Circuito Luso-Galaico - Masters AA Fem

Femin., Master A - 4 de 5 Provas

1. Laura COSTA FERNANDEZ — 01 — C.N. Ponteareas — **86** — 3
   E 4000m 1:08:50.65 1. | E 3600m 59:03.30 1. | E 2500m 16:25.00 2.

Femin., Master B - 4 de 5 Provas

Femin., Master C

1. Cora VINAGRE SENDINO — 88 — C. Natación Liceo — **116** — 4
   E 2500m 15:58.00 1. | E 4000m 1:06:01.90 1. | E 3600m 58:53.30 1. | P 3500m 59:47.90 2. | P 4000m 49:10.00 3.
2. Oleksandra PAIS — 87 — F.C. Porto — **101** — 4
   E 2500m 20:44.00 2. | E 4000m 1:23:39.15 2. | E 3600m 1:14:21.85 2. | P 3500m 1:15:20.70 3. | P 4000m 1:00:14.20 8.

Femin., Master D

1. Elena MOLANES PIÑEIRO — 84 — C.N. Ponteareas — **109** — 4
   E 2500m 19:28.00 1. | E 4000m 1:20:09.90 1. | E 3600m 1:13:59.40 2. | P 3500m 1:13:06.30 3. | P 4000m 59:03.10 8.
2. Rebeca SUAREZ BUJAN — 83 — C.N. Ciudad de Santiago — **74** — 3
   E 3600m 1:07:26.20 1. | P 3500m 1:07:47.70 2. | P 4000m 53:03.70 5.

Femin., Master E

1. Nahir COVELO SAAVEDRA — 78 — C.N. Ponteareas — **98** — 4
   E 2500m 21:51.00 2. | E 4000m 1:25:18.55 2. | E 3600m 1:18:12.55 2. | P 3500m 1:18:29.50 4.
2. Elvira VILARIÑO CACHO — 81 — Cns A Estrada — **90** — 3
   E 2500m 16:25.00 1. | E 4000m 1:05:32.45 1. | E 3600m 58:58.00 1.

Femin., Master F

1. Cristina Mª GARCIA SEOANE — 75 — C. Natación Liceo — **110** — 4
   E 2500m 17:09.00 1. | E 4000m 1:06:33.25 1. | E 3600m 1:01:29.40 1. | P 4000m 51:49.10 4.
2. Verónica VARELA REDONDO — 75 — C.N. Ponteareas — **99** — 4
   P 3500m 1:01:24.00 1. | E 2500m 18:48.00 3. | E 4000m 1:12:21.90 3. | E 3600m 1:06:25.05 3.
3. Silvia DEIRA BARCALA — 74 — C.N. Ciudad de Santiago — **78** — 3
   E 2500m 17:36.00 2. | E 4000m 1:11:44.90 2. | E 3600m 1:04:49.20 2.
4. Maria Del Valle SOBRINO EIRIZ — 72 — C.N. Ponteareas — **71** — 4
   E 4000m 1:35:08.05 4. | P 3500m 1:32:37.50 4. | E 3600m 1:32:14.50 4. | P 4000m 1:01:58.00 10.

Femin., Master G

1. Maria MELON — 69 — C.N. Ponteareas — **99** — 4
   E 4000m 1:49:27.20 1. | E 2500m 27:23.00 2. | E 3600m 1:43:24.85 3. | P 3500m 1:34:59.60 4.
   P 4000m 1:16:34.80 9.

Femin., Master H

1. Maria Del Mar TERCEIRO DELGADO — 63 — Club Del Mar — **120** — 4
   E 2500m 16:33.00 1. | E 4000m 1:07:00.60 1. | E 3600m 1:03:55.90 1. | P 4000m 50:34.90 1.

Femin., Master I

1. Belen DIEZ PERELLON — 58 — Villa De Navia — **90** — 3
   E 2500m 24:07.00 1. | E 4000m 1:31:02.10 1. | E 3600m 1:21:46.25 1.

Femin., Master

1. Maria Del Mar TERCEIRO DELGADO — 63 — Club Del Mar — **120** — 4
   E 2500m 16:33.00 1. | E 4000m 1:07:00.60 1. | E 3600m 1:03:55.90 1. | P 4000m 50:34.90 1.

2. Cora VINAGRE SENDINO — 88 — C. Natación Liceo — **116** — 4
   E 2500m 15:58.00 1. | E 4000m 1:06:01.90 1. | E 3600m 58:53.30 1. | P 3500m 59:47.90 2.
   P 4000m 49:10.00 3.

3. Cristina Mª GARCIA SEOANE — 75 — C. Natación Liceo — **110** — 4
   E 2500m 17:09.00 1. | E 4000m 1:06:33.25 1. | E 3600m 1:01:29.40 1. | P 4000m 51:49.10 4.

4. Elena MOLANES PIÑEIRO — 84 — C.N. Ponteareas — **109** — 4
   E 2500m 19:28.00 1. | E 4000m 1:20:09.90 1. | E 3600m 1:13:59.40 2. | P 3500m 1:13:06.30 3.
   P 4000m 59:03.10 8.

5. Oleksandra PAIS — 87 — F.C. Porto — **101** — 4
   E 2500m 20:44.00 2. | E 4000m 1:23:39.15 2. | E 3600m 1:14:21.85 2. | P 3500m 1:15:20.70 3.
   P 4000m 1:00:14.20 8.

6. Verónica VARELA REDONDO — 75 — C.N. Ponteareas — **99** — 4
   P 3500m 1:01:24.00 1. | E 2500m 18:48.00 3. | E 4000m 1:12:21.90 3. | E 3600m 1:06:25.05 3.

   Maria MELON — 69 — C.N. Ponteareas — **99** — 4
   E 4000m 1:49:27.20 1. | E 2500m 27:23.00 2. | E 3600m 1:43:24.85 3. | P 3500m 1:34:59.60 4.
   P 4000m 1:16:34.80 9.

8. Nahir COVELO SAAVEDRA — 78 — C.N. Ponteareas — **98** — 4
   E 2500m 21:51.00 2. | E 4000m 1:25:18.55 2. | E 3600m 1:18:12.55 2. | P 3500m 1:18:29.50 4.

9. Elvira VILARIÑO CACHO — 81 — Cns A Estrada — **90** — 3
   E 2500m 16:25.00 1. | E 4000m 1:05:32.45 1. | E 3600m 58:58.00 1.

   Belen DIEZ PERELLON — 58 — Villa De Navia — **90** — 3
   E 2500m 24:07.00 1. | E 4000m 1:31:02.10 1. | E 3600m 1:21:46.25 1.

11. Laura COSTA FERNANDEZ — 01 — C.N. Ponteareas — **86** — 3
    E 4000m 1:08:50.65 1. | E 3600m 59:03.30 1. | E 2500m 16:25.00 2.

12. Silvia DEIRA BARCALA — 74 — C.N. Ciudad de Santiago — **78** — 3
    E 2500m 17:36.00 2. | E 4000m 1:11:44.90 2. | E 3600m 1:04:49.20 2.

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    E 3600m 1:07:26.20 1. | P 3500m 1:07:47.70 2. | P 4000m 53:03.70 5.

14.	Maria Del Valle SOBRINO EIRIZ			72	C.N. Ponteareas				**71**		4
	E 4000m1:35:08.05	4.	P 3500m1:32:37.50	4.	E 3600m1:32:14.50	4.	P 4000m1:01:58.00	10.			