



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



Prova 3
03/12/2021

Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1
Resultats

Rècords i MM Catalanes Open	31:58.86	, Mireia Belmonte Garcia	Sevilla	11/01/2014
Rècords i MM Catalanes 17	33:11.46	, Claudia Dasca Romeu	Sabadell	22/01/2011
Rècords i MM Catalanes 16	34:13.78	, Laura Rodriguez Cao	Banyoles	30/11/2014
Rècords i MM Catalanes 15	35:51.14	, Carrasco Cadens Emma	Olot	23/12/2020

Classificació

ANY

Temps

Júnior 1 Fons Indoor

1. GONZALEZ NUEZ, Lucia 06 C.N. Tarraco **35:19.63** 19,00
Millor Marca Catalana

50m:	33.10	33.10	800m:	9:15.04	34.96	1550m:	18:03.40	35.50	2300m:	26:59.99	35.93
100m:	1:07.00	33.90	850m:	9:50.02	34.98	1600m:	18:39.29	35.89	2350m:	27:36.01	36.02
150m:	1:41.62	34.62	900m:	10:25.07	35.05	1650m:	19:14.96	35.67	2400m:	28:12.13	36.12
200m:	2:16.32	34.70	950m:	11:00.09	35.02	1700m:	19:50.62	35.66	2450m:	28:48.17	36.04
250m:	2:51.26	34.94	1000m:	11:34.96	34.87	1750m:	20:26.37	35.75	2500m:	29:23.91	35.74
300m:	3:26.26	35.00	1050m:	12:10.11	35.15	1800m:	21:02.17	35.80	2550m:	29:59.48	35.57
350m:	4:01.27	35.01	1100m:	12:44.77	34.66	1850m:	21:37.95	35.78	2600m:	30:35.33	35.85
400m:	4:36.18	34.91	1150m:	13:20.14	35.37	1900m:	22:14.03	36.08	2650m:	31:11.31	35.98
450m:	5:10.85	34.67	1200m:	13:55.35	35.21	1950m:	22:49.78	35.75	2700m:	31:46.96	35.65
500m:	5:45.60	34.75	1250m:	14:30.74	35.39	2000m:	23:25.31	35.53	2750m:	32:22.95	35.99
550m:	6:20.68	35.08	1300m:	15:06.15	35.41	2050m:	24:00.95	35.64	2800m:	32:59.04	36.09
600m:	6:55.60	34.92	1350m:	15:41.47	35.32	2100m:	24:36.54	35.59	2850m:	33:34.80	35.76
650m:	7:30.30	34.70	1400m:	16:17.01	35.54	2150m:	25:12.35	35.81	2900m:	34:10.25	35.45
700m:	8:05.24	34.94	1450m:	16:52.47	35.46	2200m:	25:48.26	35.91	2950m:	34:45.50	35.25
750m:	8:40.08	34.84	1500m:	17:27.90	35.43	2250m:	26:24.06	35.80	3000m:	35:19.63	34.13

2. WHEATLEY, Miriam Elisabeth 05 C.N. Sant Andreu **35:38.91** 16,00

50m:	33.78	33.78	800m:	9:25.69	35.54	1550m:	18:20.65	35.85	2300m:	27:17.09	35.69
100m:	1:09.06	35.28	850m:	10:01.42	35.73	1600m:	18:56.23	35.58	2350m:	27:52.56	35.47
150m:	1:44.51	35.45	900m:	10:37.01	35.59	1650m:	19:31.99	35.76	2400m:	28:28.71	36.15
200m:	2:20.25	35.74	950m:	11:12.89	35.88	1700m:	20:07.66	35.67	2450m:	29:05.26	36.55
250m:	2:55.60	35.35	1000m:	11:48.20	35.31	1750m:	20:43.30	35.64	2500m:	29:41.59	36.33
300m:	3:30.68	35.08	1050m:	12:24.03	35.83	1800m:	21:18.49	35.19	2550m:	30:17.65	36.06
350m:	4:06.43	35.75	1100m:	12:59.31	35.28	1850m:	21:53.85	35.36	2600m:	30:53.42	35.77
400m:	4:42.05	35.62	1150m:	13:34.90	35.59	1900m:	22:29.79	35.94	2650m:	31:29.38	35.96
450m:	5:17.29	35.24	1200m:	14:10.27	35.37	1950m:	23:05.69	35.90	2700m:	32:05.22	35.84
500m:	5:52.74	35.45	1250m:	14:46.10	35.83	2000m:	23:41.49	35.80	2750m:	32:41.19	35.97
550m:	6:28.37	35.63	1300m:	15:21.83	35.73	2050m:	24:17.25	35.76	2800m:	33:17.12	35.93
600m:	7:03.92	35.55	1350m:	15:57.52	35.69	2100m:	24:53.00	35.75	2850m:	33:53.21	36.09
650m:	7:39.44	35.52	1400m:	16:33.32	35.80	2150m:	25:29.29	36.29	2900m:	34:29.09	35.88
700m:	8:14.76	35.32	1450m:	17:09.03	35.71	2200m:	26:05.49	36.20	2950m:	35:04.61	35.52
750m:	8:50.15	35.39	1500m:	17:44.80	35.77	2250m:	26:41.40	35.91	3000m:	35:38.91	34.30

3. TORREJON GASCON, Xenia 06 C.N. Caldes **35:46.69** 14,00

50m:	33.95	33.95	800m:	9:30.64	36.21	1550m:	18:28.95	35.57	2300m:	27:21.13	35.62
100m:	1:09.00	35.05	850m:	10:06.75	36.11	1600m:	19:04.16	35.21	2350m:	27:56.73	35.60
150m:	1:44.42	35.42	900m:	10:42.74	35.99	1650m:	19:40.06	35.90	2400m:	28:32.21	35.48
200m:	2:19.88	35.46	950m:	11:19.26	36.52	1700m:	20:15.77	35.71	2450m:	29:08.23	36.02
250m:	2:55.59	35.71	1000m:	11:55.55	36.29	1750m:	20:51.19	35.42	2500m:	29:44.14	35.91
300m:	3:31.42	35.83	1050m:	12:31.63	36.08	1800m:	21:26.75	35.56	2550m:	30:19.54	35.40
350m:	4:07.42	36.00	1100m:	13:07.12	35.49	1850m:	22:01.95	35.20	2600m:	30:55.44	35.90
400m:	4:43.34	35.92	1150m:	13:43.30	36.18	1900m:	22:37.33	35.38	2650m:	31:31.07	35.63
450m:	5:19.19	35.85	1200m:	14:19.51	36.21	1950m:	23:13.34	36.01	2700m:	32:07.07	36.00
500m:	5:55.17	35.98	1250m:	14:54.69	35.18	2000m:	23:49.33	35.99	2750m:	32:43.56	36.49
550m:	6:30.99	35.82	1300m:	15:30.32	35.63	2050m:	24:24.77	35.44	2800m:	33:20.35	36.79
600m:	7:06.78	35.79	1350m:	16:05.83	35.51	2100m:	25:00.00	35.23	2850m:	33:57.78	37.43
650m:	7:42.69	35.91	1400m:	16:41.75	35.92	2150m:	25:35.34	35.34	2900m:	34:35.12	37.34
700m:	8:18.47	35.78	1450m:	17:17.73	35.98	2200m:	26:10.46	35.12	2950m:	35:11.47	36.35
750m:	8:54.43	35.96	1500m:	17:53.38	35.65	2250m:	26:45.51	35.05	3000m:	35:46.69	35.22

Piscina 25 i crometratge Semi-automàtic



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



100 Federació
Catalana
de Natació

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

Classificació

ANY

Temps

4. MORERA PUJOLAR, Júlia		05	C.N. Olot		36:26.31	13,00				
50m:	33.30	33.30	800m:	9:29.75	36.45	1550m: 18:36.77	36.51	2300m:	27:49.08	37.45
100m:	1:08.09	34.79	850m:	10:05.80	36.05	1600m: 19:13.47	36.70	2350m:	28:25.82	36.74
150m:	1:43.29	35.20	900m:	10:42.40	36.60	1650m: 19:50.16	36.69	2400m:	29:02.82	37.00
200m:	2:18.70	35.41	950m:	11:19.03	36.63	1700m: 20:26.63	36.47	2450m:	29:40.30	37.48
250m:	2:54.15	35.45	1000m:	11:55.65	36.62	1750m: 21:03.21	36.58	2500m:	30:17.15	36.85
300m:	3:30.05	35.90	1050m:	12:32.62	36.97	1800m: 21:39.71	36.50	2550m:	30:53.97	36.82
350m:	4:05.73	35.68	1100m:	13:09.10	36.48	1850m: 22:16.46	36.75	2600m:	31:31.39	37.42
400m:	4:41.61	35.88	1150m:	13:45.67	36.57	1900m: 22:53.06	36.60	2650m:	32:08.37	36.98
450m:	5:17.40	35.79	1200m:	14:21.95	36.28	1950m: 23:29.71	36.65	2700m:	32:45.43	37.06
500m:	5:53.25	35.85	1250m:	14:58.54	36.59	2000m: 24:06.99	37.28	2750m:	33:22.85	37.42
550m:	6:29.00	35.75	1300m:	15:34.70	36.16	2050m: 24:43.80	36.81	2800m:	34:00.04	37.19
600m:	7:04.77	35.77	1350m:	16:11.28	36.58	2100m: 25:20.50	36.70	2850m:	34:37.60	37.56
650m:	7:41.07	36.30	1400m:	16:47.54	36.26	2150m: 25:57.43	36.93	2900m:	35:14.60	37.00
700m:	8:17.02	35.95	1450m:	17:24.07	36.53	2200m: 26:34.38	36.95	2950m:	35:51.01	36.41
750m:	8:53.30	36.28	1500m:	18:00.26	36.19	2250m: 27:11.63	37.25	3000m:	36:26.31	35.30
5. PALACIOS GALLARDO, Rut		05	C.N. Barcelona		36:27.26	12,00				
50m:	33.73	33.73	800m:	9:20.17	35.80	1550m: 18:24.06	36.88	2300m:	27:42.32	37.16
100m:	1:07.91	34.18	850m:	9:55.99	35.82	1600m: 19:00.68	36.62	2350m:	28:20.42	38.10
150m:	1:42.44	34.53	900m:	10:32.03	36.04	1650m: 19:38.06	37.38	2400m:	28:57.95	37.53
200m:	2:17.00	34.56	950m:	11:07.63	35.60	1700m: 20:16.33	38.27	2450m:	29:35.96	38.01
250m:	2:51.96	34.96	1000m:	11:43.28	35.65	1750m: 20:54.19	37.86	2500m:	30:13.83	37.87
300m:	3:26.85	34.89	1050m:	12:19.36	36.08	1800m: 21:31.51	37.32	2550m:	30:51.45	37.62
350m:	4:01.86	35.01	1100m:	12:54.97	35.61	1850m: 22:08.74	37.23	2600m:	31:29.02	37.57
400m:	4:37.00	35.14	1150m:	13:31.63	36.66	1900m: 22:45.79	37.05	2650m:	32:06.69	37.67
450m:	5:12.25	35.25	1200m:	14:07.78	36.15	1950m: 23:22.53	36.74	2700m:	32:44.40	37.71
500m:	5:47.17	34.92	1250m:	14:43.96	36.18	2000m: 23:59.59	37.06	2750m:	33:22.17	37.77
550m:	6:22.61	35.44	1300m:	15:20.47	36.51	2050m: 24:37.12	37.53	2800m:	33:59.51	37.34
600m:	6:58.12	35.51	1350m:	15:56.98	36.51	2100m: 25:14.13	37.01	2850m:	34:37.13	37.62
650m:	7:33.64	35.52	1400m:	16:33.48	36.50	2150m: 25:50.96	36.83	2900m:	35:14.34	37.21
700m:	8:09.14	35.50	1450m:	17:10.39	36.91	2200m: 26:27.97	37.01	2950m:	35:51.19	36.85
750m:	8:44.37	35.23	1500m:	17:47.18	36.79	2250m: 27:05.16	37.19	3000m:	36:27.26	36.07
6. FERNANDEZ GONZALEZ, Aina		06	C.N. Banyoles		36:52.67	11,00				
50m:	32.34	32.34	800m:	9:16.36	35.57	1550m: 18:26.90	38.98	2300m:	28:00.89	38.36
100m:	1:05.35	33.01	850m:	9:52.88	36.52	1600m: 19:05.14	38.24	2350m:	28:40.05	39.16
150m:	1:39.11	33.76	900m:	10:29.06	36.18	1650m: 19:43.57	38.43	2400m:	29:18.78	38.73
200m:	2:13.36	34.25	950m:	11:05.30	36.24	1700m: 20:22.19	38.62	2450m:	29:57.78	39.00
250m:	2:47.91	34.55	1000m:	11:41.86	36.56	1750m: 21:00.56	38.37	2500m:	30:36.75	38.97
300m:	3:22.99	35.08	1050m:	12:18.35	36.49	1800m: 21:38.94	38.38	2550m:	31:15.31	38.56
350m:	3:58.23	35.24	1100m:	12:55.00	36.65	1850m: 22:16.96	38.02	2600m:	31:53.54	38.23
400m:	4:33.21	34.98	1150m:	13:31.66	36.66	1900m: 22:54.86	37.90	2650m:	32:32.04	38.50
450m:	5:08.53	35.32	1200m:	14:09.54	37.88	1950m: 23:32.99	38.13	2700m:	33:10.65	38.61
500m:	5:43.79	35.26	1250m:	14:46.77	37.23	2000m: 24:10.94	37.95	2750m:	33:48.48	37.83
550m:	6:18.79	35.00	1300m:	15:24.16	37.39	2050m: 24:49.49	38.55	2800m:	34:26.31	37.83
600m:	6:53.85	35.06	1350m:	16:01.52	37.36	2100m: 25:27.76	38.27	2850m:	35:04.14	37.83
650m:	7:29.67	35.82	1400m:	16:37.04	35.52	2150m: 26:06.28	38.52	2900m:	35:42.31	38.17
700m:	8:05.57	35.90	1450m:	17:12.29	35.25	2200m: 26:44.16	37.88	2950m:	36:18.83	36.52
750m:	8:40.79	35.22	1500m:	17:47.92	35.63	2250m: 27:22.53	38.37	3000m:	36:52.67	33.84
7. VARET CANO, Audrey		06	C.N. Mataró		37:05.79	10,00				
50m:	33.49	33.49	800m:	9:35.28	36.79	1550m: 18:52.46	36.95	2300m:	28:16.37	37.94
100m:	1:07.98	34.49	850m:	10:12.18	36.90	1600m: 19:29.63	37.17	2350m:	28:53.83	37.46
150m:	1:43.73	35.75	900m:	10:48.98	36.80	1650m: 20:07.22	37.59	2400m:	29:31.59	37.76
200m:	2:19.62	35.89	950m:	11:26.30	37.32	1700m: 20:44.71	37.49	2450m:	30:09.34	37.75
250m:	2:55.24	35.62	1000m:	12:03.46	37.16	1750m: 21:22.68	37.97	2500m:	30:47.87	38.53
300m:	3:30.97	35.73	1050m:	12:40.42	36.96	1800m: 22:00.54	37.86	2550m:	31:26.25	38.38
350m:	4:07.11	36.14	1100m:	13:17.32	36.90	1850m: 22:38.27	37.73	2600m:	32:04.18	37.93
400m:	4:42.91	35.80	1150m:	13:54.14	36.82	1900m: 23:16.48	38.21	2650m:	32:41.77	37.59
450m:	5:18.85	35.94	1200m:	14:30.98	36.84	1950m: 23:53.66	37.18	2700m:	33:20.28	38.51
500m:	5:55.14	36.29	1250m:	15:07.68	36.70	2000m: 24:31.26	37.60	2750m:	33:58.29	38.01
550m:	6:31.68	36.54	1300m:	15:44.87	37.19	2050m: 25:08.49	37.23	2800m:	34:36.25	37.96
600m:	7:08.14	36.46	1350m:	16:22.01	37.14	2100m: 25:46.08	37.59	2850m:	35:13.61	37.36
650m:	7:45.19	37.05	1400m:	16:59.68	37.67	2150m: 26:23.68	37.60	2900m:	35:50.87	37.26
700m:	8:22.36	37.17	1450m:	17:37.56	37.88	2200m: 27:01.15	37.47	2950m:	36:28.67	37.80
750m:	8:58.49	36.13	1500m:	18:15.51	37.95	2250m: 27:38.43	37.28	3000m:	37:05.79	37.12

Piscina 25 i crometratge Semi-automàtic



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



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

Classificació	ANY		Temps	
8. VALLS PLAZA, Ariadna	06	C.N. Sant Andreu	37:12.60	9,00
50m: 34.94 34.94	800m: 9:44.37 36.78	1550m: 19:05.66 37.87	2300m: 28:32.41 38.19	
100m: 1:10.23 35.29	850m: 10:21.33 36.96	1600m: 19:43.56 37.90	2350m: 29:10.40 37.99	
150m: 1:46.19 35.96	900m: 10:58.48 37.15	1650m: 20:21.18 37.62	2400m: 29:48.38 37.98	
200m: 2:22.55 36.36	950m: 11:35.52 37.04	1700m: 20:59.24 38.06	2450m: 30:26.24 37.86	
250m: 2:59.16 36.61	1000m: 12:12.64 37.12	1750m: 21:36.88 37.64	2500m: 31:04.31 38.07	
300m: 3:35.74 36.58	1050m: 12:49.72 37.08	1800m: 22:14.31 37.43	2550m: 31:41.92 37.61	
350m: 4:12.59 36.85	1100m: 13:26.89 37.17	1850m: 22:51.64 37.33	2600m: 32:19.58 37.66	
400m: 4:49.46 36.87	1150m: 14:04.40 37.51	1900m: 23:29.17 37.53	2650m: 32:57.78 38.20	
450m: 5:26.44 36.98	1200m: 14:41.94 37.54	1950m: 24:06.75 37.58	2700m: 33:35.53 37.75	
500m: 6:03.03 36.59	1250m: 15:19.30 37.36	2000m: 24:44.06 37.31	2750m: 34:13.10 37.57	
550m: 6:39.84 36.81	1300m: 15:56.92 37.62	2050m: 25:21.69 37.63	2800m: 34:49.91 36.81	
600m: 7:17.01 37.17	1350m: 16:34.48 37.56	2100m: 25:59.93 38.24	2850m: 35:26.48 36.57	
650m: 7:54.07 37.06	1400m: 17:12.10 37.62	2150m: 26:38.08 38.15	2900m: 36:02.63 36.15	
700m: 8:31.02 36.95	1450m: 17:49.82 37.72	2200m: 27:16.19 38.11	2950m: 36:38.17 35.54	
750m: 9:07.59 36.57	1500m: 18:27.79 37.97	2250m: 27:54.22 38.03	3000m: 37:12.60 34.43	
9. FERNANDEZ ROSELLO, Noa	06	C.N. Sabadell	37:14.09	8,00
50m: 35.50 35.50	800m: 9:45.74 36.89	1550m: 19:00.05 36.75	2300m: 28:23.33 37.92	
100m: 1:11.20 35.70	850m: 10:22.58 36.84	1600m: 19:37.27 37.22	2350m: 29:01.92 38.59	
150m: 1:47.28 36.08	900m: 10:59.50 36.92	1650m: 20:14.68 37.41	2400m: 29:39.91 37.99	
200m: 2:24.15 36.87	950m: 11:36.20 36.70	1700m: 20:51.97 37.29	2450m: 30:17.73 37.82	
250m: 3:00.36 36.21	1000m: 12:12.76 36.56	1750m: 21:29.30 37.33	2500m: 30:55.63 37.90	
300m: 3:37.11 36.75	1050m: 12:49.57 36.81	1800m: 22:06.86 37.56	2550m: 31:33.28 37.65	
350m: 4:13.59 36.48	1100m: 13:26.64 37.07	1850m: 22:44.60 37.74	2600m: 32:11.38 38.10	
400m: 4:50.27 36.68	1150m: 14:03.74 37.10	1900m: 23:22.05 37.45	2650m: 32:49.55 38.17	
450m: 5:27.39 37.12	1200m: 14:41.16 37.42	1950m: 23:59.60 37.55	2700m: 33:27.70 38.15	
500m: 6:04.11 36.72	1250m: 15:18.46 37.30	2000m: 24:36.85 37.25	2750m: 34:05.98 38.28	
550m: 6:41.18 37.07	1300m: 15:55.66 37.20	2050m: 25:14.27 37.42	2800m: 34:43.87 37.89	
600m: 7:18.13 36.95	1350m: 16:32.67 37.01	2100m: 25:51.99 37.72	2850m: 35:21.56 37.69	
650m: 7:55.35 37.22	1400m: 17:09.39 36.72	2150m: 26:29.64 37.65	2900m: 35:59.36 37.80	
700m: 8:32.07 36.72	1450m: 17:46.17 36.78	2200m: 27:07.51 37.87	2950m: 36:37.38 38.02	
750m: 9:08.85 36.78	1500m: 18:23.30 37.13	2250m: 27:45.41 37.90	3000m: 37:14.09 36.71	
10. DEL RIO SANTAMARIA, Jana	05	C.N. Mataró	37:17.00	7,00
50m: 34.72 34.72	800m: 9:41.12 36.96	1550m: 18:59.22 37.37	2300m: 28:25.20 37.88	
100m: 1:10.05 35.33	850m: 10:18.11 36.99	1600m: 19:36.64 37.42	2350m: 29:03.82 38.62	
150m: 1:45.82 35.77	900m: 10:55.41 37.30	1650m: 20:14.33 37.69	2400m: 29:42.03 38.21	
200m: 2:21.82 36.00	950m: 11:32.54 37.13	1700m: 20:51.86 37.53	2450m: 30:20.55 38.52	
250m: 2:58.12 36.30	1000m: 12:09.71 37.17	1750m: 21:29.69 37.83	2500m: 30:58.29 37.74	
300m: 3:34.41 36.29	1050m: 12:46.66 36.95	1800m: 22:07.68 37.99	2550m: 31:36.31 38.02	
350m: 4:10.49 36.08	1100m: 13:23.72 37.06	1850m: 22:45.57 37.89	2600m: 32:14.10 37.79	
400m: 4:47.01 36.52	1150m: 14:00.77 37.05	1900m: 23:22.89 37.32	2650m: 32:52.40 38.30	
450m: 5:23.40 36.39	1200m: 14:38.25 37.48	1950m: 24:00.62 37.73	2700m: 33:30.67 38.27	
500m: 6:00.09 36.69	1250m: 15:15.32 37.07	2000m: 24:38.53 37.91	2750m: 34:09.01 38.34	
550m: 6:36.53 36.44	1300m: 15:52.76 37.44	2050m: 25:16.33 37.80	2800m: 34:47.28 38.27	
600m: 7:13.36 36.83	1350m: 16:30.11 37.35	2100m: 25:53.90 37.57	2850m: 35:24.88 37.60	
650m: 7:50.26 36.90	1400m: 17:07.42 37.31	2150m: 26:31.38 37.48	2900m: 36:02.62 37.74	
700m: 8:27.32 37.06	1450m: 17:44.77 37.35	2200m: 27:09.04 37.66	2950m: 36:40.22 37.60	
750m: 9:04.16 36.84	1500m: 18:21.85 37.08	2250m: 27:47.32 38.28	3000m: 37:17.00 36.78	
11. GUTIERREZ RODRIGUEZ, Ariadne	06	C.N. Sabadell	37:48.00	6,00
50m: 35.54 35.54	800m: 9:54.42 37.51	1550m: 19:16.71 37.46	2300m: 28:52.46 38.85	
100m: 1:12.06 36.52	850m: 10:31.98 37.56	1600m: 19:54.50 37.79	2350m: 29:31.23 38.77	
150m: 1:48.74 36.68	900m: 11:09.43 37.45	1650m: 20:32.66 38.16	2400m: 30:09.85 38.62	
200m: 2:26.18 37.44	950m: 11:46.83 37.40	1700m: 21:11.47 38.81	2450m: 30:48.28 38.43	
250m: 3:03.60 37.42	1000m: 12:24.19 37.36	1750m: 21:50.31 38.84	2500m: 31:27.44 39.16	
300m: 3:40.70 37.10	1050m: 13:01.45 37.26	1800m: 22:28.41 38.10	2550m: 32:05.96 38.52	
350m: 4:18.18 37.48	1100m: 13:38.74 37.29	1850m: 23:06.86 38.45	2600m: 32:44.81 38.85	
400m: 4:55.70 37.52	1150m: 14:16.36 37.62	1900m: 23:44.87 38.01	2650m: 33:23.64 38.83	
450m: 5:33.08 37.38	1200m: 14:53.95 37.59	1950m: 24:23.16 38.29	2700m: 34:02.08 38.44	
500m: 6:10.65 37.57	1250m: 15:31.67 37.72	2000m: 25:01.60 38.44	2750m: 34:40.28 38.20	
550m: 6:48.10 37.45	1300m: 16:09.22 37.55	2050m: 25:39.91 38.31	2800m: 35:18.20 37.92	
600m: 7:25.65 37.55	1350m: 16:46.81 37.59	2100m: 26:18.34 38.43	2850m: 35:56.00 37.80	
650m: 8:02.62 36.97	1400m: 17:24.47 37.66	2150m: 26:56.85 38.51	2900m: 36:34.07 38.07	
700m: 8:39.71 37.09	1450m: 18:02.18 37.71	2200m: 27:35.08 38.23	2950m: 37:12.53 38.46	
750m: 9:16.91 37.20	1500m: 18:39.25 37.07	2250m: 28:13.61 38.53	3000m: 37:48.00 35.47	



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

Classificació	ANY										Temps	
12. SURROCA RIOL, Gemma	05 C.N. Olot										37:57.95	5,00
50m:	34.47	34.47	800m:	9:56.84	37.64	1550m:	19:27.56	38.26	2300m:	29:06.07	37.88	
100m:	1:10.88	36.41	850m:	10:34.52	37.68	1600m:	20:06.09	38.53	2350m:	29:44.19	38.12	
150m:	1:47.63	36.75	900m:	11:11.92	37.40	1650m:	20:44.42	38.33	2400m:	30:23.03	38.84	
200m:	2:24.96	37.33	950m:	11:49.88	37.96	1700m:	21:22.90	38.48	2450m:	31:02.08	39.05	
250m:	3:02.21	37.25	1000m:	12:27.91	38.03	1750m:	22:01.67	38.77	2500m:	31:40.82	38.74	
300m:	3:39.99	37.78	1050m:	13:06.15	38.24	1800m:	22:40.75	39.08	2550m:	32:20.12	39.30	
350m:	4:17.49	37.50	1100m:	13:44.12	37.97	1850m:	23:19.38	38.63	2600m:	32:58.96	38.84	
400m:	4:54.96	37.47	1150m:	14:22.03	37.91	1900m:	23:58.27	38.89	2650m:	33:37.03	38.07	
450m:	5:32.62	37.66	1200m:	15:00.10	38.07	1950m:	24:37.06	38.79	2700m:	34:15.12	38.09	
500m:	6:10.48	37.86	1250m:	15:38.04	37.94	2000m:	25:16.04	38.98	2750m:	34:53.67	38.55	
550m:	6:48.22	37.74	1300m:	16:15.92	37.88	2050m:	25:54.35	38.31	2800m:	35:31.49	37.82	
600m:	7:26.00	37.78	1350m:	16:54.00	38.08	2100m:	26:33.26	38.91	2850m:	36:09.21	37.72	
650m:	8:03.72	37.72	1400m:	17:32.23	38.23	2150m:	27:11.79	38.53	2900m:	36:46.58	37.37	
700m:	8:41.61	37.89	1450m:	18:11.05	38.82	2200m:	27:50.31	38.52	2950m:	37:23.30	36.72	
750m:	9:19.20	37.59	1500m:	18:49.30	38.25	2250m:	28:28.19	37.88	3000m:	37:57.95	34.65	
13. CASELLAS I PUNSET, Laia	06 C.N. Figueres										38:00.64	4,00
50m:	34.65	34.65	800m:	10:03.69	38.70	1550m:	19:36.63	37.14	2300m:	29:08.39	38.27	
100m:	1:11.14	36.49	850m:	10:42.76	39.07	1600m:	20:13.55	36.92	2350m:	29:47.15	38.76	
150m:	1:47.99	36.85	900m:	11:21.04	38.28	1650m:	20:51.45	37.90	2400m:	30:25.65	38.50	
200m:	2:25.31	37.32	950m:	11:59.47	38.43	1700m:	21:29.13	37.68	2450m:	31:04.39	38.74	
250m:	3:02.81	37.50	1000m:	12:38.00	38.53	1750m:	22:06.97	37.84	2500m:	31:43.59	39.20	
300m:	3:40.38	37.57	1050m:	13:16.16	38.16	1800m:	22:45.11	38.14	2550m:	32:20.92	37.33	
350m:	4:17.99	37.61	1100m:	13:54.26	38.10	1850m:	23:23.38	38.27	2600m:	32:58.96	38.04	
400m:	4:56.12	38.13	1150m:	14:32.29	38.03	1900m:	24:01.55	38.17	2650m:	33:37.16	38.20	
450m:	5:34.60	38.48	1200m:	15:10.62	38.33	1950m:	24:39.78	38.23	2700m:	34:15.49	38.33	
500m:	6:13.33	38.73	1250m:	15:49.01	38.39	2000m:	25:17.96	38.18	2750m:	34:53.31	37.82	
550m:	6:51.68	38.35	1300m:	16:27.17	38.16	2050m:	25:56.94	38.98	2800m:	35:31.78	38.47	
600m:	7:29.94	38.26	1350m:	17:06.01	38.84	2100m:	26:35.19	38.25	2850m:	36:09.26	37.48	
650m:	8:08.32	38.38	1400m:	17:43.86	37.85	2150m:	27:13.68	38.49	2900m:	36:46.04	36.78	
700m:	8:46.74	38.42	1450m:	18:22.04	38.18	2200m:	27:52.07	38.39	2950m:	37:23.79	37.75	
750m:	9:24.99	38.25	1500m:	18:59.49	37.45	2250m:	28:30.12	38.05	3000m:	38:00.64	36.85	
14. RODRÍGUEZ SANTAULARIA, Jéssica	06 C.N. Igualada										38:22.92	3,00
50m:	34.92	34.92	800m:	9:47.56	37.28	1550m:	19:21.63	38.75	2300m:	29:08.31	39.33	
100m:	1:10.57	35.65	850m:	10:25.12	37.56	1600m:	20:00.43	38.80	2350m:	29:47.88	39.57	
150m:	1:46.77	36.20	900m:	11:02.91	37.79	1650m:	20:39.05	38.62	2400m:	30:27.48	39.60	
200m:	2:23.33	36.56	950m:	11:40.92	38.01	1700m:	21:17.75	38.70	2450m:	31:07.63	40.15	
250m:	2:59.87	36.54	1000m:	12:19.03	38.11	1750m:	21:56.69	38.94	2500m:	31:47.60	39.97	
300m:	3:36.54	36.67	1050m:	12:57.06	38.03	1800m:	22:35.65	38.96	2550m:	32:27.62	40.02	
350m:	4:12.84	36.30	1100m:	13:35.12	38.06	1850m:	23:14.76	39.11	2600m:	33:07.68	40.06	
400m:	4:49.65	36.81	1150m:	14:13.15	38.03	1900m:	23:54.04	39.28	2650m:	33:47.41	39.73	
450m:	5:26.69	37.04	1200m:	14:51.45	38.30	1950m:	24:32.56	38.52	2700m:	34:27.07	39.66	
500m:	6:03.82	37.13	1250m:	15:29.68	38.23	2000m:	25:11.54	38.98	2750m:	35:07.03	39.96	
550m:	6:40.87	37.05	1300m:	16:08.23	38.55	2050m:	25:50.85	39.31	2800m:	35:46.49	39.46	
600m:	7:18.21	37.34	1350m:	16:46.83	38.60	2100m:	26:30.27	39.42	2850m:	36:26.22	39.73	
650m:	7:55.60	37.39	1400m:	17:25.49	38.66	2150m:	27:09.83	39.56	2900m:	37:06.01	39.79	
700m:	8:32.75	37.15	1450m:	18:04.07	38.58	2200m:	27:49.61	39.78	2950m:	37:45.21	39.20	
750m:	9:10.28	37.53	1500m:	18:42.88	38.81	2250m:	28:28.98	39.37	3000m:	38:22.92	37.71	
15. SANCHEZ BARBERO, Irene	05 C.N. Atl Barceloneta										38:41.10	2,00
50m:	34.87	34.87	800m:	10:02.29	37.96	1550m:	19:39.90	38.58	2300m:	29:33.27	38.81	
100m:	1:11.74	36.87	850m:	10:40.49	38.20	1600m:	20:19.10	39.20	2350m:	30:13.74	40.47	
150m:	1:49.00	37.26	900m:	11:18.53	38.04	1650m:	20:58.46	39.36	2400m:	30:53.44	39.70	
200m:	2:26.69	37.69	950m:	11:56.53	38.00	1700m:	21:37.52	39.06	2450m:	31:33.61	40.17	
250m:	3:04.70	38.01	1000m:	12:34.53	38.00	1750m:	22:17.12	39.60	2500m:	32:13.54	39.93	
300m:	3:42.56	37.86	1050m:	13:13.26	38.73	1800m:	22:56.67	39.55	2550m:	32:52.67	39.13	
350m:	4:20.04	37.48	1100m:	13:51.87	38.61	1850m:	23:36.80	40.13	2600m:	33:31.73	39.06	
400m:	4:58.19	38.15	1150m:	14:30.51	38.64	1900m:	24:16.41	39.61	2650m:	34:10.97	39.24	
450m:	5:36.49	38.30	1200m:	15:09.20	38.69	1950m:	24:56.46	40.05	2700m:	34:50.43	39.46	
500m:	6:14.65	38.16	1250m:	15:48.32	39.12	2000m:	25:35.91	39.45	2750m:	35:29.89	39.46	
550m:	6:52.43	37.78	1300m:	16:26.58	38.26	2050m:	26:15.53	39.62	2800m:	36:08.68	38.79	
600m:	7:30.45	38.02	1350m:	17:05.18	38.60	2100m:	26:55.56	40.03	2850m:	36:47.01	38.33	
650m:	8:08.61	38.16	1400m:	17:44.14	38.96	2150m:	27:35.48	39.92	2900m:	37:25.61	38.60	
700m:	8:46.82	38.21	1450m:	18:22.84	38.70	2200m:	28:15.55	40.07	2950m:	38:04.53	38.92	
750m:	9:24.33	37.51	1500m:	19:01.32	38.48	2250m:	28:54.46	38.91	3000m:	38:41.10	36.57	



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



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

Classificació	ANY	Temps					
16. MARTINEZ MARESMÀ, Julia	06	C.N. Mataró	39:35.50	1,00			
50m: 36.45	36.45	800m: 10:18.83	39.37	1550m: 20:13.75	39.94	2300m: 30:17.04	40.75
100m: 1:13.53	37.08	850m: 10:58.41	39.58	1600m: 20:54.10	40.35	2350m: 30:57.92	40.88
150m: 1:51.53	38.00	900m: 11:37.93	39.52	1650m: 21:34.05	39.95	2400m: 31:39.27	41.35
200m: 2:29.94	38.41	950m: 12:17.69	39.76	1700m: 22:14.03	39.98	2450m: 32:20.14	40.87
250m: 3:08.16	38.22	1000m: 12:57.66	39.97	1750m: 22:54.20	40.17	2500m: 33:00.72	40.58
300m: 3:46.81	38.65	1050m: 13:37.17	39.51	1800m: 23:34.35	40.15	2550m: 33:41.43	40.71
350m: 4:25.54	38.73	1100m: 14:16.68	39.51	1850m: 24:14.38	40.03	2600m: 34:22.89	41.46
400m: 5:05.09	39.55	1150m: 14:56.04	39.36	1900m: 24:54.54	40.16	2650m: 35:02.24	39.35
450m: 5:44.31	39.22	1200m: 15:35.62	39.58	1950m: 25:34.34	39.80	2700m: 35:41.32	39.08
500m: 6:22.95	38.64	1250m: 16:15.66	40.04	2000m: 26:14.60	40.26	2750m: 36:20.76	39.44
550m: 7:01.83	38.88	1300m: 16:55.77	40.11	2050m: 26:54.71	40.11	2800m: 37:00.38	39.62
600m: 7:40.77	38.94	1350m: 17:35.60	39.83	2100m: 27:34.76	40.05	2850m: 37:40.04	39.66
650m: 8:20.20	39.43	1400m: 18:15.16	39.56	2150m: 28:15.57	40.81	2900m: 38:18.97	38.93
700m: 8:59.93	39.73	1450m: 18:54.12	38.96	2200m: 28:56.00	40.43	2950m: 38:58.12	39.15
750m: 9:39.46	39.53	1500m: 19:33.81	39.69	2250m: 29:36.29	40.29	3000m: 39:35.50	37.38
17. MOSQUERA SORIANO, Martina	06	C.N. Granollers	40:03.62	-			
50m: 37.25	37.25	800m: 10:22.07	39.61	1550m: 20:18.94	40.13	2300m: 30:27.55	40.47
100m: 1:15.07	37.82	850m: 11:01.72	39.65	1600m: 20:59.34	40.40	2350m: 31:08.34	40.79
150m: 1:53.71	38.64	900m: 11:41.17	39.45	1650m: 21:40.09	40.75	2400m: 31:50.12	41.78
200m: 2:32.48	38.77	950m: 12:20.50	39.33	1700m: 22:20.47	40.38	2450m: 32:31.84	41.72
250m: 3:11.52	39.04	1000m: 12:59.81	39.31	1750m: 23:00.38	39.91	2500m: 33:13.81	41.97
300m: 3:50.47	38.95	1050m: 13:39.09	39.28	1800m: 23:40.93	40.55	2550m: 33:55.45	41.64
350m: 4:29.27	38.80	1100m: 14:19.02	39.93	1850m: 24:21.58	40.65	2600m: 34:37.05	41.60
400m: 5:08.26	38.99	1150m: 14:58.77	39.75	1900m: 25:02.14	40.56	2650m: 35:18.56	41.51
450m: 5:47.09	38.83	1200m: 15:38.58	39.81	1950m: 25:42.71	40.57	2700m: 35:59.94	41.38
500m: 6:26.05	38.96	1250m: 16:18.67	40.09	2000m: 26:23.11	40.40	2750m: 36:40.74	40.80
550m: 7:05.34	39.29	1300m: 16:58.72	40.05	2050m: 27:03.93	40.82	2800m: 37:21.58	40.84
600m: 7:44.48	39.14	1350m: 17:38.51	39.79	2100m: 27:44.31	40.38	2850m: 38:02.45	40.87
650m: 8:23.80	39.32	1400m: 18:18.60	40.09	2150m: 28:25.12	40.81	2900m: 38:43.17	40.72
700m: 9:03.19	39.39	1450m: 18:58.48	39.88	2200m: 29:05.86	40.74	2950m: 39:24.03	40.86
750m: 9:42.46	39.27	1500m: 19:38.81	40.33	2250m: 29:47.08	41.22	3000m: 40:03.62	39.59
18. MARTINEZ ORDOÑEZ, Aina	05	C.N. Granollers	41:00.71	-			
50m: 37.13	37.13	800m: 10:42.71	41.08	1550m: 21:00.66	41.51	2300m: 31:28.44	41.17
100m: 1:15.30	38.17	850m: 11:23.74	41.03	1600m: 21:42.11	41.45	2350m: 32:08.97	40.53
150m: 1:54.26	38.96	900m: 12:05.06	41.32	1650m: 22:23.78	41.67	2400m: 32:49.83	40.86
200m: 2:33.51	39.25	950m: 12:46.80	41.74	1700m: 23:05.12	41.34	2450m: 33:31.52	41.69
250m: 3:13.14	39.63	1000m: 13:27.93	41.13	1750m: 23:46.64	41.52	2500m: 34:12.69	41.17
300m: 3:53.32	40.18	1050m: 14:09.05	41.12	1800m: 24:28.35	41.71	2550m: 34:53.80	41.11
350m: 4:33.44	40.12	1100m: 14:50.11	41.06	1850m: 25:10.57	42.22	2600m: 35:35.33	41.53
400m: 5:13.90	40.46	1150m: 15:31.38	41.27	1900m: 25:52.41	41.84	2650m: 36:16.38	41.05
450m: 5:54.93	41.03	1200m: 16:12.75	41.37	1950m: 26:34.77	42.36	2700m: 36:57.44	41.06
500m: 6:36.22	41.29	1250m: 16:53.35	40.60	2000m: 27:16.66	41.89	2750m: 37:38.16	40.72
550m: 7:16.97	40.75	1300m: 17:34.29	40.94	2050m: 27:58.74	42.08	2800m: 38:19.52	41.36
600m: 7:58.04	41.07	1350m: 18:15.84	41.55	2100m: 28:41.00	42.26	2850m: 39:00.49	40.97
650m: 8:39.07	41.03	1400m: 18:57.06	41.22	2150m: 29:23.29	42.29	2900m: 39:41.21	40.72
700m: 9:20.33	41.26	1450m: 19:38.19	41.13	2200m: 30:05.21	41.92	2950m: 40:21.67	40.46
750m: 10:01.63	41.30	1500m: 20:19.15	40.96	2250m: 30:47.27	42.06	3000m: 41:00.71	39.04
19. MEJIAS HERRADOR, Adriana	06	C.N. Granollers	41:40.71	-			
50m: 38.15	38.15	800m: 10:23.07	39.43	1550m: 20:32.75	42.52	2300m: 31:27.23	45.38
100m: 1:15.92	37.77	850m: 11:02.53	39.46	1600m: 21:15.67	42.92	2350m: 32:12.79	45.56
150m: 1:54.19	38.27	900m: 11:42.25	39.72	1650m: 21:57.81	42.14	2400m: 32:57.97	45.18
200m: 2:33.21	39.02	950m: 12:21.93	39.68	1700m: 22:40.34	42.53	2450m: 33:43.19	45.22
250m: 3:11.93	38.72	1000m: 13:01.28	39.35	1750m: 23:23.03	42.69	2500m: 34:28.22	45.03
300m: 3:51.00	39.07	1050m: 13:41.41	40.13	1800m: 24:06.28	43.25	2550m: 35:12.29	44.07
350m: 4:29.85	38.85	1100m: 14:23.01	41.60	1850m: 24:49.69	43.41	2600m: 35:57.18	44.89
400m: 5:09.04	39.19	1150m: 15:02.65	39.64	1900m: 25:32.50	42.81	2650m: 36:40.69	43.51
450m: 5:48.20	39.16	1200m: 15:44.12	41.47	1950m: 26:16.17	43.67	2700m: 37:23.91	43.22
500m: 6:26.95	38.75	1250m: 16:24.46	40.34	2000m: 27:00.43	44.26	2750m: 38:07.38	43.47
550m: 7:05.95	39.00	1300m: 17:07.04	42.58	2050m: 27:44.92	44.49	2800m: 38:51.11	43.73
600m: 7:45.25	39.30	1350m: 17:46.94	39.90	2100m: 28:28.63	43.71	2850m: 39:34.56	43.45
650m: 8:24.56	39.31	1400m: 18:27.34	40.40	2150m: 29:13.52	44.89	2900m: 40:17.25	42.69
700m: 9:04.07	39.51	1450m: 19:08.74	41.40	2200m: 29:57.12	43.60	2950m: 40:59.17	41.92
750m: 9:43.64	39.57	1500m: 19:50.23	41.49	2250m: 30:41.85	44.73	3000m: 41:40.71	41.54



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

Classificació ANY Temps
DNS YEGRES COTTIN, Maria Victoria 05 C.N. Barcelona -

Júnior 2 Fons Indoor

1. GALO NOGUEIRA, Estel Xuan 04 C.N. Granollers **35:09.57** 19,00
 50m: 33.55 33.55 800m: 9:18.52 35.14 1550m: 18:06.20 35.19 2300m: 26:58.61 35.50
 100m: 1:07.55 34.00 850m: 9:53.70 35.18 1600m: 18:41.37 35.17 2350m: 27:34.36 35.75
 150m: 1:42.07 34.52 900m: 10:29.20 35.50 1650m: 19:17.07 35.70 2400m: 28:10.44 36.08
 200m: 2:16.92 34.85 950m: 11:04.47 35.27 1700m: 19:52.57 35.50 2450m: 28:46.57 36.13
 250m: 2:51.71 34.79 1000m: 11:40.05 35.58 1750m: 20:28.22 35.65 2500m: 29:22.73 36.16
 300m: 3:26.67 34.96 1050m: 12:14.73 34.68 1800m: 21:03.69 35.47 2550m: 29:58.20 35.47
 350m: 4:01.81 35.14 1100m: 12:49.29 34.56 1850m: 21:39.19 35.50 2600m: 30:33.41 35.21
 400m: 4:36.99 35.18 1150m: 13:24.53 35.24 1900m: 22:15.23 36.04 2650m: 31:08.64 35.23
 450m: 5:12.18 35.19 1200m: 13:59.28 34.75 1950m: 22:51.12 35.89 2700m: 31:44.23 35.59
 500m: 5:47.66 35.48 1250m: 14:34.47 35.19 2000m: 23:27.34 36.22 2750m: 32:19.68 35.45
 550m: 6:22.72 35.06 1300m: 15:09.49 35.02 2050m: 24:02.31 34.97 2800m: 32:55.06 35.38
 600m: 6:57.90 35.18 1350m: 15:44.63 35.14 2100m: 24:37.04 34.73 2850m: 33:29.85 34.79
 650m: 7:32.95 35.05 1400m: 16:20.09 35.46 2150m: 25:12.34 35.30 2900m: 34:04.21 34.36
 700m: 8:08.17 35.22 1450m: 16:55.69 35.60 2200m: 25:47.45 35.11 2950m: 34:38.77 34.56
 750m: 8:43.38 35.21 1500m: 17:31.01 35.32 2250m: 26:23.11 35.66 3000m: 35:09.57 30.80

2. RIUS PELLEJA, Abril 04 C.N. Tarraco **35:41.37** 16,00
 50m: 33.14 33.14 800m: 9:16.46 35.37 1550m: 18:18.82 36.12 2300m: 27:18.33 36.10
 100m: 1:06.41 33.27 850m: 9:52.27 35.81 1600m: 18:54.87 36.05 2350m: 27:54.37 36.04
 150m: 1:40.40 33.99 900m: 10:28.00 35.73 1650m: 19:30.78 35.91 2400m: 28:30.64 36.27
 200m: 2:14.17 33.77 950m: 11:03.83 35.83 1700m: 20:06.90 36.12 2450m: 29:07.34 36.70
 250m: 2:48.47 34.30 1000m: 11:39.56 35.73 1750m: 20:42.93 36.03 2500m: 29:43.82 36.48
 300m: 3:23.15 34.68 1050m: 12:15.67 36.11 1800m: 21:19.07 36.14 2550m: 30:20.19 36.37
 350m: 3:58.15 35.00 1100m: 12:51.49 35.82 1850m: 21:54.87 35.80 2600m: 30:56.45 36.26
 400m: 4:32.75 34.60 1150m: 13:27.82 36.33 1900m: 22:30.74 35.87 2650m: 31:32.43 35.98
 450m: 5:08.15 35.40 1200m: 14:04.27 36.45 1950m: 23:06.46 35.72 2700m: 32:08.37 35.94
 500m: 5:43.53 35.38 1250m: 14:40.37 36.10 2000m: 23:42.87 36.41 2750m: 32:44.19 35.82
 550m: 6:18.74 35.21 1300m: 15:16.60 36.23 2050m: 24:18.90 36.03 2800m: 33:20.41 36.22
 600m: 6:54.10 35.36 1350m: 15:53.35 36.75 2100m: 24:54.59 35.69 2850m: 33:56.35 35.94
 650m: 7:29.70 35.60 1400m: 16:30.14 36.79 2150m: 25:30.18 35.59 2900m: 34:32.20 35.85
 700m: 8:05.45 35.75 1450m: 17:06.42 36.28 2200m: 26:06.30 36.12 2950m: 35:07.24 35.04
 750m: 8:41.09 35.64 1500m: 17:42.70 36.28 2250m: 26:42.23 35.93 3000m: 35:41.37 34.13

3. VILARRASA COSTA, Aura 04 C.N. Olot **36:51.39** 14,00
 50m: 35.99 35.99 800m: 9:43.53 36.24 1550m: 18:53.70 37.00 2300m: 28:11.96 37.47
 100m: 1:12.49 36.50 850m: 10:19.85 36.32 1600m: 19:30.81 37.11 2350m: 28:48.94 36.98
 150m: 1:49.35 36.86 900m: 10:56.36 36.51 1650m: 20:07.96 37.15 2400m: 29:26.55 37.61
 200m: 2:26.17 36.82 950m: 11:32.82 36.46 1700m: 20:45.08 37.12 2450m: 30:03.87 37.32
 250m: 3:03.11 36.94 1000m: 12:09.35 36.53 1750m: 21:22.50 37.42 2500m: 30:41.61 37.74
 300m: 3:39.72 36.61 1050m: 12:45.95 36.60 1800m: 21:59.92 37.42 2550m: 31:18.82 37.21
 350m: 4:16.35 36.63 1100m: 13:22.37 36.42 1850m: 22:36.97 37.05 2600m: 31:56.19 37.37
 400m: 4:52.88 36.53 1150m: 13:58.83 36.46 1900m: 23:14.19 37.22 2650m: 32:33.25 37.06
 450m: 5:29.40 36.52 1200m: 14:35.45 36.62 1950m: 23:51.64 37.45 2700m: 33:10.55 37.30
 500m: 6:05.60 36.20 1250m: 15:12.29 36.84 2000m: 24:29.19 37.55 2750m: 33:47.81 37.26
 550m: 6:42.05 36.45 1300m: 15:49.03 36.74 2050m: 25:06.12 36.93 2800m: 34:24.52 36.71
 600m: 7:18.48 36.43 1350m: 16:25.73 36.70 2100m: 25:43.06 36.94 2850m: 35:01.39 36.87
 650m: 7:54.67 36.19 1400m: 17:02.68 36.95 2150m: 26:20.07 37.01 2900m: 35:38.15 36.76
 700m: 8:30.91 36.24 1450m: 17:39.58 36.90 2200m: 26:57.07 37.00 2950m: 36:14.91 36.76
 750m: 9:07.29 36.38 1500m: 18:16.70 37.12 2250m: 27:34.49 37.42 3000m: 36:51.39 36.48

4. CASTILLO MORENILLA, Lidia 04 C.N. Caldes **37:48.48** 13,00
 50m: 35.13 35.13 600m: 7:17.73 37.07 1150m: 14:03.65 35.98 1700m: 20:55.87 37.79
 100m: 1:11.09 35.96 650m: 7:54.21 36.48 1200m: 14:40.45 36.80 1750m: 21:33.27 37.40
 150m: 1:47.40 36.31 700m: 8:30.95 36.74 1250m: 15:17.76 37.31 1800m: 22:10.97 37.70
 200m: 2:23.92 36.52 750m: 9:07.92 36.97 1300m: 15:55.04 37.28 1850m: 22:48.93 37.96
 250m: 3:00.96 37.04 800m: 9:44.63 36.71 1350m: 16:32.69 37.65 1900m: 23:26.72 37.79
 300m: 3:37.52 36.56 850m: 10:21.59 36.96 1400m: 17:10.32 37.63 1950m: 24:04.39 37.67
 350m: 4:14.26 36.74 900m: 10:58.86 37.27 1450m: 17:47.90 37.58 2000m: 24:42.03 37.64
 400m: 4:51.11 36.85 950m: 11:36.34 37.48 1500m: 18:25.08 37.18 2050m: 25:20.44 38.41
 450m: 5:27.63 36.52 1000m: 12:13.91 37.57 1550m: 19:03.10 38.02 2100m: 25:58.20 37.76
 500m: 6:04.23 36.60 1050m: 12:50.91 37.00 1600m: 19:41.16 38.06 2150m: 26:36.17 37.97
 550m: 6:40.66 36.43 1100m: 13:27.67 36.76 1650m: 20:18.08 36.92 2200m: 27:18.48 42.31



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



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

Classificació	ANY				Temps			
2250m: 27:55.89	37.41	2450m: 30:31.37	38.83	2650m: 33:08.08	38.47	2850m: 35:56.32	38.13	
2300m: 28:34.35	38.46	2500m: 31:09.64	38.27	2700m: 34:03.11	55.03	2900m: 36:33.81	37.49	
2350m: 29:13.65	39.30	2550m: 31:48.27	38.63	2750m: 34:39.84	36.73	2950m: 37:11.45	37.64	
2400m: 29:52.54	38.89	2600m: 32:29.61	41.34	2800m: 35:18.19	38.35	3000m: 37:48.48	37.03	
5. GARRETA YUSTE, Judit	04	C.N. Mataró		37:53.66		12,00		
50m: 34.02	34.02	800m: 9:41.22	36.98	1550m: 19:05.61	37.98	2300m: 28:41.91	39.49	
100m: 1:09.23	35.21	850m: 10:18.28	37.06	1600m: 19:44.02	38.41	2350m: 29:20.80	38.89	
150m: 1:44.78	35.55	900m: 10:55.43	37.15	1650m: 20:22.67	38.65	2400m: 29:59.87	39.07	
200m: 2:20.52	35.74	950m: 11:32.47	37.04	1700m: 21:01.36	38.69	2450m: 30:39.13	39.26	
250m: 2:56.62	36.10	1000m: 12:09.76	37.29	1750m: 21:38.69	37.33	2500m: 31:17.93	38.80	
300m: 3:32.77	36.15	1050m: 12:45.97	36.21	1800m: 22:16.08	37.39	2550m: 31:56.73	38.80	
350m: 4:08.67	35.90	1100m: 13:23.64	37.67	1850m: 22:54.88	38.80	2600m: 32:35.78	39.05	
400m: 4:44.95	36.28	1150m: 14:00.86	37.22	1900m: 23:34.08	39.20	2650m: 33:15.30	39.52	
450m: 5:21.75	36.80	1200m: 14:39.62	38.76	1950m: 24:12.48	38.40	2700m: 33:55.04	39.74	
500m: 5:58.59	36.84	1250m: 15:17.13	37.51	2000m: 24:50.70	38.22	2750m: 34:34.70	39.66	
550m: 6:35.28	36.69	1300m: 15:55.56	38.43	2050m: 25:28.32	37.62	2800m: 35:14.62	39.92	
600m: 7:13.07	37.79	1350m: 16:33.81	38.25	2100m: 26:06.34	38.02	2850m: 35:54.53	39.91	
650m: 7:50.47	37.40	1400m: 17:11.58	37.77	2150m: 26:44.87	38.53	2900m: 36:34.17	39.64	
700m: 8:27.29	36.82	1450m: 17:49.53	37.95	2200m: 27:23.48	38.61	2950m: 37:14.06	39.89	
750m: 9:04.24	36.95	1500m: 18:27.63	38.10	2250m: 28:02.42	38.94	3000m: 37:53.66	39.60	
6. ORTIZ MARTINEZ, Ainhoa	03	C.N. L'hospitalet		38:13.42		11,00		
50m: 35.26	35.26	800m: 9:46.04	36.42	1550m: 19:17.91	40.45	2300m: 29:09.17	40.30	
100m: 1:10.61	35.35	850m: 10:22.86	36.82	1600m: 19:57.99	40.08	2350m: 29:48.93	39.76	
150m: 1:47.09	36.48	900m: 11:00.02	37.16	1650m: 20:37.71	39.72	2400m: 30:28.35	39.42	
200m: 2:23.93	36.84	950m: 11:37.26	37.24	1700m: 21:16.54	38.83	2450m: 31:07.67	39.32	
250m: 3:00.26	36.33	1000m: 12:14.28	37.02	1750m: 21:55.52	38.98	2500m: 31:47.22	39.55	
300m: 3:36.59	36.33	1050m: 12:51.84	37.56	1800m: 22:34.45	38.93	2550m: 32:25.99	38.77	
350m: 4:13.33	36.74	1100m: 13:29.09	37.25	1850m: 23:13.31	38.86	2600m: 33:05.10	39.11	
400m: 4:49.93	36.60	1150m: 14:06.46	37.37	1900m: 23:52.82	39.51	2650m: 33:44.34	39.24	
450m: 5:27.12	37.19	1200m: 14:44.55	38.09	1950m: 24:32.13	39.31	2700m: 34:23.49	39.15	
500m: 6:03.89	36.77	1250m: 15:22.52	37.97	2000m: 25:11.20	39.07	2750m: 35:02.37	38.88	
550m: 6:40.75	36.86	1300m: 16:01.42	38.90	2050m: 25:50.46	39.26	2800m: 35:40.98	38.61	
600m: 7:18.08	37.33	1350m: 16:39.86	38.44	2100m: 26:29.62	39.16	2850m: 36:19.05	38.07	
650m: 7:55.21	37.13	1400m: 17:18.66	38.80	2150m: 27:09.10	39.48	2900m: 36:57.53	38.48	
700m: 8:32.59	37.38	1450m: 17:58.16	39.50	2200m: 27:48.81	39.71	2950m: 37:35.61	38.08	
750m: 9:09.62	37.03	1500m: 18:37.46	39.30	2250m: 28:28.87	40.06	3000m: 38:13.42	37.81	
7. TORRUBIANO GONZALEZ, Aina	04	C.E.N. Balaguer		38:46.75		10,00		
50m: 35.39	35.39	800m: 10:08.35	39.18	1550m: 19:55.22	38.78	2300m: 29:40.91	39.69	
100m: 1:12.65	37.26	850m: 10:47.08	38.73	1600m: 20:34.19	38.97	2350m: 30:20.21	39.30	
150m: 1:50.75	38.10	900m: 11:26.31	39.23	1650m: 21:12.71	38.52	2400m: 30:59.91	39.70	
200m: 2:28.68	37.93	950m: 12:05.36	39.05	1700m: 21:50.67	37.96	2450m: 31:39.74	39.83	
250m: 3:06.55	37.87	1000m: 12:44.47	39.11	1750m: 22:29.23	38.56	2500m: 32:19.09	39.35	
300m: 3:44.19	37.64	1050m: 13:23.23	38.76	1800m: 23:07.88	38.65	2550m: 32:58.18	39.09	
350m: 4:22.26	38.07	1100m: 14:02.56	39.33	1850m: 23:46.80	38.92	2600m: 33:37.26	39.08	
400m: 5:00.35	38.09	1150m: 14:41.70	39.14	1900m: 24:26.07	39.27	2650m: 34:16.42	39.16	
450m: 5:38.66	38.31	1200m: 15:20.87	39.17	1950m: 25:05.40	39.33	2700m: 34:55.63	39.21	
500m: 6:17.01	38.35	1250m: 16:00.20	39.33	2000m: 25:44.92	39.52	2750m: 35:34.88	39.25	
550m: 6:55.24	38.23	1300m: 16:39.77	39.57	2050m: 26:24.66	39.74	2800m: 36:14.05	39.17	
600m: 7:33.63	38.39	1350m: 17:18.72	38.95	2100m: 27:03.84	39.18	2850m: 36:52.98	38.93	
650m: 8:11.96	38.33	1400m: 17:57.36	38.64	2150m: 27:42.30	38.46	2900m: 37:31.93	38.95	
700m: 8:50.18	38.22	1450m: 18:36.98	39.62	2200m: 28:21.96	39.66	2950m: 38:10.72	38.79	
750m: 9:29.17	38.99	1500m: 19:16.44	39.46	2250m: 29:01.22	39.26	3000m: 38:46.75	36.03	
8. PAVILLARD SALVADOR, Paula	04	N.C. Torelló		38:48.96		9,00		
50m: 35.16	35.16	600m: 7:24.04	38.13	1150m: 14:34.09	40.10	1700m: 21:50.81	39.30	
100m: 1:11.43	36.27	650m: 8:02.38	38.34	1200m: 15:13.70	39.61	1750m: 22:30.16	39.35	
150m: 1:48.27	36.84	700m: 8:40.77	38.39	1250m: 15:53.48	39.78	1800m: 23:08.96	38.80	
200m: 2:25.06	36.79	750m: 9:19.28	38.51	1300m: 16:33.05	39.57	1850m: 23:48.20	39.24	
250m: 3:02.05	36.99	800m: 9:57.83	38.55	1350m: 17:12.79	39.74	1900m: 24:27.42	39.22	
300m: 3:39.11	37.06	850m: 10:36.62	38.79	1400m: 17:52.63	39.84	1950m: 25:06.52	39.10	
350m: 4:16.16	37.05	900m: 11:15.79	39.17	1450m: 18:32.43	39.80	2000m: 25:46.09	39.57	
400m: 4:53.16	37.00	950m: 11:55.27	39.48	1500m: 19:12.40	39.97	2050m: 26:25.54	39.45	
450m: 5:30.46	37.30	1000m: 12:34.40	39.13	1550m: 19:52.09	39.69	2100m: 27:04.84	39.30	
500m: 6:08.18	37.72	1050m: 13:14.45	40.05	1600m: 20:31.84	39.75	2150m: 27:44.07	39.23	
550m: 6:45.91	37.73	1100m: 13:53.99	39.54	1650m: 21:11.51	39.67	2200m: 28:23.37	39.30	

Piscina 25 i crometratge Semi-automàtic



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



100 Federació Catalana de Natació

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

Classificació	ANY								Temps		
	2250m: 29:02.64	39.27	2450m: 31:40.55	39.52	2650m: 34:17.69	38.84	2850m: 36:54.07	38.66			
	2300m: 29:42.01	39.37	2500m: 32:19.87	39.32	2700m: 34:57.23	39.54	2900m: 37:33.13	39.06			
	2350m: 30:21.38	39.37	2550m: 32:59.23	39.36	2750m: 35:36.48	39.25	2950m: 38:12.02	38.89			
	2400m: 31:01.03	39.65	2600m: 33:38.85	39.62	2800m: 36:15.41	38.93	3000m: 38:48.96	36.94			
9. VELASCO FERNANDEZ, Queralt			03	C.N. Terrassa			40:17.74	8,00			
50m:	37.12	37.12	800m:	10:31.63	40.53	1550m:	20:44.56	41.13	2300m:	30:56.18	40.04
100m:	1:15.12	38.00	850m:	11:11.33	39.70	1600m:	21:24.94	40.38	2350m:	31:37.28	41.10
150m:	1:53.66	38.54	900m:	11:52.15	40.82	1650m:	22:06.22	41.28	2400m:	32:17.91	40.63
200m:	2:32.47	38.81	950m:	12:32.70	40.55	1700m:	22:47.76	41.54	2450m:	32:59.00	41.09
250m:	3:11.52	39.05	1000m:	13:13.57	40.87	1750m:	23:28.31	40.55	2500m:	33:40.13	41.13
300m:	3:50.82	39.30	1050m:	13:54.39	40.82	1800m:	24:09.54	41.23	2550m:	34:20.94	40.81
350m:	4:29.90	39.08	1100m:	14:35.25	40.86	1850m:	24:51.21	41.67	2600m:	35:01.95	41.01
400m:	5:09.94	40.04	1150m:	15:15.67	40.42	1900m:	25:32.23	41.02	2650m:	35:41.99	40.04
450m:	5:50.22	40.28	1200m:	15:55.72	40.05	1950m:	26:14.59	42.36	2700m:	36:21.34	39.35
500m:	6:29.79	39.57	1250m:	16:36.35	40.63	2000m:	26:55.81	41.22	2750m:	37:00.95	39.61
550m:	7:09.00	39.21	1300m:	17:18.03	41.68	2050m:	27:36.67	40.86	2800m:	37:40.20	39.25
600m:	7:49.61	40.61	1350m:	17:59.18	41.15	2100m:	28:16.66	39.99	2850m:	38:19.97	39.77
650m:	8:29.60	39.99	1400m:	18:40.93	41.75	2150m:	28:55.74	39.08	2900m:	38:59.43	39.46
700m:	9:10.79	41.19	1450m:	19:22.35	41.42	2200m:	29:36.37	40.63	2950m:	39:38.82	39.39
750m:	9:51.10	40.31	1500m:	20:03.43	41.08	2250m:	30:16.14	39.77	3000m:	40:17.74	38.92
10. DE RONNE O'CONNOR, Emma			03	C.N. Sitges			40:45.06	7,00			
50m:	36.62	36.62	800m:	10:18.17	39.64	1550m:	20:18.02	40.85	2300m:	30:51.28	43.32
100m:	1:13.86	37.24	850m:	10:57.96	39.79	1600m:	20:58.52	40.50	2350m:	31:35.01	43.73
150m:	1:51.98	38.12	900m:	11:37.85	39.89	1650m:	21:39.73	41.21	2400m:	32:18.13	43.12
200m:	2:30.28	38.30	950m:	12:17.56	39.71	1700m:	22:20.97	41.24	2450m:	33:01.68	43.55
250m:	3:08.67	38.39	1000m:	12:56.86	39.30	1750m:	23:02.26	41.29	2500m:	33:45.14	43.46
300m:	3:47.44	38.77	1050m:	13:36.44	39.58	1800m:	23:44.04	41.78	2550m:	34:27.21	42.07
350m:	4:26.14	38.70	1100m:	14:16.01	39.57	1850m:	24:25.65	41.61	2600m:	35:09.78	42.57
400m:	5:04.90	38.76	1150m:	14:55.70	39.69	1900m:	25:08.49	42.84	2650m:	35:51.50	41.72
450m:	5:43.85	38.95	1200m:	15:35.64	39.94	1950m:	25:51.56	43.07	2700m:	36:34.18	42.68
500m:	6:22.73	38.88	1250m:	16:15.79	40.15	2000m:	26:34.68	43.12	2750m:	37:15.84	41.66
550m:	7:01.84	39.11	1300m:	16:55.71	39.92	2050m:	27:15.83	41.15	2800m:	37:58.30	42.46
600m:	7:41.03	39.19	1350m:	17:35.96	40.25	2100m:	27:58.13	42.30	2850m:	38:40.49	42.19
650m:	8:20.14	39.11	1400m:	18:16.06	40.10	2150m:	28:41.08	42.95	2900m:	39:22.42	41.93
700m:	8:59.35	39.21	1450m:	18:56.71	40.65	2200m:	29:25.20	44.12	2950m:	40:04.15	41.73
750m:	9:38.53	39.18	1500m:	19:37.17	40.46	2250m:	30:07.96	42.76	3000m:	40:45.06	40.91

Absolut Fons Indoor

1. HERNANDEZ TOME, Lara Maria			99	C.N. Sabadell			34:21.28	19,00			
50m:	33.04	33.04	800m:	9:02.88	34.19	1550m:	17:36.25	34.52	2300m:	26:16.27	34.95
100m:	1:06.71	33.67	850m:	9:36.96	34.08	1600m:	18:10.90	34.65	2350m:	26:50.94	34.67
150m:	1:40.64	33.93	900m:	10:11.07	34.11	1650m:	18:45.33	34.43	2400m:	27:25.80	34.86
200m:	2:14.61	33.97	950m:	10:45.36	34.29	1700m:	19:19.70	34.37	2450m:	28:00.71	34.91
250m:	2:48.49	33.88	1000m:	11:19.62	34.26	1750m:	19:54.28	34.58	2500m:	28:35.71	35.00
300m:	3:22.56	34.07	1050m:	11:53.63	34.01	1800m:	20:28.92	34.64	2550m:	29:10.89	35.18
350m:	3:56.85	34.29	1100m:	12:27.41	33.78	1850m:	21:03.69	34.77	2600m:	29:46.10	35.21
400m:	4:31.01	34.16	1150m:	13:01.55	34.14	1900m:	21:38.56	34.87	2650m:	30:21.42	35.32
450m:	5:04.85	33.84	1200m:	13:35.63	34.08	1950m:	22:13.27	34.71	2700m:	30:56.06	34.64
500m:	5:38.74	33.89	1250m:	14:09.81	34.18	2000m:	22:47.90	34.63	2750m:	31:30.80	34.74
550m:	6:12.64	33.90	1300m:	14:43.90	34.09	2050m:	23:22.73	34.83	2800m:	32:05.21	34.41
600m:	6:46.53	33.89	1350m:	15:18.32	34.42	2100m:	23:57.27	34.54	2850m:	32:39.62	34.41
650m:	7:20.59	34.06	1400m:	15:52.67	34.35	2150m:	24:31.84	34.57	2900m:	33:14.28	34.66
700m:	7:54.60	34.01	1450m:	16:27.18	34.51	2200m:	25:06.35	34.51	2950m:	33:48.29	34.01
750m:	8:28.69	34.09	1500m:	17:01.73	34.55	2250m:	25:41.32	34.97	3000m:	34:21.28	32.99



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



100 Federació
Catalana
de Natació

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

Classificació	ANY		Temps			
2.	GIRALT PIDEMONT, Claudia		01	C.N. Mataró	35:09.00	16,00
	50m: 32.66	32.66	800m: 9:11.06	35.32	1550m: 17:57.99	35.28
	100m: 1:06.62	33.96	850m: 9:45.87	34.81	1600m: 18:33.51	35.52
	150m: 1:40.31	33.69	900m: 10:20.14	34.27	1650m: 19:08.75	35.24
	200m: 2:14.11	33.80	950m: 10:54.76	34.62	1700m: 19:44.18	35.43
	250m: 2:48.19	34.08	1000m: 11:29.83	35.07	1750m: 20:19.71	35.53
	300m: 3:22.81	34.62	1050m: 12:05.17	35.34	1800m: 20:55.40	35.69
	350m: 3:57.12	34.31	1100m: 12:40.56	35.39	1850m: 21:30.91	35.51
	400m: 4:31.61	34.49	1150m: 13:15.82	35.26	1900m: 22:07.06	36.15
	450m: 5:06.28	34.67	1200m: 13:50.92	35.10	1950m: 22:42.72	35.66
	500m: 5:40.81	34.53	1250m: 14:26.12	35.20	2000m: 23:19.07	36.35
	550m: 6:15.95	35.14	1300m: 15:01.55	35.43	2050m: 23:54.94	35.87
	600m: 6:50.97	35.02	1350m: 15:37.06	35.51	2100m: 24:30.50	35.56
	650m: 7:26.00	35.03	1400m: 16:12.23	35.17	2150m: 25:06.29	35.79
	700m: 8:00.97	34.97	1450m: 16:47.51	35.28	2200m: 25:42.07	35.78
	750m: 8:35.74	34.77	1500m: 17:22.71	35.20	2250m: 26:18.01	35.94
					2300m: 26:53.48	35.47
					2350m: 27:29.70	36.22
					2400m: 28:05.28	35.58
					2450m: 28:40.61	35.33
					2500m: 29:16.11	35.50
					2550m: 29:52.32	36.21
					2600m: 30:28.59	36.27
					2650m: 31:04.24	35.65
					2700m: 31:40.07	35.83
					2750m: 32:15.87	35.80
					2800m: 32:51.77	35.90
					2850m: 33:27.25	35.48
					2900m: 34:02.36	35.11
					2950m: 34:36.54	34.18
					3000m: 35:09.00	32.46
DNS	BENAVENTE LOPEZ, Ainhoa		98	N.C. Torelló		-
DNS	MARTI BALLESTER, Marilo		98	C.N. Mataró		-

Absolut, Júnior 2 i Júnior 1

1.	HERNANDEZ TOME, Lara Maria		99	C.N. Sabadell	34:21.28	19,00
	50m: 33.04	33.04	800m: 9:02.88	34.19	1550m: 17:36.25	34.52
	100m: 1:06.71	33.67	850m: 9:36.96	34.08	1600m: 18:10.90	34.65
	150m: 1:40.64	33.93	900m: 10:11.07	34.11	1650m: 18:45.33	34.43
	200m: 2:14.61	33.97	950m: 10:45.36	34.29	1700m: 19:19.70	34.37
	250m: 2:48.49	33.88	1000m: 11:19.62	34.26	1750m: 19:54.28	34.58
	300m: 3:22.56	34.07	1050m: 11:53.63	34.01	1800m: 20:28.92	34.64
	350m: 3:56.85	34.29	1100m: 12:27.41	33.78	1850m: 21:03.69	34.77
	400m: 4:31.01	34.16	1150m: 13:01.55	34.14	1900m: 21:38.56	34.87
	450m: 5:04.85	33.84	1200m: 13:35.63	34.08	1950m: 22:13.27	34.71
	500m: 5:38.74	33.89	1250m: 14:09.81	34.18	2000m: 22:47.90	34.63
	550m: 6:12.64	33.90	1300m: 14:43.90	34.09	2050m: 23:22.73	34.83
	600m: 6:46.53	33.89	1350m: 15:18.32	34.42	2100m: 23:57.27	34.54
	650m: 7:20.59	34.06	1400m: 15:52.67	34.35	2150m: 24:31.84	34.57
	700m: 7:54.60	34.01	1450m: 16:27.18	34.51	2200m: 25:06.35	34.51
	750m: 8:28.69	34.09	1500m: 17:01.73	34.55	2250m: 25:41.32	34.97
					2300m: 26:16.27	34.95
					2350m: 26:50.94	34.67
					2400m: 27:25.80	34.86
					2450m: 28:00.71	34.91
					2500m: 28:35.71	35.00
					2550m: 29:10.89	35.18
					2600m: 29:46.10	35.21
					2650m: 30:21.42	35.32
					2700m: 30:56.06	34.64
					2750m: 31:30.80	34.74
					2800m: 32:05.21	34.41
					2850m: 32:39.62	34.41
					2900m: 33:14.28	34.66
					2950m: 33:48.29	34.01
					3000m: 34:21.28	32.99
2.	GIRALT PIDEMONT, Claudia		01	C.N. Mataró	35:09.00	16,00
	50m: 32.66	32.66	800m: 9:11.06	35.32	1550m: 17:57.99	35.28
	100m: 1:06.62	33.96	850m: 9:45.87	34.81	1600m: 18:33.51	35.52
	150m: 1:40.31	33.69	900m: 10:20.14	34.27	1650m: 19:08.75	35.24
	200m: 2:14.11	33.80	950m: 10:54.76	34.62	1700m: 19:44.18	35.43
	250m: 2:48.19	34.08	1000m: 11:29.83	35.07	1750m: 20:19.71	35.53
	300m: 3:22.81	34.62	1050m: 12:05.17	35.34	1800m: 20:55.40	35.69
	350m: 3:57.12	34.31	1100m: 12:40.56	35.39	1850m: 21:30.91	35.51
	400m: 4:31.61	34.49	1150m: 13:15.82	35.26	1900m: 22:07.06	36.15
	450m: 5:06.28	34.67	1200m: 13:50.92	35.10	1950m: 22:42.72	35.66
	500m: 5:40.81	34.53	1250m: 14:26.12	35.20	2000m: 23:19.07	36.35
	550m: 6:15.95	35.14	1300m: 15:01.55	35.43	2050m: 23:54.94	35.87
	600m: 6:50.97	35.02	1350m: 15:37.06	35.51	2100m: 24:30.50	35.56
	650m: 7:26.00	35.03	1400m: 16:12.23	35.17	2150m: 25:06.29	35.79
	700m: 8:00.97	34.97	1450m: 16:47.51	35.28	2200m: 25:42.07	35.78
	750m: 8:35.74	34.77	1500m: 17:22.71	35.20	2250m: 26:18.01	35.94
					2300m: 26:53.48	35.47
					2350m: 27:29.70	36.22
					2400m: 28:05.28	35.58
					2450m: 28:40.61	35.33
					2500m: 29:16.11	35.50
					2550m: 29:52.32	36.21
					2600m: 30:28.59	36.27
					2650m: 31:04.24	35.65
					2700m: 31:40.07	35.83
					2750m: 32:15.87	35.80
					2800m: 32:51.77	35.90
					2850m: 33:27.25	35.48
					2900m: 34:02.36	35.11
					2950m: 34:36.54	34.18
					3000m: 35:09.00	32.46



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



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

Classificació

ANY

Temps

3.	GALO NOGUEIRA, Estel Xuan		04	C.N. Granollers				35:09.57	19,00		
50m:	33.55	33.55	800m:	9:18.52	35.14	1550m:	18:06.20	35.19	2300m:	26:58.61	35.50
100m:	1:07.55	34.00	850m:	9:53.70	35.18	1600m:	18:41.37	35.17	2350m:	27:34.36	35.75
150m:	1:42.07	34.52	900m:	10:29.20	35.50	1650m:	19:17.07	35.70	2400m:	28:10.44	36.08
200m:	2:16.92	34.85	950m:	11:04.47	35.27	1700m:	19:52.57	35.50	2450m:	28:46.57	36.13
250m:	2:51.71	34.79	1000m:	11:40.05	35.58	1750m:	20:28.22	35.65	2500m:	29:22.73	36.16
300m:	3:26.67	34.96	1050m:	12:14.73	34.68	1800m:	21:03.69	35.47	2550m:	29:58.20	35.47
350m:	4:01.81	35.14	1100m:	12:49.29	34.56	1850m:	21:39.19	35.50	2600m:	30:33.41	35.21
400m:	4:36.99	35.18	1150m:	13:24.53	35.24	1900m:	22:15.23	36.04	2650m:	31:08.64	35.23
450m:	5:12.18	35.19	1200m:	13:59.28	34.75	1950m:	22:51.12	35.89	2700m:	31:44.23	35.59
500m:	5:47.66	35.48	1250m:	14:34.47	35.19	2000m:	23:27.34	36.22	2750m:	32:19.68	35.45
550m:	6:22.72	35.06	1300m:	15:09.49	35.02	2050m:	24:02.31	34.97	2800m:	32:55.06	35.38
600m:	6:57.90	35.18	1350m:	15:44.63	35.14	2100m:	24:37.04	34.73	2850m:	33:29.85	34.79
650m:	7:32.95	35.05	1400m:	16:20.09	35.46	2150m:	25:12.34	35.30	2900m:	34:04.21	34.36
700m:	8:08.17	35.22	1450m:	16:55.69	35.60	2200m:	25:47.45	35.11	2950m:	34:38.77	34.56
750m:	8:43.38	35.21	1500m:	17:31.01	35.32	2250m:	26:23.11	35.66	3000m:	35:09.57	30.80

4.	GONZALEZ NUEZ, Lucia		06	C.N. Tarraco				35:19.63	19,00		
<i>Millor Marca Catalana</i>											
50m:	33.10	33.10	800m:	9:15.04	34.96	1550m:	18:03.40	35.50	2300m:	26:59.99	35.93
100m:	1:07.00	33.90	850m:	9:50.02	34.98	1600m:	18:39.29	35.89	2350m:	27:36.01	36.02
150m:	1:41.62	34.62	900m:	10:25.07	35.05	1650m:	19:14.96	35.67	2400m:	28:12.13	36.12
200m:	2:16.32	34.70	950m:	11:00.09	35.02	1700m:	19:50.62	35.66	2450m:	28:48.17	36.04
250m:	2:51.26	34.94	1000m:	11:34.96	34.87	1750m:	20:26.37	35.75	2500m:	29:23.91	35.74
300m:	3:26.26	35.00	1050m:	12:10.11	35.15	1800m:	21:02.17	35.80	2550m:	29:59.48	35.57
350m:	4:01.27	35.01	1100m:	12:44.77	34.66	1850m:	21:37.95	35.78	2600m:	30:35.33	35.85
400m:	4:36.18	34.91	1150m:	13:20.14	35.37	1900m:	22:14.03	36.08	2650m:	31:11.31	35.98
450m:	5:10.85	34.67	1200m:	13:55.35	35.21	1950m:	22:49.78	35.75	2700m:	31:46.96	35.65
500m:	5:45.60	34.75	1250m:	14:30.74	35.39	2000m:	23:25.31	35.53	2750m:	32:22.95	35.99
550m:	6:20.68	35.08	1300m:	15:06.15	35.41	2050m:	24:00.95	35.64	2800m:	32:59.04	36.09
600m:	6:55.60	34.92	1350m:	15:41.47	35.32	2100m:	24:36.54	35.59	2850m:	33:34.80	35.76
650m:	7:30.30	34.70	1400m:	16:17.01	35.54	2150m:	25:12.35	35.81	2900m:	34:10.25	35.45
700m:	8:05.24	34.94	1450m:	16:52.47	35.46	2200m:	25:48.26	35.91	2950m:	34:45.50	35.25
750m:	8:40.08	34.84	1500m:	17:27.90	35.43	2250m:	26:24.06	35.80	3000m:	35:19.63	34.13

5.	WHEATLEY, Miriam Elisabeth		05	C.N. Sant Andreu				35:38.91	16,00		
50m:	33.78	33.78	800m:	9:25.69	35.54	1550m:	18:20.65	35.85	2300m:	27:17.09	35.69
100m:	1:09.06	35.28	850m:	10:01.42	35.73	1600m:	18:56.23	35.58	2350m:	27:52.56	35.47
150m:	1:44.51	35.45	900m:	10:37.01	35.59	1650m:	19:31.99	35.76	2400m:	28:28.71	36.15
200m:	2:20.25	35.74	950m:	11:12.89	35.88	1700m:	20:07.66	35.67	2450m:	29:05.26	36.55
250m:	2:55.60	35.35	1000m:	11:48.20	35.31	1750m:	20:43.30	35.64	2500m:	29:41.59	36.33
300m:	3:30.68	35.08	1050m:	12:24.03	35.83	1800m:	21:18.49	35.19	2550m:	30:17.65	36.06
350m:	4:06.43	35.75	1100m:	12:59.31	35.28	1850m:	21:53.85	35.36	2600m:	30:53.42	35.77
400m:	4:42.05	35.62	1150m:	13:34.90	35.59	1900m:	22:29.79	35.94	2650m:	31:29.38	35.96
450m:	5:17.29	35.24	1200m:	14:10.27	35.37	1950m:	23:05.69	35.90	2700m:	32:05.22	35.84
500m:	5:52.74	35.45	1250m:	14:46.10	35.83	2000m:	23:41.49	35.80	2750m:	32:41.19	35.97
550m:	6:28.37	35.63	1300m:	15:21.83	35.73	2050m:	24:17.25	35.76	2800m:	33:17.12	35.93
600m:	7:03.92	35.55	1350m:	15:57.52	35.69	2100m:	24:53.00	35.75	2850m:	33:53.21	36.09
650m:	7:39.44	35.52	1400m:	16:33.32	35.80	2150m:	25:29.29	36.29	2900m:	34:29.09	35.88
700m:	8:14.76	35.32	1450m:	17:09.03	35.71	2200m:	26:05.49	36.20	2950m:	35:04.61	35.52
750m:	8:50.15	35.39	1500m:	17:44.80	35.77	2250m:	26:41.40	35.91	3000m:	35:38.91	34.30

6.	RIUS PELLEJA, Abril		04	C.N. Tarraco				35:41.37	16,00		
50m:	33.14	33.14	750m:	8:41.09	35.64	1450m:	17:06.42	36.28	2150m:	25:30.18	35.59
100m:	1:06.41	33.27	800m:	9:16.46	35.37	1500m:	17:42.70	36.28	2200m:	26:06.30	36.12
150m:	1:40.40	33.99	850m:	9:52.27	35.81	1550m:	18:18.82	36.12	2250m:	26:42.23	35.93
200m:	2:14.17	33.77	900m:	10:28.00	35.73	1600m:	18:54.87	36.05	2300m:	27:18.33	36.10
250m:	2:48.47	34.30	950m:	11:03.83	35.83	1650m:	19:30.78	35.91	2350m:	27:54.37	36.04
300m:	3:23.15	34.68	1000m:	11:39.56	35.73	1700m:	20:06.90	36.12	2400m:	28:30.64	36.27
350m:	3:58.15	35.00	1050m:	12:15.67	36.11	1750m:	20:42.93	36.03	2450m:	29:07.34	36.70
400m:	4:32.75	34.60	1100m:	12:51.49	35.82	1800m:	21:19.07	36.14	2500m:	29:43.82	36.48
450m:	5:08.15	35.40	1150m:	13:27.82	36.33	1850m:	21:54.87	35.80	2550m:	30:20.19	36.37
500m:	5:43.53	35.38	1200m:	14:04.27	36.45	1900m:	22:30.74	35.87	2600m:	30:56.45	36.26
550m:	6:18.74	35.21	1250m:	14:40.37	36.10	1950m:	23:06.46	35.72	2650m:	31:32.43	35.98
600m:	6:54.10	35.36	1300m:	15:16.60	36.23	2000m:	23:42.87	36.41	2700m:	32:08.37	35.94
650m:	7:29.70	35.60	1350m:	15:53.35	36.75	2050m:	24:18.90	36.03	2750m:	32:44.19	35.82
700m:	8:05.45	35.75	1400m:	16:30.14	36.79	2100m:	24:54.59	35.69	2800m:	33:20.41	36.22

Piscina 25 i crometratge Semi-automàtic



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



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

Classificació	ANY				Temps			
	2850m: 33:56.35	35.94	2900m: 34:32.20	35.85	2950m: 35:07.24	35.04	3000m: 35:41.37	34.13
7. TORREJON GASCON, Xenia	06	C.N. Caldes					35:46.69	14,00
50m:	33.95	33.95	800m: 9:30.64	36.21	1550m: 18:28.95	35.57	2300m: 27:21.13	35.62
100m:	1:09.00	35.05	850m: 10:06.75	36.11	1600m: 19:04.16	35.21	2350m: 27:56.73	35.60
150m:	1:44.42	35.42	900m: 10:42.74	35.99	1650m: 19:40.06	35.90	2400m: 28:32.21	35.48
200m:	2:19.88	35.46	950m: 11:19.26	36.52	1700m: 20:15.77	35.71	2450m: 29:08.23	36.02
250m:	2:55.59	35.71	1000m: 11:55.55	36.29	1750m: 20:51.19	35.42	2500m: 29:44.14	35.91
300m:	3:31.42	35.83	1050m: 12:31.63	36.08	1800m: 21:26.75	35.56	2550m: 30:19.54	35.40
350m:	4:07.42	36.00	1100m: 13:07.12	35.49	1850m: 22:01.95	35.20	2600m: 30:55.44	35.90
400m:	4:43.34	35.92	1150m: 13:43.30	36.18	1900m: 22:37.33	35.38	2650m: 31:31.07	35.63
450m:	5:19.19	35.85	1200m: 14:19.51	36.21	1950m: 23:13.34	36.01	2700m: 32:07.07	36.00
500m:	5:55.17	35.98	1250m: 14:54.69	35.18	2000m: 23:49.33	35.99	2750m: 32:43.56	36.49
550m:	6:30.99	35.82	1300m: 15:30.32	35.63	2050m: 24:24.77	35.44	2800m: 33:20.35	36.79
600m:	7:06.78	35.79	1350m: 16:05.83	35.51	2100m: 25:00.00	35.23	2850m: 33:57.78	37.43
650m:	7:42.69	35.91	1400m: 16:41.75	35.92	2150m: 25:35.34	35.34	2900m: 34:35.12	37.34
700m:	8:18.47	35.78	1450m: 17:17.73	35.98	2200m: 26:10.46	35.12	2950m: 35:11.47	36.35
750m:	8:54.43	35.96	1500m: 17:53.38	35.65	2250m: 26:45.51	35.05	3000m: 35:46.69	35.22
8. MORERA PUJOLAR, Júlia	05	C.N. Olot					36:26.31	13,00
50m:	33.30	33.30	800m: 9:29.75	36.45	1550m: 18:36.77	36.51	2300m: 27:49.08	37.45
100m:	1:08.09	34.79	850m: 10:05.80	36.05	1600m: 19:13.47	36.70	2350m: 28:25.82	36.74
150m:	1:43.29	35.20	900m: 10:42.40	36.60	1650m: 19:50.16	36.69	2400m: 29:02.82	37.00
200m:	2:18.70	35.41	950m: 11:19.03	36.63	1700m: 20:26.63	36.47	2450m: 29:40.30	37.48
250m:	2:54.15	35.45	1000m: 11:55.65	36.62	1750m: 21:03.21	36.58	2500m: 30:17.15	36.85
300m:	3:30.05	35.90	1050m: 12:32.62	36.97	1800m: 21:39.71	36.50	2550m: 30:53.97	36.82
350m:	4:05.73	35.68	1100m: 13:09.10	36.48	1850m: 22:16.46	36.75	2600m: 31:31.39	37.42
400m:	4:41.61	35.88	1150m: 13:45.67	36.57	1900m: 22:53.06	36.60	2650m: 32:08.37	36.98
450m:	5:17.40	35.79	1200m: 14:21.95	36.28	1950m: 23:29.71	36.65	2700m: 32:45.43	37.06
500m:	5:53.25	35.85	1250m: 14:58.54	36.59	2000m: 24:06.99	37.28	2750m: 33:22.85	37.42
550m:	6:29.00	35.75	1300m: 15:34.70	36.16	2050m: 24:43.80	36.81	2800m: 34:00.04	37.19
600m:	7:04.77	35.77	1350m: 16:11.28	36.58	2100m: 25:20.50	36.70	2850m: 34:37.60	37.56
650m:	7:41.07	36.30	1400m: 16:47.54	36.26	2150m: 25:57.43	36.93	2900m: 35:14.60	37.00
700m:	8:17.02	35.95	1450m: 17:24.07	36.53	2200m: 26:34.38	36.95	2950m: 35:51.01	36.41
750m:	8:53.30	36.28	1500m: 18:00.26	36.19	2250m: 27:11.63	37.25	3000m: 36:26.31	35.30
9. PALACIOS GALLARDO, Rut	05	C.N. Barcelona					36:27.26	12,00
50m:	33.73	33.73	800m: 9:20.17	35.80	1550m: 18:24.06	36.88	2300m: 27:42.32	37.16
100m:	1:07.91	34.18	850m: 9:55.99	35.82	1600m: 19:00.68	36.62	2350m: 28:20.42	38.10
150m:	1:42.44	34.53	900m: 10:32.03	36.04	1650m: 19:38.06	37.38	2400m: 28:57.95	37.53
200m:	2:17.00	34.56	950m: 11:07.63	35.60	1700m: 20:16.33	38.27	2450m: 29:35.96	38.01
250m:	2:51.96	34.96	1000m: 11:43.28	35.65	1750m: 20:54.19	37.86	2500m: 30:13.83	37.87
300m:	3:26.85	34.89	1050m: 12:19.36	36.08	1800m: 21:31.51	37.32	2550m: 30:51.45	37.62
350m:	4:01.86	35.01	1100m: 12:54.97	35.61	1850m: 22:08.74	37.23	2600m: 31:29.02	37.57
400m:	4:37.00	35.14	1150m: 13:31.63	36.66	1900m: 22:45.79	37.05	2650m: 32:06.69	37.67
450m:	5:12.25	35.25	1200m: 14:07.78	36.15	1950m: 23:22.53	36.74	2700m: 32:44.40	37.71
500m:	5:47.17	34.92	1250m: 14:43.96	36.18	2000m: 23:59.59	37.06	2750m: 33:22.17	37.77
550m:	6:22.61	35.44	1300m: 15:20.47	36.51	2050m: 24:37.12	37.53	2800m: 33:59.51	37.34
600m:	6:58.12	35.51	1350m: 15:56.98	36.51	2100m: 25:14.13	37.01	2850m: 34:37.13	37.62
650m:	7:33.64	35.52	1400m: 16:33.48	36.50	2150m: 25:50.96	36.83	2900m: 35:14.34	37.21
700m:	8:09.14	35.50	1450m: 17:10.39	36.91	2200m: 26:27.97	37.01	2950m: 35:51.19	36.85
750m:	8:44.37	35.23	1500m: 17:47.18	36.79	2250m: 27:05.16	37.19	3000m: 36:27.26	36.07
10. VILARRASA COSTA, Aura	04	C.N. Olot					36:51.39	14,00
50m:	35.99	35.99	750m: 9:07.29	36.38	1450m: 17:39.58	36.90	2150m: 26:20.07	37.01
100m:	1:12.49	36.50	800m: 9:43.53	36.24	1500m: 18:16.70	37.12	2200m: 26:57.07	37.00
150m:	1:49.35	36.86	850m: 10:19.85	36.32	1550m: 18:53.70	37.00	2250m: 27:34.49	37.42
200m:	2:26.17	36.82	900m: 10:56.36	36.51	1600m: 19:30.81	37.11	2300m: 28:11.96	37.47
250m:	3:03.11	36.94	950m: 11:32.82	36.46	1650m: 20:07.96	37.15	2350m: 28:48.94	36.98
300m:	3:39.72	36.61	1000m: 12:09.35	36.53	1700m: 20:45.08	37.12	2400m: 29:26.55	37.61
350m:	4:16.35	36.63	1050m: 12:45.95	36.60	1750m: 21:22.50	37.42	2450m: 30:03.87	37.32
400m:	4:52.88	36.53	1100m: 13:22.37	36.42	1800m: 21:59.92	37.42	2500m: 30:41.61	37.74
450m:	5:29.40	36.52	1150m: 13:58.83	36.46	1850m: 22:36.97	37.05	2550m: 31:18.82	37.21
500m:	6:05.60	36.20	1200m: 14:35.45	36.62	1900m: 23:14.19	37.22	2600m: 31:56.19	37.37
550m:	6:42.05	36.45	1250m: 15:12.29	36.84	1950m: 23:51.64	37.45	2650m: 32:33.25	37.06
600m:	7:18.48	36.43	1300m: 15:49.03	36.74	2000m: 24:29.19	37.55	2700m: 33:10.55	37.30
650m:	7:54.67	36.19	1350m: 16:25.73	36.70	2050m: 25:06.12	36.93	2750m: 33:47.81	37.26
700m:	8:30.91	36.24	1400m: 17:02.68	36.95	2100m: 25:43.06	36.94	2800m: 34:24.52	36.71

Piscina 25 i crometratge Semi-automàtic

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

Classificació	ANY								Temps	
	2850m: 35:01.39	36.87	2900m: 35:38.15	36.76	2950m: 36:14.91	36.76	3000m: 36:51.39	36.48		
11.	FERNANDEZ GONZALEZ, Aina 06 C.N. Banyoles				36:52.67				11,00	
	50m: 32.34	32.34	800m: 9:16.36	35.57	1550m: 18:26.90	38.98	2300m: 28:00.89	38.36		
	100m: 1:05.35	33.01	850m: 9:52.88	36.52	1600m: 19:05.14	38.24	2350m: 28:40.05	39.16		
	150m: 1:39.11	33.76	900m: 10:29.06	36.18	1650m: 19:43.57	38.43	2400m: 29:18.78	38.73		
	200m: 2:13.36	34.25	950m: 11:05.30	36.24	1700m: 20:22.19	38.62	2450m: 29:57.78	39.00		
	250m: 2:47.91	34.55	1000m: 11:41.86	36.56	1750m: 21:00.56	38.37	2500m: 30:36.75	38.97		
	300m: 3:22.99	35.08	1050m: 12:18.35	36.49	1800m: 21:38.94	38.38	2550m: 31:15.31	38.56		
	350m: 3:58.23	35.24	1100m: 12:55.00	36.65	1850m: 22:16.96	38.02	2600m: 31:53.54	38.23		
	400m: 4:33.21	34.98	1150m: 13:31.66	36.66	1900m: 22:54.86	37.90	2650m: 32:32.04	38.50		
	450m: 5:08.53	35.32	1200m: 14:09.54	37.88	1950m: 23:32.99	38.13	2700m: 33:10.65	38.61		
	500m: 5:43.79	35.26	1250m: 14:46.77	37.23	2000m: 24:10.94	37.95	2750m: 33:48.48	37.83		
	550m: 6:18.79	35.00	1300m: 15:24.16	37.39	2050m: 24:49.49	38.55	2800m: 34:26.31	37.83		
	600m: 6:53.85	35.06	1350m: 16:01.52	37.36	2100m: 25:27.76	38.27	2850m: 35:04.14	37.83		
	650m: 7:29.67	35.82	1400m: 16:37.04	35.52	2150m: 26:06.28	38.52	2900m: 35:42.31	38.17		
	700m: 8:05.57	35.90	1450m: 17:12.29	35.25	2200m: 26:44.16	37.88	2950m: 36:18.83	36.52		
	750m: 8:40.79	35.22	1500m: 17:47.92	35.63	2250m: 27:22.53	38.37	3000m: 36:52.67	33.84		
12.	VARET CANO, Audrey 06 C.N. Mataró				37:05.79				10,00	
	50m: 33.49	33.49	800m: 9:35.28	36.79	1550m: 18:52.46	36.95	2300m: 28:16.37	37.94		
	100m: 1:07.98	34.49	850m: 10:12.18	36.90	1600m: 19:29.63	37.17	2350m: 28:53.83	37.46		
	150m: 1:43.73	35.75	900m: 10:48.98	36.80	1650m: 20:07.22	37.59	2400m: 29:31.59	37.76		
	200m: 2:19.62	35.89	950m: 11:26.30	37.32	1700m: 20:44.71	37.49	2450m: 30:09.34	37.75		
	250m: 2:55.24	35.62	1000m: 12:03.46	37.16	1750m: 21:22.68	37.97	2500m: 30:47.87	38.53		
	300m: 3:30.97	35.73	1050m: 12:40.42	36.96	1800m: 22:00.54	37.86	2550m: 31:26.25	38.38		
	350m: 4:07.11	36.14	1100m: 13:17.32	36.90	1850m: 22:38.27	37.73	2600m: 32:04.18	37.93		
	400m: 4:42.91	35.80	1150m: 13:54.14	36.82	1900m: 23:16.48	38.21	2650m: 32:41.77	37.59		
	450m: 5:18.85	35.94	1200m: 14:30.98	36.84	1950m: 23:53.66	37.18	2700m: 33:20.28	38.51		
	500m: 5:55.14	36.29	1250m: 15:07.68	36.70	2000m: 24:31.26	37.60	2750m: 33:58.29	38.01		
	550m: 6:31.68	36.54	1300m: 15:44.87	37.19	2050m: 25:08.49	37.23	2800m: 34:36.25	37.96		
	600m: 7:08.14	36.46	1350m: 16:22.01	37.14	2100m: 25:46.08	37.59	2850m: 35:13.61	37.36		
	650m: 7:45.19	37.05	1400m: 16:59.68	37.67	2150m: 26:23.68	37.60	2900m: 35:50.87	37.26		
	700m: 8:22.36	37.17	1450m: 17:37.56	37.88	2200m: 27:01.15	37.47	2950m: 36:28.67	37.80		
	750m: 8:58.49	36.13	1500m: 18:15.51	37.95	2250m: 27:38.43	37.28	3000m: 37:05.79	37.12		
13.	VALLS PLAZA, Ariadna 06 C.N. Sant Andreu				37:12.60				9,00	
	50m: 34.94	34.94	800m: 9:44.37	36.78	1550m: 19:05.66	37.87	2300m: 28:32.41	38.19		
	100m: 1:10.23	35.29	850m: 10:21.33	36.96	1600m: 19:43.56	37.90	2350m: 29:10.40	37.99		
	150m: 1:46.19	35.96	900m: 10:58.48	37.15	1650m: 20:21.18	37.62	2400m: 29:48.38	37.98		
	200m: 2:22.55	36.36	950m: 11:35.52	37.04	1700m: 20:59.24	38.06	2450m: 30:26.24	37.86		
	250m: 2:59.16	36.61	1000m: 12:12.64	37.12	1750m: 21:36.88	37.64	2500m: 31:04.31	38.07		
	300m: 3:35.74	36.58	1050m: 12:49.72	37.08	1800m: 22:14.31	37.43	2550m: 31:41.92	37.61		
	350m: 4:12.59	36.85	1100m: 13:26.89	37.17	1850m: 22:51.64	37.33	2600m: 32:19.58	37.66		
	400m: 4:49.46	36.87	1150m: 14:04.40	37.51	1900m: 23:29.17	37.53	2650m: 32:57.78	38.20		
	450m: 5:26.44	36.98	1200m: 14:41.94	37.54	1950m: 24:06.75	37.58	2700m: 33:35.53	37.75		
	500m: 6:03.03	36.59	1250m: 15:19.30	37.36	2000m: 24:44.06	37.31	2750m: 34:13.10	37.57		
	550m: 6:39.84	36.81	1300m: 15:56.92	37.62	2050m: 25:21.69	37.63	2800m: 34:49.91	36.81		
	600m: 7:17.01	37.17	1350m: 16:34.48	37.56	2100m: 25:59.93	38.24	2850m: 35:26.48	36.57		
	650m: 7:54.07	37.06	1400m: 17:12.10	37.62	2150m: 26:38.08	38.15	2900m: 36:02.63	36.15		
	700m: 8:31.02	36.95	1450m: 17:49.82	37.72	2200m: 27:16.19	38.11	2950m: 36:38.17	35.54		
	750m: 9:07.59	36.57	1500m: 18:27.79	37.97	2250m: 27:54.22	38.03	3000m: 37:12.60	34.43		
14.	FERNANDEZ ROSELLO, Noa 06 C.N. Sabadell				37:14.09				8,00	
	50m: 35.50	35.50	750m: 9:08.85	36.78	1450m: 17:46.17	36.78	2150m: 26:29.64	37.65		
	100m: 1:11.20	35.70	800m: 9:45.74	36.89	1500m: 18:23.30	37.13	2200m: 27:07.51	37.87		
	150m: 1:47.28	36.08	850m: 10:22.58	36.84	1550m: 19:00.05	36.75	2250m: 27:45.41	37.90		
	200m: 2:24.15	36.87	900m: 10:59.50	36.92	1600m: 19:37.27	37.22	2300m: 28:23.33	37.92		
	250m: 3:00.36	36.21	950m: 11:36.20	36.70	1650m: 20:14.68	37.41	2350m: 29:01.92	38.59		
	300m: 3:37.11	36.75	1000m: 12:12.76	36.56	1700m: 20:51.97	37.29	2400m: 29:39.91	37.99		
	350m: 4:13.59	36.48	1050m: 12:49.57	36.81	1750m: 21:29.30	37.33	2450m: 30:17.73	37.82		
	400m: 4:50.27	36.68	1100m: 13:26.64	37.07	1800m: 22:06.86	37.56	2500m: 30:55.63	37.90		
	450m: 5:27.39	37.12	1150m: 14:03.74	37.10	1850m: 22:44.60	37.74	2550m: 31:33.28	37.65		
	500m: 6:04.11	36.72	1200m: 14:41.16	37.42	1900m: 23:22.05	37.45	2600m: 32:11.38	38.10		
	550m: 6:41.18	37.07	1250m: 15:18.46	37.30	1950m: 23:59.60	37.55	2650m: 32:49.55	38.17		
	600m: 7:18.13	36.95	1300m: 15:55.66	37.20	2000m: 24:36.85	37.25	2700m: 33:27.70	38.15		
	650m: 7:55.35	37.22	1350m: 16:32.67	37.01	2050m: 25:14.27	37.42	2750m: 34:05.98	38.28		
	700m: 8:32.07	36.72	1400m: 17:09.39	36.72	2100m: 25:51.99	37.72	2800m: 34:43.87	37.89		

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

Classificació	ANY										Temps	
	2850m: 35:21.56	37.69	2900m: 35:59.36	37.80	2950m: 36:37.38	38.02	3000m: 37:14.09			36.71		
15. DEL RIO SANTAMARIA, Jana	05	C.N. Mataró					37:17.00			7,00		
50m:	34.72	34.72	800m: 9:41.12	36.96	1550m: 18:59.22	37.37	2300m: 28:25.20			37.88		
100m:	1:10.05	35.33	850m: 10:18.11	36.99	1600m: 19:36.64	37.42	2350m: 29:03.82			38.62		
150m:	1:45.82	35.77	900m: 10:55.41	37.30	1650m: 20:14.33	37.69	2400m: 29:42.03			38.21		
200m:	2:21.82	36.00	950m: 11:32.54	37.13	1700m: 20:51.86	37.53	2450m: 30:20.55			38.52		
250m:	2:58.12	36.30	1000m: 12:09.71	37.17	1750m: 21:29.69	37.83	2500m: 30:58.29			37.74		
300m:	3:34.41	36.29	1050m: 12:46.66	36.95	1800m: 22:07.68	37.99	2550m: 31:36.31			38.02		
350m:	4:10.49	36.08	1100m: 13:23.72	37.06	1850m: 22:45.57	37.89	2600m: 32:14.10			37.79		
400m:	4:47.01	36.52	1150m: 14:00.77	37.05	1900m: 23:22.89	37.32	2650m: 32:52.40			38.30		
450m:	5:23.40	36.39	1200m: 14:38.25	37.48	1950m: 24:00.62	37.73	2700m: 33:30.67			38.27		
500m:	6:00.09	36.69	1250m: 15:15.32	37.07	2000m: 24:38.53	37.91	2750m: 34:09.01			38.34		
550m:	6:36.53	36.44	1300m: 15:52.76	37.44	2050m: 25:16.33	37.80	2800m: 34:47.28			38.27		
600m:	7:13.36	36.83	1350m: 16:30.11	37.35	2100m: 25:53.90	37.57	2850m: 35:24.88			37.60		
650m:	7:50.26	36.90	1400m: 17:07.42	37.31	2150m: 26:31.38	37.48	2900m: 36:02.62			37.74		
700m:	8:27.32	37.06	1450m: 17:44.77	37.35	2200m: 27:09.04	37.66	2950m: 36:40.22			37.60		
750m:	9:04.16	36.84	1500m: 18:21.85	37.08	2250m: 27:47.32	38.28	3000m: 37:17.00			36.78		
16. GUTIERREZ RODRIGUEZ, Ariadne	06	C.N. Sabadell					37:48.00			6,00		
50m:	35.54	35.54	800m: 9:54.42	37.51	1550m: 19:16.71	37.46	2300m: 28:52.46			38.85		
100m:	1:12.06	36.52	850m: 10:31.98	37.56	1600m: 19:54.50	37.79	2350m: 29:31.23			38.77		
150m:	1:48.74	36.68	900m: 11:09.43	37.45	1650m: 20:32.66	38.16	2400m: 30:09.85			38.62		
200m:	2:26.18	37.44	950m: 11:46.83	37.40	1700m: 21:11.47	38.81	2450m: 30:48.28			38.43		
250m:	3:03.60	37.42	1000m: 12:24.19	37.36	1750m: 21:50.31	38.84	2500m: 31:27.44			39.16		
300m:	3:40.70	37.10	1050m: 13:01.45	37.26	1800m: 22:28.41	38.10	2550m: 32:05.96			38.52		
350m:	4:18.18	37.48	1100m: 13:38.74	37.29	1850m: 23:06.86	38.45	2600m: 32:44.81			38.85		
400m:	4:55.70	37.52	1150m: 14:16.36	37.62	1900m: 23:44.87	38.01	2650m: 33:23.64			38.83		
450m:	5:33.08	37.38	1200m: 14:53.95	37.59	1950m: 24:23.16	38.29	2700m: 34:02.08			38.44		
500m:	6:10.65	37.57	1250m: 15:31.67	37.72	2000m: 25:01.60	38.44	2750m: 34:40.28			38.20		
550m:	6:48.10	37.45	1300m: 16:09.22	37.55	2050m: 25:39.91	38.31	2800m: 35:18.20			37.92		
600m:	7:25.65	37.55	1350m: 16:46.81	37.59	2100m: 26:18.34	38.43	2850m: 35:56.00			37.80		
650m:	8:02.62	36.97	1400m: 17:24.47	37.66	2150m: 26:56.85	38.51	2900m: 36:34.07			38.07		
700m:	8:39.71	37.09	1450m: 18:02.18	37.71	2200m: 27:35.08	38.23	2950m: 37:12.53			38.46		
750m:	9:16.91	37.20	1500m: 18:39.25	37.07	2250m: 28:13.61	38.53	3000m: 37:48.00			35.47		
17. CASTILLO MORENILLA, Lidia	04	C.N. Caldes					37:48.48			13,00		
50m:	35.13	35.13	800m: 9:44.63	36.71	1550m: 19:03.10	38.02	2300m: 28:34.35			38.46		
100m:	1:11.09	35.96	850m: 10:21.59	36.96	1600m: 19:41.16	38.06	2350m: 29:13.65			39.30		
150m:	1:47.40	36.31	900m: 10:58.86	37.27	1650m: 20:18.08	36.92	2400m: 29:52.54			38.89		
200m:	2:23.92	36.52	950m: 11:36.34	37.48	1700m: 20:55.87	37.79	2450m: 30:31.37			38.83		
250m:	3:00.96	37.04	1000m: 12:13.91	37.57	1750m: 21:33.27	37.40	2500m: 31:09.64			38.27		
300m:	3:37.52	36.56	1050m: 12:50.91	37.00	1800m: 22:10.97	37.70	2550m: 31:48.27			38.63		
350m:	4:14.26	36.74	1100m: 13:27.67	36.76	1850m: 22:48.93	37.96	2600m: 32:29.61			41.34		
400m:	4:51.11	36.85	1150m: 14:03.65	35.98	1900m: 23:26.72	37.79	2650m: 33:08.08			38.47		
450m:	5:27.63	36.52	1200m: 14:40.45	36.80	1950m: 24:04.39	37.67	2700m: 34:03.11			55.03		
500m:	6:04.23	36.60	1250m: 15:17.76	37.31	2000m: 24:42.03	37.64	2750m: 34:39.84			36.73		
550m:	6:40.66	36.43	1300m: 15:55.04	37.28	2050m: 25:20.44	38.41	2800m: 35:18.19			38.35		
600m:	7:17.73	37.07	1350m: 16:32.69	37.65	2100m: 25:58.20	37.76	2850m: 35:56.32			38.13		
650m:	7:54.21	36.48	1400m: 17:10.32	37.63	2150m: 26:36.17	37.97	2900m: 36:33.81			37.49		
700m:	8:30.95	36.74	1450m: 17:47.90	37.58	2200m: 27:18.48	42.31	2950m: 37:11.45			37.64		
750m:	9:07.92	36.97	1500m: 18:25.08	37.18	2250m: 27:55.89	37.41	3000m: 37:48.48			37.03		
18. GARRETA YUSTE, Judit	04	C.N. Mataró					37:53.66			12,00		
50m:	34.02	34.02	750m: 9:04.24	36.95	1450m: 17:49.53	37.95	2150m: 26:44.87			38.53		
100m:	1:09.23	35.21	800m: 9:41.22	36.98	1500m: 18:27.63	38.10	2200m: 27:23.48			38.61		
150m:	1:44.78	35.55	850m: 10:18.28	37.06	1550m: 19:05.61	37.98	2250m: 28:02.42			38.94		
200m:	2:20.52	35.74	900m: 10:55.43	37.15	1600m: 19:44.02	38.41	2300m: 28:41.91			39.49		
250m:	2:56.62	36.10	950m: 11:32.47	37.04	1650m: 20:22.67	38.65	2350m: 29:20.80			38.89		
300m:	3:32.77	36.15	1000m: 12:09.76	37.29	1700m: 21:01.36	38.69	2400m: 29:59.87			39.07		
350m:	4:08.67	35.90	1050m: 12:45.97	36.21	1750m: 21:38.69	37.33	2450m: 30:39.13			39.26		
400m:	4:44.95	36.28	1100m: 13:23.64	37.67	1800m: 22:16.08	37.39	2500m: 31:17.93			38.80		
450m:	5:21.75	36.80	1150m: 14:00.86	37.22	1850m: 22:54.88	38.80	2550m: 31:56.73			38.80		
500m:	5:58.59	36.84	1200m: 14:39.62	38.76	1900m: 23:34.08	39.20	2600m: 32:35.78			39.05		
550m:	6:35.28	36.69	1250m: 15:17.13	37.51	1950m: 24:12.48	38.40	2650m: 33:15.30			39.52		
600m:	7:13.07	37.79	1300m: 15:55.56	38.43	2000m: 24:50.70	38.22	2700m: 33:55.04			39.74		
650m:	7:50.47	37.40	1350m: 16:33.81	38.25	2050m: 25:28.32	37.62	2750m: 34:34.70			39.66		
700m:	8:27.29	36.82	1400m: 17:11.58	37.77	2100m: 26:06.34	38.02	2800m: 35:14.62			39.92		

Piscina 25 i crometratge Semi-automàtic



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

Classificació	ANY						Temps				
	2850m: 35:54.53	39.91	2900m: 36:34.17	39.64	2950m: 37:14.06	39.89	3000m: 37:53.66	39.60			
19. SURROCA RIOL, Gemma		05	C.N. Olot				37:57.95	5,00			
50m:	34.47	34.47	800m:	9:56.84	37.64	1550m:	19:27.56	38.26	2300m:	29:06.07	37.88
100m:	1:10.88	36.41	850m:	10:34.52	37.68	1600m:	20:06.09	38.53	2350m:	29:44.19	38.12
150m:	1:47.63	36.75	900m:	11:11.92	37.40	1650m:	20:44.42	38.33	2400m:	30:23.03	38.84
200m:	2:24.96	37.33	950m:	11:49.88	37.96	1700m:	21:22.90	38.48	2450m:	31:02.08	39.05
250m:	3:02.21	37.25	1000m:	12:27.91	38.03	1750m:	22:01.67	38.77	2500m:	31:40.82	38.74
300m:	3:39.99	37.78	1050m:	13:06.15	38.24	1800m:	22:40.75	39.08	2550m:	32:20.12	39.30
350m:	4:17.49	37.50	1100m:	13:44.12	37.97	1850m:	23:19.38	38.63	2600m:	32:58.96	38.84
400m:	4:54.96	37.47	1150m:	14:22.03	37.91	1900m:	23:58.27	38.89	2650m:	33:37.03	38.07
450m:	5:32.62	37.66	1200m:	15:00.10	38.07	1950m:	24:37.06	38.79	2700m:	34:15.12	38.09
500m:	6:10.48	37.86	1250m:	15:38.04	37.94	2000m:	25:16.04	38.98	2750m:	34:53.67	38.55
550m:	6:48.22	37.74	1300m:	16:15.92	37.88	2050m:	25:54.35	38.31	2800m:	35:31.49	37.82
600m:	7:26.00	37.78	1350m:	16:54.00	38.08	2100m:	26:33.26	38.91	2850m:	36:09.21	37.72
650m:	8:03.72	37.72	1400m:	17:32.23	38.23	2150m:	27:11.79	38.53	2900m:	36:46.58	37.37
700m:	8:41.61	37.89	1450m:	18:11.05	38.82	2200m:	27:50.31	38.52	2950m:	37:23.30	36.72
750m:	9:19.20	37.59	1500m:	18:49.30	38.25	2250m:	28:28.19	37.88	3000m:	37:57.95	34.65
20. CASELLAS I PUNSET, Laia		06	C.N. Figueres						38:00.64	4,00	
50m:	34.65	34.65	800m:	10:03.69	38.70	1550m:	19:36.63	37.14	2300m:	29:08.39	38.27
100m:	1:11.14	36.49	850m:	10:42.76	39.07	1600m:	20:13.55	36.92	2350m:	29:47.15	38.76
150m:	1:47.99	36.85	900m:	11:21.04	38.28	1650m:	20:51.45	37.90	2400m:	30:25.65	38.50
200m:	2:25.31	37.32	950m:	11:59.47	38.43	1700m:	21:29.13	37.68	2450m:	31:04.39	38.74
250m:	3:02.81	37.50	1000m:	12:38.00	38.53	1750m:	22:06.97	37.84	2500m:	31:43.59	39.20
300m:	3:40.38	37.57	1050m:	13:16.16	38.16	1800m:	22:45.11	38.14	2550m:	32:20.92	37.33
350m:	4:17.99	37.61	1100m:	13:54.26	38.10	1850m:	23:23.38	38.27	2600m:	32:58.96	38.04
400m:	4:56.12	38.13	1150m:	14:32.29	38.03	1900m:	24:01.55	38.17	2650m:	33:37.16	38.20
450m:	5:34.60	38.48	1200m:	15:10.62	38.33	1950m:	24:39.78	38.23	2700m:	34:15.49	38.33
500m:	6:13.33	38.73	1250m:	15:49.01	38.39	2000m:	25:17.96	38.18	2750m:	34:53.31	37.82
550m:	6:51.68	38.35	1300m:	16:27.17	38.16	2050m:	25:56.94	38.98	2800m:	35:31.78	38.47
600m:	7:29.94	38.26	1350m:	17:06.01	38.84	2100m:	26:35.19	38.25	2850m:	36:09.26	37.48
650m:	8:08.32	38.38	1400m:	17:43.86	37.85	2150m:	27:13.68	38.49	2900m:	36:46.04	36.78
700m:	8:46.74	38.42	1450m:	18:22.04	38.18	2200m:	27:52.07	38.39	2950m:	37:23.79	37.75
750m:	9:24.99	38.25	1500m:	18:59.49	37.45	2250m:	28:30.12	38.05	3000m:	38:00.64	36.85
21. ORTIZ MARTINEZ, Ainhoa		03	C.N. L'hospitalet						38:13.42	11,00	
50m:	35.26	35.26	800m:	9:46.04	36.42	1550m:	19:17.91	40.45	2300m:	29:09.17	40.30
100m:	1:10.61	35.35	850m:	10:22.86	36.82	1600m:	19:57.99	40.08	2350m:	29:48.93	39.76
150m:	1:47.09	36.48	900m:	11:00.02	37.16	1650m:	20:37.71	39.72	2400m:	30:28.35	39.42
200m:	2:23.93	36.84	950m:	11:37.26	37.24	1700m:	21:16.54	38.83	2450m:	31:07.67	39.32
250m:	3:00.26	36.33	1000m:	12:14.28	37.02	1750m:	21:55.52	38.98	2500m:	31:47.22	39.55
300m:	3:36.59	36.33	1050m:	12:51.84	37.56	1800m:	22:34.45	38.93	2550m:	32:25.99	38.77
350m:	4:13.33	36.74	1100m:	13:29.09	37.25	1850m:	23:13.31	38.86	2600m:	33:05.10	39.11
400m:	4:49.93	36.60	1150m:	14:06.46	37.37	1900m:	23:52.82	39.51	2650m:	33:44.34	39.24
450m:	5:27.12	37.19	1200m:	14:44.55	38.09	1950m:	24:32.13	39.31	2700m:	34:23.49	39.15
500m:	6:03.89	36.77	1250m:	15:22.52	37.97	2000m:	25:11.20	39.07	2750m:	35:02.37	38.88
550m:	6:40.75	36.86	1300m:	16:01.42	38.90	2050m:	25:50.46	39.26	2800m:	35:40.98	38.61
600m:	7:18.08	37.33	1350m:	16:39.86	38.44	2100m:	26:29.62	39.16	2850m:	36:19.05	38.07
650m:	7:55.21	37.13	1400m:	17:18.66	38.80	2150m:	27:09.10	39.48	2900m:	36:57.53	38.48
700m:	8:32.59	37.38	1450m:	17:58.16	39.50	2200m:	27:48.81	39.71	2950m:	37:35.61	38.08
750m:	9:09.62	37.03	1500m:	18:37.46	39.30	2250m:	28:28.87	40.06	3000m:	38:13.42	37.81
22. RODRÍGUEZ SANTAULARIA, Jéssica		06	C.N. Igualada						38:22.92	3,00	
50m:	34.92	34.92	750m:	9:10.28	37.53	1450m:	18:04.07	38.58	2150m:	27:09.83	39.56
100m:	1:10.57	35.65	800m:	9:47.56	37.28	1500m:	18:42.88	38.81	2200m:	27:49.61	39.78
150m:	1:46.77	36.20	850m:	10:25.12	37.56	1550m:	19:21.63	38.75	2250m:	28:28.98	39.37
200m:	2:23.33	36.56	900m:	11:02.91	37.79	1600m:	20:00.43	38.80	2300m:	29:08.31	39.33
250m:	2:59.87	36.54	950m:	11:40.92	38.01	1650m:	20:39.05	38.62	2350m:	29:47.88	39.57
300m:	3:36.54	36.67	1000m:	12:19.03	38.11	1700m:	21:17.75	38.70	2400m:	30:27.48	39.60
350m:	4:12.84	36.30	1050m:	12:57.06	38.03	1750m:	21:56.69	38.94	2450m:	31:07.63	40.15
400m:	4:49.65	36.81	1100m:	13:35.12	38.06	1800m:	22:35.65	38.96	2500m:	31:47.60	39.97
450m:	5:26.69	37.04	1150m:	14:13.15	38.03	1850m:	23:14.76	39.11	2550m:	32:27.62	40.02
500m:	6:03.82	37.13	1200m:	14:51.45	38.30	1900m:	23:54.04	39.28	2600m:	33:07.68	40.06
550m:	6:40.87	37.05	1250m:	15:29.68	38.23	1950m:	24:32.56	38.52	2650m:	33:47.41	39.73
600m:	7:18.21	37.34	1300m:	16:08.23	38.55	2000m:	25:11.54	38.98	2700m:	34:27.07	39.66
650m:	7:55.60	37.39	1350m:	16:46.83	38.60	2050m:	25:50.85	39.31	2750m:	35:07.03	39.96
700m:	8:32.75	37.15	1400m:	17:25.49	38.66	2100m:	26:30.27	39.42	2800m:	35:46.49	39.46



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

Classificació	ANY		Temps					
	2850m: 36:26.22	39.73	2900m: 37:06.01	39.79	2950m: 37:45.21	39.20	3000m: 38:22.92	37.71
23.	SANCHEZ BARBERO, Irene 05		C.N. Atl Barceloneta				38:41.10	2,00
	50m: 34.87	34.87	800m: 10:02.29	37.96	1550m: 19:39.90	38.58	2300m: 29:33.27	38.81
	100m: 1:11.74	36.87	850m: 10:40.49	38.20	1600m: 20:19.10	39.20	2350m: 30:13.74	40.47
	150m: 1:49.00	37.26	900m: 11:18.53	38.04	1650m: 20:58.46	39.36	2400m: 30:53.44	39.70
	200m: 2:26.69	37.69	950m: 11:56.53	38.00	1700m: 21:37.52	39.06	2450m: 31:33.61	40.17
	250m: 3:04.70	38.01	1000m: 12:34.53	38.00	1750m: 22:17.12	39.60	2500m: 32:13.54	39.93
	300m: 3:42.56	37.86	1050m: 13:13.26	38.73	1800m: 22:56.67	39.55	2550m: 32:52.67	39.13
	350m: 4:20.04	37.48	1100m: 13:51.87	38.61	1850m: 23:36.80	40.13	2600m: 33:31.73	39.06
	400m: 4:58.19	38.15	1150m: 14:30.51	38.64	1900m: 24:16.41	39.61	2650m: 34:10.97	39.24
	450m: 5:36.49	38.30	1200m: 15:09.20	38.69	1950m: 24:56.46	40.05	2700m: 34:50.43	39.46
	500m: 6:14.65	38.16	1250m: 15:48.32	39.12	2000m: 25:35.91	39.45	2750m: 35:29.89	39.46
	550m: 6:52.43	37.78	1300m: 16:26.58	38.26	2050m: 26:15.53	39.62	2800m: 36:08.68	38.79
	600m: 7:30.45	38.02	1350m: 17:05.18	38.60	2100m: 26:55.56	40.03	2850m: 36:47.01	38.33
	650m: 8:08.61	38.16	1400m: 17:44.14	38.96	2150m: 27:35.48	39.92	2900m: 37:25.61	38.60
	700m: 8:46.82	38.21	1450m: 18:22.84	38.70	2200m: 28:15.55	40.07	2950m: 38:04.53	38.92
	750m: 9:24.33	37.51	1500m: 19:01.32	38.48	2250m: 28:54.46	38.91	3000m: 38:41.10	36.57
24.	TORRUBIANO GONZALEZ, Aina 04		C.E.N. Balaguer				38:46.75	10,00
	50m: 35.39	35.39	800m: 10:08.35	39.18	1550m: 19:55.22	38.78	2300m: 29:40.91	39.69
	100m: 1:12.65	37.26	850m: 10:47.08	38.73	1600m: 20:34.19	38.97	2350m: 30:20.21	39.30
	150m: 1:50.75	38.10	900m: 11:26.31	39.23	1650m: 21:12.71	38.52	2400m: 30:59.91	39.70
	200m: 2:28.68	37.93	950m: 12:05.36	39.05	1700m: 21:50.67	37.96	2450m: 31:39.74	39.83
	250m: 3:06.55	37.87	1000m: 12:44.47	39.11	1750m: 22:29.23	38.56	2500m: 32:19.09	39.35
	300m: 3:44.19	37.64	1050m: 13:23.23	38.76	1800m: 23:07.88	38.65	2550m: 32:58.18	39.09
	350m: 4:22.26	38.07	1100m: 14:02.56	39.33	1850m: 23:46.80	38.92	2600m: 33:37.26	39.08
	400m: 5:00.35	38.09	1150m: 14:41.70	39.14	1900m: 24:26.07	39.27	2650m: 34:16.42	39.16
	450m: 5:38.66	38.31	1200m: 15:20.87	39.17	1950m: 25:05.40	39.33	2700m: 34:55.63	39.21
	500m: 6:17.01	38.35	1250m: 16:00.20	39.33	2000m: 25:44.92	39.52	2750m: 35:34.88	39.25
	550m: 6:55.24	38.23	1300m: 16:39.77	39.57	2050m: 26:24.66	39.74	2800m: 36:14.05	39.17
	600m: 7:33.63	38.39	1350m: 17:18.72	38.95	2100m: 27:03.84	39.18	2850m: 36:52.98	38.93
	650m: 8:11.96	38.33	1400m: 17:57.36	38.64	2150m: 27:42.30	38.46	2900m: 37:31.93	38.95
	700m: 8:50.18	38.22	1450m: 18:36.98	39.62	2200m: 28:21.96	39.66	2950m: 38:10.72	38.79
	750m: 9:29.17	38.99	1500m: 19:16.44	39.46	2250m: 29:01.22	39.26	3000m: 38:46.75	36.03
25.	PAVILLARD SALVADOR, Paula 04		N.C. Torelló				38:48.96	9,00
	50m: 35.16	35.16	800m: 9:57.83	38.55	1550m: 19:52.09	39.69	2300m: 29:42.01	39.37
	100m: 1:11.43	36.27	850m: 10:36.62	38.79	1600m: 20:31.84	39.75	2350m: 30:21.38	39.37
	150m: 1:48.27	36.84	900m: 11:15.79	39.17	1650m: 21:11.51	39.67	2400m: 31:01.03	39.65
	200m: 2:25.06	36.79	950m: 11:55.27	39.48	1700m: 21:50.81	39.30	2450m: 31:40.55	39.52
	250m: 3:02.05	36.99	1000m: 12:34.40	39.13	1750m: 22:30.16	39.35	2500m: 32:19.87	39.32
	300m: 3:39.11	37.06	1050m: 13:14.45	40.05	1800m: 23:08.96	38.80	2550m: 32:59.23	39.36
	350m: 4:16.16	37.05	1100m: 13:53.99	39.54	1850m: 23:48.20	39.24	2600m: 33:38.85	39.62
	400m: 4:53.16	37.00	1150m: 14:34.09	40.10	1900m: 24:27.42	39.22	2650m: 34:17.69	38.84
	450m: 5:30.46	37.30	1200m: 15:13.70	39.61	1950m: 25:06.52	39.10	2700m: 34:57.23	39.54
	500m: 6:08.18	37.72	1250m: 15:53.48	39.78	2000m: 25:46.09	39.57	2750m: 35:36.48	39.25
	550m: 6:45.91	37.73	1300m: 16:33.05	39.57	2050m: 26:25.54	39.45	2800m: 36:15.41	38.93
	600m: 7:24.04	38.13	1350m: 17:12.79	39.74	2100m: 27:04.84	39.30	2850m: 36:54.07	38.66
	650m: 8:02.38	38.34	1400m: 17:52.63	39.84	2150m: 27:44.07	39.23	2900m: 37:33.13	39.06
	700m: 8:40.77	38.39	1450m: 18:32.43	39.80	2200m: 28:23.37	39.30	2950m: 38:12.02	38.89
	750m: 9:19.28	38.51	1500m: 19:12.40	39.97	2250m: 29:02.64	39.27	3000m: 38:48.96	36.94
26.	MARTINEZ MARESPA, Julia 06		C.N. Mataró				39:35.50	1,00
	50m: 36.45	36.45	750m: 9:39.46	39.53	1450m: 18:54.12	38.96	2150m: 28:15.57	40.81
	100m: 1:13.53	37.08	800m: 10:18.83	39.37	1500m: 19:33.81	39.69	2200m: 28:56.00	40.43
	150m: 1:51.53	38.00	850m: 10:58.41	39.58	1550m: 20:13.75	39.94	2250m: 29:36.29	40.29
	200m: 2:29.94	38.41	900m: 11:37.93	39.52	1600m: 20:54.10	40.35	2300m: 30:17.04	40.75
	250m: 3:08.16	38.22	950m: 12:17.69	39.76	1650m: 21:34.05	39.95	2350m: 30:57.92	40.88
	300m: 3:46.81	38.65	1000m: 12:57.66	39.97	1700m: 22:14.03	39.98	2400m: 31:39.27	41.35
	350m: 4:25.54	38.73	1050m: 13:37.17	39.51	1750m: 22:54.20	40.17	2450m: 32:20.14	40.87
	400m: 5:05.09	39.55	1100m: 14:16.68	39.51	1800m: 23:34.35	40.15	2500m: 33:00.72	40.58
	450m: 5:44.31	39.22	1150m: 14:56.04	39.36	1850m: 24:14.38	40.03	2550m: 33:41.43	40.71
	500m: 6:22.95	38.64	1200m: 15:35.62	39.58	1900m: 24:54.54	40.16	2600m: 34:22.89	41.46
	550m: 7:01.83	38.88	1250m: 16:15.66	40.04	1950m: 25:34.34	39.80	2650m: 35:02.24	39.35
	600m: 7:40.77	38.94	1300m: 16:55.77	40.11	2000m: 26:14.60	40.26	2700m: 35:41.32	39.08
	650m: 8:20.20	39.43	1350m: 17:35.60	39.83	2050m: 26:54.71	40.11	2750m: 36:20.76	39.44
	700m: 8:59.93	39.73	1400m: 18:15.16	39.56	2100m: 27:34.76	40.05	2800m: 37:00.38	39.62

Piscina 25 i crometratge Semi-automàtic

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

Classificació	ANY					Temps		
	2850m: 37:40.04	39.66	2900m: 38:18.97	38.93	2950m: 38:58.12	39.15	3000m: 39:35.50	37.38
27.	MOSQUERA SORIANO, Martina		06	C.N. Granollers			40:03.62	-
	50m: 37.25	37.25	800m: 10:22.07	39.61	1550m: 20:18.94	40.13	2300m: 30:27.55	40.47
	100m: 1:15.07	37.82	850m: 11:01.72	39.65	1600m: 20:59.34	40.40	2350m: 31:08.34	40.79
	150m: 1:53.71	38.64	900m: 11:41.17	39.45	1650m: 21:40.09	40.75	2400m: 31:50.12	41.78
	200m: 2:32.48	38.77	950m: 12:20.50	39.33	1700m: 22:20.47	40.38	2450m: 32:31.84	41.72
	250m: 3:11.52	39.04	1000m: 12:59.81	39.31	1750m: 23:00.38	39.91	2500m: 33:13.81	41.97
	300m: 3:50.47	38.95	1050m: 13:39.09	39.28	1800m: 23:40.93	40.55	2550m: 33:55.45	41.64
	350m: 4:29.27	38.80	1100m: 14:19.02	39.93	1850m: 24:21.58	40.65	2600m: 34:37.05	41.60
	400m: 5:08.26	38.99	1150m: 14:58.77	39.75	1900m: 25:02.14	40.56	2650m: 35:18.56	41.51
	450m: 5:47.09	38.83	1200m: 15:38.58	39.81	1950m: 25:42.71	40.57	2700m: 35:59.94	41.38
	500m: 6:26.05	38.96	1250m: 16:18.67	40.09	2000m: 26:23.11	40.40	2750m: 36:40.74	40.80
	550m: 7:05.34	39.29	1300m: 16:58.72	40.05	2050m: 27:03.93	40.82	2800m: 37:21.58	40.84
	600m: 7:44.48	39.14	1350m: 17:38.51	39.79	2100m: 27:44.31	40.38	2850m: 38:02.45	40.87
	650m: 8:23.80	39.32	1400m: 18:18.60	40.09	2150m: 28:25.12	40.81	2900m: 38:43.17	40.72
	700m: 9:03.19	39.39	1450m: 18:58.48	39.88	2200m: 29:05.86	40.74	2950m: 39:24.03	40.86
	750m: 9:42.46	39.27	1500m: 19:38.81	40.33	2250m: 29:47.08	41.22	3000m: 40:03.62	39.59
28.	VELASCO FERNANDEZ, Queralt		03	C.N. Terrassa			40:17.74	8,00
	50m: 37.12	37.12	800m: 10:31.63	40.53	1550m: 20:44.56	41.13	2300m: 30:56.18	40.04
	100m: 1:15.12	38.00	850m: 11:11.33	39.70	1600m: 21:24.94	40.38	2350m: 31:37.28	41.10
	150m: 1:53.66	38.54	900m: 11:52.15	40.82	1650m: 22:06.22	41.28	2400m: 32:17.91	40.63
	200m: 2:32.47	38.81	950m: 12:32.70	40.55	1700m: 22:47.76	41.54	2450m: 32:59.00	41.09
	250m: 3:11.52	39.05	1000m: 13:13.57	40.87	1750m: 23:28.31	40.55	2500m: 33:40.13	41.13
	300m: 3:50.82	39.30	1050m: 13:54.39	40.82	1800m: 24:09.54	41.23	2550m: 34:20.94	40.81
	350m: 4:29.90	39.08	1100m: 14:35.25	40.86	1850m: 24:51.21	41.67	2600m: 35:01.95	41.01
	400m: 5:09.94	40.04	1150m: 15:15.67	40.42	1900m: 25:32.23	41.02	2650m: 35:41.99	40.04
	450m: 5:50.22	40.28	1200m: 15:55.72	40.05	1950m: 26:14.59	42.36	2700m: 36:21.34	39.35
	500m: 6:29.79	39.57	1250m: 16:36.35	40.63	2000m: 26:55.81	41.22	2750m: 37:00.95	39.61
	550m: 7:09.00	39.21	1300m: 17:18.03	41.68	2050m: 27:36.67	40.86	2800m: 37:40.20	39.25
	600m: 7:49.61	40.61	1350m: 17:59.18	41.15	2100m: 28:16.66	39.99	2850m: 38:19.97	39.77
	650m: 8:29.60	39.99	1400m: 18:40.93	41.75	2150m: 28:55.74	39.08	2900m: 38:59.43	39.46
	700m: 9:10.79	41.19	1450m: 19:22.35	41.42	2200m: 29:36.37	40.63	2950m: 39:38.82	39.39
	750m: 9:51.10	40.31	1500m: 20:03.43	41.08	2250m: 30:16.14	39.77	3000m: 40:17.74	38.92
29.	DE RONNE O'CONNOR, Emma		03	C.N. Sitges			40:45.06	7,00
	50m: 36.62	36.62	800m: 10:18.17	39.64	1550m: 20:18.02	40.85	2300m: 30:51.28	43.32
	100m: 1:13.86	37.24	850m: 10:57.96	39.79	1600m: 20:58.52	40.50	2350m: 31:35.01	43.73
	150m: 1:51.98	38.12	900m: 11:37.85	39.89	1650m: 21:39.73	41.21	2400m: 32:18.13	43.12
	200m: 2:30.28	38.30	950m: 12:17.56	39.71	1700m: 22:20.97	41.24	2450m: 33:01.68	43.55
	250m: 3:08.67	38.39	1000m: 12:56.86	39.30	1750m: 23:02.26	41.29	2500m: 33:45.14	43.46
	300m: 3:47.44	38.77	1050m: 13:36.44	39.58	1800m: 23:44.04	41.78	2550m: 34:27.21	42.07
	350m: 4:26.14	38.70	1100m: 14:16.01	39.57	1850m: 24:25.65	41.61	2600m: 35:09.78	42.57
	400m: 5:04.90	38.76	1150m: 14:55.70	39.69	1900m: 25:08.49	42.84	2650m: 35:51.50	41.72
	450m: 5:43.85	38.95	1200m: 15:35.64	39.94	1950m: 25:51.56	43.07	2700m: 36:34.18	42.68
	500m: 6:22.73	38.88	1250m: 16:15.79	40.15	2000m: 26:34.68	43.12	2750m: 37:15.84	41.66
	550m: 7:01.84	39.11	1300m: 16:55.71	39.92	2050m: 27:15.83	41.15	2800m: 37:58.30	42.46
	600m: 7:41.03	39.19	1350m: 17:35.96	40.25	2100m: 27:58.13	42.30	2850m: 38:40.49	42.19
	650m: 8:20.14	39.11	1400m: 18:16.06	40.10	2150m: 28:41.08	42.95	2900m: 39:22.42	41.93
	700m: 8:59.35	39.21	1450m: 18:56.71	40.65	2200m: 29:25.20	44.12	2950m: 40:04.15	41.73
	750m: 9:38.53	39.18	1500m: 19:37.17	40.46	2250m: 30:07.96	42.76	3000m: 40:45.06	40.91
30.	MARTINEZ ORDOÑEZ, Aina		05	C.N. Granollers			41:00.71	-
	50m: 37.13	37.13	750m: 10:01.63	41.30	1450m: 19:38.19	41.13	2150m: 29:23.29	42.29
	100m: 1:15.30	38.17	800m: 10:42.71	41.08	1500m: 20:19.15	40.96	2200m: 30:05.21	41.92
	150m: 1:54.26	38.96	850m: 11:23.74	41.03	1550m: 21:00.66	41.51	2250m: 30:47.27	42.06
	200m: 2:33.51	39.25	900m: 12:05.06	41.32	1600m: 21:42.11	41.45	2300m: 31:28.44	41.17
	250m: 3:13.14	39.63	950m: 12:46.80	41.74	1650m: 22:23.78	41.67	2350m: 32:08.97	40.53
	300m: 3:53.32	40.18	1000m: 13:27.93	41.13	1700m: 23:05.12	41.34	2400m: 32:49.83	40.86
	350m: 4:33.44	40.12	1050m: 14:09.05	41.12	1750m: 23:46.64	41.52	2450m: 33:31.52	41.69
	400m: 5:13.90	40.46	1100m: 14:50.11	41.06	1800m: 24:28.35	41.71	2500m: 34:12.69	41.17
	450m: 5:54.93	41.03	1150m: 15:31.38	41.27	1850m: 25:10.57	42.22	2550m: 34:53.80	41.11
	500m: 6:36.22	41.29	1200m: 16:12.75	41.37	1900m: 25:52.41	41.84	2600m: 35:35.33	41.53
	550m: 7:16.97	40.75	1250m: 16:53.35	40.60	1950m: 26:34.77	42.36	2650m: 36:16.38	41.05
	600m: 7:58.04	41.07	1300m: 17:34.29	40.94	2000m: 27:16.66	41.89	2700m: 36:57.44	41.06
	650m: 8:39.07	41.03	1350m: 18:15.84	41.55	2050m: 27:58.74	42.08	2750m: 37:38.16	40.72
	700m: 9:20.33	41.26	1400m: 18:57.06	41.22	2100m: 28:41.00	42.26	2800m: 38:19.52	41.36



XI Campionat Catalunya Fons Indoor "Open"
SABADELL, 3/12/2021



100 Federació
Catalana
de Natació

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

Classificació	ANY										Temps	
	2850m: 39:00.49	40.97	2900m: 39:41.21	40.72	2950m: 40:21.67	40.46	3000m: 41:00.71	39.04				
31.	MEJIAS HERRADOR, Adriana				06	C.N. Granollers				41:40.71	-	
	50m: 38.15	38.15	800m: 10:23.07	39.43	1550m: 20:32.75	42.52	2300m: 31:27.23	45.38				
	100m: 1:15.92	37.77	850m: 11:02.53	39.46	1600m: 21:15.67	42.92	2350m: 32:12.79	45.56				
	150m: 1:54.19	38.27	900m: 11:42.25	39.72	1650m: 21:57.81	42.14	2400m: 32:57.97	45.18				
	200m: 2:33.21	39.02	950m: 12:21.93	39.68	1700m: 22:40.34	42.53	2450m: 33:43.19	45.22				
	250m: 3:11.93	38.72	1000m: 13:01.28	39.35	1750m: 23:23.03	42.69	2500m: 34:28.22	45.03				
	300m: 3:51.00	39.07	1050m: 13:41.41	40.13	1800m: 24:06.28	43.25	2550m: 35:12.29	44.07				
	350m: 4:29.85	38.85	1100m: 14:23.01	41.60	1850m: 24:49.69	43.41	2600m: 35:57.18	44.89				
	400m: 5:09.04	39.19	1150m: 15:02.65	39.64	1900m: 25:32.50	42.81	2650m: 36:40.69	43.51				
	450m: 5:48.20	39.16	1200m: 15:44.12	41.47	1950m: 26:16.17	43.67	2700m: 37:23.91	43.22				
	500m: 6:26.95	38.75	1250m: 16:24.46	40.34	2000m: 27:00.43	44.26	2750m: 38:07.38	43.47				
	550m: 7:05.95	39.00	1300m: 17:07.04	42.58	2050m: 27:44.92	44.49	2800m: 38:51.11	43.73				
	600m: 7:45.25	39.30	1350m: 17:46.94	39.90	2100m: 28:28.63	43.71	2850m: 39:34.56	43.45				
	650m: 8:24.56	39.31	1400m: 18:27.34	40.40	2150m: 29:13.52	44.89	2900m: 40:17.25	42.69				
	700m: 9:04.07	39.51	1450m: 19:08.74	41.40	2200m: 29:57.12	43.60	2950m: 40:59.17	41.92				
	750m: 9:43.64	39.57	1500m: 19:50.23	41.49	2250m: 30:41.85	44.73	3000m: 41:40.71	41.54				
DNS	BENAVENTE LOPEZ, Ainhoa				98	N.C. Torelló				-		
DNS	YEGRES COTTIN, Maria Victoria				05	C.N. Barcelona				-		
DNS	MARTI BALLESTER, Marilo				98	C.N. Mataró				-		