

Prueba 20
08/02/2026

Fem., 400m Libre

JUSE F
Resultados

Clasificación				Edad	Tiempo				Puntos			
JUN I F												
1.	BARROS DA SILVA, Sofia			17	GALAICO			4:29.93	19,00			
	50m:	32.10	32.10	150m:	1:40.52	34.17	250m:	2:48.65	34.00	350m:	3:57.05	34.13
	100m:	1:06.35	34.25	200m:	2:14.65	34.13	300m:	3:22.92	34.27	400m:	4:29.93	32.88
2.	SANTAS VAZQUEZ, Laura			17	PORTAMIÑA			4:42.04	16,00			
	50m:	32.96	32.96	150m:	1:44.26	36.08	250m:	2:55.23	35.42	350m:	4:06.81	35.83
	100m:	1:08.18	35.22	200m:	2:19.81	35.55	300m:	3:30.98	35.75	400m:	4:42.04	35.23
3.	RODRIGUEZ RODRIGUEZ, Paula			18	ARTEIXO			4:44.16	14,00			
	50m:	32.88	32.88	150m:	1:44.15	36.03	250m:	2:56.48	36.28	350m:	4:08.96	36.11
	100m:	1:08.12	35.24	200m:	2:20.20	36.05	300m:	3:32.85	36.37	400m:	4:44.16	35.20
4.	VILLARNOVO PAZOS, Lucia			18	NFERROL			4:47.52	13,00			
	50m:	31.94	31.94	150m:	1:42.53	36.08	250m:	2:55.97	36.98	350m:	4:10.97	37.21
	100m:	1:06.45	34.51	200m:	2:18.99	36.46	300m:	3:33.76	37.79	400m:	4:47.52	36.55
5.	INSUA REY, Carmela			17	FOGAR			4:50.02	12,00			
	50m:	33.18	33.18	150m:	1:44.85	36.44	250m:	2:59.05	37.91	350m:	4:13.57	37.49
	100m:	1:08.41	35.23	200m:	2:21.14	36.29	300m:	3:36.08	37.03	400m:	4:50.02	36.45
6.	MUÑOZ GAVINO, Paula			18	PORTAMIÑA			4:53.23	11,00			
	50m:	33.38	33.38	150m:	1:46.28	37.01	250m:	3:01.31	37.26	350m:	4:16.57	37.81
	100m:	1:09.27	35.89	200m:	2:24.05	37.77	300m:	3:38.76	37.45	400m:	4:53.23	36.66
7.	CASTRO CIDRAS, Alba			16	GALAICO			4:55.33	10,00			
	50m:	33.44	33.44	150m:	1:47.38	37.36	250m:	3:03.25	37.84	350m:	4:19.03	37.61
	100m:	1:10.02	36.58	200m:	2:25.41	38.03	300m:	3:41.42	38.17	400m:	4:55.33	36.30
8.	PARDAVILA DAVILA, Ainoa			18	RIASBAIXAS			5:00.17	9,00			
	50m:	35.56	35.56	150m:	1:51.01	37.96	250m:	3:06.71	37.80	350m:	4:22.62	37.98
	100m:	1:13.05	37.49	200m:	2:28.91	37.90	300m:	3:44.64	37.93	400m:	5:00.17	37.55
9.	GUERRA RODRIGUEZ, Zaida			16	POURENSE			5:02.23	8,00			
	50m:	33.66	33.66	150m:	1:48.65	37.94	250m:	3:07.02	39.44	350m:	4:24.57	38.38
	100m:	1:10.71	37.05	200m:	2:27.58	38.93	300m:	3:46.19	39.17	400m:	5:02.23	37.66
10.	SOUTO GOMEZ, Claudia			16	FLUVIAL			5:03.08	7,00			
	50m:	36.00	36.00	150m:	1:52.28	39.06	250m:	3:08.84	37.55	350m:	4:26.55	39.47
	100m:	1:13.22	37.22	200m:	2:31.29	39.01	300m:	3:47.08	38.24	400m:	5:03.08	36.53
11.	DE CARLOS TOBIO, Begoña			18	RIASBAIXAS			5:03.24	6,00			
	50m:	34.28	34.28	150m:	1:51.00	39.18	250m:	3:09.69	39.52	350m:	4:28.14	38.75
	100m:	1:11.82	37.54	200m:	2:30.17	39.17	300m:	3:49.39	39.70	400m:	5:03.24	35.10
12.	BLANCO IGLESIAS, Carmen			18	CIDSANTI			5:10.19	-			
	50m:	35.32	35.32	150m:	1:53.57	39.46	250m:	3:13.00	39.64	350m:	4:32.41	39.42
	100m:	1:14.11	38.79	200m:	2:33.36	39.79	300m:	3:52.99	39.99	400m:	5:10.19	37.78
13.	PARDO CORTEZ, Sara			16	PORTAMIÑA			5:18.49	-			
	50m:	35.64	35.64	150m:	1:54.67	39.95	250m:	3:15.18	40.41	350m:	4:37.70	41.16
	100m:	1:14.72	39.08	200m:	2:34.77	40.10	300m:	3:56.54	41.36	400m:	5:18.49	40.79
WDR	FEAL DEVESA, Carlota			17	CULLEREDO			-				
SENI F												
1.	CANDO SANTOS, Raquel			23	PORTAMIÑA			4:30.56	-			
	50m:	31.89	31.89	150m:	1:39.71	33.92	250m:	2:47.98	34.20	350m:	3:57.27	34.56
	100m:	1:05.79	33.90	200m:	2:13.78	34.07	300m:	3:22.71	34.73	400m:	4:30.56	33.29

Prueba 20, Fem., 400m Libre, SENI F

Clasificación	Edad	Tiempo	Puntos
2. PARDO CHAS, Eva	22	NFERROL	4:48.15
50m: 32.94 32.94 150m: 1:44.47 35.94 250m: 2:57.53 36.48 350m: 4:11.96 37.38			
100m: 1:08.53 35.59 200m: 2:21.05 36.58 300m: 3:34.58 37.05 400m: 4:48.15 36.19			
3. VILARNOVO SUAREZ, Noelia	20	BOIRO	5:03.90
50m: 34.83 34.83 150m: 1:50.82 38.23 250m: 3:07.71 38.39 350m: 4:25.61 39.04			
100m: 1:12.59 37.76 200m: 2:29.32 38.50 300m: 3:46.57 38.86 400m: 5:03.90 38.29			
4. COUCEIRO BARREIRO, Marta	19	CASINOC	5:15.21
50m: 35.43 35.43 150m: 1:52.80 39.05 250m: 3:13.26 40.28 350m: 4:34.86 41.15			
100m: 1:13.75 38.32 200m: 2:32.98 40.18 300m: 3:53.71 40.45 400m: 5:15.21 40.35			

17 - 18 años

1. BARROS DA SILVA, Sofia	17	GALAICO	4:29.93	19,00
50m: 32.10 32.10 150m: 1:40.52 34.17 250m: 2:48.65 34.00 350m: 3:57.05 34.13				
100m: 1:06.35 34.25 200m: 2:14.65 34.13 300m: 3:22.92 34.27 400m: 4:29.93 32.88				
2. SANTAS VAZQUEZ, Laura	17	PORTAMIÑA	4:42.04	16,00
50m: 32.96 32.96 150m: 1:44.26 36.08 250m: 2:55.23 35.42 350m: 4:06.81 35.83				
100m: 1:08.18 35.22 200m: 2:19.81 35.55 300m: 3:30.98 35.75 400m: 4:42.04 35.23				
3. RODRIGUEZ RODRIGUEZ, Paula	18	ARTEIXO	4:44.16	14,00
50m: 32.88 32.88 150m: 1:44.15 36.03 250m: 2:56.48 36.28 350m: 4:08.96 36.11				
100m: 1:08.12 35.24 200m: 2:20.20 36.05 300m: 3:32.85 36.37 400m: 4:44.16 35.20				
4. VILLARNOVO PAZOS, Lucia	18	NFERROL	4:47.52	13,00
50m: 31.94 31.94 150m: 1:42.53 36.08 250m: 2:55.97 36.98 350m: 4:10.97 37.21				
100m: 1:06.45 34.51 200m: 2:18.99 36.46 300m: 3:33.76 37.79 400m: 4:47.52 36.55				
5. INSUA REY, Carmela	17	FOGAR	4:50.02	12,00
50m: 33.18 33.18 150m: 1:44.85 36.44 250m: 2:59.05 37.91 350m: 4:13.57 37.49				
100m: 1:08.41 35.23 200m: 2:21.14 36.29 300m: 3:36.08 37.03 400m: 4:50.02 36.45				
6. MUÑOZ GAVINO, Paula	18	PORTAMIÑA	4:53.23	11,00
50m: 33.38 33.38 150m: 1:46.28 37.01 250m: 3:01.31 37.26 350m: 4:16.57 37.81				
100m: 1:09.27 35.89 200m: 2:24.05 37.77 300m: 3:38.76 37.45 400m: 4:53.23 36.66				
7. PARDAVILA DAVILA, Ainoa	18	RIASBAIXAS	5:00.17	9,00
50m: 35.56 35.56 150m: 1:51.01 37.96 250m: 3:06.71 37.80 350m: 4:22.62 37.98				
100m: 1:13.05 37.49 200m: 2:28.91 37.90 300m: 3:44.64 37.93 400m: 5:00.17 37.55				
8. DE CARLOS TOBIO, Begoña	18	RIASBAIXAS	5:03.24	6,00
50m: 34.28 34.28 150m: 1:51.00 39.18 250m: 3:09.69 39.52 350m: 4:28.14 38.75				
100m: 1:11.82 37.54 200m: 2:30.17 39.17 300m: 3:49.39 39.70 400m: 5:03.24 35.10				
9. BLANCO IGLESIAS, Carmen	18	CIDSANTI	5:10.19	-
50m: 35.32 35.32 150m: 1:53.57 39.46 250m: 3:13.00 39.64 350m: 4:32.41 39.42				
100m: 1:14.11 38.79 200m: 2:33.36 39.79 300m: 3:52.99 39.99 400m: 5:10.19 37.78				
WDR FEAL DEVESA, Carlota	17	CULLEREDO	-	

16 años

1. CASTRO CIDRAS, Alba	16	GALAICO	4:55.33	10,00
50m: 33.44 33.44 150m: 1:47.38 37.36 250m: 3:03.25 37.84 350m: 4:19.03 37.61				
100m: 1:10.02 36.58 200m: 2:25.41 38.03 300m: 3:41.42 38.17 400m: 4:55.33 36.30				
2. GUERRA RODRIGUEZ, Zaida	16	POURENSE	5:02.23	8,00
50m: 33.66 33.66 150m: 1:48.65 37.94 250m: 3:07.02 39.44 350m: 4:24.57 38.38				
100m: 1:10.71 37.05 200m: 2:27.58 38.93 300m: 3:46.19 39.17 400m: 5:02.23 37.66				

Prueba 20, Fem., 400m Libre, 16 años

Clasificación	Edad				Tiempo		Puntos			
3. SOUTO GOMEZ, Claudia	16 FLUVIAL				5:03.08		7,00			
50m: 36.00 36.00	150m: 1:52.28	39.06	250m: 3:08.84	37.55	350m: 4:26.55	39.47				
100m: 1:13.22 37.22	200m: 2:31.29	39.01	300m: 3:47.08	38.24	400m: 5:03.08	36.53				
4. PARDO CORTEZ, Sara	16 PORTAMIÑA				5:18.49		-			
50m: 35.64 35.64	150m: 1:54.67	39.95	250m: 3:15.18	40.41	350m: 4:37.70	41.16				
100m: 1:14.72 39.08	200m: 2:34.77	40.10	300m: 3:56.54	41.36	400m: 5:18.49	40.79				