

Prueba 20
09/02/2025

Fem., 400m Libre

JUSE F
Resultados

Clasificación					Edad					Tiempo	Puntos		
JUNI F													
1.	BARROS DA SILVA, Sofia				16	GALAICO				4:27.01	19,00		
	50m:	31.57	31.57	150m:	1:38.44	33.53	250m:	2:45.44	33.39	350m:	3:53.46	34.03	
	100m:	1:04.91	33.34	200m:	2:12.05	33.61	300m:	3:19.43	33.99	400m:	4:27.01	33.55	
2.	VILLARNOVO PAZOS, Lucia				17	NFERROL				4:43.95	16,00		
	50m:	31.85	31.85	150m:	1:42.22	35.97	250m:	2:54.79	36.63	350m:	4:08.15	37.02	
	100m:	1:06.25	34.40	200m:	2:18.16	35.94	300m:	3:31.13	36.34	400m:	4:43.95	35.80	
3.	HERNAEZ GONZALEZ, Paula				17	CULLEREDO				4:46.78	14,00		
	50m:	33.07	33.07	150m:	1:45.47	36.60	250m:	2:58.48	36.34	350m:	4:11.55	36.48	
	100m:	1:08.87	35.80	200m:	2:22.14	36.67	300m:	3:35.07	36.59	400m:	4:46.78	35.23	
4.	RODRÍGUEZ RODRÍGUEZ, Paula				17	ARTEIXO				4:47.36	13,00		
	50m:	33.18	33.18	150m:	1:45.14	36.43	250m:	2:58.30	36.46	350m:	4:11.75	36.64	
	100m:	1:08.71	35.53	200m:	2:21.84	36.70	300m:	3:35.11	36.81	400m:	4:47.36	35.61	
5.	MARTINEZ GARCIA, Uxia				16	RIASBAIXAS				4:54.43	12,00		
	50m:	33.56	33.56	150m:	1:48.06	37.40	250m:	3:03.78	37.86	350m:	4:19.46	37.50	
	100m:	1:10.66	37.10	200m:	2:25.92	37.86	300m:	3:41.96	38.18	400m:	4:54.43	34.97	
6.	COUCEIRO BARREIRO, Marta				18	CASINOC				4:57.97	11,00		
	50m:	34.04	34.04	150m:	1:49.06	37.81	250m:	3:05.48	38.38	350m:	4:21.83	37.89	
	100m:	1:11.25	37.21	200m:	2:27.10	38.04	300m:	3:43.94	38.46	400m:	4:57.97	36.14	
7.	MUÑOZ GAVINO, Paula				17	PORTAMIÑA				4:58.52	10,00		
	50m:	33.66	33.66	150m:	1:48.25	38.05	250m:	3:05.30	38.35	350m:	4:22.07	38.14	
	100m:	1:10.20	36.54	200m:	2:26.95	38.70	300m:	3:43.93	38.63	400m:	4:58.52	36.45	
8.	GIRALDEZ MARTINEZ, Nerea				18	RIASBAIXAS				4:59.01	9,00		
	50m:	34.15	34.15	150m:	1:49.52	38.17	250m:	3:06.21	38.50	350m:	4:22.70	38.15	
	100m:	1:11.35	37.20	200m:	2:27.71	38.19	300m:	3:44.55	38.34	400m:	4:59.01	36.31	
9.	BLANCO LAGE, Aitana				16	PONTEAREAS				4:59.08	8,00		
	50m:	34.25	34.25	150m:	1:49.02	37.78	250m:	3:05.23	38.03	350m:	4:21.67	37.79	
	100m:	1:11.24	36.99	200m:	2:27.20	38.18	300m:	3:43.88	38.65	400m:	4:59.08	37.41	
10.	PARDAVILA DAVILA, Ainoa				17	RIASBAIXAS				4:59.90	-		
	50m:	34.60	34.60	150m:	1:49.59	37.83	250m:	3:06.19	38.36	350m:	4:22.81	38.32	
	100m:	1:11.76	37.16	200m:	2:27.83	38.24	300m:	3:44.49	38.30	400m:	4:59.90	37.09	
11.	FEAL DEVESA, Carlota				16	CULLEREDO				5:00.41	7,00		
	50m:	34.16	34.16	150m:	1:50.59	38.30	250m:	3:06.75	36.83	350m:	4:23.52	38.26	
	100m:	1:12.29	38.13	200m:	2:29.92	39.33	300m:	3:45.26	38.51	400m:	5:00.41	36.89	
12.	RODRIGUEZ SUAREZ, IRIA				18	CULLEREDO				5:01.80	-		
	50m:	34.27	34.27	150m:	1:49.27	38.04	250m:	3:06.60	38.92	350m:	4:24.76	38.91	
	100m:	1:11.23	36.96	200m:	2:27.68	38.41	300m:	3:45.85	39.25	400m:	5:01.80	37.04	
13.	CAL FERNÁNDEZ, Victoria				17	RCNVIGO				5:03.23	6,00		
	50m:	33.75	33.75	150m:	1:49.70	38.48	250m:	3:06.91	38.76	350m:	4:25.26	39.08	
	100m:	1:11.22	37.47	200m:	2:28.15	38.45	300m:	3:46.18	39.27	400m:	5:03.23	37.97	
14.	PIÑEIRO FERNANDEZ, Antia				17	RCNVIGO				5:13.26	-		
	50m:	35.13	35.13	150m:	1:51.70	39.11	250m:	3:10.64	39.42	350m:	4:33.10	42.08	
	100m:	1:12.59	37.46	200m:	2:31.22	39.52	300m:	3:51.02	40.38	400m:	5:13.26	40.16	
15.	FIDALGO GOMEZ, Noela				16	POURENSE				5:17.58	-		
	50m:	35.51	35.51	150m:	1:53.13	39.69	250m:	3:14.07	40.76	350m:	4:37.06	41.80	
	100m:	1:13.44	37.93	200m:	2:33.31	40.18	300m:	3:55.26	41.19	400m:	5:17.58	40.52	
WDR	FERNANDEZ AGUION, Sara				18	NCORUÑA				-	-		

Prueba 20, Fem., 400m Libre

SENI F

1. FARO MARTINEZ, Carla	22	PONTEAREAS	4:41.27	-
50m: 32.73 32.73	150m: 1:43.12	35.66 250m: 2:55.37	36.17 350m: 4:06.86	35.51
100m: 1:07.46 34.73	200m: 2:19.20	36.08 300m: 3:31.35	35.98 400m: 4:41.27	34.41
2. PARDO CHAS, Eva	21	NFERROL	4:44.87	-
50m: 32.37 32.37	150m: 1:43.75	36.21 250m: 2:56.26	35.96 350m: 4:09.25	36.25
100m: 1:07.54 35.17	200m: 2:20.30	36.55 300m: 3:33.00	36.74 400m: 4:44.87	35.62
3. MARTÍNEZ NOVOA, Silvia	19	GALAICO	4:58.10	-
50m: 33.67 33.67	150m: 1:47.85	37.87 250m: 3:04.08	38.25 350m: 4:21.34	38.52
100m: 1:09.98 36.31	200m: 2:25.83	37.98 300m: 3:42.82	38.74 400m: 4:58.10	36.76

17 - 18 años

1. VILLARNOVO PAZOS, Lucia	17	NFERROL	4:43.95	16,00
50m: 31.85 31.85	150m: 1:42.22	35.97 250m: 2:54.79	36.63 350m: 4:08.15	37.02
100m: 1:06.25 34.40	200m: 2:18.16	35.94 300m: 3:31.13	36.34 400m: 4:43.95	35.80
2. HERNAEZ GONZALEZ, Paula	17	CULLEREDO	4:46.78	14,00
50m: 33.07 33.07	150m: 1:45.47	36.60 250m: 2:58.48	36.34 350m: 4:11.55	36.48
100m: 1:08.87 35.80	200m: 2:22.14	36.67 300m: 3:35.07	36.59 400m: 4:46.78	35.23
3. RODRÍGUEZ RODRÍGUEZ, Paula	17	ARTEIXO	4:47.36	13,00
50m: 33.18 33.18	150m: 1:45.14	36.43 250m: 2:58.30	36.46 350m: 4:11.75	36.64
100m: 1:08.71 35.53	200m: 2:21.84	36.70 300m: 3:35.11	36.81 400m: 4:47.36	35.61
4. COUCEIRO BARREIRO, Marta	18	CASINOC	4:57.97	11,00
50m: 34.04 34.04	150m: 1:49.06	37.81 250m: 3:05.48	38.38 350m: 4:21.83	37.89
100m: 1:11.25 37.21	200m: 2:27.10	38.04 300m: 3:43.94	38.46 400m: 4:57.97	36.14
5. MUÑOZ GAVINO, Paula	17	PORTAMIÑA	4:58.52	10,00
50m: 33.66 33.66	150m: 1:48.25	38.05 250m: 3:05.30	38.35 350m: 4:22.07	38.14
100m: 1:10.20 36.54	200m: 2:26.95	38.70 300m: 3:43.93	38.63 400m: 4:58.52	36.45
6. GIRALDEZ MARTINEZ, Nerea	18	RIASBAIXAS	4:59.01	9,00
50m: 34.15 34.15	150m: 1:49.52	38.17 250m: 3:06.21	38.50 350m: 4:22.70	38.15
100m: 1:11.35 37.20	200m: 2:27.71	38.19 300m: 3:44.55	38.34 400m: 4:59.01	36.31
7. PARDAVILA DAVILA, Ainoa	17	RIASBAIXAS	4:59.90	-
50m: 34.60 34.60	150m: 1:49.59	37.83 250m: 3:06.19	38.36 350m: 4:22.81	38.32
100m: 1:11.76 37.16	200m: 2:27.83	38.24 300m: 3:44.49	38.30 400m: 4:59.90	37.09
8. RODRIGUEZ SUAREZ, IRIA	18	CULLEREDO	5:01.80	-
50m: 34.27 34.27	150m: 1:49.27	38.04 250m: 3:06.60	38.92 350m: 4:24.76	38.91
100m: 1:11.23 36.96	200m: 2:27.68	38.41 300m: 3:45.85	39.25 400m: 5:01.80	37.04
9. CAL FERNÁNDEZ, Victoria	17	RCNVIGO	5:03.23	6,00
50m: 33.75 33.75	150m: 1:49.70	38.48 250m: 3:06.91	38.76 350m: 4:25.26	39.08
100m: 1:11.22 37.47	200m: 2:28.15	38.45 300m: 3:46.18	39.27 400m: 5:03.23	37.97
10. PIÑEIRO FERNANDEZ, Antia	17	RCNVIGO	5:13.26	-
50m: 35.13 35.13	150m: 1:51.70	39.11 250m: 3:10.64	39.42 350m: 4:33.10	42.08
100m: 1:12.59 37.46	200m: 2:31.22	39.52 300m: 3:51.02	40.38 400m: 5:13.26	40.16

WDR FERNANDEZ AGUION, Sara 18 NCORUÑA -

16 años

1. BARROS DA SILVA, Sofia	16	GALAICO	4:27.01	19,00
50m: 31.57 31.57	150m: 1:38.44	33.53 250m: 2:45.44	33.39 350m: 3:53.46	34.03
100m: 1:04.91 33.34	200m: 2:12.05	33.61 300m: 3:19.43	33.99 400m: 4:27.01	33.55
2. MARTINEZ GARCIA, Uxia	16	RIASBAIXAS	4:54.43	12,00
50m: 33.56 33.56	150m: 1:48.06	37.40 250m: 3:03.78	37.86 350m: 4:19.46	37.50
100m: 1:10.66 37.10	200m: 2:25.92	37.86 300m: 3:41.96	38.18 400m: 4:54.43	34.97

Prueba 20, Fem., 400m Libre, 16 años

Clasificación				Edad				Tiempo		Puntos		
3.	BLANCO LAGE, Aitana			16		PONTEAREAS		4:59.08		8,00		
	50m:	34.25	34.25	150m:	1:49.02	37.78	250m:	3:05.23	38.03	350m:	4:21.67	37.79
	100m:	1:11.24	36.99	200m:	2:27.20	38.18	300m:	3:43.88	38.65	400m:	4:59.08	37.41
4.	FEAL DEVESA, Carlota			16		CULLEREDO		5:00.41		7,00		
	50m:	34.16	34.16	150m:	1:50.59	38.30	250m:	3:06.75	36.83	350m:	4:23.52	38.26
	100m:	1:12.29	38.13	200m:	2:29.92	39.33	300m:	3:45.26	38.51	400m:	5:00.41	36.89
5.	FIDALGO GOMEZ, Noela			16		POURENSE		5:17.58		-		
	50m:	35.51	35.51	150m:	1:53.13	39.69	250m:	3:14.07	40.76	350m:	4:37.06	41.80
	100m:	1:13.44	37.93	200m:	2:33.31	40.18	300m:	3:55.26	41.19	400m:	5:17.58	40.52