

Prueba 21  
12/01/2025

Fem., 400m Estilos

2005 y mayores  
Resultados

Clasificación				Edad				Tiempo	Puntos
<b>20+</b>									
1.	1194207	VALIÑO FERRAZ, Tatyana		22	PONTEAREAS			<b>6:46.17</b>	13,00
	50m:	45.90	45.90	150m:	2:31.70	51.70	250m:	4:17.58	55.28
	100m:	1:40.00	54.10	200m:	3:22.30	50.60	300m:	5:14.62	57.04
							350m:	6:01.58	46.96
							400m:	6:46.17	44.59
<b>25+</b>									
1.	1038929	GONZALEZ AVENDAÑO, Lucia		26	CIDSANTIAG			<b>6:25.93</b>	13,00
	50m:	41.77	41.77	150m:	2:19.10	48.82	250m:	4:01.72	55.44
	100m:	1:30.28	48.51	200m:	3:06.28	47.18	300m:	4:58.98	57.26
							350m:	5:42.59	43.61
							400m:	6:25.93	43.34
2.	1145008	GONZALEZ PEREZ, Paula		29	PONTEAREAS			<b>7:22.71</b>	10,00
	50m:	48.23	48.23	150m:	2:46.06	58.02	250m:	4:42.05	59.64
	100m:	1:48.04	59.81	200m:	3:42.41	56.35	300m:	5:44.39	1:02.34
							350m:	6:35.62	51.23
							400m:	7:22.71	47.09
<b>30+</b>									
1.	1237382	MUIÑO, Andrea		34	NCORUÑA			<b>7:03.38</b>	13,00
	50m:	43.57	43.57	150m:	2:33.61	58.46	250m:	4:26.13	59.30
	100m:	1:35.15	51.58	200m:	3:26.83	53.22	300m:	5:27.61	1:01.48
							350m:	6:16.27	48.66
							400m:	7:03.38	47.11
<b>35+</b>									
1.	1144894	VINAGRE SENDINO, Cora		37	SCASINO			<b>6:31.02</b>	13,00
	50m:	40.05	40.05	150m:	2:16.65	47.90	250m:	4:02.03	57.88
	100m:	1:28.75	48.70	200m:	3:04.15	47.50	300m:	4:58.59	56.56
							350m:	5:45.19	46.60
							400m:	6:31.02	45.83
<b>40+</b>									
1.	1143597	SANCHEZ LEDO, Cira		44	ESCUALOS			<b>6:47.92</b>	13,00
	50m:	51.33	51.33	150m:	2:39.57	48.36	250m:	4:20.81	54.70
	100m:	1:51.21	59.88	200m:	3:26.11	46.54	300m:	5:15.87	55.06
							350m:	6:03.47	47.60
							400m:	6:47.92	44.45
Baja	1237395	VILARIÑO CACHO, Elvira		44	SALESTRA				-
<b>45+</b>									
Baja	1119241	VIDAL BELLO, Mara		48	C. N. Valdeorras				-
<b>50+</b>									
1.	1171727	GARCIA RODRIGUEZ, Teresa		53	PORTAMIÑA			<b>8:55.12</b>	13,00
	50m:	1:01.07	1:01.07	150m:	3:24.46	1:16.04	250m:	5:47.13	1:10.49
	100m:	2:08.42	1:07.35	200m:	4:36.64	1:12.18	300m:	6:57.14	1:10.01
							350m:	7:56.34	59.20
							400m:	8:55.12	58.78

Prueba 21, Fem., 400m Estilos

55+

DSQ 1145007 MELON PARENTE, M. Lourdes 56 PONTEAREAS -  
*Nado irregular*

60+

1.	1076172 GARCIA COLOMO, Maria Cristina	63	POURENSE	<b>7:37.90</b>	13,00
	50m: 50.49 50.49 150m: 2:48.64 56.64 250m: 4:52.53 1:08.75 350m: 6:50.31 49.53				
	100m: 1:52.00 1:01.51 200m: 3:43.78 55.14 300m: 6:00.78 1:08.25 400m: 7:37.90 47.59				
2.	1086162 BARJA BARJA, Liliana	60	TRAVIESAS	<b>8:16.33</b>	10,00
	50m: 1:00.91 1:00.91 150m: 3:12.21 1:01.48 250m: 5:17.92 1:05.74 350m: 7:21.61 56.73				
	100m: 2:10.73 1:09.82 200m: 4:12.18 59.97 300m: 6:24.88 1:06.96 400m: 8:16.33 54.72				