

1 - Sábado, 13 de Junio de 2026

13/06/2026 - 10:00

Prueba 1 Mixto, 4 x 50m Estilos AG 80 - 359
13/06/2026 Lista de salida

Pista Ano Clube Marca Pisc.

Serie 1 de 8

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3 PONTEAREAS 280 +280 PONTEAREAS 4:05.31 25m
FORRYAN SECCOMBE, Anne May 60, ARAUJO DOMINGUEZ, Francisco 86, GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 74, RODRIGUEZ

4 RIVEIRA 200 +200 RIVEIRA 3:36.86 25m

5 TRAVIESAS 240 +240 TRAVIESAS 3:55.23 25m
MAROTO REGLERO, Maria Consuelo Paula 74, SEGUIN CID, Severino 67, MARTY PAZOS, Maria Victoria 61, BERMINGHAM, Eamonn 74

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7

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Serie 2 de 8

1

2 GALAICO 200 +200 GALAICO 3:16.31 25m
LOPEZ VIDAL, Antonio 74, AREA PEREIRA, Jose Manuel 69, VYNOHRADOVA, Kateryna 40, ANTON FUENTES, Veronica Maria 47

3 VALDEORRAS 200 +200 VALDEORRAS 3:11.53 25m
BARCALA PEREZ, Maria Rosa 50, ESPINOSA MIRA, Jorge 48, RODRIGUEZ OLIVEIRA, Manuela 49, RODRIGUEZ BASANTA, Francisco Jose

4 PONSJETUS 200 +200 PONSJETUS 3:05.51 25m
LLEVOT SANCHEZ, Ana Isabel 56, MANEIRO BETANZOS, Javier 41, SUAREZ GARCIA, Sergio 46, IGNACIO QUINTEIRO, Maria Del Carmen

5 PORTAMIÑA 160 +160 PORTAMIÑA 3:09.33 25m
GONZALEZ VICENTE, Ruben 45, BALLADARES LOAISIGA, Damaris Patricia 46, FERNANDEZ GONZALEZ, Iria 44, TEIJEIRO IGLESIAS, Jesu

6 SALVESTRADA 200 +200 SALVESTRADA 3:14.65 25m
COTO DONO, Pablo 46, DIEGUEZ SANMARTIN, Maria De La Concepcion 50, DURO GONZALEZ, Antonio 52, SANMARTIN IGLESIAS, Patricia

7 PONSJETUS 240 +240 PONSJETUS 3:21.43 25m
BAGLIETTO MILLAN, Maria Dolores 74, PITA SANTIN, Antonio 55, PAREDES RIOS, Rosa Maria 58, VAQUERIZO GARCIA, David 54

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Serie 3 de 8

1 HERCULES 200 +200 HERCULES 3:01.39 25m
DE LA VEGA GANDARAS, Felipe 53, ROMERO PENA, Juan Ramon 63, FERNANDEZ GONZALEZ, Elena 25, LOPEZ MAHIA, Purificacion 63

2 RBAIXAS 240 +240 RBAIXAS 2:59.19 25m
REGUEIRO RODRIGUEZ, Ana 60, ROS ROSILLO, Alejandro 68, CHAMOSA MARTIN, Julia 65, HERNANZ MORAL, Fausto 64

3 CIDSANTIAGO 240 +240 CIDSANTIAGO 2:49.01 25m
CELEMIN PORRERO, Maria Teresa 67, FERNANDEZ ARRUTI, Jose Angel 67, CODESIDO LOPEZ, Jose 67, DEIRA BARCALA, Silvia 52

4 TRAVIESAS 200 +200 TRAVIESAS 2:47.01 25m

Prueba 1, Mixto, 4 x 50m Estilos

5	PONSVETUS 120	+120 PONSVETUS	2:47.31 25m
6	HERCULES 240	+240 HERCULES	2:53.65 25m
	CARBALLO BALOIRA, Susana Maria 51, YAÑEZ WONENBURGER, Juan Carlos 67, RODRIGUEZ PANTIN, Marta Maria 60, BORDALLO CORT		
7	MOS 200	+200 MOS	3:01.05 25m
	SILVEIRA LOUREIRO, Maria 31, RODRIGUEZ VIEITO, Ricardo Manuel 69, SOUSA CARNEIRO, Rosana 55, FERNANDEZ GONZALEZ, Alvaro		
8	POURENSE 240	+240 POURENSE	3:04.72 25m
	GARCIA COLOMO, Maria Cristina 64, BALADO LOPEZ, Ana Maria 65, IVANCHENKO, Yurii 73, GARCIA COLOMO, Manuel Ramon 72		

Serie 4 de 8

1	NCORUÑA 200	+200 NCORUÑA	2:43.56 25m
	VILLASANTE ARMAS, Maria Rosa 51, SOLLEIRO TIZON, Juan Jose 63, GARCIA RIÑON, Jaime 62, LAGO CASTILLO, Natalia 27		
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	MONFORTE 160	+160 MONFORTE	2:35.92 25m
	MARTINEZ BERJANO, Jose Manuel 63, GONZALEZ MACIA, Alba 32, BALLESTER IBAÑEZ, Edgar 35, MARTINEZ GARCIA, Susana 35		
4	CASINOC 200	+200 CASINOC	2:35.66 25m
	GARNACHO GAYARRE, Nuria 57, RIVAS FEAL, Antonio 60, TORRES NEIRA, Mateo 47, SALES MANTIÑAN, Carmen 52		
5	ESCUALOS 200	+200 ESCUALOS	2:38.46 50m
	FERNANDEZ FERNANDEZ, Delmira 58, BOUSO FUENTECILLA, Fernando 55, CID ALVAREZ, Isabel 46, FERNANDEZ MARTINEZ, Alberto 55		
6	VALDEORRAS 160	+160 VALDEORRAS	2:37.37 25m
	RODRIGUEZ DE DIOS, Amparo 39, FERNANDEZ RODRIGUEZ, Miguel Angel 57, TORNE BOBO, Borja 34, VIDAL BELLO, Mara 49		
7	ORDES 160	+160 ORDES	2:42.67 25m
	GANDARA SUAREZ, Tania 33, MELLA CASTRO, Ana Maria 32, FERNADEZ BARREIROS, Claudio 51, COUSELO CASTIÑEIRAS, Miguel Ange		
8	PONTEAREAS 240	+240 PONTEAREAS	2:44.50 25m
	DEL AMO BLANCO, Margarita 59, JORGE IGLESIAS, Marcelino 60, ABREU FERNANDEZ, Marta 55, MONROY FERNANDEZ, Manuel 76		

Serie 5 de 8

1	SALVESTRADA 160	+160 SALVESTRADA	2:31.93 25m
	ABBATEMARCO, Cristina 42, VILARIÑO CACHO, Elvira 45, FINS SEOANE, Juan Miguel 49, TABOADA CALVELO, Jose Carlos 47		
2	POURENSE 200	+200 POURENSE	2:30.36 25m
	FEIJOO REY, Roi 47, CALVIÑO VAZQUEZ, Maria Coral 58, CARBALLO CABEZAS, Enrique 50, VILELA PASCUAL, Maria Luisa 55		
3	PONTEAREAS 160	+160 PONTEAREAS	2:30.10 25m
	BESADA FERNANDEZ, Ana Maria 48, PREGO MARTINEZ, Benjamin 53, GONZALEZ PEREZ, Paula 30, GIRALDEZ VILLANUEVA, Ivan 39		
4	ASMEIGAS 120	+120 ASMEIGAS	2:29.49 25m
	BEN CILLERO, Sabela 34, GARCIA ARCE, Gonzalo 35, LAMAS RODRIGUEZ, Nevia Aureliana 28, SAINZ-MAZA VILAR, Adolfo Antonio 31		
5	POURENSE 80	+80 POURENSE	2:29.55 25m
	ESTEVEZ CRESPO, Aldara 22, LOPEZ FERNANDEZ, Martin 22, CIVEIRA CORRAL, Samuel 24, RODAL FERNANDEZ, Antia 24		
6	SALVESTRADA 120	+120 SALVESTRADA	2:30.16 25m
	BASTIDA CAMPOS, Alejandro 44, OTERO FERNANDEZ, Maria Luisa 33, LOUREIRO FERREIROA, Marcos 41, ROZADOS LUIS, Adriana 41		
7	RBAIXAS 200	+200 RBAIXAS	2:30.86 25m
	PEREZ LEIVA, Manuel 58, TORRE GONZALEZ, Elisa 41, RODRIGUEZ PEREZ, Vanesa 40, SANCHEZ MUÑOZ, Jose Ignacio 65		
8	CIDSANTIAGO 200	+200 CIDSANTIAGO	2:34.39 25m
	FERNANDEZ NUÑEZ, Santiago 63, GONZALEZ RODRIGUEZ, Maria 44, SONEIRA REBOREDO, Oscar 51, DEIRA BARCALA, Silvia 52		

Prueba 1, Mixto, 4 x 50m Estilos

Serie 6 de 8

1	CDELMAR 160	+160 CDELMAR	2:28.87	25m
	BLANCO GARCIA, Sheila 39, LOBELLE GONZALEZ, Marcos 37, LOBELLE GONZALEZ, Ivan 37, TERCEIRO DELGADO, Maria Del Mar 63			
2	RBAIXAS 160	+160 RBAIXAS	2:27.91	25m
	OTERO PEÑA, Maria Jose 37, LONGA IGLESIAS, Pablo 41, ARANGO GAYAR, Saul 46, GONZALEZ PEREZ, Jessica 39			
3	NFERROL 80	+80 NFERROL	2:24.73	25m
	DIZ NIEVES, David 22, LOPEZ SANMARTIN, Nerea 30, MENDEZ LORENZO, Bruno 22, DIAZ DOPICO, Sabela 24			
4	CULLEREDO 160	+160 CULLEREDO	2:23.60	25m
	GUIRADO CARABEL, Oscar 50, IGLESIAS LOPEZ, Maria 25, HERNAEZ OUBIÑA, David 53, SANDERSON KEOUGH, Helen Jane 56			
5	NCORUÑA 160	+160 NCORUÑA	2:24.55	25m
	GONZALEZ MORENO, Maria Del Dulce Nombre 68, SANCHEZ LENCE, Maria 29, MUIÑO ALONSO, Anton 32, GOMEZ CARDESIN, Alvaro 41			
6	NFERROL 160	+160 NFERROL	2:27.87	25m
	LOPEZ REMESEIRO, Vanesa 44, PIÑEIRO VARGAS, Raul 47, HERMIDA RODRIGUEZ, Blanca 45, GONZALEZ FRANCO, David 31			
7	PORTAMIÑA 200	+200 PORTAMIÑA	2:27.95	25m
	OJEA DE CASTRO, Macarena 53, LOPEZ GONZALEZ, Monica 56, PEREZ ARIAS, Hector 55, DIEGUEZ ARANDA, Hector 53			
8	PONTEAREAS 200	+200 PONTEAREAS	2:29.43	25m
	MARTINEZ DOMINGUEZ, Ivan 38, MUTILBA OBREGON, Nuria 57, LOPEZ VIEIRA, Ignacio 56, VARELA REDONDO, Veronica 51			

Serie 7 de 8

1	CASINOC 160	+160 CASINOC	2:22.87	25m
2	ESCUALOS 120	+120 ESCUALOS	2:18.87	25m
	CASTRO BLANCO, Brenda 26, MIRA VAZQUEZ, Marta 45, ALVAREZ SILVA, Ruben 45, KRUGLOV KRUGLOV, Mykola 41			
3	RBAIXAS 120	+120 RBAIXAS	2:17.59	25m
	FREIRE GONZALEZ, Javier 33, GONZALEZ COVELO, Sandra 33, GARCIA MUGGIA, Erick Jose 40, VAZQUEZ DUARTE, Cristina 40			
4	CIDSANTIAGO 120	+120 CIDSANTIAGO	2:16.47	25m
	CRUZ GARCIA, Aurora 31, QUINTAS MOSQUERA, Manuel 30, COTOS SUAREZ, Ana 29, CASTELAO VIEITES, Borja 34			
5	PONTEAREAS 120	+120 PONTEAREAS	2:16.51	25m
	IBAÑEZ CARRERA, Sara 25, TRONCOSO GONZALEZ, Veronica 35, COBELO REPRESAS, Francisco 30, MOURIÑO FORTES, Victor Manuel 41			
6	PORTAMIÑA 100	+100 PORTAMIÑA	2:18.23	25m
	LOPEZ RODRIGUEZ, Aroa 29, VILA BARRIOS, Lucia 29, LOPEZ LOPEZ, Jaime Borja 26, GONZALEZ BLANCO, Jose Luis 34			
7	PORTAMIÑA 120	+120 PORTAMIÑA	2:21.13	25m
	SOUTIÑO RAMIREZ, Carmen Victoria 25, DONG, Taogui 42, RAMOS LOBO, Raquel 33, FERNANDEZ LAMELA, David 48			
8	NFERROL 120	+120 NFERROL	2:23.01	25m
	LOPEZ SANMARTIN, Nerea 30, PIÑEIRO VARGAS, Raul 47, HERMIDA RODRIGUEZ, Blanca 45, GONZALEZ FRANCO, David 31			

Serie 8 de 8

1	CDELMAR 120	+120 CDELMAR	2:15.49	25m
	CASTRO VILLAR, David 35, ABADIN ROZENBAUM, Manuela Rocio 31, MARTINEZ GESTAL, Alejandro 36, IGLESIAS SUAREZ, Laura 34			
2	ESCUALOS 160	+160 ESCUALOS	2:17.26	50m
	OTERO RODRIGUEZ, Sandra 39, MIRA VAZQUEZ, Marta 45, KRUGLOV KRUGLOV, Mykola 41, SEVILLA AROCA, Javier 43			
3	CIDSANTIAGO 100	+100 CIDSANTIAGO	2:10.84	25m
	CASTRO RODRIGUEZ, Francisco 26, FERNANDEZ JUAN, Maria 28, PORTELA CARBALLIDO, Andrea 25, MEIJIDE GIADAS, Diego 26			
4	PONTEAREAS 80	+80 PONTEAREAS	2:01.31	25m
	RODRIGUEZ PAZ, Lucia 26, PEREZ PAZ, Dario 21, CASARES GARCIA, Brais 22, BLANCO PEREZ, Laura 22			
5	CIDSANTIAGO 160	+160 CIDSANTIAGO	2:07.70	25m
	CALLE FACAL, Telmo 43, SUAREZ BUJAN, Rebeca 43, IGLESIAS GOMEZ, Gonzalo 47, GARCIA MIGUEZ, Rosalia 28			
6	RBAIXAS 100	+100 RBAIXAS	2:12.06	25m
	ALONSO PEREIRA, Fatima 33, PASTORIZA SANTA CLARA, Jorge 29, RODRIGUEZ CERVINO, Ana 26, ABALDE PUJALES, Alberto 26			
7	PONTEAREAS 100	+100 PONTEAREAS	2:15.37	25m
	COSTA FERNANDEZ, Laura 25, ALVAREZ SOUTO, Claudia 25, RODRIGUEZ BALIÑA, Mauro 36, LAGO GONZALEZ, Ivan 33			

Prueba 1, Mixto, 4 x 50m Estilos

8 MONFORTE 120 +120 MONFORTE 2:16.06 25m
SUAREZ FERNANDEZ, Santiago 31, ARGIZ MARTINEZ, David 26, VAZQUEZ FUENTES, Cintia 39, RODRIGUEZ GONZALEZ, Raquel 33

Prueba 2
13/06/2026

Fem., 100m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 7</u>					
1	BAGLIETTO MILLAN, Maria Dolores	74	70+ PONSVETUS	2:20.91	25m
2	VAZQUEZ PARCERO, Marta	46	45+ CULLEREDO	2:18.31	25m
3	PEREZ CASTRO, Maria Rut	51	50+ MULLEREF	2:15.45	25m
4	CALVIÑO VAZQUEZ, Maria Coral	58	55+ POURENSE	2:04.80	25m
5	RODRIGUEZ-TOUBES FORRYAN, I.	27	25+ PONTEAREAS	2:13.82	25m
6	IGNACIO QUINTEIRO, M.	61	60+ PONSVETUS	2:17.57	25m
7	MARIN CASTRO, Montserrat	55	55+ MULLEREF	2:20.63	25m
8	MENDEZ ABELAIRA, Jessica	44	40+ VALDEORRAS	2:39.64	25m
<u>Serie 2 de 7</u>					
1	NOVO MARTINEZ, Rocio	42	40+ NFERROL	2:00.76	25m
2	MARTY PAZOS, Maria Victoria	61	60+ TRAVIASAS	1:58.03	25m
3	MARIÑO PAZ, Eva Maria	52	50+ PONSVETUS	1:51.59	25m
4	CRUZ ANEIROS, Ana Maria	43	40+ NFERROL	1:51.11	25m
5	PAREDES RIOS, Rosa Maria	58	55+ PONSVETUS	1:51.58	25m
6	FERNANDEZ ARRIZABALO, Maria	60	60+ TRAVIASAS	1:54.84	25m
7	CARBALLO BALOIRA, Susana Maria	51	50+ HERCULES	1:58.69	25m
8	MARTINEZ BARCIELA, Maria Olga	36	35+ RBAIXAS	2:01.79	25m
<u>Serie 3 de 7</u>					
1	IGLESIAS SUAREZ, Laura	34	30+ CDELMAR	1:45.92	25m
2	GONZALEZ MACIA, Alba	32	30+ MONFORTE	1:43.63	25m
3	RODRIGUEZ REY, Maria Jose	53	50+ FOGAR	1:42.83	25m
4	GOMEZ PAREDES, Maria	50	50+ FLUVIAL	1:40.39	25m
5	COBAS, Rocio	21	20+ PONTEAREAS	1:40.75	25m
6	RODRIGUEZ PANTIN, Marta Maria	60	60+ HERCULES	1:42.94	25m
7	JIMENEZ PEREZ, Victoria	57	55+ NFERROL	1:44.15	25m
8	OTERO FERNANDEZ, Maria Luisa	33	30+ SALVESTrada	1:45.99	25m
<u>Serie 4 de 7</u>					
1	ALONSO PEREIRA, Fatima	33	30+ RBAIXAS	1:37.91	25m
2	RODRIGUEZ PAZ, Lucia	26	25+ PONTEAREAS	1:35.80	25m
3	GONZALEZ PEREZ, Paula	30	30+ PONTEAREAS	1:33.23	25m
4	TRONCOSO GONZALEZ, Veronica	35	35+ PONTEAREAS	1:30.55	25m
5	RODRIGUEZ GONZALEZ, Raquel	33	30+ MONFORTE	1:31.45	25m
6	LOPEZ ARTABE, Inmaculada	46	45+ CDELMAR	1:33.72	25m
7	LOPEZ GONZALEZ, Monica	56	55+ PORTAMIÑA	1:36.98	25m
8	VAZQUEZ DUARTE, Cristina	40	40+ RBAIXAS	1:38.44	25m

Prueba 2, Fem., 100m Estilos

Serie 5 de 7

1	GARCÉS FERNÁNDEZ, Erea	23	20+	RBAIXAS	1:29.85	25m
2	SILVEIRA LOUREIRO, María	31	30+	MOS	1:29.44	25m
3	FERNÁNDEZ JUAN, María	28	25+	CIDSANTIAGO	1:28.51	25m
4	LOPEZ SANMARTÍN, Tania	35	35+	NFERROL	1:26.26	25m
5	GÓMEZ FERNÁNDEZ, Uxia	23	20+	ESCUALOS	1:26.40	25m
6	OTERO RODRÍGUEZ, Sandra	39	35+	ESCUALOS	1:29.38	25m
7	GARCÍA COLOMO, María Cristina	64	60+	POURENSE	1:29.83	25m
8	MUTILBA OBREGÓN, Nuria	57	55+	PONTEAREAS	1:30.34	25m

Serie 6 de 7

1	SÁNCHEZ LENCE, María	29	25+	NCORUÑA	1:25.18	25m
2	ROZADOS LUIS, Adriana	41	40+	SALVESTRADA	1:23.72	25m
3	RIVAS TENREIRO, Arantza	37	35+	NTNARON	1:22.29	25m
4	ESTEVEZ CRESPO, Aldara	22	20+	POURENSE	1:20.71	25m
5	ABADIN ROZENBAUM, M.	31	30+	CDELMAR	1:21.26	25m
6	VAZQUEZ FUENTES, Cintia	39	35+	MONFORTE	1:23.69	25m
7	BLANCO GARCÍA, Sheila	39	35+	CDELMAR	1:24.97	25m
8	LAMAS RODRÍGUEZ, N.	28	25+	ASMEIGAS	1:26.22	25m

Serie 7 de 7

1	VILA BARRIOS, Lucía	29	25+	PORTAMIÑA	1:20.25	25m
2	IGLESIAS LOPEZ, María	25	25+	CULLEREDO	1:18.44	25m
3	RAMOS LOBO, Raquel	33	30+	PORTAMIÑA	1:16.21	25m
4	LOPEZ SANMARTÍN, Nerea	30	30+	NFERROL	1:08.61	25m
5	GARCÍA MIGUEZ, Rosalía	28	25+	CIDSANTIAGO	1:15.90	25m
6	CRUZ GARCÍA, Aurora	31	30+	CIDSANTIAGO	1:18.33	25m
7	IBAÑEZ CARRERA, Sara	25	25+	PONTEAREAS	1:18.59	25m
8	PORTELA CARBALLIDO, Andrea	25	25+	CIDSANTIAGO	1:20.70	25m

Prueba 3
13/06/2026

Masc., 100m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 9</u>					
1					
2					
3	GONZÁLEZ SANDEZ, Carlos	47	45+	VALDEORRAS	2:09.43 25m
4	ROMERO PENA, Juan Ramon	63	60+	HERCULES	1:53.94 25m
5	MONROY FERNÁNDEZ, Manuel	76	75+	PONTEAREAS	2:08.68 25m
6					
7					
8					

Prueba 3, Masc., 100m Estilos

Serie 2 de 9

1					
2	SEGUIN CID, Severino	67	65+	TRAVIESAS	1:52.63 25m
3	MELLA BARBEITO, Javier	43	40+	ARTEIXO	1:50.40 25m
4	PEREZ PAREDES, Marcos	60	60+	RCNVIGO	1:48.45 25m
5	SANJORGE PEDREIRA, Carmelo	64	60+	ARTEIXO	1:50.13 25m
6	SAINZ-MAZA VILAR, Adolfo Antonio	31	30+	ASMEIGAS	1:50.75 25m
7	COTO DONO, Pablo	46	45+	SALVESTRADA	1:53.44 25m
8					

Serie 3 de 9

1	PEREZ GARCIA, Manuel	59	55+	CULLEREDO	1:47.84 25m
2	LORENZO GONZALEZ-VISO, Carlos	55	55+	POURENSE	1:45.53 25m
3	CEDIEL SANDE, Johann Sebastian	35	35+	ASMEIGAS	1:38.29 25m
4	DURO GONZALEZ, Antonio	52	50+	SALVESTRADA	1:35.28 25m
5	FERREIRO SEOANE, Jose Raul	53	50+	RBAIXAS	1:37.40 25m
6	RODRIGUEZ GOMEZ, Emilio	65	65+	PONTEAREAS	1:39.13 25m
7	IVANCHENKO, Yurii	73	70+	POURENSE	1:45.62 25m
8	LAMELO OTERO, Ramon Jesus	58	55+	CIDSANTIAGO	1:48.09 25m

Serie 4 de 9

1	GONZALEZ PEÑAS, David	42	40+	PORTAMIÑA	1:31.42 25m
2	DE LUIS GONZALEZ, Aitor	52	50+	PORTAMIÑA	1:30.00 25m
3	PREGO MARTINEZ, Benjamin	53	50+	PONTEAREAS	1:27.98 25m
4	YAÑEZ WONENBURGER, J.	67	65+	HERCULES	1:27.50 25m
5	BASTIDA CAMPOS, Alejandro	44	40+	SALVESTRADA	1:27.74 25m
6	FERNANDEZ MARTINEZ, Alberto	55	55+	ESCUALOS	1:28.56 25m
7	RODRIGUEZ GARCIA, J.	43	40+	RBAIXAS	1:30.93 25m
8	LAVIA PINTOS, David	33	30+	PONSVETUS	1:32.95 25m

Serie 5 de 9

1	GOMEZ MARTIN, Ruben	48	45+	FLUVIAL	1:24.51 25m
2	VICENTE LOBO, Carlos	53	50+	ARTEIXO	1:22.70 25m
3	PITA SANTIN, Antonio	55	55+	PONSVETUS	1:22.46 25m
4	CABANELAS EIRAS, Pablo	47	45+	CIDSANTIAGO	1:21.80 25m
5	FERNANDEZ LAMELA, David	48	45+	PORTAMIÑA	1:22.45 25m
6	PUENTE DIAZ, Javier	55	55+	CIDSANTIAGO	1:22.54 25m
7	PENIDE CALVO, Gabriel	33	30+	RBAIXAS	1:23.38 25m
8	FERNANDEZ ARRUTI, Jose Angel	67	65+	CIDSANTIAGO	1:27.32 25m

Serie 6 de 9

1	TOURIÑO GONZALEZ, Victor Manuel	58	55+	LICEO	1:20.39 25m
2	MOURIZ LOMBAO, Francisco Javier	51	50+	PORTAMIÑA	1:19.23 25m
3	DIEGUEZ ARANDA, Hector	53	50+	PORTAMIÑA	1:17.79 25m
4	HERNAEZ OUBIÑA, David	53	50+	CULLEREDO	1:17.69 25m
5	ESTEVEZ SANTOS, Marcos	52	50+	POURENSE	1:17.74 25m
6	ABUIN ARES, Manuel	39	35+	CIDSANTIAGO	1:18.53 25m
7	FUENTES FERNANDEZ, Eugenio	54	50+	RBAIXAS	1:19.77 25m
8	RODRIGUEZ RODRIGUEZ, Santiago	54	50+	CIDSANTIAGO	1:21.16 25m

Prueba 3, Masc., 100m Estilos

Serie 7 de 9

1	FEIJOO REY, Roi	47	45+	POURENSE	1:15.85	25m
2	PEREIRA DIAZ, Angel	54	50+	ESCUALOS	1:14.91	25m
3	RODRIGUEZ SALGADO, Manuel	51	50+	CIDSANTIAGO	1:13.27	25m
4	FREIRE GONZALEZ, Javier	33	30+	RBAIXAS	1:12.80	25m
5	FINS SEOANE, Juan Miguel	49	45+	SALVESTRADA	1:13.13	25m
6	DE LA FUENTE ALVAREZ, I.	34	30+	CIDSANTIAGO	1:14.00	25m
7	CAMPAÑA BARROS, Adrian	36	35+	CIDSANTIAGO	1:15.37	25m
8	ALVAREZ SILVA, Ruben	45	45+	ESCUALOS	1:16.99	25m

Serie 8 de 9

1	FERNANDEZ NUÑEZ, Santiago	63	60+	CIDSANTIAGO	1:11.67	25m
2	MARTINEZ DOPAZO, David	39	35+	CIDSANTIAGO	1:09.73	25m
3	TRONCOSO GARRIDO, David	31	30+	GALAICO	1:08.20	25m
4	GARABATOS RODRIGUEZ, Santiago	52	50+	MOS	1:06.54	25m
5	CASTRO RODRIGUEZ, Francisco	26	25+	CIDSANTIAGO	1:06.87	25m
6	HERMIDA RAMOS, Raul	26	25+	NTNARON	1:09.23	25m
7	PREGO PITA, Xian	27	25+	ARTEIXO	1:11.07	25m
8	GONZALEZ MARTINEZ, Cristian	23	20+	ARTEIXO	1:12.57	25m

Serie 9 de 9

1	TORRES NEIRA, Mateo	47	45+	CASINOC	1:06.18	25m
2	MUIÑO ALONSO, Anton	32	30+	NCORUÑA	1:05.54	25m
3	PEREZ PAZ, Dario	21	20+	PONTEAREAS	1:02.93	25m
4	GRACIA CARBAJO, Miguel	32	30+	NTNARON	1:02.36	25m
5	PONTON RODRIGUEZ, Juan	24	20+	POURENSE	1:02.74	25m
6	CALLE FACAL, Telmo	43	40+	CIDSANTIAGO	1:04.77	25m
7	CASARES GARCIA, Brais	22	20+	PONTEAREAS	1:05.71	25m
8	EIRIZ DIEGUEZ, Daniel	48	45+	MOS	1:06.29	25m

Prueba 4
13/06/2026

Fem., 200m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 3					
1	RODRIGUEZ TRONCOSO, Marina	67	65+	PONTEAREAS	5:00.78 25m
2	ABELLEIRA CORRAL, Gema	46	45+	MULLEREF	4:33.98 25m
3	SALGADO CASTELO, Marta	32	30+	MULLEREF	4:27.04 25m
4	CRUZ ANEIROS, Ana Maria	43	40+	NFERROL	4:12.28 50m
5	MAURIZ ABUIN, Maria Del Mar	57	55+	MULLEREF	4:14.91 50m
6	SIMOIS MORAIS, Yolanda	32	30+	SALVESTRADA	4:27.35 25m
7	FORRYAN SECCOMBE, Anne May	60	60+	PONTEAREAS	4:46.44 25m
8	GOMEZ DOVAL, Maria Angela	70	70+	FLUVIAL	5:10.85 25m

Prueba 4, Fem., 200m Braza

Serie 2 de 3

1	LOPEZ BARREIRO, Cristina	47	45+	MULLEREF	4:09.82	50m
2	DIEGUEZ SANMARTIN, M.	50	50+	SALVESTRADA	4:00.41	25m
3	MARTINEZ GARCIA, Susana	35	35+	MONFORTE	3:57.85	25m
4	CID ALVAREZ, Isabel	46	45+	ESCUALOS	3:42.87	25m
5	BALADO LOPEZ, Ana Maria	65	65+	POURENSE	3:43.41	25m
6	MELLA CASTRO, Ana Maria	32	30+	ORDES	3:59.14	25m
7	PUENTE MARIN, Cristina	31	30+	FLUVIAL	4:00.84	25m
8	FERNANDEZ ESCURIS, Iria	29	25+	RIVEIRA	4:07.80	25m

Serie 3 de 3

1	TORRE GONZALEZ, Elisa	41	40+	RBAIXAS	3:25.83	25m
2	MIRA VAZQUEZ, Marta	45	45+	ESCUALOS	3:20.02	25m
3	IGLESIAS LOPEZ, Maria	25	25+	CULLEREDO	3:09.62	25m
4	VIEZZOLI, Cecilia	23	20+	RCNVIGO	3:05.64	25m
5	GONZALEZ RODRIGUEZ, Maria	44	40+	CIDSANTIAGO	3:08.15	25m
6	FILGUEIRAS OLMO, Helena	22	20+	PORTAMIÑA	3:21.39	50m
7	ALVAREZ SOUTO, Claudia	25	25+	PONTEAREAS	3:20.42	25m
8	VILARIÑO CACHO, Elvira	45	45+	SALVESTRADA	3:42.70	50m

Prueba 5
13/06/2026

Masc., 200m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 5					
1	FERREIRO SANCHEZ, Luis	56	55+	POURENSE	4:40.34 25m
2	FERNANDEZ GONZALEZ, Alvaro	61	60+	MOS	4:17.45 25m
3	CEDRON VILAR, Raul	57	55+	MULLEREF	4:06.74 25m
4	RODRIGUEZ VIEITO, Ricardo Manuel	69	65+	MOS	3:59.40 25m
5	HERNANZ MORAL, Fausto	64	60+	RBAIXAS	4:06.37 25m
6	GONZALEZ SANDEZ, Carlos	47	45+	VALDEORRAS	4:13.81 25m
7	LAGO GONZALEZ, Ivan	33	30+	PONTEAREAS	4:23.88 25m
8	FERNANDEZ GARCIA, Manuel Victor	61	60+	RIVEIRA	5:15.92 50m

Serie 2 de 5

1	GARCIA COLOMO, Manuel Ramon	72	70+	POURENSE	3:57.48	50m
2	SUAREZ GARCIA, Sergio	46	45+	PONSVETUS	3:38.40	25m
3	GARCIA SANJURJO, Jose Manuel	59	55+	CDELMAR	3:26.38	25m
4	FERNANDEZ MARTINEZ, Alberto	55	55+	ESCUALOS	3:23.31	25m
5	FERNADEZ BARREIROS, Claudio	51	50+	ORDES	3:25.10	25m
6	ABALDE PUJALES, Alberto	26	25+	RBAIXAS	3:27.83	25m
7	CADAVID NUÑEZ, Jose	56	55+	POURENSE	3:44.09	25m
8	GARCIA ARCE, Gonzalo	35	35+	ASMEIGAS	3:53.83	25m

Prueba 5, Masc., 200m Braza

Serie 3 de 5

1	ROS ROSILLO, Alejandro	68	65+	RBAIXAS	3:16.40	25m
2	DIEGUEZ GONZALEZ, Bruno	36	35+	CIDSANTIAGO	3:15.09	25m
3	ESPAÑA CABEZAS, Jesus	45	45+	CIDSANTIAGO	3:13.24	25m
4	BOUSO FUENTECILLA, Fernando	55	55+	ESCUALOS	3:07.67	25m
5	PADIN CHARLIN, Joaquin	46	45+	ESCUALOS	3:08.79	25m
6	MARQUEZ VAZQUEZ, Pablo	24	20+	ASMEIGAS	3:14.68	25m
7	ALONSO ORTIZ, Mariano	50	50+	FLUVIAL	3:16.30	25m
8	CRESPO PEREZ, Albarino	56	55+	ESCUALOS	3:21.28	25m

Serie 4 de 5

1	QUINTAS BARROS, Jesus Carlos	53	50+	ESCUALOS	3:05.06	25m
2	PEREZ GONZALEZ, Ivan	44	40+	MONFORTE	3:04.30	25m
3	PEREIRA DIAZ, Angel	54	50+	ESCUALOS	2:59.16	25m
4	JORGE IGLESIAS, Marcelino	60	60+	PONTEAREAS	2:56.10	25m
5	SEVILLA AROCA, Javier	43	40+	ESCUALOS	2:56.11	25m
6	CARBALLO CABEZAS, Enrique	50	50+	POURENSE	3:01.58	25m
7	REY RODRIGUEZ, Oscar	52	50+	CIDSANTIAGO	3:04.43	25m
8	FIERRO FERNANDEZ, Julio	44	40+	CASINOC	3:06.84	25m

Serie 5 de 5

1	VILLAMOR FERRO, Ruben	26	25+	ARTEIXO	2:46.69	25m
2	LOBELLE GONZALEZ, Marcos	37	35+	CDELMAR	2:44.44	25m
3	QUINTAS MOSQUERA, Manuel	30	30+	CIDSANTIAGO	2:38.80	25m
4	FERNANDEZ DEL VALLE, Ivan	21	20+	POURENSE	2:24.46	25m
5	PASTORIZA SANTACLARA, Jorge	29	25+	RBAIXAS	2:33.87	25m
6	PAZOS ALONSO, Josue	40	40+	ESCUALOS	2:41.62	25m
7	GONZALEZ IGLESIAS, Alberto	29	25+	CULLEREDO	2:46.27	25m
8	ARGIZ MARTINEZ, David	26	25+	MONFORTE	2:50.56	25m

Prueba 6
13/06/2026

Fem., 100m Mariposa

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 3</u>					
1					
2					
3	MELON PARENTE, Maria Lourdes	57	55+	PONTEAREAS	3:01.56 25m
4	FERNANDEZ GUARDIOLA, Loira	37	35+	PONTEAREAS	2:18.89 25m
5	VAZQUEZ LOPEZ, Eva	49	45+	MULLEREF	2:21.02 25m
6					
7					
8					

Prueba 6, Fem., 100m Mariposa

Serie 2 de 3

1	SOBRINO EIRIZ, Maria Del Valle	54	50+	PONTEAREAS	2:00.57	25m
2	CID ALVAREZ, Isabel	46	45+	ESCUALOS	1:44.61	25m
3	TERCEIRO DELGADO, M.	63	60+	CDELMAR	1:42.38	25m
4	CHAMOSA MARTIN, Julia	65	65+	RBAIXAS	1:37.98	25m
5	TOMILLO SANTOS, Erika	36	35+	PONSVETUS	1:40.64	25m
6	GONZALEZ PEREZ, Paula	30	30+	PONTEAREAS	1:44.24	25m
7	PUENTE MARIN, Cristina	31	30+	FLUVIAL	1:59.82	25m
8	BARJA BARJA, Liliana	61	60+	TRAVIESAS	2:02.49	25m

Serie 3 de 3

1	SANDERSON KEOUGH, Helen Jane	56	55+	CULLEREDO	1:32.10	25m
2	LOPEZ RODRIGUEZ, Aroa	29	25+	PORTAMIÑA	1:22.87	25m
3	PORTELA CARBALLIDO, Andrea	25	25+	CIDSANTIAGO	1:16.17	25m
4	HERMIDA RODRIGUEZ, Blanca	45	45+	NFERROL	1:10.71	50m
5	DIAZ DOPICO, Sabela	24	20+	NFERROL	1:13.49	25m
6	ABADIN ROZENBAUM, M.	31	30+	CDELMAR	1:20.52	25m
7	COSTA FERNANDEZ, Laura	25	25+	PONTEAREAS	1:23.15	25m
8	FERNANDEZ GONZALEZ, Iria	44	40+	PORTAMIÑA	1:36.89	25m

Prueba 7
13/06/2026

Masc., 100m Mariposa

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
1					
2					
3	FERNANDEZ CORRAL, Marcos	47	45+	PORTAMIÑA	2:01.65 25m
4	MARTINEZ BERJANO, Jose Manuel	63	60+	MONFORTE	1:53.08 25m
5	DE LA VEGA GANDARAS, Felipe	53	50+	HERCULES	1:59.22 50m
6					
7					
8					

Serie 2 de 5

1	TRONCOSO CAAMAÑO, Fernando	51	50+	ESCUALOS	1:41.68	25m
2	TOME NOGUEIRA, Alberto Marcial	58	55+	FOGAR	1:34.78	25m
3	DOMINGUEZ PHILOCREON, Ticiano	45	45+	CIDSANTIAGO	1:32.00	25m
4	RODRIGUEZ BALIÑA, Mauro	36	35+	PONTEAREAS	1:24.99	25m
5	SUANZES PEREZ, Fernando	73	70+	HERCULES	1:29.99	25m
6	LAMAS SOTO, Cesar	51	50+	CULLEREDO	1:34.22	25m
7	FERREIRA GONZALEZ, Xose Anxo	60	60+	REDONDELA	1:37.99	25m
8						

Prueba 7, Masc., 100m Mariposa

Serie 3 de 5

1	NOVALES BLANCO, Xabier	35	35+	RBAIXAS	1:24.08	25m
2	CASANOVA MARTINEZ, Victor	30	30+	MONFORTE	1:21.18	25m
3	ABUIN ARES, Manuel	39	35+	CIDSANTIAGO	1:19.95	25m
4	KRUGLOV KRUGLOV, Mykola	41	40+	ESCUALOS	1:17.61	25m
5	MONTERO PRIETO, Carlos Eugenio	48	45+	CIDSANTIAGO	1:18.70	25m
6	ARANGO GAYAR, Saul	46	45+	RBAIXAS	1:20.10	25m
7	SALGUEIRO CERVERA, Ignacio	50	50+	TRAVIESAS	1:23.21	25m
8	TORNE BOBO, Borja	34	30+	VALDEORRAS	1:24.19	25m

Serie 4 de 5

1	GULIAS GARCIA, Jose Ruben	35	35+	PONSVETUS	1:15.94	25m
2	CASTRO VILLAR, David	35	35+	CDELMAR	1:12.89	25m
3	MOLINELLI MARCOTE, Andres	24	20+	CASINOC	1:10.94	25m
4	IGLESIAS GOMEZ, Gonzalo	47	45+	CIDSANTIAGO	1:10.36	25m
5	SANCHEZ GORDON, Roman	48	45+	RBAIXAS	1:10.71	25m
6	COBELO REPRESAS, Francisco	30	30+	PONTEAREAS	1:13.69	50m
7	LOUREIRO FERREIROA, Marcos	41	40+	SALVESTRAIDA	1:14.39	25m
8	PEREZ ARIAS, Hector	55	55+	PORTAMIÑA	1:16.41	25m

Serie 5 de 5

1	LOPEZ LOPEZ, Jaime Borja	26	25+	PORTAMIÑA	1:07.65	25m
2	BALLESTER IBAÑEZ, Edgar	35	35+	MONFORTE	1:06.14	25m
3	MARTINEZ MARTINEZ, Marcos	23	20+	PONTEAREAS	1:04.31	25m
4	SUAREZ FERNANDEZ, Santiago	31	30+	MONFORTE	1:01.98	25m
5	CANCELA GOMEZ, Hugo	23	20+	PONTEAREAS	1:03.25	25m
6	MARTINEZ GESTAL, Alejandro	36	35+	CDELMAR	1:04.50	25m
7	SONEIRA REBOREDO, Oscar	51	50+	CIDSANTIAGO	1:08.12	50m
8	DIZ NIEVES, David	22	20+	NFERROL	1:07.95	25m

Prueba 8
13/06/2026

Fem., 100m Espalda

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>					
1					
2					
3	GONZALEZ RODRIGUEZ, S.	80	80+	PONTEAREAS	3:16.85 25m
4	MAROTO REGLERO, M.	74	70+	TRAVIESAS	2:53.95 25m
5	SIEIRA NOCEDA, Diana Maria	47	45+	RIVEIRA	3:18.81 50m
6					
7					
8					

Prueba 8, Fem., 100m Espalda

Serie 2 de 6

1	MARIN CASTRO, Montserrat	55	55+	MULLEREF	2:32.70	25m
2	LOPEZ LUACES, Lidia	48	45+	MULLEREF	2:31.87	50m
3	OTERO LOPEZ, Maria Elisa	66	65+	POURENSE	2:12.05	25m
4	BROZOS VAZQUEZ, Elena Maria	44	40+	CIDSANTIAGO	2:07.59	25m
5	ABREU FERNANDEZ, Marta	55	55+	PONTEAREAS	2:08.28	25m
6	GARCIA VILLARONGA, Cecilia	34	30+	RIVEIRA	2:27.49	50m
7	BAGLIETTO MILLAN, Maria Dolores	74	70+	PONSVETUS	2:31.88	25m
8	MENDEZ ABELAIRA, Jessica	44	40+	VALDEORRAS	2:37.23	25m

Serie 3 de 6

1	LOPEZ MAHIA, Purificacion	63	60+	HERCULES	2:00.97	25m
2	LORENZO PEREZ, Aroa	24	20+	POURENSE	1:55.38	25m
3	VILLASANTE ARMAS, Maria Rosa	51	50+	NCORUÑA	1:46.02	25m
4	DEL AMO BLANCO, Margarita	59	55+	PONTEAREAS	1:44.64	25m
5	IGLESIAS SUAREZ, Laura	34	30+	CDELMAR	1:44.87	25m
6	VALIÑO RIVERA, Mariña	25	25+	NCORUÑA	1:50.16	25m
7	MARTY PAZOS, Maria Victoria	61	60+	TRAVIESAS	1:59.21	25m
8	CELEMIN PORRERO, Maria Teresa	67	65+	CIDSANTIAGO	2:02.60	25m

Serie 4 de 6

1	ALONSO PEREIRA, Fatima	33	30+	RBAIXAS	1:42.67	25m
2	COVELO SAAVEDRA, Nahir	48	45+	PONTEAREAS	1:38.39	25m
3	TOMILLO SANTOS, Erika	36	35+	PONSVETUS	1:36.43	25m
4	ABBATEMARCO, Cristina	42	40+	SALVESTRADA	1:34.94	25m
5	VAZQUEZ DUARTE, Cristina	40	40+	RBAIXAS	1:35.07	25m
6	GANDARA SUAREZ, Tania	33	30+	ORDES	1:38.28	25m
7	SOUSA CARNEIRO, Rosana	55	55+	MOS	1:42.36	25m
8	LOPEZ CORTABITARTE, Belen	39	35+	CASINOC	1:43.73	25m

Serie 5 de 6

1	RODRIGUEZ PAZ, Lucia	26	25+	PONTEAREAS	1:30.85	25m
2	FERNANDEZ GONZALEZ, Elena	25	25+	HERCULES	1:30.30	25m
3	GOMEZ FERNANDEZ, Uxia	23	20+	ESCUALOS	1:29.12	25m
4	LOPEZ SANMARTIN, Tania	35	35+	NFERROL	1:24.97	25m
5	OJEA DE CASTRO, Macarena	53	50+	PORTAMIÑA	1:26.74	25m
6	RAÑALES GRAÑA, Naila	25	25+	NFERROL	1:29.64	25m
7	RODRIGUEZ GONZALEZ, Raquel	33	30+	MONFORTE	1:30.76	25m
8	SOUTO DERUNGS, Cristina	41	40+	NFERROL	1:30.94	25m

Serie 6 de 6

1	SOUTIÑO RAMIREZ, Carmen Victoria	25	25+	PORTAMIÑA	1:19.76	25m
2	ESTEVEZ CRESPO, Aldara	22	20+	POURENSE	1:20.36	50m
3	LAGO CASTILLO, Natalia	27	25+	NCORUÑA	1:19.92	50m
4	IBAÑEZ CARRERA, Sara	25	25+	PONTEAREAS	1:10.49	25m
5	CRUZ GARCIA, Aurora	31	30+	CIDSANTIAGO	1:17.33	25m
6	BLANCO PEREZ, Paula	27	25+	POURENSE	1:20.09	50m
7	OTERO RODRIGUEZ, Sandra	39	35+	ESCUALOS	1:19.14	25m
8	SILVEIRA LOUREIRO, Maria	31	30+	MOS	1:24.10	25m

Prueba 9
13/06/2026

Masc., 100m Espalda

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>					
1					
2					
3	LORENZO BAUTISTA, Anxo	23	20+ PONTEAREAS	2:49.62	25m
4	VALVERDE TABOADA, Martin	20	20+ PONTEAREAS	2:31.22	25m
5	GOMEZ MENDEZ, Borja	24	20+ PONTEAREAS	2:33.13	25m
6					
7					
8					
<u>Serie 2 de 6</u>					
1					
2	GIRALDEZ VILLANUEVA, Ivan	39	35+ PONTEAREAS	2:03.27	25m
3	SANCHEZ VAZQUEZ, Jesus	64	60+ PORTAMIÑA	1:50.62	25m
4	VAZQUEZ PEREZ, Diego	31	30+ MONFORTE	1:46.14	25m
5	FIDALGO SERRANO, Manuel-Antonio	45	45+ TRAVIESAS	1:48.61	25m
6	FERNANDEZ GONZALEZ, Alvaro	61	60+ MOS	1:58.90	50m
7	LOPEZ VIDAL, Antonio	74	70+ GALAICO	2:24.05	25m
8					
<u>Serie 3 de 6</u>					
1	GENDE DIAZ, Juan Felix	56	55+ FOGAR	1:42.81	25m
2	CUETO ALVAREZ, Elias	51	50+ CIDSANTIAGO	1:41.10	25m
3	PEREZ LEIVA, Manuel	58	55+ RBAIXAS	1:37.37	25m
4	GARCIA SANJURJO, Jose Manuel	59	55+ CDELMAR	1:34.03	25m
5	GONZALEZ VICENTE, Ruben	45	45+ PORTAMIÑA	1:35.30	25m
6	DONG, Taogui	42	40+ PORTAMIÑA	1:40.35	25m
7	SANJORGE PEDREIRA, Carmelo	64	60+ ARTEIXO	1:45.05	50m
8	MELLA BARBEITO, Javier	43	40+ ARTEIXO	1:44.70	25m
<u>Serie 4 de 6</u>					
1	LAVIA PINTOS, David	33	30+ PONSJETUS	1:30.89	25m
2	DE LUIS GONZALEZ, Aitor	52	50+ PORTAMIÑA	1:30.15	25m
3	CODESIDO LOPEZ, Jose	67	65+ CIDSANTIAGO	1:28.15	25m
4	FUENTES FERNANDEZ, Eugenio	54	50+ RBAIXAS	1:26.16	25m
5	BARCIA SIXTO, Francisco Jose	41	40+ NTNARON	1:26.36	25m
6	GOMEZ MARTIN, Ruben	48	45+ FLUVIAL	1:28.17	25m
7	YAÑEZ WONENBURGER, J.	67	65+ HERCULES	1:30.58	25m
8	MARTINEZ DOMINGUEZ, Ivan	38	35+ PONTEAREAS	1:33.52	25m

Prueba 9, Masc., 100m Espalda

Serie 5 de 6

1	PADIN CHARLIN, Joaquin	46	45+	ESCUALOS	1:21.71	25m
2	PUENTE DIAZ, Javier	55	55+	CIDSANTIAGO	1:20.54	25m
3	FORTES NOVOA, Martiño	38	35+	ESCUALOS	1:19.13	50m
4	FERNANDEZ LAMELA, David	48	45+	PORTAMIÑA	1:16.52	50m
5	GUIRADO CARABEL, Oscar	50	50+	CULLEREDO	1:13.83	25m
6	CASANOVA MARTINEZ, Victor	30	30+	MONFORTE	1:17.38	25m
7	RODRIGUEZ RODRIGUEZ, Santiago	54	50+	CIDSANTIAGO	1:21.67	25m
8	BASTIDA CAMPOS, Alejandro	44	40+	SALVESTRADA	1:24.76	25m

Serie 6 de 6

1	FERNANDEZ NUÑEZ, Santiago	63	60+	CIDSANTIAGO	1:13.51	50m
2	EIRIZ DIEGUEZ, Daniel	48	45+	MOS	1:09.16	25m
3	TORRES NEIRA, Mateo	47	45+	CASINOC	1:07.01	50m
4	CIVEIRA CORRAL, Samuel	24	20+	POURENSE	1:01.50	50m
5	LOPEZ FERNANDEZ, Martin	22	20+	POURENSE	1:01.24	25m
6	ARIETTO GARCIA, Jorge	40	40+	RCNVIGO	1:08.17	25m
7	TRONCOSO GARRIDO, David	31	30+	GALAICO	1:10.29	25m
8	HERMIDA RAMOS, Raul	26	25+	NTNARON	1:12.69	25m

Prueba 10
13/06/2026

Fem., 50m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
1					
2					
3	LOPEZ LUACES, Lidia	48	45+	MULLEREF	1:39.81 50m
4	GUARDIOLA MEDEL, Nuria	70	70+	PONTEAREAS	1:12.92 25m
5	GONZALEZ RODRIGUEZ, S.	80	80+	PONTEAREAS	1:21.15 25m
6					
7					
8					

Serie 2 de 11

1					
2	MILLAN MIRANDA, Maria Elisa	54	50+	RIVEIRA	1:04.05 50m
3	GAMALLO BLANCO, Rosa Maria	59	55+	POURENSE	58.48 50m
4	FERNANDEZ FERNANDEZ, Delmira	58	55+	ESCUALOS	57.66 50m
5	MAROTO REGLERO, M.	74	70+	TRAVIESAS	57.98 25m
6	PEREZ GALLARDO, Teresa	62	60+	POURENSE	1:00.69 50m
7	SIEIRA NOCEDA, Diana Maria	47	45+	RIVEIRA	1:04.74 50m
8					

Prueba 10, Fem., 50m Libre

Serie 3 de 11

1	RODRIGUEZ-TOUBES FORRYAN, I.	27	25+	PONTEAREAS	52.04	25m
2	FERNANDEZ GUARDIOLA, Loira	37	35+	PONTEAREAS	51.89	25m
3	REY OTERO, Angela Maria	60	60+	MULLEREF	51.22	25m
4	LORENZO PEREZ, Aroa	24	20+	POURENSE	49.68	25m
5	GARCIA VILLARONGA, Cecilia	34	30+	RIVEIRA	51.33	50m
6	COUÑAGO BARCIELA, Lucia	36	35+	REDONDELA	51.60	25m
7	SANMARTIN IGLESIAS, Patricia	52	50+	SALVESTRADELA	51.93	25m
8	NIÑO MANZANO, Margarita	61	60+	TRAVIESAS	55.04	25m

Serie 4 de 11

1	VILELA PASCUAL, Maria Luisa	55	55+	POURENSE	49.33	50m
2	VAZQUEZ LOPEZ, Uxia	50	50+	RSDH	44.77	25m
3	VALIÑO RIVERA, Mariña	25	25+	NCORUÑA	44.64	25m
4	GONZALEZ-ALEGRE BURGUEÑO, A.	74	70+	PONTEAREAS	44.15	25m
5	RAMIREZ INSUA, Julia	43	40+	RSDH	44.29	25m
6	GARCIA ALONSO, Paula	52	50+	LICEO	44.71	25m
7	BROZOS VAZQUEZ, Elena Maria	44	40+	CIDSANTIAGO	44.79	25m
8	IGNACIO QUINTEIRO, M.	61	60+	PONSVETUS	49.56	25m

Serie 5 de 11

1	MARTINEZ BARCIELA, Maria Olga	36	35+	RBAIXAS	43.46	25m
2	MARTIN VILAS, Maria Jesus	44	40+	ORDES	43.10	25m
3	MARIÑO PAZ, Eva Maria	52	50+	PONSVETUS	42.16	25m
4	GARNACHO GAYARRE, Nuria	57	55+	CASINOC	42.10	50m
5	OTERO CAAMAÑO, Maria Cecilia	45	45+	NFERROL	42.05	25m
6	CASTRO BLANCO, Brenda	26	25+	ESCUALOS	42.62	25m
7	BALLADARES LOAISIGA, D.	46	45+	PORTAMIÑA	43.19	25m
8	MARQUEZ BARCALA, Jesica	33	30+	PONSVETUS	43.74	25m

Serie 6 de 11

1	BESADA FERNANDEZ, Ana Maria	48	45+	PONTEAREAS	41.93	50m
2	SOUSA CARNEIRO, Rosana	55	55+	MOS	40.63	25m
3	GONZALEZ COVELO, Sandra	33	30+	RBAIXAS	40.03	25m
4	RIVEIRA CAAMAÑO, Rebeca	49	45+	ORDES	39.69	50m
5	JARDON GONZALEZ, Helena	55	55+	PONTEAREAS	39.87	25m
6	RIVAS RODRIGUEZ, Lucia	47	45+	NCORUÑA	40.19	25m
7	GONZALEZ NUNEZ, Cristina	39	35+	RCNVIGO	40.76	25m
8	BERNAL BAÑA, Paloma	57	55+	RSDH	41.55	25m

Serie 7 de 11

1	RODRIGUEZ REY, Maria Jose	53	50+	FOGAR	39.18	25m
2	DE LA MONTAÑA ALCANTARA, G.	53	50+	RSDH	39.15	25m
3	CASTRO MAESTRE, Isaura	57	55+	FLUVIAL	38.33	25m
4	GONZALEZ MORENO, M.	68	65+	NCORUÑA	38.19	25m
5	ANTON FUENTES, Veronica Maria	47	45+	GALAICO	38.67	50m
6	JIMENEZ PEREZ, Victoria	57	55+	NFERROL	38.85	25m
7	OTERO PEÑA, Maria Jose	37	35+	RBAIXAS	39.58	50m
8	LLEVOT SANCHEZ, Ana Isabel	56	55+	PONSVETUS	39.27	25m

Prueba 10, Fem., 50m Libre

Serie 8 de 11

1	RODRIGUEZ PANTIN, Marta Maria	60	60+	HERCULES	37.94	25m
2	SALES MANTIÑAN, Carmen	52	50+	CASINOC	37.36	25m
3	GANDARA SUAREZ, Tania	33	30+	ORDES	37.12	50m
4	MURAS MORA, Andrea	37	35+	CIDSANTIAGO	35.53	25m
5	VARELA REDONDO, Veronica	51	50+	PONTEAREAS	36.05	25m
6	DEIRA BARCALA, Silvia	52	50+	CIDSANTIAGO	37.19	25m
7	GOMEZ PAREDES, Maria	50	50+	FLUVIAL	37.43	25m
8	REGUEIRO RODRIGUEZ, Ana	60	60+	RBAIXAS	38.08	25m

Serie 9 de 11

1	SUAREZ BUJAN, Rebeca	43	40+	CIDSANTIAGO	34.89	25m
2	ABBATEMARCO, Cristina	42	40+	SALVESTRADA	35.03	50m
3	PAZOS AGUIAR, Lara	26	25+	NCORUÑA	34.09	25m
4	RODRIGUEZ OLIVEIRA, Manuela	49	45+	VALDEORRAS	33.69	25m
5	OJEA DE CASTRO, Macarena	53	50+	PORTAMIÑA	34.02	25m
6	VYNOHRADOVA, Kateryna	40	40+	GALAICO	34.45	25m
7	SOUTO DERUNGS, Cristina	41	40+	NFERROL	34.74	25m
8	RODAL FERNANDEZ, Antia	24	20+	POURENSE	35.76	50m

Serie 10 de 11

1	RODRIGUEZ CERVINO, Ana	26	25+	RBAIXAS	32.66	25m
2	TRONCOSO GONZALEZ, Veronica	35	35+	PONTEAREAS	32.29	25m
3	SOUTIÑO RAMIREZ, Carmen Victoria	25	25+	PORTAMIÑA	31.94	25m
4	BLANCO PEREZ, Laura	22	20+	PONTEAREAS	31.91	50m
5	FERNANDEZ GONZALEZ, Elena	25	25+	HERCULES	31.86	25m
6	ROZADOS LUIS, Adriana	41	40+	SALVESTRADA	32.20	25m
7	VAZQUEZ FUENTES, Cintia	39	35+	MONFORTE	32.63	25m
8	LOPEZ RODRIGUEZ, Aroa	29	25+	PORTAMIÑA	32.91	25m

Serie 11 de 11

1	LOPEZ REMESEIRO, Vanesa	44	40+	NFERROL	30.84	25m
2	BEN CILLERO, Sabela	34	30+	ASMEIGAS	30.41	25m
3	HERMIDA RODRIGUEZ, Blanca	45	45+	NFERROL	29.99	25m
4	RODRIGUEZ RODRIGUEZ, Nina	24	20+	RBAIXAS	28.02	25m
5	BARBEITO DOMINGUEZ, Marta	42	40+	CASINOC	29.76	25m
6	GARCIA MIGUEZ, Rosalia	28	25+	CIDSANTIAGO	30.03	25m
7	GONZALEZ RODRIGUEZ, Maria	44	40+	CIDSANTIAGO	30.42	25m
8	RIVADULLA MALLO, Maria Irene	28	25+	SALVESTRADA	31.12	25m

Prueba 11
13/06/2026

Masc., 50m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
Serie 1 de 13					
1	ARAUJO DOMINGUEZ, Francisco	86	85+	PONTEAREAS	1:13.48 25m
2	VALVERDE TABOADA, Martin	20	20+	PONTEAREAS	51.61 25m
3	LORENZO BAUTISTA, Anxo	23	20+	PONTEAREAS	50.05 25m
4	AREA PEREIRA, Jose Manuel	69	65+	GALAICO	45.92 25m
5	GIRALDEZ VILLANUEVA, Ivan	39	35+	PONTEAREAS	48.63 25m
6	BERMINGHAM, Eamonn	74	70+	TRAVIESAS	50.92 25m
7	GOMEZ MENDEZ, Borja	24	20+	PONTEAREAS	52.29 25m
8					
Serie 2 de 13					
1	VAQUERIZO GARCIA, David	54	50+	PONSVETUS	41.78 25m
2	RODRIGUEZ LOPEZ, Eloy Jesus	58	55+	VALDEORRAS	40.54 25m
3	CEDRON VILAR, Raul	57	55+	MULLEREF	40.13 25m
4	PEREZ LEIVA, Manuel	58	55+	RBAIXAS	38.95 25m
5	SANCHEZ MUÑOZ, Jose Ignacio	65	65+	RBAIXAS	39.13 25m
6	MONROY FERNANDEZ, Manuel	76	75+	PONTEAREAS	40.39 25m
7	MAGARIÑOS MACEIRAS, Xose	58	55+	SALVESTRA DA	40.85 25m
8	SANCHEZ ALVAREZ, Ramon Ignacio	54	50+	PORTAMIÑA	42.63 25m
Serie 3 de 13					
1	VARELA MARIÑO, Felix	45	45+	REDONDELA	38.72 25m
2	BLANCO PEREZ, Angel	62	60+	POURENSE	37.71 25m
3	RODRIGUEZ VIEITO, Ricardo Manuel	69	65+	MOS	37.61 25m
4	VAZQUEZ PEREZ, Diego	31	30+	MONFORTE	37.37 25m
5	BRIOSO DIAZ, Manuel	49	45+	REDONDELA	37.53 25m
6	DE LA VEGA GANDARAS, Felipe	53	50+	HERCULES	37.63 25m
7	TEIJEIRO IGLESIAS, Jesus	50	50+	PORTAMIÑA	37.73 25m
8	ROMERO PENA, Juan Ramon	63	60+	HERCULES	38.78 25m
Serie 4 de 13					
1	NOVO FERNANDEZ, Alfredo	56	55+	RBAIXAS	37.18 25m
2	GARCIA RUIZ, Vladimiro Jose	53	50+	POURENSE	36.70 50m
3	PEREZ PAREDES, Marcos	60	60+	RCNVIGO	35.92 25m
4	COUSELO CASTIÑEIRAS, M.	50	50+	ORDES	35.00 25m
5	LAIÑO SILVA, Victor	39	35+	RIVEIRA	35.12 25m
6	FIDALGO SERRANO, Manuel-Antonio	45	45+	TRAVIESAS	36.69 50m
7	ESTEVEZ SANTOS, Marcos	52	50+	POURENSE	36.87 25m
8	RODRIGUEZ BALIÑA, Mauro	36	35+	PONTEAREAS	37.35 25m

Prueba 11, Masc., 50m Libre

Serie 5 de 13

1	MARTINEZ BERJANO, Jose Manuel	63	60+	MONFORTE	34.65	25m
2	TRONCOSO CAAMAÑO, Fernando	51	50+	ESCUALOS	33.61	25m
3	COUCEIRO SANCHEZ, Gonzalo	60	60+	CASINOC	34.16	50m
4	PIÑEIRO VARGAS, Raul	47	45+	NFERROL	33.27	25m
5	BURGO, Carlos Diego	52	50+	CASINOC	34.15	50m
6	TABOADA CALVELO, Jose Carlos	47	45+	SALVESTRADA	33.59	25m
7	DIEZ RODRIGUEZ, Ignacio Jose	54	50+	PORTAMIÑA	33.82	25m
8	VICENTE LOBO, Carlos	53	50+	ARTEIXO	34.94	25m

Serie 6 de 13

1	BORDALLO CORTINA, Fernando	72	70+	HERCULES	32.89	25m
2	TORNE BOBO, Borja	34	30+	VALDEORRAS	32.61	25m
3	GENDE DIAZ, Juan Felix	56	55+	FOGAR	32.53	25m
4	GONZALEZ SANCHEZ, Luis Federico	34	30+	CIDSANTIAGO	32.35	25m
5	CEDIEL SANDE, Johann Sebastian	35	35+	ASMEIGAS	32.41	25m
6	FERNANDEZ HERNADEZ, Hugo	20	20+	PONSVETUS	32.57	25m
7	CAMPELOS FREIRE, Diego	43	40+	REDONDELA	32.63	25m
8	SOBRINO EIRIZ, Manuel	51	50+	PONTEAREAS	33.10	25m

Serie 7 de 13

1	NISTAL GARCIA, Eduardo	58	55+	CASINOC	32.24	25m
2	RODRIGUEZ GARCIA, J.	43	40+	RBAIXAS	32.14	25m
3	LAMAS SOTO, Cesar	51	50+	CULLEREDO	31.60	25m
4	MONTERO PRIETO, Carlos Eugenio	48	45+	CIDSANTIAGO	31.22	25m
5	VEIGA PILLADO, Jose	48	45+	CASINOC	31.36	25m
6	FERREIRA GONZALEZ, Xose Anxo	60	60+	REDONDELA	32.21	50m
7	FERREIRO SEOANE, Jose Raul	53	50+	RBAIXAS	32.18	25m
8	SAINZ-MAZA VILAR, Adolfo Antonio	31	30+	ASMEIGAS	32.31	25m

Serie 8 de 13

1	PITA SANTIN, Antonio	55	55+	PONSVETUS	30.67	25m
2	MANEIRO BETANZOS, Javier	41	40+	PONSVETUS	31.12	50m
3	GARCIA CASTIÑEIRA, Daniel	52	50+	CIDSANTIAGO	30.19	25m
4	GONZALEZ FRANCO, David	31	30+	NFERROL	30.06	25m
5	ANDRES IGLESIAS, Jose Carlos	50	50+	RCNVIGO	30.15	25m
6	LOPEZ VIEIRA, Ignacio	56	55+	PONTEAREAS	30.37	25m
7	MOURIÑO FORTES, Victor Manuel	49	45+	PONTEAREAS	30.67	25m
8	BELLO PORTO, David	36	35+	NCORUÑA	30.71	25m

Serie 9 de 13

1	GARCIA RIÑON, Jaime	62	60+	NCORUÑA	29.76	25m
2	MOLINELLI MARCOTE, Andres	24	20+	CASINOC	29.63	25m
3	TRILLO RODRIGUEZ, Adrian	29	25+	MOS	29.27	25m
4	GONZALEZ MARTINEZ, Cristian	23	20+	ARTEIXO	29.14	25m
5	ALVAREZ SILVA, Ruben	45	45+	ESCUALOS	29.85	50m
6	GONZALEZ BLANCO, Jose Luis	34	30+	PORTAMIÑA	29.30	25m
7	BALSA MOSQUERA, Pablo	48	45+	NTNARON	30.24	50m
8	PREGO PITA, Xian	27	25+	ARTEIXO	29.99	25m

Prueba 11, Masc., 50m Libre

Serie 10 de 13

1	PEREZ VAZQUEZ, Telmo	38	35+	NTNARON	29.49	50m
2	DIEGUEZ ARANDA, Hector	53	50+	PORTAMIÑA	28.83	25m
3	ARIETTO GARCIA, Jorge	40	40+	RCNVIGO	28.63	25m
4	ANDRES DUASO, Olmo	33	30+	ARTEIXO	28.41	25m
5	CAMPAÑA BARROS, Adrian	36	35+	CIDSANTIAGO	28.51	25m
6	IGLESIAS CARRERA, Pio	53	50+	CIDSANTIAGO	29.37	50m
7	KRUGLOV KRUGLOV, Mykola	41	40+	ESCUALOS	28.87	25m
8	BARCIA SIXTO, Francisco Jose	41	40+	NTNARON	29.09	25m

Serie 11 de 13

1	CASTELAO VIEITES, Borja	34	30+	CIDSANTIAGO	28.27	25m
2	IGLESIAS GOMEZ, Gonzalo	47	45+	CIDSANTIAGO	27.99	25m
3	BLANCO PEREZ, Jesus	40	40+	NTNARON	27.83	25m
4	MARTINEZ GESTAL, Alejandro	36	35+	CDELMAR	27.15	25m
5	LOUREIRO FERREIROA, Marcos	41	40+	SALVESTRADA	27.33	25m
6	MARTINEZ DOPAZO, David	39	35+	CIDSANTIAGO	28.57	50m
7	SEVILLA AROCA, Javier	43	40+	ESCUALOS	28.69	50m
8	CASTRO VILLAR, David	35	35+	CDELMAR	28.37	25m

Serie 12 de 13

1	SONEIRA REBOREDO, Oscar	51	50+	CIDSANTIAGO	26.77	25m
2	MEIJIDE GIADAS, Diego	26	25+	CIDSANTIAGO	26.56	25m
3	GARCIA MUGGIA, Erick Jose	40	40+	RBAIXAS	26.38	25m
4	CANCELA GOMEZ, Hugo	23	20+	PONTEAREAS	26.54	50m
5	CASTRO RODRIGUEZ, Francisco	26	25+	CIDSANTIAGO	26.36	25m
6	PEREZ MOURE, Nicolas	20	20+	CDELMAR	26.50	25m
7	CASARES GARCIA, Brais	22	20+	PONTEAREAS	26.67	25m
8	RODRIGUEZ ESTEVEZ, Damian	49	45+	POURENSE	27.08	25m

Serie 13 de 13

1	GARABATOS RODRIGUEZ, Santiago	52	50+	MOS	25.73	25m
2	RODRIGUEZ LAGO, David	40	40+	CIDSANTIAGO	24.93	25m
3	PINTO RAMNARINE, Rohan Ian	40	40+	RCNVIGO	24.15	25m
4	LOBELLE GONZALEZ, Ivan	37	35+	CDELMAR	23.67	25m
5	CIVEIRA CORRAL, Samuel	24	20+	POURENSE	24.57	50m
6	PONTON RODRIGUEZ, Juan	24	20+	POURENSE	24.92	25m
7	GRACIA CARBAJO, Miguel	32	30+	NTNARON	25.21	25m
8	BALLESTER IBAÑEZ, Edgar	35	35+	MONFORTE	25.84	25m

Prueba 12
13/06/2026

Fem., 200m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 4</u>					
1					
2					
3	FORRYAN SECCOMBE, Anne May	60	60+	PONTEAREAS	5:25.33 25m
4	VAZQUEZ GONZALEZ, Yolanda	50	50+	VALDEORRAS	4:46.68 25m
5	MAURIZ ABUIN, Maria Del Mar	57	55+	MULLEREF	4:56.49 50m
6	MELON PARENTE, Maria Lourdes	57	55+	PONTEAREAS	5:44.43 25m
7					
8					
<u>Serie 2 de 4</u>					
1	VAZQUEZ LOPEZ, Eva	49	45+	MULLEREF	4:18.87 25m
2	SOBRINO EIRIZ, Maria Del Valle	54	50+	PONTEAREAS	4:12.78 25m
3	BARJA BARJA, Liliana	61	60+	TRAVIESAS	3:55.98 25m
4	VYNOHRADOVA, Kateryna	40	40+	GALAICO	3:34.67 25m
5	BARCALA PEREZ, Maria Rosa	50	50+	VALDEORRAS	3:42.37 25m
6	CARBALLO BALOIRA, Susana Maria	51	50+	HERCULES	4:08.63 25m
7	PAREDES RIOS, Rosa Maria	58	55+	PONSVETUS	4:13.66 25m
8	VIDAL BELLO, Mara	49	45+	VALDEORRAS	4:31.71 25m
<u>Serie 3 de 4</u>					
1	MARTINEZ GARCIA, Susana	35	35+	MONFORTE	3:31.96 25m
2	RAÑALES GRAÑA, Naila	25	25+	NFERROL	3:27.37 50m
3	LOPEZ ARTABE, Inmaculada	46	45+	CDELMAR	3:22.83 25m
4	RODRIGUEZ PEREZ, Vanesa	40	40+	RBAIXAS	3:16.81 25m
5	FERNANDEZ GONZALEZ, Iria	44	40+	PORTAMIÑA	3:17.27 25m
6	SANDERSON KEOUGH, Helen Jane	56	55+	CULLEREDO	3:23.30 25m
7	GARCIA COLOMO, Maria Cristina	64	60+	POURENSE	3:25.20 25m
8	RODRIGUEZ DE DIOS, Amparo	39	35+	VALDEORRAS	3:34.08 25m
<u>Serie 4 de 4</u>					
1	SANCHEZ LENCE, Maria	29	25+	NCORUÑA	3:04.71 25m
2	LOPEZ REMESEIRO, Vanesa	44	40+	NFERROL	3:03.54 25m
3	RODRIGUEZ CERVINO, Ana	26	25+	RBAIXAS	2:57.94 25m
4	RAMOS LOBO, Raquel	33	30+	PORTAMIÑA	2:45.91 25m
5	VIEZZOLI, Cecilia	23	20+	RCNVIGO	2:46.51 25m
6	FILGUEIRAS OLMO, Helena	22	20+	PORTAMIÑA	3:02.91 25m
7	FKEOUI OMARI, Salma	44	40+	CIDSANTIAGO	3:03.90 25m
8	GONZALEZ PEREZ, Jessica	39	35+	RBAIXAS	3:13.24 25m

Prueba 13
13/06/2026

Masc., 200m Estilos

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>					
1					
2	FERNANDEZ GARCIA, Manuel Victor	61	60+ RIVEIRA	4:47.32	50m
3	FERNANDEZ CORRAL, Marcos	47	45+ PORTAMIÑA	4:18.88	25m
4	PEREZ GARCIA, Manuel	59	55+ CULLEREDO	4:04.69	25m
5	RODRIGUEZ LEMOS, Andres Jesus	77	75+ MOS	4:13.52	25m
6	FERREIRO SANCHEZ, Luis	56	55+ POURENSE	4:23.51	50m
7	TIMIRAO S CARRASCO, Luis	70	70+ POURENSE	7:22.78	25m
8					
<u>Serie 2 de 6</u>					
1	COUCEIRO SANCHEZ, Gonzalo	60	60+ CASINOC	3:59.04	25m
2	RODRIGUEZ BASANTA, F.	65	65+ VALDEORRAS	3:54.24	25m
3	CARRERA COSTAS, Andres	44	40+ PONTEAREAS	3:28.78	25m
4	FIDALGO SERRANO, Guillermo	40	40+ TRAVIESAS	3:25.54	25m
5	SUANZES PEREZ, Fernando	73	70+ HERCULES	3:25.72	25m
6	SANCHEZ VAZQUEZ, Jesus	64	60+ PORTAMIÑA	3:52.63	25m
7	LAMELO OTERO, Ramon Jesus	58	55+ CIDSANTIAGO	3:56.08	25m
8	CADAVID NUÑEZ, Jose	56	55+ POURENSE	4:03.88	50m
<u>Serie 3 de 6</u>					
1	VEIGA PILLADO, Jose	48	45+ CASINOC	3:11.22	25m
2	MANEIRO BETANZOS, Javier	41	40+ PONS VETUS	3:09.05	25m
3	MARQUEZ VAZQUEZ, Pablo	24	20+ ASMEIGAS	3:06.52	25m
4	FERNANDEZ BARREIROS, Claudio	51	50+ ORDES	3:04.64	25m
5	NOVALES BLANCO, Xabier	35	35+ RBAIXAS	3:05.12	25m
6	GONZALEZ PEÑAS, David	42	40+ PORTAMIÑA	3:08.91	25m
7	PREGO MARTINEZ, Benjamin	53	50+ PONTEAREAS	3:09.07	25m
8	TOME NOGUEIRA, Alberto Marcial	58	55+ FOGAR	3:24.53	25m
<u>Serie 4 de 6</u>					
1	REY RODRIGUEZ, Oscar	52	50+ CIDSANTIAGO	3:03.40	25m
2	ABALDE PUJALES, Alberto	26	25+ RBAIXAS	3:02.30	25m
3	ARANGO GAYAR, Saul	46	45+ RBAIXAS	2:57.99	25m
4	CABANELAS EIRAS, Pablo	47	45+ CIDSANTIAGO	2:55.82	25m
5	DE LORENZO FERNANDEZ, Javier	45	45+ ESCUALOS	2:56.24	25m
6	PENIDE CALVO, Gabriel	33	30+ RBAIXAS	3:01.65	25m
7	PEREZ ARIAS, Hector	55	55+ PORTAMIÑA	3:02.72	25m
8	SALGUEIRO CERVERA, Ignacio	50	50+ TRAVIESAS	3:03.54	25m

Prueba 13, Masc., 200m Estilos

Serie 5 de 6

1	MOURIZ LOMBAO, Francisco Javier	51	50+	PORTAMIÑA	2:45.15	25m
2	FINS SEOANE, Juan Miguel	49	45+	SALVESTRADA	2:42.73	25m
3	DIZ NIEVES, David	22	20+	NFERROL	2:35.19	25m
4	SANCHEZ GORDON, Roman	48	45+	RBAIXAS	2:31.99	25m
5	VILLAMOR FERRO, Ruben	26	25+	ARTEIXO	2:34.55	25m
6	RIAL SIEIRA, Leo	20	20+	RIVEIRA	2:38.90	25m
7	GUIRADO CARABEL, Oscar	50	50+	CULLEREDO	2:43.33	25m
8	JORGE IGLESIAS, Marcelino	60	60+	PONTEAREAS	2:47.90	25m

Serie 6 de 6

1	GOMEZ CARDESIN, Alvaro	41	40+	NCORUÑA	2:31.69	25m
2	MUIÑO ALONSO, Anton	32	30+	NCORUÑA	2:28.91	25m
3	CALLE FACAL, Telmo	43	40+	CIDSANTIAGO	2:18.03	25m
4	LOPEZ FERNANDEZ, Martin	22	20+	POURENSE	2:14.05	25m
5	PASTORIZA SANTACLARA, Jorge	29	25+	RBAIXAS	2:14.53	25m
6	PEREZ PAZ, Dario	21	20+	PONTEAREAS	2:19.84	25m
7	PAZOS ALONSO, Josue	40	40+	ESCUALOS	2:31.42	25m
8	ARGIZ MARTINEZ, David	26	25+	MONFORTE	2:31.94	25m

Prueba 14
13/06/2026

Fem., 50m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
1					
2					
3	MILLAN MIRANDA, Maria Elisa	54	50+	RIVEIRA	1:15.73 50m
4	GAMALLO BLANCO, Rosa Maria	59	55+	POURENSE	1:13.82 25m
5	GUARDIOLA MEDEL, Nuria	70	70+	PONTEAREAS	1:13.83 25m
6					
7					
8					

Serie 2 de 8

1					
2	BALLADARES LOAISIGA, D.	46	45+	PORTAMIÑA	1:08.70 25m
3	PEREZ CASTRO, Maria Rut	51	50+	MULLEREF	1:03.76 25m
4	VILELA PASCUAL, Maria Luisa	55	55+	POURENSE	1:01.64 50m
5	NOVO MARTINEZ, Rocio	42	40+	NFERROL	1:02.55 25m
6	VAZQUEZ PARCERO, Marta	46	45+	CULLEREDO	1:05.24 50m
7	NIÑO MANZANO, Margarita	61	60+	TRAVIESAS	1:08.80 25m
8					

Prueba 14, Fem., 50m Braza

Serie 3 de 8

1	VAZQUEZ LOPEZ, Uxia	50	50+	RSDH	59.01	25m
2	CALVIÑO VAZQUEZ, Maria Coral	58	55+	POURENSE	57.22	25m
3	GARCIA ALONSO, Paula	52	50+	LICEO	55.74	25m
4	BARCALA PEREZ, Maria Rosa	50	50+	VALDEORRAS	53.29	25m
5	OTERO CAAMAÑO, Maria Cecilia	45	45+	NFERROL	55.37	25m
6	MARQUEZ BARCALA, Jesica	33	30+	PONSVETUS	56.92	25m
7	COUÑAGO BARCIELA, Lucia	36	35+	REDONDELA	58.62	25m
8	GONZALEZ-ALEGRE BURGUEÑO, A.74	74	70+	PONTEAREAS	59.85	25m

Serie 4 de 8

1	RAMIREZ INSUA, Julia	43	40+	RSDH	52.75	25m
2	SIMOIS MORAIS, Yolanda	32	30+	SALVESTRADA	52.11	25m
3	COBAS, Rocio	21	20+	PONTEAREAS	51.31	25m
4	DE LA MONTAÑA ALCANTARA, G.	53	50+	RSDH	51.02	25m
5	GONZALEZ COVELO, Sandra	33	30+	RBAIXAS	51.53	25m
6	LLEVOT SANCHEZ, Ana Isabel	56	55+	PONSVETUS	51.86	25m
7	DIEGUEZ SANMARTIN, M.	50	50+	SALVESTRADA	52.11	25m
8	GONZALEZ NUNEZ, Cristina	39	35+	RCNVIGO	53.27	25m

Serie 5 de 8

1	DEIRA BARCALA, Silvia	52	50+	CIDSANTIAGO	50.78	25m
2	FERNANDEZ ARRIZABALO, Maria	60	60+	TRAVIESAS	50.08	25m
3	JARDON GONZALEZ, Helena	55	55+	PONTEAREAS	49.16	25m
4	FERNANDEZ ESCURIS, Iria	29	25+	RIVEIRA	48.37	25m
5	RIVEIRA CAAMAÑO, Rebeca	49	45+	ORDES	48.92	25m
6	MARTIN VILAS, Maria Jesus	44	40+	ORDES	49.81	25m
7	GONZALEZ MORENO, M.	68	65+	NCORUÑA	50.39	25m
8	DEL AMO BLANCO, Margarita	59	55+	PONTEAREAS	51.00	25m

Serie 6 de 8

1	LOPEZ GONZALEZ, Monica	56	55+	PORTAMIÑA	47.23	25m
2	GONZALEZ MACIA, Alba	32	30+	MONFORTE	46.52	25m
3	PITA FARALDO, Sabela	46	45+	Marina	45.44	25m
4	COVELO SAAVEDRA, Nahir	48	45+	PONTEAREAS	45.08	25m
5	MUTILBA OBREGON, Nuria	57	55+	PONTEAREAS	45.45	25m
6	SUAREZ BUJAN, Rebeca	43	40+	CIDSANTIAGO	46.08	25m
7	OTERO FERNANDEZ, Maria Luisa	33	30+	SALVESTRADA	47.15	25m
8	MELLA CASTRO, Ana Maria	32	30+	ORDES	47.27	25m

Serie 7 de 8

1	GARCES FERNANDEZ, Erea	23	20+	RBAIXAS	44.89	25m
2	FERNANDEZ JUAN, Maria	28	25+	CIDSANTIAGO	43.71	25m
3	VILA BARRIOS, Lucia	29	25+	PORTAMIÑA	42.39	25m
4	TORRE GONZALEZ, Elisa	41	40+	RBAIXAS	42.06	25m
5	DIAZ DOPICO, Sabela	24	20+	NFERROL	42.16	25m
6	FKEOUI OMARI, Salma	44	40+	CIDSANTIAGO	43.77	50m
7	BLANCO PEREZ, Laura	22	20+	PONTEAREAS	43.96	25m
8	BALADO LOPEZ, Ana Maria	65	65+	POURENSE	45.02	25m

Prueba 14, Fem., 50m Braza

Serie 8 de 8

1	LAMAS RODRIGUEZ, N.	28	25+	ASMEIGAS	41.62	25m
2	MIRA VAZQUEZ, Marta	45	45+	ESCUALOS	40.98	25m
3	BEN CILLERO, Sabela	34	30+	ASMEIGAS	38.36	25m
4	LOPEZ SANMARTIN, Nerea	30	30+	NFERROL	35.33	25m
5	RODRIGUEZ RODRIGUEZ, Nina	24	20+	RBAIXAS	37.78	25m
6	ALVAREZ SOUTO, Claudia	25	25+	PONTEAREAS	40.00	25m
7	COTOS SUAREZ, Ana	29	25+	CIDSANTIAGO	41.31	25m
8	RIVAS TENREIRO, Arantza	37	35+	NTNARON	41.90	25m

Prueba 15
13/06/2026

Masc., 50m Braza

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 8</u>					
1					
2					
3	AREA PEREIRA, Jose Manuel	69	65+	GALAICO	1:07.68 25m
4	BRIOSO DIAZ, Manuel	49	45+	REDONDELA	52.80 25m
5	VAQUERIZO GARCIA, David	54	50+	PONSVETUS	58.64 25m
6	ARAUJO DOMINGUEZ, Francisco	86	85+	PONTEAREAS	1:17.76 25m
7					
8					

Serie 2 de 8

1	FERNANDEZ RODRIGUEZ, M.	57	55+	VALDEORRAS	50.86	25m
2	RODRIGUEZ LEMOS, Andres Jesus	77	75+	MOS	49.56	25m
3	LOPEZ PAYO, Mario	49	45+	SALVESTRADA	48.54	25m
4	SOBRINO EIRIZ, Manuel	51	50+	PONTEAREAS	48.16	25m
5	NOVO FERNANDEZ, Alfredo	56	55+	RBAIXAS	48.25	25m
6	VARELA MARIÑO, Felix	45	45+	REDONDELA	48.91	25m
7	SANCHEZ MUÑOZ, Jose Ignacio	65	65+	RBAIXAS	50.22	25m
8	LORENZO GONZALEZ-VISO, Carlos	55	55+	POURENSE	51.43	25m

Serie 3 de 8

1	RODRIGUEZ GOMEZ, Emilio	65	65+	PONTEAREAS	46.95	25m
2	IVANCHENKO, Yurii	73	70+	POURENSE	46.25	25m
3	COUSELO CASTIÑEIRAS, M.	50	50+	ORDES	44.49	25m
4	TABOADA CALVELO, Jose Carlos	47	45+	SALVESTRADA	42.54	25m
5	CARRERA COSTAS, Andres	44	40+	PONTEAREAS	43.46	25m
6	DIEZ RODRIGUEZ, Ignacio Jose	54	50+	PORTAMIÑA	44.98	25m
7	BORDALLO CORTINA, Fernando	72	70+	HERCULES	46.43	25m
8	SEGUIN CID, Severino	67	65+	TRAVIESAS	47.96	25m

Prueba 15, Masc., 50m Braza

Serie 4 de 8

1	GONZALEZ VICENTE, Ruben	45	45+	PORTAMIÑA	42.29	25m
2	PIÑEIRO VARGAS, Raul	47	45+	NFERROL	41.62	25m
3	RIVAS FEAL, Antonio	60	60+	CASINOC	40.48	25m
4	DONG, Taogui	42	40+	PORTAMIÑA	39.83	25m
5	PEREZ VAZQUEZ, Telmo	38	35+	NTNARON	40.18	25m
6	SOLLEIRO TIZON, Juan Jose	63	60+	NCORUÑA	40.76	25m
7	FERNANDEZ HERNADEZ, Hugo	20	20+	PONSVETUS	42.07	25m
8	FREIRE DONADO, Guillermo	42	40+	CIDSANTIAGO	42.36	25m

Serie 5 de 8

1	ROS ROSILLO, Alejandro	68	65+	RBAIXAS	39.70	25m
2	CRESPO PEREZ, Albarino	56	55+	ESCUALOS	40.03	50m
3	BOUSO FUENTECILLA, Fernando	55	55+	ESCUALOS	39.13	25m
4	ALONSO ORTIZ, Mariano	50	50+	FLUVIAL	38.19	25m
5	PEREZ GONZALEZ, Ivan	44	40+	MONFORTE	38.42	25m
6	ESPAÑA CABEZAS, Jesus	45	45+	CIDSANTIAGO	39.17	25m
7	FERNANDEZ ARRUTI, Jose Angel	67	65+	CIDSANTIAGO	39.43	25m
8	LOPEZ VIEIRA, Ignacio	56	55+	PONTEAREAS	39.70	25m

Serie 6 de 8

1	DIEGUEZ GONZALEZ, Bruno	36	35+	CIDSANTIAGO	37.85	25m
2	FEIJOO REY, Roi	47	45+	POURENSE	37.72	25m
3	ANDRES IGLESIAS, Jose Carlos	50	50+	RCNVIGO	37.13	25m
4	HERNAEZ OUBIÑA, David	53	50+	CULLEREDO	36.91	25m
5	DE LORENZO FERNANDEZ, Javier	45	45+	ESCUALOS	36.99	25m
6	PEREZ MOURE, Nicolas	20	20+	CDELMAR	37.30	25m
7	ANDRES DUASO, Olmo	33	30+	ARTEIXO	37.72	25m
8	DE LA FUENTE ALVAREZ, I.	34	30+	CIDSANTIAGO	37.93	25m

Serie 7 de 8

1	GARCIA MUGGIA, Erick Jose	40	40+	RBAIXAS	36.27	25m
2	RODRIGUEZ SALGADO, Manuel	51	50+	CIDSANTIAGO	35.60	25m
3	BLANCO PEREZ, Jesus	40	40+	NTNARON	35.03	25m
4	FORTES NOVOA, Martiño	38	35+	ESCUALOS	34.32	25m
5	LOPEZ LOPEZ, Jaime Borja	26	25+	PORTAMIÑA	34.94	25m
6	CARBALLO CABEZAS, Enrique	50	50+	POURENSE	35.14	25m
7	TOURIÑO GONZALEZ, Victor Manuel	58	55+	LICEO	36.24	25m
8	LOBELLE GONZALEZ, Ivan	37	35+	CDELMAR	36.40	25m

Serie 8 de 8

1	MARTINEZ MARTINEZ, Marcos	23	20+	PONTEAREAS	34.01	25m
2	QUINTAS MOSQUERA, Manuel	30	30+	CIDSANTIAGO	32.31	25m
3	LOBELLE GONZALEZ, Marcos	37	35+	CDELMAR	31.64	25m
4	FERNANDEZ DEL VALLE, Ivan	21	20+	POURENSE	30.42	25m
5	PINTO RAMNARINE, Rohan Ian	40	40+	RCNVIGO	30.44	25m
6	SUAREZ FERNANDEZ, Santiago	31	30+	MONFORTE	32.25	25m
7	NOGUEIRA-PINTO CRESPO, Hugo	48	45+	POURENSE	33.35	50m
8	GONZALEZ IGLESIAS, Alberto	29	25+	CULLEREDO	34.30	25m

Descanso 10 minutos

Prueba 16
13/06/2026

Fem., 4 x 50m Libre

AG 80 - 359
Lista de salida

Pista	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 5</u>				
1				
2				
3	PONTEAREAS 280	+280 PONTEAREAS	4:30.25	25m
	GONZALEZ-ALEGRE BURGUEÑO, Ana Maria 74, FORRYAN SECCOMBE, Anne May 60, GUARDIOLA MEDEL, Nuria 70, GONZALEZ RODRIGUEZ, Nuria 70			
4	MULLEREF 200	+200 MULLEREF	3:13.09	25m
	ABELLEIRA CORRAL, Gema 46, VAZQUEZ LOPEZ, Eva 49, REY OTERO, Angela Maria 60, LOPEZ BARREIRO, Cristina 47			
5	MULLEREF 160	+160 MULLEREF	3:40.75	25m
	MAURIZ ABUIN, Maria Del Mar 57, LOPEZ LUACES, Lidia 48, MARIN CASTRO, Montserrat 55, SALGADO CASTELO, Marta 32			
6				
7				
8				

Serie 2 de 5

1	SALVESTRADA 160	+160 SALVESTRADA	3:04.69	25m
	SANMARTIN IGLESIAS, Patricia 52, OTERO FERNANDEZ, Maria Luisa 33, DIEGUEZ SANMARTIN, Maria De La Concepcion 50, SIMOIS MORAN, Nuria 50			
2	POURENSE 240	+240 POURENSE	2:57.11	25m
	OTERO LOPEZ, Maria Elisa 66, BALADO LOPEZ, Ana Maria 65, GARCIA COLOMO, Maria Cristina 64, PEREZ GALLARDO, Teresa 62			
3	POURENSE 200	+200 POURENSE	2:56.21	50m
	ALVAREZ COSCOLIN, Eva 54, GAMALLO BLANCO, Rosa Maria 59, VILELA PASCUAL, Maria Luisa 55, CALVIÑO VAZQUEZ, Maria Coral 58			
4	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			
5	FLUVIAL 200	+200 FLUVIAL	2:53.93	25m
	GOMEZ PAREDES, Maria 50, PUENTE MARIN, Cristina 31, CASTRO MAESTRE, Isaura 57, GOMEZ DOVAL, Maria Angela 70			
6	PONSVETUS 240	+240 PONSVETUS	2:55.11	25m
	BAGLIETTO MILLAN, Maria Dolores 74, LLEVOT SANCHEZ, Ana Isabel 56, PAREDES RIOS, Rosa Maria 58, MARIÑO PAZ, Eva Maria 52			
7	PONTEAREAS 240	+240 PONTEAREAS	3:03.05	25m
	MUTILBA OBREGON, Nuria 57, DEL AMO BLANCO, Margarita 59, RODRIGUEZ TRONCOSO, Marina 67, MELON PARENTE, Maria Lourdes 57			
8	RIVEIRA 160	+160 RIVEIRA	3:12.98	25m
	MILLAN MIRANDA, Maria Elisa 54, GARCIA VILLARONGA, Cecilia 34, SIEIRA NOCEDA, Diana Maria 47, FERNANDEZ ESCURIS, Iria 29			

Serie 3 de 5

1	ORDES 120	+120 ORDES	2:41.65	25m
	GANDARA SUAREZ, Tania 33, MARTIN VILAS, Maria Jesus 44, RIVEIRA CAAMAÑO, Rebeca 49, MELLA CASTRO, Ana Maria 32			
2	PONTEAREAS 200	+200 PONTEAREAS	2:37.16	25m
	VARELA REDONDO, Veronica 51, SOBRINO EIRIZ, Maria Del Valle 54, JARDON GONZALEZ, Helena 55, ABREU FERNANDEZ, Marta 55			
3	POURENSE 80	+80) POURENSE	2:30.58	25m
	LORENZO PEREZ, Aroa 24, RODAL FERNANDEZ, Antia 24, BLANCO PEREZ, Paula 27, ESTEVEZ CRESPO, Aldara 22			
4	RBAIXAS 160	+160 RBAIXAS	2:28.72	25m

Prueba 16, Fem., 4 x 50m Libre

5	PORTAMIÑA 160	+160 PORTAMIÑA	2:30.25 25m
	OJEA DE CASTRO, Macarena 53, FERNANDEZ GONZALEZ, Iria 44, LOPEZ GONZALEZ, Monica 56, BALLADARES LOAISIGA, Damaris Patri		
6	HERCULES 160	+160 HERCULES	2:34.29 25m
	RODRIGUEZ PANTIN, Marta Maria 60, CARBALLO BALOIRA, Susana Maria 51, LOPEZ MAHIA, Purificacion 63, FERNANDEZ GONZALEZ, El		
7	CASINOC 160	+160 CASINOC	2:39.25 25m
	BARBEITO DOMINGUEZ, Marta 42, LOPEZ CORTABITARTE, Belen 39, SALES MANTIÑAN, Carmen 52, GARNACHO GAYARRE, Nuria 57		
8	VALDEORRAS 160	+160 VALDEORRAS	2:45.19 25m
	RODRIGUEZ OLIVEIRA, Manuela 49, RODRIGUEZ DE DIOS, Amparo 39, BARCALA PEREZ, Maria Rosa 50, VIDAL BELLO, Mara 49		

Serie 4 de 5

1	CIDSANTIAGO 160	+160 CIDSANTIAGO	2:27.11 25m
	BROZOS VAZQUEZ, Elena Maria 44, FKEOUI OMARI, Salma 44, SUAREZ BUJAN, Rebeca 43, DEIRA BARCALA, Silvia 52		
2	MONFORTE 120	+120 MONFORTE	2:23.31 25m
	VAZQUEZ FUENTES, Cintia 39, GONZALEZ MACIA, Alba 32, MARTINEZ GARCIA, Susana 35, RODRIGUEZ GONZALEZ, Raquel 33		
3	PONTEAREAS 160	+160 PONTEAREAS	2:21.26 25m
	COSTA FERNANDEZ, Laura 25, COVELO SAAVEDRA, Nahir 48, BESADA FERNANDEZ, Ana Maria 48, ABREU FERNANDEZ, Marta 55		
4	CIDSANTIAGO 100	+100 CIDSANTIAGO	2:18.17 25m
	GARCIA MIGUEZ, Rosalia 28, FERNANDEZ JUAN, Maria 28, CRUZ GARCIA, Aurora 31, PORTELA CARBALLIDO, Andrea 25		
5	PONTEAREAS 100	+100 PONTEAREAS	2:18.73 25m
	IBAÑEZ CARRERA, Sara 25, ALVAREZ SOUTO, Claudia 25, GONZALEZ PEREZ, Paula 30, TRONCOSO GONZALEZ, Veronica 35		
6	ESCUALOS 160	+160 ESCUALOS	2:21.41 25m
	CASTRO BLANCO, Brenda 26, FERNANDEZ FERNANDEZ, Delmira 58, CID ALVAREZ, Isabel 46, MIRA VAZQUEZ, Marta 45		
7	NCORUÑA 100	+100 NCORUÑA	2:25.11 25m
	PAZOS AGUIAR, Lara 26, SANCHEZ LENCE, Maria 29, VALIÑO RIVERA, Mariña 25, LAGO CASTILLO, Natalia 27		
8	RBAIXAS 200	+200 RBAIXAS	2:27.79 25m
	CHAMOSA MARTIN, Julia 65, REGUEIRO RODRIGUEZ, Ana 60, TORRE GONZALEZ, Elisa 41, RODRIGUEZ PEREZ, Vanesa 40		

Serie 5 de 5

1	NFERROL 160	+160 NFERROL	2:16.85 25m
	LOPEZ REMESEIRO, Vanesa 44, HERMIDA RODRIGUEZ, Blanca 45, JIMENEZ PEREZ, Victoria 57, LOPEZ SANMARTIN, Nerea 30		
2	NFERROL 120	+120 NFERROL	2:13.05 25m
	RAÑALES GRAÑA, Naila 25, OTERO CAAMAÑO, Maria Cecilia 45, LOPEZ SANMARTIN, Tania 35, SOUTO DERUNGS, Cristina 41		
3	PORTAMIÑA 100	+100 PORTAMIÑA	2:06.47 25m
	RAMOS LOBO, Raquel 33, LOPEZ RODRIGUEZ, Aroa 29, VILA BARRIOS, Lucia 29, SOUTIÑO RAMIREZ, Carmen Victoria 25		
4	PONTEAREAS 80	+80) PONTEAREAS	2:01.40 25m
	BLANCO PEREZ, Laura 22, LEMOS FERNANDEZ, Zaira 24, RODRIGUEZ PAZ, Lucia 26, RODRIGUEZ-TOUBES FORRYAN, Irene 27		
5	CIDSANTIAGO 120	+120 CIDSANTIAGO	2:04.70 25m
	GONZALEZ RODRIGUEZ, Maria 44, MURAS MORA, Andrea 37, COTOS SUAREZ, Ana 29, GONZALEZ TOJO, Raquel 27		
6	SALVESTRADA 120	+120 SALVESTRADA	2:11.99 25m
	RIVADULLA MALLO, Maria Irene 28, VILARIÑO CACHO, Elvira 45, ABBATEMARCO, Cristina 42, ROZADOS LUIS, Adriana 41		
7	RBAIXAS 120	+120 RBAIXAS	2:13.45 25m
	RODRIGUEZ CERVINO, Ana 26, GONZALEZ COVELO, Sandra 33, ALONSO PEREIRA, Fatima 33, OTERO PEÑA, Maria Jose 37		
8	PONTEAREAS 120	+120 PONTEAREAS	2:17.78 25m
	COSTA FERNANDEZ, Laura 25, COVELO SAAVEDRA, Nahir 48, BESADA FERNANDEZ, Ana Maria 48, FERNANDEZ GUARDIOLA, Loira 37		

Prueba 17
13/06/2026

Masc., 4 x 50m Libre

AG 80 - 359
Lista de salida

Pista	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 6</u>				
1				
2				
3	PONTEAREAS 280	+280 PONTEAREAS	3:09.94	25m
	JORGE IGLESIAS, Marcelino 60, RODRIGUEZ GOMEZ, Emilio 65, MONROY FERNANDEZ, Manuel 76, ARAUJO DOMINGUEZ, Francisco 86			
4	TRAVIASAS 200	+200 TRAVIASAS	2:29.73	25m
	SEGUIN CID, Severino 67, FIDALGO SERRANO, Manuel-Antonio 45, FIDALGO SERRANO, Guillermo 40, SALGUEIRO CERVERA, Ignacio 50			
5	PONTEAREAS 240	+240 PONTEAREAS	3:09.11	50m
	JORGE IGLESIAS, Marcelino 60, LOPEZ VIEIRA, Ignacio 56, PREGO MARTINEZ, Benjamin 53, MONROY FERNANDEZ, Manuel 76			
6				
7				
8				
<u>Serie 2 de 6</u>				
1	POURENSE 240	+240 POURENSE	2:29.34	25m
	BLANCO PEREZ, Angel 62, FERREIRO SANCHEZ, Luis 56, IVANCHENKO, Yurii 73, GARCIA COLOMO, Manuel Ramon 72			
2	RBAIXAS 240	+240 RBAIXAS	2:25.41	25m
	SANCHEZ MUÑOZ, Jose Ignacio 65, HERNANZ MORAL, Fausto 64, ROS ROSILLO, Alejandro 68, PEREZ LEIVA, Manuel 58			
3	REDONDELA 160	+160 REDONDELA	2:20.52	25m
4	VALDEORRAS 200	+200 VALDEORRAS	2:18.32	25m
	RODRIGUEZ BASANTA, Francisco Jose 65, FERNANDEZ RODRIGUEZ, Miguel Angel 57, ESPINOSA MIRA, Jorge 48, TORNE BOBO, Borja 3			
5	POURENSE 200	+200 POURENSE	2:18.87	25m
	LORENZO GONZALEZ-VISO, Carlos 55, GARCIA RUIZ, Vladimiro Jose 53, CADAVID NUÑEZ, Jose 56, ESTEVEZ SANTOS, Marcos 52			
6	SALVESTRADA 200	+200 SALVESTRADA	2:22.13	25m
	TABOADA CALVELO, Jose Carlos 47, DURO GONZALEZ, Antonio 52, MAGARIÑOS MACEIRAS, Xose 58, LOPEZ PAYO, Mario 49			
7	PORTAMIÑA 160	+160 PORTAMIÑA	2:26.39	25m
	DIEZ RODRIGUEZ, Ignacio Jose 54, GONZALEZ VICENTE, Ruben 45, GONZALEZ PEÑAS, David 42, SANCHEZ ALVAREZ, Ramon Ignacio 5			
8				
<u>Serie 3 de 6</u>				
1	RBAIXAS 200	+200 RBAIXAS	2:17.96	25m
	RODRIGUEZ GARCIA, Jose Bernardo 43, LORENZO FERNANDEZ, Jose Manuel 54, FUENTES FERNANDEZ, Eugenio 54, NOVO FERNANDEZ			
2	ESCUALOS 200	+200 ESCUALOS	2:14.23	50m
	TRONCOSO CAAMAÑO, Fernando 51, FERNANDEZ MARTINEZ, Alberto 55, PADIN CHARLIN, Joaquin 46, PEREIRA DIAZ, Angel 54			
3	PONSVETUS 120	+120 PONSVETUS	2:11.15	25m
	LAVIA PINTOS, David 33, SUAREZ GARCIA, Sergio 46, MANEIRO BETANZOS, Javier 41, GULIAS GARCIA, Jose Ruben 35			
4	PONTEAREAS 200	+200 PONTEAREAS	2:10.02	25m
	LOPEZ VIEIRA, Ignacio 56, MOURIÑO FORTES, Victor Manuel 49, PREGO MARTINEZ, Benjamin 53, SOBRINO EIRIZ, Manuel 51			
5	PONTEAREAS 160	+160 PONTEAREAS	2:10.05	25m
	COBELO REPRESAS, Francisco 30, MARTINEZ DOMINGUEZ, Ivan 38, MOURIÑO FORTES, Victor Manuel 49, CARRERA COSTAS, Andres 4			
6	MONFORTE 160	+160 MONFORTE	2:11.61	25m
	PEREZ GONZALEZ, Ivan 44, VAZQUEZ PEREZ, Diego 31, MARTINEZ BERJANO, Jose Manuel 63, CASANOVA MARTINEZ, Victor 30			

Prueba 17, Masc., 4 x 50m Libre

7 ARTEIXO 160	+160 ARTEIXO	2:13.14 25m
PREGO PITA, Xian 27, ANDRES DUASO, Olmo 33, MELLA BARBEITO, Javier 43, SANJORGE PEDREIRA, Carmelo 64		
8 HERCULES 240	+240 HERCULES	2:18.14 25m
SUANZES PEREZ, Fernando 73, DE LA VEGA GANDARAS, Felipe 53, YAÑEZ WONENBURGER, Juan Carlos 67, BORDALLO CORTINA, Fernando 64		

Serie 4 de 6

1 PORTAMIÑA 200	+200 PORTAMIÑA	2:06.06 25m
PEREZ ARIAS, Hector 55, DIEGUEZ ARANDA, Hector 53, MOURIZ LOMBAO, Francisco Javier 51, SANCHEZ VAZQUEZ, Jesus 64		
2 ARTEIXO 120	+120 ARTEIXO	2:03.47 25m
PREGO PITA, Xian 27, ANDRES DUASO, Olmo 33, VILLAMOR FERRO, Ruben 26, SANJORGE PEDREIRA, Carmelo 64		
3 RBAIXAS 160	+160 RBAIXAS	2:01.47 50m
GARCIA MUGGIA, Erick Jose 40, SANCHEZ GORDON, Roman 48, ARANGO GAYAR, Saul 46, PASTORIZA SANTA CLARA, Jorge 29		
4 SALVESTRADA 160	+160 SALVESTRADA	1:57.48 25m
PICALLO MATO, Adrian 31, FINS SEOANE, Juan Miguel 49, BASTIDA CAMPOS, Alejandro 44, LOUREIRO FERREIROA, Marcos 41		
5 CASINOC 160	+160 CASINOC	1:57.80 25m
BURGO, Carlos Diego 52, MOLINELLI MARCOTE, Andres 24, VEIGA PILLADO, Jose 48, FIERRO FERNANDEZ, Julio 44		
6 CASINOC 200	+200 CASINOC	1:59.98 25m
TORRES NEIRA, Mateo 47, RIVAS FEAL, Antonio 60, NISTAL GARCIA, Eduardo 58, COUCEIRO SANCHEZ, Gonzalo 60		
7 CIDSANTIAGO 240	+240 CIDSANTIAGO	2:05.61 25m
FERNANDEZ NUÑEZ, Santiago 63, FERNANDEZ ARRUTI, Jose Angel 67, PUENTE DIAZ, Javier 55, CODESIDO LOPEZ, Jose 67		
8 CULLEREDO 160	+160 CULLEREDO	2:09.46 25m
LAMAS SOTO, Cesar 51, PEREZ GARCIA, Manuel 59, GONZALEZ IGLESIAS, Alberto 29, HERNAEZ OUBIÑA, David 53		

Serie 5 de 6

1 RCNVIGO 160	+160 RCNVIGO	1:56.25 25m
ANDRES IGLESIAS, Jose Carlos 50, ARIETTO GARCIA, Jorge 40, PEREZ PAREDES, Marcos 60, PINTO RAMNARINE, Rohan Ian 40		
2 RBAIXAS 120	+120 RBAIXAS	1:54.60 25m
FREIRE GONZALEZ, Javier 33, PENIDE CALVO, Gabriel 33, LONGA IGLESIAS, Pablo 41, ABALDE PUJALES, Alberto 26		
3 ESCUALOS 160	+160 ESCUALOS	1:55.89 50m
SEVILLA AROCA, Javier 43, DE LORENZO FERNANDEZ, Javier 45, ALVAREZ SILVA, Ruben 45, KRUGLOV KRUGLOV, Mykola 41		
4 CIDSANTIAGO 200	+200 CIDSANTIAGO	1:51.65 25m
SONEIRA REBOREDO, Oscar 51, MUIÑO LOPEZ, Iago 49, IGLESIAS CARRERA, Pio 53, RODRIGUEZ SALGADO, Manuel 51		
5 CIDSANTIAGO 160	+160 CIDSANTIAGO	1:51.99 25m
RODRIGUEZ LAGO, David 40, CALLE FACAL, Telmo 43, ESPAÑA CABEZAS, Jesus 45, IGLESIAS GOMEZ, Gonzalo 47		
6 POURENSE 160	+160 POURENSE	1:53.84 25m
CARBALLO CABEZAS, Enrique 50, NOGUEIRA-PINTO CRESPO, Hugo 48, RODRIGUEZ ESTEVEZ, Damian 49, FEIJOO REY, Roi 47		
7 PONTEAREAS 120	+120 PONTEAREAS	1:55.60 25m
COBELO REPRESAS, Francisco 30, MARTINEZ DOMINGUEZ, Ivan 38, CARRERA COSTAS, Andres 44, RODRIGUEZ BALIÑA, Mauro 36		
8 PORTAMIÑA 120	+120 PORTAMIÑA	1:57.33 25m
LOPEZ LOPEZ, Jaime Borja 26, GONZALEZ BLANCO, Jose Luis 34, FERNANDEZ LAMELA, David 48, DONG, Taogui 42		

Serie 6 de 6

1 MOS 160	+160 MOS	1:48.15 25m
MARTINEZ JACOME, Felix 53, EIRIZ DIEGUEZ, Daniel 48, TRILLO RODRIGUEZ, Adrian 29, GARABATOS RODRIGUEZ, Santiago 52		
2 NTNARON 120	+120 NTNARON	1:45.23 25m
BARCIA SIXTO, Francisco Jose 41, GRACIA CARBAJO, Miguel 32, HERMIDA RAMOS, Raul 26, BLANCO PEREZ, Jesus 40		
3 PONTEAREAS 80	+80 PONTEAREAS	1:44.62 25m
CASARES GARCIA, Brais 22, PEREZ PAZ, Dario 21, CANCELA GOMEZ, Hugo 23, MARTINEZ MARTINEZ, Marcos 23		
4 POURENSE 80	+80 POURENSE	1:39.64 25m
LOPEZ FERNANDEZ, Martin 22, FERNANDEZ DEL VALLE, Ivan 21, PONTON RODRIGUEZ, Juan 24, CIVEIRA CORRAL, Samuel 24		
5 CIDSANTIAGO 100	+100 CIDSANTIAGO	1:44.05 25m
CASTRO RODRIGUEZ, Francisco 26, MEIJIDE GIADAS, Diego 26, QUINTAS MOSQUERA, Manuel 30, CASTELAO VIEITES, Borja 34		

Prueba 17, Masc., 4 x 50m Libre

6	CIDSANTIAGO 120	+120 CIDSANTIAGO	1:44.64	25m
	CAMPAÑA BARROS, Adrian 36, MARTINEZ DOPAZO, David 39, DE LA FUENTE ALVAREZ, Iago Ramon 34, DIEGUEZ GONZALEZ, Bruno 36			
7	NCORUÑA 120	+120 NCORUÑA	1:46.50	25m
	MUIÑO ALONSO, Anton 32, BELLO PORTO, David 36, CAMINO PARDO, Rodrigo 26, GOMEZ CARDESIN, Alvaro 41			
8	CDELMAR 160	+160 CDELMAR	1:49.24	25m
	GARCIA SANJURJO, Jose Manuel 59, LOBELLE GONZALEZ, Marcos 37, MARTINEZ GESTAL, Alejandro 36, LOBELLE GONZALEZ, Ivan 37			

Prueba 18
13/06/2026

Fem., 400m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
<u>Serie 1 de 5</u>					
1					
2					
3	GOMEZ DOVAL, Maria Angela	70	70+ FLUVIAL	10:20.25	25m
4	PEREZ GALLARDO, Teresa	62	60+ POURENSE	9:16.47	25m
5	RODRIGUEZ TRONCOSO, Marina	67	65+ PONTEAREAS	9:43.22	25m
6					
7					
8					
<u>Serie 2 de 5</u>					
1					
2	BESADA FERNANDEZ, Ana Maria	48	45+ PONTEAREAS	8:23.03	25m
3	ABELLEIRA CORRAL, Gema	46	45+ MULLEREF	8:02.90	25m
4	OTERO LOPEZ, Maria Elisa	66	65+ POURENSE	7:47.84	25m
5	GARNACHO GAYARRE, Nuria	57	55+ CASINOC	7:54.24	25m
6	REY OTERO, Angela Maria	60	60+ MULLEREF	8:15.63	25m
7	VAZQUEZ GONZALEZ, Yolanda	50	50+ VALDEORRAS	8:44.68	25m
8					
<u>Serie 3 de 5</u>					
1	VIDAL BELLO, Mara	49	45+ VALDEORRAS	7:44.92	25m
2	CASTRO BLANCO, Brenda	26	25+ ESCUALOS	7:04.31	25m
3	LOPEZ BARREIRO, Cristina	47	45+ MULLEREF	6:56.35	25m
4	CASTRO MAESTRE, Isaura	57	55+ FLUVIAL	6:44.91	25m
5	SALES MANTIÑAN, Carmen	52	50+ CASINOC	6:48.72	25m
6	ANTON FUENTES, Veronica Maria	47	45+ GALAICO	6:59.40	25m
7	ABREU FERNANDEZ, Marta	55	55+ PONTEAREAS	7:28.08	25m
8	LOPEZ MAHIA, Purificacion	63	60+ HERCULES	7:47.48	25m

Prueba 18, Fem., 400m Libre

Serie 4 de 5

1	RODRIGUEZ DE DIOS, Amparo	39	35+	VALDEORRAS	6:31.85	25m
2	LOPEZ CORTABITARTE, Belen	39	35+	CASINOC	6:24.13	25m
3	SALGADO CASTELO, Marta	32	30+	MULLEREF	6:21.16	25m
4	VARELA REDONDO, Veronica	51	50+	PONTEAREAS	6:01.51	25m
5	ARAUJO CASTRO, Paula	35	35+	CDELMAR	6:05.05	25m
6	REGUEIRO RODRIGUEZ, Ana	60	60+	RBAIXAS	6:22.68	25m
7	CHAMOSA MARTIN, Julia	65	65+	RBAIXAS	6:26.20	25m
8	MURAS MORA, Andrea	37	35+	CIDSANTIAGO	6:33.33	25m

Serie 5 de 5

1	GONZALEZ PEREZ, Jessica	39	35+	RBAIXAS	5:58.59	25m
2	COSTA FERNANDEZ, Laura	25	25+	PONTEAREAS	5:39.59	25m
3	COTOS SUAREZ, Ana	29	25+	CIDSANTIAGO	5:32.44	50m
4	BARBEITO DOMINGUEZ, Marta	42	40+	CASINOC	5:05.44	25m
5	LAGO CASTILLO, Natalia	27	25+	NCORUÑA	5:22.77	25m
6	VILARIÑO CACHO, Elvira	45	45+	SALVESTRADA	5:34.74	25m
7	RODRIGUEZ PEREZ, Vanesa	40	40+	RBAIXAS	5:41.74	25m
8	TERCEIRO DELGADO, M.	63	60+	CDELMAR	6:07.17	50m

Prueba 19
13/06/2026

Masc., 400m Libre

2006 y mayores
Lista de salida

Pista	Nome	Ano	Clube	Marca	Pisc.
1					
2					
3	LAGO GONZALEZ, Ivan	33	30+	PONTEAREAS	8:45.96 25m
4	CASTRO QUINTELA, Avelino	59	55+	CIDSANTIAGO	7:26.06 25m
5	LOPEZ VIDAL, Antonio	74	70+	GALAICO	8:34.29 25m
6					
7					
8					

Serie 2 de 6

1	MAGARIÑOS MACEIRAS, Xose	58	55+	SALVESTRADA	7:01.47	25m
2	BLANCO PEREZ, Angel	62	60+	POURENSE	6:43.06	25m
3	MIRA PEREZ, Jorge	58	55+	CIDSANTIAGO	6:33.83	25m
4	GURIDI HUERTA, Jesus Maria	58	55+	FLUVIAL	6:22.44	25m
5	LONGA IGLESIAS, Pablo	41	40+	RBAIXAS	6:30.32	25m
6	RODRIGUEZ BASANTA, F.	65	65+	VALDEORRAS	6:39.58	25m
7	FERNANDEZ RODRIGUEZ, M.	57	55+	VALDEORRAS	6:47.60	25m
8	RODRIGUEZ LOPEZ, Eloy Jesus	58	55+	VALDEORRAS	7:07.55	25m

Prueba 19, Masc., 400m Libre

Serie 3 de 6

1	FIDALGO SERRANO, Guillermo	40	40+	TRAVIESAS	6:14.65	25m
2	GARCIA COLOMO, Manuel Ramon	72	70+	POURENSE	6:07.65	25m
3	GULIAS GARCIA, Jose Ruben	35	35+	PONSVETUS	6:03.00	50m
4	NISTAL GARCIA, Eduardo	58	55+	CASINOC	5:48.82	25m
5	LAIÑO SILVA, Victor	39	35+	RIVEIRA	5:50.25	25m
6	SUAREZ GARCIA, Sergio	46	45+	PONSVETUS	5:59.16	25m
7	LORENZO FERNANDEZ, J.	54	50+	RBAIXAS	6:08.84	25m
8	HERNANZ MORAL, Fausto	64	60+	RBAIXAS	6:19.72	25m

Serie 4 de 6

1	CUETO ALVAREZ, Elias	51	50+	CIDSANTIAGO	5:47.07	25m
2	MOURIÑO FORTES, Victor Manuel	49	45+	PONTEAREAS	5:44.07	25m
3	DOMINGUEZ PHILOCREON, Ticiano	45	45+	CIDSANTIAGO	5:33.90	25m
4	MARTINEZ DOMINGUEZ, Ivan	38	35+	PONTEAREAS	5:28.79	25m
5	FIERRO FERNANDEZ, Julio	44	40+	CASINOC	5:29.12	25m
6	COBELO REPRESAS, Francisco	30	30+	PONTEAREAS	5:38.15	25m
7	CODESIDO LOPEZ, Jose	67	65+	CIDSANTIAGO	5:46.90	25m
8	DURO GONZALEZ, Antonio	52	50+	SALVESTRADA	5:48.64	25m

Serie 5 de 6

1	PICALLO MATO, Adrian	31	30+	SALVESTRADA	5:13.95	25m
2	RIVAS FEAL, Antonio	60	60+	CASINOC	5:06.61	25m
3	GARCIA RIÑON, Jaime	62	60+	NCORUÑA	5:05.76	25m
4	CAMINO PARDO, Rodrigo	26	25+	NCORUÑA	5:01.92	25m
5	BALDOMAR OBELLEIRA, Ruben	52	50+	NCORUÑA	5:03.89	25m
6	RODRIGUEZ ESTEVEZ, Damian	49	45+	POURENSE	5:05.96	25m
7	IGLESIAS CARRERA, Pio	53	50+	CIDSANTIAGO	5:10.35	25m
8	GARCIA CASTIÑEIRA, Daniel	52	50+	CIDSANTIAGO	5:22.39	25m

Serie 6 de 6

1	FREIRE GONZALEZ, Javier	33	30+	RBAIXAS	4:55.27	25m
2	RIAL SIEIRA, Leo	20	20+	RIVEIRA	4:53.42	25m
3	MARTINEZ JACOME, Felix	53	50+	MOS	4:41.80	25m
4	RODRIGUEZ LAGO, David	40	40+	CIDSANTIAGO	4:22.57	25m
5	CASTELAO VIEITES, Borja	34	30+	CIDSANTIAGO	4:37.15	25m
6	GOMEZ CARDESIN, Alvaro	41	40+	NCORUÑA	4:43.74	25m
7	TRILLO RODRIGUEZ, Adrian	29	25+	MOS	4:54.92	25m
8	QUINTAS BARROS, Jesus Carlos	53	50+	ESCUALOS	5:01.71	25m