

1. 200 m Libre Masculino

20+

1	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	2:05.21	M 25	2024-12-01	As Pozas	13
		50L: 28.39 100L: 59.49							
2	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	2:22.96	M 25	2024-12-01	As Pozas	10
		50L: 28.31 100L: 1:03.66							
3	1266300	ARANDA FERNANDEZ ANTON	2004	POURENSE	2:23.88	M 25	2024-12-01	As Pozas	8
		50L: 32.52 100L: 1:09.31							
4	1023017	CARRIL SOUTO JAVIER	2003	ARTEIXO	2:26.73	M 25	2024-12-01	Carballo Calero	7
		50L: 31.24 100L: 1:07.81							
5	1075388	MÉNDEZ LORENZO BRUNO	2004	NFERROL	2:30.64	M 25	2024-11-30	J. Gómez Noya	6
		50L: 35.62 100L: 1:13.31							
6	1143066	DE LUIS ROIBÁS UNAI	2005	POR-MIÑA	2:42.26	M 25	2024-11-30	J. Gómez Noya	5
		50L: 36.48 100L: 1:17.09							
7	1079156	MARQUEZ VAZQUEZ PABLO	2002	ASMEIGAS	2:43.13	M 25	2024-11-30	J. Gómez Noya	4
		50L: 38.23 100L: 1:20.22							
8	1267368	RODRIGUEZ MONTES MIGUEL	2001	MPVETUS	4:04.98	M 25	2024-12-01	As Pozas	3
		50L: 54.37 100L: 1:55.05							

25+

1	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	2:11.25	M 25	2024-12-01	As Pozas	13
		50L: 29.29 100L: 1:01.93							
2	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	2:18.04	M 25	2024-12-01	As Pozas	10
		50L: 31.02 100L: 1:05.98							
3	1110128	CAMINO PARDO RODRIGO	2000	NCORUÑA	2:18.58	M 25	2024-11-30	J. Gómez Noya	8
		50L: 30.84 100L: 1:04.90							

30+

1	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	2:10.64	M 25	2024-11-30	J. Gómez Noya	13
		50L: 30.09 100L: 1:03.57							
2	1130602	TENORIO FREIRE MARTIN	1992	CIDSANTI	2:11.01	M 25	2024-12-01	Carballo Calero	10
		50L: 28.57 100L: 1:00.34							
3	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	2:13.88	M 25	2024-11-30	J. Gómez Noya	8
		100L: 1:02.67							
4	1038638	CASTRO VILLAR DAVID	1991	CDELMAR	2:18.30	M 25	2024-11-30	J. Gómez Noya	7
		50L: 32.76 100L: 1:07.55							
5	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	2:21.53	M 25	2024-12-01	As Pozas	6
		50L: 32.56 100L: 1:08.62							
6	1025801	FERNANDEZ VARELA ADRIAN	1991	FLUVLUGO	2:23.71	M 25	2024-11-30	J. Gómez Noya	5
		50L: 32.81 100L: 1:07.75							
7	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	NFERROL	2:24.44	M 25	2024-11-30	J. Gómez Noya	4

		50L: 30.73		100L: 1:05.81						
8	1251210	ANDRES DUASO OLMO	1993	ARTEIXO	2:36.65	M 25	2024-12-01	Carballo Calero	3	
		50L: 33.70		100L: 1:12.08						
9	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	2:38.58	M 25	2024-12-01	As Pozas	2	
		50L: 33.28		100L: 1:13.09						
10	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	2:52.74	M 25	2024-12-01	As Pozas	1	
		50L: 37.88		100L: 1:20.90						
11	1264780	CEDIEL SANDE JOHANN SEBASTIAN	1991	ASMEIGAS	3:10.97	M 25	2024-11-30	J. Gómez Noya	0	
		50L: 37.90		100L: 1:23.50						
12	1260387	GARCÍA ARCE GONZALO	1991	ASMEIGAS	3:18.07	M 25	2024-11-30	J. Gómez Noya	0	
		50L: 43.14		100L: 1:31.84						
35+										
1	1041299	MARTÍNEZ GESTAL ALEJANDRO	1990	CDELMAR	2:20.06	M 25	2024-11-30	J. Gómez Noya	13	
		50L: 31.52		100L: 1:07.33						
2	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	2:39.61	M 25	2024-12-01	Carballo Calero	10	
		50L: 32.28		100L: 1:12.47						
3	1249163	BELLO PORTO DAVID	1990	NCORUÑA	2:40.77	M 25	2024-11-30	J. Gómez Noya	8	
		50L: 37.38		100L: 1:18.23						
4	1258573	CAMINO VELASCO JAIME	1990	SALESTRA	2:46.30	M 25	2024-12-01	Carballo Calero	7	
		50L: 37.98		100L: 1:20.67						
5	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	2:51.31	M 25	2024-12-01	As Pozas	6	
		50L: 36.06		100L: 1:18.30						
6	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	2:53.67	M 25	2024-12-01	Carballo Calero	5	
		50L: 31.50		100L: 1:09.38						
7	1263089	ALEJANDRE SALGADO GERMAN	1986	VALDEORR	2:58.95	M 25	2024-12-01	As Pozas	4	
		50L: 37.31		100L: 1:21.03						
8	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	2:59.33	M 25	2024-12-01	As Pozas	3	
		50L: 40.07		100L: 1:24.46						
40+										
1	1141151	CALLE FACAL TELMO	1983	CIDSANTI	2:11.16	M 25	2024-12-01	Carballo Calero	13	
		50L: 31.04		100L: 1:04.30						
2	1266332	LEIRO FERNANDEZ ADRIAN	1984	ARTEIXO	2:23.73	M 25	2024-12-01	Carballo Calero	10	
		50L: 33.53		100L: 1:09.92						
3	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	2:34.88	M 25	2024-11-30	J. Gómez Noya	8	
		50L: 33.98		100L: 1:13.23						
4	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	2:39.58	M 25	2024-11-30	J. Gómez Noya	7	
		100L: 15.22		50L: 36.44						
5	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	2:40.57	M 25	2024-12-01	Carballo Calero	6	
		50L: 35.34		100L: 1:14.75						
6	1268741	CUNTÍN GÓMEZ ANTÓN	1982	RBAIXAS	2:42.99	M 25	2024-12-01	As Pozas	5	
		50L: 36.59		100L: 1:17.12						
7	1145052	FIERRO FERNÁNDEZ JULIO	1982	SCASINO	2:43.13	M 25	2024-11-30	J. Gómez Noya	4	

		50L: 36.13		100L: 1:17.59						
8	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	2:44.87	M 25	2024-12-01	Carballo Calero	3	
		50L: 37.43		100L: 1:19.65						
9	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	2:45.39	M 25	2024-11-30	J. Gómez Noya	2	
		50L: 38.81		100L: 1:10.28						
10	1141126	GOLPE IGLESIAS JOSE ANTONIO	1982	MPVETUS	2:51.61	M 25	2024-12-01	As Pozas	1	
		50L: 37.54		100L: 1:20.50						
11	1239346	CASTIÑEIRAS ACUÑA MIGUEL ANGEL	1981	GALAICO	3:12.11	M 25	2024-12-01	Carballo Calero	0	
		50L: 41.74		100L: 1:29.54						
45+										
1	1267355	TORRES NEIRA MATEO	1979	SCASINO	2:12.37	M 25	2024-11-30	J. Gómez Noya	13	
		50L: 29.47		100L: 1:03.19						
2	1110540	IGLESIAS PIÑEIRO CARLOS	1976	ADFOGAR	2:17.05	M 25	2024-12-01	Carballo Calero	10	
		50L: 31.37		100L: 1:05.98						
3	1175127	MASSO AGUADO JORGE	1976	RBAIXAS	2:23.70	M 25	2024-12-01	As Pozas	8	
		50L: 33.11		100L: 1:09.17						
4	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	2:24.81	M 25	2024-12-01	Carballo Calero	7	
		50L: 35.21		100L: 1:11.04						
5	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	2:30.31	M 25	2024-12-01	Carballo Calero	6	
		50L: 33.20		100L: 1:10.20						
6	1075220	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	2:33.44	M 25	2024-11-30	J. Gómez Noya	5	
		50L: 36.53		100L: 1:15.91						
7	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	2:36.65	M 25	2024-11-30	J. Gómez Noya	4	
		50L: 33.82		100L: 1:12.82						
8	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	2:37.76	M 25	2024-12-01	As Pozas	3	
		50L: 33.59		100L: 1:12.09						
9	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	2:39.32	M 25	2024-12-01	Carballo Calero	2	
		50L: 37.71		100L: 1:19.35						
10	1143662	BALSA MOSQUERA PABLO	1978	NTNARON	2:42.63	M 25	2024-11-30	J. Gómez Noya	1	
		50L: 36.13		100L: 1:16.16						
11	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	2:43.20	M 25	2024-12-01	As Pozas	0	
		50L: 38.03		100L: 1:13.20						
12	1090758	IGLESIAS FUERTES ABEL	1979	ESCUALOS	2:43.32	M 25	2024-12-01	Carballo Calero	0	
		50L: 37.08		100L: 1:15.81						
13	1079491	GOMEZ MARTIN RUBEN	1978	FLUVLUGO	2:43.70	M 25	2024-11-30	J. Gómez Noya	0	
		50L: 36.67		100L: 1:17.49						
14	1078611	MARTIN MONTERO MANUEL JOSE	1977	ARTEIXO	2:44.85	M 25	2024-12-01	Carballo Calero	0	
		50L: 34.68		100L: 1:14.53						
15	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	2:50.42	M 25	2024-12-01	As Pozas	0	
		50L: 39.13		100L: 1:22.41						
16	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	3:16.84	M 25	2024-11-30	J. Gómez Noya	0	
		50L: 45.41		100L: 1:36.13						
17	1197558	FERNANDEZ FERNANDEZ MIGUEL ANGEL	1977	RBAIXAS	3:22.59	M 25	2024-12-01	As Pozas	0	

50L: 45.07

100L: 1:34.64

50+

1	1040137	QUINTAS BARROS JESUS CARLOS	1973	ESCUALOS	2:29.95	M 25	2024-12-01	Carballo Calero	13
		50L: 34.72							100L: 1:13.38
2	1264722	BALDOMAR OBELLEIRA RUBEN	1974	NCORUÑA	2:29.98	M 25	2024-11-30	J. Gómez Noya	10
		50L: 34.94							100L: 1:12.41
3	1141206	ANEIROS GARCIA JOSE MANUEL	1974	CMARINA	2:33.25	M 25	2024-11-30	J. Gómez Noya	8
		50L: 35.05							100L: 1:14.42
4	1147010	SANJURJO POVEDA PABLO	1974	NFERROL	2:36.42	M 25	2024-11-30	J. Gómez Noya	7
		50L: 35.35							100L: 1:15.31
5	1084040	GARCIA CASTIÑEIRA DANIEL	1974	CIDSANTI	2:37.05	M 25	2024-12-01	Carballo Calero	6
		50L: 35.94							100L: 1:14.76
6	1144297	LAMAS SOTO CESAR	1975	CULLERED	2:37.56	M 25	2024-12-01	Carballo Calero	5
		50L: 34.44							100L: 1:13.74
7	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	2:39.38	M 25	2024-12-01	Carballo Calero	4
		50L: 36.64							100L: 1:16.90
8	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	2:42.06	M 25	2024-12-01	Carballo Calero	3
		50L: 37.79							100L: 1:18.93
9	1268047	CUETO ALVAREZ ELIAS	1975	CIDSANTI	2:44.05	M 25	2024-12-01	Carballo Calero	2
		50L: 39.89							100L: 1:21.23
10	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	2:49.56	M 25	2024-12-01	As Pozas	1
		50L: 40.08							100L: 1:22.71
11	1203923	FERNANDEZ PEREZ RAMIRO EDERALDO	1971	RBAIXAS	2:50.13	M 25	2024-12-01	As Pozas	0
		50L: 40.15							100L: 1:22.55
12	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	2:50.92	M 25	2024-12-01	Carballo Calero	0
		50L: 38.86							100L: 1:21.72
13	1076535	DE LUIS GONZÁLEZ AITOR	1974	POR-MIÑA	2:51.08	M 25	2024-11-30	J. Gómez Noya	0
		50L: 40.18							100L: 1:23.11
14	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	2:54.20	M 25	2024-12-01	As Pozas	0
		50L: 39.79							100L: 1:23.41
15	1244393	REY RODRIGUEZ OSCAR	1974	CIDSANTI	2:55.65	M 25	2024-12-01	Carballo Calero	0
		50L: 38.02							100L: 1:20.86
16	1239550	NUÑEZ SEOANE JUAN	1971	SALESTRA	2:58.81	M 25	2024-12-01	Carballo Calero	0
		50L: 39.26							100L: 1:23.16
17	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	2:59.39	M 25	2024-12-01	Carballo Calero	0
		50L: 40.01							100L: 1:26.46
18	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	3:04.12	M 25	2024-11-30	J. Gómez Noya	0
		50L: 41.72							100L: 1:26.90
19	1266322	NUÑEZ FERNANDEZ ANGEL	1975	MPVETUS	3:07.07	M 25	2024-12-01	As Pozas	0
		50L: 41.27							100L: 1:27.19
20	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	3:08.76	M 25	2024-11-30	J. Gómez Noya	0
		50L: 48.21							100L: 1:34.20
21	1146888	GARROCHO DURAN EMILIO JOSE	1972	NFERROL	3:10.07	M 25	2024-11-30	J. Gómez Noya	0

50L: 43.07 100L: 1:32.07

22	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	3:14.82	M 25	2024-12-01	As Pozas	0
		50L: 45.56 100L: 1:35.75							
23	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	3:45.09	M 25	2024-12-01	Carballo Calero	0
		50L: 51.54 100L: 1:47.78							

55+

1	1085112	RIVAS FEAL ANTONIO	1966	SCASINO	2:30.03	M 25	2024-11-30	J. Gómez Noya	13
		50L: 36.00 100L: 1:14.53							
2	1141191	GARCIA SANJURJO JOSE MANUEL	1967	CDELMAR	2:45.31	M 25	2024-11-30	J. Gómez Noya	10
		50L: 36.48 100L: 1:16.44							
3	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	2:46.28	M 25	2024-11-30	J. Gómez Noya	8
		50L: 39.31 100L: 1:21.64							
4	1057905	GURIDI HUERTA JESUS M.	1968	FLUVLUGO	2:57.14	M 25	2024-11-30	J. Gómez Noya	7
		50L: 40.02 100L: 1:23.34							
5	1253683	GESTOSO PAZO JUAN FRANCISCO	1967	SALESTRA	2:57.36	M 25	2024-12-01	Carballo Calero	6
		50L: 39.83 100L: 1:23.99							
6	1079460	REY ROMERO JORGE J.	1966	POR-MIÑA	2:57.55	M 25	2024-11-30	J. Gómez Noya	5
		50L: 40.58 100L: 1:26.11							
7	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	3:00.50	M 25	2024-12-01	Carballo Calero	4
		50L: 42.29 100L: 1:27.62							
8	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	3:05.42	M 25	2024-12-01	Carballo Calero	3
		50L: 42.94 100L: 1:30.97							
9	1195570	TERREN ENRUBIA LUCIO A	1970	RBAIXAS	3:09.35	M 25	2024-12-01	As Pozas	2
		50L: 38.94 100L: 1:25.98							
10	1266323	MILLÁN ALONSO RUBÉN	1970	CTRAVIE	3:13.76	M 25	2024-12-01	As Pozas	1
		50L: 37.71 100L: 1:22.81							
11	1261402	FERNANDEZ RODRIGUEZ MIGUEL ANGEL	1969	VALDEORR	3:15.82	M 25	2024-12-01	As Pozas	0
		50L: 45.35 100L: 1:36.56							
12	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	3:26.78	M 25	2024-12-01	Carballo Calero	0
		50L: 44.64 100L: 1:35.97							
13	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	3:35.09	M 25	2024-12-01	As Pozas	0
		50L: 49.77 100L: 1:42.82							
14	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	3:35.50	M 25	2024-12-01	As Pozas	0
		50L: 49.02 100L: 1:42.20							
15	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	3:41.68	M 25	2024-12-01	Carballo Calero	0
		50L: 50.84 100L: 1:47.94							
16	1075202	SECO LAMAS DIEGO	1969	VALDEORR	4:16.66	M 25	2024-12-01	As Pozas	0
		50L: 48.84 100L: 1:51.91							

60+

1	1105220	GARCIA RIÑON JAIME	1964	NCORUÑA	2:28.68	M 25	2024-11-30	J. Gómez Noya	13
		50L: 35.71 100L: 1:13.09							
2	1076250	BETHENCOURT IGLESIAS SERGIO	1963	CIDSANTI	2:45.98	M 25	2024-12-01	Carballo Calero	10

		50L: 39.34				100L: 1:21.79					
3	1078802	CEGARRA GARCIA EUGENIO	1964	RSDH	3:03.40	M 25	2024-11-30	J. Gómez Noya	8		
		50L: 42.08				100L: 1:29.63					
4	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	3:07.60	M 25	2024-12-01	As Pozas	7		
		50L: 41.42				100L: 1:29.61					
5	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	3:10.40	M 25	2024-12-01	As Pozas	6		
		50L: 45.43				100L: 1:33.86					
6	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	3:12.01	M 25	2024-12-01	As Pozas	5		
		50L: 43.37				100L: 1:32.21					
7	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	3:24.86	M 25	2024-11-30	J. Gómez Noya	4		
		50L: 47.02				100L: 1:39.74					
8	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	5:02.75	M 25	2024-12-01	As Pozas	3		
		50L: 1:05.40				100L: 2:23.29					
65+											
1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	2:40.57	M 25	2024-12-01	Carballo Calero	13		
		50L: 36.86				100L: 1:17.06					
2	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	2:48.13	M 25	2024-12-01	Carballo Calero	10		
		50L: 37.24				100L: 1:19.98					
70+											
1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	2:59.47	M 25	2024-12-01	As Pozas	13		
		50L: 43.55				100L: 1:29.87					
2	1216629	BERMINGHAM EAMONN	1952	CTRAVIE	4:00.17	M 25	2024-12-01	As Pozas	10		
		50L: 57.83				100L: 2:00.12					
3	1075177	LOPEZ VIDAL ANTONIO	1952	GALAICO	4:13.94	M 25	2024-12-01	Carballo Calero	8		
		50L: 57.37				100L: 2:02.57					
80+											
1	1247512	VILLORIA CARAMES ALEJANDRO	1945	CTRAVIE	4:30.09	M 25	2024-12-01	As Pozas	13		
		50L: 1:00.38				100L: 2:09.23					

2. 200 m Libre Feminino

20+

1	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	2:36.62	M 25	2024-11-30	J. Gómez Noya	13
		50L: 36.06 100L: 1:15.01							
2	1113219	IGLESIAS LOPEZ MARIA	2001	CULLERED	2:39.44	M 25	2024-12-01	Carballo Calero	10
		50L: 37.48 100L: 1:17.36							
3	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	2:49.11	M 25	2024-12-01	As Pozas	8
		50L: 37.33 100L: 1:19.09							
4	1186865	RODRIGUEZ TAPIA ALBA	2004	CNXOVE	3:12.47	M 25	2024-11-30	J. Gómez Noya	7
		50L: 39.39 100L: 1:27.59							

25+

1	1130789	GARCIA MIGUEZ ROSALIA	1998	CIDSANTI	2:30.24	M 25	2024-12-01	Carballo Calero	13
		50L: 35.26 100L: 1:13.79							
2	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	2:48.31	M 25	2024-12-01	As Pozas	10
		50L: 38.48 100L: 1:20.66							
3	1249230	MIRAS VAZQUEZ IRENE	1997	CIDSANTI	2:50.87	M 25	2024-12-01	Carballo Calero	8
		50L: 40.16 100L: 1:23.73							
4	1266318	GORDILLO VAN GILS SILVIA	1996	NTNARON	2:58.22	M 25	2024-11-30	J. Gómez Noya	7
		50L: 37.93 100L: 1:22.37							
5	1263196	CASTRO BLANCO BRENDA	2000	ESCUALOS	3:34.94	M 25	2024-12-01	Carballo Calero	6
		50L: 47.74 100L: 1:40.88							
6	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	4:14.33	M 25	2024-12-01	As Pozas	5
		50L: 55.70 100L: 2:00.36							

30+

1	1256967	DEL RIO REGUEIRA SARA	1991	NCORUÑA	2:27.85	M 25	2024-11-30	J. Gómez Noya	13
		50L: 35.09 100L: 1:12.70							
2	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	2:30.92	M 25	2024-11-30	J. Gómez Noya	10
		50L: 33.88 100L: 1:11.97							
3	1051353	CRUZ GARCIA AURORA	1995	CIDSANTI	2:43.94	M 25	2024-12-01	Carballo Calero	8
		50L: 36.34 100L: 1:17.25							
4	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	3:06.10	M 25	2024-11-30	J. Gómez Noya	7
		50L: 41.10 100L: 1:27.70							
5	1040719	CUBA KOSTER ESMERALDA	1992	CNXOVE	3:08.63	M 25	2024-11-30	J. Gómez Noya	6
		50L: 41.84 100L: 1:28.44							
6	1257417	ALONSO GONZALEZ INES	1992	CNMOS	3:14.08	M 25	2024-12-01	As Pozas	5
		50L: 42.89 100L: 1:31.86							
7	1141053	IGLESIAS SUÁREZ LAURA	1992	CDELMAR	3:18.45	M 25	2024-11-30	J. Gómez Noya	4
		50L: 45.76 100L: 1:37.64							
8	1218233	SANCHEZ DE LLANO M. NIEVES	1992	SCASINO	3:23.50	M 25	2024-11-30	J. Gómez Noya	3

		50L: 46.78	100L: 1:36.72							
9	1250483	RODRIGUEZ RODRIGUEZ EVA	1993	VALDEORR	3:36.16	M 25	2024-12-01	As Pozas	2	
		50L: 47.78	100L: 1:40.41							
10	1266328	PEREIRA FERNÁNDEZ PATRICIA	1992	NPONTEA	3:38.73	M 25	2024-12-01	As Pozas	1	
		50L: 47.42	100L: 1:41.56							
35+										
1	1084714	BUGALLO PÉREZ ESTÍBALIZ	1990	GALAICO	2:25.68	M 25	2024-12-01	Carballo Calero	13	
		50L: 33.11	100L: 1:09.63							
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	2:35.76	M 25	2024-11-30	J. Gómez Noya	10	
		50L: 34.31	100L: 1:13.11							
3	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	2:43.61	M 25	2024-12-01	Carballo Calero	8	
		50L: 36.61	100L: 1:17.24							
4	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	2:48.65	M 25	2024-12-01	As Pozas	7	
		50L: 39.60	100L: 1:22.60							
5	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	2:52.87	M 25	2024-12-01	As Pozas	6	
		50L: 39.21	100L: 1:23.17							
6	1129917	MURAS MORA ANDREA	1989	CIDSANTI	3:02.96	M 25	2024-12-01	Carballo Calero	5	
		50L: 40.82	100L: 1:25.46							
7	1267367	VYNOHRADOVA KATERYNA	1986	GALAICO	3:08.51	M 25	2024-12-01	Carballo Calero	4	
		50L: 42.77	100L: 1:29.88							
8	1036315	LOPEZ CORTABITARTE BELEN	1987	SCASINO	3:13.21	M 25	2024-11-30	J. Gómez Noya	3	
		50L: 47.68	100L: 1:36.29							
9	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	3:29.95	M 25	2024-12-01	As Pozas	2	
		50L: 46.77	100L: 1:39.50							
10	1260386	FRANCO CAL SONIA	1987	ASMEIGAS	3:43.78	M 25	2024-11-30	J. Gómez Noya	1	
		50L: 46.26	100L: 1:43.62							
11	1040100	CALVO RODRÍGUEZ MARÍA	1987	NTNARON	3:48.65	M 25	2024-11-30	J. Gómez Noya	0	
		50L: 49.31	100L: 1:46.10							
12	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	4:35.02	M 25	2024-12-01	As Pozas	0	
		50L: 59.59	100L: 2:10.22							
40+										
1	1013486	GONZALEZ RODRIGUEZ MARIA	1982	CIDSANTI	2:20.30	M 25	2024-12-01	Carballo Calero	13	
		50L: 31.51	100L: 1:11.83							
2	1203741	QUEREDA RODRÍGUEZ ALMUDENA	1985	CNLICEO	2:41.14	M 25	2024-11-30	J. Gómez Noya	10	
		50L: 38.17	100L: 1:18.71							
3	1180232	FKEOUI OMARI SALMA	1982	CIDSANTI	2:50.24	M 25	2024-12-01	Carballo Calero	8	
		50L: 41.42	100L: 1:24.87							
4	1144270	ROZADOS LUIS ADRIANA	1985	SALESTRA	2:51.75	M 25	2024-12-01	Carballo Calero	7	
		50L: 39.40	100L: 1:22.45							
5	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	2:53.26	M 25	2024-12-01	Carballo Calero	6	
		50L: 41.89	100L: 1:25.61							
6	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	3:09.94	M 25	2024-12-01	Carballo Calero	5	

		50L: 43.19				100L: 1:31.02					
7	1222531	FERNANDEZ GONZALEZ IRIA	1982	POR-MIÑA	3:12.30	M 25	2024-11-30	J. Gómez Noya	4		
		50L: 45.80				100L: 1:34.80					
8	1257937	GARCIA ALVAREZ JENIFFER	1985	ASMEIGAS	4:13.16	M 25	2024-11-30	J. Gómez Noya	3		
		50L: 53.63				100L: 1:56.87					
9	1093456	RAMIREZ INSUA JULIA	1983	RSDH	4:16.81	M 25	2024-11-30	J. Gómez Noya	2		
		50L: 50.96				100L: 1:57.32					
10	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	4:37.92	M 25	2024-12-01	As Pozas	1		
		50L: 1:00.52				100L: 2:10.84					

45+

1	1078902	AZANZA MORENO CRISTINA	1976	MULLEREF	2:36.68	M 25	2024-11-30	J. Gómez Noya	13		
		50L: 35.83				100L: 1:15.03					
2	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	2:59.39	M 25	2024-12-01	Carballo Calero	10		
		50L: 42.89				100L: 1:28.06					
3	1253190	GARCÍA NAVAS CAROLINA	1979	MULLEREF	3:19.44	M 25	2024-11-30	J. Gómez Noya	8		
		50L: 43.96				100L: 1:33.12					
4	1246144	SANCHEZ BARREIRO MARIA CARMEN	1976	NPONTEA	3:37.71	M 25	2024-12-01	As Pozas	7		
		50L: 48.21				100L: 1:43.67					
5	1264778	VÁZQUEZ LÓPEZ EVA	1977	MULLEREF	3:41.41	M 25	2024-11-30	J. Gómez Noya	6		
		50L: 48.28				100L: 1:42.00					
6	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	3:50.83	M 25	2024-12-01	As Pozas	5		
		50L: 48.44				100L: 1:45.07					
7	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	4:00.99	M 25	2024-12-01	As Pozas	4		
		50L: 55.21				100L: 1:55.17					
8	1253184	ABELLEIRA CORRAL GEMA	1980	MULLEREF	4:06.38	M 25	2024-11-30	J. Gómez Noya	3		
		50L: 53.37				100L: 1:55.28					

50+

1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	2:47.14	M 25	2024-11-30	J. Gómez Noya	13		
		50L: 39.76				100L: 1:22.16					
2	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	2:55.01	M 25	2024-12-01	As Pozas	10		
		50L: 40.64				100L: 1:24.67					
3	1180238	GARCÍA SEOANE CRISTINA MARÍA	1975	HERCULES	2:59.75	M 25	2024-11-30	J. Gómez Noya	8		
		50L: 42.86				100L: 1:28.47					
4	1246140	MARIÑO PAZ EVA MARIA	1974	MPVETUS	3:24.66	M 25	2024-12-01	As Pozas	7		
		50L: 46.94				100L: 1:39.55					
5	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	3:33.06	M 25	2024-11-30	J. Gómez Noya	6		
		50L: 44.71				100L: 1:39.06					
6	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	3:42.35	M 25	2024-11-30	J. Gómez Noya	5		
		50L: 51.60				100L: 1:47.67					

55+

1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	3:03.75	M 25	2024-12-01	As Pozas	13		
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		50L: 43.94		100L: 1:30.61						
2	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	3:20.65	M 25	2024-12-01	As Pozas		10
		50L: 45.75		100L: 1:36.27						
3	1264777	GONZÁLEZ ALCARAZ GLENDA TERESA	1970	MULLEREF	3:28.87	M 25	2024-11-30	J. Gómez Noya		8
		50L: 44.70		100L: 1:36.99						
4	1199642	GARNACHO GAYARRE NURIA	1969	SCASINO	3:36.94	M 25	2024-11-30	J. Gómez Noya		7
		50L: 48.78		100L: 1:45.23						
5	1174378	PAZOS SOAGE PALOMA	1970	MPVETUS	3:54.34	M 25	2024-12-01	As Pozas		6
		50L: 52.21		100L: 1:52.65						
6	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	4:00.79	M 25	2024-12-01	As Pozas		5
		50L: 56.87		100L: 1:58.27						
7	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	4:01.50	M 25	2024-12-01	As Pozas		4
		50L: 54.87		100L: 1:58.08						
8	1269270	REY OTERO ANGELA MARIA	1966	MULLEREF	4:16.01	M 25	2024-11-30	J. Gómez Noya		3
		50L: 52.35		100L: 1:56.03						
9	1267371	FORRYAN SECCOMBE ANNE MAY	1966	NPONTEA	4:41.17	M 25	2024-12-01	As Pozas		2
		50L: 54.48		100L: 2:05.53						

60+

1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	2:56.35	M 25	2024-11-30	J. Gómez Noya	13
		50L: 39.52		100L: 1:24.60					
2	1079307	CHAMOSA MARTIN JULIA	1961	RBAIXAS	3:05.06	M 25	2024-12-01	As Pozas	10
		50L: 44.37		100L: 1:31.65					
3	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	3:34.84	M 25	2024-12-01	As Pozas	8
		50L: 52.09		100L: 1:46.23					
4	1145099	LOPEZ MAHIA PURIFICACION	1963	HERCULES	3:38.73	M 25	2024-11-30	J. Gómez Noya	7
		50L: 47.78		100L: 1:42.90					
5	1253458	IGNACIO QUINTEIRO MARIA DEL CARMEN	1965	MPVETUS	3:59.80	M 25	2024-12-01	As Pozas	6
		50L: 54.71		100L: 1:55.04					
6	1260384	CAL FERNÁNDEZ MÓNICA CATALINA	1964	ASMEIGAS	4:00.75	M 25	2024-11-30	J. Gómez Noya	5
		50L: 57.08		100L: 1:57.03					
7	1079968	CHUB SAVCHENKO LYUDMYLA	1965	GALAICO	4:13.30	M 25	2024-12-01	Carballo Calero	4
		50L: 59.84		100L: 2:05.72					
8	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	4:35.87	M 25	2024-12-01	As Pozas	3
		50L: 1:03.94		100L: 2:14.18					

65+

1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	4:43.22	M 25	2024-12-01	As Pozas	13
		50L: 1:06.13		100L: 2:17.12					

70+

1	1076490	GONZALEZ-ALEGRE BURGUEÑO ANA MARIA	1952	CTRAVIE	3:38.78	M 25	2024-12-01	As Pozas	13
		50L: 49.70		100L: 1:44.78					

3. 50 m Braza Feminino

20+

1	1037951	SOILAN FERNANDEZ RAQUEL	2001	ASMEIGAS	38.35	M 25	2024-11-30	J. Gómez Noya	13
2	1228048	ALVAREZ SOUTO CLAUDIA	2001	NPONTEA	42.28	M 25	2024-12-01	As Pozas	10
3	1084799	GARCIA ESTEVEZ NAHIR	2002	CNMOS	42.33	M 25	2024-12-01	As Pozas	8
4	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	46.86	M 25	2024-12-01	As Pozas	7
5	1185614	ANIDO GALA CANDELA	2005	ADFOGAR	53.82	M 25	2024-12-01	Carballo Calero	6
6	1266324	ALVAREZ FERNANDEZ SOFIA	2004	NPONTEA	54.38	M 25	2024-12-01	As Pozas	5

25+

1	1093694	SANCHEZ LENCE MARIA	1997	NCORUÑA	42.69	M 25	2024-11-30	J. Gómez Noya	13
2	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	42.93	M 25	2024-12-01	Carballo Calero	10
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	43.48	M 25	2024-12-01	As Pozas	8
4	1266329	PRADO POSADA SOFIA	1997	NPONTEA	55.49	M 25	2024-12-01	As Pozas	7
5	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	59.94	M 25	2024-11-30	J. Gómez Noya	6
6	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	1:01.46	M 25	2024-11-30	J. Gómez Noya	5

30+

1	1221622	BUENADICHA AVILES INES	1995	ARTEIXO	39.02	M 25	2024-12-01	Carballo Calero	13
2	1140780	LÓPEZ MORADO MARÍA	1991	NFERROL	47.02	M 25	2024-11-30	J. Gómez Noya	10
3	1221892	OTERO FERNANDEZ MARIA LUISA	1993	SALESTRA	48.32	M 25	2024-12-01	Carballo Calero	8
4	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	49.75	M 25	2024-12-01	As Pozas	7
5	1257939	PUENTE MARIN CRISTINA	1995	FLUVLUGO	53.72	M 25	2024-11-30	J. Gómez Noya	6
6	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	54.86	M 25	2024-12-01	Carballo Calero	5
7	1266328	PEREIRA FERNÁNDEZ PATRICIA	1992	NPONTEA	58.56	M 25	2024-12-01	As Pozas	4
8	1250483	RODRIGUEZ RODRIGUEZ EVA	1993	VALDEORR	1:02.64	M 25	2024-12-01	As Pozas	3
9	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	1:16.45	M 25	2024-12-01	As Pozas	2

35+

1	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	42.25	M 25	2024-11-30	J. Gómez Noya	13
2	1193947	ALCALDE BALADO TANIA	1986	CIDSANTI	42.67	M 25	2024-12-01	Carballo Calero	10
3	1141440	ESTEBAN VILLA ALBA	1990	RBAIXAS	46.41	M 25	2024-12-01	As Pozas	8
4	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	49.02	M 25	2024-12-01	Carballo Calero	7
5	1267367	VYNOHRADOVA KATERYNA	1986	GALAICO	49.50	M 25	2024-12-01	Carballo Calero	6
6	1266339	GONZALEZ ARIAS MARTA	1989	CIDSANTI	49.62	M 25	2024-12-01	Carballo Calero	5
7	1129917	MURAS MORA ANDREA	1989	CIDSANTI	51.41	M 25	2024-12-01	Carballo Calero	4
8	1040100	CALVO RODRÍGUEZ MARÍA	1987	NTNARON	56.96	M 25	2024-11-30	J. Gómez Noya	3
9	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	58.10	M 25	2024-12-01	As Pozas	2
10	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	59.25	M 25	2024-12-01	Carballo Calero	1

40+

1	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	42.02	M 25	2024-12-01	Carballo Calero	13
2	1180232	FKEOUI OMARI SALMA	1982	CIDSANTI	45.54	M 25	2024-12-01	Carballo Calero	10
3	1203741	QUEREDA RODRÍGUEZ ALMUDENA	1985	CNLICEO	48.16	M 25	2024-11-30	J. Gómez Noya	8
4	1075225	SOUTO DERUNGS CRISTINA	1985	NFERROL	50.17	M 25	2024-11-30	J. Gómez Noya	7
5	1253681	LATA NUÑEZ DIANA	1985	NTNARON	50.40	M 25	2024-11-30	J. Gómez Noya	6
6	1243198	MARTIN VILAS MARIA JESUS	1982	CNORDES	50.78	M 25	2024-12-01	Carballo Calero	5
7	1093456	RAMIREZ INSUA JULIA	1983	RSDH	53.76	M 25	2024-11-30	J. Gómez Noya	4
8	1145082	FARIÑA SOUSA NOEMI	1983	CIDSANTI	54.94	M 25	2024-12-01	Carballo Calero	3
9	1205838	LOPEZ GARCIA SANDRA	1981	NTNARON	55.91	M 25	2024-11-30	J. Gómez Noya	2
10	1253187	DIAZ BAO MONICA	1984	MULLEREF	59.21	M 25	2024-11-30	J. Gómez Noya	1

45+

1	1146893	PRADO FRANCO MARTHA-ELIZABETH	1979	RBAIXAS	48.82	M 25	2024-12-01	As Pozas	13
2	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	49.22	M 25	2024-12-01	Carballo Calero	10
3	1036387	VAZQUEZ PARCERO MARTA	1980	CULLERED	1:10.32	M 25	2024-12-01	Carballo Calero	8

50+

1	1232962	JARDON GONZALEZ HELENA	1971	NPONTEA	49.66	M 25	2024-12-01	As Pozas	13
2	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	54.46	M 25	2024-12-01	Carballo Calero	10
3	1266360	PEREDA GARCÍA ANGELICA	1973	MULLEREF	59.64	M 25	2024-11-30	J. Gómez Noya	8

55+

1	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	50.12	M 25	2024-12-01	As Pozas	13
2	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	51.97	M 25	2024-12-01	As Pozas	10
3	1141128	LLEVOT SANCHEZ ANA ISABEL	1970	MPVETUS	52.18	M 25	2024-12-01	As Pozas	8
4	1264777	GONZÁLEZ ALCARAZ GLENDA TERESA	1970	MULLEREF	55.48	M 25	2024-11-30	J. Gómez Noya	7
5	1261397	ORJALES SOMOZA MARÍA YOLANDA	1969	ESCUALOS	1:06.98	M 25	2024-12-01	Carballo Calero	6

60+

1	1039437	BALADO LOPEZ ANA MARIA	1961	POURENSE	46.64	M 25	2024-12-01	As Pozas	13
2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	52.81	M 25	2024-12-01	As Pozas	10
3	1197564	SANCHEZ VAZQUEZ MARIA LUISA	1965	MPVETUS	1:09.44	M 25	2024-12-01	As Pozas	8

70+

1	1036752	BAGLIETTO MILLAN M. DOLORES	1952	MPVETUS	1:09.36	M 25	2024-12-01	As Pozas	13
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4. 50 m Braza Masculino

20+										
1	1143432	PARGA TORRENTE DAVID	2004	NFERROL	37.23	M 25	2024-11-30	J. Gómez Noya	13	
2	1263017	CASASOLA ENNASRI NAZAN ELÍAS	2004	NFERROL	38.20	M 25	2024-11-30	J. Gómez Noya	10	
25+										
1	1115676	GONZALEZ IGLESIAS ALBERTO	1997	CULLERED	39.71	M 25	2024-12-01	Carballo Calero	13	
2	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	41.19	M 25	2024-12-01	As Pozas	10	
30+										
1	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	31.10	M 25	2024-12-01	As Pozas	13	
2	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	40.80	M 25	2024-11-30	J. Gómez Noya	10	
3	1251210	ANDRES DUASO OLMO	1993	ARTEIXO	41.70	M 25	2024-12-01	Carballo Calero	8	
4	1269779	GARCÍA COLMENARES RICARDO ANDRÉS	1991	NTNARON	42.48	M 25	2024-11-30	J. Gómez Noya	7	
5	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	59.15	M 25	2024-12-01	As Pozas	6	
35+										
1	1267364	PINTO RAMNARINE ROHAN IAN	1986	GALAICO	30.96	M 25	2024-12-01	Carballo Calero	13	
2	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	33.90	M 25	2024-12-01	Carballo Calero	10	
3	1136629	FIGUEIRA DOMINGUEZ JAVIER GUZMAN	1988	RBAIXAS	35.65	M 25	2024-12-01	As Pozas	8	
4	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	36.19	M 25	2024-12-01	Carballo Calero	7	
5	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	36.75	M 25	2024-12-01	As Pozas	6	
6	1023057	PEREZ VAZQUEZ TELMO	1988	NTNARON	40.31	M 25	2024-11-30	J. Gómez Noya	5	
7	1253936	IGLESIAS VIEITES MANUEL	1986	CNORDES	41.24	M 25	2024-12-01	Carballo Calero	4	
40+										
1	1218108	IGLESIAS LAPIDO MIGUEL	1985	FLUVLUGO	36.13	M 25	2024-11-30	J. Gómez Noya	13	
2	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	37.08	M 25	2024-12-01	Carballo Calero	10	
3	1180246	COMESAÑA DIEGO VICTOR	1981	RBAIXAS	41.63	M 25	2024-12-01	As Pozas	8	
4	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	44.64	M 25	2024-12-01	As Pozas	7	
5	1243125	FERNANDEZ GONZALEZ IAGO	1983	RBAIXAS	47.87	M 25	2024-12-01	As Pozas	6	
6	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	50.72	M 25	2024-12-01	Carballo Calero	5	
45+										
1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	33.97	M 25	2024-12-01	As Pozas	13	
2	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	36.21	M 25	2024-12-01	As Pozas	10	
3	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	38.95	M 25	2024-11-30	J. Gómez Noya	8	
4	1201621	ALONSO ORTIZ MARIANO	1976	FLUVLUGO	39.43	M 25	2024-11-30	J. Gómez Noya	7	
5	1143895	PADIN CHARLIN JOAQUIN	1980	ESCUALOS	39.81	M 25	2024-12-01	Carballo Calero	6	
6	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	43.01	M 25	2024-12-01	Carballo Calero	5	
7	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	43.66	M 25	2024-12-01	As Pozas	4	

8	1143662	BALSA MOSQUERA PABLO	1978	NTNARON	45.45	M 25	2024-11-30	J. Gómez Noya	3
9	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	53.71	M 25	2024-12-01	As Pozas	2

50+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	32.96	M 25	2024-12-01	As Pozas	13
2	1010047	GARCIA REBOLO ALEJANDRO	1975	POURENSE	33.89	M 25	2024-12-01	As Pozas	10
3	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	35.31	M 25	2024-12-01	Carballo Calero	8
4	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	37.32	M 25	2024-12-01	Carballo Calero	7
5	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	39.68	M 25	2024-11-30	J. Gómez Noya	6
6	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	41.56	M 25	2024-12-01	Carballo Calero	4.5
7	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	41.56	M 25	2024-12-01	As Pozas	4.5
8	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	42.40	M 25	2024-11-30	J. Gómez Noya	3
9	1144601	PUENTE DÍAZ JAVIER	1971	CIDSANTI	45.07	M 25	2024-12-01	Carballo Calero	2
10	1127349	SOBRINO EIRIZ MANUEL	1975	NPONTEA	47.87	M 25	2024-12-01	As Pozas	1
11	1078844	FERNÁNDEZ FERNÁNDEZ JOSÉ LUIS	1974	CIDSANTI	48.18	M 25	2024-12-01	Carballo Calero	0
12	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	48.35	M 25	2024-12-01	Carballo Calero	0
13	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	52.77	M 25	2024-12-01	As Pozas	0

55+

1	1079460	REY ROMERO JORGE J.	1966	POR-MIÑA	41.84	M 25	2024-11-30	J. Gómez Noya	13
2	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	44.23	M 25	2024-12-01	Carballo Calero	10
3	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	47.46	M 25	2024-12-01	As Pozas	8
4	1203919	CRESPO PIÑEIRO NATALIO	1969	RBAIXAS	49.12	M 25	2024-12-01	As Pozas	7
5	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	53.85	M 25	2024-12-01	As Pozas	6
6	1261336	NOVO FERNANDEZ ALFREDO	1970	RBAIXAS	58.20	M 25	2024-12-01	As Pozas	5

60+

1	1076279	SIO LOURIDO JOSE SALVADOR	1961	CNMOS	39.87	M 25	2024-12-01	As Pozas	13
2	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	47.40	M 25	2024-12-01	As Pozas	10
3	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	49.12	M 25	2024-12-01	As Pozas	8
4	1053394	SANJORGE PEDREIRA CARMELO	1962	ARTEIXO	58.60	M 25	2024-12-01	Carballo Calero	7
5	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	1:28.17	M 25	2024-12-01	As Pozas	6

65+

1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	41.69	M 25	2024-12-01	As Pozas	13
2	1079748	SANTAMARINA LÓPEZ JAVIER	1958	CTRAVIE	1:14.00	M 25	2024-12-01	As Pozas	10

70+

1	1240096	IVANCHENKO YURII	1953	POURENSE	47.18	M 25	2024-12-01	As Pozas	13
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75+

1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	59.48	M 25	2024-12-01	As Pozas	13
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5. 100 m Bolboreta Feminino

20+

1	1140796	DIAZ DOPICO SABELA	2002	NFERROL	1:16.19	M 25	2024-11-30	J. Gómez Noya	13
		50M: 36.12							
2	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	1:17.71	M 25	2024-12-01	As Pozas	10
		50M: 34.97							
3	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:45.93	M 25	2024-12-01	As Pozas	8
		50M: 46.16							

25+

1	1041448	VAZQUEZ SANCHEZ PILAR	1998	CNDOVE	1:23.17	M 25	2024-11-30	J. Gómez Noya	13
		50M: 38.26							
2	1093694	SANCHEZ LENCE MARIA	1997	NCORUÑA	1:28.55	M 25	2024-11-30	J. Gómez Noya	10
		50M: 40.78							
3	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:51.63	M 25	2024-12-01	As Pozas	8
		50M: 49.28							
4	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	2:14.23	M 25	2024-11-30	J. Gómez Noya	7
		50M: 56.53							

30+

1	1041452	BEN CILLERO SABELA	1992	CNDOVE	1:16.49	M 25	2024-11-30	J. Gómez Noya	13
		50M: 33.70							
2	1266341	MAURIZ BARREIRO MARIA VIOLETA	1992	CIDSANTI	1:30.40	M 25	2024-12-01	Carballo Calero	10
		50M: 41.41							
3	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	1:46.11	M 25	2024-12-01	As Pozas	8
		50M: 48.92							

35+

1	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	1:42.75	M 25	2024-12-01	As Pozas	13
		50M: 47.95							
2	1250482	RODRIGUEZ DE DIOS AMPARO	1987	VALDEORR	1:52.06	M 25	2024-12-01	As Pozas	10
		50M: 52.21							
3	1144592	ACUÑA MELLA MARIA	1988	NPONTEA	1:55.81	M 25	2024-12-01	As Pozas	8
		50M: 55.85							

40+

1	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	1:46.51	M 25	2024-12-01	Carballo Calero	13
		50M: 49.30							

45+

1	1146893	PRADO FRANCO MARTHA-ELIZABETH	1979	RBAIXAS	1:33.96	M 25	2024-12-01	As Pozas	13
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50M: 43.68

2	1107383	CAMINO GONZALEZ CATUXA	1977	MPVETUS	1:43.69	M 25	2024-12-01	As Pozas	10
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50M: 47.15

3	1146901	LUACES MENDEZ CRISTINA	1978	MPVETUS	1:45.41	M 25	2024-12-01	As Pozas	8
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50M: 47.58

50+

1	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	1:57.72	M 25	2024-11-30	J. Gómez Noya	13
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50M: 54.97

2	1246140	MARIÑO PAZ EVA MARIA	1974	MPVETUS	2:23.61	M 25	2024-12-01	As Pozas	10
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50M: 1:04.86

55+

1	1197600	SANDERSON KEOUGH HELEN JANE	1970	CULLERED	1:36.73	M 25	2024-12-01	Carballo Calero	13
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50M: 45.96

2	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	1:59.74	M 25	2024-12-01	As Pozas	10
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50M: 54.85

3	1264754	RODRIGUEZ PANTIN MARTA MARIA	1966	HERCULES	2:04.53	M 25	2024-11-30	J. Gómez Noya	8
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50M: 50.34

4	1145007	MELON PARENTE M. LOURDES	1969	NPONTEA	3:30.62	M 25	2024-12-01	As Pozas	7
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50M: 1:40.06

60+

1	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	1:52.78	M 25	2024-12-01	Carballo Calero	13
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50M: 51.98

2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	2:10.18	M 25	2024-12-01	As Pozas	10
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50M: 1:00.72

6. 100 m Bolboreta Masculino

20+										
1	1023017	CARRIL SOUTO JAVIER	2003	ARTEIXO	1:25.57	M 25	2024-12-01	Carballo Calero	13	
		50M: 35.76								
25+										
1	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	CIDSANTI	1:05.39	M 25	2024-12-01	Carballo Calero	13	
		50M: 29.48								
30+										
1	1038638	CASTRO VILLAR DAVID	1991	CDELMAR	1:12.91	M 25	2024-11-30	J. Gómez Noya	13	
		50M: 33.76								
35+										
1	1041299	MARTÍNEZ GESTAL ALEJANDRO	1990	CDELMAR	1:07.23	M 25	2024-11-30	J. Gómez Noya	13	
		50M: 32.23								
2	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	1:24.80	M 25	2024-12-01	As Pozas	10	
		50M: 38.07								
3	1217936	PASCUAL DE PEDRO JORGE	1986	NPONTEA	1:35.67	M 25	2024-12-01	As Pozas	8	
		50M: 46.79								
4	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	1:52.24	M 25	2024-12-01	As Pozas	7	
		50M: 50.41								
40+										
1	1230338	MUIÑO REY DANIEL	1984	NFERROL	1:17.16	M 25	2024-11-30	J. Gómez Noya	13	
		50M: 34.85								
2	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:20.64	M 25	2024-12-01	Carballo Calero	10	
		50M: 37.65								
3	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	1:24.14	M 25	2024-12-01	As Pozas	8	
		50M: 36.88								
4	1141126	GOLPE IGLESIAS JOSE ANTONIO	1982	MPVETUS	1:40.79	M 25	2024-12-01	As Pozas	7	
		50M: 45.19								
5	1039360	POSE MATO CESAR	1983	ADFOGAR	2:29.54	M 25	2024-12-01	Carballo Calero	6	
		50M: 1:14.02								
45+										
1	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	1:10.52	M 25	2024-12-01	As Pozas	13	
		50M: 32.09								
2	1198273	MONTERO PRIETO CARLOS EUGENIO	1978	CIDSANTI	1:21.66	M 25	2024-12-01	Carballo Calero	10	
		50M: 37.51								
3	1093467	FIGUEIRA JALLAS ANDRES FELIPE	1976	NCORUÑA	1:23.62	M 25	2024-11-30	J. Gómez Noya	8	

50M: 38.77

4	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	1:25.39	M 25	2024-12-01	Carballo Calero	7
		50M: 38.96							
5	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	1:26.43	M 25	2024-12-01	As Pozas	6
		50M: 37.73							
6	1145005	FERNANDEZ IGLESIAS EMILIO J.	1977	NPONTEA	1:32.01	M 25	2024-12-01	As Pozas	5
		50M: 45.64							
7	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	1:38.87	M 25	2024-12-01	As Pozas	4
		50M: 43.42							
8	1090758	IGLESIAS FUERTES ABEL	1979	ESCUALOS	1:42.85	M 25	2024-12-01	Carballo Calero	3
		50M: 40.89							
9	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	1:51.31	M 25	2024-12-01	As Pozas	2
		50M: 51.35							

50+

1	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	1:07.39	M 25	2024-12-01	Carballo Calero	13
		50M: 31.24							
2	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	1:11.72	M 25	2024-11-30	J. Gómez Noya	10
		50M: 32.68							
3	1258336	MUÑIZ CAL RAFAEL	1974	ARTEIXO	1:17.11	M 25	2024-12-01	Carballo Calero	8
		50M: 35.91							
4	1141504	BOUSO FUENTECILLA FERNANDO	1971	ESCUALOS	1:34.58	M 25	2024-12-01	Carballo Calero	7
		50M: 43.01							
5	1203923	FERNANDEZ PEREZ RAMIRO EDERALDO	1971	RBAIXAS	1:37.92	M 25	2024-12-01	As Pozas	6
		50M: 48.05							
6	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	1:39.15	M 25	2024-12-01	Carballo Calero	5
		50M: 45.96							
7	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	1:42.18	M 25	2024-12-01	As Pozas	4
		50M: 45.08							
8	1266322	NUÑEZ FERNANDEZ ANGEL	1975	MPVETUS	1:58.16	M 25	2024-12-01	As Pozas	3
		50M: 56.17							

55+

1	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	1:34.59	M 25	2024-12-01	Carballo Calero	13
		50M: 42.81							
2	1253683	GESTOSO PAZO JUAN FRANCISCO	1967	SALESTRA	1:45.78	M 25	2024-12-01	Carballo Calero	10
		50M: 46.57							

60+

1	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	1:12.77	M 25	2024-11-30	J. Gómez Noya	13
2	1076279	SIO LOURIDO JOSE SALVADOR	1961	CNMOS	1:37.21	M 25	2024-12-01	As Pozas	10
		50M: 41.86							
3	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	1:52.50	M 25	2024-11-30	J. Gómez Noya	8
		50M: 51.77							



LIGA GALEGA MÁSTER XOR. 2 (UNIFICADOS)

Federación Galega de Natación

Avenida de Glasgow, 13
CP 15008 - A Coruña
www.fegan.org - info@fegan.org

4	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	2:07.76	M 25	2024-12-01	As Pozas	7
50M: 59.62									

7. 100 m Costas Feminino

20+

1	1037966	FERNANDEZ PARDO IRENE	2001	NPONTEA	1:11.30	M 25	2024-12-01	As Pozas	13
		50E: 34.15							
2	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	1:11.86	M 25	2024-12-01	As Pozas	10
		50E: 34.09							
3	1037951	SOILAN FERNANDEZ RAQUEL	2001	ASMEIGAS	1:16.58	M 25	2024-11-30	J. Gómez Noya	8
		50E: 37.24							
4	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	1:20.72	M 25	2024-11-30	J. Gómez Noya	7
		50E: 38.26							
5	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	1:24.21	M 25	2024-12-01	As Pozas	6
		50E: 39.94							
6	1117147	RAMA RODRIGUEZ ALBA	2003	ADFOGAR	1:28.25	M 25	2024-12-01	Carballo Calero	5
		50E: 41.74							
7	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	1:28.73	M 25	2024-12-01	As Pozas	4
		50E: 42.78							
8	1144257	FERNANDEZ GONZALEZ ELENA	2001	HERCULES	1:31.90	M 25	2024-11-30	J. Gómez Noya	3
		50E: 45.25							
9	1266324	ALVAREZ FERNANDEZ SOFIA	2004	NPONTEA	1:48.56	M 25	2024-12-01	As Pozas	2
		50E: 50.62							

25+

1	1266329	PRADO POSADA SOFIA	1997	NPONTEA	1:55.28	M 25	2024-12-01	As Pozas	13
		50E: 56.16							
2	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	2:26.66	M 25	2024-12-01	As Pozas	10
		50E: 1:13.53							

30+

1	1093459	FRANCO CAL ALBA	1991	ASMEIGAS	1:09.34	M 25	2024-11-30	J. Gómez Noya	13
		50E: 33.45							
2	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	1:16.30	M 25	2024-12-01	As Pozas	10
		50E: 36.21							
3	1256967	DEL RIO REGUEIRA SARA	1991	NCORUÑA	1:16.59	M 25	2024-11-30	J. Gómez Noya	8
4	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	1:20.56	M 25	2024-11-30	J. Gómez Noya	7
		50E: 38.91							
5	1051353	CRUZ GARCIA AURORA	1995	CIDSANTI	1:22.73	M 25	2024-12-01	Carballo Calero	6
		50E: 40.21							
6	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	1:35.09	M 25	2024-12-01	As Pozas	5
		50E: 46.76							
7	1145038	SOUTO BLANCO LUA	1994	POURENSE	1:36.26	M 25	2024-12-01	As Pozas	4
		50E: 46.65							

8	1243197	GANDARA SUAREZ TANIA	1993	CNORDES	1:38.47	M 25	2024-12-01	Carballo Calero	3
		50E: 48.15							
9	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	1:41.28	M 25	2024-11-30	J. Gómez Noya	2
		50E: 48.91							
10	1141053	IGLESIAS SUÁREZ LAURA	1992	CDELMAR	1:45.43	M 25	2024-11-30	J. Gómez Noya	1
		50E: 49.75							
11	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	1:52.15	M 25	2024-12-01	As Pozas	0
		50E: 55.04							

35+

1	1193947	ALCALDE BALADO TANIA	1986	CIDSANTI	1:19.70	M 25	2024-12-01	Carballo Calero	13
		50E: 39.60							
2	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	1:22.40	M 25	2024-12-01	Carballo Calero	10
		50E: 40.14							
3	1141440	ESTEBAN VILLA ALBA	1990	RBAIXAS	1:30.04	M 25	2024-12-01	As Pozas	8
		50E: 43.25							
4	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	1:30.43	M 25	2024-12-01	As Pozas	7
		50E: 44.50							
5	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	1:33.75	M 25	2024-12-01	As Pozas	6
		50E: 45.25							
6	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	1:40.24	M 25	2024-12-01	Carballo Calero	5
		50E: 50.10							
7	1036315	LOPEZ CORTABITARTE BELEN	1987	SCASINO	1:44.34	M 25	2024-11-30	J. Gómez Noya	4
		50E: 52.65							
8	1258330	BEN CILLERO NATALIA	1989	CNXOVE	1:59.13	M 25	2024-11-30	J. Gómez Noya	3
		50E: 57.20							

40+

1	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	1:26.55	M 25	2024-12-01	Carballo Calero	13
		50E: 43.63							
2	1144270	ROZADOS LUIS ADRIANA	1985	SALESTRA	1:27.66	M 25	2024-12-01	Carballo Calero	10
		50E: 43.02							
3	1075225	SOUTO DERUNGS CRISTINA	1985	NFERROL	1:31.87	M 25	2024-11-30	J. Gómez Noya	8
		50E: 44.03							
4	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	1:38.90	M 25	2024-12-01	Carballo Calero	7
		50E: 49.51							
5	1170812	MARTIN CHRISTELLE	1981	ESCUALOS	1:39.70	M 25	2024-12-01	Carballo Calero	6
		50E: 49.88							
6	1222531	FERNANDEZ GONZALEZ IRIA	1982	POR-MIÑA	1:43.38	M 25	2024-11-30	J. Gómez Noya	5
		50E: 51.41							
7	1205838	LOPEZ GARCIA SANDRA	1981	NTNARON	1:55.55	M 25	2024-11-30	J. Gómez Noya	4
		50E: 56.31							
8	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	2:07.40	M 25	2024-12-01	Carballo Calero	3
		50E: 59.62							

9	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	2:51.65	M 25	2024-12-01	As Pozas	2
		50E: 1:19.05							
45+									
1	1078902	AZANZA MORENO CRISTINA	1976	MULLEREF	1:28.05	M 25	2024-11-30	J. Gómez Noya	13
		50E: 42.96							
2	1264733	GOMEZ PAREDES MARIA	1976	FLUVLUGO	1:37.11	M 25	2024-11-30	J. Gómez Noya	10
		50E: 46.00							
3	1146901	LUACES MENDEZ CRISTINA	1978	MPVETUS	1:37.18	M 25	2024-12-01	As Pozas	8
		50E: 47.34							
4	1143894	DE LORENZO FERNANDEZ MARIA	1978	ESCUALOS	1:37.86	M 25	2024-12-01	Carballo Calero	7
		50E: 48.24							
5	1253190	GARCÍA NAVAS CAROLINA	1979	MULLEREF	1:53.43	M 25	2024-11-30	J. Gómez Noya	6
		50E: 55.54							
6	1107383	CAMINO GONZALEZ CATUXA	1977	MPVETUS	1:53.45	M 25	2024-12-01	As Pozas	5
		50E: 53.34							
7	1264778	VÁZQUEZ LÓPEZ EVA	1977	MULLEREF	2:04.33	M 25	2024-11-30	J. Gómez Noya	4
		50E: 58.90							
8	1250484	VAZQUEZ GONZALEZ YOLANDA	1976	VALDEORR	2:19.47	M 25	2024-12-01	As Pozas	3
		50E: 1:07.86							
50+									
1	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	1:33.03	M 25	2024-12-01	As Pozas	13
		50E: 44.31							
2	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	1:42.17	M 25	2024-12-01	As Pozas	10
		50E: 50.02							
3	1217442	VILLASANTE ARMAS MARIA ROSA	1975	NCORUÑA	1:45.83	M 25	2024-11-30	J. Gómez Noya	8
		50E: 55.13							
4	1180238	GARCÍA SEOANE CRISTINA MARÍA	1975	HERCULES	1:51.02	M 25	2024-11-30	J. Gómez Noya	7
		50E: 54.96							
55+									
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	1:47.81	M 25	2024-12-01	As Pozas	13
		50E: 51.29							
2	1174378	PAZOS SOAGE PALOMA	1970	MPVETUS	2:07.95	M 25	2024-12-01	As Pozas	10
		50E: 1:00.08							
3	1144697	ACEVEDO REGO ERMITAS	1966	POURENSE	2:08.70	M 25	2024-12-01	As Pozas	8
		50E: 1:05.18							
4	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	2:33.17	M 25	2024-12-01	As Pozas	7
		50E: 1:16.45							
60+									
1	1079307	CHAMOSA MARTIN JULIA	1961	RBAIXAS	1:39.42	M 25	2024-12-01	As Pozas	13
		50E: 48.93							

2	1076506	MARTY PAZOS MARIA VICTORIA	1965	CTRAVIE	2:07.40	M 25	2024-12-01	As Pozas	10
		50E: 1:03.70							
3	1143893	REBOREDAS MORILLO SUSANA	1962	ESCUALOS	2:23.66	M 25	2024-12-01	Carballo Calero	8
		50E: 1:11.72							

65+

1	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	2:00.14	M 25	2024-12-01	Carballo Calero	13
		50E: 58.78							
2	1037151	GOMEZ DOVAL MARIA ANGELA	1956	FLUVLUGO	2:46.87	M 25	2024-11-30	J. Gómez Noya	10
		50E: 1:19.10							
3	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	2:54.47	M 25	2024-11-30	J. Gómez Noya	8
		50E: 1:30.26							

70+

1	1208789	MAROTO REGLERO MARIA CONSUELO PAUL	1952	CTRAVIE	2:55.72	M 25	2024-12-01	As Pozas	13
		50E: 1:25.38							

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	3:22.86	M 25	2024-12-01	As Pozas	13
		50E: 1:37.41							

8. 100 m Costas Masculino

20+

1	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	1:06.09	M 25	2024-12-01	As Pozas	13
		50E: 32.14							
2	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	1:14.43	M 25	2024-12-01	As Pozas	10
		50E: 36.47							
3	1267368	RODRIGUEZ MONTES MIGUEL	2001	MPVETUS	2:02.68	M 25	2024-12-01	As Pozas	8
		50E: 58.95							

25+

1	1087073	QUIROGA RAMOS NOEL	2000	POURENSE	1:02.81	M 25	2024-12-01	As Pozas	13
		50E: 30.60							
2	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	CIDSANTI	1:08.50	M 25	2024-12-01	Carballo Calero	10
		50E: 33.10							
3	1110128	CAMINO PARDO RODRIGO	2000	NCORUÑA	1:09.57	M 25	2024-11-30	J. Gómez Noya	8
		50E: 31.39							
4	1037192	FERRO SANTOS JUAN MANUEL	2000	CNXOVE	1:12.15	M 25	2024-11-30	J. Gómez Noya	7
		50E: 34.97							
5	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	1:20.57	M 25	2024-12-01	As Pozas	6
		50E: 38.45							
6	1267370	ALVAREZ PRESA SAMUEL	2000	NPONTEA	1:41.40	M 25	2024-12-01	As Pozas	5
		50E: 47.96							

30+

1	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	1:08.84	M 25	2024-11-30	J. Gómez Noya	13
		50E: 32.95							
2	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	1:18.57	M 25	2024-12-01	As Pozas	10
		50E: 38.14							
3	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	1:24.87	M 25	2024-12-01	As Pozas	8
		50E: 41.32							
4	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	1:27.44	M 25	2024-12-01	As Pozas	7
		50E: 42.93							
5	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	1:33.36	M 25	2024-12-01	As Pozas	6
		50E: 44.06							

35+

1	1185622	DÍAZ RODRÍGUEZ ANDRÉS	1989	NTNARON	1:13.24	M 25	2024-11-30	J. Gómez Noya	13
		50E: 34.92							
2	1005819	LAZARO GUERRERO VICTOR	1988	CMARINA	1:14.37	M 25	2024-11-30	J. Gómez Noya	10
		50E: 36.47							
3	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	1:15.01	M 25	2024-12-01	Carballo Calero	8

50E: 37.12

4	1126597	FERNANDEZ GAYOSO JOSE MANUEL	1986	CNMOS	1:16.82	M 25	2024-12-01	As Pozas	7
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50E: 38.23

5	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	1:20.62	M 25	2024-12-01	Carballo Calero	6
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50E: 40.51

6	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	1:22.41	M 25	2024-11-30	J. Gómez Noya	5
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50E: 40.48

7	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	1:34.77	M 25	2024-12-01	As Pozas	4
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50E: 45.54

40+

1	1141151	CALLE FACAL TELMO	1983	CIDSANTI	1:08.35	M 25	2024-12-01	Carballo Calero	13
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50E: 33.40

2	1170841	BASTIDA CAMPOS ALEJANDRO	1982	SALESTRA	1:29.54	M 25	2024-12-01	Carballo Calero	10
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50E: 44.96

3	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	1:29.65	M 25	2024-11-30	J. Gómez Noya	8
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50E: 45.23

4	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	1:45.14	M 25	2024-12-01	Carballo Calero	7
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50E: 50.51

5	1239346	CASTIÑEIRAS ACUÑA MIGUEL ANGEL	1981	GALAICO	1:52.06	M 25	2024-12-01	Carballo Calero	6
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50E: 55.67

45+

1	1267355	TORRES NEIRA MATEO	1979	SCASINO	1:06.26	M 25	2024-11-30	J. Gómez Noya	13
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50E: 32.12

2	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	1:14.40	M 25	2024-12-01	Carballo Calero	10
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50E: 36.14

3	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	1:15.62	M 25	2024-12-01	As Pozas	8
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50E: 36.46

4	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	1:22.52	M 25	2024-12-01	As Pozas	7
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50E: 40.96

5	1078611	MARTIN MONTERO MANUEL JOSE	1977	ARTEIXO	1:28.43	M 25	2024-12-01	Carballo Calero	6
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50E: 42.75

6	1143895	PADIN CHARLIN JOAQUIN	1980	ESCUALOS	1:29.68	M 25	2024-12-01	Carballo Calero	5
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50E: 44.40

7	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	1:30.46	M 25	2024-12-01	As Pozas	4
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50E: 43.60

8	1079491	GOMEZ MARTIN RUBEN	1978	FLUVLUGO	1:30.97	M 25	2024-11-30	J. Gómez Noya	3
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50E: 44.65

9	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	1:35.75	M 25	2024-12-01	As Pozas	2
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50E: 46.62

10	1146802	PORTAS MUINELO CESAR	1978	POR-MIÑA	1:47.66	M 25	2024-11-30	J. Gómez Noya	1
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50E: 52.63

11	1235958	BRIOSO DÍAZ MANUEL	1977	CNREDON	2:07.57	M 25	2024-12-01	As Pozas	0
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50E: 1:02.52

50+

1	1231581	RODRÍGUEZ SALGADO MANUEL	1975	CIDSANTI	1:18.24	M 25	2024-12-01	Carballo Calero	13
		50E: 38.43							
2	1255450	RODRÍGUEZ RODRÍGUEZ SANTIAGO	1972	CIDSANTI	1:21.48	M 25	2024-12-01	Carballo Calero	10
		50E: 39.06							
3	1144601	PUENTE DÍAZ JAVIER	1971	CIDSANTI	1:25.01	M 25	2024-12-01	Carballo Calero	8
		50E: 41.08							
4	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIRE JUAN	1974	NCORUÑA	1:27.75	M 25	2024-11-30	J. Gómez Noya	7
		50E: 43.22							
5	1144297	LAMAS SOTO CESAR	1975	CULLERED	1:29.56	M 25	2024-12-01	Carballo Calero	6
		50E: 43.81							
6	1076538	FUENTES FERNANDEZ EUGENIO	1972	RBAIXAS	1:29.97	M 25	2024-12-01	As Pozas	5
		50E: 44.68							
7	1076535	DE LUIS GONZÁLEZ AITOR	1974	POR-MIÑA	1:34.34	M 25	2024-11-30	J. Gómez Noya	4
		50E: 46.64							
8	1180236	DE LA VEGA GÁNDARAS FELIPE	1973	HERCULES	1:42.91	M 25	2024-11-30	J. Gómez Noya	3
		50E: 54.84							
9	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	1:44.60	M 25	2024-11-30	J. Gómez Noya	2
		50E: 51.60							

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	NPONTEA	1:19.10	M 25	2024-12-01	As Pozas	13
		50E: 38.46							
2	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	1:33.60	M 25	2024-12-01	Carballo Calero	10
		50E: 46.52							
3	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	1:36.11	M 25	2024-12-01	Carballo Calero	8
		50E: 47.83							
4	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	1:42.62	M 25	2024-12-01	Carballo Calero	7
		50E: 50.11							
5	1057905	GURIDI HUERTA JESUS M.	1968	FLUVLUGO	1:49.20	M 25	2024-11-30	J. Gómez Noya	6
		50E: 55.33							
6	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	2:15.67	M 25	2024-11-30	J. Gómez Noya	5
		50E: 1:08.20							
7	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	2:16.69	M 25	2024-12-01	Carballo Calero	4
		50E: 1:08.17							

60+

1	1076250	BETHENCOURT IGLESIAS SERGIO	1963	CIDSANTI	1:35.65	M 25	2024-12-01	Carballo Calero	13
		50E: 46.83							
2	1053394	SANJORGE PEDREIRA CARMELO	1962	ARTEIXO	1:43.20	M 25	2024-12-01	Carballo Calero	10
		50E: 53.10							
3	1079361	RODRIGUEZ GOMEZ EMILIO	1961	NPONTEA	1:47.42	M 25	2024-12-01	As Pozas	8

50E: 52.74

4	1143966	FERNANDEZ GONZALEZ ALVARO	1965	CNMOS	1:56.64	M 25	2024-12-01	As Pozas	7
50E: 58.45									

65+

1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	1:29.40	M 25	2024-12-01	Carballo Calero	13
50E: 43.82									
2	1075185	YAÑEZ WONENBURGER JUAN CARLOS	1959	HERCULES	1:30.39	M 25	2024-11-30	J. Gómez Noya	10
50E: 44.21									

70+

1	1076165	GARCIA COLOMO MANUEL RAMON	1954	POURENSE	1:46.40	M 25	2024-12-01	As Pozas	13
50E: 53.43									
2	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	2:49.93	M 25	2024-12-01	As Pozas	10
50E: 1:21.14									

75+

1	1076487	RODRIGUEZ LEMOS ANDRES JESUS	1949	CNMOS	1:56.95	M 25	2024-12-01	As Pozas	13
50E: 57.91									

9. 50 m Libre Feminino

20+

1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	31.06	M 25	2024-12-01	As Pozas	13
2	1037966	FERNANDEZ PARDO IRENE	2001	NPONTEA	31.18	M 25	2024-12-01	As Pozas	10
3	1084799	GARCIA ESTEVEZ NAHIR	2002	CNMOS	31.54	M 25	2024-12-01	As Pozas	8
4	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	32.03	M 25	2024-11-30	J. Gómez Noya	7
5	1076336	BLANCO PEREZ LAURA	2004	NPONTEA	32.35	M 25	2024-12-01	As Pozas	6
6	1079203	DURAN PALEO SABELA	2005	ASMEIGAS	33.75	M 25	2024-11-30	J. Gómez Noya	5
7	1117147	RAMA RODRIGUEZ ALBA	2003	ADFOGAR	35.57	M 25	2024-12-01	Carballo Calero	4
8	1186865	RODRIGUEZ TAPIA ALBA	2004	CNXOVE	36.57	M 25	2024-11-30	J. Gómez Noya	3
9	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	36.81	M 25	2024-12-01	As Pozas	2
10	1185614	ANIDO GALA CANDELA	2005	ADFOGAR	37.95	M 25	2024-12-01	Carballo Calero	1

25+

1	1041448	VAZQUEZ SANCHEZ PILAR	1998	CNXOVE	31.34	M 25	2024-11-30	J. Gómez Noya	13
2	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	32.68	M 25	2024-12-01	As Pozas	10
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	32.91	M 25	2024-12-01	As Pozas	8
4	1249230	MIRAS VAZQUEZ IRENE	1997	CIDSANTI	34.21	M 25	2024-12-01	Carballo Calero	7
5	1238682	BARCA PENSADO MARIA	1996	ADFOGAR	38.84	M 25	2024-12-01	Carballo Calero	6
6	1263196	CASTRO BLANCO BRENDA	2000	ESCUALOS	45.16	M 25	2024-12-01	Carballo Calero	5
7	1212511	NOVOA VAZQUEZ LAURA	2000	CMARINA	51.30	M 25	2024-11-30	J. Gómez Noya	4
8	1212510	NOVOA VAZQUEZ EVA	2000	CMARINA	55.36	M 25	2024-11-30	J. Gómez Noya	3
9	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	1:06.49	M 25	2024-11-30	J. Gómez Noya	2

30+

1	1041452	BEN CILLERO SABELA	1992	CNXOVE	30.12	M 25	2024-11-30	J. Gómez Noya	13
2	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	31.18	M 25	2024-12-01	As Pozas	10
3	1145038	SOUTO BLANCO LUA	1994	POURENSE	36.20	M 25	2024-12-01	As Pozas	8
4	1040719	CUBA KOSTER ESMERALDA	1992	CNXOVE	36.51	M 25	2024-11-30	J. Gómez Noya	7
5	1243197	GANDARA SUAREZ TANIA	1993	CNORDES	37.81	M 25	2024-12-01	Carballo Calero	6
6	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	38.21	M 25	2024-12-01	As Pozas	5
7	1218233	SANCHEZ DE LLANO M. NIEVES	1992	SCASINO	43.62	M 25	2024-11-30	J. Gómez Noya	4
8	1256963	ARIAS CHAO SARA	1991	SCASINO	48.97	M 25	2024-11-30	J. Gómez Noya	3
9	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	50.10	M 25	2024-12-01	Carballo Calero	2
10	1215890	FERNANDEZ PARADA CLARA	1993	POURENSE	59.23	M 25	2024-12-01	As Pozas	1

35+

1	1226235	EIRIS CASTRO ANDREA	1990	ADFOGAR	33.62	M 25	2024-12-01	Carballo Calero	13
2	1266339	GONZALEZ ARIAS MARTA	1989	CIDSANTI	38.94	M 25	2024-12-01	Carballo Calero	10
3	1129954	GONZALEZ GARCIA COVADONGA	1989	GALAICO	42.30	M 25	2024-12-01	Carballo Calero	8
4	1260386	FRANCO CAL SONIA	1987	ASMEIGAS	45.22	M 25	2024-11-30	J. Gómez Noya	7

5	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	46.42	M 25	2024-12-01	As Pozas	6
40+									
1	1145082	FARIÑA SOUSA NOEMI	1983	CIDSANTI	40.04	M 25	2024-12-01	Carballo Calero	13
2	1253681	LATA NUÑEZ DIANA	1985	NTNARON	41.48	M 25	2024-11-30	J. Gómez Noya	10
3	1257937	GARCIA ALVAREZ JENIFFER	1985	ASMEIGAS	46.64	M 25	2024-11-30	J. Gómez Noya	8
45+									
1	1144680	LOPEZ ARTABE INMACULADA	1980	CDELMAR	36.38	M 25	2024-11-30	J. Gómez Noya	13
2	1264733	GOMEZ PAREDES MARIA	1976	FLUVLUGO	37.14	M 25	2024-11-30	J. Gómez Noya	10
3	1178771	BESADA FERNÁNDEZ ANA M.	1978	NPONTEA	44.64	M 25	2024-12-01	As Pozas	8
4	1243199	MEIJIDE SANTOS MARIA JESUS	1980	CNORDES	45.96	M 25	2024-12-01	Carballo Calero	7
5	1252304	GONZALEZ PIMENTEL MARIA BELEN	1976	MPVETUS	51.96	M 25	2024-12-01	As Pozas	6
6	1036387	VAZQUEZ PARCERO MARTA	1980	CULLERED	53.73	M 25	2024-12-01	Carballo Calero	5
50+									
1	1040944	VARELA REDONDO VERONICA	1975	NPONTEA	37.49	M 25	2024-12-01	As Pozas	13
2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	37.72	M 25	2024-12-01	As Pozas	10
3	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	39.84	M 25	2024-11-30	J. Gómez Noya	8
4	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	40.71	M 25	2024-12-01	As Pozas	7
5	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	41.12	M 25	2024-12-01	Carballo Calero	6
6	1076525	SOUSA CARNEIRO ALICIA	1974	CNMOS	45.28	M 25	2024-12-01	As Pozas	5
7	1266360	PEREDA GARCÍA ANGELICA	1973	MULLEREF	48.29	M 25	2024-11-30	J. Gómez Noya	4
8	1246142	GONZALEZ PIMENTEL SALETA	1972	MPVETUS	53.22	M 25	2024-12-01	As Pozas	3
55+									
1	1037939	CASTRO MAESTRE ISAURO	1969	FLUVLUGO	38.30	M 25	2024-11-30	J. Gómez Noya	13
2	1141128	LLEVOT SANCHEZ ANA ISABEL	1970	MPVETUS	40.28	M 25	2024-12-01	As Pozas	10
3	1264754	RODRIGUEZ PANTIN MARTA MARIA	1966	HERCULES	41.03	M 25	2024-11-30	J. Gómez Noya	8
4	1199642	GARNACHO GAYARRE NURIA	1969	SCASINO	43.03	M 25	2024-11-30	J. Gómez Noya	7
5	1269270	REY OTERO ANGELA MARIA	1966	MULLEREF	51.66	M 25	2024-11-30	J. Gómez Noya	6
6	1261397	ORJALES SOMOZA MARÍA YOLANDA	1969	ESCUALOS	55.30	M 25	2024-12-01	Carballo Calero	5
7	1264776	FERNÁNDEZ COPA MARÍA SUSANA	1967	MULLEREF	1:02.33	M 25	2024-11-30	J. Gómez Noya	4
60+									
1	1144331	TERCEIRO DELGADO MARÍA DEL MAR	1963	CDELMAR	33.03	M 25	2024-11-30	J. Gómez Noya	13
2	1260384	CAL FERNÁNDEZ MÓNICA CATALINA	1964	ASMEIGAS	50.19	M 25	2024-11-30	J. Gómez Noya	10
3	1253458	IGNACIO QUINTEIRO MARIA DEL CARMEN	1965	MPVETUS	51.06	M 25	2024-12-01	As Pozas	8
4	1197564	SANCHEZ VAZQUEZ MARIA LUISA	1965	MPVETUS	59.82	M 25	2024-12-01	As Pozas	7
5	1144231	PEREZ GALLARDO TERESA	1964	POURENSE	1:00.59	M 25	2024-12-01	As Pozas	6
6	1253195	REGUEIRO BURGO MARIA MAR	1962	MULLEREF	1:12.07	M 25	2024-11-30	J. Gómez Noya	5
65+									
1	1253186	BAL ALVAREDO MERCEDES DE LAS NIEVES	1960	MULLEREF	1:06.62	M 25	2024-11-30	J. Gómez Noya	13

70+

1	1076490	GONZALEZ-ALEGRE BURGUEÑO ANA MARIA	1952	CTRAVIE	47.17	M 25	2024-12-01	As Pozas	13
2	1036752	BAGLIETTO MILLAN M. DOLORES	1952	MPVETUS	53.46	M 25	2024-12-01	As Pozas	10
3	1208789	MAROTO REGLERO MARIA CONSUELO PAUL	1952	CTRAVIE	59.01	M 25	2024-12-01	As Pozas	8

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:27.05	M 25	2024-12-01	As Pozas	13
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10. 50 m Libre Masculino

20+										
1	1143432	PARGA TORRENTE DAVID	2004	NFERROL	28.05	M 25	2024-11-30	J. Gómez Noya	13	
2	1075388	MÉNDEZ LORENZO BRUNO	2004	NFERROL	28.93	M 25	2024-11-30	J. Gómez Noya	10	
3	1263017	CASASOLA ENNASRI NAZAN ELÍAS	2004	NFERROL	31.38	M 25	2024-11-30	J. Gómez Noya	8	
4	1143066	DE LUIS ROIBÁS UNAI	2005	POR-MIÑA	32.73	M 25	2024-11-30	J. Gómez Noya	7	
25+										
1	1087073	QUIROGA RAMOS NOEL	2000	POURENSE	26.09	M 25	2024-12-01	As Pozas	13	
2	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	27.09	M 25	2024-12-01	As Pozas	10	
3	1037192	FERRO SANTOS JUAN MANUEL	2000	CNXOVE	28.03	M 25	2024-11-30	J. Gómez Noya	8	
4	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	28.98	M 25	2024-12-01	As Pozas	7	
5	1267370	ALVAREZ PRESA SAMUEL	2000	NPONTEA	36.17	M 25	2024-12-01	As Pozas	6	
30+										
1	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	26.27	M 25	2024-12-01	As Pozas	13	
2	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	NFERROL	27.81	M 25	2024-11-30	J. Gómez Noya	10	
3	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	30.36	M 25	2024-11-30	J. Gómez Noya	8	
4	1269779	GARCÍA COLMENARES RICARDO ANDRÉS	1991	NTNARON	31.93	M 25	2024-11-30	J. Gómez Noya	7	
5	1264780	CEDIEL SANDE JOHANN SEBASTIAN	1991	ASMEIGAS	33.13	M 25	2024-11-30	J. Gómez Noya	6	
6	1260387	GARCÍA ARCE GONZALO	1991	ASMEIGAS	36.38	M 25	2024-11-30	J. Gómez Noya	5	
7	1241602	FONTAN SEIJO ADRIAN	1993	CNMOS	40.92	M 25	2024-12-01	As Pozas	4	
8	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	46.51	M 25	2024-12-01	As Pozas	3	
9	1202676	MARTINEZ ARADES BRAIS	1995	CMARINA	1:29.88	M 25	2024-11-30	J. Gómez Noya	2	
35+										
1	1267364	PINTO RAMNARINE ROHAN IAN	1986	GALAICO	24.35	M 25	2024-12-01	Carballo Calero	13	
2	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	28.30	M 25	2024-12-01	Carballo Calero	10	
3	1185622	DÍAZ RODRÍGUEZ ANDRÉS	1989	NTNARON	29.31	M 25	2024-11-30	J. Gómez Noya	8	
4	1226258	BERNARDEZ FERRO JUAN JOSE	1987	CIDSANTI	29.48	M 25	2024-12-01	Carballo Calero	7	
5	1023057	PEREZ VAZQUEZ TELMO	1988	NTNARON	29.57	M 25	2024-11-30	J. Gómez Noya	6	
6	1226234	COTELO SENANDE ALBERTO	1988	ADFOGAR	29.59	M 25	2024-12-01	Carballo Calero	5	
7	1005819	LAZARO GUERRERO VICTOR	1988	CMARINA	30.09	M 25	2024-11-30	J. Gómez Noya	4	
8	1258573	CAMINO VELASCO JAIME	1990	SALESTRA	31.33	M 25	2024-12-01	Carballo Calero	3	
9	1253936	IGLESIAS VIEITES MANUEL	1986	CNORDES	32.06	M 25	2024-12-01	Carballo Calero	2	
10	1078909	RODRIGUEZ BALIÑA MAURO	1990	NPONTEA	38.25	M 25	2024-12-01	As Pozas	1	
40+										
1	1107942	GARCIA RODRIGUEZ SERGIO	1981	HERCULES	26.79	M 25	2024-11-30	J. Gómez Noya	13	
2	1041444	FERNANDEZ VARELA PABLO J.	1984	ADFOGAR	28.30	M 25	2024-12-01	Carballo Calero	10	
3	1218108	IGLESIAS LAPIDO MIGUEL	1985	FLUVLUGO	28.49	M 25	2024-11-30	J. Gómez Noya	8	

4	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	29.28	M 25	2024-12-01	Carballo Calero	7
5	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	29.29	M 25	2024-11-30	J. Gómez Noya	6
6	1178765	ESPAÑA CABEZAS JESÚS	1981	CIDSANTI	29.88	M 25	2024-12-01	Carballo Calero	5
7	1143702	GUTIERREZ COSTAS OSCAR	1982	RBAIXAS	30.18	M 25	2024-12-01	As Pozas	4
8	1253928	GONZÁLEZ SOLÍS FELIPE	1981	ARTEIXO	30.23	M 25	2024-12-01	Carballo Calero	3
9	1268741	CUNTÍN GÓMEZ ANTÓN	1982	RBAIXAS	31.10	M 25	2024-12-01	As Pozas	2
10	1180246	COMESAÑA DIEGO VICTOR	1981	RBAIXAS	31.87	M 25	2024-12-01	As Pozas	1
11	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	33.45	M 25	2024-12-01	Carballo Calero	0
12	1230338	MUIÑO REY DANIEL	1984	NFERROL	33.54	M 25	2024-11-30	J. Gómez Noya	0
13	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	33.71	M 25	2024-12-01	As Pozas	0
14	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	35.04	M 25	2024-12-01	As Pozas	0
15	1243125	FERNANDEZ GONZALEZ IAGO	1983	RBAIXAS	36.36	M 25	2024-12-01	As Pozas	0
16	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	37.33	M 25	2024-12-01	As Pozas	0

45+

1	1205935	GUIRADO CARABEL OSCAR	1976	CULLERED	27.66	M 25	2024-12-01	Carballo Calero	13
2	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	29.69	M 25	2024-12-01	Carballo Calero	10
3	1247553	MUIÑO LOPEZ IAGO	1977	CIDSANTI	30.69	M 25	2024-12-01	Carballo Calero	8
4	1192271	MOURIÑO FORTES VICTOR MANUEL	1977	NPONTEA	31.24	M 25	2024-12-01	As Pozas	7
5	1198273	MONTERO PRIETO CARLOS EUGENIO	1978	CIDSANTI	31.72	M 25	2024-12-01	Carballo Calero	6
6	1093467	FIGUEIRA JALLAS ANDRES FELIPE	1976	NCORUÑA	33.44	M 25	2024-11-30	J. Gómez Noya	5
7	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	34.24	M 25	2024-12-01	Carballo Calero	4
8	1197558	FERNANDEZ FERNANDEZ MIGUEL ANGEL	1977	RBAIXAS	39.11	M 25	2024-12-01	As Pozas	3
9	1263044	MUCIENTES MOLINA DIEGO	1977	CNORDES	48.49	M 25	2024-12-01	Carballo Calero	2

50+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	25.44	M 25	2024-12-01	As Pozas	13
2	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	27.26	M 25	2024-12-01	Carballo Calero	10
3	1174152	TORRES NEIRA FRANCISCO	1975	MPVETUS	28.67	M 25	2024-12-01	As Pozas	8
4	1180192	SAAVEDRA GONZÁLEZ RAUL	1973	HERCULES	28.87	M 25	2024-11-30	J. Gómez Noya	7
5	1141206	ANEIROS GARCIA JOSE MANUEL	1974	CMARINA	29.78	M 25	2024-11-30	J. Gómez Noya	6
6	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	30.00	M 25	2024-11-30	J. Gómez Noya	5
7	1084040	GARCIA CASTIÑEIRA DANIEL	1974	CIDSANTI	30.34	M 25	2024-12-01	Carballo Calero	4
8	1197597	HERNAEZ OUBIÑA DAVID	1973	CULLERED	31.64	M 25	2024-12-01	Carballo Calero	3
9	1268046	CASAS CASTAÑO SERGIO	1972	CIDSANTI	32.17	M 25	2024-12-01	Carballo Calero	2
10	1147010	SANJURJO POVEDA PABLO	1974	NFERROL	32.59	M 25	2024-11-30	J. Gómez Noya	1
11	1171462	FERREIRO SEOANE JOSE RAUL	1973	RBAIXAS	33.71	M 25	2024-12-01	As Pozas	0
12	1268047	CUETO ALVAREZ ELIAS	1975	CIDSANTI	33.83	M 25	2024-12-01	Carballo Calero	0
13	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	34.49	M 25	2024-12-01	As Pozas	0
14	1146888	GARROCHO DURAN EMILIO JOSE	1972	NFERROL	36.55	M 25	2024-11-30	J. Gómez Noya	0
15	1239550	NUÑEZ SEOANE JUAN	1971	SALESTRA	36.84	M 25	2024-12-01	Carballo Calero	0
16	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	37.04	M 25	2024-12-01	As Pozas	0
17	1208795	LORENZO GONZALEZ-VISO CARLOS	1971	POURENSE	41.58	M 25	2024-12-01	As Pozas	0
18	1253457	IGLESIAS FERREIRO JUAN CARLOS	1971	MPVETUS	52.19	M 25	2024-12-01	As Pozas	0

55+

1	1141191	GARCIA SANJURJO JOSE MANUEL	1967	CDELMAR	33.03	M 25	2024-11-30	J. Gómez Noya	13
2	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	33.28	M 25	2024-11-30	J. Gómez Noya	10
3	1266323	MILLÁN ALONSO RUBÉN	1970	CTRAVIE	33.36	M 25	2024-12-01	As Pozas	8
4	1195570	TERREN ENRUBIA LUCIO A	1970	RBAIXAS	34.03	M 25	2024-12-01	As Pozas	7
5	1261402	FERNANDEZ RODRIGUEZ MIGUEL ANGEL	1969	VALDEORR	36.41	M 25	2024-12-01	As Pozas	6
6	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	38.08	M 25	2024-12-01	Carballo Calero	5
7	1228047	PEREZ GARCIA MANUEL	1967	CULLERED	39.08	M 25	2024-12-01	Carballo Calero	4
8	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	41.21	M 25	2024-11-30	J. Gómez Noya	3
9	1261336	NOVO FERNANDEZ ALFREDO	1970	RBAIXAS	41.30	M 25	2024-12-01	As Pozas	2
10	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	41.45	M 25	2024-12-01	As Pozas	1
11	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	48.03	M 25	2024-12-01	As Pozas	0
12	1256976	RODRIGUEZ SANCHEZ MARCOS	1966	NCORUÑA	49.67	M 25	2024-11-30	J. Gómez Noya	0

60+

1	1105220	GARCIA RIÑON JAIME	1964	NCORUÑA	29.47	M 25	2024-11-30	J. Gómez Noya	13
2	1232926	TAPIA PORTO ENRIQUE	1965	NCORUÑA	29.78	M 25	2024-11-30	J. Gómez Noya	10
3	1078802	CEGARRA GARCIA EUGENIO	1964	RSDH	35.50	M 25	2024-11-30	J. Gómez Noya	8
4	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	38.96	M 25	2024-11-30	J. Gómez Noya	7
5	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	39.25	M 25	2024-12-01	As Pozas	6

65+

1	1174449	FERNANDEZ ARRUTI JOSE ANGEL	1959	CIDSANTI	32.75	M 25	2024-12-01	Carballo Calero	13
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70+

1	1240096	IVANCHENKO YURII	1953	POURENSE	41.79	M 25	2024-12-01	As Pozas	13
2	1216629	BERMINGHAM EAMONN	1952	CTRAVIE	50.63	M 25	2024-12-01	As Pozas	10
3	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	52.41	M 25	2024-12-01	As Pozas	8

75+

1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	43.93	M 25	2024-12-01	As Pozas	13
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80+

1	1247512	VILLORIA CARAMES ALEJANDRO	1945	CTRAVIE	54.27	M 25	2024-12-01	As Pozas	13
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11. 200 m Braza Feminino

20+

1	1113219	IGLESIAS LOPEZ MARIA	2001	CULLERED	3:23.48	M 25	2024-12-01	Carballo Calero	13
		50B: 47.04 100B: 1:38.54							
2	1140796	DIAZ DOPICO SABELA	2002	NFERROL	3:25.12	M 25	2024-11-30	J. Gómez Noya	10
		50B: 45.32 100B: 1:37.02							
3	1228048	ALVAREZ SOUTO CLAUDIA	2001	NPONTEA	3:29.97	M 25	2024-12-01	As Pozas	8
		50B: 48.48 100B: 1:44.03							
4	1194207	VALIÑO FERRAZ TATYANA	2003	NPONTEA	3:31.35	M 25	2024-12-01	As Pozas	7
		50B: 47.81 100B: 1:42.92							
5	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	3:53.19	M 25	2024-12-01	As Pozas	6
		50B: 51.81 100B: 1:50.84							

25+

1	1037836	VEIGA RODRIGUEZ ROSALIA	1999	NCORUÑA	3:01.69	M 25	2024-11-30	J. Gómez Noya	13
		50B: 41.05 100B: 1:27.59							
2	1130789	GARCIA MIGUEZ ROSALIA	1998	CIDSANTI	3:21.52	M 25	2024-12-01	Carballo Calero	10
		50B: 45.83 100B: 1:37.46							
3	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	3:24.99	M 25	2024-12-01	Carballo Calero	8
		50B: 47.25 100B: 1:39.88							
4	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:47.41	M 25	2024-12-01	As Pozas	7
		50B: 51.83 100B: 1:48.44							

30+

1	1093459	FRANCO CAL ALBA	1991	ASMEIGAS	2:46.62	M 25	2024-11-30	J. Gómez Noya	13
		50B: 36.94 100B: 1:19.33							
2	1140780	LÓPEZ MORADO MARÍA	1991	NFERROL	3:48.93	M 25	2024-11-30	J. Gómez Noya	10
		50B: 50.96 100B: 1:48.78							
3	1253937	MELLA CASTRO ANA MARIA	1994	CNORDES	3:58.95	M 25	2024-12-01	Carballo Calero	8
		50B: 51.75 100B: 1:52.98							
4	1221892	OTERO FERNANDEZ MARIA LUISA	1993	SALESTRA	4:03.47	M 25	2024-12-01	Carballo Calero	7
		50B: 53.42 100B: 1:53.97							
5	1257939	PUENTE MARIN CRISTINA	1995	FLUVLUGO	4:10.89	M 25	2024-11-30	J. Gómez Noya	6
		50B: 1:00.40 100B: 3:04.80							
6	1256963	ARIAS CHAO SARA	1991	SCASINO	4:20.13	M 25	2024-11-30	J. Gómez Noya	5
		50B: 58.74 100B: 2:03.52							

35+

1	1084714	BUGALLO PÉREZ ESTÍBALIZ	1990	GALAICO	3:03.82	M 25	2024-12-01	Carballo Calero	13
		50B: 41.52 100B: 1:27.32							
2	1076543	RODRIGUEZ PEREZ VANESA	1986	RBAIXAS	3:30.80	M 25	2024-12-01	As Pozas	10

50B: 49.18 100B: 1:43.06

3 1250482 RODRIGUEZ DE DIOS AMPARO 1987 VALDEORR 4:02.96 M 25 2024-12-01 As Pozas 8
50B: 56.09 100B: 1:57.21

4 1258330 BEN CILLERO NATALIA 1989 CNXOVE 4:16.31 M 25 2024-11-30 J. Gómez Noya 7
50B: 56.09 100B: 2:01.12

40+

1 1143598 MIRA VAZQUEZ MARTA 1981 ESCUALOS 3:28.62 M 25 2024-12-01 Carballo Calero 13
50B: 48.42 100B: 1:42.46

45+

1 1144680 LOPEZ ARTABE INMACULADA 1980 CDELMAR 3:43.35 M 25 2024-11-30 J. Gómez Noya 13
50B: 51.10 100B: 1:48.79

2 1224731 RIVEIRA CAAMAÑO REBECA 1977 CNORDES 3:52.76 M 25 2024-12-01 Carballo Calero 10
50B: 52.11 100B: 1:52.65

3 1246144 SANCHEZ BARREIRO MARIA CARMEN 1976 NPONTEA 4:31.14 M 25 2024-12-01 As Pozas 8
50B: 1:05.45 100B: 2:13.96

4 1253184 ABELLEIRA CORRAL GEMA 1980 MULLEREF 4:58.19 M 25 2024-11-30 J. Gómez Noya 7
50B: 1:03.65 100B: 2:20.43

50+

1 1228008 OJEA DE CASTRO MACARENA 1973 POR-MIÑA 3:35.39 M 25 2024-11-30 J. Gómez Noya 13
50B: 50.53 100B: 1:45.40

2 1144074 SERRANO AVENDAÑO SILVIA 1975 CTRAVIE 4:50.11 M 25 2024-12-01 As Pozas 10
50B: 1:09.22 100B: 2:23.63

55+

1 1197600 SANDERSON KEOUGH HELEN JANE 1970 CULLERED 3:35.06 M 25 2024-12-01 Carballo Calero 13
50B: 47.89 100B: 1:42.75

2 1037939 CASTRO MAESTRE ISAURA 1969 FLUVLUGO 4:01.40 M 25 2024-11-30 J. Gómez Noya 10
50B: 54.75 100B: 1:56.08

3 1145007 MELON PARENTE M. LOURDES 1969 NPONTEA 6:42.18 M 25 2024-12-01 As Pozas 8
50B: 1:36.76 100B: 3:20.40

60+

1 1039437 BALADO LOPEZ ANA MARIA 1961 POURENSE 3:45.93 M 25 2024-12-01 As Pozas 13
50B: 47.12 100B: 1:42.28

2 1079968 CHUB SAVCHENKO LYUDMYLA 1965 GALAICO 4:24.64 M 25 2024-12-01 Carballo Calero 10
50B: 1:01.14 100B: 2:10.12

3 1143893 REBOREDA MORILLO SUSANA 1962 ESCUALOS 4:38.04 M 25 2024-12-01 Carballo Calero 8
50B: 1:04.85 100B: 2:16.11

4 1145099 LOPEZ MAHIA PURIFICACION 1963 HERCULES 4:39.94 M 25 2024-11-30 J. Gómez Noya 7
50B: 1:00.94 100B: 2:10.87

65+

1	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	4:18.78	M 25	2024-12-01	Carballo Calero	13
		50B: 58.20							
		100B: 2:40.26							
2	1037151	GOMEZ DOVAL MARIA ANGELA	1956	FLUVLUGO	5:10.87	M 25	2024-11-30	J. Gómez Noya	10
		50B: 1:10.95							
		100B: 2:28.80							
3	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	5:16.62	M 25	2024-12-01	As Pozas	8
		50B: 1:11.61							
		100B: 2:32.37							
4	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	6:04.86	M 25	2024-11-30	J. Gómez Noya	7
		50B: 1:25.05							
		100B: 2:58.98							

12. 200 m Braza Masculino

20+

1	1079156	MARQUEZ VAZQUEZ PABLO	2002	ASMEIGAS	3:20.13	M 25	2024-11-30	J. Gómez Noya	13
		50B: 44.31			100B: 1:33.70				

25+

1	1115676	GONZALEZ IGLESIAS ALBERTO	1997	CULLERED	3:09.90	M 25	2024-12-01	Carballo Calero	13
		50B: 42.19			100B: 1:30.24				

30+

1	1130602	TENORIO FREIRE MARTIN	1992	CIDSANTI	2:34.30	M 25	2024-12-01	Carballo Calero	13
		50B: 34.74			100B: 1:14.69				
2	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	2:42.24	M 25	2024-11-30	J. Gómez Noya	10
		50B: 36.36			100B: 1:17.33				
3	1174923	GARCÍA MERA RODRIGO	1992	CDELMAR	3:33.82	M 25	2024-11-30	J. Gómez Noya	8
		50B: 47.93			100B: 1:43.25				

35+

1	1076287	PAZOS ALONSO JOSUE	1986	ESCUALOS	2:44.90	M 25	2024-12-01	Carballo Calero	13
		50B: 37.11			100B: 1:19.40				
2	1136629	FIGUEIRA DOMINGUEZ JAVIER GUZMAN	1988	RBAIXAS	2:56.37	M 25	2024-12-01	As Pozas	10
		50B: 40.44			100B: 1:25.88				
3	1097263	LAMEIRO SEOANE JAVIER	1987	HERCULES	3:14.31	M 25	2024-11-30	J. Gómez Noya	8
		50B: 43.68			100B: 1:32.52				
4	1241139	DIÉGUEZ GONZALEZ BRUNO	1990	CIDSANTI	3:19.06	M 25	2024-12-01	Carballo Calero	7
		50B: 46.97			100B: 1:37.65				
5	1217936	PASCUAL DE PEDRO JORGE	1986	NPONTEA	3:42.17	M 25	2024-12-01	As Pozas	6
		50B: 51.91			100B: 1:49.70				
6	1263089	ALEJANDRE SALGADO GERMAN	1986	VALDEORR	3:49.96	M 25	2024-12-01	As Pozas	5
		50B: 50.17			100B: 1:48.91				

40+

1	1107942	GARCIA RODRIGUEZ SERGIO	1981	HERCULES	2:51.91	M 25	2024-11-30	J. Gómez Noya	13
		50B: 38.84			100B: 1:22.97				
2	1145052	FIERRO FERNÁNDEZ JULIO	1982	SCASINO	3:12.30	M 25	2024-11-30	J. Gómez Noya	10
		50B: 44.20			100B: 1:32.70				
3	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	3:23.37	M 25	2024-11-30	J. Gómez Noya	8
		50B: 46.97			100B: 1:38.33				
4	1039360	POSE MATO CESAR	1983	ADFOGAR	5:00.19	M 25	2024-12-01	Carballo Calero	7
		50B: 1:06.18			100B: 2:23.84				

45+

1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	2:50.07	M 25	2024-12-01	As Pozas	13
		50B: 38.44 100B: 1:21.97							
2	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:52.76	M 25	2024-12-01	As Pozas	10
		50B: 38.09 100B: 1:22.24							
3	1218110	HERMIDA SALIDO GUSTAVO	1977	NTNARON	3:09.34	M 25	2024-11-30	J. Gómez Noya	8
		50B: 43.09 100B: 1:31.09							
4	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	3:09.78	M 25	2024-11-30	J. Gómez Noya	7
		50B: 41.49 100B: 1:29.09							
5	1201621	ALONSO ORTIZ MARIANO	1976	FLUVLUGO	3:19.27	M 25	2024-11-30	J. Gómez Noya	6
6	1075220	MARTINEZ FERNANDEZ HECTOR	1977	NTNARON	3:23.46	M 25	2024-11-30	J. Gómez Noya	5
		50B: 45.90 100B: 1:38.04							
7	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	3:24.89	M 25	2024-12-01	Carballo Calero	4
		50B: 46.96 100B: 1:40.00							
8	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	3:42.77	M 25	2024-12-01	As Pozas	3
		50B: 48.44 100B: 1:44.04							
9	1038913	SUAREZ GARCIA PEDRO LOIS	1980	NPONTEA	3:42.84	M 25	2024-12-01	As Pozas	2
		50B: 50.25 100B: 1:46.42							
10	1251233	GONZALEZ SANDEZ CARLOS	1979	VALDEORR	4:20.68	M 25	2024-12-01	As Pozas	1
		50B: 57.82 100B: 2:04.59							

50+

1	1010047	GARCIA REBOLO ALEJANDRO	1975	POURENSE	2:55.64	M 25	2024-12-01	As Pozas	13
		50B: 39.80 100B: 1:24.96							
2	1040137	QUINTAS BARROS JESUS CARLOS	1973	ESCUALOS	3:08.44	M 25	2024-12-01	Carballo Calero	10
		50B: 42.36 100B: 1:31.25							
3	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	3:18.45	M 25	2024-11-30	J. Gómez Noya	8
		50B: 45.88 100B: 1:36.84							
4	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	3:23.12	M 25	2024-12-01	Carballo Calero	7
		50B: 48.00 100B: 1:40.25							
5	1244393	REY RODRIGUEZ OSCAR	1974	CIDSANTI	3:25.18	M 25	2024-12-01	Carballo Calero	6
		50B: 46.07 100B: 1:38.58							
6	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	3:26.67	M 25	2024-12-01	Carballo Calero	5
		50B: 46.46 100B: 1:39.59							
7	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	3:35.34	M 25	2024-12-01	As Pozas	4
		50B: 50.62 100B: 1:45.44							
8	1076526	REBANAL ALFAYA FERNANDO	1971	VALDEORR	4:38.88	M 25	2024-12-01	As Pozas	3
		50B: 1:06.76 100B: 2:18.00							

55+

1	1076516	JORGE IGLESIAS MARCELINO	1966	NPONTEA	2:58.41	M 25	2024-12-01	As Pozas	13
		50B: 40.67 100B: 1:26.85							
2	1085112	RIVAS FEAL ANTONIO	1966	SCASINO	3:02.14	M 25	2024-11-30	J. Gómez Noya	10
		50B: 40.83 100B: 1:27.38							

3	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	3:10.51	M 25	2024-11-30	J. Gómez Noya	8
		50B: 43.89 100B: 1:32.58							
4	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	3:44.72	M 25	2024-12-01	As Pozas	7
		50B: 50.78 100B: 1:47.91							
5	1203919	CRESPO PIÑEIRO NATALIO	1969	RBAIXAS	3:55.12	M 25	2024-12-01	As Pozas	6
		50B: 53.21 100B: 1:52.92							
6	1106827	GARCIA AÑON J. RAFAEL	1967	ADFOGAR	3:56.11	M 25	2024-12-01	Carballo Calero	5
		50B: 51.17 100B: 1:50.78							
7	1145039	FERREIRO SANCHEZ LUIS	1970	POURENSE	4:40.15	M 25	2024-12-01	As Pozas	4
		50B: 58.33 100B: 2:10.20							
60+									
1	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	4:10.09	M 25	2024-11-30	J. Gómez Noya	13
		50B: 56.11 100B: 2:00.05							
2	1144940	HERNANZ MORAL FAUSTO	1962	RBAIXAS	4:15.75	M 25	2024-12-01	As Pozas	10
		50B: 58.31 100B: 2:03.99							
65+									
1	1048207	ROS ROSILLO ALEJANDRO	1958	RBAIXAS	3:22.07	M 25	2024-12-01	As Pozas	13
		50B: 46.92 100B: 1:38.87							
75+									
1	1076487	RODRIGUEZ LEMOS ANDRES JESUS	1949	CNMOS	4:15.31	M 25	2024-12-01	As Pozas	13
		50B: 57.11 100B: 2:02.02							
85+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	6:40.48	M 25	2024-12-01	As Pozas	13
		50B: 1:35.67 100B: 3:23.59							

13. 4x50 m Libre Masculina

+80									
1	C. N. FERROL	NFERROL	1:55.37	M 25	2024-11-30	J. Gómez Noya	26		
	CASASOLA ENNASRI NAZAN ELÍAS (2004)	50L: 31.19							
+120									
1	C. N. CORUÑA	NCORUÑA	1:47.34	M 25	2024-11-30	J. Gómez Noya	26		
	BORRAZAS RUMBO MANUEL (1993)	50L: 25.59							
2	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	1:57.36	M 25	2024-12-01	Carballo Calero	20		
	BERNARDEZ FERRO JUAN JOSE (1987)	50L: 29.41							
3	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:01.73	M 25	2024-11-30	J. Gómez Noya	16		
	DÍAZ RODRÍGUEZ ANDRÉS (1989)	50L: 28.56							
4	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:05.92	M 25	2024-12-01	As Pozas	14		
	PENIDE CALVO GABRIEL (1993)	50L: 32.74							
5	C. N. PONTEAREAS	NPONTEA	2:21.15	M 25	2024-12-01	As Pozas	12		
	PASCUAL DE PEDRO JORGE (1986)	50L: 35.77							
+160									
1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	1:48.44	M 25	2024-12-01	Carballo Calero	26		
	CALLE FACAL TELMO (1983)	50L: 27.00							
2	C. N. MOS	CNMOS	1:50.07	M 25	2024-12-01	As Pozas	20		
	FERNANDEZ GAYOSO JOSE MANUEL (1986)	50L: 28.62							
3	AGRUP. DEP. FOGAR	ADFOGAR	1:55.73	M 25	2024-12-01	Carballo Calero	16		
	TATO FUENTES VICTOR (1979)	50L: 29.48							
4	C. N. ESCUALOS	ESCUALOS	2:00.20	M 25	2024-12-01	Carballo Calero	14		
	PADIN CHARLIN JOAQUIN (1980)	50L: 31.44							
5	C. DEL MAR DE SAN AMARO	CDELMAR	2:00.40	M 25	2024-11-30	J. Gómez Noya	12		
	GARCÍA MERA RODRIGO (1992)	50L: 32.75							
6	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:02.66	M 25	2024-11-30	J. Gómez Noya	10		
	BALSA MOSQUERA PABLO (1978)	50L: 29.41							
7	C. N. ORDES	CNORDES	2:06.51	M 25	2024-12-01	Carballo Calero	8		
	FERNADEZ BARREIROS CLAUDIO (1975)	50L: 32.10							
8	C. N. PABELLÓN OURENSE	POURENSE	2:06.64	M 25	2024-12-01	As Pozas	6		
	CARBALLO CABEZAS ENRIQUE (1976)	50L: 30.26							
9	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:07.93	M 25	2024-12-01	As Pozas	4		
	ARANGO GAYAR SAUL (1980)	50L: 31.32							
10	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:08.40	M 25	2024-12-01	Carballo Calero	2		
	BASTIDA CAMPOS ALEJANDRO (1982)	50L: 31.80							
11	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:11.81	M 25	2024-11-30	J. Gómez Noya	0		
	DIEGUEZ ARANDA HECTOR (1973)	50L: 29.22							
12	C. N. CULLEREDO	CULLERED	2:12.86	M 25	2024-12-01	Carballo Calero	0		

		GONZALEZ IGLESIAS ALBERTO (1997)	50L: 30.48					
13	C. FLUVIAL LUGO		FLUVLUGO	2:13.05	M 25	2024-11-30	J. Gómez Noya	0
		GOMEZ MARTIN RUBEN (1978)	50L: 33.01					
14	C. N. MASTER PONS VETUS		MPVETUS	2:29.28	M 25	2024-12-01	As Pozas	0
		IGLESIAS FERREIRO JUAN CARLOS (1971)	50L: 50.31					
15	C. N. VALDEORRAS		VALDEORR	2:29.80	M 25	2024-12-01	As Pozas	0
		ESPINOSA MIRA JORGE (1978)	50L: 29.01					

+200

1	C. N. CORUÑA		NCORUÑA	2:02.02	M 25	2024-11-30	J. Gómez Noya	26
		TAPIA PORTO ENRIQUE (1965)	50L: 29.97					
2	C. MARINA FERROL		CMARINA	2:04.33	M 25	2024-11-30	J. Gómez Noya	20
		ANEIROS GARCIA JOSE MANUEL (1974)	50L: 30.19					
3	C. DEP. N. CIDADE DE SANTIAGO		CIDSANTI	2:05.02	M 25	2024-12-01	Carballo Calero	16
		GARCIA CASTIÑEIRA DANIEL (1974)	50L: 30.75					
4	C. N. ESCUALOS		ESCUALOS	2:17.57	M 25	2024-12-01	Carballo Calero	14
		FERNANDEZ MARTINEZ ALBERTO (1971)	50L: 34.39					
5	C. N. VIGO RÍAS BAIXAS		RBAIXAS	2:20.68	M 25	2024-12-01	As Pozas	12
		FERNANDEZ-TESTA BARREIRO DAVID (1974)	50L: 35.15					
6	C. N. MOS		CNMOS	2:27.47	M 25	2024-12-01	As Pozas	10
		SIO LOURIDO JOSE SALVADOR (1961)	50L: 34.24					
7	C. N. PORTAMIÑA LUGO		POR-MIÑA	2:31.94	M 25	2024-11-30	J. Gómez Noya	8
		REY ROMERO JORGE J. (1966)	50L: 35.46					
8	C. N. VALDEORRAS		VALDEORR	2:36.47	M 25	2024-12-01	As Pozas	6
		REBANAL ALFAYA FERNANDO (1971)	50L: 37.64					
DES	AGRUP. DEP. FOGAR		ADFOGAR		M 25	2024-12-01	Carballo Calero	0
		GENDE DIAZ JUAN F. (1970)	50L: 33.13					
DES	C. N. ARTEIXO		ARTEIXO		M 25	2024-12-01	Carballo Calero	0
		SANJORGE PEDREIRA CARMELO (1962)	50L: 37.88					

+240

1	C. DEP. N. CIDADE DE SANTIAGO		CIDSANTI	2:10.26	M 25	2024-12-01	Carballo Calero	26
		CODESIDO LOPEZ JOSÉ (1959)	50L: 33.32					
2	C. N. PONTEAREAS		NPONTEA	2:29.40	M 25	2024-12-01	As Pozas	20
		JORGE IGLESIAS MARCELINO (1966)	50L: 29.87					
3	C. N. PABELLÓN OURENSE		POURENSE	2:38.74	M 25	2024-12-01	As Pozas	16
		CADAVID NUÑEZ JOSE (1970)	50L: 41.94					
4	C. N. VIGO RÍAS BAIXAS		RBAIXAS	2:48.75	M 25	2024-12-01	As Pozas	14
		CRESPO PIÑEIRO NATALIO (1969)	50L: 39.43					

+280

1	C. TRAVIESAS N.		CTRAVIE	3:37.34	M 25	2024-12-01	As Pozas	26
		VIRUEL RODRÍGUEZ DIEGO (1952)	50L: 51.73					

14. 4x50 m Libre Feminino

+80								
1	C. N. PONTEAREAS	NPONTEA	2:04.05	M 25	2024-12-01	As Pozas		26
	LEMONS FERNANDEZ ZAIRA (2002)	50L: 31.58						
+100								
1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:10.80	M 25	2024-12-01	Carballo Calero		26
	FERNÁNDEZ JUAN MARÍA (1998)	50L: 32.70						
2	C. N. PONTEAREAS	NPONTEA	3:00.86	M 25	2024-12-01	As Pozas		20
	GONZALEZ PEREZ PAULA (1996)	50L: 38.84						
+120								
1	C. N. CORUÑA	NCORUÑA	2:18.38	M 25	2024-11-30	J. Gómez Noya		26
	DEL RIO REGUEIRA SARA (1991)	50L: 29.80						
2	C. N. PONTEAREAS	NPONTEA	2:21.38	M 25	2024-12-01	As Pozas		20
	CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)	50L: 31.81						
3	C. N. XOVE	CNXOVE	2:26.86	M 25	2024-11-30	J. Gómez Noya		16
	BEN CILLERO NATALIA (1989)	50L: 48.39						
4	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:27.13	M 25	2024-12-01	As Pozas		14
	ESTEBAN VILLA ALBA (1990)	50L: 36.62						
5	AGRUP. DEP. NÁUTICO DE NARÓN	NTNARON	2:30.55	M 25	2024-11-30	J. Gómez Noya		12
	LATA NUÑEZ DIANA (1985)	50L: 39.84						
6	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:34.26	M 25	2024-12-01	Carballo Calero		10
	SIMOIS MORAIS YOLANDA (1994)	50L: 47.57						
7	C. N. ESCUALOS	ESCUALOS	2:37.40	M 25	2024-12-01	Carballo Calero		8
	CASTRO BLANCO BRENDA (2000)	50L: 46.56						
8	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:39.37	M 25	2024-12-01	Carballo Calero		6
	BROZOS VAZQUEZ ELENA MARÍA (1982)	50L: 46.23						
9	C. N. ORDES	CNORDES	2:45.60	M 25	2024-12-01	Carballo Calero		4
	RIVEIRA CAAMAÑO REBECA (1977)	50L: 39.00						
+160								
1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:10.37	M 25	2024-12-01	Carballo Calero		26
	ALCALDE BALADO TANIA (1986)	50L: 30.48						
2	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:25.90	M 25	2024-11-30	J. Gómez Noya		20
	RAMOS LOBO RAQUEL (1993)	50L: 31.42						
3	AGRUP. DEP. FOGAR	ADFOGAR	2:34.00	M 25	2024-12-01	Carballo Calero		16
	EIRIS CASTRO ANDREA (1990)	50L: 33.74						
4	C. N. GALAICO	GALAICO	2:39.99	M 25	2024-12-01	Carballo Calero		14
	GONZALEZ GARCIA COVADONGA (1989)	50L: 44.74						
5	C. N. MOS	CNMOS	2:41.90	M 25	2024-12-01	As Pozas		12

	ALONSO GONZALEZ INES (1992)	50L: 37.27					
6	C. MULLER EN FORMA	MULLEREF	2:42.19	M 25	2024-11-30	J. Gómez Noya	10
	SALGADO CASTELO MARTA (1994)	50L: 38.69					
7	C. N. AS MEIGAS	ASMEIGAS	2:49.53	M 25	2024-11-30	J. Gómez Noya	8
	GARCIA ALVAREZ JENIFFER (1985)	50L: 45.14					
8	SPORTING C. CASINO	SCASINO	3:00.84	M 25	2024-11-30	J. Gómez Noya	6
	LOPEZ CORTABITARTE BELEN (1987)	50L: 42.66					
9	C. N. PONTEAREAS	NPONTEA	3:11.28	M 25	2024-12-01	As Pozas	4
	ACUÑA MELLA MARIA (1988)	50L: 40.56					
10	C. N. VALDEORRAS	VALDEORR	3:12.37	M 25	2024-12-01	As Pozas	2
	VAZQUEZ GONZALEZ YOLANDA (1976)	50L: 52.64					

+200

1	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:27.97	M 25	2024-12-01	As Pozas	26
	CHAMOSA MARTIN JULIA (1961)	50L: 38.05					
2	C. N. MASTER PONS VETUS	MPVETUS	2:38.64	M 25	2024-12-01	As Pozas	20
	PAZOS SOAGE PALOMA (1970)	50L: 43.34					
3	C. N. PONTEAREAS	NPONTEA	2:49.57	M 25	2024-12-01	As Pozas	16
	DEL AMO BLANCO MARGARITA (1967)	50L: 42.51					
4	C. FLUVIAL LUGO	FLUVLUGO	3:01.34	M 25	2024-11-30	J. Gómez Noya	14
	GOMEZ DOVAL MARIA ANGELA (1956)	50L: 59.39					
5	C. N. ESCUALOS	ESCUALOS	3:05.08	M 25	2024-12-01	Carballo Calero	12
	ORJALES SOMOZA MARÍA YOLANDA (1969)	50L: 56.89					
6	C. N. PABELLÓN OURENSE	POURENSE	3:11.53	M 25	2024-12-01	As Pozas	10
	BALADO LOPEZ ANA MARIA (1961)	50L: 40.96					
7	C. MULLER EN FORMA	MULLEREF	3:12.15	M 25	2024-11-30	J. Gómez Noya	8
	PEREDA GARCÍA ANGELICA (1973)	50L: 48.68					
8	C. N. MASTER PONS VETUS	MPVETUS	3:14.61	M 25	2024-12-01	As Pozas	6
	BAGLIETTO MILLAN M. DOLORES (1952)	50L: 53.39					

+240

1	C. TRAVIESAS N.	CTRAVIE	3:14.32	M 25	2024-12-01	As Pozas	26
	MAROTO REGLERO MARIA CONSUELO PAULA (1952)	50L: 1:01.72					
2	C. MULLER EN FORMA	MULLEREF	4:16.87	M 25	2024-11-30	J. Gómez Noya	20
	FERNANDEZ FERNANDEZ MARIA TERESA (1956)	50L: 1:05.87					
3	C. N. PONTEAREAS	NPONTEA	4:22.88	M 25	2024-12-01	As Pozas	16
	FORRYAN SECCOMBE ANNE MAY (1966)	50L: 55.84					