

**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**

RK	Licenza	Nome	Ano	Club	T.R.	Pts.	Resultado							
1	991125884	<b>GALAN VICENTE, PABLO</b>	2002	CDELMAR		19,0	22:20.31							
	50	31.99	100	1:04.44	200	2:11.66	400	4:27.05	800	8:55.29	1500	16:45.06	2000	22:20.31
		31.99		32.45		2:11.6		4:27.0		8:55.2		16.45.		22:20.
2	047388397	<b>GARRIDO BRUN, JACOBO</b>	2002	CNLICEO		16,0	23:20.72							
	50	33.22	100	1:08.34	200	2:18.61	400	4:38.47	800	9:19.00	1500	17:28.00	2000	23:20.72
		33.22		35.12		2:18.6		4:38.4		9:19.0		17:28.		23:20.
3	049205664	<b>GONZALEZ TIZON, JUAN</b>	2002	NCORUÑA		14,0	23:29.51							
	50	33.64	100	1:07.95	200	2:17.59	400	4:37.58	800	9:19.27	1500	17:34.83	2000	23:29.51
		33.64		34.31		2:17.5		4:37.5		9:19.2		17:34.		23:29.
4	032736808	<b>PEDRE SALIDO, JULIO</b>	2003	CNFERRO		13,0	23:53.92							
	50	33.77	100	1:08.64	200	2:19.18	400	4:41.13	800	9:29.28	1500	17:54.28	2000	23:53.92
		33.77		34.87		2:19.1		4:41.1		9:29.2		17:54.		23:53.
5	048115923	<b>ABELEIRA ALVAREZ, CARLOS</b>	2002	CDELMAR		12,0	24:04.06							
	50	34.10	100	1:09.90	200	2:21.29	400	4:45.40	800	9:34.82	1500	18:02.32	2000	24:04.06
		34.10		35.80		2:21.2		4:45.4		9:34.8		18:02.		24:04.
6	991125271	<b>FERNANDEZ IGLESIAS, RAMON</b>	2002	GALAICO		11,0	24:06.40							
	50	32.31	100	1:07.40	200	2:19.44	400	4:43.17	800	9:34.55	1500	18:03.41	2000	24:06.40
		32.31		35.09		2:19.4		4:43.1		9:34.5		18:03.		24:06.
7	034278366	<b>BASANTA FOUZ, ESTEBAN</b>	2002	POR-MIÑA		10,0	24:17.86							
	50	34.62	100	1:10.08	200	2:21.82	400	4:46.99	800	9:38.59	1500	18:09.12	2000	24:17.86
		34.62		35.46		2:21.8		4:46.9		9:38.5		18:09.		24:17.
8	034284216	<b>DIEGUEZ GOMEZ, XABIER</b>	2002	CFVLUGO		9,0	24:36.56							
	50	34.76	100	1:09.71	200	2:21.34	400	4:47.56	800	9:38.35	1500	18:17.85	2000	24:36.56
		34.76		34.95		2:21.3		4:47.5		9:38.3		18:17.		24:36.
9	044658779	<b>GUTIERREZ MARIÑO, SANTIAGO</b>	2002	POURENSE		8,0	24:38.98							
	50	34.16	100	1:08.73	200	2:19.31	400	4:43.91	800	9:37.03	1500	18:23.06	2000	24:38.98
		34.16		34.57		2:19.3		4:43.9		9:37.0		18:23.		24:38.
10	049472604	<b>MOLINELLI MARCOTE, ANDRES</b>	2002	NCORUÑA		7,0	24:56.08							
	50	36.39	100	1:12.13	200	2:25.04	400	4:50.97	800	9:48.39	1500	18:38.82	2000	24:56.08
		36.39		35.74		2:25.0		4:50.9		9:48.3		18:38.		24:56.
11	054154186	<b>ALVAREZ DE SOTOMAYOR, PEDRO</b>	2002	NCORUÑA		0,0	25:02.55							
	50	35.34	100	1:11.66	200	2:25.81	400	4:56.64	800	9:56.65	1500	18:43.82	2000	25:02.55
		35.34		36.32		2:25.8		4:56.6		9:56.6		18:43.		25:02.
12	039463383	<b>CASTRO GARCIA, PEDRO</b>	2002	RBAIXAS		6,0	25:08.44							
	50	34.70	100	1:11.73	200	2:27.59	400	4:59.49	800	10:02.93	1500	18:55.65	2000	25:08.44
		34.70		37.03		2:27.5		4:59.4		10:02.		18:55.		25:08.
13	039488228	<b>MENDEZ PUGA, MARIO</b>	2003	RBAIXAS		5,0	25:12.61							
	50	36.07	100	1:13.88	200	2:30.11	400	5:01.11	800	10:03.91	1500	18:55.02	2000	25:12.61
		36.07		37.81		2:30.1		5:01.1		10:03.		18:55.		25:12.
14	034289637	<b>RODRIGUEZ SANCOSMED, PABLO</b>	2003	POR-MIÑA		4,0	25:16.64							
	50	37.14	100	1:14.87	200	2:31.12	400	5:04.42	800	10:10.24	1500	19:03.14	2000	25:16.64
		37.14		37.73		2:31.1		5:04.4		10:10.		19:03.		25:16.
15	053612884	<b>GARCIA COBAS, PABLO</b>	2002	GALAICO		3,0	25:34.70							
	50	33.67	100	2:25.22	200	4:58.19	400	10:05.23	800	19:10.91	1500	25:34.70	2000	25:34.70
		33.67		2:25.2		4:58.1		10:05.		19:10.		25:34.		25:34.
16	048115111	<b>RODRIGUEZ RIAL, MIGUEL</b>	2002	CDELMAR		0,0	25:44.47							
	50	34.97	100	1:12.26	200	2:28.57	400	5:03.63	800	10:17.79	1500	19:22.61	2000	25:44.47
		34.97		37.29		2:28.5		5:03.6		10:17.		19:22.		25:44.

 RT: Retirado  
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**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**

**19/11/2016**

RK	Licenza	Nome	Ano	Club	T.R.	Pts.	Resultado							
17	021115080	MARTINEZ MARTINEZ, MARCOS	2003	NPONTEA		2,0	26:27.00							
	50	37.30	100	1:16.16	200	2:35.97	400	5:14.92	800	10:33.54	1500	19:56.56	2000	26:27.00
		37.30		38.86		2:35.9		5:14.9		10:33.		19:56.		26:27.
18	035588597	BOUZA PADRON, ANTON	2002	RBAIXAS		0,0	26:29.74							
	50	36.50	100	1:15.51	200	2:34.84	400	5:12.59	800	10:30.62	1500	19:53.80	2000	26:29.74
		36.50		39.01		2:34.8		5:12.5		10:30.		19:53.		26:29.
19	991124746	DIAZ COUCE, MARTIN	2003	CNFERRO		1,0	26:43.82							
	50	37.86	100	1:17.01	200	2:36.86	400	5:18.50	800	10:38.76	1500	20:04.52	2000	26:43.82
		37.86		39.15		2:36.8		5:18.5		10:38.		20:04.		26:43.
	033561604	PARDO PERNAS, MARTIN	2002	CFVLUGO		0,0	BAJ							

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**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**
**INFL F**

RK	Licenza	Nome	Ano	Club	Pts.	Resultado
1	991126364	MARTINEZ PARADA, ALBA	2002	RIVEIRA	19,0	24:00.65
	50	32.95 100 1:07.69 200 2:17.88 400 4:39.17 800 9:25.35 1500 17:54.29 2000 24:00.65				
		32.95  34.74  2:17.8  4:39.1  9:25.3  17:54.  24:00.				
2	054128304	PEREZ-ROCA GARCIA, MARTA	2002	CNLICEO	16,0	24:16.21
	50	33.47 100 1:08.47 200 2:18.96 400 4:41.55 800 9:32.12 1500 18:07.31 2000 24:16.21				
		33.47  35.00  2:18.9  4:41.5  9:32.1  18:07.  24:16.				
3	034289515	CANDO SANTOS, RAQUEL	2003	POR-MIÑA	14,0	24:29.54
	50	33.71 100 1:09.27 200 2:21.55 400 4:47.41 800 9:42.07 1500 18:23.72 2000 24:29.54				
		33.71  35.56  2:21.5  4:47.4  9:42.0  18:23.  24:29.				
4	054156412	DOSIL PEREZ, MARTA QIN	2003	CNLICEO	13,0	24:55.54
	50	34.69 100 1:10.64 200 2:24.54 400 4:52.19 800 9:46.41 1500 18:34.03 2000 24:55.54				
		34.69  35.95  2:24.5  4:52.1  9:46.4  18:34.  24:55.				
5	054153509	CABO GONZALEZ, ANGELA	2003	CNLICEO	0,0	24:55.76
	50	34.13 100 1:09.74 200 2:23.43 400 4:50.70 800 9:47.95 1500 18:40.79 2000 24:55.76				
		34.13  35.61  2:23.4  4:50.7  9:47.9  18:40.  24:55.				
6	039497350	RODRIGUEZ RODRIGUEZ, NINA	2002	RBAIXAS	12,0	24:59.29
	50	34.05 100 1:11.36 200 2:25.07 400 4:52.52 800 9:52.16 1500 18:44.75 2000 24:59.29				
		34.05  37.31  2:25.0  4:52.5  9:52.1  18:44.  24:59.				
7	035586479	DOMINGUEZ CASABELLA, ANDREA	2003	NPONTEA	11,0	25:07.62
	50	36.96 100 1:15.26 200 2:30.96 400 5:01.32 800 10:03.79 1500 18:50.05 2000 25:07.62				
		36.96  38.30  2:30.9  5:01.3  10:03.  18:50.  25:07.				
8	991128801	CASTRO SANTOS, NATALIA	2002	GALAICO	10,0	25:11.28
	50	37.15 100 1:12.33 200 2:27.25 400 4:57.85 800 10:00.51 1500 18:51.96 2000 25:11.28				
		37.15  35.18  2:27.2  4:57.8  10:00.  18:51.  25:11.				
9	077422109	CONS GESTIDO, HENAR DIANA	2002	GALAICO	9,0	25:21.61
	50	36.19 100 1:12.94 200 2:27.53 400 4:58.32 800 10:01.39 1500 18:55.79 2000 25:21.61				
		36.19  36.75  2:27.5  4:58.3  10:01.  18:55.  25:21.				
10	035588033	FARO MARTINEZ, CARLA	2003	NPONTEA	8,0	25:25.26
	50	35.36 100 1:11.69 200 2:27.06 400 4:58.44 800 10:01.58 1500 18:54.22 2000 25:25.26				
		35.36  36.33  2:27.0  4:58.4  10:01.  18:54.  25:25.				
11	047438972	GARRIDO MARTINEZ, ELENA	2002	CNLICEO	0,0	25:32.93
	50	36.53 100 1:14.47 200 2:30.29 400 5:02.27 800 10:07.45 1500 19:06.51 2000 25:32.93				
		36.53  37.94  2:30.2  5:02.2  10:07.  19:06.  25:32.				
12	033557308	MON GARCIA, NEREA	2002	POR-MIÑA	7,0	26:18.02
	50	36.81 100 1:15.05 200 2:31.38 400 5:05.54 800 10:17.28 1500 19:34.22 2000 26:18.02				
		36.81  38.24  2:31.3  5:05.5  10:17.  19:34.  26:18.				
13	034284682	LOPEZ MULLET, MYRIAN	2002	CFVLUGO	6,0	26:49.35
	50	36.74 100 1:14.78 200 2:30.60 400 5:05.85 800 10:33.06 1500 20:03.99 2000 26:49.35				
		36.74  38.04  2:30.6  5:05.8  10:33.  20:03.  26:49.				
14	034285422	IBAÑEZ CHAS, SUSANA	2003	CFVLUGO	5,0	26:51.16
	50	36.50 100 1:15.65 200 2:34.22 400 5:12.80 800 10:35.80 1500 20:09.47 2000 26:51.16				
		36.50  39.15  2:34.2  5:12.8  10:35.  20:09.  26:51.				
15	054129342	ARES BARRAL, MARIA	2003	CNLICEO	0,0	26:52.68
	50	36.59 100 1:15.26 200 2:33.64 400 5:13.88 800 10:37.91 1500 20:06.44 2000 26:52.68				
		36.59  38.67  2:33.6  5:13.8  10:37.  20:06.  26:52.				

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**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**
**INFL F**

RK	Licenza	Nome	Ano	Club	Pts.	Resultado	
16	077462231	<b>CONS GESTIDO, MARTINA MANUELA</b>	2003	GALAICO	0,0		
	50 37.32	100 1:16.69	200 2:35.95	400 5:14.95	800 11:15.15	1500 20:08.49	2000 27:02.81
	37.32	39.37	2:35.9	5:14.9	11:15.	20:08.	27:02.
17	077482141	<b>RAMOS SANCHEZ, XULIA</b>	2003	GALAICO	0,0		
	50 36.95	100 1:16.04	200 2:35.46	400 5:15.01	800 10:34.45	1500 20:14.58	2000 27:07.91
	36.95	39.09	2:35.4	5:15.0	10:34.	20:14.	27:07.
18	032722881	<b>CEBRAL RICO, IARA</b>	2003	CNFERRO	4,0		
	50 37.21	100 1:16.19	200 2:35.90	400 5:17.18	800 10:45.60	1500 20:25.72	2000 27:23.89
	37.21	38.98	2:35.9	5:17.1	10:45.	20:25.	27:23.
19	049205083	<b>CHANS FANEGO, PAULA</b>	2003	CDELMAR	3,0		
	50 37.00	100 1:16.53	200 2:36.69	400 5:17.91	800 10:45.63	1500 20:44.41	2000 27:47.10
	37.00	39.53	2:36.6	5:17.9	10:45.	20:44.	27:47.
20	020624292	<b>PAZOS MARTINEZ, NEREA</b>	2002	ARTEIXO	2,0		
	50 36.95	100 1:16.63	200 2:37.79	400 5:24.22	800 10:57.77	1500 20:52.99	2000 28:00.41
	36.95	39.68	2:37.7	5:24.2	10:57.	20:52.	28:00.

 RT: Retirado      DES: Descualificado      MMG: M.M. Terr. (Para Edades)  
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**MSJ SPORTEC**

**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**

JUN1 M													
RK	Licenza	Nome	Ano	Club	Pts.	Resultado							
1	054127368	<b>CARNEIRO VIQUEIRA, XABIER</b>	2000	CDELMAR	19,0	50	30.77	1:02.49	2:07.21	4:14.79	8:29.45	16:02.90	32:23.40
							30.77	31.72	2:07.2	4:14.7	8:29.4	16:02.	32:23.
2	058001844	<b>ARES MIRAGAYA, ADRIAN</b>	2000	CNLICEO	16,0	50	30.47	1:02.06	2:06.36	4:15.88	8:37.04	16:14.27	32:40.72
							30.47	31.59	2:06.3	4:15.8	8:37.0	16:14.	32:40.
3	053795828	<b>LAGES BRION, ALEXANDRE</b>	2001	RIVEIRA	14,0	50	31.60	1:03.98	2:09.21	4:18.92	8:40.61	16:23.70	33:14.10
							31.60	32.38	2:09.2	4:18.9	8:40.6	16:23.	33:14.
4	054154382	<b>SIMON COTELO, MANUEL</b>	2001	CNLICEO	13,0	50	31.01	1:04.01	2:10.08	4:23.68	8:56.89	16:41.29	33:34.29
							31.01	33.00	2:10.0	4:23.6	8:56.8	16:41.	33:34.
5	053817855	<b>MARTINEZ NOVOA, MIGUEL</b>	2000	RCNVIGO	12,0	50	30.46	1:02.41	2:08.73	4:22.69	8:51.73	16:39.90	33:35.40
							30.46	31.95	2:08.7	4:22.6	8:51.7	16:39.	33:35.
6	053799711	<b>GONZALEZ MARIÑO, JORGE</b>	2001	RIVEIRA	11,0	50	32.00	1:04.91	2:11.52	4:24.39	8:51.22	16:42.81	34:04.19
							32.00	32.91	2:11.5	4:24.3	8:51.2	16:42.	34:04.
7	054153790	<b>BRAVO CUENCA, PABLO</b>	2000	CDELMAR	10,0	50	32.46	1:05.73	2:13.98	4:31.13	9:04.71	17:06.38	34:14.13
							32.46	33.27	2:13.9	4:31.1	9:04.7	17:06.	34:14.
8	047437776	<b>GARCIA GARAY, MARCOS</b>	2001	CDELMAR	0,0	50	31.86	1:05.30	2:14.28	4:30.47	9:05.50	17:12.30	34:48.52
							31.86	33.44	2:14.2	4:30.4	9:05.5	17:12.	34:48.
9	077459518	<b>TORRES FARIÑA, ALEJANDRO</b>	2000	GALAICO	9,0	50	33.18	1:07.55	2:16.65	4:34.74	9:11.60	17:19.20	34:53.50
							33.18	34.37	2:16.6	4:34.7	9:11.6	17:19.	34:53.
10	054156932	<b>BRAVO CONDE, CRISTIAN</b>	2000	CNLICEO	0,0	50	32.20	1:05.72	2:14.25	4:31.52	9:13.00	17:28.26	34:53.77
							32.20	33.52	2:14.2	4:31.5	9:13.0	17:28.	34:53.
11	054128095	<b>ARES BARRAL, ANTON</b>	2000	CNLICEO	0,0	50	32.93	1:06.57	2:15.47	4:34.60	9:12.41	17:25.49	35:02.06
							32.93	33.64	2:15.4	4:34.6	9:12.4	17:25.	35:02.
12	045141268	<b>QUIROGA RAMOS, NOEL</b>	2000	POURENSE	8,0	50	32.66	1:06.18	2:15.28	4:33.20	9:11.13	17:20.19	35:04.70
							32.66	33.52	2:15.2	4:33.2	9:11.1	17:20.	35:04.
13	079343651	<b>VERDES COLLAZO, MANUEL</b>	2000	ADFOGAR	7,0	50	32.81	1:06.33	2:15.17	4:33.13	9:11.05	17:19.99	35:04.70
							32.81	33.52	2:15.1	4:33.1	9:11.0	17:19.	35:04.
14	991124171	<b>PICALLO MARANTE, SERGIO</b>	2001	NCORUÑA	6,0	50	32.94	1:07.25	2:18.25	4:39.61	9:26.50	17:47.97	35:27.44
							32.94	34.31	2:18.2	4:39.6	9:26.5	17:47.	35:27.
15	054232923	<b>ALONSO RODRIGUEZ, JAVIER</b>	2001	NPONTEA	5,0	50	31.29	1:04.16	2:11.45	4:28.65	9:12.74	17:33.36	35:38.49
							31.29	32.87	2:11.4	4:28.6	9:12.7	17:33.	35:38.

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**RIAS DO SUR**

**19/11/2016**

**JUN1 M**

RK	Licenza	Nome	Ano	Club	Pts.	Resultado
16	991128839	<b>GUIOTTO SANCHEZ, MARCO</b>	2001	CDELMAR	0,0	
50	32.83	100 1:07.45	200 2:17.65	400 4:38.18	800 9:21.91	1500 17:44.22
	32.83	34.62	2:17.6	4:38.1	9:21.9	17:44. 35:49.66
17	033559735	<b>BURGO BEIRO, MARCOS</b>	2000	CFVLUGO	4,0	
50	33.51	100 1:07.83	200 2:17.56	400 4:38.43	800 9:19.83	1500 17:38.88
	33.51	34.32	2:17.5	4:38.4	9:19.8	17:38. 35:55.69
18	991124748	<b>LOPEZ ANIDO, NELSON ANDRES</b>	2000	CNFERRO	3,0	
50	31.97	100 1:05.24	200 2:15.62	400 4:37.36	800 9:22.29	1500 17:53.32
	31.97	33.27	2:15.6	4:37.3	9:22.2	17:53. 36:12.51
19	991126372	<b>MOURE LOPEZ, NICOLAS</b>	2001	MOLEMOS	2,0	
50	33.94	100 1:09.75	200 2:22.33	400 4:48.49	800 9:50.03	1500 18:40.82
	33.94	35.81	2:22.3	4:48.4	9:50.0	18:40. 36:54.31
20	049205663	<b>GONZALEZ TIZON, PABLO</b>	2000	NCORUÑA	1,0	
50	34.30	100 1:09.49	200 2:21.31	400 4:45.22	800 9:40.14	1500 18:20.42
	34.30	35.19	2:21.3	4:45.2	9:40.1	18:20. 36:57.66

RT: Retirado      DES: Descualificado      MMG: M.M. Terr. (Para Edades)  
 NP: Non presentado      BAJ: Baixa      RG: Record Fed. Territorial

MSL SW.RESULTADOS\_PRUEBA\_CA Información correcta a 19:08:25 19/11/2016




**CTO GAL LONGA DISTANCIA, 19-11-2016**  
 Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**  
 19/11/2016

SENL M													
RK	Licenza	Nome	Ano	Club							Pts.	Resultado	
1	053798301	DAVILA LUSTRES, MANUEL	1996	RIVEIRA							19,0		
	50	30.44	1:02.18	2:06.08	250	400	4:13.41	800	8:27.36	1500	15:51.94	3000	32:09.64
		30.44	31.74	2:06.0			4:13.4	8:27.3			15:51.		32:09.
2	077404524	FERNANDEZ NIETO, CRISTIAN	1992	GALAICO							16,0		
	50	30.94	1:02.66	2:07.69	250	400	4:17.25	800	8:38.58	1500	16:20.96	3000	33:03.15
		30.94	31.72	2:07.6			4:17.2	8:38.5			16:20.		33:03.
3	054127422	CAMPOS VARELA, SERGIO	1996	NCORUÑA							14,0		
	50	29.69	1:00.94	2:04.91	250	400	4:18.34	800	8:48.56	1500	16:50.50	3000	34:26.20
		29.69	31.25	2:04.9			4:18.3	8:48.5			16:50.		34:26.
4	053485829	BRION SAMPEDRO, CARLOS	1997	RIVEIRA							13,0		
	50	32.15	1:06.17	2:13.77	250	400	4:30.98	800	9:07.38	1500	17:16.43	3000	34:54.50
		32.15	34.02	2:13.7			4:30.9	9:07.3			17:16.		34:54.
5	054127367	CARNEIRO VIQUEIRA, AITOR	1997	CDELMAR							12,0		
	50		1:07.58	2:15.35	250	400	4:33.63	800	9:18.54	1500	17:42.20	3000	35:39.82
			1:07.5	2:15.3			4:33.6	9:18.5			17:42.		35:39.
	045141264	QUIROGA RAMOS, ECEQUIEL	1995	POURENSE							0,0	RT	

JUN2 M													
RK	Licenza	Nome	Ano	Club							Pts.	Resultado	
1	991121808	SANCHEZ LOUZAN, DANIEL	1998	GALAICO							19,0		
	50	30.43	1:02.45	2:06.93	250	400	4:16.43	800	8:36.16	1500	16:15.76	3000	32:44.02
		30.43	32.02	2:06.9			4:16.4	8:36.1			16:15.		32:44.
2	053487378	PAREDES ROMERO, MAURO	1999	RIVEIRA							16,0		
	50	31.40	1:03.81	2:09.01	250	400	4:21.19	800	8:48.59	1500	16:43.90	3000	33:42.32
		31.40	32.41	2:09.0			4:21.1	8:48.5			16:43.		33:42.
3	047438266	PARDO RIPOLL, JULIO	1999	CDELMAR							14,0		
	50	33.16	1:06.84	2:14.60	250	400	4:31.57	800	9:04.59	1500	17:01.61	3000	34:06.22
		33.16	33.68	2:14.6			4:31.5	9:04.5			17:01.		34:06.
4	044659323	MOURE DOVAL, JOSE	1999	POURENSE							13,0		
	50	30.62	1:02.50	2:08.61	250	400	4:22.35	800	8:55.01	1500	16:57.27	3000	34:21.21
		30.62	31.88	2:08.6			4:22.3	8:55.0			16:57.		34:21.
5	034276863	VALCARCE DOMINGUEZ, PABLO	1999	MOLE MOS							12,0		
	50	31.58	1:04.36	2:11.90	250	400	4:29.18	800	9:12.82	1500	17:38.34	3000	36:07.53
		31.58	32.78	2:11.9			4:29.1	9:12.8			17:38.		36:07.
6	048115836	PREGO PITA, XIAN	1999	ARTEIXO							11,0		
	50	32.80	1:06.41	2:14.93	250	400	4:33.73	800	9:26.96	1500	18:18.54	3000	37:47.27
		32.80	33.61	2:14.9			4:33.7	9:26.9			18:18.		37:47.
	049203972	FERNANDEZ COTELO, DANIEL	1999	CDELMAR							0,0	BAJ	
	044664858	RODRIGUEZ RODRIGUEZ, ANTON	1999	POURENSE							0,0	BAJ	

 RT: Retirado      DES: Descualificado      MMG: M.M. Terr. (Para Edades)  
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**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**

RK	Licenza	Nome	Ano	Club	T.R.	Pts.	Resultado								
1	077421136	CONS GESTIDO, AGUEDA BEATRIZ	2000	GALAICO		19,0	33:16.75								
	50	31.79	100	1:04.38	200	2:10.29	400	4:20.98	800	8:45.34	1000	1500	16:30.45	3000	33:16.75
		31.79		32.59		2:10.2		4:20.9		8:45.3			16:30.		33:16.
2	053799565	OTERO PEREZ, CLARA	2000	GALAICO		16,0	35:13.60								
	50	34.09	100	2:17.42	200	4:36.22	400	9:15.94	800	17:30.64	1000	1500	17:30.64	3000	35:13.60
		34.09		2:17.4		4:36.2		9:15.9		17:30.			17:30.		35:13.
3	039469585	GOYANES GARCIA, CARLA	2001	GALAICO		0,0	36:01.30								
	50	34.36	100	1:09.40	200	2:19.08	400	4:40.77	800	9:28.67	1000	1500	17:53.69	3000	36:01.30
		34.36		35.04		2:19.0		4:40.7		9:28.6			17:53.		36:01.
4	049204793	GONZALEZ VAZQUEZ, IRIA	2000	CNLICEO		14,0	36:09.91								
	50	34.37	100	1:09.40	200	2:21.38	400	4:44.44	800	9:34.19	1000	1500	18:04.34	3000	36:09.91
		34.37		35.03		2:21.3		4:44.4		9:34.1			18:04.		36:09.
5	077461332	ERSELLE MARTINEZ, NURIA	2000	GALAICO		0,0	36:16.20								
	50	34.04	100	1:08.60	200	2:18.51	400	4:40.73	800	9:28.52	1000	1500	17:59.90	3000	36:16.20
		34.04		34.56		2:18.5		4:40.7		9:28.5			17:59.		36:16.
6	048117010	GOMEZ MESIAS, ALBA	2000	ARTEIXO		13,0	36:26.42								
	50	34.73	100	1:09.71	200	2:19.81	400	4:41.69	800	9:29.30	1000	1500	18:01.93	3000	36:26.42
		34.73		34.98		2:19.8		4:41.6		9:29.3			18:01.		36:26.
7	035588269	RODRIGUEZ NOVOA, LAURA	2000	NPONTEA		12,0	36:50.69								
	50	34.33	100	1:10.40	200	2:23.72	400	4:49.88	800	9:41.61	1000	1500	18:16.84	3000	36:50.69
		34.33		36.07		2:23.7		4:49.8		9:41.6			18:16.		36:50.
8	077462732	GOMEZ RODRIGUEZ, INES	2000	GALAICO		0,0	37:00.06								
	50	34.29	100	1:09.34	200	2:19.37	400	4:40.35	800	9:31.54	1000	1500	18:15.58	3000	37:00.06
		34.29		35.05		2:19.3		4:40.3		9:31.5			18:15.		37:00.
9	034275621	GONZALEZ BLANCO, PATRICIA	2000	MOLEMOS		11,0	37:26.38								
	50	33.40	100	1:08.89	200	2:21.20	400	4:47.07	800	9:45.22	1000	1500	18:34.24	3000	37:26.38
		33.40		35.49		2:21.2		4:47.0		9:45.2			18:34.		37:26.
10	054130639	DIAZ CORDAL, LORENA	2000	CNLICEO		10,0	37:48.99								
	50	35.84	100	1:11.83	200	2:26.02	400	4:54.22	800	9:51.86	1000	1500	18:36.68	3000	37:48.99
		35.84		35.99		2:26.0		4:54.2		9:51.8			18:36.		37:48.
11	039459621	SEOANE BAHILLO, SARA	2000	RCNVIGO		9,0	37:59.67								
	50	34.37	100	1:09.77	200	2:22.84	400	4:51.67	800	9:54.02	1000	1500	18:50.11	3000	37:59.67
		34.37		35.40		2:22.8		4:51.6		9:54.0			18:50.		37:59.
12	034274931	SUÑER DIAZ, SANDRA	2000	MOLEMOS		8,0	38:29.14								
	50	35.45	100	1:11.70	200	2:26.10	400	4:56.51	800	10:03.67	1000	1500	19:05.46	3000	38:29.14
		35.45		36.25		2:26.1		4:56.5		10:03.			19:05.		38:29.
13	034285478	CARREIRA GARCIA, PAULA	2001	CFVLUGO		7,0	38:55.39								
	50	36.35	100	1:14.09	200	2:31.02	400	5:04.67	800	10:12.98	1000	1500	19:22.35	3000	38:55.39
		36.35		37.74		2:31.0		5:04.6		10:12.			19:22.		38:55.
14	053796464	FERNANDEZ FALQUE, CANDELA	2001	RIVEIRA		6,0	39:08.18								
	50	37.46	100	1:15.44	200	2:32.98	400	5:09.26	800	10:22.64	1000	1500	19:26.43	3000	39:08.18
		37.46		37.98		2:32.9		5:09.2		10:22.			19:26.		39:08.
15	035587564	IBAÑEZ CARRERA, SARA	2001	NPONTEA		5,0	39:25.78								
	50	33.79	100	1:09.76	200	2:23.52	400	4:56.07	800	10:05.92	1000	1500	19:17.11	3000	39:25.78
		33.79		35.97		2:23.5		4:56.0		10:05.			19:17.		39:25.
16	073021060	BARBIER URCULLU, MARIA	2001	RCNVIGO		4,0	39:30.07								
	50	35.52	100	1:11.90	200	2:27.89	400	5:03.75	800	10:16.61	1000	1500	19:41.09	3000	39:30.07
		35.52		36.38		2:27.8		5:03.7		10:16.			19:41.		39:30.

 RT: Retirado  
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 DES: Descualificado  
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 MMG: M.M. Terr. (Para Edades)  
 RG: Record Fed. Territorial



**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**

**19/11/2016**

RK	Licenza	Nome	Ano	Club	T.R.	Pts.	Resultado
17	054229452	IGLESIAS ALLICA, MALENA	2001	RBAIXAS		3,0	39:45.08
	50 37.76	100 1:17.04	200 2:36.40	400 5:15.61	800 10:35.10	1000	1500 19:48.51
	37.76	39.28	2:36.4	5:15.6	10:35		19:48
							3000 39:45.08
							39:45
18	053820585	ESTEVEZ BASTERO, EVA	2001	RBAIXAS		2,0	40:10.65
	50 37.54	100 1:16.79	200 2:35.77	400 5:14.29	800 10:33.70	1000	1500 19:53.80
	37.54	39.25	2:35.7	5:14.2	10:33		19:53
							3000 40:10.65
							40:10
	039485236	RIVAS LOPEZ, CARLOTA	2001	RCNVIGO		0,0	BAJ
	034297839	RODRIGUEZ SANCHEZ, ISABEL	2000	MOLE MOS		0,0	BAJ

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 BAJ: Baixa  
 MMG: M.M. Terr. (Para Edades)  
 RG: Record Fed. Territorial

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**CTO GAL LONGA DISTANCIA, 19-11-2016**

Datos técnicos: Piscina de 25 m., Crono Manual

**RIAS DO SUR**
**19/11/2016**
**SENL F**

RK	Licenza	Nome	Ano	Club	Pts.	Resultado
1	053487155	VILAS VIDAL, MARIA	1996	RIVEIRA	19,0	
	50	32.86 <sup>1</sup> 100 1:05.69 <sup>1</sup> 200 2:11.82 <sup>1</sup> 400 4:24.87 <sup>1</sup> 800 8:52.81 <sup>1</sup> 1500 16:43.08 <sup>1</sup> 3000 33:51.91 <sup>1</sup>				33:51.91
		32.86 <sup>1</sup> 32.83 <sup>1</sup> 2:11.8 <sup>1</sup> 4:24.8 <sup>1</sup> 8:52.8 <sup>1</sup> 16:43. <sup>1</sup> 33:51. <sup>1</sup>				

**JUN2 F**

RK	Licenza	Nome	Ano	Club	Pts.	Resultado
1	047437775	GARCIA GARAY, MACARENA	1999	CDELMAR	19,0	
	50	33.19 <sup>1</sup> 100 1:07.12 <sup>1</sup> 200 2:15.78 <sup>1</sup> 400 4:34.29 <sup>1</sup> 800 9:13.43 <sup>1</sup> 1500 17:20.97 <sup>1</sup> 3000 34:54.66 <sup>1</sup>				34:54.66
		33.19 <sup>1</sup> 33.93 <sup>1</sup> 2:15.7 <sup>1</sup> 4:34.2 <sup>1</sup> 9:13.4 <sup>1</sup> 17:20. <sup>1</sup> 34:54. <sup>1</sup>				
2	077464998	GOMEZ CORTES, LARA	1999	GALAICO	16,0	
	50	33.26 <sup>1</sup> 100 1:07.25 <sup>1</sup> 200 2:16.29 <sup>1</sup> 400 4:36.20 <sup>1</sup> 800 9:17.77 <sup>1</sup> 1500 17:31.95 <sup>1</sup> 3000 35:08.83 <sup>1</sup>				35:08.83
		33.26 <sup>1</sup> 33.99 <sup>1</sup> 2:16.2 <sup>1</sup> 4:36.2 <sup>1</sup> 9:17.7 <sup>1</sup> 17:31. <sup>1</sup> 35:08. <sup>1</sup>				
3	053195052	PEREZ GARCIA-PICHER, ANA	1998	GALAICO	14,0	
	50	34.22 <sup>1</sup> 100 1:09.75 <sup>1</sup> 200 2:20.96 <sup>1</sup> 400 4:44.03 <sup>1</sup> 800 9:33.54 <sup>1</sup> 1500 18:04.24 <sup>1</sup> 3000 36:37.30 <sup>1</sup>				36:37.30
		34.22 <sup>1</sup> 35.53 <sup>1</sup> 2:20.9 <sup>1</sup> 4:44.0 <sup>1</sup> 9:33.5 <sup>1</sup> 18:04. <sup>1</sup> 36:37. <sup>1</sup>				
4	054127559	VEIGA SOUTO, ANA	1998	CDELMAR	13,0	
	50	34.75 <sup>1</sup> 100 1:10.99 <sup>1</sup> 200 2:23.10 <sup>1</sup> 400 4:48.15 <sup>1</sup> 800 9:41.22 <sup>1</sup> 1500 18:25.71 <sup>1</sup> 3000 37:04.16 <sup>1</sup>				37:04.16
		34.75 <sup>1</sup> 36.24 <sup>1</sup> 2:23.1 <sup>1</sup> 4:48.1 <sup>1</sup> 9:41.2 <sup>1</sup> 18:25. <sup>1</sup> 37:04. <sup>1</sup>				
5	048115922	ABELEIRA ALVAREZ, RAQUEL	1999	CDELMAR	0,0	
	50	36.92 <sup>1</sup> 100 1:13.69 <sup>1</sup> 200 2:28.96 <sup>1</sup> 400 5:00.72 <sup>1</sup> 800 10:05.39 <sup>1</sup> 1500 18:56.75 <sup>1</sup> 3000 37:36.82 <sup>1</sup>				37:36.82
		36.92 <sup>1</sup> 36.77 <sup>1</sup> 2:28.9 <sup>1</sup> 5:00.7 <sup>1</sup> 10:05. <sup>1</sup> 18:56. <sup>1</sup> 37:36. <sup>1</sup>				
6	047435161	GALLARDO DE ARTAZA, SARA	1999	CDELMAR	0,0	
	50	37.53 <sup>1</sup> 100 1:16.27 <sup>1</sup> 200 2:34.78 <sup>1</sup> 400 5:12.11 <sup>1</sup> 800 10:28.93 <sup>1</sup> 1500 19:44.10 <sup>1</sup> 3000 39:46.99 <sup>1</sup>				39:46.99
		37.53 <sup>1</sup> 38.74 <sup>1</sup> 2:34.7 <sup>1</sup> 5:12.1 <sup>1</sup> 10:28. <sup>1</sup> 19:44. <sup>1</sup> 39:46. <sup>1</sup>				

 RT: Retirado DES: Descualificado MMG: M.M. Terr. (Para Edades)  
 NP: Non presentado BAJ: Baixa RG: Record Fed. Territorial

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**MSJ SPORTEC**

**CTO GAL LONGA DISTANCIA, 19-11-2016**

RIAS DO SUR

Datos técnicos: Piscina de 25 m., Crono Manual

Rank	Club	Pts.
1	C. NAT. GALAICO	142,0
2	C. DEL MAR SAN AMARO	121,0
3	C. NATACION RIVEIRA	117,0
4	C.N. LICEO	98,0
5	C. NATACION CORUÑA	42,0
6	REAL C. NAUTICO DE VIGO	40,0
6	C. NATACION PONTEAREAS	40,0
8	C. NATACION VIGO RIAS BAIXAS	38,0
9	C. NAT. PORTAMIÑA LUGO	35,0
10	C. NAT. MONFORTE DE LEMOS	33,0
11	C. FLUVIAL DE LUGO	31,0
12	C. NAT. PABELLON OURENSE	29,0
13	C. NAT. ARTEIXO	26,0
14	C. NATACION FERROL	22,0
15	AGRUP. DEP. FOGAR	7,0