

Prueba 20
30/11/2024

Fem., 1500m Libre

Open femenino
Resultados

RG	15:46.06	, VILAS VIDAL, MARIA	RIVEIRA	12/12/2014
MMG 18	15:46.06	, VILAS VIDAL, MARIA	RIVEIRA	12/12/2014
MMG 17	16:01.84	, VILAS VIDAL, MARIA	RIVEIRA	29/11/2013
MMG 16	16:03.49	, CONS GESTIDO, AGUEDA BEATRIZ	GALAICO	16/12/2016
MMG 15	16:16.39	, VILAS VIDAL, MARIA	RIVEIRA	29/12/2011
MMG 14	17:05.69	, DE LA FUENTE FIAÑO, ANE	CNICEO	30/12/2015
MMG 13	17:36.29	, CANDO SANTOS, RAQUEL	POR-MIÑA	30/12/2016

Clasificación

Edad

Tiempo

PUNTOS

1. BARROS DA SILVA, Sofia

15

C. N. GALAICO

17:06.18

35,00

50m:	30.90	30.90	450m:	5:02.65	34.32	850m:	9:38.14	34.88	1250m:	14:15.62	34.61
100m:	1:04.48	33.58	500m:	5:37.38	34.73	900m:	10:12.73	34.59	1300m:	14:50.21	34.59
150m:	1:38.20	33.72	550m:	6:11.31	33.93	950m:	10:47.26	34.53	1350m:	15:24.87	34.66
200m:	2:12.11	33.91	600m:	6:45.52	34.21	1000m:	11:22.02	34.76	1400m:	15:59.23	34.36
250m:	2:46.30	34.19	650m:	7:19.64	34.12	1050m:	11:56.76	34.74	1450m:	16:33.76	34.53
300m:	3:20.16	33.86	700m:	7:53.95	34.31	1100m:	12:31.53	34.77	1500m:	17:06.18	32.42
350m:	3:54.11	33.95	750m:	8:28.55	34.60	1150m:	13:06.43	34.90			
400m:	4:28.33	34.22	800m:	9:03.26	34.71	1200m:	13:41.01	34.58			

2. VILLARNOVO PAZOS, Lucia

16

C. N. FERROL

17:42.27

32,00

50m:	31.59	31.59	450m:	5:10.63	35.16	850m:	9:54.09	35.90	1250m:	14:42.25	36.23
100m:	1:05.75	34.16	500m:	5:45.81	35.18	900m:	10:29.94	35.85	1300m:	15:19.04	36.79
150m:	1:40.35	34.60	550m:	6:21.14	35.33	950m:	11:05.71	35.77	1350m:	15:55.78	36.74
200m:	2:15.20	34.85	600m:	6:56.28	35.14	1000m:	11:41.25	35.54	1400m:	16:31.94	36.16
250m:	2:50.37	35.17	650m:	7:31.70	35.42	1050m:	12:17.26	36.01	1450m:	17:08.12	36.18
300m:	3:25.32	34.95	700m:	8:07.24	35.54	1100m:	12:53.32	36.06	1500m:	17:42.27	34.15
350m:	4:00.31	34.99	750m:	8:42.85	35.61	1150m:	13:29.64	36.32			
400m:	4:35.47	35.16	800m:	9:18.19	35.34	1200m:	14:06.02	36.38			

3. ESTEVEZ MONTES, Naroa

16

C. N. PONTEAREAS 18:08.86

30,00

50m:	33.28	33.28	450m:	5:21.97	35.72	850m:	10:14.56	37.27	1250m:	15:09.32	36.90
100m:	1:08.91	35.63	500m:	5:57.83	35.86	900m:	10:51.52	36.96	1300m:	15:45.91	36.59
150m:	1:45.08	36.17	550m:	6:34.39	36.56	950m:	11:27.90	36.38	1350m:	16:22.40	36.49
200m:	2:21.04	35.96	600m:	7:10.35	35.96	1000m:	12:04.90	37.00	1400m:	16:58.62	36.22
250m:	2:57.31	36.27	650m:	7:47.10	36.75	1050m:	12:41.88	36.98	1450m:	17:34.55	35.93
300m:	3:33.91	36.60	700m:	8:23.78	36.68	1100m:	13:18.72	36.84	1500m:	18:08.86	34.31
350m:	4:10.58	36.67	750m:	9:00.34	36.56	1150m:	13:55.88	37.16			
400m:	4:46.25	35.67	800m:	9:37.29	36.95	1200m:	14:32.42	36.54			

4. PARDO CHAS, Eva

20

C. N. FERROL

18:12.00

29,00

50m:	32.46	32.46	450m:	5:22.44	36.64	850m:	10:15.34	36.66	1250m:	15:08.27	36.59
100m:	1:07.66	35.20	500m:	5:59.05	36.61	900m:	10:51.92	36.58	1300m:	15:44.96	36.69
150m:	1:44.23	36.57	550m:	6:35.54	36.49	950m:	11:28.51	36.59	1350m:	16:21.71	36.75
200m:	2:20.23	36.00	600m:	7:12.29	36.75	1000m:	12:05.08	36.57	1400m:	16:58.87	37.16
250m:	2:56.61	36.38	650m:	7:48.86	36.57	1050m:	12:41.92	36.84	1450m:	17:35.85	36.98
300m:	3:32.93	36.32	700m:	8:25.54	36.68	1100m:	13:18.60	36.68	1500m:	18:12.00	36.15
350m:	4:09.43	36.50	750m:	9:02.06	36.52	1150m:	13:55.13	36.53			
400m:	4:45.80	36.37	800m:	9:38.68	36.62	1200m:	14:31.68	36.55			

5. ORTIZ DE GUINEA BASTON, Alba

27

C. N. PONTEAREAS 18:27.87

28,00

50m:	31.48	31.48	450m:	5:21.67	36.91	850m:	10:20.62	37.56	1250m:	15:21.81	37.97
100m:	1:05.85	34.37	500m:	5:58.76	37.09	900m:	10:58.12	37.50	1300m:	15:59.63	37.82
150m:	1:41.29	35.44	550m:	6:35.80	37.04	950m:	11:35.73	37.61	1350m:	16:37.19	37.56
200m:	2:17.52	36.23	600m:	7:13.17	37.37	1000m:	12:13.55	37.82	1400m:	17:14.57	37.38
250m:	2:54.02	36.50	650m:	7:50.77	37.60	1050m:	12:51.19	37.64	1450m:	17:51.71	37.14
300m:	3:30.68	36.66	700m:	8:28.22	37.45	1100m:	13:28.90	37.71	1500m:	18:27.87	36.16
350m:	4:07.71	37.03	750m:	9:05.71	37.49	1150m:	14:06.35	37.45			
400m:	4:44.76	37.05	800m:	9:43.06	37.35	1200m:	14:43.84	37.49			

Prueba 20, Fem., 1500m Libre, Open femenino

Clasificación	Edad				Tiempo				PUNTOS		
6. CASTRO CIDRAS, Alba	14				C. N. GALAICO				18:28.10	27,00	
50m:	32.33	32.33	450m:	5:27.36	37.24	850m:	10:25.80	37.33	1250m:	15:24.97	37.31
100m:	1:08.85	36.52	500m:	6:04.59	37.23	900m:	11:03.37	37.57	1300m:	16:02.19	37.22
150m:	1:45.46	36.61	550m:	6:42.05	37.46	950m:	11:40.80	37.43	1350m:	16:39.69	37.50
200m:	2:22.19	36.73	600m:	7:19.59	37.54	1000m:	12:18.07	37.27	1400m:	17:16.83	37.14
250m:	2:58.95	36.76	650m:	7:56.47	36.88	1050m:	12:55.78	37.71	1450m:	17:53.46	36.63
300m:	3:35.80	36.85	700m:	8:34.15	37.68	1100m:	13:33.05	37.27	1500m:	18:28.10	34.64
350m:	4:12.88	37.08	750m:	9:11.37	37.22	1150m:	14:10.22	37.17			
400m:	4:50.12	37.24	800m:	9:48.47	37.10	1200m:	14:47.66	37.44			
7. MUÑOZ GAVINO, Paula	16				C. N. PORTAMIÑA				18:32.09	26,00	
50m:	32.67	32.67	450m:	5:26.64	36.93	850m:	10:23.92	37.26	1250m:	15:24.73	37.88
100m:	1:08.39	35.72	500m:	6:03.43	36.79	900m:	11:01.42	37.50	1300m:	16:02.23	37.50
150m:	1:45.19	36.80	550m:	6:40.21	36.78	950m:	11:38.62	37.20	1350m:	16:39.97	37.74
200m:	2:21.76	36.57	600m:	7:17.32	37.11	1000m:	12:16.03	37.41	1400m:	17:18.01	38.04
250m:	2:58.73	36.97	650m:	7:54.47	37.15	1050m:	12:53.86	37.83	1450m:	17:55.60	37.59
300m:	3:35.82	37.09	700m:	8:31.59	37.12	1100m:	13:31.69	37.83	1500m:	18:32.09	36.49
350m:	4:12.94	37.12	750m:	9:08.95	37.36	1150m:	14:09.15	37.46			
400m:	4:49.71	36.77	800m:	9:46.66	37.71	1200m:	14:46.85	37.70			
8. RODRÍGUEZ RODRÍGUEZ, Paula	16				C. N. ARTEIXO				18:38.49	25,00	
50m:	33.12	33.12	450m:	5:27.94	37.41	850m:	10:28.08	37.42	1250m:	15:31.19	38.02
100m:	1:08.98	35.86	500m:	6:05.49	37.55	900m:	11:05.93	37.85	1300m:	16:08.97	37.78
150m:	1:45.60	36.62	550m:	6:43.00	37.51	950m:	11:43.72	37.79	1350m:	16:47.13	38.16
200m:	2:22.48	36.88	600m:	7:20.61	37.61	1000m:	12:21.53	37.81	1400m:	17:25.23	38.10
250m:	2:59.17	36.69	650m:	7:58.64	38.03	1050m:	12:59.01	37.48	1450m:	18:02.67	37.44
300m:	3:36.10	36.93	700m:	8:36.06	37.42	1100m:	13:37.18	38.17	1500m:	18:38.49	35.82
350m:	4:13.30	37.20	750m:	9:13.20	37.14	1150m:	14:15.29	38.11			
400m:	4:50.53	37.23	800m:	9:50.66	37.46	1200m:	14:53.17	37.88			
9. GUERRA RODRIGUEZ, Zaida	14				C. N. PABELLON				18:38.51	24,00	
50m:	33.70	33.70	450m:	5:32.19	37.53	850m:	10:31.13	37.26	1250m:	15:32.07	37.74
100m:	1:10.31	36.61	500m:	6:09.64	37.45	900m:	11:08.44	37.31	1300m:	16:09.92	37.85
150m:	1:47.69	37.38	550m:	6:46.98	37.34	950m:	11:45.95	37.51	1350m:	16:47.66	37.74
200m:	2:24.99	37.30	600m:	7:24.65	37.67	1000m:	12:23.57	37.62	1400m:	17:25.51	37.85
250m:	3:02.05	37.06	650m:	8:01.78	37.13	1050m:	13:01.23	37.66	1450m:	18:02.86	37.35
300m:	3:39.76	37.71	700m:	8:39.15	37.37	1100m:	13:38.95	37.72	1500m:	18:38.51	35.65
350m:	4:17.01	37.25	750m:	9:16.41	37.26	1150m:	14:16.59	37.64			
400m:	4:54.66	37.65	800m:	9:53.87	37.46	1200m:	14:54.33	37.74			
10. GERVENO PRADA, Eva	13				SPORTING CASINO				18:42.92	23,00	
50m:	33.23	33.23	450m:	5:31.30	38.14	850m:	10:33.28	37.38	1250m:	15:35.60	37.70
100m:	1:09.30	36.07	500m:	6:09.47	38.17	900m:	11:10.74	37.46	1300m:	16:13.18	37.58
150m:	1:46.31	37.01	550m:	6:47.47	38.00	950m:	11:48.71	37.97	1350m:	16:50.84	37.66
200m:	2:23.49	37.18	600m:	7:25.02	37.55	1000m:	12:26.39	37.68	1400m:	17:28.54	37.70
250m:	3:00.54	37.05	650m:	8:02.42	37.40	1050m:	13:04.42	38.03	1450m:	18:06.17	37.63
300m:	3:38.16	37.62	700m:	8:40.22	37.80	1100m:	13:42.28	37.86	1500m:	18:42.92	36.75
350m:	4:15.45	37.29	750m:	9:18.14	37.92	1150m:	14:19.95	37.67			
400m:	4:53.16	37.71	800m:	9:55.90	37.76	1200m:	14:57.90	37.95			
11. BUSTO LOPEZ, Ana	20				C. FLUVIAL LUGO				18:51.65	22,00	
50m:	32.39	32.39	450m:	5:29.50	37.69	850m:	10:32.32	37.75	1250m:	15:40.37	38.46
100m:	1:08.45	36.06	500m:	6:07.75	38.25	900m:	11:10.68	38.36	1300m:	16:18.89	38.52
150m:	1:45.04	36.59	550m:	6:45.20	37.45	950m:	11:49.06	38.38	1350m:	16:57.46	38.57
200m:	2:22.18	37.14	600m:	7:22.99	37.79	1000m:	12:27.84	38.78	1400m:	17:35.64	38.18
250m:	2:59.33	37.15	650m:	8:00.83	37.84	1050m:	13:06.47	38.63	1450m:	18:14.01	38.37
300m:	3:36.51	37.18	700m:	8:38.89	38.06	1100m:	13:44.73	38.26	1500m:	18:51.65	37.64
350m:	4:14.09	37.58	750m:	9:16.81	37.92	1150m:	14:23.21	38.48			
400m:	4:51.81	37.72	800m:	9:54.57	37.76	1200m:	15:01.91	38.70			

Prueba 20, Fem., 1500m Libre, Open femenino

Clasificación			Edad			Tiempo	PUNTOS		
12.	PARDAVILA DAVILA, Ainoa		16	VIGO RIAS BAIXAS		19:15.84	21,00		
	50m:	34.05	34.05	450m:	5:37.55	38.54	850m:	10:47.69	38.85
	100m:	1:10.70	36.65	500m:	6:16.21	38.66	900m:	11:26.55	38.86
	150m:	1:48.43	37.73	550m:	6:54.74	38.53	950m:	12:05.39	38.84
	200m:	2:26.21	37.78	600m:	7:33.50	38.76	1000m:	12:44.54	39.15
	250m:	3:04.19	37.98	650m:	8:12.36	38.86	1050m:	13:23.72	39.18
	300m:	3:42.40	38.21	700m:	8:51.10	38.74	1100m:	14:02.83	39.11
	350m:	4:20.69	38.29	750m:	9:29.86	38.76	1150m:	14:41.85	39.02
	400m:	4:59.01	38.32	800m:	10:08.84	38.98	1200m:	15:21.06	39.21
13.	RODRÍGUEZ RODRÍGUEZ, Carla		15	C. N. ARTEIXO		19:37.93	20,00		
	50m:	38.15	38.15	450m:	5:56.23	39.64	850m:	11:11.20	39.71
	100m:	1:18.02	39.87	500m:	6:35.73	39.50	900m:	11:50.74	39.54
	150m:	1:57.69	39.67	550m:	7:15.10	39.37	950m:	12:30.28	39.54
	200m:	2:37.49	39.80	600m:	7:54.79	39.69	1000m:	13:09.90	39.62
	250m:	3:17.82	40.33	650m:	8:34.39	39.60	1050m:	13:49.21	39.31
	300m:	3:57.54	39.72	700m:	9:13.65	39.26	1100m:	14:28.61	39.40
	350m:	4:37.28	39.74	750m:	9:52.74	39.09	1150m:	15:07.59	38.98
	400m:	5:16.59	39.31	800m:	10:31.49	38.75	1200m:	15:46.95	39.36
14.	SAAVEDRA BUIDE, Paula		17	C. N. PORTAMIÑA		19:38.99	19,00		
	50m:	33.71	33.71	450m:	5:38.73	39.21	850m:	10:54.10	39.97
	100m:	1:09.95	36.24	500m:	6:18.53	39.80	900m:	11:34.58	40.48
	150m:	1:47.32	37.37	550m:	6:57.75	39.22	950m:	12:15.00	40.42
	200m:	2:25.24	37.92	600m:	7:36.81	39.06	1000m:	12:55.23	40.23
	250m:	3:03.51	38.27	650m:	8:15.68	38.87	1050m:	13:35.35	40.12
	300m:	3:42.27	38.76	700m:	8:54.75	39.07	1100m:	14:15.38	40.03
	350m:	4:20.90	38.63	750m:	9:34.17	39.42	1150m:	14:55.94	40.56
	400m:	4:59.52	38.62	800m:	10:14.13	39.96	1200m:	15:36.48	40.54
15.	PIÑEIRO FERNANDEZ, Antia		16	RCN VIGO		19:49.40	18,00		
	50m:	34.11	34.11	450m:	5:46.18	40.13	850m:	11:07.04	39.99
	100m:	1:11.70	37.59	500m:	6:26.24	40.06	900m:	11:47.67	40.63
	150m:	1:49.96	38.26	550m:	7:06.79	40.55	950m:	12:28.07	40.40
	200m:	2:28.59	38.63	600m:	7:47.12	40.33	1000m:	13:07.72	39.65
	250m:	3:07.91	39.32	650m:	8:27.70	40.58	1050m:	13:47.47	39.75
	300m:	3:47.06	39.15	700m:	9:07.42	39.72	1100m:	14:26.77	39.30
	350m:	4:26.82	39.76	750m:	9:47.20	39.78	1150m:	15:06.04	39.27
	400m:	5:06.05	39.23	800m:	10:27.05	39.85	1200m:	15:45.99	39.95
16.	CARRASCO DE CASTRO, Ana		17	C. N. MARINA		20:02.40	17,00		
	50m:	34.91	34.91	450m:	5:50.75	40.01	850m:	11:14.69	40.65
	100m:	1:13.01	38.10	500m:	6:31.44	40.69	900m:	11:54.43	39.74
	150m:	1:52.34	39.33	550m:	7:12.24	40.80	950m:	12:35.11	40.68
	200m:	2:31.71	39.37	600m:	7:52.76	40.52	1000m:	13:15.48	40.37
	250m:	3:11.56	39.85	650m:	8:33.21	40.45	1050m:	13:56.24	40.76
	300m:	3:50.97	39.41	700m:	9:13.82	40.61	1100m:	14:37.38	41.14
	350m:	4:30.73	39.76	750m:	9:54.20	40.38	1150m:	15:18.19	40.81
	400m:	5:10.74	40.01	800m:	10:34.04	39.84	1200m:	15:59.22	41.03
17.	BARBEITO DOMINGUEZ, Marta		40	SPORTING CASINO		20:26.35	16,00		
	50m:	35.82	35.82	450m:	5:56.16	40.80	850m:	11:26.75	41.90
	100m:	1:15.05	39.23	500m:	6:37.16	41.00	900m:	12:08.13	41.38
	150m:	1:54.58	39.53	550m:	7:18.31	41.15	950m:	12:49.78	41.65
	200m:	2:34.23	39.65	600m:	7:59.39	41.08	1000m:	13:31.20	41.42
	250m:	3:14.27	40.04	650m:	8:40.85	41.46	1050m:	14:13.01	41.81
	300m:	3:54.40	40.13	700m:	9:22.27	41.42	1100m:	14:54.94	41.93
	350m:	4:34.71	40.31	750m:	10:03.43	41.16	1150m:	15:36.49	41.55
	400m:	5:15.36	40.65	800m:	10:44.85	41.42	1200m:	16:18.66	42.17

Prueba 20, Fem., 1500m Libre, Open femenino

Clasificación	Edad				Tiempo				PUNTOS
18. FIDALGO GOMEZ, Noela	15				C. N. PABELLON				20:56.07 15,00
50m: 36.84	36.84	450m: 6:06.80	42.12	850m: 11:43.24	42.15	1250m: 17:24.43	42.92		
100m: 1:16.83	39.99	500m: 6:48.66	41.86	900m: 12:25.95	42.71	1300m: 18:07.32	42.89		
150m: 1:57.81	40.98	550m: 7:30.81	42.15	950m: 13:08.47	42.52	1350m: 18:49.82	42.50		
200m: 2:38.71	40.90	600m: 8:12.76	41.95	1000m: 13:51.21	42.74	1400m: 19:32.36	42.54		
250m: 3:20.33	41.62	650m: 8:54.53	41.77	1050m: 14:33.63	42.42	1450m: 20:14.48	42.12		
300m: 4:02.04	41.71	700m: 9:36.79	42.26	1100m: 15:16.17	42.54	1500m: 20:56.07	41.59		
350m: 4:43.35	41.31	750m: 10:18.96	42.17	1150m: 15:58.87	42.70				
400m: 5:24.68	41.33	800m: 11:01.09	42.13	1200m: 16:41.51	42.64				
19. SERANTES BARREIRO, Ines	17				C. N. MARINA				21:26.79 14,00
50m: 35.70	35.70	450m: 6:05.52	43.54	850m: 11:54.92	44.03	1250m: 17:48.20	44.45		
100m: 1:14.34	38.64	500m: 6:48.77	43.25	900m: 12:38.82	43.90	1300m: 18:32.40	44.20		
150m: 1:54.00	39.66	550m: 7:32.19	43.42	950m: 13:22.61	43.79	1350m: 19:16.51	44.11		
200m: 2:34.43	40.43	600m: 8:15.62	43.43	1000m: 14:07.26	44.65	1400m: 20:00.05	43.54		
250m: 3:15.39	40.96	650m: 8:59.28	43.66	1050m: 14:51.22	43.96	1450m: 20:43.45	43.40		
300m: 3:56.91	41.52	700m: 9:43.03	43.75	1100m: 15:35.37	44.15	1500m: 21:26.79	43.34		
350m: 4:39.12	42.21	750m: 10:26.94	43.91	1150m: 16:19.69	44.32				
400m: 5:21.98	42.86	800m: 11:10.89	43.95	1200m: 17:03.75	44.06				
Baja PEREIRA-BORRAJO VAYO, Marta	16				VIGO RIAS BAIXAS				-