

Mellores Marcas Femininas P25

Proba	12A	13A	14A	15A	16A	17A
50L	28.99 CARANZA LOPEZ SANMARTIN NEREA 1996 CNFERRO 20081228	0:28.25 SABADELL RAQUEL RASCADO 1994 NPONTEV 20070309	0:27.59 BAÑOLAS SUSANA GARABATOS 1979 RCNVIGO 19930220	26.44 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091128	26.79 VALLADOLID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100501	0:27.18 GIJÓN PAULA CARBALLIDO 1979 GALAICO 19961116
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	57.75 VALLADOLID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100501	0:57.87 FERROL PAULA CARBALLIDO 1979 GALAICO 20100501
200L	2:18.03 SANTIAGO JUDITH LAGO 1995 RIVEIRA 20071229	2:12.01 SANTA ISABEL YANEZ MARIÑO SHEILA 1996 RIVEIRA 20090705	2:08.39 VALLADOLID LAGO AROBES JUDITH 1995 RIVEIRA 20090322	2:06.16 CARANZA PIMENTEL PEREZ LAURA 1993 PORENSE 20081228	2:05.04 CASTELLON PIMENTEL PEREZ LAURA 1993 PORENSE 20090329	2:03.18 CARANZA VILARIÑO GARCIA XENIA 1991 GALAICO 20081227
400L	4:44.21 CARANZA VILAS VIDAL MARIA 1996 RIVEIRA 20081229	4:40.83 SANTIAGO JUDITH LAGO 1995 RIVEIRA 20100328	4:23.18 MADRID VILAS VIDAL MARIA 1996 RIVEIRA 20100328	4:23.02 MADRID LAURA PIMENTEL 1993 PORENSE 20081220	4:23.58 MADRID LUISA M. ABELEDO 1992 NCORUÑA 2008120	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 20100326	8:53.31 MADRID VILAS VIDAL MARIA 1996 RIVEIRA 20100326	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	18:23.82 CARBALLO NOELIA CURROS 1987 NCORUÑA 20040327
50M	0:33.91 - MIREN VICENTE 1990 NPONTEV 20020209	32.04 CARANZA LAGO AROBES JUDITH 1995 RIVEIRA 20081227	0:31.03 - MIREN VICENTE 1990 NPONTEV 20040424	0:29.30 - PATRICIA RGUEZ 1983 CMARINA 19981128	0:28.95 SANTIAGO ALBA FRANCO 1991 NCORUÑA 20071229	0:28.90 SANTIAGO MIREN VICENTE 1990 NPONTEV 20070203
100M	1:12.65 OLEIROS (INEF) VALIÑAS MONTEAGUDO LAURA 1994 GALAICO 20061118	1:07.18 - MIREN VICENTE 1990 NPONTEV 20030629	1:05.65 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20090705	1:05.07 TORRE PACHECO MIREN VICENTE 1990 NPONTEV 20050429	1:03.32 CARANZA ABELEDU MAQUIEIRA LUISA MARIA 1992 NCORUÑA 20081227	1:03.33 MADRID MARTINEZ CANOSA RAQUEL 1991 NCORUÑA 20081220
200M	2:38.68 SANTIAGO LAURA VALIÑAS 1994 GALAICO 20060624	2:29.16 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20090704	2:23.76 VIGO IRIA ALVAREZ 1993 PORENSE 20071208	2:22.91 MADRID IRIA ALVAREZ 1993 PORENSE 20081220	2:15.67 CASTELLON ALVAREZ LIZ IRIA 1993 PORENSE 20091126	2:18.58 BATALLONES ABELEDU MAQUIEIRA LUISA MARIA 1992 NCORUÑA 20090425
50E	0:33.34 PONTEVEDRA NEREA RODIÑO 1989 GALAICO 20011125	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	1:06.09 MADRID VALIÑAS MONTEAGUDO LAURA 1994 GALAICO 20090417	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 ESTEFANIA LIPPO 1993 PORENSE 20071230	33.45 MADRID LIPPO DE LA TORRE ESTEFANIA 1993 PORENSE 20081221	0:33.54 - SARA FONTEROSA 1982 CNFERRO 19981220	0:32.86 MADRID AURORA PEREZ 1991 NCORUÑA 20081221
100B	1:17.88 RCNVIGO MARIA VILAS 1996 RIVEIRA 20081206	1:15.53 - SUSANA MOSQUERA 1976 RCNVIGO 19891217	1:13.10 BATALLONES VILAS VIDAL MARIA 1996 RIVEIRA 20100410	1:12.96 GIJÓN SUSANA MOSQUERA 1976 RCNVIGO 19910519	1:10.54 INEF ALVAREZ LIZ IRIA 1993 PORENSE 20091114	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	2:33.67 MADRID VILAS VIDAL MARIA 1996 RIVEIRA 20100327	2:35.48 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20100130	2:30.75 VALLADOLID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100430	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 20081229	1:06.80 SANTA ISABEL LAGO AROBES JUDITH 1995 RIVEIRA 20090704	1:05.67 RCN (VIGO) GOMEZ CORTES BEATRIZ 1994 GALAICO 20091206	1:06.37 SANTIAGO RAQUEL MARTINEZ 1991 NCORUÑA 20071230	1:04.10 CARANZA MARTINEZ CANOSA RAQUEL 1991 NCORUÑA 20081229
200S	2:31.22 RCNVIGO MARIA VILAS 1996 RIVEIRA 20081206	2:25.24 CARANZA LAGO AROBES JUDITH 1995 RIVEIRA 20081227	2:22.04 MADRID VILAS VIDAL MARIA 1996 RIVEIRA 20100327	2:14.56 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091127	2:18.72 VALLADOLID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100430	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	4:57.63 SANTA ISABEL VILAS VIDAL MARIA 1996 RIVEIRA 20100129	4:44.13 CASTELLON GOMEZ CORTES BEATRIZ 1994 GALAICO 20091129	4:48.61 VALLADOLID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100501	4:55.96 MADRID RAQUEL MARTINEZ 1991 NCORUÑA 20081220

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	0:24.49 FERROL IAGO VILLAVERDE 1989 GALAICO 20050320	0:23.66 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061214
100L	1:02.37 PONTEVEDRA IAGO VILLAVERDE 1989 GALAICO 20011111	0:58.80 FERROL IAGO VILLAVERDE 1989 GALAICO 20020608	0:55.38 A CORUÑA FLORO ANDRES 1981 RCNVIGO 19951229	0:54.01 SANTIAGO MARCOS VAZQUEZ 1988 CNSANTI 20031018	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	2:10.14 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091213	2:02.23 A CORUÑA FLORO ANDRES 1981 RCNVIGO 19951228	1:59.23 A CORUÑA RUFINO REGUEIRA 1990 RIVEIRA 20051203	1:55.22 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20061214	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	4:14.98 J. GOMEZ NOYA DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100627	4:11.29 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050313	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	8:48.46 MADRID DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100326	8:47.74 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050311	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	16:26.14 SABADELL RUFINO REGUEIRA 1990 RIVEIRA 20050311	15:48.58 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20060606	15:45.00 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070316
50M	0:32.00 LUGO IAGO VILLAVERDE 1989 GALAICO 20010602	0:29.91 LUGO IAGO VILLAVERDE 1989 GALAICO 20020615	0:27.61 VIGO IAGO VILLAVERDE 1989 GALAICO 20031019	0:27.19 PONTEVEDRA JOAQUÍN ABASCAL 1986 CMARINA 20010512	0:25.92 P. MALLORCA JOSÉ MANUEL GLEZ 1989 PORENSE 20051217	0:25.48 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20061215
100M	1:13.02 A FIEITEIRA IAGO VILLAVERDE 1989 GALAICO 20010526	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	0:58.80 FERROL MATEO BRUGUETAS 1985 CMARINA 20010303	0:57.64 BARCELONA JOSÉ MANUEL GLEZ 1989 PORENSE 20060312
200M	2:37.60 VIGO ANTONIO OTERO 1972 RCNVIGO 19840721	2:30.89 A FIEITEIRA BOUZA MANSO TELMO 1997 CNFERRRO 20100612	2:17.29 CARANZA FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20081229	2:09.50 DON BENITO FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20091212	2:09.39 P. MALLORCA JOSÉ MANUEL GLEZ 1989 PORENSE 20051218	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	0:29.86 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410
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 VILLAVERDE 1989 GALAICO 20010519	1:10.69 FERROL DIEGO FERNÁNDEZ 1994 CODESAL 20070616	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 VILLAVERDE 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 LUQUE ROMERO NICOLAS 1998 CMARINA 20100613	4:59.22 DON BENITO DAVILA LUSTRES MANUEL 1996 RIVEIRA 20091212	4:47.52 J. GOMEZ NOYA DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100627	4:44.25 FERROL JOAQUÍN ABASCAL 1986 CMARINA 20010428	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 CNFERRO 20090627	28.48 RÍAS DO SUR LAGO AROBES JUDITH 1995 CNFERRO 20090523	27.37 OURENSE GOMEZ CORTES BEATRIZ 1994 GALAICO 20090717	27.16 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20100703	0:27.57 P. MALLORCA LAURA MARTÍNEZ 1991 RIVEIRA 20080405
100L	1:06.47 MERIDA NEREA LOPEZ 1996 CNFERRO 20080710	1:02.49 RIAS DO SUR RASCADO HUERGA RAQUEL 1994 CNFERRO 20070708	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	0:59.40 LOGROÑO PAULA CARBALLIDO 1979 GALAICO 19960802
200L	2:19.89 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060318	2:16.53 OURENSE ANDREIA CONDE 1988 GALAICO 20100727	2:10.95 CATANIA (ITA) VILAS VIDAL MARIA 1996 GALAICO 20100620	2:07.80 RIAS DO SUR LAGO AROBES JUDITH 1995 RIVEIRA 20100703	2:05.39 MÁLAGA GOMEZ CORTES BEATRIZ 1994 GALAICO 20100423	2:07.45 LOGROÑO PAULA CARBALLIDO 1979 GALAICO 19960803
400L	5:06.11 RIAS DO SUR LAGO AROBES JUDITH 1995 RIVEIRA 20071110	4:45.37 RIAS DO SUR SANTOS HERMO ESMERALDA 1997 RIVEIRA 20100703	4:27.41 RIAS DO SUR VILAS VIDAL MARIA 1996 RIVEIRA 20100704	4:31.39 PONTEVEDRA MARIA LUISA ABELEDO 1992 NCORUÑA 20070706	4:27.44 RIAS DO SUR PIMENTEL PEREZ LAURA 1993 PORENSE 20090613	4:25.73 RIAS DO SUR PIMENTEL PEREZ LAURA 1993 PORENSE 20100703
800L	10:13.29 ZARAGOZA ARANTXA BARROS 1990 GALAICO 20020629	9:48.07 OURENSE SUSANA LORENZO 1991 RIVEIRA 20040801	8:59.60 RIAS DO SUR VILAS VIDAL MARIA 1996 RIVEIRA 20100704	9:16.30 RIAS DO SUR LAURA PIMENTEL 1993 PORENSE 20080713	9:05.39 LAS PALMAS GC PIMENTEL PEREZ LAURA 1993 PORENSE 20090723	9:00.48 BARCELONA ANA CARBALLIDO 1987 GALAICO 20040722
1500L		19:15.34 OURENSE ANDREA MURAS 1989 GALAICO 20020705	18:26.82 OURENSE MARTA FRA 1988 CNXOVE 20020705		17:34.10 LAS PALMAS GC PIMENTEL PEREZ LAURA 1993 PORENSE 20090721	17:13.34 MÁLAGA PIMENTEL PEREZ LAURA 1993 PORENSE 20100424
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	1:04.87 MÁLAGA LAGO AROBES JUDITH 1995 RIVEIRA 20100423	1:03.95 RIAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20100703	1:04.34 MÁLAGA ALVAREZ LIZ IRIA 1993 PORENSE 20100423
200M	2:42.03 ZARAGOZA MIREN VICENTE 1990 NPONTEV 20020627	2:32.25 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090728	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	0:35.88 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060318	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	2:31.04 BARCELONA BELEN LOUREIRO 1988 CMARINA 20000627	2:24.86 OURENSE GOMEZ CORTES BEATRIZ 1994 GALAICO 20090718	2:23.45 GIJÓN ESTELA ALONSO 1983 RCNVIGO 19990320	2:23.01 OURENSE BELEN LOUREIRO 1988 CMARINA 20050716
50B	38.05 MERIDA VILAS VIDAL MARIA 1996 BOIRO 20080708	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 CNFERRO 19970725	33.62 OURENSE LIPPO DE LA TORRE ESTEFANIA 1993 PORENSE 20090716	0:33.91 CADIZ SARA FONTEROSA 1982 CNFERRO 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	1:14.70 RÍAS DO SUR LAGO AROBES JUDITH 1995 RIVEIRA 20100320	1:12.49 MÁLAGA GOMEZ CORTES BEATRIZ 1994 GALAICO 20100423	1:13.71 RIAS DO SUR PEREZ FERNANDEZ DE CORDOB A. 1991 NCORUÑA 20080712
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	2:41.71 RÍAS DO SUR LAGO AROBES JUDITH 1995 RIVEIRA 20100319	2:34.51 RÍAS DO SUR GOMEZ CORTES BEATRIZ 1994 GALAICO 20100319	2:38.48 RIAS DO SUR AURORA PEREZ 1991 NCORUÑA 20080711
200S	2:39.91 PONTEVEDRA LAURA VALIÑAS 1994 GALAICO 20060617	2:30.37 BARCELONA VILAS VIDAL MARIA 1996 RIVEIRA 20090730	2:22.91 CATANIA (ITA) VILAS VIDAL MARIA 1996 RIVEIRA 20100619	2:21.68 MÁLAGA LAGO AROBES JUDITH 1995 RIVEIRA 20100425	2:17.44 MADRID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100219	2:24.55 RIAS DO SUR ALVAREZ LIZ IRIA 1993 PORENSE 20100319
400S	5:29.38 MERIDA MARIA VILAS 1996 RIVEIRA 20080709	5:14.72 RIAS DO SUR JUDITH LAGO 1995 RIVEIRA 20080712	4:56.06 CATANIA (ITA) VILAS VIDAL MARIA 1996 RIVEIRA 20100620	5:04.66 LAS PALMAS GC VALIÑAS MONTEAGUDO LAURA 1994 GALAICO 20090724	4:49.84 MADRID GOMEZ CORTES BEATRIZ 1994 GALAICO 20100220	5:03.87 RIAS DO SUR ALVAREZ LIZ IRIA 1993 PORENSE 20100321

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Proba	12A	13A	14A	15A	16A	17A
50L	33.56 RIAS DO SUR DOMINGUEZ GONZALEZ OMAR 1997 CODESAL 20090328	29.59 RIAS DO SUR GARRIDO CASTAÑAL MIGUEL ANGEL 1994 NPONTEA 20071201	27.30 RÍAS DO SUR ACEVEDO GARCIA MATIAS 1995 GALAICO 20090523	0:25.41 REUS IAGO VILLAVARDE 1989 GALAICO 20040708	0:25.17 BARCELONA IAGO VILLAVARDE 1989 GALAICO 20050731	0:24.35 PONTEVEDRA J MGLEZREGUEIRO 1989 PORENSE 20060701
100L	1:09.62 RIAS DO SUR DOMINGUEZ GONZALEZ OMAR 1997 CODESAL 20090328	1:02.73 VALLADOLID MANUEL VIAÑO 1992 CODESAL 20050627	0:57.98 MADRID IAGO VILLAVARDE 1989 GALAICO 20030705	0:55.40 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050728	0:54.49 REUS MARCOS VAZQUEZ 1988 CNSANTI 20040710	0:53.14 BARCELONA MARCOS VAZQUEZ 1988 CNSANTI 20050306
200L	2:28.80 RIAS DO SUR RIVEIRO FIDALGO HUGO 1998 SDBOIRO 20100327	2:12.31 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090707	2:03.93 MALAGA FLORO ANDRES 1981 RCNVIGO 19960626	2:02.25 OURENSE RUFINO REGUEIRA 1990 RIVEIRA 20050716	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	4:26.34 RIAS DO SUR DAVILA LUSTRES MANUEL 1996 BOIRO 20100703	4:12.94 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050731	4:07.86 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20060730	4:03.90 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070805
800L		9:23.52 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090708	9:09.99 RIAS DO SUR DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100704	8:52.35 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050729	8:51.15 BARCELONA BRION SANPEDRO IVAN 1989 RIVEIRA 20050729	8:25.03 MADRID RUFINO REGUEIRA 1990 RIVEIRA 20070701
1500L		17:37.16 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090708	17:20.51 RIAS DO SUR DAVILA LUSTRES MANUEL 1996 RIVEIRA 20100704	16:40.70 BARCELONA RUFINO REGUEIRA 1990 RIVEIRA 20050729	16:17.93 PORTUGAL/RIO M RUFINO REGUEIRA 1990 RIVEIRA 20060702	16:12.67 TARRASA RUFINO REGUEIRA 1990 RIVEIRA 20070802
50M	35.14 RIAS DO SUR ACEVEDO IGLESIAS SERGIO 1997 CODESAL 20090328	0:30.98 ZARAGOZA DIEGO FERNANDEZ 1994 CODESAL 20070628	0:28.20 OURENSE IAGO VILLAVARDE 1989 GALAICO 20030716	0:27.56 PONTEVEDRA JACOBO MARTÍNEZ 1992 RCNVIGO 20070707	0:26.52 BARCELONA J MANUEL GLEZ 1989 PORENSE 20050729	0:26.08 SABADELL J MANUEL GLEZ 1989 PORENSE 20060303
100M	1:16.54 RIAS DO SUR ACEVEDO IGLESIAS SERGIO 1997 CODESAL 20090328	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	0:59.49 OURENSE MATEO BRUGUETAS 1985 CMARINA 20010727	0:58.97 BARCELONA ALBERTO FDEZ 1987 CMARINA 20040722
200M		2:34.07 ALICANTE VICTOR PÉREZ 1993 GALAICO 20060627	2:23.97 GIJÓN GUSTAVO RAMA 1982 CNSANTI 19960624	2:14.01 BARCELONA FERNANDEZ GONZALEZ DIEGO 1994 RCNVIGO 20090728	2:10.94 OURENSE J MGLEZREGUEIRO 1989 PORENSE 20050717	2:13.90 PONTEVEDRA J MGLEZREGUEIRO 1989 PORENSE 20060702
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	42.21 RIAS DO SUR PRADA RODRIGUEZ MARCOS 1998 SDBOIRO 20100327	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	1:28.22 RIAS DO SUR PRADA RODRIGUEZ MARCOS 1998 SDBOIRO 20100327	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		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 ABASCAL 1986 CMARINA 20020727	2:19.70 TARRASA LUIS LEIRO 1990 RCNVIGO 20070803
200S	3:06.79 OURENSE NOEL BLANCO 1992 PORENSE 20040619	2:30.62 OURENSE ENRIQUE TOUZA 1975 RCNVIGO 19881228	2:21.24 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20000707	2:17.36 OURENSE JOAQUÍN ABASCAL 1986 CMARINA 20010727	2:13.15 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060728	2:09.70 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410
400S		5:17.10 XIXÓN DAVILA LUSTRES MANUEL 1996 BOIRO 20090709	5:03.69 GIJÓN LUIS LEIRO 1990 RCNVIGO 20040629	4:47.13 BARCELONA JOAQUÍN ABASCAL 1986 CMARINA 20010712	4:42.80 BARCELONA LUIS LEIRO 1990 RCNVIGO 20060729	4:35.25 MADRID JOAQUÍN ABASCAL 1986 CMARINA 20030410