

Prueba 1
13/06/2026

Mixto, 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80

1.	POURENSE 80			POURENSE	2:09.33	26,00
	BLANCO PEREZ, Paula	27	36.02	CIVEIRA CORRAL, Samuel	24	26.89
	LOPEZ FERNANDEZ, Martin	22	31.69	RODAL FERNANDEZ, Antia	24	34.73
2.	PONTEAREAS 80			PONTEAREAS	2:20.95	20,00
	PEREZ PAZ, Dario	21	30.89	CASARES GARCIA, Brais	22	26.95
	COBAS, Rocio	21	50.33	BLANCO PEREZ, Laura	22	32.78

+100

1.	CIDSANTIAGO 100			CIDSANTIAGO	2:15.48	26,00
	CASTRO RODRIGUEZ, Francisco	26	32.16	PORTELA CARBALLIDO, Andrea	25	32.58
	FERNANDEZ JUAN, Maria	28	42.15	MEIJIDE GIADAS, Diego	26	28.59
2.	PONTEAREAS			PONTEAREAS	2:23.34	20,00
	COBELO REPRESAS, Francisco	30	33.68	RODRIGUEZ BALIÑA, Mauro	36	37.45
	COSTA FERNANDEZ, Laura	25	43.77	IBAÑEZ CARRERA, Sara	25	28.44
3.	RBAIXAS 100			RBAIXAS	2:24.03	16,00
	ALONSO PEREIRA, Fatima	33	46.22	RODRIGUEZ CERVINO, Ana	26	34.47
	PASTORIZA SANTA CLARA, Jorge	29	32.31	ABALDE PUJALES, Alberto	26	31.03

+120

1.	CIDSANTIAGO 120			CIDSANTIAGO	2:07.83	26,00
	CRUZ GARCIA, Aurora	31	35.53	COTOS SUAREZ, Ana	29	33.24
	QUINTAS MOSQUERA, Manuel	30	32.27	CASTELAO VIEITES, Borja	34	26.79
2.	MONFORTE 120			MONFORTE	2:15.53	20,00
	SUAREZ FERNANDEZ, Santiago	31	31.10	VAZQUEZ FUENTES, Cintia	39	36.52
	ARGIZ MARTINEZ, David	26	32.94	RODRIGUEZ GONZALEZ, Raquel	33	34.97
3.	PORTAMIÑA 120			PORTAMIÑA	2:20.99	16,00
	SOUTIÑO RAMIREZ, Carmen Victor	25	35.35	RAMOS LOBO, Raquel	33	34.78
	DONG, Taogui	42	38.54	FERNANDEZ LAMELA, David	48	32.32
4.	ESCUALOS 120			ESCUALOS	2:25.22	14,00
	CASTRO BLANCO, Brenda	26	47.70	KRUGLOV KRUGLOV, Mykola	41	31.06
	FORTES NOVOA, Martiño	38	34.44	OTERO RODRIGUEZ, Sandra	39	32.02
5.	SALVESTRADA 120			SALVESTRADA	2:30.24	12,00
	BASTIDA CAMPOS, Alejandro	44	40.39	LOUREIRO FERREIROA, Marcos	41	30.81
	OTERO FERNANDEZ, Maria Luisa	33	47.82	ROZADOS LUIS, Adriana	41	31.22
6.	RBAIXAS 120			RBAIXAS	2:33.13	10,00
	FREIRE GONZALEZ, Javier	33	33.23	GARCIA MUGGIA, Erick Jose	40	29.91
	GONZALEZ COVELO, Sandra	33	49.95	VAZQUEZ DUARTE, Cristina	40	40.04
7.	PONSVETUS 120			PONSVETUS	2:46.55	8,00
	TOMILLO SANTOS, Erika	36	47.11	GULIAS GARCIA, Jose Ruben	35	32.21
	MARQUEZ BARCALA, Jesica	33	53.63	LAVIA PINTOS, David	33	33.60
8.	PONTEAREAS 120			PONTEAREAS	3:27.30	6,00
	GIRALDEZ VILLANUEVA, Ivan	39	1:00.22	RODRIGUEZ PAZ, Lucia	26	44.53
	LAGO GONZALEZ, Ivan	33	57.66	BESADA FERNANDEZ, Ana Maria	48	44.89

Prueba 1, Mixto, 4 x 50m Estilos

+160

1.	CDELMAR 160			CDELMAR	2:09.91	26,00
	BLANCO GARCIA, Sheila	39	35.90	LOBELLE GONZALEZ, Ivan	37	26.80
	LOBELLE GONZALEZ, Marcos	37	32.06	TERCEIRO DELGADO, Maria Del Me	63	35.15
2.	CIDSANTIAGO 160			CIDSANTIAGO	2:10.96	20,00
	CALLE FACAL, Telmo	43	30.49	GARCIA MIGUEZ, Rosalia	28	31.74
	RODRIGUEZ LAGO, David	40	32.57	DEIRA BARCALA, Silvia	52	36.16
3.	NCORUÑA 160			NCORUÑA	2:26.01	16,00 RG
	GONZALEZ MORENO, Maria Del D	68	47.57	MUIÑO ALONSO, Anton	32	26.96
	SANCHEZ LENCE, Maria	29	43.55	GOMEZ CARDESIN, Alvaro	41	27.93
4.	CASINOC 160			CASINOC	2:35.71	14,00
	LOPEZ CORTABITARTE, Belen	39	47.15	BARBEITO DOMINGUEZ, Marta	42	37.22
	FIERRO FERNANDEZ, Julio	44	37.52	COUCEIRO SANCHEZ, Gonzalo	60	33.82
5.	MONFORTE 160			MONFORTE	2:37.55	12,00
	MARTINEZ BERJANO, Jose Manuel	63	47.78	BALLESTER IBAÑEZ, Edgar	35	27.77
	GONZALEZ MACIA, Alba	32	45.63	MARTINEZ GARCIA, Susana	35	36.37
6.	RBAIXAS 160			RBAIXAS	2:37.56	10,00
	OTERO PEÑA, Maria Jose	37	44.56	RODRIGUEZ GARCIA, Jose Bernar	43	39.44
	ARANGO GAYAR, Saul	46	37.53	GONZALEZ PEREZ, Jessica	39	36.03
7.	CULLEREDO 160			CULLEREDO	2:39.12	8,00
	GUIRADO CARABEL, Oscar	50	35.25	HERNAEZ OUBIÑA, David	53	33.88
	IGLESIAS LOPEZ, Maria	25	39.32	VAZQUEZ PARCERO, Marta	46	50.67
8.	VALDEORRAS 160			VALDEORRAS	2:41.62	6,00
	BARCALA PEREZ, Maria Rosa	50	48.77	TORNE BOBO, Borja	34	36.37
	ESPINOSA MIRA, Jorge	48	37.49	RODRIGUEZ DE DIOS, Amparo	39	38.99
9.	ESCUALOS 160			ESCUALOS	2:42.34	4,00
	FERNANDEZ MARTINEZ, Alberto	55	45.98	CID ALVAREZ, Isabel	46	45.96
	MIRA VAZQUEZ, Marta	45	42.49	SEVILLA AROCA, Javier	43	27.91
10.	ORDES 160			ORDES	2:49.82	2,00
	GANDARA SUAREZ, Tania	33	45.91	FERNADEZ BARREIROS, Claudio	51	41.34
	MELLA CASTRO, Ana Maria	32	46.68	COUSELO CASTIÑEIRAS, Miguel A	50	35.89
11.	SALVESTRADA 160			SALVESTRADA	2:53.53	-
	ABBATEMARCO, Cristina	42	42.14	VILARIÑO CACHO, Elvira	45	41.95
	COTO DONO, Pablo	46	54.95	TABOADA CALVELO, Jose Carlos	47	34.49
12.	PORTAMIÑA 160			PORTAMIÑA	2:58.75	-
	GONZALEZ VICENTE, Ruben	45	44.30	FERNANDEZ GONZALEZ, Iria	44	41.10
	BALLADARES LOAISIGA, Damaris	46	1:06.83	LOPEZ LOPEZ, Jaime Borja	26	26.52

+200

1.	CIDSANTIAGO 200			CIDSANTIAGO	2:15.37	26,00 RG
	FERNANDEZ NUÑEZ, Santiago	63	32.59	SONEIRA REBOREDO, Oscar	51	29.47
	GONZALEZ RODRIGUEZ, Maria	44	38.74	SUAREZ BUJAN, Rebeca	43	34.57
2.	PORTAMIÑA 200			PORTAMIÑA	2:29.84	20,00
	OJEA DE CASTRO, Macarena	53	40.85	PEREZ ARIAS, Hector	55	33.15
	LOPEZ GONZALEZ, Monica	56	47.26	DIEGUEZ ARANDA, Hector	53	28.58
3.	PONTEAREAS 200			PONTEAREAS	2:31.37	16,00
	TRONCOSO GONZALEZ, Veronica	35	40.49	PREGO MARTINEZ, Benjamin	53	38.21
	JORGE IGLESIAS, Marcelino	60	36.42	MUTILBA OBREGON, Nuria	57	36.25

Prueba 1, Mixto, 4 x 50m Estilos, +200

Clasificación

Tiempo Puntos

4.	NCORUÑA 200			NCORUÑA	2:36.42	14,00
	VILLASANTE ARMAS, Maria Rosa 51	50.17		GARCIA RIÑON, Jaime 62		34.09
	SOLLEIRO TIZON, Juan Jose 63	40.79		LAGO CASTILLO, Natalia 27		31.37
5.	FLUVIAL 200			FLUVIAL	2:38.18	12,00
	GOMEZ PAREDES, Maria 50	44.85		GOMEZ MARTIN, Ruben 48		37.95
	ALONSO ORTIZ, Mariano 50	37.79		CASTRO MAESTRE, Isaura 57		37.59
6.	RBAIXAS 200			RBAIXAS	2:52.25	10,00
	PEREZ LEIVA, Manuel 58	45.89		RODRIGUEZ PEREZ, Vanesa 40		44.92
	TORRE GONZALEZ, Elisa 41	41.83		SANCHEZ MUÑOZ, Jose Ignacio 65		39.61
7.	POURENSE 200			POURENSE	2:57.36	8,00
	FEIJOO REY, Roi 47	36.88		CARBALLO CABEZAS, Enrique 50		23.86
	CALVIÑO VAZQUEZ, Maria Coral 58	55.69		VILELA PASCUAL, Maria Luisa 55		1:00.93
8.	MOS 200			MOS	3:05.61	6,00
	SILVEIRA LOUREIRO, Maria 31	37.77		SOUSA CARNEIRO, Rosana 55		52.37
	FERNANDEZ GONZALEZ, Alvaro 61	51.21		RODRIGUEZ VIEITO, Ricardo Manu69		44.26
9.	HERCULES 200			HERCULES	3:08.21	4,00
	DE LA VEGA GANDARAS, Felipe 53	50.87		FERNANDEZ GONZALEZ, Elena 25		40.10
	ROMERO PENA, Juan Ramon 63	54.98		LOPEZ MAHIA, Purificacion 63		42.26
10.	TRAVIESAS 200			TRAVIESAS	3:11.46	2,00
	BARJA BARJA, Liliana 61	49.06		SALGUEIRO CERVERA, Ignacio 50		36.17
	NIÑO MANZANO, Margarita 61	1:09.85		FIDALGO SERRANO, Guillermo 40		36.38
11.	SALVESTRADA 200			SALVESTRADA	3:21.65	-
	COTO DONO, Pablo 46	57.58		DURO GONZALEZ, Antonio 52		41.14
	DIEGUEZ SANMARTIN, Maria De L50:oncepcion	50.16		SANMARTIN IGLESIAS, Patricia 52		52.77
12.	VALDEORRAS 200			VALDEORRAS	3:26.76	-
	VAZQUEZ GONZALEZ, Yolanda 50	1:06.69		VIDAL BELLO, Mara 49		54.52
	GONZALEZ SANDEZ, Carlos 47	50.13		RODRIGUEZ BASANTA, Francisco65se		35.42
13.	RIVEIRA 200			RIVEIRA	3:52.42	-
	SAMPEDRO PEREZ, Jose Manuel 55	49.19		FERNANDEZ GARCIA, Manuel Vict61		54.65
	MILLAN MIRANDA, Maria Elisa 54	1:08.78		SIEIRA NOCEDA, Diana Maria 47		59.80
DSQ	PONSVETUS 200			PONSVETUS		-

1 posta Nado Irregular

LLEVOT SANCHEZ, Ana Isabel, MANEIRO BETANZOS, Javier, SUAREZ GARCIA, Sergio, IGNACIO QUINTEIRO, Maria Del Carmen

+240

1.	RBAIXAS 240			RBAIXAS	2:51.89	26,00
	REGUEIRO RODRIGUEZ, Ana 60	51.72		CHAMOSA MARTIN, Julia 65		39.38
	ROS ROSILLO, Alejandro 68	41.87		HERNANZ MORAL, Fausto 64		38.92
2.	POURENSE 240			POURENSE	2:58.16	20,00
	GARCIA COLOMO, Maria Cristina 64	46.32		IVANCHENKO, Yurii 73		48.46
	BALADO LOPEZ, Ana Maria 65	46.81		GARCIA COLOMO, Manuel Ramon 72		36.57
3.	HERCULES 240			HERCULES	3:01.40	16,00
	CARBALLO BALOIRA, Susana Ma51	1:00.16		RODRIGUEZ PANTIN, Marta Maria 60		45.30
	YAÑEZ WONENBURGER, Juan Car67	42.70		BORDALLO CORTINA, Fernando 72		33.24
4.	PONTEAREAS 240			PONTEAREAS	3:22.75	14,00
	DEL AMO BLANCO, Margarita 59	50.97		RODRIGUEZ GOMEZ, Emilio 65		51.15
	RODRIGUEZ TRONCOSO, Marina 67	1:08.61		MOURIÑO FORTES, Víctor Manuel 49		32.02

Prueba 1, Mixto, 4 x 50m Estilos, +240

Clasificación

				Tiempo	Puntos
5.	PONSVETUS 240		PONSVETUS	3:26.44	12,00
	BAGLIETTO MILLAN, Maria Dolores74	1:04.68	PAREDES RIOS, Rosa Maria	58	1:02.31
	PITA SANTIN, Antonio 55	40.75	VAQUERIZO GARCIA, David	54	38.70
6.	TRAVIESAS 240		TRAVIESAS	4:06.33	10,00
	MAROTO REGLERO, Maria Consue74Paula	1:27.04	MARTY PAZOS, Maria Victoria	61	59.91
	SEGUIN CID, Severino 67	49.64	BERMINGHAM, Eamonn	74	49.74

+280

1.	PONTEAREAS 280		PONTEAREAS	3:59.70	26,00
	VARELA REDONDO, Veronica 51	48.98	GONZALEZ-ALEGRE BURGUEÑO, 741a Maria		1:04.57
	ARAUJO DOMINGUEZ, Francisco 86	1:18.30	MONROY FERNANDEZ, Manuel 76		47.85

Prueba 2
13/06/2026

Fem., 100m Estilos

2006 y mayores
Resultados

Clasificación	Edad						Tiempo	Puntos	
20+									
1.	1087099	GOMEZ FERNANDEZ, Uxia				23	ESCUALOS	1:28.45	13,00
	50m:	40.11	40.11	100m:	1:28.45	48.34			
2.	1111470	GARCES FERNANDEZ, Erea				23	RBAIXAS	1:32.90	10,00
	50m:	43.42	43.42	100m:	1:32.90	49.48			
DSQ	1284776	COBAS, Rocio				21	PONTEAREAS		-
	Viraje irregular								
25+									
1.	1130789	GARCIA MIGUEZ, Rosalia				28	CIDSANTIAGO	1:14.70	13,00
	50m:	33.88	33.88	100m:	1:14.70	40.82			
2.	1038179	IBAÑEZ CARRERA, Sara				25	PONTEAREAS	1:17.81	10,00
	50m:	33.45	33.45	100m:	1:17.81	44.36			
3.	1113219	IGLESIAS LOPEZ, Maria				25	CULLEREDO	1:18.30	8,00
	50m:	37.01	37.01	100m:	1:18.30	41.29			
4.	1142921	VILA BARRIOS, Lucia				29	PORTAMIÑA	1:19.48	7,00
	50m:	37.19	37.19	100m:	1:19.48	42.29			
5.	1076332	PORTELA CARBALLIDO, Andrea				25	CIDSANTIAGO	1:20.71	6,00
	50m:	36.40	36.40	100m:	1:20.71	44.31			
6.	1093694	SANCHEZ LENCE, Maria				29	NCORUÑA	1:24.30	5,00
	50m:	38.65	38.65	100m:	1:24.30	45.65			
7.	1284671	LAMAS RODRIGUEZ, Nevia Aureliana				28	ASMEIGAS	1:27.59	4,00
	50m:	42.15	42.15	100m:	1:27.59	45.44			
8.	1115644	FERNANDEZ JUAN, Maria				28	CIDSANTIAGO	1:28.82	-
	50m:	42.48	42.48	100m:	1:28.82	46.34			
9.	1038466	RODRIGUEZ PAZ, Lucia				26	PONTEAREAS	1:41.02	2,00
	50m:	44.86	44.86	100m:	1:41.02	56.16			
10.	1222772	RODRIGUEZ-TOUBES FORRYAN, Iren				27	PONTEAREAS	2:13.69	-
	50m:	1:05.51	1:05.51	100m:	2:13.69	1:08.18			
30+									
1.	1075328	LOPEZ SANMARTIN, Nerea				30	NFERROL	1:12.34	13,00
	50m:	32.84	32.84	100m:	1:12.34	39.50			
2.	1116506	RAMOS LOBO, Raquel				33	PORTAMIÑA	1:16.40	10,00
	50m:	34.49	34.49	100m:	1:16.40	41.91			
3.	1264725	ABADIN ROZENBAUM, Manuela Rocio				31	CDELMAR	1:17.79	8,00
	50m:	35.48	35.48	100m:	1:17.79	42.31			
4.	1051353	CRUZ GARCIA, Aurora				31	CIDSANTIAGO	1:19.77	7,00
	50m:	35.54	35.54	100m:	1:19.77	44.23			
5.	1076407	SILVEIRA LOUREIRO, Maria				31	MOS	1:30.41	6,00
	50m:	40.89	40.89	100m:	1:30.41	49.52			
6.	1236745	RODRIGUEZ GONZALEZ, Raquel				33	MONFORTE	1:35.61	5,00
	50m:	42.82	42.82	100m:	1:35.61	52.79			

Prueba 2, Fem., 100m Estilos, 30+

Clasificación			Edad		Tiempo	Puntos
7.	1247615	ALONSO PEREIRA, Fatima	33	RBAIXAS	1:40.08	4,00
	50m:	47.61 47.61	100m:	1:40.08	52.47	
8.	1191499	GONZALEZ MACIA, Alba	32	MONFORTE	1:45.96	3,00
	50m:	55.25 55.25	100m:	1:45.96	50.71	
9.	1141053	IGLESIAS SUAREZ, Laura	34	CDELMAR	1:48.23	2,00
	50m:	50.40 50.40	100m:	1:48.23	57.83	
DSQ	1221892	OTERO FERNANDEZ, Maria Luisa	33	SALVESTRADA		-
	<i>Viraje irregular</i>					

35+

1.	1097619	BLANCO GARCIA, Sheila	39	CDELMAR	1:20.28	13,00
	50m:	35.87 35.87	100m:	1:20.28	44.41	
2.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS	1:22.54	10,00
	50m:	37.64 37.64	100m:	1:22.54	44.90	
3.	1028641	OTERO RODRIGUEZ, Sandra	39	ESCUALOS	1:23.94	8,00
	50m:	39.33 39.33	100m:	1:23.94	44.61	
4.	1224939	VAZQUEZ FUENTES, Cintia	39	MONFORTE	1:24.34	7,00
	50m:	38.45 38.45	100m:	1:24.34	45.89	
5.	1142917	LOPEZ SANMARTIN, Tania	35	NFERROL	1:26.04	6,00
	50m:	39.10 39.10	100m:	1:26.04	46.94	
6.	1202705	MARTINEZ BARCIELA, Maria Olga	36	RBAIXAS	2:04.17	5,00
	50m:	1:08.18 1:08.18	100m:	2:04.17	55.99	
NP	1141212	RIVAS TENREIRO, Arantza	37	NTNARON		-

40+

1.	1144270	ROZADOS LUIS, Adriana	41	SALVESTRADA	1:23.28	13,00
	50m:	38.71 38.71	100m:	1:23.28	44.57	
2.	1274254	VAZQUEZ DUARTE, Cristina	40	RBAIXAS	1:39.41	10,00
	50m:	46.70 46.70	100m:	1:39.41	52.71	
3.	1287809	CRUZ ANEIROS, Ana Maria	43	NFERROL	1:46.51	8,00
	50m:	52.15 52.15	100m:	1:46.51	54.36	
4.	1287810	NOVO MARTINEZ, Rocio	42	NFERROL	1:54.55	7,00
	50m:	57.67 57.67	100m:	1:54.55	56.88	
5.	1250481	MENDEZ ABELAIRA, Jessica	44	VALDEORRAS	2:40.08	6,00
	50m:	1:20.77 1:20.77	100m:	2:40.08	1:19.31	

45+

1.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR	1:33.56	13,00
	50m:	41.42 41.42	100m:	1:33.56	52.14	
2.	1036387	VAZQUEZ PARCERO, Marta	46	CULLEREDO	2:23.25	10,00
	50m:	1:09.40 1:09.40	100m:	2:23.25	1:13.85	

Prueba 2, Fem., 100m Estilos

50+

1.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	1:37.50	13,00
	50m:	46.45	46.45	100m:	1:37.50	51.05
2.	1039438	RODRIGUEZ REY, Maria Jose	53	FOGAR	1:49.07	10,00
	50m:	51.53	51.53	100m:	1:49.07	57.54
3.	1197606	CARBALLO BALOIRA, Susana Maria	51	HERCULES	2:02.70	8,00
	50m:	1:02.42	1:02.42	100m:	2:02.70	1:00.28
DSQ	1273331	PEREZ CASTRO, Maria Rut	51	MULLEREF		-
	<i>Salida anticipada</i>					

55+

1.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	1:36.90	13,00
	50m:	45.04	45.04	100m:	1:36.90	51.86
2.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:39.15	10,00
	50m:	49.32	49.32	100m:	1:39.15	49.83
3.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	1:45.21	8,00
	50m:	50.50	50.50	100m:	1:45.21	54.71
4.	1141127	PAREDES RIOS, Rosa Maria	58	PONSVETUS	1:57.93	7,00
	50m:	57.33	57.33	100m:	1:57.93	1:00.60
5.	1258401	CALVIÑO VAZQUEZ, Maria Coral	58	POURENSE	2:04.50	6,00
	50m:	1:01.39	1:01.39	100m:	2:04.50	1:03.11
DSQ	1288425	MARIN CASTRO, Montserrat	55	MULLEREF		-
	<i>Viraje irregular</i>					

60+

1.	1076172	GARCIA COLOMO, Maria Cristina	64	POURENSE	1:36.69	13,00
	50m:	44.54	44.54	100m:	1:36.69	52.15
2.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	1:41.22	10,00
	50m:	46.87	46.87	100m:	1:41.22	54.35
3.	1076506	MARTY PAZOS, Maria Victoria	61	TRAVIESAS	1:58.35	8,00
	50m:	58.02	58.02	100m:	1:58.35	1:00.33
4.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	61	PONSVETUS	2:15.53	7,00
	50m:	1:06.10	1:06.10	100m:	2:15.53	1:09.43

70+

1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:20.83	13,00 RG
	50m:	1:08.27	1:08.27	100m:	2:20.83	1:12.56

Prueba 3
13/06/2026

Masc., 100m Estilos

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1142991	PEREZ PAZ, Dario	21	PONTEAREAS		1:03.86	13,00
	50m:	30.30 30.30	100m:	1:03.86	33.56		
2.	1040558	PONTON RODRIGUEZ, Juan	24	POURENSE		1:04.34	10,00
	50m:	28.73 28.73	100m:	1:04.34	35.61		
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS		1:05.49	8,00
	50m:	29.72 29.72	100m:	1:05.49	35.77		
4.	1097741	GONZALEZ MARTINEZ, Cristian	23	ARTEIXO		1:13.08	7,00
	50m:	35.09 35.09	100m:	1:13.08	37.99		
25+							
1.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO		1:08.61	13,00
	50m:	31.37 31.37	100m:	1:08.61	37.24		
2.	1039654	PREGO PITA, Xian	27	ARTEIXO		1:08.82	10,00
	50m:	32.01 32.01	100m:	1:08.82	36.81		
3.	1078716	HERMIDA RAMOS, Raul	26	NTNARON		1:11.17	8,00
	50m:	32.84 32.84	100m:	1:11.17	38.33		
30+							
1.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON		1:03.15	13,00
	50m:	28.98 28.98	100m:	1:03.15	34.17		
2.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA		1:05.83	10,00
	50m:	30.43 30.43	100m:	1:05.83	35.40		
3.	1178904	TRONCOSO GARRIDO, David	31	GALAICO		1:09.52	8,00
	50m:	32.00 32.00	100m:	1:09.52	37.52		
4.	1290097	DE LA FUENTE ALVAREZ, Iago Ramon	34	CIDSANTIAGO		1:11.88	7,00
	50m:	33.85 33.85	100m:	1:11.88	38.03		
5.	1037824	FREIRE GONZALEZ, Javier	33	RBAIXAS		1:14.49	6,00
	50m:	33.54 33.54	100m:	1:14.49	40.95		
6.	1256973	PENIDE CALVO, Gabriel	33	RBAIXAS		1:22.28	5,00
	50m:	36.80 36.80	100m:	1:22.28	45.48		
7.	1207051	LAVIA PINTOS, David	33	PONSVETUS		1:37.82	4,00
	50m:	44.50 44.50	100m:	1:37.82	53.32		
8.	1284672	SAINZ-MAZA VILAR, Adolfo Antonio	31	ASMEIGAS		1:47.64	3,00
	50m:	47.83 47.83	100m:	1:47.64	59.81		
35+							
1.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO		1:10.65	13,00
	50m:	34.06 34.06	100m:	1:10.65	36.59		
2.	1010948	CAMPAÑA BARROS, Adrian	36	CIDSANTIAGO		1:16.32	10,00
	50m:	35.35 35.35	100m:	1:16.32	40.97		

Prueba 3, Masc., 100m Estilos, 35+

Clasificación						Edad		Tiempo	Puntos
3.	1086708	ABUIN ARES, Manuel				39	CIDSANTIAGO	1:18.47	-
	50m:	36.39	36.39	100m:	1:18.47	42.08			
40+									
1.	1141151	CALLE FACAL, Telmo				43	CIDSANTIAGO	1:02.92	13,00 RG
	50m:	29.07	29.07	100m:	1:02.92	33.85			
2.	1170841	BASTIDA CAMPOS, Alejandro				44	SALVESTRADA	1:26.44	10,00
	50m:	39.01	39.01	100m:	1:26.44	47.43			
3.	1214823	GONZALEZ PEÑAS, David				42	PORTAMIÑA	1:29.98	8,00
	50m:	44.22	44.22	100m:	1:29.98	45.76			
4.	1107557	MELLA BARBEITO, Javier				43	ARTEIXO	1:59.05	7,00
	50m:	56.24	56.24	100m:	1:59.05	1:02.81			
DSQ	1144946	RODRIGUEZ GARCIA, Jose Bernardo				43	RBAIXAS		-
	Nado irregular								
45+									
1.	1267355	TORRES NEIRA, Mateo				47	CASINOC	1:05.06	13,00 RG
	50m:	28.65	28.65	100m:	1:05.06	36.41			
2.	1076560	EIRIZ DIEGUEZ, Daniel				48	MOS	1:08.22	10,00
	50m:	31.29	31.29	100m:	1:08.22	36.93			
3.	1272806	FEIJOO REY, Roi				47	POURENSE	1:13.55	8,00
	50m:	33.92	33.92	100m:	1:13.55	39.63			
4.	1144584	ALVAREZ SILVA, Ruben				45	ESCUALOS	1:17.62	7,00
	50m:	37.40	37.40	100m:	1:17.62	40.22			
5.	1197902	FERNANDEZ LAMELA, David				48	PORTAMIÑA	1:17.89	6,00
	50m:	35.81	35.81	100m:	1:17.89	42.08			
6.	1076564	CABANELAS EIRAS, Pablo				47	CIDSANTIAGO	1:20.16	5,00
	50m:	38.15	38.15	100m:	1:20.16	42.01			
7.	1079491	GOMEZ MARTIN, Ruben				48	FLUVIAL	1:24.95	4,00
	50m:	40.43	40.43	100m:	1:24.95	44.52			
8.	1275100	COTO DONO, Pablo				46	SALVESTRADA	1:58.50	3,00
	50m:	49.50	49.50	100m:	1:58.50	1:09.00			
9.	1251233	GONZALEZ SANDEZ, Carlos				47	VALDEORRAS	2:10.99	2,00
	50m:	1:12.64	1:12.64	100m:	2:10.99	58.35			
50+									
1.	1076185	PEREIRA DIAZ, Angel				54	ESCUALOS	1:15.12	13,00
	50m:	36.94	36.94	100m:	1:15.12	38.18			
2.	1231581	RODRIGUEZ SALGADO, Manuel				51	CIDSANTIAGO	1:16.55	10,00
	50m:	34.63	34.63	100m:	1:16.55	41.92			
3.	1146934	DIEGUEZ ARANDA, Hector				53	PORTAMIÑA	1:16.64	8,00
	50m:	36.67	36.67	100m:	1:16.64	39.97			
4.	1075601	MOURIZ LOMBAO, Francisco Javier				51	PORTAMIÑA	1:16.76	7,00
	50m:	34.89	34.89	100m:	1:16.76	41.87			

Prueba 3, Masc., 100m Estilos, 50+

Clasificación				Edad		Tiempo	Puntos
5.	1197597	HERNAEZ OUBIÑA, David	53	CULLEREDO		1:17.36	6,00
	50m:	36.74 36.74	100m:	1:17.36	40.62		
6.	1255450	RODRIGUEZ RODRIGUEZ, Santiago	54	CIDSANTIAGO		1:21.79	5,00
	50m:	36.97 36.97	100m:	1:21.79	44.82		
7.	1144117	PREGO MARTINEZ, Benjamin	53	PONTEAREAS		1:26.76	4,00
	50m:	41.77 41.77	100m:	1:26.76	44.99		
8.	1076535	DE LUIS GONZALEZ, Aitor	52	PORTAMIÑA		1:32.61	-
	50m:	44.74 44.74	100m:	1:32.61	47.87		
9.	1203306	DURO GONZALEZ, Antonio	52	SALVESTRADA		1:35.64	2,00
	50m:	44.56 44.56	100m:	1:35.64	51.08		
10.	1171462	FERREIRO SEOANE, Jose Raul	53	RBAIXAS		1:35.87	1,00
	50m:	43.01 43.01	100m:	1:35.87	52.86		
DSQ	1007895	VICENTE LOBO, Carlos	53	ARTEIXO			-
	<i>Nado irregular</i>						

55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS		1:20.12	13,00
	50m:	38.65 38.65	100m:	1:20.12	41.47		
2.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO		1:23.08	10,00
	50m:	37.02 37.02	100m:	1:23.08	46.06		
3.	1143605	FERNANDEZ MARTINEZ, Alberto	55	ESCUALOS		1:30.78	8,00
	50m:	44.21 44.21	100m:	1:30.78	46.57		
4.	1228047	PEREZ GARCIA, Manuel	59	CULLEREDO		1:46.75	7,00
	50m:	51.40 51.40	100m:	1:46.75	55.35		
DSQ	1193949	LAMELO OTERO, Ramon Jesus	58	CIDSANTIAGO			-
	<i>Nado irregular</i>						

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO		1:12.69	13,00
	50m:	33.62 33.62	100m:	1:12.69	39.07		
2.	1290118	PEREZ PAREDES, Marcos	60	RCNVIGO		1:47.73	10,00
	50m:	48.92 48.92	100m:	1:47.73	58.81		
3.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO		1:48.27	8,00
	50m:	50.46 50.46	100m:	1:48.27	57.81		
4.	1250479	ROMERO PENA, Juan Ramon	63	HERCULES		1:56.57	7,00
	50m:	56.21 56.21	100m:	1:56.57	1:00.36		

65+

1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES		1:29.77	13,00
	50m:	41.51 41.51	100m:	1:29.77	48.26		
2.	1174449	FERNANDEZ ARRUTI, Jose Angel	67	CIDSANTIAGO		1:29.85	10,00
	50m:	43.82 43.82	100m:	1:29.85	46.03		
3.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS		1:48.81	8,00
	50m:	51.13 51.13	100m:	1:48.81	57.68		

Prueba 3, Masc., 100m Estilos, 65+

Clasificación						Edad			Tiempo	Puntos
4.	1144180	SEGUIN CID, Severino	67	TRAVIESAS	1:50.03	7,00				
	50m:	54.86	54.86	100m:	1:50.03	55.17				
70+										
1.	1240096	IVANCHENKO, Yurii	73	POURENSE	1:46.96	13,00				
	50m:	51.25	51.25	100m:	1:46.96	55.71				
75+										
1.	1076488	MONROY FERNANDEZ, Manuel	76	PONTEAREAS	2:10.13	13,00				
	50m:	1:05.32	1:05.32	100m:	2:10.13	1:04.81				

Prueba 4
13/06/2026

Fem., 200m Braza

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1199453	FILGUEIRAS OLMO, Helena				22	PORTAMIÑA				3:15.60	13,00
	50m:	43.88	43.88	100m:	1:32.94	49.06	150m:	2:24.20	51.26	200m:	3:15.60	51.40
DSQ	1267340	VIEZZOLI, Cecilia				23	RCNVIGO					-
Viraje irregular												
25+												
1.	1113219	IGLESIAS LOPEZ, Maria				25	CULLEREDO				3:09.54	13,00
	50m:	43.01	43.01	100m:	1:31.24	48.23	150m:	2:20.81	49.57	200m:	3:09.54	48.73
2.	1259711	FERNANDEZ ESCURIS, Iria				29	RIVEIRA				4:16.80	10,00
	50m:	56.10	56.10	100m:	2:00.73	1:04.63	150m:	3:08.89	1:08.16	200m:	4:16.80	1:07.91
30+												
1.	1253937	MELLA CASTRO, Ana Maria				32	ORDES				3:53.31	13,00
	50m:	50.01	50.01	100m:	1:49.30	59.29	150m:	2:51.23	1:01.93	200m:	3:53.31	1:02.08
2.	1257939	PUENTE MARIN, Cristina				31	FLUVIAL				4:01.95	10,00
	50m:	52.48	52.48	100m:	1:52.18	59.70	150m:	2:56.41	1:04.23	200m:	4:01.95	1:05.54
3.	1078925	SALGADO CASTELO, Marta				32	MULLEREF				4:30.91	8,00
	50m:	1:02.89	1:02.89	100m:	2:11.31	1:08.42	150m:	3:21.95	1:10.64	200m:	4:30.91	1:08.96
4.	1240953	SIMOIS MORAIS, Yolanda				32	SALVESTRADA				4:35.74	7,00
	50m:	1:00.64	1:00.64	100m:	2:11.51	1:10.87	150m:	3:26.78	1:15.27	200m:	4:35.74	1:08.96
35+												
1.	1204918	MARTINEZ GARCIA, Susana				35	MONFORTE				4:02.79	13,00
	50m:	52.20	52.20	100m:	1:52.91	1:00.71	150m:	2:58.06	1:05.15	200m:	4:02.79	1:04.73
40+												
1.	1013486	GONZALEZ RODRIGUEZ, Maria				44	CIDSANTIAGO				3:08.62	13,00
	50m:	41.71	41.71	100m:	1:28.15	46.44	150m:	2:17.71	49.56	200m:	3:08.62	50.91
2.	1243130	TORRE GONZALEZ, Elisa				41	RBAIXAS				3:22.52	10,00
	50m:	45.13	45.13	100m:	1:37.43	52.30	150m:	2:30.79	53.36	200m:	3:22.52	51.73
3.	1287809	CRUZ ANEIROS, Ana Maria				43	NFERROL				3:59.22	8,00
	50m:	53.42	53.42	100m:	1:54.30	1:00.88	150m:	2:56.93	1:02.63	200m:	3:59.22	1:02.29
45+												
1.	1143598	MIRA VAZQUEZ, Marta				45	ESCUALOS				3:22.01	13,00
	50m:	45.60	45.60	100m:	1:36.96	51.36	150m:	2:30.21	53.25	200m:	3:22.01	51.80
2.	1237395	VILARIÑO CACHO, Elvira				45	SALVESTRADA				3:26.46	10,00
	50m:	48.67	48.67	100m:	1:41.01	52.34	150m:	2:33.74	52.73	200m:	3:26.46	52.72
3.	1170845	CID ALVAREZ, Isabel				46	ESCUALOS				3:44.86	8,00
	50m:	51.88	51.88	100m:	1:49.00	57.12	150m:	2:47.58	58.58	200m:	3:44.86	57.28

Prueba 4, Fem., 200m Braza, 45+

Clasificación							Edad							Tiempo	Puntos
4.	1273323	LOPEZ BARREIRO, Cristina					47	MULLEREF					4:07.43	7,00	
	50m:	53.85	53.85	100m:	1:56.19	1:02.34	150m:	3:01.51	1:05.32	200m:	4:07.43	1:05.92			
DSQ	1253184	ABELLEIRA CORRAL, Gema					46	MULLEREF						-	
Viraje irregular															
50+															
1.	1261398	DIEGUEZ SANMARTIN, M.					50	SALVESTRADA					4:02.72	13,00	
	50m:	53.54	53.54	100m:	1:55.05	1:01.51	150m:	2:59.12	1:04.07	200m:	4:02.72	1:03.60			
55+															
1.	1287796	MAURIZ ABUIN, Maria Del Mar					57	MULLEREF					4:13.34	13,00	
	50m:	57.82	57.82	100m:	2:01.90	1:04.08	150m:	3:06.72	1:04.82	200m:	4:13.34	1:06.62			
60+															
DSQ	1267371	FORRYAN SECCOMBE, Anne May					60	PONTEAREAS						-	
Viraje irregular															
65+															
1.	1039437	BALADO LOPEZ, Ana Maria					65	POURENSE					3:43.47	13,00	
	50m:	47.97	47.97	100m:	1:42.55	54.58	150m:	2:41.89	59.34	200m:	3:43.47	1:01.58			
2.	1217937	RODRIGUEZ TRONCOSO, Marina					67	PONTEAREAS					5:20.72	10,00	
	50m:	1:10.26	1:10.26	100m:	2:31.39	1:21.13	150m:	3:57.14	1:25.75	200m:	5:20.72	1:23.58			
70+															
1.	1037151	GOMEZ DOVAL, Maria Angela					70	FLUVIAL					5:19.73	13,00	
	50m:	1:12.52	1:12.52	100m:	2:34.92	1:22.40	150m:	3:59.98	1:25.06	200m:	5:19.73	1:19.75			

Prueba 5
13/06/2026

Masc., 200m Braza

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1107916	FERNANDEZ DEL VALLE, Ivan				21	POURENSE				2:28.49	13,00
	50m:	32.57	32.57	100m:	1:09.80	37.23	150m:	1:48.91	39.11	200m:	2:28.49	39.58
2.	1079156	MARQUEZ VAZQUEZ, Pablo				24	ASMEIGAS				3:09.40	10,00
	50m:	41.86	41.86	100m:	1:28.76	46.90	150m:	2:18.22	49.46	200m:	3:09.40	51.18
25+												
1.	1144193	PASTORIZA SANTACLARA, Jorge				29	RBAIXAS				2:33.54	13,00
	50m:	33.70	33.70	100m:	1:11.65	37.95	150m:	1:51.49	39.84	200m:	2:33.54	42.05
2.	1142936	ARGIZ MARTINEZ, David				26	MONFORTE				2:41.20	10,00
	50m:	36.25	36.25	100m:	1:16.96	40.71	150m:	1:59.14	42.18	200m:	2:41.20	42.06
3.	1115676	GONZALEZ IGLESIAS, Alberto				29	CULLEREDO				2:41.24	8,00
	50m:	36.69	36.69	100m:	1:17.08	40.39	150m:	1:58.68	41.60	200m:	2:41.24	42.56
4.	1141093	VILLAMOR FERRO, Ruben				26	ARTEIXO				2:48.41	7,00
	50m:	37.27	37.27	100m:	1:18.79	41.52	150m:	2:02.77	43.98	200m:	2:48.41	45.64
5.	1284785	ABALDE PUJALES, Alberto				26	RBAIXAS				3:20.17	6,00
	50m:	44.79	44.79	100m:	1:36.51	51.72	150m:	2:30.02	53.51	200m:	3:20.17	50.15
30+												
1.	1040779	QUINTAS MOSQUERA, Manuel				30	CIDSANTIAGO				2:37.70	13,00
	50m:	34.51	34.51	100m:	1:14.55	40.04	150m:	1:55.67	41.12	200m:	2:37.70	42.03
2.	1222771	LAGO GONZALEZ, Ivan				33	PONTEAREAS				4:51.17	10,00
	50m:	59.53	59.53	100m:	2:09.71	1:10.18	150m:	3:28.32	1:18.61	200m:	4:51.17	1:22.85
35+												
1.	1075908	LOBELLE GONZALEZ, Marcos				37	CDELMAR				2:43.92	13,00
	50m:	35.67	35.67	100m:	1:16.92	41.25	150m:	1:59.96	43.04	200m:	2:43.92	43.96
2.	1241139	DIEGUEZ GONZALEZ, Bruno				36	CIDSANTIAGO				3:14.81	10,00
	50m:	42.82	42.82	100m:	1:32.00	49.18	150m:	2:23.70	51.70	200m:	3:14.81	51.11
40+												
1.	1143897	SEVILLA AROCA, Javier				43	ESCUALOS				2:57.79	13,00
	50m:	41.76	41.76	100m:	1:27.30	45.54	150m:	2:13.65	46.35	200m:	2:57.79	44.14
2.	1145052	FIERRO FERNANDEZ, Julio				44	CASINOC				3:08.23	10,00
	50m:	43.88	43.88	100m:	1:30.78	46.90	150m:	2:19.51	48.73	200m:	3:08.23	48.72
45+												
1.	1143895	PADIN CHARLIN, Joaquin				46	ESCUALOS				3:08.72	13,00
	50m:	41.26	41.26	100m:	1:27.99	46.73	150m:	2:17.99	50.00	200m:	3:08.72	50.73
2.	1178765	ESPAÑA CABEZAS, Jesus				45	CIDSANTIAGO				3:15.13	10,00
	50m:	41.89	41.89	100m:	1:31.53	49.64	150m:	2:23.63	52.10	200m:	3:15.13	51.50

Prueba 5, Masc., 200m Braza, 45+

Clasificación									Edad		Tiempo	Puntos
3.	1084041	SUAREZ GARCIA, Sergio				46	PONSVETUS				3:35.35	8,00
	50m:	47.76	47.76	100m:	1:41.70	53.94	150m:	2:38.02	56.32	200m:	3:35.35	57.33

4.	1251233	GONZALEZ SANDEZ, Carlos				47	VALDEORRAS				4:06.97	7,00
	50m:	53.06	53.06	100m:	1:54.81	1:01.75	150m:	3:01.18	1:06.37	200m:	4:06.97	1:05.79

50+

1.	1076185	PEREIRA DIAZ, Angel				54	ESCUALOS				3:01.60	13,00
	50m:	41.53	41.53	100m:	1:28.34	46.81	150m:	2:15.26	46.92	200m:	3:01.60	46.34

2.	1244393	REY RODRIGUEZ, Oscar				52	CIDSANTIAGO				3:02.06	10,00
	50m:	41.72	41.72	100m:	1:27.19	45.47	150m:	2:14.49	47.30	200m:	3:02.06	47.57

3.	1251854	CARBALLO CABEZAS, Enrique				50	POURENSE				3:02.13	8,00
	50m:	42.48	42.48	100m:	1:29.28	46.80	150m:	2:16.05	46.77	200m:	3:02.13	46.08

4.	1040137	QUINTAS BARROS, Jesus Carlos				53	ESCUALOS				3:11.50	7,00
	50m:	42.49	42.49	100m:	1:31.03	48.54	150m:	2:21.44	50.41	200m:	3:11.50	50.06

5.	1201621	ALONSO ORTIZ, Mariano				50	FLUVIAL				3:17.52	6,00
	50m:	42.45	42.45	100m:	1:31.11	48.66	150m:	2:23.63	52.52	200m:	3:17.52	53.89

6.	1224729	FERNADEZ BARREIROS, Claudio				51	ORDES				3:25.01	5,00
	50m:	46.26	46.26	100m:	1:38.72	52.46	150m:	2:32.80	54.08	200m:	3:25.01	52.21

55+

1.	1141504	BOUSO FUENTECILLA, Fernando				55	ESCUALOS				3:13.51	13,00
	50m:	43.99	43.99	100m:	1:33.62	49.63	150m:	2:24.10	50.48	200m:	3:13.51	49.41

2.	1143605	FERNANDEZ MARTINEZ, Alberto				55	ESCUALOS			3:27.36	10,00	
	50m:	46.22	46.22	100m:	1:38.43	52.21	150m:	2:33.02	54.59	200m:	3:27.36	54.34

3.	1178895	CRESPO PEREZ, Albarino				56	ESCUALOS				3:30.67	-
	50m:	45.14	45.14	100m:	1:37.06	51.92	150m:	2:33.73	56.67	200m:	3:30.67	56.94

4.	1274570	CEDRON VILAR, Raul				57	MULLEREF				3:55.55	7,00
	50m:	54.57	54.57	100m:	1:54.34	59.77	150m:	2:54.93	1:00.59	200m:	3:55.55	1:00.62

5.	1144698	CADAVID NUÑEZ, Jose	56	POURENSE	4:00.78	6,00						
	50m:	51.75	51.75	100m:	1:51.99	1:00.24	150m:	2:56.50	1:04.51	200m:	4:00.78	1:04.28

6.	1145039	FERREIRO SANCHEZ, Luis				56	POURENSE				4:46.63	5,00
	50m:	1:03.25	1:03.25	100m:	2:17.71	1:14.46	150m:	3:34.91	1:17.20	200m:	4:46.63	1:11.72

60+

1.	1076516	JORGE IGLESIAS, Marcelino			60	PONTEAREAS				2:59.14	13,00	
	50m:	42.32	42.32	100m:	1:29.41	47.09	150m:	2:16.05	46.64	200m:	2:59.14	43.09

2.	1144940	HERNANZ MORAL, Fausto				64	RBAIXAS			4:10.99	10,00	
	50m:	56.01	56.01	100m:	1:59.88	1:03.87	150m:	3:05.84	1:05.96	200m:	4:10.99	1:05.15

3.	1143966	FERNANDEZ GONZALEZ, Alvaro				61	MOS			4:35.56	8,00	
	50m:	58.72	58.72	100m:	2:05.90	1:07.18	150m:	3:20.06	1:14.16	200m:	4:35.56	1:15.50

4.	1143998	FERNANDEZ GARCIA, Manuel Víctor	61	RIVEIRA					5:01.22	7,00		
	50m:	1:06.80	1:06.80	100m:	2:22.19	1:15.39	150m:	3:41.25	1:19.06	200m:	5:01.22	1:19.97

Prueba 5, Masc., 200m Braza

65+

1.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS						3:26.53	13,00	
	50m:	45.94	45.94	100m:	1:37.69	51.75	150m:	2:32.37	54.68	200m:	3:26.53	54.16
2.	1141150	RODRIGUEZ VIEITO, Ricardo Manuel	69	MOS						4:06.82	10,00	
	50m:	56.85	56.85	100m:	1:58.97	1:02.12	150m:	3:04.00	1:05.03	200m:	4:06.82	1:02.82

70+

1.	1076165	GARCIA COLOMO, Manuel Ramon			72	POURENSE			4:06.00	13,00		
	50m:	57.14	57.14	100m:	2:00.07	1:02.93	150m:	3:04.07	1:04.00	200m:	4:06.00	1:01.93

Prueba 6
13/06/2026

Fem., 100m Mariposa

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1140796	DIAZ DOPICO, Sabela	24	NFERROL		1:16.51	13,00
	50m:	35.63 35.63	100m:	1:16.51	40.88		
25+							
1.	1076332	PORTELA CARBALLIDO, Andrea	25	CIDSANTIAGO		1:16.15	13,00
	50m:	35.86 35.86	100m:	1:16.15	40.29		
2.	1037965	COSTA FERNANDEZ, Laura	25	PONTEAREAS		1:19.64	10,00
	50m:	36.78 36.78	100m:	1:19.64	42.86		
3.	1198880	LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA		1:22.67	8,00
	50m:	37.90 37.90	100m:	1:22.67	44.77		
30+							
1.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR		1:18.61	13,00
	50m:	36.52 36.52	100m:	1:18.61	42.09		
2.	1145008	GONZALEZ PEREZ, Paula	30	PONTEAREAS		1:53.04	10,00
	50m:	51.67 51.67	100m:	1:53.04	1:01.37		
3.	1257939	PUENTE MARIN, Cristina	31	FLUVIAL		1:58.13	8,00
	50m:	55.14 55.14	100m:	1:58.13	1:02.99		
35+							
1.	1026898	TOMILLO SANTOS, Erika	36	PONSVETUS		1:43.08	13,00
	50m:	48.14 48.14	100m:	1:43.08	54.94		
2.	1110693	FERNANDEZ GUARDIOLA, Loira	37	PONTEAREAS		2:23.94	10,00
	50m:	1:04.53 1:04.53	100m:	2:23.94	1:19.41		
40+							
1.	1222531	FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA		1:38.51	13,00
	50m:	44.97 44.97	100m:	1:38.51	53.54		
45+							
1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL		1:12.61	13,00
	50m:	34.24 34.24	100m:	1:12.61	38.37		
2.	1170845	CID ALVAREZ, Isabel	46	ESCUALOS		1:45.27	10,00
	50m:	50.63 50.63	100m:	1:45.27	54.64		
DSQ	1264778	VAZQUEZ LOPEZ, Eva	49	MULLEREF			-
	<i>Nado irregular</i>						

Prueba 6, Fem., 100m Mariposa

50+

1.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	2:11.90	13,00
	50m:	54.21 54.21	100m:	2:11.90 1:17.69		

55+

1.	1145007	MELON PARENTE, Maria Lourdes	57	PONTEAREAS	3:08.97	13,00
	50m:	1:29.26 1:29.26	100m:	3:08.97 1:39.71		

60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	1:43.40	13,00
	50m:	46.76 46.76	100m:	1:43.40 56.64		
2.	1086162	BARJA BARJA, Liliana	61	TRAVIESAS	2:07.64	10,00
	50m:	58.88 58.88	100m:	2:07.64 1:08.76		

65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	1:36.80	13,00 RG
	50m:	42.89 42.89	100m:	1:36.80 53.91		

Prueba 7
13/06/2026

Masc., 100m Mariposa

2006 y mayores
Resultados

Clasificación	Edad						Tiempo	Puntos	
20+									
1.	1076409	CANCELA GOMEZ, Hugo				23	PONTEAREAS	1:04.04	13,00
	50m:	29.63	29.63	100m:	1:04.04	34.41			
2.	1039680	MOLINELLI MARCOTE, Andres				24	CASINOC	1:04.47	10,00
	50m:	29.69	29.69	100m:	1:04.47	34.78			
3.	1068314	MARTINEZ MARTINEZ, Marcos				23	PONTEAREAS	1:07.36	8,00
	50m:	30.92	30.92	100m:	1:07.36	36.44			
4.	1075385	DIZ NIEVES, David				22	NFERROL	1:09.91	7,00
	50m:	31.33	31.33	100m:	1:09.91	38.58			
25+									
1.	1246147	LOPEZ LOPEZ, Jaime Borja				26	PORTAMIÑA	1:06.48	13,00
	50m:	30.80	30.80	100m:	1:06.48	35.68			
30+									
1.	1119327	SUAREZ FERNANDEZ, Santiago				31	MONFORTE	1:03.45	13,00
	50m:	29.41	29.41	100m:	1:03.45	34.04			
2.	1037076	COBELO REPRESAS, Francisco				30	PONTEAREAS	1:11.40	10,00
	50m:	32.39	32.39	100m:	1:11.40	39.01			
3.	1191498	CASANOVA MARTINEZ, Victor				30	MONFORTE	1:16.44	8,00
	50m:	34.75	34.75	100m:	1:16.44	41.69			
4.	1287224	TORNE BOBO, Borja				34	VALDEORRAS	1:23.65	7,00
	50m:	37.51	37.51	100m:	1:23.65	46.14			
35+									
1.	1204916	BALLESTER IBAÑEZ, Edgar				35	MONFORTE	1:04.17	13,00
	50m:	30.38	30.38	100m:	1:04.17	33.79			
2.	1041299	MARTINEZ GESTAL, Alejandro				36	CDELMAR	1:05.31	10,00
	50m:	29.62	29.62	100m:	1:05.31	35.69			
3.	1128175	GULIAS GARCIA, Jose Ruben				35	PONSVETUS	1:16.36	8,00
	50m:	35.24	35.24	100m:	1:16.36	41.12			
4.	1086708	ABUIN ARES, Manuel				39	CIDSANTIAGO	1:20.93	7,00
	50m:	36.12	36.12	100m:	1:20.93	44.81			
5.	1076271	NOVALES BLANCO, Xabier				35	RBAIXAS	1:24.33	6,00
	50m:	38.86	38.86	100m:	1:24.33	45.47			
6.	1078909	RODRIGUEZ BALIÑA, Mauro				36	PONTEAREAS	1:24.80	5,00
	50m:	37.50	37.50	100m:	1:24.80	47.30			
40+									
1.	1286165	LOUREIRO FERREIROA, Marcos				41	SALVESTRA	1:11.43	13,00
	50m:	33.18	33.18	100m:	1:11.43	38.25			

Prueba 7, Masc., 100m Mariposa, 40+

Clasificación					Edad		Tiempo	Puntos
2.	1203519	KRUGLOV KRUGLOV, Mykola	41	ESCUALOS			1:18.60	10,00
	50m:	36.88 36.88	100m:	1:18.60	41.72			
45+								
1.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS			1:10.89	13,00
	50m:	32.10 32.10	100m:	1:10.89	38.79			
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO			1:12.76	10,00
	50m:	34.49 34.49	100m:	1:12.76	38.27			
3.	1198273	MONTERO PRIETO, Carlos Eugenio	48	CIDSANTIAGO			1:20.13	8,00
	50m:	35.72 35.72	100m:	1:20.13	44.41			
4.	1224733	ARANGO GAYAR, Saul	46	RBAIXAS			1:21.89	7,00
	50m:	36.30 36.30	100m:	1:21.89	45.59			
5.	1199899	DOMINGUEZ PHILOCREON, Ticiano	45	CIDSANTIAGO			1:23.99	-
	50m:	39.33 39.33	100m:	1:23.99	44.66			
6.	1190398	FERNANDEZ CORRAL, Marcos	47	PORTAMIÑA			2:07.67	5,00
	50m:	1:00.34 1:00.34	100m:	2:07.67	1:07.33			
50+								
1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO			1:05.96	13,00
	50m:	31.04 31.04	100m:	1:05.96	34.92			
2.	1107405	SALGUEIRO CERVERA, Ignacio	50	TRAVIESAS			1:19.82	10,00
	50m:	36.25 36.25	100m:	1:19.82	43.57			
3.	1144297	LAMAS SOTO, Cesar	51	CULLEREDO			1:30.97	8,00
	50m:	37.05 37.05	100m:	1:30.97	53.92			
4.	1180236	DE LA VEGA GANDARAS, Felipe	53	HERCULES			1:47.21	7,00
	50m:	50.82 50.82	100m:	1:47.21	56.39			
55+								
1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA			1:19.27	13,00
	50m:	36.16 36.16	100m:	1:19.27	43.11			
2.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR			1:37.14	10,00
	50m:	44.69 44.69	100m:	1:37.14	52.45			
60+								
1.	1143575	FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA			1:45.22	13,00
	50m:	46.99 46.99	100m:	1:45.22	58.23			
2.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE			1:54.94	10,00
	50m:	50.90 50.90	100m:	1:54.94	1:04.04			
70+								
1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES			1:33.88	13,00
	50m:	42.17 42.17	100m:	1:33.88	51.71			

Prueba 8
13/06/2026

Fem., 100m Espalda

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1087099	GOMEZ FERNANDEZ, Uxia	23	ESCUALOS		1:30.60	13,00
	50m:	44.38 44.38	100m:	1:30.60	46.22		
2.	1289860	LORENZO PEREZ, Aroa	24	POURENSE		1:53.63	10,00
	50m:	58.37 58.37	100m:	1:53.63	55.26		
25+							
1.	1038179	IBÁÑEZ CARRERA, Sara	25	PONTEAREAS		1:11.99	13,00
	50m:	34.83 34.83	100m:	1:11.99	37.16		
2.	1087181	BLANCO PEREZ, Paula	27	POURENSE		1:17.47	10,00
	50m:	38.17 38.17	100m:	1:17.47	39.30		
3.	1039634	LAGO CASTILLO, Natalia	27	NCORUÑA		1:18.67	8,00
	50m:	38.11 38.11	100m:	1:18.67	40.56		
4.	1037158	RAÑALES GRAÑA, Naila	25	NFERROL		1:26.57	7,00
	50m:	41.04 41.04	100m:	1:26.57	45.53		
5.	1144257	FERNANDEZ GONZALEZ, Elena	25	HERCULES		1:30.78	6,00
	50m:	45.10 45.10	100m:	1:30.78	45.68		
6.	1038466	RODRIGUEZ PAZ, Lucia	26	PONTEAREAS		1:36.56	5,00
	50m:	47.32 47.32	100m:	1:36.56	49.24		
7.	1284691	VALIÑO RIVERA, Mariña	25	NCORUÑA		1:49.46	4,00
	50m:	53.12 53.12	100m:	1:49.46	56.34		
30+							
1.	1051353	CRUZ GARCIA, Aurora	31	CIDSANTIAGO		1:17.38	13,00
	50m:	37.66 37.66	100m:	1:17.38	39.72		
2.	1076407	SILVEIRA LOUREIRO, Maria	31	MOS		1:25.79	10,00
	50m:	40.19 40.19	100m:	1:25.79	45.60		
3.	1236745	RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE		1:35.10	8,00
	50m:	44.77 44.77	100m:	1:35.10	50.33		
4.	1243197	GANDARA SUAREZ, Tania	33	ORDES		1:37.15	7,00
	50m:	47.34 47.34	100m:	1:37.15	49.81		
5.	1247615	ALONSO PEREIRA, Fatima	33	RBAIXAS		1:45.68	6,00
	50m:	51.16 51.16	100m:	1:45.68	54.52		
6.	1141053	IGLESIAS SUAREZ, Laura	34	CDELMAR		1:48.43	5,00
	50m:	53.06 53.06	100m:	1:48.43	55.37		
7.	1286109	GARCIA VILLARONGA, Cecilia	34	RIVEIRA		2:03.85	4,00
	50m:	56.80 56.80	100m:	2:03.85	1:07.05		
35+							
1.	1028641	OTERO RODRIGUEZ, Sandra	39	ESCUALOS		1:23.18	13,00
	50m:	40.21 40.21	100m:	1:23.18	42.97		

Prueba 8, Fem., 100m Espalda, 35+

Clasificación					Edad			Tiempo	Puntos
2.	1142917	LOPEZ SANMARTIN, Tania	35	NFERROL				1:24.50	10,00
	50m:	41.67	41.67	100m:	1:24.50	42.83			
3.	1026898	TOMILLO SANTOS, Erika	36	PONSVETUS				1:39.46	8,00
	50m:	49.74	49.74	100m:	1:39.46	49.72			
4.	1036315	LOPEZ CORTABITARTE, Belen	39	CASINOC				1:46.94	7,00
	50m:	52.54	52.54	100m:	1:46.94	54.40			
40+									
1.	1236642	ABBATEMARCO, Cristina	42	SALVESTRADA				1:30.85	13,00
	50m:	44.14	44.14	100m:	1:30.85	46.71			
2.	1075225	SOUTO DERUNGS, Cristina	41	NFERROL				1:31.47	10,00
	50m:	44.25	44.25	100m:	1:31.47	47.22			
3.	1274254	VAZQUEZ DUARTE, Cristina	40	RBAIXAS				1:36.67	8,00
	50m:	46.63	46.63	100m:	1:36.67	50.04			
4.	1075224	BROZOS VAZQUEZ, Elena Maria	44	CIDSANTIAGO				2:05.92	7,00
	50m:	1:00.27	1:00.27	100m:	2:05.92	1:05.65			
5.	1250481	MENDEZ ABELAIRA, Jessica	44	VALDEORRAS				2:51.57	6,00
	50m:	1:23.40	1:23.40	100m:	2:51.57	1:28.17			
45+									
1.	1287794	LOPEZ LUACES, Lidia	48	MULLEREF				2:27.80	13,00
	50m:	1:11.11	1:11.11	100m:	2:27.80	1:16.69			
2.	1237398	SIEIRA NOCEDA, Diana Maria	47	RIVEIRA				3:01.75	10,00
	50m:	1:27.99	1:27.99	100m:	3:01.75	1:33.76			
50+									
1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA				1:25.28	13,00
	50m:	41.97	41.97	100m:	1:25.28	43.31			
2.	1217442	VILLASANTE ARMAS, Maria Rosa	51	NCORUÑA				1:52.61	10,00
	50m:	56.24	56.24	100m:	1:52.61	56.37			
55+									
1.	1076524	SOUSA CARNEIRO, Rosana	55	MOS				1:45.97	13,00
	50m:	52.37	52.37	100m:	1:45.97	53.60			
2.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS				1:49.25	10,00
	50m:	52.01	52.01	100m:	1:49.25	57.24			
3.	1076154	ABREU FERNANDEZ, Marta	55	PONTEAREAS				2:10.46	8,00
	50m:	1:04.58	1:04.58	100m:	2:10.46	1:05.88			
4.	1288425	MARIN CASTRO, Montserrat	55	MULLEREF				2:18.72	7,00
	50m:	1:09.97	1:09.97	100m:	2:18.72	1:08.75			

Prueba 8, Fem., 100m Espalda

60+

1.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	2:04.09	13,00
	50m:	59.90	59.90	100m:	2:04.09	1:04.19
2.	1076506	MARTY PAZOS, Maria Victoria	61	TRAVIESAS	2:07.92	10,00
	50m:	1:03.93	1:03.93	100m:	2:07.92	1:03.99

70+

1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:27.47	13,00 RG
	50m:	1:11.27	1:11.27	100m:	2:27.47	1:16.20
2.	1208789	MAROTO REGLERO, Maria Consuelo F74lla		TRAVIESAS	2:56.64	10,00
	50m:	1:27.39	1:27.39	100m:	2:56.64	1:29.25

80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina Mar	80	PONTEAREAS	3:30.11	13,00
	50m:	1:41.48	1:41.48	100m:	3:30.11	1:48.63

Prueba 9
13/06/2026

Masc., 100m Espalda

2006 y mayores
Resultados

Clasificación							Edad			Tiempo	Puntos
20+											
1.	1038566	CIVEIRA CORRAL, Samuel					24	POURENSE		1:00.28	13,00
	50m:	28.86	28.86	100m:	1:00.28	31.42					
2.	1087096	LOPEZ FERNANDEZ, Martin					22	POURENSE		1:00.85	10,00
	50m:	30.01	30.01	100m:	1:00.85	30.84					
3.	1208836	GOMEZ MENDEZ, Borja					24	PONTEAREAS		2:13.97	8,00
	50m:	1:06.54	1:06.54	100m:	2:13.97	1:07.43					
4.	1287196	LORENZO BAUTISTA, Anxo					23	PONTEAREAS		2:23.78	7,00
	50m:	1:01.35	1:01.35	100m:	2:23.78	1:22.43					
DSQ	1287242	VALVERDE TABOADA, Martin					20	PONTEAREAS			-
<i>Salida irregular</i>											
25+											
1.	1078716	HERMIDA RAMOS, Raul					26	NTNARON		1:12.77	13,00
	50m:	35.61	35.61	100m:	1:12.77	37.16					
30+											
1.	1178904	TRONCOSO GARRIDO, David					31	GALAICO		1:10.97	13,00
	50m:	34.16	34.16	100m:	1:10.97	36.81					
2.	1191498	CASANOVA MARTINEZ, Victor					30	MONFORTE		1:18.39	10,00
	50m:	38.84	38.84	100m:	1:18.39	39.55					
3.	1207051	LAVIA PINTOS, David					33	PONSVETUS		1:36.24	8,00
	50m:	49.20	49.20	100m:	1:36.24	47.04					
DSQ	1260354	VAZQUEZ PEREZ, Diego					31	MONFORTE			-
<i>Nado irregular</i>											
35+											
1.	1143890	FORTES NOVOA, Martiño					38	ESCUALOS		1:15.50	13,00
	50m:	38.23	38.23	100m:	1:15.50	37.27					
2.	1236854	GIRALDEZ VILLANUEVA, Ivan					39	PONTEAREAS		2:18.28	10,00
	50m:	1:06.38	1:06.38	100m:	2:18.28	1:11.90					
40+											
1.	1141144	ARIETTO GARCIA, Jorge					40	RCNVIGO		1:07.86	13,00
	50m:	32.85	32.85	100m:	1:07.86	35.01					
2.	1170841	BASTIDA CAMPOS, Alejandro					44	SALVESTRADA		1:25.70	10,00
	50m:	41.54	41.54	100m:	1:25.70	44.16					
3.	1036745	BARCIA SIXTO, Francisco Jose					41	NTNARON		1:28.08	8,00
	50m:	42.98	42.98	100m:	1:28.08	45.10					
4.	1272979	DONG, Taogui					42	PORTAMIÑA		1:36.18	7,00
	50m:	48.59	48.59	100m:	1:36.18	47.59					

Prueba 9, Masc., 100m Espalda, 40+

Clasificación				Edad		Tiempo	Puntos
5.	1107557	MELLA BARBEITO, Javier	43	ARTEIXO		1:53.85	6,00
	50m:	55.14 55.14	100m:	1:53.85	58.71		
45+							
1.	1267355	TORRES NEIRA, Mateo	47	CASINOC		1:03.85	13,00 RG
	50m:	30.52 30.52	100m:	1:03.85	33.33		
2.	1076560	EIRIZ DIEGUEZ, Daniel	48	MOS		1:10.27	10,00
	50m:	33.85 33.85	100m:	1:10.27	36.42		
3.	1197902	FERNANDEZ LAMELA, David	48	PORTAMIÑA		1:15.42	8,00
	50m:	37.55 37.55	100m:	1:15.42	37.87		
4.	1143895	PADIN CHARLIN, Joaquin	46	ESCUALOS		1:23.67	7,00
	50m:	41.46 41.46	100m:	1:23.67	42.21		
5.	1079491	GOMEZ MARTIN, Ruben	48	FLUVIAL		1:29.06	6,00
	50m:	42.98 42.98	100m:	1:29.06	46.08		
6.	1147216	GONZALEZ VICENTE, Ruben	45	PORTAMIÑA		1:38.46	5,00
	50m:	48.33 48.33	100m:	1:38.46	50.13		
7.	1238132	FIDALGO SERRANO, Manuel-Antonio	45	TRAVIESAS		1:50.58	4,00
	50m:	53.72 53.72	100m:	1:50.58	56.86		
50+							
1.	1205935	GUIRADO CARABEL, Oscar	50	CULLEREDO		1:16.10	13,00
	50m:	36.73 36.73	100m:	1:16.10	39.37		
2.	1255450	RODRIGUEZ RODRIGUEZ, Santiago	54	CIDSANTIAGO		1:23.41	10,00
	50m:	40.63 40.63	100m:	1:23.41	42.78		
3.	1076535	DE LUIS GONZALEZ, Aitor	52	PORTAMIÑA		1:33.08	8,00
	50m:	46.61 46.61	100m:	1:33.08	46.47		
4.	1268047	CUETO ALVAREZ, Elias	51	CIDSANTIAGO		1:41.83	7,00
	50m:	50.89 50.89	100m:	1:41.83	50.94		
55+							
1.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO		1:21.91	13,00
	50m:	40.15 40.15	100m:	1:21.91	41.76		
2.	1141191	GARCIA SANJURJO, Jose Manuel	59	CDELMAR		1:34.62	10,00
	50m:	46.33 46.33	100m:	1:34.62	48.29		
3.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR		1:38.97	8,00
	50m:	48.54 48.54	100m:	1:38.97	50.43		
4.	1195569	PEREZ LEIVA, Manuel	58	RBAIXAS		1:41.64	7,00
	50m:	49.25 49.25	100m:	1:41.64	52.39		
60+							
1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO		1:12.07	13,00
	50m:	35.18 35.18	100m:	1:12.07	36.89		
2.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO		1:45.76	10,00
	50m:	52.66 52.66	100m:	1:45.76	53.10		

Prueba 9, Masc., 100m Espalda, 60+

Clasificación					Edad			Tiempo	Puntos
3.	1075589	SANCHEZ VAZQUEZ, Jesus	64	PORTAMIÑA				1:54.55	8,00
		50m: 55.79 55.79 100m: 1:54.55 58.76							
4.	1143966	FERNANDEZ GONZALEZ, Alvaro	61	MOS				2:03.64	7,00
		50m: 1:00.94 1:00.94 100m: 2:03.64 1:02.70							

65+

1.	1170858	CODESIDO LOPEZ, Jose	67	CIDSANTIAGO				1:32.33	13,00
		50m: 43.47 43.47 100m: 1:32.33 48.86							
2.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES				1:36.13	10,00
		50m: 45.69 45.69 100m: 1:36.13 50.44							

Prueba 10
13/06/2026

Fem., 50m Libre

2006 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS	32.80	13,00
2.	1292532	RODAL FERNANDEZ, Antia	24	POURENSE	35.77	10,00
3.	1289860	LORENZO PEREZ, Aroa	24	POURENSE	52.81	8,00
25+						
1.	1130789	GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO	30.34	13,00
2.	1145079	RIVADULLA MALLO, Maria Irene	28	SALVESTRADA	31.37	10,00
3.	1198880	LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA	32.34	8,00
4.	1081004	PAZOS AGUIAR, Lara	26	NCORUÑA	32.41	7,00
5.	1144257	FERNANDEZ GONZALEZ, Elena	25	HERCULES	32.60	6,00
6.	1040620	RODRIGUEZ CERVINO, Ana	26	RBAIXAS	32.94	5,00
7.	1263196	CASTRO BLANCO, Brenda	26	ESCUALOS	38.82	4,00
8.	1284691	VALIÑO RIVERA, Mariña	25	NCORUÑA	43.13	3,00
9.	1222772	RODRIGUEZ-TOUBES FORRYAN, Irene	27	PONTEAREAS	50.53	2,00
30+						
1.	1041452	BEN CILLERO, Sabela	34	ASMEIGAS	30.96	13,00
2.	1287813	GONZALEZ COVELO, Sandra	33	RBAIXAS	35.98	10,00
3.	1243197	GANDARA SUAREZ, Tania	33	ORDES	37.86	8,00
4.	1144185	MARQUEZ BARCALA, Jesica	33	PONSVETUS	41.68	7,00
5.	1286109	GARCIA VILLARONGA, Cecilia	34	RIVEIRA	42.01	6,00
35+						
1.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS	31.33	13,00
2.	1224939	VAZQUEZ FUENTES, Cintia	39	MONFORTE	33.87	10,00
3.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO	34.98	8,00
4.	1293001	OTERO PEÑA, Maria Jose	37	RBAIXAS	40.55	7,00
5.	1202705	MARTINEZ BARCIELA, Maria Olga	36	RBAIXAS	43.67	6,00
6.	1284707	COUÑAGO BARCIELA, Lucia	36	REDONDELA	48.75	5,00
7.	1110693	FERNANDEZ GUARDIOLA, Loira	37	PONTEAREAS	54.31	4,00
40+						
1.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC	30.34	13,00
2.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO	30.45	10,00
3.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL	30.76	8,00
4.	1144270	ROZADOS LUIS, Adriana	41	SALVESTRADA	31.95	7,00
5.	1251885	SUAREZ BUJAN, Rebeca	43	CIDSANTIAGO	34.13	6,00
6.	1236642	ABBATEMARCO, Cristina	42	SALVESTRADA	34.21	5,00
7.	1267367	VYNOHRADOVA, Kateryna	40	GALAICO	34.32	4,00
8.	1075225	SOUTO DERUNGS, Cristina	41	NFERROL	34.85	3,00
9.	1243198	MARTIN VILAS, Maria Jesus	44	ORDES	44.50	2,00
10.	1075224	BROZOS VAZQUEZ, Elena Maria	44	CIDSANTIAGO	44.89	-
11.	1093456	RAMIREZ INSUA, Julia	43	RSDH	47.78	-

Prueba 10, Fem., 50m Libre

45+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL	30.44	13,00
2.	1292135	OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	38.67	10,00
3.	1268743	ANTON FUENTES, Veronica Maria	47	GALAICO	38.82	8,00
4.	1224731	RIVEIRA CAAMAÑO, Rebeca	49	ORDES	40.02	7,00
5.	1178771	BESADA FERNANDEZ, Ana Maria	48	PONTEAREAS	43.54	6,00
6.	1284756	BALLADARES LOAISIGA, Damaris Pat	46a	PORTAMIÑA	45.37	5,00
7.	1237398	SIEIRA NOCEDA, Diana Maria	47	RIVEIRA	1:00.18	4,00
8.	1287794	LOPEZ LUACES, Lidia	48	MULLEREF	1:11.85	3,00
NP	1290288	RODRIGUEZ OLIVEIRA, Manuela	49	VALDEORRAS		-

50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	34.03	13,00
2.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	36.26	10,00
3.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	36.44	8,00
4.	1141514	DEIRA BARCALA, Silvia	52	CIDSANTIAGO	36.65	7,00
5.	1039438	RODRIGUEZ REY, Maria Jose	53	FOGAR	39.97	6,00
6.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	53	RSDH	41.35	5,00
7.	1287773	VAZQUEZ LOPEZ, Uxia	50	RSDH	42.79	4,00
8.	1291142	SANMARTIN IGLESIAS, Patricia	52	SALVESTRADA	53.11	3,00
9.	1246135	MILLAN MIRANDA, Maria Elisa	54	RIVEIRA	57.58	2,00
NP	1287818	GARCIA ALONSO, Paula	52	LICEO		-

55+

1.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	37.31	13,00
2.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	38.00	10,00
3.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	39.46	8,00
4.	1141128	LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	40.43	7,00
5.	1075488	BERNAL BAÑA, Paloma	57	RSDH	40.69	6,00
6.	1076524	SOUSA CARNEIRO, Rosana	55	MOS	43.21	5,00
7.	1286087	VILELA PASCUAL, Maria Luisa	55	POURENSE	49.33	4,00
8.	1292533	FERNANDEZ FERNANDEZ, Delmira	58	ESCUALOS	54.91	3,00
9.	1286086	GAMALLO BLANCO, Rosa Maria	59	POURENSE	56.18	2,00

60+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	37.20	13,00
2.	1147048	REGUEIRO RODRIGUEZ, Ana	60	RBAIXAS	38.65	10,00
3.	1269270	REY OTERO, Angela Maria	60	MULLEREF	47.90	8,00
4.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	61	PONSVETUS	51.35	7,00
5.	1275094	NIÑO MANZANO, Margarita	61	TRAVIESAS	54.79	6,00
6.	1144231	PEREZ GALLARDO, Teresa	62	POURENSE	1:00.98	5,00

65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	37.22	13,00 RG
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70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	47.05	13,00
2.	1208789	MAROTO REGLERO, Maria Consuelo	74ila	TRAVIESAS	59.96	10,00
3.	1249213	GUARDIOLA MEDEL, Nuria	70	PONTEAREAS	1:17.45	8,00

Prueba 10, Fem., 50m Libre

80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina Mar80	PONTEAREAS	1:33.02	13,00
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Prueba 11
13/06/2026

Masc., 50m Libre

2006 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1038566	CIVEIRA CORRAL, Samuel	24	POURENSE	24.84	13,00
2.	1040558	PONTON RODRIGUEZ, Juan	24	POURENSE	25.06	10,00
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	26.15	8,00
4.	1187891	PEREZ MOURE, Nicolas	20	CDELMAR	26.34	7,00
5.	1076409	CANCELA GOMEZ, Hugo	23	PONTEAREAS	27.05	6,00
6.	1039680	MOLINELLI MARCOTE, Andres	24	CASINOC	27.66	5,00
7.	1097741	GONZALEZ MARTINEZ, Cristian	23	ARTEIXO	29.12	4,00
8.	1287139	FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS	34.52	3,00
9.	1287196	LORENZO BAUTISTA, Anxo	23	PONTEAREAS	43.48	-
10.	1208836	GOMEZ MENDEZ, Borja	24	PONTEAREAS	51.72	-
11.	1287242	VALVERDE TABOADA, Martin	20	PONTEAREAS	1:08.02	-
25+						
1.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	26.64	13,00
2.	1039654	PREGO PITA, Xian	27	ARTEIXO	27.77	10,00
3.	1039270	TRILLO RODRIGUEZ, Adrian	29	MOS	29.12	8,00
30+						
1.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	25.45	13,00
2.	1213891	CASTELAO VIEITES, Borja	34	CIDSANTIAGO	26.42	10,00
3.	1251210	ANDRES DUASO, Olmo	33	ARTEIXO	27.54	8,00
4.	1037164	GONZALEZ BLANCO, Jose Luis	34	PORTAMIÑA	27.68	7,00
5.	1287224	TORNE BOBO, Borja	34	VALDEORRAS	31.15	6,00
6.	1249224	GONZALEZ SANCHEZ, Luis Federico	34	CIDSANTIAGO	31.36	5,00
7.	1284672	SAINZ-MAZA VILAR, Adolfo Antonio	31	ASMEIGAS	34.62	4,00
8.	1260354	VAZQUEZ PEREZ, Diego	31	MONFORTE	38.98	3,00
35+						
1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	23.87	13,00
2.	1204916	BALLESTER IBAÑEZ, Edgar	35	MONFORTE	25.40	10,00
3.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	26.89	8,00
4.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO	27.62	7,00
5.	1010948	CAMPAÑA BARROS, Adrian	36	CIDSANTIAGO	28.31	6,00
6.	1249163	BELLO PORTO, David	36	NCORUÑA	30.59	5,00
7.	1023057	PEREZ VAZQUEZ, Telmo	38	NTNARON	32.26	4,00
8.	1180243	LAIÑO SILVA, Victor	39	RIVEIRA	32.58	3,00
9.	1078909	RODRIGUEZ BALIÑA, Mauro	36	PONTEAREAS	35.77	2,00
10.	1236854	GIRALDEZ VILLANUEVA, Ivan	39	PONTEAREAS	56.94	1,00
40+						
1.	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	23.51	13,00
2.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO	26.02	10,00 RG
3.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	26.74	8,00
4.	1141144	ARIETTO GARCIA, Jorge	40	RCNVIGO	27.08	7,00
5.	1286165	LOUREIRO FERREIROA, Marcos	41	SALVESTRADA	27.34	6,00

Prueba 11, Masc., 50m Libre, 40+

Clasificación			Edad		Tiempo	Puntos
6.	1143897	SEVILLA AROCA, Javier	43	ESCUALOS	28.13	5,00
7.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	28.46	4,00
8.	1203519	KRUGLOV KRUGLOV, Mykola	41	ESCUALOS	28.74	3,00
9.	1036745	BARCIA SIXTO, Francisco Jose	41	NTNARON	30.54	2,00
10.	1198278	MANEIRO BETANZOS, Javier	41	PONSVETUS	30.56	1,00
11.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	43	RBAIXAS	32.35	-
12.	1284680	CAMPELOS FREIRE, Diego	43	REDONDELA	34.39	-

45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	26.61	13,00
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	28.40	10,00
3.	1144584	ALVAREZ SILVA, Ruben	45	ESCUALOS	29.00	8,00
4.	1143662	BALSA MOSQUERA, Pablo	48	NTNARON	29.43	7,00
5.	1292254	PIÑEIRO VARGAS, Raul	47	NFERROL	30.45	6,00
6.	1232932	VEIGA PILLADO, Jose	48	CASINOC	31.07	5,00
7.	1192271	MOURIÑO FORTES, Victor Manuel	49	PONTEAREAS	31.17	4,00
8.	1198273	MONTERO PRIETO, Carlos Eugenio	48	CIDSANTIAGO	31.62	3,00
9.	1292754	VARELA MARIÑO, Felix	45	REDONDELA	32.60	2,00
10.	1200126	TABOADA CALVELO, Jose Carlos	47	SALVESTRADA	34.20	1,00
11.	1235958	BRIOSIO DIAZ, Manuel	49	REDONDELA	37.84	-
12.	1238132	FIDALGO SERRANO, Manuel-Antonio	45	TRAVIESAS	38.38	-

50+

1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	26.63	13,00
2.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	28.85	10,00
3.	1251882	IGLESIAS CARRERA, Pio	53	CIDSANTIAGO	29.02	8,00
4.	1084040	GARCIA CASTIÑEIRA, Daniel	52	CIDSANTIAGO	29.21	-
5.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	29.78	6,00
6.	1144297	LAMAS SOTO, Cesar	51	CULLEREDO	31.63	5,00
7.	1171462	FERREIRO SEOANE, Jose Raul	53	RBAIXAS	32.46	4,00
8.	1244388	DIEZ RODRIGUEZ, Ignacio Jose	54	PORTAMIÑA	33.30	3,00
9.	1127349	SOBRINO EIRIZ, Manuel	51	PONTEAREAS	34.69	2,00
10.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	50	ORDES	35.06	1,00
11.	1264740	SANCHEZ ALVAREZ, Ramon Ignacio	54	PORTAMIÑA	36.66	-
12.	1180236	DE LA VEGA GANDARAS, Felipe	53	HERCULES	38.05	-
NP	1292253	VAQUERIZO GARCIA, David	54	PONSVETUS		-

55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	30.89	13,00
2.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	32.14	10,00
3.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC	32.47	8,00
4.	1261336	NOVO FERNANDEZ, Alfredo	56	RBAIXAS	37.03	7,00
5.	1274570	CEDRON VILAR, Raul	57	MULLEREF	39.38	6,00
6.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	58	VALDEORRAS	39.47	5,00
7.	1236643	MAGARIÑOS MACEIRAS, Xose	58	SALVESTRADA	40.11	4,00
8.	1195569	PEREZ LEIVA, Manuel	58	RBAIXAS	42.07	3,00

Prueba 11, Masc., 50m Libre

60+

1.	1105220	GARCIA RIÑON, Jaime	62	NCORUÑA	29.76	13,00
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA	33.60	9,00
	1199641	COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	33.60	9,00
4.	1290118	PEREZ PAREDES, Marcos	60	RCNVIGO	35.13	7,00
5.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	35.31	6,00
6.	1143536	BLANCO PEREZ, Angel	62	POURENSE	37.96	5,00
7.	1250479	ROMERO PENA, Juan Ramon	63	HERCULES	40.66	4,00

65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo Manuel	69	MOS	37.52	13,00
2.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS	39.14	10,00
3.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO	44.20	8,00

70+

1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	34.28	13,00
2.	1216629	BERMINGHAM, Eamonn	74	TRAVIESAS	47.52	10,00

75+

1.	1076488	MONROY FERNANDEZ, Manuel	76	PONTEAREAS	44.63	13,00
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85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:22.18	13,00
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Prueba 12
13/06/2026

Fem., 200m Estilos

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1267340	VIEZZOLI, Cecilia				23	RCNVIGO				2:46.40	13,00
	50m:	34.92	34.92	100m:	1:17.82	42.90	150m:	2:05.22	47.40	200m:	2:46.40 41.18	
2.	1199453	FILGUEIRAS OLMO, Helena				22	PORTAMIÑA				3:02.19	10,00
	50m:	39.37	39.37	100m:	1:28.02	48.65	150m:	2:18.97	50.95	200m:	3:02.19 43.22	
25+												
1.	1040620	RODRIGUEZ CERVINO, Ana				26	RBAIXAS				3:02.85	13,00
	50m:	36.36	36.36	100m:	1:23.47	47.11	150m:	2:21.35	57.88	200m:	3:02.85 41.50	
2.	1093694	SANCHEZ LENCE, Maria				29	NCORUÑA				3:04.72	10,00
	50m:	38.78	38.78	100m:	1:26.16	47.38	150m:	2:19.98	53.82	200m:	3:04.72 44.74	
3.	1037158	RAÑALES GRAÑA, Naila				25	NFERROL				3:19.43	8,00
	50m:	38.30	38.30	100m:	1:29.08	50.78	150m:	2:32.29	1:03.21	200m:	3:19.43 47.14	
30+												
1.	1116506	RAMOS LOBO, Raquel				33	PORTAMIÑA				2:44.79	13,00
	50m:	34.95	34.95	100m:	1:16.58	41.63	150m:	2:06.04	49.46	200m:	2:44.79 38.75	
35+												
1.	1144948	GONZALEZ PEREZ, Jessica				39	RBAIXAS				3:13.40	13,00
	50m:	45.85	45.85	100m:	1:35.42	49.57	150m:	2:30.45	55.03	200m:	3:13.40 42.95	
2.	1250482	RODRIGUEZ DE DIOS, Amparo				39	VALDEORRAS				3:35.19	10,00
	50m:	48.16	48.16	100m:	1:43.32	55.16	150m:	2:47.12	1:03.80	200m:	3:35.19 48.07	
3.	1204918	MARTINEZ GARCIA, Susana				35	MONFORTE				3:46.35	8,00
	50m:	46.95	46.95	100m:	1:45.90	58.95	150m:	2:53.43	1:07.53	200m:	3:46.35 52.92	
40+												
1.	1040526	LOPEZ REMESEIRO, Vanesa				44	NFERROL				3:04.04	13,00
	50m:	38.65	38.65	100m:	1:28.16	49.51	150m:	2:22.95	54.79	200m:	3:04.04 41.09	
2.	1180232	FKEOUI OMARI, Salma				44	CIDSANTIAGO				3:10.07	10,00
	50m:	43.30	43.30	100m:	1:33.79	50.49	150m:	2:26.29	52.50	200m:	3:10.07 43.78	
3.	1222531	FERNANDEZ GONZALEZ, Iria				44	PORTAMIÑA				3:10.82	8,00
	50m:	40.53	40.53	100m:	1:30.02	49.49	150m:	2:25.40	55.38	200m:	3:10.82 45.42	
4.	1076543	RODRIGUEZ PEREZ, Vanesa				40	RBAIXAS				3:16.73	7,00
	50m:	46.61	46.61	100m:	1:38.95	52.34	150m:	2:33.56	54.61	200m:	3:16.73 43.17	
5.	1267367	VYNOHRADOVA, Kateryna				40	GALAICO				3:23.98	6,00
	50m:	44.64	44.64	100m:	1:40.48	55.84	150m:	2:38.06	57.58	200m:	3:23.98 45.92	
45+												
1.	1144680	LOPEZ ARTABE, Inmaculada				46	CDELMAR				3:19.08	13,00
	50m:	42.46	42.46	100m:	1:33.39	50.93	150m:	2:31.62	58.23	200m:	3:19.08 47.46	

Prueba 12, Fem., 200m Estilos, 45+

Clasificación		Edad		Tiempo	Puntos
2.	1119241 VIDAL BELLO, Mara	49	VALDEORRAS	4:24.57	10,00
	50m: 57.92 57.92 100m: 2:03.03 1:05.11 150m: 3:28.47 1:25.44 200m: 4:24.57 56.10				
3.	1264778 VAZQUEZ LOPEZ, Eva	49	MULLEREF	4:31.00	8,00
	50m: 1:08.65 1:08.65 100m: 2:22.79 1:14.14 150m: 3:35.73 1:12.94 200m: 4:31.00 55.27				

50+

1.	1284736 BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	3:42.92	13,00
	50m: 48.67 48.67 100m: 1:47.89 59.22 150m: 2:52.56 1:04.67 200m: 3:42.92 50.36				
2.	1127346 SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	4:17.40	10,00
	50m: 54.97 54.97 100m: 2:04.82 1:09.85 150m: 3:15.74 1:10.92 200m: 4:17.40 1:01.66				
3.	1197606 CARBALLO BALOIRA, Susana Maria	51	HERCULES	4:21.69	8,00
	50m: 1:00.63 1:00.63 100m: 2:13.40 1:12.77 150m: 3:22.94 1:09.54 200m: 4:21.69 58.75				
4.	1250484 VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	5:08.23	7,00
	50m: 1:12.16 1:12.16 100m: 2:32.93 1:20.77 150m: 4:04.57 1:31.64 200m: 5:08.23 1:03.66				

55+

1.	1141127 PAREDES RIOS, Rosa Maria	58	PONSVETUS	4:11.00	13,00
	50m: 1:01.89 1:01.89 100m: 2:05.45 1:03.56 150m: 3:18.74 1:13.29 200m: 4:11.00 52.26				
2.	1287796 MAURIZ ABUIN, Maria Del Mar	57	MULLEREF	4:44.94	10,00
	50m: 1:15.69 1:15.69 100m: 2:35.46 1:19.77 150m: 3:42.04 1:06.58 200m: 4:44.94 1:02.90				
3.	1145007 MELON PARENTE, Maria Lourdes	57	PONTEAREAS	5:56.21	8,00
	50m: 1:34.63 1:34.63 100m: 3:05.41 1:30.78 150m: 4:47.37 1:41.96 200m: 5:56.21 1:08.84				

60+

1.	1076172 GARCIA COLOMO, Maria Cristina	64	POURENSE	3:33.73	13,00
	50m: 45.62 45.62 100m: 1:38.91 53.29 150m: 2:46.08 1:07.17 200m: 3:33.73 47.65				
2.	1086162 BARJA BARJA, Liliana	61	TRAVIESAS	3:54.61	10,00
	50m: 56.30 56.30 100m: 1:54.67 58.37 150m: 2:59.69 1:05.02 200m: 3:54.61 54.92				
3.	1267371 FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	5:31.79	8,00
	50m: 1:30.02 1:30.02 100m: 3:05.15 1:35.13 150m: 4:21.50 1:16.35 200m: 5:31.79 1:10.29				

Prueba 13
13/06/2026

Masc., 200m Estilos

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1087096	LOPEZ FERNANDEZ, Martin				22	POURENSE			2:13.69	13,00	RG
	50m:	29.20	29.20	100m:	1:02.75	33.55	150m:	1:41.90	39.15	200m:	2:13.69	31.79
2.	1142991	PEREZ PAZ, Dario				21	PONTEAREAS			2:19.88	10,00	
	50m:	29.05	29.05	100m:	1:07.67	38.62	150m:	1:48.59	40.92	200m:	2:19.88	31.29
3.	1075385	DIZ NIEVES, David				22	NFERROL			2:34.92	8,00	
	50m:	31.49	31.49	100m:	1:12.10	40.61	150m:	1:58.26	46.16	200m:	2:34.92	36.66
4.	1144995	RIAL SIEIRA, Leo				20	RIVEIRA			2:40.46	7,00	
	50m:	33.92	33.92	100m:	1:17.77	43.85	150m:	2:03.51	45.74	200m:	2:40.46	36.95
5.	1079156	MARQUEZ VAZQUEZ, Pablo				24	ASMEIGAS			3:05.52	6,00	
	50m:	39.42	39.42	100m:	1:29.91	50.49	150m:	2:21.47	51.56	200m:	3:05.52	44.05
25+												
1.	1144193	PASTORIZA SANTACLARA, Jorge				29	RBAIXAS			2:20.52	13,00	
	50m:	30.15	30.15	100m:	1:05.82	35.67	150m:	1:47.00	41.18	200m:	2:20.52	33.52
2.	1142936	ARGIZ MARTINEZ, David				26	MONFORTE			2:28.85	10,00	
	50m:	30.71	30.71	100m:	1:09.33	38.62	150m:	1:51.57	42.24	200m:	2:28.85	37.28
3.	1141093	VILLAMOR FERRO, Ruben				26	ARTEIXO			2:36.28	8,00	
	50m:	35.27	35.27	100m:	1:15.29	40.02	150m:	1:57.75	42.46	200m:	2:36.28	38.53
4.	1284785	ABALDE PUJALES, Alberto				26	RBAIXAS			2:57.33	7,00	
	50m:	36.77	36.77	100m:	1:21.88	45.11	150m:	2:15.86	53.98	200m:	2:57.33	41.47
30+												
1.	1093458	MUIÑO ALONSO, Anton				32	NCORUÑA			2:30.54	13,00	
	50m:	30.09	30.09	100m:	1:08.36	38.27	150m:	1:54.29	45.93	200m:	2:30.54	36.25
2.	1256973	PENIDE CALVO, Gabriel				33	RBAIXAS			3:03.29	10,00	
	50m:	37.34	37.34	100m:	1:22.81	45.47	150m:	2:18.90	56.09	200m:	3:03.29	44.39
35+												
1.	1076271	NOVALES BLANCO, Xabier				35	RBAIXAS			3:06.77	13,00	
	50m:	40.57	40.57	100m:	1:34.65	54.08	150m:	2:26.51	51.86	200m:	3:06.77	40.26
40+												
1.	1141151	CALLE FACAL, Telmo				43	CIDSANTIAGO			2:16.53	13,00	RG
	50m:	29.96	29.96	100m:	1:04.91	34.95	150m:	1:43.89	38.98	200m:	2:16.53	32.64
2.	1014291	GOMEZ CARDESIN, Alvaro				41	NCORUÑA			2:34.29	10,00	
	50m:	32.19	32.19	100m:	1:12.09	39.90	150m:	1:58.07	45.98	200m:	2:34.29	36.22
3.	1214823	GONZALEZ PEÑAS, David				42	PORTAMIÑA			3:05.66	8,00	
	50m:	44.95	44.95	100m:	1:32.96	48.01	150m:	2:23.05	50.09	200m:	3:05.66	42.61
4.	1198278	MANEIRO BETANZOS, Javier				41	PONSVETUS			3:05.74	7,00	
	50m:	41.77	41.77	100m:	1:30.83	49.06	150m:	2:25.64	54.81	200m:	3:05.74	40.10

Prueba 13, Masc., 200m Estilos, 40+

Clasificación						Edad				Tiempo		Puntos
5.	1076282	CARRERA COSTAS, Andres				44	PONTEAREAS			3:41.29	6,00	
	50m:	45.17	45.17	100m:	1:44.90	59.73	150m:	2:44.47	59.57	200m:	3:41.29	56.82
DSQ	1178928	FIDALGO SERRANO, Guillermo				40	TRAVIESAS				-	
		Nado irregular										

45+

1.	1118746	SANCHEZ GORDON, Roman					48	RBAIXAS			2:32.75	13,00
	50m:	31.91	31.91	100m:	1:11.35	39.44	150m:	1:57.00	45.65	200m:	2:32.75	35.75
2.	1240331	DE LORENZO FERNANDEZ, Javier					45	ESCUALOS			2:55.96	10,00
	50m:	40.06	40.06	100m:	1:25.57	45.51	150m:	2:17.07	51.50	200m:	2:55.96	38.89
3.	1224733	ARANGO GAYAR, Saul					46	RBAIXAS			2:58.01	8,00
	50m:	35.92	35.92	100m:	1:25.30	49.38	150m:	2:15.12	49.82	200m:	2:58.01	42.89
4.	1232932	VEIGA PILLADO, Jose					48	CASINOC			3:01.66	7,00
	50m:	37.26	37.26	100m:	1:27.67	50.41	150m:	2:19.63	51.96	200m:	3:01.66	42.03
5.	1076564	CABANELAS EIRAS, Pablo					47	CIDSANTIAGO			3:02.88	6,00
	50m:	38.23	38.23	100m:	1:28.25	50.02	150m:	2:22.13	53.88	200m:	3:02.88	40.75
6.	1190398	FERNANDEZ CORRAL, Marcos					47	PORTAMIÑA			4:39.09	5,00
	50m:	1:01.22	1:01.22	100m:	2:22.35	1:21.13	150m:	3:34.18	1:11.83	200m:	4:39.09	1:04.91

50+

1.	1205935	GUIRADO CARABEL, Oscar					50	CULLEREDO			2:41.99	13,00
	50m:	33.68	33.68	100m:	1:15.52	41.84	150m:	2:02.21	46.69	200m:	2:41.99	39.78
2.	1075601	MOURIZ LOMBAO, Francisco Javier					51	PORTAMIÑA			2:53.71	10,00
	50m:	36.15	36.15	100m:	1:20.50	44.35	150m:	2:13.22	52.72	200m:	2:53.71	40.49
3.	1244393	REY RODRIGUEZ, Oscar					52	CIDSANTIAGO			3:03.07	8,00
	50m:	41.28	41.28	100m:	1:29.31	48.03	150m:	2:18.87	49.56	200m:	3:03.07	44.20
4.	1107405	SALGUEIRO CERVERA, Ignacio					50	TRAVIESAS			3:04.72	7,00
	50m:	37.61	37.61	100m:	1:25.08	47.47	150m:	2:20.07	54.99	200m:	3:04.72	44.65
5.	1224729	FERNADEZ BARREIROS, Claudio					51	ORDES			3:06.12	6,00
	50m:	41.69	41.69	100m:	1:30.26	48.57	150m:	2:25.27	55.01	200m:	3:06.12	40.85
6.	1144117	PREGO MARTINEZ, Benjamin					53	PONTEAREAS			3:18.95	5,00
	50m:	43.86	43.86	100m:	1:39.84	55.98	150m:	2:34.61	54.77	200m:	3:18.95	44.34

55+

1.	1038104	PEREZ ARIAS, Hector					55	PORTAMIÑA			2:59.56	13,00
	50m:	36.93	36.93	100m:	1:24.28	47.35	150m:	2:17.96	53.68	200m:	2:59.56	41.60
2.	1037161	TOME NOGUEIRA, Alberto Marcial					58	FOGAR			3:26.44	10,00
	50m:	43.61	43.61	100m:	1:37.76	54.15	150m:	2:39.22	1:01.46	200m:	3:26.44	47.22
3.	1193949	LAMELO OTERO, Ramon Jesus					58	CIDSANTIAGO			3:53.96	8,00
	50m:	52.30	52.30	100m:	1:51.70	59.40	150m:	3:09.77	1:18.07	200m:	3:53.96	44.19
4.	1144698	CADAVID NUÑEZ, Jose					56	POURENSE			3:54.08	7,00
	50m:	58.85	58.85	100m:	2:00.13	1:01.28	150m:	2:59.42	59.29	200m:	3:54.08	54.66
5.	1228047	PEREZ GARCIA, Manuel					59	CULLEREDO			3:57.19	6,00
	50m:	50.06	50.06	100m:	1:58.78	1:08.72	150m:	3:01.26	1:02.48	200m:	3:57.19	55.93

Prueba 13, Masc., 200m Estilos, 55+

Clasificación	Edad						Tiempo		Puntos	
6.	1145039	FERREIRO SANCHEZ, Luis				56	POURENSE		4:34.60	5,00
	50m:	1:01.08	1:01.08	100m:	2:17.51	1:16.43	150m:	3:36.93	1:19.42	200m: 4:34.60 57.67
60+										
1.	1076516	JORGE IGLESIAS, Marcelino				60	PONTEAREAS		2:46.46	13,00
	50m:	35.81	35.81	100m:	1:20.33	44.52	150m:	2:06.60	46.27	200m: 2:46.46 39.86
2.	1075589	SANCHEZ VAZQUEZ, Jesus				64	PORTAMIÑA		3:51.28	10,00
	50m:	51.50	51.50	100m:	1:55.00	1:03.50	150m:	2:59.61	1:04.61	200m: 3:51.28 51.67
3.	1199641	COUCEIRO SANCHEZ, Gonzalo				60	CASINOC		3:56.99	8,00
	50m:	51.89	51.89	100m:	1:56.55	1:04.66	150m:	3:09.94	1:13.39	200m: 3:56.99 47.05
4.	1143998	FERNANDEZ GARCIA, Manuel Víctor				61	RIVEIRA		4:40.52	7,00
	50m:	1:04.40	1:04.40	100m:	2:21.23	1:16.83	150m:	3:41.39	1:20.16	200m: 4:40.52 59.13
65+										
1.	1075770	RODRIGUEZ BASANTA, Francisco José				65	VALDEORRAS		3:53.14	13,00
	50m:	56.68	56.68	100m:	2:01.23	1:04.55	150m:	3:05.97	1:04.74	200m: 3:53.14 47.17
70+										
1.	1075190	SUANZES PEREZ, Fernando				73	HERCULES		3:31.47	13,00
	50m:	40.64	40.64	100m:	1:40.05	59.41	150m:	2:43.72	1:03.67	200m: 3:31.47 47.75
2.	1191492	TIMIRAOS CARRASCO, Luis				70	POURENSE		7:14.00	10,00
	50m:	1:56.78	1:56.78	100m:	3:53.79	1:57.01	150m:	5:51.24	1:57.45	200m: 7:14.00 1:22.76
75+										
1.	1076487	RODRIGUEZ LEMOS, Andres Jesus				77	MOS		4:30.85	13,00
	50m:	58.08	58.08	100m:	2:10.30	1:12.22	150m:	3:23.49	1:13.19	200m: 4:30.85 1:07.36

Prueba 14
13/06/2026

Fem., 50m Braza

2006 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1140796 DIAZ DOPICO, Sabela	24	NFERROL	42.04	13,00
2.	1111470 GARCES FERNANDEZ, Erea	23	RBAIXAS	46.44	10,00
3.	1076336 BLANCO PEREZ, Laura	22	PONTEAREAS	47.13	8,00
4.	1284776 COBAS, Rocio	21	PONTEAREAS	52.04	7,00
25+					
1.	1284671 LAMAS RODRIGUEZ, Nevía Aureliana	28	ASMEIGAS	39.21	13,00
2.	1142921 VILA BARRIOS, Lucia	29	PORTAMIÑA	39.68	10,00
3.	1038503 COTOS SUAREZ, Ana	29	CIDSANTIAGO	40.02	8,00
4.	1115644 FERNANDEZ JUAN, Maria	28	CIDSANTIAGO	42.68	7,00
5.	1259711 FERNANDEZ ESCURIS, Iria	29	RIVEIRA	49.60	6,00
30+					
1.	1075328 LOPEZ SANMARTIN, Nerea	30	NFERROL	35.92	13,00
2.	1191499 GONZALEZ MACIA, Alba	32	MONFORTE	45.07	10,00
3.	1253937 MELLA CASTRO, Ana Maria	32	ORDES	45.90	8,00
4.	1221892 OTERO FERNANDEZ, Maria Luisa	33	SALVESTRADA	47.28	7,00
5.	1287813 GONZALEZ COVELO, Sandra	33	RBAIXAS	51.05	6,00
6.	1144185 MARQUEZ BARCALA, Jesica	33	PONSVETUS	53.96	5,00
7.	1240953 SIMOIS MORAIS, Yolanda	32	SALVESTRADA	54.62	4,00
NP	1041452 BEN CILLERO, Sabela	34	ASMEIGAS		-
35+					
1.	1284707 COUÑAGO BARCIELA, Lucia	36	REDONDELA	55.86	13,00
NP	1141212 RIVAS TENREIRO, Arantza	37	NTNARON		-
40+					
1.	1243130 TORRE GONZALEZ, Elisa	41	RBAIXAS	41.53	13,00
2.	1180232 FKEOUI OMARI, Salma	44	CIDSANTIAGO	44.90	10,00
3.	1251885 SUAREZ BUJAN, Rebeca	43	CIDSANTIAGO	45.70	8,00
4.	1243198 MARTIN VILAS, Maria Jesus	44	ORDES	53.32	7,00
5.	1287810 NOVO MARTINEZ, Rocio	42	NFERROL	55.66	6,00
6.	1093456 RAMIREZ INSUA, Julia	43	RSDH	56.18	5,00
45+					
1.	1143598 MIRA VAZQUEZ, Marta	45	ESCUALOS	40.79	13,00
2.	1291957 PITA FARALDO, Sabela	46	Marina	45.51	10,00
3.	1224731 RIVEIRA CAAMAÑO, Rebeca	49	ORDES	49.38	8,00
4.	1292135 OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	52.80	7,00
5.	1284756 BALLADARES LOAISIGA, Damaris Pati	46a	PORTAMIÑA	1:04.23	6,00
6.	1036387 VAZQUEZ PARCERO, Marta	46	CULLEREDO	1:10.71	5,00

Prueba 14, Fem., 50m Braza

50+

1.	1141514	DEIRA BARCALA, Silvia	52	CIDSANTIAGO	48.99	13,00
2.	1261398	DIEGUEZ SANMARTIN, M.	50	SALVESTRADA	50.51	10,00
3.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	52.34	8,00
4.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	53	RSDH	53.46	7,00
5.	1287773	VAZQUEZ LOPEZ, Uxia	50	RSDH	55.89	6,00
6.	1273331	PEREZ CASTRO, Maria Rut	51	MULLEREF	59.29	5,00
7.	1246135	MILLAN MIRANDA, Maria Elisa	54	RIVEIRA	1:10.60	4,00
NP	1287818	GARCIA ALONSO, Paula	52	LICEO		-

55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	47.96	13,00
2.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	49.43	10,00
3.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	49.74	8,00
4.	1141128	LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	51.04	7,00
5.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS	51.60	-
6.	1258401	CALVIÑO VAZQUEZ, Maria Coral	58	POURENSE	55.36	5,00
7.	1286087	VILELA PASCUAL, Maria Luisa	55	POURENSE	58.98	4,00
8.	1286086	GAMALLO BLANCO, Rosa Maria	59	POURENSE	1:11.89	-

60+

1.	1275094	NIÑO MANZANO, Margarita	61	TRAVIESAS	1:09.75	13,00
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65+

1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	46.35	13,00
2.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	52.01	10,00

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	1:05.26	13,00
2.	1249213	GUARDIOLA MEDEL, Nuria	70	PONTEAREAS	1:17.64	10,00

Prueba 15
13/06/2026

Masc., 50m Braza

2006 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE	30.70	13,00
2.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS	33.58	10,00
3.	1187891	PEREZ MOURE, Nicolas	20	CDELMAR	36.81	8,00
4.	1287139	FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS	42.19	7,00
25+						
1.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO	33.85	13,00
2.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	34.46	10,00
30+						
1.	1119327	SUAREZ FERNANDEZ, Santiago	31	MONFORTE	31.76	13,00
2.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO	31.82	10,00
3.	1290097	DE LA FUENTE ALVAREZ, Iago Ramon	34	CIDSANTIAGO	36.72	8,00
4.	1251210	ANDRES DUASO, Olmo	33	ARTEIXO	37.26	7,00
35+						
1.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR	31.90	13,00
2.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	32.44	10,00
3.	1143890	FORTES NOVOA, Martiño	38	ESCUALOS	34.61	8,00
4.	1241139	DIEGUEZ GONZALEZ, Bruno	36	CIDSANTIAGO	37.57	7,00
40+						
1.	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	29.88	13,00
2.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	35.09	10,00
3.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	35.28	8,00
4.	1272979	DONG, Taogui	42	PORTAMIÑA	38.79	7,00
5.	1076282	CARRERA COSTAS, Andres	44	PONTEAREAS	44.12	6,00
NP	1086712	FREIRE DONADO, Guillermo	42	CIDSANTIAGO		-
45+						
1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	48	POURENSE	33.53	13,00
2.	1272806	FEIJOO REY, Roi	47	POURENSE	36.77	10,00
3.	1240331	DE LORENZO FERNANDEZ, Javier	45	ESCUALOS	36.92	8,00
4.	1178765	ESPAÑA CABEZAS, Jesus	45	CIDSANTIAGO	38.51	7,00
5.	1292254	PIÑEIRO VARGAS, Raul	47	NFERROL	39.05	6,00
6.	1147216	GONZALEZ VICENTE, Ruben	45	PORTAMIÑA	43.73	5,00
7.	1292754	VARELA MARIÑO, Felix	45	REDONDELA	44.01	4,00
8.	1200126	TABOADA CALVELO, Jose Carlos	47	SALVESTRADA	44.27	3,00
9.	1144269	LOPEZ PAYO, Mario	49	SALVESTRADA	44.53	2,00
10.	1235958	BRIOSIO DIAZ, Manuel	49	REDONDELA	53.39	1,00

Prueba 15, Masc., 50m Braza

50+

1.	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE	34.76	13,00
2.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	35.95	10,00
3.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	36.25	8,00
4.	1197597	HERNAEZ OUBIÑA, David	53	CULLEREDO	36.71	7,00
5.	1201621	ALONSO ORTIZ, Mariano	50	FLUVIAL	37.87	6,00
6.	1264765	COUSELO CASTIÑEIRAS, Miguel Ange	50	ORDES	44.87	5,00
7.	1244388	DIEZ RODRIGUEZ, Ignacio Jose	54	PORTAMIÑA	45.02	4,00
8.	1127349	SOBRINO EIRIZ, Manuel	51	PONTEAREAS	49.91	3,00
NP	1292253	VAQUERIZO GARCIA, David	54	PONSVETUS		-

55+

1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS	39.15	13,00
2.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS	40.09	10,00
3.	1261336	NOVO FERNANDEZ, Alfredo	56	RBAIXAS	47.95	8,00
4.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	57	VALDEORRAS	52.22	7,00
NP	1143661	TOURIÑO GONZALEZ, Víctor Manuel	58	LICEO		-

60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	63	NCORUÑA	41.36	13,00
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65+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	67	CIDSANTIAGO	39.99	13,00
2.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS	42.51	10,00
3.	1144180	SEGUIN CID, Severino	67	TRAVIESAS	48.12	8,00
4.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS	48.36	7,00
5.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS	48.92	6,00
6.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO	1:09.22	5,00

70+

1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	47.40	13,00
2.	1240096	IVANCHENKO, Yurii	73	POURENSE	48.08	10,00

75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	51.02	13,00
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85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:24.56	13,00
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Prueba 16
13/06/2026

Fem., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación				Tiempo	Puntos
+80					
1.	PONTEAREAS 80		PONTEAREAS	2:42.32	26,00
	BLANCO PEREZ, Laura 22	33.00	RODRIGUEZ PAZ, Lucía 26		38.66
	COBAS, Rocio 21	39.33	RODRIGUEZ-TOUBES FORRYAN, I271e		51.33
NP	POURENSE 80		POURENSE		-
+100					
1.	CIDSANTIAGO 100		CIDSANTIAGO	2:02.13	26,00
	GARCIA MIGUEZ, Rosalia 28	29.59	CRUZ GARCIA, Aurora 31		29.36
	FERNANDEZ JUAN, Maria 28	30.63	PORTELA CARBALLIDO, Andrea 25		32.55
2.	PONTEAREAS 100		PONTEAREAS	2:11.54	20,00
	IBAÑEZ CARRERA, Sara 25	29.75	TRONCOSO GONZALEZ, Veronica35		31.50
	GONZALEZ PEREZ, Paula 30	38.14	COSTA FERNANDEZ, Laura 25		32.15
3.	NCORUÑA 100		NCORUÑA	2:21.70	16,00
	PAZOS AGUIAR, Lara 26	32.42	VALIÑO RIVERA, Mariña 25		43.26
	SANCHEZ LENCE, Maria 29	34.13	LAGO CASTILLO, Natalia 27		31.89
+120					
1.	NFERROL 120		NFERROL	2:00.25	26,00 RG
	HERMIDA RODRIGUEZ, Blanca 45	30.19	LOPEZ REMESEIRO, Vanesa 44		30.45
	LOPEZ SANMARTIN, Tania 35	32.61	LOPEZ SANMARTIN, Nerea 30		27.00
2.	SALVESTRADA 120		SALVESTRADA	2:10.41	20,00
	RIVADULLA MALLO, Maria Irene 28	31.76	ABBATEMARCO, Cristina 42		33.41
	VILARIÑO CACHO, Elvira 45	34.22	ROZADOS LUIS, Adriana 41		31.02
3.	RBAIXAS 120		RBAIXAS	2:22.80	16,00
	RODRIGUEZ CERVINO, Ana 26	33.38	ALONSO PEREIRA, Fatima 33		35.32
	GONZALEZ COVELO, Sandra 33	35.32	OTERO PEÑA, Maria Jose 37		38.78
4.	MONFORTE 120		MONFORTE	2:25.72	14,00
	VAZQUEZ FUENTES, Cintia 39	34.08	MARTINEZ GARCIA, Susana 35		36.66
	GONZALEZ MACIA, Alba 32	40.20	RODRIGUEZ GONZALEZ, Raquel 33		34.78
5.	ORDES 120		ORDES	2:38.42	12,00
	GANDARA SUAREZ, Tania 33	37.54	RIVEIRA CAAMAÑO, Rebeca 49		38.77
	MARTIN VILAS, Maria Jesus 44	41.63	MELLA CASTRO, Ana Maria 32		40.48
+160					
1.	CIDSANTIAGO 160		CIDSANTIAGO	2:14.18	26,00
	GONZALEZ RODRIGUEZ, Maria 44	30.29	FKEQUI OMARI, Salma 44		35.04
	MURAS MORA, Andrea 37	34.09	SUAREZ BUJAN, Rebeca 43		34.76
2.	NFERROL 160		NFERROL	2:22.88	20,00
	RAÑALES GRAÑA, Naila 25	33.20	JIMENEZ PEREZ, Victoria 57		37.34
	SOUTO DERUNGS, Cristina 41	33.99	OTERO CAAMAÑO, Maria Cecilia 45		38.35
3.	PORTAMIÑA 160		PORTAMIÑA	2:28.48	16,00
	OJEA DE CASTRO, Macarena 53	34.24	LOPEZ GONZALEZ, Monica 56		36.82
	FERNANDEZ GONZALEZ, Iria 44	32.31	BALLADARES LOAISIGA, Damaris46tricia		45.11
4.	HERCULES 160		HERCULES	2:39.59	14,00
	RODRIGUEZ PANTIN, Marta Maria 60	37.51	LOPEZ MAHIA, Purificacion 63		42.66
	CARBALLO BALOIRA, Susana Mai51	47.07	FERNANDEZ GONZALEZ, Elena 25		32.35

Prueba 16, Fem., 4 x 50m Libre, +160

Clasificación

Tiempo Puntos

5.	VALDEORRAS 160			VALDEORRAS	2:56.84	12,00
	RODRIGUEZ DE DIOS, Amparo 39	39.29		VIDAL BELLO, Mara 49		45.37
	BARCALA PEREZ, Maria Rosa 50	38.97		VAZQUEZ GONZALEZ, Yolanda 50		53.21
6.	SALVESTRADA 160			SALVESTRADA	3:11.48	10,00
	SANMARTIN IGLESIAS, Patricia 52	52.97		DIEGUEZ SANMARTIN, Maria De L50:oncepcion		49.29
	OTERO FERNANDEZ, Maria Luisa 33	40.31		SIMOIS MORAIS, Yolanda 32		48.91
7.	RIVEIRA 160			RIVEIRA	3:20.95	8,00
	MILLAN MIRANDA, Maria Elisa 54	58.03		SIEIRA NOCEDA, Diana Maria 47		1:00.78
	GARCIA VILLARONGA, Cecilia 34	43.40		FERNANDEZ ESCURIS, Iria 29		38.74
8.	MULLEREF 160			MULLEREF	3:36.33	6,00
	MAURIZ ABUIN, Maria Del Mar 57	49.11		MARIN CASTRO, Montserrat 55		55.41
	LOPEZ LUACES, Lidia 48	1:09.58		SALGADO CASTELO, Marta 32		42.23
DSQ	ESCUALOS 160			ESCUALOS		-
	<i>Posta anticipada tercer relevista</i>					
	CASTRO BLANCO, Brenda 26	40.22		CID ALVAREZ, Isabel 46		
	FERNANDEZ FERNANDEZ, Delmira 58	54.04		MIRA VAZQUEZ, Marta 45		

+200

1.	RBAIXAS 200			RBAIXAS	2:29.42	26,00
	CHAMOSA MARTIN, Julia 65	38.27		TORRE GONZALEZ, Elisa 41		37.30
	REGUEIRO RODRIGUEZ, Ana 60	37.61		RODRIGUEZ PEREZ, Vanesa 40		36.24
2.	PONTEAREAS 200			PONTEAREAS	2:46.44	20,00
	VARELA REDONDO, Veronica 51	36.75		JARDON GONZALEZ, Helena 55		39.92
	SOBRINO EIRIZ, Maria Del Valle 54	45.67		BESADA FERNANDEZ, Ana Maria 48		44.10
3.	FLUVIAL 200			FLUVIAL	2:50.49	16,00
	GOMEZ PAREDES, Maria 50	37.09		CASTRO MAESTRE, Isaura 57		37.34
	PUENTE MARIN, Cristina 31	42.30		GOMEZ DOVAL, Maria Angela 70		53.76
4.	RSDH 200			RSDH	2:50.63	14,00
	VAZQUEZ LOPEZ, Uxia 50	43.96		BERNAL BAÑA, Paloma 57		40.47
	RAMIREZ INSUA, Julia 43	45.17		DE LA MONTAÑA ALCANTARA, G53ia		41.03
5.	MULLEREF 200			MULLEREF	3:09.83	12,00
	ABELLEIRA CORRAL, Gema 46	50.37		REY OTERO, Angela Maria 60		46.85
	VAZQUEZ LOPEZ, Eva 49	49.92		LOPEZ BARREIRO, Cristina 47		42.69

+240

1.	PONSVETUS 240			PONSVETUS	3:06.52	26,00
	BAGLIETTO MILLAN, Maria Dolores74	52.31		PAREDES RIOS, Rosa Maria 58		42.01
	LLEVOT SANCHEZ, Ana Isabel 56	41.23		IGNACIO QUINTEIRO, Maria Del Car61:n		50.97
2.	POURENSE 240			POURENSE	3:06.56	20,00
	OTERO LOPEZ, Maria Elisa 66	48.48		GARCIA COLOMO, Maria Cristina 64		36.65
	BALADO LOPEZ, Ana Maria 65	41.16		PEREZ GALLARDO, Teresa 62		1:00.27
3.	TRAVIESAS			TRAVIESAS	3:24.08	16,00
	MAROTO REGLERO, Maria Consue74Paula	1:01.46		MARTY PAZOS, Maria Victoria 61		47.14
	NIÑO MANZANO, Margarita 61	55.75		BARJA BARJA, Liliana 61		39.73
4.	PONTEAREAS 240			PONTEAREAS	3:25.95	14,00
	MUTILBA OBREGON, Nuria 57	39.28		RODRIGUEZ TRONCOSO, Marina 67		59.44
	DEL AMO BLANCO, Margarita 59	44.22		MELON PARENTE, Maria Lourdes 57		1:03.01

Prueba 16, Fem., 4 x 50m Libre

+280

1.	PONTEAREAS 280		PONTEAREAS	4:36.80	26,00
	GONZALEZ-ALEGRE BURGUEÑO, 74 ^{ta} Maria	49.34	GUARDIOLA MEDEL, Nuria	70	1:02.19
	FORRYAN SECCOMBE, Anne May 60	54.66	GONZALEZ RODRIGUEZ, Saladina 80 ^{arta}		1:50.61

Prueba 17
13/06/2026

Masc., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80

1.	POURENSE 80			POURENSE	1:38.86	26,00 RG
	CIVEIRA CORRAL, Samuel 24	25.33		PONTON RODRIGUEZ, Juan 24		24.56
	FERNANDEZ DEL VALLE, Ivan 21	24.95		LOPEZ FERNANDEZ, Martin 22		24.02
2.	PONTEAREAS 80			PONTEAREAS	1:42.12	20,00
	CASARES GARCIA, Brais 22	25.30		CANCELA GOMEZ, Hugo 23		25.93
	PEREZ PAZ, Dario 21	24.64		MARTINEZ MARTINEZ, Marcos 23		26.25

+120

1.	NCORUÑA 120			NCORUÑA	1:48.28	26,00
	MUIÑO ALONSO, Anton 32	25.40		CAMINO PARDO, Rodrigo 26		24.35
	BELLO PORTO, David 36	29.97		GOMEZ CARDESIN, Alvaro 41		28.56
2.	CIDSANTIAGO 120			CIDSANTIAGO	1:48.85	20,00
	CAMPAÑA BARROS, Adrian 36	28.10		CASTELAO VIEITES, Borja 34		27.13
	MARTINEZ DOPAZO, David 39	27.40		CASTRO RODRIGUEZ, Francisco 26		26.22
3.	NTNARON 120			NTNARON	1:52.20	16,00
	BARCIA SIXTO, Francisco Jose 41	30.84		HERMIDA RAMOS, Raul 26		27.83
	GRACIA CARBAJO, Miguel 32	25.45		BLANCO PEREZ, Jesus 40		28.08
4.	PORTAMIÑA 120			PORTAMIÑA	1:55.18	14,00
	LOPEZ LOPEZ, Jaime Borja 26	26.40		FERNANDEZ LAMELA, David 48		30.27
	GONZALEZ BLANCO, Jose Luis 34	26.86		DONG, Taogui 42		31.65
5.	ARTEIXO 120			ARTEIXO	2:00.01	12,00
	PREGO PITA, Xian 27	27.40		VILLAMOR FERRO, Ruben 26		27.81
	ANDRES DUASO, Olmo 33	26.96		SANJORGE PEDREIRA, Carmelo 64		37.84
6.	PONSVETUS 120			PONSVETUS	2:06.48	10,00
	LAVIA PINTOS, David 33	34.19		MANEIRO BETANZOS, Javier 41		30.07
	SUAREZ GARCIA, Sergio 46	33.23		GULIAS GARCIA, Jose Ruben 35		28.99
7.	RBAIXAS 120			RBAIXAS	2:08.76	8,00
	FREIRE GONZALEZ, Javier 33	28.88		LONGA IGLESIAS, Pablo 41		37.69
	PENIDE CALVO, Gabriel 33	31.48		ABALDE PUJALES, Alberto 26		30.71
8.	PONTEAREAS 120			PONTEAREAS	2:51.11	6,00
	COBELO REPRESAS, Francisco 30	30.68		LAGO GONZALEZ, Ivan 33		53.53
	RODRIGUEZ BALIÑA, Mauro 36	37.74		GIRALDEZ VILLANUEVA, Ivan 39		49.16

+160

1.	CIDSANTIAGO 160			CIDSANTIAGO	1:43.94	26,00 RG
	RODRIGUEZ LAGO, David 40	26.09		SONEIRA REBOREDO, Oscar 51		26.64
	CALLE FACAL, Telmo 43	25.34		QUINTAS MOSQUERA, Manuel 30		25.87
2.	CDELMAR 160			CDELMAR	1:47.74	20,00
	GARCIA SANJURJO, Jose Manuel 59	33.10		MARTINEZ GESTAL, Alejandro 36		25.77
	LOBELLE GONZALEZ, Marcos 37	24.96		LOBELLE GONZALEZ, Ivan 37		23.91
3.	RBAIXAS 160			RBAIXAS	1:51.73	16,00
	GARCIA MUGGIA, Erick Jose 40	26.85		ARANGO GAYAR, Saul 46		29.86
	SANCHEZ GORDON, Roman 48	28.69		PASTORIZA SNTACLARA, Jorge 29		26.33
4.	POURENSE 160			POURENSE	1:53.50	14,00
	CARBALLO CABEZAS, Enrique 50	30.07		RODRIGUEZ ESTEVEZ, Damian 49		26.68
	NOGUEIRA-PINTO CRESPO, Hugo 48	28.25		FEIJOO REY, Roi 47		28.50

Prueba 17, Masc., 4 x 50m Libre, +160

Clasificación

				Tiempo	Puntos
5.	ESCUALOS 160		ESCUALOS	1:55.01	12,00
	SEVILLA AROCA, Javier 43	28.50	ALVAREZ SILVA, Ruben 45		28.77
	DE LORENZO FERNANDEZ, Javier 45	29.72	KRUGLOV KRUGLOV, Mykola 41		28.02
6.	RCNVIGO 160		RCNVIGO	1:55.42	10,00
	ANDRES IGLESIAS, Jose Carlos 50	29.79	PEREZ PAREDES, Marcos 60		35.88
	ARIETTO GARCIA, Jorge 40	26.27	PINTO RAMNARINE, Rohan Ian 40		23.48
7.	SALVESTRADA 160		SALVESTRADA	2:04.57	8,00
	PICALLO MATO, Adrian 31	30.91	BASTIDA CAMPOS, Alejandro 44		31.73
	LOPEZ PAYO, Mario 49	34.35	LOUREIRO FERREIROA, Marcos 41		27.58
8.	CULLEREDO 160		CULLEREDO	2:11.46	6,00
	LAMAS SOTO, Cesar 51	32.18	GONZALEZ IGLESIAS, Alberto 29		29.67
	PEREZ GARCIA, Manuel 59	38.84	HERNAEZ OUBIÑA, David 53		30.77
9.	REDONDELA 160		REDONDELA	2:17.82	4,00
	FERREIRA GONZALEZ, Xose Anxo 60	33.43	VARELA MARIÑO, Felix 45		32.69
	BRIOSO DIAZ, Manuel 49	38.77	CAMPELOS FREIRE, Diego 43		32.93
10.	PORTAMIÑA 160		PORTAMIÑA	2:25.69	2,00
	DIEZ RODRIGUEZ, Ignacio Jose 54	33.43	GONZALEZ PEÑAS, David 42		36.90
	GONZALEZ VICENTE, Ruben 45	35.89	SANCHEZ ALVAREZ, Ramon Ignacio 54		39.47

+200

1.	CIDSANTIAGO 200		CIDSANTIAGO	1:55.43	26,00
	IGLESIAS GOMEZ, Gonzalo 47	28.81	IGLESIAS CARRERA, Pio 53		29.25
	MUIÑO LOPEZ, Iago 49	29.05	RODRIGUEZ SALGADO, Manuel 51		28.32
2.	CASINOC 200		CASINOC	2:01.64	20,00
	TORRES NEIRA, Mateo 47	26.07	VEIGA PILLADO, Jose 48		29.82
	NISTAL GARCIA, Eduardo 58	32.05	COUCEIRO SANCHEZ, Gonzalo 60		33.70
3.	PORTAMIÑA 200		PORTAMIÑA	2:07.26	16,00
	PEREZ ARIAS, Hector 55	30.86	MOURIZ LOMBAO, Francisco Javier 51		29.62
	DIEGUEZ ARANDA, Hector 53	28.95	SANCHEZ VAZQUEZ, Jesus 64		37.83
4.	ESCUALOS 200		ESCUALOS	2:09.59	14,00
	CRESPO PEREZ, Albarino 56	36.81	PADIN CHARLIN, Joaquin 46		30.49
	BOUSO FUENTECILLA, Fernando 55	33.16	PEREIRA DIAZ, Angel 54		29.13
5.	PONTEAREAS 200		PONTEAREAS	2:13.36	12,00
	JORGE IGLESIAS, Marcelino 60	30.53	SOBRINO EIRIZ, Manuel 51		35.60
	MOURIÑO FORTES, Victor Manuel 49	32.04	CARRERA COSTAS, Andres 44		35.19
6.	VALDEORRAS 200		VALDEORRAS	2:16.09	10,00
	RODRIGUEZ BASANTA, Francisco 65	39.43	ESPINOSA MIRA, Jorge 48		28.89
	FERNANDEZ RODRIGUEZ, Miguel 57	36.13	TORNE BOBO, Borja 34		31.64
7.	RBAIXAS 200		RBAIXAS	2:23.29	8,00
	RODRIGUEZ GARCIA, Jose Bernar 43	34.98	FERREIRO SEOANE, Jose Raul 53		32.84
	LORENZO FERNANDEZ, Jose Man 54	37.48	NOVO FERNANDEZ, Alfredo 56		37.99

DSQ

TRAVIESAS 200

Primera posta Nado irregular

SEGUIN CID, Severino, FIDALGO SERRANO, Manuel-Antonio, FIDALGO SERRANO, Guillermo, SALGUEIRO CERVERA, Ignacio

TRAVIESAS

-

Prueba 17, Masc., 4 x 50m Libre

+240

1.	CIDSANTIAGO 240		CIDSANTIAGO	2:10.13	26,00
	FERNANDEZ NUÑEZ, Santiago 63	28.60	PUENTE DIAZ, Javier 55		32.73
	FERNANDEZ ARRUTI, Jose Angel 67	35.11	CODESIDO LOPEZ, Jose 67		33.69
2.	HERCULES 240		HERCULES	2:19.71	20,00
	SUANZES PEREZ, Fernando 73	35.22	YAÑEZ WONENBURGER, Juan Carlos 67		32.32
	DE LA VEGA GANDARAS, Felipe 53	38.15	BORDALLO CORTINA, Fernando 72		34.02
3.	RBAIXAS 240		RBAIXAS	2:39.65	16,00
	SANCHEZ MUÑOZ, Jose Ignacio 65	39.76	ROS ROSILLO, Alejandro 68		39.30
	HERNANZ MORAL, Fausto 64	40.41	PEREZ LEIVA, Manuel 58		40.18
4.	POURENSE 240		POURENSE	2:43.01	14,00
	BLANCO PEREZ, Angel 62	40.60	IVANCHENKO, Yurii 73		42.72
	FERREIRO SANCHEZ, Luis 56	41.64	GARCIA COLOMO, Manuel Ramon 72		38.05

+280

1.	PONTEAREAS 280		PONTEAREAS	3:22.04	26,00
	PREGO MARTINEZ, Benjamin 53	35.08	MONROY FERNANDEZ, Manuel 76		45.93
	RODRIGUEZ GOMEZ, Emilio 65	41.89	ARAUJO DOMINGUEZ, Francisco 86		1:19.14

Prueba 18
13/06/2026

Fem., 400m Libre

2006 y mayores
Resultados

Clasificación	Edad								Tiempo	Puntos		
25+												
1.	1038503	COTOS SUAREZ, Ana			29	CIDSANTIAGO			5:14.10	13,00		
	50m:	35.89	35.89	150m:	1:55.14	40.56	250m:	3:15.09	39.69	350m:	4:34.75	39.86
	100m:	1:14.58	38.69	200m:	2:35.40	40.26	300m:	3:54.89	39.80	400m:	5:14.10	39.35
2.	1037965	COSTA FERNANDEZ, Laura			25	PONTEAREAS			5:30.78	10,00		
	50m:	36.36	36.36	150m:	2:00.62	43.00	250m:	3:25.29	42.24	350m:	4:50.39	42.25
	100m:	1:17.62	41.26	200m:	2:43.05	42.43	300m:	4:08.14	42.85	400m:	5:30.78	40.39
3.	1039634	LAGO CASTILLO, Natalia			27	NCORUÑA			5:34.18	8,00		
	50m:	37.98	37.98	150m:	2:02.16	42.41	250m:	3:28.22	42.96	350m:	4:55.00	43.51
	100m:	1:19.75	41.77	200m:	2:45.26	43.10	300m:	4:11.49	43.27	400m:	5:34.18	39.18
4.	1263196	CASTRO BLANCO, Brenda			26	ESCUALOS			6:42.44	7,00		
	50m:	46.29	46.29	150m:	2:26.65	50.66	250m:	4:08.96	51.24	350m:	5:53.43	52.01
	100m:	1:35.99	49.70	200m:	3:17.72	51.07	300m:	5:01.42	52.46	400m:	6:42.44	49.01
30+												
1.	1078925	SALGADO CASTELO, Marta			32	MULLEREF			6:45.05	13,00		
	50m:	48.83	48.83	150m:	2:33.25	52.48	250m:	4:16.20	50.92	350m:	5:56.80	49.61
	100m:	1:40.77	51.94	200m:	3:25.28	52.03	300m:	5:07.19	50.99	400m:	6:45.05	48.25
35+												
1.	1144948	GONZALEZ PEREZ, Jessica			39	RBAIXAS			6:03.74	13,00		
	50m:	40.32	40.32	150m:	2:10.91	45.59	250m:	3:43.86	46.82	350m:	5:18.15	47.25
	100m:	1:25.32	45.00	200m:	2:57.04	46.13	300m:	4:30.90	47.04	400m:	6:03.74	45.59
2.	1129917	MURAS MORA, Andrea			37	CIDSANTIAGO			6:16.91	10,00		
	50m:	43.24	43.24	150m:	2:15.73	46.19	250m:	3:50.27	47.70	350m:	5:26.90	49.18
	100m:	1:29.54	46.30	200m:	3:02.57	46.84	300m:	4:37.72	47.45	400m:	6:16.91	50.01
3.	1143565	ARAUJO CASTRO, Paula			35	CDELMAR			6:23.82	8,00		
	50m:	41.14	41.14	150m:	2:14.80	48.30	250m:	3:53.15	49.84	350m:	5:33.66	50.15
	100m:	1:26.50	45.36	200m:	3:03.31	48.51	300m:	4:43.51	50.36	400m:	6:23.82	50.16
4.	1250482	RODRIGUEZ DE DIOS, Amparo			39	VALDEORRAS			6:34.13	7,00		
	50m:	43.61	43.61	150m:	2:20.43	49.64	250m:	4:02.82	51.53	350m:	5:45.49	51.27
	100m:	1:30.79	47.18	200m:	3:11.29	50.86	300m:	4:54.22	51.40	400m:	6:34.13	48.64
DSQ	1036315	LOPEZ CORTABITARTE, Belen			39	CASINOC				-		
	Nado irregular											
40+												
1.	1075496	BARBEITO DOMINGUEZ, Marta			42	CASINOC			5:22.69	13,00		
	50m:	35.98	35.98	150m:	1:56.35	40.63	250m:	3:17.58	40.44	350m:	4:40.86	41.72
	100m:	1:15.72	39.74	200m:	2:37.14	40.79	300m:	3:59.14	41.56	400m:	5:22.69	41.83
2.	1076543	RODRIGUEZ PEREZ, Vanesa			40	RBAIXAS			5:52.05	10,00		
	50m:	42.61	42.61	150m:	2:12.08	44.88	250m:	3:41.59	44.46	350m:	5:09.22	43.36
	100m:	1:27.20	44.59	200m:	2:57.13	45.05	300m:	4:25.86	44.27	400m:	5:52.05	42.83

Prueba 18, Fem., 400m Libre

45+

1.	1237395 VILARIÑO CACHO, Elvira	45	SALVESTRADA	5:33.98	13,00
	50m: 38.68 38.68 150m: 2:03.48 42.64 250m: 3:29.18 42.79 350m: 4:53.57 42.03				
	100m: 1:20.84 42.16 200m: 2:46.39 42.91 300m: 4:11.54 42.36 400m: 5:33.98 40.41				
2.	1268743 ANTON FUENTES, Veronica Maria	47	GALAICO	6:27.74	10,00
	50m: 45.91 45.91 150m: 2:24.28 50.33 250m: 4:02.94 49.42 350m: 5:42.97 49.89				
	100m: 1:33.95 48.04 200m: 3:13.52 49.24 300m: 4:53.08 50.14 400m: 6:27.74 44.77				
3.	1273323 LOPEZ BARREIRO, Cristina	47	MULLEREF	7:11.69	8,00
	50m: 47.38 47.38 150m: 2:33.39 54.78 250m: 4:25.21 55.67 350m: 6:18.02 56.88				
	100m: 1:38.61 51.23 200m: 3:29.54 56.15 300m: 5:21.14 55.93 400m: 7:11.69 53.67				
4.	1253184 ABELLEIRA CORRAL, Gema	46	MULLEREF	7:41.82	7,00
	50m: 51.02 51.02 150m: 2:45.80 58.72 250m: 4:45.00 1:00.89 350m: 6:45.13 59.66				
	100m: 1:47.08 56.06 200m: 3:44.11 58.31 300m: 5:45.47 1:00.47 400m: 7:41.82 56.69				
5.	1119241 VIDAL BELLO, Mara	49	VALDEORRAS	7:55.92	6,00
	50m: 54.92 54.92 150m: 2:55.66 1:01.07 250m: 4:58.13 1:00.38 350m: 6:59.53 1:00.92				
	100m: 1:54.59 59.67 200m: 3:57.75 1:02.09 300m: 5:58.61 1:00.48 400m: 7:55.92 56.39				
6.	1178771 BESADA FERNANDEZ, Ana Maria	48	PONTEAREAS	8:12.37	5,00
	50m: 52.22 52.22 150m: 2:53.75 1:03.16 250m: 5:02.31 1:03.89 350m: 7:09.87 1:03.60				
	100m: 1:50.59 58.37 200m: 3:58.42 1:04.67 300m: 6:06.27 1:03.96 400m: 8:12.37 1:02.50				

50+

1.	1040944 VARELA REDONDO, Veronica	51	PONTEAREAS	6:10.32	13,00
	50m: 41.14 41.14 150m: 2:14.04 47.12 250m: 3:49.31 47.52 350m: 5:24.05 47.59				
	100m: 1:26.92 45.78 200m: 3:01.79 47.75 300m: 4:36.46 47.15 400m: 6:10.32 46.27				
2.	1250484 VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	8:06.67	10,00
	50m: 56.18 56.18 150m: 2:56.80 1:00.82 250m: 5:01.96 1:02.81 350m: 7:07.43 1:02.96				
	100m: 1:55.98 59.80 200m: 3:59.15 1:02.35 300m: 6:04.47 1:02.51 400m: 8:06.67 59.24				

55+

1.	1037939 CASTRO MAESTRE, Isaura	57	FLUVIAL	6:46.06	13,00
	50m: 44.89 44.89 150m: 2:24.15 51.15 250m: 4:08.91 53.00 350m: 5:55.86 53.66				
	100m: 1:33.00 48.11 200m: 3:15.91 51.76 300m: 5:02.20 53.29 400m: 6:46.06 50.20				
2.	1076154 ABREU FERNANDEZ, Marta	55	PONTEAREAS	7:53.77	10,00
	50m: 53.62 53.62 150m: 2:52.67 59.96 250m: 4:53.75 1:00.66 350m: 6:54.36 1:00.23				
	100m: 1:52.71 59.09 200m: 3:53.09 1:00.42 300m: 5:54.13 1:00.38 400m: 7:53.77 59.41				
3.	1199642 GARNACHO GAYARRE, Nuria	57	CASINOC	8:00.14	8,00
	50m: 46.29 46.29 150m: 2:46.67 1:03.26 250m: 4:52.98 1:03.93 350m: 6:59.75 1:03.33				
	100m: 1:43.41 57.12 200m: 3:49.05 1:02.38 300m: 5:56.42 1:03.44 400m: 8:00.14 1:00.39				

60+

1.	1144331 TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	6:12.84	13,00
	50m: 40.84 40.84 150m: 2:12.79 46.74 250m: 3:49.39 48.58 350m: 5:26.96 48.69				
	100m: 1:26.05 45.21 200m: 3:00.81 48.02 300m: 4:38.27 48.88 400m: 6:12.84 45.88				
2.	1147048 REGUEIRO RODRIGUEZ, Ana	60	RBAIXAS	6:29.71	10,00
	50m: 44.47 44.47 150m: 2:21.71 49.23 250m: 4:00.88 49.67 350m: 5:40.74 49.91				
	100m: 1:32.48 48.01 200m: 3:11.21 49.50 300m: 4:50.83 49.95 400m: 6:29.71 48.97				
3.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	8:04.61	8,00
	50m: 48.76 48.76 150m: 2:47.21 1:01.04 250m: 4:53.87 1:04.41 350m: 7:03.11 1:05.01				
	100m: 1:46.17 57.41 200m: 3:49.46 1:02.25 300m: 5:58.10 1:04.23 400m: 8:04.61 1:01.50				

Prueba 18, Fem., 400m Libre, 60+

Clasificación									Edad			Tiempo	Puntos
4.	1269270	REY OTERO, Angela Maria					60	MULLEREF			8:08.63	7,00	
	50m:	54.88	54.88	150m:	2:55.56	1:00.89	250m:	5:02.51	1:03.01	350m:	7:12.06	1:04.86	
	100m:	1:54.67	59.79	200m:	3:59.50	1:03.94	300m:	6:07.20	1:04.69	400m:	8:08.63	56.57	
5.	1144231	PEREZ GALLARDO, Teresa					62	POURENSE			9:35.92	6,00	
	50m:	1:04.72	1:04.72	150m:	3:28.30	1:13.24	250m:	5:55.94	1:13.77	350m:	8:23.74	1:13.61	
	100m:	2:15.06	1:10.34	200m:	4:42.17	1:13.87	300m:	7:10.13	1:14.19	400m:	9:35.92	1:12.18	

65+

1.	1079307	CHAMOSA MARTIN, Julia					65	RBAIXAS			6:21.54	13,00	RG
	50m:	43.74	43.74	150m:	2:19.71	48.65	250m:	3:56.64	48.66	350m:	5:34.15	48.80	
	100m:	1:31.06	47.32	200m:	3:07.98	48.27	300m:	4:45.35	48.71	400m:	6:21.54	47.39	
2.	1143622	OTERO LOPEZ, Maria Elisa					66	POURENSE			7:26.09	10,00	
	50m:	51.65	51.65	150m:	2:43.92	56.52	250m:	4:37.43	57.14	350m:	6:31.43	56.88	
	100m:	1:47.40	55.75	200m:	3:40.29	56.37	300m:	5:34.55	57.12	400m:	7:26.09	54.66	
3.	1217937	RODRIGUEZ TRONCOSO, Marina					67	PONTEAREAS			9:43.17	8,00	
	50m:	1:03.53	1:03.53	150m:	3:26.48	1:13.15	250m:	5:55.07	1:15.74	350m:	8:29.56	1:16.74	
	100m:	2:13.33	1:09.80	200m:	4:39.33	1:12.85	300m:	7:12.82	1:17.75	400m:	9:43.17	1:13.61	

70+

1.	1037151	GOMEZ DOVAL, Maria Angela					70	FLUVIAL					9:52.77	13,00	RG
	50m:	1:01.90	1:01.90	150m:	3:28.84	1:15.55	250m:	6:04.21	1:17.31	350m:	8:39.40	1:16.58			
	100m:	2:13.29	1:11.39	200m:	4:46.90	1:18.06	300m:	7:22.82	1:18.61	400m:	9:52.77	1:13.37			

Prueba 19
13/06/2026

Masc., 400m Libre

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1144995	RIAL SIEIRA, Leo					20	RIVEIRA			4:55.13	13,00
	50m:	32.82	32.82	150m:	1:44.88	36.66	250m:	3:01.01	38.80	350m:	4:18.50	38.64
	100m:	1:08.22	35.40	200m:	2:22.21	37.33	300m:	3:39.86	38.85	400m:	4:55.13	36.63
25+												
1.	1110128	CAMINO PARDO, Rodrigo					26	NCORUÑA			4:40.96	13,00
	50m:	31.49	31.49	150m:	1:43.00	35.91	250m:	2:55.44	35.71	350m:	4:07.12	35.64
	100m:	1:07.09	35.60	200m:	2:19.73	36.73	300m:	3:31.48	36.04	400m:	4:40.96	33.84
2.	1039270	TRILLO RODRIGUEZ, Adrian					29	MOS			4:55.89	10,00
	50m:	33.80	33.80	150m:	1:47.63	37.07	250m:	3:02.11	37.13	350m:	4:18.58	38.47
	100m:	1:10.56	36.76	200m:	2:24.98	37.35	300m:	3:40.11	38.00	400m:	4:55.89	37.31
30+												
1.	1213891	CASTELAO VIEITES, Borja					34	CIDSANTIAGO			4:35.90	13,00
	50m:	31.76	31.76	150m:	1:40.94	34.57	250m:	2:50.23	34.52	350m:	4:00.63	35.35
	100m:	1:06.37	34.61	200m:	2:15.71	34.77	300m:	3:25.28	35.05	400m:	4:35.90	35.27
2.	1037824	FREIRE GONZALEZ, Javier					33	RBAIXAS			4:55.76	10,00
	50m:	33.91	33.91	150m:	1:48.16	37.50	250m:	3:04.48	38.27	350m:	4:20.93	37.88
	100m:	1:10.66	36.75	200m:	2:26.21	38.05	300m:	3:43.05	38.57	400m:	4:55.76	34.83
3.	1037076	COBELO REPRESAS, Francisco					30	PONTEAREAS			5:01.31	8,00
	50m:	34.30	34.30	150m:	1:49.78	38.31	250m:	3:06.78	39.17	350m:	4:23.75	39.14
	100m:	1:11.47	37.17	200m:	2:27.61	37.83	300m:	3:44.61	37.83	400m:	5:01.31	37.56
4.	1232980	PICALLO MATO, Adrian					31	SALVESTRADA			5:19.90	7,00
	50m:	36.03	36.03	150m:	1:55.84	40.19	250m:	3:17.42	40.85	350m:	4:39.97	41.01
	100m:	1:15.65	39.62	200m:	2:36.57	40.73	300m:	3:58.96	41.54	400m:	5:19.90	39.93
5.	1222771	LAGO GONZALEZ, Ivan					33	PONTEAREAS			8:50.82	6,00
	50m:	48.97	48.97	150m:	2:50.36	1:05.84	250m:	5:15.34	1:12.97	350m:	7:37.78	1:12.29
	100m:	1:44.52	55.55	200m:	4:02.37	1:12.01	300m:	6:25.49	1:10.15	400m:	8:50.82	1:13.04
35+												
1.	1180243	LAIÑO SILVA, Victor					39	RIVEIRA			5:40.22	13,00
	50m:	36.44	36.44	150m:	1:58.32	42.45	250m:	3:26.64	44.31	350m:	4:57.27	45.80
	100m:	1:15.87	39.43	200m:	2:42.33	44.01	300m:	4:11.47	44.83	400m:	5:40.22	42.95
2.	1128175	GULIAS GARCIA, Jose Ruben					35	PONSVETUS			5:47.04	10,00
	50m:	38.42	38.42	150m:	2:02.88	42.37	250m:	3:31.29	45.12	350m:	5:03.68	46.02
	100m:	1:20.51	42.09	200m:	2:46.17	43.29	300m:	4:17.66	46.37	400m:	5:47.04	43.36
40+												
1.	1140778	RODRIGUEZ LAGO, David					40	CIDSANTIAGO			4:26.99	13,00 RG
	50m:	30.34	30.34	150m:	1:36.55	32.98	250m:	2:44.59	34.09	350m:	3:53.11	34.27
	100m:	1:03.57	33.23	200m:	2:10.50	33.95	300m:	3:18.84	34.25	400m:	4:26.99	33.88
2.	1014291	GOMEZ CARDESIN, Alvaro					41	NCORUÑA			4:51.06	10,00
	50m:	34.09	34.09	150m:	1:47.20	36.83	250m:	3:02.03	37.74	350m:	4:14.86	36.04
	100m:	1:10.37	36.28	200m:	2:24.29	37.09	300m:	3:38.82	36.79	400m:	4:51.06	36.20

Prueba 19, Masc., 400m Libre, 40+

Clasificación					Edad				Tiempo		Puntos	
3.	1145052	FIERRO FERNANDEZ, Julio				44	CASINOC			5:27.10	8,00	
	50m:	36.88	36.88	150m:	1:58.00	41.36	250m:	3:22.90	42.71	350m:	4:45.36	41.12
	100m:	1:16.64	39.76	200m:	2:40.19	42.19	300m:	4:04.24	41.34	400m:	5:27.10	41.74
4.	1284808	LONGA IGLESIAS, Pablo				41	RBAIXAS			6:12.54	7,00	
	50m:	41.82	41.82	150m:	2:14.53	47.34	250m:	3:50.15	47.98	350m:	5:27.30	48.48
	100m:	1:27.19	45.37	200m:	3:02.17	47.64	300m:	4:38.82	48.67	400m:	6:12.54	45.24
5.	1178928	FIDALGO SERRANO, Guillermo				40	TRAVIESAS			6:43.30	6,00	
	50m:	44.15	44.15	150m:	2:21.46	49.66	250m:	4:06.01	52.47	350m:	5:53.97	54.06
	100m:	1:31.80	47.65	200m:	3:13.54	52.08	300m:	4:59.91	53.90	400m:	6:43.30	49.33

45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian				49	POURENSE			5:07.81	13,00	
	50m:	34.55	34.55	150m:	1:50.76	38.42	250m:	3:07.02	38.09	350m:	4:27.21	41.36
	100m:	1:12.34	37.79	200m:	2:28.93	38.17	300m:	3:45.85	38.83	400m:	5:07.81	40.60
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano				45	CIDSANTIAGO			5:38.63	10,00	
	50m:	37.01	37.01	150m:	1:59.87	42.23	250m:	3:25.64	43.47	350m:	4:55.06	44.87
	100m:	1:17.64	40.63	200m:	2:42.17	42.30	300m:	4:10.19	44.55	400m:	5:38.63	43.57
3.	1192271	MOURIÑO FORTES, Victor Manuel				49	PONTEAREAS			5:46.18	8,00	
	50m:	40.34	40.34	150m:	2:06.29	43.57	250m:	3:35.83	44.97	350m:	5:05.75	44.26
	100m:	1:22.72	42.38	200m:	2:50.86	44.57	300m:	4:21.49	45.66	400m:	5:46.18	40.43
4.	1084041	SUAREZ GARCIA, Sergio				46	PONSVETUS			6:08.45	7,00	
	50m:	40.15	40.15	150m:	2:11.10	46.17	250m:	3:46.08	47.82	350m:	5:22.03	48.06
	100m:	1:24.93	44.78	200m:	2:58.26	47.16	300m:	4:33.97	47.89	400m:	6:08.45	46.42

50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS						4:36.80	13,00	
	50m:	32.01	32.01	150m:	1:41.54	34.87	250m:	2:51.79	35.03	350m:	4:01.96	35.23
	100m:	1:06.67	34.66	200m:	2:16.76	35.22	300m:	3:26.73	34.94	400m:	4:36.80	34.84
2.	1264722	BALDOMAR OBELLEIRA, Ruben	52	NCORUÑA						4:58.93	10,00	
	50m:	34.81	34.81	150m:	1:50.72	38.22	250m:	3:06.67	37.84	350m:	4:22.12	37.68
	100m:	1:12.50	37.69	200m:	2:28.83	38.11	300m:	3:44.44	37.77	400m:	4:58.93	36.81
3.	1040137	QUINTAS BARROS, Jesus Carlos	53	ESCUALOS						5:08.20	8,00	
	50m:	35.02	35.02	150m:	1:53.55	39.48	250m:	3:12.63	39.51	350m:	4:31.28	38.87
	100m:	1:14.07	39.05	200m:	2:33.12	39.57	300m:	3:52.41	39.78	400m:	5:08.20	36.92
4.	1084040	GARCIA CASTIÑEIRA, Daniel	52	CIDSANTIAGO						5:17.78	7,00	
	50m:	35.48	35.48	150m:	1:53.84	39.41	250m:	3:15.15	40.84	350m:	4:37.55	41.60
	100m:	1:14.43	38.95	200m:	2:34.31	40.47	300m:	3:55.95	40.80	400m:	5:17.78	40.23
5.	1251882	IGLESIAS CARRERA, Pio	53	CIDSANTIAGO						5:19.65	6,00	
	50m:	35.40	35.40	150m:	1:54.74	39.84	250m:	3:16.70	40.68	350m:	4:39.77	41.95
	100m:	1:14.90	39.50	200m:	2:36.02	41.28	300m:	3:57.82	41.12	400m:	5:19.65	39.88
6.	1203306	DURO GONZALEZ, Antonio	52	SALVESTRADA						5:43.57	5,00	
	50m:	38.72	38.72	150m:	2:05.20	43.85	250m:	3:34.06	44.43	350m:	5:02.20	43.47
	100m:	1:21.35	42.63	200m:	2:49.63	44.43	300m:	4:18.73	44.67	400m:	5:43.57	41.37
7.	1141071	LORENZO FERNANDEZ, Jose Manuel	54	RBAIXAS						6:35.23	4,00	
	50m:	43.45	43.45	150m:	2:22.45	50.67	250m:	4:02.94	50.25	350m:	5:45.29	50.84
	100m:	1:31.78	48.33	200m:	3:12.69	50.24	300m:	4:54.45	51.51	400m:	6:35.23	49.94

Prueba 19, Masc., 400m Libre

55+

1.	1175089 NISTAL GARCIA, Eduardo	58	CASINOC	5:49.50	13,00
	50m: 38.22 38.22 150m: 2:04.84 43.78 250m: 3:35.80 45.80 350m: 5:08.03 46.13				
	100m: 1:21.06 42.84 200m: 2:50.00 45.16 300m: 4:21.90 46.10 400m: 5:49.50 41.47				
2.	1057905 GURIDI HUERTA, Jesus Maria	58	FLUVIAL	6:21.67	10,00
	50m: 42.44 42.44 150m: 2:16.69 48.54 250m: 3:54.42 49.06 350m: 5:32.88 50.05				
	100m: 1:28.15 45.71 200m: 3:05.36 48.67 300m: 4:42.83 48.41 400m: 6:21.67 48.79				
3.	1076162 MIRA PEREZ, Jorge	58	CIDSANTIAGO	6:28.66	8,00
	50m: 42.09 42.09 150m: 2:16.80 48.28 250m: 3:56.45 50.26 350m: 5:38.64 51.29				
	100m: 1:28.52 46.43 200m: 3:06.19 49.39 300m: 4:47.35 50.90 400m: 6:28.66 50.02				
4.	1261402 FERNANDEZ RODRIGUEZ, Miguel Ang	57	VALDEORRAS	6:37.97	7,00
	50m: 45.84 45.84 150m: 2:28.68 51.95 250m: 4:10.70 51.34 350m: 5:51.40 49.69				
	100m: 1:36.73 50.89 200m: 3:19.36 50.68 300m: 5:01.71 51.01 400m: 6:37.97 46.57				
5.	1175217 CASTRO QUINTELA, Avelino	59	CIDSANTIAGO	6:58.04	6,00
	50m: 50.18 50.18 150m: 2:36.14 53.67 250m: 4:22.93 53.70 350m: 6:09.37 52.84				
	100m: 1:42.47 52.29 200m: 3:29.23 53.09 300m: 5:16.53 53.60 400m: 6:58.04 48.67				
6.	1236643 MAGARIÑOS MACEIRAS, Xose	58	SALVESTRADA	7:10.59	5,00
	50m: 44.26 44.26 150m: 2:29.09 54.47 250m: 4:20.50 56.54 350m: 6:15.89 57.47				
	100m: 1:34.62 50.36 200m: 3:23.96 54.87 300m: 5:18.42 57.92 400m: 7:10.59 54.70				
7.	1127250 RODRIGUEZ LOPEZ, Eloy Jesus	58	VALDEORRAS	7:18.24	4,00
	50m: 45.11 45.11 150m: 2:32.78 55.89 250m: 4:28.67 58.00 350m: 6:24.55 58.06				
	100m: 1:36.89 51.78 200m: 3:30.67 57.89 300m: 5:26.49 57.82 400m: 7:18.24 53.69				

60+

1.	1105220 GARCIA RIÑON, Jaime	62	NCORUÑA	5:11.88	13,00
	50m: 35.88 35.88 150m: 1:53.88 38.94 250m: 3:13.48 39.73 350m: 4:32.09 39.09				
	100m: 1:14.94 39.06 200m: 2:33.75 39.87 300m: 3:53.00 39.52 400m: 5:11.88 39.79				
2.	1085112 RIVAS FEAL, Antonio	60	CASINOC	5:13.88	10,00
	50m: 36.71 36.71 150m: 1:56.09 39.79 250m: 3:15.54 39.52 350m: 4:35.86 40.03				
	100m: 1:16.30 39.59 200m: 2:36.02 39.93 300m: 3:55.83 40.29 400m: 5:13.88 38.02				
3.	1144940 HERNANZ MORAL, Fausto	64	RBAIXAS	6:22.24	8,00
	50m: 43.02 43.02 150m: 2:20.71 49.37 250m: 3:58.32 48.57 350m: 5:35.71 48.61				
	100m: 1:31.34 48.32 200m: 3:09.75 49.04 300m: 4:47.10 48.78 400m: 6:22.24 46.53				
4.	1143536 BLANCO PEREZ, Angel	62	POURENSE	6:49.77	7,00
	50m: 45.58 45.58 150m: 2:28.19 52.22 250m: 4:14.07 53.04 350m: 6:00.39 53.52				
	100m: 1:35.97 50.39 200m: 3:21.03 52.84 300m: 5:06.87 52.80 400m: 6:49.77 49.38				

65+

1.	1170858 CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	5:48.09	13,00
	50m: 38.80 38.80 150m: 2:06.22 44.83 250m: 3:37.05 45.19 350m: 5:05.93 44.11				
	100m: 1:21.39 42.59 200m: 2:51.86 45.64 300m: 4:21.82 44.77 400m: 5:48.09 42.16				
2.	1075770 RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	6:32.33	10,00
	50m: 44.11 44.11 150m: 2:26.57 51.88 250m: 4:07.29 49.82 350m: 5:47.42 49.62				
	100m: 1:34.69 50.58 200m: 3:17.47 50.90 300m: 4:57.80 50.51 400m: 6:32.33 44.91				

70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	72	POURENSE	6:13.22	13,00
	50m: 44.44 44.44 150m: 2:19.50 48.40 250m: 3:54.15 47.74 350m: 5:28.38 47.29				
	100m: 1:31.10 46.66 200m: 3:06.41 46.91 300m: 4:41.09 46.94 400m: 6:13.22 44.84				

Prueba 20
14/06/2026

Mixto, 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80

1.	PONTEAREAS 80			PONTEAREAS	1:54.02	26,00
	PEREZ PAZ, Dario 21	25.64		LEMONS FERNANDEZ, Zaira 24		31.79
	CASARES GARCIA, Brais 22	24.59		BLANCO PEREZ, Laura 22		32.00
2.	POURENSE 80			POURENSE	2:09.83	20,00
	LORENZO PEREZ, Aroa 24	49.43		CIVEIRA CORRAL, Samuel 24		24.35
	BLANCO PEREZ, Paula 27	31.89		LOPEZ FERNANDEZ, Martin 22		24.16

+100

1.	CIDSANTIAGO 100			CIDSANTIAGO	1:46.45	26,00 RG
	PASSARETTI PEREIRA, Alejandro 28	24.14		GARCIA MIGUEZ, Rosalia 28		29.10
	CASTRO RODRIGUEZ, Francisco 26	26.36		GONZALEZ TOJO, Raquel 27		26.85
2.	NCORUÑA 100			NCORUÑA	1:54.23	20,00
	CAMINO PARDO, Rodrigo 26	24.90		MUIÑO ALONSO, Anton 32		25.52
	PAZOS AGUIAR, Lara 26	32.07		LAGO CASTILLO, Natalia 27		31.74
3.	RBAIXAS 100			RBAIXAS	2:05.34	16,00
	PASTORIZA SANTA CLARA, Jorge 29	26.82		ABALDE PUJALES, Alberto 26		30.75
	ALONSO PEREIRA, Fatima 33	35.51		RODRIGUEZ CERVINO, Ana 26		32.26
4.	PONTEAREAS 100			PONTEAREAS	2:11.93	14,00
	INCUTTI TELLADO, Denis 26	28.45		ALVAREZ PRESA, Samuel 26		33.31
	COSTA FERNANDEZ, Laura 25	32.04		RODRIGUEZ PAZ, Lucia 26		38.13

+120

1.	CIDSANTIAGO 120			CIDSANTIAGO	1:53.86	26,00
	QUINTAS MOSQUERA, Manuel 30	26.31		COTOS SUAREZ, Ana 29		31.05
	CASTELAO VIEITES, Borja 34	26.81		CRUZ GARCIA, Aurora 31		29.69
2.	CDELMAR 120			CDELMAR	1:56.10	20,00
	LOBELLE GONZALEZ, Marcos 37	25.78		MARTINEZ GESTAL, Alejandro 36		26.07
	BLANCO GARCIA, Sheila 39	31.99		ABADIN ROZENBAUM, Manuela Rc31)		32.26
3.	SALVESTRADA 120			SALVESTRADA	2:03.46	16,00
	CAMINO VELASCO, Jaime 36	31.67		ROZADOS LUIS, Adriana 41		31.48
	LOUREIRO FERREIROA, Marcos 41	27.98		RIVADULLA MALLO, Maria Irene 28		32.33
4.	PORTAMIÑA 120			PORTAMIÑA	2:04.55	14,00
	FERNANDEZ LAMELA, David 48	30.46		DONG, Taogui 42		31.09
	RAMOS LOBO, Raquel 33	31.55		VILA BARRIOS, Lucia 29		31.45
5.	RBAIXAS 120			RBAIXAS	2:10.74	12,00
	FREIRE GONZALEZ, Javier 33	28.88		GARCIA MUGGIA, Erick Jose 40		26.19
	GONZALEZ COVELO, Sandra 33	35.96		VAZQUEZ DUARTE, Cristina 40		39.71
6.	PONSVETUS 120			PONSVETUS	2:37.30	10,00
	LAVIA PINTOS, David 33	35.19		MARQUEZ BARCALA, Jesica 33		41.09
	GONZALEZ PIMENTEL, Saleta 54	51.10		GULIAS GARCIA, Jose Ruben 35		29.92
7.	PONTEAREAS 120			PONTEAREAS	3:11.14	8,00
	GONZALEZ PEREZ, Paula 30	39.83		GIRALDEZ VILLANUEVA, Ivan 39		52.91
	LAGO GONZALEZ, Ivan 33	48.20		RODRIGUEZ-TOUBES FORRYAN, I271e		50.20

Prueba 20, Mixto, 4 x 50m Libre, +120

Clasificación

Tiempo Puntos

DSQ

MONFORTE 120

MONFORTE

-

Salida irregular

CASANOVA MARTINEZ, Victor, MARTINEZ GARCIA, Susana, RODRIGUEZ GONZALEZ, Raquel, SUAREZ FERNANDEZ, Santiago

+160

1.	CIDSANTIAGO 160			CIDSANTIAGO	1:54.90	26,00	RG
	CALLE FACAL, Telmo 43	25.41		GONZALEZ RODRIGUEZ, Maria 44		29.47	
	RODRIGUEZ LAGO, David 40	25.50		MURAS MORA, Andrea 37		34.52	
2.	SALVESTRADA 160			SALVESTRADA	2:12.55	20,00	
	DURO GONZALEZ, Antonio 52	33.33		VILARIÑO CACHO, Elvira 45		34.11	
	BASTIDA CAMPOS, Alejandro 44	31.52		ABBATEMARCO, Cristina 42		33.59	
3.	ESCUALOS 160			ESCUALOS	2:17.77	16,00	
	MIRA VAZQUEZ, Marta 45	37.11		FORTES NOVOA, Martiño 38		31.67	
	CID ALVAREZ, Isabel 46	39.43		DE LORENZO FERNANDEZ, Javier 45		29.56	
4.	REDONDELA			REDONDELA	2:27.85	14,00	
	LEIRO ALVAREZ, Olalla 44	35.14		COUÑAGO BARCIELA, Lucia 36		47.46	
	VARELA MARIÑO, Felix 45	32.22		CAMPELOS FREIRE, Diego 43		33.03	
5.	PONTEAREAS 160			PONTEAREAS	2:29.43	12,00	
	TRONCOSO GONZALEZ, Veronica35	32.21		RODRIGUEZ BALIÑA, Mauro 36		7.89	
	GONZALEZ CONDE, Rodrigo 44	1:05.64		BESADA FERNANDEZ, Ana Maria 48		43.69	
6.	PORTAMIÑA			PORTAMIÑA	2:30.68	10,00	
	GONZALEZ VICENTE, Ruben 45	36.57		TEJEIRO IGLESIAS, Jesus 50		36.84	
	LOPEZ RODRIGUEZ, Aroa 29	32.24		BALLADARES LOAISIGA, Damaris46tricia		45.03	
7.	VALDEORRAS 160			VALDEORRAS	2:31.25	8,00	
	TORNE BOBO, Borja 34	31.73		RODRIGUEZ DE DIOS, Amparo 39		39.68	
	FERNANDEZ RODRIGUEZ, Miguel /57jel	34.97		VIDAL BELLO, Mara 49		44.87	
8.	CULLEREDO 160			CULLEREDO	2:32.65	6,00	
	PEREZ GARCIA, Manuel 59	39.48		HERNAEZ OUBIÑA, David 53		31.08	
	IGLESIAS LOPEZ, Maria 25	31.06		VAZQUEZ PARCERO, Marta 46		51.03	

+200

1.	CIDSANTIAGO 200			CIDSANTIAGO	2:04.44	26,00	
	SONEIRA REBOREDO, Oscar 51	27.25		SUAREZ BUJAN, Rebeca 43		34.45	
	FERNANDEZ NUÑEZ, Santiago 63	28.31		FKEOUI OMARI, Salma 44		34.43	
2.	PORTAMIÑA 200			PORTAMIÑA	2:09.24	20,00	
	DIEGUEZ ARANDA, Hector 53	28.75		OJEA DE CASTRO, Macarena 53		34.01	
	MOURIZ LOMBAO, Francisco Javier51	29.98		LOPEZ GONZALEZ, Monica 56		36.50	
3.	CDELMAR 200			CDELMAR	2:09.31	16,00	
	LOBELLE GONZALEZ, Ivan 37	24.27		GARCIA SANJURJO, Jose Manuel 59		33.14	
	LOPEZ ARTABE, Inmaculada 46	37.32		TERCEIRO DELGADO, Maria Del M63		34.58	
4.	CASINOC 200			CASINOC	2:09.82	14,00	
	TORRES NEIRA, Mateo 47	26.21		RIVAS FEAL, Antonio 60		30.74	
	GARNACHO GAYARRE, Nuria 57	42.23		BARBEITO DOMINGUEZ, Marta 42		30.64	
5.	NCORUÑA 200			NCORUÑA	2:17.78	12,00	
	MIRAS LOPEZ, Raul 39	29.35		VILLASANTE ARMAS, Maria Rosa 51		42.26	
	BALDOMAR OBELLEIRA, Ruben 52	28.73		GONZALEZ MORENO, Maria Del D683		37.44	
6.	PONTEAREAS 200			PONTEAREAS	2:19.19	10,00	
	CASTRO RODRIGUEZ, Manuel 47	27.79		PREGO MARTINEZ, Benjamin 53		34.27	
	VARELA REDONDO, Veronica 51	37.00		JARDON GONZALEZ, Helena 55		40.13	

Prueba 20, Mixto, 4 x 50m Libre, +200

Clasificación

				Tiempo	Puntos
7.	PONSVETUS 200		PONSVETUS	2:30.93	8,00
	PITA SANTIN, Antonio 55	30.90	LLEVOT SANCHEZ, Ana Isabel 56		40.88
	FILGUEIRA FRANCO, Laura 48	45.70	SUAREZ GARCIA, Sergio 46		33.45
8.	VALDEORRAS 200		VALDEORRAS	2:35.87	6,00
	RODRIGUEZ BASANTA, Francisco 65	36.36	BARCALA PEREZ, Maria Rosa 50		39.54
	ESPINOSA MIRA, Jorge 48	28.94	VAZQUEZ GONZALEZ, Yolanda 50		51.03
9.	FOGAR 200		FOGAR	2:40.78	4,00
	GENDE DIAZ, Juan Felix 56	33.10	PEREIRA ALONSO, Isabel 65		43.12
	BARCA PENSADO, Maria 30	39.00	TRILLO CARLIN, Jose Fernando 58		45.56
10.	GALAICO 200		GALAICO	2:41.13	2,00
	VYNOHRADOVA, Kateryna 40	35.66	GONZALEZ ANTON, Jose Luis 64		43.25
	ANTON FUENTES, Veronica Maria 47	38.21	AREA PEREIRA, Jose Manuel 69		44.01
11.	POURENSE 200		POURENSE	2:41.43	-
	SAL MARTINEZ, Jorge 59	41.45	CALVIÑO VAZQUEZ, Maria Coral 58		43.91
	ORGEIRA CRESPO, Pedro 50	32.51	RODRIGUEZ VAZQUEZ, Maria Teresa 54		43.56
DSQ	ESCUALOS 200		ESCUALOS		-
	<i>Salida anticipada 2 posta</i>				
	FERNANDEZ FERNANDEZ, Delmira 58	56.97	CRESPO PEREZ, Albarino 56		
	REBOREDA MORILLO, Susana 64		ALVAREZ SILVA, Ruben 45		
+240					
1.	HERCULES 240		HERCULES	2:27.71	26,00
	YAÑEZ WONENBURGER, Juan Carlos 67	33.53	LOPEZ MAHIA, Purificacion 63		42.78
	RODRIGUEZ PANTIN, Marta Maria 60	38.16	BORDALLO CORTINA, Fernando 72		33.24
2.	PONTEAREAS 240		PONTEAREAS	2:55.97	20,00
	JORGE IGLESIAS, Marcelino 60	30.79	GONZALEZ-ALEGRE BURGUEÑO, María 74		46.99
	CARRERA COSTAS, Andres 44	35.37	RODRIGUEZ TRONCOSO, Marina 67		1:02.82
3.	POURENSE 240		POURENSE	3:05.05	16,00
	PEREZ GALLARDO, Teresa 62	1:02.10	BALADO LOPEZ, Ana Maria 65		40.85
	IVANCHENKO, Yurii 73	44.19	GARCIA COLOMO, Manuel Ramon 72		37.91
+280					
1.	PONTEAREAS 280		PONTEAREAS	4:18.43	26,00
	RODRIGUEZ GOMEZ, Emilio 65	41.31	ARAUJO DOMINGUEZ, Francisco 86		1:28.55
	MUTILBA OBREGON, Nuria 57	38.05	GONZALEZ RODRIGUEZ, Saladina 80		1:30.52

Prueba 21
14/06/2026

Fem., 400m Estilos

2006 y mayores
Resultados

Clasificación	Edad								Tiempo		Puntos
20+											
1.	1267340	VIEZZOLI, Cecilia				23	RCNVIGO		5:55.13		13,00
	50m:	35.96	35.96	150m:	2:05.99	45.32	250m:	3:37.22	46.83	350m:	5:12.12 45.45
	100m:	1:20.67	44.71	200m:	2:50.39	44.40	300m:	4:26.67	49.45	400m:	5:55.13 43.01
25+											
1.	1113219	IGLESIAS LOPEZ, Maria				25	CULLEREDO		6:06.29		13,00
	50m:	41.19	41.19	150m:	2:14.99	47.33	250m:	3:50.81	49.62	350m:	5:24.92 43.35
	100m:	1:27.66	46.47	200m:	3:01.19	46.20	300m:	4:41.57	50.76	400m:	6:06.29 41.37
2.	1039634	LAGO CASTILLO, Natalia				27	NCORUÑA		6:29.76		10,00
	50m:	41.40	41.40	150m:	2:25.46	50.71	250m:	4:07.38	54.52	350m:	5:47.34 44.63
	100m:	1:34.75	53.35	200m:	3:12.86	47.40	300m:	5:02.71	55.33	400m:	6:29.76 42.42
30+											
1.	1145008	GONZALEZ PEREZ, Paula				30	PONTEAREAS		7:50.30		13,00
	50m:	51.55	51.55	150m:	2:58.77	1:02.81	250m:	5:01.83	1:03.37	350m:	7:00.76 52.85
	100m:	1:55.96	1:04.41	200m:	3:58.46	59.69	300m:	6:07.91	1:06.08	400m:	7:50.30 49.54
35+											
1.	1084714	BUGALLO PEREZ, Estibaliz				36	GALAICO		5:39.21		13,00
	50m:	36.10	36.10	150m:	2:01.62	43.79	250m:	3:32.78	47.94	350m:	5:01.21 39.62
	100m:	1:17.83	41.73	200m:	2:44.84	43.22	300m:	4:21.59	48.81	400m:	5:39.21 38.00
2.	1026898	TOMILLO SANTOS, Erika				36	PONSIVETUS		7:26.77		10,00
	50m:	49.69	49.69	150m:	2:46.09	59.33	250m:	4:44.00	1:01.30	350m:	6:39.53 52.49
	100m:	1:46.76	57.07	200m:	3:42.70	56.61	300m:	5:47.04	1:03.04	400m:	7:26.77 47.24
3.	1250482	RODRIGUEZ DE DIOS, Amparo				39	VALDEORRAS		7:38.90		8,00
	50m:	50.32	50.32	150m:	2:49.28	1:00.28	250m:	4:55.82	1:06.88	350m:	6:51.71 51.29
	100m:	1:49.00	58.68	200m:	3:48.94	59.66	300m:	6:00.42	1:04.60	400m:	7:38.90 47.19
40+											
1.	1274254	VAZQUEZ DUARTE, Cristina				40	RBAIXAS		7:26.12		13,00
	50m:	51.88	51.88	150m:	2:48.80	55.50	250m:	4:47.14	1:03.30	350m:	6:40.31 48.80
	100m:	1:53.30	1:01.42	200m:	3:43.84	55.04	300m:	5:51.51	1:04.37	400m:	7:26.12 45.81
45+											
1.	1119241	VIDAL BELLO, Mara				49	VALDEORRAS		9:34.03		13,00
	50m:	1:00.07	1:00.07	150m:	3:19.78	1:10.14	250m:	6:02.50	1:33.15	350m:	8:34.28 1:01.50
	100m:	2:09.64	1:09.57	200m:	4:29.35	1:09.57	300m:	7:32.78	1:30.28	400m:	9:34.03 59.75
55+											
1.	1145007	MELON PARENTE, Maria Lourdes				57	PONTEAREAS		12:12.01		13,00
	50m:	1:37.87	1:37.87	150m:	4:55.26	1:33.53	250m:	8:08.61	1:41.91	350m:	11:02.38 1:11.45
	100m:	3:21.73	1:43.86	200m:	6:26.70	1:31.44	300m:	9:50.93	1:42.32	400m:	12:12.01 1:09.63

Prueba 21, Fem., 400m Estilos

60+

1.	1086162 BARJA BARJA, Liliana	61	TRAVIESAS	8:50.37	13,00
	50m: 1:06.27 1:06.27 150m: 3:32.07 1:04.50 250m: 5:44.10 1:08.68 350m: 7:52.60 58.29				
	100m: 2:27.57 1:21.30 200m: 4:35.42 1:03.35 300m: 6:54.31 1:10.21 400m: 8:50.37 57.77				

65+

1.	1039437 BALADO LOPEZ, Ana Maria	65	POURENSE	7:42.22	13,00 RG
	50m: 58.94 58.94 150m: 3:06.98 59.45 250m: 5:00.38 56.96 350m: 6:52.57 53.66				
	100m: 2:07.53 1:08.59 200m: 4:03.42 56.44 300m: 5:58.91 58.53 400m: 7:42.22 49.65				

Prueba 22
14/06/2026

Masc., 400m Estilos

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1039680	MOLINELLI MARCOTE, Andres				24	CASINOC				5:19.54	13,00
	50m:	33.12	33.12	150m:	1:53.42	42.97	250m:	3:20.07	45.92	350m:	4:43.56	38.07
	100m:	1:10.45	37.33	200m:	2:34.15	40.73	300m:	4:05.49	45.42	400m:	5:19.54	35.98
2.	1075385	DIZ NIEVES, David				22	NFERROL				5:26.94	10,00
	50m:	32.85	32.85	150m:	1:54.05	42.93	250m:	3:22.11	46.73	350m:	4:49.37	38.76
	100m:	1:11.12	38.27	200m:	2:35.38	41.33	300m:	4:10.61	48.50	400m:	5:26.94	37.57
3.	1144995	RIAL SIEIRA, Leo				20	RIVEIRA				5:38.82	8,00
	50m:	34.29	34.29	150m:	2:00.79	45.20	250m:	3:34.10	48.04	350m:	5:02.78	38.75
	100m:	1:15.59	41.30	200m:	2:46.06	45.27	300m:	4:24.03	49.93	400m:	5:38.82	36.04
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge				29	RBAIXAS				4:53.64	13,00
	50m:	31.64	31.64	150m:	1:46.71	38.50	250m:	3:05.24	41.06	350m:	4:20.97	34.12
	100m:	1:08.21	36.57	200m:	2:24.18	37.47	300m:	3:46.85	41.61	400m:	4:53.64	32.67
2.	1115676	GONZALEZ IGLESIAS, Alberto				29	CULLEREDO				5:32.41	10,00
	50m:	36.41	36.41	150m:	2:04.98	43.47	250m:	3:32.06	45.38	350m:	4:55.95	38.46
	100m:	1:21.51	45.10	200m:	2:46.68	41.70	300m:	4:17.49	45.43	400m:	5:32.41	36.46
35+												
1.	1086708	ABUIN ARES, Manuel				39	CIDSANTIAGO				5:56.19	13,00
	50m:	38.68	38.68	150m:	2:09.90	45.90	250m:	3:45.46	49.89	350m:	5:17.28	41.43
	100m:	1:24.00	45.32	200m:	2:55.57	45.67	300m:	4:35.85	50.39	400m:	5:56.19	38.91
2.	1076271	NOVALES BLANCO, Xabier				35	RBAIXAS				6:52.51	10,00
	50m:	45.32	45.32	150m:	2:34.19	59.24	250m:	4:26.73	53.86	350m:	6:08.28	47.27
	100m:	1:34.95	49.63	200m:	3:32.87	58.68	300m:	5:21.01	54.28	400m:	6:52.51	44.23
40+												
1.	1141151	CALLE FACAL, Telmo				43	CIDSANTIAGO				4:57.44	13,00
	50m:	31.26	31.26	150m:	1:46.79	38.36	250m:	3:07.08	41.85	350m:	4:23.55	34.56
	100m:	1:08.43	37.17	200m:	2:25.23	38.44	300m:	3:48.99	41.91	400m:	4:57.44	33.89
2.	1214823	GONZALEZ PEÑAS, David				42	PORTAMIÑA				6:34.11	10,00
	50m:	47.87	47.87	150m:	2:29.74	49.91	250m:	4:10.29	52.40	350m:	5:50.06	46.89
	100m:	1:39.83	51.96	200m:	3:17.89	48.15	300m:	5:03.17	52.88	400m:	6:34.11	44.05
3.	1178928	FIDALGO SERRANO, Guillermo				40	TRAVIESAS				7:29.70	8,00
	50m:	53.21	53.21	150m:	2:56.81	59.83	250m:	4:53.55	57.88	350m:	6:43.13	48.58
	100m:	1:56.98	1:03.77	200m:	3:55.67	58.86	300m:	5:54.55	1:01.00	400m:	7:29.70	46.57
4.	1039360	POSE MATO, Cesar				43	FOGAR				9:40.57	7,00
	50m:	1:13.10	1:13.10	150m:	3:51.64	1:15.75	250m:	6:26.56	1:18.97	350m:	8:42.22	59.99
	100m:	2:35.89	1:22.79	200m:	5:07.59	1:15.95	300m:	7:42.23	1:15.67	400m:	9:40.57	58.35
45+												
1.	1118746	SANCHEZ GORDON, Roman				48	RBAIXAS				5:28.70	13,00
	50m:	36.05	36.05	150m:	2:00.24	41.84	250m:	3:28.11	47.28	350m:	4:52.38	37.18
	100m:	1:18.40	42.35	200m:	2:40.83	40.59	300m:	4:15.20	47.09	400m:	5:28.70	36.32

Prueba 22, Masc., 400m Estilos, 45+

Clasificación									Edad			Tiempo	Puntos
2.	1240331	DE LORENZO FERNANDEZ, Javier				45	ESCUALOS				6:35.25	10,00	
	50m:	45.16	45.16	150m:	2:31.56	51.51	250m:	4:15.48	54.38	350m:	5:54.94	44.25	
	100m:	1:40.05	54.89	200m:	3:21.10	49.54	300m:	5:10.69	55.21	400m:	6:35.25	40.31	
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano				45	CIDSANTIAGO				6:45.07	8,00	
	50m:	40.05	40.05	150m:	2:26.66	58.80	250m:	4:18.15	56.22	350m:	6:01.78	45.51	
	100m:	1:27.86	47.81	200m:	3:21.93	55.27	300m:	5:16.27	58.12	400m:	6:45.07	43.29	
DSQ	1190398	FERNANDEZ CORRAL, Marcos				47	PORTAMIÑA					-	
	<i>Nado irregular</i>												

50+

1.	1040137	QUINTAS BARROS, Jesus Carlos				53	ESCUALOS				6:00.38	13,00
	50m:	37.12	37.12	150m:	2:11.05	50.42	250m:	3:50.08	50.89	350m:	5:21.72	40.92
	100m:	1:20.63	43.51	200m:	2:59.19	48.14	300m:	4:40.80	50.72	400m:	6:00.38	38.66

55+

1.	1141504	BOUSO FUENTECILLA, Fernando					55	ESCUALOS			7:03.60	13,00
	50m:	44.71	44.71	150m:	2:35.65	58.67	250m:	4:28.51	56.07	350m:	6:16.33	51.08
	100m:	1:36.98	52.27	200m:	3:32.44	56.79	300m:	5:25.25	56.74	400m:	7:03.60	47.27
2.	1144698	CADAVID NUÑEZ, Jose					56	POURENSE			8:23.80	10,00
	50m:	1:00.49	1:00.49	150m:	3:18.32	1:06.82	250m:	5:24.48	1:01.92	350m:	7:27.48	1:00.95
	100m:	2:11.50	1:11.01	200m:	4:22.56	1:04.24	300m:	6:26.53	1:02.05	400m:	8:23.80	56.32
DSQ	1193949	LAMELO OTERO, Ramon Jesus					58	CIDSANTIAGO				-
	Nado irregular											

60+

1.	1076516	JORGE IGLESIAS, Marcelino					60	PONTEAREAS			6:03.91	13,00	RG
	50m:	40.50	40.50	150m:	2:16.81	49.19	250m:	3:52.37	48.09	350m:	5:24.11	41.98	
	100m:	1:27.62	47.12	200m:	3:04.28	47.47	300m:	4:42.13	49.76	400m:	6:03.91	39.80	
2.	1143575	FERREIRA GONZALEZ, Xose Anxo					60	REDONDELA			7:56.87	10,00	
	50m:	52.43	52.43	150m:	2:55.79	1:02.66	250m:	5:10.93	1:13.20	350m:	7:09.60	48.88	
	100m:	1:53.13	1:00.70	200m:	3:57.73	1:01.94	300m:	6:20.72	1:09.79	400m:	7:56.87	47.27	

65+

1.	1048207	ROS ROSILLO, Alejandro					68	RBAIXAS			7:34.86	13,00
	50m:	52.15	52.15	150m:	2:51.59	1:01.61	250m:	4:47.91	55.89	350m:	6:40.36	57.41
	100m:	1:49.98	57.83	200m:	3:52.02	1:00.43	300m:	5:42.95	55.04	400m:	7:34.86	54.50
2.	1075770	RODRIGUEZ BASANTA, Francisco Jos					65	VALDEORRAS			8:17.21	10,00
	50m:	1:00.48	1:00.48	150m:	3:23.16	1:08.03	250m:	5:32.68	1:05.80	350m:	7:31.81	51.62
	100m:	2:15.13	1:14.65	200m:	4:26.88	1:03.72	300m:	6:40.19	1:07.51	400m:	8:17.21	45.40

70+

1.	1075190	SUANZES PEREZ, Fernando					73	HERCULES			7:48.67	13,00
	50m:	52.16	52.16	150m:	2:55.07	1:05.76	250m:	5:04.61	1:07.96	350m:	7:01.57	50.56
	100m:	1:49.31	57.15	200m:	3:56.65	1:01.58	300m:	6:11.01	1:06.40	400m:	7:48.67	47.10
2.	1191492	TIMIRAOS CARRASCO, Luis					70	POURENSE			15:01.80	10,00
	50m:	2:03.08	2:03.08	150m:	6:30.85	1:49.84	250m:	10:19.49	2:00.82	350m:	13:40.64	1:24.50
	100m:	4:41.01	2:37.93	200m:	8:18.67	1:47.82	300m:	12:16.14	1:56.65	400m:	15:01.80	1:21.16

Prueba 23
14/06/2026

Fem., 100m Libre

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1199453	FILGUEIRAS OLMO, Helena	22	PORTAMIÑA		1:10.87	13,00
	50m:	34.15 34.15	100m:	1:10.87	36.72		
2.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS		1:13.14	10,00
	50m:	35.44 35.44	100m:	1:13.14	37.70		
3.	1087099	GOMEZ FERNANDEZ, Uxia	23	ESCUALOS		1:16.15	8,00
	50m:	35.70 35.70	100m:	1:16.15	40.45		
4.	1289860	LORENZO PEREZ, Aroa	24	POURENSE		1:48.80	7,00
	50m:	54.87 54.87	100m:	1:48.80	53.93		
25+							
1.	1130789	GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO		1:04.10	13,00
	50m:	30.74 30.74	100m:	1:04.10	33.36		
2.	1038503	COTOS SUAREZ, Ana	29	CIDSANTIAGO		1:06.38	10,00
	50m:	31.40 31.40	100m:	1:06.38	34.98		
3.	1113219	IGLESIAS LOPEZ, Maria	25	CULLEREDO		1:07.66	8,00
	50m:	32.30 32.30	100m:	1:07.66	35.36		
4.	1145079	RIVADULLA MALLO, Maria Irene	28	SALVESTRADA		1:07.89	7,00
	50m:	32.25 32.25	100m:	1:07.89	35.64		
5.	1037965	COSTA FERNANDEZ, Laura	25	PONTEAREAS		1:10.79	6,00
	50m:	34.04 34.04	100m:	1:10.79	36.75		
6.	1081004	PAZOS AGUIAR, Lara	26	NCORUÑA		1:10.85	5,00
	50m:	33.18 33.18	100m:	1:10.85	37.67		
7.	1040620	RODRIGUEZ CERVINO, Ana	26	RBAIXAS		1:13.70	4,00
	50m:	34.80 34.80	100m:	1:13.70	38.90		
8.	1037158	RAÑALES GRAÑA, Naila	25	NFERROL		1:15.68	3,00
	50m:	34.86 34.86	100m:	1:15.68	40.82		
9.	1115644	FERNANDEZ JUAN, Maria	28	CIDSANTIAGO		1:16.60	-
	50m:	35.97 35.97	100m:	1:16.60	40.63		
10.	1284691	VALIÑO RIVERA, Mariña	25	NCORUÑA		1:35.94	1,00
	50m:	44.84 44.84	100m:	1:35.94	51.10		
11.	1222772	RODRIGUEZ-TOUBES FORRYAN, Irene	27	PONTEAREAS		1:54.09	-
	50m:	54.60 54.60	100m:	1:54.09	59.49		
30+							
1.	1116506	RAMOS LOBO, Raquel	33	PORTAMIÑA		1:05.71	13,00
	50m:	31.56 31.56	100m:	1:05.71	34.15		
2.	1051353	CRUZ GARCIA, Aurora	31	CIDSANTIAGO		1:06.98	10,00
	50m:	31.50 31.50	100m:	1:06.98	35.48		
3.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR		1:07.78	8,00
	50m:	32.72 32.72	100m:	1:07.78	35.06		
4.	1041452	BEN CILLERO, Sabela	34	ASMEIGAS		1:07.83	7,00
	50m:	32.05 32.05	100m:	1:07.83	35.78		

Prueba 23, Fem., 100m Libre, 30+

Clasificación					Edad			Tiempo	Puntos
5.	1247615	ALONSO PEREIRA, Fatima	33	RBAIXAS				1:20.46	6,00
	50m:	38.46	38.46	100m:	1:20.46	42.00			
6.	1287813	GONZALEZ COVELO, Sandra	33	RBAIXAS				1:22.44	5,00
	50m:	38.79	38.79	100m:	1:22.44	43.65			
7.	1243197	GANDARA SUAREZ, Tania	33	ORDES				1:24.73	4,00
	50m:	40.02	40.02	100m:	1:24.73	44.71			
8.	1238682	BARCA PENSADO, Maria	30	FOGAR				1:25.68	3,00
	50m:	39.26	39.26	100m:	1:25.68	46.42			
9.	1253937	MELLA CASTRO, Ana Maria	32	ORDES				1:30.94	2,00
	50m:	43.21	43.21	100m:	1:30.94	47.73			
10.	1286109	GARCIA VILLARONGA, Cecilia	34	RIVEIRA				1:41.80	1,00
	50m:	44.70	44.70	100m:	1:41.80	57.10			

35+

1.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS				1:09.59	13,00
	50m:	33.59	33.59	100m:	1:09.59	36.00			
2.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO				1:16.78	10,00
	50m:	37.77	37.77	100m:	1:16.78	39.01			
3.	1274005	TORRENT I LLAMAS, Ares	36	ASMEIGAS				1:25.42	8,00
	50m:	40.35	40.35	100m:	1:25.42	45.07			
4.	1284707	COUÑAGO BARCIELA, Lucia	36	REDONDELA				1:45.84	7,00
	50m:	50.33	50.33	100m:	1:45.84	55.51			

40+

1.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL				1:07.99	13,00
	50m:	31.88	31.88	100m:	1:07.99	36.11			
2.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC				1:09.64	10,00
	50m:	32.32	32.32	100m:	1:09.64	37.32			
3.	1075225	SOUTO DERUNGS, Cristina	41	NFERROL				1:17.38	8,00
	50m:	37.50	37.50	100m:	1:17.38	39.88			
4.	1251885	SUAREZ BUJAN, Rebeca	43	CIDSANTIAGO				1:18.13	7,00
	50m:	37.68	37.68	100m:	1:18.13	40.45			
5.	1236642	ABBATEMARCO, Cristina	42	SALVESTRADA				1:18.69	6,00
	50m:	36.96	36.96	100m:	1:18.69	41.73			
6.	1267367	VYNOHRADOVA, Kateryna	40	GALAICO				1:18.76	5,00
	50m:	37.68	37.68	100m:	1:18.76	41.08			
7.	1287810	NOVO MARTINEZ, Rocio	42	NFERROL				1:35.61	-
	50m:	44.64	44.64	100m:	1:35.61	50.97			
8.	1250481	MENDEZ ABELAIRA, Jessica	44	VALDEORRAS				2:06.92	3,00
	50m:	1:00.38	1:00.38	100m:	2:06.92	1:06.54			

Prueba 23, Fem., 100m Libre

45+

1.	1237395	VILARIÑO CACHO, Elvira	45	SALVESTRADA	1:13.33	13,00
	50m:	35.64	35.64	100m:	1:13.33	37.69
2.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS	1:18.53	10,00
	50m:	37.44	37.44	100m:	1:18.53	41.09
3.	1292135	OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	1:30.56	8,00
	50m:	39.14	39.14	100m:	1:30.56	51.42
4.	1224731	RIVEIRA CAAMAÑO, Rebeca	49	ORDES	1:31.31	7,00
	50m:	43.80	43.80	100m:	1:31.31	47.51
5.	1038470	PASANDIN VAYO, Romina	49	ARTEIXO	1:40.98	6,00
	50m:	47.82	47.82	100m:	1:40.98	53.16
6.	1240321	FILGUEIRA FRANCO, Laura	48	PONSVETUS	1:44.14	5,00
	50m:	50.26	50.26	100m:	1:44.14	53.88
7.	1237398	SIEIRA NOCEDA, Diana Maria	47	RIVEIRA	2:16.25	4,00
	50m:	1:04.16	1:04.16	100m:	2:16.25	1:12.09

50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	1:15.98	13,00
	50m:	37.14	37.14	100m:	1:15.98	38.84
2.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	1:21.12	10,00
	50m:	39.49	39.49	100m:	1:21.12	41.63
3.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	1:21.40	8,00
	50m:	38.47	38.47	100m:	1:21.40	42.93
4.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	1:26.88	7,00
	50m:	40.90	40.90	100m:	1:26.88	45.98
5.	1039438	RODRIGUEZ REY, Maria Jose	53	FOGAR	1:30.16	6,00
	50m:	43.39	43.39	100m:	1:30.16	46.77
6.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	53	RSDH	1:33.16	5,00
	50m:	44.82	44.82	100m:	1:33.16	48.34
7.	1217442	VILLASANTE ARMAS, Maria Rosa	51	NCORUÑA	1:38.60	4,00
	50m:	45.86	45.86	100m:	1:38.60	52.74
8.	1287817	ZAVTUR GAVRILOV, Gala	50	LICEO	1:46.83	3,00
	50m:	51.30	51.30	100m:	1:46.83	55.53
9.	1287818	GARCIA ALONSO, Paula	52	LICEO	1:49.23	2,00
	50m:	50.09	50.09	100m:	1:49.23	59.14
10.	1246135	MILLAN MIRANDA, Maria Elisa	54	RIVEIRA	2:13.19	1,00
	50m:	1:02.56	1:02.56	100m:	2:13.19	1:10.63

55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:22.30	13,00
	50m:	39.89	39.89	100m:	1:22.30	42.41
2.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	1:25.19	10,00
	50m:	40.03	40.03	100m:	1:25.19	45.16
3.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	1:25.49	8,00
	50m:	41.24	41.24	100m:	1:25.49	44.25

Prueba 23, Fem., 100m Libre, 55+

Clasificación					Edad		Tiempo	Puntos
4.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL			1:28.51	7,00
	50m:	42.33	42.33	100m:	1:28.51	46.18		
5.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS			1:31.05	6,00
	50m:	41.79	41.79	100m:	1:31.05	49.26		
6.	1292895	VEIGA PEREZ, Marta Del Rosario	55	POURENSE			1:31.76	5,00
	50m:	44.75	44.75	100m:	1:31.76	47.01		
7.	1199642	GARNACHO GAYARRE, Nuria	57	CASINOC			1:38.34	4,00
	50m:	45.00	45.00	100m:	1:38.34	53.34		
8.	1258401	CALVIÑO VAZQUEZ, Maria Coral	58	POURENSE			1:43.97	3,00
	50m:	49.49	49.49	100m:	1:43.97	54.48		
9.	1286087	VILELA PASCUAL, Maria Luisa	55	POURENSE			1:54.10	-
	50m:	51.50	51.50	100m:	1:54.10	1:02.60		

60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR			1:19.55	13,00
	50m:	37.86	37.86	100m:	1:19.55	41.69		
2.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES			1:25.91	10,00
	50m:	40.30	40.30	100m:	1:25.91	45.61		
3.	1269270	REY OTERO, Angela Maria	60	MULLEREF			1:47.19	8,00
	50m:	51.24	51.24	100m:	1:47.19	55.95		
4.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	61	PONSVETUS			1:50.47	7,00
	50m:	51.89	51.89	100m:	1:50.47	58.58		
5.	1260384	CAL FERNANDEZ, Monica Catalina	62	ASMEIGAS			1:57.98	6,00
	50m:	56.56	56.56	100m:	1:57.98	1:01.42		
6.	1144231	PEREZ GALLARDO, Teresa	62	POURENSE			2:14.24	5,00
	50m:	1:05.71	1:05.71	100m:	2:14.24	1:08.53		

65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS			1:23.45	13,00 RG
	50m:	39.69	39.69	100m:	1:23.45	43.76		
2.	1127105	PEREIRA ALONSO, Isabel	65	FOGAR			1:34.88	10,00
	50m:	45.28	45.28	100m:	1:34.88	49.60		
3.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS			2:15.24	8,00
	50m:	1:03.05	1:03.05	100m:	2:15.24	1:12.19		
4.	1253186	BAL ALVAREDO, Mercedes De Las Nie	66s	MULLEREF			2:26.85	7,00
	50m:	1:10.66	1:10.66	100m:	2:26.85	1:16.19		

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS			1:43.69	13,00
	50m:	48.65	48.65	100m:	1:43.69	55.04		

Prueba 23, Fem., 100m Libre

80+

1.	1076482 GONZALEZ RODRIGUEZ, Saladina Mar80	PONTEAREAS	3:05.13	13,00
	50m: 1:30.24 1:30.24	100m: 3:05.13 1:34.89		

Prueba 24
14/06/2026

Masc., 100m Libre

2006 y mayores
Resultados

Clasificación				Edad			Tiempo	Puntos
20+								
1.	1087096	LOPEZ FERNANDEZ, Martin	22	POURENSE			53.37	13,00 RG
	50m:	25.55 25.55	100m:	53.37	27.82			
2.	1038566	CIVEIRA CORRAL, Samuel	24	POURENSE			54.54	10,00
	50m:	26.02 26.02	100m:	54.54	28.52			
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS			56.59	8,00
	50m:	27.08 27.08	100m:	56.59	29.51			
4.	1076409	CANCELA GOMEZ, Hugo	23	PONTEAREAS			57.14	7,00
	50m:	27.59 27.59	100m:	57.14	29.55			
5.	1187891	PEREZ MOURE, Nicolas	20	CDELMAR			57.67	6,00
	50m:	26.73 26.73	100m:	57.67	30.94			
6.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS			58.70	-
	50m:	28.30 28.30	100m:	58.70	30.40			
7.	1287196	LORENZO BAUTISTA, Anxo	23	PONTEAREAS			1:41.28	-
	50m:	42.25 42.25	100m:	1:41.28	59.03			
8.	1287242	VALVERDE TABOADA, Martin	20	PONTEAREAS			2:39.73	-
	50m:	1:02.59 1:02.59	100m:	2:39.73	1:37.14			
25+								
1.	1089316	PASSARETTI PEREIRA, Alejandro	28	CIDSANTIAGO			53.42	13,00 RG
	50m:	26.27 26.27	100m:	53.42	27.15			
2.	1061561	INCUTTI TELLADO, Denis	26	PONTEAREAS			1:00.28	10,00
	50m:	28.94 28.94	100m:	1:00.28	31.34			
3.	1039654	PREGO PITA, Xian	27	ARTEIXO			1:01.32	8,00
	50m:	28.68 28.68	100m:	1:01.32	32.64			
4.	1039270	TRILLO RODRIGUEZ, Adrian	29	MOS			1:03.62	7,00
	50m:	30.36 30.36	100m:	1:03.62	33.26			
5.	1199545	FERRON MOURE, Adrian	29	RIVEIRA			1:04.86	6,00
	50m:	30.56 30.56	100m:	1:04.86	34.30			
6.	1287820	BOTNARI ZAVTUR, Lorenzo	25	LICEO			1:22.85	5,00
	50m:	37.23 37.23	100m:	1:22.85	45.62			
30+								
1.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA			56.27	13,00
	50m:	26.54 26.54	100m:	56.27	29.73			
2.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON			56.39	10,00
	50m:	27.02 27.02	100m:	56.39	29.37			
3.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO			57.36	8,00
	50m:	27.48 27.48	100m:	57.36	29.88			
4.	1213891	CASTELAO VIEITES, Borja	34	CIDSANTIAGO			57.47	7,00
	50m:	27.61 27.61	100m:	57.47	29.86			
5.	1119327	SUAREZ FERNANDEZ, Santiago	31	MONFORTE			57.88	6,00
	50m:	27.87 27.87	100m:	57.88	30.01			

Prueba 24, Masc., 100m Libre, 30+

Clasificación					Edad			Tiempo	Puntos
6.	1178904	TRONCOSO GARRIDO, David	31	GALAICO				59.29	5,00
	50m:	27.86	27.86	100m:	59.29	31.43			
7.	1037164	GONZALEZ BLANCO, Jose Luis	34	PORTAMIÑA				1:00.88	4,00
	50m:	28.46	28.46	100m:	1:00.88	32.42			
8.	1249224	GONZALEZ SANCHEZ, Luis Federico	34	CIDSANTIAGO				1:10.33	-
	50m:	33.05	33.05	100m:	1:10.33	37.28			
9.	1287224	TORNE BOBO, Borja	34	VALDEORRAS				1:11.25	2,00
	50m:	33.60	33.60	100m:	1:11.25	37.65			

35+

1.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR				58.21	13,00
	50m:	27.79	27.79	100m:	58.21	30.42			
2.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR				59.67	10,00
	50m:	27.93	27.93	100m:	59.67	31.74			
3.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO				1:01.79	8,00
	50m:	29.18	29.18	100m:	1:01.79	32.61			
4.	1086708	ABUIN ARES, Manuel	39	CIDSANTIAGO				1:08.98	7,00
	50m:	32.71	32.71	100m:	1:08.98	36.27			
5.	1249163	BELLO PORTO, David	36	NCORUÑA				1:10.16	6,00
	50m:	32.44	32.44	100m:	1:10.16	37.72			
6.	1258573	CAMINO VELASCO, Jaime	36	SALVESTRADA				1:11.02	5,00
	50m:	34.04	34.04	100m:	1:11.02	36.98			
7.	1078909	RODRIGUEZ BALIÑA, Mauro	36	PONTEAREAS				1:22.21	4,00
	50m:	37.85	37.85	100m:	1:22.21	44.36			

40+

1.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO				57.62	13,00
	50m:	27.42	27.42	100m:	57.62	30.20			
2.	1141144	ARIETTO GARCIA, Jorge	40	RCNVIGO				58.89	10,00
	50m:	28.38	28.38	100m:	58.89	30.51			
3.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS				59.12	8,00
	50m:	28.02	28.02	100m:	59.12	31.10			
4.	1286165	LOUREIRO FERREIROA, Marcos	41	SALVESTRADA				1:00.26	7,00
	50m:	29.00	29.00	100m:	1:00.26	31.26			
5.	1014291	GOMEZ CARDESIN, Alvaro	41	NCORUÑA				1:00.92	6,00
	50m:	29.63	29.63	100m:	1:00.92	31.29			
6.	1218108	IGLESIAS LAPIDO, Miguel	41	FLUVIAL				1:05.41	5,00
	50m:	31.14	31.14	100m:	1:05.41	34.27			
7.	1145052	FIERRO FERNANDEZ, Julio	44	CASINOC				1:09.99	4,00
	50m:	33.26	33.26	100m:	1:09.99	36.73			
8.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	43	RBAIXAS				1:13.18	3,00
	50m:	34.18	34.18	100m:	1:13.18	39.00			
9.	1284808	LONGA IGLESIAS, Pablo	41	RBAIXAS				1:22.10	-
	50m:	36.80	36.80	100m:	1:22.10	45.30			

Prueba 24, Masc., 100m Libre

45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	59.40	13,00
	50m:	28.67	28.67	100m:	59.40	30.73
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	1:01.81	10,00
	50m:	30.11	30.11	100m:	1:01.81	31.70
3.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS	1:03.99	8,00
	50m:	30.54	30.54	100m:	1:03.99	33.45
4.	1144584	ALVAREZ SILVA, Ruben	45	ESCUALOS	1:05.47	7,00
	50m:	32.03	32.03	100m:	1:05.47	33.44
5.	1143662	BALSA MOSQUERA, Pablo	48	NTNARON	1:08.24	6,00
	50m:	32.42	32.42	100m:	1:08.24	35.82
6.	1232932	VEIGA PILLADO, Jose	48	CASINOC	1:08.97	5,00
	50m:	33.24	33.24	100m:	1:08.97	35.73
7.	1247553	MUIÑO LOPEZ, Iago	49	CIDSANTIAGO	1:09.05	4,00
	50m:	33.05	33.05	100m:	1:09.05	36.00
8.	1292254	PIÑEIRO VARGAS, Raul	47	NFERROL	1:09.96	3,00
	50m:	33.70	33.70	100m:	1:09.96	36.26
9.	1281943	MARX, Sven Oliver	49	CULLEREDO	1:10.07	2,00
	50m:	33.25	33.25	100m:	1:10.07	36.82
10.	1198273	MONTERO PRIETO, Carlos Eugenio	48	CIDSANTIAGO	1:11.09	-
	50m:	33.77	33.77	100m:	1:11.09	37.32
11.	1292754	VARELA MARIÑO, Felix	45	REDONDELA	1:15.71	-
	50m:	35.95	35.95	100m:	1:15.71	39.76
12.	1200126	TABOADA CALVELO, Jose Carlos	47	SALVESTRADA	1:21.69	-
	50m:	36.18	36.18	100m:	1:21.69	45.51
13.	1238132	FIDALGO SERRANO, Manuel-Antonio	45	TRAVIESAS	1:25.59	-
	50m:	41.14	41.14	100m:	1:25.59	44.45
14.	1284807	VAZQUEZ ARGONES, Jose Carlos	48	REDONDELA	1:43.30	-
	50m:	48.68	48.68	100m:	1:43.30	54.62

50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS	57.24	13,00 RG
	50m:	28.21	28.21	100m:	57.24	29.03
2.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	59.67	10,00
	50m:	29.26	29.26	100m:	59.67	30.41
3.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	1:03.73	8,00
	50m:	31.27	31.27	100m:	1:03.73	32.46
4.	1251882	IGLESIAS CARRERA, Pio	53	CIDSANTIAGO	1:04.62	7,00
	50m:	31.84	31.84	100m:	1:04.62	32.78
5.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	1:05.14	-
	50m:	28.88	28.88	100m:	1:05.14	36.26
6.	1084040	GARCIA CASTIÑEIRA, Daniel	52	CIDSANTIAGO	1:06.75	-
	50m:	30.79	30.79	100m:	1:06.75	35.96
7.	1144297	LAMAS SOTO, Cesar	51	CULLEREDO	1:09.06	4,00
	50m:	33.09	33.09	100m:	1:09.06	35.97

Prueba 24, Masc., 100m Libre, 50+

Clasificación					Edad			Tiempo	Puntos
8.	1203306	DURO GONZALEZ, Antonio	52	SALVESTRADA				1:12.48	3,00
	50m:	35.06 35.06	100m:	1:12.48	37.42				
9.	1171462	FERREIRO SEOANE, Jose Raul	53	RBAIXAS				1:14.04	2,00
	50m:	35.49 35.49	100m:	1:14.04	38.55				
10.	1244388	DIEZ RODRIGUEZ, Ignacio Jose	54	PORTAMIÑA				1:15.44	1,00
	50m:	35.93 35.93	100m:	1:15.44	39.51				
11.	1141502	TRONCOSO CAAMAÑO, Fernando	51	ESCUALOS				1:17.56	-
	50m:	36.79 36.79	100m:	1:17.56	40.77				
12.	1141071	LORENZO FERNANDEZ, Jose Manuel	54	RBAIXAS				1:20.21	-
	50m:	39.05 39.05	100m:	1:20.21	41.16				
13.	1253459	TEIJEIRO IGLESIAS, Jesus	50	PORTAMIÑA				1:25.65	-
	50m:	39.14 39.14	100m:	1:25.65	46.51				
14.	1264740	SANCHEZ ALVAREZ, Ramon Ignacio	54	PORTAMIÑA				1:25.92	-
	50m:	42.67 42.67	100m:	1:25.92	43.25				
15.	1143850	IGLESIAS MIRA, Felipe	52	POURENSE				1:32.72	-
	50m:	45.86 45.86	100m:	1:32.72	46.86				

55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS				1:09.58	13,00
	50m:	33.20 33.20	100m:	1:09.58	36.38				
2.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC				1:12.29	10,00
	50m:	34.88 34.88	100m:	1:12.29	37.41				
3.	1141191	GARCIA SANJURJO, Jose Manuel	59	CDELMAR				1:12.82	8,00
	50m:	34.74 34.74	100m:	1:12.82	38.08				
4.	1076162	MIRA PEREZ, Jorge	58	CIDSANTIAGO				1:19.62	7,00
	50m:	36.92 36.92	100m:	1:19.62	42.70				
5.	1236643	MAGARIÑOS MACEIRAS, Xose	58	SALVESTRADA				1:29.38	6,00
	50m:	40.32 40.32	100m:	1:29.38	49.06				
6.	1127250	RODRIGUEZ LOPEZ, Eloy Jesus	58	VALDEORRAS				1:30.37	5,00
	50m:	41.44 41.44	100m:	1:30.37	48.93				
7.	1290116	SAL MARTINEZ, Jorge	59	POURENSE				1:31.02	4,00
	50m:	41.28 41.28	100m:	1:31.02	49.74				
8.	1106828	TRILLO CARLIN, Jose Fernando	58	FOGAR				1:47.18	3,00
	50m:	51.87 51.87	100m:	1:47.18	55.31				

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO				1:03.09	13,00
	50m:	29.34 29.34	100m:	1:03.09	33.75				
2.	1085112	RIVAS FEAL, Antonio	60	CASINOC				1:08.20	10,00
	50m:	32.80 32.80	100m:	1:08.20	35.40				
3.	1199641	COUCEIRO SANCHEZ, Gonzalo	60	CASINOC				1:18.74	8,00
	50m:	38.33 38.33	100m:	1:18.74	40.41				
4.	1290118	PEREZ PAREDES, Marcos	60	RCNVIGO				1:19.20	7,00
	50m:	37.00 37.00	100m:	1:19.20	42.20				

Prueba 24, Masc., 100m Libre, 60+

Clasificación					Edad		Tiempo	Puntos
5.	1143536	BLANCO PEREZ, Angel	62	POURENSE			1:24.19	6,00
	50m:	39.46	39.46	100m:	1:24.19	44.73		
6.	1250479	ROMERO PENA, Juan Ramon	63	HERCULES			1:32.67	5,00
	50m:	43.62	43.62	100m:	1:32.67	49.05		
7.	1076248	GONZALEZ ANTON, Jose Luis	64	GALAICO			1:42.13	4,00
	50m:	48.12	48.12	100m:	1:42.13	54.01		
65+								
1.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS			1:29.93	13,00
	50m:	44.08	44.08	100m:	1:29.93	45.85		
2.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO			1:51.38	10,00
	50m:	50.08	50.08	100m:	1:51.38	1:01.30		
70+								
1.	1076165	GARCIA COLOMO, Manuel Ramon	72	POURENSE			1:23.06	13,00
	50m:	40.17	40.17	100m:	1:23.06	42.89		
85+								
1.	1143727	FOLCH MALLOFRE, Ramon	89	ARTEIXO			2:13.66	13,00
	50m:	1:04.22	1:04.22	100m:	2:13.66	1:09.44		

Prueba 25
14/06/2026

Fem., 200m Mariposa

2006 y mayores
Resultados

Clasificación					Edad					Tiempo	Puntos
20+											
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina			24	RBAIXAS				2:32.40	13,00 RG
	50m:	32.49	32.49	100m:	1:10.82	38.33	150m:	1:52.04	41.22	200m:	2:32.40 40.36
30+											
1.	1078925	SALGADO CASTELO, Marta			32	MULLEREF				4:14.67	13,00
	50m:	56.84	56.84	100m:	2:04.71	1:07.87	150m:	3:09.93	1:05.22	200m:	4:14.67 1:04.74
2.	1145008	GONZALEZ PEREZ, Paula			30	PONTEAREAS				4:18.39	10,00
	50m:	53.23	53.23	100m:	1:56.44	1:03.21	150m:	3:06.45	1:10.01	200m:	4:18.39 1:11.94
35+											
1.	1250482	RODRIGUEZ DE DIOS, Amparo			39	VALDEORRAS				3:45.47	13,00
	50m:	50.30	50.30	100m:	1:46.67	56.37	150m:	2:46.19	59.52	200m:	3:45.47 59.28
45+											
1.	1075221	HERMIDA RODRIGUEZ, Blanca			45	NFERROL				2:40.30	13,00
	50m:	34.92	34.92	100m:	1:14.66	39.74	150m:	1:55.76	41.10	200m:	2:40.30 44.54
2.	1170845	CID ALVAREZ, Isabel			46	ESCUALOS				3:46.15	10,00
	50m:	50.04	50.04	100m:	1:46.95	56.91	150m:	2:45.46	58.51	200m:	3:46.15 1:00.69
3.	1119241	VIDAL BELLO, Mara			49	VALDEORRAS				4:36.93	8,00
	50m:	59.30	59.30	100m:	2:08.68	1:09.38	150m:	3:24.62	1:15.94	200m:	4:36.93 1:12.31
4.	1264778	VAZQUEZ LOPEZ, Eva			49	MULLEREF				4:59.94	7,00
	50m:	1:05.87	1:05.87	100m:	2:20.24	1:14.37	150m:	3:39.78	1:19.54	200m:	4:59.94 1:20.16
55+											
1.	1076154	ABREU FERNANDEZ, Marta			55	PONTEAREAS				4:52.46	13,00
	50m:	1:03.13	1:03.13	100m:	2:15.70	1:12.57	150m:	3:32.03	1:16.33	200m:	4:52.46 1:20.43
2.	1145007	MELON PARENTE, Maria Lourdes			57	PONTEAREAS				6:52.85	10,00
	50m:	1:37.84	1:37.84	100m:	3:23.83	1:45.99	150m:	5:09.60	1:45.77	200m:	6:52.85 1:43.25
60+											
1.	1086162	BARJA BARJA, Liliana			61	TRAVIESAS				4:52.27	13,00
	50m:	1:06.76	1:06.76	100m:	2:25.74	1:18.98	150m:	3:45.29	1:19.55	200m:	4:52.27 1:06.98

Prueba 26
14/06/2026

Masc., 200m Mariposa

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1107916	FERNANDEZ DEL VALLE, Ivan				21	POURENSE			2:20.49	13,00	
	50m:	29.97	29.97	100m:	1:03.70	33.73	150m:	1:40.46	36.76	200m:	2:20.49	40.03
2.	1075385	DIZ NIEVES, David				22	NFERROL			2:33.38	10,00	
	50m:	33.31	33.31	100m:	1:11.94	38.63	150m:	1:52.46	40.52	200m:	2:33.38	40.92
NP	1039680	MOLINELLI MARCOTE, Andres				24	CASINOC				-	
30+												
1.	1037824	FREIRE GONZALEZ, Javier				33	RBAIXAS			2:50.26	13,00	
	50m:	37.24	37.24	100m:	1:20.48	43.24	150m:	2:05.17	44.69	200m:	2:50.26	45.09
35+												
1.	1128175	GULIAS GARCIA, Jose Ruben				35	PONSVETUS			3:15.44	13,00	
	50m:	41.07	41.07	100m:	1:30.88	49.81	150m:	2:23.83	52.95	200m:	3:15.44	51.61
40+												
1.	1214823	GONZALEZ PEÑAS, David				42	PORTAMIÑA			3:38.75	13,00	
	50m:	49.60	49.60	100m:	1:44.82	55.22	150m:	2:41.77	56.95	200m:	3:38.75	56.98
2.	1039360	POSE MATO, Cesar				43	FOGAR			5:40.32	10,00	
	50m:	1:14.07	1:14.07	100m:	2:40.63	1:26.56	150m:	4:10.78	1:30.15	200m:	5:40.32	1:29.54
45+												
1.	1084041	SUAREZ GARCIA, Sergio				46	PONSVETUS			3:46.55	13,00	
	50m:	50.76	50.76	100m:	1:48.95	58.19	150m:	2:48.25	59.30	200m:	3:46.55	58.30
DSQ	1190398	FERNANDEZ CORRAL, Marcos				47	PORTAMIÑA				-	
	Nado irregular											
50+												
1.	1268047	CUETO ALVAREZ, Elias				51	CIDSANTIAGO			3:30.65	13,00	
	50m:	47.54	47.54	100m:	1:42.20	54.66	150m:	2:38.19	55.99	200m:	3:30.65	52.46
2.	1180236	DE LA VEGA GANDARAS, Felipe				53	HERCULES			4:00.23	10,00	
	50m:	52.93	52.93	100m:	1:54.26	1:01.33	150m:	2:58.34	1:04.08	200m:	4:00.23	1:01.89
60+												
1.	1143575	FERREIRA GONZALEZ, Xose Anxo				60	REDONDELA			3:59.95	13,00	
	50m:	52.88	52.88	100m:	1:55.44	1:02.56	150m:	2:59.76	1:04.32	200m:	3:59.95	1:00.19

Prueba 27
14/06/2026

Fem., 50m Espalda

2006 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1289860 LORENZO PEREZ, Aroa	24	POURENSE	53.95	13,00
25+					
1.	1091897 GONZALEZ TOJO, Raquel	27	CIDSANTIAGO	32.30	13,00
2.	1087181 BLANCO PEREZ, Paula	27	POURENSE	35.67	10,00
3.	1039634 LAGO CASTILLO, Natalia	27	NCORUÑA	37.48	8,00
4.	1198880 LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA	38.43	7,00
5.	1142921 VILA BARRIOS, Lucia	29	PORTAMIÑA	38.58	6,00
6.	1037158 RAÑALES GRAÑA, Naila	25	NFERROL	40.36	5,00
7.	1038466 RODRIGUEZ PAZ, Lucia	26	PONTEAREAS	44.11	4,00
8.	1284691 VALIÑO RIVERA, Mariña	25	NCORUÑA	51.15	3,00
30+					
1.	1075328 LOPEZ SANMARTIN, Nerea	30	NFERROL	32.45	13,00
2.	1236745 RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE	43.50	10,00
3.	1040719 CUBA KOSTER, Esmeralda	34	ASMEIGAS	44.92	8,00
4.	1141053 IGLESIAS SUAREZ, Laura	34	CDELMAR	48.55	7,00
5.	1286109 GARCIA VILLARONGA, Cecilia	34	RIVEIRA	51.97	6,00
35+					
1.	1097619 BLANCO GARCIA, Sheila	39	CDELMAR	36.15	13,00
2.	1142917 LOPEZ SANMARTIN, Tania	35	NFERROL	38.66	10,00
3.	1293001 OTERO PEÑA, Maria Jose	37	RBAIXAS	44.24	8,00
4.	1026898 TOMILLO SANTOS, Erika	36	PONSVETUS	46.30	7,00
5.	1143565 ARAUJO CASTRO, Paula	35	CDELMAR	46.52	6,00
6.	1258330 BEN CILLERO, Natalia	37	ASMEIGAS	54.90	5,00
40+					
1.	1144270 ROZADOS LUIS, Adriana	41	SALVESTRADA	39.23	13,00
2.	1075225 SOUTO DERUNGS, Cristina	41	NFERROL	41.44	10,00
3.	1241851 HERMIDA MONTES, Iria	43	NFERROL	44.52	8,00
4.	1251885 SUAREZ BUJAN, Rebeca	43	CIDSANTIAGO	44.91	7,00
5.	1274254 VAZQUEZ DUARTE, Cristina	40	RBAIXAS	45.33	6,00
6.	1038188 LEIRO ALVAREZ, Olalla	44	REDONDELA	45.42	5,00
45+					
1.	1268743 ANTON FUENTES, Veronica Maria	47	GALAICO	43.83	13,00
2.	1240321 FILGUEIRA FRANCO, Laura	48	PONSVETUS	55.15	10,00
3.	1284756 BALLADARES LOAISIGA, Damaris Pat	46a	PORTAMIÑA	59.60	8,00
4.	1036387 VAZQUEZ PARCERO, Marta	46	CULLEREDO	1:00.40	7,00
5.	1287794 LOPEZ LUACES, Lidia	48	MULLEREF	1:07.05	6,00
6.	1237398 SIEIRA NOCEDA, Diana Maria	47	RIVEIRA	1:23.08	5,00

Prueba 27, Fem., 50m Espalda

50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	40.81	13,00
2.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	44.42	10,00
3.	1217442	VILLASANTE ARMAS, Maria Rosa	51	NCORUÑA	49.40	8,00
4.	1039438	RODRIGUEZ REY, Maria Jose	53	FOGAR	51.51	7,00
5.	1246142	GONZALEZ PIMENTEL, Saleta	54	PONSVETUS	54.52	6,00
6.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	54	POURENSE	55.33	5,00
7.	1287244	MENDEZ VARELA, Ana	53	RCNVIGO	1:06.44	4,00
8.	1273331	PEREZ CASTRO, Maria Rut	51	MULLEREF	1:10.97	3,00

55+

1.	1141128	LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	51.78	13,00
2.	1258401	CALVIÑO VAZQUEZ, Maria Coral	58	POURENSE	59.29	10,00
3.	1292533	FERNANDEZ FERNANDEZ, Delmira	58	ESCUALOS	1:01.29	8,00
4.	1199642	GARNACHO GAYARRE, Nuria	57	CASINOC	1:02.04	7,00

60+

1.	1269270	REY OTERO, Angela Maria	60	MULLEREF	1:10.92	13,00
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65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	47.66	13,00
2.	1127105	PEREIRA ALONSO, Isabel	65	FOGAR	55.96	10,00
3.	1253186	BAL ALVAREDO, Mercedes De Las Nie	66s	MULLEREF	1:26.20	8,00
4.	1275109	NIKITIK, Anne Margaret Bartlett	67	MULLEREF	1:27.77	7,00

70+

1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	1:02.69	13,00 RG
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80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina Mar	80	PONTEAREAS	1:37.87	13,00
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Prueba 28
14/06/2026

Masc., 50m Espalda

2006 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
	1.	1038566 CIVEIRA CORRAL, Samuel	24	POURENSE	28.41	13,00
	2.	1142991 PEREZ PAZ, Dario	21	PONTEAREAS	30.69	10,00
	3.	1287139 FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS	42.23	8,00
DSQ		1287242 VALVERDE TABOADA, Martin	20	PONTEAREAS		-
<i>Nado irregular</i>						
25+						
	1.	1130804 CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	32.44	13,00
	2.	1078716 HERMIDA RAMOS, Raul	26	NTNARON	32.71	10,00
30+						
	1.	1191498 CASANOVA MARTINEZ, Victor	30	MONFORTE	36.49	13,00
	2.	1256973 PENIDE CALVO, Gabriel	33	RBAIXAS	37.34	10,00
	3.	1207051 LAVIA PINTOS, David	33	PONSVETUS	43.05	8,00
35+						
	1.	1023057 PEREZ VAZQUEZ, Telmo	38	NTNARON	45.23	13,00
	2.	1236854 GIRALDEZ VILLANUEVA, Ivan	39	PONTEAREAS	58.99	10,00
40+						
	1.	1267364 PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	27.99	13,00
	2.	1143515 BLANCO PEREZ, Jesus	40	NTNARON	35.09	10,00
	3.	1170841 BASTIDA CAMPOS, Alejandro	44	SALVESTRADA	38.26	8,00
	4.	1272979 DONG, Taogui	42	PORTAMIÑA	41.46	7,00
	5.	1076542 GONZALEZ CONDE, Rodrigo	44	PONTEAREAS	48.74	6,00
	6.	1107557 MELLA BARBEITO, Javier	43	ARTEIXO	52.65	5,00
45+						
	1.	1267355 TORRES NEIRA, Mateo	47	CASINOC	29.33	13,00 RG
	2.	1197902 FERNANDEZ LAMELA, David	48	PORTAMIÑA	35.23	10,00
	3.	1143895 PADIN CHARLIN, Joaquin	46	ESCUALOS	39.04	8,00
	4.	1178765 ESPAÑA CABEZAS, Jesus	45	CIDSANTIAGO	41.00	7,00
	5.	1147216 GONZALEZ VICENTE, Ruben	45	PORTAMIÑA	46.17	6,00
	6.	1238132 FIDALGO SERRANO, Manuel-Antonio	45	TRAVIESAS	51.65	5,00
50+						
	1.	1205935 GUIRADO CARABEL, Oscar	50	CULLEREDO	34.57	13,00
	2.	1075601 MOURIZ LOMBAO, Francisco Javier	51	PORTAMIÑA	34.64	10,00
	3.	1146934 DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	35.97	8,00
	4.	1255450 RODRIGUEZ RODRIGUEZ, Santiago	54	CIDSANTIAGO	36.04	7,00
	5.	1076535 DE LUIS GONZALEZ, Aitor	52	PORTAMIÑA	43.43	-
	6.	1141502 TRONCOSO CAAMAÑO, Fernando	51	ESCUALOS	46.42	5,00
	7.	1268047 CUETO ALVAREZ, Elias	51	CIDSANTIAGO	47.66	4,00
	8.	1264740 SANCHEZ ALVAREZ, Ramon Ignacio	54	PORTAMIÑA	48.79	-

Prueba 28, Masc., 50m Espalda, 50+

Clasificación			Edad		Tiempo	Puntos
9.	1143850	IGLESIAS MIRA, Felipe	52	POURENSE	52.31	2,00
55+						
1.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO	36.52	13,00
2.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	41.06	10,00
3.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	43.27	8,00
4.	1195569	PEREZ LEIVA, Manuel	58	RBAIXAS	45.04	7,00
5.	1106828	TRILLO CARLIN, Jose Fernando	58	FOGAR	1:06.07	6,00
60+						
1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	33.06	13,00
2.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	47.24	10,00
3.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO	48.84	8,00
4.	1075589	SANCHEZ VAZQUEZ, Jesus	64	PORTAMIÑA	51.36	7,00
5.	1250479	ROMERO PENA, Juan Ramon	63	HERCULES	57.74	6,00
6.	1076248	GONZALEZ ANTON, Jose Luis	64	GALAICO	1:08.05	5,00
65+						
1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	41.42	13,00
2.	1170858	CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	41.68	10,00
70+						
1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	53.31	13,00
2.	1075177	LOPEZ VIDAL, Antonio	74	GALAICO	1:04.13	10,00
85+						
1.	1143727	FOLCH MALLOFRE, Ramon	89	ARTEIXO	1:05.96	13,00
2.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:27.45	10,00

Prueba 29
14/06/2026

Fem., 100m Braza

2006 y mayores
Resultados

Clasificación						Edad			Tiempo	Puntos
20+										
1.	1079883	RODRIGUEZ RODRIGUEZ, Nina				24	RBAIXAS		1:22.50	13,00
	50m:	39.30	39.30	100m:	1:22.50	43.20				
2.	1267340	VIEZZOLI, Cecilia				23	RCNVIGO		1:25.50	10,00
	50m:	39.80	39.80	100m:	1:25.50	45.70				
3.	1076318	LEMONS FERNANDEZ, Zaira				24	PONTEAREAS		1:27.76	8,00
	50m:	41.04	41.04	100m:	1:27.76	46.72				
4.	1140796	DIAZ DOPICO, Sabela				24	NFERROL		1:30.64	7,00
	50m:	42.47	42.47	100m:	1:30.64	48.17				
5.	1199453	FILGUEIRAS OLMO, Helena				22	PORTAMIÑA		1:32.35	6,00
	50m:	44.05	44.05	100m:	1:32.35	48.30				
25+										
1.	1142921	VILA BARRIOS, Lucia				29	PORTAMIÑA		1:28.64	13,00
	50m:	41.06	41.06	100m:	1:28.64	47.58				
2.	1115644	FERNANDEZ JUAN, Maria				28	CIDSANTIAGO		1:36.00	10,00
	50m:	45.30	45.30	100m:	1:36.00	50.70				
3.	1259711	FERNANDEZ ESCURIS, Iria				29	RIVEIRA		1:54.48	8,00
	50m:	52.71	52.71	100m:	1:54.48	1:01.77				
30+										
1.	1075328	LOPEZ SANMARTIN, Nerea				30	NFERROL		1:20.77	13,00
	50m:	37.89	37.89	100m:	1:20.77	42.88				
2.	1041452	BEN CILLERO, Sabela				34	ASMEIGAS		1:25.67	10,00
	50m:	39.69	39.69	100m:	1:25.67	45.98				
3.	1221892	OTERO FERNANDEZ, Maria Luisa				33	SALVESTRADA		1:43.35	8,00
	50m:	49.10	49.10	100m:	1:43.35	54.25				
4.	1253937	MELLA CASTRO, Ana Maria				32	ORDES		1:48.17	7,00
	50m:	50.88	50.88	100m:	1:48.17	57.29				
5.	1141053	IGLESIAS SUAREZ, Laura				34	CDELMAR		1:55.43	6,00
	50m:	55.02	55.02	100m:	1:55.43	1:00.41				
6.	1144185	MARQUEZ BARCALA, Jesica				33	PONSVETUS		2:01.50	5,00
	50m:	54.62	54.62	100m:	2:01.50	1:06.88				
DSQ	1238682	BARCA PENSADO, Maria				30	FOGAR			-
	Salida anticipada									
35+										
1.	1084714	BUGALLO PEREZ, Estibaliz				36	GALAICO		1:23.49	13,00
	50m:	39.84	39.84	100m:	1:23.49	43.65				
2.	1141212	RIVAS TENREIRO, Arantza				37	NTNARON		1:33.25	10,00
	50m:	43.16	43.16	100m:	1:33.25	50.09				

Prueba 29, Fem., 100m Braza, 35+

Clasificación					Edad			Tiempo	Puntos
3.	1142917	LOPEZ SANMARTIN, Tania	35	NFERROL				1:36.30	8,00
	50m:	45.60	45.60	100m:	1:36.30	50.70			
4.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS				1:37.36	7,00
	50m:	44.39	44.39	100m:	1:37.36	52.97			
5.	1274005	TORRENT I LLAMAS, Ares	36	ASMEIGAS				1:48.35	6,00
	50m:	51.31	51.31	100m:	1:48.35	57.04			
6.	1204918	MARTINEZ GARCIA, Susana	35	MONFORTE				1:52.33	5,00
	50m:	50.15	50.15	100m:	1:52.33	1:02.18			
7.	1258330	BEN CILLERO, Natalia	37	ASMEIGAS				2:04.39	4,00
	50m:	59.47	59.47	100m:	2:04.39	1:04.92			
DSQ	1284707	COUÑAGO BARCIELA, Lucia	36	REDONDELA					-
	Nado irregular								
40+									
1.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO				1:25.88	13,00 RG
	50m:	40.59	40.59	100m:	1:25.88	45.29			
2.	1243130	TORRE GONZALEZ, Elisa	41	RBAIXAS				1:33.38	10,00
	50m:	44.44	44.44	100m:	1:33.38	48.94			
3.	1180232	FKEOUI OMARI, Salma	44	CIDSANTIAGO				1:33.44	8,00
	50m:	45.46	45.46	100m:	1:33.44	47.98			
4.	1241851	HERMIDA MONTES, Iria	43	NFERROL				1:43.30	7,00
	50m:	49.09	49.09	100m:	1:43.30	54.21			
5.	1287809	CRUZ ANEIROS, Ana Maria	43	NFERROL				1:53.24	6,00
	50m:	52.28	52.28	100m:	1:53.24	1:00.96			
45+									
1.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS				1:31.55	13,00
	50m:	43.38	43.38	100m:	1:31.55	48.17			
2.	1291957	PITA FARALDO, Sabela	46	Marina				1:38.88	10,00
	50m:	46.38	46.38	100m:	1:38.88	52.50			
3.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR				1:40.03	8,00
	50m:	47.08	47.08	100m:	1:40.03	52.95			
4.	1170845	CID ALVAREZ, Isabel	46	ESCUALOS				1:47.55	7,00
	50m:	51.94	51.94	100m:	1:47.55	55.61			
5.	1273323	LOPEZ BARREIRO, Cristina	47	MULLEREF				1:54.14	6,00
	50m:	54.36	54.36	100m:	1:54.14	59.78			
6.	1038470	PASANDIN VAYO, Romina	49	ARTEIXO				2:06.24	5,00
	50m:	1:00.49	1:00.49	100m:	2:06.24	1:05.75			
7.	1253184	ABELLEIRA CORRAL, Gema	46	MULLEREF				2:09.27	4,00
	50m:	1:01.20	1:01.20	100m:	2:09.27	1:08.07			
8.	1287794	LOPEZ LUACES, Lidia	48	MULLEREF				3:25.67	-
	50m:	1:40.76	1:40.76	100m:	3:25.67	1:44.91			
NP	1143501	FERNANDEZ LOPEZ, Ana Maria	49	RCNVIGO					-

Prueba 29, Fem., 100m Braza

50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	53	RSDH	1:57.41	13,00
	50m:	54.99	54.99	100m:	1:57.41	1:02.42
2.	1287244	MENDEZ VARELA, Ana	53	RCNVIGO	2:04.60	10,00
	50m:	59.24	59.24	100m:	2:04.60	1:05.36
3.	1287818	GARCIA ALONSO, Paula	52	LICEO	2:04.81	8,00
	50m:	58.69	58.69	100m:	2:04.81	1:06.12
4.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	2:09.40	7,00
	50m:	58.86	58.86	100m:	2:09.40	1:10.54
5.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	54	POURENSE	2:13.40	6,00
	50m:	1:04.09	1:04.09	100m:	2:13.40	1:09.31
6.	1287817	ZAVTUR GAVRILOV, Gala	50	LICEO	2:24.61	5,00
	50m:	1:07.77	1:07.77	100m:	2:24.61	1:16.84
7.	1246135	MILLAN MIRANDA, Maria Elisa	54	RIVEIRA	2:38.80	4,00
	50m:	1:13.01	1:13.01	100m:	2:38.80	1:25.79

55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:47.52	13,00
	50m:	51.32	51.32	100m:	1:47.52	56.20
2.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS	1:52.64	10,00
	50m:	53.77	53.77	100m:	1:52.64	58.87
3.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	1:53.23	8,00
	50m:	53.49	53.49	100m:	1:53.23	59.74
4.	1292895	VEIGA PEREZ, Marta Del Rosario	55	POURENSE	1:58.28	7,00
	50m:	56.93	56.93	100m:	1:58.28	1:01.35
5.	1287796	MAURIZ ABUIN, Maria Del Mar	57	MULLEREF	2:01.78	6,00
	50m:	55.02	55.02	100m:	2:01.78	1:06.76
6.	1286087	VILELA PASCUAL, Maria Luisa	55	POURENSE	2:08.58	5,00
	50m:	1:02.64	1:02.64	100m:	2:08.58	1:05.94

60+

1.	1143893	REBOREDAS MORILLO, Susana	64	ESCUALOS	2:07.65	13,00
	50m:	1:00.41	1:00.41	100m:	2:07.65	1:07.24
2.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	2:16.83	10,00
	50m:	1:03.55	1:03.55	100m:	2:16.83	1:13.28

65+

1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	1:39.87	13,00 RG
	50m:	45.78	45.78	100m:	1:39.87	54.09
2.	1275109	NIKITIK, Anne Margaret Bartlett	67	MULLEREF	2:28.91	10,00
	50m:	1:12.68	1:12.68	100m:	2:28.91	1:16.23
3.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS	2:34.19	8,00
	50m:	1:12.57	1:12.57	100m:	2:34.19	1:21.62

Prueba 29, Fem., 100m Braza

70+

1.	1036752 BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:26.09	13,00
	50m: 1:07.93 1:07.93 100m: 2:26.09 1:18.16				
2.	1037151 GOMEZ DOVAL, Maria Angela	70	FLUVIAL	2:26.66	10,00
	50m: 1:10.60 1:10.60 100m: 2:26.66 1:16.06				
3.	1075765 FERNANDEZ FERNANDEZ, Maria Tere	70	MULLEREF	2:57.83	8,00
	50m: 1:26.60 1:26.60 100m: 2:57.83 1:31.23				

Prueba 30
14/06/2026

Masc., 100m Braza

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE		1:07.50	13,00
	50m:	31.22 31.22	100m:	1:07.50	36.28		
2.	1079156	MARQUEZ VAZQUEZ, Pablo	24	ASMEIGAS		1:24.91	10,00
	50m:	39.01 39.01	100m:	1:24.91	45.90		
3.	1287139	FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS		1:32.11	8,00
	50m:	43.56 43.56	100m:	1:32.11	48.55		
25+							
1.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO		1:14.91	13,00
	50m:	35.19 35.19	100m:	1:14.91	39.72		
2.	1284785	ABALDE PUJALES, Alberto	26	RBAIXAS		1:31.28	10,00
	50m:	43.64 43.64	100m:	1:31.28	47.64		
3.	1267370	ALVAREZ PRESA, Samuel	26	PONTEAREAS		1:35.51	8,00
	50m:	44.94 44.94	100m:	1:35.51	50.57		
30+							
1.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO		1:11.23	13,00
	50m:	33.02 33.02	100m:	1:11.23	38.21		
2.	1290097	DE LA FUENTE ALVAREZ, Iago Ramon	34	CIDSANTIAGO		1:20.05	10,00
	50m:	38.07 38.07	100m:	1:20.05	41.98		
3.	1222771	LAGO GONZALEZ, Ivan	33	PONTEAREAS		2:02.78	8,00
	50m:	55.62 55.62	100m:	2:02.78	1:07.16		
35+							
1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR		1:11.23	13,00
	50m:	33.67 33.67	100m:	1:11.23	37.56		
2.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR		1:12.11	10,00
	50m:	33.64 33.64	100m:	1:12.11	38.47		
3.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO		1:15.91	8,00
	50m:	35.81 35.81	100m:	1:15.91	40.10		
4.	1143890	FORTES NOVOA, Martiño	38	ESCUALOS		1:16.10	7,00
	50m:	35.72 35.72	100m:	1:16.10	40.38		
5.	1240711	MIRAS LOPEZ, Raul	39	NCORUÑA		1:19.26	6,00
	50m:	36.83 36.83	100m:	1:19.26	42.43		
6.	1241139	DIEGUEZ GONZALEZ, Bruno	36	CIDSANTIAGO		1:24.70	5,00
	50m:	41.09 41.09	100m:	1:24.70	43.61		

Prueba 30, Masc., 100m Braza

40+

1.	1141151	CALLE FACAL, Telmo	43	CIDSANTIAGO	1:09.66	13,00	RG
	50m:	32.76	32.76	100m:	1:09.66	36.90	
2.	1218108	IGLESIAS LAPIDO, Miguel	41	FLUVIAL	1:20.51	10,00	
	50m:	37.11	37.11	100m:	1:20.51	43.40	
3.	1272979	DONG, Taogui	42	PORTAMIÑA	1:30.47	8,00	
	50m:	42.89	42.89	100m:	1:30.47	47.58	
4.	1076282	CARRERA COSTAS, Andres	44	PONTEAREAS	1:40.51	7,00	
	50m:	47.63	47.63	100m:	1:40.51	52.88	
5.	1076542	GONZALEZ CONDE, Rodrigo	44	PONTEAREAS	1:40.99	6,00	
	50m:	47.38	47.38	100m:	1:40.99	53.61	
DSQ	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO		-	
	<i>Nado irregular</i>						

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	48	POURENSE	1:16.20	13,00	
	50m:	36.33	36.33	100m:	1:16.20	39.87	
2.	1272806	FEIJOO REY, Roi	47	POURENSE	1:22.01	10,00	
	50m:	38.54	38.54	100m:	1:22.01	43.47	
3.	1292254	PIÑEIRO VARGAS, Raul	47	NFERROL	1:25.65	8,00	
	50m:	40.59	40.59	100m:	1:25.65	45.06	
4.	1143895	PADIN CHARLIN, Joaquin	46	ESCUALOS	1:26.38	7,00	
	50m:	41.49	41.49	100m:	1:26.38	44.89	
5.	1147216	GONZALEZ VICENTE, Ruben	45	PORTAMIÑA	1:39.38	6,00	
	50m:	46.56	46.56	100m:	1:39.38	52.82	
6.	1292754	VARELA MARIÑO, Felix	45	REDONDELA	1:41.14	5,00	
	50m:	46.11	46.11	100m:	1:41.14	55.03	
7.	1200126	TABOADA CALVELO, Jose Carlos	47	SALVESTRADA	1:42.95	4,00	
	50m:	47.74	47.74	100m:	1:42.95	55.21	
8.	1284807	VAZQUEZ ARGONES, Jose Carlos	48	REDONDELA	2:16.04	3,00	
	50m:	1:01.35	1:01.35	100m:	2:16.04	1:14.69	
DSQ	1251233	GONZALEZ SANDEZ, Carlos	47	VALDEORRAS		-	
	<i>Nado irregular</i>						

50+

1.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	1:20.08	13,00	
	50m:	37.20	37.20	100m:	1:20.08	42.88	
2.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS	1:20.93	10,00	
	50m:	38.05	38.05	100m:	1:20.93	42.88	
3.	1197597	HERNAEZ OUBIÑA, David	53	CULLEREDO	1:22.74	8,00	
	50m:	38.63	38.63	100m:	1:22.74	44.11	
4.	1244393	REY RODRIGUEZ, Oscar	52	CIDSANTIAGO	1:23.31	7,00	
	50m:	39.68	39.68	100m:	1:23.31	43.63	
5.	1144117	PREGO MARTINEZ, Benjamin	53	PONTEAREAS	1:34.08	6,00	
	50m:	44.89	44.89	100m:	1:34.08	49.19	

Prueba 30, Masc., 100m Braza, 50+

Clasificación					Edad			Tiempo	Puntos
6.	1224729	FERNADEZ BARREIROS, Claudio	51	ORDES				1:35.56	5,00
	50m:	46.09	46.09	100m:	1:35.56	49.47			
7.	1244388	DIEZ RODRIGUEZ, Ignacio Jose	54	PORTAMIÑA				1:38.31	4,00
	50m:	46.44	46.44	100m:	1:38.31	51.87			
DSQ	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE					-
	Salida anticipada								
55+									
1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS				1:28.50	13,00
	50m:	42.55	42.55	100m:	1:28.50	45.95			
2.	1141191	GARCIA SANJURJO, Jose Manuel	59	CDELMAR				1:32.55	10,00
	50m:	43.81	43.81	100m:	1:32.55	48.74			
3.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS				1:34.34	8,00
	50m:	41.98	41.98	100m:	1:34.34	52.36			
4.	1144698	CADAVID NUÑEZ, Jose	56	POURENSE				1:45.76	7,00
	50m:	50.11	50.11	100m:	1:45.76	55.65			
5.	1228047	PEREZ GARCIA, Manuel	59	CULLEREDO				1:53.20	6,00
	50m:	53.59	53.59	100m:	1:53.20	59.61			
6.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	57	VALDEORRAS				1:58.99	5,00
	50m:	56.30	56.30	100m:	1:58.99	1:02.69			
NP	1143661	TOURIÑO GONZALEZ, Victor Manuel	58	LICEO					-
60+									
1.	1076516	JORGE IGLESIAS, Marcelino	60	PONTEAREAS				1:19.06	13,00
	50m:	37.56	37.56	100m:	1:19.06	41.50			
2.	1078597	SOLLEIRO TIZON, Juan Jose	63	NCORUÑA				1:32.84	10,00
	50m:	44.37	44.37	100m:	1:32.84	48.47			
3.	1144940	HERNANZ MORAL, Fausto	64	RBAIXAS				1:57.97	8,00
	50m:	55.04	55.04	100m:	1:57.97	1:02.93			
4.	1143998	FERNANDEZ GARCIA, Manuel Victor	61	RIVEIRA				2:13.02	7,00
	50m:	1:04.73	1:04.73	100m:	2:13.02	1:08.29			
65+									
1.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS				1:34.52	13,00
	50m:	44.87	44.87	100m:	1:34.52	49.65			
2.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS				1:50.47	10,00
	50m:	51.16	51.16	100m:	1:50.47	59.31			
3.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS				1:52.10	8,00
	50m:	51.51	51.51	100m:	1:52.10	1:00.59			
4.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO				2:37.29	7,00
	50m:	1:11.24	1:11.24	100m:	2:37.29	1:26.05			

Prueba 30, Masc., 100m Braza

70+

1.	1240096	IVANCHENKO, Yurii	73	POURENSE	1:56.80	13,00
	50m:	54.95 54.95	100m:	1:56.80 1:01.85		

75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	1:53.50	13,00
	50m:	52.78 52.78	100m:	1:53.50 1:00.72		

85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	3:10.69	13,00
	50m:	1:35.58 1:35.58	100m:	3:10.69 1:35.11		

Prueba 31
14/06/2026

Fem., 200m Libre

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
25+												
1.	1038503	COTOS SUAREZ, Ana				29	CIDSANTIAGO				2:26.14	13,00
	50m:	33.52	33.52	100m:	1:10.57	37.05	150m:	1:48.80	38.23	200m:	2:26.14	37.34
2.	1144257	FERNANDEZ GONZALEZ, Elena				25	HERCULES				2:37.30	10,00
	50m:	36.20	36.20	100m:	1:16.23	40.03	150m:	1:57.56	41.33	200m:	2:37.30	39.74
3.	1259711	FERNANDEZ ESCURIS, Iria				29	RIVEIRA				3:17.20	8,00
	50m:	46.50	46.50	100m:	1:36.84	50.34	150m:	2:28.42	51.58	200m:	3:17.20	48.78
30+												
1.	1116506	RAMOS LOBO, Raquel				33	PORTAMIÑA				2:26.16	13,00
	50m:	33.57	33.57	100m:	1:10.34	36.77	150m:	1:48.07	37.73	200m:	2:26.16	38.09
2.	1247615	ALONSO PEREIRA, Fatima				33	RBAIXAS				3:02.63	10,00
	50m:	41.38	41.38	100m:	1:28.00	46.62	150m:	2:16.16	48.16	200m:	3:02.63	46.47
3.	1040719	CUBA KOSTER, Esmeralda				34	ASMEIGAS				3:06.52	8,00
	50m:	42.36	42.36	100m:	1:29.22	46.86	150m:	2:18.75	49.53	200m:	3:06.52	47.77
4.	1287813	GONZALEZ COVELO, Sandra				33	RBAIXAS				3:08.51	7,00
	50m:	40.43	40.43	100m:	1:27.38	46.95	150m:	2:18.66	51.28	200m:	3:08.51	49.85
35+												
1.	1144894	VINAGRE SENDINO, Cora				38	LICEO				2:37.93	13,00
	50m:	36.05	36.05	100m:	1:16.47	40.42	150m:	1:58.04	41.57	200m:	2:37.93	39.89
2.	1144948	GONZALEZ PEREZ, Jessica				39	RBAIXAS				2:49.68	10,00
	50m:	37.31	37.31	100m:	1:20.11	42.80	150m:	2:05.18	45.07	200m:	2:49.68	44.50
3.	1129917	MURAS MORA, Andrea				37	CIDSANTIAGO				2:54.10	8,00
	50m:	41.33	41.33	100m:	1:24.79	43.46	150m:	2:08.76	43.97	200m:	2:54.10	45.34
4.	1204918	MARTINEZ GARCIA, Susana				35	MONFORTE				3:05.89	7,00
	50m:	39.73	39.73	100m:	1:27.09	47.36	150m:	2:17.80	50.71	200m:	3:05.89	48.09
5.	1036315	LOPEZ CORTABITARTE, Belen				39	CASINOC				3:09.07	6,00
	50m:	44.18	44.18	100m:	1:31.34	47.16	150m:	2:19.86	48.52	200m:	3:09.07	49.21
6.	1202705	MARTINEZ BARCIELA, Maria Olga				36	RBAIXAS				3:27.08	5,00
	50m:	47.83	47.83	100m:	1:40.74	52.91	150m:	2:34.36	53.62	200m:	3:27.08	52.72
40+												
1.	1013486	GONZALEZ RODRIGUEZ, Maria				44	CIDSANTIAGO				2:21.95	13,00
	50m:	32.91	32.91	100m:	1:08.73	35.82	150m:	1:45.30	36.57	200m:	2:21.95	36.65
2.	1075496	BARBEITO DOMINGUEZ, Marta				42	CASINOC				2:34.91	10,00
	50m:	34.60	34.60	100m:	1:13.74	39.14	150m:	1:54.59	40.85	200m:	2:34.91	40.32
3.	1267367	VYNOHRADOVA, Kateryna				40	GALAICO				2:58.17	8,00
	50m:	40.53	40.53	100m:	1:24.32	43.79	150m:	2:10.60	46.28	200m:	2:58.17	47.57
4.	1287809	CRUZ ANEIROS, Ana Maria				43	NFERROL				3:20.23	7,00
	50m:	43.53	43.53	100m:	1:33.82	50.29	150m:	2:27.31	53.49	200m:	3:20.23	52.92

Prueba 31, Fem., 200m Libre, 40+

Clasificación	Edad						Tiempo		Puntos			
5.	1250481	MENDEZ ABELAIRA, Jessica			44	VALDEORRAS		4:33.22	6,00			
	50m:	1:04.30	1:04.30	100m:	2:13.62	1:09.32	150m:	3:23.66	1:10.04	200m:	4:33.22	1:09.56
45+												
1.	1237395	VILARIÑO CACHO, Elvira			45	SALVESTRADA		2:37.71	13,00			
	50m:	36.68	36.68	100m:	1:15.92	39.24	150m:	1:56.71	40.79	200m:	2:37.71	41.00
2.	1268743	ANTON FUENTES, Veronica Maria			47	GALAICO		2:58.63	10,00			
	50m:	42.39	42.39	100m:	1:27.43	45.04	150m:	2:14.17	46.74	200m:	2:58.63	44.46
3.	1273323	LOPEZ BARREIRO, Cristina			47	MULLEREF		3:32.03	8,00			
	50m:	47.53	47.53	100m:	1:38.64	51.11	150m:	2:35.52	56.88	200m:	3:32.03	56.51
4.	1253184	ABELLEIRA CORRAL, Gema			46	MULLEREF		3:41.63	7,00			
	50m:	50.57	50.57	100m:	1:45.05	54.48	150m:	2:43.52	58.47	200m:	3:41.63	58.11
5.	1178771	BESADA FERNANDEZ, Ana Maria			48	PONTEAREAS		3:49.61	6,00			
	50m:	51.20	51.20	100m:	1:50.02	58.82	150m:	2:51.19	1:01.17	200m:	3:49.61	58.42
50+												
1.	1040944	VARELA REDONDO, Veronica			51	PONTEAREAS		2:56.07	13,00			
	50m:	41.07	41.07	100m:	1:26.31	45.24	150m:	2:11.97	45.66	200m:	2:56.07	44.10
2.	1250484	VAZQUEZ GONZALEZ, Yolanda			50	VALDEORRAS		3:49.44	10,00			
	50m:	53.39	53.39	100m:	1:50.49	57.10	150m:	2:50.14	59.65	200m:	3:49.44	59.30
55+												
1.	1037939	CASTRO MAESTRE, Isaura			57	FLUVIAL		3:12.10	13,00			
	50m:	44.60	44.60	100m:	1:33.09	48.49	150m:	2:23.06	49.97	200m:	3:12.10	49.04
2.	1141127	PAREDES RIOS, Rosa Maria			58	PONSVETUS		3:32.49	10,00			
	50m:	47.58	47.58	100m:	1:41.95	54.37	150m:	2:38.79	56.84	200m:	3:32.49	53.70
3.	1288425	MARIN CASTRO, Montserrat			55	MULLEREF		4:11.04	8,00			
	50m:	56.22	56.22	100m:	1:59.71	1:03.49	150m:	3:04.29	1:04.58	200m:	4:11.04	1:06.75
4.	1286086	GAMALLO BLANCO, Rosa Maria			59	POURENSE		4:11.66	7,00			
	50m:	57.72	57.72	100m:	1:59.72	1:02.00	150m:	3:04.72	1:05.00	200m:	4:11.66	1:06.94
60+												
1.	1144331	TERCEIRO DELGADO, Maria Del Mar			63	CDELMAR		2:55.32	13,00			
	50m:	40.68	40.68	100m:	1:25.00	44.32	150m:	2:10.79	45.79	200m:	2:55.32	44.53
2.	1143893	REBORDA MORILLO, Susana			64	ESCUALOS		3:58.13	10,00			
	50m:	54.90	54.90	100m:	1:54.08	59.18	150m:	2:55.77	1:01.69	200m:	3:58.13	1:02.36
3.	1253458	IGNACIO QUINTEIRO, Maria Del Carme			61	PONSVETUS		4:00.74	8,00			
	50m:	54.01	54.01	100m:	1:56.27	1:02.26	150m:	2:59.53	1:03.26	200m:	4:00.74	1:01.21
4.	1260384	CAL FERNANDEZ, Monica Catalina			62	ASMEIGAS		4:02.22	7,00			
	50m:	56.83	56.83	100m:	1:57.10	1:00.27	150m:	2:59.19	1:02.09	200m:	4:02.22	1:03.03
5.	1144231	PEREZ GALLARDO, Teresa			62	POURENSE		4:39.35	6,00			
	50m:	1:05.03	1:05.03	100m:	2:15.88	1:10.85	150m:	3:28.79	1:12.91	200m:	4:39.35	1:10.56

Prueba 31, Fem., 200m Libre

65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA					3:16.68	13,00	
	50m:	44.67	44.67	100m:	1:33.37	48.70	150m:	2:25.07	51.70	200m:	3:16.68 51.61

70+

1.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL					4:36.77	13,00	
	50m:	58.60	58.60	100m:	2:08.66	1:10.06	150m:	3:22.35	1:13.69	200m:	4:36.77 1:14.42

Prueba 32
14/06/2026

Masc., 200m Libre

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1142991	PEREZ PAZ, Dario				21	PONTEAREAS				2:03.93	13,00
	50m:	27.95	27.95	100m:	59.59	31.64	150m:	1:31.66	32.07	200m:	2:03.93	32.27
2.	1187891	PEREZ MOURE, Nicolas				20	CDELMAR				2:11.67	10,00
	50m:	28.81	28.81	100m:	1:01.13	32.32	150m:	1:35.58	34.45	200m:	2:11.67	36.09
3.	1144995	RIAL SIEIRA, Leo				20	RIVEIRA				2:17.93	8,00
	50m:	31.30	31.30	100m:	1:05.85	34.55	150m:	1:42.24	36.39	200m:	2:17.93	35.69
4.	1287196	LORENZO BAUTISTA, Anxo				23	PONTEAREAS				3:48.55	7,00
	50m:	46.99	46.99	100m:	1:43.63	56.64	150m:	2:45.14	1:01.51	200m:	3:48.55	1:03.41
25+												
1.	1144193	PASTORIZA SANTA CLARA, Jorge				29	RBAIXAS				2:01.34	13,00
	50m:	28.81	28.81	100m:	59.71	30.90	150m:	1:30.26	30.55	200m:	2:01.34	31.08
2.	1246147	LOPEZ LOPEZ, Jaime Borja				26	PORTAMIÑA				2:07.93	10,00
	50m:	28.73	28.73	100m:	1:01.57	32.84	150m:	1:35.69	34.12	200m:	2:07.93	32.24
3.	1110128	CAMINO PARDO, Rodrigo				26	NCORUÑA				2:09.65	8,00
	50m:	28.20	28.20	100m:	1:00.76	32.56	150m:	1:34.34	33.58	200m:	2:09.65	35.31
4.	1039270	TRILLO RODRIGUEZ, Adrian				29	MOS				2:17.99	7,00
	50m:	31.59	31.59	100m:	1:06.32	34.73	150m:	1:42.08	35.76	200m:	2:17.99	35.91
5.	1061561	INCUTTI TELLADO, Denis				26	PONTEAREAS				2:23.08	6,00
	50m:	31.47	31.47	100m:	1:05.75	34.28	150m:	1:43.47	37.72	200m:	2:23.08	39.61
6.	1287820	BOTNARI ZAVTUR, Lorenzo				25	LICEO				3:11.50	5,00
	50m:	38.65	38.65	100m:	1:28.44	49.79	150m:	2:20.62	52.18	200m:	3:11.50	50.88
30+												
1.	1213891	CASTELAO VIEITES, Borja				34	CIDSANTIAGO				2:06.61	13,00
	50m:	29.28	29.28	100m:	1:00.58	31.30	150m:	1:33.36	32.78	200m:	2:06.61	33.25
2.	1178904	TRONCOSO GARRIDO, David				31	GALAICO				2:17.19	10,00
	50m:	30.24	30.24	100m:	1:04.48	34.24	150m:	1:40.22	35.74	200m:	2:17.19	36.97
3.	1037164	GONZALEZ BLANCO, Jose Luis				34	PORTAMIÑA				2:18.41	8,00
	50m:	31.17	31.17	100m:	1:04.81	33.64	150m:	1:40.26	35.45	200m:	2:18.41	38.15
4.	1037824	FREIRE GONZALEZ, Javier				33	RBAIXAS				2:21.63	7,00
	50m:	32.86	32.86	100m:	1:09.22	36.36	150m:	1:46.24	37.02	200m:	2:21.63	35.39
5.	1232980	PICALLO MATO, Adrian				31	SALVESTRADA				2:27.33	6,00
	50m:	34.56	34.56	100m:	1:12.22	37.66	150m:	1:50.44	38.22	200m:	2:27.33	36.89
6.	1222771	LAGO GONZALEZ, Ivan				33	PONTEAREAS				4:00.97	5,00
	50m:	50.44	50.44	100m:	1:49.60	59.16	150m:	2:56.55	1:06.95	200m:	4:00.97	1:04.42
35+												
1.	1076271	NOVALES BLANCO, Xabier				35	RBAIXAS				2:37.84	13,00
	50m:	36.53	36.53	100m:	1:16.62	40.09	150m:	1:58.26	41.64	200m:	2:37.84	39.58

Prueba 32, Masc., 200m Libre, 35+

Clasificación						Edad					Tiempo	Puntos
2.	1180243	LAIÑO SILVA, Victor				39	RIVEIRA				2:38.88	10,00
	50m:	34.85	34.85	100m:	1:14.05	39.20	150m:	1:56.16	42.11	200m:	2:38.88	42.72
3.	1249163	BELLO PORTO, David				36	NCORUÑA				2:41.53	8,00
	50m:	36.15	36.15	100m:	1:16.34	40.19	150m:	1:58.62	42.28	200m:	2:41.53	42.91
4.	1258573	CAMINO VELASCO, Jaime				36	SALVESTRADA				2:50.37	7,00
	50m:	37.54	37.54	100m:	1:19.67	42.13	150m:	2:05.89	46.22	200m:	2:50.37	44.48

40+

1.	1140778	RODRIGUEZ LAGO, David					40	CIDSANTIAGO			2:06.47	13,00 RG
	50m:	29.80	29.80	100m:	1:01.89	32.09	150m:	1:34.33	32.44	200m:	2:06.47	32.14
2.	1141144	ARIETTO GARCIA, Jorge					40	RCNVIGO			2:09.52	10,00
	50m:	29.08	29.08	100m:	1:01.56	32.48	150m:	1:35.38	33.82	200m:	2:09.52	34.14
3.	1014291	GOMEZ CARDESIN, Alvaro					41	NCORUÑA			2:14.02	8,00
	50m:	30.32	30.32	100m:	1:04.16	33.84	150m:	1:38.40	34.24	200m:	2:14.02	35.62
4.	1145052	FIERRO FERNANDEZ, Julio					44	CASINOC			2:35.28	7,00
	50m:	36.91	36.91	100m:	1:17.02	40.11	150m:	1:56.45	39.43	200m:	2:35.28	38.83
5.	1284808	LONGA IGLESIAS, Pablo					41	RBAIXAS			2:59.00	6,00
	50m:	42.50	42.50	100m:	1:28.13	45.63	150m:	2:15.60	47.47	200m:	2:59.00	43.40

45+

1.	1281943	MARX, Sven Oliver	49	CULLEREDO						2:40.78	13,00	
	50m:	37.62	37.62	100m:	1:17.88	40.26	150m:	1:59.76	41.88	200m:	2:40.78	41.02
2.	1084041	SUAREZ GARCIA, Sergio	46	PONSVETUS						2:48.36	10,00	
	50m:	38.63	38.63	100m:	1:21.07	42.44	150m:	2:05.45	44.38	200m:	2:48.36	42.91

50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS						2:08.10	13,00	
	50m:	29.86	29.86	100m:	1:01.91	32.05	150m:	1:35.17	33.26	200m:	2:08.10	32.93
2.	1264722	BALDOMAR OBELLEIRA, Ruben	52	NCORUÑA						2:20.45	10,00	
	50m:	33.68	33.68	100m:	1:08.84	35.16	150m:	1:44.41	35.57	200m:	2:20.45	36.04
3.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS						2:26.93	8,00	
	50m:	34.58	34.58	100m:	1:11.68	37.10	150m:	1:50.13	38.45	200m:	2:26.93	36.80
4.	1084040	GARCIA CASTIÑEIRA, Daniel	52	CIDSANTIAGO						2:28.31	7,00	
	50m:	35.57	35.57	100m:	1:14.13	38.56	150m:	1:51.60	37.47	200m:	2:28.31	36.71
5.	1251882	IGLESIAS CARRERA, Pio	53	CIDSANTIAGO						2:28.51	6,00	
	50m:	35.04	35.04	100m:	1:13.23	38.19	150m:	1:51.75	38.52	200m:	2:28.51	36.76
6.	1203306	DURO GONZALEZ, Antonio	52	SALVESTRADA						2:41.20	5,00	
	50m:	38.08	38.08	100m:	1:18.73	40.65	150m:	2:00.80	42.07	200m:	2:41.20	40.40
7.	1141071	LORENZO FERNANDEZ, Jose Manuel	54	RBAIXAS						3:01.86	4,00	
	50m:	41.08	41.08	100m:	1:26.27	45.19	150m:	2:14.65	48.38	200m:	3:01.86	47.21
8.	1253459	TEIJEIRO IGLESIAS, Jesus	50	PORTAMIÑA						3:09.19	3,00	
	50m:	41.25	41.25	100m:	1:28.15	46.90	150m:	2:17.52	49.37	200m:	3:09.19	51.67
9.	1180236	DE LA VEGA GANDARAS, Felipe	53	HERCULES						3:14.39	2,00	
	50m:	44.71	44.71	100m:	1:34.54	49.83	150m:	2:25.30	50.76	200m:	3:14.39	49.09

Prueba 32, Masc., 200m Libre

55+

1.	1038104 PEREZ ARIAS, Hector	55	PORTAMIÑA	2:35.74	13,00
	50m: 36.93 36.93 100m: 1:15.99 39.06 150m: 1:56.39 40.40 200m: 2:35.74 39.35				
2.	1175089 NISTAL GARCIA, Eduardo	58	CASINOC	2:43.55	10,00
	50m: 37.17 37.17 100m: 1:19.19 42.02 150m: 2:02.54 43.35 200m: 2:43.55 41.01				
3.	1076162 MIRA PEREZ, Jorge	58	CIDSANTIAGO	3:00.86	8,00
	50m: 39.94 39.94 100m: 1:25.98 46.04 150m: 2:13.55 47.57 200m: 3:00.86 47.31				
4.	1127250 RODRIGUEZ LOPEZ, Eloy Jesus	58	VALDEORRAS	3:21.91	7,00
	50m: 42.64 42.64 100m: 1:31.99 49.35 150m: 2:26.89 54.90 200m: 3:21.91 55.02				
5.	1236643 MAGARIÑOS MACEIRAS, Xose	58	SALVESTRADA	3:25.43	6,00
	50m: 42.15 42.15 100m: 1:33.13 50.98 150m: 2:29.61 56.48 200m: 3:25.43 55.82				

60+

1.	1085112 RIVAS FEAL, Antonio	60	CASINOC	2:27.04	13,00
	50m: 34.75 34.75 100m: 1:12.17 37.42 150m: 1:49.61 37.44 200m: 2:27.04 37.43				
2.	1290118 PEREZ PAREDES, Marcos	60	RCNVIGO	3:00.35	10,00
	50m: 37.71 37.71 100m: 1:22.43 44.72 150m: 2:11.08 48.65 200m: 3:00.35 49.27				
3.	1199641 COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	3:03.28	8,00
	50m: 40.21 40.21 100m: 1:25.98 45.77 150m: 2:15.20 49.22 200m: 3:03.28 48.08				
4.	1144940 HERNANZ MORAL, Fausto	64	RBAIXAS	3:05.01	7,00
	50m: 42.31 42.31 100m: 1:29.59 47.28 150m: 2:17.56 47.97 200m: 3:05.01 47.45				
5.	1143536 BLANCO PEREZ, Angel	62	POURENSE	3:10.73	6,00
	50m: 43.42 43.42 100m: 1:32.71 49.29 150m: 2:22.83 50.12 200m: 3:10.73 47.90				

65+

1.	1170858 CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	2:39.27	13,00 RG
	50m: 36.48 36.48 100m: 1:16.20 39.72 150m: 1:57.38 41.18 200m: 2:39.27 41.89				

70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	72	POURENSE	2:59.28	13,00
	50m: 43.60 43.60 100m: 1:29.30 45.70 150m: 2:15.19 45.89 200m: 2:59.28 44.09				

Prueba 33
14/06/2026

Fem., 50m Mariposa

2006 y mayores
Resultados

Clasificación				Edad		Tiempo	Puntos
20+							
1.	1140796	DIAZ DOPICO, Sabela	24	NFERROL		32.98	13,00
2.	1076318	LEMONS FERNANDEZ, Zaira	24	PONTEAREAS		33.48	10,00
3.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS		36.16	8,00
4.	1087099	GOMEZ FERNANDEZ, Uxia	23	ESCUALOS		36.63	7,00
5.	1284776	COBAS, Rocio	21	PONTEAREAS		47.84	-
25+							
1.	1091897	GONZALEZ TOJO, Raquel	27	CIDSANTIAGO		29.49	13,00
2.	1130789	GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO		31.75	10,00
3.	1040620	RODRIGUEZ CERVINO, Ana	26	RBAIXAS		35.28	8,00
4.	1198880	LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA		35.76	7,00
5.	1145079	RIVADULLA MALLO, Maria Irene	28	SALVESTRADA		35.79	6,00
6.	1081004	PAZOS AGUIAR, Lara	26	NCORUÑA		36.63	5,00
7.	1222772	RODRIGUEZ-TOUBES FORRYAN, Iren	27	PONTEAREAS		1:07.95	4,00
30+							
1.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR		33.78	13,00
2.	1236745	RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE		40.62	10,00
3.	1144185	MARQUEZ BARCALA, Jesica	33	PONSVETUS		50.67	8,00
4.	1221892	OTERO FERNANDEZ, Maria Luisa	33	SALVESTRADA		51.18	7,00
35+							
1.	1097619	BLANCO GARCIA, Sheila	39	CDELMAR		34.89	13,00
2.	1141212	RIVAS TENREIRO, Arantza	37	NTNARON		36.08	10,00
3.	1143565	ARAUJO CASTRO, Paula	35	CDELMAR		45.31	8,00
4.	1202705	MARTINEZ BARCIELA, Maria Olga	36	RBAIXAS		1:07.88	7,00
40+							
1.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL		36.30	13,00
2.	1144270	ROZADOS LUIS, Adriana	41	SALVESTRADA		36.93	10,00
3.	1222531	FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA		39.16	8,00
4.	1180232	FKEOUI OMARI, Salma	44	CIDSANTIAGO		39.63	7,00
5.	1243130	TORRE GONZALEZ, Elisa	41	RBAIXAS		42.43	6,00
6.	1038188	LEIRO ALVAREZ, Olalla	44	REDONDELA		45.33	5,00
7.	1287810	NOVO MARTINEZ, Rocio	42	NFERROL		53.78	4,00
45+							
1.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR		40.54	13,00
2.	1224731	RIVEIRA CAAMAÑO, Rebeca	49	ORDES		46.74	10,00
3.	1292135	OTERO CAAMAÑO, Maria Cecilia	45	NFERROL		55.34	8,00
4.	1178771	BESADA FERNANDEZ, Ana Maria	48	PONTEAREAS		1:09.61	7,00
5.	1036387	VAZQUEZ PARCERO, Marta	46	CULLEREDO		1:10.57	6,00

Prueba 33, Fem., 50m Mariposa

50+

1.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	46.85	13,00
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	50.17	10,00
3.	1246142	GONZALEZ PIMENTEL, Saleta	54	PONSVETUS	59.75	8,00
4.	1273331	PEREZ CASTRO, Maria Rut	51	MULLEREF	1:08.76	7,00

55+

1.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	44.62	13,00
2.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	50.21	10,00
3.	1141128	LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	52.68	8,00
4.	1286086	GAMALLO BLANCO, Rosa Maria	59	POURENSE	1:07.51	7,00
5.	1287796	MAURIZ ABUIN, Maria Del Mar	57	MULLEREF	1:11.13	6,00

60+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	43.17	13,00
2.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	1:34.04	10,00

65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	39.20	13,00 RG
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70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	1:05.07	13,00
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Prueba 34
14/06/2026

Masc., 50m Mariposa

2006 y mayores
Resultados

Clasificación			Edad		Tiempo	Puntos
20+						
1.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	27.28	13,00
2.	1076409	CANCELA GOMEZ, Hugo	23	PONTEAREAS	29.24	10,00
3.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS	30.30	-
25+						
1.	1089316	PASSARETTI PEREIRA, Alejandro	28	CIDSANTIAGO	26.53	13,00 RG
2.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	29.16	10,00
3.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	29.21	8,00
4.	1078716	HERMIDA RAMOS, Raul	26	NTNARON	29.72	7,00
5.	1199545	FERRON MOURE, Adrian	29	RIVEIRA	32.14	6,00
6.	1284785	ABALDE PUJALES, Alberto	26	RBAIXAS	35.00	5,00
7.	1267370	ALVAREZ PRESA, Samuel	26	PONTEAREAS	39.05	4,00
NP	1092303	MEIJIDE GIADAS, Diego	26	CIDSANTIAGO		-
30+						
1.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA	27.16	13,00
2.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	27.32	10,00
3.	1287224	TORNE BOBO, Borja	34	VALDEORRAS	36.08	8,00
35+						
1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	26.73	13,00
2.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	28.72	10,00
3.	1128175	GULIAS GARCIA, Jose Ruben	35	PONSVETUS	32.22	8,00
4.	1180243	LAIÑO SILVA, Victor	39	RIVEIRA	39.87	7,00
40+						
1.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	29.29	13,00
2.	1286165	LOUREIRO FERREIROA, Marcos	41	SALVESTRADA	29.37	10,00
3.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	31.91	8,00
4.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	43	RBAIXAS	38.86	7,00
5.	1076282	CARRERA COSTAS, Andres	44	PONTEAREAS	43.99	6,00
45+						
1.	1267355	TORRES NEIRA, Mateo	47	CASINOC	27.49	13,00 RG
2.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	29.89	10,00
3.	1247553	MUIÑO LOPEZ, Iago	49	CIDSANTIAGO	31.74	8,00
4.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	31.78	7,00
5.	1144584	ALVAREZ SILVA, Ruben	45	ESCUALOS	32.27	6,00
6.	1143662	BALSA MOSQUERA, Pablo	48	NTNARON	32.78	5,00
7.	1198273	MONTERO PRIETO, Carlos Eugenio	48	CIDSANTIAGO	33.13	-
8.	1178765	ESPAÑA CABEZAS, Jesus	45	CIDSANTIAGO	34.84	-
9.	1199899	DOMINGUEZ PHILOCREON, Ticiano	45	CIDSANTIAGO	35.14	-
10.	1232932	VEIGA PILLADO, Jose	48	CASINOC	36.18	1,00
DSQ	1275100	COTO DONO, Pablo	46	SALVESTRADA		-
<i>Nado irregular</i>						

Prueba 34, Masc., 50m Mariposa

50+

1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	29.02	13,00
2.	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE	32.55	10,00
3.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	32.70	8,00
4.	1075601	MOURIZ LOMBAO, Francisco Javier	51	PORTAMIÑA	33.23	7,00
5.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	33.52	6,00
6.	1144297	LAMAS SOTO, Cesar	51	CULLEREDO	35.11	5,00
7.	1258069	ORGEIRA CRESPO, Pedro	50	POURENSE	37.98	4,00
8.	1171462	FERREIRO SEOANE, Jose Raul	53	RBAIXAS	41.75	3,00
9.	1293050	GARCIA RUIZ, Vladimiro Jose	53	POURENSE	49.41	-

55+

1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA	33.06	13,00
2.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	36.89	10,00
3.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	39.38	8,00
4.	1228047	PEREZ GARCIA, Manuel	59	CULLEREDO	46.99	7,00
5.	1261402	FERNANDEZ RODRIGUEZ, Miguel Ang	57	VALDEORRAS	47.95	6,00

60+

1.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	45.11	13,00
2.	1143998	FERNANDEZ GARCIA, Manuel Víctor	61	RIVEIRA	53.71	10,00

65+

1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	41.10	13,00
2.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS	57.43	10,00

70+

1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES	38.11	13,00
2.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	44.78	10,00
3.	1240096	IVANCHENKO, Yurii	73	POURENSE	45.90	8,00

Prueba 35
14/06/2026

Fem., 200m Espalda

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
25+												
1.	1087181	BLANCO PEREZ, Paula				27	POURENSE				2:48.76	13,00
	50m:	39.36	39.36	100m:	1:22.02	42.66	150m:	2:05.67	43.65	200m:	2:48.76	43.09
2.	1037965	COSTA FERNANDEZ, Laura				25	PONTEAREAS				3:02.19	10,00
	50m:	42.76	42.76	100m:	1:28.99	46.23	150m:	2:17.00	48.01	200m:	3:02.19	45.19
3.	1144257	FERNANDEZ GONZALEZ, Elena				25	HERCULES				3:09.39	8,00
	50m:	47.77	47.77	100m:	1:34.92	47.15	150m:	2:22.23	47.31	200m:	3:09.39	47.16
4.	1038466	RODRIGUEZ PAZ, Lucia				26	PONTEAREAS				3:26.52	7,00
	50m:	47.99	47.99	100m:	1:40.50	52.51	150m:	2:34.23	53.73	200m:	3:26.52	52.29
30+												
1.	1051353	CRUZ GARCIA, Aurora				31	CIDSANTIAGO				2:49.27	13,00
	50m:	39.26	39.26	100m:	1:22.75	43.49	150m:	2:06.98	44.23	200m:	2:49.27	42.29
2.	1243197	GANDARA SUAREZ, Tania				33	ORDES				3:36.29	10,00
	50m:	50.46	50.46	100m:	1:44.43	53.97	150m:	2:42.45	58.02	200m:	3:36.29	53.84
3.	1078925	SALGADO CASTELO, Marta				32	MULLEREF				3:41.11	8,00
	50m:	54.92	54.92	100m:	1:51.00	56.08	150m:	2:47.77	56.77	200m:	3:41.11	53.34
35+												
1.	1144894	VINAGRE SENDINO, Cora				38	LICEO				2:58.23	13,00
	50m:	40.96	40.96	100m:	1:25.68	44.72	150m:	2:12.37	46.69	200m:	2:58.23	45.86
2.	1144948	GONZALEZ PEREZ, Jessica				39	RBAIXAS				3:20.14	10,00
	50m:	46.26	46.26	100m:	1:36.81	50.55	150m:	2:28.85	52.04	200m:	3:20.14	51.29
3.	1036315	LOPEZ CORTABITARTE, Belen				39	CASINOC				3:50.57	8,00
	50m:	55.82	55.82	100m:	1:53.32	57.50	150m:	2:52.00	58.68	200m:	3:50.57	58.57
40+												
1.	1222531	FERNANDEZ GONZALEZ, Iria				44	PORTAMIÑA				3:17.10	13,00
	50m:	46.61	46.61	100m:	1:35.97	49.36	150m:	2:27.73	51.76	200m:	3:17.10	49.37
2.	1236642	ABBATEMARCO, Cristina				42	SALVESTRADA				3:26.39	10,00
	50m:	48.14	48.14	100m:	1:40.93	52.79	150m:	2:35.86	54.93	200m:	3:26.39	50.53
45+												
1.	1075221	HERMIDA RODRIGUEZ, Blanca				45	NFERROL				2:42.12	13,00
	50m:	38.35	38.35	100m:	1:19.37	41.02	150m:	2:00.79	41.42	200m:	2:42.12	41.33
2.	1264778	VAZQUEZ LOPEZ, Eva				49	MULLEREF				4:25.26	10,00
	50m:	1:06.64	1:06.64	100m:	2:12.85	1:06.21	150m:	3:21.29	1:08.44	200m:	4:25.26	1:03.97
50+												
1.	1250484	VAZQUEZ GONZALEZ, Yolanda				50	VALDEORRAS				5:08.21	13,00
	50m:	1:12.42	1:12.42	100m:	2:30.56	1:18.14	150m:	3:51.27	1:20.71	200m:	5:08.21	1:16.94

Prueba 35, Fem., 200m Espalda

55+

1.	1038729 DEL AMO BLANCO, Margarita	59	PONTEAREAS	3:57.04	13,00
	50m: 54.55 54.55 100m: 1:53.99 59.44 150m: 2:57.27 1:03.28 200m: 3:57.04 59.77				
2.	1141127 PAREDES RIOS, Rosa Maria	58	PONSVETUS	4:08.91	10,00
	50m: 58.37 58.37 100m: 2:01.53 1:03.16 150m: 3:06.84 1:05.31 200m: 4:08.91 1:02.07				
3.	1076154 ABREU FERNANDEZ, Marta	55	PONTEAREAS	4:27.25	8,00
	50m: 1:04.68 1:04.68 100m: 2:12.41 1:07.73 150m: 3:20.88 1:08.47 200m: 4:27.25 1:06.37				
4.	1288425 MARIN CASTRO, Montserrat	55	MULLEREF	4:47.10	7,00
	50m: 1:09.36 1:09.36 100m: 2:23.11 1:13.75 150m: 3:37.59 1:14.48 200m: 4:47.10 1:09.51				

70+

1.	1075765 FERNANDEZ FERNANDEZ, Maria Tere	70	MULLEREF	6:45.68	13,00
	50m: 1:43.75 1:43.75 100m: 3:26.32 1:42.57 150m: 5:08.21 1:41.89 200m: 6:45.68 1:37.47				

Prueba 36
14/06/2026

Masc., 200m Espalda

2006 y mayores
Resultados

Clasificación	Edad										Tiempo	Puntos
20+												
1.	1079156	MARQUEZ VAZQUEZ, Pablo				24	ASMEIGAS			3:05.85	13,00	
	50m:	41.02	41.02	100m:	1:26.51	45.49	150m:	2:16.79	50.28	200m:	3:05.85	49.06
25+												
1.	1110128	CAMINO PARDO, Rodrigo				26	NCORUÑA			2:22.84	13,00	
	50m:	33.09	33.09	100m:	1:09.50	36.41	150m:	1:46.35	36.85	200m:	2:22.84	36.49
30+												
1.	1191498	CASANOVA MARTINEZ, Victor				30	MONFORTE			2:46.95	13,00	
	50m:	39.21	39.21	100m:	1:21.07	41.86	150m:	2:04.59	43.52	200m:	2:46.95	42.36
2.	1256973	PENIDE CALVO, Gabriel				33	RBAIXAS			3:01.92	10,00	
	50m:	41.18	41.18	100m:	1:26.31	45.13	150m:	2:14.84	48.53	200m:	3:01.92	47.08
3.	1232980	PICALLO MATO, Adrian				31	SALVESTRADA			3:04.21	8,00	
	50m:	44.03	44.03	100m:	1:31.26	47.23	150m:	2:18.65	47.39	200m:	3:04.21	45.56
4.	1207051	LAVIA PINTOS, David				33	PONSVETUS			3:38.97	7,00	
	50m:	51.27	51.27	100m:	1:47.68	56.41	150m:	2:46.30	58.62	200m:	3:38.97	52.67
35+												
1.	1143890	FORTES NOVOA, Martiño				38	ESCUALOS			2:53.23	13,00	
	50m:	43.19	43.19	100m:	1:26.32	43.13	150m:	2:10.17	43.85	200m:	2:53.23	43.06
2.	1236854	GIRALDEZ VILLANUEVA, Ivan				39	PONTEAREAS			4:33.63	10,00	
	50m:	1:01.17	1:01.17	100m:	2:08.48	1:07.31	150m:	3:19.73	1:11.25	200m:	4:33.63	1:13.90
40+												
1.	1170841	BASTIDA CAMPOS, Alejandro				44	SALVESTRADA			3:12.90	13,00	
	50m:	44.67	44.67	100m:	1:32.34	47.67	150m:	2:23.28	50.94	200m:	3:12.90	49.62
2.	1178928	FIDALGO SERRANO, Guillermo				40	TRAVIESAS			3:34.80	10,00	
	50m:	53.44	53.44	100m:	1:49.41	55.97	150m:	2:45.67	56.26	200m:	3:34.80	49.13
3.	1107557	MELLA BARBEITO, Javier				43	ARTEIXO			4:12.84	8,00	
	50m:	58.01	58.01	100m:	2:03.70	1:05.69	150m:	3:11.09	1:07.39	200m:	4:12.84	1:01.75
45+												
1.	1144515	CASTRO RODRIGUEZ, Manuel				47	PONTEAREAS			2:28.45	13,00	
	50m:	33.79	33.79	100m:	1:10.86	37.07	150m:	1:49.40	38.54	200m:	2:28.45	39.05
2.	1197902	FERNANDEZ LAMELA, David				48	PORTAMIÑA			2:44.39	10,00	
	50m:	39.82	39.82	100m:	1:21.82	42.00	150m:	2:04.22	42.40	200m:	2:44.39	40.17
3.	1240331	DE LORENZO FERNANDEZ, Javier				45	ESCUALOS			3:03.70	8,00	
	50m:	43.86	43.86	100m:	1:31.50	47.64	150m:	2:19.52	48.02	200m:	3:03.70	44.18
4.	1251233	GONZALEZ SANDEZ, Carlos				47	VALDEORRAS			6:03.17	7,00	
	50m:	1:23.18	1:23.18	100m:	2:54.82	1:31.64	150m:	4:34.35	1:39.53	200m:	6:03.17	1:28.82
RG												

Prueba 36, Masc., 200m Espalda

50+

1.	1205935	GUIRADO CARABEL, Oscar					50	CULLEREDO			2:48.90	13,00
	50m:	39.13	39.13	100m:	1:22.10	42.97	150m:	2:05.92	43.82	200m:	2:48.90	42.98
2.	1255450	RODRIGUEZ RODRIGUEZ, Santiago					54	CIDSANTIAGO			3:05.88	10,00
	50m:	41.93	41.93	100m:	1:28.45	46.52	150m:	2:16.13	47.68	200m:	3:05.88	49.75
3.	1244393	REY RODRIGUEZ, Oscar					52	CIDSANTIAGO			3:09.02	8,00
	50m:	45.83	45.83	100m:	1:32.98	47.15	150m:	2:22.31	49.33	200m:	3:09.02	46.71
4.	1040137	QUINTAS BARROS, Jesus Carlos					53	ESCUALOS			3:09.23	7,00
	50m:	45.11	45.11	100m:	1:33.36	48.25	150m:	2:21.39	48.03	200m:	3:09.23	47.84
5.	1076535	DE LUIS GONZALEZ, Aitor					52	PORTAMIÑA			3:10.78	6,00
	50m:	45.98	45.98	100m:	1:34.08	48.10	150m:	2:23.40	49.32	200m:	3:10.78	47.38
6.	1224729	FERNADEZ BARREIROS, Claudio					51	ORDES			3:12.70	5,00
	50m:	45.29	45.29	100m:	1:33.11	47.82	150m:	2:22.92	49.81	200m:	3:12.70	49.78
7.	1144117	PREGO MARTINEZ, Benjamin					53	PONTEAREAS			3:33.76	4,00
	50m:	53.77	53.77	100m:	1:47.70	53.93	150m:	2:44.05	56.35	200m:	3:33.76	49.71

55+

1.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO	2:59.86	13,00		
	50m:	42.17 42.17	100m:	1:26.69 44.52	150m:	2:13.32 46.63	200m:	2:59.86 46.54
2.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	3:23.49	10,00		
	50m:	48.97 48.97	100m:	1:40.31 51.34	150m:	2:32.36 52.05	200m:	3:23.49 51.13
3.	1195569	PEREZ LEIVA, Manuel	58	RBAIXAS	3:39.89	8,00		
	50m:	50.94 50.94	100m:	1:47.46 56.52	150m:	2:45.83 58.37	200m:	3:39.89 54.06
4.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS	3:51.14	7,00		
	50m:	52.97 52.97	100m:	1:51.10 58.13	150m:	2:51.80 1:00.70	200m:	3:51.14 59.34
5.	1193949	LAMELO OTERO, Ramon Jesus	58	CIDSANTIAGO	3:54.79	6,00		
	50m:	55.58 55.58	100m:	1:54.43 58.85	150m:	2:56.18 1:01.75	200m:	3:54.79 58.61

60+

1.	1053394	SANJORGE PEDREIRA, Carmelo				64	ARTEIXO				3:44.94	13,00
	50m:	55.89	55.89	100m:	1:52.63	56.74	150m:	2:50.28	57.65	200m:	3:44.94	54.66
2.	1075589	SANCHEZ VAZQUEZ, Jesus				64	PORTAMIÑA				4:11.64	10,00
	50m:	58.14	58.14	100m:	2:05.89	1:07.75	150m:	3:12.65	1:06.76	200m:	4:11.64	58.99

65+

1.	1075770	RODRIGUEZ BASANTA, Francisco Jos				65	VALDEORRAS			3:56.25	13,00	
	50m:	57.04	57.04	100m:	1:57.03	59.99	150m:	2:58.65	1:01.62	200m:	3:56.25	57.60

70+

1.	1075177	LOPEZ VIDAL, Antonio	74	GALAICO	5:14.50	13,00						
	50m:	1:14.12	1:14.12	100m:	2:36.07	1:21.95	150m:	3:56.10	1:20.03	200m:	5:14.50	1:18.40
2.	1191492	TIMIRAOS CARRASCO, Luis	70	POURENSE	7:24.28	10,00						
	50m:	1:47.94	1:47.94	100m:	3:41.38	1:53.44	150m:	5:35.38	1:54.00	200m:	7:24.28	1:48.90

Prueba 36, Masc., 200m Espalda

75+

1.	1076487 RODRIGUEZ LEMOS, Andres Jesus	77	MOS					4:23.93	13,00
	50m: 1:05.32	1:05.32	100m: 2:14.04	1:08.72	150m: 3:23.23	1:09.19	200m: 4:23.93	1:00.70	

Prueba 37
14/06/2026

Fem., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80

1.	PONTEAREAS 80		PONTEAREAS	3:00.89	26,00
	RODRIGUEZ-TOUBES FORRYAN, I271e	1:02.99	LEMONS FERNANDEZ, Zaira	24	34.36
	COBAS, Rocio 21	51.09	BLANCO PEREZ, Laura	22	32.45

+100

1.	CIDSANTIAGO 100		CIDSANTIAGO	2:15.83	26,00
	CRUZ GARCIA, Aurora 31	35.31	GARCIA MIGUEZ, Rosalia	28	31.53
	FERNANDEZ JUAN, Maria 28	42.21	GONZALEZ TOJO, Raquel	27	26.78

+120

1.	SALVESTRADA 120		SALVESTRADA	2:33.27	26,00
	ABBATEMARCO, Cristina 42	41.09	RIVADULLA MALLO, Maria Irene	28	35.18
	OTERO FERNANDEZ, Maria Luisa 33	46.05	ROZADOS LUIS, Adriana	41	30.95
2.	NFERROL 120		NFERROL	2:42.26	20,00
	LOPEZ SANMARTIN, Tania 35	37.80	RAÑALES GRAÑA, Naila	25	37.61
	HERMIDA MONTES, Iria 43	47.66	CRUZ ANEIROS, Ana Maria	43	39.19
3.	RBAIXAS 120		RBAIXAS	2:45.47	16,00
	OTERO PEÑA, Maria Jose 37	44.77	RODRIGUEZ CERVINO, Ana	26	34.82
	GONZALEZ COVELO, Sandra 33	50.50	ALONSO PEREIRA, Fatima	33	35.38
4.	PONTEAREAS 120		PONTEAREAS	2:46.22	14,00
	RODRIGUEZ PAZ, Lucia 26	43.96	COSTA FERNANDEZ, Laura	25	35.84
	GONZALEZ PEREZ, Paula 30	49.79	VARELA REDONDO, Veronica	51	36.63
5.	NCORUÑA 120		NCORUÑA	2:49.03	12,00
	LAGO CASTILLO, Natalia 27	36.92	PAZOS AGUIAR, Lara	26	36.12
	GONZALEZ MORENO, Maria Del D1683	52.54	VALIÑO RIVERA, Mariña	25	43.45

+160

1.	NFERROL 160		NFERROL	2:20.56	26,00 RG
	SOUTO DERUNGS, Cristina 41	41.72	HERMIDA RODRIGUEZ, Blanca	45	32.51
	LOPEZ SANMARTIN, Nerea 30	35.78	LOPEZ REMESEIRO, Vanesa	44	30.55
2.	CDELMAR 160		CDELMAR	2:28.68	20,00
	BLANCO GARCIA, Sheila 39	35.87	ABADIN ROZENBAUM, Manuela Rc31b		33.76
	LOPEZ ARTABE, Inmaculada 46	44.54	TERCEIRO DELGADO, Maria Del M63		34.51
3.	CIDSANTIAGO 160		CIDSANTIAGO	2:31.85	16,00
	SUAREZ BUJAN, Rebeca 43	44.79	COTOS SUAREZ, Ana	29	33.84
	GONZALEZ RODRIGUEZ, Maria 44	38.49	FKEOUI OMARI, Salma	44	34.73
4.	PORTAMIÑA 160		PORTAMIÑA	2:53.19	14,00
	OJEA DE CASTRO, Macarena 53	41.10	FERNANDEZ GONZALEZ, Iria	44	40.42
	LOPEZ GONZALEZ, Monica 56	46.52	BALLADARES LOAISIGA, Damaris46tricia		45.15
5.	PONTEAREAS 160		PONTEAREAS	3:05.31	12,00
	TRONCOSO GONZALEZ, Veronica35	43.33	SOBRINO EIRIZ, Maria Del Valle	54	48.92
	COVELO SAAVEDRA, Nahir 48	48.16	BESADA FERNANDEZ, Ana Maria	48	44.90
6.	POURENSE 160		POURENSE	3:11.57	10,00
	RODRIGUEZ VAZQUEZ, Maria Terr54	55.43	BLANCO PEREZ, Paula	27	36.27
	VILELA PASCUAL, Maria Luisa 55	57.19	VEIGA PEREZ, Marta Del Rosario	55	42.68

Prueba 37, Fem., 4 x 50m Estilos, +160

Clasificación

					Tiempo	Puntos
7.	VALDEORRAS 160			VALDEORRAS	3:26.49	8,00
	VIDAL BELLO, Mara 49	58.89		RODRIGUEZ OLIVEIRA, Manuela 49		43.45
	BARCALA PEREZ, Maria Rosa 50	54.01		VAZQUEZ GONZALEZ, Yolanda 50		50.14
8.	MULLEREF 160			MULLEREF	3:38.10	6,00
	SALGADO CASTELO, Marta 32	48.34		VAZQUEZ LOPEZ, Eva 49		1:04.00
	MAURIZ ABUIN, Maria Del Mar 57	55.22		ABELLEIRA CORRAL, Gema 46		50.54
+200						
1.	PONTEAREAS 200			PONTEAREAS	3:18.41	26,00
	DEL AMO BLANCO, Margarita 59	50.52		ABREU FERNANDEZ, Marta 55		59.64
	MUTILBA OBREGON, Nuria 57	49.18		JARDON GONZALEZ, Helena 55		39.07
2.	ESCUALOS 200			ESCUALOS	3:21.63	20,00
	FERNANDEZ FERNANDEZ, Delmira 58	1:02.98		CID ALVAREZ, Isabel 46		45.09
	REBORED A MORILLO, Susana 64	57.86		MIRA VAZQUEZ, Marta 45		35.70
3.	MULLEREF 200			MULLEREF	3:56.84	16,00
	LOPEZ LUACES, Lidia 48	1:10.24		PEREZ CASTRO, Maria Rut 51		1:02.00
	LOPEZ BARREIRO, Cristina 47	52.71		MARIN CASTRO, Montserrat 55		51.89
+240						
1.	PONSVETUS 240			PONSVETUS	3:38.49	26,00
	GONZALEZ PIMENTEL, Saleta 54	55.64		PAREDES RIOS, Rosa Maria 58		59.41
	LLEVOT SANCHEZ, Ana Isabel 56	51.44		BAGLIETTO MILLAN, Maria Dolores 74		52.00
2.	POURENSE 240			POURENSE	3:53.92	20,00
	CALVIÑO VAZQUEZ, Maria Coral 58	58.55		GAMALLO BLANCO, Rosa Maria 59		1:07.61
	BALADO LOPEZ, Ana Maria 65	46.76		PEREZ GALLARDO, Teresa 62		1:01.00
3.	MULLEREF 240			MULLEREF	5:01.40	16,00
	REY OTERO, Angela Maria 60	1:09.73		FERNANDEZ FERNANDEZ, Maria T70sa		1:36.36
	NIKITIK, Anne Margaret Bartlett 67	1:08.51		BAL ALVAREDO, Mercedes De La66lieves		1:06.80
+280						
1.	PONTEAREAS 280			PONTEAREAS	4:58.20	26,00
	GONZALEZ RODRIGUEZ, Saladina80arta	1:40.24		GONZALEZ-ALEGRE BURGUEÑO, 741a Maria		1:10.39
	RODRIGUEZ TRONCOSO, Marina 67	1:13.28		FORRYAN SECCOMBE, Anne May 60		54.29

Prueba 38
14/06/2026

Masc., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80

1.	PONTEAREAS 80			PONTEAREAS	1:56.26	26,00
	MARTINEZ MARTINEZ, Marcos 23	31.82		CANCELA GOMEZ, Hugo 23		28.57
	PEREZ PAZ, Dario 21	30.89		CASARES GARCIA, Brais 22		24.98

+100

1.	CIDSANTIAGO 100			CIDSANTIAGO	1:59.13	26,00
	CASTRO RODRIGUEZ, Francisco 26	33.78		PASSARETTI PEREIRA, Alejandro 28		26.78
	QUINTAS MOSQUERA, Manuel 30	31.89		CASTELAO VIEITES, Borja 34		26.68

+120

1.	NCORUÑA 120			NCORUÑA	1:57.68	26,00
	CAMINO PARDO, Rodrigo 26	28.46		MUIÑO ALONSO, Anton 32		27.08
	MIRAS LOPEZ, Raul 39	34.36		GOMEZ CARDESIN, Alvaro 41		27.78
2.	NTNARON 120			NTNARON	2:09.10	20,00
	BLANCO PEREZ, Jesus 40	34.03		BALSA MOSQUERA, Pablo 48		32.71
	GRACIA CARBAJO, Miguel 32	32.00		PEREZ VAZQUEZ, Telmo 38		30.36
3.	RBAIXAS 120			RBAIXAS	2:09.67	16,00
	FREIRE GONZALEZ, Javier 33	33.63		PENIDE CALVO, Gabriel 33		35.04
	PASTORIZA SNTACLARA, Jorge 29	31.26		ABALDE PUJALES, Alberto 26		29.74
4.	PORTAMIÑA 120			PORTAMIÑA	2:10.41	14,00
	FERNANDEZ LAMELA, David 48	35.32		LOPEZ LOPEZ, Jaime Borja 26		28.80
	DONG, Taogui 42	38.79		GONZALEZ BLANCO, Jose Luis 34		27.50
5.	CIDSANTIAGO 120			CIDSANTIAGO	2:22.00	12,00
	IGLESIAS GOMEZ, Gonzalo 47	36.76		GONZALEZ SANCHEZ, Luis Federi34		37.73
	DE LA FUENTE ALVAREZ, Iago Rai34n	36.21		DIEGUEZ GONZALEZ, Bruno 36		31.30

+160

1.	CIDSANTIAGO 160			CIDSANTIAGO	1:58.52	26,00 RG
	CALLE FACAL, Telmo 43	30.93		SONEIRA REBOREDO, Oscar 51		28.51
	RODRIGUEZ LAGO, David 40	32.42		MARTINEZ DOPAZO, David 39		26.66
2.	CDELMAR 160			CDELMAR	2:02.50	20,00
	LOBELLE GONZALEZ, Ivan 37	29.73		MARTINEZ GESTAL, Alejandro 36		28.21
	LOBELLE GONZALEZ, Marcos 37	31.75		GARCIA SANJURJO, Jose Manuel 59		32.81
3.	RCNVIGO 160			RCNVIGO	2:08.75	16,00
	PINTO RAMNARINE, Rohan Ian 40	28.28		ARIETTO GARCIA, Jorge 40		29.69
	ANDRES IGLESIAS, Jose Carlos 50	36.08		PEREZ PAREDES, Marcos 60		34.70
4.	POURENSE 160			POURENSE	2:08.78	14,00
	CARBALLO CABEZAS, Enrique 50	36.70		FEIJOO REY, Roi 47		31.82
	NOGUEIRA-PINTO CRESPO, Hugo 48	33.57		RODRIGUEZ ESTEVEZ, Damian 49		26.69
5.	PONTEAREAS 160			PONTEAREAS	2:13.21	12,00
	CASTRO RODRIGUEZ, Manuel 47	31.57		INCUTTI TELLADO, Denis 26		31.81
	JORGE IGLESIAS, Marcelino 60	35.32		CARRERA COSTAS, Andres 44		34.51
6.	CULLEREDO 160			CULLEREDO	2:13.22	10,00
	GUIRADO CARABEL, Oscar 50	33.78		LAMAS SOTO, Cesar 51		35.33
	GONZALEZ IGLESIAS, Alberto 29	33.85		MARX, Sven Oliver 49		30.26

Prueba 38, Masc., 4 x 50m Estilos, +160

Clasificación

					Tiempo	Puntos
7.	ESCUALOS 160			ESCUALOS	2:16.57	8,00
	PADIN CHARLIN, Joaquín 46	40.41		ALVAREZ SILVA, Ruben 45		32.16
	FORTES NOVOA, Martiño 38	34.36		DE LORENZO FERNANDEZ, Javier 45		29.64
8.	SALVESTRADA 160			SALVESTRADA	2:24.49	6,00
	BASTIDA CAMPOS, Alejandro 44	39.76		LOUREIRO FERREIROA, Marcos 41		29.72
	TABOADA CALVELO, Jose Carlos 47	43.80		PICALLO MATO, Adrian 31		31.21
9.	PONSVETUS 160			PONSVETUS	2:29.42	4,00
	LAVIA PINTOS, David 33	43.79		GULIAS GARCIA, Jose Ruben 35		31.56
	SUAREZ GARCIA, Sergio 46	43.50		PITA SANTIN, Antonio 55		30.57
10.	RBAIXAS 160			RBAIXAS	2:32.69	2,00
	NOVALES BLANCO, Xabier 35	43.26		GARCIA MUGGIA, Erick Jose 40		28.67
	LONGA IGLESIAS, Pablo 41	45.13		LORENZO FERNANDEZ, Jose Mant54		35.63
11.	PORTAMIÑA 160			PORTAMIÑA	2:46.32	-
	DE LUIS GONZALEZ, Aitor 52	43.84		GONZALEZ PEÑAS, David 42		46.66
	GONZALEZ VICENTE, Ruben 45	42.72		DIEZ RODRIGUEZ, Ignacio Jose 54		33.10
+200						
1.	CASINOC 200			CASINOC	2:14.23	26,00
	TORRES NEIRA, Mateo 47	29.42		VEIGA PILLADO, Jose 48		35.31
	RIVAS FEAL, Antonio 60	37.32		NISTAL GARCIA, Eduardo 58		32.18
2.	CIDSANTIAGO 200			CIDSANTIAGO	2:15.61	20,00
	PUENTE DIAZ, Javier 55	37.51		MUIÑO LOPEZ, Iago 49		32.68
	RODRIGUEZ SALGADO, Manuel 51	36.09		IGLESIAS CARRERA, Pio 53		29.33
3.	ESCUALOS 200			ESCUALOS	2:32.48	16,00
	TRONCOSO CAAMAÑO, Fernando 51	45.93		PEREIRA DIAZ, Angel 54		33.14
	CRESPO PEREZ, Albarino 56	40.85		BOUSO FUENTECILLA, Fernando 55		32.56
4.	VALDEORRAS 200			VALDEORRAS	2:40.42	14,00
	RODRIGUEZ BASANTA, Francisco 65	51.27		TORNE BOBO, Borja 34		36.62
	ESPINOSA MIRA, Jorge 48	37.21		FERNANDEZ RODRIGUEZ, Miguel 57		35.32
5.	PORTAMIÑA 200			PORTAMIÑA	2:41.59	12,00
	MOURIZ LOMBAO, Francisco Javier 51	35.31		SANCHEZ VAZQUEZ, Jesus 64		48.90
	PEREZ ARIAS, Hector 55	41.16		TEJEIRO IGLESIAS, Jesus 50		36.22
6.	ARTEIXO 200			ARTEIXO	3:00.15	10,00
	FOLCH MALLOFRE, Ramon 89	1:01.78		PREGO PITA, Xian 27		29.55
	MELLA BARBEITO, Javier 43	51.51		SANJORGE PEDREIRA, Carmelo 64		37.31
7.	FOGAR 200			FOGAR	3:13.48	8,00
	GENDE DIAZ, Juan Felix 56	45.88		TOME NOGUEIRA, Alberto Marcial 58		42.40
	POSE MATO, Cesar 43	57.67		TRILLO CARLIN, Jose Fernando 58		47.53
8.	POURENSE 200			POURENSE	3:50.16	6,00
	TIMIRAOS CARRASCO, Luis 70	1:45.46		ORGEIRA CRESPO, Pedro 50		38.36
	CADAVID NUÑEZ, Jose 56	49.01		GARCIA RUIZ, Vladimiro Jose 53		37.33

Prueba 38, Masc., 4 x 50m Estilos

+240

1.	CIDSANTIAGO 240			CIDSANTIAGO	2:37.07	26,00
	CODESIDO LOPEZ, Jose 67	42.16		RODRIGUEZ RODRIGUEZ, Santiago54		37.15
	FERNANDEZ NUÑEZ, Santiago 63	39.58		LAMELO OTERO, Ramon Jesus 58		38.18
2.	HERCULES 240			HERCULES	2:45.49	20,00
	YAÑEZ WONENBURGER, Juan Ca67	41.20		SUANZES PEREZ, Fernando 73		38.65
	BORDALLO CORTINA, Fernando 72	47.33		ROMERO PENA, Juan Ramon 63		38.31
3.	RBAIXAS 240			RBAIXAS	2:47.87	16,00
	PEREZ LEIVA, Manuel 58	46.93		FERREIRO SEOANE, Jose Raul 53		39.71
	ROS ROSILLO, Alejandro 68	42.44		SANCHEZ MUÑOZ, Jose Ignacio 65		38.79
4.	POURENSE 240			POURENSE	3:16.27	14,00
	GARCIA COLOMO, Manuel Ramon 72	51.24		IVANCHENKO, Yurii 73		50.36
	BLANCO PEREZ, Angel 62	57.39		SAL MARTINEZ, Jorge 59		37.28
5.	PONTEAREAS 240			PONTEAREAS	3:28.32	12,00
	RODRIGUEZ GOMEZ, Emilio 65	52.27		PREGO MARTINEZ, Benjamin 53		38.75
	ARAUJO DOMINGUEZ, Francisco 86	1:21.78		GONZALEZ CONDE, Rodrigo 44		35.52

Puntos

Todas las pruebas

Todos, Abs.

1. C. D. N. Ciudad De Santiago	01295	1.805,00
2. C. N. Ponteareas	00878	1.784,00
3. C. N. Rias Baixas	00765	1.114,00
4. C. N. Pabellon Ourense	00101	986,00
5. C. N. Portamiña Lugo	01156	867,00
6. C. N. Escualos	01547	645,00
7. C. N. Ferrol	00674	564,00
8. Club Del Mar	00282	539,00
C. N. Master Pons Vetus	00819	539,00
10. C. N. Coruña	00186	501,00
11. C. N. E Salvamento A Estrada	01576	485,00
12. C. Hercules Termaria	01572	404,00
13. Sporting C. Casino	00287	394,00
14. C. N. Valdeorras	01688	372,00
15. C. Muller En Forma	01824	366,00
16. C. N. Monforte De Lemos	00837	303,00
17. C. N. Culleredo	01433	280,00
18. C. Fluvial De Lugo	00398	232,00
19. R.C.N. Vigo	00071	222,00
20. C. N. Mos	01424	221,00
21. A. D. NT. De Naron	00639	215,00
22. C. Traviesas N.	00824	206,00
23. C.N. Riveira	00769	203,00
24. C. N. Arteixo	01133	193,00
25. C. N. Galaico	00784	190,00
26. A. D. Fogar	00617	164,00
27. C. N. As Meigas	01837	145,00
28. C. N. Ordes	01766	141,00
29. C. N. Redondela	00873	113,00
30. Real Sociedad D. Hipica	00284	65,00
31. C.N. Liceo	01269	54,00
32. C. Marina Ferrol	00146	20,00

Masc., Abs.

1. C. D. N. Ciudad De Santiago	01295	1.237,00
2. C. N. Ponteareas	00878	746,00
3. C. N. Rias Baixas	00765	627,00
4. C. N. Pabellon Ourense	00101	624,00
5. C. N. Portamiña Lugo	01156	478,00
6. C. N. Escualos	01547	417,00
7. C. N. Coruña	00186	294,00
Sporting C. Casino	00287	294,00
9. Club Del Mar	00282	266,00
10. C. Hercules Termaria	01572	254,00
11. C. N. Master Pons Vetus	00819	220,00
12. C. N. Culleredo	01433	203,00
13. C. N. E Salvamento A Estrada	01576	197,00
14. A. D. NT. De Naron	00639	195,00
15. C. N. Mos	01424	184,00
16. C. N. Arteixo	01133	182,00
17. C. N. Monforte De Lemos	00837	177,00
18. R.C.N. Vigo	00071	172,00
19. C. N. Valdeorras	01688	165,00
20. C.N. Riveira	00769	112,00
21. A. D. Fogar	00617	110,00

22. C. N. Galaico	00784	99,00
23. C. Traviesas N.	00824	81,00
24. C. N. Redondela	00873	71,00
25. C. N. Ferrol	00674	58,00
26. C. Fluvial De Lugo	00398	53,00
27. C. N. As Meigas	01837	46,00
28. C. N. Ordes	01766	28,00
29. C. Muller En Forma	01824	13,00
30. C.N. Liceo	01269	10,00

Fem., Abs.

1. C. N. Ponteareas	00878	1.038,00
2. C. D. N. Ciudad De Santiago	01295	568,00
3. C. N. Ferrol	00674	506,00
4. C. N. Rias Baixas	00765	487,00
5. C. N. Portamiña Lugo	01156	389,00
6. C. N. Pabellon Ourense	00101	362,00
7. C. Muller En Forma	01824	353,00
8. C. N. Master Pons Vetus	00819	319,00
9. C. N. E Salvamento A Estrada	01576	288,00
10. Club Del Mar	00282	273,00
11. C. N. Escualos	01547	228,00
12. C. N. Valdeorras	01688	207,00
C. N. Coruña	00186	207,00
14. C. Fluvial De Lugo	00398	179,00
15. C. Hercules Termaria	01572	150,00
16. C. N. Monforte De Lemos	00837	126,00
17. C. Traviesas N.	00824	125,00
18. C. N. Ordes	01766	113,00
19. Sporting C. Casino	00287	100,00
20. C. N. As Meigas	01837	99,00
21. C. N. Galaico	00784	91,00
C.N. Riveira	00769	91,00
23. C. N. Culleredo	01433	77,00
24. Real Sociedad D. Hipica	00284	65,00
25. A. D. Fogar	00617	54,00
26. R.C.N. Vigo	00071	50,00
27. C.N. Liceo	01269	44,00
28. C. N. Redondela	00873	42,00
29. C. N. Mos	01424	37,00
30. A. D. NT. De Naron	00639	20,00
C. Marina Ferrol	00146	20,00
32. C. N. Arteixo	01133	11,00

Medallistas por prueba

Todas las pruebas

1. Mixto, 4 x 50m Estilos					+80
1.	POURENSE 80	POURENSE	2:09.33	-	
2.	PONTEAREAS 80	PONTEAREAS	2:20.95	-	
1. Mixto, 4 x 50m Estilos					+100
1.	CIDSANTIAGO 100	CIDSANTIAGO	2:15.48	-	
2.	PONTEAREAS	PONTEAREAS	2:23.34	-	
3.	RBAIXAS 100	RBAIXAS	2:24.03	-	
1. Mixto, 4 x 50m Estilos					+120
1.	CIDSANTIAGO 120	CIDSANTIAGO	2:07.83	-	
2.	MONFORTE 120	MONFORTE	2:15.53	-	
3.	PORTAMIÑA 120	PORTAMIÑA	2:20.99	-	
1. Mixto, 4 x 50m Estilos					+160
1.	CDELMAR 160	CDELMAR	2:09.91	-	
2.	CIDSANTIAGO 160	CIDSANTIAGO	2:10.96	-	
3.	NCORUÑA 160	NCORUÑA	2:26.01	-	RG
1. Mixto, 4 x 50m Estilos					+200
1.	CIDSANTIAGO 200	CIDSANTIAGO	2:15.37	-	RG
2.	PORTAMIÑA 200	PORTAMIÑA	2:29.84	-	
3.	PONTEAREAS 200	PONTEAREAS	2:31.37	-	
1. Mixto, 4 x 50m Estilos					+240
1.	RBAIXAS 240	RBAIXAS	2:51.89	-	
2.	POURENSE 240	POURENSE	2:58.16	-	
3.	HERCULES 240	HERCULES	3:01.40	-	
1. Mixto, 4 x 50m Estilos					+280
1.	PONTEAREAS 280	PONTEAREAS	3:59.70	-	
2. Fem., 100m Estilos					20+
1.	1087099 GOMEZ FERNANDEZ, Uxia	23 ESCUALOS	1:28.45	-	
2.	1111470 GARCES FERNANDEZ, Erea	23 RBAIXAS	1:32.90	-	
2. Fem., 100m Estilos					25+
1.	1130789 GARCIA MIGUEZ, Rosalia	28 CIDSANTIAGO	1:14.70	-	
2.	1038179 IBAÑEZ CARRERA, Sara	25 PONTEAREAS	1:17.81	-	
3.	1113219 IGLESIAS LOPEZ, Maria	25 CULLEREDO	1:18.30	-	

2. Fem., 100m Estilos						30+
1.	1075328	LOPEZ SANMARTIN, Nerea	30	NFERROL	1:12.34	-
2.	1116506	RAMOS LOBO, Raquel	33	PORTAMIÑA	1:16.40	-
3.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR	1:17.79	-
2. Fem., 100m Estilos						35+
1.	1097619	BLANCO GARCIA, Sheila	39	CDELMAR	1:20.28	-
2.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS	1:22.54	-
3.	1028641	OTERO RODRIGUEZ, Sandra	39	ESCUALOS	1:23.94	-
2. Fem., 100m Estilos						40+
1.	1144270	ROZADOS LUIS, Adriana	41	SALVESTRADA	1:23.28	-
2.	1274254	VAZQUEZ DUARTE, Cristina	40	RBAIXAS	1:39.41	-
3.	1287809	CRUZ ANEIROS, Ana Maria	43	NFERROL	1:46.51	-
2. Fem., 100m Estilos						45+
1.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR	1:33.56	-
2.	1036387	VAZQUEZ PARCERO, Marta	46	CULLEREDO	2:23.25	-
2. Fem., 100m Estilos						50+
1.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	1:37.50	-
2.	1039438	RODRIGUEZ REY, Maria Jose	53	FOGAR	1:49.07	-
3.	1197606	CARBALLO BALOIRA, Susana Maria	51	HERCULES	2:02.70	-
2. Fem., 100m Estilos						55+
1.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	1:36.90	-
2.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:39.15	-
3.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	1:45.21	-
2. Fem., 100m Estilos						60+
1.	1076172	GARCIA COLOMO, Maria Cristina	64	POURENSE	1:36.69	-
2.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	1:41.22	-
3.	1076506	MARTY PAZOS, Maria Victoria	61	TRAVIESAS	1:58.35	-
2. Fem., 100m Estilos						70+
1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:20.83	- RG
3. Masc., 100m Estilos						20+
1.	1142991	PEREZ PAZ, Dario	21	PONTEAREAS	1:03.86	-
2.	1040558	PONTON RODRIGUEZ, Juan	24	POURENSE	1:04.34	-
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	1:05.49	-

3. Masc., 100m Estilos 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	1:08.61	-
2.	1039654	PREGO PITA, Xian	27	ARTEIXO	1:08.82	-
3.	1078716	HERMIDA RAMOS, Raul	26	NTNARON	1:11.17	-

3. Masc., 100m Estilos 30+

1.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	1:03.15	-
2.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA	1:05.83	-
3.	1178904	TRONCOSO GARRIDO, David	31	GALAICO	1:09.52	-

3. Masc., 100m Estilos 35+

1.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO	1:10.65	-
2.	1010948	CAMPAÑA BARROS, Adrian	36	CIDSANTIAGO	1:16.32	-
3.	1086708	ABUIN ARES, Manuel	39	CIDSANTIAGO	1:18.47	-

3. Masc., 100m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	43	CIDSANTIAGO	1:02.92	- RG
2.	1170841	BASTIDA CAMPOS, Alejandro	44	SALVESTRADA	1:26.44	-
3.	1214823	GONZALEZ PEÑAS, David	42	PORTAMIÑA	1:29.98	-

3. Masc., 100m Estilos 45+

1.	1267355	TORRES NEIRA, Mateo	47	CASINOC	1:05.06	- RG
2.	1076560	EIRIZ DIEGUEZ, Daniel	48	MOS	1:08.22	-
3.	1272806	FEIJOO REY, Roi	47	POURENSE	1:13.55	-

3. Masc., 100m Estilos 50+

1.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS	1:15.12	-
2.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	1:16.55	-
3.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	1:16.64	-

3. Masc., 100m Estilos 55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	1:20.12	-
2.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO	1:23.08	-
3.	1143605	FERNANDEZ MARTINEZ, Alberto	55	ESCUALOS	1:30.78	-

3. Masc., 100m Estilos 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	1:12.69	-
2.	1290118	PEREZ PAREDES, Marcos	60	RCNVIGO	1:47.73	-
3.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO	1:48.27	-

3. Masc., 100m Estilos 65+

1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	1:29.77	-
2.	1174449	FERNANDEZ ARRUTI, Jose Angel	67	CIDSANTIAGO	1:29.85	-
3.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS	1:48.81	-

3. Masc., 100m Estilos						70+
1.	1240096	IVANCHENKO, Yurii	73	POURENSE	1:46.96	-
3. Masc., 100m Estilos						75+
1.	1076488	MONROY FERNANDEZ, Manuel	76	PONTEAREAS	2:10.13	-
4. Fem., 200m Braza						20+
1.	1199453	FILGUEIRAS OLMO, Helena	22	PORTAMIÑA	3:15.60	-
4. Fem., 200m Braza						25+
1.	1113219	IGLESIAS LOPEZ, Maria	25	CULLEREDO	3:09.54	-
2.	1259711	FERNANDEZ ESCURIS, Iria	29	RIVEIRA	4:16.80	-
4. Fem., 200m Braza						30+
1.	1253937	MELLA CASTRO, Ana Maria	32	ORDES	3:53.31	-
2.	1257939	PUENTE MARIN, Cristina	31	FLUVIAL	4:01.95	-
3.	1078925	SALGADO CASTELO, Marta	32	MULLEREF	4:30.91	-
4. Fem., 200m Braza						35+
1.	1204918	MARTINEZ GARCIA, Susana	35	MONFORTE	4:02.79	-
4. Fem., 200m Braza						40+
1.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO	3:08.62	-
2.	1243130	TORRE GONZALEZ, Elisa	41	RBAIXAS	3:22.52	-
3.	1287809	CRUZ ANEIROS, Ana Maria	43	NFERROL	3:59.22	-
4. Fem., 200m Braza						45+
1.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS	3:22.01	-
2.	1237395	VILARIÑO CACHO, Elvira	45	SALVESTRADA	3:26.46	-
3.	1170845	CID ALVAREZ, Isabel	46	ESCUALOS	3:44.86	-
4. Fem., 200m Braza						50+
1.	1261398	DIEGUEZ SANMARTIN, M.	50	SALVESTRADA	4:02.72	-
4. Fem., 200m Braza						55+
1.	1287796	MAURIZ ABUIN, Maria Del Mar	57	MULLEREF	4:13.34	-
4. Fem., 200m Braza						65+
1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	3:43.47	-
2.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS	5:20.72	-

4. Fem., 200m Braza						70+
1.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL	5:19.73	-
5. Masc., 200m Braza						20+
1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE	2:28.49	-
2.	1079156	MARQUEZ VAZQUEZ, Pablo	24	ASMEIGAS	3:09.40	-
5. Masc., 200m Braza						25+
1.	1144193	PASTORIZA SANTA CLARA, Jorge	29	RBAIXAS	2:33.54	-
2.	1142936	ARGIZ MARTINEZ, David	26	MONFORTE	2:41.20	-
3.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO	2:41.24	-
5. Masc., 200m Braza						30+
1.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO	2:37.70	-
2.	1222771	LAGO GONZALEZ, Ivan	33	PONTEAREAS	4:51.17	-
5. Masc., 200m Braza						35+
1.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR	2:43.92	-
2.	1241139	DIEGUEZ GONZALEZ, Bruno	36	CIDSANTIAGO	3:14.81	-
5. Masc., 200m Braza						40+
1.	1143897	SEVILLA AROCA, Javier	43	ESCUALOS	2:57.79	-
2.	1145052	FIERRO FERNANDEZ, Julio	44	CASINOC	3:08.23	-
5. Masc., 200m Braza						45+
1.	1143895	PADIN CHARLIN, Joaquin	46	ESCUALOS	3:08.72	-
2.	1178765	ESPAÑA CABEZAS, Jesus	45	CIDSANTIAGO	3:15.13	-
3.	1084041	SUAREZ GARCIA, Sergio	46	PONSVETUS	3:35.35	-
5. Masc., 200m Braza						50+
1.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS	3:01.60	-
2.	1244393	REY RODRIGUEZ, Oscar	52	CIDSANTIAGO	3:02.06	-
3.	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE	3:02.13	-
5. Masc., 200m Braza						55+
1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS	3:13.51	-
2.	1143605	FERNANDEZ MARTINEZ, Alberto	55	ESCUALOS	3:27.36	-
3.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS	3:30.67	-
5. Masc., 200m Braza						60+
1.	1076516	JORGE IGLESIAS, Marcelino	60	PONTEAREAS	2:59.14	-
2.	1144940	HERNANZ MORAL, Fausto	64	RBAIXAS	4:10.99	-
3.	1143966	FERNANDEZ GONZALEZ, Alvaro	61	MOS	4:35.56	-

5. Masc., 200m Braza						65+
1.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS	3:26.53	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo Manuel	69	MOS	4:06.82	-
5. Masc., 200m Braza						70+
1.	1076165	GARCIA COLOMO, Manuel Ramon	72	POURENSE	4:06.00	-
6. Fem., 100m Mariposa						20+
1.	1140796	DIAZ DOPICO, Sabela	24	NFERROL	1:16.51	-
6. Fem., 100m Mariposa						25+
1.	1076332	PORTELA CARBALLIDO, Andrea	25	CIDSANTIAGO	1:16.15	-
2.	1037965	COSTA FERNANDEZ, Laura	25	PONTEAREAS	1:19.64	-
3.	1198880	LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA	1:22.67	-
6. Fem., 100m Mariposa						30+
1.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR	1:18.61	-
2.	1145008	GONZALEZ PEREZ, Paula	30	PONTEAREAS	1:53.04	-
3.	1257939	PUENTE MARIN, Cristina	31	FLUVIAL	1:58.13	-
6. Fem., 100m Mariposa						35+
1.	1026898	TOMILLO SANTOS, Erika	36	PONSVETUS	1:43.08	-
2.	1110693	FERNANDEZ GUARDIOLA, Loira	37	PONTEAREAS	2:23.94	-
6. Fem., 100m Mariposa						40+
1.	1222531	FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA	1:38.51	-
6. Fem., 100m Mariposa						45+
1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL	1:12.61	-
2.	1170845	CID ALVAREZ, Isabel	46	ESCUALOS	1:45.27	-
6. Fem., 100m Mariposa						50+
1.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	2:11.90	-
6. Fem., 100m Mariposa						55+
1.	1145007	MELON PARENTE, Maria Lourdes	57	PONTEAREAS	3:08.97	-
6. Fem., 100m Mariposa						60+
1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	1:43.40	-
2.	1086162	BARJA BARJA, Liliana	61	TRAVIESAS	2:07.64	-

6. Fem., 100m Mariposa 65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	1:36.80	- RG
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7. Masc., 100m Mariposa 20+

1.	1076409	CANCELA GOMEZ, Hugo	23	PONTEAREAS	1:04.04	-
2.	1039680	MOLINELLI MARCOTE, Andres	24	CASINOC	1:04.47	-
3.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS	1:07.36	-

7. Masc., 100m Mariposa 25+

1.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	1:06.48	-
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7. Masc., 100m Mariposa 30+

1.	1119327	SUAREZ FERNANDEZ, Santiago	31	MONFORTE	1:03.45	-
2.	1037076	COBELO REPRESAS, Francisco	30	PONTEAREAS	1:11.40	-
3.	1191498	CASANOVA MARTINEZ, Victor	30	MONFORTE	1:16.44	-

7. Masc., 100m Mariposa 35+

1.	1204916	BALLESTER IBAÑEZ, Edgar	35	MONFORTE	1:04.17	-
2.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	1:05.31	-
3.	1128175	GULIAS GARCIA, Jose Ruben	35	PONSVETUS	1:16.36	-

7. Masc., 100m Mariposa 40+

1.	1286165	LOUREIRO FERREIROA, Marcos	41	SALVESTRADA	1:11.43	-
2.	1203519	KRUGLOV KRUGLOV, Mykola	41	ESCUALOS	1:18.60	-

7. Masc., 100m Mariposa 45+

1.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS	1:10.89	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	1:12.76	-
3.	1198273	MONTERO PRIETO, Carlos Eugenio	48	CIDSANTIAGO	1:20.13	-

7. Masc., 100m Mariposa 50+

1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	1:05.96	-
2.	1107405	SALGUEIRO CERVERA, Ignacio	50	TRAVIESAS	1:19.82	-
3.	1144297	LAMAS SOTO, Cesar	51	CULLEREDO	1:30.97	-

7. Masc., 100m Mariposa 55+

1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA	1:19.27	-
2.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	1:37.14	-

7. Masc., 100m Mariposa 60+

1.	1143575	FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA	1:45.22	-
2.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	1:54.94	-

7. Masc., 100m Mariposa						70+
1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES	1:33.88	-
8. Fem., 100m Espalda						20+
1.	1087099	GOMEZ FERNANDEZ, Uxia	23	ESCUALOS	1:30.60	-
2.	1289860	LORENZO PEREZ, Aroa	24	POURENSE	1:53.63	-
8. Fem., 100m Espalda						25+
1.	1038179	IBAÑEZ CARRERA, Sara	25	PONTEAREAS	1:11.99	-
2.	1087181	BLANCO PEREZ, Paula	27	POURENSE	1:17.47	-
3.	1039634	LAGO CASTILLO, Natalia	27	NCORUÑA	1:18.67	-
8. Fem., 100m Espalda						30+
1.	1051353	CRUZ GARCIA, Aurora	31	CIDSANTIAGO	1:17.38	-
2.	1076407	SILVEIRA LOUREIRO, Maria	31	MOS	1:25.79	-
3.	1236745	RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE	1:35.10	-
8. Fem., 100m Espalda						35+
1.	1028641	OTERO RODRIGUEZ, Sandra	39	ESCUALOS	1:23.18	-
2.	1142917	LOPEZ SANMARTIN, Tania	35	NFERROL	1:24.50	-
3.	1026898	TOMILLO SANTOS, Erika	36	PONSVETUS	1:39.46	-
8. Fem., 100m Espalda						40+
1.	1236642	ABBATEMARCO, Cristina	42	SALVESTRADA	1:30.85	-
2.	1075225	SOUTO DERUNGS, Cristina	41	NFERROL	1:31.47	-
3.	1274254	VAZQUEZ DUARTE, Cristina	40	RBAIXAS	1:36.67	-
8. Fem., 100m Espalda						45+
1.	1287794	LOPEZ LUACES, Lidia	48	MULLEREF	2:27.80	-
2.	1237398	SIEIRA NOCEDA, Diana Maria	47	RIVEIRA	3:01.75	-
8. Fem., 100m Espalda						50+
1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	1:25.28	-
2.	1217442	VILLASANTE ARMAS, Maria Rosa	51	NCORUÑA	1:52.61	-
8. Fem., 100m Espalda						55+
1.	1076524	SOSA CARNEIRO, Rosana	55	MOS	1:45.97	-
2.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS	1:49.25	-
3.	1076154	ABREU FERNANDEZ, Marta	55	PONTEAREAS	2:10.46	-
8. Fem., 100m Espalda						60+
1.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	2:04.09	-
2.	1076506	MARTY PAZOS, Maria Victoria	61	TRAVIESAS	2:07.92	-

8. Fem., 100m Espalda 70+

1.	1036752 BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:27.47	- RG
2.	1208789 MAROTO REGLERO, Maria Consuelo	F74lla	TRAVIESAS	2:56.64	-

8. Fem., 100m Espalda 80+

1.	1076482 GONZALEZ RODRIGUEZ, Saladina	Mar80	PONTEAREAS	3:30.11	-
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9. Masc., 100m Espalda 20+

1.	1038566 CIVEIRA CORRAL, Samuel	24	POURENSE	1:00.28	-
2.	1087096 LOPEZ FERNANDEZ, Martin	22	POURENSE	1:00.85	-
3.	1208836 GOMEZ MENDEZ, Borja	24	PONTEAREAS	2:13.97	-

9. Masc., 100m Espalda 25+

1.	1078716 HERMIDA RAMOS, Raul	26	NTNARON	1:12.77	-
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9. Masc., 100m Espalda 30+

1.	1178904 TRONCOSO GARRIDO, David	31	GALAICO	1:10.97	-
2.	1191498 CASANOVA MARTINEZ, Victor	30	MONFORTE	1:18.39	-
3.	1207051 LAVIA PINTOS, David	33	PONSVETUS	1:36.24	-

9. Masc., 100m Espalda 35+

1.	1143890 FORTES NOVOA, Martiño	38	ESCUALOS	1:15.50	-
2.	1236854 GIRALDEZ VILLANUEVA, Ivan	39	PONTEAREAS	2:18.28	-

9. Masc., 100m Espalda 40+

1.	1141144 ARIETTO GARCIA, Jorge	40	RCNVIGO	1:07.86	-
2.	1170841 BASTIDA CAMPOS, Alejandro	44	SALVESTRADA	1:25.70	-
3.	1036745 BARCIA SIXTO, Francisco Jose	41	NTNARON	1:28.08	-

9. Masc., 100m Espalda 45+

1.	1267355 TORRES NEIRA, Mateo	47	CASINOC	1:03.85	- RG
2.	1076560 EIRIZ DIEGUEZ, Daniel	48	MOS	1:10.27	-
3.	1197902 FERNANDEZ LAMELA, David	48	PORTAMIÑA	1:15.42	-

9. Masc., 100m Espalda 50+

1.	1205935 GUIRADO CARABEL, Oscar	50	CULLEREDO	1:16.10	-
2.	1255450 RODRIGUEZ RODRIGUEZ, Santiago	54	CIDSANTIAGO	1:23.41	-
3.	1076535 DE LUIS GONZALEZ, Aitor	52	PORTAMIÑA	1:33.08	-

9. Masc., 100m Espalda 55+

1.	1144601 PUENTE DIAZ, Javier	55	CIDSANTIAGO	1:21.91	-
2.	1141191 GARCIA SANJURJO, Jose Manuel	59	CDELMAR	1:34.62	-
3.	1141356 GENDE DIAZ, Juan Felix	56	FOGAR	1:38.97	-

9. Masc., 100m Espalda 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	1:12.07	-
2.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO	1:45.76	-
3.	1075589	SANCHEZ VAZQUEZ, Jesus	64	PORTAMIÑA	1:54.55	-

9. Masc., 100m Espalda 65+

1.	1170858	CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	1:32.33	-
2.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	1:36.13	-

10. Fem., 50m Libre 20+

1.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS	32.80	-
2.	1292532	RODAL FERNANDEZ, Antia	24	POURENSE	35.77	-
3.	1289860	LORENZO PEREZ, Aroa	24	POURENSE	52.81	-

10. Fem., 50m Libre 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO	30.34	-
2.	1145079	RIVADULLA MALLO, Maria Irene	28	SALVESTRADA	31.37	-
3.	1198880	LOPEZ RODRIGUEZ, Aroa	29	PORTAMIÑA	32.34	-

10. Fem., 50m Libre 30+

1.	1041452	BEN CILLERO, Sabela	34	ASMEIGAS	30.96	-
2.	1287813	GONZALEZ COVELO, Sandra	33	RBAIXAS	35.98	-
3.	1243197	GANDARA SUAREZ, Tania	33	ORDES	37.86	-

10. Fem., 50m Libre 35+

1.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS	31.33	-
2.	1224939	VAZQUEZ FUENTES, Cintia	39	MONFORTE	33.87	-
3.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO	34.98	-

10. Fem., 50m Libre 40+

1.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC	30.34	-
2.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO	30.45	-
3.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL	30.76	-

10. Fem., 50m Libre 45+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL	30.44	-
2.	1292135	OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	38.67	-
3.	1268743	ANTON FUENTES, Veronica Maria	47	GALAICO	38.82	-

10. Fem., 50m Libre 50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	34.03	-
2.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	36.26	-
3.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	36.44	-

10. Fem., 50m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	37.31	-
2.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	38.00	-
3.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	39.46	-

10. Fem., 50m Libre 60+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	37.20	-
2.	1147048	REGUEIRO RODRIGUEZ, Ana	60	RBAIXAS	38.65	-
3.	1269270	REY OTERO, Angela Maria	60	MULLEREF	47.90	-

10. Fem., 50m Libre 65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	37.22	- RG
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10. Fem., 50m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	47.05	-
2.	1208789	MAROTO REGLERO, Maria Consuelo	74	TRAVIESAS	59.96	-
3.	1249213	GUARDIOLA MEDEL, Nuria	70	PONTEAREAS	1:17.45	-

10. Fem., 50m Libre 80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina	80	PONTEAREAS	1:33.02	-
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11. Masc., 50m Libre 20+

1.	1038566	CIVEIRA CORRAL, Samuel	24	POURENSE	24.84	-
2.	1040558	PONTON RODRIGUEZ, Juan	24	POURENSE	25.06	-
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	26.15	-

11. Masc., 50m Libre 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	26.64	-
2.	1039654	PREGO PITA, Xian	27	ARTEIXO	27.77	-
3.	1039270	TRILLO RODRIGUEZ, Adrian	29	MOS	29.12	-

11. Masc., 50m Libre 30+

1.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	25.45	-
2.	1213891	CASTELAO VIEITES, Borja	34	CIDSANTIAGO	26.42	-
3.	1251210	ANDRES DUASO, Olmo	33	ARTEIXO	27.54	-

11. Masc., 50m Libre 35+

1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	23.87	-
2.	1204916	BALLESTER IBAÑEZ, Edgar	35	MONFORTE	25.40	-
3.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	26.89	-

11. Masc., 50m Libre 40+

1.	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	23.51	-
2.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO	26.02	- RG
3.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	26.74	-

11. Masc., 50m Libre 45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	26.61	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	28.40	-
3.	1144584	ALVAREZ SILVA, Ruben	45	ESCUALOS	29.00	-

11. Masc., 50m Libre 50+

1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	26.63	-
2.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	28.85	-
3.	1251882	IGLESIAS CARRERA, Pio	53	CIDSANTIAGO	29.02	-

11. Masc., 50m Libre 55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	30.89	-
2.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	32.14	-
3.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC	32.47	-

11. Masc., 50m Libre 60+

1.	1105220	GARCIA RIÑON, Jaime	62	NCORUÑA	29.76	-
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA	33.60	-
2.	1199641	COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	33.60	-

11. Masc., 50m Libre 65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo Manuel	69	MOS	37.52	-
2.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS	39.14	-
3.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO	44.20	-

11. Masc., 50m Libre 70+

1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	34.28	-
2.	1216629	BERMINGHAM, Eamonn	74	TRAVIESAS	47.52	-

11. Masc., 50m Libre 75+

1.	1076488	MONROY FERNANDEZ, Manuel	76	PONTEAREAS	44.63	-
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11. Masc., 50m Libre 85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:22.18	-
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12. Fem., 200m Estilos 20+

1.	1267340	VIEZZOLI, Cecilia	23	RCNVIGO	2:46.40	-
2.	1199453	FILGUEIRAS OLMO, Helena	22	PORTAMIÑA	3:02.19	-

12. Fem., 200m Estilos 25+

1.	1040620	RODRIGUEZ CERVINO, Ana	26	RBAIXAS	3:02.85	-
2.	1093694	SANCHEZ LENCE, Maria	29	NCORUÑA	3:04.72	-
3.	1037158	RAÑALES GRAÑA, Naila	25	NFERROL	3:19.43	-

12. Fem., 200m Estilos 30+

1.	1116506	RAMOS LOBO, Raquel	33	PORTAMIÑA	2:44.79	-
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12. Fem., 200m Estilos 35+

1.	1144948	GONZALEZ PEREZ, Jessica	39	RBAIXAS	3:13.40	-
2.	1250482	RODRIGUEZ DE DIOS, Amparo	39	VALDEORRAS	3:35.19	-
3.	1204918	MARTINEZ GARCIA, Susana	35	MONFORTE	3:46.35	-

12. Fem., 200m Estilos 40+

1.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL	3:04.04	-
2.	1180232	FKEOUI OMARI, Salma	44	CIDSANTIAGO	3:10.07	-
3.	1222531	FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA	3:10.82	-

12. Fem., 200m Estilos 45+

1.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR	3:19.08	-
2.	1119241	VIDAL BELLO, Mara	49	VALDEORRAS	4:24.57	-
3.	1264778	VAZQUEZ LOPEZ, Eva	49	MULLEREF	4:31.00	-

12. Fem., 200m Estilos 50+

1.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	3:42.92	-
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	4:17.40	-
3.	1197606	CARBALLO BALOIRA, Susana Maria	51	HERCULES	4:21.69	-

12. Fem., 200m Estilos 55+

1.	1141127	PAREDES RIOS, Rosa Maria	58	PONSVETUS	4:11.00	-
2.	1287796	MAURIZ ABUIN, Maria Del Mar	57	MULLEREF	4:44.94	-
3.	1145007	MELON PARENTE, Maria Lourdes	57	PONTEAREAS	5:56.21	-

12. Fem., 200m Estilos 60+

1.	1076172	GARCIA COLOMO, Maria Cristina	64	POURENSE	3:33.73	-
2.	1086162	BARJA BARJA, Liliana	61	TRAVIESAS	3:54.61	-
3.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	5:31.79	-

13. Masc., 200m Estilos 20+

1.	1087096	LOPEZ FERNANDEZ, Martin	22	POURENSE	2:13.69	- RG
2.	1142991	PEREZ PAZ, Dario	21	PONTEAREAS	2:19.88	-
3.	1075385	DIZ NIEVES, David	22	NFERROL	2:34.92	-

13. Masc., 200m Estilos 25+

1.	1144193	PASTORIZA SANTACLARA, Jorge	29	RBAIXAS	2:20.52	-
2.	1142936	ARGIZ MARTINEZ, David	26	MONFORTE	2:28.85	-
3.	1141093	VILLAMOR FERRO, Ruben	26	ARTEIXO	2:36.28	-

13. Masc., 200m Estilos 30+

1.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA	2:30.54	-
2.	1256973	PENIDE CALVO, Gabriel	33	RBAIXAS	3:03.29	-

13. Masc., 200m Estilos 35+

1.	1076271	NOVALES BLANCO, Xabier	35	RBAIXAS	3:06.77	-
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13. Masc., 200m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	43	CIDSANTIAGO	2:16.53	- RG
2.	1014291	GOMEZ CARDESIN, Alvaro	41	NCORUÑA	2:34.29	-
3.	1214823	GONZALEZ PEÑAS, David	42	PORTAMIÑA	3:05.66	-

13. Masc., 200m Estilos 45+

1.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS	2:32.75	-
2.	1240331	DE LORENZO FERNANDEZ, Javier	45	ESCUALOS	2:55.96	-
3.	1224733	ARANGO GAYAR, Saul	46	RBAIXAS	2:58.01	-

13. Masc., 200m Estilos 50+

1.	1205935	GUIRADO CARABEL, Oscar	50	CULLEREDO	2:41.99	-
2.	1075601	MOURIZ LOMBAO, Francisco Javier	51	PORTAMIÑA	2:53.71	-
3.	1244393	REY RODRIGUEZ, Oscar	52	CIDSANTIAGO	3:03.07	-

13. Masc., 200m Estilos 55+

1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA	2:59.56	-
2.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	3:26.44	-
3.	1193949	LAMELO OTERO, Ramon Jesus	58	CIDSANTIAGO	3:53.96	-

13. Masc., 200m Estilos 60+

1.	1076516	JORGE IGLESIAS, Marcelino	60	PONTEAREAS	2:46.46	-
2.	1075589	SANCHEZ VAZQUEZ, Jesus	64	PORTAMIÑA	3:51.28	-
3.	1199641	COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	3:56.99	-

13. Masc., 200m Estilos 65+

1.	1075770	RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	3:53.14	-
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13. Masc., 200m Estilos 70+

1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES	3:31.47	-
2.	1191492	TIMIRAOS CARRASCO, Luis	70	POURENSE	7:14.00	-

13. Masc., 200m Estilos 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	4:30.85	-
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14. Fem., 50m Braza 20+

1.	1140796	DIAZ DOPICO, Sabela	24	NFERROL	42.04	-
2.	1111470	GARCES FERNANDEZ, Erea	23	RBAIXAS	46.44	-
3.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS	47.13	-

14. Fem., 50m Braza 25+

1.	1284671	LAMAS RODRIGUEZ, Nevia Aureliana	28	ASMEIGAS	39.21	-
2.	1142921	VILA BARRIOS, Lucia	29	PORTAMIÑA	39.68	-
3.	1038503	COTOS SUAREZ, Ana	29	CIDSANTIAGO	40.02	-

14. Fem., 50m Braza 30+

1.	1075328	LOPEZ SANMARTIN, Nerea	30	NFERROL	35.92	-
2.	1191499	GONZALEZ MACIA, Alba	32	MONFORTE	45.07	-
3.	1253937	MELLA CASTRO, Ana Maria	32	ORDES	45.90	-

14. Fem., 50m Braza 35+

1.	1284707	COUÑAGO BARCIELA, Lucia	36	REDONDELA	55.86	-
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14. Fem., 50m Braza 40+

1.	1243130	TORRE GONZALEZ, Elisa	41	RBAIXAS	41.53	-
2.	1180232	FKEOUI OMARI, Salma	44	CIDSANTIAGO	44.90	-
3.	1251885	SUAREZ BUJAN, Rebeca	43	CIDSANTIAGO	45.70	-

14. Fem., 50m Braza 45+

1.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS	40.79	-
2.	1291957	PITA FARALDO, Sabela	46	Marina	45.51	-
3.	1224731	RIVEIRA CAAMAÑO, Rebeca	49	ORDES	49.38	-

14. Fem., 50m Braza 50+

1.	1141514	DEIRA BARCALA, Silvia	52	CIDSANTIAGO	48.99	-
2.	1261398	DIEGUEZ SANMARTIN, M.	50	SALVESTRADA	50.51	-
3.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	52.34	-

14. Fem., 50m Braza 55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	47.96	-
2.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	49.43	-
3.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	49.74	-

14. Fem., 50m Braza 60+

1.	1275094	NIÑO MANZANO, Margarita	61	TRAVIESAS	1:09.75	-
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14. Fem., 50m Braza 65+

1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	46.35	-
2.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	52.01	-

14. Fem., 50m Braza 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	1:05.26	-
2.	1249213	GUARDIOLA MEDEL, Nuria	70	PONTEAREAS	1:17.64	-

15. Masc., 50m Braza 20+

1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE	30.70	-
2.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS	33.58	-
3.	1187891	PEREZ MOURE, Nicolas	20	CDELMAR	36.81	-

15. Masc., 50m Braza 25+

1.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO	33.85	-
2.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	34.46	-

15. Masc., 50m Braza 30+

1.	1119327	SUAREZ FERNANDEZ, Santiago	31	MONFORTE	31.76	-
2.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO	31.82	-
3.	1290097	DE LA FUENTE ALVAREZ, Iago Ramon	34	CIDSANTIAGO	36.72	-

15. Masc., 50m Braza 35+

1.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR	31.90	-
2.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	32.44	-
3.	1143890	FORTES NOVOA, Martiño	38	ESCUALOS	34.61	-

15. Masc., 50m Braza 40+

1.	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	29.88	-
2.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	35.09	-
3.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	35.28	-

15. Masc., 50m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	48	POURENSE	33.53	-
2.	1272806	FEIJOO REY, Roi	47	POURENSE	36.77	-
3.	1240331	DE LORENZO FERNANDEZ, Javier	45	ESCUALOS	36.92	-

15. Masc., 50m Braza 50+

1.	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE	34.76	-
2.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	35.95	-
3.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	36.25	-

15. Masc., 50m Braza						55+
1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS	39.15	-
2.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS	40.09	-
3.	1261336	NOVO FERNANDEZ, Alfredo	56	RBAIXAS	47.95	-
15. Masc., 50m Braza						60+
1.	1078597	SOLLEIRO TIZON, Juan Jose	63	NCORUÑA	41.36	-
15. Masc., 50m Braza						65+
1.	1174449	FERNANDEZ ARRUTI, Jose Angel	67	CIDSANTIAGO	39.99	-
2.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS	42.51	-
3.	1144180	SEGUIN CID, Severino	67	TRAVIESAS	48.12	-
15. Masc., 50m Braza						70+
1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	47.40	-
2.	1240096	IVANCHENKO, Yurii	73	POURENSE	48.08	-
15. Masc., 50m Braza						75+
1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	51.02	-
15. Masc., 50m Braza						85+
1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:24.56	-
16. Fem., 4 x 50m Libre						+80
1.		PONTEAREAS 80		PONTEAREAS	2:42.32	-
16. Fem., 4 x 50m Libre						+100
1.		CIDSANTIAGO 100		CIDSANTIAGO	2:02.13	-
2.		PONTEAREAS 100		PONTEAREAS	2:11.54	-
3.		NCORUÑA 100		NCORUÑA	2:21.70	-
16. Fem., 4 x 50m Libre						+120
1.		NFERROL 120		NFERROL	2:00.25	- RG
2.		SALVESTRADA 120		SALVESTRADA	2:10.41	-
3.		RBAIXAS 120		RBAIXAS	2:22.80	-
16. Fem., 4 x 50m Libre						+160
1.		CIDSANTIAGO 160		CIDSANTIAGO	2:14.18	-
2.		NFERROL 160		NFERROL	2:22.88	-
3.		PORTAMIÑA 160		PORTAMIÑA	2:28.48	-

16. Fem., 4 x 50m Libre +200

1.	RBAIXAS 200	RBAIXAS	2:29.42	-
2.	PONTEAREAS 200	PONTEAREAS	2:46.44	-
3.	FLUVIAL 200	FLUVIAL	2:50.49	-

16. Fem., 4 x 50m Libre +240

1.	PONSVETUS 240	PONSVETUS	3:06.52	-
2.	POURENSE 240	POURENSE	3:06.56	-
3.	TRAVIESAS	TRAVIESAS	3:24.08	-

16. Fem., 4 x 50m Libre +280

1.	PONTEAREAS 280	PONTEAREAS	4:36.80	-
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17. Masc., 4 x 50m Libre +80

1.	POURENSE 80	POURENSE	1:38.86	- RG
2.	PONTEAREAS 80	PONTEAREAS	1:42.12	-

17. Masc., 4 x 50m Libre +120

1.	NCORUÑA 120	NCORUÑA	1:48.28	-
2.	CIDSANTIAGO 120	CIDSANTIAGO	1:48.85	-
3.	NTNARON 120	NTNARON	1:52.20	-

17. Masc., 4 x 50m Libre +160

1.	CIDSANTIAGO 160	CIDSANTIAGO	1:43.94	- RG
2.	CDELMAR 160	CDELMAR	1:47.74	-
3.	RBAIXAS 160	RBAIXAS	1:51.73	-

17. Masc., 4 x 50m Libre +200

1.	CIDSANTIAGO 200	CIDSANTIAGO	1:55.43	-
2.	CASINOC 200	CASINOC	2:01.64	-
3.	PORTAMIÑA 200	PORTAMIÑA	2:07.26	-

17. Masc., 4 x 50m Libre +240

1.	CIDSANTIAGO 240	CIDSANTIAGO	2:10.13	-
2.	HERCULES 240	HERCULES	2:19.71	-
3.	RBAIXAS 240	RBAIXAS	2:39.65	-

17. Masc., 4 x 50m Libre +280

1.	PONTEAREAS 280	PONTEAREAS	3:22.04	-
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18. Fem., 400m Libre 25+

1.	1038503 COTOS SUAREZ, Ana	29	CIDSANTIAGO	5:14.10	-
2.	1037965 COSTA FERNANDEZ, Laura	25	PONTEAREAS	5:30.78	-
3.	1039634 LAGO CASTILLO, Natalia	27	NCORUÑA	5:34.18	-

18. Fem., 400m Libre 30+

1.	1078925	SALGADO CASTELO, Marta	32	MULLEREF	6:45.05	-
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18. Fem., 400m Libre 35+

1.	1144948	GONZALEZ PEREZ, Jessica	39	RBAIXAS	6:03.74	-
2.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO	6:16.91	-
3.	1143565	ARAUJO CASTRO, Paula	35	CDELMAR	6:23.82	-

18. Fem., 400m Libre 40+

1.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC	5:22.69	-
2.	1076543	RODRIGUEZ PEREZ, Vanesa	40	RBAIXAS	5:52.05	-

18. Fem., 400m Libre 45+

1.	1237395	VILARIÑO CACHO, Elvira	45	SALVESTRADA	5:33.98	-
2.	1268743	ANTON FUENTES, Veronica Maria	47	GALAICO	6:27.74	-
3.	1273323	LOPEZ BARREIRO, Cristina	47	MULLEREF	7:11.69	-

18. Fem., 400m Libre 50+

1.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	6:10.32	-
2.	1250484	VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	8:06.67	-

18. Fem., 400m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	6:46.06	-
2.	1076154	ABREU FERNANDEZ, Marta	55	PONTEAREAS	7:53.77	-
3.	1199642	GARNACHO GAYARRE, Nuria	57	CASINOC	8:00.14	-

18. Fem., 400m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	6:12.84	-
2.	1147048	REGUEIRO RODRIGUEZ, Ana	60	RBAIXAS	6:29.71	-
3.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	8:04.61	-

18. Fem., 400m Libre 65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	6:21.54	- RG
2.	1143622	OTERO LOPEZ, Maria Elisa	66	POURENSE	7:26.09	-
3.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS	9:43.17	-

18. Fem., 400m Libre 70+

1.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL	9:52.77	- RG
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19. Masc., 400m Libre 20+

1.	1144995	RIAL SIEIRA, Leo	20	RIVEIRA	4:55.13	-
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19. Masc., 400m Libre 25+

1.	1110128	CAMINO PARDO, Rodrigo	26	NCORUÑA	4:40.96	-
2.	1039270	TRILLO RODRIGUEZ, Adrian	29	MOS	4:55.89	-

19. Masc., 400m Libre 30+

1.	1213891	CASTELAO VIEITES, Borja	34	CIDSANTIAGO	4:35.90	-
2.	1037824	FREIRE GONZALEZ, Javier	33	RBAIXAS	4:55.76	-
3.	1037076	COBELO REPRESAS, Francisco	30	PONTEAREAS	5:01.31	-

19. Masc., 400m Libre 35+

1.	1180243	LAIÑO SILVA, Victor	39	RIVEIRA	5:40.22	-
2.	1128175	GULIAS GARCIA, Jose Ruben	35	PONSVETUS	5:47.04	-

19. Masc., 400m Libre 40+

1.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO	4:26.99	- RG
2.	1014291	GOMEZ CARDESIN, Alvaro	41	NCORUÑA	4:51.06	-
3.	1145052	FIERRO FERNANDEZ, Julio	44	CASINOC	5:27.10	-

19. Masc., 400m Libre 45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	5:07.81	-
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	45	CIDSANTIAGO	5:38.63	-
3.	1192271	MOURIÑO FORTES, Victor Manuel	49	PONTEAREAS	5:46.18	-

19. Masc., 400m Libre 50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS	4:36.80	-
2.	1264722	BALDOMAR OBELLEIRA, Ruben	52	NCORUÑA	4:58.93	-
3.	1040137	QUINTAS BARROS, Jesus Carlos	53	ESCUALOS	5:08.20	-

19. Masc., 400m Libre 55+

1.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC	5:49.50	-
2.	1057905	GURIDI HUERTA, Jesus Maria	58	FLUVIAL	6:21.67	-
3.	1076162	MIRA PEREZ, Jorge	58	CIDSANTIAGO	6:28.66	-

19. Masc., 400m Libre 60+

1.	1105220	GARCIA RIÑON, Jaime	62	NCORUÑA	5:11.88	-
2.	1085112	RIVAS FEAL, Antonio	60	CASINOC	5:13.88	-
3.	1144940	HERNANZ MORAL, Fausto	64	RBAIXAS	6:22.24	-

19. Masc., 400m Libre 65+

1.	1170858	CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	5:48.09	-
2.	1075770	RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	6:32.33	-

19. Masc., 400m Libre 70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	72	POURENSE	6:13.22	-
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20. Mixto, 4 x 50m Libre +80

1.	PONTEAREAS 80	PONTEAREAS	1:54.02	-
2.	POURENSE 80	POURENSE	2:09.83	-

20. Mixto, 4 x 50m Libre +100

1.	CIDSANTIAGO 100	CIDSANTIAGO	1:46.45	- RG
2.	NCORUÑA 100	NCORUÑA	1:54.23	-
3.	RBAIXAS 100	RBAIXAS	2:05.34	-

20. Mixto, 4 x 50m Libre +120

1.	CIDSANTIAGO 120	CIDSANTIAGO	1:53.86	-
2.	CDELMAR 120	CDELMAR	1:56.10	-
3.	SALVESTRADA 120	SALVESTRADA	2:03.46	-

20. Mixto, 4 x 50m Libre +160

1.	CIDSANTIAGO 160	CIDSANTIAGO	1:54.90	- RG
2.	SALVESTRADA 160	SALVESTRADA	2:12.55	-
3.	ESCUALOS 160	ESCUALOS	2:17.77	-

20. Mixto, 4 x 50m Libre +200

1.	CIDSANTIAGO 200	CIDSANTIAGO	2:04.44	-
2.	PORTAMIÑA 200	PORTAMIÑA	2:09.24	-
3.	CDELMAR 200	CDELMAR	2:09.31	-

20. Mixto, 4 x 50m Libre +240

1.	HERCULES 240	HERCULES	2:27.71	-
2.	PONTEAREAS 240	PONTEAREAS	2:55.97	-
3.	POURENSE 240	POURENSE	3:05.05	-

20. Mixto, 4 x 50m Libre +280

1.	PONTEAREAS 280	PONTEAREAS	4:18.43	-
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21. Fem., 400m Estilos 20+

1.	1267340 VIEZZOLI, Cecilia	23	RCNVIGO	5:55.13	-
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21. Fem., 400m Estilos 25+

1.	1113219 IGLESIAS LOPEZ, Maria	25	CULLEREDO	6:06.29	-
2.	1039634 LAGO CASTILLO, Natalia	27	NCORUÑA	6:29.76	-

21. Fem., 400m Estilos 30+

1.	1145008 GONZALEZ PEREZ, Paula	30	PONTEAREAS	7:50.30	-
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21. Fem., 400m Estilos						35+
1.	1084714	BUGALLO PEREZ, Estibaliz	36	GALAICO	5:39.21	-
2.	1026898	TOMILLO SANTOS, Erika	36	PONSVETUS	7:26.77	-
3.	1250482	RODRIGUEZ DE DIOS, Amparo	39	VALDEORRAS	7:38.90	-
21. Fem., 400m Estilos						40+
1.	1274254	VAZQUEZ DUARTE, Cristina	40	RBAIXAS	7:26.12	-
21. Fem., 400m Estilos						45+
1.	1119241	VIDAL BELLO, Mara	49	VALDEORRAS	9:34.03	-
21. Fem., 400m Estilos						55+
1.	1145007	MELON PARENTE, Maria Lourdes	57	PONTEAREAS	12:12.01	-
21. Fem., 400m Estilos						60+
1.	1086162	BARJA BARJA, Liliana	61	TRAVIESAS	8:50.37	-
21. Fem., 400m Estilos						65+
1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	7:42.22	- RG
22. Masc., 400m Estilos						20+
1.	1039680	MOLINELLI MARCOTE, Andres	24	CASINOC	5:19.54	-
2.	1075385	DIZ NIEVES, David	22	NFERROL	5:26.94	-
3.	1144995	RIAL SIEIRA, Leo	20	RIVEIRA	5:38.82	-
22. Masc., 400m Estilos						25+
1.	1144193	PASTORIZA SANTA CLARA, Jorge	29	RBAIXAS	4:53.64	-
2.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO	5:32.41	-
22. Masc., 400m Estilos						35+
1.	1086708	ABUIN ARES, Manuel	39	CIDSANTIAGO	5:56.19	-
2.	1076271	NOVALES BLANCO, Xabier	35	RBAIXAS	6:52.51	-
22. Masc., 400m Estilos						40+
1.	1141151	CALLE FACAL, Telmo	43	CIDSANTIAGO	4:57.44	-
2.	1214823	GONZALEZ PEÑAS, David	42	PORTAMIÑA	6:34.11	-
3.	1178928	FIDALGO SERRANO, Guillermo	40	TRAVIESAS	7:29.70	-
22. Masc., 400m Estilos						45+
1.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS	5:28.70	-
2.	1240331	DE LORENZO FERNANDEZ, Javier	45	ESCUALOS	6:35.25	-
3.	1199899	DOMINGUEZ PHILOCREON, Ticiano	45	CIDSANTIAGO	6:45.07	-

22. Masc., 400m Estilos 50+

1.	1040137	QUINTAS BARROS, Jesus Carlos	53	ESCUALOS	6:00.38	-
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22. Masc., 400m Estilos 55+

1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS	7:03.60	-
2.	1144698	CADAVID NUÑEZ, Jose	56	POURENSE	8:23.80	-

22. Masc., 400m Estilos 60+

1.	1076516	JORGE IGLESIAS, Marcelino	60	PONTEAREAS	6:03.91	- RG
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA	7:56.87	-

22. Masc., 400m Estilos 65+

1.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS	7:34.86	-
2.	1075770	RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	8:17.21	-

22. Masc., 400m Estilos 70+

1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES	7:48.67	-
2.	1191492	TIMIRAO S CARRASCO, Luis	70	POURENSE	15:01.80	-

23. Fem., 100m Libre 20+

1.	1199453	FILGUEIRAS OLMO, Helena	22	PORTAMIÑA	1:10.87	-
2.	1076336	BLANCO PEREZ, Laura	22	PONTEAREAS	1:13.14	-
3.	1087099	GOMEZ FERNANDEZ, Uxia	23	ESCUALOS	1:16.15	-

23. Fem., 100m Libre 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO	1:04.10	-
2.	1038503	COTOS SUAREZ, Ana	29	CIDSANTIAGO	1:06.38	-
3.	1113219	IGLESIAS LOPEZ, Maria	25	CULLEREDO	1:07.66	-

23. Fem., 100m Libre 30+

1.	1116506	RAMOS LOBO, Raquel	33	PORTAMIÑA	1:05.71	-
2.	1051353	CRUZ GARCIA, Aurora	31	CIDSANTIAGO	1:06.98	-
3.	1264725	ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR	1:07.78	-

23. Fem., 100m Libre 35+

1.	1039472	TRONCOSO GONZALEZ, Veronica	35	PONTEAREAS	1:09.59	-
2.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO	1:16.78	-
3.	1274005	TORRENT I LLAMAS, Ares	36	ASMEIGAS	1:25.42	-

23. Fem., 100m Libre 40+

1.	1040526	LOPEZ REMESEIRO, Vanesa	44	NFERROL	1:07.99	-
2.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC	1:09.64	-
3.	1075225	SOUTO DERUNGS, Cristina	41	NFERROL	1:17.38	-

23. Fem., 100m Libre 45+

1.	1237395	VILARIÑO CACHO, Elvira	45	SALVESTRADA	1:13.33	-
2.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS	1:18.53	-
3.	1292135	OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	1:30.56	-

23. Fem., 100m Libre 50+

1.	1228008	OJEA DE CASTRO, Macarena	53	PORTAMIÑA	1:15.98	-
2.	1264733	GOMEZ PAREDES, Maria	50	FLUVIAL	1:21.12	-
3.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	1:21.40	-

23. Fem., 100m Libre 55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:22.30	-
2.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	1:25.19	-
3.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	1:25.49	-

23. Fem., 100m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	1:19.55	-
2.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	1:25.91	-
3.	1269270	REY OTERO, Angela Maria	60	MULLEREF	1:47.19	-

23. Fem., 100m Libre 65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	1:23.45	- RG
2.	1127105	PEREIRA ALONSO, Isabel	65	FOGAR	1:34.88	-
3.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS	2:15.24	-

23. Fem., 100m Libre 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	1:43.69	-
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23. Fem., 100m Libre 80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina Mar	80	PONTEAREAS	3:05.13	-
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24. Masc., 100m Libre 20+

1.	1087096	LOPEZ FERNANDEZ, Martin	22	POURENSE	53.37	- RG
2.	1038566	CIVEIRA CORRAL, Samuel	24	POURENSE	54.54	-
3.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	56.59	-

24. Masc., 100m Libre 25+

1.	1089316	PASSARETTI PEREIRA, Alejandro	28	CIDSANTIAGO	53.42	- RG
2.	1061561	INCUTTI TELLADO, Denis	26	PONTEAREAS	1:00.28	-
3.	1039654	PREGO PITA, Xian	27	ARTEIXO	1:01.32	-

24. Masc., 100m Libre 30+

1.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA	56.27	-
2.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	56.39	-
3.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO	57.36	-

24. Masc., 100m Libre 35+

1.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR	58.21	-
2.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	59.67	-
3.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO	1:01.79	-

24. Masc., 100m Libre 40+

1.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO	57.62	-
2.	1141144	ARIETTO GARCIA, Jorge	40	RCNVIGO	58.89	-
3.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	59.12	-

24. Masc., 100m Libre 45+

1.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	59.40	-
2.	1024675	IGLESIAS GOMEZ, Gonzalo	47	CIDSANTIAGO	1:01.81	-
3.	1118746	SANCHEZ GORDON, Roman	48	RBAIXAS	1:03.99	-

24. Masc., 100m Libre 50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS	57.24	- RG
2.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	59.67	-
3.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	1:03.73	-

24. Masc., 100m Libre 55+

1.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	1:09.58	-
2.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC	1:12.29	-
3.	1141191	GARCIA SANJURJO, Jose Manuel	59	CDELMAR	1:12.82	-

24. Masc., 100m Libre 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	1:03.09	-
2.	1085112	RIVAS FEAL, Antonio	60	CASINOC	1:08.20	-
3.	1199641	COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	1:18.74	-

24. Masc., 100m Libre 65+

1.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS	1:29.93	-
2.	1222391	AREA PEREIRA, Jose Manuel	69	GALAICO	1:51.38	-

24. Masc., 100m Libre 70+

1.	1076165	GARCIA COLOMO, Manuel Ramon	72	POURENSE	1:23.06	-
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24. Masc., 100m Libre 85+

1.	1143727	FOLCH MALLOFRE, Ramon	89	ARTEIXO	2:13.66	-
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25. Fem., 200m Mariposa 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	24	RBAIXAS	2:32.40	- RG
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25. Fem., 200m Mariposa 30+

1.	1078925	SALGADO CASTELO, Marta	32	MULLEREF	4:14.67	-
2.	1145008	GONZALEZ PEREZ, Paula	30	PONTEAREAS	4:18.39	-

25. Fem., 200m Mariposa 35+

1.	1250482	RODRIGUEZ DE DIOS, Amparo	39	VALDEORRAS	3:45.47	-
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25. Fem., 200m Mariposa 45+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL	2:40.30	-
2.	1170845	CID ALVAREZ, Isabel	46	ESCUALOS	3:46.15	-
3.	1119241	VIDAL BELLO, Mara	49	VALDEORRAS	4:36.93	-

25. Fem., 200m Mariposa 55+

1.	1076154	ABREU FERNANDEZ, Marta	55	PONTEAREAS	4:52.46	-
2.	1145007	MELON PARENTE, Maria Lourdes	57	PONTEAREAS	6:52.85	-

25. Fem., 200m Mariposa 60+

1.	1086162	BARJA BARJA, Liliana	61	TRAVIESAS	4:52.27	-
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26. Masc., 200m Mariposa 20+

1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE	2:20.49	-
2.	1075385	DIZ NIEVES, David	22	NFERROL	2:33.38	-

26. Masc., 200m Mariposa 30+

1.	1037824	FREIRE GONZALEZ, Javier	33	RBAIXAS	2:50.26	-
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26. Masc., 200m Mariposa 35+

1.	1128175	GULIAS GARCIA, Jose Ruben	35	PONSVETUS	3:15.44	-
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26. Masc., 200m Mariposa 40+

1.	1214823	GONZALEZ PEÑAS, David	42	PORTAMIÑA	3:38.75	-
2.	1039360	POSE MATO, Cesar	43	FOGAR	5:40.32	-

26. Masc., 200m Mariposa 45+

1.	1084041	SUAREZ GARCIA, Sergio	46	PONSVETUS	3:46.55	-
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26. Masc., 200m Mariposa 50+

1.	1268047	CUETO ALVAREZ, Elias	51	CIDSANTIAGO	3:30.65	-
2.	1180236	DE LA VEGA GANDARAS, Felipe	53	HERCULES	4:00.23	-

26. Masc., 200m Mariposa 60+

1.	1143575 FERREIRA GONZALEZ, Xose Anxo	60	REDONDELA	3:59.95	-
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27. Fem., 50m Espalda 20+

1.	1289860 LORENZO PEREZ, Aroa	24	POURENSE	53.95	-
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27. Fem., 50m Espalda 25+

1.	1091897 GONZALEZ TOJO, Raquel	27	CIDSANTIAGO	32.30	-
2.	1087181 BLANCO PEREZ, Paula	27	POURENSE	35.67	-
3.	1039634 LAGO CASTILLO, Natalia	27	NCORUÑA	37.48	-

27. Fem., 50m Espalda 30+

1.	1075328 LOPEZ SANMARTIN, Nerea	30	NFERROL	32.45	-
2.	1236745 RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE	43.50	-
3.	1040719 CUBA KOSTER, Esmeralda	34	ASMEIGAS	44.92	-

27. Fem., 50m Espalda 35+

1.	1097619 BLANCO GARCIA, Sheila	39	CDELMAR	36.15	-
2.	1142917 LOPEZ SANMARTIN, Tania	35	NFERROL	38.66	-
3.	1293001 OTERO PEÑA, Maria Jose	37	RBAIXAS	44.24	-

27. Fem., 50m Espalda 40+

1.	1144270 ROZADOS LUIS, Adriana	41	SALVESTRADA	39.23	-
2.	1075225 SOUTO DERUNGS, Cristina	41	NFERROL	41.44	-
3.	1241851 HERMIDA MONTES, Iria	43	NFERROL	44.52	-

27. Fem., 50m Espalda 45+

1.	1268743 ANTON FUENTES, Veronica Maria	47	GALAICO	43.83	-
2.	1240321 FILGUEIRA FRANCO, Laura	48	PONSVETUS	55.15	-
3.	1284756 BALLADARES LOAISIGA, Damaris Patricia	46a	PORTAMIÑA	59.60	-

27. Fem., 50m Espalda 50+

1.	1228008 OJEA DE CASTRO, Macarena	53	PORTAMIÑA	40.81	-
2.	1264733 GOMEZ PAREDES, Maria	50	FLUVIAL	44.42	-
3.	1217442 VILLASANTE ARMAS, Maria Rosa	51	NCORUÑA	49.40	-

27. Fem., 50m Espalda 55+

1.	1141128 LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	51.78	-
2.	1258401 CALVIÑO VAZQUEZ, Maria Coral	58	POURENSE	59.29	-
3.	1292533 FERNANDEZ FERNANDEZ, Delmira	58	ESCUALOS	1:01.29	-

27. Fem., 50m Espalda 60+

1.	1269270 REY OTERO, Angela Maria	60	MULLEREF	1:10.92	-
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27. Fem., 50m Espalda 65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	47.66	-
2.	1127105	PEREIRA ALONSO, Isabel	65	FOGAR	55.96	-
3.	1253186	BAL ALVAREDO, Mercedes De Las Nie	66s	MULLEREF	1:26.20	-

27. Fem., 50m Espalda 70+

1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	1:02.69	- RG
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27. Fem., 50m Espalda 80+

1.	1076482	GONZALEZ RODRIGUEZ, Saladina Mar	80	PONTEAREAS	1:37.87	-
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28. Masc., 50m Espalda 20+

1.	1038566	CIVEIRA CORRAL, Samuel	24	POURENSE	28.41	-
2.	1142991	PEREZ PAZ, Dario	21	PONTEAREAS	30.69	-
3.	1287139	FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS	42.23	-

28. Masc., 50m Espalda 25+

1.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	32.44	-
2.	1078716	HERMIDA RAMOS, Raul	26	NTNARON	32.71	-

28. Masc., 50m Espalda 30+

1.	1191498	CASANOVA MARTINEZ, Victor	30	MONFORTE	36.49	-
2.	1256973	PENIDE CALVO, Gabriel	33	RBAIXAS	37.34	-
3.	1207051	LAVIA PINTOS, David	33	PONSVETUS	43.05	-

28. Masc., 50m Espalda 35+

1.	1023057	PEREZ VAZQUEZ, Telmo	38	NTNARON	45.23	-
2.	1236854	GIRALDEZ VILLANUEVA, Ivan	39	PONTEAREAS	58.99	-

28. Masc., 50m Espalda 40+

1.	1267364	PINTO RAMNARINE, Rohan Ian	40	RCNVIGO	27.99	-
2.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	35.09	-
3.	1170841	BASTIDA CAMPOS, Alejandro	44	SALVESTRADA	38.26	-

28. Masc., 50m Espalda 45+

1.	1267355	TORRES NEIRA, Mateo	47	CASINOC	29.33	- RG
2.	1197902	FERNANDEZ LAMELA, David	48	PORTAMIÑA	35.23	-
3.	1143895	PADIN CHARLIN, Joaquin	46	ESCUALOS	39.04	-

28. Masc., 50m Espalda 50+

1.	1205935	GUIRADO CARABEL, Oscar	50	CULLEREDO	34.57	-
2.	1075601	MOURIZ LOMBAO, Francisco Javier	51	PORTAMIÑA	34.64	-
3.	1146934	DIEGUEZ ARANDA, Hector	53	PORTAMIÑA	35.97	-

28. Masc., 50m Espalda 55+

1.	1144601	PUNTE DIAZ, Javier	55	CIDSANTIAGO	36.52	-
2.	1287832	PITA SANTIN, Antonio	55	PONSVETUS	41.06	-
3.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	43.27	-

28. Masc., 50m Espalda 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	63	CIDSANTIAGO	33.06	-
2.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	47.24	-
3.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO	48.84	-

28. Masc., 50m Espalda 65+

1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	41.42	-
2.	1170858	CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	41.68	-

28. Masc., 50m Espalda 70+

1.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	53.31	-
2.	1075177	LOPEZ VIDAL, Antonio	74	GALAICO	1:04.13	-

28. Masc., 50m Espalda 85+

1.	1143727	FOLCH MALLOFRE, Ramon	89	ARTEIXO	1:05.96	-
2.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	1:27.45	-

29. Fem., 100m Braza 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	24	RBAIXAS	1:22.50	-
2.	1267340	VIEZZOLI, Cecilia	23	RCNVIGO	1:25.50	-
3.	1076318	LEMONS FERNANDEZ, Zaira	24	PONTEAREAS	1:27.76	-

29. Fem., 100m Braza 25+

1.	1142921	VILA BARRIOS, Lucia	29	PORTAMIÑA	1:28.64	-
2.	1115644	FERNANDEZ JUAN, Maria	28	CIDSANTIAGO	1:36.00	-
3.	1259711	FERNANDEZ ESCURIS, Iria	29	RIVEIRA	1:54.48	-

29. Fem., 100m Braza 30+

1.	1075328	LOPEZ SANMARTIN, Nerea	30	NFERROL	1:20.77	-
2.	1041452	BEN CILLERO, Sabela	34	ASMEIGAS	1:25.67	-
3.	1221892	OTERO FERNANDEZ, Maria Luisa	33	SALVESTRADA	1:43.35	-

29. Fem., 100m Braza 35+

1.	1084714	BUGALLO PEREZ, Estibaliz	36	GALAICO	1:23.49	-
2.	1141212	RIVAS TENREIRO, Arantza	37	NTNARON	1:33.25	-
3.	1142917	LOPEZ SANMARTIN, Tania	35	NFERROL	1:36.30	-

29. Fem., 100m Braza 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO	1:25.88	- RG
2.	1243130	TORRE GONZALEZ, Elisa	41	RBAIXAS	1:33.38	-
3.	1180232	FKEOUI OMARI, Salma	44	CIDSANTIAGO	1:33.44	-

29. Fem., 100m Braza 45+

1.	1143598	MIRA VAZQUEZ, Marta	45	ESCUALOS	1:31.55	-
2.	1291957	PITA FARALDO, Sabela	46	Marina	1:38.88	-
3.	1144680	LOPEZ ARTABE, Inmaculada	46	CDELMAR	1:40.03	-

29. Fem., 100m Braza 50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	53	RSDH	1:57.41	-
2.	1287244	MENDEZ VARELA, Ana	53	RCNVIGO	2:04.60	-
3.	1287818	GARCIA ALONSO, Paula	52	LICEO	2:04.81	-

29. Fem., 100m Braza 55+

1.	1076186	LOPEZ GONZALEZ, Monica	56	PORTAMIÑA	1:47.52	-
2.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS	1:52.64	-
3.	1232962	JARDON GONZALEZ, Helena	55	PONTEAREAS	1:53.23	-

29. Fem., 100m Braza 60+

1.	1143893	REBORDA MORILLO, Susana	64	ESCUALOS	2:07.65	-
2.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	2:16.83	-

29. Fem., 100m Braza 65+

1.	1039437	BALADO LOPEZ, Ana Maria	65	POURENSE	1:39.87	- RG
2.	1275109	NIKITIK, Anne Margaret Bartlett	67	MULLEREF	2:28.91	-
3.	1217937	RODRIGUEZ TRONCOSO, Marina	67	PONTEAREAS	2:34.19	-

29. Fem., 100m Braza 70+

1.	1036752	BAGLIETTO MILLAN, Maria Dolores	74	PONSVETUS	2:26.09	-
2.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL	2:26.66	-
3.	1075765	FERNANDEZ FERNANDEZ, Maria Tere	70	MULLEREF	2:57.83	-

30. Masc., 100m Braza 20+

1.	1107916	FERNANDEZ DEL VALLE, Ivan	21	POURENSE	1:07.50	-
2.	1079156	MARQUEZ VAZQUEZ, Pablo	24	ASMEIGAS	1:24.91	-
3.	1287139	FERNANDEZ HERNADEZ, Hugo	20	PONSVETUS	1:32.11	-

30. Masc., 100m Braza 25+

1.	1115676	GONZALEZ IGLESIAS, Alberto	29	CULLEREDO	1:14.91	-
2.	1284785	ABALDE PUJALES, Alberto	26	RBAIXAS	1:31.28	-
3.	1267370	ALVAREZ PRESA, Samuel	26	PONTEAREAS	1:35.51	-

30. Masc., 100m Braza						30+
1.	1040779	QUINTAS MOSQUERA, Manuel	30	CIDSANTIAGO	1:11.23	-
2.	1290097	DE LA FUENTE ALVAREZ, Iago Ramon	34	CIDSANTIAGO	1:20.05	-
3.	1222771	LAGO GONZALEZ, Ivan	33	PONTEAREAS	2:02.78	-
30. Masc., 100m Braza						35+
1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	1:11.23	-
2.	1075908	LOBELLE GONZALEZ, Marcos	37	CDELMAR	1:12.11	-
3.	1199549	MARTINEZ DOPAZO, David	39	CIDSANTIAGO	1:15.91	-
30. Masc., 100m Braza						40+
1.	1141151	CALLE FACAL, Telmo	43	CIDSANTIAGO	1:09.66	- RG
2.	1218108	IGLESIAS LAPIDO, Miguel	41	FLUVIAL	1:20.51	-
3.	1272979	DONG, Taogui	42	PORTAMIÑA	1:30.47	-
30. Masc., 100m Braza						45+
1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	48	POURENSE	1:16.20	-
2.	1272806	FEIJOO REY, Roi	47	POURENSE	1:22.01	-
3.	1292254	PIÑEIRO VARGAS, Raul	47	NFERROL	1:25.65	-
30. Masc., 100m Braza						50+
1.	1141329	ANDRES IGLESIAS, Jose Carlos	50	RCNVIGO	1:20.08	-
2.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS	1:20.93	-
3.	1197597	HERNAEZ OUBIÑA, David	53	CULLEREDO	1:22.74	-
30. Masc., 100m Braza						55+
1.	1141504	BOUSO FUENTECILLA, Fernando	55	ESCUALOS	1:28.50	-
2.	1141191	GARCIA SANJURJO, Jose Manuel	59	CDELMAR	1:32.55	-
3.	1178895	CRESPO PEREZ, Albarino	56	ESCUALOS	1:34.34	-
30. Masc., 100m Braza						60+
1.	1076516	JORGE IGLESIAS, Marcelino	60	PONTEAREAS	1:19.06	-
2.	1078597	SOLLEIRO TIZON, Juan Jose	63	NCORUÑA	1:32.84	-
3.	1144940	HERNANZ MORAL, Fausto	64	RBAIXAS	1:57.97	-
30. Masc., 100m Braza						65+
1.	1048207	ROS ROSILLO, Alejandro	68	RBAIXAS	1:34.52	-
2.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS	1:50.47	-
3.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	65	RBAIXAS	1:52.10	-
30. Masc., 100m Braza						70+
1.	1240096	IVANCHENKO, Yurii	73	POURENSE	1:56.80	-

30. Masc., 100m Braza 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	1:53.50	-
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30. Masc., 100m Braza 85+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	86	PONTEAREAS	3:10.69	-
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31. Fem., 200m Libre 25+

1.	1038503	COTOS SUAREZ, Ana	29	CIDSANTIAGO	2:26.14	-
2.	1144257	FERNANDEZ GONZALEZ, Elena	25	HERCULES	2:37.30	-
3.	1259711	FERNANDEZ ESCURIS, Iria	29	RIVEIRA	3:17.20	-

31. Fem., 200m Libre 30+

1.	1116506	RAMOS LOBO, Raquel	33	PORTAMIÑA	2:26.16	-
2.	1247615	ALONSO PEREIRA, Fatima	33	RBAIXAS	3:02.63	-
3.	1040719	CUBA KOSTER, Esmeralda	34	ASMEIGAS	3:06.52	-

31. Fem., 200m Libre 35+

1.	1144894	VINAGRE SENDINO, Cora	38	LICEO	2:37.93	-
2.	1144948	GONZALEZ PEREZ, Jessica	39	RBAIXAS	2:49.68	-
3.	1129917	MURAS MORA, Andrea	37	CIDSANTIAGO	2:54.10	-

31. Fem., 200m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	44	CIDSANTIAGO	2:21.95	-
2.	1075496	BARBEITO DOMINGUEZ, Marta	42	CASINOC	2:34.91	-
3.	1267367	VYNOHRADOVA, Kateryna	40	GALAICO	2:58.17	-

31. Fem., 200m Libre 45+

1.	1237395	VILARIÑO CACHO, Elvira	45	SALVESTRADA	2:37.71	-
2.	1268743	ANTON FUENTES, Veronica Maria	47	GALAICO	2:58.63	-
3.	1273323	LOPEZ BARREIRO, Cristina	47	MULLEREF	3:32.03	-

31. Fem., 200m Libre 50+

1.	1040944	VARELA REDONDO, Veronica	51	PONTEAREAS	2:56.07	-
2.	1250484	VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	3:49.44	-

31. Fem., 200m Libre 55+

1.	1037939	CASTRO MAESTRE, Isaura	57	FLUVIAL	3:12.10	-
2.	1141127	PAREDES RIOS, Rosa Maria	58	PONSVETUS	3:32.49	-
3.	1288425	MARIN CASTRO, Montserrat	55	MULLEREF	4:11.04	-

31. Fem., 200m Libre 60+

1.	1144331	TERCEIRO DELGADO, Maria Del Mar	63	CDELMAR	2:55.32	-
2.	1143893	REBOREDA MORILLO, Susana	64	ESCUALOS	3:58.13	-
3.	1253458	IGNACIO QUINTEIRO, Maria Del Carme	61	PONSVETUS	4:00.74	-

31. Fem., 200m Libre 65+

1.	1185912	GONZALEZ MORENO, Maria Del Dulce	68	NCORUÑA	3:16.68	-
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31. Fem., 200m Libre 70+

1.	1037151	GOMEZ DOVAL, Maria Angela	70	FLUVIAL	4:36.77	-
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32. Masc., 200m Libre 20+

1.	1142991	PEREZ PAZ, Dario	21	PONTEAREAS	2:03.93	-
2.	1187891	PEREZ MOURE, Nicolas	20	CDELMAR	2:11.67	-
3.	1144995	RIAL SIEIRA, Leo	20	RIVEIRA	2:17.93	-

32. Masc., 200m Libre 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	29	RBAIXAS	2:01.34	-
2.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	2:07.93	-
3.	1110128	CAMINO PARDO, Rodrigo	26	NCORUÑA	2:09.65	-

32. Masc., 200m Libre 30+

1.	1213891	CASTELAO VIEITES, Borja	34	CIDSANTIAGO	2:06.61	-
2.	1178904	TRONCOSO GARRIDO, David	31	GALAICO	2:17.19	-
3.	1037164	GONZALEZ BLANCO, Jose Luis	34	PORTAMIÑA	2:18.41	-

32. Masc., 200m Libre 35+

1.	1076271	NOVALES BLANCO, Xabier	35	RBAIXAS	2:37.84	-
2.	1180243	LAIÑO SILVA, Victor	39	RIVEIRA	2:38.88	-
3.	1249163	BELLO PORTO, David	36	NCORUÑA	2:41.53	-

32. Masc., 200m Libre 40+

1.	1140778	RODRIGUEZ LAGO, David	40	CIDSANTIAGO	2:06.47	- RG
2.	1141144	ARIETTO GARCIA, Jorge	40	RCNVIGO	2:09.52	-
3.	1014291	GOMEZ CARDESIN, Alvaro	41	NCORUÑA	2:14.02	-

32. Masc., 200m Libre 45+

1.	1281943	MARX, Sven Oliver	49	CULLEREDO	2:40.78	-
2.	1084041	SUAREZ GARCIA, Sergio	46	PONSVETUS	2:48.36	-

32. Masc., 200m Libre 50+

1.	1274246	MARTINEZ JACOME, Felix	53	MOS	2:08.10	-
2.	1264722	BALDOMAR OBELLEIRA, Ruben	52	NCORUÑA	2:20.45	-
3.	1076185	PEREIRA DIAZ, Angel	54	ESCUALOS	2:26.93	-

32. Masc., 200m Libre 55+

1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA	2:35.74	-
2.	1175089	NISTAL GARCIA, Eduardo	58	CASINOC	2:43.55	-
3.	1076162	MIRA PEREZ, Jorge	58	CIDSANTIAGO	3:00.86	-

32. Masc., 200m Libre 60+

1.	1085112 RIVAS FEAL, Antonio	60	CASINOC	2:27.04	-
2.	1290118 PEREZ PAREDES, Marcos	60	RCNVIGO	3:00.35	-
3.	1199641 COUCEIRO SANCHEZ, Gonzalo	60	CASINOC	3:03.28	-

32. Masc., 200m Libre 65+

1.	1170858 CODESIDO LOPEZ, Jose	67	CIDSANTIAGO	2:39.27	- RG
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32. Masc., 200m Libre 70+

1.	1076165 GARCIA COLOMO, Manuel Ramon	72	POURENSE	2:59.28	-
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33. Fem., 50m Mariposa 20+

1.	1140796 DIAZ DOPICO, Sabela	24	NFERROL	32.98	-
2.	1076318 LEMOS FERNANDEZ, Zaira	24	PONTEAREAS	33.48	-
3.	1076336 BLANCO PEREZ, Laura	22	PONTEAREAS	36.16	-

33. Fem., 50m Mariposa 25+

1.	1091897 GONZALEZ TOJO, Raquel	27	CIDSANTIAGO	29.49	- RG
2.	1130789 GARCIA MIGUEZ, Rosalia	28	CIDSANTIAGO	31.75	-
3.	1040620 RODRIGUEZ CERVINO, Ana	26	RBAIXAS	35.28	-

33. Fem., 50m Mariposa 30+

1.	1264725 ABADIN ROZENBAUM, Manuela Rocio	31	CDELMAR	33.78	-
2.	1236745 RODRIGUEZ GONZALEZ, Raquel	33	MONFORTE	40.62	-
3.	1144185 MARQUEZ BARCALA, Jesica	33	PONSVETUS	50.67	-

33. Fem., 50m Mariposa 35+

1.	1097619 BLANCO GARCIA, Sheila	39	CDELMAR	34.89	-
2.	1141212 RIVAS TENREIRO, Arantza	37	NTNARON	36.08	-
3.	1143565 ARAUJO CASTRO, Paula	35	CDELMAR	45.31	-

33. Fem., 50m Mariposa 40+

1.	1040526 LOPEZ REMESEIRO, Vanesa	44	NFERROL	36.30	-
2.	1144270 ROZADOS LUIS, Adriana	41	SALVESTRADA	36.93	-
3.	1222531 FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA	39.16	-

33. Fem., 50m Mariposa 45+

1.	1144680 LOPEZ ARTABE, Inmaculada	46	CDELMAR	40.54	-
2.	1224731 RIVEIRA CAAMAÑO, Rebeca	49	ORDES	46.74	-
3.	1292135 OTERO CAAMAÑO, Maria Cecilia	45	NFERROL	55.34	-

33. Fem., 50m Mariposa 50+

1.	1284736	BARCALA PEREZ, Maria Rosa	50	VALDEORRAS	46.85	-
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	54	PONTEAREAS	50.17	-
3.	1246142	GONZALEZ PIMENTEL, Saleta	54	PONSVETUS	59.75	-

33. Fem., 50m Mariposa 55+

1.	1058998	MUTILBA OBREGON, Nuria	57	PONTEAREAS	44.62	-
2.	1075200	JIMENEZ PEREZ, Victoria	57	NFERROL	50.21	-
3.	1141128	LLEVOT SANCHEZ, Ana Isabel	56	PONSVETUS	52.68	-

33. Fem., 50m Mariposa 60+

1.	1264754	RODRIGUEZ PANTIN, Marta Maria	60	HERCULES	43.17	-
2.	1267371	FORRYAN SECCOMBE, Anne May	60	PONTEAREAS	1:34.04	-

33. Fem., 50m Mariposa 65+

1.	1079307	CHAMOSA MARTIN, Julia	65	RBAIXAS	39.20	- RG
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33. Fem., 50m Mariposa 70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	74	PONTEAREAS	1:05.07	-
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34. Masc., 50m Mariposa 20+

1.	1135986	CASARES GARCIA, Brais	22	PONTEAREAS	27.28	-
2.	1076409	CANCELA GOMEZ, Hugo	23	PONTEAREAS	29.24	-
3.	1068314	MARTINEZ MARTINEZ, Marcos	23	PONTEAREAS	30.30	-

34. Masc., 50m Mariposa 25+

1.	1089316	PASSARETTI PEREIRA, Alejandro	28	CIDSANTIAGO	26.53	- RG
2.	1246147	LOPEZ LOPEZ, Jaime Borja	26	PORTAMIÑA	29.16	-
3.	1130804	CASTRO RODRIGUEZ, Francisco	26	CIDSANTIAGO	29.21	-

34. Masc., 50m Mariposa 30+

1.	1093458	MUIÑO ALONSO, Anton	32	NCORUÑA	27.16	-
2.	1078641	GRACIA CARBAJO, Miguel	32	NTNARON	27.32	-
3.	1287224	TORNE BOBO, Borja	34	VALDEORRAS	36.08	-

34. Masc., 50m Mariposa 35+

1.	1078993	LOBELLE GONZALEZ, Ivan	37	CDELMAR	26.73	-
2.	1041299	MARTINEZ GESTAL, Alejandro	36	CDELMAR	28.72	-
3.	1128175	GULIAS GARCIA, Jose Ruben	35	PONSVETUS	32.22	-

34. Masc., 50m Mariposa 40+

1.	1274569	GARCIA MUGGIA, Erick Jose	40	RBAIXAS	29.29	-
2.	1286165	LOUREIRO FERREIROA, Marcos	41	SALVESTRADA	29.37	-
3.	1143515	BLANCO PEREZ, Jesus	40	NTNARON	31.91	-

34. Masc., 50m Mariposa 45+

1.	1267355	TORRES NEIRA, Mateo	47	CASINOC	27.49	- RG
2.	1284730	RODRIGUEZ ESTEVEZ, Damian	49	POURENSE	29.89	-
3.	1247553	MUIÑO LOPEZ, Iago	49	CIDSANTIAGO	31.74	-

34. Masc., 50m Mariposa 50+

1.	1243174	SONEIRA REBOREDO, Oscar	51	CIDSANTIAGO	29.02	-
2.	1251854	CARBALLO CABEZAS, Enrique	50	POURENSE	32.55	-
3.	1231581	RODRIGUEZ SALGADO, Manuel	51	CIDSANTIAGO	32.70	-

34. Masc., 50m Mariposa 55+

1.	1038104	PEREZ ARIAS, Hector	55	PORTAMIÑA	33.06	-
2.	1141356	GENDE DIAZ, Juan Felix	56	FOGAR	36.89	-
3.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	39.38	-

34. Masc., 50m Mariposa 60+

1.	1040281	MARTINEZ BERJANO, Jose Manuel	63	MONFORTE	45.11	-
2.	1143998	FERNANDEZ GARCIA, Manuel Víctor	61	RIVEIRA	53.71	-

34. Masc., 50m Mariposa 65+

1.	1075185	YAÑEZ WONENBURGER, Juan Carlos	67	HERCULES	41.10	-
2.	1079361	RODRIGUEZ GOMEZ, Emilio	65	PONTEAREAS	57.43	-

34. Masc., 50m Mariposa 70+

1.	1075190	SUANZES PEREZ, Fernando	73	HERCULES	38.11	-
2.	1048954	BORDALLO CORTINA, Fernando	72	HERCULES	44.78	-
3.	1240096	IVANCHENKO, Yurii	73	POURENSE	45.90	-

35. Fem., 200m Espalda 25+

1.	1087181	BLANCO PEREZ, Paula	27	POURENSE	2:48.76	-
2.	1037965	COSTA FERNANDEZ, Laura	25	PONTEAREAS	3:02.19	-
3.	1144257	FERNANDEZ GONZALEZ, Elena	25	HERCULES	3:09.39	-

35. Fem., 200m Espalda 30+

1.	1051353	CRUZ GARCIA, Aurora	31	CIDSANTIAGO	2:49.27	-
2.	1243197	GANDARA SUAREZ, Tania	33	ORDES	3:36.29	-
3.	1078925	SALGADO CASTELO, Marta	32	MULLEREF	3:41.11	-

35. Fem., 200m Espalda 35+

1.	1144894	VINAGRE SENDINO, Cora	38	LICEO	2:58.23	-
2.	1144948	GONZALEZ PEREZ, Jessica	39	RBAIXAS	3:20.14	-
3.	1036315	LOPEZ CORTABITARTE, Belen	39	CASINOC	3:50.57	-

35. Fem., 200m Espalda						40+
1.	1222531	FERNANDEZ GONZALEZ, Iria	44	PORTAMIÑA	3:17.10	-
2.	1236642	ABBATEMARCO, Cristina	42	SALVESTRADA	3:26.39	-
35. Fem., 200m Espalda						45+
1.	1075221	HERMIDA RODRIGUEZ, Blanca	45	NFERROL	2:42.12	-
2.	1264778	VAZQUEZ LOPEZ, Eva	49	MULLEREF	4:25.26	-
35. Fem., 200m Espalda						50+
1.	1250484	VAZQUEZ GONZALEZ, Yolanda	50	VALDEORRAS	5:08.21	-
35. Fem., 200m Espalda						55+
1.	1038729	DEL AMO BLANCO, Margarita	59	PONTEAREAS	3:57.04	-
2.	1141127	PAREDES RIOS, Rosa Maria	58	PONSVETUS	4:08.91	-
3.	1076154	ABREU FERNANDEZ, Marta	55	PONTEAREAS	4:27.25	-
35. Fem., 200m Espalda						70+
1.	1075765	FERNANDEZ FERNANDEZ, Maria Tere:70		MULLEREF	6:45.68	-
36. Masc., 200m Espalda						20+
1.	1079156	MARQUEZ VAZQUEZ, Pablo	24	ASMEIGAS	3:05.85	-
36. Masc., 200m Espalda						25+
1.	1110128	CAMINO PARDO, Rodrigo	26	NCORUÑA	2:22.84	-
36. Masc., 200m Espalda						30+
1.	1191498	CASANOVA MARTINEZ, Victor	30	MONFORTE	2:46.95	-
2.	1256973	PENIDE CALVO, Gabriel	33	RBAIXAS	3:01.92	-
3.	1232980	PICALLO MATO, Adrian	31	SALVESTRADA	3:04.21	-
36. Masc., 200m Espalda						35+
1.	1143890	FORTES NOVOA, Martiño	38	ESCUALOS	2:53.23	-
2.	1236854	GIRALDEZ VILLANUEVA, Ivan	39	PONTEAREAS	4:33.63	-
36. Masc., 200m Espalda						40+
1.	1170841	BASTIDA CAMPOS, Alejandro	44	SALVESTRADA	3:12.90	-
2.	1178928	FIDALGO SERRANO, Guillermo	40	TRAVIESAS	3:34.80	-
3.	1107557	MELLA BARBEITO, Javier	43	ARTEIXO	4:12.84	-
36. Masc., 200m Espalda						45+
1.	1144515	CASTRO RODRIGUEZ, Manuel	47	PONTEAREAS	2:28.45	- RG
2.	1197902	FERNANDEZ LAMELA, David	48	PORTAMIÑA	2:44.39	-
3.	1240331	DE LORENZO FERNANDEZ, Javier	45	ESCUALOS	3:03.70	-

36. Masc., 200m Espalda 50+

1.	1205935	GUIRADO CARABEL, Oscar	50	CULLEREDO	2:48.90	-
2.	1255450	RODRIGUEZ RODRIGUEZ, Santiago	54	CIDSANTIAGO	3:05.88	-
3.	1244393	REY RODRIGUEZ, Oscar	52	CIDSANTIAGO	3:09.02	-

36. Masc., 200m Espalda 55+

1.	1144601	PUENTE DIAZ, Javier	55	CIDSANTIAGO	2:59.86	-
2.	1037161	TOME NOGUEIRA, Alberto Marcial	58	FOGAR	3:23.49	-
3.	1195569	PEREZ LEIVA, Manuel	58	RBAIXAS	3:39.89	-

36. Masc., 200m Espalda 60+

1.	1053394	SANJORGE PEDREIRA, Carmelo	64	ARTEIXO	3:44.94	-
2.	1075589	SANCHEZ VAZQUEZ, Jesus	64	PORTAMIÑA	4:11.64	-

36. Masc., 200m Espalda 65+

1.	1075770	RODRIGUEZ BASANTA, Francisco Jos	65	VALDEORRAS	3:56.25	-
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36. Masc., 200m Espalda 70+

1.	1075177	LOPEZ VIDAL, Antonio	74	GALAICO	5:14.50	-
2.	1191492	TIMIRAOS CARRASCO, Luis	70	POURENSE	7:24.28	-

36. Masc., 200m Espalda 75+

1.	1076487	RODRIGUEZ LEMOS, Andres Jesus	77	MOS	4:23.93	-
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37. Fem., 4 x 50m Estilos +80

1.		PONTEAREAS 80		PONTEAREAS	3:00.89	-
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37. Fem., 4 x 50m Estilos +100

1.		CIDSANTIAGO 100		CIDSANTIAGO	2:15.83	-
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37. Fem., 4 x 50m Estilos +120

1.		SALVESTRADA 120		SALVESTRADA	2:33.27	-
2.		NFERROL 120		NFERROL	2:42.26	-
3.		RBAIXAS 120		RBAIXAS	2:45.47	-

37. Fem., 4 x 50m Estilos +160

1.		NFERROL 160		NFERROL	2:20.56	- RG
2.		CDELMAR 160		CDELMAR	2:28.68	- RG
3.		CIDSANTIAGO 160		CIDSANTIAGO	2:31.85	-

37. Fem., 4 x 50m Estilos +200

1.	PONTEAREAS 200	PONTEAREAS	3:18.41	-
2.	ESCUALOS 200	ESCUALOS	3:21.63	-
3.	MULLEREF 200	MULLEREF	3:56.84	-

37. Fem., 4 x 50m Estilos +240

1.	PONSVETUS 240	PONSVETUS	3:38.49	-
2.	POURENSE 240	POURENSE	3:53.92	-
3.	MULLEREF 240	MULLEREF	5:01.40	-

37. Fem., 4 x 50m Estilos +280

1.	PONTEAREAS 280	PONTEAREAS	4:58.20	-
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38. Masc., 4 x 50m Estilos +80

1.	PONTEAREAS 80	PONTEAREAS	1:56.26	-
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38. Masc., 4 x 50m Estilos +100

1.	CIDSANTIAGO 100	CIDSANTIAGO	1:59.13	-
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38. Masc., 4 x 50m Estilos +120

1.	NCORUÑA 120	NCORUÑA	1:57.68	-
2.	NTNARON 120	NTNARON	2:09.10	-
3.	RBAIXAS 120	RBAIXAS	2:09.67	-

38. Masc., 4 x 50m Estilos +160

1.	CIDSANTIAGO 160	CIDSANTIAGO	1:58.52	- RG
2.	CDELMAR 160	CDELMAR	2:02.50	-
3.	RCNVIGO 160	RCNVIGO	2:08.75	-

38. Masc., 4 x 50m Estilos +200

1.	CASINOC 200	CASINOC	2:14.23	-
2.	CIDSANTIAGO 200	CIDSANTIAGO	2:15.61	-
3.	ESCUALOS 200	ESCUALOS	2:32.48	-

38. Masc., 4 x 50m Estilos +240

1.	CIDSANTIAGO 240	CIDSANTIAGO	2:37.07	-
2.	HERCULES 240	HERCULES	2:45.49	-
3.	RBAIXAS 240	RBAIXAS	2:47.87	-

Cto. Galego Máster de Verán-Xunta de Galicia

Desde a data: 2026-06-13

Concello Santiago

Sede: Santa Isabel

Até a data: 2026-06-14

Piscina e Crono: 25 Manual

Hora/s de comezo:

Sesións: 6

Hora/s de remate:

Temperatura da auga:

N.descualificacións:

N.baixas::

Dirección de competición:

Posto	Licenza	Apelidos, Nome	Delegación
Xuíz/a árbit.	1041484	SOBRADO CANOSA, NOA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a saídas	1038062	DEIBE PIÑON, LIDIA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1040739	GONZALEZ CASTRO, ANA LUCIA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1037174	SANCHEZ VAZQUEZ, CARMEN (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1038927	GOMEZ CORTES, LARA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1143299	EIJO GIL, NAIARA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1141317	GROBA COMESAÑA, NOA (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1040656	TORNERO VIÑAS, INES (S.: 1-3-5)	DEL. SAN. NAT.
Xuíz/a árbit.	1038060	CASTRO CASAL, MANUEL (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a saídas	1010050	RODRIGUEZ FERRO, DAVID (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1075910	RUIZ PEREZ, IRIA (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1140950	AGROMAYOR DEL RIO, CARMELA (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1040114	VAZQUEZ VALES, MARIA BEGOÑA (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1087068	CIVEIRA CORRAL, NEREA (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1079023	SANCHEZ VAZQUEZ, ANTONIO (S.: 2-4-6)	DEL. SAN. NAT.
Xuíz/a nado/viraxes	1033287	ORTEGO PORTA, ALDARA (S.: 2-4-6)	DEL. SAN. NAT.
Xefe cronomet.	1144613	MUNIN CANDAL, ALEX (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Cronomet. adicional	1144614	MUNIN CANDAL, ERIC (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Axud. x. saídas	1264785	PAIS MOSQUERA, NICOLAS (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Axud. x. saídas	1092198	GARCIA ROZAS, NOELIA (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Cronomet. 1	1079175	PRIETO CANTEIRO, ALBA (S.: 1-3-5)	DEL. SAN. NAT.
Cronomet. 1	1130700	ORTEGO PORTA, ANDRE (S.: 2)	DEL. SAN. NAT.
Cronomet. 1	1250494	LORENZO ALLO, PALOMA NEREA (S.: 4-6)	DEL. SAN. NAT.
Cronomet. 2	1110685	OUTON NAVEIRO, CARLA (S.: 1-2-3)	DEL. SAN. NAT.
Cronomet. 2	1286186	LOPEZ MACHADO, LIRIA (S.: 4-5-6)	DEL. SAN. NAT.
Cronomet. 3	1226321	LOPEZ SUAREZ, ALDA (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Cronomet. 4	1264784	CALO GORGAL, AINARA (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Cronomet. 5	1208870	SEOANE FERNANDEZ, MARTIN (S.: 1-2-3-4-6)	DEL. SAN. NAT.
Cronomet. 5	1110685	OUTON NAVEIRO, CARLA (S.: 5)	DEL. SAN. NAT.

Cronomet. 6	1144938	CORTIÑAS LAIÑO, CARLA (S.: 1-2-3-4-5-6)	DEL. SAN. NAT.
Cronomet. 7	1198877	RIAL SIEIRA, NICOLAS (S.: 1-2-3-5)	DEL. SAN. NAT.
Cronomet. 7	1095445	LAGO CASTILLO, DIEGO (S.: 4-6)	DEL. SAN. NAT.
Cronomet. 8	1224924	RODRIGUEZ ROCHA, ABRIL SILVANA (S.: 1-2-3)	DEL. SAN. NAT.
Cronomet. 8	1130700	ORTEGO PORTA, ANDRE (S.: 4-5-6)	DEL. SAN. NAT.

Convoca: DELEGADO SANTIAGO-DELEGADA MÁSTER

Relación clubs participantes e persoas delegadas:

RCNVIGO

Observacións (indicar Si ou Non): _____ (Especificar no dorso no caso de existir.)

Locutor/a:

Resultados:

Asinado: **Xuíz/a árbitro/a.**

_____, ____ de _____ de 202__.