

Prueba 3  
04/07/2025

Fem., 400m Libre

Absoluto Femenino  
Resultados

Clasificación

Edad

Tiempo ABSO JUNI

Junior Femenino

1. BARROS DA SILVA, Sofia	16	GALAICO	<b>4:26.67</b>	19,00	19,00
50m: 30.95 30.95 150m: 1:38.28 33.79 250m: 2:46.25 33.84 350m: 3:53.76 33.51					
100m: 1:04.49 33.54 200m: 2:12.41 34.13 300m: 3:20.25 34.00 400m: 4:26.67 32.91					
2. MOURENZA ROCHA, Ines	18	PORTAMIÑA	<b>4:29.08</b>	16,00	16,00
50m: 31.38 31.38 150m: 1:38.74 34.10 250m: 2:46.87 34.00 350m: 3:55.36 34.25					
100m: 1:04.64 33.26 200m: 2:12.87 34.13 300m: 3:21.11 34.24 400m: 4:29.08 33.72					
3. BORRAZAS RODRIGUEZ, Noa	17	SPORTINGCASINO	<b>4:34.72</b>	14,00	14,00
50m: 31.37 31.37 150m: 1:40.47 34.88 250m: 2:50.28 34.86 350m: 4:00.59 35.10					
100m: 1:05.59 34.22 200m: 2:15.42 34.95 300m: 3:25.49 35.21 400m: 4:34.72 34.13					
4. VILLARNOVO PAZOS, Lucia	17	NATACIONFERROL	<b>4:40.89</b>	13,00	13,00
50m: 31.82 31.82 150m: 1:41.39 35.14 250m: 2:52.56 35.55 350m: 4:05.29 36.35					
100m: 1:06.25 34.43 200m: 2:17.01 35.62 300m: 3:28.94 36.38 400m: 4:40.89 35.60					
5. HERNAEZ GONZALEZ, Paula	17	CULLEREDO	<b>4:42.24</b>	12,00	12,00
50m: 32.38 32.38 150m: 1:43.58 36.26 250m: 2:55.81 36.20 350m: 4:08.00 36.36					
100m: 1:07.32 34.94 200m: 2:19.61 36.03 300m: 3:31.64 35.83 400m: 4:42.24 34.24					
6. RODRIGUEZ RODRIGUEZ, Paula	17	ARTEIXO	<b>4:42.96</b>	10,00	11,00
50m: 32.22 32.22 150m: 1:43.36 35.97 250m: 2:55.65 36.24 350m: 4:08.05 36.12					
100m: 1:07.39 35.17 200m: 2:19.41 36.05 300m: 3:31.93 36.28 400m: 4:42.96 34.91					
7. HERMIDA ALONSO, Antia	17	MOS	<b>4:52.85</b>	5,00	10,00
50m: 33.51 33.51 150m: 1:47.00 37.29 250m: 3:02.38 37.23 350m: 4:17.25 36.77					
100m: 1:09.71 36.20 200m: 2:25.15 38.15 300m: 3:40.48 38.10 400m: 4:52.85 35.60					
8. MUÑOZ GAVINO, Paula	17	PORTAMIÑA	<b>4:53.11</b>	4,00	9,00
50m: 32.87 32.87 150m: 1:47.02 37.48 250m: 3:01.97 37.15 350m: 4:17.45 37.60					
100m: 1:09.54 36.67 200m: 2:24.82 37.80 300m: 3:39.85 37.88 400m: 4:53.11 35.66					
9. PARDAVILA DAVILA, Ainoa	17	RBAIXASVIGO	<b>4:55.12</b>	3,00	8,00
50m: 33.94 33.94 150m: 1:47.31 36.81 250m: 3:02.14 37.24 350m: 4:17.84 37.97					
100m: 1:10.50 36.56 200m: 2:24.90 37.59 300m: 3:39.87 37.73 400m: 4:55.12 37.28					
10. RODRIGUEZ VIÑA, Valeria	16	FOGAR	<b>4:58.02</b>	-	7,00
50m: 33.87 33.87 150m: 1:48.61 37.70 250m: 3:04.85 38.27 350m: 4:21.74 38.21					
100m: 1:10.91 37.04 200m: 2:26.58 37.97 300m: 3:43.53 38.68 400m: 4:58.02 36.28					
11. FEAL DEVESA, Carlota	16	CULLEREDO	<b>4:58.97</b>	-	6,00
50m: 35.04 35.04 150m: 1:50.99 38.42 250m: 3:07.65 38.17 350m: 4:23.32 37.41					
100m: 1:12.57 37.53 200m: 2:29.48 38.49 300m: 3:45.91 38.26 400m: 4:58.97 35.65					
12. MARTINEZ GARCIA, Uxia	16	RBAIXASVIGO	<b>4:59.74</b>	-	5,00
50m: 34.32 34.32 150m: 1:49.60 38.10 250m: 3:07.20 39.09 350m: 4:24.35 38.70					
100m: 1:11.50 37.18 200m: 2:28.11 38.51 300m: 3:45.65 38.45 400m: 4:59.74 35.39					
13. SAAVEDRA BUIDE, Paula	18	PORTAMIÑA	<b>5:01.90</b>	-	-
50m: 34.09 34.09 150m: 1:49.17 38.08 250m: 3:06.04 38.78 350m: 4:23.67 38.84					
100m: 1:11.09 37.00 200m: 2:27.26 38.09 300m: 3:44.83 38.79 400m: 5:01.90 38.23					
14. RODRIGUEZ SUAREZ, Iria	18	CULLEREDO	<b>5:03.16</b>	-	-
50m: 35.31 35.31 150m: 1:50.71 37.71 250m: 3:08.30 38.38 350m: 4:25.19 37.98					
100m: 1:13.00 37.69 200m: 2:29.92 39.21 300m: 3:47.21 38.91 400m: 5:03.16 37.97					

Prueba 3, Fem., 400m Libre, Junior Femenino

Clasificación					Edad					Tiempo	ABSO	JUNI
15.	COUCEIRO BARREIRO, Marta				18	SPORTINGCASINO				5:03.75	-	-
	50m:	34.54	34.54	150m:	1:49.59	38.22	250m:	3:07.67	38.75	350m:	4:25.84	38.75
	100m:	1:11.37	36.83	200m:	2:28.92	39.33	300m:	3:47.09	39.42	400m:	5:03.75	37.91
16.	SALGUEIRIÑO ÁLVAREZ, Noa				17	MOS				5:08.00	-	-
	50m:	33.85	33.85	150m:	1:50.22	38.53	250m:	3:09.05	39.70	350m:	4:29.53	40.43
	100m:	1:11.69	37.84	200m:	2:29.35	39.13	300m:	3:49.10	40.05	400m:	5:08.00	38.47
17.	PAZOS IGLESIAS, Elisa				16	RCNVIGO				5:11.14	-	-
	50m:	33.78	33.78	150m:	1:50.83	39.41	250m:	3:10.67	40.59	350m:	4:31.95	40.95
	100m:	1:11.42	37.64	200m:	2:30.08	39.25	300m:	3:51.00	40.33	400m:	5:11.14	39.19
18.	GIRALDEZ MARTINEZ, Nerea				18	RBAIXASVIGO				5:23.55	-	-
	50m:	35.49	35.49	150m:	1:53.85	39.63	250m:	3:15.33	40.66	350m:	4:40.74	43.20
	100m:	1:14.22	38.73	200m:	2:34.67	40.82	300m:	3:57.54	42.21	400m:	5:23.55	42.81

Absoluto Femenino

1. BARROS DA SILVA, Sofia	16	GALAICO	4:26.67	19,00	19,00
50m: 30.95 30.95 150m: 1:38.28	33.79	250m: 2:46.25 33.84	350m: 3:53.76 33.51		
100m: 1:04.49 33.54 200m: 2:12.41	34.13	300m: 3:20.25 34.00	400m: 4:26.67 32.91		
2. MOURENZA ROCHA, Ines	18	PORTAMIÑA	4:29.08	16,00	16,00
50m: 31.38 31.38 150m: 1:38.74	34.10	250m: 2:46.87 34.00	350m: 3:55.36 34.25		
100m: 1:04.64 33.26 200m: 2:12.87	34.13	300m: 3:21.11 34.24	400m: 4:29.08 33.72		
3. BORRAZAS RODRIGUEZ, Noa	17	SPORTINGCASINO	4:34.72	14,00	14,00
50m: 31.37 31.37 150m: 1:40.47	34.88	250m: 2:50.28 34.86	350m: 4:00.59 35.10		
100m: 1:05.59 34.22 200m: 2:15.42	34.95	300m: 3:25.49 35.21	400m: 4:34.72 34.13		
4. VILLARNOVO PAZOS, Lucia	17	NATACIONFERROL	4:40.89	13,00	13,00
50m: 31.82 31.82 150m: 1:41.39	35.14	250m: 2:52.56 35.55	350m: 4:05.29 36.35		
100m: 1:06.25 34.43 200m: 2:17.01	35.62	300m: 3:28.94 36.38	400m: 4:40.89 35.60		
5. HERNAEZ GONZALEZ, Paula	17	CULLEREDO	4:42.24	12,00	12,00
50m: 32.38 32.38 150m: 1:43.58	36.26	250m: 2:55.81 36.20	350m: 4:08.00 36.36		
100m: 1:07.32 34.94 200m: 2:19.61	36.03	300m: 3:31.64 35.83	400m: 4:42.24 34.24		
6. CEBEY FIDALGO, Iraide	14	LICEO	4:42.68	11,00	-
50m: 32.20 32.20 150m: 1:42.61	35.73	250m: 2:54.86 36.29	350m: 4:07.57 36.24		
100m: 1:06.88 34.68 200m: 2:18.57	35.96	300m: 3:31.33 36.47	400m: 4:42.68 35.11		
7. RODRIGUEZ RODRIGUEZ, Paula	17	ARTEIXO	4:42.96	10,00	11,00
50m: 32.22 32.22 150m: 1:43.36	35.97	250m: 2:55.65 36.24	350m: 4:08.05 36.12		
100m: 1:07.39 35.17 200m: 2:19.41	36.05	300m: 3:31.93 36.28	400m: 4:42.96 34.91		
8. PARDO CHAS, Eva	21	NATACIONFERROL	4:47.51	9,00	-
50m: 32.72 32.72 150m: 1:43.98	35.89	250m: 2:56.82 36.30	350m: 4:11.05 36.85		
100m: 1:08.09 35.37 200m: 2:20.52	36.54	300m: 3:34.20 37.38	400m: 4:47.51 36.46		
9. GERVENO PRADA, Eva	14	SPORTINGCASINO	4:49.43	8,00	-
50m: 32.65 32.65 150m: 1:44.60	36.50	250m: 2:58.38 37.28	350m: 4:13.00 37.60		
100m: 1:08.10 35.45 200m: 2:21.10	36.50	300m: 3:35.40 37.02	400m: 4:49.43 36.43		
10. VEIGA SOUTO, Ana	27	ARTEIXO	4:49.48	7,00	-
50m: 32.91 32.91 150m: 1:45.28	36.92	250m: 2:58.97 36.52	350m: 4:13.72 37.35		
100m: 1:08.36 35.45 200m: 2:22.45	37.17	300m: 3:36.37 37.40	400m: 4:49.48 35.76		

Prueba 3, Fem., 400m Libre, Absoluto Femenino

Clasificación					Edad					Tiempo	ABSO	JUNI
11.	GUERRA RODRIGUEZ, Zaida				15	PABELLONOURENSE				<b>4:52.03</b>	6,00	-
	50m:	32.91	32.91	150m:	1:45.52	36.62	250m:	2:59.86	37.16	350m:	4:15.15	37.38
	100m:	1:08.90	35.99	200m:	2:22.70	37.18	300m:	3:37.77	37.91	400m:	4:52.03	36.88
12.	HERMIDA ALONSO, Antia				17	MOS				<b>4:52.85</b>	5,00	10,00
	50m:	33.51	33.51	150m:	1:47.00	37.29	250m:	3:02.38	37.23	350m:	4:17.25	36.77
	100m:	1:09.71	36.20	200m:	2:25.15	38.15	300m:	3:40.48	38.10	400m:	4:52.85	35.60
13.	MUÑOZ GAVINO, Paula				17	PORTAMIÑA				<b>4:53.11</b>	4,00	9,00
	50m:	32.87	32.87	150m:	1:47.02	37.48	250m:	3:01.97	37.15	350m:	4:17.45	37.60
	100m:	1:09.54	36.67	200m:	2:24.82	37.80	300m:	3:39.85	37.88	400m:	4:53.11	35.66
14.	PARDAVILA DAVILA, Ainoa				17	RBAIXASVIGO				<b>4:55.12</b>	3,00	8,00
	50m:	33.94	33.94	150m:	1:47.31	36.81	250m:	3:02.14	37.24	350m:	4:17.84	37.97
	100m:	1:10.50	36.56	200m:	2:24.90	37.59	300m:	3:39.87	37.73	400m:	4:55.12	37.28
15.	CASTRO CIDRAS, Alba				15	GALAICO				<b>4:55.79</b>	2,00	-
	50m:	32.67	32.67	150m:	1:46.04	37.19	250m:	3:01.66	37.85	350m:	4:18.68	38.55
	100m:	1:08.85	36.18	200m:	2:23.81	37.77	300m:	3:40.13	38.47	400m:	4:55.79	37.11
16.	RODRIGUEZ VIÑA, Valeria				16	FOGAR				<b>4:58.02</b>	-	7,00
	50m:	33.87	33.87	150m:	1:48.61	37.70	250m:	3:04.85	38.27	350m:	4:21.74	38.21
	100m:	1:10.91	37.04	200m:	2:26.58	37.97	300m:	3:43.53	38.68	400m:	4:58.02	36.28
17.	FEAL DEVESA, Carlota				16	CULLEREDO				<b>4:58.97</b>	-	6,00
	50m:	35.04	35.04	150m:	1:50.99	38.42	250m:	3:07.65	38.17	350m:	4:23.32	37.41
	100m:	1:12.57	37.53	200m:	2:29.48	38.49	300m:	3:45.91	38.26	400m:	4:58.97	35.65
18.	MARTINEZ GARCIA, Uxia				16	RBAIXASVIGO				<b>4:59.74</b>	-	5,00
	50m:	34.32	34.32	150m:	1:49.60	38.10	250m:	3:07.20	39.09	350m:	4:24.35	38.70
	100m:	1:11.50	37.18	200m:	2:28.11	38.51	300m:	3:45.65	38.45	400m:	4:59.74	35.39
19.	MARTINEZ NOVOA, Silvia				19	GALAICO				<b>5:01.65</b>	-	-
	50m:	34.22	34.22	150m:	1:47.67	37.42	250m:	3:04.57	38.73	350m:	4:23.21	39.17
	100m:	1:10.25	36.03	200m:	2:25.84	38.17	300m:	3:44.04	39.47	400m:	5:01.65	38.44
20.	SAAVEDRA BUIDE, Paula				18	PORTAMIÑA				<b>5:01.90</b>	-	-
	50m:	34.09	34.09	150m:	1:49.17	38.08	250m:	3:06.04	38.78	350m:	4:23.67	38.84
	100m:	1:11.09	37.00	200m:	2:27.26	38.09	300m:	3:44.83	38.79	400m:	5:01.90	38.23
21.	RODRIGUEZ SUAREZ, Iria				18	CULLEREDO				<b>5:03.16</b>	-	-
	50m:	35.31	35.31	150m:	1:50.71	37.71	250m:	3:08.30	38.38	350m:	4:25.19	37.98
	100m:	1:13.00	37.69	200m:	2:29.92	39.21	300m:	3:47.21	38.91	400m:	5:03.16	37.97
22.	COUCEIRO BARREIRO, Marta				18	SPORTINGCASINO				<b>5:03.75</b>	-	-
	50m:	34.54	34.54	150m:	1:49.59	38.22	250m:	3:07.67	38.75	350m:	4:25.84	38.75
	100m:	1:11.37	36.83	200m:	2:28.92	39.33	300m:	3:47.09	39.42	400m:	5:03.75	37.91
23.	SALGUEIRIÑO ÁLVAREZ, Noa				17	MOS				<b>5:08.00</b>	-	-
	50m:	33.85	33.85	150m:	1:50.22	38.53	250m:	3:09.05	39.70	350m:	4:29.53	40.43
	100m:	1:11.69	37.84	200m:	2:29.35	39.13	300m:	3:49.10	40.05	400m:	5:08.00	38.47
24.	PAZOS IGLESIAS, Elisa				16	RCNVIGO				<b>5:11.14</b>	-	-
	50m:	33.78	33.78	150m:	1:50.83	39.41	250m:	3:10.67	40.59	350m:	4:31.95	40.95
	100m:	1:11.42	37.64	200m:	2:30.08	39.25	300m:	3:51.00	40.33	400m:	5:11.14	39.19
25.	GIRALDEZ MARTINEZ, Nerea				18	RBAIXASVIGO				<b>5:23.55</b>	-	-
	50m:	35.49	35.49	150m:	1:53.85	39.63	250m:	3:15.33	40.66	350m:	4:40.74	43.20
	100m:	1:14.22	38.73	200m:	2:34.67	40.82	300m:	3:57.54	42.21	400m:	5:23.55	42.81

Prueba 3, Fem., 400m Libre, Absoluto Femenino

Clasificación		Edad		Tiempo	ABSO	JUNI
WDR	CAMPOS TATO, Uxia	20	PABELLONOURENSE		-	-
WDR	BLANCO ROUCO, Carmen	19	RBAIXASVIGO		-	-