

Prueba 1
12/03/2023

Masc., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1039755 RIVAS MACEIRAS, Isaac	99	HERCULES	19:23.31	13,00
	50m: 33.27 33.27 200m: 2:20.21 1:12.22 800m: 10:07.68 5:17.00				
	100m: 1:07.99 34.72 400m: 4:50.68 2:30.47 1500m: 19:23.31 9:15.63				
25+					
1.	1144193 PASTORIZA SANTA CLARA, Jorge	97	RIASBAIXAS	17:21.17	13,00 RG
	50m: 32.86 32.86 200m: 2:14.61 1:08.38 800m: 9:11.87 4:39.00				
	100m: 1:06.23 33.37 400m: 4:32.87 2:18.26 1500m: 17:21.17 8:09.30				
2.	1038178 IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:50.83	10,00
	50m: 37.84 37.84 200m: 2:35.63 1:19.00 800m: 10:43.53 5:26.68				
	100m: 1:16.63 38.79 400m: 5:16.85 2:41.22 1500m: 20:50.83 10:07.30				
30+					
1.	1093472 DEL RIO REGUEIRA, Marcos	93	ARTEIXO	17:01.61	13,00 RG
	50m: 32.02 32.02 200m: 2:10.83 1:05.94 800m: 8:55.67 4:29.80				
	100m: 1:04.89 32.87 400m: 4:25.87 2:15.04 1500m: 17:01.61 8:05.94				
2.	1010948 CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	19:57.18	10,00
	50m: 38.02 38.02 200m: 2:38.57 1:20.96 800m: 10:41.02 5:20.77				
	100m: 1:17.61 39.59 400m: 5:20.25 2:41.68 1500m: 19:57.18 9:16.16				
3.	1143997 CORES VÁZQUEZ, Ricardo	92	ADNTNARON	21:14.71	8,00
	50m: 39.39 39.39 200m: 2:40.99 1:22.10 800m: 11:11.05 5:42.22				
	100m: 1:18.89 39.50 400m: 5:28.83 2:47.84 1500m: 21:14.71 10:03.66				
4.	1178769 RODRÍGUEZ GONZÁLEZ, Antonio Joaquín	91	NFERROL	23:09.71	7,00
	50m: 40.84 40.84 400m: 5:49.22 4:26.13 1500m: 23:09.71 11:09.38				
	100m: 1:23.09 42.25 800m: 12:00.33 6:11.11				
5.	1171513 RODRÍGUEZ OUTEIRIÑO, Alejandro	90	ESCUALOS	24:33.89	6,00
	50m: 46.10 46.10 200m: 3:11.57 1:38.56 800m: 13:08.15 6:41.14				
	100m: 1:33.01 46.91 400m: 6:27.01 3:15.44 1500m: 24:33.89 11:25.74				
35+					
1.	1084717 VILA CID, Marcos	87	POURENSE	16:50.17	13,00 RG
	50m: 31.86 31.86 200m: 2:10.24 1:05.85 800m: 8:56.33 4:30.91				
	100m: 1:04.39 32.53 400m: 4:25.42 2:15.18 1500m: 16:50.17 7:53.84				
2.	1086708 ABUIN ARES, Manuel	87	CIDSANTIAGO	21:06.50	10,00
	50m: 37.68 37.68 200m: 2:40.46 1:22.66 800m: 11:10.24 5:40.94				
	100m: 1:17.80 40.12 400m: 5:29.30 2:48.84 1500m: 21:06.50 9:56.26				
3.	1226258 BERNARDEZ FERRO, Juan Jose	87	GALAICO	21:42.77	8,00
	50m: 40.08 40.08 200m: 2:49.67 1:27.14 800m: 11:35.85 5:51.12				
	100m: 1:22.53 42.45 400m: 5:44.73 2:55.06 1500m: 21:42.77 10:06.92				
4.	1214823 GONZALEZ PEÑAS, David	84	C. N. Portamiñá Lugo	23:11.99	7,00
	50m: 48.76 48.76 200m: 2:58.39 1:30.24 800m: 12:19.35 6:14.82				
	100m: 1:28.15 39.39 400m: 6:04.53 3:06.14 1500m: 23:11.99 10:52.64				
5.	1145090 MARTÍNEZ DOMÍNGUEZ, Iván	88	PONTEAREAS	23:53.81	6,00
	50m: 38.74 38.74 200m: 2:54.97 1:31.86 800m: 12:32.71 6:28.48				
	100m: 1:23.11 44.37 400m: 6:04.23 3:09.26 1500m: 23:53.81 11:21.10				

Prueba 1, Masc., 1500m Libre

40+

1.	1107942 GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	19:45.92	13,00
	50m: 37.49 37.49 200m: 2:34.61 1:18.22 800m: 10:35.92 5:21.34				
	100m: 1:16.39 38.90 400m: 5:14.58 2:39.97 1500m: 19:45.92 9:10.00				
2.	1199899 DOMINGUEZ PHILOCREON, Ticiano	81	CIDSANTIAGO	22:32.25	10,00
	50m: 40.42 40.42 200m: 2:48.61 1:26.34 800m: 11:46.08 6:02.78				
	100m: 1:22.27 41.85 400m: 5:43.30 2:54.69 1500m: 22:32.25 10:46.17				
3.	1190909 CARBALLA BARROSO, Rogelio Manue	81	GALAICO	22:57.36	8,00
	50m: 42.36 42.36 200m: 2:55.77 1:30.56 800m: 13:12.08 7:10.31				
	100m: 1:25.21 42.85 400m: 6:01.77 3:06.00 1500m: 22:57.36 9:45.28				
4.	1039360 POSE MATO, Cesar	83	ADFOGAR	32:55.28	7,00
	50m: 57.52 57.52 200m: 4:15.08 2:13.28 800m: 17:28.15 8:49.38				
	100m: 2:01.80 1:04.28 400m: 8:38.77 4:23.69 1500m: 32:55.28 15:27.13				
DSQ	1228089 MERA MONTECELOS, Pablo	83	HERCULES	-	-
	<i>Invasion lado Izquierdo</i>				

45+

1.	1110671 RUBIO RUBIRA, Ivan	74	ARTEIXO	18:21.68	13,00 RG
	50m: 34.05 34.05 200m: 2:21.34 1:12.29 800m: 9:43.24 4:55.69				
	100m: 1:09.05 35.00 400m: 4:47.55 2:26.21 1500m: 18:21.68 8:38.44				
2.	1118746 SANCHEZ GORDON, Roman	78	RIASBAIXAS	19:32.59	10,00
	50m: 36.80 36.80 200m: 2:31.30 1:16.87 800m: 10:17.86 5:12.78				
	100m: 1:14.43 37.63 400m: 5:05.08 2:33.78 1500m: 19:32.59 9:14.73				
3.	1129898 SOTELO FERNANDEZ, Diego	75	CIDSANTIAGO	19:55.45	8,00
	50m: 38.80 38.80 200m: 2:38.42 1:19.87 800m: 10:37.89 5:19.65				
	100m: 1:18.55 39.75 400m: 5:18.24 2:39.82 1500m: 19:55.45 9:17.56				
4.	1079343 MOURIÑO ORTIGUERA, Roberto C.	74	PONTEAREAS	20:22.81	7,00
	50m: 37.77 37.77 200m: 2:36.27 1:19.34 800m: 10:47.90 5:29.78				
	100m: 1:16.93 39.16 400m: 5:18.12 2:41.85 1500m: 20:22.81 9:34.91				
5.	1143480 ABADES REBOREDO, Daniel	78	HERCULES	21:11.35	6,00
	50m: 41.96 41.96 200m: 2:50.11 1:25.04 800m: 12:47.55 7:06.60				
	100m: 1:25.07 43.11 400m: 5:40.95 2:50.84 1500m: 21:11.35 8:23.80				
6.	1076549 FERNÁNDEZ MAROTO, Diego	78	RCNVIGO	22:42.65	5,00
	50m: 43.05 43.05 200m: 2:56.45 1:29.81 800m: 12:09.33 6:11.00				
	100m: 1:26.64 43.59 400m: 5:58.33 3:01.88 1500m: 22:42.65 10:33.32				
7.	1203306 DURO GONZALEZ, Antonio	74	SALESTRADA	24:55.91	4,00
	50m: 43.96 43.96 200m: 3:05.05 1:35.56 800m: 12:59.02 6:37.34				
	100m: 1:29.49 45.53 400m: 6:21.68 3:16.63 1500m: 24:55.91 11:56.89				
8.	1076535 DE LUIS GONZÁLEZ, Aitor	74	RCNVIGO	25:13.80	3,00
	50m: 47.58 47.58 200m: 3:15.13 1:38.82 800m: 13:53.36 6:32.92				
	100m: 1:36.31 48.73 400m: 7:20.44 4:05.31 1500m: 25:13.80 11:20.44				
9.	1078844 FERNÁNDEZ FERNÁNDEZ, José Luis	74	CIDSANTIAGO	25:48.35	2,00
	50m: 43.60 43.60 200m: 3:11.69 1:40.32 800m: 13:39.41 7:00.58				
	100m: 1:31.37 47.77 400m: 6:38.83 3:27.14 1500m: 25:48.35 12:08.94				
Baja enf.	1175127 MASSO AGUADO, Jorge	76	RIASBAIXAS	-	-

50+

1.	1040137 QUINTAS BARROS, Jesus C.	73	ESQUALOS	19:29.08	13,00 RG
	50m: 37.46 37.46 200m: 2:33.09 1:16.95 800m: 10:22.02 5:12.81				
	100m: 1:16.14 38.68 400m: 5:09.21 2:36.12 1500m: 19:29.08 9:07.06				

Prueba 1, Masc., 1500m Libre, 50+

Clasificación		AN		Tiempo	Puntos
2.	1141071 LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	25:48.52	10,00
	50m: 45.58 45.58 200m: 3:16.23 1:41.37 800m: 13:43.61 6:59.47				
	100m: 1:34.86 49.28 400m: 6:44.14 3:27.91 1500m: 25:48.52 12:04.91				
55+					
1.	1085112 RIVAS FEAL, Antonio	66	HERCULES	20:36.44	13,00
	50m: 40.31 40.31 200m: 2:43.71 1:22.59 800m: 11:01.31 5:33.41				
	100m: 1:21.12 40.81 400m: 5:27.90 2:44.19 1500m: 20:36.44 9:35.13				
2.	1145033 PIÑEIRO PEREZ, Armando	66	PONTEAREAS	23:40.62	10,00
	50m: 46.33 46.33 200m: 3:10.77 1:36.63 800m: 12:43.11 6:20.06				
	100m: 1:34.14 47.81 400m: 6:23.05 3:12.28 1500m: 23:40.62 10:57.51				
3.	1193949 LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	26:32.40	8,00
	50m: 46.96 46.96 200m: 3:25.05 1:46.06 800m: 14:07.40 7:08.97				
	100m: 1:38.99 52.03 400m: 6:58.43 3:33.38 1500m: 26:32.40 12:25.00				
4.	1143575 FERREIRA GONZALEZ, Xose Anxo	66	CNREDOND	26:59.01	7,00
	50m: 48.88 48.88 200m: 4:22.66 52.73 800m: 14:22.91 7:17.90				
	100m: 3:29.93 2:41.05 400m: 7:05.01 2:42.35 1500m: 26:59.01 12:36.10				
5.	1143536 BLANCO PEREZ, Angel	64	POURENSE	27:01.69	6,00
	50m: 49.43 49.43 200m: 3:30.77 1:48.59 800m: 14:22.05 7:13.43				
	100m: 1:42.18 52.75 400m: 7:08.62 3:37.85 1500m: 27:01.69 12:39.64				
60+					
1.	1170858 CODESIDO LOPEZ, José	59	CIDSANTIAGO	24:24.69	13,00
	50m: 43.75 43.75 200m: 3:52.92 2:23.25 800m: 12:45.17 6:27.81				
	100m: 1:29.67 45.92 400m: 6:17.36 2:24.44 1500m: 24:24.69 11:39.52				
2.	1076514 LAGO REY, Jose Manuel	63	RIASBAIXAS	42:00.00	10,00
	50m: 1:08.74 1:08.74 200m: 5:15.24 2:37.19 850m: 22:09.92 11:18.59				
	100m: 2:38.05 1:29.31 400m: 10:51.33 5:36.09 1500m: 42:00.00 19:50.08				
70+					
1.	1075190 SUANZES PEREZ, Fernando	53	HERCULES	24:39.55	13,00 RG
	50m: 44.80 44.80 450m: 850m: 1250m:				
	100m: 1:32.05 47.25 500m: 900m: 1300m:				
	150m: 550m: 950m: 1350m:				
	200m: 3:10.43 600m: 1000m: 1400m:				
	250m: 650m: 1050m: 1450m:				
	300m: 700m: 1100m: 1500m: 24:39.55				
	350m: 750m: 1150m:				
	400m: 6:29.99 800m: 13:09.83 1200m:				
2.	1076488 MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	31:00.77	10,00
	50m: 54.77 54.77 200m: 3:55.61 2:02.53 800m: 16:20.88 8:20.46				
	100m: 1:53.08 58.31 400m: 8:00.42 4:04.81 1500m: 31:00.77 14:39.89				

Prueba 2
12/03/2023

Fem., 800m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1039634 LAGO CASTILLO, Natalia	99	NCORUNA	11:03.81	13,00
	50m: 37.31 37.31 250m:		450m:	650m:	
	100m: 1:16.43 39.12 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:38.15 400m: 5:26.34		600m:	800m: 11:03.81	
25+					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	11:20.13	13,00
	50m: 37.34 37.34 250m:		450m:	650m:	
	100m: 1:18.03 40.69 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:42.07 400m: 5:37.09		600m:	800m: 11:20.13	
2.	1219499 ESPÍÑO ALBELA, Andrea	94	HERCULES	12:23.39	10,00
	50m: 42.00 42.00 250m:		450m:	650m:	
	100m: 1:25.25 43.25 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:56.79 400m:		600m:	800m: 12:23.39	
3.	1145008 GONZALEZ PEREZ, Paula	96	PONTEAREAS	14:17.19	8,00
	50m: 46.36 46.36 250m:		450m:	650m:	
	100m: 1:37.58 51.22 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 3:24.08 400m: 7:03.18		600m:	800m: 14:17.19	
30+					
1.	1040731 GESTO ALONSO, Clarisa	89	PONTEAREAS	11:52.81	13,00
	50m: 41.26 41.26 250m:		450m:	650m:	
	100m: 1:24.63 43.37 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:54.17 400m: 5:54.51		600m:	800m: 11:52.81	
2.	1129954 GONZALEZ GARCIA, Covadonga	89	GALAICO	13:58.35	10,00
	50m: 48.82 48.82 250m:		450m:	650m:	
	100m: 1:39.97 51.15 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 3:25.13 400m: 6:56.49		600m:	800m: 13:58.35	
Baja enf.	1218233 SANCHEZ DE LLANO, M. Nieves	92	CASINO		-
35+					
1.	1144894 VINAGRE SENDINO, Cora	88	CASINO	11:34.84	13,00
	50m: 37.24 37.24 250m:		450m:	650m:	
	100m: 1:18.17 40.93 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:44.86 400m: 5:39.80		600m:	800m: 11:34.84	
2.	1076543 RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	11:53.05	10,00
	50m: 43.45 43.45 250m:		450m:	650m:	
	100m: 1:27.45 44.00 300m:		500m:	700m:	
	150m:		550m:	750m:	
	200m: 2:56.86 400m: 5:56.74		600m:	800m: 11:53.05	
3.	1144948 GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:29.25	8,00
	50m: 40.83 40.83 200m: 3:00.52 1:34.69 800m: 12:29.25 6:18.20				
	100m: 1:25.83 45.00 400m: 6:11.05 3:10.53				

Prueba 2, Fem., 800m Libre, 35+

Clasificación	AN	Nombre	Equipo	Tiempo	Puntos
4.	1141313	MIRA VAZQUEZ, Paula	86 ESCUALOS	14:15.97	7,00
		50m: 48.00 48.00 200m: 3:23.47 1:44.68 800m: 14:15.97 7:18.18			
		100m: 1:38.79 50.79 400m: 6:57.79 3:34.32			
5.	1036315	LOPEZ CORTABITARTE, Belen	87 HERCULES	14:23.73	6,00
		50m: 51.46 51.46 200m: 3:22.65 1:38.12 800m: 14:23.73 7:13.94			
		100m: 1:44.53 53.07 400m: 7:09.79 3:47.14			
6.	1144592	ACUÑA MELLA, Maria	88 PONTEAREAS	15:43.90	5,00
		50m: 50.04 50.04 200m: 3:41.60 2:51.56 400m: 7:48.08 4:06.48 800m: 15:43.90 7:55.82			
40+					
1.	1013486	GONZALEZ RODRIGUEZ, Maria	82 POURENSE	10:34.65	13,00 RG
		50m: 36.96 36.96 250m: 450m: 650m:			
		100m: 1:15.63 38.67 300m: 500m: 700m:			
		150m: 350m: 550m: 750m:			
		200m: 2:34.39 400m: 5:13.99 600m: 800m: 10:34.65			
2.	1180232	FKEOUI OMARI, Salma	82 ESCUALOS	12:20.48	10,00
		50m: 41.52 41.52 250m: 450m: 650m:			
		100m: 1:26.30 44.78 300m: 500m: 700m:			
		150m: 350m: 550m: 750m:			
		200m: 2:58.49 400m: 6:08.96 600m: 800m: 12:20.48			
3.	1144598	OLMO VAQUEIRO, Leticia	81 PONTEAREAS	13:49.34	8,00
		50m: 48.45 48.45 200m: 3:21.80 1:42.75 800m: 13:49.34 6:56.92			
		100m: 1:39.05 50.60 400m: 6:52.42 3:30.62			
Baja enf.	1170845	CID ALVAREZ, Isabel	80 ESCUALOS	-	-
Baja enf.	1146893	PRADO FRANCO, Marta E.	79 RIASBAIXAS	-	-
45+					
1.	1221213	CAGIAO RODRIGUEZ, Natalia	78 CASINO	11:51.27	13,00
		50m: 38.80 38.80 250m: 450m: 650m:			
		100m: 1:21.24 42.44 300m: 500m: 700m:			
		150m: 350m: 550m: 750m:			
		200m: 2:51.49 400m: 5:53.39 600m: 800m: 11:51.27			
2.	1214850	CORCOBA CARBIA, Raquel	77 SALESTRADA	13:12.34	10,00
		50m: 44.86 44.86 250m: 450m: 650m:			
		100m: 1:33.83 48.97 300m: 500m: 700m:			
		150m: 350m: 550m: 750m:			
		200m: 3:13.58 400m: 6:34.39 600m: 800m: 13:12.34			
3.	1143813	REGUEIRA MARTINEZ, Maria J.	75 HERCULES	13:28.33	8,00
		50m: 43.17 43.17 250m: 450m: 650m:			
		100m: 1:29.67 46.50 300m: 500m: 700m:			
		150m: 350m: 550m: 750m:			
		200m: 3:09.92 400m: 6:37.33 600m: 800m: 13:28.33			
4.	1180238	GARCÍA SEOANE, Cristina María	75 CASINO	14:00.65	7,00
		50m: 45.83 45.83 200m: 3:22.68 1:44.85 800m: 14:00.65 7:05.85			
		100m: 1:37.83 52.00 400m: 6:54.80 3:32.12			
5.	1222316	GIL VILLARINO, Marta	77 HERCULES	14:41.93	6,00
		50m: 49.61 49.61 200m: 3:32.95 1:50.40 800m: 14:41.93 6:53.70			
		100m: 1:42.55 52.94 400m: 7:48.23 4:15.28			
6.	1144791	LORENZO LODEIRO, Maria Del Carmer	78 HERCULES	15:15.23	5,00
		50m: 51.77 51.77 200m: 3:42.84 1:55.57 800m: 15:15.23 7:37.49			
		100m: 1:47.27 55.50 400m: 7:37.74 3:54.90			

Prueba 2, Fem., 800m Libre, 45+

Clasificación		AN		Tiempo	Puntos
7.	1197606 CARBALLO BALOIRA, Susana María	75	HERCULES	17:21.06	4,00
	50m: 57.15 57.15 200m: 4:11.52 2:11.31 800m: 17:21.06 8:42.38				
	100m: 2:00.21 1:03.06 400m: 8:38.68 4:27.16				
Baja enf.	1172138 ROIG SANCHEZ, Blanca Ana	74	RIASBAIXAS		-
50+					
1.	1147115 HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	11:56.75	13,00
	50m: 41.50 41.50 250m: 450m: 650m:			700m:	
	100m: 1:25.05 43.55 300m: 500m: 700m:			750m:	
	150m: 350m: 550m: 750m:			800m: 11:56.75	
	200m: 2:53.93 400m: 5:54.69 600m:				
2.	1197600 SANDERSON, Helen Jane	70	C. N. Culleredo	13:18.34	10,00
	50m: 41.64 41.64 250m: 450m: 650m:			700m:	
	100m: 1:28.33 46.69 300m: 500m: 700m:			750m:	
	150m: 350m: 550m: 750m:			800m: 13:18.34	
	200m: 3:07.99 400m: 6:32.33 600m:				
3.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	72	POURENSE	15:11.33	8,00
	50m: 50.99 50.99 200m: 3:41.96 1:55.81 800m: 15:11.33 7:37.43				
	100m: 1:46.15 55.16 400m: 7:33.90 3:51.94				
Baja enf.	1202971 PEREZ PEREZ, Sonia	72	ESQUALOS		-
60+					
1.	1076172 GARCIA COLOMO, M. Cristina	62	POURENSE	12:23.85	13,00 RG
	50m: 40.43 40.43 250m: 450m: 650m:			700m:	
	100m: 1:22.49 42.06 300m: 500m: 700m:			750m:	
	150m: 350m: 550m: 750m:			800m: 12:23.85	
	200m: 2:52.71 400m: 6:03.33 600m:				
2.	1145099 LOPEZ MAHIA, Purificacion	63	HERCULES	15:25.65	10,00
	50m: 49.90 49.90 200m: 3:38.90 1:55.07 800m: 15:25.65 7:51.22				
	100m: 1:43.83 53.93 400m: 7:34.43 3:55.53				
3.	1141154 CELEMIN PORRERO, Maria Teresa	59	GALAICO	18:06.71	8,00
	50m: 56.08 56.08 200m: 4:15.30 2:15.50 800m: 18:06.71 9:14.57				
	100m: 1:59.80 1:03.72 400m: 8:52.14 4:36.84				

Prueba 3
12/03/2023

Fem., 1500m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1038929 GONZALEZ AVENDAÑO, Lucia	99	GALAICO	21:44.78	13,00
	50m: 39.80 39.80 450m:		850m:	1250m:	
	100m: 1:19.89 40.09 500m:		900m:	1300m:	
	150m:		950m:	1350m:	
	200m: 2:42.23 600m:		1000m:	1400m:	
	250m:		1050m:	1450m:	
	300m:		1100m:	1500m: 21:44.78	
	350m:		1150m:		
	400m: 5:29.48 800m: 11:25.39		1200m:		
2.	1144257 FERNANDEZ GONZALEZ, Elena	01	HERCULES	22:24.15	10,00
	50m: 43.83 43.83 450m:		850m:	1250m:	
	100m: 1:29.18 45.35 500m:		900m:	1300m:	
	150m:		950m:	1350m:	
	200m: 3:00.05 600m:		1000m:	1400m:	
	250m:		1050m:	1450m:	
	300m:		1100m:	1500m: 22:24.15	
	350m:		1150m:		
	400m: 6:01.77 800m: 12:06.93		1200m:		
3.	1041231 RODRIGUEZ PEREZ, Lorena	01	PONTEAREAS	25:52.78	8,00
	50m: 43.49 43.49 450m:		850m:	1250m:	
	100m: 1:29.61 46.12 500m:		900m:	1300m:	
	150m:		950m:	1350m:	
	200m: 3:08.24 600m:		1000m:	1400m:	
	250m:		1050m:	1450m:	
	300m:		1100m:	1500m: 25:52.78	
	350m:		1150m:		
	400m: 6:38.18 800m: 13:39.30		1200m:		
25+					
1.	1130789 GARCIA MIGUEZ, Rosalia	98	GALAICO	21:06.34	13,00
	50m: 39.12 39.12 450m:		850m:	1250m:	
	100m: 1:20.11 40.99 500m:		900m:	1300m:	
	150m:		950m:	1350m:	
	200m: 2:43.61 600m:		1000m:	1400m:	
	250m:		1050m:	1450m:	
	300m:		1100m:	1500m: 21:06.34	
	350m:		1150m:		
	400m: 5:31.55 800m: 11:11.58		1200m:		
2.	1039299 DIAZ TOIMIL, Carla	98	ADNTNARON	25:46.57	10,00
	50m: 45.50 45.50 450m:		850m:	1250m:	
	100m: 1:34.13 48.63 500m:		900m:	1300m:	
	150m:		950m:	1350m:	
	200m: 3:16.65 600m:		1000m:	1400m:	
	250m:		1050m:	1450m:	
	300m:		1100m:	1500m: 25:46.57	
	350m:		1150m:		
	400m: 6:43.75 800m: 13:39.89		1200m:		
30+					

Prueba 3, Fem., 1500m Libre, 30+

Clasificación	AN	Tiempo	Puntos
1. 1084714 BUGALLO PÉREZ, Estíbaliz	90 RCNVIGO	19:29.99	13,00
50m: 36.32 36.32 450m:	850m:	1250m:	
100m: 1:13.43 37.11 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 2:29.05 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 19:29.99	
350m:	750m:		
400m: 5:04.52 800m: 10:17.71	1150m:		
	1200m:		
2. 1040545 POMBO LOPEZ, Belen	92 FLUVIALUGO	20:22.12	10,00
50m: 39.68 39.68 450m:	850m:	1250m:	
100m: 1:20.17 40.49 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 2:42.10 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 20:22.12	
350m:	750m:		
400m: 6:08.49 800m: 10:54.52	1150m:		
	1200m:		
3. 1143565 ARAÚJO CASTRO, Paula	91 CDELMAR	23:56.27	8,00
50m: 41.65 41.65 450m:	850m:	1250m:	
100m: 1:26.56 44.91 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 3:00.59 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 23:56.27	
350m:	750m:		
400m: 6:11.15 800m: 12:36.90	1150m:		
	1200m:		
40+			
1. 1143598 MIRA VAZQUEZ, Marta	81 ESCUALOS	23:27.90	13,00 RG
50m: 43.80 43.80 450m:	850m:	1250m:	
100m: 1:29.24 45.44 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 3:01.46 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 23:27.90	
350m:	750m:		
400m: 6:11.40 800m: 12:30.96	1150m:		
	1200m:		
2. 1145082 FARIÑA SOUSA, Noemi	83 GALAICO	29:05.25	10,00
50m: 49.80 49.80 450m:	850m:	1250m:	
100m: 1:46.39 56.59 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 3:41.79 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 29:05.25	
350m:	750m:		
400m: 7:36.63 800m: 15:28.57	1150m:		
	1200m:		
45+			
1. 1180189 BRAÑA MENENDEZ, Sonia	75 HERCULES	22:39.28	13,00
50m: 43.92 43.92 450m:	850m:	1250m:	
100m: 1:27.21 43.29 500m:	900m:	1300m:	
150m:	950m:	1350m:	
200m: 2:58.17 600m:	1000m:	1400m:	
250m:	1050m:	1450m:	
300m:	700m:	1500m: 22:39.28	
350m:	750m:		
400m: 5:59.46 800m: 12:01.30	1150m:		
	1200m:		

Prueba 3, Fem., 1500m Libre, 45+

Clasificación		AN	Tiempo	Puntos
2.	1040944 VARELA REDONDO, Veronica	75 PONTEAREAS	23:46.51	10,00
	50m: 43.72 43.72 450m: 850m: 1250m:			
	100m: 1:29.35 45.63 500m: 900m: 1300m:			
	150m: 550m: 950m: 1350m:			
	200m: 3:02.75 600m: 1000m: 1400m:			
	250m: 650m: 1050m: 1450m:			
	300m: 700m: 1100m: 1500m: 23:46.51			
	350m: 750m: 1150m:			
	400m: 6:12.75 800m: 12:37.35 1200m:			
3.	1178771 BESADA FERNÁNDEZ, Ana M.	78 PONTEAREAS	32:57.23	8,00
	50m: 53.95 53.95 450m: 850m: 1250m:			
	100m: 1:55.17 1:01.22 500m: 900m: 1300m:			
	150m: 550m: 950m: 1350m:			
	200m: 4:02.17 600m: 1000m: 1400m:			
	250m: 650m: 1050m: 1450m:			
	300m: 700m: 1100m: 1500m: 32:57.23			
	350m: 750m: 1150m:			
	400m: 8:27.83 800m: 17:16.24 1200m:			

50+

1.	1076154 ABREU FERNANDEZ, Marta	71 PONTEAREAS	28:26.61	13,00
	50m: 51.66 51.66 450m: 850m: 1250m:			
	100m: 1:46.09 54.43 500m: 900m: 1300m:			
	150m: 550m: 950m: 1350m:			
	200m: 3:37.21 600m: 1000m: 1400m:			
	250m: 650m: 1050m: 1450m:			
	300m: 700m: 1100m: 1500m: 28:26.61			
	350m: 750m: 1150m:			
	400m: 7:23.05 800m: 15:00.03 1200m:			
2.	1145007 MELON PARENTE, M. Lourdes	69 PONTEAREAS	35:18.53	10,00
	50m: 1:11.10 1:11.10 450m: 850m: 1250m:			
	100m: 2:23.83 1:12.73 500m: 900m: 1300m:			
	150m: 550m: 950m: 1350m:			
	200m: 4:46.00 600m: 1000m: 1400m:			
	250m: 650m: 1050m: 1450m:			
	300m: 700m: 1100m: 1500m: 35:18.53			
	350m: 750m: 1150m:			
	400m: 9:28.85 800m: 18:57.61 1200m:			

55+

1.	1037970 CALVIÑO CANCELA, Maria Cristina	68 PONTEAREAS	26:12.29	13,00
	50m: 49.43 49.43 450m: 850m: 1250m:			
	100m: 1:40.87 51.44 500m: 900m: 1300m:			
	150m: 550m: 950m: 1350m:			
	200m: 3:24.96 600m: 1000m: 1400m:			
	250m: 650m: 1050m: 1450m:			
	300m: 700m: 1100m: 1500m: 26:12.29			
	350m: 750m: 1150m:			
	400m: 6:57.65 800m: 14:00.34 1200m:			

60+

Prueba 3, Fem., 1500m Libre, 60+

Clasificación				AN		Tiempo	Puntos
1.	1144331	TERCEIRO DELGADO, María Del Mar	63	CDELMAR		23:51.98	13,00
	50m:	42.02	42.02	450m:	850m:	1250m:	
	100m:	1:27.01	44.99	500m:	900m:	1300m:	
	150m:			550m:	950m:	1350m:	
	200m:	3:01.59		600m:	1000m:	1400m:	
	250m:			650m:	1050m:	1450m:	
	300m:			700m:	1100m:	1500m:	23:51.98
	350m:			750m:	1150m:		
	400m:	6:12.47		800m:	1200m:		
2.	1039437	BALADO LOPEZ, Ana Maria	61	POURENSE		24:43.13	10,00
	50m:	47.40	47.40	450m:	850m:	1250m:	
	100m:	1:35.44	48.04	500m:	900m:	1300m:	
	150m:			550m:	950m:	1350m:	
	200m:	3:12.59		600m:	1000m:	1400m:	
	250m:			650m:	1050m:	1450m:	
	300m:			700m:	1100m:	1500m:	24:43.13
	350m:			750m:	1150m:		
	400m:	6:27.71		800m:	1200m:		

Prueba 4
12/03/2023

Masc., 800m Libre

20 años y mayores
Resultados

Clasificación		AN		Tiempo	Puntos
20+					
1.	1144927 SUAREZ RIPOLL, Xian	03	CIDSANTIAGO	9:28.57	13,00
	50m: 33.66 33.66 200m: 2:19.95 1:11.44 800m: 9:28.57 4:45.50				
	100m: 1:08.51 34.85 400m: 4:43.07 2:23.12				
2.	1217804 SUAREZ URRUZOLA, Leo	00	CIDSANTIAGO	9:35.15	10,00
	50m: 34.99 34.99 200m: 2:24.02 1:13.37 800m: 9:35.15 4:44.31				
	100m: 1:10.65 35.66 400m: 4:50.84 2:26.82				
25+					
1.	1039270 TRILLO RODRIGUEZ, Adrian	97	MOS	10:35.59	13,00
	50m: 35.36 35.36 200m: 2:30.36 1:17.91 800m: 10:35.59 5:24.42				
	100m: 1:12.45 37.09 400m: 5:11.17 2:40.81				
30+					
1.	1130602 TENORIO FREIRE, Martin	92	GALAICO	9:38.37	13,00
	50m: 32.36 32.36 200m: 2:16.20 1:10.12 800m: 9:38.37 4:58.20				
	100m: 1:06.08 33.72 400m: 4:40.17 2:23.97				
35+					
1.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTIAGO	9:13.92	13,00
	50m: 35.52 35.52 200m: 2:15.56 1:09.20 800m: 9:13.92 4:38.90				
	100m: 1:06.36 30.84 400m: 4:35.02 2:19.46				
2.	1076287 PAZOS ALONSO, Josue	86	ESCUALOS	10:14.61	10,00
	50m: 34.83 34.83 200m: 2:27.08 1:16.03 800m: 10:14.61 5:09.09				
	100m: 1:11.05 36.22 400m: 5:05.52 2:38.44				
3.	1199549 MARTINEZ DOPAZO, David	87	GALAICO	10:31.53	8,00
	50m: 36.30 36.30 200m: 2:31.71 1:18.03 800m: 10:31.53 5:20.20				
	100m: 1:13.68 37.38 400m: 5:11.33 2:39.62				
4.	1126597 FERNANDEZ GAYOSO, Jose Manuel	86	MOS	11:15.38	7,00
	50m: 37.09 37.09 200m: 2:39.37 1:22.72 800m: 11:15.38 5:43.64				
	100m: 1:16.65 39.56 400m: 5:31.74 2:52.37				
5.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	12:07.33	6,00
	50m: 42.28 42.28 200m: 2:58.05 1:32.72 800m: 12:07.33 6:12.78				
	100m: 1:25.33 43.05 400m: 5:54.55 2:56.50				
6.	1020991 FERNANDEZ MONTEAGUDO, Ruben	85	CIDSANTIAGO	13:06.52	5,00
	50m: 45.64 45.64 200m: 3:13.45 1:39.82 800m: 13:06.52 6:30.42				
	100m: 1:33.63 47.99 400m: 6:36.10 3:22.65				
Baja enf.	1198278 MANEIRO BETANZOS, Javier	85	ESCUALOS		-
40+					
1.	1190529 CERVELA DEBER, Moises	82	SALESTRADA	11:20.67	13,00
	50m: 36.76 36.76 200m: 2:39.85 1:24.08 800m: 11:20.67 5:45.64				
	100m: 1:15.77 39.01 400m: 5:35.03 2:55.18				
2.	1178765 ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	11:31.72	10,00
	50m: 40.80 40.80 200m: 2:55.11 1:30.84 800m: 11:31.72 5:39.54				
	100m: 1:24.27 43.47 400m: 5:52.18 2:57.07				

Prueba 4, Masc., 800m Libre, 40+

Clasificación		AN		Tiempo	Puntos
3.	1144584 ALVAREZ SILVA, Ruben	81	ESQUALOS	11:57.49	8,00
	50m: 41.76 41.76 200m: 2:54.35 1:29.56 800m: 11:57.49 6:02.40				
	100m: 1:24.79 43.03 400m: 5:55.09 3:00.74				
4.	1144789 MATIAS DUARTE, Erick	82	HERCULES	11:58.02	7,00
	50m: 42.27 42.27 200m: 2:53.83 1:27.38 800m: 11:58.02 5:58.38				
	100m: 1:26.45 44.18 400m: 5:59.64 3:05.81				
5.	1180237 FOUZ ROUCO, Rubén	79	HERCULES	12:03.31	6,00
	50m: 42.93 42.93 200m: 3:00.05 1:32.31 800m: 12:03.31 5:54.26				
	100m: 1:27.74 44.81 400m: 6:09.05 3:09.00				
6.	1145052 FIERRO FERNÁNDEZ, Julio	82	HERCULES	12:09.19	5,00
	50m: 39.92 39.92 200m: 2:50.96 1:28.35 800m: 12:09.19 6:13.48				
	100m: 1:22.61 42.69 400m: 5:55.71 3:04.75				

45+

1.	1144267 FINS SEOANE, Juan Miguel	77	SALESTRADA	10:48.27	13,00
	50m: 35.72 35.72 200m: 2:31.43 1:18.22 800m: 10:48.27 5:34.92				
	100m: 1:13.21 37.49 400m: 5:13.35 2:41.92				
2.	1212075 GONZALEZ PARIS, David	78	HERCULES	11:10.59	10,00
	50m: 39.43 39.43 200m: 2:45.05 1:24.90 800m: 11:10.59 5:36.72				
	100m: 1:20.15 40.72 400m: 5:33.87 2:48.82				
3.	1147010 SANJURJO POVEDA, Pablo	74	NFERROL	12:04.81	8,00
	50m: 41.16 41.16 200m: 2:54.17 1:29.96 800m: 12:04.81 6:08.36				
	100m: 1:24.21 43.05 400m: 5:56.45 3:02.28				
4.	1144269 LOPEZ PAYO, Mario	77	SALESTRADA	13:18.25	7,00
	50m: 41.96 41.96 200m: 3:03.24 1:36.22 800m: 13:18.25 6:58.07				
	100m: 1:27.02 45.06 400m: 6:20.18 3:16.94				

50+

1.	1180192 SAAVEDRA GONZÁLEZ, Raul	73	HERCULES	11:41.75	13,00
	50m: 41.52 41.52 200m: 2:52.77 1:28.28 800m: 11:41.75 5:50.11				
	100m: 1:24.49 42.97 400m: 5:51.64 2:58.87				
2.	1144117 PREGO MARTINEZ, Benjamin	73	PONTEAREAS	11:55.34	10,00
	50m: 40.95 40.95 200m: 2:49.80 1:27.19 800m: 11:55.34 6:07.89				
	100m: 1:22.61 41.66 400m: 5:47.45 2:57.65				
3.	1144601 PUENTE DÍAZ, Javier	71	CIDSANTIAGO	12:12.08	8,00
	50m: 43.30 43.30 200m: 3:01.31 1:32.68 800m: 12:12.08 6:06.67				
	100m: 1:28.63 45.33 400m: 6:05.41 3:04.10				
4.	1144792 LORENZO MEJUTO, Manuel	71	HERCULES	13:50.46	7,00
	50m: 47.40 47.40 200m: 3:20.90 1:42.23 800m: 13:50.46 7:01.37				
	100m: 1:38.67 51.27 400m: 6:49.09 3:28.19				
5.	1180236 DE LA VEGA GÁNDARAS, Felipe	73	HERCULES	13:59.61	6,00
	50m: 52.90 52.90 200m: 3:29.93 1:45.34 800m: 13:59.61 7:00.44				
	100m: 1:44.59 51.69 400m: 6:59.17 3:29.24				

55+

1.	1076162 MIRA PÉREZ, Jorge	68	CIDSANTIAGO	13:13.25	13,00
	50m: 44.14 44.14 200m: 3:09.05 1:37.69 800m: 13:13.25 6:42.48				
	100m: 1:31.36 47.22 400m: 6:30.77 3:21.72				

Prueba 4, Masc., 800m Libre, 55+

Clasificación		AN		Tiempo	Puntos
2.	1037161 TOME NOGUEIRA, Alberto M.	68	ADFOGAR	13:24.35	10,00
	50m: 46.48 46.48 200m: 3:14.49 1:39.52 800m: 13:24.35 6:45.94				
	100m: 1:34.97 48.49 400m: 6:38.41 3:23.92				
3.	1078802 CEGARRA GARCIA, Eugenio	64	RSDH	13:52.31	8,00
	50m: 47.92 47.92 200m: 3:23.85 1:44.94 800m: 13:52.31 6:56.24				
	100m: 1:38.91 50.99 400m: 6:56.07 3:32.22				
4.	1144788 BEREÁ RUIZ, Manuel	64	HERCULES	13:55.81	7,00
	50m: 47.24 47.24 200m: 3:18.27 1:42.37 800m: 13:55.81 7:11.10				
	100m: 1:35.90 48.66 400m: 6:44.71 3:26.44				
DSQ	1175217 CASTRO QUINTELA, Avelino	67	GALAICO		-
	<i>Retirado</i>				

60+

1.	1174449 FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	12:19.34	13,00
	50m: 42.83 42.83 200m: 2:58.96 1:31.69 800m: 12:19.34 6:12.04				
	100m: 1:27.27 44.44 400m: 6:07.30 3:08.34				
2.	1075185 YAÑEZ WONENBURGER, J. Carlos	59	HERCULES	13:38.53	10,00
	50m: 46.50 46.50 200m: 3:19.89 1:42.64 800m: 13:38.53 6:52.82				
	100m: 1:37.25 50.75 400m: 6:45.71 3:25.82				

65+

1.	1222391 AREA PEREIRA, Jose Manuel	57	GALAICO	18:17.73	13,00
	50m: 56.52 56.52 200m: 4:16.47 2:16.30 800m: 18:17.73 9:23.00				
	100m: 2:00.17 1:03.65 400m: 8:54.73 4:38.26				

Baja enf.	1191492 TIMIRAOS CARRASCO, Luis	56	POURENSE		-
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70+

1.	1076487 RODRIGUEZ LEMOS, Andres J.	49	MOS	17:44.09	13,00
	50m: 57.77 57.77 200m: 4:08.58 2:09.53 800m: 17:44.09 9:12.57				
	100m: 1:59.05 1:01.28 400m: 8:31.52 4:22.94				

85+

Baja enf.	1143727 FOLCH MALLOFRE, Ramon	37	ARTEIXO		-
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Puntos

Todas las pruebas

Todos, Open

1. HERCULES	01572	207,00
2. PONTEAREAS	00878	149,00
3. CIDSANTIAGO	01295	146,00
4. GALAICO	00784	104,00
5. RIASBAIXAS	00765	87,00
6. ESCUALOS	01547	67,00
7. POURENSE	00101	63,00
8. SALESTRADA	01576	47,00
9. MOS	01424	33,00
CASINO	00287	33,00
11. ARTEIXO	01133	26,00
12. CDELMAR	00282	21,00
RCNVIGO	00071	21,00
14. ADNTNARON	00639	18,00
15. ADFOGAR	00617	17,00
16. NFERROL	00674	15,00
17. NCORUNA	00186	13,00
18. FLUVIALLUGO	00398	10,00
C. N. Culleredo	01433	10,00
20. RSDH	00284	8,00
21. C. N. Portamiñá Lugo	01156	7,00
CNREDOND	00873	7,00
23. CEDEIRA	00770	-
PONSVETUS	00819	-
USC	00126	-
LICEO	01269	-
MARINAFERROL	00146	-
TRAVIESAS	00824	-
TRICORUÑA	01762	-

Masc., Open

1. CIDSANTIAGO	01295	146,00
2. HERCULES	01572	122,00
3. RIASBAIXAS	00765	56,00
4. PONTEAREAS	00878	53,00
5. GALAICO	00784	50,00
6. SALESTRADA	01576	37,00
ESCUALOS	01547	37,00
8. MOS	01424	33,00
9. ARTEIXO	01133	26,00
10. POURENSE	00101	19,00
11. ADFOGAR	00617	17,00
12. NFERROL	00674	15,00
13. ADNTNARON	00639	8,00
RSDH	00284	8,00
RCNVIGO	00071	8,00
16. C. N. Portamiñá Lugo	01156	7,00
CNREDOND	00873	7,00
18. CDELMAR	00282	-
FLUVIALLUGO	00398	-
CEDEIRA	00770	-
PONSVETUS	00819	-
USC	00126	-
LICEO	01269	-
MARINAFERROL	00146	-
TRAVIESAS	00824	-

TRICORUÑA	01762	-
NCORUNA	00186	-
CASINO	00287	-
C. N. Culleredo	01433	-

Fem., Open

1. PONTEAREAS	00878	96,00
2. HERCULES	01572	85,00
3. GALAICO	00784	54,00
4. POURENSE	00101	44,00
5. CASINO	00287	33,00
6. RIASBAIXAS	00765	31,00
7. ESCUALOS	01547	30,00
8. CDELMAR	00282	21,00
9. RCNVIGO	00071	13,00
NCORUNA	00186	13,00
11. FLUVIALLUGO	00398	10,00
SALESTRADA	01576	10,00
ADNTNARON	00639	10,00
C. N. Culleredo	01433	10,00
15. ADFOGAR	00617	-
CIDSANTIAGO	01295	-
CEDEIRA	00770	-
PONSVETUS	00819	-
MOS	01424	-
USC	00126	-
NFERROL	00674	-
LICEO	01269	-
MARINAFERROL	00146	-
ARTEIXO	01133	-
TRAVIESAS	00824	-
TRICORUÑA	01762	-
RSDH	00284	-
C. N. Portamiñá Lugo	01156	-
CNREDOND	00873	-

Medallistas por prueba, Masc.

Todas las pruebas

1. 1500m Libre						20+
1.	1039755	RIVAS MACEIRAS, Isaac	99	HERCULES	19:23.31	-
1. 1500m Libre						25+
1.	1144193	PASTORIZA SANTA CLARA, Jorge	97	RIASBAIXAS	17:21.17	- RG
2.	1038178	IBAÑEZ CARRERA, Manuel Gabriel	96	PONTEAREAS	20:50.83	-
1. 1500m Libre						30+
1.	1093472	DEL RIO REGUEIRA, Marcos	93	ARTEIXO	17:01.61	- RG
2.	1010948	CAMPAÑA BARROS, Adrian	90	CIDSANTIAGO	19:57.18	-
3.	1143997	CORES VÁZQUEZ, Ricardo	92	ADNTNARON	21:14.71	-
1. 1500m Libre						35+
1.	1084717	VILA CID, Marcos	87	POURENSE	16:50.17	- RG
2.	1086708	ABUIN ARES, Manuel	87	CIDSANTIAGO	21:06.50	-
3.	1226258	BERNARDEZ FERRO, Juan Jose	87	GALAICO	21:42.77	-
1. 1500m Libre						40+
1.	1107942	GARCIA RODRIGUEZ, Sergio	81	RIASBAIXAS	19:45.92	-
2.	1199899	DOMINGUEZ PHILOCREON, Ticiano	81	CIDSANTIAGO	22:32.25	-
3.	1190909	CARBALLA BARROSO, Rogelio Manue	81	GALAICO	22:57.36	-
1. 1500m Libre						45+
1.	1110671	RUBIO RUBIRA, Ivan	74	ARTEIXO	18:21.68	- RG
2.	1118746	SANCHEZ GORDON, Roman	78	RIASBAIXAS	19:32.59	-
3.	1129898	SOTELO FERNANDEZ, Diego	75	CIDSANTIAGO	19:55.45	-
1. 1500m Libre						50+
1.	1040137	QUINTAS BARROS, Jesus C.	73	ESCUALOS	19:29.08	- RG
2.	1141071	LORENZO FERNANDEZ, Jose Manuel	72	RIASBAIXAS	25:48.52	-
1. 1500m Libre						55+
1.	1085112	RIVAS FEAL, Antonio	66	HERCULES	20:36.44	-
2.	1145033	PIÑEIRO PEREZ, Armando	66	PONTEAREAS	23:40.62	-
3.	1193949	LAMELO OTERO, Ramón Jesus	68	CIDSANTIAGO	26:32.40	-
1. 1500m Libre						60+
1.	1170858	CODESIDO LOPEZ, José	59	CIDSANTIAGO	24:24.69	-
2.	1076514	LAGO REY, Jose Manuel	63	RIASBAIXAS	42:00.00	-
1. 1500m Libre						70+
1.	1075190	SUANZES PEREZ, Fernando	53	HERCULES	24:39.55	- RG
2.	1076488	MONROY FERNÁNDEZ, Manuel	50	PONTEAREAS	31:00.77	-

4. 800m Libre						20+
1.	1144927	SUAREZ RIPOLL, Xian	03	CIDSANTIAGO	9:28.57	-
2.	1217804	SUAREZ URRUZOLA, Leo	00	CIDSANTIAGO	9:35.15	-
4. 800m Libre						25+
1.	1039270	TRILLO RODRIGUEZ, Adrian	97	MOS	10:35.59	-
4. 800m Libre						30+
1.	1130602	TENORIO FREIRE, Martin	92	GALAICO	9:38.37	-
4. 800m Libre						35+
1.	1140778	RODRIGUEZ LAGO, David	86	CIDSANTIAGO	9:13.92	-
2.	1076287	PAZOS ALONSO, Josue	86	ESCUALOS	10:14.61	-
3.	1199549	MARTINEZ DOPAZO, David	87	GALAICO	10:31.53	-
4. 800m Libre						40+
1.	1190529	CERVELA DEBER, Moises	82	SALESTRADA	11:20.67	-
2.	1178765	ESPAÑA CABEZAS, Jesús	81	CIDSANTIAGO	11:31.72	-
3.	1144584	ALVAREZ SILVA, Ruben	81	ESCUALOS	11:57.49	-
4. 800m Libre						45+
1.	1144267	FINS SEOANE, Juan Miguel	77	SALESTRADA	10:48.27	-
2.	1212075	GONZALEZ PARIS, David	78	HERCULES	11:10.59	-
3.	1147010	SANJURJO POVEDA, Pablo	74	NFERROL	12:04.81	-
4. 800m Libre						50+
1.	1180192	SAAVEDRA GONZÁLEZ, Raul	73	HERCULES	11:41.75	-
2.	1144117	PREGO MARTINEZ, Benjamin	73	PONTEAREAS	11:55.34	-
3.	1144601	PUENTE DÍAZ, Javier	71	CIDSANTIAGO	12:12.08	-
4. 800m Libre						55+
1.	1076162	MIRA PÉREZ, Jorge	68	CIDSANTIAGO	13:13.25	-
2.	1037161	TOME NOGUEIRA, Alberto M.	68	ADFOGAR	13:24.35	-
3.	1078802	CEGARRA GARCIA, Eugenio	64	RSDH	13:52.31	-
4. 800m Libre						60+
1.	1174449	FERNANDEZ ARRUTI, Jose Angel	59	CIDSANTIAGO	12:19.34	-
2.	1075185	YAÑEZ WONENBURGER, J. Carlos	59	HERCULES	13:38.53	-
4. 800m Libre						65+
1.	1222391	AREA PEREIRA, Jose Manuel	57	GALAICO	18:17.73	-
4. 800m Libre						70+
1.	1076487	RODRIGUEZ LEMOS, Andres J.	49	MOS	17:44.09	-

Medallistas por prueba, Fem.

Todas las pruebas

2. 800m Libre						20+
1.	1039634	LAGO CASTILLO, Natalia	99	NCORUNA	11:03.81	-
2. 800m Libre						25+
1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	98	HERCULES	11:20.13	-
2.	1219499	ESPIÑO ALBELA, Andrea	94	HERCULES	12:23.39	-
3.	1145008	GONZALEZ PEREZ, Paula	96	PONTEAREAS	14:17.19	-
2. 800m Libre						30+
1.	1040731	GESTO ALONSO, Clarisa	89	PONTEAREAS	11:52.81	-
2.	1129954	GONZALEZ GARCIA, Covadonga	89	GALAICO	13:58.35	-
2. 800m Libre						35+
1.	1144894	VINAGRE SENDINO, Cora	88	CASINO	11:34.84	-
2.	1076543	RODRIGUEZ PEREZ, Vanesa	86	RIASBAIXAS	11:53.05	-
3.	1144948	GONZALEZ PEREZ, Jessica	87	RIASBAIXAS	12:29.25	-
2. 800m Libre						40+
1.	1013486	GONZALEZ RODRIGUEZ, Maria	82	POURENSE	10:34.65	- RG
2.	1180232	FKEOUI OMARI, Salma	82	ESCUALOS	12:20.48	-
3.	1144598	OLMO VAQUEIRO, Leticia	81	PONTEAREAS	13:49.34	-
2. 800m Libre						45+
1.	1221213	CAGIAO RODRIGUEZ, Natalia	78	CASINO	11:51.27	-
2.	1214850	CORCOBA CARBIA, Raquel	77	SALESTRADA	13:12.34	-
3.	1143813	REGUEIRA MARTINEZ, Maria J.	75	HERCULES	13:28.33	-
2. 800m Libre						50+
1.	1147115	HERNANDEZ ALFAGEME, Rita	71	RIASBAIXAS	11:56.75	-
2.	1197600	SANDERSON, Helen Jane	70	C. N. Culleredo	13:18.34	-
3.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	72	POURENSE	15:11.33	-
2. 800m Libre						60+
1.	1076172	GARCIA COLOMO, M. Cristina	62	POURENSE	12:23.85	- RG
2.	1145099	LOPEZ MAHIA, Purificacion	63	HERCULES	15:25.65	-
3.	1141154	CELEMIN PORRERO, Maria Teresa	59	GALAICO	18:06.71	-
3. 1500m Libre						20+
1.	1038929	GONZALEZ AVENDAÑO, Lucia	99	GALAICO	21:44.78	-
2.	1144257	FERNANDEZ GONZALEZ, Elena	01	HERCULES	22:24.15	-
3.	1041231	RODRIGUEZ PEREZ, Lorena	01	PONTEAREAS	25:52.78	-

3. 1500m Libre 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	98	GALAICO	21:06.34	-
2.	1039299	DIAZ TOIMIL, Carla	98	ADNTNARON	25:46.57	-

3. 1500m Libre 30+

1.	1084714	BUGALLO PÉREZ, Estíbaliz	90	RCNVIGO	19:29.99	-
2.	1040545	POMBO LOPEZ, Belen	92	FLUVIALUGO	20:22.12	-
3.	1143565	ARAÚJO CASTRO, Paula	91	CDELMAR	23:56.27	-

3. 1500m Libre 40+

1.	1143598	MIRA VAZQUEZ, Marta	81	ESCUALOS	23:27.90	- RG
2.	1145082	FARIÑA SOUSA, Noemi	83	GALAICO	29:05.25	-

3. 1500m Libre 45+

1.	1180189	BRAÑA MENENDEZ, Sonia	75	HERCULES	22:39.28	-
2.	1040944	VARELA REDONDO, Veronica	75	PONTEAREAS	23:46.51	-
3.	1178771	BESADA FERNÁNDEZ, Ana M.	78	PONTEAREAS	32:57.23	-

3. 1500m Libre 50+

1.	1076154	ABREU FERNANDEZ, Marta	71	PONTEAREAS	28:26.61	-
2.	1145007	MELON PARENTE, M. Lourdes	69	PONTEAREAS	35:18.53	-

3. 1500m Libre 55+

1.	1037970	CALVIÑO CANCELA, Maria Cristina	68	PONTEAREAS	26:12.29	-
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3. 1500m Libre 60+

1.	1144331	TERCEIRO DELGADO, María Del Mar	63	CDELMAR	23:51.98	-
2.	1039437	BALADO LOPEZ, Ana Maria	61	POURENSE	24:43.13	-

Medallero

Todas las pruebas

			Masc.			Fem.			Todos			Total	
			Oro	Plata	Bronce	Oro	Plata	Bronce	Oro	Plata	Bronce		
20+													
1.	CIDSANTIAGO	01295	ESP	1	1	-	-	-	-	1	1	-	2
	HERCULES	01572	ESP	1	-	-	-	1	-	1	1	-	2
3.	GALAICO	00784	ESP	-	-	-	1	-	-	1	-	-	1
	NCORUNA	00186	ESP	-	-	-	1	-	-	1	-	-	1
5.	PONTEAREAS	00878	ESP	-	-	-	-	-	1	-	-	1	1
25+													
1.	HERCULES	01572	ESP	-	-	-	1	1	-	1	1	-	2
2.	MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
	RIASBAIXAS	00765	ESP	1	-	-	-	-	-	1	-	-	1
	GALAICO	00784	ESP	-	-	-	1	-	-	1	-	-	1
5.	PONTEAREAS	00878	ESP	-	1	-	-	-	1	-	1	1	2
6.	ADNTNARON	00639	ESP	-	-	-	-	1	-	-	1	-	1
30+													
1.	GALAICO	00784	ESP	1	-	-	-	1	-	1	1	-	2
2.	RCNVIGO	00071	ESP	-	-	-	1	-	-	1	-	-	1
	PONTEAREAS	00878	ESP	-	-	-	1	-	-	1	-	-	1
	ARTEIXO	01133	ESP	1	-	-	-	-	-	1	-	-	1
5.	CIDSANTIAGO	01295	ESP	-	1	-	-	-	-	-	1	-	1
	FLUVIALUGO	00398	ESP	-	-	-	-	1	-	-	1	-	1
7.	CDELMAR	00282	ESP	-	-	-	-	-	1	-	-	1	1
	ADNTNARON	00639	ESP	-	-	1	-	-	-	-	-	1	1
35+													
1.	CIDSANTIAGO	01295	ESP	1	1	-	-	-	-	1	1	-	2
2.	POURENSE	00101	ESP	1	-	-	-	-	-	1	-	-	1
	CASINO	00287	ESP	-	-	-	1	-	-	1	-	-	1
4.	RIASBAIXAS	00765	ESP	-	-	-	-	1	1	-	1	1	2
5.	ESCUALOS	01547	ESP	-	1	-	-	-	-	-	1	-	1
6.	GALAICO	00784	ESP	-	-	2	-	-	-	-	-	2	2
40+													
1.	ESCUALOS	01547	ESP	-	-	1	1	1	-	1	1	1	3
2.	RIASBAIXAS	00765	ESP	1	-	-	-	-	-	1	-	-	1
	POURENSE	00101	ESP	-	-	-	1	-	-	1	-	-	1
	SALESTRADA	01576	ESP	1	-	-	-	-	-	1	-	-	1
5.	CIDSANTIAGO	01295	ESP	-	2	-	-	-	-	-	2	-	2
6.	GALAICO	00784	ESP	-	-	1	-	1	-	-	1	1	2
7.	PONTEAREAS	00878	ESP	-	-	-	-	-	1	-	-	1	1

			Masc.			Fem.			Todos			Total
			Oro	Plata	Bronce	Oro	Plata	Bronce	Oro	Plata	Bronce	
45+												
1. HERCULES	01572	ESP	-	1	-	1	-	1	1	1	1	3
2. SALESTRADA	01576	ESP	1	-	-	-	1	-	1	1	-	2
3. ARTEIXO	01133	ESP	1	-	-	-	-	1	-	-	-	1
CASINO	00287	ESP	-	-	-	1	-	-	1	-	-	1
5. PONTEAREAS	00878	ESP	-	-	-	-	1	1	-	1	1	2
6. RIASBAIXAS	00765	ESP	-	1	-	-	-	-	-	1	-	1
7. CIDSANTIAGO	01295	ESP	-	-	1	-	-	-	-	-	1	1
NFERROL	00674	ESP	-	-	1	-	-	-	-	-	1	1
50+												
1. PONTEAREAS	00878	ESP	-	1	-	1	1	-	1	2	-	3
2. RIASBAIXAS	00765	ESP	-	1	-	1	-	-	1	1	-	2
3. ESCUALOS	01547	ESP	1	-	-	-	-	-	1	-	-	1
HERCULES	01572	ESP	1	-	-	-	-	-	1	-	-	1
5. C. N. Culleredo	01433	ESP	-	-	-	-	1	-	-	1	-	1
6. CIDSANTIAGO	01295	ESP	-	-	1	-	-	-	-	-	1	1
POURENSE	00101	ESP	-	-	-	-	-	1	-	-	1	1
55+												
1. PONTEAREAS	00878	ESP	-	1	-	1	-	-	1	1	-	2
2. CIDSANTIAGO	01295	ESP	1	-	1	-	-	-	1	-	1	2
3. HERCULES	01572	ESP	1	-	-	-	-	-	1	-	-	1
4. ADFOGAR	00617	ESP	-	1	-	-	-	-	-	1	-	1
5. RSDH	00284	ESP	-	-	1	-	-	-	-	-	1	1
60+												
1. CIDSANTIAGO	01295	ESP	2	-	-	-	-	-	2	-	-	2
2. POURENSE	00101	ESP	-	-	-	1	1	-	1	1	-	2
3. CDELMAR	00282	ESP	-	-	-	1	-	-	1	-	-	1
4. HERCULES	01572	ESP	-	1	-	-	1	-	-	2	-	2
5. RIASBAIXAS	00765	ESP	-	1	-	-	-	-	-	1	-	1
6. GALAICO	00784	ESP	-	-	-	-	-	1	-	-	1	1
65+												
1. GALAICO	00784	ESP	1	-	-	-	-	-	1	-	-	1
70+												
1. MOS	01424	ESP	1	-	-	-	-	-	1	-	-	1
HERCULES	01572	ESP	1	-	-	-	-	-	1	-	-	1
3. PONTEAREAS	00878	ESP	-	1	-	-	-	-	-	1	-	1

Récords batidos por prueba...

Todas las pruebas

Masc., 400m Libre

1. Serie 2 Suanzes Perez, Fernando 53 01572 4:49.74 Master 70+

Masc., 800m Libre

1. Serie 2 Suanzes Perez, Fernando 53 01572 13:09.83 Master 70+

1. Serie 4 Quintas Barros, Jesus C. 73 01547 10:22.02 Master 50+

1. Serie 5 Rubio Rubira, Ivan 74 01133 9:43.24 Master 45+

1. Serie 5 Vila Cid, Marcos 87 00101 8:56.33 Master 35+

1. Serie 5 Del Rio Regueira, Marcos 93 01133 8:55.67 Master 30+

1. Serie 5 Pastoriza Santaclara, Jorge 97 00765 9:11.87 Master 25+

Masc., 1500m Libre

1. Serie 2 Suanzes Perez, Fernando 53 01572 24:39.55 Master 70+

1. Serie 4 Quintas Barros, Jesus C. 73 01547 19:29.08 Master 50+

1. Serie 5 Rubio Rubira, Ivan 74 01133 18:21.68 Master 45+

1. Serie 5 Vila Cid, Marcos 87 00101 16:50.17 Master 35+

1. Serie 5 Del Rio Regueira, Marcos 93 01133 17:01.61 Master 30+

1. Serie 5 Pastoriza Santaclara, Jorge 97 00765 17:21.17 Master 25+

Fem., 800m Libre

2. Serie 5 Garcia Colomo, M. Cristina 62 00101 12:23.85 Master 60+

2. Serie 5 Gonzalez Rodriguez, Maria 82 00101 10:34.65 Master 40+

Fem., 1500m Libre

3. Serie 2 Mira Vazquez, Marta 81 01547 23:27.90 Master 40+