

Ferrol, 27 abril 2019

sábado, 27 abril 2019

ACTA POR DÍA

100m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|---|-------------------------|------|-------|---------|
| Final 27/04/2019 18:40 Viento: +1.9 | | | | | | |
| 1 | 4 | (f) Javier Garcia Fernandez Club Atletismo Naron | 17/04/1997 GA764935 | PM | 8 | 10.95 9 |
| 2 | 8 | Javier Cancela Sanchez-agustino CA Santiago | 05/07/1990 GA769036 | SM | 3 | 10.98 7 |
| 3 | 6 | Miguel Gomez Rodriguez R.C. Celta | 02/01/1982 GA14428 | M-35 | 2 | 11.04 6 |
| 4 | 3 | Jacobo De La Iglesia Perez Atletica Lucense | 03/08/2002 GA2023455 | LM | 4 | 11.26 5 |
| 5 | 1 | Javier Jimenez Nuñez Club Atletismo Sada | 27/04/2003 GA769341 | LM | 5 | 11.41 4 |
| 6 | 2 | Santiago Rozas Trastoy Lucus Caixa Rural Galega | 20/03/1999 GA765602 | PM | 1 | 11.53 3 |
| 7 | 7 | Denis Galan Cambon S.G. Pontevedra | 23/04/1991 GA765774 | SM | 6 | 12.14 2 |
| 8 | 5 | Martin Miguez Seara Ourense Atletismo | 11/05/2002 GA2023292 | LM | 7 | 12.89 1 |

200m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|--|-------------------------|-----|-------|-----------|
| Final 27/04/2019 17:45 Viento: +2.1 | | | | | | |
| 1 | 8 | Victor Mosteiro Oubel CA Santiago | 18/02/2001 GA768731 | JM | 4 | 22.31 9 |
| 2 | 6 | Pedro Juncal Otero R.C. Celta | 23/07/1997 GA764752 | PM | 3 | 22.38 7 |
| 3 | 4 | Javier Garcia Sanchez Club Atletismo Naron | 18/10/1993 GA765113 | SM | 1 | 22.92 6 |
| 4 | 3 | (t) Pablo Tomé López Atletica Lucense | 06/10/2001 GA766129 | JM | 5 | 22.95 4.5 |
| 4 | 1 | Xabi Ferreira Tembras Club Atletismo Sada | 11/01/2001 GA769340 | JM | 6 | 22.95 4.5 |
| 6 | 5 | Pablo Alvarez Nogueira Ourense Atletismo | 20/07/2002 GA2023291 | LM | 8 | 23.13 3 |
| 7 | 7 | Alberto Perez Outon S.G. Pontevedra | 10/08/2001 GA769127 | JM | 7 | 23.59 2 |
| 8 | 2 | Miguel Borrego Yañez Lucus Caixa Rural Galega | 23/06/1999 GA768796 | PM | 2 | 23.97 1 |

400m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|---|------------------------|-----|-------|--------------------|
| Final 27/04/2019 17:20 | | | | | | |
| 1 | 7 | David Abalde Costas S.G. Pontevedra | 27/02/1994 GA19785 | SM | 8 | 49.86 9 |
| 2 | 8 | Rodrigo Garcia Manrique CA Santiago | 21/11/1998 GA766212 | PM | 5 | 50.19 7 |
| 3 | 2 | (f) Elian Numa Lopez Iglesias Lucus Caixa Rural Galega | 05/10/2000 GA766245 | JM | 3 | 50.32 6 |
| 4 | 6 | Jorge Roman Leiros R.C. Celta | 09/09/2003 GA769293 | LM | 4 | 50.66 5 |
| 5 | 3 | Carlos Alvarez Nieto Atletica Lucense | 12/03/2002 GA769030 | LM | 6 | 50.80 4 |
| 6 | 4 | (e) Demba Sanyang Club Atletismo Naron | 22/11/2001 GA768689 | JM | 2 | 51.04 3 YC ar125.5 |
| 7 | 1 | Ignacio Del Buey hernandez Club Atletismo Sada | 03/04/1996 GA769457 | SM | 7 | 51.75 2 |
| 8 | 5 | Fabio Justo Villar Ourense Atletismo | 07/06/2003 GA769193 | LM | 1 | 53.55 1 |

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ACTA POR DÍA

800m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|---|-------------------------|-----|-------|-----------|
| Final 27/04/2019 17:30 | | | | | | |
| 1 | 4 | David De La Fuente Gomez Club Atletismo Naron | 03/04/1997 GA768905 | PM | 3 | 1:56.28 9 |
| 2 | 7 | Carlos Porto Pazos S.G. Pontevedra | 11/01/1993 GA17489 | SM | 1 | 1:56.55 7 |
| 3 | 8 | Fernando Vales Ferreira CA Santiago | 26/10/1996 GA727232 | SM | 6 | 1:56.70 6 |
| 4 | 5 | Alex Dominguez Fornos Ourense Atletismo | 07/05/2001 GA769270 | JM | 2 | 1:59.19 5 |
| 5 | 3 | Moaad Dahmuni Lahrach Atletica Lucense | 13/07/2002 GA2023424 | LM | 7 | 2:03.64 4 |
| 6 | 2 | (f) Lucas Fernandez Eiroa Lucus Caixa Rural Galega | 17/10/2000 GA769222 | JM | 4 | 2:06.47 3 |
| 7 | 1 | (t) Bruno Salido Jove Club Atletismo Sada | 12/11/2003 AG2024151 | LM | 8 | 2:11.75 2 |
| 8 | 6 | Alexandre Martin Fernandez R.C. Celta | 03/06/1991 GA2023403 | SM | 5 | 2:28.18 1 |

1.500m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|---|-------------------------|-----|-------|-----------|
| Final 27/04/2019 18:00 | | | | | | |
| 1 | 6 | Gonzalo Basconcelo Araujo R.C. Celta | 23/02/1994 GA20007 | SM | 6 | 4:04.45 9 |
| 2 | 4 | (f) Ivo Maseda Dorado Club Atletismo Naron | 11/03/1997 GA764290 | PM | 4 | 4:05.79 7 |
| 3 | 8 | Alberto Chaves Camino CA Santiago | 30/05/1990 GA765552 | SM | 7 | 4:08.08 6 |
| 4 | 3 | Iker Gonzalez Nuñez Atletica Lucense | 08/04/2003 GA769424 | LM | 8 | 4:08.89 5 |
| 5 | 7 | Vicente Suarez Amoeiro S.G. Pontevedra | 19/06/1997 GA764915 | PM | 2 | 4:10.14 4 |
| 6 | 5 | (e) Said Abdoun Bechiki Ourense Atletismo | 21/06/2002 GA766253 | LM | 3 | 4:10.48 3 |
| 7 | 2 | Xabier Rodriguez Mora Lucus Caixa Rural Galega | 25/03/1998 GA769402 | PM | 5 | 4:14.82 2 |
| 8 | 1 | (t) Mario Garcia Papin Club Atletismo Sada | 09/04/2003 AG2026670 | LM | 1 | 4:40.41 1 |

3.000m MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|---|------------------------|------|-------|------------|
| Final 27/04/2019 19:30 | | | | | | |
| 1 | 8 | Jorge Puig Malvar CA Santiago | 05/04/1997 GA764640 | PM | 4 | 8:25.16 9 |
| 2 | 7 | Manuel Hurtado Sanjurjo S.G. Pontevedra | 27/06/1984 GA14652 | SM | 7 | 8:35.23 7 |
| 3 | 6 | (f) (e) El Mehdi El Nabaoui R.C. Celta | 30/01/2002 GA765907 | LM | 3 | 8:37.94 6 |
| 4 | 4 | Pablo Bocelo Bellas Club Atletismo Naron | 16/12/1993 GA768907 | SM | 1 | 8:45.49 5 |
| 5 | 2 | Esteban Iglesias Vila Lucus Caixa Rural Galega | 02/07/1995 GA765841 | SM | 2 | 8:46.61 4 |
| 6 | 5 | Ruben Diz Diaz Ourense Atletismo | 24/03/1979 GA11310 | M-40 | 8 | 8:56.45 3 |
| 7 | 3 | Anton Martinez Dominguez Atletica Lucense | 15/05/2004 GA769154 | CM | 5 | 9:23.58 2 |
| 8 | 1 | Jesus Alvarez Chinchilla Club Atletismo Sada | 04/06/1966 GA769057 | M-50 | 6 | 10:40.54 1 |

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ACTA POR DÍA

110m vallas (1,067) MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|---|-------------------------|------|-------|-----------|
| Final 27/04/2019 18:20 Viento: +1.1 | | | | | | |
| 1 | 2 | Miguel Perez Vazquez Lucus Caixa Rural Galega | 19/03/1995 GA20416 | SM | 7 | 14.60 9 |
| 2 | 7 | (e) Joao Alexandre Ribeiro Fontela S.G. Pontevedra | 07/08/1991 GA2023270 | SM | 4 | 14.86 7 |
| 3 | 3 | Guzman Carril Escolante Atletica Lucense | 23/01/2001 GA768877 | JM | 2 | 16.06 5.5 |
| 3 | 8 | Pablo Rodriguez Rodriguez CA Santiago | 07/09/2001 GA768799 | JM | 1 | 16.06 5.5 |
| 5 | 6 | Xose Manuel Fernandez Perez R.C. Celta | 21/03/1997 GA764376 | PM | 8 | 17.50 4 |
| 6 | 4 | Roberto Tuimil Parapar Club Atletismo Naron | 29/09/1974 GA3940 | M-40 | 6 | 18.65 3 |
| 7 | 1 | Luis Baldó Macía Club Atletismo Sada | 02/01/1974 GA766006 | M-45 | 3 | 25.05 2 |
| 8 | 5 | (t) Abraham Rodríguez González Ourense Atletismo | 16/08/1999 AG2026791 | PM | 5 | 25.70 1 |

400m vallas (0,91) MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|--|-------------------------|-----|-------|-----------|
| Final 27/04/2019 17:00 | | | | | | |
| 1 | 4 | (f) Martin Oitaven Pascual Club Atletismo Naron | 15/04/2001 GA765794 | JM | 5 | 56.23 9 |
| 2 | 2 | Iago Nuñez Lugilde Lucus Caixa Rural Galega | 25/08/1996 GA764726 | SM | 6 | 56.39 7 |
| 3 | 8 | Carlos Manuel Iglesias Carballo CA Santiago | 18/02/1989 GA766214 | SM | 8 | 57.50 6 |
| 4 | 6 | Chinweike David Ngwudile Igunma R.C. Celta | 01/05/2003 GA768709 | LM | 7 | 59.57 5 |
| 5 | 3 | Lucas Lorenzo Diaz Atletica Lucense | 09/07/2002 GA769031 | LM | 1 | 1:01.29 4 |
| 6 | 7 | Pablo Boleas Francisco S.G. Pontevedra | 25/03/2002 GA769117 | LM | 3 | 1:02.84 3 |
| 7 | 1 | (t) Nicolao Pereira Fernandez Club Atletismo Sada | 27/12/2003 AG2021493 | LM | 2 | 1:05.68 2 |

3.000m Obst. MASC.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|--|-------------------------|-----|-------|------------|
| Final 27/04/2019 19:30 | | | | | | |
| 1 | 2 | Nicolas Arrojo Fernandez Lucus Caixa Rural Galega | 07/05/1989 GA16445 | SM | 3 | 9:48.94 9 |
| 2 | 3 | Bilal Dahmouni Lahrach Atletica Lucense | 21/05/2001 GA769241 | JM | 6 | 9:53.78 7 |
| 3 | 8 | Diego Alonso Campo CA Santiago | 22/02/2001 GA768728 | JM | 5 | 10:08.45 6 |
| 4 | 6 | Jose Villar Corrales R.C. Celta | 29/12/1999 GA769368 | PM | 4 | 10:11.34 5 |
| 5 | 7 | Manuel Lorenzo Lopez S.G. Pontevedra | 04/03/1993 GA769011 | SM | 8 | 10:14.78 4 |
| 6 | 5 | (t) Julian Romero Alvarez Ourense Atletismo | 27/07/1984 AG2020469 | SM | 1 | 11:07.14 3 |
| 7 | 1 | (t) Nicolas Fernando Bas Roth Club Atletismo Sada | 06/02/1985 AG2024034 | SM | 7 | 11:08.49 2 |
| 8 | 4 | Miguel Soto Castiñeira Club Atletismo Naron | 29/03/1985 GA768781 | SM | 2 | 12:20.70 1 |

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ACTA POR DÍA

Altura MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca |
|------------------------|---------|--|-------------------------|-----|--------|
| Final 27/04/2019 16:30 | | | | | |
| 1 | 6 | Adolfo Sainz-maza Villar R.C. Celta | 07/01/1995 GA20452 | SM | 1.86 9 |
| 1.77 | O/1.80 | O/1.86 XO/1.96 XXX | | | |
| 2 | 7 | Raul Cortizo Bernardez S.G. Pontevedra | 09/07/2002 GA766177 | LM | 1.83 7 |
| 1.80 | O/1.83 | XO/1.86 XXX | | | |
| 3 | 2 | Xavier Esteban Dominguez Lucus Caixa Rural Galega | 29/08/2000 GA765584 | JM | 1.83 6 |
| 1.74 | O/1.80 | XO/1.83 XO/1.86 XXX | | | |
| 4 | 4 | (f) Pablo Piñon Sureda Club Atletismo Naron | 31/12/2000 GA765958 | JM | 1.80 5 |
| 1.71 | O/1.77 | XO/1.80 XO/1.86 XXX | | | |
| 5 | 8 | (t) Pablo Alonso Campo CA Santiago | 02/09/2003 AG2026761 | LM | 1.71 4 |
| 1.51 | XO/1.61 | O/1.66 O/1.71 XXO/1.74 XXX | | | |
| 6 | 5 | Diego Ares Tapia Ourense Atletismo | 22/07/1989 GA16782 | SM | 1.66 3 |
| 1.61 | O/1.66 | O/1.71 XXX | | | |
| 7 | 3 | Diego Regueiro Rodriguez Atletica Lucense | 03/04/2001 GA2023481 | JM | 1.66 2 |
| 1.61 | O/1.66 | XO/1.71 XXX | | | |
| 8 | 1 | (t) Jorge Fernandez Garcia Club Atletismo Sada | 20/02/2003 AG2024590 | LM | 1.21 1 |
| 1.21 | O/1.31 | XXX | | | |

Pértiga MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca |
|------------------------|--|---|-------------------------|-----|--------|
| Final 27/04/2019 16:00 | | | | | |
| 1 | 6 | Miguel Cajaraville Mosquera R.C. Celta | 23/06/1995 GA19757 | SM | 4.75 9 |
| 4.05 | O/4.25 | XO/4.35 O/4.55 XXO/4.75 O/4.85 XXX | | | |
| 2 | 7 | Santiago Ferrer Alonso S.G. Pontevedra | 24/01/1990 GA16960 | SM | 4.15 7 |
| 3.35 | O/3.55 | O/3.75 O/3.85 O/3.95 O/4.05 O/4.15 XO/4.35 X- | | | |
| 3 | 3 | Aitor Fernandez Gayoso Atletica Lucense | 30/07/2003 GA2023409 | LM | 4.05 6 |
| 3.55 | O/3.75 | O/3.95 O/4.05 O/4.15 XXX | | | |
| 4 | 4 | Carlos Montero Canabal Club Atletismo Naron | 08/04/1987 GA765711 | SM | 3.85 5 |
| 3.35 | O/3.55 | O/3.75 O/3.85 O/3.95 XXX | | | |
| 5 | 1 | (t) Tomas Lopez Vizcaino Club Atletismo Sada | 03/04/2003 AG765486 | LM | 3.85 4 |
| 3.15 | O/3.35 | XXO/3.55 O/3.75 XXO/3.85 XXO/3.95 XXX | | | |
| 6 | 8 | (t) David Alvarez Celemin CA Santiago | 07/02/2002 AG2026796 | LM | 3.35 3 |
| 2.75 | O/2.95 | O/3.15 XO/3.35 XO/3.55 XXX | | | |
| 7 | 5 | (t) Pablo Cudeiro Felix Ourense Atletismo | 02/08/2005 AG2020147 | CM | 2.55 2 |
| 2.15 | O/2.35 | O/2.55 XO/2.75 XXX | | | |
| 2 | Yago Lorenzo Rodriguez Lucus Caixa Rural Galega | 31/10/1995 GA769273 | SM | SM | |
| 3.15 | XXX | | | | |

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ACTA POR DÍA

Longitud MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|-----|---|-------------------------|-----|--------------|--------------|--------------|--------------|---------------------|---|
| Final 27/04/2019 18:00 | | | | | | | | | | |
| 1 | 7 | David Ferrer Fernandez S.G. Pontevedra | 15/06/1990 GA17011 | SM | 6.89 +1.0 | 7.23 +2.0 | 6.94 +1.9 | - | 7.23 +2.0 | 9 |
| 2 | 6 | Fernando Rabade Fernandez R.C. Celta | 01/02/1997 GA764377 | PM | 6.49 +1.0 | 6.77 +1.6 | X | 6.86 +2.7 | 6.86 +2.7 | 7 |
| 3 | 2 | Pablo Modia Rodriguez Lucus Caixa Rural Galega | 24/06/1995 GA20425 | SM | 6.31 +1.2 | X | 6.59 +1.1 | 6.69 +1.4 | 6.69 +1.4 | 6 |
| 4 | 8 | (f) Sergio Coello Berreco CA Santiago | 03/10/2001 GA2023264 | JM | X | 6.28 +1.0 | 6.36 +2.2 | 6.30 +1.8 | 6.36 +2.2 | 5 |
| 5 | 3 | Adrian Villares Vazquez Atletica Lucense | 21/03/2003 GA2023483 | LM | 6.18 +1.0 | X | X | 6.07 +1.4 | 6.18 +1.0 | 4 |
| 6 | 4 | Adrian Lopez Teijeiro Club Atletismo Naron | 21/11/1991 GA768901 | SM | 5.71 +1.0 | 5.84 +1.0 | 6.14 +1.9 | 5.55 +1.6 | 6.14 +1.9 | 3 |
| 7 | 1 | (t) Kristian Krasnov Katernaia Club Atletismo Sada | 04/03/2001 AG2027203 | JM | 5.96 +1.1 | 5.88 +1.4 | 6.00 +1.1 | 6.02 +1.5 | 6.02 +1.5 | 2 |
| 8 | 5 | Álvaro Díaz Barreiro Ourense Atletismo | 12/01/2004 GA769197 | CM | 5.56 +1.2 | X | 5.42 +2.4 | 5.34 +1.3 | 5.56 +1.2 | 1 |

Triple Salto MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|-----|--|--------------------------|------|---------------|---------------|---------------|---------------|----------------------|---|
| Final 27/04/2019 19:00 | | | | | | | | | | |
| 1 | 7 | Jose Alfonso Palomanes Martinez S.G. Pontevedra | 02/01/1989 GA16730 | SM | 14.70 +2.1 | 14.89 +2.0 | X | 14.88 +2.6 | 14.89 +2.0 | 9 |
| 2 | 6 | Alberto Elena Corbal R.C. Celta | 23/04/1992 GA17443 | SM | 13.78 +2.6 | 13.96 +2.0 | 14.12 +1.8 | 14.10 +2.0 | 14.12 +1.8 | 7 |
| 3 | 4 | (f) Alexander Barreiro Perez Club Atletismo Naron | 09/04/1999 GA765194 | PM | 14.02 +1.3 | 13.44 +1.7 | X | 13.92 +2.2 | 14.02 +1.3 | 6 |
| 4 | 8 | (t) Manuel Martinez Paz CA Santiago | 04/08/1983 AG2028228 | M-35 | 12.57 +2.2 | 12.21 +1.9 | 12.62 +2.4 | 12.44 +1.4 | 12.62 +2.4 | 5 |
| 5 | 2 | Diego Piñeiro Lage Lucus Caixa Rural Galega | 15/01/2003 GA769327 | LM | X | X | 11.45 +2.5 | 12.52 +2.0 | 12.52 +2.0 | 4 |
| 6 | 3 | Miguel Silva Rodriguez Atletica Lucense | 20/02/2002 GA2023482 | LM | 11.86 +1.0 | 11.68 +1.7 | X | 11.61 +1.5 | 11.86 +1.0 | 3 |
| 7 | 1 | (t) Alvaro Alonso Lopez Lopez Club Atletismo Sada | 01/07/2003 AG2019639 | LM | 11.24 +1.5 | 10.70 +2.5 | 10.93 +1.8 | 10.98 +1.9 | 11.24 +1.5 | 2 |
| 8 | 5 | Marcos Vila Ferreiro Ourense Atletismo | 06/01/2000 AG-2028273 | JM | 10.74 +2.2 | 10.48 +2.0 | 10.65 +1.4 | 10.40 +1.6 | 10.74 +2.2 | 1 |

Peso (7,260kg) MASC. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|-----|---|-------------------------|------|-------|-------|-------|-------|--------------|---|
| Final 27/04/2019 18:30 | | | | | | | | | | |
| 1 | 7 | Victor Gallego Bernardez S.G. Pontevedra | 01/02/1986 GA15241 | SM | 14.51 | 15.19 | 15.60 | 15.50 | 15.60 | 9 |
| 2 | 6 | Fernando Paredes Fernandez R.C. Celta | 20/01/1975 GA10741 | M-40 | 13.57 | X | 13.60 | 13.22 | 13.60 | 7 |
| 3 | 4 | (f) Jaime Arias Vieitez Club Atletismo Naron | 04/02/2000 GA765796 | JM | X | X | 13.21 | X | 13.21 | 6 |
| 4 | 8 | (t) Diego Javier Iglesias Freire CA Santiago | 28/08/1997 AG2028269 | PM | 10.67 | 10.95 | 10.64 | 11.35 | 11.35 | 5 |
| 5 | 3 | (t) Brais Ruiz Prieto Atletica Lucense | 18/04/1984 AG2023684 | M-35 | 10.28 | 10.20 | 10.14 | 9.77 | 10.28 | 4 |
| 6 | 5 | Javier Viteri Fernandez Ourense Atletismo | 22/06/1962 GA765295 | M-55 | 7.83 | 8.62 | 8.61 | 8.92 | 8.92 | 3 |
| 7 | 2 | Brais Parga Maseda Lucus Caixa Rural Galega | 15/04/1996 GA2023392 | SM | 8.16 | 8.37 | 7.97 | 7.84 | 8.37 | 2 |
| 8 | 1 | (t) Francisco Jose Rodriguez Lopez Club Atletismo Sada | 31/07/1974 AG2021352 | M-40 | 7.73 | 8.04 | 8.06 | 8.35 | 8.35 | 1 |

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ACTA POR DÍA

Disco (2kg) MASC.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca |
|------------------------|-----|--|-------------------------|------|-------|-------|-------|-------|---------|
| Final 27/04/2019 17:00 | | | | | | | | | |
| 1 | 7 | Francisco Javier Guzman Ares S.G. Pontevedra | 03/04/1975 GA765775 | M-40 | 43.31 | 45.07 | 44.69 | X | 45.07 9 |
| 2 | 6 | Marcos Bouza Villar R.C. Celta | 30/01/2001 GA765947 | JM | 38.90 | 40.36 | X | X | 40.36 7 |
| 3 | 4 | (e) Faisal Dauda Club Atletismo Naron | 19/01/1996 GA765416 | SM | 38.40 | X | X | 38.93 | 38.93 6 |
| 4 | 8 | Martin Brea Ozores CA Santiago | 26/05/1971 GA766166 | M-45 | 36.45 | X | 36.99 | X | 36.99 5 |
| 5 | 3 | Manuel Penas Roibas Atletica Lucense | 26/02/1973 GA765825 | M-45 | 34.51 | X | X | 35.38 | 35.38 4 |
| 6 | 2 | Ivan Rey Lugilde Lucus Caixa Rural Galega | 02/12/1995 GA20419 | SM | 33.97 | 34.90 | X | 35.27 | 35.27 3 |
| 7 | 1 | Julio Escalante Diego Club Atletismo Sada | 16/10/1958 GA769417 | M-60 | 18.54 | 19.56 | 20.57 | 19.44 | 20.57 2 |
| 8 | 5 | (t) Alvaro Barja Lopez Ourense Atletismo | 04/01/1992 AG2026952 | SM | X | X | 15.60 | X | 15.60 1 |

Martillo (7,260kg) MASC.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca |
|------------------------|-----|---|-------------------------|------|-------|-------|-------|-------|---------|
| Final 27/04/2019 15:00 | | | | | | | | | |
| 1 | 7 | Sergio Paredes Padin S.G. Pontevedra | 01/07/1996 GA764370 | SM | 53.29 | X | X | 52.32 | 53.29 9 |
| 2 | 6 | Yago Araujo Rodriguez R.C. Celta | 20/09/2001 GA765946 | JM | X | 42.81 | 50.79 | 52.54 | 52.54 7 |
| 3 | 4 | Jorge Castaño Lopez Club Atletismo Naron | 08/08/1988 GA768902 | SM | X | 40.52 | 43.34 | 43.65 | 43.65 6 |
| 4 | 2 | Raul Rodriguez Alvarez Lucus Caixa Rural Galega | 04/03/1998 GA764764 | PM | 41.74 | 42.77 | 41.19 | 40.86 | 42.77 5 |
| 5 | 8 | Santiago Ferreiro Marzosa CA Santiago | 15/05/1983 GA769336 | M-35 | 41.46 | 39.00 | X | 39.07 | 41.46 4 |
| 6 | 5 | Alejandro Rodriguez Lopez Ourense Atletismo | 25/03/1991 GA2023277 | SM | 36.83 | 7.98 | X | 34.26 | 36.83 3 |
| 7 | 3 | Jorge Lopez Vian Atletica Lucense | 07/12/1960 GA769168 | M-55 | 21.85 | 20.71 | 25.01 | 20.94 | 25.01 2 |
| 8 | 1 | Fernando Miguez Sanchez Club Atletismo Sada | 11/12/1968 GA765538 | M-50 | 15.70 | 17.84 | 17.14 | 16.75 | 17.84 1 |

Jabalina (800g) MASC.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca |
|------------------------|-----|---|-------------------------|------|-------|-------|-------|-------|---------|
| Final 27/04/2019 20:00 | | | | | | | | | |
| 1 | 7 | Jose Manuel Vila Cedron S.G. Pontevedra | 17/07/1986 GA15469 | SM | 49.52 | 52.93 | 52.34 | 56.75 | 56.75 9 |
| 2 | 4 | Iago Pazos Astrar Club Atletismo Naron | 26/12/1996 GA765357 | SM | 51.56 | X | 52.45 | 53.99 | 53.99 7 |
| 3 | 6 | Jonatas Pereira Horro R.C. Celta | 11/04/2001 GA2023309 | JM | 47.80 | 47.25 | 52.57 | 53.33 | 53.33 6 |
| 4 | 2 | Oliver Vazquez Lopez Lucus Caixa Rural Galega | 17/08/1999 GA765603 | PM | 44.48 | 43.35 | 40.54 | 41.32 | 44.48 5 |
| 5 | 3 | Nicolas Arias Fernandez Atletica Lucense | 29/12/2003 GA2023463 | LM | 44.30 | 35.32 | 36.28 | X | 44.30 4 |
| 6 | 8 | Mario Cabaleiro Diaz CA Santiago | 03/11/2001 GA768797 | JM | 36.28 | 36.21 | 39.98 | 38.50 | 39.98 3 |
| 7 | 5 | (t) Ismael Colmenero Martínez Ourense Atletismo | 14/08/1998 AG2028240 | PM | 33.60 | 32.07 | X | 26.78 | 33.60 2 |
| 8 | 1 | (t) Jose Fernandez Suarez Club Atletismo Sada | 11/03/1971 AG2017554 | M-45 | X | 17.08 | 21.81 | 23.60 | 23.60 1 |

Ferrol, 27 abril 2019

sábado, 27 abril 2019

ACTA POR DÍA

5.000m Marcha MASC. en pista

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca | |
|-------|-----|---|-------------------------|------|----------|--------|
| Final | | 27/04/2019 | 15:45 | | | |
| 1 | 8 | Roberto Vieiro Perez CA Santiago | 15/02/2001 GA768561 | JM | 21:17.20 | 9 |
| 2 | 6 | Juan Ruben Piñera Alvarez R.C. Celta | 25/07/1975 GC607962 | M-40 | 23:15.16 | 7 ~ |
| 3 | 3 | Hugo Martinez Casanova Atletica Lucense | 23/11/2002 GA768948 | LM | 23:28.02 | 6 |
| 4 | 5 | Brais Manso Delgado Ourense Atletismo | 15/03/2005 GA2023303 | CM | 25:40.51 | 5 |
| 5 | 1 | Ismael Diaz Sanchez Club Atletismo Sada | 04/10/2004 GA769108 | CM | 26:24.67 | 4 |
| 6 | 7 | (t) Roi Surribas Porto S.G. Pontevedra | 16/09/2002 AG2021191 | LM | 27:35.71 | 3 ~~~P |
| 7 | 4 | Daniel Abeledo Manteiga Club Atletismo Naron | 06/03/1991 GA768906 | SM | 29:17.46 | 2 >> |
| | 2 | Emilio Novas Barral Lucus Caixa Rural Galega | 15/11/1998 GA769401 | PM | NP | |

Ferrol, 27 abril 2019

sábado, 27 abril 2019

ACTA POR DÍA

4x100m MASC. AL

| Pto | Dor | Equipo Relevistas | F de Nac Lic | Cat | Calle | Marca |
|-----|-------|--------------------------------------|------------------------|------|-------|---------|
| | Final | 27/04/2019 20:05 | | | | |
| 1 | | CA Santiago | | SM | 2 | 43.31 9 |
| | | 8 Mateo Garcia Aneiros | 03/05/2001 GA769335M | | | |
| | | 8 Victor Mosteiro Oubel | 18/02/2001 GA768734M | | | |
| | | 8 (t) Ignacio Rivas Pereira | 03/03/1997 AG2023759M | | | |
| | | 8 Javier Cancela Sanchez-agustino | 05/07/1990 GA769036M | | | |
| 2 | | R.C. Celta | | M-35 | 1 | 43.35 7 |
| | | 6 Jorge Roman Leiros | 09/09/2003 GA769293M | | | |
| | | 6 Pedro Juncal Otero | 23/07/1997 GA764752M | | | |
| | | 6 Miguel Gomez Rodriguez | 02/01/1982 GA14428M | | | |
| | | 6 Erik Fernandez Feijoo | 28/02/2003 GA76919LM | | | |
| 3 | | Lucus Caixa Rural Galega | | SM | 8 | 44.46 6 |
| | | 2 (t) Narciso Fernandez Tato | 15/01/2003 AG2024322M | | | |
| | | 2 Santiago Rozas Trastoy | 20/03/1999 GA765602M | | | |
| | | 2 Miguel Perez Vazquez | 19/03/1995 GA20416SM | | | |
| | | 2 Miguel Borrego Yañez | 23/06/1999 GA768790M | | | |
| 4 | | Atletica Lucense | | LM | 3 | 44.64 5 |
| | | 3 Lucas Lorenzo Diaz | 09/07/2002 GA76903LM | | | |
| | | 3 Carlos Alvarez Nieto | 12/03/2002 GA769030LM | | | |
| | | 3 (t) Pablo Tomé López | 06/10/2001 GA766129M | | | |
| | | 3 Aleix Diaz Salas | 17/01/2003 GA2023348M | | | |
| 5 | | S.G. Pontevedra | | SM | 5 | 44.96 4 |
| | | 7 David Ferrer Fernandez | 15/06/1990 GA17011SM | | | |
| | | 7 (e) Joao Alexandre Ribeiro Fontela | 07/08/1991 GA2023278M | | | |
| | | 7 (t) Nicolas Ramil Ortiz | 15/10/1993 AG2023288M | | | |
| | | 7 Denis Galan Cambon | 23/04/1991 GA765774M | | | |
| 6 | | Club Atletismo Sada | | JM | 4 | 46.05 3 |
| | | 1 Xabi Ferreira Tembras | 11/01/2001 GA769340M | | | |
| | | 1 Javier Jimenez Nuñez | 27/04/2003 GA76934LM | | | |
| | | 1 (t) Hugo Rodriguez Saavedra | 03/03/2003 AG2026457M | | | |
| | | 1 Ignacio Del Buey hernandez | 03/04/1996 GA769458M | | | |
| | | Club Atletismo Naron | | SM | 7 | AB |
| | | 4 Jose Pena Vazquez | 13/03/1985 GA17117SM | | | |
| | | 4 Alejandro Jiménez Pando | 14/12/1988 GA769404SM | | | |
| | | 4 Javier Garcia Sanchez | 18/10/1993 GA765113SM | | | |
| | | 4 Adrian Lopez Teijeiro | 21/11/1991 GA768905SM | | | |
| | | Ourense Atletismo | | LM | 6 | AB |
| | | 5 Pablo Alvarez Nogueira | 20/07/2002 GA2023291M | | | |
| | | 5 (t) Abraham Rodríguez González | 16/08/1999 AG2026791M | | | |
| | | 5 Fabio Justo Villar | 07/06/2003 GA769193M | | | |
| | | 5 Marcos Vila Ferreiro | 06/01/2000 AG-2028270M | | | |

Ferrol, 27 abril 2019

sábado, 27 abril 2019

ACTA POR DÍA

4x400m MASC. AL

| Pto | Dor | Equipo Relevistas | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------|-----|------------------------------------|-----------------------|------|-------|-----------|
| Final 27/04/2019 20:25 | | | | | | |
| 1 | | S.G. Pontevedra | | SM | 4 | 3:27.52 9 |
| | 7 | Alberto Perez Outon | 10/08/2001 GA769127M | | | |
| | 7 | Carlos Porto Pazos | 11/01/1993 GA17489SM | | | |
| | 7 | Raul Cortizo Bernardez | 09/07/2002 GA766177M | | | |
| | 7 | David Abalde Costas | 27/02/1994 GA19785SM | | | |
| 2 | | CA Santiago | | SM | 1 | 3:28.51 7 |
| | 8 | Rodrigo Garcia Manrique | 21/11/1998 GA766212M | | | |
| | 8 | Carlos Manuel Iglesias Carballo | 18/02/1989 GA766214M | | | |
| | 8 | (f) Javier Abad Blanco | 23/07/1999 GA2023319M | | | |
| | 8 | Alberto Chaves Camino | 30/05/1990 GA765552M | | | |
| 3 | | Club Atletismo Naron | | SM | 6 | 3:32.26 6 |
| | 4 | Alejandro Jiménez Pando | 14/12/1988 GA769404M | | | |
| | 4 | David De La Fuente Gomez | 03/04/1997 GA768905M | | | |
| | 4 | Pablo Bocelo Bellas | 16/12/1993 GA768905M | | | |
| | 4 | (e) Demba Sanyang | 22/11/2001 GA768689M | | | |
| 4 | | Atletica Lucense | | LM | 2 | 3:32.28 5 |
| | 3 | Guzman Carril Escolante | 23/01/2001 GA768877M | | | |
| | 3 | Jacobo De La Iglesia Perez | 03/08/2002 GA202345M | | | |
| | 3 | Aleix Diaz Salas | 17/01/2003 GA202334M | | | |
| | 3 | Álvaro López López | 16/05/2003 GA769426M | | | |
| 5 | | Lucus Caixa Rural Galega | | SM | 7 | 3:32.33 4 |
| | 2 | Iago Nuñez Lugilde | 25/08/1996 GA764726M | | | |
| | 2 | Brais Parga Maseda | 15/04/1996 GA2023392M | | | |
| | 2 | (f) Lucas Fernandez Eiroa | 17/10/2000 GA769222M | | | |
| | 2 | Xabier Rodriguez Mora | 25/03/1998 GA769402M | | | |
| 6 | | R.C. Celta | | M-35 | 8 | 3:35.88 3 |
| | 6 | Xose Manuel Fernandez Perez | 21/03/1997 GA764370M | | | |
| | 6 | Nicolas Garcia Area | 05/11/2001 GA765622M | | | |
| | 6 | Manuel Martinez Ageitos | 24/08/1990 GA765398M | | | |
| | 6 | Gonzalo Basconcelo Araujo | 23/02/1994 GA20007SM | | | |
| 7 | | Ourense Atletismo | | LM | 5 | 3:50.57 2 |
| | 5 | Martin Miguez Seara | 11/05/2002 GA2023292M | | | |
| | 5 | Oscar Jose Seoane Vazquez | 21/06/1972 GA2023280M | | | |
| | 5 | Ruben Diz Diaz | 24/03/1979 GA11310VM | | | |
| | 5 | Alejandro Gerardo Cadaya Rodriguez | 29/08/2000 GA2023288M | | | |
| 8 | | Club Atletismo Sada | | JM | 3 | 3:57.47 1 |
| | 1 | (t) Sergio Balairón García | 13/02/2003 AG2027596M | | | |
| | 1 | (t) Tomas Lopez Vizcaino | 03/04/2003 AG765486M | | | |
| | 1 | (t) Roi Vilarinho Avila | 17/03/2003 AG2024317M | | | |
| | 1 | (t) Alvaro Alonso Lopez Lopez | 01/07/2003 AG2019639M | | | |

| Pto | Club | Puntos por Puesto |
|-----|----------------------------------|-------------------|
| 1 | SGPPO - S.G. Pontevedra | 129 |
| 2 | RCVPO - R.C. Celta | 124 |
| 3 | STOC - CA Santiago | 120.5 |
| 4 | NAOC - Club Atletismo Naron | 104 |
| 5 | LUELU - Atletica Lucense | 86 |
| 6 | LUCLU - Lucus Caixa Rural Galega | 85 |
| 7 | OUROR - Ourense Atletismo | 43 |

Ferrol, 27 abril 2019

sábado, 27 abril 2019

ACTA POR DÍA

| Pto | Club | Puntos por Puesto |
|-----|----------------------------|-------------------|
| 8 | CASC - Club Atletismo Sada | 42.5 |

Ferrol, 27 abril 2019

sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

100m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|---|-------------------------|-----|-------|---------|
| Final 27/04/2019 18:45 Viento: +1.9 | | | | | | |
| 1 | 8 | (f) Nerea Iglesias Barbazan Ria Ferrol-C. Arenal | 15/05/2002 GA765903 | LF | 5 | 12.10 9 |
| 2 | 7 | Cristina Garrido Cabello S.G. Pontevedra | 16/02/2001 GA768774 | JF | 6 | 12.63 7 |
| 3 | 2 | (f) Ainhoa Reparaz Sanchez At. Femenino Celta | 31/08/2005 GA2023472 | CF | 3 | 12.75 6 |
| 4 | 1 | (f) Blanca Lorenzo Brantuas ADAS Proinor | 19/02/1998 GA764775 | PF | 8 | 12.79 5 |
| 5 | 6 | (t) Lucia Seijas Vazquez Atletica Lucense | 16/06/1991 AG2026504 | SF | 2 | 12.80 4 |
| 6 | 3 | Brenda Lence Iglesias Lucus Caixa Rural Galega | 01/07/2003 GA769277 | LF | 7 | 13.16 3 |
| 7 | 5 | (t) Africa Gómez Ramos Ourense Atletismo | 28/03/2005 AG2026626 | CF | 4 | 13.23 2 |
| 8 | 4 | (f) Carla Ruiz Marin CA Santiago | 18/06/2005 GA2023311 | CF | 1 | 13.56 1 |

200m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|---|-------------------------|-----|-------|---------|
| Final 27/04/2019 17:50 Viento: +1.0 | | | | | | |
| 1 | 7 | Xiana Gonzalez Estevez S.G. Pontevedra | 30/07/1998 GA764791 | PF | 7 | 25.76 9 |
| 2 | 3 | Adiaratou Iglesias Forneiro Lucus Caixa Rural Galega | 06/02/1999 GA765578 | PF | 8 | 25.97 7 |
| 3 | 8 | Candela Diaz Rivas Ria Ferrol-C. Arenal | 15/09/1989 GA15895 | SF | 6 | 26.34 6 |
| 4 | 1 | (f) Miriam Otero Martinez ADAS Proinor | 13/04/1999 GA764362 | PF | 1 | 26.51 5 |
| 5 | 2 | Lara Lopez Fernandez At. Femenino Celta | 07/06/2002 GA769367 | LF | 4 | 26.87 4 |
| 6 | 6 | Blanca Ines Rodriguez Fernandez Atletica Lucense | 01/07/2002 GA769432 | LF | 3 | 27.27 3 |
| 7 | 4 | (f) (t) Iria Martinez Crujeiras CA Santiago | 06/10/2003 AG2023677 | LF | 2 | 28.22 2 |
| 8 | 5 | Rita Vazquez Gonzalez Ourense Atletismo | 15/08/2003 GA2023290 | LF | 5 | 32.21 1 |

400m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|--|-------------------------|-----|-------|-----------|
| Final 27/04/2019 17:25 | | | | | | |
| 1 | 8 | Paulette Natacha Fernandez Ngo Ria Ferrol-C. Arenal | 06/06/1994 O5983 | SF | 7 | 57.49 9 |
| 2 | 7 | Eugenia Gil Soriano S.G. Pontevedra | 15/01/1996 GA20531 | SF | 8 | 57.90 7 |
| 3 | 1 | (f) Ines Oitaven Pascual ADAS Proinor | 19/03/1998 GA764779 | PF | 2 | 1:00.15 6 |
| 4 | 6 | Ainara Rodriguez Ares Atletica Lucense | 11/11/2003 GA769421 | LF | 4 | 1:01.17 5 |
| 5 | 2 | Laura Rosende Saez At. Femenino Celta | 25/10/1996 GA764298 | SF | 5 | 1:01.84 4 |
| 6 | 4 | María Perez Boente CA Santiago | 30/06/2000 GA2023318 | JF | 3 | 1:05.44 3 |
| 7 | 5 | Maria Novoa Cabrera Ourense Atletismo | 01/04/2001 GA769337 | JF | 6 | 1:06.76 2 |
| 8 | 3 | Iria Brea Castro-gil Lucus Caixa Rural Galega | 23/07/2003 GA769324 | LF | 1 | 1:07.81 1 |

Ferrol, 27 abril 2019

sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

800m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|--|------------------------|-----|-------|-----------|
| Final 27/04/2019 17:35 | | | | | | |
| 1 | 8 | Irene Barreiro Lopez Ria Ferrol-C. Arenal | 06/07/2002 GA765698 | LF | 8 | 2:17.01 9 |
| 2 | 2 | Ruth Carrera Fernandez At. Femenino Celta | 15/06/2001 GA765652 | JF | 6 | 2:19.98 7 |
| 3 | 7 | Paula De La Torre Carabelos S.G. Pontevedra | 01/06/2002 GA768529 | LF | 1 | 2:20.28 6 |
| 4 | 5 | Antia Castro Perez Ourense Atletismo | 06/07/2003 GA768759 | LF | 7 | 2:20.91 5 |
| 5 | 4 | (f) Noelia Iglesias Caamaño CA Santiago | 24/01/2002 GA768693 | LF | 4 | 2:22.93 4 |
| 6 | 6 | (f) Noelia Sanchez Lopez Atletica Lucense | 04/09/2003 GA768583 | LF | 2 | 2:23.32 3 |
| 7 | 1 | Ines Docampo Gamarra ADAS Proinor | 31/01/2003 GA766187 | LF | 3 | 2:30.80 2 |
| 8 | 3 | Paula Maria Castro-gil Lopez Lucus Caixa Rural Galega | 04/02/2001 GA765838 | JF | 5 | 2:31.76 1 |

1.500m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|--|-------------------------|-----|-------|-----------|
| Final 27/04/2019 18:10 | | | | | | |
| 1 | 6 | Sara Lopez Lopez Atletica Lucense | 02/01/2001 GA768928 | JF | 6 | 4:45.22 9 |
| 2 | 3 | Laura Santos Dominguez Lucus Caixa Rural Galega | 08/04/1998 GA2023313 | PF | 3 | 4:45.90 7 |
| 3 | 8 | Lucia Sicre Maside Ria Ferrol-C. Arenal | 01/06/2001 GA765342 | JF | 1 | 4:53.52 6 |
| 4 | 7 | Blanca Armenteros Rey S.G. Pontevedra | 15/10/2002 GA768732 | LF | 2 | 4:56.49 5 |
| 5 | 1 | Sonsoles Martin Rodriguez ADAS Proinor | 18/09/2001 GA766142 | JF | 4 | 4:58.75 4 |
| 6 | 2 | Lucia Cardesin Cortegoso At. Femenino Celta | 15/01/2000 GA765021 | JF | 7 | 5:04.07 3 |
| 7 | 5 | Antia Rodriguez Abad Ourense Atletismo | 10/07/1999 GA768795 | PF | 8 | 5:05.65 2 |
| 8 | 4 | (t) Patricia Casal Lopez CA Santiago | 23/05/1995 AG2021927 | SF | 5 | 5:32.97 1 |

3.000m FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|--|-------------------------|-----|-------|------------|
| Final 27/04/2019 19:45 | | | | | | |
| 1 | 6 | (f) Isabel Caeiro Mariño Atletica Lucense | 01/01/2004 GA768804 | CF | 3 | 10:37.35 9 |
| 2 | 1 | (e) Joana Filipa Pereira Montero ADAS Proinor | 15/11/1993 L4667 | SF | 1 | 10:42.88 7 |
| 3 | 8 | Ines Bereijo Albo Ria Ferrol-C. Arenal | 12/10/1997 GA768758 | PF | 6 | 10:47.54 6 |
| 4 | 2 | Elena Costas Martin At. Femenino Celta | 04/09/2000 GA769390 | JF | 4 | 11:24.05 5 |
| 5 | 7 | (f) Carmen Aguiño Guio S.G. Pontevedra | 19/02/2005 GA2023399 | CF | 7 | 11:30.09 4 |
| 6 | 4 | (t) Mariam Ferrán Fraga CA Santiago | 27/11/2000 AG2026768 | JF | 2 | 11:41.00 3 |
| 7 | 5 | Carolina Santos Villalon Ourense Atletismo | 26/07/2005 GA766108 | CF | 5 | 11:52.64 2 |
| 8 | 3 | Carla Diaz Pardo Lucus Caixa Rural Galega | 31/08/2005 GA2023436 | CF | 8 | 12:35.19 1 |

Ferrol, 27 abril 2019

sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

100m vallas (0,84) FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------------|-----|--|-------------------------|------|-------|---------|
| Final 27/04/2019 18:30 Viento: +1.8 | | | | | | |
| 1 | 8 | Antia Martinez Queimaño Ria Ferrol-C. Arenal | 01/06/1994 GA19100 | SF | 3 | 14.81 9 |
| 2 | 7 | Lucia Ferrer Doporto S.G. Pontevedra | 18/09/2000 GA765591 | JF | 4 | 15.16 7 |
| 3 | 2 | Emma Valencia Garcia At. Femenino Celta | 13/07/1981 GA14325 | W-35 | 1 | 15.40 6 |
| 4 | 1 | (f) Maria Gomez Iglesias ADAS Proinor | 23/11/2001 GA2023441 | JF | 6 | 16.55 5 |
| 5 | 6 | Carmen Gomez Usero Atletica Lucense | 20/04/1999 GA765294 | PF | 8 | 17.21 4 |
| 6 | 3 | Natalia Barrio Hermida Lucus Caixa Rural Galega | 20/08/2003 GA769322 | LF | 5 | 18.43 3 |
| 7 | 5 | (t) Uma Cibeira Gallardo Ourense Atletismo | 24/08/2003 AG2021177 | LF | 2 | 18.59 2 |
| 8 | 4 | (t) Laura Cuesta Pereiro CA Santiago | 16/05/2001 AG136645 | JF | 7 | 19.15 1 |

400m vallas (0,762) FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Calle | Marca |
|------------------------|-----|--|-------------------------|------|-------|-----------|
| Final 27/04/2019 17:10 | | | | | | |
| 1 | 8 | Lucia Rivadulla Alonso Ria Ferrol-C. Arenal | 13/07/2001 GA765340 | JF | 2 | 1:03.11 9 |
| 2 | 1 | (f) Ana Mª Pajarron Puga ADAS Proinor | 03/12/1999 GA764778 | PF | 5 | 1:04.31 7 |
| 3 | 2 | Eva Queimaño Vilaboy At. Femenino Celta | 02/05/2000 GA765830 | JF | 8 | 1:06.59 6 |
| 4 | 6 | Carmen Victoria Gonzalez Fernandez Atletica Lucense | 27/09/2003 GA769434 | LF | 7 | 1:09.26 5 |
| 5 | 4 | (t) Claudia Costas Gonzalez CA Santiago | 20/03/2002 AG2023837 | LF | 6 | 1:11.41 4 |
| 6 | 7 | Ana Isabel Fiestras Gil S.G. Pontevedra | 01/09/1987 GA2023276 | SF | 3 | 1:11.64 3 |
| | 3 | Olga Vicente Gonzalez Lucus Caixa Rural Galega | 24/04/1979 GA2023324 | W-40 | 4 | NP |

3.000m Obst. FEM.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Orden | Marca |
|------------------------|-----|---|-------------------------|------|-------|------------|
| Final 27/04/2019 19:10 | | | | | | |
| 1 | 7 | Eva Arias Aira S.G. Pontevedra | 08/10/1980 GA769296 | W-35 | 8 | 11:05.15 9 |
| 2 | 8 | Sofia Fernandez Castro Ria Ferrol-C. Arenal | 28/07/1992 GA765714 | SF | 7 | 11:17.46 7 |
| 3 | 4 | Patricie Viadel Turjanicová CA Santiago | 18/10/2000 GA2023317 | JF | 3 | 11:38.21 6 |
| 4 | 1 | Iria Fernandez Fontenla ADAS Proinor | 06/08/1981 GA765718 | W-35 | 2 | 12:04.39 5 |
| 5 | 6 | (f) Maria Carballido Castro Atletica Lucense | 24/05/2001 GA765515 | JF | 4 | 12:23.41 4 |
| | 2 | Adela Ardao Alonso At. Femenino Celta | 22/05/2001 GA2023415 | JF | 6 | AB |
| | 3 | Emma Iglesias Penelas Lucus Caixa Rural Galega | 14/12/1967 GA2023416 | W-50 | 1 | NP |

Ferrol, 27 abril 2019

sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

Altura FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca |
|------------------------|---------|---|-------------------------|-----|--------|
| Final 27/04/2019 19:00 | | | | | |
| 1 | 6 | (f) Enma Sihuang Perez Soto Atletica Lucense | 10/01/2005 GA768873 | CF | 1.57 9 |
| 1.37 | O/1.45 | O/1.48 O/1.51 XXO/1.54 XXO/1.57 XO/1.59 XXX | | | |
| 2 | 2 | Andrea Reija Torron At. Femenino Celta | 11/01/2002 GA769410 | LF | 1.57 7 |
| 1.48 | XO/1.51 | O/1.54 XO/1.57 XXO/1.59 XXX | | | |
| 3 | 7 | Clara Rivas Cancela S.G. Pontevedra | 03/08/2002 GA2021812 | LF | 1.48 6 |
| 1.41 | O/1.45 | O/1.48 O/1.51 XXX | | | |
| 4 | 5 | Alicia Maria Ramos Grande Ourense Atletismo | 05/09/2003 GA2023294 | LF | 1.48 5 |
| 1.33 | O/1.37 | O/1.41 XO/1.45 XO/1.48 XO/1.51 XXX | | | |
| 5 | 1 | (f) Lucia Couselo Pardo ADAS Proinor | 10/10/2003 GA768705 | LF | 1.45 4 |
| 1.37 | O/1.41 | XO/1.45 XXO/1.48 XXX | | | |
| 6 | 8 | Lucia Blanco Mendez Ria Ferrol-C. Arenal | 13/04/2005 GA768863 | CF | 1.41 3 |
| 1.33 | XO/1.37 | XXO/1.41 XO/1.45 XXX | | | |
| 7 | 4 | (f) (t) Natalia Alonso Arufe CA Santiago | 01/03/2003 AG765975 | LF | 1.33 2 |
| 1.23 | O/1.33 | O/1.37 XXX | | | |
| 8 | 3 | Raquel Lopez Amado Lucus Caixa Rural Galega | 18/01/2002 GA765975 | LF | 1.23 1 |
| 1.23 | XO/1.33 | XXX | | | |

Pértiga FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca |
|------------------------|----------|--|-------------------------|------|--------|
| Final 27/04/2019 18:30 | | | | | |
| 1 | 2 | Beatriz Viteri Bouso At. Femenino Celta | 01/03/1988 GA14871 | SF | 3.30 9 |
| 3.20 | O/3.30 | O/3.45 XX- | | | |
| 2 | 8 | Cristina Cala Fernandez Ria Ferrol-C. Arenal | 12/01/1996 O7211 | SF | 3.20 7 |
| 2.80 | O/2.90 | O/3.00 O/3.10 O/3.20 O/3.30 XXX | | | |
| 3 | 1 | Lola Bouza Villar ADAS Proinor | 04/03/2003 GA769009 | LF | 3.00 6 |
| 2.80 | O/3.00 | XO/3.10 XXX | | | |
| 4 | 7 | Marta Gonzalez Feroso S.G. Pontevedra | 05/03/1984 GA765828 | W-35 | 2.80 5 |
| 2.60 | XXO/2.80 | XXO/2.90 XXX | | | |
| 5 | 3 | Raquel Peña Romero Lucus Caixa Rural Galega | 17/06/1999 GA764571 | PF | 2.40 4 |
| 2.40 | XXO/2.60 | XXX | | | |
| 6 | 6 | Aroa Fernandez Gayoso Atletica Lucense | 02/05/2005 GA2023410 | CF | 2.20 3 |
| 2.00 | O/2.20 | O/2.40 XXX | | | |
| 7 | 5 | Martina Fernandez Colmenero Ourense Atletismo | 16/02/2004 GA2023296 | CF | 2.20 2 |
| 2.00 | XO/2.20 | O/2.40 XXX | | | |
| 8 | 4 | (t) Consuelo Quintans Badillo CA Santiago | 21/03/2000 AG2017746 | JF | 2.00 1 |
| 2.00 | XO/2.20 | XXX | | | |

Ferrol, 27 abril 2019

sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

Longitud FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|-----|---|-------------------------|-----|--------------|--------------|--------------|--------------|---------------------|---|
| Final 27/04/2019 17:00 | | | | | | | | | | |
| 1 | 6 | (f) Lucia Sanchez Del Valle Verge Atletica Lucense | 10/09/2004 GA766180 | CF | 5.39 +0.0 | 5.47 +3.0 | 5.29 +1.0 | X | 5.47 +3.0 | 9 |
| 2 | 8 | (f) Iria Forjan Oliveira Ria Ferrol-C. Arenal | 27/01/1997 GA20262 | PF | X | 5.39 +2.4 | 5.29 +2.0 | 5.22 +1.1 | 5.39 +2.4 | 7 |
| 3 | 3 | Carla Mourelle Teijeiro Lucus Caixa Rural Galega | 01/02/2003 GA768775 | LF | 5.10 +2.4 | X | X | 5.02 +0.0 | 5.10 +2.4 | 6 |
| 4 | 2 | Elvira Okutu Kouletio At. Femenino Celta | 17/01/1998 GA765082 | PF | 5.06 +2.3 | X | X | 5.00 +1.2 | 5.06 +2.3 | 5 |
| 5 | 1 | (t) Iria Taboadela Gomez ADAS Proinor | 02/02/2005 AG2020775 | CF | X | 4.70 +1.6 | X | X | 4.70 +1.6 | 4 |
| 6 | 7 | Marta Barragáns Sánchez S.G. Pontevedra | 01/05/2003 GA768595 | LF | X | X | X | 4.68 +0.6 | 4.68 +0.6 | 3 |
| 7 | 4 | (t) Nuria Millares Jurjo CA Santiago | 02/02/1997 AG2016062 | PF | 4.61 +1.2 | X | 4.57 +1.5 | 4.46 +2.4 | 4.61 +1.2 | 2 |
| 8 | 5 | Silvia Ramos Grande Ourense Atletismo | 03/09/2005 GA2023295 | CF | 3.70 +1.4 | 3.65 +1.4 | 3.82 +1.6 | 3.76 +1.0 | 3.82 +1.6 | 1 |

Triple Salto FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|-----|---|-------------------------|-----|---------------|---------------|---------------|---------------|----------------------|---|
| Final 27/04/2019 20:00 | | | | | | | | | | |
| 1 | 8 | Tania Valverde Gonzalez Ria Ferrol-C. Arenal | 05/02/1988 GA16038 | SF | 11.39 +2.3 | 11.44 +2.9 | 11.27 +0.6 | 11.42 +0.4 | 11.44 +2.9 | 9 |
| 2 | 2 | Uxia Paz Alonso At. Femenino Celta | 26/11/2000 GA765662 | JF | X | 11.13 +1.8 | 11.32 +1.6 | X | 11.32 +1.6 | 7 |
| 3 | 7 | Eva Salvado Prieto S.G. Pontevedra | 09/11/1997 GA764754 | PF | 10.28 +2.2 | 10.38 +0.4 | 10.75 +1.1 | X | 10.75 +1.1 | 6 |
| 4 | 4 | Maria Angel Ruiz Marin CA Santiago | 23/06/2003 GA2023314 | LF | 10.22 +1.7 | 10.70 +2.5 | X | X | 10.70 +2.5 | 5 |
| 5 | 6 | (t) Maria Bouza Fernandez Atletica Lucense | 21/04/2003 AG2026149 | LF | 9.78 +1.7 | 10.22 +1.1 | 10.44 +1.0 | 10.37 +3.3 | 10.44 +1.0 | 4 |
| 6 | 1 | Maria Liyuan Vieito Pena ADAS Proinor | 21/02/2003 GA768837 | LF | 9.75 +1.2 | 9.87 +2.1 | 10.05 +1.1 | 10.14 +2.1 | 10.14 +2.1 | 3 |
| 7 | 3 | (t) Eva Diaz Garcia Lucus Caixa Rural Galega | 10/04/2005 AG2024576 | CF | 9.78 +1.1 | 9.64 +0.1 | 9.80 +1.4 | 9.86 +1.6 | 9.86 +1.6 | 2 |
| 8 | 5 | Mara Ruiz Seara Ourense Atletismo | 09/06/2005 GA2023297 | CF | 9.49 +1.1 | 9.51 +0.3 | 9.80 +1.8 | 9.42 +2.1 | 9.80 +1.8 | 1 |

Peso (4kg) FEM. AL

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca | |
|------------------------|---|--|-------------------------|-----|-------|-------|-------|-------|--------------|---|
| Final 27/04/2019 19:30 | | | | | | | | | | |
| 1 | 1 | Cristina Trejo Lao ADAS Proinor | 07/08/1998 AL5428 | PF | 12.18 | 12.02 | 11.48 | 12.13 | 12.18 | 9 |
| 2 | 2 | Raquel Villa Carracelas At. Femenino Celta | 07/10/1996 GA769365 | SF | 10.68 | 10.29 | 10.71 | 9.77 | 10.71 | 7 |
| 3 | 7 | Sandra Carballo Rey S.G. Pontevedra | 12/04/1989 GA16961 | SF | 10.08 | 10.33 | 9.59 | 10.31 | 10.33 | 6 |
| 4 | 3 | Alicia Gonzalez Pose Lucus Caixa Rural Galega | 24/01/1996 GA766220 | SF | 10.15 | 10.14 | 10.19 | 10.21 | 10.21 | 5 |
| 5 | 8 | (f) Evelyn Fernandez Guede Ria Ferrol-C. Arenal | 24/08/2001 GA769414 | JF | 9.90 | 9.77 | 9.44 | 9.30 | 9.90 | 4 |
| 6 | 6 | Victoria Eiriz Vazquez Atletica Lucense | 23/07/2003 GA769133 | LF | X | 8.13 | 8.45 | 8.10 | 8.45 | 3 |
| 7 | 4 | (t) Martina Flores Sardella CA Santiago | 05/02/2002 AG2024056 | LF | 7.33 | 7.55 | 8.03 | X | 8.03 | 2 |
| 5 | (t) Whitney Rodriguez Somoza Ourense Atletismo | 21/10/1988 AG2021178 | SF | | | | | | NP | |

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ACTA POR SESIÓN

Disco (1kg) FEM.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | Marca |
|------------------------|-----|--|-------------------------|------|-------|-------|-------|-------|---------|
| Final 27/04/2019 18:00 | | | | | | | | | |
| 1 | 2 | Paula Piñon Sureda At. Femenino Celta | 29/08/2003 GA769366 | LF | X | 34.00 | 32.04 | 31.50 | 34.00 9 |
| 2 | 7 | Maria Jimenez Deza S.G. Pontevedra | 26/01/2001 GA766030 | JF | 16.77 | 33.38 | X | 32.54 | 33.38 7 |
| 3 | 8 | Antia Sestelo Lopez Ria Ferrol-C. Arenal | 22/11/2003 GA768717 | LF | 24.85 | 26.86 | 27.12 | X | 27.12 6 |
| 4 | 4 | (f) (t) Zaira Soto González CA Santiago | 30/03/2001 AG763987 | JF | X | 26.53 | 23.39 | 24.02 | 26.53 5 |
| 5 | 6 | Marta Sureda Gonzalez Atletica Lucense | 24/03/1970 GA2023451 | W-45 | 26.50 | X | 22.60 | 24.38 | 26.50 4 |
| 6 | 1 | (t) Silvia Carballo Rodriguez ADAS Proinor | 28/02/1984 AG2028270 | W-35 | 19.09 | 21.75 | 21.16 | 19.54 | 21.75 3 |
| 7 | 3 | Laura Copa Pardo Lucus Caixa Rural Galega | 26/10/2000 GA765842 | JF | 20.66 | 21.52 | 18.49 | 20.81 | 21.52 2 |
| | 5 | (t) Elena Damea Fernandez Ourense Atletismo | 05/11/2003 AG2024010 | LF | | | | | NP |

Jabalina (600g) FEM.

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | 1 | 2 | 3 | 4 | 5 | Marca |
|------------------------|-----|---|------------------------|------|-------|-------|-------|-------|---|---------|
| Final 27/04/2019 19:00 | | | | | | | | | | |
| 1 | 8 | Ivanna Carolina Roman Sanchez Ria Ferrol-C. Arenal | 05/07/2000 GA765619 | JF | 38.62 | 41.39 | 39.39 | 39.82 | | 41.39 9 |
| 2 | 2 | (e) Karolina Puchmertlova At. Femenino Celta | 18/01/1993 GA768580 | SF | 33.40 | 40.02 | 35.14 | 33.66 | | 40.02 7 |
| 3 | 7 | Claudia Puig Malvar S.G. Pontevedra | 04/12/1999 GA765200 | PF | 35.25 | 35.89 | 36.24 | 37.22 | | 37.22 6 |
| 4 | 4 | Andrea Botella Rodriguez CA Santiago | 01/06/2001 GA768707 | JF | 31.83 | 34.01 | 31.97 | 31.12 | | 34.01 5 |
| 5 | 3 | Uxia Sureda Pardo Lucus Caixa Rural Galega | 04/05/2001 GA765462 | JF | 30.55 | 31.56 | 32.49 | 30.69 | | 32.49 4 |
| 6 | 1 | Monica Yañez Perez ADAS Proinor | 26/12/1977 GA766138 | W-40 | 30.31 | 29.72 | X | 28.75 | | 30.31 3 |
| 7 | 6 | Catuxa Carreira Sampayo Atletica Lucense | 21/08/2003 GA768558 | LF | 27.44 | 26.30 | 29.34 | 26.77 | | 29.34 2 |
| 8 | 5 | Emilia Mesa Soriano Ourense Atletismo | 06/11/1952 GA14322 | W-65 | X | 19.54 | 22.39 | 22.13 | | 22.39 1 |

5.000m Marcha FEM. en pista

| Pto | Dor | Nombre Club | F de Nac Lic | Cat | Marca |
|------------------------|-----|---|-------------------------|-----|---------------|
| Final 27/04/2019 16:20 | | | | | |
| 1 | 2 | Mar Chillon Camaño At. Femenino Celta | 26/03/1996 GA19667 | SF | 25:45.81 9 |
| 2 | 5 | Ines Valentin Cima Ourense Atletismo | 28/11/1998 GA769200 | PF | 26:27.00 7 > |
| 3 | 8 | Samantha Mulloni Martinez Ria Ferrol-C. Arenal | 19/08/1990 GA16958 | SF | 26:53.38 6 |
| 4 | 1 | Celia Carracedo Perez ADAS Proinor | 25/04/2001 GA768903 | JF | 26:56.72 5 >> |
| 5 | 7 | (f) Ainhoa Piñeiro Pereira S.G. Pontevedra | 09/02/2005 GA2023396 | CF | 30:08.39 4 |
| 6 | 3 | Mariña Peixoto Otero Lucus Caixa Rural Galega | 30/10/2004 GA2023438 | CF | 31:41.86 3 |
| 7 | 4 | (t) Lucía Ordás López CA Santiago | 24/11/1999 AG2018858 | PF | 33:20.33 2 |
| | 6 | (f) Nerea Lage Gil Atletica Lucense | 27/06/2003 GA768582 | LF | DS >>>P> |

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ACTA POR SESIÓN

4x100m FEM. AL

| Pto | Dor | Equipo Relevistas | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------|-----|------------------------------------|-----------------------|------|-------|---------------------|
| Final 27/04/2019 20:15 | | | | | | |
| 1 | | S.G. Pontevedra | | PF | 5 | 48.96 9 |
| | 7 | (f) Pamela Vidal Torres | 12/11/2004 GA2023470F | | | |
| | 7 | Cristina Garrido Cabello | 16/02/2001 GA768774F | | | |
| | 7 | Lucia Ferrer Doporto | 18/09/2000 GA765591F | | | |
| | 7 | Xiana Gonzalez Estevez | 30/07/1998 GA76479PF | | | |
| 2 | | Ria Ferrol-C. Arenal | | SF | 4 | 49.52 7 |
| | 8 | (f) Nerea Iglesias Barbazan | 15/05/2002 GA765903LF | | | |
| | 8 | Antia Martinez Queimaño | 01/06/1994 GA19100SF | | | |
| | 8 | Claudia Torres Rey | 22/08/2000 GA765166F | | | |
| | 8 | Diaou Diallo Chao | 16/10/2004 GA768862F | | | |
| 3 | | At. Femenino Celta | | W-35 | 2 | 51.10 6 |
| | 2 | Lara Lopez Fernandez | 07/06/2002 GA76936LF | | | |
| | 2 | Emma Valencia Garcia | 13/07/1981 GA14325VF | | | |
| | 2 | (f) Marina Prieto Gonzalez | 08/09/2001 GA768736F | | | |
| | 2 | Elvira Okutu Kouletio | 17/01/1998 GA76508PF | | | |
| 4 | | Atletica Lucense | | SF | 1 | 51.12 5 |
| | 6 | Carmen Gomez Usero | 20/04/1999 GA76529PF | | | |
| | 6 | Carmen Victoria Gonzalez Fernandez | 27/09/2003 GA769434F | | | |
| | 6 | Blanca Ines Rodriguez Fernandez | 01/07/2002 GA769432F | | | |
| | 6 | (t) Lucia Seijas Vazquez | 16/06/1991 AG202650SF | | | |
| 5 | | Lucus Caixa Rural Galega | | LF | 6 | 53.94 4 |
| | 3 | Natalia Barrio Hermida | 20/08/2003 GA769322F | | | |
| | 3 | Iria Brea Castro-gil | 23/07/2003 GA769324F | | | |
| | 3 | Carla Mourelle Teijeiro | 01/02/2003 GA768774F | | | |
| | 3 | Brenda Lence Iglesias | 01/07/2003 GA76927LF | | | |
| 6 | | CA Santiago | | PF | 8 | 54.05 3 |
| | 4 | Maria Angel Ruiz Marin | 23/06/2003 GA2023314F | | | |
| | 4 | (t) Nuria Millares Jurjo | 02/02/1997 AG2016062F | | | |
| | 4 | (t) Laura Fernandez Caeiro | 07/05/2002 AG2026774F | | | |
| | 4 | (t) Sara Ansede Vilas | 25/04/2002 AG2023844F | | | |
| 7 | | ADAS Proinor | | LF | 7 | 54.21 2 |
| | 1 | Belen Garcia Arias | 20/03/2003 GA766170LF | | | |
| | 1 | Lola Bouza Villar | 04/03/2003 GA769009LF | | | |
| | 1 | Nerea Fernandez Garcia | 31/12/2002 GA765333LF | | | |
| | 1 | Maria Liyuan Vieito Pena | 21/02/2003 GA76883LF | | | |
| | | Ourense Atletismo | | CF | 3 | DS art 170.1 |
| | 5 | (t) Andrea Del Campo Fernandez | 26/06/2004 AG2024008F | | | |
| | 5 | Carmen De La Fuente Gonzalez | 01/02/2004 GA76930SF | | | |
| | 5 | Candela Labrador Jones | 24/01/2004 GA202330CF | | | |
| | 5 | Anxela Seoane Rodriguez | 24/06/2005 GA202330CF | | | |

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sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

4x400m FEM. AL

| Pto | Dor | Equipo Relevistas | F de Nac Lic | Cat | Calle | Marca |
|-------------------------------|-----|----------------------------------|----------------------|------|-------|-----------|
| Final 27/04/2019 20:35 | | | | | | |
| 1 | | Ria Ferrol-C. Arenal | | SF | 3 | 3:59.67 9 |
| | 8 | Lucia Rivadulla Alonso | 13/07/2001 GA765340 | F | | |
| | 8 | Candela Diaz Rivas | 15/09/1989 GA15895S | SF | | |
| | 8 | Paulette Natacha Fernandez Ngo | 06/06/1994 O5983 | SF | | |
| | 8 | Lucia Sicre Maside | 01/06/2001 GA765342 | F | | |
| 2 | | At. Femenino Celta | | W-35 | 1 | 4:14.18 7 |
| | 2 | Laura Rosende Saez | 25/10/1996 GA764298 | SF | | |
| | 2 | Ruth Carrera Fernandez | 15/06/2001 GA765652 | F | | |
| | 2 | Ana Otero Bello | 19/11/2001 GA769263 | F | | |
| | 2 | Eva Queimaño Vilaboy | 02/05/2000 GA765830 | F | | |
| 3 | | S.G. Pontevedra | | PF | 4 | 4:20.44 6 |
| | 7 | Natalia Meaños Asensi | 22/03/2003 GA202326 | F | | |
| | 7 | Sharay Astariz Nuñez | 21/11/1988 GA768922 | SF | | |
| | 7 | Marta Gonzalez Feroso | 05/03/1984 GA765828 | F | | |
| | 7 | Eugenia Gil Soriano | 15/01/1996 GA20531S | F | | |
| 4 | | Atletica Lucense | | SF | 8 | 4:20.74 5 |
| | 6 | Silvia Lopez Lopez | 16/08/2003 GA769433 | F | | |
| | 6 | Catuxa Carreira Sampayo | 21/08/2003 GA768558 | F | | |
| | 6 | Sara Lopez Lopez | 02/01/2001 GA768928 | F | | |
| | 6 | (t) Maria Bouza Fernandez | 21/04/2003 AG202614 | F | | |
| 5 | | CA Santiago | | PF | 7 | 4:33.93 4 |
| | 4 | Carmen Suarez Ruiz | 07/09/2002 ag-201728 | F | | |
| | 4 | Maria Perez Boente | 30/06/2000 GA202331 | F | | |
| | 4 | Patricie Viadel Turjanicová | 18/10/2000 GA202331 | F | | |
| | 4 | Andrea Botella Rodriguez | 01/06/2001 GA768707 | F | | |
| 6 | | Lucus Caixa Rural Galega | | LF | 5 | 4:34.53 3 |
| | 3 | Adiaratou Iglesias Forneiro | 06/02/1999 GA765578 | F | | |
| | 3 | Paula Maria Castro-gil Lopez | 04/02/2001 GA765838 | F | | |
| | 3 | Laura Santos Dominguez | 08/04/1998 GA202331 | F | | |
| | 3 | Emma Iglesias Penelas | 14/12/1967 GA202341 | F | | |
| 7 | | ADAS Proinor | | LF | 6 | 4:37.73 2 |
| | 1 | Belen Garcia Arias | 20/03/2003 GA766170 | F | | |
| | 1 | Sonsoles Martin Rodriguez | 18/09/2001 GA766142 | F | | |
| | 1 | (e) Joana Filipa Pereira Montero | 15/11/1993 L4667 | SF | | |
| | 1 | (t) Alba Rodriguez Valcarcel | 02/05/1997 AG202704 | F | | |
| 8 | | Ourense Atletismo | | CF | 2 | 4:44.18 1 |
| | 5 | Antia Rodriguez Abad | 10/07/1999 GA768799 | F | | |
| | 5 | Ines Valentin Cima | 28/11/1998 GA769200 | F | | |
| | 5 | (t) Uma Cibeira Gallardo | 24/08/2003 AG202117 | F | | |
| | 5 | Maria Novoa Cabrera | 01/04/2001 GA769337 | F | | |

| Pto | Club | Puntos por Puesto |
|-----|----------------------------------|-------------------|
| 1 | RIAC - Ria Ferrol-C. Arenal | 144 |
| 2 | CAFPO - At. Femenino Celta | 123 |
| 3 | SGPPO - S.G. Pontevedra | 121 |
| 4 | LUCLU - Atletica Lucense | 92 |
| 5 | ADAOR - ADAS Proinor | 92 |
| 6 | LUCLU - Lucus Caixa Rural Galega | 61 |
| 7 | STOC - CA Santiago | 57 |

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sábado, 27 abril 2019 sesión de tarde

ACTA POR SESIÓN

| Pto | Club | Puntos por Puesto |
|-----|---------------------------|-------------------|
| 8 | OUROR - Ourense Atletismo | 37 |