

1. 50 m Costas Masculino

20+

1	1076322	VILA PEREIRA BRAIS	2003	NPONTEA	30.03	M 25	2025-04-13	AS POZAS	13
2	1075388	MÉNDEZ LORENZO BRUNO	2004	NFERROL	36.85	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1143066	DE LUIS ROIBÁS UNAI	2005	POR-MIÑA	41.40	M 25	2025-04-13	FRIGSA	8

25+

1	1087073	QUIROGA RAMOS NOEL	2000	POURENSE	28.99	M 25	2025-04-13	FRIGSA	13
2	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	32.67	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1078908	MEILÁN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	37.78	M 25	2025-04-13	FRIGSA	8

30+

1	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	41.93	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1260354	VAZQUEZ PEREZ DIEGO	1995	MOLEMOS	49.79	M 25	2025-04-13	FRIGSA	10

35+

1	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	43.38	M 25	2025-04-13	AS POZAS	13
2	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	55.40	M 25	2025-04-13	AS POZAS	10

40+

1	1272979	DONG TAOGUI	1984	POR-MIÑA	43.63	M 25	2025-04-13	FRIGSA	13
2	1274003	GRIECO BARRETO JOSE ANTONIO	1982	POURENSE	44.33	M 25	2025-04-13	FRIGSA	10
3	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	47.28	M 25	2025-04-13	AS POZAS	8
4	1198878	MUINELO LORENZO MANUEL	1981	POR-MIÑA	49.50	M 25	2025-04-13	FRIGSA	7
5	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	52.72	M 25	2025-04-13	AS POZAS	6

45+

1	1143662	BALSA MOSQUERA PABLO	1978	NTNARON	41.09	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	43.66	M 25	2025-04-13	AS POZAS	10

50+

1	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	33.39	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1267343	ALVAREZ DE SOTOMAYOR PUIGNAIRE JUAN	1974	NCORUÑA	36.91	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	36.95	M 25	2025-04-13	FRIGSA	8
4	1076526	REBANAL ALFAYA FERNANDO	1971	VALDEORR	42.29	M 25	2025-04-13	FRIGSA	7
5	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	45.06	M 25	2025-04-13	AS POZAS	6
6	1143850	IGLESIAS MIRA FELIPE	1974	POURENSE	47.63	M 25	2025-04-13	FRIGSA	5
7	1264740	SANCHEZ ALVAREZ RAMON IGNACIO	1972	POR-MIÑA	49.53	M 25	2025-04-13	FRIGSA	3.5
8	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	49.53	M 25	2025-04-13	FRIGSA	3.5

55+

1	1266323	MILLÁN ALONSO RUBÉN	1970	CTRAVIE	42.29	M 25	2025-04-13	AS POZAS	13
2	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	42.66	M 25	2025-04-13	FRIGSA	10
3	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	44.33	M 25	2025-04-13	AS POZAS	8
4	1253683	GESTOSO PAZO JUAN FRANCISCO	1967	SALESTRA	47.31	M 25	2025-04-13	FRIGSA	7
5	1144573	MOVILLA FERNANDEZ JOSE FRANCISCO	1969	POURENSE	47.80	M 25	2025-04-13	FRIGSA	6
6	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	57.71	M 25	2025-04-13	FRIGSA	5
7	1236643	MAGARIÑOS MACEIRAS XOSE	1968	SALESTRA	57.76	M 25	2025-04-13	FRIGSA	4
8	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	1:06.20	M 25	2025-04-13	FRIGSA	3

60+

1	1076177	TIMIRAOs CARRASCO FERNANDO	1965	POR-MIÑA	37.78	M 25	2025-04-13	FRIGSA	13
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2	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	50.94	M 25	2025-04-13	FRIGSA	10
3	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	55.14	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	56.22	M 25	2025-04-13	FRIGSA	7
65+									
1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	39.57	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	48.66	M 25	2025-04-13	AS POZAS	10
70+									
1	1075764	NOVOA GONZALEZ EDMUNDO	1952	HERCULES	58.30	M 25	2025-04-12	J. GÓMEZ NOYA	13
75+									
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	57.93	M 25	2025-04-13	AS POZAS	13
85+									
1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:24.28	M 25	2025-04-13	AS POZAS	13

2. 50 m Costas Feminino

20+

1	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	33.64	M 25	2025-04-13	AS POZAS	13
2	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	36.12	M 25	2025-04-13	FRIGSA	10
3	1079203	DURAN PALEO SABELA	2005	ASMEIGAS	39.82	M 25	2025-04-13	FRIGSA	8

25+

1	1108273	SUAREZ GONZALEZ GRACIA	2000	NPONTEA	32.80	M 25	2025-04-13	AS POZAS	13
2	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	32.82	M 25	2025-04-13	FRIGSA	10
3	1198880	LOPEZ RODRIGUEZ AROA	1997	POR-MIÑA	38.95	M 25	2025-04-13	FRIGSA	8
4	1038466	RODRIGUEZ PAZ LUCIA	2000	NPONTEA	44.31	M 25	2025-04-13	AS POZAS	7
5	1263196	CASTRO BLANCO BRENDA	2000	ESCUALOS	47.05	M 25	2025-04-13	FRIGSA	6
6	1260353	ESPASANDIN FERNANDEZ RAQUEL	1998	MOLEMOS	51.66	M 25	2025-04-13	FRIGSA	5

30+

1	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	33.64	M 25	2025-04-13	AS POZAS	13
2	1142917	LÓPEZ SANMARTÍN TANIA	1991	NFERROL	39.05	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	41.63	M 25	2025-04-13	AS POZAS	8

35+

1	1129917	MURAS MORA ANDREA	1989	CIDSANTI	46.00	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1260386	FRANCO CAL SONIA	1987	ASMEIGAS	54.80	M 25	2025-04-13	FRIGSA	10
3	1258330	BEN CILLERO NATALIA	1989	CNXOVE	56.10	M 25	2025-04-13	FRIGSA	8
4	1260385	CASTRO MAYO JOANA	1990	ASMEIGAS	1:01.61	M 25	2025-04-13	FRIGSA	7

40+										
1	1075843	GONZALEZ FERNANDEZ LETICIA	1982	CNXOVE	40.10	M 25	2025-04-13	FRIGSA		13
2	1075225	SOUTO DERUNGS CRISTINA	1985	NFERROL	41.45	M 25	2025-04-12	J. GÓMEZ NOYA		10
3	1236642	ABBATEMARCO CRISTINA	1984	SALESTRA	43.02	M 25	2025-04-13	FRIGSA		8
4	1093456	RAMIREZ INSUA JULIA	1983	RSDH	59.87	M 25	2025-04-12	J. GÓMEZ NOYA		7
5	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	1:15.22	M 25	2025-04-13	FRIGSA		6
45+										
1	1205780	ROMAR GASALLA AURORA FATIMA	1977	NTNARON	39.88	M 25	2025-04-12	J. GÓMEZ NOYA		13
2	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	46.11	M 25	2025-04-13	AS POZAS		10
3	1253190	GARCÍA NAVAS CAROLINA	1979	MULLEREF	52.62	M 25	2025-04-13	FRIGSA		8
4	1223050	ANDON YAÑEZ LORENA	1978	SCASINO	58.92	M 25	2025-04-12	J. GÓMEZ NOYA		7
5	1253184	ABELLEIRA CORRAL GEMA	1980	MULLEREF	1:00.60	M 25	2025-04-13	FRIGSA		6
6	1273321	HERRERO DÍAZ ISABEL	1976	MULLEREF	1:06.39	M 25	2025-04-13	FRIGSA		5
50+										
1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	41.24	M 25	2025-04-13	FRIGSA		13
2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	42.48	M 25	2025-04-13	AS POZAS		10
3	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	46.22	M 25	2025-04-13	AS POZAS		8
4	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	1:00.65	M 25	2025-04-13	AS POZAS		7
5	1264761	RAMOS NUÑEZ PURIFICACION	1973	VALDEORR	1:29.49	M 25	2025-04-13	FRIGSA		6
55+										
1	1038729	DEL AMO BLANCO MARGARITA	1967	NPONTEA	50.10	M 25	2025-04-13	AS POZAS		13
2	1258401	CALVIÑO VAZQUEZ CORAL	1968	POURENSE	1:00.96	M 25	2025-04-13	FRIGSA		10
3	1143584	FERNANDEZ SESTELO MARIA JOSE	1970	NPONTEA	1:10.68	M 25	2025-04-13	AS POZAS		8

4	1269270	REY OTERO ANGELA MARIA	1966	MULLEREF	1:12.09	M 25	2025-04-13	FRIGSA	7
60+									
1	1079307	CHAMOSA MARTIN JULIA	1961	RBAIXAS	45.99	M 25	2025-04-13	AS POZAS	13
2	1260384	CAL FERNÁNDEZ MÓNICA CATALINA	1964	ASMEIGAS	1:15.22	M 25	2025-04-13	FRIGSA	10
65+									
1	1273345	NIKITIK BARTLETT ANNE NIKITIK	1959	MULLEREF	1:30.44	M 25	2025-04-13	FRIGSA	13
70+									
1	1036752	BAGLIETTO MILLAN M. DOLORES	1952	MPVETUS	1:04.87	M 25	2025-04-13	AS POZAS	13
2	1273998	DIAZ PERNAS MARIA CARMEN	1955	MULLEREF	1:43.74	M 25	2025-04-13	FRIGSA	10
75+									
1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:37.59	M 25	2025-04-13	AS POZAS	13

3. 200 m Estilos Masculino

20+

1	1039554	GUTIERREZ MARIÑO SANTIAGO	2002	POURENSE	2:20.78	M 25	2025-04-13	FRIGSA	13
		50M: 30.00 100S: 1:06.14 150S: 1:47.18							
2	1068314	MARTINEZ MARTINEZ MARCOS	2003	NPONTEA	2:26.36	M 25	2025-04-13	AS POZAS	10
		150S: 0 50M: 30.95 100S: 1:08.09							
3	1075385	DIZ NIEVES DAVID	2004	NFERROL	2:35.00	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50M: 30.53 100S: 1:10.32 150S: 1:56.94							
4	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	2:35.59	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 29.93 100S: 1:11.28							
5	1079156	MARQUEZ VAZQUEZ PABLO	2002	ASMEIGAS	3:06.33	M 25	2025-04-13	FRIGSA	6
		50M: 37.20 100S: 1:25.00 150S: 2:19.40							

25+

1	1040779	QUINTAS MOSQUERA MANUEL	1996	CIDSANTI	2:26.13	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 29.49 100S: 1:08.11 150S: 2:18.31							
2	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	CIDSANTI	2:29.22	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 29.17 100S: 1:06.45 150S: 1:54.35							
3	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	2:30.28	M 25	2025-04-13	FRIGSA	8
		50M: 29.32 100S: 1:06.44 150S: 1:53.57							
4	1274242	FERNANDEZ FERNANDEZ ENRIQUE	1999	RBAIXAS	2:31.89	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 31.02 100S: 1:10.01							
5	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:32.13	M 25	2025-04-12	J. GÓMEZ NOYA	6
		50M: 35.36 100S: 1:14.38 150S: 1:56.13							
6	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	2:35.43	M 25	2025-04-13	AS POZAS	5
		150S: 0 50M: 33.33 100S: 1:15.31							
7	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	2:46.26	M 25	2025-04-13	AS POZAS	4
		150S: 0 50M: 33.62 100S: 1:17.37							

30+

1	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	2:27.32	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 30.17 100S: 1:08.49 150S: 2:27.32							
2	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	2:29.44	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 29.58 100S: 1:07.38 150S: 1:53.17							
3	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	2:42.71	M 25	2025-04-13	AS POZAS	8
		150S: 0 50M: 34.17 100S: 1:17.04							
4	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	3:01.42	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 35.28 100S: 1:26.65							
5	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	3:05.89	M 25	2025-04-13	AS POZAS	6
		150S: 0 50M: 37.74 100S: 1:23.47							
6	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	3:07.75	M 25	2025-04-13	AS POZAS	5

150S: 0 50M: 41.43 100S: 1:33.68

35+

1	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	2:29.72	M 25	2025-04-13	AS POZAS	13
		150S: 0 50M: 32.88 100S: 1:11.11							
2	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	3:27.85	M 25	2025-04-13	AS POZAS	10
		150S: 0 50M: 51.42 100S: 1:51.51							

40+

1	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	2:49.40	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 35.07 100S: 1:20.16 150S: 2:12.06							
2	1218108	IGLESIAS LAPIDO MIGUEL	1985	FLUVLUGO	2:50.93	M 25	2025-04-13	FRIGSA	10
		50M: 34.08 100S: 1:20.53 150S: 2:09.39							
3	1038255	ESCUREDO DIEZ ALBERTO	1984	CNXOVE	2:51.01	M 25	2025-04-13	FRIGSA	8
		100S: 0 50M: 39.14 150S: 2:12.99							
4	1144584	ALVAREZ SILVA RUBEN	1981	ESCUALOS	3:02.99	M 25	2025-04-13	FRIGSA	7
		50M: 39.72 100S: 1:30.14 150S: 2:22.35							
5	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	3:08.26	M 25	2025-04-12	J. GÓMEZ NOYA	6
		50M: 38.92 100S: 1:27.24 150S: 2:22.05							
6	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	3:08.87	M 25	2025-04-12	J. GÓMEZ NOYA	5
		50M: 38.31 100S: 1:33.69 150S: 2:27.66							
7	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	3:13.14	M 25	2025-04-13	FRIGSA	4
		50M: 46.27 100S: 1:35.73 150S: 2:28.39							
8	1230338	MUIÑO REY DANIEL	1984	NFERROL	3:14.06	M 25	2025-04-12	J. GÓMEZ NOYA	3
		50M: 45.46 100S: 1:39.96 150S: 2:25.49							
9	1107557	MELLA BARBEITO JAVIER	1983	ARTEIXO	4:04.75	M 25	2025-04-12	J. GÓMEZ NOYA	2
		50M: 56.43 100S: 1:59.73 150S: 3:03.36							
10	1039360	POSE MATO CESAR	1983	ADFOGAR	4:42.10	M 25	2025-04-13	FRIGSA	1
		50M: 1:10.92 100S: 2:25.11 150S: 3:44.08							

45+

1	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	2:30.94	M 25	2025-04-13	AS POZAS	13
		150S: 0 50M: 32.35 100S: 1:12.77							
2	1118746	SANCHEZ GORDON ROMAN	1978	RBAIXAS	2:32.81	M 25	2025-04-13	AS POZAS	10
		150S: 0 50M: 31.73 100S: 1:11.61							
3	1244353	TATO FUENTES VICTOR	1979	ADFOGAR	2:43.16	M 25	2025-04-13	FRIGSA	8
		50M: 36.40 100S: 1:18.03 150S: 2:05.55							
4	1024675	IGLESIAS GOMEZ GONZALO	1979	CIDSANTI	2:44.56	M 25	2025-04-12	J. GÓMEZ NOYA	7
		50M: 34.34 100S: 1:17.15 150S: 2:07.20							
5	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	2:45.62	M 25	2025-04-13	FRIGSA	6
		50M: 33.89 100S: 1:18.58 150S: 2:07.43							
6	1144267	FINS SEOANE JUAN MIGUEL	1977	SALESTRA	2:46.67	M 25	2025-04-13	FRIGSA	5
		50M: 33.13 100S: 1:17.56 150S: 2:06.25							
7	1272806	FEIJOO REY ROI	1979	POURENSE	2:50.38	M 25	2025-04-13	FRIGSA	4

		50M: 33.58	100S: 1:19.16	150S: 2:08.35						
8	1224733	ARANGO GAYAR SAUL		1980	RBAIXAS	2:56.47	M 25	2025-04-13	AS POZAS	3
		150S: 0	50M: 35.46	100S: 1:23.09						
9	1251854	CARBALLO CABEZAS ENRIQUE		1976	POURENSE	2:58.06	M 25	2025-04-13	FRIGSA	2
		50M: 37.65	100S: 1:23.57	150S: 2:13.86						
10	1075217	ESPINOSA MIRA JORGE		1978	VALDEORR	2:59.56	M 25	2025-04-13	FRIGSA	1
		50M: 36.40	100S: 1:24.02	150S: 2:14.96						
11	1076564	CABANELAS EIRAS PABLO		1979	CIDSANTI	3:00.87	M 25	2025-04-12	J. GÓMEZ NOYA	0
		50M: 38.98	100S: 1:26.43	150S: 2:20.17						
12	1079491	GOMEZ MARTIN RUBEN		1978	FLUVLUGO	3:10.89	M 25	2025-04-13	FRIGSA	0
		50M: 40.24	100S: 1:32.07	150S: 2:27.27						
13	1201621	ALONSO ORTIZ MARIANO		1976	FLUVLUGO	3:14.56	M 25	2025-04-13	FRIGSA	0
		50M: 38.55	100S: 1:34.18	150S: 2:27.16						
14	1038913	SUAREZ GARCIA PEDRO LOIS		1980	NPONTEA	3:30.79	M 25	2025-04-13	AS POZAS	0
		150S: 0	50M: 48.03	100S: 1:45.37						
15	1200126	TABOADA CALVELO JOSE CARLOS		1979	SALESTRA	3:41.90	M 25	2025-04-13	FRIGSA	0
		50M: 48.10	100S: 1:53.80	150S: 2:51.10						

50+

1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	2:31.07	M 25	2025-04-13	AS POZAS	13
		150S: 0	50M: 30.55	100S: 1:11.75					
2	1258336	MUÑIZ CAL RAFAEL	1974	ARTEIXO	2:55.61	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 35.19	100S: 1:25.37	150S: 2:15.59					
3	1079343	MOURIÑO ORTIGUEIRA ROBERTO CARLOS	1974	NPONTEA	2:57.29	M 25	2025-04-13	AS POZAS	8
		150S: 0	50M: 35.35	100S: 1:25.40					
4	1040137	QUINTAS BARROS JESUS CARLOS	1973	ESCUALOS	3:00.39	M 25	2025-04-13	FRIGSA	7
		50M: 36.13	100S: 1:24.88	150S: 2:16.73					
5	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	3:07.93	M 25	2025-04-13	FRIGSA	6
		50M: 39.45	100S: 1:27.43	150S: 2:26.13					
6	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	3:09.20	M 25	2025-04-13	FRIGSA	5
		50M: 42.50	100S: 1:34.00	150S: 2:26.50					
7	1038104	PEREZ ARIAS HECTOR	1971	POR-MIÑA	3:09.63	M 25	2025-04-13	FRIGSA	4
		50M: 40.15	100S: 1:30.42	150S: 2:27.75					
8	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	3:14.69	M 25	2025-04-13	AS POZAS	3
		150S: 0	50M: 45.10	100S: 1:35.16					
9	1144297	LAMAS SOTO CESAR	1975	CULLERED	3:16.62	M 25	2025-04-12	J. GÓMEZ NOYA	2
		50M: 38.85	100S: 1:33.44	150S: 2:34.62					
10	1076535	DE LUIS GONZÁLEZ AITOR	1974	POR-MIÑA	3:18.10	M 25	2025-04-13	FRIGSA	1
		50M: 44.89	100S: 1:35.31	150S: 2:54.35					
11	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	3:34.53	M 25	2025-04-13	AS POZAS	0
		150S: 0	50M: 42.31	100S: 1:42.00					

55+

1	1037161	TOME NOGUEIRA ALBERTO M.		1968	ADFOGAR	3:22.74	M 25	2025-04-13	FRIGSA	13
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50M: 44.85 100S: 1:39.14 150S: 2:38.08

2 1193949 LAMELO OTERO RAMÓN JESUS 1968 CIDSANTI 4:02.10 M 25 2025-04-12 J. GÓMEZ NOYA 10

50M: 52.88 100S: 1:55.35 150S: 3:14.79

3 1180249 SUAREZ FREIRE DAVID MANUEL 1968 RBAIXAS 4:33.37 M 25 2025-04-13 AS POZAS 8

150S: 0 50M: 1:04.09 100S: 2:17.44

4 1075593 PIROSCIA PENADO JOSE 1966 POR-MIÑA 4:38.70 M 25 2025-04-13 FRIGSA 7

50M: 57.70 100S: 2:11.10 150S: 3:34.00

60+

1 1232926 TAPIA PORTO ENRIQUE 1965 NCORUÑA 2:48.25 M 25 2025-04-12 J. GÓMEZ NOYA 13

50M: 33.95 100S: 1:19.61 150S: 2:08.11

2 1075770 RODRIGUEZ BASANTA FCO. JOSE 1961 VALDEORR 3:57.66 M 25 2025-04-13 FRIGSA 10

50M: 58.66 100S: 2:04.56 150S: 3:07.62

75+

1 1076487 RODRIGUEZ LEMOS ANDRES JESUS 1949 CNMOS 4:10.06 M 25 2025-04-13 AS POZAS 13

150S: 0 50M: 57.88 100S: 2:02.14

4. 200 m Estilos Feminino

20+

1	1075425	REY CONESA CAROLINA	2004	NFERROL	2:48.68	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 34.50 100S: 1:18.53 150S: 2:06.93							
2	1113219	IGLESIAS LOPEZ MARIA	2001	CULLERED	2:49.79	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 37.24 100S: 1:21.67 150S: 2:10.43							
3	1140796	DIAZ DOPICO SABELA	2002	NFERROL	2:50.81	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50M: 34.36 100S: 1:21.54 150S: 2:10.98							
4	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	2:55.51	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 35.30 100S: 1:22.33							
5	1078736	LÓPEZ LOSADA SARA	2001	NTNARON	2:56.90	M 25	2025-04-12	J. GÓMEZ NOYA	6
		50M: 38.09 100S: 1:22.02 150S: 2:17.10							
6	1111470	GARCÉS FERNÁNDEZ EREA	2003	RBAIXAS	3:19.20	M 25	2025-04-13	AS POZAS	5
		150S: 0 50M: 44.12 100S: 1:34.18							
7	1266324	ALVAREZ FERNANDEZ SOFIA	2004	NPONTEA	3:56.43	M 25	2025-04-13	AS POZAS	4
		150S: 0 50M: 58.24 100S: 1:52.65							

25+

1	1107420	DAVILA SILVA ALICIA	1998	CNMOS	2:47.56	M 25	2025-04-13	AS POZAS	13
		150S: 0 50M: 34.85 100S: 1:17.10							
2	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	3:13.05	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 43.15 100S: 1:34.87 150S: 2:29.46							
3	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	3:14.66	M 25	2025-04-13	AS POZAS	8
		150S: 0 50M: 43.84 100S: 1:31.21							
4	1266318	GORDILLO VAN GILS SILVIA	1996	NTNARON	3:26.60	M 25	2025-04-12	J. GÓMEZ NOYA	7
		50M: 44.81 100S: 1:36.85 150S: 2:38.18							
5	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	3:31.31	M 25	2025-04-13	AS POZAS	6
		150S: 0 50M: 49.53 100S: 1:44.09							
6	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	4:50.58	M 25	2025-04-13	AS POZAS	5
		100S: 0 150S: 0 50M: 1:06.58							

30+

1	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	2:48.82	M 25	2025-04-13	FRIGSA	13
		50M: 36.00 100S: 1:18.23 150S: 2:08.69							
2	1041452	BEN CILLERO SABELA	1992	CNXOVE	2:51.10	M 25	2025-04-13	FRIGSA	10
		50M: 36.27 100S: 1:20.07 150S: 2:09.14							
3	1261339	VILARIÑO SAN JOSE ALBA	1993	RBAIXAS	3:02.74	M 25	2025-04-13	AS POZAS	8
		150S: 0 50M: 36.93 100S: 1:23.96							
4	1051353	CRUZ GARCIA AURORA	1995	CIDSANTI	3:03.07	M 25	2025-04-12	J. GÓMEZ NOYA	7
		50M: 39.49 100S: 1:23.54 150S: 2:18.31							
5	1266341	MAURIZ BARREIRO MARIA VIOLETA	1992	CIDSANTI	3:11.79	M 25	2025-04-12	J. GÓMEZ NOYA	6

		50M: 40.26	100S: 1:33.65	150S: 2:27.21						
6	1237382	MUIÑO ALONSO ANDREA	1991	NCORUÑA	3:20.66	M 25	2025-04-12	J. GÓMEZ NOYA	5	
		50M: 40.91	100S: 1:34.09	150S: 2:33.73						
7	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	3:33.13	M 25	2025-04-13	AS POZAS	4	
		150S: 0	50M: 48.08	100S: 1:40.10						
8	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	3:33.93	M 25	2025-04-13	FRIGSA	3	
		50M: 44.98	100S: 1:39.77	150S: 2:42.96						
9	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	3:42.04	M 25	2025-04-13	AS POZAS	2	
		150S: 0	50M: 51.93	100S: 1:51.09						
10	1257939	PUENTE MARIN CRISTINA	1995	FLUVLUGO	4:04.95	M 25	2025-04-13	FRIGSA	1	
		50M: 56.83	100S: 2:04.90	150S: 3:02.56						

35+

1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	2:46.59	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 34.85	100S: 1:17.91	150S: 2:07.39					
2	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	2:54.44	M 25	2025-04-13	FRIGSA	10
		50M: 37.88	100S: 1:22.41	150S: 2:13.20					
3	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	3:17.84	M 25	2025-04-13	AS POZAS	8
		150S: 0	50M: 46.93	100S: 1:37.37					

40+

1	1180232	FKEOUI OMARI SALMA	1982	CIDSANTI	3:10.11	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 43.86	100S: 1:33.73	150S: 2:26.05					
2	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	3:14.76	M 25	2025-04-13	FRIGSA	10
		50M: 47.63	100S: 1:40.48	150S: 2:31.14					
3	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	3:32.05	M 25	2025-04-13	FRIGSA	8
		50M: 54.96	100S: 1:42.27	150S: 2:37.04					
4	1222531	FERNANDEZ GONZALEZ IRIA	1982	POR-MIÑA	3:32.56	M 25	2025-04-13	FRIGSA	7
		50M: 45.53	100S: 1:39.02	150S: 2:39.76					
5	1253681	LATA NUÑEZ DIANA	1985	NTNARON	3:42.73	M 25	2025-04-12	J. GÓMEZ NOYA	6
		50M: 48.49	100S: 1:47.85	150S: 2:50.05					

45+

1	1060267	ESCUREDO DIEZ MIRTA	1978	CNXOVE	3:06.39	M 25	2025-04-13	FRIGSA	13
		50M: 43.18	100S: 1:31.18	150S: 2:22.82					
2	1144680	LOPEZ ARTABE INMACULADA	1980	CDELMAR	3:25.98	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 46.39	100S: 1:40.26	150S: 2:38.45					
3	1146893	PRADO FRANCO MARTHA-ELIZABETH	1979	RBAIXAS	3:29.12	M 25	2025-04-13	AS POZAS	8
		150S: 0	50M: 46.17	100S: 1:46.21					
4	1178775	COVELO SAAVEDRA NAHIR	1978	NPONTEA	3:36.99	M 25	2025-04-13	AS POZAS	7
		150S: 0	50M: 48.68	100S: 1:43.57					
5	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	3:57.18	M 25	2025-04-12	J. GÓMEZ NOYA	6
		50M: 50.47	100S: 1:57.96	150S: 3:03.01					

50+

1	1147115	HERNANDEZ ALFAGEME RITA	1971	GALAICO	3:18.97	M 25	2025-04-13	AS POZAS	13
		150S: 0 50M: 47.61 100S: 1:38.08							
2	1172138	ROIG SANCHEZ BLANCA ANA	1974	RBAIXAS	3:34.50	M 25	2025-04-13	AS POZAS	10
		150S: 0 50M: 48.77 100S: 1:42.08							
3	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	4:07.93	M 25	2025-04-13	FRIGSA	8
		50M: 56.83 100S: 2:07.10 150S: 3:15.93							
4	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	4:12.59	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 53.14 100S: 1:59.71							

55+

1	1037939	CASTRO MAESTRE ISAURA	1969	FLUVLUGO	3:48.53	M 25	2025-04-13	FRIGSA	13
		50M: 54.54 100S: 1:57.34 150S: 2:59.42							
2	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	3:50.88	M 25	2025-04-13	AS POZAS	10
		150S: 0 50M: 52.82 100S: 1:55.09							
3	1264754	RODRIGUEZ PANTIN MARTA MARIA	1966	HERCULES	3:54.37	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50M: 48.75 100S: 1:50.04 150S: 2:56.77							
4	1267371	FORRYAN SECCOMBE ANNE MAY	1966	NPONTEA	5:36.85	M 25	2025-04-13	AS POZAS	7
		150S: 0 50M: 1:41.06 100S: 3:06.29							

65+

1	1170586	OREIRO PAZOS M. GLORIA	1960	ARTEIXO	4:23.82	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 1:04.96 100S: 2:13.26 150S: 3:23.67							
2	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	6:13.63	M 25	2025-04-13	FRIGSA	10
		50M: 1:32.75 100S: 3:12.95 150S: 4:51.09							

5. 50 m Braza Masculino

20+										
1	1076322	VILA PEREIRA BRAIS	2003	NPONTEA	32.65	M 25	2025-04-13	AS POZAS		13
2	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	35.81	M 25	2025-04-13	AS POZAS		10
3	1038800	ALONSO RODRIGUEZ JAVIER	2001	NPONTEA	36.28	M 25	2025-04-13	AS POZAS		8
4	1023017	CARRIL SOUTO JAVIER	2003	ARTEIXO	39.45	M 25	2025-04-12	J. GÓMEZ NOYA		7
25+										
1	1039297	DOPICO REY ANTON	1997	NFERROL	31.43	M 25	2025-04-12	J. GÓMEZ NOYA		13
2	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	31.85	M 25	2025-04-13	AS POZAS		10
30+										
1	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	31.02	M 25	2025-04-13	FRIGSA		13
2	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	32.38	M 25	2025-04-12	J. GÓMEZ NOYA		10
3	1269779	GARCÍA COLMENARES RICARDO ANDRÉS	1991	NTNARON	40.96	M 25	2025-04-12	J. GÓMEZ NOYA		8
4	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	NFERROL	41.21	M 25	2025-04-12	J. GÓMEZ NOYA		7
5	1260387	GARCÍA ARCE GONZALO	1991	ASMEIGAS	45.70	M 25	2025-04-13	FRIGSA		6
6	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	59.53	M 25	2025-04-13	AS POZAS		5
35+										
1	1267364	PINTO RAMNARINE ROHAN IAN	1986	GALAICO	30.34	M 25	2025-04-13	AS POZAS		13
2	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	34.66	M 25	2025-04-13	FRIGSA		10
3	1199549	MARTINEZ DOPAZO DAVID	1987	CIDSANTI	35.56	M 25	2025-04-12	J. GÓMEZ NOYA		8
4	1274410	ALONSO NOVOA DIEGO	1990	CNMOS	38.55	M 25	2025-04-13	AS POZAS		7
5	1263089	ALEJANDRE SALGADO GERMAN	1986	VALDEORR	42.11	M 25	2025-04-13	FRIGSA		6

6	1253936	IGLESIAS VIEITES MANUEL	1986	CNORDES	43.79	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	44.87	M 25	2025-04-12	J. GÓMEZ NOYA	4
40+									
1	1038255	ESCUREDO DIEZ ALBERTO	1984	CNXOVE	38.36	M 25	2025-04-13	FRIGSA	13
2	1145052	FIERRO FERNÁNDEZ JULIO	1982	SCASINO	38.39	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1257944	PÉREZ GONZÁLEZ IVÁN	1982	MOLEMOS	39.84	M 25	2025-04-13	FRIGSA	8
4	1147216	GONZALEZ VICENTE RUBEN	1981	POR-MIÑA	42.57	M 25	2025-04-13	FRIGSA	7
5	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	44.69	M 25	2025-04-13	AS POZAS	6
6	1076542	GONZALEZ CONDE RODRIGO	1982	NPONTEA	44.87	M 25	2025-04-13	AS POZAS	5
45+									
1	1075217	ESPINOSA MIRA JORGE	1978	VALDEORR	36.91	M 25	2025-04-13	FRIGSA	13
2	1079491	GOMEZ MARTIN RUBEN	1978	FLUVLUGO	43.69	M 25	2025-04-13	FRIGSA	10
3	1127402	PEXEGUEIRO BALADRON NICOLAS	1977	CNMOS	43.95	M 25	2025-04-13	AS POZAS	8
4	1264765	COUSELO CASTIÑEIRAS MIGUEL ÁNGEL	1976	CNORDES	45.01	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	45.03	M 25	2025-04-13	AS POZAS	6
6	1251233	GONZALEZ SANDEZ CARLOS	1979	VALDEORR	50.40	M 25	2025-04-13	FRIGSA	5
50+									
1	1075601	MOURIZ LOMBAO FCO. JAVIER	1975	POR-MIÑA	41.88	M 25	2025-04-13	FRIGSA	13
2	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	42.15	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1147010	SANJURJO POVEDA PABLO	1974	NFERROL	42.63	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1143605	FERNANDEZ MARTINEZ ALBERTO	1971	ESCUALOS	42.88	M 25	2025-04-13	FRIGSA	7
5	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	44.42	M 25	2025-04-13	FRIGSA	6

6	1144117	PREGO MARTINEZ BENJAMIN	1973	NPONTEA	44.44	M 25	2025-04-13	AS POZAS	5
7	1144601	PUENTE DÍAZ JAVIER	1971	CIDSANTI	44.81	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	46.30	M 25	2025-04-13	FRIGSA	3
9	1076553	FERNANDEZ-TESTA BARREIRO DAVID	1974	RBAIXAS	46.80	M 25	2025-04-13	AS POZAS	2
10	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	47.91	M 25	2025-04-13	AS POZAS	1
11	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	49.90	M 25	2025-04-13	FRIGSA	0
12	1253457	IGLESIAS FERREIRO JUAN CARLOS	1971	MPVETUS	54.33	M 25	2025-04-13	AS POZAS	0
55+									
1	1143661	TOURIÑO GONZALEZ VICTOR M.	1968	CMARINA	37.85	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	43.28	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	47.38	M 25	2025-04-13	FRIGSA	8
4	1261402	FERNANDEZ RODRIGUEZ MIGUEL ANGEL	1969	VALDEORR	50.44	M 25	2025-04-13	FRIGSA	7
5	1261336	NOVO FERNANDEZ ALFREDO	1970	RBAIXAS	52.17	M 25	2025-04-13	AS POZAS	6
6	1075593	PIROSCIA PENADO JOSE	1966	POR-MIÑA	58.04	M 25	2025-04-13	FRIGSA	5
7	1106828	TRILLO CARLIN JOSE FDO.	1968	ADFOGAR	59.80	M 25	2025-04-13	FRIGSA	4
60+									
1	1075770	RODRIGUEZ BASANTA FCO. JOSE	1961	VALDEORR	49.50	M 25	2025-04-13	FRIGSA	13
2	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	1:28.36	M 25	2025-04-13	AS POZAS	10
70+									
1	1240096	IVANCHENKO YURII	1953	POURENSE	48.34	M 25	2025-04-13	FRIGSA	13
2	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	1:11.80	M 25	2025-04-13	AS POZAS	10



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85+

1	1143430	ARAUJO DOMINGUEZ FRANCISCO	1940	NPONTEA	1:21.63	M 25	2025-04-13	AS POZAS	13
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6. 50 m Braza Feminino

20+

1	1037951	SOILAN FERNANDEZ RAQUEL	2001	ASMEIGAS	37.92	M 25	2025-04-13	FRIGSA	13
2	1075425	REY CONESA CAROLINA	2004	NFERROL	38.56	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1113219	IGLESIAS LOPEZ MARIA	2001	CULLERED	39.82	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1228048	ALVAREZ SOUTO CLAUDIA	2001	NPONTEA	41.73	M 25	2025-04-13	AS POZAS	7
5	1075380	SALVANTE LAGO AINHOA	2003	NFERROL	42.50	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1084799	GARCIA ESTEVEZ NAHIR	2002	CNMOS	43.89	M 25	2025-04-13	AS POZAS	5
7	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	47.89	M 25	2025-04-13	AS POZAS	4
8	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	48.46	M 25	2025-04-13	AS POZAS	3
9	1108843	ESTEVEZ BASTERO ANA	2005	RBAIXAS	51.55	M 25	2025-04-13	AS POZAS	2

25+

1	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	43.40	M 25	2025-04-13	AS POZAS	13
2	1266329	PRADO POSADA SOFIA	1997	NPONTEA	54.56	M 25	2025-04-13	AS POZAS	10

30+

1	1093459	FRANCO CAL ALBA	1991	ASMEIGAS	35.57	M 25	2025-04-13	FRIGSA	13
2	1261339	VILARIÑO SAN JOSE ALBA	1993	RBAIXAS	43.95	M 25	2025-04-13	AS POZAS	10
3	1140780	LÓPEZ MORADO MARÍA	1991	NFERROL	48.32	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1257417	ALONSO GONZALEZ INES	1992	CNMOS	48.58	M 25	2025-04-13	AS POZAS	7
5	1224940	PAZOS GANDARA ANDREA	1992	NPONTEA	51.55	M 25	2025-04-13	AS POZAS	6
6	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	55.42	M 25	2025-04-13	FRIGSA	5
7	1257939	PUENTE MARIN CRISTINA	1995	FLUVLUGO	57.72	M 25	2025-04-13	FRIGSA	4

8	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	58.37	M 25	2025-04-13	FRIGSA	3
9	1266325	BARBOSA FERNÁNDEZ TANIA	1991	NPONTEA	59.18	M 25	2025-04-13	AS POZAS	2
10	1250483	RODRIGUEZ RODRIGUEZ EVA	1993	VALDEORR	1:02.11	M 25	2025-04-13	FRIGSA	1
11	1266328	PEREIRA FERNÁNDEZ PATRICIA	1992	NPONTEA	1:02.70	M 25	2025-04-13	AS POZAS	0

35+

1	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	40.49	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	42.93	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	49.67	M 25	2025-04-13	FRIGSA	8
4	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	50.54	M 25	2025-04-13	AS POZAS	7
5	1129917	MURAS MORA ANDREA	1989	CIDSANTI	51.71	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1258330	BEN CILLERO NATALIA	1989	CNXOVE	53.80	M 25	2025-04-13	FRIGSA	5
7	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	54.39	M 25	2025-04-13	AS POZAS	4

40+

1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	NFERROL	39.75	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1143598	MIRA VAZQUEZ MARTA	1981	ESCUALOS	42.00	M 25	2025-04-13	FRIGSA	10
3	1243130	TORRE GONZALEZ ELISA	1985	RBAIXAS	43.55	M 25	2025-04-13	AS POZAS	8
4	1273995	RAMOS GONZALEZ NOA	1985	IHAVEADR	44.11	M 25	2025-04-13	AS POZAS	7
5	1237395	VILARIÑO CACHO ELVIRA	1981	SALESTRA	44.94	M 25	2025-04-13	FRIGSA	6
6	1251885	SUAREZ BUJAN REBECA	1983	CIDSANTI	46.64	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1243198	MARTIN VILAS MARIA JESUS	1982	CNORDES	53.18	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1257937	GARCIA ALVAREZ JENIFFER	1985	ASMEIGAS	58.57	M 25	2025-04-13	FRIGSA	3

45+										
1	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	45.58	M 25	2025-04-13	AS POZAS		13
2	1264733	GOMEZ PAREDES MARIA	1976	FLUVLUGO	49.75	M 25	2025-04-13	FRIGSA		10
3	1273323	LÓPEZ BARREIRO CRISTINA	1979	MULLEREF	52.40	M 25	2025-04-13	FRIGSA		8
4	1253184	ABELLEIRA CORRAL GEMA	1980	MULLEREF	56.67	M 25	2025-04-13	FRIGSA		7
50+										
1	1228008	OJEA DE CASTRO MACARENA	1973	POR-MIÑA	46.08	M 25	2025-04-13	FRIGSA		13
2	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	52.09	M 25	2025-04-12	J. GÓMEZ NOYA		10
3	1127346	SOBRINO EIRIZ MARIA DEL VALLE	1972	NPONTEA	55.83	M 25	2025-04-13	AS POZAS		8
4	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	57.12	M 25	2025-04-13	FRIGSA		7
5	1264761	RAMOS NUÑEZ PURIFICACION	1973	VALDEORR	1:07.61	M 25	2025-04-13	FRIGSA		6
55+										
1	1076186	LOPEZ GONZALEZ MONICA	1970	POR-MIÑA	48.95	M 25	2025-04-13	FRIGSA		13
2	1264777	GONZÁLEZ ALCARAZ GLENDA TERESA	1970	MULLEREF	53.42	M 25	2025-04-13	FRIGSA		10
3	1273324	LÓPEZ NIÑO MARÍA DEL MAR	1970	MULLEREF	1:12.61	M 25	2025-04-13	FRIGSA		8
60+										
1	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	51.72	M 25	2025-04-13	FRIGSA		13
2	1086162	BARJA BARJA LILIANA	1965	CTRAVIE	53.81	M 25	2025-04-13	AS POZAS		10
65+										
1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	1:06.22	M 25	2025-04-13	AS POZAS		13
2	1037151	GOMEZ DOVAL MARIA ANGELA	1956	FLUVLUGO	1:06.95	M 25	2025-04-13	FRIGSA		10
70+										
1	1076490	GONZALEZ-ALEGRE BURGUEÑO ANA MARIA	1952	CTRAVIE	1:03.72	M 25	2025-04-13	AS POZAS		13



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7. 100 m Bolboreta Masculino

20+

1	1107916	FERNANDEZ DEL VALLE IVAN	2005	POURENSE	1:00.86	M 25	2025-04-13	FRIGSA	13
		50M: 28.07							
2	1039554	GUTIERREZ MARIÑO SANTIAGO	2002	POURENSE	1:07.78	M 25	2025-04-13	FRIGSA	10
		50M: 31.72							
3	1075385	DIZ NIEVES DAVID	2004	NFERROL	1:08.24	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50M: 31.05							

25+

1	1087073	QUIROGA RAMOS NOEL	2000	POURENSE	1:03.42	M 25	2025-04-13	FRIGSA	13
		50M: 29.28							
2	1274242	FERNANDEZ FERNANDEZ ENRIQUE	1999	RBAIXAS	1:13.86	M 25	2025-04-13	AS POZAS	10
		50M: 34.37							
3	1264760	DIAZ QUEZADA MIGUEL BISMARCK	1998	VALDEORR	1:40.20	M 25	2025-04-13	FRIGSA	8
		50M: 44.56							

30+

1	1130602	TENORIO FREIRE MARTIN	1992	CIDSANTI	1:04.96	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 31.04							
2	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	1:33.59	M 25	2025-04-13	FRIGSA	10
		50M: 44.00							
3	1076271	NOVALES BLANCO XABIER	1991	RBAIXAS	1:36.72	M 25	2025-04-13	AS POZAS	8
		50M: 46.94							

35+

1	1178928	FIDALGO SERRANO GUILLERMO	1986	CTRAVIE	2:00.07	M 25	2025-04-13	AS POZAS	13
		50M: 56.94							

40+

1	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	1:20.61	M 25	2025-04-13	FRIGSA	13
		50M: 37.91							
2	1230338	MUIÑO REY DANIEL	1984	NFERROL	1:24.13	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50M: 38.83							
3	1257944	PÉREZ GONZÁLEZ IVÁN	1982	MOLEMOS	1:35.77	M 25	2025-04-13	FRIGSA	8
		50M: 42.62							
4	1039360	POSE MATO CESAR	1983	ADFOGAR	2:32.41	M 25	2025-04-13	FRIGSA	7
		50M: 1:13.71							

45+

1	1050705	BELTRAN DIAZ EMILIO	1977	MOLEMOS	1:08.46	M 25	2025-04-13	FRIGSA	13
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50M: 29.75

2	1006004	GUIMAREY VAZQUEZ MARCOS	1977	POR-MIÑA	1:19.58	M 25	2025-04-13	FRIGSA	10
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50M: 35.76

3	1143662	BALSA MOSQUERA PABLO	1978	NTNARON	1:27.45	M 25	2025-04-12	J. GÓMEZ NOYA	8
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50M: 38.17

4	1076564	CABANELAS EIRAS PABLO	1979	CIDSANTI	1:28.96	M 25	2025-04-12	J. GÓMEZ NOYA	7
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50M: 40.61

50+

1	1258336	MUÑIZ CAL RAFAEL	1974	ARTEIXO	1:15.82	M 25	2025-04-12	J. GÓMEZ NOYA	13
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50M: 35.08

2	1076182	TABARES DOMINGUEZ RAFAEL	1974	POURENSE	1:18.11	M 25	2025-04-13	FRIGSA	10
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50M: 37.87

3	1203306	DURO GONZALEZ ANTONIO	1974	SALESTRA	1:34.72	M 25	2025-04-13	FRIGSA	8
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50M: 43.07

55+

1	1253683	GESTOSO PAZO JUAN FRANCISCO	1967	SALESTRA	1:47.50	M 25	2025-04-13	FRIGSA	13
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50M: 48.41

60+

1	1061111	ISASTI MAIZA PATXI XABIER	1965	CNXOVE	1:22.20	M 25	2025-04-13	FRIGSA	13
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50M: 37.64

8. 100 m Bolboreta Feminino

20+									
1	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	1:12.71	M 25	2025-04-13	AS POZAS	13
		50M: 33.09							
2	1108843	ESTEVEZ BASTERO ANA	2005	RBAIXAS	1:35.14	M 25	2025-04-13	AS POZAS	10
		50M: 42.84							
3	1203517	CABALEIRO FREIRIA LARA	2001	NPONTEA	1:47.34	M 25	2025-04-13	AS POZAS	8
		50M: 46.87							
25+									
1	1037836	VEIGA RODRIGUEZ ROSALIA	1999	NCORUÑA	1:18.07	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50M: 37.63							
2	1198880	LOPEZ RODRIGUEZ AROA	1997	POR-MIÑA	1:28.59	M 25	2025-04-13	FRIGSA	10
		50M: 39.72							
3	1266318	GORDILLO VAN GILS SILVIA	1996	NTNARON	1:39.81	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50M: 44.36							
4	1145008	GONZALEZ PEREZ PAULA	1996	NPONTEA	1:51.61	M 25	2025-04-13	AS POZAS	7
		50M: 51.22							
30+									
1	1247615	ALONSO PEREIRA FATIMA	1993	RBAIXAS	1:55.03	M 25	2025-04-13	AS POZAS	13
		50M: 53.45							
35+									
1	1141440	ESTEBAN VILLA ALBA	1990	RBAIXAS	1:45.69	M 25	2025-04-13	AS POZAS	13
		50M: 47.66							
2	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	2:19.36	M 25	2025-04-13	AS POZAS	10
		50M: 1:02.93							
45+									
1	1146893	PRADO FRANCO MARTHA-ELIZABETH	1979	RBAIXAS	1:36.44	M 25	2025-04-13	AS POZAS	13
		50M: 44.06							
50+									
1	1076154	ABREU FERNANDEZ MARTA	1971	NPONTEA	2:01.92	M 25	2025-04-13	AS POZAS	13
		50M: 58.55							
2	1171727	GARCIA RODRIGUEZ TERESA	1972	POR-MIÑA	2:03.30	M 25	2025-04-13	FRIGSA	10
		50M: 56.10							
55+									
1	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	2:02.59	M 25	2025-04-13	AS POZAS	13



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50M: 53.99

9. 50 m Libre Masculino

20+

1	1107916	FERNANDEZ DEL VALLE IVAN	2005	POURENSE	25.69	M 25	2025-04-13	FRIGSA	13
2	1135986	CASARES GARCIA BRAIS	2004	NPONTEA	26.64	M 25	2025-04-13	AS POZAS	10
3	1038800	ALONSO RODRIGUEZ JAVIER	2001	NPONTEA	27.28	M 25	2025-04-13	AS POZAS	8
4	1076409	CANCELA GOMEZ HUGO	2003	NPONTEA	27.60	M 25	2025-04-13	AS POZAS	7
5	1079156	MARQUEZ VAZQUEZ PABLO	2002	ASMEIGAS	29.14	M 25	2025-04-13	FRIGSA	6
6	1023017	CARRIL SOUTO JAVIER	2003	ARTEIXO	29.36	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1075388	MÉNDEZ LORENZO BRUNO	2004	NFERROL	29.49	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1143066	DE LUIS ROIBÁS UNAI	2005	POR-MIÑA	32.84	M 25	2025-04-13	FRIGSA	3

25+

1	1040779	QUINTAS MOSQUERA MANUEL	1996	CIDSANTI	26.43	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1246147	LOPEZ LOPEZ JAIME BORJA	2000	POR-MIÑA	26.96	M 25	2025-04-13	FRIGSA	10
3	1061561	INCUTTI TELLADO DENIS	2000	NPONTEA	27.84	M 25	2025-04-13	AS POZAS	8
4	1078716	HERMIDA RAMOS RAUL	2000	NTNARON	28.77	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	28.99	M 25	2025-04-13	AS POZAS	6
6	1078908	MEILÁN SANCHEZ SERGIO JOSE	1996	POR-MIÑA	31.02	M 25	2025-04-13	FRIGSA	5
7	1038178	IBAÑEZ CARRERA MANUEL GABRIEL	1996	NPONTEA	31.48	M 25	2025-04-13	AS POZAS	4
8	1264760	DIAZ QUEZADA MIGUEL BISMARCK	1998	VALDEORR	33.28	M 25	2025-04-13	FRIGSA	3

30+

1	1078641	GRACIA CARBAJO MIGUEL	1994	NTNARON	25.01	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1093458	MUIÑO ALONSO ANTON	1994	NCORUÑA	25.98	M 25	2025-04-12	J. GÓMEZ NOYA	10

3	1037284	SABUZ FORNEIRO MARTIN	1994	POURENSE	27.17	M 25	2025-04-13	FRIGSA	8
4	1178769	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN	1991	NFERROL	28.49	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1128175	GULIAS GARCIA JOSE RUBEN	1991	MPVETUS	30.59	M 25	2025-04-13	AS POZAS	6
6	1252298	SANMARTIN GARCÍA JORGE	1991	NTNARON	30.79	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1269779	GARCÍA COLMENARES RICARDO ANDRÉS	1991	NTNARON	32.36	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1207051	LAVIA PINTOS DAVID	1993	MPVETUS	34.42	M 25	2025-04-13	AS POZAS	3
9	1260387	GARCÍA ARCE GONZALO	1991	ASMEIGAS	36.29	M 25	2025-04-13	FRIGSA	2
10	1260354	VAZQUEZ PEREZ DIEGO	1995	MOLEMOS	37.27	M 25	2025-04-13	FRIGSA	1
11	1222771	LAGO GONZALEZ IVAN	1993	NPONTEA	49.45	M 25	2025-04-13	AS POZAS	0
12	1202676	MARTINEZ ARADES BRAIS	1995	CMARINA	1:27.88	M 25	2025-04-12	J. GÓMEZ NOYA	0
35+									
1	1267364	PINTO RAMNARINE ROHAN IAN	1986	GALAICO	24.39	M 25	2025-04-13	AS POZAS	13
2	1273713	MORQUILLAS RIOBO BRAIS	1987	CNMOS	28.10	M 25	2025-04-13	AS POZAS	10
3	1075607	BUSTO ARMADA JOSE	1990	FLUVLUGO	28.12	M 25	2025-04-13	FRIGSA	8
4	1144194	TELLA FERREIRO MIGUEL	1988	CNORDES	28.13	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1199549	MARTINEZ DOPAZO DAVID	1987	CIDSANTI	28.38	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1274410	ALONSO NOVOA DIEGO	1990	CNMOS	30.65	M 25	2025-04-13	AS POZAS	5
7	1249163	BELLO PORTO DAVID	1990	NCORUÑA	30.93	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1253936	IGLESIAS VIEITES MANUEL	1986	CNORDES	32.59	M 25	2025-04-12	J. GÓMEZ NOYA	3
9	1145090	MARTÍNEZ DOMÍNGUEZ IVÁN	1988	NPONTEA	33.66	M 25	2025-04-13	AS POZAS	2
10	1263089	ALEJANDRE SALGADO GERMAN	1986	VALDEORR	34.12	M 25	2025-04-13	FRIGSA	1
11	1258478	POMAR VARELA PEDRO	1987	CTRAVIE	58.56	M 25	2025-04-13	AS POZAS	0

40+

1	1266332	LEIRO FERNANDEZ ADRIAN	1984	ARTEIXO	28.40	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1218108	IGLESIAS LAPIDO MIGUEL	1985	FLUVLUGO	28.88	M 25	2025-04-13	FRIGSA	10
3	1141095	LOPEZ BERMUDEZ GABRIEL	1984	RSDH	28.94	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1203519	KRUGLOV MYKOLA	1985	ESCUALOS	29.83	M 25	2025-04-13	FRIGSA	7
5	1274003	GRIECO BARRETO JOSE ANTONIO	1982	POURENSE	32.88	M 25	2025-04-13	FRIGSA	6
6	1144946	RODRIGUEZ GARCIA JOSE BERNARDO	1983	RBAIXAS	33.12	M 25	2025-04-13	AS POZAS	5
7	1199899	DOMINGUEZ PHILOCREON TICIANO	1981	CIDSANTI	33.57	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1272979	DONG TAOGUI	1984	POR-MIÑA	33.66	M 25	2025-04-13	FRIGSA	3
9	1145052	FIERRO FERNÁNDEZ JULIO	1982	SCASINO	34.25	M 25	2025-04-12	J. GÓMEZ NOYA	2
10	1250473	COMESAÑA LAGO BORJA	1981	CNMOS	37.06	M 25	2025-04-13	AS POZAS	1
11	1198878	MUINELO LORENZO MANUEL	1981	POR-MIÑA	39.29	M 25	2025-04-13	FRIGSA	0
12	1238132	FIDALGO SERRANO MANUEL A.	1981	CTRAVIE	39.34	M 25	2025-04-13	AS POZAS	0

45+

1	1050705	BELTRAN DIAZ EMILIO	1977	MOLEMOS	26.96	M 25	2025-04-13	FRIGSA	13
2	1076560	EIRIZ DIEGUEZ DANIEL	1978	CNMOS	27.76	M 25	2025-04-13	AS POZAS	10
3	1084706	ESCUDERO PEREIRA SANTIAGO	1977	POURENSE	29.11	M 25	2025-04-13	FRIGSA	8
4	1272806	FEIJOO REY ROI	1979	POURENSE	29.48	M 25	2025-04-13	FRIGSA	7
5	1251854	CARBALLO CABEZAS ENRIQUE	1976	POURENSE	29.70	M 25	2025-04-13	FRIGSA	6
6	1224733	ARANGO GAYAR SAUL	1980	RBAIXAS	31.00	M 25	2025-04-13	AS POZAS	5
7	1076549	FERNÁNDEZ MAROTO DIEGO	1978	RCNVIGO	33.07	M 25	2025-04-13	AS POZAS	4
8	1200126	TABOADA CALVELO JOSE CARLOS	1979	SALESTRA	33.66	M 25	2025-04-13	FRIGSA	3

9	1201621	ALONSO ORTIZ MARIANO	1976	FLUVLUGO	34.12	M 25	2025-04-13	FRIGSA	2
10	1084041	SUAREZ GARCIA SERGIO	1980	MPVETUS	34.22	M 25	2025-04-13	AS POZAS	1
11	1264765	COUSELO CASTIÑEIRAS MIGUEL ÁNGEL	1976	CNORDES	36.67	M 25	2025-04-12	J. GÓMEZ NOYA	0
50+									
1	1076544	GARABATOS RODRIGUEZ SANTIAGO	1974	CNMOS	25.89	M 25	2025-04-13	AS POZAS	13
2	1243174	SONEIRA REBOREDO OSCAR	1975	CIDSANTI	26.61	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1274415	FERNÁNDEZ RAMOS CARLOS	1971	CMARINA	29.07	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1146934	DIEGUEZ ARANDA HECTOR	1973	POR-MIÑA	29.11	M 25	2025-04-13	FRIGSA	7
5	1010047	GARCIA REBOLO ALEJANDRO	1975	POURENSE	29.81	M 25	2025-04-13	FRIGSA	6
6	1147010	SANJURJO POVEDA PABLO	1974	NFERROL	31.80	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1079343	MOURIÑO ORTIGUEIRA ROBERTO CARLOS	1974	NPONTEA	31.97	M 25	2025-04-13	AS POZAS	4
8	1144297	LAMAS SOTO CESAR	1975	CULLERED	32.19	M 25	2025-04-12	J. GÓMEZ NOYA	3
9	1224729	FERNADEZ BARREIROS CLAUDIO	1975	CNORDES	32.52	M 25	2025-04-12	J. GÓMEZ NOYA	2
10	1076182	TABARES DOMINGUEZ RAFAEL	1974	POURENSE	32.81	M 25	2025-04-13	FRIGSA	1
11	1244388	DIEZ RODRIGUEZ IGNACIO J.	1972	POR-MIÑA	33.68	M 25	2025-04-13	FRIGSA	0
12	1268047	CUETO ALVAREZ ELIAS	1975	CIDSANTI	34.30	M 25	2025-04-12	J. GÓMEZ NOYA	0
13	1147211	BLANCO HORTAS JOSE RAMON	1974	POR-MIÑA	35.60	M 25	2025-04-13	FRIGSA	0
14	1264740	SANCHEZ ALVAREZ RAMON IGNACIO	1972	POR-MIÑA	36.20	M 25	2025-04-13	FRIGSA	0
15	1243120	COSTAS LOPEZ JORGE JUAN	1975	RBAIXAS	36.34	M 25	2025-04-13	AS POZAS	0
16	1199640	BURGO CARLOS D.	1974	SCASINO	36.77	M 25	2025-04-12	J. GÓMEZ NOYA	0
17	1141071	LORENZO FERNANDEZ JOSE MANUEL	1972	RBAIXAS	36.87	M 25	2025-04-13	AS POZAS	0
18	1196051	BELISARIO PERAZA RAFAEL E	1972	ADFOGAR	45.76	M 25	2025-04-13	FRIGSA	0

19	1253457	IGLESIAS FERREIRO JUAN CARLOS	1971	MPVETUS	48.43	M 25	2025-04-13	AS POZAS	0
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55+

1	1085112	RIVAS FEAL ANTONIO	1966	SCASINO	30.79	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1266323	MILLÁN ALONSO RUBÉN	1970	CTRAVIE	32.16	M 25	2025-04-13	AS POZAS	10
3	1141209	DE LA PAZ VIGO AGUSTIN A.	1966	CMARINA	32.57	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1144573	MOVILLA FERNANDEZ JOSE FRANCISCO	1969	POURENSE	32.58	M 25	2025-04-13	FRIGSA	7
5	1261402	FERNANDEZ RODRIGUEZ MIGUEL ANGEL	1969	VALDEORR	35.71	M 25	2025-04-13	FRIGSA	5.5
6	1180234	SÁNCHEZ SECO MANUEL	1968	ESCUALOS	35.71	M 25	2025-04-13	FRIGSA	5.5
7	1261336	NOVO FERNANDEZ ALFREDO	1970	RBAIXAS	37.17	M 25	2025-04-13	AS POZAS	4
8	1057905	GURIDI HUERTA JESUS M.	1968	FLUVLUGO	37.75	M 25	2025-04-13	FRIGSA	3
9	1144698	CADAVID NUÑEZ JOSE	1970	POURENSE	41.54	M 25	2025-04-13	FRIGSA	2
10	1127250	RODRIGUEZ LOPEZ ELOY JESUS	1968	VALDEORR	41.75	M 25	2025-04-13	FRIGSA	1
11	1236643	MAGARIÑOS MACEIRAS XOSE	1968	SALESTRA	41.81	M 25	2025-04-13	FRIGSA	0
12	1180249	SUAREZ FREIRE DAVID MANUEL	1968	RBAIXAS	47.41	M 25	2025-04-13	AS POZAS	0
13	1144038	FERNANDEZ GONZALEZ JOSE MANUEL	1967	IHAVEADR	49.67	M 25	2025-04-13	AS POZAS	0

60+

1	1061111	ISASTI MAIZA PATXI XABIER	1965	CNXOVE	33.16	M 25	2025-04-13	FRIGSA	13
2	1078597	SOLLEIRO TIZON JUAN JOSE	1963	NCORUÑA	33.45	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1250479	ROMERO PENA JUAN RAMON	1963	HERCULES	39.41	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1143536	BLANCO PEREZ ANGEL	1964	POURENSE	39.86	M 25	2025-04-13	FRIGSA	7
5	1076514	LAGO REY JOSE MANUEL	1963	RBAIXAS	1:00.23	M 25	2025-04-13	AS POZAS	6

65+										
1	1144180	SEGUÍN CID SEVERINO	1959	CTRAVIE	42.76	M 25	2025-04-13	AS POZAS		13
70+										
1	1240096	IVANCHENKO YURII	1953	POURENSE	41.17	M 25	2025-04-13	FRIGSA		13
2	1075764	NOVOA GONZALEZ EDMUNDO	1952	HERCULES	41.94	M 25	2025-04-12	J. GÓMEZ NOYA		10
3	1216629	BERMINGHAM EAMONN	1952	CTRAVIE	46.92	M 25	2025-04-13	AS POZAS		8
4	1076489	VIRUEL RODRÍGUEZ DIEGO	1952	CTRAVIE	53.33	M 25	2025-04-13	AS POZAS		7
75+										
1	1076488	MONROY FERNÁNDEZ MANUEL	1950	NPONTEA	43.75	M 25	2025-04-13	AS POZAS		13
85+										
1	1143727	FOLCH MALLOFRE RAMON	1937	ARTEIXO	52.38	M 25	2025-04-12	J. GÓMEZ NOYA		13

10. 50 m Libre Feminino

20+

1	1037951	SOILAN FERNANDEZ RAQUEL	2001	ASMEIGAS	28.70	M 25	2025-04-13	FRIGSA	13
2	1228009	SOUTIÑO RAMIREZ CARMEN VICTORIA	2001	POR-MIÑA	31.60	M 25	2025-04-13	FRIGSA	10
3	1076318	LEMONS FERNANDEZ ZAIRA	2002	NPONTEA	31.75	M 25	2025-04-13	AS POZAS	8
4	1079203	DURAN PALEO SABELA	2005	ASMEIGAS	31.81	M 25	2025-04-13	FRIGSA	7
5	1140796	DIAZ DOPICO SABELA	2002	NFERROL	31.82	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1078736	LÓPEZ LOSADA SARA	2001	NTNARON	32.06	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1084799	GARCIA ESTEVEZ NAHIR	2002	CNMOS	32.86	M 25	2025-04-13	AS POZAS	4
8	1228048	ALVAREZ SOUTO CLAUDIA	2001	NPONTEA	33.70	M 25	2025-04-13	AS POZAS	3
9	1143380	SUAREZ GARCIA MARTA	2003	RBAIXAS	37.89	M 25	2025-04-13	AS POZAS	2

25+

1	1037173	GONZALEZ BLANCO PATRICIA	2000	MOLEMOS	28.43	M 25	2025-04-13	FRIGSA	13
2	1037836	VEIGA RODRIGUEZ ROSALIA	1999	NCORUÑA	30.45	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1037987	MENDEZ SEIJO NEREA	1999	RBAIXAS	33.26	M 25	2025-04-13	AS POZAS	8
4	1038608	SUAREZ GARCIA SOFIA	1997	RBAIXAS	33.92	M 25	2025-04-13	AS POZAS	7
5	1115644	FERNÁNDEZ JUAN MARÍA	1998	CIDSANTI	33.98	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1266329	PRADO POSADA SOFIA	1997	NPONTEA	40.87	M 25	2025-04-13	AS POZAS	5
7	1263196	CASTRO BLANCO BRENDA	2000	ESCUALOS	40.93	M 25	2025-04-13	FRIGSA	4
8	1260353	ESPASANDIN FERNANDEZ RAQUEL	1998	MOLEMOS	42.79	M 25	2025-04-13	FRIGSA	3
9	1201604	BARBADILLO ECHEVARRIA SOFIA	1999	CMARINA	1:01.59	M 25	2025-04-12	J. GÓMEZ NOYA	2

30+

1	1041452	BEN CILLERO SABELA	1992	CNXOVE	30.23	M 25	2025-04-13	FRIGSA	13
2	1116506	RAMOS LOBO RAQUEL	1993	POR-MIÑA	30.87	M 25	2025-04-13	FRIGSA	9.0
3	1178773	CHAMADOIRA DOMÍNGUEZ JENNIFER	1994	NPONTEA	30.87	M 25	2025-04-13	AS POZAS	9.0
4	1142917	LÓPEZ SANMARTÍN TANIA	1991	NFERROL	34.38	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1266341	MAURIZ BARREIRO MARIA VIOLETA	1992	CIDSANTI	35.94	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1204918	MARTINEZ GARCIA SUSANA	1991	MOLEMOS	36.89	M 25	2025-04-13	FRIGSA	5
7	1257417	ALONSO GONZALEZ INES	1992	CNMOS	36.96	M 25	2025-04-13	AS POZAS	4
8	1221887	CARRERA PEREZ CAROLINA	1994	CNMOS	38.55	M 25	2025-04-13	AS POZAS	3
9	1140780	LÓPEZ MORADO MARÍA	1991	NFERROL	38.56	M 25	2025-04-12	J. GÓMEZ NOYA	2
10	1078925	SALGADO CASTELO MARTA	1994	MULLEREF	41.04	M 25	2025-04-13	FRIGSA	1
11	1266328	PEREIRA FERNÁNDEZ PATRICIA	1992	NPONTEA	42.71	M 25	2025-04-13	AS POZAS	0
12	1250483	RODRIGUEZ RODRIGUEZ EVA	1993	VALDEORR	43.51	M 25	2025-04-13	FRIGSA	0
13	1273996	CASTROSEIROS GONZALEZ NATALIA	1991	IHAVEADR	46.97	M 25	2025-04-13	AS POZAS	0
14	1240953	SIMOIS MORAIS YOLANDA	1994	SALESTRA	48.26	M 25	2025-04-13	FRIGSA	0
15	1266325	BARBOSA FERNÁNDEZ TANIA	1991	NPONTEA	49.72	M 25	2025-04-13	AS POZAS	0

35+

1	1212097	LOUREIRO AMOR BELEN MARTINA	1988	NTNARON	30.05	M 25	2025-04-12	J. GÓMEZ NOYA	13
2	1141212	RIVAS TENREIRO ARANTZA	1989	NTNARON	32.35	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1249165	CIDRÁS ANGEL IRIA	1990	NCORUÑA	32.61	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1040731	GESTO ALONSO CLARISA	1989	NPONTEA	35.37	M 25	2025-04-13	AS POZAS	7
5	1274254	VÁZQUEZ DUARTE CRISTINA	1986	RBAIXAS	41.99	M 25	2025-04-13	AS POZAS	6
6	1274005	TORRENT I LLAMAS ARES	1990	ASMEIGAS	42.23	M 25	2025-04-13	FRIGSA	5

7	1202705	MARTINEZ BARCIELA MARIA OLGA	1990	RBAIXAS	44.31	M 25	2025-04-13	AS POZAS	4
8	1260385	CASTRO MAYO JOANA	1990	ASMEIGAS	47.83	M 25	2025-04-13	FRIGSA	3
9	1110693	FERNANDEZ GUARDIOLA LOIRA	1989	NPONTEA	54.38	M 25	2025-04-13	AS POZAS	2
40+									
1	1075843	GONZALEZ FERNANDEZ LETICIA	1982	CNXOVE	33.64	M 25	2025-04-13	FRIGSA	13
2	1273995	RAMOS GONZALEZ NOA	1985	IHAVEADR	33.87	M 25	2025-04-13	AS POZAS	10
3	1075225	SOUTO DERUNGS CRISTINA	1985	NFERROL	34.75	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1180232	FKEOUI OMARI SALMA	1982	CIDSANTI	35.56	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1243198	MARTIN VILAS MARIA JESUS	1982	CNORDES	44.34	M 25	2025-04-12	J. GÓMEZ NOYA	6
6	1093456	RAMIREZ INSUA JULIA	1983	RSDH	44.42	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1075224	BROZOS VAZQUEZ ELENA MARÍA	1982	CIDSANTI	45.20	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1257937	GARCIA ALVAREZ JENIFFER	1985	ASMEIGAS	47.65	M 25	2025-04-13	FRIGSA	3
9	1250481	MENDEZ ABELAIRA JESSICA	1982	VALDEORR	55.67	M 25	2025-04-13	FRIGSA	2
45+									
1	1078902	AZANZA MORENO CRISTINA	1976	MULLEREF	33.08	M 25	2025-04-13	FRIGSA	13
2	1060267	ESCUREDO DIEZ MIRTA	1978	CNXOVE	35.07	M 25	2025-04-13	FRIGSA	10
3	1205780	ROMAR GASALLA AURORA FATIMA	1977	NTNARON	35.34	M 25	2025-04-12	J. GÓMEZ NOYA	8
4	1144680	LOPEZ ARTABE INMACULADA	1980	CDELMAR	37.15	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1079470	MOLINOS LAMAS BIBIANA	1977	RBAIXAS	37.32	M 25	2025-04-13	AS POZAS	6
6	1224731	RIVEIRA CAAMAÑO REBECA	1977	CNORDES	39.06	M 25	2025-04-12	J. GÓMEZ NOYA	5
7	1223050	ANDON YAÑEZ LORENA	1978	SCASINO	40.46	M 25	2025-04-12	J. GÓMEZ NOYA	4
8	1273323	LÓPEZ BARREIRO CRISTINA	1979	MULLEREF	44.24	M 25	2025-04-13	FRIGSA	3

9	1261398	DIEGUEZ SANMARTIN MARIA DE LA CONCEPCION	1970	SALESTRA	47.07	M 25	2025-04-13	FRIGSA	2
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50+

1	1147115	HERNANDEZ ALFAGEME RITA	1971	GALAICO	37.32	M 25	2025-04-13	AS POZAS	13
2	1075503	DE LA MONTAÑA ALCANTARA GLORIA	1973	RSDH	40.17	M 25	2025-04-12	J. GÓMEZ NOYA	10
3	1039438	RODRIGUEZ REY MARIA J.	1973	ADFOGAR	41.31	M 25	2025-04-13	FRIGSA	8
4	1076524	SOUSA CARNEIRO ROSANA	1971	CNMOS	41.34	M 25	2025-04-13	AS POZAS	7
5	1246140	MARIÑO PAZ EVA MARIA	1974	MPVETUS	42.51	M 25	2025-04-13	AS POZAS	6
6	1273331	PÉREZ CASTRO MARÍA RUTH	1975	MULLEREF	53.09	M 25	2025-04-13	FRIGSA	5
7	1193540	DIAZ PARDO NURIA M	1975	POR-MIÑA	58.56	M 25	2025-04-13	FRIGSA	4
8	1273326	MONTALVO MUÑOZ MARÍA ENCARNACIÓN	1973	MULLEREF	1:01.47	M 25	2025-04-13	FRIGSA	3

55+

1	1076186	LOPEZ GONZALEZ MONICA	1970	POR-MIÑA	37.50	M 25	2025-04-13	FRIGSA	13
2	1037939	CASTRO MAESTRE ISAURA	1969	FLUVLUGO	38.47	M 25	2025-04-13	FRIGSA	10
3	1147048	REGUEIRO RODRIGUEZ ANA	1966	RBAIXAS	39.29	M 25	2025-04-13	AS POZAS	8
4	1264754	RODRIGUEZ PANTIN MARTA MARIA	1966	HERCULES	40.32	M 25	2025-04-12	J. GÓMEZ NOYA	7
5	1264777	GONZÁLEZ ALCARAZ GLENDA TERESA	1970	MULLEREF	41.71	M 25	2025-04-13	FRIGSA	6
6	1141127	PAREDES RIOS ROSA MARIA	1968	MPVETUS	41.87	M 25	2025-04-13	AS POZAS	5
7	1037970	CALVIÑO CANCELA MARIA CRISTINA	1968	NPONTEA	42.47	M 25	2025-04-13	AS POZAS	4
8	1258401	CALVIÑO VAZQUEZ CORAL	1968	POURENSE	46.63	M 25	2025-04-13	FRIGSA	3
9	1269270	REY OTERO ANGELA MARIA	1966	MULLEREF	50.31	M 25	2025-04-13	FRIGSA	2
10	1274243	FERNÁNDEZ SUÁREZ CARMEN	1969	IHAVEADR	57.06	M 25	2025-04-13	AS POZAS	1
11	1264776	FERNÁNDEZ COPA MARÍA SUSANA	1967	MULLEREF	1:08.30	M 25	2025-04-13	FRIGSA	0

12	1273324	LÓPEZ NIÑO MARÍA DEL MAR	1970	MULLEREF	1:10.72	M 25	2025-04-13	FRIGSA	0
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60+

1	1127105	PEREIRA ALONSO ISABEL	1961	ADFOGAR	43.15	M 25	2025-04-13	FRIGSA	13
2	1253458	IGNACIO QUINTEIRO MARIA DEL CARMEN	1965	MPVETUS	50.38	M 25	2025-04-13	AS POZAS	10
3	1260384	CAL FERNÁNDEZ MÓNICA CATALINA	1964	ASMEIGAS	50.81	M 25	2025-04-13	FRIGSA	8

65+

1	1217937	RODRÍGUEZ TRONCOSO MARINA	1959	NPONTEA	1:01.06	M 25	2025-04-13	AS POZAS	13
2	1253186	BAL ALVAREDO MERCEDES DE LAS NIEVES	1960	MULLEREF	1:08.75	M 25	2025-04-13	FRIGSA	10
3	1273345	NIKITIK BARTLETT ANNE NIKITIK	1959	MULLEREF	1:16.23	M 25	2025-04-13	FRIGSA	8

70+

1	1076490	GONZALEZ-ALEGRE BURGUEÑO ANA MARIA	1952	CTRAVIE	47.62	M 25	2025-04-13	AS POZAS	13
2	1036752	BAGLIETTO MILLAN M. DOLORES	1952	MPVETUS	51.23	M 25	2025-04-13	AS POZAS	10
3	1273998	DIAZ PERNAS MARIA CARMEN	1955	MULLEREF	1:48.82	M 25	2025-04-13	FRIGSA	8

75+

1	1076482	GONZALEZ RODRIGUEZ S. MARTA	1946	NPONTEA	1:25.34	M 25	2025-04-13	AS POZAS	13
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11. 200 m Costas Masculino

25+

1	1144193	PASTORIZA SANTACLARA JORGE	1997	RBAIXAS	2:21.15	M 25	2025-04-13	AS POZAS	13
		150E: 0 50E: 32.65 100E: 1:07.67							
2	1039297	DOPICO REY ANTON	1997	NFERROL	2:26.61	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50E: 34.36 100E: 1:10.79 150E: 1:48.67							
3	1130804	CASTRO RODRIGUEZ FRANCISCO	2000	CIDSANTI	2:31.84	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50E: 34.32 100E: 1:12.05 150E: 1:51.09							
4	1141093	VILLAMOR FERRO RUBÉN	2000	ARTEIXO	2:33.55	M 25	2025-04-12	J. GÓMEZ NOYA	7
		50E: 36.78 100E: 1:15.24 150E: 1:54.45							
5	1039270	TRILLO RODRIGUEZ ADRIAN	1997	CNMOS	2:50.23	M 25	2025-04-13	AS POZAS	6
		150E: 0 50E: 40.49 100E: 1:23.70							

30+

1	1130602	TENORIO FREIRE MARTIN	1992	CIDSANTI	2:22.69	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50E: 33.87 100E: 1:08.88 150E: 1:45.64							
2	1107418	LAGO LOPEZ DIEGO	1991	NCORUÑA	2:28.03	M 25	2025-04-12	J. GÓMEZ NOYA	10
		50E: 34.90 100E: 1:12.70 150E: 1:50.74							
3	1110674	BORRAZAS RUMBO MANUEL	1993	NCORUÑA	2:33.02	M 25	2025-04-12	J. GÓMEZ NOYA	8
		50E: 35.30 100E: 1:13.43 150E: 1:53.14							
4	1037824	FREIRE GONZALEZ JAVIER	1993	RBAIXAS	2:49.10	M 25	2025-04-13	AS POZAS	7
		150E: 0 50E: 40.33 100E: 1:24.58							
5	1232980	PICALLO MATO ADRIAN	1995	SALESTRA	3:06.41	M 25	2025-04-13	FRIGSA	6
		50E: 45.99 100E: 1:32.89 150E: 2:20.13							
6	1256973	PENIDE CALVO GABRIEL	1993	RBAIXAS	3:09.19	M 25	2025-04-13	AS POZAS	5
		150E: 0 50E: 42.34 100E: 1:30.39							
7	1207051	LAVIA PINTOS DAVID	1993	MPVETUS	3:23.40	M 25	2025-04-13	AS POZAS	4
		150E: 0 50E: 47.48 100E: 1:40.49							

35+

1	1141144	ARIETTO GARCIA JORGE	1986	RCNVIGO	2:27.92	M 25	2025-04-13	AS POZAS	13
		150E: 0 50E: 35.00 100E: 1:12.26							
2	1143890	FORTES NOVOA MARTIÑO	1988	ESCUALOS	2:42.64	M 25	2025-04-13	FRIGSA	10
		50E: 39.50 100E: 1:20.28 150E: 2:02.04							
3	1236854	GIRALDEZ VILLANUEVA IVAN	1987	NPONTEA	4:17.48	M 25	2025-04-13	AS POZAS	8
		150E: 0 50E: 58.22 100E: 2:01.75							

40+

1	1214823	GONZALEZ PEÑAS DAVID	1984	POR-MIÑA	3:05.39	M 25	2025-04-13	FRIGSA	13
		50E: 45.64 100E: 1:31.99 150E: 2:18.68							
2	1036745	BARCIA SIXTO FRANCISCO JOSÉ	1985	NTNARON	3:11.03	M 25	2025-04-12	J. GÓMEZ NOYA	10

50E: 45.28 100E: 1:32.66 150E: 2:21.57

3 1144584 ALVAREZ SILVA RUBEN 1981 ESCUALOS 3:26.82 M 25 2025-04-13 FRIGSA 8

50E: 50.02 100E: 1:41.78 150E: 2:35.51

4 1107557 MELLA BARBEITO JAVIER 1983 ARTEIXO 4:16.32 M 25 2025-04-12 J. GÓMEZ NOYA 7

50E: 57.03 100E: 2:01.98 150E: 3:02.95

45+

1 1118746 SANCHEZ GORDON ROMAN 1978 RBAIXAS 2:33.84 M 25 2025-04-13 AS POZAS 13

150E: 0 50E: 36.61 100E: 1:15.89

2 1244353 TATO FUENTES VICTOR 1979 ADFOGAR 2:40.42 M 25 2025-04-13 FRIGSA 10

50E: 40.13 100E: 1:20.55 150E: 2:00.91

3 1024675 IGLESIAS GOMEZ GONZALO 1979 CIDSANTI 2:50.81 M 25 2025-04-12 J. GÓMEZ NOYA 8

50E: 39.30 100E: 1:22.73 150E: 2:07.74

4 1144267 FINS SEOANE JUAN MIGUEL 1977 SALESTRA 2:58.11 M 25 2025-04-13 FRIGSA 7

50E: 42.18 100E: 1:26.67 150E: 2:12.51

5 1076549 FERNÁNDEZ MAROTO DIEGO 1978 RCNVIGO 3:40.80 M 25 2025-04-13 AS POZAS 6

150E: 0 50E: 51.76 100E: 1:47.33

6 1038913 SUAREZ GARCIA PEDRO LOIS 1980 NPONTEA 3:40.84 M 25 2025-04-13 AS POZAS 5

150E: 0 50E: 53.53 100E: 1:48.17

7 1251233 GONZALEZ SANDEZ CARLOS 1979 VALDEORR 5:45.68 M 25 2025-04-13 FRIGSA 4

50E: 1:20.69 100E: 2:47.47 150E: 4:18.58

50+

1 1038104 PEREZ ARIAS HECTOR 1971 POR-MIÑA 3:01.76 M 25 2025-04-13 FRIGSA 13

50E: 42.38 100E: 1:27.47 150E: 2:13.89

2 1144601 PUENTE DÍAZ JAVIER 1971 CIDSANTI 3:07.49 M 25 2025-04-12 J. GÓMEZ NOYA 10

50E: 43.71 100E: 1:30.34 150E: 2:18.59

3 1040137 QUINTAS BARROS JESUS CARLOS 1973 ESCUALOS 3:09.13 M 25 2025-04-13 FRIGSA 8

50E: 43.36 100E: 1:31.59 150E: 2:20.58

4 1274415 FERNÁNDEZ RAMOS CARLOS 1971 CMARINA 3:16.24 M 25 2025-04-12 J. GÓMEZ NOYA 7

50E: 45.43 100E: 1:33.67 150E: 2:24.98

5 1076535 DE LUIS GONZÁLEZ AITOR 1974 POR-MIÑA 3:18.56 M 25 2025-04-13 FRIGSA 6

50E: 50.13 100E: 1:30.80 150E: 2:29.46

6 1244393 REY RODRIGUEZ OSCAR 1974 CIDSANTI 3:22.15 M 25 2025-04-12 J. GÓMEZ NOYA 5

50E: 50.50 100E: 1:40.75 150E: 2:32.12

7 1268047 CUETO ALVAREZ ELIAS 1975 CIDSANTI 3:43.63 M 25 2025-04-12 J. GÓMEZ NOYA 4

50E: 55.73 100E: 1:52.98 150E: 2:50.43

8 1076526 REBANAL ALFAYA FERNANDO 1971 VALDEORR 3:48.14 M 25 2025-04-13 FRIGSA 3

50E: 48.65 100E: 1:45.44 150E: 2:48.04

9 1143850 IGLESIAS MIRA FELIPE 1974 POURENSE 4:15.13 M 25 2025-04-13 FRIGSA 2

50E: 56.35 100E: 2:02.19 150E: 3:09.79

55+

1 1180234 SÁNCHEZ SECO MANUEL 1968 ESCUALOS 3:21.74 M 25 2025-04-13 FRIGSA 13

		50E: 48.71	100E: 1:40.98	150E: 2:32.33							
2	1037161	TOME NOGUEIRA ALBERTO M.	1968	ADFOGAR	3:23.81	M 25	2025-04-13	FRIGSA	10		
		50E: 48.74	100E: 1:40.06	150E: 2:32.53							
3	1195569	PEREZ LEIVA MANUEL	1968	RBAIXAS	3:32.72	M 25	2025-04-13	AS POZAS	8		
		150E: 0	50E: 50.83	100E: 1:45.73							
4	1141356	GENDE DIAZ JUAN F.	1970	ADFOGAR	3:51.23	M 25	2025-04-13	FRIGSA	7		
		50E: 52.77	100E: 1:52.83	150E: 2:54.91							
5	1193949	LAMELO OTERO RAMÓN JESUS	1968	CIDSANTI	4:05.69	M 25	2025-04-12	J. GÓMEZ NOYA	6		
		50E: 57.73	100E: 2:01.49	150E: 3:06.17							
60+											
1	1075589	SANCHEZ VAZQUEZ JESUS	1962	POR-MIÑA	4:13.03	M 25	2025-04-13	FRIGSA	13		
		50E: 59.54	100E: 2:06.29	150E: 3:13.05							
65+											
1	1170858	CODESIDO LOPEZ JOSÉ	1959	CIDSANTI	3:20.80	M 25	2025-04-12	J. GÓMEZ NOYA	13		
		50E: 47.87	100E: 1:38.88	150E: 2:30.37							
75+											
1	1076487	RODRIGUEZ LEMOS ANDRES JESUS	1949	CNMOS	4:12.40	M 25	2025-04-13	AS POZAS	13		
		150E: 0	50E: 1:02.10	100E: 2:07.33							
85+											
1	1143727	FOLCH MALLOFRE RAMON	1937	ARTEIXO	4:47.45	M 25	2025-04-12	J. GÓMEZ NOYA	13		
		50E: 1:06.67	100E: 2:20.30	150E: 3:35.32							

12. 200 m Costas Feminino

20+										
1	1075380	SALVANTE LAGO AINHOA	2003	NFERROL	2:29.38	M 25	2025-04-12	J. GÓMEZ NOYA	13	
		50E: 34.92 100E: 1:12.98 150E: 1:51.36								
2	1079883	RODRIGUEZ RODRIGUEZ NINA	2002	RBAIXAS	2:38.17	M 25	2025-04-13	AS POZAS	10	
		150E: 0 50E: 37.20 100E: 1:17.39								
3	1038179	IBAÑEZ CARRERA SARA	2001	NPONTEA	2:38.57	M 25	2025-04-13	AS POZAS	8	
		150E: 0 50E: 36.84 100E: 1:17.47								
4	1266324	ALVAREZ FERNANDEZ SOFIA	2004	NPONTEA	3:43.54	M 25	2025-04-13	AS POZAS	7	
		150E: 0 50E: 48.98 100E: 1:45.17								
25+										
1	1108273	SUAREZ GONZALEZ GRACIA	2000	NPONTEA	2:31.90	M 25	2025-04-13	AS POZAS	13	
		150E: 0 50E: 35.82 100E: 1:14.64								
2	1038466	RODRIGUEZ PAZ LUCIA	2000	NPONTEA	3:19.03	M 25	2025-04-13	AS POZAS	10	
		150E: 0 50E: 47.03 100E: 1:37.60								
3	1222772	RODRIGUEZ-TOUBES FORRYAN IRENE	1999	NPONTEA	4:52.64	M 25	2025-04-13	AS POZAS	8	
		150E: 0 50E: 1:10.03 100E: 2:23.84								
30+										
1	1093459	FRANCO CAL ALBA	1991	ASMEIGAS	2:34.08	M 25	2025-04-13	FRIGSA	13	
		50E: 36.15 100E: 1:15.85 150E: 1:56.07								
2	1256967	DEL RIO REGUEIRA SARA	1991	NCORUÑA	2:46.20	M 25	2025-04-12	J. GÓMEZ NOYA	10	
		50E: 40.24 100E: 1:22.05 150E: 2:04.54								
3	1051353	CRUZ GARCIA AURORA	1995	CIDSANTI	2:58.80	M 25	2025-04-12	J. GÓMEZ NOYA	8	
		50E: 41.23 100E: 1:26.15 150E: 2:12.90								
35+										
1	1028641	OTERO RODRIGUEZ SANDRA	1987	ESCUALOS	2:56.66	M 25	2025-04-13	FRIGSA	13	
		50E: 42.27 100E: 1:27.91 150E: 2:13.92								
2	1144948	GONZALEZ PEREZ JESSICA	1987	RBAIXAS	3:15.68	M 25	2025-04-13	AS POZAS	10	
		150E: 0 50E: 45.45 100E: 1:34.30								
3	1274254	VÁZQUEZ DUARTE CRISTINA	1986	RBAIXAS	3:32.07	M 25	2025-04-13	AS POZAS	8	
		150E: 0 50E: 49.63 100E: 1:42.93								
4	1141313	MIRA VAZQUEZ PAULA	1986	ESCUALOS	3:41.97	M 25	2025-04-13	FRIGSA	7	
		50E: 33.29 100E: 1:49.92 150E: 2:47.06								
40+										
1	1075221	HERMIDA RODRIGUEZ BLANCA	1981	NFERROL	2:38.97	M 25	2025-04-12	J. GÓMEZ NOYA	13	
		50E: 37.22 100E: 1:17.22 150E: 1:57.87								
2	1143597	SANCHEZ LEDO CIRA	1981	ESCUALOS	3:07.05	M 25	2025-04-13	FRIGSA	10	

		50E: 45.99	100E: 1:32.88	150E: 2:20.45							
3	1237395	VILARIÑO CACHO ELVIRA			1981	SALESTRA	3:20.42	M 25	2025-04-13	FRIGSA	8
		50E: 49.24	100E: 1:40.58	150E: 2:32.17							
4	1236642	ABBATEMARCO CRISTINA			1984	SALESTRA	3:31.67	M 25	2025-04-13	FRIGSA	7
		50E: 48.99	100E: 1:42.24	150E: 2:38.02							
5	1222531	FERNANDEZ GONZALEZ IRIA			1982	POR-MIÑA	3:32.33	M 25	2025-04-13	FRIGSA	6
		50E: 49.71	100E: 1:43.21	150E: 2:38.00							
6	1251885	SUAREZ BUJAN REBECA			1983	CIDSANTI	3:38.71	M 25	2025-04-12	J. GÓMEZ NOYA	5
		50E: 50.94	100E: 1:45.54	150E: 2:45.21							
7	1075224	BROZOS VAZQUEZ ELENA MARÍA			1982	CIDSANTI	4:26.06	M 25	2025-04-12	J. GÓMEZ NOYA	4
		50E: 1:01.59	100E: 2:09.90	150E: 3:18.82							
45+											
1	1078902	AZANZA MORENO CRISTINA			1976	MULLEREF	3:09.33	M 25	2025-04-13	FRIGSA	13
		50E: 45.43	100E: 1:33.42	150E: 2:22.58							
2	1264733	GOMEZ PAREDES MARIA			1976	FLUVLUGO	3:36.04	M 25	2025-04-13	FRIGSA	10
		50E: 49.26	100E: 1:42.05	150E: 2:38.93							
3	1250484	VAZQUEZ GONZALEZ YOLANDA			1976	VALDEORR	5:00.80	M 25	2025-04-13	FRIGSA	8
		50E: 1:09.32	100E: 2:25.40	150E: 3:42.91							
50+											
1	1267369	YAÑEZ DOBARRO MARIA			1975	MPVETUS	5:38.93	M 25	2025-04-13	AS POZAS	13
		150E: 0	50E: 1:08.99	100E: 2:37.26							
55+											
1	1038729	DEL AMO BLANCO MARGARITA			1967	NPONTEA	3:46.52	M 25	2025-04-13	AS POZAS	13
		150E: 0	50E: 52.79	100E: 1:50.38							
2	1141127	PAREDES RIOS ROSA MARIA			1968	MPVETUS	4:03.42	M 25	2025-04-13	AS POZAS	10
		150E: 0	50E: 58.03	100E: 1:59.92							
3	1143584	FERNANDEZ SESTELO MARIA JOSE			1970	NPONTEA	5:14.03	M 25	2025-04-13	AS POZAS	8
		150E: 0	50E: 1:14.81	100E: 2:35.99							
4	1267371	FORRYAN SECCOMBE ANNE MAY			1966	NPONTEA	5:31.92	M 25	2025-04-13	AS POZAS	7
		150E: 0	50E: 1:15.32	100E: 2:42.14							
60+											
1	1079307	CHAMOSA MARTIN JULIA			1961	RBAIXAS	3:37.90	M 25	2025-04-13	AS POZAS	13
		150E: 0	50E: 51.07	100E: 1:46.17							
2	1253458	IGNACIO QUINTEIRO MARIA DEL CARMEN			1965	MPVETUS	5:02.18	M 25	2025-04-13	AS POZAS	10
		150E: 0	50E: 1:10.07	100E: 2:29.71							
65+											
1	1170586	OREIRO PAZOS M. GLORIA			1960	ARTEIXO	4:21.58	M 25	2025-04-12	J. GÓMEZ NOYA	13
		50E: 1:01.30	100E: 2:06.67	150E: 3:13.88							
2	1037151	GOMEZ DOVAL MARIA ANGELA			1956	FLUVLUGO	5:49.93	M 25	2025-04-13	FRIGSA	10



LIGA GALEGA MÁSTER XOR. 4 (UNIFICADOS)

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		50E: 1:21.44	100E: 2:50.08	150E: 4:21.37						
3	1075765	FERNANDEZ FERNANDEZ MARIA TERESA	1956	MULLEREF	5:56.35	M 25	2025-04-13	FRIGSA		8
		50E: 1:31.16	100E: 3:00.78	150E: 4:31.58						

13. 4x50 m Estilos Feminino

+80									
1	C. N. PONTEAREAS	NPONTEA	2:27.57	M 25	2025-04-13	AS POZAS			26
	LEMONS FERNANDEZ ZAIRA (2002)								
	50M: 34.22								
	IBAÑEZ CARRERA SARA (2001)								
	50E: 34.50								
	CABALEIRO FREIRIA LARA (2001)								
	50L: 37.15								
	ALVAREZ SOUTO CLAUDIA (2001)								
	50B: 41.70								
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:36.93	M 25	2025-04-13	AS POZAS			20
	RODRIGUEZ RODRIGUEZ NINA (2002)								
	50M: 29.98								
	ESTEVEZ BASTERO ANA (2005)								
	50L: 35.55								
	SUAREZ GARCIA MARTA (2003)								
	50E: 45.21								
	GARCÉS FERNÁNDEZ EREA (2003)								
	50B: 46.19								
+120									
1	C. N. FERROL	NFERROL	2:35.50	M 25	2025-04-12	J. GÓMEZ NOYA			26
	HERMIDA RODRIGUEZ BLANCA (1981)								
	50M: 3.13								
	LÓPEZ SANMARTÍN TANIA (1991)								
	50E: 40.26								
	LÓPEZ MORADO MARÍA (1991)								
	50B: 47.89								
	SOUTO DERUNGS CRISTINA (1985)								
	50L: 1:04.22								
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:36.34	M 25	2025-04-13	AS POZAS			20
	VILARIÑO SAN JOSE ALBA (1993)								
	50L: 32.13								
	PRADO FRANCO MARTHA-ELIZABETH (1979)								
	50M: 37.93								
	MENDEZ SEIJO NEREA (1999)								
	50B: 43.03								
	GONZALEZ PEREZ JESSICA (1987)								
	50E: 43.25								
3	C. N. CORUÑA	NCORUÑA	2:36.43	M 25	2025-04-12	J. GÓMEZ NOYA			16

DEL RIO REGUEIRA SARA (1991)

50E: 34.03

MUIÑO ALONSO ANDREA (1991)

50L: 34.68

VEIGA RODRIGUEZ ROSALIA (1999)

50B: 39.06

RIVAS RODRIGUEZ LUCIA (1979)

50M: 48.66

4 C. N. MOS CNMOS 2:47.98 M 25 2025-04-13 AS POZAS 14

ALONSO GONZALEZ INES (1992)

50L: 37.00

DAVILA SILVA ALICIA (1998)

50B: 38.08

CARRERA PEREZ CAROLINA (1994)

50M: 45.68

SOUSA CARNEIRO ROSANA (1971)

50E: 47.22

5 C. N. XOVE CNXOVE 2:48.93 M 25 2025-04-13 FRIGSA 12

GONZALEZ FERNANDEZ LETICIA (1982)

50L: 34.88

BEN CILLERO SABELA (1992)

50M: 35.02

ESCUREDO DIEZ MIRTA (1978)

50B: 43.50

BEN CILLERO NATALIA (1989)

50E: 55.53

6 C. N. PONTEAREAS NPONTEA 2:53.60 M 25 2025-04-13 AS POZAS 10

CHAMADOIRA DOMÍNGUEZ JENNIFER (1994)

50E: 34.52

SUAREZ GONZALEZ GRACIA (2000)

50B: 37.01

GESTO ALONSO CLARISA (1989)

50L: 37.98

FERNANDEZ GUARDIOLA LOIRA (1989)

50M: 1:04.09

7 C. N. AS MEIGAS ASMEIGAS 3:07.98 M 25 2025-04-13 FRIGSA 8

FRANCO CAL ALBA (1991)

50M: 29.26

GARCIA ALVAREZ JENIFFER (1985)

50L: 45.44

TORRENT I LLAMAS ARES (1990)

50B: 51.75

CASTRO MAYO JOANA (1990)

50E: 1:01.53

DES	C. N. ESCUALOS	ESCUALOS	M 25	2025-04-13	FRIGSA	0
	SANCHEZ LEDO CIRA (1981)					
	50E: 0					
	MIRA VAZQUEZ MARTA (1981)					
	50B: 0					
	OTERO RODRIGUEZ SANDRA (1987)					
	50M: 0					
	CASTRO BLANCO BRENDA (2000)					
	50L: 0					
+160						
1	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:36.36	M 25	2025-04-13	FRIGSA 26
	RAMOS LOBO RAQUEL (1993)					
	50L: 30.97					
	LOPEZ RODRIGUEZ AROA (1997)					
	50M: 36.72					
	OJEA DE CASTRO MACARENA (1973)					
	50E: 40.93					
	LOPEZ GONZALEZ MONICA (1970)					
	50B: 47.74					
2	C. MULLER EN FORMA	MULLEREF	3:00.07	M 25	2025-04-13	FRIGSA 20
	GARCÍA NAVAS CAROLINA (1979)					
	50L: 39.95					
	AZANZA MORENO CRISTINA (1976)					
	50M: 40.58					
	SALGADO CASTELO MARTA (1994)					
	50E: 46.74					
	LÓPEZ BARREIRO CRISTINA (1979)					
	50B: 52.80					
3	C. N. E SALVAMENTO A ESTRADA	SALESTRA	3:06.90	M 25	2025-04-13	FRIGSA 16
	VILARIÑO CACHO ELVIRA (1981)					
	50M: 41.70					
	ABBATEMARCO CRISTINA (1984)					
	50E: 43.36					
	DIEGUEZ SANMARTIN MARIA DE LA CONCEPCION (1976)					
	50L: 47.26					
	SIMOIS MORAIS YOLANDA (1994)					
	50B: 54.58					
4	C. DEP. I HAVE A DREAM	IHAVEADR	3:25.81	M 25	2025-04-13	AS POZAS 14
	RAMOS GONZALEZ NOA (1985)					
	50M: 38.53					
	FERNÁNDEZ SUÁREZ CARMEN (1969)					
	50L: 54.91					
	CASTROSEIROS GONZALEZ NATALIA (1991)					

50B: 55.07

FREIRE PIÑEIRO LORENA (1980)

50E: 57.30

5 C. N. VALDEORRAS VALDEORR 4:29.27 M 25 2025-04-13 FRIGSA 12

RAMOS NUÑEZ PURIFICACION (1973)

50L: 1:01.24

RODRIGUEZ RODRIGUEZ EVA (1993)

50B: 1:02.52

VAZQUEZ GONZALEZ YOLANDA (1976)

50E: 1:03.61

MENDEZ ABELAIRA JESSICA (1982)

50M: 1:21.90

+200

1 C. N. VIGO RÍAS BAIXAS RBAIXAS 2:53.87 M 25 2025-04-13 AS POZAS 26

REGUEIRO RODRIGUEZ ANA (1966)

50L: 38.87

CHAMOSA MARTIN JULIA (1961)

50M: 43.13

ROIG SANCHEZ BLANCA ANA (1974)

50E: 44.58

MOLINOS LAMAS BIBIANA (1977)

50B: 47.29

2 C. FLUVIAL LUGO FLUVLUGO 3:27.08 M 25 2025-04-13 FRIGSA 20

GOMEZ PAREDES MARIA (1976)

50E: 44.79

PUENTE MARIN CRISTINA (1995)

50B: 52.22

CASTRO MAESTRE ISAURA (1969)

50M: 54.77

GOMEZ DOVAL MARIA ANGELA (1956)

50L: 55.30

3 C. N. PONTEAREAS NPONTEA 3:27.53 M 25 2025-04-13 AS POZAS 16

SOBRINO EIRIZ MARIA DEL VALLE (1972)

50L: 46.37

DEL AMO BLANCO MARGARITA (1967)

50B: 52.84

CALVIÑO CANCELA MARIA CRISTINA (1968)

50M: 53.48

PEREIRA FERNÁNDEZ PATRICIA (1992)

50E: 54.84

4 C. MULLER EN FORMA MULLEREF 4:25.99 M 25 2025-04-13 FRIGSA 14

MONTALVO MUÑOZ MARÍA ENCARANACIÓN (1973)

50L: 1:00.65

PÉREZ CASTRO MARÍA RUTH (1975)

50M: 1:04.02

HERRERO DÍAZ ISABEL (1976)

50E: 1:07.39

LÓPEZ NIÑO MARÍA DEL MAR (1970)

50B: 1:13.93

+240

1	C. N. PONTEAREAS	NPONTEA	4:32.60	M 25	2025-04-13	AS POZAS	26
	FORRYAN SECCOMBE ANNE MAY (1966)						
	50L: 50.74						
	ABREU FERNANDEZ MARTA (1971)						
	50M: 56.58						
	RODRÍGUEZ TRONCOSO MARINA (1959)						
	50B: 1:07.37						
	GONZALEZ RODRIGUEZ S. MARTA (1946)						
	50E: 1:37.91						
2	C. MULLER EN FORMA	MULLEREF	5:29.73	M 25	2025-04-13	FRIGSA	20
	BAL ALVAREDO MERCEDES DE LAS NIEVES (1960)						
	50L: 1:06.91						
	NIKITIK BARTLETT ANNE NIKITIK (1959)						
	50B: 1:08.81						
	FERNANDEZ FERNANDEZ MARIA TERESA (1956)						
	50M: 1:26.71						
	DIAZ PERNAS MARIA CARMEN (1955)						
	50E: 1:47.30						

14. 4x50 m Estilos Masculino

+80									
1	C. N. PABELLÓN OURENSE	POURENSE	1:53.06	M 25	2025-04-13	FRIGSA			26
	GUTIERREZ MARIÑO SANTIAGO (2002)								
	50L: 25.76								
	FERNANDEZ DEL VALLE IVAN (2005)								
	50M: 27.53								
	QUIROGA RAMOS NOEL (2000)								
	50E: 29.14								
	SABUZ FORNEIRO MARTIN (1994)								
	50B: 30.63								
2	C. N. PONTEAREAS	NPONTEA	1:58.89	M 25	2025-04-13	AS POZAS			20
	CASARES GARCIA BRAIS (2004)								
	50L: 25.73								
	CANCELA GOMEZ HUGO (2003)								
	50M: 28.95								
	VILA PEREIRA BRAIS (2003)								
	50B: 32.05								
	ALONSO RODRIGUEZ JAVIER (2001)								
	50E: 32.16								
+120									
1	C. DEP. N. CIDADE DE SANTIAGO	CIDSANTI	2:00.69	M 25	2025-04-12	J. GÓMEZ NOYA			26
	MARTINEZ DOPAZO DAVID (1987)								
	50L: 28.32								
	TENORIO FREIRE MARTIN (1992)								
	50M: 28.53								
	CASTRO RODRIGUEZ FRANCISCO (2000)								
	50E: 31.72								
	QUINTAS MOSQUERA MANUEL (1996)								
	50B: 32.12								
2	C. N. CORUÑA	NCORUÑA	2:02.85	M 25	2025-04-12	J. GÓMEZ NOYA			20
	MUIÑO ALONSO ANTON (1994)								
	50M: 28.22								
	LAGO LOPEZ DIEGO (1991)								
	50E: 31.42								
	BELLO PORTO DAVID (1990)								
	50L: 31.57								
	BORRAZAS RUMBO MANUEL (1993)								
	50B: 31.64								
3	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:08.05	M 25	2025-04-13	AS POZAS			16

FERNANDEZ FERNANDEZ ENRIQUE (1999)

50M: 28.84

PASTORIZA SANTA CLARA JORGE (1997)

50B: 31.92

NOVALES BLANCO XABIER (1991)

50L: 32.68

FREIRE GONZALEZ JAVIER (1993)

50E: 34.61

4 C. N. FERROL NFERROL 2:16.58 M 25 2025-04-12 J. GÓMEZ NOYA 14

RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN (1991)

50L: 29.26

DOPICO REY ANTON (1997)

50E: 31.17

MUIÑO REY DANIEL (1984)

50M: 33.59

SANJURJO POVEDA PABLO (1974)

50B: 42.56

5 C. N. ARTEIXO ARTEIXO 2:25.94 M 25 2025-04-12 J. GÓMEZ NOYA 12

LEIRO FERNANDEZ ADRIAN (1984)

50L: 28.38

MUÑIZ CAL RAFAEL (1974)

50M: 32.53

VILLAMOR FERRO RUBÉN (2000)

50B: 33.82

MELLA BARBEITO JAVIER (1983)

50E: 51.21

6 C. N. PORTAMIÑA LUGO POR-MIÑA 2:29.34 M 25 2025-04-13 FRIGSA 10

LOPEZ LOPEZ JAIME BORJA (2000)

50M: 28.80

DONG TAOGUI (1984)

50L: 33.93

MEILÁN SANCHEZ SERGIO JOSE (1996)

50E: 40.25

GONZALEZ PEÑAS DAVID (1984)

50B: 46.36

7 C. N. PONTEAREAS NPONTEA 2:37.20 M 25 2025-04-13 AS POZAS 8

MARTÍNEZ DOMÍNGUEZ IVÁN (1988)

50L: 32.55

IBÁÑEZ CARRERA MANUEL GABRIEL (1996)

50E: 34.34

GONZALEZ CONDE RODRIGO (1982)

50B: 43.96

SUAREZ GARCIA PEDRO LOIS (1980)

50M: 46.35

8	C. N. MOS	CNMOS	2:37.55	M 25	2025-04-13	AS POZAS	6
	TRILLO RODRIGUEZ ADRIAN (1997)						
	50E: 36.30						
	COMESAÑA LAGO BORJA (1981)						
	50L: 38.43						
	ALONSO NOVOA DIEGO (1990)						
	50B: 39.73						
	PEXEGUEIRO BALADRON NICOLAS (1977)						
	50M: 43.09						
DES	C. N. VALDEORRAS	VALDEORR		M 25	2025-04-13	FRIGSA	0
	ESPINOSA MIRA JORGE (1978)						
	50E: 0						
	GONZALEZ SANDEZ CARLOS (1979)						
	50B: 0						
	DIAZ QUEZADA MIGUEL BISMARCK (1998)						
	50M: 0						
	ALEJANDRE SALGADO GERMAN (1986)						
	50L: 0						
+160							
1	C. N. PABELLÓN OURENSE	POURENSE	2:12.45	M 25	2025-04-13	FRIGSA	26
	FEJJO REY ROI (1979)						
	50L: 28.93						
	ESCUDEIRO PEREIRA SANTIAGO (1977)						
	50M: 31.40						
	GARCIA REBOLO ALEJANDRO (1975)						
	50B: 35.41						
	CARBALLO CABEZAS ENRIQUE (1976)						
	50E: 36.71						
2	C. N. VIGO RÍAS BAIXAS	RBAIXAS	2:20.44	M 25	2025-04-13	AS POZAS	20
	RODRIGUEZ GARCIA JOSE BERNARDO (1983)						
	50L: 32.16						
	SANCHEZ GORDON ROMAN (1978)						
	50E: 33.36						
	PENIDE CALVO GABRIEL (1993)						
	50M: 37.24						
	ARANGO GAYAR SAUL (1980)						
	50B: 37.68						
3	C. N. PORTAMIÑA LUGO	POR-MIÑA	2:23.86	M 25	2025-04-13	FRIGSA	16
	GONZALEZ VICENTE RUBEN (1981)						
	50M: 31.72						
	DIEZ RODRIGUEZ IGNACIO J. (1972)						
	50L: 33.76						
	MOURIZ LOMBAO FCO. JAVIER (1975)						

50E: 36.81

GUIMAREY VAZQUEZ MARCOS (1977)

50B: 41.57

4 C. N. ESCUALOS ESCUALOS 2:27.87 M 25 2025-04-13 FRIGSA 14

ALVAREZ SILVA RUBEN (1981)

50L: 30.48

KRUGLOV MYKOLA (1985)

50M: 31.74

FERNANDEZ MARTINEZ ALBERTO (1971)

50B: 41.79

SÁNCHEZ SECO MANUEL (1968)

50E: 43.86

5 C. FLUVIAL LUGO FLUVLUGO 2:32.25 M 25 2025-04-13 FRIGSA 12

IGLESIAS LAPIDO MIGUEL (1985)

50M: 32.82

GURIDI HUERTA JESUS M. (1968)

50L: 37.28

ALONSO ORTIZ MARIANO (1976)

50B: 39.78

GOMEZ MARTIN RUBEN (1978)

50E: 42.37

6 C. N. ORDES CNORDES 2:34.67 M 25 2025-04-12 J. GÓMEZ NOYA 10

COUSELO CASTIÑEIRAS MIGUEL ÁNGEL (1976)

50L: 33.06

TELLA FERREIRO MIGUEL (1988)

50M: 33.07

FERNANDEZ BARREIROS CLAUDIO (1975)

50E: 43.43

IGLESIAS VIEITES MANUEL (1986)

50B: 45.11

7 C. N. MONFORTE DE LEMOS MOLEMS 2:35.10 M 25 2025-04-13 FRIGSA 8

BELTRAN DIAZ EMILIO (1977)

50M: 29.72

TORRES FRAILE EMILIO (1984)

50L: 37.11

PÉREZ GONZÁLEZ IVÁN (1982)

50B: 39.03

VAZQUEZ PEREZ DIEGO (1995)

50E: 49.24

8 C. DEP. N. CIDADE DE SANTIAGO CIDSANTI 2:38.70 M 25 2025-04-12 J. GÓMEZ NOYA 6

IGLESIAS GOMEZ GONZALO (1979)

50E: 34.65

CABANELAS EIRAS PABLO (1979)

50M: 37.19

LAMELO OTERO RAMÓN JESUS (1968)

50L: 39.82

DOMINGUEZ PHILOCREON TICIANO (1981)

50B: 47.04

+200

1	C. N. MOS	CNMOS	2:18.46	M 25	2025-04-13	AS POZAS	26
	GARABATOS RODRIGUEZ SANTIAGO (1974)						
	50M: 27.95						
	MORQUILLAS RIOBO BRAIS (1987)						
	50L: 28.03						
	EIRIZ DIEGUEZ DANIEL (1978)						
	50E: 31.95						
	RODRIGUEZ LEMOS ANDRES JESUS (1949)						
	50B: 50.53						
2	AGRUP. DEP. FOGAR	ADFOGAR	2:39.34	M 25	2025-04-13	FRIGSA	20
	GENDE DIAZ JUAN F. (1970)						
	50L: 32.25						
	TATO FUENTES VICTOR (1979)						
	50E: 36.18						
	TOME NOGUEIRA ALBERTO M. (1968)						
	50M: 41.15						
	BELISARIO PERAZA RAFAEL E (1972)						
	50B: 49.76						
3	C. N. E SALVAMENTO A ESTRADA	SALESTRA	2:55.90	M 25	2025-04-13	FRIGSA	16
	GESTOSO PAZO JUAN FRANCISCO (1967)						
	50M: 36.07						
	MAGARIÑOS MACEIRAS XOSE (1968)						
	50L: 40.33						
	DURO GONZALEZ ANTONIO (1974)						
	50E: 48.94						
	TABOADA CALVELO JOSE CARLOS (1979)						
	50B: 50.56						
4	C. N. VIGO RÍAS BAIXAS	RBAIXAS	3:02.76	M 25	2025-04-13	AS POZAS	14
	LORENZO FERNANDEZ JOSE MANUEL (1972)						
	50M: 39.82						
	PEREZ LEIVA MANUEL (1968)						
	50E: 45.67						
	SUAREZ FREIRE DAVID MANUEL (1968)						
	50L: 46.40						
	NOVO FERNANDEZ ALFREDO (1970)						
	50B: 50.87						
5	C. N. PORTAMIÑA LUGO	POR-MIÑA	3:08.40	M 25	2025-04-13	FRIGSA	12
	BLANCO HORTAS JOSE RAMON (1974)						

50L: 30.68

SANCHEZ ALVAREZ RAMON IGNACIO (1972)

50B: 46.94

DE LUIS GONZÁLEZ AITOR (1974)

50M: 50.72

PIROSCIA PENADO JOSE (1966)

50E: 1:00.06

6 C. N. VALDEORRAS VALDEORR 3:14.09 M 25 2025-04-13 FRIGSA 10

RODRIGUEZ BASANTA FCO. JOSE (1961)

50L: 36.70

FERNANDEZ RODRIGUEZ MIGUEL ANGEL (1969)

50B: 49.41

REBANAL ALFAYA FERNANDO (1971)

50M: 50.99

RODRIGUEZ LOPEZ ELOY JESUS (1968)

50E: 56.99

+240

1 C. N. PABELLÓN OURENSE POURENSE 3:02.06 M 25 2025-04-13 FRIGSA 26

BLANCO PEREZ ANGEL (1964)

50L: 39.67

CADAVID NUÑEZ JOSE (1970)

50B: 46.65

IVANCHENKO YURII (1953)

50M: 47.78

MOVILLA FERNANDEZ JOSE FRANCISCO (1969)

50E: 47.96

2 C. TRAVIESAS N. CTRAVIE 3:48.48 M 25 2025-04-13 AS POZAS 20

MILLÁN ALONSO RUBÉN (1970)

50M: 41.14

BERMINGHAM EAMONN (1952)

50L: 48.63

SEGUÍN CID SEVERINO (1959)

50B: 49.59

VIRUEL RODRÍGUEZ DIEGO (1952)

50E: 1:29.12