



III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201
26/2/2023

3000m Freestyle

2003 and older
Results

CR	36:45.89	REMESAR AGUILAR, NEMO ANTON00063	MATARÓ	10/4/2022
CR	38:18.29	BERTRAN IZQUIERDO, AIDA 00076	MATARÓ	10/4/2022

Points: Taula Catalana 2022

Rank YB Time Pts

25+, Men

1. TORRES SERRANO, Sergio 96 Cee Sant Gervasi 38:35.78

Rècord Catalunya

100m:	1:13.60	1:13.60	900m:	11:22.28	1:16.53	1700m:	21:41.39	1:17.53	2500m:	32:07.30	1:18.24
200m:	2:29.42	1:15.82	1000m:	12:39.45	1:17.17	1800m:	22:59.86	1:18.47	2600m:	33:25.65	1:18.35
300m:	3:45.70	1:16.28	1100m:	13:56.42	1:16.97	1900m:	24:18.49	1:18.63	2700m:	34:43.91	1:18.26
400m:	5:01.85	1:16.15	1200m:	15:13.97	1:17.55	2000m:	25:36.91	1:18.42	2800m:	36:02.21	1:18.30
500m:	6:17.64	1:15.79	1300m:	16:31.18	1:17.21	2100m:	26:54.98	1:18.07	2900m:	37:19.99	1:17.78
600m:	7:33.85	1:16.21	1400m:	17:48.70	1:17.52	2200m:	28:13.41	1:18.43	3000m:	38:35.78	1:15.79
700m:	8:49.81	1:15.96	1500m:	19:06.62	1:17.92	2300m:	29:31.37	1:17.96			
800m:	10:05.75	1:15.94	1600m:	20:23.86	1:17.24	2400m:	30:49.06	1:17.69			

2. ESCOFET MICOLAU, Guillem 95 C.N. Cornellà 44:07.37

100m:	1:21.33	1:21.33	900m:	13:07.49	1:27.96	1700m:	24:57.31	1:27.94	2500m:	36:50.74	1:29.92
200m:	2:48.20	1:26.87	1000m:	14:35.57	1:28.08	1800m:	26:26.28	1:28.97	2600m:	38:19.43	1:28.69
300m:	4:15.68	1:27.48	1100m:	16:04.07	1:28.50	1900m:	27:55.68	1:29.40	2700m:	39:46.67	1:27.24
400m:	5:43.42	1:27.74	1200m:	17:32.54	1:28.47	2000m:	29:25.15	1:29.47	2800m:	41:16.60	1:29.93
500m:	7:11.32	1:27.90	1300m:	19:01.34	1:28.80	2100m:	30:53.60	1:28.45	2900m:	42:43.53	1:26.93
600m:	8:40.34	1:29.02	1400m:	20:31.70	1:30.36	2200m:	32:22.26	1:28.66	3000m:	44:07.37	1:23.84
700m:	10:10.13	1:29.79	1500m:	22:01.54	1:29.84	2300m:	33:51.16	1:28.90			
800m:	11:39.53	1:29.40	1600m:	23:29.37	1:27.83	2400m:	35:20.82	1:29.66			

30+, Men

1. PEREZ MERINO, Alex 93 GEIEG 40:06.83

100m:	1:14.97	1:14.97	900m:	11:36.19	1:17.97	1700m:	22:13.62	1:20.90	2500m:	33:14.72	1:23.17
200m:	2:32.58	1:17.61	1000m:	12:53.94	1:17.75	1800m:	23:35.62	1:22.00	2600m:	34:38.72	1:24.00
300m:	3:50.37	1:17.79	1100m:	14:12.94	1:19.00	1900m:	24:56.90	1:21.28	2700m:	36:02.12	1:23.40
400m:	5:07.87	1:17.50	1200m:	15:32.15	1:19.21	2000m:	26:19.25	1:22.35	2800m:	37:24.47	1:22.35
500m:	6:25.47	1:17.60	1300m:	16:52.50	1:20.35	2100m:	27:42.08	1:22.83	2900m:	38:46.19	1:21.72
600m:	7:42.97	1:17.50	1400m:	18:12.94	1:20.44	2200m:	29:04.72	1:22.64	3000m:	40:06.83	1:20.64
700m:	9:00.47	1:17.50	1500m:	19:32.55	1:19.61	2300m:	30:28.30	1:23.58			
800m:	10:18.22	1:17.75	1600m:	20:52.72	1:20.17	2400m:	31:51.55	1:23.25			

2. OSET CESPEDES, Didac 92 C.N. Terrassa 42:57.65

100m:	1:20.22	1:20.22	900m:	12:43.04	1:25.79	1700m:	24:14.12	1:26.11	2500m:	35:52.24	1:27.97
200m:	2:44.51	1:24.29	1000m:	14:08.63	1:25.59	1800m:	25:40.67	1:26.55	2600m:	37:18.49	1:26.25
300m:	4:09.38	1:24.87	1100m:	15:35.06	1:26.43	1900m:	27:06.44	1:25.77	2700m:	38:44.72	1:26.23
400m:	5:34.51	1:25.13	1200m:	17:01.05	1:25.99	2000m:	28:33.37	1:26.93	2800m:	40:12.05	1:27.33
500m:	6:59.90	1:25.39	1300m:	18:27.68	1:26.63	2100m:	30:01.36	1:27.99	2900m:	41:38.48	1:26.43
600m:	8:25.61	1:25.71	1400m:	19:53.93	1:26.25	2200m:	31:29.19	1:27.83	3000m:	42:57.65	1:19.17
700m:	9:51.44	1:25.83	1500m:	21:21.04	1:27.11	2300m:	32:57.30	1:28.11			
800m:	11:17.25	1:25.81	1600m:	22:48.01	1:26.97	2400m:	34:24.27	1:26.97			

35+, Men

1. RODRIGUEZ RAMOS, Cristian 86 C.N. L'Hospitalet 38:27.52

100m:	1:14.77	1:14.77	900m:	11:18.87	1:15.24	1700m:	21:26.91	1:16.24	2500m:	31:53.08	1:19.33
200m:	2:30.41	1:15.64	1000m:	12:34.50	1:15.63	1800m:	22:43.81	1:16.90	2600m:	33:12.40	1:19.32
300m:	3:45.98	1:15.57	1100m:	13:50.51	1:16.01	1900m:	24:01.04	1:17.23	2700m:	34:35.02	1:22.62
400m:	5:01.29	1:15.31	1200m:	15:06.15	1:15.64	2000m:	25:20.12	1:19.08	2800m:	35:54.15	1:19.13
500m:	6:17.02	1:15.73	1300m:	16:22.46	1:16.31	2100m:	26:38.16	1:18.04	2900m:	37:13.10	1:18.95
600m:	7:32.33	1:15.31	1400m:	17:38.36	1:15.90	2200m:	27:56.84	1:18.68	3000m:	38:27.52	1:14.42
700m:	8:47.82	1:15.49	1500m:	18:54.69	1:16.33	2300m:	29:15.74	1:18.90			
800m:	10:03.63	1:15.81	1600m:	20:10.67	1:15.98	2400m:	30:33.75	1:18.01			

Piscina 50mts i Cronometratge Manual





III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201, Men, 3000m Freestyle, 35+

Rank	YB		Time		Pts			
2.	NAVARRO GUILLEN, Javier		87	Aquamasters	38:53.84			
	100m: 1:14.52	1:14.52	900m: 11:34.36	1:17.29	1700m: 21:55.08	1:17.97	2500m: 32:24.51	1:19.24
	200m: 2:32.00	1:17.48	1000m: 12:51.65	1:17.29	1800m: 23:13.19	1:18.11	2600m: 33:43.63	1:19.12
	300m: 3:49.23	1:17.23	1100m: 14:08.55	1:16.90	1900m: 24:31.41	1:18.22	2700m: 35:02.10	1:18.47
	400m: 5:06.95	1:17.72	1200m: 15:26.35	1:17.80	2000m: 25:49.38	1:17.97	2800m: 36:22.16	1:20.06
	500m: 6:24.36	1:17.41	1300m: 16:44.38	1:18.03	2100m: 27:08.81	1:19.43	2900m: 37:40.16	1:18.00
	600m: 7:42.00	1:17.64	1400m: 18:02.09	1:17.71	2200m: 28:27.38	1:18.57	3000m: 38:53.84	1:13.68
	700m: 8:59.50	1:17.50	1500m: 19:19.24	1:17.15	2300m: 29:45.85	1:18.47		
	800m: 10:17.07	1:17.57	1600m: 20:37.11	1:17.87	2400m: 31:05.27	1:19.42		
3.	PARRILLA CARRION, Jose Gabriel		85	C.N. Parets	48:05.37			
	100m: 1:28.12	1:28.12	900m: 14:23.06	1:37.27	1700m: 27:21.62	1:37.27	2500m: 40:15.74	1:36.27
	200m: 3:03.75	1:35.63	1000m: 16:02.85	1:39.79	1800m: 29:00.93	1:39.31	2600m: 41:52.53	1:36.79
	300m: 4:40.12	1:36.37	1100m: 17:37.32	1:34.47	1900m: 30:37.54	1:36.61	2700m: 43:26.58	1:34.05
	400m: 6:16.69	1:36.57	1200m: 19:14.67	1:37.35	2000m: 32:14.11	1:36.57	2800m: 44:59.87	1:33.29
	500m: 7:53.12	1:36.43	1300m: 20:52.10	1:37.43	2100m: 33:49.56	1:35.45	2900m: 46:33.30	1:33.43
	600m: 9:30.17	1:37.05	1400m: 22:30.29	1:38.19	2200m: 35:25.55	1:35.99	3000m: 48:05.37	1:32.07
	700m: 11:07.94	1:37.77	1500m: 24:07.02	1:36.73	2300m: 37:02.08	1:36.53		
	800m: 12:45.79	1:37.85	1600m: 25:44.35	1:37.33	2400m: 38:39.47	1:37.39		

40+, Men

1.	REMESAR AGUILAR, Nemo Antonio		83	C.N. Atl Barceloneta	37:28.01			
	<i>Rècord Catalunya</i>							
	100m: 1:14.88	1:14.88	900m: 11:21.13	1:14.35	1700m: 21:21.56	1:15.93	2500m: 31:21.41	1:14.38
	200m: 2:32.34	1:17.46	1000m: 12:36.13	1:15.00	1800m: 22:36.84	1:15.28	2600m: 32:35.23	1:13.82
	300m: 3:49.13	1:16.79	1100m: 13:51.56	1:15.43	1900m: 23:51.70	1:14.86	2700m: 33:48.73	1:13.50
	400m: 5:04.95	1:15.82	1200m: 15:06.41	1:14.85	2000m: 25:07.88	1:16.18	2800m: 35:02.66	1:13.93
	500m: 6:20.53	1:15.58	1300m: 16:22.09	1:15.68	2100m: 26:22.56	1:14.68	2900m: 36:17.09	1:14.43
	600m: 7:35.73	1:15.20	1400m: 17:35.63	1:13.54	2200m: 27:37.23	1:14.67	3000m: 37:28.01	1:10.92
	700m: 8:51.78	1:16.05	1500m: 18:50.23	1:14.60	2300m: 28:55.42	1:18.19		
	800m: 10:06.78	1:15.00	1600m: 20:05.63	1:15.40	2400m: 30:07.03	1:11.61		
2.	BOZZO BALBASTRE, Oriol		82	C.N. Tarraco	50:12.49			
	100m: 1:30.41	1:30.41	900m: 14:49.30	1:40.38	1700m: 28:14.07	1:41.79	2500m: 41:53.39	1:43.11
	200m: 3:09.17	1:38.76	1000m: 16:30.03	1:40.73	1800m: 29:55.81	1:41.74	2600m: 43:35.88	1:42.49
	300m: 4:49.03	1:39.86	1100m: 18:09.58	1:39.55	1900m: 31:37.17	1:41.36	2700m: 45:17.92	1:42.04
	400m: 6:28.54	1:39.51	1200m: 19:48.85	1:39.27	2000m: 33:19.97	1:42.80	2800m: 46:57.52	1:39.60
	500m: 8:07.88	1:39.34	1300m: 21:28.83	1:39.98	2100m: 35:01.88	1:41.91	2900m: 48:37.78	1:40.26
	600m: 9:48.79	1:40.91	1400m: 23:09.41	1:40.58	2200m: 36:44.63	1:42.75	3000m: 50:12.49	1:34.71
	700m: 11:29.27	1:40.48	1500m: 24:50.19	1:40.78	2300m: 38:27.63	1:43.00		
	800m: 13:08.92	1:39.65	1600m: 26:32.28	1:42.09	2400m: 40:10.28	1:42.65		

45+, Men

1.	GLEIZES, Sylvain		74	F.P. Claror	38:55.65			
	100m: 1:14.46	1:14.46	900m: 11:34.49	1:17.52	1700m: 21:57.64	1:17.67	2500m: 32:24.07	1:19.42
	200m: 2:31.90	1:17.44	1000m: 12:51.84	1:17.35	1800m: 23:15.16	1:17.52	2600m: 33:43.06	1:18.99
	300m: 3:49.21	1:17.31	1100m: 14:08.79	1:16.95	1900m: 24:32.46	1:17.30	2700m: 35:00.99	1:17.93
	400m: 5:06.82	1:17.61	1200m: 15:26.37	1:17.58	2000m: 25:49.73	1:17.27	2800m: 36:21.22	1:20.23
	500m: 6:24.39	1:17.57	1300m: 16:44.36	1:17.99	2100m: 27:08.70	1:18.97	2900m: 37:39.33	1:18.11
	600m: 7:41.89	1:17.50	1400m: 18:02.77	1:18.41	2200m: 28:26.98	1:18.28	3000m: 38:55.65	1:16.32
	700m: 8:59.51	1:17.62	1500m: 19:21.92	1:19.15	2300m: 29:45.52	1:18.54		
	800m: 10:16.97	1:17.46	1600m: 20:39.97	1:18.05	2400m: 31:04.65	1:19.13		

Piscina 50mts i Cronometratge Manual





III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201, Men, 3000m Freestyle, 45+

Rank			YB			Time	Pts	
2.	SAVESCU, George		75	C.D. Jerez Natacion Master		39:03.58		
	100m: 1:14.70	1:14.70	900m: 11:35.27	1:17.48	1700m: 21:57.30	1:17.90	2500m: 32:27.93	1:18.93
	200m: 2:32.35	1:17.65	1000m: 12:52.71	1:17.44	1800m: 23:15.26	1:17.96	2600m: 33:47.67	1:19.74
	300m: 3:50.01	1:17.66	1100m: 14:09.93	1:17.22	1900m: 24:33.67	1:18.41	2700m: 35:06.77	1:19.10
	400m: 5:07.58	1:17.57	1200m: 15:27.60	1:17.67	2000m: 25:52.05	1:18.38	2800m: 36:27.46	1:20.69
	500m: 6:25.13	1:17.55	1300m: 16:45.55	1:17.95	2100m: 27:10.84	1:18.79	2900m: 37:47.30	1:19.84
	600m: 7:42.77	1:17.64	1400m: 18:03.59	1:18.04	2200m: 28:30.25	1:19.41	3000m: 39:03.58	1:16.28
	700m: 9:00.22	1:17.45	1500m: 19:21.49	1:17.90	2300m: 29:49.26	1:19.01		
	800m: 10:17.79	1:17.57	1600m: 20:39.40	1:17.91	2400m: 31:09.00	1:19.74		
3.	TORIBIO ECHEGOYEN, Alberto		77	Cee Sant Gervasi		42:32.92		
	100m: 1:19.09	1:19.09	900m: 12:33.41	1:25.03	1700m: 23:59.65	1:26.11	2500m: 35:24.29	1:25.69
	200m: 2:41.62	1:22.53	1000m: 13:59.28	1:25.87	1800m: 25:25.22	1:25.57	2600m: 36:50.35	1:26.06
	300m: 4:05.10	1:23.48	1100m: 15:24.38	1:25.10	1900m: 26:50.95	1:25.73	2700m: 38:16.71	1:26.36
	400m: 5:29.58	1:24.48	1200m: 16:50.53	1:26.15	2000m: 28:16.29	1:25.34	2800m: 39:42.32	1:25.61
	500m: 6:54.06	1:24.48	1300m: 18:16.49	1:25.96	2100m: 29:41.84	1:25.55	2900m: 41:07.69	1:25.37
	600m: 8:18.90	1:24.84	1400m: 19:42.47	1:25.98	2200m: 31:06.90	1:25.06	3000m: 42:32.92	1:25.23
	700m: 9:43.71	1:24.81	1500m: 21:08.13	1:25.66	2300m: 32:32.63	1:25.73		
	800m: 11:08.38	1:24.67	1600m: 22:33.54	1:25.41	2400m: 33:58.60	1:25.97		
4.	MANZANO LOPEZ, Jose Luis		76	Club Nagi		47:32.43		
	100m: 1:26.93	1:26.93	900m: 13:48.69	1:34.28	1700m: 26:34.79	1:34.26	2500m: 39:33.23	1:37.71
	200m: 2:59.01	1:32.08	1000m: 15:25.89	1:37.20	1800m: 28:11.57	1:36.78	2600m: 41:12.09	1:38.86
	300m: 4:31.04	1:32.03	1100m: 17:00.64	1:34.75	1900m: 29:48.53	1:36.96	2700m: 42:48.93	1:36.84
	400m: 6:02.93	1:31.89	1200m: 18:36.04	1:35.40	2000m: 31:25.63	1:37.10	2800m: 44:26.69	1:37.76
	500m: 7:35.38	1:32.45	1300m: 20:11.67	1:35.63	2100m: 33:03.23	1:37.60	2900m: 46:03.40	1:36.71
	600m: 9:07.84	1:32.46	1400m: 21:48.74	1:37.07	2200m: 34:40.34	1:37.11	3000m: 47:32.43	1:29.03
	700m: 10:40.74	1:32.90	1500m: 23:25.49	1:36.75	2300m: 36:18.14	1:37.80		
	800m: 12:14.41	1:33.67	1600m: 25:00.53	1:35.04	2400m: 37:55.52	1:37.38		

50+, Men

1.	PIJUAN ORO, Lluís		72	C.E.N. Balaguer		37:20.85		
	<i>Rècord Espanya</i>							
	100m: 1:12.82	1:12.82	900m: 11:05.24	1:14.24	1700m: 20:59.52	1:14.55	2500m: 30:59.23	1:16.26
	200m: 2:26.63	1:13.81	1000m: 12:19.59	1:14.35	1800m: 22:14.89	1:15.37	2600m: 32:15.02	1:15.79
	300m: 3:41.13	1:14.50	1100m: 13:33.67	1:14.08	1900m: 23:29.74	1:14.85	2700m: 33:31.71	1:16.69
	400m: 4:56.14	1:15.01	1200m: 14:48.40	1:14.73	2000m: 24:44.53	1:14.79	2800m: 34:48.45	1:16.74
	500m: 6:10.01	1:13.87	1300m: 16:02.50	1:14.10	2100m: 25:59.15	1:14.62	2900m: 36:05.64	1:17.19
	600m: 7:23.38	1:13.37	1400m: 17:16.72	1:14.22	2200m: 27:13.05	1:13.90	3000m: 37:20.85	1:15.21
	700m: 8:37.05	1:13.67	1500m: 18:30.80	1:14.08	2300m: 28:27.42	1:14.37		
	800m: 9:51.00	1:13.95	1600m: 19:44.97	1:14.17	2400m: 29:42.97	1:15.55		
2.	SANCHIS I DOMENECH, Jordi		72	Cn Master Torrijos		40:22.36		
	100m: 1:19.07	1:19.07	900m: 11:59.39	1:19.79	1700m: 22:42.66	1:20.53	2500m: 33:34.76	1:21.88
	200m: 2:40.03	1:20.96	1000m: 13:18.87	1:19.48	1800m: 24:04.36	1:21.70	2600m: 34:57.14	1:22.38
	300m: 4:00.33	1:20.30	1100m: 14:38.95	1:20.08	1900m: 25:26.37	1:22.01	2700m: 36:19.32	1:22.18
	400m: 5:20.10	1:19.77	1200m: 15:58.93	1:19.98	2000m: 26:47.50	1:21.13	2800m: 37:41.76	1:22.44
	500m: 6:40.48	1:20.38	1300m: 17:19.73	1:20.80	2100m: 28:08.25	1:20.75	2900m: 39:03.57	1:21.81
	600m: 8:00.57	1:20.09	1400m: 18:40.31	1:20.58	2200m: 29:29.62	1:21.37	3000m: 40:22.36	1:18.79
	700m: 9:19.48	1:18.91	1500m: 20:01.15	1:20.84	2300m: 30:51.00	1:21.38		
	800m: 10:39.60	1:20.12	1600m: 21:22.13	1:20.98	2400m: 32:12.88	1:21.88		
3.	GARCIA CABAS, Fernando		69	Aquamasters		46:35.19		
	100m: 1:29.54	1:29.54	900m: 13:44.40	1:32.00	1700m: 26:08.33	1:33.29	2500m: 38:43.29	1:35.39
	200m: 3:01.19	1:31.65	1000m: 15:16.71	1:32.31	1800m: 27:42.04	1:33.71	2600m: 40:19.19	1:35.90
	300m: 4:33.47	1:32.28	1100m: 16:48.83	1:32.12	1900m: 29:16.47	1:34.43	2700m: 41:53.61	1:34.42
	400m: 6:05.61	1:32.14	1200m: 18:21.33	1:32.50	2000m: 30:50.90	1:34.43	2800m: 43:27.65	1:34.04
	500m: 7:36.79	1:31.18	1300m: 19:55.01	1:33.68	2100m: 32:25.11	1:34.21	2900m: 45:02.04	1:34.39
	600m: 9:08.94	1:32.15	1400m: 21:28.01	1:33.00	2200m: 33:59.65	1:34.54	3000m: 46:35.19	1:33.15
	700m: 10:40.65	1:31.71	1500m: 23:02.01	1:34.00	2300m: 35:33.61	1:33.96		
	800m: 12:12.40	1:31.75	1600m: 24:35.04	1:33.03	2400m: 37:07.90	1:34.29		

Piscina 50mts i Cronometratge Manual





III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201, Men, 3000m Freestyle, 50+

Rank	YB	Time	Pts
DSQ	GALIANA ROCA, Xavier	73	C.N. Sant Feliu
<i>DSQ - DESQUALIFICAT, Retirat</i>			

55+, Men

1.	ADELL LLOSAS, Joan Carles	68	Cambrils C.N.	40:45.98
<i>Rècord Catalunya</i>				
100m:	1:17.73	1:17.73	900m:	11:56.68
200m:	2:38.43	1:20.70	1000m:	13:16.85
300m:	3:58.41	1:19.98	1100m:	14:36.85
400m:	5:18.95	1:20.54	1200m:	15:57.21
500m:	6:20.53	1:01.58	1300m:	17:18.48
600m:	7:57.50	1:36.97	1400m:	18:38.99
700m:	9:17.00	1:19.50	1500m:	20:00.10
800m:	10:36.93	1:19.93	1600m:	21:22.15
1700m:	22:43.49	1:21.34	2300m:	31:00.68
1800m:	24:04.71	1:21.22	2400m:	32:24.23
1900m:	25:27.32	1:22.61	2500m:	33:47.74
2000m:	25:50.27	22.95	2600m:	35:12.12
2100m:	28:13.34	2:23.07	2700m:	36:35.71
2200m:	29:37.09	1:23.75	2800m:	37:59.73
2300m:	31:00.68	1:23.59	2900m:	39:23.62
2400m:	32:24.23	1:23.55	3000m:	40:45.98
2500m:	33:47.74	1:23.51		
2600m:	35:12.12	1:24.38		
2700m:	36:35.71	1:23.59		
2800m:	37:59.73	1:24.02		
2900m:	39:23.62	1:23.89		
3000m:	40:45.98	1:22.36		
2.	BAIGES GIRALT, Joan	64	Cambrils C.N.	52:11.18
100m:	1:35.68	1:35.68	900m:	15:18.28
200m:	3:16.64	1:40.96	1000m:	17:03.43
300m:	4:58.36	1:41.72	1100m:	18:48.78
400m:	6:40.25	1:41.89	1200m:	20:32.96
500m:	8:23.25	1:43.00	1300m:	22:18.14
600m:	10:06.50	1:43.25	1400m:	24:03.28
700m:	11:50.31	1:43.81	1500m:	25:48.75
800m:	13:33.89	1:43.58	1600m:	27:34.11
1700m:	29:19.53	1:45.42	2300m:	39:52.86
1800m:	31:05.36	1:45.83	2400m:	41:39.00
1900m:	32:51.31	1:45.95	2500m:	43:23.96
2000m:	34:37.04	1:45.73	2600m:	45:10.78
2100m:	36:20.89	1:43.85	2700m:	47:00.92
2200m:	38:06.64	1:45.75	2800m:	48:46.21
2300m:	39:52.86	1:46.22	2900m:	50:31.46
2400m:	41:39.00	1:46.14	3000m:	52:11.18
2500m:	43:23.96	1:44.96		
2600m:	45:10.78	1:46.82		
2700m:	47:00.92	1:50.14		
2800m:	48:46.21	1:45.29		
2900m:	50:31.46	1:45.25		
3000m:	52:11.18	1:39.72		
3.	RIBON CALABIA, Enrique	68	Aquamasters	53:02.07
100m:	1:48.68	1:48.68	900m:	16:15.00
200m:	3:37.99	1:49.31	1000m:	18:01.39
300m:	5:27.64	1:49.65	1100m:	19:47.56
400m:	7:17.53	1:49.89	1200m:	21:33.77
500m:	9:06.36	1:48.83	1300m:	23:19.64
600m:	10:53.93	1:47.57	1400m:	25:05.55
700m:	12:41.50	1:47.57	1500m:	26:51.32
800m:	14:28.61	1:47.11	1600m:	28:37.31
1700m:	30:23.32	1:46.01	2300m:	40:55.18
1800m:	32:08.75	1:45.43	2400m:	42:39.67
1900m:	33:55.04	1:46.29	2500m:	44:23.90
2000m:	35:40.09	1:45.05	2600m:	46:07.91
2100m:	37:24.68	1:44.59	2700m:	47:52.40
2200m:	39:10.29	1:45.61	2800m:	49:36.73
2300m:	40:55.18	1:44.89	2900m:	51:20.84
2400m:	42:39.67	1:44.49	3000m:	53:02.07
2500m:	44:23.90	1:44.23		
2600m:	46:07.91	1:44.01		
2700m:	47:52.40	1:44.49		
2800m:	49:36.73	1:44.33		
2900m:	51:20.84	1:44.11		
3000m:	53:02.07	1:41.23		

60+, Men

1.	MORCILLO ESPUNY, Joan Francesc	61	C.N. Badalona	42:57.79
100m:	1:20.78	1:20.78	900m:	12:36.84
200m:	2:44.73	1:23.95	1000m:	14:02.11
300m:	4:08.88	1:24.15	1100m:	15:26.76
400m:	5:32.91	1:24.03	1200m:	16:51.69
500m:	6:57.80	1:24.89	1300m:	18:16.96
600m:	8:22.41	1:24.61	1400m:	19:42.39
700m:	9:47.26	1:24.85	1500m:	21:07.78
800m:	11:12.01	1:24.75	1600m:	22:33.51
1700m:	23:59.10	1:25.59	2300m:	32:42.20
1800m:	25:25.59	1:26.49	2400m:	34:10.09
1900m:	26:51.68	1:26.09	2500m:	35:37.82
2000m:	28:19.17	1:27.49	2600m:	37:05.79
2100m:	29:46.44	1:27.27	2700m:	38:33.78
2200m:	31:14.29	1:27.85	2800m:	40:01.29
2300m:	32:42.20	1:27.91	2900m:	41:30.32
2400m:	34:10.09	1:27.89	3000m:	42:57.79
2500m:	35:37.82	1:27.73		
2600m:	37:05.79	1:27.97		
2700m:	38:33.78	1:27.99		
2800m:	40:01.29	1:27.51		
2900m:	41:30.32	1:29.03		
3000m:	42:57.79	1:27.47		
2.	ANGLES OLIVE, Josep	63	Cambrils C.N.	49:39.61
100m:	1:29.04	1:29.04	900m:	14:29.74
200m:	3:03.52	1:34.48	1000m:	16:08.61
300m:	4:40.22	1:36.70	1100m:	17:48.02
400m:	6:17.91	1:37.69	1200m:	19:27.54
500m:	7:56.18	1:38.27	1300m:	21:06.54
600m:	9:34.95	1:38.77	1400m:	22:46.21
700m:	11:13.35	1:38.40	1500m:	24:26.32
800m:	12:51.07	1:37.72	1600m:	26:07.69
1700m:	27:48.82	1:41.13	2300m:	37:58.76
1800m:	29:30.31	1:41.49	2400m:	39:39.59
1900m:	31:12.05	1:41.74	2500m:	41:21.32
2000m:	32:54.51	1:42.46	2600m:	43:03.14
2100m:	34:36.35	1:41.84	2700m:	44:44.64
2200m:	36:17.22	1:40.87	2800m:	46:25.72
2300m:	37:58.76	1:41.54	2900m:	48:05.84
2400m:	39:39.59	1:40.83	3000m:	49:39.61
2500m:	41:21.32	1:41.73		
2600m:	43:03.14	1:41.82		
2700m:	44:44.64	1:41.50		
2800m:	46:25.72	1:41.08		
2900m:	48:05.84	1:40.12		
3000m:	49:39.61	1:33.77		

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III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201, Men, 3000m Freestyle, 60+

Rank			YB			Time	Pts					
3.	GARRIDO CASADO, Antonio		62	Club Nagi		1:00:36.52						
	100m:	1:48.53	1:48.53	900m:	17:36.97	1:58.78	1700m:	33:59.13	2:00.20	2500m:	50:35.88	2:02.58
	200m:	3:43.24	1:54.71	1000m:	19:38.49	2:01.52	1800m:	36:04.16	2:05.03	2600m:	52:37.71	2:01.83
	300m:	5:38.91	1:55.67	1100m:	21:40.16	2:01.67	1900m:	38:11.69	2:07.53	2700m:	54:41.24	2:03.53
	400m:	7:35.83	1:56.92	1200m:	23:43.78	2:03.62	2000m:	40:19.57	2:07.88	2800m:	56:43.84	2:02.60
	500m:	9:36.60	2:00.77	1300m:	25:48.78	2:05.00	2100m:	42:26.91	2:07.34	2900m:	58:41.34	1:57.50
	600m:	11:37.45	2:00.85	1400m:	27:50.67	2:01.89	2200m:	44:30.50	2:03.59	3000m:	1:00:36.52	1:55.18
	700m:	13:38.05	2:00.60	1500m:	29:55.80	2:05.13	2300m:	46:32.98	2:02.48			
	800m:	15:38.19	2:00.14	1600m:	31:58.93	2:03.13	2400m:	48:33.30	2:00.32			

65+, Men

1.	RUMEU MILA, Juan		58	Marnaton		49:32.59						
<i>Rècord Catalunya</i>												
	100m:	1:33.20	1:33.20	900m:	14:50.95	1:39.54	1700m:	28:08.95	1:40.73	2500m:	41:23.41	1:38.21
	200m:	3:13.52	1:40.32	1000m:	16:30.27	1:39.32	1800m:	29:49.20	1:40.25	2600m:	43:01.58	1:38.17
	300m:	4:53.98	1:40.46	1100m:	18:09.92	1:39.65	1900m:	31:31.70	1:42.50	2700m:	44:39.57	1:37.99
	400m:	6:34.52	1:40.54	1200m:	19:49.51	1:39.59	2000m:	33:12.42	1:40.72	2800m:	46:20.59	1:41.02
	500m:	8:13.65	1:39.13	1300m:	21:28.94	1:39.43	2100m:	34:50.37	1:37.95	2900m:	47:58.88	1:38.29
	600m:	9:53.43	1:39.78	1400m:	23:08.91	1:39.97	2200m:	36:28.95	1:38.58	3000m:	49:32.59	1:33.71
	700m:	11:32.78	1:39.35	1500m:	24:48.35	1:39.44	2300m:	38:06.57	1:37.62			
	800m:	13:11.41	1:38.63	1600m:	26:28.22	1:39.87	2400m:	39:45.20	1:38.63			

20+, Women

1.	SERRA BALAGUERO, Anna		99	C.N. Terrassa		42:10.58						
	100m:	1:16.92	1:16.92	900m:	12:23.78	1:23.76	1700m:	23:38.83	1:24.22	2500m:	35:02.77	1:26.36
	200m:	2:38.71	1:21.79	1000m:	13:48.02	1:24.24	1800m:	25:03.17	1:24.34	2600m:	36:29.44	1:26.67
	300m:	4:01.20	1:22.49	1100m:	15:12.46	1:24.44	1900m:	26:28.48	1:25.31	2700m:	37:55.87	1:26.43
	400m:	5:24.97	1:23.77	1200m:	16:36.74	1:24.28	2000m:	27:53.50	1:25.02	2800m:	39:21.23	1:25.36
	500m:	6:48.41	1:23.44	1300m:	18:01.15	1:24.41	2100m:	29:18.53	1:25.03	2900m:	40:46.23	1:25.00
	600m:	8:12.17	1:23.76	1400m:	19:25.43	1:24.28	2200m:	30:44.11	1:25.58	3000m:	42:10.58	1:24.35
	700m:	9:35.94	1:23.77	1500m:	20:49.76	1:24.33	2300m:	32:10.15	1:26.04			
	800m:	11:00.02	1:24.08	1600m:	22:14.61	1:24.85	2400m:	33:36.41	1:26.26			

25+, Women

1.	BERTRAN IZQUIERDO, Aida		96	C.E. Mediterrani		38:18.25						
<i>Rècord Catalunya</i>												
	100m:	1:14.44	1:14.44	900m:	11:18.58	1:15.29	1700m:	21:27.18	1:16.39	2500m:	31:44.26	1:17.75
	200m:	2:30.07	1:15.63	1000m:	12:34.33	1:15.75	1800m:	22:43.55	1:16.37	2600m:	33:02.87	1:18.61
	300m:	3:45.62	1:15.55	1100m:	13:50.08	1:15.75	1900m:	24:00.80	1:17.25	2700m:	34:20.90	1:18.03
	400m:	5:01.19	1:15.57	1200m:	15:05.99	1:15.91	2000m:	25:17.65	1:16.85	2800m:	35:39.71	1:18.81
	500m:	6:16.54	1:15.35	1300m:	16:22.22	1:16.23	2100m:	26:34.14	1:16.49	2900m:	36:59.46	1:19.75
	600m:	7:32.05	1:15.51	1400m:	17:38.03	1:15.81	2200m:	27:51.33	1:17.19	3000m:	38:18.25	1:18.79
	700m:	8:47.32	1:15.27	1500m:	18:54.54	1:16.51	2300m:	29:08.84	1:17.51			
	800m:	10:03.29	1:15.97	1600m:	20:10.79	1:16.25	2400m:	30:26.51	1:17.67			

30+, Women

1.	CARRERAS RODRIGUEZ, Marta		92	C.N. Parets		47:27.56						
	100m:	1:26.41	1:26.41	900m:	14:05.41	1:34.07	1700m:	26:50.09	1:37.03	2500m:	39:41.19	1:36.03
	200m:	3:00.44	1:34.03	1000m:	15:39.16	1:33.75	1800m:	28:26.16	1:36.07	2600m:	41:16.48	1:35.29
	300m:	4:34.16	1:33.72	1100m:	17:14.31	1:35.15	1900m:	30:02.16	1:36.00	2700m:	42:51.98	1:35.50
	400m:	6:09.34	1:35.18	1200m:	18:49.66	1:35.35	2000m:	31:39.38	1:37.22	2800m:	44:26.91	1:34.93
	500m:	7:45.66	1:36.32	1300m:	20:25.66	1:36.00	2100m:	33:15.23	1:35.85	2900m:	45:59.51	1:32.60
	600m:	9:22.09	1:36.43	1400m:	22:01.73	1:36.07	2200m:	34:51.16	1:35.93	3000m:	47:27.56	1:28.05
	700m:	10:56.76	1:34.67	1500m:	23:37.56	1:35.83	2300m:	36:28.66	1:37.50			
	800m:	12:31.34	1:34.58	1600m:	25:13.06	1:35.50	2400m:	38:05.16	1:36.50			

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Event 201, 3000m Freestyle

35+, Women

1. ROLDAN GOMEZ, Alba	86	C.D. Jerez Natacion Master	42:57.98
100m: 1:19.95 1:19.95	900m: 12:41.59 1:25.06	1700m: 24:14.27 1:26.49	2500m: 35:52.44 1:28.02
200m: 2:44.07 1:24.12	1000m: 14:07.48 1:25.89	1800m: 25:40.63 1:26.36	2600m: 37:18.81 1:26.37
300m: 4:08.92 1:24.85	1100m: 15:34.29 1:26.81	1900m: 27:06.82 1:26.19	2700m: 38:44.92 1:26.11
400m: 5:33.94 1:25.02	1200m: 17:00.50 1:26.21	2000m: 28:33.42 1:26.60	2800m: 40:11.97 1:27.05
500m: 6:59.76 1:25.82	1300m: 18:26.96 1:26.46	2100m: 30:01.22 1:27.80	2900m: 41:38.26 1:26.29
600m: 8:25.22 1:25.46	1400m: 19:53.48 1:26.52	2200m: 31:29.18 1:27.96	3000m: 42:57.98 1:19.72
700m: 9:51.06 1:25.84	1500m: 21:20.87 1:27.39	2300m: 32:57.10 1:27.92	
800m: 11:16.53 1:25.47	1600m: 22:47.78 1:26.91	2400m: 34:24.42 1:27.32	

45+, Women

1. PUJOL ULIED, Minerva	78	GEIEG	43:55.80
100m: 1:22.09 1:22.09	900m: 12:57.79 1:27.44	1700m: 24:44.50 1:28.80	2500m: 36:35.15 1:29.17
200m: 2:48.23 1:26.14	1000m: 14:25.49 1:27.70	1800m: 26:13.00 1:28.50	2600m: 38:04.63 1:29.48
300m: 4:14.88 1:26.65	1100m: 15:53.43 1:27.94	1900m: 27:41.98 1:28.98	2700m: 39:34.05 1:29.42
400m: 5:41.59 1:26.71	1200m: 17:21.12 1:27.69	2000m: 29:10.30 1:28.32	2800m: 41:01.50 1:27.45
500m: 7:08.50 1:26.91	1300m: 18:49.45 1:28.33	2100m: 30:38.74 1:28.44	2900m: 42:30.37 1:28.87
600m: 8:35.59 1:27.09	1400m: 20:18.16 1:28.71	2200m: 32:07.85 1:29.11	3000m: 43:55.80 1:25.43
700m: 10:03.16 1:27.57	1500m: 21:46.50 1:28.34	2300m: 33:36.73 1:28.88	
800m: 11:30.35 1:27.19	1600m: 23:15.70 1:29.20	2400m: 35:05.98 1:29.25	
2. TAPIA ROMAN, Eva	74	C.N. Catalunya	46:20.47
100m: 1:28.53 1:28.53	900m: 13:53.14 1:33.51	1700m: 26:16.76 1:32.20	2500m: 38:38.87 1:32.26
200m: 3:01.48 1:32.95	1000m: 15:26.75 1:33.61	1800m: 27:48.64 1:31.88	2600m: 40:11.56 1:32.69
300m: 4:34.65 1:33.17	1100m: 17:00.08 1:33.33	1900m: 29:21.14 1:32.50	2700m: 41:44.59 1:33.03
400m: 6:07.12 1:32.47	1200m: 18:32.34 1:32.26	2000m: 30:54.45 1:33.31	2800m: 43:17.61 1:33.02
500m: 7:39.98 1:32.86	1300m: 20:05.53 1:33.19	2100m: 32:27.19 1:32.74	2900m: 44:51.03 1:33.42
600m: 9:13.03 1:33.05	1400m: 21:38.31 1:32.78	2200m: 33:59.64 1:32.45	3000m: 46:20.47 1:29.44
700m: 10:46.30 1:33.27	1500m: 23:12.31 1:34.00	2300m: 35:33.56 1:33.92	
800m: 12:19.63 1:33.33	1600m: 24:44.56 1:32.25	2400m: 37:06.61 1:33.05	

50+, Women

1. VILA FORTUNY, Marta	72	GEIEG	47:16.30
100m: 1:25.41 1:25.41	900m: 13:38.82 1:29.18	1700m: 26:22.41 1:31.48	2500m: 39:14.37 1:42.60
200m: 2:54.67 1:29.26	1000m: 15:19.84 1:41.02	1800m: 27:59.71 1:37.30	2600m: 40:50.39 1:36.02
300m: 4:28.32 1:33.65	1100m: 16:54.05 1:34.21	1900m: 29:31.01 1:31.30	2700m: 42:23.46 1:33.07
400m: 5:56.77 1:28.45	1200m: 18:24.15 1:30.10	2000m: 31:13.66 1:42.65	2800m: 44:02.98 1:39.52
500m: 7:35.18 1:38.41	1300m: 20:00.79 1:36.64	2100m: 32:49.45 1:35.79	2900m: 45:35.10 1:32.12
600m: 9:05.29 1:30.11	1400m: 21:31.16 1:30.37	2200m: 34:21.50 1:32.05	3000m: 47:16.30 1:41.20
700m: 10:34.59 1:29.30	1500m: 23:17.89 1:46.73	2300m: 35:59.58 1:38.08	
800m: 12:09.64 1:35.05	1600m: 24:50.93 1:33.04	2400m: 37:31.77 1:32.19	
2. PERA MENDEZ, Yolanda	73	C.N. Parets	54:11.51
100m: 1:38.97 1:38.97	900m: 15:51.44 1:48.71	1700m: 30:20.00 1:49.09	2500m: 44:59.58 1:51.37
200m: 3:24.72 1:45.75	1000m: 17:51.44 2:00.00	1800m: 32:08.21 1:48.21	2600m: 46:50.38 1:50.80
300m: 5:10.00 1:45.28	1100m: 19:29.31 1:37.87	1900m: 33:58.01 1:49.80	2700m: 48:41.41 1:51.03
400m: 6:55.96 1:45.96	1200m: 21:15.45 1:46.14	2000m: 35:48.98 1:50.97	2800m: 50:32.08 1:50.67
500m: 8:42.14 1:46.18	1300m: 23:06.68 1:51.23	2100m: 37:38.81 1:49.83	2900m: 52:22.25 1:50.17
600m: 10:28.22 1:46.08	1400m: 24:51.98 1:45.30	2200m: 39:27.51 1:48.70	3000m: 54:11.51 1:49.26
700m: 12:14.83 1:46.61	1500m: 26:41.23 1:49.25	2300m: 41:15.38 1:47.87	
800m: 14:02.73 1:47.90	1600m: 28:30.91 1:49.68	2400m: 43:08.21 1:52.83	
3. ALVAREZ PINO, Olga	69	C.N. Terrassa	55:00.42
100m: 1:37.04 1:37.04	900m: 16:00.89 1:50.19	1700m: 30:38.43 1:50.31	2500m: 45:33.86 1:54.37
200m: 3:23.27 1:46.23	1000m: 17:49.95 1:49.06	1800m: 32:28.95 1:50.52	2600m: 47:27.53 1:53.67
300m: 5:10.23 1:46.96	1100m: 19:39.10 1:49.15	1900m: 34:19.89 1:50.94	2700m: 49:21.21 1:53.68
400m: 6:57.22 1:46.99	1200m: 21:27.90 1:48.80	2000m: 36:11.18 1:51.29	2800m: 51:14.39 1:53.18
500m: 8:43.98 1:46.76	1300m: 23:17.86 1:49.96	2100m: 38:02.35 1:51.17	2900m: 53:08.21 1:53.82
600m: 10:31.61 1:47.63	1400m: 25:08.41 1:50.55	2200m: 39:54.55 1:52.20	3000m: 55:00.42 1:52.21
700m: 12:21.65 1:50.04	1500m: 26:57.88 1:49.47	2300m: 41:46.21 1:51.66	
800m: 14:10.70 1:49.05	1600m: 28:48.12 1:50.24	2400m: 43:39.49 1:53.28	



III CAMPIONAT CATALUNYA OPEN MASTERS LLARGA DISTANCIA
BARCELONA, 26/2/2023



Event 201, Women, 3000m Freestyle, 50+

Rank			YB				Time	Pts
4.	MAILLO LARA, Ascensio		69		C.N. Terrassa		57:58.08	
	100m: 1:44.19	1:44.19	900m: 16:43.48	1:53.70	1700m: 32:12.75	1:57.56	2500m: 48:02.91	1:59.88
	200m: 3:32.06	1:47.87	1000m: 18:38.10	1:54.62	1800m: 34:10.03	1:57.28	2600m: 50:02.69	1:59.78
	300m: 5:23.27	1:51.21	1100m: 20:33.14	1:55.04	1900m: 36:09.04	1:59.01	2700m: 52:02.72	2:00.03
	400m: 7:14.59	1:51.32	1200m: 22:29.04	1:55.90	2000m: 38:06.98	1:57.94	2800m: 54:02.09	1:59.37
	500m: 9:07.40	1:52.81	1300m: 24:24.75	1:55.71	2100m: 40:05.34	1:58.36	2900m: 56:00.53	1:58.44
	600m: 11:01.48	1:54.08	1400m: 26:22.15	1:57.40	2200m: 42:03.76	1:58.42	3000m: 57:58.08	1:57.55
	700m: 12:55.89	1:54.41	1500m: 28:18.31	1:56.16	2300m: 44:02.62	1:58.86		
	800m: 14:49.78	1:53.89	1600m: 30:15.19	1:56.88	2400m: 46:03.03	2:00.41		

55+, Women

1.	PAGES SEGURA, Silvia		66		C.N. Terrassa		45:40.71	
	100m: 1:26.35	1:26.35	900m: 13:24.85	1:29.99	1700m: 25:35.24	1:32.00	2500m: 37:57.35	1:33.76
	200m: 2:55.57	1:29.22	1000m: 14:55.55	1:30.70	1800m: 27:07.68	1:32.44	2600m: 39:32.11	1:34.76
	300m: 4:24.70	1:29.13	1100m: 16:26.21	1:30.66	1900m: 28:39.46	1:31.78	2700m: 41:04.65	1:32.54
	400m: 5:54.48	1:29.78	1200m: 17:57.07	1:30.86	2000m: 30:12.05	1:32.59	2800m: 42:37.73	1:33.08
	500m: 7:25.03	1:30.55	1300m: 19:28.05	1:30.98	2100m: 31:44.96	1:32.91	2900m: 44:09.96	1:32.23
	600m: 8:55.02	1:29.99	1400m: 20:59.88	1:31.83	2200m: 33:17.84	1:32.88	3000m: 45:40.71	1:30.75
	700m: 10:24.67	1:29.65	1500m: 22:30.96	1:31.08	2300m: 34:50.45	1:32.61		
	800m: 11:54.86	1:30.19	1600m: 24:03.24	1:32.28	2400m: 36:23.59	1:33.14		
2.	PAGES SEGURA, Susana		66		C.N. Terrassa		45:43.22	
	100m: 1:25.18	1:25.18	900m: 13:32.07	1:32.39	1700m: 25:47.71	1:31.64	2500m: 38:02.85	1:32.75
	200m: 2:54.22	1:29.04	1000m: 15:03.85	1:31.78	1800m: 27:19.25	1:31.54	2600m: 39:35.25	1:32.40
	300m: 4:23.85	1:29.63	1100m: 16:35.90	1:32.05	1900m: 28:50.53	1:31.28	2700m: 41:07.50	1:32.25
	400m: 5:53.82	1:29.97	1200m: 18:08.25	1:32.35	2000m: 30:22.35	1:31.82	2800m: 42:40.10	1:32.60
	500m: 7:24.50	1:30.68	1300m: 19:40.65	1:32.40	2100m: 31:53.68	1:31.33	2900m: 44:12.75	1:32.65
	600m: 8:55.47	1:30.97	1400m: 21:12.50	1:31.85	2200m: 33:25.28	1:31.60	3000m: 45:43.22	1:30.47
	700m: 10:27.03	1:31.56	1500m: 22:40.50	1:28.00	2300m: 34:57.75	1:32.47		
	800m: 11:59.68	1:32.65	1600m: 24:16.07	1:35.57	2400m: 36:30.10	1:32.35		

60+, Women

1.	BALBUENA ESPARZA, Loli		59		C.N. Sabadell		46:03.90	
	<i>Rècord Espanya</i>							
	100m: 1:30.02	1:30.02	900m: 13:43.80	1:32.21	1700m: 25:58.41	1:31.68	2500m: 38:19.46	1:33.27
	200m: 3:01.63	1:31.61	1000m: 15:15.67	1:31.87	1800m: 27:30.73	1:32.32	2600m: 39:52.79	1:33.33
	300m: 4:33.26	1:31.63	1100m: 16:47.71	1:32.04	1900m: 29:03.09	1:32.36	2700m: 41:26.04	1:33.25
	400m: 6:04.79	1:31.53	1200m: 18:19.52	1:31.81	2000m: 30:35.37	1:32.28	2800m: 42:59.34	1:33.30
	500m: 7:36.21	1:31.42	1300m: 19:51.29	1:31.77	2100m: 32:07.39	1:32.02	2900m: 44:32.45	1:33.11
	600m: 9:07.88	1:31.67	1400m: 21:23.69	1:32.40	2200m: 33:39.99	1:32.60	3000m: 46:03.90	1:31.45
	700m: 10:39.50	1:31.62	1500m: 22:54.99	1:31.30	2300m: 35:13.33	1:33.34		
	800m: 12:11.59	1:32.09	1600m: 24:26.73	1:31.74	2400m: 36:46.19	1:32.86		

65+, Women

1.	FIORILLO GIAGNONI, Marina		58		C.N. Catalunya		56:55.57	
	<i>Rècord Catalunya</i>							
	100m: 1:38.29	1:38.29	900m: 16:10.98	1:50.88	1700m: 31:17.39	1:54.77	2500m: 47:00.73	2:00.46
	200m: 3:27.40	1:49.11	1000m: 18:01.69	1:50.71	1800m: 33:15.53	1:58.14	2600m: 49:00.21	1:59.48
	300m: 5:16.40	1:49.00	1100m: 19:53.18	1:51.49	1900m: 35:11.19	1:55.66	2700m: 51:00.89	2:00.68
	400m: 7:05.55	1:49.15	1200m: 21:45.12	1:51.94	2000m: 37:07.82	1:56.63	2800m: 53:00.28	1:59.39
	500m: 8:53.87	1:48.32	1300m: 23:35.94	1:50.82	2100m: 39:04.14	1:56.32	2900m: 55:00.41	2:00.13
	600m: 10:42.45	1:48.58	1400m: 25:30.86	1:54.92	2200m: 41:01.31	1:57.17	3000m: 56:55.57	1:55.16
	700m: 12:31.69	1:49.24	1500m: 27:26.53	1:55.67	2300m: 43:01.34	2:00.03		
	800m: 14:20.10	1:48.41	1600m: 29:22.62	1:56.09	2400m: 45:00.27	1:58.93		

Piscina 50mts i Cronometratge Manual

