	2024-04-14	Santa Isabel	5
7	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	36.23	M 25	2024-04-13	J. Gómez Noya	4
8	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	36.98	M 25	2024-04-14	AS POZAS	3
9	1243119	COMESAÑA REGUEIRA MIRIAM	1989	RBAIXAS	40.58	M 25	2024-04-14	AS POZAS	2
10	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	40.65	M 25	2024-04-14	AS POZAS	1
11	1253681	LATA NUÑEZ DIANA	1985	NTNARON	41.44	M 25	2024-04-13	J. Gómez Noya	0
12	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	41.79	M 25	2024-04-14	AS POZAS	0
13	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	54.71	M 25	2024-04-14	AS POZAS	0
40+									
1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	30.66	M 25	2024-04-14	Santa Isabel	13
2	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	34.24	M 25	2024-04-14	Santa Isabel	10
3	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	35.40	M 25	2024-04-14	Santa Isabel	8
4	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	35.52	M 25	2024-04-13	J. Gómez Noya	7
5	1222531	FERNANDEZ GONZALEZ IRIA	1982	POR-MIÑA	37.49	M 25	2024-04-14	Santa Isabel	6
6	1251885	SUAREZ BUJAN REBECA	1983	CIDSANTI	38.90	M 25	2024-04-14	Santa Isabel	5
7	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	40.92	M 25	2024-04-14	Santa Isabel	4
8	1144598	OLMO VAQUEIRO LETICIA	1981	NPONTEA	42.02	M 25	2024-04-14	AS POZAS	3
9	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	42.33	M 25	2024-04-14	AS POZAS	2
10	1093456	RAMIREZ INSUA JULIA	1983	RSDH	44.00	M 25	2024-04-13	J. Gómez Noya	1
11	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	45.28	M 25	2024-04-14	Santa Isabel	0
12	1243198	MARTIN VILAS MARIA JESUS	1982	CNORDES	49.25	M 25	2024-04-14	Santa Isabel	0
13	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	51.71	M 25	2024-04-13	J. Gómez Noya	0
14	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	55.84	M 25	2024-04-14	Santa Isabel	0
45+									
1	1221213	CAGIAO RODRIGUEZ NATALIA	1978	CASINOC	34.87	M 25	2024-04-13	J. Gómez Noya	13
2	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	35.88	M 25	2024-04-14	AS POZAS	10
3	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	36.71	M 25	2024-04-14	AS POZAS	8
4	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	37.38	M 25	2024-04-14	Santa Isabel	7
5	1180238	GARCÍA SEOANE CRISTINA MARÍA	1975	HERCULES	38.38	M 25	2024-04-13	J. Gómez Noya	6
6	1223050	ANDON YAÑEZ LORENA	1978	CASINOC	38.40	M 25	2024-04-13	J. Gómez Noya	5

7	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	43.12	M 25	2024-04-13	J. Gómez Noya	4
8	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	44.24	M 25	2024-04-14	AS POZAS	3
9	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	49.25	M 25	2024-04-14	Santa Isabel	2
10	1257418	MADRID RODRIGUEZ ELISA MARIA	1977	CNMOS	49.96	M 25	2024-04-14	AS POZAS	1
50+									
1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	35.13	M 25	2024-04-14	Santa Isabel	13
2	1145023	SALES MANTIÑAN CARMEN	1974	CASINOC	37.07	M 25	2024-04-13	J. Gómez Noya	10
3	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	38.43	M 25	2024-04-14	Santa Isabel	8
4	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	40.34	M 25	2024-04-14	AS POZAS	7
5	1141514	DEIRA BARCALA SILVIA	1974	ARZUA	40.86	M 25	2024-04-14	Santa Isabel	6
6	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	44.68	M 25	2024-04-14	AS POZAS	5
7	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	46.68	M 25	2024-04-14	AS POZAS	4
8	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	50.24	M 25	2024-04-14	AS POZAS	3
55+									
1	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	38.18	M 25	2024-04-14	Santa Isabel	13
2	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	38.55	M 25	2024-04-14	AS POZAS	10
3	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	39.03	M 25	2024-04-13	J. Gómez Noya	8
4	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	39.75	M 25	2024-04-14	AS POZAS	7
5	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	45.55	M 25	2024-04-14	AS POZAS	6
6	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	46.34	M 25	2024-04-14	AS POZAS	5
7	1079968	CHUB SAVCHENKO LYUDMYLA	1965	GALAICO	48.93	M 25	2024-04-14	AS POZAS	4
8	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	51.81	M 25	2024-04-14	Santa Isabel	3
60+									
1	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	42.49	M 25	2024-04-13	J. Gómez Noya	13
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	44.03	M 25	2024-04-14	Santa Isabel	10
3	1143622	OTERO LOPEZ MARIA ELISA	1960	POURENSE	47.52	M 25	2024-04-14	Santa Isabel	8
4	1143893	REBOREDA MORILLO SUSANA	1962	ESCUALOS	51.28	M 25	2024-04-14	Santa Isabel	7
65+									
1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	57.86	M 25	2024-04-14	AS POZAS	13
2	1076494	SUEIRO COSTAS MARIA DEL CARMEN	1956	NPONTEA	1:03.05	M 25	2024-04-14	AS POZAS	10
3	1249213	GUARDIOLA MEDEL NURIA	1956	NPONTEA	1:12.63	M 25	2024-04-14	AS POZAS	8
75+									
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:21.45	M 25	2024-04-14	AS POZAS	13

4. 50 m Libre Masculino

20+											
1	1144927	SUAREZ RIPOLL XIAN	2003	CIDSANTI	25.71	M 25	2024-04-14	Santa Isabel	13		
2	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	26.58	M 25	2024-04-14	AS POZAS	10		
3	1217804	SUAREZ URRUZOLA LEO	2000	CIDSANTI	26.82	M 25	2024-04-14	Santa Isabel	8		
4	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	27.13	M 25	2024-04-14	Santa Isabel	7		
5	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	27.23	M 25	2024-04-14	AS POZAS	6		
6	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	28.23	M 25	2024-04-14	AS POZAS	5		
7	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	28.32	M 25	2024-04-13	J. Gómez Noya	4		
8	1143432	PARGA TORRENTE DAVID	2004	CNFERRO	28.42	M 25	2024-04-13	J. Gómez Noya	3		
9	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	29.25	M 25	2024-04-13	J. Gómez Noya	2		
10	1075388	MÉNDEZ LORENZO BRUNO	2004	CNFERRO	29.46	M 25	2024-04-13	J. Gómez Noya	1		
11	1097741	GONZÁLEZ MARTÍNEZ CRISTIAN	2003	ARTEIXO	29.79	M 25	2024-04-13	J. Gómez Noya	0		
12	1208836	GÓMEZ MÉNDEZ BORJA	2002	NPONTEA	52.00	M 25	2024-04-14	AS POZAS	0		
25+											
1	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	29.43	M 25	2024-04-14	AS POZAS	13		
2	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	30.08	M 25	2024-04-14	AS POZAS	10		
3	1078908	MEILAN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	31.67	M 25	2024-04-14	Santa Isabel	8		
4	1202676	MARTINEZ ARADES BRAIS	1995	CMARINA	1:18.39	M 25	2024-04-13	J. Gómez Noya	7		
30+											
1	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	25.43	M 25	2024-04-13	J. Gómez Noya	13		
2	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	26.80	M 25	2024-04-14	Santa Isabel	10		
3	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	28.22	M 25	2024-04-14	Santa Isabel	8		
4	1038638	CASTRO VILLAR DAVID	1991	CFVLUGO	28.55	M 25	2024-04-14	Santa Isabel	7		
5	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	28.62	M 25	2024-04-13	J. Gómez Noya	6		
6	1038322	VIEITEZ PORTO ISMAEL	1992	GALAICO	29.85	M 25	2024-04-14	AS POZAS	5		
7	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	30.24	M 25	2024-04-13	J. Gómez Noya	4		
8	1251210	ANDRES DUASO OLMO	1993	ARTEIXO	30.40	M 25	2024-04-13	J. Gómez Noya	3		
9	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	31.44	M 25	2024-04-14	AS POZAS	2		
10	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	33.89	M 25	2024-04-14	AS POZAS	1		
11	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	34.30	M 25	2024-04-14	AS POZAS	0		
12	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	46.30	M 25	2024-04-14	AS POZAS	0		
35+											
1	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	28.82	M 25	2024-04-14	Santa Isabel	13		
2	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	29.27	M 25	2024-04-14	Santa Isabel	10		
3	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	29.40	M 25	2024-04-13	J. Gómez Noya	8		
4	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	29.78	M 25	2024-04-14	Santa Isabel	7		
5	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	30.41	M 25	2024-04-14	Santa Isabel	6		

6	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	30.83	M 25	2024-04-13	J. Gómez Noya	5
7	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	30.87	M 25	2024-04-14	Santa Isabel	4
8	1020991	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	32.07	M 25	2024-04-14	Santa Isabel	3
9	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	37.23	M 25	2024-04-14	AS POZAS	2
10	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	59.86	M 25	2024-04-14	AS POZAS	1
40+									
1	1143897	SEVILLA AROCA JAVIER	1983	ESCUALOS	28.15	M 25	2024-04-14	Santa Isabel	13
2	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	30.41	M 25	2024-04-14	Santa Isabel	10
3	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	31.14	M 25	2024-04-14	AS POZAS	8
4	1240331	DE LORENZO FERNÁNDEZ JAVIER	1981	ESCUALOS	31.20	M 25	2024-04-14	Santa Isabel	7
5	1086712	FREIRE DONADO GUILLERMO	1984	CIDSANTI	31.25	M 25	2024-04-14	Santa Isabel	6
6	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	31.58	M 25	2024-04-14	Santa Isabel	5
7	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	32.65	M 25	2024-04-14	AS POZAS	4
8	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	33.12	M 25	2024-04-14	AS POZAS	3
9	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	34.67	M 25	2024-04-13	J. Gómez Noya	2
10	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	35.26	M 25	2024-04-14	AS POZAS	1
11	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	35.30	M 25	2024-04-14	Santa Isabel	0
12	1141126	GOLPE IGLESIAS JOSE ANTONIO	1982	MPVETUS	36.81	M 25	2024-04-14	AS POZAS	0
13	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	37.25	M 25	2024-04-14	AS POZAS	0
14	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	37.45	M 25	2024-04-13	J. Gómez Noya	0
15	1257944	PÉREZ GONZÁLEZ IVÁN	1982	MOLEMOS	38.94	M 25	2024-04-14	Santa Isabel	0
45+									
1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	28.50	M 25	2024-04-14	Santa Isabel	13
2	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	28.86	M 25	2024-04-14	Santa Isabel	10
3	1144265	PORTO CASTAÑO ALEXANDRE	1977	SALESTRA	29.19	M 25	2024-04-14	Santa Isabel	8
4	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	29.75	M 25	2024-04-14	Santa Isabel	7
5	1143662	BALSA MOSQUERA PABLO	1978	CMARINA	30.37	M 25	2024-04-13	J. Gómez Noya	6
6	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	31.85	M 25	2024-04-13	J. Gómez Noya	5
7	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	32.11	M 25	2024-04-14	Santa Isabel	4
8	1258069	ORGEIRA CRESPO PEDRO	1976	POURENSE	32.56	M 25	2024-04-14	Santa Isabel	3
9	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	33.43	M 25	2024-04-14	Santa Isabel	2
10	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	33.97	M 25	2024-04-14	Santa Isabel	1
11	1144269	LOPEZ PAYO MARIO	1977	SALESTRA	34.39	M 25	2024-04-14	Santa Isabel	0
12	1236748	GARCIA FREIRE PABLO JESUS	1976	SALESTRA	34.41	M 25	2024-04-14	Santa Isabel	0
13	1224728	CARBALLIDO MOSQUERA OSCAR	1978	CNORDES	34.81	M 25	2024-04-14	Santa Isabel	0
14	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	35.10	M 25	2024-04-14	AS POZAS	0
15	1093467	FIGUEIRA JALLAS ANDRES FELIPE	1976	NCORUÑA	35.43	M 25	2024-04-13	J. Gómez Noya	0
16	1096414	ALIAGA SOLA ALBERTO	1977	NPONTEA	35.76	M 25	2024-04-14	AS POZAS	0
17	1141502	TRONCOSO CAAMAÑO FERNANDO	1975	ESCUALOS	36.63	M 25	2024-04-14	Santa Isabel	0
18	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	37.41	M 25	2024-04-14	AS POZAS	0
19	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	38.06	M 25	2024-04-14	AS POZAS	0
20	1251233	GONZALEZ SANDEZ CARLOS	1979	VALDEORR	55.13	M 25	2024-04-14	Santa Isabel	0

50+										
1	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	28.58	M 25	2024-04-14	Santa Isabel		13
2	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	30.85	M 25	2024-04-14	AS POZAS		10
3	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	33.90	M 25	2024-04-14	Santa Isabel		8
4	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	34.41	M 25	2024-04-14	Santa Isabel		7
5	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	35.16	M 25	2024-04-14	Santa Isabel		6
6	1239550	NUÑEZ SEOANE JUAN	1971	SALESTRA	35.80	M 25	2024-04-14	Santa Isabel		5
7	1075492	AÑON RODRIGUEZ EDUARDO	1971	RSDH	35.81	M 25	2024-04-13	J. Gómez Noya		4
8	1199640	BURGO CARLOS D.	1974	CASINOC	36.00	M 25	2024-04-13	J. Gómez Noya		2.5
9	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	36.00	M 25	2024-04-14	AS POZAS		2.5
10	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	36.16	M 25	2024-04-14	Santa Isabel		1
11	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	36.69	M 25	2024-04-14	Santa Isabel		0
12	1146888	GARROCHO DURAN EMILIO JOSE	1972	CNFERRO	37.16	M 25	2024-04-13	J. Gómez Noya		0
13	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	37.34	M 25	2024-04-13	J. Gómez Noya		0
14	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	37.46	M 25	2024-04-14	AS POZAS		0
15	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	39.74	M 25	2024-04-13	J. Gómez Noya		0
16	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	40.67	M 25	2024-04-14	Santa Isabel		0
17	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	41.06	M 25	2024-04-14	Santa Isabel		0
18	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	43.11	M 25	2024-04-14	Santa Isabel		0
55+										
1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	30.01	M 25	2024-04-14	AS POZAS		13
2	1085112	RIVAS FEAL ANTONIO	1966	CASINOC	30.79	M 25	2024-04-13	J. Gómez Noya		10
3	1246079	ESPESO LANCE JUAN CARLOS	1966	CMARINA	34.87	M 25	2024-04-13	J. Gómez Noya		8
4	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	35.81	M 25	2024-04-14	Santa Isabel		7
5	1253683	GESTOSO PAZO JUAN FRANCISCO	1967	SALESTRA	36.20	M 25	2024-04-14	Santa Isabel		6
6	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	36.24	M 25	2024-04-14	Santa Isabel		5
7	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	38.66	M 25	2024-04-14	AS POZAS		4
8	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	40.25	M 25	2024-04-14	Santa Isabel		3
9	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	41.55	M 25	2024-04-14	AS POZAS		2
10	1236643	MAGARIÑOS MACEIRAS XOSE	1968	SALESTRA	44.63	M 25	2024-04-14	Santa Isabel		1
11	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	49.61	M 25	2024-04-14	AS POZAS		0
12	1256976	RODRIGUEZ SANCHEZ MARCOS	1966	NCORUÑA	52.78	M 25	2024-04-13	J. Gómez Noya		0
60+										
1	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	38.96	M 25	2024-04-14	Santa Isabel		13
2	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	39.74	M 25	2024-04-13	J. Gómez Noya		10
3	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	40.52	M 25	2024-04-14	Santa Isabel		8
4	1106829	RODRIGUEZ FERNANDEZ FCO. XABIER	1964	ADFOGAR	42.50	M 25	2024-04-14	Santa Isabel		7
65+										
1	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	32.62	M 25	2024-04-14	Santa Isabel		13
2	1075185	YAÑEZ WONENBURGER JUAN CARLOS	1959	HERCULES	32.76	M 25	2024-04-13	J. Gómez Noya		10



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3	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	37.25	M 25	2024-04-14	AS POZAS	8
4	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	44.06	M 25	2024-04-14	AS POZAS	7
5	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	53.80	M 25	2024-04-14	AS POZAS	6
70+									
1	1240096	IVANCHENKO YURII	1953	POURENSE	39.81	M 25	2024-04-14	Santa Isabel	13
2	1075764	NOVOA GONZALEZ EDMUNDO	1952	MULLEREF	41.11	M 25	2024-04-14	Santa Isabel	10
3	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	41.18	M 25	2024-04-14	AS POZAS	8
80+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:16.54	M 25	2024-04-14	AS POZAS	13

5. 400 m Estilos Feminino

20+										
1	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	6:40.93	M 25	2024-04-14	AS POZAS		13
		50M: 48.17			100M: 1:44.43					
25+										
1	1038929	GONZALEZ AVENDAÑO LUCIA	1999	GALAICO	6:25.25	M 25	2024-04-14	AS POZAS		13
		50M: 42.52			100M: 1:30.97					
2	1039634	LAGO CASTILLO NATALIA	1999	NCORUÑA	6:25.47	M 25	2024-04-13	J. Gómez Noya		10
		50M: 41.35			100M: 1:31.77					
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	6:39.67	M 25	2024-04-14	AS POZAS		8
		50M: 46.22			100M: 1:40.25					
4	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	7:19.44	M 25	2024-04-14	AS POZAS		7
		50M: 50.60			100M: 1:50.31					
30+										
1	1093459	FRANCO CAL ALBA	1991	CFVLUGO	5:22.36	M 25	2024-04-14	Santa Isabel		13
		50M: 32.52			100M: 1:10.89					
2	1237382	MUIÑO ANDREA	1991	NCORUÑA	6:40.34	M 25	2024-04-13	J. Gómez Noya		10
		50M: 39.45			100M: 1:27.04					
35+										
1	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	7:00.26	M 25	2024-04-14	AS POZAS		13
		50M: 50.42			100M: 1:49.05					
2	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	7:06.17	M 25	2024-04-14	AS POZAS		10
		50M: 47.21			100M: 1:43.72					
40+										
1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	5:55.11	M 25	2024-04-14	Santa Isabel		13
		50M: 37.61			100M: 1:21.05					
2	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	6:54.93	M 25	2024-04-14	Santa Isabel		10
		50M: 55.12			100M: 1:56.96					
3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	6:59.41	M 25	2024-04-14	Santa Isabel		8
		50M: 48.27			100M: 1:45.80					
4	1237395	VILARIÑO CACHO ELVIRA	1981	SALESTRA	7:13.96	M 25	2024-04-14	Santa Isabel		7
		50M: 52.61			100M: 1:53.74					
45+										
1	1119241	VIDAL BELLO MARA	1977	VALDEORR	9:28.47	M 25	2024-04-14	Santa Isabel		13
		50M: 59.36								



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50+

1	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	8:45.62	M 25	2024-04-14	Santa Isabel	13
		50M: 1:00.34							
		100M: 2:09.02							

55+

1	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	11:55.25	M 25	2024-04-14	AS POZAS	13
		50M: 1:31.16							
		100M: 3:08.20							

6. 400 m Estilos Masculino

20+										
1	1075385	DIZ NIEVES DAVID	2004	CNFERRO	5:31.40	M 25	2024-04-13	J. Gómez Noya	13	
		50M: 32.54			100M: 1:11.79					
2	1143432	PARGA TORRENTE DAVID	2004	CNFERRO	6:09.71	M 25	2024-04-13	J. Gómez Noya	10	
		50M: 35.11			100M: 1:17.61					
30+										
1	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	5:51.31	M 25	2024-04-14	AS POZAS	13	
		50M: 35.26			100M: 1:16.73					
2	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	7:02.56	M 25	2024-04-14	AS POZAS	10	
		50M: 47.64			100M: 1:41.06					
35+										
1	1084717	VILA CID MARCOS	1987	POURENSE	4:52.74	M 25	2024-04-14	Santa Isabel	13	
		50M: 30.36			100M: 1:05.99					
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	5:36.35	M 25	2024-04-14	Santa Isabel	10	
		50M: 36.30			100M: 1:19.15					
3	1191119	CAO LAGO PABLO	1987	RBAIXAS	6:41.56	M 25	2024-04-14	AS POZAS	8	
		50M: 42.61			100M: 1:32.45					
40+										
1	1141151	CALLE FACAL TELMO	1983	GALAICO	5:10.99	M 25	2024-04-14	AS POZAS	13	
		50M: 33.65			100M: 1:14.50					
2	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	6:25.09	M 25	2024-04-14	Santa Isabel	10	
		50M: 40.74			100M: 1:29.25					
3	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	6:45.95	M 25	2024-04-14	Santa Isabel	8	
		50M: 44.05			100M: 1:34.36					
4	1240331	DE LORENZO FERNÁNDEZ JAVIER	1981	ESCUALOS	6:59.26	M 25	2024-04-14	Santa Isabel	7	
		50M: 46.58			100M: 1:45.74					
5	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	7:37.97	M 25	2024-04-14	AS POZAS	6	
		50M: 47.02			100M: 1:45.46					
6	1039360	POSE MATO CESAR	1983	ADFOGAR	9:48.12	M 25	2024-04-14	Santa Isabel	5	
		50M: 1:13.17			100M: 2:35.39					
45+										
1	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	5:59.55	M 25	2024-04-14	Santa Isabel	13	
		50M: 36.64			100M: 1:18.39					
2	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	6:02.50	M 25	2024-04-14	Santa Isabel	10	
		50M: 36.45			100M: 1:20.33					
3	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	6:16.61	M 25	2024-04-14	Santa Isabel	8	



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	50M: 38.95	100M: 1:25.30								
4	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	6:30.18	M 25	2024-04-14	Santa Isabel	7	
	50M: 41.31	100M: 1:30.06								
5	1144297	LAMAS SOTO CESAR	1975	CULLERED	7:03.23	M 25	2024-04-13	J. Gómez Noya	6	
	50M: 44.57	100M: 1:38.09								
50+										
1	1147287	ESCUDERO DANS DAVID	1973	TRICORUÑ	6:47.48	M 25	2024-04-13	J. Gómez Noya	13	
	50M: 43.38	100M: 1:31.41								
2	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	7:57.94	M 25	2024-04-14	Santa Isabel	10	
	50M: 45.80	100M: 1:41.65								
3	1038058	CANO PELAEZ ALBERTO J.	1970	CMARINA	8:35.25	M 25	2024-04-13	J. Gómez Noya	8	
	50M: 1:01.43	100M: 2:10.06								
55+										
1	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	7:23.01	M 25	2024-04-14	AS POZAS	13	
	50M: 47.71	100M: 1:42.15								
2	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	8:27.31	M 25	2024-04-14	Santa Isabel	10	
	50M: 54.32	100M: 1:53.21								
60+										
1	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	8:20.83	M 25	2024-04-14	Santa Isabel	13	
	50M: 57.42	100M: 2:08.92								
65+										
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	7:07.23	M 25	2024-04-14	AS POZAS	13	
	50M: 49.34	100M: 1:44.62								

7. 50 m Costas Feminino

20+									
1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	33.05	M 25	2024-04-14	AS POZAS	13
2	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	35.21	M 25	2024-04-14	Santa Isabel	10
3	1089303	ABASOLO RUEDA CLAUDIA	2000	NCORUÑA	37.59	M 25	2024-04-13	J. Gómez Noya	8
4	1079226	CASTRO DE LA FUENTE UXIA	2003	MOLEMOS	40.09	M 25	2024-04-14	Santa Isabel	7
5	1228048	ALVAREZ SOUTO CLAUDIA	2001	ESCUALOS	44.22	M 25	2024-04-14	Santa Isabel	6
6	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	45.39	M 25	2024-04-14	AS POZAS	5
7	1232978	LOPEZ MORADO MARIA	2001	CULLERED	53.50	M 25	2024-04-13	J. Gómez Noya	4
8	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	59.72	M 25	2024-04-13	J. Gómez Noya	3
9	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	1:05.37	M 25	2024-04-13	J. Gómez Noya	2
25+									
1	1075328	LOPEZ SANMARTIN NEREA	1996	CNFERRO	32.53	M 25	2024-04-13	J. Gómez Noya	13
2	1091897	GONZÁLEZ TOJO RAQUEL	1999	CIDSANTI	33.11	M 25	2024-04-14	Santa Isabel	10
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	38.33	M 25	2024-04-14	AS POZAS	8
4	1039634	LAGO CASTILLO NATALIA	1999	NCORUÑA	39.25	M 25	2024-04-13	J. Gómez Noya	7
5	1257948	TORTOSA MENDOZA MARIA GABRIELA	1996	CULLERED	43.34	M 25	2024-04-13	J. Gómez Noya	6
6	1243122	DARRIBA CASTRO MARIA	1996	RBAIXAS	57.84	M 25	2024-04-14	AS POZAS	5
30+									
1	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	34.06	M 25	2024-04-14	AS POZAS	13
2	1142917	LÓPEZ SANMARTÍN TANIA	1991	CNFERRO	39.56	M 25	2024-04-13	J. Gómez Noya	10
3	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	44.93	M 25	2024-04-14	AS POZAS	8
4	1040719	CUBA KOSTER ESMERALDA	1992	CNXOVE	45.94	M 25	2024-04-13	J. Gómez Noya	7
5	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	1:04.10	M 25	2024-04-14	AS POZAS	6
35+									
1	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	39.28	M 25	2024-04-14	Santa Isabel	13
2	1075225	SOUTO DERUNGS CRISTINA	1985	CNFERRO	42.21	M 25	2024-04-13	J. Gómez Noya	10
3	1144155	ALVAREZ COSTAS MARIA PAZ	1988	NPONTEA	42.51	M 25	2024-04-14	AS POZAS	8
4	1036315	LOPEZ CORTABITARTE BELEN	1987	HERCULES	47.42	M 25	2024-04-13	J. Gómez Noya	7
5	1243119	COMESAÑA REGUEIRA MIRIAM	1989	RBAIXAS	55.03	M 25	2024-04-14	AS POZAS	6
6	1143898	GONZALEZ FERNANDEZ CORAL.M	1987	ESCUALOS	55.12	M 25	2024-04-14	Santa Isabel	5
7	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	57.81	M 25	2024-04-14	AS POZAS	4
40+									
1	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	42.90	M 25	2024-04-14	Santa Isabel	13
2	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	44.65	M 25	2024-04-14	Santa Isabel	10
3	1237395	VILARIÑO CACHO ELVIRA	1981	SALESTRA	45.53	M 25	2024-04-14	Santa Isabel	8
4	1251885	SUAREZ BUJAN REBECA	1983	CIDSANTI	50.22	M 25	2024-04-14	Santa Isabel	7

5	1222531	FERNANDEZ GONZALEZ IRIA	1982	POR-MIÑA	50.65	M 25	2024-04-14	Santa Isabel	6
6	1041646	MOLANES PIÑEIRO MARIA ELENA	1984	NPONTEA	57.72	M 25	2024-04-14	AS POZAS	5
7	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	59.24	M 25	2024-04-14	Santa Isabel	4
8	1036387	VAZQUEZ PARCERO MARTA	1980	CMARINA	1:04.69	M 25	2024-04-13	J. Gómez Noya	3
9	1243198	MARTIN VILAS MARIA JESUS	1982	CNORDES	1:04.98	M 25	2024-04-14	Santa Isabel	2
10	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	1:14.27	M 25	2024-04-14	Santa Isabel	1
45+									
1	1254838	ANDÍA NOGUERAS MARÍA	1975	TRICORUÑ	41.50	M 25	2024-04-13	J. Gómez Noya	13
2	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	46.43	M 25	2024-04-14	AS POZAS	10
3	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	51.09	M 25	2024-04-14	AS POZAS	8
4	1223050	ANDON YAÑEZ LORENA	1978	CASINOC	58.46	M 25	2024-04-13	J. Gómez Noya	7
5	1119241	VIDAL BELLO MARA	1977	VALDEORR	1:00.97	M 25	2024-04-14	Santa Isabel	6
6	1240321	FILGUEIRA FRANCO LAURA	1978	MPVETUS	1:03.62	M 25	2024-04-14	AS POZAS	5
7	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	1:04.53	M 25	2024-04-14	Santa Isabel	4
8	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	1:09.66	M 25	2024-04-14	AS POZAS	3
50+									
1	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	47.17	M 25	2024-04-14	AS POZAS	13
2	1145023	SALES MANTIÑAN CARMEN	1974	CASINOC	50.03	M 25	2024-04-13	J. Gómez Noya	10
3	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	56.78	M 25	2024-04-14	Santa Isabel	8
4	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	57.21	M 25	2024-04-14	AS POZAS	7
5	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	1:10.97	M 25	2024-04-14	AS POZAS	6
55+									
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	47.79	M 25	2024-04-14	AS POZAS	13
2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	48.52	M 25	2024-04-14	AS POZAS	10
3	1075200	JIMENEZ PEREZ VICTORIA	1969	CNFERRO	49.33	M 25	2024-04-13	J. Gómez Noya	8
4	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	50.90	M 25	2024-04-14	AS POZAS	7
5	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	55.86	M 25	2024-04-14	AS POZAS	6
6	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	59.70	M 25	2024-04-14	Santa Isabel	5
60+									
1	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	53.12	M 25	2024-04-13	J. Gómez Noya	13
2	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	58.40	M 25	2024-04-14	Santa Isabel	10
3	1143622	OTERO LOPEZ MARIA ELISA	1960	POURENSE	58.52	M 25	2024-04-14	Santa Isabel	8
4	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	59.76	M 25	2024-04-13	J. Gómez Noya	7
65+									
1	1141154	CELEMIN PORRERO MARIA TERESA	1959	GALAICO	58.67	M 25	2024-04-14	AS POZAS	13
2	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	1:23.96	M 25	2024-04-14	Santa Isabel	10
3	1076494	SUEIRO COSTAS MARIA DEL CARMEN	1956	NPONTEA	1:43.18	M 25	2024-04-14	AS POZAS	8
75+									



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1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:37.64	M 25	2024-04-14	AS POZAS	13
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8. 50 m Costas Masculino

20+										
1	1208836	GÓMEZ MÉNDEZ BORJA	2002	NPONTEA	1:05.14	M 25	2024-04-14	AS POZAS		13
25+										
1	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	36.10	M 25	2024-04-14	AS POZAS		13
2	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	38.98	M 25	2024-04-14	AS POZAS		10
3	1078908	MEILAN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	39.03	M 25	2024-04-14	Santa Isabel		8
30+										
1	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	31.66	M 25	2024-04-13	J. Gómez Noya		13
2	1010948	CAMPAÑA BARROS ADRIAN	1990	CIDSANTI	34.59	M 25	2024-04-14	Santa Isabel		10
3	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	CNFERRO	38.10	M 25	2024-04-13	J. Gómez Noya		8
4	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	39.15	M 25	2024-04-14	AS POZAS		7
5	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	41.00	M 25	2024-04-14	AS POZAS		6
6	1251210	ANDRES DUASO OLMO	1993	ARTEIXO	43.60	M 25	2024-04-13	J. Gómez Noya		5
7	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	44.15	M 25	2024-04-14	AS POZAS		4
35+										
1	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	34.83	M 25	2024-04-14	Santa Isabel		13
2	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	37.42	M 25	2024-04-14	Santa Isabel		10
3	1191119	CAO LAGO PABLO	1987	RBAIXAS	39.06	M 25	2024-04-14	AS POZAS		8
4	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	40.49	M 25	2024-04-14	Santa Isabel		7
5	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	46.09	M 25	2024-04-14	AS POZAS		6
6	1020991	FERNANDEZ MONTEAGUDO RUBEN	1985	CIDSANTI	48.38	M 25	2024-04-14	Santa Isabel		5
7	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	55.43	M 25	2024-04-14	AS POZAS		4
40+										
1	1190909	CARBALLA BARROSO R.M.	1981	GALAICO	38.28	M 25	2024-04-14	AS POZAS		13
2	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	38.72	M 25	2024-04-14	Santa Isabel		10
3	1086712	FREIRE DONADO GUILLERMO	1984	CIDSANTI	38.99	M 25	2024-04-14	Santa Isabel		8
4	1143899	PEREZ LOPEZ MANUEL	1981	ESCUALOS	44.34	M 25	2024-04-14	Santa Isabel		7
5	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	46.69	M 25	2024-04-14	AS POZAS		6
6	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	49.90	M 25	2024-04-13	J. Gómez Noya		5
7	1239346	CASTIÑEIRAS ACUÑA MIGUEL ANGEL	1981	GALAICO	51.22	M 25	2024-04-14	AS POZAS		4
8	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	52.37	M 25	2024-04-14	AS POZAS		3
45+										
1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	31.40	M 25	2024-04-14	AS POZAS		13
2	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	34.38	M 25	2024-04-14	Santa Isabel		10
3	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	35.19	M 25	2024-04-14	Santa Isabel		8

4	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	36.27	M 25	2024-04-14	Santa Isabel	7
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	37.28	M 25	2024-04-14	Santa Isabel	6
6	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	37.62	M 25	2024-04-14	Santa Isabel	5
7	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	37.66	M 25	2024-04-14	Santa Isabel	4
8	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	39.20	M 25	2024-04-14	AS POZAS	3
9	1096414	ALIAGA SOLA ALBERTO	1977	NPONTEA	45.29	M 25	2024-04-14	AS POZAS	2
10	1215947	VAZQUEZ PEREZ LUIS FERNANDO	1979	CULLERED	46.53	M 25	2024-04-13	J. Gómez Noya	1
11	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	47.46	M 25	2024-04-14	AS POZAS	0
12	1236748	GARCIA FREIRE PABLO JESUS	1976	SALESTRA	48.81	M 25	2024-04-14	Santa Isabel	0
13	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	56.62	M 25	2024-04-14	AS POZAS	0
50+									
1	1255450	RODRÍGUEZ RODRÍGUEZ SANTIAGO	1972	CIDSANTI	39.31	M 25	2024-04-14	Santa Isabel	13
2	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	39.84	M 25	2024-04-14	AS POZAS	10
3	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	45.15	M 25	2024-04-14	AS POZAS	8
4	1191914	CARNERO FIRVIDA JOSE RAMÓN	1974	ESCUALOS	45.42	M 25	2024-04-14	Santa Isabel	7
5	1180239	MARTÍNEZ LEMA JOSÉ ANTONIO	1972	TRICORUÑ	46.18	M 25	2024-04-13	J. Gómez Noya	6
6	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	46.70	M 25	2024-04-14	Santa Isabel	5
7	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	48.56	M 25	2024-04-14	Santa Isabel	4
8	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	49.91	M 25	2024-04-13	J. Gómez Noya	3
9	1239550	NUÑEZ SEOANE JUAN	1971	SALESTRA	50.18	M 25	2024-04-14	Santa Isabel	2
10	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	50.24	M 25	2024-04-14	Santa Isabel	1
11	1078814	CANOSA RODRIGUEZ ALFONSO J.	1971	ADFOGAR	52.37	M 25	2024-04-14	Santa Isabel	0
12	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	53.22	M 25	2024-04-14	Santa Isabel	0
13	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	53.80	M 25	2024-04-14	Santa Isabel	0
14	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	54.66	M 25	2024-04-14	Santa Isabel	0
15	1146888	GARROCHO DURAN EMILIO JOSE	1972	CNFERRO	54.87	M 25	2024-04-13	J. Gómez Noya	0
16	1146902	PEREIRO LOPEZ-QUECUTY SIMON	1973	RBAIXAS	55.53	M 25	2024-04-14	AS POZAS	0
17	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	1:01.55	M 25	2024-04-14	Santa Isabel	0
55+									
1	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	43.68	M 25	2024-04-14	Santa Isabel	13
2	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	45.10	M 25	2024-04-14	AS POZAS	10
3	1057905	GURIDI HUERTA JESUS M.	1968	CFVLUGO	47.49	M 25	2024-04-14	Santa Isabel	8
4	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	54.88	M 25	2024-04-14	Santa Isabel	7
5	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	56.46	M 25	2024-04-14	Santa Isabel	6
6	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	58.18	M 25	2024-04-14	Santa Isabel	5
7	1236643	MAGARIÑOS MACEIRAS XOSE	1968	SALESTRA	1:00.25	M 25	2024-04-14	Santa Isabel	4
8	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	1:03.16	M 25	2024-04-14	AS POZAS	3
60+									
1	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	49.52	M 25	2024-04-14	Santa Isabel	13
2	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	59.19	M 25	2024-04-13	J. Gómez Noya	10
3	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	59.82	M 25	2024-04-14	Santa Isabel	8

65+

1	1075185	YAÑEZ WONENBURGER JUAN CARLOS	1959	HERCULES	39.74	M 25	2024-04-13	J. Gómez Noya	13
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	44.30	M 25	2024-04-14	Santa Isabel	10
3	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	52.39	M 25	2024-04-14	AS POZAS	8
4	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	53.90	M 25	2024-04-14	AS POZAS	7
5	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	1:11.53	M 25	2024-04-14	AS POZAS	6

70+

1	1048954	BORDALLO CORTINA FERNANDO	1954	HERCULES	47.66	M 25	2024-04-13	J. Gómez Noya	13
2	1075190	SUANZES PEREZ FERNANDO	1953	HERCULES	49.72	M 25	2024-04-13	J. Gómez Noya	10
3	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	56.62	M 25	2024-04-14	AS POZAS	8
4	1075764	NOVOA GONZALEZ EDMUNDO	1952	MULLEREF	58.77	M 25	2024-04-14	Santa Isabel	7

9. 200 m Braza Feminino

20+										
1	1140814	PARDO CHAS EVA	2004	CNFERRO	3:00.28	M 25	2024-04-13	J. Gómez Noya	13	
		50B: 41.12								100B: 1:26.46
2	1075425	REY CONESA CAROLINA	2004	CNFERRO	3:12.52	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 49.21								100B: 1:33.07
3	1140796	DÍAZ DO PICO SABELA	2002	CNFERRO	3:14.45	M 25	2024-04-13	J. Gómez Noya	8	
		50B: 43.21								100B: 1:32.10
4	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	3:34.46	M 25	2024-04-14	AS POZAS	7	
		50B: 46.75								100B: 1:41.44
5	1040130	CARREIRA GARCIA PAULA	2001	CFVLUGO	3:39.35	M 25	2024-04-14	Santa Isabel	6	
		50B: 48.96								100B: 1:43.84
25+										
1	1037836	VEIGA RODRIGUEZ ROSALIA	1999	NCORUÑA	3:05.16	M 25	2024-04-13	J. Gómez Noya	13	
		50B: 43.58								100B: 1:31.69
2	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	3:19.30	M 25	2024-04-14	Santa Isabel	10	
		50B: 45.52								100B: 1:36.74
3	1039096	LAGO LOPEZ RAQUEL	1995	RBAIXAS	3:19.73	M 25	2024-04-14	AS POZAS	8	
		50B: 45.16								100B: 1:35.74
4	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	3:25.87	M 25	2024-04-14	Santa Isabel	7	
		50B: 47.99								100B: 1:40.15
5	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:42.85	M 25	2024-04-14	AS POZAS	6	
		50B: 51.70								100B: 1:47.67
30+										
1	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	3:00.30	M 25	2024-04-13	J. Gómez Noya	13	
		50B: 40.76								100B: 2:16.43
2	1041452	BEN CILLERO SABELA	1992	CNDOVE	3:05.42	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 42.65								100B: 1:29.39
3	1191499	GONZALEZ MACIA ALBA	1994	MOLEMOS	3:47.20	M 25	2024-04-14	Santa Isabel	8	
		50B: 49.24								100B: 1:47.33
4	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	4:08.72	M 25	2024-04-14	Santa Isabel	7	
		50B: 54.24								100B: 1:56.27
5	1221892	OTERO FERNANDEZ MARIA LUISA	1993	SALESTRA	4:09.39	M 25	2024-04-14	Santa Isabel	6	
		50B: 53.74								100B: 1:56.80
6	1253937	MELLA CASTRO ANA MARIA	1994	CNORDES	4:10.36	M 25	2024-04-14	Santa Isabel	5	
		50B: 56.11								100B: 2:01.49
7	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	4:32.46	M 25	2024-04-14	Santa Isabel	4	
		50B: 59.42								100B: 2:07.98

35+										
1	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	3:24.19	M 25	2024-04-13	J. Gómez Noya	13	
		50B: 45.26								100B: 1:36.15
2	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	3:29.78	M 25	2024-04-14	AS POZAS	10	
		50B: 45.10								100B: 1:38.15
3	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	3:39.43	M 25	2024-04-14	AS POZAS	8	
		50B: 50.59								100B: 1:45.20
4	1036315	LOPEZ CORTABITARTE BELEN	1987	HERCULES	4:04.21	M 25	2024-04-13	J. Gómez Noya	7	
		50B: 58.60								100B: 2:00.44
5	1143898	GONZALEZ FERNANDEZ CORAL.M	1987	ESCUALOS	4:06.41	M 25	2024-04-14	Santa Isabel	6	
		50B: 56.72								100B: 1:59.25
40+										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	CMARINA	3:10.28	M 25	2024-04-13	J. Gómez Noya	13	
		50B: 43.75								100B: 1:32.46
2	1146780	DURÁN VEIRAS RAQUEL	1984	ARTEIXO	3:12.19	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 44.76								100B: 1:33.73
3	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	3:26.43	M 25	2024-04-14	Santa Isabel	8	
		50B: 47.99								100B: 1:41.40
4	1180232	FKEOUI OMARI SALMA	1982	ESCUALOS	3:30.07	M 25	2024-04-14	Santa Isabel	7	
		50B: 50.18								100B: 1:44.07
5	1170845	CID ALVAREZ ISABEL	1980	ESCUALOS	3:48.33	M 25	2024-04-14	Santa Isabel	6	
		50B: 52.50								100B: 1:51.09
6	1093456	RAMIREZ INSUA JULIA	1983	RSDH	4:26.12	M 25	2024-04-13	J. Gómez Noya	5	
		50B: 59.70								100B: 2:01.60
45+										
1	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	3:50.49	M 25	2024-04-14	Santa Isabel	13	
		50B: 53.67								100B: 1:53.92
2	1254838	ANDÍA NOGUERAS MARÍA	1975	TRICORUÑ	3:53.51	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 49.87								100B: 1:48.19
3	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	3:59.50	M 25	2024-04-14	Santa Isabel	8	
		50B: 54.90								100B: 1:55.71
4	1197606	CARBALLO BALOIRA SUSANA MARÍA	1975	HERCULES	4:23.52	M 25	2024-04-13	J. Gómez Noya	7	
		50B: 1:00.58								100B: 2:07.49
5	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	4:25.58	M 25	2024-04-14	AS POZAS	6	
		50B: 1:02.41								100B: 2:10.25
50+										
1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	3:35.71	M 25	2024-04-14	Santa Isabel	13	
		50B: 51.21								100B: 1:46.99
2	1141514	DEIRA BARCALA SILVIA	1974	ARZUA	3:58.73	M 25	2024-04-14	Santa Isabel	10	
		50B: 56.34								100B: 1:58.09
3	1202971	PEREZ PEREZ SONIA	1972	ESCUALOS	4:18.11	M 25	2024-04-14	Santa Isabel	8	

50B: 57.67

100B: 2:06.30

55+

1	1037939	CASTRO MAESTRE ISAURA	1969	CFVLUGO	3:57.75	M 25	2024-04-14	Santa Isabel	13
		50B: 56.24							100B: 1:57.99
2	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	3:59.82	M 25	2024-04-14	AS POZAS	10
		50B: 54.90							100B: 1:55.80
3	1187918	FERNÁNDEZ ARRIZABALO MARÍA	1966	CTRAVIE	4:08.72	M 25	2024-04-14	AS POZAS	8
		50B: 1:01.02							100B: 2:04.43
4	1079968	CHUB SAVCHENKO LYUDMYLA	1965	GALAICO	4:29.23	M 25	2024-04-14	AS POZAS	7
		50B: 1:01.66							100B: 2:09.44

60+

1	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	4:25.55	M 25	2024-04-13	J. Gómez Noya	13
		50B: 59.72							100B: 2:07.88

65+

1	1141154	CELEMIN PORRERO MARIA TERESA	1959	GALAICO	4:42.90	M 25	2024-04-14	AS POZAS	13
		50B: 1:02.52							100B: 2:14.60
2	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	5:00.59	M 25	2024-04-14	AS POZAS	10
		50B: 1:08.31							100B: 2:24.09
3	1249213	GUARDIOLA MEDEL NURIA	1956	NPONTEA	5:59.11	M 25	2024-04-14	AS POZAS	8
		50B: 1:17.34							100B: 2:50.53
4	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	6:02.13	M 25	2024-04-14	Santa Isabel	7
		50B: 1:25.62							100B: 2:59.30

10. 200 m Braza Masculino

20+										
1	1144927	SUAREZ RIPOLL XIAN	2003	CIDSANTI	2:47.81	M 25	2024-04-14	Santa Isabel	13	
		50B: 38.14								100B: 1:21.89
2	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	3:00.57	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 40.42								100B: 1:27.53
25+										
1	1119327	SUAREZ FERNÁNDEZ SANTIAGO	1995	MOLEMOS	3:00.79	M 25	2024-04-14	Santa Isabel	13	
		50B: 37.60								100B: 1:22.41
30+										
1	1038638	CASTRO VILLAR DAVID	1991	CFVLUGO	3:03.83	M 25	2024-04-14	Santa Isabel	13	
		50B: 43.62								100B: 1:31.97
2	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	4:23.69	M 25	2024-04-14	AS POZAS	10	
		50B: 58.76								100B: 2:03.34
35+										
1	1078993	LOBELLE GONZALEZ IVAN	1989	CFVLUGO	2:42.83	M 25	2024-04-14	Santa Isabel	13	
		50B: 36.11								100B: 1:17.95
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:45.96	M 25	2024-04-14	Santa Isabel	10	
		50B: 37.14								100B: 1:20.46
3	1199549	MARTINEZ DOPAZO DAVID	1987	GALAICO	2:56.17	M 25	2024-04-14	AS POZAS	8	
		50B: 39.57								100B: 1:25.24
4	1136629	FIGUEIRA DOMINGUEZ J.G.	1988	RBAIXAS	3:02.05	M 25	2024-04-14	AS POZAS	7	
		50B: 39.85								100B: 1:25.88
5	1218108	IGLESIAS LAPIDO MIGUEL	1985	CFVLUGO	3:02.35	M 25	2024-04-14	Santa Isabel	6	
		50B: 40.15								100B: 1:26.56
6	1023057	PEREZ VAZQUEZ TELMO	1988	CMARINA	3:28.90	M 25	2024-04-13	J. Gómez Noya	5	
		50B: 47.31								100B: 1:40.51
40+										
1	1141151	CALLE FACAL TELMO	1983	GALAICO	2:51.06	M 25	2024-04-14	AS POZAS	13	
		50B: 39.47								100B: 1:24.18
2	1145052	FIERRO FERNÁNDEZ JULIO	1982	HERCULES	3:12.73	M 25	2024-04-13	J. Gómez Noya	10	
		50B: 43.90								100B: 1:32.84
3	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	3:13.05	M 25	2024-04-14	Santa Isabel	8	
		50B: 42.90								100B: 1:30.61
4	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	3:20.31	M 25	2024-04-14	Santa Isabel	7	
		50B: 45.77								100B: 1:36.43
5	1257944	PÉREZ GONZÁLEZ IVÁN	1982	MOLEMOS	3:21.34	M 25	2024-04-14	Santa Isabel	6	

		50B: 43.52		100B: 1:34.58						
6	1076282	CARRERA COSTAS ANDRES	1982	NPONTEA	3:35.87	M 25	2024-04-14	AS POZAS		5
		50B: 49.44		100B: 1:44.51						
7	1238677	MARIÑO GONZALEZ RAMÓN	1980	POURENSE	3:42.34	M 25	2024-04-14	Santa Isabel		4
		50B: 49.55		100B: 1:45.09						
8	1239346	CASTIÑEIRAS ACUÑA MIGUEL ANGEL	1981	GALAICO	3:45.49	M 25	2024-04-14	AS POZAS		3
		50B: 49.50		100B: 1:47.11						
45+										
1	1143601	NOGUEIRA-PINTO CRESPO HUGO	1978	ESCUALOS	3:02.81	M 25	2024-04-14	Santa Isabel		13
		50B: 42.98		100B: 1:29.42						
2	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	3:03.61	M 25	2024-04-14	Santa Isabel		10
		50B: 40.86		100B: 1:27.42						
3	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	3:04.77	M 25	2024-04-14	Santa Isabel		8
		50B: 38.83		100B: 1:26.27						
4	1093446	VAZQUEZ IGLESIAS DANIEL	1979	RBAIXAS	3:10.03	M 25	2024-04-14	AS POZAS		7
		50B: 43.53		100B: 1:31.87						
5	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	3:20.36	M 25	2024-04-14	Santa Isabel		6
		50B: 46.96		100B: 1:38.71						
6	1201621	ALONSO ORTIZ MARIANO	1976	CFVLUGO	3:28.09	M 25	2024-04-14	Santa Isabel		5
		50B: 49.21		100B: 1:42.30						
7	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	3:32.43	M 25	2024-04-14	Santa Isabel		4
		50B: 48.42		100B: 1:42.61						
8	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	3:38.91	M 25	2024-04-14	Santa Isabel		3
		50B: 46.94		100B: 1:42.51						
9	1258069	ORGEIRA CRESPO PEDRO	1976	POURENSE	3:38.92	M 25	2024-04-14	Santa Isabel		2
		50B: 48.49		100B: 1:44.77						
10	1251233	GONZALEZ SANDEZ CARLOS	1979	VALDEORR	4:37.95	M 25	2024-04-14	Santa Isabel		1
		50B: 1:00.48		100B: 2:09.17						
50+										
1	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	3:17.87	M 25	2024-04-14	Santa Isabel		13
		50B: 47.14		100B: 1:38.05						
2	1079343	MOURIÑO ORTIGUERA ROBERTO C.	1974	NPONTEA	3:20.49	M 25	2024-04-14	AS POZAS		10
		50B: 43.92		100B: 1:33.81						
3	1147287	ESCUDERO DANS DAVID	1973	TRICORUÑ	3:22.88	M 25	2024-04-13	J. Gómez Noya		8
		50B: 45.56		100B: 1:37.40						
4	1178895	CRESPO PÉREZ ALBARINO	1970	ESCUALOS	3:29.85	M 25	2024-04-14	Santa Isabel		7
		50B: 45.48		100B: 1:38.15						
5	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	3:32.88	M 25	2024-04-14	Santa Isabel		6
		50B: 47.18		100B: 1:39.90						
6	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	4:03.06	M 25	2024-04-14	Santa Isabel		5
		50B: 53.33		100B: 1:53.89						
7	1075492	AÑON RODRIGUEZ EDUARDO	1971	RSDH	4:09.51	M 25	2024-04-13	J. Gómez Noya		4

50B: 57.15

100B: 2:04.83

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	RBAIXAS	2:55.91	M 25	2024-04-14	AS POZAS	13
		50B: 40.77						100B: 1:26.56	
2	1085112	RIVAS FEAL ANTONIO	1966	CASINOC	3:05.78	M 25	2024-04-13	J. Gómez Noya	10
		50B: 42.53						100B: 1:30.59	
3	1143575	FERREIRA GONZALEZ XOSE ANXO	1966	CNREDON	3:54.67	M 25	2024-04-14	AS POZAS	8
		50B: 53.01						100B: 1:53.56	
4	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	4:17.26	M 25	2024-04-14	AS POZAS	7
		50B: 56.44						100B: 2:02.51	
5	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	5:19.55	M 25	2024-04-14	Santa Isabel	6
		50B: 1:03.68						100B: 2:19.90	

60+

1	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	4:11.77	M 25	2024-04-14	Santa Isabel	13
		50B: 56.34						100B: 2:01.79	

65+

1	1141150	RODRIGUEZ VIEITO RICARDO M.	1957	CNMOS	4:02.65	M 25	2024-04-14	AS POZAS	13
		50B: 55.14						100B: 1:59.24	

80+

1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	6:58.49	M 25	2024-04-14	AS POZAS	13
		50B: 1:36.84						100B: 3:28.08	

11. 4x50 m Estilos Mixta

+80									
1	C. N. PONTEAREAS	NPONTEA	2:12.73	M 25	2024-04-14	AS POZAS	26		
	CANCELA GOMEZ HUGO (2003)	50E: 32.82							
2	C. N. FERROL	CNFERRO	2:16.55	M 25	2024-04-13	J. Gómez Noya	20		
	REY CONESA CAROLINA (2004)	50E: 37.51							
3	C. N. ARTEIXO	ARTEIXO	2:20.00	M 25	2024-04-13	J. Gómez Noya	16		
	VILLAMOR FERRO RUBÉN (2000)	50E: 35.56							
4	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:24.83	M 25	2024-04-14	Santa Isabel	14		
	MEILAN SANCHEZ SERGIO JOSE (1996)	50E: 39.74							
+100									
1	C. N. PONTEAREAS	NPONTEA	2:46.93	M 25	2024-04-14	AS POZAS	26		
	CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)	50E: 34.17							
+120									
1	C. N. CORUÑA	NCORUÑA	2:12.16	M 25	2024-04-13	J. Gómez Noya	26		
	DEL RIO REGUEIRA SARA (1991)	50E: 36.16							
2	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:14.20	M 25	2024-04-13	J. Gómez Noya	20		
	LOUREIRO AMOR BELEN MARTINA (1988)	50E: 33.54							
3	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:16.35	M 25	2024-04-14	Santa Isabel	16		
	CAMPAÑA BARROS ADRIAN (1990)	50E: 34.92							
4	C. N. ESCUALOS	ESCUALOS	2:20.46	M 25	2024-04-14	Santa Isabel	14		
	OTERO RODRIGUEZ SANDRA (1987)	50E: 39.33							
5	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:20.82	M 25	2024-04-14	AS POZAS	12		
	FREIRE GONZALEZ JAVIER (1993)	50E: 33.78							
6	C. N. FERROL	CNFERRO	2:25.25	M 25	2024-04-13	J. Gómez Noya	10		
7	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:27.47	M 25	2024-04-14	AS POZAS	8		
	GONZALEZ PEREZ JESSICA (1987)	50E: 45.44							
8	C. N. MONFORTE DE LEMOS	MOLEMOS	2:27.90	M 25	2024-04-14	Santa Isabel	6		
	SUAREZ FERNÁNDEZ SANTIAGO (1995)	50E: 34.49							
9	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:31.97	M 25	2024-04-14	AS POZAS	4		
	LAGO LOPEZ RAQUEL (1995)	50E: 35.44							
10	C. N. GALAICO	GALAICO	2:32.01	M 25	2024-04-14	AS POZAS	2		
	GONZALEZ AVENDAÑO LUCIA (1999)	50E: 41.01							
11	C. N. MOS	CNMOS	2:47.35	M 25	2024-04-14	AS POZAS	0		
	EIRIZ DIEGUEZ DANIEL (1978)	50E: 31.24							
12	C. MARINA FERROL	CMARINA	2:48.09	M 25	2024-04-13	J. Gómez Noya	0		
	VAZQUEZ PARCERO MARTA (1980)	50E: 35.46							

+160

1	C. DEP. N. CIDADE DE SANTIAGO GONZALEZ RODRIGUEZ MARIA (1982)	CIDSANTI 50E: 37.36	2:15.84	M 25	2024-04-14	Santa Isabel	26
2	C. N. ESCUALOS SANCHEZ LEDO CIRA (1981)	ESCUALOS 50E: 42.46	2:24.71	M 25	2024-04-14	Santa Isabel	20
3	C. N. PONTEAREAS GESTO ALONSO CLARISA (1989)	NPONTEA 50E: 39.40	2:30.10	M 25	2024-04-14	AS POZAS	16
4	AGRUP. DEP. FOGAR TATO FUENTES VICTOR (1979)	ADFOGAR 50E: 35.36	2:30.81	M 25	2024-04-14	Santa Isabel	14
5	C. FLUVIAL LUGO GURIDI HUERTA JESUS M. (1968)	CFVLUGO 50E: 46.40	2:36.08	M 25	2024-04-14	Santa Isabel	12
6	C. N. PORTAMIÑA LUGO OJEA DE CASTRO MACARENA (1973)	POR-MIÑA 50E: 41.52	2:37.21	M 25	2024-04-14	Santa Isabel	10
7	C. N. E SALVAMENTO A ESTRADA ABBATEMARCO CRISTINA (1984)	SALESTRA 50E: 44.39	2:47.67	M 25	2024-04-14	Santa Isabel	8
8	C. N. ORDES GANDARA SUAREZ TANIA (1993)	CNORDES 50E: 45.12	2:49.96	M 25	2024-04-14	Santa Isabel	6
9	C. HÉRCULES TERMARIA LOPEZ CORTABITARTE BELEN (1987)	HERCULES 50E: 49.67	2:51.19	M 25	2024-04-13	J. Gómez Noya	4
10	C. N. MOS SOUSA CARNEIRO ALICIA (1974)	CNMOS 50E: 58.96	3:18.98	M 25	2024-04-14	AS POZAS	2

+200

1	C. N. VIGO RÍAS BAIXAS JORGE IGLESIAS MARCELINO (1966)	RBAIXAS 50E: 36.61	2:34.25	M 25	2024-04-14	AS POZAS	26
2	SPORTING C. CASINO SALES MANTIÑAN CARMEN (1974)	CASINOC 50E: 51.86	2:48.40	M 25	2024-04-13	J. Gómez Noya	20
3	C. N. MOS SOUSA CARNEIRO ROSANA (1971)	CNMOS 50E: 47.90	2:52.66	M 25	2024-04-14	AS POZAS	16
4	C. N. PONTEAREAS DEL AMO BLANCO MARGARITA (1967)	NPONTEA 50E: 49.44	2:53.84	M 25	2024-04-14	AS POZAS	14
5	C. N. ESCUALOS DE LORENZO FERNANDEZ MARIA (1978)	ESCUALOS 50E: 46.39	2:55.59	M 25	2024-04-14	Santa Isabel	12
6	C. DEP. N. CIDADE DE SANTIAGO BROZOS VAZQUEZ ELENA MARÍA (1982)	CIDSANTI 50E: 59.05	3:06.61	M 25	2024-04-14	Santa Isabel	10
7	C. N. VALDEORRAS VIDAL BELLO MARA (1977)	VALDEORR 50E: 58.74	3:11.53	M 25	2024-04-14	Santa Isabel	8
8	C. N. GALAICO CELEMIN PORRERO MARIA TERESA (1959)	GALAICO 50E: 59.38	3:16.31	M 25	2024-04-14	AS POZAS	6

+240

1	C. HÉRCULES TERMARIA CARBALLO BALOIRA SUSANA MARÍA (1975)	HERCULES 50E: 56.30	3:01.47	M 25	2024-04-13	J. Gómez Noya	26
2	C. N. PABELLÓN OURENSE OTERO LOPEZ MARIA ELISA (1960)	POURENSE 50E: 1:01.49	3:37.19	M 25	2024-04-14	Santa Isabel	20



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3	C. TRAVIESAS N. SANTAMARINA LÓPEZ JAVIER (1958)	CTRAVIE 50E: 1:11.66	3:47.84	M 25	2024-04-14	AS POZAS	16
+280							
1	C. N. PONTEAREAS MONROY FERNÁNDEZ MANUEL (1950)	NPONTEA 50E: 53.93	4:46.80	M 25	2024-04-14	AS POZAS	26