

Prueba 31  
12/01/2025

Fem., 200m Libre

2005 y mayores  
Resultados

Clasificación				Edad					Tiempo	Puntos
20+										
1.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS					<b>2:31.79</b>	13,00
	50m:	33.91 33.91	100m:	1:12.36	38.45	150m:	1:53.01	40.65	200m:	2:31.79 38.78
2.	1144257	FERNANDEZ GONZALEZ, Elena	24	HERCULES					<b>2:37.86</b>	10,00
	50m:	36.91 36.91	100m:	1:17.40	40.49	150m:	1:59.03	41.63	200m:	2:37.86 38.83
3.	1111470	GARCÉS FERNÁNDEZ, Erea	22	RIASBAIXAS					<b>2:54.20</b>	8,00
	50m:	38.39 38.39	100m:	1:21.92	43.53	150m:	2:07.82	45.90	200m:	2:54.20 46.38
4.	1266324	ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS					<b>3:26.93</b>	7,00
	50m:	46.81 46.81	100m:	1:40.18	53.37	150m:	2:35.60	55.42	200m:	3:26.93 51.33
25+										
1.	1038608	SUAREZ GARCIA, Sofia	28	RIASBAIXAS					<b>2:45.95</b>	13,00
	50m:	35.35 35.35	100m:	1:15.96	40.61	150m:	2:00.76	44.80	200m:	2:45.95 45.19
2.	1249230	MIRAS VAZQUEZ, Irene	28	CIDSANTIAG					<b>2:55.71</b>	10,00
	50m:	39.80 39.80	100m:	1:24.39	44.59	150m:	2:10.56	46.17	200m:	2:55.71 45.15
3.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO					<b>2:58.47</b>	8,00
	50m:	37.73 37.73	100m:	1:22.76	45.03	150m:	2:10.76	48.00	200m:	2:58.47 47.71
4.	1266318	GORDILLO VAN GILS, Silvia	29	NTNARON					<b>3:05.05</b>	7,00
	50m:	38.91 38.91	100m:	1:25.65	46.74	150m:	2:15.67	50.02	200m:	3:05.05 49.38
5.	1038466	RODRIGUEZ PAZ, Lucia	25	PONTEAREAS					<b>3:08.14</b>	6,00
	50m:	41.23 41.23	100m:	1:28.17	46.94	150m:	2:18.87	50.70	200m:	3:08.14 49.27
30+										
1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA					<b>2:31.22</b>	13,00
	50m:	33.84 33.84	100m:	1:11.49	37.65	150m:	1:51.24	39.75	200m:	2:31.22 39.98
2.	1051353	CRUZ GARCIA, Aurora	30	CIDSANTIAG					<b>2:44.23</b>	10,00
	50m:	36.10 36.10	100m:	1:16.40	40.30	150m:	1:59.67	43.27	200m:	2:44.23 44.56
3.	1247615	ALONSO PEREIRA, Fatima	32	RIASBAIXAS					<b>3:06.91</b>	8,00
	50m:	43.84 43.84	100m:	1:32.08	48.24	150m:	2:21.53	49.45	200m:	3:06.91 45.38
4.	1078925	SALGADO CASTELO, Marta	31	MULLEREF					<b>3:08.32</b>	7,00
	50m:	45.57 45.57	100m:	1:34.05	48.48	150m:	2:22.44	48.39	200m:	3:08.32 45.88
5.	1141053	IGLESIAS SUÁREZ, Laura	33	CDELMAR					<b>3:16.28</b>	6,00
	50m:	44.13 44.13	100m:	1:34.72	50.59	150m:	2:25.60	50.88	200m:	3:16.28 50.68
6.	1257417	ALONSO GONZALEZ, Ines	33	CNMOS					<b>3:16.44</b>	5,00
	50m:	43.38 43.38	100m:	1:30.52	47.14	150m:	2:22.76	52.24	200m:	3:16.44 53.68
DSQ	1215890	FERNANDEZ PARADA, Clara	32	POURENSE						-

Prueba 31, Fem., 200m Libre

35+

1.	1193947	ALCALDE BALADO, Tania	39	CIDSANTIAG	<b>2:30.98</b>	13,00		
	50m:	34.93 34.93	100m:	1:12.89 37.96	150m:	1:52.01 39.12	200m:	2:30.98 38.97
2.	1141212	RIVAS TENREIRO, Arantza	36	NTNARON	<b>2:41.39</b>	10,00		
	50m:	34.84 34.84	100m:	1:14.74 39.90	150m:	1:57.66 42.92	200m:	2:41.39 43.73
3.	1076543	RODRIGUEZ PEREZ, Vanesa	39	RIASBAIXAS	<b>2:43.60</b>	8,00		
	50m:	39.29 39.29	100m:	1:20.98 41.69	150m:	2:02.93 41.95	200m:	2:43.60 40.67
4.	1144948	GONZALEZ PEREZ, Jessica	38	RIASBAIXAS	<b>2:52.63</b>	7,00		
	50m:	38.62 38.62	100m:	1:22.63 44.01	150m:	2:07.97 45.34	200m:	2:52.63 44.66
5.	1129917	MURAS MORA, Andrea	36	CIDSANTIAG	<b>3:05.69</b>	6,00		
	50m:	40.32 40.32	100m:	1:25.44 45.12	150m:	2:14.73 49.29	200m:	3:05.69 50.96
6.	1267367	VYNOHRADOVA, Kateryna	39	GALAICO	<b>3:06.28</b>	5,00		
	50m:	42.17 42.17	100m:	1:28.93 46.76	150m:	2:18.56 49.63	200m:	3:06.28 47.72
7.	1250482	RODRIGUEZ DE DIOS, Amparo	38	C. N. Valdeorras	<b>3:08.57</b>	4,00		
	50m:	42.95 42.95	100m:	1:30.03 47.08	150m:	2:19.78 49.75	200m:	3:08.57 48.79
8.	1260386	FRANCO CAL, Sonia	38	C. N. As Meigas	<b>3:53.63</b>	3,00		
	50m:	50.59 50.59	100m:	1:50.91 1:00.32	150m:	2:53.65 1:02.74	200m:	3:53.63 59.98
9.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS	<b>4:33.00</b>	2,00		
	50m:	58.84 58.84	100m:	2:05.89 1:07.05	150m:	3:21.37 1:15.48	200m:	4:33.00 1:11.63

40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	<b>2:19.30</b>	13,00	RG	
	50m:	32.93 32.93	100m:	1:08.34 35.41	150m:	1:44.45 36.11	200m:	2:19.30 34.85
2.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAG	<b>2:19.73</b>	10,00		
	50m:	32.44 32.44	100m:	1:07.59 35.15	150m:	1:43.30 35.71	200m:	2:19.73 36.43
3.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAG	<b>2:48.30</b>	8,00		
	50m:	40.51 40.51	100m:	1:23.46 42.95	150m:	2:06.76 43.30	200m:	2:48.30 41.54
4.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	<b>2:50.39</b>	7,00		
	50m:	39.28 39.28	100m:	1:23.02 43.74	150m:	2:06.70 43.68	200m:	2:50.39 43.69
5.	1144598	OLMO VAQUEIRO, Leticia	44	PONTEAREAS	<b>3:05.24</b>	6,00		
	50m:	42.72 42.72	100m:	1:29.25 46.53	150m:	2:17.27 48.02	200m:	3:05.24 47.97
6.	1222531	FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA	<b>3:08.51</b>	5,00		
	50m:	43.60 43.60	100m:	1:32.34 48.74	150m:	2:23.54 51.20	200m:	3:08.51 44.97

Baja 1237395 VILARIÑO CACHO, Elvira

44 SALESTRA

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Prueba 31, Fem., 200m Libre

45+

1.	1143894	DE LORENZO FERNANDEZ, Maria	47	ESCUALOS	<b>3:03.63</b>	13,00
	50m:	42.19	42.19	100m:	1:28.97	46.78
				150m:	2:17.12	48.15
				200m:	3:03.63	46.51
2.	1264778	VÁZQUEZ LÓPEZ, Eva	48	MULLEREF	<b>3:43.84</b>	10,00
	50m:	53.20	53.20	100m:	1:47.57	54.37
				150m:	2:45.43	57.86
				200m:	3:43.84	58.41
3.	1178771	BESADA FERNÁNDEZ, Ana M.	47	PONTEAREAS	<b>3:52.29</b>	8,00
	50m:	52.41	52.41	100m:	1:53.30	1:00.89
				150m:	2:55.32	1:02.02
				200m:	3:52.29	56.97
4.	1250484	VAZQUEZ GONZALEZ, Yolanda	49	C. N. Valdeorras	<b>3:57.61</b>	7,00
	50m:	55.61	55.61	100m:	1:54.35	58.74
				150m:	2:56.89	1:02.54
				200m:	3:57.61	1:00.72
5.	1253184	ABELLEIRA CORRAL, Gema	45	MULLEREF	<b>4:16.85</b>	6,00
	50m:	54.68	54.68	100m:	1:58.85	1:04.17
				150m:	3:08.10	1:09.25
				200m:	4:16.85	1:08.75

50+

1.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS	<b>2:53.64</b>	13,00
	50m:	39.31	39.31	100m:	1:24.04	44.73
				150m:	2:09.53	45.49
				200m:	2:53.64	44.11
2.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	52	RSDH	<b>3:25.83</b>	10,00
	50m:	46.76	46.76	100m:	1:39.04	52.28
				150m:	2:34.98	55.94
				200m:	3:25.83	50.85
3.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS	<b>3:38.37</b>	8,00
	50m:	50.25	50.25	100m:	1:45.07	54.82
				150m:	2:42.05	56.98
				200m:	3:38.37	56.32
4.	1144074	SERRANO AVENDAÑO, Silvia	50	TRAVIESAS	<b>3:43.62</b>	7,00
	50m:	53.37	53.37	100m:	1:48.67	55.30
				150m:	2:47.86	59.19
				200m:	3:43.62	55.76

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	59	RIASBAIXAS	<b>3:07.53</b>	13,00
	50m:	43.72	43.72	100m:	1:30.71	46.99
				150m:	2:18.20	47.49
				200m:	3:07.53	49.33
2.	1264777	GONZÁLEZ ALCARAZ, Glenda Teresa	55	MULLEREF	<b>3:30.73</b>	10,00
	50m:	46.03	46.03	100m:	1:36.99	50.96
				150m:	2:32.90	55.91
				200m:	3:30.73	57.83
3.	1174378	PAZOS SOAGE, Paloma	55	C. N. Máster Pons Vetus	<b>3:43.32</b>	8,00
	50m:	49.70	49.70	100m:	1:47.73	58.03
				150m:	2:46.35	58.62
				200m:	3:43.32	56.97
4.	1144697	ACEVEDO REGO, Ermitas	59	POURENSE	<b>4:02.61</b>	7,00
	50m:	56.21	56.21	100m:	1:58.65	1:02.44
				150m:	3:01.55	1:02.90
				200m:	4:02.61	1:01.06
5.	1143584	FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	<b>4:02.89</b>	6,00
	50m:	52.66	52.66	100m:	1:55.87	1:03.21
				150m:	3:00.93	1:05.06
				200m:	4:02.89	1:01.96
6.	1269270	REY OTERO, Angela Maria	59	MULLEREF	<b>4:21.98</b>	5,00
	50m:	57.04	57.04	100m:	2:02.17	1:05.13
				150m:	3:12.65	1:10.48
				200m:	4:21.98	1:09.33

Prueba 31, Fem., 200m Libre

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	62	CDELMAR	<b>2:53.93</b>	13,00						
	50m:	41.44	41.44	100m:	1:25.83	44.39	150m:	2:10.97	45.14	200m:	2:53.93	42.96
2.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	C. N. Máster Pons Vetus	<b>4:01.89</b>	10,00						
	50m:	56.57	56.57	100m:	1:57.95	1:01.38	150m:	3:01.68	1:03.73	200m:	4:01.89	1:00.21
3.	1143893	REBOREDÁ MORILLO, Susana	63	ESCUALOS	<b>4:02.54</b>	8,00						
	50m:	56.36	56.36	100m:	1:57.35	1:00.99	150m:	3:00.65	1:03.30	200m:	4:02.54	1:01.89
4.	1144231	PEREZ GALLARDO, Teresa	61	POURENSE	<b>4:38.68</b>	7,00						
	50m:	1:05.18	1:05.18	100m:	2:15.49	1:10.31	150m:	3:27.11	1:11.62	200m:	4:38.68	1:11.57
Baja	1260384	CAL FERNÁNDEZ, Mónica Catalina	61	C. N. As Meigas		-						

65+

1.	1076494	SUEIRO COSTAS, Maria Del Carmen	69	PONTEAREAS	<b>5:00.26</b>	13,00						
	50m:	1:06.10	1:06.10	100m:	2:23.91	1:17.81	150m:	3:42.89	1:18.98	200m:	5:00.26	1:17.37
Baja	1143622	OTERO LOPEZ, Maria Elisa	65	POURENSE								-