

Mellores Marcas Femininas P25

Proba	12A	13A	14A	15A	16A	17A
50L	28.99 CARANZA LOPEZ SANMARTIN NEREA 1996 CNFERR0 20081228	0:28.25 SABADELL RAQUEL RASCADO 1994 NPONTEV 20070309	0:27.59 BAÑOLAS SUSANA GARABATOS 1979 RCVNIGO 19930220	26.44 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091128	26.27 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101202	27.09 SABADELL GOMEZ CORTES BEATRIZ 1994 GALAICO 20110409
100L	1:03.39 SANTIAGO RAQUEL RASCADO 1994 NPONTEV 20060625	1:00.74 SABADELL RAQUEL RASCADO 1994 NPONTEV 20070309	59.56 BATALLONES LAGO AROBES JUDITH 1995 RIVEIRA 20090425	56.90 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091128	56.16 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101202	0:57.87 FERROL PAULA CARBALLIDO 1979 GALAICO 19961228
200L	2:17.85 J. GOMEZ NOYA LAGO AROBES ANAIS 1999 SDBOIRO 20110611	2:12.01 SANTA ISABEL YAÑEZ MARIÑO SHEILA 1996 RIVEIRA 20090705	2:06.20 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20101229	2:02.72 PALMA M. LAGO AROBES JUDITH 1995 RIVEIRA 20101205	2:00.54 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101203	2:03.18 CARANZA VILARIÑO GARCIA XENIA 1991 GALAICO 20081227
400L	4:44.21 CARANZA VILAS VIDAL MARIA 1996 RIVEIRA 20081229	4:38.00 SANTA ISABEL HERMO SANTOS ESMERALDA 1997 RIVEIRA 20101229	4:14.18 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20101229	4:15.59 INEF GALICIA VILAS VIDAL MARIA 1996 RIVEIRA 20111203	4:12.92 SANTA ISABEL GOMEZ CORTES BEATRIZ 1994 GALAICO 20101229	4:16.21 CARANZA VILARIÑO GARCIA XENIA 1991 GALAICO 20081227
800L	9:31.65 CARANZA VILAS VIDAL MARIA 1996 RIVEIRA 20081229	9:26.42 RIBERIA SUSANA LORENZO 1991 RIVEIRA 20041127	8:43.12 PALMA M. VILAS VIDAL MARIA 1996 RIVEIRA 20101204	9:00.08 CARANZA PIMENTEL PEREZ LAURA 1993 PORENSE 20081229	9:02.47 CASTELLON PIMENTEL PEREZ LAURA 1993 PORENSE 20091128	8:50.53 CARANZA VILARIÑO GARCIA XENIA 1991 GALAICO 20081229
1500L	19:19.39 - MARTA FRA 1988 CNXOVE 20001125	18:54.98 OLEIROS ARANTXA BARROS 1990 GALAICO 20030208	18:15.79 - MARTA FRA 1988 CNXOVE 20020118	18:01.92 SANTIAGO MARTA FRA 1988 CNXOVE 20030117	17:21.97 CASTELLON PIMENTEL PEREZ LAURA 1993 PORENSE 20091126	16:52.68 PALMA M. PIMENTEL PEREZ LAURA 1993 PORENSE 20101202
50M	0:33.91 - MIREN VICENTE 1990 NPONTEV 20020209	32.04 CARANZA LAGO AROBES JUDITH 1995 RIVEIRA 20081227	30.76 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20101230	0:29.30 - PATRICIA RGUEZ 1983 CMARINA 19981128	28.82 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101204	0:28.90 SANTIAGO MIREN VICENTE 1990 NPONTEV 20070203
100M	1:12.63 SANTA ISABEL GANDARA DIEZ SARA 1998 NPONTEA 20101229	1:07.18 - MIREN VICENTE 1990 NPONTEV 20030629	1:05.65 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20090705	1:03.54 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20101229	1:01.70 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101204	1:03.27 PALMA M. ALVAREZ LIZ IRIA 1993 PORENSE 20101204
200M	2:35.54 J. GOMEZ NOYA LAGO AROBES ANAIS 1999 SDBOIRO 20110611	2:29.16 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20090704	2:23.76 VIGO IRIA ALVAREZ 1993 PORENSE 20071208	2:19.07 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20101228	2:15.67 CASTELLON ALVAREZ LIZ IRIA 1993 PORENSE 20091126	2:15.14 PALMA M. ALVAREZ LIZ IRIA 1993 PORENSE 20101202
50E	33.02 INEF GALICIA BLANCO PEREZ PAULA 1999 PORENSE 20111203	0:32.00 VIGO NEREA RODIÑO 1989 GALAICO 20021206	0:31.07 P. MALLORCA NEREA RODIÑO 1989 GALAICO 20030502	0:30.69 VALENCIA NEREA RODIÑO 1989 GALAICO 20041218	0:29.76 P. MALLORCA NEREA RODIÑO 1989 GALAICO 20051217	0:30.03 BARCELONA NEREA RODIÑO 1989 GALAICO 20061216
100E	1:10.33 FERROL ESTELA PORTA 1996 CMARINA 20080607	1:08.45 NARÓN ALBA RUBIAL 1991 CNLALIN 20040229	1:06.92 SANTIAGO ALBA RUBIAL 1991 CNLALIN 20050123	1:05.93 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20101230	1:04.29 SABADELL NEREA RODIÑO 1989 GALAICO 20050312	1:04.92 CARANZA CARBALLO REY LARA 1991 NCORUÑA 20081229
200E	2:31.64 FERROL ALBA RUBIAL 1991 CNLALIN 20030614	2:26.50 NARÓN ALBA RUBIAL 1991 CNLALIN 20040228	2:21.25 J. GOMEZ NOYA VILAS VIDAL MARIA 1996 RIVEIRA 20100626	2:20.70 CASTELLON VALIÑAS MONTEAGUDO LAURA 1994 GALAICO 20090328	2:20.33 VALENCIA BELEN LOUREIRO 1988 CMARINA 20041216	2:18.58 TORRE PACHECO BELEN LOUREIRO 1988 CMARINA 20050501
50B	0:36.39 FERROL TATIANA DOMÍNGUEZ 1984 GALAICO 19961229	36.12 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20090704	0:33.72 SANTIAGO ESTEFANÍA LIPPO 1993 PORENSE 20071230	33.45 MADRID LIPPO DE LA TORRE ESTEFANIA 1993 PORENSE 20081221	33.36 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101203	0:32.86 MADRID AURORA PEREZ 1991 NCORUÑA 20081221
100B	1:17.88 RCVNIGO MARÍA VILAS 1996 RIVEIRA 20081206	1:15.53 - SUSANA MOSQUERA 1976 RCVNIGO 19891217	1:10.90 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20101228	1:12.96 GIJÓN SUSANA MOSQUERA 1976 RCVNIGO 19910519	1:10.20 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101203	1:09.57 CARANZA PEREZ Y FERNANDEZ DE CORD A. 1991 NCORUÑA 20081228
200B	2:39.73 CARANZA VILAS VIDAL MARIA 1996 RIVEIRA 20081227	2:38.47 DON BENITO VILAS VIDAL MARIA 1996 RIVEIRA 20091212	2:31.21 PALMA M. VILAS VIDAL MARIA 1996 RIVEIRA 20101203	2:35.25 INEF LAGO AROBES JUDITH 1995 RIVEIRA 20101120	2:25.48 EINDHOVEN (NED) GOMEZ CORTES BEATRIZ 1994 GALAICO 20101126	2:28.29 CARANZA PEREZ Y FERNANDEZ DE CORD A. 1991 NCORUÑA 20081227
100S	1:14.81 A FIEITEIRA GANDARA DIEZ SARA 1998 NPONTEA 20100612	1:09.18 CARANZA LAGO AROBES JUDITH 1995 RIVEIRA 20090704	1:06.80 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20090704	1:04.55 VÅSBY (SWE) LAGO AROBES JUDITH 1995 RIVEIRA 20101031	1:02.79 VIGO (RCNV) GOMEZ CORTES BEATRIZ 1994 GALAICO 20101212	1:04.10 CARANZA MARTINEZ CANOSA RAQUEL 1991 NCORUÑA 20081229
200S	2:31.22 RCVNIGO MARIA VILAS 1996 RIVEIRA 20081206	2:25.24 CARANZA LAGO AROBES JUDITH 1995 RIVEIRA 20081227	2:18.69 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20101230	2:14.56 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091127	2:13.23 SANTA ISABEL GOMEZ CORTES BEATRIZ 1994 GALAICO 20101230	2:19.81 CARANZA MARTINEZ CANOSA RAQUEL 1991 NCORUÑA 20081227
400S	5:08.56 CARANZA VILAS VIDAL MARIA 1996 RIVEIRA 20081228	5:03.55 DON BENITO VILAS VIDAL MARIA 1996 RIVEIRA 20091212	4:46.04 PALMA M. VILAS VIDAL MARIA 1996 RIVEIRA 20101205	4:44.13 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091129	4:37.42 PALMA M. GOMEZ CORTES BEATRIZ 1994 GALAICO 20101205	4:55.73 SABADELL GOMEZ CORTES BEATRIZ 1994 GALAICO 20110409

Mellores Marcas Masculinas P25

Proba	12A	13A	14A	15A	16A	17A
50L	0:29.50 VIGO JAVIER ASENSIO 1977 RCNVIGO 19891217	0:27.33 VIGO FLORO ANDRÉS 1981 RCNVIGO 19941218	0:26.01 VIGO FLORO ANDRES 1981 RCNVIGO 19951217	0:24.95 - MARCOS VAZQUEZ 1988 CNSANTI 20031227	24.30 SABADELL ACEVEDO GARCIA MATIAS 1995 GALAICO 20110319	0:23.66 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061214
100L	1:02.37 PONTEVEDRA IAGO VILLAVERT 1989 GALAICO 20011111	58.74 J. GOMEZ NOYA PASSARETTI PEREIRA ALEJANDRO 1998 CIDSANTI 20110611	0:55.38 A CORUÑA FLORO ANDRES 1981 RCNVIGO 19951229	0:54.01 SANTIAGO MARCOS VAZQUEZ 1988 CNSANTI 20040320	0:52.82 - MARCOS VAZQUEZ 1988 CNSANTI 20040320	0:51.19 P. MALLORCA MARCOS VAZQUEZ 1988 CNSANTI 20051218
200L	2:17.50 VIGO JESÚS VALERO 1967 RCNVIGO 19790803	2:09.70 J. GOMEZ NOYA PASSARETTI PEREIRA ALEJANDRO 1998 CIDSANTI 20110611	2:01.75 SANTA ISABEL SANJORGE NODAR FRANCISCO 1996 ARTEIXO 20101228	1:56.89 MADRID ALONSO GATO OSCAR 1995 FEGAN 20101211	1:54.30 SABADELL ALONSO GATO OSCAR 1995 CIDSANTI 20110320	1:52.37 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070318
400L	4:42.60 VIGO ANTONIO OTERO 1972 RCNVIGO 19841222	4:26.98 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091213	4:11.14 MADRID DAVILA LUSTRES MANUEL 1996 RIVEIRA 20101211	4:09.11 SANTA ISABEL ALONSO GATO OSCAR 1995 CIDSANTI 20101229	3:58.41 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061215	3:57.52 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070317
800L	9:55.34 CARANZA DAVILA LUSTRES MANUEL 1996 BOIRO 20080607	9:06.77 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091213	8:45.32 SANTA ISABEL DAVILA LUSTRES MANUEL 1996 RIVEIRA 20101230	8:36.21 SABADELL DAVILA LUSTRES MANUEL 1996 RIVEIRA 20110318	8:28.03 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20060606	8:22.08 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070316
1500L	18:33.01 VIGO ANTONIO OTERO 1972 RCNVIGO 19840722	17:25.46 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091213	16:43.92 MADRID DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100326	16:16.09 SABADELL DAVILA LUSTRES MANUEL 1996 RIVEIRA 20110318	15:48.58 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20060606	15:45.00 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070316
50M	0:32.00 LUGO IAGO VILLAVERT 1989 GALAICO 20010602	0:29.91 LUGO IAGO VILLAVERT 1989 GALAICO 20020615	0:27.61 VIGO IAGO VILLAVERT 1989 GALAICO 20031019	26.93 SANTA ISABEL ACEVEDO GARCIA MATIAS 1995 GALAICO 20101230	0:25.92 P. MALLORCA JOSÉ MANUEL GLEZ 1989 PORENSE 20051217	0:25.48 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061215
100M	1:11.20 AVILES MANSO FRAGA TOMAS 1999 CMARINA 20110416	1:03.98 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228	1:01.74 VIGO (RCN) MARTINEZ OUTEIRAL JACOBO 1992 RCNVIGO 20061202	59.94 DON BENITO FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20091212	57.19 INEF GALICIA ORTIZ ANEIROS LORENZO 1995 NTNARON 20111203	0:57.64 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20060312
200M	2:37.60 VIGO ANTONIO OTERO 1972 RCNVIGO 19840721	2:26.32 SANTA ISABEL BOUZA MANSO TELMO 1997 CNFERRO 20101228	2:17.29 CARANZA FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20081229	2:09.50 DON BENITO FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20091212	2:08.70 PALMA M. FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20101202	2:06.66 CARANZA ALVAREZ MARTINEZ FCO. JAVIER 1991 GALAICO 20081229
50E	0:33.83 LUGO RUBEN FONTENLA 1984 GALAICO 19960601	0:31.49 VIGO MANUEL VIAÑO 1992 CARBALL 20050702	0:30.03 OLEIROS MANUEL VIAÑO 1992 CARBALL 20061118	0:28.54 - JOAQUÍN ABASCAL 1986 CMARINA 20010602	0:27.96 VIGO PABLO GONZALEZ 1991 RCNVIGO 20071208	0:26.35 MADRID OSCAR PEREIRO CARRIL 1991 ARZUA 20081219
100E	1:12.17 VIGO IGOR LLORENS 1981 RCNVIGO 19930501	1:06.67 VIGO MANUEL VIAÑO 1992 CARBALL 20050702	1:03.69 A CORUÑA IGOR LLORENS 1981 RCNVIGO 19951229	1:00.79 SABADELL MANUEL VIAÑO 1992 CARBALL 20070309	0:59.35 PONTEVEDRA MANUEL VIAÑO 1992 CARBALL 20080223	0:57.09 MADRID OSCAR PEREIRO CARRIL 1991 ARZUA 20081220
200E	2:35.19 SANTIAGO MARTIÑO NEIRA 1994 CFVLUGO 20060624	2:24.94 FERROL RUBEN FONTENLA 1984 GALAICO 19971227	2:17.10 A CORUÑA IGOR LLORENS 1981 RCNVIGO 19951228	2:09.84 SABADELL MANUEL VIAÑO 1992 CARBALL 20070310	2:06.18 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061216	2:01.76 SANTIAGO RUFINO REGUEIRA 1990 RIVEIRA 20071229
50B	0:36.95 FERROL JOAQUÍN ABASCAL 1986 CMARINA 19981025	0:34.07 LUGO JOAQUÍN ABASCAL 1986 CMARINA 19990612	0:31.46 - JOAQUÍN ABASCAL 1986 CMARINA 20001202	0:30.26 - JOAQUÍN ABASCAL 1986 CMARINA 20010526	0:29.92 - JOAQUÍN ABASCAL 1986 CMARINA 20020504	29.65 INEF BORRAZAS RUMBO MANUEL 1993 NCORUÑA 20101120
100B	1:18.62 FERROL JOAQUÍN ABASCAL 1986 CMARINA 19981025	1:13.49 VIGO LUIS LEIRO 1990 RCNVIGO 20031206	1:08.25 CARANZA REY RODRIGUEZ JOSE RAMON 1994 ARZUA 20081228	1:04.69 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010505	1:04.76 - JOAQUÍN ABASCAL 1986 CMARINA 20020406	1:03.30 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20030426
200B	2:50.18 NARÓN JOAQUÍN ABASCAL 1986 CMARINA 19981219	2:38.36 VIGO LUIS LEIRO 1990 RCNVIGO 20031206	2:26.13 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20001111	2:21.81 - JOAQUÍN ABASCAL 1986 CMARINA 20010101	2:19.31 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220	2:16.34 - JOAQUÍN ABASCAL 1986 CMARINA 20030521
100S	1:15.35 AVILES IAGO VILLAVERT 1989 GALAICO 20010519	1:09.38 INEF GALICIA LUGUE ROMERO NICOLAS 1998 CNFERRO 20111203	1:02.19 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20001111	1:00.43 A CORUÑA JOAQUÍN ABASCAL 1986 CMARINA 20010630	0:58.30 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220	0:58.43 - JOAQUÍN ABASCAL 1986 CMARINA 20030502
200S	2:33.87 PONTEVEDRA IAGO VILLAVERT 1989 GALAICO 20011230	2:25.30 LUGO JOAQUÍN ABASCAL 1986 CMARINA 19990605	2:16.39 - JOAQUÍN ABASCAL 1986 CMARINA 20001216	2:11.47 A CORUÑA JOAQUÍN ABASCAL 1986 CMARINA 20010711	2:09.32 SANTIAGO ÁNGEL VILAS 1991 RIVEIRA 20061218	2:06.93 CARANZA ALVAREZ MARTINEZ FCO. JAVIER 1991 GALAICO 20081227
400S	5:31.39 A FIEITEIRA LUGUE ROMERO NICOLAS 1998 CMARINA 20100613	4:59.22 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091212	4:44.82 SANTA ISABEL DAVILA LUSTRES MANUEL 1996 RIVEIRA 20101228	4:34.79 INEF GALICIA DAVILA LUSTRES MANUEL 1996 RIVEIRA 20111203	4:26.78 SABADELL JOAQUÍN ABASCAL 1986 CMARINA 20021220	4:26.45 CARANZA ALVAREZ MARTINEZ FCO. JAVIER 1991 GALAICO 20081228

Mellores Marcas Femininas P50

Proba	12A	13A	14A	15A	16A	17A
50L	0:31.11 OURENSE ISABEL RAÑA 1992 PORENSE 20040619	28.13 RIAS DO SUR LOPEZ SANMARTIN NEREA 1996 CNFERRRO 20090627	27.93 PALMA M. LOPEZ SANMARTIN NEREA 1996 CNFERRRO 20100714	27.37 OURENSE GOMEZ CORTES BEATRIZ 1994 GALAICO 20090717	26.90 BARCELONA GOMEZ CORTES BEATRIZ 1994 GALAICO 20100725	26.80 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20110702
100L	1:06.06 CARTAGENA PUGA DIAZ NATALIA 1999 RCNVIGO 20110710	1:02.49 RIAS DO SUR RASCADO HUERGA RAQUEL 1994 NPONTEV 20090708	1:00.89 BARCELONA LAGO AROBES JUDITH 1995 RIVEIRA 20090729	59.59 LAS PALMAS GC GOMEZ CORTES BEATRIZ 1994 GALAICO 20090723	57.18 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20100704	57.25 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20110701
200L	2:19.56 CARTAGENA LAGO AROBES ANAIS 1999 SDBOIRO 20110709	2:14.01 PALMA M. SANTOS HERMO ESMERALDA 1997 RIVEIRA 20100716	2:10.95 CATANIA (ITA) VILAS VIDAL MARIA 1996 RIVEIRA 20100620	2:06.86 BARCELONA LAGO AROBES JUDITH 1995 RIVEIRA 20100723	2:04.27 BARCELONA GOMEZ CORTES BEATRIZ 1994 GALAICO 20100723	2:01.21 LIMA (PER) GOMEZ CORTES BEATRIZ 1994 GALAICO 20110816
400L	4:44.24 RIAS DO SUR LAGO AROBES ANAIS 1999 SDBOIRO 20110702	4:38.12 PALMA M. SANTOS HERMO ESMERALDA 1997 RIVEIRA 20100718	4:27.41 RIAS DO SUR VILAS VIDAL MARIA 1996 RIVEIRA 20100704	4:20.90 PALMA M. VILAS VIDAL MARIA 1996 RIVEIRA 20110226	4:27.44 RIAS DO SUR PIMENTEL PEREZ LAURA 1993 PORENSE 20090613	4:19.93 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20110703
800L	9:50.24 CARTAGENA LAGO AROBES ANAIS 1999 SDBOIRO 20110710	9:39.92 VALLADOLID GOYANES GARCIA PAULA 1998 GALAICO 20110802	8:59.60 RIAS DO SUR VILAS VIDAL MARIA 1996 RIVEIRA 20100704	8:44.72 LIMA (PER) VILAS VIDAL MARIA 1996 RIVEIRA 20110820	9:05.39 LAS PALMAS GC PIMENTEL PEREZ LAURA 1993 PORENSE 20090723	8:43.63 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20110703
1500L	59:59.99 None O FEGAN 19000101	19:15.34 OURENSE ANDREA MURAS 1989 GALAICO 20020705	18:26.82 OURENSE MARTA FRA 1988 CNXOVE 20020705	16:27.75 LIMA (PER) VILAS VIDAL MARIA 1996 RIVEIRA 20110820	17:34.10 LAS PALMAS GC PIMENTEL PEREZ LAURA 1993 PORENSE 20090721	17:03.92 BARCELONA PIMENTEL PEREZ LAURA 1993 PORENSE 20100722
50M	0:32.99 OURENSE MIREN VICENTE 1990 NPONTEV 20020705	0:32.22 OURENSE MIREN VICENTE 1990 NPONTEV 20030716	0:30.60 OURENSE ALBA RUBIAL 1991 CNLALIN 20050709	29.40 RIAS DO SUR LAGO AROBES JUDITH 1995 RIVEIRA 20100704	0:29.60 - PATRICIA RGUEZ 1983 CMARINA 19990724	0:29.23 PONTEVEDRA MIREN VICENTE 1990 NPONTEV 20070707
100M	1:11.17 ZARAGOZA MIREN VICENTE 1990 NPONTEV 20020627	1:07.26 VALENCIA MIREN VICENTE 1990 NPONTEV 20030713	1:06.88 REUS MIREN VICENTE 1990 NPONTEV 20040709	1:04.44 BARCELONA LAGO AROBES JUDITH 1995 RIVEIRA 20100725	1:03.95 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20100703	1:03.92 CN SABADELL GOMEZ CORTES BEATRIZ 1994 GALAICO 20110305
200M	2:40.42 CARTAGENA LAGO AROBES ANAIS 1999 SDBOIRO 20110708	2:29.87 VALLADOLID GOYANES GARCIA PAULA 1998 GALAICO 20110804	2:28.16 PONTEVEDRA IRIA ALVAREZ LIZ 1993 PORENSE 20070708	2:20.58 RIAS DO SUR IRIA ALVAREZ LIZ 1993 PORENSE 20080713	2:16.96 OURENSE ALVAREZ LIZ IRIA 1993 PORENSE 20090717	2:17.56 MAR DEL PLATA (ARG) ALVAREZ LIZ IRIA 1993 PORENSE 20100520
50E	35.84 RIAS DO SUR COSTAS PENA LAURA 1999 CNREDON 20110701	33.34 RIAS DO SUR RASCADO HUERGA RAQUEL 1994 NPONTEV 20070706	0:31.72 MADRID NEREA RODIÑO 1989 GALAICO 20030412	0:31.97 OURENSE NEREA RODIÑO 1989 GALAICO 20040730	0:30.66 CÁDIZ NEREA RODIÑO 1989 GALAICO 20050402	0:31.31 SABADELL NEREA RODIÑO 1989 GALAICO 20060302
100E	1:14.17 MERIDA ESTELA PORTELA 1996 CMARINA 20080710	1:10.24 REUS RUBIAL LALIN ALBA 1991 CNLALIN 20040710	1:09.10 LISBOA ALBA RUBIAL 1991 CNLALIN 20050528	1:07.82 OURENSE GOMEZ CORTES BEATRIZ 1994 GALAICO 20090716	1:06.39 MURCIA PATRICIA RGUEZ 1983 CMARINA 19990730	1:07.19 PONTEVEDRA SANDRA PRESAS 1990 PORENSE 20070708
200E	2:29.78 VALLADOLID BELEN LOUREIRO 1988 CMARINA 20000627	2:30.27 REUS ALBA RUBIAL 1991 CNLALIN 20040711	2:28.94 VALLADOLID VEIGA NIETO LIDIA 1997 ARZUA 20110803	2:24.86 OURENSE GOMEZ CORTES BEATRIZ 1994 GALAICO 20090718	2:23.45 GIJÓN ESTELA ALONSO 1983 RCNVIGO 19990320	2:22.89 GIJÓN GOMEZ CORTES BEATRIZ 1994 GALAICO 20110522
50B	37.29 RIAS DO SUR RODRIGUEZ HUERTAS IRIA 1999 RCNVIGO 20110703	36.70 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090727	34.67 MADRID_M86 VILAS VIDAL MARIA 1996 RIVEIRA 20100613	0:34.39 - SARA FONTEROSA 1982 CNFERRRO 19970725	33.62 OURENSE LIPPO DE LA TORRE ESTEFANIA 1993 PORENSE 20090716	0:33.91 CADIZ SARA FONTEROSA 1982 CNFERRRO 19990326
100B	1:18.85 MERIDA MARIA VILAS 1996 RIVEIRA 20080708	1:17.80 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090727	1:14.03 RIAS DO SUR VILAS VIDAL MARIA 1996 RIVEIRA 20100702	1:13.96 MADRID VILAS VIDAL MARIA 1996 RIVEIRA 20110331	1:11.93 MADRID_M86 LAGO AROBES JUDITH 1995 RIVEIRA 20110611	1:11.96 MADRID GOMEZ CORTES BEATRIZ 1994 GALAICO 20110331
200B	2:53.74 MERIDA MARIA VILAS 1996 RIVEIRA 20080710	2:45.07 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090729	2:37.13 MÁLAGA VILAS VIDAL MARIA 1996 RIVEIRA 20100425	2:36.54 MATARO VILAS VIDAL MARIA 1996 RIVEIRA 20110722	2:30.34 BARCELONA GOMEZ CORTES BEATRIZ 1994 GALAICO 20100725	2:29.45 MATARO GOMEZ CORTES BEATRIZ 1994 GALAICO 20110722
200S	2:36.61 RIAS DO SUR LAGO AROBES ANAIS 1999 SDBOIRO 20110703	2:30.37 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090730	2:22.91 CATANIA (ITA) VILAS VIDAL MARIA 1996 RIVEIRA 20100619	2:19.74 BARCELONA LAGO AROBES JUDITH 1995 RIVEIRA 20100724	2:14.65 HELSINKI (FIN) GOMEZ CORTES BEATRIZ 1994 GALAICO 20100718	2:13.57 LIMA (PER) GOMEZ CORTES BEATRIZ 1994 GALAICO 20110819
400S	5:28.08 CARTAGENA LAGO AROBES ANAIS 1999 SDBOIRO 20110709	5:14.72 RIAS DO SUR JUDITH LAGO 1995 RIVEIRA 20080712	4:56.06 CATANIA (ITA) VILAS VIDAL MARIA 1996 RIVEIRA 20100620	4:49.78 BELGRADO (SBR) VILAS VIDAL MARIA 1996 RIVEIRA 20110706	4:44.87 HELSINKI (FIN) GOMEZ CORTES BEATRIZ 1994 GALAICO 20100714	4:44.70 MATARO GOMEZ CORTES BEATRIZ 1994 GALAICO 20110723

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Proba	12A	13A	14A	15A	16A	17A
50L	33.56 RIAS DO SUR DOMINGUEZ GONZALEZ OMAR 1997 CODESAL 20090328	29.09 CARTAGENA PASSARETTI PEREIRA ALEJANDRO 1998 CIDSANTI 20110710	27.30 RÍAS DO SUR ACEVEDO GARCIA MATIAS 1995 GALAICO 20090523	0:25.41 REUS IAGO VILLAVERDE 1989 GALAICO 20040708	24.71 ROSARIO DUEÑAS ACEVEDO GARCIA MATIAS 1995 GALAICO 20110625	0:24.35 PONTEVEDRA J MGLEZREGUEIRO 1989 PORENSE 20060701
100L	1:09.62 RIAS DO SUR DOMINGUEZ GONZALEZ OMAR 1997 CODESAL 20090328	1:00.39 CARTAGENA PASSARETTI PEREIRA ALEJANDRO 1998 CIDSANTI 20110710	0:57.98 MADRID IAGO VILLAVERDE 1989 GALAICO 20030705	0:55.40 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050728	54.10 VALLADOLID ACEVEDO GARCIA MATIAS 1995 GALAICO 20110805	0:53.14 BARCELONA MARCOS VAZQUEZ 1988 CNSANTI 20050306
200L	2:28.80 RIAS DO SUR RIVEIRO FIDALGO HUGO 1998 SDBOIRO 20100327	2:09.61 CARTAGENA PASSARETTI PEREIRA ALEJANDRO 1998 CIDSANTI 20110709	2:03.93 MALAGA FLORO ANDRES 1981 RCNVIGO 19960626	2:01.57 PALMA M. ALONSO GATO OSCAR 1995 CNSANTI 20100715	1:58.11 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060728	1:56.66 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070804
400L	5:08.65 RIAS DO SUR SANCHEZ LOUZAN DANIEL 1998 CNREDON 20100327	4:32.52 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090707	4:24.21 PALMA M. DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100716	4:12.94 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050731	4:06.34 TRABZON (TUR) ALONSO GATO OSCAR 1995 CIDSANTI 20110726	4:03.90 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070805
800L	59:59.99 None - O FEGAN 19000101	9:23.52 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090708	9:04.85 PALMA M. DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100714	8:49.83 VALLADOLID DAVILA LUSTRES MANUEL 1996 RIVEIRA 20110802	8:40.29 TRABZON (TUR) ALONSO GATO OSCAR 1995 CIDSANTI 20110728	8:25.03 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070701
1500L	59:59.99 None - O FEGAN 19000101	17:37.16 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090708	17:20.45 PALMA M. DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100714	16:34.61 VALLADOLID DAVILA LUSTRES MANUEL 1996 RIVEIRA 20110802	16:17.93 PORTUGAL/RIO M RUFINO REGUEIRA 1990 RIVEIRA 20060702	16:12.67 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070802
50M	33.96 PONTEVEDRA MANSO FRAGA TOMAS 1999 CMARINA 20110327	0:30.98 ZARAGOZA DIEGO FERNANDEZ 1994 CODESAL 20070628	0:28.20 OURENSE IAGO VILLAVERDE 1989 GALAICO 20030716	0:27.56 PONTEVEDRA JACOBO MARTÍNEZ 1992 RCNVIGO 20070707	26.34 CADIZ ORTIZ ANEIROS LORENZO 1995 NTNARON 20110702	0:26.08 SABADELL J MANUEL GLEZ 1989 PORENSE 20060303
100M	1:14.19 PONTEVEDRA MANSO FRAGA TOMAS 1999 CMARINA 20110327	1:03.98 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228	1:03.09 BARCELONA JACOBO MARTÍNEZ 1992 RCNVIGO 20060729	1:00.67 MADRID JACOBO MARTÍNEZ 1992 RCNVIGO 20070701	56.89 CADIZ ORTIZ ANEIROS LORENZO 1995 NTNARON 20110806	0:58.97 BARCELONA ALBERTO FDEZ 1987 CMARINA 20040722
200M	59:59.99 None - O FEGAN 19000101	2:33.46 MADRID BOUZA MANSO TELMO 1997 CNFERRO 20100709	2:21.77 RIAS DO SUR BOUZA MANSO TELMO 1997 CNFERRO 20110701	2:14.01 BARCELONA FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20090728	2:08.83 CADIZ ORTIZ ANEIROS LORENZO 1995 NTNARON 20110630	2:10.36 MADRID FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20110331
50E	39.32 RIAS DO SUR VILASANCHEZ VILAR JAVIER 1998 CMARINA 20100327	0:33.71 OURENSE MARCO GRANDI 1991 PORENSE 20040619	0:30.66 OURENSE RUBÉN FONTENLA 1984 GALAICO 19980705	0:29.85 BARCELONA PABLO GONZALEZ 1991 RCNVIGO 20060727	0:29.26 PONTEVEDRA PABLO GONZALEZ 1991 RCNVIGO 20070706	0:28.09 PONTEVEDRA OSCAR PEREIRO CARRIL 1991 ARZUA 20080711
100E	1:19.00 RIAS DO SUR VILASANCHEZ VILAR JAVIER 1998 CMARINA 20100327	1:09.65 VALLADOLID MANUEL VIAÑO 1992 CARBALL 20050628	1:04.08 P. MALLORCA RUBÉN FONTENLA 1984 GALAICO 19980623	1:02.12 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050717	1:01.41 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060730	0:58.91 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20071220
200E	2:56.22 RIAS DO SUR MONTERO VAZQUEZ JOAQUIN 1995 CNARZUA 20070331	2:28.39 ZARAGOZA MARTIÑO NEIRA 1994 CFVLUGO 20070628	2:18.92 BARCELONA VIAÑO VARELA MANUEL 1992 CARBALL 20060729	2:14.65 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050716	2:08.39 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060728	2:06.31 GIJÓN RUFINO REGUEIRA 1990 RIVEIRA 20071218
50B	41.45 PONTEVEDRA HERNANDEZ NIÑO JUAN DAVID 1999 GALAICO 20110327	0:34.06 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990710	0:32.84 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000708	0:31.42 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20010729	0:30.82 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20020705	0:30.49 P. MALLORCA JOAQUÍN ABASCAL 1986 CMARINA 20030806
100B	1:27.35 PONTEVEDRA HERNANDEZ NIÑO JUAN DAVID 1999 GALAICO 20110327	1:15.42 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990709	1:09.70 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000707	1:07.53 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010712	1:06.19 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20020726	1:05.72 P. MALLORCA JOAQUÍN ABASCAL 1986 CMARINA 20030806
200B	3:16.19 OURENSE GONZALEZ VAN GENT LUCIANO 1999 CNREDON 20110709	2:43.83 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 19990711	2:32.98 GIJÓN LUIS LEIRO 1990 RCNVIGO 20040630	2:27.43 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010714	2:24.71 BARCELONA JOAQUÍN ABASCA 1986 CMARINA 20020727	2:19.70 TARRASA LUIS LEIRO 1990 RCNVIGO 20070803
200S	3:06.79 OURENSE NOEL BLANCO 1992 PORENSE 20040619	2:30.00 CARTAGENA LUGUE ROMERO NICOLAS 1998 CMARINA 20110708	2:21.24 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000707	2:16.85 VALLADOLID GANDARA DIEZ ADRIAN 1996 NPONTEA 20110806	2:13.15 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060728	2:09.70 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410
400S	59:59.99 None - O FEGAN 19000101	5:17.10 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090709	4:57.89 PALMA M. DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100715	4:47.00 VALLADOLID GANDARA DIEZ ADRIAN 1996 NPONTEA 20110803	4:42.80 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060729	4:35.25 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410