

Prueba 2  
30/11/2024

Fem., 400m Estilos

Open femenino  
Resultados

RG	4:31.65	, GOMEZ CORTES, BEATRIZ	GALAICO	15/12/2013
MMG 18	4:32.54	, VILAS VIDAL, MARIA	RIVEIRA	03/12/2014
MMG 17	4:35.50	, VILAS VIDAL, MARIA	RIVEIRA	15/12/2013
MMG 16	4:37.07	, VILAS VIDAL, MARIA	RIVEIRA	25/11/2012
MMG 15	4:43.12	, VILAS VIDAL, MARIA	RIVEIRA	30/12/2011
MMG 14	4:46.04	, VILAS VIDAL, MARIA	RIVEIRA	05/12/2010
MMG 13	4:58.73	, DE LA FUENTE FIAÑO, ANE	CNLICEO	13/12/2014

Clasificación

Edad

Tiempo

PUNTOS

1. BARROS DA SILVA, Sofia	15	C. N. GALAICO	<b>5:05.55</b>	35,00	
50m: 33.16 33.16	150m: 1:50.59 40.41	250m: 3:13.13 43.38	350m: 4:32.39 34.76		
100m: 1:10.18 37.02	200m: 2:29.75 39.16	300m: 3:57.63 44.50	400m: 5:05.55 33.16		
2. CARBALLO GONZALEZ, Sofia	18	C. N. PONTEAREAS	<b>5:08.26</b>	32,00	
50m: 33.13 33.13	150m: 1:51.97 41.04	250m: 3:13.93 42.47	350m: 4:33.44 36.99		
100m: 1:10.93 37.80	200m: 2:31.46 39.49	300m: 3:56.45 42.52	400m: 5:08.26 34.82		
3. VILLARNOVO PAZOS, Lucia	16	C. N. FERROL	<b>5:09.32</b>	30,00	
50m: 32.20 32.20	150m: 1:48.56 39.42	250m: 3:13.17 45.75	350m: 4:35.21 35.75		
100m: 1:09.14 36.94	200m: 2:27.42 38.86	300m: 3:59.46 46.29	400m: 5:09.32 34.11		
4. GUERRA RODRIGUEZ, Zaida	14	C. N. PABELLON	<b>5:19.65</b>	29,00	
50m: 35.90 35.90	150m: 1:57.11 39.28	250m: 3:21.58 45.85	350m: 4:44.46 36.41		
100m: 1:17.83 41.93	200m: 2:35.73 38.62	300m: 4:08.05 46.47	400m: 5:19.65 35.19		
5. GIL GARNACHO, Carlota	15	SPORTING CASINO	<b>5:21.81</b>	28,00	
50m: 34.10 34.10	150m: 1:54.01 39.87	250m: 3:21.89 48.69	350m: 4:46.98 36.56		
100m: 1:14.14 40.04	200m: 2:33.20 39.19	300m: 4:10.42 48.53	400m: 5:21.81 34.83		
6. ILLAN LAMAS, Aroa	14	C. N. PORTAMIÑA	<b>5:28.51</b>	27,00	
50m: 33.69 33.69	150m: 1:55.28 41.74	250m: 3:24.41 47.95	350m: 4:51.56 38.33		
100m: 1:13.54 39.85	200m: 2:36.46 41.18	300m: 4:13.23 48.82	400m: 5:28.51 36.95		
7. MARTÍNEZ NOVOA, Silvia	18	C. N. GALAICO	<b>5:30.73</b>	26,00	
50m: 35.40 35.40	150m: 1:56.78 41.21	250m: 3:26.59 48.58	350m: 4:54.88 38.39		
100m: 1:15.57 40.17	200m: 2:38.01 41.23	300m: 4:16.49 49.90	400m: 5:30.73 35.85		
8. SUAREZ DOSIL, Claudia	17	C. N. ARTEIXO	<b>5:30.98</b>	25,00	
50m: 33.36 33.36	150m: 1:56.31 45.22	250m: 3:26.94 46.56	350m: 4:53.67 38.75		
100m: 1:11.09 37.73	200m: 2:40.38 44.07	300m: 4:14.92 47.98	400m: 5:30.98 37.31		
9. COUCEIRO BARREIRO, Marta	17	SPORTING CASINO	<b>5:31.04</b>	24,00	
50m: 36.48 36.48	150m: 2:01.57 42.44	250m: 3:30.39 46.88	350m: 4:56.24 37.49		
100m: 1:19.13 42.65	200m: 2:43.51 41.94	300m: 4:18.75 48.36	400m: 5:31.04 34.80		
10. CERDEIRA TEIJEIRA, Clara	16	C. N. PORTAMIÑA	<b>5:33.33</b>	23,00	
50m: 34.22 34.22	150m: 2:00.80 44.88	250m: 3:28.56 44.77	350m: 4:55.31 39.60		
100m: 1:15.92 41.70	200m: 2:43.79 42.99	300m: 4:15.71 47.15	400m: 5:33.33 38.02		
11. NUÑEZ PARDO, Laura	16	VIGO RIAS BAIXAS	<b>5:35.71</b>	22,00	
50m: 36.52 36.52	150m: 2:00.33 41.84	250m: 3:29.98 49.77	350m: 4:59.09 38.88		
100m: 1:18.49 41.97	200m: 2:40.21 39.88	300m: 4:20.21 50.23	400m: 5:35.71 36.62		
12. RODRÍGUEZ RODRÍGUEZ, Carla	15	C. N. ARTEIXO	<b>5:46.77</b>	21,00	
50m: 36.97 36.97	150m: 2:07.05 47.84	250m: 3:39.87 47.63	350m: 5:10.81 41.78		
100m: 1:19.21 42.24	200m: 2:52.24 45.19	300m: 4:29.03 49.16	400m: 5:46.77 35.96		

Prueba 2, Fem., 400m Estilos, Open femenino

Clasificación					Edad					Tiempo	PUNTOS	
13.	PIÑEIRO FERNANDEZ, Antia				16	RCN VIGO				5:47.33	20,00	
	50m:	36.49	36.49	150m:	2:05.91	44.75	250m:	3:39.26	48.46	350m:	5:10.96	41.62
	100m:	1:21.16	44.67	200m:	2:50.80	44.89	300m:	4:29.34	50.08	400m:	5:47.33	36.37
14.	FEAL DEVESA, Carlota				15	C. N. CULLEREDO				5:48.38	19,00	
	50m:	37.65	37.65	150m:	2:10.16	48.96	250m:	3:44.49	48.39	350m:	5:11.55	37.53
	100m:	1:21.20	43.55	200m:	2:56.10	45.94	300m:	4:34.02	49.53	400m:	5:48.38	36.83
15.	CARRASCO DE CASTRO, Marina				14	C. N. MARINA				5:52.37	18,00	
	50m:	36.17	36.17	150m:	2:02.23	42.85	250m:	3:37.13	53.72	350m:	5:12.72	40.91
	100m:	1:19.38	43.21	200m:	2:43.41	41.18	300m:	4:31.81	54.68	400m:	5:52.37	39.65
16.	PÉREZ TENREIRO, Alba				15	C. N. FERROL				5:54.19	17,00	
	50m:	36.16	36.16	150m:	2:04.94	45.29	250m:	3:42.52	52.81	350m:	5:15.39	40.12
	100m:	1:19.65	43.49	200m:	2:49.71	44.77	300m:	4:35.27	52.75	400m:	5:54.19	38.80
17.	DE CARLOS TOBIO, Begoña				16	VIGO RIAS BAIXAS				6:07.27	16,00	
	50m:	38.48	38.48	150m:	2:12.74	45.82	250m:	3:51.30	53.53	350m:	5:28.18	41.51
	100m:	1:26.92	48.44	200m:	2:57.77	45.03	300m:	4:46.67	55.37	400m:	6:07.27	39.09
DSQ	FARO MARTINEZ, Carla				21	C. N. PONTEAREAS				-		
	Viraxe irregular											