



VIII CAMPIONAT CATALUNYA FONS INDOOR "OPEN"
TERRASSA, 20/1/2019

Prova 3
20/01/2019

Fem., 3000m Lliure

16 - 90 anys
Resultats

RC	31:58.86	, BELMONTE GARCIA MIREIA		SEVILLA	11/01/2014
MMC 17	33:11.46	, DASCA ROMEU CLAUDIA	00058	SABADELL	22/01/2011
MMC 16	34:13.78	, RODRIGUEZ CAO LAURA	00058	BANYOLES	30/11/2014

Classificació

ANY

Temps

Júnior 1 Femení

1. RODRIGUEZ SANTAULARIA, Laura	02	C.N. Barcelona	35:18.04	19,00
100m: 1:05.97	1:05.97	900m: 10:23.00	1:09.82	1700m: 19:47.84
200m: 2:14.57	1:08.60	1000m: 11:32.61	1:09.61	1800m: 20:58.94
300m: 3:23.65	1:09.08	1100m: 12:43.08	1:10.47	1900m: 22:10.50
400m: 4:33.52	1:09.87	1200m: 13:53.86	1:10.78	2000m: 23:22.16
500m: 5:43.11	1:09.59	1300m: 15:04.51	1:10.65	2100m: 24:33.14
600m: 6:52.83	1:09.72	1400m: 16:14.70	1:10.19	2200m: 25:44.84
700m: 8:02.95	1:10.12	1500m: 17:25.70	1:11.00	2300m: 26:57.08
800m: 9:13.18	1:10.23	1600m: 18:36.91	1:11.21	2400m: 28:09.21
2500m: 29:21.53	1:12.32			
2600m: 30:34.35	1:12.82			
2700m: 31:46.97	1:12.62			
2800m: 32:57.97	1:11.00			
2900m: 34:09.02	1:11.05			
3000m: 35:18.04	1:09.02			
2. BLAYA CORRONS, Janna	03	C.N. Cornellà	35:32.77	16,00
100m: 1:08.63	1:08.63	900m: 10:27.48	1:10.61	1700m: 19:56.88
200m: 2:18.26	1:09.63	1000m: 11:38.06	1:10.58	1800m: 21:08.77
300m: 3:28.39	1:10.13	1100m: 12:49.28	1:11.22	1900m: 22:20.91
400m: 4:37.93	1:09.54	1200m: 14:00.10	1:10.82	2000m: 23:33.06
500m: 5:47.35	1:09.42	1300m: 15:11.10	1:11.00	2100m: 24:44.75
600m: 6:56.59	1:09.24	1400m: 16:22.14	1:11.04	2200m: 25:56.39
700m: 8:06.45	1:09.86	1500m: 17:33.47	1:11.33	2300m: 27:08.49
800m: 9:16.87	1:10.42	1600m: 18:44.72	1:11.25	2400m: 28:20.84
2500m: 29:32.95	1:12.11			
2600m: 30:45.76	1:12.81			
2700m: 31:58.79	1:13.03			
2800m: 33:10.37	1:11.58			
2900m: 34:22.01	1:11.64			
3000m: 35:32.77	1:10.76			
3. VELASCO FERNANDEZ, Queralt	03	C.N. Cervera	36:06.06	14,00
100m: 1:08.07	1:08.07	900m: 10:29.56	1:11.05	1700m: 20:06.12
200m: 2:18.37	1:10.30	1000m: 11:39.93	1:10.37	1800m: 21:20.53
300m: 3:28.29	1:09.92	1100m: 12:49.91	1:09.98	1900m: 22:35.51
400m: 4:38.05	1:09.76	1200m: 14:00.48	1:10.57	2000m: 23:49.91
500m: 5:48.20	1:10.15	1300m: 15:11.55	1:11.07	2100m: 25:04.29
600m: 6:58.38	1:10.18	1400m: 16:24.11	1:12.56	2200m: 26:18.84
700m: 8:08.42	1:10.04	1500m: 17:37.86	1:13.75	2300m: 27:32.82
800m: 9:18.51	1:10.09	1600m: 18:52.05	1:14.19	2400m: 28:47.16
2500m: 29:59.73	1:12.57			
2600m: 31:12.13	1:12.40			
2700m: 32:26.02	1:13.89			
2800m: 33:40.52	1:14.50			
2900m: 34:53.91	1:13.39			
3000m: 36:06.06	1:12.15			
4. DE LA FLOR GARCIA, Lucia	03	C.N. Cornellà	36:23.35	13,00
100m: 1:09.16	1:09.16	900m: 10:43.58	1:13.07	1700m: 20:27.97
200m: 2:20.42	1:11.26	1000m: 11:56.66	1:13.08	1800m: 21:41.47
300m: 3:31.43	1:11.01	1100m: 13:09.41	1:12.75	1900m: 22:54.76
400m: 4:43.03	1:11.60	1200m: 14:22.06	1:12.65	2000m: 24:07.85
500m: 5:54.59	1:11.56	1300m: 15:34.76	1:12.70	2100m: 25:21.52
600m: 7:06.10	1:11.51	1400m: 16:47.51	1:12.75	2200m: 26:35.47
700m: 8:18.25	1:12.15	1500m: 18:00.70	1:13.19	2300m: 27:49.69
800m: 9:30.51	1:12.26	1600m: 19:14.14	1:13.44	2400m: 29:03.65
2500m: 30:17.11	1:13.46			
2600m: 31:30.45	1:13.34			
2700m: 32:44.53	1:14.08			
2800m: 33:57.86	1:13.33			
2900m: 35:11.23	1:13.37			
3000m: 36:23.35	1:12.12			
5. PONS TORTOSA, Caterina	03	C.N. Sant Andreu	37:27.31	12,00
100m: 1:08.80	1:08.80	900m: 10:53.52	1:13.64	1700m: 20:52.50
200m: 2:21.62	1:12.82	1000m: 12:07.49	1:13.97	1800m: 22:08.40
300m: 3:34.23	1:12.61	1100m: 13:22.62	1:15.13	1900m: 23:24.22
400m: 4:47.47	1:13.24	1200m: 14:36.39	1:13.77	2000m: 24:40.74
500m: 6:00.67	1:13.20	1300m: 15:51.60	1:15.21	2100m: 25:56.19
600m: 7:13.46	1:12.79	1400m: 17:06.18	1:14.58	2200m: 27:13.40
700m: 8:26.53	1:13.07	1500m: 18:21.75	1:15.57	2300m: 28:30.07
800m: 9:39.88	1:13.35	1600m: 19:37.65	1:15.90	2400m: 29:48.51
2500m: 31:06.08	1:17.57			
2600m: 32:21.00	1:14.92			
2700m: 33:36.25	1:15.25			
2800m: 34:53.92	1:17.67			
2900m: 36:10.93	1:17.01			
3000m: 37:27.31	1:16.38			
6. GONZALEZ ORTIZ, Paula	03	C.N. Sabadell	37:29.72	11,00
100m: 1:12.41	1:12.41	900m: 11:12.00	1:15.77	1700m: 21:18.11
200m: 2:25.84	1:13.43	1000m: 12:27.41	1:15.41	1800m: 22:33.64
300m: 3:40.40	1:14.56	1100m: 13:42.42	1:15.01	1900m: 23:50.21
400m: 4:55.49	1:15.09	1200m: 14:57.93	1:15.51	2000m: 25:06.03
500m: 6:10.42	1:14.93	1300m: 16:13.98	1:16.05	2100m: 26:20.50
600m: 7:25.42	1:15.00	1400m: 17:30.45	1:16.47	2200m: 27:36.22
700m: 8:40.95	1:15.53	1500m: 18:45.88	1:15.43	2300m: 28:52.55
800m: 9:56.23	1:15.28	1600m: 20:01.49	1:15.61	2400m: 30:07.71
2500m: 31:22.87	1:15.16			
2600m: 32:35.79	1:12.92			
2700m: 33:50.08	1:14.29			
2800m: 35:03.53	1:13.45			
2900m: 36:16.50	1:12.97			
3000m: 37:29.72	1:13.22			

NQ = Nedadors NO Classificats (tall no superat)



VIII CAMPIONAT CATALUNYA FONS INDOOR "OPEN"
TERRASSA, 20/1/2019

Prova 3, Fem., 3000m Lliure, Júnior 1 Femení

Classificació	ANY												Temps			
14.	VIZCAINO GOMEZ, Noa 02 C.N. Martorell												41:32.93	3,00		
	100m: 1:15.72	1:15.72	900m: 12:15.45	1:23.39	1700m: 23:22.97	1:23.60	2500m: 34:38.27	1:24.15	200m: 2:36.67	1:20.95	1000m: 13:38.13	1:22.68	1800m: 24:46.96	1:23.99	2600m: 36:01.96	1:23.69
	300m: 3:58.37	1:21.70	1100m: 15:01.16	1:23.03	1900m: 26:11.09	1:24.13	2700m: 37:25.93	1:23.97	400m: 5:20.39	1:22.02	1200m: 16:24.08	1:22.92	2000m: 27:35.85	1:24.76	2800m: 38:48.60	1:22.67
	500m: 6:43.49	1:23.10	1300m: 17:46.85	1:22.77	2100m: 29:00.63	1:24.78	2900m: 40:11.50	1:22.90	600m: 8:06.01	1:22.52	1400m: 19:10.83	1:23.98	2200m: 30:24.67	1:24.04	3000m: 41:32.93	1:21.43
	700m: 9:28.86	1:22.85	1500m: 20:35.19	1:24.36	2300m: 31:49.43	1:24.76			800m: 10:52.06	1:23.20	1600m: 21:59.37	1:24.18	2400m: 33:14.12	1:24.69		
15.	LOPEZ ROMERO, Lara 03 C.N. Figueres												41:37.27	2,00		
	100m: 1:15.27	1:15.27	900m: 12:09.57	1:22.95	1700m: 23:24.31	1:26.51	2500m: 34:42.47	1:25.82	200m: 2:34.61	1:19.34	1000m: 13:32.75	1:23.18	1800m: 24:50.07	1:25.76	2600m: 36:05.85	1:23.38
	300m: 3:54.48	1:19.87	1100m: 14:55.04	1:22.29	1900m: 26:13.76	1:23.69	2700m: 37:29.93	1:24.08	400m: 5:15.76	1:21.28	1200m: 16:18.20	1:23.16	2000m: 27:38.16	1:24.40	2800m: 38:54.02	1:24.09
	500m: 6:36.68	1:20.92	1300m: 17:42.94	1:24.74	2100m: 29:02.39	1:24.23	2900m: 40:16.59	1:22.57	600m: 8:03.01	1:23.13	1400m: 19:06.59	1:23.65	2200m: 30:26.72	1:24.33	3000m: 41:37.27	1:20.68
	700m: 9:23.57	1:23.76	1500m: 20:32.07	1:25.48	2300m: 31:51.41	1:24.69			800m: 10:46.62	1:23.05	1600m: 21:57.80	1:25.73	2400m: 33:16.65	1:25.24		
16.	DE RONNE O'CONNOR, Emma 03 C.N. Sitges												41:56.19	1,00		
	100m: 1:15.80	1:15.80	900m: 12:10.19	1:22.35	1700m: 23:15.14	1:23.61	2500m: 34:45.11	1:27.09	200m: 2:35.66	1:19.86	1000m: 13:32.44	1:22.25	1800m: 24:40.08	1:24.94	2600m: 36:12.64	1:27.53
	300m: 3:56.06	1:20.40	1100m: 14:54.80	1:22.36	1900m: 26:06.66	1:26.58	2700m: 37:39.94	1:27.30	400m: 5:18.32	1:22.26	1200m: 16:16.61	1:21.81	2000m: 27:31.99	1:25.33	2800m: 39:07.23	1:27.29
	500m: 6:40.31	1:21.99	1300m: 17:39.88	1:23.27	2100m: 28:59.29	1:27.30	2900m: 40:33.23	1:26.00	600m: 8:03.01	1:22.70	1400m: 19:02.77	1:22.89	2200m: 30:25.82	1:26.53	3000m: 41:56.19	1:22.96
	700m: 9:25.88	1:22.87	1500m: 20:26.40	1:23.63	2300m: 31:51.16	1:25.34			800m: 10:47.84	1:21.96	1600m: 21:51.53	1:25.13	2400m: 33:18.02	1:26.86		

DNS VILADEGUT FARRAN, Nuria 03 C.N. Lleida -

Júnior 2 Femení

1.	GARCIA GOYANES, CARLA 01 C.N. Galaico												35:17.26	-		
	100m: 1:08.72	1:08.72	900m: 10:36.61	1:11.45	1700m: 19:58.85	1:08.80	2500m: 29:24.89	1:12.13	200m: 2:18.81	1:10.09	1000m: 11:47.35	1:10.74	1800m: 21:08.18	1:09.33	2600m: 30:35.16	1:10.27
	300m: 3:29.12	1:10.31	1100m: 12:57.92	1:10.57	1900m: 22:18.22	1:10.04	2700m: 31:46.85	1:11.69	400m: 4:39.79	1:10.67	1200m: 14:08.17	1:10.25	2000m: 23:29.12	1:10.90	2800m: 32:57.79	1:10.94
	500m: 5:51.09	1:11.30	1300m: 15:18.92	1:10.75	2100m: 24:39.28	1:10.16	2900m: 34:08.56	1:10.77	600m: 7:02.27	1:11.18	1400m: 16:30.02	1:11.10	2200m: 25:49.92	1:10.64	3000m: 35:17.26	1:08.70
	700m: 8:13.64	1:11.37	1500m: 17:41.12	1:11.10	2300m: 27:00.76	1:10.84			800m: 9:25.16	1:11.52	1600m: 18:50.05	1:08.93	2400m: 28:12.76	1:12.00		
2.	GIRALT PIDEMONT, Claudia 01 C.N. Sant Andreu												35:26.03	16,00		
	100m: 1:07.29	1:07.29	900m: 10:31.17	1:10.40	1700m: 20:02.20	1:11.28	2500m: 29:34.39	1:10.99	200m: 2:17.95	1:10.66	1000m: 11:42.57	1:11.40	1800m: 21:13.37	1:11.17	2600m: 30:45.11	1:10.72
	300m: 3:27.73	1:09.78	1100m: 12:53.92	1:11.35	1900m: 22:25.17	1:11.80	2700m: 31:55.97	1:10.86	400m: 4:38.11	1:10.38	1200m: 14:05.63	1:11.71	2000m: 23:37.20	1:12.03	2800m: 33:06.36	1:10.39
	500m: 5:48.60	1:10.49	1300m: 15:16.75	1:11.12	2100m: 24:47.63	1:10.43	2900m: 34:16.93	1:10.57	600m: 6:59.01	1:10.41	1400m: 16:27.47	1:10.72	2200m: 25:59.73	1:12.10	3000m: 35:26.03	1:09.10
	700m: 8:09.58	1:10.57	1500m: 17:39.29	1:11.82	2300m: 27:12.11	1:12.38			800m: 9:20.77	1:11.19	1600m: 18:50.92	1:11.63	2400m: 28:23.40	1:11.29		
3.	TOMICÓ VECIANA, Júlia 01 Torrot C.N. Mataró												36:12.46	14,00		
	100m: 1:10.10	1:10.10	900m: 10:44.94	1:12.99	1700m: 20:29.48	1:12.99	2500m: 30:13.48	1:13.14	200m: 2:21.10	1:11.00	1000m: 11:57.27	1:12.33	1800m: 21:42.52	1:13.04	2600m: 31:26.13	1:12.65
	300m: 3:32.53	1:11.43	1100m: 13:10.25	1:12.98	1900m: 22:55.20	1:12.68	2700m: 32:38.49	1:12.36	400m: 4:44.02	1:11.49	1200m: 14:22.99	1:12.74	2000m: 24:09.15	1:13.95	2800m: 33:50.26	1:11.77
	500m: 5:55.98	1:11.96	1300m: 15:36.32	1:13.33	2100m: 25:21.63	1:12.48	2900m: 35:02.24	1:11.98	600m: 7:08.05	1:12.07	1400m: 16:49.77	1:13.45	2200m: 26:34.38	1:12.75	3000m: 36:12.46	1:10.22
	700m: 8:19.85	1:11.80	1500m: 18:03.37	1:13.60	2300m: 27:47.25	1:12.87			800m: 9:31.95	1:12.10	1600m: 19:16.49	1:13.12	2400m: 29:00.34	1:13.09		

NQ = Nedadors NO Classificats (tall no superat)



VIII CAMPIONAT CATALUNYA FONS INDOOR "OPEN"
TERRASSA, 20/1/2019

Prova 3, Fem., 3000m Lliure, Júnior 2 Femení

Classificació	ANY										Temps	
4.	MARSOL SISCART, Noemí 01 C.N. Tarrega										38:01.65	13,00
	100m:	1:11.36	1:11.36	900m:	11:18.14	1:16.48	1700m:	21:28.64	1:17.13	2500m:	31:42.60	1:16.33
	200m:	2:25.49	1:14.13	1000m:	12:34.60	1:16.46	1800m:	22:45.40	1:16.76	2600m:	32:59.01	1:16.41
	300m:	3:40.05	1:14.56	1100m:	13:51.33	1:16.73	1900m:	24:02.11	1:16.71	2700m:	34:15.19	1:16.18
	400m:	4:55.19	1:15.14	1200m:	15:07.19	1:15.86	2000m:	25:19.34	1:17.23	2800m:	35:31.03	1:15.84
	500m:	6:11.13	1:15.94	1300m:	16:23.55	1:16.36	2100m:	26:36.34	1:17.00	2900m:	36:46.77	1:15.74
	600m:	7:27.73	1:16.60	1400m:	17:39.35	1:15.80	2200m:	27:53.10	1:16.76	3000m:	38:01.65	1:14.88
	700m:	8:44.48	1:16.75	1500m:	18:55.52	1:16.17	2300m:	29:10.01	1:16.91			
	800m:	10:01.66	1:17.18	1600m:	20:11.51	1:15.99	2400m:	30:26.27	1:16.26			
5.	CASANOVAS SALVATELLA, Olga 01 C.N. Lleida										39:57.06	12,00
	100m:	1:15.38	1:15.38	900m:	11:50.15	1:19.63	1700m:	22:35.66	1:21.29	2500m:	33:17.00	1:20.19
	200m:	2:33.55	1:18.17	1000m:	13:10.08	1:19.93	1800m:	23:56.43	1:20.77	2600m:	34:37.31	1:20.31
	300m:	3:53.06	1:19.51	1100m:	14:30.69	1:20.61	1900m:	25:17.03	1:20.60	2700m:	35:57.51	1:20.20
	400m:	5:12.19	1:19.13	1200m:	15:50.90	1:20.21	2000m:	26:37.84	1:20.81	2800m:	37:18.27	1:20.76
	500m:	6:31.84	1:19.65	1300m:	17:12.22	1:21.32	2100m:	27:57.39	1:19.55	2900m:	38:38.64	1:20.37
	600m:	7:51.12	1:19.28	1400m:	18:32.68	1:20.46	2200m:	29:17.20	1:19.81	3000m:	39:57.06	1:18.42
	700m:	9:10.56	1:19.44	1500m:	19:53.95	1:21.27	2300m:	30:36.84	1:19.64			
	800m:	10:30.52	1:19.96	1600m:	21:14.37	1:20.42	2400m:	31:56.81	1:19.97			

Absolut Femení

1.	GOUGH, Madelaine 99 TSS Aquatics										32:19.34	-
	100m:	1:04.54	1:04.54	900m:	9:38.80	1:04.42	1700m:	18:15.96	1:04.90	2500m:	26:56.22	1:05.04
	200m:	2:08.88	1:04.34	1000m:	10:43.52	1:04.72	1800m:	19:20.68	1:04.72	2600m:	28:01.47	1:05.25
	300m:	3:13.06	1:04.18	1100m:	11:48.16	1:04.64	1900m:	20:25.62	1:04.94	2700m:	29:06.35	1:04.88
	400m:	4:17.13	1:04.07	1200m:	12:52.77	1:04.61	2000m:	21:30.83	1:05.21	2800m:	30:11.23	1:04.88
	500m:	5:21.35	1:04.22	1300m:	13:57.39	1:04.62	2100m:	22:36.09	1:05.26	2900m:	31:15.72	1:04.49
	600m:	6:25.61	1:04.26	1400m:	15:01.86	1:04.47	2200m:	23:41.11	1:05.02	3000m:	32:19.34	1:03.62
	700m:	7:29.86	1:04.25	1500m:	16:06.31	1:04.45	2300m:	24:46.10	1:04.99			
	800m:	8:34.38	1:04.52	1600m:	17:11.06	1:04.75	2400m:	25:51.18	1:05.08			
2.	BELMONTE GARCIA, Mireia 90 UCAM Fuensanta										32:56.97	-
	100m:	1:05.58	1:05.58	900m:	9:53.15	1:05.96	1700m:	18:40.16	1:05.65	2500m:	27:27.93	1:06.43
	200m:	2:11.61	1:06.03	1000m:	10:59.06	1:05.91	1800m:	19:46.13	1:05.97	2600m:	28:34.94	1:07.01
	300m:	3:17.51	1:05.90	1100m:	12:04.81	1:05.75	1900m:	20:51.82	1:05.69	2700m:	29:41.29	1:06.35
	400m:	4:23.48	1:05.97	1200m:	13:10.55	1:05.74	2000m:	21:57.92	1:06.10	2800m:	30:47.07	1:05.78
	500m:	5:29.32	1:05.84	1300m:	14:16.34	1:05.79	2100m:	23:03.63	1:05.71	2900m:	31:53.29	1:06.22
	600m:	6:35.07	1:05.75	1400m:	15:22.82	1:06.48	2200m:	24:09.31	1:05.68	3000m:	32:56.97	1:03.68
	700m:	7:40.95	1:05.88	1500m:	16:28.57	1:05.75	2300m:	25:15.19	1:05.88			
	800m:	8:47.19	1:06.24	1600m:	17:34.51	1:05.94	2400m:	26:21.50	1:06.31			
3.	DE VALDES ALVAREZ, Maria 98 C.N. Liceo										33:00.95	-
	100m:	1:04.41	1:04.41	900m:	9:50.07	1:05.86	1700m:	18:38.30	1:06.09	2500m:	27:29.38	1:06.52
	200m:	2:09.98	1:05.57	1000m:	10:56.38	1:06.31	1800m:	19:44.40	1:06.10	2600m:	28:35.36	1:05.98
	300m:	3:15.40	1:05.42	1100m:	12:02.65	1:06.27	1900m:	20:50.90	1:06.50	2700m:	29:41.94	1:06.58
	400m:	4:20.78	1:05.38	1200m:	13:08.49	1:05.84	2000m:	21:57.85	1:06.95	2800m:	30:48.35	1:06.41
	500m:	5:26.28	1:05.50	1300m:	14:14.46	1:05.97	2100m:	23:03.90	1:06.05	2900m:	31:55.00	1:06.65
	600m:	6:31.97	1:05.69	1400m:	15:20.48	1:06.02	2200m:	24:10.16	1:06.26	3000m:	33:00.95	1:05.95
	700m:	7:38.09	1:06.12	1500m:	16:26.35	1:05.87	2300m:	25:16.42	1:06.26			
	800m:	8:44.21	1:06.12	1600m:	17:32.21	1:05.86	2400m:	26:22.86	1:06.44			
4.	PEREZ BLANCO, Jimena 97 C.D. Gredos San Diego										33:15.10	-
	100m:	1:05.45	1:05.45	900m:	9:53.60	1:05.62	1700m:	18:46.56	1:07.48	2500m:	27:42.22	1:07.16
	200m:	2:11.74	1:06.29	1000m:	10:59.79	1:06.19	1800m:	19:53.30	1:06.74	2600m:	28:49.34	1:07.12
	300m:	3:17.61	1:05.87	1100m:	12:05.77	1:05.98	1900m:	21:00.13	1:06.83	2700m:	29:56.72	1:07.38
	400m:	4:23.66	1:06.05	1200m:	13:12.01	1:06.24	2000m:	22:06.95	1:06.82	2800m:	31:03.57	1:06.85
	500m:	5:29.87	1:06.21	1300m:	14:18.64	1:06.63	2100m:	23:13.97	1:07.02	2900m:	32:09.95	1:06.38
	600m:	6:36.08	1:06.21	1400m:	15:24.91	1:06.27	2200m:	24:20.47	1:06.50	3000m:	33:15.10	1:05.15
	700m:	7:41.90	1:05.82	1500m:	16:31.89	1:06.98	2300m:	25:27.73	1:07.26			
	800m:	8:47.98	1:06.08	1600m:	17:39.08	1:07.19	2400m:	26:35.06	1:07.33			

NQ = Nedadors NO Classificats (tall no superat)



VIII CAMPIONAT CATALUNYA FONTS INDOOR "OPEN"
TERRASSA, 20/1/2019

Prova 3, Fem., 3000m Lliure, Absolut Femení

Classificació	ANY		Temps	
5. RUIZ BRAVO, Paula	99		C.N.Mairena Aljarafe	34:28.88
100m: 1:05.87 1:05.87	900m: 10:07.83 1:07.45	1700m: 19:21.87 1:09.77	2500m: 28:42.09 1:10.28	
200m: 2:13.04 1:07.17	1000m: 11:16.57 1:08.74	1800m: 20:31.20 1:09.33	2600m: 29:51.42 1:09.33	
300m: 3:20.40 1:07.36	1100m: 12:25.49 1:08.92	1900m: 21:40.63 1:09.43	2700m: 31:01.02 1:09.60	
400m: 4:28.01 1:07.61	1200m: 13:34.84 1:09.35	2000m: 22:50.76 1:10.13	2800m: 32:11.02 1:10.00	
500m: 5:35.69 1:07.68	1300m: 14:43.98 1:09.14	2100m: 24:00.71 1:09.95	2900m: 33:20.05 1:09.03	
600m: 6:43.76 1:08.07	1400m: 15:53.09 1:09.11	2200m: 25:10.75 1:10.04	3000m: 34:28.88 1:08.83	
700m: 7:52.17 1:08.41	1500m: 17:02.49 1:09.40	2300m: 26:21.25 1:10.50		
800m: 9:00.38 1:08.21	1600m: 18:12.10 1:09.61	2400m: 27:31.81 1:10.56		
6. CASTRO ATALAYA, Marina	99		C.N. Barcelona	35:11.73 11,00
100m: 1:06.96 1:06.96	900m: 10:22.78 1:10.38	1700m: 19:46.15 1:10.92	2500m: 29:17.72 1:11.78	
200m: 2:15.36 1:08.40	1000m: 11:33.25 1:10.47	1800m: 20:57.85 1:11.70	2600m: 30:28.75 1:11.03	
300m: 3:24.05 1:08.69	1100m: 12:43.62 1:10.37	1900m: 22:08.52 1:10.67	2700m: 31:40.04 1:11.29	
400m: 4:33.52 1:09.47	1200m: 13:53.64 1:10.02	2000m: 23:19.66 1:11.14	2800m: 32:50.70 1:10.66	
500m: 5:43.11 1:09.59	1300m: 15:03.66 1:10.02	2100m: 24:31.00 1:11.34	2900m: 34:01.72 1:11.02	
600m: 6:52.37 1:09.26	1400m: 16:14.19 1:10.53	2200m: 25:42.49 1:11.49	3000m: 35:11.73 1:10.01	
700m: 8:02.39 1:10.02	1500m: 17:24.83 1:10.64	2300m: 26:54.10 1:11.61		
800m: 9:12.40 1:10.01	1600m: 18:35.23 1:10.40	2400m: 28:05.94 1:11.84		
7. MORALES GIL, Luisa Mar	94		C.N. Granollers	36:46.99 10,00
100m: 1:08.75 1:08.75	900m: 10:52.67 1:13.23	1700m: 20:43.62 1:14.67	2500m: 30:39.99 1:14.16	
200m: 2:21.78 1:13.03	1000m: 12:06.28 1:13.61	1800m: 21:58.59 1:14.97	2600m: 31:54.65 1:14.66	
300m: 3:34.67 1:12.89	1100m: 13:19.47 1:13.19	1900m: 23:12.65 1:14.06	2700m: 33:08.67 1:14.02	
400m: 4:47.71 1:13.04	1200m: 14:33.78 1:14.31	2000m: 24:27.77 1:15.12	2800m: 34:21.88 1:13.21	
500m: 6:00.12 1:12.41	1300m: 15:47.13 1:13.35	2100m: 25:41.87 1:14.10	2900m: 35:35.01 1:13.13	
600m: 7:13.37 1:13.25	1400m: 17:01.14 1:14.01	2200m: 26:55.46 1:13.59	3000m: 36:46.99 1:11.98	
700m: 8:26.50 1:13.13	1500m: 18:15.91 1:14.77	2300m: 28:10.59 1:15.13		
800m: 9:39.44 1:12.94	1600m: 19:28.95 1:13.04	2400m: 29:25.83 1:15.24		
8. BENAVENTE LOPEZ, Ainhoa	98		C.N. Cervera	37:18.91 9,00
100m: 1:11.30 1:11.30	900m: 11:06.16 1:14.80	1700m: 21:06.58 1:14.57	2500m: 31:06.49 1:15.75	
200m: 2:25.11 1:13.81	1000m: 12:21.17 1:15.01	1800m: 22:21.59 1:15.01	2600m: 32:21.10 1:14.61	
300m: 3:39.20 1:14.09	1100m: 13:36.95 1:15.78	1900m: 23:36.48 1:14.89	2700m: 33:36.08 1:14.98	
400m: 4:53.33 1:14.13	1200m: 14:52.77 1:15.82	2000m: 24:51.30 1:14.82	2800m: 34:51.26 1:15.18	
500m: 6:07.68 1:14.35	1300m: 16:08.01 1:15.24	2100m: 26:05.61 1:14.31	2900m: 36:05.54 1:14.28	
600m: 7:22.31 1:14.63	1400m: 17:23.31 1:15.30	2200m: 27:19.93 1:14.32	3000m: 37:18.91 1:13.37	
700m: 8:36.58 1:14.27	1500m: 18:37.88 1:14.57	2300m: 28:35.20 1:15.27		
800m: 9:51.36 1:14.78	1600m: 19:52.01 1:14.13	2400m: 29:50.74 1:15.54		
9. TORRAS PIEDEHIERRO, Judith	98		C.N. Granollers	37:25.10 8,00
100m: 1:09.43 1:09.43	900m: 11:01.64 1:14.12	1700m: 21:03.79 1:15.56	2500m: 31:11.60 1:15.84	
200m: 2:22.58 1:13.15	1000m: 12:16.58 1:14.94	1800m: 22:19.82 1:16.03	2600m: 32:26.51 1:14.91	
300m: 3:36.81 1:14.23	1100m: 13:31.70 1:15.12	1900m: 23:35.74 1:15.92	2700m: 33:41.15 1:14.64	
400m: 4:50.61 1:13.80	1200m: 14:46.68 1:14.98	2000m: 24:52.48 1:16.74	2800m: 34:56.37 1:15.22	
500m: 6:04.70 1:14.09	1300m: 16:02.61 1:15.93	2100m: 26:08.81 1:16.33	2900m: 36:11.59 1:15.22	
600m: 7:18.97 1:14.27	1400m: 17:17.83 1:15.22	2200m: 27:24.08 1:15.27	3000m: 37:25.10 1:13.51	
700m: 8:33.02 1:14.05	1500m: 18:33.29 1:15.46	2300m: 28:39.81 1:15.73		
800m: 9:47.52 1:14.50	1600m: 19:48.23 1:14.94	2400m: 29:55.76 1:15.95		
10. BONET SOTO, Ariadna	99		C.N. Granollers	37:51.97 7,00
100m: 1:12.43 1:12.43	900m: 11:17.11 1:15.70	1700m: 21:26.89 1:16.07	2500m: 31:35.64 1:16.21	
200m: 2:37.48 1:25.05	1000m: 12:32.99 1:15.88	1800m: 22:43.54 1:16.65	2600m: 32:50.77 1:15.13	
300m: 3:42.64 1:05.16	1100m: 13:49.39 1:16.40	1900m: 23:59.89 1:16.35	2700m: 34:05.87 1:15.10	
400m: 4:58.15 1:15.51	1200m: 15:05.63 1:16.24	2000m: 25:15.60 1:15.71	2800m: 35:21.53 1:15.66	
500m: 6:13.88 1:15.73	1300m: 16:21.97 1:16.34	2100m: 26:31.73 1:16.13	2900m: 36:37.52 1:15.99	
600m: 7:29.75 1:15.87	1400m: 17:38.49 1:16.52	2200m: 27:47.25 1:15.52	3000m: 37:51.97 1:14.45	
700m: 8:45.73 1:15.98	1500m: 18:54.61 1:16.12	2300m: 29:03.22 1:15.97		
800m: 10:01.41 1:15.68	1600m: 20:10.82 1:16.21	2400m: 30:19.43 1:16.21		
11. BERTRAN IZQUIERDO, Aida	96		C.N. Granollers	38:41.44 6,00
100m: 1:12.54 1:12.54	900m: 11:11.54 1:16.19	1700m: 21:28.99 1:18.48	2500m: 32:07.91 1:20.83	
200m: 2:26.26 1:13.72	1000m: 12:27.99 1:16.45	1800m: 22:47.55 1:18.56	2600m: 33:25.99 1:18.08	
300m: 3:39.87 1:13.61	1100m: 13:45.04 1:17.05	1900m: 24:06.81 1:19.26	2700m: 34:44.43 1:18.44	
400m: 4:54.11 1:14.24	1200m: 15:01.85 1:16.81	2000m: 25:27.09 1:20.28	2800m: 36:03.71 1:19.28	
500m: 6:09.13 1:15.02	1300m: 16:18.68 1:16.83	2100m: 26:46.41 1:19.32	2900m: 37:23.91 1:20.20	
600m: 7:24.06 1:14.93	1400m: 17:35.70 1:17.02	2200m: 28:05.81 1:19.40	3000m: 38:41.44 1:17.53	
700m: 8:39.73 1:15.67	1500m: 18:53.22 1:17.52	2300m: 29:25.91 1:20.10		
800m: 9:55.35 1:15.62	1600m: 20:10.51 1:17.29	2400m: 30:47.08 1:21.17		

NQ = Nedadors NO Classificats (tall no superat)



VIII CAMPIONAT CATALUNYA FONS INDOOR "OPEN"
TERRASSA, 20/1/2019

Prova 3, Fem., 3000m Lliure, Absolut Femení

Classificació	ANY										Temps			
12.	VERA VALLS, Nuria										99	C.N. Granollers	38:57.90	5,00
	100m:	1:13.14	1:13.14	900m:	11:27.92	1:18.30	1700m:	21:55.60	1:19.28	2500m:	32:28.67	1:19.95		
	200m:	2:28.56	1:15.42	1000m:	12:45.91	1:17.99	1800m:	23:15.77	1:20.17	2600m:	33:47.13	1:18.46		
	300m:	3:44.21	1:15.65	1100m:	14:03.27	1:17.36	1900m:	24:36.66	1:20.89	2700m:	35:05.39	1:18.26		
	400m:	5:00.94	1:16.73	1200m:	15:21.03	1:17.76	2000m:	25:56.91	1:20.25	2800m:	36:24.07	1:18.68		
	500m:	6:17.51	1:16.57	1300m:	16:39.51	1:18.48	2100m:	27:14.75	1:17.84	2900m:	37:42.22	1:18.15		
	600m:	7:35.05	1:17.54	1400m:	17:58.59	1:19.08	2200m:	28:31.74	1:16.99	3000m:	38:57.90	1:15.68		
	700m:	8:52.34	1:17.29	1500m:	19:18.26	1:19.67	2300m:	29:50.32	1:18.58					
	800m:	10:09.62	1:17.28	1600m:	20:36.32	1:18.06	2400m:	31:08.72	1:18.40					
13.	CERRILLO MARTINEZ, Alba										96	C.N. Cornellà	39:07.78	4,00
	100m:	1:12.29	1:12.29	900m:	11:34.23	1:20.06	1700m:	22:08.50	1:18.30	2500m:	32:36.89	1:19.41		
	200m:	2:27.25	1:14.96	1000m:	12:52.79	1:18.56	1800m:	23:27.40	1:18.90	2600m:	33:56.40	1:19.51		
	300m:	3:43.25	1:16.00	1100m:	14:11.93	1:19.14	1900m:	24:45.11	1:17.71	2700m:	35:14.87	1:18.47		
	400m:	5:00.88	1:17.63	1200m:	15:31.99	1:20.06	2000m:	26:03.73	1:18.62	2800m:	36:32.76	1:17.89		
	500m:	6:18.51	1:17.63	1300m:	16:51.56	1:19.57	2100m:	27:21.56	1:17.83	2900m:	37:51.64	1:18.88		
	600m:	7:36.40	1:17.89	1400m:	18:11.40	1:19.84	2200m:	28:39.42	1:17.86	3000m:	39:07.78	1:16.14		
	700m:	8:55.15	1:18.75	1500m:	19:31.58	1:20.18	2300m:	29:58.12	1:18.70					
	800m:	10:14.17	1:19.02	1600m:	20:50.20	1:18.62	2400m:	31:17.48	1:19.36					

NQ = Nedadors NO Classificats (tall no superat)