

Prueba 1  
14/01/2023 - 9:30

Fem., 400m Estilos

2003 y mayores  
Resultados

Clasificación	Edad	Tempo	Puntos
<b>20+</b>			
1. 1037965 COSTA FERNANDEZ, Laura	22 PONTEAREAS	<b>6:53.74</b>	13,00
50m: 40.32 40.32 150m: 2:21.64 54.83 250m: 4:14.61 1:00.22 350m: 6:06.54 48.29	100m: 1:26.81 46.49 200m: 3:14.39 52.75 300m: 5:18.25 1:03.64 400m: 6:53.74 47.20		
<b>25+</b>			
1. 1038096 FREIJE TORNEIRO, Aroa	25 PORTAMIÑA	<b>6:16.42</b>	13,00
50m: 35.91 35.91 150m: 2:08.39 48.17 250m: 3:50.71 55.86 350m: 5:34.00 44.43	100m: 1:20.22 44.31 200m: 2:54.85 46.46 300m: 4:49.57 58.86 400m: 6:16.42 42.42		
2. 1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS	<b>6:51.69</b>	10,00
50m: 45.69 45.69 150m: 2:29.47 49.22 250m: 4:15.19 56.33 350m: 6:04.01 50.57	100m: 1:40.25 54.56 200m: 3:18.86 49.39 300m: 5:13.44 58.25 400m: 6:51.69 47.68		
3. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	<b>7:29.33</b>	8,00
50m: 49.73 49.73 150m: 2:51.93 1:00.61 250m: 4:49.88 59.28 350m: 6:40.46 51.36	100m: 1:51.32 1:01.59 200m: 3:50.60 58.67 300m: 5:49.10 59.22 400m: 7:29.33 48.87		
4. 1078925 SALGADO CASTELO, Marta	29 PORTAMIÑA	<b>7:44.45</b>	7,00
50m: 53.34 53.34 150m: 2:52.92 56.74 250m: 4:58.41 1:09.30 350m: 6:55.31 48.86	100m: 1:56.18 1:02.84 200m: 3:49.11 56.19 300m: 6:06.45 1:08.04 400m: 7:44.45 49.14		
<b>30+</b>			
1. 1084714 BUGALLO PÉREZ, Estíbaliz	33 RCNVIGO	<b>5:34.04</b>	13,00
50m: 36.14 36.14 150m: 1:59.89 42.68 250m: 3:29.20 46.79 350m: 4:55.59 38.82	100m: 1:17.21 41.07 200m: 2:42.41 42.52 300m: 4:16.77 47.57 400m: 5:34.04 38.45		
2. 1040545 POMBO LOPEZ, Belen	31 FLUVIAL	<b>6:03.40</b>	10,00
50m: 39.22 39.22 150m: 2:11.62 46.34 250m: 3:48.05 51.31 350m: 5:22.81 41.85	100m: 1:25.28 46.06 200m: 2:56.74 45.12 300m: 4:40.96 52.91 400m: 6:03.40 40.59		
Baja enf. 1174885 RUIZ MEILAN, Blanca	33 SCASINO		-
<b>35+</b>			
1. 1131844 FLEITAS IMBERNON, Irene	36 UTRERA	<b>5:43.08</b>	13,00
50m: 35.97 35.97 150m: 1:59.34 43.22 250m: 3:32.24 50.32 350m: 5:04.36 40.04	100m: 1:16.12 40.15 200m: 2:41.92 42.58 300m: 4:24.32 52.08 400m: 5:43.08 38.72		
2. 1144894 VINAGRE SENDINO, Cora	35 SCASINO	<b>6:29.93</b>	10,00
50m: 39.03 39.03 150m: 2:14.58 48.22 250m: 4:00.67 58.62 350m: 5:45.61 46.08	100m: 1:26.36 47.33 200m: 3:02.05 47.47 300m: 4:59.53 58.86 400m: 6:29.93 44.32		
3. 1146780 DURÁN VEIRAS, Raquel	39 ARTEIXO	<b>6:54.85</b>	8,00
50m: 43.78 43.78 150m: 2:34.80 57.29 250m: 4:23.45 53.87 350m: 6:07.25 48.51	100m: 1:37.51 53.73 200m: 3:29.58 54.78 300m: 5:18.74 55.29 400m: 6:54.85 47.60		
4. 1144948 GONZALEZ PEREZ, Jessica	36 RIASBAIXAS	<b>6:58.06</b>	7,00
50m: 48.34 48.34 150m: 2:38.19 53.40 250m: 4:30.36 59.04 350m: 6:13.04 45.43	100m: 1:44.79 56.45 200m: 3:31.32 53.13 300m: 5:27.61 57.25 400m: 6:58.06 45.02		
<b>40+</b>			
DSQ 1075221 HERMIDA RODRIGUEZ, Blanca	42 CMARINA		-
<i>Nado irregular</i>			

Prueba 1, Fem., 400m Estilos, 40+

Clasificación		Edad		Tiempo	Puntos
DSQ	1170812 MARTIN, Christelle <i>Nado irregular</i>	42	ESQUALOS		-
<b>45+</b>					
1.	1143813 REGUEIRA MARTINEZ, Maria J.	48	HERCULES	<b>7:24.79</b>	13,00
	50m: 49.76 49.76 150m: 2:47.04 59.69 250m: 4:43.99 58.77 350m: 6:35.95 51.97				
	100m: 1:47.35 57.59 200m: 3:45.22 58.18 300m: 5:43.98 59.99 400m: 7:24.79 48.84				
Baja enf.	1221213 CAGIAO RODRIGUEZ, Natalia	45	SCASINO		-
<b>50+</b>					
1.	1171727 GARCIA RODRIGUEZ, Teresa	51	PORTAMIÑA	<b>8:33.72</b>	13,00
	50m: 56.56 56.56 150m: 3:16.48 1:13.29 250m: 5:34.49 1:09.84 350m: 7:41.08 57.35				
	100m: 2:03.19 1:06.63 200m: 4:24.65 1:08.17 300m: 6:43.73 1:09.24 400m: 8:33.72 52.64				
2.	1145007 MELON PARENTE, M. Lourdes	54	PONTEAREAS	<b>12:09.45</b>	10,00
	50m: 1:30.29 1:30.29 150m: 4:44.23 1:31.90 250m: 8:00.24 1:50.02 350m: 10:58.86 1:15.08				
	100m: 3:12.33 1:42.04 200m: 6:10.22 1:25.99 300m: 9:43.78 1:43.54 400m: 12:09.45 1:10.59				
<b>55+</b>					
1.	1086162 BARJA BARJA, Liliana	58	TRAVIESAS	<b>7:51.15</b>	13,00
	50m: 55.44 55.44 150m: 2:59.44 59.95 250m: 4:57.99 1:02.60 350m: 6:58.10 55.04				
	100m: 1:59.49 1:04.05 200m: 3:55.39 55.95 300m: 6:03.06 1:05.07 400m: 7:51.15 53.05				

Prueba 2  
14/01/2023

Masc., 400m Estilos

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	<b>4:51.07</b>	13,00
50m: 31.14 31.14 150m: 1:44.35 37.85 250m: 3:03.11 41.34 350m: 4:18.61 33.04	100m: 1:06.50 35.36 200m: 2:21.77 37.42 300m: 3:45.57 42.46 400m: 4:51.07 32.46		
<b>25+</b>			
1. 1144193 PASTORIZA SANTA CLARA, Jorge	26 RIASBAIXAS	<b>4:59.28</b>	13,00
50m: 32.03 32.03 150m: 1:47.14 38.08 250m: 3:07.66 42.58 350m: 4:25.66 34.79	100m: 1:09.06 37.03 200m: 2:25.08 37.94 300m: 3:50.87 43.21 400m: 4:59.28 33.62		
2. 1038181 BOUZA PADRON, Adrian	26 PONTEAREAS	<b>5:05.37</b>	10,00
50m: 31.99 31.99 150m: 1:48.65 40.38 250m: 3:10.04 42.81 350m: 4:29.59 37.00	100m: 1:08.27 36.28 200m: 2:27.23 38.58 300m: 3:52.59 42.55 400m: 5:05.37 35.78		
3. 1038178 IBAÑEZ CARRERA, Manuel Gabriel	27 PONTEAREAS	<b>5:36.09</b>	8,00
50m: 32.26 32.26 150m: 1:54.58 44.86 250m: 3:28.09 49.15 350m: 4:58.83 39.90	100m: 1:09.72 37.46 200m: 2:38.94 44.36 300m: 4:18.93 50.84 400m: 5:36.09 37.26		
4. 1038356 AZNAR GRILLE, Carlos Javier	28 CMARINA	<b>6:05.84</b>	7,00
50m: 40.40 40.40 150m: 2:16.48 51.26 250m: 3:55.96 49.90 350m: 5:27.49 41.08	100m: 1:25.22 44.82 200m: 3:06.06 49.58 300m: 4:46.41 50.45 400m: 6:05.84 38.35		
<b>30+</b>			
1. 1130602 TENORIO FREIRE, Martin	31 GALAICO	<b>5:17.44</b>	13,00
50m: 30.33 30.33 150m: 1:49.43 42.09 250m: 3:14.38 44.05 350m: 4:38.91 38.60	100m: 1:07.34 37.01 200m: 2:30.33 40.90 300m: 4:00.31 45.93 400m: 5:17.44 38.53		
<b>35+</b>			
1. 1084717 VILA CID, Marcos	36 POURENSE	<b>4:44.93</b>	13,00 RG
50m: 30.76 30.76 150m: 1:43.10 37.89 250m: 3:00.04 40.94 350m: 4:13.50 33.63	100m: 1:05.21 34.45 200m: 2:19.10 36.00 300m: 3:39.87 39.83 400m: 4:44.93 31.43		
2. 1093877 GALERA PEREZ, Francisco	36 UTRERA	<b>5:36.29</b>	10,00
50m: 36.06 36.06 150m: 2:07.07 47.66 250m: 3:37.41 43.87 350m: 4:59.98 38.82	100m: 1:19.41 43.35 200m: 2:53.54 46.47 300m: 4:21.16 43.75 400m: 5:36.29 36.31		
3. 1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	<b>6:51.33</b>	8,00
50m: 48.18 48.18 150m: 2:35.04 53.35 250m: 4:20.15 53.13 350m: 6:04.79 49.56	100m: 1:41.69 53.51 200m: 3:27.02 51.98 300m: 5:15.23 55.08 400m: 6:51.33 46.54		
4. 1136629 FIGUEIRA DOMINGUEZ, Javier Guzmars	35 RIASBAIXAS	<b>6:57.14</b>	7,00
50m: 43.08 43.08 150m: 2:34.09 58.60 250m: 4:23.38 54.52 350m: 6:08.85 50.02	100m: 1:35.49 52.41 200m: 3:28.86 54.77 300m: 5:18.83 55.45 400m: 6:57.14 48.29		
<b>40+</b>			
1. 1228089 MERA MONTECELOS, Pablo	40 HERCULES	<b>5:43.36</b>	13,00
50m: 34.79 34.79 150m: 1:59.97 45.26 250m: 3:34.61 50.46 350m: 5:05.19 39.99	100m: 1:14.71 39.92 200m: 2:44.15 44.18 300m: 4:25.20 50.59 400m: 5:43.36 38.17		
2. 1144789 MATIAS DUARTE, Erick	41 HERCULES	<b>6:20.02</b>	10,00
50m: 39.28 39.28 150m: 2:18.03 52.71 250m: 3:59.47 50.34 350m: 5:37.65 46.32	100m: 1:25.32 46.04 200m: 3:09.13 51.10 300m: 4:51.33 51.86 400m: 6:20.02 42.37		
3. 1199899 DOMINGUEZ PHILOCREON, Ticiano	42 CIDSANTIAG	<b>6:40.81</b>	8,00
50m: 41.59 41.59 150m: 2:28.97 56.07 250m: 4:15.57 53.26 350m: 5:57.43 46.48	100m: 1:32.90 51.31 200m: 3:22.31 53.34 300m: 5:10.95 55.38 400m: 6:40.81 43.38		

Prueba 2, Masc., 400m Estilos, 40+

Clasificación		Edad		Tiempo	Puntos
4.	1039360 POSE MATO, Cesar	40	ADFOGAR	<b>9:22.01</b>	7,00
	50m: 1:09.82 1:09.82 150m: 3:42.84 1:13.93 250m: 6:13.29 1:16.00 350m: 8:27.98 56.37				
	100m: 2:28.91 1:19.09 200m: 4:57.29 1:14.45 300m: 7:31.61 1:18.32 400m: 9:22.01 54.03				
DSQ	1190398 FERNANDEZ CORRAL, Marcos	44	PORTAMIÑA		-
	<i>Nado irregular</i>				
<b>45+</b>					
1.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	<b>5:28.03</b>	13,00
	50m: 34.53 34.53 150m: 1:57.29 42.67 250m: 3:25.69 47.20 350m: 4:50.49 37.56				
	100m: 1:14.62 40.09 200m: 2:38.49 41.20 300m: 4:12.93 47.24 400m: 5:28.03 37.54				
2.	1079343 MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	<b>6:10.05</b>	10,00
	50m: 35.45 35.45 150m: 2:10.64 51.69 250m: 3:54.89 53.02 350m: 5:30.79 40.98				
	100m: 1:18.95 43.50 200m: 3:01.87 51.23 300m: 4:49.81 54.92 400m: 6:10.05 39.26				
3.	1076553 FERNANDEZ-TESTA BARREIRO, David	49	RIASBAIXAS	<b>6:49.20</b>	8,00
	50m: 44.21 44.21 150m: 2:32.17 55.85 250m: 4:20.42 55.52 350m: 6:04.17 47.30				
	100m: 1:36.32 52.11 200m: 3:24.90 52.73 300m: 5:16.87 56.45 400m: 6:49.20 45.03				
Baja enf.	1145058 VALCUENDE RODRIGUEZ, Juan Manu	47	HERCULES		-
Baja enf.	1141502 TRONCOSO CAAMAÑO, Fernando	48	ESCUALOS		-
<b>50+</b>					
1.	1040137 QUINTAS BARROS, Jesus C.	50	ESCUALOS	<b>5:40.50</b>	13,00 RG
	50m: 35.81 35.81 150m: 2:05.37 48.24 250m: 3:39.42 48.23 350m: 5:05.26 38.35				
	100m: 1:17.13 41.32 200m: 2:51.19 45.82 300m: 4:26.91 47.49 400m: 5:40.50 35.24				
2.	1141504 BOUSO FUENTECILLA, Fernando	52	ESCUALOS	<b>6:40.41</b>	10,00
	50m: 44.15 44.15 150m: 2:33.01 56.36 250m: 4:18.98 51.92 350m: 5:58.76 46.88				
	100m: 1:36.65 52.50 200m: 3:27.06 54.05 300m: 5:11.88 52.90 400m: 6:40.41 41.65				
3.	1144117 PREGO MARTINEZ, Benjamin	50	PONTEAREAS	<b>6:52.08</b>	8,00
	50m: 44.83 44.83 150m: 2:39.63 59.64 250m: 4:32.40 53.66 350m: 6:10.97 44.09				
	100m: 1:39.99 55.16 200m: 3:38.74 59.11 300m: 5:26.88 54.48 400m: 6:52.08 41.11				
DSQ	1078814 CANOSA RODRIGUEZ, Alfonso J.	52	ADFOGAR		-
	<i>Nado irregular</i>				
<b>55+</b>					
1.	1037161 TOME NOGUEIRA, Alberto M.	55	ADFOGAR	<b>7:12.07</b>	13,00
	50m: 45.07 45.07 150m: 2:38.67 57.62 250m: 4:35.39 1:00.73 350m: 6:24.58 47.59				
	100m: 1:41.05 55.98 200m: 3:34.66 55.99 300m: 5:36.99 1:01.60 400m: 7:12.07 47.49				
<b>65+</b>					
1.	1048207 ROS ROSILLO, Alejandro	65	RIASBAIXAS	<b>7:12.07</b>	13,00
	50m: 49.21 49.21 150m: 2:47.19 1:01.47 250m: 4:36.51 53.59 350m: 6:24.19 54.81				
	100m: 1:45.72 56.51 200m: 3:42.92 55.73 300m: 5:29.38 52.87 400m: 7:12.07 47.88				
DSQ	1191492 TIMIRAOS CARRASCO, Luis	67	POURENSE		-
	<i>Nado irregular</i>				

Prueba 3  
14/01/2023

Fem., 100m Libre

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1089303 ABASOLO RUEDA, Claudia	23	NCORUÑA	<b>1:06.26</b>	13,00
	50m: 32.07 32.07 100m: 1:06.26 34.19				
2.	1110948 CANO ROSALES, Nuria	22	GALAICO	<b>1:09.57</b>	10,00
	50m: 33.23 33.23 100m: 1:09.57 36.34				
3.	1076435 GARCIA TRIGO, Sofia	21	CNXOVE	<b>1:11.26</b>	8,00
	50m: 32.93 32.93 100m: 1:11.26 38.33				
4.	1076348 ALVITE LOPEZ, Andrea	24	CNXOVE	<b>1:11.99</b>	7,00
	50m: 34.36 34.36 100m: 1:11.99 37.63				
5.	1144257 FERNANDEZ GONZALEZ, Elena	22	HERCULES	<b>1:12.67</b>	6,00
	50m: 35.24 35.24 100m: 1:12.67 37.43				
6.	1039475 TEIJEIRA LOPEZ, Sara	23	CNXOVE	<b>1:20.13</b>	5,00
	50m: 35.76 35.76 100m: 1:20.13 44.37				
7.	1232978 LOPEZ MORADO, Maria	22	CULLEREDO	<b>1:22.07</b>	4,00
	50m: 37.31 37.31 100m: 1:22.07 44.76				
8.	1143380 SUAREZ GARCIA, Marta	20	RIASBAIXAS	<b>1:30.46</b>	3,00
	50m: 40.50 40.50 100m: 1:30.46 49.96				
9.	1230270 LORENZO SENRA, Noemi	21	CMARINA	<b>1:34.81</b>	2,00
	50m: 45.94 45.94 100m: 1:34.81 48.87				
<b>25+</b>					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	<b>1:06.22</b>	13,00
	50m: 31.63 31.63 100m: 1:06.22 34.59				
2.	1041218 ISASTI OTERO, Nerea	26	CNXOVE	<b>1:11.43</b>	10,00
	50m: 33.90 33.90 100m: 1:11.43 37.53				
3.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	<b>1:13.82</b>	8,00
	50m: 33.86 33.86 100m: 1:13.82 39.96				
4.	1219499 ESPÍÑO ALBELA, Andrea	29	HERCULES	<b>1:14.45</b>	7,00
	50m: 35.08 35.08 100m: 1:14.45 39.37				
5.	1041448 VAZQUEZ SANCHEZ, Pilar	25	CNXOVE	<b>1:14.55</b>	6,00
	50m: 35.68 35.68 100m: 1:14.55 38.87				
6.	1201117 CUEVAS REINALDO, Cristina	26	UTRERA	<b>1:18.16</b>	5,00
	50m: 37.01 37.01 100m: 1:18.16 41.15				
7.	1035411 FERNANDEZ GARCIA, Marina	26	GALAICO	<b>1:38.31</b>	4,00
	50m: 45.29 45.29 100m: 1:38.31 53.02				
<b>30+</b>					
1.	1116506 RAMOS LOBO, Raquel	30	PORTAMIÑA	<b>1:06.62</b>	13,00
	50m: 32.05 32.05 100m: 1:06.62 34.57				
2.	1213810 TORRES GUTIERREZ, Cristina	33	CMARINA	<b>1:08.08</b>	10,00
	50m: 31.68 31.68 100m: 1:08.08 36.40				
3.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	<b>1:12.73</b>	8,00
	50m: 35.02 35.02 100m: 1:12.73 37.71				
4.	1230340 SANTORUM FONTAN, Iria Marta	31	GALAICO	<b>1:13.26</b>	7,00
	50m: 35.29 35.29 100m: 1:13.26 37.97				

Prueba 3, Fem., 100m Libre, 30+

Clasificación	Edad	Tiempo	Puntos
5. 1041452 BEN CILLERO, Sabela 50m: 33.77 33.77 100m: 1:13.82 40.05	31 CNXOVE	<b>1:13.82</b>	6,00
6. 1226235 EIRIS CASTRO, Andrea 50m: 35.27 35.27 100m: 1:14.25 38.98	33 ADFOGAR	<b>1:14.25</b>	5,00
7. 1201116 PEREA MORÁN, María Isabel 50m: 36.17 36.17 100m: 1:16.13 39.96	34 UTRERA	<b>1:16.13</b>	4,00
8. 1144580 PEREZ GARCIA, Eva 50m: 35.71 35.71 100m: 1:18.91 43.20	33 RIASBAIXAS	<b>1:18.91</b>	3,00
9. 1040457 FREIJO LÓPEZ, Lucía 50m: 37.48 37.48 100m: 1:19.19 41.71	31 NCORUÑA	<b>1:19.19</b>	2,00
10. 1224940 PAZOS GANDARA, Andrea 50m: 41.91 41.91 100m: 1:27.28 45.37	31 PONTEAREAS	<b>1:27.28</b>	1,00
11. 1221892 OTERO FERNANDEZ, Maria Luisa 50m: 40.67 40.67 100m: 1:29.60 48.93	30 SALESTRA	<b>1:29.60</b>	-
12. 1129954 GONZALEZ GARCIA, Covadonga 50m: 41.87 41.87 100m: 1:30.54 48.67	34 GALAICO	<b>1:30.54</b>	-
13. 1228002 PELETEIRO FRANCO, Angela Maria 50m: 41.86 41.86 100m: 1:31.55 49.69	34 GALAICO	<b>1:31.55</b>	-
14. 1218233 SANCHEZ DE LLANO, M. Nieves 50m: 45.01 45.01 100m: 1:37.80 52.79	31 SCASINO	<b>1:37.80</b>	-
15. 1202705 MARTINEZ BARCIELA, Maria Olga 50m: 48.13 48.13 100m: 1:40.93 52.80	33 TRAVIESAS	<b>1:40.93</b>	-
16. 1215890 FERNANDEZ PARADA, Clara 50m: 58.36 58.36 100m: 2:02.19 1:03.83	30 POURENSE	<b>2:02.19</b>	-
17. 1110693 FERNANDEZ GUARDIOLA, Loira 50m: 54.43 54.43 100m: 2:03.43 1:09.00	34 PONTEAREAS	<b>2:03.43</b>	-
Baja enf. 1222211 SANZ BARRIONUEVO, Maria Luisa	32 CIDSANTIAG		-
<b>35+</b>			
1. 1193947 ALCALDE BALADO, Tania 50m: 31.87 31.87 100m: 1:05.90 34.03	37 CIDSANTIAG	<b>1:05.90</b>	13,00 RG
2. 1075496 BARBEITO DOMINGUEZ, Marta 50m: 32.06 32.06 100m: 1:06.89 34.83	39 TCHAMART	<b>1:06.89</b>	10,00
3. 1144270 ROZADOS LUIS, Adriana 50m: 34.27 34.27 100m: 1:15.93 41.66	38 SALESTRA	<b>1:15.93</b>	8,00
4. 1144592 ACUÑA MELLA, Maria 50m: 43.94 43.94 100m: 1:28.80 44.86	35 PONTEAREAS	<b>1:28.80</b>	7,00
Baja enf. 1144403 SILVA SILVA, Natalia	37 CNMOS		-
<b>40+</b>			
1. 1013486 GONZALEZ RODRIGUEZ, Maria 50m: 32.01 32.01 100m: 1:07.87 35.86	41 POURENSE	<b>1:07.87</b>	13,00 RG
2. 1180232 FKEOUI OMARI, Salma 50m: 35.96 35.96 100m: 1:14.19 38.23	41 ESCUALOS	<b>1:14.19</b>	10,00
3. 1195584 ALAYON MORIN, Cristina 50m: 35.22 35.22 100m: 1:15.03 39.81	41 HERCULES	<b>1:15.03</b>	8,00



Prueba 3, Fem., 100m Libre, 40+

Clasificación		Edad		Tiempo	Puntos
4.	1222531 FERNANDEZ GONZALEZ, Iria 50m: 36.33 36.33 100m: 1:17.37	41	PORTAMIÑA	<b>1:17.37</b>	7,00
5.	1144200 RODRIGUEZ LOPEZ, Belen 50m: 39.70 39.70 100m: 1:25.26	42	RIASBAIXAS	<b>1:25.26</b>	6,00
6.	1145082 FARIÑA SOUSA, Noemi 50m: 43.84 43.84 100m: 1:42.37	40	GALAICO	<b>1:42.37</b>	5,00
<b>45+</b>					
1.	1040944 VARELA REDONDO, Veronica 50m: 37.51 37.51 100m: 1:18.38	48	PONTEAREAS	<b>1:18.38</b>	13,00
2.	1143894 DE LORENZO FERNANDEZ, Maria 50m: 38.07 38.07 100m: 1:19.12	45	ESQUALOS	<b>1:19.12</b>	10,00
3.	1214850 CORCOBA CARBIA, Raquel 50m: 36.87 36.87 100m: 1:20.36	46	SALESTRA	<b>1:20.36</b>	8,00
4.	1145023 SALES MANTIÑAN, Carmen 50m: 39.80 39.80 100m: 1:24.12	49	SCASINO	<b>1:24.12</b>	7,00
5.	1222316 GIL VILLARINO, Marta 50m: 43.36 43.36 100m: 1:30.24	46	HERCULES	<b>1:30.24</b>	6,00
6.	1180238 GARCÍA SEOANE, Cristina María 50m: 43.54 43.54 100m: 1:30.88	48	SCASINO	<b>1:30.88</b>	5,00
7.	1144051 DIEGUEZ VARELA, Carina 50m: 45.66 45.66 100m: 1:39.12	46	RIASBAIXAS	<b>1:39.12</b>	4,00
8.	1178771 BESADA FERNÁNDEZ, Ana M. 50m: 47.11 47.11 100m: 1:41.26	45	PONTEAREAS	<b>1:41.26</b>	3,00
9.	1217442 VILLASANTE ARMAS, María Rosa 50m: 49.35 49.35 100m: 1:45.93	48	NCORUÑA	<b>1:45.93</b>	2,00
10.	1144695 RODRIGUEZ LOPEZ, Rosa María 50m: 49.81 49.81 100m: 1:47.77	48	POURENSE	<b>1:47.77</b>	1,00
Baja enf.	1217806 PAZ BERMUDEZ, Maria	47	SALESTRA		-
<b>50+</b>					
1.	1147115 HERNANDEZ ALFAGEME, Rita 50m: 38.21 38.21 100m: 1:20.02	52	RIASBAIXAS	<b>1:20.02</b>	13,00
2.	1197600 SANDERSON, Helen Jane 50m: 38.56 38.56 100m: 1:21.47	53	CULLEREDO	<b>1:21.47</b>	10,00
3.	1039438 RODRIGUEZ REY, Maria J. 50m: 39.53 39.53 100m: 1:24.50	50	ADFOGAR	<b>1:24.50</b>	8,00
4.	1075503 DE LA MONTAÑA ALCANTARA, Gloria 50m: 40.88 40.88 100m: 1:27.19	50	RSDH	<b>1:27.19</b>	7,00
5.	1202971 PEREZ PEREZ, Sonia 50m: 42.53 42.53 100m: 1:32.31	51	ESQUALOS	<b>1:32.31</b>	6,00
6.	1076524 SOUSA CARNEIRO, Rosana 50m: 47.05 47.05 100m: 1:36.31	52	CNMOS	<b>1:36.31</b>	5,00
7.	1199642 GARNACHO GAYARRE, Nuria 50m: 46.15 46.15 100m: 1:38.15	54	SCASINO	<b>1:38.15</b>	4,00
8.	1226313 CHICO FERNANDEZ, Maria Begoña 50m: 51.16 51.16 100m: 1:49.48	52	CULLEREDO	<b>1:49.48</b>	3,00

Prueba 3, Fem., 100m Libre, 50+

Clasificación	Edad	Tiempo	Puntos
9. 1143584 FERNANDEZ SESTELO, Maria Jose 50m: 52.65 52.65 100m: 1:55.31 1:02.66	53 PONTEAREAS	<b>1:55.31</b>	2,00
Baja enf. 1144696 SEARA JALON, Monica	53 POURENSE		-
<b>55+</b>			
1. 1147048 REGUEIRO RODRIGUEZ, Ana 50m: 41.18 41.18 100m: 1:27.89 46.71	57 RIASBAIXAS	<b>1:27.89</b>	13,00
2. 1037970 CALVIÑO CANCELA, Cristina 50m: 43.28 43.28 100m: 1:31.89 48.61	55 PONTEAREAS	<b>1:31.89</b>	10,00
3. 1038729 DEL AMO BLANCO, Margarita 50m: 43.64 43.64 100m: 1:32.02 48.38	56 PONTEAREAS	<b>1:32.02</b>	8,00
4. 1189938 LOPEZ RODRIGUEZ, Adela Elena 50m: 44.35 44.35 100m: 1:36.75 52.40	55 POURENSE	<b>1:36.75</b>	7,00
5. 1144231 PEREZ GALLARDO, Teresa 50m: 1:02.73 1:02.73 100m: 2:09.23 1:06.50	59 POURENSE	<b>2:09.23</b>	6,00
<b>60+</b>			
1. 1144331 TERCEIRO DELGADO, María Del Mar 50m: 36.70 36.70 100m: 1:16.13 39.43	60 CDELMAR	<b>1:16.13</b>	13,00 RG
2. 1145099 LOPEZ MAHIA, Purificacion 50m: 41.80 41.80 100m: 1:32.83 51.03	60 HERCULES	<b>1:32.83</b>	10,00
3. 1212074 LOPEZ BLANCO, M <sup>o</sup> Isabel 50m: 52.10 52.10 100m: 1:48.30 56.20	60 CULLEREDO	<b>1:48.30</b>	8,00
4. 1143893 REBORDA MORILLO, Susana 50m: 53.49 53.49 100m: 1:50.80 57.31	61 ESCUALOS	<b>1:50.80</b>	7,00
5. 1217937 RODRÍGUEZ TRONCOSO, Marina 50m: 1:04.04 1:04.04 100m: 2:12.85 1:08.81	64 PONTEAREAS	<b>2:12.85</b>	6,00
<b>65+</b>			
1. 1075178 SAR MORANO, Dolores 50m: 51.35 51.35 100m: 1:54.22 1:02.87	68 CULLEREDO	<b>1:54.22</b>	13,00
2. 1076494 SUEIRO COSTAS, M <sup>a</sup> Carmen 50m: 1:08.68 1:08.68 100m: 2:24.44 1:15.76	67 PONTEAREAS	<b>2:24.44</b>	10,00
<b>70+</b>			
1. 1076490 GONZALEZ-ALEGRE BURGUEÑO, A. 50m: 46.56 46.56 100m: 1:42.62 56.06	71 TRAVIESAS	<b>1:42.62</b>	13,00
<b>75+</b>			
1. 1076482 GONZALEZ RODRIGUEZ, S. Marta 50m: 1:27.78 1:27.78 100m: 3:01.43 1:33.65	77 PONTEAREAS	<b>3:01.43</b>	13,00
2. 1143507 PEREZ DOMINGUEZ, Maria Luisa 50m: 2:07.74 2:07.74 100m: 4:21.82 2:14.08	79 RIASBAIXAS	<b>4:21.82</b>	10,00



Prueba 3, Fem., 100m Libre

80+

1.	1058045 MORAL RUBIO, Isabel	81	PONTEAREAS	<b>2:53.99</b>	13,00
	50m: 1:21.54 1:21.54	100m: 2:53.99	1:32.45		

Prueba 4  
14/01/2023

Masc., 100m Libre

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1076409 CANCELA GOMEZ, Hugo	20	PONTEAREAS	<b>57.25</b>	13,00
	50m: 27.46 27.46 100m: 57.25 29.79				
2.	1075292 GOMEZ CASAL, Luis	21	CMARINA	<b>57.67</b>	10,00
	50m: 27.45 27.45 100m: 57.67 30.22				
3.	1037841 PINO LORENZO, Brais	22	PONTEAREAS	<b>57.84</b>	8,00
	50m: 26.67 26.67 100m: 57.84 31.17				
4.	1217804 SUAREZ URRUZOLA, Leo	23	CIDSANTIAG	<b>58.11</b>	7,00
	50m: 27.98 27.98 100m: 58.11 30.13				
5.	1039755 RIVAS MACEIRAS, Isaac	24	HERCULES	<b>58.55</b>	6,00
	50m: 27.85 27.85 100m: 58.55 30.70				
6.	1040129 RODRIGUEZ ARES, Alejandro	23	PORTAMIÑA	<b>1:01.48</b>	5,00
	50m: 29.38 29.38 100m: 1:01.48 32.10				
7.	1097741 GONZÁLEZ MARTÍNEZ, Cristian	20	ARTEIXO	<b>1:02.66</b>	4,00
	50m: 29.76 29.76 100m: 1:02.66 32.90				
8.	1061561 INCUTTI TELLADO, Denis	23	PONTEAREAS	<b>1:03.16</b>	3,00
	50m: 29.24 29.24 100m: 1:03.16 33.92				
9.	1141093 VILLAMOR FERRO, Rubén	23	ARTEIXO	<b>1:05.15</b>	2,00
	50m: 30.95 30.95 100m: 1:05.15 34.20				
<b>25+</b>					
1.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	<b>56.66</b>	13,00
	50m: 26.65 26.65 100m: 56.66 30.01				
2.	1040484 ISASTI OTERO, Patxi	28	CNXOVE	<b>57.70</b>	10,00
	50m: 27.60 27.60 100m: 57.70 30.10				
3.	1099429 CARBALLO RODRIGUEZ, Angel	28	UTRERA	<b>58.10</b>	8,00
	50m: 27.47 27.47 100m: 58.10 30.63				
4.	1037180 CARRERA COSTAS, Martin	27	PONTEAREAS	<b>59.80</b>	7,00
	50m: 28.81 28.81 100m: 59.80 30.99				
5.	1180224 TIMIRAOS GONZALEZ, Santiago	27	CNXOVE	<b>1:02.70</b>	6,00
	50m: 29.66 29.66 100m: 1:02.70 33.04				
6.	1143300 VOLLUZ ITALIANI, Facundo J.	25	CNMOS	<b>1:03.74</b>	5,00
	50m: 29.49 29.49 100m: 1:03.74 34.25				
7.	1039270 TRILLO RODRIGUEZ, Adrian	26	CNMOS	<b>1:04.80</b>	4,00
	50m: 30.86 30.86 100m: 1:04.80 33.94				
8.	1228049 RODRIGUEZ RAMOS, Manuel	26	ESCUALOS	<b>1:05.00</b>	3,00
	50m: 31.02 31.02 100m: 1:05.00 33.98				
DSQ	1078908 MEILAN SANCHEZ, Sergio Jose <i>Salida Anticipada</i>	27	PORTAMIÑA		-
Baja enf.	1144045 FERREÑO COMESAÑA, Cristian	27	RIASBAIXAS		-

Prueba 4, Masc., 100m Libre

30+

1.	1038182	VALDES REY, Enol	30	CNXOVE	<b>54.51</b>	13,00
	50m:	25.91 25.91	100m:	54.51 28.60		
2.	1204916	BALLESTER IBAÑEZ, Edgar	32	MONFORTE	<b>56.35</b>	10,00
	50m:	26.75 26.75	100m:	56.35 29.60		
3.	1038638	CASTRO VILLAR, David	32	NCORUÑA	<b>1:01.69</b>	8,00
	50m:	30.16 30.16	100m:	1:01.69 31.53		
4.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	<b>1:04.99</b>	7,00
	50m:	29.87 29.87	100m:	1:04.99 35.12		
5.	1076271	NOVALES BLANCO, Xabier	32	RIASBAIXAS	<b>1:14.88</b>	6,00
	50m:	36.08 36.08	100m:	1:14.88 38.80		
6.	1236744	ALVAREZ CASTRO, Teodoro	33	MONFORTE	<b>1:16.29</b>	5,00
	50m:	35.20 35.20	100m:	1:16.29 41.09		
7.	1214811	GUERRA ABREU, Manuel	34	GALAICO	<b>1:17.62</b>	4,00
	50m:	36.31 36.31	100m:	1:17.62 41.31		

35+

1.	1140778	RODRIGUEZ LAGO, David	37	CIDSANTIAG	<b>57.57</b>	13,00
	50m:	27.68 27.68	100m:	57.57 29.89		
2.	1141144	ARIETTO GARCIA, Jorge	37	RCNVIGO	<b>58.05</b>	10,00
	50m:	28.05 28.05	100m:	58.05 30.00		
3.	1084043	PIÑEIRO PEON, Antonio	39	GALAICO	<b>1:01.76</b>	8,00
	50m:	29.57 29.57	100m:	1:01.76 32.19		
4.	1199549	MARTINEZ DOPAZO, David	36	GALAICO	<b>1:02.62</b>	7,00
	50m:	29.49 29.49	100m:	1:02.62 33.13		
5.	1126597	FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	<b>1:04.17</b>	6,00
	50m:	32.05 32.05	100m:	1:04.17 32.12		
6.	1226258	BERNARDEZ FERRO, Juan Jose	36	GALAICO	<b>1:06.22</b>	5,00
	50m:	31.03 31.03	100m:	1:06.22 35.19		
7.	1203519	KRUGLOV, Mykola	38	ESCUALOS	<b>1:06.99</b>	4,00
	50m:	31.99 31.99	100m:	1:06.99 35.00		
8.	1086712	FREIRE DONADO, Guillermo	39	CIDSANTIAG	<b>1:07.63</b>	3,00
	50m:	32.73 32.73	100m:	1:07.63 34.90		
9.	1226234	COTELO SENANDE, Alberto	35	ADFOGAR	<b>1:08.52</b>	2,00
	50m:	31.23 31.23	100m:	1:08.52 37.29		
10.	1145073	FERNANDES MAGALHAES, Andre	37	RIASBAIXAS	<b>1:18.58</b>	1,00
	50m:	37.81 37.81	100m:	1:18.58 40.77		
11.	1178928	FIDALGO SERRANO, Guillermo	37	TRAVIESAS	<b>1:18.94</b>	-
	50m:	37.74 37.74	100m:	1:18.94 41.20		
12.	1223126	ALVAREZ FERRIN, Pablo	39	CIDSANTIAG	<b>1:18.96</b>	-
	50m:	37.69 37.69	100m:	1:18.96 41.27		
13.	1145090	MARTÍNEZ DOMÍNGUEZ, Iván	35	PONTEAREAS	<b>1:19.59</b>	-
	50m:	35.86 35.86	100m:	1:19.59 43.73		
Baja enf.	1198278	MANEIRO BETANZOS, Javier	38	ESCUALOS		-

Prueba 4, Masc., 100m Libre

40+

1.	1231535	GOMEZ MARQUEZ, Hugo	40	POURENSE	<b>58.68</b>	13,00
	50m:	29.24 29.24	100m:	58.68 29.44		
2.	1107942	GARCIA RODRIGUEZ, Sergio	42	RIASBAIXAS	<b>59.52</b>	10,00
	50m:	28.40 28.40	100m:	59.52 31.12		
3.	1143897	SEVILLA AROCA, Javier	40	ESCUALOS	<b>1:01.78</b>	8,00
	50m:	29.63 29.63	100m:	1:01.78 32.15		
4.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	<b>1:04.14</b>	7,00
	50m:	29.85 29.85	100m:	1:04.14 34.29		
5.	1093446	VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	<b>1:05.17</b>	6,00
	50m:	30.20 30.20	100m:	1:05.17 34.97		
6.	1178765	ESPAÑA CABEZAS, Jesús	42	CIDSANTIAG	<b>1:08.27</b>	5,00
	50m:	33.25 33.25	100m:	1:08.27 35.02		
7.	1143702	GUTIERREZ COSTAS, Oscar	41	RIASBAIXAS	<b>1:08.29</b>	4,00
	50m:	31.86 31.86	100m:	1:08.29 36.43		
8.	1144584	ALVAREZ SILVA, Ruben	42	ESCUALOS	<b>1:08.34</b>	3,00
	50m:	33.14 33.14	100m:	1:08.34 35.20		
9.	1224733	ARANGO GAYAR, Saul	43	RIASBAIXAS	<b>1:09.94</b>	2,00
	50m:	32.08 32.08	100m:	1:09.94 37.86		
10.	1170841	BASTIDA CAMPOS, Alejandro	41	SALESTRA	<b>1:10.42</b>	1,00
	50m:	34.02 34.02	100m:	1:10.42 36.40		
11.	1143899	PEREZ LOPEZ, Manuel	42	ESCUALOS	<b>1:10.57</b>	-
	50m:	34.00 34.00	100m:	1:10.57 36.57		
12.	1143895	PADIN CHARLIN, Joaquin	43	ESCUALOS	<b>1:11.98</b>	-
	50m:	34.25 34.25	100m:	1:11.98 37.73		
13.	1190529	CERVELA DEBER, Moises	41	SALESTRA	<b>1:15.09</b>	-
	50m:	32.64 32.64	100m:	1:15.09 42.45		
14.	1144181	PEREZ CARRERA, Elias	44	RIASBAIXAS	<b>1:16.39</b>	-
	50m:	36.14 36.14	100m:	1:16.39 40.25		
15.	1220977	MIGUELEZ FERNANDEZ, Bruno	43	RIASBAIXAS	<b>1:16.63</b>	-
	50m:	33.88 33.88	100m:	1:16.63 42.75		
16.	1215947	VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	<b>1:18.02</b>	-
	50m:	38.23 38.23	100m:	1:18.02 39.79		
17.	1200126	TABOADA CALVELO, Jose Carlos	44	SALESTRA	<b>1:19.24</b>	-
	50m:	35.90 35.90	100m:	1:19.24 43.34		
18.	1076282	CARRERA COSTAS, Andres	41	PONTEAREAS	<b>1:19.67</b>	-
	50m:	37.59 37.59	100m:	1:19.67 42.08		
19.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	40	RIASBAIXAS	<b>1:20.77</b>	-
	50m:	36.00 36.00	100m:	1:20.77 44.77		

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	<b>1:00.34</b>	13,00
	50m:	29.55 29.55	100m:	1:00.34 30.79		
2.	1144267	FINS SEOANE, Juan Miguel	46	SALESTRA	<b>1:02.28</b>	10,00
	50m:	29.46 29.46	100m:	1:02.28 32.82		
3.	1205935	GUIRADO CARABEL, Oscar	47	CULLEREDO	<b>1:03.34</b>	8,00
	50m:	29.87 29.87	100m:	1:03.34 33.47		

Prueba 4, Masc., 100m Libre, 45+

Clasificación	Edad	Tiempo	Puntos
4. 1143480 ABADES REBOREDO, Daniel 50m: 31.32 31.32 100m: 1:05.12 33.80	45 HERCULES	<b>1:05.12</b>	7,00
5. 1201121 ROMERA CASTEJÓN, Rafael 50m: 33.41 33.41 100m: 1:09.72 36.31	46 UTRERA	<b>1:09.72</b>	6,00
6. 1084040 GARCIA CASTIÑEIRA, Daniel 50m: 32.88 32.88 100m: 1:10.76 37.88	49 GALAICO	<b>1:10.76</b>	5,00
7. 1192271 MOURIÑO FORTES, Victor Manuel 50m: 33.69 33.69 100m: 1:10.78 37.09	46 PONTEAREAS	<b>1:10.78</b>	4,00
8. 1212075 GONZALEZ PARIS, David 50m: 34.37 34.37 100m: 1:12.39 38.02	45 HERCULES	<b>1:12.39</b>	3,00
9. 1203306 DURO GONZALEZ, Antonio 50m: 36.13 36.13 100m: 1:14.52 38.39	49 SALESTRA	<b>1:14.52</b>	2,00
10. 1144269 LOPEZ PAYO, Mario 50m: 34.41 34.41 100m: 1:16.47 42.06	46 SALESTRA	<b>1:16.47</b>	1,00
11. 1143495 MARTINEZ SAIÑAS, Juan Ramon 50m: 37.41 37.41 100m: 1:17.26 39.85	47 RIASBAIXAS	<b>1:17.26</b>	-
12. 1143850 IGLESIAS MIRA, Felipe 50m: 40.64 40.64 100m: 1:24.18 43.54	49 POURENSE	<b>1:24.18</b>	-
13. 1223051 PEREZ CARRUEBANO, Enrique 50m: 37.59 37.59 100m: 1:25.21 47.62	49 SCASINO	<b>1:25.21</b>	-
14. 1235958 BRIOSO DÍAZ, Manuel 50m: 42.14 42.14 100m: 1:31.63 49.49	46 REDONDELA	<b>1:31.63</b>	-
Baja enf. 1144915 SÁNCHEZ PARADA, Jose M <sup>a</sup>	45 ARTEIXO		-
<b>50+</b>			
1. 1180192 SAAVEDRA GONZÁLEZ, Raul 50m: 29.99 29.99 100m: 1:02.80 32.81	50 HERCULES	<b>1:02.80</b>	13,00 RG
2. 1076185 PEREIRA DIAZ, Angel 50m: 30.99 30.99 100m: 1:04.69 33.70	51 ESCUALOS	<b>1:04.69</b>	10,00
3. 1147287 ESCUDERO DANS, David 50m: 33.54 33.54 100m: 1:08.87 35.33	50 TRICORUÑA	<b>1:08.87</b>	8,00
4. 1075597 RODRIGUEZ BALIÑA, Marcos 50m: 33.60 33.60 100m: 1:11.44 37.84	52 PONTEAREAS	<b>1:11.44</b>	7,00
5. 1171462 FERREIRO SEOANE, Jose Raul 50m: 36.31 36.31 100m: 1:15.83 39.52	50 RIASBAIXAS	<b>1:15.83</b>	6,00
6. 1141071 LORENZO FERNANDEZ, Jose Manuel 50m: 36.51 36.51 100m: 1:17.64 41.13	51 RIASBAIXAS	<b>1:17.64</b>	5,00
7. 1143605 FERNANDEZ MARTINEZ, Alberto 50m: 38.75 38.75 100m: 1:20.74 41.99	52 ESCUALOS	<b>1:20.74</b>	4,00
8. 1146902 PEREIRO LOPEZ-QUECUTY, Simon 50m: 37.45 37.45 100m: 1:21.41 43.96	50 RIASBAIXAS	<b>1:21.41</b>	3,00
9. 1180236 DE LA VEGA GÁNDARAS, Felipe 50m: 41.16 41.16 100m: 1:23.63 42.47	50 HERCULES	<b>1:23.63</b>	2,00
10. 1178895 CRESPO PÉREZ, Albarino 50m: 37.94 37.94 100m: 1:24.09 46.15	53 ESCUALOS	<b>1:24.09</b>	1,00
11. 1143494 IGLESIAS RODRIGUEZ, Carlos 50m: 38.72 38.72 100m: 1:24.43 45.71	54 RIASBAIXAS	<b>1:24.43</b>	-

Prueba 4, Masc., 100m Libre, 50+

Clasificación		Edad		Tiempo	Puntos
12.	1195570 TERREN ENRUBIA, Lucio A 50m: 35.72 35.72 100m: 1:27.35 51.63	53	RIASBAIXAS	<b>1:27.35</b>	-
13.	1143612 PENEDO PADIN, Adolfo 50m: 41.00 41.00 100m: 1:27.68 46.68	51	GALAICO	<b>1:27.68</b>	-
14.	1145039 FERREIRO SANCHEZ, Luis 50m: 42.62 42.62 100m: 1:31.18 48.56	53	POURENSE	<b>1:31.18</b>	-
15.	1180239 MARTÍNEZ LEMA, José Antonio 50m: 43.25 43.25 100m: 1:33.46 50.21	51	TRICORUÑA	<b>1:33.46</b>	-
<b>55+</b>					
1.	1085112 RIVAS FEAL, Antonio 50m: 32.60 32.60 100m: 1:08.37 35.77	57	HERCULES	<b>1:08.37</b>	13,00
2.	1061111 ISASTI MAIZA, Patxi Xabier 50m: 33.66 33.66 100m: 1:09.95 36.29	58	CNXOVE	<b>1:09.95</b>	10,00
3.	1175089 NISTAL GARCÍA, Eduardo 50m: 34.01 34.01 100m: 1:12.34 38.33	55	SCASINO	<b>1:12.34</b>	8,00
4.	1076509 VAZQUEZ VARELA, Jose Manuel 50m: 34.40 34.40 100m: 1:14.15 39.75	57	RIASBAIXAS	<b>1:14.15</b>	7,00
5.	1145033 PIÑEIRO PEREZ, Armando 50m: 39.01 39.01 100m: 1:18.42 39.41	57	PONTEAREAS	<b>1:18.42</b>	6,00
6.	1199641 COUCEIRO SANCHEZ, Gonzalo 50m: 37.43 37.43 100m: 1:19.58 42.15	57	SCASINO	<b>1:19.58</b>	5,00
7.	1143536 BLANCO PEREZ, Angel 50m: 40.78 40.78 100m: 1:25.79 45.01	59	POURENSE	<b>1:25.79</b>	4,00
8.	1195569 PEREZ LEIVA, Manuel 50m: 40.97 40.97 100m: 1:26.64 45.67	55	RIASBAIXAS	<b>1:26.64</b>	3,00
9.	1228047 PEREZ GARCIA, Manuel 50m: 45.41 45.41 100m: 1:39.24 53.83	56	CULLEREDO	<b>1:39.24</b>	2,00
<b>60+</b>					
1.	1076173 FERNANDEZ NUÑEZ, Santiago 50m: 30.40 30.40 100m: 1:03.57 33.17	60	ESCUALOS	<b>1:03.57</b>	13,00 RG
2.	1078596 LOIS PEREZ, Antonio 50m: 33.04 33.04 100m: 1:08.80 35.76	62	NCORUÑA	<b>1:08.80</b>	10,00
3.	1078597 SOLLEIRO TIZON, Juan Jose 50m: 35.99 35.99 100m: 1:14.64 38.65	60	NCORUÑA	<b>1:14.64</b>	8,00
4.	1144279 CAMIÑA GRANDE, Eduardo 50m: 36.27 36.27 100m: 1:14.65 38.38	63	SALESTRA	<b>1:14.65</b>	7,00
5.	1170858 CODESIDO LOPEZ, José 50m: 36.37 36.37 100m: 1:16.23 39.86	64	CIDSANTIAG	<b>1:16.23</b>	6,00
6.	1180241 COLLAZO LÓPEZ, Víctor Eliseo 50m: 36.17 36.17 100m: 1:18.82 42.65	60	SALESTRA	<b>1:18.82</b>	5,00
7.	1141399 SANCHEZ MUÑOZ, Jose Ignacio 50m: 40.04 40.04 100m: 1:27.12 47.08	62	RIASBAIXAS	<b>1:27.12</b>	4,00
8.	1053394 SANJORGE PEDREIRA, Carmelo 50m: 43.72 43.72 100m: 1:35.58 51.86	61	ARTEIXO	<b>1:35.58</b>	3,00



Prueba 4, Masc., 100m Libre, 60+

Clasificación					Edad			Tiempo	Puntos
9.	1076514	LAGO REY, Jose Manuel	60	RIASBAIXAS				<b>2:15.36</b>	2,00
		50m: 59.97 59.97 100m: 2:15.36 1:15.39							
<b>65+</b>									
1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE				<b>1:20.21</b>	13,00
		50m: 38.77 38.77 100m: 1:20.21 41.44							
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS				<b>1:20.25</b>	10,00
		50m: 38.33 38.33 100m: 1:20.25 41.92							
3.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO				<b>1:40.81</b>	8,00
		50m: 45.45 45.45 100m: 1:40.81 55.36							
<b>70+</b>									
1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS				<b>1:33.98</b>	13,00
		50m: 43.75 43.75 100m: 1:33.98 50.23							
<b>80+</b>									
1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS				<b>2:50.55</b>	13,00
		50m: 1:20.60 1:20.60 100m: 2:50.55 1:29.95							
<b>85+</b>									
1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO				<b>1:49.63</b>	13,00
		50m: 52.22 52.22 100m: 1:49.63 57.41							

Prueba 5  
14/01/2023

Fem., 50m Mariposa

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	<b>30.98</b>	13,00
2.	1039295 PEREIRA FERY, Marta	22	CMARINA	<b>31.90</b>	10,00
3.	1039636 GALLARDO DE ARTAZA, Sara	24	CDELMAR	<b>35.62</b>	8,00
4.	1037987 MENDEZ SEIJO, Nerea	24	RIASBAIXAS	<b>35.63</b>	7,00
5.	1038929 GONZALEZ AVENDAÑO, Lucia	24	GALAICO	<b>36.80</b>	6,00
6.	1037965 COSTA FERNANDEZ, Laura	22	PONTEAREAS	<b>38.39</b>	5,00
7.	1039475 TEIJEIRA LOPEZ, Sara	23	CNXOVE	<b>38.68</b>	4,00
8.	1144257 FERNANDEZ GONZALEZ, Elena	22	HERCULES	<b>42.10</b>	3,00
9.	1228048 ALVAREZ SOUTO, Claudia	22	ESCUALOS	<b>43.67</b>	2,00
<b>25+</b>					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	<b>32.12</b>	13,00
2.	1130789 GARCIA MIGUEZ, Rosalia	25	GALAICO	<b>35.65</b>	10,00
3.	1038540 GALLARDO DE ARTAZA, Maria	28	NCORUÑA	<b>37.57</b>	8,00
4.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	<b>37.96</b>	7,00
5.	1219499 ESPIÑO ALBELA, Andrea	29	HERCULES	<b>41.54</b>	6,00
6.	1199647 TASENDE LÓPEZ, Xeila	26	ARTEIXO	<b>41.60</b>	5,00
7.	1217434 CRESPO ESTEVEZ, Laura	29	GALAICO	<b>46.47</b>	4,00
<b>30+</b>					
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL	<b>28.84</b>	13,00 RG
2.	1086350 RIVAS CARCACIA, Natalia	32	ESCUALOS	<b>38.48</b>	10,00
3.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	<b>39.65</b>	8,00
4.	1143565 ARAÚJO CASTRO, Paula	32	CDELMAR	<b>41.64</b>	7,00
5.	1040719 CUBA KOSTER, Esmeralda	31	CNXOVE	<b>42.13</b>	6,00
6.	1202705 MARTINEZ BARCIELA, Maria Olga	33	TRAVIESAS	<b>59.96</b>	5,00
DSQ	1110693 FERNANDEZ GUARDIOLA, Loira	34	PONTEAREAS		-
	<i>Viraje irregular</i>				
Baja enf.	1222211 SANZ BARRIONUEVO, Maria Luisa	32	CIDSANTIAG		-
<b>35+</b>					
1.	1075496 BARBEITO DOMINGUEZ, Marta	39	TCHAMART	<b>36.86</b>	13,00
2.	1144592 ACUÑA MELLA, Maria	35	PONTEAREAS	<b>49.29</b>	10,00
Baja enf.	1144403 SILVA SILVA, Natalia	37	CNMOS		-
<b>40+</b>					
1.	1195584 ALAYON MORIN, Cristina	41	HERCULES	<b>37.82</b>	13,00
2.	1075843 GONZALEZ FERNANDEZ, Leticia	41	CNXOVE	<b>39.32</b>	10,00
3.	1144200 RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	<b>46.59</b>	8,00
4.	1170845 CID ALVAREZ, Isabel	43	ESCUALOS	<b>48.26</b>	7,00
5.	1236743 RIVAS RODRIGUEZ, Lucia	44	NCORUÑA	<b>49.36</b>	6,00
6.	1036387 VAZQUEZ PARCERO, Marta	43	CMARINA	<b>1:12.41</b>	5,00

Prueba 5, Fem., 50m Mariposa

45+

1.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	<b>43.27</b>	13,00
2.	1222316	GIL VILLARINO, Marta	46	HERCULES	<b>49.55</b>	10,00
3.	1145023	SALES MANTIÑAN, Carmen	49	SCASINO	<b>49.80</b>	8,00
4.	1217442	VILLASANTE ARMAS, Maria Rosa	48	NCORUÑA	<b>53.64</b>	7,00
5.	1178771	BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS	<b>1:01.91</b>	6,00
6.	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	<b>1:02.81</b>	5,00

50+

1.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	<b>46.05</b>	13,00
2.	1127346	SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	<b>48.09</b>	10,00
3.	1076524	SOUSA CARNEIRO, Rosana	52	CNMOS	<b>55.42</b>	8,00

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	<b>47.48</b>	13,00
2.	1037970	CALVIÑO CANCELA, Cristina	55	PONTEAREAS	<b>53.84</b>	10,00

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	60	CDELMAR	<b>43.45</b>	13,00
2.	1141154	CELEMIN PORRERO, Maria Teresa	64	GALAICO	<b>1:04.54</b>	10,00

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS	<b>57.73</b>	13,00
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Prueba 6  
14/01/2023

Masc., 50m Mariposa

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1076322 VILA PEREIRA, Brais	20	PONTEAREAS	<b>28.94</b>	13,00
2.	1040450 ARDAO GRANDAL, Daniel	21	CMARINA	<b>29.11</b>	10,00
3.	1144927 SUAREZ RIPOLL, Xian	20	CIDSANTIAG	<b>29.35</b>	8,00
4.	1092303 MEIJIDE GIADAS, Diego	23	CIDSANTIAG	<b>29.49</b>	7,00
5.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	<b>29.58</b>	6,00
6.	1037841 PINO LORENZO, Brais	22	PONTEAREAS	<b>30.63</b>	5,00
7.	1144982 VILLAVERDE CAMPOS, Jose M	22	GALAICO	<b>31.61</b>	4,00
8.	1061561 INCUTTI TELLADO, Denis	23	PONTEAREAS	<b>32.18</b>	3,00
DSQ	1217804 SUAREZ URRUZOLA, Leo	23	CIDSANTIAG		-
	<i>Salida Anticipada</i>				
<b>25+</b>					
1.	1119327 SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	<b>28.41</b>	13,00
2.	1076355 OROZA PARGA, Bruno	29	CNXOVE	<b>30.05</b>	10,00
3.	1040134 MIGUEZ VAZQUEZ, Victor	26	CNXOVE	<b>30.58</b>	8,00
4.	1143300 VOLLUZ ITALIANI, Facundo J.	25	CNMOS	<b>31.22</b>	7,00
5.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	27	PONTEAREAS	<b>31.31</b>	6,00
6.	1040621 SEQUEIROS LAGO, Saul	25	CNMOS	<b>32.15</b>	5,00
7.	1039270 TRILLO RODRIGUEZ, Adrian	26	CNMOS	<b>36.39</b>	4,00
Baja enf.	1144045 FERREÑO COMESAÑA, Cristian	27	RIASBAIXAS		-
<b>30+</b>					
1.	1204916 BALLESTER IBAÑEZ, Edgar	32	MONFORTE	<b>28.24</b>	13,00
2.	1218234 SANTIAGO CAÑIZAL, Daniel	34	CNXOVE	<b>30.86</b>	10,00
3.	1078909 RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	<b>36.89</b>	8,00
4.	1076271 NOVALES BLANCO, Xabier	32	RIASBAIXAS	<b>40.86</b>	7,00
<b>35+</b>					
1.	1140778 RODRIGUEZ LAGO, David	37	CIDSANTIAG	<b>28.95</b>	13,00
2.	1005819 LAZARO GUERRERO, Victor	35	CMARINA	<b>30.87</b>	10,00
3.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	<b>32.69</b>	8,00
4.	1143890 FORTES NOVOA, Martiño	35	ESCUALOS	<b>33.39</b>	7,00
5.	1023057 PEREZ VAZQUEZ, Telmo	35	CMARINA	<b>35.84</b>	6,00
6.	1086712 FREIRE DONADO, Guillermo	39	CIDSANTIAG	<b>37.10</b>	5,00
7.	1223126 ALVAREZ FERRIN, Pablo	39	CIDSANTIAG	<b>42.80</b>	4,00
8.	1170846 PRESA PRESA, Santiago	35	GALAICO	<b>46.94</b>	3,00
DSQ	1203519 KRUGLOV, Mykola	38	ESCUALOS		-
	<i>Salida anticipada</i>				
DSQ	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	35	PONTEAREAS		-
	<i>Nado irregular</i>				
Baja enf.	1222781 FARIÑA VILA, Manuel	35	CNMOS		-

Prueba 6, Masc., 50m Mariposa

40+

1.	1126481	BAS MARTINEZ, Francisco Javier	41	JEREZMASTER	<b>29.84</b>	13,00
2.	1107942	GARCIA RODRIGUEZ, Sergio	42	RIASBAIXAS	<b>30.32</b>	10,00
3.	1141151	CALLE FACAL, Telmo	40	GALAICO	<b>30.51</b>	8,00
4.	1178765	ESPAÑA CABEZAS, Jesús	42	CIDSANTIAG	<b>33.23</b>	7,00
5.	1143702	GUTIERREZ COSTAS, Oscar	41	RIASBAIXAS	<b>33.24</b>	6,00
6.	1144181	PEREZ CARRERA, Elias	44	RIASBAIXAS	<b>33.51</b>	5,00
7.	1224733	ARANGO GAYAR, Saul	43	RIASBAIXAS	<b>34.28</b>	4,00
8.	1178772	CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	<b>38.00</b>	3,00
9.	1147216	GONZALEZ VICENTE, Ruben	42	PORTAMIÑA	<b>39.51</b>	2,00
10.	1076282	CARRERA COSTAS, Andres	41	PONTEAREAS	<b>42.45</b>	1,00
11.	1143899	PEREZ LOPEZ, Manuel	42	ESCUALOS	<b>42.51</b>	-
12.	1200126	TABOADA CALVELO, Jose Carlos	44	SALESTRA	<b>42.97</b>	-
13.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	40	RIASBAIXAS	<b>43.39</b>	-
14.	1215947	VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	<b>45.71</b>	-
Baja enf.	1190909	CARBALLA BARROSO, Rogelio Manue	42	GALAICO		-

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	<b>29.55</b>	13,00
2.	1076549	FERNÁNDEZ MAROTO, Diego	45	RCNVIGO	<b>31.63</b>	10,00
3.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	<b>31.74</b>	8,00
4.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	<b>31.83</b>	7,00
5.	1198273	MONTERO PRIETO, Carlos Eugenio	45	GALAICO	<b>33.71</b>	6,00
6.	1143662	BALSA MOSQUERA, Pablo	45	CMARINA	<b>34.10</b>	5,00
7.	1190415	GOMEZ FREIRE, Domingo Jose	48	SCASINO	<b>36.36</b>	4,00
8.	1192271	MOURIÑO FORTES, Victor Manuel	46	PONTEAREAS	<b>37.86</b>	3,00
9.	1076535	DE LUIS GONZÁLEZ, Aitor	49	RCNVIGO	<b>42.68</b>	2,00
10.	1143495	MARTINEZ SAIÑAS, Juan Ramon	47	RIASBAIXAS	<b>42.97</b>	1,00
11.	1203306	DURO GONZALEZ, Antonio	49	SALESTRA	<b>45.17</b>	-

50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	<b>30.54</b>	13,00 RG
2.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	<b>32.20</b>	10,00
3.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO	<b>34.34</b>	8,00
4.	1147287	ESCUDEIRO DANS, David	50	TRICORUÑA	<b>35.37</b>	7,00
5.	1141356	GENDE DIAZ, Juan F.	53	ADFOGAR	<b>38.45</b>	6,00
6.	1141071	LORENZO FERNANDEZ, Jose Manuel	51	RIASBAIXAS	<b>40.98</b>	5,00
7.	1171462	FERREIRO SEOANE, Jose Raul	50	RIASBAIXAS	<b>41.85</b>	4,00
8.	1180239	MARTÍNEZ LEMA, José Antonio	51	TRICORUÑA	<b>43.05</b>	3,00
9.	1180236	DE LA VEGA GÁNDARAS, Felipe	50	HERCULES	<b>45.62</b>	2,00
10.	1146902	PEREIRO LOPEZ-QUECUTY, Simon	50	RIASBAIXAS	<b>48.83</b>	1,00
11.	1197604	ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS	<b>54.89</b>	-

55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	<b>32.70</b>	13,00
2.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	<b>35.32</b>	10,00
3.	1143661	TOURIÑO GONZALEZ, Victor M.	55	CMARINA	<b>36.31</b>	8,00
4.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	<b>37.83</b>	7,00
5.	1061111	ISASTI MAIZA, Patxi Xabier	58	CNXOVE	<b>39.02</b>	6,00
Baja enf.	1141209	DE LA PAZ VIGO, Agustin A.	57	CMARINA		-

Prueba 6, Masc., 50m Mariposa

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	<b>32.48</b>	13,00
2.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	<b>35.43</b>	10,00
3.	1144279	CAMIÑA GRANDE, Eduardo	63	SALESTRA	<b>37.36</b>	8,00
4.	1075185	YAÑEZ WONENBURGER, J. Carlos	64	HERCULES	<b>40.90</b>	7,00
5.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	<b>49.34</b>	6,00
6.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	<b>49.37</b>	5,00
Baja enf.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS		-

65+

1.	1143896	PERDIZ GONZALEZ, Jose Ramon	65	ESCUALOS	<b>1:14.59</b>	13,00
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70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	<b>37.48</b>	13,00 RG
2.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	<b>1:03.00</b>	10,00



Prueba 7  
14/01/2023

Mixto, 4 x 50m Estilos

AG 80 - 359  
Resultados

Clasificación					Tiempo	Puntos
<b>+80 (PRE-MASTER)</b>						
1.	<b>CMARINA 3</b>			<b>CMARINA</b>	<b>2:14.73</b>	26,00
	PEREIRA FERY, Marta 22	33.53		ARDAO GRANDAL, Daniel 21		28.68
	GOMEZ CASAL, Luis 21	34.09		LORENZO SENRA, Noemi 21		38.43
2.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:15.78</b>	20,00
	GARCIA TRIGO, Sofía 21	36.08		MIGUEZ VAZQUEZ, Victor 26		31.03
	TIMIRAOS GONZALEZ, Santiago 27	36.49		ALVITE LOPEZ, Andrea 24		32.18
3.	<b>PONTEAREAS 1</b>			<b>PONTEAREAS</b>	<b>2:16.42</b>	16,00
	VILA PEREIRA, Brais 20	30.27		COSTA FERNANDEZ, Laura 22		36.96
	EIJO GIL, Ana Paula 20	44.11		PINO LORENZO, Brais 22		25.08
4.	<b>GALAICO 1</b>			<b>GALAICO</b>	<b>2:18.49</b>	14,00
	CASTRO RODRIGUEZ, Francisco 23	32.14		GONZALEZ AVENDAÑO, Lucia 24		36.61
	CANO ROSALES, Nuria 22	41.76		VILLAVERDE CAMPOS, Jose M 22		27.98
<b>+100</b>						
1.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:17.09</b>	26,00
	ISASTI OTERO, Nerea 26	39.06		ISASTI OTERO, Patxi 28		28.98
	VAZQUEZ SANCHEZ, Pilar 25	43.22		VALDES REY, Enol 30		25.83
2.	<b>RIASBAIXAS 1</b>			<b>RIASBAIXAS</b>	<b>2:27.09</b>	20,00
	NOVALES BLANCO, Xabier 32	46.54		VALIÑO GÓMEZ, Esther 35		34.83
	PASTORIZA SANTA CLARA, Jorge 26	32.17		SUAREZ GARCIA, Sofía 26		33.55
3.	<b>PORTAMIÑA 1</b>			<b>PORTAMIÑA</b>	<b>2:32.43</b>	16,00
	FREIJE TORNEIRO, Aroa 25	35.69		LOPEZ RODRIGUEZ, Aroa 26		37.22
	GONZALEZ PEÑAS, David 39	46.73		MEILAN SANCHEZ, Sergio Jose 27		32.79
4.	<b>PONTEAREAS 2</b>			<b>PONTEAREAS</b>	<b>2:37.49</b>	14,00
	IBAÑEZ CARRERA, Manuel Gabriel 27	32.97		RODRIGUEZ BALIÑA, Mauro 33		36.68
	PAZOS GANDARA, Andrea 31	48.50		GONZALEZ PEREZ, Paula 27		39.34
5.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>2:39.22</b>	12,00
	GARCIA MIGUEZ, Rosalía 25	37.69		TENORIO FREIRE, Martin 31		29.10
	FERNANDEZ GARCIA, Marina 26	59.39		GUERRA ABREU, Manuel 34		33.04
<b>+120</b>						
1.	<b>HERCULES 3</b>			<b>HERCULES</b>	<b>2:17.34</b>	26,00
	PASCUAL GUTIERREZ, María Tere:25	34.76		MERA MONTECELOS, Pablo 40		31.11
	MATIAS DUARTE, Erick 41	38.10		ESPIÑO ALBELA, Andrea 29		33.37
2.	<b>PONTEAREAS 2</b>			<b>PONTEAREAS</b>	<b>2:17.94</b>	20,00
	GESTO ALONSO, Clarisa 34	38.83		BOUZA PADRON, Adrian 26		29.11
	CARRERA COSTAS, Martin 27	34.97		VARELA REDONDO, Veronica 48		35.03
3.	<b>GALAICO 3</b>			<b>GALAICO</b>	<b>2:21.98</b>	16,00
	SANTORUM FONTAN, Iria Marta 31	40.55		CALLE FACAL, Telmo 40		30.07
	PIÑEIRO PEON, Antonio 39	35.32		CRESPO ESTEVEZ, Laura 29		36.04
4.	<b>PORTAMIÑA 2</b>			<b>PORTAMIÑA</b>	<b>2:23.30</b>	14,00
	RAMOS LOBO, Raquel 30	36.92		PEREZ ARIAS, Hector 52		31.00
	GUIMAREY VAZQUEZ, Marcos 46	36.86		SALGADO CASTELO, Marta 29		38.52
5.	<b>ESQUALOS 1</b>			<b>ESQUALOS</b>	<b>2:23.91</b>	12,00
	MIRA VAZQUEZ, Paula 37	44.89		PAZOS ALONSO, Josue 37		32.42
	FORTES NOVOA, Martiño 35	34.25		RIVAS CARCACIA, Natalia 32		32.35

Prueba 7, Mixto, 4 x 50m Estilos, +120

Clasificación				Tempo	Puntos	
6.	<b>CNXOVE 1</b>			<b>2:25.46</b>	10,00	
	GARCIA GARCIA, Anselmo	35	36.80	SANTIAGO CAÑIZAL, Daniel	34	30.69
	BEN CILLERO, Sabela	31	41.68	GONZALEZ FERNANDEZ, Leticia	41	36.29
7.	<b>RIASBAIXAS 2</b>			<b>2:27.67</b>	8,00	
	GONZALEZ PEREZ, Jessica	36	44.23	CAO LAGO, Pablo	36	32.73
	FIGUEIRA DOMINGUEZ, Javier Guz35m		36.83	PEREZ GARCIA, Eva	33	33.88
8.	<b>SALESTRA 2</b>			<b>2:48.03</b>	6,00	
	BASTIDA CAMPOS, Alejandro	41	40.82	DURO GONZALEZ, Antonio	49	1:12.88
	OTERO FERNANDEZ, Maria Luisa	30	21.80	ROZADOS LUIS, Adriana	38	32.53
9.	<b>POURENSE 1</b>			<b>2:59.38</b>	4,00	
	FERNANDEZ PARADA, Clara	30	1:19.75	BLANCO PEREZ, Adrian	29	28.40
	FRANCISCO MACÍAS, Simón	27	39.61	GONZALEZ RODRIGUEZ, Maria	41	31.62
Baja enf.	<b>CIDSANTIAG 1</b>				-	
Baja enf.	<b>ARTEIXO 1</b>				-	
<b>+160</b>						
1.	<b>CMARINA 1</b>			<b>2:10.46</b>	26,00 RG	
	TORRES GUTIERREZ, Cristina	33	33.20	HERMIDA RODRIGUEZ, Blanca	42	33.26
	TOURIÑO GONZALEZ, Victor M.	55	36.61	LAZARO GUERRERO, Victor	35	27.39
2.	<b>HERCULES 2</b>			<b>2:20.57</b>	20,00	
	ALAYON MORIN, Cristina	41	38.91	SAAVEDRA GONZÁLEZ, Raul	50	31.09
	BRAÑA MENENDEZ, Sonia	48	43.03	FOUZ ROUCO, Rubén	44	27.54
3.	<b>ESCUALOS 2</b>			<b>2:22.58</b>	16,00	
	MARTIN, Christelle	42	43.57	SEVILLA AROCA, Javier	40	31.63
	NOGUEIRA-PINTO CRESPO, Hugo	45	34.02	FKEOUI OMARI, Salma	41	33.36
4.	<b>CULLEREDO 1</b>			<b>2:32.42</b>	14,00	
	GUIRADO CARABEL, Oscar	47	34.85	HERNAEZ OUBIÑA, David	50	34.15
	SANDERSON, Helen Jane	53	48.04	LOPEZ MORADO, Maria	22	35.38
5.	<b>RIASBAIXAS 3</b>			<b>2:33.03</b>	12,00	
	ROIG SANCHEZ, Blanca Ana	49	46.63	GUTIERREZ COSTAS, Oscar	41	33.64
	VAZQUEZ IGLESIAS, Daniel	44	34.90	RODRIGUEZ LOPEZ, Belen	42	37.86
6.	<b>SCASINO 1</b>			<b>2:40.32</b>	10,00	
	VINAGRE SENDINO, Cora	35	38.70	GOMEZ FREIRE, Domingo Jose	48	36.26
	PEREZ CARRUEBANO, Enrique	49	47.26	SALES MANTIÑAN, Carmen	49	38.10
7.	<b>ADFOGAR 1</b>			<b>2:41.73</b>	8,00	
	EIRIS CASTRO, Andrea	33	41.49	GENDE DIAZ, Juan F.	53	39.32
	RODRIGUEZ REY, Maria J.	50	50.92	COTELO SENANDE, Alberto	35	30.00
8.	<b>PONTEAREAS 3</b>			<b>2:42.98</b>	6,00	
	COVELO SAAVEDRA, Nahir	45	46.91	FERNANDEZ IGLESIAS, Emilio J.	46	35.64
	MOURIÑO ORTIGUERA, Roberto C.	49	41.22	ACUÑA MELLA, Maria	35	39.21
9.	<b>PORTAMIÑA 3</b>			<b>2:51.96</b>	4,00	
	TIMIRAOS CARRASCO, Fernando	58	39.77	GARCIA RODRIGUEZ, Teresa	51	54.23
	GONZALEZ VICENTE, Ruben	42	43.55	FERNANDEZ GONZALEZ, Iria	41	34.41
10.	<b>GALAICO 4</b>			<b>3:05.43</b>	2,00	
	PELETEIRO FRANCO, Angela Maria34		48.25	PENEDO PADIN, Adolfo	51	53.31
	FARIÑA SOUSA, Noemi	40	54.60	MARTINEZ DOPAZO, David	36	29.27
11.	<b>POURENSE 2</b>			<b>3:10.21</b>	-	
	GOMEZ MARQUEZ, Hugo	40	31.76	VILA CID, Marcos	36	27.81
	PEREZ GALLARDO, Teresa	59	1:23.85	RODRIGUEZ LOPEZ, Rosa Maria	48	46.79

Prueba 7, Mixto, 4 x 50m Estilos, +160

Clasificación			Tempo	Puntos
DSQ	NCORUÑA 1 <i>Llegada irregular 1º posta</i>		NCORUÑA	-
CASTRO VILLAR, David, FERNÁNDEZ SANJURJO, Lucia, GALLARDO DE ARTAZA, Maria, LOIS PEREZ, Antonio				
Baja enf.	CIDSANTIAG 2		CIDSANTIAG	-
Baja enf.	ARTEIXO 2		ARTEIXO	-
Baja enf.	CNMOS 1		CNMOS	-
Baja enf.	CNXOVE 1		CNXOVE	-
<b>+200</b>				
1.	ESCUALOS 3		ESCUALOS	<b>2:30.78</b> 26,00 RG
	FERNANDEZ NUÑEZ, Santiago 60	34.29	PEREIRA DIAZ, Angel 51	33.74
	MIRA VAZQUEZ, Marta 42	43.57	PEREZ PEREZ, Sonia 51	39.18
2.	SALESTRA 1		SALESTRA	<b>2:42.63</b> 20,00
	FINS SEOANE, Juan Miguel 46	37.01	CAMIÑA GRANDE, Eduardo 63	37.20
	PAZ BERMUDEZ, Maria 47	52.13	CORCOBA CARBIA, Raquel 46	36.29
3.	NCORUÑA 2		NCORUÑA	<b>2:47.68</b> 16,00
	VILLASANTE ARMAS, Maria Rosa 48	51.36	TAPIA PORTO, Enrique 58	32.97
	SOLLEIRO TIZON, Juan Jose 60	42.22	RIVAS RODRIGUEZ, Lucia 44	41.13
4.	RIASBAIXAS 4		RIASBAIXAS	<b>2:49.43</b> 14,00
	HERNANDEZ ALFAGEME, Rita 52	44.12	FERREIRO SEOANE, Jose Raul 50	40.92
	DIEGUEZ VARELA, Carina 46	49.90	TERREN ENRUBIA, Lucio A 53	34.49
5.	PONTEAREAS 4		PONTEAREAS	<b>2:52.78</b> 12,00
	DEL AMO BLANCO, Margarita 56	47.99	SOBRINO EIRIZ, Maria Del Valle 51	50.90
	PREGO MARTINEZ, Benjamin 50	41.15	RODRIGUEZ BALIÑA, Marcos 52	32.74
6.	ARTEIXO 3		ARTEIXO	<b>2:58.80</b> 10,00 RG
	FOLCH MALLOFRE, Ramon 86	54.72	TASENDE LÓPEZ, Xeila 26	41.58
	DURÁN VEIRAS, Raquel 39	42.42	SANJORGE PEDREIRA, Carmelo 61	40.08
7.	SCASINO 2		SCASINO	<b>3:02.42</b> 8,00
	GARNACHO GAYARRE, Nuria 54	55.38	GARCÍA SEOANE, Cristina María 48	47.88
	NISTAL GARCÍA, Eduardo 55	45.21	COUCEIRO SANCHEZ, Gonzalo 57	33.95
8.	GALAICO 5		GALAICO	<b>3:06.01</b> 6,00
	GONZALEZ GARCIA, Covadonga 34	58.74	BETHENCOURT IGLESIAS, Sergio 60	36.51
	CELEMIN PORRERO, Maria Teresa 64	59.50	GARCIA CASTIÑEIRA, Daniel 49	31.26
9.	HERCULES 4		HERCULES	<b>3:12.65</b> 4,00
	GIL VILLARINO, Marta 46	1:01.68	DE LA VEGA GÁNDARAS, Felipe 50	45.26
	RIVAS FEAL, Antonio 57	39.28	CARBALLO BALOIRA, Susana Mar48	46.43
10.	CULLEREDO 2		CULLEREDO	<b>3:20.75</b> 2,00
	CHICO FERNANDEZ, Maria Begoña52	56.72	VAZQUEZ PEREZ, Luis Fernando 44	45.48
	SAR MORANO, Dolores 68	57.79	PEREZ GARCIA, Manuel 56	40.76
Baja enf.	POURENSE 3		POURENSE	-
<b>+240</b>				
1.	HERCULES 1		HERCULES	<b>2:51.33</b> 26,00 RG
	REGUEIRA MARTINEZ, Maria J. 48	47.02	SUANZES PEREZ, Fernando 70	50.71
	LOPEZ MAHIA, Purificacion 60	40.74	YAÑEZ WONENBURGER, J. Carlos64	32.86
2.	PONTEAREAS 5		PONTEAREAS	<b>3:33.07</b> 20,00
	PIÑEIRO PEREZ, Armando 57	52.25	CALVIÑO CANCELA, Cristina 55	1:07.75
	RODRÍGUEZ TRONCOSO, Marina 64	50.81	MONROY FERNÁNDEZ, Manuel 73	42.26
3.	POURENSE 4		POURENSE	<b>3:47.67</b> 16,00
	BALADO LOPEZ, Ana Maria 62	49.55	TIMIRAOS CARRASCO, Luis 67	21.70
	LOPEZ RODRIGUEZ, Adela Elena 55	48.63	GARCIA COLOMO, Manuel Ramon 69	1:47.79

Prueba 7, Mixto, 4 x 50m Estilos, +240

Clasificación

				Tiempo	Puntos
4.	<b>RIASBAIXAS 5</b>		<b>RIASBAIXAS</b>	<b>4:01.54</b>	14,00
	PEREZ DOMINGUEZ, Maria Luisa 79	1:59.95	ARANGO GAYAR, Saul 43		39.79
	ROS ROSILLO, Alejandro 65	43.02	REGUEIRO RODRIGUEZ, Ana 57		38.78
+280					
1.	<b>PONTEAREAS 6</b>		<b>PONTEAREAS</b>	<b>4:55.67</b>	26,00 RG
	MORAL RUBIO, Isabel 81	1:32.63	CARRERA RODRÍGUEZ, Rubén 44		43.05
	ARAUJO DOMINGUEZ, Francisco 83	1:15.85	GONZALEZ RODRIGUEZ, S. Marta 77		1:24.14

Prueba 8  
14/01/2023 - 16:30

Fem., 100m Braza

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					resultados provisionales
1110948	CANO ROSALES, Nuria	22	GALAICO	<b>1:34.02</b>	-
	50m: 43.74 43.74 100m: 1:34.02 50.28				
1076435	GARCIA TRIGO, Sofia	21	CNXOVE	<b>1:34.31</b>	-
	50m: 43.10 43.10 100m: 1:34.31 51.21				
1143296	EIJO GIL, Ana Paula	20	PONTEAREAS	<b>1:35.25</b>	-
	50m: 44.85 44.85 100m: 1:35.25 50.40				
1228009	SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	<b>1:36.12</b>	-
	50m: 43.59 43.59 100m: 1:36.12 52.53				
1228048	ALVAREZ SOUTO, Claudia	22	ESCUALOS	<b>1:40.44</b>	-
	50m: 48.27 48.27 100m: 1:40.44 52.17				
1076348	ALVITE LOPEZ, Andrea	24	CNXOVE	<b>1:46.57</b>	-
	50m: 49.22 49.22 100m: 1:46.57 57.35				
1203517	CABALEIRO FREIRIA, Lara	22	PONTEAREAS	<b>1:50.63</b>	-
	50m: 52.33 52.33 100m: 1:50.63 58.30				
1143380	SUAREZ GARCIA, Marta	20	RIASBAIXAS	<b>1:57.88</b>	-
	50m: 52.02 52.02 100m: 1:57.88 1:05.86				
DSQ	1037987 MENDEZ SEIJO, Nerea	24	RIASBAIXAS		-
25+					resultados provisionales
1038540	GALLARDO DE ARTAZA, Maria	28	NCORUÑA	<b>1:35.29</b>	-
	50m: 45.27 45.27 100m: 1:35.29 50.02				
1038608	SUAREZ GARCIA, Sofia	26	RIASBAIXAS	<b>1:41.24</b>	-
	50m: 47.46 47.46 100m: 1:41.24 53.78				
1035411	FERNANDEZ GARCIA, Marina	26	GALAICO	<b>2:09.22</b>	-
	50m: 1:00.53 1:00.53 100m: 2:09.22 1:08.69				
30+					resultados provisionales
1086350	RIVAS CARCACIA, Natalia	32	ESCUALOS	<b>1:29.22</b>	-
	50m: 42.27 42.27 100m: 1:29.22 46.95				
1041452	BEN CILLERO, Sabela	31	CNXOVE	<b>1:31.41</b>	-
	50m: 43.33 43.33 100m: 1:31.41 48.08				
1040545	POMBO LOPEZ, Belen	31	FLUVIAL	<b>1:32.44</b>	-
	50m: 43.58 43.58 100m: 1:32.44 48.86				
1230340	SANTORUM FONTAN, Iria Marta	31	GALAICO	<b>1:38.47</b>	-
	50m: 46.27 46.27 100m: 1:38.47 52.20				
1224940	PAZOS GANDARA, Andrea	31	PONTEAREAS	<b>1:47.07</b>	-
	50m: 51.01 51.01 100m: 1:47.07 56.06				
1221892	OTERO FERNANDEZ, Maria Luisa	30	SALESTRA	<b>1:55.20</b>	-
	50m: 54.52 54.52 100m: 1:55.20 1:00.68				
1144979	SEOANE GOMEZ, Ana	31	GALAICO	<b>2:03.53</b>	-
	50m: 57.57 57.57 100m: 2:03.53 1:05.96				
1215890	FERNANDEZ PARADA, Clara	30	POURENSE	<b>2:38.51</b>	-
	50m: 1:14.65 1:14.65 100m: 2:38.51 1:23.86				



Prueba 8, Fem., 100m Braza

								resultados provisionales	
<b>35+</b>									
	1075742	VALIÑO GÓMEZ, Esther	35	RIASBAIXAS	<b>1:24.20</b>	-			
		50m: 39.39 39.39 100m: 1:24.20 44.81							
	1146780	DURÁN VEIRAS, Raquel	39	ARTEIXO	<b>1:33.06</b>	-			
		50m: 43.74 43.74 100m: 1:33.06 49.32							
	1141313	MIRA VAZQUEZ, Paula	37	ESCUALOS	<b>1:47.31</b>	-			
		50m: 52.24 52.24 100m: 1:47.31 55.07							
Baja enf.	1076543	RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS		-			
<b>40+</b>									
resultados provisionales									
	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	<b>1:35.23</b>	-			
		50m: 45.25 45.25 100m: 1:35.23 49.98							
	1170845	CID ALVAREZ, Isabel	43	ESCUALOS	<b>1:48.61</b>	-			
		50m: 51.56 51.56 100m: 1:48.61 57.05							
	1075843	GONZALEZ FERNANDEZ, Leticia	41	CNXOVE	<b>1:48.79</b>	-			
		50m: 51.95 51.95 100m: 1:48.79 56.84							
	1145082	FARIÑA SOUSA, Noemi	40	GALAICO	<b>2:01.90</b>	-			
		50m: 56.91 56.91 100m: 2:01.90 1:04.99							
Baja enf.	1036387	VAZQUEZ PARCERO, Marta	43	CMARINA		-			
<b>45+</b>									
resultados provisionales									
	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	<b>1:45.59</b>	-			
		50m: 50.89 50.89 100m: 1:45.59 54.70							
	1144051	DIEGUEZ VARELA, Carina	46	RIASBAIXAS	<b>1:48.69</b>	-			
		50m: 53.38 53.38 100m: 1:48.69 55.31							
	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	<b>1:48.75</b>	-			
		50m: 51.11 51.11 100m: 1:48.75 57.64							
	1217806	PAZ BERMUDEZ, Maria	47	SALESTRA	<b>1:52.44</b>	-			
		50m: 54.36 54.36 100m: 1:52.44 58.08							
	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	<b>2:12.01</b>	-			
		50m: 1:01.30 1:01.30 100m: 2:12.01 1:10.71							
<b>50+</b>									
	1.	1075503 DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	<b>1:53.60</b>	-			
		50m: 53.63 53.63 100m: 1:53.60 59.97							
	2.	1202971 PEREZ PEREZ, Sonia	51	ESCUALOS	<b>2:04.83</b>	-			
		50m: 59.24 59.24 100m: 2:04.83 1:05.59							
	3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	51	POURENSE	<b>2:08.36</b>	-			
		50m: 59.73 59.73 100m: 2:08.36 1:08.63							
	4.	1221623 FERNÁNDEZ SANJURJO, Lucia	50	NCORUÑA	<b>2:29.41</b>	-			
		50m: 1:07.47 1:07.47 100m: 2:29.41 1:21.94							
Baja enf.	1232962	JARDON GONZALEZ, Helena	52	PONTEAREAS		-			
<b>55+</b>									
	1.	1189938 LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	<b>1:47.64</b>	-			
		50m: 50.47 50.47 100m: 1:47.64 57.17							
	2.	1038729 DEL AMO BLANCO, Margarita	56	PONTEAREAS	<b>1:49.58</b>	-			
		50m: 52.31 52.31 100m: 1:49.58 57.27							



Prueba 8, Fem., 100m Braza, 55+

Clasificación		Edad		Tiempo	Puntos
3.	1144697 ACEVEDO REGO, Ermitas 50m: 1:11.93 1:11.93 100m: 2:27.20 1:15.27	57	POURENSE	<b>2:27.20</b>	-
4.	1144231 PEREZ GALLARDO, Teresa 50m: 1:23.93 1:23.93 100m: 3:00.15 1:36.22	59	POURENSE	<b>3:00.15</b>	-
					resultados provisionales
60+					
	1039437 BALADO LOPEZ, Ana Maria 50m: 46.24 46.24 100m: 1:38.09 51.85	62	POURENSE	<b>1:38.09</b>	- RG
	1143893 REBORDA MORILLO, Susana 50m: 59.27 59.27 100m: 2:06.78 1:07.51	61	ESCUALOS	<b>2:06.78</b>	-
	1141154 CELEMIN PORRERO, Maria Teresa 50m: 1:02.25 1:02.25 100m: 2:11.81 1:09.56	64	GALAICO	<b>2:11.81</b>	-
	1217937 RODRÍGUEZ TRONCOSO, Marina 50m: 1:09.53 1:09.53 100m: 2:25.66 1:16.13	64	PONTEAREAS	<b>2:25.66</b>	-
65+					
1.	1076494 SUEIRO COSTAS, M <sup>a</sup> Carmen 50m: 1:31.90 1:31.90 100m: 3:19.21 1:47.31	67	PONTEAREAS	<b>3:19.21</b>	-
75+					
1.	1076482 GONZALEZ RODRIGUEZ, S. Marta 50m: 2:18.97 2:18.97 100m: 5:04.16 2:45.19	77	PONTEAREAS	<b>5:04.16</b>	-

Prueba 9  
14/01/2023

Masc., 100m Braza

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1142936 MARTINEZ ARGIZ, David	23	MONFORTE	<b>1:16.82</b>	13,00
	50m: 36.24 36.24 100m: 1:16.82 40.58				
2.	1040129 RODRIGUEZ ARES, Alejandro	23	PORTAMIÑA	<b>1:19.15</b>	10,00
	50m: 37.91 37.91 100m: 1:19.15 41.24				
3.	1141093 VILLAMOR FERRO, Rubén	23	ARTEIXO	<b>1:21.20</b>	8,00
	50m: 38.01 38.01 100m: 1:21.20 43.19				
<b>25+</b>					
1.	1038181 BOUZA PADRON, Adrian	26	PONTEAREAS	<b>1:11.28</b>	13,00
	50m: 33.87 33.87 100m: 1:11.28 37.41				
2.	1038356 AZNAR GRILLE, Carlos Javier	28	CMARINA	<b>1:20.93</b>	10,00
	50m: 38.47 38.47 100m: 1:20.93 42.46				
3.	1180224 TIMIRAOS GONZALEZ, Santiago	27	CNXOVE	<b>1:21.48</b>	8,00
	50m: 38.57 38.57 100m: 1:21.48 42.91				
4.	1228049 RODRIGUEZ RAMOS, Manuel	26	ESCUALOS	<b>1:23.61</b>	7,00
	50m: 39.30 39.30 100m: 1:23.61 44.31				
5.	1040134 MIGUEZ VAZQUEZ, Víctor	26	CNXOVE	<b>1:24.17</b>	6,00
	50m: 39.13 39.13 100m: 1:24.17 45.04				
6.	1216460 FRANCISCO MACÍAS, Simón	27	POURENSE	<b>1:30.09</b>	5,00
	50m: 40.64 40.64 100m: 1:30.09 49.45				
<b>30+</b>					
1.	1174610 TABOADA VILA, Daniel	30	POURENSE	<b>1:28.97</b>	13,00
	50m: 41.49 41.49 100m: 1:28.97 47.48				
2.	1110754 FREIRE LOPEZ, Diego	32	ARTEIXO	<b>1:30.05</b>	10,00
	50m: 42.29 42.29 100m: 1:30.05 47.76				
<b>35+</b>					
1.	1093877 GALERA PEREZ, Francisco	36	UTRERA	<b>1:10.86</b>	13,00
	50m: 33.23 33.23 100m: 1:10.86 37.63				
2.	1076287 PAZOS ALONSO, Josue	37	ESCUALOS	<b>1:14.84</b>	10,00
	50m: 35.51 35.51 100m: 1:14.84 39.33				
3.	1143890 FORTES NOVOA, Martiño	35	ESCUALOS	<b>1:17.30</b>	8,00
	50m: 36.90 36.90 100m: 1:17.30 40.40				
4.	1037182 GARCIA GARCIA, Anselmo	35	CNXOVE	<b>1:19.20</b>	7,00
	50m: 37.40 37.40 100m: 1:19.20 41.80				
5.	1199549 MARTINEZ DOPAZO, David	36	GALAICO	<b>1:20.85</b>	6,00
	50m: 37.05 37.05 100m: 1:20.85 43.80				
6.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzmara	35	RIASBAIXAS	<b>1:22.39</b>	5,00
	50m: 38.38 38.38 100m: 1:22.39 44.01				
7.	1226258 BERNARDEZ FERRO, Juan Jose	36	GALAICO	<b>1:29.81</b>	4,00
	50m: 42.42 42.42 100m: 1:29.81 47.39				
8.	1023057 PEREZ VAZQUEZ, Telmo	35	CMARINA	<b>1:31.41</b>	3,00
	50m: 43.55 43.55 100m: 1:31.41 47.86				

Prueba 9, Masc., 100m Braza, 35+

Clasificación		Edad		Tiempo	Puntos
9.	1217936 PASCUAL DE PEDRO, Jorge 50m: 45.45 45.45 100m: 1:37.56 52.11	37	PONTEAREAS	<b>1:37.56</b>	2,00
10.	1178928 FIDALGO SERRANO, Guillermo 50m: 50.24 50.24 100m: 1:46.38 56.14	37	TRAVIESAS	<b>1:46.38</b>	1,00
DSQ	1145073 FERNANDES MAGALHAES, Andre <i>Nado irregular</i>	37	RIASBAIXAS		-
Baja enf.	1005819 LAZARO GUERRERO, Victor	35	CMARINA		-
Baja enf.	1204315 TORRES FRAILE, Emilio	39	MONFORTE		-
Baja enf.	1198278 MANEIRO BETANZOS, Javier	38	ESCUALOS		-
<b>40+</b>					
1.	1126481 BAS MARTINEZ, Francisco Javier 50m: 33.44 33.44 100m: 1:11.16 37.72	41	JEREZMASTER	<b>1:11.16</b>	13,00
2.	1093446 VAZQUEZ IGLESIAS, Daniel 50m: 36.75 36.75 100m: 1:18.48 41.73	44	RIASBAIXAS	<b>1:18.48</b>	10,00
3.	1143897 SEVILLA AROCA, Javier 50m: 38.13 38.13 100m: 1:21.07 42.94	40	ESCUALOS	<b>1:21.07</b>	8,00
4.	1143895 PADIN CHARLIN, Joaquin 50m: 39.94 39.94 100m: 1:26.40 46.46	43	ESCUALOS	<b>1:26.40</b>	7,00
5.	1144789 MATIAS DUARTE, Erick 50m: 42.14 42.14 100m: 1:27.47 45.33	41	HERCULES	<b>1:27.47</b>	6,00
6.	1147216 GONZALEZ VICENTE, Ruben 50m: 45.00 45.00 100m: 1:34.95 49.95	42	PORTAMIÑA	<b>1:34.95</b>	5,00
7.	1190529 CERVELA DEBER, Moises 50m: 46.44 46.44 100m: 1:36.67 50.23	41	SALESTRA	<b>1:36.67</b>	4,00
8.	1170841 BASTIDA CAMPOS, Alejandro 50m: 53.50 53.50 100m: 1:52.04 58.54	41	SALESTRA	<b>1:52.04</b>	3,00
<b>45+</b>					
1.	1143601 NOGUEIRA-PINTO CRESPO, Hugo 50m: 38.36 38.36 100m: 1:18.25 39.89	45	ESCUALOS	<b>1:18.25</b>	13,00
2.	1006004 GUIMAREY VAZQUEZ, Marcos 50m: 38.95 38.95 100m: 1:24.38 45.43	46	PORTAMIÑA	<b>1:24.38</b>	10,00
3.	1076553 FERNANDEZ-TESTA BARREIRO, David 50m: 46.83 46.83 100m: 1:36.96 50.13	49	RIASBAIXAS	<b>1:36.96</b>	8,00
4.	1127402 PEXEGUEIRO BALADRON, Nicolas 50m: 45.88 45.88 100m: 1:37.78 51.90	46	CNMOS	<b>1:37.78</b>	7,00
5.	1144269 LOPEZ PAYO, Mario 50m: 44.58 44.58 100m: 1:39.26 54.68	46	SALESTRA	<b>1:39.26</b>	6,00
6.	1223051 PEREZ CARRUEBANO, Enrique 50m: 48.23 48.23 100m: 1:43.17 54.94	49	SCASINO	<b>1:43.17</b>	5,00
Baja enf.	1145058 VALCUENDE RODRIGUEZ, Juan Manu	47	HERCULES		-
Baja enf.	1174679 DE MARTIN DIAZ, Ruben	47	POURENSE		-

Prueba 9, Masc., 100m Braza

50+

1.	1076185	PEREIRA DIAZ, Angel	51	ESCUALOS	<b>1:21.58</b>	13,00
	50m:	38.48 38.48	100m:	1:21.58	43.10	
2.	1141504	BOUSO FUENTECILLA, Fernando	52	ESCUALOS	<b>1:28.30</b>	10,00
	50m:	42.38 42.38	100m:	1:28.30	45.92	
3.	1144117	PREGO MARTINEZ, Benjamin	50	PONTEAREAS	<b>1:32.42</b>	8,00
	50m:	43.92 43.92	100m:	1:32.42	48.50	
4.	1178895	CRESPO PÉREZ, Albarino	53	ESCUALOS	<b>1:33.28</b>	7,00
	50m:	44.35 44.35	100m:	1:33.28	48.93	
5.	1143605	FERNANDEZ MARTINEZ, Alberto	52	ESCUALOS	<b>1:35.92</b>	6,00
	50m:	45.45 45.45	100m:	1:35.92	50.47	
6.	1143494	IGLESIAS RODRIGUEZ, Carlos	54	RIASBAIXAS	<b>1:41.17</b>	5,00
	50m:	48.14 48.14	100m:	1:41.17	53.03	
7.	1144698	CADAVID NUÑEZ, Jose	53	POURENSE	<b>1:42.64</b>	4,00
	50m:	48.42 48.42	100m:	1:42.64	54.22	
8.	1143612	PENEDO PADIN, Adolfo	51	GALAICO	<b>1:49.57</b>	3,00
	50m:	50.59 50.59	100m:	1:49.57	58.98	
DSQ	1197604	ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS		-
		<i>Nado irregular</i>				
Baja enf.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO		-

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	55	CMARINA	<b>1:21.69</b>	13,00
	50m:	38.21 38.21	100m:	1:21.69	43.48	
2.	1085112	RIVAS FEAL, Antonio	57	HERCULES	<b>1:24.55</b>	10,00
	50m:	39.39 39.39	100m:	1:24.55	45.16	
3.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	<b>1:35.91</b>	8,00
	50m:	45.44 45.44	100m:	1:35.91	50.47	
4.	1145033	PIÑEIRO PEREZ, Armando	57	PONTEAREAS	<b>1:48.04</b>	7,00
	50m:	52.81 52.81	100m:	1:48.04	55.23	
5.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	<b>1:54.35</b>	6,00
	50m:	53.62 53.62	100m:	1:54.35	1:00.73	

60+

1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	<b>1:28.99</b>	13,00
	50m:	43.59 43.59	100m:	1:28.99	45.40	
2.	1078597	SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	<b>1:30.00</b>	10,00
	50m:	43.24 43.24	100m:	1:30.00	46.76	
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	<b>1:31.20</b>	8,00
	50m:	43.82 43.82	100m:	1:31.20	47.38	
4.	1180241	COLLAZO LÓPEZ, Víctor Eliseo	60	SALESTRA	<b>1:42.32</b>	7,00
	50m:	47.93 47.93	100m:	1:42.32	54.39	
5.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	62	RIASBAIXAS	<b>1:43.63</b>	6,00
	50m:	47.97 47.97	100m:	1:43.63	55.66	
6.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	<b>1:45.16</b>	5,00
	50m:	49.66 49.66	100m:	1:45.16	55.50	
7.	1076514	LAGO REY, Jose Manuel	60	RIASBAIXAS	<b>3:10.40</b>	4,00
	50m:	1:27.60 1:27.60	100m:	3:10.40	1:42.80	

Prueba 9, Masc., 100m Braza

65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	<b>1:29.91</b>	13,00	RG
	50m:	43.01 43.01	100m:	1:29.91 46.90			
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	<b>1:46.59</b>	10,00	
	50m:	50.94 50.94	100m:	1:46.59 55.65			
3.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	<b>1:53.89</b>	8,00	
	50m:	55.80 55.80	100m:	1:53.89 58.09			
4.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	<b>2:42.25</b>	7,00	
	50m:	1:16.67 1:16.67	100m:	2:42.25 1:25.58			

70+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	<b>1:55.84</b>	13,00	
	50m:	54.54 54.54	100m:	1:55.84 1:01.30			

80+

DSQ	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS		-	
		<i>Nado irregular</i>					

Prueba 10  
14/01/2023

Fem., 100m Mariposa

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1038929 GONZALEZ AVENDAÑO, Lucia	24	GALAICO	<b>1:26.54</b>	13,00
	50m: 38.94 38.94 100m: 1:26.54 47.60				
<b>25+</b>					
1.	1041448 VAZQUEZ SANCHEZ, Pilar	25	CNXOVE	<b>1:30.16</b>	13,00
	50m: 42.67 42.67 100m: 1:30.16 47.49				
2.	1199647 TASENDE LÓPEZ, Xeila	26	ARTEIXO	<b>1:42.81</b>	10,00
	50m: 47.06 47.06 100m: 1:42.81 55.75				
<b>30+</b>					
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL	<b>1:04.42</b>	13,00 RE
	50m: 30.45 30.45 100m: 1:04.42 33.97				
2.	1143565 ARAÚJO CASTRO, Paula	32	CDELMAR	<b>1:37.04</b>	10,00
	50m: 43.04 43.04 100m: 1:37.04 54.00				
3.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	<b>1:42.50</b>	8,00
	50m: 43.85 43.85 100m: 1:42.50 58.65				
Baja enf.	1174885 RUIZ MEILAN, Blanca	33	SCASINO		-
<b>40+</b>					
1.	1075221 HERMIDA RODRIGUEZ, Blanca	42	CMARINA	<b>1:16.40</b>	13,00 RG
	50m: 34.88 34.88 100m: 1:16.40 41.52				
2.	1146893 PRADO FRANCO, Marta E.	44	RIASBAIXAS	<b>1:31.74</b>	10,00
	50m: 38.67 38.67 100m: 1:31.74 53.07				
DSQ	1170812 MARTIN, Christelle	42	ESCUALOS		-
	<i>Salida anticipada</i>				
<b>45+</b>					
1.	1143813 REGUEIRA MARTINEZ, Maria J.	48	HERCULES	<b>1:41.44</b>	13,00
	50m: 46.56 46.56 100m: 1:41.44 54.88				
2.	1180238 GARCÍA SEOANE, Cristina María	48	SCASINO	<b>1:58.09</b>	10,00
	50m: 51.97 51.97 100m: 1:58.09 1:06.12				
<b>50+</b>					
1.	1076154 ABREU FERNANDEZ, Marta	52	PONTEAREAS	<b>1:55.66</b>	13,00
	50m: 55.21 55.21 100m: 1:55.66 1:00.45				
2.	1127346 SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	<b>2:04.10</b>	10,00
	50m: 54.25 54.25 100m: 2:04.10 1:09.85				
<b>55+</b>					
1.	1086162 BARJA BARJA, Liliana	58	TRAVIESAS	<b>1:55.62</b>	13,00
	50m: 54.04 54.04 100m: 1:55.62 1:01.58				



Prueba 11  
14/01/2023

Masc., 100m Mariposa

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1068314 MARTINEZ MARTINEZ, Marcos	20	PONTEAREAS	<b>1:03.52</b>	13,00
	50m: 29.95 29.95 100m: 1:03.52 33.57				
2.	1076409 CANCELA GOMEZ, Hugo	20	PONTEAREAS	<b>1:04.34</b>	10,00
	50m: 30.03 30.03 100m: 1:04.34 34.31				
3.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	<b>1:07.99</b>	8,00
	50m: 31.12 31.12 100m: 1:07.99 36.87				
<b>25+</b>					
1.	1119327 SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	<b>1:02.96</b>	13,00
	50m: 29.31 29.31 100m: 1:02.96 33.65				
2.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	<b>1:04.70</b>	10,00
	50m: 29.51 29.51 100m: 1:04.70 35.19				
3.	1037180 CARRERA COSTAS, Martin	27	PONTEAREAS	<b>1:06.02</b>	8,00
	50m: 30.57 30.57 100m: 1:06.02 35.45				
4.	1040484 ISASTI OTERO, Patxi	28	CNXOVE	<b>1:06.18</b>	7,00
	50m: 30.79 30.79 100m: 1:06.18 35.39				
5.	1040621 SEQUEIROS LAGO, Saul	25	CNMOS	<b>1:08.90</b>	6,00
	50m: 32.48 32.48 100m: 1:08.90 36.42				
<b>30+</b>					
1.	1038182 VALDES REY, Enol	30	CNXOVE	<b>1:02.66</b>	13,00
	50m: 29.60 29.60 100m: 1:02.66 33.06				
2.	1038638 CASTRO VILLAR, David	32	NCORUÑA	<b>1:11.41</b>	10,00
	50m: 34.27 34.27 100m: 1:11.41 37.14				
3.	1078909 RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	<b>1:24.65</b>	8,00
	50m: 37.78 37.78 100m: 1:24.65 46.87				
Baja enf.	1218234 SANTIAGO CAÑIZAL, Daniel	34	CNXOVE		-
<b>35+</b>					
1.	1107406 DOMÍNGUEZ PARDELLAS, Rubén	35	RCNVIGO	<b>1:08.26</b>	13,00
	50m: 31.53 31.53 100m: 1:08.26 36.73				
2.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	<b>1:31.28</b>	10,00
	50m: 43.24 43.24 100m: 1:31.28 48.04				
<b>40+</b>					
1.	1093448 VAZQUEZ ESMORIS, Pablo	44	ADFOGAR	<b>1:25.13</b>	13,00
	50m: 35.96 35.96 100m: 1:25.13 49.17				
2.	1178772 CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	<b>1:29.66</b>	10,00
	50m: 41.08 41.08 100m: 1:29.66 48.58				
3.	1190909 CARBALLA BARROSO, Rogelio Manue	42	GALAICO	<b>1:31.33</b>	8,00
	50m: 40.97 40.97 100m: 1:31.33 50.36				
4.	1038913 SUAREZ GARCIA, Pedro Lois	43	PONTEAREAS	<b>1:45.07</b>	7,00
	50m: 48.18 48.18 100m: 1:45.07 56.89				

Prueba 11, Masc., 100m Mariposa, 40+

Clasificación		Edad		Tiempo	Puntos
5.	1039360 POSE MATO, Cesar 50m: 1:06.37 1:06.37 100m: 2:19.53 1:13.16	40	ADFOGAR	<b>2:19.53</b>	6,00
<b>45+</b>					
1.	1118746 SANCHEZ GORDON, Roman 50m: 31.60 31.60 100m: 1:11.33 39.73	45	RIASBAIXAS	<b>1:11.33</b>	13,00
2.	1076549 FERNÁNDEZ MAROTO, Diego 50m: 34.81 34.81 100m: 1:13.22 38.41	45	RCNVIGO	<b>1:13.22</b>	10,00
3.	1143480 ABADES REBOREDO, Daniel 50m: 33.79 33.79 100m: 1:14.81 41.02	45	HERCULES	<b>1:14.81</b>	8,00
4.	1175127 MASSO AGUADO, Jorge 50m: 34.40 34.40 100m: 1:16.41 42.01	47	RIASBAIXAS	<b>1:16.41</b>	7,00
5.	1198273 MONTERO PRIETO, Carlos Eugenio 50m: 35.73 35.73 100m: 1:20.99 45.26	45	GALAICO	<b>1:20.99</b>	6,00
6.	1145005 FERNANDEZ IGLESIAS, Emilio J. 50m: 41.96 41.96 100m: 1:26.19 44.23	46	PONTEAREAS	<b>1:26.19</b>	5,00
7.	1084040 GARCIA CASTIÑEIRA, Daniel 50m: 44.67 44.67 100m: 1:34.93 50.26	49	GALAICO	<b>1:34.93</b>	4,00
Baja enf.	1141502 TRONCOSO CAAMAÑO, Fernando	48	ESCUALOS		-
<b>50+</b>					
1.	1078814 CANOSA RODRIGUEZ, Alfonso J. 50m: 47.44 47.44 100m: 1:43.16 55.72	52	ADFOGAR	<b>1:43.16</b>	13,00
<b>55+</b>					
1.	1232926 TAPIA PORTO, Enrique 50m: 35.17 35.17 100m: 1:14.79 39.62	58	NCORUÑA	<b>1:14.79</b>	13,00
2.	1143575 FERREIRA GONZALEZ, Xose Anxo 50m: 47.31 47.31 100m: 1:42.19 54.88	57	REDONDELA	<b>1:42.19</b>	10,00
<b>60+</b>					
1.	1076250 BETHENCOURT IGLESIAS, Sergio 50m: 40.19 40.19 100m: 1:27.56 47.37	60	GALAICO	<b>1:27.56</b>	13,00
2.	1076279 SIO LOURIDO, J. Salvador 50m: 41.26 41.26 100m: 1:28.39 47.13	62	CNMOS	<b>1:28.39</b>	10,00
3.	1040281 MARTINEZ BERJANO, Jose Manuel 50m: 49.38 49.38 100m: 1:52.69 1:03.31	60	MONFORTE	<b>1:52.69</b>	8,00
<b>65+</b>					
1.	1191492 TIMIRAOS CARRASCO, Luis 50m: 1:39.13 1:39.13 100m: 3:37.78 1:58.65	67	POURENSE	<b>3:37.78</b>	13,00
<b>70+</b>					
1.	1075190 SUANZES PEREZ, Fernando 50m: 45.54 45.54 100m: 1:33.83 48.29	70	HERCULES	<b>1:33.83</b>	13,00 RG

Prueba 12  
14/01/2023

Fem., 200m Estilos

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1079883 RODRIGUEZ RODRIGUEZ, Nina	21 RIASBAIXAS	<b>2:36.89</b>	13,00
50m: 33.19 33.19 100m: 1:13.05 39.86 150m: 2:00.91 47.86 200m: 2:36.89 35.98			
2. 1039636 GALLARDO DE ARTAZA, Sara	24 CDELMAR	<b>2:49.95</b>	10,00
50m: 35.71 35.71 100m: 1:19.69 43.98 150m: 2:10.09 50.40 200m: 2:49.95 39.86			
3. 1143296 EIJO GIL, Ana Paula	20 PONTEAREAS	<b>3:01.13</b>	8,00
50m: 38.31 38.31 100m: 1:23.81 45.50 150m: 2:17.22 53.41 200m: 3:01.13 43.91			
4. 1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22 PORTAMIÑA	<b>3:07.64</b>	7,00
50m: 37.75 37.75 100m: 1:22.28 44.53 150m: 2:20.93 58.65 200m: 3:07.64 46.71			
5. 1203517 CABALEIRO FREIRIA, Lara	22 PONTEAREAS	<b>3:38.48</b>	6,00
50m: 49.07 49.07 100m: 1:41.87 52.80 150m: 2:44.86 1:02.99 200m: 3:38.48 53.62			
<b>25+</b>			
1. 1130789 GARCIA MIGUEZ, Rosalia	25 GALAICO	<b>2:46.51</b>	13,00
50m: 36.32 36.32 100m: 1:19.06 42.74 150m: 2:09.29 50.23 200m: 2:46.51 37.22			
2. 1038096 FREIJE TORNEIRO, Aroa	25 PORTAMIÑA	<b>2:54.36</b>	10,00
50m: 36.16 36.16 100m: 1:19.05 42.89 150m: 2:13.86 54.81 200m: 2:54.36 40.50			
3. 1041218 ISASTI OTERO, Nerea	26 CNXOVE	<b>3:07.53</b>	8,00
50m: 41.51 41.51 100m: 1:28.90 47.39 150m: 2:25.35 56.45 200m: 3:07.53 42.18			
4. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	<b>3:37.78</b>	7,00
50m: 49.31 49.31 100m: 1:46.91 57.60 150m: 2:47.19 1:00.28 200m: 3:37.78 50.59			
5. 1217434 CRESPO ESTEVEZ, Laura	29 GALAICO	<b>3:44.03</b>	6,00
50m: 47.33 47.33 100m: 1:41.35 54.02 150m: 2:52.08 1:10.73 200m: 3:44.03 51.95			
6. 1078925 SALGADO CASTELO, Marta	29 PORTAMIÑA	<b>3:44.91</b>	5,00
50m: 52.38 52.38 100m: 1:47.26 54.88 150m: 2:58.46 1:11.20 200m: 3:44.91 46.45			
<b>30+</b>			
1. 1116506 RAMOS LOBO, Raquel	30 PORTAMIÑA	<b>2:49.67</b>	13,00
50m: 35.84 35.84 100m: 1:19.49 43.65 150m: 2:10.27 50.78 200m: 2:49.67 39.40			
DSQ 1129954 GONZALEZ GARCIA, Covadonga	34 GALAICO		-
<i>Viraje irregular</i>			
<b>35+</b>			
1. 1131844 FLEITAS IMBERNON, Irene	36 UTRERA	<b>2:42.71</b>	13,00
50m: 34.00 34.00 100m: 1:14.99 40.99 150m: 2:05.43 50.44 200m: 2:42.71 37.28			
2. 1193947 ALCALDE BALADO, Tania	37 CIDSANTIAG	<b>2:44.32</b>	10,00 RG
50m: 35.42 35.42 100m: 1:18.03 42.61 150m: 2:06.64 48.61 200m: 2:44.32 37.68			
3. 1075742 VALIÑO GÓMEZ, Esther	35 RIASBAIXAS	<b>2:48.96</b>	8,00
50m: 34.97 34.97 100m: 1:21.36 46.39 150m: 2:07.84 46.48 200m: 2:48.96 41.12			
4. 1144894 VINAGRE SENDINO, Cora	35 SCASINO	<b>3:01.98</b>	7,00
50m: 38.00 38.00 100m: 1:22.75 44.75 150m: 2:18.94 56.19 200m: 3:01.98 43.04			
5. 1144948 GONZALEZ PEREZ, Jessica	36 RIASBAIXAS	<b>3:16.81</b>	6,00
50m: 45.99 45.99 100m: 1:36.32 50.33 150m: 2:33.09 56.77 200m: 3:16.81 43.72			
6. 1141313 MIRA VAZQUEZ, Paula	37 ESCUALOS	<b>3:33.76</b>	5,00
50m: 47.68 47.68 100m: 1:43.73 56.05 150m: 2:44.51 1:00.78 200m: 3:33.76 49.25			

Prueba 12, Fem., 200m Estilos, 35+

Clasificación	Edad	Tempo	Puntos
Baja enf. 1076543 RODRIGUEZ PEREZ, Vanesa	37 RIASBAIXAS		-
<b>40+</b>			
1. 1180232 FKEOUI OMARI, Salma	41 ESCUALOS	<b>3:05.87</b>	13,00
50m: 41.30 41.30 100m: 1:31.77 50.47 150m: 2:23.14 51.37 200m: 3:05.87 42.73			
2. 1143598 MIRA VAZQUEZ, Marta	42 ESCUALOS	<b>3:19.61</b>	10,00
50m: 43.24 43.24 100m: 1:37.72 54.48 150m: 2:31.77 54.05 200m: 3:19.61 47.84			
<b>45+</b>			
1. 1143894 DE LORENZO FERNANDEZ, Maria	45 ESCUALOS	<b>3:21.66</b>	13,00
50m: 47.76 47.76 100m: 1:39.55 51.79 150m: 2:37.92 58.37 200m: 3:21.66 43.74			
2. 1178775 COVELO SAAVEDRA, Nahir	45 PONTEAREAS	<b>3:33.38</b>	10,00
50m: 46.65 46.65 100m: 1:43.08 56.43 150m: 2:43.29 1:00.21 200m: 3:33.38 50.09			
3. 1172138 ROIG SANCHEZ, Blanca Ana	49 RIASBAIXAS	<b>3:37.74</b>	8,00
50m: 45.98 45.98 100m: 1:42.40 56.42 150m: 2:48.01 1:05.61 200m: 3:37.74 49.73			
4. 1214850 CORCOBA CARBIA, Raquel	46 SALESTRA	<b>3:38.74</b>	7,00
50m: 52.21 52.21 100m: 1:50.00 57.79 150m: 2:52.20 1:02.20 200m: 3:38.74 46.54			
5. 1040944 VARELA REDONDO, Veronica	48 PONTEAREAS	<b>3:57.73</b>	6,00
50m: 52.59 52.59 100m: 1:51.53 58.94 150m: 3:09.92 1:18.39 200m: 3:57.73 47.81			
<b>50+</b>			
1. 1147115 HERNANDEZ ALFAGEME, Rita	52 RIASBAIXAS	<b>3:22.82</b>	13,00
50m: 47.66 47.66 100m: 1:37.70 50.04 150m: 2:36.59 58.89 200m: 3:22.82 46.23			
2. 1197600 SANDERSON, Helen Jane	53 CULLEREDO	<b>3:34.80</b>	10,00
50m: 47.40 47.40 100m: 1:41.22 53.82 150m: 2:46.19 1:04.97 200m: 3:34.80 48.61			
3. 1171727 GARCIA RODRIGUEZ, Teresa	51 PORTAMIÑA	<b>4:06.67</b>	8,00
50m: 54.19 54.19 100m: 2:02.78 1:08.59 150m: 3:12.42 1:09.64 200m: 4:06.67 54.25			
4. 1145007 MELON PARENTE, M. Lourdes	54 PONTEAREAS	<b>5:46.76</b>	7,00
50m: 1:27.54 1:27.54 100m: 2:53.76 1:26.22 150m: 4:38.36 1:44.60 200m: 5:46.76 1:08.40			
<b>55+</b>			
1. 1144697 ACEVEDO REGO, Ermitas	57 POURENSE	<b>4:47.07</b>	13,00
50m: 1:06.18 1:06.18 100m: 2:29.83 1:23.65 150m: 3:48.21 1:18.38 200m: 4:47.07 58.86			
<b>60+</b>			
1. 1039437 BALADO LOPEZ, Ana Maria	62 POURENSE	<b>3:31.10</b>	13,00
50m: 51.58 51.58 100m: 1:46.99 55.41 150m: 2:41.29 54.30 200m: 3:31.10 49.81			
2. 1145099 LOPEZ MAHIA, Purificacion	60 HERCULES	<b>4:15.16</b>	10,00
50m: 1:02.73 1:02.73 100m: 2:11.10 1:08.37 150m: 3:21.30 1:10.20 200m: 4:15.16 53.86			

Prueba 13  
14/01/2023

Masc., 200m Estilos

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1076322 VILA PEREIRA, Brais	20	PONTEAREAS	<b>2:25.05</b>	13,00
	50m: 31.05 31.05 100m: 1:08.20	37.15	150m: 1:50.51 42.31	200m: 2:25.05	34.54
2.	1144927 SUAREZ RIPOLL, Xian	20	CIDSANTIAG	<b>2:27.06</b>	10,00
	50m: 30.97 30.97 100m: 1:08.47	37.50	150m: 1:52.55 44.08	200m: 2:27.06	34.51
3.	1039755 RIVAS MACEIRAS, Isaac	24	HERCULES	<b>2:27.56</b>	8,00
	50m: 30.23 30.23 100m: 1:07.08	36.85	150m: 1:51.73 44.65	200m: 2:27.56	35.83
4.	1075292 GOMEZ CASAL, Luis	21	CMARINA	<b>2:28.62</b>	7,00
	50m: 30.36 30.36 100m: 1:09.65	39.29	150m: 1:53.99 44.34	200m: 2:28.62	34.63
5.	1092303 MEIJIDE GIADAS, Diego	23	CIDSANTIAG	<b>2:28.82</b>	6,00
	50m: 31.24 31.24 100m: 1:10.45	39.21	150m: 1:53.52 43.07	200m: 2:28.82	35.30
6.	1142936 MARTINEZ ARGIZ, David	23	MONFORTE	<b>2:33.84</b>	5,00
	50m: 32.00 32.00 100m: 1:11.90	39.90	150m: 1:56.29 44.39	200m: 2:33.84	37.55
7.	1097741 GONZÁLEZ MARTÍNEZ, Cristian	20	ARTEIXO	<b>2:35.74</b>	4,00
	50m: 33.17 33.17 100m: 1:15.74	42.57	150m: 1:59.13 43.39	200m: 2:35.74	36.61
8.	1040450 ARDAO GRANDAL, Daniel	21	CMARINA	<b>2:39.78</b>	3,00
	50m: 32.37 32.37 100m: 1:12.96	40.59	150m: 2:01.94 48.98	200m: 2:39.78	37.84
<b>25+</b>					
1.	1144193 PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	<b>2:23.05</b>	13,00
	50m: 31.23 31.23 100m: 1:07.92	36.69	150m: 1:50.26 42.34	200m: 2:23.05	32.79
2.	1076355 OROZA PARGA, Bruno	29	CNXOVE	<b>2:49.32</b>	10,00
	50m: 30.46 30.46 100m: 1:14.33	43.87	150m: 2:07.25 52.92	200m: 2:49.32	42.07
<b>30+</b>					
1.	1130602 TENORIO FREIRE, Martin	31	GALAICO	<b>2:27.26</b>	13,00
	50m: 30.09 30.09 100m: 1:07.50	37.41	150m: 1:50.69 43.19	200m: 2:27.26	36.57
2.	1218234 SANTIAGO CAÑIZAL, Daniel	34	CNXOVE	<b>2:45.19</b>	10,00
	50m: 31.71 31.71 100m: 1:13.03	41.32	150m: 2:03.76 50.73	200m: 2:45.19	41.43
<b>35+</b>					
1.	1084717 VILA CID, Marcos	36	POURENSE	<b>2:13.59</b>	13,00 RG
	50m: 28.95 28.95 100m: 1:03.91	34.96	150m: 1:42.26 38.35	200m: 2:13.59	31.33
2.	1141144 ARIETTO GARCIA, Jorge	37	RCNVIGO	<b>2:24.98</b>	10,00
	50m: 32.13 32.13 100m: 1:09.41	37.28	150m: 1:52.48 43.07	200m: 2:24.98	32.50
3.	1076287 PAZOS ALONSO, Josue	37	ESCUALOS	<b>2:32.77</b>	8,00
	50m: 33.63 33.63 100m: 1:14.78	41.15	150m: 1:57.48 42.70	200m: 2:32.77	35.29
4.	1037182 GARCIA GARCIA, Anselmo	35	CNXOVE	<b>2:41.22</b>	7,00
	50m: 34.15 34.15 100m: 1:16.50	42.35	150m: 2:01.62 45.12	200m: 2:41.22	39.60
5.	1126597 FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	<b>2:45.02</b>	6,00
	50m: 33.81 33.81 100m: 1:15.37	41.56	150m: 2:04.99 49.62	200m: 2:45.02	40.03
6.	1097263 LAMEIRO SEOANE, Javier	36	HERCULES	<b>3:03.39</b>	5,00
	50m: 36.97 36.97 100m: 1:25.36	48.39	150m: 2:19.56 54.20	200m: 3:03.39	43.83
7.	1214823 GONZALEZ PEÑAS, David	39	PORTAMIÑA	<b>3:19.52</b>	4,00
	50m: 45.53 45.53 100m: 1:38.46	52.93	150m: 2:31.69 53.23	200m: 3:19.52	47.83



Prueba 13, Masc., 200m Estilos, 35+

Clasificación	Edad	Tiempo	Puntos
8. 1217936 PASCUAL DE PEDRO, Jorge	37 PONTEAREAS	<b>3:32.45</b>	3,00
50m: 45.36 45.36 100m: 1:40.65 55.29 150m: 2:39.14 58.49 200m: 3:32.45			53.31
<b>40+</b>			
1. 1141151 CALLE FACAL, Telmo	40 GALAICO	<b>2:26.97</b>	13,00
50m: 31.15 31.15 100m: 1:08.65 37.50 150m: 1:51.70 43.05 200m: 2:26.97			35.27
2. 1228089 MERA MONTECELOS, Pablo	40 HERCULES	<b>2:35.66</b>	10,00
50m: 32.84 32.84 100m: 1:14.57 41.73 150m: 2:00.69 46.12 200m: 2:35.66			34.97
3. 1180237 FOUZ ROUCO, Rubén	44 HERCULES	<b>2:58.97</b>	8,00
50m: 41.68 41.68 100m: 1:28.28 46.60 150m: 2:23.50 55.22 200m: 2:58.97			35.47
4. 1144584 ALVAREZ SILVA, Ruben	42 ESCUALOS	<b>3:01.95</b>	7,00
50m: 40.32 40.32 100m: 1:31.48 51.16 150m: 2:22.10 50.62 200m: 3:01.95			39.85
5. 1199899 DOMINGUEZ PHILOCREON, Ticiano	42 CIDSANTIAG	<b>3:02.64</b>	6,00
50m: 37.54 37.54 100m: 1:28.63 51.09 150m: 2:20.79 52.16 200m: 3:02.64			41.85
6. 1038913 SUAREZ GARCIA, Pedro Lois	43 PONTEAREAS	<b>3:27.23</b>	5,00
50m: 45.66 45.66 100m: 1:41.37 55.71 150m: 2:38.22 56.85 200m: 3:27.23			49.01
7. 1190398 FERNANDEZ CORRAL, Marcos	44 PORTAMIÑA	<b>4:29.54</b>	4,00
50m: 57.64 57.64 100m: 2:13.29 1:15.65 150m: 3:20.81 1:07.52 200m: 4:29.54			1:08.73
<b>45+</b>			
1. 1175127 MASSO AGUADO, Jorge	47 RIASBAIXAS	<b>2:41.02</b>	13,00
50m: 34.21 34.21 100m: 1:16.21 42.00 150m: 2:03.54 47.33 200m: 2:41.02			37.48
2. 1144267 FINS SEOANE, Juan Miguel	46 SALESTRA	<b>2:44.09</b>	10,00
50m: 34.16 34.16 100m: 1:17.84 43.68 150m: 2:05.69 47.85 200m: 2:44.09			38.40
3. 1079343 MOURIÑO ORTIGUERA, Roberto C.	49 PONTEAREAS	<b>2:53.56</b>	8,00
50m: 34.29 34.29 100m: 1:22.47 48.18 150m: 2:13.50 51.03 200m: 2:53.56			40.06
4. 1190415 GOMEZ FREIRE, Domingo Jose	48 SCASINO	<b>3:11.02</b>	7,00
50m: 38.01 38.01 100m: 1:30.24 52.23 150m: 2:29.22 58.98 200m: 3:11.02			41.80
5. 1145005 FERNANDEZ IGLESIAS, Emilio J.	46 PONTEAREAS	<b>3:14.03</b>	6,00
50m: 40.80 40.80 100m: 1:36.95 56.15 150m: 2:32.21 55.26 200m: 3:14.03			41.82
6. 1076535 DE LUIS GONZÁLEZ, Aitor	49 RCNVIGO	<b>3:14.15</b>	5,00
50m: 44.96 44.96 100m: 1:35.30 50.34 150m: 2:31.16 55.86 200m: 3:14.15			42.99
7. 1212075 GONZALEZ PARIS, David	45 HERCULES	<b>3:17.22</b>	4,00
50m: 41.25 41.25 100m: 1:32.13 50.88 150m: 2:35.74 1:03.61 200m: 3:17.22			41.48
8. 1127402 PEXEGUEIRO BALADRON, Nicolas	46 CNMOS	<b>3:21.31</b>	3,00
50m: 44.07 44.07 100m: 1:35.56 51.49 150m: 2:34.24 58.68 200m: 3:21.31			47.07
Baja enf. 1144915 SÁNCHEZ PARADA, Jose M <sup>a</sup>	45 ARTEIXO		-
<b>50+</b>			
1. 1040137 QUINTAS BARROS, Jesus C.	50 ESCUALOS	<b>2:44.65</b>	13,00
50m: 35.37 35.37 100m: 1:20.22 44.85 150m: 2:07.87 47.65 200m: 2:44.65			36.78
2. 1141356 GENDE DIAZ, Juan F.	53 ADFOGAR	<b>4:16.42</b>	10,00
50m: 41.27 41.27 100m: 1:52.73 1:11.46 150m: 3:17.25 1:24.52 200m: 4:16.42			59.17
3. 1145039 FERREIRO SANCHEZ, Luis	53 POURENSE	<b>4:24.82</b>	8,00
50m: 58.26 58.26 100m: 2:07.07 1:08.81 150m: 3:26.78 1:19.71 200m: 4:24.82			58.04



Prueba 13, Masc., 200m Estilos

55+

1.	1037161	TOME NOGUEIRA, Alberto M.	55	ADFOGAR	<b>3:26.24</b>	13,00		
	50m:	43.54 43.54	100m:	1:38.29 54.75	150m:	2:39.12 1:00.83	200m:	3:26.24 47.12
2.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	<b>3:43.97</b>	10,00		
	50m:	47.18 47.18	100m:	2:00.33 1:13.15	150m:	2:56.98 56.65	200m:	3:43.97 46.99
3.	1199641	COUCEIRO SANCHEZ, Gonzalo	57	SCASINO	<b>3:53.09</b>	8,00		
	50m:	49.68 49.68	100m:	1:54.40 1:04.72	150m:	3:05.47 1:11.07	200m:	3:53.09 47.62
DSQ	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS		-		
		<i>Nado irregular</i>						
DSQ	1143536	BLANCO PEREZ, Angel	59	POURENSE		-		
		<i>Nado irregular</i>						
Baja enf.	1141209	DE LA PAZ VIGO, Agustin A.	57	CMARINA		-		

60+

1.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	<b>3:18.08</b>	13,00		
	50m:	43.73 43.73	100m:	1:37.98 54.25	150m:	2:34.89 56.91	200m:	3:18.08 43.19
2.	1170858	CODESIDO LOPEZ, José	64	CIDSANTIAG	<b>3:44.97</b>	10,00		
	50m:	47.02 47.02	100m:	1:44.01 56.99	150m:	2:54.56 1:10.55	200m:	3:44.97 50.41
3.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	<b>3:55.69</b>	8,00		
	50m:	51.64 51.64	100m:	1:57.68 1:06.04	150m:	3:01.93 1:04.25	200m:	3:55.69 53.76
4.	1053394	SANJORGE PEDREIRA, Carmelo	61	ARTEIXO	<b>4:37.15</b>	7,00		
	50m:	59.03 59.03	100m:	2:06.55 1:07.52	150m:	3:32.47 1:25.92	200m:	4:37.15 1:04.68

70+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	<b>4:15.68</b>	13,00		
	50m:	57.71 57.71	100m:	2:04.92 1:07.21	150m:	3:12.48 1:07.56	200m:	4:15.68 1:03.20

Prueba 14  
14/01/2023

Fem., 4 x 50m Libre

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Resultados

Clasificación					Tiempo	Puntos
<b>+80 (PRE-MASTER)</b>						
1.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:12.45</b>	26,00
	GARCIA TRIGO, Sofia 21	32.09		ALVITE LOPEZ, Andrea 24		31.98
	TEJEIRA LOPEZ, Sara 23	34.63		VAZQUEZ SANCHEZ, Pilar 25		33.75
2.	<b>GALAICO 1</b>			<b>GALAICO</b>	<b>2:20.83</b>	20,00
	GARCIA MIGUEZ, Rosalia 25	30.80		CANO ROSALES, Nuria 22		31.43
	FERNANDEZ GARCIA, Marina 26	45.02		GONZALEZ AVENDAÑO, Lucia 24		33.58
3.	<b>PONTEAREAS 1</b>			<b>PONTEAREAS</b>	<b>2:33.99</b>	16,00
	EIJO GIL, Ana Paula 20	33.69		GONZALEZ PEREZ, Paula 27		39.62
	CABALEIRO FREIRIA, Lara 22	40.62		GARCIA SANCHEZ, Francis Marian29		40.06
<b>+120</b>						
1.	<b>RIASBAIXAS 1</b>			<b>RIASBAIXAS</b>	<b>2:15.85</b>	26,00
	SUAREZ GARCIA, Sofia 26	33.78		PEREZ GARCIA, Eva 33		34.10
	GONZALEZ PEREZ, Jessica 36	36.45		VALIÑO GÓMEZ, Esther 35		31.52
2.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:19.75</b>	20,00
	ISASTI OTERO, Nerea 26	34.43		GONZALEZ FERNANDEZ, Leticia 41		35.68
	CUBA KOSTER, Esmeralda 31	36.94		BEN CILLERO, Sabela 31		32.70
3.	<b>SCASINO 1</b>			<b>SCASINO</b>	<b>2:34.02</b>	16,00
	GARCÍA SEOANE, Cristina María 48	41.12		CAGIAO RODRIGUEZ, Natalia 45		35.80
	VINAGRE SENDINO, Cora 35	32.64		SANCHEZ DE LLANO, M. Nieves 31		44.46
4.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>2:34.04</b>	14,00
	SANTORUM FONTAN, Iria Marta 31	33.43		FARIÑA SOUSA, Noemi 40		41.97
	GONZALEZ GARCIA, Covadonga 34	41.95		CRESPO ESTEVEZ, Laura 29		36.69
5.	<b>NCORUÑA 1</b>			<b>NCORUÑA</b>	<b>2:48.16</b>	12,00
	GALLARDO DE ARTAZA, María 28	33.69		FREIJO LÓPEZ, Lucía 31		34.84
	VILLASANTE ARMAS, Maria Rosa 48	45.12		FERNÁNDEZ SANJURJO, Lucia 50		54.51
6.	<b>PONTEAREAS 3</b>			<b>PONTEAREAS</b>	<b>2:59.55</b>	10,00
	ACUÑA MELLA, Maria 35	40.36		BESADA FERNÁNDEZ, Ana M. 45		46.02
	PAZOS GANDARA, Andrea 31	39.42		FERNANDEZ GUARDIOLA, Loira 34		53.75
DSQ	<b>PORTAMIÑA 1</b>			<b>PORTAMIÑA</b>		-
	<i>Salida anticipada 4 posta</i>					
	FREIJE TORNEIRO, Aroa, RAMOS LOBO, Raquel, GARCIA RODRIGUEZ, Teresa, SALGADO CASTELO, Marta					
Baja enf.	<b>ESCUALOS 1</b>			<b>ESCUALOS</b>		-
<b>+160</b>						
1.	<b>HERCULES 1</b>			<b>HERCULES</b>	<b>2:14.39</b>	26,00
	ALAYON MORIN, Cristina 41	34.03		BRAÑA MENENDEZ, Sonia 48		35.46
	REGUEIRA MARTINEZ, Maria J. 48	36.06		PASCUAL GUTIERREZ, Maria Tere:25		28.84
2.	<b>ESCUALOS 2</b>			<b>ESCUALOS</b>	<b>2:28.70</b>	20,00
	MIRA VAZQUEZ, Marta 42	36.03		MARTIN, Christelle 42		39.26
	MIRA VAZQUEZ, Paula 37	39.52		FKEOUI OMARI, Salma 41		33.89
3.	<b>PONTEAREAS 4</b>			<b>PONTEAREAS</b>	<b>2:30.14</b>	16,00
	GESTO ALONSO, Clarisa 34	33.97		COVELO SAAVEDRA, Nahir 45		38.39
	VARELA REDONDO, Veronica 48	36.76		SOBRINO EIRIZ, Maria Del Valle 51		41.02
4.	<b>SALESTRA 1</b>			<b>SALESTRA</b>	<b>2:31.82</b>	14,00
	ROZADOS LUIS, Adriana 38	32.44		CORCOBA CARBIA, Raquel 46		35.35
	PAZ BERMUDEZ, Maria 47	46.17		OTERO FERNANDEZ, Maria Luisa 30		37.86

Prueba 14, Fem., 4 x 50m Libre, +160

Clasificación				Tiempo	Puntos
Baja enf.	POURENSE 1		POURENSE		-
+200					
1.	<b>RIASBAIXAS 2</b>		<b>RIASBAIXAS</b>	<b>2:27.69</b>	26,00
	ROIG SANCHEZ, Blanca Ana 49	38.05	REGUEIRO RODRIGUEZ, Ana 57		38.92
	HERNANDEZ ALFAGEME, Rita 52	37.57	PRADO FRANCO, Marta E. 44		33.15
2.	<b>POURENSE 2</b>		<b>POURENSE</b>	<b>2:44.66</b>	20,00
	BALADO LOPEZ, Ana Maria 62	39.15	GONZALEZ RODRIGUEZ, Maria 41		31.53
	RODRIGUEZ VAZQUEZ, Maria Teresa 51	43.66	ACEVEDO REGO, Ermitas 57		50.32
3.	<b>ESCUALOS 3</b>		<b>ESCUALOS</b>	<b>2:49.83</b>	16,00
	DE LORENZO FERNANDEZ, Maria 45	36.65	REBORDA MORILLO, Susana 61		52.34
	CID ALVAREZ, Isabel 43	41.59	PEREZ PEREZ, Sonia 51		39.25
4.	<b>PONTEAREAS 5</b>		<b>PONTEAREAS</b>	<b>2:57.62</b>	14,00
	DEL AMO BLANCO, Margarita 56	41.99	ABREU FERNANDEZ, Marta 52		44.62
	CALVIÑO CANCELA, Cristina 55	43.35	FERNANDEZ SESTELO, Maria Jose 53		47.66
5.	<b>CULLEREDO 1</b>		<b>CULLEREDO</b>	<b>2:59.32</b>	12,00
	CHICO FERNANDEZ, Maria Begoña 52	46.75	SAR MORANO, Dolores 68		1:01.03
	LOPEZ BLANCO, M <sup>o</sup> Isabel 60	35.99	SANDERSON, Helen Jane 53		35.55
+240					
Baja enf.	PONTEAREAS 6		PONTEAREAS		-
+280					
1.	<b>PONTEAREAS 7</b>		<b>PONTEAREAS</b>	<b>4:47.02</b>	26,00 RG
	MORAL RUBIO, Isabel 81	1:18.65	GONZALEZ RODRIGUEZ, S. Marta 77		1:21.96
	RODRÍGUEZ TRONCOSO, Marina 64	1:01.57	SUEIRO COSTAS, M <sup>a</sup> Carmen 67		1:04.84

Prueba 15  
14/01/2023

Masc., 4 x 50m Libre

AG 80 - 359  
Resultados

Clasificación				Tempo	Puntos
<b>+100</b>					
1.	<b>CNXOVE 1</b>			<b>1:47.92</b>	26,00
	ISASTI OTERO, Patxi 28	26.45	TIMIRAOS GONZALEZ, Santiago 27		27.50
	MIGUEZ VAZQUEZ, Victor 26	28.59	VALDES REY, Enol 30		25.38
2.	<b>CNMOS 2</b>			<b>1:56.93</b>	20,00
	SEQUEIROS LAGO, Saul 25	29.96	VOLLUZ ITALIANI, Facundo J. 25		28.41
	TRILLO RODRIGUEZ, Adrian 26	29.99	FERNANDEZ GAYOSO, Jose Manu37		28.57
<b>+120</b>					
1.	<b>GALAICO 1</b>			<b>1:50.69</b>	26,00
	CALLE FACAL, Telmo 40	27.52	PIÑEIRO PEON, Antonio 39		27.91
	MARTINEZ DOPAZO, David 36	28.25	TENORIO FREIRE, Martin 31		27.01
2.	<b>CMARINA 1</b>			<b>1:54.74</b>	20,00
	LAZARO GUERRERO, Victor 35	27.87	BALSA MOSQUERA, Pablo 45		29.53
	PEREZ VAZQUEZ, Telmo 35	28.91	AZNAR GRILLE, Carlos Javier 28		28.43
3.	<b>POURENSE 1</b>			<b>1:56.49</b>	16,00
	BLANCO PEREZ, Adrian 29	26.19	FRANCISCO MACÍAS, Simón 27		34.50
	TABOADA VILA, Daniel 30	30.56	VILA CID, Marcos 36		25.24
4.	<b>MONFORTE 1</b>			<b>1:57.20</b>	14,00
	BALLESTER IBAÑEZ, Edgar 32	25.46	ALVAREZ CASTRO, Teodoro 33		31.42
	SUAREZ FERNÁNDEZ, Santiago 28	25.78	MARTINEZ BERJANO, Jose Manuel60		34.54
5.	<b>ESCUALOS 1</b>			<b>1:58.74</b>	12,00
	FORTES NOVOA, Martiño 35	29.93	PADIN CHARLIN, Joaquin 43		31.15
	KRUGLOV, Mykola 38	28.66	RODRIGUEZ RAMOS, Manuel 26		29.00
6.	<b>CNXOVE 1</b>			<b>1:58.93</b>	10,00
	SANTIAGO CAÑIZAL, Daniel 34	30.75	ISASTI MAIZA, Patxi Xabier 58		32.48
	GARCIA GARCIA, Anselmo 35	28.59	OROZA PARGA, Bruno 29		27.11
7.	<b>RIASBAIXAS 1</b>			<b>2:01.35</b>	8,00
	PASTORIZA SANTA CLARA, Jorge26	26.88	FIGUEIRA DOMINGUEZ, Javier Guz35n		31.25
	RODRIGUEZ GARCIA, Jose Bernar40	33.32	CAO LAGO, Pablo 36		29.90
8.	<b>PORTAMIÑA 1</b>			<b>2:40.16</b>	6,00
	MEILAN SANCHEZ, Sergio Jose 27	33.82	GONZALEZ PEÑAS, David 39		40.20
	GONZALEZ VICENTE, Ruben 42	36.64	FERNANDEZ CORRAL, Marcos 44		49.50
Baja enf.	<b>PONTEAREAS 3</b>		<b>PONTEAREAS</b>		-
<b>+160</b>					
1.	<b>ESCUALOS 2</b>			<b>1:55.15</b>	26,00
	PAZOS ALONSO, Josue 37	28.80	ALVAREZ SILVA, Ruben 42		29.71
	NOGUEIRA-PINTO CRESPO, Hugo 45	28.86	SEVILLA AROCA, Javier 40		27.78
2.	<b>HERCULES 2</b>			<b>1:56.93</b>	20,00
	ABADES REBOREDO, Daniel 45	30.20	FOUZ ROUCO, Rubén 44		27.05
	GONZALEZ PARIS, David 45	32.69	MERA MONTECELOS, Pablo 40		26.99
3.	<b>RCNVIGO 1</b>			<b>1:56.98</b>	16,00
	FERNÁNDEZ MAROTO, Diego 45	28.70	DOMÍNGUEZ PARDELLAS, Rubén 35		28.40
	DE LUIS GONZÁLEZ, Aitor 49	33.83	ARIETTO GARCIA, Jorge 37		26.05
4.	<b>RIASBAIXAS 2</b>			<b>1:58.96</b>	14,00
	MASSO AGUADO, Jorge 47	30.07	VAZQUEZ IGLESIAS, Daniel 44		29.04
	FERREIRO SEOANE, Jose Raul 50	32.51	SANCHEZ GORDON, Roman 45		27.34

Prueba 15, Masc., 4 x 50m Libre, +160

Clasificación					Tiempo	Puntos
5.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>2:05.14</b>	12,00
	BERNARDEZ FERRO, Juan Jose 36	30.11		MONTERO PRIETO, Carlos Eugenio 45		30.33
	PRESA PRESA, Santiago 35	33.72		GARCIA CASTIÑEIRA, Daniel 49		30.98
6.	<b>SALESTRA 1</b>			<b>SALESTRA</b>	<b>2:10.12</b>	10,00
	FINS SEOANE, Juan Miguel 46	28.76		LOPEZ PAYO, Mario 46		34.12
	COLLAZO LÓPEZ, Victor Eliseo 60	34.60		CERVELA DEBER, Moises 41		32.64
7.	<b>ADFOGAR 1</b>			<b>ADFOGAR</b>	<b>2:11.61</b>	8,00
	COTELO SENANDE, Alberto 35	30.18		VAZQUEZ ESMORIS, Pablo 44		32.52
	GENDE DIAZ, Juan F. 53	32.88		TOME NOGUEIRA, Alberto M. 55		36.03
8.	<b>CULLEREDO 1</b>			<b>CULLEREDO</b>	<b>2:12.83</b>	6,00
	PEREZ GARCIA, Manuel 56	39.56		HERNAEZ OUBIÑA, David 50		30.65
	VAZQUEZ PEREZ, Luis Fernando 44	34.95		GUIRADO CARABEL, Oscar 47		27.67
9.	<b>PONTEAREAS 4</b>			<b>PONTEAREAS</b>	<b>2:15.77</b>	4,00
	MOURIÑO FORTES, Victor Manuel 46	31.46		PASCUAL DE PEDRO, Jorge 37		34.52
	RODRIGUEZ BALIÑA, Marcos 52	32.58		RODRIGUEZ BALIÑA, Mauro 33		37.21
Baja enf.	<b>POURENSE 2</b>			<b>POURENSE</b>		-
<b>+200</b>						
1.	<b>NCORUÑA 1</b>			<b>NCORUÑA</b>	<b>1:58.88</b>	26,00
	CASTRO VILLAR, David 32	27.95		SOLLEIRO TIZON, Juan Jose 60		32.22
	LOIS PEREZ, Antonio 62	28.92		TAPIA PORTO, Enrique 58		29.79
2.	<b>PORTAMIÑA 2</b>			<b>PORTAMIÑA</b>	<b>2:07.04</b>	20,00
	GUIMAREY VAZQUEZ, Marcos 46	29.97		TIMIRAIOS CARRASCO, Fernando 58		31.80
	PEREZ ARIAS, Hector 52	29.12		SANCHEZ VAZQUEZ, Jesus 61		36.15
3.	<b>ESCUALOS 3</b>			<b>ESCUALOS</b>	<b>2:08.23</b>	16,00
	PEREIRA DIAZ, Angel 51	29.71		BOUSO FUENTECILLA, Fernando 52		33.27
	SÁNCHEZ SECO, Manuel 55	34.59		QUINTAS BARROS, Jesus C. 50		30.66
4.	<b>CIDSANTIAG 1</b>			<b>CIDSANTIAG</b>	<b>2:11.97</b>	14,00
	CODESIDO LOPEZ, José 64	33.87		DOMINGUEZ PHILOCREON, Ticiano 42		35.05
	FERNANDEZ ARRUTI, Jose Angel 64	32.47		FREIRE DONADO, Guillermo 39		30.58
5.	<b>SCASINO 1</b>			<b>SCASINO</b>	<b>2:15.42</b>	12,00
	COUCEIRO SANCHEZ, Gonzalo 57	34.74		GOMEZ FREIRE, Domingo Jose 48		33.51
	NISTAL GARCÍA, Eduardo 55	32.21		PEREZ CARRUEBANO, Enrique 49		34.96
6.	<b>PONTEAREAS 5</b>			<b>PONTEAREAS</b>	<b>2:15.56</b>	10,00
	MOURIÑO ORTIGUERA, Roberto C. 49	31.56		FERNANDEZ IGLESIAS, Emilio J. 46		33.56
	PIÑEIRO PEREZ, Armando 57	35.86		PREGO MARTINEZ, Benjamin 50		34.58
7.	<b>RIASBAIXAS 3</b>			<b>RIASBAIXAS</b>	<b>2:24.74</b>	8,00
	FERNANDEZ-TESTA BARREIRO, D49d 34.59			SANCHEZ MUÑOZ, Jose Ignacio 62		38.25
	Lorenzo Fernandez, Jose Man51 34.80			IGLESIAS RODRIGUEZ, Carlos 54		37.10
8.	<b>GALAICO 3</b>			<b>GALAICO</b>	<b>2:27.70</b>	6,00
	BETHENCOURT IGLESIAS, Sergio 60	31.57		AREA PEREIRA, Jose Manuel 66		42.63
	PENEDO PADIN, Adolfo 51	38.99		CARBALLA BARROSO, Rogelio M421el 34.51		
Baja enf.	<b>ARTEIXO 1</b>			<b>ARTEIXO</b>		-

Prueba 15, Masc., 4 x 50m Libre

+240

1.	<b>HERCULES 1</b>			<b>HERCULES</b>	<b>2:04.70</b>	26,00	RG
	SAAVEDRA GONZÁLEZ, Raul	50	28.34	SUANZES PEREZ, Fernando	70	34.24	
	YAÑEZ WONENBURGER, J. Carlos	64	32.85	RIVAS FEAL, Antonio	57	29.27	
2.	<b>CNMOS 1</b>			<b>CNMOS</b>	<b>2:27.39</b>	20,00	
	SIO LOURIDO, J. Salvador	62	32.20	RODRIGUEZ VIEITO, Ricardo M.	66	36.80	
	RODRIGUEZ LEMOS, Andres J.	74	43.42	PEXEGUEIRO BALADRON, Nicolas	46	34.97	
3.	<b>POURENSE 3</b>			<b>POURENSE</b>	<b>3:07.16</b>	16,00	
	BLANCO PEREZ, Angel	59	38.56	CADAVID NUÑEZ, Jose	53	30.94	
	TIMIRAOS CARRASCO, Luis	67	31.94	GARCIA COLOMO, Manuel Ramon	69	1:25.72	
4.	<b>PONTEAREAS 6</b>			<b>PONTEAREAS</b>	<b>3:11.42</b>	14,00	
	RODRIGUEZ GOMEZ, Emilio	62	39.52	MONROY FERNÁNDEZ, Manuel	73	42.12	
	CARRERA RODRÍGUEZ, Rubén	44	35.27	ARAUJO DOMINGUEZ, Francisco	83	1:14.51	



Prueba 16  
15/01/2023 - 9:30

Fem., 200m Libre

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1143296 EIJO GIL, Ana Paula	20 PONTEAREAS	<b>2:39.30</b>	13,00
50m: 35.31 35.31 100m: 1:14.55 39.24 150m: 1:56.51 41.96 200m: 2:39.30 42.79			
2. 1144257 FERNANDEZ GONZALEZ, Elena	22 HERCULES	<b>2:40.01</b>	10,00
50m: 38.79 38.79 100m: 1:21.07 42.28 150m: 2:02.25 41.18 200m: 2:40.01 37.76			
3. 1076435 GARCIA TRIGO, Sofia	21 CNXOVE	<b>2:44.07</b>	8,00
50m: 33.95 33.95 100m: 1:13.04 39.09 150m: 1:56.68 43.64 200m: 2:44.07 47.39			
4. 1037965 COSTA FERNANDEZ, Laura	22 PONTEAREAS	<b>2:48.04</b>	7,00
50m: 38.74 38.74 100m: 1:20.83 42.09 150m: 2:04.97 44.14 200m: 2:48.04 43.07			
5. 1228048 ALVAREZ SOUTO, Claudia	22 ESCUALOS	<b>3:12.67</b>	6,00
50m: 45.98 45.98 100m: 1:36.53 50.55 150m: 2:26.27 49.74 200m: 3:12.67 46.40			
Baja enf. 1079883 RODRIGUEZ RODRIGUEZ, Nina	21 RIASBAIXAS		-
<b>25+</b>			
1. 1038096 FREIJE TORNEIRO, Aroa	25 PORTAMIÑA	<b>2:23.44</b>	13,00
50m: 33.26 33.26 100m: 1:09.81 36.55 150m: 1:46.87 37.06 200m: 2:23.44 36.57			
2. 1078925 SALGADO CASTELO, Marta	29 PORTAMIÑA	<b>3:06.93</b>	10,00
50m: 44.75 44.75 100m: 1:32.92 48.17 150m: 2:20.43 47.51 200m: 3:06.93 46.50			
<b>30+</b>			
1. 1116506 RAMOS LOBO, Raquel	30 PORTAMIÑA	<b>2:30.06</b>	13,00
50m: 33.78 33.78 100m: 1:10.48 36.70 150m: 1:49.57 39.09 200m: 2:30.06 40.49			
2. 1040545 POMBO LOPEZ, Belen	31 FLUVIAL	<b>2:34.29</b>	10,00
50m: 34.95 34.95 100m: 1:13.33 38.38 150m: 1:53.72 40.39 200m: 2:34.29 40.57			
3. 1038087 PARDO GOMEZ, Carmen	31 PORTAMIÑA	<b>2:43.37</b>	8,00
50m: 35.56 35.56 100m: 1:15.31 39.75 150m: 1:58.54 43.23 200m: 2:43.37 44.83			
4. 1040457 FREIJO LÓPEZ, Lucía	31 NCORUÑA	<b>2:44.96</b>	7,00
50m: 37.81 37.81 100m: 1:19.43 41.62 150m: 2:02.08 42.65 200m: 2:44.96 42.88			
5. 1143565 ARAÚJO CASTRO, Paula	32 CDELMAR	<b>2:51.60</b>	6,00
50m: 39.36 39.36 100m: 1:22.23 42.87 150m: 2:07.34 45.11 200m: 2:51.60 44.26			
6. 1236745 RODRIGUEZ GONZÁLEZ, Raquel	30 MONFORTE	<b>2:59.78</b>	5,00
50m: 38.85 38.85 100m: 1:23.89 45.04 150m: 2:12.23 48.34 200m: 2:59.78 47.55			
7. 1218233 SANCHEZ DE LLANO, M. Nieves	31 SCASINO	<b>3:27.33</b>	4,00
50m: 47.64 47.64 100m: 1:41.00 53.36 150m: 2:35.53 54.53 200m: 3:27.33 51.80			
8. 1215890 FERNANDEZ PARADA, Clara	30 POURENSE	<b>4:35.26</b>	3,00
50m: 1:03.69 1:03.69 100m: 2:14.58 1:10.89 150m: 3:25.99 1:11.41 200m: 4:35.26 1:09.27			
Baja enf. 1174885 RUIZ MEILAN, Blanca	33 SCASINO		-
<b>35+</b>			
1. 1075496 BARBEITO DOMINGUEZ, Marta	39 TCHAMART	<b>2:26.84</b>	13,00
50m: 33.98 33.98 100m: 1:09.99 36.01 150m: 1:47.70 37.71 200m: 2:26.84 39.14			
2. 1144894 VINAGRE SENDINO, Cora	35 SCASINO	<b>2:40.92</b>	10,00
50m: 35.41 35.41 100m: 1:16.13 40.72 150m: 1:57.87 41.74 200m: 2:40.92 43.05			
3. 1097627 GIL FERNANDEZ, Marta	35 TRICORUÑA	<b>2:45.81</b>	8,00
50m: 37.56 37.56 100m: 1:19.00 41.44 150m: 2:02.46 43.46 200m: 2:45.81 43.35			

Prueba 16, Fem., 200m Libre, 35+

Clasificación		Edad						Tiempo	Puntos
4.	1144948 GONZALEZ PEREZ, Jessica	36	RIASBAIXAS					<b>2:50.59</b>	7,00
	50m: 38.35 38.35 100m: 1:21.19	42.84	150m: 2:06.48 45.29				200m: 2:50.59	44.11	
5.	1144592 ACUÑA MELLA, Maria	35	PONTEAREAS					<b>3:20.80</b>	6,00
	50m: 43.76 43.76 100m: 1:33.99	50.23	150m: 2:28.09 54.10				200m: 3:20.80	52.71	
6.	1147098 SANTOS DA GRACA, Francelina	36	ADFOGAR					<b>3:33.65</b>	5,00
	50m: 47.12 47.12 100m: 1:40.44	53.32	150m: 2:37.32 56.88				200m: 3:33.65	56.33	
<b>40+</b>									
1.	1013486 GONZALEZ RODRIGUEZ, Maria	41	POURENSE					<b>2:28.09</b>	13,00 RG
	50m: 32.34 32.34 100m: 1:08.55	36.21	150m: 1:47.29 38.74				200m: 2:28.09	40.80	
2.	1180232 FKEOUI OMARI, Salma	41	ESCUALOS					<b>2:44.97</b>	10,00
	50m: 39.14 39.14 100m: 1:20.82	41.68	150m: 2:03.42 42.60				200m: 2:44.97	41.55	
3.	1222531 FERNANDEZ GONZALEZ, Iria	41	PORTAMIÑA					<b>2:58.46</b>	8,00
	50m: 40.57 40.57 100m: 1:24.18	43.61	150m: 2:09.22 45.04				200m: 2:58.46	49.24	
4.	1144200 RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS					<b>3:06.97</b>	7,00
	50m: 42.91 42.91 100m: 1:29.22	46.31	150m: 2:18.69 49.47				200m: 3:06.97	48.28	
5.	1144598 OLMO VAQUEIRO, Leticia	42	PONTEAREAS					<b>3:07.03</b>	6,00
	50m: 43.95 43.95 100m: 1:30.96	47.01	150m: 2:19.73 48.77				200m: 3:07.03	47.30	
6.	1170845 CID ALVAREZ, Isabel	43	ESCUALOS					<b>3:19.33</b>	5,00
	50m: 47.46 47.46 100m: 1:37.41	49.95	150m: 2:28.26 50.85				200m: 3:19.33	51.07	
7.	1144201 ALVAREZ LARRAN, Maria Del Pilar	44	RIASBAIXAS					<b>3:36.22</b>	4,00
	50m: 49.42 49.42 100m: 1:43.01	53.59	150m: 2:39.36 56.35				200m: 3:36.22	56.86	
8.	1075224 BROZOS VAZQUEZ, Elena María	41	CIDSANTIAG					<b>3:42.32</b>	3,00
	50m: 49.73 49.73 100m: 1:46.65	56.92	150m: 2:44.40 57.75				200m: 3:42.32	57.92	
<b>45+</b>									
1.	1143894 DE LORENZO FERNANDEZ, Maria	45	ESCUALOS					<b>2:52.06</b>	13,00
	50m: 40.21 40.21 100m: 1:24.08	43.87	150m: 2:09.06 44.98				200m: 2:52.06	43.00	
2.	1040944 VARELA REDONDO, Veronica	48	PONTEAREAS					<b>2:54.40</b>	10,00
	50m: 39.61 39.61 100m: 1:23.86	44.25	150m: 2:09.43 45.57				200m: 2:54.40	44.97	
3.	1221213 CAGIAO RODRIGUEZ, Natalia	45	SCASINO					<b>3:01.42</b>	8,00
	50m: 38.37 38.37 100m: 1:22.51	44.14	150m: 2:10.98 48.47				200m: 3:01.42	50.44	
4.	1145023 SALES MANTIÑAN, Carmen	49	SCASINO					<b>3:09.36</b>	7,00
	50m: 42.87 42.87 100m: 1:29.67	46.80	150m: 2:19.83 50.16				200m: 3:09.36	49.53	
5.	1180238 GARCÍA SEOANE, Cristina María	48	SCASINO					<b>3:17.93</b>	6,00
	50m: 43.90 43.90 100m: 1:33.75	49.85	150m: 2:26.34 52.59				200m: 3:17.93	51.59	
6.	1144695 RODRIGUEZ LOPEZ, Rosa Maria	48	POURENSE					<b>3:51.41</b>	5,00
	50m: 51.95 51.95 100m: 1:50.68	58.73	150m: 2:52.85 1:02.17				200m: 3:51.41	58.56	
DSQ	1178771 BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS						-
	<i>Salida anticipada</i>								

Prueba 16, Fem., 200m Libre

50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	<b>2:51.63</b>	13,00
	50m:	38.81 38.81	100m:	1:22.72 43.91	150m:	2:07.48 44.76
	200m:	2:51.63		44.15		
2.	1197600	SANDERSON, Helen Jane	53	CULLEREDO	<b>2:57.57</b>	10,00
	50m:	39.10 39.10	100m:	1:23.17 44.07	150m:	2:11.19 48.02
	200m:	2:57.57		46.38		
3.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	51	POURENSE	<b>3:27.93</b>	8,00
	50m:	47.19 47.19	100m:	1:36.98 49.79	150m:	2:31.69 54.71
	200m:	3:27.93		56.24		
4.	1076154	ABREU FERNANDEZ, Marta	52	PONTEAREAS	<b>3:28.05</b>	7,00
	50m:	48.25 48.25	100m:	1:40.10 51.85	150m:	2:34.02 53.92
	200m:	3:28.05		54.03		
5.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	<b>3:38.76</b>	6,00
	50m:	46.70 46.70	100m:	1:43.70 57.00	150m:	2:43.15 59.45
	200m:	3:38.76		55.61		
6.	1199642	GARNACHO GAYARRE, Nuria	54	SCASINO	<b>3:39.27</b>	5,00
	50m:	49.65 49.65	100m:	1:45.39 55.74	150m:	2:44.09 58.70
	200m:	3:39.27		55.18		

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	<b>3:09.25</b>	13,00
	50m:	42.31 42.31	100m:	1:29.87 47.56	150m:	2:19.56 49.69
	200m:	3:09.25		49.69		
2.	1037970	CALVIÑO CANCELA, Cristina	55	PONTEAREAS	<b>3:27.29</b>	10,00
	50m:	44.47 44.47	100m:	1:37.86 53.39	150m:	2:34.04 56.18
	200m:	3:27.29		53.25		
3.	1144231	PEREZ GALLARDO, Teresa	59	POURENSE	<b>4:34.17</b>	8,00
	50m:	1:04.40 1:04.40	100m:	2:13.09 1:08.69	150m:	3:23.84 1:10.75
	200m:	4:34.17		1:10.33		

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	60	CDELMAR	<b>2:51.13</b>	13,00 RG
	50m:	37.79 37.79	100m:	1:19.76 41.97	150m:	2:05.62 45.86
	200m:	2:51.13		45.51		
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	<b>3:07.45</b>	10,00
	50m:	42.20 42.20	100m:	1:29.02 46.82	150m:	2:18.65 49.63
	200m:	3:07.45		48.80		
3.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	<b>3:31.28</b>	8,00
	50m:	46.30 46.30	100m:	1:39.39 53.09	150m:	2:36.31 56.92
	200m:	3:31.28		54.97		
4.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	<b>3:55.00</b>	7,00
	50m:	55.34 55.34	100m:	1:55.25 59.91	150m:	2:56.64 1:01.39
	200m:	3:55.00		58.36		
5.	1212074	LOPEZ BLANCO, M <sup>o</sup> Isabel	60	CULLEREDO	<b>3:56.03</b>	6,00
	50m:	50.37 50.37	100m:	1:49.81 59.44	150m:	2:50.37 1:00.56
	200m:	3:56.03		1:05.66		
6.	1217937	RODRÍGUEZ TRONCOSO, Marina	64	PONTEAREAS	<b>4:36.14</b>	5,00
	50m:	1:03.01 1:03.01	100m:	2:12.93 1:09.92	150m:	3:25.11 1:12.18
	200m:	4:36.14		1:11.03		

65+

1.	1076494	SUEIRO COSTAS, M <sup>a</sup> Carmen	67	PONTEAREAS	<b>4:58.67</b>	13,00
	50m:	1:07.21 1:07.21	100m:	2:23.09 1:15.88	150m:	3:41.89 1:18.80
	200m:	4:58.67		1:16.78		

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIASAS	<b>3:34.39</b>	13,00 RG
	50m:	48.50 48.50	100m:	1:41.24 52.74	150m:	2:36.78 55.54
	200m:	3:34.39		57.61		

Prueba 17  
15/01/2023

Masc., 200m Libre

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	<b>2:00.05</b>	13,00 RG
50m: 27.97 27.97 100m: 58.17 30.20	150m: 1:28.98 30.81	200m: 2:00.05	31.07
2. 1075292 GOMEZ CASAL, Luis	21 CMARINA	<b>2:04.24</b>	10,00
50m: 28.69 28.69 100m: 59.21 30.52	150m: 1:31.11 31.90	200m: 2:04.24	33.13
3. 1037841 PINO LORENZO, Brais	22 PONTEAREAS	<b>2:10.65</b>	8,00
50m: 29.59 29.59 100m: 1:01.84 32.25	150m: 1:35.05 33.21	200m: 2:10.65	35.60
4. 1039755 RIVAS MACEIRAS, Isaac	24 HERCULES	<b>2:11.15</b>	7,00
50m: 29.79 29.79 100m: 1:02.46 32.67	150m: 1:36.33 33.87	200m: 2:11.15	34.82
5. 1076409 CANCELA GOMEZ, Hugo	20 PONTEAREAS	<b>2:12.04</b>	6,00
50m: 29.11 29.11 100m: 1:02.50 33.39	150m: 1:37.31 34.81	200m: 2:12.04	34.73
6. 1097741 GONZÁLEZ MARTÍNEZ, Cristian	20 ARTEIXO	<b>2:16.80</b>	5,00
50m: 31.93 31.93 100m: 1:06.18 34.25	150m: 1:41.45 35.27	200m: 2:16.80	35.35
7. 1061561 INCUTTI TELLADO, Denis	23 PONTEAREAS	<b>2:17.48</b>	4,00
50m: 30.34 30.34 100m: 1:04.49 34.15	150m: 1:40.81 36.32	200m: 2:17.48	36.67
<b>25+</b>			
1. 1039568 BLANCO PEREZ, Adrian	29 POURENSE	<b>2:07.54</b>	13,00
50m: 29.55 29.55 100m: 1:01.37 31.82	150m: 1:33.95 32.58	200m: 2:07.54	33.59
2. 1039270 TRILLO RODRIGUEZ, Adrian	26 CNMOS	<b>2:24.47</b>	10,00
50m: 32.52 32.52 100m: 1:08.03 35.51	150m: 1:45.99 37.96	200m: 2:24.47	38.48
3. 1143300 VOLLUZ ITALIANI, Facundo J.	25 CNMOS	<b>2:24.66</b>	8,00
50m: 34.61 34.61 100m: 1:10.97 36.36	150m: 1:48.27 37.30	200m: 2:24.66	36.39
4. 1228049 RODRIGUEZ RAMOS, Manuel	26 ESCUALOS	<b>2:28.63</b>	7,00
50m: 35.19 35.19 100m: 1:12.49 37.30	150m: 1:50.90 38.41	200m: 2:28.63	37.73
5. 1232980 PICALLO MATO, Adrian	28 SALESTRA	<b>2:32.54</b>	6,00
50m: 35.63 35.63 100m: 1:13.96 38.33	150m: 1:53.25 39.29	200m: 2:32.54	39.29
6. 1078908 MEILAN SANCHEZ, Sergio Jose	27 PORTAMIÑA	<b>2:45.27</b>	5,00
50m: 34.85 34.85 100m: 1:14.52 39.67	150m: 1:59.85 45.33	200m: 2:45.27	45.42
<b>30+</b>			
1. 1038182 VALDES REY, Enol	30 CNXOVE	<b>2:01.00</b>	13,00
50m: 28.51 28.51 100m: 59.11 30.60	150m: 1:29.95 30.84	200m: 2:01.00	31.05
2. 1130602 TENORIO FREIRE, Martin	31 GALAICO	<b>2:10.82</b>	10,00
50m: 30.54 30.54 100m: 1:03.30 32.76	150m: 1:36.24 32.94	200m: 2:10.82	34.58
3. 1010948 CAMPAÑA BARROS, Adrian	33 CIDSANTIAG	<b>2:18.51</b>	8,00
50m: 32.27 32.27 100m: 1:07.55 35.28	150m: 1:43.83 36.28	200m: 2:18.51	34.68
<b>35+</b>			
1. 1084717 VILA CID, Marcos	36 POURENSE	<b>2:01.52</b>	13,00 RG
50m: 29.00 29.00 100m: 59.17 30.17	150m: 1:29.91 30.74	200m: 2:01.52	31.61
2. 1141144 ARIETTO GARCIA, Jorge	37 RCNVIGO	<b>2:08.46</b>	10,00
50m: 29.77 29.77 100m: 1:02.69 32.92	150m: 1:35.71 33.02	200m: 2:08.46	32.75
3. 1126597 FERNANDEZ GAYOSO, Jose Manuel	37 CNMOS	<b>2:24.63</b>	8,00
50m: 33.44 33.44 100m: 1:09.77 36.33	150m: 1:46.91 37.14	200m: 2:24.63	37.72

Prueba 17, Masc., 200m Libre, 35+

Clasificación	Edad	Tiempo	Puntos
4. 1141095 LOPEZ BERMUDEZ, Gabriel	39 RSDH	<b>2:34.44</b>	7,00
50m: 32.84 32.84 100m: 1:10.50 37.66 150m: 1:52.21 41.71 200m: 2:34.44 42.23			
5. 1036745 BARCIA SIXTO, Francisco José	38 NTNARON	<b>2:39.30</b>	6,00
50m: 36.26 36.26 100m: 1:14.15 37.89 150m: 1:54.93 40.78 200m: 2:39.30 44.37			
6. 1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36 TRICORUÑA	<b>2:44.50</b>	5,00
50m: 37.29 37.29 100m: 1:18.44 41.15 150m: 2:01.05 42.61 200m: 2:44.50 43.45			
7. 1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	<b>2:54.90</b>	4,00
50m: 40.52 40.52 100m: 1:24.46 43.94 150m: 2:10.06 45.60 200m: 2:54.90 44.84			
8. 1145090 MARTÍNEZ DOMÍNGUEZ, Iván	35 PONTEAREAS	<b>2:55.95</b>	3,00
50m: 38.38 38.38 100m: 1:23.10 44.72 150m: 2:09.82 46.72 200m: 2:55.95 46.13			
Baja enf. 1198278 MANEIRO BETANZOS, Javier	38 ESCUALOS		-
<b>40+</b>			
1. 1107942 GARCIA RODRIGUEZ, Sergio	42 RIASBAIXAS	<b>2:14.34</b>	13,00
50m: 31.87 31.87 100m: 1:05.90 34.03 150m: 1:40.38 34.48 200m: 2:14.34 33.96			
2. 1143897 SEVILLA AROCA, Javier	40 ESCUALOS	<b>2:17.85</b>	10,00
50m: 30.80 30.80 100m: 1:04.85 34.05 150m: 1:40.40 35.55 200m: 2:17.85 37.45			
3. 1182358 CANOSA RODRÍGUEZ, Juan José	43 NTNARON	<b>2:19.76</b>	8,00
50m: 31.79 31.79 100m: 1:06.07 34.28 150m: 1:42.14 36.07 200m: 2:19.76 37.62			
4. 1093446 VAZQUEZ IGLESIAS, Daniel	44 RIASBAIXAS	<b>2:29.90</b>	7,00
50m: 34.72 34.72 100m: 1:13.00 38.28 150m: 1:52.38 39.38 200m: 2:29.90 37.52			
5. 1093448 VAZQUEZ ESMORIS, Pablo	44 ADFOGAR	<b>2:32.90</b>	6,00
50m: 35.19 35.19 100m: 1:13.41 38.22 150m: 1:53.06 39.65 200m: 2:32.90 39.84			
6. 1076564 CABANELAS EIRAS, Pablo	44 CIDSANTIAG	<b>2:34.78</b>	5,00
50m: 35.89 35.89 100m: 1:14.65 38.76 150m: 1:54.57 39.92 200m: 2:34.78 40.21			
7. 1144584 ALVAREZ SILVA, Ruben	42 ESCUALOS	<b>2:34.89</b>	4,00
50m: 36.50 36.50 100m: 1:15.11 38.61 150m: 1:55.72 40.61 200m: 2:34.89 39.17			
8. 1190529 CERVELA DEBER, Moises	41 SALESTRA	<b>2:34.99</b>	3,00
50m: 34.95 34.95 100m: 1:13.32 38.37 150m: 1:54.62 41.30 200m: 2:34.99 40.37			
9. 1143899 PEREZ LOPEZ, Manuel	42 ESCUALOS	<b>2:40.03</b>	2,00
50m: 36.90 36.90 100m: 1:17.55 40.65 150m: 1:59.46 41.91 200m: 2:40.03 40.57			
10. 1199899 DOMINGUEZ PHILOCREON, Ticiano	42 CIDSANTIAG	<b>2:41.16</b>	1,00
50m: 35.35 35.35 100m: 1:14.52 39.17 150m: 1:57.21 42.69 200m: 2:41.16 43.95			
11. 1220977 MIGUELEZ FERNANDEZ, Bruno	43 RIASBAIXAS	<b>2:58.00</b>	-
50m: 38.45 38.45 100m: 1:22.25 43.80 150m: 2:11.01 48.76 200m: 2:58.00 46.99			
12. 1215947 VAZQUEZ PEREZ, Luis Fernando	44 CULLEREDO	<b>3:00.33</b>	-
50m: 38.65 38.65 100m: 1:23.46 44.81 150m: 2:11.60 48.14 200m: 3:00.33 48.73			
<b>45+</b>			
1. 1118746 SANCHEZ GORDON, Roman	45 RIASBAIXAS	<b>2:14.85</b>	13,00
50m: 31.62 31.62 100m: 1:05.47 33.85 150m: 1:40.21 34.74 200m: 2:14.85 34.64			
2. 1144267 FINS SEOANE, Juan Miguel	46 SALESTRA	<b>2:19.40</b>	10,00
50m: 32.11 32.11 100m: 1:07.28 35.17 150m: 1:43.77 36.49 200m: 2:19.40 35.63			
3. 1175127 MASSO AGUADO, Jorge	47 RIASBAIXAS	<b>2:24.85</b>	8,00
50m: 33.14 33.14 100m: 1:10.03 36.89 150m: 1:48.02 37.99 200m: 2:24.85 36.83			
4. 1143480 ABADES REBOREDO, Daniel	45 HERCULES	<b>2:25.11</b>	7,00
50m: 33.61 33.61 100m: 1:10.03 36.42 150m: 1:48.40 38.37 200m: 2:25.11 36.71			



Prueba 17, Masc., 200m Libre, 45+

Clasificación	Edad	Tiempo	Puntos
5. 1079343 MOURIÑO ORTIGUERA, Roberto C.	49 PONTEAREAS	<b>2:27.35</b>	6,00
50m: 32.70 32.70 100m: 1:09.17 36.47 150m: 1:47.56 38.39 200m: 2:27.35 39.79			
6. 1212075 GONZALEZ PARIS, David	45 HERCULES	<b>2:33.62</b>	5,00
50m: 34.87 34.87 100m: 1:12.31 37.44 150m: 1:52.84 40.53 200m: 2:33.62 40.78			
7. 1084040 GARCIA CASTIÑEIRA, Daniel	49 GALAICO	<b>2:40.05</b>	4,00
50m: 36.06 36.06 100m: 1:15.84 39.78 150m: 1:58.40 42.56 200m: 2:40.05 41.65			
8. 1192271 MOURIÑO FORTES, Victor Manuel	46 PONTEAREAS	<b>2:40.28</b>	3,00
50m: 35.62 35.62 100m: 1:16.18 40.56 150m: 1:59.75 43.57 200m: 2:40.28 40.53			
9. 1076553 FERNANDEZ-TESTA BARREIRO, David	49 RIASBAIXAS	<b>2:46.06</b>	2,00
50m: 36.72 36.72 100m: 1:17.10 40.38 150m: 2:01.90 44.80 200m: 2:46.06 44.16			
10. 1203306 DURO GONZALEZ, Antonio	49 SALESTRA	<b>2:50.06</b>	1,00
50m: 39.50 39.50 100m: 1:22.57 43.07 150m: 2:07.60 45.03 200m: 2:50.06 42.46			
11. 1079478 GONZÁLEZ PEREIRA, J. Carlos	48 RCNVIGO	<b>2:53.72</b>	-
50m: 38.88 38.88 100m: 1:22.18 43.30 150m: 2:08.20 46.02 200m: 2:53.72 45.52			
12. 1197558 FERNANDEZ FERNANDEZ, Miguel Ang	46 RIASBAIXAS	<b>3:20.67</b>	-
50m: 42.12 42.12 100m: 1:32.45 50.33 150m: 2:25.57 53.12 200m: 3:20.67 55.10			
13. 1143964 TABOAS BASTOS, Oscar	46 CNMOS	<b>3:24.71</b>	-
50m: 43.19 43.19 100m: 1:32.79 49.60 150m: 2:27.23 54.44 200m: 3:24.71 57.48			
Baja enf. 1144915 SÁNCHEZ PARADA, Jose M <sup>a</sup>	45 ARTEIXO		-
<b>50+</b>			
1. 1076185 PEREIRA DIAZ, Angel	51 ESCUALOS	<b>2:20.56</b>	13,00 RG
50m: 33.21 33.21 100m: 1:08.81 35.60 150m: 1:44.61 35.80 200m: 2:20.56 35.95			
2. 1141504 BOUSO FUENTECILLA, Fernando	52 ESCUALOS	<b>2:42.17</b>	10,00
50m: 37.66 37.66 100m: 1:19.26 41.60 150m: 2:01.85 42.59 200m: 2:42.17 40.32			
3. 1141071 LORENZO FERNANDEZ, Jose Manuel	51 RIASBAIXAS	<b>2:54.43</b>	8,00
50m: 39.25 39.25 100m: 1:23.21 43.96 150m: 2:08.20 44.99 200m: 2:54.43 46.23			
4. 1078814 CANOSA RODRIGUEZ, Alfonso J.	52 ADFOGAR	<b>3:05.32</b>	7,00
50m: 42.48 42.48 100m: 1:30.35 47.87 150m: 2:19.55 49.20 200m: 3:05.32 45.77			
5. 1180236 DE LA VEGA GÁNDARAS, Felipe	50 HERCULES	<b>3:07.42</b>	6,00
50m: 44.39 44.39 100m: 1:31.65 47.26 150m: 2:20.84 49.19 200m: 3:07.42 46.58			
6. 1143494 IGLESIAS RODRIGUEZ, Carlos	54 RIASBAIXAS	<b>3:08.86</b>	5,00
50m: 41.62 41.62 100m: 1:28.26 46.64 150m: 2:18.55 50.29 200m: 3:08.86 50.31			
7. 1195570 TERREN ENRUBIA, Lucio A	53 RIASBAIXAS	<b>3:17.22</b>	4,00
50m: 38.52 38.52 100m: 1:26.92 48.40 150m: 2:22.10 55.18 200m: 3:17.22 55.12			
8. 1208795 LORENZO GONZALEZ-VISO, Carlos	52 POURENSE	<b>3:18.51</b>	3,00
50m: 43.34 43.34 100m: 1:32.38 49.04 150m: 2:26.89 54.51 200m: 3:18.51 51.62			
9. 1180239 MARTÍNEZ LEMA, José Antonio	51 TRICORUÑA	<b>3:49.79</b>	2,00
50m: 47.48 47.48 100m: 1:44.41 56.93 150m: 2:46.36 1:01.95 200m: 3:49.79 1:03.43			
<b>55+</b>			
1. 1085112 RIVAS FEAL, Antonio	57 HERCULES	<b>2:28.01</b>	13,00
50m: 35.11 35.11 100m: 1:13.68 38.57 150m: 1:51.83 38.15 200m: 2:28.01 36.18			
2. 1232926 TAPIA PORTO, Enrique	58 NCORUÑA	<b>2:28.88</b>	10,00
50m: 35.33 35.33 100m: 1:12.94 37.61 150m: 1:51.34 38.40 200m: 2:28.88 37.54			
3. 1061111 ISASTI MAIZA, Patxi Xabier	58 CNXOVE	<b>2:33.04</b>	8,00
50m: 35.79 35.79 100m: 1:14.99 39.20 150m: 1:55.03 40.04 200m: 2:33.04 38.01			



Prueba 17, Masc., 200m Libre, 55+

Clasificación	Edad	Nombre	Equipo	50m	100m	150m	200m	Puntos
4.	55	1175089 NISTAL GARCÍA, Eduardo	SCASINO	36.49	1:17.48	2:00.97	2:42.60	7,00
				36.49	40.99	43.49	41.63	
5.	57	1145033 PIÑEIRO PEREZ, Armando	PONTEAREAS	39.90	1:22.57	2:07.32	2:50.75	6,00
				39.90	42.67	44.75	43.43	
6.	57	1076509 VAZQUEZ VARELA, Jose Manuel	RIASBAIXAS	37.19	1:19.18	2:05.26	2:53.63	5,00
				37.19	41.99	46.08	48.37	
7.	57	1199641 COUCEIRO SANCHEZ, Gonzalo	SCASINO	39.83	1:25.95	2:15.88	3:03.06	4,00
				39.83	46.12	49.93	47.18	
8.	59	1078802 CEGARRA GARCIA, Eugenio	RSDH	39.91	1:25.82	2:16.45	3:05.54	3,00
				39.91	45.91	50.63	49.09	
9.	55	1193949 LAMELO OTERO, Ramón Jesus	CIDSANTIAG	40.96	1:28.87	2:18.76	3:07.05	2,00
				40.96	47.91	49.89	48.29	
10.	57	1076251 MARQUEZ FERNANDEZ, Xose Luis	GALAICO	41.15	1:27.89	2:17.53	3:07.32	1,00
				41.15	46.74	49.64	49.79	
11.	59	1143536 BLANCO PEREZ, Angel	POURENSE	42.82	1:32.10	2:23.96	3:13.77	-
				42.82	49.28	51.86	49.81	
12.	55	1106828 TRILLO CARLIN, Jose Fdo.	ADFOGAR	48.29	1:43.34	2:40.72	3:34.16	-
				48.29	55.05	57.38	53.44	
13.	55	1180249 SUAREZ FREIRE, David Manuel	RIASBAIXAS	47.92	1:43.77	2:46.99	3:51.60	-
				47.92	55.85	1:03.22	1:04.61	
<b>60+</b>								
1.	60	1076250 BETHENCOURT IGLESIAS, Sergio	GALAICO	38.97	1:20.78	2:02.03	2:38.69	13,00
				38.97	41.81	41.25	36.66	
2.	63	1144279 CAMIÑA GRANDE, Eduardo	SALESTRA	37.79	1:18.64	2:00.96	2:42.67	10,00
				37.79	40.85	42.32	41.71	
3.	60	1078597 SOLLEIRO TIZON, Juan Jose	NCORUÑA	36.71	1:16.84	1:59.14	2:45.68	8,00
				36.71	40.13	42.30	46.54	
4.	64	1170858 CODESIDO LOPEZ, José	CIDSANTIAG	38.53	1:20.75	2:03.96	2:45.92	7,00
				38.53	42.22	43.21	41.96	
5.	61	1053394 SANJORGE PEDREIRA, Carmelo	ARTEIXO	44.78	1:36.59	2:37.31	3:44.21	6,00
				44.78	51.81	1:00.72	1:06.90	
6.	60	1076514 LAGO REY, Jose Manuel	RIASBAIXAS	1:02.64	2:17.11	3:34.21	4:47.61	5,00
				1:02.64	1:14.47	1:17.10	1:13.40	
<b>65+</b>								
1.	69	1076165 GARCIA COLOMO, Manuel Ramon	POURENSE	43.97	1:29.47	2:15.72	2:59.63	13,00
				43.97	45.50	46.25	43.91	
<b>85+</b>								
1.	86	1143727 FOLCH MALLOFRE, Ramon	ARTEIXO	54.35	1:57.64	3:03.19	4:05.74	13,00 RG
				54.35	1:03.29	1:05.55	1:02.55	

Prueba 18  
15/01/2023

Fem., 50m Espalda

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1039295 PEREIRA FERY, Marta	22	CMARINA	<b>33.64</b>	13,00
2.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	<b>36.00</b>	10,00
3.	1230270 LORENZO SENRA, Noemi	21	CMARINA	<b>46.35</b>	8,00
4.	1232978 LOPEZ MORADO, Maria	22	CULLEREDO	<b>51.10</b>	7,00
<b>25+</b>					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	<b>33.74</b>	13,00
2.	1038540 GALLARDO DE ARTAZA, Maria	28	NCORUÑA	<b>37.45</b>	10,00
3.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	<b>37.90</b>	8,00
4.	1041218 ISASTI OTERO, Nerea	26	CNXOVE	<b>40.46</b>	7,00
5.	1219499 ESPIÑO ALBELA, Andrea	29	HERCULES	<b>40.52</b>	6,00
DSQ	1038928 PARADA PACHECO, Patricia	28	PONSVETUS		-
	<i>No presentado</i>				
<b>30+</b>					
1.	1213810 TORRES GUTIERREZ, Cristina	33	CMARINA	<b>32.69</b>	13,00 RG
2.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	<b>38.28</b>	10,00
3.	1230340 SANTORUM FONTAN, Iria Marta	31	GALAICO	<b>40.16</b>	8,00
4.	1228002 PELETEIRO FRANCO, Angela Maria	34	GALAICO	<b>47.63</b>	7,00
DSQ	1226235 EIRIS CASTRO, Andrea	33	ADFOGAR		-
	<i>Nado irregular</i>				
<b>35+</b>					
1.	1212097 LOUREIRO AMOR, Belen Martina	35	NTNARON	<b>34.97</b>	13,00
2.	1075225 SOUTO DERUNGS, Cristina	38	NFERROL	<b>40.85</b>	10,00
<b>40+</b>					
1.	1195584 ALAYON MORIN, Cristina	41	HERCULES	<b>39.48</b>	13,00
2.	1075843 GONZALEZ FERNANDEZ, Leticia	41	CNXOVE	<b>42.73</b>	10,00
3.	1170812 MARTIN, Christelle	42	ESCUALOS	<b>45.14</b>	8,00
4.	1144042 HERMIDA MARTINEZ, Vanesa	40	RIASBAIXAS	<b>46.25</b>	7,00
5.	1036387 VAZQUEZ PARCERO, Marta	43	CMARINA	<b>59.45</b>	6,00
6.	1075224 BROZOS VAZQUEZ, Elena María	41	CIDSANTIAG	<b>1:00.89</b>	5,00
<b>45+</b>					
1.	1143813 REGUEIRA MARTINEZ, Maria J.	48	HERCULES	<b>42.77</b>	13,00
2.	1144051 DIEGUEZ VARELA, Carina	46	RIASBAIXAS	<b>48.48</b>	10,00
3.	1217442 VILLASANTE ARMAS, Maria Rosa	48	NCORUÑA	<b>50.62</b>	8,00
4.	1197606 CARBALLO BALOIRA, Susana María	48	HERCULES	<b>54.78</b>	7,00
<b>50+</b>					
1.	1076524 SOUSA CARNEIRO, Rosana	52	CNMOS	<b>48.20</b>	13,00
2.	1144696 SEARA JALON, Monica	53	POURENSE	<b>1:02.88</b>	10,00
3.	1143584 FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	<b>1:10.60</b>	8,00

Prueba 18, Fem., 50m Espalda

55+

1.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	<b>47.23</b>	13,00
2.	1076506	MARTY PAZOS, Maria Victoria	58	TRAVIESAS	<b>56.00</b>	10,00

60+

1.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	<b>51.77</b>	13,00
2.	1127105	PEREIRA ALONSO, Isabel	62	ADFOGAR	<b>56.70</b>	10,00
3.	1141154	CELEMIN PORRERO, Maria Teresa	64	GALAICO	<b>57.77</b>	8,00

65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	<b>53.92</b>	13,00
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75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	<b>1:34.53</b>	13,00
2.	1143507	PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	<b>2:15.15</b>	10,00

80+

1.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	<b>2:24.77</b>	13,00
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Prueba 19  
15/01/2023

Masc., 50m Espalda

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1076322 VILA PEREIRA, Brais	20	PONTEAREAS	<b>29.57</b>	13,00
2.	1040129 RODRIGUEZ ARES, Alejandro	23	PORTAMIÑA	<b>32.62</b>	10,00
3.	1040450 ARDAO GRANDAL, Daniel	21	CMARINA	<b>33.17</b>	8,00
<b>25+</b>					
1.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	27	PONTEAREAS	<b>32.29</b>	13,00
2.	1076355 OROZA PARGA, Bruno	29	CNXOVE	<b>34.24</b>	10,00
3.	1039270 TRILLO RODRIGUEZ, Adrian	26	CNMOS	<b>37.61</b>	8,00
Baja enf.	1144045 FERREÑO COMESAÑA, Cristian	27	RIASBAIXAS		-
<b>30+</b>					
1.	1038638 CASTRO VILLAR, David	32	NCORUÑA	<b>33.09</b>	13,00
<b>35+</b>					
1.	1089000 TABOADA VILA, Alberto	36	POURENSE	<b>28.59</b>	13,00
2.	1005819 LAZARO GUERRERO, Victor	35	CMARINA	<b>33.51</b>	10,00
3.	1226258 BERNARDEZ FERRO, Juan Jose	36	GALAICO	<b>35.11</b>	8,00
4.	1226234 COTELO SENANDE, Alberto	35	ADFOGAR	<b>40.66</b>	7,00
5.	1020991 FERNANDEZ MONTEAGUDO, Ruben	38	CIDSANTIAG	<b>44.78</b>	6,00
6.	1178928 FIDALGO SERRANO, Guillermo	37	TRAVIESAS	<b>44.97</b>	5,00
<b>40+</b>					
1.	1141151 CALLE FACAL, Telmo	40	GALAICO	<b>32.51</b>	13,00
2.	1170841 BASTIDA CAMPOS, Alejandro	41	SALESTRA	<b>39.09</b>	10,00
3.	1144181 PEREZ CARRERA, Elias	44	RIASBAIXAS	<b>39.55</b>	8,00
4.	1190909 CARBALLA BARROSO, Rogelio Manue	42	GALAICO	<b>39.58</b>	7,00
5.	1143895 PADIN CHARLIN, Joaquin	43	ESCUALOS	<b>39.77</b>	6,00
6.	1076282 CARRERA COSTAS, Andres	41	PONTEAREAS	<b>42.06</b>	5,00
7.	1147216 GONZALEZ VICENTE, Ruben	42	PORTAMIÑA	<b>43.04</b>	4,00
8.	1076542 GONZALEZ CONDE, Rodrigo	41	PONTEAREAS	<b>49.09</b>	3,00
<b>45+</b>					
1.	1076560 EIRIZ DIEGUEZ, Daniel	45	CNMOS	<b>30.65</b>	13,00 RG
2.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	<b>32.44</b>	10,00
3.	1205935 GUIRADO CARABEL, Oscar	47	CULLEREDO	<b>33.85</b>	8,00
4.	1143601 NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	<b>38.44</b>	7,00
5.	1190415 GOMEZ FREIRE, Domingo Jose	48	SCASINO	<b>39.62</b>	6,00
6.	1143850 IGLESIAS MIRA, Felipe	49	POURENSE	<b>45.91</b>	5,00
7.	1143964 TABOAS BASTOS, Oscar	46	CNMOS	<b>51.95</b>	4,00
Baja enf.	1144269 LOPEZ PAYO, Mario	46	SALESTRA		-
<b>50+</b>					
1.	1076538 FUENTES FERNANDEZ, Eugenio	51	RIASBAIXAS	<b>38.27</b>	13,00
2.	1144698 CADAVID NUÑEZ, Jose	53	POURENSE	<b>49.45</b>	10,00
3.	1178895 CRESPO PÉREZ, Albarino	53	ESCUALOS	<b>50.87</b>	8,00
DSQ	1038104 PEREZ ARIAS, Hector	52	PORTAMIÑA		-

*Nado irregular*

Prueba 19, Masc., 50m Espalda

55+

	1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	<b>37.50</b>	13,00
	2.	1143661	TOURIÑO GONZALEZ, Victor M.	55	CMARINA	<b>38.98</b>	10,00
	3.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	<b>40.64</b>	8,00
	4.	1195569	PEREZ LEIVA, Manuel	55	RIASBAIXAS	<b>44.55</b>	7,00
	5.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	<b>54.63</b>	6,00
	6.	1228047	PEREZ GARCIA, Manuel	56	CULLEREDO	<b>1:00.29</b>	5,00
Baja enf.		1141209	DE LA PAZ VIGO, Agustin A.	57	CMARINA		-

60+

	1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	<b>33.56</b>	13,00 RG
	2.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	<b>39.08</b>	10,00
	3.	1075185	YAÑEZ WONENBURGER, J. Carlos	64	HERCULES	<b>41.10</b>	8,00
	4.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	<b>47.80</b>	7,00
	5.	1144180	SEGUÍN CID, Severino	64	TRAVIESAS	<b>48.29</b>	6,00
Baja enf.		1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE		-

65+

	1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	<b>49.70</b>	13,00
DSQ		1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS		-

*Llegada sumergida*

70+

	1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	<b>54.62</b>	13,00
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80+

	1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	<b>1:27.13</b>	13,00
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Prueba 20  
15/01/2023

Fem., 50m Libre

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1.	1040133 SAAVEDRA BUIDE, Carlota	24 PORTAMIÑA	<b>30.38</b> 13,00
2.	1089303 ABASOLO RUEDA, Claudia	23 NCORUÑA	<b>30.72</b> 10,00
3.	1110948 CANO ROSALES, Nuria	22 GALAICO	<b>31.12</b> 8,00
4.	1041211 RODRIGUEZ RODRIGUEZ, Silvia	22 PORTAMIÑA	<b>31.38</b> 7,00
5.	1076348 ALVITE LOPEZ, Andrea	24 CNXOVE	<b>31.94</b> 6,00
6.	1144257 FERNANDEZ GONZALEZ, Elena	22 HERCULES	<b>32.64</b> 4,50
	1037987 MENDEZ SEIJO, Nerea	24 RIASBAIXAS	<b>32.64</b> 4,50
8.	1038929 GONZALEZ AVENDAÑO, Lucia	24 GALAICO	<b>32.94</b> 3,00
9.	1039636 GALLARDO DE ARTAZA, Sara	24 CDELMAR	<b>33.58</b> 2,00
10.	1039475 TEIJEIRA LOPEZ, Sara	23 CNXOVE	<b>34.48</b> 1,00
11.	1232978 LOPEZ MORADO, Maria	22 CULLEREDO	<b>37.55</b> -
12.	1143380 SUAREZ GARCIA, Marta	20 RIASBAIXAS	<b>38.95</b> -
13.	1219491 FUENTES LORENZO, Carla	24 NFERROL	<b>40.25</b> -
14.	1230270 LORENZO SENRA, Noemi	21 CMARINA	<b>40.67</b> -
<b>25+</b>			
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25 HERCULES	<b>29.08</b> 13,00
2.	1130789 GARCIA MIGUEZ, Rosalia	25 GALAICO	<b>31.45</b> 10,00
3.	1198880 LOPEZ RODRIGUEZ, Aroa	26 PORTAMIÑA	<b>32.54</b> 8,00
4.	1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS	<b>33.16</b> 7,00
5.	1041448 VAZQUEZ SANCHEZ, Pilar	25 CNXOVE	<b>33.33</b> 6,00
6.	1219499 ESPIÑO ALBELA, Andrea	29 HERCULES	<b>33.73</b> 5,00
7.	1217434 CRESPO ESTEVEZ, Laura	29 GALAICO	<b>35.53</b> 4,00
8.	1199647 TASENDE LÓPEZ, Xeila	26 ARTEIXO	<b>37.31</b> 3,00
9.	1035411 FERNANDEZ GARCIA, Marina	26 GALAICO	<b>42.29</b> 1,50
	1191499 GONZALEZ MACIA, Alba	29 MONFORTE	<b>42.29</b> 1,50
<b>30+</b>			
1.	1093459 FRANCO CAL, Alba	32 FLUVIAL	<b>27.58</b> 13,00 RG
2.	1084044 GARCIA MARIN, Cristina	33 PONTEAREAS	<b>28.59</b> 10,00
3.	1213810 TORRES GUTIERREZ, Cristina	33 CMARINA	<b>30.69</b> 8,00
4.	1084711 DOPEREIRO GARCIA, Alba	33 NCORUÑA	<b>31.81</b> 7,00
5.	1141212 RIVAS TENREIRO, Arantza	34 NTNARON	<b>32.21</b> 6,00
6.	1226235 EIRIS CASTRO, Andrea	33 ADFOGAR	<b>33.99</b> 5,00
7.	1144580 PEREZ GARCIA, Eva	33 RIASBAIXAS	<b>34.34</b> 4,00
8.	1236745 RODRIGUEZ GONZÁLEZ, Raquel	30 MONFORTE	<b>35.89</b> 3,00
9.	1143565 ARAÚJO CASTRO, Paula	32 CDELMAR	<b>36.50</b> 2,00
10.	1040719 CUBA KOSTER, Esmeralda	31 CNXOVE	<b>37.30</b> 1,00
11.	1228002 PELETEIRO FRANCO, Angela Maria	34 GALAICO	<b>40.47</b> -
12.	1129954 GONZALEZ GARCIA, Covadonga	34 GALAICO	<b>41.43</b> -
13.	1215890 FERNANDEZ PARADA, Clara	30 POURENSE	<b>53.17</b> -
DSQ	1230340 SANTORUM FONTAN, Iria Marta	31 GALAICO	-

Salida anticipada



Prueba 20, Fem., 50m Libre

35+

1.	1075496	BARBEITO DOMINGUEZ, Marta	39	TCHAMART	<b>30.55</b>	13,00
2.	1097627	GIL FERNANDEZ, Marta	35	TRICORUÑA	<b>31.84</b>	10,00
3.	1224939	VÁZQUEZ FUENTES, Cintia	36	MONFORTE	<b>32.89</b>	8,00
4.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	<b>33.18</b>	7,00
5.	1144155	ALVAREZ COSTAS, Maria Paz	35	PONTEAREAS	<b>34.43</b>	6,00
6.	1144592	ACUÑA MELLA, Maria	35	PONTEAREAS	<b>38.62</b>	5,00

40+

1.	1222531	FERNANDEZ GONZALEZ, Iria	41	PORTAMIÑA	<b>35.12</b>	13,00
2.	1144046	LOPEZ PEREZ, Almudena	40	RIASBAIXAS	<b>36.30</b>	10,00
3.	1144200	RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	<b>37.65</b>	8,00
4.	1144598	OLMO VAQUEIRO, Leticia	42	PONTEAREAS	<b>40.85</b>	7,00
5.	1236743	RIVAS RODRIGUEZ, Lucia	44	NCORUÑA	<b>41.33</b>	6,00
6.	1145082	FARIÑA SOUSA, Noemi	40	GALAICO	<b>41.82</b>	5,00
7.	1093456	RAMIREZ INSUA, Julia	40	RSDH	<b>43.05</b>	4,00

45+

1.	1040944	VARELA REDONDO, Veronica	48	PONTEAREAS	<b>36.14</b>	13,00
2.	1222316	GIL VILLARINO, Marta	46	HERCULES	<b>40.58</b>	10,00
3.	1144051	DIEGUEZ VARELA, Carina	46	RIASBAIXAS	<b>42.01</b>	8,00
4.	1144695	RODRIGUEZ LOPEZ, Rosa Maria	48	POURENSE	<b>47.17</b>	7,00
Baja enf.	1217806	PAZ BERMUDEZ, Maria	47	SALESTRA		-

50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	<b>38.38</b>	13,00
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	<b>38.59</b>	10,00
3.	1076524	SOUSA CARNEIRO, Rosana	52	CNMOS	<b>41.76</b>	8,00
4.	1226313	CHICO FERNANDEZ, Maria Begoña	52	CULLEREDO	<b>46.70</b>	7,00
5.	1143584	FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	<b>48.40</b>	6,00
Baja enf.	1210638	OLANO ESPINOSA, Maria Rosario	52	TRAVIESAS		-

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	<b>38.84</b>	13,00
2.	1037970	CALVIÑO CANCELA, Cristina	55	PONTEAREAS	<b>42.90</b>	10,00
3.	1187918	FERNÁNDEZ ARRIZABALO, María	57	TRAVIESAS	<b>46.11</b>	8,00
4.	1144231	PEREZ GALLARDO, Teresa	59	POURENSE	<b>1:01.84</b>	7,00

60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	60	CDELMAR	<b>34.34</b>	13,00
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70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS	<b>44.93</b>	13,00
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80+

1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	<b>1:22.89</b>	13,00
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Prueba 21  
15/01/2023

Masc., 50m Libre

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1037841 PINO LORENZO, Brais	22	PONTEAREAS	<b>24.75</b>	13,00
2.	1076409 CANCELA GOMEZ, Hugo	20	PONTEAREAS	<b>26.06</b>	10,00
3.	1075292 GOMEZ CASAL, Luis	21	CMARINA	<b>26.44</b>	8,00
4.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	<b>27.35</b>	7,00
5.	1040450 ARDAO GRANDAL, Daniel	21	CMARINA	<b>27.75</b>	5,50
	1144982 VILLAVERDE CAMPOS, Jose M	22	GALAICO	<b>27.75</b>	5,50
7.	1078716 HERMIDA RAMOS, Raul	23	NTNARON	<b>28.44</b>	4,00
8.	1061561 INCUTTI TELLADO, Denis	23	PONTEAREAS	<b>28.70</b>	3,00
<b>25+</b>					
1.	1218127 RAMILO TRIGO, Jose Enrique	29	SALESTRA	<b>25.37</b>	13,00
2.	1119327 SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	<b>26.52</b>	10,00
3.	1040484 ISASTI OTERO, Patxi	28	CNXOVE	<b>26.66</b>	8,00
4.	1037284 SABUZ FORNEIRO, Martin	29	POURENSE	<b>27.02</b>	7,00
5.	1180224 TIMIRAOS GONZALEZ, Santiago	27	CNXOVE	<b>27.63</b>	6,00
6.	1235957 MONTANARO, Vito	26	NFERROL	<b>27.84</b>	5,00
7.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	27	PONTEAREAS	<b>28.52</b>	4,00
8.	1143300 VOLLUZ ITALIANI, Facundo J.	25	CNMOS	<b>28.63</b>	3,00
9.	1040134 MIGUEZ VAZQUEZ, Victor	26	CNXOVE	<b>28.73</b>	2,00
10.	1038356 AZNAR GRILLE, Carlos Javier	28	CMARINA	<b>29.16</b>	1,00
11.	1078908 MEILAN SANCHEZ, Sergio Jose	27	PORTAMIÑA	<b>32.16</b>	-
12.	1232980 PICALLO MATO, Adrian	28	SALESTRA	<b>33.09</b>	-
13.	1216460 FRANCISCO MACÍAS, Simón	27	POURENSE	<b>35.65</b>	-
Baja enf.	1144045 FERREÑO COMESAÑA, Cristian	27	RIASBAIXAS		-
<b>30+</b>					
1.	1038182 VALDES REY, Enol	30	CNXOVE	<b>25.43</b>	13,00
2.	1204916 BALLESTER IBAÑEZ, Edgar	32	MONFORTE	<b>25.73</b>	10,00
3.	1010948 CAMPAÑA BARROS, Adrian	33	CIDSANTIAG	<b>27.61</b>	8,00
4.	1110754 FREIRE LOPEZ, Diego	32	ARTEIXO	<b>28.09</b>	7,00
5.	1236744 ALVAREZ CASTRO, Teodoro	33	MONFORTE	<b>31.89</b>	6,00
6.	1214811 GUERRA ABREU, Manuel	34	GALAICO	<b>33.21</b>	5,00
Baja enf.	1040483 PENABADE COCIÑA, Joel	30	CNXOVE		-
<b>35+</b>					
1.	1084043 PIÑEIRO PEON, Antonio	39	GALAICO	<b>27.90</b>	13,00
2.	1199549 MARTINEZ DOPAZO, David	36	GALAICO	<b>28.32</b>	10,00
3.	1226234 COTELO SENANDE, Alberto	35	ADFOGAR	<b>29.58</b>	8,00
4.	1023057 PEREZ VAZQUEZ, Telmo	35	CMARINA	<b>29.72</b>	7,00
5.	1203519 KRUGLOV, Mykola	38	ESCUALOS	<b>29.75</b>	6,00
6.	1097263 LAMEIRO SEOANE, Javier	36	HERCULES	<b>30.32</b>	5,00
7.	1020991 FERNANDEZ MONTEAGUDO, Ruben	38	CIDSANTIAG	<b>32.23</b>	4,00
8.	1170846 PRESA PRESA, Santiago	35	GALAICO	<b>34.78</b>	3,00
DSQ	1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36	TRICORUÑA		-
	<i>Salida anticipada</i>				
Baja enf.	1198278 MANEIRO BETANZOS, Javier	38	ESCUALOS		-

Prueba 21, Masc., 50m Libre

40+

1.	1231535	GOMEZ MARQUEZ, Hugo	40	POURENSE	<b>26.70</b>	13,00
2.	1107942	GARCIA RODRIGUEZ, Sergio	42	RIASBAIXAS	<b>26.90</b>	10,00
3.	1228089	MERA MONTECELOS, Pablo	40	HERCULES	<b>27.69</b>	8,00
4.	1126481	BAS MARTINEZ, Francisco Javier	41	JEREZMASTER	<b>27.92</b>	7,00
5.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	<b>28.57</b>	6,00
6.	1143702	GUTIERREZ COSTAS, Oscar	41	RIASBAIXAS	<b>29.70</b>	5,00
7.	1079215	MENDES FERRAS, Artur Leonel	42	MONFORTE	<b>30.33</b>	4,00
8.	1143899	PEREZ LOPEZ, Manuel	42	ESCUALOS	<b>30.58</b>	3,00
9.	1076564	CABANELAS EIRAS, Pablo	44	CIDSANTIAG	<b>30.93</b>	2,00
10.	1093448	VAZQUEZ ESMORIS, Pablo	44	ADFOGAR	<b>31.51</b>	1,00
11.	1144181	PEREZ CARRERA, Elias	44	RIASBAIXAS	<b>31.52</b>	-
12.	1144946	RODRIGUEZ GARCIA, Jose Bernardo	40	RIASBAIXAS	<b>34.04</b>	-
13.	1076542	GONZALEZ CONDE, Rodrigo	41	PONTEAREAS	<b>34.86</b>	-

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	<b>27.62</b>	13,00
2.	1076549	FERNÁNDEZ MAROTO, Diego	45	RCNVIGO	<b>27.82</b>	10,00
3.	1231581	RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	<b>29.11</b>	8,00
4.	1143662	BALSA MOSQUERA, Pablo	45	CMARINA	<b>30.10</b>	7,00
5.	1075220	MARTINEZ FERNANDEZ, Hector	46	NTNARON	<b>30.41</b>	6,00
6.	1198273	MONTERO PRIETO, Carlos Eugenio	45	GALAICO	<b>30.47</b>	5,00
7.	1192271	MOURIÑO FORTES, Victor Manuel	46	PONTEAREAS	<b>31.20</b>	4,00
8.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	<b>32.33</b>	3,00
9.	1145005	FERNANDEZ IGLESIAS, Emilio J.	46	PONTEAREAS	<b>33.34</b>	2,00
10.	1203306	DURO GONZALEZ, Antonio	49	SALESTRA	<b>33.39</b>	1,00
11.	1223051	PEREZ CARRUEBANO, Enrique	49	SCASINO	<b>35.14</b>	-
12.	1079478	GONZÁLEZ PEREIRA, J. Carlos	48	RCNVIGO	<b>36.79</b>	-
13.	1197558	FERNANDEZ FERNANDEZ, Miguel Ang	46	RIASBAIXAS	<b>38.12</b>	-
14.	1235958	BRIOSO DÍAZ, Manuel	46	REDONDELA	<b>38.41</b>	-
Baja enf.	1174679	DE MARTIN DIAZ, Ruben	47	POURENSE		-

50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	<b>28.28</b>	13,00
2.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	<b>29.54</b>	10,00
3.	1076538	FUENTES FERNANDEZ, Eugenio	51	RIASBAIXAS	<b>30.35</b>	8,00
4.	1171462	FERREIRO SEOANE, Jose Raul	50	RIASBAIXAS	<b>32.76</b>	7,00
5.	1141356	GENDE DIAZ, Juan F.	53	ADFOGAR	<b>33.51</b>	6,00
6.	1195570	TERREN ENRUBIA, Lucio A	53	RIASBAIXAS	<b>34.45</b>	5,00
7.	1180236	DE LA VEGA GÁNDARAS, Felipe	50	HERCULES	<b>37.00</b>	4,00
8.	1145039	FERREIRO SANCHEZ, Luis	53	POURENSE	<b>39.48</b>	3,00
9.	1180239	MARTÍNEZ LEMA, José Antonio	51	TRICORUÑA	<b>39.85</b>	2,00
10.	1197604	ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS	<b>57.55</b>	1,00

55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	<b>30.12</b>	13,00
2.	1085112	RIVAS FEAL, Antonio	57	HERCULES	<b>30.31</b>	10,00
3.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	<b>32.34</b>	8,00
4.	1076509	VAZQUEZ VARELA, Jose Manuel	57	RIASBAIXAS	<b>32.58</b>	7,00
5.	1061111	ISASTI MAIZA, Patxi Xabier	58	CNXOVE	<b>32.80</b>	6,00
6.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	<b>33.21</b>	5,00
7.	1078802	CEGARRA GARCIA, Eugenio	59	RSDH	<b>34.83</b>	4,00

Prueba 21, Masc., 50m Libre, 55+

Clasificación		Edad		Tiempo	Puntos
8.	1143536 BLANCO PEREZ, Angel	59	POURENSE	<b>39.12</b>	3,00
9.	1228047 PEREZ GARCIA, Manuel	56	CULLEREDO	<b>39.35</b>	2,00
60+					
1.	1078596 LOIS PEREZ, Antonio	62	NCORUÑA	<b>29.75</b>	13,00
2.	1174449 FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	<b>32.08</b>	10,00
3.	1180241 COLLAZO LÓPEZ, Víctor Eliseo	60	SALESTRA	<b>34.64</b>	8,00
4.	1141399 SANCHEZ MUÑOZ, Jose Ignacio	62	RIASBAIXAS	<b>36.83</b>	7,00
5.	1143624 PARDO CASTRO, Jesus	60	PORTAMIÑA	<b>49.39</b>	6,00
Baja enf.	1040281 MARTINEZ BERJANO, Jose Manuel	60	MONFORTE		-
65+					
1.	1143896 PERDIZ GONZALEZ, Jose Ramon	65	ESCUALOS	<b>43.21</b>	13,00
2.	1222391 AREA PEREIRA, Jose Manuel	66	GALAICO	<b>43.45</b>	10,00
70+					
1.	1076488 MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	<b>41.02</b>	13,00
85+					
1.	1143727 FOLCH MALLOFRE, Ramon	86	ARTEIXO	<b>46.95</b>	13,00

Prueba 22  
15/01/2023

Fem., 200m Mariposa

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1140796 DIAZ DOPICO, Sabela	21 NFERROL	<b>2:49.39</b>	13,00 RG
50m: 36.51 36.51 100m: 1:19.55 43.04 150m: 2:04.16 44.61 200m: 2:49.39 45.23			
<b>25+</b>			
1. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	<b>3:59.13</b>	13,00
50m: 50.60 50.60 100m: 1:51.15 1:00.55 150m: 2:56.75 1:05.60 200m: 3:59.13 1:02.38			
2. 1078925 SALGADO CASTELO, Marta	29 PORTAMIÑA	<b>4:22.33</b>	10,00
50m: 56.36 56.36 100m: 2:03.19 1:06.83 150m: 3:13.03 1:09.84 200m: 4:22.33 1:09.30			
<b>35+</b>			
1. 1146780 DURÁN VEIRAS, Raquel	39 ARTEIXO	<b>3:41.88</b>	13,00
50m: 46.28 46.28 100m: 1:42.28 56.00 150m: 2:41.28 59.00 200m: 3:41.88 1:00.60			
<b>40+</b>			
1. 1075221 HERMIDA RODRIGUEZ, Blanca	42 CMARINA	<b>2:51.71</b>	13,00
50m: 36.73 36.73 100m: 1:19.00 42.27 150m: 2:03.61 44.61 200m: 2:51.71 48.10			
2. 1146893 PRADO FRANCO, Marta E.	44 RIASBAIXAS	<b>3:39.63</b>	10,00
50m: 48.90 48.90 100m: 1:44.44 55.54 150m: 2:41.23 56.79 200m: 3:39.63 58.40			
3. 1143598 MIRA VAZQUEZ, Marta	42 ESCUALOS	<b>3:55.66</b>	8,00
50m: 51.37 51.37 100m: 1:52.61 1:01.24 150m: 2:55.53 1:02.92 200m: 3:55.66 1:00.13			
<b>45+</b>			
1. 1143813 REGUEIRA MARTINEZ, Maria J.	48 HERCULES	<b>3:46.69</b>	13,00
50m: 48.21 48.21 100m: 1:44.39 56.18 150m: 2:44.11 59.72 200m: 3:46.69 1:02.58			
<b>50+</b>			
1. 1076154 ABREU FERNANDEZ, Marta	52 PONTEAREAS	<b>4:11.17</b>	13,00
50m: 55.97 55.97 100m: 1:58.60 1:02.63 150m: 3:03.19 1:04.59 200m: 4:11.17 1:07.98			
2. 1145007 MELON PARENTE, M. Lourdes	54 PONTEAREAS	<b>6:45.36</b>	10,00
50m: 1:27.14 1:27.14 100m: 3:12.57 1:45.43 150m: 4:57.90 1:45.33 200m: 6:45.36 1:47.46			
<b>55+</b>			
1. 1086162 BARJA BARJA, Liliana	58 TRAVIESAS	<b>4:16.61</b>	13,00
50m: 56.63 56.63 100m: 2:02.59 1:05.96 150m: 3:10.22 1:07.63 200m: 4:16.61 1:06.39			



Prueba 23  
15/01/2023

Masc., 200m Mariposa

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>25+</b>					
1.	1144193 PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	<b>2:23.66</b>	13,00
	50m: 31.80 31.80 100m: 1:08.16 36.36 150m: 1:45.90 37.74 200m: 2:23.66 37.76				
2.	1038181 BOUZA PADRON, Adrian	26	PONTEAREAS	<b>2:23.70</b>	10,00
	50m: 32.05 32.05 100m: 1:08.40 36.35 150m: 1:46.45 38.05 200m: 2:23.70 37.25				
3.	1037180 CARRERA COSTAS, Martin	27	PONTEAREAS	<b>2:26.91</b>	8,00
	50m: 31.52 31.52 100m: 1:07.15 35.63 150m: 1:44.52 37.37 200m: 2:26.91 42.39				
4.	1040621 SEQUEIROS LAGO, Saul	25	CNMOS	<b>2:41.38</b>	7,00
	50m: 33.88 33.88 100m: 1:12.09 38.21 150m: 1:53.84 41.75 200m: 2:41.38 47.54				
<b>30+</b>					
1.	1218234 SANTIAGO CAÑIZAL, Daniel	34	CNXOVE	<b>2:45.75</b>	13,00
	50m: 36.25 36.25 100m: 1:18.90 42.65 150m: 2:03.01 44.11 200m: 2:45.75 42.74				
<b>35+</b>					
1.	1107406 DOMÍNGUEZ PARDELLAS, Rubén	35	RCNVIGO	<b>2:29.17</b>	13,00
	50m: 32.58 32.58 100m: 1:09.80 37.22 150m: 1:48.56 38.76 200m: 2:29.17 40.61				
2.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35	RIASBAIXAS	<b>3:35.94</b>	10,00
	50m: 47.96 47.96 100m: 1:43.47 55.51 150m: 2:39.90 56.43 200m: 3:35.94 56.04				
3.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	<b>3:37.23</b>	8,00
	50m: 45.73 45.73 100m: 1:41.27 55.54 150m: 2:38.76 57.49 200m: 3:37.23 58.47				
<b>40+</b>					
1.	1178772 CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	<b>3:51.00</b>	13,00
	50m: 48.26 48.26 100m: 1:46.39 58.13 150m: 2:49.42 1:03.03 200m: 3:51.00 1:01.58				
2.	1190398 FERNANDEZ CORRAL, Marcos	44	PORTAMIÑA	<b>4:40.60</b>	10,00
	50m: 59.82 59.82 100m: 2:08.84 1:09.02 150m: 3:22.93 1:14.09 200m: 4:40.60 1:17.67				
3.	1039360 POSE MATO, Cesar	40	ADFOGAR	<b>4:58.50</b>	8,00
	50m: 1:07.62 1:07.62 100m: 2:23.60 1:15.98 150m: 3:41.40 1:17.80 200m: 4:58.50 1:17.10				
<b>45+</b>					
1.	1143480 ABADES REBOREDO, Daniel	45	HERCULES	<b>3:05.42</b>	13,00
	50m: 35.78 35.78 100m: 1:20.23 44.45 150m: 2:04.42 44.19 200m: 3:05.42 1:01.00				
2.	1141502 TRONCOSO CAAMAÑO, Fernando	48	ESQUALOS	<b>4:01.21</b>	10,00
	50m: 54.12 54.12 100m: 1:56.42 1:02.30 150m: 3:00.91 1:04.49 200m: 4:01.21 1:00.30				
DSQ	1050705 BELTRAN DIAZ, Emilio	46	MONFORTE		-
	<i>Viraje irregular</i>				
DSQ	1175127 MASSO AGUADO, Jorge	47	RIASBAIXAS		-
	<i>Retirado</i>				
<b>50+</b>					
1.	1040137 QUINTAS BARROS, Jesus C.	50	ESQUALOS	<b>2:49.06</b>	13,00
	50m: 37.52 37.52 100m: 1:21.30 43.78 150m: 2:05.11 43.81 200m: 2:49.06 43.95				



Prueba 23, Masc., 200m Mariposa, 50+

Clasificación		Edad		Tiempo	Puntos
2.	1144117 PREGO MARTINEZ, Benjamin	50	PONTEAREAS	<b>3:41.72</b>	10,00
	50m: 47.10 47.10 100m: 1:42.75	55.65	150m: 2:43.00 1:00.25	200m: 3:41.72	58.72
55+					
1.	1037161 TOME NOGUEIRA, Alberto M.	55	ADFOGAR	<b>3:45.99</b>	13,00
	50m: 46.33 46.33 100m: 1:43.79	57.46	150m: 2:45.50 1:01.71	200m: 3:45.99	1:00.49
60+					
1.	1076279 SIO LOURIDO, J. Salvador	62	CNMOS	<b>3:27.96</b>	13,00
	50m: 41.59 41.59 100m: 1:32.51	50.92	150m: 2:29.05 56.54	200m: 3:27.96	58.91
65+					
Baja enf.	1191492 TIMIRAOS CARRASCO, Luis	67	POURENSE		-
70+					
DSQ	1075190 SUANZES PEREZ, Fernando	70	HERCULES		-
	<i>Viraje irregular</i>				

Prueba 24  
15/01/2023

Mixto, 4 x 50m Libre

AG 80 - 359  
Resultados

Clasificación					Tiempo	Puntos
<b>+80 (PRE-MASTER)</b>						
1.	<b>PONTEAREAS 1</b>			<b>PONTEAREAS</b>	<b>1:57.68</b>	26,00
	PINO LORENZO, Brais 22	24.82		COSTA FERNANDEZ, Laura 22		35.17
	CANCELA GOMEZ, Hugo 20	25.48		EIJO GIL, Ana Paula 20		32.21
2.	<b>GALAICO 1</b>			<b>GALAICO</b>	<b>1:58.55</b>	20,00
	VILLAVERDE CAMPOS, Jose M 22	28.16		GONZALEZ AVENDAÑO, Lucia 24		32.68
	CANO ROSALES, Nuria 22	31.04		CASTRO RODRIGUEZ, Francisco 23		26.67
3.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>1:58.71</b>	16,00
	MIGUEZ VAZQUEZ, Víctor 26	28.51		GARCIA TRIGO, Sofia 21		31.50
	TIMIRAOS GONZALEZ, Santiago 27	27.52		ALVITE LOPEZ, Andrea 24		31.18
4.	<b>PORTAMIÑA 1</b>			<b>PORTAMIÑA</b>	<b>2:01.81</b>	14,00
	RODRIGUEZ ARES, Alejandro 23	27.94		SAAVEDRA BUIDE, Carlota 24		29.80
	RODRIGUEZ RODRIGUEZ, Silvia 22	30.50		MEILAN SANCHEZ, Sergio Jose 27		33.57
5.	<b>CMARINA 3</b>			<b>CMARINA</b>	<b>2:02.05</b>	12,00
	LORENZO SENRA, Noemi 21	38.44		PEREIRA FERY, Marta 22		30.41
	ARDAO GRANDAL, Daniel 21	27.24		GOMEZ CASAL, Luis 21		25.96
Baja enf.	<b>RIASBAIXAS 1</b>			<b>RIASBAIXAS</b>		-
<b>+100</b>						
1.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>1:58.63</b>	26,00
	ISASTI OTERO, Patxi 28	26.62		ISASTI OTERO, Nerea 26		28.83
	VAZQUEZ SANCHEZ, Pilar 25	33.20		VALDES REY, Enol 30		29.98
2.	<b>PONTEAREAS 2</b>			<b>PONTEAREAS</b>	<b>2:11.39</b>	20,00
	CARRERA COSTAS, Martin 27	27.45		GONZALEZ PEREZ, Paula 27		38.40
	IBAÑEZ CARRERA, Manuel Gabriel 27	27.80		PAZOS GANDARA, Andrea 31		37.74
3.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>2:15.36</b>	16,00
	TENORIO FREIRE, Martin 31	27.58		GUERRA ABREU, Manuel 34		33.34
	FERNANDEZ GARCIA, Marina 26	43.50		GARCIA MIGUEZ, Rosalia 25		30.94
<b>+120</b>						
1.	<b>MONFORTE 1</b>			<b>MONFORTE</b>	<b>1:58.42</b>	26,00
	BALLESTER IBAÑEZ, Edgar 32	25.47		VÁZQUEZ FUENTES, Cintia 36		32.89
	SUAREZ FERNÁNDEZ, Santiago 28	25.43		RODRIGUEZ GONZÁLEZ, Raquel 30		34.63
2.	<b>HERCULES 4</b>			<b>HERCULES</b>	<b>1:58.97</b>	20,00
	PASCUAL GUTIERREZ, Maria Tere:25	28.93		MATIAS DUARTE, Erick 41		30.38
	ESPIÑO ALBELA, Andrea 29	33.07		MERA MONTECELOS, Pablo 40		26.59
3.	<b>PONTEAREAS 3</b>			<b>PONTEAREAS</b>	<b>2:01.85</b>	16,00
	BOUZA PADRON, Adrian 26	27.53		GARCIA MARIN, Cristina 33		29.21
	MARTÍNEZ DOMÍNGUEZ, Iván 35	32.86		GESTO ALONSO, Clarisa 34		32.25
4.	<b>NTNARON 1</b>			<b>NTNARON</b>	<b>2:01.98</b>	14,00
	CANOSA RODRÍGUEZ, Juan José 43	28.55		RIVAS TENREIRO, Arantza 34		32.22
	LOUREIRO AMOR, Belen Martina 35	30.60		BARCIA SIXTO, Francisco José 38		30.61
5.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:02.61</b>	12,00
	OROZA PARGA, Bruno 29	27.58		GONZALEZ FERNANDEZ, Leticia 41		34.76
	BEN CILLERO, Sabela 31	31.77		GARCIA GARCIA, Anselmo 35		28.50
6.	<b>NCORUÑA 1</b>			<b>NCORUÑA</b>	<b>2:03.22</b>	10,00
	CASTRO VILLAR, David 32	28.39		GALLARDO DE ARTAZA, Maria 28		33.64
	DOPEREIRO GARCIA, Alba 33	31.56		TAPIA PORTO, Enrique 58		29.63

Prueba 24, Mixto, 4 x 50m Libre, +120

Clasificación					Tiempo	Puntos
7.	<b>GALAICO 3</b>			<b>GALAICO</b>	<b>2:04.82</b>	8,00
	PIÑEIRO PEON, Antonio	39	28.02	SANTORUM FONTAN, Iria Marta	31	33.56
	CRESPO ESTEVEZ, Laura	29	35.88	CALLE FACAL, Telmo	40	27.36
8.	<b>POURENSE 1</b>			<b>POURENSE</b>	<b>2:17.29</b>	6,00
	GONZALEZ RODRIGUEZ, Maria	41	31.17	BLANCO PEREZ, Adrian	29	26.03
	SABUZ FORNEIRO, Martin	29	26.41	FERNANDEZ PARADA, Clara	30	53.68
9.	<b>PORTAMIÑA 2</b>			<b>PORTAMIÑA</b>	<b>2:17.44</b>	4,00
	FREIJE TORNEIRO, Aroa	25	30.12	GONZALEZ VICENTE, Ruben	42	35.44
	LOPEZ RODRIGUEZ, Aroa	26	32.76	GONZALEZ PEÑAS, David	39	39.12
10.	<b>ESCUALOS 1</b>			<b>ESCUALOS</b>	<b>2:18.42</b>	2,00
	MIRA VAZQUEZ, Paula	37	40.11	ALVAREZ SILVA, Ruben	42	30.26
	MARTIN, Christelle	42	38.92	PAZOS ALONSO, Josue	37	29.13
11.	<b>RIASBAIXAS 2</b>			<b>RIASBAIXAS</b>	<b>2:19.72</b>	-
	SUAREZ GARCIA, Sofia	26	33.50	PEREZ GARCIA, Eva	33	33.58
	TELLA FERREIRO, Miguel	35	39.53	MIGUELEZ FERNANDEZ, Bruno	43	33.11
Baja enf.	<b>ARTEIXO 1</b>			<b>ARTEIXO</b>		-
<b>+160</b>						
1.	<b>CMARINA 2</b>			<b>CMARINA</b>	<b>2:01.27</b>	26,00
	HERMIDA RODRIGUEZ, Blanca	42	31.92	TORRES GUTIERREZ, Cristina	33	29.97
	LAZARO GUERRERO, Victor	35	27.44	TOURIÑO GONZALEZ, Victor M.	55	31.94
2.	<b>HERCULES 3</b>			<b>HERCULES</b>	<b>2:04.49</b>	20,00
	SAAVEDRA GONZÁLEZ, Raul	50	28.74	BRAÑA MENENDEZ, Sonia	48	34.86
	ALAYON MORIN, Cristina	41	33.42	FOUZ ROUCO, Rubén	44	27.47
3.	<b>PORTAMIÑA 3</b>			<b>PORTAMIÑA</b>	<b>2:04.60</b>	16,00
	PEREZ ARIAS, Hector	52	29.58	TIMIRAOS CARRASCO, Fernando	58	31.69
	RAMOS LOBO, Raquel	30	30.69	PARDO GOMEZ, Carmen	31	32.64
4.	<b>ESCUALOS 2</b>			<b>ESCUALOS</b>	<b>2:06.74</b>	14,00
	FKEOUI OMARI, Salma	41	34.60	NOGUEIRA-PINTO CRESPO, Hugo	45	33.86
	MIRA VAZQUEZ, Marta	42	30.37	SEVILLA AROCA, Javier	40	27.91
5.	<b>RIASBAIXAS 3</b>			<b>RIASBAIXAS</b>	<b>2:09.23</b>	12,00
	VAZQUEZ IGLESIAS, Daniel	44	29.61	GONZALEZ PEREZ, Jessica	36	36.05
	HERMIDA MARTINEZ, Vanesa	40	37.15	GARCIA RODRIGUEZ, Sergio	42	26.42
6.	<b>CULLEREDO 1</b>			<b>CULLEREDO</b>	<b>2:12.00</b>	10,00
	LOPEZ MORADO, Maria	22	36.99	SANDERSON, Helen Jane	53	35.84
	HERNAEZ OUBIÑA, David	50	31.10	GUIRADO CARABEL, Oscar	47	28.07
7.	<b>PONTEAREAS 4</b>			<b>PONTEAREAS</b>	<b>2:13.88</b>	8,00
	FERNANDEZ IGLESIAS, Emilio J.	46	33.75	ALVAREZ COSTAS, Maria Paz	35	33.85
	MOURIÑO FORTES, Victor Manuel	46	31.02	VARELA REDONDO, Veronica	48	35.26
8.	<b>ADFOGAR 1</b>			<b>ADFOGAR</b>	<b>2:14.87</b>	6,00
	MARTINEZ PENA, Adrian	40	28.27	GENDE DIAZ, Juan F.	53	32.37
	EIRIS CASTRO, Andrea	33	35.26	RODRIGUEZ REY, Maria J.	50	38.97
9.	<b>TRICORUÑA 1</b>			<b>TRICORUÑA</b>	<b>2:21.90</b>	4,00
	FERNÁNDEZ LAGUNA, Francisco	36	32.60	SÁNCHEZ CEBRIÁN, Olga	61	38.73
	MARTÍNEZ LEMA, José Antonio	51	38.44	GIL FERNANDEZ, Marta	35	32.13
10.	<b>GALAICO 4</b>			<b>GALAICO</b>	<b>2:26.54</b>	2,00
	MARTINEZ DOPAZO, David	36	28.97	PELETEIRO FRANCO, Angela Maria	34	40.65
	FARIÑA SOUSA, Noemi	40	40.68	MARQUEZ FERNANDEZ, Xose Luis	57	36.24
11.	<b>RSDH 1</b>			<b>RSDH</b>	<b>2:27.39</b>	-
	RAMIREZ INSUA, Julia	40	45.83	CEGARRA GARCIA, Eugenio	59	33.48
	DE LA MONTAÑA ALCANTARA, G50a		37.76	LOPEZ BERMUDEZ, Gabriel	39	30.32

Prueba 24, Mixto, 4 x 50m Libre, +160

Clasificación					Tiempo	Puntos
12.	<b>ARTEIXO 2</b>			<b>ARTEIXO</b>	<b>2:30.40</b>	-
	FREIRE LOPEZ, Diego 32	28.51		TASENDE LÓPEZ, Xeila 26		37.73
	DURÁN VEIRAS, Raquel 39	36.24		FOLCH MALLOFRE, Ramon 86		47.92
13.	<b>SCASINO 1</b>			<b>SCASINO</b>	<b>2:33.86</b>	-
	GOMEZ FREIRE, Domingo Jose 48	33.10		GARCÍA SEOANE, Cristina María 48		1:01.06
	SANCHEZ DE LLANO, M. Nieves 31	24.59		PEREZ CARRUEBANO, Enrique 49		35.11
14.	<b>POURENSE 2</b>			<b>POURENSE</b>	<b>2:40.38</b>	-
	GOMEZ MARQUEZ, Hugo 40	27.45		VILA CID, Marcos 36		25.06
	PEREZ GALLARDO, Teresa 59	1:00.94		RODRIGUEZ LOPEZ, Rosa Maria 48		46.93
Baja enf.	<b>SALESTRA 1</b>			<b>SALESTRA</b>		-
Baja enf.	<b>CNXOVE 1</b>			<b>CNXOVE</b>		-
<b>+200</b>						
1.	<b>ESCUALOS 3</b>			<b>ESCUALOS</b>	<b>2:12.65</b>	26,00
	PEREIRA DIAZ, Angel 51	29.41		DE LORENZO FERNANDEZ, Maria 45		35.54
	PEREZ PEREZ, Sonia 51	38.65		FERNANDEZ NUÑEZ, Santiago 60		29.05
2.	<b>RIASBAIXAS 4</b>			<b>RIASBAIXAS</b>	<b>2:14.64</b>	20,00
	VAZQUEZ VARELA, Jose Manuel 57	33.32		PRADO FRANCO, Marta E. 44		34.70
	HERNANDEZ ALFAGEME, Rita 52	36.81		MASSO AGUADO, Jorge 47		29.81
3.	<b>SCASINO 2</b>			<b>SCASINO</b>	<b>2:26.33</b>	16,00
	GARNACHO GAYARRE, Nuria 54	42.99		SALES MANTIÑAN, Carmen 49		36.63
	NISTAL GARCÍA, Eduardo 55	32.47		COUCEIRO SANCHEZ, Gonzalo 57		34.24
4.	<b>NCORUÑA 2</b>			<b>NCORUÑA</b>	<b>2:26.67</b>	14,00
	LOIS PEREZ, Antonio 62	30.01		VILLASANTE ARMAS, Maria Rosa 48		35.46
	RIVAS RODRIGUEZ, Lucia 44	38.30		SOLLEIRO TIZON, Juan Jose 60		42.90
5.	<b>PONTEAREAS 5</b>			<b>PONTEAREAS</b>	<b>2:30.67</b>	12,00
	MOURIÑO ORTIGUERA, Roberto C. 49	30.37		SOBRINO EIRIZ, Maria Del Valle 51		40.56
	PRÉGO MARTINEZ, Benjamin 50	35.75		ABREU FERNANDEZ, Marta 52		43.99
6.	<b>HERCULES 2</b>			<b>HERCULES</b>	<b>2:33.07</b>	10,00
	DE LA VEGA GÁNDARAS, Felipe 50	37.71		GIL VILLARINO, Marta 46		36.85
	CARBALLO BALOIRA, Susana Mai48	42.70		RIVAS FEAL, Antonio 57		35.81
7.	<b>CNMOS 1</b>			<b>CNMOS</b>	<b>2:34.77</b>	8,00
	BASTOS ALONSO, M. Carmen 58	47.09		SOUSA CARNEIRO, Rosana 52		41.05
	EIRIZ DIEGUEZ, Daniel 45	27.04		TABOAS BASTOS, Oscar 46		39.59
8.	<b>GALAICO 5</b>			<b>GALAICO</b>	<b>2:37.16</b>	6,00
	GARCIA CASTIÑEIRA, Daniel 49	31.14		GONZALEZ GARCIA, Covadonga 34		43.55
	CELEMIN PORRERO, Maria Teresa 64	51.28		BETHENCOURT IGLESIAS, Sergio 60		31.19
9.	<b>CULLEREDO 2</b>			<b>CULLEREDO</b>	<b>2:49.56</b>	4,00
	LOPEZ BLANCO, Mª Isabel 60	47.53		PEREZ GARCIA, Manuel 56		39.73
	CHICO FERNANDEZ, Maria Begoña52	48.10		VAZQUEZ PEREZ, Luis Fernando 44		34.20
10.	<b>ADFOGAR 2</b>			<b>ADFOGAR</b>	<b>2:50.71</b>	2,00
	TRILLO CARLIN, Jose Fdo. 55	32.01		CANOSA RODRIGUEZ, Alfonso J. 52		20.22
	PEREIRA ALONSO, Isabel 62	37.58		SANTOS DA GRACA, Francelina 36		1:20.90
11.	<b>TRAVIASAS 1</b>			<b>TRAVIASAS</b>	<b>2:51.18</b>	-
	MARTY PAZOS, Maria Victoria 58	47.43		GONZALEZ-ALEGRE BURGUEÑO, 71ª Maria 46		46.42
	SEGUÍN CID, Severino 64	41.18		FIDALGO SERRANO, Guillermo 37		36.15
12.	<b>POURENSE 3</b>			<b>POURENSE</b>	<b>2:57.03</b>	-
	SEARA JALON, Monica 53	55.33		CADAVID NUÑEZ, Jose 53		40.43
	RODRIGUEZ VAZQUEZ, Maria Ter51	43.07		BLANCO PEREZ, Angel 59		38.20
Baja enf.	<b>ARTEIXO 3</b>			<b>ARTEIXO</b>		-

Prueba 24, Mixto, 4 x 50m Libre

+240

1.	<b>HERCULES 1</b>			<b>HERCULES</b>	<b>2:24.11</b>	26,00	RG
	YAÑEZ WONENBURGER, J. Carlos	64	33.17	REGUEIRA MARTINEZ, Maria J.	48	36.08	
	LOPEZ MAHIA, Purificacion	60	40.54	SUANZES PEREZ, Fernando	70	34.32	
2.	<b>PONTEAREAS 6</b>			<b>PONTEAREAS</b>	<b>2:43.63</b>	20,00	
	PIÑEIRO PEREZ, Armando	57	36.38	CALVIÑO CANCELTA, Cristina	55	43.69	
	DEL AMO BLANCO, Margarita	56	41.90	MONROY FERNÁNDEZ, Manuel	73	41.66	
3.	<b>RIASBAIXAS 5</b>			<b>RIASBAIXAS</b>	<b>4:22.32</b>	16,00	RG
	PEREZ DOMINGUEZ, Maria Luisa	79	41.82	REGUEIRO RODRIGUEZ, Ana	57	21.01	
	LAGO REY, Jose Manuel	60	1:10.38	PEREZ LEIVA, Manuel	55	2:09.11	

+280

1.	<b>PONTEAREAS 7</b>			<b>PONTEAREAS</b>	<b>4:14.10</b>	26,00	
	MORAL RUBIO, Isabel	81	1:18.74	ARAUJO DOMINGUEZ, Francisco	83	1:13.86	
	RODRIGUEZ GOMEZ, Emilio	62	39.57	RODRÍGUEZ TRONCOSO, Marina	64	1:01.93	

Prueba 25  
15/01/2023 - 16:30

Fem., 100m Espalda

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1040133 SAAVEDRA BUIDE, Carlota	24	PORTAMIÑA	<b>1:15.46</b>	13,00
	50m: 35.87 35.87 100m: 1:15.46 39.59				
2.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	<b>1:18.43</b>	10,00
	50m: 36.90 36.90 100m: 1:18.43 41.53				
3.	1089303 ABASOLO RUEDA, Claudia	23	NCORUÑA	<b>1:23.31</b>	8,00
	50m: 40.48 40.48 100m: 1:23.31 42.83				
<b>25+</b>					
1.	1041218 ISASTI OTERO, Nerea	26	CNXOVE	<b>1:25.78</b>	13,00
	50m: 42.08 42.08 100m: 1:25.78 43.70				
<b>30+</b>					
1.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	<b>1:21.99</b>	13,00
	50m: 40.08 40.08 100m: 1:21.99 41.91				
2.	1040545 POMBO LOPEZ, Belen	31	FLUVIAL	<b>1:22.24</b>	10,00
	50m: 40.00 40.00 100m: 1:22.24 42.24				
3.	1040457 FREIJO LÓPEZ, Lucía	31	NCORUÑA	<b>1:26.48</b>	8,00
	50m: 42.31 42.31 100m: 1:26.48 44.17				
4.	1218233 SANCHEZ DE LLANO, M. Nieves	31	SCASINO	<b>1:58.01</b>	7,00
	50m: 54.39 54.39 100m: 1:58.01 1:03.62				
5.	1202705 MARTINEZ BARCIELA, Maria Olga	33	TRAVIESAS	<b>2:14.64</b>	6,00
	50m: 1:06.92 1:06.92 100m: 2:14.64 1:07.72				
Baja enf.	1174885 RUIZ MEILAN, Blanca	33	SCASINO		-
<b>35+</b>					
1.	1144894 VINAGRE SENDINO, Cora	35	SCASINO	<b>1:23.57</b>	13,00
	50m: 40.17 40.17 100m: 1:23.57 43.40				
2.	1075225 SOUTO DERUNGS, Cristina	38	NFERROL	<b>1:29.49</b>	10,00
	50m: 43.48 43.48 100m: 1:29.49 46.01				
3.	1144948 GONZALEZ PEREZ, Jessica	36	RIASBAIXAS	<b>1:37.65</b>	8,00
	50m: 47.99 47.99 100m: 1:37.65 49.66				
Baja enf.	1076543 RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS		-
<b>40+</b>					
1.	1195584 ALAYON MORIN, Cristina	41	HERCULES	<b>1:27.53</b>	13,00
	50m: 41.74 41.74 100m: 1:27.53 45.79				
2.	1170812 MARTIN, Christelle	42	ESCUALOS	<b>1:38.22</b>	10,00
	50m: 48.47 48.47 100m: 1:38.22 49.75				
3.	1036387 VAZQUEZ PARCERO, Marta	43	CMARINA	<b>2:19.82</b>	8,00
	50m: 1:09.30 1:09.30 100m: 2:19.82 1:10.52				



Prueba 25, Fem., 100m Espalda

45+

1.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	<b>1:39.13</b>	13,00
	50m:	48.11 48.11	100m:	1:39.13	51.02	
2.	1145023	SALES MANTIÑAN, Carmen	49	SCASINO	<b>1:47.14</b>	10,00
	50m:	53.36 53.36	100m:	1:47.14	53.78	

50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	<b>1:37.14</b>	13,00
	50m:	47.12 47.12	100m:	1:37.14	50.02	
2.	1197600	SANDERSON, Helen Jane	53	CULLEREDO	<b>1:40.34</b>	10,00
	50m:	47.20 47.20	100m:	1:40.34	53.14	
3.	1199642	GARNACHO GAYARRE, Nuria	54	SCASINO	<b>2:10.61</b>	8,00
	50m:	1:03.09 1:03.09	100m:	2:10.61	1:07.52	
4.	1144696	SEARA JALON, Monica	53	POURENSE	<b>2:19.64</b>	7,00
	50m:	1:07.98 1:07.98	100m:	2:19.64	1:11.66	

55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	<b>1:39.08</b>	13,00
	50m:	48.04 48.04	100m:	1:39.08	51.04	
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	<b>1:44.87</b>	10,00
	50m:	50.18 50.18	100m:	1:44.87	54.69	

60+

1.	1127105	PEREIRA ALONSO, Isabel	62	ADFOGAR	<b>2:04.34</b>	13,00
	50m:	59.74 59.74	100m:	2:04.34	1:04.60	
2.	1143622	OTERO LOPEZ, Elisa	63	POURENSE	<b>2:08.79</b>	10,00
	50m:	1:04.09 1:04.09	100m:	2:08.79	1:04.70	

75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	<b>3:26.32</b>	13,00
	50m:	1:38.92 1:38.92	100m:	3:26.32	1:47.40	
2.	1143507	PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	<b>4:18.91</b>	10,00
	50m:	2:04.03 2:04.03	100m:	4:18.91	2:14.88	

80+

1.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	<b>4:54.32</b>	13,00
	50m:	2:24.30 2:24.30	100m:	4:54.32	2:30.02	

Prueba 26  
15/01/2023

Masc., 100m Espalda

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1068314 MARTINEZ MARTINEZ, Marcos	20	PONTEAREAS	<b>1:03.53</b>	13,00
	50m: 30.93 30.93 100m: 1:03.53 32.60				
2.	1141093 VILLAMOR FERRO, Rubén	23	ARTEIXO	<b>1:11.79</b>	10,00
	50m: 34.93 34.93 100m: 1:11.79 36.86				
3.	1078716 HERMIDA RAMOS, Raul	23	NTNARON	<b>1:12.17</b>	8,00
	50m: 35.16 35.16 100m: 1:12.17 37.01				
<b>25+</b>					
1.	1038181 BOUZA PADRON, Adrian	26	PONTEAREAS	<b>1:05.49</b>	13,00
	50m: 31.43 31.43 100m: 1:05.49 34.06				
2.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	<b>1:06.71</b>	10,00
	50m: 32.64 32.64 100m: 1:06.71 34.07				
<b>30+</b>					
1.	1038638 CASTRO VILLAR, David	32	NCORUÑA	<b>1:14.36</b>	13,00
	50m: 36.65 36.65 100m: 1:14.36 37.71				
<b>35+</b>					
1.	1089000 TABOADA VILA, Alberto	36	POURENSE	<b>59.64</b>	13,00
	50m: 29.10 29.10 100m: 59.64 30.54				
2.	1143890 FORTES NOVOA, Martiño	35	ESCUALOS	<b>1:16.12</b>	10,00
	50m: 37.50 37.50 100m: 1:16.12 38.62				
3.	1226258 BERNARDEZ FERRO, Juan Jose	36	GALAICO	<b>1:16.31</b>	8,00
	50m: 37.17 37.17 100m: 1:16.31 39.14				
4.	1217936 PASCUAL DE PEDRO, Jorge	37	PONTEAREAS	<b>1:37.66</b>	7,00
	50m: 45.38 45.38 100m: 1:37.66 52.28				
DSQ	1145090 MARTÍNEZ DOMÍNGUEZ, Iván <i>Nado irregular</i>	35	PONTEAREAS		-
DSQ	1178928 FIDALGO SERRANO, Guillermo <i>Viraje irregular</i>	37	TRAVIESAS		-
Baja enf.	1141144 ARIETTO GARCIA, Jorge	37	RCNVIGO		-
<b>40+</b>					
1.	1231535 GOMEZ MARQUEZ, Hugo	40	POURENSE	<b>1:06.11</b>	13,00
	50m: 32.30 32.30 100m: 1:06.11 33.81				
2.	1143895 PADIN CHARLIN, Joaquin	43	ESCUALOS	<b>1:24.42</b>	10,00
	50m: 41.31 41.31 100m: 1:24.42 43.11				
3.	1190909 CARBALLA BARROSO, Rogelio Manue42	42	GALAICO	<b>1:25.32</b>	8,00
	50m: 40.68 40.68 100m: 1:25.32 44.64				
4.	1170841 BASTIDA CAMPOS, Alejandro	41	SALESTRA	<b>1:31.29</b>	7,00
	50m: 46.23 46.23 100m: 1:31.29 45.06				
5.	1076282 CARRERA COSTAS, Andres	41	PONTEAREAS	<b>1:33.66</b>	6,00
	50m: 45.57 45.57 100m: 1:33.66 48.09				

Prueba 26, Masc., 100m Espalda, 40+

Clasificación		Edad		Tiempo	Puntos
6.	1038913 SUAREZ GARCIA, Pedro Lois 50m: 49.54 49.54 100m: 1:42.25 52.71	43	PONTEAREAS	<b>1:42.25</b>	5,00
<b>45+</b>					
1.	1205935 GUIRADO CARABEL, Oscar 50m: 37.16 37.16 100m: 1:16.80 39.64	47	CULLEREDO	<b>1:16.80</b>	13,00
2.	1212075 GONZALEZ PARIS, David 50m: 41.89 41.89 100m: 1:29.42 47.53	45	HERCULES	<b>1:29.42</b>	10,00
3.	1076535 DE LUIS GONZÁLEZ, Aitor 50m: 43.83 43.83 100m: 1:30.26 46.43	49	RCNVIGO	<b>1:30.26</b>	8,00
4.	1127402 PEXEGUEIRO BALADRON, Nicolas 50m: 47.74 47.74 100m: 1:37.31 49.57	46	CNMOS	<b>1:37.31</b>	7,00
5.	1141502 TRONCOSO CAAMAÑO, Fernando 50m: 52.08 52.08 100m: 1:43.31 51.23	48	ESCUALOS	<b>1:43.31</b>	6,00
6.	1143850 IGLESIAS MIRA, Felipe 50m: 50.64 50.64 100m: 1:44.02 53.38	49	POURENSE	<b>1:44.02</b>	5,00
Baja enf.	1174679 DE MARTIN DIAZ, Ruben	47	POURENSE		-
Baja enf.	1190415 GOMEZ FREIRE, Domingo Jose	48	SCASINO		-
<b>50+</b>					
1.	1040137 QUINTAS BARROS, Jesus C. 50m: 41.11 41.11 100m: 1:23.26 42.15	50	ESCUALOS	<b>1:23.26</b>	13,00
2.	1141356 GENDE DIAZ, Juan F. 50m: 53.41 53.41 100m: 1:47.40 53.99	53	ADFOGAR	<b>1:47.40</b>	10,00
3.	1144698 CADAVID NUÑEZ, Jose 50m: 54.01 54.01 100m: 1:51.19 57.18	53	POURENSE	<b>1:51.19</b>	8,00
4.	1078814 CANOSA RODRIGUEZ, Alfonso J. 50m: 57.12 57.12 100m: 1:57.55 1:00.43	52	ADFOGAR	<b>1:57.55</b>	7,00
Baja enf.	1144996 FIGUEIRAS GANDARA, Javier	51	RIVEIRA		-
<b>55+</b>					
1.	1076177 TIMIRAOS CARRASCO, Fernando 50m: 45.59 45.59 100m: 1:33.19 47.60	58	PORTAMIÑA	<b>1:33.19</b>	13,00
2.	1195569 PEREZ LEIVA, Manuel 50m: 47.99 47.99 100m: 1:36.96 48.97	55	RIASBAIXAS	<b>1:36.96</b>	10,00
3.	1143575 FERREIRA GONZALEZ, Xose Anxo 50m: 49.66 49.66 100m: 1:41.31 51.65	57	REDONDELA	<b>1:41.31</b>	8,00
4.	1145033 PIÑEIRO PEREZ, Armando 50m: 56.71 56.71 100m: 1:53.80 57.09	57	PONTEAREAS	<b>1:53.80</b>	7,00
Baja enf.	1141209 DE LA PAZ VIGO, Agustin A.	57	CMARINA		-
<b>60+</b>					
1.	1076173 FERNANDEZ NUÑEZ, Santiago 50m: 35.96 35.96 100m: 1:14.16 38.20	60	ESCUALOS	<b>1:14.16</b>	13,00 RG
2.	1170858 CODESIDO LOPEZ, José 50m: 44.20 44.20 100m: 1:30.04 45.84	64	CIDSANTIAG	<b>1:30.04</b>	10,00

Prueba 26, Masc., 100m Espalda, 60+

Clasificación			Edad		Tiempo	Puntos
3.	1075185	YAÑEZ WONENBURGER, J. Carlos	64	HERCULES	<b>1:32.75</b>	8,00
	50m:	44.64 44.64	100m:	1:32.75 48.11		
4.	1053394	SANJORGE PEDREIRA, Carmelo	61	ARTEIXO	<b>1:51.52</b>	7,00
	50m:	54.28 54.28	100m:	1:51.52 57.24		
70+						
1.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	<b>1:58.82</b>	13,00
	50m:	58.48 58.48	100m:	1:58.82 1:00.34		

Prueba 27  
15/01/2023

Fem., 100m Estilos

2003 y mayores  
Resultados

Clasificación	Edad	Tiempo	Puntos
<b>20+</b>			
1. 1079883 RODRIGUEZ RODRIGUEZ, Nina	21 RIASBAIXAS	<b>1:12.09</b>	13,00 RG
50m: 32.62 32.62 100m: 1:12.09 39.47			
2. 1039295 PEREIRA FERY, Marta	22 CMARINA	<b>1:16.49</b>	10,00
50m: 34.40 34.40 100m: 1:16.49 42.09			
3. 1041211 RODRIGUEZ RODRIGUEZ, Silvia	22 PORTAMIÑA	<b>1:19.17</b>	8,00
50m: 36.41 36.41 100m: 1:19.17 42.76			
4. 1039636 GALLARDO DE ARTAZA, Sara	24 CDELMAR	<b>1:21.05</b>	7,00
50m: 37.65 37.65 100m: 1:21.05 43.40			
5. 1038929 GONZALEZ AVENDAÑO, Lucia	24 GALAICO	<b>1:23.14</b>	6,00
50m: 38.24 38.24 100m: 1:23.14 44.90			
6. 1143296 EIJO GIL, Ana Paula	20 PONTEAREAS	<b>1:24.47</b>	5,00
50m: 38.19 38.19 100m: 1:24.47 46.28			
7. 1110948 CANO ROSALES, Nuria	22 GALAICO	<b>1:26.82</b>	4,00
50m: 41.16 41.16 100m: 1:26.82 45.66			
8. 1037965 COSTA FERNANDEZ, Laura	22 PONTEAREAS	<b>1:27.45</b>	3,00
50m: 40.18 40.18 100m: 1:27.45 47.27			
9. 1203517 CABALEIRO FREIRIA, Lara	22 PONTEAREAS	<b>1:37.09</b>	2,00
50m: 43.14 43.14 100m: 1:37.09 53.95			
10. 1143380 SUAREZ GARCIA, Marta	20 RIASBAIXAS	<b>1:42.23</b>	1,00
50m: 46.55 46.55 100m: 1:42.23 55.68			
DSQ 1039475 TEIJEIRA LOPEZ, Sara	23 CNXOVE		-
<i>Salida anticipada</i>			
<b>25+</b>			
1. 1130789 GARCIA MIGUEZ, Rosalia	25 GALAICO	<b>1:15.81</b>	13,00
50m: 34.95 34.95 100m: 1:15.81 40.86			
2. 1038540 GALLARDO DE ARTAZA, Maria	28 NCORUÑA	<b>1:23.24</b>	10,00
50m: 38.12 38.12 100m: 1:23.24 45.12			
3. 1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS	<b>1:28.12</b>	8,00
50m: 41.56 41.56 100m: 1:28.12 46.56			
4. 1199647 TASENDE LÓPEZ, Xeila	26 ARTEIXO	<b>1:37.66</b>	7,00
50m: 43.69 43.69 100m: 1:37.66 53.97			
5. 1217434 CRESPO ESTEVEZ, Laura	29 GALAICO	<b>1:38.21</b>	6,00
50m: 42.74 42.74 100m: 1:38.21 55.47			
6. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	<b>1:38.94</b>	5,00
50m: 48.34 48.34 100m: 1:38.94 50.60			
<b>30+</b>			
1. 1093459 FRANCO CAL, Alba	32 FLUVIAL	<b>1:08.31</b>	13,00 RG
50m: 32.09 32.09 100m: 1:08.31 36.22			
2. 1084714 BUGALLO PÉREZ, Estíbaliz	33 RCNVIGO	<b>1:14.27</b>	10,00
50m: 35.07 35.07 100m: 1:14.27 39.20			
3. 1116506 RAMOS LOBO, Raquel	30 PORTAMIÑA	<b>1:17.99</b>	8,00
50m: 35.42 35.42 100m: 1:17.99 42.57			

Prueba 27, Fem., 100m Estilos, 30+

Clasificación		Edad		Tiempo	Puntos
4.	1041452 BEN CILLERO, Sabela 50m: 38.59 38.59 100m: 1:21.00 42.41	31	CNXOVE	<b>1:21.00</b>	7,00
5.	1086350 RIVAS CARCACIA, Natalia 50m: 39.00 39.00 100m: 1:23.12 44.12	32	ESCUALOS	<b>1:23.12</b>	6,00
6.	1038087 PARDO GOMEZ, Carmen 50m: 38.66 38.66 100m: 1:23.64 44.98	31	PORTAMIÑA	<b>1:23.64</b>	5,00
7.	1084711 DOPEREIRO GARCIA, Alba 50m: 38.51 38.51 100m: 1:24.48 45.97	33	NCORUÑA	<b>1:24.48</b>	4,00
8.	1224940 PAZOS GANDARA, Andrea 50m: 46.57 46.57 100m: 1:36.44 49.87	31	PONTEAREAS	<b>1:36.44</b>	3,00
<b>35+</b>					
1.	1212097 LOUREIRO AMOR, Belen Martina 50m: 34.04 34.04 100m: 1:15.81 41.77	35	NTNARON	<b>1:15.81</b>	13,00
2.	1224939 VÁZQUEZ FUENTES, Cintia 50m: 38.62 38.62 100m: 1:23.73 45.11	36	MONFORTE	<b>1:23.73</b>	10,00
3.	1141313 MIRA VAZQUEZ, Paula 50m: 46.14 46.14 100m: 1:38.11 51.97	37	ESCUALOS	<b>1:38.11</b>	8,00
<b>40+</b>					
1.	1075221 HERMIDA RODRIGUEZ, Blanca 50m: 35.87 35.87 100m: 1:19.54 43.67	42	CMARINA	<b>1:19.54</b>	13,00 RG
2.	1180232 FKEOUI OMARI, Salma 50m: 42.64 42.64 100m: 1:27.35 44.71	41	ESCUALOS	<b>1:27.35</b>	10,00
3.	1146893 PRADO FRANCO, Marta E. 50m: 41.81 41.81 100m: 1:29.41 47.60	44	RIASBAIXAS	<b>1:29.41</b>	8,00
4.	1075843 GONZALEZ FERNANDEZ, Leticia 50m: 45.16 45.16 100m: 1:35.81 50.65	41	CNXOVE	<b>1:35.81</b>	7,00
5.	1144042 HERMIDA MARTINEZ, Vanesa 50m: 49.09 49.09 100m: 1:39.46 50.37	40	RIASBAIXAS	<b>1:39.46</b>	6,00
6.	1236743 RIVAS RODRIGUEZ, Lucia 50m: 50.85 50.85 100m: 1:48.00 57.15	44	NCORUÑA	<b>1:48.00</b>	5,00
Baja enf.	1013486 GONZALEZ RODRIGUEZ, Maria	41	POURENSE		-
<b>45+</b>					
1.	1143894 DE LORENZO FERNANDEZ, Maria 50m: 46.11 46.11 100m: 1:33.20 47.09	45	ESCUALOS	<b>1:33.20</b>	13,00
2.	1178775 COVELO SAAVEDRA, Nahir 50m: 45.76 45.76 100m: 1:36.76 51.00	45	PONTEAREAS	<b>1:36.76</b>	10,00
3.	1172138 ROIG SANCHEZ, Blanca Ana 50m: 44.92 44.92 100m: 1:38.87 53.95	49	RIASBAIXAS	<b>1:38.87</b>	8,00
4.	1180238 GARCÍA SEOANE, Cristina María 50m: 53.28 53.28 100m: 1:51.21 57.93	48	SCASINO	<b>1:51.21</b>	7,00
5.	1217442 VILLASANTE ARMAS, Maria Rosa 50m: 53.90 53.90 100m: 1:57.39 1:03.49	48	NCORUÑA	<b>1:57.39</b>	6,00
6.	1197606 CARBALLO BALOIRA, Susana María 50m: 1:00.65 1:00.65 100m: 2:06.24 1:05.59	48	HERCULES	<b>2:06.24</b>	5,00



Prueba 27, Fem., 100m Estilos, 45+

Clasificación		Edad		Tiempo	Puntos
7.	1178771 BESADA FERNÁNDEZ, Ana M. 50m: 1:02.42 1:02.42 100m: 2:18.66 1:16.24	45	PONTEAREAS	<b>2:18.66</b>	4,00
DSQ	1221213 CAGIAO RODRIGUEZ, Natalia <i>Nado irregular</i>	45	SCASINO		-
<b>50+</b>					
1.	1127346 SOBRINO EIRIZ, Maria Del Valle 50m: 49.72 49.72 100m: 1:50.12 1:00.40	51	PONTEAREAS	<b>1:50.12</b>	13,00
2.	1171727 GARCIA RODRIGUEZ, Teresa 50m: 55.83 55.83 100m: 1:53.76 57.93	51	PORTAMIÑA	<b>1:53.76</b>	10,00
3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa 50m: 56.51 56.51 100m: 1:55.26 58.75	51	POURENSE	<b>1:55.26</b>	8,00
4.	1171721 VAZQUEZ ALONSO, Patricia 50m: 1:08.35 1:08.35 100m: 2:25.85 1:17.50	54	PONTEAREAS	<b>2:25.85</b>	7,00
5.	1145007 MELON PARENTE, M. Lourdes 50m: 1:21.93 1:21.93 100m: 2:48.85 1:26.92	54	PONTEAREAS	<b>2:48.85</b>	6,00
<b>55+</b>					
1.	1076506 MARTY PAZOS, Maria Victoria 50m: 59.62 59.62 100m: 2:01.82 1:02.20	58	TRAVIESAS	<b>2:01.82</b>	13,00
2.	1076508 BASTOS ALONSO, M. Carmen 50m: 1:06.01 1:06.01 100m: 2:06.03 1:00.02	58	CNMOS	<b>2:06.03</b>	10,00
DSQ	1144697 ACEVEDO REGO, Ermitas <i>Salida anticipada</i>	57	POURENSE		-
<b>60+</b>					
1.	1214851 SÁNCHEZ CEBRIÁN, Olga 50m: 48.45 48.45 100m: 1:43.48 55.03	61	TRICORUÑA	<b>1:43.48</b>	13,00
2.	1141154 CELEMIN PORRERO, Maria Teresa 50m: 58.67 58.67 100m: 2:02.39 1:03.72	64	GALAICO	<b>2:02.39</b>	10,00
3.	1212074 LOPEZ BLANCO, M <sup>o</sup> Isabel 50m: 1:02.77 1:02.77 100m: 2:08.57 1:05.80	60	CULLEREDO	<b>2:08.57</b>	8,00
DSQ	1039437 BALADO LOPEZ, Ana Maria <i>Salida anticipada</i>	62	POURENSE		-
<b>65+</b>					
1.	1076494 SUEIRO COSTAS, M <sup>a</sup> Carmen 50m: 1:43.51 1:43.51 100m: 3:16.87 1:33.36	67	PONTEAREAS	<b>3:16.87</b>	13,00

Prueba 28  
15/01/2023

Masc., 100m Estilos

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1039755 RIVAS MACEIRAS, Isaac	24	HERCULES	<b>1:06.57</b>	13,00
	50m: 30.55 30.55 100m: 1:06.57 36.02				
2.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	<b>1:08.76</b>	10,00
	50m: 31.17 31.17 100m: 1:08.76 37.59				
3.	1040129 RODRIGUEZ ARES, Alejandro	23	PORTAMIÑA	<b>1:10.72</b>	8,00
	50m: 32.49 32.49 100m: 1:10.72 38.23				
4.	1097741 GONZÁLEZ MARTÍNEZ, Cristian	20	ARTEIXO	<b>1:11.84</b>	7,00
	50m: 34.45 34.45 100m: 1:11.84 37.39				
<b>25+</b>					
1.	1119327 SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	<b>1:05.17</b>	13,00
	50m: 30.44 30.44 100m: 1:05.17 34.73				
2.	1037180 CARRERA COSTAS, Martin	27	PONTEAREAS	<b>1:05.93</b>	10,00
	50m: 30.89 30.89 100m: 1:05.93 35.04				
3.	1040484 ISASTI OTERO, Patxi	28	CNXOVE	<b>1:08.20</b>	8,00
	50m: 30.88 30.88 100m: 1:08.20 37.32				
4.	1235957 MONTANARO, Vito	26	NFERROL	<b>1:13.05</b>	7,00
	50m: 32.47 32.47 100m: 1:13.05 40.58				
5.	1040134 MIGUEZ VAZQUEZ, Victor	26	CNXOVE	<b>1:13.29</b>	6,00
	50m: 33.19 33.19 100m: 1:13.29 40.10				
DSQ	1040621 SEQUEIROS LAGO, Saul <i>Nado irregular</i>	25	CNMOS		-
<b>30+</b>					
1.	1130602 TENORIO FREIRE, Martin	31	GALAICO	<b>1:07.44</b>	13,00
	50m: 30.84 30.84 100m: 1:07.44 36.60				
2.	1174610 TABOADA VILA, Daniel	30	POURENSE	<b>1:20.62</b>	10,00
	50m: 38.07 38.07 100m: 1:20.62 42.55				
DSQ	1076271 NOVALES BLANCO, Xabier <i>Nado irregular</i>	32	RIASBAIXAS		-
<b>35+</b>					
1.	1084717 VILA CID, Marcos	36	POURENSE	<b>1:02.45</b>	13,00
	50m: 29.50 29.50 100m: 1:02.45 32.95				
2.	1076287 PAZOS ALONSO, Josue	37	ESCUALOS	<b>1:10.85</b>	10,00
	50m: 34.16 34.16 100m: 1:10.85 36.69				
3.	1126597 FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	<b>1:12.03</b>	8,00
	50m: 34.37 34.37 100m: 1:12.03 37.66				
4.	1199549 MARTINEZ DOPAZO, David	36	GALAICO	<b>1:13.28</b>	7,00
	50m: 34.48 34.48 100m: 1:13.28 38.80				
5.	1037182 GARCIA GARCIA, Anselmo	35	CNXOVE	<b>1:13.29</b>	6,00
	50m: 34.84 34.84 100m: 1:13.29 38.45				
6.	1005819 LAZARO GUERRERO, Victor	35	CMARINA	<b>1:15.43</b>	5,00
	50m: 33.49 33.49 100m: 1:15.43 41.94				

Prueba 28, Masc., 100m Estilos, 35+

Clasificación		Edad		Tiempo	Puntos
7.	1097263 LAMEIRO SEOANE, Javier	36	HERCULES	<b>1:20.44</b>	4,00
	50m: 37.15 37.15 100m: 1:20.44	43.29			
8.	1217936 PASCUAL DE PEDRO, Jorge	37	PONTEAREAS	<b>1:28.99</b>	3,00
	50m: 43.77 43.77 100m: 1:28.99	45.22			
9.	1214823 GONZALEZ PEÑAS, David	39	PORTAMIÑA	<b>1:36.02</b>	2,00
	50m: 46.74 46.74 100m: 1:36.02	49.28			

40+

1.	1141151 CALLE FACAL, Telmo	40	GALAICO	<b>1:08.13</b>	13,00
	50m: 30.82 30.82 100m: 1:08.13	37.31			
2.	1228089 MERA MONTECELOS, Pablo	40	HERCULES	<b>1:11.21</b>	10,00
	50m: 33.61 33.61 100m: 1:11.21	37.60			
3.	1180237 FOUZ ROUCO, Rubén	44	HERCULES	<b>1:16.15</b>	8,00
	50m: 35.61 35.61 100m: 1:16.15	40.54			
4.	1182358 CANOSA RODRÍGUEZ, Juan José	43	NTNARON	<b>1:17.94</b>	7,00
	50m: 37.24 37.24 100m: 1:17.94	40.70			
5.	1144789 MATIAS DUARTE, Erick	41	HERCULES	<b>1:18.77</b>	6,00
	50m: 36.69 36.69 100m: 1:18.77	42.08			
6.	1079215 MENDES FERRAS, Artur Leonel	42	MONFORTE	<b>1:20.69</b>	5,00
	50m: 37.60 37.60 100m: 1:20.69	43.09			
7.	1144584 ALVAREZ SILVA, Ruben	42	ESCUALOS	<b>1:20.95</b>	4,00
	50m: 39.22 39.22 100m: 1:20.95	41.73			
8.	1190529 CERVELA DEBER, Moises	41	SALESTRA	<b>1:23.32</b>	3,00
	50m: 40.22 40.22 100m: 1:23.32	43.10			
9.	1038913 SUAREZ GARCIA, Pedro Lois	43	PONTEAREAS	<b>1:34.06</b>	2,00
	50m: 44.29 44.29 100m: 1:34.06	49.77			
10.	1215947 VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	<b>1:42.87</b>	1,00
	50m: 48.36 48.36 100m: 1:42.87	54.51			
11.	1190398 FERNANDEZ CORRAL, Marcos	44	PORTAMIÑA	<b>2:03.49</b>	-
	50m: 1:00.38 1:00.38 100m: 2:03.49	1:03.11			
12.	1039360 POSE MATO, Cesar	40	ADFOGAR	<b>2:08.05</b>	-
	50m: 1:04.68 1:04.68 100m: 2:08.05	1:03.37			
DSQ	1038961 MARTINEZ PENA, Adrian	40	ADFOGAR		-
	<i>Nado irregular</i>				
DSQ	1200126 TABOADA CALVELO, Jose Carlos	44	SALESTRA		-
	<i>Nado irregular</i>				

45+

1.	1144267 FINS SEOANE, Juan Miguel	46	SALESTRA	<b>1:13.32</b>	13,00
	50m: 34.06 34.06 100m: 1:13.32	39.26			
2.	1075220 MARTINEZ FERNANDEZ, Hector	46	NTNARON	<b>1:19.52</b>	10,00
	50m: 35.92 35.92 100m: 1:19.52	43.60			
3.	1079343 MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	<b>1:20.07</b>	8,00
	50m: 37.95 37.95 100m: 1:20.07	42.12			
4.	1198273 MONTERO PRIETO, Carlos Eugenio	45	GALAICO	<b>1:24.65</b>	7,00
	50m: 37.30 37.30 100m: 1:24.65	47.35			

Prueba 28, Masc., 100m Estilos, 45+

Clasificación		Edad		Tiempo	Puntos
5.	1145005 FERNANDEZ IGLESIAS, Emilio J. 50m: 41.59 41.59 100m: 1:26.49 44.90	46	PONTEAREAS	<b>1:26.49</b>	6,00
6.	1143662 BALSA MOSQUERA, Pablo 50m: 40.13 40.13 100m: 1:28.39 48.26	45	CMARINA	<b>1:28.39</b>	5,00
7.	1076535 DE LUIS GONZÁLEZ, Aitor 50m: 42.69 42.69 100m: 1:29.35 46.66	49	RCNVIGO	<b>1:29.35</b>	4,00
8.	1076553 FERNANDEZ-TESTA BARREIRO, David 50m: 44.69 44.69 100m: 1:30.22 45.53	49	RIASBAIXAS	<b>1:30.22</b>	3,00
DSQ	1076549 FERNÁNDEZ MAROTO, Diego <i>No presentado</i>	45	RCNVIGO		-
Baja enf.	1145058 VALCUENDE RODRIGUEZ, Juan Manu	47	HERCULES		-
Baja enf.	1144915 SÁNCHEZ PARADA, Jose M <sup>a</sup>	45	ARTEIXO		-
Baja enf.	1232932 VEIGA PILLADO, Jose	45	SCASINO		-
<b>50+</b>					
1.	1076185 PEREIRA DIAZ, Angel 50m: 35.31 35.31 100m: 1:13.38 38.07	51	ESCUALOS	<b>1:13.38</b>	13,00
2.	1180192 SAAVEDRA GONZÁLEZ, Raul 50m: 34.54 34.54 100m: 1:14.37 39.83	50	HERCULES	<b>1:14.37</b>	10,00
3.	1147287 ESCUDERO DANS, David 50m: 38.96 38.96 100m: 1:20.22 41.26	50	TRICORUÑA	<b>1:20.22</b>	8,00
4.	1141071 LORENZO FERNANDEZ, Jose Manuel 50m: 42.82 42.82 100m: 1:32.93 50.11	51	RIASBAIXAS	<b>1:32.93</b>	7,00
5.	1143612 PENEDO PADIN, Adolfo 50m: 50.54 50.54 100m: 1:44.03 53.49	51	GALAICO	<b>1:44.03</b>	6,00
6.	1146902 PEREIRO LOPEZ-QUECUTY, Simon 50m: 49.14 49.14 100m: 1:49.43 1:00.29	50	RIASBAIXAS	<b>1:49.43</b>	5,00
7.	1145039 FERREIRO SANCHEZ, Luis 50m: 59.02 59.02 100m: 1:53.58 54.56	53	POURENSE	<b>1:53.58</b>	4,00
DSQ	1171462 FERREIRO SEOANE, Jose Raul <i>Nado irregular</i>	50	RIASBAIXAS		-
Baja enf.	1197597 HERNAEZ OUBIÑA, David	50	CULLEREDO		-
<b>55+</b>					
1.	1180234 SÁNCHEZ SECO, Manuel 50m: 43.09 43.09 100m: 1:30.39 47.30	55	ESCUALOS	<b>1:30.39</b>	13,00
2.	1037161 TOME NOGUEIRA, Alberto M. 50m: 42.47 42.47 100m: 1:31.69 49.22	55	ADFOGAR	<b>1:31.69</b>	10,00
3.	1076251 MARQUEZ FERNANDEZ, Xose Luis 50m: 57.53 57.53 100m: 1:51.69 54.16	57	GALAICO	<b>1:51.69</b>	8,00
4.	1106828 TRILLO CARLIN, Jose Fdo. 50m: 1:01.40 1:01.40 100m: 1:57.73 56.33	55	ADFOGAR	<b>1:57.73</b>	7,00
DSQ	1180249 SUAREZ FREIRE, David Manuel <i>Nado irregular</i>	55	RIASBAIXAS		-

Prueba 28, Masc., 100m Estilos

60+

1.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	<b>1:22.30</b>	13,00
	50m:	38.97 38.97	100m:	1:22.30 43.33		
2.	1144279	CAMIÑA GRANDE, Eduardo	63	SALESTRA	<b>1:25.76</b>	10,00
	50m:	40.05 40.05	100m:	1:25.76 45.71		
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	<b>1:27.84</b>	8,00
	50m:	43.19 43.19	100m:	1:27.84 44.65		
4.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	<b>1:42.49</b>	7,00
	50m:	48.30 48.30	100m:	1:42.49 54.19		
5.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	<b>1:44.92</b>	6,00
	50m:	50.66 50.66	100m:	1:44.92 54.26		
6.	1076514	LAGO REY, Jose Manuel	60	RIASBAIXAS	<b>3:26.77</b>	5,00
	50m:	1:59.54 1:59.54	100m:	3:26.77 1:27.23		

65+

1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	<b>1:49.26</b>	13,00
	50m:	56.21 56.21	100m:	1:49.26 53.05		
2.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	<b>2:56.48</b>	10,00
	50m:	1:25.34 1:25.34	100m:	2:56.48 1:31.14		

70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	<b>1:32.41</b>	13,00 RG
	50m:	45.64 45.64	100m:	1:32.41 46.77		
2.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	<b>1:51.83</b>	10,00
	50m:	54.05 54.05	100m:	1:51.83 57.78		

Prueba 29  
15/01/2023

Fem., 50m Braza

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1140796 DIAZ DOPICO, Sabela	21	NFERROL	<b>41.15</b>	13,00
2.	1076435 GARCIA TRIGO, Sofia	21	CNXOVE	<b>42.54</b>	10,00
3.	1037987 MENDEZ SEIJO, Nerea	24	RIASBAIXAS	<b>44.22</b>	8,00
4.	1228048 ALVAREZ SOUTO, Claudia	22	ESCUALOS	<b>46.14</b>	7,00
5.	1203517 CABALEIRO FREIRIA, Lara	22	PONTEAREAS	<b>50.11</b>	6,00
6.	1076348 ALVITE LOPEZ, Andrea	24	CNXOVE	<b>50.20</b>	5,00
7.	1219491 FUENTES LORENZO, Carla	24	NFERROL	<b>56.67</b>	4,00
<b>25+</b>					
1.	1041448 VAZQUEZ SANCHEZ, Pilar	25	CNXOVE	<b>43.80</b>	13,00
2.	1191499 GONZALEZ MACIA, Alba	29	MONFORTE	<b>48.93</b>	10,00
3.	1035411 FERNANDEZ GARCIA, Marina	26	GALAICO	<b>1:00.38</b>	8,00
<b>30+</b>					
1.	1084044 GARCIA MARIN, Cristina	33	PONTEAREAS	<b>37.45</b>	13,00
2.	1086350 RIVAS CARCACIA, Natalia	32	ESCUALOS	<b>38.82</b>	10,00
3.	1041452 BEN CILLERO, Sabela	31	CNXOVE	<b>41.05</b>	8,00
4.	1141212 RIVAS TENREIRO, Arantza	34	NTNARON	<b>42.53</b>	7,00
5.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	<b>48.56</b>	6,00
6.	1224940 PAZOS GANDARA, Andrea	31	PONTEAREAS	<b>48.64</b>	5,00
7.	1144979 SEOANE GOMEZ, Ana	31	GALAICO	<b>54.76</b>	4,00
8.	1129954 GONZALEZ GARCIA, Covadonga	34	GALAICO	<b>57.07</b>	3,00
9.	1202705 MARTINEZ BARCIELA, Maria Olga	33	TRAVIESAS	<b>57.51</b>	2,00
<b>35+</b>					
1.	1146780 DURÁN VEIRAS, Raquel	39	ARTEIXO	<b>42.73</b>	13,00
2.	1144155 ALVAREZ COSTAS, Maria Paz	35	PONTEAREAS	<b>43.22</b>	10,00
3.	1141313 MIRA VAZQUEZ, Paula	37	ESCUALOS	<b>49.68</b>	8,00
Baja enf.	1144270 ROZADOS LUIS, Adriana	38	SALESTRA		-
Baja enf.	1076543 RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS		-
<b>40+</b>					
1.	1143598 MIRA VAZQUEZ, Marta	42	ESCUALOS	<b>43.66</b>	13,00
2.	1170845 CID ALVAREZ, Isabel	43	ESCUALOS	<b>51.21</b>	10,00
3.	1144201 ALVAREZ LARRAN, Maria Del Pilar	44	RIASBAIXAS	<b>53.14</b>	8,00
4.	1145082 FARIÑA SOUSA, Noemi	40	GALAICO	<b>55.26</b>	7,00
<b>45+</b>					
1.	1178775 COVELO SAAVEDRA, Nahir	45	PONTEAREAS	<b>47.24</b>	13,00
2.	1217806 PAZ BERMUDEZ, Maria	47	SALESTRA	<b>51.92</b>	10,00
3.	1222316 GIL VILLARINO, Marta	46	HERCULES	<b>55.46</b>	8,00



Prueba 29, Fem., 50m Braza

50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	<b>49.76</b>	13,00
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	<b>53.26</b>	10,00
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	<b>54.62</b>	8,00
4.	1221623	FERNÁNDEZ SANJURJO, Lucia	50	NCORUÑA	<b>1:04.42</b>	7,00
DSQ	1226313	CHICO FERNANDEZ, Maria Begoña	52	CULLEREDO		-
		<i>Nado irregular</i>				

Baja enf.	1232962	JARDON GONZALEZ, Helena	52	PONTEAREAS		-
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55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	<b>49.11</b>	13,00
2.	1187918	FERNÁNDEZ ARRIZABALO, María	57	TRAVIESAS	<b>51.40</b>	10,00
3.	1076508	BASTOS ALONSO, M. Carmen	58	CNMOS	<b>53.66</b>	8,00
4.	1144697	ACEVEDO REGO, Ermitas	57	POURENSE	<b>1:06.95</b>	7,00

60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	<b>44.94</b>	13,00
2.	1143893	REBOREDA MORILLO, Susana	61	ESCUALOS	<b>59.14</b>	10,00
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	64	PONTEAREAS	<b>1:04.10</b>	8,00

65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	<b>56.08</b>	13,00
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Prueba 30  
15/01/2023

Masc., 50m Braza

2003 y mayores  
Resultados

Clasificación		Edad		Tiempo	Puntos
<b>20+</b>					
1.	1076322 VILA PEREIRA, Brais	20	PONTEAREAS	<b>32.52</b>	13,00
2.	1141093 VILLAMOR FERRO, Rubén	23	ARTEIXO	<b>36.49</b>	10,00
3.	1144982 VILLAVERDE CAMPOS, Jose M	22	GALAICO	<b>37.27</b>	8,00
<b>25+</b>					
1.	1037284 SABUZ FORNEIRO, Martin	29	POURENSE	<b>31.70</b>	13,00
2.	1144193 PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	<b>32.64</b>	10,00
3.	1218127 RAMILO TRIGO, Jose Enrique	29	SALESTRA	<b>32.74</b>	8,00
4.	1038356 AZNAR GRILLE, Carlos Javier	28	CMARINA	<b>36.10</b>	7,00
5.	1180224 TIMIRAOS GONZALEZ, Santiago	27	CNXOVE	<b>36.47</b>	6,00
6.	1216460 FRANCISCO MACÍAS, Simón	27	POURENSE	<b>38.56</b>	5,00
7.	1228049 RODRIGUEZ RAMOS, Manuel	26	ESCUALOS	<b>39.13</b>	4,00
DSQ	1076355 OROZA PARGA, Bruno	29	CNXOVE		-
	<i>Nado irregular</i>				
<b>30+</b>					
1.	1110754 FREIRE LOPEZ, Diego	32	ARTEIXO	<b>39.38</b>	13,00
2.	1174610 TABOADA VILA, Daniel	30	POURENSE	<b>39.69</b>	10,00
3.	1076271 NOVALES BLANCO, Xabier	32	RIASBAIXAS	<b>45.87</b>	8,00
Baja enf.	1040483 PENABADE COCIÑA, Joel	30	CNXOVE		-
<b>35+</b>					
1.	1143890 FORTES NOVOA, Martiño	35	ESCUALOS	<b>34.38</b>	13,00
2.	1076287 PAZOS ALONSO, Josue	37	ESCUALOS	<b>34.47</b>	10,00
3.	1037182 GARCIA GARCIA, Anselmo	35	CNXOVE	<b>35.66</b>	8,00
4.	1084043 PIÑEIRO PEON, Antonio	39	GALAICO	<b>35.91</b>	7,00
5.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	<b>36.13</b>	6,00
6.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35	RIASBAIXAS	<b>36.29</b>	5,00
7.	1203519 KRUGLOV, Mykola	38	ESCUALOS	<b>39.65</b>	4,00
8.	1023057 PEREZ VAZQUEZ, Telmo	35	CMARINA	<b>40.34</b>	3,00
9.	1036745 BARCIA SIXTO, Francisco José	38	NTNARON	<b>41.61</b>	2,00
10.	1170846 PRESA PRESA, Santiago	35	GALAICO	<b>44.63</b>	1,00
<b>40+</b>					
1.	1126481 BAS MARTINEZ, Francisco Javier	41	JEREZMASTER	<b>32.58</b>	13,00
2.	1093446 VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	<b>36.01</b>	10,00
3.	1038961 MARTINEZ PENA, Adrian	40	ADFOGAR	<b>36.34</b>	8,00
4.	1143897 SEVILLA AROCA, Javier	40	ESCUALOS	<b>36.49</b>	7,00
5.	1144789 MATIAS DUARTE, Erick	41	HERCULES	<b>40.32</b>	6,00
6.	1200126 TABOADA CALVELO, Jose Carlos	44	SALESTRA	<b>43.36</b>	5,00
7.	1147216 GONZALEZ VICENTE, Ruben	42	PORTAMIÑA	<b>43.46</b>	4,00
8.	1178772 CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	<b>44.35</b>	3,00
9.	1144946 RODRIGUEZ GARCIA, Jose Bernardo	40	RIASBAIXAS	<b>46.85</b>	2,00

Prueba 30, Masc., 50m Braza

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	<b>34.02</b>	13,00
2.	1231581	RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	<b>37.22</b>	10,00
3.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	<b>38.55</b>	8,00
4.	1084040	GARCIA CASTIÑEIRA, Daniel	49	GALAICO	<b>44.03</b>	7,00
5.	1127402	PEXEGUEIRO BALADRON, Nicolas	46	CNMOS	<b>45.46</b>	6,00
6.	1223051	PEREZ CARRUEBANO, Enrique	49	SCASINO	<b>46.50</b>	5,00
7.	1235958	BRIOSO DÍAZ, Manuel	46	REDONDELA	<b>56.87</b>	4,00
DSQ	1144269	LOPEZ PAYO, Mario	46	SALESTRA		-

*Salida anticipada*

Baja enf. 1145058 VALCUENDE RODRIGUEZ, Juan Manu47 HERCULES -

50+

1.	1141504	BOUSO FUENTECILLA, Fernando	52	ESCUALOS	<b>40.28</b>	13,00
2.	1147287	ESCUDERO DANS, David	50	TRICORUÑA	<b>40.31</b>	10,00
3.	1178895	CRESPO PÉREZ, Albarino	53	ESCUALOS	<b>40.42</b>	8,00
4.	1144117	PREGO MARTINEZ, Benjamin	50	PONTEAREAS	<b>42.55</b>	7,00
5.	1143494	IGLESIAS RODRIGUEZ, Carlos	54	RIASBAIXAS	<b>44.89</b>	6,00
6.	1143612	PENEDO PADIN, Adolfo	51	GALAICO	<b>46.79</b>	5,00
7.	1197604	ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS	<b>49.95</b>	4,00
8.	1208795	LORENZO GONZALEZ-VISO, Carlos	52	POURENSE	<b>51.94</b>	3,00
Baja enf.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO		-
Baja enf.	1144996	FIGUEIRAS GANDARA, Javier	51	RIVEIRA		-

55+

1.	1143661	TOURIÑO GONZALEZ, Victor M.	55	CMARINA	<b>36.54</b>	13,00
2.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	<b>49.71</b>	10,00

60+

1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	<b>38.75</b>	13,00
2.	1141399	SANCHEZ MUÑOZ, Jose Ignacio	62	RIASBAIXAS	<b>45.95</b>	10,00
3.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	<b>47.38</b>	8,00
4.	1144180	SEGUÍN CID, Severino	64	TRAVIESAS	<b>47.89</b>	7,00
5.	1143624	PARDO CASTRO, Jesus	60	PORTAMIÑA	<b>57.43</b>	6,00
DSQ	1180241	COLLAZO LÓPEZ, Víctor Eliseo	60	SALESTRA		-

*Viraje irregular*

65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	<b>40.96</b>	13,00 RG
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	<b>48.83</b>	10,00
DSQ	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO		-

*Nado irregular*

80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	<b>1:35.93</b>	13,00
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Prueba 31  
15/01/2023

Fem., 4 x 50m Estilos

AG 80 - 359  
Resultados

Clasificación					Tiempo	Puntos
<b>+80 (PRE-MASTER)</b>						
1.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:32.52</b>	26,00
	ALVITE LOPEZ, Andrea	24	39.04	TEJEIRA LOPEZ, Sara	23	38.81
	GARCIA TRIGO, Sofia	21	41.80	VAZQUEZ SANCHEZ, Pilar	25	32.87
2.	<b>RIASBAIXAS 1</b>			<b>RIASBAIXAS</b>	<b>2:32.59</b>	20,00
	MENDEZ SEIJO, Nerea	24	39.28	SUAREZ GARCIA, Sofia	26	30.45
	SUAREZ GARCIA, Marta	20	50.27	RODRIGUEZ RODRIGUEZ, Nina	21	32.59
3.	<b>GALAICO 1</b>			<b>GALAICO</b>	<b>2:40.65</b>	16,00
	GARCIA MIGUEZ, Rosalia	25	35.19	GONZALEZ AVENDAÑO, Lucia	24	37.12
	CANO ROSALES, Nuria	22	43.96	FERNANDEZ GARCIA, Marina	26	44.38
4.	<b>PONTEAREAS 1</b>			<b>PONTEAREAS</b>	<b>2:45.16</b>	14,00
	CABALEIRO FREIRIA, Lara	22	43.05	COSTA FERNANDEZ, Laura	22	38.24
	EIJO GIL, Ana Paula	20	43.63	GARCIA SANCHEZ, Francis Marian	29	40.24
<b>+120</b>						
1.	<b>HERCULES 2</b>			<b>HERCULES</b>	<b>2:25.67</b>	26,00
	ALAYON MORIN, Cristina	41	38.88	PASCUAL GUTIERREZ, Maria Tere	25	31.70
	DORADO GARCIA, Laura	39	42.18	ESPIÑO ALBELA, Andrea	29	32.91
2.	<b>PONTEAREAS 2</b>			<b>PONTEAREAS</b>	<b>2:33.51</b>	20,00
	GESTO ALONSO, Clarisa	34	37.98	GARCIA MARIN, Cristina	33	20.34
	ALVAREZ COSTAS, Maria Paz	35	42.96	OLMO VAQUEIRO, Leticia	42	52.23
3.	<b>PORTAMIÑA 1</b>			<b>PORTAMIÑA</b>	<b>2:40.21</b>	16,00
	RAMOS LOBO, Raquel	30	37.13	LOPEZ RODRIGUEZ, Aroa	26	38.24
	PARDO GOMEZ, Carmen	31	43.50	GARCIA RODRIGUEZ, Teresa	51	41.34
4.	<b>NCORUÑA 1</b>			<b>NCORUÑA</b>	<b>2:46.71</b>	14,00
	FREIJO LÓPEZ, Lucía	31	40.84	RIVAS RODRIGUEZ, Lucia	44	49.86
	GALLARDO DE ARTAZA, Maria	28	44.16	DOPEREIRO GARCIA, Alba	33	31.85
5.	<b>RIASBAIXAS 2</b>			<b>RIASBAIXAS</b>	<b>2:54.25</b>	12,00
	GONZALEZ PEREZ, Jessica	36	44.29	HERMIDA MARTINEZ, Vanesa	40	39.68
	LOPEZ PEREZ, Almudena	40	51.94	PEREZ GARCIA, Eva	33	38.34
6.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>3:19.20</b>	10,00
	GONZALEZ GARCIA, Covadonga	34	57.59	CRESPO ESTEVEZ, Laura	29	46.53
	SEOANE GOMEZ, Ana	31	54.06	FARIÑA SOUSA, Noemi	40	41.02
Baja enf.	<b>ESCUALOS 1</b>			<b>ESCUALOS</b>		-
Baja enf.	<b>CNXOVE 1</b>			<b>CNXOVE</b>		-
<b>+160</b>						
1.	<b>ESCUALOS 2</b>			<b>ESCUALOS</b>	<b>2:45.79</b>	26,00
	MARTIN, Christelle	42	44.22	MIRA VAZQUEZ, Paula	37	44.30
	MIRA VAZQUEZ, Marta	42	42.75	FKEOUI OMARI, Salma	41	34.52
2.	<b>SCASINO 1</b>			<b>SCASINO</b>	<b>2:57.00</b>	20,00
	VINAGRE SENDINO, Cora	35	38.63	GARCÍA SEOANE, Cristina María	48	48.89
	CAGIAO RODRIGUEZ, Natalia	45	50.03	SALES MANTIÑAN, Carmen	49	39.45
3.	<b>PONTEAREAS 3</b>			<b>PONTEAREAS</b>	<b>3:21.70</b>	16,00
	VAZQUEZ ALONSO, Patricia	54	1:08.32	GONZALEZ PEREZ, Paula	27	46.61
	PAZOS GANDARA, Andrea	31	50.55	VARELA REDONDO, Veronica	48	36.22
4.	<b>POURENSE 1</b>			<b>POURENSE</b>	<b>3:42.66</b>	14,00
	SEARA JALON, Monica	53	1:02.76	RODRIGUEZ VAZQUEZ, Maria Ter	51	57.12
	LOPEZ RODRIGUEZ, Adela Elena	55	48.74	FERNANDEZ PARADA, Clara	30	54.04

Prueba 31, Fem., 4 x 50m Estilos, +160

Clasificación	DSQ	ADFOGAR 1	ADFOGAR	Tiempo	Puntos
		<i>Nado irregular 3º posta</i>			-
		EIRIS CASTRO, Andrea, PEREIRA ALONSO, Isabel, RODRIGUEZ REY, Maria J., SANTOS DA GRACA, Francelina			
<b>+200</b>					
1.		<b>HERCULES 1</b>	<b>HERCULES</b>	<b>3:00.28</b>	26,00 RG
		REGUEIRA MARTINEZ, Maria J. 48	GIL VILLARINO, Marta 46		50.08
		BRAÑA MENENDEZ, Sonia 48	LOPEZ MAHIA, Purificacion 60		41.12
2.		<b>ESCUALOS 3</b>	<b>ESCUALOS</b>	<b>3:11.68</b>	20,00
		DE LORENZO FERNANDEZ, Maria 45	CID ALVAREZ, Isabel 43		49.69
		REBOREDA MORILLO, Susana 61	PEREZ PEREZ, Sonia 51		39.28
3.		<b>TRAVIASAS 1</b>	<b>TRAVIASAS</b>	<b>3:22.50</b>	16,00
		MARTY PAZOS, Maria Victoria 58	BARJA BARJA, Liliana 58		50.50
		FERNÁNDEZ ARRIZABALO, María 57	MARTINEZ BARCIELA, Maria Olga 33		44.20
4.		<b>PONTEAREAS 4</b>	<b>PONTEAREAS</b>	<b>3:24.56</b>	14,00
		VAZQUEZ ALONSO, Patricia 54	ABREU FERNANDEZ, Marta 52		52.96
		COVELO SAAVEDRA, Nahir 45	FERNANDEZ SESTELO, Maria Jose53		49.02
5.		<b>CULLEREDO 1</b>	<b>CULLEREDO</b>	<b>3:27.50</b>	12,00
		CHICO FERNANDEZ, Maria Begoña52	SANDERSON, Helen Jane 53		45.22
		SAR MORANO, Dolores 68	LOPEZ BLANCO, Mº Isabel 60		46.37
6.		<b>RIASBAIXAS 3</b>	<b>RIASBAIXAS</b>	<b>4:27.37</b>	10,00
		PEREZ DOMINGUEZ, Maria Luisa 79	REGUEIRO RODRIGUEZ, Ana 57		52.69
		ALVAREZ LARRAN, Maria Del Pilar44	HERNANDEZ ALFAGEME, Rita 52		1:22.53
<b>+240</b>					
1.		<b>POURENSE 3</b>	<b>POURENSE</b>	<b>3:47.51</b>	26,00
		OTERO LOPEZ, Elisa 63	ACEVEDO REGO, Ermitas 57		54.16
		BALADO LOPEZ, Ana Maria 62	PEREZ GALLARDO, Teresa 59		1:06.83
2.		<b>PONTEAREAS 5</b>	<b>PONTEAREAS</b>	<b>5:23.10</b>	20,00
		GONZALEZ RODRIGUEZ, S. Marta 77	MELON PARENTE, M. Lourdes 54		1:21.46
		SUEIRO COSTAS, Mª Carmen 67	BESADA FERNÁNDEZ, Ana M. 45		49.90
<b>+280</b>					
1.		<b>PONTEAREAS 6</b>	<b>PONTEAREAS</b>	<b>5:14.67</b>	26,00 RG
		MORAL RUBIO, Isabel 81	DEL AMO BLANCO, Margarita 56		52.88
		RODRÍGUEZ TRONCOSO, Marina 64	CHANTADA GÓMEZ, M. Del Carne80		1:40.88



Prueba 32  
15/01/2023

Masc., 4 x 50m Estilos

AG 80 - 359  
Resultados

Clasificación					Tiempo	Puntos
<b>+80 (PRE-MASTER)</b>						
1.	<b>PONTEAREAS 1</b>			<b>PONTEAREAS</b>	<b>1:56.80</b>	26,00
	MARTINEZ MARTINEZ, Marcos 20	30.15		CANCELA GOMEZ, Hugo 20		28.31
	VILA PEREIRA, Brais 20	31.69		INCUTTI TELLADO, Denis 23		26.65
<b>+100</b>						
1.	<b>CNXOVE 1</b>			<b>CNXOVE</b>	<b>2:03.34</b>	26,00
	OROZA PARGA, Bruno 29	33.24		MIGUEZ VAZQUEZ, Victor 26		30.07
	TIMIRAOS GONZALEZ, Santiago 27	35.44		VALDES REY, Enol 30		24.59
2.	<b>PONTEAREAS 2</b>			<b>PONTEAREAS</b>	<b>2:08.36</b>	20,00
	IBAÑEZ CARRERA, Manuel Gabriel 27	32.55		CARRERA COSTAS, Martin 27		22.87
	BOUZA PADRON, Adrian 26	33.10		MARTÍNEZ DOMÍNGUEZ, Iván 35		39.84
3.	<b>POURENSE 1</b>			<b>POURENSE</b>	<b>2:09.24</b>	16,00
	BLANCO PEREZ, Adrian 29	30.47		SABUZ FORNEIRO, Martin 29		29.29
	FRANCISCO MACÍAS, Simón 27	38.65		TABOADA VILA, Daniel 30		30.83
4.	<b>CNMOS 2</b>			<b>CNMOS</b>	<b>2:15.56</b>	14,00
	TRILLO RODRIGUEZ, Adrian 26	37.70		SEQUEIROS LAGO, Saul 25		31.37
	FERNANDEZ GAYOSO, Jose Manu 37	37.19		VOLLUZ ITALIANI, Facundo J. 25		29.30
<b>+120</b>						
1.	<b>GALAICO 1</b>			<b>GALAICO</b>	<b>2:05.39</b>	26,00
	CALLE FACAL, Telmo 40	32.24		TENORIO FREIRE, Martin 31		29.16
	PIÑEIRO PEON, Antonio 39	36.28		MARTINEZ DOPAZO, David 36		27.71
2.	<b>MONFORTE 1</b>			<b>MONFORTE</b>	<b>2:12.40</b>	20,00
	BELTRAN DIAZ, Emilio 46	34.48		MENDES FERRAS, Artur Leonel 42		34.28
	SUAREZ FERNÁNDEZ, Santiago 28	31.94		ALVAREZ CASTRO, Teodoro 33		31.70
3.	<b>RIASBAIXAS 1</b>			<b>RIASBAIXAS</b>	<b>2:14.29</b>	16,00
	PASTORIZA SANTA CLARA, Jorge 26	31.76		CAO LAGO, Pablo 36		32.11
	FIGUEIRA DOMINGUEZ, Javier Guz 35	36.11		NOVALES BLANCO, Xabier 32		34.31
4.	<b>ESCUALOS 1</b>			<b>ESCUALOS</b>	<b>2:15.98</b>	14,00
	PAZOS ALONSO, Josue 37	36.27		KRUGLOV, Mykola 38		31.31
	RODRIGUEZ RAMOS, Manuel 26	36.86		PEREZ LOPEZ, Manuel 42		31.54
5.	<b>SALESTRA 1</b>			<b>SALESTRA</b>	<b>2:18.01</b>	12,00
	BASTIDA CAMPOS, Alejandro 41	39.71		FINS SEOANE, Juan Miguel 46		33.10
	RAMILO TRIGO, Jose Enrique 29	32.80		CERVELA DEBER, Moises 41		32.40
Baja enf.	<b>CNXOVE 1</b>			<b>CNXOVE</b>		-
Baja enf.	<b>POURENSE 2</b>			<b>POURENSE</b>		-
Baja enf.	<b>PONTEAREAS 3</b>			<b>PONTEAREAS</b>		-
<b>+160</b>						
1.	<b>CMARINA 2</b>			<b>CMARINA</b>	<b>2:12.28</b>	26,00
	LAZARO GUERRERO, Victor 35	32.04		BALSA MOSQUERA, Pablo 45		34.59
	TOURIÑO GONZALEZ, Victor M. 55	36.12		PEREZ VAZQUEZ, Telmo 35		29.53
2.	<b>HERCULES 2</b>			<b>HERCULES</b>	<b>2:15.44</b>	20,00
	FOUZ ROUCO, Rubén 44	36.17		ABADES REBOREDO, Daniel 45		33.14
	MATIAS DUARTE, Erick 41	38.75		MERA MONTECELOS, Pablo 40		27.38
3.	<b>ESCUALOS 2</b>			<b>ESCUALOS</b>	<b>2:16.72</b>	16,00
	PADIN CHARLIN, Joaquin 43	39.43		SEVILLA AROCA, Javier 40		33.41
	FORTES NOVOA, Martiño 35	34.27		ALVAREZ SILVA, Ruben 42		29.61



Prueba 32, Masc., 4 x 50m Estilos, +160

Clasificación					Tiempo	Puntos
4.	<b>RIASBAIXAS 2</b>			<b>RIASBAIXAS</b>	<b>2:17.95</b>	14,00
	SANCHEZ GORDON, Roman 45	32.59		FERREIRO SEOANE, Jose Raul 50		38.95
	VAZQUEZ IGLESIAS, Daniel 44	35.39		FUENTES FERNANDEZ, Eugenio 51		31.02
5.	<b>NTNARON 1</b>			<b>NTNARON</b>	<b>2:18.39</b>	12,00
	MARTINEZ FERNANDEZ, Hector 46	37.35		CANOSA RODRÍGUEZ, Juan José 43		33.11
	HERMIDA SALIDO, Gustavo 46	37.67		BARCIA SIXTO, Francisco José 38		30.26
6.	<b>GALAICO 2</b>			<b>GALAICO</b>	<b>2:28.81</b>	10,00
	BERNARDEZ FERRO, Juan Jose 36	35.85		MONTERO PRIETO, Carlos Eugenio 45		32.66
	PRESA PRESA, Santiago 35	42.56		MARQUEZ FERNANDEZ, Xose Luis 57		37.74
7.	<b>ADFOGAR 1</b>			<b>ADFOGAR</b>	<b>2:28.92</b>	8,00
	COTELO SENANDE, Alberto 35	41.51		TOME NOGUEIRA, Alberto M. 55		39.07
	MARTINEZ PENA, Adrian 40	35.96		GENDE DIAZ, Juan F. 53		32.38
8.	<b>PORTAMIÑA 1</b>			<b>PORTAMIÑA</b>	<b>2:30.26</b>	6,00
	TIMIRAO S CARRASCO, Fernando 58	37.88		PEREZ ARIAS, Hector 52		33.02
	GONZALEZ VICENTE, Ruben 42	45.88		MEILAN SANCHEZ, Sergio Jose 27		33.48
9.	<b>PONTEAREAS 3</b>			<b>PONTEAREAS</b>	<b>2:36.86</b>	4,00
	CARRERA COSTAS, Andres 41	41.11		FERNANDEZ IGLESIAS, Emilio J. 46		35.14
	PASCUAL DE PEDRO, Jorge 37	43.65		SUAREZ GARCIA, Pedro Lois 43		36.96
10.	<b>CULLEREDO 1</b>			<b>CULLEREDO</b>	<b>2:41.13</b>	2,00
	VAZQUEZ PEREZ, Luis Fernando 44	49.96		HERNAEZ OUBIÑA, David 50		34.49
	GUIRADO CARABEL, Oscar 47	35.24		PEREZ GARCIA, Manuel 56		41.44
<b>+200</b>						
1.	<b>ESCUALOS 3</b>			<b>ESCUALOS</b>	<b>2:10.13</b>	26,00 RG
	FERNANDEZ NUÑEZ, Santiago 60	33.42		QUINTAS BARROS, Jesus C. 50		34.18
	NOGUEIRA-PINTO CRESPO, Hugo 45	33.23		PEREIRA DIAZ, Angel 51		29.30
2.	<b>NCORUÑA 1</b>			<b>NCORUÑA</b>	<b>2:13.62</b>	20,00
	CASTRO VILLAR, David 32	33.04		TAPIA PORTO, Enrique 58		32.37
	SOLLEIRO TIZON, Juan Jose 60	39.33		LOIS PEREZ, Antonio 62		28.88
3.	<b>CIDSANTIAG 1</b>			<b>CIDSANTIAG</b>	<b>2:26.96</b>	16,00
	CODESIDO LOPEZ, José 64	40.67		RODRÍGUEZ SALGADO, Manuel 48		33.88
	FERNANDEZ ARRUTI, Jose Angel 64	41.03		FERNANDEZ MONTEAGUDO, Rube38		31.38
4.	<b>GALAICO 3</b>			<b>GALAICO</b>	<b>2:32.21</b>	14,00
	CARBALLA BARROSO, Rogelio M 42 61	38.67		BETHENCOURT IGLESIAS, Sergio 60		1:02.69
	PENEDO PADIN, Adolfo 51	20.10		GARCIA CASTIÑEIRA, Daniel 49		30.75
5.	<b>PONTEAREAS 4</b>			<b>PONTEAREAS</b>	<b>2:39.05</b>	12,00
	PIÑEIRO PEREZ, Armando 57	52.25		MOURIÑO ORTIGUERA, Roberto C. 49		34.48
	PREGO MARTINEZ, Benjamin 50	41.23		MOURIÑO FORTES, Víctor Manuel 46		31.09
6.	<b>SALESTRA 2</b>			<b>SALESTRA</b>	<b>2:46.84</b>	10,00
	CAMIÑA GRANDE, Eduardo 63	41.41		TABOADA CALVELO, Jose Carlos 44		45.54
	LOPEZ PAYO, Mario 46	44.58		COLLAZO LÓPEZ, Victor Eliseo 60		35.31
7.	<b>RIASBAIXAS 3</b>			<b>RIASBAIXAS</b>	<b>3:06.10</b>	8,00
	PEREIRO LOPEZ-QUECUTY, Simon 50	53.38		LORENZO FERNANDEZ, Jose Man 51		40.70
	IGLESIAS RODRIGUEZ, Carlos 54	44.83		SUAREZ FREIRE, David Manuel 55		47.19
8.	<b>POURENSE 3</b>			<b>POURENSE</b>	<b>3:07.55</b>	6,00
	IGLESIAS MIRA, Felipe 49	45.59		FERREIRO SANCHEZ, Luis 53		55.19
	CADAVID NUÑEZ, Jose 53	47.29		LORENZO GONZALEZ-VISO, Carl 52		39.48
9.	<b>PORTAMIÑA 2</b>			<b>PORTAMIÑA</b>	<b>3:22.22</b>	4,00
	SANCHEZ VAZQUEZ, Jesus 61	48.79		FERNANDEZ CORRAL, Marcos 44		54.94
	GONZALEZ PEÑAS, David 39	47.99		PARDO CASTRO, Jesus 60		50.50

Prueba 32, Masc., 4 x 50m Estilos, +200

Clasificación				Tiempo	Puntos
DSQ	SCASINO 1		SCASINO		-
	<i>Viraje irregular 2ª posta</i>				
	GOMEZ FREIRE, Domingo Jose, NISTAL GARCÍA, Eduardo, PEREZ CARRUEBANO, Enrique, COUCEIRO SANCHEZ, Gonzalo				
Baja enf.	ARTEIXO 1		ARTEIXO		-
<b>+240</b>					
1.	CNMOS 1		CNMOS	<b>2:55.41</b>	26,00
	RODRIGUEZ LEMOS, Andres J. 74	54.01	SIO LOURIDO, J. Salvador 62		38.68
	FERNANDEZ GONZALEZ, Alvaro 58	46.33	RODRIGUEZ VIEITO, Ricardo M. 66		36.39
2.	RIASBAIXAS 4		RIASBAIXAS	<b>3:09.62</b>	20,00
	PEREZ LEIVA, Manuel 55	45.15	SANCHEZ MUÑOZ, Jose Ignacio 62		47.87
	ROS ROSILLO, Alejandro 65	41.23	LAGO REY, Jose Manuel 60		55.37
3.	PONTEAREAS 5		PONTEAREAS	<b>3:27.88</b>	16,00
	RODRIGUEZ GOMEZ, Emilio 62	49.10	CARRERA RODRÍGUEZ, Rubén 44		24.04
	ARAUJO DOMINGUEZ, Francisco 83	52.61	MONROY FERNÁNDEZ, Manuel 73		1:22.13
DSQ	HERCULES 1		HERCULES		-
	<i>Viraje irregular 2º posta</i>				
	SAAVEDRA GONZÁLEZ, Raul, RIVAS FEAL, Antonio, SUANZES PEREZ, Fernando, YAÑEZ WONENBURGER, J. Carlos				
Baja enf.	POURENSE 5		POURENSE		-

Puntos

Todas las pruebas

Todos, Open

1. PONTEAREAS	00878	1.906,00
2. RIASBAIXAS	00765	1.327,50
3. ESCUALOS	01547	1.164,00
4. HERCULES	01572	966,50
5. GALAICO	00784	911,00
6. POURENSE	00101	720,00
7. CNXOVE	00622	716,00
8. PORTAMIÑA	01156	609,00
9. CNMOS	01424	477,00
10. CMARINA	00146	459,50
11. NCORUÑA	00186	421,00
12. SCASINO	00287	303,00
13. SALESTRA	01576	296,00
14. ADFOGAR	00617	292,00
15. CIDSANTIAG	01295	289,00
16. MONFORTE	00837	231,50
17. CULLEREDO	01433	231,00
18. ARTEIXO	01133	228,00
19. TRAVIESAS	00824	193,00
20. RCNVIGO	00071	144,00
21. NTNARON	00639	127,00
22. CDELMAR	00282	104,00
23. FLUVIAL	00398	90,00
TRICORUÑA	01762	90,00
25. UTRERA	01323	72,00
26. RSDH	00284	64,00
27. NFERROL	00674	62,00
28. TCHAMART	00171	49,00
29. JEREZMASTER	01570	46,00
30. REDONDELA	00873	34,00

Masc., Open

1. PONTEAREAS	00878	742,00
2. ESCUALOS	01547	647,00
RIASBAIXAS	00765	647,00
4. GALAICO	00784	498,50
5. HERCULES	01572	440,00
6. CNMOS	01424	417,00
7. POURENSE	00101	410,00
8. CNXOVE	00622	316,00
9. CIDSANTIAG	01295	258,00
10. CMARINA	00146	237,50
11. PORTAMIÑA	01156	232,00
12. SALESTRA	01576	204,00
13. NCORUÑA	00186	201,00
14. ADFOGAR	00617	197,00
15. MONFORTE	00837	168,00
16. ARTEIXO	01133	149,00
17. RCNVIGO	00071	121,00
18. SCASINO	00287	89,00
19. NTNARON	00639	74,00
20. CULLEREDO	01433	55,00
21. JEREZMASTER	01570	46,00
22. TRICORUÑA	01762	45,00
23. UTRERA	01323	37,00
24. REDONDELA	00873	34,00
25. TRAVIESAS	00824	19,00
26. RSDH	00284	14,00

27. NFERROL 00674 12,00

Fem., Open

1. PONTEAREAS	00878	922,00
2. RIASBAIXAS	00765	564,50
3. ESCUALOS	01547	421,00
4. HERCULES	01572	374,50
5. GALAICO	00784	310,50
6. PORTAMIÑA	01156	309,00
7. CNXOVE	00622	290,00
8. POURENSE	00101	284,00
9. NCORUÑA	00186	180,00
SCASINO	00287	180,00
11. TRAVIESAS	00824	174,00
12. CULLEREDO	01433	146,00
13. CMARINA	00146	132,00
14. CDELMAR	00282	104,00
15. FLUVIAL	00398	90,00
16. ADFOGAR	00617	79,00
17. ARTEIXO	01133	69,00
18. SALESTRA	01576	66,00
19. CNMOS	01424	52,00
20. RSDH	00284	50,00
NFERROL	00674	50,00
22. TCHAMART	00171	49,00
23. TRICORUÑA	01762	41,00
24. NTNARON	00639	39,00
25. MONFORTE	00837	37,50
26. UTRERA	01323	35,00
27. CIDSANTIAG	01295	31,00
28. RCNVIGO	00071	23,00

Récords batidos por prueba...

Todas las pruebas

<b>Masc., 100m Libre</b>							
4.	Serie 3	Lois Perez, Antonio	62	00186	1:08.80	R. G.	60+
4.	Serie 16	Fernandez Nuñez, Santiago	60	01547	1:03.57	R. G.	60+
4.	Serie 16	Saavedra González, Raul	50	01572	1:02.80	R. G.	50+
<b>Masc., 200m Libre</b>							
17.	Serie 1	Folch Mallofre, Ramon	86	01133	4:05.74	R. G.	85+
17.	Serie 12	Pereira Diaz, Angel	51	01547	2:20.56	R. G.	50+
17.	Serie 14	Vila Cid, Marcos	36	00101	2:01.52	R. G.	35+
17.	Serie 14	Martinez Martinez, Marcos	20	00878	2:00.05	R. G.	20+
<b>Masc., 50m Espalda</b>							
7.	Serie 3	Folch Mallofre, Ramon	86	01133	54.72	R. G.	85+
7.	Serie 3	Fernandez Nuñez, Santiago	60	01547	34.29	R. G.	60+
19.	Serie 8	Fernandez Nuñez, Santiago	60	01547	33.56	R. G.	60+
19.	Serie 9	Eiriz Dieguez, Daniel	45	01424	30.65	R. G.	45+
32.	Serie 3	Fernandez Nuñez, Santiago	60	01547	33.42	R. G.	60+
<b>Masc., 100m Espalda</b>							
26.	Serie 5	Fernandez Nuñez, Santiago	60	01547	1:14.16	R. G.	60+
<b>Masc., 50m Braza</b>							
9.	Serie 8	Ros Rosillo, Alejandro	65	00765	43.01	R. G.	65+
30.	Serie 6	Ros Rosillo, Alejandro	65	00765	40.96	R. G.	65+
<b>Masc., 100m Braza</b>							
9.	Serie 8	Ros Rosillo, Alejandro	65	00765	1:29.91	R. G.	65+
<b>Masc., 50m Mariposa</b>							
6.	Serie 8	Suanzes Perez, Fernando	70	01572	37.48	R. G.	70+
6.	Serie 13	Saavedra González, Raul	50	01572	30.54	R. G.	50+
<b>Masc., 100m Mariposa</b>							
11.	Serie 3	Suanzes Perez, Fernando	70	01572	1:33.83	R. G.	70+
<b>Masc., 100m Estilos</b>							
28.	Serie 6	Suanzes Perez, Fernando	70	01572	1:32.41	R. G.	70+
<b>Masc., 200m Estilos</b>							
13.	Serie 9	Vila Cid, Marcos	36	00101	2:13.59	R. G.	35+
<b>Masc., 400m Estilos</b>							
2.	Serie 4	Quintas Barros, Jesus C.	50	01547	5:40.50	R. G.	50+
2.	Serie 5	Vila Cid, Marcos	36	00101	4:44.93	R. G.	35+
<b>Masc., 4 x 50m Libre</b>							
15.	Serie 2	C. Hércules Termaria		01572	2:04.70	R. G.	+240
SAAVEDRA GONZÁLEZ, Raul, YAÑEZ WONENBURGER, J. Carlos, SUANZES PEREZ, Fernando, RIVAS FEAL, Antonio							
<b>Masc., 4 x 50m Estilos</b>							
32.	Serie 3	C. N. Escualos		01547	2:10.13	R. G.	+200
FERNANDEZ NUÑEZ, Santiago, NOGUEIRA-PINTO CRESPO, Hugo, QUINTAS BARROS, Jesus C., PEREIRA DIAZ, Angel							
<b>Fem., 50m Libre</b>							
20.	Serie 12	Franco Cal, Alba	32	00398	27.58	R. G.	30+
24.	Serie 2	Perez Dominguez, Maria Luisa	79	00765	41.82	R. G.	75+
<b>Fem., 100m Libre</b>							
3.	Serie 12	Terceiro Delgado, M.	60	00282	1:16.13	R. G.	60+
3.	Serie 13	Gonzalez Rodriguez, Maria	41	00101	1:07.87	R. G.	40+
3.	Serie 14	ALCALDE BALADO, Tania	37	01295	1:05.90	R. G.	35+
<b>Fem., 200m Libre</b>							
16.	Serie 4	Gonzalez-Alegre Burgueño, A.	71	00824	3:34.39	R. G.	70+
16.	Serie 9	Terceiro Delgado, M.	60	00282	2:51.13	R. G.	60+
16.	Serie 9	Gonzalez Rodriguez, Maria	41	00101	2:28.09	R. G.	40+

<b>Fem., 50m Espalda</b>							
18.	Serie 7	Torres Gutierrez, Cristina	33	00146	32.69	R. G.	30+
<b>Fem., 100m Braza</b>							
8.	Serie 7	Balado Lopez, Ana Maria	62	00101	1:38.09	R. G.	60+
<b>Fem., 50m Mariposa</b>							
5.	Serie 8	Franco Cal, Alba	32	00398	28.84	R. G.	30+
<b>Fem., 100m Mariposa</b>							
10.	Serie 3	Hermida Rodriguez, Blanca	42	00146	1:16.40	R. G.	40+
10.	Serie 3	Franco Cal, Alba	32	00398	1:04.42	R. E.	30+
10.	Serie 3	Franco Cal, Alba	32	00398	1:04.42	R. G.	30+
<b>Fem., 200m Mariposa</b>							
22.	Serie 2	Diaz Dopico, Sabela	21	00674	2:49.39	R. G.	20+
<b>Fem., 100m Estilos</b>							
27.	Serie 8	Hermida Rodriguez, Blanca	42	00146	1:19.54	R. G.	40+
27.	Serie 10	Franco Cal, Alba	32	00398	1:08.31	R. G.	30+
27.	Serie 10	Rodriguez Rodriguez, Nina	21	00765	1:12.09	R. G.	20+
<b>Fem., 200m Estilos</b>							
12.	Serie 5	ALCALDE BALADO, Tania	37	01295	2:44.32	R. G.	35+
<b>Fem., 4 x 50m Libre</b>							
14.	Serie 1	C. N. Pontareas		00878	4:47.02	R. G.	+280
MORAL RUBIO, Isabel, RODRÍGUEZ TRONCOSO, Marina, GONZALEZ RODRIGUEZ, S. Marta, SUEIRO COSTAS, Mª Carmen							
<b>Fem., 4 x 50m Estilos</b>							
31.	Serie 1	C. N. Pontareas		00878	5:14.67	R. G.	+280
MORAL RUBIO, Isabel, RODRÍGUEZ TRONCOSO, Marina, DEL AMO BLANCO, Margarita, CHANTADA GÓMEZ, M. Del Carmen							
31.	Serie 3	C. Hércules Termaria		01572	3:00.28	R. G.	+200
REGUEIRA MARTINEZ, Maria J., BRAÑA MENENDEZ, Sonia, GIL VILLARINO, Marta, LOPEZ MAHIA, Purificacion							
<b>Mixto, 4 x 50m Libre</b>							
24.	Serie 2	C. Hércules Termaria		01572	2:24.11	R. G.	+240
YAÑEZ WONENBURGER, J. Carlos, LOPEZ MAHIA, Purificacion, REGUEIRA MARTINEZ, Maria J., SUANZES PEREZ, Fernando							
<b>Mixto, 4 x 50m Estilos</b>							
7.	Serie 1	C. N. Pontareas		00878	4:55.67	R. G.	+280
MORAL RUBIO, Isabel, ARAUJO DOMINGUEZ, Francisco, CARRERA RODRÍGUEZ, Rubén, GONZALEZ RODRIGUEZ, S. Marta							
7.	Serie 3	C. Hércules Termaria		01572	2:51.33	R. G.	+240
REGUEIRA MARTINEZ, Maria J., LOPEZ MAHIA, Purificacion, SUANZES PEREZ, Fernando, YAÑEZ WONENBURGER, J. Carlos							
7.	Serie 9	C. Marina Ferrol		00146	2:10.46	R. G.	+160
TORRES GUTIERREZ, Cristina, TOURIÑO GONZALEZ, Victor M., HERMIDA RODRIGUEZ, Blanca, LAZARO GUERRERO, Victor							