

Prueba 10
14/06/2025

Fem., 100m Espalda

2005 y mayores
Resultados

Clasificación							Edad			Tiempo	Puntos
20+											
1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria					24	PORTAMIÑA		1:22.66	13,00
	50m:	39.30	39.30	100m:	1:22.66	43.36					
2.	1087099	GOMEZ FERNANDEZ, Uxia					22	ESCUALOS		1:32.03	10,00
	50m:	44.65	44.65	100m:	1:32.03	47.38					
DSQ	1266324	ALVAREZ FERNANDEZ, Sofia					21	PONTEAREAS			
	Nado irregular										
25+											
1.	1038466	RODRIGUEZ PAZ, Lucia					25	PONTEAREAS		1:31.56	13,00
	50m:	44.69	44.69	100m:	1:31.56	46.87					
2.	1266318	GORDILLO VAN GILS, Silvia					29	NTNARON		1:39.53	10,00
	50m:	48.32	48.32	100m:	1:39.53	51.21					
30+											
1.	1051353	CRUZ GARCIA, Aurora					30	CIDSANTIAGO		1:17.33	13,00
	50m:	36.95	36.95	100m:	1:17.33	40.38					
2.	1243197	GANDARA SUAREZ, Tania					32	ORDES		1:39.56	10,00
	50m:	46.89	46.89	100m:	1:39.56	52.67					
3.	1141053	IGLESIAS SUAREZ, Laura					33	CDELMAR		1:48.09	8,00
	50m:	50.67	50.67	100m:	1:48.09	57.42					
35+											
1.	1028641	OTERO RODRIGUEZ, Sandra					38	ESCUALOS		1:19.33	13,00
	50m:	38.18	38.18	100m:	1:19.33	41.15					
2.	1274254	VAZQUEZ DUARTE, Cristina					39	RBAIXAS		1:36.28	10,00
	50m:	47.42	47.42	100m:	1:36.28	48.86					
3.	1026898	TOMILLO SANTOS, Erika					35	PONSVETUS		1:36.43	8,00
	50m:	47.21	47.21	100m:	1:36.43	49.22					
4.	1036315	LOPEZ CORTABITARTE, Belen					38	CASINOC		1:43.83	7,00
	50m:	51.63	51.63	100m:	1:43.83	52.20					
5.	1258330	BEN CILLERO, Natalia					36	XOVE		1:56.96	6,00
	50m:	56.44	56.44	100m:	1:56.96	1:00.52					
6.	1260386	FRANCO CAL, Sonia					38	ASMEIGAS		2:09.82	5,00
	50m:	1:04.78	1:04.78	100m:	2:09.82	1:05.04					
DSQ	1129954	GONZALEZ GARCIA, Covadonga					36	GALAICO			
	Nado irregular										

Prueba 10, Fem., 100m Espalda

40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	1:13.38	13,00	RG
	50m:	35.92 35.92	100m:	1:13.38 37.46			
2.	1143597	SANCHEZ LEDO, Cira	44	ESCUALOS	1:24.75	10,00	
	50m:	42.37 42.37	100m:	1:24.75 42.38			
3.	1170812	MARTIN, Christelle	44	ESCUALOS	1:34.73	8,00	
	50m:	46.54 46.54	100m:	1:34.73 48.19			
4.	1236642	ABBATEMARCO, Cristina	41	SALVESTRADA	1:34.94	7,00	
	50m:	46.25 46.25	100m:	1:34.94 48.69			

45+

1.	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL	1:38.80	13,00	
	50m:	48.33 48.33	100m:	1:38.80 50.47			
2.	1253190	GARCIA NAVAS, Carolina	46	MULLEREF	1:53.05	10,00	
	50m:	56.73 56.73	100m:	1:53.05 56.32			
3.	1240321	FILGUEIRA FRANCO, Laura	47	PONSVETUS	2:10.77	8,00	
	50m:	1:00.09 1:00.09	100m:	2:10.77 1:10.68			
4.	1250484	VAZQUEZ GONZALEZ, Yolanda	49	VALDEORRAS	2:15.60	7,00	
	50m:	1:05.22 1:05.22	100m:	2:15.60 1:10.38			

50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	1:28.17	13,00	
	50m:	43.39 43.39	100m:	1:28.17 44.78			
2.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	1:35.85	10,00	
	50m:	46.33 46.33	100m:	1:35.85 49.52			
3.	1076524	SOUSA CARNEIRO, Rosana	54	MOS	1:44.07	8,00	
	50m:	50.86 50.86	100m:	1:44.07 53.21			
4.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS	2:08.28	7,00	
	50m:	1:04.65 1:04.65	100m:	2:08.28 1:03.63			
5.	1076525	SOUSA CARNEIRO, Alicia	51	MOS	2:09.05	6,00	
	50m:	1:03.59 1:03.59	100m:	2:09.05 1:05.46			

DSQ 1217442 VILLASANTE ARMAS, Maria Rosa 50 NCORUÑA -
Nado irregular

55+

1.	1197600	SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	1:35.40	13,00	RG
	50m:	45.75 45.75	100m:	1:35.40 49.65			
2.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS	1:49.24	10,00	
	50m:	52.21 52.21	100m:	1:49.24 57.03			
3.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF	1:56.65	8,00	
	50m:	56.11 56.11	100m:	1:56.65 1:00.54			
4.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS	2:03.45	7,00	
	50m:	1:00.30 1:00.30	100m:	2:03.45 1:03.15			
5.	1143584	FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	2:30.83	6,00	
	50m:	1:13.21 1:13.21	100m:	2:30.83 1:17.62			

Prueba 10, Fem., 100m Espalda, 55+

Clasificación				Edad		Tiempo	Puntos
6.	1267371	FORRYAN SECCOMBE, Anne May	59	PONTEAREAS		2:40.93	5,00
	50m:	1:14.49	1:14.49	100m:	2:40.93	1:26.44	
60+							
1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE		1:36.54	13,00 RG
	50m:	47.92	47.92	100m:	1:36.54	48.62	
2.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS		1:37.97	10,00
	50m:	48.02	48.02	100m:	1:37.97	49.95	
3.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS		2:08.29	8,00
	50m:	1:04.86	1:04.86	100m:	2:08.29	1:03.43	
4.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS		2:14.63	7,00
	50m:	1:04.52	1:04.52	100m:	2:14.63	1:10.11	
65+							
1.	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO		2:10.53	13,00
	50m:	1:02.39	1:02.39	100m:	2:10.53	1:08.14	
75+							
1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS		3:22.31	13,00
	50m:	1:37.83	1:37.83	100m:	3:22.31	1:44.48	

Prueba 11
14/06/2025

Masc., 100m Espalda

2005 y mayores
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Clasificación			Edad			Tiempo	Puntos
25+							
1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE		1:02.27	13,00
	50m:	30.09 30.09	100m:	1:02.27	32.18		
2.	1144193	PASTORIZA SANTACLARA, Jorge	28	RBAIXAS		1:06.03	10,00
	50m:	31.83 31.83	100m:	1:06.03	34.20		
3.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA		1:21.74	8,00
	50m:	38.52 38.52	100m:	1:21.74	43.22		
30+							
1.	1038638	CASTRO VILLAR, David	34	CDELMAR		1:06.38	13,00
	50m:	32.24 32.24	100m:	1:06.38	34.14		
2.	1260354	VAZQUEZ PEREZ, Diego	30	MONFORTE		1:46.14	10,00
	50m:	51.38 51.38	100m:	1:46.14	54.76		
3.	1241602	FONTAN SEIJO, Adrian	32	MOS		1:46.35	8,00
	50m:	49.97 49.97	100m:	1:46.35	56.38		
35+							
1.	1185622	DIAZ RODRIGUEZ, Andres	36	NTNARON		1:13.16	13,00
	50m:	35.62 35.62	100m:	1:13.16	37.54		
2.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS		2:07.05	10,00
	50m:	59.32 59.32	100m:	2:07.05	1:07.73		
40+							
1.	1170841	BASTIDA CAMPOS, Alejandro	43	SALVESTRADA		1:24.76	13,00
	50m:	41.51 41.51	100m:	1:24.76	43.25		
2.	1107557	MELLA BARBEITO, Javier	42	ARTEIXO		1:46.60	10,00
	50m:	50.66 50.66	100m:	1:46.60	55.94		
3.	1238132	FIDALGO SERRANO, Manuel A.	44	TRAVIESAS		1:48.61	8,00
	50m:	53.12 53.12	100m:	1:48.61	55.49		
45+							
1.	1267355	TORRES NEIRA, Mateo	46	CASINOC		1:05.95	13,00
	50m:	31.64 31.64	100m:	1:05.95	34.31		
2.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS		1:09.52	10,00
	50m:	34.15 34.15	100m:	1:09.52	35.37		
3.	1205935	GUIRADO CARABEL, Oscar	49	CULLEREDO		1:13.88	8,00
	50m:	35.94 35.94	100m:	1:13.88	37.94		
4.	1143895	PADIN CHARLIN, Joaquin	45	ESCUALOS		1:23.92	7,00
	50m:	40.87 40.87	100m:	1:23.92	43.05		
5.	1079491	GOMEZ MARTIN, Ruben	47	FLUVIAL		1:28.17	6,00
	50m:	42.91 42.91	100m:	1:28.17	45.26		

Prueba 11, Masc., 100m Espalda, 45+

Clasificación					Edad			Tiempo	Puntos
6.	1096414	ALIAGA SOLA, Alberto	48	PONTEAREAS				1:34.03	5,00
	50m:	46.22	46.22	100m:	1:34.03	47.81			
7.	1127402	PEXEGUEIRO BALADRON, Nicolas	48	MOS				1:34.15	4,00
	50m:	45.95	45.95	100m:	1:34.15	48.20			
8.	1251233	GONZALEZ SANDEZ, Carlos	46	VALDEORRAS				2:41.15	3,00
	50m:	1:20.47	1:20.47	100m:	2:41.15	1:20.68			

50+

1.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA				1:19.71	13,00
	50m:	39.04	39.04	100m:	1:19.71	40.67			
2.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO				1:21.57	10,00
	50m:	40.15	40.15	100m:	1:21.57	41.42			
3.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J. NCORUÑA						1:23.70	8,00
	50m:	40.64	40.64	100m:	1:23.70	43.06			
4.	1144297	LAMAS SOTO, Cesar	50	CULLEREDO				1:28.63	7,00
	50m:	43.69	43.69	100m:	1:28.63	44.94			
5.	1076526	REBANAL ALFAYA, Fernando	54	VALDEORRAS				1:39.08	6,00
	50m:	49.11	49.11	100m:	1:39.08	49.97			
6.	1268047	CUETO ALVAREZ, Elias	50	CIDSANTIAGO				1:43.65	5,00
	50m:	52.56	52.56	100m:	1:43.65	51.09			

55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS				1:17.78	13,00
	50m:	37.35	37.35	100m:	1:17.78	40.43			
2.	1266323	MILLAN ALONSO, Ruben	55	TRAVIESAS				1:33.05	10,00
	50m:	44.90	44.90	100m:	1:33.05	48.15			

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO				1:11.98	13,00
	50m:	34.72	34.72	100m:	1:11.98	37.26			
2.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS				1:57.23	10,00
	50m:	56.93	56.93	100m:	1:57.23	1:00.30			

65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO				1:28.84	13,00
	50m:	43.32	43.32	100m:	1:28.84	45.52			

75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS				1:57.13	13,00
	50m:	58.93	58.93	100m:	1:57.13	58.20			

Prueba 11, Masc., 100m Espalda

85+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	3:00.03	13,00
	50m: 1:28.21 1:28.21	100m: 3:00.03	1:31.82		

Prueba 12
14/06/2025

Fem., 50m Libre

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS	31.24	13,00
25+						
1.	1253170	ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	32.33	13,00
2.	1272805	ABREU RAMOS, Ines Isabel	27	ASMEIGAS	33.55	10,00
30+						
1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS	27.76	13,00
2.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS	32.01	10,00
3.	1237382	MUIÑO, Andrea	34	NCORUÑA	35.60	8,00
4.	1040719	CUBA KOSTER, Esmeralda	33	XOVE	35.71	7,00
5.	1257417	ALONSO GONZALEZ, Ines	33	MOS	36.05	6,00
6.	1143565	ARAUJO CASTRO, Paula	34	CDELMAR	36.83	5,00
7.	1204918	MARTINEZ GARCIA, Susana	34	MONFORTE	36.94	4,00
8.	1266341	MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO	37.23	3,00
9.	1243197	GANDARA SUAREZ, Tania	32	ORDES	38.23	2,00
10.	1221892	OTERO FERNANDEZ, Maria Luisa	32	SALVESTRADA	38.41	1,00
35+						
1.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA	31.19	13,00
2.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	31.24	10,00
3.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	34.37	8,00
4.	1129917	MURAS MORA, Andrea	36	CIDSANTIAGO	36.42	7,00
5.	1274254	VAZQUEZ DUARTE, Cristina	39	RBAIXAS	40.91	6,00
6.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS	55.43	5,00
40+						
1.	1251885	SUAREZ BUJAN, Rebeca	42	CIDSANTIAGO	35.34	13,00
2.	1144598	OLMO VAQUEIRO, Leticia	44	PONTEAREAS	39.78	10,00
3.	1243198	MARTIN VILAS, Maria Jesus	43	ORDES	43.10	8,00
4.	1250481	MENDEZ ABELAIRA, Jessica	43	VALDEORRAS	59.12	7,00
45+						
1.	1078902	AZANZA MORENO, Cristina	49	MULLEREF	32.77	13,00
2.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON	35.38	10,00
3.	1079470	MOLINOS LAMAS, Bibiana	48	RBAIXAS	35.96	8,00
4.	1223050	ANDON YAÑEZ, Lorena	47	CASINOC	40.05	7,00
5.	1236743	RIVAS RODRIGUEZ, Lucia	46	NCORUÑA	40.19	6,00
6.	1240321	FILGUEIRA FRANCO, Laura	47	PONSVETUS	51.19	5,00
DSQ	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL		-
<i>Viraxe irregular</i>						

Prueba 12, Fem., 50m Libre

50+

1.	1040944 VARELA REDONDO, Veronica	50	PONTEAREAS	37.04	13,00
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55+

1.	1037939 CASTRO MAESTRE, Isaura	56	FLUVIAL	38.33	13,00
2.	1264754 RODRIGUEZ PANTIN, Marta Maria	59	HERCULES	39.20	10,00
3.	1143584 FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	47.90	8,00
4.	1269270 REY OTERO, Angela Maria	59	MULLEREF	51.22	7,00
5.	1264776 FERNANDEZ COPA, Maria Susana	58	MULLEREF	1:01.06	6,00

60+

1.	1144331 TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	34.74	13,00
2.	1253458 IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS	49.60	10,00
3.	1197564 SANCHEZ VAZQUEZ, Maria Luisa	60	PONSVETUS	56.49	8,00
4.	1144231 PEREZ GALLARDO, Teresa	61	POURENSE	1:00.65	7,00

65+

1.	1037151 GOMEZ DOVAL, Maria Angela	69	FLUVIAL	54.19	13,00
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70+

1.	1076490 GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	45.16	13,00
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75+

1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	1:26.69	13,00
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Prueba 13
14/06/2025

Masc., 50m Libre

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE	24.92	13,00
2.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS	26.67	10,00
3.	1143774	BELTRAN FREIRIA, Oskar	21	MOS	27.72	8,00
DSQ	1075388	MENDEZ LORENZO, Bruno	21	NFERROL		-
<i>Saída anticipada</i>						
25+						
1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	25.95	13,00
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA	26.32	10,00
3.	1039270	TRILLO RODRIGUEZ, Adrian	28	MOS	29.68	8,00
4.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA	31.35	7,00
30+						
1.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR	25.14	13,00
2.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA	25.80	10,00
3.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO	29.41	8,00
4.	1241602	FONTAN SEIJO, Adrian	32	MOS	35.93	7,00
5.	1260354	VAZQUEZ PEREZ, Diego	30	MONFORTE	37.98	6,00
35+						
1.	1267364	PINTO RAMNARINE, Rohan Ian	39	GALAICO	24.15	13,00
2.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR	24.32	10,00
3.	1075908	LOBELLE GONZALEZ, Marcos	36	CDELMAR	26.16	8,00
4.	1274569	GARCIA MUGGIA, Erick Jose	39	RBAIXAS	27.07	7,00
5.	1273713	MORQUILLAS RIOBO, Brais	38	MOS	28.16	6,00
6.	1143515	BLANCO PEREZ, Jesus	39	NTNARON	28.26	5,00
7.	1249163	BELLO PORTO, David	35	NCORUÑA	30.88	4,00
8.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS	56.32	3,00
9.	1258478	POMAR VARELA, Pedro	38	TRAVIESAS	1:04.65	2,00
40+						
1.	1084043	PIÑEIRO PEON, Antonio	41	CIDSANTIAGO	27.40	13,00
2.	1079215	MENDES FERRAS, Artur Leonel	44	MONFORTE	30.99	10,00
3.	1086712	FREIRE DONADO, Guillermo	41	CIDSANTIAGO	31.31	8,00
4.	1274003	GRIECO BARRETO, Jose Antonio	43	POURENSE	33.84	7,00
5.	1238132	FIDALGO SERRANO, Manuel A.	44	TRAVIESAS	37.60	6,00
45+						
1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	27.11	13,00
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	28.08	10,00
3.	1272806	FEIJOO REY, Roi	46	POURENSE	29.18	8,00
4.	1085888	CAMIÑA MARTINEZ, Oscar	45	CIDSANTIAGO	29.66	7,00
5.	1090758	IGLESIAS FUERTES, Abel	46	ESCUALOS	29.97	6,00
6.	1143662	BALSA MOSQUERA, Pablo	47	NTNARON	30.72	5,00

Prueba 13, Masc., 50m Libre, 45+

Clasificación			Edad		Tiempo	Puntos
7.	1232932	VEIGA PILLADO, Jose	47	CASINOC	31.36	4,00
8.	1238677	MARIÑO GONZALEZ, Ramon	45	POURENSE	33.82	3,00
9.	1201621	ALONSO ORTIZ, Mariano	49	FLUVIAL	34.03	2,00
10.	1254829	FARIAS FORNEIRO, Patricio Cruz	48	FLUVIAL	34.10	1,00
11.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	49	ORDES	35.00	-
12.	1235958	BRIOSIO DIAZ, Manuel	48	REDONDELA	37.53	-

50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	25.73	13,00 RG
2.	1274246	MARTINEZ JACOME, Felix	52	POURENSE	27.09	10,00
3.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	27.69	8,00
4.	1231581	RODRIGUEZ SALGADO, Manuel	50	CIDSANTIAGO	29.45	7,00
5.	1264722	BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	29.58	5,50
	1146934	DIEGUEZ ARANDA, Hector	52	PORTAMIÑA	29.58	5,50
7.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	29.62	4,00
8.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J.	51	NCORUÑA	29.97	3,00
9.	1084040	GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAGO	31.38	2,00
10.	1127349	SOBRINO EIRIZ, Manuel	50	PONTEAREAS	33.10	1,00
11.	1141502	TRONCOSO CAAMAÑO, Fernando	50	ESCUALOS	34.09	-
12.	1244388	DIEZ RODRIGUEZ, Ignacio J.	53	PORTAMIÑA	34.28	-
13.	1199640	BURGO, Carlos D.	51	CASINOC	35.57	-
14.	1208795	LORENZO GONZALEZ-VISO, Carlos	54	POURENSE	40.88	-

55+

1.	1085112	RIVAS FEAL, Antonio	59	CASINOC	30.12	13,00
2.	1144573	MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE	31.79	10,00
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	32.60	8,00
4.	1266323	MILLAN ALONSO, Ruben	55	TRAVIESAS	32.67	7,00
5.	1175089	NISTAL GARCIA, Eduardo	57	CASINOC	33.01	6,00
6.	1253683	GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	35.23	5,00
7.	1261336	NOVO FERNANDEZ, Alfredo	55	RBAIXAS	37.18	4,00
8.	1228047	PEREZ GARCIA, Manuel	58	CULLEREDO	37.91	3,00
9.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	57	VALDEORRAS	40.89	2,00
10.	1236643	MAGARIÑOS MACEIRAS, Xose	57	SALVESTRADA	41.88	1,00

60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	32.78	13,00
2.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH	34.82	10,00
3.	1040281	MARTINEZ BERJANO, Jose Manuel	62	MONFORTE	35.23	8,00
4.	1143536	BLANCO PEREZ, Angel	61	POURENSE	37.70	7,00

65+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	66	CIDSANTIAGO	32.84	13,00
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS	38.32	10,00
3.	1144180	SEGUIN CID, Severino	66	TRAVIESAS	41.56	8,00
4.	1143896	PERDIZ GONZALEZ, Jose Ramon	67	ESCUALOS	43.44	7,00

Prueba 13, Masc., 50m Libre

70+

1.	1048954 BORDALLO CORTINA, Fernando	71	HERCULES	34.06	13,00
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75+

1.	1076488 MONROY FERNANDEZ, Manuel	75	PONTEAREAS	41.87	13,00
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Prueba 14
14/06/2025

Fem., 200m Estilos

2005 y mayores
Resultados

Clasificación				Edad				Tiempo	Puntos
20+									
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS				2:28.86	13,00 RG
	50m:	31.98 31.98	100m:	1:10.89	38.91	150m:	1:55.44 44.55	200m:	2:28.86 33.42
2.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO				2:49.34	10,00
	50m:	36.25 36.25	100m:	1:20.00	43.75	150m:	2:08.76 48.76	200m:	2:49.34 40.58
3.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS				2:52.87	8,00
	50m:	35.22 35.22	100m:	1:21.37	46.15	150m:	2:14.06 52.69	200m:	2:52.87 38.81
4.	1111470	GARCES FERNANDEZ, Erea	22	RBAIXAS				3:14.84	7,00
	50m:	43.95 43.95	100m:	1:34.42	50.47	150m:	2:29.67 55.25	200m:	3:14.84 45.17
5.	1266324	ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS				3:51.02	6,00
	50m:	57.96 57.96	100m:	1:56.26	58.30	150m:	3:01.42 1:05.16	200m:	3:51.02 49.60
25+									
1.	1039750	VEIGA SOUTO, Ana	27	ARTEIXO				2:30.10	13,00
	50m:	32.16 32.16	100m:	1:09.65	37.49	150m:	1:56.29 46.64	200m:	2:30.10 33.81
2.	1037851	ALVITE BERGARA, Nerea	26	ARTEIXO				2:41.85	10,00
	50m:	34.74 34.74	100m:	1:17.64	42.90	150m:	2:03.95 46.31	200m:	2:41.85 37.90
3.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO				2:50.58	8,00
	50m:	37.33 37.33	100m:	1:21.59	44.26	150m:	2:11.46 49.87	200m:	2:50.58 39.12
4.	1115644	FERNANDEZ JUAN, Maria	27	CIDSANTIAGO				3:15.40	7,00
	50m:	44.55 44.55	100m:	1:35.74	51.19	150m:	2:29.94 54.20	200m:	3:15.40 45.46
30+									
1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA				2:46.81	13,00
	50m:	35.85 35.85	100m:	1:17.87	42.02	150m:	2:07.56 49.69	200m:	2:46.81 39.25
2.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR				2:58.32	10,00
	50m:	37.91 37.91	100m:	1:22.77	44.86	150m:	2:16.55 53.78	200m:	2:58.32 41.77
3.	1247615	ALONSO PEREIRA, Fatima	32	RBAIXAS				3:44.21	8,00
	50m:	51.77 51.77	100m:	1:50.00	58.23	150m:	2:53.90 1:03.90	200m:	3:44.21 50.31
35+									
1.	1250482	RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS				3:34.08	13,00
	50m:	47.31 47.31	100m:	1:41.94	54.63	150m:	2:44.54 1:02.60	200m:	3:34.08 49.54
DSQ	1144948	GONZALEZ PEREZ, Jessica	38	RBAIXAS					-
		<i>Viraxe irregular</i>							
40+									
1.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO				3:06.69	13,00
	50m:	42.11 42.11	100m:	1:31.91	49.80	150m:	2:23.01 51.10	200m:	3:06.69 43.68
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA				3:07.27	10,00
	50m:	44.72 44.72	100m:	1:34.35	49.63	150m:	2:26.14 51.79	200m:	3:07.27 41.13

Prueba 14, Fem., 200m Estilos, 40+

Clasificación						Edad				Tiempo		Puntos
3.	1143598	MIRA VAZQUEZ, Marta				44	ESCUALOS			3:12.78	8,00	
	50m:	44.81	44.81	100m:	1:37.27	52.46	150m:	2:27.60	50.33	200m:	3:12.78	45.18
4.	1222531	FERNANDEZ GONZALEZ, Iria				43	PORTAMIÑA			3:17.59	7,00	
	50m:	43.38	43.38	100m:	1:34.81	51.43	150m:	2:31.84	57.03	200m:	3:17.59	45.75

45+

1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE						3:06.54	13,00	
	50m:	42.14	42.14	100m:	1:29.35	47.21	150m:	2:21.70	52.35	200m:	3:06.54	44.84
2.	1144680	LOPEZ ARTABE, Inmaculada	45	CDELMAR						3:22.83	10,00	
	50m:	47.63	47.63	100m:	1:38.44	50.81	150m:	2:36.42	57.98	200m:	3:22.83	46.41
3.	1224731	RIVEIRA CAAMAÑO, Rebeca	48	ORDES						4:01.19	8,00	
	50m:	53.03	53.03	100m:	2:01.89	1:08.86	150m:	3:07.00	1:05.11	200m:	4:01.19	54.19
4.	1250484	VAZQUEZ GONZALEZ, Yolanda	49	VALDEORRAS						5:06.06	7,00	
	50m:	1:13.57	1:13.57	100m:	2:34.20	1:20.63	150m:	4:07.86	1:33.66	200m:	5:06.06	58.20

55+

1.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS					5:53.57	13,00		
	50m:	1:35.56	1:35.56	100m:	3:07.65	1:32.09	150m:	4:44.28	1:36.63	200m:	5:53.57	1:09.29
DSQ	1037939	CASTRO MAESTRE, Isaura	56	FLUVIAL							-	
		<i>Nado irregular</i>										
DSQ	1267371	FORRYAN SECCOMBE, Anne May	59	PONTEAREAS							-	
		<i>Nado irregular</i>										

Prueba 15
14/06/2025

Masc., 200m Estilos

2005 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1107916	FERNANDEZ DEL VALLE, Ivan				20	POURENSE				2:16.47	13,00
	50m:	29.70	29.70	100m:	1:06.30	36.60	150m:	1:44.84	38.54	200m:	2:16.47	31.63
25+												
1.	1130804	CASTRO RODRIGUEZ, Francisco				25	CIDSANTIAGO				2:27.55	13,00
	50m:	29.23	29.23	100m:	1:07.05	37.82	150m:	1:52.58	45.53	200m:	2:27.55	34.97
2.	1142936	ARGIZ MARTINEZ, David				25	MONFORTE				2:35.63	10,00
	50m:	31.80	31.80	100m:	1:11.39	39.59	150m:	1:57.30	45.91	200m:	2:35.63	38.33
3.	1141093	VILLAMOR FERRO, Ruben				25	ARTEIXO				2:36.09	8,00
	50m:	36.13	36.13	100m:	1:16.14	40.01	150m:	1:57.95	41.81	200m:	2:36.09	38.14
4.	1038178	IBAÑEZ CARRERA, Manuel Gabriel				29	PONTEAREAS				2:48.42	7,00
	50m:	34.17	34.17	100m:	1:18.42	44.25	150m:	2:07.74	49.32	200m:	2:48.42	40.68
30+												
1.	1130602	TENORIO FREIRE, Martin				33	CIDSANTIAGO				2:21.86	13,00
	50m:	30.01	30.01	100m:	1:07.05	37.04	150m:	1:47.74	40.69	200m:	2:21.86	34.12
2.	1128175	GULIAS GARCIA, Jose Ruben				34	PONSVETUS				2:58.64	10,00
	50m:	36.74	36.74	100m:	1:24.04	47.30	150m:	2:19.65	55.61	200m:	2:58.64	38.99
3.	1256973	PENIDE CALVO, Gabriel				32	RBAIXAS				3:04.01	8,00
	50m:	39.05	39.05	100m:	1:24.76	45.71	150m:	2:19.92	55.16	200m:	3:04.01	44.09
4.	1076271	NOVALES BLANCO, Xabier				34	RBAIXAS				3:05.40	7,00
	50m:	42.15	42.15	100m:	1:34.32	52.17	150m:	2:25.96	51.64	200m:	3:05.40	39.44
35+												
1.	1199549	MARTINEZ DOPAZO, David				38	CIDSANTIAGO				2:34.19	13,00
	50m:	33.39	33.39	100m:	1:14.39	41.00	150m:	1:57.85	43.46	200m:	2:34.19	36.34
2.	1076287	PAZOS ALONSO, Josue				39	ESCUALOS				2:34.21	10,00
	50m:	33.45	33.45	100m:	1:15.73	42.28	150m:	1:57.77	42.04	200m:	2:34.21	36.44
3.	1023057	PEREZ VAZQUEZ, Telmo				37	NTNARON				3:26.68	8,00
	50m:	42.39	42.39	100m:	1:32.46	50.07	150m:	2:31.50	59.04	200m:	3:26.68	55.18
40+												
1.	1141151	CALLE FACAL, Telmo				42	CIDSANTIAGO				2:20.34	13,00
	50m:	29.51	29.51	100m:	1:05.63	36.12	150m:	1:46.80	41.17	200m:	2:20.34	33.54
2.	1038255	ESCUREDO DIEZ, Alberto				41	XOVE				2:49.66	10,00
	50m:	38.39	38.39	100m:	1:21.27	42.88	150m:	2:09.93	48.66	200m:	2:49.66	39.73
3.	1144584	ALVAREZ SILVA, Ruben				44	ESCUALOS				2:55.53	8,00
	50m:	38.88	38.88	100m:	1:28.24	49.36	150m:	2:17.43	49.19	200m:	2:55.53	38.10
4.	1240331	DE LORENZO FERNANDEZ, Javier				44	ESCUALOS				2:56.24	7,00
	50m:	41.12	41.12	100m:	1:26.26	45.14	150m:	2:17.83	51.57	200m:	2:56.24	38.41

Prueba 15, Masc., 200m Estilos, 40+

Clasificación							Edad					Tiempo	Puntos
5.	1199899	DOMINGUEZ PHILOCREON, Ticiano					44	CIDSANTIAGO			3:06.10	6,00	
	50m:	38.22	38.22	100m:	1:30.65	52.43	150m:	2:23.53	52.88	200m:	3:06.10	42.57	
6.	1107557	MELLA BARBEITO, Javier					42	ARTEIXO			3:53.38	5,00	
	50m:	55.88	55.88	100m:	1:57.99	1:02.11	150m:	3:01.79	1:03.80	200m:	3:53.38	51.59	

45+

1.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA						2:43.84	13,00	
	50m:	34.63	34.63	100m:	1:17.73	43.10	150m:	2:05.89	48.16	200m:	2:43.84	37.95
2.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA						2:44.36	10,00	
	50m:	34.24	34.24	100m:	1:19.53	45.29	150m:	2:06.42	46.89	200m:	2:44.36	37.94
3.	1224733	ARANGO GAYAR, Saul	45	RBAIXAS						2:57.99	8,00	
	50m:	36.81	36.81	100m:	1:24.98	48.17	150m:	2:15.44	50.46	200m:	2:57.99	42.55
4.	1232932	VEIGA PILLADO, Jose	47	CASINOC						3:11.22	7,00	
	50m:	37.99	37.99	100m:	1:31.95	53.96	150m:	2:26.85	54.90	200m:	3:11.22	44.37
5.	1038913	SUAREZ GARCIA, Pedro Lois	45	PONTEAREAS						3:37.18	6,00	
	50m:	49.42	49.42	100m:	1:47.89	58.47	150m:	2:46.23	58.34	200m:	3:37.18	50.95
6.	1190398	FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA						4:18.88	5,00	
	50m:	57.58	57.58	100m:	2:08.69	1:11.11	150m:	3:16.95	1:08.26	200m:	4:18.88	1:01.93

50+

1.	1040137	QUINTAS BARROS, Jesus Carlos	52	ESCUALOS						2:45.32	13,00	
	50m:	35.38	35.38	100m:	1:20.56	45.18	150m:	2:07.79	47.23	200m:	2:45.32	37.53
2.	1258336	MUÑIZ CAL, Rafael	51	ARTEIXO						2:53.01	10,00	
	50m:	35.50	35.50	100m:	1:21.88	46.38	150m:	2:12.27	50.39	200m:	2:53.01	40.74
3.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA						2:55.41	8,00	
	50m:	35.74	35.74	100m:	1:19.77	44.03	150m:	2:14.08	54.31	200m:	2:55.41	41.33

55+

1.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR						3:15.14	13,00	
	50m:	42.03	42.03	100m:	1:34.03	52.00	150m:	2:29.87	55.84	200m:	3:15.14	45.27
2.	1180234	SANCHEZ SECO, Manuel	57	ESCUALOS						3:31.59	10,00	
	50m:	51.76	51.76	100m:	1:45.24	53.48	150m:	2:45.63	1:00.39	200m:	3:31.59	45.96
3.	1193949	LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO						3:56.08	8,00	
	50m:	52.77	52.77	100m:	1:55.47	1:02.70	150m:	3:11.00	1:15.53	200m:	3:56.08	45.08
4.	1145039	FERREIRO SANCHEZ, Luis	55	POURENSE						4:22.30	7,00	
	50m:	59.07	59.07	100m:	2:11.54	1:12.47	150m:	3:26.84	1:15.30	200m:	4:22.30	55.46

60+

1.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS						3:54.24	13,00	
	50m:	58.12	58.12	100m:	2:01.79	1:03.67	150m:	3:06.63	1:04.84	200m:	3:54.24	47.61
2.	1075589	SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA						3:55.03	10,00	
	50m:	53.55	53.55	100m:	1:59.30	1:05.75	150m:	3:02.81	1:03.51	200m:	3:55.03	52.22
3.	1053394	SANJORGE PEDREIRA, Carmelo	63	ARTEIXO						4:03.92	8,00	
	50m:	50.64	50.64	100m:	1:49.48	58.84	150m:	3:09.99	1:20.51	200m:	4:03.92	53.93

Prueba 16
14/06/2025

Fem., 50m Braza

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO	39.93	13,00
2.	1228048	ALVAREZ SOUTO, Claudia	24	PONTEAREAS	40.00	10,00
25+						
1.	1107420	DAVILA SILVA, Alicia	27	MOS	37.22	13,00
2.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA	38.16	10,00
3.	1272805	ABREU RAMOS, Ines Isabel	27	ASMEIGAS	42.66	8,00
4.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO	45.86	7,00
30+						
1.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS	43.75	13,00
2.	1266341	MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO	46.28	10,00
3.	1191499	GONZALEZ MACIA, Alba	31	MONFORTE	46.52	8,00
4.	1253937	MELLA CASTRO, Ana Maria	31	ORDES	47.27	7,00
5.	1257417	ALONSO GONZALEZ, Ines	33	MOS	47.57	6,00
6.	1221892	OTERO FERNANDEZ, Maria Luisa	32	SALVESTRADA	49.11	5,00
35+						
1.	1249165	CIDRAS ANGEL, Iria	35	NCORUÑA	40.08	13,00
2.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	51.54	10,00
3.	1202705	MARTINEZ BARCIELA, Maria Olga	35	RBAIXAS	54.88	8,00
4.	1040100	CALVO RODRIGUEZ, Maria	38	NTNARON	57.29	7,00
40+						
1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	39.75	13,00 RG
2.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	40.98	10,00
3.	1146780	DURAN VEIRAS, Raquel	41	ARTEIXO	42.09	8,00
4.	1251885	SUAREZ BUJAN, Rebeca	42	CIDSANTIAGO	46.08	7,00
5.	1243198	MARTIN VILAS, Maria Jesus	43	ORDES	51.22	6,00
45+						
1.	1079470	MOLINOS LAMAS, Bibiana	48	RBAIXAS	46.31	13,00
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS	46.33	10,00
3.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO	1:12.82	8,00
50+						
1.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	55.42	13,00
55+						
1.	1141128	LLEVOT SANCHEZ, Ana Isabel	55	PONSVETUS	51.86	13,00
2.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF	55.75	10,00

Prueba 16, Fem., 50m Braza

60+

1.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS	52.30	13,00
2.	1144231	PEREZ GALLARDO, Teresa	61	POURENSE	1:26.93	10,00

65+

1.	1217937	RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	1:09.71	13,00
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70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	1:03.09	13,00
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Prueba 17
14/06/2025

Masc., 50m Braza

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS	32.88	13,00
2.	1143774	BELTRAN FREIRIA, Oskar	21	MOS	33.37	10,00
3.	1127417	CARBALLO OTERO, Cesar	22	MOS	34.80	8,00
4.	1079156	MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS	39.33	7,00
5.	1023017	CARRIL SOUTO, Javier	22	ARTEIXO	39.91	6,00
25+						
1.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO	35.77	13,00
2.	1038178	IBÁÑEZ CARRERA, Manuel Gabriel	29	PONTEAREAS	43.46	10,00
30+						
1.	1119327	SUAREZ FERNANDEZ, Santiago	30	MONFORTE	32.78	13,00
2.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO	39.15	10,00
3.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS	59.40	8,00
35+						
1.	1267364	PINTO RAMNARINE, Rohan Ian	39	GALAICO	30.44	13,00
2.	1075908	LOBELLE GONZALEZ, Marcos	36	CDELMAR	33.38	10,00
3.	1143890	FORTES NOVOA, Martino	37	ESCUALOS	35.07	8,00
4.	1185622	DIAZ RODRIGUEZ, Andres	36	NTNARON	36.26	7,00
5.	1241139	DIEGUEZ GONZALEZ, Bruno	35	CIDSANTIAGO	37.85	6,00
6.	1275099	ALONSO NOVOA, Diego	35	MOS	40.00	5,00
7.	1258478	POMAR VARELA, Pedro	38	TRAVIESAS	1:33.22	4,00
40+						
1.	1218108	IGLESIAS LAPIDO, Miguel	40	FLUVIAL	36.74	13,00
2.	1240331	DE LORENZO FERNANDEZ, Javier	44	ESCUALOS	37.24	10,00
3.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	38.42	8,00
4.	1079215	MENDES FERRAS, Artur Leonel	44	MONFORTE	38.61	7,00
5.	1086712	FREIRE DONADO, Guillermo	41	CIDSANTIAGO	42.36	6,00
6.	1147216	GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	44.04	5,00
45+						
1.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE	35.14	13,00
2.	1075217	ESPINOSA MIRA, Jorge	47	VALDEORRAS	39.01	10,00
3.	1201621	ALONSO ORTIZ, Mariano	49	FLUVIAL	39.28	8,00
4.	1238677	MARIÑO GONZALEZ, Ramon	45	POURENSE	41.80	7,00
5.	1085888	CAMIÑA MARTINEZ, Oscar	45	CIDSANTIAGO	42.34	6,00
6.	1200126	TABOADA CALVELO, Jose Carlos	46	SALVESTRADEA	42.54	5,00
7.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	49	ORDES	47.30	4,00
8.	1235958	BRIOSO DIAZ, Manuel	48	REDONDELA	54.36	3,00

Prueba 17, Masc., 50m Braza

50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	33.37	13,00
2.	1231581	RODRIGUEZ SALGADO, Manuel	50	CIDSANTIAGO	36.92	10,00
3.	1197597	HERNAEZ OUBIÑA, David	52	CULLEREDO	37.76	8,00
4.	1244393	REY RODRIGUEZ, Oscar	51	CIDSANTIAGO	39.90	7,00
5.	1141504	BOUSO FUENTECILLA, Fernando	54	ESCUALOS	40.21	6,00
6.	1224729	FERNADEZ BARREIROS, Claudio	50	ORDES	41.41	5,00
7.	1144117	PREGO MARTINEZ, Benjamin	52	PONTEAREAS	43.22	4,00
8.	1244388	DIEZ RODRIGUEZ, Ignacio J.	53	PORTAMIÑA	46.38	3,00
DSQ	1127349	SOBRINO EIRIZ, Manuel	50	PONTEAREAS		-
<i>Saída anticipada</i>						

55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS	35.16	13,00
2.	1143661	TOURIÑO GONZALEZ, Victor M.	57	CMARINA	38.00	10,00
3.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE	47.11	8,00
4.	1261336	NOVO FERNANDEZ, Alfredo	55	RBAIXAS	48.25	7,00
5.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	56	VALDEORRAS	50.86	6,00
6.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	57	VALDEORRAS	1:06.07	5,00

60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	62	NCORUÑA	40.76	13,00
2.	1079361	RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS	48.81	10,00
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS	49.66	8,00

65+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	66	CIDSANTIAGO	40.14	13,00
2.	1144180	SEGUIN CID, Severino	66	TRAVIESAS	49.11	10,00

70+

1.	1240096	IVANCHENKO, Yurii	72	POURENSE	49.34	13,00
2.	1048954	BORDALLO CORTINA, Fernando	71	HERCULES	49.50	10,00

85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	1:23.80	13,00
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Prueba 18
14/06/2025

Fem., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	RBAIXAS 80			RBAIXAS	2:11.46	26,00
	RODRIGUEZ RODRIGUEZ, Nina	23	28.02	ESTEVEZ BASTERO, Ana	20	35.05
	GARCES FERNANDEZ, Erea	22	36.49	VILARIÑO SAN JOSE, Alba	32	31.90
2.	PONTEAREAS 80			PONTEAREAS	2:19.72	20,00
	LEMONS FERNANDEZ, Zaira	23	31.48	GONZALEZ PEREZ, Paula	29	37.93
	ALVAREZ SOUTO, Claudia	24	32.78	ALVAREZ FERNANDEZ, Sofia	21	37.53

+120

1.	CIDSANTIAGO 120			CIDSANTIAGO	2:03.97	26,00 RG
	GARCIA MIGUEZ, Rosalia	27	30.81	CRUZ GARCIA, Aurora	30	30.49
	FERNANDEZ JUAN, Maria	27	33.10	GONZALEZ RODRIGUEZ, Maria	43	29.57
2.	NCORUÑA 120			NCORUÑA	2:09.71	20,00
	DOPEREIRO GARCIA, Alba	35	30.96	MUIÑO, Andrea	34	35.28
	CIDRAS ANGEL, Iria	35	32.59	VEIGA RODRIGUEZ, Rosalia	26	30.88
3.	PONTEAREAS 120			PONTEAREAS	2:17.78	16,00
	SUAREZ GONZALEZ, Gracia	25	28.18	GESTO ALONSO, Clarisa	36	33.97
	RODRIGUEZ PAZ, Lucia	25	37.54	OLMO VAQUEIRO, Leticia	44	38.09
4.	MOS 120			MOS	2:25.87	14,00
	DAVILA SILVA, Alicia	27	30.27	CARRERA PEREZ, Carolina	31	37.69
	ALONSO GONZALEZ, Ines	33	36.09	SOUZA CARNEIRO, Rosana	54	41.82
5.	ORDES 120			ORDES	2:41.65	12,00
	RIVEIRA CAAMAÑO, Rebeca	48	39.61	MARTIN VILAS, Maria Jesus	43	43.07
	MELLA CASTRO, Ana Maria	31	41.54	GANDARA SUAREZ, Tania	32	37.43

+160

1.	ESCUALOS 160			ESCUALOS	2:21.61	26,00
	MIRA VAZQUEZ, Marta	44	35.78	SANCHEZ LEDO, Cira	44	37.87
	MARTIN, Christelle	44	37.91	OTERO RODRIGUEZ, Sandra	38	30.05
2.	CDELMAR 160			CDELMAR	2:28.11	20,00
	LOPEZ ARTABE, Inmaculada	45	37.01	IGLESIAS SUAREZ, Laura	33	39.94
	ARAUJO CASTRO, Paula	34	37.15	TERCEIRO DELGADO, Maria Del Me	62	34.01
3.	RBAIXAS 160			RBAIXAS	2:28.51	16,00
	ROIG SANCHEZ, Blanca Ana	51	37.11	ALONSO PEREIRA, Fatima	32	36.73
	GONZALEZ PEREZ, Jessica	38	36.15	REGUEIRO RODRIGUEZ, Ana	59	38.52
4.	MULLEREF 160			MULLEREF	2:31.99	14,00
	AZANZA MORENO, Cristina	49	33.44	GONZALEZ ALCARAZ, Glenda Te	55	40.79
	GARCIA NAVAS, Carolina	46	38.60	SALGADO CASTELO, Marta	31	39.16
5.	CIDSANTIAGO 160			CIDSANTIAGO	2:38.46	12,00
	SUAREZ BUJAN, Rebeca	42	35.35	FKEOUI OMARI, Salma	43	35.23
	MURAS MORA, Andrea	36	35.17	CELEMIN PORRERO, Maria Teresa	66	52.71

DSQ

PONTEAREAS 160

PONTEAREAS

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Saída anticipada

FERNANDEZ GUARDIOLA, Loira, SANCHEZ BARREIRO, Maria Carmen, ABREU FERNANDEZ, Marta, FERNANDEZ SESTELO, Maria Jose

Prueba 18, Fem., 4 x 50m Libre

+200

1.	PONTEAREAS 200		PONTEAREAS	2:43.76	26,00
	VARELA REDONDO, Veronica 50	37.67	SOBRINO EIRIZ, MARIA DEL VALLE53		44.37
	COVELO SAAVEDRA, Nahir 47	39.17	DEL AMO BLANCO, Margarita 58		42.55
2.	PONSVETUS 200		PONSVETUS	2:56.42	20,00
	PAZOS SOAGE, Paloma 55	42.80	IGNACIO QUINTEIRO, Maria Del Car60n		49.81
	GONZALEZ PIMENTEL, Maria Beler49	44.06	LLEVOT SANCHEZ, Ana Isabel 55		39.75

+240

1.	PONTEAREAS 240		PONTEAREAS	4:29.35	26,00
	GONZALEZ RODRIGUEZ, S. Marta 79	1:29.49	RODRIGUEZ TRONCOSO, Marina 66		1:00.71
	MELON PARENTE, M. Lourdes 56	1:03.63	FORRYAN SECCOMBE, Anne May 59		55.52

Prueba 19
14/06/2025

Masc., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 80			PONTEAREAS	1:47.76	26,00
	ALONSO RODRIGUEZ, Javier	24	27.17	PEREZ PAZ, Dario	20	25.33
	CASARES GARCIA, Brais	21	25.80	CASARES GARCIA, Adrian	22	29.46
2.	MOS 80			MOS	1:52.24	20,00
	MORGADAS IGLESIAS, Pablo	27	28.23	BELTRAN FREIRIA, Oskar	21	27.89
	TRILLO RODRIGUEZ, Adrian	28	28.93	CARBALLO OTERO, Cesar	22	27.19

+120

1.	CDELMAR 120			CDELMAR	1:39.23	26,00 RG
	LOBELLE GONZALEZ, Ivan	36	23.75	LOBELLE GONZALEZ, Marcos	36	24.97
	VAZQUEZ PEREZ, Sergio	33	24.31	CASTRO VILLAR, David	34	26.20
2.	CIDSANTIAGO 120			CIDSANTIAGO	1:51.76	20,00
	CASTRO RODRIGUEZ, Francisco	25	26.36	DIEGUEZ GONZALEZ, Bruno	35	31.32
	TENORIO FREIRE, Martin	33	26.41	MARTINEZ DOPAZO, David	38	27.67
3.	RBAIXAS 120			RBAIXAS	1:54.60	16,00
	PASTORIZA SANTA CLARA, Jorge	28	27.09	NOVALES BLANCO, Xabier	34	32.54
	FREIRE GONZALEZ, Javier	32	28.25	GARCIA MUGGIA, Erick Jose	39	26.72
4.	NTNARON 120			NTNARON	1:57.18	14,00
	PEREZ VAZQUEZ, Telmo	37	29.76	BLANCO PEREZ, Jesus	39	27.87
	DIAZ RODRIGUEZ, Andres	36	29.07	BALSA MOSQUERA, Pablo	47	30.48
5.	PONTEAREAS 120			PONTEAREAS	1:59.86	12,00
	CARRERA COSTAS, Martin	29	27.82	IBAÑEZ CARRERA, Manuel Gabriel	29	27.53
	INCUTTI TELLADO, Denis	25	30.41	FERNANDEZ IGLESIAS, Emilio J.	48	34.10
6.	POURENSE 120			POURENSE	2:01.81	10,00
	QUIROGA RAMOS, Noel	25	26.13	GRIECO BARRETO, Jose Antonio	43	33.46
	FEIJOO REY, Roi	46	28.92	MARIÑO GONZALEZ, Ramon	45	33.30
7.	ARTEIXO 120			ARTEIXO	2:02.55	8,00
	MELLA BARBEITO, Javier	42	36.84	ANDRES DUASO, Olmo	32	28.62
	VILLAMOR FERRO, Ruben	25	28.39	MUÑIZ CAL, Rafael	51	28.70
8.	PORTAMIÑA 120			PORTAMIÑA	2:25.09	6,00
	LOPEZ LOPEZ, Jaime Borja	25	26.69	FERNANDEZ CORRAL, Marcos	46	49.73
	MEILAN SANCHEZ, Sergio Jose	29	31.83	TEJEIRO IGLESIAS, Jesus	49	36.84

+160

1.	MOS 160			MOS	1:54.50	26,00
	EIRIZ DIEGUEZ, Daniel	47	27.72	MORQUILLAS RIOBO, Brais	38	27.32
	FONTAN SEIJO, Adrian	32	34.17	GARABATOS RODRIGUEZ, Santiago	51	25.29
2.	NCORUÑA 160			NCORUÑA	1:55.50	20,00
	MUIÑO ALONSO, Anton	31	26.62	BELLO PORTO, David	35	30.56
	ALVAREZ DE SOTOMAYOR PUIGNAIRE, Juan		29.16	BALDOMAR OBELLEIRA, Ruben	51	29.16
3.	MONFORTE 160			MONFORTE	1:57.43	16,00
	MARTINEZ BERJANO, Jose Manuel	62	36.33	SUAREZ FERNANDEZ, Santiago	30	26.08
	ARGIZ MARTINEZ, David	25	28.51	BELTRAN DIAZ, Emilio	48	26.51

Prueba 19, Masc., 4 x 50m Libre, +160

Clasificación

				Tiempo	Puntos
4.	ESCUALOS 160		ESCUALOS	1:58.36	14,00
	IGLESIAS FUERTES, Abel 46	30.40	ALVAREZ SILVA, Ruben 44		29.31
	DE LORENZO FERNANDEZ, Javier 44	29.72	PAZOS ALONSO, Josue 39		28.93
5.	CIDSANTIAGO 160		CIDSANTIAGO	1:59.92	12,00
	PIÑEIRO PEON, Antonio 41	27.80	DOMINGUEZ PHILOCREON, Ticiano 44		34.74
	FREIRE DONADO, Guillermo 41	29.82	IGLESIAS GOMEZ, Gonzalo 46		27.56
6.	CULLEREDO 160		CULLEREDO	2:06.45	10,00
	PEREZ GARCIA, Manuel 58	37.86	GONZALEZ IGLESIAS, Alberto 28		29.31
	LAMAS SOTO, Cesar 50	31.64	GUIRADO CARABEL, Oscar 49		27.64
7.	FLUVIAL 160		FLUVIAL	2:09.67	8,00
	GOMEZ MARTIN, Ruben 47	32.71	ALONSO ORTIZ, Mariano 49		33.89
	IGLESIAS LAPIDO, Miguel 40	28.80	FARIAS FORNEIRO, Patricio Cruz 48		34.27
8.	PONTEAREAS 160		PONTEAREAS	2:24.11	6,00
	ALIAGA SOLA, Alberto 48	34.08	SOBRINO EIRIZ, Manuel 50		36.35
	PREGO MARTINEZ, Benjamin 52	35.25	SUAREZ GARCIA, Pedro Lois 45		38.43

+200

1.	CASINOC 200		CASINOC	1:59.98	26,00
	TORRES NEIRA, Mateo 46	27.32	VEIGA PILLADO, Jose 47		31.30
	RIVAS FEAL, Antonio 59	29.11	NISTAL GARCIA, Eduardo 57		32.25
2.	CIDSANTIAGO 200		CIDSANTIAGO	2:01.45	20,00
	RODRIGUEZ RODRIGUEZ, Santiagoc53	32.09	IGLESIAS CARRERA, Pio 52		29.59
	GARCIA CASTIÑEIRA, Daniel 51	30.82	RODRIGUEZ SALGADO, Manuel 50		28.95
3.	PORTAMIÑA 200		PORTAMIÑA	2:03.57	16,00
	DIEGUEZ ARANDA, Hector 52	30.20	GUIMAREY VAZQUEZ, Marcos 48		28.15
	MOURIZ LOMBAO, Fco. Javier 50	30.15	DIEZ RODRIGUEZ, Ignacio J. 53		35.07
4.	SALVESTRADA 200		SALVESTRADA	2:16.21	14,00
	GESTOSO PAZO, Juan Francisco 58	34.56	FINS SEOANE, Juan Miguel 48		28.25
	DURO GONZALEZ, Antonio 51	32.21	MAGARIÑOS MACEIRAS, Xose 57		41.19
5.	ESCUALOS 200		ESCUALOS	2:17.71	12,00
	QUINTAS BARROS, Jesus Carlos 52	32.94	FERNANDEZ MARTINEZ, Alberto 54		34.99
	TRONCOSO CAAMAÑO, Fernando50	34.75	BOUSO FUENTECILLA, Fernando 54		35.03
6.	VALDEORRAS 200		VALDEORRAS	2:18.32	10,00
	RODRIGUEZ BASANTA, Fco. Jose 64	35.92	FERNANDEZ RODRIGUEZ, Miguel /56jel		35.39
	REBANAL ALFAYA, Fernando 54	37.37	ESPINOSA MIRA, Jorge 47		29.64
7.	POURENSE 200		POURENSE	2:18.87	8,00
	MARTINEZ JACOME, Felix 52	27.14	CARBALLO CABEZAS, Enrique 49		29.97
	FERREIRO SANCHEZ, Luis 55	41.71	LORENZO GONZALEZ-VISO, Carl54		40.05
8.	MOS 200		MOS	2:25.97	6,00
	ALONSO NOVOA, Diego 35	30.51	FERNANDEZ GONZALEZ, Alvaro 60		42.44
	RODRIGUEZ VIEITO, Ricardo M. 68	37.76	PEXEGUEIRO BALADRON, Nicolas 48		35.26
9.	TRAVIESAS 200		TRAVIESAS	2:29.73	4,00
	SEGUIN CID, Severino 66	42.23	FIDALGO SERRANO, Guillermo 39		36.76
	FIDALGO SERRANO, Manuel A. 44	37.93	MILLAN ALONSO, Ruben 55		32.81

Prueba 19, Masc., 4 x 50m Libre

+240

1.	CIDSANTIAGO 240			CIDSANTIAGO	2:06.74	26,00
	FERNANDEZ NUÑEZ, Santiago 62	28.64		CODESIDO LOPEZ, Jose 66		33.75
	PUENTE DIAZ, Javier 54	31.45		FERNANDEZ ARRUTI, Jose Angel 66		32.90
2.	POURENSE 240			POURENSE	2:31.05	20,00
	GARCIA COLOMO, Manuel Ramon 71	37.07		BLANCO PEREZ, Angel 61		37.55
	MOVILLA FERNANDEZ, Jose Fco. 56	32.74		CADAVID NUÑEZ, Jose 55		43.69

+280

1.	PONTEAREAS 280			PONTEAREAS	3:16.21	26,00
	JORGE IGLESIAS, Marcelino 59	30.39		MONROY FERNANDEZ, Manuel 75		44.41
	RODRIGUEZ GOMEZ, Emilio 64	40.75		ARAUJO DOMINGUEZ, Francisco 85		1:20.66

Prueba 1
14/06/2025

Mixto, 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	MOS 80			MOS	2:13.00	26,00
	MORGADAS IGLESIAS, Pablo	27	33.52	CARBALLO OTERO, Cesar	22	29.46
	DAVILA SILVA, Alicia	27	37.84	GARCIA ESTEVEZ, Nahir	23	32.18
2.	PONTEAREAS 80			PONTEAREAS	2:17.78	20,00
	CASARES GARCIA, Brais	21	31.71	PEREZ PAZ, Dario	20	27.86
	ALVAREZ SOUTO, Claudia	24	40.09	ALVAREZ FERNANDEZ, Sofia	21	38.12

+100

1.	ARTEIXO 100			ARTEIXO	2:09.72	26,00
	VEIGA SOUTO, Ana	27	33.35	ALVITE BERGARA, Nerea	26	33.27
	VILLAMOR FERRO, Ruben	25	34.19	ANDRES DUASO, Olmo	32	28.91
2.	CIDSANTIAGO 100			CIDSANTIAGO	2:10.84	20,00
	GARCIA MIGUEZ, Rosalia	27	36.81	CASTRO RODRIGUEZ, Francisco	25	28.22
	TENORIO FREIRE, Martin	33	32.17	FERNANDEZ JUAN, Maria	27	33.64
3.	PONTEAREAS 100			PONTEAREAS	2:15.37	16,00
	RODRIGUEZ PAZ, Lucia	25	42.81	SUAREZ GONZALEZ, Gracia	25	30.90
	CARRERA COSTAS, Martin	29	34.75	INCUTTI TELLADO, Denis	25	26.91

+120

1.	CDELMAR 120			CDELMAR	2:15.49	26,00
	CASTRO VILLAR, David	34	31.70	ABADIN ROZENBAUM, Manuela Rc30		36.91
	VAZQUEZ PEREZ, Sergio	33	34.81	ABADIN ROZENBAUM, Lucia Iara	28	32.07
2.	NCORUÑA 120			NCORUÑA	2:16.34	20,00
	MUIÑO ALONSO, Anton	31	31.23	VEIGA RODRIGUEZ, Rosalia	26	33.66
	CIDRAS ANGEL, Iria	35	40.83	BELLO PORTO, David	35	30.62
3.	RBAIXAS 120			RBAIXAS	2:17.59	16,00
	FREIRE GONZALEZ, Javier	32	33.85	VILARIÑO SAN JOSE, Alba	32	35.64
	PASTORIZA SANTACLARA, Jorge	28	32.68	GONZALEZ PEREZ, Jessica	38	35.42
4.	ESCUALOS 120			ESCUALOS	2:18.87	14,00
	SANCHEZ LEDO, Cira	44	40.97	PAZOS ALONSO, Josue	39	32.08
	FORTES NOVOA, Martino	37	35.01	OTERO RODRIGUEZ, Sandra	38	30.81
5.	CIDSANTIAGO 120			CIDSANTIAGO	2:20.80	12,00
	CRUZ GARCIA, Aurora	30	35.54	MAURIZ BARREIRO, Maria Violeta	33	39.17
	DIEGUEZ GONZALEZ, Bruno	35	38.35	MARTINEZ DOPAZO, David	38	27.74
6.	MONFORTE 120			MONFORTE	2:24.52	10,00
	ARGIZ MARTINEZ, David	25	33.47	SUAREZ FERNANDEZ, Santiago	30	28.39
	GONZALEZ MACIA, Alba	31	46.69	MARTINEZ GARCIA, Susana	34	35.97
7.	MOS 120			MOS	2:34.62	8,00
	CARRERA PEREZ, Carolina	31	43.22	EIRIZ DIEGUEZ, Daniel	47	29.39
	ALONSO GONZALEZ, Ines	33	48.19	PEXEGUEIRO BALADRON, Nicolas	48	33.82

Prueba 1, Mixto, 4 x 50m Estilos

+160

1.	PORTAMIÑA 160			PORTAMIÑA	2:22.74	26,00
	MOURIZ LOMBAO, Fco. Javier 50	37.57		RAMOS LOBO, Raquel 32		34.89
	GUIMAREY VAZQUEZ, Marcos 48	36.37		OJEA DE CASTRO, Macarena 52		33.91
2.	CIDSANTIAGO 160			CIDSANTIAGO	2:23.01	20,00
	IGLESIAS GOMEZ, Gonzalo 46	35.53		SONEIRA REBOREDO, Oscar 50		30.14
	FKEQUI OMARI, Salma 43	42.98		SUAREZ BUJAN, Rebeca 42		34.36
3.	CULLEREDO 160			CULLEREDO	2:31.51	16,00
	GUIRADO CARABEL, Oscar 49	33.85		HERNAEZ OUBIÑA, David 52		34.84
	TORTOSA MENDOZA, Maria Gabri29	46.50		SANDERSON KEOUGH, Helen Jane55		36.32
4.	SALVESTRADA 160			SALVESTRADA	2:31.93	14,00
	ABBATEMARCO, Cristina 41	42.29		FINS SEOANE, Juan Miguel 48		34.30
	VILARIÑO CACHO, Elvira 44	43.31		PICALLO MATO, Adrian 30		32.03
5.	XOVE 160			XOVE	2:34.36	12,00
	ESCUREDO DIEZ, Alberto 41	37.02		ISASTI MAIZA, Patxi Xabier 60		37.90
	ESCUREDO DIEZ, Mirta 47	44.22		CUBA KOSTER, Esmeralda 33		35.22
6.	CASINOC 160			CASINOC	2:34.41	10,00
	LOPEZ CORTABITARTE, Belen 38	48.87		TORRES NEIRA, Mateo 46		28.52
	FIERRO FERNANDEZ, Julio 43	37.76		ANDON YAÑEZ, Lorena 47		39.26
7.	NTNARON 160			NTNARON	2:34.68	8,00
	ROMAR GASALLA, Aurora Fatima 48	41.74		DIAZ RODRIGUEZ, Andres 36		32.89
	BLANCO PEREZ, Jesus 39	34.79		CALVO RODRIGUEZ, Maria 38		45.26
8.	ORDES 160			ORDES	2:49.74	6,00
	GANDARA SUAREZ, Tania 32	45.32		FERNADEZ BARREIROS, Claudio 50		39.56
	MELLA CASTRO, Ana Maria 31	49.06		COUSELO CASTIÑEIRAS, Miguel A49el		35.80
9.	PONTEAREAS 160			PONTEAREAS	2:57.44	4,00
	ALIAGA SOLA, Alberto 48	44.34		FERNANDEZ IGLESIAS, Emilio J. 48		36.45
	MOLANES PIÑEIRO, Maria Elena 41	55.27		OLMO VAQUEIRO, Leticia 44		41.38

+200

1.	RBAIXAS 200			RBAIXAS	2:30.86	26,00
	ROIG SANCHEZ, Blanca Ana 51	45.09		NOVO FERNANDEZ, Alfredo 55		40.34
	MOLINOS LAMAS, Bibiana 48	38.26		LORENZO FERNANDEZ, Jose Man53		27.17
2.	CDELMAR 200			CDELMAR	2:32.31	20,00
	GARCIA SANJURJO, Jose Manuel 58	42.71		LOBELLE GONZALEZ, Ivan 36		27.67
	LOPEZ ARTABE, Inmaculada 45	47.37		TERCEIRO DELGADO, Maria Del Me62		34.56
3.	FLUVIAL 200			FLUVIAL	2:40.13	16,00
	GOMEZ PAREDES, Maria 49	44.90		GOMEZ MARTIN, Ruben 47		36.69
	ALONSO ORTIZ, Mariano 49	39.43		CASTRO MAESTRE, Isaura 56		39.11
4.	PONTEAREAS 200			PONTEAREAS	2:46.59	14,00
	PREGO MARTINEZ, Benjamin 52	44.18		COVELO SAAVEDRA, Nahir 47		43.89
	MOURIÑO ORTIGUEIRA, Roberto C51as	42.05		VARELA REDONDO, Veronica 50		36.47
5.	VALDEORRAS 200			VALDEORRAS	3:14.27	12,00
	VAZQUEZ GONZALEZ, Yolanda 49	1:01.82		RODRIGUEZ DE DIOS, Amparo 38		45.35
	FERNANDEZ RODRIGUEZ, Miguel 56jel	51.18		RODRIGUEZ BASANTA, Fco. Jose 64		35.92

Prueba 1, Mixto, 4 x 50m Estilos

+240

1.	CIDSANTIAGO 240			CIDSANTIAGO	2:49.01	26,00
	CELEMIN PORRERO, Maria Teresa 66	1:00.55		GONZALEZ RODRIGUEZ, Maria	43	34.58
	FERNANDEZ ARRUTI, Jose Angel 66	40.00		CODESIDO LOPEZ, Jose	66	33.88
2.	RBAIXAS 240			RBAIXAS	2:59.19	20,00 RG
	REGUEIRO RODRIGUEZ, Ana 59	44.59		CHAMOSA MARTIN, Julia	64	45.06
	HERNANZ MORAL, Fausto 63	49.30		LAGO REY, Jose Manuel	62	40.24
3.	TRAVIESAS 240			TRAVIESAS	3:06.37	16,00
	BARJA BARJA, Liliana 60	46.08		MILLAN ALONSO, Ruben	55	41.91
	SEGUIN CID, Severino 66	51.05		MARTY PAZOS, Maria Victoria	60	47.33
4.	POURENSE 240			POURENSE	3:12.47	14,00
	GARCIA COLOMO, Maria Cristina 63	44.40		MOVILLA FERNANDEZ, Jose Fco.	56	38.14
	IVANCHENKO, Yuri 72	49.10		PEREZ GALLARDO, Teresa	61	1:00.83
5.	MOS 240			MOS	3:20.67	12,00
	SOUSA CARNEIRO, Alicia 51	1:00.57		SOUSA CARNEIRO, Rosana	54	51.80
	RODRIGUEZ LEMOS, Andres Jesu:76	51.53		RODRIGUEZ VIEITO, Ricardo M.	68	36.77
DSQ	PONTEAREAS 240			PONTEAREAS		-
	<i>Posta anticipada remudista 4</i>					
	RODRIGUEZ GOMEZ, Emilio 64	50.24		SOBRINO EIRIZ, MARIA DEL VALLE53		51.90
	DEL AMO BLANCO, Margarita 58	50.73		MONROY FERNANDEZ, Manuel 75		

+280

1.	PONTEAREAS 280			PONTEAREAS	4:40.39	26,00
	GONZALEZ RODRIGUEZ, S. Marta 79	1:34.90		SOBRINO EIRIZ, Manuel	50	47.13
	ARAUJO DOMINGUEZ, Francisco 85	1:19.49		RODRIGUEZ TRONCOSO, Marina	66	58.87

Prueba 20
15/06/2025

Mixto, 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	PONTEAREAS 80			PONTEAREAS	1:55.30	26,00
	CANCELA GOMEZ, Hugo	22	26.87	ALVAREZ SOUTO, Claudia	24	32.42
	PEREZ PAZ, Dario	20	25.51	LEMONS FERNANDEZ, Zaira	23	30.50
2.	MOS 80			MOS	2:07.87	20,00
	MORGADAS IGLESIAS, Pablo	27	28.49	GARCIA ESTEVEZ, Nahir	23	32.82
	TRILLO RODRIGUEZ, Lara	21	39.08	BELTRAN FREIRIA, Oskar	21	27.48

+100

1.	ARTEIXO 100			ARTEIXO	1:55.28	26,00
	VILLAMOR FERRO, Ruben	25	28.34	VEIGA SOUTO, Ana	27	28.33
	ANDRES DUASO, Olmo	32	28.27	ALVITE BERGARA, Nerea	26	30.34
2.	CIDSANTIAGO 100			CIDSANTIAGO	1:55.54	20,00
	GARCIA MIGUEZ, Rosalia	27	30.49	CASTRO RODRIGUEZ, Francisco	25	25.80
	TENORIO FREIRE, Martin	33	26.26	FERNANDEZ JUAN, Maria	27	32.99
3.	PONTEAREAS 100			PONTEAREAS	2:58.20	16,00
	RODRIGUEZ-TOUBES FORRYAN, I26ie	25	52.50	PRADO POSADA, Sofia	28	55.29
	ALVAREZ PRESA, Samuel	25	20.29	LAGO GONZALEZ, Ivan	32	50.12

+120

1.	NCORUÑA 120			NCORUÑA	1:52.50	26,00
	MUIÑO ALONSO, Anton	31	25.54	DOPEREIRO GARCIA, Alba	35	30.39
	VEIGA RODRIGUEZ, Rosalia	26	30.14	LAGO LOPEZ, Diego	34	26.43
2.	RBAIXAS 120			RBAIXAS	1:58.75	20,00
	SUAREZ GARCIA, Sofia	28	32.57	PASTORIZA SANTA CLARA, Jorge	28	26.07
	VILARIÑO SAN JOSE, Alba	32	31.87	FREIRE GONZALEZ, Javier	32	28.24
3.	CDELMAR 120			CDELMAR	1:59.92	16,00
	CASTRO VILLAR, David	34	28.76	ABADIN ROZENBAUM, Manuela Rc30	30	32.54
	ABADIN ROZENBAUM, Lucia lara	28	33.14	VAZQUEZ PEREZ, Sergio	33	25.48
4.	CIDSANTIAGO 120			CIDSANTIAGO	2:01.63	14,00
	CRUZ GARCIA, Aurora	30	30.24	CAMIÑA MARTINEZ, Oscar	45	29.15
	MAURIZ BARREIRO, Maria Violeta	33	35.97	CALLE FACAL, Telmo	42	26.27
5.	PONTEAREAS 120			PONTEAREAS	2:04.29	12,00
	CARRERA COSTAS, Martin	29	27.78	MOURIÑO ORTIGUEIRA, Roberto C51	35	32.12
	SUAREZ GONZALEZ, Gracia	25	28.34	RODRIGUEZ PAZ, Lucia	25	36.05
6.	MOS 120			MOS	2:11.98	10,00
	EIRIZ DIEGUEZ, Daniel	47	27.79	ALONSO GONZALEZ, Ines	33	36.97
	CARRERA PEREZ, Carolina	31	38.01	TRILLO RODRIGUEZ, Adrian	28	29.21
7.	NTNARON 120			NTNARON	2:18.29	8,00
	CALVO RODRIGUEZ, Maria	38	44.96	DIAZ RODRIGUEZ, Andres	36	28.67
	GORDILLO VAN GILS, Silvia	29	36.16	PEREZ VAZQUEZ, Telmo	37	28.50
8.	VALDEORRAS 120			VALDEORRAS	2:23.00	6,00
	DIAZ QUEZADA, Miguel Bismark	27	32.57	RODRIGUEZ DE DIOS, Amparo	38	39.35
	ESPINOSA MIRA, Jorge	47	29.33	RODRIGUEZ RODRIGUEZ, Eva	32	41.75

Prueba 20, Mixto, 4 x 50m Libre

+160

1.	ESCUALOS 160			ESCUALOS	2:04.45	26,00
	OTERO RODRIGUEZ, Sandra	38	31.38	ALVAREZ SILVA, Ruben	44	28.73
	MIRA VAZQUEZ, Marta	44	35.73	PAZOS ALONSO, Josue	39	28.61
2.	PORTAMIÑA 160			PORTAMIÑA	2:07.87	20,00
	GUIMAREY VAZQUEZ, Marcos	48	28.79	DIEZ RODRIGUEZ, Ignacio J.	53	34.20
	RAMOS LOBO, Raquel	32	30.75	FERNANDEZ GONZALEZ, Iria	43	34.13
3.	NCORUÑA 160			NCORUÑA	2:08.01	16,00
	ALVAREZ DE SOTOMAYOR PUIGN51RE, Juan	29.77		MUIÑO, Andrea	34	36.21
	CIDRAS ANGEL, Iria	35	32.55	GARCIA RIÑON, Jaime	61	29.48
4.	XOVE 160			XOVE	2:08.26	14,00
	ESCUREDO DIEZ, Alberto	41	30.05	ISASTI MAIZA, Patxi Xabier	60	33.76
	BEN CILLERO, Sabela	33	30.71	GONZALEZ FERNANDEZ, Leticia	43	33.74
5.	RBAIXAS 160			RBAIXAS	2:11.29	12,00
	ROIG SANCHEZ, Blanca Ana	51	38.31	GARCIA MUGGIA, Erick Jose	39	26.37
	MOLINOS LAMAS, Bibiana	48	35.97	PENIDE CALVO, Gabriel	32	30.64
6.	SALVESTRADA 160			SALVESTRADA	2:12.73	10,00
	ABBATEMARCO, Cristina	41	36.29	FINS SEOANE, Juan Miguel	48	29.38
	VILARIÑO CACHO, Elvira	44	35.35	BASTIDA CAMPOS, Alejandro	43	31.71
7.	ORDES 160			ORDES	2:22.77	8,00
	FERNADEZ BARREIROS, Claudio	50	32.68	RIVEIRA CAAMAÑO, Rebeca	48	37.80
	GANDARA SUAREZ, Tania	32	37.56	COUSELO CASTIÑEIRAS, Miguel A49d		34.73
8.	PONSVETUS 160			PONSVETUS	2:28.46	6,00
	PAZOS SOAGE, Paloma	55	42.92	MARIÑO PAZ, Eva Maria	51	43.14
	MANEIRO BETANZOS, Javier	40	31.83	GULIAS GARCIA, Jose Ruben	34	30.57
9.	PONTEAREAS 160			PONTEAREAS	2:43.34	4,00
	RODRIGUEZ BALIÑA, Mauro	35	40.32	GONZALEZ PEREZ, Paula	29	40.05
	FERNANDEZ IGLESIAS, Emilio J.	48	33.60	ABREU FERNANDEZ, Marta	54	49.37
DSQ	MOS 160			MOS		-
	<i>Posta 4 saída anticipada</i>					
	FONTAN SEIJO, Adrian	32	33.82	SOUSA CARNEIRO, Rosana	54	40.89
	SOUSA CARNEIRO, Alicia	51	48.33	ALONSO NOVOA, Diego	35	

+200

1.	CIDSANTIAGO 200			CIDSANTIAGO	2:14.44	26,00
	SUAREZ BUJAN, Rebeca	42	34.89	BETHENCOURT IGLESIAS, Sergio	62	31.96
	MURAS MORA, Andrea	36	34.54	CODESIDO LOPEZ, Jose	66	33.05
2.	PONTEAREAS 200			PONTEAREAS	2:21.58	20,00
	RODRIGUEZ BALIÑA, Marcos	54	32.77	COVELO SAAVEDRA, Nahir	47	38.30
	PREGO MARTINEZ, Benjamin	52	34.77	VARELA REDONDO, Veronica	50	35.74
3.	NCORUÑA 200			NCORUÑA	2:24.51	16,00
	VILLASANTE ARMAS, Maria Rosa	50	42.72	SOLLEIRO TIZON, Juan Jose	62	32.38
	RIVAS RODRIGUEZ, Lucia	46	39.63	BALDOMAR OBELLEIRA, Ruben	51	29.78
4.	CULLEREDO 200			CULLEREDO	2:27.61	14,00
	SANDERSON KEOUGH, Helen Jane55	37.22		HERNAEZ OUBIÑA, David	52	31.48
	VAZQUEZ PARCERO, Marta	45	51.29	GUIRADO CARABEL, Oscar	49	27.62
5.	PONSVETUS 200			PONSVETUS	2:49.31	12,00
	GOLPE IGLESIAS, Jose Antonio	43	36.75	GONZALEZ PIMENTEL, Saleta	53	49.30
	IGNACIO QUINTEIRO, Maria Del Car60n	48.84		SUAREZ GARCIA, Sergio	45	34.42

Prueba 20, Mixto, 4 x 50m Libre, +200

Clasificación

					Tiempo	Puntos
6.	ESCUALOS 200			ESCUALOS	2:49.76	10,00
	REBOREDA MORILLO, Susana 63	52.79		PERDIZ GONZALEZ, Jose Ramon 67		43.12
	MARTIN, Christelle 44	37.28		BOUSO FUENTECILLA, Fernando 54		36.57
7.	POURENSE 200			POURENSE	2:55.21	8,00
	FERREIRO SANCHEZ, Luis 55	40.95		CALVIÑO VAZQUEZ, Coral 57		45.60
	BLANCO PEREZ, Angel 61	40.52		PEREZ GALLARDO, Teresa 61		48.14
8.	VALDEORRAS 200			VALDEORRAS	3:01.56	6,00
	VAZQUEZ GONZALEZ, Yolanda 49	50.89		RODRIGUEZ BASANTA, Fco. Jose 64		36.04
	FERNANDEZ RODRIGUEZ, Miguel 56	36.79		MENDEZ ABELAIRA, Jessica 43		57.84

+240

1.	PONTEAREAS 240			PONTEAREAS	2:41.88	26,00
	JORGE IGLESIAS, Marcelino 59	30.31		MONROY FERNANDEZ, Manuel 75		43.50
	DEL AMO BLANCO, Margarita 58	43.30		SOBRINO EIRIZ, MARIA DEL VALLE 53		44.77
2.	POURENSE 240			POURENSE	2:44.83	20,00
	GARCIA COLOMO, Manuel Ramon 71	37.11		IVANCHENKO, Yurii 72		41.41
	GARCIA COLOMO, Maria Cristina 63	36.30		ACEVEDO REGO, Ermitas 59		50.01
3.	TRAVIESAS 240			TRAVIESAS	2:55.32	16,00
	VIRUEL RODRIGUEZ, Diego 73	49.81		GONZALEZ-ALEGRE BURGUEÑO, 73a Maria		46.26
	MILLAN ALONSO, Ruben 55	32.73		MARTY PAZOS, Maria Victoria 60		46.52

+280

1.	PONTEAREAS 280			PONTEAREAS	4:24.95	26,00
	GONZALEZ RODRIGUEZ, S. Marta 79	1:25.39		RODRIGUEZ TRONCOSO, Marina 66		1:00.07
	RODRIGUEZ GOMEZ, Emilio 64	42.22		ARAUJO DOMINGUEZ, Francisco 85		1:17.27

Prueba 21
15/06/2025

Fem., 400m Estilos

2005 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1111470 GARCES FERNANDEZ, Erea	22	RBAIXAS	6:43.13	13,00
	50m: 43.56 43.56 150m: 2:26.41 50.95 250m: 4:13.47 57.13 350m: 5:58.48 46.43				
	100m: 1:35.46 51.90 200m: 3:16.34 49.93 300m: 5:12.05 58.58 400m: 6:43.13 44.65				
2.	1266324 ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS	8:37.14	10,00
	50m: 1:01.76 1:01.76 150m: 3:18.50 1:01.08 250m: 5:30.46 1:08.59 350m: 7:40.17 58.57				
	100m: 2:17.42 1:15.66 200m: 4:21.87 1:03.37 300m: 6:41.60 1:11.14 400m: 8:37.14 56.97				
25+					
1.	1145008 GONZALEZ PEREZ, Paula	29	PONTEAREAS	7:43.69	13,00
	50m: 53.24 53.24 150m: 2:59.35 1:01.60 250m: 5:01.42 1:03.21 350m: 6:57.29 52.40				
	100m: 1:57.75 1:04.51 200m: 3:58.21 58.86 300m: 6:04.89 1:03.47 400m: 7:43.69 46.40				
DSQ	1266318 GORDILLO VAN GILS, Silvia	29	NTNARON		-
	<i>Viraxe irregular</i>				
30+					
1.	1116506 RAMOS LOBO, Raquel	32	PORTAMIÑA	5:58.90	13,00
	50m: 38.17 38.17 150m: 2:09.78 46.20 250m: 3:45.17 50.65 350m: 5:18.69 40.58				
	100m: 1:23.58 45.41 200m: 2:54.52 44.74 300m: 4:38.11 52.94 400m: 5:58.90 40.21				
2.	1078925 SALGADO CASTELO, Marta	31	MULLEREF	7:45.23	10,00
	50m: 51.93 51.93 150m: 2:51.36 58.33 250m: 4:59.39 1:11.62 350m: 6:58.34 49.02				
	100m: 1:53.03 1:01.10 200m: 3:47.77 56.41 300m: 6:09.32 1:09.93 400m: 7:45.23 46.89				
3.	1247615 ALONSO PEREIRA, Fatima	32	RBAIXAS	7:53.63	8,00
	50m: 53.11 53.11 150m: 2:57.37 1:02.28 250m: 5:02.21 1:04.51 350m: 7:02.85 54.47				
	100m: 1:55.09 1:01.98 200m: 3:57.70 1:00.33 300m: 6:08.38 1:06.17 400m: 7:53.63 50.78				
35+					
1.	1026898 TOMILLO SANTOS, Erika	35	PONSVETUS	7:17.18	13,00
	50m: 47.03 47.03 150m: 2:37.99 56.62 250m: 4:32.97 59.76 350m: 6:27.15 52.14				
	100m: 1:41.37 54.34 200m: 3:33.21 55.22 300m: 5:35.01 1:02.04 400m: 7:17.18 50.03				
2.	1250482 RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS	7:45.63	10,00
	50m: 54.05 54.05 150m: 2:53.90 1:00.28 250m: 4:59.60 1:04.95 350m: 6:56.68 52.47				
	100m: 1:53.62 59.57 200m: 3:54.65 1:00.75 300m: 6:04.21 1:04.61 400m: 7:45.63 48.95				
40+					
1.	1075221 HERMIDA RODRIGUEZ, Blanca	44	NFERROL	5:35.99	13,00
	50m: 34.86 34.86 150m: 1:59.47 44.57 250m: 3:31.58 49.09 350m: 4:59.55 39.66				
	100m: 1:14.90 40.04 200m: 2:42.49 43.02 300m: 4:19.89 48.31 400m: 5:35.99 36.44				
45+					
1.	1264778 VAZQUEZ LOPEZ, Eva	48	MULLEREF	9:18.92	13,00
	50m: 1:09.42 1:09.42 150m: 3:40.25 1:13.86 250m: 6:07.56 1:15.36 350m: 8:22.93 58.09				
	100m: 2:26.39 1:16.97 200m: 4:52.20 1:11.95 300m: 7:24.84 1:17.28 400m: 9:18.92 55.99				

Prueba 21, Fem., 400m Estilos

55+

1.	1197600 SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	7:05.39	13,00
	50m: 48.72 48.72 150m: 2:38.24 56.52 250m: 4:31.41 59.35 350m: 6:19.71 48.99				
	100m: 1:41.72 53.00 200m: 3:32.06 53.82 300m: 5:30.72 59.31 400m: 7:05.39 45.68				
2.	1145007 MELON PARENTE, M. Lourdes	56	PONTEAREAS	11:59.23	10,00
	50m: 1:33.82 1:33.82 150m: 4:52.31 1:31.96 250m: 7:59.54 1:39.02 350m: 10:50.37 1:13.73				
	100m: 3:20.35 1:46.53 200m: 6:20.52 1:28.21 300m: 9:36.64 1:37.10 400m: 11:59.23 1:08.86				

60+

DSQ	1086162 BARJA BARJA, Liliana	60	TRAVIESAS	-
	<i>Viraxe irregular</i>			

65+

1.	1075765 FERNANDEZ FERNANDEZ, Maria Tere	69	MULLEREF	13:25.11	13,00
	50m: 1:38.46 1:38.46 150m: 5:43.46 2:00.38 250m: 9:03.72 1:30.70 350m: 12:02.76 1:21.92				
	100m: 3:43.08 2:04.62 200m: 7:33.02 1:49.56 300m: 10:40.84 1:37.12 400m: 13:25.11 1:22.35				

Prueba 22
15/06/2025

Masc., 400m Estilos

2005 y mayores
Resultados

Clasificación	Edad								Tiempo	Puntos
20+										
1.	1039554	GUTIERREZ MARIÑO, Santiago				23	POURENSE		5:18.83	13,00
	50m:	32.13	32.13	150m:	1:50.42	40.34	250m:	3:16.58	46.53	350m: 4:42.18 37.79
	100m:	1:10.08	37.95	200m:	2:30.05	39.63	300m:	4:04.39	47.81	400m: 5:18.83 36.65
25+										
1.	1115676	GONZALEZ IGLESIAS, Alberto				28	CULLEREDO		5:38.43	13,00
	50m:	36.67	36.67	150m:	2:06.69	45.05	250m:	3:38.02	47.40	350m: 5:02.48 38.21
	100m:	1:21.64	44.97	200m:	2:50.62	43.93	300m:	4:24.27	46.25	400m: 5:38.43 35.95
2.	1141093	VILLAMOR FERRO, Ruben				25	ARTEIXO		5:41.07	10,00
	50m:	37.14	37.14	150m:	2:04.97	43.57	250m:	3:31.91	45.15	350m: 5:01.09 42.35
	100m:	1:21.40	44.26	200m:	2:46.76	41.79	300m:	4:18.74	46.83	400m: 5:41.07 39.98
30+										
1.	1130602	TENORIO FREIRE, Martin				33	CIDSANTIAGO		5:04.37	13,00
	50m:	31.57	31.57	150m:	1:47.98	40.06	250m:	3:11.29	42.39	350m: 4:29.13 34.56
	100m:	1:07.92	36.35	200m:	2:28.90	40.92	300m:	3:54.57	43.28	400m: 5:04.37 35.24
2.	1037824	FREIRE GONZALEZ, Javier				32	RBAIXAS		5:49.73	10,00
	50m:	35.40	35.40	150m:	2:04.42	47.84	250m:	3:41.70	51.37	350m: 5:12.35 39.11
	100m:	1:16.58	41.18	200m:	2:50.33	45.91	300m:	4:33.24	51.54	400m: 5:49.73 37.38
3.	1076271	NOVALES BLANCO, Xabier				34	RBAIXAS		6:42.78	8,00
	50m:	45.80	45.80	150m:	2:31.39	54.97	250m:	4:21.23	53.19	350m: 6:00.85 46.00
	100m:	1:36.42	50.62	200m:	3:28.04	56.65	300m:	5:14.85	53.62	400m: 6:42.78 41.93
35+										
1.	1076287	PAZOS ALONSO, Josue				39	ESCUALOS		5:33.18	13,00
	50m:	35.68	35.68	150m:	2:02.66	44.76	250m:	3:32.26	44.81	350m: 4:56.64 38.78
	100m:	1:17.90	42.22	200m:	2:47.45	44.79	300m:	4:17.86	45.60	400m: 5:33.18 36.54
2.	1275099	ALONSO NOVOA, Diego				35	MOS		6:33.86	10,00
	50m:	41.61	41.61	150m:	2:26.59	52.81	250m:	4:14.00	53.57	350m: 5:55.58 44.09
	100m:	1:33.78	52.17	200m:	3:20.43	53.84	300m:	5:11.49	57.49	400m: 6:33.86 38.28
3.	1178928	FIDALGO SERRANO, Guillermo				39	TRAVIESAS		7:13.92	8,00
	50m:	51.48	51.48	150m:	2:49.16	57.54	250m:	4:42.14	58.39	350m: 6:29.28 48.50
	100m:	1:51.62	1:00.14	200m:	3:43.75	54.59	300m:	5:40.78	58.64	400m: 7:13.92 44.64
40+										
1.	1141151	CALLE FACAL, Telmo				42	CIDSANTIAGO		5:03.05	13,00
	50m:	31.30	31.30	150m:	1:46.07	38.30	250m:	3:07.71	43.55	350m: 4:28.06 36.32
	100m:	1:07.77	36.47	200m:	2:24.16	38.09	300m:	3:51.74	44.03	400m: 5:03.05 34.99
2.	1240331	DE LORENZO FERNANDEZ, Javier				44	ESCUALOS		6:33.86	10,00
	50m:	44.08	44.08	150m:	2:30.27	52.11	250m:	4:17.29	55.15	350m: 5:55.38 43.96
	100m:	1:38.16	54.08	200m:	3:22.14	51.87	300m:	5:11.42	54.13	400m: 6:33.86 38.48
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano				44	CIDSANTIAGO		6:52.83	8,00
	50m:	42.25	42.25	150m:	2:31.81	59.81	250m:	4:24.77	55.98	350m: 6:08.96 46.82
	100m:	1:32.00	49.75	200m:	3:28.79	56.98	300m:	5:22.14	57.37	400m: 6:52.83 43.87

Prueba 22, Masc., 400m Estilos

45+

1.	1076564 CABANELAS EIRAS, Pablo	46	CIDSANTIAGO	6:24.53	13,00
	50m: 41.69 41.69 150m: 2:21.66 50.89 250m: 4:08.30 55.01 350m: 5:43.88 41.61				
	100m: 1:30.77 49.08 200m: 3:13.29 51.63 300m: 5:02.27 53.97 400m: 6:24.53 40.65				
2.	1190398 FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA	9:31.35	10,00
	50m: 1:03.64 1:03.64 150m: 3:35.48 1:20.90 250m: 6:07.96 1:12.28 350m: 8:26.04 1:06.51				
	100m: 2:14.58 1:10.94 200m: 4:55.68 1:20.20 300m: 7:19.53 1:11.57 400m: 9:31.35 1:05.31				

50+

1.	1040137 QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	5:54.89	13,00
	50m: 36.46 36.46 150m: 2:09.42 49.68 250m: 3:47.49 50.30 350m: 5:17.35 39.93				
	100m: 1:19.74 43.28 200m: 2:57.19 47.77 300m: 4:37.42 49.93 400m: 5:54.89 37.54				
2.	1079343 MOURIÑO ORTIGUEIRA, Roberto Carlo	51	PONTEAREAS	6:17.16	10,00
	50m: 38.51 38.51 150m: 2:17.95 52.86 250m: 4:02.52 53.82 350m: 5:37.63 41.22				
	100m: 1:25.09 46.58 200m: 3:08.70 50.75 300m: 4:56.41 53.89 400m: 6:17.16 39.53				
3.	1224729 FERNANDEZ BARREIROS, Claudio	50	ORDES	6:37.66	8,00
	50m: 43.55 43.55 150m: 2:31.50 51.59 250m: 4:16.56 55.18 350m: 5:56.58 44.06				
	100m: 1:39.91 56.36 200m: 3:21.38 49.88 300m: 5:12.52 55.96 400m: 6:37.66 41.08				

DSQ 1144297 LAMAS SOTO, Cesar 50 CULLEREDO -
Viraxe irregular

55+

1.	1143661 TOURIÑO GONZALEZ, Victor M.	57	CMARINA	6:51.68	13,00
	50m: 44.94 44.94 150m: 2:34.78 57.27 250m: 4:24.92 50.83 350m: 6:06.07 49.61				
	100m: 1:37.51 52.57 200m: 3:34.09 59.31 300m: 5:16.46 51.54 400m: 6:51.68 45.61				
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	7:35.62	10,00
	50m: 48.80 48.80 150m: 2:48.29 1:01.96 250m: 4:55.81 1:07.65 350m: 6:51.54 48.72				
	100m: 1:46.33 57.53 200m: 3:48.16 59.87 300m: 6:02.82 1:07.01 400m: 7:35.62 44.08				
3.	1193949 LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	8:24.77	8,00
	50m: 58.51 58.51 150m: 3:05.90 1:04.78 250m: 5:29.40 1:21.35 350m: 7:37.82 47.57				
	100m: 2:01.12 1:02.61 200m: 4:08.05 1:02.15 300m: 6:50.25 1:20.85 400m: 8:24.77 46.95				

60+

1.	1075770 RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	8:32.68	13,00
	50m: 1:03.29 1:03.29 150m: 3:29.08 1:08.25 250m: 5:41.50 1:05.52 350m: 7:43.85 53.38				
	100m: 2:20.83 1:17.54 200m: 4:35.98 1:06.90 300m: 6:50.47 1:08.97 400m: 8:32.68 48.83				

Prueba 23
15/06/2025

Fem., 100m Libre

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS		59.43	13,00 RG
	50m:	28.80 28.80	100m:	59.43 30.63			
2.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO		1:07.64	10,00
	50m:	32.31 32.31	100m:	1:07.64 35.33			
3.	1228048	ALVAREZ SOUTO, Claudia	24	PONTEAREAS		1:14.39	8,00
	50m:	35.36 35.36	100m:	1:14.39 39.03			
4.	1108843	ESTEVEZ BASTERO, Ana	20	RBAIXAS		1:16.57	7,00
	50m:	36.49 36.49	100m:	1:16.57 40.08			
5.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS		1:19.33	6,00
	50m:	37.25 37.25	100m:	1:19.33 42.08			
25+							
1.	1108273	SUAREZ GONZALEZ, Gracia	25	PONTEAREAS		1:00.83	13,00
	50m:	29.44 29.44	100m:	1:00.83 31.39			
2.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO		1:06.84	10,00
	50m:	32.10 32.10	100m:	1:06.84 34.74			
3.	1253170	ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR		1:09.80	8,00
	50m:	34.01 34.01	100m:	1:09.80 35.79			
4.	1038608	SUAREZ GARCIA, Sofia	28	RBAIXAS		1:13.74	7,00
	50m:	34.97 34.97	100m:	1:13.74 38.77			
5.	1115644	FERNANDEZ JUAN, Maria	27	CIDSANTIAGO		1:14.37	6,00
	50m:	35.97 35.97	100m:	1:14.37 38.40			
6.	1038466	RODRIGUEZ PAZ, Lucia	25	PONTEAREAS		1:22.35	5,00
	50m:	38.48 38.48	100m:	1:22.35 43.87			
7.	1238682	BARCA PENSADO, Maria	29	FOGAR		1:23.72	4,00
	50m:	40.09 40.09	100m:	1:23.72 43.63			
8.	1222772	RODRIGUEZ-TOUBES FORRYAN, Irené	26	PONTEAREAS		1:50.12	3,00
	50m:	53.57 53.57	100m:	1:50.12 56.55			
30+							
1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS		59.67	13,00
	50m:	28.73 28.73	100m:	59.67 30.94			
2.	1051353	CRUZ GARCIA, Aurora	30	CIDSANTIAGO		1:08.11	10,00
	50m:	31.97 31.97	100m:	1:08.11 36.14			
3.	1041452	BEN CILLERO, Sabela	33	XOVE		1:08.82	8,00
	50m:	32.33 32.33	100m:	1:08.82 36.49			
4.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS		1:11.26	7,00
	50m:	32.77 32.77	100m:	1:11.26 38.49			
5.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR		1:11.57	6,00
	50m:	34.14 34.14	100m:	1:11.57 37.43			

Prueba 23, Fem., 100m Libre, 30+

Clasificación					Edad		Tiempo	Puntos
6.	1040719	CUBA KOSTER, Esmeralda	33	XOVE			1:21.19	5,00
	50m:	38.24 38.24	100m:	1:21.19	42.95			
7.	1221887	CARRERA PEREZ, Carolina	31	MOS			1:24.32	4,00
	50m:	41.10 41.10	100m:	1:24.32	43.22			
8.	1243197	GANDARA SUAREZ, Tania	32	ORDES			1:24.39	3,00
	50m:	39.90 39.90	100m:	1:24.39	44.49			
9.	1257417	ALONSO GONZALEZ, Ines	33	MOS			1:24.65	2,00
	50m:	40.59 40.59	100m:	1:24.65	44.06			
10.	1250483	RODRIGUEZ RODRIGUEZ, Eva	32	VALDEORRAS			1:34.70	1,00
	50m:	44.15 44.15	100m:	1:34.70	50.55			
11.	1253937	MELLA CASTRO, Ana Maria	31	ORDES			1:36.15	-
	50m:	45.46 45.46	100m:	1:36.15	50.69			

35+

1.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS			1:09.81	13,00
	50m:	33.66 33.66	100m:	1:09.81	36.15			
2.	1129917	MURAS MORA, Andrea	36	CIDSANTIAGO			1:18.29	10,00
	50m:	37.84 37.84	100m:	1:18.29	40.45			
3.	1129954	GONZALEZ GARCIA, Covadonga	36	GALAICO			1:28.89	8,00
	50m:	43.74 43.74	100m:	1:28.89	45.15			
4.	1202705	MARTINEZ BARCIELA, Maria Olga	35	RBAIXAS			1:37.87	7,00
	50m:	45.80 45.80	100m:	1:37.87	52.07			
5.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS			1:59.41	6,00
	50m:	56.49 56.49	100m:	1:59.41	1:02.92			

40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO			1:05.38	13,00
	50m:	31.54 31.54	100m:	1:05.38	33.84			
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA			1:13.03	10,00
	50m:	36.06 36.06	100m:	1:13.03	36.97			
3.	1075225	SOUTO DERUNGS, Cristina	40	NFERROL			1:19.29	8,00
	50m:	37.05 37.05	100m:	1:19.29	42.24			
4.	1251885	SUAREZ BUJAN, Rebeca	42	CIDSANTIAGO			1:19.81	7,00
	50m:	37.73 37.73	100m:	1:19.81	42.08			
5.	1075224	BROZOS VAZQUEZ, Elena Maria	43	CIDSANTIAGO			1:38.99	6,00
	50m:	47.41 47.41	100m:	1:38.99	51.58			
6.	1243198	MARTIN VILAS, Maria Jesus	43	ORDES			1:39.34	5,00
	50m:	45.53 45.53	100m:	1:39.34	53.81			

45+

1.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON			1:21.04	13,00
	50m:	38.18 38.18	100m:	1:21.04	42.86			
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS			1:27.18	10,00
	50m:	41.78 41.78	100m:	1:27.18	45.40			

Prueba 23, Fem., 100m Libre, 45+

Clasificación				Edad		Tiempo	Puntos
3.	1223050	ANDON YAÑEZ, Lorena	47	CASINOC		1:30.56	8,00
	50m:	43.51 43.51	100m:	1:30.56	47.05		
4.	1273323	LOPEZ BARREIRO, Cristina	46	MULLEREF		1:40.46	7,00
	50m:	45.75 45.75	100m:	1:40.46	54.71		

50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA		1:16.07	13,00
	50m:	36.67 36.67	100m:	1:16.07	39.40		
2.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS		1:21.07	10,00
	50m:	38.41 38.41	100m:	1:21.07	42.66		
3.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS		1:25.32	8,00
	50m:	39.75 39.75	100m:	1:25.32	45.57		
4.	1246140	MARIÑO PAZ, Eva Maria	51	PONSVETUS		1:38.22	7,00
	50m:	43.61 43.61	100m:	1:38.22	54.61		

55+

1.	1037939	CASTRO MAESTRE, Isaura	56	FLUVIAL		1:25.22	13,00
	50m:	41.47 41.47	100m:	1:25.22	43.75		
2.	1258401	CALVIÑO VAZQUEZ, Coral	57	POURENSE		1:43.13	10,00
	50m:	48.01 48.01	100m:	1:43.13	55.12		
3.	1144697	ACEVEDO REGO, Ermitas	59	POURENSE		1:51.35	8,00
	50m:	54.48 54.48	100m:	1:51.35	56.87		
4.	1269270	REY OTERO, Angela Maria	59	MULLEREF		1:52.36	7,00
	50m:	55.25 55.25	100m:	1:52.36	57.11		
5.	1267371	FORRYAN SECCOMBE, Anne May	59	PONTEAREAS		2:00.44	6,00
	50m:	56.36 56.36	100m:	2:00.44	1:04.08		

60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR		1:18.81	13,00
	50m:	37.79 37.79	100m:	1:18.81	41.02		
2.	1127105	PEREIRA ALONSO, Isabel	64	FOGAR		1:35.21	10,00
	50m:	45.40 45.40	100m:	1:35.21	49.81		
3.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS		1:41.33	8,00
	50m:	48.87 48.87	100m:	1:41.33	52.46		
4.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS		1:49.10	7,00
	50m:	51.38 51.38	100m:	1:49.10	57.72		
5.	1144231	PEREZ GALLARDO, Teresa	61	POURENSE		2:11.52	6,00
	50m:	1:03.89 1:03.89	100m:	2:11.52	1:07.63		

65+

1.	1037151	GOMEZ DOVAL, Maria Angela	69	FLUVIAL		2:08.07	13,00
	50m:	57.74 57.74	100m:	2:08.07	1:10.33		
2.	1253186	BAL ALVAREDO, Mercedes De Las Nie	65s	MULLEREF		2:27.11	10,00
	50m:	1:10.23 1:10.23	100m:	2:27.11	1:16.88		

Prueba 23, Fem., 100m Libre

70+

1.	1076490 GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	1:42.19	13,00
	50m: 48.09 48.09 100m: 1:42.19 54.10				
2.	1273998 DIAZ PERNAS, Maria Carmen	70	MULLEREF	3:48.14	10,00
	50m: 1:43.59 1:43.59 100m: 3:48.14 2:04.55				

Prueba 24
15/06/2025

Masc., 100m Libre

2005 y mayores
Resultados

Clasificación				Edad			Tiempo	Puntos
20+								
1.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS			55.89	13,00
	50m:	26.98 26.98	100m:	55.89	28.91			
2.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE			56.06	10,00
	50m:	27.07 27.07	100m:	56.06	28.99			
3.	1076409	CANCELA GOMEZ, Hugo	22	PONTEAREAS			57.78	8,00
	50m:	27.90 27.90	100m:	57.78	29.88			
4.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS			59.90	7,00
	50m:	29.37 29.37	100m:	59.90	30.53			
5.	1266300	ARANDA FERNANDEZ, Anton	21	POURENSE			1:04.90	6,00
	50m:	31.76 31.76	100m:	1:04.90	33.14			
6.	1023017	CARRIL SOUTO, Javier	22	ARTEIXO			1:05.80	5,00
	50m:	31.75 31.75	100m:	1:05.80	34.05			
7.	1135985	CASARES GARCIA, Adrian	22	PONTEAREAS			1:06.71	4,00
	50m:	30.62 30.62	100m:	1:06.71	36.09			
8.	1079156	MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS			1:11.06	3,00
	50m:	34.00 34.00	100m:	1:11.06	37.06			
25+								
1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO			57.73	13,00
	50m:	27.90 27.90	100m:	57.73	29.83			
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA			58.23	10,00
	50m:	27.84 27.84	100m:	58.23	30.39			
3.	1037180	CARRERA COSTAS, Martin	29	PONTEAREAS			58.43	8,00
	50m:	28.07 28.07	100m:	58.43	30.36			
4.	1039270	TRILLO RODRIGUEZ, Adrian	28	MOS			1:04.31	7,00
	50m:	31.07 31.07	100m:	1:04.31	33.24			
5.	1264760	DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS			1:16.00	6,00
	50m:	35.10 35.10	100m:	1:16.00	40.90			
6.	1267370	ALVAREZ PRESA, Samuel	25	PONTEAREAS			1:26.24	5,00
	50m:	40.39 40.39	100m:	1:26.24	45.85			
30+								
1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA			56.76	13,00
	50m:	27.36 27.36	100m:	56.76	29.40			
2.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO			1:06.90	10,00
	50m:	30.91 30.91	100m:	1:06.90	35.99			
3.	1144070	FERNANDEZ MELENDEZ, Andres	30	VALDEORRAS			1:15.88	8,00
	50m:	35.61 35.61	100m:	1:15.88	40.27			
4.	1241602	FONTAN SEIJO, Adrian	32	MOS			1:20.11	7,00
	50m:	39.35 39.35	100m:	1:20.11	40.76			

Prueba 24, Masc., 100m Libre

35+

1.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR	54.29	13,00
	50m:	26.24 26.24	100m:	54.29 28.05		
2.	1274569	GARCIA MUGGIA, Erick Jose	39	RBAIXAS	1:00.09	10,00
	50m:	29.00 29.00	100m:	1:00.09 31.09		
3.	1199549	MARTINEZ DOPAZO, David	38	CIDSANTIAGO	1:01.48	8,00
	50m:	29.35 29.35	100m:	1:01.48 32.13		
4.	1143515	BLANCO PEREZ, Jesus	39	NTNARON	1:02.62	7,00
	50m:	29.40 29.40	100m:	1:02.62 33.22		
5.	1126597	FERNANDEZ GAYOSO, Jose Manuel	39	MOS	1:04.58	6,00
	50m:	32.02 32.02	100m:	1:04.58 32.56		
6.	1249163	BELLO PORTO, David	35	NCORUÑA	1:09.36	5,00
	50m:	33.19 33.19	100m:	1:09.36 36.17		

40+

1.	1144584	ALVAREZ SILVA, Ruben	44	ESCUALOS	1:05.00	13,00
	50m:	32.42 32.42	100m:	1:05.00 32.58		
2.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE	1:05.70	10,00
	50m:	31.95 31.95	100m:	1:05.70 33.75		
3.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	1:18.31	8,00
	50m:	37.49 37.49	100m:	1:18.31 40.82		
4.	1274003	GRIECO BARRETO, Jose Antonio	43	POURENSE	1:18.39	7,00
	50m:	36.58 36.58	100m:	1:18.39 41.81		
5.	1107557	MELLA BARBEITO, Javier	42	ARTEIXO	1:23.85	6,00
	50m:	39.55 39.55	100m:	1:23.85 44.30		
6.	1238132	FIDALGO SERRANO, Manuel A.	44	TRAVIESAS	1:25.46	5,00
	50m:	40.25 40.25	100m:	1:25.46 45.21		

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS	1:01.02	13,00
	50m:	29.73 29.73	100m:	1:01.02 31.29		
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	1:02.09	10,00
	50m:	29.97 29.97	100m:	1:02.09 32.12		
3.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	1:02.15	8,00
	50m:	29.31 29.31	100m:	1:02.15 32.84		
4.	1085888	CAMIÑA MARTINEZ, Oscar	45	CIDSANTIAGO	1:05.41	7,00
	50m:	31.01 31.01	100m:	1:05.41 34.40		
5.	1090758	IGLESIAS FUERTES, Abel	46	ESCUALOS	1:10.38	6,00
	50m:	31.77 31.77	100m:	1:10.38 38.61		
6.	1232932	VEIGA PILLADO, Jose	47	CASINOC	1:11.96	5,00
	50m:	33.65 33.65	100m:	1:11.96 38.31		
7.	1258069	ORGEIRA CRESPO, Pedro	49	POURENSE	1:12.06	4,00
	50m:	34.58 34.58	100m:	1:12.06 37.48		
8.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	49	ORDES	1:21.23	3,00
	50m:	38.13 38.13	100m:	1:21.23 43.10		

Prueba 24, Masc., 100m Libre, 45+

Clasificación					Edad		Tiempo	Puntos
9.	1253459	TEIJEIRO IGLESIAS, Jesus	49	PORTAMIÑA			1:27.40	2,00
	50m:	39.02	39.02	100m:	1:27.40	48.38		

50+

1.	1274246	MARTINEZ JACOME, Felix	52	POURENSE			58.63	13,00
	50m:	28.80	28.80	100m:	58.63	29.83		
2.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO			1:04.71	10,00
	50m:	31.33	31.33	100m:	1:04.71	33.38		
3.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J. NCORUÑA					1:06.37	8,00
	50m:	31.38	31.38	100m:	1:06.37	34.99		
4.	1075597	RODRIGUEZ BALIÑA, Marcos	54	PONTEAREAS			1:11.13	7,00
	50m:	33.75	33.75	100m:	1:11.13	37.38		
5.	1076182	TABARES DOMINGUEZ, Rafael	51	POURENSE			1:11.36	6,00
	50m:	34.89	34.89	100m:	1:11.36	36.47		
6.	1084040	GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAGO			1:12.26	5,00
	50m:	34.22	34.22	100m:	1:12.26	38.04		
7.	1203306	DURO GONZALEZ, Antonio	51	SALVESTRADA			1:14.38	4,00
	50m:	36.18	36.18	100m:	1:14.38	38.20		
8.	1199640	BURGO, Carlos D.	51	CASINOC			1:17.61	3,00
	50m:	37.32	37.32	100m:	1:17.61	40.29		
9.	1244388	DIEZ RODRIGUEZ, Ignacio J.	53	PORTAMIÑA			1:17.90	2,00
	50m:	38.62	38.62	100m:	1:17.90	39.28		
10.	1141071	LORENZO FERNANDEZ, Jose Manuel	53	RBAIXAS			1:19.67	1,00
	50m:	37.63	37.63	100m:	1:19.67	42.04		

55+

1.	1175089	NISTAL GARCIA, Eduardo	57	CASINOC			1:12.73	13,00
	50m:	35.31	35.31	100m:	1:12.73	37.42		
2.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR			1:13.99	10,00
	50m:	34.54	34.54	100m:	1:13.99	39.45		
3.	1144573	MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE			1:15.36	8,00
	50m:	34.23	34.23	100m:	1:15.36	41.13		
4.	1228047	PEREZ GARCIA, Manuel	58	CULLEREDO			1:28.61	7,00
	50m:	40.64	40.64	100m:	1:28.61	47.97		
5.	1261336	NOVO FERNANDEZ, Alfredo	55	RBAIXAS			1:28.95	6,00
	50m:	41.75	41.75	100m:	1:28.95	47.20		
6.	1236643	MAGARIÑOS MACEIRAS, Xose	57	SALVESTRADA			1:31.91	5,00
	50m:	43.16	43.16	100m:	1:31.91	48.75		
7.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	57	VALDEORRAS			1:33.69	4,00
	50m:	44.71	44.71	100m:	1:33.69	48.98		
8.	1180249	SUAREZ FREIRE, David Manuel	57	RBAIXAS			1:38.62	3,00
	50m:	47.11	47.11	100m:	1:38.62	51.51		
9.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE			1:38.66	2,00
	50m:	47.81	47.81	100m:	1:38.66	50.85		

Prueba 24, Masc., 100m Libre

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	1:03.35	13,00
	50m:	30.72 30.72	100m:	1:03.35 32.63		
2.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH	1:21.20	10,00
	50m:	38.42 38.42	100m:	1:21.20 42.78		
3.	1053394	SANJORGE PEDREIRA, Carmelo	63	ARTEIXO	1:23.92	8,00
	50m:	40.18 40.18	100m:	1:23.92 43.74		
4.	1144940	HERNANZ MORAL, Fausto	63	RBAIXAS	1:25.16	7,00
	50m:	40.67 40.67	100m:	1:25.16 44.49		
5.	1143536	BLANCO PEREZ, Angel	61	POURENSE	1:26.41	6,00
	50m:	40.85 40.85	100m:	1:26.41 45.56		
DSQ	1076248	GONZALEZ ANTON, Jose Luis	63	GALAICO		-
		<i>Saída anticipada</i>				

65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO	1:11.63	13,00
	50m:	34.85 34.85	100m:	1:11.63 36.78		
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS	1:26.48	10,00
	50m:	42.00 42.00	100m:	1:26.48 44.48		
3.	1143896	PERDIZ GONZALEZ, Jose Ramon	67	ESCUALOS	1:44.33	8,00
	50m:	51.68 51.68	100m:	1:44.33 52.65		

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE	1:21.03	13,00
	50m:	38.83 38.83	100m:	1:21.03 42.20		

75+

1.	1076488	MONROY FERNANDEZ, Manuel	75	PONTEAREAS	1:37.45	13,00 RG
	50m:	46.42 46.42	100m:	1:37.45 51.03		

Prueba 25
15/06/2025

Fem., 200m Mariposa

2005 y mayores
Resultados

Clasificación					Edad					Tiempo	Puntos
20+											
1.	1266324	ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS						4:55.87	13,00
		50m: 1:01.08 1:01.08 100m: 2:16.62 1:15.54 150m: 3:38.22 1:21.60 200m: 4:55.87 1:17.65									
25+											
1.	1037851	ALVITE BERGARA, Nerea	26	ARTEIXO						2:34.52	13,00 RG
		50m: 34.87 34.87 100m: 1:14.04 39.17 150m: 1:54.00 39.96 200m: 2:34.52 40.52									
2.	1145008	GONZALEZ PEREZ, Paula	29	PONTEAREAS						4:17.48	10,00
		50m: 53.77 53.77 100m: 1:59.48 1:05.71 150m: 3:07.84 1:08.36 200m: 4:17.48 1:09.64									
30+											
1.	1078925	SALGADO CASTELO, Marta	31	MULLEREF						4:04.08	13,00
		50m: 53.40 53.40 100m: 1:57.18 1:03.78 150m: 3:02.69 1:05.51 200m: 4:04.08 1:01.39									
35+											
1.	1250482	RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS						3:51.94	13,00
		50m: 51.25 51.25 100m: 1:49.82 58.57 150m: 2:53.60 1:03.78 200m: 3:51.94 58.34									
50+											
1.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS						4:29.54	13,00
		50m: 1:00.89 1:00.89 100m: 2:09.99 1:09.10 150m: 3:18.74 1:08.75 200m: 4:29.54 1:10.80									
55+											
1.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS						4:35.13	13,00
		50m: 1:00.08 1:00.08 100m: 2:07.98 1:07.90 150m: 3:21.19 1:13.21 200m: 4:35.13 1:13.94									
2.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS						6:51.63	10,00
		50m: 1:35.56 1:35.56 100m: 3:19.50 1:43.94 150m: 5:07.94 1:48.44 200m: 6:51.63 1:43.69									
60+											
1.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS						4:36.06	13,00
		50m: 1:05.41 1:05.41 100m: 2:15.80 1:10.39 150m: 3:27.47 1:11.67 200m: 4:36.06 1:08.59									

2 - Domingo, 15 de Junio de 2025

15/06/2025 - 10:00

Prueba 26
15/06/2025

Masc., 200m Mariposa

2005 y mayores
Resultados

Clasificación				Edad				Tiempo	Puntos
20+									
1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE				2:19.04	13,00
	50m:	31.57	31.57	100m:	1:07.53	35.96	150m:	1:43.98	36.45
							200m:	2:19.04	35.06
2.	1076409	CANCELA GOMEZ, Hugo	22	PONTEAREAS				2:35.23	10,00
	50m:	30.56	30.56	100m:	1:06.37	35.81	150m:	1:47.60	41.23
							200m:	2:35.23	47.63
25+									
1.	1144193	PASTORIZA SANTACLARA, Jorge	28	RBAIXAS				2:20.32	13,00 RG
	50m:	31.72	31.72	100m:	1:07.38	35.66	150m:	1:43.34	35.96
							200m:	2:20.32	36.98
2.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE				2:42.77	10,00
	50m:	34.24	34.24	100m:	1:15.74	41.50	150m:	1:59.01	43.27
							200m:	2:42.77	43.76
30+									
1.	1038638	CASTRO VILLAR, David	34	CDELMAR				2:38.48	13,00
	50m:	34.65	34.65	100m:	1:14.60	39.95	150m:	1:56.17	41.57
							200m:	2:38.48	42.31
2.	1128175	GULIAS GARCIA, Jose Ruben	34	PONSVETUS				3:25.36	10,00
	50m:	43.35	43.35	100m:	1:38.00	54.65	150m:	2:34.76	56.76
							200m:	3:25.36	50.60
3.	1256973	PENIDE CALVO, Gabriel	32	RBAIXAS				3:34.82	8,00
	50m:	40.72	40.72	100m:	1:33.61	52.89	150m:	2:33.25	59.64
							200m:	3:34.82	1:01.57
40+									
1.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS				3:47.13	13,00
	50m:	50.98	50.98	100m:	1:48.52	57.54	150m:	2:49.05	1:00.53
							200m:	3:47.13	58.08
45+									
1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE				2:46.03	13,00
	50m:	36.82	36.82	100m:	1:18.25	41.43	150m:	2:00.91	42.66
							200m:	2:46.03	45.12
2.	1084041	SUAREZ GARCIA, Sergio	45	PONSVETUS				3:39.96	10,00
	50m:	50.43	50.43	100m:	1:45.77	55.34	150m:	2:42.54	56.77
							200m:	3:39.96	57.42
3.	1190398	FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA				4:39.99	8,00
	50m:	1:03.76	1:03.76	100m:	2:12.86	1:09.10	150m:	3:25.82	1:12.96
							200m:	4:39.99	1:14.17
50+									
1.	1258336	MUÑIZ CAL, Rafael	51	ARTEIXO				2:54.53	13,00
	50m:	38.59	38.59	100m:	1:20.50	41.91	150m:	2:05.61	45.11
							200m:	2:54.53	48.92

Prueba 26, Masc., 200m Mariposa

60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	3:01.37	13,00	RG	
	50m:	41.28 41.28	100m:	1:27.72 46.44	150m:	2:15.24 47.52	200m:	3:01.37 46.13

Prueba 27
15/06/2025

Fem., 50m Espalda

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	24	PORTAMIÑA	35.42	13,00
2.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS	41.72	10,00
3.	1129987	TRILLO RODRIGUEZ, Lara	21	MOS	44.96	8,00
25+						
1.	1039634	LAGO CASTILLO, Natalia	26	NCORUÑA	37.19	13,00
2.	1253170	ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	39.24	10,00
3.	1266329	PRADO POSADA, Sofia	28	PONTEAREAS	51.34	8,00
30+						
1.	1142917	LOPEZ SANMARTIN, Tania	34	NFERROL	38.77	13,00
2.	1237382	MUIÑO, Andrea	34	NCORUÑA	41.69	10,00
3.	1221887	CARRERA PEREZ, Carolina	31	MOS	43.90	8,00
4.	1243197	GANDARA SUAREZ, Tania	32	ORDES	45.89	7,00
35+						
1.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	36.26	13,00
2.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA	37.23	10,00
3.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS	44.21	8,00
4.	1274254	VAZQUEZ DUARTE, Cristina	39	RBAIXAS	45.20	7,00
5.	1258330	BEN CILLERO, Natalia	36	XOVE	53.66	6,00
6.	1260386	FRANCO CAL, Sonia	38	ASMEIGAS	56.32	5,00
40+						
1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	34.58	13,00 RG
2.	1075843	GONZALEZ FERNANDEZ, Leticia	43	XOVE	40.22	10,00
3.	1075225	SOUTO DERUNGS, Cristina	40	NFERROL	41.28	8,00
4.	1146780	DURAN VEIRAS, Raquel	41	ARTEIXO	41.95	7,00
5.	1236642	ABBATEMARCO, Cristina	41	SALVESTRADA	43.09	6,00
6.	1170812	MARTIN, Christelle	44	ESCUALOS	43.80	5,00
7.	1075224	BROZOS VAZQUEZ, Elena Maria	43	CIDSANTIAGO	1:00.15	4,00
8.	1250481	MENDEZ ABELAIRA, Jessica	43	VALDEORRAS	1:17.52	3,00
45+						
1.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON	40.53	13,00
2.	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL	44.12	10,00
3.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO	1:00.02	8,00
4.	1273321	HERRERO DIAZ, Isabel	49	MULLEREF	1:04.65	7,00

Prueba 27, Fem., 50m Espalda

50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	40.58	13,00
2.	1076524	SOSA CARNEIRO, Rosana	54	MOS	46.34	10,00
3.	1217442	VILLASANTE ARMAS, Maria Rosa	50	NCORUÑA	48.79	8,00
4.	1246142	GONZALEZ PIMENTEL, Saleta	53	PONSVETUS	54.74	7,00
5.	1076525	SOSA CARNEIRO, Alicia	51	MOS	58.46	6,00

55+

1.	1075200	JIMENEZ PEREZ, Victoria	56	NFERROL	50.44	13,00
2.	1141127	PAREDES RIOS, Rosa Maria	57	PONSVETUS	52.80	10,00
3.	1258401	CALVIÑO VAZQUEZ, Coral	57	POURENSE	1:02.61	8,00

60+

1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	44.88	13,00
2.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS	57.90	10,00
3.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS	1:03.83	8,00
4.	1144231	PEREZ GALLARDO, Teresa	61	POURENSE	1:19.03	7,00

65+

1.	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	59.29	13,00
2.	1273346	NIKITIK BARTLETT, Anne Nikitik	66	MULLEREF	1:31.24	10,00

70+

1.	1273998	DIAZ PERNAS, Maria Carmen	70	MULLEREF	1:40.92	13,00
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75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	1:36.19	13,00
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Prueba 28
15/06/2025

Masc., 50m Espalda

2005 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1068314	MARTINEZ MARTINEZ, Marcos	22	PONTEAREAS	31.73	13,00
25+						
1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	29.15	13,00
2.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA	37.10	10,00
3.	1267370	ALVAREZ PRESA, Samuel	25	PONTEAREAS	43.35	8,00
30+						
1.	1107418	LAGO LOPEZ, Diego	34	NCORUÑA	30.64	13,00
2.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR	31.08	10,00
3.	1144070	FERNANDEZ MELENDEZ, Andres	30	VALDEORRAS	40.56	8,00
4.	1241602	FONTAN SEIJO, Adrian	32	MOS	41.67	7,00
35+						
1.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS	55.09	13,00
40+						
1.	1170841	BASTIDA CAMPOS, Alejandro	43	SALVESTRADA	37.91	13,00
2.	1272979	DONG, Taogui	41	PORTAMIÑA	42.56	10,00
3.	1147216	GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	42.64	8,00
4.	1274003	GRIECO BARRETO, Jose Antonio	43	POURENSE	45.58	7,00
5.	1076542	GONZALEZ CONDE, Rodrigo	43	PONTEAREAS	46.77	6,00
6.	1238132	FIDALGO SERRANO, Manuel A.	44	TRAVIESAS	52.42	5,00
45+						
1.	1267355	TORRES NEIRA, Mateo	46	CASINOC	30.32	13,00 RG
2.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS	31.30	10,00
3.	1205935	GUIRADO CARABEL, Oscar	49	CULLEREDO	33.06	8,00
4.	1075217	ESPINOSA MIRA, Jorge	47	VALDEORRAS	34.63	7,00
5.	1085888	CAMIÑA MARTINEZ, Oscar	45	CIDSANTIAGO	38.14	6,00
6.	1143895	PADIN CHARLIN, Joaquin	45	ESCUALOS	38.30	5,00
7.	1090758	IGLESIAS FUERTES, Abel	46	ESCUALOS	40.36	4,00
8.	1127402	PEXEGUEIRO BALADRON, Nicolas	48	MOS	43.19	3,00
9.	1235958	BRIOSO DIAZ, Manuel	48	REDONDELA	56.93	2,00
50+						
1.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	35.53	13,00
2.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO	36.51	10,00
3.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J.	NCORUÑA	37.20	8,00	
4.	1076526	REBANAL ALFAYA, Fernando	54	VALDEORRAS	42.88	7,00
DSQ	1199640	BURGO, Carlos D.	51	CASINOC		-
Nado irregular						

Nado irregular

Prueba 28, Masc., 50m Espalda

55+

1.	1141356	GENDE DIAZ, Juan F.	55	FOGAR	42.30	13,00
2.	1266323	MILLAN ALONSO, Ruben	55	TRAVIESAS	42.45	10,00
3.	1253683	GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	47.50	8,00
4.	1236643	MAGARIÑOS MACEIRAS, Xose	57	SALVESTRADA	54.93	7,00
5.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	57	VALDEORRAS	58.74	6,00
DSQ	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	56	VALDEORRAS		-

Nado irregular

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	32.73	13,00
2.	1075589	SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA	51.25	10,00
DSQ	1040281	MARTINEZ BERJANO, Jose Manuel	62	MONFORTE		-

Nado irregular

70+

1.	1075764	NOVOA GONZALEZ, Edmundo	73	HERCULES	59.50	13,00
2.	1076489	VIRUEL RODRIGUEZ, Diego	73	TRAVIESAS	1:24.34	10,00

75+

1.	1076488	MONROY FERNANDEZ, Manuel	75	PONTEAREAS	57.57	13,00
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85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	1:24.97	13,00
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2 - Domingo, 15 de Junio de 2025

15/06/2025 - 10:00

Prueba 29
15/06/2025

Fem., 100m Braza

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO		1:26.53	13,00
	50m:	41.28 41.28	100m:	1:26.53	45.25		
2.	1228048	ALVAREZ SOUTO, Claudia	24	PONTEAREAS		1:31.11	10,00
	50m:	43.83 43.83	100m:	1:31.11	47.28		
25+							
1.	1107420	DAVILA SILVA, Alicia	27	MOS		1:21.01	13,00
	50m:	37.64 37.64	100m:	1:21.01	43.37		
2.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA		1:24.97	10,00
	50m:	40.57 40.57	100m:	1:24.97	44.40		
3.	1238682	BARCA PENSADO, Maria	29	FOGAR		1:33.54	8,00
	50m:	43.97 43.97	100m:	1:33.54	49.57		
4.	1115644	FERNANDEZ JUAN, Maria	27	CIDSANTIAGO		1:35.05	7,00
	50m:	45.08 45.08	100m:	1:35.05	49.97		
5.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO		1:37.98	6,00
	50m:	46.33 46.33	100m:	1:37.98	51.65		
30+							
1.	1041452	BEN CILLERO, Sabela	33	XOVE		1:26.38	13,00
	50m:	40.71 40.71	100m:	1:26.38	45.67		
2.	1266341	MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO		1:37.50	10,00
	50m:	46.46 46.46	100m:	1:37.50	51.04		
3.	1221892	OTERO FERNANDEZ, Maria Luisa	32	SALVESTRADA		1:47.27	8,00
	50m:	50.60 50.60	100m:	1:47.27	56.67		
4.	1257417	ALONSO GONZALEZ, Ines	33	MOS		1:49.14	7,00
	50m:	53.37 53.37	100m:	1:49.14	55.77		
5.	1204918	MARTINEZ GARCIA, Susana	34	MONFORTE		1:49.48	6,00
	50m:	48.99 48.99	100m:	1:49.48	1:00.49		
6.	1141053	IGLESIAS SUAREZ, Laura	33	CDELMAR		1:52.08	5,00
	50m:	53.13 53.13	100m:	1:52.08	58.95		
7.	1253937	MELLA CASTRO, Ana Maria	31	ORDES		1:53.48	4,00
	50m:	51.80 51.80	100m:	1:53.48	1:01.68		
35+							
1.	1084714	BUGALLO PEREZ, Estibaliz	35	GALAICO		1:24.54	13,00
	50m:	40.13 40.13	100m:	1:24.54	44.41		
2.	1249165	CIDRAS ANGEL, Iria	35	NCORUÑA		1:27.67	10,00
	50m:	40.88 40.88	100m:	1:27.67	46.79		

Prueba 29, Fem., 100m Braza, 35+

Clasificación					Edad			Tiempo	Puntos
3.	1258330	BEN CILLERO, Natalia	36	XOVE				1:59.27	8,00
	50m:	55.33	55.33	100m:	1:59.27	1:03.94			
4.	1040100	CALVO RODRIGUEZ, Maria	38	NTNARON				2:05.82	7,00
	50m:	57.47	57.47	100m:	2:05.82	1:08.35			
40+									
1.	1146780	DURAN VEIRAS, Raquel	41	ARTEIXO				1:30.76	13,00
	50m:	43.56	43.56	100m:	1:30.76	47.20			
2.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS				1:30.90	10,00
	50m:	43.67	43.67	100m:	1:30.90	47.23			
3.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO				1:32.16	8,00
	50m:	44.91	44.91	100m:	1:32.16	47.25			
4.	1041646	MOLANES PIÑEIRO, Maria Elena	41	PONTEAREAS				1:53.67	7,00
	50m:	53.27	53.27	100m:	1:53.67	1:00.40			
5.	1243198	MARTIN VILAS, Maria Jesus	43	ORDES				1:54.59	6,00
	50m:	54.16	54.16	100m:	1:54.59	1:00.43			
NP	1243130	TORRE GONZALEZ, Elisa	40	RBAIXAS					-
45+									
1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE				1:36.09	13,00
	50m:	45.01	45.01	100m:	1:36.09	51.08			
2.	1273323	LOPEZ BARREIRO, Cristina	46	MULLEREF				1:55.71	10,00
	50m:	55.44	55.44	100m:	1:55.71	1:00.27			
3.	1253184	ABELLEIRA CORRAL, Gema	45	MULLEREF				2:07.55	8,00
	50m:	1:00.24	1:00.24	100m:	2:07.55	1:07.31			
DSQ	1224731	RIVEIRA CAAMAÑO, Rebeca	48	ORDES					-
	Viraxe irregular								
50+									
1.	1246140	MARIÑO PAZ, Eva Maria	51	PONSVETUS				2:03.14	13,00
	50m:	59.60	59.60	100m:	2:03.14	1:03.54			
2.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS				2:10.95	10,00
	50m:	1:00.08	1:00.08	100m:	2:10.95	1:10.87			
55+									
1.	1197600	SANDERSON KEOUGH, Helen Jane	55	CULLEREDO				1:37.91	13,00
	50m:	47.16	47.16	100m:	1:37.91	50.75			
2.	1037939	CASTRO MAESTRE, Isaura	56	FLUVIAL				1:49.54	10,00
	50m:	53.07	53.07	100m:	1:49.54	56.47			
3.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS				1:51.71	8,00
	50m:	52.50	52.50	100m:	1:51.71	59.21			
4.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF				2:00.17	7,00
	50m:	57.26	57.26	100m:	2:00.17	1:02.91			

Prueba 29, Fem., 100m Braza, 55+

Clasificación			Edad		Tiempo	Puntos
5.	1267371	FORRYAN SECCOMBE, Anne May	59	PONTEAREAS	2:12.77	6,00
	50m:	1:02.46	1:02.46	100m:	2:12.77	1:10.31
60+						
1.	1127105	PEREIRA ALONSO, Isabel	64	FOGAR	1:54.82	13,00
	50m:	54.70	54.70	100m:	1:54.82	1:00.12
2.	1143893	REBOREDÁ MORILLO, Susana	63	ESCUALOS	2:04.50	10,00
	50m:	59.43	59.43	100m:	2:04.50	1:05.07
65+						
1.	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	2:15.73	13,00
	50m:	1:03.75	1:03.75	100m:	2:15.73	1:11.98
2.	1217937	RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	2:26.01	10,00
	50m:	1:08.33	1:08.33	100m:	2:26.01	1:17.68
3.	1037151	GOMEZ DOVAL, Maria Angela	69	FLUVIAL	2:28.94	8,00
	50m:	1:10.36	1:10.36	100m:	2:28.94	1:18.58
DSQ	1273346	NIKITIK BARTLETT, Anne Nikitik	66	MULLEREF		-
	<i>Viraxe irregular</i>					

Prueba 2
14/06/2025

Fem., 400m Libre

2005 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1108843	ESTEVEZ BASTERO, Ana				20	RBAIXAS				5:37.00	13,00
	50m:	38.58	38.58	150m:	2:03.11	42.50	250m:	3:28.62	42.64	350m:	4:54.88	43.23
	100m:	1:20.61	42.03	200m:	2:45.98	42.87	300m:	4:11.65	43.03	400m:	5:37.00	42.12
2.	1111470	GARCES FERNANDEZ, Erea				22	RBAIXAS				5:46.88	10,00
	50m:	38.13	38.13	150m:	2:03.36	43.35	250m:	3:32.07	44.80	350m:	5:02.58	45.13
	100m:	1:20.01	41.88	200m:	2:47.27	43.91	300m:	4:17.45	45.38	400m:	5:46.88	44.30
25+												
1.	1039750	VEIGA SOUTO, Ana				27	ARTEIXO				4:38.78	13,00
	50m:	32.71	32.71	150m:	1:42.96	35.39	250m:	2:54.33	35.25	350m:	4:04.20	35.00
	100m:	1:07.57	34.86	200m:	2:19.08	36.12	300m:	3:29.20	34.87	400m:	4:38.78	34.58
2.	1108273	SUAREZ GONZALEZ, Gracia				25	PONTEAREAS				4:43.06	10,00
	50m:	32.49	32.49	150m:	1:43.24	35.72	250m:	2:54.92	35.79	350m:	4:07.31	36.46
	100m:	1:07.52	35.03	200m:	2:19.13	35.89	300m:	3:30.85	35.93	400m:	4:43.06	35.75
3.	1253170	ABADIN ROZENBAUM, Lucia Iara				28	CDELMAR				5:13.87	8,00
	50m:	35.99	35.99	150m:	1:55.24	39.70	250m:	3:16.38	40.24	350m:	4:36.09	39.55
	100m:	1:15.54	39.55	200m:	2:36.14	40.90	300m:	3:56.54	40.16	400m:	5:13.87	37.78
4.	1266318	GORDILLO VAN GILS, Silvia				29	NTNARON				5:59.69	7,00
	50m:	38.36	38.36	150m:	2:07.44	46.01	250m:	3:41.69	47.25	350m:	5:15.05	47.23
	100m:	1:21.43	43.07	200m:	2:54.44	47.00	300m:	4:27.82	46.13	400m:	5:59.69	44.64
30+												
1.	1116506	RAMOS LOBO, Raquel				32	PORTAMIÑA				5:19.60	13,00
	50m:	34.38	34.38	150m:	1:51.97	39.63	250m:	3:14.33	41.38	350m:	4:38.23	42.05
	100m:	1:12.34	37.96	200m:	2:32.95	40.98	300m:	3:56.18	41.85	400m:	5:19.60	41.37
2.	1078925	SALGADO CASTELO, Marta				31	MULLEREF				6:26.02	10,00
	50m:	44.20	44.20	150m:	2:22.06	49.49	250m:	4:01.85	49.27	350m:	5:39.72	48.01
	100m:	1:32.57	48.37	200m:	3:12.58	50.52	300m:	4:51.71	49.86	400m:	6:26.02	46.30
3.	1141053	IGLESIAS SUAREZ, Laura				33	CDELMAR				6:58.83	8,00
	50m:	46.37	46.37	150m:	2:31.95	54.02	250m:	4:22.41	56.01	350m:	6:12.86	54.97
	100m:	1:37.93	51.56	200m:	3:26.40	54.45	300m:	5:17.89	55.48	400m:	6:58.83	45.97
35+												
1.	1144948	GONZALEZ PEREZ, Jessica				38	RBAIXAS				5:58.59	13,00
	50m:	40.26	40.26	150m:	2:11.30	46.30	250m:	3:43.07	45.73	350m:	5:14.23	45.64
	100m:	1:25.00	44.74	200m:	2:57.34	46.04	300m:	4:28.59	45.52	400m:	5:58.59	44.36
2.	1036315	LOPEZ CORTABITARTE, Belen				38	CASINOC				6:26.20	10,00
	50m:	46.93	46.93	150m:	2:22.45	48.35	250m:	3:59.60	48.79	350m:	5:37.78	49.12
	100m:	1:34.10	47.17	200m:	3:10.81	48.36	300m:	4:48.66	49.06	400m:	6:26.20	48.42
3.	1250482	RODRIGUEZ DE DIOS, Amparo				38	VALDEORRAS				6:31.85	8,00
	50m:	43.05	43.05	150m:	2:18.11	49.01	250m:	3:59.01	50.96	350m:	5:41.94	51.87
	100m:	1:29.10	46.05	200m:	3:08.05	49.94	300m:	4:50.07	51.06	400m:	6:31.85	49.91
4.	1129917	MURAS MORA, Andrea				36	CIDSANTIAGO				6:43.51	7,00
	50m:	43.24	43.24	150m:	2:18.05	48.43	250m:	4:01.78	53.10	350m:	5:49.79	54.47
	100m:	1:29.62	46.38	200m:	3:08.68	50.63	300m:	4:55.32	53.54	400m:	6:43.51	53.72

Prueba 2, Fem., 400m Libre, 35+

Clasificación	Edad								Tiempo	Puntos		
5.	1260386	FRANCO CAL, Sonia	38	ASMEIGAS					8:08.84	6,00		
	50m:	49.28	49.28	150m:	2:51.13	1:03.04	250m:	4:59.50	1:04.72	350m:	7:09.00	1:05.65
	100m:	1:48.09	58.81	200m:	3:54.78	1:03.65	300m:	6:03.35	1:03.85	400m:	8:08.84	59.84
40+												
1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO					4:59.66	13,00		
	50m:	33.80	33.80	150m:	1:48.07	37.60	250m:	3:04.66	38.52	350m:	4:21.87	38.60
	100m:	1:10.47	36.67	200m:	2:26.14	38.07	300m:	3:43.27	38.61	400m:	4:59.66	37.79
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA					5:36.21	10,00		
	50m:	39.18	39.18	150m:	2:03.81	42.71	250m:	3:30.13	43.24	350m:	4:55.61	42.55
	100m:	1:21.10	41.92	200m:	2:46.89	43.08	300m:	4:13.06	42.93	400m:	5:36.21	40.60
3.	1143597	SANCHEZ LEDO, Cira	44	ESCUALOS					6:06.76	8,00		
	50m:	43.27	43.27	150m:	2:15.56	46.07	250m:	3:47.96	46.26	350m:	5:20.77	46.75
	100m:	1:29.49	46.22	200m:	3:01.70	46.14	300m:	4:34.02	46.06	400m:	6:06.76	45.99
4.	1144598	OLMO VAQUEIRO, Leticia	44	PONTEAREAS					6:26.29	7,00		
	50m:	43.41	43.41	150m:	2:18.73	48.18	250m:	3:57.76	50.05	350m:	5:38.26	50.82
	100m:	1:30.55	47.14	200m:	3:07.71	48.98	300m:	4:47.44	49.68	400m:	6:26.29	48.03
5.	1041646	MOLANES PIÑEIRO, Maria Elena	41	PONTEAREAS					7:20.00	6,00		
	50m:	49.17	49.17	150m:	2:39.98	55.76	250m:	4:32.27	56.51	350m:	6:25.02	56.27
	100m:	1:44.22	55.05	200m:	3:35.76	55.78	300m:	5:28.75	56.48	400m:	7:20.00	54.98
45+												
1.	1223050	ANDON YAÑEZ, Lorena	47	CASINOC					7:01.72	13,00		
	50m:	47.00	47.00	150m:	2:32.41	52.95	250m:	4:19.93	54.17	350m:	6:09.04	54.92
	100m:	1:39.46	52.46	200m:	3:25.76	53.35	300m:	5:14.12	54.19	400m:	7:01.72	52.68
50+												
1.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS					6:07.86	13,00		
	50m:	41.83	41.83	150m:	2:14.11	47.35	250m:	3:49.13	47.58	350m:	5:23.36	47.57
	100m:	1:26.76	44.93	200m:	3:01.55	47.44	300m:	4:35.79	46.66	400m:	6:07.86	44.50
55+												
1.	1147048	REGUEIRO RODRIGUEZ, Ana	59	RBAIXAS					6:22.68	13,00		
	50m:	44.95	44.95	150m:	2:22.05	49.29	250m:	3:59.69	48.63	350m:	5:35.88	47.92
	100m:	1:32.76	47.81	200m:	3:11.06	49.01	300m:	4:47.96	48.27	400m:	6:22.68	46.80
60+												
1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR					6:07.71	13,00		
	50m:	41.80	41.80	150m:	2:14.11	47.25	250m:	3:50.49	47.98	350m:	5:24.14	46.74
	100m:	1:26.86	45.06	200m:	3:02.51	48.40	300m:	4:37.40	46.91	400m:	6:07.71	43.57

Prueba 30
15/06/2025

Masc., 100m Braza

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE		1:08.92	13,00
	50m:	32.58 32.58	100m:	1:08.92	36.34		
2.	1143774	BELTRAN FREIRIA, Oskar	21	MOS		1:13.34	10,00
	50m:	34.35 34.35	100m:	1:13.34	38.99		
3.	1079156	MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS		1:28.93	8,00
	50m:	40.75 40.75	100m:	1:28.93	48.18		
4.	1023017	CARRIL SOUTO, Javier	22	ARTEIXO		1:33.03	7,00
	50m:	43.92 43.92	100m:	1:33.03	49.11		
25+							
1.	1141093	VILLAMOR FERRO, Ruben	25	ARTEIXO		1:16.27	13,00
	50m:	35.61 35.61	100m:	1:16.27	40.66		
2.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO		1:18.07	10,00
	50m:	36.90 36.90	100m:	1:18.07	41.17		
3.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE		1:18.72	8,00
	50m:	37.67 37.67	100m:	1:18.72	41.05		
30+							
1.	1130602	TENORIO FREIRE, Martin	33	CIDSANTIAGO		1:12.02	13,00
	50m:	34.04 34.04	100m:	1:12.02	37.98		
2.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO		1:32.10	10,00
	50m:	40.29 40.29	100m:	1:32.10	51.81		
3.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS		2:06.22	8,00
	50m:	57.78 57.78	100m:	2:06.22	1:08.44		
35+							
1.	1267364	PINTO RAMNARINE, Rohan Ian	39	GALAICO		1:07.50	13,00
	50m:	31.97 31.97	100m:	1:07.50	35.53		
2.	1076287	PAZOS ALONSO, Josue	39	ESCUALOS		1:14.14	10,00
	50m:	34.48 34.48	100m:	1:14.14	39.66		
3.	1199549	MARTINEZ DOPAZO, David	38	CIDSANTIAGO		1:15.85	8,00
	50m:	35.87 35.87	100m:	1:15.85	39.98		
4.	1143890	FORTES NOVOA, Martino	37	ESCUALOS		1:18.43	7,00
	50m:	37.94 37.94	100m:	1:18.43	40.49		
5.	1185622	DIAZ RODRIGUEZ, Andres	36	NTNARON		1:24.18	6,00
	50m:	39.60 39.60	100m:	1:24.18	44.58		
6.	1023057	PEREZ VAZQUEZ, Telmo	37	NTNARON		1:35.93	5,00
	50m:	45.89 45.89	100m:	1:35.93	50.04		

Prueba 30, Masc., 100m Braza

40+

1.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	1:24.10	13,00
	50m:	40.07 40.07	100m:	1:24.10 44.03		
2.	1076542	GONZALEZ CONDE, Rodrigo	43	PONTEAREAS	1:41.06	10,00
	50m:	48.52 48.52	100m:	1:41.06 52.54		
3.	1147216	GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	1:41.63	8,00
	50m:	47.50 47.50	100m:	1:41.63 54.13		

45+

1.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA	1:19.25	13,00
	50m:	36.88 36.88	100m:	1:19.25 42.37		
2.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE	1:19.92	10,00
	50m:	38.51 38.51	100m:	1:19.92 41.41		
3.	1143895	PADIN CHARLIN, Joaquin	45	ESCUALOS	1:26.39	8,00
	50m:	40.97 40.97	100m:	1:26.39 45.42		
4.	1201621	ALONSO ORTIZ, Mariano	49	FLUVIAL	1:27.13	7,00
	50m:	41.41 41.41	100m:	1:27.13 45.72		
5.	1272806	FEIJOO REY, Roi	46	POURENSE	1:27.42	6,00
	50m:	40.03 40.03	100m:	1:27.42 47.39		
6.	1076564	CABANELAS EIRAS, Pablo	46	CIDSANTIAGO	1:31.31	5,00
	50m:	43.96 43.96	100m:	1:31.31 47.35		
7.	1127402	PEXEGUEIRO BALADRON, Nicolas	48	MOS	1:38.43	4,00
	50m:	45.82 45.82	100m:	1:38.43 52.61		
8.	1084041	SUAREZ GARCIA, Sergio	45	PONSVETUS	1:39.45	3,00
	50m:	46.95 46.95	100m:	1:39.45 52.50		
9.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	49	ORDES	1:45.12	2,00
	50m:	49.58 49.58	100m:	1:45.12 55.54		
10.	1251233	GONZALEZ SANDEZ, Carlos	46	VALDEORRAS	1:53.50	1,00
	50m:	52.80 52.80	100m:	1:53.50 1:00.70		

50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	1:13.24	13,00 RG
	50m:	34.08 34.08	100m:	1:13.24 39.16		
2.	1197597	HERNAEZ OUBIÑA, David	52	CULLEREDO	1:23.82	10,00
	50m:	38.45 38.45	100m:	1:23.82 45.37		
3.	1244393	REY RODRIGUEZ, Oscar	51	CIDSANTIAGO	1:26.88	8,00
	50m:	40.93 40.93	100m:	1:26.88 45.95		
4.	1141504	BOUSO FUENTECILLA, Fernando	54	ESCUALOS	1:29.62	7,00
	50m:	41.21 41.21	100m:	1:29.62 48.41		
5.	1143605	FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS	1:32.25	6,00
	50m:	44.63 44.63	100m:	1:32.25 47.62		
6.	1224729	FERNADEZ BARREIROS, Claudio	50	ORDES	1:32.37	5,00
	50m:	43.55 43.55	100m:	1:32.37 48.82		
7.	1144117	PREGO MARTINEZ, Benjamin	52	PONTEAREAS	1:35.58	4,00
	50m:	45.63 45.63	100m:	1:35.58 49.95		

Prueba 30, Masc., 100m Braza, 50+

Clasificación					Edad		Tiempo	Puntos
8.	1244388	DIEZ RODRIGUEZ, Ignacio J.	53	PORTAMIÑA			1:43.21	3,00
	50m:	49.73 49.73	100m:	1:43.21	53.48			
55+								
1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS			1:18.58	13,00
	50m:	37.07 37.07	100m:	1:18.58	41.51			
2.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR			1:35.88	10,00
	50m:	46.66 46.66	100m:	1:35.88	49.22			
3.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE			1:46.29	8,00
	50m:	51.05 51.05	100m:	1:46.29	55.24			
4.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	56	VALDEORRAS			1:59.30	7,00
	50m:	57.57 57.57	100m:	1:59.30	1:01.73			
5.	1145039	FERREIRO SANCHEZ, Luis	55	POURENSE			2:03.96	6,00
	50m:	58.96 58.96	100m:	2:03.96	1:05.00			
60+								
1.	1078597	SOLLEIRO TIZON, Juan Jose	62	NCORUÑA			1:29.22	13,00
	50m:	42.94 42.94	100m:	1:29.22	46.28			
2.	1079361	RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS			1:48.37	10,00
	50m:	51.20 51.20	100m:	1:48.37	57.17			
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS			1:57.34	8,00
	50m:	53.15 53.15	100m:	1:57.34	1:04.19			
65+								
1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS			1:51.18	13,00
	50m:	55.34 55.34	100m:	1:51.18	55.84			
70+								
1.	1076489	VIRUEL RODRIGUEZ, Diego	73	TRAVIESAS			2:42.41	13,00
	50m:	1:13.83 1:13.83	100m:	2:42.41	1:28.58			
75+								
1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS			1:55.07	13,00
	50m:	54.60 54.60	100m:	1:55.07	1:00.47			
85+								
1.	1143430	ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS			3:09.21	13,00
	50m:	1:31.54 1:31.54	100m:	3:09.21	1:37.67			

Prueba 31
15/06/2025

Fem., 200m Libre

2005 y mayores
Resultados

Clasificación				Edad				Tiempo	Puntos
20+									
1.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS	2:30.71	13,00			
	50m:	33.68	33.68	100m:	1:12.33	38.65	150m:	1:52.05	39.72
							200m:	2:30.71	38.66
2.	1108843	ESTEVEZ BASTERO, Ana	20	RBAIXAS	2:42.48	10,00			
	50m:	38.06	38.06	100m:	1:19.35	41.29	150m:	2:01.45	42.10
							200m:	2:42.48	41.03
3.	1111470	GARCES FERNANDEZ, Erea	22	RBAIXAS	2:44.23	8,00			
	50m:	37.66	37.66	100m:	1:19.26	41.60	150m:	2:01.68	42.42
							200m:	2:44.23	42.55
25+									
1.	1108273	SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	2:11.07	13,00			
	50m:	31.00	31.00	100m:	1:04.27	33.27	150m:	1:38.09	33.82
							200m:	2:11.07	32.98
2.	1039750	VEIGA SOUTO, Ana	27	ARTEIXO	2:14.20	10,00			
	50m:	31.62	31.62	100m:	1:04.92	33.30	150m:	1:39.39	34.47
							200m:	2:14.20	34.81
3.	1038608	SUAREZ GARCIA, Sofia	28	RBAIXAS	2:46.86	8,00			
	50m:	37.71	37.71	100m:	1:19.03	41.32	150m:	2:02.84	43.81
							200m:	2:46.86	44.02
4.	1266318	GORDILLO VAN GILS, Silvia	29	NTNARON	2:51.62	7,00			
	50m:	37.56	37.56	100m:	1:20.35	42.79	150m:	2:06.54	46.19
							200m:	2:51.62	45.08
5.	1266329	PRADO POSADA, Sofia	28	PONTEAREAS	3:31.42	6,00			
	50m:	45.40	45.40	100m:	1:39.31	53.91	150m:	2:35.71	56.40
							200m:	3:31.42	55.71
30+									
1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA	2:28.54	13,00			
	50m:	33.29	33.29	100m:	1:10.54	37.25	150m:	1:49.62	39.08
							200m:	2:28.54	38.92
2.	1141053	IGLESIAS SUAREZ, Laura	33	CDELMAR	3:22.68	10,00			
	50m:	46.19	46.19	100m:	1:38.70	52.51	150m:	2:32.93	54.23
							200m:	3:22.68	49.75
35+									
1.	1144948	GONZALEZ PEREZ, Jessica	38	RBAIXAS	2:47.91	13,00			
	50m:	38.33	38.33	100m:	1:20.59	42.26	150m:	2:04.51	43.92
							200m:	2:47.91	43.40
2.	1129917	MURAS MORA, Andrea	36	CIDSANTIAGO	2:55.85	10,00			
	50m:	39.92	39.92	100m:	1:22.96	43.04	150m:	2:08.09	45.13
							200m:	2:55.85	47.76
40+									
1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	2:22.37	13,00			
	50m:	32.68	32.68	100m:	1:08.72	36.04	150m:	1:45.56	36.84
							200m:	2:22.37	36.81
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA	2:38.34	10,00			
	50m:	37.35	37.35	100m:	1:17.46	40.11	150m:	1:58.27	40.81
							200m:	2:38.34	40.07
3.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	2:52.49	8,00			
	50m:	39.83	39.83	100m:	1:23.72	43.89	150m:	2:09.11	45.39
							200m:	2:52.49	43.38
4.	1041646	MOLANES PIÑEIRO, Maria Elena	41	PONTEAREAS	3:23.05	7,00			
	50m:	48.34	48.34	100m:	1:40.59	52.25	150m:	2:32.90	52.31
							200m:	3:23.05	50.15

Prueba 31, Fem., 200m Libre

45+

1.	1078902	AZANZA MORENO, Cristina					49	MULLEREF			2:37.78	13,00
	50m:	35.40	35.40	100m:	1:14.81	39.41	150m:	1:56.75	41.94	200m:	2:37.78	41.03
2.	1223050	ANDON YAÑEZ, Lorena					47	CASINOC			3:17.66	10,00
	50m:	46.77	46.77	100m:	1:37.69	50.92	150m:	2:28.09	50.40	200m:	3:17.66	49.57
3.	1264778	VAZQUEZ LOPEZ, Eva					48	MULLEREF			3:46.35	8,00
	50m:	53.46	53.46	100m:	1:50.89	57.43	150m:	2:49.50	58.61	200m:	3:46.35	56.85
4.	1250484	VAZQUEZ GONZALEZ, Yolanda					49	VALDEORRAS			3:52.16	7,00
	50m:	55.50	55.50	100m:	1:53.69	58.19	150m:	2:53.43	59.74	200m:	3:52.16	58.73
5.	1253184	ABELLEIRA CORRAL, Gema					45	MULLEREF			3:59.79	6,00
	50m:	52.18	52.18	100m:	1:52.87	1:00.69	150m:	2:57.34	1:04.47	200m:	3:59.79	1:02.45

50+

1.	1040944	VARELA REDONDO, Veronica				50	PONTEAREAS				2:57.13	13,00
	50m:	40.14	40.14	100m:	1:25.05	44.91	150m:	2:11.42	46.37	200m:	2:57.13	45.71

55+

1.	1264777	GONZALEZ ALCARAZ, Glenda Teresa				55	MULLEREF			3:33.22	13,00	
	50m:	45.47	45.47	100m:	1:37.92	52.45	150m:	2:34.68	56.76	200m:	3:33.22	58.54
2.	1144697	ACEVEDO REGO, Ermitas				59	POURENSE			3:58.53	10,00	
	50m:	56.33	56.33	100m:	1:56.94	1:00.61	150m:	2:58.70	1:01.76	200m:	3:58.53	59.83
3.	1269270	REY OTERO, Angela Maria				59	MULLEREF			4:01.89	8,00	
	50m:	55.65	55.65	100m:	1:57.70	1:02.05	150m:	3:00.80	1:03.10	200m:	4:01.89	1:01.09
4.	1143584	FERNANDEZ SESTELO, Maria Jose				55	PONTEAREAS			4:05.56	7,00	
	50m:	52.33	52.33	100m:	1:56.36	1:04.03	150m:	3:02.89	1:06.53	200m:	4:05.56	1:02.67

60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	2:55.22	13,00						
	50m:	41.42	41.42	100m:	1:25.48	44.06	150m:	2:11.74	46.26	200m:	2:55.22	43.48
2.	1143893	REBORDA MORILLO, Susana	63	ESCUALOS	3:56.73	10,00						
	50m:	53.97	53.97	100m:	1:53.26	59.29	150m:	2:55.08	1:01.82	200m:	3:56.73	1:01.65

65+

1.	1217937	RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	4:39.85	13,00						
	50m:	1:04.52	1:04.52	100m:	2:15.79	1:11.27	150m:	3:28.88	1:13.09	200m:	4:39.85	1:10.97

Prueba 32
15/06/2025

Masc., 200m Libre

2005 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1142991	PEREZ PAZ, Dario					20	PONTEAREAS			1:59.38	13,00 RG
	50m:	27.79	27.79	100m:	58.18	30.39	150m:	1:28.92	30.74	200m:	1:59.38	30.46
2.	1039554	GUTIERREZ MARIÑO, Santiago					23	POURENSE			2:14.81	10,00
	50m:	27.95	27.95	100m:	1:02.20	34.25	150m:	1:38.75	36.55	200m:	2:14.81	36.06
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge					28	RBAIXAS			2:00.52	13,00
	50m:	28.36	28.36	100m:	58.83	30.47	150m:	1:29.78	30.95	200m:	2:00.52	30.74
2.	1037180	CARRERA COSTAS, Martin					29	PONTEAREAS			2:11.06	10,00
	50m:	29.88	29.88	100m:	1:02.71	32.83	150m:	1:37.11	34.40	200m:	2:11.06	33.95
3.	1039270	TRILLO RODRIGUEZ, Adrian					28	MOS			2:19.55	8,00
	50m:	31.98	31.98	100m:	1:07.05	35.07	150m:	1:43.26	36.21	200m:	2:19.55	36.29
30+												
1.	1232980	PICALLO MATO, Adrian					30	SALVESTRADA			2:27.58	13,00
	50m:	34.03	34.03	100m:	1:10.36	36.33	150m:	1:48.89	38.53	200m:	2:27.58	38.69
2.	1076271	NOVALES BLANCO, Xabier					34	RBAIXAS			2:42.56	10,00
	50m:	37.88	37.88	100m:	1:19.59	41.71	150m:	2:02.36	42.77	200m:	2:42.56	40.20
3.	1222771	LAGO GONZALEZ, Ivan					32	PONTEAREAS			3:56.98	8,00
	50m:	46.40	46.40	100m:	1:44.25	57.85	150m:	2:50.37	1:06.12	200m:	3:56.98	1:06.61
35+												
1.	1143515	BLANCO PEREZ, Jesus					39	NTNARON			2:21.53	13,00
	50m:	32.00	32.00	100m:	1:07.24	35.24	150m:	1:43.77	36.53	200m:	2:21.53	37.76
2.	1249163	BELLO PORTO, David					35	NCORUÑA			2:35.02	10,00
	50m:	35.15	35.15	100m:	1:13.16	38.01	150m:	1:53.56	40.40	200m:	2:35.02	41.46
3.	1078909	RODRIGUEZ BALIÑA, Mauro					35	PONTEAREAS			3:05.78	8,00
	50m:	40.36	40.36	100m:	1:28.14	47.78	150m:	2:17.05	48.91	200m:	3:05.78	48.73
40+												
1.	1144584	ALVAREZ SILVA, Ruben					44	ESCUALOS			2:29.05	13,00
	50m:	35.53	35.53	100m:	1:13.74	38.21	150m:	1:51.86	38.12	200m:	2:29.05	37.19
2.	1198278	MANEIRO BETANZOS, Javier					40	PONSVETUS			2:39.89	10,00
	50m:	36.37	36.37	100m:	1:16.69	40.32	150m:	1:57.95	41.26	200m:	2:39.89	41.94
3.	1141126	GOLPE IGLESIAS, Jose Antonio					43	PONSVETUS			2:56.64	8,00
	50m:	40.76	40.76	100m:	1:24.97	44.21	150m:	2:12.18	47.21	200m:	2:56.64	44.46

Prueba 32, Masc., 200m Libre

45+

1.	1267355	TORRES NEIRA, Mateo	46	CASINOC	2:11.21	13,00	RG	
	50m:	30.17 30.17	100m:	1:03.45 33.28	150m:	1:37.17 33.72	200m:	2:11.21 34.04
2.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	2:19.81	10,00		
	50m:	31.61 31.61	100m:	1:06.76 35.15	150m:	1:43.62 36.86	200m:	2:19.81 36.19
3.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	2:20.39	8,00		
	50m:	32.10 32.10	100m:	1:07.21 35.11	150m:	1:44.43 37.22	200m:	2:20.39 35.96
4.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA	2:27.78	7,00		
	50m:	32.87 32.87	100m:	1:10.29 37.42	150m:	1:49.05 38.76	200m:	2:27.78 38.73
5.	1200126	TABOADA CALVELO, Jose Carlos	46	SALVESTRADA	2:53.47	6,00		
	50m:	36.51 36.51	100m:	1:19.67 43.16	150m:	2:06.56 46.89	200m:	2:53.47 46.91
6.	1145005	FERNANDEZ IGLESIAS, Emilio J.	48	PONTEAREAS	2:53.58	5,00		
	50m:	39.73 39.73	100m:	1:23.43 43.70	150m:	2:09.13 45.70	200m:	2:53.58 44.45

50+

1.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	2:13.59	13,00		
	50m:	31.38 31.38	100m:	1:05.32 33.94	150m:	1:39.62 34.30	200m:	2:13.59 33.97
2.	1264722	BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	2:24.44	10,00		
	50m:	35.01 35.01	100m:	1:12.37 37.36	150m:	1:48.47 36.10	200m:	2:24.44 35.97
3.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	2:26.80	8,00		
	50m:	35.19 35.19	100m:	1:13.26 38.07	150m:	1:50.90 37.64	200m:	2:26.80 35.90
4.	1258336	MUÑIZ CAL, Rafael	51	ARTEIXO	2:27.35	7,00		
	50m:	33.68 33.68	100m:	1:10.74 37.06	150m:	1:49.30 38.56	200m:	2:27.35 38.05
5.	1084040	GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAGO	2:36.68	6,00		
	50m:	36.13 36.13	100m:	1:16.72 40.59	150m:	1:56.77 40.05	200m:	2:36.68 39.91
6.	1075597	RODRIGUEZ BALIÑA, Marcos	54	PONTEAREAS	2:39.45	5,00		
	50m:	35.91 35.91	100m:	1:15.53 39.62	150m:	1:57.82 42.29	200m:	2:39.45 41.63
7.	1268047	CUETO ALVAREZ, Elias	50	CIDSANTIAGO	2:42.25	4,00		
	50m:	38.42 38.42	100m:	1:18.58 40.16	150m:	2:01.16 42.58	200m:	2:42.25 41.09
8.	1143605	FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS	2:52.89	3,00		
	50m:	41.99 41.99	100m:	1:25.50 43.51	150m:	2:10.71 45.21	200m:	2:52.89 42.18
9.	1141071	LORENZO FERNANDEZ, Jose Manuel	53	RBAIXAS	2:56.58	2,00		
	50m:	40.14 40.14	100m:	1:24.35 44.21	150m:	2:11.86 47.51	200m:	2:56.58 44.72

55+

1.	1175089	NISTAL GARCIA, Eduardo				57	CASINOC			2:46.84	13,00	
	50m:	38.07	38.07	100m:	1:20.92	42.85	150m:	2:05.30	44.38	200m:	2:46.84	41.54
2.	1180249	SUAREZ FREIRE, David Manuel				57	RBAIXAS			3:40.90	10,00	
	50m:	48.47	48.47	100m:	1:42.59	54.12	150m:	2:40.34	57.75	200m:	3:40.90	1:00.56

Prueba 32, Masc., 200m Libre

60+

1.	1105220	GARCIA RIÑON, Jaime				61	NCORUÑA		2:28.07	13,00
	50m:	34.96	34.96	100m:	1:12.98	38.02	150m:	1:51.01	38.03	200m: 2:28.07 37.06
2.	1078802	CEGARRA GARCIA, Eugenio				61	RSDH		3:04.07	10,00
	50m:	42.18	42.18	100m:	1:29.49	47.31	150m:	2:18.08	48.59	200m: 3:04.07 45.99
3.	1144940	HERNANZ MORAL, Fausto				63	RBAIXAS		3:09.13	8,00
	50m:	44.33	44.33	100m:	1:33.00	48.67	150m:	2:22.01	49.01	200m: 3:09.13 47.12
4.	1143536	BLANCO PEREZ, Angel				61	POURENSE		3:10.77	7,00
	50m:	43.97	43.97	100m:	1:32.16	48.19	150m:	2:23.15	50.99	200m: 3:10.77 47.62
5.	1053394	SANJORGE PEDREIRA, Carmelo				63	ARTEIXO		3:17.17	6,00
	50m:	45.41	45.41	100m:	1:34.68	49.27	150m:	2:27.10	52.42	200m: 3:17.17 50.07
6.	1076248	GONZALEZ ANTON, Jose Luis				63	GALAICO		3:45.41	5,00
	50m:	52.02	52.02	100m:	1:49.30	57.28	150m:	2:49.64	1:00.34	200m: 3:45.41 55.77

65+

1.	1170858	CODESIDO LOPEZ, Jose			66	CIDSANTIAGO			2:39.45	13,00	RG	
	50m:	37.20	37.20	100m:	1:17.05	39.85	150m:	1:59.01	41.96	200m:	2:39.45	40.44

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon		71	POURENSE			3:00.80	13,00			
	50m:	43.47	43.47	100m:	1:29.70	46.23	150m:	2:16.36	46.66	200m:	3:00.80	44.44

85+

1.	1143727	FOLCH MALLOFRE, Ramon	88	ARTEIXO	4:25.40	13,00						
	50m:	1:02.61	1:02.61	100m:	2:09.98	1:07.37	150m:	3:18.96	1:08.98	200m:	4:25.40	1:06.44

Prueba 33
15/06/2025

Fem., 50m Mariposa

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos	
20+								
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS		29.16	13,00	RG
2.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS		33.56	10,00	
3.	1129987	TRILLO RODRIGUEZ, Lara	21	MOS		49.13	8,00	
25+								
1.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA		33.86	13,00	
2.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO		36.13	10,00	
3.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO		38.24	8,00	
4.	1222772	RODRIGUEZ-TOUBES FORRYAN, Iren	26	PONTEAREAS		1:05.09	7,00	
30+								
1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS		29.27	13,00	
2.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR		35.69	10,00	
3.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS		36.15	8,00	
4.	1266341	MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO		40.89	7,00	
5.	1143565	ARAUJO CASTRO, Paula	34	CDELMAR		43.65	6,00	
6.	1204918	MARTINEZ GARCIA, Susana	34	MONFORTE		43.78	5,00	
7.	1221892	OTERO FERNANDEZ, Maria Luisa	32	SALVESTRADA		48.63	4,00	
35+								
1.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA		33.95	13,00	
2.	1084714	BUGALLO PEREZ, Estibaliz	35	GALAICO		34.51	10,00	
3.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS		42.81	8,00	
4.	1040100	CALVO RODRIGUEZ, Maria	38	NTNARON		56.48	7,00	
5.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS		58.63	6,00	
6.	1260386	FRANCO CAL, Sonia	38	ASMEIGAS		59.38	5,00	
7.	1202705	MARTINEZ BARCIELA, Maria Olga	35	RBAIXAS		59.52	4,00	
40+								
1.	1075843	GONZALEZ FERNANDEZ, Leticia	43	XOVE		38.87	13,00	
2.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO		39.66	10,00	
3.	1222531	FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA		41.96	8,00	
4.	1250481	MENDEZ ABELAIRA, Jessica	43	VALDEORRAS		1:27.72	7,00	
NP	1243130	TORRE GONZALEZ, Elisa	40	RBAIXAS				-
45+								
1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE		39.54	13,00	
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS		44.67	10,00	
3.	1236743	RIVAS RODRIGUEZ, Lucia	46	NCORUÑA		47.63	8,00	
4.	1224731	RIVEIRA CAAMAÑO, Rebeca	48	ORDES		48.02	7,00	
5.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO		1:14.91	6,00	

Prueba 33, Fem., 50m Mariposa

50+

1.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	44.44	13,00
2.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	50.72	10,00
3.	1076524	SOUSA CARNEIRO, Rosana	54	MOS	52.14	8,00
4.	1246142	GONZALEZ PIMENTEL, Saleta	53	PONSVETUS	1:05.22	7,00

55+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	59	HERCULES	46.62	13,00
2.	1075200	JIMENEZ PEREZ, Victoria	56	NFERROL	49.37	10,00
3.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS	50.25	8,00

60+

1.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS	40.00	13,00 RG
2.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	45.25	10,00

Prueba 34
15/06/2025

Masc., 50m Mariposa

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos	
20+								
1.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE		25.94	13,00	RG
2.	1143774	BELTRAN FREIRIA, Oskar	21	MOS		28.12	10,00	
3.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS		29.38	8,00	
4.	1068314	MARTINEZ MARTINEZ, Marcos	22	PONTEAREAS		30.94	7,00	
5.	1135985	CASARES GARCIA, Adrian	22	PONTEAREAS		32.25	6,00	
25+								
1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO		28.83	13,00	
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA		29.31	10,00	
3.	1264760	DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS		34.88	8,00	
30+								
1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA		27.59	13,00	
2.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR		28.55	10,00	
3.	1119327	SUAREZ FERNANDEZ, Santiago	30	MONFORTE		28.59	8,00	
4.	1256973	PENIDE CALVO, Gabriel	32	RBAIXAS		36.20	7,00	
5.	1128175	GULIAS GARCIA, Jose Ruben	34	PONSVETUS		37.38	6,00	
35+								
1.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR		27.36	13,00	
2.	1274569	GARCIA MUGGIA, Erick Jose	39	RBAIXAS		30.23	10,00	
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	39	MOS		32.10	8,00	
4.	1185622	DIAZ RODRIGUEZ, Andres	36	NTNARON		32.86	7,00	
5.	1275099	ALONSO NOVOA, Diego	35	MOS		33.97	6,00	
6.	1078909	RODRIGUEZ BALIÑA, Mauro	35	PONTEAREAS		36.47	5,00	
7.	1023057	PEREZ VAZQUEZ, Telmo	37	NTNARON		36.79	4,00	
40+								
1.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE		34.14	13,00	
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO		36.71	10,00	
DSQ	1198278	MANEIRO BETANZOS, Javier	40	PONSVETUS				-
Nado irregular								
45+								
1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE		30.04	13,00	
2.	1272806	FEIJOO REY, Roi	46	POURENSE		32.94	10,00	
3.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE		33.27	8,00	
4.	1075217	ESPINOSA MIRA, Jorge	47	VALDEORRAS		33.90	7,00	
5.	1145005	FERNANDEZ IGLESIAS, Emilio J.	48	PONTEAREAS		35.75	6,00	
6.	1201621	ALONSO ORTIZ, Mariano	49	FLUVIAL		36.82	5,00	
7.	1232932	VEIGA PILLADO, Jose	47	CASINOC		37.67	4,00	
8.	1200126	TABOADA CALVELO, Jose Carlos	46	SALVESTRADA		43.13	3,00	
9.	1235958	BRIOSO DIAZ, Manuel	48	REDONDELA		55.41	2,00	

Prueba 34, Masc., 50m Mariposa, 45+

Clasificación		Edad		Tiempo	Puntos
DSQ	1258069 ORGEIRA CRESPO, Pedro	49	POURENSE		-
	<i>Saída anticipada</i>				
50+					
1.	1076544 GARABATOS RODRIGUEZ, Santiago	51	MOS	28.52	13,00
2.	1243174 SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	29.10	10,00
3.	1197597 HERNAEZ OUBIÑA, David	52	CULLEREDO	35.21	8,00
4.	1076182 TABARES DOMINGUEZ, Rafael	51	POURENSE	36.00	7,00
5.	1144297 LAMAS SOTO, Cesar	50	CULLEREDO	37.26	6,00
6.	1203306 DURO GONZALEZ, Antonio	51	SALVESTRADA	40.45	5,00
7.	1141502 TRONCOSO CAAMAÑO, Fernando	50	ESCUALOS	41.23	4,00
55+					
1.	1144573 MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE	36.72	13,00
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	37.38	10,00
3.	1141356 GENDE DIAZ, Juan F.	55	FOGAR	37.92	8,00
4.	1253683 GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	43.76	7,00
5.	1261336 NOVO FERNANDEZ, Alfredo	55	RBAIXAS	45.82	6,00
6.	1228047 PEREZ GARCIA, Manuel	58	CULLEREDO	46.81	5,00
7.	1180234 SANCHEZ SECO, Manuel	57	ESCUALOS	47.32	4,00
60+					
1.	1105220 GARCIA RIÑON, Jaime	61	NCORUÑA	34.28	13,00
2.	1076250 BETHENCOURT IGLESIAS, Sergio	62	CIDSANTIAGO	35.82	10,00
3.	1061111 ISASTI MAIZA, Patxi Xabier	60	XOVE	38.98	8,00
4.	1040281 MARTINEZ BERJANO, Jose Manuel	62	MONFORTE	46.17	7,00
5.	1075589 SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA	51.30	6,00
DSQ	1079361 RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS		-
	<i>Saída anticipada</i>				
65+					
DSQ	1143896 PERDIZ GONZALEZ, Jose Ramon	67	ESCUALOS		-
	<i>Viraxe irregular</i>				
70+					
1.	1240096 IVANCHENKO, Yurii	72	POURENSE	48.00	13,00

Prueba 35
15/06/2025

Fem., 200m Espalda

2005 y mayores
Resultados

Clasificación	Edad								Tiempo	Puntos
20+										
1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria				24	PORTAMIÑA		3:19.76	13,00
	50m:	46.38	46.38	100m:	1:38.61	52.23	150m:	2:30.88	52.27	200m: 3:19.76 48.88
25+										
1.	1039750	VEIGA SOUTO, Ana				27	ARTEIXO		2:29.69	13,00 RG
	50m:	35.80	35.80	100m:	1:13.58	37.78	150m:	1:51.42	37.84	200m: 2:29.69 38.27
2.	1039634	LAGO CASTILLO, Natalia				26	NCORUÑA		3:04.98	10,00
	50m:	42.37	42.37	100m:	1:28.69	46.32	150m:	2:17.52	48.83	200m: 3:04.98 47.46
3.	1038466	RODRIGUEZ PAZ, Lucia				25	PONTEAREAS		3:18.01	8,00
	50m:	45.17	45.17	100m:	1:35.35	50.18	150m:	2:27.30	51.95	200m: 3:18.01 50.71
30+										
1.	1051353	CRUZ GARCIA, Aurora				30	CIDSANTIAGO		2:52.09	13,00
	50m:	39.11	39.11	100m:	1:21.41	42.30	150m:	2:06.69	45.28	200m: 2:52.09 45.40
2.	1142917	LOPEZ SANMARTIN, Tania				34	NFERROL		3:07.83	10,00
	50m:	43.46	43.46	100m:	1:30.59	47.13	150m:	2:18.26	47.67	200m: 3:07.83 49.57
35+										
1.	1144948	GONZALEZ PEREZ, Jessica				38	RBAIXAS		3:17.11	13,00
	50m:	46.45	46.45	100m:	1:36.17	49.72	150m:	2:27.23	51.06	200m: 3:17.11 49.88
2.	1040731	GESTO ALONSO, Clarisa				36	PONTEAREAS		3:21.78	10,00
	50m:	48.17	48.17	100m:	1:42.08	53.91	150m:	2:35.03	52.95	200m: 3:21.78 46.75
3.	1274254	VAZQUEZ DUARTE, Cristina				39	RBAIXAS		3:29.58	8,00
	50m:	48.26	48.26	100m:	1:42.38	54.12	150m:	2:36.49	54.11	200m: 3:29.58 53.09
40+										
1.	1143597	SANCHEZ LEDO, Cira				44	ESCUALOS		2:57.07	13,00
	50m:	43.37	43.37	100m:	1:27.33	43.96	150m:	2:12.49	45.16	200m: 2:57.07 44.58
2.	1222531	FERNANDEZ GONZALEZ, Iria				43	PORTAMIÑA		3:18.76	10,00
	50m:	47.76	47.76	100m:	1:37.64	49.88	150m:	2:29.32	51.68	200m: 3:18.76 49.44
3.	1170812	MARTIN, Christelle				44	ESCUALOS		3:28.15	8,00
	50m:	48.63	48.63	100m:	1:40.64	52.01	150m:	2:34.28	53.64	200m: 3:28.15 53.87
4.	1251885	SUAREZ BUJAN, Rebeca				42	CIDSANTIAGO		3:48.48	7,00
	50m:	48.86	48.86	100m:	1:46.95	58.09	150m:	2:51.55	1:04.60	200m: 3:48.48 56.93
45+										
1.	1078902	AZANZA MORENO, Cristina				49	MULLEREF		3:05.07	13,00
	50m:	43.99	43.99	100m:	1:31.04	47.05	150m:	2:19.29	48.25	200m: 3:05.07 45.78
2.	1264733	GOMEZ PAREDES, Maria				49	FLUVIAL		3:40.56	10,00
	50m:	52.73	52.73	100m:	1:47.01	54.28	150m:	2:42.12	55.11	200m: 3:40.56 58.44

Prueba 35, Fem., 200m Espalda, 45+

Clasificación					Edad				Tiempo	Puntos		
3.	1250484	VAZQUEZ GONZALEZ, Yolanda	49	VALDEORRAS					4:48.27	8,00		
	50m:	1:06.75	1:06.75	100m:	2:19.74	1:12.99	150m:	3:34.68	1:14.94	200m:	4:48.27	1:13.59
50+												
1.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS					4:29.76	13,00		
	50m:	1:05.92	1:05.92	100m:	2:14.97	1:09.05	150m:	3:23.51	1:08.54	200m:	4:29.76	1:06.25
55+												
1.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS					3:54.13	13,00		
	50m:	54.34	54.34	100m:	1:53.73	59.39	150m:	2:54.08	1:00.35	200m:	3:54.13	1:00.05
2.	1141127	PAREDES RIOS, Rosa Maria	57	PONSVETUS					4:01.37	10,00		
	50m:	56.97	56.97	100m:	1:57.99	1:01.02	150m:	3:00.88	1:02.89	200m:	4:01.37	1:00.49
3.	1143584	FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS					5:24.37	8,00		
	50m:	1:16.31	1:16.31	100m:	2:41.98	1:25.67	150m:	4:03.89	1:21.91	200m:	5:24.37	1:20.48
60+												
1.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS					3:31.59	13,00	RG	
	50m:	50.61	50.61	100m:	1:44.48	53.87	150m:	2:39.28	54.80	200m:	3:31.59	52.31
65+												
DSQ	1075765	FERNANDEZ FERNANDEZ, Maria Tere	69	MULLEREF								
	Nado irregular											
75+												
1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS					7:03.68	13,00		
	50m:	1:38.90	1:38.90	100m:	3:26.82	1:47.92	150m:	5:14.44	1:47.62	200m:	7:03.68	1:49.24

Prueba 36
15/06/2025

Masc., 200m Espalda

2005 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
25+												
1.	1087073	QUIROGA RAMOS, Noel				25	POURENSE				2:21.08	13,00
	50m:	33.89	33.89	100m:	1:10.70	36.81	150m:	1:46.48	35.78	200m:	2:21.08	34.60
2.	1078908	MEILAN SANCHEZ, Sergio Jose				29	PORTAMIÑA				3:09.57	10,00
	50m:	40.53	40.53	100m:	1:26.07	45.54	150m:	2:17.73	51.66	200m:	3:09.57	51.84
30+												
1.	1107418	LAGO LOPEZ, Diego				34	NCORUÑA				2:25.19	13,00
	50m:	34.52	34.52	100m:	1:11.55	37.03	150m:	1:49.05	37.50	200m:	2:25.19	36.14
2.	1038638	CASTRO VILLAR, David				34	CDELMAR				2:28.29	10,00
	50m:	34.72	34.72	100m:	1:12.58	37.86	150m:	1:50.99	38.41	200m:	2:28.29	37.30
3.	1037824	FREIRE GONZALEZ, Javier				32	RBAIXAS				2:49.43	8,00
	50m:	40.28	40.28	100m:	1:25.07	44.79	150m:	2:08.90	43.83	200m:	2:49.43	40.53
4.	1232980	PICALLO MATO, Adrian				30	SALVESTRADA				2:59.69	7,00
	50m:	44.26	44.26	100m:	1:29.70	45.44	150m:	2:15.43	45.73	200m:	2:59.69	44.26
35+												
1.	1143890	FORTES NOVOA, Martino				37	ESCUALOS				2:46.66	13,00
	50m:	41.59	41.59	100m:	1:22.97	41.38	150m:	2:05.38	42.41	200m:	2:46.66	41.28
2.	1178928	FIDALGO SERRANO, Guillermo				39	TRAVIESAS				3:31.54	10,00
	50m:	52.11	52.11	100m:	1:44.17	52.06	150m:	2:39.23	55.06	200m:	3:31.54	52.31
3.	1236854	GIRALDEZ VILLANUEVA, Ivan				38	PONTEAREAS				4:21.89	8,00
	50m:	58.50	58.50	100m:	2:03.27	1:04.77	150m:	3:10.58	1:07.31	200m:	4:21.89	1:11.31
40+												
1.	1141151	CALLE FACAL, Telmo				42	CIDSANTIAGO				2:22.03	13,00
	50m:	33.73	33.73	100m:	1:09.23	35.50	150m:	1:45.53	36.30	200m:	2:22.03	36.50
2.	1240331	DE LORENZO FERNANDEZ, Javier				44	ESCUALOS				3:01.40	10,00
	50m:	42.62	42.62	100m:	1:28.42	45.80	150m:	2:16.77	48.35	200m:	3:01.40	44.63
3.	1107557	MELLA BARBEITO, Javier				42	ARTEIXO				4:03.02	8,00
	50m:	56.35	56.35	100m:	1:57.77	1:01.42	150m:	3:01.59	1:03.82	200m:	4:03.02	1:01.43
DSQ	1170841	BASTIDA CAMPOS, Alejandro				43	SALVESTRADA					-
	Chegada irregular											
45+												
1.	1205935	GUIRADO CARABEL, Oscar				49	CULLEREDO				2:46.75	13,00
	50m:	38.55	38.55	100m:	1:20.32	41.77	150m:	2:04.63	44.31	200m:	2:46.75	42.12
2.	1251233	GONZALEZ SANDEZ, Carlos				46	VALDEORRAS				5:53.62	10,00
	50m:	1:19.42	1:19.42	100m:	2:51.09	1:31.67	150m:	4:23.77	1:32.68	200m:	5:53.62	1:29.85

Prueba 36, Masc., 200m Espalda

50+

1.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	2:58.27	13,00		
	50m:	39.85 39.85	100m:	1:22.47 42.62	150m:	2:08.41 45.94	200m:	2:58.27 49.86
2.	1040137	QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	3:00.24	10,00		
	50m:	43.00 43.00	100m:	1:29.19 46.19	150m:	2:15.59 46.40	200m:	3:00.24 44.65
3.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO	3:04.53	8,00		
	50m:	43.08 43.08	100m:	1:28.59 45.51	150m:	2:17.46 48.87	200m:	3:04.53 47.07
4.	1244393	REY RODRIGUEZ, Oscar	51	CIDSANTIAGO	3:19.44	7,00		
	50m:	49.37 49.37	100m:	1:38.68 49.31	150m:	2:30.19 51.51	200m:	3:19.44 49.25
5.	1144117	PREGO MARTINEZ, Benjamin	52	PONTEAREAS	3:32.03	6,00		
	50m:	51.64 51.64	100m:	1:45.44 53.80	150m:	2:40.55 55.11	200m:	3:32.03 51.48
6.	1268047	CUETO ALVAREZ, Elias	50	CIDSANTIAGO	3:39.99	5,00		
	50m:	54.43 54.43	100m:	1:50.12 55.69	150m:	2:46.07 55.95	200m:	3:39.99 53.92
7.	1076526	REBANAL ALFAYA, Fernando	54	VALDEORRAS	3:43.71	4,00		
	50m:	53.02 53.02	100m:	1:50.23 57.21	150m:	2:50.86 1:00.63	200m:	3:43.71 52.85
8.	1141502	TRONCOSO CAAMAÑO, Fernando	50	ESCUALOS	3:48.29	3,00		
	50m:	58.15 58.15	100m:	1:56.05 57.90	150m:	2:53.34 57.29	200m:	3:48.29 54.95

55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS	2:47.47	13,00		
	50m:	39.41 39.41	100m:	1:22.03 42.62	150m:	2:05.81 43.78	200m:	2:47.47 41.66
2.	1180234	SANCHEZ SECO, Manuel	57	ESCUALOS	3:22.20	10,00		
	50m:	50.06 50.06	100m:	1:40.71 50.65	150m:	2:33.09 52.38	200m:	3:22.20 49.11
3.	1193949	LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	3:58.11	8,00		
	50m:	57.14 57.14	100m:	1:59.70 1:02.56	150m:	3:01.07 1:01.37	200m:	3:58.11 57.04

DSQ 1145039 FERREIRO SANCHEZ, Luis 55 POURENSE -
Viraxe irregular

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	62	CIDSANTIAGO	3:19.87	13,00		
	50m:	47.82 47.82	100m:	1:39.53 51.71	150m:	2:31.22 51.69	200m:	3:19.87 48.65
2.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	3:58.83	10,00		
	50m:	57.00 57.00	100m:	1:58.27 1:01.27	150m:	3:01.34 1:03.07	200m:	3:58.83 57.49
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS	4:14.98	8,00		
	50m:	1:01.31 1:01.31	100m:	2:06.88 1:05.57	150m:	3:12.79 1:05.91	200m:	4:14.98 1:02.19

75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS	4:17.31	13,00						
	50m:	1:04.08	1:04.08	100m:	2:08.82	1:04.74	150m:	3:14.18	1:05.36	200m:	4:17.31	1:03.13

85+

1.	1143727	FOLCH MALLOFRE, Ramon	88	ARTEIXO	4:51.06	13,00						
	50m:	1:09.61	1:09.61	100m:	2:23.49	1:13.88	150m:	3:38.76	1:15.27	200m:	4:51.06	1:12.30

Prueba 37
15/06/2025

Fem., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	RBAIXAS 80			RBAIXAS	2:34.58	26,00
	SUAREZ GARCIA, Sofia	28	42.03	RODRIGUEZ RODRIGUEZ, Nina	23	29.48
	GARCES FERNANDEZ, Erea	22	47.54	ESTEVEZ BASTERO, Ana	20	35.53
2.	PONTEAREAS 80			PONTEAREAS	2:42.97	20,00
	PRADO POSADA, Sofia	28	50.98	LEMONS FERNANDEZ, Zaira	23	34.04
	ALVAREZ SOUTO, Claudia	24	41.07	ALVAREZ FERNANDEZ, Sofia	21	36.88

+100

1.	PONTEAREAS 100			PONTEAREAS	2:39.41	26,00
	GESTO ALONSO, Clarisa	36	39.99	SUAREZ GONZALEZ, Gracia	25	31.11
	GONZALEZ PEREZ, Paula	29	50.20	RODRIGUEZ PAZ, Lucia	25	38.11

+120

1.	CIDSANTIAGO 120			CIDSANTIAGO	2:21.06	26,00
	CRUZ GARCIA, Aurora	30	35.86	GARCIA MIGUEZ, Rosalia	27	33.11
	GONZALEZ RODRIGUEZ, Maria	43	39.15	FERNANDEZ JUAN, Maria	27	32.94
2.	NCORUÑA 120			NCORUÑA	2:21.55	20,00
	LAGO CASTILLO, Natalia	26	36.88	VEIGA RODRIGUEZ, Rosalia	26	33.32
	CIDRAS ANGEL, Iria	35	40.70	DOPEIREIRO GARCIA, Alba	35	30.65
3.	RBAIXAS 120			RBAIXAS	2:47.88	16,00
	ROIG SANCHEZ, Blanca Ana	51	44.45	VILARIÑO SAN JOSE, Alba	32	35.83
	MARTINEZ BARCIELA, Maria Olga	35	52.04	ALONSO PEREIRA, Fatima	32	35.56
4.	ORDES 120			ORDES	3:06.71	14,00
	GANDARA SUAREZ, Tania	32	45.76	RIVEIRA CAAMAÑO, Rebeca	48	46.84
	MELLA CASTRO, Ana Maria	31	51.90	MARTIN VILAS, Maria Jesus	43	42.21

DSQ

	PONTEAREAS 120			PONTEAREAS		-
	<i>Viraxe irregular do remudista 1</i>					
	RODRIGUEZ-TOUBES FORRYAN, I26ie		1:06.49	FERNANDEZ GUARDIOLA, Loira	36	1:01.12
	COVELO SAAVEDRA, Nahir	47	46.89	VARELA REDONDO, Veronica	50	

+160

1.	NFERROL 160			NFERROL	2:40.15	26,00
	SOUTO DERUNGS, Cristina	40	41.39	HERMIDA RODRIGUEZ, Blanca	44	33.18
	LOPEZ SANMARTIN, Tania	34	46.28	JIMENEZ PEREZ, Victoria	56	39.30
2.	ESCUALOS 160			ESCUALOS	2:57.41	20,00
	SANCHEZ LEDO, Cira	44	41.61	MARTIN, Christelle	44	43.24
	REBOREDA MORILLO, Susana	63	56.49	MIRA VAZQUEZ, Marta	44	36.07
3.	MULLEREF 160			MULLEREF	3:11.21	16,00
	SALGADO CASTELO, Marta	31	46.25	AZANZA MORENO, Cristina	49	39.55
	ABELLEIRA CORRAL, Gema	45	1:00.18	LOPEZ BARREIRO, Cristina	46	45.23
4.	MOS 160			MOS	3:14.56	14,00
	SOSA CARNEIRO, Rosana	54	47.98	CARRERA PEREZ, Carolina	31	47.55
	ALONSO GONZALEZ, Ines	33	49.46	SOSA CARNEIRO, Alicia	51	49.57

Prueba 37, Fem., 4 x 50m Estilos, +160

Clasificación

Tiempo Puntos

DSQ	CIDSANTIAGO 160		CIDSANTIAGO		-
	<i>Posta anticipada da remuda 2</i>				
	CELEMIN PORRERO, Maria Teresa 66	1:00.73	FKEOUI OMARI, Salma 43		
	SUAREZ BUJAN, Rebeca 42		MURAS MORA, Andrea 36		
NP	RBAIXAS 160		RBAIXAS		-
+200					
1.	PONTEAREAS 200		PONTEAREAS	3:35.86	26,00
	DEL AMO BLANCO, Margarita 58	50.62	ABREU FERNANDEZ, Marta 54		58.33
	SOBRINO EIRIZ, MARIA DEL VALLE53	1:01.49	FERNANDEZ SESTELO, Maria Jose55		45.42
2.	MULLEREF 200		MULLEREF	3:52.80	20,00
	HERRERO DIAZ, Isabel 49	1:06.61	VAZQUEZ LOPEZ, Eva 48		1:01.82
	GONZALEZ ALCARAZ, Glenda Te55a	53.76	REY OTERO, Angela Maria 59		50.61
+240					
1.	POURENSE 240		POURENSE	3:46.58	26,00
	ACEVEDO REGO, Ermitas 59	1:01.42	GARCIA COLOMO, Maria Cristina 63		45.73
	CALVIÑO VAZQUEZ, Coral 57	58.27	PEREZ GALLARDO, Teresa 61		1:01.16
2.	PONTEAREAS 240		PONTEAREAS	5:07.72	20,00
	GONZALEZ RODRIGUEZ, S. Marta 79	1:36.94	MELON PARENTE, M. Lourdes 56		1:30.71
	RODRIGUEZ TRONCOSO, Marina 66	1:08.78	FORRYAN SECCOMBE, Anne May 59		51.29
3.	MULLEREF 240		MULLEREF	5:34.64	16,00
	DIAZ PERNAS, Maria Carmen 70	1:37.21	FERNANDEZ FERNANDEZ, Maria T69sa		1:36.63
	NIKITIK BARTLETT, Anne Nikitik 66	1:13.83	BAL ALVAREDO, Mercedes De La65lieves		1:06.97

Prueba 38
15/06/2025

Masc., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

1.	POURENSE 80			POURENSE	1:53.09	26,00
	QUIROGA RAMOS, Noel 25	28.67		FERNANDEZ DEL VALLE, Ivan 20		27.27
	SABUZ FORNEIRO, Martin 31	30.47		GUTIERREZ MARIÑO, Santiago 23		26.68
2.	PONTEAREAS 80			PONTEAREAS	2:02.12	20,00
	CANCELA GOMEZ, Hugo 22	32.80		PEREZ PAZ, Dario 20		28.52
	MARTINEZ MARTINEZ, Marcos 22	34.83		CASARES GARCIA, Brais 21		25.97

+100

1.	PONTEAREAS 100			PONTEAREAS	2:51.84	26,00
	ALVAREZ PRESA, Samuel 25	44.06		RODRIGUEZ BALIÑA, Mauro 35		38.33
	INCUTTI TELLADO, Denis 25	38.99		LAGO GONZALEZ, Ivan 32		50.46

+120

1.	CIDSANTIAGO 120			CIDSANTIAGO	2:00.39	26,00
	CALLE FACAL, Telmo 42	32.12		CASTRO RODRIGUEZ, Francisco 25		28.33
	TENORIO FREIRE, Martin 33	32.39		MARTINEZ DOPAZO, David 38		27.55
2.	RBAIXAS 120			RBAIXAS	2:08.54	20,00
	FREIRE GONZALEZ, Javier 32	33.77		GARCIA MUGGIA, Erick Jose 39		29.93
	PASTORIZA SANTA CLARA, Jorge 28	31.92		NOVALES BLANCO, Xabier 34		32.92
3.	VALDEORRAS 120			VALDEORRAS	2:31.85	16,00
	ESPINOSA MIRA, Jorge 47	35.75		DIAZ QUEZADA, Miguel Bismark 27		34.84
	GONZALEZ SANDEZ, Carlos 46	49.22		FERNANDEZ MELENDEZ, Andres 30		32.04

+160

1.	MOS 160			MOS	2:03.62	26,00
	EIRIZ DIEGUEZ, Daniel 47	31.80		GARABATOS RODRIGUEZ, Santiago 51		28.23
	FERNANDEZ GAYOSO, Jose Manu 39	36.18		MORQUILLAS RIOBO, Brais 38		27.41
2.	NCORUÑA 160			NCORUÑA	2:07.10	20,00
	LAGO LOPEZ, Diego 34	30.81		MUIÑO ALONSO, Anton 31		27.32
	SOLLEIRO TIZON, Juan Jose 62	39.81		ALVAREZ DE SOTOMAYOR PUIGNIRE, Juan 51		29.16
3.	MONFORTE 160			MONFORTE	2:11.10	16,00
	ARGIZ MARTINEZ, David 25	34.16		BELTRAN DIAZ, Emilio 48		29.42
	SUAREZ FERNANDEZ, Santiago 30	31.93		MARTINEZ BERJANO, Jose Manuel 62		35.59
4.	ESCUALOS 160			ESCUALOS	2:12.08	14,00
	FORTES NOVOA, Martino 37	36.91		ALVAREZ SILVA, Ruben 44		32.21
	PAZOS ALONSO, Josue 39	33.69		DE LORENZO FERNANDEZ, Javier 44		29.27
5.	CULLEREDO 160			CULLEREDO	2:16.41	12,00
	GUIRADO CARABEL, Oscar 49	34.33		HERNAEZ OUBIÑA, David 52		34.75
	GONZALEZ IGLESIAS, Alberto 28	35.53		LAMAS SOTO, Cesar 50		31.80
6.	PONTEAREAS 160			PONTEAREAS	2:24.38	10,00
	CARRERA COSTAS, Martin 29	33.01		FERNANDEZ IGLESIAS, Emilio J. 48		36.03
	PREGO MARTINEZ, Benjamin 52	43.12		RODRIGUEZ BALIÑA, Marcos 54		32.22
7.	SALVESTRADA 160			SALVESTRADA	2:25.74	8,00
	BASTIDA CAMPOS, Alejandro 43	39.11		FINS SEOANE, Juan Miguel 48		32.66
	TABOADA CALVELO, Jose Carlos 46	41.39		PICALLO MATO, Adrian 30		32.58

Prueba 38, Masc., 4 x 50m Estilos, +160

Clasificación

				Tiempo	Puntos
8.	CIDSANTIAGO 160		CIDSANTIAGO	2:29.23	6,00
	CAMIÑA MARTINEZ, Oscar 45	37.62	GARCIA CASTIÑEIRA, Daniel 51		35.88
	REY RODRIGUEZ, Oscar 51	39.43	DOMINGUEZ PHILOCREON, Ticiano 44		36.30
+200					
1.	CIDSANTIAGO 200		CIDSANTIAGO	2:14.38	26,00
	PUENTE DIAZ, Javier 54	38.46	IGLESIAS GOMEZ, Gonzalo 46		31.99
	SONEIRA REBOREDO, Oscar 50	34.83	IGLESIAS CARRERA, Pio 52		29.10
2.	POURENSE 200		POURENSE	2:24.63	20,00
	ORGEIRA CRESPO, Pedro 49	47.28	TABARES DOMINGUEZ, Rafael 51		35.66
	GARCIA REBOLO, Alejandro 50	34.67	MARTINEZ JACOME, Felix 52		27.02
3.	CASINOC 200		CASINOC	2:29.81	16,00
	TORRES NEIRA, Mateo 46	30.40	VEIGA PILLADO, Jose 47		36.76
	NISTAL GARCIA, Eduardo 57	46.84	BURGO, Carlos D. 51		35.81
4.	PORTAMIÑA 200		PORTAMIÑA	2:31.70	14,00
	MOURIZ LOMBAO, Fco. Javier 50	36.26	GUIMAREY VAZQUEZ, Marcos 48		30.99
	DIEZ RODRIGUEZ, Ignacio J. 53	46.49	SANCHEZ VAZQUEZ, Jesus 63		37.96
5.	ESCUALOS 200		ESCUALOS	2:34.16	12,00
	PADIN CHARLIN, Joaquin 45	39.48	FERNANDEZ MARTINEZ, Alberto 54		42.05
	BOUSO FUENTECILLA, Fernando 54	41.10	QUINTAS BARROS, Jesus Carlos 52		31.53
6.	VALDEORRAS 200		VALDEORRAS	3:17.87	10,00
	REBANAL ALFAYA, Fernando 54	46.02	RODRIGUEZ BASANTA, Fco. Jose 64		55.20
	FERNANDEZ RODRIGUEZ, Miguel 56	53.45	RODRIGUEZ LOPEZ, Eloy Jesus 57		43.20
7.	RBAIXAS 200		RBAIXAS	3:22.91	8,00
	HERNANZ MORAL, Fausto 63	58.73	NOVO FERNANDEZ, Alfredo 55		45.22
	SUAREZ FREIRE, David Manuel 57	1:00.86	LORENZO FERNANDEZ, Jose Man53		38.10
+240					
1.	CIDSANTIAGO 240		CIDSANTIAGO	2:29.97	26,00
	CODESIDO LOPEZ, Jose 66	40.76	BETHENCOURT IGLESIAS, Sergio 62		36.42
	FERNANDEZ NUÑEZ, Santiago 62	39.01	CUETO ALVAREZ, Elias 50		33.78
2.	POURENSE 240		POURENSE	2:53.85	20,00
	GARCIA COLOMO, Manuel Ramon 71	51.08	MOVILLA FERNANDEZ, Jose Fco. 56		37.53
	CADAVID NUÑEZ, Jose 55	47.99	BLANCO PEREZ, Angel 61		37.25
3.	ARTEIXO 240		ARTEIXO	2:59.36	16,00
	FOLCH MALLOFRE, Ramon 88	59.77	MUÑIZ CAL, Rafael 51		32.51
	MELLA BARBEITO, Javier 42	50.37	SANJORGE PEDREIRA, Carmelo 63		36.71
4.	MOS 240		MOS	3:05.94	14,00 RG
	RODRIGUEZ LEMOS, Andres Jesu:76	52.84	PEXEGUEIRO BALADRON, Nicolas 48		43.43
	FERNANDEZ GONZALEZ, Alvaro 60	51.45	RODRIGUEZ VIEITO, Ricardo M. 68		38.22
+280					
1.	PONTEAREAS 280		PONTEAREAS	3:30.27	26,00 RG
	JORGE IGLESIAS, Marcelino 59	36.54	RODRIGUEZ GOMEZ, Emilio 64		47.58
	ARAUJO DOMINGUEZ, Francisco 85	1:14.11	MONROY FERNANDEZ, Manuel 75		52.04

Prueba 3
14/06/2025

Masc., 400m Libre

2005 y mayores
Resultados

Clasificación	Edad								Tiempo	Puntos
20+										
1.	1135985	CASARES GARCIA, Adrian	22	PONTEAREAS					5:33.36	13,00
	50m:	34.21	34.21	150m:	1:52.26	40.43	250m:	3:18.61	44.17	350m: 4:48.87 45.15
	100m:	1:11.83	37.62	200m:	2:34.44	42.18	300m:	4:03.72	45.11	400m: 5:33.36 44.49
25+										
1.	1144193	PASTORIZA SANTACLARA, Jorge	28	RBAIXAS					4:16.67	13,00
	50m:	29.82	29.82	150m:	1:32.81	32.01	250m:	2:38.11	32.66	350m: 3:43.88 32.73
	100m:	1:00.80	30.98	200m:	2:05.45	32.64	300m:	3:11.15	33.04	400m: 4:16.67 32.79
2.	1037180	CARRERA COSTAS, Martin	29	PONTEAREAS					4:34.18	10,00
	50m:	30.33	30.33	150m:	1:36.68	33.86	250m:	2:46.61	35.19	350m: 3:58.54 36.18
	100m:	1:02.82	32.49	200m:	2:11.42	34.74	300m:	3:22.36	35.75	400m: 4:34.18 35.64
3.	1061561	INCUTTI TELLADO, Denis	25	PONTEAREAS					4:41.46	8,00
	50m:	30.64	30.64	150m:	1:38.71	35.08	250m:	2:50.76	36.13	350m: 4:04.50 36.86
	100m:	1:03.63	32.99	200m:	2:14.63	35.92	300m:	3:27.64	36.88	400m: 4:41.46 36.96
4.	1039270	TRILLO RODRIGUEZ, Adrian	28	MOS					4:59.21	7,00
	50m:	33.53	33.53	150m:	1:47.24	37.33	250m:	3:04.06	38.45	350m: 4:21.59 39.12
	100m:	1:09.91	36.38	200m:	2:25.61	38.37	300m:	3:42.47	38.41	400m: 4:59.21 37.62
30+										
1.	1037824	FREIRE GONZALEZ, Javier	32	RBAIXAS					4:55.27	13,00
	50m:	33.01	33.01	150m:	1:46.08	37.13	250m:	3:02.44	38.39	350m: 4:18.71 38.08
	100m:	1:08.95	35.94	200m:	2:24.05	37.97	300m:	3:40.63	38.19	400m: 4:55.27 36.56
2.	1232980	PICALLO MATO, Adrian	30	SALVESTRADA					5:18.62	10,00
	50m:	36.30	36.30	150m:	1:55.35	40.11	250m:	3:16.37	40.85	350m: 4:39.12 41.61
	100m:	1:15.24	38.94	200m:	2:35.52	40.17	300m:	3:57.51	41.14	400m: 5:18.62 39.50
35+										
1.	1143515	BLANCO PEREZ, Jesus	39	NTNARON					5:08.59	13,00
	50m:	33.54	33.54	150m:	1:46.64	37.18	250m:	3:05.78	40.10	350m: 4:27.56 40.93
	100m:	1:09.46	35.92	200m:	2:25.68	39.04	300m:	3:46.63	40.85	400m: 5:08.59 41.03
2.	1178928	FIDALGO SERRANO, Guillermo	39	TRAVIESAS					6:14.65	10,00
	50m:	41.15	41.15	150m:	2:10.69	45.58	250m:	3:48.40	48.92	350m: 5:29.81 51.38
	100m:	1:25.11	43.96	200m:	2:59.48	48.79	300m:	4:38.43	50.03	400m: 6:14.65 44.84
40+										
1.	1145052	FIERRO FERNANDEZ, Julio	43	CASINOC					5:39.88	13,00
	50m:	38.00	38.00	150m:	1:59.87	42.10	250m:	3:26.41	44.12	350m: 4:55.82 44.12
	100m:	1:17.77	39.77	200m:	2:42.29	42.42	300m:	4:11.70	45.29	400m: 5:39.88 44.06
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO					5:43.63	10,00
	50m:	36.34	36.34	150m:	1:57.75	41.63	250m:	3:25.75	45.19	350m: 4:58.45 46.38
	100m:	1:16.12	39.78	200m:	2:40.56	42.81	300m:	4:12.07	46.32	400m: 5:43.63 45.18
3.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS					6:25.16	8,00
	50m:	42.49	42.49	150m:	2:16.31	48.46	250m:	3:58.63	51.33	350m: 5:37.49 49.02
	100m:	1:27.85	45.36	200m:	3:07.30	50.99	300m:	4:48.47	49.84	400m: 6:25.16 47.67

Prueba 3, Masc., 400m Libre

45+

1.	1084041 SUAREZ GARCIA, Sergio	45	PONSVETUS	5:59.16	13,00
	50m: 37.63 37.63 150m: 2:04.16 44.31 250m: 3:36.19 46.83 350m: 5:12.66 48.18				
	100m: 1:19.85 42.22 200m: 2:49.36 45.20 300m: 4:24.48 48.29 400m: 5:59.16 46.50				
2.	1200126 TABOADA CALVELO, Jose Carlos	46	SALVESTRADA	6:28.75	10,00
	50m: 38.38 38.38 150m: 2:12.57 49.03 250m: 3:55.54 51.86 350m: 5:38.58 51.02				
	100m: 1:23.54 45.16 200m: 3:03.68 51.11 300m: 4:47.56 52.02 400m: 6:28.75 50.17				
3.	1254829 FARIAS FORNEIRO, Patricio Cruz	48	FLUVIAL	6:46.62	8,00
	50m: 42.37 42.37 150m: 2:20.71 50.70 250m: 4:08.21 54.43 350m: 5:56.03 53.50				
	100m: 1:30.01 47.64 200m: 3:13.78 53.07 300m: 5:02.53 54.32 400m: 6:46.62 50.59				

50+

1.	1040137 QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	5:01.71	13,00
	50m: 35.28 35.28 150m: 1:51.75 38.69 250m: 3:09.21 38.68 350m: 4:25.62 37.95				
	100m: 1:13.06 37.78 200m: 2:30.53 38.78 300m: 3:47.67 38.46 400m: 5:01.71 36.09				
2.	1264722 BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	5:05.48	10,00
	50m: 35.64 35.64 150m: 1:54.02 39.88 250m: 3:11.54 38.10 350m: 4:27.11 37.95				
	100m: 1:14.14 38.50 200m: 2:33.44 39.42 300m: 3:49.16 37.62 400m: 5:05.48 38.37				
3.	1251882 IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	5:10.35	8,00
	50m: 35.55 35.55 150m: 1:54.57 39.80 250m: 3:14.59 40.12 350m: 4:33.12 38.41				
	100m: 1:14.77 39.22 200m: 2:34.47 39.90 300m: 3:54.71 40.12 400m: 5:10.35 37.23				
4.	1079343 MOURIÑO ORTIGUEIRA, Roberto Carlo	51	PONTEAREAS	5:15.54	7,00
	50m: 35.20 35.20 150m: 1:53.70 39.48 250m: 3:13.75 39.79 350m: 4:35.36 40.84				
	100m: 1:14.22 39.02 200m: 2:33.96 40.26 300m: 3:54.52 40.77 400m: 5:15.54 40.18				
5.	1258336 MUÑIZ CAL, Rafael	51	ARTEIXO	5:18.55	6,00
	50m: 35.12 35.12 150m: 1:53.62 39.69 250m: 3:15.58 41.78 350m: 4:38.17 41.21				
	100m: 1:13.93 38.81 200m: 2:33.80 40.18 300m: 3:56.96 41.38 400m: 5:18.55 40.38				
6.	1144297 LAMAS SOTO, Cesar	50	CULLEREDO	5:35.88	5,00
	50m: 36.79 36.79 150m: 2:01.25 43.24 250m: 3:28.30 43.77 350m: 4:54.61 42.87				
	100m: 1:18.01 41.22 200m: 2:44.53 43.28 300m: 4:11.74 43.44 400m: 5:35.88 41.27				
7.	1084040 GARCIA CASTIÑEIRA, Daniel	51	CIDSANTIAGO	5:38.04	4,00
	50m: 37.50 37.50 150m: 2:00.34 41.57 250m: 3:26.76 43.30 350m: 4:55.19 44.04				
	100m: 1:18.77 41.27 200m: 2:43.46 43.12 300m: 4:11.15 44.39 400m: 5:38.04 42.85				
8.	1268047 CUETO ALVAREZ, Elias	50	CIDSANTIAGO	5:48.53	3,00
	50m: 40.37 40.37 150m: 2:07.71 44.09 250m: 3:36.52 44.55 350m: 5:04.93 44.07				
	100m: 1:23.62 43.25 200m: 2:51.97 44.26 300m: 4:20.86 44.34 400m: 5:48.53 43.60				
9.	1143605 FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS	6:07.57	2,00
	50m: 40.57 40.57 150m: 2:12.12 46.67 250m: 3:47.73 47.65 350m: 5:23.29 47.79				
	100m: 1:25.45 44.88 200m: 3:00.08 47.96 300m: 4:35.50 47.77 400m: 6:07.57 44.28				

55+

1.	1085112 RIVAS FEAL, Antonio	59	CASINOC	5:09.29	13,00
	50m: 36.82 36.82 150m: 1:55.32 39.02 250m: 3:14.24 39.32 350m: 4:32.09 38.96				
	100m: 1:16.30 39.48 200m: 2:34.92 39.60 300m: 3:53.13 38.89 400m: 5:09.29 37.20				
2.	1175089 NISTAL GARCIA, Eduardo	57	CASINOC	6:07.30	10,00
	50m: 39.80 39.80 150m: 2:09.95 45.49 250m: 3:44.67 47.69 350m: 5:20.99 47.78				
	100m: 1:24.46 44.66 200m: 2:56.98 47.03 300m: 4:33.21 48.54 400m: 6:07.30 46.31				

Prueba 3, Masc., 400m Libre, 55+

Clasificación	Edad	Tiempo	Puntos
3. 1261402 FERNANDEZ RODRIGUEZ, Miguel Ang	56 VALDEORRAS	6:47.60	8,00
50m: 46.26 46.26 150m: 2:31.67 53.68 250m: 4:19.81 53.57 350m: 6:01.51 49.85			
100m: 1:37.99 51.73 200m: 3:26.24 54.57 300m: 5:11.66 51.85 400m: 6:47.60 46.09			
4. 1236643 MAGARIÑOS MACEIRAS, Xose	57 SALVESTRADA	7:19.05	7,00
50m: 45.52 45.52 150m: 2:32.74 55.22 250m: 4:26.81 57.52 350m: 6:23.43 58.69			
100m: 1:37.52 52.00 200m: 3:29.29 56.55 300m: 5:24.74 57.93 400m: 7:19.05 55.62			

60+

1. 1105220 GARCIA RIÑON, Jaime	61 NCORUÑA	5:05.76	13,00 RG
50m: 36.68 36.68 150m: 1:54.52 39.11 250m: 3:11.84 38.23 350m: 4:28.34 38.24			
100m: 1:15.41 38.73 200m: 2:33.61 39.09 300m: 3:50.10 38.26 400m: 5:05.76 37.42			
2. 1144940 HERNANZ MORAL, Fausto	63 RBAIXAS	6:29.28	10,00
50m: 43.72 43.72 150m: 2:20.86 48.87 250m: 4:00.51 49.89 350m: 5:40.22 50.13			
100m: 1:31.99 48.27 200m: 3:10.62 49.76 300m: 4:50.09 49.58 400m: 6:29.28 49.06			
3. 1075770 RODRIGUEZ BASANTA, Fco. Jose	64 VALDEORRAS	6:39.58	8,00
50m: 42.64 42.64 150m: 2:23.18 50.61 250m: 4:07.63 51.77 350m: 5:50.09 51.15			
100m: 1:32.57 49.93 200m: 3:15.86 52.68 300m: 4:58.94 51.31 400m: 6:39.58 49.49			
4. 1078802 CEGARRA GARCIA, Eugenio	61 RSDH	6:45.03	7,00
50m: 43.52 43.52 150m: 2:23.62 51.47 250m: 4:10.17 52.37 350m: 5:55.87 52.43			
100m: 1:32.15 48.63 200m: 3:17.80 54.18 300m: 5:03.44 53.27 400m: 6:45.03 49.16			
5. 1143536 BLANCO PEREZ, Angel	61 POURENSE	6:45.36	6,00
50m: 45.00 45.00 150m: 2:25.73 51.37 250m: 4:12.11 53.37 350m: 5:57.69 52.78			
100m: 1:34.36 49.36 200m: 3:18.74 53.01 300m: 5:04.91 52.80 400m: 6:45.36 47.67			
6. 1053394 SANJORGE PEDREIRA, Carmelo	63 ARTEIXO	7:10.73	5,00
50m: 43.11 43.11 150m: 2:23.86 52.84 250m: 4:15.49 57.66 350m: 6:11.33 58.48			
100m: 1:31.02 47.91 200m: 3:17.83 53.97 300m: 5:12.85 57.36 400m: 7:10.73 59.40			

65+

1. 1170858 CODESIDO LOPEZ, Jose	66 CIDSANTIAGO	5:46.90	13,00 RG
50m: 38.03 38.03 150m: 2:03.69 43.57 250m: 3:32.23 44.33 350m: 5:02.28 44.76			
100m: 1:20.12 42.09 200m: 2:47.90 44.21 300m: 4:17.52 45.29 400m: 5:46.90 44.62			
2. 1143896 PERDIZ GONZALEZ, Jose Ramon	67 ESCUALOS	8:38.60	10,00
50m: 56.61 56.61 150m: 3:04.45 1:04.99 250m: 5:16.63 1:05.79 350m: 7:31.72 1:08.47			
100m: 1:59.46 1:02.85 200m: 4:10.84 1:06.39 300m: 6:23.25 1:06.62 400m: 8:38.60 1:06.88			

70+

1. 1076165 GARCIA COLOMO, Manuel Ramon	71 POURENSE	6:20.19	13,00
50m: 43.46 43.46 150m: 2:19.81 48.81 250m: 3:58.03 48.88 350m: 5:34.47 47.72			
100m: 1:31.00 47.54 200m: 3:09.15 49.34 300m: 4:46.75 48.72 400m: 6:20.19 45.72			

75+

1. 1076488 MONROY FERNANDEZ, Manuel	75 PONTEAREAS	7:40.80	13,00
50m: 53.20 53.20 150m: 2:46.45 57.80 250m: 4:46.61 1:00.99 350m: 6:46.48 1:00.25			
100m: 1:48.65 55.45 200m: 3:45.62 59.17 300m: 5:46.23 59.62 400m: 7:40.80 54.32			

Prueba 4
14/06/2025

Fem., 100m Estilos

2005 y mayores
Resultados

Clasificación					Edad			Tiempo	Puntos
20+									
1.	1084799	GARCIA ESTEVEZ, Nahir	23	MOS				1:25.80	13,00
	50m:	38.81	38.81	100m:	1:25.80	46.99			
2.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS				1:29.74	10,00
	50m:	40.57	40.57	100m:	1:29.74	49.17			
DSQ	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	24	PORTAMIÑA					-
	Saída anticipada								
25+									
1.	1107420	DAVILA SILVA, Alicia	27	MOS				1:13.71	13,00
	50m:	34.36	34.36	100m:	1:13.71	39.35			
2.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA				1:16.25	10,00
	50m:	35.92	35.92	100m:	1:16.25	40.33			
3.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO				1:20.49	8,00
	50m:	36.29	36.29	100m:	1:20.49	44.20			
4.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO				1:28.99	7,00
	50m:	41.73	41.73	100m:	1:28.99	47.26			
5.	1038466	RODRIGUEZ PAZ, Lucia	25	PONTEAREAS				1:35.80	6,00
	50m:	42.05	42.05	100m:	1:35.80	53.75			
6.	1145008	GONZALEZ PEREZ, Paula	29	PONTEAREAS				1:36.59	5,00
	50m:	46.49	46.49	100m:	1:36.59	50.10			
30+									
1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS				1:08.71	13,00
	50m:	31.78	31.78	100m:	1:08.71	36.93			
2.	1051353	CRUZ GARCIA, Aurora	30	CIDSANTIAGO				1:18.33	10,00
	50m:	35.15	35.15	100m:	1:18.33	43.18			
3.	1040719	CUBA KOSTER, Esmeralda	33	XOVE				1:33.63	8,00
	50m:	43.25	43.25	100m:	1:33.63	50.38			
4.	1221887	CARRERA PEREZ, Carolina	31	MOS				1:38.68	7,00
	50m:	45.53	45.53	100m:	1:38.68	53.15			
35+									
1.	1040100	CALVO RODRIGUEZ, Maria	38	NTNARON				1:57.54	13,00
	50m:	56.25	56.25	100m:	1:57.54	1:01.29			
40+									
1.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO				1:25.86	13,00
	50m:	41.45	41.45	100m:	1:25.86	44.41			
2.	1222531	FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA				1:32.63	10,00
	50m:	43.30	43.30	100m:	1:32.63	49.33			

Prueba 4, Fem., 100m Estilos, 40+

Clasificación					Edad		Tiempo	Puntos
3.	1170812	MARTIN, Christelle	44	ESCUALOS			1:33.96	8,00
	50m:	43.61	43.61	100m:	1:33.96	50.35		
4.	1236642	ABBATEMARCO, Cristina	41	SALVESTRADA			1:40.47	7,00
	50m:	44.02	44.02	100m:	1:40.47	56.45		
5.	1250481	MENDEZ ABELAIRA, Jessica	43	VALDEORRAS			2:40.80	6,00
	50m:	1:14.56	1:14.56	100m:	2:40.80	1:26.24		

45+

1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE			1:25.55	13,00
	50m:	40.75	40.75	100m:	1:25.55	44.80		
2.	1078902	AZANZA MORENO, Cristina	49	MULLEREF			1:27.90	10,00
	50m:	40.66	40.66	100m:	1:27.90	47.24		
3.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS			1:38.38	8,00
	50m:	45.86	45.86	100m:	1:38.38	52.52		
4.	1236743	RIVAS RODRIGUEZ, Lucia	46	NCORUÑA			1:45.72	7,00
	50m:	50.70	50.70	100m:	1:45.72	55.02		
5.	1253190	GARCIA NAVAS, Carolina	46	MULLEREF			1:49.97	6,00
	50m:	53.72	53.72	100m:	1:49.97	56.25		
6.	1224731	RIVEIRA CAAMAÑO, Rebeca	48	ORDES			1:50.98	5,00
	50m:	54.46	54.46	100m:	1:50.98	56.52		
7.	1246144	SANCHEZ BARREIRO, Maria Carmen	49	PONTEAREAS			2:05.54	4,00
	50m:	1:05.56	1:05.56	100m:	2:05.54	59.98		
8.	1253184	ABELLEIRA CORRAL, Gema	45	MULLEREF			2:09.53	3,00
	50m:	1:04.09	1:04.09	100m:	2:09.53	1:05.44		
9.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO			2:32.77	2,00
	50m:	1:13.97	1:13.97	100m:	2:32.77	1:18.80		

50+

1.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS			1:35.56	13,00
	50m:	43.67	43.67	100m:	1:35.56	51.89		
2.	1076524	SOSA CARNEIRO, Rosana	54	MOS			1:51.82	10,00
	50m:	50.58	50.58	100m:	1:51.82	1:01.24		

DSQ 1217442 VILLASANTE ARMAS, Maria Rosa 50 NCORUÑA -

55+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	59	HERCULES			1:42.94	13,00
	50m:	48.97	48.97	100m:	1:42.94	53.97		
2.	1147048	REGUEIRO RODRIGUEZ, Ana	59	RBAIXAS			1:42.99	10,00
	50m:	49.86	49.86	100m:	1:42.99	53.13		

Prueba 4, Fem., 100m Estilos

60+

1.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS	1:34.14	13,00
	50m:	43.28 43.28	100m:	1:34.14	50.86	
2.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS	2:02.92	10,00
	50m:	1:00.91 1:00.91	100m:	2:02.92	1:02.01	
3.	1197564	SANCHEZ VAZQUEZ, Maria Luisa	60	PONSVETUS	2:19.40	8,00
	50m:	1:08.06 1:08.06	100m:	2:19.40	1:11.34	

65+

DSQ	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	-	
		<i>Nado Irregular</i>				

Prueba 5
14/06/2025

Masc., 100m Estilos

2005 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE		1:02.74	13,00
	50m:	28.91 28.91	100m:	1:02.74	33.83		
2.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS		1:02.93	10,00
	50m:	30.34 30.34	100m:	1:02.93	32.59		
3.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS		1:08.83	8,00
	50m:	31.80 31.80	100m:	1:08.83	37.03		
4.	1075385	DIZ NIEVES, David	21	NFERROL		1:12.91	7,00
	50m:	33.41 33.41	100m:	1:12.91	39.50		
25+							
1.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA		1:07.20	13,00
	50m:	30.05 30.05	100m:	1:07.20	37.15		
2.	1039873	MORGADAS IGLESIAS, Pablo	27	MOS		1:12.75	10,00
	50m:	33.16 33.16	100m:	1:12.75	39.59		
3.	1264760	DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS		1:37.90	8,00
	50m:	45.19 45.19	100m:	1:37.90	52.71		
30+							
1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA		1:06.16	13,00
	50m:	30.07 30.07	100m:	1:06.16	36.09		
2.	1038638	CASTRO VILLAR, David	34	CDELMAR		1:10.72	10,00
	50m:	31.51 31.51	100m:	1:10.72	39.21		
3.	1256973	PENIDE CALVO, Gabriel	32	RBAIXAS		1:23.38	8,00
	50m:	37.13 37.13	100m:	1:23.38	46.25		
35+							
1.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR		1:01.25	13,00
	50m:	27.65 27.65	100m:	1:01.25	33.60		
2.	1199549	MARTINEZ DOPAZO, David	38	CIDSANTIAGO		1:09.96	10,00
	50m:	33.73 33.73	100m:	1:09.96	36.23		
3.	1143890	FORTES NOVOA, Martino	37	ESCUALOS		1:14.52	8,00
	50m:	35.44 35.44	100m:	1:14.52	39.08		
DSQ	1023057	PEREZ VAZQUEZ, Telmo	37	NTNARON			-
	<i>Nado irregular</i>						

Prueba 5, Masc., 100m Estilos

40+

1.	1141151	CALLE FACAL, Telmo	42	CIDSANTIAGO	1:04.94	13,00	RG
	50m:	29.74 29.74	100m:	1:04.94	35.20		
2.	1084043	PIÑEIRO PEON, Antonio	41	CIDSANTIAGO	1:10.33	10,00	
	50m:	32.39 32.39	100m:	1:10.33	37.94		
3.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE	1:15.82	8,00	
	50m:	35.37 35.37	100m:	1:15.82	40.45		
4.	1144584	ALVAREZ SILVA, Ruben	44	ESCUALOS	1:16.99	7,00	
	50m:	37.63 37.63	100m:	1:16.99	39.36		
5.	1170841	BASTIDA CAMPOS, Alejandro	43	SALVESTRADA	1:29.52	6,00	
	50m:	41.18 41.18	100m:	1:29.52	48.34		
6.	1147216	GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	1:35.34	5,00	
	50m:	46.94 46.94	100m:	1:35.34	48.40		
DSQ	1218108	IGLESIAS LAPIDO, Miguel	40	FLUVIAL		-	
	<i>Nado irregular</i>						

45+

1.	1267355	TORRES NEIRA, Mateo	46	CASINOC	1:06.56	13,00	
	50m:	29.92 29.92	100m:	1:06.56	36.64		
2.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS	1:07.91	10,00	
	50m:	31.38 31.38	100m:	1:07.91	36.53		
3.	1205935	GUIRADO CARABEL, Oscar	49	CULLEREDO	1:10.69	8,00	
	50m:	33.45 33.45	100m:	1:10.69	37.24		
4.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	1:13.13	7,00	
	50m:	34.31 34.31	100m:	1:13.13	38.82		
5.	1090758	IGLESIAS FUERTES, Abel	46	ESCUALOS	1:22.34	6,00	
	50m:	38.64 38.64	100m:	1:22.34	43.70		
6.	1079491	GOMEZ MARTIN, Ruben	47	FLUVIAL	1:24.51	5,00	
	50m:	40.43 40.43	100m:	1:24.51	44.08		
7.	1145005	FERNANDEZ IGLESIAS, Emilio J.	48	PONTEAREAS	1:26.35	4,00	
	50m:	41.31 41.31	100m:	1:26.35	45.04		
8.	1096414	ALIAGA SOLA, Alberto	48	PONTEAREAS	1:30.06	3,00	
	50m:	41.40 41.40	100m:	1:30.06	48.66		
9.	1127402	PEXEGUEIRO BALADRON, Nicolas	48	MOS	1:32.66	2,00	
	50m:	42.52 42.52	100m:	1:32.66	50.14		
DSQ	1272806	FEIJOO REY, Roi	46	POURENSE		-	
	<i>Saída anticipada</i>						

50+

1.	1197597	HERNAEZ OUBIÑA, David	52	CULLEREDO	1:18.66	13,00	
	50m:	37.23 37.23	100m:	1:18.66	41.43		
2.	1255450	RODRIGUEZ RODRIGUEZ, Santiago	53	CIDSANTIAGO	1:21.16	10,00	
	50m:	36.61 36.61	100m:	1:21.16	44.55		
3.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO	1:23.56	8,00	
	50m:	38.70 38.70	100m:	1:23.56	44.86		

Prueba 5, Masc., 100m Estilos, 50+

Clasificación					Edad			Tiempo	Puntos
4.	1224729	FERNADEZ BARREIROS, Claudio	50	ORDES				1:23.84	7,00
	50m:	40.83 40.83	100m:	1:23.84	43.01				
5.	1203306	DURO GONZALEZ, Antonio	51	SALVESTRADA				1:35.28	6,00
	50m:	44.14 44.14	100m:	1:35.28	51.14				
6.	1076526	REBANAL ALFAYA, Fernando	54	VALDEORRAS				1:37.10	5,00
	50m:	46.05 46.05	100m:	1:37.10	51.05				
7.	1208795	LORENZO GONZALEZ-VISO, Carlos	54	POURENSE				1:45.53	4,00
	50m:	51.27 51.27	100m:	1:45.53	54.26				
55+									
1.	1180234	SANCHEZ SECO, Manuel	57	ESCUALOS				1:34.55	13,00
	50m:	46.65 46.65	100m:	1:34.55	47.90				
2.	1228047	PEREZ GARCIA, Manuel	58	CULLEREDO				1:47.84	10,00
	50m:	52.79 52.79	100m:	1:47.84	55.05				
3.	1193949	LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO				1:48.09	8,00
	50m:	50.32 50.32	100m:	1:48.09	57.77				
60+									
1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO				1:13.85	13,00
	50m:	33.84 33.84	100m:	1:13.85	40.01				
2.	1078597	SOLLEIRO TIZON, Juan Jose	62	NCORUÑA				1:25.82	10,00
	50m:	42.79 42.79	100m:	1:25.82	43.03				
3.	1079361	RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS				1:44.91	8,00
	50m:	50.69 50.69	100m:	1:44.91	54.22				
4.	1075589	SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA				1:45.88	7,00
	50m:	51.85 51.85	100m:	1:45.88	54.03				
75+									
1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS				1:49.74	13,00 RG
	50m:	53.40 53.40	100m:	1:49.74	56.34				

Prueba 6
14/06/2025

Fem., 200m Braza

2005 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1228048	ALVAREZ SOUTO, Claudia				24	PONTEAREAS			3:20.83	13,00	
	50m:	46.12	46.12	100m:	1:37.39	51.27	150m:	2:29.68	52.29	200m:	3:20.83	51.15
25+												
1.	1037851	ALVITE BERGARA, Nerea				26	ARTEIXO			2:59.05	13,00	
	50m:	41.76	41.76	100m:	1:27.11	45.35	150m:	2:13.35	46.24	200m:	2:59.05	45.70
2.	1115644	FERNANDEZ JUAN, Maria				27	CIDSANTIAGO			3:25.22	10,00	
	50m:	47.06	47.06	100m:	1:38.79	51.73	150m:	2:31.78	52.99	200m:	3:25.22	53.44
3.	1145008	GONZALEZ PEREZ, Paula				29	PONTEAREAS			3:51.59	8,00	
	50m:	54.10	54.10	100m:	1:52.46	58.36	150m:	2:53.02	1:00.56	200m:	3:51.59	58.57
30+												
1.	1191499	GONZALEZ MACIA, Alba				31	MONFORTE			3:39.13	13,00	
	50m:	49.66	49.66	100m:	1:46.08	56.42	150m:	2:44.42	58.34	200m:	3:39.13	54.71
2.	1204918	MARTINEZ GARCIA, Susana				34	MONFORTE			3:57.85	10,00	
	50m:	51.38	51.38	100m:	1:50.81	59.43	150m:	2:54.54	1:03.73	200m:	3:57.85	1:03.31
3.	1253937	MELLA CASTRO, Ana Maria				31	ORDES			4:08.21	8,00	
	50m:	51.46	51.46	100m:	1:52.29	1:00.83	150m:	2:58.07	1:05.78	200m:	4:08.21	1:10.14
35+												
1.	1258330	BEN CILLERO, Natalia				36	XOVE			4:18.58	13,00	
	50m:	55.73	55.73	100m:	2:00.95	1:05.22	150m:	3:10.01	1:09.06	200m:	4:18.58	1:08.57
40+												
1.	1075221	HERMIDA RODRIGUEZ, Blanca				44	NFERROL			3:02.12	13,00	RG
	50m:	42.17	42.17	100m:	1:27.91	45.74	150m:	2:14.71	46.80	200m:	3:02.12	47.41
2.	1146780	DURAN VEIRAS, Raquel				41	ARTEIXO			3:13.81	10,00	
	50m:	44.48	44.48	100m:	1:33.77	49.29	150m:	2:23.59	49.82	200m:	3:13.81	50.22
45+												
1.	1144680	LOPEZ ARTABE, Inmaculada				45	CDELMAR			3:43.23	13,00	
	50m:	49.81	49.81	100m:	1:45.98	56.17	150m:	2:43.59	57.61	200m:	3:43.23	59.64
2.	1253184	ABELLEIRA CORRAL, Gema				45	MULLEREF			4:34.96	10,00	
	50m:	1:02.06	1:02.06	100m:	2:10.94	1:08.88	150m:	3:23.01	1:12.07	200m:	4:34.96	1:11.95
50+												
1.	1228008	OJEA DE CASTRO, Macarena				52	PORTAMIÑA			3:30.80	13,00	RG
	50m:	48.52	48.52	100m:	1:41.56	53.04	150m:	2:36.21	54.65	200m:	3:30.80	54.59

Prueba 6, Fem., 200m Braza

55+

1.	1197600 SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	3:30.75	13,00	RG
	50m: 46.97 46.97 100m: 1:39.87 52.90 150m: 2:35.88 56.01 200m: 3:30.75 54.87					
2.	1038729 DEL AMO BLANCO, Margarita	58	PONTEAREAS	4:01.42	10,00	
	50m: 55.25 55.25 100m: 1:55.93 1:00.68 150m: 2:59.26 1:03.33 200m: 4:01.42 1:02.16					
3.	1145007 MELON PARENTE, M. Lourdes	56	PONTEAREAS	6:17.78	8,00	
	50m: 1:29.75 1:29.75 100m: 3:03.98 1:34.23 150m: 4:41.27 1:37.29 200m: 6:17.78 1:36.51					

65+

1.	1037151 GOMEZ DOVAL, Maria Angela	69	FLUVIAL	5:10.85	13,00	
	50m: 1:10.90 1:10.90 100m: 2:29.76 1:18.86 150m: 3:50.66 1:20.90 200m: 5:10.85 1:20.19					
DSQ	1217937 RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS		-	

Prueba 7
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Masc., 200m Braza

2005 y mayores
Resultados

Clasificación					Edad					Tiempo	Puntos
20+											
1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE						2:29.11	13,00 RG
	50m:	33.87 33.87	100m:	1:11.67	37.80	150m:	1:50.72	39.05	200m:	2:29.11	38.39
2.	1127417	CARBALLO OTERO, Cesar	22	MOS						2:53.47	10,00
	50m:	38.22 38.22	100m:	1:21.42	43.20	150m:	2:07.44	46.02	200m:	2:53.47	46.03
3.	1079156	MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS						3:15.71	8,00
	50m:	42.15 42.15	100m:	1:29.45	47.30	150m:	2:20.53	51.08	200m:	3:15.71	55.18
25+											
1.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO						2:49.23	13,00
	50m:	38.31 38.31	100m:	1:21.31	43.00	150m:	2:05.47	44.16	200m:	2:49.23	43.76
2.	1141093	VILLAMOR FERRO, Ruben	25	ARTEIXO						2:50.08	10,00
	50m:	38.67 38.67	100m:	1:20.62	41.95	150m:	2:04.74	44.12	200m:	2:50.08	45.34
3.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE						2:50.56	8,00
	50m:	38.02 38.02	100m:	1:20.98	42.96	150m:	2:05.96	44.98	200m:	2:50.56	44.60
30+											
1.	1130602	TENORIO FREIRE, Martin	33	CIDSANTIAGO						2:33.06	13,00
	50m:	35.22 35.22	100m:	1:13.93	38.71	150m:	1:52.43	38.50	200m:	2:33.06	40.63
2.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS						4:41.38	10,00
	50m:	59.38 59.38	100m:	2:07.62	1:08.24	150m:	3:23.85	1:16.23	200m:	4:41.38	1:17.53
35+											
1.	1076287	PAZOS ALONSO, Josue	39	ESCUALOS						2:44.17	13,00
	50m:	36.80 36.80	100m:	1:18.88	42.08	150m:	2:01.60	42.72	200m:	2:44.17	42.57
2.	1241139	DIEGUEZ GONZALEZ, Bruno	35	CIDSANTIAGO						3:15.09	10,00
	50m:	43.84 43.84	100m:	1:32.56	48.72	150m:	2:24.09	51.53	200m:	3:15.09	51.00
40+											
1.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE						3:04.30	13,00
	50m:	41.97 41.97	100m:	1:28.44	46.47	150m:	2:17.04	48.60	200m:	3:04.30	47.26
2.	1145052	FIERRO FERNANDEZ, Julio	43	CASINOC						3:09.80	10,00
	50m:	42.72 42.72	100m:	1:31.07	48.35	150m:	2:21.04	49.97	200m:	3:09.80	48.76
45+											
1.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA						3:00.44	13,00
	50m:	39.48 39.48	100m:	1:25.63	46.15	150m:	2:13.68	48.05	200m:	3:00.44	46.76
2.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE						3:01.58	10,00
	50m:	41.15 41.15	100m:	1:27.54	46.39	150m:	2:14.75	47.21	200m:	3:01.58	46.83
3.	1143895	PADIN CHARLIN, Joaquin	45	ESCUALOS						3:10.28	8,00
	50m:	41.73 41.73	100m:	1:29.35	47.62	150m:	2:19.43	50.08	200m:	3:10.28	50.85

Prueba 7, Masc., 200m Braza, 45+

Clasificación									Edad		Tiempo	Puntos
4.	1038913	SUAREZ GARCIA, Pedro Lois				45	PONTEAREAS				3:36.56	7,00
	50m:	49.88	49.88	100m:	1:45.61	55.73	150m:	2:41.76	56.15	200m:	3:36.56	54.80

5.	1251233	GONZALEZ SANDEZ, Carlos				46	VALDEORRAS				4:13.81	6,00
	50m:	55.99	55.99	100m:	2:00.27	1:04.28	150m:	3:07.03	1:06.76	200m:	4:13.81	1:06.78

50+

1.	1244393	REY RODRIGUEZ, Oscar	51	CIDSANTIAGO						3:09.67	13,00	
	50m:	42.97	42.97	100m:	1:30.55	47.58	150m:	2:20.18	49.63	200m:	3:09.67	49.49

2.	1141504	BOUSO FUENTECILLA, Fernando			54	ESCUALOS				3:15.36	10,00	
	50m:	43.81	43.81	100m:	1:33.39	49.58	150m:	2:24.82	51.43	200m:	3:15.36	50.54

3.	1143605	FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS						3:23.69	8,00	
	50m:	47.01	47.01	100m:	1:37.81	50.80	150m:	2:31.18	53.37	200m:	3:23.69	52.51

4.	1144117	PREGO MARTINEZ, Benjamin	52	PONTEAREAS						3:34.74	7,00	
	50m:	46.57	46.57	100m:	1:40.48	53.91	150m:	2:37.55	57.07	200m:	3:34.74	57.19

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	57	CMARINA						3:12.17	13,00	
	50m:	41.60	41.60	100m:	1:28.85	47.25	150m:	2:19.54	50.69	200m:	3:12.17	52.63

2.	1141191	GARCIA SANJURJO, Jose Manuel				58	CDELMAR				3:26.38	10,00
	50m:	45.45	45.45	100m:	1:36.33	50.88	150m:	2:29.77	53.44	200m:	3:26.38	56.61

3.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE						3:48.83	8,00	
	50m:	51.20	51.20	100m:	1:49.27	58.07	150m:	2:49.00	59.73	200m:	3:48.83	59.83

4.	1145039	FERREIRO SANCHEZ, Luis		55	POURENSE				4:54.48	7,00		
	50m:	1:01.75	1:01.75	100m:	2:13.49	1:11.74	150m:	3:33.14	1:19.65	200m:	4:54.48	1:21.34

60+

1.	1144940	HERNANZ MORAL, Fausto				63	RBAIXAS				4:11.71	13,00
	50m:	58.35	58.35	100m:	2:03.46	1:05.11	150m:	3:10.63	1:07.17	200m:	4:11.71	1:01.08

65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS						3:59.40	13,00	
	50m:	55.27	55.27	100m:	1:56.02	1:00.75	150m:	2:59.28	1:03.26	200m:	3:59.40	1:00.12

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon			71	POURENSE				4:04.49	13,00	
	50m:	58.00	58.00	100m:	1:59.67	1:01.67	150m:	3:02.47	1:02.80	200m:	4:04.49	1:02.02

Prueba 8
14/06/2025

Fem., 100m Mariposa

2005 y mayores
Resultados

Clasificación				Edad			Tiempo	Puntos
20+								
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS			1:05.53	13,00 RG
	50m:	30.49 30.49	100m:	1:05.53	35.04			
2.	1108843	ESTEVEZ BASTERO, Ana	20	RBAIXAS			1:30.30	10,00
	50m:	40.22 40.22	100m:	1:30.30	50.08			
25+								
1.	1108273	SUAREZ GONZALEZ, Gracia	25	PONTEAREAS			1:09.50	13,00 RG
	50m:	32.63 32.63	100m:	1:09.50	36.87			
30+								
1.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR			1:23.06	13,00
	50m:	38.43 38.43	100m:	1:23.06	44.63			
2.	1221887	CARRERA PEREZ, Carolina	31	MOS			1:46.85	10,00
	50m:	49.10 49.10	100m:	1:46.85	57.75			
3.	1078925	SALGADO CASTELO, Marta	31	MULLEREF			1:49.10	8,00
	50m:	50.38 50.38	100m:	1:49.10	58.72			
4.	1247615	ALONSO PEREIRA, Fatima	32	RBAIXAS			1:49.63	7,00
	50m:	51.21 51.21	100m:	1:49.63	58.42			
35+								
1.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS			1:40.64	13,00
	50m:	46.96 46.96	100m:	1:40.64	53.68			
2.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS			2:19.82	10,00
	50m:	59.87 59.87	100m:	2:19.82	1:19.95			
45+								
1.	1246144	SANCHEZ BARREIRO, Maria Carmen	49	PONTEAREAS			2:33.04	13,00
	50m:	1:06.52 1:06.52	100m:	2:33.04	1:26.52			
50+								
1.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS			2:03.19	13,00
	50m:	54.13 54.13	100m:	2:03.19	1:09.06			
2.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS			2:05.26	10,00
	50m:	58.25 58.25	100m:	2:05.26	1:07.01			
55+								
1.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS			1:57.35	13,00
	50m:	54.65 54.65	100m:	1:57.35	1:02.70			

Prueba 8, Fem., 100m Mariposa

60+

1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	1:45.77	13,00
	50m:	47.93 47.93	100m:	1:45.77 57.84		
2.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS	2:02.49	10,00
	50m:	56.01 56.01	100m:	2:02.49 1:06.48		

Prueba 9
14/06/2025

Masc., 100m Mariposa

2005 y mayores
Resultados

Clasificación							Edad			Tiempo	Puntos
20+											
1.	1075385	DIZ NIEVES, David					21	NFERROL		1:07.95	13,00
	50m:	31.52	31.52	100m:	1:07.95	36.43					
2.	1135985	CASARES GARCIA, Adrian					22	PONTEAREAS		1:15.68	10,00
	50m:	32.06	32.06	100m:	1:15.68	43.62					
3.	1023017	CARRIL SOUTO, Javier					22	ARTEIXO		1:28.07	8,00
	50m:	35.76	35.76	100m:	1:28.07	52.31					
DSQ	1075388	MENDEZ LORENZO, Bruno					21	NFERROL			-
	<i>Chegada irregular</i>										
25+											
1.	1130804	CASTRO RODRIGUEZ, Francisco					25	CIDSANTIAGO		1:04.97	13,00
	50m:	29.84	29.84	100m:	1:04.97	35.13					
2.	1037180	CARRERA COSTAS, Martin					29	PONTEAREAS		1:05.95	10,00
	50m:	30.55	30.55	100m:	1:05.95	35.40					
3.	1264760	DIAZ QUEZADA, Miguel Bismark					27	VALDEORRAS		1:41.28	8,00
	50m:	48.51	48.51	100m:	1:41.28	52.77					
30+											
1.	1119327	SUAREZ FERNANDEZ, Santiago					30	MONFORTE		1:03.43	13,00
	50m:	29.35	29.35	100m:	1:03.43	34.08					
2.	1037824	FREIRE GONZALEZ, Javier					32	RBAIXAS		1:10.03	10,00
	50m:	32.65	32.65	100m:	1:10.03	37.38					
3.	1128175	GULIAS GARCIA, Jose Ruben					34	PONSVETUS		1:20.29	8,00
	50m:	33.70	33.70	100m:	1:20.29	46.59					
4.	1076271	NOVALES BLANCO, Xabier					34	RBAIXAS		1:27.38	7,00
	50m:	41.12	41.12	100m:	1:27.38	46.26					
5.	1232980	PICALLO MATO, Adrian					30	SALVESTRADA		1:32.84	6,00
	50m:	43.61	43.61	100m:	1:32.84	49.23					
35+											
1.	1178928	FIDALGO SERRANO, Guillermo					39	TRAVIESAS		1:47.57	13,00
	50m:	48.84	48.84	100m:	1:47.57	58.73					
40+											
1.	1141126	GOLPE IGLESIAS, Jose Antonio					43	PONSVETUS		1:42.20	13,00
	50m:	45.23	45.23	100m:	1:42.20	56.97					

Prueba 9, Masc., 100m Mariposa

45+

1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	1:09.51	13,00
	50m:	33.04 33.04	100m:	1:09.51 36.47		
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	1:10.55	10,00
	50m:	33.75 33.75	100m:	1:10.55 36.80		
3.	1224733	ARANGO GAYAR, Saul	45	RBAIXAS	1:21.06	8,00
	50m:	36.23 36.23	100m:	1:21.06 44.83		
4.	1143662	BALSA MOSQUERA, Pablo	47	NTNARON	1:24.89	7,00
	50m:	36.81 36.81	100m:	1:24.89 48.08		
5.	1145005	FERNANDEZ IGLESIAS, Emilio J.	48	PONTEAREAS	1:29.88	6,00
	50m:	42.08 42.08	100m:	1:29.88 47.80		
6.	1084041	SUAREZ GARCIA, Sergio	45	PONSVETUS	1:38.36	5,00
	50m:	43.87 43.87	100m:	1:38.36 54.49		
7.	1190398	FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA	2:04.92	4,00
	50m:	57.92 57.92	100m:	2:04.92 1:07.00		

50+

1.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	1:08.84	13,00
	50m:	32.55 32.55	100m:	1:08.84 36.29		
2.	1203306	DURO GONZALEZ, Antonio	51	SALVESTRADA	1:35.95	10,00
	50m:	43.01 43.01	100m:	1:35.95 52.94		
3.	1141502	TRONCOSO CAAMAÑO, Fernando	50	ESCUALOS	1:41.68	8,00
	50m:	47.70 47.70	100m:	1:41.68 53.98		

55+

1.	1143575	FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	1:38.90	13,00
	50m:	46.71 46.71	100m:	1:38.90 52.19		
2.	1253683	GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	1:45.50	10,00
	50m:	48.54 48.54	100m:	1:45.50 56.96		

60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	1:21.42	13,00
	50m:	38.51 38.51	100m:	1:21.42 42.91		
2.	1040281	MARTINEZ BERJANO, Jose Manuel	62	MONFORTE	1:58.73	10,00
	50m:	49.07 49.07	100m:	1:58.73 1:09.66		

Medallistas por prueba

Todas las pruebas

1. Mixto, 4 x 50m Estilos

+80 (PRE-MASTER)

1.	MOS 80	MOS	2:13.00	-
2.	PONTEAREAS 80	PONTEAREAS	2:17.78	-

1. Mixto, 4 x 50m Estilos

+100

1.	ARTEIXO 100	ARTEIXO	2:09.72	-
2.	CIDSANTIAGO 100	CIDSANTIAGO	2:10.84	-
3.	PONTEAREAS 100	PONTEAREAS	2:15.37	-

1. Mixto, 4 x 50m Estilos

+120

1.	CDELMAR 120	CDELMAR	2:15.49	-
2.	NCORUÑA 120	NCORUÑA	2:16.34	-
3.	RBAIXAS 120	RBAIXAS	2:17.59	-

1. Mixto, 4 x 50m Estilos

+160

1.	PORTAMIÑA 160	PORTAMIÑA	2:22.74	-
2.	CIDSANTIAGO 160	CIDSANTIAGO	2:23.01	-
3.	CULLEREDO 160	CULLEREDO	2:31.51	-

1. Mixto, 4 x 50m Estilos

+200

1.	RBAIXAS 200	RBAIXAS	2:30.86	-
2.	CDELMAR 200	CDELMAR	2:32.31	-
3.	FLUVIAL 200	FLUVIAL	2:40.13	-

1. Mixto, 4 x 50m Estilos

+240

1.	CIDSANTIAGO 240	CIDSANTIAGO	2:49.01	-
2.	RBAIXAS 240	RBAIXAS	2:59.19	- RG
3.	TRAVIESAS 240	TRAVIESAS	3:06.37	-

1. Mixto, 4 x 50m Estilos

+280

1.	PONTEAREAS 280	PONTEAREAS	4:40.39	-
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2. Fem., 400m Libre

20+

1.	1108843 ESTEVEZ BASTERO, Ana	20	RBAIXAS	5:37.00	-
2.	1111470 GARCES FERNANDEZ, Erea	22	RBAIXAS	5:46.88	-

2. Fem., 400m Libre

25+

1.	1039750 VEIGA SOUTO, Ana	27	ARTEIXO	4:38.78	-
2.	1108273 SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	4:43.06	-
3.	1253170 ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	5:13.87	-

2. Fem., 400m Libre 30+

1.	1116506 RAMOS LOBO, Raquel	32	PORTAMIÑA	5:19.60	-
2.	1078925 SALGADO CASTELO, Marta	31	MULLEREF	6:26.02	-
3.	1141053 IGLESIAS SUAREZ, Laura	33	CDELMAR	6:58.83	-

2. Fem., 400m Libre 35+

1.	1144948 GONZALEZ PEREZ, Jessica	38	RBAIXAS	5:58.59	-
2.	1036315 LOPEZ CORTABITARTE, Belen	38	CASINOC	6:26.20	-
3.	1250482 RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS	6:31.85	-

2. Fem., 400m Libre 40+

1.	1013486 GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	4:59.66	-
2.	1237395 VILARIÑO CACHO, Elvira	44	SALVESTRADA	5:36.21	-
3.	1143597 SANCHEZ LEDO, Cira	44	ESCUALOS	6:06.76	-

2. Fem., 400m Libre 45+

1.	1223050 ANDON YAÑEZ, Lorena	47	CASINOC	7:01.72	-
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2. Fem., 400m Libre 50+

1.	1040944 VARELA REDONDO, Veronica	50	PONTEAREAS	6:07.86	-
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2. Fem., 400m Libre 55+

1.	1147048 REGUEIRO RODRIGUEZ, Ana	59	RBAIXAS	6:22.68	-
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2. Fem., 400m Libre 60+

1.	1144331 TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	6:07.71	-
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3. Masc., 400m Libre 20+

1.	1135985 CASARES GARCIA, Adrian	22	PONTEAREAS	5:33.36	-
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3. Masc., 400m Libre 25+

1.	1144193 PASTORIZA SANTA CLARA, Jorge	28	RBAIXAS	4:16.67	-
2.	1037180 CARRERA COSTAS, Martin	29	PONTEAREAS	4:34.18	-
3.	1061561 INCUTTI TELLADO, Denis	25	PONTEAREAS	4:41.46	-

3. Masc., 400m Libre 30+

1.	1037824 FREIRE GONZALEZ, Javier	32	RBAIXAS	4:55.27	-
2.	1232980 PICALLO MATO, Adrian	30	SALVESTRADA	5:18.62	-

3. Masc., 400m Libre 35+

1.	1143515 BLANCO PEREZ, Jesus	39	NTNARON	5:08.59	-
2.	1178928 FIDALGO SERRANO, Guillermo	39	TRAVIESAS	6:14.65	-

3. Masc., 400m Libre 40+

1.	1145052	FIERRO FERNANDEZ, Julio	43	CASINOC	5:39.88	-
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO	5:43.63	-
3.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS	6:25.16	-

3. Masc., 400m Libre 45+

1.	1084041	SUAREZ GARCIA, Sergio	45	PONSVETUS	5:59.16	-
2.	1200126	TABOADA CALVELO, Jose Carlos	46	SALVESTRADA	6:28.75	-
3.	1254829	FARIAS FORNEIRO, Patricio Cruz	48	FLUVIAL	6:46.62	-

3. Masc., 400m Libre 50+

1.	1040137	QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	5:01.71	-
2.	1264722	BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	5:05.48	-
3.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	5:10.35	-

3. Masc., 400m Libre 55+

1.	1085112	RIVAS FEAL, Antonio	59	CASINOC	5:09.29	-
2.	1175089	NISTAL GARCIA, Eduardo	57	CASINOC	6:07.30	-
3.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	56	VALDEORRAS	6:47.60	-

3. Masc., 400m Libre 60+

1.	1105220	GARCIA RIÑON, Jaime	61	NCORUÑA	5:05.76	- RG
2.	1144940	HERNANZ MORAL, Fausto	63	RBAIXAS	6:29.28	-
3.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	6:39.58	-

3. Masc., 400m Libre 65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO	5:46.90	- RG
2.	1143896	PERDIZ GONZALEZ, Jose Ramon	67	ESCUALOS	8:38.60	-

3. Masc., 400m Libre 70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE	6:20.19	-
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3. Masc., 400m Libre 75+

1.	1076488	MONROY FERNANDEZ, Manuel	75	PONTEAREAS	7:40.80	-
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4. Fem., 100m Estilos 20+

1.	1084799	GARCIA ESTEVEZ, Nahir	23	MOS	1:25.80	-
2.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS	1:29.74	-

4. Fem., 100m Estilos 25+

1.	1107420	DAVILA SILVA, Alicia	27	MOS	1:13.71	-
2.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA	1:16.25	-
3.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO	1:20.49	-

4. Fem., 100m Estilos 30+

1.	1093459 FRANCO CAL, Alba	34	ASMEIGAS	1:08.71	-
2.	1051353 CRUZ GARCIA, Aurora	30	CIDSANTIAGO	1:18.33	-
3.	1040719 CUBA KOSTER, Esmeralda	33	XOVE	1:33.63	-

4. Fem., 100m Estilos 35+

1.	1040100 CALVO RODRIGUEZ, Maria	38	NTNARON	1:57.54	-
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4. Fem., 100m Estilos 40+

1.	1180232 FKEOUI OMARI, Salma	43	CIDSANTIAGO	1:25.86	-
2.	1222531 FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA	1:32.63	-
3.	1170812 MARTIN, Christelle	44	ESCUALOS	1:33.96	-

4. Fem., 100m Estilos 45+

1.	1060267 ESCUREDO DIEZ, Mirta	47	XOVE	1:25.55	-
2.	1078902 AZANZA MORENO, Cristina	49	MULLEREF	1:27.90	-
3.	1178775 COVELO SAAVEDRA, Nahir	47	PONTEAREAS	1:38.38	-

4. Fem., 100m Estilos 50+

1.	1172138 ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	1:35.56	-
2.	1076524 SOUSA CARNEIRO, Rosana	54	MOS	1:51.82	-

4. Fem., 100m Estilos 55+

1.	1264754 RODRIGUEZ PANTIN, Marta Maria	59	HERCULES	1:42.94	-
2.	1147048 REGUEIRO RODRIGUEZ, Ana	59	RBAIXAS	1:42.99	-

4. Fem., 100m Estilos 60+

1.	1079307 CHAMOSA MARTIN, Julia	64	RBAIXAS	1:34.14	-
2.	1076506 MARTY PAZOS, Maria Victoria	60	TRAVIESAS	2:02.92	-
3.	1197564 SANCHEZ VAZQUEZ, Maria Luisa	60	PONSVETUS	2:19.40	-

5. Masc., 100m Estilos 20+

1.	1040558 PONTON RODRIGUEZ, Juan	23	MONFORTE	1:02.74	-
2.	1142991 PEREZ PAZ, Dario	20	PONTEAREAS	1:02.93	-
3.	1135986 CASARES GARCIA, Brais	21	PONTEAREAS	1:08.83	-

5. Masc., 100m Estilos 25+

1.	1246147 LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA	1:07.20	-
2.	1039873 MORGADAS IGLESIAS, Pablo	27	MOS	1:12.75	-
3.	1264760 DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS	1:37.90	-

5. Masc., 100m Estilos 30+

1.	1093458 MUIÑO ALONSO, Anton	31	NCORUÑA	1:06.16	-
2.	1038638 CASTRO VILLAR, David	34	CDELMAR	1:10.72	-
3.	1256973 PENIDE CALVO, Gabriel	32	RBAIXAS	1:23.38	-

5. Masc., 100m Estilos 35+

1.	1078993 LOBELLE GONZALEZ, Ivan	36	CDELMAR	1:01.25	-
2.	1199549 MARTINEZ DOPAZO, David	38	CIDSANTIAGO	1:09.96	-
3.	1143890 FORTES NOVOA, Martino	37	ESCUALOS	1:14.52	-

5. Masc., 100m Estilos 40+

1.	1141151 CALLE FACAL, Telmo	42	CIDSANTIAGO	1:04.94	- RG
2.	1084043 PIÑEIRO PEON, Antonio	41	CIDSANTIAGO	1:10.33	-
3.	1038255 ESCUREDO DIEZ, Alberto	41	XOVE	1:15.82	-

5. Masc., 100m Estilos 45+

1.	1267355 TORRES NEIRA, Mateo	46	CASINOC	1:06.56	-
2.	1076560 EIRIZ DIEGUEZ, Daniel	47	MOS	1:07.91	-
3.	1205935 GUIRADO CARABEL, Oscar	49	CULLEREDO	1:10.69	-

5. Masc., 100m Estilos 50+

1.	1197597 HERNAEZ OUBIÑA, David	52	CULLEREDO	1:18.66	-
2.	1255450 RODRIGUEZ RODRIGUEZ, Santiago	53	CIDSANTIAGO	1:21.16	-
3.	1144601 PUENTE DIAZ, Javier	54	CIDSANTIAGO	1:23.56	-

5. Masc., 100m Estilos 55+

1.	1180234 SANCHEZ SECO, Manuel	57	ESCUALOS	1:34.55	-
2.	1228047 PEREZ GARCIA, Manuel	58	CULLEREDO	1:47.84	-
3.	1193949 LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	1:48.09	-

5. Masc., 100m Estilos 60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	1:13.85	-
2.	1078597 SOLLEIRO TIZON, Juan Jose	62	NCORUÑA	1:25.82	-
3.	1079361 RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS	1:44.91	-

5. Masc., 100m Estilos 75+

1.	1076487 RODRIGUEZ LEMOS, Andres Jesus	76	MOS	1:49.74	- RG
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6. Fem., 200m Braza 20+

1.	1228048 ALVAREZ SOUTO, Claudia	24	PONTEAREAS	3:20.83	-
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6. Fem., 200m Braza 25+

1.	1037851	ALVITE BERGARA, Nerea	26	ARTEIXO	2:59.05	-
2.	1115644	FERNANDEZ JUAN, Maria	27	CIDSANTIAGO	3:25.22	-
3.	1145008	GONZALEZ PEREZ, Paula	29	PONTEAREAS	3:51.59	-

6. Fem., 200m Braza 30+

1.	1191499	GONZALEZ MACIA, Alba	31	MONFORTE	3:39.13	-
2.	1204918	MARTINEZ GARCIA, Susana	34	MONFORTE	3:57.85	-
3.	1253937	MELLA CASTRO, Ana Maria	31	ORDES	4:08.21	-

6. Fem., 200m Braza 35+

1.	1258330	BEN CILLERO, Natalia	36	XOVE	4:18.58	-
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6. Fem., 200m Braza 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	3:02.12	- RG
2.	1146780	DURAN VEIRAS, Raquel	41	ARTEIXO	3:13.81	-

6. Fem., 200m Braza 45+

1.	1144680	LOPEZ ARTABE, Inmaculada	45	CDELMAR	3:43.23	-
2.	1253184	ABELLEIRA CORRAL, Gema	45	MULLEREF	4:34.96	-

6. Fem., 200m Braza 50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	3:30.80	- RG
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6. Fem., 200m Braza 55+

1.	1197600	SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	3:30.75	- RG
2.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS	4:01.42	-
3.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS	6:17.78	-

6. Fem., 200m Braza 65+

1.	1037151	GOMEZ DOVAL, Maria Angela	69	FLUVIAL	5:10.85	-
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7. Masc., 200m Braza 20+

1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE	2:29.11	- RG
2.	1127417	CARBALLO OTERO, Cesar	22	MOS	2:53.47	-
3.	1079156	MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS	3:15.71	-

7. Masc., 200m Braza 25+

1.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO	2:49.23	-
2.	1141093	VILLAMOR FERRO, Ruben	25	ARTEIXO	2:50.08	-
3.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE	2:50.56	-

7. Masc., 200m Braza 30+

1.	1130602	TENORIO FREIRE, Martin	33	CIDSANTIAGO	2:33.06	-
2.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS	4:41.38	-

7. Masc., 200m Braza 35+

1.	1076287	PAZOS ALONSO, Josue	39	ESCUALOS	2:44.17	-
2.	1241139	DIEGUEZ GONZALEZ, Bruno	35	CIDSANTIAGO	3:15.09	-

7. Masc., 200m Braza 40+

1.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	3:04.30	-
2.	1145052	FIERRO FERNANDEZ, Julio	43	CASINOC	3:09.80	-

7. Masc., 200m Braza 45+

1.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA	3:00.44	-
2.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE	3:01.58	-
3.	1143895	PADIN CHARLIN, Joaquin	45	ESCUALOS	3:10.28	-

7. Masc., 200m Braza 50+

1.	1244393	REY RODRIGUEZ, Oscar	51	CIDSANTIAGO	3:09.67	-
2.	1141504	BOUSO FUENTECILLA, Fernando	54	ESCUALOS	3:15.36	-
3.	1143605	FERNANDEZ MARTINEZ, Alberto	54	ESCUALOS	3:23.69	-

7. Masc., 200m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	57	CMARINA	3:12.17	-
2.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR	3:26.38	-
3.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE	3:48.83	-

7. Masc., 200m Braza 60+

1.	1144940	HERNANZ MORAL, Fausto	63	RBAIXAS	4:11.71	-
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7. Masc., 200m Braza 65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS	3:59.40	-
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7. Masc., 200m Braza 70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE	4:04.49	-
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8. Fem., 100m Mariposa 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS	1:05.53	- RG
2.	1108843	ESTEVEZ BASTERO, Ana	20	RBAIXAS	1:30.30	-

8. Fem., 100m Mariposa 25+

1.	1108273	SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	1:09.50	- RG
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8. Fem., 100m Mariposa 30+

1.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR	1:23.06	-
2.	1221887	CARRERA PEREZ, Carolina	31	MOS	1:46.85	-
3.	1078925	SALGADO CASTELO, Marta	31	MULLEREF	1:49.10	-

8. Fem., 100m Mariposa 35+

1.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS	1:40.64	-
2.	1110693	FERNANDEZ GUARDIOLA, Loira	36	PONTEAREAS	2:19.82	-

8. Fem., 100m Mariposa 45+

1.	1246144	SANCHEZ BARREIRO, Maria Carmen	49	PONTEAREAS	2:33.04	-
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8. Fem., 100m Mariposa 50+

1.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	2:03.19	-
2.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS	2:05.26	-

8. Fem., 100m Mariposa 55+

1.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS	1:57.35	-
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8. Fem., 100m Mariposa 60+

1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	1:45.77	-
2.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS	2:02.49	-

9. Masc., 100m Mariposa 20+

1.	1075385	DIZ NIEVES, David	21	NFERROL	1:07.95	-
2.	1135985	CASARES GARCIA, Adrian	22	PONTEAREAS	1:15.68	-
3.	1023017	CARRIL SOUTO, Javier	22	ARTEIXO	1:28.07	-

9. Masc., 100m Mariposa 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO	1:04.97	-
2.	1037180	CARRERA COSTAS, Martin	29	PONTEAREAS	1:05.95	-
3.	1264760	DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS	1:41.28	-

9. Masc., 100m Mariposa 30+

1.	1119327	SUAREZ FERNANDEZ, Santiago	30	MONFORTE	1:03.43	-
2.	1037824	FREIRE GONZALEZ, Javier	32	RBAIXAS	1:10.03	-
3.	1128175	GULIAS GARCIA, Jose Ruben	34	PONSVETUS	1:20.29	-

9. Masc., 100m Mariposa 35+

1.	1178928	FIDALGO SERRANO, Guillermo	39	TRAVIESAS	1:47.57	-
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9. Masc., 100m Mariposa 40+

1.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS	1:42.20	-
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9. Masc., 100m Mariposa 45+

1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	1:09.51	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	1:10.55	-
3.	1224733	ARANGO GAYAR, Saul	45	RBAIXAS	1:21.06	-

9. Masc., 100m Mariposa 50+

1.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	1:08.84	-
2.	1203306	DURO GONZALEZ, Antonio	51	SALVESTRADA	1:35.95	-
3.	1141502	TRONCOSO CAAMAÑO, Fernando	50	ESCUALOS	1:41.68	-

9. Masc., 100m Mariposa 55+

1.	1143575	FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	1:38.90	-
2.	1253683	GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	1:45.50	-

9. Masc., 100m Mariposa 60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	1:21.42	-
2.	1040281	MARTINEZ BERJANO, Jose Manuel	62	MONFORTE	1:58.73	-

10. Fem., 100m Espalda 20+

1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	24	PORTAMIÑA	1:22.66	-
2.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS	1:32.03	-

10. Fem., 100m Espalda 25+

1.	1038466	RODRIGUEZ PAZ, Lucia	25	PONTEAREAS	1:31.56	-
2.	1266318	GORDILLO VAN GILS, Silvia	29	NTNARON	1:39.53	-

10. Fem., 100m Espalda 30+

1.	1051353	CRUZ GARCIA, Aurora	30	CIDSANTIAGO	1:17.33	-
2.	1243197	GANDARA SUAREZ, Tania	32	ORDES	1:39.56	-
3.	1141053	IGLESIAS SUAREZ, Laura	33	CDELMAR	1:48.09	-

10. Fem., 100m Espalda 35+

1.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	1:19.33	-
2.	1274254	VAZQUEZ DUARTE, Cristina	39	RBAIXAS	1:36.28	-
3.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS	1:36.43	-

10. Fem., 100m Espalda 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	1:13.38	- RG
2.	1143597	SANCHEZ LEDO, Cira	44	ESCUALOS	1:24.75	-
3.	1170812	MARTIN, Christelle	44	ESCUALOS	1:34.73	-

10. Fem., 100m Espalda 45+

1.	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL	1:38.80	-
2.	1253190	GARCIA NAVAS, Carolina	46	MULLEREF	1:53.05	-
3.	1240321	FILGUEIRA FRANCO, Laura	47	PONSVETUS	2:10.77	-

10. Fem., 100m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	1:28.17	-
2.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	1:35.85	-
3.	1076524	SOUSA CARNEIRO, Rosana	54	MOS	1:44.07	-

10. Fem., 100m Espalda 55+

1.	1197600	SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	1:35.40	- RG
2.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS	1:49.24	-
3.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF	1:56.65	-

10. Fem., 100m Espalda 60+

1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	1:36.54	- RG
2.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS	1:37.97	-
3.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS	2:08.29	-

10. Fem., 100m Espalda 65+

1.	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	2:10.53	-
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10. Fem., 100m Espalda 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	3:22.31	-
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11. Masc., 100m Espalda 25+

1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	1:02.27	-
2.	1144193	PASTORIZA SANTA CLARA, Jorge	28	RBAIXAS	1:06.03	-
3.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA	1:21.74	-

11. Masc., 100m Espalda 30+

1.	1038638	CASTRO VILLAR, David	34	CDELMAR	1:06.38	-
2.	1260354	VAZQUEZ PEREZ, Diego	30	MONFORTE	1:46.14	-
3.	1241602	FONTAN SEIJO, Adrian	32	MOS	1:46.35	-

11. Masc., 100m Espalda 35+

1.	1185622	DIAZ RODRIGUEZ, Andres	36	NTNARON	1:13.16	-
2.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS	2:07.05	-

11. Masc., 100m Espalda 40+

1.	1170841	BASTIDA CAMPOS, Alejandro	43	SALVESTRADA	1:24.76	-
2.	1107557	MELLA BARBEITO, Javier	42	ARTEIXO	1:46.60	-
3.	1238132	FIDALGO SERRANO, Manuel A.	44	TRAVIESAS	1:48.61	-

11. Masc., 100m Espalda 45+

1.	1267355	TORRES NEIRA, Mateo	46	CASINOC	1:05.95	-
2.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS	1:09.52	-
3.	1205935	GUIRADO CARABEL, Oscar	49	CULLEREDO	1:13.88	-

11. Masc., 100m Espalda 50+

1.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	1:19.71	-
2.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO	1:21.57	-
3.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J. NCORUÑA			1:23.70	-

11. Masc., 100m Espalda 55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS	1:17.78	-
2.	1266323	MILLAN ALONSO, Ruben	55	TRAVIESAS	1:33.05	-

11. Masc., 100m Espalda 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	1:11.98	-
2.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS	1:57.23	-

11. Masc., 100m Espalda 65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO	1:28.84	-
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11. Masc., 100m Espalda 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS	1:57.13	-
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11. Masc., 100m Espalda 85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	3:00.03	-
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12. Fem., 50m Libre 20+

1.	1076318	LEMOs FERNANDEZ, Zaira	23	PONTEAREAS	31.24	-
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12. Fem., 50m Libre 25+

1.	1253170	ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	32.33	-
2.	1272805	ABREU RAMOS, Ines Isabel	27	ASMEIGAS	33.55	-

12. Fem., 50m Libre 30+

1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS	27.76	-
2.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS	32.01	-
3.	1237382	MUIÑO, Andrea	34	NCORUÑA	35.60	-

12. Fem., 50m Libre 35+

1.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA	31.19	-
2.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	31.24	-
3.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	34.37	-

12. Fem., 50m Libre 40+

1.	1251885	SUAREZ BUJAN, Rebeca	42	CIDSANTIAGO	35.34	-
2.	1144598	OLMO VAQUEIRO, Leticia	44	PONTEAREAS	39.78	-
3.	1243198	MARTIN VILAS, Maria Jesus	43	ORDES	43.10	-

12. Fem., 50m Libre 45+

1.	1078902	AZANZA MORENO, Cristina	49	MULLEREF	32.77	-
2.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON	35.38	-
3.	1079470	MOLINOS LAMAS, Bibiana	48	RBAIXAS	35.96	-

12. Fem., 50m Libre 50+

1.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS	37.04	-
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12. Fem., 50m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	56	FLUVIAL	38.33	-
2.	1264754	RODRIGUEZ PANTIN, Marta Maria	59	HERCULES	39.20	-
3.	1143584	FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	47.90	-

12. Fem., 50m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	34.74	-
2.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS	49.60	-
3.	1197564	SANCHEZ VAZQUEZ, Maria Luisa	60	PONSVETUS	56.49	-

12. Fem., 50m Libre 65+

1.	1037151	GOMEZ DOVAL, Maria Angela	69	FLUVIAL	54.19	-
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12. Fem., 50m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	45.16	-
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12. Fem., 50m Libre 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	1:26.69	-
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13. Masc., 50m Libre 20+

1.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE	24.92	-
2.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS	26.67	-
3.	1143774	BELTRAN FREIRIA, Oskar	21	MOS	27.72	-

13. Masc., 50m Libre 25+

1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	25.95	-
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA	26.32	-
3.	1039270	TRILLO RODRIGUEZ, Adrian	28	MOS	29.68	-

13. Masc., 50m Libre 30+

1.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR	25.14	-
2.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA	25.80	-
3.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO	29.41	-

13. Masc., 50m Libre 35+

1.	1267364	PINTO RAMNARINE, Rohan Ian	39	GALAICO	24.15	-
2.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR	24.32	-
3.	1075908	LOBELLE GONZALEZ, Marcos	36	CDELMAR	26.16	-

13. Masc., 50m Libre 40+

1.	1084043	PIÑEIRO PEON, Antonio	41	CIDSANTIAGO	27.40	-
2.	1079215	MENDES FERRAS, Artur Leonel	44	MONFORTE	30.99	-
3.	1086712	FREIRE DONADO, Guillermo	41	CIDSANTIAGO	31.31	-

13. Masc., 50m Libre 45+

1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	27.11	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	28.08	-
3.	1272806	FEIJOO REY, Roi	46	POURENSE	29.18	-

13. Masc., 50m Libre 50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	25.73	- RG
2.	1274246	MARTINEZ JACOME, Felix	52	POURENSE	27.09	-
3.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	27.69	-

13. Masc., 50m Libre 55+

1.	1085112	RIVAS FEAL, Antonio	59	CASINOC	30.12	-
2.	1144573	MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE	31.79	-
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	32.60	-

13. Masc., 50m Libre 60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	32.78	-
2.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH	34.82	-
3.	1040281	MARTINEZ BERJANO, Jose Manuel	62	MONFORTE	35.23	-

13. Masc., 50m Libre 65+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	66	CIDSANTIAGO	32.84	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS	38.32	-
3.	1144180	SEGUIN CID, Severino	66	TRAVIESAS	41.56	-

13. Masc., 50m Libre 70+

1.	1048954	BORDALLO CORTINA, Fernando	71	HERCULES	34.06	-
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13. Masc., 50m Libre 75+

1.	1076488	MONROY FERNANDEZ, Manuel	75	PONTEAREAS	41.87	-
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14. Fem., 200m Estilos 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS	2:28.86	- RG
2.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO	2:49.34	-
3.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS	2:52.87	-

14. Fem., 200m Estilos 25+

1.	1039750	VEIGA SOUTO, Ana	27	ARTEIXO	2:30.10	-
2.	1037851	ALVITE BERGARA, Nerea	26	ARTEIXO	2:41.85	-
3.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO	2:50.58	-

14. Fem., 200m Estilos 30+

1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA	2:46.81	-
2.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR	2:58.32	-
3.	1247615	ALONSO PEREIRA, Fatima	32	RBAIXAS	3:44.21	-

14. Fem., 200m Estilos 35+

1.	1250482	RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS	3:34.08	-
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14. Fem., 200m Estilos 40+

1.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO	3:06.69	-
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA	3:07.27	-
3.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	3:12.78	-

14. Fem., 200m Estilos 45+

1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE	3:06.54	-
2.	1144680	LOPEZ ARTABE, Inmaculada	45	CDELMAR	3:22.83	-
3.	1224731	RIVEIRA CAAMAÑO, Rebeca	48	ORDES	4:01.19	-

14. Fem., 200m Estilos 55+

1.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS	5:53.57	-
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15. Masc., 200m Estilos 20+

1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE	2:16.47	-
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15. Masc., 200m Estilos 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO	2:27.55	-
2.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE	2:35.63	-
3.	1141093	VILLAMOR FERRO, Ruben	25	ARTEIXO	2:36.09	-

15. Masc., 200m Estilos 30+

1.	1130602	TENORIO FREIRE, Martin	33	CIDSANTIAGO	2:21.86	-
2.	1128175	GULIAS GARCIA, Jose Ruben	34	PONSVETUS	2:58.64	-
3.	1256973	PENIDE CALVO, Gabriel	32	RBAIXAS	3:04.01	-

15. Masc., 200m Estilos 35+

1.	1199549	MARTINEZ DOPAZO, David	38	CIDSANTIAGO	2:34.19	-
2.	1076287	PAZOS ALONSO, Josue	39	ESCUALOS	2:34.21	-
3.	1023057	PEREZ VAZQUEZ, Telmo	37	NTNARON	3:26.68	-

15. Masc., 200m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	42	CIDSANTIAGO	2:20.34	-
2.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE	2:49.66	-
3.	1144584	ALVAREZ SILVA, Ruben	44	ESCUALOS	2:55.53	-

15. Masc., 200m Estilos 45+

1.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	2:43.84	-
2.	1006004	GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA	2:44.36	-
3.	1224733	ARANGO GAYAR, Saul	45	RBAIXAS	2:57.99	-

15. Masc., 200m Estilos 50+

1.	1040137	QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	2:45.32	-
2.	1258336	MUÑIZ CAL, Rafael	51	ARTEIXO	2:53.01	-
3.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	2:55.41	-

15. Masc., 200m Estilos 55+

1.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR	3:15.14	-
2.	1180234	SANCHEZ SECO, Manuel	57	ESCUALOS	3:31.59	-
3.	1193949	LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	3:56.08	-

15. Masc., 200m Estilos 60+

1.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	3:54.24	-
2.	1075589	SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA	3:55.03	-
3.	1053394	SANJORGE PEDREIRA, Carmelo	63	ARTEIXO	4:03.92	-

16. Fem., 50m Braza 20+

1.	1113219	IGLESIAS LOPEZ, Maria	24	CULLEREDO	39.93	-
2.	1228048	ALVAREZ SOUTO, Claudia	24	PONTEAREAS	40.00	-

16. Fem., 50m Braza 25+

1.	1107420	DAVILA SILVA, Alicia	27	MOS	37.22	-
2.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA	38.16	-
3.	1272805	ABREU RAMOS, Ines Isabel	27	ASMEIGAS	42.66	-

16. Fem., 50m Braza 30+

1.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS	43.75	-
2.	1266341	MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO	46.28	-
3.	1191499	GONZALEZ MACIA, Alba	31	MONFORTE	46.52	-

16. Fem., 50m Braza 35+

1.	1249165	CIDRAS ANGEL, Iria	35	NCORUÑA	40.08	-
2.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	51.54	-
3.	1202705	MARTINEZ BARCIELA, Maria Olga	35	RBAIXAS	54.88	-

16. Fem., 50m Braza 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	39.75	- RG
2.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	40.98	-
3.	1146780	DURAN VEIRAS, Raquel	41	ARTEIXO	42.09	-

16. Fem., 50m Braza 45+

1.	1079470	MOLINOS LAMAS, Bibiana	48	RBAIXAS	46.31	-
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS	46.33	-
3.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO	1:12.82	-

16. Fem., 50m Braza 50+

1.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	55.42	-
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16. Fem., 50m Braza 55+

1.	1141128	LLEVOT SANCHEZ, Ana Isabel	55	PONSVETUS	51.86	-
2.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF	55.75	-

16. Fem., 50m Braza 60+

1.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS	52.30	-
2.	1144231	PEREZ GALLARDO, Teresa	61	POURENSE	1:26.93	-

16. Fem., 50m Braza 65+

1.	1217937	RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	1:09.71	-
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16. Fem., 50m Braza 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	1:03.09	-
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17. Masc., 50m Braza 20+

1.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS	32.88	-
2.	1143774	BELTRAN FREIRIA, Oskar	21	MOS	33.37	-
3.	1127417	CARBALLO OTERO, Cesar	22	MOS	34.80	-

17. Masc., 50m Braza 25+

1.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO	35.77	-
2.	1038178	IBAÑEZ CARRERA, Manuel Gabriel	29	PONTEAREAS	43.46	-

17. Masc., 50m Braza 30+

1.	1119327	SUAREZ FERNANDEZ, Santiago	30	MONFORTE	32.78	-
2.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO	39.15	-
3.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS	59.40	-

17. Masc., 50m Braza 35+

1.	1267364	PINTO RAMNARINE, Rohan Ian	39	GALAICO	30.44	-
2.	1075908	LOBELLE GONZALEZ, Marcos	36	CDELMAR	33.38	-
3.	1143890	FORTES NOVOA, Martino	37	ESCUALOS	35.07	-

17. Masc., 50m Braza 40+

1.	1218108	IGLESIAS LAPIDO, Miguel	40	FLUVIAL	36.74	-
2.	1240331	DE LORENZO FERNANDEZ, Javier	44	ESCUALOS	37.24	-
3.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	38.42	-

17. Masc., 50m Braza 45+

1.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE	35.14	-
2.	1075217	ESPINOSA MIRA, Jorge	47	VALDEORRAS	39.01	-
3.	1201621	ALONSO ORTIZ, Mariano	49	FLUVIAL	39.28	-

17. Masc., 50m Braza 50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	33.37	-
2.	1231581	RODRIGUEZ SALGADO, Manuel	50	CIDSANTIAGO	36.92	-
3.	1197597	HERNAEZ OUBIÑA, David	52	CULLEREDO	37.76	-

17. Masc., 50m Braza 55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS	35.16	-
2.	1143661	TOURIÑO GONZALEZ, Victor M.	57	CMARINA	38.00	-
3.	1144698	CADAVID NUÑEZ, Jose	55	POURENSE	47.11	-

17. Masc., 50m Braza 60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	62	NCORUÑA	40.76	-
2.	1079361	RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS	48.81	-
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS	49.66	-

17. Masc., 50m Braza 65+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	66	CIDSANTIAGO	40.14	-
2.	1144180	SEGUIN CID, Severino	66	TRAVIESAS	49.11	-

17. Masc., 50m Braza 70+

1.	1240096 IVANCHENKO, Yurii	72	POURENSE	49.34	-
2.	1048954 BORDALLO CORTINA, Fernando	71	HERCULES	49.50	-

17. Masc., 50m Braza 85+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	1:23.80	-
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18. Fem., 4 x 50m Libre +80 (PRE-MASTER)

1.	RBAIXAS 80	RBAIXAS	2:11.46	-
2.	PONTEAREAS 80	PONTEAREAS	2:19.72	-

18. Fem., 4 x 50m Libre +120

1.	CIDSANTIAGO 120	CIDSANTIAGO	2:03.97	- RG
2.	NCORUÑA 120	NCORUÑA	2:09.71	-
3.	PONTEAREAS 120	PONTEAREAS	2:17.78	-

18. Fem., 4 x 50m Libre +160

1.	ESCUALOS 160	ESCUALOS	2:21.61	-
2.	CDELMAR 160	CDELMAR	2:28.11	-
3.	RBAIXAS 160	RBAIXAS	2:28.51	-

18. Fem., 4 x 50m Libre +200

1.	PONTEAREAS 200	PONTEAREAS	2:43.76	-
2.	PONSVETUS 200	PONSVETUS	2:56.42	-

18. Fem., 4 x 50m Libre +240

1.	PONTEAREAS 240	PONTEAREAS	4:29.35	-
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19. Masc., 4 x 50m Libre +80 (PRE-MASTER)

1.	PONTEAREAS 80	PONTEAREAS	1:47.76	-
2.	MOS 80	MOS	1:52.24	-

19. Masc., 4 x 50m Libre +120

1.	CDELMAR 120	CDELMAR	1:39.23	- RG
2.	CIDSANTIAGO 120	CIDSANTIAGO	1:51.76	-
3.	RBAIXAS 120	RBAIXAS	1:54.60	-

19. Masc., 4 x 50m Libre +160

1.	MOS 160	MOS	1:54.50	-
2.	NCORUÑA 160	NCORUÑA	1:55.50	-
3.	MONFORTE 160	MONFORTE	1:57.43	-

19. Masc., 4 x 50m Libre +200

1.	CASINOC 200	CASINOC	1:59.98	-
2.	CIDSANTIAGO 200	CIDSANTIAGO	2:01.45	-
3.	PORTAMIÑA 200	PORTAMIÑA	2:03.57	-

19. Masc., 4 x 50m Libre +240

1.	CIDSANTIAGO 240	CIDSANTIAGO	2:06.74	-
2.	POURENSE 240	POURENSE	2:31.05	-

19. Masc., 4 x 50m Libre +280

1.	PONTEAREAS 280	PONTEAREAS	3:16.21	-
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20. Mixto, 4 x 50m Libre +80 (PRE-MASTER)

1.	PONTEAREAS 80	PONTEAREAS	1:55.30	-
2.	MOS 80	MOS	2:07.87	-

20. Mixto, 4 x 50m Libre +100

1.	ARTEIXO 100	ARTEIXO	1:55.28	-
2.	CIDSANTIAGO 100	CIDSANTIAGO	1:55.54	-
3.	PONTEAREAS 100	PONTEAREAS	2:58.20	-

20. Mixto, 4 x 50m Libre +120

1.	NCORUÑA 120	NCORUÑA	1:52.50	-
2.	RBAIXAS 120	RBAIXAS	1:58.75	-
3.	CDELMAR 120	CDELMAR	1:59.92	-

20. Mixto, 4 x 50m Libre +160

1.	ESCUALOS 160	ESCUALOS	2:04.45	-
2.	PORTAMIÑA 160	PORTAMIÑA	2:07.87	-
3.	NCORUÑA 160	NCORUÑA	2:08.01	-

20. Mixto, 4 x 50m Libre +200

1.	CIDSANTIAGO 200	CIDSANTIAGO	2:14.44	-
2.	PONTEAREAS 200	PONTEAREAS	2:21.58	-
3.	NCORUÑA 200	NCORUÑA	2:24.51	-

20. Mixto, 4 x 50m Libre +240

1.	PONTEAREAS 240	PONTEAREAS	2:41.88	-
2.	POURENSE 240	POURENSE	2:44.83	-
3.	TRAVIESAS 240	TRAVIESAS	2:55.32	-

20. Mixto, 4 x 50m Libre +280

1.	PONTEAREAS 280	PONTEAREAS	4:24.95	-
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21. Fem., 400m Estilos 20+

1.	1111470	GARCES FERNANDEZ, Erea	22	RBAIXAS	6:43.13	-
2.	1266324	ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS	8:37.14	-

21. Fem., 400m Estilos 25+

1.	1145008	GONZALEZ PEREZ, Paula	29	PONTEAREAS	7:43.69	-
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21. Fem., 400m Estilos 30+

1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA	5:58.90	-
2.	1078925	SALGADO CASTELO, Marta	31	MULLEREF	7:45.23	-
3.	1247615	ALONSO PEREIRA, Fatima	32	RBAIXAS	7:53.63	-

21. Fem., 400m Estilos 35+

1.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS	7:17.18	-
2.	1250482	RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS	7:45.63	-

21. Fem., 400m Estilos 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	5:35.99	-
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21. Fem., 400m Estilos 45+

1.	1264778	VAZQUEZ LOPEZ, Eva	48	MULLEREF	9:18.92	-
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21. Fem., 400m Estilos 55+

1.	1197600	SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	7:05.39	-
2.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS	11:59.23	-

21. Fem., 400m Estilos 65+

1.	1075765	FERNANDEZ FERNANDEZ, Maria Tere	69	MULLEREF	13:25.11	-
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22. Masc., 400m Estilos 20+

1.	1039554	GUTIERREZ MARIÑO, Santiago	23	POURENSE	5:18.83	-
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22. Masc., 400m Estilos 25+

1.	1115676	GONZALEZ IGLESIAS, Alberto	28	CULLEREDO	5:38.43	-
2.	1141093	VILLAMOR FERRO, Ruben	25	ARTEIXO	5:41.07	-

22. Masc., 400m Estilos 30+

1.	1130602	TENORIO FREIRE, Martin	33	CIDSANTIAGO	5:04.37	-
2.	1037824	FREIRE GONZALEZ, Javier	32	RBAIXAS	5:49.73	-
3.	1076271	NOVALES BLANCO, Xabier	34	RBAIXAS	6:42.78	-

22. Masc., 400m Estilos 35+

1.	1076287 PAZOS ALONSO, Josue	39	ESCUALOS	5:33.18	-
2.	1275099 ALONSO NOVOA, Diego	35	MOS	6:33.86	-
3.	1178928 FIDALGO SERRANO, Guillermo	39	TRAVIESAS	7:13.92	-

22. Masc., 400m Estilos 40+

1.	1141151 CALLE FACAL, Telmo	42	CIDSANTIAGO	5:03.05	-
2.	1240331 DE LORENZO FERNANDEZ, Javier	44	ESCUALOS	6:33.86	-
3.	1199899 DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO	6:52.83	-

22. Masc., 400m Estilos 45+

1.	1076564 CABANELAS EIRAS, Pablo	46	CIDSANTIAGO	6:24.53	-
2.	1190398 FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA	9:31.35	-

22. Masc., 400m Estilos 50+

1.	1040137 QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	5:54.89	-
2.	1079343 MOURIÑO ORTIGUEIRA, Roberto Carlo	51	PONTEAREAS	6:17.16	-
3.	1224729 FERNANDEZ BARREIROS, Claudio	50	ORDES	6:37.66	-

22. Masc., 400m Estilos 55+

1.	1143661 TOURIÑO GONZALEZ, Victor M.	57	CMARINA	6:51.68	-
2.	1143575 FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	7:35.62	-
3.	1193949 LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	8:24.77	-

22. Masc., 400m Estilos 60+

1.	1075770 RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	8:32.68	-
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23. Fem., 100m Libre 20+

1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS	59.43	- RG
2.	1113219 IGLESIAS LOPEZ, Maria	24	CULLEREDO	1:07.64	-
3.	1228048 ALVAREZ SOUTO, Claudia	24	PONTEAREAS	1:14.39	-

23. Fem., 100m Libre 25+

1.	1108273 SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	1:00.83	-
2.	1130789 GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO	1:06.84	-
3.	1253170 ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	1:09.80	-

23. Fem., 100m Libre 30+

1.	1093459 FRANCO CAL, Alba	34	ASMEIGAS	59.67	-
2.	1051353 CRUZ GARCIA, Aurora	30	CIDSANTIAGO	1:08.11	-
3.	1041452 BEN CILLERO, Sabela	33	XOVE	1:08.82	-

23. Fem., 100m Libre 35+

1.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	1:09.81	-
2.	1129917	MURAS MORA, Andrea	36	CIDSANTIAGO	1:18.29	-
3.	1129954	GONZALEZ GARCIA, Covadonga	36	GALAICO	1:28.89	-

23. Fem., 100m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	1:05.38	-
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA	1:13.03	-
3.	1075225	SOUTO DERUNGS, Cristina	40	NFERROL	1:19.29	-

23. Fem., 100m Libre 45+

1.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON	1:21.04	-
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS	1:27.18	-
3.	1223050	ANDON YAÑEZ, Lorena	47	CASINOC	1:30.56	-

23. Fem., 100m Libre 50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	1:16.07	-
2.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS	1:21.07	-
3.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	1:25.32	-

23. Fem., 100m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	56	FLUVIAL	1:25.22	-
2.	1258401	CALVIÑO VAZQUEZ, Coral	57	POURENSE	1:43.13	-
3.	1144697	ACEVEDO REGO, Ermitas	59	POURENSE	1:51.35	-

23. Fem., 100m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	1:18.81	-
2.	1127105	PEREIRA ALONSO, Isabel	64	FOGAR	1:35.21	-
3.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS	1:41.33	-

23. Fem., 100m Libre 65+

1.	1037151	GOMEZ DOVAL, Maria Angela	69	FLUVIAL	2:08.07	-
2.	1253186	BAL ALVAREDO, Mercedes De Las Nie65s		MULLEREF	2:27.11	-

23. Fem., 100m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	73	TRAVIESAS	1:42.19	-
2.	1273998	DIAZ PERNAS, Maria Carmen	70	MULLEREF	3:48.14	-

24. Masc., 100m Libre 20+

1.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS	55.89	-
2.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE	56.06	-
3.	1076409	CANCELA GOMEZ, Hugo	22	PONTEAREAS	57.78	-

24. Masc., 100m Libre 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO	57.73	-
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA	58.23	-
3.	1037180	CARRERA COSTAS, Martin	29	PONTEAREAS	58.43	-

24. Masc., 100m Libre 30+

1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA	56.76	-
2.	1251210	ANDRES DUASO, Olmo	32	ARTEIXO	1:06.90	-
3.	1144070	FERNANDEZ MELENDEZ, Andres	30	VALDEORRAS	1:15.88	-

24. Masc., 100m Libre 35+

1.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR	54.29	-
2.	1274569	GARCIA MUGGIA, Erick Jose	39	RBAIXAS	1:00.09	-
3.	1199549	MARTINEZ DOPAZO, David	38	CIDSANTIAGO	1:01.48	-

24. Masc., 100m Libre 40+

1.	1144584	ALVAREZ SILVA, Ruben	44	ESCUALOS	1:05.00	-
2.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE	1:05.70	-
3.	1257944	PEREZ GONZALEZ, Ivan	43	MONFORTE	1:18.31	-

24. Masc., 100m Libre 45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	47	MOS	1:01.02	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	1:02.09	-
3.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	1:02.15	-

24. Masc., 100m Libre 50+

1.	1274246	MARTINEZ JACOME, Felix	52	POURENSE	58.63	-
2.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	1:04.71	-
3.	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIF51, J.	NCORUÑA		1:06.37	-

24. Masc., 100m Libre 55+

1.	1175089	NISTAL GARCIA, Eduardo	57	CASINOC	1:12.73	-
2.	1141191	GARCIA SANJURJO, Jose Manuel	58	CDELMAR	1:13.99	-
3.	1144573	MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE	1:15.36	-

24. Masc., 100m Libre 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	1:03.35	-
2.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH	1:21.20	-
3.	1053394	SANJORGE PEDREIRA, Carmelo	63	ARTEIXO	1:23.92	-

24. Masc., 100m Libre 65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO	1:11.63	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	68	MOS	1:26.48	-
3.	1143896	PERDIZ GONZALEZ, Jose Ramon	67	ESCUALOS	1:44.33	-

24. Masc., 100m Libre						70+
1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE	1:21.03	-
24. Masc., 100m Libre						75+
1.	1076488	MONROY FERNANDEZ, Manuel	75	PONTEAREAS	1:37.45	- RG
25. Fem., 200m Mariposa						20+
1.	1266324	ALVAREZ FERNANDEZ, Sofia	21	PONTEAREAS	4:55.87	-
25. Fem., 200m Mariposa						25+
1.	1037851	ALVITE BERGARA, Nerea	26	ARTEIXO	2:34.52	- RG
2.	1145008	GONZALEZ PEREZ, Paula	29	PONTEAREAS	4:17.48	-
25. Fem., 200m Mariposa						30+
1.	1078925	SALGADO CASTELO, Marta	31	MULLEREF	4:04.08	-
25. Fem., 200m Mariposa						35+
1.	1250482	RODRIGUEZ DE DIOS, Amparo	38	VALDEORRAS	3:51.94	-
25. Fem., 200m Mariposa						50+
1.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS	4:29.54	-
25. Fem., 200m Mariposa						55+
1.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS	4:35.13	-
2.	1145007	MELON PARENTE, M. Lourdes	56	PONTEAREAS	6:51.63	-
25. Fem., 200m Mariposa						60+
1.	1086162	BARJA BARJA, Liliana	60	TRAVIESAS	4:36.06	-
26. Masc., 200m Mariposa						20+
1.	1107916	FERNANDEZ DEL VALLE, Ivan	20	POURENSE	2:19.04	-
2.	1076409	CANCELA GOMEZ, Hugo	22	PONTEAREAS	2:35.23	-
26. Masc., 200m Mariposa						25+
1.	1144193	PASTORIZA SANTA CLARA, Jorge	28	RBAIXAS	2:20.32	- RG
2.	1142936	ARGIZ MARTINEZ, David	25	MONFORTE	2:42.77	-
26. Masc., 200m Mariposa						30+
1.	1038638	CASTRO VILLAR, David	34	CDELMAR	2:38.48	-
2.	1128175	GULIAS GARCIA, Jose Ruben	34	PONSVETUS	3:25.36	-
3.	1256973	PENIDE CALVO, Gabriel	32	RBAIXAS	3:34.82	-

26. Masc., 200m Mariposa 40+

1.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS	3:47.13	-
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26. Masc., 200m Mariposa 45+

1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	2:46.03	-
2.	1084041	SUAREZ GARCIA, Sergio	45	PONSVETUS	3:39.96	-
3.	1190398	FERNANDEZ CORRAL, Marcos	46	PORTAMIÑA	4:39.99	-

26. Masc., 200m Mariposa 50+

1.	1258336	MUÑIZ CAL, Rafael	51	ARTEIXO	2:54.53	-
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26. Masc., 200m Mariposa 60+

1.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	3:01.37	- RG
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27. Fem., 50m Espalda 20+

1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	24	PORTAMIÑA	35.42	-
2.	1087099	GOMEZ FERNANDEZ, Uxia	22	ESCUALOS	41.72	-
3.	1129987	TRILLO RODRIGUEZ, Lara	21	MOS	44.96	-

27. Fem., 50m Espalda 25+

1.	1039634	LAGO CASTILLO, Natalia	26	NCORUÑA	37.19	-
2.	1253170	ABADIN ROZENBAUM, Lucia Iara	28	CDELMAR	39.24	-
3.	1266329	PRADO POSADA, Sofia	28	PONTEAREAS	51.34	-

27. Fem., 50m Espalda 30+

1.	1142917	LOPEZ SANMARTIN, Tania	34	NFERROL	38.77	-
2.	1237382	MUIÑO, Andrea	34	NCORUÑA	41.69	-
3.	1221887	CARRERA PEREZ, Carolina	31	MOS	43.90	-

27. Fem., 50m Espalda 35+

1.	1028641	OTERO RODRIGUEZ, Sandra	38	ESCUALOS	36.26	-
2.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA	37.23	-
3.	1026898	TOMILLO SANTOS, Erika	35	PONSVETUS	44.21	-

27. Fem., 50m Espalda 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	44	NFERROL	34.58	- RG
2.	1075843	GONZALEZ FERNANDEZ, Leticia	43	XOVE	40.22	-
3.	1075225	SOUTO DERUNGS, Cristina	40	NFERROL	41.28	-

27. Fem., 50m Espalda 45+

1.	1205780	ROMAR GASALLA, Aurora Fatima	48	NTNARON	40.53	-
2.	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL	44.12	-
3.	1036387	VAZQUEZ PARCERO, Marta	45	CULLEREDO	1:00.02	-

27. Fem., 50m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	52	PORTAMIÑA	40.58	-
2.	1076524	SOUSA CARNEIRO, Rosana	54	MOS	46.34	-
3.	1217442	VILLASANTE ARMAS, Maria Rosa	50	NCORUÑA	48.79	-

27. Fem., 50m Espalda 55+

1.	1075200	JIMENEZ PEREZ, Victoria	56	NFERROL	50.44	-
2.	1141127	PAREDES RIOS, Rosa Maria	57	PONSVETUS	52.80	-
3.	1258401	CALVIÑO VAZQUEZ, Coral	57	POURENSE	1:02.61	-

27. Fem., 50m Espalda 60+

1.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	44.88	-
2.	1076506	MARTY PAZOS, Maria Victoria	60	TRAVIESAS	57.90	-
3.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	60	PONSVETUS	1:03.83	-

27. Fem., 50m Espalda 65+

1.	1141154	CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	59.29	-
2.	1273346	NIKITIK BARTLETT, Anne Nikitik	66	MULLEREF	1:31.24	-

27. Fem., 50m Espalda 70+

1.	1273998	DIAZ PERNAS, Maria Carmen	70	MULLEREF	1:40.92	-
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27. Fem., 50m Espalda 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	1:36.19	-
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28. Masc., 50m Espalda 20+

1.	1068314	MARTINEZ MARTINEZ, Marcos	22	PONTEAREAS	31.73	-
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28. Masc., 50m Espalda 25+

1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	29.15	-
2.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA	37.10	-
3.	1267370	ALVAREZ PRESA, Samuel	25	PONTEAREAS	43.35	-

28. Masc., 50m Espalda 30+

1.	1107418	LAGO LOPEZ, Diego	34	NCORUÑA	30.64	-
2.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR	31.08	-
3.	1144070	FERNANDEZ MELENDEZ, Andres	30	VALDEORRAS	40.56	-

28. Masc., 50m Espalda 35+

1.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS	55.09	-
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28. Masc., 50m Espalda 40+

1.	1170841 BASTIDA CAMPOS, Alejandro	43	SALVESTRADA	37.91	-
2.	1272979 DONG, Taogui	41	PORTAMIÑA	42.56	-
3.	1147216 GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	42.64	-

28. Masc., 50m Espalda 45+

1.	1267355 TORRES NEIRA, Mateo	46	CASINOC	30.32	- RG
2.	1076560 EIRIZ DIEGUEZ, Daniel	47	MOS	31.30	-
3.	1205935 GUIRADO CARABEL, Oscar	49	CULLEREDO	33.06	-

28. Masc., 50m Espalda 50+

1.	1075601 MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	35.53	-
2.	1144601 PUENTE DIAZ, Javier	54	CIDSANTIAGO	36.51	-
3.	1267343 ALVAREZ DE SOTOMAYOR PUIGNAIF51, J. NCORUÑA			37.20	-

28. Masc., 50m Espalda 55+

1.	1141356 GENDE DIAZ, Juan F.	55	FOGAR	42.30	-
2.	1266323 MILLAN ALONSO, Ruben	55	TRAVIESAS	42.45	-
3.	1253683 GESTOSO PAZO, Juan Francisco	58	SALVESTRADA	47.50	-

28. Masc., 50m Espalda 60+

1.	1076173 FERNANDEZ NUÑEZ, Santiago	62	CIDSANTIAGO	32.73	-
2.	1075589 SANCHEZ VAZQUEZ, Jesus	63	PORTAMIÑA	51.25	-

28. Masc., 50m Espalda 70+

1.	1075764 NOVOA GONZALEZ, Edmundo	73	HERCULES	59.50	-
2.	1076489 VIRUEL RODRIGUEZ, Diego	73	TRAVIESAS	1:24.34	-

28. Masc., 50m Espalda 75+

1.	1076488 MONROY FERNANDEZ, Manuel	75	PONTEAREAS	57.57	-
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28. Masc., 50m Espalda 85+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	1:24.97	-
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29. Fem., 100m Braza 20+

1.	1113219 IGLESIAS LOPEZ, Maria	24	CULLEREDO	1:26.53	-
2.	1228048 ALVAREZ SOUTO, Claudia	24	PONTEAREAS	1:31.11	-

29. Fem., 100m Braza 25+

1.	1107420 DAVILA SILVA, Alicia	27	MOS	1:21.01	-
2.	1037836 VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA	1:24.97	-
3.	1238682 BARCA PENSADO, Maria	29	FOGAR	1:33.54	-

29. Fem., 100m Braza 30+

1.	1041452 BEN CILLERO, Sabela	33	XOVE	1:26.38	-
2.	1266341 MAURIZ BARREIRO, Maria Violeta	33	CIDSANTIAGO	1:37.50	-
3.	1221892 OTERO FERNANDEZ, Maria Luisa	32	SALVESTRADA	1:47.27	-

29. Fem., 100m Braza 35+

1.	1084714 BUGALLO PEREZ, Estibaliz	35	GALAICO	1:24.54	-
2.	1249165 CIDRAS ANGEL, Iria	35	NCORUÑA	1:27.67	-
3.	1258330 BEN CILLERO, Natalia	36	XOVE	1:59.27	-

29. Fem., 100m Braza 40+

1.	1146780 DURAN VEIRAS, Raquel	41	ARTEIXO	1:30.76	-
2.	1143598 MIRA VAZQUEZ, Marta	44	ESCUALOS	1:30.90	-
3.	1180232 FKEOUI OMARI, Salma	43	CIDSANTIAGO	1:32.16	-

29. Fem., 100m Braza 45+

1.	1060267 ESCUREDO DIEZ, Mirta	47	XOVE	1:36.09	-
2.	1273323 LOPEZ BARREIRO, Cristina	46	MULLEREF	1:55.71	-
3.	1253184 ABELLEIRA CORRAL, Gema	45	MULLEREF	2:07.55	-

29. Fem., 100m Braza 50+

1.	1246140 MARIÑO PAZ, Eva Maria	51	PONSVETUS	2:03.14	-
2.	1127346 SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	2:10.95	-

29. Fem., 100m Braza 55+

1.	1197600 SANDERSON KEOUGH, Helen Jane	55	CULLEREDO	1:37.91	-
2.	1037939 CASTRO MAESTRE, Isaura	56	FLUVIAL	1:49.54	-
3.	1038729 DEL AMO BLANCO, Margarita	58	PONTEAREAS	1:51.71	-

29. Fem., 100m Braza 60+

1.	1127105 PEREIRA ALONSO, Isabel	64	FOGAR	1:54.82	-
2.	1143893 REBORDA MORILLO, Susana	63	ESCUALOS	2:04.50	-

29. Fem., 100m Braza 65+

1.	1141154 CELEMIN PORRERO, Maria Teresa	66	CIDSANTIAGO	2:15.73	-
2.	1217937 RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	2:26.01	-
3.	1037151 GOMEZ DOVAL, Maria Angela	69	FLUVIAL	2:28.94	-

30. Masc., 100m Braza 20+

1.	1107916 FERNANDEZ DEL VALLE, Ivan	20	POURENSE	1:08.92	-
2.	1143774 BELTRAN FREIRIA, Oskar	21	MOS	1:13.34	-
3.	1079156 MARQUEZ VAZQUEZ, Pablo	23	ASMEIGAS	1:28.93	-

30. Masc., 100m Braza 25+

1.	1141093 VILLAMOR FERRO, Ruben	25	ARTEIXO	1:16.27	-
2.	1115676 GONZALEZ IGLESIAS, Alberto	28	CULLEREDO	1:18.07	-
3.	1142936 ARGIZ MARTINEZ, David	25	MONFORTE	1:18.72	-

30. Masc., 100m Braza 30+

1.	1130602 TENORIO FREIRE, Martin	33	CIDSANTIAGO	1:12.02	-
2.	1251210 ANDRES DUASO, Olmo	32	ARTEIXO	1:32.10	-
3.	1222771 LAGO GONZALEZ, Ivan	32	PONTEAREAS	2:06.22	-

30. Masc., 100m Braza 35+

1.	1267364 PINTO RAMNARINE, Rohan Ian	39	GALAICO	1:07.50	-
2.	1076287 PAZOS ALONSO, Josue	39	ESCUALOS	1:14.14	-
3.	1199549 MARTINEZ DOPAZO, David	38	CIDSANTIAGO	1:15.85	-

30. Masc., 100m Braza 40+

1.	1257944 PEREZ GONZALEZ, Ivan	43	MONFORTE	1:24.10	-
2.	1076542 GONZALEZ CONDE, Rodrigo	43	PONTEAREAS	1:41.06	-
3.	1147216 GONZALEZ VICENTE, Ruben	44	PORTAMIÑA	1:41.63	-

30. Masc., 100m Braza 45+

1.	1006004 GUIMAREY VAZQUEZ, Marcos	48	PORTAMIÑA	1:19.25	-
2.	1251854 CARBALLO CABEZAS, Enrique	49	POURENSE	1:19.92	-
3.	1143895 PADIN CHARLIN, Joaquin	45	ESCUALOS	1:26.39	-

30. Masc., 100m Braza 50+

1.	1076544 GARABATOS RODRIGUEZ, Santiago	51	MOS	1:13.24	- RG
2.	1197597 HERNAEZ OUBIÑA, David	52	CULLEREDO	1:23.82	-
3.	1244393 REY RODRIGUEZ, Oscar	51	CIDSANTIAGO	1:26.88	-

30. Masc., 100m Braza 55+

1.	1076516 JORGE IGLESIAS, Marcelino	59	PONTEAREAS	1:18.58	-
2.	1141191 GARCIA SANJURJO, Jose Manuel	58	CDELMAR	1:35.88	-
3.	1144698 CADAVID NUÑEZ, Jose	55	POURENSE	1:46.29	-

30. Masc., 100m Braza 60+

1.	1078597 SOLLEIRO TIZON, Juan Jose	62	NCORUÑA	1:29.22	-
2.	1079361 RODRIGUEZ GOMEZ, Emilio	64	PONTEAREAS	1:48.37	-
3.	1143966 FERNANDEZ GONZALEZ, Alvaro	60	MOS	1:57.34	-

30. Masc., 100m Braza 65+

1.	1141150 RODRIGUEZ VIEITO, Ricardo M.	68	MOS	1:51.18	-
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30. Masc., 100m Braza 70+

1.	1076489	VIRUEL RODRIGUEZ, Diego	73	TRAVIESAS	2:42.41	-
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30. Masc., 100m Braza 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS	1:55.07	-
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30. Masc., 100m Braza 85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	85	PONTEAREAS	3:09.21	-
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31. Fem., 200m Libre 20+

1.	1076318	LEMOs FERNANDEZ, Zaira	23	PONTEAREAS	2:30.71	-
2.	1108843	ESTEVEZ BASTERO, Ana	20	RBAIXAS	2:42.48	-
3.	1111470	GARCES FERNANDEZ, Erea	22	RBAIXAS	2:44.23	-

31. Fem., 200m Libre 25+

1.	1108273	SUAREZ GONZALEZ, Gracia	25	PONTEAREAS	2:11.07	-
2.	1039750	VEIGA SOUTO, Ana	27	ARTEIXO	2:14.20	-
3.	1038608	SUAREZ GARCIA, Sofia	28	RBAIXAS	2:46.86	-

31. Fem., 200m Libre 30+

1.	1116506	RAMOS LOBO, Raquel	32	PORTAMIÑA	2:28.54	-
2.	1141053	IGLESIAS SUAREZ, Laura	33	CDELMAR	3:22.68	-

31. Fem., 200m Libre 35+

1.	1144948	GONZALEZ PEREZ, Jessica	38	RBAIXAS	2:47.91	-
2.	1129917	MURAS MORA, Andrea	36	CIDSANTIAGO	2:55.85	-

31. Fem., 200m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	43	CIDSANTIAGO	2:22.37	-
2.	1237395	VILARIÑO CACHO, Elvira	44	SALVESTRADA	2:38.34	-
3.	1143598	MIRA VAZQUEZ, Marta	44	ESCUALOS	2:52.49	-

31. Fem., 200m Libre 45+

1.	1078902	AZANZA MORENO, Cristina	49	MULLEREF	2:37.78	-
2.	1223050	ANDON YAÑEZ, Lorena	47	CASINOC	3:17.66	-
3.	1264778	VAZQUEZ LOPEZ, Eva	48	MULLEREF	3:46.35	-

31. Fem., 200m Libre 50+

1.	1040944	VARELA REDONDO, Veronica	50	PONTEAREAS	2:57.13	-
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31. Fem., 200m Libre 55+

1.	1264777	GONZALEZ ALCARAZ, Glenda Teresa	55	MULLEREF	3:33.22	-
2.	1144697	ACEVEDO REGO, Ermitas	59	POURENSE	3:58.53	-
3.	1269270	REY OTERO, Angela Maria	59	MULLEREF	4:01.89	-

31. Fem., 200m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	62	CDELMAR	2:55.22	-
2.	1143893	REBOREDÁ MORILLO, Susana	63	ESCUALOS	3:56.73	-

31. Fem., 200m Libre 65+

1.	1217937	RODRIGUEZ TRONCOSO, Marina	66	PONTEAREAS	4:39.85	-
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32. Masc., 200m Libre 20+

1.	1142991	PEREZ PAZ, Dario	20	PONTEAREAS	1:59.38	- RG
2.	1039554	GUTIERREZ MARÍÑO, Santiago	23	POURENSE	2:14.81	-

32. Masc., 200m Libre 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	28	RBAIXAS	2:00.52	-
2.	1037180	CARRERA COSTAS, Martin	29	PONTEAREAS	2:11.06	-
3.	1039270	TRILLO RODRIGUEZ, Adrian	28	MOS	2:19.55	-

32. Masc., 200m Libre 30+

1.	1232980	PICALLO MATO, Adrian	30	SALVESTRADA	2:27.58	-
2.	1076271	NOVALES BLANCO, Xabier	34	RBAIXAS	2:42.56	-
3.	1222771	LAGO GONZALEZ, Ivan	32	PONTEAREAS	3:56.98	-

32. Masc., 200m Libre 35+

1.	1143515	BLANCO PEREZ, Jesus	39	NTNARON	2:21.53	-
2.	1249163	BELLO PORTO, David	35	NCORUÑA	2:35.02	-
3.	1078909	RODRIGUEZ BALIÑA, Mauro	35	PONTEAREAS	3:05.78	-

32. Masc., 200m Libre 40+

1.	1144584	ALVAREZ SILVA, Ruben	44	ESCUALOS	2:29.05	-
2.	1198278	MANEIRO BETANZOS, Javier	40	PONSVETUS	2:39.89	-
3.	1141126	GOLPE IGLESIAS, Jose Antonio	43	PONSVETUS	2:56.64	-

32. Masc., 200m Libre 45+

1.	1267355	TORRES NEIRA, Mateo	46	CASINOC	2:11.21	- RG
2.	1144267	FINS SEOANE, Juan Miguel	48	SALVESTRADA	2:19.81	-
3.	1024675	IGLESIAS GOMEZ, Gonzalo	46	CIDSANTIAGO	2:20.39	-

32. Masc., 200m Libre 50+

1.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	2:13.59	-
2.	1264722	BALDOMAR OBELLEIRA, Ruben	51	NCORUÑA	2:24.44	-
3.	1251882	IGLESIAS CARRERA, Pio	52	CIDSANTIAGO	2:26.80	-

32. Masc., 200m Libre 55+

1.	1175089	NISTAL GARCIA, Eduardo	57	CASINOC	2:46.84	-
2.	1180249	SUAREZ FREIRE, David Manuel	57	RBAIXAS	3:40.90	-

32. Masc., 200m Libre 60+

1.	1105220	GARCIA RIÑON, Jaime	61	NCORUÑA	2:28.07	-
2.	1078802	CEGARRA GARCIA, Eugenio	61	RSDH	3:04.07	-
3.	1144940	HERNANZ MORAL, Fausto	63	RBAIXAS	3:09.13	-

32. Masc., 200m Libre 65+

1.	1170858	CODESIDO LOPEZ, Jose	66	CIDSANTIAGO	2:39.45	- RG
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32. Masc., 200m Libre 70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	71	POURENSE	3:00.80	-
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32. Masc., 200m Libre 85+

1.	1143727	FOLCH MALLOFRE, Ramon	88	ARTEIXO	4:25.40	-
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33. Fem., 50m Mariposa 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	23	RBAIXAS	29.16	- RG
2.	1076318	LEMONS FERNANDEZ, Zaira	23	PONTEAREAS	33.56	-
3.	1129987	TRILLO RODRIGUEZ, Lara	21	MOS	49.13	-

33. Fem., 50m Mariposa 25+

1.	1037836	VEIGA RODRIGUEZ, Rosalia	26	NCORUÑA	33.86	-
2.	1130789	GARCIA MIGUEZ, Rosalia	27	CIDSANTIAGO	36.13	-
3.	1257948	TORTOSA MENDOZA, Maria Gabriela	29	CULLEREDO	38.24	-

33. Fem., 50m Mariposa 30+

1.	1093459	FRANCO CAL, Alba	34	ASMEIGAS	29.27	-
2.	1264725	ABADIN ROZENBAUM, Manuela Rocio	30	CDELMAR	35.69	-
3.	1261339	VILARIÑO SAN JOSE, Alba	32	RBAIXAS	36.15	-

33. Fem., 50m Mariposa 35+

1.	1084711	DOPEREIRO GARCIA, Alba	35	NCORUÑA	33.95	-
2.	1084714	BUGALLO PEREZ, Estibaliz	35	GALAICO	34.51	-
3.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	42.81	-

33. Fem., 50m Mariposa 40+

1.	1075843	GONZALEZ FERNANDEZ, Leticia	43	XOVE	38.87	-
2.	1180232	FKEOUI OMARI, Salma	43	CIDSANTIAGO	39.66	-
3.	1222531	FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA	41.96	-

33. Fem., 50m Mariposa 45+

1.	1060267	ESCUREDO DIEZ, Mirta	47	XOVE	39.54	-
2.	1178775	COVELO SAAVEDRA, Nahir	47	PONTEAREAS	44.67	-
3.	1236743	RIVAS RODRIGUEZ, Lucia	46	NCORUÑA	47.63	-

33. Fem., 50m Mariposa 50+

1.	1172138	ROIG SANCHEZ, Blanca Ana	51	RBAIXAS	44.44	-
2.	1127346	SOBRINO EIRIZ, MARIA DEL VALLE	53	PONTEAREAS	50.72	-
3.	1076524	SOSA CARNEIRO, Rosana	54	MOS	52.14	-

33. Fem., 50m Mariposa 55+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	59	HERCULES	46.62	-
2.	1075200	JIMENEZ PEREZ, Victoria	56	NFERROL	49.37	-
3.	1174378	PAZOS SOAGE, Paloma	55	PONSVETUS	50.25	-

33. Fem., 50m Mariposa 60+

1.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS	40.00	- RG
2.	1076172	GARCIA COLOMO, Maria Cristina	63	POURENSE	45.25	-

34. Masc., 50m Mariposa 20+

1.	1040558	PONTON RODRIGUEZ, Juan	23	MONFORTE	25.94	- RG
2.	1143774	BELTRAN FREIRIA, Oskar	21	MOS	28.12	-
3.	1135986	CASARES GARCIA, Brais	21	PONTEAREAS	29.38	-

34. Masc., 50m Mariposa 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	25	CIDSANTIAGO	28.83	-
2.	1246147	LOPEZ LOPEZ, Jaime Borja	25	PORTAMIÑA	29.31	-
3.	1264760	DIAZ QUEZADA, Miguel Bismark	27	VALDEORRAS	34.88	-

34. Masc., 50m Mariposa 30+

1.	1093458	MUIÑO ALONSO, Anton	31	NCORUÑA	27.59	-
2.	1078919	VAZQUEZ PEREZ, Sergio	33	CDELMAR	28.55	-
3.	1119327	SUAREZ FERNANDEZ, Santiago	30	MONFORTE	28.59	-

34. Masc., 50m Mariposa 35+

1.	1078993	LOBELLE GONZALEZ, Ivan	36	CDELMAR	27.36	-
2.	1274569	GARCIA MUGGIA, Erick Jose	39	RBAIXAS	30.23	-
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	39	MOS	32.10	-

34. Masc., 50m Mariposa 40+

1.	1038255	ESCUREDO DIEZ, Alberto	41	XOVE	34.14	-
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	44	CIDSANTIAGO	36.71	-

34. Masc., 50m Mariposa 45+

1.	1050705	BELTRAN DIAZ, Emilio	48	MONFORTE	30.04	-
2.	1272806	FEIJOO REY, Roi	46	POURENSE	32.94	-
3.	1251854	CARBALLO CABEZAS, Enrique	49	POURENSE	33.27	-

34. Masc., 50m Mariposa 50+

1.	1076544	GARABATOS RODRIGUEZ, Santiago	51	MOS	28.52	-
2.	1243174	SONEIRA REBOREDO, Oscar	50	CIDSANTIAGO	29.10	-
3.	1197597	HERNAEZ OUBIÑA, David	52	CULLEREDO	35.21	-

34. Masc., 50m Mariposa 55+

1.	1144573	MOVILLA FERNANDEZ, Jose Fco.	56	POURENSE	36.72	-
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	59	REDONDELA	37.38	-
3.	1141356	GENDE DIAZ, Juan F.	55	FOGAR	37.92	-

34. Masc., 50m Mariposa 60+

1.	1105220	GARCIA RIÑON, Jaime	61	NCORUÑA	34.28	-
2.	1076250	BETHENCOURT IGLESIAS, Sergio	62	CIDSANTIAGO	35.82	-
3.	1061111	ISASTI MAIZA, Patxi Xabier	60	XOVE	38.98	-

34. Masc., 50m Mariposa 70+

1.	1240096	IVANCHENKO, Yurii	72	POURENSE	48.00	-
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35. Fem., 200m Espalda 20+

1.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	24	PORTAMIÑA	3:19.76	-
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35. Fem., 200m Espalda 25+

1.	1039750	VEIGA SOUTO, Ana	27	ARTEIXO	2:29.69	- RG
2.	1039634	LAGO CASTILLO, Natalia	26	NCORUÑA	3:04.98	-
3.	1038466	RODRIGUEZ PAZ, Lucia	25	PONTEAREAS	3:18.01	-

35. Fem., 200m Espalda 30+

1.	1051353	CRUZ GARCIA, Aurora	30	CIDSANTIAGO	2:52.09	-
2.	1142917	LOPEZ SANMARTIN, Tania	34	NFERROL	3:07.83	-

35. Fem., 200m Espalda 35+

1.	1144948	GONZALEZ PEREZ, Jessica	38	RBAIXAS	3:17.11	-
2.	1040731	GESTO ALONSO, Clarisa	36	PONTEAREAS	3:21.78	-
3.	1274254	VAZQUEZ DUARTE, Cristina	39	RBAIXAS	3:29.58	-

35. Fem., 200m Espalda 40+

1.	1143597	SANCHEZ LEDO, Cira	44	ESCUALOS	2:57.07	-
2.	1222531	FERNANDEZ GONZALEZ, Iria	43	PORTAMIÑA	3:18.76	-
3.	1170812	MARTIN, Christelle	44	ESCUALOS	3:28.15	-

35. Fem., 200m Espalda 45+

1.	1078902	AZANZA MORENO, Cristina	49	MULLEREF	3:05.07	-
2.	1264733	GOMEZ PAREDES, Maria	49	FLUVIAL	3:40.56	-
3.	1250484	VAZQUEZ GONZALEZ, Yolanda	49	VALDEORRAS	4:48.27	-

35. Fem., 200m Espalda 50+

1.	1076154	ABREU FERNANDEZ, Marta	54	PONTEAREAS	4:29.76	-
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35. Fem., 200m Espalda 55+

1.	1038729	DEL AMO BLANCO, Margarita	58	PONTEAREAS	3:54.13	-
2.	1141127	PAREDES RIOS, Rosa Maria	57	PONSVETUS	4:01.37	-
3.	1143584	FERNANDEZ SESTELO, Maria Jose	55	PONTEAREAS	5:24.37	-

35. Fem., 200m Espalda 60+

1.	1079307	CHAMOSA MARTIN, Julia	64	RBAIXAS	3:31.59	- RG
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35. Fem., 200m Espalda 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	79	PONTEAREAS	7:03.68	-
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36. Masc., 200m Espalda 25+

1.	1087073	QUIROGA RAMOS, Noel	25	POURENSE	2:21.08	-
2.	1078908	MEILAN SANCHEZ, Sergio Jose	29	PORTAMIÑA	3:09.57	-

36. Masc., 200m Espalda 30+

1.	1107418	LAGO LOPEZ, Diego	34	NCORUÑA	2:25.19	-
2.	1038638	CASTRO VILLAR, David	34	CDELMAR	2:28.29	-
3.	1037824	FREIRE GONZALEZ, Javier	32	RBAIXAS	2:49.43	-

36. Masc., 200m Espalda 35+

1.	1143890	FORTES NOVOA, Martino	37	ESCUALOS	2:46.66	-
2.	1178928	FIDALGO SERRANO, Guillermo	39	TRAVIESAS	3:31.54	-
3.	1236854	GIRALDEZ VILLANUEVA, Ivan	38	PONTEAREAS	4:21.89	-

36. Masc., 200m Espalda 40+

1.	1141151	CALLE FACAL, Telmo	42	CIDSANTIAGO	2:22.03	-
2.	1240331	DE LORENZO FERNANDEZ, Javier	44	ESCUALOS	3:01.40	-
3.	1107557	MELLA BARBEITO, Javier	42	ARTEIXO	4:03.02	-

36. Masc., 200m Espalda 45+

1.	1205935	GUIRADO CARABEL, Oscar	49	CULLEREDO	2:46.75	-
2.	1251233	GONZALEZ SANDEZ, Carlos	46	VALDEORRAS	5:53.62	-

36. Masc., 200m Espalda 50+

1.	1075601	MOURIZ LOMBAO, Fco. Javier	50	PORTAMIÑA	2:58.27	-
2.	1040137	QUINTAS BARROS, Jesus Carlos	52	ESCUALOS	3:00.24	-
3.	1144601	PUENTE DIAZ, Javier	54	CIDSANTIAGO	3:04.53	-

36. Masc., 200m Espalda 55+

1.	1076516	JORGE IGLESIAS, Marcelino	59	PONTEAREAS	2:47.47	-
2.	1180234	SANCHEZ SECO, Manuel	57	ESCUALOS	3:22.20	-
3.	1193949	LAMELO OTERO, Ramon Jesus	57	CIDSANTIAGO	3:58.11	-

36. Masc., 200m Espalda 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	62	CIDSANTIAGO	3:19.87	-
2.	1075770	RODRIGUEZ BASANTA, Fco. Jose	64	VALDEORRAS	3:58.83	-
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	60	MOS	4:14.98	-

36. Masc., 200m Espalda 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	76	MOS	4:17.31	-
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36. Masc., 200m Espalda 85+

1.	1143727	FOLCH MALLOFRE, Ramon	88	ARTEIXO	4:51.06	-
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37. Fem., 4 x 50m Estilos +80 (PRE-MASTER)

1.		RBAIXAS 80		RBAIXAS	2:34.58	-
2.		PONTEAREAS 80		PONTEAREAS	2:42.97	-

37. Fem., 4 x 50m Estilos +100

1.		PONTEAREAS 100		PONTEAREAS	2:39.41	-
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37. Fem., 4 x 50m Estilos +120

1.		CIDSANTIAGO 120		CIDSANTIAGO	2:21.06	-
2.		NCORUÑA 120		NCORUÑA	2:21.55	-
3.		RBAIXAS 120		RBAIXAS	2:47.88	-

37. Fem., 4 x 50m Estilos +160

1.		NFERROL 160		NFERROL	2:40.15	-
2.		ESCUALOS 160		ESCUALOS	2:57.41	-
3.		MULLEREF 160		MULLEREF	3:11.21	-

37. Fem., 4 x 50m Estilos +200

1.	PONTEAREAS 200	PONTEAREAS	3:35.86	-
2.	MULLEREF 200	MULLEREF	3:52.80	-

37. Fem., 4 x 50m Estilos +240

1.	POURENSE 240	POURENSE	3:46.58	-
2.	PONTEAREAS 240	PONTEAREAS	5:07.72	-
3.	MULLEREF 240	MULLEREF	5:34.64	-

38. Masc., 4 x 50m Estilos +80 (PRE-MASTER)

1.	POURENSE 80	POURENSE	1:53.09	-
2.	PONTEAREAS 80	PONTEAREAS	2:02.12	-

38. Masc., 4 x 50m Estilos +100

1.	PONTEAREAS 100	PONTEAREAS	2:51.84	-
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38. Masc., 4 x 50m Estilos +120

1.	CIDSANTIAGO 120	CIDSANTIAGO	2:00.39	-
2.	RBAIXAS 120	RBAIXAS	2:08.54	-
3.	VALDEORRAS 120	VALDEORRAS	2:31.85	-

38. Masc., 4 x 50m Estilos +160

1.	MOS 160	MOS	2:03.62	-
2.	NCORUÑA 160	NCORUÑA	2:07.10	-
3.	MONFORTE 160	MONFORTE	2:11.10	-

38. Masc., 4 x 50m Estilos +200

1.	CIDSANTIAGO 200	CIDSANTIAGO	2:14.38	-
2.	POURENSE 200	POURENSE	2:24.63	-
3.	CASINOC 200	CASINOC	2:29.81	-

38. Masc., 4 x 50m Estilos +240

1.	CIDSANTIAGO 240	CIDSANTIAGO	2:29.97	-
2.	POURENSE 240	POURENSE	2:53.85	-
3.	ARTEIXO 240	ARTEIXO	2:59.36	-

38. Masc., 4 x 50m Estilos +280

1.	PONTEAREAS 280	PONTEAREAS	3:30.27	- RG
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Puntos

Todas las pruebas

Todos, Abs.

1. C. N. Ponteareas	00878	1.909,00
2. C. D. N. Ciudad De Santiago	01295	1.474,00
3. C. N. Rias Baixas	00765	927,00
4. C. N. Mos	01424	768,00
5. C. N. Pabellon Ourense	00101	741,00
6. C. N. Escualos	01547	727,00
7. C. N. Coruña	00186	551,50
8. C. N. Portamiña Lugo	01156	539,50
9. Club Del Mar	00282	492,00
10. C. N. Arteixo	01133	422,00
11. C. N. Culleredo	01433	370,00
12. C. N. Master Pons Vetus	00819	366,00
C. Muller En Forma	01824	366,00
14. C. N. Monforte De Lemos	00837	359,00
15. C. N. Valdeorras	01688	351,00
16. C. N. E Salvamento A Estrada	01576	329,00
17. C. Traviesas N.	00824	286,00
18. Sporting C. Casino	00287	273,00
19. C. N. Xove	00622	263,00
20. A. D. NT. De Naron	00639	224,00
21. C. Fluvial De Lugo	00398	195,00
22. C. N. Ferrol	00674	160,00
C. N. Ordes	01766	160,00
24. C. N. As Meigas	01837	117,00
25. C. N. Galaico	00784	75,00
26. C. Hercules Termaria	01572	72,00
27. A. D. Fogar	00617	56,00
28. C. N. Redondela	00873	48,00
29. Real Sociedad D. Hipica	00284	37,00
30. C. Marina Ferrol	00146	36,00

Masc., Abs.

1. C. D. N. Ciudad De Santiago	01295	986,00
2. C. N. Ponteareas	00878	860,00
3. C. N. Pabellon Ourense	00101	579,00
4. C. N. Mos	01424	536,00
5. C. N. Escualos	01547	455,00
6. C. N. Rias Baixas	00765	364,00
7. C. N. Portamiña Lugo	01156	338,50
8. C. N. Monforte De Lemos	00837	308,00
9. C. N. Coruña	00186	300,50
10. C. N. Arteixo	01133	273,00
11. Club Del Mar	00282	246,00
12. C. N. Valdeorras	01688	242,00
13. C. N. E Salvamento A Estrada	01576	239,00
14. Sporting C. Casino	00287	213,00
15. C. N. Culleredo	01433	205,00
16. C. Traviesas N.	00824	159,00
17. C. N. Master Pons Vetus	00819	126,00
18. A. D. NT. De Naron	00639	122,00
19. C. N. Xove	00622	101,00
20. C. Fluvial De Lugo	00398	71,00
21. C. N. Redondela	00873	48,00
22. C. N. Galaico	00784	44,00

23. C. N. Ordes	01766	41,00
24. Real Sociedad D. Hipica	00284	37,00
25. C. Marina Ferrol	00146	36,00
C. Hercules Termaria	01572	36,00
27. C. N. As Meigas	01837	26,00
28. A. D. Fogar	00617	21,00
29. C. N. Ferrol	00674	20,00

Fem., Abs.

1. C. N. Ponteareas	00878	1.049,00
2. C. N. Rias Baixas	00765	563,00
3. C. D. N. Ciudad De Santiago	01295	488,00
4. C. Muller En Forma	01824	366,00
5. C. N. Escualos	01547	272,00
6. C. N. Coruña	00186	251,00
7. Club Del Mar	00282	246,00
8. C. N. Master Pons Vetus	00819	240,00
9. C. N. Mos	01424	232,00
10. C. N. Portamiña Lugo	01156	201,00
11. C. N. Culleredo	01433	165,00
12. C. N. Xove	00622	162,00
C. N. Pabellon Ourense	00101	162,00
14. C. N. Arteixo	01133	149,00
15. C. N. Ferrol	00674	140,00
16. C. Traviesas N.	00824	127,00
17. C. Fluvial De Lugo	00398	124,00
18. C. N. Ordes	01766	119,00
19. C. N. Valdeorras	01688	109,00
20. A. D. NT. De Naron	00639	102,00
21. C. N. As Meigas	01837	91,00
22. C. N. E Salvamento A Estrada	01576	90,00
23. Sporting C. Casino	00287	60,00
24. C. N. Monforte De Lemos	00837	51,00
25. C. Hercules Termaria	01572	36,00
26. A. D. Fogar	00617	35,00
27. C. N. Galaico	00784	31,00

Récords batidos por prueba...

Todas las pruebas

Masc., 50m Libre

13. Serie 14 Garabatos Rodriguez, Santiagc51 01424 25.73 R. G. 50+

Masc., 100m Libre

24. Serie 2 Monroy Fernandez, Manuel 75 00878 1:37.45 R. G. 75+

Masc., 200m Libre

32. Serie 5 Codesido Lopez, Jose 66 01295 2:39.45 R. G. 65+
32. Serie 8 Torres Neira, Mateo 46 00287 2:11.21 R. G. 45+
32. Serie 8 Perez Paz, Dario 20 00878 1:59.38 R. G. 20+

Masc., 400m Libre

3. Serie 5 Codesido Lopez, Jose 66 01295 5:46.90 R. G. 65+
3. Serie 7 Garcia Riñon, Jaime 61 00186 5:05.76 R. G. 60+

Masc., 50m Espalda

28. Serie 8 Torres Neira, Mateo 46 00287 30.32 R. G. 45+
38. Serie 2 Rodriguez Lemos, Andres Jest76 01424 52.84 R. G. 75+

Masc., 100m Braza

30. Serie 9 Garabatos Rodriguez, Santiagc51 01424 1:13.24 R. G. 50+

Masc., 200m Braza

7. Serie 6 Fernandez Del Valle, Ivan 20 00101 2:29.11 R. G. 20+

Masc., 50m Mariposa

34. Serie 11 Ponton Rodriguez, Juan 23 00837 25.94 R. G. 20+

Masc., 200m Mariposa

26. Serie 2 Isasti Maiza, Patxi Xabier 60 00622 3:01.37 R. G. 60+
26. Serie 3 Pastoriza Santaclara, Jorge 28 00765 2:20.32 R. G. 25+

Masc., 100m Estilos

5. Serie 1 Rodriguez Lemos, Andres Jest76 01424 1:49.74 R. G. 75+
5. Serie 9 Calle Facal, Telmo 42 01295 1:04.94 R. G. 40+

Masc., 4 x 50m Libre

19. Serie 6 Club Del Mar 00282 1:39.23 R. G. +120
LOBELLE GONZALEZ, Ivan, VAZQUEZ PEREZ, Sergio, LOBELLE GONZALEZ, Marcos, CASTRO VILLAR, David

Masc., 4 x 50m Estilos

38. Serie 1 C. N. Ponteareas 00878 3:30.27 R. G. +280
JORGE IGLESIAS, Marcelino, ARAUJO DOMINGUEZ, Francisco, RODRIGUEZ GOMEZ, Emilio, MONROY FERNANDEZ, Manuel

Fem., 100m Libre

23. Serie 11 Rodriguez Rodriguez, Nina 23 00765 59.43 R. G. 20+

Fem., 50m Espalda

1. Serie 1 Regueiro Rodriguez, Ana 59 00765 44.59 R. G. 55+
27. Serie 8 Hermida Rodriguez, Blanca 44 00674 34.58 R. G. 40+

Fem., 100m Espalda

10. Serie 7 Garcia Colomo, Maria Cristina 63 00101 1:36.54 R. G. 60+
10. Serie 7 Sanderson Keough, Helen Jan55 01433 1:35.40 R. G. 55+
10. Serie 8 Hermida Rodriguez, Blanca 44 00674 1:13.38 R. G. 40+

Fem., 200m Espalda

35. Serie 2 Chamosa Martin, Julia 64 00765 3:31.59 R. G. 60+
35. Serie 4 Veiga Souto, Ana 27 01133 2:29.69 R. G. 25+

Fem., 50m Braza

16. Serie 6 Gonzalez Rodriguez, Maria 43 01295 39.75 R. G. 40+

Fem., 200m Braza

6.	Serie 3	Sanderson Keough, Helen Jan	55	01433	3:30.75	R. G.	55+
6.	Serie 3	Ojea De Castro, Macarena	52	01156	3:30.80	R. G.	50+
6.	Serie 4	Hermida Rodriguez, Blanca	44	00674	3:02.12	R. G.	40+

Fem., 50m Mariposa

33.	Serie 6	Chamosa Martin, Julia	64	00765	40.00	R. G.	60+
33.	Serie 8	Rodriguez Rodriguez, Nina	23	00765	29.16	R. G.	20+

Fem., 100m Mariposa

8.	Serie 3	Suarez Gonzalez, Gracia	25	00878	1:09.50	R. G.	25+
8.	Serie 3	Rodriguez Rodriguez, Nina	23	00765	1:05.53	R. G.	20+

Fem., 200m Mariposa

25.	Serie 2	Alvite Bergara, Nerea	26	01133	2:34.52	R. G.	25+
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Fem., 200m Estilos

14.	Serie 5	Rodriguez Rodriguez, Nina	23	00765	2:28.86	R. G.	20+
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Fem., 4 x 50m Libre

18.	Serie 3	C. D. N. Ciudad De Santiago	01295	2:03.97	R. G.	+120
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GARCIA MIGUEZ, Rosalia, FERNANDEZ JUAN, Maria, CRUZ GARCIA, Aurora, GONZALEZ RODRIGUEZ, Maria

FICHA TÉCNICA DA COMPETICIÓN			
Competición: CAMPIONATO GALEGO MÁSTER DE VERÁN			
Datas: 14 e 15 de xuño de 2025		Número de xornadas: 2	
Piscina: MUNICIPAL AS POZAS		Concello: MOS	
Lonxitude: 25	Número de estaxes: 6	Temperatura da auga: 26,50°	
Relación de clubs participantes e persoa acreditada:			
A. D. Fogar	C. N. As Meigas	C. N. Monforte De Lemos	C. N. Valdeorras
A. D. NT. De Narón	C. N. Coruña	C. N. Mos	C. N. Xove
C. D. N. Ciudad De Santiago	C. N. Culleredo	C. N. Ordes	C. Traviesas N.
C. Fluvial De Lugo	C. N. E Salvamento A Estrada	C. N. Pabellón Ourense	Club Del Mar
C. Hercules Termaria	C. N. Escualos	C. N. Ponteareas	Real Sociedad D. Hípica
C. Marina Ferrol	C. N. Ferrol	C. N. Portamiña Lugo	Sporting C. Casino
C. Muller En Forma	C. N. Galaico	C. N. Redondela	
C. N. Arteixo	C. N. Master Pons Vetus	C. N. Rias Baixas	
Director de competición: SANTIAGO ESCUDERO PEREIRA			
Composición do xurado principal			
Posto	Nome e apelidos	LICENCIA	
Xuíz Árbitro Mas e Fem :	SUÑER DIAZ, CARLOS- RODRIGUEZ FERRO, DAVID	1040127-1010050	
Xuíz Salidas Mas e Fem:	DIZ LORENZO, ALDA - DEIBE PIÑON, LIDIA	1040492-1038062	
Xuíz Estilos /Viraxes	TORNERO VIÑAS, INES - PAGAN OLIVEIRA, MARIA	1040656-1142919	
Xuíz Estilos /Viraxes	ORTEGO PORTA, ANTIA - EIJO GIL, NAIARA	1033256-1143299	
Xuíz Estilos /Viraxes:	SANROMAN SEOANE, ALBA - GONZALEZ Y GONZALEZ, MARTA	1174195-1040136	
Xuíz Estilos/Viraxes:	GROBA COMESAÑA, NOA - RODRIGUEZ CAAMAÑO, PATRICIA	1141317-1038600	
Xuíz Estilos /Viraxes:	POUSA PRADO, MARIA PILAR - ALFAYA RAFAEL, JULIA	1040145-1135399	
Xuíz Estilos /Viraxes:	AVENDAÑO VILAS, MARIA LUISA - RODRIGUEZ PEREZ, LORENA	1037960-1041231	
Xuíz Estilos /Viraxes:	ALVAREZ LAGO, RODRIGO - PAGAN OLIVEIRA, ELISA	1040945-1040986	
Xuíz Estilos /Viraxes:	CANEDA BERNARDEZ, MONICA	1038315	
Tipo de cronometraxe: AUTOMÁTICO			
Outros postos do xurado ao dorso			
Hora de comezo: 10:00/10:00		Hora de remate: 17:45/17:55	
Incidencias da competición:			
<p>Certifico a veracidade dos datos que figuran nestes resultados</p> <p>Mos, 15 de xuño de 2025</p> <p>Asinado: Xuíces/as árbitros/as</p>			

FICHA TÉCNICA DA COMPETICIÓN

Axudante do xuíz de saídas: GROBA COMESAÑA, NOA - PIÑEIRO FERNANDEZ, ANTIA - SANROMAN SEOANE, MIGUEL - CARRERA LORENZO, ALBA - GONZALEZ GARCIA, MARTIN

Xefe de cronometradores: SALGUEIRIÑO ALVAREZ, NOA - ARCA ALONSO, MALEN

Cronometradores:

Pista 1: FERNANDEZ LOPEZ, UXIA - RODRIGUEZ ROCHA, ABRIL

Pista 2: ALIAGA PEREZ, JULIA - QUINTAS MELON, MARIA - PAGAN OLIVEIRA, ELISA

Pista 3: MARTINEZ OTERO, EVA - HERMIDA ALONSO, ANTIA

Pista 4: CARBALLO OTERO, YESICA - PEREIRO RODRIGUEZ, CAROLINA

Pista 5: CORRAL SANTOS, UXIA - TORRES, VALENTIN - PAGAN OLIVEIRA, ELISA - GAITAN MONTE DE OCA, GASTON - CORRAL SANTOS, UXIA

Pista 6: SANROMAN SEOANE, ADRIAN - PIÑEIRO FERNANDEZ, ANTIA - PREGO GROBA, BRAIS

Cronometrador volante: OUTON NAVEIRO, CARLA - GUNCHE BARREIRO, PAULO - PAGAN OLIVEIRA, MARIA

Locutor/a: EMMA CARRERA -ALONSO - AROA CARRERA ALONSO

Axudantes de secretaría:

Resultados:

DANIEL MUÑIZ FONTOIRA

Cronometraxe electrónica:

JOSÉ LUIS FERNÁNDEZ GALLEGO
JUAN PONTÓN RODRÍGUEZ

Técnico de son:

EMMA CARRERA -ALONSO - AROA CARRERA ALONSO

Outros postos: