

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					-
	Viraxe irregular											
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	<b>7:05.39</b>	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	<b>11:59.23</b>	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	<b>13:25.11</b>	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				