



Prova 3
16/01/2020

Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1

Resultats

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

Classificació

ANY

Temps

Júnior 1 Fons Indoor

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

NQ = Nedadors NO Classificats (tall no superat)



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

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

NQ = Nedadors NO Classificats (tall no superat)

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

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

NQ = Nedadors NO Classificats (tall no superat)



Prova 3, Fem., 3000m Lliure

Júnior 2 Fons Indoor

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



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

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

Absolut Fons Indoor

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



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

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

Prova 3, Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1

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



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

Classificació	ANY		Temps	
7. LUIS EGEA, Julia	04	C.N. Terrassa	36:13.07	19,00
100m: 1:10.03	1:10.03	900m: 10:42.69	1:12.76	1700m: 20:24.54
200m: 2:21.02	1:10.99	1000m: 11:55.38	1:12.69	1800m: 21:37.28
300m: 3:32.17	1:11.15	1100m: 13:07.88	1:12.50	1900m: 22:50.22
400m: 4:43.71	1:11.54	1200m: 14:20.28	1:12.40	2000m: 24:02.89
500m: 5:55.26	1:11.55	1300m: 15:33.10	1:12.82	2100m: 25:15.82
600m: 7:06.59	1:11.33	1400m: 16:45.84	1:12.74	2200m: 26:28.05
700m: 8:17.80	1:11.21	1500m: 17:58.75	1:12.91	2300m: 27:40.59
800m: 9:29.93	1:12.13	1600m: 19:11.81	1:13.06	2400m: 28:53.70
8. CASTRO ATALAYA, Marina	99	C.N. Barcelona	36:17.86	14,00
100m: 1:09.52	1:09.52	900m: 10:44.79	1:12.82	1700m: 20:24.03
200m: 2:20.05	1:10.53	1000m: 11:57.03	1:12.24	1800m: 21:37.26
300m: 3:30.81	1:10.76	1100m: 13:08.68	1:11.65	1900m: 22:49.94
400m: 4:42.18	1:11.37	1200m: 14:20.38	1:11.70	2000m: 24:02.66
500m: 5:53.89	1:11.71	1300m: 15:32.70	1:12.32	2100m: 25:15.75
600m: 7:06.32	1:12.43	1400m: 16:45.33	1:12.63	2200m: 26:28.97
700m: 8:18.87	1:12.55	1500m: 17:57.78	1:12.45	2300m: 27:43.15
800m: 9:31.97	1:13.10	1600m: 19:10.84	1:13.06	2400m: 28:57.47
9. BLAYA CORRONS, Janna	03	C.N. Terrassa	36:46.41	16,00
100m: 1:09.83	1:09.83	900m: 10:46.40	1:13.29	1700m: 20:38.31
200m: 2:21.37	1:11.54	1000m: 12:00.13	1:13.73	1800m: 21:52.67
300m: 3:33.22	1:11.85	1100m: 13:13.52	1:13.39	1900m: 23:06.93
400m: 4:44.77	1:11.55	1200m: 14:26.94	1:13.42	2000m: 24:21.43
500m: 5:56.38	1:11.61	1300m: 15:41.02	1:14.08	2100m: 25:35.68
600m: 7:08.00	1:11.62	1400m: 16:54.96	1:13.94	2200m: 26:49.70
700m: 8:20.41	1:12.41	1500m: 18:08.96	1:14.00	2300m: 28:04.65
800m: 9:33.11	1:12.70	1600m: 19:22.90	1:13.94	2400m: 29:19.71
10. GALO NOGUEIRA, Estel Xuan	04	C.N. Granollers	36:48.75	14,00
100m: 1:09.73	1:09.73	900m: 10:47.54	1:12.74	1700m: 20:36.18
200m: 2:21.42	1:11.69	1000m: 12:00.32	1:12.78	1800m: 21:50.90
300m: 3:33.69	1:12.27	1100m: 13:13.14	1:12.82	1900m: 23:05.18
400m: 4:45.66	1:11.97	1200m: 14:26.24	1:13.10	2000m: 24:19.90
500m: 5:57.92	1:12.26	1300m: 15:39.69	1:13.45	2100m: 25:34.42
600m: 7:09.98	1:12.06	1400m: 16:53.33	1:13.64	2200m: 26:49.13
700m: 8:22.19	1:12.21	1500m: 18:07.15	1:13.82	2300m: 28:04.01
800m: 9:34.80	1:12.61	1600m: 19:21.45	1:14.30	2400m: 29:19.66
11. VILARDEBÓ PLA, Núria	04	C.N. Calella	37:32.54	13,00
100m: 1:10.08	1:10.08	900m: 10:53.04	1:14.22	1700m: 20:59.93
200m: 2:22.98	1:12.90	1000m: 12:07.33	1:14.29	1800m: 22:16.76
300m: 3:35.10	1:12.12	1100m: 13:22.47	1:15.14	1900m: 23:33.75
400m: 4:47.62	1:12.52	1200m: 14:38.60	1:16.13	2000m: 24:51.09
500m: 6:00.01	1:12.39	1300m: 15:55.07	1:16.47	2100m: 26:07.69
600m: 7:12.49	1:12.48	1400m: 17:11.33	1:16.26	2200m: 27:24.10
700m: 8:25.17	1:12.68	1500m: 18:27.66	1:16.33	2300m: 28:40.61
800m: 9:38.82	1:13.65	1600m: 19:44.00	1:16.34	2400m: 29:57.47
12. RIUS PELLEJA, Abril	04	C.N. Tarraco	37:38.36	12,00
100m: 1:11.17	1:11.17	900m: 11:05.99	1:14.70	1700m: 21:11.17
200m: 2:25.31	1:14.14	1000m: 12:21.30	1:15.31	1800m: 22:27.49
300m: 3:39.22	1:13.91	1100m: 13:36.10	1:14.80	1900m: 23:43.81
400m: 4:54.03	1:14.81	1200m: 14:51.33	1:15.23	2000m: 25:00.02
500m: 6:08.41	1:14.38	1300m: 16:07.06	1:15.73	2100m: 26:15.33
600m: 7:22.47	1:14.06	1400m: 17:22.72	1:15.66	2200m: 27:31.64
700m: 8:36.74	1:14.27	1500m: 18:39.04	1:16.32	2300m: 28:48.33
800m: 9:51.29	1:14.55	1600m: 19:54.69	1:15.65	2400m: 30:04.59
13. MONELLS RABASSA, Júlia	03	C.N. Olot	37:44.79	11,00
100m: 1:11.80	1:11.80	900m: 11:10.89	1:15.59	1700m: 21:16.31
200m: 2:26.31	1:14.51	1000m: 12:25.76	1:14.87	1800m: 22:31.96
300m: 3:41.18	1:14.87	1100m: 13:41.07	1:15.31	1900m: 23:47.58
400m: 4:55.64	1:14.46	1200m: 14:56.33	1:15.26	2000m: 25:03.02
500m: 6:10.40	1:14.76	1300m: 16:11.93	1:15.60	2100m: 26:18.66
600m: 7:25.34	1:14.94	1400m: 17:27.89	1:15.96	2200m: 27:34.56
700m: 8:40.10	1:14.76	1500m: 18:43.76	1:15.87	2300m: 28:49.93
800m: 9:55.30	1:15.20	1600m: 19:59.78	1:16.02	2400m: 30:06.32

NQ = Nedadors NO Classificats (tall no superat)



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

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

NQ = Nedadors NO Classificats (tall no superat)



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

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

NQ = Nedadors NO Classificats (tall no superat)



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

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

NQ = Nedadors NO Classificats (tall no superat)



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

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