

1 - Sábado, 10 de Enero de 2026

10/01/2026 - 10:00

Prueba 1
10/01/2026

Mixto, 4 x 50m Estilos

AG 80 - 359
Lista de salida

Pista Ano Clube Marca Pisc.

Serie 1 de 9

2	GALAICO 200	+200 GALAICO	3:16.31 25m
LOPEZ VIDAL, Antonio 74, GONZALEZ PEREIRA, Jose Carlos 51, VYNOHRADOVA, Kateryna 40, GONZALEZ GARCIA, Covadonga 37			
3	POURENSE 200	+200 POURENSE	3:13.92 25m
ESTEVEZ SANTOS, Marcos 52, BALADO LOPEZ, Ana Maria 65, RODRIGUEZ ESTEVEZ, Damian 49, GARCIA COLOMO, Maria Cristina 64			
4	PONTEAREAS 240	+240 PONTEAREAS	3:14.70 25m
JORGE IGLESIAS, Marcelino 60, MUTILBA OBREGON, Nuria 57, LOPEZ VIEIRA, Ignacio 56, GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 74			
5	PONTEAREAS 280	+280 PONTEAREAS	4:34.18 25m
GONZALEZ RODRIGUEZ, Saladina Marta 80, DEL AMO BLANCO, Margarita 59, RODRIGUEZ GOMEZ, Emilio 65, MONROY FERNANDEZ, Ma			

Serie 2 de 9

1	RCNVIGO 160	+160 RCNVIGO	3:04.33 25m
GONZALEZ NUNEZ, Cristina 39, ABALO IBARLUCEA, Pablo 47, SACRISTAN GARCIA, Maria 52, PEREZ PAREDES, Marcos 60			
2	C. N. Máster Pons Vetus 200	+200 C. N. Máster Pons Vetus	3:01.82 25m
PAREDES RIOS, Rosa Maria 58, PITA SANTIN, Antonio 55, GULIAS GARCIA, Jose Ruben 35, LLEVOT SANCHEZ, Ana Isabel 56			
3	SALESTRA 200	+200 SALESTRA	2:59.45 25m
ABBATEMARCO, Cristina 42, DIEGUEZ SANMARTIN, Maria De La Concepcion 50, GESTOSO PAZO, Juan Francisco 59, MAGARIÑOS MACE			
4	PORTAMIÑA 200	+200 PORTAMIÑA	3:01.02 25m
OJEA DE CASTRO, Macarena 53, DIEZ RODRIGUEZ, Ignacio Jose 54, GARCIA RODRIGUEZ, Teresa 54, DE LUIS GONZALEZ, Aitor 52			
5	POURENSE 160	+160 POURENSE	3:03.92 25m
NOGUEIRA-PINTO CRESPO, Hugo 48, GAMALLO, Rosa 59, RODRIGUEZ VAZQUEZ, Maria Teresa 54, SABUZ FORNEIRO, Martin 32			
6	C. N. Valdeorras 200	+200 C. N. Valdeorras	3:11.53 25m
REBANAL ALFAYA, Fernando 55, RODRIGUEZ BASANTA, Francisco Jose 65, BARCALA PEREZ, Maria Rosa 50, VAZQUEZ GONZALEZ, Yola			

Serie 3 de 9

1	HERCULES 200	+200 HERCULES	2:55.40 25m
CARBALLO BALOIRA, Susana Maria 51, BORDALLO CORTINA, Fernando 72, FERNANDEZ GONZALEZ, Elena 25, DE LA VEGA GANDARAS			
2	HERCULES 240	+240 HERCULES	2:51.28 25m
YAÑEZ WONENBURGER, Juan Carlos 67, LOPEZ MAHIA, Purificacion 63, SUANZES PEREZ, Fernando 73, RODRIGUEZ PANTIN, Marta Mari			
3	SALESTRA 120	+120 SALESTRA	2:50.28 25m
ROZADOS LUIS, Adriana 41, TABOADA CALVELO, Jose Carlos 47, LOUREIRO FERREIROA, Marcos 41, RIVADULLA MALLO, Maria Irene 28			
4	POURENSE 240	+240 POURENSE	2:50.29 25m
OTERO LOPEZ, Maria Elisa 66, GARCIA COLOMO, Manuel Ramon 72, IVANCHENKO, Yurii 73, PEREZ GALLARDO, Teresa 62			
5	CNMOS 200	+200 CNMOS	2:52.66 25m
RODRIGUEZ LEMOS, Andres Jesus 77, FERNANDEZ GONZALEZ, Alvaro 61, CARRERA PEREZ, Carolina 32, SOUSA CARNEIRO, Rosana 55			
6	RIASBAIXAS 240	+240 RIASBAIXAS	2:59.19 25m
PEREZ LEIVA, Manuel 58, HERNANZ MORAL, Fausto 64, CHAMOSA MARTIN, Julia 65, REGUEIRO RODRIGUEZ, Ana 60			

Prueba 1, Mixto, 4 x 50m Estilos

Serie 4 de 9

1 SALESTRA 160	+160 SALESTRA	2:44.20 25m
BASTIDA CAMPOS, Alejandro 44, OTERO FERNANDEZ, Maria Luisa 33, VILARIÑO CACHO, Elvira 45, DURO GONZALEZ, Antonio 52		
2 FLUVIAL 200	+200 FLUVIAL	2:40.13 25m
GOMEZ PAREDES, Maria 50, ALONSO ORTIZ, Mariano 50, GOMEZ MARTIN, Ruben 48, CASTRO MAESTRE, Isaura 57		
3 FLUVIAL 160	+160 FLUVIAL	2:36.08 25m
GOMEZ DOVAL, Maria Angela 70, PUENTE MARIN, Cristina 31, IGLESIAS LAPIDO, Miguel 41, FARIAS FORNEIRO, Patricio Cruz 49		
4 PONTEAREAS 200	+200 PONTEAREAS	2:38.37 25m
PALLARES PEREIRA, Ana 46, PREGO MARTINEZ, Benjamin 53, MOURIÑO ORTIGUEIRA, Roberto Carlos 52, VARELA REDONDO, Veronica		
5 C. N. Ordes 160	+160 C. N. Ordes	2:42.67 25m
6 C. N. Valdeorras 160	+160 C. N. Valdeorras	2:45.76 25m
RODRIGUEZ DE DIOS, Amparo 39, ESPINOSA MIRA, Jorge 48, TORNE BOBO, Borja 34, RODRIGUEZ OLIVEIRA, Manuela 49		

Serie 5 de 9

1 NTNARON 160	+160 NTNARON	2:34.68 25m
GORDILLO VAN GILS, Silvia 30, BLANCO PEREZ, Jesus 40, MARTINEZ FERNANDEZ, Hector 49, LOPEZ GARCIA, Sandra 45		
2 CIDSANTIAG 200	+200 CIDSANTIAG	2:34.39 25m
CODESIDO LOPEZ, Jose 67, IGLESIAS CARRERA, Pio 53, FKEOUI OMARI, Salma 44, DEIRA BARCALA, Silvia 52		
3 XOVE 160	+160 XOVE	2:31.45 25m
ISASTI OTERO, Nerea 29, ISASTI OTERO, Patxi 31, ISASTI MAIZA, Patxi Xabier 61, GONZALEZ FERNANDEZ, Leticia 44		
4 PORTAMIÑA 160	+160 PORTAMIÑA	2:32.06 25m
DIEGUEZ ARANDA, Hector 53, DONG, Taogui 42, FERNANDEZ GONZALEZ, Iria 44, LOPEZ RODRIGUEZ, Aroa 29		
5 SCASINO 160	+160 SCASINO	2:34.41 25m
LOPEZ CORTABITARTE, Belen 39, RIVAS FEAL, Antonio 60, TORRES NEIRA, Mateo 47, BARBEITO DOMINGUEZ, Marta 42		
6 ESCUALOS 200	+200 ESCUALOS	2:38.46 50m
MARTIN, Christelle 45, BOUSO FUENTECILLA, Fernando 55, FERNANDEZ MARTINEZ, Alberto 55, CID ALVAREZ, Isabel 46		

Serie 6 de 9

1 RIASBAIXAS 200	+200 RIASBAIXAS	2:30.86 25m
ROIG SANCHEZ, Blanca Ana 52, CRESPO PIÑEIRO, Natalio 57, TORRE GONZALEZ, Elisa 41, TERREN ENRUBIA, Lucio A 56		
2 PONTEAREAS 160	+160 PONTEAREAS	2:30.10 25m
PAZOS GANDARA, Andrea 34, GONZALEZ PEREZ, Paula 30, FERNANDEZ IGLESIAS, Emilio Jose 49, MOURIÑO FORTES, Victor Manuel 49		
3 LICEO 200	+200 LICEO	2:26.42
VINAGRE SENDINO, Cora 38, TOURIÑO GONZALEZ, Victor Manuel 58, SAAVEDRA GONZALEZ, Raul 53, BRAÑA MENENDEZ, Sonia 51		
4 RIASBAIXAS 80	+80 (IRIASBAIXAS)	2:29.19 25m
PASTORIZA SANTA CLARA, Jorge 29, ABALDE PUJALES, Alberto 26, ESTEVEZ BASTERO, Ana 21, GARCES FERNANDEZ, Erea 23		
5 PORTAMIÑA 120	+120 PORTAMIÑA	2:30.42 25m
MOURIZ LOMBAO, Francisco Javier 51, GONZALEZ PEÑAS, David 42, RAMOS LOBO, Raquel 33, SOUTIÑO RAMIREZ, Carmen Victoria 25		
6 ARTEIXO 160	+160 ARTEIXO	2:30.95 25m
SANJORGE PEDREIRA, Carmelo 64, DURAN VEIRAS, Raquel 42, ALVITE BERGARA, Nerea 27, ANDRES DUASO, Olmo 33		

Serie 7 de 9

1 NFERROL 80	+80 (INFERROL'ER)	2:26.12 25m
DIZ NIEVES, David 22, DIAZ DOPICO, Sabela 24, MENDEZ LORENZO, Bruno 22, RAÑALES GRAÑA, Naila 25		
2 C. N. As Meigas 120	+120 C. N. As Meigas	2:22.31 25m
BEN CILLERO, Sabela 34, GARCIA ARCE, Gonzalo 35, FRANCO CAL, Alba 35, SAINZ-MAZA VILAR, Adolfo Antonio 31		
3 RIASBAIXAS 120	+120 RIASBAIXAS	2:17.59 25m
ALONSO PEREIRA, Fatima 33, FIGUEIRA DOMINGUEZ, Javier Guzman 38, GARCIA MUGGIA, Erick Jose 40, RODRIGUEZ CERVINO, Ana 20		
4 CULLEREDO 160	+160 CULLEREDO	2:21.61 25m
GUIRADO CARABEL, Oscar 50, IGLESIAS LOPEZ, Maria 25, GONZALEZ IGLESIAS, Alberto 29, SANDERSON KEOUGH, Helen Jane 56		

Prueba 1, Mixto, 4 x 50m Estilos

5	MONFORTE 120	+120 MONFORTE	2:20.00
	CASANOVA MARTINEZ, Victor 30, MARTINEZ GARCIA, Susana 35, SUAREZ FERNANDEZ, Santiago 31, VAZQUEZ FUENTES, Cintia 39		
6	RIASBAIXAS 160	+160 RIASBAIXAS	2:27.91 25m
	ALONSO PEREIRA, Fatima 33, RODRIGUEZ CERVINO, Ana 26, FERREIRO SEOANE, Jose Raul 53, FERNANDEZ-TESTA BARREIRO, David		

Serie 8 de 9

1	CIDSANTIAG 120	+120 CIDSANTIAG	2:16.35 25m
	PORTELA CARBALLIDO, Andrea 25, ALCALDE BALADO, Tania 40, BERNARDEZ FERRO, Juan Jose 39, MARTINEZ DOPAZO, David 39		
2	ARTEIXO 120	+120 ARTEIXO	2:17.43 50m
	VILLAMOR FERRO, Ruben 26, DURAN VEIRAS, Raquel 42, ALVITE BERGARA, Nerea 27, ANDRES DUASO, Olmo 33		
3	CNMOS 120	+120 CNMOS	2:13.32 25m
	SILVEIRA LOUREIRO, Maria 31, DAVILA SILVA, Alicia 28, GARABATOS RODRIGUEZ, Santiago 52, EIRIZ DIEGUEZ, Daniel 48		
4	ESCUALOS 160	+160 ESCUALOS	2:17.26 50m
	MIRA VAZQUEZ, Paula 40, FORTES NOVOA, Martiño 38, KRUGLOV KRUGLOV, Mykola 41, MIRA VAZQUEZ, Marta 45		
5	PONTEAREAS 100	+100 PONTEAREAS	2:15.37 25m
	ALVAREZ PRESA, Samuel 26, ALVAREZ SOUTO, Claudia 25, FERNANDEZ PARDO, Irene 25, LAGO GONZALEZ, Ivan 33		
6	PONTEAREAS 120	+120 PONTEAREAS	2:16.57 25m
	RODRIGUEZ ROMERO, Carolina 30, PINO LORENZO, Brais 25, CARRERA COSTAS, Martin 30, GESTO ALONSO, Clarisa 37		

Serie 9 de 9

1	CDELMAR 160	+160 CDELMAR	2:12.45 25m
	CASTRO VILLAR, David 35, LOBELLE GONZALEZ, Marcos 37, ABADIN ROZENBAUM, Manuela Rocio 31, TERCEIRO DELGADO, Maria Del M		
2	NCORUÑA 120	+120 NCORUÑA	2:10.09 25m
	DOPEREIRO GARCIA, Alba 36, CIDRAS ANGEL, Iria 36, MUIÑO ALONSO, Anton 32, GOMEZ CARDESIN, Alvaro 41		
3	NTNARON 120	+120 NTNARON	2:04.61 25m
	GRACIA CARBAJO, Miguel 32, DIAZ RODRIGUEZ, Andres 37, SEGOVIA CARBALLO, Paula 26, RIVAS TENREIRO, Arantza 37		
4	CIDSANTIAG 160	+160 CIDSANTIAG	2:07.70 25m
	IGLESIAS GOMEZ, Gonzalo 47, SONEIRA REBOREDO, Oscar 51, GONZALEZ RODRIGUEZ, Maria 44, FKEOUI OMARI, Salma 44		
5	CIDSANTIAG 100	+100 CIDSANTIAG	2:10.84 25m
	CASTRO RODRIGUEZ, Francisco 26, QUINTAS MOSQUERA, Manuel 30, COTOS SUAREZ, Ana 29, GARCIA MIGUEZ, Rosalia 28		
6	PONTEAREAS 80	+80 (P)PONTEAREAS	2:12.83 25m
	EIJO GIL, Naiara 20, PEREZ PAZ, Dario 21, LEMOS FERNANDEZ, Zaira 24, CASARES GARCIA, Brais 22		

Prueba 2
10/01/2026

Fem., 100m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 10					
1	PEREZ CASTRO, Maria Rut	51	50+	MULLEREF	2:19.49 25m
2	VAZQUEZ PARCERO, Marta	46	45+	CULLEREDO	2:18.12 25m
3	MARTINEZ BARCIELA, Maria Olga	36	35+	RIASBAIXAS	2:01.79 25m
4	RAMIREZ INSUA, Julia	43	40+	RSDH	2:08.06 25m
5	SANCHEZ VAZQUEZ, Maria Luisa	61	60+	C. N. Máster Pons Vetus	2:19.40 25m
Serie 2 de 10					
1	FRANCO CAL, Sonia	39	35+	C. N. As Meigas	1:58.04 25m
2	GARCIA RODRIGUEZ, Teresa	54	50+	PORTAMIÑA	1:54.89 25m
3	SOBRINO EIRIZ, Maria Del Valle	54	50+	PONTEAREAS	1:52.00 25m
4	PAREDES RIOS, Rosa Maria	58	55+	C. N. Máster Pons Vetus	1:54.43 25m
5	CALVO RODRIGUEZ, Maria	39	35+	NTNARON	1:57.17 25m
6	LOPEZ BARREIRO, Cristina	47	45+	MULLEREF	1:59.27 25m
Serie 3 de 10					
1	SACRISTAN GARCIA, Maria	52	50+	RCNVIGO	1:51.53 25m
2	RIVEIRA CAAMAÑO, Rebeca	49	45+	C. N. Ordes	1:46.91 25m
3	OTERO FERNANDEZ, Maria Luisa	33	30+	SALESTRA	1:45.80 25m
4	IGLESIAS SUAREZ, Laura	34	30+	CDELMAR	1:45.92 25m
5	MARIÑO PAZ, Eva Maria	52	50+	C. N. Máster Pons Vetus	1:51.40 25m
6	CRUZ ANEIROS, Ana Maria	43	40+	NFERROL	1:51.66 25m
Serie 4 de 10					
1	RODRIGUEZ PANTIN, Marta Maria	60	60+	HERCULES	1:42.94 25m
2	REGUEIRO RODRIGUEZ, Ana	60	60+	RIASBAIXAS	1:42.21 25m
3	ALONSO PEREIRA, Fatima	33	30+	RIASBAIXAS	1:40.50 25m
4	VYNOHRADOVA, Kateryna	40	40+	GALAICO	1:41.60 25m
5	GOMEZ PAREDES, Maria	50	50+	FLUVIAL	1:42.41 25m
6	JIMENEZ PEREZ, Victoria	57	55+	NFERROL	1:44.15 25m
Serie 5 de 10					
1	LOPEZ GONZALEZ, Monica	56	55+	PORTAMIÑA	1:36.98 25m
2	RODRIGUEZ PAZ, Lucia	26	25+	PONTEAREAS	1:35.80 25m
3	PAZOS GANDARA, Andrea	34	30+	PONTEAREAS	1:34.04 25m
4	ROIG SANCHEZ, Blanca Ana	52	50+	RIASBAIXAS	1:34.17 25m
5	DE LORENZO FERNANDEZ, Maria	48	45+	ESCUALOS	1:36.00 25m
6	CARRERA PEREZ, Carolina	32	30+	CNMOS	1:38.68 25m
Serie 6 de 10					
1	GONZALEZ PEREZ, Paula	30	30+	PONTEAREAS	1:33.04 25m
2	PRADO FRANCO, Martha-Elizabeth	47	45+	RIASBAIXAS	1:31.88 25m
3	RODRIGUEZ PEREZ, Lorena	25	25+	PONTEAREAS	1:31.23 25m
4	RODRIGUEZ GONZALEZ, Raquel	33	30+	MONFORTE	1:31.26 25m
5	FERNANDEZ GONZALEZ, Iria	44	40+	PORTAMIÑA	1:32.63 25m
6	MARTIN, Christelle	45	45+	ESCUALOS	1:33.96 25m

Prueba 2, Fem., 100m Estilos

Serie 7 de 10

1	MUTILBA OBREGON, Nuria	57	55+	PONTEAREAS	1:30.15	25m
2	LOPEZ SANMARTIN, Tania	35	35+	NFERROL	1:28.01	25m
3	DURAN PALEO, Sabela	21	20+	C. N. As Meigas	1:26.81	25m
4	ESTEVEZ BASTERO, Ana	21	20+	RIASBAIXAS	1:27.75	25m
5	GARCIA COLOMO, Maria Cristina	64	60+	POURENSE	1:29.83	25m
6	SANDERSON KEOUGH, Helen Jane	56	55+	CULLEREDO	1:30.87	25m

Serie 8 de 10

1	ROZADOS LUIS, Adriana	41	40+	SALESTRA	1:26.53	25m
2	VILARIÑO CACHO, Elvira	45	45+	SALESTRA	1:25.90	25m
3	BRAÑA MENENDEZ, Sonia	51	50+	LICEO	1:25.01	25m
4	FKEOUI OMARI, Salma	44	40+	CIDSANTIAG	1:25.86	25m
5	GOMEZ FERNANDEZ, Uxia	23	20+	ESCUALOS	1:26.40	25m
6	GESTO ALONSO, Clarisa	37	35+	PONTEAREAS	1:26.65	25m

Serie 9 de 10

1	LOPEZ RODRIGUEZ, Aroa	29	25+	PORTAMIÑA	1:24.40	25m
2	BLANCO PEREZ, Laura	22	20+	PONTEAREAS	1:22.42	25m
3	IGLESIAS LOPEZ, Maria	25	25+	CULLEREDO	1:18.31	25m
4	CRUZ GARCIA, Aurora	31	30+	CIDSANTIAG	1:18.33	25m
5	DOPEREIRO GARCIA, Alba	36	35+	NCORUÑA	1:23.95	25m
6	VAZQUEZ FUENTES, Cintia	39	35+	MONFORTE	1:24.60	25m

Serie 10 de 10

1	POLO GIL, Paula	29	25+	C. N. As Meigas	1:16.88	25m
2	DAVILA SILVA, Alicia	28	25+	CNMOS	1:13.40	25m
3	RODRIGUEZ RODRIGUEZ, Nina	24	20+	RIASBAIXAS	1:07.36	25m
4	EIJO GIL, Naiara	20	20+	PONTEAREAS	1:10.70	25m
5	GARCIA MIGUEZ, Rosalia	28	25+	CIDSANTIAG	1:15.90	25m
6	VIEZZOLI, Cecilia	23	20+	RCNVIGO	1:18.27	25m

Prueba 3
10/01/2026

Masc., 100m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 9</u>					
1	MONROY FERNANDEZ, Manuel	76	75+	PONTEAREAS	2:08.49 25m
2	BRIOSO DIAZ, Manuel	49	45+	REDONDELA	1:53.29 25m
3	FERREIRO SANCHEZ, Luis	56	55+	POURENSE	1:48.59 25m
4	MELLA BARBEITO, Javier	43	40+	ARTEIXO	1:50.21 25m
5	ROMERO PENA, Juan Ramon	63	60+	HERCULES	1:53.75 25m
<u>Serie 2 de 9</u>					
1	PEREZ GARCIA, Manuel	59	55+	CULLEREDO	1:47.84 25m
2	LORENZO GONZALEZ-VISO, Carlos	55	55+	POURENSE	1:45.53 25m
3	RODRIGUEZ GOMEZ, Emilio	65	65+	PONTEAREAS	1:38.94 25m
4	IVANCHENKO, Yuri	73	70+	POURENSE	1:45.43 25m
5	SANJORGE PEDREIRA, Carmelo	64	60+	ARTEIXO	1:46.86 25m
6	LAMELO OTERO, Ramon Jesus	58	55+	CIDSANTIAG	1:48.09 25m
<u>Serie 3 de 9</u>					
1	GURIDI HUERTA, Jesus Maria	58	55+	FLUVIAL	1:37.39 25m
2	LAVIA PINTOS, David	33	30+	C. N. Máster Pons Vetus	1:35.56 25m
3	SUANZES PEREZ, Fernando	73	70+	HERCULES	1:33.02 25m
4	LOPEZ PAYO, Mario	49	45+	SALESTRA	1:33.64 25m
5	REBANAL ALFAYA, Fernando	55	55+	C. N. Valdeorras	1:36.90 25m
6	CEDIEL SANDE, Johann Sebastian	35	35+	C. N. As Meigas	1:38.29 25m
<u>Serie 4 de 9</u>					
1	ALIAGA SOLA, Alberto	49	45+	PONTEAREAS	1:29.19 25m
2	FERNANDEZ MARTINEZ, Alberto	55	55+	ESCUALOS	1:27.89 25m
3	YAÑEZ WONENBURGER, J.	67	65+	HERCULES	1:27.50 25m
4	BASTIDA CAMPOS, Alejandro	44	40+	SALESTRA	1:27.76 25m
5	SANCHEZ SECO, Manuel	58	55+	ESCUALOS	1:28.65 25m
6	PEREZ CARRERA, Elias	47	45+	RIASBAIXAS	1:32.72 25m
<u>Serie 5 de 9</u>					
1	PUENTE DIAZ, Javier	55	55+	CIDSANTIAG	1:22.54 25m
2	TOURIÑO GONZALEZ, Victor Manuel	58	55+	LICEO	1:20.20 25m
3	GUTIERREZ COSTAS, Oscar	44	40+	RIASBAIXAS	1:19.76 25m
4	MOURIÑO ORTIGUEIRA, R.	52	50+	PONTEAREAS	1:19.80 25m
5	ESPAÑA CABEZAS, Jesus	45	45+	CIDSANTIAG	1:20.47 25m
6	FERNADEZ BARREIROS, Claudio	51	50+	C. N. Ordes	1:23.78 25m
<u>Serie 6 de 9</u>					
1	DIEGUEZ ARANDA, Hector	53	50+	PORTAMIÑA	1:17.60 25m
2	FEIJOO REY, Roi	47	45+	POURENSE	1:16.19 25m
3	ESPINOSA MIRA, Jorge	48	45+	C. N. Valdeorras	1:15.11 25m
4	BERNARDEZ FERRO, Juan Jose	39	35+	CIDSANTIAG	1:15.25 25m
5	ALVAREZ SILVA, Ruben	45	45+	ESCUALOS	1:16.99 25m
6	ESTEVEZ SANTOS, Marcos	52	50+	POURENSE	1:18.61 25m

Prueba 3, Masc., 100m Estilos

Serie 7 de 9

1 FORTES NOVOA, Martiño	38	35+	ESCUALOS	1:13.15	25m
2 GOMEZ CARDESIN, Alvaro	41	40+	NCORUÑA	1:11.95	25m
3 GUIRADO CARABEL, Oscar	50	50+	CULLEREDO	1:10.69	25m
4 BLANCO PEREZ, Jesus	40	40+	NTNARON	1:11.64	25m
5 FREIRE GONZALEZ, Javier	33	30+	RIASBAIXAS	1:12.61	25m
6 DIAZ RODRIGUEZ, Andres	37	35+	NTNARON	1:13.35	25m

Serie 8 de 9

1 CASARES GARCIA, Brais	22	20+	PONTEAREAS	1:08.31	25m
2 CASTRO RODRIGUEZ, Francisco	26	25+	CIDSANTIAG	1:06.87	25m
3 LOBELLE GONZALEZ, Marcos	37	35+	CDELMAR	1:06.33	25m
4 GARABATOS RODRIGUEZ, Santiago	52	50+	CNMOS	1:06.57	25m
5 ISASTI OTERO, Patxi	31	30+	XOVE	1:07.41	25m
6 GARCIA MUGGIA, Erick Jose	40	40+	RIASBAIXAS	1:09.71	25m

Serie 9 de 9

1 MUIÑO ALONSO, Anton	32	30+	NCORUÑA	1:05.35	25m
2 SUAREZ FERNANDEZ, Santiago	31	30+	MONFORTE	1:04.53	25m
3 GRACIA CARBAJO, Miguel	32	30+	NTNARON	1:02.17	25m
4 PEREZ PAZ, Dario	21	20+	PONTEAREAS	1:02.93	25m
5 CALLE FACAL, Telmo	43	40+	CIDSANTIAG	1:04.75	25m
6 TORRES NEIRA, Mateo	47	45+	SCASINO	1:05.99	25m

Prueba 4
10/01/2026

Fem., 200m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>					
2	GUARDIOLA MEDEL, Nuria	70	70+	PONTEAREAS	5:59.11 25m
3	RODRIGUEZ TRONCOSO, Marina	67	65+	PONTEAREAS	5:00.59 25m
4	GOMEZ DOVAL, Maria Angela	70	70+	FLUVIAL	5:10.85 25m
<u>Serie 2 de 6</u>					
1	FORRYAN SECCOMBE, Anne May	60	60+	PONTEAREAS	4:41.70 25m
2	MAURIZ ABUIN, Maria Del Mar	57	55+	MULLEREF	4:30.05 25m
3	SANCHEZ BARREIRO, M.	50	50+	PONTEAREAS	4:25.58 25m
4	SIMOIS MORAIS, Yolanda	32	30+	SALESTRA	4:27.35 25m
5	ABELLEIRA CORRAL, Gema	46	45+	MULLEREF	4:34.96 25m
<u>Serie 3 de 6</u>					
1	SOUTIÑO RAMIREZ, Carmen Victoria	25	25+	PORTAMIÑA	4:22.09 50m
2	DIEGUEZ SANMARTIN, M.	50	50+	SALESTRA	4:11.71 50m
3	PUENTE MARIN, Cristina	31	30+	FLUVIAL	4:00.28 25m
4	BATISTA CORTES, Laura	30	30+	C. N. As Meigas	4:05.67 50m
5	FERNANDEZ ESCURIS, Iria	29	25+	C.N. Riveira	4:10.19 25m
6	OREIRO PAZOS, Maria Gloria	66	65+	ARTEIXO	4:18.78 25m
<u>Serie 4 de 6</u>					
1	CASTRO MAESTRE, Isaura	57	55+	FLUVIAL	3:57.75 25m
2	GONZALEZ MACIA, Alba	32	30+	MONFORTE	3:39.13 25m
3	VALIÑO FERRAZ, Tatyana	23	20+	PONTEAREAS	3:31.35 25m
4	RAMOS GONZALEZ, Noa	41	40+	C. Dep. I Have A Dream	3:32.94 25m
5	BALADO LOPEZ, Ana Maria	65	65+	POURENSE	3:43.50 25m
6	GONZALEZ NUNEZ, Cristina	39	35+	RCNVIGO	3:59.17 25m
<u>Serie 5 de 6</u>					
1	SANDERSON KEOUGH, Helen Jane	56	55+	CULLEREDO	3:30.75 25m
2	ALVAREZ SOUTO, Claudia	25	25+	PONTEAREAS	3:20.42 25m
3	GONZALEZ RODRIGUEZ, Maria	44	40+	CIDSANTIAG	3:19.08 50m
4	SEGOVIA CARBALLO, Paula	26	25+	NTNARON	3:18.67 25m
5	TORRE GONZALEZ, Elisa	41	40+	RIASBAIXAS	3:25.22 25m
6	OJEA DE CASTRO, Macarena	53	50+	PORTAMIÑA	3:30.80 25m
<u>Serie 6 de 6</u>					
1	IGLESIAS LOPEZ, Maria	25	25+	CULLEREDO	3:08.59 25m
2	VIEZZOLI, Cecilia	23	20+	RCNVIGO	3:03.43 25m
3	ALVITE BERGARA, Nerea	27	25+	ARTEIXO	2:59.05 25m
4	CIDRAS ANGEL, Iria	36	35+	NCORUÑA	3:00.30 25m
5	BEN CILLERO, Sabela	34	30+	C. N. As Meigas	3:05.42 25m
6	DURAN VEIRAS, Raquel	42	40+	ARTEIXO	3:12.19 25m

Prueba 5
10/01/2026

Masc., 200m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 7</u>					
2	LAGO GONZALEZ, Ivan	33	30+	PONTEAREAS	4:23.69 25m
3	GONZALEZ SANDEZ, Carlos	47	45+	C. N. Valdeorras	4:13.81 25m
4	FERNANDEZ GONZALEZ, Alvaro	61	60+	CNMOS	4:17.26 25m
<u>Serie 2 de 7</u>					
1	CEDRON VILAR, Raul	57	55+	MULLEREF	4:06.55 25m
2	GARCIA ARCE, Gonzalo	35	35+	C. N. As Meigas	3:53.83 25m
3	MARTINEZ FAJARDO, Julio Enrique	56	55+	ADFOGAR	3:57.29 50m
4	CRESPO PIÑEIRO, Natalio	57	55+	RIASBAIXAS	3:53.09 25m
5	HERNANZ MORAL, Fausto	64	60+	RIASBAIXAS	4:06.37 25m
<u>Serie 3 de 7</u>					
1	CADAVID NUÑEZ, Jose	56	55+	POURENSE	3:44.09 25m
2	SUAREZ GARCIA, Pedro Lois	46	45+	PONTEAREAS	3:34.51 25m
3	GARCIA SANJURJO, Jose Manuel	59	55+	CDELMAR	3:26.38 25m
4	CARRERA COSTAS, Andres	44	40+	PONTEAREAS	3:34.00 25m
5	SUAREZ GARCIA, Sergio	46	45+	C. N. Máster Pons Vetus	3:38.53 25m
6	GONZALEZ PEREIRA, Jose Carlos	51	50+	GALAICO	3:51.66 25m
<u>Serie 4 de 7</u>					
1	MARQUEZ VAZQUEZ, Pablo	24	20+	C. N. As Meigas	3:15.71 25m
2	PREGO MARTINEZ, Benjamin	53	50+	PONTEAREAS	3:13.76 25m
3	REY RODRIGUEZ, Oscar	52	50+	CIDSANTIAG	3:09.67 25m
4	PADIN CHARLIN, Joaquin	46	45+	ESCUALOS	3:10.28 25m
5	ALONSO ORTIZ, Mariano	50	50+	FLUVIAL	3:15.63 25m
6	CRESPO PEREZ, Albarino	56	55+	ESCUALOS	3:21.28 25m
<u>Serie 5 de 7</u>					
1	FIERRO FERNANDEZ, Julio	44	40+	SCASINO	3:07.50 25m
2	SOTO, Hector Oscar	56	55+	RIASBAIXAS	3:04.29 25m
3	HERMIDA RAMOS, Raul	26	25+	NTNARON	3:00.57 25m
4	PEREIRA DIAZ, Angel	54	50+	ESCUALOS	3:08.81 50m
5	PEREZ GONZALEZ, Ivan	44	40+	MONFORTE	3:04.30 25m
6	BOUSO FUENTECILLA, Fernando	55	55+	ESCUALOS	3:07.67 25m
<u>Serie 6 de 7</u>					
1	RIVAS FEAL, Antonio	60	60+	SCASINO	2:59.22 25m
2	FIGUEIRA DOMINGUEZ, J.	38	35+	RIASBAIXAS	2:56.37 25m
3	NOGUEIRA-PINTO CRESPO, Hugo	48	45+	POURENSE	2:52.05 25m
4	JORGE IGLESIAS, Marcelino	60	60+	PONTEAREAS	2:55.91 25m
5	MIRAS LOPEZ, Raul	39	35+	NCORUÑA	2:58.03 25m
6	IGLESIAS LAPIDO, Miguel	41	40+	FLUVIAL	2:59.70 25m

Prueba 5, Masc., 200m Braza

Serie 7 de 7

1	VILLAMOR FERRO, Ruben	26	25+	ARTEIXO	2:46.67	25m
2	PAZOS ALONSO, Josue	40	40+	ESCUALOS	2:41.62	25m
3	FERNANDEZ DEL VALLE, Ivan	21	20+	POURENSE	2:27.10	25m
4	QUINTAS MOSQUERA, Manuel	30	30+	CIDSANTIAG	2:45.89	50m
5	MARTINEZ DOPAZO, David	39	35+	CIDSANTIAG	2:45.65	25m
6	GONZALEZ IGLESIAS, Alberto	29	25+	CULLEREDO	2:49.23	25m

Prueba 6
10/01/2026

Fem., 100m Mariposa

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 4</u>					
1	MELON PARENTE, Maria Lourdes	57	55+ PONTEAREAS	3:01.37	25m
2	FERNANDEZ GUARDIOLA, Loira	37	35+ PONTEAREAS	2:18.70	25m
3	RODRIGUEZ DE DIOS, Amparo	39	35+ C. N. Valdeorras	1:47.93	50m
4	CALVIÑO CANCELA, Maria Cristina	58	55+ PONTEAREAS	1:53.67	25m
5	SANCHEZ BARREIRO, M.	50	50+ PONTEAREAS	2:30.44	25m
<u>Serie 2 de 4</u>					
1	GONZALEZ PEREZ, Paula	30	30+ PONTEAREAS	1:44.24	25m
2	RIVADULLA MALLO, Maria Irene	28	25+ SALESTRA	1:44.02	50m
3	REGUEIRA MARTINEZ, Maria Jose	51	50+ C.N. Riveira	1:39.89	25m
4	GARCIA SEOANE, Cristina Maria	51	50+ LICEO	1:41.32	25m
5	CAMINO GONZALEZ, Catuxa	49	45+ C. N. Máster Pons Vetus	1:43.69	25m
6	CID ALVAREZ, Isabel	46	45+ ESCUALOS	1:45.60	25m
<u>Serie 3 de 4</u>					
1	CHAMOSA MARTIN, Julia	65	65+ RIASBAIXAS	1:39.12	25m
2	ESTEVEZ BASTERO, Ana	21	20+ RIASBAIXAS	1:30.16	25m
3	COSTA FERNANDEZ, Laura	25	25+ PONTEAREAS	1:25.35	25m
4	ABREU RAMOS, Ines Isabel	28	25+ C. N. As Meigas	1:28.59	50m
5	PRADO FRANCO, Martha-Elizabeth	47	45+ RIASBAIXAS	1:31.40	25m
6	QUEREDA RODRIGUEZ, Almudena	41	40+ LICEO	1:39.16	25m
<u>Serie 4 de 4</u>					
1	PORTELA CARBALLIDO, Andrea	25	25+ CIDSANTIAG	1:21.11	50m
2	DIAZ DOPICO, Sabela	24	20+ NFERROL	1:11.76	25m
3	FRANCO CAL, Alba	35	35+ C. N. As Meigas	1:04.41	25m
4	EIJO GIL, Naiara	20	20+ PONTEAREAS	1:10.41	25m
5	LEMONS FERNANDEZ, Zaira	24	20+ PONTEAREAS	1:16.09	25m
6	ABADIN ROZENBAUM, M.	31	30+ CDELMAR	1:20.52	25m

Prueba 7
10/01/2026

Masc., 100m Mariposa

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>					
1	FERNANDEZ CORRAL, Marcos	47	45+	PORTAMIÑA	2:01.65 25m
2	GESTOSO PAZO, Juan Francisco	59	55+	SALESTRA	1:45.50 25m
3	GOLPE IGLESIAS, Jose Antonio	44	40+	C. N. Máster Pons Vetus	1:40.79 25m
4	SUAREZ GARCIA, Pedro Lois	46	45+	PONTEAREAS	1:45.18 25m
5	MARTINEZ BERJANO, Jose Manuel	63	60+	MONFORTE	1:53.08 25m
<u>Serie 2 de 6</u>					
1	GONZALEZ BLANCO, Jose Luis	34	30+	PORTAMIÑA	1:38.08 50m
2	TORNE BOBO, Borja	34	30+	C. N. Valdeorras	1:34.16 50m
3	FERNANDEZ IGLESIAS, Emilio Jose	49	45+	PONTEAREAS	1:26.49 25m
4	SUANZES PEREZ, Fernando	73	70+	HERCULES	1:29.80 25m
5	DURO GONZALEZ, Antonio	52	50+	SALESTRA	1:34.72 25m
6	FERREIRA GONZALEZ, Xose Anxo	60	60+	REDONDELA	1:37.99 25m
<u>Serie 3 de 6</u>					
1	NOVALES BLANCO, Xabier	35	35+	RIASBAIXAS	1:24.86 25m
2	PENIDE CALVO, Gabriel	33	30+	RIASBAIXAS	1:23.72 25m
3	ARANGO GAYAR, Saul	46	45+	RIASBAIXAS	1:21.06 25m
4	ISASTI MAIZA, Patxi Xabier	61	60+	XOVE	1:21.42 25m
5	BARCIA SIXTO, Francisco Jose	41	40+	NTNARON	1:24.18 25m
6	BALSA MOSQUERA, Pablo	48	45+	NTNARON	1:24.89 25m
<u>Serie 4 de 6</u>					
1	MONTERO PRIETO, Carlos Eugenio	48	45+	CIDSANTIAG	1:20.32 25m
2	TABARES DOMINGUEZ, Rafael	52	50+	POURENSE	1:18.11 25m
3	QUINTAS BARROS, Jesus Carlos	53	50+	ESCUALOS	1:17.60 25m
4	KRUGLOV KRUGLOV, Mykola	41	40+	ESCUALOS	1:18.07 25m
5	GULIAS GARCIA, Jose Ruben	35	35+	C. N. Máster Pons Vetus	1:18.88 25m
6	LOUREIRO FERREIROA, Marcos	41	40+	SALESTRA	1:21.43 50m
<u>Serie 5 de 6</u>					
1	LOPEZ VIEIRA, Ignacio	56	55+	PONTEAREAS	1:13.72 25m
2	SAAVEDRA GONZALEZ, Raul	53	50+	LICEO	1:11.34 25m
3	SANCHEZ GORDON, Roman	48	45+	RIASBAIXAS	1:10.52 25m
4	CASARES GARCIA, Brais	22	20+	PONTEAREAS	1:11.24 25m
5	TAPIA PORTO, Enrique	61	60+	NCORUÑA	1:11.42 25m
6	PEREZ CRUCES, Enrique	46	45+	RIASBAIXAS	1:17.17 25m
<u>Serie 6 de 6</u>					
1	DIZ NIEVES, David	22	20+	NFERROL	1:07.43 25m
2	PASTORIZA SANTACLARA, Jorge	29	25+	RIASBAIXAS	1:02.58 25m
3	LOBELLE GONZALEZ, Ivan	37	35+	CDELMAR	1:00.07 25m
4	CANCELA GOMEZ, Hugo	23	20+	PONTEAREAS	1:03.30 50m
5	SONEIRA REBOREDO, Oscar	51	50+	CIDSANTIAG	1:08.12 50m
6	IGLESIAS GOMEZ, Gonzalo	47	45+	CIDSANTIAG	1:10.36 25m

Prueba 8
10/01/2026

Fem., 100m Espalda

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 7</u>					
1	FERNANDEZ SESTELO, Maria Jose	56	55+ PONTEAREAS	2:28.44	25m
2	GONZALEZ GARCIA, Covadonga	37	35+ GALAICO	2:00.83	25m
3	OREIRO PAZOS, Maria Gloria	66	65+ ARTEIXO	2:00.14	25m
4	LOPEZ MAHIA, Purificacion	63	60+ HERCULES	2:00.78	25m
5	OTERO LOPEZ, Maria Elisa	66	65+ POURENSE	2:13.39	25m
6	GONZALEZ RODRIGUEZ, S.	80	80+ PONTEAREAS	3:16.66	25m
<u>Serie 2 de 7</u>					
1	LORENZO PEREZ, Aroa	24	20+ POURENSE	2:00.64	50m
2	BEN CILLERO, Natalia	37	35+ C. N. As Meigas	1:56.96	25m
3	CAMINO GONZALEZ, Catuxa	49	45+ C. N. Máster Pons Vetus	1:52.36	25m
4	GARCIA NAVAS, Carolina	47	45+ MULLEREF	1:53.05	25m
5	PEREDES RIOS, Rosa Maria	58	55+ C. N. Máster Pons Vetus	1:57.99	25m
6	CARBALLO BALOIRA, Susana Maria	51	50+ HERCULES	1:58.95	25m
<u>Serie 3 de 7</u>					
1	DEL AMO BLANCO, Margarita	59	55+ PONTEAREAS	1:44.45	25m
2	ALONSO PEREIRA, Fatima	33	30+ RIASBAIXAS	1:41.62	25m
3	MIRA VAZQUEZ, Paula	40	40+ ESCUALOS	1:38.74	25m
4	GORDILLO VAN GILS, Silvia	30	30+ NTNARON	1:38.81	25m
5	SOUSA CARNEIRO, Rosana	55	55+ CNMOS	1:42.17	25m
6	IGLESIAS SUAREZ, Laura	34	30+ CDELMAR	1:44.68	25m
<u>Serie 4 de 7</u>					
1	GOMEZ PEREDES, Maria	50	50+ FLUVIAL	1:37.11	25m
2	SALGADO CASTELO, Marta	32	30+ MULLEREF	1:36.01	25m
3	MARTIN, Christelle	45	45+ ESCUALOS	1:34.73	25m
4	ABBATEMARCO, Cristina	42	40+ SALESTRA	1:34.94	25m
5	VAZQUEZ DUARTE, Cristina	40	40+ RIASBAIXAS	1:36.28	25m
6	GANDARA SUAREZ, Tania	33	30+ C. N. Ordes	1:38.47	25m
<u>Serie 5 de 7</u>					
1	TRILLO RODRIGUEZ, Lara	22	20+ CNMOS	1:33.10	25m
2	SOUTO DERUNGS, Cristina	41	40+ NFERROL	1:31.87	25m
3	RODRIGUEZ GONZALEZ, Raquel	33	30+ MONFORTE	1:30.57	25m
4	RODRIGUEZ PAZ, Lucia	26	25+ PONTEAREAS	1:31.56	25m
5	ROIG SANCHEZ, Blanca Ana	52	50+ RIASBAIXAS	1:33.03	25m
6	PAZOS GANDARA, Andrea	34	30+ PONTEAREAS	1:34.18	25m
<u>Serie 6 de 7</u>					
1	GOMEZ FERNANDEZ, Uxia	23	20+ ESCUALOS	1:29.12	25m
2	ISASTI OTERO, Nerea	29	25+ XOVE	1:26.87	25m
3	ROZADOS LUIS, Adriana	41	40+ SALESTRA	1:25.96	25m
4	LOPEZ SANMARTIN, Tania	35	35+ NFERROL	1:26.05	25m
5	AZANZA MORENO, Cristina	50	50+ MULLEREF	1:28.05	25m
6	FERNANDEZ GONZALEZ, Elena	25	25+ HERCULES	1:30.11	25m

Prueba 8, Fem., 100m Espalda

Serie 7 de 7

1	VINAGRE SENDINO, Cora	38	35+	LICEO	1:22.82	25m
2	CRUZ GARCIA, Aurora	31	30+	CIDSANTIAG	1:17.33	25m
3	RODRIGUEZ RODRIGUEZ, Nina	24	20+	RIASBAIXAS	1:09.74	25m
4	HERMIDA RODRIGUEZ, Blanca	45	45+	NFERROL	1:13.38	25m
5	SOUTIÑO RAMIREZ, Carmen Victoria	25	25+	PORTAMIÑA	1:19.76	25m
6	SILVEIRA LOUREIRO, Maria	31	30+	CNMOS	1:23.09	25m

Prueba 9
10/01/2026

Masc., 100m Espalda

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 7</u>					
1	ARAUJO DOMINGUEZ, Francisco	86	85+	PONTEAREAS	2:56.72 25m
2	VALVERDE TABOADA, Martin	20	20+	PONTEAREAS	2:31.03 25m
3	GIRALDEZ VILLANUEVA, Ivan	39	35+	PONTEAREAS	1:59.92 25m
4	LOPEZ VIDAL, Antonio	74	70+	GALAICO	2:27.03 50m
5	GONZALEZ SANDEZ, Carlos	47	45+	C. N. Valdeorras	2:41.15 25m
6	TIMIRAO S CARRASCO, Luis	70	70+	POURENSE	3:24.54 50m
<u>Serie 2 de 7</u>					
1	FERNANDEZ GONZALEZ, Alvaro	61	60+	CNMOS	1:58.90 50m
2	VAZQUEZ PEREZ, Diego	31	30+	MONFORTE	1:46.14 25m
3	CUETO ALVAREZ, Elias	51	50+	CIDSANTIAG	1:43.65 25m
4	GARCIA COLOMO, Manuel Ramon	72	70+	POURENSE	1:44.53 25m
5	RODRIGUEZ LEMOS, Andres Jesus	77	75+	CNMOS	1:55.33 25m
6	RODRIGUEZ BASANTA, F.	65	65+	C. N. Valdeorras	1:58.27 25m
<u>Serie 3 de 7</u>					
1	GENDE DIAZ, Juan Felix	56	55+	ADFOGAR	1:42.62 25m
2	ALVAREZ PRESA, Samuel	26	25+	PONTEAREAS	1:37.39 25m
3	GARCIA SANJURJO, Jose Manuel	59	55+	CDELMAR	1:37.32 25m
4	PEREZ LEIVA, Manuel	58	55+	RIASBAIXAS	1:37.37 25m
5	REBANAL ALFAYA, Fernando	55	55+	C. N. Valdeorras	1:41.72 50m
6	DE LA VEGA GANDARAS, Felipe	53	50+	HERCULES	1:42.91 25m
<u>Serie 4 de 7</u>					
1	LAVIA PINTOS, David	33	30+	C. N. Máster Pons Vetus	1:30.85 25m
2	BETHENCOURT IGLESIAS, Sergio	63	60+	CIDSANTIAG	1:30.29 25m
3	SANCHEZ SECO, Manuel	58	55+	ESCUALOS	1:32.80 50m
4	DE LUIS GONZALEZ, Aitor	52	50+	PORTAMIÑA	1:30.15 25m
5	YAÑEZ WONENBURGER, J.	67	65+	HERCULES	1:30.39 25m
6	ALIAGA SOLA, Alberto	49	45+	PONTEAREAS	1:34.03 25m
<u>Serie 5 de 7</u>					
1	GOMEZ MARTIN, Ruben	48	45+	FLUVIAL	1:28.17 25m
2	BARCIA SIXTO, Francisco Jose	41	40+	NTNARON	1:26.36 25m
3	PADIN CHARLIN, Joaquin	46	45+	ESCUALOS	1:26.02 50m
4	BASTIDA CAMPOS, Alejandro	44	40+	SALESTRA	1:24.76 25m
5	CODESIDO LOPEZ, Jose	67	65+	CIDSANTIAG	1:28.15 25m
6	LAMAS SOTO, Cesar	51	50+	CULLEREDO	1:28.63 25m
<u>Serie 6 de 7</u>					
1	PUENTE DIAZ, Javier	55	55+	CIDSANTIAG	1:20.54 25m
2	MOURIZ LOMBAO, Francisco Javier	51	50+	PORTAMIÑA	1:16.19 25m
3	BERNARDEZ FERRO, Juan Jose	39	35+	CIDSANTIAG	1:13.31 25m
4	GUIRADO CARABEL, Oscar	50	50+	CULLEREDO	1:13.88 25m
5	CASANOVA MARTINEZ, Victor	30	30+	MONFORTE	1:20.12 50m
6	ALVAREZ DE SOTOMAYOR PUIGNA152:, J.	50+	50+	NCORUÑA	1:22.57 25m

Prueba 9, Masc., 100m Espalda

Serie 7 de 7

1 DIZ NIEVES, David	22	20+	NFERROL	1:11.76	25m
2 CASTRO VILLAR, David	35	35+	CDELMAR	1:06.38	25m
3 LOPEZ FERNANDEZ, Martin	22	20+	POURENSE	1:03.00	50m
4 TORRES NEIRA, Mateo	47	45+	SCASINO	1:05.30	25m
5 FERNANDEZ NUÑEZ, Santiago	63	60+	CIDSANTIAG	1:13.51	50m
6 DIAZ RODRIGUEZ, Andres	37	35+	NTNARON	1:13.16	25m

Prueba 10
10/01/2026

Fem., 50m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 14					
1	GONZALEZ RODRIGUEZ, S.	80	80+	PONTEAREAS	1:21.15 25m
2	PEREZ GALLARDO, Teresa	62	60+	POURENSE	1:00.69 50m
3	VILAS ROMAN, Maria	42	40+	PONTEAREAS	55.45 25m
4	SANCHEZ VAZQUEZ, Maria Luisa	61	60+	C. N. Máster Pons Vetus	56.49 25m
5	GAMALLO, Rosa	59	55+	POURENSE	1:00.91 50m
Serie 2 de 14					
1	MARIN CASTRO, Montserrat	55	55+	MULLEREF	54.27 25m
2	FERNANDEZ GUARDIOLA, Loira	37	35+	PONTEAREAS	51.46 25m
3	GONZALEZ COVELO, Sandra	33	30+	RIASBAIXAS	50.31 25m
4	BAGLIETTO MILLAN, Maria Dolores	74	70+	C. N. Máster Pons Vetus	51.23 25m
5	GOMEZ DOVAL, Maria Angela	70	70+	FLUVIAL	54.19 25m
6	LORENZO PEREZ, Aroa	24	20+	POURENSE	53.91
Serie 3 de 14					
1	REY OTERO, Angela Maria	60	60+	MULLEREF	49.73 25m
2	PEREZ CASTRO, Maria Rut	51	50+	MULLEREF	48.61 25m
3	CASTROSEIROS GONZALEZ, N.	35	35+	C. Dep. I Have A Dream	46.97 25m
4	MENDEZ VARELA, Ana	53	50+	RCNVIGO	48.38 25m
5	ZAVTUR GAVRILOV, Gala	50	50+	LICEO	49.39 25m
6	CAL FERNANDEZ, Monica Catalina	62	60+	C. N. As Meigas	50.19 25m
Serie 4 de 14					
1	GARCIA ALONSO, Paula	52	50+	LICEO	46.11 25m
2	VAZQUEZ LOPEZ, Uxia	50	50+	RSDH	44.48 25m
3	GONZALEZ-ALEGRE BURGUEÑO, A.	74	70+	PONTEAREAS	44.15 25m
4	MARTINEZ BARCIELA, Maria Olga	36	35+	RIASBAIXAS	44.31 25m
5	CASTRO MAYO, Joana	36	35+	C. N. As Meigas	45.06 25m
6	CALVIÑO VAZQUEZ, Maria Coral	58	55+	POURENSE	46.63 25m
Serie 5 de 14					
1	COBAS, Rocio	21	20+	PONTEAREAS	43.17 25m
2	MARIÑO PAZ, Eva Maria	52	50+	C. N. Máster Pons Vetus	42.51 25m
3	BESADA FERNANDEZ, Ana Maria	48	45+	PONTEAREAS	41.93 50m
4	TORRENT I LLAMAS, Ares	36	35+	C. N. As Meigas	42.20 25m
5	LOPEZ GARCIA, Sandra	45	45+	NTNARON	42.72 25m
6	NOVO MARTINEZ, Rocio	42	40+	NFERROL	43.53 25m
Serie 6 de 14					
1	DEIRA BARCALA, Silvia	52	50+	CIDSANTIAG	40.86 25m
2	BARCALA PEREZ, Maria Rosa	50	50+	C. N. Valdeorras	40.85 50m
3	SOUSA CARNEIRO, Rosana	55	55+	CNMOS	40.34 25m
4	CID ALVAREZ, Isabel	46	45+	ESCUALOS	40.39 25m
5	GONZALEZ NUNEZ, Cristina	39	35+	RCNVIGO	40.84 25m
6	BERNAL BAÑA, Paloma	57	55+	RSDH	41.26 25m

Prueba 10, Fem., 50m Libre

Serie 7 de 14

1 GONZALEZ GARCIA, Covadonga	37	35+	GALAICO	40.14	25m
2 TRILLO RODRIGUEZ, Lara	22	20+	CNMOS	39.46	25m
3 LLEVOT SANCHEZ, Ana Isabel	56	55+	C. N. Máster Pons Vetus	39.27	25m
4 RIVEIRA CAAMAÑO, Rebeca	49	45+	C. N. Ordes	39.69	50m
5 JARDON GONZALEZ, Helena	55	55+	PONTEAREAS	40.11	25m
6 GARCIA NAVAS, Carolina	47	45+	MULLEREF	40.23	25m

Serie 8 de 14

1 JIMENEZ PEREZ, Victoria	57	55+	NFERROL	38.56	25m
2 REGUEIRO RODRIGUEZ, Ana	60	60+	RIASBAIXAS	38.08	25m
3 SILVEIRA LOUREIRO, Maria	31	30+	CNMOS	36.16	25m
4 GANDARA SUAREZ, Tania	33	30+	C. N. Ordes	37.12	50m
5 RODRIGUEZ PANTIN, Marta Maria	60	60+	HERCULES	38.03	25m
6 DE LA MONTAÑA ALCANTARA, G.	53	50+	RSDH	38.86	25m

Serie 9 de 14

1 VARELA REDONDO, Veronica	51	50+	PONTEAREAS	36.05	25m
2 MURAS MORA, Andrea	37	35+	CIDSANTIAG	36.09	50m
3 MARCOS VARELA, Laura	50	50+	RCNVIGO	35.20	25m
4 ARAUJO CASTRO, Paula	35	35+	CDELMAR	35.30	25m
5 ALONSO GONZALEZ, Ines	34	30+	CNMOS	36.05	25m
6 RAÑALES GRAÑA, Naila	25	25+	NFERROL	36.07	25m

Serie 10 de 14

1 OJEA DE CASTRO, Macarena	53	50+	PORTAMIÑA	35.13	25m
2 MARTINEZ GARCIA, Susana	35	35+	MONFORTE	34.84	25m
3 ISASTI OTERO, Nerea	29	25+	XOVE	34.69	25m
4 SOUTO DERUNGS, Cristina	41	40+	NFERROL	34.75	25m
5 FRAGA PERISCAL, Irene	28	25+	ADFOGAR	34.97	25m
6 MUTILBA OBREGON, Nuria	57	55+	PONTEAREAS	35.16	25m

Serie 11 de 14

1 VYNOHRADOVA, Kateryna	40	40+	GALAICO	34.45	25m
2 OLMO VAQUEIRO, Leticia	45	45+	PONTEAREAS	34.44	50m
3 GONZALEZ FERNANDEZ, Leticia	44	40+	XOVE	33.64	25m
4 RAMOS GONZALEZ, Noa	41	40+	C. Dep. I Have A Dream	33.87	25m
5 RODRIGUEZ ROMERO, Carolina	30	30+	PONTEAREAS	34.33	25m
6 ABBATEMARCO, Cristina	42	40+	SALESTRA	35.03	50m

Serie 12 de 14

1 RIVADULLA MALLO, Maria Irene	28	25+	SALESTRA	33.75	50m
2 VAZQUEZ FUENTES, Cintia	39	35+	MONFORTE	33.13	25m
3 PORTELA CARBALLIDO, Andrea	25	25+	CIDSANTIAG	33.26	50m
4 RODRIGUEZ CERVINO, Ana	26	25+	RIASBAIXAS	33.00	25m
5 GESTO ALONSO, Clarisa	37	35+	PONTEAREAS	33.15	25m
6 RODRIGUEZ OLIVEIRA, Manuela	49	45+	C. N. Valdeorras	33.84	50m

Prueba 10, Fem., 50m Libre

Serie 13 de 14

1	ALVAREZ COSTAS, Maria Paz	38	35+	PONTEAREAS	32.60	25m
2	DURAN PALEO, Sabela	21	20+	C. N. As Meigas	31.81	25m
3	RIVAS TENREIRO, Arantza	37	35+	NTNARON	31.42	25m
4	BLANCO PEREZ, Laura	22	20+	PONTEAREAS	31.91	50m
5	COTOS SUAREZ, Ana	29	25+	CIDSANTIAG	32.06	25m
6	LOPEZ RODRIGUEZ, Aroa	29	25+	PORTAMIÑA	32.62	25m

Serie 14 de 14

1	ABREU RAMOS, Ines Isabel	28	25+	C. N. As Meigas	31.48	50m
2	GONZALEZ RODRIGUEZ, Maria	44	40+	CIDSANTIAG	30.42	25m
3	BARBEITO DOMINGUEZ, Marta	42	40+	SCASINO	29.76	25m
4	HERMIDA RODRIGUEZ, Blanca	45	45+	NFERROL	29.99	25m
5	DOPEREIRO GARCIA, Alba	36	35+	NCORUÑA	30.96	25m
6	LEMONS FERNANDEZ, Zaira	24	20+	PONTEAREAS	31.19	25m

Prueba 11
10/01/2026

Masc., 50m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 17</u>					
2	GOMEZ MENDEZ, Borja	24	20+	PONTEAREAS	52.00 25m
3	FOLCH MALLOFRE, Ramon	89	85+	ARTEIXO	50.74 50m
4	VALVERDE TABOADA, Martin	20	20+	PONTEAREAS	51.93 25m
<u>Serie 2 de 17</u>					
2	AREA PEREIRA, Jose Manuel	69	65+	GALAICO	45.47 25m
3	FREIRE PIÑEIRO, Jose Manuel	52	50+	C. Dep. I Have A Dream	42.37 25m
4	COTO DONO, Pablo	46	45+	SALESTRA	44.24 25m
5	SANMARTIN GONZALEZ, Victoriano	49	45+	C. Dep. I Have A Dream	50.11 25m
<u>Serie 3 de 17</u>					
1	ABALO IBARLUCEA, Pablo	47	45+	RCNVIGO	41.51 25m
2	MIGUEZ CRESPO, Avelino	49	45+	RCNVIGO	40.59 25m
3	MONROY FERNANDEZ, Manuel	76	75+	PONTEAREAS	40.10 25m
4	FERREIRO SANCHEZ, Luis	56	55+	POURENSE	40.26 25m
5	LONGA IGLESIAS, Pablo	41	40+	RIASBAIXAS	40.73 25m
6	MAGARIÑOS MACEIRAS, Xose	58	55+	SALESTRA	41.88 25m
<u>Serie 4 de 17</u>					
1	SAL MARTINEZ, Jorge	59	55+	POURENSE	39.95 50m
2	ROMERO PENA, Juan Ramon	63	60+	HERCULES	38.96 25m
3	PEREZ GARCIA, Manuel	59	55+	CULLEREDO	37.86 25m
4	CEDRON VILAR, Raul	57	55+	MULLEREF	38.39 25m
5	TEIJEIRO IGLESIAS, Jesus	50	50+	PORTAMIÑA	39.02 25m
6	FERNANDEZ GARCIA, Manuel Victor	61	60+	C.N. Riveira	39.99 25m
<u>Serie 5 de 17</u>					
1	BRIOSO DIAZ, Manuel	49	45+	REDONDELA	37.53 25m
2	VAZQUEZ PEREZ, Diego	31	30+	MONFORTE	37.22 25m
3	PEREZ PAREDES, Marcos	60	60+	RCNVIGO	36.41 25m
4	GOLPE IGLESIAS, Jose Antonio	44	40+	C. N. Máster Pons Vetus	36.67 25m
5	DE LA VEGA GANDARAS, Felipe	53	50+	HERCULES	37.34 25m
6	BLANCO PEREZ, Angel	62	60+	POURENSE	37.70 25m
<u>Serie 6 de 17</u>					
1	ALVAREZ PRESA, Samuel	26	25+	PONTEAREAS	35.17 25m
2	MARTINEZ BERJANO, Jose Manuel	63	60+	MONFORTE	34.99 25m
3	GESTOSO PAZO, Juan Francisco	59	55+	SALESTRA	34.56 25m
4	CEGARRA GARCIA, Eugenio	62	60+	RSDH	34.82 25m
5	COUSELO CASTIÑEIRAS, M.	50	50+	C. N. Ordes	35.00 25m
6	FRANCISCO MACIAS, Simon	30	30+	POURENSE	35.85 50m

Prueba 11, Masc., 50m Libre

Serie 7 de 17

1	ABALDE PUJALES, Alberto	26	25+	RIASBAIXAS	33.70	25m
2	TERREN ENRUBIA, Lucio A	56	55+	RIASBAIXAS	33.69	25m
3	DONG, Taogui	42	40+	PORTAMIÑA	33.66	25m
4	DIEZ RODRIGUEZ, Ignacio Jose	54	50+	PORTAMIÑA	33.68	25m
5	FIGUEROA CARRERA, Domingo	41	40+	FLUVIAL	33.69	25m
6	FARIAS FORNEIRO, Patricio Cruz	49	45+	FLUVIAL	34.10	25m

Serie 8 de 17

1	TRONCOSO CAAMAÑO, Fernando	51	50+	ESCUALOS	33.61	25m
2	BURGO, Carlos Diego	52	50+	SCASINO	34.15	50m
3	CODESIDO LOPEZ, Jose	67	65+	CIDSANTIAG	33.32	25m
4	SAINZ-MAZA VILAR, Adolfo Antonio	31	30+	C. N. As Meigas	33.52	25m
5	COUCEIRO SANCHEZ, Gonzalo	60	60+	SCASINO	34.16	50m
6	TABOADA CALVELO, Jose Carlos	47	45+	SALESTRA	33.66	25m

Serie 9 de 17

1	BORDALLO CORTINA, Fernando	72	70+	HERCULES	32.89	25m
2	BLANCO MAGALLAN, Alejandro	52	50+	ADFOGAR	32.82	25m
3	ISASTI MAIZA, Patxi Xabier	61	60+	XOVE	32.78	25m
4	TABARES DOMINGUEZ, Rafael	52	50+	POURENSE	32.81	25m
5	RODRIGUEZ ESTEVEZ, Damian	49	45+	POURENSE	32.87	25m
6	SOLLEIRO TIZON, Juan Jose	63	60+	NCORUÑA	33.21	25m

Serie 10 de 17

1	FERREIRO SEOANE, Jose Raul	53	50+	RIASBAIXAS	32.54	25m
2	CAMPELOS FREIRE, Diego	43	40+	REDONDELA	32.34	25m
3	MONTERO PRIETO, Carlos Eugenio	48	45+	CIDSANTIAG	31.72	25m
4	RODRIGUEZ GARCIA, J.	43	40+	RIASBAIXAS	32.26	25m
5	GENDE DIAZ, Juan Felix	56	55+	ADFOGAR	32.53	25m
6	CEDIEL SANDE, Johann Sebastian	35	35+	C. N. As Meigas	32.58	25m

Serie 11 de 17

1	BETHENCOURT IGLESIAS, Sergio	63	60+	CIDSANTIAG	31.53	25m
2	PEREZ CARRERA, Elias	47	45+	RIASBAIXAS	31.84	50m
3	PITA SANTIN, Antonio	55	55+	C. N. Máster Pons Vetus	30.70	25m
4	LOPEZ VIEIRA, Ignacio	56	55+	PONTEAREAS	30.88	25m
5	VEIGA PILLADO, Jose	48	45+	SCASINO	31.36	25m
6	FERREIRA GONZALEZ, Xose Anxo	60	60+	REDONDELA	32.21	50m

Serie 12 de 17

1	GONZALEZ FRANCO, David	31	30+	NFERROL	30.24	25m
2	GUTIERREZ COSTAS, Oscar	44	40+	RIASBAIXAS	30.04	25m
3	BALSA MOSQUERA, Pablo	48	45+	NTNARON	30.24	50m
4	TAPIA PORTO, Enrique	61	60+	NCORUÑA	29.69	25m
5	GARCIA CASTIÑEIRA, Daniel	52	50+	CIDSANTIAG	30.19	25m
6	MOURIÑO FORTES, Victor Manuel	49	45+	PONTEAREAS	30.67	25m

Prueba 11, Masc., 50m Libre

Serie 13 de 17

1 BALDOMAR OBELLEIRA, Ruben	52	50+	NCORUÑA	29.44	25m
2 KRUGLOV KRUGLOV, Mykola	41	40+	ESCUALOS	29.35	25m
3 ALVAREZ DE SOTOMAYOR PUIGNAIZ, J.	52	50+	NCORUÑA	29.04	25m
4 ALVAREZ SILVA, Ruben	45	45+	ESCUALOS	29.85	50m
5 CASANOVA MARTINEZ, Victor	30	30+	MONFORTE	29.36	25m
6 GARCIA RIÑON, Jaime	62	60+	NCORUÑA	29.47	25m

Serie 14 de 17

1 DIEGUEZ ARANDA, Hector	53	50+	PORTAMIÑA	28.83	25m
2 IGLESIAS CARRERA, Pio	53	50+	CIDSANTIAG	29.37	50m
3 TRILLO RODRIGUEZ, Adrian	29	25+	CNMOS	28.57	25m
4 MENDES FERRAS, Artur Leonel	45	45+	MONFORTE	28.70	25m
5 ANDRES DUASO, Olmo	33	30+	ARTEIXO	28.81	25m
6 PEREZ VAZQUEZ, Telmo	38	35+	NTNARON	29.49	50m

Serie 15 de 17

1 PEREZ CRUCES, Enrique	46	45+	RIASBAIXAS	28.45	25m
2 IGLESIAS GOMEZ, Gonzalo	47	45+	CIDSANTIAG	27.99	25m
3 EIRIZ DIEGUEZ, Daniel	48	45+	CNMOS	27.72	25m
4 MARTINEZ DOPAZO, David	39	35+	CIDSANTIAG	28.57	50m
5 HERMIDA RAMOS, Raul	26	25+	NTNARON	28.45	25m
6 FERNANDEZ NUÑEZ, Santiago	63	60+	CIDSANTIAG	28.49	25m

Serie 16 de 17

1 LOUREIRO FERREIROA, Marcos	41	40+	SALESTRA	27.94	50m
2 ISASTI OTERO, Patxi	31	30+	XOVE	26.80	25m
3 SABUZ FORNEIRO, Martin	32	30+	POURENSE	26.27	25m
4 CARRERA COSTAS, Martin	30	30+	PONTEAREAS	26.69	25m
5 GARCIA MUGGIA, Erick Jose	40	40+	RIASBAIXAS	27.07	25m
6 SAAVEDRA GONZALEZ, Raul	53	50+	LICEO	27.69	25m

Serie 17 de 17

1 CANCELA GOMEZ, Hugo	23	20+	PONTEAREAS	26.54	50m
2 LOBELLE GONZALEZ, Marcos	37	35+	CDELMAR	25.03	25m
3 PINTO RAMNARINE, Rohan Ian	40	40+	RCNVIGO	23.63	25m
4 PINO LORENZO, Brais	25	25+	PONTEAREAS	24.22	25m
5 GRACIA CARBAJO, Miguel	32	30+	NTNARON	25.21	25m
6 MARTINEZ JACOME, Felix	53	50+	CNMOS	26.22	25m

Prueba 12
10/01/2026

Fem., 200m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 4</u>					
1	MELON PARENTE, Maria Lourdes	57	55+ PONTEAREAS	5:44.43	25m
2	VAZQUEZ GONZALEZ, Yolanda	50	50+ C. N. Valdeorras	4:46.49	25m
3	CARBALLO BALOIRA, Susana Maria	51	50+ HERCULES	4:08.63	25m
4	SOBRINO EIRIZ, Maria Del Valle	54	50+ PONTEAREAS	4:12.59	25m
5	FORRYAN SECCOMBE, Anne May	60	60+ PONTEAREAS	5:36.85	25m
<u>Serie 2 de 4</u>					
1	CASTRO MAESTRE, Isaura	57	55+ FLUVIAL	3:48.53	25m
2	RODRIGUEZ DE DIOS, Amparo	39	35+ C. N. Valdeorras	3:34.08	25m
3	DE LORENZO FERNANDEZ, Maria	48	45+ ESCUALOS	3:28.75	50m
4	MARTINEZ GARCIA, Susana	35	35+ MONFORTE	3:33.93	25m
5	LOPEZ CORTABITARTE, Belen	39	35+ SCASINO	3:39.39	25m
6	GARCIA RODRIGUEZ, Teresa	54	50+ PORTAMIÑA	4:07.52	25m
<u>Serie 3 de 4</u>					
1	REGUEIRA MARTINEZ, Maria Jose	51	50+ C.N. Riveira	3:23.10	25m
2	GARCES FERNANDEZ, Erea	23	20+ RIASBAIXAS	3:14.84	25m
3	MIRA VAZQUEZ, Marta	45	45+ ESCUALOS	3:12.78	25m
4	GONZALEZ PEREZ, Jessica	39	35+ RIASBAIXAS	3:17.33	50m
5	FERNANDEZ GONZALEZ, Iria	44	40+ PORTAMIÑA	3:17.59	25m
6	GARCIA COLOMO, Maria Cristina	64	60+ POURENSE	3:25.20	25m
<u>Serie 4 de 4</u>					
1	ABADIN ROZENBAUM, M.	31	30+ CDELMAR	2:55.54	25m
2	GARCIA MIGUEZ, Rosalia	28	25+ CIDSANTIAG	2:45.38	25m
3	FRANCO CAL, Alba	35	35+ C. N. As Meigas	2:27.77	25m
4	ALVITE BERGARA, Nerea	27	25+ ARTEIXO	2:38.93	25m
5	RAMOS LOBO, Raquel	33	30+ PORTAMIÑA	2:46.52	25m
6	FKEOUI OMARI, Salma	44	40+ CIDSANTIAG	3:03.90	25m

Prueba 13
10/01/2026

Masc., 200m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 6					
2	TIMIRAOS CARRASCO, Luis	70	70+	POURENSE	7:29.17 50m
3	RODRIGUEZ LEMOS, Andres Jesus	77	75+	CNMOS	4:10.06 25m
4	FERNANDEZ CORRAL, Marcos	47	45+	PORTAMIÑA	4:18.88 25m
Serie 2 de 6					
1	SANJORGE PEDREIRA, Carmelo	64	60+	ARTEIXO	4:04.48 50m
2	RODRIGUEZ BASANTA, F.	65	65+	C. N. Valdeorras	3:54.24 25m
3	FERNANDEZ IGLESIAS, Emilio Jose	49	45+	PONTEAREAS	3:15.72 25m
4	MELLA BARBEITO, Javier	43	40+	ARTEIXO	3:53.38 25m
5	LAMELO OTERO, Ramon Jesus	58	55+	CIDSANTIAG	3:56.08 25m
6	COUCEIRO SANCHEZ, Gonzalo	60	60+	SCASINO	4:06.00 50m
Serie 3 de 6					
1	FERNANDEZ-TESTA BARREIRO, D.	52	50+	RIASBAIXAS	3:14.53 25m
2	VEIGA PILLADO, Jose	48	45+	SCASINO	3:11.22 25m
3	FERNANDEZ MARTINEZ, Alberto	55	55+	ESCUALOS	3:09.20 25m
4	LAMAS SOTO, Cesar	51	50+	CULLEREDO	3:10.42 25m
5	GONZALEZ PEÑAS, David	42	40+	PORTAMIÑA	3:13.14 25m
6	DE LUIS GONZALEZ, Aitor	52	50+	PORTAMIÑA	3:15.40 25m
Serie 4 de 6					
1	PENIDE CALVO, Gabriel	33	30+	RIASBAIXAS	3:04.01 25m
2	GULIAS GARCIA, Jose Ruben	35	35+	C. N. Máster Pons Vetus	2:58.64 25m
3	MOURIÑO ORTIGUEIRA, R.	52	50+	PONTEAREAS	2:53.63 25m
4	DE LORENZO FERNANDEZ, Javier	45	45+	ESCUALOS	2:56.24 25m
5	LAMEIRO SEOANE, Javier	39	35+	HERCULES	2:59.14 25m
6	NOVALES BLANCO, Xabier	35	35+	RIASBAIXAS	3:05.40 25m
Serie 5 de 6					
1	MOURIZ LOMBAO, Francisco Javier	51	50+	PORTAMIÑA	2:45.15 25m
2	FREIRE GONZALEZ, Javier	33	30+	RIASBAIXAS	2:42.71 25m
3	SANCHEZ GORDON, Roman	48	45+	RIASBAIXAS	2:31.99 25m
4	VILLAMOR FERRO, Ruben	26	25+	ARTEIXO	2:32.13 25m
5	PEREIRA DIAZ, Angel	54	50+	ESCUALOS	2:44.85 25m
6	MARTINEZ FERNANDEZ, Hector	49	45+	NTNARON	2:51.28 25m
Serie 6 de 6					
1	MUIÑO ALONSO, Anton	32	30+	NCORUÑA	2:28.91 25m
2	CASTRO RODRIGUEZ, Francisco	26	25+	CIDSANTIAG	2:27.55 25m
3	PASTORIZA SANTACLARA, Jorge	29	25+	RIASBAIXAS	2:14.53 25m
4	CALLE FACAL, Telmo	43	40+	CIDSANTIAG	2:18.03 25m
5	SUAREZ FERNANDEZ, Santiago	31	30+	MONFORTE	2:28.02 25m
6	PAZOS ALONSO, Josue	40	40+	ESCUALOS	2:31.42 25m

Prueba 14
10/01/2026

Fem., 50m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 11					
2	PEREZ GALLARDO, Teresa	62	60+ POURENSE	1:27.07	50m
3	GUARDIOLA MEDEL, Nuria	70	70+ PONTEAREAS	1:13.83	25m
4	MARIN CASTRO, Montserrat	55	55+ MULLEREF	1:16.05	25m
Serie 2 de 11					
1	VAZQUEZ PARCERO, Marta	46	45+ CULLEREDO	1:09.85	25m
2	ZAVTUR GAVRILOV, Gala	50	50+ LICEO	1:06.08	25m
3	RODRIGUEZ TRONCOSO, Marina	67	65+ PONTEAREAS	1:03.69	25m
4	CASTRO MAYO, Joana	36	35+ C. N. As Meigas	1:04.52	25m
5	BAGLIETTO MILLAN, Maria Dolores	74	70+ C. N. Máster Pons Vetus	1:08.58	25m
Serie 3 de 11					
1	MAURIZ ABUIN, Maria Del Mar	57	55+ MULLEREF	1:01.98	25m
2	GONZALEZ-ALEGRE BURGUEÑO, A.	74	70+ PONTEAREAS	59.56	25m
3	MENDEZ VARELA, Ana	53	50+ RCNVIGO	58.37	25m
4	VAZQUEZ LOPEZ, Uxia	50	50+ RSDH	59.21	25m
5	CALVIÑO VAZQUEZ, Maria Coral	58	55+ POURENSE	1:02.14	50m
6	NOVO MARTINEZ, Rocio	42	40+ NFERROL	1:02.30	25m
Serie 4 de 11					
1	GARCIA ALONSO, Paula	52	50+ LICEO	55.96	25m
2	SACRISTAN GARCIA, Maria	52	50+ RCNVIGO	54.69	25m
3	RAMIREZ INSUA, Julia	43	40+ RSDH	52.46	25m
4	LOPEZ GARCIA, Sandra	45	45+ NTNARON	54.09	25m
5	VILAS ROMAN, Maria	42	40+ PONTEAREAS	55.87	25m
6	CALVO RODRIGUEZ, Maria	39	35+ NTNARON	56.95	25m
Serie 5 de 11					
1	COBAS, Rocio	21	20+ PONTEAREAS	52.35	25m
2	GONZALEZ COVELO, Sandra	33	30+ RIASBAIXAS	52.16	25m
3	LLEVOT SANCHEZ, Ana Isabel	56	55+ C. N. Máster Pons Vetus	51.86	25m
4	CRUZ ANEIROS, Ana Maria	43	40+ NFERROL	51.98	25m
5	DIEGUEZ SANMARTIN, M.	50	50+ SALESTRA	52.18	25m
6	LOPEZ BARREIRO, Cristina	47	45+ MULLEREF	52.40	25m
Serie 6 de 11					
1	ARAUJO CASTRO, Paula	35	35+ CDELMAR	51.28	25m
2	DEIRA BARCALA, Silvia	52	50+ CIDSANTIAG	50.78	25m
3	BARCALA PEREZ, Maria Rosa	50	50+ C. N. Valdeorras	51.15	50m
4	DE LA MONTAÑA ALCANTARA, G.	53	50+ RSDH	50.73	25m
5	DEL AMO BLANCO, Margarita	59	55+ PONTEAREAS	51.13	25m
6	SIMOIS MORAIS, Yolanda	32	30+ SALESTRA	51.82	25m

Prueba 14, Fem., 50m Braza

Serie 7 de 11

1 JARDON GONZALEZ, Helena	55	55+	PONTEAREAS	49.16	25m
2 FERNANDEZ ESCURIS, Iria	29	25+	C.N. Riveira	48.42	25m
3 ALONSO GONZALEZ, Ines	34	30+	CNMOS	47.57	25m
4 GARCES FERNANDEZ, Erea	23	20+	RIASBAIXAS	47.84	25m
5 MIRA VAZQUEZ, Paula	40	40+	ESCUALOS	48.83	25m
6 TORRENT I LLAMAS, Ares	36	35+	C. N. As Meigas	50.14	25m

Serie 8 de 11

1 LOPEZ GONZALEZ, Monica	56	55+	PORTAMIÑA	47.23	25m
2 BATISTA CORTES, Laura	30	30+	C. N. As Meigas	46.81	25m
3 FRAGA PERISCAL, Irene	28	25+	ADFOGAR	46.00	25m
4 GONZALEZ MACIA, Alba	32	30+	MONFORTE	46.52	25m
5 GONZALEZ FERNANDEZ, Leticia	44	40+	XOVE	47.19	25m
6 OTERO FERNANDEZ, Maria Luisa	33	30+	SALESTRA	47.99	50m

Serie 9 de 11

1 BALADO LOPEZ, Ana Maria	65	65+	POURENSE	45.02	25m
2 ALVAREZ COSTAS, Maria Paz	38	35+	PONTEAREAS	43.41	25m
3 BRAÑA MENENDEZ, Sonia	51	50+	LICEO	42.46	25m
4 LAMAS RODRIGUEZ, N.	28	25+	C. N. As Meigas	43.11	25m
5 RODRIGUEZ CERVINO, Ana	26	25+	RIASBAIXAS	43.48	25m
6 RODRIGUEZ PEREZ, Lorena	25	25+	PONTEAREAS	45.67	25m

Serie 10 de 11

1 TORRE GONZALEZ, Elisa	41	40+	RIASBAIXAS	41.77	25m
2 RIVAS TENREIRO, Arantza	37	35+	NTNARON	41.61	25m
3 COTOS SUAREZ, Ana	29	25+	CIDSANTIAG	41.52	50m
4 DURAN VEIRAS, Raquel	42	40+	ARTEIXO	41.43	25m
5 DIAZ DOPICO, Sabela	24	20+	NFERROL	42.24	50m
6 MENDEZ SEIJO, Nerea	27	25+	RIASBAIXAS	41.92	25m

Serie 11 de 11

1 ALVAREZ SOUTO, Claudia	25	25+	PONTEAREAS	40.00	25m
2 CIDRAS ANGEL, Iria	36	35+	NCORUÑA	38.44	25m
3 DAVILA SILVA, Alicia	28	25+	CNMOS	36.43	25m
4 BEN CILLERO, Sabela	34	30+	C. N. As Meigas	38.07	25m
5 MARCOS VARELA, Laura	50	50+	RCNVIGO	38.67	25m
6 MIRA VAZQUEZ, Marta	45	45+	ESCUALOS	40.98	25m

Prueba 15
10/01/2026

Masc., 50m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 11</u>					
2	AREA PEREIRA, Jose Manuel	69	65+	GALAICO	1:07.24 25m
3	PEREZ LEIVA, Manuel	58	55+	RIASBAIXAS	55.10 25m
4	SAL MARTINEZ, Jorge	59	55+	POURENSE	58.33 50m
5	ARAUJO DOMINGUEZ, Francisco	86	85+	PONTEAREAS	1:17.47 25m
<u>Serie 2 de 11</u>					
1	SANMARTIN GONZALEZ, Victoriano	49	45+	C. Dep. I Have A Dream	53.51 25m
2	MIGUEZ CRESPO, Avelino	49	45+	RCNVIGO	48.40 25m
3	RODRIGUEZ GOMEZ, Emilio	65	65+	PONTEAREAS	46.66 25m
4	ABALO IBARLUCEA, Pablo	47	45+	RCNVIGO	48.21 25m
5	LORENZO GONZALEZ-VISO, Carlos	55	55+	POURENSE	51.14 25m
6	COTO DONO, Pablo	46	45+	SALESTRA	54.08 25m
<u>Serie 3 de 11</u>					
1	IVANCHENKO, Yurii	73	70+	POURENSE	46.25 25m
2	COUSELO CASTIÑEIRAS, M.	50	50+	C. N. Ordes	45.01 25m
3	CADAVID NUÑEZ, Jose	56	55+	POURENSE	44.58 25m
4	CRESPO PIÑEIRO, Natalio	57	55+	RIASBAIXAS	44.92 25m
5	BORDALLO CORTINA, Fernando	72	70+	HERCULES	46.14 25m
6	LONGA IGLESIAS, Pablo	41	40+	RIASBAIXAS	46.34 25m
<u>Serie 4 de 11</u>					
1	LOPEZ PAYO, Mario	49	45+	SALESTRA	44.42 25m
2	RODRIGUEZ GARCIA, J.	43	40+	RIASBAIXAS	43.44 25m
3	TABOADA CALVELO, Jose Carlos	47	45+	SALESTRA	42.54 25m
4	ABALDE PUJALES, Alberto	26	25+	RIASBAIXAS	42.56 25m
5	GARCIA ARCE, Gonzalo	35	35+	C. N. As Meigas	43.59 25m
6	DIEZ RODRIGUEZ, Ignacio Jose	54	50+	PORTAMIÑA	44.42 25m
<u>Serie 5 de 11</u>					
1	DONG, Taogui	42	40+	PORTAMIÑA	41.02 25m
2	PREGO MARTINEZ, Benjamin	53	50+	PONTEAREAS	40.92 25m
3	PITA SANTIN, Antonio	55	55+	C. N. Máster Pons Vetus	39.97 25m
4	SOLLEIRO TIZON, Juan Jose	63	60+	NCORUÑA	40.76 25m
5	GARCIA COLMENARES, R.	35	35+	NTNARON	40.96 25m
6	CARRERA COSTAS, Andres	44	40+	PONTEAREAS	42.47 25m
<u>Serie 6 de 11</u>					
1	FEIJOO REY, Roi	47	45+	POURENSE	39.62 25m
2	BOUSO FUENTECILLA, Fernando	55	55+	ESCUALOS	39.48 25m
3	CRESPO PEREZ, Albarino	56	55+	ESCUALOS	40.03 50m
4	PEREZ VAZQUEZ, Telmo	38	35+	NTNARON	39.43 25m
5	FRANCISCO MACIAS, Simon	30	30+	POURENSE	40.21 50m
6	REY RODRIGUEZ, Oscar	52	50+	CIDSANTIAG	39.90 25m

Prueba 15, Masc., 50m Braza

Serie 7 de 11

1	ANDRES DUASO, Olmo	33	30+	ARTEIXO	38.80	25m
2	ARANGO GAYAR, Saul	46	45+	RIASBAIXAS	38.69	25m
3	ALONSO ORTIZ, Mariano	50	50+	FLUVIAL	38.61	25m
4	MENDES FERRAS, Artur Leonel	45	45+	MONFORTE	38.61	25m
5	ESTEVEZ SANTOS, Marcos	52	50+	POURENSE	39.40	50m
6	ESPAÑA CABEZAS, Jesus	45	45+	CIDSANTIAG	38.88	25m

Serie 8 de 11

1	DE LORENZO FERNANDEZ, Javier	45	45+	ESCUALOS	37.24	25m
2	CASTRO VILLAR, David	35	35+	CDELMAR	36.90	25m
3	TOURIÑO GONZALEZ, Victor Manuel	58	55+	LICEO	36.24	25m
4	SOTO, Hector Oscar	56	55+	RIASBAIXAS	36.35	25m
5	HERNAEZ OUBIÑA, David	53	50+	CULLEREDO	36.91	25m
6	PEREZ GONZALEZ, Ivan	44	40+	MONFORTE	38.39	25m

Serie 9 de 11

1	LOBELLE GONZALEZ, Ivan	37	35+	CDELMAR	36.11	25m
2	GONZALEZ IGLESIAS, Alberto	29	25+	CULLEREDO	36.05	50m
3	FIGUEIRA DOMINGUEZ, J.	38	35+	RIASBAIXAS	34.90	25m
4	MIRAS LOPEZ, Raul	39	35+	NCORUÑA	35.16	25m
5	IGLESIAS LAPIDO, Miguel	41	40+	FLUVIAL	35.88	25m
6	ESPINOSA MIRA, Jorge	48	45+	C. N. Valdeorras	36.21	25m

Serie 10 de 11

1	FORTES NOVOA, Martiño	38	35+	ESCUALOS	34.32	25m
2	EIRIZ DIEGUEZ, Daniel	48	45+	CNMOS	33.97	25m
3	NOGUEIRA-PINTO CRESPO, Hugo	48	45+	POURENSE	33.35	50m
4	PINO LORENZO, Brais	25	25+	PONTEAREAS	33.48	25m
5	BLANCO PEREZ, Jesus	40	40+	NTNARON	34.16	25m
6	JORGE IGLESIAS, Marcelino	60	60+	PONTEAREAS	34.56	25m

Serie 11 de 11

1	QUINTAS MOSQUERA, Manuel	30	30+	CIDSANTIAG	32.49	25m
2	SABUZ FORNEIRO, Martin	32	30+	POURENSE	31.27	50m
3	PINTO RAMNARINE, Rohan Ian	40	40+	RCNVIGO	30.01	25m
4	FERNANDEZ DEL VALLE, Ivan	21	20+	POURENSE	30.49	25m
5	PEREZ PAZ, Dario	21	20+	PONTEAREAS	32.19	25m
6	GARABATOS RODRIGUEZ, Santiago	52	50+	CNMOS	32.53	25m

Descanso 30 minutos

Prueba 16
10/01/2026

Fem., 4 x 50m Libre

AG 80 - 359
Lista de salida

Pista	Ano	Clube	Marca	Pisc.
Serie 1 de 6				
1	PONTEAREAS 280	+280 PONTEAREAS	4:49.98	25m
	GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 74, FORRYAN SECCOMBE, Anne May 60, GUARDIOLA MEDEL, Nuria 70, GONZALEZ RODRIGUEZ, Nuria 70			
2	MULLEREF 200	+200 MULLEREF	3:18.30	25m
	ABELLEIRA CORRAL, Gema 46, REY OTERO, Angela Maria 60, MAURIZ ABUIN, Maria Del Mar 57, PEREZ CASTRO, Maria Rut 51			
3	C. N. Valdeorras 160	+160 C. N. Valdeorras	3:12.07	25m
	RODRIGUEZ OLIVEIRA, Manuela 49, RODRIGUEZ DE DIOS, Amparo 39, BARCALA PEREZ, Maria Rosa 50, VAZQUEZ GONZALEZ, Yolanda 50			
4	PONTEAREAS 160	+160 PONTEAREAS	3:14.21	25m
	PALLARES PEREIRA, Ana 46, GESTO ALONSO, Clarisa 37, ALVAREZ COSTAS, Maria Paz 38, MOLANES PIÑEIRO, Maria Elena 42			
5	PONTEAREAS 240	+240 PONTEAREAS	3:28.94	25m
	MUTILBA OBREGON, Nuria 57, CALVIÑO CANCELA, Maria Cristina 58, DEL AMO BLANCO, Margarita 59, RODRIGUEZ TRONCOSO, Marina 59			
6	LICEO 120	+160 LICEO	NT	
	QUEREDA RODRIGUEZ, Almudena 41, GARCIA SEOANE, Cristina Maria 51, BRAÑA MENENDEZ, Sonia 51, VINAGRE SENDINO, Cora 38			

Serie 2 de 6

1	FLUVIAL 200	+200 FLUVIAL	3:00.22	25m
	GOMEZ DOVAL, Maria Angela 70, CASTRO MAESTRE, Isaura 57, GOMEZ PAREDES, Maria 50, PUENTE MARIN, Cristina 31			
2	C. N. Máster Pons Vetus 240	+240 C. N. Máster Pons Vetus	2:55.75	25m
	BAGLIETTO MILLAN, Maria Dolores 74, PAREDES RIOS, Rosa Maria 58, MARIÑO PAZ, Eva Maria 52, LLEVOT SANCHEZ, Ana Isabel 56			
3	RCNVIGO 160	+160 RCNVIGO	2:50.07	25m
4	POURENSE 200	+200 POURENSE	2:56.21	50m
5	POURENSE 240	+240 POURENSE	2:57.11	25m
	BALADO LOPEZ, Ana Maria 65, PEREZ GALLARDO, Teresa 62, OTERO LOPEZ, Maria Elisa 66, GARCIA COLOMO, Maria Cristina 64			
6	C. N. As Meigas 160	+160 C. N. As Meigas	3:09.70	25m
	CAL FERNANDEZ, Monica Catalina 62, TORRENT I LLAMAS, Ares 36, CASTRO MAYO, Joana 36, FRANCO CAL, Sonia 39			

Serie 3 de 6

1	PORTAMIÑA 200	+200 PORTAMIÑA	2:40.35	25m
	LOPEZ GONZALEZ, Monica 56, FERNANDEZ GONZALEZ, Iria 44, OJEA DE CASTRO, Macarena 53, GARCIA RODRIGUEZ, Teresa 54			
2	MULLEREF 160	+160 MULLEREF	2:36.78	25m
	AZANZA MORENO, Cristina 50, SALGADO CASTELO, Marta 32, LOPEZ BARREIRO, Cristina 47, GARCIA NAVAS, Carolina 47			
3	HERCULES 160	+160 HERCULES	2:35.55	25m
	FERNANDEZ GONZALEZ, Elena 25, CARBALLO BALOIRA, Susana Maria 51, LOPEZ MAHIA, Purificacion 63, RODRIGUEZ PANTIN, Marta 54			
4	C. N. As Meigas 100	+100 C. N. As Meigas	2:35.80	25m
	POLO GIL, Paula 29, ABREU RAMOS, Ines Isabel 28, LAMAS RODRIGUEZ, Nevía Aureliana 28, BATISTA CORTES, Laura 30			
5	PONTEAREAS 200	+200 PONTEAREAS	2:37.16	25m
	VARELA REDONDO, Veronica 51, OLMO VAQUEIRO, Leticia 45, SOBRINO EIRIZ, Maria Del Valle 54, JARDON GONZALEZ, Helena 55			
6	RSDH 200	+200 RSDH	2:49.76	25m
	VAZQUEZ LOPEZ, Uxia 50, RAMIREZ INSUA, Julia 43, BERNAL BAÑA, Paloma 57, DE LA MONTAÑA ALCANTARA, Gloria 53			

Prueba 16, Fem., 4 x 50m Libre

Serie 4 de 6

1	MONFORTE 120	+120 MONFORTE	2:30.00
	GONZALEZ MACIA, Alba 32, RODRIGUEZ GONZALEZ, Raquel 33, MARTINEZ GARCIA, Susana 35, VAZQUEZ FUENTES, Cintia 39		
2	RIASBAIXAS 160	+160 RIASBAIXAS	2:28.72 25m
	PRADO FRANCO, Martha-Elizabeth 47, VAZQUEZ DUARTE, Cristina 40, GONZALEZ PEREZ, Jessica 39, TORRE GONZALEZ, Elisa 41		
3	CIDSANTIAG 160	+160 CIDSANTIAG	2:27.11 25m
	MURAS MORA, Andrea 37, ALCALDE BALADO, Tania 40, FKEOUI OMARI, Salma 44, GONZALEZ RODRIGUEZ, Maria 44		
4	RIASBAIXAS 200	+200 RIASBAIXAS	2:27.79 25m
	CHAMOSA MARTIN, Julia 65, REGUEIRO RODRIGUEZ, Ana 60, PRADO FRANCO, Martha-Elizabeth 47, TORRE GONZALEZ, Elisa 41		
5	PONTEAREAS 100	+100 PONTEAREAS	2:29.08 25m
	FERNANDEZ PARDO, Irene 25, ALVAREZ SOUTO, Claudia 25, COSTA FERNANDEZ, Laura 25, RODRIGUEZ PEREZ, Lorena 25		
6	RIASBAIXAS 100	+100 RIASBAIXAS	2:35.47 25m
	MENDEZ SEIJO, Nerea 27, GONZALEZ COVELO, Sandra 33, ALONSO PEREIRA, Fatima 33, RODRIGUEZ CERVINO, Ana 26		

Serie 5 de 6

1	ESCUALOS 160	+160 ESCUALOS	2:21.41 25m
	MIRA VAZQUEZ, Paula 40, CID ALVAREZ, Isabel 46, DE LORENZO FERNANDEZ, Maria 48, MIRA VAZQUEZ, Marta 45		
2	PONTEAREAS 120	+120 PONTEAREAS	2:17.78 25m
	RODRIGUEZ ROMERO, Carolina 30, RODRIGUEZ PAZ, Lucia 26, PAZOS GANDARA, Andrea 34, GONZALEZ PEREZ, Paula 30		
3	SALESTRA 120	+120 SALESTRA	2:16.39 25m
	ROZADOS LUIS, Adriana 41, VILARIÑO CACHO, Elvira 45, ABBATEMARCO, Cristina 42, RIVADULLA MALLO, Maria Irene 28		
4	NFERROL 160	+160 NFERROL	2:17.27 25m
	LOPEZ SANMARTIN, Tania 35, JIMENEZ PEREZ, Victoria 57, SOUTO DERUNGS, Cristina 41, HERMIDA RODRIGUEZ, Blanca 45		
5	CIDSANTIAG 100	+100 CIDSANTIAG	2:18.17 25m
	GARCIA MIGUEZ, Rosalia 28, COTOS SUAREZ, Ana 29, PORTELA CARBALLIDO, Andrea 25, CRUZ GARCIA, Aurora 31		
6	CNMOS 120	+120 CNMOS	2:22.07 25m
	ALONSO GONZALEZ, Ines 34, SILVEIRA LOUREIRO, Maria 31, LAGO COMESAÑA, Raquel 27, DAVILA SILVA, Alicia 28		

Serie 6 de 6

1	RIASBAIXAS 120	+120 RIASBAIXAS	2:13.45 25m
	VAZQUEZ DUARTE, Cristina 40, GONZALEZ PEREZ, Jessica 39, ALONSO PEREIRA, Fatima 33, RODRIGUEZ CERVINO, Ana 26		
2	NTNARON 120	+120 NTNARON	2:10.40 25m
	SEGOVIA CARBALLO, Paula 26, RIVAS TENREIRO, Arantza 37, LOPEZ GARCIA, Sandra 45, GORDILLO VAN GILS, Silvia 30		
3	PONTEAREAS 80	+80 (IPONTEAREAS	2:01.40 25m
	LEMONS FERNANDEZ, Zaira 24, BLANCO PEREZ, Laura 22, VALIÑO FERRAZ, Tatyana 23, COBAS, Rocio 21		
4	CIDSANTIAG 120	+120 CIDSANTIAG	2:03.97 25m
5	PORTAMIÑA 120	+120 PORTAMIÑA	2:11.89 25m
	RAMOS LOBO, Raquel 33, LOPEZ RODRIGUEZ, Aroa 29, SOUTIÑO RAMIREZ, Carmen Victoria 25, FERNANDEZ GONZALEZ, Iria 44		
6	C. N. As Meigas 120	+120 C. N. As Meigas	2:15.50 25m
	BEN CILLERO, Sabela 34, FRANCO CAL, Alba 35, TORRENT I LLAMAS, Ares 36, CUBA KOSTER, Esmeralda 34		

Prueba 17
10/01/2026

Masc., 4 x 50m Libre

AG 80 - 359
Lista de salida

Pista Ano Clube Marca Pisc.

Serie 1 de 7

2 PONTEAREAS 280	+280 PONTEAREAS	3:16.21 25m
JORGE IGLESIAS, Marcelino 60, RODRIGUEZ GOMEZ, Emilio 65, MONROY FERNANDEZ, Manuel 76, ARAUJO DOMINGUEZ, Francisco 86		
3 SALESTRA 200	+200 SALESTRA	2:34.92 25m
COTO DONO, Pablo 46, TABOADA CALVELO, Jose Carlos 47, GESTOSO PAZO, Juan Francisco 59, MAGARIÑOS MACEIRAS, Xose 58		
4 POURENSE 200	+200 POURENSE	2:35.93 25m
TABARES DOMINGUEZ, Rafael 52, LORENZO GONZALEZ-VISO, Carlos 55, CADAVID NUÑEZ, Jose 56, ESTEVEZ SANTOS, Marcos 52		

Serie 2 de 7

1 ARTEIXO 200	+200 ARTEIXO	2:30.04 25m
FOLCH MALLOFRE, Ramon 89, MELLA BARBEITO, Javier 43, ANDRES DUASO, Olmo 33, SANJORGE PEDREIRA, Carmelo 64		
2 PORTAMIÑA 200	+200 PORTAMIÑA	2:22.29 25m
DE LUIS GONZALEZ, Aitor 52, TEIJEIRO IGLESIAS, Jesus 50, DIEGUEZ ARANDA, Hector 53, DIEZ RODRIGUEZ, Ignacio Jose 54		
3 POURENSE 160	+160 POURENSE	2:19.10 25m
NOGUEIRA-PINTO CRESPO, Hugo 48, SABUZ FORNEIRO, Martin 32, PASCUAL CASTRO, Manuel 35, FEIJOO REY, Roi 47		
4 HERCULES 240	+240 HERCULES	2:19.76 25m
YAÑEZ WONENBURGER, Juan Carlos 67, ROMERO PENA, Juan Ramon 63, SUANZES PEREZ, Fernando 73, BORDALLO CORTINA, Fernando 74		
5 POURENSE 240	+240 POURENSE	2:29.34 25m
BLANCO PEREZ, Angel 62, SAL MARTINEZ, Jorge 59, IVANCHENKO, Yurii 73, GARCIA COLOMO, Manuel Ramon 72		

Serie 3 de 7

1 PORTAMIÑA 160	+160 PORTAMIÑA	2:13.90 25m
GONZALEZ BLANCO, Jose Luis 34, GONZALEZ PEÑAS, David 42, DONG, Taogui 42, MOURIZ LOMBAO, Francisco Javier 51		
2 C. N. Máster Pons Vetus 160	+160 C. N. Máster Pons Vetus	2:11.02 25m
PITA SANTIN, Antonio 55, LAVIA PINTOS, David 33, SUAREZ GARCIA, Sergio 46, GULIAS GARCIA, Jose Ruben 35		
3 PONTEAREAS 160	+160 PONTEAREAS	2:10.05 25m
ALIAGA SOLA, Alberto 49, CARRERA COSTAS, Andres 44, SUAREZ GARCIA, Pedro Lois 46, ALVAREZ PRESA, Samuel 26		
4 PONTEAREAS 200	+200 PONTEAREAS	2:10.07 25m
LOPEZ VIEIRA, Ignacio 56, MOURIÑO FORTES, Victor Manuel 49, FERNANDEZ IGLESIAS, Emilio Jose 49, PREGO MARTINEZ, Benjamin 53		
5 ESCUALOS 200	+200 ESCUALOS	2:14.23 50m
DE LORENZO FERNANDEZ, Javier 45, CRESPO PEREZ, Albarino 56, TRONCOSO CAAMAÑO, Fernando 51, SANCHEZ SECO, Manuel 58		
6 C. N. Valdeorras 200	+200 C. N. Valdeorras	2:18.32 25m
ESPINOSA MIRA, Jorge 48, TORNE BOBO, Borja 34, RODRIGUEZ BASANTA, Francisco Jose 65, REBANAL ALFAYA, Fernando 55		

Serie 4 de 7

1 CULLEREDO 200	+200 CULLEREDO	2:08.61 25m
HERNAEZ OUBIÑA, David 53, PEREZ GARCIA, Manuel 59, LAMAS SOTO, Cesar 51, GUIRADO CARABEL, Oscar 50		
2 CIDSANTIAG 240	+240 CIDSANTIAG	2:05.61 25m
LAMELO OTERO, Ramon Jesus 58, BETHENCOURT IGLESIAS, Sergio 63, FERNANDEZ NUÑEZ, Santiago 63, CODESIDO LOPEZ, Jose 67		
3 SALESTRA 160	+160 SALESTRA	2:02.26 25m
BASTIDA CAMPOS, Alejandro 44, LOUREIRO FERREIROA, Marcos 41, PICALLO MATO, Adrian 31, DURO GONZALEZ, Antonio 52		
4 SCASINO 160	+160 SCASINO	2:05.55 25m

Prueba 17, Masc., 4 x 50m Libre

5	MONFORTE 160	+160 MONFORTE	2:05.00
	MARTINEZ BERJANO, Jose Manuel 63, PEREZ GONZALEZ, Ivan 44, VAZQUEZ PEREZ, Diego 31, MENDES FERRAS, Artur Leonel 45		
6	ARTEIXO 160	+160 ARTEIXO	2:09.43 25m
	VILLAMOR FERRO, Ruben 26, ANDRES DUASO, Olmo 33, MELLA BARBEITO, Javier 43, SANJORGE PEDREIRA, Carmelo 64		

Serie 5 de 7

1	FLUVIAL 160	+160 FLUVIAL	2:03.86 50m
	IGLESIAS LAPIDO, Miguel 41, ALONSO ORTIZ, Mariano 50, GOMEZ MARTIN, Ruben 48, GURIDI HUERTA, Jesus Maria 58		
2	PONTEAREAS 120	+120 PONTEAREAS	1:59.86 25m
	PINO LORENZO, Brais 25, CARRERA COSTAS, Martin 30, MOURIÑO ORTIGUEIRA, Roberto Carlos 52, MARTINEZ DOMINGUEZ, Ivan 38		
3	NTNARON 160	+160 NTNARON	1:58.94 25m
	PEREZ VAZQUEZ, Telmo 38, BARCIA SIXTO, Francisco Jose 41, MARTINEZ FERNANDEZ, Hector 49, GARCIA COLMENARES, Ricardo Andr		
4	RIASBAIXAS 160	+160 RIASBAIXAS	2:01.47 50m
	ARANGO GAYAR, Saul 46, SANCHEZ GORDON, Roman 48, FERREIRO SEOANE, Jose Raul 53, GUTIERREZ COSTAS, Oscar 44		
5	SCASINO 200	+200 SCASINO	1:59.98 25m
	TORRES NEIRA, Mateo 47, COUCEIRO SANCHEZ, Gonzalo 60, RIVAS FEAL, Antonio 60, BURGO, Carlos Diego 52		
6	POURENSE 120	+120 POURENSE	2:01.81 25m

Serie 6 de 7

1	NCORUÑA 200	+200 NCORUÑA	1:57.01 25m
	MUIÑO ALONSO, Anton 32, TAPIA PORTO, Enrique 61, GARCIA RIÑON, Jaime 62, ALVAREZ DE SOTOMAYOR PUIGNAIRE, Juan 52		
2	RIASBAIXAS 120	+120 RIASBAIXAS	1:54.60 25m
	RODRIGUEZ GARCIA, Jose Bernardo 43, ABALDE PUJALES, Alberto 26, NOVALES BLANCO, Xabier 35, LONGA IGLESIAS, Pablo 41		
3	CIDSANTIAG 160	+160 CIDSANTIAG	1:51.99 25m
	BERNARDEZ FERRO, Juan Jose 39, MARTINEZ DOPAZO, David 39, ESPAÑA CABEZAS, Jesus 45, MONTERO PRIETO, Carlos Eugenio 48		
4	ESCUALOS 160	+160 ESCUALOS	1:55.89 50m
	PAZOS ALONSO, Josue 40, PEREIRA DIAZ, Angel 54, ALVAREZ SILVA, Ruben 45, KRUGLOV KRUGLOV, Mykola 41		
5	NCORUÑA 160	+160 NCORUÑA	1:55.50 25m
	GOMEZ CARDESIN, Alvaro 41, SOLLEIRO TIZON, Juan Jose 63, BALDOMAR OBELLEIRA, Ruben 52, MIRAS LOPEZ, Raul 39		
6	RCNVIGO 160	+160 RCNVIGO	1:57.52 25m
	MIGUEZ CRESPO, Avelino 49, ABALO IBARLUCEA, Pablo 47, PINTO RAMNARINE, Rohan Ian 40, PEREZ PAREDES, Marcos 60		

Serie 7 de 7

1	CDELMAR 160	+160 CDELMAR	1:50.39 25m
	LOBELLE GONZALEZ, Ivan 37, LOBELLE GONZALEZ, Marcos 37, CASTRO VILLAR, David 35, GARCIA SANJURJO, Jose Manuel 59		
2	NTNARON 120	+120 NTNARON	1:45.23 25m
	GRACIA CARBAJO, Miguel 32, BLANCO PEREZ, Jesus 40, HERMIDA RAMOS, Raul 26, DIAZ RODRIGUEZ, Andres 37		
3	PONTEAREAS 80	+80 (PONTEAREAS	1:44.62 25m
	CANCELA GOMEZ, Hugo 23, PEREZ PAZ, Dario 21, CASARES GARCIA, Brais 22, GOMEZ MENDEZ, Borja 24		
4	CIDSANTIAG 120	+120 CIDSANTIAG	1:44.64 25m
	QUINTAS MOSQUERA, Manuel 30, CASTRO RODRIGUEZ, Francisco 26, CASTELAO VIEITES, Borja 34, CALLE FACAL, Telmo 43		
5	CNMOS 160	+160 CNMOS	1:48.48 25m
	GARABATOS RODRIGUEZ, Santiago 52, EIRIZ DIEGUEZ, Daniel 48, TRILLO RODRIGUEZ, Adrian 29, MARTINEZ JACOME, Felix 53		
6	CIDSANTIAG 200	+200 CIDSANTIAG	1:51.65 25m
	SONEIRA REBOREDO, Oscar 51, IGLESIAS GOMEZ, Gonzalo 47, IGLESIAS CARRERA, Pio 53, REY RODRIGUEZ, Oscar 52		

Prueba 18
10/01/2026

Fem., 400m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 7</u>					
2	BEN CILLERO, Natalia	37	35+ C. N. As Meigas	8:56.15	25m
3	VAZQUEZ GONZALEZ, Yolanda	50	50+ C. N. Valdeorras	8:23.42	25m
4	CAL FERNANDEZ, Monica Catalina	62	60+ C. N. As Meigas	8:43.21	25m
<u>Serie 2 de 7</u>					
2	FERNANDEZ SESTELO, Maria Jose	56	55+ PONTEAREAS	8:21.80	25m
3	REY OTERO, Angela Maria	60	60+ MULLEREF	8:14.87	25m
4	ABELLEIRA CORRAL, Gema	46	45+ MULLEREF	8:21.68	25m
5	BESADA FERNANDEZ, Ana Maria	48	45+ PONTEAREAS	8:23.03	25m
<u>Serie 3 de 7</u>					
1	OTERO LOPEZ, Maria Elisa	66	65+ POURENSE	7:47.84	25m
2	ABREU FERNANDEZ, Marta	55	55+ PONTEAREAS	7:28.08	25m
3	MOLANES PIÑEIRO, Maria Elena	42	40+ PONTEAREAS	6:59.50	25m
4	PUENTE MARIN, Cristina	31	30+ FLUVIAL	7:23.17	25m
5	LOPEZ MAHIA, Purificacion	63	60+ HERCULES	7:47.29	25m
6	FRANCO CAL, Sonia	39	35+ C. N. As Meigas	7:59.54	25m
<u>Serie 4 de 7</u>					
1	MURAS MORA, Andrea	37	35+ CIDSANTIAG	6:41.60	25m
2	LOPEZ CORTABITARTE, Belen	39	35+ SCASINO	6:26.20	25m
3	OLMO VAQUEIRO, Leticia	45	45+ PONTEAREAS	6:23.93	25m
4	CHAMOSA MARTIN, Julia	65	65+ RIASBAIXAS	6:24.57	25m
5	LAMAS RODRIGUEZ, N.	28	25+ C. N. As Meigas	6:37.62	25m
6	CALVIÑO CANCELA, Maria Cristina	58	55+ PONTEAREAS	6:47.39	25m
<u>Serie 5 de 7</u>					
1	SALGADO CASTELO, Marta	32	30+ MULLEREF	6:21.16	25m
2	LAGO COMESAÑA, Raquel	27	25+ CNMOS	6:08.93	25m
3	VARELA REDONDO, Veronica	51	50+ PONTEAREAS	6:01.51	25m
4	COSTA FERNANDEZ, Laura	25	25+ PONTEAREAS	6:07.79	25m
5	VAZQUEZ DUARTE, Cristina	40	40+ RIASBAIXAS	6:14.27	25m
6	GARCIA SEOANE, Cristina Maria	51	50+ LICEO	6:22.18	25m
<u>Serie 6 de 7</u>					
1	GONZALEZ PEREZ, Jessica	39	35+ RIASBAIXAS	5:53.40	25m
2	VINAGRE SENDINO, Cora	38	35+ LICEO	5:47.31	25m
3	VILARIÑO CACHO, Elvira	45	45+ SALESTRA	5:36.21	25m
4	AZANZA MORENO, Cristina	50	50+ MULLEREF	5:39.30	25m
5	VALIÑO FERRAZ, Tatyana	23	20+ PONTEAREAS	5:52.76	25m
6	GORDILLO VAN GILS, Silvia	30	30+ NNTNARON	5:59.69	25m

Prueba 18, Fem., 400m Libre

Serie 7 de 7

1	FERNANDEZ GONZALEZ, Elena	25	25+	HERCULES	5:31.81	25m
2	RAMOS LOBO, Raquel	33	30+	PORTAMIÑA	5:16.54	25m
3	SEGOVIA CARBALLO, Paula	26	25+	NTNARON	5:00.90	25m
4	BARBEITO DOMINGUEZ, Marta	42	40+	SCASINO	5:05.44	25m
5	POLO GIL, Paula	29	25+	C. N. As Meigas	5:24.82	25m
6	QUEREDA RODRIGUEZ, Almudena	41	40+	LICEO	5:35.10	25m

Prueba 19
10/01/2026

Masc., 400m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 9</u>					
2	GOMEZ MENDEZ, Borja	24	20+	PONTEAREAS	9:41.11 25m
3	LOPEZ VIDAL, Antonio	74	70+	GALAICO	8:34.29 25m
4	GIRALDEZ VILLANUEVA, Ivan	39	35+	PONTEAREAS	9:11.66 25m
<u>Serie 2 de 9</u>					
2	SAINZ-MAZA VILAR, Adolfo Antonio	31	30+	C. N. As Meigas	8:19.64 25m
3	MAGARIÑOS MACEIRAS, Xose	58	55+	SALESTRA	7:01.28 25m
4	BOTNARI ZAVTUR, Lorenzo	25	25+	LICEO	7:05.87 25m
5	LAGO GONZALEZ, Ivan	33	30+	PONTEAREAS	8:30.57 25m
<u>Serie 3 de 9</u>					
1	BLANCO PEREZ, Angel	62	60+	POURENSE	6:43.06 25m
2	HERNANZ MORAL, Fausto	64	60+	RIASBAIXAS	6:29.28 25m
3	GURIDI HUERTA, Jesus Maria	58	55+	FLUVIAL	6:22.44 25m
4	TRONCOSO CAAMAÑO, Fernando	51	50+	ESCUALOS	6:28.30 25m
5	CEGARRA GARCIA, Eugenio	62	60+	RSDH	6:38.67 25m
6	FARIAS FORNEIRO, Patricio Cruz	49	45+	FLUVIAL	6:43.89 25m
<u>Serie 4 de 9</u>					
1	LORENZO FERNANDEZ, J.	54	50+	RIASBAIXAS	6:08.84 25m
2	FERNANDEZ-TESTA BARREIRO, D.	52	50+	RIASBAIXAS	6:07.73 25m
3	BLANCO MAGALLAN, Alejandro	52	50+	ADFOGAR	6:07.15 25m
4	GARCIA COLOMO, Manuel Ramon	72	70+	POURENSE	6:07.65 25m
5	GONZALEZ PEREIRA, Jose Carlos	51	50+	GALAICO	6:08.23 25m
6	GARCIA COLMENARES, R.	35	35+	NTNARON	6:16.63 25m
<u>Serie 5 de 9</u>					
1	SUAREZ GARCIA, Sergio	46	45+	C. N. Máster Pons Vetus	5:59.16 25m
2	GOMEZ MARTIN, Ruben	48	45+	FLUVIAL	5:51.27 25m
3	DURO GONZALEZ, Antonio	52	50+	SALESTRA	5:48.64 25m
4	MARTINEZ FERNANDEZ, Hector	49	45+	NTNARON	5:48.94 25m
5	TORNE BOBO, Borja	34	30+	C. N. Valdeorras	5:55.77 25m
6	FERREIRO SEOANE, Jose Raul	53	50+	RIASBAIXAS	5:59.70 25m
<u>Serie 6 de 9</u>					
1	MOURIÑO FORTES, Victor Manuel	49	45+	PONTEAREAS	5:44.07 25m
2	FERNADEZ BARREIROS, Claudio	51	50+	C. N. Ordes	5:39.21 25m
3	MARTINEZ DOMINGUEZ, Ivan	38	35+	PONTEAREAS	5:35.36 25m
4	GONZALEZ PEÑAS, David	42	40+	PORTAMIÑA	5:35.44 25m
5	MARQUEZ VAZQUEZ, Pablo	24	20+	C. N. As Meigas	5:42.85 25m
6	CUETO ALVAREZ, Elias	51	50+	CIDSANTIAG	5:47.07 25m

Prueba 19, Masc., 400m Libre

Serie 7 de 9

1	LAMEIRO SEOANE, Javier	39	35+	HERCULES	5:28.44	25m
2	GARCIA CASTIÑEIRA, Daniel	52	50+	CIDSANTIAG	5:23.64	25m
3	PICALLO MATO, Adrian	31	30+	SALESTRA	5:13.95	25m
4	RODRIGUEZ ESTEVEZ, Damian	49	45+	POURENSE	5:16.40	25m
5	MARTINEZ FAJARDO, Julio Enrique	56	55+	ADFOGAR	5:23.78	25m
6	FIERRO FERNANDEZ, Julio	44	40+	SCASINO	5:33.17	25m

Serie 8 de 9

1	RIVAS FEAL, Antonio	60	60+	SCASINO	5:06.61	25m
2	BALDOMAR OBELLEIRA, Ruben	52	50+	NCORUÑA	5:05.48	25m
3	QUINTAS BARROS, Jesus Carlos	53	50+	ESCUALOS	5:01.71	25m
4	FIGUEROA CARRERA, Domingo	41	40+	FLUVIAL	5:04.29	25m
5	GARCIA RIÑON, Jaime	62	60+	NCORUÑA	5:05.76	25m
6	IGLESIAS CARRERA, Pio	53	50+	CIDSANTIAG	5:10.35	25m

Serie 9 de 9

1	MARTINEZ JACOME, Felix	53	50+	CNMOS	4:50.69	25m
2	SONEIRA REBOREDO, Oscar	51	50+	CIDSANTIAG	4:45.10	25m
3	CARRERA COSTAS, Martin	30	30+	PONTEAREAS	4:33.58	25m
4	CASTELAO VIEITES, Borja	34	30+	CIDSANTIAG	4:38.13	25m
5	GOMEZ CARDESIN, Alvaro	41	40+	NCORUÑA	4:46.73	25m
6	TRILLO RODRIGUEZ, Adrian	29	25+	CNMOS	4:54.92	25m