

Prueba 1
03/06/2023 - 10:00

Fem., 400m Libre

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1040133 SAAVEDRA BUIDE, Carlota 50m: 35.84 35.84 150m: 1:54.55 39.92 100m: 1:14.63 38.79 200m: 2:34.41 39.86	24 PORTAMIÑA 250m: 3:14.81 40.40 300m: 3:56.06 41.25	5:20.43 13,00 350m: 4:37.71 41.65 400m: 5:20.43 42.72
2.	1144257 FERNANDEZ GONZALEZ, Elena 50m: 38.74 38.74 150m: 2:00.68 41.01 100m: 1:19.67 40.93 200m: 2:42.21 41.53	22 HERCULES 250m: 3:23.65 41.44 300m: 4:06.41 42.76	5:29.74 10,00 350m: 4:49.24 42.83 400m: 5:29.74 40.50
3.	1038929 GONZALEZ AVENDAÑO, Lucia 50m: 37.86 37.86 150m: 2:01.30 42.16 100m: 1:19.14 41.28 200m: 2:44.04 42.74	24 GALAICO 250m: 3:26.82 42.78 300m: 4:10.92 44.10	5:39.49 8,00 350m: 4:55.40 44.48 400m: 5:39.49 44.09
4.	1079007 GARCIA SANCHEZ, Isabel 50m: 39.84 39.84 150m: 2:09.34 45.89 100m: 1:23.45 43.61 200m: 2:56.91 47.57	21 MONFORTE 250m: 3:45.21 48.30 300m: 4:35.00 49.79	6:12.53 7,00 350m: 5:24.20 49.20 400m: 6:12.53 48.33
5.	1037965 COSTA FERNANDEZ, Laura 50m: 42.46 42.46 150m: 2:17.44 48.95 100m: 1:28.49 46.03 200m: 3:08.20 50.76	22 PONTEAREAS 250m: 3:59.81 51.61 300m: 4:52.71 52.90	6:37.14 6,00 350m: 5:45.15 52.44 400m: 6:37.14 51.99
Baja	1219491 FUENTES LORENZO, Carla	24 NFERROL	-
25+			
1.	1038096 FREIJE TORNEIRO, Aroa 50m: 33.19 33.19 150m: 1:50.34 39.23 100m: 1:11.11 37.92 200m: 2:29.94 39.60	25 PORTAMIÑA 250m: 3:09.47 39.53 300m: 3:48.65 39.18	5:05.15 13,00 350m: 4:27.72 39.07 400m: 5:05.15 37.43
2.	1078925 SALGADO CASTELO, Marta 50m: 44.92 44.92 150m: 2:22.37 49.12 100m: 1:33.25 48.33 200m: 3:12.16 49.79	29 PORTAMIÑA 250m: 4:02.18 50.02 300m: 4:51.71 49.53	6:30.17 10,00 350m: 5:41.77 50.06 400m: 6:30.17 48.40
3.	1035411 FERNANDEZ GARCIA, Marina 50m: 47.04 47.04 150m: 2:39.39 57.66 100m: 1:41.73 54.69 200m: 3:38.70 59.31	26 GALAICO 250m: 4:37.38 58.68 300m: 5:35.91 58.53	7:33.26 8,00 350m: 6:36.83 1:00.92 400m: 7:33.26 56.43
30+			
1.	1093459 FRANCO CAL, Alba 50m: 32.61 32.61 150m: 1:45.26 36.46 100m: 1:08.80 36.19 200m: 2:22.07 36.81	32 FLUVIAL 250m: 2:58.25 36.18 300m: 3:34.43 36.18	4:45.35 13,00 RG 350m: 4:10.34 35.91 400m: 4:45.35 35.01
2.	1040545 POMBO LOPEZ, Belen 50m: 36.08 36.08 150m: 1:54.95 40.03 100m: 1:14.92 38.84 200m: 2:35.29 40.34	31 FLUVIAL 250m: 3:15.52 40.23 300m: 3:56.00 40.48	5:16.91 10,00 350m: 4:36.68 40.68 400m: 5:16.91 40.23
3.	1116506 RAMOS LOBO, Raquel 50m: 35.46 35.46 150m: 1:55.47 40.68 100m: 1:14.79 39.33 200m: 2:36.83 41.36	30 PORTAMIÑA 250m: 3:18.65 41.82 300m: 4:01.52 42.87	5:25.86 8,00 350m: 4:43.92 42.40 400m: 5:25.86 41.94
4.	1226235 EIRIS CASTRO, Andrea 50m: 37.63 37.63 150m: 2:03.65 44.28 100m: 1:19.37 41.74 200m: 2:49.04 45.39	33 ADFOGAR 250m: 3:34.98 45.94 300m: 4:21.96 46.98	5:55.74 7,00 350m: 5:09.64 47.68 400m: 5:55.74 46.10
5.	1236745 RODRIGUEZ GONZÁLEZ, Raquel 50m: 39.19 39.19 150m: 2:11.88 48.53 100m: 1:23.35 44.16 200m: 3:02.20 50.32	30 MONFORTE 250m: 3:51.41 49.21 300m: 4:40.50 49.09	6:14.97 6,00 350m: 5:30.06 49.56 400m: 6:14.97 44.91

Prueba 1, Fem., 400m Libre, 30+

Clasificación	Edad	Tempo	Puntos
6. 1218233 SANCHEZ DE LLANO, M. Nieves	31 SCASINO	7:06.61	5,00
50m: 49.44 49.44 150m: 2:38.40 56.02	250m: 4:28.71 54.13	350m: 6:14.42	51.71
100m: 1:42.38 52.94 200m: 3:34.58 56.18	300m: 5:22.71 54.00	400m: 7:06.61	52.19
7. 1221892 OTERO FERNANDEZ, Maria Luisa	30 SALESTRA	7:28.17	4,00
50m: 47.21 47.21 150m: 2:38.59 56.79	250m: 4:36.60 58.21	350m: 6:35.46	58.35
100m: 1:41.80 54.59 200m: 3:38.39 59.80	300m: 5:37.11 1:00.51	400m: 7:28.17	52.71
Baja 1129954 GONZALEZ GARCIA, Covadonga	34 GALAICO		-
Baja 1174885 RUIZ MEILAN, Blanca	33 SCASINO		-
35+			
1. 1144894 VINAGRE SENDINO, Cora	35 SCASINO	5:52.81	13,00
50m: 36.28 36.28 150m: 2:02.96 44.38	250m: 3:34.77 45.91	350m: 5:07.67	46.48
100m: 1:18.58 42.30 200m: 2:48.86 45.90	300m: 4:21.19 46.42	400m: 5:52.81	45.14
2. 1203741 QUEREDA RODRÍGUEZ, Almudena	38 LICEO	5:57.18	10,00
50m: 39.64 39.64 150m: 2:08.73 45.19	250m: 3:40.11 45.65	350m: 5:12.45	45.92
100m: 1:23.54 43.90 200m: 2:54.46 45.73	300m: 4:26.53 46.42	400m: 5:57.18	44.73
3. 1076543 RODRIGUEZ PEREZ, Vanesa	37 RIASBAIXAS	6:01.23	8,00
50m: 40.36 40.36 150m: 2:08.43 44.95	250m: 3:40.86 46.68	350m: 5:14.67	47.11
100m: 1:23.48 43.12 200m: 2:54.18 45.75	300m: 4:27.56 46.70	400m: 6:01.23	46.56
4. 1144948 GONZALEZ PEREZ, Jessica	36 RIASBAIXAS	6:09.46	7,00
50m: 40.97 40.97 150m: 2:13.33 46.75	250m: 3:48.54 47.16	350m: 5:23.49	47.10
100m: 1:26.58 45.61 200m: 3:01.38 48.05	300m: 4:36.39 47.85	400m: 6:09.46	45.97
5. 1075741 VALIÑO GOMEZ, Iria	39 PORTAMIÑA	6:20.29	6,00
50m: 42.93 42.93 150m: 2:17.58 47.96	250m: 3:54.86 49.10	350m: 5:33.60	49.52
100m: 1:29.62 46.69 200m: 3:05.76 48.18	300m: 4:44.08 49.22	400m: 6:20.29	46.69
40+			
1. 1013486 GONZALEZ RODRIGUEZ, Maria	41 POURENSE	5:07.75	13,00 RG
50m: 33.87 33.87 150m: 1:50.04 38.80	250m: 3:09.12 39.60	350m: 4:28.49	39.52
100m: 1:11.24 37.37 200m: 2:29.52 39.48	300m: 3:48.97 39.85	400m: 5:07.75	39.26
2. 1143598 MIRA VAZQUEZ, Marta	42 ESCUALOS	6:16.04	10,00
50m: 41.74 41.74 150m: 2:15.27 47.06	250m: 3:52.27 48.45	350m: 5:29.66	48.46
100m: 1:28.21 46.47 200m: 3:03.82 48.55	300m: 4:41.20 48.93	400m: 6:16.04	46.38
3. 1143597 SANCHEZ LEDO, Cira	42 ESCUALOS	6:21.83	8,00
50m: 45.21 45.21 150m: 2:20.60 48.11	250m: 3:57.70 48.72	350m: 5:35.17	48.47
100m: 1:32.49 47.28 200m: 3:08.98 48.38	300m: 4:46.70 49.00	400m: 6:21.83	46.66
4. 1144200 RODRIGUEZ LOPEZ, Belen	42 RIASBAIXAS	6:30.17	7,00
50m: 40.88 40.88 150m: 2:16.93 49.42	250m: 4:00.24 51.51	350m: 5:43.32	50.64
100m: 1:27.51 46.63 200m: 3:08.73 51.80	300m: 4:52.68 52.44	400m: 6:30.17	46.85
5. 1237395 VILARIÑO CACHO, Elvira	42 SALESTRA	6:30.31	6,00
50m: 42.07 42.07 150m: 2:16.45 48.06	250m: 3:57.21 50.67	350m: 5:40.08	51.43
100m: 1:28.39 46.32 200m: 3:06.54 50.09	300m: 4:48.65 51.44	400m: 6:30.31	50.23
6. 1145082 FARIÑA SOUSA, Noemi	40 GALAICO	7:29.00	5,00
50m: 49.22 49.22 150m: 2:41.16 56.92	250m: 4:38.18 59.01	350m: 6:34.84	58.80
100m: 1:44.24 55.02 200m: 3:39.17 58.01	300m: 5:36.04 57.86	400m: 7:29.00	54.16

Prueba 1, Fem., 400m Libre

45+

1.	1221213 CAGIAO RODRIGUEZ, Natalia	45	SCASINO	5:57.38	13,00
	50m: 39.39 39.39 150m: 2:09.09 45.73 250m: 3:41.82 46.24 350m: 5:13.64 45.84				
	100m: 1:23.36 43.97 200m: 2:55.58 46.49 300m: 4:27.80 45.98 400m: 5:57.38 43.74				
2.	1040944 VARELA REDONDO, Veronica	48	PONTEAREAS	6:15.89	10,00
	50m: 40.12 40.12 150m: 2:13.88 46.96 250m: 3:50.72 48.03 350m: 5:28.70 48.99				
	100m: 1:26.92 46.80 200m: 3:02.69 48.81 300m: 4:39.71 48.99 400m: 6:15.89 47.19				
3.	1143894 DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	6:20.12	8,00
	50m: 43.10 43.10 150m: 2:19.64 48.86 250m: 3:57.30 49.17 350m: 5:34.29 48.36				
	100m: 1:30.78 47.68 200m: 3:08.13 48.49 300m: 4:45.93 48.63 400m: 6:20.12 45.83				
4.	1145023 SALES MANTIÑAN, Carmen	49	SCASINO	6:51.55	7,00
	50m: 42.80 42.80 150m: 2:23.88 52.28 250m: 4:11.56 54.40 350m: 5:59.59 54.93				
	100m: 1:31.60 48.80 200m: 3:17.16 53.28 300m: 5:04.66 53.10 400m: 6:51.55 51.96				
5.	1180238 GARCÍA SEOANE, Cristina María	48	SCASINO	6:55.26	6,00
	50m: 44.99 44.99 150m: 2:27.42 52.10 250m: 4:13.98 53.61 350m: 6:02.21 54.13				
	100m: 1:35.32 50.33 200m: 3:20.37 52.95 300m: 5:08.08 54.10 400m: 6:55.26 53.05				
6.	1223050 ANDON YAÑEZ, Lorena	45	SCASINO	7:17.82	5,00
	50m: 47.10 47.10 150m: 2:35.37 56.27 250m: 4:28.50 56.71 350m: 6:23.38 57.72				
	100m: 1:39.10 52.00 200m: 3:31.79 56.42 300m: 5:25.66 57.16 400m: 7:17.82 54.44				
7.	1178771 BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS	8:51.65	4,00
	50m: 52.40 52.40 150m: 3:06.05 1:08.62 250m: 5:27.21 1:10.51 350m: 7:47.31 1:09.25				
	100m: 1:57.43 1:05.03 200m: 4:16.70 1:10.65 300m: 6:38.06 1:10.85 400m: 8:51.65 1:04.34				

50+

1.	1147115 HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	5:46.22	13,00
	50m: 38.69 38.69 150m: 2:05.41 43.92 250m: 3:33.71 44.02 350m: 5:02.60 44.43				
	100m: 1:21.49 42.80 200m: 2:49.69 44.28 300m: 4:18.17 44.46 400m: 5:46.22 43.62				
2.	1228008 OJEA DE CASTRO, Macarena	50	PORTAMIÑA	6:17.13	10,00
	50m: 43.27 43.27 150m: 2:18.01 47.84 250m: 3:54.77 48.21 350m: 5:31.89 48.14				
	100m: 1:30.17 46.90 200m: 3:06.56 48.55 300m: 4:43.75 48.98 400m: 6:17.13 45.24				
3.	1197600 SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	6:21.67	8,00
	50m: 41.80 41.80 150m: 2:18.29 49.58 250m: 3:57.43 49.40 350m: 5:36.34 49.22				
	100m: 1:28.71 46.91 200m: 3:08.03 49.74 300m: 4:47.12 49.69 400m: 6:21.67 45.33				
4.	1076186 LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	6:55.60	7,00
	50m: 44.81 44.81 150m: 2:26.23 52.13 250m: 4:15.06 54.81 350m: 6:03.93 53.63				
	100m: 1:34.10 49.29 200m: 3:20.25 54.02 300m: 5:10.30 55.24 400m: 6:55.60 51.67				
5.	1202971 PEREZ PEREZ, Sonia	51	ESCUALOS	7:08.16	6,00
	50m: 47.24 47.24 150m: 2:35.17 56.24 250m: 4:24.29 55.15 350m: 6:16.23 56.50				
	100m: 1:38.93 51.69 200m: 3:29.14 53.97 300m: 5:19.73 55.44 400m: 7:08.16 51.93				
6.	1076524 SOUSA CARNEIRO, Rosana	52	CNMOS	7:18.61	5,00
	50m: 50.08 50.08 150m: 2:41.78 57.63 250m: 4:35.69 56.53 350m: 6:26.59 54.80				
	100m: 1:44.15 54.07 200m: 3:39.16 57.38 300m: 5:31.79 56.10 400m: 7:18.61 52.02				
7.	1076154 ABREU FERNANDEZ, Marta	52	PONTEAREAS	7:29.78	4,00
	50m: 52.78 52.78 200m: 3:42.82 1:54.50 300m: 5:38.01 57.53 400m: 7:29.78 54.55				
	100m: 1:48.32 55.54 250m: 4:40.48 57.66 350m: 6:35.23 57.22				
8.	1144710 RODRIGUEZ VAZQUEZ, Maria Teresa	51	POURENSE	7:36.13	3,00
	50m: 49.62 49.62 150m: 2:38.64 55.92 250m: 4:36.44 58.74 350m: 6:35.52 58.86				
	100m: 1:42.72 53.10 200m: 3:37.70 59.06 300m: 5:36.66 1:00.22 400m: 7:36.13 1:00.61				

Prueba 1, Fem., 400m Libre, 50+

Clasificación		Edad		Tiempo	Puntos
9.	1199642 GARNACHO GAYARRE, Nuria	54	SCASINO	7:46.17	2,00
	50m: 50.91 50.91 150m: 2:47.18 59.02 250m: 4:47.51 1:00.09 350m: 6:50.15 1:01.09				
	100m: 1:48.16 57.25 200m: 3:47.42 1:00.24 300m: 5:49.06 1:01.55 400m: 7:46.17 56.02				
10.	1143584 FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	8:52.43	1,00
	50m: 53.55 53.55 150m: 3:17.48 1:14.46 250m: 5:36.16 1:08.92 350m: 7:52.14 1:07.45				
	100m: 2:03.02 1:09.47 200m: 4:27.24 1:09.76 300m: 6:44.69 1:08.53 400m: 8:52.43 1:00.29				
55+					
1.	1147048 REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	6:40.47	13,00
	50m: 46.19 46.19 150m: 2:27.27 51.00 250m: 4:08.90 50.93 350m: 5:50.81 50.75				
	100m: 1:36.27 50.08 200m: 3:17.97 50.70 300m: 5:00.06 51.16 400m: 6:40.47 49.66				
2.	1037970 CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	6:48.33	10,00
	50m: 45.11 45.11 150m: 2:32.85 54.48 250m: 4:18.39 52.60 350m: 6:00.60 49.99				
	100m: 1:38.37 53.26 200m: 3:25.79 52.94 300m: 5:10.61 52.22 400m: 6:48.33 47.73				
3.	1144231 PEREZ GALLARDO, Teresa	59	POURENSE	9:26.61	8,00
	50m: 1:04.36 1:04.36 150m: 3:27.85 1:12.60 250m: 5:51.99 1:11.86 350m: 8:15.98 1:11.68				
	100m: 2:15.25 1:10.89 200m: 4:40.13 1:12.28 300m: 7:04.30 1:12.31 400m: 9:26.61 1:10.63				
60+					
1.	1143893 REBORDA MORILLO, Susana	61	ESCUALOS	8:17.13	13,00
	50m: 55.76 55.76 150m: 2:59.08 1:02.61 250m: 5:06.31 1:03.93 350m: 7:14.86 1:04.65				
	100m: 1:56.47 1:00.71 200m: 4:02.38 1:03.30 300m: 6:10.21 1:03.90 400m: 8:17.13 1:02.27				
65+					
1.	1076494 SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	10:52.27	13,00
	50m: 1:11.53 1:11.53 150m: 4:00.08 1:25.34 250m: 6:46.95 1:22.96 350m: 9:30.92 1:21.70				
	100m: 2:34.74 1:23.21 200m: 5:23.99 1:23.91 300m: 8:09.22 1:22.27 400m: 10:52.27 1:21.35				
70+					
DNF	1076490 GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS		-
	<i>Abandonou</i>				
80+					
1.	1058045 MORAL RUBIO, Isabel	81	PONTEAREAS	13:08.60	13,00 RG
	50m: 1:23.47 1:23.47 150m: 4:40.97 1:39.83 250m: 8:04.11 1:40.43 350m: 11:29.36 1:40.01				
	100m: 3:01.14 1:37.67 200m: 6:23.68 1:42.71 300m: 9:49.35 1:45.24 400m: 13:08.60 1:39.24				

Prueba 2
03/06/2023

Masc., 400m Libre

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1086359 MOURE DOVAL, Jose 50m: 28.05 28.05 150m: 1:31.71 33.05 250m: 2:39.07 33.89 300m: 3:12.89 33.82 350m: 3:45.89 33.00 400m: 4:16.72 30.83	24 POURENSE	4:16.72 13,00 RG
2.	1039567 CIVEIRA CORRAL, Raul 50m: 29.15 29.15 150m: 1:32.85 32.70 250m: 2:40.45 33.96 300m: 3:14.74 34.29 350m: 3:48.32 33.58 400m: 4:21.04 32.72	21 POURENSE	4:21.04 10,00
3.	1039554 GUTIERREZ MARIÑO, Santiago 50m: 31.11 31.11 150m: 1:40.58 35.45 250m: 2:50.95 35.38 300m: 3:26.00 35.05 350m: 4:01.42 35.42 400m: 4:36.34 34.92	21 POURENSE	4:36.34 8,00
4.	1111716 SIMON COTELO, Manuel 50m: 30.86 30.86 150m: 1:40.74 35.58 250m: 2:52.00 35.72 300m: 3:28.52 36.52 350m: 4:05.16 36.64 400m: 4:41.25 36.09	22 HERCULES	4:41.25 7,00
5.	1076409 CANCELA GOMEZ, Hugo 50m: 31.85 31.85 150m: 1:43.98 37.25 250m: 3:03.99 39.89 300m: 3:44.69 40.70 350m: 4:24.90 40.21 400m: 5:04.35 39.45	20 PONTEAREAS	5:04.35 6,00
6.	1061561 INCUTTI TELLADO, Denis 50m: 33.09 33.09 150m: 1:48.20 38.23 250m: 3:07.34 39.81 300m: 3:47.37 40.03 350m: 4:27.02 39.65 400m: 5:05.24 38.22	23 PONTEAREAS	5:05.24 5,00
DSQ	1230348 GONZALEZ ALONSO, Alejandro <i>Saída anticipada</i>	21 PONTEAREAS	-
25+			
1.	1144193 PASTORIZA SANTA CLARA, Jorge 50m: 30.98 30.98 150m: 1:38.14 33.82 250m: 2:47.16 34.61 300m: 3:22.23 35.07 350m: 3:56.87 34.64 400m: 4:31.03 34.16	26 RIASBAIXAS	4:31.03 13,00
2.	1038181 BOUZA PADRON, Adrian 50m: 31.68 31.68 150m: 1:40.68 34.60 250m: 2:51.45 35.66 300m: 3:27.46 36.01 350m: 4:03.34 35.88 400m: 4:37.89 34.55	26 PONTEAREAS	4:37.89 10,00
3.	1068356 AZNAR GRUILLE, Carlos J. 50m: 34.98 34.98 150m: 1:50.81 38.63 250m: 3:10.07 39.63 300m: 3:50.42 40.35 350m: 4:30.27 39.85 400m: 5:09.65 39.38	28 CMARINA	5:09.65 8,00
4.	1078908 MEILAN SANCHEZ, Sergio Jose 50m: 36.64 36.64 150m: 2:02.72 44.72 250m: 3:35.93 47.42 300m: 4:25.61 49.68 350m: 5:14.36 48.75 400m: 6:01.65 47.29	27 PORTAMIÑA	6:01.65 7,00
DSQ	1039270 TRILLO RODRIGUEZ, Adrian <i>Saída anticipada</i>	26 CNMOS	-
30+			
1.	1038322 VIEITEZ PORTO, Ismael 50m: 34.39 34.39 150m: 1:51.45 38.95 250m: 3:11.78 40.20 300m: 3:53.14 41.36 350m: 4:33.22 40.08 400m: 5:12.84 39.62	31 GALAICO	5:12.84 13,00

Prueba 2, Masc., 400m Libre, 30+

Clasificación	Edad	Tempo	Puntos
DSQ 1025801 FERNANDEZ VARELA, Adrian <i>Saída anticipada</i>	32 FLUVIAL		-
35+			
1. 1143515 BLANCO PEREZ, Jesus	37 NTNARON	5:18.18	13,00
50m: 34.34 34.34 150m: 1:49.39 38.49 250m: 3:11.13 41.26 350m: 4:35.67 42.69			
100m: 1:10.90 36.56 200m: 2:29.87 40.48 300m: 3:52.98 41.85 400m: 5:18.18 42.51			
2. 1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	5:55.87	10,00
50m: 41.17 41.17 150m: 2:09.83 44.79 250m: 3:40.42 45.32 350m: 5:11.16 45.84			
100m: 1:25.04 43.87 200m: 2:55.10 45.27 300m: 4:25.32 44.90 400m: 5:55.87 44.71			
3. 1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36 TRICORUÑA	5:59.20	8,00
50m: 39.90 39.90 150m: 2:09.78 45.49 250m: 3:41.64 45.74 350m: 5:14.44 46.50			
100m: 1:24.29 44.39 200m: 2:55.90 46.12 300m: 4:27.94 46.30 400m: 5:59.20 44.76			
4. 1198278 MANEIRO BETANZOS, Javier	38 ESCUALOS	6:04.87	7,00
50m: 38.00 38.00 150m: 2:02.37 42.97 250m: 3:36.48 48.07 350m: 5:15.68 50.30			
100m: 1:19.40 41.40 200m: 2:48.41 46.04 300m: 4:25.38 48.90 400m: 6:04.87 49.19			
5. 1036745 BARCIA SIXTO, Francisco José	38 NTNARON	6:14.30	6,00
50m: 39.51 39.51 150m: 2:09.39 46.13 250m: 3:46.69 49.14 350m: 5:26.52 49.81			
100m: 1:23.26 43.75 200m: 2:57.55 48.16 300m: 4:36.71 50.02 400m: 6:14.30 47.78			
6. 1224976 RODRIGUEZ PEREZ, Luis	36 CNMOS	6:22.77	5,00
50m: 36.92 36.92 150m: 2:09.60 48.97 250m: 3:52.82 52.02 350m: 5:34.26 50.01			
100m: 1:20.63 43.71 200m: 3:00.80 51.20 300m: 4:44.25 51.43 400m: 6:22.77 48.51			
7. 1178928 FIDALGO SERRANO, Guillermo	37 TRAVIESAS	6:35.61	4,00
50m: 43.48 43.48 150m: 2:23.70 51.33 250m: 4:08.94 52.87 350m: 5:50.55 50.95			
100m: 1:32.37 48.89 200m: 3:16.07 52.37 300m: 4:59.60 50.66 400m: 6:35.61 45.06			
40+			
1. 1024675 IGLESIAS GOMEZ, Gonzalo	44 HERCULES	4:57.90	13,00
50m: 32.91 32.91 150m: 1:46.04 37.27 250m: 3:02.48 38.53 350m: 4:20.34 39.52			
100m: 1:08.77 35.86 200m: 2:23.95 37.91 300m: 3:40.82 38.34 400m: 4:57.90 37.56			
2. 1228089 MERA MONTECELOS, Pablo	40 HERCULES	5:10.37	10,00
50m: 34.15 34.15 150m: 1:51.96 39.82 250m: 3:11.90 40.19 350m: 4:32.24 40.03			
100m: 1:12.14 37.99 200m: 2:31.71 39.75 300m: 3:52.21 40.31 400m: 5:10.37 38.13			
3. 1144584 ALVAREZ SILVA, Ruben	42 ESCUALOS	5:43.42	8,00
50m: 37.62 37.62 150m: 2:00.35 42.34 250m: 3:29.30 44.84 350m: 5:00.72 46.20			
100m: 1:18.01 40.39 200m: 2:44.46 44.11 300m: 4:14.52 45.22 400m: 5:43.42 42.70			
4. 1143899 PEREZ LOPEZ, Manuel	42 ESCUALOS	5:43.65	7,00
50m: 37.18 37.18 150m: 2:03.80 44.08 250m: 3:33.72 44.50 350m: 5:02.34 43.82			
100m: 1:19.72 42.54 200m: 2:49.22 45.42 300m: 4:18.52 44.80 400m: 5:43.65 41.31			
5. 1200126 TABOADA CALVELO, Jose Carlos	44 SALESTRA	6:51.58	6,00
50m: 42.25 42.25 150m: 2:23.43 52.42 250m: 4:12.14 54.78 350m: 6:01.59 54.90			
100m: 1:31.01 48.76 200m: 3:17.36 53.93 300m: 5:06.69 54.55 400m: 6:51.58 49.99			
6. 1204849 RICO CARAMES, Pablo	42 POURENSE	7:13.36	5,00
50m: 150m: 200m: 3:28.54	250m: 300m: 5:23.10	350m: 400m: 7:13.36	

Prueba 2, Masc., 400m Libre

45+

1.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	5:01.66	13,00
	50m: 33.41 33.41 150m: 1:48.15 37.78 250m: 3:05.97 38.69 350m: 4:24.04 38.47				
	100m: 1:10.37 36.96 200m: 2:27.28 39.13 300m: 3:45.57 39.60 400m: 5:01.66 37.62				
2.	1175127 MASSO AGUADO, Jorge	47	RIASBAIXAS	5:10.73	10,00
	50m: 35.10 35.10 150m: 1:54.52 40.08 250m: 3:15.71 40.22 350m: 4:33.88 38.17				
	100m: 1:14.44 39.34 200m: 2:35.49 40.97 300m: 3:55.71 40.00 400m: 5:10.73 36.85				
3.	1144267 FINS SEOANE, Juan Miguel	46	SALESTRA	5:15.54	8,00
	50m: 35.18 35.18 150m: 1:53.27 39.44 250m: 3:15.15 40.77 350m: 4:36.67 40.14				
	100m: 1:13.83 38.65 200m: 2:34.38 41.11 300m: 3:56.53 41.38 400m: 5:15.54 38.87				
4.	1079343 MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	5:17.26	7,00
	50m: 34.98 34.98 150m: 1:53.99 40.40 250m: 3:15.25 40.84 350m: 4:37.42 41.11				
	100m: 1:13.59 38.61 200m: 2:34.41 40.42 300m: 3:56.31 41.06 400m: 5:17.26 39.84				
5.	1212075 GONZALEZ PARIS, David	45	HERCULES	5:29.35	6,00
	50m: 36.44 36.44 150m: 1:57.68 41.60 250m: 3:21.24 41.93 350m: 4:47.72 43.33				
	100m: 1:16.08 39.64 200m: 2:39.31 41.63 300m: 4:04.39 43.15 400m: 5:29.35 41.63				
6.	1143480 ABADES REBOREDO, Daniel	45	HERCULES	5:31.40	5,00
	50m: 35.44 35.44 150m: 1:57.15 41.75 250m: 3:22.96 42.48 350m: 4:50.60 43.80				
	100m: 1:15.40 39.96 200m: 2:40.48 43.33 300m: 4:06.80 43.84 400m: 5:31.40 40.80				
7.	1192271 MOURIÑO FORTES, Victor Manuel	46	PONTEAREAS	6:00.98	4,00
	50m: 39.81 39.81 150m: 2:09.55 45.25 250m: 3:43.78 47.19 350m: 5:17.97 46.42				
	100m: 1:24.30 44.49 200m: 2:56.59 47.04 300m: 4:31.55 47.77 400m: 6:00.98 43.01				
8.	1076553 FERNANDEZ-TESTA BARREIRO, David	49	RIASBAIXAS	6:09.79	3,00
	50m: 38.95 38.95 150m: 2:08.47 46.16 250m: 3:43.65 47.86 350m: 5:21.77 49.44				
	100m: 1:22.31 43.36 200m: 2:55.79 47.32 300m: 4:32.33 48.68 400m: 6:09.79 48.02				
9.	1203306 DURO GONZALEZ, Antonio	49	SALESTRA	6:15.12	2,00
	50m: 40.72 40.72 150m: 2:12.36 46.82 250m: 3:49.31 48.67 350m: 5:28.21 49.68				
	100m: 1:25.54 44.82 200m: 3:00.64 48.28 300m: 4:38.53 49.22 400m: 6:15.12 46.91				
10.	1201621 ALONSO ORTIZ, Mariano	47	FLUVIAL	6:17.92	1,00
	50m: 39.86 39.86 150m: 2:11.69 47.37 250m: 3:49.23 49.35 350m: 5:29.30 50.71				
	100m: 1:24.32 44.46 200m: 2:59.88 48.19 300m: 4:38.59 49.36 400m: 6:17.92 48.62				
11.	1144915 SÁNCHEZ PARADA, Jose M ^a	45	ARTEIXO	7:16.66	-
	50m: 45.13 45.13 150m: 2:32.71 55.15 250m: 4:28.91 58.91 350m: 6:24.07 57.00				
	100m: 1:37.56 52.43 200m: 3:30.00 57.29 300m: 5:27.07 58.16 400m: 7:16.66 52.59				
12.	1143964 TABOAS BASTOS, Oscar	46	CNMOS	7:40.58	-
	50m: 150m: 250m: 350m:				
	100m: 1:40.14 200m: 3:39.49 300m: 5:43.05 400m: 7:40.58				
Baja	1180411 NUÑEZ CORREDOIRA, Gonzalo	49	PORTAMIÑA		-

50+

1.	1040137 QUINTAS BARROS, Jesus C.	50	ESCUALOS	5:08.52	13,00 RG
	50m: 35.11 35.11 150m: 1:53.59 39.65 250m: 3:13.24 39.74 350m: 4:32.16 39.18				
	100m: 1:13.94 38.83 200m: 2:33.50 39.91 300m: 3:52.98 39.74 400m: 5:08.52 36.36				
2.	1038104 PEREZ ARIAS, Hector	52	PORTAMIÑA	5:47.67	10,00
	50m: 40.03 40.03 150m: 2:06.11 43.35 250m: 3:34.25 44.27 350m: 5:03.23 44.19				
	100m: 1:22.76 42.73 200m: 2:49.98 43.87 300m: 4:19.04 44.79 400m: 5:47.67 44.44				
3.	1075597 RODRIGUEZ BALIÑA, Marcos	52	PONTEAREAS	6:00.84	8,00
	50m: 40.93 40.93 150m: 2:10.89 45.33 250m: 3:43.90 46.50 350m: 5:17.29 46.49				
	100m: 1:25.56 44.63 200m: 2:57.40 46.51 300m: 4:30.80 46.90 400m: 6:00.84 43.55				

Prueba 2, Masc., 400m Libre, 50+

Clasificación	Edad	Tempo	Puntos
4. 1141504 BOUSO FUENTECILLA, Fernando	52 ESCUALOS	6:03.61	7,00
50m: 40.25 40.25 150m: 2:10.82 46.81 250m: 3:45.35 47.49 350m: 5:20.21 47.32	100m: 1:24.01 43.76 200m: 2:57.86 47.04 300m: 4:32.89 47.54 400m: 6:03.61 43.40		
5. 1171462 FERREIRO SEOANE, Jose Raul	50 RIASBAIXAS	6:21.97	6,00
50m: 41.97 41.97 200m: 3:06.09 1:37.99 400m: 6:21.97 1:34.45	100m: 1:28.10 46.13 300m: 4:47.52 1:41.43		
6. 1144857 FERREIRO SUAREZ, Javier M.	50 SCASINO	6:28.88	5,00
50m: 40.34 40.34 150m: 2:10.45 46.22 250m: 3:49.56 50.92 350m: 5:35.04 54.14	100m: 1:24.23 43.89 200m: 2:58.64 48.19 300m: 4:40.90 51.34 400m: 6:28.88 53.84		
7. 1141071 LORENZO FERNANDEZ, Jose Manuel	51 RIASBAIXAS	6:29.79	4,00
50m: 42.55 42.55 150m: 2:18.49 49.27 250m: 3:58.01 50.99 350m: 5:40.50 51.68	100m: 1:29.22 46.67 200m: 3:07.02 48.53 300m: 4:48.82 50.81 400m: 6:29.79 49.29		
8. 1143605 FERNANDEZ MARTINEZ, Alberto	52 ESCUALOS	6:41.85	3,00
50m: 44.18 44.18 150m: 2:23.90 51.01 250m: 4:07.45 52.03 350m: 5:53.39 53.17	100m: 1:32.89 48.71 200m: 3:15.42 51.52 300m: 5:00.22 52.77 400m: 6:41.85 48.46		
9. 1180236 DE LA VEGA GÁNDARAS, Felipe	50 HERCULES	6:50.99	2,00
50m: 47.55 47.55 150m: 2:31.22 52.32 250m: 4:16.10 52.24 350m: 6:01.48 52.42	100m: 1:38.90 51.35 200m: 3:23.86 52.64 300m: 5:09.06 52.96 400m: 6:50.99 49.51		
10. 1145039 FERREIRO SANCHEZ, Luis	53 POURENSE	8:04.65	1,00
50m: 150m: 250m: 350m:	100m: 1:48.64 200m: 3:54.83 300m: 6:06.11 400m: 8:04.65		

55+

1. 1076177 TIMIRAOS CARRASCO, Fernando	58 PORTAMIÑA	5:18.36	13,00
50m: 38.00 38.00 150m: 1:58.44 40.67 250m: 3:19.35 39.97 350m: 4:39.32 40.19	100m: 1:17.77 39.77 200m: 2:39.38 40.94 300m: 3:59.13 39.78 400m: 5:18.36 39.04		
2. 1199894 IRIBARNEGARAY FERNANDEZ, Javier	57 GALAICO	5:47.28	10,00
50m: 37.90 37.90 150m: 2:01.37 42.57 250m: 3:31.14 45.21 350m: 5:02.26 45.67	100m: 1:18.80 40.90 200m: 2:45.93 44.56 300m: 4:16.59 45.45 400m: 5:47.28 45.02		
3. 1175089 NISTAL GARCÍA, Eduardo	55 SCASINO	6:00.34	8,00
50m: 38.75 38.75 150m: 2:13.08 48.15 250m: 3:48.35 47.38 350m: 5:21.10 46.12	100m: 1:24.93 46.18 200m: 3:00.97 47.89 300m: 4:34.98 46.63 400m: 6:00.34 39.24		
4. 1145033 PIÑEIRO PEREZ, Armando	57 PONTEAREAS	6:06.86	7,00
50m: 43.21 43.21 150m: 2:17.03 46.69 250m: 3:51.74 47.04 350m: 5:24.32 45.84	100m: 1:30.34 47.13 200m: 3:04.70 47.67 300m: 4:38.48 46.74 400m: 6:06.86 42.54		
5. 1057905 GURIDI HUERTA, Jesus M.	55 FLUVIAL	6:20.64	6,00
50m: 43.10 43.10 150m: 2:18.44 48.33 250m: 3:55.99 47.87 350m: 5:33.62 48.28	100m: 1:30.11 47.01 200m: 3:08.12 49.68 300m: 4:45.34 49.35 400m: 6:20.64 47.02		
6. 1079460 REY ROMERO, Jorge J.	57 PORTAMIÑA	6:25.25	5,00
50m: 150m: 250m: 350m:	100m: 1:28.28 200m: 3:06.42 300m: 4:47.49 400m: 6:25.25		
7. 1078802 CEGARRA GARCIA, Eugenio	59 RSDH	6:50.05	4,00
100m: 1:37.86 1:37.86 200m: 3:25.07 52.69 300m: 5:12.48 53.54 400m: 6:50.05 45.85	150m: 2:32.38 54.52 250m: 4:18.94 53.87 350m: 6:04.20 51.72		
8. 1143536 BLANCO PEREZ, Angel	59 POURENSE	6:53.55	3,00
50m: 46.77 46.77 150m: 2:32.82 53.88 250m: 4:19.22 53.44 350m: 6:04.92 52.64	100m: 1:38.94 52.17 200m: 3:25.78 52.96 300m: 5:12.28 53.06 400m: 6:53.55 48.63		

Prueba 2, Masc., 400m Libre, 55+

Clasificación	Edad	Tiempo	Puntos
9. 1175217 CASTRO QUINTELA, Avelino	56 GALAICO	7:37.24	2,00
50m: 150m: 250m: 350m:	100m: 1:44.65 200m: 3:45.57 300m: 5:45.74 400m: 7:37.24		
Baja 1199641 COUCEIRO SANCHEZ, Gonzalo	57 SCASINO		-
60+			
1. 1076250 BETHENCOURT IGLESIAS, Sergio	60 GALAICO	5:43.60	13,00
50m: 39.51 39.51 150m: 2:08.15 45.27 250m: 3:37.03 44.43 350m: 5:03.86 43.43	100m: 1:22.88 43.37 200m: 2:52.60 44.45 300m: 4:20.43 43.40 400m: 5:43.60 39.74		
2. 1144940 HERNANZ MORAL, Fausto	61 RIASBAIXAS	6:48.03	10,00
50m: 150m: 250m: 350m:	100m: 1:35.46 200m: 3:20.26 300m: 5:05.72 400m: 6:48.03		
3. 1040281 MARTINEZ BERJANO, Jose Manuel	60 MONFORTE	7:32.58	8,00
50m: 46.68 46.68 150m: 2:35.59 56.31 250m: 4:33.63 59.46 350m: 6:36.14 1:01.82	100m: 1:39.28 52.60 200m: 3:34.17 58.58 300m: 5:34.32 1:00.69 400m: 7:32.58 56.44		
4. 1076248 GONZALEZ ANTON, Luis	61 GALAICO	7:57.12	7,00
50m: 50.94 50.94 150m: 2:50.64 1:01.31 250m: 4:53.93 1:02.36 350m: 6:57.23 1:02.09	100m: 1:49.33 58.39 200m: 3:51.57 1:00.93 300m: 5:55.14 1:01.21 400m: 7:57.12 59.89		
Baja 1144337 EIRAS DORADO, Juan Luis	61 PORTAMIÑA		-
65+			
1. 1076165 GARCIA COLOMO, Manuel Ramon	69 POURENSE	6:17.73	13,00
50m: 44.32 44.32 150m: 2:21.08 48.55 250m: 3:58.95 48.89 350m: 5:33.39 46.74	100m: 1:32.53 48.21 200m: 3:10.06 48.98 300m: 4:46.65 47.70 400m: 6:17.73 44.34		
2. 1141150 RODRIGUEZ VIEITO, Ricardo M.	66 CNMOS	7:02.82	10,00
50m: 45.37 45.37 150m: 2:32.90 55.63 250m: 4:25.60 56.05 350m: 6:14.58 52.67	100m: 1:37.27 51.90 200m: 3:29.55 56.65 300m: 5:21.91 56.31 400m: 7:02.82 48.24		
3. 1222391 AREA PEREIRA, Jose Manuel	66 GALAICO	8:58.22	8,00
50m: 150m: 250m: 350m:	100m: 1:55.13 200m: 4:12.87 300m: 6:36.88 400m: 8:58.22		
Baja 1076168 GARCIA COLOMO, Carlos Luis	65 POURENSE		-
70+			
1. 1075190 SUANZES PEREZ, Fernando	70 HERCULES	6:24.97	13,00 RG
50m: 46.40 46.40 150m: 2:24.12 49.39 250m: 4:04.48 49.45 350m: 5:39.58 47.61	100m: 1:34.73 48.33 200m: 3:15.03 50.91 300m: 4:51.97 47.49 400m: 6:24.97 45.39		
2. 1076488 MONROY FERNÁNDEZ, Manuel	73 PONTEAREAS	7:22.74	10,00
50m: 50.54 50.54 150m: 2:45.47 58.09 250m: 4:41.89 57.75 350m: 6:32.64 54.46	100m: 1:47.38 56.84 200m: 3:44.14 58.67 300m: 5:38.18 56.29 400m: 7:22.74 50.10		
85+			
1. 1143727 FOLCH MALLOFRE, Ramon	86 ARTEIXO	8:52.27	13,00 RG
50m: 58.02 58.02 150m: 3:11.28 1:08.15 250m: 5:30.13 1:09.15 350m: 7:49.08 1:09.96	100m: 2:03.13 1:05.11 200m: 4:20.98 1:09.70 300m: 6:39.12 1:08.99 400m: 8:52.27 1:03.19		

Prueba 3
03/06/2023

Fem., 50m Espalda

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1037163 PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	33.74	13,00
2.	1037950 MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	34.05	10,00
3.	1087181 BLANCO PEREZ, Paula	24	POURENSE	34.67	8,00
4.	1037951 SOILAN FERNANDEZ, Raquel	22	FLUVIAL	35.73	7,00
5.	1079216 VARELA MENDEZ, Clara	20	MONFORTE	36.48	6,00
6.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	37.07	5,00
7.	1089303 ABASOLO RUEDA, Claudia	23	NCORUÑA	38.94	4,00
8.	1194207 VALIÑO FERRAZ, Tatyana	20	PONTEAREAS	42.68	3,00
9.	1228048 ALVAREZ SOUTO, Claudia	22	ESCUALOS	44.50	2,00
Baja	1219491 FUENTES LORENZO, Carla	24	NFERROL		-
25+					
1.	1038199 SABUZ FORNEIRO, Andrea	25	POURENSE	36.75	13,00
2.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	40.13	10,00
3.	1221887 CARRERA PEREZ, Carolina	29	CNMOS	45.04	8,00
Baja	1236853 GARCIA SANCHEZ, Francis Mariam	29	PONTEAREAS		-
Baja	1227967 LAGUNAS PEREZ, Sara	28	CMARINA		-
30+					
1.	1084711 DOPEREIRO GARCIA, Alba	33	NCORUÑA	38.63	13,00
2.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	38.77	10,00
3.	1127407 GONZÁLEZ RIVAS, Sara	34	ARTEIXO	39.36	8,00
4.	1144825 ESPASANDIN MARTÍNEZ, María	33	HERCULES	41.97	7,00
5.	1218233 SANCHEZ DE LLANO, M. Nieves	31	SCASINO	55.61	6,00
6.	1202705 MARTINEZ BARCIELA, Maria Olga	33	TRAVIESAS	1:10.60	5,00
7.	1215890 FERNANDEZ PARADA, Clara	30	POURENSE	1:18.72	4,00
Baja	1129954 GONZALEZ GARCIA, Covadonga	34	GALAICO		-
40+					
1.	1143597 SANCHEZ LEDO, Cira	42	ESCUALOS	43.20	13,00
2.	1170812 MARTIN, Christelle	42	ESCUALOS	45.60	10,00
3.	1144042 HERMIDA MARTINEZ, Vanesa	40	RIASBAIXAS	47.26	8,00
4.	1036387 VAZQUEZ PARCERO, Marta	43	CMARINA	1:01.53	7,00
45+					
1.	1205780 ROMAR GASALLA, Aurora	46	CMARINA	41.53	13,00
2.	1143813 REGUEIRA MARTINEZ, María J.	48	HERCULES	44.58	10,00
3.	1172138 ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	46.53	8,00
4.	1217442 VILLASANTE ARMAS, Maria Rosa	48	NCORUÑA	51.11	7,00
5.	1040944 VARELA REDONDO, Veronica	48	PONTEAREAS	52.12	6,00
6.	1145023 SALES MANTIÑAN, Carmen	49	SCASINO	52.15	5,00
7.	1208841 PORTELA VILLANUEVA, Gema	49	PONTEAREAS	59.42	4,00
8.	1239790 CARBALLEIRA LOIS, Barbara	47	ESCUALOS	1:00.51	3,00

Prueba 3, Fem., 50m Espalda, 45+

Clasificación		Edad		Tiempo	Puntos
9.	1223050 ANDON YAÑEZ, Lorena	45	SCASINO	1:02.68	2,00
10.	1178771 BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS	1:06.39	1,00
11.	1193540 DIAZ PARDO, Nuria M	48	PORTAMIÑA	1:07.34	-
Baja	1204397 ESCUDERO FERNÁNDEZ, Raquel	46	MONFORTE		-
50+					
1.	1228008 OJEA DE CASTRO, Macarena	50	PORTAMIÑA	43.89	13,00
2.	1171721 VAZQUEZ ALONSO, Patricia	54	PONTEAREAS	1:10.34	10,00
3.	1143584 FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	1:11.17	8,00
55+					
1.	1086162 BARJA BARJA, Liliana	58	TRAVIESAS	45.77	13,00 RG
2.	1038729 DEL AMO BLANCO, Margarita	56	PONTEAREAS	48.58	10,00
3.	1189938 LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	49.85	8,00
4.	1076253 MIGUEZ DE LA SIERRA, Angeles	57	GALAICO	1:02.33	7,00
60+					
1.	1076172 GARCIA COLOMO, M. Cristina	61	POURENSE	42.67	13,00 RG
2.	1214851 SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	49.21	10,00
3.	1039437 BALADO LOPEZ, Ana Maria	62	POURENSE	51.39	8,00
4.	1145099 LOPEZ MAHIA, Purificacion	60	HERCULES	51.64	7,00
5.	1090761 BARJA BARJA, Ana	61	TRAVIESAS	54.35	6,00
6.	1141154 CELEMIN PORRERO, Maria Teresa	64	GALAICO	57.62	5,00
7.	1212074 LOPEZ BLANCO, M ^o Isabel	60	CULLEREDO	1:04.01	4,00
65+					
1.	1075178 SAR MORANO, Dolores	68	CULLEREDO	52.90	13,00 RG
75+					
1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	1:42.07	13,00
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	2:00.19	10,00
80+					
1.	1058045 MORAL RUBIO, Isabel	81	PONTEAREAS	1:35.50	13,00
2.	1178774 CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	2:24.33	10,00

Prueba 4
03/06/2023

Masc., 50m Espalda

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1038566 CIVEIRA CORRAL, Samuel	21 POURENSE	29.22 13,00 RG
2.	1144927 SUAREZ RIPOLL, Xian	20 CIDSANTIAG	30.86 10,00
3.	1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	31.42 8,00
4.	1078716 HERMIDA RAMOS, Raul	23 NTNARON	35.22 7,00
5.	1141093 VILLAMOR FERRO, Rubén	23 ARTEIXO	35.41 6,00
Baja	1142927 FERNANDEZ GARCIA, Jacobo	22 GALAICO	-
25+			
1.	1038097 VAZQUEZ PRADO, Martin	27 PORTAMIÑA	32.17 13,00
2.	1039270 TRILLO RODRIGUEZ, Adrian	26 CNMOS	39.41 10,00
3.	1078908 MEILAN SANCHEZ, Sergio Jose	27 PORTAMIÑA	40.65 8,00
30+			
1.	1241602 FONTAN SEIJO, Adrian	30 CNMOS	43.14 13,00
2.	1144224 ESTEVEZ SOTO, Ricardo	31 POURENSE	43.86 10,00
35+			
1.	1089000 TABOADA VILA, Alberto	36 POURENSE	29.44 13,00 RG
2.	1005819 LAZARO GUERRERO, Victor	35 CMARINA	35.09 10,00
3.	1226258 BERNARDEZ FERRO, Juan Jose	36 GALAICO	35.72 8,00
4.	1143890 FORTES NOVOA, Martiño	35 ESCUALOS	37.11 7,00
5.	1218108 IGLESIAS LAPIDO, Miguel	38 FLUVIAL	39.45 6,00
6.	1224976 RODRIGUEZ PEREZ, Luis	36 CNMOS	40.57 5,00
7.	1023057 PEREZ VAZQUEZ, Telmo	35 CMARINA	42.26 4,00
8.	1217936 PASCUAL DE PEDRO, Jorge	37 PONTEAREAS	44.21 3,00
9.	1223126 ALVAREZ FERRIN, Pablo	39 CIDSANTIAG	45.76 2,00
10.	1178928 FIDALGO SERRANO, Guillermo	37 TRAVIESAS	45.83 1,00
40+			
1.	1180237 FOUZ ROUCO, Rubén	44 HERCULES	36.79 13,00
2.	1190909 CARBALLA BARROSO, Rogelio Manue	42 GALAICO	38.36 10,00
3.	1144789 MATIAS DUARTE, Erick	41 HERCULES	39.13 8,00
4.	1170841 BASTIDA CAMPOS, Alejandro	41 SALESTRA	39.53 7,00
5.	1143895 PADIN CHARLIN, Joaquin	43 ESCUALOS	40.58 6,00
6.	1085888 CAMIÑA MARTINEZ, Oscar	43 GALAICO	41.08 5,00
7.	1144181 PEREZ CARRERA, Elias	44 RIASBAIXAS	41.13 4,00
8.	1143456 FERNANDEZ RICO, Alvaro	42 PORTAMIÑA	41.89 3,00
9.	1147216 GONZALEZ VICENTE, Ruben	42 PORTAMIÑA	42.88 2,00
10.	1238132 FIDALGO SERRANO, Manuel A.	42 TRAVIESAS	49.50 1,00
11.	1204849 RICO CARAMES, Pablo	42 POURENSE	51.97 -
DSQ	1143899 PEREZ LOPEZ, Manuel	42 ESCUALOS	-

Saída anticipada

Prueba 4, Masc., 50m Espalda

45+

1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	31.76	13,00	RG
2.	1205935	GUIRADO CARABEL, Oscar	47	CULLEREDO	34.26	10,00	
3.	1231581	RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	36.21	8,00	
4.	1050705	BELTRAN DIAZ, Emilio	46	MONFORTE	36.36	7,00	
5.	1075601	MOURIZ LOMBAO, Fco. Javier	48	PORTAMIÑA	37.37	6,00	
6.	1190415	GOMEZ FREIRE, Domingo Jose	48	SCASINO	40.32	5,00	
7.	1174679	DE MARTIN DIAZ, Ruben	47	POURENSE	45.04	4,00	
8.	1141502	TRONCOSO CAAMAÑO, Fernando	48	ESCUALOS	49.09	3,00	
9.	1147211	BLANCO HORTAS, Jose Ramon	49	PORTAMIÑA	53.24	2,00	
10.	1143964	TABOAS BASTOS, Oscar	46	CNMOS	53.83	1,00	
Baja	1235958	BRIOSO DÍAZ, Manuel	46	REDONDELA			-

50+

1.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	32.42	13,00	RG
2.	1146934	DIEGUEZ ARANDA, Hector	50	PORTAMIÑA	38.17	10,00	
3.	1144601	PUENTE DÍAZ, Javier	52	CIDSANTIAG	39.02	8,00	
4.	1141356	GENDE DIAZ, Juan F.	53	ADFOGAR	44.09	7,00	
5.	1144698	CADAVID NUÑEZ, Jose	53	POURENSE	50.98	6,00	
6.	1178895	CRESPO PÉREZ, Albarino	53	ESCUALOS	52.84	5,00	
7.	1208795	LORENZO GONZALEZ-VISO, Carlos	52	POURENSE	55.11	4,00	

55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	37.82	13,00	
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	38.91	10,00	
3.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	40.12	8,00	
4.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	42.20	7,00	
5.	1057905	GURIDI HUERTA, Jesus M.	55	FLUVIAL	45.77	6,00	
6.	1195569	PEREZ LEIVA, Manuel	55	RIASBAIXAS	46.10	5,00	
7.	1143536	BLANCO PEREZ, Angel	59	POURENSE	54.58	4,00	
8.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	57.58	3,00	

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	35.08	13,00	RG
2.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	35.96	10,00	

65+

1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	49.77	13,00	
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	54.32	10,00	

70+

1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	56.45	13,00	
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80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	1:26.10	13,00	
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Prueba 4, Masc., 50m Espalda

85+

1. 1143727 FOLCH MALLOFRE, Ramon 86 ARTEIXO 55.42 13,00 RG



Prueba 5
03/06/2023

Fem., 50m Mariposa

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1037949 SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	31.27	13,00
2.	1140796 DIAZ DOPICO, Sabela	21	NFERROL	32.42	10,00
3.	1037951 SOILAN FERNANDEZ, Raquel	22	FLUVIAL	32.45	8,00
4.	1037950 MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	32.92	7,00
5.	1037987 MENDEZ SEIJO, Nerea	24	RIASBAIXAS	35.07	6,00
6.	1037174 SANCHEZ VAZQUEZ, Carmen	24	PORTAMIÑA	35.36	5,00
7.	1079226 CASTRO DE LA FUENTE, Uxia	20	MONFORTE	35.44	4,00
8.	1143296 EIJO GIL, Ana Paula	20	PONTEAREAS	36.53	3,00
9.	1110948 CANO ROSALES, Nuria	22	GALAICO	38.21	2,00
10.	1037965 COSTA FERNANDEZ, Laura	22	PONTEAREAS	39.09	1,00
11.	1228048 ALVAREZ SOUTO, Claudia	22	ESCUALOS	43.36	-
12.	1230349 VICENTE RODRIGUEZ, Andrea	21	PONTEAREAS	48.00	-
13.	1143380 SUAREZ GARCIA, Marta	20	RIASBAIXAS	48.93	-
25+					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	29.86	13,00 RG
2.	1130789 GARCIA MIGUEZ, Rosalia	25	GALAICO	35.25	10,00
3.	1040157 CORRAL SANTOS, Uxia	26	REDONDELA	37.60	8,00
4.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	38.21	7,00
5.	1221887 CARRERA PEREZ, Carolina	29	CNMOS	49.64	6,00
6.	1191499 GONZALEZ MACIA, Alba	29	MONFORTE	53.96	5,00
30+					
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL	29.77	13,00 RE
2.	1127407 GONZÁLEZ RIVAS, Sara	34	ARTEIXO	34.67	10,00
3.	1040545 POMBO LOPEZ, Belen	31	FLUVIAL	36.03	8,00
4.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	39.90	7,00
5.	1236745 RODRIGUEZ GONZÁLEZ, Raquel	30	MONFORTE	41.79	6,00
6.	1202705 MARTINEZ BARCIELA, Maria Olga	33	TRAVIESAS	59.73	5,00
Baja	1086350 RIVAS CARCACIA, Natalia	32	ESCUALOS		-
35+					
1.	1224939 VÁZQUEZ FUENTES, Cintia	36	MONFORTE	36.52	13,00
2.	1075741 VALIÑO GOMEZ, Iria	39	PORTAMIÑA	41.01	10,00
3.	1141313 MIRA VAZQUEZ, Paula	37	ESCUALOS	44.73	8,00
40+					
1.	1075221 HERMIDA RODRIGUEZ, Blanca	42	CMARINA	35.02	13,00 RG
2.	1180232 FKEOUI OMARI, Salma	41	ESCUALOS	37.40	10,00
3.	1146893 PRADO FRANCO, Marta E.	44	RIASBAIXAS	39.33	8,00
4.	1144200 RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	43.30	7,00
5.	1236743 RIVAS RODRIGUEZ, Lucia	44	NCORUÑA	49.57	6,00
6.	1144598 OLMO VAQUEIRO, Leticia	42	PONTEAREAS	56.62	5,00

Prueba 5, Fem., 50m Mariposa

45+

1.	1222316	GIL VILLARINO, Marta	46	HERCULES	50.21	13,00
2.	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	58.70	10,00

50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	46.86	13,00
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	47.60	10,00
3.	1127346	SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	51.62	8,00
4.	1076524	SOUSA CARNEIRO, Rosana	52	CNMOS	56.22	7,00
5.	1207084	MAZAIRA CASTRO, Carmen	50	ESCUALOS	57.38	6,00
6.	1199642	GARNACHO GAYARRE, Nuria	54	SCASINO	57.50	5,00
7.	1145007	MELON PARENTE, M. Lourdes	54	PONTEAREAS	1:19.04	4,00

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	48.42	13,00
2.	1037970	CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	51.46	10,00

60+

1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	41.02	13,00 RG
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	46.66	10,00

70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIASAS	59.15	13,00
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Prueba 6
03/06/2023

Masc., 50m Mariposa

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1040558 PONTON RODRIGUEZ, Juan	21	MONFORTE	26.53	13,00 RG
2.	1040131 OTERO VILLARES, Daniel	22	PORTAMIÑA	28.59	10,00
3.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	29.39	7,50
	1076409 CANCELA GOMEZ, Hugo	20	PONTEAREAS	29.39	7,50
5.	1144927 SUAREZ RIPOLL, Xian	20	CIDSANTIAG	29.67	6,00
6.	1144982 VILLAVERDE CAMPOS, Jose M	22	GALAICO	31.43	5,00
7.	1061561 INCUTTI TELLADO, Denis	23	PONTEAREAS	36.60	4,00
Baja	1142927 FERNANDEZ GARCIA, Jacobo	22	GALAICO		-
25+					
1.	1093458 MUIÑO ALONSO, Anton	29	NCORUÑA	27.79	13,00 RG
2.	1040459 BALBOA BLANCO, Ivan	29	PORTAMIÑA	28.01	10,00
3.	1119327 SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	28.36	8,00
4.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	28.53	7,00
5.	1010474 QUIROGA RAMOS, Ecequiel	28	POURENSE	29.28	6,00
6.	1040621 SEQUEIROS LAGO, Saul	25	CNMOS	31.88	5,00
7.	1216460 FRANCISCO MACÍAS, Simón	27	POURENSE	38.00	4,00
30+					
1.	1110754 FREIRE LOPEZ, Diego	32	ARTEIXO	34.42	13,00
2.	1078909 RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	37.06	10,00
3.	1076271 NOVALES BLANCO, Xabier	32	RIASBAIXAS	40.63	8,00
35+					
1.	1089000 TABOADA VILA, Alberto	36	POURENSE	28.12	13,00
2.	1075606 MENDEZ FERREIRO, Pablo	38	PORTAMIÑA	31.46	10,00
3.	1203519 KRUGLOV, Mykola	38	ESCUALOS	31.70	8,00
4.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	32.06	7,00
5.	1084043 PIÑEIRO PEON, Antonio	39	GALAICO	32.73	6,00
6.	1199549 MARTINEZ DOPAZO, David	36	GALAICO	34.29	5,00
7.	1230338 MUIÑO REY, Daniel	39	NFERROL	34.79	4,00
8.	1218108 IGLESIAS LAPIDO, Miguel	38	FLUVIAL	35.19	3,00
9.	1097263 LAMEIRO SEOANE, Javier	36	HERCULES	35.68	2,00
40+					
1.	1141151 CALLE FACAL, Telmo	40	GALAICO	29.71	13,00
2.	1144181 PEREZ CARRERA, Elias	44	RIASBAIXAS	34.77	10,00
3.	1224733 ARANGO GAYAR, Saul	43	RIASBAIXAS	35.56	8,00
4.	1093446 VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	35.59	7,00
5.	1190909 CARBALLA BARROSO, Rogelio Manue	42	GALAICO	40.04	6,00
6.	1178772 CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	40.21	5,00
7.	1144946 RODRIGUEZ GARCIA, Jose Bernardo	40	RIASBAIXAS	40.89	4,00
8.	1215947 VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	42.05	3,00

Prueba 6, Masc., 50m Mariposa, 40+

Clasificación		Edad		Tiempo	Puntos
9.	1240331 DE LORENZO FERNÁNDEZ, Javier	42	ESCUALOS	42.06	2,00
10.	1190398 FERNANDEZ CORRAL, Marcos	44	PORTAMIÑA	57.60	1,00
Baja	1079215 MENDES FERRAS, Artur Leonel	42	MONFORTE		-
45+					
1.	1076560 EIRIZ DIEGUEZ, Daniel	45	CNMOS	29.77	13,00
2.	1006004 GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	32.01	10,00
3.	1231581 RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	32.51	8,00
4.	1143601 NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	33.12	7,00
5.	1075601 MOURIZ LOMBAO, Fco. Javier	48	PORTAMIÑA	33.49	6,00
6.	1143662 Balsa Mosquera, Pablo	45	CMARINA	34.56	5,00
7.	1201621 ALONSO ORTIZ, Mariano	47	FLUVIAL	39.55	4,00
8.	1192271 MOURIÑO FORTES, Victor Manuel	46	PONTEAREAS	39.67	3,00
9.	1191914 CARNERO FIRVIDA, Jose Ramón	49	ESCUALOS	42.39	2,00
10.	1232932 VEIGA PILLADO, Jose	45	SCASINO	46.82	1,00
Baja	1198273 MONTERO PRIETO, Carlos Eugenio	45	GALAICO		-
Baja	1235958 BRIOSE DÍAZ, Manuel	46	REDONDELA		-
Baja	1141206 ANEIROS GARCIA, Jose	49	CMARINA		-
50+					
1.	1180192 SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	29.89	13,00 RG
2.	1006006 FERNANDEZ TORRES, Diego	51	PORTAMIÑA	30.12	10,00
3.	1197597 HERNAEZ OUBIÑA, David	50	CULLEREDO	34.22	8,00
4.	1144601 PUENTE DÍAZ, Javier	52	CIDSANTIAG	39.26	7,00
5.	1171462 FERREIRO SEOANE, Jose Raul	50	RIASBAIXAS	40.69	6,00
6.	1180239 MARTÍNEZ LEMA, José Antonio	51	TRICORUÑA	45.57	5,00
7.	1197604 ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS	53.73	4,00
55+					
1.	1232926 TAPIA PORTO, Enrique	58	NCORUÑA	32.20	13,00
2.	1199894 IRIBARNEGARAY FERNANDEZ, Javier	57	GALAICO	36.44	10,00
3.	1143575 FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	37.37	8,00
4.	1193949 LAMELO OTERO, Ramón Jesus	55	CIDSANTIAG	51.57	7,00
5.	1075593 PIROSCIA PENADO, Jose	57	PORTAMIÑA	53.64	6,00
60+					
1.	1076173 FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	32.30	13,00
2.	1076250 BETHENCOURT IGLESIAS, Sergio	60	GALAICO	35.43	10,00
3.	1198886 DI FELICE VÁZQUEZ, Mario	61	HERCULES	47.09	8,00
4.	1075589 SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	50.98	7,00
70+					
1.	1240096 IVANCHENKO, Yurii	70	POURENSE	42.81	13,00 RG

Prueba 7
03/06/2023

Mixto, 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación					Tempo	Puntos
+80 (PRE-MASTER)						
1.	PORTAMIÑA 2			PORTAMIÑA	2:05.68	26,00 RG
	VAZQUEZ PRADO, Martin 27	31.94		OTERO VILLARES, Daniel 22		28.08
	VAZQUEZ PRADO, Maria 23	37.10		MOURIZ CASANOVA, Sabela 22		28.56
2.	MONFORTE 1			MONFORTE	2:09.83	20,00
	CASTRO DE LA FUENTE, Uxia 20	39.56		PONTON RODRIGUEZ, Juan 21		26.58
	SUAREZ FERNÁNDEZ, Santiago 28	32.64		VARELA MENDEZ, Clara 20		31.05
3.	GALAICO 1			GALAICO	2:20.33	16,00
	CASTRO RODRIGUEZ, Francisco 23	33.24		GONZALEZ AVENDAÑO, Lucia 24		24.46
	CANO ROSALES, Nuria 22	42.63		VILLAVERDE CAMPOS, Jose M 22		40.00
4.	PONTEAREAS 1			PONTEAREAS	2:21.04	14,00
	MARTINEZ MARTINEZ, Marcos 20	31.46		COSTA FERNANDEZ, Laura 22		37.09
	EIJO GIL, Ana Paula 20	43.86		CANCELA GOMEZ, Hugo 20		28.63
5.	POURENSE 6			POURENSE	2:32.24	12,00
	BLANCO PEREZ, Paula 24	35.12		CIVEIRA CORRAL, Raul 21		27.41
	GUTIERREZ MARIÑO, Santiago 21	33.67		FERNANDEZ PARADA, Clara 30		56.04
6.	RIASBAIXAS 1			RIASBAIXAS	2:37.73	10,00
	NOVALES BLANCO, Xabier 32	48.15		RODRIGUEZ RODRIGUEZ, Nina 21		30.98
	SUAREZ GARCIA, Marta 20	51.04		PASTORIZA SANTA CLARA, Jorge 26		27.56
+100						
1.	PORTAMIÑA 1			PORTAMIÑA	2:17.84	26,00
	MEILAN SANCHEZ, Sergio Jose 27	40.15		FREIJE TORNEIRO, Aroa 25		33.49
	BALBOA BLANCO, Ivan 29	33.06		RAMOS LOBO, Raquel 30		31.14
2.	GALAICO 2			GALAICO	2:46.79	20,00
	TENORIO FREIRE, Martin 31	33.97		VIEITEZ PORTO, Ismael 31		34.02
	FERNANDEZ GARCIA, Marina 26	1:00.31		CRESPO ESTEVEZ, Laura 29		38.49
DSQ	PONTEAREAS 2			PONTEAREAS		-
	<i>Molestar outro remudista</i>					
	BOUZA PADRON, Adrian 26	32.49		RODRIGUEZ BALIÑA, Mauro 33		
	PAZOS GANDARA, Andrea 31	48.32		GONZALEZ PEREZ, Paula 27		
Baja	POURENSE 5			POURENSE		-
+120						
1.	GALAICO 3			GALAICO	2:16.60	26,00
	GARCIA MIGUEZ, Rosalia 25	37.17		CALLE FACAL, Telmo 40		30.37
	MARTINEZ DOPAZO, David 36	37.34		BALEA CASAS, Tania 27		31.72
2.	FLUVIAL 1			FLUVIAL	2:16.95	20,00
	POMBO LOPEZ, Belen 31	38.58		FRANCO CAL, Alba 32		29.63
	IGLESIAS LAPIDO, Miguel 38	38.67		FERNANDEZ VARELA, Adrian 32		30.07
3.	NCORUÑA 1			NCORUÑA	2:27.08	16,00
	VILLASANTE ARMAS, Maria Rosa 48	50.85		MUIÑO ALONSO, Anton 29		27.50
	MIRAS LOPEZ, Raul 36	37.08		DOPEREIRO GARCIA, Alba 33		31.65

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

Clasificación					Tiempo	Puntos
4.	RIASBAIXAS 2			RIASBAIXAS	2:27.40	14,00
	GONZALEZ PEREZ, Jessica 36	45.85		CAO LAGO, Pablo 36		32.86
	VAZQUEZ IGLESIAS, Daniel 44	35.83		PEREZ GARCIA, Eva 33		32.86
5.	SALESTRA 1			SALESTRA	2:37.19	12,00
	BASTIDA CAMPOS, Alejandro 41	42.86		FINS SEOANE, Juan Miguel 46		32.18
	OTERO FERNANDEZ, Maria Luisa 30	49.00		ROZADOS LUIS, Adriana 38		33.15
6.	ESCUALOS 1			ESCUALOS	2:37.64	10,00
	MARTIN, Christelle 42	46.30		KRUGLOV, Mykola 38		33.00
	MIRA VAZQUEZ, Paula 37	48.88		PAZOS ALONSO, Josue 37		29.46
7.	PORTAMIÑA 3			PORTAMIÑA	2:38.11	8,00
	LOPEZ RODRIGUEZ, Aroa 26	40.78		MENDEZ FERREIRO, Pablo 38		31.26
	GONZALEZ PEÑAS, David 39	46.07		SALGADO CASTELO, Marta 29		40.00
8.	SCASINO 1			SCASINO	2:47.12	6,00
	VINAGRE SENDINO, Cora 35	40.17		GOMEZ FREIRE, Domingo Jose 48		36.31
	RAMIL FREAN, Ignacio 39	47.43		SANCHEZ DE LLANO, M. Nieves 31		43.21
9.	PONTEAREAS 3			PONTEAREAS	2:51.27	4,00
	GESTO ALONSO, Clarisa 34	38.55		OLMO VAQUEIRO, Leticia 42		55.90
	CARRERA COSTAS, Andres 41	44.21		PASCUAL DE PEDRO, Jorge 37		32.61
Baja	MONFORTE 2			MONFORTE		-
Baja	POURENSE 4			POURENSE		-
Baja	CMARINA 1			CMARINA		-
+160						
1.	HERCULES 1			HERCULES	2:16.54	26,00 RG
	PASCUAL GUTIERREZ, Maria Tere:25	33.81		SAAVEDRA GONZÁLEZ, Raul 50		30.00
	BRAÑA MENENDEZ, Sonia 48	44.82		FOUZ ROUCO, Rubén 44		27.91
2.	PORTAMIÑA 4			PORTAMIÑA	2:27.01	20,00
	OJEA DE CASTRO, Macarena 50	43.75		FERNANDEZ TORRES, Diego 51		29.41
	GUIMAREY VAZQUEZ, Marcos 46	37.75		VALIÑO GOMEZ, Iria 39		36.10
3.	RIASBAIXAS 3			RIASBAIXAS	2:27.15	16,00
	SANCHEZ GORDON, Roman 45	37.81		PRADO FRANCO, Marta E. 44		39.01
	RODRIGUEZ PEREZ, Vanesa 37	39.45		MASSO AGUADO, Jorge 47		30.88
4.	ESCUALOS 2			ESCUALOS	2:28.22	14,00
	SANCHEZ LEDO, Cira 42	43.52		FKEOUI OMARI, Salma 41		39.16
	NOGUEIRA-PINTO CRESPO, Hugo 45	34.66		SEVILLA AROCA, Javier 40		30.88
5.	MONFORTE 3			MONFORTE	2:33.83	12,00
	VÁZQUEZ FUENTES, Cintia 36	41.41		BELTRAN DIAZ, Emilio 46		28.51
	GONZALEZ MACIA, Alba 29	48.84		MARTINEZ BERJANO, Jose Manuel60		35.07
6.	CNMOS 1			CNMOS	2:45.75	10,00
	SOUSA CARNEIRO, Rosana 52	50.78		CARRERA PEREZ, Carolina 29		49.78
	EIRIZ DIEGUEZ, Daniel 45	34.73		RODRIGUEZ PEREZ, Luis 36		30.46
7.	SCASINO 2			SCASINO	2:50.40	8,00
	SALES MANTIÑAN, Carmen 49	43.53		VEIGA PILLADO, Jose 45		30.62
	FERREIRO SUAREZ, Javier M. 50	49.04		CAGIAO RODRIGUEZ, Natalia 45		47.21
8.	PONTEAREAS 4			PONTEAREAS	2:58.64	6,00
	VARELA REDONDO, Veronica 48	52.40		MOURIÑO ORTIGUERA, Roberto C. 49		34.91
	PREGO MARTINEZ, Benjamin 50	43.48		SOBRINO EIRIZ, María Del Valle 51		47.85

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

Clasificación					Tiempo	Puntos
DSQ	POURENSE 3			POURENSE		-
	<i>Posta anticipada</i>					
	RICO CARAMES, Pablo	42	56.33	GONZALEZ RODRIGUEZ, Maria	41	
	DE MARTIN DIAZ, Ruben	47		RODRIGUEZ VAZQUEZ, Maria Ter	51	
Baja	GALAICO 4			GALAICO		-
+200						
1.	CMARINA 1			CMARINA	2:23.59	26,00
	DE LA PAZ VIGO, Agustin	57	38.26	HERMIDA RODRIGUEZ, Blanca	42	34.04
	TOURIÑO GONZALEZ, Victor	55	36.87	ROMAR GASALLA, Aurora	46	34.42
2.	ESCUALOS 3			ESCUALOS	2:27.32	20,00 RG
	FERNANDEZ NUÑEZ, Santiago	60	34.82	PEREIRA DIAZ, Angel	51	32.83
	MIRA VAZQUEZ, Marta	42	41.88	PEREZ PEREZ, Sonia	51	37.79
3.	CULLEREDO 1			CULLEREDO	2:40.21	16,00
	SAR MORANO, Dolores	68	53.87	GUIRADO CARABEL, Oscar	47	30.84
	HERNAEZ OUBIÑA, David	50	37.95	SANDERSON KEOUGH, Helen Jane	53	37.55
4.	RIASBAIXAS 4			RIASBAIXAS	2:49.08	14,00
	HERNANDEZ ALFAGEME, Rita	52	46.13	ROIG SANCHEZ, Blanca Ana	49	46.05
	FERNANDEZ-TESTA BARREIRO, D49d		45.51	FERREIRO SEOANE, Jose Raul	50	31.39
5.	HERCULES 2			HERCULES	2:49.46	12,00
	REGUEIRA MARTINEZ, Maria J.	48	45.87	SUANZES PEREZ, Fernando	70	36.82
	ESPASANDIN MARTÍNEZ, Maria	33	49.37	DI FELICE VÁZQUEZ, Mario	61	37.40
6.	PORTAMIÑA 5			PORTAMIÑA	2:55.98	10,00
	MOURIZ LOMBAO, Fco. Javier	48	37.60	PEREZ ARIAS, Hector	52	32.14
	LOPEZ GONZALEZ, Monica	53	48.12	DIAZ PARDO, Nuria M	48	58.12
7.	PONTEAREAS 5			PONTEAREAS	3:04.05	8,00
	DEL AMO BLANCO, Margarita	56	49.52	CALVIÑO CANCELA, Maria Cristina	55	
	MOURIÑO FORTES, Victor Manuel	46	47.82	RODRIGUEZ BALIÑA, Marcos	52	
8.	TRAVIESAS 1			TRAVIESAS	3:23.41	6,00
	FIDALGO SERRANO, Guillermo	37	46.42	GONZALEZ-ALEGRE BURGUEÑO, 711a Maria		17.97
	BARJA BARJA, Ana	61	59.27	FIDALGO SERRANO, Manuel A.	42	1:19.75
9.	POURENSE 2			POURENSE	3:42.51	4,00
	PEREZ GALLARDO, Teresa	59	1:16.80	CADAVID NUÑEZ, Jose	53	0.17
	LOPEZ RODRIGUEZ, Adela Elena	55	50.10	LORENZO GONZALEZ-VISO, Carl	52	1:35.44
Baja	GALAICO 5			GALAICO		-
Baja	SCASINO 3			SCASINO		-
+240						
1.	POURENSE 1			POURENSE	2:54.42	26,00
	GARCIA COLOMO, Manuel Ramon	69	49.90	IVANCHENKO, Yurii	70	43.44
	BALADO LOPEZ, Ana Maria	62	47.00	GARCIA COLOMO, M. Cristina	61	34.08
2.	GALAICO 6			GALAICO	3:20.69	20,00
	CELEMIN PORRERO, Maria Teresa	64		BETHENCOURT IGLESIAS, Sergio	60	35.95
	GONZALEZ ANTON, Luis	61		MIGUEZ DE LA SIERRA, Angeles	57	48.63
3.	RIASBAIXAS 5			RIASBAIXAS	4:25.56	16,00
	PEREZ DOMINGUEZ, Maria Luisa	79		REGUEIRO RODRIGUEZ, Ana	57	50.12
	HERNANZ MORAL, Fausto	61		PEREZ LEIVA, Manuel	55	39.18

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

Clasificación			Tiempo	Puntos
DSQ	PONTEAREAS 6 <i>Saída anticipada</i>	PONTEAREAS		-
MONROY FERNÁNDEZ, Manuel, PIÑEIRO PEREZ, Armando, ABREU FERNANDEZ, Marta, SUEIRO COSTAS, M ^a Carmen				
+280				
1.	PONTEAREAS 7	PONTEAREAS	4:56.38	26,00
	MORAL RUBIO, Isabel 81	CARRERA RODRÍGUEZ, Rubén 44		41.89
	ARAUJO DOMINGUEZ, Francisco 83	GONZALEZ RODRIGUEZ, S. Marta 77		1:25.88

Prueba 8
03/06/2023 - 16:30

Fem., 100m Mariposa

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	1:12.06	13,00 RG
	50m: 33.72 33.72 100m: 1:12.06 38.34				
2.	1140796 DIAZ DOPICO, Sabela	21	NFERROL	1:14.38	10,00
	50m: 34.09 34.09 100m: 1:14.38 40.29				
3.	1037949 SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	1:17.52	8,00
	50m: 35.59 35.59 100m: 1:17.52 41.93				
4.	1037174 SANCHEZ VAZQUEZ, Carmen	24	PORTAMIÑA	1:27.41	7,00
	50m: 37.49 37.49 100m: 1:27.41 49.92				
5.	1038929 GONZALEZ AVENDAÑO, Lucia	24	GALAICO	1:28.01	6,00
	50m: 40.54 40.54 100m: 1:28.01 47.47				
6.	1079007 GARCIA SANCHEZ, Isabel	21	MONFORTE	1:29.23	5,00
	50m: 42.65 42.65 100m: 1:29.23 46.58				
7.	1079226 CASTRO DE LA FUENTE, Uxia	20	MONFORTE	1:30.73	4,00
	50m: 42.45 42.45 100m: 1:30.73 48.28				
8.	1144257 FERNANDEZ GONZALEZ, Elena	22	HERCULES	1:31.48	3,00
	50m: 42.54 42.54 100m: 1:31.48 48.94				
25+					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	1:16.28	13,00
	50m: 33.30 33.30 100m: 1:16.28 42.98				
2.	1078925 SALGADO CASTELO, Marta	29	PORTAMIÑA	1:59.11	10,00
	50m: 55.32 55.32 100m: 1:59.11 1:03.79				
3.	1217434 CRESPO ESTEVEZ, Laura	29	GALAICO	1:59.57	8,00
	50m: 49.57 49.57 100m: 1:59.57 1:10.00				
DSQ	1038096 FREIJE TORNEIRO, Aroa	25	PORTAMIÑA		-
	<i>Nado irregular</i>				
30+					
1.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	1:32.84	13,00
	50m: 43.41 43.41 100m: 1:32.84 49.43				
35+					
1.	1203741 QUEREDA RODRÍGUEZ, Almudena	38	LICEO	1:49.22	13,00
	50m: 48.87 48.87 100m: 1:49.22 1:00.35				

Prueba 8, Fem., 100m Mariposa

40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	42	CMARINA	1:18.14	13,00	RG
		50m: 36.66 36.66 100m: 1:18.14 41.48					
2.	1146893	PRADO FRANCO, Marta E.	44	RIASBAIXAS	1:39.23	10,00	
		50m: 44.85 44.85 100m: 1:39.23 54.38					
3.	1170845	CID ALVAREZ, Isabel	43	ESCUALOS	1:47.67	8,00	
		50m: 51.95 51.95 100m: 1:47.67 55.72					
4.	1170812	MARTIN, Christelle	42	ESCUALOS	1:51.23	7,00	
		50m: 52.34 52.34 100m: 1:51.23 58.89					
5.	1144201	ALVAREZ LARRAN, Maria Del Pilar	44	RIASBAIXAS	1:57.26	6,00	
		50m: 55.24 55.24 100m: 1:57.26 1:02.02					

45+

1.	1143813	REGUEIRA MARTINEZ, Maria J.	48	HERCULES	1:45.30	13,00	
		50m: 48.88 48.88 100m: 1:45.30 56.42					
DSQ	1180238	GARCÍA SEOANE, Cristina María	48	SCASINO		-	
		<i>Saída aticipada</i>					

50+

1.	1171727	GARCIA RODRIGUEZ, Teresa	51	PORTAMIÑA	2:01.77	13,00	
		50m: 58.63 58.63 100m: 2:01.77 1:03.14					
2.	1076154	ABREU FERNANDEZ, Marta	52	PONTEAREAS	2:08.18	10,00	
		50m: 1:00.36 1:00.36 100m: 2:08.18 1:07.82					
3.	1127346	SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	2:16.11	8,00	
		50m: 1:01.12 1:01.12 100m: 2:16.11 1:14.99					

55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	1:59.49	13,00	
		50m: 55.53 55.53 100m: 1:59.49 1:03.96					

Prueba 9
03/06/2023

Masc., 100m Mariposa

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1039567 CIVEIRA CORRAL, Raul	21	POURENSE	1:02.05	13,00
	50m: 28.91 28.91 100m: 1:02.05 33.14				
2.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	1:06.08	10,00
	50m: 30.02 30.02 100m: 1:06.08 36.06				
3.	1040131 OTERO VILLARES, Daniel	22	PORTAMIÑA	1:09.08	8,00
	50m: 30.62 30.62 100m: 1:09.08 38.46				
4.	1039755 RIVAS MACEIRAS, Isaac	24	HERCULES	1:09.14	7,00
	50m: 31.39 31.39 100m: 1:09.14 37.75				
5.	1040558 PONTON RODRIGUEZ, Juan	21	MONFORTE	1:09.17	6,00
	50m: 30.26 30.26 100m: 1:09.17 38.91				
6.	1078716 HERMIDA RAMOS, Raul	23	NTNARON	1:10.24	5,00
	50m: 33.21 33.21 100m: 1:10.24 37.03				
25+					
1.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	1:04.64	13,00 RG
	50m: 29.88 29.88 100m: 1:04.64 34.76				
2.	1040459 BALBOA BLANCO, Ivan	29	PORTAMIÑA	1:05.20	10,00
	50m: 30.55 30.55 100m: 1:05.20 34.65				
3.	1040621 SEQUEIROS LAGO, Saul	25	CNMOS	1:10.12	8,00
	50m: 32.86 32.86 100m: 1:10.12 37.26				
30+					
1.	1038322 VIEITEZ PORTO, Ismael	31	GALAICO	1:16.44	13,00
	50m: 35.43 35.43 100m: 1:16.44 41.01				
2.	1078909 RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	1:22.65	10,00
	50m: 36.79 36.79 100m: 1:22.65 45.86				
35+					
1.	1230338 MUIÑO REY, Daniel	39	NFERROL	1:21.36	13,00
	50m: 38.41 38.41 100m: 1:21.36 42.95				
2.	1203519 KRUGLOV, Mykola	38	ESQUALOS	1:22.87	10,00
	50m: 36.98 36.98 100m: 1:22.87 45.89				
3.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	1:24.91	8,00
	50m: 40.25 40.25 100m: 1:24.91 44.66				
4.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35	RIASBAIXAS	1:31.32	7,00
	50m: 43.78 43.78 100m: 1:31.32 47.54				
5.	1036745 BARCIA SIXTO, Francisco José	38	NTNARON	1:34.76	6,00
	50m: 41.49 41.49 100m: 1:34.76 53.27				

Prueba 9, Masc., 100m Mariposa

40+

1.	1024675	IGLESIAS GOMEZ, Gonzalo	44	HERCULES	1:12.91	13,00
		50m: 34.47 34.47 100m: 1:12.91 38.44				
2.	1224733	ARANGO GAYAR, Saul	43	RIASBAIXAS	1:28.15	10,00
		50m: 40.22 40.22 100m: 1:28.15 47.93				
3.	1144584	ALVAREZ SILVA, Ruben	42	ESCUALOS	1:35.71	8,00
		50m: 46.30 46.30 100m: 1:35.71 49.41				
4.	1178772	CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	1:43.03	7,00
		50m: 47.76 47.76 100m: 1:43.03 55.27				
5.	1215947	VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	1:51.96	6,00
		50m: 49.06 49.06 100m: 1:51.96 1:02.90				
6.	1038913	SUAREZ GARCIA, Pedro Lois	43	PONTEAREAS	1:52.63	5,00
		50m: 48.44 48.44 100m: 1:52.63 1:04.19				
7.	1039360	POSE MATO, Cesar	40	ADFOGAR	2:25.31	4,00
		50m: 1:08.77 1:08.77 100m: 2:25.31 1:16.54				

45+

1.	1050705	BELTRAN DIAZ, Emilio	46	MONFORTE	1:10.49	13,00 RG
		50m: 32.75 32.75 100m: 1:10.49 37.74				
2.	1143480	ABADES REBOREDO, Daniel	45	HERCULES	1:15.36	10,00
		50m: 34.06 34.06 100m: 1:15.36 41.30				
3.	1145005	FERNANDEZ IGLESIAS, Emilio J.	46	PONTEAREAS	1:31.80	8,00
		50m: 45.12 45.12 100m: 1:31.80 46.68				
4.	1191914	CARNERO FIRVIDA, Jose Ramón	49	ESCUALOS	1:43.88	7,00
		50m: 47.88 47.88 100m: 1:43.88 56.00				
5.	1141502	TRONCOSO CAAMAÑO, Fernando	48	ESCUALOS	1:44.73	6,00
		50m: 49.86 49.86 100m: 1:44.73 54.87				
Baja	1144265	PORTO CASTAÑO, Alexandre	46	SALESTRA		-
Baja	1198273	MONTERO PRIETO, Carlos Eugenio	45	GALAICO		-

50+

1.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	1:14.32	13,00
		50m: 34.68 34.68 100m: 1:14.32 39.64				
2.	1147287	ESCUADERO DANS, David	50	TRICORUÑA	1:29.43	10,00
		50m: 40.48 40.48 100m: 1:29.43 48.95				
3.	1079474	MANDADO RODRIGUEZ, Enrique	51	HERCULES	1:35.94	8,00
		50m: 45.64 45.64 100m: 1:35.94 50.30				
4.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	1:37.80	7,00
		50m: 44.72 44.72 100m: 1:37.80 53.08				
5.	1078814	CANOSA RODRIGUEZ, Alfonso J.	52	ADFOGAR	1:48.20	6,00
		50m: 47.96 47.96 100m: 1:48.20 1:00.24				
6.	1180236	DE LA VEGA GÁNDARAS, Felipe	50	HERCULES	1:54.37	5,00
		50m: 54.68 54.68 100m: 1:54.37 59.69				

Prueba 9, Masc., 100m Mariposa, 50+

Clasificación		Edad		Tiempo	Puntos
7.	1145039 FERREIRO SANCHEZ, Luis 50m: 1:02.46 1:02.46 100m: 2:11.91 1:09.45	53	POURENSE	2:11.91	4,00
8.	1143612 PENEDO PADIN, Adolfo 50m: 1:02.48 1:02.48 100m: 2:16.28 1:13.80	51	GALAICO	2:16.28	3,00
55+					
1.	1232926 TAPIA PORTO, Enrique 50m: 35.29 35.29 100m: 1:14.85 39.56	58	NCORUÑA	1:14.85	13,00
2.	1037161 TOME NOGUEIRA, Alberto M. 50m: 46.56 46.56 100m: 1:40.18 53.62	55	ADFOGAR	1:40.18	10,00
3.	1143575 FERREIRA GONZALEZ, Xose Anxo 50m: 49.77 49.77 100m: 1:47.58 57.81	57	REDONDELA	1:47.58	8,00
60+					
1.	1076279 SIO LOURIDO, J. Salvador 50m: 43.57 43.57 100m: 1:31.19 47.62	62	CNMOS	1:31.19	13,00
2.	1040281 MARTINEZ BERJANO, Jose Manuel 50m: 48.81 48.81 100m: 1:55.08 1:06.27	60	MONFORTE	1:55.08	10,00
3.	1198886 DI FELICE VÁZQUEZ, Mario 50m: 54.36 54.36 100m: 1:55.91 1:01.55	61	HERCULES	1:55.91	8,00
65+					
1.	1191492 TIMIRAOS CARRASCO, Luis 50m: 1:44.99 1:44.99 100m: 4:03.21 2:18.22	67	POURENSE	4:03.21	13,00

Prueba 10
03/06/2023

Fem., 200m Estilos

2003 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1. 1079883 RODRIGUEZ RODRIGUEZ, Nina	21 RIASBAIXAS	2:40.92	13,00 RG
50m: 34.47 34.47 100m: 1:17.61 43.14 150m: 2:05.89 48.28 200m: 2:40.92 35.03			
2. 1040133 SAAVEDRA BUIDE, Carlota	24 PORTAMIÑA	2:53.64	10,00
50m: 37.84 37.84 100m: 1:21.95 44.11 150m: 2:13.63 51.68 200m: 2:53.64 40.01			
3. 1143296 EIJO GIL, Ana Paula	20 PONTEAREAS	3:07.54	8,00
50m: 38.25 38.25 100m: 1:26.54 48.29 150m: 2:22.17 55.63 200m: 3:07.54 45.37			
4. 1194207 VALIÑO FERRAZ, Tatyana	20 PONTEAREAS	3:24.07	7,00
50m: 50.21 50.21 100m: 1:40.98 50.77 150m: 2:37.20 56.22 200m: 3:24.07 46.87			
5. 1143380 SUAREZ GARCIA, Marta	20 RIASBAIXAS	3:43.49	6,00
50m: 51.23 51.23 100m: 1:49.22 57.99 150m: 2:51.61 1:02.39 200m: 3:43.49 51.88			
6. 1230349 VICENTE RODRIGUEZ, Andrea	21 PONTEAREAS	3:54.11	5,00
50m: 48.69 48.69 100m: 1:50.31 1:01.62 150m: 2:58.18 1:07.87 200m: 3:54.11 55.93			
25+			
1. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	3:38.58	13,00
50m: 51.09 51.09 100m: 1:50.60 59.51 150m: 2:50.79 1:00.19 200m: 3:38.58 47.79			
2. 1217434 CRESPO ESTEVEZ, Laura	29 GALAICO	3:50.18	10,00
50m: 50.05 50.05 100m: 1:45.60 55.55 150m: 2:55.55 1:09.95 200m: 3:50.18 54.63			
DSQ 1130789 GARCIA MIGUEZ, Rosalia	25 GALAICO		-
<i>Saída anticipada</i>			
30+			
1. 1084714 BUGALLO PÉREZ, Estíbaliz	33 RCNVIGO	2:47.09	13,00
50m: 36.83 36.83 100m: 1:20.18 43.35 150m: 2:08.69 48.51 200m: 2:47.09 38.40			
2. 1116506 RAMOS LOBO, Raquel	30 PORTAMIÑA	2:52.09	10,00
50m: 38.28 38.28 100m: 1:21.92 43.64 150m: 2:13.55 51.63 200m: 2:52.09 38.54			
3. 1224940 PAZOS GANDARA, Andrea	31 PONTEAREAS	3:30.60	8,00
50m: 48.57 48.57 100m: 1:42.96 54.39 150m: 2:41.76 58.80 200m: 3:30.60 48.84			
DSQ 1040731 GESTO ALONSO, Clarisa	34 PONTEAREAS		-
<i>Viraxe irregular</i>			
35+			
1. 1144894 VINAGRE SENDINO, Cora	35 SCASINO	3:05.98	13,00
50m: 37.80 37.80 100m: 1:24.82 47.02 150m: 2:21.77 56.95 200m: 3:05.98 44.21			
2. 1224939 VÁZQUEZ FUENTES, Cintia	36 MONFORTE	3:19.95	10,00
50m: 39.28 39.28 100m: 1:29.71 50.43 150m: 2:31.29 1:01.58 200m: 3:19.95 48.66			
3. 1144270 ROZADOS LUIS, Adriana	38 SALESTRA	3:23.46	8,00
50m: 41.60 41.60 100m: 1:37.93 56.33 150m: 2:33.93 56.00 200m: 3:23.46 49.53			
4. 1144948 GONZALEZ PEREZ, Jessica	36 RIASBAIXAS	3:25.07	7,00
50m: 48.16 48.16 100m: 1:42.29 54.13 150m: 2:40.16 57.87 200m: 3:25.07 44.91			

Prueba 10, Fem., 200m Estilos, 35+

Clasificación	Baja	Edad	Tempo	Puntos
	1212097 LOUREIRO AMOR, Belen Martina	35 NTNARON		-
40+				
1.	1013486 GONZALEZ RODRIGUEZ, Maria 50m: 35.74 35.74 100m: 1:21.04 45.30 150m: 2:12.09 51.05 200m: 2:52.33 40.24	41 POURENSE	2:52.33	13,00 RG
2.	1180232 FKEOUI OMARI, Salma 50m: 41.63 41.63 100m: 1:34.18 52.55 150m: 2:26.58 52.40 200m: 3:10.22 43.64	41 ESCUALOS	3:10.22	10,00
3.	1144042 HERMIDA MARTINEZ, Vanesa 50m: 53.70 53.70 100m: 1:49.50 55.80 150m: 2:52.05 1:02.55 200m: 3:40.15 48.10	40 RIASBAIXAS	3:40.15	8,00
45+				
1.	1221213 CAGIAO RODRIGUEZ, Natalia 50m: 43.50 43.50 100m: 1:39.32 55.82 150m: 2:41.43 1:02.11 200m: 3:25.82 44.39	45 SCASINO	3:25.82	13,00
2.	1143894 DE LORENZO FERNANDEZ, Maria 50m: 49.82 49.82 100m: 1:44.28 54.46 150m: 2:44.40 1:00.12 200m: 3:29.19 44.79	45 ESCUALOS	3:29.19	10,00
3.	1172138 ROIG SANCHEZ, Blanca Ana 50m: 43.08 43.08 100m: 1:45.46 1:02.38 150m: 2:47.88 1:02.42 200m: 3:36.98 49.10	49 RIASBAIXAS	3:36.98	8,00
4.	1178775 COVELO SAAVEDRA, Nahir 50m: 50.26 50.26 100m: 1:45.81 55.55 150m: 2:48.02 1:02.21 200m: 3:40.64 52.62	45 PONTEAREAS	3:40.64	7,00
5.	1222316 GIL VILLARINO, Marta 50m: 53.14 53.14 100m: 2:03.77 1:10.63 150m: 3:08.52 1:04.75 200m: 4:01.69 53.17	46 HERCULES	4:01.69	6,00
6.	1197606 CARBALLO BALOIRA, Susana María 50m: 1:06.44 1:06.44 100m: 2:13.86 1:07.42 150m: 3:27.70 1:13.84 200m: 4:24.65 56.95	48 HERCULES	4:24.65	5,00
50+				
1.	1147115 HERNANDEZ ALFAGEME, Rita 50m: 47.51 47.51 100m: 1:39.05 51.54 150m: 2:37.15 58.10 200m: 3:20.23 43.08	52 RIASBAIXAS	3:20.23	13,00
2.	1197600 SANDERSON KEOUGH, Helen Jane 50m: 49.37 49.37 100m: 1:44.90 55.53 150m: 2:46.88 1:01.98 200m: 3:34.87 47.99	53 CULLEREDO	3:34.87	10,00
3.	1171727 GARCIA RODRIGUEZ, Teresa 50m: 57.03 57.03 100m: 2:05.22 1:08.19 150m: 3:12.53 1:07.31 200m: 4:03.09 50.56	51 PORTAMIÑA	4:03.09	8,00
4.	1145007 MELON PARENTE, M. Lourdes 50m: 1:23.76 1:23.76 100m: 2:55.41 1:31.65 150m: 4:37.98 1:42.57 200m: 5:44.97 1:06.99	54 PONTEAREAS	5:44.97	7,00
55+				
1.	1144697 ACEVEDO REGO, Ermitas 50m: 1:05.51 1:05.51 100m: 2:25.43 1:19.92 150m: 3:45.55 1:20.12 200m: 4:49.65 1:04.10	57 POURENSE	4:49.65	13,00

Prueba 11
03/06/2023

Masc., 200m Estilos

2003 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1. 1086359 MOURE DOVAL, Jose	24 POURENSE	2:14.48	13,00 RG
50m: 28.68 28.68 100m: 1:03.33 34.65 150m: 1:44.77 41.44 200m: 2:14.48 29.71			
2. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	2:28.22	10,00
50m: 31.33 31.33 100m: 1:09.91 38.58 150m: 1:53.63 43.72 200m: 2:28.22 34.59			
3. 1039755 RIVAS MACEIRAS, Isaac	24 HERCULES	2:40.34	8,00
50m: 30.61 30.61 100m: 1:09.50 38.89 150m: 2:00.63 51.13 200m: 2:40.34 39.71			
25+			
1. 1144193 PASTORIZA SANTACLARA, Jorge	26 RIASBAIXAS	2:24.81	13,00
50m: 30.83 30.83 100m: 1:08.71 37.88 150m: 1:50.63 41.92 200m: 2:24.81 34.18			
2. 1119327 SUAREZ FERNÁNDEZ, Santiago	28 MONFORTE	2:31.12	10,00
50m: 29.56 29.56 100m: 1:09.53 39.97 150m: 1:53.59 44.06 200m: 2:31.12 37.53			
3. 1037284 SABUZ FORNEIRO, Martin	29 POURENSE	2:36.03	8,00
50m: 31.33 31.33 100m: 1:15.24 43.91 150m: 1:57.33 42.09 200m: 2:36.03 38.70			
4. 1093458 MUIÑO ALONSO, Anton	29 NCORUÑA	2:36.81	7,00
50m: 30.86 30.86 100m: 1:11.78 40.92 150m: 2:00.29 48.51 200m: 2:36.81 36.52			
5. 1038097 VAZQUEZ PRADO, Martin	27 PORTAMIÑA	2:39.57	6,00
50m: 35.40 35.40 100m: 1:16.77 41.37 150m: 2:02.87 46.10 200m: 2:39.57 36.70			
DSQ 1216460 FRANCISCO MACÍAS, Simón	27 POURENSE		-
<i>Nado irregular</i>			
30+			
1. 1130602 TENORIO FREIRE, Martin	31 GALAICO	2:27.71	13,00
50m: 30.36 30.36 100m: 1:10.00 39.64 150m: 1:53.20 43.20 200m: 2:27.71 34.51			
2. 1174610 TABOADA VILA, Daniel	30 POURENSE	3:15.87	10,00
50m: 41.18 41.18 100m: 1:32.20 51.02 150m: 2:26.07 53.87 200m: 3:15.87 49.80			
3. 1076271 NOVALES BLANCO, Xabier	32 RIASBAIXAS	3:23.59	8,00
50m: 44.41 44.41 100m: 1:42.77 58.36 150m: 2:39.47 56.70 200m: 3:23.59 44.12			
35+			
1. 1076287 PAZOS ALONSO, Josue	37 ESCUALOS	2:39.00	13,00
50m: 34.31 34.31 100m: 1:18.01 43.70 150m: 2:01.03 43.02 200m: 2:39.00 37.97			
2. 1199549 MARTINEZ DOPAZO, David	36 GALAICO	2:46.59	10,00
50m: 36.65 36.65 100m: 1:21.72 45.07 150m: 2:07.67 45.95 200m: 2:46.59 38.92			
3. 1126597 FERNANDEZ GAYOSO, Jose Manuel	37 CNMOS	2:47.32	8,00
50m: 36.78 36.78 100m: 1:20.56 43.78 150m: 2:08.84 48.28 200m: 2:47.32 38.48			
4. 1097263 LAMEIRO SEOANE, Javier	36 HERCULES	3:05.38	7,00
50m: 37.45 37.45 100m: 1:29.09 51.64 150m: 2:24.73 55.64 200m: 3:05.38 40.65			
5. 1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36 TRICORUÑA	3:14.50	6,00
50m: 39.95 39.95 100m: 1:32.64 52.69 150m: 2:30.87 58.23 200m: 3:14.50 43.63			

Prueba 11, Masc., 200m Estilos, 35+

Clasificación	Edad	Tiempo	Puntos
6. 1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	3:18.13	5,00
50m: 46.39 46.39 100m: 1:40.03 53.64 150m: 2:31.30 51.27 200m: 3:18.13 46.83			
7. 1241049 RAMIL FREAN, Ignacio	39 SCASINO	3:34.65	4,00
50m: 49.37 49.37 100m: 1:48.68 59.31 150m: 2:48.38 59.70 200m: 3:34.65 46.27			
40+			
1. 1141151 CALLE FACAL, Telmo	40 GALAICO	2:28.95	13,00 RG
50m: 30.53 30.53 100m: 1:08.60 38.07 150m: 1:52.74 44.14 200m: 2:28.95 36.21			
2. 1228089 MERA MONTECELOS, Pablo	40 HERCULES	2:42.67	10,00
50m: 33.24 33.24 100m: 1:16.75 43.51 150m: 2:05.37 48.62 200m: 2:42.67 37.30			
3. 1180237 FOUZ ROUCO, Rubén	44 HERCULES	2:58.99	8,00
50m: 38.04 38.04 100m: 1:25.99 47.95 150m: 2:22.28 56.29 200m: 2:58.99 36.71			
4. 1144789 MATIAS DUARTE, Erick	41 HERCULES	3:03.70	7,00
50m: 39.56 39.56 100m: 1:28.47 48.91 150m: 2:21.53 53.06 200m: 3:03.70 42.17			
5. 1143897 SEVILLA AROCA, Javier	40 ESCUALOS	3:06.50	6,00
50m: 37.51 37.51 100m: 1:30.43 52.92 150m: 2:25.93 55.50 200m: 3:06.50 40.57			
6. 1240331 DE LORENZO FERNÁNDEZ, Javier	42 ESCUALOS	3:23.17	5,00
50m: 47.97 47.97 100m: 1:40.88 52.91 150m: 2:39.03 58.15 200m: 3:23.17 44.14			
7. 1038913 SUAREZ GARCIA, Pedro Lois	43 PONTEAREAS	3:40.23	4,00
50m: 48.15 48.15 100m: 1:49.75 1:01.60 150m: 2:48.31 58.56 200m: 3:40.23 51.92			
8. 1076282 CARRERA COSTAS, Andres	41 PONTEAREAS	3:43.50	3,00
50m: 45.53 45.53 100m: 1:48.98 1:03.45 150m: 2:41.27 52.29 200m: 3:43.50 1:02.23			
9. 1190398 FERNANDEZ CORRAL, Marcos	44 PORTAMIÑA	4:32.34	2,00
50m: 1:00.26 1:00.26 100m: 2:18.41 1:18.15 150m: 3:29.66 1:11.25 200m: 4:32.34 1:02.68			
10. 1039360 POSE MATO, Cesar	40 ADFOGAR	4:34.79	1,00
50m: 1:09.47 1:09.47 100m: 2:25.57 1:16.10 150m: 3:40.42 1:14.85 200m: 4:34.79 54.37			
Baja 1079215 MENDES FERRAS, Artur Leonel	42 MONFORTE		-
45+			
1. 1118746 SANCHEZ GORDON, Roman	45 RIASBAIXAS	2:37.00	13,00 RG
50m: 32.40 32.40 100m: 1:14.87 42.47 150m: 2:02.31 47.44 200m: 2:37.00 34.69			
2. 1144267 FINS SEOANE, Juan Miguel	46 SALESTRA	2:47.31	10,00
50m: 32.51 32.51 100m: 1:18.93 46.42 150m: 2:08.90 49.97 200m: 2:47.31 38.41			
3. 1175127 MASSO AGUADO, Jorge	47 RIASBAIXAS	2:51.44	8,00
50m: 34.22 34.22 100m: 1:20.34 46.12 150m: 2:12.14 51.80 200m: 2:51.44 39.30			
4. 1079343 MOURIÑO ORTIGUERA, Roberto C.	49 PONTEAREAS	3:01.76	7,00
50m: 36.43 36.43 100m: 1:30.12 53.69 150m: 2:22.53 52.41 200m: 3:01.76 39.23			
5. 1190415 GOMEZ FREIRE, Domingo Jose	48 SCASINO	3:08.45	6,00
50m: 38.55 38.55 100m: 1:32.01 53.46 150m: 2:28.84 56.83 200m: 3:08.45 39.61			
6. 1232932 VEIGA PILLADO, Jose	45 SCASINO	3:19.28	5,00
50m: 41.74 41.74 100m: 1:38.22 56.48 150m: 2:36.01 57.79 200m: 3:19.28 43.27			
7. 1127402 PEXEGUEIRO BALADRON, Nicolas	46 CNMOS	3:24.32	4,00
50m: 43.58 43.58 100m: 1:38.87 55.29 150m: 2:36.26 57.39 200m: 3:24.32 48.06			

Prueba 11, Masc., 200m Estilos, 45+

Clasificación	Edad	Tiempo	Puntos
8. 1145005 FERNANDEZ IGLESIAS, Emilio J. 50m: 44.30 44.30 100m: 1:44.77 1:00.47 150m: 2:43.00 58.23 200m: 3:24.94 41.94	46 PONTEAREAS	3:24.94	3,00
9. 1143662 BALSA MOSQUERA, Pablo 50m: 41.49 41.49 100m: 1:40.68 59.19 150m: 2:47.64 1:06.96 200m: 3:29.45 41.81	45 CMARINA	3:29.45	2,00
10. 1203306 DURO GONZALEZ, Antonio 50m: 46.92 46.92 100m: 1:49.74 1:02.82 150m: 3:02.61 1:12.87 200m: 3:48.42 45.81	49 SALESTRA	3:48.42	1,00
11. 1144915 SÁNCHEZ PARADA, Jose M ^a 50m: 57.60 57.60 100m: 2:12.22 1:14.62 150m: 3:27.98 1:15.76 200m: 4:15.46 47.48	45 ARTEIXO	4:15.46	-
DSQ 1212075 GONZALEZ PARIS, David <i>Nado irregular</i>	45 HERCULES		-
Baja 1141206 ANEIROS GARCIA, Jose	49 CMARINA		-

50+

1. 1076185 PEREIRA DIAZ, Angel 50m: 35.22 35.22 100m: 1:26.52 51.30 150m: 2:15.06 48.54 200m: 2:59.39 44.33	51 ESCUALOS	2:59.39	13,00
2. 1147287 ESCUDERO DANS, David 50m: 39.98 39.98 100m: 1:33.58 53.60 150m: 2:27.57 53.99 200m: 3:08.85 41.28	50 TRICORUÑA	3:08.85	10,00
3. 1143605 FERNANDEZ MARTINEZ, Alberto 50m: 45.05 45.05 100m: 1:41.01 55.96 150m: 2:35.65 54.64 200m: 3:21.14 45.49	52 ESCUALOS	3:21.14	8,00
4. 1144117 PREGO MARTINEZ, Benjamin 50m: 46.88 46.88 100m: 1:45.37 58.49 150m: 2:40.24 54.87 200m: 3:23.44 43.20	50 PONTEAREAS	3:23.44	7,00
5. 1141071 LORENZO FERNANDEZ, Jose Manuel 50m: 45.19 45.19 100m: 1:43.65 58.46 150m: 2:50.24 1:06.59 200m: 3:35.87 45.63	51 RIASBAIXAS	3:35.87	6,00
6. 1079474 MANDADO RODRIGUEZ, Enrique 50m: 45.03 45.03 100m: 1:47.49 1:02.46 150m: 2:44.24 56.75 200m: 3:36.57 52.33	51 HERCULES	3:36.57	5,00
7. 1078814 CANOSA RODRIGUEZ, Alfonso J. 50m: 49.76 49.76 100m: 1:52.63 1:02.87 150m: 2:52.44 59.81 200m: 3:40.92 48.48	52 ADFOGAR	3:40.92	4,00
8. 1208795 LORENZO GONZALEZ-VISO, Carlos 50m: 49.75 49.75 100m: 1:58.69 1:08.94 150m: 3:07.65 1:08.96 200m: 3:57.33 49.68	52 POURENSE	3:57.33	3,00
9. 1141356 GENDE DIAZ, Juan F. 50m: 45.45 45.45 100m: 1:58.50 1:13.05 150m: 3:14.94 1:16.44 200m: 4:10.85 55.91	53 ADFOGAR	4:10.85	2,00

55+

1. 1180234 SÁNCHEZ SECO, Manuel 50m: 48.31 48.31 100m: 1:39.45 51.14 150m: 2:40.49 1:01.04 200m: 3:26.07 45.58	55 ESCUALOS	3:26.07	13,00
2. 1037161 TOME NOGUEIRA, Alberto M. 50m: 44.55 44.55 100m: 1:41.91 57.36 150m: 2:42.09 1:00.18 200m: 3:28.86 46.77	55 ADFOGAR	3:28.86	10,00
3. 1193949 LAMELO OTERO, Ramón Jesus 50m: 53.83 53.83 100m: 2:01.62 1:07.79 150m: 3:19.26 1:17.64 200m: 4:07.08 47.82	55 CIDSANTIAG	4:07.08	8,00
4. 1075593 PIROSCIA PENADO, Jose 50m: 58.64 58.64 100m: 2:13.37 1:14.73 150m: 3:28.02 1:14.65 200m: 4:29.40 1:01.38	57 PORTAMIÑA	4:29.40	7,00
DSQ 1106828 TRILLO CARLIN, Jose Fdo. <i>Nado irregular</i>	55 ADFOGAR		-

Prueba 11, Masc., 200m Estilos, 55+

Clasificación		Edad		Tiempo	Puntos
Baja	1141209 DE LA PAZ VIGO, Agustin	57	CMARINA		-
60+					
1.	1078596 LOIS PEREZ, Antonio	62	NCORUÑA	3:15.21	13,00
	50m: 40.90 40.90 100m: 1:30.00 49.10 150m: 2:30.41 1:00.41 200m: 3:15.21 44.80				
2.	1075589 SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	3:57.56	10,00
	50m: 53.00 53.00 100m: 1:59.71 1:06.71 150m: 3:08.60 1:08.89 200m: 3:57.56 48.96				
65+					
1.	1048207 ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:18.32	13,00 RG
	50m: 46.24 46.24 100m: 1:40.31 54.07 150m: 2:31.33 51.02 200m: 3:18.32 46.99				
DSQ	1191492 TIMIRAOS CARRASCO, Luis <i>Nado irregular</i>	67	POURENSE		-
Baja	1076168 GARCIA COLOMO, Carlos Luis	65	POURENSE		-
70+					
1.	1075190 SUANZES PEREZ, Fernando	70	HERCULES	3:29.97	13,00 RG
	50m: 43.21 43.21 100m: 1:43.03 59.82 150m: 2:44.38 1:01.35 200m: 3:29.97 45.59				
2.	1076487 RODRIGUEZ LEMOS, Andres J.	74	CNMOS	4:19.66	10,00
	50m: 49.86 49.86 100m: 2:11.11 1:21.25 150m: 3:18.63 1:07.52 200m: 4:19.66 1:01.03				

Prueba 12
03/06/2023

Fem., 100m Braza

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1. 1039457 VAZQUEZ PRADO, Maria	23 PORTAMIÑA	1:22.89	13,00 RG
50m: 38.51 38.51 100m: 1:22.89 44.38			
2. 1037163 PIROSCIA PONTIDE, Carla	24 PORTAMIÑA	1:27.87	10,00
50m: 41.91 41.91 100m: 1:27.87 45.96			
3. 1110948 CANO ROSALES, Nuria	22 GALAICO	1:37.46	8,00
50m: 45.11 45.11 100m: 1:37.46 52.35			
4. 1037987 MENDEZ SEIJO, Nerea	24 RIASBAIXAS	1:38.27	7,00
50m: 46.43 46.43 100m: 1:38.27 51.84			
5. 1087181 BLANCO PEREZ, Paula	24 POURENSE	1:38.38	6,00
50m: 46.08 46.08 100m: 1:38.38 52.30			
6. 1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22 PORTAMIÑA	1:49.14	5,00
50m: 48.37 48.37 100m: 1:49.14 1:00.77			
25+			
1. 1079047 BALEA CASAS, Tania	27 GALAICO	1:37.21	13,00
50m: 45.38 45.38 100m: 1:37.21 51.83			
2. 1191499 GONZALEZ MACIA, Alba	29 MONFORTE	1:46.42	10,00
50m: 53.11 53.11 100m: 1:46.42 53.31			
3. 1145008 GONZALEZ PEREZ, Paula	27 PONTEAREAS	1:50.13	8,00
50m: 52.61 52.61 100m: 1:50.13 57.52			
4. 1240953 SIMOIS MORAIS, Yolanda	29 SALESTRA	1:57.31	7,00
50m: 54.35 54.35 100m: 1:57.31 1:02.96			
5. 1035411 FERNANDEZ GARCIA, Marina	26 GALAICO	2:11.69	6,00
50m: 1:00.30 1:00.30 100m: 2:11.69 1:11.39			
Baja 1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS		-
30+			
1. 1086350 RIVAS CARCACIA, Natalia	32 ESCUALOS	1:30.30	13,00
50m: 42.98 42.98 100m: 1:30.30 47.32			
2. 1224940 PAZOS GANDARA, Andrea	31 PONTEAREAS	1:47.92	10,00
50m: 53.88 53.88 100m: 1:47.92 54.04			
3. 1204918 MARTINEZ GARCIA, Susana	32 MONFORTE	1:56.72	8,00
50m: 53.57 53.57 100m: 1:56.72 1:03.15			
4. 1221892 OTERO FERNANDEZ, Maria Luisa	30 SALESTRA	1:57.44	7,00
50m: 54.64 54.64 100m: 1:57.44 1:02.80			
5. 1215890 FERNANDEZ PARADA, Clara	30 POURENSE	2:44.64	6,00
50m: 1:19.06 1:19.06 100m: 2:44.64 1:25.58			

Prueba 12, Fem., 100m Braza

35+

1.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	1:38.62	13,00
		50m: 46.72 46.72 100m: 1:38.62 51.90				
2.	1076543	RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS	1:41.64	10,00
		50m: 47.77 47.77 100m: 1:41.64 53.87				
3.	1141313	MIRA VAZQUEZ, Paula	37	ESCUALOS	1:49.91	8,00
		50m: 53.53 53.53 100m: 1:49.91 56.38				

40+

1.	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	1:36.72	13,00
		50m: 46.67 46.67 100m: 1:36.72 50.05				
2.	1237395	VILARIÑO CACHO, Elvira	42	SALESTRA	1:47.47	10,00
		50m: 51.40 51.40 100m: 1:47.47 56.07				
3.	1144201	ALVAREZ LARRAN, Maria Del Pilar	44	RIASBAIXAS	1:57.23	8,00
		50m: 55.03 55.03 100m: 1:57.23 1:02.20				
4.	1145082	FARIÑA SOUSA, Noemi	40	GALAICO	1:58.14	7,00
		50m: 57.61 57.61 100m: 1:58.14 1:00.53				
5.	1036387	VAZQUEZ PARCERO, Marta	43	CMARINA	2:34.92	6,00
		50m: 1:12.88 1:12.88 100m: 2:34.92 1:22.04				
DSQ	1170845	CID ALVAREZ, Isabel	43	ESCUALOS		-
		<i>Saída anticipada</i>				

45+

1.	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	1:47.48	13,00
		50m: 49.76 49.76 100m: 1:47.48 57.72				
2.	1208841	PORTELA VILLANUEVA, Gema	49	PONTEAREAS	2:27.75	10,00
		50m: 1:12.62 1:12.62 100m: 2:27.75 1:15.13				

50+

1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	1:47.44	13,00
		50m: 53.06 53.06 100m: 1:47.44 54.38				
2.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	1:56.97	10,00
		50m: 54.36 54.36 100m: 1:56.97 1:02.61				
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	2:03.65	8,00
		50m: 59.81 59.81 100m: 2:03.65 1:03.84				
4.	1207084	MAZAIRA CASTRO, Carmen	50	ESCUALOS	2:05.03	7,00
		50m: 57.69 57.69 100m: 2:05.03 1:07.34				

55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	1:49.18	13,00
		50m: 51.44 51.44 100m: 1:49.18 57.74				
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	1:51.16	10,00
		50m: 53.73 53.73 100m: 1:51.16 57.43				

Prueba 12, Fem., 100m Braza, 55+

Clasificación		Edad		Tiempo	Puntos
3.	1144697 ACEVEDO REGO, Ermitas 50m: 1:14.16 1:14.16 100m: 2:36.02 1:21.86	57	POURENSE	2:36.02	8,00
4.	1144231 PEREZ GALLARDO, Teresa 50m: 1:27.92 1:27.92 100m: 3:04.15 1:36.23	59	POURENSE	3:04.15	7,00
60+					
1.	1039437 BALADO LOPEZ, Ana Maria 50m: 48.09 48.09 100m: 1:42.64 54.55	62	POURENSE	1:42.64	13,00
2.	1143893 REBORDA MORILLO, Susana 50m: 1:01.35 1:01.35 100m: 2:03.61 1:02.26	61	ESQUALOS	2:03.61	10,00
3.	1145099 LOPEZ MAHIA, Purificacion 50m: 59.96 59.96 100m: 2:08.17 1:08.21	60	HERCULES	2:08.17	8,00
4.	1090761 BARJA BARJA, Ana 50m: 57.47 57.47 100m: 2:11.83 1:14.36	61	TRAVIESAS	2:11.83	7,00
5.	1141154 CELEMIN PORRERO, Maria Teresa 50m: 1:05.01 1:05.01 100m: 2:16.38 1:11.37	64	GALAICO	2:16.38	6,00
DSQ	1212074 LOPEZ BLANCO, M ^o Isabel <i>Nado irregular</i>	60	CULLEREDO		-
65+					
1.	1075178 SAR MORANO, Dolores 50m: 1:01.17 1:01.17 100m: 2:12.27 1:11.10	68	CULLEREDO	2:12.27	13,00 RG
2.	1076494 SUEIRO COSTAS, M ^a Carmen 50m: 1:45.99 1:45.99 100m: 3:43.70 1:57.71	67	PONTEAREAS	3:43.70	10,00
75+					
1.	1076482 GONZALEZ RODRIGUEZ, S. Marta 50m: 2:26.08 2:26.08 100m: 5:15.04 2:48.96	77	PONTEAREAS	5:15.04	13,00
80+					
DSQ	1178774 CHANTADA GÓMEZ, M. Del Carmen <i>Viraxe irregular</i>	80	PONTEAREAS		-

Prueba 13
03/06/2023

Masc., 100m Braza

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1. 1038566 CIVEIRA CORRAL, Samuel	21 POURENSE	1:12.70	13,00 RG
50m: 34.61 34.61 100m: 1:12.70 38.09			
2. 1039554 GUTIERREZ MARIÑO, Santiago	21 POURENSE	1:15.59	10,00
50m: 35.08 35.08 100m: 1:15.59 40.51			
3. 1141093 VILLAMOR FERRO, Rubén	23 ARTEIXO	1:25.88	8,00
50m: 39.62 39.62 100m: 1:25.88 46.26			
4. 1230348 GONZALEZ ALONSO, Alejandro	21 PONTEAREAS	1:38.89	7,00
50m: 47.73 47.73 100m: 1:38.89 51.16			
Baja 1142936 MARTINEZ ARGIZ, David	23 MONFORTE		-
25+			
1. 1037284 SABUZ FORNEIRO, Martin	29 POURENSE	1:09.59	13,00 RG
50m: 32.29 32.29 100m: 1:09.59 37.30			
2. 1038181 BOUZA PADRON, Adrian	26 PONTEAREAS	1:16.40	10,00
50m: 36.67 36.67 100m: 1:16.40 39.73			
3. 1068356 AZNAR GRUILLE, Carlos J.	28 CMARINA	1:24.22	8,00
50m: 40.36 40.36 100m: 1:24.22 43.86			
30+			
1. 1130602 TENORIO FREIRE, Martin	31 GALAICO	1:16.36	13,00
50m: 36.79 36.79 100m: 1:16.36 39.57			
2. 1110754 FREIRE LOPEZ, Diego	32 ARTEIXO	1:33.04	10,00
50m: 41.64 41.64 100m: 1:33.04 51.40			
3. 1174610 TABOADA VILA, Daniel	30 POURENSE	1:35.68	8,00
50m: 44.42 44.42 100m: 1:35.68 51.26			
4. 1222771 LAGO GONZALEZ, Ivan	30 PONTEAREAS	2:06.52	7,00
50m: 54.34 54.34 100m: 2:06.52 1:12.18			
35+			
1. 1143890 FORTES NOVOA, Martiño	35 ESCUALOS	1:18.50	13,00
50m: 35.89 35.89 100m: 1:18.50 42.61			
2. 1076287 PAZOS ALONSO, Josue	37 ESCUALOS	1:18.81	10,00
50m: 36.80 36.80 100m: 1:18.81 42.01			
3. 1084043 PIÑEIRO PEON, Antonio	39 GALAICO	1:21.48	8,00
50m: 37.49 37.49 100m: 1:21.48 43.99			
4. 1143515 BLANCO PEREZ, Jesus	37 NTNARON	1:23.45	7,00
50m: 37.89 37.89 100m: 1:23.45 45.56			
5. 1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35 RIASBAIXAS	1:23.85	6,00
50m: 37.02 37.02 100m: 1:23.85 46.83			

Prueba 13, Masc., 100m Braza, 35+

Clasificación	Edad	Tiempo	Puntos
6. 1075606 MENDEZ FERREIRO, Pablo 50m: 40.22 40.22 100m: 1:24.52 44.30	38	PORTAMIÑA 1:24.52	5,00
7. 1240711 MIRAS LOPEZ, Raul 50m: 39.77 39.77 100m: 1:25.84 46.07	36	NCORUÑA 1:25.84	4,00
8. 1126597 FERNANDEZ GAYOSO, Jose Manuel 50m: 40.92 40.92 100m: 1:26.21 45.29	37	CNMOS 1:26.21	3,00
9. 1226258 BERNARDEZ FERRO, Juan Jose 50m: 43.79 43.79 100m: 1:31.29 47.50	36	GALAICO 1:31.29	2,00
10. 1005819 LAZARO GUERRERO, Victor 50m: 45.49 45.49 100m: 1:35.93 50.44	35	CMARINA 1:35.93	1,00
11. 1023057 PEREZ VAZQUEZ, Telmo 50m: 45.54 45.54 100m: 1:36.57 51.03	35	CMARINA 1:36.57	-
12. 1198278 MANEIRO BETANZOS, Javier 50m: 47.14 47.14 100m: 1:37.45 50.31	38	ESCUALOS 1:37.45	-
13. 1217936 PASCUAL DE PEDRO, Jorge 50m: 46.96 46.96 100m: 1:42.80 55.84	37	PONTEAREAS 1:42.80	-
14. 1204315 TORRES FRAILE, Emilio 50m: 48.62 48.62 100m: 1:43.84 55.22	39	MONFORTE 1:43.84	-
15. 1241049 RAMIL FREAN, Ignacio 50m: 50.12 50.12 100m: 1:44.04 53.92	39	SCASINO 1:44.04	-
16. 1170846 PRESA PRESA, Santiago 50m: 48.77 48.77 100m: 1:44.12 55.35	35	GALAICO 1:44.12	-
DSQ 1223126 ALVAREZ FERRIN, Pablo <i>Saída anticipada</i>	39	CIDSANTIAG	-
40+			
1. 1093446 VAZQUEZ IGLESIAS, Daniel 50m: 39.16 39.16 100m: 1:22.02 42.86	44	RIASBAIXAS 1:22.02	13,00
2. 1143895 PADIN CHARLIN, Joaquin 50m: 41.22 41.22 100m: 1:29.31 48.09	43	ESCUALOS 1:29.31	10,00
3. 1143897 SEVILLA AROCA, Javier 50m: 45.50 45.50 100m: 1:35.25 49.75	40	ESCUALOS 1:35.25	8,00
4. 1238677 MARIÑO GONZALEZ, Ramón 50m: 45.90 45.90 100m: 1:38.79 52.89	43	POURENSE 1:38.79	7,00
5. 1147216 GONZALEZ VICENTE, Ruben 50m: 48.42 48.42 100m: 1:39.95 51.53	42	PORTAMIÑA 1:39.95	6,00
6. 1076282 CARRERA COSTAS, Andres 50m: 48.01 48.01 100m: 1:41.91 53.90	41	PONTEAREAS 1:41.91	5,00
7. 1200126 TABOADA CALVELO, Jose Carlos 50m: 47.07 47.07 100m: 1:42.39 55.32	44	SALESTRA 1:42.39	4,00
8. 1144946 RODRIGUEZ GARCIA, Jose Bernardo 50m: 49.56 49.56 100m: 1:45.76 56.20	40	RIASBAIXAS 1:45.76	3,00
Baja 1053922 BAIZ ROCA, Gabriel	44	ARTEIXO	-

Prueba 13, Masc., 100m Braza, 40+

Clasificación	Edad	Tiempo	Puntos
Baja 1143702 GUTIERREZ COSTAS, Oscar	41 RIASBAIXAS		-
45+			
1. 1143601 NOGUEIRA-PINTO CRESPO, Hugo	45 ESCUALOS	1:19.37	13,00
50m: 37.47 37.47 100m: 1:19.37 41.90			
2. 1006004 GUIMAREY VAZQUEZ, Marcos	46 PORTAMIÑA	1:26.80	10,00
50m: 40.03 40.03 100m: 1:26.80 46.77			
3. 1076553 FERNANDEZ-TESTA BARREIRO, David	49 RIASBAIXAS	1:39.42	8,00
50m: 47.25 47.25 100m: 1:39.42 52.17			
4. 1174679 DE MARTIN DIAZ, Ruben	47 POURENSE	1:40.87	7,00
50m: 47.59 47.59 100m: 1:40.87 53.28			
5. 1127402 PEXEGUEIRO BALADRON, Nicolas	46 CNMOS	1:43.85	6,00
50m: 49.65 49.65 100m: 1:43.85 54.20			
Baja 1218110 HERMIDA SALIDO, Gustavo	46 NTNARON		-
Baja 1144265 PORTO CASTAÑO, Alexandre	46 SALESTRA		-
50+			
1. 1076185 PEREIRA DIAZ, Angel	51 ESCUALOS	1:23.90	13,00
50m: 39.66 39.66 100m: 1:23.90 44.24			
2. 1197597 HERNAEZ OUBIÑA, David	50 CULLEREDO	1:24.16	10,00
50m: 39.00 39.00 100m: 1:24.16 45.16			
3. 1141504 BOUSO FUENTECILLA, Fernando	52 ESCUALOS	1:29.74	8,00
50m: 41.83 41.83 100m: 1:29.74 47.91			
4. 1144857 FERREIRO SUAREZ, Javier M.	50 SCASINO	1:30.16	7,00
50m: 42.57 42.57 100m: 1:30.16 47.59			
5. 1178895 CRESPO PÉREZ, Albarino	53 ESCUALOS	1:33.55	6,00
50m: 44.05 44.05 100m: 1:33.55 49.50			
6. 1146934 DIEGUEZ ARANDA, Hector	50 PORTAMIÑA	1:34.42	5,00
50m: 44.64 44.64 100m: 1:34.42 49.78			
7. 1144117 PREGO MARTINEZ, Benjamin	50 PONTEAREAS	1:37.31	4,00
50m: 46.14 46.14 100m: 1:37.31 51.17			
8. 1144698 CADAVID NUÑEZ, Jose	53 POURENSE	1:44.51	3,00
50m: 48.43 48.43 100m: 1:44.51 56.08			
9. 1180239 MARTÍNEZ LEMA, José Antonio	51 TRICORUÑA	1:47.38	2,00
50m: 49.59 49.59 100m: 1:47.38 57.79			
10. 1197604 ARAUJO FERNÁNDEZ, Jose	52 ESCUALOS	1:54.16	1,00
50m: 53.55 53.55 100m: 1:54.16 1:00.61			
11. 1143612 PENEDO PADIN, Adolfo	51 GALAICO	1:55.68	-
50m: 52.03 52.03 100m: 1:55.68 1:03.65			

Prueba 13, Masc., 100m Braza

55+

1.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	1:26.86	13,00
	50m:	40.91 40.91	100m:	1:26.86 45.95		
2.	1079460	REY ROMERO, Jorge J.	57	PORTAMIÑA	1:35.59	10,00
	50m:	43.69 43.69	100m:	1:35.59 51.90		
3.	1145033	PIÑEIRO PEREZ, Armando	57	PONTEAREAS	1:46.86	8,00
	50m:	50.99 50.99	100m:	1:46.86 55.87		
4.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	1:59.04	7,00
	50m:	55.66 55.66	100m:	1:59.04 1:03.38		
5.	1106828	TRILLO CARLIN, Jose Fdo.	55	ADFOGAR	2:06.18	6,00
	50m:	1:01.34 1:01.34	100m:	2:06.18 1:04.84		

60+

1.	1078597	SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	1:33.31	13,00
	50m:	44.85 44.85	100m:	1:33.31 48.46		
2.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	1:34.28	10,00
	50m:	44.93 44.93	100m:	1:34.28 49.35		
3.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	1:48.66	8,00
	50m:	50.53 50.53	100m:	1:48.66 58.13		
4.	1144940	HERNANZ MORAL, Fausto	61	RIASBAIXAS	1:59.53	7,00
	50m:	57.68 57.68	100m:	1:59.53 1:01.85		
5.	1144712	MONTERO FERNANDEZ, Jose Antonio	60	POURENSE	2:06.01	6,00
	50m:	59.96 59.96	100m:	2:06.01 1:06.05		
6.	1076248	GONZALEZ ANTON, Luis	61	GALAICO	2:08.04	5,00
	50m:	1:02.15 1:02.15	100m:	2:08.04 1:05.89		

65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	1:32.60	13,00 RG
	50m:	44.51 44.51	100m:	1:32.60 48.09		
2.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	2:41.03	10,00
	50m:	1:14.09 1:14.09	100m:	2:41.03 1:26.94		

70+

1.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	1:58.56	13,00 RG
	50m:	54.82 54.82	100m:	1:58.56 1:03.74		

80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	3:15.07	13,00
	50m:	1:34.49 1:34.49	100m:	3:15.07 1:40.58		

Prueba 14
03/06/2023

Fem., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación				Tempo	Puntos
+80 (PRE-MASTER)					
1.	PORTAMIÑA 1		PORTAMIÑA	2:00.77	26,00 RG
	PIROSCIA PONTIDE, Carla 24	30.79	SANCHEZ VAZQUEZ, Carmen 24		30.76
	SAINZ DE LA MAZA RIVAS, Cristir24	28.88	SAAVEDRA BUIDE, Carlota 24		30.34
2.	GALAICO 1		GALAICO	2:08.58	20,00
	GARCIA MIGUEZ, Rosalia 25	31.02	GONZALEZ AVENDAÑO, Lucia 24		33.53
	CANO ROSALES, Nuria 22	32.42	BALEA CASAS, Tania 27		31.61
3.	RIASBAIXAS 1		RIASBAIXAS	2:11.74	16,00
	PEREZ GARCIA, Eva 33	33.00	MENDEZ SEIJO, Nerea 24		32.69
	SUAREZ GARCIA, Marta 20	37.15	RODRIGUEZ RODRIGUEZ, Nina 21		28.90
4.	MONFORTE 1		MONFORTE	2:16.66	14,00
	CASTRO DE LA FUENTE, Uxia 20	34.54	VÁZQUEZ FUENTES, Cintia 36		34.91
	GARCIA SANCHEZ, Isabel 21	35.29	VARELA MENDEZ, Clara 20		31.92
5.	PONTEAREAS 1		PONTEAREAS	2:26.22	12,00
	EIJO GIL, Ana Paula 20	34.73	VICENTE RODRIGUEZ, Andrea 21		35.43
	VALIÑO FERRAZ, Tatyana 20	35.17	GONZALEZ PEREZ, Paula 27		40.89
+120					
1.	HERCULES 1		HERCULES	2:13.51	26,00
	REGUEIRA MARTINEZ, Maria J. 48	36.31	BRAÑA MENENDEZ, Sonia 48		35.37
	ESPASANDIN MARTÍNEZ, María 33	34.45	PASCUAL GUTIERREZ, Maria Tere:25		27.38
2.	RIASBAIXAS 2		RIASBAIXAS	2:29.61	20,00
	RODRIGUEZ PEREZ, Vanesa 37	39.20	GONZALEZ PEREZ, Jessica 36		36.29
	HERMIDA MARTINEZ, Vanesa 40	38.80	PRADO FRANCO, Marta E. 44		35.32
3.	SALESTRA 1		SALESTRA	2:37.52	16,00
	ROZADOS LUIS, Adriana 38	33.11	VILARIÑO CACHO, Elvira 42		37.72
	OTERO FERNANDEZ, Maria Luisa 30	39.55	SIMOIS MORAIS, Yolanda 29		47.14
4.	MONFORTE 2		MONFORTE	2:40.04	14,00
	RODRIGUEZ GONZÁLEZ, Raquel 30	34.55	GONZALEZ MACIA, Alba 29		41.49
	MARTINEZ GARCIA, Susana 32	37.55	ESCUDEIRO FERNÁNDEZ, Raquel 46		46.45
5.	CMARINA 1		CMARINA	2:40.25	12,00
	HERMIDA RODRIGUEZ, Blanca 42	32.56	LAGUNAS PEREZ, Sara 28		38.65
	VAZQUEZ PARCERO, Marta 43	53.32	ROMAR GASALLA, Aurora 46		35.72
6.	GALAICO 3		GALAICO	2:54.47	10,00
	CRESPO ESTEVEZ, Laura 29		FERNANDEZ GARCIA, Marina 26		47.31
	MIGUEZ DE LA SIERRA, Angeles 57		FARIÑA SOUSA, Noemi 40		41.77
DSQ	PORTAMIÑA 2		PORTAMIÑA		- RG
	<i>Posta anticipada</i>				
	FREIJE TORNEIRO, Aroa 25	29.65	RAMOS LOBO, Raquel 30		
	SALGADO CASTELO, Marta 29	39.64	VALIÑO GOMEZ, Iria 39		
DSQ	PONTEAREAS 2		PONTEAREAS		-
	<i>Posta anticipada</i>				
	GESTO ALONSO, Clarisa 34	33.86	COVELO SAAVEDRA, Nahir 45		
	PAZOS GANDARA, Andrea 31	36.60	OLMO VAQUEIRO, Leticia 42		

Prueba 14, Fem., 4 x 50m Libre, +120

Clasificación						Tiempo	Puntos
Baja	ESCUALOS 1			ESCUALOS			-
Baja	POURENSE 1			POURENSE			-
Baja	SCASINO 1			SCASINO			-
+160							
1.	ESCUALOS 2			ESCUALOS		2:29.21	26,00
	MIRA VAZQUEZ, Marta	42	36.42	SANCHEZ LEDO, Cira	42		39.26
	MIRA VAZQUEZ, Paula	37	39.74	FKEOUI OMARI, Salma	41		33.79
2.	SCASINO 2			SCASINO		2:42.81	20,00
	GARNACHO GAYARRE, Nuria	54	43.33	GARCÍA SEOANE, Cristina María	48		41.25
	ANDON YAÑEZ, Lorena	45	40.40	SALES MANTIÑAN, Carmen	49		37.83
3.	POURENSE 2			POURENSE		3:24.29	16,00 RG
	GONZALEZ RODRIGUEZ, Maria	41	30.93	PEREZ GALLARDO, Teresa	59		1:03.94
	FERNANDEZ PARADA, Clara	30	56.40	ACEVEDO REGO, Ermitas	57		53.02
Baja	GALAICO 4			GALAICO			-
Baja	PONTEAREAS 6			PONTEAREAS			-
+200							
1.	RIASBAIXAS 3			RIASBAIXAS		2:40.10	26,00
	REGUEIRO RODRIGUEZ, Ana	57	41.10	ROIG SANCHEZ, Blanca Ana	49		38.62
	ALVAREZ LARRAN, Maria Del Pilar	44	42.82	HERNANDEZ ALFAGEME, Rita	52		37.56
2.	ESCUALOS 3			ESCUALOS		2:51.46	20,00
	DE LORENZO FERNANDEZ, Maria	45	37.30	REBORDA MORILLO, Susana	61		47.43
	CID ALVAREZ, Isabel	43	42.67	PEREZ PEREZ, Sonia	51		44.06
3.	PORTAMIÑA 3			PORTAMIÑA		2:52.82	16,00
	LOPEZ GONZALEZ, Monica	53	38.31	GARCIA RODRIGUEZ, Teresa	51		42.71
	OJEA DE CASTRO, Macarena	50	34.78	DIAZ PARDO, Nuria M	48		57.02
4.	PONTEAREAS 5			PONTEAREAS		3:10.42	14,00
	VARELA REDONDO, Veronica	48	36.83	ABREU FERNANDEZ, Marta	52		46.94
	SOBRINO EIRIZ, Maria Del Valle	51	49.16	PORTELA VILLANUEVA, Gema	49		57.49
Baja	POURENSE 3			POURENSE			-
+240							
1.	POURENSE 4			POURENSE		2:48.83	26,00 RG
	OTERO LOPEZ, Maria Elisa	63	50.10	LOPEZ RODRIGUEZ, Adela Elena	55		54.36
	BALADO LOPEZ, Ana Maria	62	28.46	GARCIA COLOMO, M. Cristina	61		35.91
2.	PONTEAREAS 4			PONTEAREAS		3:44.88	20,00
	DEL AMO BLANCO, Margarita	56	42.66	FERNANDEZ SESTELO, Maria Jose	53		48.62
	CALVIÑO CANCELA, Maria Cristina	55	46.39	GONZALEZ RODRIGUEZ, S. Marta	77		1:27.21
+280							
1.	PONTEAREAS 3			PONTEAREAS		5:19.04	26,00 RG
	MORAL RUBIO, Isabel	81		MELON PARENTE, M. Lourdes	54		59.52
	CHANTADA GÓMEZ, M. Del Carne	80		SUEIRO COSTAS, Mª Carmen	67		1:08.18

Prueba 15
03/06/2023

Masc., 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación					Tiempo	Puntos
+80 (PRE-MASTER)						
1.	POURENSE 1			POURENSE	1:40.74	26,00 RG
	GUTIERREZ MARIÑO, Santiago	21	27.07	CIVEIRA CORRAL, Samuel	21	24.53
	MOURE DOVAL, Jose	24	24.53	CIVEIRA CORRAL, Raul	21	24.61
2.	GALAICO 5			GALAICO	1:56.24	20,00
	VIEITEZ PORTO, Ismael	31	29.85	CASTRO RODRIGUEZ, Francisco	23	24.60
	FERNANDEZ GARCIA, Jacobo	22	31.34	VILLAVERDE CAMPOS, Jose M	22	30.45
3.	PONTEAREAS 1			PONTEAREAS	2:14.15	16,00
	MARTINEZ MARTINEZ, Marcos	20	28.00	GONZALEZ ALONSO, Alejandro	21	26.34
	BOUZA PADRON, Adrian	26	27.87	LAGO GONZALEZ, Ivan	30	51.94
+100						
1.	POURENSE 2			POURENSE	1:59.18	26,00
	TABOADA VILA, Daniel	30	31.47	SABUZ FORNEIRO, Martin	29	26.53
	FRANCISCO MACÍAS, Simón	27	35.19	QUIROGA RAMOS, Ecequiel	28	25.99
2.	CNMOS 1			CNMOS	2:04.60	20,00
	FONTAN SEIJO, Adrian	30	35.81	FERNANDEZ GAYOSO, Jose Manu	37	29.24
	SEQUEIROS LAGO, Saul	25	29.97	TRILLO RODRIGUEZ, Adrian	26	29.58
+120						
1.	MONFORTE 1			MONFORTE	1:47.71	26,00 RG
	BALLESTER IBAÑEZ, Edgar	32	26.46	MENDES FERRAS, Artur Leonel	42	29.65
	SUAREZ FERNÁNDEZ, Santiago	28	25.52	BELTRAN DIAZ, Emilio	46	26.08
2.	GALAICO 1			GALAICO	1:51.12	20,00
	CALLE FACAL, Telmo	40	27.79	PIÑEIRO PEON, Antonio	39	27.68
	MARTINEZ DOPAZO, David	36	28.49	TENORIO FREIRE, Martin	31	27.16
3.	PORTAMIÑA 1			PORTAMIÑA	1:55.04	16,00
	VAZQUEZ PRADO, Martin	27	28.08	MENDEZ FERREIRO, Pablo	38	29.14
	BALBOA BLANCO, Ivan	29	25.35	MEILAN SANCHEZ, Sergio Jose	27	32.47
4.	RIASBAIXAS 1			RIASBAIXAS	2:01.98	14,00
	CAO LAGO, Pablo	36	30.43	FIGUEIRA DOMINGUEZ, Javier Guz	35	31.87
	RODRIGUEZ GARCIA, Jose Bernar	40	32.83	PASTORIZA SANTA CLARA, Jorge	26	26.85
5.	ESCUALOS 1			ESCUALOS	2:04.01	12,00
	FORTES NOVOA, Martiño	35	32.03	PADIN CHARLIN, Joaquin	43	31.26
	DE LORENZO FERNÁNDEZ, Javier	42	31.07	KRUGLOV, Mykola	38	29.65
Baja	POURENSE 3			POURENSE		-
Baja	PONTEAREAS 3			PONTEAREAS		-

Prueba 15, Masc., 4 x 50m Libre

+160

1.	HERCULES 1			HERCULES	1:51.82	26,00	RG
	SAAVEDRA GONZÁLEZ, Raul	50	28.72	MERA MONTECELOS, Pablo	40	26.79	
	IGLESIAS GOMEZ, Gonzalo	44	28.62	FOUZ ROUCO, Rubén	44	27.69	
2.	ESCUALOS 2			ESCUALOS	2:00.42	20,00	
	PAZOS ALONSO, Josue	37	29.70	ALVAREZ SILVA, Ruben	42	30.44	
	PEREZ LOPEZ, Manuel	42	30.72	SEVILLA AROCA, Javier	40	29.56	
3.	CMARINA 1			CMARINA	2:01.64	16,00	
	PEREZ VAZQUEZ, Telmo	35	30.77	DE LA PAZ VIGO, Agustin	57	32.98	
	BALSA MOSQUERA, Pablo	45	30.01	LAZARO GUERRERO, Víctor	35	27.88	
4.	RIASBAIXAS 2			RIASBAIXAS	2:02.22	14,00	
	ARANGO GAYAR, Saul	43	31.93	MASSO AGUADO, Jorge	47	30.45	
	VAZQUEZ IGLESIAS, Daniel	44	30.69	SANCHEZ GORDON, Roman	45	29.15	
5.	SALESTRA 1			SALESTRA	2:08.37	12,00	
	FINS SEOANE, Juan Miguel	46	29.13	DURO GONZALEZ, Antonio	49	33.34	
	BASTIDA CAMPOS, Alejandro	41	31.56	TABOADA CALVELO, Jose Carlos	44	34.34	
6.	PORTAMIÑA 2			PORTAMIÑA	2:19.39	10,00	
	GONZALEZ VICENTE, Ruben	42	37.08	GONZALEZ PEÑAS, David	39	39.92	
	TIMIRAO S CARRASCO, Fernando	58	32.19	GUIMAREY VAZQUEZ, Marcos	46	30.20	
7.	PONTEAREAS 4			PONTEAREAS	2:23.34	8,00	
	RODRIGUEZ BALIÑA, Mauro	33	35.14	CARRERA COSTAS, Andres	41	36.31	
	PREGO MARTINEZ, Benjamin	50	38.20	PASCUAL DE PEDRO, Jorge	37	33.69	
8.	POURENSE 4			POURENSE	2:27.30	6,00	
	MARIÑO GONZALEZ, Ramón	43	35.42	ESTEVEZ SOTO, Ricardo	31	29.15	
	DE MARTIN DIAZ, Ruben	47	36.09	LORENZO GONZALEZ-VISO, Carl	52	46.64	

Baja

GALAICO 2

GALAICO

-

+200

1.	ESCUALOS 3			ESCUALOS	1:58.75	26,00	RG
	PEREIRA DIAZ, Angel	51	30.06	QUINTAS BARROS, Jesus C.	50	30.83	
	NOGUEIRA-PINTO CRESPO, Hugo	45	28.70	FERNANDEZ NUÑEZ, Santiago	60	29.16	
2.	PORTAMIÑA 3			PORTAMIÑA	1:59.24	20,00	RG
	FERNANDEZ TORRES, Diego	51	27.91	DIEGUEZ ARANDA, Hector	50	30.32	
	PEREZ ARIAS, Hector	52	31.50	MOURIZ LOMBAO, Fco. Javier	48	29.51	
3.	HERCULES 2			HERCULES	2:10.39	16,00	RG
	SUANZES PEREZ, Fernando	70	35.70	MATIAS DUARTE, Erick	41	31.46	
	GONZALEZ PARIS, David	45	32.98	ABADES REBOREDO, Daniel	45	30.25	
4.	PONTEAREAS 5			PONTEAREAS	2:13.28	14,00	
	MOURIÑO ORTIGUERA, Roberto C.	49	32.30	FERNANDEZ IGLESIAS, Emilio J.	46	33.06	
	RODRIGUEZ BALIÑA, Marcos	52	32.41	PIÑEIRO PEREZ, Armando	57	35.51	
5.	RIASBAIXAS 3			RIASBAIXAS	2:27.95	12,00	
	LORENZO FERNANDEZ, Jose Man	51	34.86	HERNANZ MORAL, Fausto	61	40.56	
	PEREZ LEIVA, Manuel	55	38.75	FERNANDEZ-TESTA BARREIRO, D49d		33.78	
6.	ADFOGAR 1			ADFOGAR	2:30.88	10,00	
	GENDE DIAZ, Juan F.	53	32.69	CANOSA RODRIGUEZ, Alfonso J.	52	39.22	
	TRILLO CARLIN, Jose Fdo.	55	41.98	TOME NOGUEIRA, Alberto M.	55	36.99	

Baja

ARTEIXO 1

ARTEIXO

-

Prueba 15, Masc., 4 x 50m Libre, +200

Clasificación				Tiempo	Puntos
Baja	GALAICO 3		GALAICO		-
Baja	POURENSE 5		POURENSE		-
Baja	SCASINO 1		SCASINO		-
+240					
1.	NCORUÑA 6		NCORUÑA	2:06.25	26,00 RG
	TAPIA PORTO, Enrique 58	30.02	LOIS PEREZ, Antonio 62		28.48
	RODRIGUEZ QUEIRUGA, Juan Carl60	35.11	SOLLEIRO TIZON, Juan Jose 60		32.64
2.	CNMOS 4		CNMOS	2:34.91	20,00
	SIO LOURIDO, J. Salvador 62	32.89	FERNANDEZ GONZALEZ, Alvaro 58		43.88
	RODRIGUEZ LEMOS, Andres J. 74	42.45	PEXEGUEIRO BALADRON, Nicolas 46		35.69
3.	GALAICO 4		GALAICO	2:41.24	16,00
	GONZALEZ ANTON, Luis 61	41.79	CASTRO QUINTELA, Avelino 56		37.40
	AREA PEREIRA, Jose Manuel 66	44.94	BETHENCOURT IGLESIAS, Sergio 60		37.11
4.	POURENSE 6		POURENSE	2:44.92	14,00
	GARCIA COLOMO, Manuel Ramon 69	36.44	BLANCO PEREZ, Angel 59		39.26
	MONTERO FERNANDEZ, Jose Antc60	49.51	FERREIRO SANCHEZ, Luis 53		39.71
5.	PONTEAREAS 6		PONTEAREAS	3:16.38	12,00
	CARRERA RODRÍGUEZ, Rubén 44	38.13	MONROY FERNÁNDEZ, Manuel 73		42.25
	SUAREZ GARCIA, Pedro Lois 43	40.11	ARAUJO DOMINGUEZ, Francisco 83		1:15.89

Prueba 16
04/06/2023 - 10:00

Fem., 50m Libre

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	29.34	13,00
2.	1037950 MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	29.46	10,00 RG
3.	1037951 SOILAN FERNANDEZ, Raquel	22	FLUVIAL	29.62	8,00
4.	1037949 SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	30.37	7,00
5.	1079216 VARELA MENDEZ, Clara	20	MONFORTE	31.56	6,00
6.	1037174 SANCHEZ VAZQUEZ, Carmen	24	PORTAMIÑA	32.20	5,00
7.	1040133 SAAVEDRA BUIDE, Carlota	24	PORTAMIÑA	32.28	4,00
8.	1039457 VAZQUEZ PRADO, Maria	23	PORTAMIÑA	32.86	3,00
9.	1037987 MENDEZ SEIJO, Nerea	24	RIASBAIXAS	32.93	2,00
10.	1144257 FERNANDEZ GONZALEZ, Elena	22	HERCULES	33.16	1,00
11.	1079226 CASTRO DE LA FUENTE, Uxia	20	MONFORTE	34.16	-
12.	1143296 EIJO GIL, Ana Paula	20	PONTEAREAS	34.47	-
13.	1143380 SUAREZ GARCIA, Marta	20	RIASBAIXAS	37.92	-
Baja	1219491 FUENTES LORENZO, Carla	24	NFERROL		-
25+					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	28.03	13,00
2.	1130789 GARCIA MIGUEZ, Rosalia	25	GALAICO	31.93	10,00
3.	1198880 LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	34.27	8,00
4.	1040157 CORRAL SANTOS, Uxia	26	REDONDELA	34.65	7,00
5.	1217434 CRESPO ESTEVEZ, Laura	29	GALAICO	37.01	6,00
6.	1227967 LAGUNAS PEREZ, Sara	28	CMARINA	38.14	5,00
7.	1236853 GARCIA SANCHEZ, Francis Mariam	29	PONTEAREAS	41.41	4,00
8.	1240953 SIMOIS MORAIS, Yolanda	29	SALESTRA	48.32	3,00
Baja	1039299 DIAZ TOIMIL, Carla	25	NTNARON		-
30+					
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL	28.19	13,00
2.	1127407 GONZÁLEZ RIVAS, Sara	34	ARTEIXO	30.99	10,00
3.	1116506 RAMOS LOBO, Raquel	30	PORTAMIÑA	31.55	8,00
4.	1084711 DOPEREIRO GARCIA, Alba	33	NCORUÑA	31.99	7,00
5.	1040545 POMBO LOPEZ, Belen	31	FLUVIAL	32.10	6,00
6.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	33.10	5,00
7.	1226235 EIRIS CASTRO, Andrea	33	ADFOGAR	34.03	4,00
8.	1236745 RODRIGUEZ GONZÁLEZ, Raquel	30	MONFORTE	35.06	3,00
9.	1230340 SANTORUM FONTAN, Iria Marta	31	GALAICO	35.34	2,00
10.	1144825 ESPASANDIN MARTÍNEZ, María	33	HERCULES	36.66	1,00
11.	1218233 SANCHEZ DE LLANO, M. Nieves	31	SCASINO	44.15	-
12.	1144979 SEOANE GOMEZ, Ana	31	GALAICO	45.68	-
13.	1215890 FERNANDEZ PARADA, Clara	30	POURENSE	54.81	-
14.	1110693 FERNANDEZ GUARDIOLA, Loira	34	PONTEAREAS	55.11	-
Baja	1230332 CASTRO TENREIRO, Rosa Mª	30	NTNARON		-
Baja	1129954 GONZALEZ GARCIA, Covadonga	34	GALAICO		-

Prueba 16, Fem., 50m Libre

35+

1.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	33.38	13,00
2.	1144155	ALVAREZ COSTAS, Maria Paz	35	PONTEAREAS	34.43	10,00
3.	1236642	ABBATEMARCO, Cristina	39	SALESTRA	35.90	8,00
4.	1075741	VALIÑO GOMEZ, Iria	39	PORTAMIÑA	37.09	7,00
5.	1147098	SANTOS DA GRACA, Francelina	36	ADFOGAR	43.54	6,00
Baja	1203741	QUEREDA RODRÍGUEZ, Almudena	38	LICEO		-

40+

1.	1144200	RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	36.41	13,00
2.	1236743	RIVAS RODRIGUEZ, Lucia	44	NCORUÑA	39.62	10,00
3.	1093456	RAMIREZ INSUA, Julia	40	RSDH	44.59	8,00
4.	1075224	BROZOS VAZQUEZ, Elena María	41	CIDSANTIAG	47.82	7,00
Baja	1036387	VAZQUEZ PARCERO, Marta	43	CMARINA		-

45+

1.	1205780	ROMAR GASALLA, Aurora	46	CMARINA	35.57	13,00
2.	1040944	VARELA REDONDO, Veronica	48	PONTEAREAS	35.86	10,00
3.	1214850	CORCOBA CARBIA, Raquel	46	SALESTRA	36.51	8,00
4.	1145023	SALES MANTIÑAN, Carmen	49	SCASINO	37.56	7,00
5.	1222316	GIL VILLARINO, Marta	46	HERCULES	40.67	6,00
6.	1223050	ANDON YAÑEZ, Lorena	45	SCASINO	41.45	5,00
7.	1180238	GARCÍA SEOANE, Cristina María	48	SCASINO	41.46	4,00
8.	1178771	BESADA FERNÁNDEZ, Ana M.	45	PONTEAREAS	45.27	3,00
9.	1204397	ESCUDEIRO FERNÁNDEZ, Raquel	46	MONFORTE	46.11	2,00
10.	1239790	CARBALLEIRA LOIS, Barbara	47	ESCUALOS	53.00	1,00
11.	1193540	DIAZ PARDO, Nuria M	48	PORTAMIÑA	54.52	-

50+

1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	37.90	13,00
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	38.70	10,00
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	40.12	8,00
4.	1199642	GARNACHO GAYARRE, Nuria	54	SCASINO	44.65	7,00
5.	1127346	SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	46.39	6,00
6.	1143584	FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	48.33	5,00
DSQ	1207084	MAZAIIRA CASTRO, Carmen	50	ESCUALOS		-

Salida anticipada

55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	41.51	13,00
2.	1037970	CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	43.60	10,00
3.	1076253	MIGUEZ DE LA SIERRA, Angeles	57	GALAICO	49.36	8,00

Prueba 16, Fem., 50m Libre

60+

1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	35.27	13,00	RG
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	39.99	10,00	
3.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	43.15	8,00	
4.	1212074	LOPEZ BLANCO, M ^o Isabel	60	CULLEREDO	46.28	7,00	
5.	1090761	BARJA BARJA, Ana	61	TRAVIESAS	47.80	6,00	
6.	1075767	MENDEZ TORRES, Isabel	63	PORTAMIÑA	55.75	5,00	
7.	1217937	RODRÍGUEZ TRONCOSO, Marina	64	PONTEAREAS	58.82	4,00	

65+

1.	1076494	SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	1:04.30	13,00	
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70+

1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS	45.87	13,00	
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75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	1:28.50	13,00	
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80+

1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	1:19.16	13,00	
2.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	1:37.56	10,00	

Prueba 17
04/06/2023

Masc., 50m Libre

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1040558 PONTON RODRIGUEZ, Juan	21	MONFORTE	25.36	13,00 RG
2.	1039567 CIVEIRA CORRAL, Raul	21	POURENSE	25.71	10,00
3.	1086359 MOURE DOVAL, Jose	24	POURENSE	25.76	8,00
4.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	27.03	7,00
5.	1040131 OTERO VILLARES, Daniel	22	PORTAMIÑA	27.18	6,00
6.	1092303 MEIJIDE GIADAS, Diego	23	CIDSANTIAG	27.39	5,00
7.	1039554 GUTIERREZ MARIÑO, Santiago	21	POURENSE	27.45	4,00
8.	1078716 HERMIDA RAMOS, Raul	23	NTNARON	29.12	3,00
9.	1142927 FERNANDEZ GARCIA, Jacobo	22	GALAICO	31.46	2,00
Baja	1061561 INCUTTI TELLADO, Denis	23	PONTEAREAS		-
Baja	1208836 GÓMEZ MÉNDEZ, Borja	21	PONTEAREAS		-
25+					
1.	1093458 MUIÑO ALONSO, Anton	29	NCORUÑA	26.24	13,00 RG
2.	1010474 QUIROGA RAMOS, Ecequiel	28	POURENSE	26.75	10,00
3.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	26.96	8,00
4.	1040459 BALBOA BLANCO, Ivan	29	PORTAMIÑA	27.57	7,00
5.	1038181 BOUZA PADRON, Adrian	26	PONTEAREAS	27.70	6,00
6.	1038097 VAZQUEZ PRADO, Martin	27	PORTAMIÑA	28.71	5,00
7.	1144045 FERREÑO COMESAÑA, Cristian	27	RIASBAIXAS	31.06	4,00
DSQ	1039270 TRILLO RODRIGUEZ, Adrian	26	CNMOS		-
	<i>Salida anticipada</i>				
30+					
1.	1204916 BALLESTER IBAÑEZ, Edgar	32	MONFORTE	26.18	13,00
2.	1110754 FREIRE LOPEZ, Diego	32	ARTEIXO	29.04	10,00
3.	1144224 ESTEVEZ SOTO, Ricardo	31	POURENSE	31.11	8,00
4.	1174610 TABOADA VILA, Daniel	30	POURENSE	31.13	7,00
5.	1174868 BRION FERNANDEZ, Manuel Joaquin	31	CIDSANTIAG	32.45	6,00
6.	1076271 NOVALES BLANCO, Xabier	32	RIASBAIXAS	33.54	5,00
7.	1241602 FONTAN SEIJO, Adrian	30	CNMOS	35.59	4,00
8.	1078909 RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	35.75	3,00
Baja	1038322 VIEITEZ PORTO, Ismael	31	GALAICO		-
35+					
1.	1084043 PIÑEIRO PEON, Antonio	39	GALAICO	27.93	13,00
2.	1143515 BLANCO PEREZ, Jesus	37	NTNARON	29.43	10,00
3.	1141095 LOPEZ BERMUDEZ, Gabriel	39	RSDH	29.64	8,00
4.	1226234 COTELO SENANDE, Alberto	35	ADFOGAR	29.86	7,00
5.	1075606 MENDEZ FERREIRO, Pablo	38	PORTAMIÑA	29.87	6,00
6.	1203519 KRUGLOV, Mykola	38	ESCUALOS	30.03	5,00
7.	1023057 PEREZ VAZQUEZ, Telmo	35	CMARINA	30.09	4,00
8.	1191119 CAO LAGO, Pablo	36	RIASBAIXAS	30.35	3,00
9.	1224976 RODRIGUEZ PEREZ, Luis	36	CNMOS	30.73	2,00

Prueba 17, Masc., 50m Libre, 35+

Clasificación		Edad		Tiempo	Puntos
10.	1097263 LAMEIRO SEOANE, Javier	36	HERCULES	31.24	1,00
11.	1198278 MANEIRO BETANZOS, Javier	38	ESCUALOS	31.59	-
12.	1240711 MIRAS LOPEZ, Raul	36	NCORUÑA	31.79	-
13.	1212078 FERNÁNDEZ LAGUNA, Francisco Javier	36	TRICORUÑA	32.74	-
14.	1230338 MUIÑO REY, Daniel	39	NFERROL	32.79	-
15.	1241048 PUIG GONZALEZ, Pablo	37	SCASINO	34.69	-
16.	1223126 ALVAREZ FERRIN, Pablo	39	CIDSANTIAG	36.59	-
17.	1236854 GIRALDEZ VILLANUEVA, Ivan	36	PONTEAREAS	55.45	-

40+

1.	1228089 MERA MONTECELOS, Pablo	40	HERCULES	27.67	13,00
2.	1180237 FOUZ ROUCO, Rubén	44	HERCULES	28.56	10,00
3.	1024675 IGLESIAS GOMEZ, Gonzalo	44	HERCULES	29.24	8,00
4.	1079215 MENDES FERRAS, Artur Leonel	42	MONFORTE	30.03	7,00
5.	1085888 CAMIÑA MARTINEZ, Oscar	43	GALAICO	30.24	6,00
6.	1143899 PEREZ LOPEZ, Manuel	42	ESCUALOS	31.82	5,00
7.	1076564 CABANELAS EIRAS, Pablo	44	CIDSANTIAG	31.89	4,00
8.	1144181 PEREZ CARRERA, Elias	44	RIASBAIXAS	31.91	3,00
9.	1215947 VAZQUEZ PEREZ, Luis Fernando	44	CULLEREDO	32.96	2,00
10.	1143456 FERNANDEZ RICO, Alvaro	42	PORTAMIÑA	34.31	1,00
11.	1204849 RICO CARAMES, Pablo	42	POURENSE	35.00	-
12.	1076542 GONZALEZ CONDE, Rodrigo	41	PONTEAREAS	35.21	-
13.	1224734 SOTO REGUEIRA, Roi	40	RIASBAIXAS	35.56	-
14.	1147216 GONZALEZ VICENTE, Ruben	42	PORTAMIÑA	36.09	-
Baja	1240830 PARTIDA GARCÍA, Diego	40	POURENSE		-

45+

1.	1050705 BELTRAN DIAZ, Emilio	46	MONFORTE	26.87	13,00 RG
2.	1205935 GUIRADO CARABEL, Oscar	47	CULLEREDO	28.46	10,00
3.	1076549 FERNÁNDEZ MAROTO, Diego	45	RCNVIGO	28.89	8,00
4.	1231581 RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	29.34	7,00
5.	1118746 SANCHEZ GORDON, Roman	45	RIASBAIXAS	29.72	6,00
6.	1143480 ABADES REBOREDO, Daniel	45	HERCULES	30.93	5,00
7.	1143662 Balsa MOSQUERA, Pablo	45	CMARINA	31.36	4,00
8.	1198273 MONTERO PRIETO, Carlos Eugenio	45	GALAICO	32.28	3,00
9.	1190415 GOMEZ FREIRE, Domingo Jose	48	SCASINO	32.68	2,00
10.	1232932 VEIGA PILLADO, Jose	45	SCASINO	33.28	1,00
11.	1201621 ALONSO ORTIZ, Mariano	47	FLUVIAL	35.38	-
12.	1174679 DE MARTIN DIAZ, Ruben	47	POURENSE	35.50	-
13.	1147211 BLANCO HORTAS, Jose Ramon	49	PORTAMIÑA	37.34	-
14.	1240470 RODRIGUEZ BLANCO, Jose Francisco	47	POURENSE	38.38	-
Baja	1144265 PORTO CASTAÑO, Alexandre	46	SALESTRA		-
Baja	1235958 BRIOSO DÍAZ, Manuel	46	REDONDELA		-
Baja	1141206 ANEIROS GARCIA, Jose	49	CMARINA		-

Prueba 17, Masc., 50m Libre

50+

1.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	27.90	13,00	RG
2.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	28.53	10,00	
3.	1146934	DIEGUEZ ARANDA, Hector	50	PORTAMIÑA	30.93	8,00	
4.	1171462	FERREIRO SEOANE, Jose Raul	50	RIASBAIXAS	32.94	7,00	
5.	1075597	RODRIGUEZ BALIÑA, Marcos	52	PONTEAREAS	33.23	6,00	
6.	1141356	GENDE DIAZ, Juan F.	53	ADFOGAR	34.10	5,00	
7.	1141071	LORENZO FERNANDEZ, Jose Manuel	51	RIASBAIXAS	35.41	4,00	
8.	1203919	CRESPO PIÑEIRO, Natalio	54	RIASBAIXAS	38.83	3,00	
9.	1180239	MARTÍNEZ LEMA, José Antonio	51	TRICORUÑA	43.09	2,00	
DSQ	1147287	ESCUDEIRO DANS, David	50	TRICORUÑA		-	

Salida anticipada

55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	30.23	13,00	
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	32.62	10,00	
3.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	33.35	8,00	
4.	1057905	GURIDI HUERTA, Jesus M.	55	FLUVIAL	35.04	7,00	
5.	1078802	CEGARRA GARCIA, Eugenio	59	RSDH	35.48	6,00	
6.	1175217	CASTRO QUINTELA, Avelino	56	GALAICO	41.31	5,00	
7.	1143966	FERNANDEZ GONZALEZ, Alvaro	58	CNMOS	43.70	4,00	
8.	1180249	SUAREZ FREIRE, David Manuel	55	RIASBAIXAS	46.75	3,00	
Baja	1199641	COUCEIRO SANCHEZ, Gonzalo	57	SCASINO		-	

60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	29.55	13,00	RG
2.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	29.97	10,00	
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	32.80	8,00	
4.	1078597	SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	33.27	7,00	
5.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	38.39	6,00	
6.	1198886	DI FELICE VÁZQUEZ, Mario	61	HERCULES	38.65	5,00	
Baja	1144337	EIRAS DORADO, Juan Luis	61	PORTAMIÑA		-	

65+

1.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	47.97	13,00	
Baja	1076168	GARCIA COLOMO, Carlos Luis	65	POURENSE		-	

70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	35.74	13,00	
2.	1240096	IVANCHENKO, Yurii	70	POURENSE	38.57	10,00	
3.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	42.67	8,00	

85+

1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO	47.53	13,00	RG
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Prueba 18
04/06/2023

Fem., 200m Braza

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1140796 DIAZ DOPICO, Sabela	21	NFERROL	3:17.14	13,00 RG
	50m: 45.08 45.08 100m: 1:34.93 49.85 150m: 2:26.12 51.19 200m: 3:17.14 51.02				
2.	1038929 GONZALEZ AVENDAÑO, Lucia	24	GALAICO	3:42.51	10,00
	50m: 53.39 53.39 100m: 1:49.66 56.27 150m: 2:45.92 56.26 200m: 3:42.51 56.59				
3.	1230349 VICENTE RODRIGUEZ, Andrea	21	PONTEAREAS	4:14.53	8,00
	50m: 56.27 56.27 100m: 1:59.92 1:03.65 150m: 3:07.33 1:07.41 200m: 4:14.53 1:07.20				
25+					
1.	1130789 GARCIA MIGUEZ, Rosalia	25	GALAICO	3:24.77	13,00
	50m: 47.84 47.84 100m: 1:40.45 52.61 150m: 2:33.69 53.24 200m: 3:24.77 51.08				
2.	1079047 BALEA CASAS, Tania	27	GALAICO	3:42.06	10,00
	50m: 49.22 49.22 100m: 1:45.54 56.32 150m: 2:43.17 57.63 200m: 3:42.06 58.89				
3.	1191499 GONZALEZ MACIA, Alba	29	MONFORTE	3:51.71	8,00
	50m: 54.77 54.77 100m: 1:55.68 1:00.91 150m: 2:56.43 1:00.75 200m: 3:51.71 55.28				
4.	1145008 GONZALEZ PEREZ, Paula	27	PONTEAREAS	4:03.50	7,00
	50m: 57.13 57.13 100m: 1:58.68 1:01.55 150m: 3:01.80 1:03.12 200m: 4:03.50 1:01.70				
30+					
1.	1093459 FRANCO CAL, Alba	32	FLUVIAL	2:58.39	13,00 RG
	50m: 41.80 41.80 100m: 1:27.31 45.51 150m: 2:13.16 45.85 200m: 2:58.39 45.23				
2.	1141212 RIVAS TENREIRO, Arantza	34	NTNARON	3:28.29	10,00
	50m: 47.28 47.28 100m: 1:40.55 53.27 150m: 2:34.83 54.28 200m: 3:28.29 53.46				
3.	1204918 MARTINEZ GARCIA, Susana	32	MONFORTE	4:13.35	8,00
	50m: 54.03 54.03 100m: 2:00.06 1:06.03 150m: 3:08.18 1:08.12 200m: 4:13.35 1:05.17				
4.	1221892 OTERO FERNANDEZ, Maria Luisa	30	SALESTRA	4:21.63	7,00
	50m: 56.67 56.67 100m: 2:01.99 1:05.32 150m: 3:12.19 1:10.20 200m: 4:21.63 1:09.44				
35+					
1.	1144270 ROZADOS LUIS, Adriana	38	SALESTRA	3:37.38	13,00
	50m: 48.28 48.28 100m: 1:43.05 54.77 150m: 2:40.47 57.42 200m: 3:37.38 56.91				
40+					
1.	1180232 FKEOUI OMARI, Salma	41	ESCUALOS	3:27.50	13,00
	50m: 49.59 49.59 100m: 1:42.90 53.31 150m: 2:36.21 53.31 200m: 3:27.50 51.29				
2.	1143598 MIRA VAZQUEZ, Marta	42	ESCUALOS	3:27.88	10,00
	50m: 47.40 47.40 100m: 1:41.82 54.42 150m: 2:35.58 53.76 200m: 3:27.88 52.30				
3.	1170845 CID ALVAREZ, Isabel	43	ESCUALOS	3:51.83	8,00
	50m: 53.63 53.63 100m: 1:53.45 59.82 150m: 2:53.29 59.84 200m: 3:51.83 58.54				

Prueba 18, Fem., 200m Braza

45+

1.	1057273	MARCOS VARELA, Laura	47	RIASBAIXAS	3:13.07	13,00
	50m:	43.85 43.85	100m:	1:32.73 48.88	150m:	2:23.36 50.63
			200m:	3:13.07 49.71		
2.	1143813	REGUEIRA MARTINEZ, Maria J.	48	HERCULES	3:45.62	10,00
	50m:	52.48 52.48	100m:	1:49.05 56.57	150m:	2:46.57 57.52
			200m:	3:45.62 59.05		
3.	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	3:56.16	8,00
	50m:	54.81 54.81	100m:	1:55.67 1:00.86	150m:	2:56.81 1:01.14
			200m:	3:56.16 59.35		
4.	1217806	PAZ BERMUDEZ, Maria	47	SALESTRA	4:00.25	7,00
	50m:	57.65 57.65	100m:	2:01.07 1:03.42	150m:	3:03.82 1:02.75
			200m:	4:00.25 56.43		
5.	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	4:00.38	6,00
	50m:	56.26 56.26	100m:	1:57.31 1:01.05	150m:	3:00.40 1:03.09
			200m:	4:00.38 59.98		

50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	3:45.67	13,00
	50m:	52.78 52.78	100m:	1:52.32 59.54	150m:	2:51.07 58.75
			200m:	3:45.67 54.60		
2.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	4:37.54	10,00
	50m:	1:01.61 1:01.61	100m:	2:11.36 1:09.75	150m:	3:25.89 1:14.53
			200m:	4:37.54 1:11.65		
3.	1145007	MELON PARENTE, M. Lourdes	54	PONTEAREAS	6:41.40	8,00
	50m:	1:36.33 1:36.33	100m:	3:19.75 1:43.42	150m:	5:01.22 1:41.47
			200m:	6:41.40 1:40.18		

55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	4:00.87	13,00
	50m:	54.40 54.40	100m:	1:54.03 59.63	150m:	2:58.22 1:04.19
			200m:	4:00.87 1:02.65		
2.	1144231	PEREZ GALLARDO, Teresa	59	POURENSE	6:20.74	10,00
	50m:	1:29.33 1:29.33	100m:	3:07.54 1:38.21	150m:	4:46.84 1:39.30
			200m:	6:20.74 1:33.90		

60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	3:45.28	13,00 RG
	50m:	52.91 52.91	100m:	1:49.89 56.98	150m:	2:48.59 58.70
			200m:	3:45.28 56.69		
2.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	4:43.08	10,00
	50m:	1:07.53 1:07.53	100m:	2:19.03 1:11.50	150m:	3:34.97 1:15.94
			200m:	4:43.08 1:08.11		
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	64	PONTEAREAS	5:05.42	8,00
	50m:	1:07.27 1:07.27	100m:	2:27.65 1:20.38	150m:	3:48.79 1:21.14
			200m:	5:05.42 1:16.63		

Prueba 19
04/06/2023

Masc., 200m Braza

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1230348 GONZALEZ ALONSO, Alejandro	21 PONTEAREAS	3:41.87 13,00
	50m: 50.30 50.30 100m: 1:45.37 55.07 150m: 2:43.88 58.51 200m: 3:41.87 57.99		
25+			
1.	1037284 SABUZ FORNEIRO, Martin	29 POURENSE	2:43.64 13,00 RG
	50m: 36.42 36.42 100m: 1:17.11 40.69 150m: 2:00.10 42.99 200m: 2:43.64 43.54		
2.	1038181 BOUZA PADRON, Adrian	26 PONTEAREAS	2:44.62 10,00
	50m: 38.16 38.16 100m: 1:19.90 41.74 150m: 2:02.76 42.86 200m: 2:44.62 41.86		
3.	1119327 SUAREZ FERNÁNDEZ, Santiago	28 MONFORTE	2:47.20 8,00
	50m: 36.72 36.72 100m: 1:18.86 42.14 150m: 2:02.76 43.90 200m: 2:47.20 44.44		
4.	1068356 AZNAR GRUILLE, Carlos J.	28 CMARINA	3:12.02 7,00
	50m: 44.31 44.31 100m: 1:34.36 50.05 150m: 2:24.80 50.44 200m: 3:12.02 47.22		
5.	1216460 FRANCISCO MACÍAS, Simón	27 POURENSE	3:27.68 6,00
	50m: 100m: 1:38.69 150m: 200m: 3:27.68		
30+			
1.	1130602 TENORIO FREIRE, Martin	31 GALAICO	2:45.17 13,00 RG
	50m: 36.70 36.70 100m: 1:18.41 41.71 150m: 2:02.30 43.89 200m: 2:45.17 42.87		
35+			
1.	1076287 PAZOS ALONSO, Josue	37 ESCUALOS	2:49.94 13,00 RG
	50m: 38.43 38.43 100m: 1:22.12 43.69 150m: 2:06.65 44.53 200m: 2:49.94 43.29		
2.	1143890 FORTES NOVOA, Martiño	35 ESCUALOS	3:00.81 10,00
	50m: 40.99 40.99 100m: 1:27.00 46.01 150m: 2:15.33 48.33 200m: 3:00.81 45.48		
3.	1199549 MARTINEZ DOPAZO, David	36 GALAICO	3:04.80 8,00
	50m: 100m: 1:26.26 150m: 200m: 3:04.80		
4.	1126597 FERNANDEZ GAYOSO, Jose Manuel	37 CNMOS	3:06.84 7,00
	50m: 42.04 42.04 100m: 1:29.31 47.27 150m: 2:18.46 49.15 200m: 3:06.84 48.38		
5.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35 RIASBAIXAS	3:10.56 6,00
	50m: 100m: 1:34.21 150m: 200m: 3:10.56		
6.	1214823 GONZALEZ PEÑAS, David	39 PORTAMIÑA	3:28.16 5,00
	50m: 50.39 50.39 100m: 1:42.32 51.93 150m: 2:34.96 52.64 200m: 3:28.16 53.20		
7.	1204315 TORRES FRAILE, Emilio	39 MONFORTE	3:56.93 4,00
	50m: 53.10 53.10 100m: 1:53.57 1:00.47 150m: 2:55.29 1:01.72 200m: 3:56.93 1:01.64		

Prueba 19, Masc., 200m Braza

40+

1.	1093446	VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	3:03.14	13,00
	50m:	42.50 42.50	100m:	1:29.29 46.79	150m:	2:17.37 48.08
			200m:	3:03.14 45.77		
2.	1144789	MATIAS DUARTE, Erick	41	HERCULES	3:11.79	10,00
	50m:		100m:	1:32.06	150m:	
			200m:	3:11.79		
3.	1143897	SEVILLA AROCA, Javier	40	ESCUALOS	3:14.34	8,00
	50m:	43.37 43.37	100m:	1:32.48 49.11	150m:	2:23.26 50.78
			200m:	3:14.34 51.08		
4.	1143895	PADIN CHARLIN, Joaquin	43	ESCUALOS	3:19.59	7,00
	50m:		100m:	1:33.50	150m:	
			200m:	3:19.59		
5.	1238677	MARIÑO GONZALEZ, Ramón	43	POURENSE	3:39.78	6,00
	50m:	51.55 51.55	100m:	1:46.17 54.62	150m:	2:42.92 56.75
			200m:	3:39.78 56.86		
6.	1200126	TABOADA CALVELO, Jose Carlos	44	SALESTRA	3:45.14	5,00
	50m:	50.60 50.60	100m:	1:48.31 57.71	150m:	2:46.29 57.98
			200m:	3:45.14 58.85		
7.	1038913	SUAREZ GARCIA, Pedro Lois	43	PONTEAREAS	3:46.43	4,00
	50m:	50.75 50.75	100m:	1:47.94 57.19	150m:	2:49.27 1:01.33
			200m:	3:46.43 57.16		
8.	1076282	CARRERA COSTAS, Andres	41	PONTEAREAS	3:48.49	3,00
	50m:		100m:	1:48.17	150m:	
			200m:	3:48.49		
9.	1076542	GONZALEZ CONDE, Rodrigo	41	PONTEAREAS	3:49.81	2,00
	50m:	51.13 51.13	100m:	1:49.59 58.46	150m:	2:50.22 1:00.63
			200m:	3:49.81 59.59		
10.	1178772	CARRERA RODRÍGUEZ, Rubén	44	PONTEAREAS	3:55.25	1,00
	50m:	53.50 53.50	100m:	1:54.64 1:01.14	150m:	2:56.89 1:02.25
			200m:	3:55.25 58.36		
11.	1039360	POSE MATO, Cesar	40	ADFOGAR	4:41.72	-
	50m:	1:07.23 1:07.23	100m:	2:22.20 1:14.97	150m:	3:36.17 1:13.97
			200m:	4:41.72 1:05.55		
DSQ	1076564	CABANELAS EIRAS, Pablo	44	CIDSANTIAG		-
		<i>Nado irregular</i>				

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	3:04.64	13,00
	50m:	41.91 41.91	100m:	1:29.73 47.82	150m:	2:17.36 47.63
			200m:	3:04.64 47.28		
2.	1144265	PORTO CASTAÑO, Alexandre	46	SALESTRA	3:07.18	10,00
	50m:	41.74 41.74	100m:	1:29.09 47.35	150m:	2:18.34 49.25
			200m:	3:07.18 48.84		
3.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	3:12.33	8,00
	50m:		100m:	1:33.14	150m:	
			200m:	3:12.33		
4.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	3:20.90	7,00
	50m:		100m:	1:34.62	150m:	
			200m:	3:20.90		
5.	1079343	MOURIÑO ORTIGUERA, Roberto C.	49	PONTEAREAS	3:26.63	6,00
	50m:		100m:	1:36.73	150m:	
			200m:	3:26.63		
6.	1201621	ALONSO ORTIZ, Mariano	47	FLUVIAL	3:31.40	5,00
	50m:	49.44 49.44	100m:	1:43.41 53.97	150m:	2:38.85 55.44
			200m:	3:31.40 52.55		

Prueba 19, Masc., 200m Braza

50+

1.	1076185 PEREIRA DIAZ, Angel	51 ESCUALOS	3:06.26	13,00
	50m: 42.08 42.08 100m: 1:29.15 47.07 150m: 2:17.19 48.04 200m: 3:06.26 49.07			
2.	1040137 QUINTAS BARROS, Jesus C.	50 ESCUALOS	3:09.89	10,00
	50m: 42.95 42.95 100m: 1:32.99 50.04 150m: 2:21.70 48.71 200m: 3:09.89 48.19			
3.	1197597 HERNAEZ OUBIÑA, David	50 CULLEREDO	3:10.87	8,00
	50m: 43.37 43.37 100m: 1:31.41 48.04 150m: 2:20.45 49.04 200m: 3:10.87 50.42			
4.	1141504 BOUSO FUENTECILLA, Fernando	52 ESCUALOS	3:20.81	7,00
	50m: 100m: 1:36.83 150m: 200m: 3:20.81			
5.	1144857 FERREIRO SUAREZ, Javier M.	50 SCASINO	3:31.84	6,00
	50m: 100m: 1:39.59 150m: 200m: 3:31.84			
6.	1144117 PREGO MARTINEZ, Benjamin	50 PONTEAREAS	3:33.38	5,00
	50m: 100m: 1:42.40 150m: 200m: 3:33.38			
7.	1143605 FERNANDEZ MARTINEZ, Alberto	52 ESCUALOS	3:34.02	4,00
	50m: 48.93 48.93 100m: 1:42.81 53.88 150m: 2:37.98 55.17 200m: 3:34.02 56.04			
8.	1079474 MANDADO RODRIGUEZ, Enrique	51 HERCULES	3:36.43	3,00
	50m: 100m: 1:43.08 150m: 200m: 3:36.43			
9.	1144698 CADAVID NUÑEZ, Jose	53 POURENSE	3:51.67	2,00
	50m: 51.85 51.85 100m: 1:51.25 59.40 150m: 2:51.83 1:00.58 200m: 3:51.67 59.84			
10.	1197604 ARAUJO FERNÁNDEZ, Jose	52 ESCUALOS	4:24.36	1,00
	50m: 59.62 59.62 100m: 2:08.98 1:09.36 150m: 3:20.58 1:11.60 200m: 4:24.36 1:03.78			
11.	1145039 FERREIRO SANCHEZ, Luis	53 POURENSE	4:49.13	-
	50m: 1:05.49 1:05.49 100m: 2:05.57 1:00.08 150m: 3:36.12 1:30.55 200m: 4:49.13 1:13.01			
DSQ	1230361 VERDE LEBORANS, José	50 CIDSANTIAG		-
	<i>Salida anticipada</i>			

55+

1.	1143661 TOURIÑO GONZALEZ, Victor	55 CMARINA	3:19.53	13,00
	50m: 100m: 1:36.49 150m: 200m: 3:19.53			
2.	1079460 REY ROMERO, Jorge J.	57 PORTAMIÑA	3:40.13	10,00
	50m: 49.08 49.08 100m: 1:44.65 55.57 150m: 2:42.72 58.07 200m: 3:40.13 57.41			
3.	1145033 PIÑEIRO PEREZ, Armando	57 PONTEAREAS	3:57.45	8,00
	50m: 54.60 54.60 100m: 1:56.56 1:01.96 150m: 2:58.89 1:02.33 200m: 3:57.45 58.56			
4.	1143966 FERNANDEZ GONZALEZ, Alvaro	58 CNMOS	4:25.09	7,00
	50m: 58.93 58.93 100m: 2:07.01 1:08.08 150m: 3:17.71 1:10.70 200m: 4:25.09 1:07.38			

60+

1.	1076279 SIO LOURIDO, J. Salvador	62 CNMOS	3:33.38	13,00
	50m: 49.87 49.87 100m: 1:46.13 56.26 150m: 2:41.25 55.12 200m: 3:33.38 52.13			
2.	1144940 HERNANZ MORAL, Fausto	61 RIASBAIXAS	4:18.24	10,00
	50m: 59.28 59.28 100m: 2:06.56 1:07.28 150m: 3:13.41 1:06.85 200m: 4:18.24 1:04.83			
3.	1144712 MONTERO FERNANDEZ, Jose Antonio	60 POURENSE	4:41.27	8,00
	50m: 1:01.92 1:01.92 100m: 2:15.11 1:13.19 150m: 3:29.33 1:14.22 200m: 4:41.27 1:11.94			

Prueba 19, Masc., 200m Braza

65+

1.	1048207 ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:27.24	13,00	RG
	50m:	100m: 1:41.58	150m:	200m: 3:27.24		

80+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	6:35.52	13,00	RG		
	50m: 1:00.67	1:00.67	100m: 3:14.20	2:13.53	150m: 4:57.61	1:43.41	200m: 6:35.52	1:37.91

Prueba 20
04/06/2023

Fem., 200m Espalda

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1087181 BLANCO PEREZ, Paula 50m: 39.42 39.42 100m: 1:22.33 42.91	24 POURENSE 150m: 2:06.20 43.87 200m: 2:49.92 43.72	2:49.92 13,00
2.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria 50m: 42.95 42.95 100m: 1:31.08 48.13	22 PORTAMIÑA 150m: 2:21.03 49.95 200m: 3:09.72 48.69	3:09.72 10,00
3.	1037965 COSTA FERNANDEZ, Laura 50m: 48.55 48.55 100m: 1:39.49 50.94	22 PONTEAREAS 150m: 2:33.08 53.59 200m: 3:25.00 51.92	3:25.00 8,00
25+			
1.	1038096 FREIJE TORNEIRO, Aroa 50m: 38.10 38.10 100m: 1:19.56 41.46	25 PORTAMIÑA 150m: 2:03.67 44.11 200m: 2:47.07 43.40	2:47.07 13,00 RG
2.	1038199 SABUZ FORNEIRO, Andrea 50m: 38.48 38.48 100m: 1:20.90 42.42	25 POURENSE 150m: 2:06.08 45.18 200m: 2:52.26 46.18	2:52.26 10,00
3.	1217434 CRESPO ESTEVEZ, Laura 50m: 48.79 48.79 100m: 1:41.93 53.14	29 GALAICO 150m: 2:39.03 57.10 200m: 3:32.23 53.20	3:32.23 8,00
4.	1078925 SALGADO CASTELO, Marta 50m: 52.81 52.81 100m: 1:50.25 57.44	29 PORTAMIÑA 150m: 2:48.14 57.89 200m: 3:41.56 53.42	3:41.56 7,00
5.	1145008 GONZALEZ PEREZ, Paula 50m: 54.32 54.32 100m: 1:52.92 58.60	27 PONTEAREAS 150m: 2:54.14 1:01.22 200m: 3:51.51 57.37	3:51.51 6,00
30+			
1.	1040545 POMBO LOPEZ, Belen 50m: 41.22 41.22 100m: 1:24.34 43.12	31 FLUVIAL 150m: 2:08.70 44.36 200m: 2:53.75 45.05	2:53.75 13,00 RG
2.	1040731 GESTO ALONSO, Clarisa 50m: 42.79 42.79 100m: 1:29.76 46.97	34 PONTEAREAS 150m: 2:18.74 48.98 200m: 3:00.90 42.16	3:00.90 10,00
Baja	1174885 RUIZ MEILAN, Blanca	33 SCASINO	-
35+			
1.	1212097 LOUREIRO AMOR, Belen Martina 50m: 41.27 41.27 100m: 1:26.81 45.54	35 NTNARON 150m: 2:12.51 45.70 200m: 2:58.09 45.58	2:58.09 13,00
2.	1144894 VINAGRE SENDINO, Cora 50m: 42.49 42.49 100m: 1:29.42 46.93	35 SCASINO 150m: 2:18.34 48.92 200m: 3:06.60 48.26	3:06.60 10,00
3.	1144948 GONZALEZ PEREZ, Jessica 50m: 48.77 48.77 100m: 1:42.38 53.61	36 RIASBAIXAS 150m: 2:37.44 55.06 200m: 3:32.82 55.38	3:32.82 8,00
40+			
1.	1013486 GONZALEZ RODRIGUEZ, Maria 50m: 40.74 40.74 100m: 1:24.24 43.50	41 POURENSE 150m: 2:08.56 44.32 200m: 2:53.50 44.94	2:53.50 13,00 RG
2.	1075221 HERMIDA RODRIGUEZ, Blanca 50m: 40.52 40.52 100m: 1:25.25 44.73	42 CMARINA 150m: 2:11.05 45.80 200m: 2:55.17 44.12	2:55.17 10,00

Prueba 20, Fem., 200m Espalda, 40+

Clasificación	Edad	Tiempo	Puntos
3. 1143597 SANCHEZ LEDO, Cira	42 ESCUALOS	3:08.17	8,00
50m: 46.91 46.91 100m: 1:34.15 47.24 150m: 2:21.93 47.78 200m: 3:08.17 46.24			
4. 1170812 MARTIN, Christelle	42 ESCUALOS	3:38.79	7,00
50m: 52.35 52.35 100m: 1:48.21 55.86 150m: 2:45.05 56.84 200m: 3:38.79 53.74			
5. 1075224 BROZOS VAZQUEZ, Elena María	41 CIDSANTIAG	4:39.37	6,00
50m: 1:09.16 1:09.16 100m: 2:18.85 1:09.69 150m: 3:29.94 1:11.09 200m: 4:39.37 1:09.43			

45+

1. 1143894 DE LORENZO FERNANDEZ, Maria	45 ESCUALOS	3:27.13	13,00
50m: 50.44 50.44 100m: 1:42.92 52.48 150m: 2:35.99 53.07 200m: 3:27.13 51.14			
2. 1143813 REGUEIRA MARTINEZ, Maria J.	48 HERCULES	3:43.14	10,00
50m: 49.39 49.39 100m: 1:46.51 57.12 150m: 2:46.18 59.67 200m: 3:43.14 56.96			
3. 1197606 CARBALLO BALOIRA, Susana María	48 HERCULES	4:16.21	8,00
50m: 1:01.99 1:01.99 100m: 2:08.40 1:06.41 150m: 3:14.52 1:06.12 200m: 4:16.21 1:01.69			

50+

1. 1228008 OJEA DE CASTRO, Macarena	50 PORTAMIÑA	3:21.19	13,00
50m: 48.04 48.04 100m: 1:39.76 51.72 150m: 2:32.26 52.50 200m: 3:21.19 48.93			
2. 1076154 ABREU FERNANDEZ, Marta	52 PONTEAREAS	4:45.43	10,00
50m: 1:09.97 1:09.97 100m: 2:24.16 1:14.19 150m: 3:36.87 1:12.71 200m: 4:45.43 1:08.56			
3. 1143584 FERNANDEZ SESTELO, Maria Jose	53 PONTEAREAS	5:25.99	8,00
50m: 1:16.84 1:16.84 100m: 2:42.80 1:25.96 150m: 4:06.58 1:23.78 200m: 5:25.99 1:19.41			

55+

1. 1086162 BARJA BARJA, Liliana	58 TRAVIESAS	3:32.68	13,00
50m: 50.46 50.46 100m: 1:45.32 54.86 150m: 2:39.57 54.25 200m: 3:32.68 53.11			
2. 1038729 DEL AMO BLANCO, Margarita	56 PONTEAREAS	3:48.96	10,00
50m: 53.52 53.52 100m: 1:52.41 58.89 150m: 2:52.54 1:00.13 200m: 3:48.96 56.42			
3. 1076506 MARTY PAZOS, Maria Victoria	58 TRAVIESAS	4:17.25	8,00
50m: 1:03.38 1:03.38 100m: 2:09.02 1:05.64 200m: 4:17.25 2:08.23			
4. 1187918 FERNÁNDEZ ARRIZABALO, María	57 TRAVIESAS	4:26.09	7,00
50m: 1:04.45 1:04.45 100m: 2:13.06 1:08.61 150m: 3:22.79 1:09.73 200m: 4:26.09 1:03.30			
5. 1144231 PEREZ GALLARDO, Teresa	59 POURENSE	5:30.08	6,00
50m: 1:20.35 1:20.35 100m: 2:45.07 1:24.72 150m: 4:10.70 1:25.63 200m: 5:30.08 1:19.38			

60+

1. 1076172 GARCIA COLOMO, M. Cristina	61 POURENSE	3:29.36	13,00 RG
50m: 47.47 47.47 100m: 1:39.60 52.13 150m: 2:34.62 55.02 200m: 3:29.36 54.74			
2. 1127105 PEREIRA ALONSO, Isabel	62 ADFOGAR	4:47.66	10,00
50m: 1:08.62 1:08.62 100m: 2:22.62 1:14.00 150m: 3:37.05 1:14.43 200m: 4:47.66 1:10.61			

Prueba 20, Fem., 200m Espalda

75+

1.	1143507 PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	8:56.67	13,00
	50m: 2:06.80 2:06.80	100m: 4:16.56 2:09.76	150m: 6:48.54 2:31.98	200m: 8:56.67	2:08.13

Prueba 21
04/06/2023

Masc., 200m Espalda

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1. 1038566 CIVEIRA CORRAL, Samuel	21 POURENSE	2:20.26	13,00 RG
50m: 32.19 32.19 100m: 1:07.74	35.55 150m: 1:44.94 37.20	200m: 2:20.26	35.32
2. 1111716 SIMON COTELO, Manuel	22 HERCULES	2:24.77	10,00
50m: 33.81 33.81 100m: 1:11.04	37.23 150m: 1:47.89 36.85	200m: 2:24.77	36.88
3. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	2:26.11	8,00
50m: 33.56 33.56 100m: 1:10.57	37.01 150m: 1:48.63 38.06	200m: 2:26.11	37.48
4. 1039755 RIVAS MACEIRAS, Isaac	24 HERCULES	2:38.93	7,00
50m: 34.86 34.86 100m: 1:14.44	39.58 150m: 1:55.60 41.16	200m: 2:38.93	43.33
5. 1141093 VILLAMOR FERRO, Rubén	23 ARTEIXO	2:44.10	6,00
50m: 38.23 38.23 100m: 1:19.31	41.08 150m: 2:01.68 42.37	200m: 2:44.10	42.42
25+			
1. 1144193 PASTORIZA SANTACLARA, Jorge	26 RIASBAIXAS	2:31.09	13,00
50m: 35.20 35.20 100m: 1:13.05	37.85 150m: 1:52.09 39.04	200m: 2:31.09	39.00
2. 1078908 MEILAN SANCHEZ, Sergio Jose	27 PORTAMIÑA	3:09.09	10,00
50m: 46.65 46.65 100m: 1:34.70	48.05 150m: 2:21.86 47.16	200m: 3:09.09	47.23
30+			
Baja 1037824 FREIRE GONZALEZ, Javier	30 RIASBAIXAS		-
35+			
1. 1089000 TABOADA VILA, Alberto	36 POURENSE	2:19.66	13,00 RG
50m: 32.14 32.14 100m: 1:06.38	34.24 150m: 1:41.78 35.40	200m: 2:19.66	37.88
2. 1226258 BERNARDEZ FERRO, Juan Jose	36 GALAICO	2:55.86	10,00
50m: 42.20 42.20 100m: 1:27.13	44.93 150m: 2:12.52 45.39	200m: 2:55.86	43.34
3. 1097263 LAMEIRO SEOANE, Javier	36 HERCULES	3:16.18	8,00
50m: 47.62 47.62 100m: 1:37.11	49.49 150m: 2:26.48 49.37	200m: 3:16.18	49.70
4. 1036745 BARCIA SIXTO, Francisco José	38 NTNARON	3:25.81	7,00
50m: 49.88 49.88 100m: 1:41.17	51.29 150m: 2:35.18 54.01	200m: 3:25.81	50.63
5. 1178928 FIDALGO SERRANO, Guillermo	37 TRAVIESAS	3:32.50	6,00
50m: 50.71 50.71 100m: 1:44.26	53.55 150m: 2:39.17 54.91	200m: 3:32.50	53.33
Baja 1005819 LAZARO GUERRERO, Victor	35 CMARINA		-
40+			
1. 1231535 GOMEZ MARQUEZ, Hugo	40 POURENSE	2:32.08	13,00 RG
50m: 35.81 35.81 100m: 1:14.22	38.41 150m: 1:53.00 38.78	200m: 2:32.08	39.08
2. 1141151 CALLE FACAL, Telmo	40 GALAICO	2:32.42	10,00
50m: 35.05 35.05 100m: 1:12.65	37.60 150m: 1:52.04 39.39	200m: 2:32.42	40.38
3. 1190909 CARBALLA BARROSO, Rogelio Manue42	GALAICO	3:17.83	8,00
50m: 44.50 44.50 100m: 1:34.48	49.98 150m: 2:27.41 52.93	200m: 3:17.83	50.42

Prueba 21, Masc., 200m Espalda, 40+

Clasificación	Edad	Tiempo	Puntos
4. 1240331 DE LORENZO FERNÁNDEZ, Javier	42 ESCUALOS	3:31.50	7,00
50m: 50.27 50.27 100m: 1:45.22 54.95 150m: 2:40.93 55.71 200m: 3:31.50 50.57			
5. 1170841 BASTIDA CAMPOS, Alejandro	41 SALESTRA	3:32.07	6,00
50m: 50.54 50.54 100m: 1:45.13 54.59 150m: 2:42.42 57.29 200m: 3:32.07 49.65			
6. 1144584 ALVAREZ SILVA, Ruben	42 ESCUALOS	3:32.66	5,00
100m: 1:46.45 1:46.45 150m: 2:40.41 53.96 200m: 3:32.66 52.25			
7. 1038913 SUAREZ GARCIA, Pedro Lois	43 PONTEAREAS	3:48.80	4,00
50m: 53.52 53.52 100m: 1:50.79 57.27 150m: 2:53.49 1:02.70 200m: 3:48.80 55.31			
8. 1039360 POSE MATO, Cesar	40 ADFOGAR	4:39.25	3,00
50m: 1:06.41 1:06.41 100m: 2:17.45 1:11.04 150m: 3:29.73 1:12.28 200m: 4:39.25 1:09.52			
9. 1190398 FERNANDEZ CORRAL, Marcos	44 PORTAMIÑA	5:27.09	2,00
50m: 1:14.91 1:14.91 100m: 2:35.41 1:20.50 150m: 3:59.03 1:23.62 200m: 5:27.09 1:28.06			

45+

1. 1118746 SANCHEZ GORDON, Roman	45 RIASBAIXAS	2:40.56	13,00 RG
50m: 37.25 37.25 100m: 1:18.20 40.95 150m: 1:59.54 41.34 200m: 2:40.56 41.02			
2. 1075601 MOURIZ LOMBAO, Fco. Javier	48 PORTAMIÑA	2:56.60	10,00
50m: 42.89 42.89 100m: 1:28.72 45.83 150m: 2:14.26 45.54 200m: 2:56.60 42.34			
3. 1144267 FINS SEOANE, Juan Miguel	46 SALESTRA	2:57.92	8,00
50m: 42.98 42.98 100m: 1:28.34 45.36 150m: 2:13.89 45.55 200m: 2:57.92 44.03			
4. 1076549 FERNÁNDEZ MAROTO, Diego	45 RCNVIGO	3:11.06	7,00
50m: 46.62 46.62 100m: 1:35.82 49.20 150m: 2:25.44 49.62 200m: 3:11.06 45.62			
5. 1212075 GONZALEZ PARIS, David	45 HERCULES	3:19.91	6,00
50m: 43.68 43.68 100m: 1:35.44 51.76 150m: 2:28.08 52.64 200m: 3:19.91 51.83			
6. 1076535 DE LUIS GONZÁLEZ, Aitor	49 RCNVIGO	3:23.90	5,00
50m: 50.11 50.11 100m: 1:41.96 51.85 150m: 2:33.96 52.00 200m: 3:23.90 49.94			
7. 1191914 CARNERO FIRVIDA, Jose Ramón	49 ESCUALOS	3:49.27	4,00
100m: 1:50.79 1:50.79 150m: 2:50.20 59.41 200m: 3:49.27 59.07			
8. 1141502 TRONCOSO CAAMAÑO, Fernando	48 ESCUALOS	4:01.53	3,00
50m: 1:00.36 1:00.36 100m: 2:03.34 1:02.98 150m: 3:04.84 1:01.50 200m: 4:01.53 56.69			
9. 1144915 SÁNCHEZ PARADA, Jose M ^a	45 ARTEIXO	4:15.59	2,00
50m: 58.85 58.85 100m: 2:04.06 1:05.21 150m: 3:12.06 1:08.00 200m: 4:15.59 1:03.53			

50+

1. 1040137 QUINTAS BARROS, Jesus C.	50 ESCUALOS	3:03.36	13,00
50m: 45.01 45.01 100m: 1:32.50 47.49 150m: 2:19.37 46.87 200m: 3:03.36 43.99			
2. 1038104 PEREZ ARIAS, Hector	52 PORTAMIÑA	3:10.96	10,00
50m: 45.25 45.25 100m: 1:33.21 47.96 150m: 2:22.51 49.30 200m: 3:10.96 48.45			
3. 1143612 PENEDO PADIN, Adolfo	51 GALAICO	3:49.09	8,00
50m: 55.21 55.21 100m: 1:53.16 57.95 150m: 2:52.46 59.30 200m: 3:49.09 56.63			

Prueba 21, Masc., 200m Espalda

55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	2:51.32	13,00	RG	
	50m:	41.16 41.16	100m:	1:24.67 43.51	150m:	2:08.24 43.57	200m:	2:51.32 43.08
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	3:14.41	10,00		
	50m:	47.43 47.43	100m:	1:38.27 50.84	150m:	2:27.42 49.15	200m:	3:14.41 46.99
3.	1195569	PEREZ LEIVA, Manuel	55	RIASBAIXAS	3:40.36	8,00		
	50m:	51.57 51.57	100m:	1:49.04 57.47	150m:	2:47.89 58.85	200m:	3:40.36 52.47
4.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	3:45.92	7,00		
	50m:	56.74 56.74	100m:	1:55.63 58.89	200m:	3:45.92 1:50.29		
5.	1075593	PIROSCIA PENADO, Jose	57	PORTAMIÑA	4:41.60	6,00		
	50m:	1:05.83 1:05.83	100m:	2:16.89 1:11.06	150m:	3:28.88 1:11.99	200m:	4:41.60 1:12.72
DSQ	1057905	GURIDI HUERTA, Jesus M. <i>Nado irregular</i>	55	FLUVIAL		-		
DSQ	1143536	BLANCO PEREZ, Angel <i>Viraje irregular</i>	59	POURENSE		-		

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	3:23.13	13,00		
	50m:	47.25 47.25	100m:	1:40.50 53.25	150m:	2:34.61 54.11	200m:	3:23.13 48.52
2.	1170858	CODESIDO LOPEZ, José	64	CIDSANTIAG	3:29.33	10,00		
	50m:	47.06 47.06	100m:	1:39.71 52.65	150m:	2:35.29 55.58	200m:	3:29.33 54.04

65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:38.29	13,00	RG	
	50m:	52.43 52.43	100m:	1:47.86 55.43	150m:	2:43.66 55.80	200m:	3:38.29 54.63
2.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	3:44.15	10,00		
	50m:	54.31 54.31	100m:	1:51.77 57.46	150m:	2:49.17 57.40	200m:	3:44.15 54.98
3.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	7:19.09	8,00		
	100m:	3:44.09 3:44.09	200m:	7:19.09 3:35.00				

70+

1.	1075177	LOPEZ VIDAL, Antonio	71	GALAICO	5:04.75	13,00	RG	
	50m:	1:13.22 1:13.22	100m:	2:32.72 1:19.50	150m:	3:51.18 1:18.46	200m:	5:04.75 1:13.57

Prueba 22
04/06/2023

Mixto, 4 x 50m Libre

AG 80 - 359
Resultados

Clasificación					Tiempo	Puntos
+80 (PRE-MASTER)						
1.	POURENSE 4			POURENSE	1:51.91	26,00 RG
	MOURE DOVAL, Jose 24	25.34		BLANCO PEREZ, Paula 24		31.43
	CIVEIRA CORRAL, Samuel 21	24.55		SABUZ FORNEIRO, Andrea 25		30.59
2.	HERCULES 1			HERCULES	1:53.16	20,00 RG
	PASCUAL GUTIERREZ, Maria Tere:25	27.71		RIVAS MACEIRAS, Isaac 24		28.03
	FERNANDEZ GONZALEZ, Elena 22	31.67		SIMON COTELLO, Manuel 22		25.75
3.	PORTAMIÑA 1			PORTAMIÑA	1:53.74	16,00
	VAZQUEZ PRADO, Martin 27	28.29		MOURIZ CASANOVA, Sabela 22		29.00
	OTERO VILLARES, Daniel 22	26.27		PIROSCIA PONTIDE, Carla 24		30.18
4.	MONFORTE 1			MONFORTE	1:55.08	14,00
	PONTON RODRIGUEZ, Juan 21	25.30		VARELA MENDEZ, Clara 20		30.93
	SUAREZ FERNÁNDEZ, Santiago 28	26.05		CASTRO DE LA FUENTE, Uxia 20		32.80
5.	GALAICO 1			GALAICO	2:02.61	12,00
	FERNANDEZ GARCIA, Jacobo 22	30.86		GONZALEZ AVENDAÑO, Lucia 24		33.78
	CANO ROSALES, Nuria 22	31.46		CASTRO RODRIGUEZ, Francisco 23		26.51
6.	RIASBAIXAS 1			RIASBAIXAS	2:03.16	10,00
	FERREÑO COMESAÑA, Cristian 27	31.10		RODRIGUEZ RODRIGUEZ, Nina 21		29.18
	SUAREZ GARCIA, Marta 20	36.16		PASTORIZA SANTA CLARA, Jorge 26		26.72
7.	PONTEAREAS 1			PONTEAREAS	2:10.21	8,00
	GONZALEZ ALONSO, Alejandro 21	33.43		COSTA FERNANDEZ, Laura 22		36.35
	MARTINEZ MARTINEZ, Marcos 20	27.52		EIJO GIL, Ana Paula 20		32.91
+100						
1.	PORTAMIÑA 2			PORTAMIÑA	2:04.80	26,00 RG
	FREIJE TORNEIRO, Aroa 25	29.99		LOPEZ RODRIGUEZ, Aroa 26		34.11
	BALBOA BLANCO, Ivan 29	25.79		MEILAN SANCHEZ, Sergio Jose 27		34.91
2.	GALAICO 2			GALAICO	2:18.83	20,00
	TENORIO FREIRE, Martin 31	27.80		PRESA PRESA, Santiago 35		34.58
	FERNANDEZ GARCIA, Marina 26	45.95		GARCIA MIGUEZ, Rosalia 25		30.50
3.	PONTEAREAS 2			PONTEAREAS	2:27.95	16,00
	BOUZA PADRON, Adrian 26	28.19		RODRIGUEZ BALIÑA, Mauro 33		37.24
	GARCIA SANCHEZ, Francis Marian 29	41.57		GONZALEZ PEREZ, Paula 27		40.95
Baja	POURENSE 5			POURENSE		-
Baja	RIASBAIXAS 2			RIASBAIXAS		-

Prueba 22, Mixto, 4 x 50m Libre

+120

1.	GALAICO 3			GALAICO	2:01.47	26,00	RG
	BALEA CASAS, Tania	27	29.81	SANTORUM FONTAN, Iria Marta	31	33.55	
	MARTINEZ DOPAZO, David	36	31.02	CALLE FACAL, Telmo	40	27.09	
2.	MONFORTE 2			MONFORTE	2:04.12	20,00	
	BALLESTER IBAÑEZ, Edgar	32	26.15	MARTINEZ GARCIA, Susana	32	37.15	
	RODRIGUEZ GONZÁLEZ, Raquel	30	34.72	BELTRAN DIAZ, Emilio	46	26.10	
3.	NTNARON 2			NTNARON	2:04.39	16,00	
	MARTINEZ FERNANDEZ, Hector	46	30.52	BLANCO PEREZ, Jesus	37	28.90	
	LOUREIRO AMOR, Belen Martina	35	32.14	RIVAS TENREIRO, Arantza	34	32.83	
4.	RIASBAIXAS 3			RIASBAIXAS	2:11.04	14,00	
	FIGUEIRA DOMINGUEZ, Javier Guz35in		31.46	PEREZ GARCIA, Eva	33	32.95	
	GONZALEZ PEREZ, Jessica	36	36.06	CAO LAGO, Pablo	36	30.57	
5.	PORTAMIÑA 3			PORTAMIÑA	2:17.98	12,00	
	MOURIZ LOMBAO, Fco. Javier	48	30.39	RAMOS LOBO, Raquel	30	30.83	
	GONZALEZ VICENTE, Ruben	42	35.98	SALGADO CASTELO, Marta	29	40.78	
6.	ESQUALOS 1			ESQUALOS	2:18.73	10,00	
	PAZOS ALONSO, Josue	37	29.72	MIRA VAZQUEZ, Paula	37	39.13	
	FORTES NOVOA, Martiño	35	29.72	SANCHEZ LEDO, Cira	42	40.16	
7.	SALESTRA 2			SALESTRA	2:20.61	8,00	
	OTERO FERNANDEZ, Maria Luisa	30	39.51	TABOADA CALVELO, Jose Carlos	44	33.72	
	BASTIDA CAMPOS, Alejandro	41	32.01	ABBATEMARCO, Cristina	39	35.37	
8.	CMARINA 6			CMARINA	2:30.06	6,00	
	LAZARO GUERRERO, Victor	35	29.90	AZNAR GRUILLE, Carlos J.	28	38.84	
	LAGUNAS PEREZ, Sara	28	53.33	,		27.99	
9.	POURENSE 1			POURENSE	2:32.87	4,00	
	ESTEVEZ SOTO, Ricardo	31	30.89	FERNANDEZ PARADA, Clara	30	55.72	
	GONZALEZ RODRIGUEZ, Maria	41	30.86	RICO CARAMES, Pablo	42	35.40	
DSQ	NCORUÑA 1			NCORUÑA		-	
	<i>Salida anticipada</i>						
	MUIÑO ALONSO, Anton, DOPEREIRO GARCIA, Alba, RIVAS RODRIGUEZ, Lucia, MIRAS LOPEZ, Raul						
DSQ	PONTEAREAS 3			PONTEAREAS		-	
	<i>Salida anticipada 3 posta</i>						
	ALVAREZ COSTAS, Maria Paz	35	34.38	FERNANDEZ GUARDIOLA, Loira	34		
	SUAREZ GARCIA, Pedro Lois	43	41.03	GONZALEZ CONDE, Rodrigo	41		
Baja	SCASINO 1			SCASINO		-	

+160

1.	HERCULES 2			HERCULES	2:05.42	26,00	RG
	MERA MONTECELOS, Pablo	40	27.29	BRAÑA MENENDEZ, Sonia	48	35.96	
	ESPASANDIN MARTÍNEZ, María	33	34.69	FOUZ ROUCO, Rubén	44	27.48	
2.	RIASBAIXAS 4			RIASBAIXAS	2:06.43	20,00	
	VAZQUEZ IGLESIAS, Daniel	44	30.13	MARCOS VARELA, Laura	47	31.62	
	RODRIGUEZ LOPEZ, Belen	42	35.92	SANCHEZ GORDON, Roman	45	28.76	
3.	SALESTRA 1			SALESTRA	2:07.42	16,00	
	ROZADOS LUIS, Adriana	38	33.72	FINS SEOANE, Juan Miguel	46	29.18	
	PORTO CASTAÑO, Alexandre	46	28.70	CORCOBA CARBIA, Raquel	46	35.82	

Prueba 22, Mixto, 4 x 50m Libre, +160

Clasificación					Tiempo	Puntos
4.	PORTAMIÑA 4			PORTAMIÑA	2:08.43	14,00
	FERNANDEZ TORRES, Diego	51	27.71	VALIÑO GOMEZ, Iria	39	35.79
	DIEGUEZ ARANDA, Hector	50	29.88	OJEA DE CASTRO, Macarena	50	35.05
5.	ESCUALOS 2			ESCUALOS	2:08.83	12,00
	SEVILLA AROCA, Javier	40	30.08	DE LORENZO FERNANDEZ, Maria	45	36.43
	NOGUEIRA-PINTO CRESPO, Hugo	45	28.41	FKEOUI OMARI, Salma	41	33.91
6.	FLUVIAL 1			FLUVIAL	2:09.08	10,00
	FRANCO CAL, Alba	32	28.09	GURIDI HUERTA, Jesus M.	55	34.88
	ALONSO ORTIZ, Mariano	47	34.48	POMBO LOPEZ, Belen	31	31.63
7.	ADFOGAR 1			ADFOGAR	2:15.77	8,00
	COTELO SENANDE, Alberto	35	29.80	EIRIS CASTRO, Andrea	33	34.48
	GENDE DIAZ, Juan F.	53	32.49	RODRIGUEZ REY, Maria J.	50	39.00
8.	PONTEAREAS 4			PONTEAREAS	2:20.64	6,00
	GESTO ALONSO, Clarisa	34	33.08	PREGO MARTINEZ, Benjamin	50	
	CARRERA COSTAS, Andres	41	34.42	COVELO SAAVEDRA, Nahir	45	
9.	RSDH 1			RSDH	2:27.89	4,00
	DE LA MONTAÑA ALCANTARA, G50a		41.08	CEGARRA GARCIA, Eugenio	59	34.96
	RAMIREZ INSUA, Julia	40	43.55	LOPEZ BERMUDEZ, Gabriel	39	28.30
10.	SCASINO 2			SCASINO	2:29.47	2,00
	FERREIRO SUAREZ, Javier M.	50	35.48	SANCHEZ DE LLANO, M. Nieves	31	43.99
	CAGIAO RODRIGUEZ, Natalia	45	35.87	PUIG GONZALEZ, Pablo	37	34.13
11.	MONFORTE 3			MONFORTE	2:32.25	-
	MENDES FERRAS, Artur Leonel	42	29.56	MARTINEZ BERJANO, Jose Manuel	60	35.10
	ESCUDEIRO FERNÁNDEZ, Raquel	46	45.91	GONZALEZ MACIA, Alba	29	41.68
Baja	GALAICO 4			GALAICO		-
Baja	POURENSE 3			POURENSE		-
+200						
1.	CMARINA 6			CMARINA	2:11.54	26,00
	HERMIDA RODRIGUEZ, Blanca	42	31.45	ROMAR GASALLA, Aurora	46	34.85
	DE LA PAZ VIGO, Agustin	57	33.65	TOURIÑO GONZALEZ, Victor	55	31.59
2.	ESCUALOS 3			ESCUALOS	2:13.94	20,00
	FERNANDEZ NUÑEZ, Santiago	60	29.81	PEREZ PEREZ, Sonia	51	38.56
	PEREIRA DIAZ, Angel	51	30.10	MIRA VAZQUEZ, Marta	42	35.47
3.	HERCULES 3			HERCULES	2:21.52	16,00
	SAAVEDRA GONZÁLEZ, Raul	50		GIL VILLARINO, Marta	46	41.00
	REGUEIRA MARTINEZ, Maria J.	48		SUANZES PEREZ, Fernando	70	35.24
4.	CULLEREDO 1			CULLEREDO	2:26.24	14,00
	SANDERSON KEOUGH, Helen Jane	53	38.46	VAZQUEZ PEREZ, Luis Fernando	44	33.13
	LOPEZ BLANCO, M ^o Isabel	60	46.67	GUIRADO CARABEL, Oscar	47	27.98
5.	SCASINO 3			SCASINO	2:28.45	12,00
	NISTAL GARCÍA, Eduardo	55	33.12	ANDON YAÑEZ, Lorena	45	50.59
	GARNACHO GAYARRE, Nuria	54	32.56	GOMEZ FREIRE, Domingo Jose	48	32.18
6.	PONTEAREAS 5			PONTEAREAS	2:28.74	10,00
	MOURIÑO ORTIGUERA, Roberto C.	49	31.89	VARELA REDONDO, Veronica	48	36.39
	RODRIGUEZ BALIÑA, Marcos	52	33.07	SOBRINO EIRIZ, Maria Del Valle	51	47.39

Prueba 22, Mixto, 4 x 50m Libre, +200

Clasificación

					Tiempo	Puntos
7.	PORTAMIÑA 5			PORTAMIÑA	2:42.50	8,00
	PEREZ ARIAS, Hector 52	31.96		LOPEZ GONZALEZ, Monica 53		36.90
	TIMIRAO SARRASCO, Fernando 58	33.73		MENDEZ TORRES, Isabel 63		59.91
8.	GALAICO 5			GALAICO	2:45.99	6,00
	CRESPO ESTEVEZ, Laura 29	38.04		FARIÑA SOUSA, Noemi 40		42.88
	LOPEZ VIDAL, Antonio 71	53.17		BETHENCOURT IGLESIAS, Sergio 60		31.90
9.	TRAVIESAS 1			TRAVIESAS	2:48.69	4,00
	BARJA BARJA, Ana 61	40.65		GONZALEZ-ALEGRE BURGUEÑO, 71 ^{na} Maria		42.06
	FIDALGO SERRANO, Manuel A. 42	41.97		FIDALGO SERRANO, Guillermo 37		44.01
10.	POURENSE 6			POURENSE	2:53.74	2,00
	MONTERO FERNANDEZ, Jose Antc60	36.92		BALADO LOPEZ, Ana Maria 62		15.78
	FERREIRO SANCHEZ, Luis 53	54.80		LOPEZ RODRIGUEZ, Adela Elena 55		1:06.24

+240

1.	PONTEAREAS 6			PONTEAREAS	2:34.84	26,00
	PIÑEIRO PEREZ, Armando 57	36.03		DEL AMO BLANCO, Margarita 56		41.65
	MONROY FERNÁNDEZ, Manuel 73	41.85		MUTILBA OBREGON, Nuria 54		35.31
2.	POURENSE 2			POURENSE	2:41.14	20,00
	IVANCHENKO, Yurii 70	40.11		GARCIA COLOMO, M. Cristina 61		35.74
	GARCIA COLOMO, Manuel Ramon 69	36.00		OTERO LOPEZ, Maria Elisa 63		49.29
3.	GALAICO 6			GALAICO	3:07.93	16,00
	AREA PEREIRA, Jose Manuel 66	45.41		CELEMIN PORRERO, Maria Teresa 64		51.95
	MIGUEZ DE LA SIERRA, Angeles 57	45.44		CASTRO QUINTELA, Avelino 56		45.13
4.	RIASBAIXAS 5			RIASBAIXAS	4:04.68	14,00
	PEREZ DOMINGUEZ, Maria Luisa 79			REGUEIRO RODRIGUEZ, Ana 57		
	CRESPO PIÑEIRO, Natalio 54			ROS ROSILLO, Alejandro 65		

+280

1.	PONTEAREAS 7			PONTEAREAS	4:44.24	26,00 RG
	MORAL RUBIO, Isabel 81			ARAUJO DOMINGUEZ, Francisco 83		1:33.90
	CARRERA RODRÍGUEZ, Rubén 44			GONZALEZ RODRIGUEZ, S. Marta 77		1:27.83

Prueba 23
04/06/2023 - 16:00

Fem., 100m Espalda

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1037163 PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	1:14.44	13,00 RG
	50m: 36.16 36.16 100m: 1:14.44 38.28				
2.	1087181 BLANCO PEREZ, Paula	24	POURENSE	1:15.81	10,00
	50m: 36.29 36.29 100m: 1:15.81 39.52				
3.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	1:23.14	8,00
	50m: 39.19 39.19 100m: 1:23.14 43.95				
4.	1228048 ALVAREZ SOUTO, Claudia	22	ESCUALOS	1:37.30	7,00
	50m: 48.12 48.12 100m: 1:37.30 49.18				
5.	1222772 RODRIGUEZ-TOUBES FORRYAN, Irene	24	PONTEAREAS	2:48.16	6,00
	50m: 1:21.64 1:21.64 100m: 2:48.16 1:26.52				
25+					
1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	1:16.80	13,00 RG
	50m: 37.36 37.36 100m: 1:16.80 39.44				
2.	1038199 SABUZ FORNEIRO, Andrea	25	POURENSE	1:19.02	10,00
	50m: 37.55 37.55 100m: 1:19.02 41.47				
30+					
1.	1040731 GESTO ALONSO, Clarisa	34	PONTEAREAS	1:23.82	13,00 RG
	50m: 41.38 41.38 100m: 1:23.82 42.44				
2.	1224940 PAZOS GANDARA, Andrea	31	PONTEAREAS	1:38.67	10,00
	50m: 47.87 47.87 100m: 1:38.67 50.80				
Baja	1230332 CASTRO TENREIRO, Rosa M ^a	30	NTNARON		-
Baja	1129954 GONZALEZ GARCIA, Covadonga	34	GALAICO		-
35+					
1.	1212097 LOUREIRO AMOR, Belen Martina	35	NTNARON	1:18.09	13,00 RG
	50m: 37.72 37.72 100m: 1:18.09 40.37				
2.	1144894 VINAGRE SENDINO, Cora	35	SCASINO	1:29.20	10,00
	50m: 42.27 42.27 100m: 1:29.20 46.93				
3.	1144948 GONZALEZ PEREZ, Jessica	36	RIASBAIXAS	1:38.44	8,00
	50m: 47.92 47.92 100m: 1:38.44 50.52				
4.	1141313 MIRA VAZQUEZ, Paula	37	ESCUALOS	1:40.42	7,00
	50m: 50.70 50.70 100m: 1:40.42 49.72				
5.	1236642 ABBATEMARCO, Cristina	39	SALESTRA	1:41.43	6,00
	50m: 49.96 49.96 100m: 1:41.43 51.47				

Prueba 23, Fem., 100m Espalda

40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	42	CMARINA	1:20.91	13,00	RG
	50m:	39.03 39.03	100m:	1:20.91	41.88		
2.	1143597	SANCHEZ LEDO, Cira	42	ESCUALOS	1:30.95	10,00	
	50m:	45.71 45.71	100m:	1:30.95	45.24		
3.	1170812	MARTIN, Christelle	42	ESCUALOS	1:39.59	8,00	
	50m:	48.57 48.57	100m:	1:39.59	51.02		

45+

1.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	1:40.43	13,00	
	50m:	48.88 48.88	100m:	1:40.43	51.55		
2.	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	1:42.53	10,00	
3.	1214850	CORCOBA CARBIA, Raquel	46	SALESTRA	1:44.65	8,00	
	50m:	52.71 52.71	100m:	1:44.65	51.94		
4.	1145023	SALES MANTIÑAN, Carmen	49	SCASINO	1:52.73	7,00	
	50m:	56.41 56.41	100m:	1:52.73	56.32		
5.	1144074	SERRANO AVENDAÑO, Silvia	48	TRAVIESAS	2:02.21	6,00	
	50m:	1:01.56 1:01.56	100m:	2:02.21	1:00.65		
6.	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	2:08.45	5,00	
	50m:	1:01.56 1:01.56	100m:	2:08.45	1:06.89		
DSQ	1223050	ANDON YAÑEZ, Lorena	45	SCASINO		-	
		<i>Nado irregular</i>					

50+

1.	1228008	OJEA DE CASTRO, Macarena	50	PORTAMIÑA	1:33.67	13,00	
	50m:	46.12 46.12	100m:	1:33.67	47.55		
2.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	1:40.97	10,00	
	50m:	50.43 50.43	100m:	1:40.97	50.54		
3.	1145007	MELON PARENTE, M. Lourdes	54	PONTEAREAS	2:51.87	8,00	
	50m:	1:27.02 1:27.02	100m:	2:51.87	1:24.85		

55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	1:41.12	13,00	
	50m:	48.26 48.26	100m:	1:41.12	52.86		
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	1:50.36	10,00	
	50m:	54.17 54.17	100m:	1:50.36	56.19		
3.	1076506	MARTY PAZOS, Maria Victoria	58	TRAVIESAS	2:00.43	8,00	
	50m:	1:00.82 1:00.82	100m:	2:00.43	59.61		
4.	1144697	ACEVEDO REGO, Ermitas	57	POURENSE	2:16.33	7,00	
	50m:	1:09.92 1:09.92	100m:	2:16.33	1:06.41		

Prueba 23, Fem., 100m Espalda

60+

1.	1145099 LOPEZ MAHIA, Purificacion	60	HERCULES	1:59.99	13,00
	50m: 56.97 56.97 100m: 1:59.99 1:03.02				
2.	1141154 CELEMIN PORRERO, Maria Teresa	64	GALAICO	2:07.22	10,00
	50m: 1:00.66 1:00.66 100m: 2:07.22 1:06.56				
3.	1127105 PEREIRA ALONSO, Isabel	62	ADFOGAR	2:11.61	8,00
	50m: 1:01.50 1:01.50 100m: 2:11.61 1:10.11				

65+

1.	1075178 SAR MORANO, Dolores	68	CULLEREDO	2:07.03	13,00 RG
	50m: 59.43 59.43 100m: 2:07.03 1:07.60				

75+

1.	1076482 GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	3:32.09	13,00
	50m: 1:41.77 1:41.77 100m: 3:32.09 1:50.32				
2.	1143507 PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	4:20.21	10,00
	50m: 2:08.29 2:08.29 100m: 4:20.21 2:11.92				

Prueba 24
04/06/2023

Masc., 100m Espalda

2003 y mayores
Resultados

Clasificación		Edad		Tiempo	Puntos
20+					
1.	1038566 CIVEIRA CORRAL, Samuel	21	POURENSE	1:02.65	13,00 RG
	50m: 30.82 30.82 100m: 1:02.65 31.83				
2.	1039755 RIVAS MACEIRAS, Isaac	24	HERCULES	1:10.04	10,00
	50m: 33.48 33.48 100m: 1:10.04 36.56				
3.	1078716 HERMIDA RAMOS, Raul	23	NTNARON	1:15.33	8,00
	50m: 36.53 36.53 100m: 1:15.33 38.80				
25+					
1.	1039568 BLANCO PEREZ, Adrian	29	POURENSE	1:08.39	13,00
	50m: 32.79 32.79 100m: 1:08.39 35.60				
2.	1078908 MEILAN SANCHEZ, Sergio Jose	27	PORTAMIÑA	1:26.37	10,00
	50m: 42.23 42.23 100m: 1:26.37 44.14				
30+					
1.	1037824 FREIRE GONZALEZ, Javier	30	RIASBAIXAS	1:16.33	13,00
	50m: 37.09 37.09 100m: 1:16.33 39.24				
35+					
1.	1089000 TABOADA VILA, Alberto	36	POURENSE	1:02.69	13,00 RG
	50m: 30.35 30.35 100m: 1:02.69 32.34				
2.	1005819 LAZARO GUERRERO, Victor	35	CMARINA	1:16.03	10,00
	50m: 37.77 37.77 100m: 1:16.03 38.26				
3.	1226258 BERNARDEZ FERRO, Juan Jose	36	GALAICO	1:17.71	8,00
	50m: 37.59 37.59 100m: 1:17.71 40.12				
4.	1217936 PASCUAL DE PEDRO, Jorge	37	PONTEAREAS	1:37.12	7,00
	50m: 48.16 48.16 100m: 1:37.12 48.96				
5.	1178928 FIDALGO SERRANO, Guillermo	37	TRAVIESAS	1:40.11	6,00
	50m: 51.57 51.57 100m: 1:40.11 48.54				
40+					
1.	1141151 CALLE FACAL, Telmo	40	GALAICO	1:09.48	13,00 RG
	50m: 33.57 33.57 100m: 1:09.48 35.91				
2.	1231535 GOMEZ MARQUEZ, Hugo	40	POURENSE	1:09.89	10,00
	50m: 34.61 34.61 100m: 1:09.89 35.28				
3.	1228089 MERA MONTECELOS, Pablo	40	HERCULES	1:18.30	8,00
	50m: 38.29 38.29 100m: 1:18.30 40.01				
4.	1143895 PADIN CHARLIN, Joaquin	43	ESQUALOS	1:27.86	7,00
	50m: 43.71 43.71 100m: 1:27.86 44.15				
5.	1170841 BASTIDA CAMPOS, Alejandro	41	SALESTRA	1:33.17	6,00
	50m: 45.65 45.65 100m: 1:33.17 47.52				

Prueba 24, Masc., 100m Espalda, 40+

Clasificación		Edad		Tiempo	Puntos
6.	1143899 PEREZ LOPEZ, Manuel 50m: 45.77 45.77 100m: 1:33.30 47.53	42	ESQUALOS	1:33.30	5,00
7.	1076282 CARRERA COSTAS, Andres 50m: 48.74 48.74 100m: 1:42.56 53.82	41	PONTEAREAS	1:42.56	4,00
8.	1238132 FIDALGO SERRANO, Manuel A.	42	TRAVIESAS	1:50.25	3,00
9.	1190398 FERNANDEZ CORRAL, Marcos 50m: 1:15.39 1:15.39 100m: 2:36.90 1:21.51	44	PORTAMIÑA	2:36.90	2,00
DNF	1190909 CARBALLA BARROSO, Rogelio Manue	42	GALAICO		-
45+					
1.	1205935 GUIRADO CARABEL, Oscar 50m: 36.83 36.83 100m: 1:17.98 41.15	47	CULLEREDO	1:17.98	13,00 RG
2.	1075601 MOURIZ LOMBAO, Fco. Javier 50m: 39.90 39.90 100m: 1:22.20 42.30	48	PORTAMIÑA	1:22.20	10,00
3.	1212075 GONZALEZ PARIS, David 50m: 41.83 41.83 100m: 1:28.77 46.94	45	HERCULES	1:28.77	8,00
4.	1190415 GOMEZ FREIRE, Domingo Jose 50m: 43.95 43.95 100m: 1:30.38 46.43	48	SCASINO	1:30.38	7,00
5.	1174679 DE MARTIN DIAZ, Ruben 50m: 47.45 47.45 100m: 1:33.96 46.51	47	POURENSE	1:33.96	6,00
6.	1076535 DE LUIS GONZÁLEZ, Aitor 50m: 46.99 46.99 100m: 1:35.42 48.43	49	RCNVIGO	1:35.42	5,00
7.	1191914 CARNERO FIRVIDA, Jose Ramón	49	ESQUALOS	1:39.78	4,00
8.	1127402 PEXEGUEIRO BALADRON, Nicolas 50m: 49.39 49.39 100m: 1:40.78 51.39	46	CNMOS	1:40.78	3,00
9.	1141502 TRONCOSO CAAMAÑO, Fernando 50m: 51.92 51.92 100m: 1:46.83 54.91	48	ESQUALOS	1:46.83	2,00
10.	1144915 SÁNCHEZ PARADA, Jose M ^a 50m: 58.02 58.02 100m: 1:57.80 59.78	45	ARTEIXO	1:57.80	1,00
50+					
1.	1144601 PUENTE DÍAZ, Javier 50m: 41.13 41.13 100m: 1:24.25 43.12	52	CIDSANTIAG	1:24.25	13,00
2.	1038104 PEREZ ARIAS, Hector 50m: 40.18 40.18 100m: 1:24.35 44.17	52	PORTAMIÑA	1:24.35	10,00
3.	1141356 GENDE DIAZ, Juan F. 50m: 52.30 52.30 100m: 1:49.64 57.34	53	ADFOGAR	1:49.64	8,00
4.	1178895 CRESPO PÉREZ, Albarino 50m: 53.80 53.80 100m: 1:51.93 58.13	53	ESQUALOS	1:51.93	7,00
5.	1180236 DE LA VEGA GÁNDARAS, Felipe 50m: 58.21 58.21 100m: 1:53.91 55.70	50	HERCULES	1:53.91	6,00
6.	1145039 FERREIRO SANCHEZ, Luis 50m: 1:06.02 1:06.02 100m: 2:08.85 1:02.83	53	POURENSE	2:08.85	5,00

Prueba 24, Masc., 100m Espalda

55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	1:20.90	13,00	RG
		50m: 39.11 39.11 100m: 1:20.90 41.79					
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	1:28.29	10,00	
		50m: 42.50 42.50 100m: 1:28.29 45.79					
3.	1180234	SÁNCHEZ SECO, Manuel	55	ESQUALOS	1:33.28	8,00	
		50m: 45.71 45.71 100m: 1:33.28 47.57					
4.	1195569	PEREZ LEIVA, Manuel	55	RIASBAIXAS	1:41.70	7,00	

60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	1:32.75	13,00	
		50m: 45.04 45.04 100m: 1:32.75 47.71					
2.	1170858	CODESIDO LOPEZ, José	64	CIDSANTIAG	1:33.37	10,00	
		50m: 44.47 44.47 100m: 1:33.37 48.90					
3.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	1:49.28	8,00	
		50m: 53.76 53.76 100m: 1:49.28 55.52					
4.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	1:54.13	7,00	
		50m: 55.38 55.38 100m: 1:54.13 58.75					

65+

1.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	3:15.71	13,00	
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70+

1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	2:10.72	13,00	RG
		50m: 1:03.59 1:03.59 100m: 2:10.72 1:07.13					
2.	1075177	LOPEZ VIDAL, Antonio	71	GALAICO	2:23.10	10,00	
		50m: 1:10.27 1:10.27 100m: 2:23.10 1:12.83					

Prueba 25
04/06/2023

Fem., 100m Libre

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	21 RIASBAIXAS	1:03.94 13,00
	50m: 31.08 31.08 100m: 1:03.94 32.86		
2.	1037949 SAINZ DE LA MAZA RIVAS, Cristina	24 PORTAMIÑA	1:07.97 10,00
	50m: 32.06 32.06 100m: 1:07.97 35.91		
3.	1037950 MOURIZ CASANOVA, Sabela	22 PORTAMIÑA	1:09.13 8,00
	50m: 32.73 32.73 100m: 1:09.13 36.40		
4.	1037174 SANCHEZ VAZQUEZ, Carmen	24 PORTAMIÑA	1:09.23 7,00
	50m: 32.52 32.52 100m: 1:09.23 36.71		
5.	1038929 GONZALEZ AVENDAÑO, Lucia	24 GALAICO	1:13.26 6,00
	50m: 35.06 35.06 100m: 1:13.26 38.20		
6.	1079216 VARELA MENDEZ, Clara	20 MONFORTE	1:13.45 5,00
	50m: 34.05 34.05 100m: 1:13.45 39.40		
7.	1040133 SAAVEDRA BUIDE, Carlota	24 PORTAMIÑA	1:13.53 4,00
	50m: 34.00 34.00 100m: 1:13.53 39.53		
8.	1110948 CANO ROSALES, Nuria	22 GALAICO	1:16.26 3,00
	50m: 35.54 35.54 100m: 1:16.26 40.72		
9.	1143380 SUAREZ GARCIA, Marta	20 RIASBAIXAS	1:27.47 2,00
	50m: 40.45 40.45 100m: 1:27.47 47.02		
10.	1230349 VICENTE RODRIGUEZ, Andrea	21 PONTEAREAS	1:29.93 1,00
	50m: 40.97 40.97 100m: 1:29.93 48.96		
DSQ	1144257 FERNANDEZ GONZALEZ, Elena	22 HERCULES	-
	<i>Salida anticipada</i>		
Baja	1089303 ABASOLO RUEDA, Claudia	23 NCORUÑA	-
Baja	1219491 FUENTES LORENZO, Carla	24 NFERROL	-
Baja	1037965 COSTA FERNANDEZ, Laura	22 PONTEAREAS	-
25+			
1.	1038096 FREIJE TORNEIRO, Aroa	25 PORTAMIÑA	1:05.04 13,00 RG
	50m: 31.15 31.15 100m: 1:05.04 33.89		
2.	1040157 CORRAL SANTOS, Uxia	26 REDONDELA	1:14.34 10,00
	50m: 35.66 35.66 100m: 1:14.34 38.68		
3.	1198880 LOPEZ RODRIGUEZ, Aroa	26 PORTAMIÑA	1:16.87 8,00
	50m: 37.55 37.55 100m: 1:16.87 39.32		
4.	1078925 SALGADO CASTELO, Marta	29 PORTAMIÑA	1:28.23 7,00
	50m: 42.89 42.89 100m: 1:28.23 45.34		
5.	1236853 GARCIA SANCHEZ, Francis Mariam	29 PONTEAREAS	1:36.15 6,00
	50m: 44.64 44.64 100m: 1:36.15 51.51		
6.	1108841 DA FORTUNA VAZQUEZ, Noemi	29 TRAVIESAS	1:38.85 5,00
	50m: 45.53 45.53 100m: 1:38.85 53.32		
7.	1035411 FERNANDEZ GARCIA, Marina	26 GALAICO	1:39.92 4,00
	50m: 45.31 45.31 100m: 1:39.92 54.61		

Prueba 25, Fem., 100m Libre, 25+

Clasificación	Edad	Tiempo	Puntos
Baja 1039299 DIAZ TOIMIL, Carla	25 NTNARON	-	-
Baja 1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS	-	-
Baja 1227967 LAGUNAS PEREZ, Sara	28 CMARINA	-	-
30+			
1. 1116506 RAMOS LOBO, Raquel 50m: 32.37 32.37 100m: 1:08.55 36.18	30 PORTAMIÑA	1:08.55	13,00
2. 1226235 EIRIS CASTRO, Andrea 50m: 34.94 34.94 100m: 1:13.49 38.55	33 ADFOGAR	1:13.49	10,00
3. 1084711 DOPEREIRO GARCIA, Alba 50m: 34.99 34.99 100m: 1:14.92 39.93	33 NCORUÑA	1:14.92	8,00
4. 1144580 PEREZ GARCIA, Eva 50m: 34.65 34.65 100m: 1:15.86 41.21	33 RIASBAIXAS	1:15.86	7,00
5. 1236745 RODRIGUEZ GONZÁLEZ, Raquel 50m: 36.70 36.70 100m: 1:16.83 40.13	30 MONFORTE	1:16.83	6,00
6. 1204918 MARTINEZ GARCIA, Susana 50m: 39.65 39.65 100m: 1:26.66 47.01	32 MONFORTE	1:26.66	5,00
7. 1202705 MARTINEZ BARCIELA, Maria Olga 50m: 48.21 48.21 100m: 1:34.73 46.52	33 TRAVIESAS	1:34.73	4,00
8. 1218233 SANCHEZ DE LLANO, M. Nieves 50m: 45.36 45.36 100m: 1:35.59 50.23	31 SCASINO	1:35.59	3,00
9. 1110693 FERNANDEZ GUARDIOLA, Loira 50m: 59.00 59.00 100m: 1:57.42 58.42	34 PONTEAREAS	1:57.42	2,00
10. 1215890 FERNANDEZ PARADA, Clara 50m: 1:04.41 1:04.41 100m: 2:11.85 1:07.44	30 POURENSE	2:11.85	1,00
35+			
1. 1075741 VALIÑO GOMEZ, Iria 50m: 39.65 39.65 100m: 1:24.27 44.62	39 PORTAMIÑA	1:24.27	13,00
2. 1147098 SANTOS DA GRACA, Francelina 50m: 46.60 46.60 100m: 1:34.30 47.70	36 ADFOGAR	1:34.30	10,00
Baja 1203741 QUEREDA RODRÍGUEZ, Almudena	38 LICEO	-	-
40+			
1. 1013486 GONZALEZ RODRIGUEZ, Maria 50m: 32.14 32.14 100m: 1:07.42 35.28	41 POURENSE	1:07.42	13,00 RG
2. 1144200 RODRIGUEZ LOPEZ, Belen 50m: 37.53 37.53 100m: 1:21.06 43.53	42 RIASBAIXAS	1:21.06	10,00
3. 1237395 VILARIÑO CACHO, Elvira 50m: 39.56 39.56 100m: 1:22.74 43.18	42 SALESTRA	1:22.74	8,00
4. 1144598 OLMO VAQUEIRO, Leticia 50m: 43.38 43.38 100m: 1:29.36 45.98	42 PONTEAREAS	1:29.36	7,00
5. 1145082 FARIÑA SOUSA, Noemi 50m: 45.29 45.29 100m: 1:37.52 52.23	40 GALAICO	1:37.52	6,00

Prueba 25, Fem., 100m Libre, 40+

Clasificación	Edad	Tiempo	Puntos
6. 1147215 FERNANDEZ LOPEZ, Sonia 50m: 1:16.91 1:16.91 100m: 2:51.08 1:34.17	42 PORTAMIÑA	2:51.08	5,00

45+

1. 1221213 CAGIAO RODRIGUEZ, Natalia 50m: 37.39 37.39 100m: 1:19.08 41.69	45 SCASINO	1:19.08	13,00
2. 1205780 ROMAR GASALLA, Aurora 50m: 38.50 38.50 100m: 1:20.82 42.32	46 CMARINA	1:20.82	10,00
3. 1143894 DE LORENZO FERNANDEZ, Maria 50m: 39.98 39.98 100m: 1:21.17 41.19	45 ESCUALOS	1:21.17	8,00
4. 1040944 VARELA REDONDO, Veronica 50m: 40.01 40.01 100m: 1:21.90 41.89	48 PONTEAREAS	1:21.90	7,00
5. 1172138 ROIG SANCHEZ, Blanca Ana 50m: 41.17 41.17 100m: 1:26.03 44.86	49 RIASBAIXAS	1:26.03	6,00
6. 1180238 GARCÍA SEOANE, Cristina María 50m: 42.93 42.93 100m: 1:32.65 49.72	48 SCASINO	1:32.65	5,00
7. 1144074 SERRANO AVENDAÑO, Silvia 50m: 52.18 52.18 100m: 1:42.16 49.98	48 TRAVIESAS	1:42.16	4,00
8. 1178771 BESADA FERNÁNDEZ, Ana M. 50m: 49.81 49.81 100m: 1:50.53 1:00.72	45 PONTEAREAS	1:50.53	3,00

50+

1. 1058998 MUTILBA OBREGON, Nuria 50m: 39.25 39.25 100m: 1:21.10 41.85	54 PONTEAREAS	1:21.10	13,00
2. 1039438 RODRIGUEZ REY, Maria J. 50m: 43.17 43.17 100m: 1:28.98 45.81	50 ADFOGAR	1:28.98	10,00
3. 1202971 PEREZ PEREZ, Sonia 50m: 43.46 43.46 100m: 1:31.57 48.11	51 ESCUALOS	1:31.57	8,00
4. 1144710 RODRIGUEZ VAZQUEZ, Maria Teresa 50m: 45.62 45.62 100m: 1:36.83 51.21	51 POURENSE	1:36.83	7,00
5. 1199642 GARNACHO GAYARRE, Nuria 50m: 50.19 50.19 100m: 1:42.39 52.20	54 SCASINO	1:42.39	6,00
6. 1076154 ABREU FERNANDEZ, Marta 50m: 50.10 50.10 100m: 1:44.08 53.98	52 PONTEAREAS	1:44.08	5,00
7. 1127346 SOBRINO EIRIZ, Maria Del Valle 50m: 50.93 50.93 100m: 1:47.46 56.53	51 PONTEAREAS	1:47.46	4,00

55+

1. 1147048 REGUEIRO RODRIGUEZ, Ana 50m: 42.60 42.60 100m: 1:30.88 48.28	57 RIASBAIXAS	1:30.88	13,00
2. 1037970 CALVIÑO CANCELA, Maria Cristina 50m: 44.26 44.26 100m: 1:34.25 49.99	55 PONTEAREAS	1:34.25	10,00

Prueba 25, Fem., 100m Libre, 55+

Clasificación		Edad		Tiempo	Puntos
3.	1144697 ACEVEDO REGO, Ermitas	57	POURENSE	1:59.97	8,00
	50m: 58.37 58.37 100m: 1:59.97 1:01.60				

60+

1.	1214851 SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	1:27.37	13,00
	50m: 41.48 41.48 100m: 1:27.37 45.89				
2.	1212074 LOPEZ BLANCO, M ^o Isabel	60	CULLEREDO	1:45.14	10,00
	50m: 51.31 51.31 100m: 1:45.14 53.83				
3.	1075767 MENDEZ TORRES, Isabel	63	PORTAMIÑA	1:56.96	8,00
	50m: 56.31 56.31 100m: 1:56.96 1:00.65				

65+

1.	1076494 SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	2:22.63	13,00
	50m: 1:09.56 1:09.56 100m: 2:22.63 1:13.07				

80+

1.	1058045 MORAL RUBIO, Isabel	81	PONTEAREAS	2:59.53	13,00
	50m: 1:22.55 1:22.55 100m: 2:59.53 1:36.98				
2.	1178774 CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	3:49.23	10,00
	50m: 1:49.42 1:49.42 100m: 3:49.23 1:59.81				

Prueba 26
04/06/2023

Masc., 100m Libre

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1. 1086359 MOURE DOVAL, Jose	24 POURENSE	54.69	13,00 RG
50m: 27.23 27.23 100m: 54.69 27.46			
2. 1039567 CIVEIRA CORRAL, Raul	21 POURENSE	54.70	10,00
50m: 26.81 26.81 100m: 54.70 27.89			
3. 1040558 PONTON RODRIGUEZ, Juan	21 MONFORTE	57.60	8,00
50m: 27.61 27.61 100m: 57.60 29.99			
4. 1092303 MEIJIDE GIADAS, Diego	23 CIDSANTIAG	58.19	7,00
50m: 28.07 28.07 100m: 58.19 30.12			
5. 1111716 SIMON COTELO, Manuel	22 HERCULES	58.52	6,00
50m: 28.46 28.46 100m: 58.52 30.06			
6. 1040131 OTERO VILLARES, Daniel	22 PORTAMIÑA	59.80	5,00
50m: 28.79 28.79 100m: 59.80 31.01			
7. 1130804 CASTRO RODRIGUEZ, Francisco	23 GALAICO	1:00.22	4,00
50m: 29.26 29.26 100m: 1:00.22 30.96			
8. 1068314 MARTINEZ MARTINEZ, Marcos	20 PONTEAREAS	1:00.57	3,00
50m: 28.97 28.97 100m: 1:00.57 31.60			
9. 1230348 GONZALEZ ALONSO, Alejandro	21 PONTEAREAS	1:18.51	2,00
50m: 37.61 37.61 100m: 1:18.51 40.90			
10. 1208836 GÓMEZ MÉNDEZ, Borja	21 PONTEAREAS	1:59.27	1,00
50m: 56.35 56.35 100m: 1:59.27 1:02.92			
Baja 1061561 INCUTTI TELLADO, Denis	23 PONTEAREAS		-
25+			
1. 1010474 QUIROGA RAMOS, Ecequiel	28 POURENSE	58.58	13,00
50m: 27.93 27.93 100m: 58.58 30.65			
2. 1093458 MUIÑO ALONSO, Anton	29 NCORUÑA	59.15	10,00
50m: 28.68 28.68 100m: 59.15 30.47			
3. 1119327 SUAREZ FERNÁNDEZ, Santiago	28 MONFORTE	59.98	8,00
50m: 28.74 28.74 100m: 59.98 31.24			
4. 1038097 VAZQUEZ PRADO, Martin	27 PORTAMIÑA	1:04.31	7,00
50m: 31.67 31.67 100m: 1:04.31 32.64			
5. 1039270 TRILLO RODRIGUEZ, Adrian	26 CNMOS	1:06.83	6,00
50m: 32.03 32.03 100m: 1:06.83 34.80			
6. 1144045 FERREÑO COMESAÑA, Cristian	27 RIASBAIXAS	1:08.59	5,00
50m: 33.16 33.16 100m: 1:08.59 35.43			

Prueba 26, Masc., 100m Libre

30+

1.	1204916	BALLESTER IBAÑEZ, Edgar	32	MONFORTE	57.61	13,00	RG
		50m: 27.51 27.51 100m: 57.61 30.10					
2.	1130602	TENORIO FREIRE, Martin	31	GALAICO	1:00.42	10,00	
		50m: 29.62 29.62 100m: 1:00.42 30.80					
3.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	1:06.31	8,00	
		50m: 31.11 31.11 100m: 1:06.31 35.20					
4.	1174868	BRION FERNANDEZ, Manuel Joaquin	31	CIDSANTIAG	1:12.15	7,00	
		50m: 33.36 33.36 100m: 1:12.15 38.79					
5.	1144224	ESTEVEZ SOTO, Ricardo	31	POURENSE	1:12.87	6,00	
		50m: 34.35 34.35 100m: 1:12.87 38.52					
6.	1076271	NOVALES BLANCO, Xabier	32	RIASBAIXAS	1:16.18	5,00	
		50m: 38.02 38.02 100m: 1:16.18 38.16					
7.	1078909	RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	1:22.63	4,00	
		50m: 38.04 38.04 100m: 1:22.63 44.59					
8.	1222771	LAGO GONZALEZ, Ivan	30	PONTEAREAS	1:38.67	3,00	
		50m: 44.13 44.13 100m: 1:38.67 54.54					
Baja	1038322	VIEITEZ PORTO, Ismael	31	GALAICO		-	

35+

1.	1084043	PIÑEIRO PEON, Antonio	39	GALAICO	1:01.58	13,00	
		50m: 29.03 29.03 100m: 1:01.58 32.55					
2.	1199549	MARTINEZ DOPAZO, David	36	GALAICO	1:03.99	10,00	
		50m: 30.56 30.56 100m: 1:03.99 33.43					
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	1:04.58	8,00	
		50m: 31.22 31.22 100m: 1:04.58 33.36					
4.	1143515	BLANCO PEREZ, Jesus	37	NTNARON	1:04.86	7,00	
		50m: 31.48 31.48 100m: 1:04.86 33.38					
5.	1076287	PAZOS ALONSO, Josue	37	ESCUALOS	1:05.08	6,00	
		50m: 30.87 30.87 100m: 1:05.08 34.21					
6.	1226234	COTELO SENANDE, Alberto	35	ADFOGAR	1:06.59	5,00	
		50m: 31.61 31.61 100m: 1:06.59 34.98					
7.	1141095	LOPEZ BERMUDEZ, Gabriel	39	RSDH	1:07.84	4,00	
		50m: 31.15 31.15 100m: 1:07.84 36.69					
8.	1203519	KRUGLOV, Mykola	38	ESCUALOS	1:08.80	3,00	
		50m: 33.05 33.05 100m: 1:08.80 35.75					
9.	1036745	BARCIA SIXTO, Francisco José	38	NTNARON	1:11.09	2,00	
		50m: 34.03 34.03 100m: 1:11.09 37.06					
10.	1198278	MANEIRO BETANZOS, Javier	38	ESCUALOS	1:11.63	1,00	
		50m: 33.52 33.52 100m: 1:11.63 38.11					
11.	1212078	FERNÁNDEZ LAGUNA, Francisco Javier	36	TRICORUÑA	1:13.81	-	
		50m: 36.65 36.65 100m: 1:13.81 37.16					
12.	1241048	PUIG GONZALEZ, Pablo	37	SCASINO	1:19.81	-	
		50m: 36.18 36.18 100m: 1:19.81 43.63					

Prueba 26, Masc., 100m Libre, 35+

Clasificación	Edad	Tiempo	Puntos
13. 1170846 PRESA PRESA, Santiago 50m: 39.57 39.57 100m: 1:22.18 42.61	35 GALAICO	1:22.18	-
14. 1214823 GONZALEZ PEÑAS, David 50m: 40.83 40.83 100m: 1:24.96 44.13	39 PORTAMIÑA	1:24.96	-
15. 1236854 GIRALDEZ VILLANUEVA, Ivan 50m: 59.83 59.83 100m: 2:09.31 1:09.48	36 PONTEAREAS	2:09.31	-
Baja 1224976 RODRIGUEZ PEREZ, Luis	36 CNMOS		-
40+			
1. 1024675 IGLESIAS GOMEZ, Gonzalo 50m: 29.42 29.42 100m: 1:01.19 31.77	44 HERCULES	1:01.19	13,00 RG
2. 1180237 FOUZ ROUCO, Rubén 50m: 31.32 31.32 100m: 1:03.70 32.38	44 HERCULES	1:03.70	10,00
3. 1079215 MENDES FERRAS, Artur Leonel 50m: 30.09 30.09 100m: 1:05.88 35.79	42 MONFORTE	1:05.88	8,00
4. 1085888 CAMIÑA MARTINEZ, Oscar 50m: 31.74 31.74 100m: 1:08.30 36.56	43 GALAICO	1:08.30	7,00
5. 1144584 ALVAREZ SILVA, Ruben 50m: 33.20 33.20 100m: 1:09.29 36.09	42 ESCUALOS	1:09.29	6,00
6. 1144181 PEREZ CARRERA, Elias 50m: 37.73 37.73 100m: 1:15.95 38.22	44 RIASBAIXAS	1:15.95	5,00
7. 1215947 VAZQUEZ PEREZ, Luis Fernando 50m: 37.17 37.17 100m: 1:17.55 40.38	44 CULLEREDO	1:17.55	4,00
8. 1143456 FERNANDEZ RICO, Alvaro 50m: 35.28 35.28 100m: 1:21.10 45.82	42 PORTAMIÑA	1:21.10	3,00
9. 1238132 FIDALGO SERRANO, Manuel A. 50m: 42.52 42.52 100m: 1:26.79 44.27	42 TRAVIESAS	1:26.79	2,00
Baja 1053922 BAIZ ROCA, Gabriel	44 ARTEIXO		-
45+			
1. 1050705 BELTRAN DIAZ, Emilio 50m: 28.84 28.84 100m: 1:00.83 31.99	46 MONFORTE	1:00.83	13,00 RG
2. 1144267 FINS SEOANE, Juan Miguel 50m: 30.17 30.17 100m: 1:02.71 32.54	46 SALESTRA	1:02.71	10,00
3. 1143480 ABADES REBOREDO, Daniel 50m: 33.42 33.42 100m: 1:07.75 34.33	45 HERCULES	1:07.75	8,00
4. 1079343 MOURIÑO ORTIGUERA, Roberto C. 50m: 32.53 32.53 100m: 1:09.97 37.44	49 PONTEAREAS	1:09.97	7,00
5. 1232932 VEIGA PILLADO, Jose 50m: 36.48 36.48 100m: 1:13.00 36.52	45 SCASINO	1:13.00	6,00
6. 1198273 MONTERO PRIETO, Carlos Eugenio 50m: 35.31 35.31 100m: 1:13.13 37.82	45 GALAICO	1:13.13	5,00
7. 1143662 BALSAMOSQUERA, Pablo 50m: 34.98 34.98 100m: 1:13.87 38.89	45 CMARINA	1:13.87	4,00

Prueba 26, Masc., 100m Libre, 45+

Clasificación	Edad	Tiempo	Puntos
8. 1145005 FERNANDEZ IGLESIAS, Emilio J. 50m: 36.13 36.13 100m: 1:15.76 39.63	46 PONTEAREAS	1:15.76	3,00
9. 1203306 DURO GONZALEZ, Antonio 50m: 36.82 36.82 100m: 1:16.27 39.45	49 SALESTRA	1:16.27	2,00
10. 1147211 BLANCO HORTAS, Jose Ramon 50m: 40.41 40.41 100m: 1:24.68 44.27	49 PORTAMIÑA	1:24.68	1,00
Baja 1141206 ANEIROS GARCIA, Jose	49 CMARINA		-
50+			
1. 1006006 FERNANDEZ TORRES, Diego 50m: 31.56 31.56 100m: 1:03.39 31.83	51 PORTAMIÑA	1:03.39	13,00 RG
2. 1180192 SAAVEDRA GONZÁLEZ, Raul 50m: 30.90 30.90 100m: 1:04.85 33.95	50 HERCULES	1:04.85	10,00
3. 1076185 PEREIRA DIAZ, Angel 50m: 32.89 32.89 100m: 1:07.10 34.21	51 ESCUALOS	1:07.10	8,00
4. 1146934 DIEGUEZ ARANDA, Hector 50m: 34.41 34.41 100m: 1:09.08 34.67	50 PORTAMIÑA	1:09.08	7,00
5. 1147287 ESCUDERO DANS, David 50m: 34.81 34.81 100m: 1:10.48 35.67	50 TRICORUÑA	1:10.48	6,00
6. 1075597 RODRIGUEZ BALIÑA, Marcos 50m: 34.01 34.01 100m: 1:11.42 37.41	52 PONTEAREAS	1:11.42	5,00
7. 1171462 FERREIRO SEOANE, Jose Raul 50m: 34.97 34.97 100m: 1:13.09 38.12	50 RIASBAIXAS	1:13.09	4,00
8. 1141071 LORENZO FERNANDEZ, Jose Manuel 50m: 37.35 37.35 100m: 1:18.80 41.45	51 RIASBAIXAS	1:18.80	3,00
9. 1180236 DE LA VEGA GÁNDARAS, Felipe 50m: 42.04 42.04 100m: 1:24.68 42.64	50 HERCULES	1:24.68	2,00
10. 1143612 PENEDO PADIN, Adolfo 50m: 41.00 41.00 100m: 1:27.40 46.40	51 GALAICO	1:27.40	1,00
11. 1208795 LORENZO GONZALEZ-VISO, Carlos 50m: 43.11 43.11 100m: 1:30.43 47.32	52 POURENSE	1:30.43	-
Baja 1180239 MARTÍNEZ LEMA, José Antonio	51 TRICORUÑA		-
55+			
1. 1232926 TAPIA PORTO, Enrique 50m: 32.28 32.28 100m: 1:07.50 35.22	58 NCORUÑA	1:07.50	13,00
2. 1175089 NISTAL GARCÍA, Eduardo 50m: 35.05 35.05 100m: 1:12.52 37.47	55 SCASINO	1:12.52	10,00
3. 1145033 PIÑEIRO PEREZ, Armando 50m: 38.55 38.55 100m: 1:18.15 39.60	57 PONTEAREAS	1:18.15	8,00
4. 1143536 BLANCO PEREZ, Angel 50m: 40.43 40.43 100m: 1:24.72 44.29	59 POURENSE	1:24.72	7,00
5. 1175217 CASTRO QUINTELA, Avelino 50m: 44.88 44.88 100m: 1:34.63 49.75	56 GALAICO	1:34.63	6,00

Prueba 26, Masc., 100m Libre, 55+

Clasificación		Edad		Tiempo	Puntos
6.	1075593 PIROSCIA PENADO, Jose 50m: 44.65 44.65 100m: 1:36.25 51.60	57	PORTAMIÑA	1:36.25	5,00
7.	1180249 SUAREZ FREIRE, David Manuel 50m: 49.06 49.06 100m: 1:47.88 58.82	55	RIASBAIXAS	1:47.88	4,00
Baja	1078802 CEGARRA GARCIA, Eugenio	59	RSDH		-
Baja	1199641 COUCEIRO SANCHEZ, Gonzalo	57	SCASINO		-
60+					
1.	1076173 FERNANDEZ NUÑEZ, Santiago 50m: 31.45 31.45 100m: 1:05.88 34.43	60	ESCUALOS	1:05.88	13,00 RG
2.	1078596 LOIS PEREZ, Antonio 50m: 32.61 32.61 100m: 1:08.56 35.95	62	NCORUÑA	1:08.56	10,00
3.	1040281 MARTINEZ BERJANO, Jose Manuel 50m: 42.32 42.32 100m: 1:25.98 43.66	60	MONFORTE	1:25.98	8,00
4.	1075589 SANCHEZ VAZQUEZ, Jesus 50m: 41.54 41.54 100m: 1:27.03 45.49	61	PORTAMIÑA	1:27.03	7,00
5.	1198886 DI FELICE VÁZQUEZ, Mario 50m: 44.92 44.92 100m: 1:30.79 45.87	61	HERCULES	1:30.79	6,00
Baja	1144337 EIRAS DORADO, Juan Luis	61	PORTAMIÑA		-
65+					
1.	1076165 GARCIA COLOMO, Manuel Ramon 50m: 40.71 40.71 100m: 1:22.29 41.58	69	POURENSE	1:22.29	13,00
2.	1141150 RODRIGUEZ VIEITO, Ricardo M. 50m: 38.48 38.48 100m: 1:22.64 44.16	66	CNMOS	1:22.64	10,00
Baja	1076168 GARCIA COLOMO, Carlos Luis	65	POURENSE		-
70+					
1.	1075190 SUANZES PEREZ, Fernando 50m: 40.70 40.70 100m: 1:23.52 42.82	70	HERCULES	1:23.52	13,00 RG
2.	1076487 RODRIGUEZ LEMOS, Andres J. 50m: 50.24 50.24 100m: 1:45.38 55.14	74	CNMOS	1:45.38	10,00

Prueba 27
04/06/2023

Fem., 50m Braza

2003 y mayores
Resultados

Clasificación	Edad	Tiempo	Puntos
20+			
1.	1039457 VAZQUEZ PRADO, Maria	23 PORTAMIÑA	37.60 13,00
2.	1037163 PIROSCIA PONTIDE, Carla	24 PORTAMIÑA	40.07 10,00
3.	1140796 DIAZ DOPICO, Sabela	21 NFERROL	42.88 8,00
4.	1110948 CANO ROSALES, Nuria	22 GALAICO	43.06 7,00
5.	1228048 ALVAREZ SOUTO, Claudia	22 ESCUALOS	45.36 6,00
6.	1037987 MENDEZ SEIJO, Nerea	24 RIASBAIXAS	45.40 5,00
7.	1143296 EIJO GIL, Ana Paula	20 PONTEAREAS	46.58 4,00
8.	1222772 RODRIGUEZ-TOUBES FORRYAN, Irene	24 PONTEAREAS	1:19.09 3,00
25+			
1.	1079047 BALEA CASAS, Tania	27 GALAICO	43.29 13,00
2.	1191499 GONZALEZ MACIA, Alba	29 MONFORTE	49.11 10,00
3.	1240953 SIMOIS MORAIS, Yolanda	29 SALESTRA	54.95 8,00
4.	1108841 DA FORTUNA VAZQUEZ, Noemi	29 TRAVIESAS	59.09 7,00
5.	1035411 FERNANDEZ GARCIA, Marina	26 GALAICO	1:02.00 6,00
Baja	1038608 SUAREZ GARCIA, Sofia	26 RIASBAIXAS	-
30+			
1.	1141212 RIVAS TENREIRO, Arantza	34 NTNARON	43.33 13,00
2.	1230340 SANTORUM FONTAN, Iria Marta	31 GALAICO	46.62 10,00
3.	1224940 PAZOS GANDARA, Andrea	31 PONTEAREAS	48.33 8,00
4.	1144825 ESPASANDIN MARTÍNEZ, María	33 HERCULES	49.17 7,00
5.	1221892 OTERO FERNANDEZ, Maria Luisa	30 SALESTRA	50.61 6,00
6.	1144979 SEOANE GOMEZ, Ana	31 GALAICO	56.45 5,00
7.	1202705 MARTINEZ BARCIELA, Maria Olga	33 TRAVIESAS	57.94 4,00
DSQ	1086350 RIVAS CARCACIA, Natalia	32 ESCUALOS	-
	<i>Salida anticipada</i>		
35+			
1.	1141313 MIRA VAZQUEZ, Paula	37 ESCUALOS	51.72 13,00
40+			
1.	1143598 MIRA VAZQUEZ, Marta	42 ESCUALOS	42.67 13,00
2.	1180232 FKEOUI OMARI, Salma	41 ESCUALOS	43.97 10,00
3.	1237395 VILARIÑO CACHO, Elvira	42 SALESTRA	47.67 8,00
4.	1146893 PRADO FRANCO, Marta E.	44 RIASBAIXAS	48.73 7,00
5.	1170845 CID ALVAREZ, Isabel	43 ESCUALOS	51.50 6,00
6.	1145082 FARIÑA SOUSA, Noemi	40 GALAICO	55.34 5,00
7.	1144598 OLMO VAQUEIRO, Leticia	42 PONTEAREAS	58.77 4,00
8.	1036387 VAZQUEZ PARCERO, Marta	43 CMARINA	1:13.81 3,00
9.	1147215 FERNANDEZ LOPEZ, Sonia	42 PORTAMIÑA	1:44.00 2,00
Baja	1093456 RAMIREZ INSUA, Julia	40 RSDH	-

Prueba 27, Fem., 50m Braza

45+

1.	1057273	MARCOS VARELA, Laura	47	RIASBAIXAS	39.78	13,00	RG
2.	1217806	PAZ BERMUDEZ, Maria	47	SALESTRA	52.85	10,00	
3.	1222316	GIL VILLARINO, Marta	46	HERCULES	56.66	8,00	
4.	1239790	CARBALLEIRA LOIS, Barbara	47	ESCUALOS	1:04.52	7,00	

50+

1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	47.27	13,00	
2.	1058998	MUTILBA OBREGON, Nuria	54	PONTEAREAS	47.95	10,00	
3.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	53.05	8,00	
4.	1207084	MAZAIRA CASTRO, Carmen	50	ESCUALOS	55.20	7,00	
5.	1144710	RODRIGUEZ VAZQUEZ, Maria Teresa	51	POURENSE	59.60	6,00	

55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	49.67	13,00	
2.	1187918	FERNÁNDEZ ARRIZABALO, María	57	TRAVIESAS	50.27	10,00	
3.	1076253	MIGUEZ DE LA SIERRA, Angeles	57	GALAICO	1:06.17	8,00	

60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	45.82	13,00	RG
2.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	57.96	10,00	
3.	1090761	BARJA BARJA, Ana	61	TRAVIESAS	58.56	8,00	
DSQ	1141154	CELEMIN PORRERO, Maria Teresa	64	GALAICO			-

Salida anticipada

65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	59.48	13,00	
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Prueba 28
04/06/2023

Masc., 50m Braza

2003 y mayores
Resultados

Clasificación	Edad	Tempo	Puntos
20+			
1.	1039554 GUTIERREZ MARIÑO, Santiago	21 POURENSE	34.59 13,00 RG
2.	1141093 VILLAMOR FERRO, Rubén	23 ARTEIXO	37.47 10,00
3.	1142927 FERNANDEZ GARCIA, Jacobo	22 GALAICO	48.62 8,00
25+			
1.	1037284 SABUZ FORNEIRO, Martin	29 POURENSE	31.70 13,00
2.	1040459 BALBOA BLANCO, Ivan	29 PORTAMIÑA	33.04 10,00
3.	1144193 PASTORIZA SANTA CLARA, Jorge	26 RIASBAIXAS	33.27 8,00
4.	1068356 AZNAR GRUILLE, Carlos J.	28 CMARINA	37.13 7,00
5.	1216460 FRANCISCO MACÍAS, Simón	27 POURENSE	39.02 6,00
30+			
1.	1174610 TABOADA VILA, Daniel	30 POURENSE	41.52 13,00
2.	1222771 LAGO GONZALEZ, Ivan	30 PONTEAREAS	53.65 10,00
35+			
1.	1143890 FORTES NOVOA, Martiño	35 ESCUALOS	34.30 13,00
2.	1136629 FIGUEIRA DOMINGUEZ, Javier Guzman	35 RIASBAIXAS	36.13 10,00
3.	1191119 CAO LAGO, Pablo	36 RIASBAIXAS	37.12 8,00
4.	1240711 MIRAS LOPEZ, Raul	36 NCORUÑA	37.29 7,00
5.	1075606 MENDEZ FERREIRO, Pablo	38 PORTAMIÑA	38.77 6,00
6.	1023057 PEREZ VAZQUEZ, Telmo	35 CMARINA	42.20 5,00
7.	1217936 PASCUAL DE PEDRO, Jorge	37 PONTEAREAS	44.47 4,00
8.	1204315 TORRES FRAILE, Emilio	39 MONFORTE	46.42 3,00
DSQ	1170846 PRESA PRESA, Santiago	35 GALAICO	-
<i>Salida anticipada</i>			
40+			
1.	1093446 VAZQUEZ IGLESIAS, Daniel	44 RIASBAIXAS	35.45 13,00
2.	1143897 SEVILLA AROCA, Javier	40 ESCUALOS	38.14 10,00
3.	1144789 MATIAS DUARTE, Erick	41 HERCULES	38.50 8,00
4.	1240331 DE LORENZO FERNÁNDEZ, Javier	42 ESCUALOS	41.51 7,00
5.	1178772 CARRERA RODRÍGUEZ, Rubén	44 PONTEAREAS	43.96 6,00
6.	1147216 GONZALEZ VICENTE, Ruben	42 PORTAMIÑA	44.16 5,00
7.	1238677 MARIÑO GONZALEZ, Ramón	43 POURENSE	44.47 4,00
8.	1200126 TABOADA CALVELO, Jose Carlos	44 SALESTRA	44.48 3,00
DSQ	1224734 SOTO REGUEIRA, Roi	40 RIASBAIXAS	-
<i>Salida anticipada</i>			
Baja	1240830 PARTIDA GARCÍA, Diego	40 POURENSE	-

Prueba 28, Masc., 50m Braza

45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	33.71	13,00	RG
2.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	37.74	10,00	
3.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	39.66	8,00	
4.	1180411	NUÑEZ CORREDOIRA, Gonzalo	49	PORTAMIÑA	42.39	7,00	
5.	1145005	FERNANDEZ IGLESIAS, Emilio J.	46	PONTEAREAS	44.50	6,00	
6.	1127402	PEXEGUEIRO BALADRON, Nicolás	46	CNMOS	46.10	5,00	
7.	1203306	DURO GONZALEZ, Antonio	49	SALESTRA	59.06	4,00	
DSQ	1240470	RODRIGUEZ BLANCO, Jose Francisco	47	POURENSE		-	
<i>Nado irregular</i>							
Baja	1235958	BRIOSO DÍAZ, Manuel	46	REDONDELA		-	

50+

1.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO	37.58	13,00	
2.	1141504	BOUSO FUENTECILLA, Fernando	52	ESCUALOS	39.21	10,00	
3.	1144857	FERREIRO SUAREZ, Javier M.	50	SCASINO	39.34	8,00	
4.	1178895	CRESPO PÉREZ, Albarino	53	ESCUALOS	40.42	7,00	
5.	1144117	PREGO MARTINEZ, Benjamin	50	PONTEAREAS	42.93	6,00	
6.	1143605	FERNANDEZ MARTINEZ, Alberto	52	ESCUALOS	43.89	5,00	
7.	1079474	MANDADO RODRIGUEZ, Enrique	51	HERCULES	44.17	4,00	
8.	1144698	CADAVID NUÑEZ, Jose	53	POURENSE	47.45	3,00	
9.	1230361	VERDE LEBORANS, José	50	CIDSANTIAG	47.63	2,00	
10.	1197604	ARAUJO FERNÁNDEZ, Jose	52	ESCUALOS	49.40	1,00	
11.	1203919	CRESPO PIÑEIRO, Natalio	54	RIASBAIXAS	53.55	-	
12.	1208795	LORENZO GONZALEZ-VISO, Carlos	52	POURENSE	53.59	-	

55+

1.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	37.18	13,00	
2.	1079460	REY ROMERO, Jorge J.	57	PORTAMIÑA	41.66	10,00	
3.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	43.24	8,00	

60+

1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	40.14	13,00	
2.	1078597	SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	43.16	10,00	
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	43.43	8,00	
4.	1079361	RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	47.85	7,00	
5.	1144940	HERNANZ MORAL, Fausto	61	RIASBAIXAS	54.98	6,00	
6.	1144712	MONTERO FERNANDEZ, Jose Antonio	60	POURENSE	57.61	5,00	

65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	51.63	13,00	
2.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	1:12.05	10,00	

70+

1.	1240096	IVANCHENKO, Yurii	70	POURENSE	48.61	13,00	RG
2.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	52.52	10,00	

Prueba 28, Masc., 50m Braza

80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	1:12.79	13,00
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85+

DSQ	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO		-
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Nado irregular

Prueba 29
04/06/2023

Fem., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación

Tiempo Puntos

+80 (PRE-MASTER)

Rank	Club	Name	Age	Time	Rank	Club	Name	Age	Time	Puntos
1.	PORTAMIÑA 1	SOUTIÑO RAMIREZ, Carmen	22	36.34	1.	PORTAMIÑA	SAINZ DE LA MAZA RIVAS, Cristina	24	2:16.65	26,00
		VAZQUEZ PRADO, Maria	23	37.34			SANCHEZ VAZQUEZ, Carmen	24		32.08
										30.89
2.	GALAICO 1	GARCIA MIGUEZ, Rosalia	25	37.22	2.	GALAICO	GONZALEZ AVENDAÑO, Lucia	24	2:29.59	20,00
		CANO ROSALES, Nuria	22	43.30			BALEA CASAS, Tania	27		37.73
										31.34
3.	RIASBAIXAS 1	MENDEZ SEIJO, Nerea	24	40.72	3.	RIASBAIXAS	RODRIGUEZ RODRIGUEZ, Nina	21	2:35.15	16,00
		SUAREZ GARCIA, Marta	20	51.43			PEREZ GARCIA, Eva	33		30.02
										32.98
4.	MONFORTE 1	VARELA MENDEZ, Clara	20	36.88	4.	MONFORTE	CASTRO DE LA FUENTE, Uxia	20	2:36.30	14,00
		GONZALEZ MACIA, Alba	29	48.08			GARCIA SANCHEZ, Isabel	21		35.96
										35.38
Baja	PONTEAREAS 1					PONTEAREAS				-

+100

1.	PORTAMIÑA 2	LOPEZ RODRIGUEZ, Aroa	26	40.42	1.	PORTAMIÑA	FREIJE TORNEIRO, Aroa	25	2:37.66	26,00
		RAMOS LOBO, Raquel	30	43.34			SALGADO CASTELO, Marta	29		34.18
										39.72
2.	GALAICO 2	SANTORUM FONTAN, Iria Marta	31	43.28	2.	GALAICO	CRESPO ESTEVEZ, Laura	29	3:13.84	20,00
		SEOANE GOMEZ, Ana	31	55.44			FERNANDEZ GARCIA, Marina	26		46.66
										48.46

+120

1.	ESCUALOS 1	MARTIN, Christelle	42	46.02	1.	ESCUALOS	CID ALVAREZ, Isabel	43	2:58.13	26,00
		MIRA VAZQUEZ, Paula	37	49.10			RIVAS CARCACIA, Natalia	32		48.98
										34.03
2.	PONTEAREAS 2	GARCIA SANCHEZ, Francis Marian	29	57.55	2.	PONTEAREAS	FERNANDEZ GUARDIOLA, Loira	34	3:26.61	20,00
		PAZOS GANDARA, Andrea	31	47.52			GONZALEZ PEREZ, Paula	27		1:03.50
										38.04
Baja	POURENSE 1					POURENSE				-
Baja	SCASINO 1					SCASINO				-
Baja	CMARINA 1					CMARINA				-
Baja	NTNARON 2					NTNARON				-

+160

1.	RIASBAIXAS 2	GONZALEZ PEREZ, Jessica	36	45.87	1.	RIASBAIXAS	PRADO FRANCO, Marta E.	44	2:40.01	26,00
		MARCOS VARELA, Laura	47	39.81			PEREZ GARCIA, Eva	33		38.40
										35.93
2.	ESCUALOS 2	SANCHEZ LEDO, Cira	42	42.87	2.	ESCUALOS	FKEQUI OMARI, Salma	41	2:40.25	20,00
		MIRA VAZQUEZ, Marta	42	41.95			DE LORENZO FERNANDEZ, Maria	45		37.69
										37.74
3.	SCASINO 2	VINAGRE SENDINO, Cora	35	39.87	3.	SCASINO	GARCIA SEOANE, Cristina María	48	2:53.21	16,00
		CAGIAO RODRIGUEZ, Natalia	45	48.98			SALES MANTIÑAN, Carmen	49		48.21
										36.15

Prueba 29, Fem., 4 x 50m Estilos, +160

Clasificación

					Tiempo	Puntos
4.	PONTEAREAS 3			PONTEAREAS	2:58.23	14,00
	GESTO ALONSO, Clarisa 34	39.68		OLMO VAQUEIRO, Leticia 42		55.67
	COVELO SAAVEDRA, Nahir 45	46.25		VARELA REDONDO, Veronica 48		36.63
5.	SALESTRA 1			SALESTRA	3:01.57	12,00
	ABBATEMARCO, Cristina 39	46.43		VILARIÑO CACHO, Elvira 42		51.53
	PAZ BERMUDEZ, Maria 47	50.21		ROZADOS LUIS, Adriana 38		33.40
6.	ADFOGAR 1			ADFOGAR	3:07.02	10,00
	EIRIS CASTRO, Andrea 33	42.73		RODRIGUEZ REY, Maria J. 50		47.64
	PEREIRA ALONSO, Isabel 62	54.09		SANTOS DA GRACA, Francelina 36		42.56
7.	POURENSE 2			POURENSE	4:28.58	8,00
	GONZALEZ RODRIGUEZ, Maria 41	1:06.02		RODRIGUEZ VAZQUEZ, Maria Teresa 51		1:03.64
	FERNANDEZ PARADA, Clara 30	1:15.24		PEREZ GALLARDO, Teresa 59		1:03.68
Baja	GALAICO 4			GALAICO		-

+200

1.	HERCULES 1			HERCULES	3:02.87	26,00
	REGUEIRA MARTINEZ, Maria J. 48	45.25		GIL VILLARINO, Marta 46		50.48
	BRAÑA MENEDEZ, Sonia 48	45.70		LOPEZ MAHIA, Purificacion 60		41.44
2.	PORTAMIÑA 3			PORTAMIÑA	3:09.78	20,00
	OJEA DE CASTRO, Macarena 50	43.39		VALIÑO GOMEZ, Iria 39		42.56
	LOPEZ GONZALEZ, Monica 53	47.65		MENDEZ TORRES, Isabel 63		56.18
3.	TRAVIASAS 1			TRAVIASAS	3:25.16	16,00
	MARTY PAZOS, Maria Victoria 58	56.32		BARJA BARJA, Liliana 58		52.83
	FERNÁNDEZ ARRIZABALO, María 57	50.18		SERRANO AVENDAÑO, Silvia 48		45.83
4.	ESCUALOS 3			ESCUALOS	3:38.31	14,00
	CARBALLEIRA LOIS, Barbara 47	1:02.09		MAZAIRA CASTRO, Carmen 50		58.39
	REBORDA MORILLO, Susana 61	1:00.07		PEREZ PEREZ, Sonia 51		37.76
5.	PONTEAREAS 4			PONTEAREAS	3:47.23	12,00
	BESADA FERNÁNDEZ, Ana M. 45	1:02.53		ABREU FERNANDEZ, Marta 52		57.37
	SOBRINO EIRIZ, Maria Del Valle 51	59.16		FERNANDEZ SESTELO, Maria Jose 53		48.17
Baja	POURENSE 3			POURENSE		-
Baja	RIASBAIXAS 3			RIASBAIXAS		-

+240

1.	POURENSE 4			POURENSE	3:12.42	26,00 RG
	OTERO LOPEZ, Maria Elisa 63	59.41		GARCIA COLOMO, M. Cristina 61		44.77
	BALADO LOPEZ, Ana Maria 62	46.89		LOPEZ RODRIGUEZ, Adela Elena 55		41.35
2.	PONTEAREAS 6			PONTEAREAS	3:59.15	20,00
	DEL AMO BLANCO, Margarita 56	50.20		CALVIÑO CANCELA, Maria Cristina 55		52.49
	MUTILBA OBREGON, Nuria 54	47.80		GONZALEZ RODRIGUEZ, S. Marta 77		1:28.66

+280

1.	PONTEAREAS 5			PONTEAREAS	6:21.96	26,00 RG
	MORAL RUBIO, Isabel 81	1:37.83		MELON PARENTE, M. Lourdes 54		1:20.59
	SUEIRO COSTAS, Mª Carmen 67	1:45.43		CHANTADA GÓMEZ, M. Del Carme 80		1:38.11

Prueba 30
04/06/2023

Masc., 4 x 50m Estilos

AG 80 - 359
Resultados

Clasificación					Tiempo	Puntos
+80 (PRE-MASTER)						
1.	POURENSE 1			POURENSE	1:54.66	26,00 RG
	CIVEIRA CORRAL, Samuel 21	29.16		MOURE DOVAL, Jose 24		26.51
	GUTIERREZ MARIÑO, Santiago 21	34.55		CIVEIRA CORRAL, Raul 21		24.44
2.	PONTEAREAS 1			PONTEAREAS	3:06.49	20,00
	MARTINEZ MARTINEZ, Marcos 20	31.83		GONZALEZ ALONSO, Alejandro 21		45.70
	LAGO GONZALEZ, Ivan 30	54.65		GÓMEZ MÉNDEZ, Borja 21		54.31
+100						
1.	POURENSE 2			POURENSE	2:07.38	26,00
	BLANCO PEREZ, Adrian 29	31.01		FRANCISCO MACÍAS, Simón 27		39.26
	SABUZ FORNEIRO, Martin 29	30.86		QUIROGA RAMOS, Ecequiel 28		26.25
2.	RIASBAIXAS 1			RIASBAIXAS	2:11.13	20,00
	FREIRE GONZALEZ, Javier 30	34.36		CAO LAGO, Pablo 36		33.08
	PASTORIZA SANTACLARA, Jorge26	32.78		FERREÑO COMESAÑA, Cristian 27		30.91
+120						
1.	PORTAMIÑA 1			PORTAMIÑA	2:06.39	26,00
	VAZQUEZ PRADO, Martin 27	32.48		MENDEZ FERREIRO, Pablo 38		30.93
	BALBOA BLANCO, Ivan 29	33.00		MOURIZ LOMBAO, Fco. Javier 48		29.98
2.	MONFORTE 1			MONFORTE	2:07.10	20,00
	MENDES FERRAS, Artur Leonel 42	39.67		BALLESTER IBAÑEZ, Edgar 32		28.07
	SUAREZ FERNÁNDEZ, Santiago 28	33.02		BELTRAN DIAZ, Emilio 46		26.34
3.	GALAICO 1			GALAICO	2:08.30	16,00
	BERNARDEZ FERRO, Juan Jose 36	35.67		CALLE FACAL, Telmo 40		30.26
	TENORIO FREIRE, Martin 31	33.76		MARTINEZ DOPAZO, David 36		28.61
4.	ESCUALOS 1			ESCUALOS	2:19.13	14,00
	DE LORENZO FERNÁNDEZ, Javier 42	42.93		KRUGLOV, Mykola 38		31.20
	FORTES NOVOA, Martiño 35	34.52		PEREZ LOPEZ, Manuel 42		30.48
Baja	PONTEAREAS 3			PONTEAREAS		-
+160						
1.	HERCULES 1			HERCULES	2:11.30	26,00
	MERA MONTECELOS, Pablo 40	34.45		SAAVEDRA GONZÁLEZ, Raul 50		29.84
	MATIAS DUARTE, Erick 41	38.90		FOUZ ROUCO, Rubén 44		28.11
2.	NTNARON 1			NTNARON	2:18.21	20,00
	BLANCO PEREZ, Jesus 37	35.78		MARTINEZ FERNANDEZ, Hector 46		32.58
	HERMIDA SALIDO, Gustavo 46	38.53		BARCIA SIXTO, Francisco José 38		31.32
3.	ESCUALOS 2			ESCUALOS	2:21.04	16,00
	PADIN CHARLIN, Joaquin 43	40.13		SEVILLA AROCA, Javier 40		35.18
	PAZOS ALONSO, Josue 37	35.74		ALVAREZ SILVA, Ruben 42		29.99
4.	GALAICO 2			GALAICO	2:24.23	14,00
	MONTERO PRIETO, Carlos Eugenio 45	36.64		PIÑEIRO PEON, Antonio 39		33.98
	PRESA PRESA, Santiago 35	43.25		CAMIÑA MARTINEZ, Oscar 43		30.36

Prueba 30, Masc., 4 x 50m Estilos, +160

Clasificación				Tiempo	Puntos
5.	RIASBAIXAS 2			2:28.28	12,00
	NOVALES BLANCO, Xabier 32	44.18	FERREIRO SEOANE, Jose Raul 50		35.56
	VAZQUEZ IGLESIAS, Daniel 44	36.55	FIGUEIRA DOMINGUEZ, Javier Guz35in		31.99
6.	POURENSE 3			2:30.70	10,00 RG
	DE MARTIN DIAZ, Ruben 47	31.73	MARIÑO GONZALEZ, Ramón 43		44.97
	RODRIGUEZ BLANCO, Jose Franci47o	43.84	LORENZO GONZALEZ-VISO, Carl52		30.16
7.	SALESTRA 1			2:31.66	8,00
	BASTIDA CAMPOS, Alejandro 41	41.60	FINS SEOANE, Juan Miguel 46		32.28
	TABOADA CALVELO, Jose Carlos44	44.28	DURO GONZALEZ, Antonio 49		33.50
8.	PORTAMIÑA 2			2:31.89	6,00
	FERNANDEZ RICO, Alvaro 42	41.66	DIEGUEZ ARANDA, Hector 50		32.09
	GUIMAREY VAZQUEZ, Marcos 46	42.12	BLANCO HORTAS, Jose Ramon 49		36.02
9.	PONTEAREAS 4			2:44.29	4,00
	PASCUAL DE PEDRO, Jorge 37	46.05	FERNANDEZ IGLESIAS, Emilio J. 46		36.52
	MOURIÑO ORTIGUERA, Roberto C. 49	44.47	RODRIGUEZ BALIÑA, Mauro 33		37.25
+200					
1.	ESCUALOS 3			2:13.74	26,00 RG
	FERNANDEZ NUÑEZ, Santiago 60	34.65	QUINTAS BARROS, Jesus C. 50		35.27
	NOGUEIRA-PINTO CRESPO, Hugo 45	33.96	PEREIRA DIAZ, Angel 51		29.86
2.	SCASINO 1			2:31.46	20,00
	GOMEZ FREIRE, Domingo Jose 48	40.69	NISTAL GARCÍA, Eduardo 55		38.51
	FERREIRO SUAREZ, Javier M. 50	39.61	COUCEIRO SANCHEZ, Gonzalo 57		32.65
3.	HERCULES 2			2:34.40	16,00
	GONZALEZ PARIS, David 45		SUANZES PEREZ, Fernando 70		
	MANDADO RODRIGUEZ, Enrique 51		ABADES REBOREDO, Daniel 45		
4.	PORTAMIÑA 3			2:34.45	14,00
	TIMIRAOS CARRASCO, Fernando 58	39.10	PEREZ ARIAS, Hector 52		32.81
	REY ROMERO, Jorge J. 57	41.51	SANCHEZ VAZQUEZ, Jesus 61		41.03
5.	CIDSANTIAG 1			2:36.24	12,00
	CODESIDO LOPEZ, José 64	42.52	PUENTE DÍAZ, Javier 52		38.81
	FERNANDEZ ARRUTI, Jose Angel 64	42.83	BRION FERNANDEZ, Manuel Joaqu31		32.08
6.	PONTEAREAS 5			2:42.15	10,00
	CARRERA COSTAS, Andres 41	42.37	PREGO MARTINEZ, Benjamin 50		38.69
	PIÑEIRO PEREZ, Armando 57	49.15	RODRIGUEZ BALIÑA, Marcos 52		31.94
7.	RIASBAIXAS 3			2:49.31	8,00
	PEREZ LEIVA, Manuel 55	46.77	LORENZO FERNANDEZ, Jose Mant51		42.42
	ROS ROSILLO, Alejandro 65	41.69	CRESPO PIÑEIRO, Natalio 54		38.43
8.	POURENSE 4			3:10.64	6,00
	BLANCO PEREZ, Angel 59	54.27	FERREIRO SANCHEZ, Luis 53		40.28
	CADAVID NUÑEZ, Jose 53	47.70	RODRIGUEZ BLANCO, Jose Franci47o		48.39
Baja	ARTEIXO 1		ARTEIXO		-
Baja	GALAICO 3		GALAICO		-
Baja	CMARINA 1		CMARINA		-

Prueba 30, Masc., 4 x 50m Estilos

+240

1.	NCORUÑA 1			NCORUÑA	2:27.33	26,00	RG
	LOIS PEREZ, Antonio	62	36.57	TAPIA PORTO, Enrique	58	33.20	
	SOLLEIRO TIZON, Juan Jose	60	42.21	RODRIGUEZ QUEIRUGA, Juan Carl	60	35.35	
2.	CNMOS 1			CNMOS	2:54.85	20,00	
	RODRIGUEZ LEMOS, Andres J.	74	53.39	SIO LOURIDO, J. Salvador	62	36.80	
	PEXEGUEIRO BALADRON, Nicolas	46	46.60	RODRIGUEZ VIEITO, Ricardo M.	66	38.06	
3.	POURENSE 5			POURENSE	3:18.45	16,00	
	GARCIA COLOMO, Manuel Ramon	69	50.43	IVANCHENKO, Yurii	70	1:10.40	
	MONTERO FERNANDEZ, Jose Antc	60	35.34	GARCIA COLOMO, Carlos Luis	65	42.28	
4.	GALAICO 4			GALAICO	3:26.79	14,00	RE
	LOPEZ VIDAL, Antonio	71	21.58	BETHENCOURT IGLESIAS, Sergio	60	11.36	
	CASTRO QUINTELA, Avelino	56	1:43.49	AREA PEREIRA, Jose Manuel	66	1:10.36	
5.	PONTEAREAS 6			PONTEAREAS	3:32.50	12,00	
	RODRIGUEZ GOMEZ, Emilio	62	52.44	CARRERA RODRÍGUEZ, Rubén	44	39.38	
	ARAUJO DOMINGUEZ, Francisco	83	1:18.60	MONROY FERNÁNDEZ, Manuel	73	42.08	

Puntos

Todas las pruebas

Todos, Abs.

1. C. N. PONTEAREAS	00878	1.588,50
2. C. N. Portamiñá Lugo	01156	1.462,00
3. C. N. Pabellón Ourense	00101	1.357,00
4. C. N. ESCUALOS	01547	1.273,00
5. C. N. Vigo Rías Baixas	00765	1.208,00
6. C. N. GALAICO	00784	1.079,50
7. C. Hércules Termaria	01572	900,00
8. C. N. Monforte De Lemos	00837	493,00
9. C. N. MOS	01424	381,00
10. Sporting C. Casino	00287	353,00
11. C. MARINA FERROL	00146	348,00
12. C. N. E Salvamento A Estrada	01576	344,00
13. C. N. CORUÑA	00186	302,00
14. C. N. CULLEREDO	01433	231,00
15. C. TRAVIASAS N.	00824	227,00
16. Agrup. Dep. Fogar	00617	191,00
17. Agrup. Dep. Náutico De Narón	00639	182,00
18. C. Fluvial De Lugo	00398	180,00
19. C. Dep. N. Cidade De Santiago	01295	176,00
20. C. N. ARTEIXO	01133	141,00
21. C. TRIATLON CORUÑA	01762	92,00
22. Real Sociedad D. Hipica	00284	75,00
23. C. N. FERROL	00674	58,00
C. N. REDONDELA	00873	58,00
25. Real C. Náutico De Vigo	00071	38,00
26. C. N. LICEO	01269	23,00

Masc., Abs.

1. C. N. Pabellón Ourense	00101	872,00
2. C. N. ESCUALOS	01547	735,00
3. C. N. Portamiñá Lugo	01156	717,00
4. C. N. GALAICO	00784	669,50
5. C. N. PONTEAREAS	00878	639,50
6. C. N. Vigo Rías Baixas	00765	616,00
7. C. Hércules Termaria	01572	577,00
8. C. N. MOS	01424	350,00
9. C. N. Monforte De Lemos	00837	281,00
10. C. N. CORUÑA	00186	239,00
11. C. MARINA FERROL	00146	201,00
12. C. Dep. N. Cidade De Santiago	01295	163,00
13. C. N. E Salvamento A Estrada	01576	130,00
14. Agrup. Dep. Náutico De Narón	00639	125,00
15. Sporting C. Casino	00287	123,00
16. C. N. ARTEIXO	01133	113,00
17. C. N. CULLEREDO	01433	102,00
18. Agrup. Dep. Fogar	00617	92,00
19. C. Fluvial De Lugo	00398	53,00
20. C. TRIATLON CORUÑA	01762	49,00
21. C. N. REDONDELA	00873	33,00
22. C. TRAVIASAS N.	00824	28,00
23. Real C. Náutico De Vigo	00071	25,00
24. Real Sociedad D. Hipica	00284	24,00
25. C. N. FERROL	00674	17,00

Fem., Abs.

1. C. N. PONTEAREAS	00878	949,00
2. C. N. Portamiñá Lugo	01156	745,00
3. C. N. Vigo Rías Baixas	00765	592,00
4. C. N. ESCUALOS	01547	538,00
5. C. N. Pabellón Ourense	00101	485,00
6. C. N. GALAICO	00784	410,00
7. C. Hércules Termaria	01572	323,00
8. Sporting C. Casino	00287	230,00
9. C. N. E Salvamento A Estrada	01576	214,00
10. C. N. Monforte De Lemos	00837	212,00
11. C. TRAVIESAS N.	00824	199,00
12. C. MARINA FERROL	00146	147,00
13. C. N. CULLEREDO	01433	129,00
14. C. Fluvial De Lugo	00398	127,00
15. Agrup. Dep. Fogar	00617	99,00
16. C. N. CORUÑA	00186	63,00
17. Agrup. Dep. Náutico De Narón	00639	57,00
18. Real Sociedad D. Hipica	00284	51,00
19. C. TRIATLON CORUÑA	01762	43,00
20. C. N. FERROL	00674	41,00
21. C. N. MOS	01424	31,00
22. C. N. ARTEIXO	01133	28,00
23. C. N. REDONDELA	00873	25,00
24. C. N. LICEO	01269	23,00
25. Real C. Náutico De Vigo	00071	13,00
C. Dep. N. Cidade De Santiago	01295	13,00

Récords batidos por prueba...

Todas las pruebas

Masc., 50m Libre

2.	Serie 1	Folch Mallofre, Ramon	86	01133	58.02	R. G.	85+
15.	Serie 3	Suanzes Perez, Fernando	70	01572	35.70	R. G.	70+
15.	Serie 4	Fernandez Torres, Diego	51	01156	27.91	R. G.	50+
17.	Serie 2	Folch Mallofre, Ramon	86	01133	47.53	R. G.	85+
17.	Serie 10	Lois Perez, Antonio	62	00186	29.97	R. G.	60+
17.	Serie 10	Guirado Carabel, Oscar	47	01433	28.46	R. G.	45+
17.	Serie 11	Fernandez Nuñez, Santiago	60	01547	29.55	R. G.	60+
17.	Serie 12	Fernandez Torres, Diego	51	01156	27.90	R. G.	50+
17.	Serie 13	Beltran Diaz, Emilio	46	00837	26.87	R. G.	45+
17.	Serie 13	Muiño Alonso, Anton	29	00186	26.24	R. G.	25+
17.	Serie 14	Ponton Rodriguez, Juan	21	00837	25.36	R. G.	20+
22.	Serie 4	Ponton Rodriguez, Juan	21	00837	25.30	R. G.	20+
22.	Serie 5	Fernandez Torres, Diego	51	01156	27.71	R. G.	50+
22.	Serie 6	Mera Montecelos, Pablo	40	01572	27.29	R. G.	40+

Masc., 100m Libre

2.	Serie 5	Suanzes Perez, Fernando	70	01572	1:34.73	R. G.	70+
26.	Serie 4	Suanzes Perez, Fernando	70	01572	1:23.52	R. G.	70+
26.	Serie 9	Fernandez Nuñez, Santiago	60	01547	1:05.88	R. G.	60+
26.	Serie 9	Fernandez Torres, Diego	51	01156	1:03.39	R. G.	50+
26.	Serie 9	Iglesias Gomez, Gonzalo	44	01572	1:01.19	R. G.	40+
26.	Serie 11	Beltran Diaz, Emilio	46	00837	1:00.83	R. G.	45+
26.	Serie 12	Ballester Ibañez, Edgar	32	00837	57.61	R. G.	30+
26.	Serie 12	Moure Doval, Jose	24	00101	54.69	R. G.	20+

Masc., 200m Libre

2.	Serie 1	Folch Mallofre, Ramon	86	01133	4:20.98	R. G.	85+
2.	Serie 5	Suanzes Perez, Fernando	70	01572	3:15.03	R. G.	70+

Masc., 400m Libre

2.	Serie 1	Folch Mallofre, Ramon	86	01133	8:52.27	R. G.	85+
2.	Serie 5	Suanzes Perez, Fernando	70	01572	6:24.97	R. G.	70+
2.	Serie 9	Quintas Barros, Jesus C.	50	01547	5:08.52	R. G.	50+
2.	Serie 10	Moure Doval, Jose	24	00101	4:16.72	R. G.	20+

Masc., 50m Espalda

4.	Serie 2	Folch Mallofre, Ramon	86	01133	55.42	R. G.	85+
4.	Serie 5	Lois Perez, Antonio	62	00186	35.96	R. G.	60+
4.	Serie 8	Fernandez Nuñez, Santiago	60	01547	35.08	R. G.	60+
4.	Serie 8	Guirado Carabel, Oscar	47	01433	34.26	R. G.	45+
4.	Serie 9	Fernandez Torres, Diego	51	01156	32.42	R. G.	50+
4.	Serie 9	Eiriz Dieguez, Daniel	45	01424	31.76	R. G.	45+
4.	Serie 9	Taboada Vila, Alberto	36	00101	29.44	R. G.	35+
4.	Serie 9	Civeira Corral, Samuel	21	00101	29.22	R. G.	20+
7.	Serie 5	Fernandez Nuñez, Santiago	60	01547	34.82	R. G.	60+
30.	Serie 2	Lopez Vidal, Antonio	71	00784	21.58	R. E.	70+
30.	Serie 2	Lopez Vidal, Antonio	71	00784	21.58	R. G.	70+
30.	Serie 3	De Martin Diaz, Ruben	47	00101	31.73	R. G.	45+
30.	Serie 5	Fernandez Nuñez, Santiago	60	01547	34.65	R. G.	60+
30.	Serie 5	Civeira Corral, Samuel	21	00101	29.16	R. G.	20+

Masc., 100m Espalda

21.	Serie 1	Lopez Vidal, Antonio	71	00784	2:32.72	R. G.	70+
21.	Serie 5	Calle Facal, Telmo	40	00784	1:12.65	R. G.	40+
21.	Serie 6	Sanchez Gordon, Roman	45	00765	1:18.20	R. G.	45+
21.	Serie 6	Taboada Vila, Alberto	36	00101	1:06.38	R. G.	35+
24.	Serie 1	Monroy Fernández, Manuel	73	00878	2:10.72	R. G.	70+

24.	Serie 5	Timiraos Carrasco, Fernando	58	01156	1:20.90	R. G.	55+
24.	Serie 5	Guirado Carabel, Oscar	47	01433	1:17.98	R. G.	45+
24.	Serie 6	Calle Facal, Telmo	40	00784	1:09.48	R. G.	40+
24.	Serie 6	Taboada Vila, Alberto	36	00101	1:02.69	R. G.	35+
24.	Serie 6	Civeira Corral, Samuel	21	00101	1:02.65	R. G.	20+
Masc., 200m Espalda							
21.	Serie 1	Lopez Vidal, Antonio	71	00784	5:04.75	R. G.	70+
21.	Serie 2	Ros Rosillo, Alejandro	65	00765	3:38.29	R. G.	65+
21.	Serie 5	Timiraos Carrasco, Fernando	58	01156	2:51.32	R. G.	55+
21.	Serie 5	Calle Facal, Telmo	40	00784	2:32.42	R. G.	40+
21.	Serie 6	Sanchez Gordon, Roman	45	00765	2:40.56	R. G.	45+
21.	Serie 6	Gomez Marquez, Hugo	40	00101	2:32.08	R. G.	40+
21.	Serie 6	Taboada Vila, Alberto	36	00101	2:19.66	R. G.	35+
21.	Serie 6	Civeira Corral, Samuel	21	00101	2:20.26	R. G.	20+
Masc., 50m Braza							
13.	Serie 2	Rodriguez Lemos, Andres J.	74	01424	54.82	R. G.	70+
13.	Serie 6	Ros Rosillo, Alejandro	65	00765	44.51	R. G.	65+
13.	Serie 9	Civeira Corral, Samuel	21	00101	34.61	R. G.	20+
19.	Serie 1	Araujo Dominguez, Francisco	83	00878	1:00.67	R. G.	80+
28.	Serie 3	Rodriguez Lemos, Andres J.	74	01424	52.52	R. G.	70+
28.	Serie 4	Ivanchenko, Yurii	70	00101	48.61	R. G.	70+
28.	Serie 9	Nogueira-Pinto Crespo, Hugo	45	01547	33.71	R. G.	45+
28.	Serie 9	Gutierrez Mariño, Santiago	21	00101	34.59	R. G.	20+
Masc., 100m Braza							
13.	Serie 2	Rodriguez Lemos, Andres J.	74	01424	1:58.56	R. G.	70+
13.	Serie 6	Ros Rosillo, Alejandro	65	00765	1:32.60	R. G.	65+
13.	Serie 9	Sabuz Forneiro, Martin	29	00101	1:09.59	R. G.	25+
13.	Serie 9	Civeira Corral, Samuel	21	00101	1:12.70	R. G.	20+
Masc., 200m Braza							
19.	Serie 4	Ros Rosillo, Alejandro	65	00765	3:27.24	R. G.	65+
19.	Serie 7	Pazos Alonso, Josue	37	01547	2:49.94	R. G.	35+
19.	Serie 7	Tenorio Freire, Martin	31	00784	2:45.17	R. G.	30+
19.	Serie 7	Sabuz Forneiro, Martin	29	00101	2:43.64	R. G.	25+
Masc., 50m Mariposa							
6.	Serie 2	Ivanchenko, Yurii	70	00101	42.81	R. G.	70+
6.	Serie 8	Saavedra González, Raul	50	01572	29.89	R. G.	50+
6.	Serie 9	Muiño Alonso, Anton	29	00186	27.79	R. G.	25+
6.	Serie 9	Ponton Rodriguez, Juan	21	00837	26.53	R. G.	20+
Masc., 100m Mariposa							
9.	Serie 6	Beltran Diaz, Emilio	46	00837	1:10.49	R. G.	45+
9.	Serie 6	Blanco Perez, Adrian	29	00101	1:04.64	R. G.	25+
Masc., 200m Estilos							
11.	Serie 2	Rodriguez Lemos, Andres J.	74	01424	4:19.66	R. G.	70+
11.	Serie 4	Ros Rosillo, Alejandro	65	00765	3:18.32	R. G.	65+
11.	Serie 5	Suanzes Perez, Fernando	70	01572	3:29.97	R. G.	70+
11.	Serie 8	Sanchez Gordon, Roman	45	00765	2:37.00	R. G.	45+
11.	Serie 9	Calle Facal, Telmo	40	00784	2:28.95	R. G.	40+
11.	Serie 9	Moure Doval, Jose	24	00101	2:14.48	R. G.	20+
Masc., 4 x 50m Libre							
15.	Serie 3	C. N. CORUÑA		00186	2:06.25	R. G.	+240
TAPIA PORTO, Enrique, RODRIGUEZ QUEIRUGA, Juan Carlos, LOIS PEREZ, Antonio, SOLLEIRO TIZON, Juan Jose							
15.	Serie 3	C. N. ESCUALOS		01547	1:58.75	R. G.	+200
PEREIRA DIAZ, Angel, NOGUEIRA-PINTO CRESPO, Hugo, QUINTAS BARROS, Jesus C., FERNANDEZ NUÑEZ, Santiago							

15.	Serie 5	C. Hércules Termaria	01572	1:51.82	R. G.	+160
<small>SAAVEDRA GONZÁLEZ, Raul, IGLESIAS GOMEZ, Gonzalo, MERA MONTECELOS, Pablo, FOUZ ROUCO, Rubén</small>						
15.	Serie 5	C. N. Monforte De Lemos	00837	1:47.71	R. G.	+120
<small>BALLESTER IBAÑEZ, Edgar, SUAREZ FERNÁNDEZ, Santiago, MENDES FERRAS, Artur Leonel, BELTRAN DIAZ, Emilio</small>						
15.	Serie 5	C. N. Pabellón Ourense	00101	1:40.74	R. G.	+80 (PRE-MASTER)
<small>GUTIERREZ MARIÑO, Santiago, MOURE DOVAL, Jose, CIVEIRA CORRAL, Samuel, CIVEIRA CORRAL, Raul</small>						

Masc., 4 x 50m Estilos

30.	Serie 4	C. N. CORUÑA	00186	2:27.33	R. G.	+240
<small>LOIS PEREZ, Antonio, SOLLEIRO TIZON, Juan Jose, TAPIA PORTO, Enrique, RODRIGUEZ QUEIRUGA, Juan Carlos</small>						
30.	Serie 5	C. N. ESCUALOS	01547	2:13.74	R. G.	+200
<small>FERNANDEZ NUÑEZ, Santiago, NOGUEIRA-PINTO CRESPO, Hugo, QUINTAS BARROS, Jesus C., PEREIRA DIAZ, Angel</small>						
30.	Serie 5	C. N. Pabellón Ourense	00101	1:54.66	R. G.	+80 (PRE-MASTER)
<small>CIVEIRA CORRAL, Samuel, GUTIERREZ MARIÑO, Santiago, MOURE DOVAL, Jose, CIVEIRA CORRAL, Raul</small>						

Fem., 50m Libre

14.	Serie 2	Gonzalez Rodriguez, Maria	41 00101	30.93	R. G.	40+
14.	Serie 4	Freije Torneiro, Aroa	25 01156	29.65	R. G.	25+
16.	Serie 9	Garcia Colomo, M. Cristina	61 00101	35.27	R. G.	60+
16.	Serie 10	Mouriz Casanova, Sabela	22 01156	29.46	R. G.	20+
16.	Serie 11	Franco Cal, Alba	32 00398	28.19	R. G.	30+
16.	Serie 11	Pascual Gutierrez, Maria Teresa	25 01572	28.03	R. G.	25+
16.	Serie 11	Rodriguez Rodriguez, Nina	21 00765	29.34	R. G.	20+
22.	Serie 4	Franco Cal, Alba	32 00398	28.09	R. G.	30+
22.	Serie 7	Pascual Gutierrez, Maria Teresa	25 01572	27.71	R. G.	25+

Fem., 100m Libre

1.	Serie 7	Gonzalez Rodriguez, Maria	41 00101	1:11.24	R. G.	40+
25.	Serie 9	Gonzalez Rodriguez, Maria	41 00101	1:07.42	R. G.	40+
25.	Serie 9	Freije Torneiro, Aroa	25 01156	1:05.04	R. G.	25+

Fem., 200m Libre

1.	Serie 1	Moral Rubio, Isabel	81 00878	6:23.68	R. G.	80+
1.	Serie 7	Gonzalez Rodriguez, Maria	41 00101	2:29.52	R. G.	40+
1.	Serie 7	Franco Cal, Alba	32 00398	2:22.07	R. G.	30+

Fem., 400m Libre

1.	Serie 1	Moral Rubio, Isabel	81 00878	13:08.60	R. G.	80+
1.	Serie 7	Gonzalez Rodriguez, Maria	41 00101	5:07.75	R. G.	40+
1.	Serie 7	Franco Cal, Alba	32 00398	4:45.35	R. G.	30+

Fem., 50m Espalda

3.	Serie 4	Sar Morano, Dolores	68 01433	52.90	R. G.	65+
3.	Serie 6	Garcia Colomo, M. Cristina	61 00101	42.67	R. G.	60+
3.	Serie 6	Barja Barja, Liliana	58 00824	45.77	R. G.	55+
7.	Serie 7	Pascual Gutierrez, Maria Teresa	25 01572	33.81	R. G.	25+
23.	Serie 5	HERMIDA RODRIGUEZ, Blanca	42 00146	39.03	R. G.	40+

Fem., 100m Espalda

20.	Serie 3	Garcia Colomo, M. Cristina	61 00101	1:39.60	R. G.	60+
20.	Serie 5	Gonzalez Rodriguez, Maria	41 00101	1:24.24	R. G.	40+
20.	Serie 5	Pombo Lopez, Belen	31 00398	1:24.34	R. G.	30+
23.	Serie 2	Sar Morano, Dolores	68 01433	2:07.03	R. G.	65+
23.	Serie 5	HERMIDA RODRIGUEZ, Blanca	42 00146	1:20.91	R. G.	40+
23.	Serie 5	Loureiro Amor, Belen Martina	35 00639	1:18.09	R. G.	35+
23.	Serie 5	Gesto Alonso, Clarisa	34 00878	1:23.82	R. G.	30+
23.	Serie 5	Pascual Gutierrez, Maria Teresa	25 01572	1:16.80	R. G.	25+
23.	Serie 5	Piroschia Pontide, Carla	24 01156	1:14.44	R. G.	20+

Fem., 200m Espalda

20.	Serie 3	Garcia Colomo, M. Cristina	61	00101	3:29.36	R. G.	60+
20.	Serie 5	Gonzalez Rodriguez, Maria	41	00101	2:53.50	R. G.	40+
20.	Serie 5	Pombo Lopez, Belen	31	00398	2:53.75	R. G.	30+
20.	Serie 5	Freije Torneiro, Aroa	25	01156	2:47.07	R. G.	25+

Fem., 50m Braza

27.	Serie 6	Balado Lopez, Ana Maria	62	00101	45.82	R. G.	60+
27.	Serie 7	Marcos Varela, Laura	47	00765	39.78	R. G.	45+

Fem., 100m Braza

12.	Serie 2	Sar Morano, Dolores	68	01433	2:12.27	R. G.	65+
12.	Serie 6	Vazquez Prado, Maria	23	01156	1:22.89	R. G.	20+

Fem., 200m Braza

18.	Serie 3	Balado Lopez, Ana Maria	62	00101	3:45.28	R. G.	60+
18.	Serie 3	Gonzalez Avendaño, Lucia	24	00784	3:42.51	R. G.	20+
18.	Serie 4	Franco Cal, Alba	32	00398	2:58.39	R. G.	30+
18.	Serie 4	Diaz Dopico, Sabela	21	00674	3:17.14	R. G.	20+

Fem., 50m Mariposa

5.	Serie 4	Garcia Colomo, M. Cristina	61	00101	41.02	R. G.	60+
5.	Serie 6	HERMIDA RODRIGUEZ, Blanca	42	00146	35.02	R. G.	40+
5.	Serie 7	Franco Cal, Alba	32	00398	29.77	R. E.	30+
5.	Serie 7	Franco Cal, Alba	32	00398	29.77	R. G.	30+
5.	Serie 7	Pascual Gutierrez, Maria Teresa	25	01572	29.86	R. G.	25+

Fem., 100m Mariposa

8.	Serie 4	HERMIDA RODRIGUEZ, Blanca	42	00146	1:18.14	R. G.	40+
8.	Serie 4	Rodriguez Rodriguez, Nina	21	00765	1:12.06	R. G.	20+

Fem., 200m Estilos

10.	Serie 4	Gonzalez Rodriguez, Maria	41	00101	2:52.33	R. G.	40+
10.	Serie 4	Rodriguez Rodriguez, Nina	21	00765	2:40.92	R. G.	20+

Fem., 4 x 50m Libre

14.	Serie 1	C. N. PONTEAREAS	00878	5:19.04	R. G.	+280
MORAL RUBIO, Isabel, CHANTADA GÓMEZ, M. Del Carmen, MELON PARENTE, M. Lourdes, SUEIRO COSTAS, Mª Carmen						
14.	Serie 1	C. N. Pabellón Ourense	00101	2:48.83	R. G.	+240
OTERO LOPEZ, Maria Elisa, BALADO LOPEZ, Ana Maria, LOPEZ RODRIGUEZ, Adela Elena, GARCIA COLOMO, M. Cristina						
14.	Serie 2	C. N. Monforte De Lemos	00837	2:16.66	R. G.	+80 (PRE-MASTER)
CASTRO DE LA FUENTE, Uxia, GARCIA SANCHEZ, Isabel, VÁZQUEZ FUENTES, Cintia, VARELA MENDEZ, Clara						
14.	Serie 4	C. N. Portamiñá Lugo	01156	2:00.77	R. G.	+80 (PRE-MASTER)
PIROSCIA PONTIDE, Carla, SAINZ DE LA MAZA RIVAS, Cristina, SANCHEZ VAZQUEZ, Carmen, SAAVEDRA BUIDE, Carlota						

Fem., 4 x 50m Estilos

29.	Serie 2	C. N. PONTEAREAS	00878	6:21.96	R. G.	+280
MORAL RUBIO, Isabel, SUEIRO COSTAS, Mª Carmen, MELON PARENTE, M. Lourdes, CHANTADA GÓMEZ, M. Del Carmen						
29.	Serie 2	C. N. Pabellón Ourense	00101	3:12.42	R. G.	+240
OTERO LOPEZ, Maria Elisa, BALADO LOPEZ, Ana Maria, GARCIA COLOMO, M. Cristina, LOPEZ RODRIGUEZ, Adela Elena						
29.	Serie 4	C. N. GALAICO	00784	2:29.59	R. G.	+80 (PRE-MASTER)
GARCIA MIGUEZ, Rosalia, CANO ROSALES, Nuria, GONZALEZ AVENDAÑO, Lucia, BALEA CASAS, Tania						
29.	Serie 5	C. N. Portamiñá Lugo	01156	2:16.65	R. G.	+80 (PRE-MASTER)
SOUTIÑO RAMIREZ, Carmen Victoria, VAZQUEZ PRADO, Maria, SAINZ DE LA MAZA RIVAS, Cristina, SANCHEZ VAZQUEZ, Carmen						

Mixto, 4 x 50m Libre

22.	Serie 1	C. N. PONTEAREAS	00878	4:44.24	R. G.	+280
MORAL RUBIO, Isabel, CARRERA RODRÍGUEZ, Rubén, ARAUJO DOMINGUEZ, Francisco, GONZALEZ RODRIGUEZ, S. Marta						
22.	Serie 2	Real Sociedad D. Hipica	00284	2:27.89	R. G.	+160
DE LA MONTAÑA ALCANTARA, Gloria, RAMIREZ INSUA, Julia, CEGARRA GARCIA, Eugenio, LOPEZ BERMUDEZ, Gabriel						
22.	Serie 3	Agrup. Dep. Náutico De Narón	00639	2:04.39	R. G.	+120
MARTINEZ FERNANDEZ, Hector, LOUREIRO AMOR, Belen Martina, BLANCO PEREZ, Jesus, RIVAS TENREIRO, Arantza						

22.	Serie 4	C. Fluvial De Lugo	00398	2:09.08	R. G.	+160
FRANCO CAL, Alba, ALONSO ORTIZ, Mariano, GURIDI HUERTA, Jesus M., POMBO LOPEZ, Belen						
22.	Serie 4	C. N. GALAICO	00784	2:18.83	R. G.	+100
TENORIO FREIRE, Martin, FERNANDEZ GARCIA, Marina, PRESA PRESA, Santiago, GARCIA MIGUEZ, Rosalia						
22.	Serie 4	C. N. Monforte De Lemos	00837	1:55.08	R. G.	+80 (PRE-MASTER)
PONTON RODRIGUEZ, Juan, SUAREZ FERNÁNDEZ, Santiago, VARELA MENDEZ, Clara, CASTRO DE LA FUENTE, Uxia						
22.	Serie 5	C. N. Portamiñá Lugo	01156	2:08.43	R. G.	+160
FERNANDEZ TORRES, Diego, DIEGUEZ ARANDA, Hector, VALIÑO GOMEZ, Iria, OJEA DE CASTRO, Macarena						
22.	Serie 6	C. Hércules Termaria	01572	2:05.42	R. G.	+160
MERA MONTECELOS, Pablo, ESPASANDIN MARTÍNEZ, María, BRAÑA MENENDEZ, Sonia, FOUZ ROUCO, Rubén						
22.	Serie 6	C. N. GALAICO	00784	2:01.47	R. G.	+120
BALEA CASAS, Tania, MARTINEZ DOPAZO, David, SANTORUM FONTAN, Iria Marta, CALLE FACAL, Telmo						
22.	Serie 6	C. N. Portamiñá Lugo	01156	1:53.74	R. G.	+80 (PRE-MASTER)
VAZQUEZ PRADO, Martin, OTERO VILLARES, Daniel, MOURIZ CASANOVA, Sabela, PIROSCIA PONTIDE, Carla						
22.	Serie 7	C. N. Portamiñá Lugo	01156	2:04.80	R. G.	+100
FREIJE TORNEIRO, Aroa, BALBOA BLANCO, Ivan, LOPEZ RODRIGUEZ, Aroa, MEILAN SANCHEZ, Sergio Jose						
22.	Serie 7	C. N. Pabellón Ourense	00101	1:51.91	R. G.	+80 (PRE-MASTER)
MOURE DOVAL, Jose, CIVEIRA CORRAL, Samuel, BLANCO PEREZ, Paula, SABUZ FORNEIRO, Andrea						

Mixto, 4 x 50m Estilos

7.	Serie 6	C. N. Portamiñá Lugo	01156	2:05.68	R. G.	+80 (PRE-MASTER)
VAZQUEZ PRADO, Martin, VAZQUEZ PRADO, Maria, OTERO VILLARES, Daniel, MOURIZ CASANOVA, Sabela						
7.	Serie 7	C. Hércules Termaria	01572	2:16.54	R. G.	+160
PASCUAL GUTIERREZ, Maria Teresa, BRAÑA MENENDEZ, Sonia, SAAVEDRA GONZÁLEZ, Raul, FOUZ ROUCO, Rubén						

Medallistas por prueba

Todas las pruebas

1. Fem., 400m Libre 20+

1.	1040133	SAAVEDRA BUIDE, Carlota	24	PORTAMIÑA	5:20.43	-
2.	1144257	FERNANDEZ GONZALEZ, Elena	22	HERCULES	5:29.74	-
3.	1038929	GONZALEZ AVENDAÑO, Lucia	24	GALAICO	5:39.49	-

1. Fem., 400m Libre 25+

1.	1038096	FREIJE TORNEIRO, Aroa	25	PORTAMIÑA	5:05.15	-
2.	1078925	SALGADO CASTELO, Marta	29	PORTAMIÑA	6:30.17	-
3.	1035411	FERNANDEZ GARCIA, Marina	26	GALAICO	7:33.26	-

1. Fem., 400m Libre 30+

1.	1093459	FRANCO CAL, Alba	32	FLUVIAL	4:45.35	- RG
2.	1040545	POMBO LOPEZ, Belen	31	FLUVIAL	5:16.91	-
3.	1116506	RAMOS LOBO, Raquel	30	PORTAMIÑA	5:25.86	-

1. Fem., 400m Libre 35+

1.	1144894	VINAGRE SENDINO, Cora	35	SCASINO	5:52.81	-
2.	1203741	QUEREDA RODRÍGUEZ, Almudena	38	LICEO	5:57.18	-
3.	1076543	RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS	6:01.23	-

1. Fem., 400m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	41	POURENSE	5:07.75	- RG
2.	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	6:16.04	-
3.	1143597	SANCHEZ LEDO, Cira	42	ESCUALOS	6:21.83	-

1. Fem., 400m Libre 45+

1.	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	5:57.38	-
2.	1040944	VARELA REDONDO, Veronica	48	PONTEAREAS	6:15.89	-
3.	1143894	DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	6:20.12	-

1. Fem., 400m Libre 50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	5:46.22	-
2.	1228008	OJEA DE CASTRO, Macarena	50	PORTAMIÑA	6:17.13	-
3.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	6:21.67	-

1. Fem., 400m Libre 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	6:40.47	-
2.	1037970	CALVIÑO CANCELA, María Cristina	55	PONTEAREAS	6:48.33	-
3.	1144231	PEREZ GALLARDO, Teresa	59	POURENSE	9:26.61	-

1. Fem., 400m Libre						60+
1.	1143893	REBORDA MORILLO, Susana	61	ESQUALOS	8:17.13	-
1. Fem., 400m Libre						65+
1.	1076494	SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	10:52.27	-
1. Fem., 400m Libre						80+
1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	13:08.60	- RG
2. Masc., 400m Libre						20+
1.	1086359	MOURE DOVAL, Jose	24	POURENSE	4:16.72	- RG
2.	1039567	CIVEIRA CORRAL, Raul	21	POURENSE	4:21.04	-
3.	1039554	GUTIERREZ MARIÑO, Santiago	21	POURENSE	4:36.34	-
2. Masc., 400m Libre						25+
1.	1144193	PASTORIZA SANTACLARA, Jorge	26	RIASBAIXAS	4:31.03	-
2.	1038181	BOUZA PADRON, Adrian	26	PONTEAREAS	4:37.89	-
3.	1068356	AZNAR GRUILLE, Carlos J.	28	CMARINA	5:09.65	-
2. Masc., 400m Libre						30+
1.	1038322	VIEITEZ PORTO, Ismael	31	GALAICO	5:12.84	-
2. Masc., 400m Libre						35+
1.	1143515	BLANCO PEREZ, Jesus	37	NTNARON	5:18.18	-
2.	1214823	GONZALEZ PEÑAS, David	39	PORTAMIÑA	5:55.87	-
3.	1212078	FERNÁNDEZ LAGUNA, Francisco Javier	36	TRICORUÑA	5:59.20	-
2. Masc., 400m Libre						40+
1.	1024675	IGLESIAS GOMEZ, Gonzalo	44	HERCULES	4:57.90	-
2.	1228089	MERA MONTECELOS, Pablo	40	HERCULES	5:10.37	-
3.	1144584	ALVAREZ SILVA, Ruben	42	ESQUALOS	5:43.42	-
2. Masc., 400m Libre						45+
1.	1118746	SANCHEZ GORDON, Roman	45	RIASBAIXAS	5:01.66	-
2.	1175127	MASSO AGUADO, Jorge	47	RIASBAIXAS	5:10.73	-
3.	1144267	FINS SEOANE, Juan Miguel	46	SALESTRA	5:15.54	-
2. Masc., 400m Libre						50+
1.	1040137	QUINTAS BARROS, Jesus C.	50	ESQUALOS	5:08.52	- RG
2.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	5:47.67	-
3.	1075597	RODRIGUEZ BALIÑA, Marcos	52	PONTEAREAS	6:00.84	-

2. Masc., 400m Libre 55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	5:18.36	-
2.	1199894	IRIBARNEGARAY FERNANDEZ, Javier	57	GALAICO	5:47.28	-
3.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	6:00.34	-

2. Masc., 400m Libre 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	5:43.60	-
2.	1144940	HERNANZ MORAL, Fausto	61	RIASBAIXAS	6:48.03	-
3.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	7:32.58	-

2. Masc., 400m Libre 65+

1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	6:17.73	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	7:02.82	-
3.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	8:58.22	-

2. Masc., 400m Libre 70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	6:24.97	- RG
2.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	7:22.74	-

2. Masc., 400m Libre 85+

1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO	8:52.27	- RG
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3. Fem., 50m Espalda 20+

1.	1037163	PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	33.74	-
2.	1037950	MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	34.05	-
3.	1087181	BLANCO PEREZ, Paula	24	POURENSE	34.67	-

3. Fem., 50m Espalda 25+

1.	1038199	SABUZ FORNEIRO, Andrea	25	POURENSE	36.75	-
2.	1198880	LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	40.13	-
3.	1221887	CARRERA PEREZ, Carolina	29	CNMOS	45.04	-

3. Fem., 50m Espalda 30+

1.	1084711	DOPEREIRO GARCIA, Alba	33	NCORUÑA	38.63	-
2.	1040731	GESTO ALONSO, Clarisa	34	PONTEAREAS	38.77	-
3.	1127407	GONZÁLEZ RIVAS, Sara	34	ARTEIXO	39.36	-

3. Fem., 50m Espalda 40+

1.	1143597	SANCHEZ LEDO, Cira	42	ESCUALOS	43.20	-
2.	1170812	MARTIN, Christelle	42	ESCUALOS	45.60	-
3.	1144042	HERMIDA MARTINEZ, Vanesa	40	RIASBAIXAS	47.26	-

3. Fem., 50m Espalda 45+

1.	1205780	ROMAR GASALLA, Aurora	46	CMARINA	41.53	-
2.	1143813	REGUEIRA MARTINEZ, Maria J.	48	HERCULES	44.58	-
3.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	46.53	-

3. Fem., 50m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	50	PORTAMIÑA	43.89	-
2.	1171721	VAZQUEZ ALONSO, Patricia	54	PONTEAREAS	1:10.34	-
3.	1143584	FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	1:11.17	-

3. Fem., 50m Espalda 55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	45.77	- RG
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	48.58	-
3.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	49.85	-

3. Fem., 50m Espalda 60+

1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	42.67	- RG
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	49.21	-
3.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	51.39	-

3. Fem., 50m Espalda 65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	52.90	- RG
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3. Fem., 50m Espalda 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	1:42.07	-
2.	1143507	PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	2:00.19	-

3. Fem., 50m Espalda 80+

1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	1:35.50	-
2.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	2:24.33	-

4. Masc., 50m Espalda 20+

1.	1038566	CIVEIRA CORRAL, Samuel	21	POURENSE	29.22	- RG
2.	1144927	SUAREZ RIPOLL, Xian	20	CIDSANTIAG	30.86	-
3.	1068314	MARTINEZ MARTINEZ, Marcos	20	PONTEAREAS	31.42	-

4. Masc., 50m Espalda 25+

1.	1038097	VAZQUEZ PRADO, Martin	27	PORTAMIÑA	32.17	-
2.	1039270	TRILLO RODRIGUEZ, Adrian	26	CNMOS	39.41	-
3.	1078908	MEILAN SANCHEZ, Sergio Jose	27	PORTAMIÑA	40.65	-

4. Masc., 50m Espalda						30+
1.	1241602	FONTAN SEIJO, Adrian	30	CNMOS	43.14	-
2.	1144224	ESTEVEZ SOTO, Ricardo	31	POURENSE	43.86	-
4. Masc., 50m Espalda						35+
1.	1089000	TABOADA VILA, Alberto	36	POURENSE	29.44	- RG
2.	1005819	LAZARO GUERRERO, Víctor	35	CMARINA	35.09	-
3.	1226258	BERNARDEZ FERRO, Juan Jose	36	GALAICO	35.72	-
4. Masc., 50m Espalda						40+
1.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	36.79	-
2.	1190909	CARBALLA BARROSO, Rogelio Manue	42	GALAICO	38.36	-
3.	1144789	MATIAS DUARTE, Erick	41	HERCULES	39.13	-
4. Masc., 50m Espalda						45+
1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	31.76	- RG
2.	1205935	GUIRADO CARABEL, Oscar	47	CULLEREDO	34.26	- RG
3.	1231581	RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	36.21	-
4. Masc., 50m Espalda						50+
1.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	32.42	- RG
2.	1146934	DIEGUEZ ARANDA, Hector	50	PORTAMIÑA	38.17	-
3.	1144601	PUENTE DÍAZ, Javier	52	CIDSANTIAG	39.02	-
4. Masc., 50m Espalda						55+
1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	37.82	-
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	38.91	-
3.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	40.12	-
4. Masc., 50m Espalda						60+
1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	35.08	- RG
2.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	35.96	- RG
4. Masc., 50m Espalda						65+
1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	49.77	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	54.32	-
4. Masc., 50m Espalda						70+
1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	56.45	-
4. Masc., 50m Espalda						80+
1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	1:26.10	-

4. Masc., 50m Espalda 85+

1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO	55.42	- RG
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5. Fem., 50m Mariposa 20+

1.	1037949	SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	31.27	-
2.	1140796	DIAZ DOPICO, Sabela	21	NFERROL	32.42	-
3.	1037951	SOILAN FERNANDEZ, Raquel	22	FLUVIAL	32.45	-

5. Fem., 50m Mariposa 25+

1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	29.86	- RG
2.	1130789	GARCIA MIGUEZ, Rosalia	25	GALAICO	35.25	-
3.	1040157	CORRAL SANTOS, Uxia	26	REDONDELA	37.60	-

5. Fem., 50m Mariposa 30+

1.	1093459	FRANCO CAL, Alba	32	FLUVIAL	29.77	- RE
2.	1127407	GONZÁLEZ RIVAS, Sara	34	ARTEIXO	34.67	-
3.	1040545	POMBO LOPEZ, Belen	31	FLUVIAL	36.03	-

5. Fem., 50m Mariposa 35+

1.	1224939	VÁZQUEZ FUENTES, Cintia	36	MONFORTE	36.52	-
2.	1075741	VALIÑO GOMEZ, Iria	39	PORTAMIÑA	41.01	-
3.	1141313	MIRA VAZQUEZ, Paula	37	ESCUALOS	44.73	-

5. Fem., 50m Mariposa 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	42	CMARINA	35.02	- RG
2.	1180232	FKEOUI OMARI, Salma	41	ESCUALOS	37.40	-
3.	1146893	PRADO FRANCO, Marta E.	44	RIASBAIXAS	39.33	-

5. Fem., 50m Mariposa 45+

1.	1222316	GIL VILLARINO, Marta	46	HERCULES	50.21	-
2.	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	58.70	-

5. Fem., 50m Mariposa 50+

1.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	46.86	-
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	47.60	-
3.	1127346	SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	51.62	-

5. Fem., 50m Mariposa 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	48.42	-
2.	1037970	CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	51.46	-

5. Fem., 50m Mariposa						60+
1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	41.02	- RG
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	46.66	-
5. Fem., 50m Mariposa						70+
1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS	59.15	-
6. Masc., 50m Mariposa						20+
1.	1040558	PONTON RODRIGUEZ, Juan	21	MONFORTE	26.53	- RG
2.	1040131	OTERO VILLARES, Daniel	22	PORTAMIÑA	28.59	-
3.	1130804	CASTRO RODRIGUEZ, Francisco	23	GALAICO	29.39	-
3.	1076409	CANCELA GOMEZ, Hugo	20	PONTEAREAS	29.39	-
6. Masc., 50m Mariposa						25+
1.	1093458	MUIÑO ALONSO, Anton	29	NCORUÑA	27.79	- RG
2.	1040459	BALBOA BLANCO, Ivan	29	PORTAMIÑA	28.01	-
3.	1119327	SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	28.36	-
6. Masc., 50m Mariposa						30+
1.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	34.42	-
2.	1078909	RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	37.06	-
3.	1076271	NOVALES BLANCO, Xabier	32	RIASBAIXAS	40.63	-
6. Masc., 50m Mariposa						35+
1.	1089000	TABOADA VILA, Alberto	36	POURENSE	28.12	-
2.	1075606	MENDEZ FERREIRO, Pablo	38	PORTAMIÑA	31.46	-
3.	1203519	KRUGLOV, Mykola	38	ESCUALOS	31.70	-
6. Masc., 50m Mariposa						40+
1.	1141151	CALLE FACAL, Telmo	40	GALAICO	29.71	-
2.	1144181	PEREZ CARRERA, Elias	44	RIASBAIXAS	34.77	-
3.	1224733	ARANGO GAYAR, Saul	43	RIASBAIXAS	35.56	-
6. Masc., 50m Mariposa						45+
1.	1076560	EIRIZ DIEGUEZ, Daniel	45	CNMOS	29.77	-
2.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	32.01	-
3.	1231581	RODRÍGUEZ SALGADO, Manuel	48	CIDSANTIAG	32.51	-
6. Masc., 50m Mariposa						50+
1.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	29.89	- RG
2.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	30.12	-
3.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO	34.22	-

6. Masc., 50m Mariposa 55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	32.20	-
2.	1199894	IRIBARNEGARAY FERNANDEZ, Javier	57	GALAICO	36.44	-
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	37.37	-

6. Masc., 50m Mariposa 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	32.30	-
2.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	35.43	-
3.	1198886	DI FELICE VÁZQUEZ, Mario	61	HERCULES	47.09	-

6. Masc., 50m Mariposa 70+

1.	1240096	IVANCHENKO, Yurii	70	POURENSE	42.81	- RG
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7. Mixto, 4 x 50m Estilos +80 (PRE-MASTER)

1.		PORTAMIÑA 2		PORTAMIÑA	2:05.68	- RG
2.		MONFORTE 1		MONFORTE	2:09.83	-
3.		GALAICO 1		GALAICO	2:20.33	-

7. Mixto, 4 x 50m Estilos +100

1.		PORTAMIÑA 1		PORTAMIÑA	2:17.84	-
2.		GALAICO 2		GALAICO	2:46.79	-

7. Mixto, 4 x 50m Estilos +120

1.		GALAICO 3		GALAICO	2:16.60	-
2.		FLUVIAL 1		FLUVIAL	2:16.95	-
3.		NCORUÑA 1		NCORUÑA	2:27.08	-

7. Mixto, 4 x 50m Estilos +160

1.		HERCULES 1		HERCULES	2:16.54	- RG
2.		PORTAMIÑA 4		PORTAMIÑA	2:27.01	-
3.		RIASBAIXAS 3		RIASBAIXAS	2:27.15	-

7. Mixto, 4 x 50m Estilos +200

1.		CMARINA 1		CMARINA	2:23.59	-
2.		ESCUALOS 3		ESCUALOS	2:27.32	- RG
3.		CULLEREDO 1		CULLEREDO	2:40.21	-

7. Mixto, 4 x 50m Estilos +240

1.		POURENSE 1		POURENSE	2:54.42	-
2.		GALAICO 6		GALAICO	3:20.69	-
3.		RIASBAIXAS 5		RIASBAIXAS	4:25.56	-

7. Mixto, 4 x 50m Estilos +280

1.	PONTEAREAS 7	PONTEAREAS	4:56.38	-
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8. Fem., 100m Mariposa 20+

1.	1079883 RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	1:12.06	- RG
2.	1140796 DIAZ DOPICO, Sabela	21	NFERROL	1:14.38	-
3.	1037949 SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	1:17.52	-

8. Fem., 100m Mariposa 25+

1.	1115615 PASCUAL GUTIERREZ, María Teresa	25	HERCULES	1:16.28	-
2.	1078925 SALGADO CASTELO, Marta	29	PORTAMIÑA	1:59.11	-
3.	1217434 CRESPO ESTEVEZ, Laura	29	GALAICO	1:59.57	-

8. Fem., 100m Mariposa 30+

1.	1144580 PEREZ GARCIA, Eva	33	RIASBAIXAS	1:32.84	-
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8. Fem., 100m Mariposa 35+

1.	1203741 QUEREDA RODRÍGUEZ, Almudena	38	LICEO	1:49.22	-
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8. Fem., 100m Mariposa 40+

1.	1075221 HERMIDA RODRIGUEZ, Blanca	42	CMARINA	1:18.14	- RG
2.	1146893 PRADO FRANCO, Marta E.	44	RIASBAIXAS	1:39.23	-
3.	1170845 CID ALVAREZ, Isabel	43	ESCUALOS	1:47.67	-

8. Fem., 100m Mariposa 45+

1.	1143813 REGUEIRA MARTINEZ, Maria J.	48	HERCULES	1:45.30	-
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8. Fem., 100m Mariposa 50+

1.	1171727 GARCIA RODRIGUEZ, Teresa	51	PORTAMIÑA	2:01.77	-
2.	1076154 ABREU FERNANDEZ, Marta	52	PONTEAREAS	2:08.18	-
3.	1127346 SOBRINO EIRIZ, Maria Del Valle	51	PONTEAREAS	2:16.11	-

8. Fem., 100m Mariposa 55+

1.	1086162 BARJA BARJA, Liliana	58	TRAVIESAS	1:59.49	-
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9. Masc., 100m Mariposa 20+

1.	1039567 CIVEIRA CORRAL, Raul	21	POURENSE	1:02.05	-
2.	1130804 CASTRO RODRIGUEZ, Francisco	23	GALAICO	1:06.08	-
3.	1040131 OTERO VILLARES, Daniel	22	PORTAMIÑA	1:09.08	-

9. Masc., 100m Mariposa						25+
1.	1039568	BLANCO PEREZ, Adrian	29	POURENSE	1:04.64	- RG
2.	1040459	BALBOA BLANCO, Ivan	29	PORTAMIÑA	1:05.20	-
3.	1040621	SEQUEIROS LAGO, Saul	25	CNMOS	1:10.12	-
9. Masc., 100m Mariposa						30+
1.	1038322	VIEITEZ PORTO, Ismael	31	GALAICO	1:16.44	-
2.	1078909	RODRIGUEZ BALIÑA, Mauro	33	PONTEAREAS	1:22.65	-
9. Masc., 100m Mariposa						35+
1.	1230338	MUIÑO REY, Daniel	39	NFERROL	1:21.36	-
2.	1203519	KRUGLOV, Mykola	38	ESCUALOS	1:22.87	-
3.	1191119	CAO LAGO, Pablo	36	RIASBAIXAS	1:24.91	-
9. Masc., 100m Mariposa						40+
1.	1024675	IGLESIAS GOMEZ, Gonzalo	44	HERCULES	1:12.91	-
2.	1224733	ARANGO GAYAR, Saul	43	RIASBAIXAS	1:28.15	-
3.	1144584	ALVAREZ SILVA, Ruben	42	ESCUALOS	1:35.71	-
9. Masc., 100m Mariposa						45+
1.	1050705	BELTRAN DIAZ, Emilio	46	MONFORTE	1:10.49	- RG
2.	1143480	ABADES REBOREDO, Daniel	45	HERCULES	1:15.36	-
3.	1145005	FERNANDEZ IGLESIAS, Emilio J.	46	PONTEAREAS	1:31.80	-
9. Masc., 100m Mariposa						50+
1.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	1:14.32	-
2.	1147287	ESCUDEIRO DANS, David	50	TRICORUÑA	1:29.43	-
3.	1079474	MANDADO RODRIGUEZ, Enrique	51	HERCULES	1:35.94	-
9. Masc., 100m Mariposa						55+
1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	1:14.85	-
2.	1037161	TOME NOGUEIRA, Alberto M.	55	ADFOGAR	1:40.18	-
3.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	1:47.58	-
9. Masc., 100m Mariposa						60+
1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	1:31.19	-
2.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	1:55.08	-
3.	1198886	DI FELICE VÁZQUEZ, Mario	61	HERCULES	1:55.91	-
9. Masc., 100m Mariposa						65+
1.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	4:03.21	-

10. Fem., 200m Estilos 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	2:40.92	- RG
2.	1040133	SAAVEDRA BUIDE, Carlota	24	PORTAMIÑA	2:53.64	-
3.	1143296	EIJO GIL, Ana Paula	20	PONTEAREAS	3:07.54	-

10. Fem., 200m Estilos 25+

1.	1145008	GONZALEZ PEREZ, Paula	27	PONTEAREAS	3:38.58	-
2.	1217434	CRESPO ESTEVEZ, Laura	29	GALAICO	3:50.18	-

10. Fem., 200m Estilos 30+

1.	1084714	BUGALLO PÉREZ, Estíbaliz	33	RCNVIGO	2:47.09	-
2.	1116506	RAMOS LOBO, Raquel	30	PORTAMIÑA	2:52.09	-
3.	1224940	PAZOS GANDARA, Andrea	31	PONTEAREAS	3:30.60	-

10. Fem., 200m Estilos 35+

1.	1144894	VINAGRE SENDINO, Cora	35	SCASINO	3:05.98	-
2.	1224939	VÁZQUEZ FUENTES, Cintia	36	MONFORTE	3:19.95	-
3.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	3:23.46	-

10. Fem., 200m Estilos 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	41	POURENSE	2:52.33	- RG
2.	1180232	FKEOUI OMARI, Salma	41	ESCUALOS	3:10.22	-
3.	1144042	HERMIDA MARTINEZ, Vanesa	40	RIASBAIXAS	3:40.15	-

10. Fem., 200m Estilos 45+

1.	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	3:25.82	-
2.	1143894	DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	3:29.19	-
3.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	3:36.98	-

10. Fem., 200m Estilos 50+

1.	1147115	HERNANDEZ ALFAGEME, Rita	52	RIASBAIXAS	3:20.23	-
2.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	3:34.87	-
3.	1171727	GARCIA RODRIGUEZ, Teresa	51	PORTAMIÑA	4:03.09	-

10. Fem., 200m Estilos 55+

1.	1144697	ACEVEDO REGO, Ermitas	57	POURENSE	4:49.65	-
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11. Masc., 200m Estilos 20+

1.	1086359	MOURE DOVAL, Jose	24	POURENSE	2:14.48	- RG
2.	1068314	MARTINEZ MARTINEZ, Marcos	20	PONTEAREAS	2:28.22	-
3.	1039755	RIVAS MACEIRAS, Isaac	24	HERCULES	2:40.34	-

11. Masc., 200m Estilos 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	2:24.81	-
2.	1119327	SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	2:31.12	-
3.	1037284	SABUZ FORNEIRO, Martin	29	POURENSE	2:36.03	-

11. Masc., 200m Estilos 30+

1.	1130602	TENORIO FREIRE, Martin	31	GALAICO	2:27.71	-
2.	1174610	TABOADA VILA, Daniel	30	POURENSE	3:15.87	-
3.	1076271	NOVALES BLANCO, Xabier	32	RIASBAIXAS	3:23.59	-

11. Masc., 200m Estilos 35+

1.	1076287	PAZOS ALONSO, Josue	37	ESCUALOS	2:39.00	-
2.	1199549	MARTINEZ DOPAZO, David	36	GALAICO	2:46.59	-
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	2:47.32	-

11. Masc., 200m Estilos 40+

1.	1141151	CALLE FACAL, Telmo	40	GALAICO	2:28.95	- RG
2.	1228089	MERA MONTECELOS, Pablo	40	HERCULES	2:42.67	-
3.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	2:58.99	-

11. Masc., 200m Estilos 45+

1.	1118746	SANCHEZ GORDON, Roman	45	RIASBAIXAS	2:37.00	- RG
2.	1144267	FINS SEOANE, Juan Miguel	46	SALESTRA	2:47.31	-
3.	1175127	MASSO AGUADO, Jorge	47	RIASBAIXAS	2:51.44	-

11. Masc., 200m Estilos 50+

1.	1076185	PEREIRA DIAZ, Angel	51	ESCUALOS	2:59.39	-
2.	1147287	ESCUADERO DANS, David	50	TRICORUÑA	3:08.85	-
3.	1143605	FERNANDEZ MARTINEZ, Alberto	52	ESCUALOS	3:21.14	-

11. Masc., 200m Estilos 55+

1.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	3:26.07	-
2.	1037161	TOME NOGUEIRA, Alberto M.	55	ADFOGAR	3:28.86	-
3.	1193949	LAMELO OTERO, Ramón Jesus	55	CIDSANTIAG	4:07.08	-

11. Masc., 200m Estilos 60+

1.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	3:15.21	-
2.	1075589	SANCHEZ VAZQUEZ, Jesus	61	PORTAMIÑA	3:57.56	-

11. Masc., 200m Estilos 65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:18.32	- RG
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11. Masc., 200m Estilos						70+
1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	3:29.97	- RG
2.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	4:19.66	- RG
12. Fem., 100m Braza						20+
1.	1039457	VAZQUEZ PRADO, Maria	23	PORTAMIÑA	1:22.89	- RG
2.	1037163	PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	1:27.87	-
3.	1110948	CANO ROSALES, Nuria	22	GALAICO	1:37.46	-
12. Fem., 100m Braza						25+
1.	1079047	BALEA CASAS, Tania	27	GALAICO	1:37.21	-
2.	1191499	GONZALEZ MACIA, Alba	29	MONFORTE	1:46.42	-
3.	1145008	GONZALEZ PEREZ, Paula	27	PONTEAREAS	1:50.13	-
12. Fem., 100m Braza						30+
1.	1086350	RIVAS CARCACIA, Natalia	32	ESCUALOS	1:30.30	-
2.	1224940	PAZOS GANDARA, Andrea	31	PONTEAREAS	1:47.92	-
3.	1204918	MARTINEZ GARCIA, Susana	32	MONFORTE	1:56.72	-
12. Fem., 100m Braza						35+
1.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	1:38.62	-
2.	1076543	RODRIGUEZ PEREZ, Vanesa	37	RIASBAIXAS	1:41.64	-
3.	1141313	MIRA VAZQUEZ, Paula	37	ESCUALOS	1:49.91	-
12. Fem., 100m Braza						40+
1.	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	1:36.72	-
2.	1237395	VILARIÑO CACHO, Elvira	42	SALESTRA	1:47.47	-
3.	1144201	ALVAREZ LARRAN, Maria Del Pilar	44	RIASBAIXAS	1:57.23	-
12. Fem., 100m Braza						45+
1.	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	1:47.48	-
2.	1208841	PORTELA VILLANUEVA, Gema	49	PONTEAREAS	2:27.75	-
12. Fem., 100m Braza						50+
1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	1:47.44	-
2.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	1:56.97	-
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	2:03.65	-
12. Fem., 100m Braza						55+
1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	1:49.18	-
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	1:51.16	-
3.	1144697	ACEVEDO REGO, Ermitas	57	POURENSE	2:36.02	-

12. Fem., 100m Braza 60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	1:42.64	-
2.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	2:03.61	-
3.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	2:08.17	-

12. Fem., 100m Braza 65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	2:12.27	- RG
2.	1076494	SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	3:43.70	-

12. Fem., 100m Braza 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	5:15.04	-
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13. Masc., 100m Braza 20+

1.	1038566	CIVEIRA CORRAL, Samuel	21	POURENSE	1:12.70	- RG
2.	1039554	GUTIERREZ MARIÑO, Santiago	21	POURENSE	1:15.59	-
3.	1141093	VILLAMOR FERRO, Rubén	23	ARTEIXO	1:25.88	-

13. Masc., 100m Braza 25+

1.	1037284	SABUZ FORNEIRO, Martin	29	POURENSE	1:09.59	- RG
2.	1038181	BOUZA PADRON, Adrian	26	PONTEAREAS	1:16.40	-
3.	1068356	AZNAR GRUILLE, Carlos J.	28	CMARINA	1:24.22	-

13. Masc., 100m Braza 30+

1.	1130602	TENORIO FREIRE, Martin	31	GALAICO	1:16.36	-
2.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	1:33.04	-
3.	1174610	TABOADA VILA, Daniel	30	POURENSE	1:35.68	-

13. Masc., 100m Braza 35+

1.	1143890	FORTES NOVOA, Martiño	35	ESCUALOS	1:18.50	-
2.	1076287	PAZOS ALONSO, Josue	37	ESCUALOS	1:18.81	-
3.	1084043	PIÑEIRO PEON, Antonio	39	GALAICO	1:21.48	-

13. Masc., 100m Braza 40+

1.	1093446	VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	1:22.02	-
2.	1143895	PADIN CHARLIN, Joaquin	43	ESCUALOS	1:29.31	-
3.	1143897	SEVILLA AROCA, Javier	40	ESCUALOS	1:35.25	-

13. Masc., 100m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	1:19.37	-
2.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	1:26.80	-
3.	1076553	FERNANDEZ-TESTA BARREIRO, David	49	RIASBAIXAS	1:39.42	-

13. Masc., 100m Braza 50+

1.	1076185 PEREIRA DIAZ, Angel	51	ESCUALOS	1:23.90	-
2.	1197597 HERNAEZ OUBIÑA, David	50	CULLEREDO	1:24.16	-
3.	1141504 BOUSO FUENTECILLA, Fernando	52	ESCUALOS	1:29.74	-

13. Masc., 100m Braza 55+

1.	1143661 TOURIÑO GONZALEZ, Victor	55	CMARINA	1:26.86	-
2.	1079460 REY ROMERO, Jorge J.	57	PORTAMIÑA	1:35.59	-
3.	1145033 PIÑEIRO PEREZ, Armando	57	PONTEAREAS	1:46.86	-

13. Masc., 100m Braza 60+

1.	1078597 SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	1:33.31	-
2.	1076279 SIO LOURIDO, J. Salvador	62	CNMOS	1:34.28	-
3.	1079361 RODRIGUEZ GOMEZ, Emilio	62	PONTEAREAS	1:48.66	-

13. Masc., 100m Braza 65+

1.	1048207 ROS ROSILLO, Alejandro	65	RIASBAIXAS	1:32.60	- RG
2.	1222391 AREA PEREIRA, Jose Manuel	66	GALAICO	2:41.03	-

13. Masc., 100m Braza 70+

1.	1076487 RODRIGUEZ LEMOS, Andres J.	74	CNMOS	1:58.56	- RG
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13. Masc., 100m Braza 80+

1.	1143430 ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	3:15.07	-
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14. Fem., 4 x 50m Libre +80 (PRE-MASTER)

1.	PORTAMIÑA 1	PORTAMIÑA	2:00.77	- RG
2.	GALAICO 1	GALAICO	2:08.58	-
3.	RIASBAIXAS 1	RIASBAIXAS	2:11.74	-

14. Fem., 4 x 50m Libre +120

1.	HERCULES 1	HERCULES	2:13.51	-
2.	RIASBAIXAS 2	RIASBAIXAS	2:29.61	-
3.	SALESTRA 1	SALESTRA	2:37.52	-

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

1.	ESCUALOS 2	ESCUALOS	2:29.21	-
2.	SCASINO 2	SCASINO	2:42.81	-
3.	POURENSE 2	POURENSE	3:24.29	- RG

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

1.	RIASBAIXAS 3	RIASBAIXAS	2:40.10	-
2.	ESCUALOS 3	ESCUALOS	2:51.46	-
3.	PORTAMIÑA 3	PORTAMIÑA	2:52.82	-

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

1.	POURENSE 4	POURENSE	2:48.83	- RG
2.	PONTEAREAS 4	PONTEAREAS	3:44.88	-

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

1.	PONTEAREAS 3	PONTEAREAS	5:19.04	- RG
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15. Masc., 4 x 50m Libre +80 (PRE-MASTER)

1.	POURENSE 1	POURENSE	1:40.74	- RG
2.	GALAICO 5	GALAICO	1:56.24	-
3.	PONTEAREAS 1	PONTEAREAS	2:14.15	-

15. Masc., 4 x 50m Libre +100

1.	POURENSE 2	POURENSE	1:59.18	-
2.	CNMOS 1	CNMOS	2:04.60	-

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

1.	MONFORTE 1	MONFORTE	1:47.71	- RG
2.	GALAICO 1	GALAICO	1:51.12	-
3.	PORTAMIÑA 1	PORTAMIÑA	1:55.04	-

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

1.	HERCULES 1	HERCULES	1:51.82	- RG
2.	ESCUALOS 2	ESCUALOS	2:00.42	-
3.	CMARINA 1	CMARINA	2:01.64	-

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

1.	ESCUALOS 3	ESCUALOS	1:58.75	- RG
2.	PORTAMIÑA 3	PORTAMIÑA	1:59.24	- RG
3.	HERCULES 2	HERCULES	2:10.39	- RG

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

1.	NCORUÑA 6	NCORUÑA	2:06.25	- RG
2.	CNMOS 4	CNMOS	2:34.91	-
3.	GALAICO 4	GALAICO	2:41.24	-

16. Fem., 50m Libre 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	29.34	- RG
2.	1037950	MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	29.46	- RG
3.	1037951	SOILAN FERNANDEZ, Raquel	22	FLUVIAL	29.62	-

16. Fem., 50m Libre 25+

1.	1115615	PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	28.03	- RG
2.	1130789	GARCIA MIGUEZ, Rosalia	25	GALAICO	31.93	-
3.	1198880	LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	34.27	-

16. Fem., 50m Libre 30+

1.	1093459	FRANCO CAL, Alba	32	FLUVIAL	28.19	- RG
2.	1127407	GONZÁLEZ RIVAS, Sara	34	ARTEIXO	30.99	-
3.	1116506	RAMOS LOBO, Raquel	30	PORTAMIÑA	31.55	-

16. Fem., 50m Libre 35+

1.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	33.38	-
2.	1144155	ALVAREZ COSTAS, Maria Paz	35	PONTEAREAS	34.43	-
3.	1236642	ABBATEMARCO, Cristina	39	SALESTRA	35.90	-

16. Fem., 50m Libre 40+

1.	1144200	RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	36.41	-
2.	1236743	RIVAS RODRIGUEZ, Lucia	44	NCORUÑA	39.62	-
3.	1093456	RAMIREZ INSUA, Julia	40	RSDH	44.59	-

16. Fem., 50m Libre 45+

1.	1205780	ROMAR GASALLA, Aurora	46	CMARINA	35.57	-
2.	1040944	VARELA REDONDO, Veronica	48	PONTEAREAS	35.86	-
3.	1214850	CORCOBA CARBIA, Raquel	46	SALESTRA	36.51	-

16. Fem., 50m Libre 50+

1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	37.90	-
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	38.70	-
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	40.12	-

16. Fem., 50m Libre 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	41.51	-
2.	1037970	CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	43.60	-
3.	1076253	MIGUEZ DE LA SIERRA, Angeles	57	GALAICO	49.36	-

16. Fem., 50m Libre 60+

1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	35.27	- RG
2.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	39.99	-
3.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	43.15	-

16. Fem., 50m Libre						65+
1.	1076494	SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	1:04.30	-
16. Fem., 50m Libre						70+
1.	1076490	GONZALEZ-ALEGRE BURGUEÑO, A.	71	TRAVIESAS	45.87	-
16. Fem., 50m Libre						75+
1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	1:28.50	-
16. Fem., 50m Libre						80+
1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	1:19.16	-
2.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	1:37.56	-
17. Masc., 50m Libre						20+
1.	1040558	PONTON RODRIGUEZ, Juan	21	MONFORTE	25.36	- RG
2.	1039567	CIVEIRA CORRAL, Raul	21	POURENSE	25.71	-
3.	1086359	MOURE DOVAL, Jose	24	POURENSE	25.76	-
17. Masc., 50m Libre						25+
1.	1093458	MUIÑO ALONSO, Anton	29	NCORUÑA	26.24	- RG
2.	1010474	QUIROGA RAMOS, Ecequiel	28	POURENSE	26.75	-
3.	1039568	BLANCO PEREZ, Adrian	29	POURENSE	26.96	-
17. Masc., 50m Libre						30+
1.	1204916	BALLESTER IBAÑEZ, Edgar	32	MONFORTE	26.18	-
2.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	29.04	-
3.	1144224	ESTEVEZ SOTO, Ricardo	31	POURENSE	31.11	-
17. Masc., 50m Libre						35+
1.	1084043	PIÑEIRO PEON, Antonio	39	GALAICO	27.93	-
2.	1143515	BLANCO PEREZ, Jesus	37	NTNARON	29.43	-
3.	1141095	LOPEZ BERMUDEZ, Gabriel	39	RSDH	29.64	-
17. Masc., 50m Libre						40+
1.	1228089	MERA MONTECELOS, Pablo	40	HERCULES	27.67	-
2.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	28.56	-
3.	1024675	IGLESIAS GOMEZ, Gonzalo	44	HERCULES	29.24	-
17. Masc., 50m Libre						45+
1.	1050705	BELTRAN DIAZ, Emilio	46	MONFORTE	26.87	- RG
2.	1205935	GUIRADO CARABEL, Oscar	47	CULLEREDO	28.46	- RG
3.	1076549	FERNÁNDEZ MAROTO, Diego	45	RCNVIGO	28.89	-

17. Masc., 50m Libre 50+

1.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	27.90	- RG
2.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	28.53	-
3.	1146934	DIEGUEZ ARANDA, Hector	50	PORTAMIÑA	30.93	-

17. Masc., 50m Libre 55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	30.23	-
2.	1143575	FERREIRA GONZALEZ, Xose Anxo	57	REDONDELA	32.62	-
3.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	33.35	-

17. Masc., 50m Libre 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	29.55	- RG
2.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	29.97	- RG
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	32.80	-

17. Masc., 50m Libre 65+

1.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	47.97	-
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17. Masc., 50m Libre 70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	35.74	-
2.	1240096	IVANCHENKO, Yurii	70	POURENSE	38.57	-
3.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	42.67	-

17. Masc., 50m Libre 85+

1.	1143727	FOLCH MALLOFRE, Ramon	86	ARTEIXO	47.53	- RG
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18. Fem., 200m Braza 20+

1.	1140796	DIAZ DOPICO, Sabela	21	NFERROL	3:17.14	- RG
2.	1038929	GONZALEZ AVENDAÑO, Lucia	24	GALAICO	3:42.51	- RG
3.	1230349	VICENTE RODRIGUEZ, Andrea	21	PONTEAREAS	4:14.53	-

18. Fem., 200m Braza 25+

1.	1130789	GARCIA MIGUEZ, Rosalia	25	GALAICO	3:24.77	-
2.	1079047	BALEA CASAS, Tania	27	GALAICO	3:42.06	-
3.	1191499	GONZALEZ MACIA, Alba	29	MONFORTE	3:51.71	-

18. Fem., 200m Braza 30+

1.	1093459	FRANCO CAL, Alba	32	FLUVIAL	2:58.39	- RG
2.	1141212	RIVAS TENREIRO, Arantza	34	NTNARON	3:28.29	-
3.	1204918	MARTINEZ GARCIA, Susana	32	MONFORTE	4:13.35	-

18. Fem., 200m Braza 35+

1.	1144270	ROZADOS LUIS, Adriana	38	SALESTRA	3:37.38	-
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18. Fem., 200m Braza 40+

1.	1180232	FKEOUI OMARI, Salma	41	ESCUALOS	3:27.50	-
2.	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	3:27.88	-
3.	1170845	CID ALVAREZ, Isabel	43	ESCUALOS	3:51.83	-

18. Fem., 200m Braza 45+

1.	1057273	MARCOS VARELA, Laura	47	RIASBAIXAS	3:13.07	-
2.	1143813	REGUEIRA MARTINEZ, Maria J.	48	HERCULES	3:45.62	-
3.	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	3:56.16	-

18. Fem., 200m Braza 50+

1.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	3:45.67	-
2.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	4:37.54	-
3.	1145007	MELON PARENTE, M. Lourdes	54	PONTEAREAS	6:41.40	-

18. Fem., 200m Braza 55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	4:00.87	-
2.	1144231	PEREZ GALLARDO, Teresa	59	POURENSE	6:20.74	-

18. Fem., 200m Braza 60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	3:45.28	- RG
2.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	4:43.08	-
3.	1217937	RODRÍGUEZ TRONCOSO, Marina	64	PONTEAREAS	5:05.42	-

19. Masc., 200m Braza 20+

1.	1230348	GONZALEZ ALONSO, Alejandro	21	PONTEAREAS	3:41.87	-
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19. Masc., 200m Braza 25+

1.	1037284	SABUZ FORNEIRO, Martin	29	POURENSE	2:43.64	- RG
2.	1038181	BOUZA PADRON, Adrian	26	PONTEAREAS	2:44.62	-
3.	1119327	SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	2:47.20	-

19. Masc., 200m Braza 30+

1.	1130602	TENORIO FREIRE, Martin	31	GALAICO	2:45.17	- RG
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19. Masc., 200m Braza 35+

1.	1076287	PAZOS ALONSO, Josue	37	ESCUALOS	2:49.94	- RG
2.	1143890	FORTES NOVOA, Martiño	35	ESCUALOS	3:00.81	-
3.	1199549	MARTINEZ DOPAZO, David	36	GALAICO	3:04.80	-

19. Masc., 200m Braza 40+

1.	1093446	VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	3:03.14	-
2.	1144789	MATIAS DUARTE, Erick	41	HERCULES	3:11.79	-
3.	1143897	SEVILLA AROCA, Javier	40	ESCUALOS	3:14.34	-

19. Masc., 200m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	3:04.64	-
2.	1144265	PORTO CASTAÑO, Alexandre	46	SALESTRA	3:07.18	-
3.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	3:12.33	-

19. Masc., 200m Braza 50+

1.	1076185	PEREIRA DIAZ, Angel	51	ESCUALOS	3:06.26	-
2.	1040137	QUINTAS BARROS, Jesus C.	50	ESCUALOS	3:09.89	-
3.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO	3:10.87	-

19. Masc., 200m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	3:19.53	-
2.	1079460	REY ROMERO, Jorge J.	57	PORTAMIÑA	3:40.13	-
3.	1145033	PIÑEIRO PEREZ, Armando	57	PONTEAREAS	3:57.45	-

19. Masc., 200m Braza 60+

1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	3:33.38	-
2.	1144940	HERNANZ MORAL, Fausto	61	RIASBAIXAS	4:18.24	-
3.	1144712	MONTERO FERNANDEZ, Jose Antonio	60	POURENSE	4:41.27	-

19. Masc., 200m Braza 65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:27.24	- RG
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19. Masc., 200m Braza 80+

1.	1143430	ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	6:35.52	- RG
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20. Fem., 200m Espalda 20+

1.	1087181	BLANCO PEREZ, Paula	24	POURENSE	2:49.92	-
2.	1228009	SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	3:09.72	-
3.	1037965	COSTA FERNANDEZ, Laura	22	PONTEAREAS	3:25.00	-

20. Fem., 200m Espalda 25+

1.	1038096	FREIJE TORNEIRO, Aroa	25	PORTAMIÑA	2:47.07	- RG
2.	1038199	SABUZ FORNEIRO, Andrea	25	POURENSE	2:52.26	-
3.	1217434	CRESPO ESTEVEZ, Laura	29	GALAICO	3:32.23	-

20. Fem., 200m Espalda 30+

1.	1040545	POMBO LOPEZ, Belen	31	FLUVIAL	2:53.75	- RG
2.	1040731	GESTO ALONSO, Clarisa	34	PONTEAREAS	3:00.90	-

20. Fem., 200m Espalda 35+

1.	1212097	LOUREIRO AMOR, Belen Martina	35	NTNARON	2:58.09	-
2.	1144894	VINAGRE SENDINO, Cora	35	SCASINO	3:06.60	-
3.	1144948	GONZALEZ PEREZ, Jessica	36	RIASBAIXAS	3:32.82	-

20. Fem., 200m Espalda 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	41	POURENSE	2:53.50	- RG
2.	1075221	HERMIDA RODRIGUEZ, Blanca	42	CMARINA	2:55.17	-
3.	1143597	SANCHEZ LEDO, Cira	42	ESCUALOS	3:08.17	-

20. Fem., 200m Espalda 45+

1.	1143894	DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	3:27.13	-
2.	1143813	REGUEIRA MARTINEZ, Maria J.	48	HERCULES	3:43.14	-
3.	1197606	CARBALLO BALOIRA, Susana María	48	HERCULES	4:16.21	-

20. Fem., 200m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	50	PORTAMIÑA	3:21.19	-
2.	1076154	ABREU FERNANDEZ, Marta	52	PONTEAREAS	4:45.43	-
3.	1143584	FERNANDEZ SESTELO, Maria Jose	53	PONTEAREAS	5:25.99	-

20. Fem., 200m Espalda 55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	3:32.68	-
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	3:48.96	-
3.	1076506	MARTY PAZOS, Maria Victoria	58	TRAVIESAS	4:17.25	-

20. Fem., 200m Espalda 60+

1.	1076172	GARCIA COLOMO, M. Cristina	61	POURENSE	3:29.36	- RG
2.	1127105	PEREIRA ALONSO, Isabel	62	ADFOGAR	4:47.66	-

20. Fem., 200m Espalda 75+

1.	1143507	PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	8:56.67	-
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21. Masc., 200m Espalda 20+

1.	1038566	CIVEIRA CORRAL, Samuel	21	POURENSE	2:20.26	- RG
2.	1111716	SIMON COTELO, Manuel	22	HERCULES	2:24.77	-
3.	1068314	MARTINEZ MARTINEZ, Marcos	20	PONTEAREAS	2:26.11	-

21. Masc., 200m Espalda 25+

1.	1144193	PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	2:31.09	-
2.	1078908	MEILAN SANCHEZ, Sergio Jose	27	PORTAMIÑA	3:09.09	-

21. Masc., 200m Espalda 35+

1.	1089000	TABOADA VILA, Alberto	36	POURENSE	2:19.66	- RG
2.	1226258	BERNARDEZ FERRO, Juan Jose	36	GALAICO	2:55.86	-
3.	1097263	LAMEIRO SEOANE, Javier	36	HERCULES	3:16.18	-

21. Masc., 200m Espalda 40+

1.	1231535	GOMEZ MARQUEZ, Hugo	40	POURENSE	2:32.08	- RG
2.	1141151	CALLE FACAL, Telmo	40	GALAICO	2:32.42	- RG
3.	1190909	CARBALLA BARROSO, Rogelio Manue42	40	GALAICO	3:17.83	-

21. Masc., 200m Espalda 45+

1.	1118746	SANCHEZ GORDON, Roman	45	RIASBAIXAS	2:40.56	- RG
2.	1075601	MOURIZ LOMBAO, Fco. Javier	48	PORTAMIÑA	2:56.60	-
3.	1144267	FINS SEOANE, Juan Miguel	46	SALESTRA	2:57.92	-

21. Masc., 200m Espalda 50+

1.	1040137	QUINTAS BARROS, Jesus C.	50	ESCUALOS	3:03.36	-
2.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	3:10.96	-
3.	1143612	PENEDO PADIN, Adolfo	51	GALAICO	3:49.09	-

21. Masc., 200m Espalda 55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	2:51.32	- RG
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	3:14.41	-
3.	1195569	PEREZ LEIVA, Manuel	55	RIASBAIXAS	3:40.36	-

21. Masc., 200m Espalda 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	3:23.13	-
2.	1170858	CODESIDO LOPEZ, José	64	CIDSANTIAG	3:29.33	-

21. Masc., 200m Espalda 65+

1.	1048207	ROS ROSILLO, Alejandro	65	RIASBAIXAS	3:38.29	- RG
2.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	3:44.15	-
3.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	7:19.09	-

21. Masc., 200m Espalda 70+

1.	1075177	LOPEZ VIDAL, Antonio	71	GALAICO	5:04.75	- RG
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22. Mixto, 4 x 50m Libre +80 (PRE-MASTER)

1.	POURENSE 4	POURENSE	1:51.91	- RG
2.	HERCULES 1	HERCULES	1:53.16	- RG
3.	PORTAMIÑA 1	PORTAMIÑA	1:53.74	- RG

22. Mixto, 4 x 50m Libre +100

1.	PORTAMIÑA 2	PORTAMIÑA	2:04.80	- RG
2.	GALAICO 2	GALAICO	2:18.83	- RG
3.	PONTEAREAS 2	PONTEAREAS	2:27.95	-

22. Mixto, 4 x 50m Libre +120

1.	GALAICO 3	GALAICO	2:01.47	- RG
2.	MONFORTE 2	MONFORTE	2:04.12	-
3.	NTNARON 2	NTNARON	2:04.39	- RG

22. Mixto, 4 x 50m Libre +160

1.	HERCULES 2	HERCULES	2:05.42	- RG
2.	RIASBAIXAS 4	RIASBAIXAS	2:06.43	-
3.	SALESTRA 1	SALESTRA	2:07.42	-

22. Mixto, 4 x 50m Libre +200

1.	CMARINA 6	CMARINA	2:11.54	-
2.	ESCUALOS 3	ESCUALOS	2:13.94	-
3.	HERCULES 3	HERCULES	2:21.52	-

22. Mixto, 4 x 50m Libre +240

1.	PONTEAREAS 6	PONTEAREAS	2:34.84	-
2.	POURENSE 2	POURENSE	2:41.14	-
3.	GALAICO 6	GALAICO	3:07.93	-

22. Mixto, 4 x 50m Libre +280

1.	PONTEAREAS 7	PONTEAREAS	4:44.24	- RG
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23. Fem., 100m Espalda 20+

1.	1037163 PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	1:14.44	- RG
2.	1087181 BLANCO PEREZ, Paula	24	POURENSE	1:15.81	-
3.	1228009 SOUTIÑO RAMIREZ, Carmen Victoria	22	PORTAMIÑA	1:23.14	-

23. Fem., 100m Espalda 25+

1.	1115615 PASCUAL GUTIERREZ, Maria Teresa	25	HERCULES	1:16.80	- RG
2.	1038199 SABUZ FORNEIRO, Andrea	25	POURENSE	1:19.02	-

23. Fem., 100m Espalda 30+

1.	1040731	GESTO ALONSO, Clarisa	34	PONTEAREAS	1:23.82	- RG
2.	1224940	PAZOS GANDARA, Andrea	31	PONTEAREAS	1:38.67	-

23. Fem., 100m Espalda 35+

1.	1212097	LOUREIRO AMOR, Belen Martina	35	NTNARON	1:18.09	- RG
2.	1144894	VINAGRE SENDINO, Cora	35	SCASINO	1:29.20	-
3.	1144948	GONZALEZ PEREZ, Jessica	36	RIASBAIXAS	1:38.44	-

23. Fem., 100m Espalda 40+

1.	1075221	HERMIDA RODRIGUEZ, Blanca	42	CMARINA	1:20.91	- RG
2.	1143597	SANCHEZ LEDO, Cira	42	ESCUALOS	1:30.95	-
3.	1170812	MARTIN, Christelle	42	ESCUALOS	1:39.59	-

23. Fem., 100m Espalda 45+

1.	1172138	ROIG SANCHEZ, Blanca Ana	49	RIASBAIXAS	1:40.43	-
2.	1178775	COVELO SAAVEDRA, Nahir	45	PONTEAREAS	1:42.53	-
3.	1214850	CORCOBA CARBIA, Raquel	46	SALESTRA	1:44.65	-

23. Fem., 100m Espalda 50+

1.	1228008	OJEA DE CASTRO, Macarena	50	PORTAMIÑA	1:33.67	-
2.	1197600	SANDERSON KEOUGH, Helen Jane	53	CULLEREDO	1:40.97	-
3.	1145007	MELON PARENTE, M. Lourdes	54	PONTEAREAS	2:51.87	-

23. Fem., 100m Espalda 55+

1.	1086162	BARJA BARJA, Liliana	58	TRAVIESAS	1:41.12	-
2.	1038729	DEL AMO BLANCO, Margarita	56	PONTEAREAS	1:50.36	-
3.	1076506	MARTY PAZOS, Maria Victoria	58	TRAVIESAS	2:00.43	-

23. Fem., 100m Espalda 60+

1.	1145099	LOPEZ MAHIA, Purificacion	60	HERCULES	1:59.99	-
2.	1141154	CELEMIN PORRERO, Maria Teresa	64	GALAICO	2:07.22	-
3.	1127105	PEREIRA ALONSO, Isabel	62	ADFOGAR	2:11.61	-

23. Fem., 100m Espalda 65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	2:07.03	- RG
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23. Fem., 100m Espalda 75+

1.	1076482	GONZALEZ RODRIGUEZ, S. Marta	77	PONTEAREAS	3:32.09	-
2.	1143507	PEREZ DOMINGUEZ, Maria Luisa	79	RIASBAIXAS	4:20.21	-

24. Masc., 100m Espalda 20+

1.	1038566	CIVEIRA CORRAL, Samuel	21	POURENSE	1:02.65	- RG
2.	1039755	RIVAS MACEIRAS, Isaac	24	HERCULES	1:10.04	-
3.	1078716	HERMIDA RAMOS, Raul	23	NTNARON	1:15.33	-

24. Masc., 100m Espalda 25+

1.	1039568	BLANCO PEREZ, Adrian	29	POURENSE	1:08.39	-
2.	1078908	MEILAN SANCHEZ, Sergio Jose	27	PORTAMIÑA	1:26.37	-

24. Masc., 100m Espalda 30+

1.	1037824	FREIRE GONZALEZ, Javier	30	RIASBAIXAS	1:16.33	-
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24. Masc., 100m Espalda 35+

1.	1089000	TABOADA VILA, Alberto	36	POURENSE	1:02.69	- RG
2.	1005819	LAZARO GUERRERO, Victor	35	CMARINA	1:16.03	-
3.	1226258	BERNARDEZ FERRO, Juan Jose	36	GALAICO	1:17.71	-

24. Masc., 100m Espalda 40+

1.	1141151	CALLE FACAL, Telmo	40	GALAICO	1:09.48	- RG
2.	1231535	GOMEZ MARQUEZ, Hugo	40	POURENSE	1:09.89	-
3.	1228089	MERA MONTECELOS, Pablo	40	HERCULES	1:18.30	-

24. Masc., 100m Espalda 45+

1.	1205935	GUIRADO CARABEL, Oscar	47	CULLEREDO	1:17.98	- RG
2.	1075601	MOURIZ LOMBAO, Fco. Javier	48	PORTAMIÑA	1:22.20	-
3.	1212075	GONZALEZ PARIS, David	45	HERCULES	1:28.77	-

24. Masc., 100m Espalda 50+

1.	1144601	PUENTE DÍAZ, Javier	52	CIDSANTIAG	1:24.25	-
2.	1038104	PEREZ ARIAS, Hector	52	PORTAMIÑA	1:24.35	-
3.	1141356	GENDE DIAZ, Juan F.	53	ADFOGAR	1:49.64	-

24. Masc., 100m Espalda 55+

1.	1076177	TIMIRAOS CARRASCO, Fernando	58	PORTAMIÑA	1:20.90	- RG
2.	1141209	DE LA PAZ VIGO, Agustin	57	CMARINA	1:28.29	-
3.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	1:33.28	-

24. Masc., 100m Espalda 60+

1.	1076250	BETHENCOURT IGLESIAS, Sergio	60	GALAICO	1:32.75	-
2.	1170858	CODESIDO LOPEZ, José	64	CIDSANTIAG	1:33.37	-
3.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	1:49.28	-

24. Masc., 100m Espalda 65+

1.	1191492	TIMIRAOS CARRASCO, Luis	67	POURENSE	3:15.71	-
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24. Masc., 100m Espalda 70+

1.	1076488	MONROY FERNÁNDEZ, Manuel	73	PONTEAREAS	2:10.72	- RG
2.	1075177	LOPEZ VIDAL, Antonio	71	GALAICO	2:23.10	-

25. Fem., 100m Libre 20+

1.	1079883	RODRIGUEZ RODRIGUEZ, Nina	21	RIASBAIXAS	1:03.94	-
2.	1037949	SAINZ DE LA MAZA RIVAS, Cristina	24	PORTAMIÑA	1:07.97	-
3.	1037950	MOURIZ CASANOVA, Sabela	22	PORTAMIÑA	1:09.13	-

25. Fem., 100m Libre 25+

1.	1038096	FREIJE TORNEIRO, Aroa	25	PORTAMIÑA	1:05.04	- RG
2.	1040157	CORRAL SANTOS, Uxia	26	REDONDELA	1:14.34	-
3.	1198880	LOPEZ RODRIGUEZ, Aroa	26	PORTAMIÑA	1:16.87	-

25. Fem., 100m Libre 30+

1.	1116506	RAMOS LOBO, Raquel	30	PORTAMIÑA	1:08.55	-
2.	1226235	EIRIS CASTRO, Andrea	33	ADFOGAR	1:13.49	-
3.	1084711	DOPEREIRO GARCIA, Alba	33	NCORUÑA	1:14.92	-

25. Fem., 100m Libre 35+

1.	1075741	VALIÑO GOMEZ, Iria	39	PORTAMIÑA	1:24.27	-
2.	1147098	SANTOS DA GRACA, Francelina	36	ADFOGAR	1:34.30	-

25. Fem., 100m Libre 40+

1.	1013486	GONZALEZ RODRIGUEZ, Maria	41	POURENSE	1:07.42	- RG
2.	1144200	RODRIGUEZ LOPEZ, Belen	42	RIASBAIXAS	1:21.06	-
3.	1237395	VILARIÑO CACHO, Elvira	42	SALESTRA	1:22.74	-

25. Fem., 100m Libre 45+

1.	1221213	CAGIAO RODRIGUEZ, Natalia	45	SCASINO	1:19.08	-
2.	1205780	ROMAR GASALLA, Aurora	46	CMARINA	1:20.82	-
3.	1143894	DE LORENZO FERNANDEZ, Maria	45	ESCUALOS	1:21.17	-

25. Fem., 100m Libre 50+

1.	1058998	MUTILBA OBREGON, Nuria	54	PONTEAREAS	1:21.10	-
2.	1039438	RODRIGUEZ REY, Maria J.	50	ADFOGAR	1:28.98	-
3.	1202971	PEREZ PEREZ, Sonia	51	ESCUALOS	1:31.57	-

25. Fem., 100m Libre 55+

1.	1147048	REGUEIRO RODRIGUEZ, Ana	57	RIASBAIXAS	1:30.88	-
2.	1037970	CALVIÑO CANCELA, Maria Cristina	55	PONTEAREAS	1:34.25	-
3.	1144697	ACEVEDO REGO, Ermitas	57	POURENSE	1:59.97	-

25. Fem., 100m Libre 60+

1.	1214851	SÁNCHEZ CEBRIÁN, Olga	61	TRICORUÑA	1:27.37	-
2.	1212074	LOPEZ BLANCO, M ^o Isabel	60	CULLEREDO	1:45.14	-
3.	1075767	MENDEZ TORRES, Isabel	63	PORTAMIÑA	1:56.96	-

25. Fem., 100m Libre 65+

1.	1076494	SUEIRO COSTAS, M ^a Carmen	67	PONTEAREAS	2:22.63	-
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25. Fem., 100m Libre 80+

1.	1058045	MORAL RUBIO, Isabel	81	PONTEAREAS	2:59.53	-
2.	1178774	CHANTADA GÓMEZ, M. Del Carmen	80	PONTEAREAS	3:49.23	-

26. Masc., 100m Libre 20+

1.	1086359	MOURE DOVAL, Jose	24	POURENSE	54.69	- RG
2.	1039567	CIVEIRA CORRAL, Raul	21	POURENSE	54.70	-
3.	1040558	PONTON RODRIGUEZ, Juan	21	MONFORTE	57.60	-

26. Masc., 100m Libre 25+

1.	1010474	QUIROGA RAMOS, Ecequiel	28	POURENSE	58.58	-
2.	1093458	MUIÑO ALONSO, Anton	29	NCORUÑA	59.15	-
3.	1119327	SUAREZ FERNÁNDEZ, Santiago	28	MONFORTE	59.98	-

26. Masc., 100m Libre 30+

1.	1204916	BALLESTER IBAÑEZ, Edgar	32	MONFORTE	57.61	- RG
2.	1130602	TENORIO FREIRE, Martin	31	GALAICO	1:00.42	-
3.	1110754	FREIRE LOPEZ, Diego	32	ARTEIXO	1:06.31	-

26. Masc., 100m Libre 35+

1.	1084043	PIÑEIRO PEON, Antonio	39	GALAICO	1:01.58	-
2.	1199549	MARTINEZ DOPAZO, David	36	GALAICO	1:03.99	-
3.	1126597	FERNANDEZ GAYOSO, Jose Manuel	37	CNMOS	1:04.58	-

26. Masc., 100m Libre 40+

1.	1024675	IGLESIAS GOMEZ, Gonzalo	44	HERCULES	1:01.19	- RG
2.	1180237	FOUZ ROUCO, Rubén	44	HERCULES	1:03.70	-
3.	1079215	MENDES FERRAS, Artur Leonel	42	MONFORTE	1:05.88	-

26. Masc., 100m Libre 45+

1.	1050705	BELTRAN DIAZ, Emilio	46	MONFORTE	1:00.83	- RG
2.	1144267	FINS SEOANE, Juan Miguel	46	SALESTRA	1:02.71	-
3.	1143480	ABADES REBOREDO, Daniel	45	HERCULES	1:07.75	-

26. Masc., 100m Libre 50+

1.	1006006	FERNANDEZ TORRES, Diego	51	PORTAMIÑA	1:03.39	- RG
2.	1180192	SAAVEDRA GONZÁLEZ, Raul	50	HERCULES	1:04.85	-
3.	1076185	PEREIRA DIAZ, Angel	51	ESCUALOS	1:07.10	-

26. Masc., 100m Libre 55+

1.	1232926	TAPIA PORTO, Enrique	58	NCORUÑA	1:07.50	-
2.	1175089	NISTAL GARCÍA, Eduardo	55	SCASINO	1:12.52	-
3.	1145033	PIÑEIRO PEREZ, Armando	57	PONTEAREAS	1:18.15	-

26. Masc., 100m Libre 60+

1.	1076173	FERNANDEZ NUÑEZ, Santiago	60	ESCUALOS	1:05.88	- RG
2.	1078596	LOIS PEREZ, Antonio	62	NCORUÑA	1:08.56	-
3.	1040281	MARTINEZ BERJANO, Jose Manuel	60	MONFORTE	1:25.98	-

26. Masc., 100m Libre 65+

1.	1076165	GARCIA COLOMO, Manuel Ramon	69	POURENSE	1:22.29	-
2.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	1:22.64	-

26. Masc., 100m Libre 70+

1.	1075190	SUANZES PEREZ, Fernando	70	HERCULES	1:23.52	- RG
2.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	1:45.38	-

27. Fem., 50m Braza 20+

1.	1039457	VAZQUEZ PRADO, Maria	23	PORTAMIÑA	37.60	-
2.	1037163	PIROSCIA PONTIDE, Carla	24	PORTAMIÑA	40.07	-
3.	1140796	DIAZ DOPICO, Sabela	21	NFERROL	42.88	-

27. Fem., 50m Braza 25+

1.	1079047	BALEA CASAS, Tania	27	GALAICO	43.29	-
2.	1191499	GONZALEZ MACIA, Alba	29	MONFORTE	49.11	-
3.	1240953	SIMOIS MORAIS, Yolanda	29	SALESTRA	54.95	-

27. Fem., 50m Braza 30+

1.	1141212	RIVAS TENREIRO, Arantza	34	NTNARON	43.33	-
2.	1230340	SANTORUM FONTAN, Iria Marta	31	GALAICO	46.62	-
3.	1224940	PAZOS GANDARA, Andrea	31	PONTEAREAS	48.33	-

27. Fem., 50m Braza 35+

1.	1141313	MIRA VAZQUEZ, Paula	37	ESCUALOS	51.72	-
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27. Fem., 50m Braza 40+

1.	1143598	MIRA VAZQUEZ, Marta	42	ESCUALOS	42.67	-
2.	1180232	FKEOUI OMARI, Salma	41	ESCUALOS	43.97	-
3.	1237395	VILARIÑO CACHO, Elvira	42	SALESTRA	47.67	-

27. Fem., 50m Braza 45+

1.	1057273	MARCOS VARELA, Laura	47	RIASBAIXAS	39.78	- RG
2.	1217806	PAZ BERMUDEZ, Maria	47	SALESTRA	52.85	-
3.	1222316	GIL VILLARINO, Marta	46	HERCULES	56.66	-

27. Fem., 50m Braza 50+

1.	1076186	LOPEZ GONZALEZ, Monica	53	PORTAMIÑA	47.27	-
2.	1058998	MUTILBA OBREGON, Nuria	54	PONTEAREAS	47.95	-
3.	1075503	DE LA MONTAÑA ALCANTARA, Gloria	50	RSDH	53.05	-

27. Fem., 50m Braza 55+

1.	1189938	LOPEZ RODRIGUEZ, Adela Elena	55	POURENSE	49.67	-
2.	1187918	FERNÁNDEZ ARRIZABALO, María	57	TRAVIESAS	50.27	-
3.	1076253	MIGUEZ DE LA SIERRA, Angeles	57	GALAICO	1:06.17	-

27. Fem., 50m Braza 60+

1.	1039437	BALADO LOPEZ, Ana Maria	62	POURENSE	45.82	- RG
2.	1143893	REBORDA MORILLO, Susana	61	ESCUALOS	57.96	-
3.	1090761	BARJA BARJA, Ana	61	TRAVIESAS	58.56	-

27. Fem., 50m Braza 65+

1.	1075178	SAR MORANO, Dolores	68	CULLEREDO	59.48	-
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28. Masc., 50m Braza 20+

1.	1039554	GUTIERREZ MARIÑO, Santiago	21	POURENSE	34.59	- RG
2.	1141093	VILLAMOR FERRO, Rubén	23	ARTEIXO	37.47	-
3.	1142927	FERNANDEZ GARCIA, Jacobo	22	GALAICO	48.62	-

28. Masc., 50m Braza 25+

1.	1037284	SABUZ FORNEIRO, Martin	29	POURENSE	31.70	-
2.	1040459	BALBOA BLANCO, Ivan	29	PORTAMIÑA	33.04	-
3.	1144193	PASTORIZA SANTA CLARA, Jorge	26	RIASBAIXAS	33.27	-

28. Masc., 50m Braza 30+

1.	1174610	TABOADA VILA, Daniel	30	POURENSE	41.52	-
2.	1222771	LAGO GONZALEZ, Ivan	30	PONTEAREAS	53.65	-

28. Masc., 50m Braza 35+

1.	1143890	FORTES NOVOA, Martiño	35	ESCUALOS	34.30	-
2.	1136629	FIGUEIRA DOMINGUEZ, Javier Guzman	35	RIASBAIXAS	36.13	-
3.	1191119	CAO LAGO, Pablo	36	RIASBAIXAS	37.12	-

28. Masc., 50m Braza 40+

1.	1093446	VAZQUEZ IGLESIAS, Daniel	44	RIASBAIXAS	35.45	-
2.	1143897	SEVILLA AROCA, Javier	40	ESCUALOS	38.14	-
3.	1144789	MATIAS DUARTE, Erick	41	HERCULES	38.50	-

28. Masc., 50m Braza 45+

1.	1143601	NOGUEIRA-PINTO CRESPO, Hugo	45	ESCUALOS	33.71	- RG
2.	1006004	GUIMAREY VAZQUEZ, Marcos	46	PORTAMIÑA	37.74	-
3.	1218110	HERMIDA SALIDO, Gustavo	46	NTNARON	39.66	-

28. Masc., 50m Braza 50+

1.	1197597	HERNAEZ OUBIÑA, David	50	CULLEREDO	37.58	-
2.	1141504	BOUSO FUENTECILLA, Fernando	52	ESCUALOS	39.21	-
3.	1144857	FERREIRO SUAREZ, Javier M.	50	SCASINO	39.34	-

28. Masc., 50m Braza 55+

1.	1143661	TOURIÑO GONZALEZ, Victor	55	CMARINA	37.18	-
2.	1079460	REY ROMERO, Jorge J.	57	PORTAMIÑA	41.66	-
3.	1180234	SÁNCHEZ SECO, Manuel	55	ESCUALOS	43.24	-

28. Masc., 50m Braza 60+

1.	1076279	SIO LOURIDO, J. Salvador	62	CNMOS	40.14	-
2.	1078597	SOLLEIRO TIZON, Juan Jose	60	NCORUÑA	43.16	-
3.	1174449	FERNANDEZ ARRUTI, Jose Angel	64	CIDSANTIAG	43.43	-

28. Masc., 50m Braza 65+

1.	1141150	RODRIGUEZ VIEITO, Ricardo M.	66	CNMOS	51.63	-
2.	1222391	AREA PEREIRA, Jose Manuel	66	GALAICO	1:12.05	-

28. Masc., 50m Braza 70+

1.	1240096	IVANCHENKO, Yurii	70	POURENSE	48.61	- RG
2.	1076487	RODRIGUEZ LEMOS, Andres J.	74	CNMOS	52.52	- RG

28. Masc., 50m Braza					80+
1.	1143430 ARAUJO DOMINGUEZ, Francisco	83	PONTEAREAS	1:12.79	-
29. Fem., 4 x 50m Estilos					+80 (PRE-MASTER)
1.	PORTAMIÑA 1		PORTAMIÑA	2:16.65	- RG
2.	GALAICO 1		GALAICO	2:29.59	- RG
3.	RIASBAIXAS 1		RIASBAIXAS	2:35.15	-
29. Fem., 4 x 50m Estilos					+100
1.	PORTAMIÑA 2		PORTAMIÑA	2:37.66	-
2.	GALAICO 2		GALAICO	3:13.84	-
29. Fem., 4 x 50m Estilos					+120
1.	ESCUALOS 1		ESCUALOS	2:58.13	-
2.	PONTEAREAS 2		PONTEAREAS	3:26.61	-
29. Fem., 4 x 50m Estilos					+160
1.	RIASBAIXAS 2		RIASBAIXAS	2:40.01	-
2.	ESCUALOS 2		ESCUALOS	2:40.25	-
3.	SCASINO 2		SCASINO	2:53.21	-
29. Fem., 4 x 50m Estilos					+200
1.	HERCULES 1		HERCULES	3:02.87	-
2.	PORTAMIÑA 3		PORTAMIÑA	3:09.78	-
3.	TRAVIESAS 1		TRAVIESAS	3:25.16	-
29. Fem., 4 x 50m Estilos					+240
1.	POURENSE 4		POURENSE	3:12.42	- RG
2.	PONTEAREAS 6		PONTEAREAS	3:59.15	-
29. Fem., 4 x 50m Estilos					+280
1.	PONTEAREAS 5		PONTEAREAS	6:21.96	- RG
30. Masc., 4 x 50m Estilos					+80 (PRE-MASTER)
1.	POURENSE 1		POURENSE	1:54.66	- RG
2.	PONTEAREAS 1		PONTEAREAS	3:06.49	-
30. Masc., 4 x 50m Estilos					+100
1.	POURENSE 2		POURENSE	2:07.38	-
2.	RIASBAIXAS 1		RIASBAIXAS	2:11.13	-

30. Masc., 4 x 50m Estilos +120

1.	PORTAMIÑA 1	PORTAMIÑA	2:06.39	-
2.	MONFORTE 1	MONFORTE	2:07.10	-
3.	GALAICO 1	GALAICO	2:08.30	-

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

1.	HERCULES 1	HERCULES	2:11.30	-
2.	NTNARON 1	NTNARON	2:18.21	-
3.	ESCUALOS 2	ESCUALOS	2:21.04	-

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

1.	ESCUALOS 3	ESCUALOS	2:13.74	- RG
2.	SCASINO 1	SCASINO	2:31.46	-
3.	HERCULES 2	HERCULES	2:34.40	-

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

1.	NCORUÑA 1	NCORUÑA	2:27.33	- RG
2.	CNMOS 1	CNMOS	2:54.85	-
3.	POURENSE 5	POURENSE	3:18.45	-