

Prueba 1
30/05/2021

400m Libre

2001 y mayores
Resultados

Clasificación			AN			Tiempo			
20+, Masc.									
1.	1089316	PASSARETTI PEREIRA, Alejandro	98	CIDSANTI		4:12.69			
	50m:	27.99	27.99	150m:	1:28.88	30.71	250m:	2:32.91	32.47
	100m:	58.17	30.18	200m:	2:00.44	31.56	300m:	3:06.24	33.33
							350m:	3:39.92	33.68
							400m:	4:12.69	32.77
2.	1039297	DOPICO REY, Anton	97	FERROL		4:20.32			
	50m:	30.09	30.09	150m:	1:34.64	32.60	250m:	2:40.66	33.19
	100m:	1:02.04	31.95	200m:	2:07.47	32.83	300m:	3:14.08	33.42
							350m:	3:47.04	32.96
							400m:	4:20.32	33.28
3.	1078676	BARJA RIVAS, Marcos	99	NARON		5:47.42			
	50m:	36.56	36.56	150m:	2:02.22	43.54	250m:	3:30.68	44.41
	100m:	1:18.68	42.12	200m:	2:46.27	44.05	300m:	4:16.10	45.42
							350m:	5:02.83	46.73
							400m:	5:47.42	44.59
25+, Masc.									
1.	1093472	DEL RIO REGUEIRA, Marcos	93	LICEO		4:18.75			
	50m:	29.05	29.05	150m:	1:33.48	32.62	250m:	2:40.29	33.61
	100m:	1:00.86	31.81	200m:	2:06.68	33.20	300m:	3:13.80	33.51
							350m:	3:47.21	33.41
							400m:	4:18.75	31.54
2.	1196061	MEDARD, Facundo Ismael	95	ARTEIXO		5:01.00			
	50m:	33.79	33.79	150m:	1:48.80	37.76	250m:	3:05.02	38.28
	100m:	1:11.04	37.25	200m:	2:26.74	37.94	300m:	3:43.83	38.81
							350m:	4:22.55	38.72
							400m:	5:01.00	38.45
3.	1143997	CORES VAZQUEZ, Ricardo	92	NARON		5:13.46			
	50m:	35.47	35.47	150m:	1:51.70	38.38	250m:	3:12.28	40.39
	100m:	1:13.32	37.85	200m:	2:31.89	40.19	300m:	3:52.97	40.69
							350m:	4:33.65	40.68
							400m:	5:13.46	39.81
4.	1194883	BARCIA ANIDO, Valentín	92	LICEO		5:59.26			
	50m:	38.83	38.83	150m:	2:05.47	43.91	250m:	3:36.77	45.70
	100m:	1:21.56	42.73	200m:	2:51.07	45.60	300m:	4:24.08	47.31
							350m:	5:11.64	47.56
							400m:	5:59.26	47.62
30+, Masc.									
1.	1010948	CAMPAÑA BARROS, Adrian	90	CIDSANTI		5:00.86			
	50m:	34.67	34.67	150m:	1:50.18	38.00	250m:	3:07.07	38.56
	100m:	1:12.18	37.51	200m:	2:28.51	38.33	300m:	3:46.01	38.94
							350m:	4:24.33	38.32
							400m:	5:00.86	36.53
2.	1178769	RODRÍGUEZ GONZÁLEZ, A.	91	FERROL		5:31.79			
	50m:	38.83	38.83	150m:	2:01.04	41.74	250m:	3:27.27	43.69
	100m:	1:19.30	40.47	200m:	2:43.58	42.54	300m:	4:10.65	43.38
							350m:	4:53.43	42.78
							400m:	5:31.79	38.36
3.	1196860	BECERRA GALEGO, Alexandre	87	LICEO		5:31.88			
	50m:	40.78	40.78	150m:	2:04.97	42.41	250m:	3:30.61	43.00
	100m:	1:22.56	41.78	200m:	2:47.61	42.64	300m:	4:12.61	42.00
							350m:	4:54.54	41.93
							400m:	5:31.88	37.34
35+, Masc.									
1.	1196820	VÁZQUEZ GÓMEZ, Ricardo	83	USC		4:57.08			
	50m:	34.02	34.02	150m:	1:47.98	37.13	250m:	3:03.27	37.56
	100m:	1:10.85	36.83	200m:	2:25.71	37.73	300m:	3:41.54	38.27
							350m:	4:19.41	37.87
							400m:	4:57.08	37.67
2.	1145052	FIERRO FERNÁNDEZ, Julio	82	LICEO		5:36.42			
	50m:	37.46	37.46	150m:	2:01.42	42.40	250m:	3:28.60	44.69
	100m:	1:19.02	41.56	200m:	2:43.91	42.49	300m:	4:12.40	43.80
							350m:	4:55.55	43.15
							400m:	5:36.42	40.87
3.	1170813	BALSA CASTRO, Alejandro	86	LICEO		5:40.08			
	50m:	37.58	37.58	150m:	1:59.08	41.67	250m:	3:26.64	44.31
	100m:	1:17.41	39.83	200m:	2:42.33	43.25	300m:	4:11.04	44.40
							350m:	4:55.84	44.80
							400m:	5:40.08	44.24

Prueba 1, Masc., 400m Libre, 35+

Clasificación	AN	Tiempo
4. 1039360 POSE MATO, Cesar	83 FOGAR	7:27.68
50m: 49.85 49.85 150m: 2:43.72 57.72 250m: 4:39.88 58.53 350m: 6:35.61 57.62		
100m: 1:46.00 56.15 200m: 3:41.35 57.63 300m: 5:37.99 58.11 400m: 7:27.68 52.07		
Baja enf. 1140778 RODRIGUEZ LAGO, David	86 CIDSANTI	-

40+, Masc.

1. 1143480 ABADES REBOREDO, Daniel	78 LICEO	5:00.16
50m: 34.70 34.70 150m: 1:31.45 18.70 250m: 3:08.01 38.12 350m: 4:24.33 38.50		
100m: 1:12.75 38.05 200m: 2:29.89 58.44 300m: 3:45.83 37.82 400m: 5:00.16 35.83		
2. 1075220 MARTINEZ FERNANDEZ, Hector	77 NARON	5:24.92
50m: 36.18 36.18 150m: 1:58.09 42.07 250m: 3:20.73 41.37 350m: 4:43.67 41.30		
100m: 1:16.02 39.84 200m: 2:39.36 41.27 300m: 4:02.37 41.64 400m: 5:24.92 41.25		
3. 1178765 ESPAÑA CABEZAS, Jesús	81 USC	5:26.91
50m: 38.00 38.00 150m: 1:59.16 41.09 250m: 3:22.86 41.69 350m: 4:46.06 41.07		
100m: 1:18.07 40.07 200m: 2:41.17 42.01 300m: 4:04.99 42.13 400m: 5:26.91 40.85		
4. 1076564 CABANELAS EIRAS, Pablo	79 CIDSANTI	5:29.13
50m: 37.32 37.32 150m: 1:58.92 40.81 250m: 3:23.70 42.68 350m: 4:48.80 42.46		
100m: 1:18.11 40.79 200m: 2:41.02 42.10 300m: 4:06.34 42.64 400m: 5:29.13 40.33		
5. 1199899 DOMINGUEZ PHILOCREON, Ticiano	81 CIDSANTI	5:34.38
50m: 34.76 34.76 150m: 1:54.69 41.54 250m: 3:21.79 44.11 350m: 4:51.25 44.76		
100m: 1:13.15 38.39 200m: 2:37.68 42.99 300m: 4:06.49 44.70 400m: 5:34.38 43.13		
6. 1180237 FOUZ ROUCO, Rubén	79 HERCULES	6:07.67
50m: 38.98 38.98 150m: 2:06.65 44.67 250m: 3:41.89 48.37 350m: 5:20.48 48.96		
100m: 1:21.98 43.00 200m: 2:53.52 46.87 300m: 4:31.52 49.63 400m: 6:07.67 47.19		

45+, Masc.

1. 1143482 COLLAZO ESMORIS, Gerardo A.	75 LICEO	5:06.35
50m: 34.74 34.74 150m: 1:51.91 38.80 250m: 3:10.01 39.07 350m: 4:28.74 39.41		
100m: 1:13.11 38.37 200m: 2:30.94 39.03 300m: 3:49.33 39.32 400m: 5:06.35 37.61		
2. 1075501 HOUT VARELA, Fady	74 LICEO	5:09.97
50m: 35.10 35.10 150m: 1:57.46 43.78 250m: 3:11.98 40.19 350m: 4:31.92 39.81		
100m: 1:13.68 38.58 200m: 2:31.79 34.33 300m: 3:52.11 40.13 400m: 5:09.97 38.05		
3. 1198887 HERNANDEZ BERMUDEZ, Vicente	76 HERCULES	6:09.91
50m: 40.77 40.77 150m: 2:11.02 46.04 250m: 3:48.38 49.93 350m: 5:23.47 47.25		
100m: 1:24.98 44.21 200m: 2:58.45 47.43 300m: 4:36.22 47.84 400m: 6:09.91 46.44		
4. 1196051 BELISARIO PERAZA, Rafael E	72 FOGAR	8:05.11
50m: 54.23 54.23 150m: 2:58.25 1:03.58 250m: 5:03.23 1:02.06 350m: 7:07.67 1:01.66		
100m: 1:54.67 1:00.44 200m: 4:01.17 1:02.92 300m: 6:06.01 1:02.78 400m: 8:05.11 57.44		

Baja enf. 1197601 SOBRINO JOSE JE, Juan Carlos 73 C. N. Culleredo -

50+, Masc.

1. 1145051 FERREIRO CRUZ, Eduardo	70 LICEO	4:12.40
50m: 42.19 42.19 150m: 2:19.68 50.05 250m: 4:00.99 50.50 350m: 5:41.93 50.36		
100m: 1:29.63 47.44 200m: 3:10.49 50.81 300m: 4:51.57 50.58 400m: 4:12.40		
2. 1197568 FRANCISCO FERNÁNDEZ, Mario	70 LICEO	5:48.65
50m: 38.36 38.36 150m: 2:05.32 44.34 250m: 3:33.60 44.06 350m: 5:03.67 45.46		
100m: 1:20.98 42.62 200m: 2:49.54 44.22 300m: 4:18.21 44.61 400m: 5:48.65 44.98		
3. 1037161 TOME NOGUEIRA, Alberto M.	68 FOGAR	6:06.49
50m: 39.95 39.95 150m: 2:11.90 46.82 250m: 3:46.21 47.37 350m: 5:20.59 47.14		
100m: 1:25.08 45.13 200m: 2:58.84 46.94 300m: 4:33.45 47.24 400m: 6:06.49 45.90		

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

Clasificación	AN	Tiempo
4. 1193949 LAMELO OTERO, Ramón J.	68 CIDSANTI	6:36.00
50m: 43.27 43.27 150m: 2:24.20 51.57 250m: 4:06.39 50.68 350m: 5:48.55 51.17		
100m: 1:32.63 49.36 200m: 3:15.71 51.51 300m: 4:57.38 50.99 400m: 6:36.00 47.45		
5. 1106828 TRILLO CARLIN, Jose Fernando	68 FOGAR	7:08.32
50m: 46.80 46.80 150m: 2:34.63 55.52 250m: 4:26.06 55.40 350m: 6:15.47 54.53		
100m: 1:39.11 52.31 200m: 3:30.66 56.03 300m: 5:20.94 54.88 400m: 7:08.32 52.85		

55+, Masc.

1. 1085112 RIVAS FEAL, Antonio	66 HERCULES	5:22.67
50m: 38.67 38.67 150m: 2:02.24 41.76 250m: 3:24.56 41.06 350m: 4:44.67 39.62		
100m: 1:20.48 41.81 200m: 2:43.50 41.26 300m: 4:05.05 40.49 400m: 5:22.67 38.00		
2. 1078802 CEGARRA GARCIA, Eugenio	64 RSDH	6:27.88
50m: 42.01 42.01 150m: 2:17.40 48.67 250m: 3:57.76 50.50 350m: 5:39.08 50.27		
100m: 1:28.73 46.72 200m: 3:07.26 49.86 300m: 4:48.81 51.05 400m: 6:27.88 48.80		
Baja enf. 1106829 RODRIGUEZ FERNANDEZ, F.	64 FOGAR	-
Baja enf. 1144788 BEREÁ RUIZ, Manuel	64 HERCULES	-

60+, Masc.

1. 1174449 FERNANDEZ ARRUTI, Jose Angel	59 CIDSANTI	5:51.69
50m: 39.36 39.36 150m: 2:06.34 43.86 250m: 3:37.62 45.62 350m: 5:08.69 45.10		
100m: 1:22.48 43.12 200m: 2:52.00 45.66 300m: 4:23.59 45.97 400m: 5:51.69 43.00		
2. 1170858 CODESIDO LOPEZ, Jose	59 CIDSANTI	6:08.86
50m: 37.97 37.97 150m: 2:07.18 46.34 250m: 3:41.36 47.44 350m: 5:15.18 46.76		
100m: 1:20.84 42.87 200m: 2:53.92 46.74 300m: 4:28.42 47.06 400m: 6:08.86 53.68		

65+, Masc.

Baja enf. 1075190 SUANZES PEREZ, Fernando	53 RSDH	-
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20+, Fem.

1. 1185605 CÁCERES-TERRADO CARDENES, A.00	USC	6:50.37
50m: 44.57 44.57 150m: 2:25.18 51.23 250m: 4:10.49 52.73 350m: 5:56.19 52.56		
100m: 1:33.95 49.38 200m: 3:17.76 52.58 300m: 5:03.63 53.14 400m: 6:50.37 54.18		

25+, Fem.

1. 1075231 VILLAR CAINZOS, Claudia	92 FERROL	4:45.28
50m: 32.00 32.00 150m: 1:43.41 36.23 250m: 2:56.47 36.53 350m: 4:09.59 36.45		
100m: 1:07.18 35.18 200m: 2:19.94 36.53 300m: 3:33.14 36.67 400m: 4:45.28 35.69		

30+, Fem.

1. 1147098 SANTOS DA GRACA, Francelina	87 FOGAR	7:08.41
50m: 45.84 45.84 150m: 2:33.84 55.84 250m: 4:26.54 56.18 350m: 6:14.42 53.64		
100m: 1:38.00 52.16 200m: 3:30.36 56.52 300m: 5:20.78 54.24 400m: 7:08.41 53.99		
2. 1107560 DEL CURA MIRANDA, Virginia	91 LICEO	7:20.14
50m: 46.97 46.97 150m: 2:34.60 54.70 250m: 4:29.35 57.82 350m: 6:25.64 58.23		
100m: 1:39.90 52.93 200m: 3:31.53 56.93 300m: 5:27.41 58.06 400m: 7:20.14 54.50		
DNF 1144825 ESPASANDIN MARTÍNEZ, María	90 LICEO	-
Retirado		

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

Clasificación	AN		Tiempo	
Baja enf. 1036315 LOPEZ CORTABITARTE, Belen	87	LICEO	-	
35+, Fem.				
1. 1195584 ALAYON MORIN, Cristina	82	LICEO	6:00.41	
50m: 39.47 39.47 150m: 2:07.48 44.09 250m: 3:40.91 46.69 350m: 5:15.15 47.45				
100m: 1:23.39 43.92 200m: 2:54.22 46.74 300m: 4:27.70 46.79 400m: 6:00.41 45.26				
2. 1203741 QUEREDA RODRÍGUEZ, Almudena	85	LICEO	6:58.97	
50m: 46.22 46.22 150m: 2:29.42 52.83 250m: 4:15.92 53.45 350m: 6:05.22 55.80				
100m: 1:36.59 50.37 200m: 3:22.47 53.05 300m: 5:09.42 53.50 400m: 6:58.97 53.75				
40+, Fem.				
1. 1145048 MANTIÑÁN PAREDES, María	77	LICEO	7:31.16	
50m: 50.42 50.42 150m: 2:46.91 58.63 250m: 4:43.64 57.84 350m: 6:38.53 56.67				
100m: 1:48.28 57.86 200m: 3:45.80 58.89 300m: 5:41.86 58.22 400m: 7:31.16 52.63				
45+, Fem.				
1. 1143813 REGUEIRA MARTINEZ, Maria J.	75	LICEO	6:10.89	
50m: 41.48 41.48 150m: 2:13.68 47.04 250m: 3:48.51 47.25 350m: 5:24.10 47.92				
100m: 1:26.64 45.16 200m: 3:01.26 47.58 300m: 4:36.18 47.67 400m: 6:10.89 46.79				
2. 1075503 DE LA MONTAÑA ALCANTARA, G.	73	RSDH	7:09.22	
50m: 45.26 45.26 150m: 2:36.34 56.48 250m: 4:26.99 54.71 350m: 6:16.55 54.94				
100m: 1:39.86 54.60 200m: 3:32.28 55.94 300m: 5:21.61 54.62 400m: 7:09.22 52.67				
3. 1199898 PITA REGUEIRO, Raquel	72	LICEO	8:40.62	
50m: 56.37 56.37 150m: 3:08.68 1:06.62 250m: 5:23.43 1:07.86 350m: 7:37.56 1:07.33				
100m: 2:02.06 1:05.69 200m: 4:15.57 1:06.89 300m: 6:30.23 1:06.80 400m: 8:40.62 1:03.06				
50+, Fem.				
1. 1197600 SANDERSON, Helen Jane	70	C. N. Culleredo	6:09.68	
50m: 41.37 41.37 150m: 2:12.98 46.74 250m: 3:49.19 48.18 350m: 5:25.73 48.11				
100m: 1:26.24 44.87 200m: 3:01.01 48.03 300m: 4:37.62 48.43 400m: 6:09.68 43.95				
60+, Fem.				
1. 1127105 PEREIRA ALONSO, Isabel	61	FOGAR	7:24.93	
50m: 48.70 48.70 150m: 2:37.06 55.00 250m: 4:29.57 57.18 350m: 6:26.41 58.71				
100m: 1:42.06 53.36 200m: 3:32.39 55.33 300m: 5:27.70 58.13 400m: 7:24.93 58.52				

Prueba 2
30/05/2021

Fem., 50m Mariposa

2001 y mayores
Resultados

Clasificación		AN		Tiempo
20+				
1.	1185605 CÁCERES-TERRADO CARDENES, A.00	USC		49.46
25+				
1.	1075328 LOPEZ SANMARTIN, Nerea	96	FERROL	31.74
30+				
1.	1141212 RIVAS TENREIRO, Arantza	89	NARON	36.09
2.	1144894 VINAGRE SENDINO, Cora	88	FOGAR	36.80
3.	1142917 LOPEZ SANMARTIN, Tania	91	FERROL	37.41
4.	1194024 ABELEDA POSE, María Estefania	89	LICEO	44.92
Baja enf.	1036315 LOPEZ CORTABITARTE, Belen	87	LICEO	-
35+				
1.	1037385 PICHEL GARCIA, Elisa	84	FOGAR	33.69
2.	1075225 SOUTO DERUNGS, Cristina	85	FERROL	43.13
Baja enf.	1204036 MAZUR, Bogna	82	LICEO	-
40+				
1.	1182364 RODRIGUEZ RODRIGUEZ, Zeltia	81	NARON	38.37
2.	1075221 HERMIDA RODRIGUEZ, Blanca	81	MARINA	39.56
45+				
1.	1180189 BRAÑA MENENDEZ, Sonia	75	LICEO	36.09
2.	1075209 HERNANDEZ TENREIRO, Marta	75	FERROL	41.20
50+				
1.	1075200 JIMENEZ PEREZ, Victoria	69	FERROL	47.67

Prueba 3
30/05/2021

Masc., 50m Mariposa

2001 y mayores
Resultados

Clasificación		AN		Tiempo	
20+					
1.	1198267 DOMÍNGUEZ ROMERO, Brais	97	FERROL	40.85	
Baja enf.	1037154 LOSADA JIMENEZ, Alvaro	99	FERROL		-
25+					
1.	1093473 DEL RIO REGUEIRA, Ruben	93	LICEO	27.26	
30+					
1.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	36.82	
2.	1196860 BECERRA GALEGO, Alexandre	87	LICEO	50.12	
35+					
1.	1196820 VÁZQUEZ GÓMEZ, Ricardo	83	USC	29.91	
2.	1195585 ARIAS LÓPEZ, Jaime	82	LICEO	41.31	
3.	1039360 POSE MATO, Cesar	83	FOGAR	1:01.92	
Baja enf.	1140778 RODRIGUEZ LAGO, David	86	CIDSANTI		-
40+					
1.	1050717 PANTOJA GUIO, Josue	78	FOGAR	29.73	
2.	1075220 MARTINEZ FERNANDEZ, Hector	77	NARON	32.18	
3.	1076564 CABANELAS EIRAS, Pablo	79	CIDSANTI	35.39	
4.	1180237 FOUZ ROUCO, Rubén	79	HERCULES	36.08	
5.	1199899 DOMINGUEZ PHILOCREON, Ticiano	81	CIDSANTI	38.32	
Baja enf.	1075222 FRAGA DIAZ, Alvaro	81	FERROL		-
45+					
1.	1180192 SAAVEDRA GONZÁLEZ, Raul	73	LICEO	30.68	
2.	1141206 ANEIROS GARCIA, Jose M.	74	MARINA	31.09	
3.	1197597 HERNAEZ OUBIÑA, David	73	C. N. Culleredo	34.49	
4.	1075501 HOUT VARELA, Fady	74	LICEO	34.85	
5.	1144212 MON FERNÁNDEZ, Javier	76	ARTEIXO	35.02	
6.	1147287 ESCUDERO DANS, David	73	HERCULES	35.55	
7.	1143482 COLLAZO ESMORIS, Gerardo A.	75	LICEO	36.59	
8.	1180239 MARTÍNEZ LEMA, José Antonio	72	HERCULES	43.28	
9.	1144830 RASKIN TALLER, Mariano	75	CIDSANTI	45.25	
10.	1146888 GARROCHO DURAN, Emilio Jose	72	FERROL	58.06	
50+					
1.	1037161 TOME NOGUEIRA, Alberto M.	68	FOGAR	37.10	
2.	1145051 FERREIRO CRUZ, Eduardo	70	LICEO	50.12	
3.	1106828 TRILLO CARLIN, Jose Fernando	68	FOGAR	51.66	
DSQ	1141356 GENDE DIAZ, Juan Felix	70	FOGAR		-
	Nado irregular				
Baja enf.	1143661 TOURIÑO GONZALEZ, Victor M.	68	RSDH		-

Prueba 3, Masc., 50m Mariposa

55+

1.	1085112 RIVAS FEAL, Antonio	66	HERCULES	34.55	
Baja enf.	1106829 RODRIGUEZ FERNANDEZ, F.	64	FOGAR		-

Prueba 4
30/05/2021

Fem., 50m Espalda

2001 y mayores
Resultados

Clasificación		AN		Tiempo
25+				
1.	1075231 VILLAR CAINZOS, Claudia	92	FERROL	32.04
30+				
1.	1142917 LOPEZ SANMARTIN, Tania	91	FERROL	38.22
2.	1144894 VINAGRE SENDINO, Cora	88	FOGAR	38.99
3.	1144825 ESPASANDIN MARTÍNEZ, María	90	LICEO	39.98
4.	1107560 DEL CURA MIRANDA, Virginia	91	LICEO	55.25
35+				
1.	1075225 SOUTO DERUNGS, Cristina	85	FERROL	39.82
2.	1203741 QUEREDA RODRÍGUEZ, Almudena	85	LICEO	1:01.63
DSQ	1195584 ALAYON MORIN, Cristina Viraje irregular	82	LICEO	-
Baja enf.	1146780 DURÁN VEIRAS, Raquel	84	ARTEIXO	-
40+				
1.	1075221 HERMIDA RODRIGUEZ, Blanca	81	MARINA	39.60
2.	1036387 VAZQUEZ PARCERO, Marta	80	MARINA	59.08
3.	1145048 MANTIÑÁN PAREDES, María	77	LICEO	59.85
Baja enf.	1194025 BLANCO MAGDALENA, Rosa	79	LICEO	-
45+				
1.	1143813 REGUEIRA MARTINEZ, Maria J.	75	LICEO	44.91
2.	1143532 ALVARIÑO PEREZ, Cristina	75	NARON	49.31
3.	1185620 GRUEIRO CERCIDO, Patricia	76	NARON	51.62
4.	1199898 PITA REGUEIRO, Raquel	72	LICEO	57.15
50+				
1.	1197600 SANDERSON, Helen Jane	70	C. N. Culleredo	46.64
60+				
1.	1127105 PEREIRA ALONSO, Isabel	61	FOGAR	53.35

Prueba 5
30/05/2021

Masc., 50m Espalda

2001 y mayores
Resultados

Clasificación		AN		Tiempo
20+				
Baja enf.	1037154 LOSADA JIMENEZ, Alvaro	99	FERROL	-
25+				
1.	1093473 DEL RIO REGUEIRA, Ruben	93	LICEO	30.34
30+				
1.	1097263 LAMEIRO SEOANE, Javier	87	HERCULES	38.90
35+				
1.	1075228 GARCIA SOTO, Hector	85	FOGAR	34.07
2.	1195585 ARIAS LÓPEZ, Jaime	82	LICEO	48.66
3.	1107557 MELLA BARBEITO, Javier	83	ARTEIXO	50.31
40+				
1.	1143480 ABADES REBOREDO, Daniel	78	LICEO	38.95
45+				
1.	1141206 ANEIROS GARCIA, Jose M.	74	MARINA	37.34
DSQ	1180192 SAAVEDRA GONZÁLEZ, Raul Salida anticipada	73	LICEO	-
Baja enf.	1197601 SOBRINO JOSE JE, Juan Carlos	73	C. N. Culleredo	-
Baja enf.	1079474 MANDADO RODRIGUEZ, Enrique	72	LICEO	-
Baja enf.	1194027 PARDO NEBRIL, Rubén	75	LICEO	-
50+				
1.	1197568 FRANCISCO FERNÁNDEZ, Mario	70	LICEO	45.87
2.	1141356 GENDE DIAZ, Juan Felix	70	FOGAR	50.22
3.	1193949 LAMELO OTERO, Ramón J.	68	CIDSANTI	56.78
60+				
1.	1170858 CODESIDO LOPEZ, Jose	59	CIDSANTI	40.92
65+				
1.	1178766 CANEDO GARCIA, Marcelino	56	FOGAR	1:06.69

Prueba 6
30/05/2021

Fem., 50m Braza

2001 y mayores
Resultados

Clasificación		AN		Tiempo
25+				
1.	1075328 LOPEZ SANMARTIN, Nerea	96	FERROL	36.24
30+				
1.	1141212 RIVAS TENREIRO, Arantza	89	NARON	41.93
2.	1194024 ABELENDIA POSE, María Estefania	89	LICEO	48.68
3.	1147098 SANTOS DA GRACA, Francelina	87	FOGAR	51.56
35+				
1.	1037385 PICHEL GARCIA, Elisa	84	FOGAR	38.46
Baja enf.	1146780 DURÁN VEIRAS, Raquel	84	ARTEIXO	-
Baja enf.	1204036 MAZUR, Bogna	82	LICEO	-
40+				
1.	1182364 RODRIGUEZ RODRIGUEZ, Zeltia	81	NARON	44.62
2.	1036387 VAZQUEZ PARCERO, Marta	80	MARINA	1:06.92
Baja enf.	1194025 BLANCO MAGDALENA, Rosa	79	LICEO	-
45+				
1.	1180189 BRAÑA MENENDEZ, Sonia	75	LICEO	39.94
2.	1075209 HERNANDEZ TENREIRO, Marta	75	FERROL	43.70
3.	1143532 ALVARIÑO PEREZ, Cristina	75	NARON	46.72
4.	1185620 GRUEIRO CERCIDO, Patricia	76	NARON	50.17
50+				
1.	1075200 JIMENEZ PEREZ, Victoria	69	FERROL	48.39

Prueba 7
30/05/2021

Masc., 50m Braza

2001 y mayores
Resultados

Clasificación		AN		Tiempo
20+				
1.	1089316 PASSARETTI PEREIRA, Alejandro	98	CIDSANTI	29.66
2.	1039297 DOPICO REY, Anton	97	FERROL	31.32
3.	1198267 DOMÍNGUEZ ROMERO, Brais	97	FERROL	40.61
4.	1078676 BARJA RIVAS, Marcos	99	NARON	41.92
25+				
1.	1093472 DEL RIO REGUEIRA, Marcos	93	LICEO	32.89
2.	1143997 CORES VAZQUEZ, Ricardo	92	NARON	38.62
3.	1194883 BARCIA ANIDO, Valentín	92	LICEO	40.90
30+				
1.	1010948 CAMPAÑA BARROS, Adrian	90	CIDSANTI	40.09
2.	1178769 RODRÍGUEZ GONZÁLEZ, A.	91	FERROL	40.49
35+				
1.	1075228 GARCIA SOTO, Hector	85	FOGAR	34.27
2.	1145052 FIERRO FERNÁNDEZ, Julio	82	LICEO	36.84
3.	1170813 BALSAS CASTRO, Alejandro	86	LICEO	43.91
4.	1107557 MELLA BARBEITO, Javier	83	ARTEIXO	59.45
40+				
1.	1050717 PANTOJA GUIO, Josue	78	FOGAR	36.37
2.	1178765 ESPAÑA CABEZAS, Jesús	81	USC	40.91
Baja enf.	1075222 FRAGA DIAZ, Alvaro	81	FERROL	-
45+				
1.	1197597 HERNAEZ OUBIÑA, David	73	C. N. Culleredo	37.34
2.	1198887 HERNANDEZ BERMUDEZ, Vicente	76	HERCULES	41.27
3.	1147287 ESCUDERO DANS, David	73	HERCULES	41.72
4.	1180239 MARTÍNEZ LEMA, José Antonio	72	HERCULES	43.49
5.	1144830 RASKIN TALLER, Mariano	75	CIDSANTI	44.82
6.	1196051 BELISARIO PERAZA, Rafael E	72	FOGAR	53.77
7.	1146888 GARROCHO DURAN, Emilio Jose	72	FERROL	1:03.62
Baja enf.	1079474 MANDADO RODRIGUEZ, Enrique	72	LICEO	-
Baja enf.	1194027 PARDO NEBRIL, Rubén	75	LICEO	-
50+				
1.	1197594 BORRAZAS ZAS, Jose Fernando	70	C. N. Culleredo	1:01.50
55+				
Baja enf.	1144788 BEREAS RUIZ, Manuel	64	HERCULES	-

Prueba 7, Masc., 50m Braza

60+

1. 1174449 FERNANDEZ ARRUTI, Jose Angel 59 CIDSANTI 40.19

65+

1. 1178766 CANEDO GARCIA, Marcelino 56 FOGAR 1:01.67