

1.- 200 m Libre Masculino 11 A (TIM)

2024-06-15 17:00

11 A_M

1	1199121	HERMIDA PEREIRA, Santiago					13	CMARINA		2:45.33		19.0
	50 m:	36.81	36.81	100 m:	1:19.33	42.52	150 m:	2:03.24	43.91	200 m:	2:45.33	42.09
2	1235478	CENDON LEIS, Xian					13	NPONTEA		2:52.18		16.0
	50 m:	36.39	36.39	100 m:	1:19.21	42.82	150 m:	1:04.94	59:46.73	200 m:	2:52.18	1:47.24
3	1220389	LÓPEZ SALGADO, Alejandro					13	CNFERRO		2:58.94		14.0
	50 m:	38.15	38.15	100 m:	1:24.45	46.30	150 m:	2:11.99	47.54	200 m:	2:58.94	46.95
4	1239101	PLAZA GARCIA, Javier					13	POR-MIÑA		3:00.84		13.0
	50 m:	37.34	37.34	100 m:	1:24.13	46.79	150 m:	2:13.92	49.79	200 m:	3:00.84	46.92
5	1147252	CARCEDO LOPEZ, Guillermo					13	CFVLUGO		3:03.49		12.0
	50 m:	40.50	40.50	100 m:	1:27.12	46.62	150 m:	2:16.30	49.18	200 m:	3:03.49	47.19
6	1198262	MENDEZ SILVA, Jorge					13	CFVLUGO		3:05.81		11.0
	50 m:	39.61	39.61	100 m:	1:27.14	47.53	150 m:	2:17.44	50.30	200 m:	3:05.81	48.37
7	1240952	VARELA MOSQUERA, Nicolas					13	POR-MIÑA		3:06.71		10.0
	50 m:	40.26	40.26	100 m:	1:27.41	47.15	150 m:	2:15.00	47.59	200 m:	3:06.71	51.71
8	1198786	GOMEZ SAINZ-AJA, Teo					13	POURENSE		3:08.19		9.0
	50 m:	43.08	43.08	100 m:	1:31.67	48.59	150 m:	2:19.00	47.33	200 m:	3:08.19	49.19
9	1209004	TRONCOSO RODRIGUEZ, Carlos					13	CMARINA		3:11.97		8.0
	50 m:	43.28	43.28	100 m:	1:32.66	49.38	150 m:	2:22.92	50.26	200 m:	3:11.97	49.05
10	1196845	PEREZ LOPEZ, Xurxo					13	MOLEMOS		3:12.44		7.0
	50 m:	44.19	44.19	100 m:	1:33.26	49.07	150 m:	2:24.21	50.95	200 m:	3:12.44	48.23
11	1186867	LOURIÑO SASTRE, Jacobo					13	NPONTEA		3:13.60		6.0
	50 m:	43.42	43.42	100 m:	1:31.50	48.08	150 m:	2:23.70	52.20	200 m:	3:13.60	49.90
12	1222310	CAÑAS VARELA, Xabier					13	NCORUÑA		3:16.81		5.0
	50 m:	42.32	42.32	100 m:	1:32.50	50.18	150 m:	2:25.33	52.83	200 m:	3:16.81	51.48
13	1197531	GONZALEZ ALONSO, Abel					13	POURENSE		3:19.61		4.0
	50 m:	47.58	47.58	100 m:	1:38.14	50.56	150 m:	2:29.56	51.42	200 m:	3:19.61	50.05
14	1232946	LAGO CASTRO, Hugo					13	CNFERRO		3:22.29		3.0
	50 m:	46.24	46.24	100 m:	1:37.97	51.73	150 m:	2:31.21	53.24	200 m:	3:22.29	51.08
15	1196838	CHAN VAZQUEZ, Dario					13	GALAICO		3:25.78		2.0
	50 m:	45.09	45.09	100 m:	1:39.21	54.12	150 m:	2:35.49	56.28	200 m:	3:25.78	50.29
16	1240320	SANCHEZ TIZON, Abel					13	RBAIXAS		3:36.62		1.0
	50 m:	41.78	41.78	100 m:	1:40.09	58.31	150 m:	2:40.16	1:00.07	200 m:	3:36.62	56.46
17	1226255	LOURENÇO SANTORO, Guillermo					13	RBAIXAS		3:47.49		0.0
	50 m:	47.39	47.39	100 m:	1:48.36	1:00.97	150 m:	2:48.98	1:00.62	200 m:	3:47.49	58.51
18	1254831	FERNÁNDEZ NÚÑEZ, Nicolás					13	MOLEMOS		4:10.69		0.0
	50 m:	53.32	53.32	100 m:	1:58.60	1:05.28	150 m:	3:06.41	1:07.81	200 m:	4:10.69	1:04.28



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

BAI	1249170	RIO LOPEZ, Xoel	13	NCORUÑA	0,0
DVI	1184152	GONZALEZ PEREIRA, Mauro	13	GALAICO	0,0



2.- 200 m Libre Feminino 11 A (TIM)

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11 A_F

1	1207028	ARRUÑADA JUNQUERA, Lucia					13	NCORUÑA		2:45.44		19.0
	50 m:	39.19	39.19	100 m:	1:20.98	41.79	150 m:	2:02.90	41.92	200 m:	2:45.44	42.54
2	1220807	GARCÍA DÍAZ, Sabela					13	CNFERRO		2:51.04		16.0
	50 m:	38.93	38.93	100 m:	1:23.43	44.50	150 m:	2:06.74	43.31	200 m:	2:51.04	44.30
3	1147257	CASTRO CIDRAS, Carmen					13	GALAICO		2:51.32		14.0
	50 m:	38.87	38.87	100 m:	1:22.39	43.52	150 m:	2:07.36	44.97	200 m:	2:51.32	43.96
4	1213556	CID CALVIÑO, Claudia					13	POURENSE		2:52.02		13.0
	50 m:	38.55	38.55	100 m:	1:23.35	44.80	150 m:	2:10.20	46.85	200 m:	2:52.02	41.82
5	1191497	PICO ESPANTOSO, Carla					13	CNFERRO		2:56.08		12.0
	50 m:	38.10	38.10	100 m:	1:21.64	43.54	150 m:	2:07.49	45.85	200 m:	2:56.08	48.59
6	1215910	REIMUNDEZ REY, Antia					13	NCORUÑA		3:00.21		11.0
	50 m:	39.93	39.93	100 m:	1:26.31	46.38	150 m:	2:13.75	47.44	200 m:	3:00.21	46.46
7	1189937	FERNANDEZ LOPEZ, Ana					13	POR-MIÑA		3:04.39		10.0
	50 m:	40.98	40.98	100 m:	1:38.26	57.28	150 m:	2:17.51	39.25	200 m:	3:04.39	46.88
8	1186866	GARCÍA CASAL, Flavia					13	NPONTEA		3:05.72		9.0
	50 m:	40.33	40.33	100 m:	1:28.98	48.65	150 m:	2:19.14	50.16	200 m:	3:05.72	46.58
9	1226279	HERMIDA-CACHALVITE KOPEK, Angeles D.					13	POR-MIÑA		3:05.83		8.0
	50 m:	39.04	39.04	100 m:	1:06.06	27.02	150 m:	2:16.78	1:10.72	200 m:	3:05.83	49.05
10	1201603	ARROYO HERMIDA, Blanca					13	CMARINA		3:06.58		7.0
	50 m:	42.12	42.12	100 m:	1:29.39	47.27	150 m:	2:19.70	50.31	200 m:	3:06.58	46.88
11	1178762	CHAMORRO LÓPEZ, Emilia					13	RCNVIGO		3:06.77		6.0
	50 m:	42.04	42.04	100 m:	1:30.25	48.21	150 m:	2:19.45	49.20	200 m:	3:06.77	47.32
12	1215886	CARREGAL RAMOS, Vera					13	POURENSE		3:09.97		5.0
	50 m:	42.44	42.44	100 m:	1:33.73	51.29	150 m:	2:23.15	49.42	200 m:	3:09.97	46.82
13	1226253	LOPES BURR, Aroa					13	RBAIXAS		3:11.57		4.0
	50 m:	43.53	43.53	100 m:	1:32.68	49.15	150 m:	2:24.13	51.45	200 m:	3:11.57	47.44
14	1254833	GARCIA VAAMONDE, Laia					13	NPONTEA		3:15.76		3.0
	50 m:	41.88	41.88	100 m:	1:33.03	51.15	150 m:	2:24.75	51.72	200 m:	3:15.76	51.01
15	1190208	REIJA RODRIGUEZ, Antía					13	CFVLUGO		3:18.32		2.0
	50 m:	42.68	42.68	100 m:	1:33.60	50.92	150 m:	2:26.16	52.56	200 m:	3:18.32	52.16
16	1210643	CASTIÑEIRAS PUENTE, Ariadna					13	GALAICO		3:20.21		1.0
	50 m:	44.03	44.03	100 m:	1:36.82	52.79	150 m:	2:28.36	51.54	200 m:	3:20.21	51.85
17	1147243	CALDEIRO BROZ, Antia					13	CFVLUGO		3:25.11		0.0
	50 m:	44.71	44.71	100 m:	1:38.82	54.11	150 m:	2:34.21	55.39	200 m:	3:25.11	50.90
18	1243117	BAUTISTA RAMILO, Beltaine					13	RBAIXAS		3:28.15		0.0
	50 m:	47.56	47.56	100 m:	1:42.29	54.73	150 m:	2:37.86	55.57	200 m:	3:28.15	50.29



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

19	1227919	ABELLEIRA GARCIA, Sabela	13	CMARINA	3:48.18	0.0
	50 m:	46.71 46.71	150 m:	2:44.27 1:00.54	200 m:	3:48.18 1:03.91
RET	1224732	MENDES RUIZ, Emma	13	MOLE MOS		0,0

3.- 50 m Libre Masculino 10 A (TIM)

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10 A_M

1	1214822	FERNANDEZ LENCE, Xian	14	POR-MIÑA	36.22	19.0
2	1198269	SUEIRAS PITA, Adrián	14	CNFERRO	37.62	16.0
3	1222002	RACAMONDE CUMBRAOS, Izan Cipriano	14	CFVLUGO	38.55	14.0
4	1199897	PENA GONZALEZ, Fabio	14	POR-MIÑA	39.30	13.0
5	1205799	CABEZUDO VAZQUEZ, Mario	14	CFVLUGO	39.43	12.0
6	1257946	NIETO MUÑOZ, Iago	14	NPONTEA	40.02	11.0
7	1235484	PEREIRA FONTELA, Xabier	14	NPONTEA	40.59	10.0
8	1219492	GAYO GONZÁLEZ, Izan	14	CNFERRO	40.71	9.0
9	1224932	MARTINEZ CHACON, Nicolas	14	RBAIXAS	46.10	8.0
10	1213555	BUGALLO PÉREZ, Leo	14	POURENSE	50.93	7.0
11	1213560	GONZALEZ LOIS, Gael	14	POURENSE	50.95	6.0
12	1240319	RAZKI BAHREDDINE, Rayan	14	RBAIXAS	51.14	5.0
13	1258329	DE LA TORRE CORTIZO, Lope	14	RCNVIGO	52.15	4.0
14	1226257	AGRA FERNANDEZ, Nicolas	14	GALAICO	56.67	3.0

4.- 50 m Libre Feminino 10 A (TIM)

2024-06-15 17:00

10 A_F

1	1210639	GAITÁN MONTE DE OCA, Isabella	14	NPONTEA	33.89	19.0
2	1198866	CASANOVA BOUDON, Alba	14	CFVLUGO	36.73	16.0
3	1194183	CASTAÑO MARTELES, Uxia	14	CFVLUGO	39.02	14.0
4	1202690	CANO BURILLO, Maria	14	CNFERRO	42.86	13.0
5	1194595	CANTO NEGRO, Nora	14	POR-MIÑA	43.09	12.0
6	1249196	JUNQUERA CANCELA, Martina	14	GALAICO	43.21	11.0
7	1236472	REY LOPEZ, Erea	14	NCORUÑA	43.52	10.0
8	1194594	ALONSO PENELAS, Aldara	14	POR-MIÑA	44.55	9.0
9	1201615	ROMERO OREONA, Icia	14	CMARINA	45.01	8.0
10	1199646	RAMILO CABRAL, Victoria	14	NPONTEA	45.03	7.0
11	1224928	BARCENA AUSIN, Carmen Lourdes	14	RBAIXAS	45.27	6.0
12	1236244	NOVO CIBES, Vega	14	RCNVIGO	45.80	5.0
13	1215909	REBOREDO LIZASO., Eneka	14	NCORUÑA	46.76	4.0
14	1217927	RIVERO PEREIRO, Daniela	14	POURENSE	46.95	3.0
15	1232956	RAMIL MUIÑO, Mia	14	CNFERRO	48.78	2.0
16	1202043	RIVEIRA REGO, Paula	14	CMARINA	50.67	1.0
17	1247511	VIDAL FARIÑA, Sara	14	GALAICO	52.88	0.0
18	1224934	PALLAS RODRIGUEZ, Deva	14	RBAIXAS	54.62	0.0

5.- 100 m Costas Masculino 11 A (TIM)

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11 A_M

1	1180160	LEDO ESCUDERO, Teo	13	MOLEMOS	1:30.86	19.0
	50 m:	44.76 44.76	100 m:	1:30.86	46.10	
2	1194160	COUCE EXPÓSITO, Héctor	13	RCNVIGO	1:31.83	16.0
	50 m:	44.25 44.25	100 m:	1:31.83	47.58	
3	1237375	CARBALLO RODRIGUEZ, Alejandro	13	POURENSE	1:33.38	14.0
	50 m:	44.52 44.52	100 m:	1:33.38	48.86	
4	1184171	ESTÉVEZ MONTES, Ian	13	NPONTEA	1:36.20	13.0
	50 m:	45.88 45.88	100 m:	1:36.20	50.32	
5	1201620	VERGARA SIMAL, Carlos	13	CMARINA	1:37.92	12.0
	50 m:	48.11 48.11	100 m:	1:37.92	49.81	
6	1201627	TODEA SILVA, Jorge	13	NPONTEA	1:41.19	11.0
	50 m:	49.71 49.71	100 m:	1:41.19	51.48	
7	1256966	COTARELO NEIRA, Hector	13	POR-MIÑA	1:45.29	10.0
	50 m:	48.90 48.90	100 m:	1:45.29	56.39	
8	1184152	GONZALEZ PEREIRA, Mauro	13	GALAICO	1:51.46	9.0
	50 m:	54.92 54.92	100 m:	1:51.46	56.54	
9	1232946	LAGO CASTRO, Hugo	13	CNFERRO	1:51.78	8.0
	50 m:	54.68 54.68	100 m:	1:51.78	57.10	
10	1237376	CARCACIA GONZALEZ, Martin	13	POURENSE	1:51.85	7.0
	50 m:	58.64 58.64	100 m:	1:51.85	53.21	
11	1234883	LENCE PEREZ, Ivan	13	POR-MIÑA	1:52.10	6.0
	50 m:	53.85 53.85	100 m:	1:52.10	58.25	
12	1198867	JUL RODRIGUEZ, Nuno	13	CFVLUGO	1:53.84	5.0
	50 m:	56.48 56.48	100 m:	1:53.84	57.36	
13	1194194	BRAQUE SEOANE, Diego	13	RBAIXAS	1:56.20	4.0
	50 m:	57.09 57.09	100 m:	1:56.20	59.11	
14	1258207	FERNÁNDEZ VÁZQUEZ, Xíán	13	MOLEMOS	1:57.34	3.0
	50 m:	55.90 55.90	100 m:	1:57.34	1:01.44	
15	1249169	POUSADA CARREIRA, Jacobo	13	NCORUÑA	1:57.62	2.0
	50 m:	58.28 58.28	100 m:	1:57.62	59.34	
16	1144969	BERNARDEZ GESTIDO, Xabier Bruno	13	GALAICO	1:58.17	1.0
	50 m:	55.78 55.78	100 m:	1:58.17	1:02.39	
17	1199413	FERNANDEZ VAZQUEZ, Brais	13	CFVLUGO	2:04.39	0.0
	50 m:	59.30 59.30	100 m:	2:04.39	1:05.09	
18	1215874	ALONSO CAMPOS, David	13	RCNVIGO	2:05.18	0.0
	50 m:	1:02.78 1:02.78	100 m:	2:05.18	1:02.40	

19	1249164	BREA ALVAREZ, Alonso	13	NCORUÑA	2:06.73	0.0
	50 m:	59.47 59.47 100 m: 2:06.73 1:07.26				
DNI	1201612	PENA SARMIENTO, Francisco	13	CMARINA		0,0
DNI	1240320	SANCHEZ TIZON, Abel	13	RBAIXAS		0,0

6.- 100 m Costas Feminino 11 A (TIM)

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11 A_F

1	1230287	GUTIERREZ LLANOS, Cristina	13	NCORUÑA	1:27.16	19.0
	50 m:	41.28 41.28	100 m:	1:27.16 45.88		
2	1233998	GOMEZ TORRES, Emma	13	NPONTEA	1:32.37	16.0
	50 m:	44.00 44.00	100 m:	1:32.37 48.37		
3	1218345	PIÑEIRO SEIJAS, Lola	13	CNFERRO	1:34.97	14.0
	50 m:	45.21 45.21	100 m:	1:34.97 49.76		
4	1178911	CARRERA SANCHEZ, Martina	13	RBAIXAS	1:35.19	13.0
	50 m:	46.38 46.38	100 m:	1:35.19 48.81		
5	1189937	FERNANDEZ LOPEZ, Ana	13	POR-MIÑA	1:37.30	12.0
	50 m:	47.72 47.72	100 m:	1:37.30 49.58		
6	1201603	ARROYO HERMIDA, Blanca	13	CMARINA	1:39.99	11.0
	50 m:	49.01 49.01	100 m:	1:39.99 50.98		
7	1232953	OTERO PENA, Anita	13	CNFERRO	1:40.40	10.0
	50 m:	47.78 47.78	100 m:	1:40.40 52.62		
8	1197899	PIÑEIRO VAZQUEZ, Julia	13	MOLEMOS	1:40.41	9.0
	50 m:	49.87 49.87	100 m:	1:40.41 50.54		
9	1185628	BERNÁRDEZ FRANCISCO, Mara	13	NPONTEA	1:40.48	8.0
	50 m:	48.39 48.39	100 m:	1:40.48 52.09		
10	1250454	FRAGA VAZQUEZ, Clara	13	NCORUÑA	1:41.28	7.0
	50 m:	46.76 46.76	100 m:	1:41.28 54.52		
11	1203303	MOLEDO DE LA TORRE, Maia	13	GALAICO	1:42.57	6.0
	50 m:	49.37 49.37	100 m:	1:42.57 53.20		
12	1226280	PRIETO LOPEZ, Paula	13	POR-MIÑA	1:42.64	5.0
	50 m:	48.68 48.68	100 m:	1:42.64 53.96		
13	1194180	CABO GARCIA, Paula	13	CFVLUGO	1:42.84	4.0
	50 m:	48.64 48.64	100 m:	1:42.84 54.20		
14	1147250	LORENZO RODRIGUEZ, Iria	13	CFVLUGO	1:44.50	3.0
	50 m:	50.33 50.33	100 m:	1:44.50 54.17		
15	1214792	CAMPOS ROMASANTA, Xulia	13	POURENSE	1:44.91	2.0
	50 m:	50.40 50.40	100 m:	1:44.91 54.51		
16	1226253	LOPES BURR, Aroa	13	RBAIXAS	1:48.23	1.0
	50 m:	52.48 52.48	100 m:	1:48.23 55.75		
17	1212066	GONZALEZ PARADA, Iria	13	GALAICO	1:56.10	0.0
	50 m:	54.44 54.44	100 m:	1:56.10 1:01.66		
18	1227919	ABELLEIRA GARCIA, Sabela	13	CMARINA	1:57.05	0.0
	50 m:	55.18 55.18	100 m:	1:57.05 1:01.87		



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

RET	1258620	ELKAROUACHI RIZO, Sojoud	13	POURENSE	0,0
DNI	1258205	CHILIUTA, Bianca María	13	MOLEMOS	0,0

7.- 100 m Estilos Masculino 10 A (TIM)

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10 A_M

1	1202696	IGLESIAS ROMERO, Nicolás	14	CNFERRO	1:30.74	19.0
	50 m:	43.53 43.53	100 m:	1:30.74 47.21		
2	1205673	GRANA LÓPEZ, Jose	14	RCNVIGO	1:31.13	16.0
	50 m:	43.24 43.24	100 m:	1:31.13 47.89		
3	1180267	QUINTANA GARCIA, Lucas	14	GALAICO	1:33.15	14.0
	50 m:	42.19 42.19	100 m:	1:33.15 50.96		
4	1194599	LEMA CASTRO, Samuel	14	POR-MIÑA	1:33.96	13.0
	50 m:	43.34 43.34	100 m:	1:33.96 50.62		
5	1207031	GONZALEZ FUENTE, Hector	14	CFVLUGO	1:34.27	12.0
	50 m:	42.89 42.89	100 m:	1:34.27 51.38		
6	1194593	ABUIN RAMOS, Pablo	14	POR-MIÑA	1:36.17	11.0
	50 m:	44.91 44.91	100 m:	1:36.17 51.26		
7	1214819	NEMIÑA MARTÍNEZ, Aitor	14	NPONTEA	1:40.80	10.0
	50 m:	45.69 45.69	100 m:	1:40.80 55.11		
8	1222002	RACAMONDE CUMBRAOS, Izan Cipriano	14	CFVLUGO	1:41.04	9.0
	50 m:	49.00 49.00	100 m:	1:41.04 52.04		
9	1205884	SIEIRO MURILLO, Martin	14	GALAICO	1:43.44	8.0
	50 m:	49.34 49.34	100 m:	1:43.44 54.10		
10	1220975	ALLEGUE AHIJADO, Javier	14	CNFERRO	1:44.28	7.0
	50 m:	52.93 52.93	100 m:	1:44.28 51.35		
11	1214804	SPIEGEL DUBOWSKY, Liam	14	POURENSE	1:51.96	6.0
	50 m:	49.23 49.23	100 m:	1:51.96 1:02.73		
12	1208830	ALONSO NOVO, Samuel	14	NPONTEA	1:58.66	5.0
	50 m:	56.42 56.42	100 m:	1:58.66 1:02.24		
13	1205856	UBEIRA INCERA, Xurxo	14	RBAIXAS	2:07.66	4.0
	50 m:	1:00.41 1:00.41	100 m:	2:07.66 1:07.25		
DVI	1210618	ORGEIRA NOVO, Pablo	14	POURENSE		0,0

8.- 100 m Estilos Feminino 10 A (TIM)

2024-06-15 17:00

10 A_F

1	1194188	PARDO FERNANDEZ, Lua	14	CFVLUGO	1:28.72	19.0
	50 m:	40.74 40.74	100 m:	1:28.72 47.98		
2	1197901	MÜLLER CASAL, Sheila	14	NPONTEA	1:35.76	16.0
	50 m:	44.46 44.46	100 m:	1:35.76 51.30		
3	1215907	FIGUEIRA ALONSO, Cintia	14	NCORUÑA	1:36.34	14.0
	50 m:	45.56 45.56	100 m:	1:36.34 50.78		
4	1214809	MARTÍNEZ QUIJADA, Aisha	14	CNFERRO	1:39.58	13.0
	50 m:	47.01 47.01	100 m:	1:39.58 52.57		
5	1222314	SARMIENTO FERREIRO, Andrea	14	POR-MIÑA	1:40.08	12.0
	50 m:	46.71 46.71	100 m:	1:40.08 53.37		
6	1193052	VALLE RODRIGUEZ, Noa	14	CFVLUGO	1:42.27	11.0
	50 m:	47.01 47.01	100 m:	1:42.27 55.26		
7	1232940	CASAL FERREIRA, Abby	14	CNFERRO	1:45.21	10.0
	50 m:	49.95 49.95	100 m:	1:45.21 55.26		
8	1226277	GOAS LOPES, Noa	14	POR-MIÑA	1:45.44	9.0
	50 m:	46.46 46.46	100 m:	1:45.44 58.98		
9	1215908	PASANDIN GONZALEZ, Alma	14	NCORUÑA	1:47.20	8.0
	50 m:		100 m:	1:47.20 1:47.20		
10	1198259	VALENCIA MATEO, Antia	14	CMARINA	1:47.80	7.0
	50 m:	51.07 51.07	100 m:	1:47.80 56.73		
11	1224919	IGLESIAS NOGUEIRAS, Sofía	14	RCNVIGO	1:48.58	6.0
	50 m:	49.51 49.51	100 m:	1:48.58 59.07		
12	1194878	NUÑEZ SANCHEZ, Rebeca	14	GALAICO	1:49.99	5.0
	50 m:	53.73 53.73	100 m:	1:49.99 56.26		
13	1194193	ARROJO DEAÑO, Leire	14	RBAIXAS	1:53.66	4.0
	50 m:	51.23 51.23	100 m:	1:53.66 1:02.43		
14	1184153	GONZALEZ PEREIRA, Sira	14	GALAICO	1:54.87	3.0
	50 m:	58.29 58.29	100 m:	1:54.87 56.58		
15	1224938	RODRIGUEZ POMBO, Elia	14	MOLEMOS	2:01.18	2.0
	50 m:	58.61 58.61	100 m:	2:01.18 1:02.57		
16	1235926	VEIRAS FREIRE, Vera	14	POURENSE	2:01.96	1.0
	50 m:	58.19 58.19	100 m:	2:01.96 1:03.77		
17	1234000	REBOIRAS DOMINGUEZ, Daniela	14	NPONTEA	2:03.32	0.0
	50 m:	57.81 57.81	100 m:	2:03.32 1:05.51		
18	1224928	BARCENA AUSIN, Carmen Lourdes	14	RBAIXAS	2:04.33	0.0
	50 m:	58.49 58.49	100 m:	2:04.33 1:05.84		



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

19	1202043	RIVEIRA REGO, Paula				14	CMARINA	2:04.71	0.0
	50 m:	57.69	57.69	100 m:	2:04.71	1:07.02			



9.- 4x50 m Estilos Mixta (TIM)

2024-06-15 17:00

BENX_X

1	00674	CNFERRO 01				CNFERRO	2:45.65	38.0
	1220389	LÓPEZ SALGADO, Alejandro	13	50 m:	43.38	43.38		
	1202696	IGLESIAS ROMERO, Nicolás	14	100 m:	1:33.22	49.84		
	1191497	PICO ESPANTOSO, Carla	13	150 m:	2:10.03	36.81		
	1220807	GARCÍA DÍAZ, Sabela	13	200 m:	2:45.65	35.62		
2	00398	CFVLUGO 01				CFVLUGO	2:49.88	32.0
	1194188	PARDO FERNANDEZ, Lua	14	50 m:	39.99	39.99		
	1207031	GONZALEZ FUENTE, Hector	14	100 m:	1:30.69	50.70		
	1147252	CARCEDO LOPEZ, Guillermo	13	150 m:	2:12.02	41.33		
	1198866	CASANOVA BOUDON, Alba	14	200 m:	2:49.88	37.86		
3	00837	MOLEMOS 01				MOLEMOS	2:51.00	28.0
	1180160	LEDO ESCUDERO, Teo	13	50 m:	42.37	42.37		
	1186955	TABOADA HIDALGO, Miguel	13	100 m:	1:31.03	48.66		
	1197899	PIÑEIRO VAZQUEZ, Julia	13	150 m:	2:14.45	43.42		
	1224732	MENDES RUIZ, Emma	13	200 m:	2:51.00	36.55		
4	01156	POR-MIÑA 01				POR-MIÑA	2:51.85	26.0
	1222314	SARMIENTO FERREIRO, Andrea	14	50 m:	44.19	44.19		
	1226274	FOUZ RODRIGUEZ, Martin	14	100 m:	1:30.97	46.78		
	1194599	LEMA CASTRO, Samuel	14	150 m:	2:13.83	42.86		
	1226279	HERMIDA-CACHALVITE KOPEK, Angeles D.	13	200 m:	2:51.85	38.02		
5	00784	GALAICO 01				GALAICO	2:54.37	24.0
	1196838	CHAN VAZQUEZ, Dario	13	50 m:	45.84	45.84		
	1147257	CASTRO CIDRAS, Carmen	13	100 m:	1:30.22	44.38		
	1180267	QUINTANA GARCIA, Lucas	14	150 m:	2:14.82	44.60		
	1210643	CASTIÑEIRAS PUENTE, Ariadna	13	200 m:	2:54.37	39.55		
6	00101	POURENSE 01				POURENSE	2:54.40	22.0
	1237375	CARBALLO RODRIGUEZ, Alejandro	13	50 m:	43.14	43.14		
	1212090	IGLESIAS IGLESIAS, Mateo	13	100 m:	1:29.72	46.58		
	1213556	CID CALVIÑO, Claudia	13	150 m:	2:15.69	45.97		
	1214796	GOMEZ MOREIRAS, Claudia	13	200 m:	2:54.40	38.71		
7	00878	NPONTEA 01				NPONTEA	2:55.80	20.0
	1235478	CENDON LEIS, Xian	13	50 m:	40.45	40.45		
	1214817	ACEVEDO MENDEZ, Marian	13	100 m:	1:31.38	50.93		
	1186866	GARCÍA CASAL, Flavia	13	150 m:	2:16.55	45.17		
	1186867	LOURIÑO SASTRE, Jacobo	13	200 m:	2:55.80	39.25		
8	00398	CFVLUGO 02				CFVLUGO	2:57.61	18.0
	1205799	CABEZUDO VAZQUEZ, Mario	14	50 m:	46.18	46.18		
	1194180	CABO GARCIA, Paula	13	100 m:	1:32.88	46.70		
	1194183	CASTAÑO MARTELES, Uxia	14	150 m:	2:20.16	47.28		
	1198262	MENDEZ SILVA, Jorge	13	200 m:	2:57.61	37.45		
9	01156	POR-MIÑA 02				POR-MIÑA	2:59.27	16.0
	1214822	FERNANDEZ LENCE, Xian	14	50 m:	42.14	42.14		
	1194593	ABUIN RAMOS, Pablo	14	100 m:	1:32.91	50.77		
	1189937	FERNANDEZ LOPEZ, Ana	13	150 m:	2:20.89	47.98		
	1226280	PRIETO LOPEZ, Paula	13	200 m:	2:59.27	38.38		

10	00878	NPONTEA 02				NPONTEA	3:01.12	14.0
	1254833	GARCIA VAAMONDE, Laia	13	50 m:	44.00	44.00		
	1184171	ESTÉVEZ MONTES, Ian	13	100 m:	1:36.65	52.65		
	1214819	NEMIÑA MARTÍNEZ, Aitor	14	150 m:	2:27.82	51.17		
	1210639	GAITÁN MONTE DE OCA, Isabella	14	200 m:	3:01.12	33.30		
11	00146	CMARINA 01				CMARINA	3:06.32	12.0
	1201620	VERGARA SIMAL, Carlos	13	50 m:	45.56	45.56		
	1199121	HERMIDA PEREIRA, Santiago	13	100 m:	1:36.41	50.85		
	1221207	CORTIZAS MORENO-CID, Martina	13	150 m:	2:25.43	49.02		
	1201603	ARROYO HERMIDA, Blanca	13	200 m:	3:06.32	40.89		
12	00071	RCNVIGO 01				RCNVIGO	3:07.09	10.0
	1194160	COUCE EXPÓSITO, Héctor	13	50 m:	46.80	46.80		
	1224919	IGLESIAS NOGUEIRAS, Sofía	14	100 m:	1:43.45	56.65		
	1205673	GRANA LÓPEZ, Jose	14	150 m:	2:29.10	45.65		
	1178762	CHAMORRO LÓPEZ, Emilia	13	200 m:	3:07.09	37.99		
13	00674	CNFERRO 02				CNFERRO	3:11.06	8.0
	1214809	MARTÍNEZ QUIJADA, Aisha	14	50 m:	45.85	45.85		
	1218345	PIÑEIRO SEIJAS, Lola	13	100 m:	1:35.25	49.40		
	1220975	ALLEGUE AHIJADO, Javier	14	150 m:	2:32.92	57.67		
	1198269	SUEIRAS PITA, Adrián	14	200 m:	3:11.06	38.14		
14	00186	NCORUÑA 01				NCORUÑA	3:11.80	6.0
	1230287	GUTIERREZ LLANOS, Cristina	13	50 m:	40.76	40.76		
	1222310	CAÑAS VARELA, Xabier	13	100 m:	1:39.31	58.55		
	1207028	ARRUÑADA JUNQUERA, Lucia	13	150 m:	2:23.44	44.13		
	1249169	POUSADA CARREIRA, Jacobo	13	200 m:	3:11.80	48.36		
15	00101	POURENSE 02				POURENSE	3:12.45	4.0
	1213555	BUGALLO PÉREZ, Leo	14	50 m:	54.84	54.84		
	1215886	CARREGAL RAMOS, Vera	13	100 m:	1:40.86	46.02		
	1198786	GOMEZ SAINZ-AJA, Teo	13	150 m:	2:31.61	50.75		
	1214792	CAMPOS ROMASANTA, Xulia	13	200 m:	3:12.45	40.84		
16	00765	RBAIXAS 01				RBAIXAS	3:13.79	2.0
	1178911	CARRERA SANCHEZ, Martina	13	50 m:	44.95	44.95		
	1205848	GRANDA VELASCO, Xoan	13	100 m:	1:45.15	1:00.20		
	1199645	OTERO LÓPEZ, Uxía	13	150 m:	2:30.94	45.79		
	1240320	SANCHEZ TIZON, Abel	13	200 m:	3:13.79	42.85		
17	00784	GALAICO 02				GALAICO	3:16.04	0.0
	1184152	GONZALEZ PEREIRA, Mauro	13	50 m:	49.44	49.44		
	1203303	MOLEDO DE LA TORRE, Maia	13	100 m:	1:43.37	53.93		
	1212066	GONZALEZ PARADA, Iria	13	150 m:	2:36.94	53.57		
	1144969	BERNARDEZ GESTIDO, Xabier Bruno	13	200 m:	3:16.04	39.10		
BAI	00186					NCORUÑA		0,0
	1250454	FRAGA VAZQUEZ, Clara	13					
	1249164	BREA ALVAREZ, Alonso	13					
	1215910	REIMUNDEZ REY, Antia	13					
	1249170	RIO LOPEZ, Xoel	13					
DVI	00765					RBAIXAS		0,0
	1194194	BRAQUE SEOANE, Diego	13					
	1205842	CASTIÑEIRAS AMENEIRO, Alejandra	13					



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

	1226255	LOURENÇO SANTORO, Guillermo	13		
	1226253	LOPES BURR, Aroa	13		
DCI	00146			CMARINA	0,0
	1209004	TRONCOSO RODRIGUEZ, Carlos	13		
	1230274	PAZ RODRIGUEZ, Valeria Gloria	13		
	1251175	FERNANDEZ OCAMPO, Saul	13		
	1198259	VALENCIA MATEO, Antia	14		

10.- 200 m Estilos Masculino 11 A (TIM)

2024-06-15 17:00

11 A_M

1	1235478	CENDON LEIS, Xian					13	NPONTEA		3:14.99		19.0
	50 m:	45.32	45.32	100 m:	1:33.17	47.85	150 m:	2:34.49	1:01.32	200 m:	3:14.99	40.50
2	1212090	IGLESIAS IGLESIAS, Mateo					13	POURENSE		3:16.05		16.0
	50 m:	47.07	47.07	100 m:	1:38.12	51.05	150 m:	2:31.48	53.36	200 m:	3:16.05	44.57
3	1147252	CARCEDO LOPEZ, Guillermo					13	CFVLUGO		3:18.10		14.0
	50 m:	43.35	43.35	100 m:	1:32.26	48.91	150 m:	2:31.70	59.44	200 m:	3:18.10	46.40
4	1220389	LÓPEZ SALGADO, Alejandro					13	CNFERRO		3:21.83		13.0
	50 m:	48.43	48.43	100 m:	1:38.35	49.92	150 m:	2:36.24	57.89	200 m:	3:21.83	45.59
5	1239101	PLAZA GARCIA, Javier					13	POR-MIÑA		3:25.60		12.0
	50 m:	49.45	49.45	100 m:	1:42.74	53.29	150 m:	2:41.59	58.85	200 m:	3:25.60	44.01
6	1186867	LOURIÑO SASTRE, Jacobo					13	NPONTEA		3:27.82		11.0
	50 m:	50.29	50.29	100 m:	1:44.32	54.03	150 m:	2:42.77	58.45	200 m:	3:27.82	45.05
7	1180160	LEDO ESCUDERO, Teo					13	MOLEMOS		3:31.14		10.0
	50 m:	49.40	49.40	100 m:	1:40.35	50.95	150 m:	2:47.03	1:06.68	200 m:	3:31.14	44.11
8	1194160	COUCE EXPÓSITO, Héctor					13	RCNVIGO		3:36.43		9.0
	50 m:	49.71	49.71	100 m:	1:43.68	53.97	150 m:	2:47.83	1:04.15	200 m:	3:36.43	48.60
9	1240952	VARELA MOSQUERA, Nicolas					13	POR-MIÑA		3:41.57		8.0
	50 m:	52.47	52.47	100 m:	1:47.71	55.24	150 m:	2:54.66	1:06.95	200 m:	3:41.57	46.91
10	1209004	TRONCOSO RODRIGUEZ, Carlos					13	CMARINA		3:43.30		7.0
	50 m:	58.45	58.45	100 m:	1:56.50	58.05	150 m:	2:56.79	1:00.29	200 m:	3:43.30	46.51
11	1215893	MIRANDA FROUFE, Hugo					13	POURENSE		3:46.08		6.0
	50 m:	51.66	51.66	100 m:	1:49.26	57.60	150 m:	2:53.60	1:04.34	200 m:	3:46.08	52.48
12	1196838	CHAN VAZQUEZ, Dario					13	GALAICO		3:49.85		5.0
	50 m:	53.39	53.39	100 m:	1:48.51	55.12	150 m:	2:58.92	1:10.41	200 m:	3:49.85	50.93
13	1194875	DIAZ GONZALEZ, Mateo					13	GALAICO		3:51.32		4.0
	50 m:	55.13	55.13	100 m:	1:55.67	1:00.54	150 m:	2:59.22	1:03.55	200 m:	3:51.32	52.10
14	1205774	RODRIGUEZ GARCIA, Alberto					13	CMARINA		4:03.95		3.0
	50 m:	1:04.39	1:04.39	100 m:	2:05.47	1:01.08	150 m:	3:11.50	1:06.03	200 m:	4:03.95	52.45
15	1249169	POUSADA CARREIRA, Jacobo					13	NCORUÑA		4:26.01		2.0
	50 m:	1:08.54	1:08.54	100 m:	2:12.13	1:03.59	150 m:	3:24.08	1:11.95	200 m:	4:26.01	1:01.93
16	1243116	LÓPEZ ÁLVAREZ, Lucas					13	RBAIXAS		5:27.56		1.0
	50 m:	1:28.94	1:28.94	100 m:	2:50.78	1:21.84	150 m:	4:16.72	1:25.94	200 m:	5:27.56	1:10.84
DNI	1249164	BREA ALVAREZ, Alonso					13	NCORUÑA				0,0
DNI	1205847	GRANDA VELASCO, Pedro					13	RBAIXAS				0,0
DNI	1198867	JUL RODRIGUEZ, Nuno					13	CFVLUGO				0,0

11.- 200 m Estilos Feminino 11 A (TIM)

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11 A_F

1	1191497	PICO ESPANTOSO, Carla					13	CNFERRO		3:06.63		19.0
	50 m:	38.38	38.38	100 m:	1:28.34	49.96	150 m:	2:23.09	54.75	200 m:	3:06.63	43.54
2	1147257	CASTRO CIDRAS, Carmen					13	GALAICO		3:12.67		16.0
	50 m:	47.71	47.71	100 m:	1:35.57	47.86	150 m:	2:31.00	55.43	200 m:	3:12.67	41.67
3	1207028	ARRUÑADA JUNQUERA, Lucia					13	NCORUÑA		3:17.28		14.0
	50 m:	45.58	45.58	100 m:	1:34.88	49.30	150 m:	2:37.97	1:03.09	200 m:	3:17.28	39.31
4	1220807	GARCÍA DÍAZ, Sabela					13	CNFERRO		3:17.71		13.0
	50 m:	46.10	46.10	100 m:	1:38.73	52.63	150 m:	2:35.00	56.27	200 m:	3:17.71	42.71
5	1213556	CID CALVIÑO, Claudia					13	POURENSE		3:22.24		12.0
	50 m:	44.64	44.64	100 m:	1:41.03	56.39	150 m:	2:40.13	59.10	200 m:	3:22.24	42.11
6	1226279	HERMIDA-CACHALVITE KOPEK, Angeles D.					13	POR-MIÑA		3:22.54		11.0
	50 m:	45.22	45.22	100 m:	1:37.75	52.53	150 m:	2:37.31	59.56	200 m:	3:22.54	45.23
7	1185628	BERNÁRDEZ FRANCISCO, Mara					13	NPONTEA		3:23.44		10.0
	50 m:	46.15	46.15	100 m:	1:31.11	44.96	150 m:	2:37.62	1:06.51	200 m:	3:23.44	45.82
8	1230287	GUTIERREZ LLANOS, Cristina					13	NCORUÑA		3:23.62		9.0
	50 m:	46.56	46.56	100 m:	1:35.40	48.84	150 m:	2:36.67	1:01.27	200 m:	3:23.62	46.95
9	1197899	PIÑEIRO VAZQUEZ, Julia					13	MOLEMOS		3:27.09		8.0
	50 m:	46.19	46.19	100 m:	1:39.60	53.41	150 m:	2:39.67	1:00.07	200 m:	3:27.09	47.42
10	1233998	GOMEZ TORRES, Emma					13	NPONTEA		3:28.61		7.0
	50 m:	47.65	47.65	100 m:	1:39.28	51.63	150 m:	2:44.63	1:05.35	200 m:	3:28.61	43.98
11	1199645	OTERO LÓPEZ, Uxía					13	RBAIXAS		3:29.38		6.0
	50 m:	45.92	45.92	100 m:	1:39.57	53.65	150 m:	2:40.65	1:01.08	200 m:	3:29.38	48.73
12	1190208	REIJA RODRIGUEZ, Antía					13	CFVLUGO		3:33.21		5.0
	50 m:	47.37	47.37	100 m:	1:40.56	53.19	150 m:	1:24.92	59:45.36	200 m:	3:33.21	2:08.29
13	1221207	CORTIZAS MORENO-CID, Martina					13	CMARINA		3:40.66		4.0
	50 m:	50.20	50.20	100 m:	1:43.83	53.63	150 m:	2:48.79	1:04.96	200 m:	3:40.66	51.87
14	1178911	CARRERA SANCHEZ, Martina					13	RBAIXAS		3:44.36		3.0
	50 m:	58.78	58.78	100 m:	1:49.67	50.89	150 m:	2:54.68	1:05.01	200 m:	3:44.36	49.68
15	1226280	PRIETO LOPEZ, Paula					13	POR-MIÑA		3:46.60		2.0
	50 m:	57.81	57.81	100 m:	1:54.30	56.49	150 m:	3:00.35	1:06.05	200 m:	3:46.60	46.25
16	1147243	CALDEIRO BROZ, Antia					13	CFVLUGO		3:47.80		1.0
	50 m:	53.76	53.76	100 m:	1:54.31	1:00.55	150 m:	2:56.51	1:02.20	200 m:	3:47.80	51.29
17	1212066	GONZALEZ PARADA, Iria					13	GALAICO		4:00.71		0.0
	50 m:	54.49	54.49	100 m:	1:58.24	1:03.75	150 m:	3:17.35	1:19.11	200 m:	4:00.71	43.36
DNI	1214796	GOMEZ MOREIRAS, Claudia					13	POURENSE				0.0



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

DVI	1230274	PAZ RODRIGUEZ, Valeria Gloria	13	CMARINA	0,0
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12.- 100 m Costas Masculino 10 A (TIM)

2024-06-15 17:00

10 A_M

1	1194599	LEMA CASTRO, Samuel	14	POR-MIÑA	1:31.79	19.0
	50 m:	43.04 43.04	100 m:	1:31.79 48.75		
2	1205799	CABEZUDO VAZQUEZ, Mario	14	CFVLUGO	1:38.89	16.0
	50 m:	47.29 47.29	100 m:	1:38.89 51.60		
3	1217803	ABALDE ESPERÓN, Manuel	14	NPONTEA	1:40.80	14.0
	50 m:	47.94 47.94	100 m:	1:40.80 52.86		
4	1235484	PEREIRA FONTELA, Xabier	14	NPONTEA	1:42.89	13.0
	50 m:	48.74 48.74	100 m:	1:42.89 54.15		
5	1218114	RODRIGUEZ PEREZ, Martin	14	POR-MIÑA	1:43.48	12.0
	50 m:	49.15 49.15	100 m:	1:43.48 54.33		
6	1205884	SIEIRO MURILLO, Martin	14	GALAICO	1:43.61	11.0
	50 m:	50.39 50.39	100 m:	1:43.61 53.22		
7	1220975	ALLEGUE AHIJADO, Javier	14	CNFERRO	1:44.89	10.0
	50 m:	51.68 51.68	100 m:	1:44.89 53.21		
8	1214804	SPIEGEL DUBOWSKY, Liam	14	POURENSE	1:45.43	9.0
	50 m:	52.53 52.53	100 m:	1:45.43 52.90		
9	1251184	CALVO GARCÍA, David	14	CNFERRO	1:53.61	8.0
	50 m:	54.29 54.29	100 m:	1:53.61 59.32		
10	1213555	BUGALLO PÉREZ, Leo	14	POURENSE	1:53.79	7.0
	50 m:	56.12 56.12	100 m:	1:53.79 57.67		
11	1224932	MARTINEZ CHACON, Nicolas	14	RBAIXAS	1:54.91	6.0
	50 m:	54.31 54.31	100 m:	1:54.91 1:00.60		
12	1226231	GONZALEZ FERNANDEZ, Manuel	14	CFVLUGO	1:55.74	5.0
	50 m:	53.51 53.51	100 m:	1:55.74 1:02.23		
13	1226257	AGRA FERNANDEZ, Nicolas	14	GALAICO	1:56.77	4.0
	50 m:	52.46 52.46	100 m:	1:56.77 1:04.31		
DNI	1258329	DE LA TORRE CORTIZO, Lope	14	RCNVIGO		0,0

13.- 100 m Costas Feminino 10 A (TIM)

2024-06-15 17:00

10 A_F

1	1194188	PARDO FERNANDEZ, Lua	14	CFVLUGO	1:28.32	19.0
	50 m:	41.83 41.83	100 m:	1:28.32	46.49	
2	1197901	MÜLLER CASAL, Sheila	14	NPONTEA	1:34.37	16.0
	50 m:	46.83 46.83	100 m:	1:34.37	47.54	
3	1214809	MARTÍNEZ QUIJADA, Aisha	14	CNFERRO	1:40.77	14.0
	50 m:	47.61 47.61	100 m:	1:40.77	53.16	
4	1197542	VALLEJO DIAZ, Noa	14	CFVLUGO	1:43.03	13.0
	50 m:	48.59 48.59	100 m:	1:43.03	54.44	
5	1232940	CASAL FERREIRA, Abby	14	CNFERRO	1:43.12	12.0
	50 m:	50.98 50.98	100 m:	1:43.12	52.14	
6	1194594	ALONSO PENELAS, Aldara	14	POR-MIÑA	1:46.46	11.0
	50 m:	50.01 50.01	100 m:	1:46.46	56.45	
7	1215908	PASANDIN GONZALEZ, Alma	14	NCORUÑA	1:46.93	10.0
	50 m:	52.06 52.06	100 m:	1:46.93	54.87	
8	1236855	LOUREIRO VARELA, Selin	14	NPONTEA	1:48.32	9.0
	50 m:	52.25 52.25	100 m:	1:48.32	56.07	
9	1224919	IGLESIAS NOGUEIRAS, Sofía	14	RCNVIGO	1:48.46	8.0
	50 m:	51.90 51.90	100 m:	1:48.46	56.56	
10	1249196	JUNQUERA CANCELA, Martina	14	GALAICO	1:55.39	7.0
	50 m:	55.07 55.07	100 m:	1:55.39	1:00.32	
11	1217927	RIVERO PEREIRO, Daniela	14	POURENSE	1:55.90	6.0
	50 m:	56.12 56.12	100 m:	1:55.90	59.78	
12	1194595	CANTO NEGRO, Nora	14	POR-MIÑA	1:55.97	5.0
	50 m:	55.38 55.38	100 m:	1:55.97	1:00.59	
13	1208949	BENASACH LÓPEZ, Cecilia	14	CMARINA	1:56.14	4.0
	50 m:	55.76 55.76	100 m:	1:56.14	1:00.38	
14	1201615	ROMERO OREONA, Icia	14	CMARINA	2:01.40	3.0
	50 m:	58.58 58.58	100 m:	2:01.40	1:02.82	
15	1247511	VIDAL FARIÑA, Sara	14	GALAICO	2:11.25	2.0
	50 m:	1:03.19 1:03.19	100 m:	2:11.25	1:08.06	
16	1243126	IGLESIAS ALVAREZ, Chloe	14	RBAIXAS	2:15.71	1.0
	50 m:	1:04.67 1:04.67	100 m:	2:15.71	1:11.04	
DNI	1224934	PALLAS RODRIGUEZ, Deva	14	RBAIXAS		0,0
DCI	1236472	REY LOPEZ, Erea	14	NCORUÑA		0,0

14.- 100 m Braza Masculino 11 A (TIM)

2024-06-15 17:00

11 A_M

1	1212090	IGLESIAS IGLESIAS, Mateo	13	POURENSE	1:40.61	19.0
	50 m:	48.83 48.83	100 m:	1:40.61 51.78		
2	1199121	HERMIDA PEREIRA, Santiago	13	CMARINA	1:42.27	16.0
	50 m:	49.14 49.14	100 m:	1:42.27 53.13		
3	1186955	TABOADA HIDALGO, Miguel	13	MOLEMOS	1:47.16	14.0
	50 m:	48.61 48.61	100 m:	1:47.16 58.55		
4	1144969	BERNARDEZ GESTIDO, Xabier Bruno	13	GALAICO	1:52.62	13.0
	50 m:	53.79 53.79	100 m:	1:52.62 58.83		
5	1184171	ESTÉVEZ MONTES, Ian	13	NPONTEA	1:53.03	12.0
	50 m:	52.30 52.30	100 m:	1:53.03 1:00.73		
6	1198262	MENDEZ SILVA, Jorge	13	CFVLUGO	1:56.01	11.0
	50 m:	54.97 54.97	100 m:	1:56.01 1:01.04		
7	1199413	FERNANDEZ VAZQUEZ, Brais	13	CFVLUGO	1:58.29	10.0
	50 m:	53.48 53.48	100 m:	1:58.29 1:04.81		
8	1194875	DIAZ GONZALEZ, Mateo	13	GALAICO	1:59.16	9.0
	50 m:	56.99 56.99	100 m:	1:59.16 1:02.17		
9	1222310	CAÑAS VARELA, Xabier	13	NCORUÑA	1:59.28	8.0
	50 m:	56.41 56.41	100 m:	1:59.28 1:02.87		
10	1184173	IGLESIAS IGLESIAS, Anxo	13	NPONTEA	2:03.10	7.0
	50 m:	57.30 57.30	100 m:	2:03.10 1:05.80		
11	1208845	FOLLA VARCARCEL, Lucas	13	POR-MIÑA	2:05.49	6.0
	50 m:	57.79 57.79	100 m:	2:05.49 1:07.70		
12	1251175	FERNANDEZ OCAMPO, Saul	13	CMARINA	2:10.76	5.0
	50 m:	1:00.67 1:00.67	100 m:	2:10.76 1:10.09		
13	1239102	PORRES PEREDA, Enol Enrique	13	POR-MIÑA	2:12.84	4.0
	50 m:	1:02.35 1:02.35	100 m:	2:12.84 1:10.49		
14	1240605	CUQUEJO SANTAMARIA, Mario	13	POURENSE	2:13.98	3.0
	50 m:	1:02.99 1:02.99	100 m:	2:13.98 1:10.99		
15	1205848	GRANDA VELASCO, Xoan	13	RBAIXAS	2:17.58	2.0
	50 m:	1:03.28 1:03.28	100 m:	2:17.58 1:14.30		
BAI	1249170	RIO LOPEZ, XoeI	13	NCORUÑA		0,0
BAI	1249166	FERNANDEZ LORENZO, Alfonso	13	NCORUÑA		0,0
DNI	1258207	FERNÁNDEZ VÁZQUEZ, Xíán	13	MOLEMOS		0,0
DVI	1194194	BRAQUE SEOANE, Diego	13	RBAIXAS		0,0



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

DVI	1215874	ALONSO CAMPOS, David	13	RCNVIGO	0,0
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15.- 100 m Braza Feminino 11 A (TIM)

2024-06-15 17:00

11 A_F

1	1218345	PIÑEIRO SEIJAS, Lola	13	CNFERRO	1:43.07	19.0
	50 m:	49.12 49.12	100 m:	1:43.07	53.95	
2	1224732	MENDES RUIZ, Emma	13	MOLEMOS	1:43.88	16.0
	50 m:	48.59 48.59	100 m:	1:43.88	55.29	
3	1194180	CABO GARCIA, Paula	13	CFVLUGO	1:43.99	14.0
	50 m:	46.85 46.85	100 m:	1:43.99	57.14	
4	1215886	CARREGAL RAMOS, Vera	13	POURENSE	1:45.56	13.0
	50 m:	50.47 50.47	100 m:	1:45.56	55.09	
5	1214817	ACEVEDO MENDEZ, Marian	13	NPONTEA	1:47.44	12.0
	50 m:	51.67 51.67	100 m:	1:47.44	55.77	
6	1199645	OTERO LÓPEZ, Uxía	13	RBAIXAS	1:47.65	11.0
	50 m:	50.91 50.91	100 m:	1:47.65	56.74	
7	1186866	GARCÍA CASAL, Flavia	13	NPONTEA	1:48.24	10.0
	50 m:	51.39 51.39	100 m:	1:48.24	56.85	
8	1178934	FERNANDEZ BASANTA, Selenia	13	POR-MIÑA	1:49.35	9.0
	50 m:	51.15 51.15	100 m:	1:49.35	58.20	
9	1203303	MOLEDO DE LA TORRE, Maia	13	GALAICO	1:50.52	8.0
	50 m:	52.21 52.21	100 m:	1:50.52	58.31	
10	1171465	CARBALLO VAZQUEZ, Iria	13	POURENSE	1:51.96	7.0
	50 m:	53.25 53.25	100 m:	1:51.96	58.71	
11	1216619	COUTO GOGORZA, Aitana	13	NCORUÑA	1:51.98	6.0
	50 m:	52.40 52.40	100 m:	1:51.98	59.58	
12	1220806	FREIRE TORRADO, Laia	13	CNFERRO	1:54.42	5.0
	50 m:	53.28 53.28	100 m:	1:54.42	1:01.14	
13	1221207	CORTIZAS MORENO-CID, Martina	13	CMARINA	1:57.06	4.0
	50 m:	54.80 54.80	100 m:	1:57.06	1:02.26	
14	1147250	LORENZO RODRIGUEZ, Iria	13	CFVLUGO	1:58.35	3.0
	50 m:	54.81 54.81	100 m:	1:58.35	1:03.54	
15	1226284	TUÑÓN HERNANDEZ, Karolina	13	POR-MIÑA	2:00.61	2.0
	50 m:	55.91 55.91	100 m:	2:00.61	1:04.70	
16	1210643	CASTIÑEIRAS PUENTE, Ariadna	13	GALAICO	2:02.88	1.0
	50 m:	56.22 56.22	100 m:	2:02.88	1:06.66	
17	1178762	CHAMORRO LÓPEZ, Emilia	13	RCNVIGO	2:03.42	0.0
	50 m:	58.47 58.47	100 m:	2:03.42	1:04.95	
18	1230274	PAZ RODRIGUEZ, Valeria Gloria	13	CMARINA	2:07.65	0.0
	50 m:	1:00.42 1:00.42	100 m:	2:07.65	1:07.23	

19	1250454	FRAGA VAZQUEZ, Clara	13	NCORUÑA	2:18.85	0.0
	50 m:	1:05.31 1:05.31	100 m:	2:18.85 1:13.54		
20	1258205	CHILIUTA, Bianca María	13	MOLEMOS	2:52.42	0.0
	50 m:	1:18.54 1:18.54	100 m:	2:52.42 1:33.88		
DSA	1205842	CASTIÑEIRAS AMENEIRO, Alejandra	13	RBAIXAS		0,0

16.- 100 m Libre Masculino 10 A (TIM)

2024-06-15 17:00

10 A_M

1	1180267	QUINTANA GARCIA, Lucas	14	GALAICO	1:19.17	19.0
	50 m:	35.61 35.61	100 m:	1:19.17	43.56	
2	1202696	IGLESIAS ROMERO, Nicolás	14	CNFERRO	1:21.69	16.0
	50 m:	39.19 39.19	100 m:	1:21.69	42.50	
3	1205673	GRANA LÓPEZ, Jose	14	RCNVIGO	1:21.84	14.0
	50 m:	37.95 37.95	100 m:	1:21.84	43.89	
4	1214822	FERNANDEZ LENCE, Xian	14	POR-MIÑA	1:22.20	13.0
	50 m:	38.25 38.25	100 m:	1:22.20	43.95	
5	1198269	SUEIRAS PITA, Adrián	14	CNFERRO	1:22.34	12.0
	50 m:	38.37 38.37	100 m:	1:22.34	43.97	
6	1194593	ABUIN RAMOS, Pablo	14	POR-MIÑA	1:24.39	11.0
	50 m:	39.24 39.24	100 m:	1:24.39	45.15	
7	1207031	GONZALEZ FUENTE, Hector	14	CFVLUGO	1:25.58	10.0
	50 m:	40.02 40.02	100 m:	1:25.58	45.56	
8	1214819	NEMIÑA MARTÍNEZ, Aitor	14	NPONTEA	1:29.58	9.0
	50 m:	41.34 41.34	100 m:	1:29.58	48.24	
9	1257946	NIETO MUÑOZ, Iago	14	NPONTEA	1:31.94	8.0
	50 m:	43.08 43.08	100 m:	1:31.94	48.86	
10	1210618	ORGEIRA NOVO, Pablo	14	POURENSE	1:41.93	7.0
	50 m:	47.67 47.67	100 m:	1:41.93	54.26	
11	1199412	FERNANDEZ RODRIGUEZ, Anton	14	CFVLUGO	1:42.52	6.0
	50 m:	46.56 46.56	100 m:	1:42.52	55.96	
12	1235465	ALVAREZ IGLESIAS, Thiago	14	POURENSE	1:52.82	5.0
	50 m:	54.33 54.33	100 m:	1:52.82	58.49	
13	1205856	UBEIRA INCERA, Xurxo	14	RBAIXAS	1:53.70	4.0
	50 m:	51.95 51.95	100 m:	1:53.70	1:01.75	
14	1240319	RAZKI BAHREDDINE, Rayan	14	RBAIXAS	2:02.79	3.0
	50 m:	56.37 56.37	100 m:	2:02.79	1:06.42	

17.- 100 m Libre Feminino 10 A (TIM)

2024-06-15 17:00

10 A_F

1	1210639	GAITÁN MONTE DE OCA, Isabella	14	NPONTEA	1:15.31	19.0
	50 m:	36.03 36.03	100 m:	1:15.31	39.28	
2	1198866	CASANOVA BOUDON, Alba	14	CFVLUGO	1:25.00	16.0
	50 m:	39.51 39.51	100 m:	1:25.00	45.49	
3	1222314	SARMIENTO FERREIRO, Andrea	14	POR-MIÑA	1:27.16	14.0
	50 m:	41.33 41.33	100 m:	1:27.16	45.83	
4	1215907	FIGUEIRA ALONSO, Cintia	14	NCORUÑA	1:29.47	13.0
	50 m:	41.29 41.29	100 m:	1:29.47	48.18	
5	1226277	GOAS LOPES, Noa	14	POR-MIÑA	1:30.38	12.0
	50 m:	40.39 40.39	100 m:	1:30.38	49.99	
6	1194183	CASTAÑO MARTELES, Uxia	14	CFVLUGO	1:31.35	11.0
	50 m:	41.65 41.65	100 m:	1:31.35	49.70	
7	1184153	GONZALEZ PEREIRA, Sira	14	GALAICO	1:33.96	10.0
	50 m:	43.29 43.29	100 m:	1:33.96	50.67	
8	1208949	BENASACH LÓPEZ, Cecilia	14	CMARINA	1:35.10	9.0
	50 m:	45.26 45.26	100 m:	1:35.10	49.84	
9	1198259	VALENCIA MATEO, Antia	14	CMARINA	1:35.20	8.0
	50 m:	42.79 42.79	100 m:	1:35.20	52.41	
10	1194193	ARROJO DEAÑO, Leire	14	RBAIXAS	1:36.16	7.0
	50 m:	44.45 44.45	100 m:	1:36.16	51.71	
11	1194878	NUÑEZ SANCHEZ, Rebeca	14	GALAICO	1:37.56	6.0
	50 m:	46.64 46.64	100 m:	1:37.56	50.92	
12	1251194	SUÁREZ LÓPEZ, Candela	14	CNFERRO	1:38.87	5.0
	50 m:	46.56 46.56	100 m:	1:38.87	52.31	
13	1236244	NOVO CIBES, Vega	14	RCNVIGO	1:39.84	4.0
	50 m:	45.49 45.49	100 m:	1:39.84	54.35	
14	1215909	REBOREDO LIZASO., Eneka	14	NCORUÑA	1:40.10	3.0
	50 m:	47.61 47.61	100 m:	1:40.10	52.49	
15	1224938	RODRIGUEZ POMBO, Elia	14	MOLEMOS	1:41.39	2.0
	50 m:	46.59 46.59	100 m:	1:41.39	54.80	
16	1232956	RAMIL MUIÑO, Mia	14	CNFERRO	1:46.49	1.0
	50 m:	50.94 50.94	100 m:	1:46.49	55.55	
17	1235926	VEIRAS FREIRE, Vera	14	POURENSE	1:46.67	0.0
	50 m:	52.08 52.08	100 m:	1:46.67	54.59	
18	1236855	LOUREIRO VARELA, Selin	14	NPONTEA	1:50.31	0.0
	50 m:	51.13 51.13	100 m:	1:50.31	59.18	



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

19	1243126	IGLESIAS ALVAREZ, Chloe				14	RBAIXAS	1:59.18	0.0
	50 m:	56.34	56.34	100 m:	1:59.18	1:02.84			



18.- 4x50 m Libre Mixta (TIM)

2024-06-15 17:00

BENX_X

1	00878	NPONTEA 01				NPONTEA	2:22.97	38.0
	1235478	CENDON LEIS, Xian	13	50 m:	33.52	33.52		
	1210639	GAITÁN MONTE DE OCA, Isabella	14	100 m:	1:07.91	34.39		
	1186866	GARCÍA CASAL, Flavia	13	150 m:	1:43.45	35.54		
	1186867	LOURIÑO SASTRE, Jacobo	13	200 m:	2:22.97	39.52		
2	00101	POURENSE 01				POURENSE	2:25.76	32.0
	1212090	IGLESIAS IGLESIAS, Mateo	13	50 m:	36.78	36.78		
	1214796	GOMEZ MOREIRAS, Claudia	13	100 m:	1:15.67	38.89		
	1198786	GOMEZ SAINZ-AJA, Teo	13	150 m:	1:52.11	36.44		
	1213556	CID CALVIÑO, Claudia	13	200 m:	2:25.76	33.65		
3	00674	CNFERRO 01				CNFERRO	2:28.03	28.0
	1191497	PICO ESPANTOSO, Carla	13	50 m:	35.17	35.17		
	1202696	IGLESIAS ROMERO, Nicolás	14	100 m:	1:13.75	38.58		
	1220807	GARCÍA DÍAZ, Sabela	13	150 m:	1:50.60	36.85		
	1220389	LÓPEZ SALGADO, Alejandro	13	200 m:	2:28.03	37.43		
4	01156	POR-MIÑA 01				POR-MIÑA	2:29.24	26.0
	1194599	LEMA CASTRO, Samuel	14	50 m:	36.65	36.65		
	1189937	FERNANDEZ LOPEZ, Ana	13	100 m:	1:14.60	37.95		
	1214822	FERNANDEZ LENCE, Xian	14	150 m:	1:50.65	36.05		
	1226279	HERMIDA-CACHALVITE KOPEK, Angeles D.	13	200 m:	2:29.24	38.59		
5	00784	GALAICO 01				GALAICO	2:30.41	24.0
	1196838	CHAN VAZQUEZ, Dario	13	50 m:	41.91	41.91		
	1210643	CASTIÑEIRAS PUENTE, Ariadna	13	100 m:	1:21.08	39.17		
	1180267	QUINTANA GARCIA, Lucas	14	150 m:	1:56.08	35.00		
	1147257	CASTRO CIDRAS, Carmen	13	200 m:	2:30.41	34.33		
6	00837	MOLEMOS 01				MOLEMOS	2:30.81	22.0
	1180160	LEDO ESCUDERO, Teo	13	50 m:	36.02	36.02		
	1197899	PIÑEIRO VAZQUEZ, Julia	13	100 m:	1:15.70	39.68		
	1224732	MENDES RUIZ, Emma	13	150 m:	1:54.50	38.80		
	1186955	TABOADA HIDALGO, Miguel	13	200 m:	2:30.81	36.31		
7	00398	CFVLUGO 01				CFVLUGO	2:31.90	20.0
	1147252	CARCEDO LOPEZ, Guillermo	13	50 m:	36.76	36.76		
	1198262	MENDEZ SILVA, Jorge	13	100 m:	1:16.32	39.56		
	1190208	REIJA RODRIGUEZ, Antía	13	150 m:	1:47.25	30.93		
	1194188	PARDO FERNANDEZ, Lua	14	200 m:	2:31.90	44.65		
8	00398	CFVLUGO 02				CFVLUGO	2:34.29	18.0
	1207031	GONZALEZ FUENTE, Hector	14	50 m:	38.53	38.53		
	1194180	CABO GARCIA, Paula	13	100 m:	1:18.02	39.49		
	1222002	RACAMONDE CUMBRAOS, Izan Cipriano	14	150 m:	1:57.55	39.53		
	1198866	CASANOVA BOUDON, Alba	14	200 m:	2:34.29	36.74		
9	00878	NPONTEA 02				NPONTEA	2:36.24	16.0
	1184171	ESTÉVEZ MONTES, Ian	13	50 m:	40.57	40.57		
	1214819	NEMIÑA MARTÍNEZ, Aitor	14	100 m:	1:22.13	41.56		
	1233998	GOMEZ TORRES, Emma	13	150 m:	1:58.50	36.37		
	1185628	BERNÁRDEZ FRANCISCO, Mara	13	200 m:	2:36.24	37.74		

10	01156	POR-MIÑA 02				POR-MIÑA	2:37.57	14.0
	1222314	SARMIENTO FERREIRO, Andrea	14	50 m:	39.42	39.42		
	1194593	ABUIN RAMOS, Pablo	14	100 m:	1:18.72	39.30		
	1239101	PLAZA GARCIA, Javier	13	150 m:	1:58.59	39.87		
	1226280	PRIETO LOPEZ, Paula	13	200 m:	2:37.57	38.98		
11	00765	RBAIXAS 01				RBAIXAS	2:37.88	12.0
	1240320	SANCHEZ TIZON, Abel	13	50 m:	37.15	37.15		
	1194194	BRAQUE SEOANE, Diego	13	100 m:	1:20.60	43.45		
	1178911	CARRERA SANCHEZ, Martina	13	150 m:	1:59.35	38.75		
	1226253	LOPES BURR, Aroa	13	200 m:	2:37.88	38.53		
12	00674	CNFERRO 02				CNFERRO	2:38.14	10.0
	1219492	GAYO GONZÁLEZ, Izan	14	50 m:	40.57	40.57		
	1218345	PIÑEIRO SEIJAS, Lola	13	100 m:	1:21.16	40.59		
	1232953	OTERO PENA, Anita	13	150 m:	1:59.65	38.49		
	1198269	SUEIRAS PITA, Adrián	14	200 m:	2:38.14	38.49		
13	00071	RCNVIGO 01				RCNVIGO	2:42.67	8.0
	1224919	IGLESIAS NOGUEIRAS, Sofía	14	50 m:	46.00	46.00		
	1194160	COUCE EXPÓSITO, Héctor	13	100 m:	1:25.26	39.26		
	1178762	CHAMORRO LÓPEZ, Emilia	13	150 m:	2:04.23	38.97		
	1205673	GRANA LÓPEZ, Jose	14	200 m:	2:42.67	38.44		
14	00784	GALAICO 02				GALAICO	2:43.53	6.0
	1184152	GONZALEZ PEREIRA, Mauro	13	50 m:	38.90	38.90		
	1203303	MOLEDO DE LA TORRE, Maia	13	100 m:	1:19.52	40.62		
	1212066	GONZALEZ PARADA, Iria	13	150 m:	1:03.45	59:44.93		
	1144969	BERNARDEZ GESTIDO, Xabier Bruno	13	200 m:	2:43.53	1:40.08		
15	00186	NCORUÑA 01				NCORUÑA	2:44.10	4.0
	1230287	GUTIERREZ LLANOS, Cristina	13	50 m:	38.13	38.13		
	1222310	CAÑAS VARELA, Xabier	13	100 m:	1:18.61	40.48		
	1207028	ARRUÑADA JUNQUERA, Lucia	13	150 m:	1:53.60	34.99		
	1249164	BREA ALVAREZ, Alonso	13	200 m:	2:44.10	50.50		
16	00101	POURENSE 02				POURENSE	2:46.49	2.0
	1258620	ELKAROUACHI RIZO, Sojoud	13	50 m:	43.16	43.16		
	1197531	GONZALEZ ALONSO, Abel	13	100 m:	1:24.51	41.35		
	1171465	CARBALLO VAZQUEZ, Iria	13	150 m:	2:04.64	40.13		
	1215893	MIRANDA FROUFE, Hugo	13	200 m:	2:46.49	41.85		
17	00146	CMARINA 02				CMARINA	2:53.39	0.0
	1205774	RODRIGUEZ GARCIA, Alberto	13	50 m:	43.75	43.75		
	1208949	BENASACH LÓPEZ, Cecilia	14	100 m:	1:28.27	44.52		
	1209004	TRONCOSO RODRIGUEZ, Carlos	13	150 m:	2:08.59	40.32		
	1201615	ROMERO OREONA, Icia	14	200 m:	2:53.39	44.80		
18	00765	RBAIXAS 02				RBAIXAS	2:55.59	0.0
	1194193	ARROJO DEAÑO, Leire	14	50 m:	43.27	43.27		
	1224932	MARTINEZ CHACON, Nicolas	14	100 m:	1:30.10	46.83		
	1205848	GRANDA VELASCO, Xoa	13	150 m:	2:15.27	45.17		
	1205842	CASTIÑEIRAS AMENEIRO, Alejandra	13	200 m:	2:55.59	40.32		
19	00146	CMARINA 01				CMARINA	2:56.95	0.0
	1227919	ABELLEIRA GARCIA, Sabela	13	50 m:	44.61	44.61		
	1201612	PENA SARMIENTO, Francisco	13	100 m:	1:31.31	46.70		



COPA GALEGA BENXAMÍN GRUPO 1
FRIGSA. Piscina de 25 m. Cronometraxe manual.

1202043	RIVEIRA REGO, Paula	14	150 m:	2:20.86	49.55
1199121	HERMIDA PEREIRA, Santiago	13	200 m:	2:56.95	36.09

BAI	00186	NCORUÑA	0,0
	50 m:		

