

Prueba 2  
11/01/2025

Fem., 400m Libre

2005 y mayores  
Resultados

Clasificación		Edad			Tiempo	Puntos
<b>20+</b>						
1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	23	RIASBAIXAS		<b>4:37.79</b>	13,00 RG
	50m: 32.48 32.48 150m: 1:43.48 35.24 250m: 2:54.43 35.14 350m: 4:03.43 34.57					
	100m: 1:08.24 35.76 200m: 2:19.29 35.81 300m: 3:28.86 34.43 400m: 4:37.79 34.36					
2.	1038179 IBAÑEZ CARRERA, Sara	24	PONTEAREAS		<b>5:14.61</b>	10,00
	50m: 34.14 34.14 150m: 1:51.78 39.50 250m: 3:11.16 39.71 350m: 4:33.90 41.48					
	100m: 1:12.28 38.14 200m: 2:31.45 39.67 300m: 3:52.42 41.26 400m: 5:14.61 40.71					
3.	1108843 ESTEVEZ BASTERO, Ana	20	RIASBAIXAS		<b>5:41.88</b>	8,00
	50m: 37.70 37.70 150m: 2:02.18 42.96 250m: 3:30.63 44.68 350m: 4:58.95 43.96					
	100m: 1:19.22 41.52 200m: 2:45.95 43.77 300m: 4:14.99 44.36 400m: 5:41.88 42.93					
Baja	1144257 FERNANDEZ GONZALEZ, Elena	24	HERCULES			-
<b>25+</b>						
1.	1038929 GONZALEZ AVENDAÑO, Lucia	26	CIDSANTIAG		<b>5:34.06</b>	13,00
	50m: 36.93 36.93 150m: 1:58.58 41.49 250m: 3:23.54 42.75 350m: 4:51.09 43.75					
	100m: 1:17.09 40.16 200m: 2:40.79 42.21 300m: 4:07.34 43.80 400m: 5:34.06 42.97					
2.	1266318 GORDILLO VAN GILS, Silvia	29	NTNARON		<b>6:24.48</b>	10,00
	50m: 40.67 40.67 150m: 2:15.85 48.34 250m: 3:55.50 50.14 350m: 5:33.83 48.77					
	100m: 1:27.51 46.84 200m: 3:05.36 49.51 300m: 4:45.06 49.56 400m: 6:24.48 50.65					
3.	1038466 RODRIGUEZ PAZ, Lucia	25	PONTEAREAS		<b>6:46.70</b>	8,00
	50m: 42.34 42.34 150m: 2:20.98 50.69 250m: 4:07.15 53.90 350m: 5:54.68 53.95					
	100m: 1:30.29 47.95 200m: 3:13.25 52.27 300m: 5:00.73 53.58 400m: 6:46.70 52.02					
<b>30+</b>						
1.	1078925 SALGADO CASTELO, Marta	31	MULLEREF		<b>6:33.34</b>	13,00
	50m: 45.07 45.07 150m: 2:23.92 50.08 250m: 4:04.17 49.32 350m: 5:45.12 50.07					
	100m: 1:33.84 48.77 200m: 3:14.85 50.93 300m: 4:55.05 50.88 400m: 6:33.34 48.22					
2.	1143565 ARAÚJO CASTRO, Paula	34	CDELMAR		<b>6:48.97</b>	10,00
	50m: 41.12 41.12 150m: 2:18.20 50.58 250m: 4:04.77 53.52 350m: 5:55.69 55.68					
	100m: 1:27.62 46.50 200m: 3:11.25 53.05 300m: 5:00.01 55.24 400m: 6:48.97 53.28					
3.	1141053 IGLESIAS SUÁREZ, Laura	33	CDELMAR		<b>6:59.84</b>	8,00
	50m: 48.66 48.66 150m: 2:34.06 52.71 250m: 4:22.71 54.81 350m: 6:12.57 54.64					
	100m: 1:41.35 52.69 200m: 3:27.90 53.84 300m: 5:17.93 55.22 400m: 6:59.84 47.27					
4.	1224940 PAZOS GANDARA, Andrea	33	PONTEAREAS		<b>7:00.13</b>	7,00
	50m: 45.30 45.30 150m: 2:30.06 54.05 250m: 4:19.94 55.08 350m: 6:08.77 53.31					
	100m: 1:36.01 50.71 200m: 3:24.86 54.80 300m: 5:15.46 55.52 400m: 7:00.13 51.36					

Prueba 2, Fem., 400m Libre

35+

1.	1076543 RODRIGUEZ PEREZ, Vanesa	39	RIASBAIXAS	<b>5:41.74</b>	13,00
	50m: 40.17 40.17 150m: 2:05.81 42.98 250m: 3:32.28 43.45 350m: 4:59.32 43.25				
	100m: 1:22.83 42.66 200m: 2:48.83 43.02 300m: 4:16.07 43.79 400m: 5:41.74 42.42				
2.	1144894 VINAGRE SENDINO, Cora	37	SCASINO	<b>5:48.24</b>	10,00
	50m: 37.60 37.60 150m: 2:02.58 43.35 250m: 3:30.87 44.60 350m: 5:02.50 46.37				
	100m: 1:19.23 41.63 200m: 2:46.27 43.69 300m: 4:16.13 45.26 400m: 5:48.24 45.74				
3.	1144948 GONZALEZ PEREZ, Jessica	38	RIASBAIXAS	<b>6:03.22</b>	8,00
	50m: 40.29 40.29 150m: 2:11.95 46.54 250m: 3:45.00 46.81 350m: 5:18.41 46.69				
	100m: 1:25.41 45.12 200m: 2:58.19 46.24 300m: 4:31.72 46.72 400m: 6:03.22 44.81				
4.	1129917 MURAS MORA, Andrea	36	CIDSANTIAG	<b>6:42.67</b>	7,00
	50m: 43.16 43.16 150m: 2:17.43 48.25 250m: 4:01.43 53.05 350m: 5:49.74 54.22				
	100m: 1:29.18 46.02 200m: 3:08.38 50.95 300m: 4:55.52 54.09 400m: 6:42.67 52.93				
5.	1036315 LOPEZ CORTABITARTE, Belen	38	SCASINO	<b>6:44.51</b>	6,00
	50m: 49.25 49.25 150m: 2:30.35 50.81 250m: 4:12.91 50.77 350m: 5:55.07 50.71				
	100m: 1:39.54 50.29 200m: 3:22.14 51.79 300m: 5:04.36 51.45 400m: 6:44.51 49.44				
6.	1144592 ACUÑA MELLA, Maria	37	PONTEAREAS	<b>7:24.18</b>	5,00
	50m: 49.62 49.62 150m: 2:44.01 58.10 250m: 4:39.81 57.32 350m: 6:34.42 56.88				
	100m: 1:45.91 56.29 200m: 3:42.49 58.48 300m: 5:37.54 57.73 400m: 7:24.18 49.76				
7.	1260386 FRANCO CAL, Sonia	38	C. N. As Meigas	<b>7:59.54</b>	4,00
	50m: 50.65 50.65 150m: 2:53.33 1:02.51 250m: 4:58.84 1:02.15 350m: 7:01.97 1:02.18				
	100m: 1:50.82 1:00.17 200m: 3:56.69 1:03.36 300m: 5:59.79 1:00.95 400m: 7:59.54 57.57				

40+

1.	1075221 HERMIDA RODRIGUEZ, Blanca	44	NFERROL	<b>4:59.83</b>	13,00
	50m: 33.92 33.92 150m: 1:49.78 38.13 250m: 3:05.95 37.93 350m: 4:22.81 38.59				
	100m: 1:11.65 37.73 200m: 2:28.02 38.24 300m: 3:44.22 38.27 400m: 4:59.83 37.02				
2.	1180232 FKEOUI OMARI, Salma	43	CIDSANTIAG	<b>5:59.53</b>	10,00
	50m: 42.60 42.60 150m: 2:13.86 45.68 250m: 3:45.02 45.80 350m: 5:15.44 45.01				
	100m: 1:28.18 45.58 200m: 2:59.22 45.36 300m: 4:30.43 45.41 400m: 5:59.53 44.09				
3.	1143597 SANCHEZ LEDO, Cira	44	ESCUALOS	<b>6:01.95</b>	8,00
	50m: 42.33 42.33 150m: 2:12.66 45.67 250m: 3:45.57 46.67 350m: 5:17.85 46.19				
	100m: 1:26.99 44.66 200m: 2:58.90 46.24 300m: 4:31.66 46.09 400m: 6:01.95 44.10				
4.	1144598 OLMO VAQUEIRO, Leticia	44	PONTEAREAS	<b>6:24.80</b>	7,00
	50m: 44.14 44.14 150m: 2:20.69 48.69 250m: 3:59.52 49.06 350m: 5:37.79 49.25				
	100m: 1:32.00 47.86 200m: 3:10.46 49.77 300m: 4:48.54 49.02 400m: 6:24.80 47.01				
5.	1145082 FARIÑA SOUSA, Noemi	42	CIDSANTIAG	<b>7:07.39</b>	6,00
	50m: 43.12 43.12 150m: 2:29.59 55.10 250m: 4:21.53 55.73 350m: 6:14.78 56.13				
	100m: 1:34.49 51.37 200m: 3:25.80 56.21 300m: 5:18.65 57.12 400m: 7:07.39 52.61				

Baja 1237395 VILARIÑO CACHO, Elvira

44 SALESTRA

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Prueba 2, Fem., 400m Libre

45+

1.	1221213 CAGIAO RODRIGUEZ, Natalia	47	SCASINO	<b>6:17.18</b>	13,00
	50m: 39.83 39.83 150m: 2:13.34 47.97 250m: 3:50.56 48.81 350m: 5:29.18 49.66				
	100m: 1:25.37 45.54 200m: 3:01.75 48.41 300m: 4:39.52 48.96 400m: 6:17.18 48.00				
2.	1143894 DE LORENZO FERNANDEZ, Maria	47	ESCUALOS	<b>6:26.66</b>	10,00
	50m: 42.84 42.84 150m: 2:20.08 49.45 250m: 4:00.62 50.04 350m: 5:39.55 49.04				
	100m: 1:30.63 47.79 200m: 3:10.58 50.50 300m: 4:50.51 49.89 400m: 6:26.66 47.11				
3.	1178771 BESADA FERNÁNDEZ, Ana M.	47	PONTEAREAS	<b>8:27.92</b>	8,00
	50m: 50.09 50.09 150m: 2:54.81 1:04.30 250m: 5:08.25 1:07.17 350m: 7:23.68 1:07.31				
	100m: 1:50.51 1:00.42 200m: 4:01.08 1:06.27 300m: 6:16.37 1:08.12 400m: 8:27.92 1:04.24				

Baja 1119241 VIDAL BELLO, Mara 48 C. N. Valdeorras -

50+

1.	1040944 VARELA REDONDO, Veronica	50	PONTEAREAS	<b>6:01.51</b>	13,00
	50m: 40.05 40.05 150m: 2:11.95 46.95 250m: 3:45.09 46.45 350m: 5:17.10 45.82				
	100m: 1:25.00 44.95 200m: 2:58.64 46.69 300m: 4:31.28 46.19 400m: 6:01.51 44.41				
2.	1180238 GARCÍA SEOANE, Cristina María	50	HERCULES	<b>6:26.25</b>	10,00
	50m: 41.80 41.80 150m: 2:16.85 48.57 250m: 3:54.84 49.33 350m: 5:31.20 47.14				
	100m: 1:28.28 46.48 200m: 3:05.51 48.66 300m: 4:44.06 49.22 400m: 6:26.25 55.05				
3.	1076154 ABREU FERNANDEZ, Marta	54	PONTEAREAS	<b>7:28.08</b>	8,00
	50m: 51.37 51.37 150m: 2:44.23 57.42 250m: 4:38.70 57.06 350m: 6:33.09 56.93				
	100m: 1:46.81 55.44 200m: 3:41.64 57.41 300m: 5:36.16 57.46 400m: 7:28.08 54.99				

55+

1.	1147048 REGUEIRO RODRIGUEZ, Ana	59	RIASBAIXAS	<b>6:29.81</b>	13,00
	50m: 44.87 44.87 150m: 2:21.66 48.99 250m: 4:00.88 49.72 350m: 5:41.31 50.01				
	100m: 1:32.67 47.80 200m: 3:11.16 49.50 300m: 4:51.30 50.42 400m: 6:29.81 48.50				
2.	1037970 CALVIÑO CANCELA, Maria Cristina	57	PONTEAREAS	<b>6:52.00</b>	10,00
	50m: 45.74 45.74 150m: 2:30.30 53.11 250m: 4:17.40 53.74 350m: 6:03.49 52.89				
	100m: 1:37.19 51.45 200m: 3:23.66 53.36 300m: 5:10.60 53.20 400m: 6:52.00 48.51				
3.	1143584 FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	<b>8:28.07</b>	8,00
	50m: 55.78 55.78 150m: 3:05.42 1:05.72 250m: 5:17.09 1:05.48 350m: 7:28.07 1:05.41				
	100m: 1:59.70 1:03.92 200m: 4:11.61 1:06.19 300m: 6:22.66 1:05.57 400m: 8:28.07 1:00.00				
4.	1267371 FORRYAN SECCOMBE, Anne May	59	PONTEAREAS	<b>9:31.62</b>	7,00
	50m: 54.52 54.52 150m: 3:16.38 1:14.39 250m: 5:49.21 1:17.27 350m: 8:18.26 1:14.78				
	100m: 2:01.99 1:07.47 200m: 4:31.94 1:15.56 300m: 7:03.48 1:14.27 400m: 9:31.62 1:13.36				

Baja 1144697 ACEVEDO REGO, Ermitas 59 POURENSE -

60+

1.	1144331 TERCEIRO DELGADO, María Del Mar	62	CDELMAR	<b>6:15.29</b>	13,00
	50m: 40.14 40.14 150m: 2:14.27 48.31 250m: 3:51.55 48.42 350m: 5:28.52 48.28				
	100m: 1:25.96 45.82 200m: 3:03.13 48.86 300m: 4:40.24 48.69 400m: 6:15.29 46.77				

Prueba 2, Fem., 400m Libre, 60+

Clasificación							Edad				Tiempo	Puntos
2.	1144231 PEREZ GALLARDO, Teresa						61	POURENSE			9:35.29	10,00
	50m:	1:03.89	1:03.89	150m:	3:26.83	1:12.95	250m:	5:54.57	1:13.61	350m:	8:22.35	1:13.92
	100m:	2:13.88	1:09.99	200m:	4:40.96	1:14.13	300m:	7:08.43	1:13.86	400m:	9:35.29	1:12.94

65+

1.	1143622	OTERO LOPEZ, Maria Elisa				65	POURENSE			<b>7:47.84</b>	13,00	
	50m:	52.84	52.84	150m:	2:50.99	59.36	250m:	4:50.11	59.27	350m:	6:50.80	59.85
	100m:	1:51.63	58.79	200m:	3:50.84	59.85	300m:	5:50.95	1:00.84	400m:	7:47.84	57.04
2.	1217937	RODRÍGUEZ TRONCOSO, Marina				66	PONTEAREAS			<b>9:46.95</b>	10,00	
	50m:	1:07.21	1:07.21	150m:	3:36.41	1:16.04	250m:	6:04.74	1:14.22	350m:	8:34.63	1:15.03
	100m:	2:20.37	1:13.16	200m:	4:50.52	1:14.11	300m:	7:19.60	1:14.86	400m:	9:46.95	1:12.32
3.	1076494	SUEIRO COSTAS, Maria Del Carmen				69	PONTEAREAS			<b>10:22.92</b>	8,00	
	50m:	1:07.67	1:07.67	150m:	3:46.49	1:19.99	250m:	6:24.30	1:18.75	350m:	9:05.48	1:20.66
	100m:	2:26.50	1:18.83	200m:	5:05.55	1:19.06	300m:	7:44.82	1:20.52	400m:	10:22.92	1:17.44