

Prova 1
16/01/2020

Fem., 2000m Lliure

Infantil Fons Indoor
Resultats

RC	22:21.30	VILLAECIJA, ERIKA	MATARÓ	13/02/2016
MMC 15	23:29.96	ESCRIBANO, ARIADNA	MATARÓ	13/02/2016
MMC 14	24:06.52	ROMERO, MARIA	TERRASSA	24/10/2015

Classificació

ANY

Temps

Rank	Name	Age	Club	2000m	1900m
1.	PALACIOS GALLARDO, Rut	05	C.N. Atl Barceloneta	24:43.28	19,00
	100m: 1:12.47 1:12.47	600m: 7:24.96 1:14.71	1100m: 13:37.61 1:14.40	1600m: 19:49.53 1:14.48	
	200m: 2:26.30 1:13.83	700m: 8:39.17 1:14.21	1200m: 14:52.19 1:14.58	1700m: 21:03.88 1:14.35	
	300m: 3:40.50 1:14.20	800m: 9:53.99 1:14.82	1300m: 16:06.72 1:14.53	1800m: 22:18.13 1:14.25	
	400m: 4:55.47 1:14.97	900m: 11:08.81 1:14.82	1400m: 17:20.83 1:14.11	1900m: 23:32.75 1:14.62	
	500m: 6:10.25 1:14.78	1000m: 12:23.21 1:14.40	1500m: 18:35.05 1:14.22	2000m: 24:43.28 1:10.53	
2.	WHEATLEY, Miriam Elisabeth	05	C.N. Sant Andreu	24:43.48	16,00
	100m: 1:10.72 1:10.72	600m: 7:24.30 1:14.42	1100m: 13:36.98 1:14.64	1600m: 19:49.41 1:14.49	
	200m: 2:25.13 1:14.41	700m: 8:38.93 1:14.63	1200m: 14:51.45 1:14.47	1700m: 21:03.90 1:14.49	
	300m: 3:39.66 1:14.53	800m: 9:53.53 1:14.60	1300m: 16:06.36 1:14.91	1800m: 22:18.36 1:14.46	
	400m: 4:54.90 1:15.24	900m: 11:07.63 1:14.10	1400m: 17:20.48 1:14.12	1900m: 23:32.94 1:14.58	
	500m: 6:09.88 1:14.98	1000m: 12:22.34 1:14.71	1500m: 18:34.92 1:14.44	2000m: 24:43.48 1:10.54	
3.	GONZALEZ NUEZ, Lucia	06	C.N. Tarraco	24:59.60	14,00
	100m: 1:10.90 1:10.90	600m: 7:24.57 1:14.62	1100m: 13:41.71 1:15.85	1600m: 19:59.60 1:16.45	
	200m: 2:25.19 1:14.29	700m: 8:39.61 1:15.04	1200m: 14:57.11 1:15.40	1700m: 21:15.52 1:15.92	
	300m: 3:39.97 1:14.78	800m: 9:54.64 1:15.03	1300m: 16:11.95 1:14.84	1800m: 22:31.11 1:15.59	
	400m: 4:54.88 1:14.91	900m: 11:10.23 1:15.59	1400m: 17:27.40 1:15.45	1900m: 23:46.64 1:15.53	
	500m: 6:09.95 1:15.07	1000m: 12:25.86 1:15.63	1500m: 18:43.15 1:15.75	2000m: 24:59.60 1:12.96	
4.	RIZO ROVIRA, Mireia	06	C.N. Terrassa	25:38.77	13,00
	100m: 1:12.26 1:12.26	600m: 7:31.78 1:16.43	1100m: 13:57.56 1:17.70	1600m: 20:26.76 1:17.56	
	200m: 2:27.07 1:14.81	700m: 8:49.05 1:17.27	1200m: 15:15.38 1:17.82	1700m: 21:45.77 1:19.01	
	300m: 3:42.80 1:15.73	800m: 10:05.66 1:16.61	1300m: 16:33.35 1:17.97	1800m: 23:05.10 1:19.33	
	400m: 4:58.84 1:16.04	900m: 11:23.22 1:17.56	1400m: 17:50.94 1:17.59	1900m: 24:24.61 1:19.51	
	500m: 6:15.35 1:16.51	1000m: 12:39.86 1:16.64	1500m: 19:09.20 1:18.26	2000m: 25:38.77 1:14.16	
5.	MEJIA GALLEGU, Alexandra Cristina	06	C.N. Tarraco	25:43.55	12,00
	100m: 1:12.81 1:12.81	600m: 7:40.44 1:17.35	1100m: 14:08.22 1:16.98	1600m: 20:39.03 1:18.11	
	200m: 2:29.52 1:16.71	700m: 8:58.07 1:17.63	1200m: 15:26.49 1:18.27	1700m: 21:56.22 1:17.19	
	300m: 3:47.39 1:17.87	800m: 10:15.14 1:17.07	1300m: 16:44.66 1:18.17	1800m: 23:13.39 1:17.17	
	400m: 5:05.68 1:18.29	900m: 11:33.24 1:18.10	1400m: 18:02.74 1:18.08	1900m: 24:30.05 1:16.66	
	500m: 6:23.09 1:17.41	1000m: 12:51.24 1:18.00	1500m: 19:20.92 1:18.18	2000m: 25:43.55 1:13.50	
6.	GUERRERO RODRIGUEZ, Gisela	06	C.N. Terrassa	25:46.75	11,00
	100m: 1:13.27 1:13.27	600m: 7:44.48 1:18.00	1100m: 14:12.33 1:17.38	1600m: 20:37.71 1:17.65	
	200m: 2:31.41 1:18.14	700m: 9:01.82 1:17.34	1200m: 15:29.56 1:17.23	1700m: 21:55.82 1:18.11	
	300m: 3:49.78 1:18.37	800m: 10:20.07 1:18.25	1300m: 16:47.32 1:17.76	1800m: 23:14.19 1:18.37	
	400m: 5:08.70 1:18.92	900m: 11:37.90 1:17.83	1400m: 18:03.80 1:16.48	1900m: 24:31.50 1:17.31	
	500m: 6:26.48 1:17.78	1000m: 12:54.95 1:17.05	1500m: 19:20.06 1:16.26	2000m: 25:46.75 1:15.25	
7.	MARGUÍ SOLÀ, Núria	05	C.N. Olot	25:48.99	10,00
	100m: 1:12.81 1:12.81	600m: 7:35.55 1:16.80	1100m: 14:02.67 1:17.55	1600m: 20:34.77 1:19.25	
	200m: 2:28.75 1:15.94	700m: 8:52.43 1:16.88	1200m: 15:20.52 1:17.85	1700m: 21:54.08 1:19.31	
	300m: 3:44.96 1:16.21	800m: 10:09.69 1:17.26	1300m: 16:38.57 1:18.05	1800m: 23:13.02 1:18.94	
	400m: 5:01.70 1:16.74	900m: 11:27.05 1:17.36	1400m: 17:57.02 1:18.45	1900m: 24:32.04 1:19.02	
	500m: 6:18.75 1:17.05	1000m: 12:45.12 1:18.07	1500m: 19:15.52 1:18.50	2000m: 25:48.99 1:16.95	
8.	SURROCA RIOL, Gemma	05	C.N. Olot	25:58.68	9,00
	100m: 1:14.30 1:14.30	600m: 7:45.27 1:18.27	1100m: 14:16.30 1:18.24	1600m: 20:48.60 1:17.77	
	200m: 2:31.78 1:17.48	700m: 9:03.39 1:18.12	1200m: 15:35.16 1:18.86	1700m: 22:06.55 1:17.95	
	300m: 3:50.01 1:18.23	800m: 10:21.69 1:18.30	1300m: 16:54.41 1:19.25	1800m: 23:24.90 1:18.35	
	400m: 5:08.52 1:18.51	900m: 11:40.10 1:18.41	1400m: 18:12.50 1:18.09	1900m: 24:42.89 1:17.99	
	500m: 6:27.00 1:18.48	1000m: 12:58.06 1:17.96	1500m: 19:30.83 1:18.33	2000m: 25:58.68 1:15.79	
9.	DEL RIO SANTAMARIA, Jana	05	C.N. Premià	26:13.51	8,00
	100m: 1:13.18 1:13.18	600m: 7:43.11 1:18.28	1100m: 14:19.26 1:19.35	1600m: 20:58.63 1:19.71	
	200m: 2:30.35 1:17.17	700m: 9:02.30 1:19.19	1200m: 15:39.48 1:20.22	1700m: 22:17.99 1:19.36	
	300m: 3:48.38 1:18.03	800m: 10:21.04 1:18.74	1300m: 16:59.22 1:19.74	1800m: 23:38.16 1:20.17	
	400m: 5:06.50 1:18.12	900m: 11:40.25 1:19.21	1400m: 18:18.85 1:19.63	1900m: 24:57.36 1:19.20	
	500m: 6:24.83 1:18.33	1000m: 12:59.91 1:19.66	1500m: 19:38.92 1:20.07	2000m: 26:13.51 1:16.15	

NQ = Nedadors NO Classificats (tall no superat)

Sponsor Sponsor Institucional

Certificacions

Prova 1, Fem., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps		
10. CASELLAS I PUNSET, Laia	06 C.N. Figueres										26:13.73	7,00	
100m:	1:12.55	1:12.55	600m:	7:43.80	1:18.47	1100m:	14:15.70	1:14.58	1600m:	20:54.79	1:21.47		
200m:	2:30.99	1:18.44	700m:	9:03.18	1:19.38	1200m:	15:34.21	1:18.51	1700m:	22:15.37	1:20.58		
300m:	3:49.08	1:18.09	800m:	10:22.41	1:19.23	1300m:	16:53.24	1:19.03	1800m:	23:36.83	1:21.46		
400m:	5:07.45	1:18.37	900m:	11:41.88	1:19.47	1400m:	18:13.30	1:20.06	1900m:	24:55.84	1:19.01		
500m:	6:25.33	1:17.88	1000m:	13:01.12	1:19.24	1500m:	19:33.32	1:20.02	2000m:	26:13.73	1:17.89		
11. DATSENKO, Sofia	05 C.N. Cervera										26:14.39	6,00	
100m:	1:13.25	1:13.25	600m:	7:43.71	1:18.28	1100m:	14:20.37	1:19.22	1600m:	21:00.70	1:20.12		
200m:	2:30.71	1:17.46	700m:	9:02.76	1:19.05	1200m:	15:40.18	1:19.81	1700m:	22:20.34	1:19.64		
300m:	3:48.95	1:18.24	800m:	10:22.18	1:19.42	1300m:	16:59.94	1:19.76	1800m:	23:39.78	1:19.44		
400m:	5:07.30	1:18.35	900m:	11:41.95	1:19.77	1400m:	18:19.93	1:19.99	1900m:	24:58.69	1:18.91		
500m:	6:25.43	1:18.13	1000m:	13:01.15	1:19.20	1500m:	19:40.58	1:20.65	2000m:	26:14.39	1:15.70		
12. TORREJON GASCON, Xenia	06 C.N. Caldes										26:27.00	5,00	
100m:	1:15.78	1:15.78	600m:	7:51.22	1:19.02	1100m:	14:26.19	1:19.18	1600m:	21:08.20	1:20.37		
200m:	2:34.02	1:18.24	700m:	9:09.70	1:18.48	1200m:	15:46.23	1:20.04	1700m:	22:29.34	1:21.14		
300m:	3:53.19	1:19.17	800m:	10:28.91	1:19.21	1300m:	17:06.69	1:20.46	1800m:	23:50.40	1:21.06		
400m:	5:12.48	1:19.29	900m:	11:47.96	1:19.05	1400m:	18:26.76	1:20.07	1900m:	25:10.69	1:20.29		
500m:	6:32.20	1:19.72	1000m:	13:07.01	1:19.05	1500m:	19:47.83	1:21.07	2000m:	26:27.00	1:16.31		
13. VALLS PLAZA, Ariadna	06 C.N. Sant Andreu										26:48.00	4,00	
100m:	1:14.56	1:14.56	600m:	7:43.25	1:18.74	1100m:	14:27.41	1:21.40	1600m:	21:20.84	1:22.82		
200m:	2:30.89	1:16.33	700m:	9:02.61	1:19.36	1200m:	15:49.69	1:22.28	1700m:	22:43.84	1:23.00		
300m:	3:47.82	1:16.93	800m:	10:23.36	1:20.75	1300m:	17:12.02	1:22.33	1800m:	24:06.91	1:23.07		
400m:	5:05.70	1:17.88	900m:	11:44.38	1:21.02	1400m:	18:35.38	1:23.36	1900m:	25:29.48	1:22.57		
500m:	6:24.51	1:18.81	1000m:	13:06.01	1:21.63	1500m:	19:58.02	1:22.64	2000m:	26:48.00	1:18.52		
14. ROCA FORTUNY, Marina	05 C.N. Cervera										26:48.61	3,00	
100m:	1:15.62	1:15.62	600m:	7:53.42	1:18.84	1100m:	14:38.10	1:22.38	1600m:	21:28.82	1:21.43		
200m:	2:35.05	1:19.43	700m:	9:13.76	1:20.34	1200m:	16:00.98	1:22.88	1700m:	22:50.60	1:21.78		
300m:	3:55.01	1:19.96	800m:	10:34.57	1:20.81	1300m:	17:23.77	1:22.79	1800m:	24:11.89	1:21.29		
400m:	5:14.44	1:19.43	900m:	11:54.83	1:20.26	1400m:	18:45.75	1:21.98	1900m:	25:32.10	1:20.21		
500m:	6:34.58	1:20.14	1000m:	13:15.72	1:20.89	1500m:	20:07.39	1:21.64	2000m:	26:48.61	1:16.51		
15. RODRÍGUEZ SANTAULARIA, Jéssica	06 C.N. Igualada										26:56.24	2,00	
100m:	1:12.76	1:12.76	600m:	7:48.14	1:20.41	1100m:	14:33.88	1:21.65	1600m:	21:28.14	1:23.10		
200m:	2:29.45	1:16.69	700m:	9:08.82	1:20.68	1200m:	15:56.07	1:22.19	1700m:	22:51.35	1:23.21		
300m:	3:48.02	1:18.57	800m:	10:29.76	1:20.94	1300m:	17:18.75	1:22.68	1800m:	24:14.00	1:22.65		
400m:	5:07.86	1:19.84	900m:	11:51.06	1:21.30	1400m:	18:42.09	1:23.34	1900m:	25:36.30	1:22.30		
500m:	6:27.73	1:19.87	1000m:	13:12.23	1:21.17	1500m:	20:05.04	1:22.95	2000m:	26:56.24	1:19.94		
16. VARET CANO, Audrey	06 C.N. Mataró										27:04.16	1,00	
100m:	1:14.35	1:14.35	600m:	7:57.61	1:22.57	1100m:	14:48.64	1:21.83	1600m:	21:41.63	1:22.74		
200m:	2:32.10	1:17.75	700m:	9:20.36	1:22.75	1200m:	16:10.45	1:21.81	1700m:	23:03.32	1:21.69		
300m:	3:51.66	1:19.56	800m:	10:42.45	1:22.09	1300m:	17:32.92	1:22.47	1800m:	24:25.53	1:22.21		
400m:	5:13.13	1:21.47	900m:	12:05.27	1:22.82	1400m:	18:56.32	1:23.40	1900m:	25:46.46	1:20.93		
500m:	6:35.04	1:21.91	1000m:	13:26.81	1:21.54	1500m:	20:18.89	1:22.57	2000m:	27:04.16	1:17.70		
17. ESTRAGUÉ BERNE, Abril	06 C.N. Calella										27:06.69	-	
100m:	1:15.32	1:15.32	600m:	7:53.65	1:20.62	1100m:	14:44.09	1:22.22	1600m:	21:36.15	1:21.95		
200m:	2:34.28	1:18.96	700m:	9:16.17	1:22.52	1200m:	16:06.61	1:22.52	1700m:	22:59.15	1:23.00		
300m:	3:53.89	1:19.61	800m:	10:37.67	1:21.50	1300m:	17:28.24	1:21.63	1800m:	24:22.46	1:23.31		
400m:	5:13.06	1:19.17	900m:	11:59.79	1:22.12	1400m:	18:50.97	1:22.73	1900m:	25:45.07	1:22.61		
500m:	6:33.03	1:19.97	1000m:	13:21.87	1:22.08	1500m:	20:14.20	1:23.23	2000m:	27:06.69	1:21.62		
18. FIGUEROLA LORENZANA, Júlia	05 C.N. Cervera										27:32.68	-	
100m:	1:16.81	1:16.81	600m:	8:09.03	1:22.79	1100m:	15:04.67	1:23.24	1600m:	22:03.83	1:24.04		
200m:	2:38.01	1:21.20	700m:	9:31.72	1:22.69	1200m:	16:28.85	1:24.18	1700m:	23:26.33	1:22.50		
300m:	4:00.43	1:22.42	800m:	10:54.39	1:22.67	1300m:	17:51.92	1:23.07	1800m:	24:49.60	1:23.27		
400m:	5:23.14	1:22.71	900m:	12:17.59	1:23.20	1400m:	19:16.16	1:24.24	1900m:	26:11.77	1:22.17		
500m:	6:46.24	1:23.10	1000m:	13:41.43	1:23.84	1500m:	20:39.79	1:23.63	2000m:	27:32.68	1:20.91		
19. YERIMYAN KHOSROVYAN, Charlotte	06 C.N. L'hospitalet										27:37.62	-	
100m:	1:16.99	1:16.99	600m:	8:06.92	1:22.77	1100m:	15:03.76	1:23.89	1600m:	22:03.20	1:24.36		
200m:	2:38.09	1:21.10	700m:	9:29.57	1:22.65	1200m:	16:28.19	1:24.43	1700m:	23:27.07	1:23.87		
300m:	3:59.95	1:21.86	800m:	10:52.88	1:23.31	1300m:	17:51.64	1:23.45	1800m:	24:50.59	1:23.52		
400m:	5:21.88	1:21.93	900m:	12:16.81	1:23.93	1400m:	19:15.81	1:24.17	1900m:	26:15.19	1:24.60		
500m:	6:44.15	1:22.27	1000m:	13:39.87	1:23.06	1500m:	20:38.84	1:23.03	2000m:	27:37.62	1:22.43		

NQ = Nedadors NO Classificats (tall no superat)



Prova 1, Fem., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY						Temps				
20. PIÑANA GRAU, Laura	06 C.N. Amposta						28:36.53	-			
100m:	1:16.26	1:16.26	600m:	8:12.13	1:24.53	1100m:	15:28.47	1:28.05	1600m:	22:49.75	1:28.08
200m:	2:37.88	1:21.62	700m:	9:38.38	1:26.25	1200m:	16:56.65	1:28.18	1700m:	24:16.55	1:26.80
300m:	4:00.67	1:22.79	800m:	11:05.48	1:27.10	1300m:	18:24.61	1:27.96	1800m:	25:44.24	1:27.69
400m:	5:23.85	1:23.18	900m:	12:32.70	1:27.22	1400m:	19:53.68	1:29.07	1900m:	27:11.37	1:27.13
500m:	6:47.60	1:23.75	1000m:	14:00.42	1:27.72	1500m:	21:21.67	1:27.99	2000m:	28:36.53	1:25.16

NQ = Nedadors NO Classificats (tall no superat)

Prova 2
16/01/2020

Masc., 2000m Lliure

Infantil Fons Indoor
Resultats

RC	21:12.53	ARROYO, ANTONIO	BARCELONA	31/05/2014
MMC 15	22:28.19	YAGÜES, POL	MATARÓ	18/02/2017
MMC 14	23:48.53	TEL, MARC	TERRASSA	25/10/2014

Classificació

ANY

Temps

Classificació	ANY	Temps
1. RAMOS RUIZ, Toni	05 N.C. Torelló	23:49.40 19,00
100m: 1:09.56 1:09.56	600m: 7:08.55 1:12.23	1100m: 13:09.20 1:12.29
200m: 2:20.56 1:11.00	700m: 8:20.34 1:11.79	1200m: 14:21.01 1:11.81
300m: 3:32.42 1:11.86	800m: 9:32.57 1:12.23	1300m: 15:32.64 1:11.63
400m: 4:44.35 1:11.93	900m: 10:44.57 1:12.00	1400m: 16:44.01 1:11.37
500m: 5:56.32 1:11.97	1000m: 11:56.91 1:12.34	1500m: 17:54.87 1:10.86
1600m: 19:05.41 1:10.54		1700m: 20:15.85 1:10.44
1800m: 21:27.05 1:11.20		1900m: 22:39.77 1:12.72
2000m: 23:49.40 1:09.63		
2. PEREZ PUJOL, Oriol	05 C.N. Terrassa	23:55.81 16,00
100m: 1:08.31 1:08.31	600m: 7:08.56 1:12.23	1100m: 13:09.05 1:12.02
200m: 2:20.18 1:11.87	700m: 8:20.57 1:12.01	1200m: 14:20.59 1:11.54
300m: 3:32.10 1:11.92	800m: 9:32.57 1:12.00	1300m: 15:32.26 1:11.67
400m: 4:44.27 1:12.17	900m: 10:45.27 1:12.70	1400m: 16:43.89 1:11.63
500m: 5:56.33 1:12.06	1000m: 11:57.03 1:11.76	1500m: 17:56.02 1:12.13
1600m: 19:07.08 1:11.06		1700m: 20:19.17 1:12.09
1800m: 21:32.22 1:13.05		1900m: 22:45.30 1:13.08
2000m: 23:55.81 1:10.51		
3. JIMÉNEZ RÍSQUEZ, Alex	06 C.N. Caldes	24:47.91 14,00
100m: 1:10.79 1:10.79	600m: 7:25.14 1:14.50	1100m: 13:40.85 1:15.23
200m: 2:25.14 1:14.35	700m: 8:39.37 1:14.23	1200m: 14:55.28 1:14.43
300m: 3:40.26 1:15.12	800m: 9:54.84 1:15.47	1300m: 16:09.48 1:14.20
400m: 4:55.44 1:15.18	900m: 11:10.19 1:15.35	1400m: 17:23.14 1:13.66
500m: 6:10.64 1:15.20	1000m: 12:25.62 1:15.43	1500m: 18:37.44 1:14.30
1600m: 19:51.74 1:14.30		1700m: 21:05.80 1:14.06
1800m: 22:20.20 1:14.40		1900m: 23:35.56 1:15.36
2000m: 24:47.91 1:12.35		
4. CORTES VILARDELL, Pau	05 C.N. Caldes	24:58.59 13,00
100m: 1:13.18 1:13.18	600m: 7:27.33 1:14.23	1100m: 13:40.08 1:14.71
200m: 2:28.21 1:15.03	700m: 8:41.65 1:14.32	1200m: 14:54.49 1:14.41
300m: 3:43.52 1:15.31	800m: 9:55.84 1:14.19	1300m: 16:09.03 1:14.54
400m: 4:58.57 1:15.05	900m: 11:10.58 1:14.74	1400m: 17:23.55 1:14.52
500m: 6:13.10 1:14.53	1000m: 12:25.37 1:14.79	1500m: 18:39.15 1:15.60
1600m: 19:55.81 1:16.66		1700m: 21:12.10 1:16.29
1800m: 22:28.75 1:16.65		1900m: 23:45.31 1:16.56
2000m: 24:58.59 1:13.28		
5. MARCET CRUZ, Joel	05 C.N. Tàrraga	24:58.95 12,00
100m: 1:12.94 1:12.94	600m: 7:25.86 1:14.82	1100m: 13:47.01 1:17.21
200m: 2:26.54 1:13.60	700m: 8:41.01 1:15.15	1200m: 15:03.19 1:16.18
300m: 3:40.93 1:14.39	800m: 9:57.90 1:16.89	1300m: 16:20.02 1:16.83
400m: 4:55.72 1:14.79	900m: 11:14.56 1:16.66	1400m: 17:36.17 1:16.15
500m: 6:11.04 1:15.32	1000m: 12:29.80 1:15.24	1500m: 18:51.52 1:15.35
1600m: 20:06.25 1:14.73		1700m: 21:21.88 1:15.63
1800m: 22:37.26 1:15.38		1900m: 23:49.90 1:12.64
2000m: 24:58.95 1:09.05		
6. GARCIA GUINOVART, Eric	05 C.N. Sitges	24:59.53 11,00
100m: 1:10.63 1:10.63	600m: 7:24.32 1:14.47	1100m: 13:41.72 1:15.74
200m: 2:25.01 1:14.38	700m: 8:39.47 1:15.15	1200m: 14:57.23 1:15.51
300m: 3:39.72 1:14.71	800m: 9:54.81 1:15.34	1300m: 16:11.81 1:14.58
400m: 4:54.80 1:15.08	900m: 11:10.25 1:15.44	1400m: 17:27.46 1:15.65
500m: 6:09.85 1:15.05	1000m: 12:25.98 1:15.73	1500m: 18:43.20 1:15.74
1600m: 19:59.75 1:16.55		1700m: 21:15.71 1:15.96
1800m: 22:31.24 1:15.53		1900m: 23:46.82 1:15.58
2000m: 24:59.53 1:12.71		
7. POTTIER IBAÑEZ, Victor	06 C.N. Catalunya	25:36.85 10,00
100m: 1:08.51 1:08.51	600m: 7:30.95 1:17.12	1100m: 13:56.53 1:17.76
200m: 2:22.91 1:14.40	700m: 8:47.95 1:17.00	1200m: 15:13.84 1:17.31
300m: 3:39.50 1:16.59	800m: 10:04.76 1:16.81	1300m: 16:30.75 1:16.91
400m: 4:56.55 1:17.05	900m: 11:21.89 1:17.13	1400m: 17:48.17 1:17.42
500m: 6:13.83 1:17.28	1000m: 12:38.77 1:16.88	1500m: 19:06.36 1:18.19
1600m: 20:25.55 1:19.19		1700m: 21:43.87 1:18.32
1800m: 23:02.91 1:19.04		1900m: 24:21.76 1:18.85
2000m: 25:36.85 1:15.09		
8. FITCH ASENSIO, Crosby	06 C.N. Figueres	25:40.14 9,00
100m: 1:14.04 1:14.04	600m: 7:41.09 1:17.82	1100m: 14:06.20 1:14.66
200m: 2:30.06 1:16.02	700m: 8:58.81 1:17.72	1200m: 15:23.23 1:17.03
300m: 3:47.39 1:17.33	800m: 10:15.52 1:16.71	1300m: 16:40.02 1:16.79
400m: 5:05.49 1:18.10	900m: 11:33.54 1:18.02	1400m: 17:57.45 1:17.43
500m: 6:23.27 1:17.78	1000m: 12:51.54 1:18.00	1500m: 19:14.19 1:16.74
1600m: 20:31.54 1:17.35		1700m: 21:49.40 1:17.86
1800m: 23:07.42 1:18.02		1900m: 24:25.73 1:18.31
2000m: 25:40.14 1:14.41		
9. MARTI TORRALBA, Marc	06 C.N. Caldes	25:51.31 8,00
100m: 1:12.57 1:12.57	600m: 7:41.46 1:17.92	1100m: 14:13.51 1:17.85
200m: 2:29.39 1:16.82	700m: 8:59.89 1:18.43	1200m: 15:31.58 1:18.07
300m: 3:47.28 1:17.89	800m: 10:18.73 1:18.84	1300m: 16:49.17 1:17.59
400m: 5:05.28 1:18.00	900m: 11:36.70 1:17.97	1400m: 18:07.83 1:18.66
500m: 6:23.54 1:18.26	1000m: 12:55.66 1:18.96	1500m: 19:25.94 1:18.11
1600m: 20:44.04 1:18.10		1700m: 22:02.54 1:18.50
1800m: 23:20.62 1:18.08		1900m: 24:38.98 1:18.36
2000m: 25:51.31 1:12.33		

NQ = Nedadors NO Classificats (tall no superat)

Sponsor Sponsor Institucional

Certificacions



Prova 2, Masc., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps			
10.	TEODORO MASRIERA, Roger 05 C.N. Mataró										25:51.45	7,00		
	100m:	1:12.54	1:12.54	600m:	7:38.13	1:17.35	1100m:	14:07.63	1:17.57	1600m:	20:40.09	1:18.13		
	200m:	2:28.89	1:16.35	700m:	8:56.10	1:17.97	1200m:	15:26.16	1:18.53	1700m:	21:58.83	1:18.74		
	300m:	3:45.56	1:16.67	800m:	10:13.77	1:17.67	1300m:	16:45.41	1:19.25	1800m:	23:17.49	1:18.66		
	400m:	5:02.92	1:17.36	900m:	11:32.14	1:18.37	1400m:	18:03.95	1:18.54	1900m:	24:35.80	1:18.31		
	500m:	6:20.78	1:17.86	1000m:	12:50.06	1:17.92	1500m:	19:21.96	1:18.01	2000m:	25:51.45	1:15.65		
11.	RUIZ GIMENO, Toni 05 C.N. Calella										25:55.64	6,00		
	100m:	1:13.66	1:13.66	600m:	7:40.79	1:17.14	1100m:	14:10.77	1:19.73	1600m:	20:48.27	1:18.51		
	200m:	2:29.95	1:16.29	700m:	8:58.18	1:17.39	1200m:	15:30.49	1:19.72	1700m:	22:06.55	1:18.28		
	300m:	3:47.46	1:17.51	800m:	10:15.70	1:17.52	1300m:	16:50.34	1:19.85	1800m:	23:24.74	1:18.19		
	400m:	5:05.44	1:17.98	900m:	11:33.15	1:17.45	1400m:	18:10.07	1:19.73	1900m:	24:42.51	1:17.77		
	500m:	6:23.65	1:18.21	1000m:	12:51.04	1:17.89	1500m:	19:29.76	1:19.69	2000m:	25:55.64	1:13.13		
12.	FERREROL SANOU, Marti 05 C.N. Cervera										25:56.55	5,00		
	100m:	1:11.67	1:11.67	600m:	7:38.76	1:18.28	1100m:	14:06.97	1:18.14	1600m:	20:42.40	1:20.38		
	200m:	2:28.43	1:16.76	700m:	8:56.98	1:18.22	1200m:	15:25.99	1:19.02	1700m:	22:02.56	1:20.16		
	300m:	3:45.86	1:17.43	800m:	10:14.17	1:17.19	1300m:	16:45.49	1:19.50	1800m:	23:21.80	1:19.24		
	400m:	5:03.58	1:17.72	900m:	11:30.89	1:16.72	1400m:	18:03.56	1:18.07	1900m:	24:42.96	1:21.16		
	500m:	6:20.48	1:16.90	1000m:	12:48.83	1:17.94	1500m:	19:22.02	1:18.46	2000m:	25:56.55	1:13.59		
13.	CHECA HORNERO, Aleix 06 C.N. L'hospitalet										25:59.73	4,00		
	100m:	1:14.77	1:14.77	600m:	7:46.17	1:17.51	1100m:	14:16.05	1:18.11	1600m:	20:50.30	1:17.65		
	200m:	2:32.94	1:18.17	700m:	9:03.75	1:17.58	1200m:	15:35.06	1:19.01	1700m:	22:08.52	1:18.22		
	300m:	3:51.45	1:18.51	800m:	10:21.72	1:17.97	1300m:	16:55.32	1:20.26	1800m:	23:28.16	1:19.64		
	400m:	5:10.76	1:19.31	900m:	11:40.26	1:18.54	1400m:	18:14.04	1:18.72	1900m:	24:45.27	1:17.11		
	500m:	6:28.66	1:17.90	1000m:	12:57.94	1:17.68	1500m:	19:32.65	1:18.61	2000m:	25:59.73	1:14.46		
14.	ROMERO GUZMAN, Arnau 06 C.N. Viladecans										26:03.59	3,00		
	100m:	1:12.27	1:12.27	600m:	7:44.17	1:18.19	1100m:	14:12.84	1:17.41	1600m:	20:47.76	1:21.36		
	200m:	2:30.54	1:18.27	700m:	9:01.70	1:17.53	1200m:	15:30.37	1:17.53	1700m:	22:07.88	1:20.12		
	300m:	3:49.00	1:18.46	800m:	10:19.85	1:18.15	1300m:	16:47.94	1:17.57	1800m:	23:28.20	1:20.32		
	400m:	5:07.90	1:18.90	900m:	11:38.36	1:18.51	1400m:	18:06.77	1:18.83	1900m:	24:48.04	1:19.84		
	500m:	6:25.98	1:18.08	1000m:	12:55.43	1:17.07	1500m:	19:26.40	1:19.63	2000m:	26:03.59	1:15.55		
15.	FERNANDEZ SIMO, Eric 05 C.N. Caldes										26:09.35	2,00		
	100m:	1:13.62	1:13.62	600m:	7:44.04	1:19.26	1100m:	14:20.21	1:19.54	1600m:	21:00.68	1:20.07		
	200m:	2:30.94	1:17.32	700m:	9:03.05	1:19.01	1200m:	15:40.00	1:19.79	1700m:	22:19.69	1:19.01		
	300m:	3:49.06	1:18.12	800m:	10:22.26	1:19.21	1300m:	16:59.69	1:19.69	1800m:	23:36.27	1:16.58		
	400m:	5:07.07	1:18.01	900m:	11:42.03	1:19.77	1400m:	18:19.92	1:20.23	1900m:	24:53.48	1:17.21		
	500m:	6:24.78	1:17.71	1000m:	13:00.67	1:18.64	1500m:	19:40.61	1:20.69	2000m:	26:09.35	1:15.87		
16.	BANUS COSTA, Aleix 05 C.N. Premià										26:22.30	1,00		
	100m:	1:14.77	1:14.77	600m:	7:48.74	1:18.66	1100m:	14:20.85	1:18.44	1600m:	21:01.17	1:21.20		
	200m:	2:33.33	1:18.56	700m:	9:06.73	1:17.99	1200m:	15:40.16	1:19.31	1700m:	22:22.85	1:21.68		
	300m:	3:52.63	1:19.30	800m:	10:25.23	1:18.50	1300m:	16:59.72	1:19.56	1800m:	23:44.61	1:21.76		
	400m:	5:12.22	1:19.59	900m:	11:44.23	1:19.00	1400m:	18:19.58	1:19.86	1900m:	25:05.52	1:20.91		
	500m:	6:30.08	1:17.86	1000m:	13:02.41	1:18.18	1500m:	19:39.97	1:20.39	2000m:	26:22.30	1:16.78		
17.	MORA LOPEZ, Pol 06 N.C. Torelló										26:26.95	-		
	100m:	1:15.41	1:15.41	600m:	7:51.53	1:19.35	1100m:	14:26.47	1:19.17	1600m:	21:08.56	1:20.78		
	200m:	2:34.19	1:18.78	700m:	9:10.04	1:18.51	1200m:	15:46.27	1:19.80	1700m:	22:29.39	1:20.83		
	300m:	3:53.25	1:19.06	800m:	10:29.00	1:18.96	1300m:	17:06.71	1:20.44	1800m:	23:50.35	1:20.96		
	400m:	5:12.77	1:19.52	900m:	11:47.84	1:18.84	1400m:	18:27.13	1:20.42	1900m:	25:11.02	1:20.67		
	500m:	6:32.18	1:19.41	1000m:	13:07.30	1:19.46	1500m:	19:47.78	1:20.65	2000m:	26:26.95	1:15.93		
18.	FERNANDEZ RODRIGO, Joan Adria 05 C.N. Calella										26:30.76	-		
	100m:	1:14.43	1:14.43	600m:	7:54.50	1:19.63	1100m:	14:33.06	1:20.70	1600m:	21:13.26	1:20.07		
	200m:	2:34.63	1:20.20	700m:	9:14.10	1:19.60	1200m:	15:53.51	1:20.45	1700m:	22:32.87	1:19.61		
	300m:	3:55.33	1:20.70	800m:	10:33.20	1:19.10	1300m:	17:13.30	1:19.79	1800m:	23:53.13	1:20.26		
	400m:	5:15.20	1:19.87	900m:	11:52.85	1:19.65	1400m:	18:33.70	1:20.40	1900m:	25:12.54	1:19.41		
	500m:	6:34.87	1:19.67	1000m:	13:12.36	1:19.51	1500m:	19:53.19	1:19.49	2000m:	26:30.76	1:18.22		
19.	PALOMINO RAFFO, Teo 05 C.N. Calella										26:44.84	-		
	100m:	1:14.56	1:14.56	600m:	7:53.50	1:20.66	1100m:	14:34.42	1:19.87	1600m:	21:17.80	1:20.90		
	200m:	2:33.09	1:18.53	700m:	9:13.83	1:20.33	1200m:	15:54.42	1:20.00	1700m:	22:39.58	1:21.78		
	300m:	3:52.70	1:19.61	800m:	10:34.84	1:21.01	1300m:	17:14.08	1:19.66	1800m:	24:02.19	1:22.61		
	400m:	5:12.73	1:20.03	900m:	11:54.48	1:19.64	1400m:	18:34.63	1:20.55	1900m:	25:25.18	1:22.99		
	500m:	6:32.84	1:20.11	1000m:	13:14.55	1:20.07	1500m:	19:56.90	1:22.27	2000m:	26:44.84	1:19.66		

NQ = Nedadors NO Classificats (tall no superat)



Prova 2, Masc., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY		Temps	
20. SERRA THOMAS, Leo	05	C.N. Catalunya	27:04.29	-
100m: 1:12.32 1:12.32	600m: 7:47.00 1:20.80	1100m: 14:36.42 1:22.54	1600m: 21:34.43 1:23.96	
200m: 2:29.83 1:17.51	700m: 9:09.12 1:22.12	1200m: 15:59.98 1:23.56	1700m: 22:57.78 1:23.35	
300m: 3:47.98 1:18.15	800m: 10:30.10 1:20.98	1300m: 17:21.83 1:21.85	1800m: 24:21.29 1:23.51	
400m: 5:06.37 1:18.39	900m: 11:52.31 1:22.21	1400m: 18:44.62 1:22.79	1900m: 25:42.91 1:21.62	
500m: 6:26.20 1:19.83	1000m: 13:13.88 1:21.57	1500m: 20:10.47 1:25.85	2000m: 27:04.29 1:21.38	

NQ = Nedadors NO Classificats (tall no superat)



Prova 3
16/01/2020

Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1
Resultats

RC	33:39.85	VILLAECIJA, ERIKA	MATARÓ	13/02/2016
MMC 18	34:36.16	DASCA, CLAUDIA	TERRASSA	27/10/2012
MMC 17	34:59.75	CASTRO, MARINA	MATARÓ	13/02/2006
MMC 16	35:34.69	RODRIGUEZ, LAURA	MATARÓ	24/02/2018

Classificació

ANY

Temps

Júnior 1 Fons Indoor

1. LUIS EGEA, Julia	04	C.N. Terrassa	36:13.07	19,00
100m: 1:10.03 1:10.03	900m: 10:42.69 1:12.76	1700m: 20:24.54 1:12.73	2500m: 30:07.21 1:13.51	
200m: 2:21.02 1:10.99	1000m: 11:55.38 1:12.69	1800m: 21:37.28 1:12.74	2600m: 31:20.95 1:13.74	
300m: 3:32.17 1:11.15	1100m: 13:07.88 1:12.50	1900m: 22:50.22 1:12.94	2700m: 32:34.74 1:13.79	
400m: 4:43.71 1:11.54	1200m: 14:20.28 1:12.40	2000m: 24:02.89 1:12.67	2800m: 33:48.42 1:13.68	
500m: 5:55.26 1:11.55	1300m: 15:33.10 1:12.82	2100m: 25:15.82 1:12.93	2900m: 35:01.67 1:13.25	
600m: 7:06.59 1:11.33	1400m: 16:45.84 1:12.74	2200m: 26:28.05 1:12.23	3000m: 36:13.07 1:11.40	
700m: 8:17.80 1:11.21	1500m: 17:58.75 1:12.91	2300m: 27:40.59 1:12.54		
800m: 9:29.93 1:12.13	1600m: 19:11.81 1:13.06	2400m: 28:53.70 1:13.11		
2. BLAYA CORRONS, Janna	03	C.N. Terrassa	36:46.41	16,00
100m: 1:09.83 1:09.83	900m: 10:46.40 1:13.29	1700m: 20:38.31 1:15.41	2500m: 30:34.37 1:14.66	
200m: 2:21.37 1:11.54	1000m: 12:00.13 1:13.73	1800m: 21:52.67 1:14.36	2600m: 31:49.10 1:14.73	
300m: 3:33.22 1:11.85	1100m: 13:13.52 1:13.39	1900m: 23:06.93 1:14.26	2700m: 33:03.78 1:14.68	
400m: 4:44.77 1:11.55	1200m: 14:26.94 1:13.42	2000m: 24:21.43 1:14.50	2800m: 34:18.89 1:15.11	
500m: 5:56.38 1:11.61	1300m: 15:41.02 1:14.08	2100m: 25:35.68 1:14.25	2900m: 35:33.65 1:14.76	
600m: 7:08.00 1:11.62	1400m: 16:54.96 1:13.94	2200m: 26:49.70 1:14.02	3000m: 36:46.41 1:12.76	
700m: 8:20.41 1:12.41	1500m: 18:08.96 1:14.00	2300m: 28:04.65 1:14.95		
800m: 9:33.11 1:12.70	1600m: 19:22.90 1:13.94	2400m: 29:19.71 1:15.06		
3. GALO NOGUEIRA, Estel Xuan	04	C.N. Granollers	36:48.75	14,00
100m: 1:09.73 1:09.73	900m: 10:47.54 1:12.74	1700m: 20:36.18 1:14.73	2500m: 30:34.61 1:14.95	
200m: 2:21.42 1:11.69	1000m: 12:00.32 1:12.78	1800m: 21:50.90 1:14.72	2600m: 31:49.84 1:15.23	
300m: 3:33.69 1:12.27	1100m: 13:13.14 1:12.82	1900m: 23:05.18 1:14.28	2700m: 33:05.86 1:16.02	
400m: 4:45.66 1:11.97	1200m: 14:26.24 1:13.10	2000m: 24:19.90 1:14.72	2800m: 34:21.91 1:16.05	
500m: 5:57.92 1:12.26	1300m: 15:39.69 1:13.45	2100m: 25:34.42 1:14.52	2900m: 35:37.23 1:15.32	
600m: 7:09.98 1:12.06	1400m: 16:53.33 1:13.64	2200m: 26:49.13 1:14.71	3000m: 36:48.75 1:11.52	
700m: 8:22.19 1:12.21	1500m: 18:07.15 1:13.82	2300m: 28:04.01 1:14.88		
800m: 9:34.80 1:12.61	1600m: 19:21.45 1:14.30	2400m: 29:19.66 1:15.65		
4. VILARDEBÓ PLA, Núria	04	C.N. Calella	37:32.54	13,00
100m: 1:10.08 1:10.08	900m: 10:53.04 1:14.22	1700m: 20:59.93 1:15.93	2500m: 31:13.60 1:16.13	
200m: 2:22.98 1:12.90	1000m: 12:07.33 1:14.29	1800m: 22:16.76 1:16.83	2600m: 32:30.67 1:17.07	
300m: 3:35.10 1:12.12	1100m: 13:22.47 1:15.14	1900m: 23:33.75 1:16.99	2700m: 33:47.95 1:17.28	
400m: 4:47.62 1:12.52	1200m: 14:38.60 1:16.13	2000m: 24:51.09 1:17.34	2800m: 35:03.80 1:15.85	
500m: 6:00.01 1:12.39	1300m: 15:55.07 1:16.47	2100m: 26:07.69 1:16.60	2900m: 36:18.63 1:14.83	
600m: 7:12.49 1:12.48	1400m: 17:11.33 1:16.26	2200m: 27:24.10 1:16.41	3000m: 37:32.54 1:13.91	
700m: 8:25.17 1:12.68	1500m: 18:27.66 1:16.33	2300m: 28:40.61 1:16.51		
800m: 9:38.82 1:13.65	1600m: 19:44.00 1:16.34	2400m: 29:57.47 1:16.86		
5. RIUS PELLEJA, Abril	04	C.N. Tarraco	37:38.36	12,00
100m: 1:11.17 1:11.17	900m: 11:05.99 1:14.70	1700m: 21:11.17 1:16.48	2500m: 31:20.71 1:16.12	
200m: 2:25.31 1:14.14	1000m: 12:21.30 1:15.31	1800m: 22:27.49 1:16.32	2600m: 32:36.95 1:16.24	
300m: 3:39.22 1:13.91	1100m: 13:36.10 1:14.80	1900m: 23:43.81 1:16.32	2700m: 33:53.35 1:16.40	
400m: 4:54.03 1:14.81	1200m: 14:51.33 1:15.23	2000m: 25:00.02 1:16.21	2800m: 35:09.76 1:16.41	
500m: 6:08.41 1:14.38	1300m: 16:07.06 1:15.73	2100m: 26:15.33 1:15.31	2900m: 36:24.75 1:14.99	
600m: 7:22.47 1:14.06	1400m: 17:22.72 1:15.66	2200m: 27:31.64 1:16.31	3000m: 37:38.36 1:13.61	
700m: 8:36.74 1:14.27	1500m: 18:39.04 1:16.32	2300m: 28:48.33 1:16.69		
800m: 9:51.29 1:14.55	1600m: 19:54.69 1:15.65	2400m: 30:04.59 1:16.26		
6. MONELLS RABASSA, Júlia	03	C.N. Olot	37:44.79	11,00
100m: 1:11.80 1:11.80	900m: 11:10.89 1:15.59	1700m: 21:16.31 1:16.53	2500m: 31:22.88 1:16.56	
200m: 2:26.31 1:14.51	1000m: 12:25.76 1:14.87	1800m: 22:31.96 1:15.65	2600m: 32:40.12 1:17.24	
300m: 3:41.18 1:14.87	1100m: 13:41.07 1:15.31	1900m: 23:47.58 1:15.62	2700m: 33:57.79 1:17.67	
400m: 4:55.64 1:14.46	1200m: 14:56.33 1:15.26	2000m: 25:03.02 1:15.44	2800m: 35:14.99 1:17.20	
500m: 6:10.40 1:14.76	1300m: 16:11.93 1:15.60	2100m: 26:18.66 1:15.64	2900m: 36:32.48 1:17.49	
600m: 7:25.34 1:14.94	1400m: 17:27.89 1:15.96	2200m: 27:34.56 1:15.90	3000m: 37:44.79 1:12.31	
700m: 8:40.10 1:14.76	1500m: 18:43.76 1:15.87	2300m: 28:49.93 1:15.37		
800m: 9:55.30 1:15.20	1600m: 19:59.78 1:16.02	2400m: 30:06.32 1:16.39		

NQ = Nedadors NO Classificats (tall no superat)



Prova 3, Fem., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY										Temps	
7. VALERIO SAIS, Queralt	04 GEIEG										38:07.52	10,00
100m:	1:12.43	1:12.43	900m:	11:08.20	1:15.30	1700m:	21:20.61	1:17.85	2500m:	31:41.05	1:18.39	
200m:	2:25.69	1:13.26	1000m:	12:23.76	1:15.56	1800m:	22:38.57	1:17.96	2600m:	32:57.77	1:16.72	
300m:	3:39.22	1:13.53	1100m:	13:39.45	1:15.69	1900m:	23:55.96	1:17.39	2700m:	34:14.88	1:17.11	
400m:	4:52.94	1:13.72	1200m:	14:56.14	1:16.69	2000m:	25:12.93	1:16.97	2800m:	35:32.71	1:17.83	
500m:	6:07.26	1:14.32	1300m:	16:12.25	1:16.11	2100m:	26:29.56	1:16.63	2900m:	36:50.24	1:17.53	
600m:	7:22.30	1:15.04	1400m:	17:28.93	1:16.68	2200m:	27:46.97	1:17.41	3000m:	38:07.52	1:17.28	
700m:	8:37.74	1:15.44	1500m:	18:45.63	1:16.70	2300m:	29:04.44	1:17.47				
800m:	9:52.90	1:15.16	1600m:	20:02.76	1:17.13	2400m:	30:22.66	1:18.22				
8. GRAU LOPEZ DE LA OSA, Paula	04 C.N. L'hospitalet										38:14.32	9,00
100m:	1:15.32	1:15.32	900m:	11:24.13	1:17.28	1700m:	21:41.14	1:17.58	2500m:	31:57.34	1:17.06	
200m:	2:30.46	1:15.14	1000m:	12:41.06	1:16.93	1800m:	22:58.61	1:17.47	2600m:	33:13.60	1:16.26	
300m:	3:46.36	1:15.90	1100m:	13:57.74	1:16.68	1900m:	24:16.37	1:17.76	2700m:	34:30.91	1:17.31	
400m:	5:02.27	1:15.91	1200m:	15:14.79	1:17.05	2000m:	25:32.78	1:16.41	2800m:	35:47.84	1:16.93	
500m:	6:17.86	1:15.59	1300m:	16:32.35	1:17.56	2100m:	26:49.34	1:16.56	2900m:	37:03.08	1:15.24	
600m:	7:34.05	1:16.19	1400m:	17:50.14	1:17.79	2200m:	28:05.82	1:16.48	3000m:	38:14.32	1:11.24	
700m:	8:50.56	1:16.51	1500m:	19:07.43	1:17.29	2300m:	29:23.06	1:17.24				
800m:	10:06.85	1:16.29	1600m:	20:23.56	1:16.13	2400m:	30:40.28	1:17.22				
9. CASTILLO MORENILLA, Lidia	04 C.N. Caldes										38:35.10	8,00
100m:	1:11.99	1:11.99	900m:	11:13.28	1:16.91	1700m:	21:35.30	1:18.45	2500m:	32:08.23	1:20.08	
200m:	2:26.12	1:14.13	1000m:	12:30.82	1:17.54	1800m:	22:54.44	1:19.14	2600m:	33:26.09	1:17.86	
300m:	3:40.70	1:14.58	1100m:	13:48.15	1:17.33	1900m:	24:13.67	1:19.23	2700m:	34:44.77	1:18.68	
400m:	4:55.27	1:14.57	1200m:	15:06.59	1:18.44	2000m:	25:33.25	1:19.58	2800m:	36:02.03	1:17.26	
500m:	6:10.21	1:14.94	1300m:	16:23.77	1:17.18	2100m:	26:51.49	1:18.24	2900m:	37:19.46	1:17.43	
600m:	7:25.89	1:15.68	1400m:	17:41.14	1:17.37	2200m:	28:09.90	1:18.41	3000m:	38:35.10	1:15.64	
700m:	8:41.03	1:15.14	1500m:	18:58.54	1:17.40	2300m:	29:28.92	1:19.02				
800m:	9:56.37	1:15.34	1600m:	20:16.85	1:18.31	2400m:	30:48.15	1:19.23				
10. VELASCO FERNANDEZ, Queralt	03 C.N. Terrassa										39:03.70	7,00
100m:	1:09.44	1:09.44	900m:	11:09.31	1:17.75	1700m:	21:45.77	1:20.64	2500m:	32:30.16	1:20.25	
200m:	2:21.49	1:12.05	1000m:	12:28.44	1:19.13	1800m:	23:06.41	1:20.64	2600m:	33:48.72	1:18.56	
300m:	3:34.02	1:12.53	1100m:	13:47.71	1:19.27	1900m:	24:27.08	1:20.67	2700m:	35:09.33	1:20.61	
400m:	4:47.33	1:13.31	1200m:	15:06.81	1:19.10	2000m:	25:47.37	1:20.29	2800m:	36:28.34	1:19.01	
500m:	6:02.66	1:15.33	1300m:	16:25.76	1:18.95	2100m:	27:07.40	1:20.03	2900m:	37:46.96	1:18.62	
600m:	7:18.71	1:16.05	1400m:	17:45.16	1:19.40	2200m:	28:28.23	1:20.83	3000m:	39:03.70	1:16.74	
700m:	8:35.65	1:16.94	1500m:	19:04.51	1:19.35	2300m:	29:48.83	1:20.60				
800m:	9:51.56	1:15.91	1600m:	20:25.13	1:20.62	2400m:	31:09.91	1:21.08				
11. LOPEZ ROMERO, Lara	03 C.N. Figueres										39:22.65	6,00
100m:	1:15.34	1:15.34	900m:	11:38.18	1:18.13	1700m:	22:12.15	1:19.45	2500m:	32:49.10	1:19.93	
200m:	2:33.58	1:18.24	1000m:	12:56.44	1:18.26	1800m:	23:31.80	1:19.65	2600m:	34:09.24	1:20.14	
300m:	3:51.93	1:18.35	1100m:	14:15.36	1:18.92	1900m:	24:51.55	1:19.75	2700m:	35:29.58	1:20.34	
400m:	5:09.72	1:17.79	1200m:	15:33.93	1:18.57	2000m:	26:11.04	1:19.49	2800m:	36:49.02	1:19.44	
500m:	6:27.24	1:17.52	1300m:	16:53.22	1:19.29	2100m:	27:30.26	1:19.22	2900m:	38:07.18	1:18.16	
600m:	7:44.27	1:17.03	1400m:	18:13.24	1:20.02	2200m:	28:49.26	1:19.00	3000m:	39:22.65	1:15.47	
700m:	9:02.32	1:18.05	1500m:	19:33.32	1:20.08	2300m:	30:09.01	1:19.75				
800m:	10:20.05	1:17.73	1600m:	20:52.70	1:19.38	2400m:	31:29.17	1:20.16				
12. LORENZO BARTOLI, Jana	04 C.N. Barcelona										39:28.43	5,00
100m:	1:12.16	1:12.16	900m:	11:37.27	1:19.51	1700m:	22:12.79	1:19.42	2500m:	32:54.87	1:20.95	
200m:	2:29.28	1:17.12	1000m:	12:55.71	1:18.44	1800m:	23:33.05	1:20.26	2600m:	34:14.32	1:19.45	
300m:	3:45.75	1:16.47	1100m:	14:14.72	1:19.01	1900m:	24:53.31	1:20.26	2700m:	35:35.46	1:21.14	
400m:	5:03.86	1:18.11	1200m:	15:34.30	1:19.58	2000m:	26:12.97	1:19.66	2800m:	36:55.42	1:19.96	
500m:	6:21.89	1:18.03	1300m:	16:53.70	1:19.40	2100m:	27:33.46	1:20.49	2900m:	38:13.13	1:17.71	
600m:	7:40.06	1:18.17	1400m:	18:13.59	1:19.89	2200m:	28:53.53	1:20.07	3000m:	39:28.43	1:15.30	
700m:	8:59.03	1:18.97	1500m:	19:33.98	1:20.39	2300m:	30:14.60	1:21.07				
800m:	10:17.76	1:18.73	1600m:	20:53.37	1:19.39	2400m:	31:33.92	1:19.32				
13. SANCHO ZARAGOZA, Marina	03 C.N. Mataró										39:37.62	4,00
100m:	1:16.27	1:16.27	900m:	11:45.01	1:19.25	1700m:	22:20.00	1:19.86	2500m:	33:00.03	1:19.87	
200m:	2:34.54	1:18.27	1000m:	13:03.78	1:18.77	1800m:	23:39.95	1:19.95	2600m:	34:20.19	1:20.16	
300m:	3:52.76	1:18.22	1100m:	14:22.99	1:19.21	1900m:	24:59.73	1:19.78	2700m:	35:40.50	1:20.31	
400m:	5:11.19	1:18.43	1200m:	15:42.09	1:19.10	2000m:	26:19.80	1:20.07	2800m:	36:59.74	1:19.24	
500m:	6:29.98	1:18.79	1300m:	17:01.16	1:19.07	2100m:	27:39.48	1:19.68	2900m:	38:19.71	1:19.97	
600m:	7:48.35	1:18.37	1400m:	18:20.75	1:19.59	2200m:	28:59.42	1:19.94	3000m:	39:37.62	1:17.91	
700m:	9:06.97	1:18.62	1500m:	19:40.07	1:19.32	2300m:	30:19.68	1:20.26				
800m:	10:25.76	1:18.79	1600m:	21:00.14	1:20.07	2400m:	31:40.16	1:20.48				

NQ = Nedadors NO Classificats (tall no superat)

Prova 3, Fem., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY										Temps	
14.	SANCHEZ ALCALÀ, Elsa 04 C.N. Caldes										39:41.09	3,00
	100m:	1:13.79	1:13.79	900m:	11:27.08	1:18.26	1700m:	22:11.81	1:21.00	2500m:	32:57.02	1:21.21
	200m:	2:29.02	1:15.23	1000m:	12:46.15	1:19.07	1800m:	23:33.17	1:21.36	2600m:	34:18.39	1:21.37
	300m:	3:44.92	1:15.90	1100m:	14:06.06	1:19.91	1900m:	24:53.60	1:20.43	2700m:	35:39.77	1:21.38
	400m:	5:01.28	1:16.36	1200m:	15:26.27	1:20.21	2000m:	26:13.71	1:20.11	2800m:	37:01.38	1:21.61
	500m:	6:17.29	1:16.01	1300m:	16:46.59	1:20.32	2100m:	27:34.15	1:20.44	2900m:	38:22.00	1:20.62
	600m:	7:33.75	1:16.46	1400m:	18:07.69	1:21.10	2200m:	28:55.19	1:21.04	3000m:	39:41.09	1:19.09
	700m:	8:51.00	1:17.25	1500m:	19:29.26	1:21.57	2300m:	30:15.67	1:20.48			
	800m:	10:08.82	1:17.82	1600m:	20:50.81	1:21.55	2400m:	31:35.81	1:20.14			
15.	USECHI ELIZARI, Marta 04 C.N. Barcelona										39:43.14	2,00
	100m:	1:16.04	1:16.04	900m:	11:44.86	1:18.79	1700m:	22:20.41	1:19.67	2500m:	33:01.98	1:20.73
	200m:	2:34.62	1:18.58	1000m:	13:03.78	1:18.92	1800m:	23:39.88	1:19.47	2600m:	34:22.83	1:20.85
	300m:	3:53.50	1:18.88	1100m:	14:22.86	1:19.08	1900m:	25:00.65	1:20.77	2700m:	35:44.02	1:21.19
	400m:	5:12.16	1:18.66	1200m:	15:42.20	1:19.34	2000m:	26:21.53	1:20.88	2800m:	37:04.74	1:20.72
	500m:	6:30.78	1:18.62	1300m:	17:01.84	1:19.64	2100m:	27:42.70	1:21.17	2900m:	38:24.73	1:19.99
	600m:	7:49.41	1:18.63	1400m:	18:21.71	1:19.87	2200m:	29:02.74	1:20.04	3000m:	39:43.14	1:18.41
	700m:	9:08.01	1:18.60	1500m:	19:41.36	1:19.65	2300m:	30:21.67	1:18.93			
	800m:	10:26.07	1:18.06	1600m:	21:00.74	1:19.38	2400m:	31:41.25	1:19.58			
16.	CASALS MOJICA, Lucia 04 C.N. Barcelona										40:16.83	1,00
	100m:	1:15.13	1:15.13	900m:	11:43.18	1:20.21	1700m:	22:32.61	1:22.65	2500m:	33:29.20	1:21.93
	200m:	2:32.96	1:17.83	1000m:	13:03.33	1:20.15	1800m:	23:54.36	1:21.75	2600m:	34:51.77	1:22.57
	300m:	3:49.95	1:16.99	1100m:	14:23.18	1:19.85	1900m:	25:17.47	1:23.11	2700m:	36:14.24	1:22.47
	400m:	5:08.53	1:18.58	1200m:	15:43.57	1:20.39	2000m:	26:40.38	1:22.91	2800m:	37:36.23	1:21.99
	500m:	6:26.61	1:18.08	1300m:	17:04.03	1:20.46	2100m:	28:01.94	1:21.56	2900m:	38:58.18	1:21.95
	600m:	7:44.54	1:17.93	1400m:	18:26.21	1:22.18	2200m:	29:23.40	1:21.46	3000m:	40:16.83	1:18.65
	700m:	9:03.37	1:18.83	1500m:	19:48.45	1:22.24	2300m:	30:45.44	1:22.04			
	800m:	10:22.97	1:19.60	1600m:	21:09.96	1:21.51	2400m:	32:07.27	1:21.83			
17.	GOMEZ RIVERA, Lucia 03 C.N. Martorell										40:25.56	-
	100m:	1:13.68	1:13.68	900m:	11:53.32	1:21.62	1700m:	22:51.59	1:22.41	2500m:	33:43.22	1:21.49
	200m:	2:31.41	1:17.73	1000m:	13:15.71	1:22.39	1800m:	24:13.49	1:21.90	2600m:	35:03.84	1:20.62
	300m:	3:50.10	1:18.69	1100m:	14:37.89	1:22.18	1900m:	25:36.39	1:22.90	2700m:	36:24.34	1:20.50
	400m:	5:09.05	1:18.95	1200m:	16:00.03	1:22.14	2000m:	26:59.47	1:23.08	2800m:	37:45.36	1:21.02
	500m:	6:29.08	1:20.03	1300m:	17:22.12	1:22.09	2100m:	28:20.29	1:20.82	2900m:	39:08.08	1:22.72
	600m:	7:49.41	1:20.33	1400m:	18:44.72	1:22.60	2200m:	29:40.67	1:20.38	3000m:	40:25.56	1:17.48
	700m:	9:10.24	1:20.83	1500m:	20:07.49	1:22.77	2300m:	31:01.23	1:20.56			
	800m:	10:31.70	1:21.46	1600m:	21:29.18	1:21.69	2400m:	32:21.73	1:20.50			
18.	ANSÓN BARRIENTOS, Marina 03 C.N. Figueres										40:52.72	-
	100m:	1:14.62	1:14.62	900m:	11:54.35	1:20.35	1700m:	22:48.92	1:21.67	2500m:	33:53.77	1:23.92
	200m:	2:33.76	1:19.14	1000m:	13:14.93	1:20.58	1800m:	24:10.32	1:21.40	2600m:	35:19.11	1:25.34
	300m:	3:53.70	1:19.94	1100m:	14:36.11	1:21.18	1900m:	25:32.95	1:22.63	2700m:	36:44.57	1:25.46
	400m:	5:13.36	1:19.66	1200m:	15:57.30	1:21.19	2000m:	26:56.49	1:23.54	2800m:	38:08.57	1:24.00
	500m:	6:33.58	1:20.22	1300m:	17:19.63	1:22.33	2100m:	28:19.61	1:23.12	2900m:	39:32.38	1:23.81
	600m:	7:54.05	1:20.47	1400m:	18:42.18	1:22.55	2200m:	29:42.24	1:22.63	3000m:	40:52.72	1:20.34
	700m:	9:13.80	1:19.75	1500m:	20:04.75	1:22.57	2300m:	31:05.72	1:23.48			
	800m:	10:34.00	1:20.20	1600m:	21:27.25	1:22.50	2400m:	32:29.85	1:24.13			
19.	MUÑOZ VALVERDE, Alba 03 C.E.N. Cabrera De Mar										41:43.76	-
	100m:	1:17.63	1:17.63	900m:	12:16.91	1:23.32	1700m:	23:26.39	1:24.92	2500m:	34:46.03	1:25.38
	200m:	2:38.74	1:21.11	1000m:	13:39.90	1:22.99	1800m:	24:50.34	1:23.95	2600m:	36:10.73	1:24.70
	300m:	4:00.59	1:21.85	1100m:	15:02.51	1:22.61	1900m:	26:15.21	1:24.87	2700m:	37:34.95	1:24.22
	400m:	5:22.74	1:22.15	1200m:	16:25.58	1:23.07	2000m:	27:39.26	1:24.05	2800m:	38:59.54	1:24.59
	500m:	6:45.04	1:22.30	1300m:	17:48.87	1:23.29	2100m:	29:03.86	1:24.60	2900m:	40:23.08	1:23.54
	600m:	8:07.63	1:22.59	1400m:	19:12.58	1:23.71	2200m:	30:28.93	1:25.07	3000m:	41:43.76	1:20.68
	700m:	9:30.27	1:22.64	1500m:	20:36.59	1:24.01	2300m:	31:54.74	1:25.81			
	800m:	10:53.59	1:23.32	1600m:	22:01.47	1:24.88	2400m:	33:20.65	1:25.91			
20.	DOVGUÑEC DUBATOWKA, Denisse 03 C.N. L'hospitalet										42:19.08	-
	100m:	1:15.48	1:15.48	900m:	12:21.87	1:24.35	1700m:	23:46.48	1:27.18	2500m:	35:16.15	1:26.26
	200m:	2:36.53	1:21.05	1000m:	13:44.41	1:22.54	1800m:	25:12.25	1:25.77	2600m:	36:42.65	1:26.50
	300m:	3:59.19	1:22.66	1100m:	15:09.75	1:25.34	1900m:	26:37.59	1:25.34	2700m:	38:08.95	1:26.30
	400m:	5:22.08	1:22.89	1200m:	16:35.91	1:26.16	2000m:	28:03.85	1:26.26	2800m:	39:33.66	1:24.71
	500m:	6:45.94	1:23.86	1300m:	18:02.62	1:26.71	2100m:	29:30.06	1:26.21	2900m:	40:57.96	1:24.30
	600m:	8:09.75	1:23.81	1400m:	19:27.53	1:24.91	2200m:	30:57.32	1:27.26	3000m:	42:19.08	1:21.12
	700m:	9:33.62	1:23.87	1500m:	20:52.35	1:24.82	2300m:	32:24.33	1:27.01			
	800m:	10:57.52	1:23.90	1600m:	22:19.30	1:26.95	2400m:	33:49.89	1:25.56			

NQ = Nedadors NO Classificats (tall no superat)

Prova 3, Fem., 3000m Lliure**Júnior 2 Fons Indoor**

1. GIRALT PIDEMONT, Claudia	01	C.N. Sant Andreu	35:57.92	19,00
100m: 1:09.39 1:09.39	900m: 10:40.17 1:10.98	1700m: 20:19.37 1:13.31	2500m: 29:59.87 1:12.23	
200m: 2:20.83 1:11.44	1000m: 11:51.67 1:11.50	1800m: 21:32.35 1:12.98	2600m: 31:11.90 1:12.03	
300m: 3:33.05 1:12.22	1100m: 13:03.80 1:12.13	1900m: 22:45.30 1:12.95	2700m: 32:23.99 1:12.09	
400m: 4:44.59 1:11.54	1200m: 14:16.54 1:12.74	2000m: 23:57.72 1:12.42	2800m: 33:35.95 1:11.96	
500m: 5:55.75 1:11.16	1300m: 15:28.64 1:12.10	2100m: 25:10.32 1:12.60	2900m: 34:47.53 1:11.58	
600m: 7:06.80 1:11.05	1400m: 16:40.81 1:12.17	2200m: 26:22.38 1:12.06	3000m: 35:57.92 1:10.39	
700m: 8:17.98 1:11.18	1500m: 17:53.33 1:12.52	2300m: 27:35.01 1:12.63		
800m: 9:29.19 1:11.21	1600m: 19:06.06 1:12.73	2400m: 28:47.64 1:12.63		
2. TOMICO VECIANA, Júlia	01	C.N. Mataró	38:06.00	16,00
100m: 1:11.92 1:11.92	900m: 11:19.52 1:17.38	1700m: 21:33.54 1:16.42	2500m: 31:48.46 1:16.65	
200m: 2:25.75 1:13.83	1000m: 12:36.58 1:17.06	1800m: 22:50.25 1:16.71	2600m: 33:04.90 1:16.44	
300m: 3:40.69 1:14.94	1100m: 13:53.13 1:16.55	1900m: 24:07.17 1:16.92	2700m: 34:21.01 1:16.11	
400m: 4:56.08 1:15.39	1200m: 15:10.25 1:17.12	2000m: 25:23.75 1:16.58	2800m: 35:37.14 1:16.13	
500m: 6:11.95 1:15.87	1300m: 16:26.95 1:16.70	2100m: 26:40.73 1:16.98	2900m: 36:52.34 1:15.20	
600m: 7:27.99 1:16.04	1400m: 17:43.12 1:16.17	2200m: 27:57.67 1:16.94	3000m: 38:06.00 1:13.66	
700m: 8:45.09 1:17.10	1500m: 18:59.67 1:16.55	2300m: 29:14.57 1:16.90		
800m: 10:02.14 1:17.05	1600m: 20:17.12 1:17.45	2400m: 30:31.81 1:17.24		
3. MAESTRO LORENZO, Alba	02	C.E. Mediterrani	38:42.58	14,00
100m: 1:14.44 1:14.44	900m: 11:32.04 1:17.63	1700m: 21:50.97 1:17.18	2500m: 32:16.42 1:18.17	
200m: 2:30.70 1:16.26	1000m: 12:48.77 1:16.73	1800m: 23:09.05 1:18.08	2600m: 33:34.44 1:18.02	
300m: 3:47.58 1:16.88	1100m: 14:05.38 1:16.61	1900m: 24:27.50 1:18.45	2700m: 34:52.72 1:18.28	
400m: 5:04.95 1:17.37	1200m: 15:22.20 1:16.82	2000m: 25:45.57 1:18.07	2800m: 36:11.07 1:18.35	
500m: 6:22.14 1:17.19	1300m: 16:39.81 1:17.61	2100m: 27:03.65 1:18.08	2900m: 37:28.31 1:17.24	
600m: 7:39.49 1:17.35	1400m: 17:57.91 1:18.10	2200m: 28:21.96 1:18.31	3000m: 38:42.58 1:14.27	
700m: 8:57.09 1:17.60	1500m: 19:16.12 1:18.21	2300m: 29:40.06 1:18.10		
800m: 10:14.41 1:17.32	1600m: 20:33.79 1:17.67	2400m: 30:58.25 1:18.19		
4. AULINAS PRAT, Clara	01	C.N. Olot	38:47.35	13,00
100m: 1:14.05 1:14.05	900m: 11:34.67 1:17.65	1700m: 21:56.79 1:17.79	2500m: 32:20.88 1:18.17	
200m: 2:31.83 1:17.78	1000m: 12:52.50 1:17.83	1800m: 23:14.43 1:17.64	2600m: 33:38.62 1:17.74	
300m: 3:49.26 1:17.43	1100m: 14:09.71 1:17.21	1900m: 24:32.70 1:18.27	2700m: 34:56.33 1:17.71	
400m: 5:06.50 1:17.24	1200m: 15:27.70 1:17.99	2000m: 25:50.33 1:17.63	2800m: 36:14.01 1:17.68	
500m: 6:23.91 1:17.41	1300m: 16:45.44 1:17.74	2100m: 27:08.18 1:17.85	2900m: 37:31.23 1:17.22	
600m: 7:41.56 1:17.65	1400m: 18:02.94 1:17.50	2200m: 28:26.38 1:18.20	3000m: 38:47.35 1:16.12	
700m: 8:59.05 1:17.49	1500m: 19:20.98 1:18.04	2300m: 29:44.54 1:18.16		
800m: 10:17.02 1:17.97	1600m: 20:39.00 1:18.02	2400m: 31:02.71 1:18.17		
5. GUINOVART VENDRELL, Olga	02	C.N. Centelles	39:27.46	12,00
100m: 1:14.41 1:14.41	900m: 11:36.67 1:19.04	1700m: 22:13.15 1:19.78	2500m: 32:57.11 1:20.60	
200m: 2:31.68 1:17.27	1000m: 12:55.93 1:19.26	1800m: 23:33.50 1:20.35	2600m: 34:17.77 1:20.66	
300m: 3:49.13 1:17.45	1100m: 14:15.14 1:19.21	1900m: 24:53.73 1:20.23	2700m: 35:37.89 1:20.12	
400m: 5:06.63 1:17.50	1200m: 15:34.94 1:19.80	2000m: 26:14.02 1:20.29	2800m: 36:56.17 1:18.28	
500m: 6:23.92 1:17.29	1300m: 16:54.58 1:19.64	2100m: 27:34.69 1:20.67	2900m: 38:13.12 1:16.95	
600m: 7:41.40 1:17.48	1400m: 18:13.90 1:19.32	2200m: 28:55.48 1:20.79	3000m: 39:27.46 1:14.34	
700m: 8:59.34 1:17.94	1500m: 19:33.71 1:19.81	2300m: 30:16.15 1:20.67		
800m: 10:17.63 1:18.29	1600m: 20:53.37 1:19.66	2400m: 31:36.51 1:20.36		
6. MARSOL SISCART, Noemí	01	C.N. Tàrraga	39:35.80	11,00
100m: 1:15.95 1:15.95	900m: 11:47.33 1:20.11	1700m: 22:25.71 1:17.76	2500m: 32:56.48 1:18.49	
200m: 2:34.36 1:18.41	1000m: 13:07.76 1:20.43	1800m: 23:44.12 1:18.41	2600m: 34:16.54 1:20.06	
300m: 3:52.63 1:18.27	1100m: 14:28.29 1:20.53	1900m: 25:02.62 1:18.50	2700m: 35:37.50 1:20.96	
400m: 5:11.07 1:18.44	1200m: 15:48.62 1:20.33	2000m: 26:21.42 1:18.80	2800m: 36:58.33 1:20.83	
500m: 6:29.67 1:18.60	1300m: 17:08.75 1:20.13	2100m: 27:39.66 1:18.24	2900m: 38:17.52 1:19.19	
600m: 7:48.59 1:18.92	1400m: 18:28.57 1:19.82	2200m: 28:58.98 1:19.32	3000m: 39:35.80 1:18.28	
700m: 9:07.75 1:19.16	1500m: 19:49.05 1:20.48	2300m: 30:18.24 1:19.26		
800m: 10:27.22 1:19.47	1600m: 21:07.95 1:18.90	2400m: 31:37.99 1:19.75		



Prova 3, Fem., 3000m Lliure, Júnior 2 Fons Indoor

Classificació	ANY										Temps					
7.	VIZCAINO GOMEZ, Noa										02	C.N. Martorell	42:59.54	10,00		
	100m: 1:21.91	1:21.91	900m: 12:44.22	1:25.50	1700m: 24:17.28	1:27.06	2500m: 35:55.26	1:26.82	200m: 2:47.22	1:25.31	1000m: 14:09.82	1:25.60	1800m: 25:45.27	1:27.99	2600m: 37:22.27	1:27.01
	300m: 4:12.52	1:25.30	1100m: 15:36.09	1:26.27	1900m: 27:12.09	1:26.82	2700m: 38:48.33	1:26.06	400m: 5:38.07	1:25.55	1200m: 17:02.74	1:26.65	2000m: 28:39.31	1:27.22	2800m: 40:13.06	1:24.73
	500m: 7:02.83	1:24.76	1300m: 18:29.49	1:26.75	2100m: 30:06.44	1:27.13	2900m: 41:37.37	1:24.31	600m: 8:28.46	1:25.63	1400m: 19:56.24	1:26.75	2200m: 31:33.91	1:27.47	3000m: 42:59.54	1:22.17
	700m: 9:53.31	1:24.85	1500m: 21:23.46	1:27.22	2300m: 33:01.64	1:27.73			800m: 11:18.72	1:25.41	1600m: 22:50.22	1:26.76	2400m: 34:28.44	1:26.80		
8.	PEREZ BARTOMEU, Helena										02	C.N. Catalunya	43:07.76	9,00		
	100m: 1:17.53	1:17.53	900m: 12:45.16	1:26.36	1700m: 24:20.90		2500m: 36:00.39	1:25.92	200m: 2:41.17	1:23.64	1000m: 14:10.52	1:25.36	1800m:		2600m: 37:25.27	1:24.88
	300m: 4:06.39	1:25.22	1100m: 15:37.33	1:26.81	1900m: 27:14.73		2700m: 38:51.48	1:26.21	400m: 5:32.08	1:25.69	1200m: 17:04.68	1:27.35	2000m: 28:41.59	1:26.86	2800m: 40:17.30	1:25.82
	500m: 6:58.55	1:26.47	1300m: 18:32.14	1:27.46	2100m: 30:10.43	1:28.84	2900m: 41:43.52	1:26.22	600m: 8:24.56	1:26.01	1400m: 19:59.08	1:26.94	2200m: 31:38.01	1:27.58	3000m: 43:07.76	1:24.24
	700m: 9:51.63	1:27.07	1500m: 21:26.19	1:27.11	2300m: 33:06.27	1:28.26			800m: 11:18.80	1:27.17	1600m:		2400m: 34:34.47	1:28.20		

Absolut Fons Indoor

1.	BELMONTE GARCIA, Mireia										90	Ucam C.N. Fuensanta	33:21.58	-		
	<i>RC, RC: 3000 i 2000 (PARCIAL)</i>															
	100m: 1:06.16	1:06.16	900m: 9:59.96	1:07.09	1700m: 18:54.61	1:06.25	2500m: 27:48.32	1:06.89	200m: 2:12.92	1:06.76	1000m: 11:06.94	1:06.98	1800m: 20:00.68	1:06.07	2600m: 28:55.35	1:07.03
	300m: 3:19.50	1:06.58	1100m: 12:13.88	1:06.94	1900m: 21:07.19	1:06.51	2700m: 30:02.41	1:07.06	400m: 4:25.86	1:06.36	1200m: 13:20.97	1:07.09	2000m: 22:13.89	1:06.70	2800m: 31:09.68	1:07.27
	500m: 5:32.59	1:06.73	1300m: 14:28.11	1:07.14	2100m: 23:20.70	1:06.81	2900m: 32:16.65	1:06.97	600m: 6:39.48	1:06.89	1400m: 15:34.91	1:06.80	2200m: 24:27.59	1:06.89	3000m: 33:21.58	1:04.93
	700m: 7:46.05	1:06.57	1500m: 16:41.90	1:06.99	2300m: 25:34.40	1:06.81			800m: 8:52.87	1:06.82	1600m: 17:48.36	1:06.46	2400m: 26:41.43	1:07.03		
2.	PEREZ BLANCO, Jimena										97	P1202 - C.D. Gredos San Diego	33:35.62	-		
	100m: 1:04.58	1:04.58	900m: 10:01.13	1:07.77	1700m: 18:53.05	1:06.45	2500m: 27:54.88	1:08.20	200m: 2:11.53	1:06.95	1000m: 11:09.17	1:08.04	1800m: 19:59.83	1:06.78	2600m: 29:03.37	1:08.49
	300m: 3:18.20	1:06.67	1100m: 12:15.29	1:06.12	1900m: 21:07.52	1:07.69	2700m: 30:12.05	1:08.68	400m: 4:24.97	1:06.77	1200m: 13:21.77	1:06.48	2000m: 22:15.52	1:08.00	2800m: 31:20.77	1:08.72
	500m: 5:32.13	1:07.16	1300m: 14:28.20	1:06.43	2100m: 23:22.47	1:06.95	2900m: 32:29.01	1:08.24	600m: 6:39.13	1:07.00	1400m: 15:34.25	1:06.05	2200m: 24:30.37	1:07.90	3000m: 33:35.62	1:06.61
	700m: 7:46.15	1:07.02	1500m: 16:40.58	1:06.33	2300m: 25:38.61	1:08.24			800m: 8:53.36	1:07.21	1600m: 17:46.60	1:06.02	2400m: 26:46.68	1:08.07		
3.	DE VALDES ALVAREZ, Maria										98	C. N. Liceo	33:50.28	-		
	100m: 1:06.85	1:06.85	900m: 10:00.07	1:06.92	1700m: 18:58.89	1:07.87	2500m: 28:08.77	1:08.50	200m: 2:13.92	1:07.07	1000m: 11:07.14	1:07.07	1800m: 20:07.08	1:08.19	2600m: 29:17.23	1:08.46
	300m: 3:20.89	1:06.97	1100m: 12:14.03	1:06.89	1900m: 21:15.36	1:08.28	2700m: 30:26.47	1:09.24	400m: 4:27.23	1:06.34	1200m: 13:21.09	1:07.06	2000m: 22:24.48	1:09.12	2800m: 31:34.74	1:08.27
	500m: 5:33.52	1:06.29	1300m: 14:28.26	1:07.17	2100m: 23:33.76	1:09.28	2900m: 32:43.13	1:08.39	600m: 6:40.04	1:06.52	1400m: 15:35.71	1:07.45	2200m: 24:42.84	1:09.08	3000m: 33:50.28	1:07.15
	700m: 7:46.51	1:06.47	1500m: 16:43.06	1:07.35	2300m: 25:51.42	1:08.58			800m: 8:53.15	1:06.64	1600m: 17:51.02	1:07.96	2400m: 27:00.27	1:08.85		
4.	MARTI BALLESTER, Marilo										98	C.N. Mataró	35:53.70	19,00		
	100m: 1:08.95	1:08.95	900m: 10:40.88	1:11.31	1700m: 20:16.73	1:12.69	2500m: 29:56.15	1:12.78	200m: 2:19.91	1:10.96	1000m: 11:52.63	1:11.75	1800m: 21:27.73	1:11.00	2600m: 31:08.99	1:12.84
	300m: 3:31.83	1:11.92	1100m: 13:04.15	1:11.52	1900m: 22:40.81	1:13.08	2700m: 32:20.51	1:11.52	400m: 4:43.59	1:11.76	1200m: 14:15.98	1:11.83	2000m: 23:53.15	1:12.34	2800m: 33:32.31	1:11.80
	500m: 5:55.12	1:11.53	1300m: 15:28.01	1:12.03	2100m: 25:04.62	1:11.47	2900m: 34:43.42	1:11.11	600m: 7:06.62	1:11.50	1400m: 16:39.77	1:11.76	2200m: 26:17.07	1:12.45	3000m: 35:53.70	1:10.28
	700m: 8:18.45	1:11.83	1500m: 17:51.96	1:12.19	2300m: 27:30.22	1:13.15			800m: 9:29.57	1:11.12	1600m: 19:04.04	1:12.08	2400m: 28:43.37	1:13.15		



Prova 3, Fem., 3000m Lliure, Absolut Fons Indoor

Classificació	ANY										Temps			
5.	CHAPARRO CANELA, Palmira										96	C.N. Granollers	36:04.12	16,00
	100m:	1:10.00	1:10.00	900m:	10:46.33	1:12.13	1700m:	20:28.08	1:12.58	2500m:	30:06.80	1:12.04		
	200m:	2:09.88	59.88	1000m:	11:58.92	1:12.59	1800m:	21:41.02	1:12.94	2600m:	31:18.30	1:11.50		
	300m:	3:33.71	1:23.83	1100m:	13:11.34	1:12.42	1900m:	22:53.88	1:12.86	2700m:	32:29.82	1:11.52		
	400m:	4:45.28	1:11.57	1200m:	14:24.13	1:12.79	2000m:	24:06.68	1:12.80	2800m:	33:42.09	1:12.27		
	500m:	5:57.11	1:11.83	1300m:	15:36.69	1:12.56	2100m:	25:18.59	1:11.91	2900m:	34:54.19	1:12.10		
	600m:	7:09.34	1:12.23	1400m:	16:49.22	1:12.53	2200m:	26:30.90	1:12.31	3000m:	36:04.12	1:09.93		
	700m:	8:21.65	1:12.31	1500m:	18:02.74	1:13.52	2300m:	27:43.52	1:12.62					
	800m:	9:34.20	1:12.55	1600m:	19:15.50	1:12.76	2400m:	28:54.76	1:11.24					
6.	CASTRO ATALAYA, Marina										99	C.N. Barcelona	36:17.86	14,00
	100m:	1:09.52	1:09.52	900m:	10:44.79	1:12.82	1700m:	20:24.03	1:13.19	2500m:	30:12.02	1:14.55		
	200m:	2:20.05	1:10.53	1000m:	11:57.03	1:12.24	1800m:	21:37.26	1:13.23	2600m:	31:25.99	1:13.97		
	300m:	3:30.81	1:10.76	1100m:	13:08.68	1:11.65	1900m:	22:49.94	1:12.68	2700m:	32:39.31	1:13.32		
	400m:	4:42.18	1:11.37	1200m:	14:20.38	1:11.70	2000m:	24:02.66	1:12.72	2800m:	33:52.71	1:13.40		
	500m:	5:53.89	1:11.71	1300m:	15:32.70	1:12.32	2100m:	25:15.75	1:13.09	2900m:	35:05.51	1:12.80		
	600m:	7:06.32	1:12.43	1400m:	16:45.33	1:12.63	2200m:	26:28.97	1:13.22	3000m:	36:17.86	1:12.35		
	700m:	8:18.87	1:12.55	1500m:	17:57.78	1:12.45	2300m:	27:43.15	1:14.18					
	800m:	9:31.97	1:13.10	1600m:	19:10.84	1:13.06	2400m:	28:57.47	1:14.32					
7.	TORRAS PIEDEHIERRO, Judith										98	C.N. Barcelona	38:20.85	13,00
	100m:	1:13.33	1:13.33	900m:	11:18.49	1:16.89	1700m:	21:35.02	1:16.04	2500m:	31:54.60	1:18.21		
	200m:	2:28.61	1:15.28	1000m:	12:35.41	1:16.92	1800m:	22:51.14	1:16.12	2600m:	33:12.78	1:18.18		
	300m:	3:43.52	1:14.91	1100m:	13:51.97	1:16.56	1900m:	24:07.42	1:16.28	2700m:	34:30.99	1:18.21		
	400m:	4:58.60	1:15.08	1200m:	15:09.66	1:17.69	2000m:	25:25.13	1:17.71	2800m:	35:47.95	1:16.96		
	500m:	6:13.76	1:15.16	1300m:	16:27.82	1:18.16	2100m:	26:42.20	1:17.07	2900m:	37:05.00	1:17.05		
	600m:	7:29.03	1:15.27	1400m:	17:45.98	1:18.16	2200m:	27:59.64	1:17.44	3000m:	38:20.85	1:15.85		
	700m:	8:45.09	1:16.06	1500m:	19:02.96	1:16.98	2300m:	29:18.00	1:18.36					
	800m:	10:01.60	1:16.51	1600m:	20:18.98	1:16.02	2400m:	30:36.39	1:18.39					
8.	BONET SOTO, Ariadna										99	C.N. Granollers	38:33.18	12,00
	100m:	1:12.91	1:12.91	900m:	11:14.26	1:16.98	1700m:	21:35.84	1:17.87	2500m:	32:02.52	1:18.26		
	200m:	2:27.64	1:14.73	1000m:	12:31.47	1:17.21	1800m:	22:53.91	1:18.07	2600m:	33:20.65	1:18.13		
	300m:	3:41.59	1:13.95	1100m:	13:49.39	1:17.92	1900m:	24:12.36	1:18.45	2700m:	34:40.31	1:19.66		
	400m:	4:55.56	1:13.97	1200m:	15:07.53	1:18.14	2000m:	25:30.94	1:18.58	2800m:	35:58.51	1:18.20		
	500m:	6:10.13	1:14.57	1300m:	16:25.50	1:17.97	2100m:	26:49.65	1:18.71	2900m:	37:15.94	1:17.43		
	600m:	7:25.60	1:15.47	1400m:	17:43.20	1:17.70	2200m:	28:08.21	1:18.56	3000m:	38:33.18	1:17.24		
	700m:	8:41.07	1:15.47	1500m:	19:00.45	1:17.25	2300m:	29:26.37	1:18.16					
	800m:	9:57.28	1:16.21	1600m:	20:17.97	1:17.52	2400m:	30:44.26	1:17.89					
9.	BERTRAN IZQUIERDO, Aida										96	C.N. Barcelona	38:57.83	11,00
	100m:	1:12.38	1:12.38	900m:	11:09.97	1:15.90	1700m:	21:29.28	1:17.86	2500m:	32:09.20	1:22.88		
	200m:	2:26.34	1:13.96	1000m:	12:25.97	1:16.00	1800m:	22:48.48	1:19.20	2600m:	33:31.34	1:22.14		
	300m:	3:40.77	1:14.43	1100m:	13:42.32	1:16.35	1900m:	24:07.15	1:18.67	2700m:	34:53.94	1:22.60		
	400m:	4:55.32	1:14.55	1200m:	14:59.71	1:17.39	2000m:	25:26.31	1:19.16	2800m:	36:14.58	1:20.64		
	500m:	6:09.73	1:14.41	1300m:	16:18.11	1:18.40	2100m:	26:45.24	1:18.93	2900m:	37:36.20	1:21.62		
	600m:	7:24.37	1:14.64	1400m:	17:35.87	1:17.76	2200m:	28:03.93	1:18.69	3000m:	38:57.83	1:21.63		
	700m:	8:39.19	1:14.82	1500m:	18:53.86	1:17.99	2300m:	29:24.19	1:20.26					
	800m:	9:54.07	1:14.88	1600m:	20:11.42	1:17.56	2400m:	30:46.32	1:22.13					
10.	VERA VALLS, Nuria										99	C.N. Granollers	39:53.23	10,00
	100m:	1:15.60	1:15.60	900m:	11:51.01	1:20.11	1700m:	22:25.74	1:19.68	2500m:	33:12.09	1:21.82		
	200m:	2:33.48	1:17.88	1000m:	13:10.81	1:19.80	1800m:	23:45.63	1:19.89	2600m:	34:33.14	1:21.05		
	300m:	3:51.74	1:18.26	1100m:	14:30.36	1:19.55	1900m:	25:06.14	1:20.51	2700m:	35:54.44	1:21.30		
	400m:	5:11.38	1:19.64	1200m:	15:49.44	1:19.08	2000m:	26:26.98	1:20.84	2800m:	37:15.17	1:20.73		
	500m:	6:31.11	1:19.73	1300m:	17:08.23	1:18.79	2100m:	27:47.76	1:20.78	2900m:	38:34.83	1:19.66		
	600m:	7:51.21	1:20.10	1400m:	18:27.36	1:19.13	2200m:	29:09.08	1:21.32	3000m:	39:53.23	1:18.40		
	700m:	9:10.86	1:19.65	1500m:	19:46.47	1:19.11	2300m:	30:30.05	1:20.97					
	800m:	10:30.90	1:20.04	1600m:	21:06.06	1:19.59	2400m:	31:50.27	1:20.22					
11.	BENAVENTE LOPEZ, Ainhoa										98	N.C. Torelló	40:27.19	9,00
	100m:	1:16.12	1:16.12	900m:	11:51.84	1:20.07	1700m:	22:36.85	1:20.44	2500m:	33:35.45	1:23.56		
	200m:	2:34.61	1:18.49	1000m:	13:11.96	1:20.12	1800m:	23:57.88	1:21.03	2600m:	34:58.22	1:22.77		
	300m:	3:53.88	1:19.27	1100m:	14:32.27	1:20.31	1900m:	25:19.66	1:21.78	2700m:	36:21.30	1:23.08		
	400m:	5:13.42	1:19.54	1200m:	15:53.06	1:20.79	2000m:	26:42.20	1:22.54	2800m:	37:44.12	1:22.82		
	500m:	6:33.78	1:20.36	1300m:	17:13.82	1:20.76	2100m:	28:04.67	1:22.47	2900m:	39:06.28	1:22.16		
	600m:	7:52.83	1:19.05	1400m:	18:35.39	1:21.57	2200m:	29:26.74	1:22.07	3000m:	40:27.19	1:20.91		
	700m:	9:11.95	1:19.12	1500m:	19:55.82	1:20.43	2300m:	30:49.17	1:22.43					
	800m:	10:31.77	1:19.82	1600m:	21:16.41	1:20.59	2400m:	32:11.89	1:22.72					

Prova 3, Fem., 3000m Lliure**Absolut, Júnior 2 i Júnior 1**

1. BELMONTE GARCIA, Mireia	90	Ucam C.N. Fuensanta	33:21.58	-			
<i>RC, RC: 3000 i 2000 (PARCIAL)</i>							
100m: 1:06.16	1:06.16	900m: 9:59.96	1:07.09	1700m: 18:54.61	1:06.25	2500m: 27:48.32	1:06.89
200m: 2:12.92	1:06.76	1000m: 11:06.94	1:06.98	1800m: 20:00.68	1:06.07	2600m: 28:55.35	1:07.03
300m: 3:19.50	1:06.58	1100m: 12:13.88	1:06.94	1900m: 21:07.19	1:06.51	2700m: 30:02.41	1:07.06
400m: 4:25.86	1:06.36	1200m: 13:20.97	1:07.09	2000m: 22:13.89	1:06.70	2800m: 31:09.68	1:07.27
500m: 5:32.59	1:06.73	1300m: 14:28.11	1:07.14	2100m: 23:20.70	1:06.81	2900m: 32:16.65	1:06.97
600m: 6:39.48	1:06.89	1400m: 15:34.91	1:06.80	2200m: 24:27.59	1:06.89	3000m: 33:21.58	1:04.93
700m: 7:46.05	1:06.57	1500m: 16:41.90	1:06.99	2300m: 25:34.40	1:06.81		
800m: 8:52.87	1:06.82	1600m: 17:48.36	1:06.46	2400m: 26:41.43	1:07.03		
2. PEREZ BLANCO, Jimena	97	P1202 - C.D. Gredos San Diego	33:35.62	-			
100m: 1:04.58	1:04.58	900m: 10:01.13	1:07.77	1700m: 18:53.05	1:06.45	2500m: 27:54.88	1:08.20
200m: 2:11.53	1:06.95	1000m: 11:09.17	1:08.04	1800m: 19:59.83	1:06.78	2600m: 29:03.37	1:08.49
300m: 3:18.20	1:06.67	1100m: 12:15.29	1:06.12	1900m: 21:07.52	1:07.69	2700m: 30:12.05	1:08.68
400m: 4:24.97	1:06.77	1200m: 13:21.77	1:06.48	2000m: 22:15.52	1:08.00	2800m: 31:20.77	1:08.72
500m: 5:32.13	1:07.16	1300m: 14:28.20	1:06.43	2100m: 23:22.47	1:06.95	2900m: 32:29.01	1:08.24
600m: 6:39.13	1:07.00	1400m: 15:34.25	1:06.05	2200m: 24:30.37	1:07.90	3000m: 33:35.62	1:06.61
700m: 7:46.15	1:07.02	1500m: 16:40.58	1:06.33	2300m: 25:38.61	1:08.24		
800m: 8:53.36	1:07.21	1600m: 17:46.60	1:06.02	2400m: 26:46.68	1:08.07		
3. DE VALDES ALVAREZ, Maria	98	C. N. Liceo	33:50.28	-			
100m: 1:06.85	1:06.85	900m: 10:00.07	1:06.92	1700m: 18:58.89	1:07.87	2500m: 28:08.77	1:08.50
200m: 2:13.92	1:07.07	1000m: 11:07.14	1:07.07	1800m: 20:07.08	1:08.19	2600m: 29:17.23	1:08.46
300m: 3:20.89	1:06.97	1100m: 12:14.03	1:06.89	1900m: 21:15.36	1:08.28	2700m: 30:26.47	1:09.24
400m: 4:27.23	1:06.34	1200m: 13:21.09	1:07.06	2000m: 22:24.48	1:09.12	2800m: 31:34.74	1:08.27
500m: 5:33.52	1:06.29	1300m: 14:28.26	1:07.17	2100m: 23:33.76	1:09.28	2900m: 32:43.13	1:08.39
600m: 6:40.04	1:06.52	1400m: 15:35.71	1:07.45	2200m: 24:42.84	1:09.08	3000m: 33:50.28	1:07.15
700m: 7:46.51	1:06.47	1500m: 16:43.06	1:07.35	2300m: 25:51.42	1:08.58		
800m: 8:53.15	1:06.64	1600m: 17:51.02	1:07.96	2400m: 27:00.27	1:08.85		
4. MARTI BALLESTER, Marilo	98	C.N. Mataró	35:53.70	19,00			
100m: 1:08.95	1:08.95	900m: 10:40.88	1:11.31	1700m: 20:16.73	1:12.69	2500m: 29:56.15	1:12.78
200m: 2:19.91	1:10.96	1000m: 11:52.63	1:11.75	1800m: 21:27.73	1:11.00	2600m: 31:08.99	1:12.84
300m: 3:31.83	1:11.92	1100m: 13:04.15	1:11.52	1900m: 22:40.81	1:13.08	2700m: 32:20.51	1:11.52
400m: 4:43.59	1:11.76	1200m: 14:15.98	1:11.83	2000m: 23:53.15	1:12.34	2800m: 33:32.31	1:11.80
500m: 5:55.12	1:11.53	1300m: 15:28.01	1:12.03	2100m: 25:04.62	1:11.47	2900m: 34:43.42	1:11.11
600m: 7:06.62	1:11.50	1400m: 16:39.77	1:11.76	2200m: 26:17.07	1:12.45	3000m: 35:53.70	1:10.28
700m: 8:18.45	1:11.83	1500m: 17:51.96	1:12.19	2300m: 27:30.22	1:13.15		
800m: 9:29.57	1:11.12	1600m: 19:04.04	1:12.08	2400m: 28:43.37	1:13.15		
5. GIRALT PIDEMONT, Claudia	01	C.N. Sant Andreu	35:57.92	19,00			
100m: 1:09.39	1:09.39	900m: 10:40.17	1:10.98	1700m: 20:19.37	1:13.31	2500m: 29:59.87	1:12.23
200m: 2:20.83	1:11.44	1000m: 11:51.67	1:11.50	1800m: 21:32.35	1:12.98	2600m: 31:11.90	1:12.03
300m: 3:33.05	1:12.22	1100m: 13:03.80	1:12.13	1900m: 22:45.30	1:12.95	2700m: 32:23.99	1:12.09
400m: 4:44.59	1:11.54	1200m: 14:16.54	1:12.74	2000m: 23:57.72	1:12.42	2800m: 33:35.95	1:11.96
500m: 5:55.75	1:11.16	1300m: 15:28.64	1:12.10	2100m: 25:10.32	1:12.60	2900m: 34:47.53	1:11.58
600m: 7:06.80	1:11.05	1400m: 16:40.81	1:12.17	2200m: 26:22.38	1:12.06	3000m: 35:57.92	1:10.39
700m: 8:17.98	1:11.18	1500m: 17:53.33	1:12.52	2300m: 27:35.01	1:12.63		
800m: 9:29.19	1:11.21	1600m: 19:06.06	1:12.73	2400m: 28:47.64	1:12.63		
6. CHAPARRO CANELA, Palmira	96	C.N. Granollers	36:04.12	16,00			
100m: 1:10.00	1:10.00	900m: 10:46.33	1:12.13	1700m: 20:28.08	1:12.58	2500m: 30:06.80	1:12.04
200m: 2:09.88	59.88	1000m: 11:58.92	1:12.59	1800m: 21:41.02	1:12.94	2600m: 31:18.30	1:11.50
300m: 3:33.71	1:23.83	1100m: 13:11.34	1:12.42	1900m: 22:53.88	1:12.86	2700m: 32:29.82	1:11.52
400m: 4:45.28	1:11.57	1200m: 14:24.13	1:12.79	2000m: 24:06.68	1:12.80	2800m: 33:42.09	1:12.27
500m: 5:57.11	1:11.83	1300m: 15:36.69	1:12.56	2100m: 25:18.59	1:11.91	2900m: 34:54.19	1:12.10
600m: 7:09.34	1:12.23	1400m: 16:49.22	1:12.53	2200m: 26:30.90	1:12.31	3000m: 36:04.12	1:09.93
700m: 8:21.65	1:12.31	1500m: 18:02.74	1:13.52	2300m: 27:43.52	1:12.62		
800m: 9:34.20	1:12.55	1600m: 19:15.50	1:12.76	2400m: 28:54.76	1:11.24		



Prova 3, Fem., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps			
7.	LUIS EGEA, Julia										04	C.N. Terrassa	36:13.07	19,00
	100m:	1:10.03	1:10.03	900m:	10:42.69	1:12.76	1700m:	20:24.54	1:12.73	2500m:	30:07.21	1:13.51		
	200m:	2:21.02	1:10.99	1000m:	11:55.38	1:12.69	1800m:	21:37.28	1:12.74	2600m:	31:20.95	1:13.74		
	300m:	3:32.17	1:11.15	1100m:	13:07.88	1:12.50	1900m:	22:50.22	1:12.94	2700m:	32:34.74	1:13.79		
	400m:	4:43.71	1:11.54	1200m:	14:20.28	1:12.40	2000m:	24:02.89	1:12.67	2800m:	33:48.42	1:13.68		
	500m:	5:55.26	1:11.55	1300m:	15:33.10	1:12.82	2100m:	25:15.82	1:12.93	2900m:	35:01.67	1:13.25		
	600m:	7:06.59	1:11.33	1400m:	16:45.84	1:12.74	2200m:	26:28.05	1:12.23	3000m:	36:13.07	1:11.40		
	700m:	8:17.80	1:11.21	1500m:	17:58.75	1:12.91	2300m:	27:40.59	1:12.54					
	800m:	9:29.93	1:12.13	1600m:	19:11.81	1:13.06	2400m:	28:53.70	1:13.11					
8.	CASTRO ATALAYA, Marina										99	C.N. Barcelona	36:17.86	14,00
	100m:	1:09.52	1:09.52	900m:	10:44.79	1:12.82	1700m:	20:24.03	1:13.19	2500m:	30:12.02	1:14.55		
	200m:	2:20.05	1:10.53	1000m:	11:57.03	1:12.24	1800m:	21:37.26	1:13.23	2600m:	31:25.99	1:13.97		
	300m:	3:30.81	1:10.76	1100m:	13:08.68	1:11.65	1900m:	22:49.94	1:12.68	2700m:	32:39.31	1:13.32		
	400m:	4:42.18	1:11.37	1200m:	14:20.38	1:11.70	2000m:	24:02.66	1:12.72	2800m:	33:52.71	1:13.40		
	500m:	5:53.89	1:11.71	1300m:	15:32.70	1:12.32	2100m:	25:15.75	1:13.09	2900m:	35:05.51	1:12.80		
	600m:	7:06.32	1:12.43	1400m:	16:45.33	1:12.63	2200m:	26:28.97	1:13.22	3000m:	36:17.86	1:12.35		
	700m:	8:18.87	1:12.55	1500m:	17:57.78	1:12.45	2300m:	27:43.15	1:14.18					
	800m:	9:31.97	1:13.10	1600m:	19:10.84	1:13.06	2400m:	28:57.47	1:14.32					
9.	BLAYA CORRONS, Janna										03	C.N. Terrassa	36:46.41	16,00
	100m:	1:09.83	1:09.83	900m:	10:46.40	1:13.29	1700m:	20:38.31	1:15.41	2500m:	30:34.37	1:14.66		
	200m:	2:21.37	1:11.54	1000m:	12:00.13	1:13.73	1800m:	21:52.67	1:14.36	2600m:	31:49.10	1:14.73		
	300m:	3:33.22	1:11.85	1100m:	13:13.52	1:13.39	1900m:	23:06.93	1:14.26	2700m:	33:03.78	1:14.68		
	400m:	4:44.77	1:11.55	1200m:	14:26.94	1:13.42	2000m:	24:21.43	1:14.50	2800m:	34:18.89	1:15.11		
	500m:	5:56.38	1:11.61	1300m:	15:41.02	1:14.08	2100m:	25:35.68	1:14.25	2900m:	35:33.65	1:14.76		
	600m:	7:08.00	1:11.62	1400m:	16:54.96	1:13.94	2200m:	26:49.70	1:14.02	3000m:	36:46.41	1:12.76		
	700m:	8:20.41	1:12.41	1500m:	18:08.96	1:14.00	2300m:	28:04.65	1:14.95					
	800m:	9:33.11	1:12.70	1600m:	19:22.90	1:13.94	2400m:	29:19.71	1:15.06					
10.	GALO NOGUEIRA, Estel Xuan										04	C.N. Granollers	36:48.75	14,00
	100m:	1:09.73	1:09.73	900m:	10:47.54	1:12.74	1700m:	20:36.18	1:14.73	2500m:	30:34.61	1:14.95		
	200m:	2:21.42	1:11.69	1000m:	12:00.32	1:12.78	1800m:	21:50.90	1:14.72	2600m:	31:49.84	1:15.23		
	300m:	3:33.69	1:12.27	1100m:	13:13.14	1:12.82	1900m:	23:05.18	1:14.28	2700m:	33:05.86	1:16.02		
	400m:	4:45.66	1:11.97	1200m:	14:26.24	1:13.10	2000m:	24:19.90	1:14.72	2800m:	34:21.91	1:16.05		
	500m:	5:57.92	1:12.26	1300m:	15:39.69	1:13.45	2100m:	25:34.42	1:14.52	2900m:	35:37.23	1:15.32		
	600m:	7:09.98	1:12.06	1400m:	16:53.33	1:13.64	2200m:	26:49.13	1:14.71	3000m:	36:48.75	1:11.52		
	700m:	8:22.19	1:12.21	1500m:	18:07.15	1:13.82	2300m:	28:04.01	1:14.88					
	800m:	9:34.80	1:12.61	1600m:	19:21.45	1:14.30	2400m:	29:19.66	1:15.65					
11.	VILARDEBÓ PLA, Núria										04	C.N. Calella	37:32.54	13,00
	100m:	1:10.08	1:10.08	900m:	10:53.04	1:14.22	1700m:	20:59.93	1:15.93	2500m:	31:13.60	1:16.13		
	200m:	2:22.98	1:12.90	1000m:	12:07.33	1:14.29	1800m:	22:16.76	1:16.83	2600m:	32:30.67	1:17.07		
	300m:	3:35.10	1:12.12	1100m:	13:22.47	1:15.14	1900m:	23:33.75	1:16.99	2700m:	33:47.95	1:17.28		
	400m:	4:47.62	1:12.52	1200m:	14:38.60	1:16.13	2000m:	24:51.09	1:17.34	2800m:	35:03.80	1:15.85		
	500m:	6:00.01	1:12.39	1300m:	15:55.07	1:16.47	2100m:	26:07.69	1:16.60	2900m:	36:18.63	1:14.83		
	600m:	7:12.49	1:12.48	1400m:	17:11.33	1:16.26	2200m:	27:24.10	1:16.41	3000m:	37:32.54	1:13.91		
	700m:	8:25.17	1:12.68	1500m:	18:27.66	1:16.33	2300m:	28:40.61	1:16.51					
	800m:	9:38.82	1:13.65	1600m:	19:44.00	1:16.34	2400m:	29:57.47	1:16.86					
12.	RIUS PELLEJA, Abril										04	C.N. Tarraco	37:38.36	12,00
	100m:	1:11.17	1:11.17	900m:	11:05.99	1:14.70	1700m:	21:11.17	1:16.48	2500m:	31:20.71	1:16.12		
	200m:	2:25.31	1:14.14	1000m:	12:21.30	1:15.31	1800m:	22:27.49	1:16.32	2600m:	32:36.95	1:16.24		
	300m:	3:39.22	1:13.91	1100m:	13:36.10	1:14.80	1900m:	23:43.81	1:16.32	2700m:	33:53.35	1:16.40		
	400m:	4:54.03	1:14.81	1200m:	14:51.33	1:15.23	2000m:	25:00.02	1:16.21	2800m:	35:09.76	1:16.41		
	500m:	6:08.41	1:14.38	1300m:	16:07.06	1:15.73	2100m:	26:15.33	1:15.31	2900m:	36:24.75	1:14.99		
	600m:	7:22.47	1:14.06	1400m:	17:22.72	1:15.66	2200m:	27:31.64	1:16.31	3000m:	37:38.36	1:13.61		
	700m:	8:36.74	1:14.27	1500m:	18:39.04	1:16.32	2300m:	28:48.33	1:16.69					
	800m:	9:51.29	1:14.55	1600m:	19:54.69	1:15.65	2400m:	30:04.59	1:16.26					
13.	MONELLS RABASSA, Júlia										03	C.N. Olot	37:44.79	11,00
	100m:	1:11.80	1:11.80	900m:	11:10.89	1:15.59	1700m:	21:16.31	1:16.53	2500m:	31:22.88	1:16.56		
	200m:	2:26.31	1:14.51	1000m:	12:25.76	1:14.87	1800m:	22:31.96	1:15.65	2600m:	32:40.12	1:17.24		
	300m:	3:41.18	1:14.87	1100m:	13:41.07	1:15.31	1900m:	23:47.58	1:15.62	2700m:	33:57.79	1:17.67		
	400m:	4:55.64	1:14.46	1200m:	14:56.33	1:15.26	2000m:	25:03.02	1:15.44	2800m:	35:14.99	1:17.20		
	500m:	6:10.40	1:14.76	1300m:	16:11.93	1:15.60	2100m:	26:18.66	1:15.64	2900m:	36:32.48	1:17.49		
	600m:	7:25.34	1:14.94	1400m:	17:27.89	1:15.96	2200m:	27:34.56	1:15.90	3000m:	37:44.79	1:12.31		
	700m:	8:40.10	1:14.76	1500m:	18:43.76	1:15.87	2300m:	28:49.93	1:15.37					
	800m:	9:55.30	1:15.20	1600m:	19:59.78	1:16.02	2400m:	30:06.32	1:16.39					

NQ = Nedadors NO Classificats (tall no superat)



Prova 3, Fem., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps	
14.	TOMICÓ VECIANA, Júlia 01 C.N. Mataró										38:06.00	16,00
	100m:	1:11.92	1:11.92	900m:	11:19.52	1:17.38	1700m:	21:33.54	1:16.42	2500m:	31:48.46	1:16.65
	200m:	2:25.75	1:13.83	1000m:	12:36.58	1:17.06	1800m:	22:50.25	1:16.71	2600m:	33:04.90	1:16.44
	300m:	3:40.69	1:14.94	1100m:	13:53.13	1:16.55	1900m:	24:07.17	1:16.92	2700m:	34:21.01	1:16.11
	400m:	4:56.08	1:15.39	1200m:	15:10.25	1:17.12	2000m:	25:23.75	1:16.58	2800m:	35:37.14	1:16.13
	500m:	6:11.95	1:15.87	1300m:	16:26.95	1:16.70	2100m:	26:40.73	1:16.98	2900m:	36:52.34	1:15.20
	600m:	7:27.99	1:16.04	1400m:	17:43.12	1:16.17	2200m:	27:57.67	1:16.94	3000m:	38:06.00	1:13.66
	700m:	8:45.09	1:17.10	1500m:	18:59.67	1:16.55	2300m:	29:14.57	1:16.90			
	800m:	10:02.14	1:17.05	1600m:	20:17.12	1:17.45	2400m:	30:31.81	1:17.24			
15.	VALERIO SAIS, Queralt 04 GEIEG										38:07.52	10,00
	100m:	1:12.43	1:12.43	900m:	11:08.20	1:15.30	1700m:	21:20.61	1:17.85	2500m:	31:41.05	1:18.39
	200m:	2:25.69	1:13.26	1000m:	12:23.76	1:15.56	1800m:	22:38.57	1:17.96	2600m:	32:57.77	1:16.72
	300m:	3:39.22	1:13.53	1100m:	13:39.45	1:15.69	1900m:	23:55.96	1:17.39	2700m:	34:14.88	1:17.11
	400m:	4:52.94	1:13.72	1200m:	14:56.14	1:16.69	2000m:	25:12.93	1:16.97	2800m:	35:32.71	1:17.83
	500m:	6:07.26	1:14.32	1300m:	16:12.25	1:16.11	2100m:	26:29.56	1:16.63	2900m:	36:50.24	1:17.53
	600m:	7:22.30	1:15.04	1400m:	17:28.93	1:16.68	2200m:	27:46.97	1:17.41	3000m:	38:07.52	1:17.28
	700m:	8:37.74	1:15.44	1500m:	18:45.63	1:16.70	2300m:	29:04.44	1:17.47			
	800m:	9:52.90	1:15.16	1600m:	20:02.76	1:17.13	2400m:	30:22.66	1:18.22			
16.	GRAU LOPEZ DE LA OSA, Paula 04 C.N. L'hospitalet										38:14.32	9,00
	100m:	1:15.32	1:15.32	900m:	11:24.13	1:17.28	1700m:	21:41.14	1:17.58	2500m:	31:57.34	1:17.06
	200m:	2:30.46	1:15.14	1000m:	12:41.06	1:16.93	1800m:	22:58.61	1:17.47	2600m:	33:13.60	1:16.26
	300m:	3:46.36	1:15.90	1100m:	13:57.74	1:16.68	1900m:	24:16.37	1:17.76	2700m:	34:30.91	1:17.31
	400m:	5:02.27	1:15.91	1200m:	15:14.79	1:17.05	2000m:	25:32.78	1:16.41	2800m:	35:47.84	1:16.93
	500m:	6:17.86	1:15.59	1300m:	16:32.35	1:17.56	2100m:	26:49.34	1:16.56	2900m:	37:03.08	1:15.24
	600m:	7:34.05	1:16.19	1400m:	17:50.14	1:17.79	2200m:	28:05.82	1:16.48	3000m:	38:14.32	1:11.24
	700m:	8:50.56	1:16.51	1500m:	19:07.43	1:17.29	2300m:	29:23.06	1:17.24			
	800m:	10:06.85	1:16.29	1600m:	20:23.56	1:16.13	2400m:	30:40.28	1:17.22			
17.	TORRAS PIEDEHIERRO, Judith 98 C.N. Barcelona										38:20.85	13,00
	100m:	1:13.33	1:13.33	900m:	11:18.49	1:16.89	1700m:	21:35.02	1:16.04	2500m:	31:54.60	1:18.21
	200m:	2:28.61	1:15.28	1000m:	12:35.41	1:16.92	1800m:	22:51.14	1:16.12	2600m:	33:12.78	1:18.18
	300m:	3:43.52	1:14.91	1100m:	13:51.97	1:16.56	1900m:	24:07.42	1:16.28	2700m:	34:30.99	1:18.21
	400m:	4:58.60	1:15.08	1200m:	15:09.66	1:17.69	2000m:	25:25.13	1:17.71	2800m:	35:47.95	1:16.96
	500m:	6:13.76	1:15.16	1300m:	16:27.82	1:18.16	2100m:	26:42.20	1:17.07	2900m:	37:05.00	1:17.05
	600m:	7:29.03	1:15.27	1400m:	17:45.98	1:18.16	2200m:	27:59.64	1:17.44	3000m:	38:20.85	1:15.85
	700m:	8:45.09	1:16.06	1500m:	19:02.96	1:16.98	2300m:	29:18.00	1:18.36			
	800m:	10:01.60	1:16.51	1600m:	20:18.98	1:16.02	2400m:	30:36.39	1:18.39			
18.	BONET SOTO, Ariadna 99 C.N. Granollers										38:33.18	12,00
	100m:	1:12.91	1:12.91	900m:	11:14.26	1:16.98	1700m:	21:35.84	1:17.87	2500m:	32:02.52	1:18.26
	200m:	2:27.64	1:14.73	1000m:	12:31.47	1:17.21	1800m:	22:53.91	1:18.07	2600m:	33:20.65	1:18.13
	300m:	3:41.59	1:13.95	1100m:	13:49.39	1:17.92	1900m:	24:12.36	1:18.45	2700m:	34:40.31	1:19.66
	400m:	4:55.56	1:13.97	1200m:	15:07.53	1:18.14	2000m:	25:30.94	1:18.58	2800m:	35:58.51	1:18.20
	500m:	6:10.13	1:14.57	1300m:	16:25.50	1:17.97	2100m:	26:49.65	1:18.71	2900m:	37:15.94	1:17.43
	600m:	7:25.60	1:15.47	1400m:	17:43.20	1:17.70	2200m:	28:08.21	1:18.56	3000m:	38:33.18	1:17.24
	700m:	8:41.07	1:15.47	1500m:	19:00.45	1:17.25	2300m:	29:26.37	1:18.16			
	800m:	9:57.28	1:16.21	1600m:	20:17.97	1:17.52	2400m:	30:44.26	1:17.89			
19.	CASTILLO MORENILLA, Lidia 04 C.N. Caldes										38:35.10	8,00
	100m:	1:11.99	1:11.99	900m:	11:13.28	1:16.91	1700m:	21:35.30	1:18.45	2500m:	32:08.23	1:20.08
	200m:	2:26.12	1:14.13	1000m:	12:30.82	1:17.54	1800m:	22:54.44	1:19.14	2600m:	33:26.09	1:17.86
	300m:	3:40.70	1:14.58	1100m:	13:48.15	1:17.33	1900m:	24:13.67	1:19.23	2700m:	34:44.77	1:18.68
	400m:	4:55.27	1:14.57	1200m:	15:06.59	1:18.44	2000m:	25:33.25	1:19.58	2800m:	36:02.03	1:17.26
	500m:	6:10.21	1:14.94	1300m:	16:23.77	1:17.18	2100m:	26:51.49	1:18.24	2900m:	37:19.46	1:17.43
	600m:	7:25.89	1:15.68	1400m:	17:41.14	1:17.37	2200m:	28:09.90	1:18.41	3000m:	38:35.10	1:15.64
	700m:	8:41.03	1:15.14	1500m:	18:58.54	1:17.40	2300m:	29:28.92	1:19.02			
	800m:	9:56.37	1:15.34	1600m:	20:16.85	1:18.31	2400m:	30:48.15	1:19.23			
20.	MAESTRO LORENZO, Alba 02 C.E. Mediterrani										38:42.58	14,00
	100m:	1:14.44	1:14.44	900m:	11:32.04	1:17.63	1700m:	21:50.97	1:17.18	2500m:	32:16.42	1:18.17
	200m:	2:30.70	1:16.26	1000m:	12:48.77	1:16.73	1800m:	23:09.05	1:18.08	2600m:	33:34.44	1:18.02
	300m:	3:47.58	1:16.88	1100m:	14:05.38	1:16.61	1900m:	24:27.50	1:18.45	2700m:	34:52.72	1:18.28
	400m:	5:04.95	1:17.37	1200m:	15:22.20	1:16.82	2000m:	25:45.57	1:18.07	2800m:	36:11.07	1:18.35
	500m:	6:22.14	1:17.19	1300m:	16:39.81	1:17.61	2100m:	27:03.65	1:18.08	2900m:	37:28.31	1:17.24
	600m:	7:39.49	1:17.35	1400m:	17:57.91	1:18.10	2200m:	28:21.96	1:18.31	3000m:	38:42.58	1:14.27
	700m:	8:57.09	1:17.60	1500m:	19:16.12	1:18.21	2300m:	29:40.06	1:18.10			
	800m:	10:14.41	1:17.32	1600m:	20:33.79	1:17.67	2400m:	30:58.25	1:18.19			

NQ = Nedadors NO Classificats (tall no superat)



Prova 3, Fem., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps			
21.	AULINAS PRAT, Clara										01	C.N. Olot	38:47.35	13,00
	100m:	1:14.05	1:14.05	900m:	11:34.67	1:17.65	1700m:	21:56.79	1:17.79	2500m:	32:20.88	1:18.17		
	200m:	2:31.83	1:17.78	1000m:	12:52.50	1:17.83	1800m:	23:14.43	1:17.64	2600m:	33:38.62	1:17.74		
	300m:	3:49.26	1:17.43	1100m:	14:09.71	1:17.21	1900m:	24:32.70	1:18.27	2700m:	34:56.33	1:17.71		
	400m:	5:06.50	1:17.24	1200m:	15:27.70	1:17.99	2000m:	25:50.33	1:17.63	2800m:	36:14.01	1:17.68		
	500m:	6:23.91	1:17.41	1300m:	16:45.44	1:17.74	2100m:	27:08.18	1:17.85	2900m:	37:31.23	1:17.22		
	600m:	7:41.56	1:17.65	1400m:	18:02.94	1:17.50	2200m:	28:26.38	1:18.20	3000m:	38:47.35	1:16.12		
	700m:	8:59.05	1:17.49	1500m:	19:20.98	1:18.04	2300m:	29:44.54	1:18.16					
	800m:	10:17.02	1:17.97	1600m:	20:39.00	1:18.02	2400m:	31:02.71	1:18.17					
22.	BERTRAN IZQUIERDO, Aida										96	C.N. Barcelona	38:57.83	11,00
	100m:	1:12.38	1:12.38	900m:	11:09.97	1:15.90	1700m:	21:29.28	1:17.86	2500m:	32:09.20	1:22.88		
	200m:	2:26.34	1:13.96	1000m:	12:25.97	1:16.00	1800m:	22:48.48	1:19.20	2600m:	33:31.34	1:22.14		
	300m:	3:40.77	1:14.43	1100m:	13:42.32	1:16.35	1900m:	24:07.15	1:18.67	2700m:	34:53.94	1:22.60		
	400m:	4:55.32	1:14.55	1200m:	14:59.71	1:17.39	2000m:	25:26.31	1:19.16	2800m:	36:14.58	1:20.64		
	500m:	6:09.73	1:14.41	1300m:	16:18.11	1:18.40	2100m:	26:45.24	1:18.93	2900m:	37:36.20	1:21.62		
	600m:	7:24.37	1:14.64	1400m:	17:35.87	1:17.76	2200m:	28:03.93	1:18.69	3000m:	38:57.83	1:21.63		
	700m:	8:39.19	1:14.82	1500m:	18:53.86	1:17.99	2300m:	29:24.19	1:20.26					
	800m:	9:54.07	1:14.88	1600m:	20:11.42	1:17.56	2400m:	30:46.32	1:22.13					
23.	VELASCO FERNANDEZ, Queralt										03	C.N. Terrassa	39:03.70	7,00
	100m:	1:09.44	1:09.44	900m:	11:09.31	1:17.75	1700m:	21:45.77	1:20.64	2500m:	32:30.16	1:20.25		
	200m:	2:21.49	1:12.05	1000m:	12:28.44	1:19.13	1800m:	23:06.41	1:20.64	2600m:	33:48.72	1:18.56		
	300m:	3:34.02	1:12.53	1100m:	13:47.71	1:19.27	1900m:	24:27.08	1:20.67	2700m:	35:09.33	1:20.61		
	400m:	4:47.33	1:13.31	1200m:	15:06.81	1:19.10	2000m:	25:47.37	1:20.29	2800m:	36:28.34	1:19.01		
	500m:	6:02.66	1:15.33	1300m:	16:25.76	1:18.95	2100m:	27:07.40	1:20.03	2900m:	37:46.96	1:18.62		
	600m:	7:18.71	1:16.05	1400m:	17:45.16	1:19.40	2200m:	28:28.23	1:20.83	3000m:	39:03.70	1:16.74		
	700m:	8:35.65	1:16.94	1500m:	19:04.51	1:19.35	2300m:	29:48.83	1:20.60					
	800m:	9:51.56	1:15.91	1600m:	20:25.13	1:20.62	2400m:	31:09.91	1:21.08					
24.	LOPEZ ROMERO, Lara										03	C.N. Figueres	39:22.65	6,00
	100m:	1:15.34	1:15.34	900m:	11:38.18	1:18.13	1700m:	22:12.15	1:19.45	2500m:	32:49.10	1:19.93		
	200m:	2:33.58	1:18.24	1000m:	12:56.44	1:18.26	1800m:	23:31.80	1:19.65	2600m:	34:09.24	1:20.14		
	300m:	3:51.93	1:18.35	1100m:	14:15.36	1:18.92	1900m:	24:51.55	1:19.75	2700m:	35:29.58	1:20.34		
	400m:	5:09.72	1:17.79	1200m:	15:33.93	1:18.57	2000m:	26:11.04	1:19.49	2800m:	36:49.02	1:19.44		
	500m:	6:27.24	1:17.52	1300m:	16:53.22	1:19.29	2100m:	27:30.26	1:19.22	2900m:	38:07.18	1:18.16		
	600m:	7:44.27	1:17.03	1400m:	18:13.24	1:20.02	2200m:	28:49.26	1:19.00	3000m:	39:22.65	1:15.47		
	700m:	9:02.32	1:18.05	1500m:	19:33.32	1:20.08	2300m:	30:09.01	1:19.75					
	800m:	10:20.05	1:17.73	1600m:	20:52.70	1:19.38	2400m:	31:29.17	1:20.16					
25.	GUINOVRT VENDRELL, Olga										02	C.N. Centelles	39:27.46	12,00
	100m:	1:14.41	1:14.41	900m:	11:36.67	1:19.04	1700m:	22:13.15	1:19.78	2500m:	32:57.11	1:20.60		
	200m:	2:31.68	1:17.27	1000m:	12:55.93	1:19.26	1800m:	23:33.50	1:20.35	2600m:	34:17.77	1:20.66		
	300m:	3:49.13	1:17.45	1100m:	14:15.14	1:19.21	1900m:	24:53.73	1:20.23	2700m:	35:37.89	1:20.12		
	400m:	5:06.63	1:17.50	1200m:	15:34.94	1:19.80	2000m:	26:14.02	1:20.29	2800m:	36:56.17	1:18.28		
	500m:	6:23.92	1:17.29	1300m:	16:54.58	1:19.64	2100m:	27:34.69	1:20.67	2900m:	38:13.12	1:16.95		
	600m:	7:41.40	1:17.48	1400m:	18:13.90	1:19.32	2200m:	28:55.48	1:20.79	3000m:	39:27.46	1:14.34		
	700m:	8:59.34	1:17.94	1500m:	19:33.71	1:19.81	2300m:	30:16.15	1:20.67					
	800m:	10:17.63	1:18.29	1600m:	20:53.37	1:19.66	2400m:	31:36.51	1:20.36					
26.	LORENZO BARTOLI, Jana										04	C.N. Barcelona	39:28.43	5,00
	100m:	1:12.16	1:12.16	900m:	11:37.27	1:19.51	1700m:	22:12.79	1:19.42	2500m:	32:54.87	1:20.95		
	200m:	2:29.28	1:17.12	1000m:	12:55.71	1:18.44	1800m:	23:33.05	1:20.26	2600m:	34:14.32	1:19.45		
	300m:	3:45.75	1:16.47	1100m:	14:14.72	1:19.01	1900m:	24:53.31	1:20.26	2700m:	35:35.46	1:21.14		
	400m:	5:03.86	1:18.11	1200m:	15:34.30	1:19.58	2000m:	26:12.97	1:19.66	2800m:	36:55.42	1:19.96		
	500m:	6:21.89	1:18.03	1300m:	16:53.70	1:19.40	2100m:	27:33.46	1:20.49	2900m:	38:13.13	1:17.71		
	600m:	7:40.06	1:18.17	1400m:	18:13.59	1:19.89	2200m:	28:53.53	1:20.07	3000m:	39:28.43	1:15.30		
	700m:	8:59.03	1:18.97	1500m:	19:33.98	1:20.39	2300m:	30:14.60	1:21.07					
	800m:	10:17.76	1:18.73	1600m:	20:53.37	1:19.39	2400m:	31:33.92	1:19.32					
27.	MARSOL SISCART, Noemí										01	C.N. Tàrraga	39:35.80	11,00
	100m:	1:15.95	1:15.95	900m:	11:47.33	1:20.11	1700m:	22:25.71	1:17.76	2500m:	32:56.48	1:18.49		
	200m:	2:34.36	1:18.41	1000m:	13:07.76	1:20.43	1800m:	23:44.12	1:18.41	2600m:	34:16.54	1:20.06		
	300m:	3:52.63	1:18.27	1100m:	14:28.29	1:20.53	1900m:	25:02.62	1:18.50	2700m:	35:37.50	1:20.96		
	400m:	5:11.07	1:18.44	1200m:	15:48.62	1:20.33	2000m:	26:21.42	1:18.80	2800m:	36:58.33	1:20.83		
	500m:	6:29.67	1:18.60	1300m:	17:08.75	1:20.13	2100m:	27:39.66	1:18.24	2900m:	38:17.52	1:19.19		
	600m:	7:48.59	1:18.92	1400m:	18:28.57	1:19.82	2200m:	28:58.98	1:19.32	3000m:	39:35.80	1:18.28		
	700m:	9:07.75	1:19.16	1500m:	19:49.05	1:20.48	2300m:	30:18.24	1:19.26					
	800m:	10:27.22	1:19.47	1600m:	21:07.95	1:18.90	2400m:	31:37.99	1:19.75					



Prova 3, Fem., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps			
28.	SANCHO ZARAGOZA, Marina										03	C.N. Mataró	39:37.62	4,00
	100m:	1:16.27	1:16.27	900m:	11:45.01	1:19.25	1700m:	22:20.00	1:19.86	2500m:	33:00.03	1:19.87		
	200m:	2:34.54	1:18.27	1000m:	13:03.78	1:18.77	1800m:	23:39.95	1:19.95	2600m:	34:20.19	1:20.16		
	300m:	3:52.76	1:18.22	1100m:	14:22.99	1:19.21	1900m:	24:59.73	1:19.78	2700m:	35:40.50	1:20.31		
	400m:	5:11.19	1:18.43	1200m:	15:42.09	1:19.10	2000m:	26:19.80	1:20.07	2800m:	36:59.74	1:19.24		
	500m:	6:29.98	1:18.79	1300m:	17:01.16	1:19.07	2100m:	27:39.48	1:19.68	2900m:	38:19.71	1:19.97		
	600m:	7:48.35	1:18.37	1400m:	18:20.75	1:19.59	2200m:	28:59.42	1:19.94	3000m:	39:37.62	1:17.91		
	700m:	9:06.97	1:18.62	1500m:	19:40.07	1:19.32	2300m:	30:19.68	1:20.26					
	800m:	10:25.76	1:18.79	1600m:	21:00.14	1:20.07	2400m:	31:40.16	1:20.48					
29.	SANCHEZ ALCALÀ, Elsa										04	C.N. Caldes	39:41.09	3,00
	100m:	1:13.79	1:13.79	900m:	11:27.08	1:18.26	1700m:	22:11.81	1:21.00	2500m:	32:57.02	1:21.21		
	200m:	2:29.02	1:15.23	1000m:	12:46.15	1:19.07	1800m:	23:33.17	1:21.36	2600m:	34:18.39	1:21.37		
	300m:	3:44.92	1:15.90	1100m:	14:06.06	1:19.91	1900m:	24:53.60	1:20.43	2700m:	35:39.77	1:21.38		
	400m:	5:01.28	1:16.36	1200m:	15:26.27	1:20.21	2000m:	26:13.71	1:20.11	2800m:	37:01.38	1:21.61		
	500m:	6:17.29	1:16.01	1300m:	16:46.59	1:20.32	2100m:	27:34.15	1:20.44	2900m:	38:22.00	1:20.62		
	600m:	7:33.75	1:16.46	1400m:	18:07.69	1:21.10	2200m:	28:55.19	1:21.04	3000m:	39:41.09	1:19.09		
	700m:	8:51.00	1:17.25	1500m:	19:29.26	1:21.57	2300m:	30:15.67	1:20.48					
	800m:	10:08.82	1:17.82	1600m:	20:50.81	1:21.55	2400m:	31:35.81	1:20.14					
30.	USECHI ELIZARI, Marta										04	C.N. Barcelona	39:43.14	2,00
	100m:	1:16.04	1:16.04	900m:	11:44.86	1:18.79	1700m:	22:20.41	1:19.67	2500m:	33:01.98	1:20.73		
	200m:	2:34.62	1:18.58	1000m:	13:03.78	1:18.92	1800m:	23:39.88	1:19.47	2600m:	34:22.83	1:20.85		
	300m:	3:53.50	1:18.88	1100m:	14:22.86	1:19.08	1900m:	25:00.65	1:20.77	2700m:	35:44.02	1:21.19		
	400m:	5:12.16	1:18.66	1200m:	15:42.20	1:19.34	2000m:	26:21.53	1:20.88	2800m:	37:04.74	1:20.72		
	500m:	6:30.78	1:18.62	1300m:	17:01.84	1:19.64	2100m:	27:42.70	1:21.17	2900m:	38:24.73	1:19.99		
	600m:	7:49.41	1:18.63	1400m:	18:21.71	1:19.87	2200m:	29:02.74	1:20.04	3000m:	39:43.14	1:18.41		
	700m:	9:08.01	1:18.60	1500m:	19:41.36	1:19.65	2300m:	30:21.67	1:18.93					
	800m:	10:26.07	1:18.06	1600m:	21:00.74	1:19.38	2400m:	31:41.25	1:19.58					
31.	VERA VALLS, Nuria										99	C.N. Granollers	39:53.23	10,00
	100m:	1:15.60	1:15.60	900m:	11:51.01	1:20.11	1700m:	22:25.74	1:19.68	2500m:	33:12.09	1:21.82		
	200m:	2:33.48	1:17.88	1000m:	13:10.81	1:19.80	1800m:	23:45.63	1:19.89	2600m:	34:33.14	1:21.05		
	300m:	3:51.74	1:18.26	1100m:	14:30.36	1:19.55	1900m:	25:06.14	1:20.51	2700m:	35:54.44	1:21.30		
	400m:	5:11.38	1:19.64	1200m:	15:49.44	1:19.08	2000m:	26:26.98	1:20.84	2800m:	37:15.17	1:20.73		
	500m:	6:31.11	1:19.73	1300m:	17:08.23	1:18.79	2100m:	27:47.76	1:20.78	2900m:	38:34.83	1:19.66		
	600m:	7:51.21	1:20.10	1400m:	18:27.36	1:19.13	2200m:	29:09.08	1:21.32	3000m:	39:53.23	1:18.40		
	700m:	9:10.86	1:19.65	1500m:	19:46.47	1:19.11	2300m:	30:30.05	1:20.97					
	800m:	10:30.90	1:20.04	1600m:	21:06.06	1:19.59	2400m:	31:50.27	1:20.22					
32.	CASALS MOJICA, Lucia										04	C.N. Barcelona	40:16.83	1,00
	100m:	1:15.13	1:15.13	900m:	11:43.18	1:20.21	1700m:	22:32.61	1:22.65	2500m:	33:29.20	1:21.93		
	200m:	2:32.96	1:17.83	1000m:	13:03.33	1:20.15	1800m:	23:54.36	1:21.75	2600m:	34:51.77	1:22.57		
	300m:	3:49.95	1:16.99	1100m:	14:23.18	1:19.85	1900m:	25:17.47	1:23.11	2700m:	36:14.24	1:22.47		
	400m:	5:08.53	1:18.58	1200m:	15:43.57	1:20.39	2000m:	26:40.38	1:22.91	2800m:	37:36.23	1:21.99		
	500m:	6:26.61	1:18.08	1300m:	17:04.03	1:20.46	2100m:	28:01.94	1:21.56	2900m:	38:58.18	1:21.95		
	600m:	7:44.54	1:17.93	1400m:	18:26.21	1:22.18	2200m:	29:23.40	1:21.46	3000m:	40:16.83	1:18.65		
	700m:	9:03.37	1:18.83	1500m:	19:48.45	1:22.24	2300m:	30:45.44	1:22.04					
	800m:	10:22.97	1:19.60	1600m:	21:09.96	1:21.51	2400m:	32:07.27	1:21.83					
33.	GOMEZ RIVERA, Lucia										03	C.N. Martorell	40:25.56	-
	100m:	1:13.68	1:13.68	900m:	11:53.32	1:21.62	1700m:	22:51.59	1:22.41	2500m:	33:43.22	1:21.49		
	200m:	2:31.41	1:17.73	1000m:	13:15.71	1:22.39	1800m:	24:13.49	1:21.90	2600m:	35:03.84	1:20.62		
	300m:	3:50.10	1:18.69	1100m:	14:37.89	1:22.18	1900m:	25:36.39	1:22.90	2700m:	36:24.34	1:20.50		
	400m:	5:09.05	1:18.95	1200m:	16:00.03	1:22.14	2000m:	26:59.47	1:23.08	2800m:	37:45.36	1:21.02		
	500m:	6:29.08	1:20.03	1300m:	17:22.12	1:22.09	2100m:	28:20.29	1:20.82	2900m:	39:08.08	1:22.72		
	600m:	7:49.41	1:20.33	1400m:	18:44.72	1:22.60	2200m:	29:40.67	1:20.38	3000m:	40:25.56	1:17.48		
	700m:	9:10.24	1:20.83	1500m:	20:07.49	1:22.77	2300m:	31:01.23	1:20.56					
	800m:	10:31.70	1:21.46	1600m:	21:29.18	1:21.69	2400m:	32:21.73	1:20.50					
34.	BENAVENTE LOPEZ, Ainhoa										98	N.C. Torelló	40:27.19	9,00
	100m:	1:16.12	1:16.12	900m:	11:51.84	1:20.07	1700m:	22:36.85	1:20.44	2500m:	33:35.45	1:23.56		
	200m:	2:34.61	1:18.49	1000m:	13:11.96	1:20.12	1800m:	23:57.88	1:21.03	2600m:	34:58.22	1:22.77		
	300m:	3:53.88	1:19.27	1100m:	14:32.27	1:20.31	1900m:	25:19.66	1:21.78	2700m:	36:21.30	1:23.08		
	400m:	5:13.42	1:19.54	1200m:	15:53.06	1:20.79	2000m:	26:42.20	1:22.54	2800m:	37:44.12	1:22.82		
	500m:	6:33.78	1:20.36	1300m:	17:13.82	1:20.76	2100m:	28:04.67	1:22.47	2900m:	39:06.28	1:22.16		
	600m:	7:52.83	1:19.05	1400m:	18:35.39	1:21.57	2200m:	29:26.74	1:22.07	3000m:	40:27.19	1:20.91		
	700m:	9:11.95	1:19.12	1500m:	19:55.82	1:20.43	2300m:	30:49.17	1:22.43					
	800m:	10:31.77	1:19.82	1600m:	21:16.41	1:20.59	2400m:	32:11.89	1:22.72					

NQ = Nedadors NO Classificats (tall no superat)



Prova 3, Fem., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps			
35.	ANSÓN BARRIENTOS, Marina										03	C.N. Figueres	40:52.72	-
	100m:	1:14.62	1:14.62	900m:	11:54.35	1:20.35	1700m:	22:48.92	1:21.67	2500m:	33:53.77	1:23.92		
	200m:	2:33.76	1:19.14	1000m:	13:14.93	1:20.58	1800m:	24:10.32	1:21.40	2600m:	35:19.11	1:25.34		
	300m:	3:53.70	1:19.94	1100m:	14:36.11	1:21.18	1900m:	25:32.95	1:22.63	2700m:	36:44.57	1:25.46		
	400m:	5:13.36	1:19.66	1200m:	15:57.30	1:21.19	2000m:	26:56.49	1:23.54	2800m:	38:08.57	1:24.00		
	500m:	6:33.58	1:20.22	1300m:	17:19.63	1:22.33	2100m:	28:19.61	1:23.12	2900m:	39:32.38	1:23.81		
	600m:	7:54.05	1:20.47	1400m:	18:42.18	1:22.55	2200m:	29:42.24	1:22.63	3000m:	40:52.72	1:20.34		
	700m:	9:13.80	1:19.75	1500m:	20:04.75	1:22.57	2300m:	31:05.72	1:23.48					
	800m:	10:34.00	1:20.20	1600m:	21:27.25	1:22.50	2400m:	32:29.85	1:24.13					
36.	MUÑOZ VALVERDE, Alba										03	C.E.N. Cabrera De Mar	41:43.76	-
	100m:	1:17.63	1:17.63	900m:	12:16.91	1:23.32	1700m:	23:26.39	1:24.92	2500m:	34:46.03	1:25.38		
	200m:	2:38.74	1:21.11	1000m:	13:39.90	1:22.99	1800m:	24:50.34	1:23.95	2600m:	36:10.73	1:24.70		
	300m:	4:00.59	1:21.85	1100m:	15:02.51	1:22.61	1900m:	26:15.21	1:24.87	2700m:	37:34.95	1:24.22		
	400m:	5:22.74	1:22.15	1200m:	16:25.58	1:23.07	2000m:	27:39.26	1:24.05	2800m:	38:59.54	1:24.59		
	500m:	6:45.04	1:22.30	1300m:	17:48.87	1:23.29	2100m:	29:03.86	1:24.60	2900m:	40:23.08	1:23.54		
	600m:	8:07.63	1:22.59	1400m:	19:12.58	1:23.71	2200m:	30:28.93	1:25.07	3000m:	41:43.76	1:20.68		
	700m:	9:30.27	1:22.64	1500m:	20:36.59	1:24.01	2300m:	31:54.74	1:25.81					
	800m:	10:53.59	1:23.32	1600m:	22:01.47	1:24.88	2400m:	33:20.65	1:25.91					
37.	DOVGUÑEC DUBATOWKA, Denisse										03	C.N. L'hospitalet	42:19.08	-
	100m:	1:15.48	1:15.48	900m:	12:21.87	1:24.35	1700m:	23:46.48	1:27.18	2500m:	35:16.15	1:26.26		
	200m:	2:36.53	1:21.05	1000m:	13:44.41	1:22.54	1800m:	25:12.25	1:25.77	2600m:	36:42.65	1:26.50		
	300m:	3:59.19	1:22.66	1100m:	15:09.75	1:25.34	1900m:	26:37.59	1:25.34	2700m:	38:08.95	1:26.30		
	400m:	5:22.08	1:22.89	1200m:	16:35.91	1:26.16	2000m:	28:03.85	1:26.26	2800m:	39:33.66	1:24.71		
	500m:	6:45.94	1:23.86	1300m:	18:02.62	1:26.71	2100m:	29:30.06	1:26.21	2900m:	40:57.96	1:24.30		
	600m:	8:09.75	1:23.81	1400m:	19:27.53	1:24.91	2200m:	30:57.32	1:27.26	3000m:	42:19.08	1:21.12		
	700m:	9:33.62	1:23.87	1500m:	20:52.35	1:24.82	2300m:	32:24.33	1:27.01					
	800m:	10:57.52	1:23.90	1600m:	22:19.30	1:26.95	2400m:	33:49.89	1:25.56					
38.	VIZCAINO GOMEZ, Noa										02	C.N. Martorell	42:59.54	10,00
	100m:	1:21.91	1:21.91	900m:	12:44.22	1:25.50	1700m:	24:17.28	1:27.06	2500m:	35:55.26	1:26.82		
	200m:	2:47.22	1:25.31	1000m:	14:09.82	1:25.60	1800m:	25:45.27	1:27.99	2600m:	37:22.27	1:27.01		
	300m:	4:12.52	1:25.30	1100m:	15:36.09	1:26.27	1900m:	27:12.09	1:26.82	2700m:	38:48.33	1:26.06		
	400m:	5:38.07	1:25.55	1200m:	17:02.74	1:26.65	2000m:	28:39.31	1:27.22	2800m:	40:13.06	1:24.73		
	500m:	7:02.83	1:24.76	1300m:	18:29.49	1:26.75	2100m:	30:06.44	1:27.13	2900m:	41:37.37	1:24.31		
	600m:	8:28.46	1:25.63	1400m:	19:56.24	1:26.75	2200m:	31:33.91	1:27.47	3000m:	42:59.54	1:22.17		
	700m:	9:53.31	1:24.85	1500m:	21:23.46	1:27.22	2300m:	33:01.64	1:27.73					
	800m:	11:18.72	1:25.41	1600m:	22:50.22	1:26.76	2400m:	34:28.44	1:26.80					
39.	PEREZ BARTOMEU, Helena										02	C.N. Catalunya	43:07.76	9,00
	100m:	1:17.53	1:17.53	900m:	12:45.16	1:26.36	1700m:	24:20.90		2500m:	36:00.39	1:25.92		
	200m:	2:41.17	1:23.64	1000m:	14:10.52	1:25.36	1800m:			2600m:	37:25.27	1:24.88		
	300m:	4:06.39	1:25.22	1100m:	15:37.33	1:26.81	1900m:	27:14.73		2700m:	38:51.48	1:26.21		
	400m:	5:32.08	1:25.69	1200m:	17:04.68	1:27.35	2000m:	28:41.59	1:26.86	2800m:	40:17.30	1:25.82		
	500m:	6:58.55	1:26.47	1300m:	18:32.14	1:27.46	2100m:	30:10.43	1:28.84	2900m:	41:43.52	1:26.22		
	600m:	8:24.56	1:26.01	1400m:	19:59.08	1:26.94	2200m:	31:38.01	1:27.58	3000m:	43:07.76	1:24.24		
	700m:	9:51.63	1:27.07	1500m:	21:26.19	1:27.11	2300m:	33:06.27	1:28.26					
	800m:	11:18.80	1:27.17	1600m:			2400m:	34:34.47	1:28.20					



Prova 4
16/01/2020

Masc., 3000m Lliure

Absolut, Júnior 2 i Júnior 1
Resultats

RC	31:26.24	ESCRITS, ALBERT	MATARÓ	23/02/2019
MMC 18	32:23.47	ESCRITS, ALBERT	TERRASSA	03/12/2016
MMC 17	33:14.65	CASANOVAS, JOAN	BARCELONA	11/01/2014
MMC 16	33:19.33	CASANOVAS, JOAN	BARCELONA	18/05/2013

Classificació

ANY

Temps

Júnior 1 Fons Indoor

1. COLOMER JIMENEZ, Arnau	03	C.N. Granollers	34:33.17	19,00
100m: 1:05.25 1:05.25	900m: 10:12.23 1:08.58	1700m: 19:23.40 1:09.28	2500m: 28:43.82 1:10.82	
200m: 2:12.67 1:07.42	1000m: 11:20.85 1:08.62	1800m: 20:32.11 1:08.71	2600m: 29:55.52 1:11.70	
300m: 3:20.71 1:08.04	1100m: 12:28.77 1:07.92	1900m: 21:41.26 1:09.15	2700m: 31:05.92 1:10.40	
400m: 4:29.22 1:08.51	1200m: 13:36.61 1:07.84	2000m: 22:51.08 1:09.82	2800m: 32:17.00 1:11.08	
500m: 5:38.14 1:08.92	1300m: 14:46.75 1:10.14	2100m: 24:01.13 1:10.05	2900m: 33:26.70 1:09.70	
600m: 6:46.80 1:08.66	1400m: 15:55.85 1:09.10	2200m: 25:11.50 1:10.37	3000m: 34:33.17 1:06.47	
700m: 7:55.28 1:08.48	1500m: 17:04.80 1:08.95	2300m: 26:22.19 1:10.69		
800m: 9:03.65 1:08.37	1600m: 18:14.12 1:09.32	2400m: 27:33.00 1:10.81		
2. CABEZUELO AREVALO, Albert	04	A.N. Gramenet	34:42.64	16,00
100m: 1:04.23 1:04.23	900m: 10:11.78 1:08.40	1700m: 19:23.21 1:09.24	2500m: 28:50.39 1:11.43	
200m: 2:12.21 1:07.98	1000m: 11:20.34 1:08.56	1800m: 20:33.05 1:09.84	2600m: 30:01.34 1:10.95	
300m: 3:20.43 1:08.22	1100m: 12:27.96 1:07.62	1900m: 21:43.86 1:10.81	2700m: 31:12.74 1:11.40	
400m: 4:29.16 1:08.73	1200m: 13:36.69 1:08.73	2000m: 22:54.88 1:11.02	2800m: 32:24.25 1:11.51	
500m: 5:38.03 1:08.87	1300m: 14:45.93 1:09.24	2100m: 24:05.96 1:11.08	2900m: 33:33.71 1:09.46	
600m: 6:46.56 1:08.53	1400m: 15:54.92 1:08.99	2200m: 25:17.17 1:11.21	3000m: 34:42.64 1:08.93	
700m: 7:54.89 1:08.33	1500m: 17:04.22 1:09.30	2300m: 26:27.33 1:10.16		
800m: 9:03.38 1:08.49	1600m: 18:13.97 1:09.75	2400m: 27:38.96 1:11.63		
3. ORTIZ MARTINEZ, Carlos	04	C.N. L'hospitalet	34:58.16	14,00
100m: 1:06.77 1:06.77	900m: 10:23.19 1:09.76	1700m: 19:44.05 1:10.58	2500m: 29:07.14 1:11.47	
200m: 2:16.23 1:09.46	1000m: 11:33.24 1:10.05	1800m: 20:54.76 1:10.71	2600m: 30:17.87 1:10.73	
300m: 3:25.85 1:09.62	1100m: 12:43.49 1:10.25	1900m: 22:05.21 1:10.45	2700m: 31:29.13 1:11.26	
400m: 4:35.40 1:09.55	1200m: 13:53.10 1:09.61	2000m: 23:15.86 1:10.65	2800m: 32:40.82 1:11.69	
500m: 5:45.12 1:09.72	1300m: 15:02.82 1:09.72	2100m: 24:24.75 1:08.89	2900m: 33:50.20 1:09.38	
600m: 6:54.67 1:09.55	1400m: 16:13.25 1:10.43	2200m: 25:34.65 1:09.90	3000m: 34:58.16 1:07.96	
700m: 8:04.43 1:09.76	1500m: 17:23.31 1:10.06	2300m: 26:44.99 1:10.34		
800m: 9:13.43 1:09.00	1600m: 18:33.47 1:10.16	2400m: 27:55.67 1:10.68		
4. VILLA RODRIGUEZ, Pau	04	C.N. Sant Andreu	35:12.15	13,00
100m: 1:07.25 1:07.25	900m: 10:27.33 1:09.93	1700m: 19:49.31 1:10.79	2500m: 29:17.87 1:11.34	
200m: 2:17.19 1:09.94	1000m: 11:37.53 1:10.20	1800m: 21:00.15 1:10.84	2600m: 30:28.94 1:11.07	
300m: 3:27.49 1:10.30	1100m: 12:47.02 1:09.49	1900m: 22:11.11 1:10.96	2700m: 31:40.66 1:11.72	
400m: 4:38.14 1:10.65	1200m: 13:57.08 1:10.06	2000m: 23:21.59 1:10.48	2800m: 32:51.75 1:11.09	
500m: 5:48.55 1:10.41	1300m: 15:07.85 1:10.77	2100m: 24:32.56 1:10.97	2900m: 34:02.13 1:10.38	
600m: 6:58.56 1:10.01	1400m: 16:18.13 1:10.28	2200m: 25:44.01 1:11.45	3000m: 35:12.15 1:10.02	
700m: 8:08.25 1:09.69	1500m: 17:28.15 1:10.02	2300m: 26:55.16 1:11.15		
800m: 9:17.40 1:09.15	1600m: 18:38.52 1:10.37	2400m: 28:06.53 1:11.37		
5. REYES VALENZUELA, Abel	03	C.N. Mataró	35:14.03	12,00
100m: 1:07.58 1:07.58	900m: 10:27.22 1:09.66	1700m: 19:48.77 1:10.71	2500m: 29:19.59 1:11.43	
200m: 2:17.38 1:09.80	1000m: 11:37.21 1:09.99	1800m: 21:00.28 1:11.51	2600m: 30:30.71 1:11.12	
300m: 3:27.34 1:09.96	1100m: 12:46.63 1:09.42	1900m: 22:11.64 1:11.36	2700m: 31:42.37 1:11.66	
400m: 4:37.83 1:10.49	1200m: 13:56.77 1:10.14	2000m: 23:23.16 1:11.52	2800m: 32:53.25 1:10.88	
500m: 5:47.86 1:10.03	1300m: 15:06.68 1:09.91	2100m: 24:34.56 1:11.40	2900m: 34:04.21 1:10.96	
600m: 6:57.75 1:09.89	1400m: 16:16.93 1:10.25	2200m: 25:45.82 1:11.26	3000m: 35:14.03 1:09.82	
700m: 8:07.55 1:09.80	1500m: 17:27.43 1:10.50	2300m: 26:56.83 1:11.01		
800m: 9:17.56 1:10.01	1600m: 18:38.06 1:10.63	2400m: 28:08.16 1:11.33		
6. TOBAL TUBAU, Igor	03	C.N. Igualada	35:24.89	11,00
100m: 1:07.36 1:07.36	900m: 10:28.30 1:10.67	1700m: 19:57.27 1:11.40	2500m: 29:29.60 1:11.23	
200m: 2:17.17 1:09.81	1000m: 11:38.80 1:10.50	1800m: 21:09.36 1:12.09	2600m: 30:41.01 1:11.41	
300m: 3:27.37 1:10.20	1100m: 12:49.63 1:10.83	1900m: 22:21.31 1:11.95	2700m: 31:52.94 1:11.93	
400m: 4:37.59 1:10.22	1200m: 14:00.69 1:11.06	2000m: 23:32.11 1:10.80	2800m: 33:05.31 1:12.37	
500m: 5:47.92 1:10.33	1300m: 15:11.51 1:10.82	2100m: 24:43.89 1:11.78	2900m: 34:17.57 1:12.26	
600m: 6:57.50 1:09.58	1400m: 16:22.76 1:11.25	2200m: 25:55.38 1:11.49	3000m: 35:24.89 1:07.32	
700m: 8:07.80 1:10.30	1500m: 17:34.02 1:11.26	2300m: 27:07.01 1:11.63		
800m: 9:17.63 1:09.83	1600m: 18:45.87 1:11.85	2400m: 28:18.37 1:11.36		

NQ = Nedadors NO Classificats (tall no superat)

Sponsor Sponsor Institucional



Generalitat
de Catalunya



esportcat



Diputació
Barcelona

Certificacions



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY										Temps			
7.	LLEÓ FERNANDEZ, Sergi										04	C.N. Figueres	35:26.78	10,00
	100m:	1:07.94	1:07.94	900m:	10:32.09	1:11.01	1700m:	20:00.69	1:11.57	2500m:	29:33.68	1:11.82		
	200m:	2:18.05	1:10.11	1000m:	11:42.99	1:10.90	1800m:	21:11.97	1:11.28	2600m:	30:45.49	1:11.81		
	300m:	3:28.76	1:10.71	1100m:	12:53.57	1:10.58	1900m:	22:23.50	1:11.53	2700m:	31:57.19	1:11.70		
	400m:	4:39.29	1:10.53	1200m:	14:04.62	1:11.05	2000m:	23:35.46	1:11.96	2800m:	33:08.84	1:11.65		
	500m:	5:50.63	1:11.34	1300m:	15:15.55	1:10.93	2100m:	24:46.60	1:11.14	2900m:	34:19.05	1:10.21		
	600m:	7:01.22	1:09.59	1400m:	16:26.74	1:11.19	2200m:	25:58.26	1:11.66	3000m:	35:26.78	1:07.73		
	700m:	8:10.90	1:10.68	1500m:	17:37.73	1:10.99	2300m:	27:09.88	1:11.62					
	800m:	9:21.08	1:10.18	1600m:	18:49.12	1:11.39	2400m:	28:21.86	1:11.98					
8.	BOTE BONELL, Josep										04	C.N. Terrassa	35:51.57	9,00
	100m:	1:07.66	1:07.66	900m:	10:34.74	1:11.23	1700m:	20:10.70	1:12.52	2500m:	29:50.98	1:12.45		
	200m:	2:17.95	1:10.29	1000m:	11:46.31	1:11.57	1800m:	21:23.80	1:13.10	2600m:	31:03.19	1:12.21		
	300m:	3:28.82	1:10.87	1100m:	12:57.92	1:11.61	1900m:	22:36.19	1:12.39	2700m:	32:15.33	1:12.14		
	400m:	4:39.46	1:10.64	1200m:	14:09.48	1:11.56	2000m:	23:48.61	1:12.42	2800m:	33:28.24	1:12.91		
	500m:	5:50.53	1:11.07	1300m:	15:21.86	1:12.38	2100m:	25:01.16	1:12.55	2900m:	34:41.27	1:13.03		
	600m:	7:01.73	1:11.20	1400m:	16:33.84	1:11.98	2200m:	26:13.08	1:11.92	3000m:	35:51.57	1:10.30		
	700m:	8:12.36	1:10.63	1500m:	17:45.61	1:11.77	2300m:	27:26.05	1:12.97					
	800m:	9:23.51	1:11.15	1600m:	18:58.18	1:12.57	2400m:	28:38.53	1:12.48					
9.	GOMEZ MARTINEZ, Sergi										03	C.N. Premià	36:06.78	8,00
	100m:	1:07.61	1:07.61	900m:	10:40.59	1:11.90	1700m:	20:22.24	1:12.58	2500m:	30:04.44	1:12.83		
	200m:	2:17.74	1:10.13	1000m:	11:52.35	1:11.76	1800m:	21:34.37	1:12.13	2600m:	31:15.83	1:11.39		
	300m:	3:28.96	1:11.22	1100m:	13:04.10	1:11.75	1900m:	22:46.50	1:12.13	2700m:	32:30.33	1:14.50		
	400m:	4:41.48	1:12.52	1200m:	14:16.53	1:12.43	2000m:	23:58.51	1:12.01	2800m:	33:43.61	1:13.28		
	500m:	5:53.31	1:11.83	1300m:	15:31.14	1:14.61	2100m:	25:11.57	1:13.06	2900m:	34:57.22	1:13.61		
	600m:	7:05.42	1:12.11	1400m:	16:45.25	1:14.11	2200m:	26:24.89	1:13.32	3000m:	36:06.78	1:09.56		
	700m:	8:17.06	1:11.64	1500m:	17:57.33	1:12.08	2300m:	27:38.57	1:13.68					
	800m:	9:28.69	1:11.63	1600m:	19:09.66	1:12.33	2400m:	28:51.61	1:13.04					
10.	FANLO TORREMADE, Pau										04	C.N. Mataró	36:45.15	7,00
	100m:	1:12.10	1:12.10	900m:	10:59.96	1:13.29	1700m:	20:53.57	1:14.30	2500m:	30:45.59	1:13.49		
	200m:	2:25.22	1:13.12	1000m:	12:13.73	1:13.77	1800m:	22:08.22	1:14.65	2600m:	31:59.26	1:13.67		
	300m:	3:39.02	1:13.80	1100m:	13:27.30	1:13.57	1900m:	23:22.50	1:14.28	2700m:	33:12.96	1:13.70		
	400m:	4:52.39	1:13.37	1200m:	14:41.75	1:14.45	2000m:	24:37.28	1:14.78	2800m:	34:27.14	1:14.18		
	500m:	6:05.45	1:13.06	1300m:	15:56.41	1:14.66	2100m:	25:51.47	1:14.19	2900m:	35:40.39	1:13.25		
	600m:	7:18.93	1:13.48	1400m:	17:10.93	1:14.52	2200m:	27:05.00	1:13.53	3000m:	36:45.15	1:04.76		
	700m:	8:33.03	1:14.10	1500m:	18:25.14	1:14.21	2300m:	28:18.93	1:13.93					
	800m:	9:46.67	1:13.64	1600m:	19:39.27	1:14.13	2400m:	29:32.10	1:13.17					
11.	BOOKER LARA, Oriol										04	C.N. Premià	36:45.31	6,00
	100m:	1:07.12	1:07.12	900m:	10:41.26	1:12.15	1700m:	20:22.59	1:13.67	2500m:	30:19.56	1:17.34		
	200m:	2:17.65	1:10.53	1000m:	11:53.42	1:12.16	1800m:	21:36.28	1:13.69	2600m:	31:36.90	1:17.34		
	300m:	3:29.05	1:11.40	1100m:	13:05.25	1:11.83	1900m:	22:50.35	1:14.07	2700m:	32:54.49	1:17.59		
	400m:	4:41.24	1:12.19	1200m:	14:17.62	1:12.37	2000m:	24:04.98	1:14.63	2800m:	34:12.33	1:17.84		
	500m:	5:53.17	1:11.93	1300m:	15:30.41	1:12.79	2100m:	25:18.65	1:13.67	2900m:	35:29.30	1:16.97		
	600m:	7:04.91	1:11.74	1400m:	16:43.23	1:12.82	2200m:	26:32.31	1:13.66	3000m:	36:45.31	1:16.01		
	700m:	8:17.26	1:12.35	1500m:	17:55.82	1:12.59	2300m:	27:46.15	1:13.84					
	800m:	9:29.11	1:11.85	1600m:	19:08.92	1:13.10	2400m:	29:02.22	1:16.07					
12.	MATARÓ BON, Pau										04	C.N. Mataró	37:02.63	5,00
	100m:	1:11.54	1:11.54	900m:	11:03.22	1:13.71	1700m:	20:58.58	1:14.68	2500m:	30:53.00	1:14.48		
	200m:	2:25.80	1:14.26	1000m:	12:16.31	1:13.09	1800m:	22:13.09	1:14.51	2600m:	32:07.38	1:14.38		
	300m:	3:40.28	1:14.48	1100m:	13:30.08	1:13.77	1900m:	23:27.36	1:14.27	2700m:	33:21.26	1:13.88		
	400m:	4:54.38	1:14.10	1200m:	14:45.07	1:14.99	2000m:	24:41.34	1:13.98	2800m:	34:35.40	1:14.14		
	500m:	6:08.63	1:14.25	1300m:	15:59.65	1:14.58	2100m:	25:55.16	1:13.82	2900m:	35:49.80	1:14.40		
	600m:	7:22.20	1:13.57	1400m:	17:14.24	1:14.59	2200m:	27:09.74	1:14.58	3000m:	37:02.63	1:12.83		
	700m:	8:35.67	1:13.47	1500m:	18:29.18	1:14.94	2300m:	28:24.07	1:14.33					
	800m:	9:49.51	1:13.84	1600m:	19:43.90	1:14.72	2400m:	29:38.52	1:14.45					
13.	PEREZ PUJOL, Guillem										04	C.N. Terrassa	37:13.19	4,00
	100m:	1:09.94	1:09.94	900m:	11:02.42	1:14.16	1700m:	20:59.01	1:14.96	2500m:	31:00.66	1:15.10		
	200m:	2:23.27	1:13.33	1000m:	12:16.71	1:14.29	1800m:	22:13.86	1:14.85	2600m:	32:15.84	1:15.18		
	300m:	3:37.05	1:13.78	1100m:	13:31.27	1:14.56	1900m:	23:29.33	1:15.47	2700m:	33:31.05	1:15.21		
	400m:	4:51.18	1:14.13	1200m:	14:45.72	1:14.45	2000m:	24:44.59	1:15.26	2800m:	34:45.89	1:14.84		
	500m:	6:05.22	1:14.04	1300m:	16:00.21	1:14.49	2100m:	25:59.67	1:15.08	2900m:	36:00.54	1:14.65		
	600m:	7:19.70	1:14.48	1400m:	17:14.77	1:14.56	2200m:	27:15.19	1:15.52	3000m:	37:13.19	1:12.65		
	700m:	8:33.90	1:14.20	1500m:	18:29.51	1:14.74	2300m:	28:30.36	1:15.17					
	800m:	9:48.26	1:14.36	1600m:	19:44.05	1:14.54	2400m:	29:45.56	1:15.20					

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY										Temps	
14. BLANES FRIGOLA, Aleix	04	C.E. Àgora									37:19.24	3,00
100m:	1:12.30	1:12.30	900m:	11:12.53	1:15.49	1700m:	21:08.95	1:14.73	2500m:	31:10.21	1:15.07	
200m:	2:26.38	1:14.08	1000m:	12:28.02	1:15.49	1800m:	22:23.35	1:14.40	2600m:	32:25.24	1:15.03	
300m:	3:40.95	1:14.57	1100m:	13:42.64	1:14.62	1900m:	23:38.75	1:15.40	2700m:	33:39.75	1:14.51	
400m:	4:56.04	1:15.09	1200m:	14:56.19	1:13.55	2000m:	24:54.00	1:15.25	2800m:	34:54.73	1:14.98	
500m:	6:11.68	1:15.64	1300m:	16:09.84	1:13.65	2100m:	26:09.05	1:15.05	2900m:	36:08.88	1:14.15	
600m:	7:26.98	1:15.30	1400m:	17:23.99	1:14.15	2200m:	27:24.51	1:15.46	3000m:	37:19.24	1:10.36	
700m:	8:42.18	1:15.20	1500m:	18:38.78	1:14.79	2300m:	28:39.99	1:15.48				
800m:	9:57.04	1:14.86	1600m:	19:54.22	1:15.44	2400m:	29:55.14	1:15.15				
15. AGUILERA ALCAIDE, Gorka	03	C.N. Granollers									37:34.37	2,00
100m:	1:08.67	1:08.67	900m:	11:02.53	1:15.72	1700m:	21:11.17	1:15.74	2500m:	31:21.71	1:16.32	
200m:	2:20.93	1:12.26	1000m:	12:18.59	1:16.06	1800m:	22:27.98	1:16.81	2600m:	32:37.78	1:16.07	
300m:	3:34.53	1:13.60	1100m:	13:34.78	1:16.19	1900m:	23:44.86	1:16.88	2700m:	33:53.88	1:16.10	
400m:	4:48.27	1:13.74	1200m:	14:51.35	1:16.57	2000m:	25:01.91	1:17.05	2800m:	35:09.58	1:15.70	
500m:	6:02.08	1:13.81	1300m:	16:07.08	1:15.73	2100m:	26:18.37	1:16.46	2900m:	36:24.69	1:15.11	
600m:	7:16.50	1:14.42	1400m:	17:23.20	1:16.12	2200m:	27:34.98	1:16.61	3000m:	37:34.37	1:09.68	
700m:	8:31.51	1:15.01	1500m:	18:39.99	1:16.79	2300m:	28:51.15	1:16.17				
800m:	9:46.81	1:15.30	1600m:	19:55.43	1:15.44	2400m:	30:05.39	1:14.24				
16. BUSTOS FERNANDEZ, Aitor	04	C.N. Igualada									37:40.24	1,00
100m:	1:12.53	1:12.53	900m:	11:10.34	1:15.08	1700m:	21:13.24	1:16.02	2500m:	31:21.53	1:17.00	
200m:	2:27.44	1:14.91	1000m:	12:25.28	1:14.94	1800m:	22:29.24	1:16.00	2600m:	32:38.65	1:17.12	
300m:	3:41.60	1:14.16	1100m:	13:40.79	1:15.51	1900m:	23:46.01	1:16.77	2700m:	33:55.36	1:16.71	
400m:	4:56.57	1:14.97	1200m:	14:55.38	1:14.59	2000m:	25:02.51	1:16.50	2800m:	35:11.88	1:16.52	
500m:	6:11.86	1:15.29	1300m:	16:10.80	1:15.42	2100m:	26:18.11	1:15.60	2900m:	36:26.93	1:15.05	
600m:	7:26.35	1:14.49	1400m:	17:26.30	1:15.50	2200m:	27:32.95	1:14.84	3000m:	37:40.24	1:13.31	
700m:	8:40.92	1:14.57	1500m:	18:42.01	1:15.71	2300m:	28:47.62	1:14.67				
800m:	9:55.26	1:14.34	1600m:	19:57.22	1:15.21	2400m:	30:04.53	1:16.91				
17. ANSÓN BARRIENTOS, Pere	04	C.N. Figueres									37:50.72	-
100m:	1:09.47	1:09.47	900m:	11:07.46	1:15.52	1700m:	21:15.27	1:15.95	2500m:	31:29.10	1:17.45	
200m:	2:22.19	1:12.72	1000m:	12:23.11	1:15.65	1800m:	22:31.90	1:16.63	2600m:	32:46.18	1:17.08	
300m:	3:36.42	1:14.23	1100m:	13:38.95	1:15.84	1900m:	23:47.94	1:16.04	2700m:	34:03.05	1:16.87	
400m:	4:51.26	1:14.84	1200m:	14:54.94	1:15.99	2000m:	25:04.33	1:16.39	2800m:	35:19.82	1:16.77	
500m:	6:06.31	1:15.05	1300m:	16:11.11	1:16.17	2100m:	26:20.93	1:16.60	2900m:	36:36.82	1:17.00	
600m:	7:21.23	1:14.92	1400m:	17:27.72	1:16.61	2200m:	27:38.02	1:17.09	3000m:	37:50.72	1:13.90	
700m:	8:36.54	1:15.31	1500m:	18:43.92	1:16.20	2300m:	28:54.63	1:16.61				
800m:	9:51.94	1:15.40	1600m:	19:59.32	1:15.40	2400m:	30:11.65	1:17.02				
18. ROSELLÓ PRATS, Pau	04	C.N. Amposta									38:03.83	-
100m:	1:10.73	1:10.73	900m:	11:06.46	1:15.91	1700m:	21:17.28	1:16.88	2500m:	31:39.13	1:17.69	
200m:	2:23.68	1:12.95	1000m:	12:22.64	1:16.18	1800m:	22:34.69	1:17.41	2600m:	32:57.07	1:17.94	
300m:	3:36.97	1:13.29	1100m:	13:38.30	1:15.66	1900m:	23:52.34	1:17.65	2700m:	34:14.28	1:17.21	
400m:	4:50.89	1:13.92	1200m:	14:54.50	1:16.20	2000m:	25:09.86	1:17.52	2800m:	35:32.08	1:17.80	
500m:	6:05.41	1:14.52	1300m:	16:10.73	1:16.23	2100m:	26:27.44	1:17.58	2900m:	36:49.93	1:17.85	
600m:	7:20.10	1:14.69	1400m:	17:27.50	1:16.77	2200m:	27:45.24	1:17.80	3000m:	38:03.83	1:13.90	
700m:	8:34.84	1:14.74	1500m:	18:44.02	1:16.52	2300m:	29:03.50	1:18.26				
800m:	9:50.55	1:15.71	1600m:	20:00.40	1:16.38	2400m:	30:21.44	1:17.94				
19. SUMOY BERGADÀ, Pau	03	C.N. Tarraco									38:27.94	-
100m:	1:11.18	1:11.18	900m:	11:20.30	1:17.04	1700m:	21:38.67	1:17.34	2500m:	32:03.88	1:18.70	
200m:	2:26.69	1:15.51	1000m:	12:37.77	1:17.47	1800m:	22:56.53	1:17.86	2600m:	33:22.05	1:18.17	
300m:	3:42.81	1:16.12	1100m:	13:54.91	1:17.14	1900m:	24:14.30	1:17.77	2700m:	34:40.08	1:18.03	
400m:	4:58.74	1:15.93	1200m:	15:11.80	1:16.89	2000m:	25:32.46	1:18.16	2800m:	35:57.74	1:17.66	
500m:	6:14.55	1:15.81	1300m:	16:29.16	1:17.36	2100m:	26:50.63	1:18.17	2900m:	37:14.49	1:16.75	
600m:	7:30.27	1:15.72	1400m:	17:46.70	1:17.54	2200m:	28:08.92	1:18.29	3000m:	38:27.94	1:13.45	
700m:	8:46.71	1:16.44	1500m:	19:03.90	1:17.20	2300m:	29:27.42	1:18.50				
800m:	10:03.26	1:16.55	1600m:	20:21.33	1:17.43	2400m:	30:45.18	1:17.76				
DNS SALAS FERNANDEZ, Bruno	04	Cambrils C.N.										-

NQ = Nedadors NO Classificats (tall no superat)



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY	Temps
BX PEDROS GAMEZ, David	03 C.N. Cervera	-
BX EZCURRA SANUY, Marti	04 C.N. Martorell	-

Júnior 2 Fons Indoor

1. ESCRITS MAÑOSA, Lluís	01 C.N. Granollers	32:41.28	19,00
100m: 1:03.26 1:03.26	900m: 9:38.65 1:04.31	1700m: 18:23.34 1:05.85	2500m: 27:12.92 1:06.01
200m: 2:07.52 1:04.26	1000m: 10:43.87 1:05.22	1800m: 19:29.63 1:06.29	2600m: 28:19.04 1:06.12
300m: 3:11.58 1:04.06	1100m: 11:49.12 1:05.25	1900m: 20:36.29 1:06.66	2700m: 29:24.08 1:05.04
400m: 4:15.88 1:04.30	1200m: 12:54.71 1:05.59	2000m: 21:42.54 1:06.25	2800m: 30:29.85 1:05.77
500m: 5:20.52 1:04.64	1300m: 14:00.36 1:05.65	2100m: 22:47.96 1:05.42	2900m: 31:36.10 1:06.25
600m: 6:25.10 1:04.58	1400m: 15:05.63 1:05.27	2200m: 23:54.30 1:06.34	3000m: 32:41.28 1:05.18
700m: 7:29.80 1:04.70	1500m: 16:11.54 1:05.91	2300m: 25:00.54 1:06.24	
800m: 8:34.34 1:04.54	1600m: 17:17.49 1:05.95	2400m: 26:06.91 1:06.37	
2. VILAREGUT DE MINGO, Eric	01 C.N. Mataró	33:46.30	16,00
100m: 1:03.66 1:03.66	900m: 9:59.22 1:07.14	1700m: 18:58.23 1:07.52	2500m: 28:04.67 1:08.57
200m: 2:09.65 1:05.99	1000m: 11:06.42 1:07.20	1800m: 20:06.31 1:08.08	2600m: 29:13.26 1:08.59
300m: 3:16.04 1:06.39	1100m: 12:13.78 1:07.36	1900m: 21:14.03 1:07.72	2700m: 30:22.03 1:08.77
400m: 4:23.27 1:07.23	1200m: 13:20.97 1:07.19	2000m: 22:22.28 1:08.25	2800m: 31:31.05 1:09.02
500m: 5:30.82 1:07.55	1300m: 14:28.21 1:07.24	2100m: 23:31.31 1:09.03	2900m: 32:39.31 1:08.26
600m: 6:37.68 1:06.86	1400m: 15:35.50 1:07.29	2200m: 24:39.00 1:07.69	3000m: 33:46.30 1:06.99
700m: 7:45.16 1:07.48	1500m: 16:42.76 1:07.26	2300m: 25:47.33 1:08.33	
800m: 8:52.08 1:06.92	1600m: 17:50.71 1:07.95	2400m: 26:56.10 1:08.77	
3. MORALES CEBEY, Hector	02 C.N. Granollers	34:38.80	14,00
100m: 1:05.15 1:05.15	900m: 10:17.23 1:09.25	1700m: 19:33.41 1:10.14	2500m: 28:53.86 1:09.72
200m: 2:13.25 1:08.10	1000m: 11:26.61 1:09.38	1800m: 20:43.58 1:10.17	2600m: 30:03.39 1:09.53
300m: 3:22.20 1:08.95	1100m: 12:35.56 1:08.95	1900m: 21:53.47 1:09.89	2700m: 31:12.85 1:09.46
400m: 4:31.83 1:09.63	1200m: 13:44.66 1:09.10	2000m: 23:03.69 1:10.22	2800m: 32:22.41 1:09.56
500m: 5:41.23 1:09.40	1300m: 14:54.12 1:09.46	2100m: 24:13.99 1:10.30	2900m: 33:31.17 1:08.76
600m: 6:50.51 1:09.28	1400m: 16:03.77 1:09.65	2200m: 25:24.34 1:10.35	3000m: 34:38.80 1:07.63
700m: 7:59.12 1:08.61	1500m: 17:13.51 1:09.74	2300m: 26:34.42 1:10.08	
800m: 9:07.98 1:08.86	1600m: 18:23.27 1:09.76	2400m: 27:44.14 1:09.72	
4. ARROYO LOPEZ DEL CASTILLO, Alex02	C.N. Sant Andreu	35:30.45	13,00
100m: 1:06.35 1:06.35	900m: 10:26.27 1:10.61	1700m: 19:56.04 1:11.77	2500m: 29:28.41 1:12.51
200m: 2:15.57 1:09.22	1000m: 11:37.02 1:10.75	1800m: 21:07.83 1:11.79	2600m: 30:40.80 1:12.39
300m: 3:25.15 1:09.58	1100m: 12:47.69 1:10.67	1900m: 22:19.56 1:11.73	2700m: 31:53.68 1:12.88
400m: 4:34.85 1:09.70	1200m: 13:58.52 1:10.83	2000m: 23:31.19 1:11.63	2800m: 33:06.40 1:12.72
500m: 5:44.88 1:10.03	1300m: 15:09.83 1:11.31	2100m: 24:42.39 1:11.20	2900m: 34:19.59 1:13.19
600m: 6:54.93 1:10.05	1400m: 16:20.97 1:11.14	2200m: 25:53.10 1:10.71	3000m: 35:30.45 1:10.86
700m: 8:05.12 1:10.19	1500m: 17:32.36 1:11.39	2300m: 27:04.11 1:11.01	
800m: 9:15.66 1:10.54	1600m: 18:44.27 1:11.91	2400m: 28:15.90 1:11.79	
5. LIRES SUELDO, Manuel	02 C.N. Barcelona	36:01.51	12,00
100m: 1:07.69 1:07.69	900m: 10:27.04 1:10.15	1700m: 19:58.54 1:12.71	2500m: 29:56.63 1:11.42
200m: 2:17.16 1:09.47	1000m: 11:37.11 1:10.07	1800m: 21:12.60 1:14.06	2600m: 31:11.59 1:14.96
300m: 3:26.44 1:09.28	1100m: 12:48.04 1:10.93	1900m: 22:27.00 1:14.40	2700m: 32:26.20 1:14.61
400m: 4:36.47 1:10.03	1200m: 13:58.94 1:10.90	2000m: 23:42.83 1:15.83	2800m: 33:41.31 1:15.11
500m: 5:46.68 1:10.21	1300m: 15:10.40 1:11.46	2100m: 24:58.53 1:15.70	2900m: 34:53.36 1:12.05
600m: 6:56.76 1:10.08	1400m: 16:22.07 1:11.67	2200m: 26:13.40 1:14.87	3000m: 36:01.51 1:08.15
700m: 8:06.80 1:10.04	1500m: 17:33.31 1:11.24	2300m: 27:30.19 1:16.79	
800m: 9:16.89 1:10.09	1600m: 18:45.83 1:12.52	2400m: 28:45.21 1:15.02	
6. BOSCH MONJE, David	01 C.N. Terrassa	36:36.87	11,00
100m: 1:09.53 1:09.53	900m: 10:47.07 1:12.86	1700m: 20:37.15 1:14.09	2500m: 30:30.72 1:14.10
200m: 2:20.86 1:11.33	1000m: 11:59.99 1:12.92	1800m: 21:50.94 1:13.79	2600m: 31:44.69 1:13.97
300m: 3:32.31 1:11.45	1100m: 13:13.94 1:13.95	1900m: 23:05.04 1:14.10	2700m: 32:58.91 1:14.22
400m: 4:44.14 1:11.83	1200m: 14:27.53 1:13.59	2000m: 24:19.84 1:14.80	2800m: 34:12.71 1:13.80
500m: 5:56.32 1:12.18	1300m: 15:41.24 1:13.71	2100m: 25:34.92 1:15.08	2900m: 35:25.47 1:12.76
600m: 7:08.61 1:12.29	1400m: 16:55.11 1:13.87	2200m: 26:48.91 1:13.99	3000m: 36:36.87 1:11.40
700m: 8:21.40 1:12.79	1500m: 18:09.33 1:14.22	2300m: 28:03.10 1:14.19	
800m: 9:34.21 1:12.81	1600m: 19:23.06 1:13.73	2400m: 29:16.62 1:13.52	

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Júnior 2 Fons Indoor

Classificació	ANY										Temps			
7.	GRANERO PÉREZ, Jordi										02	C.N. Granollers	38:05.43	10,00
	100m:	1:14.72	1:14.72	900m:	11:20.12	1:15.80	1700m:	21:28.88	1:16.23	2500m:	31:38.98	1:17.33		
	200m:	2:30.09	1:15.37	1000m:	12:35.99	1:15.87	1800m:	22:44.80	1:15.92	2600m:	32:55.66	1:16.68		
	300m:	3:46.02	1:15.93	1100m:	13:51.90	1:15.91	1900m:	24:01.26	1:16.46	2700m:	34:13.50	1:17.84		
	400m:	5:01.35	1:15.33	1200m:	15:08.01	1:16.11	2000m:	25:17.85	1:16.59	2800m:	35:31.29	1:17.79		
	500m:	6:17.01	1:15.66	1300m:	16:23.83	1:15.82	2100m:	26:33.47	1:15.62	2900m:	36:48.77	1:17.48		
	600m:	7:33.13	1:16.12	1400m:	17:40.43	1:16.60	2200m:	27:49.60	1:16.13	3000m:	38:05.43	1:16.66		
	700m:	8:49.12	1:15.99	1500m:	18:56.53	1:16.10	2300m:	29:05.63	1:16.03					
	800m:	10:04.32	1:15.20	1600m:	20:12.65	1:16.12	2400m:	30:21.65	1:16.02					
8.	JEREZ GALLEGOS, Arnau										02	C.N. Granollers	39:23.58	9,00
	100m:	1:12.14	1:12.14	900m:	11:34.32	1:18.29	1700m:	22:09.88	1:19.90	2500m:	32:48.43	1:19.71		
	200m:	2:28.48	1:16.34	1000m:	12:53.34	1:19.02	1800m:	23:29.31	1:19.43	2600m:	34:08.15	1:19.72		
	300m:	3:46.66	1:18.18	1100m:	14:12.43	1:19.09	1900m:	24:49.34	1:20.03	2700m:	35:28.15	1:20.00		
	400m:	5:05.18	1:18.52	1200m:	15:32.11	1:19.68	2000m:	26:10.33	1:20.99	2800m:	36:46.95	1:18.80		
	500m:	6:23.27	1:18.09	1300m:	16:50.02	1:17.91	2100m:	27:29.11	1:18.78	2900m:	38:06.94	1:19.99		
	600m:	7:41.32	1:18.05	1400m:	18:09.68	1:19.66	2200m:	28:48.95	1:19.84	3000m:	39:23.58	1:16.64		
	700m:	8:58.08	1:16.76	1500m:	19:30.05	1:20.37	2300m:	30:08.48	1:19.53					
	800m:	10:16.03	1:17.95	1600m:	20:49.98	1:19.93	2400m:	31:28.72	1:20.24					
9.	PEREZ MADURELL, Arnau										02	A.E.N. Júpiter Sant Martí	40:20.86	8,00
	100m:	1:13.26	1:13.26	900m:	11:46.89	1:20.50	1700m:	22:39.19	1:22.55	2500m:	33:36.58	1:21.59		
	200m:	2:30.62	1:17.36	1000m:	13:06.87	1:19.98	1800m:	24:01.28	1:22.09	2600m:	34:58.96	1:22.38		
	300m:	3:49.41	1:18.79	1100m:	14:28.22	1:21.35	1900m:	25:23.55	1:22.27	2700m:	36:21.65	1:22.69		
	400m:	5:08.68	1:19.27	1200m:	15:49.33	1:21.11	2000m:	26:45.72	1:22.17	2800m:	37:42.37	1:20.72		
	500m:	6:28.26	1:19.58	1300m:	17:10.75	1:21.42	2100m:	28:08.66	1:22.94	2900m:	39:02.32	1:19.95		
	600m:	7:47.83	1:19.57	1400m:	18:32.11	1:21.36	2200m:	29:31.00	1:22.34	3000m:	40:20.86	1:18.54		
	700m:	9:06.93	1:19.10	1500m:	19:54.73	1:22.62	2300m:	30:53.47	1:22.47					
	800m:	10:26.39	1:19.46	1600m:	21:16.64	1:21.91	2400m:	32:14.99	1:21.52					
DNS	FILOSO GARCIA, Alonso										02	C.E. Mediterrani	-	
DNS	USECHI ELIZARI, Guillermo										02	C.N. Barcelona	-	

Absolut Fons Indoor

1.	ESCRITS MAÑOSA, Albert										98	C.N. Sant Andreu	31:27.45	19,00
	<i>RC: 2000 (PARCIAL)</i>													
	100m:	1:00.66	1:00.66	900m:	9:19.34	1:02.50	1700m:	17:40.95	1:03.52	2500m:	26:12.27	1:04.26		
	200m:	2:02.02	1:01.36	1000m:	10:22.14	1:02.80	1800m:	18:44.53	1:03.58	2600m:	27:15.00	1:02.73		
	300m:	3:03.99	1:01.97	1100m:	11:24.41	1:02.27	1900m:	19:48.00	1:03.47	2700m:	28:18.53	1:03.53		
	400m:	4:06.04	1:02.05	1200m:	12:26.97	1:02.56	2000m:	20:51.86	1:03.86	2800m:	29:22.24	1:03.71		
	500m:	5:08.36	1:02.32	1300m:	13:29.68	1:02.71	2100m:	21:55.59	1:03.73	2900m:	30:26.43	1:04.19		
	600m:	6:11.01	1:02.65	1400m:	14:32.45	1:02.77	2200m:	22:59.79	1:04.20	3000m:	31:27.45	1:01.02		
	700m:	7:13.91	1:02.90	1500m:	15:35.24	1:02.79	2300m:	24:03.88	1:04.09					
	800m:	8:16.84	1:02.93	1600m:	16:37.43	1:02.19	2400m:	25:08.01	1:04.13					
2.	JULIA TOUS, Ferran										00	C.E. Mediterrani	32:06.24	16,00
	100m:	1:00.96	1:00.96	900m:	9:32.44	1:03.82	1700m:	18:05.07	1:04.55	2500m:	26:43.92	1:04.70		
	200m:	2:04.25	1:03.29	1000m:	10:36.42	1:03.98	1800m:	19:09.62	1:04.55	2600m:	27:48.91	1:04.99		
	300m:	3:08.00	1:03.75	1100m:	11:40.09	1:03.67	1900m:	20:14.21	1:04.59	2700m:	28:54.38	1:05.47		
	400m:	4:11.69	1:03.69	1200m:	12:43.98	1:03.89	2000m:	21:19.03	1:04.82	2800m:	29:59.78	1:05.40		
	500m:	5:15.80	1:04.11	1300m:	13:48.10	1:04.12	2100m:	22:24.17	1:05.14	2900m:	31:04.71	1:04.93		
	600m:	6:20.08	1:04.28	1400m:	14:52.16	1:04.06	2200m:	23:29.48	1:05.31	3000m:	32:06.24	1:01.53		
	700m:	7:24.48	1:04.40	1500m:	15:56.37	1:04.21	2300m:	24:34.43	1:04.95					
	800m:	8:28.62	1:04.14	1600m:	17:00.52	1:04.15	2400m:	25:39.22	1:04.79					
3.	GIL TARAZONA, Pol										96	Ucam C.N. Fuensanta	32:16.30	-
	100m:	1:03.13	1:03.13	900m:	9:35.65	1:04.15	1700m:	18:11.15	1:04.42	2500m:	26:48.90	1:05.07		
	200m:	2:07.40	1:04.27	1000m:	10:39.98	1:04.33	1800m:	19:15.63	1:04.48	2600m:	27:54.47	1:05.57		
	300m:	3:11.39	1:03.99	1100m:	11:43.96	1:03.98	1900m:	20:20.51	1:04.88	2700m:	29:00.42	1:05.95		
	400m:	4:15.59	1:04.20	1200m:	12:48.42	1:04.46	2000m:	21:24.94	1:04.43	2800m:	30:06.49	1:06.07		
	500m:	5:19.66	1:04.07	1300m:	13:52.80	1:04.38	2100m:	22:29.42	1:04.48	2900m:	31:12.78	1:06.29		
	600m:	6:23.76	1:04.10	1400m:	14:57.27	1:04.47	2200m:	23:33.79	1:04.37	3000m:	32:16.30	1:03.52		
	700m:	7:27.67	1:03.91	1500m:	16:02.05	1:04.78	2300m:	24:38.22	1:04.43					
	800m:	8:31.50	1:03.83	1600m:	17:06.73	1:04.68	2400m:	25:43.83	1:05.61					

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut Fons Indoor

Classificació	ANY		Temps	
4. MARTINEZ MURCIA, Alberto	98	Club Natación Marina-Cartagena "Ancor	32:29.59	-
100m: 1:02.56	1:02.56	900m: 9:29.96	1:03.71	1700m: 18:05.98
200m: 2:05.74	1:03.18	1000m: 10:34.05	1:04.09	1800m: 19:11.19
300m: 3:08.96	1:03.22	1100m: 11:37.89	1:03.84	1900m: 20:16.86
400m: 4:12.02	1:03.06	1200m: 12:42.21	1:04.32	2000m: 21:22.26
500m: 5:15.59	1:03.57	1300m: 13:46.85	1:04.64	2100m: 22:28.50
600m: 6:19.28	1:03.69	1400m: 14:51.25	1:04.40	2200m: 23:34.51
700m: 7:22.80	1:03.52	1500m: 15:55.81	1:04.56	2300m: 24:41.14
800m: 8:26.25	1:03.45	1600m: 17:00.79	1:04.98	2400m: 25:48.79
2500m: 26:56.47				1:07.68
2600m: 28:04.24				1:07.77
2700m: 29:12.00				1:07.76
2800m: 30:19.85				1:07.85
2900m: 31:25.96				1:06.11
3000m: 32:29.59				1:03.63
5. SANTIAGO BETANCOR, Raul	97	C.N. Sant Andreu	32:36.40	14,00
100m: 1:02.32	1:02.32	900m: 9:43.33	1:05.16	1700m: 18:26.32
200m: 2:07.04	1:04.72	1000m: 10:48.24	1:04.91	1800m: 19:32.17
300m: 3:12.35	1:05.31	1100m: 11:53.38	1:05.14	1900m: 20:37.87
400m: 4:17.74	1:05.39	1200m: 12:58.74	1:05.36	2000m: 21:43.50
500m: 5:22.88	1:05.14	1300m: 14:04.05	1:05.31	2100m: 22:49.40
600m: 6:27.81	1:04.93	1400m: 15:09.57	1:05.52	2200m: 23:54.92
700m: 7:33.03	1:05.22	1500m: 16:14.69	1:05.12	2300m: 25:00.28
800m: 8:38.17	1:05.14	1600m: 17:20.34	1:05.65	2400m: 26:05.75
2500m: 27:11.32				1:05.98
2600m: 28:16.86				1:05.85
2700m: 29:21.95				1:05.70
2800m: 30:26.69				1:05.63
2900m: 31:32.03				1:05.90
3000m: 32:36.40				1:05.52
6. COMA PLANELLA, Roger	00	C.N. Mataró	33:40.95	13,00
100m: 1:03.55	1:03.55	900m: 9:54.67	1:06.71	1700m: 18:51.69
200m: 2:08.66	1:05.11	1000m: 11:01.51	1:06.84	1800m: 19:59.44
300m: 3:14.39	1:05.73	1100m: 12:08.18	1:06.67	1900m: 21:07.44
400m: 4:20.86	1:06.47	1200m: 13:15.27	1:07.09	2000m: 22:15.50
500m: 5:27.45	1:06.59	1300m: 14:22.38	1:07.11	2100m: 23:23.14
600m: 6:34.36	1:06.91	1400m: 15:29.53	1:07.15	2200m: 24:31.24
700m: 7:41.16	1:06.80	1500m: 16:36.83	1:07.30	2300m: 25:39.65
800m: 8:47.96	1:06.80	1600m: 17:44.02	1:07.19	2400m: 26:48.59
2500m: 27:57.29				1:07.67
2600m: 29:06.11				1:07.75
2700m: 30:14.91				1:08.00
2800m: 31:24.50				1:08.06
2900m: 32:33.64				1:07.64
3000m: 33:40.95				1:08.10
7. GODOY MARTINEZ, Marcos	99	C.N. Sabadell	34:25.69	12,00
100m: 1:05.44	1:05.44	900m: 11:22.96	2:18.55	1700m: 19:28.38
200m: 2:12.93	1:07.49	1000m:		1800m: 20:37.82
300m: 3:20.79	1:07.86	1100m: 12:31.92		1900m: 21:46.92
400m: 4:28.89	1:08.10	1200m: 13:41.10	1:09.18	2000m: 22:56.89
500m: 5:37.16	1:08.27	1300m: 14:50.19	1:09.09	2100m: 24:06.17
600m: 6:46.23	1:09.07	1400m: 15:59.89	1:09.70	2200m: 25:15.33
700m: 7:55.41	1:09.18	1500m: 17:09.77	1:09.88	2300m: 26:24.33
800m: 9:04.41	1:09.00	1600m: 18:18.39	1:08.62	2400m: 27:32.79
2500m: 28:42.34				1:09.99
2600m: 29:51.85				1:09.44
2700m: 31:01.35				1:09.10
2800m: 32:10.77				1:09.97
2900m: 33:18.84				1:09.28
3000m: 34:25.69				1:09.16

Absolut, Júnior 2 i Júnior 1

1. ESCRITS MAÑOSA, Albert	98	C.N. Sant Andreu	31:27.45	19,00
<i>RC: 2000 (PARCIAL)</i>				
100m: 1:00.66	1:00.66	900m: 9:19.34	1:02.50	1700m: 17:40.95
200m: 2:02.02	1:01.36	1000m: 10:22.14	1:02.80	1800m: 18:44.53
300m: 3:03.99	1:01.97	1100m: 11:24.41	1:02.27	1900m: 19:48.00
400m: 4:06.04	1:02.05	1200m: 12:26.97	1:02.56	2000m: 20:51.86
500m: 5:08.36	1:02.32	1300m: 13:29.68	1:02.71	2100m: 21:55.59
600m: 6:11.01	1:02.65	1400m: 14:32.45	1:02.77	2200m: 22:59.79
700m: 7:13.91	1:02.90	1500m: 15:35.24	1:02.79	2300m: 24:03.88
800m: 8:16.84	1:02.93	1600m: 16:37.43	1:02.19	2400m: 25:08.01
2500m: 26:12.27				1:03.52
2600m: 27:15.00				1:03.58
2700m: 28:18.53				1:03.47
2800m: 29:22.24				1:03.86
2900m: 30:26.43				1:03.73
3000m: 31:27.45				1:04.20
2. JULIA TOUS, Ferran	00	C.E. Mediterrani	32:06.24	16,00
100m: 1:00.96	1:00.96	900m: 9:32.44	1:03.82	1700m: 18:05.07
200m: 2:04.25	1:03.29	1000m: 10:36.42	1:03.98	1800m: 19:09.62
300m: 3:08.00	1:03.75	1100m: 11:40.09	1:03.67	1900m: 20:14.21
400m: 4:11.69	1:03.69	1200m: 12:43.98	1:03.89	2000m: 21:19.03
500m: 5:15.80	1:04.11	1300m: 13:48.10	1:04.12	2100m: 22:24.17
600m: 6:20.08	1:04.28	1400m: 14:52.16	1:04.06	2200m: 23:29.48
700m: 7:24.48	1:04.40	1500m: 15:56.37	1:04.21	2300m: 24:34.43
800m: 8:28.62	1:04.14	1600m: 17:00.52	1:04.15	2400m: 25:39.22
2500m: 26:43.92				1:04.55
2600m: 27:48.91				1:04.55
2700m: 28:54.38				1:04.59
2800m: 29:59.78				1:04.82
2900m: 31:04.71				1:05.14
3000m: 32:06.24				1:05.31

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps		
3. GIL TARAZONA, Pol	96 Ucam C.N. Fuensanta										32:16.30		-
100m:	1:03.13	1:03.13	900m:	9:35.65	1:04.15	1700m:	18:11.15	1:04.42	2500m:	26:48.90	1:05.07		
200m:	2:07.40	1:04.27	1000m:	10:39.98	1:04.33	1800m:	19:15.63	1:04.48	2600m:	27:54.47	1:05.57		
300m:	3:11.39	1:03.99	1100m:	11:43.96	1:03.98	1900m:	20:20.51	1:04.88	2700m:	29:00.42	1:05.95		
400m:	4:15.59	1:04.20	1200m:	12:48.42	1:04.46	2000m:	21:24.94	1:04.43	2800m:	30:06.49	1:06.07		
500m:	5:19.66	1:04.07	1300m:	13:52.80	1:04.38	2100m:	22:29.42	1:04.48	2900m:	31:12.78	1:06.29		
600m:	6:23.76	1:04.10	1400m:	14:57.27	1:04.47	2200m:	23:33.79	1:04.37	3000m:	32:16.30	1:03.52		
700m:	7:27.67	1:03.91	1500m:	16:02.05	1:04.78	2300m:	24:38.22	1:04.43					
800m:	8:31.50	1:03.83	1600m:	17:06.73	1:04.68	2400m:	25:43.83	1:05.61					
4. MARTINEZ MURCIA, Alberto	98 Club Natación Marina-Cartagena "Anco										32:29.59		-
100m:	1:02.56	1:02.56	900m:	9:29.96	1:03.71	1700m:	18:05.98	1:05.19	2500m:	26:56.47	1:07.68		
200m:	2:05.74	1:03.18	1000m:	10:34.05	1:04.09	1800m:	19:11.19	1:05.21	2600m:	28:04.24	1:07.77		
300m:	3:08.96	1:03.22	1100m:	11:37.89	1:03.84	1900m:	20:16.86	1:05.67	2700m:	29:12.00	1:07.76		
400m:	4:12.02	1:03.06	1200m:	12:42.21	1:04.32	2000m:	21:22.26	1:05.40	2800m:	30:19.85	1:07.85		
500m:	5:15.59	1:03.57	1300m:	13:46.85	1:04.64	2100m:	22:28.50	1:06.24	2900m:	31:25.96	1:06.11		
600m:	6:19.28	1:03.69	1400m:	14:51.25	1:04.40	2200m:	23:34.51	1:06.01	3000m:	32:29.59	1:03.63		
700m:	7:22.80	1:03.52	1500m:	15:55.81	1:04.56	2300m:	24:41.14	1:06.63					
800m:	8:26.25	1:03.45	1600m:	17:00.79	1:04.98	2400m:	25:48.79	1:07.65					
5. SANTIAGO BETANCOR, Raul	97 C.N. Sant Andreu										32:36.40		14,00
100m:	1:02.32	1:02.32	900m:	9:43.33	1:05.16	1700m:	18:26.32	1:05.98	2500m:	27:11.32	1:05.57		
200m:	2:07.04	1:04.72	1000m:	10:48.24	1:04.91	1800m:	19:32.17	1:05.85	2600m:	28:16.86	1:05.54		
300m:	3:12.35	1:05.31	1100m:	11:53.38	1:05.14	1900m:	20:37.87	1:05.70	2700m:	29:21.95	1:05.09		
400m:	4:17.74	1:05.39	1200m:	12:58.74	1:05.36	2000m:	21:43.50	1:05.63	2800m:	30:26.69	1:04.74		
500m:	5:22.88	1:05.14	1300m:	14:04.05	1:05.31	2100m:	22:49.40	1:05.90	2900m:	31:32.03	1:05.34		
600m:	6:27.81	1:04.93	1400m:	15:09.57	1:05.52	2200m:	23:54.92	1:05.52	3000m:	32:36.40	1:04.37		
700m:	7:33.03	1:05.22	1500m:	16:14.69	1:05.12	2300m:	25:00.28	1:05.36					
800m:	8:38.17	1:05.14	1600m:	17:20.34	1:05.65	2400m:	26:05.75	1:05.47					
6. ESCRITS MAÑOSA, Lluís	01 C.N. Granollers										32:41.28		19,00
100m:	1:03.26	1:03.26	900m:	9:38.65	1:04.31	1700m:	18:23.34	1:05.85	2500m:	27:12.92	1:06.01		
200m:	2:07.52	1:04.26	1000m:	10:43.87	1:05.22	1800m:	19:29.63	1:06.29	2600m:	28:19.04	1:06.12		
300m:	3:11.58	1:04.06	1100m:	11:49.12	1:05.25	1900m:	20:36.29	1:06.66	2700m:	29:24.08	1:05.04		
400m:	4:15.88	1:04.30	1200m:	12:54.71	1:05.59	2000m:	21:42.54	1:06.25	2800m:	30:29.85	1:05.77		
500m:	5:20.52	1:04.64	1300m:	14:00.36	1:05.65	2100m:	22:47.96	1:05.42	2900m:	31:36.10	1:06.25		
600m:	6:25.10	1:04.58	1400m:	15:05.63	1:05.27	2200m:	23:54.30	1:06.34	3000m:	32:41.28	1:05.18		
700m:	7:29.80	1:04.70	1500m:	16:11.54	1:05.91	2300m:	25:00.54	1:06.24					
800m:	8:34.34	1:04.54	1600m:	17:17.49	1:05.95	2400m:	26:06.91	1:06.37					
7. COMA PLANELLA, Roger	00 C.N. Mataró										33:40.95		13,00
100m:	1:03.55	1:03.55	900m:	9:54.67	1:06.71	1700m:	18:51.69	1:07.67	2500m:	27:57.29	1:08.70		
200m:	2:08.66	1:05.11	1000m:	11:01.51	1:06.84	1800m:	19:59.44	1:07.75	2600m:	29:06.11	1:08.82		
300m:	3:14.39	1:05.73	1100m:	12:08.18	1:06.67	1900m:	21:07.44	1:08.00	2700m:	30:14.91	1:08.80		
400m:	4:20.86	1:06.47	1200m:	13:15.27	1:07.09	2000m:	22:15.50	1:08.06	2800m:	31:24.50	1:09.59		
500m:	5:27.45	1:06.59	1300m:	14:22.38	1:07.11	2100m:	23:23.14	1:07.64	2900m:	32:33.64	1:09.14		
600m:	6:34.36	1:06.91	1400m:	15:29.53	1:07.15	2200m:	24:31.24	1:08.10	3000m:	33:40.95	1:07.31		
700m:	7:41.16	1:06.80	1500m:	16:36.83	1:07.30	2300m:	25:39.65	1:08.41					
800m:	8:47.96	1:06.80	1600m:	17:44.02	1:07.19	2400m:	26:48.59	1:08.94					
8. VILAREGUT DE MINGO, Eric	01 C.N. Mataró										33:46.30		16,00
100m:	1:03.66	1:03.66	900m:	9:59.22	1:07.14	1700m:	18:58.23	1:07.52	2500m:	28:04.67	1:08.57		
200m:	2:09.65	1:05.99	1000m:	11:06.42	1:07.20	1800m:	20:06.31	1:08.08	2600m:	29:13.26	1:08.59		
300m:	3:16.04	1:06.39	1100m:	12:13.78	1:07.36	1900m:	21:14.03	1:07.72	2700m:	30:22.03	1:08.77		
400m:	4:23.27	1:07.23	1200m:	13:20.97	1:07.19	2000m:	22:22.28	1:08.25	2800m:	31:31.05	1:09.02		
500m:	5:30.82	1:07.55	1300m:	14:28.21	1:07.24	2100m:	23:31.31	1:09.03	2900m:	32:39.31	1:08.26		
600m:	6:37.68	1:06.86	1400m:	15:35.50	1:07.29	2200m:	24:39.00	1:07.69	3000m:	33:46.30	1:06.99		
700m:	7:45.16	1:07.48	1500m:	16:42.76	1:07.26	2300m:	25:47.33	1:08.33					
800m:	8:52.08	1:06.92	1600m:	17:50.71	1:07.95	2400m:	26:56.10	1:08.77					
9. GODOY MARTINEZ, Marcos	99 C.N. Sabadell										34:25.69		12,00
100m:	1:05.44	1:05.44	900m:	11:22.96	2:18.55	1700m:	19:28.38	1:09.99	2500m:	28:42.34	1:09.55		
200m:	2:12.93	1:07.49	1000m:			1800m:	20:37.82	1:09.44	2600m:	29:51.85	1:09.51		
300m:	3:20.79	1:07.86	1100m:	12:31.92		1900m:	21:46.92	1:09.10	2700m:	31:01.35	1:09.50		
400m:	4:28.89	1:08.10	1200m:	13:41.10	1:09.18	2000m:	22:56.89	1:09.97	2800m:	32:10.77	1:09.42		
500m:	5:37.16	1:08.27	1300m:	14:50.19	1:09.09	2100m:	24:06.17	1:09.28	2900m:	33:18.84	1:08.07		
600m:	6:46.23	1:09.07	1400m:	15:59.89	1:09.70	2200m:	25:15.33	1:09.16	3000m:	34:25.69	1:06.85		
700m:	7:55.41	1:09.18	1500m:	17:09.77	1:09.88	2300m:	26:24.33	1:09.00					
800m:	9:04.41	1:09.00	1600m:	18:18.39	1:08.62	2400m:	27:32.79	1:08.46					

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps	
10.	COLOMER JIMENEZ, Arnau 03 C.N. Granollers										34:33.17	19,00
	100m:	1:05.25	1:05.25	900m:	10:12.23	1:08.58	1700m:	19:23.40	1:09.28	2500m:	28:43.82	1:10.82
	200m:	2:12.67	1:07.42	1000m:	11:20.85	1:08.62	1800m:	20:32.11	1:08.71	2600m:	29:55.52	1:11.70
	300m:	3:20.71	1:08.04	1100m:	12:28.77	1:07.92	1900m:	21:41.26	1:09.15	2700m:	31:05.92	1:10.40
	400m:	4:29.22	1:08.51	1200m:	13:36.61	1:07.84	2000m:	22:51.08	1:09.82	2800m:	32:17.00	1:11.08
	500m:	5:38.14	1:08.92	1300m:	14:46.75	1:10.14	2100m:	24:01.13	1:10.05	2900m:	33:26.70	1:09.70
	600m:	6:46.80	1:08.66	1400m:	15:55.85	1:09.10	2200m:	25:11.50	1:10.37	3000m:	34:33.17	1:06.47
	700m:	7:55.28	1:08.48	1500m:	17:04.80	1:08.95	2300m:	26:22.19	1:10.69			
	800m:	9:03.65	1:08.37	1600m:	18:14.12	1:09.32	2400m:	27:33.00	1:10.81			
11.	MORALES CEBEY, Hector 02 C.N. Granollers										34:38.80	14,00
	100m:	1:05.15	1:05.15	900m:	10:17.23	1:09.25	1700m:	19:33.41	1:10.14	2500m:	28:53.86	1:09.72
	200m:	2:13.25	1:08.10	1000m:	11:26.61	1:09.38	1800m:	20:43.58	1:10.17	2600m:	30:03.39	1:09.53
	300m:	3:22.20	1:08.95	1100m:	12:35.56	1:08.95	1900m:	21:53.47	1:09.89	2700m:	31:12.85	1:09.46
	400m:	4:31.83	1:09.63	1200m:	13:44.66	1:09.10	2000m:	23:03.69	1:10.22	2800m:	32:22.41	1:09.56
	500m:	5:41.23	1:09.40	1300m:	14:54.12	1:09.46	2100m:	24:13.99	1:10.30	2900m:	33:31.17	1:08.76
	600m:	6:50.51	1:09.28	1400m:	16:03.77	1:09.65	2200m:	25:24.34	1:10.35	3000m:	34:38.80	1:07.63
	700m:	7:59.12	1:08.61	1500m:	17:13.51	1:09.74	2300m:	26:34.42	1:10.08			
	800m:	9:07.98	1:08.86	1600m:	18:23.27	1:09.76	2400m:	27:44.14	1:09.72			
12.	CABEZUELO AREVALO, Albert 04 A.N. Gramenet										34:42.64	16,00
	100m:	1:04.23	1:04.23	900m:	10:11.78	1:08.40	1700m:	19:23.21	1:09.24	2500m:	28:50.39	1:11.43
	200m:	2:12.21	1:07.98	1000m:	11:20.34	1:08.56	1800m:	20:33.05	1:09.84	2600m:	30:01.34	1:10.95
	300m:	3:20.43	1:08.22	1100m:	12:27.96	1:07.62	1900m:	21:43.86	1:10.81	2700m:	31:12.74	1:11.40
	400m:	4:29.16	1:08.73	1200m:	13:36.69	1:08.73	2000m:	22:54.88	1:11.02	2800m:	32:24.25	1:11.51
	500m:	5:38.03	1:08.87	1300m:	14:45.93	1:09.24	2100m:	24:05.96	1:11.08	2900m:	33:33.71	1:09.46
	600m:	6:46.56	1:08.53	1400m:	15:54.92	1:08.99	2200m:	25:17.17	1:11.21	3000m:	34:42.64	1:08.93
	700m:	7:54.89	1:08.33	1500m:	17:04.22	1:09.30	2300m:	26:27.33	1:10.16			
	800m:	9:03.38	1:08.49	1600m:	18:13.97	1:09.75	2400m:	27:38.96	1:11.63			
13.	ORTIZ MARTINEZ, Carlos 04 C.N. L'hospitalet										34:58.16	14,00
	100m:	1:06.77	1:06.77	900m:	10:23.19	1:09.76	1700m:	19:44.05	1:10.58	2500m:	29:07.14	1:11.47
	200m:	2:16.23	1:09.46	1000m:	11:33.24	1:10.05	1800m:	20:54.76	1:10.71	2600m:	30:17.87	1:10.73
	300m:	3:25.85	1:09.62	1100m:	12:43.49	1:10.25	1900m:	22:05.21	1:10.45	2700m:	31:29.13	1:11.26
	400m:	4:35.40	1:09.55	1200m:	13:53.10	1:09.61	2000m:	23:15.86	1:10.65	2800m:	32:40.82	1:11.69
	500m:	5:45.12	1:09.72	1300m:	15:02.82	1:09.72	2100m:	24:24.75	1:08.89	2900m:	33:50.20	1:09.38
	600m:	6:54.67	1:09.55	1400m:	16:13.25	1:10.43	2200m:	25:34.65	1:09.90	3000m:	34:58.16	1:07.96
	700m:	8:04.43	1:09.76	1500m:	17:23.31	1:10.06	2300m:	26:44.99	1:10.34			
	800m:	9:13.43	1:09.00	1600m:	18:33.47	1:10.16	2400m:	27:55.67	1:10.68			
14.	VILLA RODRIGUEZ, Pau 04 C.N. Sant Andreu										35:12.15	13,00
	100m:	1:07.25	1:07.25	900m:	10:27.33	1:09.93	1700m:	19:49.31	1:10.79	2500m:	29:17.87	1:11.34
	200m:	2:17.19	1:09.94	1000m:	11:37.53	1:10.20	1800m:	21:00.15	1:10.84	2600m:	30:28.94	1:11.07
	300m:	3:27.49	1:10.30	1100m:	12:47.02	1:09.49	1900m:	22:11.11	1:10.96	2700m:	31:40.66	1:11.72
	400m:	4:38.14	1:10.65	1200m:	13:57.08	1:10.06	2000m:	23:21.59	1:10.48	2800m:	32:51.75	1:11.09
	500m:	5:48.55	1:10.41	1300m:	15:07.85	1:10.77	2100m:	24:32.56	1:10.97	2900m:	34:02.13	1:10.38
	600m:	6:58.56	1:10.01	1400m:	16:18.13	1:10.28	2200m:	25:44.01	1:11.45	3000m:	35:12.15	1:10.02
	700m:	8:08.25	1:09.69	1500m:	17:28.15	1:10.02	2300m:	26:55.16	1:11.15			
	800m:	9:17.40	1:09.15	1600m:	18:38.52	1:10.37	2400m:	28:06.53	1:11.37			
15.	REYES VALENZUELA, Abel 03 C.N. Mataró										35:14.03	12,00
	100m:	1:07.58	1:07.58	900m:	10:27.22	1:09.66	1700m:	19:48.77	1:10.71	2500m:	29:19.59	1:11.43
	200m:	2:17.38	1:09.80	1000m:	11:37.21	1:09.99	1800m:	21:00.28	1:11.51	2600m:	30:30.71	1:11.12
	300m:	3:27.34	1:09.96	1100m:	12:46.63	1:09.42	1900m:	22:11.64	1:11.36	2700m:	31:42.37	1:11.66
	400m:	4:37.83	1:10.49	1200m:	13:56.77	1:10.14	2000m:	23:23.16	1:11.52	2800m:	32:53.25	1:10.88
	500m:	5:47.86	1:10.03	1300m:	15:06.68	1:09.91	2100m:	24:34.56	1:11.40	2900m:	34:04.21	1:10.96
	600m:	6:57.75	1:09.89	1400m:	16:16.93	1:10.25	2200m:	25:45.82	1:11.26	3000m:	35:14.03	1:09.82
	700m:	8:07.55	1:09.80	1500m:	17:27.43	1:10.50	2300m:	26:56.83	1:11.01			
	800m:	9:17.56	1:10.01	1600m:	18:38.06	1:10.63	2400m:	28:08.16	1:11.33			
16.	TOBAL TUBAU, Igor 03 C.N. Igualada										35:24.89	11,00
	100m:	1:07.36	1:07.36	900m:	10:28.30	1:10.67	1700m:	19:57.27	1:11.40	2500m:	29:29.60	1:11.23
	200m:	2:17.17	1:09.81	1000m:	11:38.80	1:10.50	1800m:	21:09.36	1:12.09	2600m:	30:41.01	1:11.41
	300m:	3:27.37	1:10.20	1100m:	12:49.63	1:10.83	1900m:	22:21.31	1:11.95	2700m:	31:52.94	1:11.93
	400m:	4:37.59	1:10.22	1200m:	14:00.69	1:11.06	2000m:	23:32.11	1:10.80	2800m:	33:05.31	1:12.37
	500m:	5:47.92	1:10.33	1300m:	15:11.51	1:10.82	2100m:	24:43.89	1:11.78	2900m:	34:17.57	1:12.26
	600m:	6:57.50	1:09.58	1400m:	16:22.76	1:11.25	2200m:	25:55.38	1:11.49	3000m:	35:24.89	1:07.32
	700m:	8:07.80	1:10.30	1500m:	17:34.02	1:11.26	2300m:	27:07.01	1:11.63			
	800m:	9:17.63	1:09.83	1600m:	18:45.87	1:11.85	2400m:	28:18.37	1:11.36			

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps	
17.	LLEÓ FERNANDEZ, Sergi	04	C.N. Figueres								35:26.78	10,00
	100m: 1:07.94	1:07.94	900m: 10:32.09	1:11.01	1700m: 20:00.69	1:11.57	2500m: 29:33.68	1:11.82	2600m: 30:45.49	1:11.81		
	200m: 2:18.05	1:10.11	1000m: 11:42.99	1:10.90	1800m: 21:11.97	1:11.28	2700m: 31:57.19	1:11.70	2800m: 33:08.84	1:11.65		
	300m: 3:28.76	1:10.71	1100m: 12:53.57	1:10.58	1900m: 22:23.50	1:11.53	2900m: 34:19.05	1:10.21	3000m: 35:26.78	1:07.73		
	400m: 4:39.29	1:10.53	1200m: 14:04.62	1:11.05	2000m: 23:35.46	1:11.96						
	500m: 5:50.63	1:11.34	1300m: 15:15.55	1:10.93	2100m: 24:46.60	1:11.14						
	600m: 7:00.22	1:09.59	1400m: 16:26.74	1:11.19	2200m: 25:58.26	1:11.66						
	700m: 8:10.90	1:10.68	1500m: 17:37.73	1:10.99	2300m: 27:09.88	1:11.62						
	800m: 9:21.08	1:10.18	1600m: 18:49.12	1:11.39	2400m: 28:21.86	1:11.98						
18.	ARROYO LOPEZ DEL CASTILLO, Alex02	02	C.N. Sant Andreu								35:30.45	13,00
	100m: 1:06.35	1:06.35	900m: 10:26.27	1:10.61	1700m: 19:58.04	1:11.77	2500m: 29:28.41	1:12.51	2600m: 30:40.80	1:12.39		
	200m: 2:15.57	1:09.22	1000m: 11:37.02	1:10.75	1800m: 21:07.83	1:11.79	2700m: 31:53.68	1:12.88	2800m: 33:06.40	1:12.72		
	300m: 3:25.15	1:09.58	1100m: 12:47.69	1:10.67	1900m: 22:19.56	1:11.73	2900m: 34:19.59	1:13.19	3000m: 35:30.45	1:10.86		
	400m: 4:34.85	1:09.70	1200m: 13:58.52	1:10.83	2000m: 23:31.19	1:11.63						
	500m: 5:44.88	1:10.03	1300m: 15:09.83	1:11.31	2100m: 24:42.39	1:11.20						
	600m: 6:54.93	1:10.05	1400m: 16:20.97	1:11.14	2200m: 25:53.10	1:10.71						
	700m: 8:05.12	1:10.19	1500m: 17:32.36	1:11.39	2300m: 27:04.11	1:11.01						
	800m: 9:15.66	1:10.54	1600m: 18:44.27	1:11.91	2400m: 28:15.90	1:11.79						
19.	BOTE BONELL, Josep	04	C.N. Terrassa								35:51.57	9,00
	100m: 1:07.66	1:07.66	900m: 10:34.74	1:11.23	1700m: 20:10.70	1:12.52	2500m: 29:50.98	1:12.45	2600m: 31:03.19	1:12.21		
	200m: 2:17.95	1:10.29	1000m: 11:46.31	1:11.57	1800m: 21:23.80	1:13.10	2700m: 32:15.33	1:12.14	2800m: 33:28.24	1:12.91		
	300m: 3:28.82	1:10.87	1100m: 12:57.92	1:11.61	1900m: 22:36.19	1:12.39	2900m: 34:41.27	1:13.03	3000m: 35:51.57	1:10.30		
	400m: 4:39.46	1:10.64	1200m: 14:09.48	1:11.56	2000m: 23:48.61	1:12.42						
	500m: 5:50.53	1:11.07	1300m: 15:21.86	1:12.38	2100m: 25:01.16	1:12.55						
	600m: 7:01.73	1:11.20	1400m: 16:33.84	1:11.98	2200m: 26:13.08	1:11.92						
	700m: 8:12.36	1:10.63	1500m: 17:45.61	1:11.77	2300m: 27:26.05	1:12.97						
	800m: 9:23.51	1:11.15	1600m: 18:58.18	1:12.57	2400m: 28:38.53	1:12.48						
20.	LIRES SUELDO, Manuel	02	C.N. Barcelona								36:01.51	12,00
	100m: 1:07.69	1:07.69	900m: 10:27.04	1:10.15	1700m: 19:58.54	1:12.71	2500m: 29:56.63	1:11.42	2600m: 31:11.59	1:14.96		
	200m: 2:17.16	1:09.47	1000m: 11:37.11	1:10.07	1800m: 21:12.60	1:14.06	2700m: 32:26.20	1:14.61	2800m: 33:41.31	1:15.11		
	300m: 3:26.44	1:09.28	1100m: 12:48.04	1:10.93	1900m: 22:27.00	1:14.40	2900m: 34:53.36	1:12.05	3000m: 36:01.51	1:08.15		
	400m: 4:36.47	1:10.03	1200m: 13:58.94	1:10.90	2000m: 23:42.83	1:15.83						
	500m: 5:46.68	1:10.21	1300m: 15:10.40	1:11.46	2100m: 24:58.53	1:15.70						
	600m: 6:56.76	1:10.08	1400m: 16:22.07	1:11.67	2200m: 26:13.40	1:14.87						
	700m: 8:06.80	1:10.04	1500m: 17:33.31	1:11.24	2300m: 27:30.19	1:16.79						
	800m: 9:16.89	1:10.09	1600m: 18:45.83	1:12.52	2400m: 28:45.21	1:15.02						
21.	GOMEZ MARTINEZ, Sergi	03	C.N. Premià								36:06.78	8,00
	100m: 1:07.61	1:07.61	900m: 10:40.59	1:11.90	1700m: 20:22.24	1:12.58	2500m: 30:04.44	1:12.83	2600m: 31:15.83	1:11.39		
	200m: 2:17.74	1:10.13	1000m: 11:52.35	1:11.76	1800m: 21:34.37	1:12.13	2700m: 32:30.33	1:14.50	2800m: 33:43.61	1:13.28		
	300m: 3:28.96	1:11.22	1100m: 13:04.10	1:11.75	1900m: 22:46.50	1:12.13	2900m: 34:57.22	1:13.61	3000m: 36:06.78	1:09.56		
	400m: 4:41.48	1:12.52	1200m: 14:16.53	1:12.43	2000m: 23:58.51	1:12.01						
	500m: 5:53.31	1:11.83	1300m: 15:31.14	1:14.61	2100m: 25:11.57	1:13.06						
	600m: 7:05.42	1:12.11	1400m: 16:45.25	1:14.11	2200m: 26:24.89	1:13.32						
	700m: 8:17.06	1:11.64	1500m: 17:57.33	1:12.08	2300m: 27:38.57	1:13.68						
	800m: 9:28.69	1:11.63	1600m: 19:09.66	1:12.33	2400m: 28:51.61	1:13.04						
22.	BOSCH MONJE, David	01	C.N. Terrassa								36:36.87	11,00
	100m: 1:09.53	1:09.53	900m: 10:47.07	1:12.86	1700m: 20:37.15	1:14.09	2500m: 30:30.72	1:14.10	2600m: 31:44.69	1:13.97		
	200m: 2:20.86	1:11.33	1000m: 11:59.99	1:12.92	1800m: 21:50.94	1:13.79	2700m: 32:58.91	1:14.22	2800m: 34:12.71	1:13.80		
	300m: 3:32.31	1:11.45	1100m: 13:13.94	1:13.95	1900m: 23:05.04	1:14.10	2900m: 35:25.47	1:12.76	3000m: 36:36.87	1:11.40		
	400m: 4:44.14	1:11.83	1200m: 14:27.53	1:13.59	2000m: 24:19.84	1:14.80						
	500m: 5:56.32	1:12.18	1300m: 15:41.24	1:13.71	2100m: 25:34.92	1:15.08						
	600m: 7:08.61	1:12.29	1400m: 16:55.11	1:13.87	2200m: 26:48.91	1:13.99						
	700m: 8:21.40	1:12.79	1500m: 18:09.33	1:14.22	2300m: 28:03.10	1:14.19						
	800m: 9:34.21	1:12.81	1600m: 19:23.06	1:13.73	2400m: 29:16.62	1:13.52						
23.	FANLO TORREMADE, Pau	04	C.N. Mataró								36:45.15	7,00
	100m: 1:12.10	1:12.10	900m: 10:59.96	1:13.29	1700m: 20:53.57	1:14.30	2500m: 30:45.59	1:13.49	2600m: 31:59.26	1:13.67		
	200m: 2:25.22	1:13.12	1000m: 12:13.73	1:13.77	1800m: 22:08.22	1:14.65	2700m: 33:12.96	1:13.70	2800m: 34:27.14	1:14.18		
	300m: 3:39.02	1:13.80	1100m: 13:27.30	1:13.57	1900m: 23:22.50	1:14.28	2900m: 35:40.39	1:13.25	3000m: 36:45.15	1:04.76		
	400m: 4:52.39	1:13.37	1200m: 14:41.75	1:14.45	2000m: 24:37.28	1:14.78						
	500m: 6:05.45	1:13.06	1300m: 15:56.41	1:14.66	2100m: 25:51.47	1:14.19						
	600m: 7:18.93	1:13.48	1400m: 17:10.93	1:14.52	2200m: 27:05.00	1:13.53						
	700m: 8:33.03	1:14.10	1500m: 18:25.14	1:14.21	2300m: 28:18.93	1:13.93						
	800m: 9:46.67	1:13.64	1600m: 19:39.27	1:14.13	2400m: 29:32.10	1:13.17						

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps																																																																														
24. BOOKER LARA, Oriol	04 C.N. Premià										36:45.31	6,00																																																																													
100m:	1:07.12	1:07.12	900m:	10:41.26	1:12.15	1700m:	20:22.59	1:13.67	2500m:	30:19.56	1:17.34	200m:	2:17.65	1:10.53	1000m:	11:53.42	1:12.16	1800m:	21:36.28	1:13.69	2600m:	31:36.90	1:17.34	300m:	3:29.05	1:11.40	1100m:	13:05.25	1:11.83	1900m:	22:50.35	1:14.07	2700m:	32:54.49	1:17.59	400m:	4:41.24	1:12.19	1200m:	14:17.62	1:12.37	2000m:	24:04.98	1:14.63	2800m:	34:12.33	1:17.84	500m:	5:53.17	1:11.93	1300m:	15:30.41	1:12.79	2100m:	25:18.65	1:13.67	2900m:	35:29.30	1:16.97	600m:	7:04.91	1:11.74	1400m:	16:43.23	1:12.82	2200m:	26:32.31	1:13.66	3000m:	36:45.31	1:16.01	700m:	8:17.26	1:12.35	1500m:	17:55.82	1:12.59	2300m:	27:46.15	1:13.84	800m:	9:29.11	1:11.85	1600m:	19:08.92	1:13.10	2400m:	29:02.22	1:16.07
25. MATARÓ BON, Pau	04 C.N. Mataró										37:02.63	5,00																																																																													
100m:	1:11.54	1:11.54	900m:	11:03.22	1:13.71	1700m:	20:58.58	1:14.68	2500m:	30:53.00	1:14.48	200m:	2:25.80	1:14.26	1000m:	12:16.31	1:13.09	1800m:	22:13.09	1:14.51	2600m:	32:07.38	1:14.38	300m:	3:40.28	1:14.48	1100m:	13:30.08	1:13.77	1900m:	23:27.36	1:14.27	2700m:	33:21.26	1:13.88	400m:	4:54.38	1:14.10	1200m:	14:45.07	1:14.99	2000m:	24:41.34	1:13.98	2800m:	34:35.40	1:14.14	500m:	6:08.63	1:14.25	1300m:	15:59.65	1:14.58	2100m:	25:55.16	1:13.82	2900m:	35:49.80	1:14.40	600m:	7:22.20	1:13.57	1400m:	17:14.24	1:14.59	2200m:	27:09.74	1:14.58	3000m:	37:02.63	1:12.83	700m:	8:35.67	1:13.47	1500m:	18:29.18	1:14.94	2300m:	28:24.07	1:14.33	800m:	9:49.51	1:13.84	1600m:	19:43.90	1:14.72	2400m:	29:38.52	1:14.45
26. PEREZ PUJOL, Guillem	04 C.N. Terrassa										37:13.19	4,00																																																																													
100m:	1:09.94	1:09.94	900m:	11:02.42	1:14.16	1700m:	20:59.01	1:14.96	2500m:	31:00.66	1:15.10	200m:	2:23.27	1:13.33	1000m:	12:16.71	1:14.29	1800m:	22:13.86	1:14.85	2600m:	32:15.84	1:15.18	300m:	3:37.05	1:13.78	1100m:	13:31.27	1:14.56	1900m:	23:29.33	1:15.47	2700m:	33:31.05	1:15.21	400m:	4:51.18	1:14.13	1200m:	14:45.72	1:14.45	2000m:	24:44.59	1:15.26	2800m:	34:45.89	1:14.84	500m:	6:05.22	1:14.04	1300m:	16:00.21	1:14.49	2100m:	25:59.67	1:15.08	2900m:	36:00.54	1:14.65	600m:	7:19.70	1:14.48	1400m:	17:14.77	1:14.56	2200m:	27:15.19	1:15.52	3000m:	37:13.19	1:12.65	700m:	8:33.90	1:14.20	1500m:	18:29.51	1:14.74	2300m:	28:30.36	1:15.17	800m:	9:48.26	1:14.36	1600m:	19:44.05	1:14.54	2400m:	29:45.56	1:15.20
27. BLANES FRIGOLA, Aleix	04 C.E. Àgora										37:19.24	3,00																																																																													
100m:	1:12.30	1:12.30	900m:	11:12.53	1:15.49	1700m:	21:08.95	1:14.73	2500m:	31:10.21	1:15.07	200m:	2:26.38	1:14.08	1000m:	12:28.02	1:15.49	1800m:	22:23.35	1:14.40	2600m:	32:25.24	1:15.03	300m:	3:40.95	1:14.57	1100m:	13:42.64	1:14.62	1900m:	23:38.75	1:15.40	2700m:	33:39.75	1:14.51	400m:	4:56.04	1:15.09	1200m:	14:56.19	1:13.55	2000m:	24:54.00	1:15.25	2800m:	34:54.73	1:14.98	500m:	6:11.68	1:15.64	1300m:	16:09.84	1:13.65	2100m:	26:09.05	1:15.05	2900m:	36:08.88	1:14.15	600m:	7:26.98	1:15.30	1400m:	17:23.99	1:14.15	2200m:	27:24.51	1:15.46	3000m:	37:19.24	1:10.36	700m:	8:42.18	1:15.20	1500m:	18:38.78	1:14.79	2300m:	28:39.99	1:15.48	800m:	9:57.04	1:14.86	1600m:	19:54.22	1:15.44	2400m:	29:55.14	1:15.15
28. AGUILERA ALCAIDE, Gorka	03 C.N. Granollers										37:34.37	2,00																																																																													
100m:	1:08.67	1:08.67	900m:	11:02.53	1:15.72	1700m:	21:11.17	1:15.74	2500m:	31:21.71	1:16.32	200m:	2:20.93	1:12.26	1000m:	12:18.59	1:16.06	1800m:	22:27.98	1:16.81	2600m:	32:37.78	1:16.07	300m:	3:34.53	1:13.60	1100m:	13:34.78	1:16.19	1900m:	23:44.86	1:16.88	2700m:	33:53.88	1:16.10	400m:	4:48.27	1:13.74	1200m:	14:51.35	1:16.57	2000m:	25:01.91	1:17.05	2800m:	35:09.58	1:15.70	500m:	6:02.08	1:13.81	1300m:	16:07.08	1:15.73	2100m:	26:18.37	1:16.46	2900m:	36:24.69	1:15.11	600m:	7:16.50	1:14.42	1400m:	17:23.20	1:16.12	2200m:	27:34.98	1:16.61	3000m:	37:34.37	1:09.68	700m:	8:31.51	1:15.01	1500m:	18:39.99	1:16.79	2300m:	28:51.15	1:16.17	800m:	9:46.81	1:15.30	1600m:	19:55.43	1:15.44	2400m:	30:05.39	1:14.24
29. BUSTOS FERNANDEZ, Aitor	04 C.N. Igualada										37:40.24	1,00																																																																													
100m:	1:12.53	1:12.53	900m:	11:10.34	1:15.08	1700m:	21:13.24	1:16.02	2500m:	31:21.53	1:17.00	200m:	2:27.44	1:14.91	1000m:	12:25.28	1:14.94	1800m:	22:29.24	1:16.00	2600m:	32:38.65	1:17.12	300m:	3:41.60	1:14.16	1100m:	13:40.79	1:15.51	1900m:	23:46.01	1:16.77	2700m:	33:55.36	1:16.71	400m:	4:56.57	1:14.97	1200m:	14:55.38	1:14.59	2000m:	25:02.51	1:16.50	2800m:	35:11.88	1:16.52	500m:	6:11.86	1:15.29	1300m:	16:10.80	1:15.42	2100m:	26:18.11	1:15.60	2900m:	36:26.93	1:15.05	600m:	7:26.35	1:14.49	1400m:	17:26.30	1:15.50	2200m:	27:32.95	1:14.84	3000m:	37:40.24	1:13.31	700m:	8:40.92	1:14.57	1500m:	18:42.01	1:15.71	2300m:	28:47.62	1:14.67	800m:	9:55.26	1:14.34	1600m:	19:57.22	1:15.21	2400m:	30:04.53	1:16.91
30. ANSÓN BARRIENTOS, Pere	04 C.N. Figueres										37:50.72	-																																																																													
100m:	1:09.47	1:09.47	900m:	11:07.46	1:15.52	1700m:	21:15.27	1:15.95	2500m:	31:29.10	1:17.45	200m:	2:22.19	1:12.72	1000m:	12:23.11	1:15.65	1800m:	22:31.90	1:16.63	2600m:	32:46.18	1:17.08	300m:	3:36.42	1:14.23	1100m:	13:38.95	1:15.84	1900m:	23:47.94	1:16.04	2700m:	34:03.05	1:16.87	400m:	4:51.26	1:14.84	1200m:	14:54.94	1:15.99	2000m:	25:04.33	1:16.39	2800m:	35:19.82	1:16.77	500m:	6:06.31	1:15.05	1300m:	16:11.11	1:16.17	2100m:	26:20.93	1:16.60	2900m:	36:36.82	1:17.00	600m:	7:21.23	1:14.92	1400m:	17:27.72	1:16.61	2200m:	27:38.02	1:17.09	3000m:	37:50.72	1:13.90	700m:	8:36.54	1:15.31	1500m:	18:43.92	1:16.20	2300m:	28:54.63	1:16.61	800m:	9:51.94	1:15.40	1600m:	19:59.32	1:15.40	2400m:	30:11.65	1:17.02

NQ = Nedadors NO Classificats (tall no superat)

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY		Temps	
31. ROSELLÓ PRATS, Pau	04	C.N. Amposta	38:03.83	-
100m: 1:10.73 1:10.73	900m: 11:06.46 1:15.91	1700m: 21:17.28 1:16.88	2500m: 31:39.13 1:17.69	
200m: 2:23.68 1:12.95	1000m: 12:22.64 1:16.18	1800m: 22:34.69 1:17.41	2600m: 32:57.07 1:17.94	
300m: 3:36.97 1:13.29	1100m: 13:38.30 1:15.66	1900m: 23:52.34 1:17.65	2700m: 34:14.28 1:17.21	
400m: 4:50.89 1:13.92	1200m: 14:54.50 1:16.20	2000m: 25:09.86 1:17.52	2800m: 35:32.08 1:17.80	
500m: 6:05.41 1:14.52	1300m: 16:10.73 1:16.23	2100m: 26:27.44 1:17.58	2900m: 36:49.93 1:17.85	
600m: 7:20.10 1:14.69	1400m: 17:27.50 1:16.77	2200m: 27:45.24 1:17.80	3000m: 38:03.83 1:13.90	
700m: 8:34.84 1:14.74	1500m: 18:44.02 1:16.52	2300m: 29:03.50 1:18.26		
800m: 9:50.55 1:15.71	1600m: 20:00.40 1:16.38	2400m: 30:21.44 1:17.94		
32. GRANERO PÉREZ, Jordi	02	C.N. Granollers	38:05.43	10,00
100m: 1:14.72 1:14.72	900m: 11:20.12 1:15.80	1700m: 21:28.88 1:16.23	2500m: 31:38.98 1:17.33	
200m: 2:30.09 1:15.37	1000m: 12:35.99 1:15.87	1800m: 22:44.80 1:15.92	2600m: 32:55.66 1:16.68	
300m: 3:46.02 1:15.93	1100m: 13:51.90 1:15.91	1900m: 24:01.26 1:16.46	2700m: 34:13.50 1:17.84	
400m: 5:01.35 1:15.33	1200m: 15:08.01 1:16.11	2000m: 25:17.85 1:16.59	2800m: 35:31.29 1:17.79	
500m: 6:17.01 1:15.66	1300m: 16:23.83 1:15.82	2100m: 26:33.47 1:15.62	2900m: 36:48.77 1:17.48	
600m: 7:33.13 1:16.12	1400m: 17:40.43 1:16.60	2200m: 27:49.60 1:16.13	3000m: 38:05.43 1:16.66	
700m: 8:49.12 1:15.99	1500m: 18:56.53 1:16.10	2300m: 29:05.63 1:16.03		
800m: 10:04.32 1:15.20	1600m: 20:12.65 1:16.12	2400m: 30:21.65 1:16.02		
33. SUMOY BERGADÀ, Pau	03	C.N. Tarraco	38:27.94	-
100m: 1:11.18 1:11.18	900m: 11:20.30 1:17.04	1700m: 21:38.67 1:17.34	2500m: 32:03.88 1:18.70	
200m: 2:26.69 1:15.51	1000m: 12:37.77 1:17.47	1800m: 22:56.53 1:17.86	2600m: 33:22.05 1:18.17	
300m: 3:42.81 1:16.12	1100m: 13:54.91 1:17.14	1900m: 24:14.30 1:17.77	2700m: 34:40.08 1:18.03	
400m: 4:58.74 1:15.93	1200m: 15:11.80 1:16.89	2000m: 25:32.46 1:18.16	2800m: 35:57.74 1:17.66	
500m: 6:14.55 1:15.81	1300m: 16:29.16 1:17.36	2100m: 26:50.63 1:18.17	2900m: 37:14.49 1:16.75	
600m: 7:30.27 1:15.72	1400m: 17:46.70 1:17.54	2200m: 28:08.92 1:18.29	3000m: 38:27.94 1:13.45	
700m: 8:46.71 1:16.44	1500m: 19:03.90 1:17.20	2300m: 29:27.42 1:18.50		
800m: 10:03.26 1:16.55	1600m: 20:21.33 1:17.43	2400m: 30:45.18 1:17.76		
34. JEREZ GALLEGOS, Arnau	02	C.N. Granollers	39:23.58	9,00
100m: 1:12.14 1:12.14	900m: 11:34.32 1:18.29	1700m: 22:09.88 1:19.90	2500m: 32:48.43 1:19.71	
200m: 2:28.48 1:16.34	1000m: 12:53.34 1:19.02	1800m: 23:29.31 1:19.43	2600m: 34:08.15 1:19.72	
300m: 3:46.66 1:18.18	1100m: 14:12.43 1:19.09	1900m: 24:49.34 1:20.03	2700m: 35:28.15 1:20.00	
400m: 5:05.18 1:18.52	1200m: 15:32.11 1:19.68	2000m: 26:10.33 1:20.99	2800m: 36:46.95 1:18.80	
500m: 6:23.27 1:18.09	1300m: 16:50.02 1:17.91	2100m: 27:29.11 1:18.78	2900m: 38:06.94 1:19.99	
600m: 7:41.32 1:18.05	1400m: 18:09.68 1:19.66	2200m: 28:48.95 1:19.84	3000m: 39:23.58 1:16.64	
700m: 8:58.08 1:16.76	1500m: 19:30.05 1:20.37	2300m: 30:08.48 1:19.53		
800m: 10:16.03 1:17.95	1600m: 20:49.98 1:19.93	2400m: 31:28.72 1:20.24		
35. PEREZ MADURELL, Arnau	02	A.E.N. Júpiter Sant Martí	40:20.86	8,00
100m: 1:13.26 1:13.26	900m: 11:46.89 1:20.50	1700m: 22:39.19 1:22.55	2500m: 33:36.58 1:21.59	
200m: 2:30.62 1:17.36	1000m: 13:06.87 1:19.98	1800m: 24:01.28 1:22.09	2600m: 34:58.96 1:22.38	
300m: 3:49.41 1:18.79	1100m: 14:28.22 1:21.35	1900m: 25:23.55 1:22.27	2700m: 36:21.65 1:22.69	
400m: 5:08.68 1:19.27	1200m: 15:49.33 1:21.11	2000m: 26:45.72 1:22.17	2800m: 37:42.37 1:20.72	
500m: 6:28.26 1:19.58	1300m: 17:10.75 1:21.42	2100m: 28:08.66 1:22.94	2900m: 39:02.32 1:19.95	
600m: 7:47.83 1:19.57	1400m: 18:32.11 1:21.36	2200m: 29:31.00 1:22.34	3000m: 40:20.86 1:18.54	
700m: 9:06.93 1:19.10	1500m: 19:54.73 1:22.62	2300m: 30:53.47 1:22.47		
800m: 10:26.39 1:19.46	1600m: 21:16.64 1:21.91	2400m: 32:14.99 1:21.52		
DNS FILOSO GARCIA, Alonso	02	C.E. Mediterrani	-	-
DNS USECHI ELIZARI, Guillermo	02	C.N. Barcelona	-	-
DNS SALAS FERNANDEZ, Bruno	04	Cambrils C.N.	-	-
BX PEDROS GAMEZ, David	03	C.N. Cervera	-	-
BX EZCURRA SANUY, Martí	04	C.N. Martorell	-	-

NQ = Nedadors NO Classificats (tall no superat)