

Prova 3
 23/12/2020

Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1
 Resultats

Rècords i MM Catalanes Open	31:58.86	, Mireia Belmonte Garcia	Sevilla	11/1/2014
Rècords i MM Catalanes 17	33:11.46	, Claudia Dasca Romeu	Sabadell	22/1/2011
Rècords i MM Catalanes 16	34:13.78	, Laura Rodriguez Cao	Banyoles	30/11/2014
Rècords i MM Catalanes 15	36:06.76	, Ariadna Escribano Triviño	Cordoba	16/1/2016

Classificació

ANY

Temps

Júnior 1 Fons Indoor

1. GALO NOGUEIRA, Estel Xuan		04	C.N. Granollers		35:19.25	19,00					
50m:	33.43	33.43	800m:	9:17.76	35.37	1550m:	18:13.82	35.16	2300m:	27:05.11	36.11
100m:	1:07.42	33.99	850m:	9:53.06	35.30	1600m:	18:48.77	34.95	2350m:	27:40.86	35.75
150m:	1:41.93	34.51	900m:	10:28.74	35.68	1650m:	19:23.54	34.77	2400m:	28:16.73	35.87
200m:	2:16.70	34.77	950m:	11:04.30	35.56	1700m:	19:58.65	35.11	2450m:	28:52.77	36.04
250m:	2:51.43	34.73	1000m:	11:40.18	35.88	1750m:	20:34.13	35.48	2500m:	29:29.18	36.41
300m:	3:26.15	34.72	1050m:	12:15.79	35.61	1800m:	21:09.49	35.36	2550m:	30:04.97	35.79
350m:	4:01.17	35.02	1100m:	12:51.69	35.90	1850m:	21:44.84	35.35	2600m:	30:40.58	35.61
400m:	4:36.03	34.86	1150m:	13:27.23	35.54	1900m:	22:20.42	35.58	2650m:	31:16.49	35.91
450m:	5:10.96	34.93	1200m:	14:02.97	35.74	1950m:	22:55.69	35.27	2700m:	31:52.51	36.02
500m:	5:46.01	35.05	1250m:	14:38.76	35.79	2000m:	23:31.29	35.60	2750m:	32:28.26	35.75
550m:	6:20.93	34.92	1300m:	15:14.83	36.07	2050m:	24:06.43	35.14	2800m:	33:03.68	35.42
600m:	6:56.19	35.26	1350m:	15:50.54	35.71	2100m:	24:41.77	35.34	2850m:	33:38.27	34.59
650m:	7:31.42	35.23	1400m:	16:26.46	35.92	2150m:	25:17.33	35.56	2900m:	34:13.54	35.27
700m:	8:06.91	35.49	1450m:	17:02.38	35.92	2200m:	25:53.20	35.87	2950m:	34:47.98	34.44
750m:	8:42.39	35.48	1500m:	17:38.66	36.28	2250m:	26:29.00	35.80	3000m:	35:19.25	31.27
2. CARRASCO CADENS, Emma		05	C.E. Inef Lleida		35:51.14	16,00					
<i>Millor Marca Catalana</i>											
50m:	33.93	33.93	800m:	9:24.63	35.19	1550m:	18:18.45	35.42	2300m:	27:20.51	36.17
100m:	1:09.52	35.59	850m:	10:00.16	35.53	1600m:	18:54.38	35.93	2350m:	27:57.31	36.80
150m:	1:45.41	35.89	900m:	10:35.55	35.39	1650m:	19:29.98	35.60	2400m:	28:34.30	36.99
200m:	2:20.92	35.51	950m:	11:11.36	35.81	1700m:	20:05.82	35.84	2450m:	29:10.30	36.00
250m:	2:56.38	35.46	1000m:	11:46.52	35.16	1750m:	20:41.41	35.59	2500m:	29:47.43	37.13
300m:	3:32.05	35.67	1050m:	12:21.54	35.02	1800m:	21:17.35	35.94	2550m:	30:23.66	36.23
350m:	4:07.28	35.23	1100m:	12:57.22	35.68	1850m:	21:53.60	36.25	2600m:	31:00.27	36.61
400m:	4:42.48	35.20	1150m:	13:32.35	35.13	1900m:	22:29.53	35.93	2650m:	31:36.88	36.61
450m:	5:17.98	35.50	1200m:	14:07.81	35.46	1950m:	23:06.07	36.54	2700m:	32:13.68	36.80
500m:	5:52.89	34.91	1250m:	14:43.16	35.35	2000m:	23:42.00	35.93	2750m:	32:50.44	36.76
550m:	6:28.31	35.42	1300m:	15:18.33	35.17	2050m:	24:18.23	36.23	2800m:	33:27.77	37.33
600m:	7:03.21	34.90	1350m:	15:54.74	36.41	2100m:	24:54.60	36.37	2850m:	34:04.43	36.66
650m:	7:38.21	35.00	1400m:	16:31.09	36.35	2150m:	25:31.13	36.53	2900m:	34:41.07	36.64
700m:	8:14.19	35.98	1450m:	17:06.88	35.79	2200m:	26:07.80	36.67	2950m:	35:17.46	36.39
750m:	8:49.44	35.25	1500m:	17:43.03	36.15	2250m:	26:44.34	36.54	3000m:	35:51.14	33.68
3. VILARDEBÓ PLA, Núria		04	C.N. Calella		36:15.07	14,00					
50m:	33.13	33.13	800m:	9:22.14	35.94	1550m:	18:29.37	36.62	2300m:	27:44.81	36.90
100m:	1:07.40	34.27	850m:	9:58.38	36.24	1600m:	19:06.04	36.67	2350m:	28:21.77	36.96
150m:	1:42.16	34.76	900m:	10:34.58	36.20	1650m:	19:42.84	36.80	2400m:	28:58.91	37.14
200m:	2:17.36	35.20	950m:	11:10.96	36.38	1700m:	20:20.22	37.38	2450m:	29:36.19	37.28
250m:	2:52.40	35.04	1000m:	11:47.25	36.29	1750m:	20:57.48	37.26	2500m:	30:13.23	37.04
300m:	3:27.66	35.26	1050m:	12:23.70	36.45	1800m:	21:34.75	37.27	2550m:	30:50.09	36.86
350m:	4:02.80	35.14	1100m:	13:00.00	36.30	1850m:	22:11.97	37.22	2600m:	31:27.39	37.30
400m:	4:37.91	35.11	1150m:	13:36.35	36.35	1900m:	22:49.18	37.21	2650m:	32:04.21	36.82
450m:	5:12.83	34.92	1200m:	14:13.02	36.67	1950m:	23:26.31	37.13	2700m:	32:41.24	37.03
500m:	5:48.15	35.32	1250m:	14:49.54	36.52	2000m:	24:03.52	37.21	2750m:	33:17.82	36.58
550m:	6:23.74	35.59	1300m:	15:26.25	36.71	2050m:	24:40.38	36.86	2800m:	33:53.26	35.44
600m:	6:59.20	35.46	1350m:	16:02.87	36.62	2100m:	25:17.38	37.00	2850m:	34:28.81	35.55
650m:	7:34.73	35.53	1400m:	16:39.41	36.54	2150m:	25:54.26	36.88	2900m:	35:04.54	35.73
700m:	8:10.47	35.74	1450m:	17:16.13	36.72	2200m:	26:31.05	36.79	2950m:	35:40.25	35.71
750m:	8:46.20	35.73	1500m:	17:52.75	36.62	2250m:	27:07.91	36.86	3000m:	36:15.07	34.82

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps	
4. PALACIOS GALLARDO, Rut	05	C.N. Atl Barceloneta	36:54.49	13,00
50m: 34.19 34.19	800m: 9:28.45	36.36 1550m: 18:42.90	37.15 2300m: 28:05.34	37.80
100m: 1:08.70 34.51	850m: 10:04.69	36.24 1600m: 19:20.51	37.61 2350m: 28:43.10	37.76
150m: 1:43.82 35.12	900m: 10:41.15	36.46 1650m: 19:57.80	37.29 2400m: 29:21.47	38.37
200m: 2:19.01 35.19	950m: 11:17.87	36.72 1700m: 20:35.08	37.28 2450m: 29:59.46	37.99
250m: 2:54.35 35.34	1000m: 11:54.75	36.88 1750m: 21:12.33	37.25 2500m: 30:37.72	38.26
300m: 3:29.96 35.61	1050m: 12:31.84	37.09 1800m: 21:49.70	37.37 2550m: 31:15.74	38.02
350m: 4:05.69 35.73	1100m: 13:08.64	36.80 1850m: 22:27.43	37.73 2600m: 31:53.75	38.01
400m: 4:41.54 35.85	1150m: 13:45.58	36.94 1900m: 23:05.12	37.69 2650m: 32:31.73	37.98
450m: 5:16.94 35.40	1200m: 14:22.54	36.96 1950m: 23:42.72	37.60 2700m: 33:09.69	37.96
500m: 5:52.49 35.55	1250m: 14:59.82	37.28 2000m: 24:20.01	37.29 2750m: 33:47.43	37.74
550m: 6:28.20 35.71	1300m: 15:37.08	37.26 2050m: 24:57.27	37.26 2800m: 34:24.92	37.49
600m: 7:03.98 35.78	1350m: 16:14.24	37.16 2100m: 25:34.66	37.39 2850m: 35:02.43	37.51
650m: 7:39.79 35.81	1400m: 16:51.41	37.17 2150m: 26:12.11	37.45 2900m: 35:39.92	37.49
700m: 8:15.69 35.90	1450m: 17:28.62	37.21 2200m: 26:49.80	37.69 2950m: 36:17.33	37.41
750m: 8:52.09 36.40	1500m: 18:05.75	37.13 2250m: 27:27.54	37.74 3000m: 36:54.49	37.16
5. MORERA PUJOLAR, Júlia	05	C.N. Olot	37:16.64	12,00
50m: 35.38 35.38	800m: 9:52.27	37.37 1550m: 19:10.50	37.53 2300m: 28:33.11	37.23
100m: 1:12.00 36.62	850m: 10:29.28	37.01 1600m: 19:47.87	37.37 2350m: 29:10.90	37.79
150m: 1:49.25 37.25	900m: 11:06.02	36.74 1650m: 20:25.29	37.42 2400m: 29:48.89	37.99
200m: 2:26.55 37.30	950m: 11:43.01	36.99 1700m: 21:02.58	37.29 2450m: 30:26.56	37.67
250m: 3:03.50 36.95	1000m: 12:19.75	36.74 1750m: 21:40.02	37.44 2500m: 31:04.45	37.89
300m: 3:40.39 36.89	1050m: 12:56.72	36.97 1800m: 22:17.44	37.42 2550m: 31:42.15	37.70
350m: 4:17.63 37.24	1100m: 13:33.69	36.97 1850m: 22:55.12	37.68 2600m: 32:20.16	38.01
400m: 4:54.40 36.77	1150m: 14:11.01	37.32 1900m: 23:33.30	38.18 2650m: 32:58.14	37.98
450m: 5:31.43 37.03	1200m: 14:48.43	37.42 1950m: 24:10.67	37.37 2700m: 33:35.86	37.72
500m: 6:08.43 37.00	1250m: 15:25.66	37.23 2000m: 24:48.05	37.38 2750m: 34:13.98	38.12
550m: 6:45.79 37.36	1300m: 16:03.31	37.65 2050m: 25:25.86	37.81 2800m: 34:51.48	37.50
600m: 7:23.18 37.39	1350m: 16:40.25	36.94 2100m: 26:03.45	37.59 2850m: 35:28.38	36.90
650m: 8:00.65 37.47	1400m: 17:17.51	37.26 2150m: 26:41.13	37.68 2900m: 36:05.18	36.80
700m: 8:37.86 37.21	1450m: 17:55.11	37.60 2200m: 27:18.47	37.34 2950m: 36:41.67	36.49
750m: 9:14.90 37.04	1500m: 18:32.97	37.86 2250m: 27:55.88	37.41 3000m: 37:16.64	34.97
6. RIUS PELLEJA, Abril	04	C.N. Tarraco	37:32.11	11,00
50m: 33.40 33.40	800m: 9:46.93	37.82 1550m: 19:11.89	36.98 2300m: 28:41.00	37.76
100m: 1:08.20 34.80	850m: 10:24.64	37.71 1600m: 19:49.31	37.42 2350m: 29:19.74	38.74
150m: 1:43.59 35.39	900m: 11:01.90	37.26 1650m: 20:26.27	36.96 2400m: 29:58.42	38.68
200m: 2:19.59 36.00	950m: 11:39.37	37.47 1700m: 21:02.98	36.71 2450m: 30:37.31	38.89
250m: 2:55.56 35.97	1000m: 12:16.84	37.47 1750m: 21:40.17	37.19 2500m: 31:16.39	39.08
300m: 3:32.46 36.90	1050m: 12:54.31	37.47 1800m: 22:17.50	37.33 2550m: 31:54.61	38.22
350m: 4:10.14 37.68	1100m: 13:31.70	37.39 1850m: 22:55.97	38.47 2600m: 32:32.81	38.20
400m: 4:47.31 37.17	1150m: 14:09.65	37.95 1900m: 23:33.99	38.02 2650m: 33:10.79	37.98
450m: 5:24.71 37.40	1200m: 14:46.97	37.32 1950m: 24:12.76	38.77 2700m: 33:48.42	37.63
500m: 6:01.83 37.12	1250m: 15:24.86	37.89 2000m: 24:50.83	38.07 2750m: 34:26.39	37.97
550m: 6:38.93 37.10	1300m: 16:02.72	37.86 2050m: 25:29.08	38.25 2800m: 35:03.94	37.55
600m: 7:15.94 37.01	1350m: 16:41.07	38.35 2100m: 26:07.26	38.18 2850m: 35:41.04	37.10
650m: 7:53.67 37.73	1400m: 17:19.30	38.23 2150m: 26:46.03	38.77 2900m: 36:18.22	37.18
700m: 8:31.35 37.68	1450m: 17:57.58	38.28 2200m: 27:24.55	38.52 2950m: 36:55.52	37.30
750m: 9:09.11 37.76	1500m: 18:34.91	37.33 2250m: 28:03.24	38.69 3000m: 37:32.11	36.59
7. VALERIO SAIS, Queralt	04	C.N. Banyoles	37:35.55	10,00
50m: 33.72 33.72	800m: 9:39.53	37.05 1550m: 19:01.43	37.39 2300m: 28:32.42	38.41
100m: 1:08.58 34.86	850m: 10:17.33	37.80 1600m: 19:38.54	37.11 2350m: 29:10.49	38.07
150m: 1:43.60 35.02	900m: 10:54.68	37.35 1650m: 20:16.01	37.47 2400m: 29:48.65	38.16
200m: 2:18.56 34.96	950m: 11:31.89	37.21 1700m: 20:54.11	38.10 2450m: 30:27.38	38.73
250m: 2:54.42 35.86	1000m: 12:09.40	37.51 1750m: 21:31.83	37.72 2500m: 31:06.70	39.32
300m: 3:29.90 35.48	1050m: 12:46.82	37.42 1800m: 22:10.08	38.25 2550m: 31:45.75	39.05
350m: 4:06.08 36.18	1100m: 13:24.27	37.45 1850m: 22:48.24	38.16 2600m: 32:25.38	39.63
400m: 4:42.20 36.12	1150m: 14:02.62	38.35 1900m: 23:26.23	37.99 2650m: 33:04.90	39.52
450m: 5:18.70 36.50	1200m: 14:40.00	37.38 1950m: 24:04.38	38.15 2700m: 33:44.09	39.19
500m: 5:55.73 37.03	1250m: 15:17.34	37.34 2000m: 24:42.24	37.86 2750m: 34:22.60	38.51
550m: 6:32.68 36.95	1300m: 15:54.38	37.04 2050m: 25:20.46	38.22 2800m: 35:00.75	38.15
600m: 7:10.12 37.44	1350m: 16:32.01	37.63 2100m: 25:59.09	38.63 2850m: 35:38.96	38.21
650m: 7:47.97 37.85	1400m: 17:09.47	37.46 2150m: 26:36.85	37.76 2900m: 36:17.68	38.72
700m: 8:25.52 37.55	1450m: 17:46.78	37.31 2200m: 27:15.47	38.62 2950m: 36:56.42	38.74
750m: 9:02.48 36.96	1500m: 18:24.04	37.26 2250m: 27:54.01	38.54 3000m: 37:35.55	39.13

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació			ANY					Temps	
8.	GARRETA YUSTE, Judit		04	C.N. Mataró				37:37.79	9,00
	50m:	34.66 34.66	800m:	9:48.16 37.26	1550m:	19:11.68 38.46	2300m:	28:44.78 36.77	
	100m:	1:10.94 36.28	850m:	10:25.16 37.00	1600m:	19:49.80 38.12	2350m:	29:22.17 37.39	
	150m:	1:47.34 36.40	900m:	11:02.52 37.36	1650m:	20:28.15 38.35	2400m:	30:00.16 37.99	
	200m:	2:24.07 36.73	950m:	11:40.01 37.49	1700m:	21:06.66 38.51	2450m:	30:38.12 37.96	
	250m:	3:00.59 36.52	1000m:	12:17.63 37.62	1750m:	21:44.76 38.10	2500m:	31:16.00 37.88	
	300m:	3:37.39 36.80	1050m:	12:54.26 36.63	1800m:	22:22.97 38.21	2550m:	31:53.44 37.44	
	350m:	4:13.85 36.46	1100m:	13:31.65 37.39	1850m:	23:01.16 38.19	2600m:	32:31.59 38.15	
	400m:	4:50.94 37.09	1150m:	14:09.09 37.44	1900m:	23:39.93 38.77	2650m:	33:10.07 38.48	
	450m:	5:27.68 36.74	1200m:	14:46.46 37.37	1950m:	24:18.27 38.34	2700m:	33:48.44 38.37	
	500m:	6:04.52 36.84	1250m:	15:24.49 38.03	2000m:	24:56.73 38.46	2750m:	34:27.06 38.62	
	550m:	6:41.61 37.09	1300m:	16:01.92 37.43	2050m:	25:35.91 39.18	2800m:	35:05.34 38.28	
	600m:	7:19.11 37.50	1350m:	16:39.80 37.88	2100m:	26:14.52 38.61	2850m:	35:42.79 37.45	
	650m:	7:56.23 37.12	1400m:	17:17.38 37.58	2150m:	26:52.37 37.85	2900m:	36:21.08 38.29	
	700m:	8:33.51 37.28	1450m:	17:55.57 38.19	2200m:	27:30.95 38.58	2950m:	36:58.84 37.76	
	750m:	9:10.90 37.39	1500m:	18:33.22 37.65	2250m:	28:08.01 37.06	3000m:	37:37.79 38.95	
9.	GONZALEZ TENORIO, Nadia		05	C.N. Sabadell				37:53.43	8,00
	50m:	35.39 35.39	800m:	10:00.99 37.99	1550m:	19:27.37 36.73	2300m:	28:59.68 38.84	
	100m:	1:12.82 37.43	850m:	10:39.24 38.25	1600m:	20:05.25 37.88	2350m:	29:37.99 38.31	
	150m:	1:50.03 37.21	900m:	11:17.29 38.05	1650m:	20:43.53 38.28	2400m:	30:16.18 38.19	
	200m:	2:27.45 37.42	950m:	11:55.80 38.51	1700m:	21:21.63 38.10	2450m:	30:55.30 39.12	
	250m:	3:05.02 37.57	1000m:	12:34.08 38.28	1750m:	21:59.98 38.35	2500m:	31:34.20 38.90	
	300m:	3:43.03 38.01	1050m:	13:11.70 37.62	1800m:	22:38.09 38.11	2550m:	32:12.05 37.85	
	350m:	4:21.26 38.23	1100m:	13:48.16 36.46	1850m:	23:16.28 38.19	2600m:	32:50.02 37.97	
	400m:	4:58.65 37.39	1150m:	14:25.70 37.54	1900m:	23:53.79 37.51	2650m:	33:28.23 38.21	
	450m:	5:36.52 37.87	1200m:	15:03.40 37.70	1950m:	24:32.08 38.29	2700m:	34:07.17 38.94	
	500m:	6:15.14 38.62	1250m:	15:40.86 37.46	2000m:	25:09.76 37.68	2750m:	34:45.39 38.22	
	550m:	6:53.35 38.21	1300m:	16:18.18 37.32	2050m:	25:47.99 38.23	2800m:	35:24.20 38.81	
	600m:	7:30.92 37.57	1350m:	16:56.09 37.91	2100m:	26:25.74 37.75	2850m:	36:02.07 37.87	
	650m:	8:08.15 37.23	1400m:	17:34.39 38.30	2150m:	27:03.82 38.08	2900m:	36:39.43 37.36	
	700m:	8:45.52 37.37	1450m:	18:12.81 38.42	2200m:	27:42.60 38.78	2950m:	37:17.62 38.19	
	750m:	9:23.00 37.48	1500m:	18:50.64 37.83	2250m:	28:20.84 38.24	3000m:	37:53.43 35.81	
10.	CASTILLO MORENILLA, Lidia		04	C.N. Caldes				37:58.68	7,00
	50m:	34.92 34.92	800m:	9:55.32 37.64	1550m:	19:25.71 37.89	2300m:	29:02.68 38.52	
	100m:	1:11.45 36.53	850m:	10:33.11 37.79	1600m:	20:03.93 38.22	2350m:	29:41.71 39.03	
	150m:	1:48.61 37.16	900m:	11:11.19 38.08	1650m:	20:42.22 38.29	2400m:	30:20.51 38.80	
	200m:	2:25.76 37.15	950m:	11:48.81 37.62	1700m:	21:20.43 38.21	2450m:	30:59.92 39.41	
	250m:	3:02.87 37.11	1000m:	12:26.36 37.55	1750m:	21:58.63 38.20	2500m:	31:38.83 38.91	
	300m:	3:40.27 37.40	1050m:	13:04.24 37.88	1800m:	22:37.13 38.50	2550m:	32:16.69 37.86	
	350m:	4:17.85 37.58	1100m:	13:41.80 37.56	1850m:	23:15.07 37.94	2600m:	32:54.97 38.28	
	400m:	4:55.67 37.82	1150m:	14:19.90 38.10	1900m:	23:53.39 38.32	2650m:	33:33.45 38.48	
	450m:	5:32.89 37.22	1200m:	14:57.99 38.09	1950m:	24:31.99 38.60	2700m:	34:11.75 38.30	
	500m:	6:10.66 37.77	1250m:	15:36.16 38.17	2000m:	25:10.77 38.78	2750m:	34:50.14 38.39	
	550m:	6:48.17 37.51	1300m:	16:14.12 37.96	2050m:	25:48.83 38.06	2800m:	35:27.91 37.77	
	600m:	7:25.24 37.07	1350m:	16:52.50 38.38	2100m:	26:27.31 38.48	2850m:	36:05.83 37.92	
	650m:	8:02.81 37.57	1400m:	17:30.76 38.26	2150m:	27:06.40 39.09	2900m:	36:43.65 37.82	
	700m:	8:40.16 37.35	1450m:	18:08.97 38.21	2200m:	27:45.16 38.76	2950m:	37:21.65 38.00	
	750m:	9:17.68 37.52	1500m:	18:47.82 38.85	2250m:	28:24.16 39.00	3000m:	37:58.68 37.03	
11.	LORENZO BARTOLI, Jana		04	C.N. Barcelona				38:24.32	6,00
	50m:	34.28 34.28	800m:	9:49.01 38.11	1550m:	19:24.61 38.26	2300m:	29:12.68 40.34	
	100m:	1:09.86 35.58	850m:	10:27.72 38.71	1600m:	20:03.24 38.63	2350m:	29:53.32 40.64	
	150m:	1:46.69 36.83	900m:	11:06.24 38.52	1650m:	20:41.57 38.33	2400m:	30:33.21 39.89	
	200m:	2:23.83 37.14	950m:	11:44.87 38.63	1700m:	21:20.28 38.71	2450m:	31:12.89 39.68	
	250m:	3:00.58 36.75	1000m:	12:23.83 38.96	1750m:	21:59.00 38.72	2500m:	31:52.87 39.98	
	300m:	3:37.40 36.82	1050m:	13:02.70 38.87	1800m:	22:38.55 39.55	2550m:	32:32.32 39.45	
	350m:	4:14.28 36.88	1100m:	13:41.84 39.14	1850m:	23:17.16 38.61	2600m:	33:11.87 39.55	
	400m:	4:51.38 37.10	1150m:	14:21.19 39.35	1900m:	23:56.47 39.31	2650m:	33:52.15 40.28	
	450m:	5:28.00 36.62	1200m:	14:58.59 37.40	1950m:	24:35.72 39.25	2700m:	34:32.64 40.49	
	500m:	6:04.81 36.81	1250m:	15:35.66 37.07	2000m:	25:15.68 39.96	2750m:	35:12.73 40.09	
	550m:	6:41.84 37.03	1300m:	16:12.84 37.18	2050m:	25:53.91 38.23	2800m:	35:52.54 39.81	
	600m:	7:18.94 37.10	1350m:	16:50.85 38.01	2100m:	26:33.48 39.57	2850m:	36:31.77 39.23	
	650m:	7:55.53 36.59	1400m:	17:29.42 38.57	2150m:	27:12.92 39.44	2900m:	37:10.87 39.10	
	700m:	8:33.04 37.51	1450m:	18:07.99 38.57	2200m:	27:52.93 40.01	2950m:	37:48.05 37.18	
	750m:	9:10.90 37.86	1500m:	18:46.35 38.36	2250m:	28:32.34 39.41	3000m:	38:24.32 36.27	

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY										Temps	
12. GRAU LOPEZ DE LA OSA, Paula	04 C.N. L'hospitalet										38:25.20	5,00
50m:	34.24	34.24	800m:	10:01.07	39.12	1550m:	19:40.03	38.10	2300m:	29:25.62	39.21	
100m:	1:10.18	35.94	850m:	10:39.22	38.15	1600m:	20:17.95	37.92	2350m:	30:04.32	38.70	
150m:	1:47.06	36.88	900m:	11:18.52	39.30	1650m:	20:56.98	39.03	2400m:	30:43.50	39.18	
200m:	2:23.73	36.67	950m:	11:55.92	37.40	1700m:	21:36.08	39.10	2450m:	31:22.93	39.43	
250m:	3:00.40	36.67	1000m:	12:34.58	38.66	1750m:	22:15.50	39.42	2500m:	32:02.14	39.21	
300m:	3:38.45	38.05	1050m:	13:13.10	38.52	1800m:	22:53.92	38.42	2550m:	32:41.35	39.21	
350m:	4:16.06	37.61	1100m:	13:51.94	38.84	1850m:	23:33.55	39.63	2600m:	33:19.82	38.47	
400m:	4:54.52	38.46	1150m:	14:30.54	38.60	1900m:	24:12.42	38.87	2650m:	33:59.02	39.20	
450m:	5:32.67	38.15	1200m:	15:09.86	39.32	1950m:	24:51.23	38.81	2700m:	34:37.85	38.83	
500m:	6:10.60	37.93	1250m:	15:49.28	39.42	2000m:	25:30.48	39.25	2750m:	35:16.49	38.64	
550m:	6:48.89	38.29	1300m:	16:28.97	39.69	2050m:	26:09.37	38.89	2800m:	35:54.73	38.24	
600m:	7:27.28	38.39	1350m:	17:08.48	39.51	2100m:	26:48.32	38.95	2850m:	36:33.24	38.51	
650m:	8:05.37	38.09	1400m:	17:46.26	37.78	2150m:	27:28.03	39.71	2900m:	37:11.36	38.12	
700m:	8:43.57	38.20	1450m:	18:24.23	37.97	2200m:	28:06.91	38.88	2950m:	37:48.69	37.33	
750m:	9:21.95	38.38	1500m:	19:01.93	37.70	2250m:	28:46.41	39.50	3000m:	38:25.20	36.51	
13. USECHI ELIZARI, Marta	04 C.N. Barcelona										39:08.73	4,00
50m:	35.28	35.28	800m:	10:10.81	39.37	1550m:	20:04.49	39.93	2300m:	29:58.66	38.88	
100m:	1:12.12	36.84	850m:	10:49.91	39.10	1600m:	20:44.21	39.72	2350m:	30:38.17	39.51	
150m:	1:49.47	37.35	900m:	11:29.26	39.35	1650m:	21:23.69	39.48	2400m:	31:17.48	39.31	
200m:	2:27.35	37.88	950m:	12:08.18	38.92	1700m:	22:02.98	39.29	2450m:	31:57.29	39.81	
250m:	3:05.90	38.55	1000m:	12:47.73	39.55	1750m:	22:42.45	39.47	2500m:	32:36.53	39.24	
300m:	3:44.30	38.40	1050m:	13:26.86	39.13	1800m:	23:22.09	39.64	2550m:	33:15.77	39.24	
350m:	4:22.44	38.14	1100m:	14:05.85	38.99	1850m:	24:01.62	39.53	2600m:	33:55.16	39.39	
400m:	5:00.52	38.08	1150m:	14:45.02	39.17	1900m:	24:41.44	39.82	2650m:	34:34.74	39.58	
450m:	5:39.05	38.53	1200m:	15:24.15	39.13	1950m:	25:21.25	39.81	2700m:	35:14.31	39.57	
500m:	6:17.45	38.40	1250m:	16:03.78	39.63	2000m:	26:01.24	39.99	2750m:	35:53.63	39.32	
550m:	6:55.94	38.49	1300m:	16:44.01	40.23	2050m:	26:41.11	39.87	2800m:	36:33.19	39.56	
600m:	7:34.66	38.72	1350m:	17:23.75	39.74	2100m:	27:20.90	39.79	2850m:	37:12.01	38.82	
650m:	8:13.27	38.61	1400m:	18:04.04	40.29	2150m:	28:00.80	39.90	2900m:	37:51.10	39.09	
700m:	8:52.35	39.08	1450m:	18:44.09	40.05	2200m:	28:40.60	39.80	2950m:	38:30.13	39.03	
750m:	9:31.44	39.09	1500m:	19:24.56	40.47	2250m:	29:19.78	39.18	3000m:	39:08.73	38.60	
14. MARGUÍ SOLÀ, Núria	05 C.N. Olot										39:33.43	3,00
50m:	36.31	36.31	800m:	10:17.92	39.57	1550m:	20:15.16	38.87	2300m:	30:14.02	40.76	
100m:	1:13.89	37.58	850m:	10:57.65	39.73	1600m:	20:54.49	39.33	2350m:	30:53.17	39.15	
150m:	1:51.84	37.95	900m:	11:37.47	39.82	1650m:	21:34.03	39.54	2400m:	31:33.91	40.74	
200m:	2:30.38	38.54	950m:	12:16.88	39.41	1700m:	22:14.53	40.50	2450m:	32:14.95	41.04	
250m:	3:09.08	38.70	1000m:	12:56.58	39.70	1750m:	22:54.69	40.16	2500m:	32:55.71	40.76	
300m:	3:47.93	38.85	1050m:	13:36.75	40.17	1800m:	23:34.68	39.99	2550m:	33:36.82	41.11	
350m:	4:26.47	38.54	1100m:	14:17.03	40.28	1850m:	24:14.54	39.86	2600m:	34:17.27	40.45	
400m:	5:05.46	38.99	1150m:	14:56.82	39.79	1900m:	24:54.98	40.44	2650m:	34:57.59	40.32	
450m:	5:44.90	39.44	1200m:	15:36.63	39.81	1950m:	25:35.17	40.19	2700m:	35:37.90	40.31	
500m:	6:24.00	39.10	1250m:	16:16.38	39.75	2000m:	26:13.73	38.56	2750m:	36:18.02	40.12	
550m:	7:02.20	38.20	1300m:	16:55.81	39.43	2050m:	26:53.04	39.31	2800m:	36:58.45	40.43	
600m:	7:40.73	38.53	1350m:	17:35.87	40.06	2100m:	27:33.34	40.30	2850m:	37:38.11	39.66	
650m:	8:19.58	38.85	1400m:	18:16.14	40.27	2150m:	28:12.92	39.58	2900m:	38:17.46	39.35	
700m:	8:58.88	39.30	1450m:	18:56.65	40.51	2200m:	28:53.15	40.23	2950m:	38:56.02	38.56	
750m:	9:38.35	39.47	1500m:	19:36.29	39.64	2250m:	29:33.26	40.11	3000m:	39:33.43	37.41	
15. SURROCA RIOL, Gemma	05 C.N. Olot										39:34.17	2,00
50m:	36.69	36.69	800m:	10:27.06	39.57	1550m:	20:21.74	39.85	2300m:	30:19.16	40.21	
100m:	1:15.44	38.75	850m:	11:06.33	39.27	1600m:	21:01.53	39.79	2350m:	30:58.99	39.83	
150m:	1:54.52	39.08	900m:	11:45.72	39.39	1650m:	21:41.56	40.03	2400m:	31:39.03	40.04	
200m:	2:33.76	39.24	950m:	12:25.49	39.77	1700m:	22:21.39	39.83	2450m:	32:19.08	40.05	
250m:	3:12.63	38.87	1000m:	13:04.45	38.96	1750m:	23:01.07	39.68	2500m:	32:59.36	40.28	
300m:	3:52.06	39.43	1050m:	13:43.81	39.36	1800m:	23:40.91	39.84	2550m:	33:39.74	40.38	
350m:	4:31.52	39.46	1100m:	14:23.28	39.47	1850m:	24:20.42	39.51	2600m:	34:19.88	40.14	
400m:	5:10.78	39.26	1150m:	15:02.91	39.63	1900m:	25:00.43	40.01	2650m:	34:59.55	39.67	
450m:	5:50.21	39.43	1200m:	15:42.88	39.97	1950m:	25:40.32	39.89	2700m:	35:39.85	40.30	
500m:	6:29.91	39.70	1250m:	16:22.68	39.80	2000m:	26:20.19	39.87	2750m:	36:19.75	39.90	
550m:	7:09.18	39.27	1300m:	17:02.62	39.94	2050m:	27:00.07	39.88	2800m:	36:59.51	39.76	
600m:	7:48.84	39.66	1350m:	17:42.13	39.51	2100m:	27:39.75	39.68	2850m:	37:39.36	39.85	
650m:	8:28.29	39.45	1400m:	18:22.21	40.08	2150m:	28:19.71	39.96	2900m:	38:19.02	39.66	
700m:	9:07.83	39.54	1450m:	19:02.03	39.82	2200m:	28:59.29	39.58	2950m:	38:57.35	38.33	
750m:	9:47.49	39.66	1500m:	19:41.89	39.86	2250m:	29:38.95	39.66	3000m:	39:34.17	36.82	

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps	
16.	PAVILLARD SALVADOR, Paula	04	N.C. Torelló	39:35.79 1,00
	50m: 36.95 36.95	800m: 10:26.56	39.28 1550m: 20:21.73	39.84 2300m: 30:19.85 39.90
	100m: 1:15.50 38.55	850m: 11:06.16	39.60 1600m: 21:01.80	40.07 2350m: 30:59.31 39.46
	150m: 1:54.39 38.89	900m: 11:45.54	39.38 1650m: 21:41.68	39.88 2400m: 31:39.51 40.20
	200m: 2:33.70 39.31	950m: 12:24.93	39.39 1700m: 22:21.68	40.00 2450m: 32:19.89 40.38
	250m: 3:12.73 39.03	1000m: 13:04.51	39.58 1750m: 23:01.43	39.75 2500m: 33:00.22 40.33
	300m: 3:51.92 39.19	1050m: 13:44.16	39.65 1800m: 23:40.99	39.56 2550m: 33:40.85 40.63
	350m: 4:31.42 39.50	1100m: 14:23.65	39.49 1850m: 24:20.84	39.85 2600m: 34:21.10 40.25
	400m: 5:10.79 39.37	1150m: 15:03.12	39.47 1900m: 25:00.70	39.86 2650m: 35:01.50 40.40
	450m: 5:50.35 39.56	1200m: 15:43.09	39.97 1950m: 25:40.88	40.18 2700m: 35:41.46 39.96
	500m: 6:29.96 39.61	1250m: 16:22.83	39.74 2000m: 26:21.24	40.36 2750m: 36:21.13 39.67
	550m: 7:09.40 39.44	1300m: 17:02.56	39.73 2050m: 27:00.84	39.60 2800m: 37:01.23 40.10
	600m: 7:48.69 39.29	1350m: 17:42.34	39.78 2100m: 27:40.93	40.09 2850m: 37:40.71 39.48
	650m: 8:28.35 39.66	1400m: 18:21.96	39.62 2150m: 28:20.81	39.88 2900m: 38:19.41 38.70
	700m: 9:07.86 39.51	1450m: 19:02.13	40.17 2200m: 29:00.56	39.75 2950m: 38:58.25 38.84
	750m: 9:47.28 39.42	1500m: 19:41.89	39.76 2250m: 29:39.95	39.39 3000m: 39:35.79 37.54

BX PERAIRA CRIADO, Carla 05 C.N. Sabadell -

Júnior 2 Fons Indoor

1.	RODRIGUEZ SANTAULARIA, Laura	02	C.N. Barcelona	34:44.80 19,00
	50m: 33.58 33.58	800m: 9:08.45	34.66 1550m: 17:50.59	35.06 2300m: 26:34.78 34.95
	100m: 1:07.39 33.81	850m: 9:42.87	34.42 1600m: 18:25.78	35.19 2350m: 27:10.03 35.25
	150m: 1:41.34 33.95	900m: 10:17.84	34.97 1650m: 19:00.41	34.63 2400m: 27:45.06 35.03
	200m: 2:15.31 33.97	950m: 10:52.33	34.49 1700m: 19:35.03	34.62 2450m: 28:20.06 35.00
	250m: 2:49.54 34.23	1000m: 11:26.89	34.56 1750m: 20:10.01	34.98 2500m: 28:55.21 35.15
	300m: 3:23.90 34.36	1050m: 12:01.38	34.49 1800m: 20:45.23	35.22 2550m: 29:30.49 35.28
	350m: 3:58.48 34.58	1100m: 12:36.00	34.62 1850m: 21:20.22	34.99 2600m: 30:05.50 35.01
	400m: 4:33.16 34.68	1150m: 13:10.74	34.74 1900m: 21:55.53	35.31 2650m: 30:40.35 34.85
	450m: 5:07.57 34.41	1200m: 13:45.60	34.86 1950m: 22:30.66	35.13 2700m: 31:15.69 35.34
	500m: 5:41.89 34.32	1250m: 14:20.55	34.95 2000m: 23:05.55	34.89 2750m: 31:51.12 35.43
	550m: 6:15.99 34.10	1300m: 14:55.38	34.83 2050m: 23:39.96	34.41 2800m: 32:26.49 35.37
	600m: 6:50.27 34.28	1350m: 15:30.54	35.16 2100m: 24:14.71	34.75 2850m: 33:01.56 35.07
	650m: 7:24.62 34.35	1400m: 16:05.44	34.90 2150m: 24:49.77	35.06 2900m: 33:36.56 35.00
	700m: 7:59.31 34.69	1450m: 16:40.66	35.22 2200m: 25:24.84	35.07 2950m: 34:11.34 34.78
	750m: 8:33.79 34.48	1500m: 17:15.53	34.87 2250m: 25:59.83	34.99 3000m: 34:44.80 33.46
2.	CAMPABADAL AMEZCUA, Ainhoa	03	C.N. Caldes	35:19.80 16,00
	50m: 33.43 33.43	800m: 9:14.64	34.67 1550m: 18:03.74	35.94 2300m: 27:01.48 35.95
	100m: 1:07.95 34.52	850m: 9:49.03	34.39 1600m: 18:39.66	35.92 2350m: 27:37.38 35.90
	150m: 1:42.87 34.92	900m: 10:23.85	34.82 1650m: 19:15.34	35.68 2400m: 28:13.59 36.21
	200m: 2:17.51 34.64	950m: 10:58.70	34.85 1700m: 19:50.95	35.61 2450m: 28:50.02 36.43
	250m: 2:52.26 34.75	1000m: 11:33.62	34.92 1750m: 20:26.89	35.94 2500m: 29:26.48 36.46
	300m: 3:27.32 35.06	1050m: 12:08.52	34.90 1800m: 21:02.78	35.89 2550m: 30:02.63 36.15
	350m: 4:02.30 34.98	1100m: 12:43.56	35.04 1850m: 21:38.94	36.16 2600m: 30:38.80 36.17
	400m: 4:36.90 34.60	1150m: 13:19.08	35.52 1900m: 22:15.10	36.16 2650m: 31:15.02 36.22
	450m: 5:11.72 34.82	1200m: 13:54.49	35.41 1950m: 22:51.48	36.38 2700m: 31:51.09 36.07
	500m: 5:46.53 34.81	1250m: 14:29.64	35.15 2000m: 23:27.67	36.19 2750m: 32:26.61 35.52
	550m: 6:21.33 34.80	1300m: 15:04.97	35.33 2050m: 24:03.38	35.71 2800m: 33:02.34 35.73
	600m: 6:56.06 34.73	1350m: 15:40.63	35.66 2100m: 24:39.05	35.67 2850m: 33:37.54 35.20
	650m: 7:30.93 34.87	1400m: 16:16.12	35.49 2150m: 25:15.00	35.95 2900m: 34:12.64 35.10
	700m: 8:05.49 34.56	1450m: 16:51.83	35.71 2200m: 25:50.12	35.12 2950m: 34:46.91 34.27
	750m: 8:39.97 34.48	1500m: 17:27.80	35.97 2250m: 26:25.53	35.41 3000m: 35:19.80 32.89
3.	BLAYA CORRONS, Janna	03	C.N. Terrassa	36:23.42 14,00
	50m: 33.63 33.63	650m: 7:36.61	35.90 1250m: 14:55.72	37.03 1850m: 22:16.25 36.78
	100m: 1:07.98 34.35	700m: 8:12.73	36.12 1300m: 15:32.35	36.63 1900m: 22:52.95 36.70
	150m: 1:42.17 34.19	750m: 8:49.11	36.38 1350m: 16:09.29	36.94 1950m: 23:29.92 36.97
	200m: 2:16.82 34.65	800m: 9:25.09	35.98 1400m: 16:45.91	36.62 2000m: 24:07.27 37.35
	250m: 2:51.41 34.59	850m: 10:01.59	36.50 1450m: 17:22.27	36.36 2050m: 24:44.54 37.27
	300m: 3:26.29 34.88	900m: 10:38.39	36.80 1500m: 17:58.37	36.10 2100m: 25:21.39 36.85
	350m: 4:01.40 35.11	950m: 11:14.90	36.51 1550m: 18:34.85	36.48 2150m: 25:58.16 36.77
	400m: 4:36.94 35.54	1000m: 11:51.53	36.63 1600m: 19:11.94	37.09 2200m: 26:35.10 36.94
	450m: 5:12.52 35.58	1050m: 12:28.01	36.48 1650m: 19:49.06	37.12 2250m: 27:11.99 36.89
	500m: 5:48.62 36.10	1100m: 13:04.85	36.84 1700m: 20:26.32	37.26 2300m: 27:49.11 37.12
	550m: 6:24.87 36.25	1150m: 13:41.59	36.74 1750m: 21:02.72	36.40 2350m: 28:26.03 36.92
	600m: 7:00.71 35.84	1200m: 14:18.69	37.10 1800m: 21:39.47	36.75 2400m: 29:03.64 37.61

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY										Temps			
	2450m: 29:41.12	37.48	2600m: 31:30.94	36.61	2750m: 33:21.28	36.61	2900m: 35:11.52	36.93						
	2500m: 30:18.20	37.08	2650m: 32:07.72	36.78	2800m: 33:57.88	36.60	2950m: 35:47.88	36.36						
	2550m: 30:54.33	36.13	2700m: 32:44.67	36.95	2850m: 34:34.59	36.71	3000m: 36:23.42	35.54						
4.	SANCHO ZARAGOZA, Marina										03	C.N. Mataró	38:34.69	13,00
	50m: 35.32	35.32	800m: 10:05.85	38.37	1550m: 19:44.56	38.76	2300m: 29:28.74	38.90						
	100m: 1:12.44	37.12	850m: 10:44.59	38.74	1600m: 20:23.17	38.61	2350m: 30:08.05	39.31						
	150m: 1:50.31	37.87	900m: 11:23.13	38.54	1650m: 21:01.92	38.75	2400m: 30:47.19	39.14						
	200m: 2:28.22	37.91	950m: 12:01.58	38.45	1700m: 21:40.65	38.73	2450m: 31:26.35	39.16						
	250m: 3:06.10	37.88	1000m: 12:40.33	38.75	1750m: 22:19.82	39.17	2500m: 32:05.66	39.31						
	300m: 3:44.13	38.03	1050m: 13:18.41	38.08	1800m: 22:59.04	39.22	2550m: 32:44.68	39.02						
	350m: 4:22.22	38.09	1100m: 13:56.65	38.24	1850m: 23:37.63	38.59	2600m: 33:23.80	39.12						
	400m: 5:00.44	38.22	1150m: 14:34.89	38.24	1900m: 24:16.49	38.86	2650m: 34:02.71	38.91						
	450m: 5:38.47	38.03	1200m: 15:13.55	38.66	1950m: 24:55.34	38.85	2700m: 34:42.24	39.53						
	500m: 6:16.64	38.17	1250m: 15:51.88	38.33	2000m: 25:34.32	38.98	2750m: 35:20.71	38.47						
	550m: 6:54.49	37.85	1300m: 16:30.61	38.73	2050m: 26:13.43	39.11	2800m: 35:59.98	39.27						
	600m: 7:32.43	37.94	1350m: 17:09.61	39.00	2100m: 26:52.55	39.12	2850m: 36:39.16	39.18						
	650m: 8:10.67	38.24	1400m: 17:48.40	38.79	2150m: 27:31.87	39.32	2900m: 37:18.46	39.30						
	700m: 8:49.12	38.45	1450m: 18:26.94	38.54	2200m: 28:10.92	39.05	2950m: 37:57.36	38.90						
	750m: 9:27.48	38.36	1500m: 19:05.80	38.86	2250m: 28:49.84	38.92	3000m: 38:34.69	37.33						
5.	MONELLS RABASSA, Júlia										03	C.N. Olot	39:18.53	12,00
	50m: 35.01	35.01	800m: 10:06.43	39.36	1550m: 20:00.99	39.65	2300m: 30:00.42	40.60						
	100m: 1:11.26	36.25	850m: 10:45.97	39.54	1600m: 20:40.38	39.39	2350m: 30:40.29	39.87						
	150m: 1:48.30	37.04	900m: 11:25.65	39.68	1650m: 21:20.39	40.01	2400m: 31:20.75	40.46						
	200m: 2:25.58	37.28	950m: 12:05.39	39.74	1700m: 22:00.48	40.09	2450m: 32:01.02	40.27						
	250m: 3:02.89	37.31	1000m: 12:44.96	39.57	1750m: 22:39.89	39.41	2500m: 32:41.37	40.35						
	300m: 3:40.45	37.56	1050m: 13:24.24	39.28	1800m: 23:19.63	39.74	2550m: 33:21.64	40.27						
	350m: 4:18.11	37.66	1100m: 14:03.96	39.72	1850m: 23:59.62	39.99	2600m: 34:01.41	39.77						
	400m: 4:56.35	38.24	1150m: 14:43.87	39.91	1900m: 24:39.59	39.97	2650m: 34:41.40	39.99						
	450m: 5:34.70	38.35	1200m: 15:23.63	39.76	1950m: 25:19.84	40.25	2700m: 35:21.59	40.19						
	500m: 6:12.89	38.19	1250m: 16:03.17	39.54	2000m: 26:00.21	40.37	2750m: 36:02.00	40.41						
	550m: 6:51.01	38.12	1300m: 16:42.50	39.33	2050m: 26:39.82	39.61	2800m: 36:41.44	39.44						
	600m: 7:29.84	38.83	1350m: 17:22.51	40.01	2100m: 27:19.83	40.01	2850m: 37:21.41	39.97						
	650m: 8:09.03	39.19	1400m: 18:02.22	39.71	2150m: 27:59.98	40.15	2900m: 38:00.80	39.39						
	700m: 8:48.43	39.40	1450m: 18:41.97	39.75	2200m: 28:40.56	40.58	2950m: 38:39.94	39.14						
	750m: 9:27.07	38.64	1500m: 19:21.34	39.37	2250m: 29:19.82	39.26	3000m: 39:18.53	38.59						
6.	MAESTRO LORENZO, Alba										02	C.E. Mediterrani	39:30.33	11,00
	50m: 37.10	37.10	800m: 10:28.28	39.58	1550m: 20:19.99	39.39	2300m: 30:17.22	40.13						
	100m: 1:15.70	38.60	850m: 11:08.03	39.75	1600m: 20:59.63	39.64	2350m: 30:57.19	39.97						
	150m: 1:54.67	38.97	900m: 11:47.27	39.24	1650m: 21:39.41	39.78	2400m: 31:36.82	39.63						
	200m: 2:33.89	39.22	950m: 12:26.62	39.35	1700m: 22:19.39	39.98	2450m: 32:16.80	39.98						
	250m: 3:13.43	39.54	1000m: 13:06.33	39.71	1750m: 22:59.17	39.78	2500m: 32:56.28	39.48						
	300m: 3:53.31	39.88	1050m: 13:45.59	39.26	1800m: 23:39.03	39.86	2550m: 33:35.72	39.44						
	350m: 4:33.06	39.75	1100m: 14:24.72	39.13	1850m: 24:18.71	39.68	2600m: 34:15.21	39.49						
	400m: 5:12.50	39.44	1150m: 15:03.97	39.25	1900m: 24:58.47	39.76	2650m: 34:54.58	39.37						
	450m: 5:51.89	39.39	1200m: 15:43.44	39.47	1950m: 25:38.45	39.98	2700m: 35:34.10	39.52						
	500m: 6:31.14	39.25	1250m: 16:22.69	39.25	2000m: 26:18.43	39.98	2750m: 36:13.38	39.28						
	550m: 7:10.85	39.71	1300m: 17:02.08	39.39	2050m: 26:58.28	39.85	2800m: 36:53.40	40.02						
	600m: 7:50.34	39.49	1350m: 17:41.71	39.63	2100m: 27:37.98	39.70	2850m: 37:33.30	39.90						
	650m: 8:29.89	39.55	1400m: 18:21.68	39.97	2150m: 28:17.61	39.63	2900m: 38:12.53	39.23						
	700m: 9:09.36	39.47	1450m: 19:01.17	39.49	2200m: 28:57.53	39.92	2950m: 38:51.69	39.16						
	750m: 9:48.70	39.34	1500m: 19:40.60	39.43	2250m: 29:37.09	39.56	3000m: 39:30.33	38.64						
7.	GARCIA BLANCO, Alba										02	C.N. Granollers	39:35.43	10,00
	50m: 37.39	37.39	700m: 8:55.99	38.44	1350m: 17:31.88	40.86	2000m: 26:23.87	40.67						
	100m: 1:15.63	38.24	750m: 9:34.48	38.49	1400m: 18:12.60	40.72	2050m: 27:04.16	40.29						
	150m: 1:53.55	37.92	800m: 10:13.28	38.80	1450m: 18:53.22	40.62	2100m: 27:44.00	39.84						
	200m: 2:31.57	38.02	850m: 10:52.83	39.55	1500m: 19:34.54	41.32	2150m: 28:23.68	39.68						
	250m: 3:09.77	38.20	900m: 11:31.99	39.16	1550m: 20:15.39	40.85	2200m: 29:03.51	39.83						
	300m: 3:47.63	37.86	950m: 12:11.15	39.16	1600m: 20:54.99	39.60	2250m: 29:42.04	38.53						
	350m: 4:25.70	38.07	1000m: 12:50.79	39.64	1650m: 21:36.26	41.27	2300m: 30:21.21	39.17						
	400m: 5:03.86	38.16	1050m: 13:30.14	39.35	1700m: 22:17.42	41.16	2350m: 31:00.38	39.17						
	450m: 5:42.75	38.89	1100m: 14:09.51	39.37	1750m: 22:58.78	41.36	2400m: 31:39.97	39.59						
	500m: 6:21.56	38.81	1150m: 14:49.16	39.65	1800m: 23:39.70	40.92	2450m: 32:19.96	39.99						
	550m: 7:00.24	38.68	1200m: 15:29.84	40.68	1850m: 24:20.45	40.75	2500m: 32:59.49	39.53						
	600m: 7:38.94	38.70	1250m: 16:10.39	40.55	1900m: 25:02.00	41.55	2550m: 33:39.13	39.64						
	650m: 8:17.55	38.61	1300m: 16:51.02	40.63	1950m: 25:43.20	41.20	2600m: 34:19.00	39.87						

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY				Temps				
	2650m: 34:59.43	40.43	2750m: 36:20.44	40.00	2850m: 37:38.69	39.02	2950m: 38:56.13	39.00	
	2700m: 35:40.44	41.01	2800m: 36:59.67	39.23	2900m: 38:17.13	38.44	3000m: 39:35.43	39.30	
8.	DE RONNE O'CONNOR, Emma			03	C.N. Sitges			41:47.15	9,00
	50m: 37.49	37.49	800m: 10:44.78	41.46	1550m: 21:12.46	41.95	2300m: 31:55.46	43.41	
	100m: 1:16.29	38.80	850m: 11:25.74	40.96	1600m: 21:54.80	42.34	2350m: 32:38.93	43.47	
	150m: 1:55.65	39.36	900m: 12:07.27	41.53	1650m: 22:37.39	42.59	2400m: 33:23.02	44.09	
	200m: 2:35.75	40.10	950m: 12:48.66	41.39	1700m: 23:19.80	42.41	2450m: 34:06.59	43.57	
	250m: 3:15.34	39.59	1000m: 13:30.47	41.81	1750m: 24:02.35	42.55	2500m: 34:50.37	43.78	
	300m: 3:56.64	41.30	1050m: 14:11.84	41.37	1800m: 24:46.07	43.72	2550m: 35:31.81	41.44	
	350m: 4:37.13	40.49	1100m: 14:53.34	41.50	1850m: 25:28.61	42.54	2600m: 36:13.43	41.62	
	400m: 5:17.82	40.69	1150m: 15:34.84	41.50	1900m: 26:11.69	43.08	2650m: 36:56.17	42.74	
	450m: 5:58.46	40.64	1200m: 16:17.12	42.28	1950m: 26:54.30	42.61	2700m: 37:38.11	41.94	
	500m: 6:39.10	40.64	1250m: 16:59.21	42.09	2000m: 27:37.53	43.23	2750m: 38:20.05	41.94	
	550m: 7:19.42	40.32	1300m: 17:41.14	41.93	2050m: 28:19.72	42.19	2800m: 39:02.14	42.09	
	600m: 8:00.32	40.90	1350m: 18:23.46	42.32	2100m: 29:02.47	42.75	2850m: 39:43.75	41.61	
	650m: 8:41.51	41.19	1400m: 19:05.15	41.69	2150m: 29:45.88	43.41	2900m: 40:25.23	41.48	
	700m: 9:22.52	41.01	1450m: 19:48.01	42.86	2200m: 30:29.22	43.34	2950m: 41:06.62	41.39	
	750m: 10:03.32	40.80	1500m: 20:30.51	42.50	2250m: 31:12.05	42.83	3000m: 41:47.15	40.53	
9.	VIZCAINO GOMEZ, Noa			02	C.N. Martorell			43:00.71	8,00
	50m: 38.56	38.56	800m: 11:20.56	42.48	1550m: 22:04.88	42.57	2300m: 32:58.02	43.73	
	100m: 1:19.33	40.77	850m: 12:03.49	42.93	1600m: 22:48.12	43.24	2350m: 33:41.58	43.56	
	150m: 2:01.79	42.46	900m: 12:46.53	43.04	1650m: 23:31.07	42.95	2400m: 34:25.87	44.29	
	200m: 2:44.37	42.58	950m: 13:29.58	43.05	1700m: 24:14.99	43.92	2450m: 35:09.66	43.79	
	250m: 3:27.26	42.89	1000m: 14:12.63	43.05	1750m: 24:58.72	43.73	2500m: 35:53.22	43.56	
	300m: 4:10.04	42.78	1050m: 14:55.06	42.43	1800m: 25:42.17	43.45	2550m: 36:36.97	43.75	
	350m: 4:53.21	43.17	1100m: 15:38.22	43.16	1850m: 26:25.98	43.81	2600m: 37:19.87	42.90	
	400m: 5:36.34	43.13	1150m: 16:21.54	43.32	1900m: 27:09.59	43.61	2650m: 38:03.07	43.20	
	450m: 6:19.14	42.80	1200m: 17:04.37	42.83	1950m: 27:52.68	43.09	2700m: 38:46.24	43.17	
	500m: 7:03.11	43.97	1250m: 17:47.50	43.13	2000m: 28:35.97	43.29	2750m: 39:28.91	42.67	
	550m: 7:45.99	42.88	1300m: 18:30.10	42.60	2050m: 29:19.45	43.48	2800m: 40:11.53	42.62	
	600m: 8:28.81	42.82	1350m: 19:12.93	42.83	2100m: 30:03.29	43.84	2850m: 40:54.19	42.66	
	650m: 9:11.62	42.81	1400m: 19:56.01	43.08	2150m: 30:46.83	43.54	2900m: 41:36.80	42.61	
	700m: 9:54.90	43.28	1450m: 20:39.06	43.05	2200m: 31:30.51	43.68	2950m: 42:19.28	42.48	
	750m: 10:38.08	43.18	1500m: 21:22.31	43.25	2250m: 32:14.29	43.78	3000m: 43:00.71	41.43	
DNS	VILÀ SEGUÉS, Carla			03	C.N. Tàrraga			-	
BX	RUBIO GORDILLO, Laia			02	N.C. Torelló			-	

Absolut Fons Indoor

1.	MARTI BALLESTER, Marilo			98	C.N. Mataró			34:37.31	19,00
	50m: 32.27	32.27	800m: 9:05.78	34.67	1550m: 17:45.49	34.29	2300m: 26:32.81	35.05	
	100m: 1:05.66	33.39	850m: 9:40.56	34.78	1600m: 18:20.09	34.60	2350m: 27:07.69	34.88	
	150m: 1:39.11	33.45	900m: 10:15.64	35.08	1650m: 18:54.83	34.74	2400m: 27:42.72	35.03	
	200m: 2:12.71	33.60	950m: 10:49.97	34.33	1700m: 19:30.21	35.38	2450m: 28:17.98	35.26	
	250m: 2:46.62	33.91	1000m: 11:24.40	34.43	1750m: 20:05.47	35.26	2500m: 28:52.78	34.80	
	300m: 3:20.67	34.05	1050m: 11:58.52	34.12	1800m: 20:40.71	35.24	2550m: 29:27.04	34.26	
	350m: 3:55.09	34.42	1100m: 12:32.81	34.29	1850m: 21:16.04	35.33	2600m: 30:01.62	34.58	
	400m: 4:29.20	34.11	1150m: 13:07.20	34.39	1900m: 21:51.43	35.39	2650m: 30:36.12	34.50	
	450m: 5:03.88	34.68	1200m: 13:41.75	34.55	1950m: 22:26.89	35.46	2700m: 31:11.02	34.90	
	500m: 5:38.21	34.33	1250m: 14:16.85	35.10	2000m: 23:02.21	35.32	2750m: 31:45.38	34.36	
	550m: 6:12.81	34.60	1300m: 14:51.76	34.91	2050m: 23:36.82	34.61	2800m: 32:19.65	34.27	
	600m: 6:47.54	34.73	1350m: 15:26.72	34.96	2100m: 24:11.39	34.57	2850m: 32:54.00	34.35	
	650m: 7:22.25	34.71	1400m: 16:01.91	35.19	2150m: 24:47.22	35.83	2900m: 33:28.94	34.94	
	700m: 7:56.70	34.45	1450m: 16:36.17	34.26	2200m: 25:22.46	35.24	2950m: 34:03.75	34.81	
	750m: 8:31.11	34.41	1500m: 17:11.20	35.03	2250m: 25:57.76	35.30	3000m: 34:37.31	33.56	

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY										Temps			
2.	GIRALT PIDEMONT, Claudia										01	C.N. Sant Andreu	35:20.38	16,00
	50m:	32.46	32.46	800m:	9:06.58	34.84	1550m:	17:58.13	35.88	2300m:	26:59.17	36.15		
	100m:	1:05.71	33.25	850m:	9:41.34	34.76	1600m:	18:33.98	35.85	2350m:	27:35.43	36.26		
	150m:	1:39.30	33.59	900m:	10:16.57	35.23	1650m:	19:09.97	35.99	2400m:	28:11.92	36.49		
	200m:	2:12.74	33.44	950m:	10:51.68	35.11	1700m:	19:46.12	36.15	2450m:	28:48.15	36.23		
	250m:	2:46.80	34.06	1000m:	11:27.11	35.43	1750m:	20:22.31	36.19	2500m:	29:24.37	36.22		
	300m:	3:21.12	34.32	1050m:	12:02.69	35.58	1800m:	20:58.04	35.73	2550m:	30:00.57	36.20		
	350m:	3:55.62	34.50	1100m:	12:37.99	35.30	1850m:	21:34.17	36.13	2600m:	30:36.71	36.14		
	400m:	4:30.08	34.46	1150m:	13:13.60	35.61	1900m:	22:10.28	36.11	2650m:	31:12.61	35.90		
	450m:	5:04.46	34.38	1200m:	13:49.50	35.90	1950m:	22:46.38	36.10	2700m:	31:48.40	35.79		
	500m:	5:39.11	34.65	1250m:	14:24.84	35.34	2000m:	23:22.62	36.24	2750m:	32:24.42	36.02		
	550m:	6:13.45	34.34	1300m:	15:00.37	35.53	2050m:	23:58.46	35.84	2800m:	33:00.29	35.87		
	600m:	6:48.05	34.60	1350m:	15:35.74	35.37	2100m:	24:34.43	35.97	2850m:	33:35.81	35.52		
	650m:	7:22.48	34.43	1400m:	16:11.00	35.26	2150m:	25:10.59	36.16	2900m:	34:11.34	35.53		
	700m:	7:56.87	34.39	1450m:	16:46.64	35.64	2200m:	25:46.66	36.07	2950m:	34:46.67	35.33		
	750m:	8:31.74	34.87	1500m:	17:22.25	35.61	2250m:	26:23.02	36.36	3000m:	35:20.38	33.71		
3.	CHAPARRO CANELA, Palmira										96	C.N. Granollers	36:06.18	14,00
	50m:	33.87	33.87	800m:	9:23.97	36.06	1550m:	18:30.40	36.86	2300m:	27:36.87	36.30		
	100m:	1:08.00	34.13	850m:	9:59.96	35.99	1600m:	19:06.98	36.58	2350m:	28:13.58	36.71		
	150m:	1:42.92	34.92	900m:	10:36.48	36.52	1650m:	19:43.42	36.44	2400m:	28:49.88	36.30		
	200m:	2:17.84	34.92	950m:	11:12.67	36.19	1700m:	20:19.66	36.24	2450m:	29:26.50	36.62		
	250m:	2:53.02	35.18	1000m:	11:48.93	36.26	1750m:	20:56.36	36.70	2500m:	30:03.17	36.67		
	300m:	3:28.42	35.40	1050m:	12:25.43	36.50	1800m:	21:32.37	36.01	2550m:	30:39.81	36.64		
	350m:	4:03.87	35.45	1100m:	13:01.83	36.40	1850m:	22:08.62	36.25	2600m:	31:16.73	36.92		
	400m:	4:39.14	35.27	1150m:	13:37.85	36.02	1900m:	22:45.28	36.66	2650m:	31:53.66	36.93		
	450m:	5:13.85	34.71	1200m:	14:14.57	36.72	1950m:	23:21.77	36.49	2700m:	32:30.06	36.40		
	500m:	5:49.23	35.38	1250m:	14:51.29	36.72	2000m:	23:58.23	36.46	2750m:	33:06.41	36.35		
	550m:	6:24.73	35.50	1300m:	15:27.34	36.05	2050m:	24:34.57	36.34	2800m:	33:42.95	36.54		
	600m:	7:00.31	35.58	1350m:	16:04.09	36.75	2100m:	25:10.81	36.24	2850m:	34:19.08	36.13		
	650m:	7:36.37	36.06	1400m:	16:40.42	36.33	2150m:	25:47.55	36.74	2900m:	34:55.33	36.25		
	700m:	8:11.92	35.55	1450m:	17:16.85	36.43	2200m:	26:24.24	36.69	2950m:	35:31.07	35.74		
	750m:	8:47.91	35.99	1500m:	17:53.54	36.69	2250m:	27:00.57	36.33	3000m:	36:06.18	35.11		
4.	VERA VALLS, Nuria										99	C.N. Granollers	36:42.41	13,00
	50m:	36.21	36.21	800m:	9:45.74	36.85	1550m:	18:55.24	36.74	2300m:	28:09.41	36.90		
	100m:	1:12.79	36.58	850m:	10:22.40	36.66	1600m:	19:31.90	36.66	2350m:	28:46.60	37.19		
	150m:	1:49.41	36.62	900m:	10:59.03	36.63	1650m:	20:08.69	36.79	2400m:	29:24.11	37.51		
	200m:	2:26.24	36.83	950m:	11:35.79	36.76	1700m:	20:45.89	37.20	2450m:	30:01.13	37.02		
	250m:	3:02.36	36.12	1000m:	12:12.75	36.96	1750m:	21:22.99	37.10	2500m:	30:38.04	36.91		
	300m:	3:38.62	36.26	1050m:	12:49.04	36.29	1800m:	21:59.95	36.96	2550m:	31:14.51	36.47		
	350m:	4:15.14	36.52	1100m:	13:25.18	36.14	1850m:	22:36.64	36.69	2600m:	31:51.14	36.63		
	400m:	4:51.62	36.48	1150m:	14:01.98	36.80	1900m:	23:13.64	37.00	2650m:	32:27.67	36.53		
	450m:	5:28.42	36.80	1200m:	14:38.80	36.82	1950m:	23:50.85	37.21	2700m:	33:04.98	37.31		
	500m:	6:05.36	36.94	1250m:	15:15.36	36.56	2000m:	24:27.97	37.12	2750m:	33:41.43	36.45		
	550m:	6:42.13	36.77	1300m:	15:51.96	36.60	2050m:	25:04.52	36.55	2800m:	34:18.72	37.29		
	600m:	7:18.63	36.50	1350m:	16:28.54	36.58	2100m:	25:41.55	37.03	2850m:	34:55.67	36.95		
	650m:	7:55.55	36.92	1400m:	17:05.27	36.73	2150m:	26:18.66	37.11	2900m:	35:31.85	36.18		
	700m:	8:31.96	36.41	1450m:	17:41.75	36.48	2200m:	26:55.39	36.73	2950m:	36:07.32	35.47		
	750m:	9:08.89	36.93	1500m:	18:18.50	36.75	2250m:	27:32.51	37.12	3000m:	36:42.41	35.09		
5.	AULINAS PRAT, Clara										01	C.N. Olot	37:46.33	12,00
	50m:	35.58	35.58	800m:	9:59.82	37.77	1550m:	19:25.73	38.07	2300m:	28:57.58	38.32		
	100m:	1:12.43	36.85	850m:	10:37.27	37.45	1600m:	20:03.87	38.14	2350m:	29:35.78	38.20		
	150m:	1:50.35	37.92	900m:	11:14.45	37.18	1650m:	20:41.97	38.10	2400m:	30:13.98	38.20		
	200m:	2:27.42	37.07	950m:	11:51.93	37.48	1700m:	21:19.88	37.91	2450m:	30:51.83	37.85		
	250m:	3:04.85	37.43	1000m:	12:29.77	37.84	1750m:	21:57.93	38.05	2500m:	31:30.07	38.24		
	300m:	3:42.51	37.66	1050m:	13:07.29	37.52	1800m:	22:35.77	37.84	2550m:	32:08.12	38.05		
	350m:	4:20.64	38.13	1100m:	13:45.05	37.76	1850m:	23:14.17	38.40	2600m:	32:46.44	38.32		
	400m:	4:58.27	37.63	1150m:	14:22.37	37.32	1900m:	23:52.02	37.85	2650m:	33:24.81	38.37		
	450m:	5:36.17	37.90	1200m:	14:59.84	37.47	1950m:	24:29.86	37.84	2700m:	34:02.95	38.14		
	500m:	6:14.25	38.08	1250m:	15:37.26	37.42	2000m:	25:08.21	38.35	2750m:	34:40.45	37.50		
	550m:	6:51.95	37.70	1300m:	16:14.69	37.43	2050m:	25:46.68	38.47	2800m:	35:18.23	37.78		
	600m:	7:29.83	37.88	1350m:	16:52.72	38.03	2100m:	26:24.64	37.96	2850m:	35:55.60	37.37		
	650m:	8:07.65	37.82	1400m:	17:31.09	38.37	2150m:	27:02.72	38.08	2900m:	36:33.28	37.68		
	700m:	8:44.90	37.25	1450m:	18:09.47	38.38	2200m:	27:40.96	38.24	2950m:	37:10.28	37.00		
	750m:	9:22.05	37.15	1500m:	18:47.66	38.19	2250m:	28:19.26	38.30	3000m:	37:46.33	36.05		

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps	
6. BENAVENTE LOPEZ, Ainhoa	98	N.C. Torelló	40:18.89	11,00
50m: 36.82 36.82	800m: 10:31.37	39.39	1550m: 20:33.85	40.41
100m: 1:14.96 38.14	850m: 11:11.19	39.82	1600m: 21:14.61	40.76
150m: 1:53.58 38.62	900m: 11:50.79	39.60	1650m: 21:55.39	40.78
200m: 2:33.23 39.65	950m: 12:30.87	40.08	1700m: 22:35.99	40.60
250m: 3:13.00 39.77	1000m: 13:10.92	40.05	1750m: 23:16.13	40.14
300m: 3:53.40 40.40	1050m: 13:50.66	39.74	1800m: 23:56.84	40.71
350m: 4:33.13 39.73	1100m: 14:30.49	39.83	1850m: 24:38.07	41.23
400m: 5:12.65 39.52	1150m: 15:11.14	40.65	1900m: 25:18.72	40.65
450m: 5:52.44 39.79	1200m: 15:51.67	40.53	1950m: 25:59.36	40.64
500m: 6:32.61 40.17	1250m: 16:31.48	39.81	2000m: 26:40.42	41.06
550m: 7:12.52 39.91	1300m: 17:11.64	40.16	2050m: 27:21.64	41.22
600m: 7:52.02 39.50	1350m: 17:51.72	40.08	2100m: 28:02.39	40.75
650m: 8:31.84 39.82	1400m: 18:32.18	40.46	2150m: 28:42.63	40.24
700m: 9:11.86 40.02	1450m: 19:12.57	40.39	2200m: 29:23.69	41.06
750m: 9:51.98 40.12	1500m: 19:53.44	40.87	2250m: 30:04.87	41.18
			2300m: 30:46.24	41.37
			2350m: 31:27.72	41.48
			2400m: 32:09.18	41.46
			2450m: 32:51.03	41.85
			2500m: 33:32.10	41.07
			2550m: 34:12.99	40.89
			2600m: 34:54.00	41.01
			2650m: 35:35.35	41.35
			2700m: 36:16.74	41.39
			2750m: 36:57.20	40.46
			2800m: 37:37.72	40.52
			2850m: 38:18.57	40.85
			2900m: 38:58.86	40.29
			2950m: 39:39.13	40.27
			3000m: 40:18.89	39.76
7. MARSOL SISCART, Noemí	01	C.N. Tàrraga	42:37.87	10,00
50m: 38.43 38.43	800m: 11:06.92	42.42	1550m: 21:48.83	43.26
100m: 1:17.92 39.49	850m: 11:49.41	42.49	1600m: 22:31.88	43.05
150m: 1:58.96 41.04	900m: 12:32.15	42.74	1650m: 23:14.50	42.62
200m: 2:40.02 41.06	950m: 13:14.19	42.04	1700m: 23:57.97	43.47
250m: 3:21.62 41.60	1000m: 13:56.85	42.66	1750m: 24:40.99	43.02
300m: 4:03.23 41.61	1050m: 14:39.81	42.96	1800m: 25:24.27	43.28
350m: 4:45.21 41.98	1100m: 15:22.37	42.56	1850m: 26:07.44	43.17
400m: 5:27.79 42.58	1150m: 16:05.27	42.90	1900m: 26:50.57	43.13
450m: 6:10.21 42.42	1200m: 16:48.44	43.17	1950m: 27:34.16	43.59
500m: 6:52.71 42.50	1250m: 17:31.29	42.85	2000m: 28:17.69	43.53
550m: 7:35.05 42.34	1300m: 18:14.10	42.81	2050m: 29:00.88	43.19
600m: 8:17.50 42.45	1350m: 18:56.61	42.51	2100m: 29:44.10	43.22
650m: 8:59.81 42.31	1400m: 19:39.95	43.34	2150m: 30:27.64	43.54
700m: 9:42.17 42.36	1450m: 20:22.68	42.73	2200m: 31:10.97	43.33
750m: 10:24.50 42.33	1500m: 21:05.57	42.89	2250m: 31:54.78	43.81
			2300m: 32:38.23	43.45
			2350m: 33:21.49	43.26
			2400m: 34:04.82	43.33
			2450m: 34:47.47	42.65
			2500m: 35:30.55	43.08
			2550m: 36:13.29	42.74
			2600m: 36:56.50	43.21
			2650m: 37:39.04	42.54
			2700m: 38:21.91	42.87
			2750m: 39:04.59	42.68
			2800m: 39:47.35	42.76
			2850m: 40:29.92	42.57
			2900m: 41:13.06	43.14
			2950m: 41:55.87	42.81
			3000m: 42:37.87	42.00
BX BERTRAN IZQUIERDO, Aida	96	C.N. Barcelona		-

Absolut, Júnior 2 i Júnior 1

1. MARTI BALLESTER, Marilo	98	C.N. Mataró	34:37.31	19,00
50m: 32.27 32.27	800m: 9:05.78	34.67	1550m: 17:45.49	34.29
100m: 1:05.66 33.39	850m: 9:40.56	34.78	1600m: 18:20.09	34.60
150m: 1:39.11 33.45	900m: 10:15.64	35.08	1650m: 18:54.83	34.74
200m: 2:12.71 33.60	950m: 10:49.97	34.33	1700m: 19:30.21	35.38
250m: 2:46.62 33.91	1000m: 11:24.40	34.43	1750m: 20:05.47	35.26
300m: 3:20.67 34.05	1050m: 11:58.52	34.12	1800m: 20:40.71	35.24
350m: 3:55.09 34.42	1100m: 12:32.81	34.29	1850m: 21:16.04	35.33
400m: 4:29.20 34.11	1150m: 13:07.20	34.39	1900m: 21:51.43	35.39
450m: 5:03.88 34.68	1200m: 13:41.75	34.55	1950m: 22:26.89	35.46
500m: 5:38.21 34.33	1250m: 14:16.85	35.10	2000m: 23:02.21	35.32
550m: 6:12.81 34.60	1300m: 14:51.76	34.91	2050m: 23:36.82	34.61
600m: 6:47.54 34.73	1350m: 15:26.72	34.96	2100m: 24:11.39	34.57
650m: 7:22.25 34.71	1400m: 16:01.91	35.19	2150m: 24:47.22	35.83
700m: 7:56.70 34.45	1450m: 16:36.17	34.26	2200m: 25:22.46	35.24
750m: 8:31.11 34.41	1500m: 17:11.20	35.03	2250m: 25:57.76	35.30
			2300m: 26:32.81	35.05
			2350m: 27:07.69	34.88
			2400m: 27:42.72	35.03
			2450m: 28:17.98	35.26
			2500m: 28:52.78	34.80
			2550m: 29:27.04	34.26
			2600m: 30:01.62	34.58
			2650m: 30:36.12	34.50
			2700m: 31:11.02	34.90
			2750m: 31:45.38	34.36
			2800m: 32:19.65	34.27
			2850m: 32:54.00	34.35
			2900m: 33:28.94	34.94
			2950m: 34:03.75	34.81
			3000m: 34:37.31	33.56
2. RODRIGUEZ SANTAULARIA, Laura	02	C.N. Barcelona	34:44.80	19,00
50m: 33.58 33.58	650m: 7:24.62	34.35	1250m: 14:20.55	34.95
100m: 1:07.39 33.81	700m: 7:59.31	34.69	1300m: 14:55.38	34.83
150m: 1:41.34 33.95	750m: 8:33.79	34.48	1350m: 15:30.54	35.16
200m: 2:15.31 33.97	800m: 9:08.45	34.66	1400m: 16:05.44	34.90
250m: 2:49.54 34.23	850m: 9:42.87	34.42	1450m: 16:40.66	35.22
300m: 3:23.90 34.36	900m: 10:17.84	34.97	1500m: 17:15.53	34.87
350m: 3:58.48 34.58	950m: 10:52.33	34.49	1550m: 17:50.59	35.06
400m: 4:33.16 34.68	1000m: 11:26.89	34.56	1600m: 18:25.78	35.19
450m: 5:07.57 34.41	1050m: 12:01.38	34.49	1650m: 19:00.41	34.63
500m: 5:41.89 34.32	1100m: 12:36.00	34.62	1700m: 19:35.03	34.62
550m: 6:15.99 34.10	1150m: 13:10.74	34.74	1750m: 20:10.01	34.98
600m: 6:50.27 34.28	1200m: 13:45.60	34.86	1800m: 20:45.23	35.22
			1850m: 21:20.22	34.99
			1900m: 21:55.53	35.31
			1950m: 22:30.66	35.13
			2000m: 23:05.55	34.89
			2050m: 23:39.96	34.41
			2100m: 24:14.71	34.75
			2150m: 24:49.77	35.06
			2200m: 25:24.84	35.07
			2250m: 25:59.83	34.99
			2300m: 26:34.78	34.95
			2350m: 27:10.03	35.25
			2400m: 27:45.06	35.03

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY				Temps						
2450m:	28:20.06	35.00	2600m:	30:05.50	35.01	2750m:	31:51.12	35.43	2900m:	33:36.56	35.00
2500m:	28:55.21	35.15	2650m:	30:40.35	34.85	2800m:	32:26.49	35.37	2950m:	34:11.34	34.78
2550m:	29:30.49	35.28	2700m:	31:15.69	35.34	2850m:	33:01.56	35.07	3000m:	34:44.80	33.46
3.	GALO NOGUEIRA, Estel Xuan 04				C.N. Granollers 35:19.25 19,00						
50m:	33.43	33.43	800m:	9:17.76	35.37	1550m:	18:13.82	35.16	2300m:	27:05.11	36.11
100m:	1:07.42	33.99	850m:	9:53.06	35.30	1600m:	18:48.77	34.95	2350m:	27:40.86	35.75
150m:	1:41.93	34.51	900m:	10:28.74	35.68	1650m:	19:23.54	34.77	2400m:	28:16.73	35.87
200m:	2:16.70	34.77	950m:	11:04.30	35.56	1700m:	19:58.65	35.11	2450m:	28:52.77	36.04
250m:	2:51.43	34.73	1000m:	11:40.18	35.88	1750m:	20:34.13	35.48	2500m:	29:29.18	36.41
300m:	3:26.15	34.72	1050m:	12:15.79	35.61	1800m:	21:09.49	35.36	2550m:	30:04.97	35.79
350m:	4:01.17	35.02	1100m:	12:51.69	35.90	1850m:	21:44.84	35.35	2600m:	30:40.58	35.61
400m:	4:36.03	34.86	1150m:	13:27.23	35.54	1900m:	22:20.42	35.58	2650m:	31:16.49	35.91
450m:	5:10.96	34.93	1200m:	14:02.97	35.74	1950m:	22:55.69	35.27	2700m:	31:52.51	36.02
500m:	5:46.01	35.05	1250m:	14:38.76	35.79	2000m:	23:31.29	35.60	2750m:	32:28.26	35.75
550m:	6:20.93	34.92	1300m:	15:14.83	36.07	2050m:	24:06.43	35.14	2800m:	33:03.68	35.42
600m:	6:56.19	35.26	1350m:	15:50.54	35.71	2100m:	24:41.77	35.34	2850m:	33:38.27	34.59
650m:	7:31.42	35.23	1400m:	16:26.46	35.92	2150m:	25:17.33	35.56	2900m:	34:13.54	35.27
700m:	8:06.91	35.49	1450m:	17:02.38	35.92	2200m:	25:53.20	35.87	2950m:	34:47.98	34.44
750m:	8:42.39	35.48	1500m:	17:38.66	36.28	2250m:	26:29.00	35.80	3000m:	35:19.25	31.27
4.	CAMPABADAL AMEZCUA, Ainhoa 03				C.N. Caldes 35:19.80 16,00						
50m:	33.43	33.43	800m:	9:14.64	34.67	1550m:	18:03.74	35.94	2300m:	27:01.48	35.95
100m:	1:07.95	34.52	850m:	9:49.03	34.39	1600m:	18:39.66	35.92	2350m:	27:37.38	35.90
150m:	1:42.87	34.92	900m:	10:23.85	34.82	1650m:	19:15.34	35.68	2400m:	28:13.59	36.21
200m:	2:17.51	34.64	950m:	10:58.70	34.85	1700m:	19:50.95	35.61	2450m:	28:50.02	36.43
250m:	2:52.26	34.75	1000m:	11:33.62	34.92	1750m:	20:26.89	35.94	2500m:	29:26.48	36.46
300m:	3:27.32	35.06	1050m:	12:08.52	34.90	1800m:	21:02.78	35.89	2550m:	30:02.63	36.15
350m:	4:02.30	34.98	1100m:	12:43.56	35.04	1850m:	21:38.94	36.16	2600m:	30:38.80	36.17
400m:	4:36.90	34.60	1150m:	13:19.08	35.52	1900m:	22:15.10	36.16	2650m:	31:15.02	36.22
450m:	5:11.72	34.82	1200m:	13:54.49	35.41	1950m:	22:51.48	36.38	2700m:	31:51.09	36.07
500m:	5:46.53	34.81	1250m:	14:29.64	35.15	2000m:	23:27.67	36.19	2750m:	32:26.61	35.52
550m:	6:21.33	34.80	1300m:	15:04.97	35.33	2050m:	24:03.38	35.71	2800m:	33:02.34	35.73
600m:	6:56.06	34.73	1350m:	15:40.63	35.66	2100m:	24:39.05	35.67	2850m:	33:37.54	35.20
650m:	7:30.93	34.87	1400m:	16:16.12	35.49	2150m:	25:15.00	35.95	2900m:	34:12.64	35.10
700m:	8:05.49	34.56	1450m:	16:51.83	35.71	2200m:	25:50.12	35.12	2950m:	34:46.91	34.27
750m:	8:39.97	34.48	1500m:	17:27.80	35.97	2250m:	26:25.53	35.41	3000m:	35:19.80	32.89
5.	GIRALT PIDEMONT, Claudia 01				C.N. Sant Andreu 35:20.38 16,00						
50m:	32.46	32.46	800m:	9:06.58	34.84	1550m:	17:58.13	35.88	2300m:	26:59.17	36.15
100m:	1:05.71	33.25	850m:	9:41.34	34.76	1600m:	18:33.98	35.85	2350m:	27:35.43	36.26
150m:	1:39.30	33.59	900m:	10:16.57	35.23	1650m:	19:09.97	35.99	2400m:	28:11.92	36.49
200m:	2:12.74	33.44	950m:	10:51.68	35.11	1700m:	19:46.12	36.15	2450m:	28:48.15	36.23
250m:	2:46.80	34.06	1000m:	11:27.11	35.43	1750m:	20:22.31	36.19	2500m:	29:24.37	36.22
300m:	3:21.12	34.32	1050m:	12:02.69	35.58	1800m:	20:58.04	35.73	2550m:	30:00.57	36.20
350m:	3:55.62	34.50	1100m:	12:37.99	35.30	1850m:	21:34.17	36.13	2600m:	30:36.71	36.14
400m:	4:30.08	34.46	1150m:	13:13.60	35.61	1900m:	22:10.28	36.11	2650m:	31:12.61	35.90
450m:	5:04.46	34.38	1200m:	13:49.50	35.90	1950m:	22:46.38	36.10	2700m:	31:48.40	35.79
500m:	5:39.11	34.65	1250m:	14:24.84	35.34	2000m:	23:22.62	36.24	2750m:	32:24.42	36.02
550m:	6:13.45	34.34	1300m:	15:00.37	35.53	2050m:	23:58.46	35.84	2800m:	33:00.29	35.87
600m:	6:48.05	34.60	1350m:	15:35.74	35.37	2100m:	24:34.43	35.97	2850m:	33:35.81	35.52
650m:	7:22.48	34.43	1400m:	16:11.00	35.26	2150m:	25:10.59	36.16	2900m:	34:11.34	35.53
700m:	7:56.87	34.39	1450m:	16:46.64	35.64	2200m:	25:46.66	36.07	2950m:	34:46.67	35.33
750m:	8:31.74	34.87	1500m:	17:22.25	35.61	2250m:	26:23.02	36.36	3000m:	35:20.38	33.71
6.	CARRASCO CADENS, Emma 05				C.E. Inef Lleida 35:51.14 16,00						
<i>Millor Marca Catalana</i>											
50m:	33.93	33.93	600m:	7:03.21	34.90	1150m:	13:32.35	35.13	1700m:	20:05.82	35.84
100m:	1:09.52	35.59	650m:	7:38.21	35.00	1200m:	14:07.81	35.46	1750m:	20:41.41	35.59
150m:	1:45.41	35.89	700m:	8:14.19	35.98	1250m:	14:43.16	35.35	1800m:	21:17.35	35.94
200m:	2:20.92	35.51	750m:	8:49.44	35.25	1300m:	15:18.33	35.17	1850m:	21:53.60	36.25
250m:	2:56.38	35.46	800m:	9:24.63	35.19	1350m:	15:54.74	36.41	1900m:	22:29.53	35.93
300m:	3:32.05	35.67	850m:	10:00.16	35.53	1400m:	16:31.09	36.35	1950m:	23:06.07	36.54
350m:	4:07.28	35.23	900m:	10:35.55	35.39	1450m:	17:06.88	35.79	2000m:	23:42.00	35.93
400m:	4:42.48	35.20	950m:	11:11.36	35.81	1500m:	17:43.03	36.15	2050m:	24:18.23	36.23
450m:	5:17.98	35.50	1000m:	11:46.52	35.16	1550m:	18:18.45	35.42	2100m:	24:54.60	36.37
500m:	5:52.89	34.91	1050m:	12:21.54	35.02	1600m:	18:54.38	35.93	2150m:	25:31.13	36.53
550m:	6:28.31	35.42	1100m:	12:57.22	35.68	1650m:	19:29.98	35.60	2200m:	26:07.80	36.67

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY				Temps						
2250m:	26:44.34	36.54	2450m:	29:10.30	36.00	2650m:	31:36.88	36.61	2850m:	34:04.43	36.66
2300m:	27:20.51	36.17	2500m:	29:47.43	37.13	2700m:	32:13.68	36.80	2900m:	34:41.07	36.64
2350m:	27:57.31	36.80	2550m:	30:23.66	36.23	2750m:	32:50.44	36.76	2950m:	35:17.46	36.39
2400m:	28:34.30	36.99	2600m:	31:00.27	36.61	2800m:	33:27.77	37.33	3000m:	35:51.14	33.68
7. CHAPARRO CANELA, Palmira			96			C.N. Granollers			36:06.18	14,00	
50m:	33.87	33.87	800m:	9:23.97	36.06	1550m:	18:30.40	36.86	2300m:	27:36.87	36.30
100m:	1:08.00	34.13	850m:	9:59.96	35.99	1600m:	19:06.98	36.58	2350m:	28:13.58	36.71
150m:	1:42.92	34.92	900m:	10:36.48	36.52	1650m:	19:43.42	36.44	2400m:	28:49.88	36.30
200m:	2:17.84	34.92	950m:	11:12.67	36.19	1700m:	20:19.66	36.24	2450m:	29:26.50	36.62
250m:	2:53.02	35.18	1000m:	11:48.93	36.26	1750m:	20:56.36	36.70	2500m:	30:03.17	36.67
300m:	3:28.42	35.40	1050m:	12:25.43	36.50	1800m:	21:32.37	36.01	2550m:	30:39.81	36.64
350m:	4:03.87	35.45	1100m:	13:01.83	36.40	1850m:	22:08.62	36.25	2600m:	31:16.73	36.92
400m:	4:39.14	35.27	1150m:	13:37.85	36.02	1900m:	22:45.28	36.66	2650m:	31:53.66	36.93
450m:	5:13.85	34.71	1200m:	14:14.57	36.72	1950m:	23:21.77	36.49	2700m:	32:30.06	36.40
500m:	5:49.23	35.38	1250m:	14:51.29	36.72	2000m:	23:58.23	36.46	2750m:	33:06.41	36.35
550m:	6:24.73	35.50	1300m:	15:27.34	36.05	2050m:	24:34.57	36.34	2800m:	33:42.95	36.54
600m:	7:00.31	35.58	1350m:	16:04.09	36.75	2100m:	25:10.81	36.24	2850m:	34:19.08	36.13
650m:	7:36.37	36.06	1400m:	16:40.42	36.33	2150m:	25:47.55	36.74	2900m:	34:55.33	36.25
700m:	8:11.92	35.55	1450m:	17:16.85	36.43	2200m:	26:24.24	36.69	2950m:	35:31.07	35.74
750m:	8:47.91	35.99	1500m:	17:53.54	36.69	2250m:	27:00.57	36.33	3000m:	36:06.18	35.11
8. VILARDEBÓ PLA, Núria			04			C.N. Calella			36:15.07	14,00	
50m:	33.13	33.13	800m:	9:22.14	35.94	1550m:	18:29.37	36.62	2300m:	27:44.81	36.90
100m:	1:07.40	34.27	850m:	9:58.38	36.24	1600m:	19:06.04	36.67	2350m:	28:21.77	36.96
150m:	1:42.16	34.76	900m:	10:34.58	36.20	1650m:	19:42.84	36.80	2400m:	28:58.91	37.14
200m:	2:17.36	35.20	950m:	11:10.96	36.38	1700m:	20:20.22	37.38	2450m:	29:36.19	37.28
250m:	2:52.40	35.04	1000m:	11:47.25	36.29	1750m:	20:57.48	37.26	2500m:	30:13.23	37.04
300m:	3:27.66	35.26	1050m:	12:23.70	36.45	1800m:	21:34.75	37.27	2550m:	30:50.09	36.86
350m:	4:02.80	35.14	1100m:	13:00.00	36.30	1850m:	22:11.97	37.22	2600m:	31:27.39	37.30
400m:	4:37.91	35.11	1150m:	13:36.35	36.35	1900m:	22:49.18	37.21	2650m:	32:04.21	36.82
450m:	5:12.83	34.92	1200m:	14:13.02	36.67	1950m:	23:26.31	37.13	2700m:	32:41.24	37.03
500m:	5:48.15	35.32	1250m:	14:49.54	36.52	2000m:	24:03.52	37.21	2750m:	33:17.82	36.58
550m:	6:23.74	35.59	1300m:	15:26.25	36.71	2050m:	24:40.38	36.86	2800m:	33:53.26	35.44
600m:	6:59.20	35.46	1350m:	16:02.87	36.62	2100m:	25:17.38	37.00	2850m:	34:28.81	35.55
650m:	7:34.73	35.53	1400m:	16:39.41	36.54	2150m:	25:54.26	36.88	2900m:	35:04.54	35.73
700m:	8:10.47	35.74	1450m:	17:16.13	36.72	2200m:	26:31.05	36.79	2950m:	35:40.25	35.71
750m:	8:46.20	35.73	1500m:	17:52.75	36.62	2250m:	27:07.91	36.86	3000m:	36:15.07	34.82
9. BLAYA CORRONS, Janna			03			C.N. Terrassa			36:23.42	14,00	
50m:	33.63	33.63	800m:	9:25.09	35.98	1550m:	18:34.85	36.48	2300m:	27:49.11	37.12
100m:	1:07.98	34.35	850m:	10:01.59	36.50	1600m:	19:11.94	37.09	2350m:	28:26.03	36.92
150m:	1:42.17	34.19	900m:	10:38.39	36.80	1650m:	19:49.06	37.12	2400m:	29:03.64	37.61
200m:	2:16.82	34.65	950m:	11:14.90	36.51	1700m:	20:26.32	37.26	2450m:	29:41.12	37.48
250m:	2:51.41	34.59	1000m:	11:51.53	36.63	1750m:	21:02.72	36.40	2500m:	30:18.20	37.08
300m:	3:26.29	34.88	1050m:	12:28.01	36.48	1800m:	21:39.47	36.75	2550m:	30:54.33	36.13
350m:	4:01.40	35.11	1100m:	13:04.85	36.84	1850m:	22:16.25	36.78	2600m:	31:30.94	36.61
400m:	4:36.94	35.54	1150m:	13:41.59	36.74	1900m:	22:52.95	36.70	2650m:	32:07.72	36.78
450m:	5:12.52	35.58	1200m:	14:18.69	37.10	1950m:	23:29.92	36.97	2700m:	32:44.67	36.95
500m:	5:48.62	36.10	1250m:	14:55.72	37.03	2000m:	24:07.27	37.35	2750m:	33:21.28	36.61
550m:	6:24.87	36.25	1300m:	15:32.35	36.63	2050m:	24:44.54	37.27	2800m:	33:57.88	36.60
600m:	7:00.71	35.84	1350m:	16:09.29	36.94	2100m:	25:21.39	36.85	2850m:	34:34.59	36.71
650m:	7:36.61	35.90	1400m:	16:45.91	36.62	2150m:	25:58.16	36.77	2900m:	35:11.52	36.93
700m:	8:12.73	36.12	1450m:	17:22.27	36.36	2200m:	26:35.10	36.94	2950m:	35:47.88	36.36
750m:	8:49.11	36.38	1500m:	17:58.37	36.10	2250m:	27:11.99	36.89	3000m:	36:23.42	35.54
10. VERA VALLS, Nuria			99			C.N. Granollers			36:42.41	13,00	
50m:	36.21	36.21	650m:	7:55.55	36.92	1250m:	15:15.36	36.56	1850m:	22:36.64	36.69
100m:	1:12.79	36.58	700m:	8:31.96	36.41	1300m:	15:51.96	36.60	1900m:	23:13.64	37.00
150m:	1:49.41	36.62	750m:	9:08.89	36.93	1350m:	16:28.54	36.58	1950m:	23:50.85	37.21
200m:	2:26.24	36.83	800m:	9:45.74	36.85	1400m:	17:05.27	36.73	2000m:	24:27.97	37.12
250m:	3:02.36	36.12	850m:	10:22.40	36.66	1450m:	17:41.75	36.48	2050m:	25:04.52	36.55
300m:	3:38.62	36.26	900m:	10:59.03	36.63	1500m:	18:18.50	36.75	2100m:	25:41.55	37.03
350m:	4:15.14	36.52	950m:	11:35.79	36.76	1550m:	18:55.24	36.74	2150m:	26:18.66	37.11
400m:	4:51.62	36.48	1000m:	12:12.75	36.96	1600m:	19:31.90	36.66	2200m:	26:55.39	36.73
450m:	5:28.42	36.80	1050m:	12:49.04	36.29	1650m:	20:08.69	36.79	2250m:	27:32.51	37.12
500m:	6:05.36	36.94	1100m:	13:25.18	36.14	1700m:	20:45.89	37.20	2300m:	28:09.41	36.90
550m:	6:42.13	36.77	1150m:	14:01.98	36.80	1750m:	21:22.99	37.10	2350m:	28:46.60	37.19
600m:	7:18.63	36.50	1200m:	14:38.80	36.82	1800m:	21:59.95	36.96	2400m:	29:24.11	37.51

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY				Temps						
	2450m: 30:01.13	37.02	2600m: 31:51.14	36.63	2750m: 33:41.43	36.45	2900m: 35:31.85	36.18			
	2500m: 30:38.04	36.91	2650m: 32:27.67	36.53	2800m: 34:18.72	37.29	2950m: 36:07.32	35.47			
	2550m: 31:14.51	36.47	2700m: 33:04.98	37.31	2850m: 34:55.67	36.95	3000m: 36:42.41	35.09			
11. PALACIOS GALLARDO, Rut	05 C.N. Atl Barceloneta				36:54.49 13,00						
50m:	34.19	34.19	800m:	9:28.45	36.36	1550m:	18:42.90	37.15	2300m:	28:05.34	37.80
100m:	1:08.70	34.51	850m:	10:04.69	36.24	1600m:	19:20.51	37.61	2350m:	28:43.10	37.76
150m:	1:43.82	35.12	900m:	10:41.15	36.46	1650m:	19:57.80	37.29	2400m:	29:21.47	38.37
200m:	2:19.01	35.19	950m:	11:17.87	36.72	1700m:	20:35.08	37.28	2450m:	29:59.46	37.99
250m:	2:54.35	35.34	1000m:	11:54.75	36.88	1750m:	21:12.33	37.25	2500m:	30:37.72	38.26
300m:	3:29.96	35.61	1050m:	12:31.84	37.09	1800m:	21:49.70	37.37	2550m:	31:15.74	38.02
350m:	4:05.69	35.73	1100m:	13:08.64	36.80	1850m:	22:27.43	37.73	2600m:	31:53.75	38.01
400m:	4:41.54	35.85	1150m:	13:45.58	36.94	1900m:	23:05.12	37.69	2650m:	32:31.73	37.98
450m:	5:16.94	35.40	1200m:	14:22.54	36.96	1950m:	23:42.72	37.60	2700m:	33:09.69	37.96
500m:	5:52.49	35.55	1250m:	14:59.82	37.28	2000m:	24:20.01	37.29	2750m:	33:47.43	37.74
550m:	6:28.20	35.71	1300m:	15:37.08	37.26	2050m:	24:57.27	37.26	2800m:	34:24.92	37.49
600m:	7:03.98	35.78	1350m:	16:14.24	37.16	2100m:	25:34.66	37.39	2850m:	35:02.43	37.51
650m:	7:39.79	35.81	1400m:	16:51.41	37.17	2150m:	26:12.11	37.45	2900m:	35:39.92	37.49
700m:	8:15.69	35.90	1450m:	17:28.62	37.21	2200m:	26:49.80	37.69	2950m:	36:17.33	37.41
750m:	8:52.09	36.40	1500m:	18:05.75	37.13	2250m:	27:27.54	37.74	3000m:	36:54.49	37.16
12. MORERA PUJOLAR, Júlia	05 C.N. Olot				37:16.64 12,00						
50m:	35.38	35.38	800m:	9:52.27	37.37	1550m:	19:10.50	37.53	2300m:	28:33.11	37.23
100m:	1:12.00	36.62	850m:	10:29.28	37.01	1600m:	19:47.87	37.37	2350m:	29:10.90	37.79
150m:	1:49.25	37.25	900m:	11:06.02	36.74	1650m:	20:25.29	37.42	2400m:	29:48.89	37.99
200m:	2:26.55	37.30	950m:	11:43.01	36.99	1700m:	21:02.58	37.29	2450m:	30:26.56	37.67
250m:	3:03.50	36.95	1000m:	12:19.75	36.74	1750m:	21:40.02	37.44	2500m:	31:04.45	37.89
300m:	3:40.39	36.89	1050m:	12:56.72	36.97	1800m:	22:17.44	37.42	2550m:	31:42.15	37.70
350m:	4:17.63	37.24	1100m:	13:33.69	36.97	1850m:	22:55.12	37.68	2600m:	32:20.16	38.01
400m:	4:54.40	36.77	1150m:	14:11.01	37.32	1900m:	23:33.30	38.18	2650m:	32:58.14	37.98
450m:	5:31.43	37.03	1200m:	14:48.43	37.42	1950m:	24:10.67	37.37	2700m:	33:35.86	37.72
500m:	6:08.43	37.00	1250m:	15:25.66	37.23	2000m:	24:48.05	37.38	2750m:	34:13.98	38.12
550m:	6:45.79	37.36	1300m:	16:03.31	37.65	2050m:	25:25.86	37.81	2800m:	34:51.48	37.50
600m:	7:23.18	37.39	1350m:	16:40.25	36.94	2100m:	26:03.45	37.59	2850m:	35:28.38	36.90
650m:	8:00.65	37.47	1400m:	17:17.51	37.26	2150m:	26:41.13	37.68	2900m:	36:05.18	36.80
700m:	8:37.86	37.21	1450m:	17:55.11	37.60	2200m:	27:18.47	37.34	2950m:	36:41.67	36.49
750m:	9:14.90	37.04	1500m:	18:32.97	37.86	2250m:	27:55.88	37.41	3000m:	37:16.64	34.97
13. RIUS PELLEJA, Abril	04 C.N. Tarraco				37:32.11 11,00						
50m:	33.40	33.40	800m:	9:46.93	37.82	1550m:	19:11.89	36.98	2300m:	28:41.00	37.76
100m:	1:08.20	34.80	850m:	10:24.64	37.71	1600m:	19:49.31	37.42	2350m:	29:19.74	38.74
150m:	1:43.59	35.39	900m:	11:01.90	37.26	1650m:	20:26.27	36.96	2400m:	29:58.42	38.68
200m:	2:19.59	36.00	950m:	11:39.37	37.47	1700m:	21:02.98	36.71	2450m:	30:37.31	38.89
250m:	2:55.56	35.97	1000m:	12:16.84	37.47	1750m:	21:40.17	37.19	2500m:	31:16.39	39.08
300m:	3:32.46	36.90	1050m:	12:54.31	37.47	1800m:	22:17.50	37.33	2550m:	31:54.61	38.22
350m:	4:10.14	37.68	1100m:	13:31.70	37.39	1850m:	22:55.97	38.47	2600m:	32:32.81	38.20
400m:	4:47.31	37.17	1150m:	14:09.65	37.95	1900m:	23:33.99	38.02	2650m:	33:10.79	37.98
450m:	5:24.71	37.40	1200m:	14:46.97	37.32	1950m:	24:12.76	38.77	2700m:	33:48.42	37.63
500m:	6:01.83	37.12	1250m:	15:24.86	37.89	2000m:	24:50.83	38.07	2750m:	34:26.39	37.97
550m:	6:38.93	37.10	1300m:	16:02.72	37.86	2050m:	25:29.08	38.25	2800m:	35:03.94	37.55
600m:	7:15.94	37.01	1350m:	16:41.07	38.35	2100m:	26:07.26	38.18	2850m:	35:41.04	37.10
650m:	7:53.67	37.73	1400m:	17:19.30	38.23	2150m:	26:46.03	38.77	2900m:	36:18.22	37.18
700m:	8:31.35	37.68	1450m:	17:57.58	38.28	2200m:	27:24.55	38.52	2950m:	36:55.52	37.30
750m:	9:09.11	37.76	1500m:	18:34.91	37.33	2250m:	28:03.24	38.69	3000m:	37:32.11	36.59
14. VALERIO SAIS, Queralt	04 C.N. Banyoles				37:35.55 10,00						
50m:	33.72	33.72	700m:	8:25.52	37.55	1350m:	16:32.01	37.63	2000m:	24:42.24	37.86
100m:	1:08.58	34.86	750m:	9:02.48	36.96	1400m:	17:09.47	37.46	2050m:	25:20.46	38.22
150m:	1:43.60	35.02	800m:	9:39.53	37.05	1450m:	17:46.78	37.31	2100m:	25:59.09	38.63
200m:	2:18.56	34.96	850m:	10:17.33	37.80	1500m:	18:24.04	37.26	2150m:	26:36.85	37.76
250m:	2:54.42	35.86	900m:	10:54.68	37.35	1550m:	19:01.43	37.39	2200m:	27:15.47	38.62
300m:	3:29.90	35.48	950m:	11:31.89	37.21	1600m:	19:38.54	37.11	2250m:	27:54.01	38.54
350m:	4:06.08	36.18	1000m:	12:09.40	37.51	1650m:	20:16.01	37.47	2300m:	28:32.42	38.41
400m:	4:42.20	36.12	1050m:	12:46.82	37.42	1700m:	20:54.11	38.10	2350m:	29:10.49	38.07
450m:	5:18.70	36.50	1100m:	13:24.27	37.45	1750m:	21:31.83	37.72	2400m:	29:48.65	38.16
500m:	5:55.73	37.03	1150m:	14:02.62	38.35	1800m:	22:10.08	38.25	2450m:	30:27.38	38.73
550m:	6:32.68	36.95	1200m:	14:40.00	37.38	1850m:	22:48.24	38.16	2500m:	31:06.70	39.32
600m:	7:10.12	37.44	1250m:	15:17.34	37.34	1900m:	23:26.23	37.99	2550m:	31:45.75	39.05
650m:	7:47.97	37.85	1300m:	15:54.38	37.04	1950m:	24:04.38	38.15	2600m:	32:25.38	39.63

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps					
	2650m: 33:04.90	39.52	2750m: 34:22.60	38.51	2850m: 35:38.96	38.21	2950m: 36:56.42	38.74
	2700m: 33:44.09	39.19	2800m: 35:00.75	38.15	2900m: 36:17.68	38.72	3000m: 37:35.55	39.13
15. GARRETA YUSTE, Judit		04	C.N. Mataró				37:37.79	9,00
	50m: 34.66	34.66	800m: 9:48.16	37.26	1550m: 19:11.68	38.46	2300m: 28:44.78	36.77
	100m: 1:10.94	36.28	850m: 10:25.16	37.00	1600m: 19:49.80	38.12	2350m: 29:22.17	37.39
	150m: 1:47.34	36.40	900m: 11:02.52	37.36	1650m: 20:28.15	38.35	2400m: 30:00.16	37.99
	200m: 2:24.07	36.73	950m: 11:40.01	37.49	1700m: 21:06.66	38.51	2450m: 30:38.12	37.96
	250m: 3:00.59	36.52	1000m: 12:17.63	37.62	1750m: 21:44.76	38.10	2500m: 31:16.00	37.88
	300m: 3:37.39	36.80	1050m: 12:54.26	36.63	1800m: 22:22.97	38.21	2550m: 31:53.44	37.44
	350m: 4:13.85	36.46	1100m: 13:31.65	37.39	1850m: 23:01.16	38.19	2600m: 32:31.59	38.15
	400m: 4:50.94	37.09	1150m: 14:09.09	37.44	1900m: 23:39.93	38.77	2650m: 33:10.07	38.48
	450m: 5:27.68	36.74	1200m: 14:46.46	37.37	1950m: 24:18.27	38.34	2700m: 33:48.44	38.37
	500m: 6:04.52	36.84	1250m: 15:24.49	38.03	2000m: 24:56.73	38.46	2750m: 34:27.06	38.62
	550m: 6:41.61	37.09	1300m: 16:01.92	37.43	2050m: 25:35.91	39.18	2800m: 35:05.34	38.28
	600m: 7:19.11	37.50	1350m: 16:39.80	37.88	2100m: 26:14.52	38.61	2850m: 35:42.79	37.45
	650m: 7:56.23	37.12	1400m: 17:17.38	37.58	2150m: 26:52.37	37.85	2900m: 36:21.08	38.29
	700m: 8:33.51	37.28	1450m: 17:55.57	38.19	2200m: 27:30.95	38.58	2950m: 36:58.84	37.76
	750m: 9:10.90	37.39	1500m: 18:33.22	37.65	2250m: 28:08.01	37.06	3000m: 37:37.79	38.95
16. AULINAS PRAT, Clara		01	C.N. Olot				37:46.33	12,00
	50m: 35.58	35.58	800m: 9:59.82	37.77	1550m: 19:25.73	38.07	2300m: 28:57.58	38.32
	100m: 1:12.43	36.85	850m: 10:37.27	37.45	1600m: 20:03.87	38.14	2350m: 29:35.78	38.20
	150m: 1:50.35	37.92	900m: 11:14.45	37.18	1650m: 20:41.97	38.10	2400m: 30:13.98	38.20
	200m: 2:27.42	37.07	950m: 11:51.93	37.48	1700m: 21:19.88	37.91	2450m: 30:51.83	37.85
	250m: 3:04.85	37.43	1000m: 12:29.77	37.84	1750m: 21:57.93	38.05	2500m: 31:30.07	38.24
	300m: 3:42.51	37.66	1050m: 13:07.29	37.52	1800m: 22:35.77	37.84	2550m: 32:08.12	38.05
	350m: 4:20.64	38.13	1100m: 13:45.05	37.76	1850m: 23:14.17	38.40	2600m: 32:46.44	38.32
	400m: 4:58.27	37.63	1150m: 14:22.37	37.32	1900m: 23:52.02	37.85	2650m: 33:24.81	38.37
	450m: 5:36.17	37.90	1200m: 14:59.84	37.47	1950m: 24:29.86	37.84	2700m: 34:02.95	38.14
	500m: 6:14.25	38.08	1250m: 15:37.26	37.42	2000m: 25:08.21	38.35	2750m: 34:40.45	37.50
	550m: 6:51.95	37.70	1300m: 16:14.69	37.43	2050m: 25:46.68	38.47	2800m: 35:18.23	37.78
	600m: 7:29.83	37.88	1350m: 16:52.72	38.03	2100m: 26:24.64	37.96	2850m: 35:55.60	37.37
	650m: 8:07.65	37.82	1400m: 17:31.09	38.37	2150m: 27:02.72	38.08	2900m: 36:33.28	37.68
	700m: 8:44.90	37.25	1450m: 18:09.47	38.38	2200m: 27:40.96	38.24	2950m: 37:10.28	37.00
	750m: 9:22.05	37.15	1500m: 18:47.66	38.19	2250m: 28:19.26	38.30	3000m: 37:46.33	36.05
17. GONZALEZ TENORIO, Nadia		05	C.N. Sabadell				37:53.43	8,00
	50m: 35.39	35.39	800m: 10:00.99	37.99	1550m: 19:27.37	36.73	2300m: 28:59.68	38.84
	100m: 1:12.82	37.43	850m: 10:39.24	38.25	1600m: 20:05.25	37.88	2350m: 29:37.99	38.31
	150m: 1:50.03	37.21	900m: 11:17.29	38.05	1650m: 20:43.53	38.28	2400m: 30:16.18	38.19
	200m: 2:27.45	37.42	950m: 11:55.80	38.51	1700m: 21:21.63	38.10	2450m: 30:55.30	39.12
	250m: 3:05.02	37.57	1000m: 12:34.08	38.28	1750m: 21:59.98	38.35	2500m: 31:34.20	38.90
	300m: 3:43.03	38.01	1050m: 13:11.70	37.62	1800m: 22:38.09	38.11	2550m: 32:12.05	37.85
	350m: 4:21.26	38.23	1100m: 13:48.16	36.46	1850m: 23:16.28	38.19	2600m: 32:50.02	37.97
	400m: 4:58.65	37.39	1150m: 14:25.70	37.54	1900m: 23:53.79	37.51	2650m: 33:28.23	38.21
	450m: 5:36.52	37.87	1200m: 15:03.40	37.70	1950m: 24:32.08	38.29	2700m: 34:07.17	38.94
	500m: 6:15.14	38.62	1250m: 15:40.86	37.46	2000m: 25:09.76	37.68	2750m: 34:45.39	38.22
	550m: 6:53.35	38.21	1300m: 16:18.18	37.32	2050m: 25:47.99	38.23	2800m: 35:24.20	38.81
	600m: 7:30.92	37.57	1350m: 16:56.09	37.91	2100m: 26:25.74	37.75	2850m: 36:02.07	37.87
	650m: 8:08.15	37.23	1400m: 17:34.39	38.30	2150m: 27:03.82	38.08	2900m: 36:39.43	37.36
	700m: 8:45.52	37.37	1450m: 18:12.81	38.42	2200m: 27:42.60	38.78	2950m: 37:17.62	38.19
	750m: 9:23.00	37.48	1500m: 18:50.64	37.83	2250m: 28:20.84	38.24	3000m: 37:53.43	35.81
18. CASTILLO MORENILLA, Lidia		04	C.N. Caldes				37:58.68	7,00
	50m: 34.92	34.92	750m: 9:17.68	37.52	1450m: 18:08.97	38.21	2150m: 27:06.40	39.09
	100m: 1:11.45	36.53	800m: 9:55.32	37.64	1500m: 18:47.82	38.85	2200m: 27:45.16	38.76
	150m: 1:48.61	37.16	850m: 10:33.11	37.79	1550m: 19:25.71	37.89	2250m: 28:24.16	39.00
	200m: 2:25.76	37.15	900m: 11:11.19	38.08	1600m: 20:03.93	38.22	2300m: 29:02.68	38.52
	250m: 3:02.87	37.11	950m: 11:48.81	37.62	1650m: 20:42.22	38.29	2350m: 29:41.71	39.03
	300m: 3:40.27	37.40	1000m: 12:26.36	37.55	1700m: 21:20.43	38.21	2400m: 30:20.51	38.80
	350m: 4:17.85	37.58	1050m: 13:04.24	37.88	1750m: 21:58.63	38.20	2450m: 30:59.92	39.41
	400m: 4:55.67	37.82	1100m: 13:41.80	37.56	1800m: 22:37.13	38.50	2500m: 31:38.83	38.91
	450m: 5:32.89	37.22	1150m: 14:19.90	38.10	1850m: 23:15.07	37.94	2550m: 32:16.69	37.86
	500m: 6:10.66	37.77	1200m: 14:57.99	38.09	1900m: 23:53.39	38.32	2600m: 32:54.97	38.28
	550m: 6:48.17	37.51	1250m: 15:36.16	38.17	1950m: 24:31.99	38.60	2650m: 33:33.45	38.48
	600m: 7:25.24	37.07	1300m: 16:14.12	37.96	2000m: 25:10.77	38.78	2700m: 34:11.75	38.30
	650m: 8:02.81	37.57	1350m: 16:52.50	38.38	2050m: 25:48.83	38.06	2750m: 34:50.14	38.39
	700m: 8:40.16	37.35	1400m: 17:30.76	38.26	2100m: 26:27.31	38.48	2800m: 35:27.91	37.77

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY										Temps			
	2850m: 36:05.83	37.92	2900m: 36:43.65	37.82	2950m: 37:21.65	38.00	3000m: 37:58.68	37.03						
19.	LORENZO BARTOLI, Jana										04	C.N. Barcelona	38:24.32	6,00
	50m: 34.28	34.28	800m: 9:49.01	38.11	1550m: 19:24.61	38.26	2300m: 29:12.68	40.34						
	100m: 1:09.86	35.58	850m: 10:27.72	38.71	1600m: 20:03.24	38.63	2350m: 29:53.32	40.64						
	150m: 1:46.69	36.83	900m: 11:06.24	38.52	1650m: 20:41.57	38.33	2400m: 30:33.21	39.89						
	200m: 2:23.83	37.14	950m: 11:44.87	38.63	1700m: 21:20.28	38.71	2450m: 31:12.89	39.68						
	250m: 3:00.58	36.75	1000m: 12:23.83	38.96	1750m: 21:59.00	38.72	2500m: 31:52.87	39.98						
	300m: 3:37.40	36.82	1050m: 13:02.70	38.87	1800m: 22:38.55	39.55	2550m: 32:32.32	39.45						
	350m: 4:14.28	36.88	1100m: 13:41.84	39.14	1850m: 23:17.16	38.61	2600m: 33:11.87	39.55						
	400m: 4:51.38	37.10	1150m: 14:21.19	39.35	1900m: 23:56.47	39.31	2650m: 33:52.15	40.28						
	450m: 5:28.00	36.62	1200m: 14:58.59	37.40	1950m: 24:35.72	39.25	2700m: 34:32.64	40.49						
	500m: 6:04.81	36.81	1250m: 15:35.66	37.07	2000m: 25:15.68	39.96	2750m: 35:12.73	40.09						
	550m: 6:41.84	37.03	1300m: 16:12.84	37.18	2050m: 25:53.91	38.23	2800m: 35:52.54	39.81						
	600m: 7:18.94	37.10	1350m: 16:50.85	38.01	2100m: 26:33.48	39.57	2850m: 36:31.77	39.23						
	650m: 7:55.53	36.59	1400m: 17:29.42	38.57	2150m: 27:12.92	39.44	2900m: 37:10.87	39.10						
	700m: 8:33.04	37.51	1450m: 18:07.99	38.57	2200m: 27:52.93	40.01	2950m: 37:48.05	37.18						
	750m: 9:10.90	37.86	1500m: 18:46.35	38.36	2250m: 28:32.34	39.41	3000m: 38:24.32	36.27						
20.	GRAU LOPEZ DE LA OSA, Paula										04	C.N. L'hospitalet	38:25.20	5,00
	50m: 34.24	34.24	800m: 10:01.07	39.12	1550m: 19:40.03	38.10	2300m: 29:25.62	39.21						
	100m: 1:10.18	35.94	850m: 10:39.22	38.15	1600m: 20:17.95	37.92	2350m: 30:04.32	38.70						
	150m: 1:47.06	36.88	900m: 11:18.52	39.30	1650m: 20:56.98	39.03	2400m: 30:43.50	39.18						
	200m: 2:23.73	36.67	950m: 11:55.92	37.40	1700m: 21:36.08	39.10	2450m: 31:22.93	39.43						
	250m: 3:00.40	36.67	1000m: 12:34.58	38.66	1750m: 22:15.50	39.42	2500m: 32:02.14	39.21						
	300m: 3:38.45	38.05	1050m: 13:13.10	38.52	1800m: 22:53.92	38.42	2550m: 32:41.35	39.21						
	350m: 4:16.06	37.61	1100m: 13:51.94	38.84	1850m: 23:33.55	39.63	2600m: 33:19.82	38.47						
	400m: 4:54.52	38.46	1150m: 14:30.54	38.60	1900m: 24:12.42	38.87	2650m: 33:59.02	39.20						
	450m: 5:32.67	38.15	1200m: 15:09.86	39.32	1950m: 24:51.23	38.81	2700m: 34:37.85	38.83						
	500m: 6:10.60	37.93	1250m: 15:49.28	39.42	2000m: 25:30.48	39.25	2750m: 35:16.49	38.64						
	550m: 6:48.89	38.29	1300m: 16:28.97	39.69	2050m: 26:09.37	38.89	2800m: 35:54.73	38.24						
	600m: 7:27.28	38.39	1350m: 17:08.48	39.51	2100m: 26:48.32	38.95	2850m: 36:33.24	38.51						
	650m: 8:05.37	38.09	1400m: 17:46.26	37.78	2150m: 27:28.03	39.71	2900m: 37:11.36	38.12						
	700m: 8:43.57	38.20	1450m: 18:24.23	37.97	2200m: 28:06.91	38.88	2950m: 37:48.69	37.33						
	750m: 9:21.95	38.38	1500m: 19:01.93	37.70	2250m: 28:46.41	39.50	3000m: 38:25.20	36.51						
21.	SANCHO ZARAGOZA, Marina										03	C.N. Mataró	38:34.69	13,00
	50m: 35.32	35.32	800m: 10:05.85	38.37	1550m: 19:44.56	38.76	2300m: 29:28.74	38.90						
	100m: 1:12.44	37.12	850m: 10:44.59	38.74	1600m: 20:23.17	38.61	2350m: 30:08.05	39.31						
	150m: 1:50.31	37.87	900m: 11:23.13	38.54	1650m: 21:01.92	38.75	2400m: 30:47.19	39.14						
	200m: 2:28.22	37.91	950m: 12:01.58	38.45	1700m: 21:40.65	38.73	2450m: 31:26.35	39.16						
	250m: 3:06.10	37.88	1000m: 12:40.33	38.75	1750m: 22:19.82	39.17	2500m: 32:05.66	39.31						
	300m: 3:44.13	38.03	1050m: 13:18.41	38.08	1800m: 22:59.04	39.22	2550m: 32:44.68	39.02						
	350m: 4:22.22	38.09	1100m: 13:56.65	38.24	1850m: 23:37.63	38.59	2600m: 33:23.80	39.12						
	400m: 5:00.44	38.22	1150m: 14:34.89	38.24	1900m: 24:16.49	38.86	2650m: 34:02.71	38.91						
	450m: 5:38.47	38.03	1200m: 15:13.55	38.66	1950m: 24:55.34	38.85	2700m: 34:42.24	39.53						
	500m: 6:16.64	38.17	1250m: 15:51.88	38.33	2000m: 25:34.32	38.98	2750m: 35:20.71	38.47						
	550m: 6:54.49	37.85	1300m: 16:30.61	38.73	2050m: 26:13.43	39.11	2800m: 35:59.98	39.27						
	600m: 7:32.43	37.94	1350m: 17:09.61	39.00	2100m: 26:52.55	39.12	2850m: 36:39.16	39.18						
	650m: 8:10.67	38.24	1400m: 17:48.40	38.79	2150m: 27:31.87	39.32	2900m: 37:18.46	39.30						
	700m: 8:49.12	38.45	1450m: 18:26.94	38.54	2200m: 28:10.92	39.05	2950m: 37:57.36	38.90						
	750m: 9:27.48	38.36	1500m: 19:05.80	38.86	2250m: 28:49.84	38.92	3000m: 38:34.69	37.33						
22.	USECHI ELIZARI, Marta										04	C.N. Barcelona	39:08.73	4,00
	50m: 35.28	35.28	800m: 10:10.81	39.37	1550m: 20:04.49	39.93	2300m: 29:58.66	38.88						
	100m: 1:12.12	36.84	850m: 10:49.91	39.10	1600m: 20:44.21	39.72	2350m: 30:38.17	39.51						
	150m: 1:49.47	37.35	900m: 11:29.26	39.35	1650m: 21:23.69	39.48	2400m: 31:17.48	39.31						
	200m: 2:27.35	37.88	950m: 12:08.18	38.92	1700m: 22:02.98	39.29	2450m: 31:57.29	39.81						
	250m: 3:05.90	38.55	1000m: 12:47.73	39.55	1750m: 22:42.45	39.47	2500m: 32:36.53	39.24						
	300m: 3:44.30	38.40	1050m: 13:26.86	39.13	1800m: 23:22.09	39.64	2550m: 33:15.77	39.24						
	350m: 4:22.44	38.14	1100m: 14:05.85	38.99	1850m: 24:01.62	39.53	2600m: 33:55.16	39.39						
	400m: 5:00.52	38.08	1150m: 14:45.02	39.17	1900m: 24:41.44	39.82	2650m: 34:34.74	39.58						
	450m: 5:39.05	38.53	1200m: 15:24.15	39.13	1950m: 25:21.25	39.81	2700m: 35:14.31	39.57						
	500m: 6:17.45	38.40	1250m: 16:03.78	39.63	2000m: 26:01.24	39.99	2750m: 35:53.63	39.32						
	550m: 6:55.94	38.49	1300m: 16:44.01	40.23	2050m: 26:41.11	39.87	2800m: 36:33.19	39.56						
	600m: 7:34.66	38.72	1350m: 17:23.75	39.74	2100m: 27:20.90	39.79	2850m: 37:12.01	38.82						
	650m: 8:13.27	38.61	1400m: 18:04.04	40.29	2150m: 28:00.80	39.90	2900m: 37:51.10	39.09						
	700m: 8:52.35	39.08	1450m: 18:44.09	40.05	2200m: 28:40.60	39.80	2950m: 38:30.13	39.03						
	750m: 9:31.44	39.09	1500m: 19:24.56	40.47	2250m: 29:19.78	39.18	3000m: 39:08.73	38.60						

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps	
23. MONELLS RABASSA, Júlia	03	C.N. Olot	39:18.53	12,00
50m: 35.01 35.01	800m: 10:06.43	39.36	1550m: 20:00.99	39.65
100m: 1:11.26 36.25	850m: 10:45.97	39.54	1600m: 20:40.38	39.39
150m: 1:48.30 37.04	900m: 11:25.65	39.68	1650m: 21:20.39	40.01
200m: 2:25.58 37.28	950m: 12:05.39	39.74	1700m: 22:00.48	40.09
250m: 3:02.89 37.31	1000m: 12:44.96	39.57	1750m: 22:39.89	39.41
300m: 3:40.45 37.56	1050m: 13:24.24	39.28	1800m: 23:19.63	39.74
350m: 4:18.11 37.66	1100m: 14:03.96	39.72	1850m: 23:59.62	39.99
400m: 4:56.35 38.24	1150m: 14:43.87	39.91	1900m: 24:39.59	39.97
450m: 5:34.70 38.35	1200m: 15:23.63	39.76	1950m: 25:19.84	40.25
500m: 6:12.89 38.19	1250m: 16:03.17	39.54	2000m: 26:00.21	40.37
550m: 6:51.01 38.12	1300m: 16:42.50	39.33	2050m: 26:39.82	39.61
600m: 7:29.84 38.83	1350m: 17:22.51	40.01	2100m: 27:19.83	40.01
650m: 8:09.03 39.19	1400m: 18:02.22	39.71	2150m: 27:59.98	40.15
700m: 8:48.43 39.40	1450m: 18:41.97	39.75	2200m: 28:40.56	40.58
750m: 9:27.07 38.64	1500m: 19:21.34	39.37	2250m: 29:19.82	39.26
			2300m: 30:00.42	40.60
			2350m: 30:40.29	39.87
			2400m: 31:20.75	40.46
			2450m: 32:01.02	40.27
			2500m: 32:41.37	40.35
			2550m: 33:21.64	40.27
			2600m: 34:01.41	39.77
			2650m: 34:41.40	39.99
			2700m: 35:21.59	40.19
			2750m: 36:02.00	40.41
			2800m: 36:41.44	39.44
			2850m: 37:21.41	39.97
			2900m: 38:00.80	39.39
			2950m: 38:39.94	39.14
			3000m: 39:18.53	38.59
24. MAESTRO LORENZO, Alba	02	C.E. Mediterrani	39:30.33	11,00
50m: 37.10 37.10	800m: 10:28.28	39.58	1550m: 20:19.99	39.39
100m: 1:15.70 38.60	850m: 11:08.03	39.75	1600m: 20:59.63	39.64
150m: 1:54.67 38.97	900m: 11:47.27	39.24	1650m: 21:39.41	39.78
200m: 2:33.89 39.22	950m: 12:26.62	39.35	1700m: 22:19.39	39.98
250m: 3:13.43 39.54	1000m: 13:06.33	39.71	1750m: 22:59.17	39.78
300m: 3:53.31 39.88	1050m: 13:45.59	39.26	1800m: 23:39.03	39.86
350m: 4:33.06 39.75	1100m: 14:24.72	39.13	1850m: 24:18.71	39.68
400m: 5:12.50 39.44	1150m: 15:03.97	39.25	1900m: 24:58.47	39.76
450m: 5:51.89 39.39	1200m: 15:43.44	39.47	1950m: 25:38.45	39.98
500m: 6:31.14 39.25	1250m: 16:22.69	39.25	2000m: 26:18.43	39.98
550m: 7:10.85 39.71	1300m: 17:02.08	39.39	2050m: 26:58.28	39.85
600m: 7:50.34 39.49	1350m: 17:41.71	39.63	2100m: 27:37.98	39.70
650m: 8:29.89 39.55	1400m: 18:21.68	39.97	2150m: 28:17.61	39.63
700m: 9:09.36 39.47	1450m: 19:01.17	39.49	2200m: 28:57.53	39.92
750m: 9:48.70 39.34	1500m: 19:40.60	39.43	2250m: 29:37.09	39.56
			2300m: 30:17.22	40.13
			2350m: 30:57.19	39.97
			2400m: 31:36.82	39.63
			2450m: 32:16.80	39.98
			2500m: 32:56.28	39.48
			2550m: 33:35.72	39.44
			2600m: 34:15.21	39.49
			2650m: 34:54.58	39.37
			2700m: 35:34.10	39.52
			2750m: 36:13.38	39.28
			2800m: 36:53.40	40.02
			2850m: 37:33.30	39.90
			2900m: 38:12.53	39.23
			2950m: 38:51.69	39.16
			3000m: 39:30.33	38.64
25. MARGUÍ SOLÀ, Núria	05	C.N. Olot	39:33.43	3,00
50m: 36.31 36.31	800m: 10:17.92	39.57	1550m: 20:15.16	38.87
100m: 1:13.89 37.58	850m: 10:57.65	39.73	1600m: 20:54.49	39.33
150m: 1:51.84 37.95	900m: 11:37.47	39.82	1650m: 21:34.03	39.54
200m: 2:30.38 38.54	950m: 12:16.88	39.41	1700m: 22:14.53	40.50
250m: 3:09.08 38.70	1000m: 12:56.58	39.70	1750m: 22:54.69	40.16
300m: 3:47.93 38.85	1050m: 13:36.75	40.17	1800m: 23:34.68	39.99
350m: 4:26.47 38.54	1100m: 14:17.03	40.28	1850m: 24:14.54	39.86
400m: 5:05.46 38.99	1150m: 14:56.82	39.79	1900m: 24:54.98	40.44
450m: 5:44.90 39.44	1200m: 15:36.63	39.81	1950m: 25:35.17	40.19
500m: 6:24.00 39.10	1250m: 16:16.38	39.75	2000m: 26:13.73	38.56
550m: 7:02.20 38.20	1300m: 16:55.81	39.43	2050m: 26:53.04	39.31
600m: 7:40.73 38.53	1350m: 17:35.87	40.06	2100m: 27:33.34	40.30
650m: 8:19.58 38.85	1400m: 18:16.14	40.27	2150m: 28:12.92	39.58
700m: 8:58.88 39.30	1450m: 18:56.65	40.51	2200m: 28:53.15	40.23
750m: 9:38.35 39.47	1500m: 19:36.29	39.64	2250m: 29:33.26	40.11
			2300m: 30:14.02	40.76
			2350m: 30:53.17	39.15
			2400m: 31:33.91	40.74
			2450m: 32:14.95	41.04
			2500m: 32:55.71	40.76
			2550m: 33:36.82	41.11
			2600m: 34:17.27	40.45
			2650m: 34:57.59	40.32
			2700m: 35:37.90	40.31
			2750m: 36:18.02	40.12
			2800m: 36:58.45	40.43
			2850m: 37:38.11	39.66
			2900m: 38:17.46	39.35
			2950m: 38:56.02	38.56
			3000m: 39:33.43	37.41
26. SURROCA RIOL, Gemma	05	C.N. Olot	39:34.17	2,00
50m: 36.69 36.69	800m: 10:27.06	39.57	1550m: 20:21.74	39.85
100m: 1:15.44 38.75	850m: 11:06.33	39.27	1600m: 21:01.53	39.79
150m: 1:54.52 39.08	900m: 11:45.72	39.39	1650m: 21:41.56	40.03
200m: 2:33.76 39.24	950m: 12:25.49	39.77	1700m: 22:21.39	39.83
250m: 3:12.63 38.87	1000m: 13:04.45	38.96	1750m: 23:01.07	39.68
300m: 3:52.06 39.43	1050m: 13:43.81	39.36	1800m: 23:40.91	39.84
350m: 4:31.52 39.46	1100m: 14:23.28	39.47	1850m: 24:20.42	39.51
400m: 5:10.78 39.26	1150m: 15:02.91	39.63	1900m: 25:00.43	40.01
450m: 5:50.21 39.43	1200m: 15:42.88	39.97	1950m: 25:40.32	39.89
500m: 6:29.91 39.70	1250m: 16:22.68	39.80	2000m: 26:20.19	39.87
550m: 7:09.18 39.27	1300m: 17:02.62	39.94	2050m: 27:00.07	39.88
600m: 7:48.84 39.66	1350m: 17:42.13	39.51	2100m: 27:39.75	39.68
650m: 8:28.29 39.45	1400m: 18:22.21	40.08	2150m: 28:19.71	39.96
700m: 9:07.83 39.54	1450m: 19:02.03	39.82	2200m: 28:59.29	39.58
750m: 9:47.49 39.66	1500m: 19:41.89	39.86	2250m: 29:38.95	39.66
			2300m: 30:19.16	40.21
			2350m: 30:58.99	39.83
			2400m: 31:39.03	40.04
			2450m: 32:19.08	40.05
			2500m: 32:59.36	40.28
			2550m: 33:39.74	40.38
			2600m: 34:19.88	40.14
			2650m: 34:59.55	39.67
			2700m: 35:39.85	40.30
			2750m: 36:19.75	39.90
			2800m: 36:59.51	39.76
			2850m: 37:39.36	39.85
			2900m: 38:19.02	39.66
			2950m: 38:57.35	38.33
			3000m: 39:34.17	36.82

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY		Temps	
27. GARCIA BLANCO, Alba	02	C.N. Granollers	39:35.43	10,00
50m: 37.39	37.39	800m: 10:13.28	38.80	1550m: 20:15.39
100m: 1:15.63	38.24	850m: 10:52.83	39.55	1600m: 20:54.99
150m: 1:53.55	37.92	900m: 11:31.99	39.16	1650m: 21:36.26
200m: 2:31.57	38.02	950m: 12:11.15	39.16	1700m: 22:17.42
250m: 3:09.77	38.20	1000m: 12:50.79	39.64	1750m: 22:58.78
300m: 3:47.63	37.86	1050m: 13:30.14	39.35	1800m: 23:39.70
350m: 4:25.70	38.07	1100m: 14:09.51	39.37	1850m: 24:20.45
400m: 5:03.86	38.16	1150m: 14:49.16	39.65	1900m: 25:02.00
450m: 5:42.75	38.89	1200m: 15:29.84	40.68	1950m: 25:43.20
500m: 6:21.56	38.81	1250m: 16:10.39	40.55	2000m: 26:23.87
550m: 7:00.24	38.68	1300m: 16:51.02	40.63	2050m: 27:04.16
600m: 7:38.94	38.70	1350m: 17:31.88	40.86	2100m: 27:44.00
650m: 8:17.55	38.61	1400m: 18:12.60	40.72	2150m: 28:23.68
700m: 8:55.99	38.44	1450m: 18:53.22	40.62	2200m: 29:03.51
750m: 9:34.48	38.49	1500m: 19:34.54	41.32	2250m: 29:42.04
				2300m: 30:21.21
				2350m: 31:00.38
				2400m: 31:39.97
				2450m: 32:19.96
				2500m: 32:59.49
				2550m: 33:39.13
				2600m: 34:19.00
				2650m: 34:59.43
				2700m: 35:40.44
				2750m: 36:20.44
				2800m: 36:59.67
				2850m: 37:38.69
				2900m: 38:17.13
				2950m: 38:56.13
				3000m: 39:35.43
28. PAVILLARD SALVADOR, Paula	04	N.C. Torelló	39:35.79	1,00
50m: 36.95	36.95	800m: 10:26.56	39.28	1550m: 20:21.73
100m: 1:15.50	38.55	850m: 11:06.16	39.60	1600m: 21:01.80
150m: 1:54.39	38.89	900m: 11:45.54	39.38	1650m: 21:41.68
200m: 2:33.70	39.31	950m: 12:24.93	39.39	1700m: 22:21.68
250m: 3:12.73	39.03	1000m: 13:04.51	39.58	1750m: 23:01.43
300m: 3:51.92	39.19	1050m: 13:44.16	39.65	1800m: 23:40.99
350m: 4:31.42	39.50	1100m: 14:23.65	39.49	1850m: 24:20.84
400m: 5:10.79	39.37	1150m: 15:03.12	39.47	1900m: 25:00.70
450m: 5:50.35	39.56	1200m: 15:43.09	39.97	1950m: 25:40.88
500m: 6:29.96	39.61	1250m: 16:22.83	39.74	2000m: 26:21.24
550m: 7:09.40	39.44	1300m: 17:02.56	39.73	2050m: 27:00.84
600m: 7:48.69	39.29	1350m: 17:42.34	39.78	2100m: 27:40.93
650m: 8:28.35	39.66	1400m: 18:21.96	39.62	2150m: 28:20.81
700m: 9:07.86	39.51	1450m: 19:02.13	40.17	2200m: 29:00.56
750m: 9:47.28	39.42	1500m: 19:41.89	39.76	2250m: 29:39.95
				2300m: 30:19.85
				2350m: 30:59.31
				2400m: 31:39.51
				2450m: 32:19.89
				2500m: 33:00.22
				2550m: 33:40.85
				2600m: 34:21.10
				2650m: 35:01.50
				2700m: 35:41.46
				2750m: 36:21.13
				2800m: 37:01.23
				2850m: 37:40.71
				2900m: 38:19.41
				2950m: 38:58.25
				3000m: 39:35.79
29. BENAVENTE LOPEZ, Ainhoa	98	N.C. Torelló	40:18.89	11,00
50m: 36.82	36.82	800m: 10:31.37	39.39	1550m: 20:33.85
100m: 1:14.96	38.14	850m: 11:11.19	39.82	1600m: 21:14.61
150m: 1:53.58	38.62	900m: 11:50.79	39.60	1650m: 21:55.39
200m: 2:33.23	39.65	950m: 12:30.87	40.08	1700m: 22:35.99
250m: 3:13.00	39.77	1000m: 13:10.92	40.05	1750m: 23:16.13
300m: 3:53.40	40.40	1050m: 13:50.66	39.74	1800m: 23:56.84
350m: 4:33.13	39.73	1100m: 14:30.49	39.83	1850m: 24:38.07
400m: 5:12.65	39.52	1150m: 15:11.14	40.65	1900m: 25:18.72
450m: 5:52.44	39.79	1200m: 15:51.67	40.53	1950m: 25:59.36
500m: 6:32.61	40.17	1250m: 16:31.48	39.81	2000m: 26:40.42
550m: 7:12.52	39.91	1300m: 17:11.64	40.16	2050m: 27:21.64
600m: 7:52.02	39.50	1350m: 17:51.72	40.08	2100m: 28:02.39
650m: 8:31.84	39.82	1400m: 18:32.18	40.46	2150m: 28:42.63
700m: 9:11.86	40.02	1450m: 19:12.57	40.39	2200m: 29:23.69
750m: 9:51.98	40.12	1500m: 19:53.44	40.87	2250m: 30:04.87
				2300m: 30:46.24
				2350m: 31:27.72
				2400m: 32:09.18
				2450m: 32:51.03
				2500m: 33:32.10
				2550m: 34:12.99
				2600m: 34:54.00
				2650m: 35:35.35
				2700m: 36:16.74
				2750m: 36:57.20
				2800m: 37:37.72
				2850m: 38:18.57
				2900m: 38:58.86
				2950m: 39:39.13
				3000m: 40:18.89
30. DE RONNE O'CONNOR, Emma	03	C.N. Sitges	41:47.15	9,00
50m: 37.49	37.49	800m: 10:44.78	41.46	1550m: 21:12.46
100m: 1:16.29	38.80	850m: 11:25.74	40.96	1600m: 21:54.80
150m: 1:55.65	39.36	900m: 12:07.27	41.53	1650m: 22:37.39
200m: 2:35.75	40.10	950m: 12:48.66	41.39	1700m: 23:19.80
250m: 3:15.34	39.59	1000m: 13:30.47	41.81	1750m: 24:02.35
300m: 3:56.64	41.30	1050m: 14:11.84	41.37	1800m: 24:46.07
350m: 4:37.13	40.49	1100m: 14:53.34	41.50	1850m: 25:28.61
400m: 5:17.82	40.69	1150m: 15:34.84	41.50	1900m: 26:11.69
450m: 5:58.46	40.64	1200m: 16:17.12	42.28	1950m: 26:54.30
500m: 6:39.10	40.64	1250m: 16:59.21	42.09	2000m: 27:37.53
550m: 7:19.42	40.32	1300m: 17:41.14	41.93	2050m: 28:19.72
600m: 8:00.32	40.90	1350m: 18:23.46	42.32	2100m: 29:02.47
650m: 8:41.51	41.19	1400m: 19:05.15	41.69	2150m: 29:45.88
700m: 9:22.52	41.01	1450m: 19:48.01	42.86	2200m: 30:29.22
750m: 10:03.32	40.80	1500m: 20:30.51	42.50	2250m: 31:12.05
				2300m: 31:55.46
				2350m: 32:38.93
				2400m: 33:23.02
				2450m: 34:06.59
				2500m: 34:50.37
				2550m: 35:31.81
				2600m: 36:13.43
				2650m: 36:56.17
				2700m: 37:38.11
				2750m: 38:20.05
				2800m: 39:02.14
				2850m: 39:43.75
				2900m: 40:25.23
				2950m: 41:06.62
				3000m: 41:47.15

NQ = Nedadors NO Classificats (tall no superat)

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

Classificació	ANY										Temps			
31.	MARSOL SISCART, Noemí										01	C.N. Tàrraga	42:37.87	10,00
	50m:	38.43	38.43	800m:	11:06.92	42.42	1550m:	21:48.83	43.26	2300m:	32:38.23	43.45		
	100m:	1:17.92	39.49	850m:	11:49.41	42.49	1600m:	22:31.88	43.05	2350m:	33:21.49	43.26		
	150m:	1:58.96	41.04	900m:	12:32.15	42.74	1650m:	23:14.50	42.62	2400m:	34:04.82	43.33		
	200m:	2:40.02	41.06	950m:	13:14.19	42.04	1700m:	23:57.97	43.47	2450m:	34:47.47	42.65		
	250m:	3:21.62	41.60	1000m:	13:56.85	42.66	1750m:	24:40.99	43.02	2500m:	35:30.55	43.08		
	300m:	4:03.23	41.61	1050m:	14:39.81	42.96	1800m:	25:24.27	43.28	2550m:	36:13.29	42.74		
	350m:	4:45.21	41.98	1100m:	15:22.37	42.56	1850m:	26:07.44	43.17	2600m:	36:56.50	43.21		
	400m:	5:27.79	42.58	1150m:	16:05.27	42.90	1900m:	26:50.57	43.13	2650m:	37:39.04	42.54		
	450m:	6:10.21	42.42	1200m:	16:48.44	43.17	1950m:	27:34.16	43.59	2700m:	38:21.91	42.87		
	500m:	6:52.71	42.50	1250m:	17:31.29	42.85	2000m:	28:17.69	43.53	2750m:	39:04.59	42.68		
	550m:	7:35.05	42.34	1300m:	18:14.10	42.81	2050m:	29:00.88	43.19	2800m:	39:47.35	42.76		
	600m:	8:17.50	42.45	1350m:	18:56.61	42.51	2100m:	29:44.10	43.22	2850m:	40:29.92	42.57		
	650m:	8:59.81	42.31	1400m:	19:39.95	43.34	2150m:	30:27.64	43.54	2900m:	41:13.06	43.14		
	700m:	9:42.17	42.36	1450m:	20:22.68	42.73	2200m:	31:10.97	43.33	2950m:	41:55.87	42.81		
	750m:	10:24.50	42.33	1500m:	21:05.57	42.89	2250m:	31:54.78	43.81	3000m:	42:37.87	42.00		
32.	VIZCAINO GOMEZ, Noa										02	C.N. Martorell	43:00.71	8,00
	50m:	38.56	38.56	800m:	11:20.56	42.48	1550m:	22:04.88	42.57	2300m:	32:58.02	43.73		
	100m:	1:19.33	40.77	850m:	12:03.49	42.93	1600m:	22:48.12	43.24	2350m:	33:41.58	43.56		
	150m:	2:01.79	42.46	900m:	12:46.53	43.04	1650m:	23:31.07	42.95	2400m:	34:25.87	44.29		
	200m:	2:44.37	42.58	950m:	13:29.58	43.05	1700m:	24:14.99	43.92	2450m:	35:09.66	43.79		
	250m:	3:27.26	42.89	1000m:	14:12.63	43.05	1750m:	24:58.72	43.73	2500m:	35:53.22	43.56		
	300m:	4:10.04	42.78	1050m:	14:55.06	42.43	1800m:	25:42.17	43.45	2550m:	36:36.97	43.75		
	350m:	4:53.21	43.17	1100m:	15:38.22	43.16	1850m:	26:25.98	43.81	2600m:	37:19.87	42.90		
	400m:	5:36.34	43.13	1150m:	16:21.54	43.32	1900m:	27:09.59	43.61	2650m:	38:03.07	43.20		
	450m:	6:19.14	42.80	1200m:	17:04.37	42.83	1950m:	27:52.68	43.09	2700m:	38:46.24	43.17		
	500m:	7:03.11	43.97	1250m:	17:47.50	43.13	2000m:	28:35.97	43.29	2750m:	39:28.91	42.67		
	550m:	7:45.99	42.88	1300m:	18:30.10	42.60	2050m:	29:19.45	43.48	2800m:	40:11.53	42.62		
	600m:	8:28.81	42.82	1350m:	19:12.93	42.83	2100m:	30:03.29	43.84	2850m:	40:54.19	42.66		
	650m:	9:11.62	42.81	1400m:	19:56.01	43.08	2150m:	30:46.83	43.54	2900m:	41:36.80	42.61		
	700m:	9:54.90	43.28	1450m:	20:39.06	43.05	2200m:	31:30.51	43.68	2950m:	42:19.28	42.48		
	750m:	10:38.08	43.18	1500m:	21:22.31	43.25	2250m:	32:14.29	43.78	3000m:	43:00.71	41.43		
DNS	VILÀ SEGUÉS, Carla										03	C.N. Tàrraga	-	
BX	BERTRAN IZQUIERDO, Aida										96	C.N. Barcelona	-	
BX	PERAIRA CRIADO, Carla										05	C.N. Sabadell	-	
BX	RUBIO GORDILLO, Laia										02	N.C. Torelló	-	