



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



Prova 4  
03/12/2021

Masc., 3000m Lliure

Absolut, Júnior 2 i Júnior 1  
Resultats

Rècords i MM Catalanes Open	30:51.29	, Ferran Julià Tous	Granada	14/11/2020
Rècords i MM Catalanes 18	32:00.47	, Eric Vilaregut De Mingo	Terrassa	20/01/2019
Rècords i MM Catalanes 17	31:38.16	, Marcos Gil Corbacho	Sabadell	21/01/2017
Rècords i MM Catalanes 16	32:31.00	, Albert Escrits Mañosa	Banyoles	30/11/2014

Classificació

ANY

Temps

Júnior 1 Fons Indoor

1. NEVADO RUIZ, Pablo		06	C.N. Sabadell		<b>33:04.91</b>	19,00					
50m:	31.45	31.45	800m:	8:47.17	33.16	1550m:	17:02.77	32.87	2300m:	25:21.10	32.93
100m:	1:03.40	31.95	850m:	9:20.00	32.83	1600m:	17:35.90	33.13	2350m:	25:54.03	32.93
150m:	1:36.30	32.90	900m:	9:52.79	32.79	1650m:	18:09.01	33.11	2400m:	26:27.24	33.21
200m:	2:09.29	32.99	950m:	10:25.82	33.03	1700m:	18:42.15	33.14	2450m:	27:00.58	33.34
250m:	2:42.67	33.38	1000m:	10:58.74	32.92	1750m:	19:15.31	33.16	2500m:	27:33.89	33.31
300m:	3:15.44	32.77	1050m:	11:31.80	33.06	1800m:	19:48.61	33.30	2550m:	28:06.73	32.84
350m:	3:48.97	33.53	1100m:	12:04.96	33.16	1850m:	20:21.64	33.03	2600m:	28:39.72	32.99
400m:	4:21.71	32.74	1150m:	12:37.97	33.01	1900m:	20:54.86	33.22	2650m:	29:12.99	33.27
450m:	4:54.85	33.14	1200m:	13:11.42	33.45	1950m:	21:28.27	33.41	2700m:	29:46.72	33.73
500m:	5:27.96	33.11	1250m:	13:44.54	33.12	2000m:	22:01.76	33.49	2750m:	30:20.04	33.32
550m:	6:00.97	33.01	1300m:	14:17.29	32.75	2050m:	22:35.20	33.44	2800m:	30:53.29	33.25
600m:	6:34.36	33.39	1350m:	14:50.18	32.89	2100m:	23:08.72	33.52	2850m:	31:26.51	33.22
650m:	7:07.42	33.06	1400m:	15:23.35	33.17	2150m:	23:42.23	33.51	2900m:	32:00.27	33.76
700m:	7:40.59	33.17	1450m:	15:56.61	33.26	2200m:	24:15.03	32.80	2950m:	32:32.96	32.69
750m:	8:14.01	33.42	1500m:	16:29.90	33.29	2250m:	24:48.17	33.14	3000m:	33:04.91	31.95
2. PEREZ PUJOL, Oriol		05	C.N. Terrassa		<b>33:57.40</b>	16,00					
50m:	31.15	31.15	800m:	8:51.79	33.55	1550m:	17:20.51	34.33	2300m:	25:56.19	34.51
100m:	1:02.56	31.41	850m:	9:25.68	33.89	1600m:	17:54.56	34.05	2350m:	26:30.62	34.43
150m:	1:35.40	32.84	900m:	9:59.39	33.71	1650m:	18:28.80	34.24	2400m:	27:05.25	34.63
200m:	2:08.50	33.10	950m:	10:33.37	33.98	1700m:	19:02.89	34.09	2450m:	27:39.96	34.71
250m:	2:41.57	33.07	1000m:	11:07.16	33.79	1750m:	19:36.99	34.10	2500m:	28:14.29	34.33
300m:	3:14.82	33.25	1050m:	11:40.98	33.82	1800m:	20:11.34	34.35	2550m:	28:48.55	34.26
350m:	3:48.39	33.57	1100m:	12:14.88	33.90	1850m:	20:45.73	34.39	2600m:	29:23.04	34.49
400m:	4:22.09	33.70	1150m:	12:48.91	34.03	1900m:	21:20.11	34.38	2650m:	29:57.67	34.63
450m:	4:55.26	33.17	1200m:	13:23.12	34.21	1950m:	21:54.74	34.63	2700m:	30:32.14	34.47
500m:	5:29.34	34.08	1250m:	13:56.82	33.70	2000m:	22:29.38	34.64	2750m:	31:06.76	34.62
550m:	6:02.76	33.42	1300m:	14:30.33	33.51	2050m:	23:03.47	34.09	2800m:	31:41.34	34.58
600m:	6:36.63	33.87	1350m:	15:04.24	33.91	2100m:	23:38.00	34.53	2850m:	32:16.08	34.74
650m:	7:10.43	33.80	1400m:	15:38.23	33.99	2150m:	24:12.68	34.68	2900m:	32:50.71	34.63
700m:	7:44.15	33.72	1450m:	16:12.28	34.05	2200m:	24:47.11	34.43	2950m:	33:25.09	34.38
750m:	8:18.24	34.09	1500m:	16:46.18	33.90	2250m:	25:21.68	34.57	3000m:	33:57.40	32.31
3. RUIZ JIMENEZ, Joan		05	C.N. Terrassa		<b>33:59.26</b>	14,00					
50m:	31.79	31.79	800m:	8:57.63	34.37	1550m:	17:31.98	33.83	2300m:	26:07.27	34.39
100m:	1:03.72	31.93	850m:	9:31.79	34.16	1600m:	18:06.27	34.29	2350m:	26:41.23	33.96
150m:	1:36.76	33.04	900m:	10:06.38	34.59	1650m:	18:40.86	34.59	2400m:	27:15.12	33.89
200m:	2:10.41	33.65	950m:	10:40.55	34.17	1700m:	19:15.13	34.27	2450m:	27:49.31	34.19
250m:	2:43.96	33.55	1000m:	11:14.84	34.29	1750m:	19:49.20	34.07	2500m:	28:24.08	34.77
300m:	3:17.94	33.98	1050m:	11:48.99	34.15	1800m:	20:23.51	34.31	2550m:	28:58.38	34.30
350m:	3:51.58	33.64	1100m:	12:23.37	34.38	1850m:	20:58.11	34.60	2600m:	29:32.30	33.92
400m:	4:25.58	34.00	1150m:	12:57.64	34.27	1900m:	21:32.96	34.85	2650m:	30:06.19	33.89
450m:	4:59.53	33.95	1200m:	13:31.96	34.32	1950m:	22:07.29	34.33	2700m:	30:40.11	33.92
500m:	5:33.14	33.61	1250m:	14:06.39	34.43	2000m:	22:41.77	34.48	2750m:	31:14.17	34.06
550m:	6:07.08	33.94	1300m:	14:40.75	34.36	2050m:	23:16.10	34.33	2800m:	31:47.88	33.71
600m:	6:41.52	34.44	1350m:	15:15.33	34.58	2100m:	23:50.20	34.10	2850m:	32:21.66	33.78
650m:	7:15.87	34.35	1400m:	15:49.42	34.09	2150m:	24:24.78	34.58	2900m:	32:55.36	33.70
700m:	7:49.72	33.85	1450m:	16:23.55	34.13	2200m:	24:58.71	33.93	2950m:	33:28.99	33.63
750m:	8:23.26	33.54	1500m:	16:58.15	34.60	2250m:	25:32.88	34.17	3000m:	33:59.26	30.27

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY										Temps		
<b>4. JIMÉNEZ RÍSQUEZ, Alex</b>	<b>06 C.N. Caldes</b>										<b>34:00.01</b>	<b>13,00</b>	
50m:	31.91	31.91	800m:	8:48.70	33.79	1550m:	17:18.22	34.48	2300m:	25:58.88	34.79		
100m:	1:03.72	31.81	850m:	9:22.20	33.50	1600m:	17:52.74	34.52	2350m:	26:33.11	34.23		
150m:	1:36.63	32.91	900m:	9:55.68	33.48	1650m:	18:27.29	34.55	2400m:	27:07.97	34.86		
200m:	2:09.92	33.29	950m:	10:29.88	34.20	1700m:	19:01.98	34.69	2450m:	27:43.00	35.03		
250m:	2:42.86	32.94	1000m:	11:03.68	33.80	1750m:	19:36.60	34.62	2500m:	28:18.04	35.04		
300m:	3:15.91	33.05	1050m:	11:37.13	33.45	1800m:	20:11.20	34.60	2550m:	28:53.36	35.32		
350m:	3:48.76	32.85	1100m:	12:10.59	33.46	1850m:	20:45.56	34.36	2600m:	29:27.99	34.63		
400m:	4:21.74	32.98	1150m:	12:44.47	33.88	1900m:	21:20.25	34.69	2650m:	30:02.95	34.96		
450m:	4:54.83	33.09	1200m:	13:18.12	33.65	1950m:	21:55.04	34.79	2700m:	30:37.01	34.06		
500m:	5:28.22	33.39	1250m:	13:52.04	33.92	2000m:	22:30.09	35.05	2750m:	31:11.20	34.19		
550m:	6:01.49	33.27	1300m:	14:26.08	34.04	2050m:	23:04.95	34.86	2800m:	31:45.75	34.55		
600m:	6:34.76	33.27	1350m:	15:00.30	34.22	2100m:	23:39.74	34.79	2850m:	32:19.86	34.11		
650m:	7:08.13	33.37	1400m:	15:34.90	34.60	2150m:	24:14.44	34.70	2900m:	32:53.65	33.79		
700m:	7:41.55	33.42	1450m:	16:09.24	34.34	2200m:	24:49.06	34.62	2950m:	33:27.04	33.39		
750m:	8:14.91	33.36	1500m:	16:43.74	34.50	2250m:	25:24.09	35.03	3000m:	34:00.01	32.97		
<b>5. CASALS MAS, Èric</b>	<b>06 C.N. Vic-Etb</b>										<b>34:40.79</b>	<b>12,00</b>	
50m:	32.43	32.43	800m:	9:03.12	34.61	1550m:	17:42.67	35.09	2300m:	26:29.92	35.28		
100m:	1:05.52	33.09	850m:	9:37.57	34.45	1600m:	18:17.44	34.77	2350m:	27:05.33	35.41		
150m:	1:38.98	33.46	900m:	10:12.09	34.52	1650m:	18:52.68	35.24	2400m:	27:40.44	35.11		
200m:	2:12.27	33.29	950m:	10:46.89	34.80	1700m:	19:28.19	35.51	2450m:	28:15.75	35.31		
250m:	2:45.89	33.62	1000m:	11:21.20	34.31	1750m:	20:03.45	35.26	2500m:	28:51.13	35.38		
300m:	3:19.81	33.92	1050m:	11:56.03	34.83	1800m:	20:38.69	35.24	2550m:	29:26.06	34.93		
350m:	3:53.87	34.06	1100m:	12:30.50	34.47	1850m:	21:13.29	34.60	2600m:	30:01.18	35.12		
400m:	4:28.00	34.13	1150m:	13:05.00	34.50	1900m:	21:48.19	34.90	2650m:	30:36.68	35.50		
450m:	5:01.68	33.68	1200m:	13:39.73	34.73	1950m:	22:23.13	34.94	2700m:	31:11.81	35.13		
500m:	5:35.89	34.21	1250m:	14:14.37	34.64	2000m:	22:58.08	34.95	2750m:	31:47.30	35.49		
550m:	6:10.24	34.35	1300m:	14:49.08	34.71	2050m:	23:33.37	35.29	2800m:	32:22.89	35.59		
600m:	6:44.61	34.37	1350m:	15:23.85	34.77	2100m:	24:09.14	35.77	2850m:	32:58.35	35.46		
650m:	7:19.21	34.60	1400m:	15:58.69	34.84	2150m:	24:44.56	35.42	2900m:	33:33.67	35.32		
700m:	7:53.65	34.44	1450m:	16:33.26	34.57	2200m:	25:19.22	34.66	2950m:	34:08.12	34.45		
750m:	8:28.51	34.86	1500m:	17:07.58	34.32	2250m:	25:54.64	35.42	3000m:	34:40.79	32.67		
<b>6. MORA LOPEZ, Pol</b>	<b>06 N.C. Torelló</b>										<b>34:47.55</b>	<b>11,00</b>	
50m:	32.69	32.69	800m:	9:00.45	34.39	1550m:	17:39.21	35.13	2300m:	26:29.96	35.24		
100m:	1:06.14	33.45	850m:	9:34.89	34.44	1600m:	18:14.59	35.38	2350m:	27:05.39	35.43		
150m:	1:39.89	33.75	900m:	10:09.24	34.35	1650m:	18:49.93	35.34	2400m:	27:40.63	35.24		
200m:	2:13.54	33.65	950m:	10:43.49	34.25	1700m:	19:24.84	34.91	2450m:	28:16.22	35.59		
250m:	2:47.15	33.61	1000m:	11:18.00	34.51	1750m:	19:59.67	34.83	2500m:	28:52.54	36.32		
300m:	3:21.03	33.88	1050m:	11:52.31	34.31	1800m:	20:35.36	35.69	2550m:	29:28.20	35.66		
350m:	3:54.43	33.40	1100m:	12:26.76	34.45	1850m:	21:10.86	35.50	2600m:	30:04.71	36.51		
400m:	4:27.92	33.49	1150m:	13:01.17	34.41	1900m:	21:46.33	35.47	2650m:	30:40.06	35.35		
450m:	5:01.56	33.64	1200m:	13:35.59	34.42	1950m:	22:21.83	35.50	2700m:	31:15.58	35.52		
500m:	5:35.46	33.90	1250m:	14:10.18	34.59	2000m:	22:57.19	35.36	2750m:	31:51.64	36.06		
550m:	6:09.33	33.87	1300m:	14:44.70	34.52	2050m:	23:32.54	35.35	2800m:	32:27.22	35.58		
600m:	6:43.34	34.01	1350m:	15:19.53	34.83	2100m:	24:08.61	36.07	2850m:	33:02.94	35.72		
650m:	7:17.59	34.25	1400m:	15:54.46	34.93	2150m:	24:44.43	35.82	2900m:	33:38.77	35.83		
700m:	7:51.86	34.27	1450m:	16:29.09	34.63	2200m:	25:19.70	35.27	2950m:	34:14.21	35.44		
750m:	8:26.06	34.20	1500m:	17:04.08	34.99	2250m:	25:54.72	35.02	3000m:	34:47.55	33.34		
<b>7. CRESPO BELTRAN, Xabier</b>	<b>05 C.N. Reus Ploms</b>										<b>34:57.07</b>	<b>10,00</b>	
50m:	33.18	33.18	800m:	9:12.34	34.87	1550m:	17:51.77	34.41	2300m:	26:41.38	35.83		
100m:	1:07.59	34.41	850m:	9:46.29	33.95	1600m:	18:26.53	34.76	2350m:	27:16.87	35.49		
150m:	1:42.78	35.19	900m:	10:20.85	34.56	1650m:	19:01.95	35.42	2400m:	27:52.44	35.57		
200m:	2:17.52	34.74	950m:	10:55.50	34.65	1700m:	19:37.03	35.08	2450m:	28:27.49	35.05		
250m:	2:51.95	34.43	1000m:	11:30.23	34.73	1750m:	20:11.77	34.74	2500m:	29:03.32	35.83		
300m:	3:26.43	34.48	1050m:	12:04.68	34.45	1800m:	20:47.18	35.41	2550m:	29:38.50	35.18		
350m:	4:00.97	34.54	1100m:	12:39.55	34.87	1850m:	21:22.32	35.14	2600m:	30:14.27	35.77		
400m:	4:35.35	34.38	1150m:	13:14.50	34.95	1900m:	21:58.08	35.76	2650m:	30:49.62	35.35		
450m:	5:09.64	34.29	1200m:	13:49.19	34.69	1950m:	22:33.49	35.41	2700m:	31:25.19	35.57		
500m:	5:44.27	34.63	1250m:	14:23.99	34.80	2000m:	23:08.51	35.02	2750m:	32:00.47	35.28		
550m:	6:18.96	34.69	1300m:	14:58.80	34.81	2050m:	23:43.55	35.04	2800m:	32:36.45	35.98		
600m:	6:53.24	34.28	1350m:	15:33.36	34.56	2100m:	24:19.62	36.07	2850m:	33:11.83	35.38		
650m:	7:28.32	35.08	1400m:	16:07.64	34.28	2150m:	24:54.99	35.37	2900m:	33:47.45	35.62		
700m:	8:03.28	34.96	1450m:	16:42.38	34.74	2200m:	25:29.92	34.93	2950m:	34:22.84	35.39		
750m:	8:37.47	34.19	1500m:	17:17.36	34.98	2250m:	26:05.55	35.63	3000m:	34:57.07	34.23		



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



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació

ANY

Temps

8. TEIXIDÓ JOVÉ, Aleix 06 C.E. Inef Lleida **35:19.13** 9,00

50m:	31.92	31.92	800m:	9:02.84	34.70	1550m:	17:47.47	34.95	2300m:	26:51.55	36.48
100m:	1:04.48	32.56	850m:	9:37.33	34.49	1600m:	18:23.06	35.59	2350m:	27:28.47	36.92
150m:	1:37.56	33.08	900m:	10:12.49	35.16	1650m:	18:59.25	36.19	2400m:	28:04.97	36.50
200m:	2:11.35	33.79	950m:	10:47.03	34.54	1700m:	19:35.41	36.16	2450m:	28:41.64	36.67
250m:	2:45.40	34.05	1000m:	11:21.66	34.63	1750m:	20:11.91	36.50	2500m:	29:17.79	36.15
300m:	3:19.71	34.31	1050m:	11:56.36	34.70	1800m:	20:47.75	35.84	2550m:	29:54.09	36.30
350m:	3:53.84	34.13	1100m:	12:31.18	34.82	1850m:	21:23.54	35.79	2600m:	30:30.64	36.55
400m:	4:27.82	33.98	1150m:	13:05.69	34.51	1900m:	21:59.63	36.09	2650m:	31:07.43	36.79
450m:	5:01.94	34.12	1200m:	13:40.78	35.09	1950m:	22:36.26	36.63	2700m:	31:43.50	36.07
500m:	5:35.77	33.83	1250m:	14:16.17	35.39	2000m:	23:12.76	36.50	2750m:	32:19.94	36.44
550m:	6:09.90	34.13	1300m:	14:51.39	35.22	2050m:	23:49.38	36.62	2800m:	32:56.37	36.43
600m:	6:44.32	34.42	1350m:	15:26.82	35.43	2100m:	24:25.40	36.02	2850m:	33:32.67	36.30
650m:	7:18.73	34.41	1400m:	16:02.06	35.24	2150m:	25:01.88	36.48	2900m:	34:08.86	36.19
700m:	7:53.45	34.72	1450m:	16:37.57	35.51	2200m:	25:38.55	36.67	2950m:	34:45.35	36.49
750m:	8:28.14	34.69	1500m:	17:12.52	34.95	2250m:	26:15.07	36.52	3000m:	35:19.13	33.78

9. QUERO JIMENEZ, Santi 05 C.N. Vic-Etb **35:26.27** 8,00

50m:	33.01	33.01	800m:	9:19.66	34.98	1550m:	18:10.62	35.71	2300m:	27:07.93	35.59
100m:	1:07.29	34.28	850m:	9:55.16	35.50	1600m:	18:46.26	35.64	2350m:	27:44.07	36.14
150m:	1:41.60	34.31	900m:	10:30.45	35.29	1650m:	19:21.91	35.65	2400m:	28:19.80	35.73
200m:	2:16.43	34.83	950m:	11:05.86	35.41	1700m:	19:57.54	35.63	2450m:	28:55.74	35.94
250m:	2:51.40	34.97	1000m:	11:40.96	35.10	1750m:	20:33.28	35.74	2500m:	29:31.48	35.74
300m:	3:26.36	34.96	1050m:	12:16.13	35.17	1800m:	21:09.16	35.88	2550m:	30:07.31	35.83
350m:	4:01.49	35.13	1100m:	12:51.60	35.47	1850m:	21:44.99	35.83	2600m:	30:43.08	35.77
400m:	4:36.73	35.24	1150m:	13:27.02	35.42	1900m:	22:20.67	35.68	2650m:	31:18.91	35.83
450m:	5:12.25	35.52	1200m:	14:02.29	35.27	1950m:	22:56.64	35.97	2700m:	31:54.84	35.93
500m:	5:47.47	35.22	1250m:	14:37.36	35.07	2000m:	23:32.74	36.10	2750m:	32:30.56	35.72
550m:	6:22.89	35.42	1300m:	15:12.77	35.41	2050m:	24:08.43	35.69	2800m:	33:05.92	35.36
600m:	6:58.15	35.26	1350m:	15:48.66	35.89	2100m:	24:44.39	35.96	2850m:	33:41.33	35.41
650m:	7:33.74	35.59	1400m:	16:24.56	35.90	2150m:	25:20.34	35.95	2900m:	34:17.13	35.80
700m:	8:09.15	35.41	1450m:	16:59.83	35.27	2200m:	25:56.33	35.99	2950m:	34:52.25	35.12
750m:	8:44.68	35.53	1500m:	17:34.91	35.08	2250m:	26:32.34	36.01	3000m:	35:26.27	34.02

10. FITCH ASENSIO, Crosby 06 C.N. Figueres **35:30.29** 7,00

50m:	33.09	33.09	800m:	9:09.73	34.72	1550m:	18:01.66	35.69	2300m:	27:04.58	36.80
100m:	1:06.61	33.52	850m:	9:44.65	34.92	1600m:	18:37.83	36.17	2350m:	27:40.40	35.82
150m:	1:40.72	34.11	900m:	10:19.78	35.13	1650m:	19:13.87	36.04	2400m:	28:16.96	36.56
200m:	2:14.86	34.14	950m:	10:54.75	34.97	1700m:	19:49.10	35.23	2450m:	28:53.21	36.25
250m:	2:48.81	33.95	1000m:	11:29.83	35.08	1750m:	20:25.88	36.78	2500m:	29:29.74	36.53
300m:	3:23.20	34.39	1050m:	12:05.68	35.85	1800m:	21:02.14	36.26	2550m:	30:06.15	36.41
350m:	3:57.81	34.61	1100m:	12:41.21	35.53	1850m:	21:38.70	36.56	2600m:	30:42.59	36.44
400m:	4:32.49	34.68	1150m:	13:16.87	35.66	1900m:	22:14.90	36.20	2650m:	31:18.94	36.35
450m:	5:06.99	34.50	1200m:	13:52.50	35.63	1950m:	22:51.33	36.43	2700m:	31:55.02	36.08
500m:	5:41.61	34.62	1250m:	14:28.37	35.87	2000m:	23:27.60	36.27	2750m:	32:31.30	36.28
550m:	6:16.32	34.71	1300m:	15:03.66	35.29	2050m:	24:03.49	35.89	2800m:	33:08.10	36.80
600m:	6:50.96	34.64	1350m:	15:38.69	35.03	2100m:	24:39.53	36.04	2850m:	33:44.61	36.51
650m:	7:25.51	34.55	1400m:	16:14.60	35.91	2150m:	25:15.72	36.19	2900m:	34:20.87	36.26
700m:	8:00.38	34.87	1450m:	16:50.09	35.49	2200m:	25:51.67	35.95	2950m:	34:55.78	34.91
750m:	8:35.01	34.63	1500m:	17:25.97	35.88	2250m:	26:27.78	36.11	3000m:	35:30.29	34.51

11. SERNA IZQUIERDO, Arnau 05 C.N. Mataró **35:30.80** 6,00

50m:	33.69	33.69	800m:	9:23.92	35.50	1550m:	18:18.14	35.39	2300m:	27:16.55	35.40
100m:	1:08.14	34.45	850m:	9:59.43	35.51	1600m:	18:53.86	35.72	2350m:	27:52.68	36.13
150m:	1:43.35	35.21	900m:	10:35.11	35.68	1650m:	19:29.52	35.66	2400m:	28:28.46	35.78
200m:	2:18.24	34.89	950m:	11:10.32	35.21	1700m:	20:05.60	36.08	2450m:	29:04.36	35.90
250m:	2:53.42	35.18	1000m:	11:45.18	34.86	1750m:	20:41.42	35.82	2500m:	29:39.41	35.05
300m:	3:28.89	35.47	1050m:	12:20.76	35.58	1800m:	21:17.38	35.96	2550m:	30:14.89	35.48
350m:	4:04.29	35.40	1100m:	12:56.26	35.50	1850m:	21:53.22	35.84	2600m:	30:50.63	35.74
400m:	4:39.59	35.30	1150m:	13:31.99	35.73	1900m:	22:29.46	36.24	2650m:	31:25.42	34.79
450m:	5:14.93	35.34	1200m:	14:07.75	35.76	1950m:	23:05.34	35.88	2700m:	32:01.30	35.88
500m:	5:51.15	36.22	1250m:	14:43.21	35.46	2000m:	23:41.11	35.77	2750m:	32:36.85	35.55
550m:	6:26.29	35.14	1300m:	15:19.19	35.98	2050m:	24:17.03	35.92	2800m:	33:12.48	35.63
600m:	7:01.44	35.15	1350m:	15:55.00	35.81	2100m:	24:52.98	35.95	2850m:	33:48.14	35.66
650m:	7:36.99	35.55	1400m:	16:30.61	35.61	2150m:	25:28.83	35.85	2900m:	34:22.77	34.63
700m:	8:12.74	35.75	1450m:	17:06.66	36.05	2200m:	26:04.81	35.98	2950m:	34:57.05	34.28
750m:	8:48.42	35.68	1500m:	17:42.75	36.09	2250m:	26:41.15	36.34	3000m:	35:30.80	33.75

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació	ANY		Temps								
<b>12. TEODORO MASRIERA, Roger</b>	<b>05</b>	<b>C.N. Mataró</b>	<b>35:38.35</b> <b>5,00</b>								
50m:	33.64	33.64	800m:	9:24.05	35.57	1550m:	18:12.88	34.80	2300m:	27:11.42	36.26
100m:	1:08.19	34.55	850m:	9:59.46	35.41	1600m:	18:48.48	35.60	2350m:	27:48.05	36.63
150m:	1:43.32	35.13	900m:	10:34.79	35.33	1650m:	19:24.23	35.75	2400m:	28:24.62	36.57
200m:	2:18.72	35.40	950m:	11:09.77	34.98	1700m:	19:59.99	35.76	2450m:	29:00.90	36.28
250m:	2:53.76	35.04	1000m:	11:43.96	34.19	1750m:	20:36.00	36.01	2500m:	29:36.90	36.00
300m:	3:29.05	35.29	1050m:	12:19.42	35.46	1800m:	21:12.71	36.71	2550m:	30:13.00	36.10
350m:	4:04.47	35.42	1100m:	12:54.48	35.06	1850m:	21:48.38	35.67	2600m:	30:48.86	35.86
400m:	4:40.09	35.62	1150m:	13:29.58	35.10	1900m:	22:23.65	35.27	2650m:	31:25.26	36.40
450m:	5:15.21	35.12	1200m:	14:04.57	34.99	1950m:	22:59.01	35.36	2700m:	32:02.08	36.82
500m:	5:50.79	35.58	1250m:	14:39.68	35.11	2000m:	23:34.85	35.84	2750m:	32:38.68	36.60
550m:	6:26.28	35.49	1300m:	15:15.03	35.35	2050m:	24:10.73	35.88	2800m:	33:15.17	36.49
600m:	7:01.78	35.50	1350m:	15:50.57	35.54	2100m:	24:46.68	35.95	2850m:	33:51.36	36.19
650m:	7:37.25	35.47	1400m:	16:26.22	35.65	2150m:	25:22.71	36.03	2900m:	34:27.32	35.96
700m:	8:12.71	35.46	1450m:	17:02.10	35.88	2200m:	25:59.10	36.39	2950m:	35:03.63	36.31
750m:	8:48.48	35.77	1500m:	17:38.08	35.98	2250m:	26:35.16	36.06	3000m:	35:38.35	34.72
<b>13. DEL CASTILLO MASICH, Guillem</b>	<b>06</b>	<b>C.N. Tarraco</b>	<b>35:51.09</b> <b>4,00</b>								
50m:	33.43	33.43	800m:	9:22.52	35.45	1550m:	18:19.56	36.23	2300m:	27:24.92	36.37
100m:	1:07.30	33.87	850m:	9:58.13	35.61	1600m:	18:55.76	36.20	2350m:	28:01.52	36.60
150m:	1:41.55	34.25	900m:	10:33.81	35.68	1650m:	19:31.80	36.04	2400m:	28:37.92	36.40
200m:	2:16.44	34.89	950m:	11:09.50	35.69	1700m:	20:08.06	36.26	2450m:	29:14.02	36.10
250m:	2:51.64	35.20	1000m:	11:45.19	35.69	1750m:	20:44.48	36.42	2500m:	29:50.41	36.39
300m:	3:27.36	35.72	1050m:	12:21.04	35.85	1800m:	21:20.92	36.44	2550m:	30:26.41	36.00
350m:	4:03.05	35.69	1100m:	12:56.86	35.82	1850m:	21:57.37	36.45	2600m:	31:02.48	36.07
400m:	4:38.49	35.44	1150m:	13:32.57	35.71	1900m:	22:33.72	36.35	2650m:	31:38.70	36.22
450m:	5:13.52	35.03	1200m:	14:08.38	35.81	1950m:	23:10.06	36.34	2700m:	32:14.75	36.05
500m:	5:48.91	35.39	1250m:	14:44.23	35.85	2000m:	23:46.61	36.55	2750m:	32:50.90	36.15
550m:	6:24.40	35.49	1300m:	15:20.13	35.90	2050m:	24:23.02	36.41	2800m:	33:27.02	36.12
600m:	7:00.15	35.75	1350m:	15:56.07	35.94	2100m:	24:59.55	36.53	2850m:	34:03.25	36.23
650m:	7:35.79	35.64	1400m:	16:31.66	35.59	2150m:	25:36.12	36.57	2900m:	34:39.38	36.13
700m:	8:11.30	35.51	1450m:	17:07.47	35.81	2200m:	26:12.36	36.24	2950m:	35:15.55	36.17
750m:	8:47.07	35.77	1500m:	17:43.33	35.86	2250m:	26:48.55	36.19	3000m:	35:51.09	35.54
<b>14. CORTES VILARDELL, Pau</b>	<b>05</b>	<b>C.N. Caldes</b>	<b>36:00.27</b> <b>3,00</b>								
50m:	33.43	33.43	800m:	9:23.30	35.19	1550m:	18:25.48	35.92	2300m:	27:39.07	37.15
100m:	1:07.94	34.51	850m:	9:59.18	35.88	1600m:	19:00.98	35.50	2350m:	28:16.09	37.02
150m:	1:42.79	34.85	900m:	10:35.01	35.83	1650m:	19:37.19	36.21	2400m:	28:53.44	37.35
200m:	2:18.33	35.54	950m:	11:10.67	35.66	1700m:	20:13.98	36.79	2450m:	29:30.79	37.35
250m:	2:53.88	35.55	1000m:	11:46.48	35.81	1750m:	20:50.67	36.69	2500m:	30:07.88	37.09
300m:	3:29.18	35.30	1050m:	12:22.40	35.92	1800m:	21:27.67	37.00	2550m:	30:43.94	36.06
350m:	4:04.02	34.84	1100m:	12:59.04	36.64	1850m:	22:04.61	36.94	2600m:	31:19.25	35.31
400m:	4:39.20	35.18	1150m:	13:35.14	36.10	1900m:	22:41.81	37.20	2650m:	31:54.46	35.21
450m:	5:14.51	35.31	1200m:	14:11.47	36.33	1950m:	23:18.74	36.93	2700m:	32:30.27	35.81
500m:	5:49.84	35.33	1250m:	14:47.82	36.35	2000m:	23:55.76	37.02	2750m:	33:05.57	35.30
550m:	6:25.80	35.96	1300m:	15:23.91	36.09	2050m:	24:33.17	37.41	2800m:	33:41.22	35.65
600m:	7:01.73	35.93	1350m:	15:59.77	35.86	2100m:	25:09.78	36.61	2850m:	34:16.98	35.76
650m:	7:37.11	35.38	1400m:	16:36.01	36.24	2150m:	25:47.22	37.44	2900m:	34:52.17	35.19
700m:	8:12.95	35.84	1450m:	17:12.64	36.63	2200m:	26:24.48	37.26	2950m:	35:26.88	34.71
750m:	8:48.11	35.16	1500m:	17:49.56	36.92	2250m:	27:01.92	37.44	3000m:	36:00.27	33.39
<b>15. FIORI PORTA, Marc</b>	<b>05</b>	<b>C.N. Mataró</b>	<b>36:07.78</b> <b>2,00</b>								
50m:	33.95	33.95	800m:	9:30.00	36.17	1550m:	18:33.24	36.83	2300m:	27:39.56	36.36
100m:	1:08.35	34.40	850m:	10:06.13	36.13	1600m:	19:09.54	36.30	2350m:	28:15.73	36.17
150m:	1:43.10	34.75	900m:	10:42.05	35.92	1650m:	19:45.99	36.45	2400m:	28:51.73	36.00
200m:	2:18.33	35.23	950m:	11:18.47	36.42	1700m:	20:22.37	36.38	2450m:	29:28.04	36.31
250m:	2:53.74	35.41	1000m:	11:54.48	36.01	1750m:	20:58.39	36.02	2500m:	30:04.41	36.37
300m:	3:29.58	35.84	1050m:	12:30.52	36.04	1800m:	21:34.61	36.22	2550m:	30:40.60	36.19
350m:	4:04.95	35.37	1100m:	13:06.69	36.17	1850m:	22:10.94	36.33	2600m:	31:16.76	36.16
400m:	4:40.63	35.68	1150m:	13:42.74	36.05	1900m:	22:47.67	36.73	2650m:	31:53.77	37.01
450m:	5:16.51	35.88	1200m:	14:18.93	36.19	1950m:	23:24.03	36.36	2700m:	32:30.27	36.50
500m:	5:52.56	36.05	1250m:	14:54.95	36.02	2000m:	24:00.59	36.56	2750m:	33:06.04	35.77
550m:	6:28.58	36.02	1300m:	15:31.08	36.13	2050m:	24:37.34	36.75	2800m:	33:42.98	36.94
600m:	7:04.94	36.36	1350m:	16:07.22	36.14	2100m:	25:14.38	37.04	2850m:	34:19.34	36.36
650m:	7:41.34	36.40	1400m:	16:43.24	36.02	2150m:	25:50.21	35.83	2900m:	34:54.70	35.36
700m:	8:17.38	36.04	1450m:	17:19.64	36.40	2200m:	26:26.73	36.52	2950m:	35:30.68	35.98
750m:	8:53.83	36.45	1500m:	17:56.41	36.77	2250m:	27:03.20	36.47	3000m:	36:07.78	37.10

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació

ANY

Temps

<b>16. ALVAREZ GARCIA, Joel</b>	<b>06</b>	<b>C.N. Premià</b>	<b>36:10.58</b>	<b>1,00</b>
50m: 34.26 34.26	800m: 9:26.49 35.76	1550m: 18:26.82 35.99	2300m: 27:38.22 36.98	
100m: 1:08.64 34.38	850m: 10:02.47 35.98	1600m: 19:02.74 35.92	2350m: 28:14.90 36.68	
150m: 1:43.53 34.89	900m: 10:38.39 35.92	1650m: 19:39.32 36.58	2400m: 28:51.63 36.73	
200m: 2:19.12 35.59	950m: 11:14.49 36.10	1700m: 20:15.77 36.45	2450m: 29:28.09 36.46	
250m: 2:54.46 35.34	1000m: 11:50.39 35.90	1750m: 20:52.24 36.47	2500m: 30:04.83 36.74	
300m: 3:29.65 35.19	1050m: 12:26.38 35.99	1800m: 21:28.81 36.57	2550m: 30:41.23 36.40	
350m: 4:05.29 35.64	1100m: 13:02.30 35.92	1850m: 22:05.59 36.78	2600m: 31:17.09 35.86	
400m: 4:40.51 35.22	1150m: 13:38.46 36.16	1900m: 22:42.34 36.75	2650m: 31:54.09 37.00	
450m: 5:16.68 36.17	1200m: 14:14.51 36.05	1950m: 23:18.74 36.40	2700m: 32:30.82 36.73	
500m: 5:52.67 35.99	1250m: 14:50.69 36.18	2000m: 23:56.03 37.29	2750m: 33:06.96 36.14	
550m: 6:28.24 35.57	1300m: 15:26.59 35.90	2050m: 24:33.18 37.15	2800m: 33:43.88 36.92	
600m: 7:03.83 35.59	1350m: 16:02.58 35.99	2100m: 25:10.47 37.29	2850m: 34:20.75 36.87	
650m: 7:39.52 35.69	1400m: 16:38.47 35.89	2150m: 25:47.24 36.77	2900m: 34:57.24 36.49	
700m: 8:14.97 35.45	1450m: 17:14.56 36.09	2200m: 26:24.10 36.86	2950m: 35:34.30 37.06	
750m: 8:50.73 35.76	1500m: 17:50.83 36.27	2250m: 27:01.24 37.14	3000m: 36:10.58 36.28	
<b>17. ROCA BORRAS, Joan</b>	<b>06</b>	<b>C.N. Salou</b>	<b>36:22.06</b>	-
50m: 32.17 32.17	800m: 9:22.74 36.51	1550m: 18:32.22 36.63	2300m: 27:49.45 37.83	
100m: 1:05.50 33.33	850m: 9:59.14 36.40	1600m: 19:09.19 36.97	2350m: 28:26.78 37.33	
150m: 1:39.89 34.39	900m: 10:36.21 37.07	1650m: 19:46.14 36.95	2400m: 29:03.83 37.05	
200m: 2:14.65 34.76	950m: 11:13.07 36.86	1700m: 20:23.24 37.10	2450m: 29:40.84 37.01	
250m: 2:49.67 35.02	1000m: 11:49.60 36.53	1750m: 21:00.21 36.97	2500m: 30:17.68 36.84	
300m: 3:24.61 34.94	1050m: 12:25.52 35.92	1800m: 21:36.35 36.14	2550m: 30:54.58 36.90	
350m: 3:59.44 34.83	1100m: 13:01.98 36.46	1850m: 22:12.33 35.98	2600m: 31:31.71 37.13	
400m: 4:34.73 35.29	1150m: 13:38.88 36.90	1900m: 22:49.55 37.22	2650m: 32:09.42 37.71	
450m: 5:10.26 35.53	1200m: 14:15.46 36.58	1950m: 23:26.55 37.00	2700m: 32:45.87 36.45	
500m: 5:45.86 35.60	1250m: 14:52.13 36.67	2000m: 24:04.01 37.46	2750m: 33:22.54 36.67	
550m: 6:21.43 35.57	1300m: 15:28.97 36.84	2050m: 24:41.16 37.15	2800m: 33:59.66 37.12	
600m: 6:56.92 35.49	1350m: 16:05.39 36.42	2100m: 25:18.33 37.17	2850m: 34:36.40 36.74	
650m: 7:33.21 36.29	1400m: 16:42.33 36.94	2150m: 25:56.20 37.87	2900m: 35:12.22 35.82	
700m: 8:09.67 36.46	1450m: 17:19.00 36.67	2200m: 26:33.68 37.48	2950m: 35:48.65 36.43	
750m: 8:46.23 36.56	1500m: 17:55.59 36.59	2250m: 27:11.62 37.94	3000m: 36:22.06 33.41	
<b>18. LUQUE SERRANO, Adria</b>	<b>05</b>	<b>GEIEG</b>	<b>36:31.47</b>	-
50m: 32.93 32.93	800m: 9:27.98 35.98	1550m: 18:33.98 37.03	2300m: 27:46.51 37.18	
100m: 1:07.20 34.27	850m: 10:03.82 35.84	1600m: 19:10.75 36.77	2350m: 28:23.39 36.88	
150m: 1:42.53 35.33	900m: 10:39.97 36.15	1650m: 19:47.73 36.98	2400m: 29:00.55 37.16	
200m: 2:18.15 35.62	950m: 11:16.14 36.17	1700m: 20:24.20 36.47	2450m: 29:38.04 37.49	
250m: 2:54.09 35.94	1000m: 11:52.58 36.44	1750m: 21:00.65 36.45	2500m: 30:15.57 37.53	
300m: 3:29.44 35.35	1050m: 12:28.76 36.18	1800m: 21:37.02 36.37	2550m: 30:52.39 36.82	
350m: 4:05.35 35.91	1100m: 13:05.12 36.36	1850m: 22:13.66 36.64	2600m: 31:29.97 37.58	
400m: 4:40.81 35.46	1150m: 13:41.93 36.81	1900m: 22:50.44 36.78	2650m: 32:07.42 37.45	
450m: 5:16.57 35.76	1200m: 14:13.21 31.28	1950m: 23:27.18 36.74	2700m: 32:45.39 37.97	
500m: 5:52.52 35.95	1250m: 14:54.45 41.24	2000m: 24:04.59 37.41	2750m: 33:23.54 38.15	
550m: 6:28.47 35.95	1300m: 15:30.31 35.86	2050m: 24:37.89 33.30	2800m: 34:01.29 37.75	
600m: 7:04.10 35.63	1350m: 16:06.88 36.57	2100m: 25:18.77 40.88	2850m: 34:39.10 37.81	
650m: 7:40.04 35.94	1400m: 16:43.48 36.60	2150m: 25:55.50 36.73	2900m: 35:17.31 38.21	
700m: 8:15.90 35.86	1450m: 17:20.67 37.19	2200m: 26:32.44 36.94	2950m: 35:54.75 37.44	
750m: 8:52.00 36.10	1500m: 17:56.95 36.28	2250m: 27:09.33 36.89	3000m: 36:31.47 36.72	
<b>19. DOLCET NIUBÓ, Jan</b>	<b>05</b>	<b>C.N. Lleida</b>	<b>39:23.14</b>	-
50m: 36.03 36.03	800m: 10:03.82 38.28	1550m: 19:51.37 40.44	2300m: 29:57.60 40.78	
100m: 1:12.74 36.71	850m: 10:42.02 38.20	1600m: 20:31.58 40.21	2350m: 30:38.68 41.08	
150m: 1:50.02 37.28	900m: 11:20.11 38.09	1650m: 21:12.03 40.45	2400m: 31:20.35 41.67	
200m: 2:27.39 37.37	950m: 11:58.59 38.48	1700m: 21:52.00 39.97	2450m: 32:01.81 41.46	
250m: 3:05.27 37.88	1000m: 12:37.54 38.95	1750m: 22:32.26 40.26	2500m: 32:43.46 41.65	
300m: 3:43.05 37.78	1050m: 13:16.78 39.24	1800m: 23:12.44 40.18	2550m: 33:24.46 41.00	
350m: 4:21.01 37.96	1100m: 13:56.05 39.27	1850m: 23:53.21 40.77	2600m: 34:05.71 41.25	
400m: 4:59.07 38.06	1150m: 14:34.61 38.56	1900m: 24:32.98 39.77	2650m: 34:45.84 40.13	
450m: 5:37.52 38.45	1200m: 15:13.57 38.96	1950m: 25:13.38 40.40	2700m: 35:27.08 41.24	
500m: 6:15.23 37.71	1250m: 15:52.96 39.39	2000m: 25:53.39 40.01	2750m: 36:08.01 40.93	
550m: 6:53.17 37.94	1300m: 16:31.90 38.94	2050m: 26:34.05 40.66	2800m: 36:47.59 39.58	
600m: 7:31.47 38.30	1350m: 17:11.71 39.81	2100m: 27:14.23 40.18	2850m: 37:26.34 38.75	
650m: 8:09.59 38.12	1400m: 17:50.85 39.14	2150m: 27:54.61 40.38	2900m: 38:05.38 39.04	
700m: 8:47.42 37.83	1450m: 18:30.63 39.78	2200m: 28:35.60 40.99	2950m: 38:44.30 38.92	
750m: 9:25.54 38.12	1500m: 19:10.93 40.30	2250m: 29:16.82 41.22	3000m: 39:23.14 38.84	

Piscina 25 i crometratge Semi-automàtic





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



Prova 4, Masc., 3000m Lliure, Júnior 1 Fons Indoor

Classificació ANY Temps  
DNF SANCHEZ GIBELLO, Nil 06 C.N. Terrassa -

Júnior 2 Fons Indoor

1.	ORTIZ MARTINEZ, Carlos	04	C.N. Barcelona	<b>31:56.48</b>	19,00
	50m: 30.58 30.58	800m: 8:27.04 31.63	1550m: 16:26.81 31.50	2300m: 24:28.63 32.05	
	100m: 1:01.76 31.18	850m: 8:59.06 32.02	1600m: 16:58.74 31.93	2350m: 25:00.87 32.24	
	150m: 1:33.09 31.33	900m: 9:31.03 31.97	1650m: 17:30.57 31.83	2400m: 25:33.41 32.54	
	200m: 2:04.80 31.71	950m: 10:03.20 32.17	1700m: 18:02.80 32.23	2450m: 26:05.51 32.10	
	250m: 2:36.43 31.63	1000m: 10:34.88 31.68	1750m: 18:35.21 32.41	2500m: 26:37.28 31.77	
	300m: 3:08.21 31.78	1050m: 11:06.63 31.75	1800m: 19:07.80 32.59	2550m: 27:09.07 31.79	
	350m: 3:40.09 31.88	1100m: 11:38.48 31.85	1850m: 19:40.18 32.38	2600m: 27:41.16 32.09	
	400m: 4:12.20 32.11	1150m: 12:10.46 31.98	1900m: 20:12.39 32.21	2650m: 28:13.61 32.45	
	450m: 4:43.83 31.63	1200m: 12:42.65 32.19	1950m: 20:44.66 32.27	2700m: 28:46.12 32.51	
	500m: 5:16.11 32.28	1250m: 13:14.77 32.12	2000m: 21:16.63 31.97	2750m: 29:18.29 32.17	
	550m: 5:47.72 31.61	1300m: 13:46.92 32.15	2050m: 21:48.53 31.90	2800m: 29:50.28 31.99	
	600m: 6:19.68 31.96	1350m: 14:19.32 32.40	2100m: 22:20.69 32.16	2850m: 30:22.29 32.01	
	650m: 6:51.51 31.83	1400m: 14:51.71 32.39	2150m: 22:52.94 32.25	2900m: 30:54.51 32.22	
	700m: 7:23.25 31.74	1450m: 15:24.08 32.37	2200m: 23:24.65 31.71	2950m: 31:26.35 31.84	
	750m: 7:55.41 32.16	1500m: 15:55.31 31.23	2250m: 23:56.58 31.93	3000m: 31:56.48 30.13	
2.	VENDRELL GARCIA, Jose	03	C.N. Lleida	<b>33:13.46</b>	16,00
	50m: 29.82 29.82	800m: 8:34.97 32.93	1550m: 16:52.57 33.66	2300m: 25:20.47 34.28	
	100m: 1:00.93 31.11	850m: 9:07.87 32.90	1600m: 17:26.38 33.81	2350m: 25:54.45 33.98	
	150m: 1:32.79 31.86	900m: 9:40.70 32.83	1650m: 17:59.71 33.33	2400m: 26:28.89 34.44	
	200m: 2:04.55 31.76	950m: 10:13.54 32.84	1700m: 18:33.36 33.65	2450m: 27:02.94 34.05	
	250m: 2:36.58 32.03	1000m: 10:46.54 33.00	1750m: 19:06.48 33.12	2500m: 27:36.86 33.92	
	300m: 3:08.56 31.98	1050m: 11:19.29 32.75	1800m: 19:40.68 34.20	2550m: 28:10.97 34.11	
	350m: 3:40.72 32.16	1100m: 11:52.54 33.25	1850m: 20:13.90 33.22	2600m: 28:45.13 34.16	
	400m: 4:12.91 32.19	1150m: 12:25.34 32.80	1900m: 20:48.25 34.35	2650m: 29:19.48 34.35	
	450m: 4:45.46 32.55	1200m: 12:58.39 33.05	1950m: 21:22.34 34.09	2700m: 29:53.64 34.16	
	500m: 5:18.47 33.01	1250m: 13:31.29 32.90	2000m: 21:56.26 33.92	2750m: 30:27.89 34.25	
	550m: 5:50.72 32.25	1300m: 14:04.70 33.41	2050m: 22:29.97 33.71	2800m: 31:02.45 34.56	
	600m: 6:23.81 33.09	1350m: 14:38.27 33.57	2100m: 23:03.48 33.51	2850m: 31:35.86 33.41	
	650m: 6:56.17 32.36	1400m: 15:11.52 33.25	2150m: 23:37.06 33.58	2900m: 32:09.46 33.60	
	700m: 7:29.30 33.13	1450m: 15:45.78 34.26	2200m: 24:11.63 34.57	2950m: 32:41.97 32.51	
	750m: 8:02.04 32.74	1500m: 16:18.91 33.13	2250m: 24:46.19 34.56	3000m: 33:13.46 31.49	
3.	MARTÍNEZ MARESMÀ, Pol	04	C.N. Mataró	<b>33:32.05</b>	14,00
	50m: 31.38 31.38	800m: 8:48.19 33.20	1550m: 17:13.88 34.08	2300m: 25:39.80 33.44	
	100m: 1:03.42 32.04	850m: 9:22.04 33.85	1600m: 17:47.86 33.98	2350m: 26:13.61 33.81	
	150m: 1:36.03 32.61	900m: 9:56.12 34.08	1650m: 18:21.37 33.51	2400m: 26:47.73 34.12	
	200m: 2:08.58 32.55	950m: 10:29.51 33.39	1700m: 18:54.73 33.36	2450m: 27:21.95 34.22	
	250m: 2:41.38 32.80	1000m: 11:03.36 33.85	1750m: 19:28.34 33.61	2500m: 27:55.26 33.31	
	300m: 3:14.10 32.72	1050m: 11:36.99 33.63	1800m: 20:02.41 34.07	2550m: 28:28.78 33.52	
	350m: 3:46.85 32.75	1100m: 12:11.01 34.02	1850m: 20:36.26 33.85	2600m: 29:03.28 34.50	
	400m: 4:20.35 33.50	1150m: 12:44.59 33.58	1900m: 21:09.72 33.46	2650m: 29:37.61 34.33	
	450m: 4:53.89 33.54	1200m: 13:18.33 33.74	1950m: 21:43.38 33.66	2700m: 30:11.30 33.69	
	500m: 5:27.56 33.67	1250m: 13:51.95 33.62	2000m: 22:17.31 33.93	2750m: 30:45.00 33.70	
	550m: 6:01.53 33.97	1300m: 14:25.70 33.75	2050m: 22:51.08 33.77	2800m: 31:18.34 33.34	
	600m: 6:35.59 34.06	1350m: 14:59.53 33.83	2100m: 23:25.20 34.12	2850m: 31:52.09 33.75	
	650m: 7:09.25 33.66	1400m: 15:32.89 33.36	2150m: 23:58.78 33.58	2900m: 32:25.85 33.76	
	700m: 7:42.54 33.29	1450m: 16:06.26 33.37	2200m: 24:32.61 33.83	2950m: 32:59.72 33.87	
	750m: 8:14.99 32.45	1500m: 16:39.80 33.54	2250m: 25:06.36 33.75	3000m: 33:32.05 32.33	
4.	BLANES FRIGOLA, Aleix	04	C.E. Àgora	<b>33:43.10</b>	13,00
	50m: 31.98 31.98	600m: 6:41.87 33.75	1150m: 12:52.75 33.67	1700m: 19:05.99 33.94	
	100m: 1:04.43 32.45	650m: 7:15.50 33.63	1200m: 13:26.83 34.08	1750m: 19:39.83 33.84	
	150m: 1:37.85 33.42	700m: 7:48.96 33.46	1250m: 14:01.04 34.21	1800m: 20:13.89 34.06	
	200m: 2:11.13 33.28	750m: 8:22.52 33.56	1300m: 14:34.62 33.58	1850m: 20:48.02 34.13	
	250m: 2:45.02 33.89	800m: 8:56.21 33.69	1350m: 15:08.90 34.28	1900m: 21:22.06 34.04	
	300m: 3:18.93 33.91	850m: 9:29.75 33.54	1400m: 15:42.87 33.97	1950m: 21:56.40 34.34	
	350m: 3:53.10 34.17	900m: 10:03.56 33.81	1450m: 16:16.37 33.50	2000m: 22:30.83 34.43	
	400m: 4:27.37 34.27	950m: 10:37.25 33.69	1500m: 16:50.20 33.83	2050m: 23:05.39 34.56	
	450m: 5:01.05 33.68	1000m: 11:11.15 33.90	1550m: 17:24.18 33.98	2100m: 23:38.48 33.09	
	500m: 5:34.38 33.33	1050m: 11:45.12 33.97	1600m: 17:57.85 33.67	2150m: 24:12.85 34.37	
	550m: 6:08.12 33.74	1100m: 12:19.08 33.96	1650m: 18:32.05 34.20	2200m: 24:46.48 33.63	

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Júnior 2 Fons Indoor

Classificació	ANY				Temps						
2250m:	25:20.41	33.93	2450m:	27:35.85	33.86	2650m:	29:51.03	33.94	2850m:	32:05.63	33.66
2300m:	25:54.35	33.94	2500m:	28:09.75	33.90	2700m:	30:24.72	33.69	2900m:	32:39.11	33.48
2350m:	26:28.17	33.82	2550m:	28:43.35	33.60	2750m:	30:58.54	33.82	2950m:	33:12.59	33.48
2400m:	27:01.99	33.82	2600m:	29:17.09	33.74	2800m:	31:31.97	33.43	3000m:	33:43.10	30.51
<b>5. REYES VALENZUELA, Abel</b>			<b>03</b>	<b>C.N. Mataró</b>					<b>33:58.94</b>	<b>12,00</b>	
50m:	30.92	30.92	800m:	8:52.63	33.86	1550m:	17:26.49	33.86	2300m:	26:01.77	34.34
100m:	1:03.17	32.25	850m:	9:26.59	33.96	1600m:	18:00.88	34.39	2350m:	26:36.32	34.55
150m:	1:36.03	32.86	900m:	10:00.43	33.84	1650m:	18:35.36	34.48	2400m:	27:10.72	34.40
200m:	2:09.45	33.42	950m:	10:34.44	34.01	1700m:	19:09.56	34.20	2450m:	27:45.02	34.30
250m:	2:42.59	33.14	1000m:	11:08.54	34.10	1750m:	19:43.65	34.09	2500m:	28:19.58	34.56
300m:	3:16.16	33.57	1050m:	11:42.79	34.25	1800m:	20:18.32	34.67	2550m:	28:53.73	34.15
350m:	3:49.87	33.71	1100m:	12:16.79	34.00	1850m:	20:52.77	34.45	2600m:	29:27.88	34.15
400m:	4:23.45	33.58	1150m:	12:50.98	34.19	1900m:	21:27.04	34.27	2650m:	30:02.30	34.42
450m:	4:57.22	33.77	1200m:	13:25.39	34.41	1950m:	22:01.44	34.40	2700m:	30:36.76	34.46
500m:	5:30.81	33.59	1250m:	13:59.88	34.49	2000m:	22:35.75	34.31	2750m:	31:11.30	34.54
550m:	6:04.23	33.42	1300m:	14:34.46	34.58	2050m:	23:09.77	34.02	2800m:	31:45.64	34.34
600m:	6:37.86	33.63	1350m:	15:08.79	34.33	2100m:	23:44.38	34.61	2850m:	32:20.22	34.58
650m:	7:11.47	33.61	1400m:	15:43.44	34.65	2150m:	24:18.91	34.53	2900m:	32:54.07	33.85
700m:	7:44.98	33.51	1450m:	16:18.07	34.63	2200m:	24:53.23	34.32	2950m:	33:28.82	34.75
750m:	8:18.77	33.79	1500m:	16:52.63	34.56	2250m:	25:27.43	34.20	3000m:	33:58.94	30.12
<b>6. ELIES VAZQUEZ, Pau</b>			<b>03</b>	<b>C.N. Atl Barceloneta</b>					<b>34:16.54</b>	<b>11,00</b>	
50m:	32.82	32.82	800m:	8:58.27	33.82	1550m:	17:28.02	34.25	2300m:	26:09.87	35.05
100m:	1:06.43	33.61	850m:	9:32.02	33.75	1600m:	18:02.21	34.19	2350m:	26:44.69	34.82
150m:	1:40.10	33.67	900m:	10:05.90	33.88	1650m:	18:36.78	34.57	2400m:	27:19.30	34.61
200m:	2:13.62	33.52	950m:	10:39.69	33.79	1700m:	19:11.34	34.56	2450m:	27:54.29	34.99
250m:	2:47.40	33.78	1000m:	11:13.72	34.03	1750m:	19:46.10	34.76	2500m:	28:29.05	34.76
300m:	3:20.81	33.41	1050m:	11:47.62	33.90	1800m:	20:20.44	34.34	2550m:	29:03.50	34.45
350m:	3:54.10	33.29	1100m:	12:21.70	34.08	1850m:	20:55.44	35.00	2600m:	29:38.47	34.97
400m:	4:27.64	33.54	1150m:	12:55.67	33.97	1900m:	21:29.94	34.50	2650m:	30:13.72	35.25
450m:	5:01.16	33.52	1200m:	13:29.07	33.40	1950m:	22:04.53	34.59	2700m:	30:48.48	34.76
500m:	5:35.26	34.10	1250m:	14:03.35	34.28	2000m:	22:39.34	34.81	2750m:	31:23.72	35.24
550m:	6:09.12	33.86	1300m:	14:36.92	33.57	2050m:	23:14.41	35.07	2800m:	31:58.43	34.71
600m:	6:43.15	34.03	1350m:	15:11.01	34.09	2100m:	23:49.45	35.04	2850m:	32:33.51	35.08
650m:	7:16.99	33.84	1400m:	15:45.04	34.03	2150m:	24:24.60	35.15	2900m:	33:08.68	35.17
700m:	7:50.57	33.58	1450m:	16:19.34	34.30	2200m:	24:59.62	35.02	2950m:	33:43.57	34.89
750m:	8:24.45	33.88	1500m:	16:53.77	34.43	2250m:	25:34.82	35.20	3000m:	34:16.54	32.97
<b>7. SALVATELLA ESTANY, Pau</b>			<b>03</b>	<b>C.N. Barcelona</b>					<b>34:27.40</b>	<b>10,00</b>	
50m:	32.95	32.95	800m:	9:06.89	34.32	1550m:	17:41.02	34.47	2300m:	26:20.89	34.92
100m:	1:06.74	33.79	850m:	9:41.21	34.32	1600m:	18:15.36	34.34	2350m:	26:55.92	35.03
150m:	1:40.81	34.07	900m:	10:15.49	34.28	1650m:	18:49.54	34.18	2400m:	27:30.84	34.92
200m:	2:14.94	34.13	950m:	10:50.03	34.54	1700m:	19:23.94	34.40	2450m:	28:05.40	34.56
250m:	2:49.03	34.09	1000m:	11:24.22	34.19	1750m:	19:58.26	34.32	2500m:	28:40.33	34.93
300m:	3:23.27	34.24	1050m:	11:58.48	34.26	1800m:	20:32.85	34.59	2550m:	29:15.34	35.01
350m:	3:57.65	34.38	1100m:	12:32.70	34.22	1850m:	21:07.51	34.66	2600m:	29:50.28	34.94
400m:	4:32.35	34.70	1150m:	13:06.86	34.16	1900m:	21:42.41	34.90	2650m:	30:25.40	35.12
450m:	5:06.71	34.36	1200m:	13:40.80	33.94	1950m:	22:17.03	34.62	2700m:	31:00.15	34.75
500m:	5:40.99	34.28	1250m:	14:14.92	34.12	2000m:	22:51.94	34.91	2750m:	31:35.22	35.07
550m:	6:15.55	34.56	1300m:	14:49.35	34.43	2050m:	23:26.92	34.98	2800m:	32:10.23	35.01
600m:	6:49.71	34.16	1350m:	15:23.56	34.21	2100m:	24:01.55	34.63	2850m:	32:45.18	34.95
650m:	7:23.95	34.24	1400m:	15:57.76	34.20	2150m:	24:36.34	34.79	2900m:	33:20.04	34.86
700m:	7:58.26	34.31	1450m:	16:32.07	34.31	2200m:	25:11.23	34.89	2950m:	33:54.51	34.47
750m:	8:32.57	34.31	1500m:	17:06.55	34.48	2250m:	25:45.97	34.74	3000m:	34:27.40	32.89
<b>8. MATARÓ CHANTRERO, Roger</b>			<b>04</b>	<b>C.N. Granollers</b>					<b>34:27.60</b>	<b>9,00</b>	
50m:	33.06	33.06	600m:	6:51.02	34.80	1150m:	13:09.42	33.77	1700m:	19:25.38	34.17
100m:	1:06.29	33.23	650m:	7:26.05	35.03	1200m:	13:43.69	34.27	1750m:	20:00.09	34.71
150m:	1:40.14	33.85	700m:	8:01.14	35.09	1250m:	14:17.91	34.22	1800m:	20:34.81	34.72
200m:	2:14.06	33.92	750m:	8:35.99	34.85	1300m:	14:51.96	34.05	1850m:	21:09.51	34.70
250m:	2:48.28	34.22	800m:	9:11.25	35.26	1350m:	15:26.30	34.34	1900m:	21:44.26	34.75
300m:	3:22.80	34.52	850m:	9:45.72	34.47	1400m:	16:00.64	34.34	1950m:	22:19.03	34.77
350m:	3:56.92	34.12	900m:	10:19.58	33.86	1450m:	16:35.26	34.62	2000m:	22:53.31	34.28
400m:	4:31.47	34.55	950m:	10:53.64	34.06	1500m:	17:09.11	33.85	2050m:	23:27.64	34.33
450m:	5:06.03	34.56	1000m:	11:27.67	34.03	1550m:	17:42.93	33.82	2100m:	24:01.97	34.33
500m:	5:40.78	34.75	1050m:	12:01.65	33.98	1600m:	18:17.17	34.24	2150m:	24:36.58	34.61
550m:	6:16.22	35.44	1100m:	12:35.65	34.00	1650m:	18:51.21	34.04	2200m:	25:11.50	34.92

Piscina 25 i crometratge Semi-automàtic



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



100 Federació  
Catalana  
de Natació

Prova 4, Masc., 3000m Lliure, Júnior 2 Fons Indoor

Classificació	ANY								Temps		
2250m:	25:46.17	34.67	2450m:	28:05.07	35.15	2650m:	30:25.32	35.01	2850m:	32:43.19	33.48
2300m:	26:20.88	34.71	2500m:	28:40.32	35.25	2700m:	31:00.15	34.83	2900m:	33:18.30	35.11
2350m:	26:55.56	34.68	2550m:	29:15.17	34.85	2750m:	31:35.02	34.87	2950m:	33:53.57	35.27
2400m:	27:29.92	34.36	2600m:	29:50.31	35.14	2800m:	32:09.71	34.69	3000m:	34:27.60	34.03
<b>9. GOMEZ MARTINEZ, Sergi</b>			<b>03</b>	<b>C.N. Premià</b>					<b>35:12.15</b>	<b>8,00</b>	
50m:	32.56	32.56	800m:	9:07.46	34.91	1550m:	17:54.66	35.12	2300m:	26:50.04	36.00
100m:	1:05.96	33.40	850m:	9:41.99	34.53	1600m:	18:29.02	34.36	2350m:	27:26.09	36.05
150m:	1:39.21	33.25	900m:	10:16.69	34.70	1650m:	19:04.25	35.23	2400m:	28:01.85	35.76
200m:	2:13.64	34.43	950m:	10:51.37	34.68	1700m:	19:40.60	36.35	2450m:	28:37.61	35.76
250m:	2:48.22	34.58	1000m:	11:25.87	34.50	1750m:	20:16.72	36.12	2500m:	29:13.41	35.80
300m:	3:22.50	34.28	1050m:	12:00.38	34.51	1800m:	20:52.35	35.63	2550m:	29:48.86	35.45
350m:	3:56.73	34.23	1100m:	12:34.91	34.53	1850m:	21:27.74	35.39	2600m:	30:24.36	35.50
400m:	4:31.18	34.45	1150m:	13:09.85	34.94	1900m:	22:03.53	35.79	2650m:	31:00.42	36.06
450m:	5:05.68	34.50	1200m:	13:44.63	34.78	1950m:	22:39.14	35.61	2700m:	31:35.92	35.50
500m:	5:39.94	34.26	1250m:	14:20.19	35.56	2000m:	23:15.10	35.96	2750m:	32:11.88	35.96
550m:	6:13.59	33.65	1300m:	14:55.15	34.96	2050m:	23:50.90	35.80	2800m:	32:47.87	35.99
600m:	6:48.14	34.55	1350m:	15:31.31	36.16	2100m:	24:26.24	35.34	2850m:	33:24.31	36.44
650m:	7:22.84	34.70	1400m:	16:07.36	36.05	2150m:	25:02.00	35.76	2900m:	34:00.15	35.84
700m:	7:57.74	34.90	1450m:	16:43.44	36.08	2200m:	25:38.04	36.04	2950m:	34:36.19	36.04
750m:	8:32.55	34.81	1500m:	17:19.54	36.10	2250m:	26:14.04	36.00	3000m:	35:12.15	35.96
<b>10. BUSTOS FERNANDEZ, Aitor</b>			<b>04</b>	<b>C.N. Igualada</b>					<b>35:16.05</b>	<b>7,00</b>	
50m:	32.31	32.31	800m:	9:10.18	34.86	1550m:	17:59.83	35.57	2300m:	26:58.51	35.97
100m:	1:06.03	33.72	850m:	9:45.21	35.03	1600m:	18:35.81	35.98	2350m:	27:34.59	36.08
150m:	1:40.12	34.09	900m:	10:20.22	35.01	1650m:	19:11.67	35.86	2400m:	28:10.98	36.39
200m:	2:14.58	34.46	950m:	10:55.30	35.08	1700m:	19:47.34	35.67	2450m:	28:47.04	36.06
250m:	2:49.24	34.66	1000m:	11:30.45	35.15	1750m:	20:23.12	35.78	2500m:	29:22.94	35.90
300m:	3:23.60	34.36	1050m:	12:05.97	35.52	1800m:	20:59.04	35.92	2550m:	29:58.65	35.71
350m:	3:58.27	34.67	1100m:	12:41.20	35.23	1850m:	21:34.95	35.91	2600m:	30:34.69	36.04
400m:	4:32.77	34.50	1150m:	13:16.95	35.75	1900m:	22:10.78	35.83	2650m:	31:10.82	36.13
450m:	5:07.58	34.81	1200m:	13:52.16	35.21	1950m:	22:46.58	35.80	2700m:	31:46.78	35.96
500m:	5:42.08	34.50	1250m:	14:27.31	35.15	2000m:	23:22.07	35.49	2750m:	32:22.90	36.12
550m:	6:16.57	34.49	1300m:	15:02.57	35.26	2050m:	23:57.83	35.76	2800m:	32:59.19	36.29
600m:	6:51.27	34.70	1350m:	15:37.90	35.33	2100m:	24:34.10	36.27	2850m:	33:34.19	35.00
650m:	7:25.86	34.59	1400m:	16:13.54	35.64	2150m:	25:10.17	36.07	2900m:	34:08.23	34.04
700m:	8:00.57	34.71	1450m:	16:48.94	35.40	2200m:	25:46.27	36.10	2950m:	34:42.26	34.03
750m:	8:35.32	34.75	1500m:	17:24.26	35.32	2250m:	26:22.54	36.27	3000m:	35:16.05	33.79
<b>11. IBAÑEZ PINA, Nil</b>			<b>03</b>	<b>C.N. Atl Barceloneta</b>					<b>35:29.42</b>	<b>6,00</b>	
50m:	31.84	31.84	800m:	9:11.69	35.31	1550m:	18:09.21	35.46	2300m:	27:09.08	36.41
100m:	1:05.10	33.26	850m:	9:47.12	35.43	1600m:	18:44.89	35.68	2350m:	27:45.10	36.02
150m:	1:39.12	34.02	900m:	10:22.63	35.51	1650m:	19:20.65	35.76	2400m:	28:21.25	36.15
200m:	2:13.21	34.09	950m:	10:58.32	35.69	1700m:	19:56.34	35.69	2450m:	28:57.35	36.10
250m:	2:47.15	33.94	1000m:	11:33.98	35.66	1750m:	20:32.26	35.92	2500m:	29:33.13	35.78
300m:	3:21.60	34.45	1050m:	12:10.25	36.27	1800m:	21:08.19	35.93	2550m:	30:09.03	35.90
350m:	3:56.40	34.80	1100m:	12:46.22	35.97	1850m:	21:44.27	36.08	2600m:	30:45.01	35.98
400m:	4:31.16	34.76	1150m:	13:22.03	35.81	1900m:	22:20.25	35.98	2650m:	31:21.60	36.59
450m:	5:05.70	34.54	1200m:	13:58.17	36.14	1950m:	22:56.01	35.76	2700m:	31:58.21	36.61
500m:	5:40.64	34.94	1250m:	14:35.01	36.84	2000m:	23:32.13	36.12	2750m:	32:34.69	36.48
550m:	6:15.44	34.80	1300m:	15:10.66	35.65	2050m:	24:08.22	36.09	2800m:	33:10.92	36.23
600m:	6:50.99	35.55	1350m:	15:46.30	35.64	2100m:	24:43.67	35.45	2850m:	33:46.99	36.07
650m:	7:25.96	34.97	1400m:	16:21.95	35.65	2150m:	25:20.31	36.64	2900m:	34:21.17	34.18
700m:	8:01.19	35.23	1450m:	16:57.81	35.86	2200m:	25:56.52	36.21	2950m:	34:55.67	34.50
750m:	8:36.38	35.19	1500m:	17:33.75	35.94	2250m:	26:32.67	36.15	3000m:	35:29.42	33.75
<b>12. GONZALEZ CASTELLÓ, Genis</b>			<b>04</b>	<b>C.N. Lleida</b>					<b>35:54.54</b>	<b>5,00</b>	
50m:	33.03	33.03	600m:	7:01.53	36.14	1150m:	13:36.75	35.60	1700m:	20:15.10	36.25
100m:	1:06.93	33.90	650m:	7:37.80	36.27	1200m:	14:12.29	35.54	1750m:	20:51.78	36.68
150m:	1:41.19	34.26	700m:	8:14.53	36.73	1250m:	14:47.73	35.44	1800m:	21:27.84	36.06
200m:	2:15.80	34.61	750m:	8:50.41	35.88	1300m:	15:23.80	36.07	1850m:	22:04.54	36.70
250m:	2:50.96	35.16	800m:	9:26.25	35.84	1350m:	15:59.90	36.10	1900m:	22:41.34	36.80
300m:	3:26.33	35.37	850m:	10:01.94	35.69	1400m:	16:36.39	36.49	1950m:	23:17.40	36.06
350m:	4:01.91	35.58	900m:	10:38.10	36.16	1450m:	17:12.68	36.29	2000m:	23:53.35	35.95
400m:	4:37.32	35.41	950m:	11:14.01	35.91	1500m:	17:49.19	36.51	2050m:	24:30.13	36.78
450m:	5:13.50	36.18	1000m:	11:50.14	36.13	1550m:	18:25.84	36.65	2100m:	25:06.72	36.59
500m:	5:49.18	35.68	1050m:	12:25.54	35.40	1600m:	19:02.25	36.41	2150m:	25:42.86	36.14
550m:	6:25.39	36.21	1100m:	13:01.15	35.61	1650m:	19:38.85	36.60	2200m:	26:18.31	35.45

Piscina 25 i crometratge Semi-automàtic





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



Prova 4, Masc., 3000m Lliure, Júnior 2 Fons Indoor

Classificació	ANY										Temps	
	2250m: 26:54.81	36.50	2450m: 29:19.65	35.71	2650m: 31:43.15	35.80	2850m: 34:08.30	35.75				
	2300m: 27:31.04	36.23	2500m: 29:55.51	35.86	2700m: 32:19.75	36.60	2900m: 34:45.09	36.79				
	2350m: 28:07.26	36.22	2550m: 30:31.40	35.89	2750m: 32:55.95	36.20	2950m: 35:20.25	35.16				
	2400m: 28:43.94	36.68	2600m: 31:07.35	35.95	2800m: 33:32.55	36.60	3000m: 35:54.54	34.29				
<b>13. MATARÓ BON, Pau</b>	<b>04 C.N. Mataró</b>										<b>36:37.10</b>	<b>4,00</b>
50m:	34.14	34.14	800m:	9:30.17	35.92	1550m:	18:34.30	36.68	2300m:	27:51.85	37.67	
100m:	1:09.11	34.97	850m:	10:05.85	35.68	1600m:	19:11.02	36.72	2350m:	28:29.60	37.75	
150m:	1:44.52	35.41	900m:	10:41.69	35.84	1650m:	19:47.77	36.75	2400m:	29:07.73	38.13	
200m:	2:20.16	35.64	950m:	11:17.81	36.12	1700m:	20:24.37	36.60	2450m:	29:45.09	37.36	
250m:	2:55.78	35.62	1000m:	11:54.13	36.32	1750m:	21:01.17	36.80	2500m:	30:22.59	37.50	
300m:	3:31.62	35.84	1050m:	12:30.41	36.28	1800m:	21:38.18	37.01	2550m:	31:00.12	37.53	
350m:	4:07.33	35.71	1100m:	13:07.17	36.76	1850m:	22:15.55	37.37	2600m:	31:38.18	38.06	
400m:	4:43.58	36.25	1150m:	13:43.27	36.10	1900m:	22:52.95	37.40	2650m:	32:16.45	38.27	
450m:	5:19.59	36.01	1200m:	14:20.07	36.80	1950m:	23:30.47	37.52	2700m:	32:54.44	37.99	
500m:	5:54.89	35.30	1250m:	14:56.17	36.10	2000m:	24:07.44	36.97	2750m:	33:32.23	37.79	
550m:	6:30.50	35.61	1300m:	15:33.11	36.94	2050m:	24:44.72	37.28	2800m:	34:09.64	37.41	
600m:	7:06.32	35.82	1350m:	16:09.56	36.45	2100m:	25:21.58	36.86	2850m:	34:47.10	37.46	
650m:	7:42.74	36.42	1400m:	16:45.56	36.00	2150m:	25:59.04	37.46	2900m:	35:24.11	37.01	
700m:	8:18.60	35.86	1450m:	17:21.25	35.69	2200m:	26:36.89	37.85	2950m:	36:00.90	36.79	
750m:	8:54.25	35.65	1500m:	17:57.62	36.37	2250m:	27:14.18	37.29	3000m:	36:37.10	36.20	
<b>14. MACIAS RABASEDA, Joel</b>	<b>04 C.N. Mataró</b>										<b>36:41.01</b>	<b>3,00</b>
50m:	33.17	33.17	800m:	9:17.74	35.79	1550m:	18:30.55	37.43	2300m:	27:53.31	38.20	
100m:	1:06.97	33.80	850m:	9:53.40	35.66	1600m:	19:07.23	36.68	2350m:	28:31.65	38.34	
150m:	1:41.63	34.66	900m:	10:29.82	36.42	1650m:	19:44.60	37.37	2400m:	29:09.26	37.61	
200m:	2:15.91	34.28	950m:	11:06.08	36.26	1700m:	20:21.80	37.20	2450m:	29:47.73	38.47	
250m:	2:50.45	34.54	1000m:	11:42.25	36.17	1750m:	20:59.12	37.32	2500m:	30:25.96	38.23	
300m:	3:25.29	34.84	1050m:	12:18.34	36.09	1800m:	21:36.39	37.27	2550m:	31:04.48	38.52	
350m:	4:00.17	34.88	1100m:	12:54.58	36.24	1850m:	22:13.50	37.11	2600m:	31:42.59	38.11	
400m:	4:35.20	35.03	1150m:	13:31.29	36.71	1900m:	22:51.30	37.80	2650m:	32:20.53	37.94	
450m:	5:10.28	35.08	1200m:	14:08.58	37.29	1950m:	23:29.08	37.78	2700m:	32:58.81	38.28	
500m:	5:45.21	34.93	1250m:	14:45.92	37.34	2000m:	24:06.32	37.24	2750m:	33:36.34	37.53	
550m:	6:20.38	35.17	1300m:	15:23.73	37.81	2050m:	24:43.92	37.60	2800m:	34:14.02	37.68	
600m:	6:55.26	34.88	1350m:	16:00.47	36.74	2100m:	25:22.02	38.10	2850m:	34:51.35	37.33	
650m:	7:30.62	35.36	1400m:	16:37.26	36.79	2150m:	25:59.70	37.68	2900m:	35:28.37	37.02	
700m:	8:06.10	35.48	1450m:	17:15.23	37.97	2200m:	26:37.35	37.65	2950m:	36:05.17	36.80	
750m:	8:41.95	35.85	1500m:	17:53.12	37.89	2250m:	27:15.11	37.76	3000m:	36:41.01	35.84	
<b>15. ROURE GRIGELMO, Pau</b>	<b>04 C.N. Catalunya</b>										<b>39:25.38</b>	<b>2,00</b>
50m:	35.90	35.90	800m:	10:09.93	39.53	1550m:	20:07.08	39.69	2300m:	30:09.75	40.16	
100m:	1:11.67	35.77	850m:	10:49.38	39.45	1600m:	20:47.10	40.02	2350m:	30:50.03	40.28	
150m:	1:48.37	36.70	900m:	11:29.08	39.70	1650m:	21:27.17	40.07	2400m:	31:30.61	40.58	
200m:	2:25.82	37.45	950m:	12:09.09	40.01	1700m:	22:07.33	40.16	2450m:	32:10.82	40.21	
250m:	3:03.60	37.78	1000m:	12:48.65	39.56	1750m:	22:47.74	40.41	2500m:	32:51.04	40.22	
300m:	3:41.42	37.82	1050m:	13:28.71	40.06	1800m:	23:28.05	40.31	2550m:	33:31.26	40.22	
350m:	4:19.47	38.05	1100m:	14:08.67	39.96	1850m:	24:08.10	40.05	2600m:	34:11.28	40.02	
400m:	4:57.91	38.44	1150m:	14:48.57	39.90	1900m:	24:48.72	40.62	2650m:	34:51.37	40.09	
450m:	5:36.40	38.49	1200m:	15:28.47	39.90	1950m:	25:28.73	40.01	2700m:	35:31.22	39.85	
500m:	6:15.30	38.90	1250m:	16:08.15	39.68	2000m:	26:09.28	40.55	2750m:	36:10.77	39.55	
550m:	6:54.21	38.91	1300m:	16:47.95	39.80	2050m:	26:49.56	40.28	2800m:	36:49.72	38.95	
600m:	7:33.41	39.20	1350m:	17:27.76	39.81	2100m:	27:29.65	40.09	2850m:	37:29.32	39.60	
650m:	8:12.16	38.75	1400m:	18:07.25	39.49	2150m:	28:09.47	39.82	2900m:	38:08.95	39.63	
700m:	8:51.26	39.10	1450m:	18:47.13	39.88	2200m:	28:49.22	39.75	2950m:	38:48.56	39.61	
750m:	9:30.40	39.14	1500m:	19:27.39	40.26	2250m:	29:29.59	40.37	3000m:	39:25.38	36.82	
DNS	BOOKER LARA, Oriol		04		C.N. Premià						-	
DNF	CASADO GARRIGUES, Manel		03		C.N. Mataró						-	



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



Prova 4, Masc., 3000m Lliure

Absolut Fons Indoor

1. PUJOL BELMONTE, Guillem 97 C.N. Mataró **30:44.55** 19,00  
*Millor Marca Catalana*

50m:	29.14	29.14	800m:	8:11.01	30.82	1550m:	15:54.92	31.12	2300m:	23:37.36	30.92
100m:	59.35	30.21	850m:	8:42.03	31.02	1600m:	16:25.66	30.74	2350m:	24:08.31	30.95
150m:	1:30.23	30.88	900m:	9:13.12	31.09	1650m:	16:56.28	30.62	2400m:	24:38.79	30.48
200m:	2:00.81	30.58	950m:	9:44.26	31.14	1700m:	17:27.33	31.05	2450m:	25:09.80	31.01
250m:	2:31.56	30.75	1000m:	10:15.16	30.90	1750m:	17:58.48	31.15	2500m:	25:40.67	30.87
300m:	3:02.42	30.86	1050m:	10:46.23	31.07	1800m:	18:29.25	30.77	2550m:	26:11.61	30.94
350m:	3:33.33	30.91	1100m:	11:16.76	30.53	1850m:	19:00.03	30.78	2600m:	26:42.29	30.68
400m:	4:04.00	30.67	1150m:	11:47.39	30.63	1900m:	19:30.76	30.73	2650m:	27:13.05	30.76
450m:	4:34.88	30.88	1200m:	12:18.42	31.03	1950m:	20:01.79	31.03	2700m:	27:43.97	30.92
500m:	5:05.88	31.00	1250m:	12:49.36	30.94	2000m:	20:32.47	30.68	2750m:	28:14.95	30.98
550m:	5:37.07	31.19	1300m:	13:20.13	30.77	2050m:	21:03.36	30.89	2800m:	28:45.64	30.69
600m:	6:07.98	30.91	1350m:	13:51.13	31.00	2100m:	21:34.26	30.90	2850m:	29:16.06	30.42
650m:	6:38.74	30.76	1400m:	14:22.18	31.05	2150m:	22:05.03	30.77	2900m:	29:46.36	30.30
700m:	7:09.59	30.85	1450m:	14:53.10	30.92	2200m:	22:35.79	30.76	2950m:	30:17.23	30.87
750m:	7:40.19	30.60	1500m:	15:23.80	30.70	2250m:	23:06.44	30.65	3000m:	30:44.55	27.32

2. SANTIAGO BETANCOR, Raul 97 C.N. Sant Andreu **31:42.64** 16,00

50m:	30.14	30.14	800m:	8:14.07	30.93	1550m:	16:07.03	31.93	2300m:	24:09.39	32.00
100m:	1:00.84	30.70	850m:	8:45.30	31.23	1600m:	16:38.36	31.33	2350m:	24:41.92	32.53
150m:	1:31.66	30.82	900m:	9:16.37	31.07	1650m:	17:10.20	31.84	2400m:	25:14.36	32.44
200m:	2:02.60	30.94	950m:	9:47.47	31.10	1700m:	17:42.20	32.00	2450m:	25:46.92	32.56
250m:	2:33.63	31.03	1000m:	10:18.81	31.34	1750m:	18:14.35	32.15	2500m:	26:19.84	32.92
300m:	3:04.48	30.85	1050m:	10:50.24	31.43	1800m:	18:46.31	31.96	2550m:	26:52.66	32.82
350m:	3:35.34	30.86	1100m:	11:21.54	31.30	1850m:	19:18.41	32.10	2600m:	27:25.16	32.50
400m:	4:06.24	30.90	1150m:	11:53.02	31.48	1900m:	19:50.84	32.43	2650m:	27:58.01	32.85
450m:	4:37.20	30.96	1200m:	12:24.58	31.56	1950m:	20:23.24	32.40	2700m:	28:30.63	32.62
500m:	5:08.29	31.09	1250m:	12:56.15	31.57	2000m:	20:55.48	32.24	2750m:	29:03.01	32.38
550m:	5:38.89	30.60	1300m:	13:27.83	31.68	2050m:	21:28.23	32.75	2800m:	29:35.05	32.04
600m:	6:10.02	31.13	1350m:	13:59.52	31.69	2100m:	22:00.53	32.30	2850m:	30:07.36	32.31
650m:	6:41.03	31.01	1400m:	14:31.59	32.07	2150m:	22:32.85	32.32	2900m:	30:39.42	32.06
700m:	7:11.77	30.74	1450m:	15:03.33	31.74	2200m:	23:05.05	32.20	2950m:	31:11.48	32.06
750m:	7:43.14	31.37	1500m:	15:35.10	31.77	2250m:	23:37.39	32.34	3000m:	31:42.64	31.16

3. LIRES SUELDO, Manuel 02 C.N. Barcelona **32:50.50** 14,00

50m:	30.45	30.45	800m:	8:29.57	32.23	1550m:	16:44.41	33.69	2300m:	25:07.14	34.85
100m:	1:01.50	31.05	850m:	9:01.69	32.12	1600m:	17:17.22	32.81	2350m:	25:40.70	33.56
150m:	1:33.50	32.00	900m:	9:34.40	32.71	1650m:	17:50.87	33.65	2400m:	26:14.14	33.44
200m:	2:05.43	31.93	950m:	10:07.19	32.79	1700m:	18:23.98	33.11	2450m:	26:47.72	33.58
250m:	2:36.95	31.52	1000m:	10:40.12	32.93	1750m:	18:57.13	33.15	2500m:	27:21.37	33.65
300m:	3:09.06	32.11	1050m:	11:12.82	32.70	1800m:	19:30.48	33.35	2550m:	27:55.60	34.23
350m:	3:40.71	31.65	1100m:	11:45.79	32.97	1850m:	20:03.61	33.13	2600m:	28:29.15	33.55
400m:	4:12.89	32.18	1150m:	12:18.73	32.94	1900m:	20:37.00	33.39	2650m:	29:02.32	33.17
450m:	4:44.99	32.10	1200m:	12:51.84	33.11	1950m:	21:11.45	34.45	2700m:	29:35.49	33.17
500m:	5:16.96	31.97	1250m:	13:24.66	32.82	2000m:	21:45.11	33.66	2750m:	30:09.65	34.16
550m:	5:49.03	32.07	1300m:	13:57.47	32.81	2050m:	22:18.69	33.58	2800m:	30:42.14	32.49
600m:	6:21.12	32.09	1350m:	14:30.65	33.18	2100m:	22:51.90	33.21	2850m:	31:14.23	32.09
650m:	6:53.14	32.02	1400m:	15:04.02	33.37	2150m:	23:24.21	32.31	2900m:	31:46.32	32.09
700m:	7:25.30	32.16	1450m:	15:37.80	33.78	2200m:	23:58.09	33.88	2950m:	32:18.57	32.25
750m:	7:57.34	32.04	1500m:	16:10.72	32.92	2250m:	24:32.29	34.20	3000m:	32:50.50	31.93

4. LAZARO ORTEGA, Guillem 00 C.N. Terrassa **33:47.23** 13,00

50m:	31.39	31.39	700m:	7:41.97	33.46	1350m:	15:01.90	34.41	2000m:	22:29.50	34.56
100m:	1:03.95	32.56	750m:	8:15.08	33.11	1400m:	15:36.33	34.43	2050m:	23:03.79	34.29
150m:	1:36.86	32.91	800m:	8:48.43	33.35	1450m:	16:10.59	34.26	2100m:	23:38.13	34.34
200m:	2:09.82	32.96	850m:	9:21.86	33.43	1500m:	16:44.81	34.22	2150m:	24:12.26	34.13
250m:	2:42.85	33.03	900m:	9:55.62	33.76	1550m:	17:19.29	34.48	2200m:	24:46.51	34.25
300m:	3:15.97	33.12	950m:	10:29.43	33.81	1600m:	17:53.75	34.46	2250m:	25:20.77	34.26
350m:	3:49.09	33.12	1000m:	11:03.42	33.99	1650m:	18:27.87	34.12	2300m:	25:54.64	33.87
400m:	4:22.45	33.36	1050m:	11:37.06	33.64	1700m:	19:02.61	34.74	2350m:	26:28.38	33.74
450m:	4:55.73	33.28	1100m:	12:11.11	34.05	1750m:	19:36.84	34.23	2400m:	27:02.00	33.62
500m:	5:28.96	33.23	1150m:	12:45.11	34.00	1800m:	20:11.28	34.44	2450m:	27:36.00	34.00
550m:	6:02.14	33.18	1200m:	13:19.30	34.19	1850m:	20:45.94	34.66	2500m:	28:09.91	33.91
600m:	6:35.24	33.10	1250m:	13:53.31	34.01	1900m:	21:20.32	34.38	2550m:	28:43.85	33.94
650m:	7:08.51	33.27	1300m:	14:27.49	34.18	1950m:	21:54.94	34.62	2600m:	29:18.32	34.47



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



Prova 4, Masc., 3000m Lliure, Absolut Fons Indoor

Classificació	ANY		Temps								
2650m:	29:52.58	34.26	2750m:	31:00.26	34.37	2850m:	32:07.93	34.02	2950m:	33:14.79	33.70
2700m:	30:25.89	33.31	2800m:	31:33.91	33.65	2900m:	32:41.09	33.16	3000m:	33:47.23	32.44
<b>5. POU FERNANDEZ, Marc</b>		<b>01</b>	<b>C.N. Mataró</b>						<b>34:07.37</b>	<b>12,00</b>	
50m:	31.48	31.48	800m:	8:50.63	33.31	1550m:	17:22.06	35.14	2300m:	26:05.40	34.90
100m:	1:03.35	31.87	850m:	9:24.17	33.54	1600m:	17:56.80	34.74	2350m:	26:39.81	34.41
150m:	1:36.03	32.68	900m:	9:57.95	33.78	1650m:	18:31.26	34.46	2400m:	27:14.57	34.76
200m:	2:09.21	33.18	950m:	10:31.52	33.57	1700m:	19:05.66	34.40	2450m:	27:48.86	34.29
250m:	2:42.40	33.19	1000m:	11:05.14	33.62	1750m:	19:40.61	34.95	2500m:	28:22.87	34.01
300m:	3:15.78	33.38	1050m:	11:38.80	33.66	1800m:	20:15.47	34.86	2550m:	28:57.19	34.32
350m:	3:49.11	33.33	1100m:	12:12.55	33.75	1850m:	20:50.41	34.94	2600m:	29:31.67	34.48
400m:	4:22.57	33.46	1150m:	12:46.40	33.85	1900m:	21:25.07	34.66	2650m:	30:06.02	34.35
450m:	4:56.30	33.73	1200m:	13:20.43	34.03	1950m:	21:59.99	34.92	2700m:	30:40.45	34.43
500m:	5:29.92	33.62	1250m:	13:54.29	33.86	2000m:	22:35.15	35.16	2750m:	31:15.38	34.93
550m:	6:03.52	33.60	1300m:	14:28.34	34.05	2050m:	23:10.57	35.42	2800m:	31:49.99	34.61
600m:	6:36.66	33.14	1350m:	15:02.77	34.43	2100m:	23:45.46	34.89	2850m:	32:24.45	34.46
650m:	7:10.00	33.34	1400m:	15:37.25	34.48	2150m:	24:20.34	34.88	2900m:	32:59.07	34.62
700m:	7:43.59	33.59	1450m:	16:12.22	34.97	2200m:	24:55.20	34.86	2950m:	33:33.93	34.86
750m:	8:17.32	33.73	1500m:	16:46.92	34.70	2250m:	25:30.50	35.30	3000m:	34:07.37	33.44
<b>6. MASCHIO GASTELAARS, Dante</b>		<b>95</b>	<b>C.N. Atl Barceloneta</b>						<b>34:11.48</b>	<b>11,00</b>	
50m:	31.83	31.83	800m:	9:03.51	34.05	1550m:	17:35.97	34.01	2300m:	26:11.18	34.70
100m:	1:05.36	33.53	850m:	9:37.72	34.21	1600m:	18:09.98	34.01	2350m:	26:45.75	34.57
150m:	1:39.56	34.20	900m:	10:11.92	34.20	1650m:	18:43.97	33.99	2400m:	27:20.19	34.44
200m:	2:14.13	34.57	950m:	10:46.09	34.17	1700m:	19:18.08	34.11	2450m:	27:54.53	34.34
250m:	2:48.58	34.45	1000m:	11:20.26	34.17	1750m:	19:52.43	34.35	2500m:	28:29.28	34.75
300m:	3:22.74	34.16	1050m:	11:54.67	34.41	1800m:	20:26.72	34.29	2550m:	29:03.65	34.37
350m:	3:57.16	34.42	1100m:	12:28.98	34.31	1850m:	21:01.39	34.67	2600m:	29:38.12	34.47
400m:	4:31.19	34.03	1150m:	13:03.28	34.30	1900m:	21:35.71	34.32	2650m:	30:12.29	34.17
450m:	5:05.11	33.92	1200m:	13:37.52	34.24	1950m:	22:09.83	34.12	2700m:	30:46.93	34.64
500m:	5:39.33	34.22	1250m:	14:12.02	34.50	2000m:	22:44.18	34.35	2750m:	31:21.57	34.64
550m:	6:13.30	33.97	1300m:	14:46.10	34.08	2050m:	23:18.32	34.14	2800m:	31:55.87	34.30
600m:	6:47.13	33.83	1350m:	15:19.92	33.82	2100m:	23:52.96	34.64	2850m:	32:30.00	34.13
650m:	7:21.20	34.07	1400m:	15:53.93	34.01	2150m:	24:27.44	34.48	2900m:	33:04.26	34.26
700m:	7:55.41	34.21	1450m:	16:27.89	33.96	2200m:	25:01.91	34.47	2950m:	33:38.45	34.19
750m:	8:29.46	34.05	1500m:	17:01.96	34.07	2250m:	25:36.48	34.57	3000m:	34:11.48	33.03
<b>7. POMBO LOPEZ, Sergio</b>		<b>91</b>	<b>C.N. Atl Barceloneta</b>						<b>34:19.57</b>	<b>10,00</b>	
50m:	33.76	33.76	800m:	9:00.52	33.85	1550m:	17:33.81	34.89	2300m:	26:14.58	35.02
100m:	1:07.41	33.65	850m:	9:34.30	33.78	1600m:	18:08.27	34.46	2350m:	26:49.55	34.97
150m:	1:41.17	33.76	900m:	10:08.11	33.81	1650m:	18:42.90	34.63	2400m:	27:24.75	35.20
200m:	2:15.39	34.22	950m:	10:42.30	34.19	1700m:	19:17.35	34.45	2450m:	27:59.66	34.91
250m:	2:49.44	34.05	1000m:	11:16.52	34.22	1750m:	19:51.91	34.56	2500m:	28:34.48	34.82
300m:	3:23.27	33.83	1050m:	11:50.75	34.23	1800m:	20:26.67	34.76	2550m:	29:09.53	35.05
350m:	3:57.05	33.78	1100m:	12:24.85	34.10	1850m:	21:01.61	34.94	2600m:	29:44.73	35.20
400m:	4:30.84	33.79	1150m:	12:58.82	33.97	1900m:	21:36.25	34.64	2650m:	30:19.35	34.62
450m:	5:04.40	33.56	1200m:	13:33.25	34.43	1950m:	22:10.89	34.64	2700m:	30:54.43	35.08
500m:	5:38.03	33.63	1250m:	14:07.27	34.02	2000m:	22:45.41	34.52	2750m:	31:29.18	34.75
550m:	6:11.68	33.65	1300m:	14:41.39	34.12	2050m:	23:20.14	34.73	2800m:	32:04.04	34.86
600m:	6:45.55	33.87	1350m:	15:15.68	34.29	2100m:	23:54.90	34.76	2850m:	32:38.80	34.76
650m:	7:19.16	33.61	1400m:	15:50.00	34.32	2150m:	24:29.98	35.08	2900m:	33:13.64	34.84
700m:	7:53.01	33.85	1450m:	16:24.55	34.55	2200m:	25:04.86	34.88	2950m:	33:46.28	32.64
750m:	8:26.67	33.66	1500m:	16:58.92	34.37	2250m:	25:39.56	34.70	3000m:	34:19.57	33.29
<b>8. ROURA CLEMENTE, Gerard</b>		<b>01</b>	<b>GEIEG</b>						<b>34:28.89</b>	<b>9,00</b>	
50m:	32.43	32.43	700m:	7:50.49	33.58	1350m:	15:17.74	34.80	2000m:	22:53.80	35.10
100m:	1:05.06	32.63	750m:	8:24.51	34.02	1400m:	15:52.79	35.05	2050m:	23:28.43	34.63
150m:	1:38.31	33.25	800m:	8:58.36	33.85	1450m:	16:27.73	34.94	2100m:	24:02.83	34.40
200m:	2:11.69	33.38	850m:	9:32.52	34.16	1500m:	17:02.75	35.02	2150m:	24:37.50	34.67
250m:	2:45.32	33.63	900m:	10:06.51	33.99	1550m:	17:37.49	34.74	2200m:	25:12.48	34.98
300m:	3:19.34	34.02	950m:	10:41.10	34.59	1600m:	18:13.02	35.53	2250m:	25:47.16	34.68
350m:	3:53.10	33.76	1000m:	11:15.01	33.91	1650m:	18:47.79	34.77	2300m:	26:22.13	34.97
400m:	4:26.91	33.81	1050m:	11:49.64	34.63	1700m:	19:22.66	34.87	2350m:	26:57.15	35.02
450m:	5:01.02	34.11	1100m:	12:24.27	34.63	1750m:	19:57.84	35.18	2400m:	27:32.05	34.90
500m:	5:35.14	34.12	1150m:	12:58.54	34.27	1800m:	20:33.39	35.55	2450m:	28:07.45	35.40
550m:	6:08.81	33.67	1200m:	13:33.15	34.61	1850m:	21:08.35	34.96	2500m:	28:42.50	35.05
600m:	6:43.21	34.40	1250m:	14:08.01	34.86	1900m:	21:43.66	35.31	2550m:	29:17.40	34.90
650m:	7:16.91	33.70	1300m:	14:42.94	34.93	1950m:	22:18.70	35.04	2600m:	29:52.28	34.88

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Absolut Fons Indoor

Classificació	ANY		Temps								
2650m:	30:27.25	34.97	2750m:	31:37.61	35.05	2850m:	32:48.56	35.28	2950m:	33:56.52	33.59
2700m:	31:02.56	35.31	2800m:	32:13.28	35.67	2900m:	33:22.93	34.37	3000m:	34:28.89	32.37
<b>9. MATAS VELASCO, Guillem</b>	<b>96</b>		<b>C.N. Granollers</b>		<b>34:45.37</b>		<b>8,00</b>				
50m:	34.97	34.97	800m:	9:11.82	35.04	1550m:	17:53.94	33.90	2300m:	26:37.36	35.31
100m:	1:08.25	33.28	850m:	9:46.11	34.29	1600m:	18:28.47	34.53	2350m:	27:12.02	34.66
150m:	1:42.81	34.56	900m:	10:20.79	34.68	1650m:	19:02.93	34.46	2400m:	27:46.90	34.88
200m:	2:17.25	34.44	950m:	10:56.00	35.21	1700m:	19:37.64	34.71	2450m:	28:21.52	34.62
250m:	2:51.83	34.58	1000m:	11:30.87	34.87	1750m:	20:12.24	34.60	2500m:	28:56.64	35.12
300m:	3:26.02	34.19	1050m:	12:05.93	35.06	1800m:	20:47.29	35.05	2550m:	29:32.04	35.40
350m:	4:00.52	34.50	1100m:	12:40.74	34.81	1850m:	21:22.25	34.96	2600m:	30:07.54	35.50
400m:	4:34.60	34.08	1150m:	13:15.55	34.81	1900m:	21:56.90	34.65	2650m:	30:42.48	34.94
450m:	5:09.15	34.55	1200m:	13:50.38	34.83	1950m:	22:31.89	34.99	2700m:	31:17.66	35.18
500m:	5:43.73	34.58	1250m:	14:25.21	34.83	2000m:	23:07.01	35.12	2750m:	31:53.05	35.39
550m:	6:18.40	34.67	1300m:	14:59.95	34.74	2050m:	23:41.48	34.47	2800m:	32:28.63	35.58
600m:	6:53.17	34.77	1350m:	15:34.83	34.88	2100m:	24:16.45	34.97	2850m:	33:03.41	34.78
650m:	7:27.44	34.27	1400m:	16:10.12	35.29	2150m:	24:51.86	35.41	2900m:	33:37.98	34.57
700m:	8:02.13	34.69	1450m:	16:45.02	34.90	2200m:	25:27.08	35.22	2950m:	34:12.22	34.24
750m:	8:36.78	34.65	1500m:	17:20.04	35.02	2250m:	26:02.05	34.97	3000m:	34:45.37	33.15
<b>10. LAGOS PAU, Aitor</b>	<b>95</b>		<b>C.N. L'hospitalet</b>		<b>34:57.50</b>		<b>7,00</b>				
50m:	31.88	31.88	800m:	9:02.30	34.65	1550m:	17:46.78	34.92	2300m:	26:41.25	35.25
100m:	1:04.44	32.56	850m:	9:37.22	34.92	1600m:	18:21.99	35.21	2350m:	27:16.85	35.60
150m:	1:37.29	32.85	900m:	10:12.45	35.23	1650m:	18:57.76	35.77	2400m:	27:52.70	35.85
200m:	2:10.92	33.63	950m:	10:47.19	34.74	1700m:	19:33.55	35.79	2450m:	28:28.54	35.84
250m:	2:44.24	33.32	1000m:	11:22.26	35.07	1750m:	20:09.39	35.84	2500m:	29:04.06	35.52
300m:	3:17.98	33.74	1050m:	11:56.56	34.30	1800m:	20:45.25	35.86	2550m:	29:39.48	35.42
350m:	3:52.04	34.06	1100m:	12:31.28	34.72	1850m:	21:20.81	35.56	2600m:	30:14.60	35.12
400m:	4:25.61	33.57	1150m:	13:05.72	34.44	1900m:	21:56.59	35.78	2650m:	30:50.08	35.48
450m:	4:59.80	34.19	1200m:	13:40.89	35.17	1950m:	22:32.28	35.69	2700m:	31:25.87	35.79
500m:	5:34.02	34.22	1250m:	14:16.18	35.29	2000m:	23:08.06	35.78	2750m:	32:01.59	35.72
550m:	6:08.34	34.32	1300m:	14:51.47	35.29	2050m:	23:43.68	35.62	2800m:	32:37.45	35.86
600m:	6:42.95	34.61	1350m:	15:26.68	35.21	2100m:	24:19.05	35.37	2850m:	33:13.29	35.84
650m:	7:17.82	34.87	1400m:	16:01.84	35.16	2150m:	24:54.35	35.30	2900m:	33:48.66	35.37
700m:	7:52.85	35.03	1450m:	16:36.86	35.02	2200m:	25:30.04	35.69	2950m:	34:23.71	35.05
750m:	8:27.65	34.80	1500m:	17:11.86	35.00	2250m:	26:06.00	35.96	3000m:	34:57.50	33.79
<b>11. REMESAR AGUILAR, Nemo Antonio</b>	<b>83</b>		<b>C.N. Atl Barceloneta</b>		<b>35:32.18</b>		<b>6,00</b>				
50m:	34.81	34.81	800m:	9:17.17	35.40	1550m:	18:09.02	35.50	2300m:	27:09.35	35.95
100m:	1:09.11	34.30	850m:	9:52.69	35.52	1600m:	18:44.63	35.61	2350m:	27:45.57	36.22
150m:	1:43.92	34.81	900m:	10:27.41	34.72	1650m:	19:20.30	35.67	2400m:	28:21.42	35.85
200m:	2:18.39	34.47	950m:	11:02.57	35.16	1700m:	19:55.89	35.59	2450m:	28:57.69	36.27
250m:	2:53.23	34.84	1000m:	11:38.03	35.46	1750m:	20:32.04	36.15	2500m:	29:33.28	35.59
300m:	3:27.64	34.41	1050m:	12:13.47	35.44	1800m:	21:07.67	35.63	2550m:	30:09.13	35.85
350m:	4:02.66	35.02	1100m:	12:48.64	35.17	1850m:	21:43.96	36.29	2600m:	30:45.26	36.13
400m:	4:37.17	34.51	1150m:	13:24.29	35.65	1900m:	22:19.92	35.96	2650m:	31:22.04	36.78
450m:	5:11.98	34.81	1200m:	13:59.77	35.48	1950m:	22:55.83	35.91	2700m:	31:58.57	36.53
500m:	5:47.02	35.04	1250m:	14:35.52	35.75	2000m:	23:32.14	36.31	2750m:	32:34.95	36.38
550m:	6:22.02	35.00	1300m:	15:10.95	35.43	2050m:	24:08.58	36.44	2800m:	33:11.07	36.12
600m:	6:57.19	35.17	1350m:	15:46.43	35.48	2100m:	24:44.54	35.96	2850m:	33:47.46	36.39
650m:	7:31.95	34.76	1400m:	16:21.95	35.52	2150m:	25:20.94	36.40	2900m:	34:23.12	35.66
700m:	8:06.78	34.83	1450m:	16:57.87	35.92	2200m:	25:57.16	36.22	2950m:	34:58.18	35.06
750m:	8:41.77	34.99	1500m:	17:33.52	35.65	2250m:	26:33.40	36.24	3000m:	35:32.18	34.00
<b>12. ROLDAN GOMEZ, Antonio</b>	<b>84</b>		<b>C.N. Premià</b>		<b>36:47.66</b>		<b>5,00</b>				
50m:	33.92	33.92	700m:	8:23.58	36.53	1350m:	16:30.24	36.66	2000m:	24:31.70	36.97
100m:	1:08.59	34.67	750m:	9:00.02	36.44	1400m:	17:07.26	37.02	2050m:	25:08.43	36.73
150m:	1:43.93	35.34	800m:	9:36.77	36.75	1450m:	17:44.45	37.19	2100m:	25:45.28	36.85
200m:	2:19.64	35.71	850m:	10:13.57	36.80	1500m:	18:21.36	36.91	2150m:	26:22.02	36.74
250m:	2:55.56	35.92	900m:	10:50.15	36.58	1550m:	18:58.71	37.35	2200m:	26:58.66	36.64
300m:	3:31.79	36.23	950m:	11:26.92	36.77	1600m:	19:35.64	36.93	2250m:	27:35.45	36.79
350m:	4:08.27	36.48	1000m:	12:03.93	37.01	1650m:	20:13.13	37.49	2300m:	28:12.04	36.59
400m:	4:44.53	36.26	1050m:	12:44.37	40.44	1700m:	20:50.20	37.07	2350m:	28:48.76	36.72
450m:	5:21.00	36.47	1100m:	13:20.89	36.52	1750m:	21:27.39	37.19	2400m:	29:25.40	36.64
500m:	5:57.24	36.24	1150m:	13:57.78	36.89	1800m:	22:04.45	37.06	2450m:	30:01.79	36.39
550m:	6:33.91	36.67	1200m:	14:34.23	36.45	1850m:	22:41.53	37.08	2500m:	30:38.71	36.92
600m:	7:10.51	36.60	1250m:	15:17.25	43.02	1900m:	23:18.31	36.78	2550m:	31:15.53	36.82
650m:	7:47.05	36.54	1300m:	15:53.58	36.33	1950m:	23:54.73	36.42	2600m:	31:52.62	37.09

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Absolut Fons Indoor

Classificació	ANY				Temps			
2650m: 32:29.60	36.98	2750m: 33:43.37	36.95	2850m: 34:57.10	37.05	2950m: 36:10.88	36.86	
2700m: 33:06.42	36.82	2800m: 34:20.05	36.68	2900m: 35:34.02	36.92	3000m: 36:47.66	36.78	

Absolut, Júnior 2 i Júnior 1

1. PUJOL BELMONTE, Guillem 97 C.N. Mataró **30:44.55** 19,00  
*Millor Marca Catalana*

50m: 29.14	29.14	800m: 8:11.01	30.82	1550m: 15:54.92	31.12	2300m: 23:37.36	30.92
100m: 59.35	30.21	850m: 8:42.03	31.02	1600m: 16:25.66	30.74	2350m: 24:08.31	30.95
150m: 1:30.23	30.88	900m: 9:13.12	31.09	1650m: 16:56.28	30.62	2400m: 24:38.79	30.48
200m: 2:00.81	30.58	950m: 9:44.26	31.14	1700m: 17:27.33	31.05	2450m: 25:09.80	31.01
250m: 2:31.56	30.75	1000m: 10:15.16	30.90	1750m: 17:58.48	31.15	2500m: 25:40.67	30.87
300m: 3:02.42	30.86	1050m: 10:46.23	31.07	1800m: 18:29.25	30.77	2550m: 26:11.61	30.94
350m: 3:33.33	30.91	1100m: 11:16.76	30.53	1850m: 19:00.03	30.78	2600m: 26:42.29	30.68
400m: 4:04.00	30.67	1150m: 11:47.39	30.63	1900m: 19:30.76	30.73	2650m: 27:13.05	30.76
450m: 4:34.88	30.88	1200m: 12:18.42	31.03	1950m: 20:01.79	31.03	2700m: 27:43.97	30.92
500m: 5:05.88	31.00	1250m: 12:49.36	30.94	2000m: 20:32.47	30.68	2750m: 28:14.95	30.98
550m: 5:37.07	31.19	1300m: 13:20.13	30.77	2050m: 21:03.36	30.89	2800m: 28:45.64	30.69
600m: 6:07.98	30.91	1350m: 13:51.13	31.00	2100m: 21:34.26	30.90	2850m: 29:16.06	30.42
650m: 6:38.74	30.76	1400m: 14:22.18	31.05	2150m: 22:05.03	30.77	2900m: 29:46.36	30.30
700m: 7:09.59	30.85	1450m: 14:53.10	30.92	2200m: 22:35.79	30.76	2950m: 30:17.23	30.87
750m: 7:40.19	30.60	1500m: 15:23.80	30.70	2250m: 23:06.44	30.65	3000m: 30:44.55	27.32

2. SANTIAGO BETANCOR, Raul 97 C.N. Sant Andreu **31:42.64** 16,00

50m: 30.14	30.14	800m: 8:14.07	30.93	1550m: 16:07.03	31.93	2300m: 24:09.39	32.00
100m: 1:00.84	30.70	850m: 8:45.30	31.23	1600m: 16:38.36	31.33	2350m: 24:41.92	32.53
150m: 1:31.66	30.82	900m: 9:16.37	31.07	1650m: 17:10.20	31.84	2400m: 25:14.36	32.44
200m: 2:02.60	30.94	950m: 9:47.47	31.10	1700m: 17:42.20	32.00	2450m: 25:46.92	32.56
250m: 2:33.63	31.03	1000m: 10:18.81	31.34	1750m: 18:14.35	32.15	2500m: 26:19.84	32.92
300m: 3:04.48	30.85	1050m: 10:50.24	31.43	1800m: 18:46.31	31.96	2550m: 26:52.66	32.82
350m: 3:35.34	30.86	1100m: 11:21.54	31.30	1850m: 19:18.41	32.10	2600m: 27:25.16	32.50
400m: 4:06.24	30.90	1150m: 11:53.02	31.48	1900m: 19:50.84	32.43	2650m: 27:58.01	32.85
450m: 4:37.20	30.96	1200m: 12:24.58	31.56	1950m: 20:23.24	32.40	2700m: 28:30.63	32.62
500m: 5:08.29	31.09	1250m: 12:56.15	31.57	2000m: 20:55.48	32.24	2750m: 29:03.01	32.38
550m: 5:38.89	30.60	1300m: 13:27.83	31.68	2050m: 21:28.23	32.75	2800m: 29:35.05	32.04
600m: 6:10.02	31.13	1350m: 13:59.52	31.69	2100m: 22:00.53	32.30	2850m: 30:07.36	32.31
650m: 6:41.03	31.01	1400m: 14:31.59	32.07	2150m: 22:32.85	32.32	2900m: 30:39.42	32.06
700m: 7:11.77	30.74	1450m: 15:03.33	31.74	2200m: 23:05.05	32.20	2950m: 31:11.48	32.06
750m: 7:43.14	31.37	1500m: 15:35.10	31.77	2250m: 23:37.39	32.34	3000m: 31:42.64	31.16

3. ORTIZ MARTINEZ, Carlos 04 C.N. Barcelona **31:56.48** 19,00

50m: 30.58	30.58	800m: 8:27.04	31.63	1550m: 16:26.81	31.50	2300m: 24:28.63	32.05
100m: 1:01.76	31.18	850m: 8:59.06	32.02	1600m: 16:58.74	31.93	2350m: 25:00.87	32.24
150m: 1:33.09	31.33	900m: 9:31.03	31.97	1650m: 17:30.57	31.83	2400m: 25:33.41	32.54
200m: 2:04.80	31.71	950m: 10:03.20	32.17	1700m: 18:02.80	32.23	2450m: 26:05.51	32.10
250m: 2:36.43	31.63	1000m: 10:34.88	31.68	1750m: 18:35.21	32.41	2500m: 26:37.28	31.77
300m: 3:08.21	31.78	1050m: 11:06.63	31.75	1800m: 19:07.80	32.59	2550m: 27:09.07	31.79
350m: 3:40.09	31.88	1100m: 11:38.48	31.85	1850m: 19:40.18	32.38	2600m: 27:41.16	32.09
400m: 4:12.20	32.11	1150m: 12:10.46	31.98	1900m: 20:12.39	32.21	2650m: 28:13.61	32.45
450m: 4:43.83	31.63	1200m: 12:42.65	32.19	1950m: 20:44.66	32.27	2700m: 28:46.12	32.51
500m: 5:16.11	32.28	1250m: 13:14.77	32.12	2000m: 21:16.63	31.97	2750m: 29:18.29	32.17
550m: 5:47.72	31.61	1300m: 13:46.92	32.15	2050m: 21:48.53	31.90	2800m: 29:50.28	31.99
600m: 6:19.68	31.96	1350m: 14:19.32	32.40	2100m: 22:20.69	32.16	2850m: 30:22.29	32.01
650m: 6:51.51	31.83	1400m: 14:51.71	32.39	2150m: 22:52.94	32.25	2900m: 30:54.51	32.22
700m: 7:23.25	31.74	1450m: 15:24.08	32.37	2200m: 23:24.65	31.71	2950m: 31:26.35	31.84
750m: 7:55.41	32.16	1500m: 15:55.31	31.23	2250m: 23:56.58	31.93	3000m: 31:56.48	30.13





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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació

ANY

Temps

4. LIRES SUELDO, Manuel			02	C.N. Barcelona			<b>32:50.50</b>	14,00			
50m:	30.45	30.45	800m:	8:29.57	32.23	1550m:	16:44.41	33.69	2300m:	25:07.14	34.85
100m:	1:01.50	31.05	850m:	9:01.69	32.12	1600m:	17:17.22	32.81	2350m:	25:40.70	33.56
150m:	1:33.50	32.00	900m:	9:34.40	32.71	1650m:	17:50.87	33.65	2400m:	26:14.14	33.44
200m:	2:05.43	31.93	950m:	10:07.19	32.79	1700m:	18:23.98	33.11	2450m:	26:47.72	33.58
250m:	2:36.95	31.52	1000m:	10:40.12	32.93	1750m:	18:57.13	33.15	2500m:	27:21.37	33.65
300m:	3:09.06	32.11	1050m:	11:12.82	32.70	1800m:	19:30.48	33.35	2550m:	27:55.60	34.23
350m:	3:40.71	31.65	1100m:	11:45.79	32.97	1850m:	20:03.61	33.13	2600m:	28:29.15	33.55
400m:	4:12.89	32.18	1150m:	12:18.73	32.94	1900m:	20:37.00	33.39	2650m:	29:02.32	33.17
450m:	4:44.99	32.10	1200m:	12:51.84	33.11	1950m:	21:11.45	34.45	2700m:	29:35.49	33.17
500m:	5:16.96	31.97	1250m:	13:24.66	32.82	2000m:	21:45.11	33.66	2750m:	30:09.65	34.16
550m:	5:49.03	32.07	1300m:	13:57.47	32.81	2050m:	22:18.69	33.58	2800m:	30:42.14	32.49
600m:	6:21.12	32.09	1350m:	14:30.65	33.18	2100m:	22:51.90	33.21	2850m:	31:14.23	32.09
650m:	6:53.14	32.02	1400m:	15:04.02	33.37	2150m:	23:24.21	32.31	2900m:	31:46.32	32.09
700m:	7:25.30	32.16	1450m:	15:37.80	33.78	2200m:	23:58.09	33.88	2950m:	32:18.57	32.25
750m:	7:57.34	32.04	1500m:	16:10.72	32.92	2250m:	24:32.29	34.20	3000m:	32:50.50	31.93
5. NEVADO RUIZ, Pablo			06	C.N. Sabadell			<b>33:04.91</b>	19,00			
50m:	31.45	31.45	800m:	8:47.17	33.16	1550m:	17:02.77	32.87	2300m:	25:21.10	32.93
100m:	1:03.40	31.95	850m:	9:20.00	32.83	1600m:	17:35.90	33.13	2350m:	25:54.03	32.93
150m:	1:36.30	32.90	900m:	9:52.79	32.79	1650m:	18:09.01	33.11	2400m:	26:27.24	33.21
200m:	2:09.29	32.99	950m:	10:25.82	33.03	1700m:	18:42.15	33.14	2450m:	27:00.58	33.34
250m:	2:42.67	33.38	1000m:	10:58.74	32.92	1750m:	19:15.31	33.16	2500m:	27:33.89	33.31
300m:	3:15.44	32.77	1050m:	11:31.80	33.06	1800m:	19:48.61	33.30	2550m:	28:06.73	32.84
350m:	3:48.97	33.53	1100m:	12:04.96	33.16	1850m:	20:21.64	33.03	2600m:	28:39.72	32.99
400m:	4:21.71	32.74	1150m:	12:37.97	33.01	1900m:	20:54.86	33.22	2650m:	29:12.99	33.27
450m:	4:54.85	33.14	1200m:	13:11.42	33.45	1950m:	21:28.27	33.41	2700m:	29:46.72	33.73
500m:	5:27.96	33.11	1250m:	13:44.54	33.12	2000m:	22:01.76	33.49	2750m:	30:20.04	33.32
550m:	6:00.97	33.01	1300m:	14:17.29	32.75	2050m:	22:35.20	33.44	2800m:	30:53.29	33.25
600m:	6:34.36	33.39	1350m:	14:50.18	32.89	2100m:	23:08.72	33.52	2850m:	31:26.51	33.22
650m:	7:07.42	33.06	1400m:	15:23.35	33.17	2150m:	23:42.23	33.51	2900m:	32:00.27	33.76
700m:	7:40.59	33.17	1450m:	15:56.61	33.26	2200m:	24:15.03	32.80	2950m:	32:32.96	32.69
750m:	8:14.01	33.42	1500m:	16:29.90	33.29	2250m:	24:48.17	33.14	3000m:	33:04.91	31.95
6. VENDRELL GARCIA, Jose			03	C.N. Lleida			<b>33:13.46</b>	16,00			
50m:	29.82	29.82	800m:	8:34.97	32.93	1550m:	16:52.57	33.66	2300m:	25:20.47	34.28
100m:	1:00.93	31.11	850m:	9:07.87	32.90	1600m:	17:26.38	33.81	2350m:	25:54.45	33.98
150m:	1:32.79	31.86	900m:	9:40.70	32.83	1650m:	17:59.71	33.33	2400m:	26:28.89	34.44
200m:	2:04.55	31.76	950m:	10:13.54	32.84	1700m:	18:33.36	33.65	2450m:	27:02.94	34.05
250m:	2:36.58	32.03	1000m:	10:46.54	33.00	1750m:	19:06.48	33.12	2500m:	27:36.86	33.92
300m:	3:08.56	31.98	1050m:	11:19.29	32.75	1800m:	19:40.68	34.20	2550m:	28:10.97	34.11
350m:	3:40.72	32.16	1100m:	11:52.54	33.25	1850m:	20:13.90	33.22	2600m:	28:45.13	34.16
400m:	4:12.91	32.19	1150m:	12:25.34	32.80	1900m:	20:48.25	34.35	2650m:	29:19.48	34.35
450m:	4:45.46	32.55	1200m:	12:58.39	33.05	1950m:	21:22.34	34.09	2700m:	29:53.64	34.16
500m:	5:18.47	33.01	1250m:	13:31.29	32.90	2000m:	21:56.26	33.92	2750m:	30:27.89	34.25
550m:	5:50.72	32.25	1300m:	14:04.70	33.41	2050m:	22:29.97	33.71	2800m:	31:02.45	34.56
600m:	6:23.81	33.09	1350m:	14:38.27	33.57	2100m:	23:03.48	33.51	2850m:	31:35.86	33.41
650m:	6:56.17	32.36	1400m:	15:11.52	33.25	2150m:	23:37.06	33.58	2900m:	32:09.46	33.60
700m:	7:29.30	33.13	1450m:	15:45.78	34.26	2200m:	24:11.63	34.57	2950m:	32:41.97	32.51
750m:	8:02.04	32.74	1500m:	16:18.91	33.13	2250m:	24:46.19	34.56	3000m:	33:13.46	31.49
7. MARTÍNEZ MAREMA, Pol			04	C.N. Mataró			<b>33:32.05</b>	14,00			
50m:	31.38	31.38	800m:	8:48.19	33.20	1550m:	17:13.88	34.08	2300m:	25:39.80	33.44
100m:	1:03.42	32.04	850m:	9:22.04	33.85	1600m:	17:47.86	33.98	2350m:	26:13.61	33.81
150m:	1:36.03	32.61	900m:	9:56.12	34.08	1650m:	18:21.37	33.51	2400m:	26:47.73	34.12
200m:	2:08.58	32.55	950m:	10:29.51	33.39	1700m:	18:54.73	33.36	2450m:	27:21.95	34.22
250m:	2:41.38	32.80	1000m:	11:03.36	33.85	1750m:	19:28.34	33.61	2500m:	27:55.26	33.31
300m:	3:14.10	32.72	1050m:	11:36.99	33.63	1800m:	20:02.41	34.07	2550m:	28:28.78	33.52
350m:	3:46.85	32.75	1100m:	12:11.01	34.02	1850m:	20:36.26	33.85	2600m:	29:03.28	34.50
400m:	4:20.35	33.50	1150m:	12:44.59	33.58	1900m:	21:09.72	33.46	2650m:	29:37.61	34.33
450m:	4:53.89	33.54	1200m:	13:18.33	33.74	1950m:	21:43.38	33.66	2700m:	30:11.30	33.69
500m:	5:27.56	33.67	1250m:	13:51.95	33.62	2000m:	22:17.31	33.93	2750m:	30:45.00	33.70
550m:	6:01.53	33.97	1300m:	14:25.70	33.75	2050m:	22:51.08	33.77	2800m:	31:18.34	33.34
600m:	6:35.59	34.06	1350m:	14:59.53	33.83	2100m:	23:25.20	34.12	2850m:	31:52.09	33.75
650m:	7:09.25	33.66	1400m:	15:32.89	33.36	2150m:	23:58.78	33.58	2900m:	32:25.85	33.76
700m:	7:42.54	33.29	1450m:	16:06.26	33.37	2200m:	24:32.61	33.83	2950m:	32:59.72	33.87
750m:	8:14.99	32.45	1500m:	16:39.80	33.54	2250m:	25:06.36	33.75	3000m:	33:32.05	32.33

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY		Temps	
<b>8. BLANES FRIGOLA, Aleix</b>	<b>04</b>	<b>C.E. Àgora</b>	<b>33:43.10</b>	<b>13,00</b>
50m: 31.98 31.98	800m: 8:56.21 33.69	1550m: 17:24.18 33.98	2300m: 25:54.35 33.94	
100m: 1:04.43 32.45	850m: 9:29.75 33.54	1600m: 17:57.85 33.67	2350m: 26:28.17 33.82	
150m: 1:37.85 33.42	900m: 10:03.56 33.81	1650m: 18:32.05 34.20	2400m: 27:01.99 33.82	
200m: 2:11.13 33.28	950m: 10:37.25 33.69	1700m: 19:05.99 33.94	2450m: 27:35.85 33.86	
250m: 2:45.02 33.89	1000m: 11:11.15 33.90	1750m: 19:39.83 33.84	2500m: 28:09.75 33.90	
300m: 3:18.93 33.91	1050m: 11:45.12 33.97	1800m: 20:13.89 34.06	2550m: 28:43.35 33.60	
350m: 3:53.10 34.17	1100m: 12:19.08 33.96	1850m: 20:48.02 34.13	2600m: 29:17.09 33.74	
400m: 4:27.37 34.27	1150m: 12:52.75 33.67	1900m: 21:22.06 34.04	2650m: 29:51.03 33.94	
450m: 5:01.05 33.68	1200m: 13:26.83 34.08	1950m: 21:56.40 34.34	2700m: 30:24.72 33.69	
500m: 5:34.38 33.33	1250m: 14:01.04 34.21	2000m: 22:30.83 34.43	2750m: 30:58.54 33.82	
550m: 6:08.12 33.74	1300m: 14:34.62 33.58	2050m: 23:05.39 34.56	2800m: 31:31.97 33.43	
600m: 6:41.87 33.75	1350m: 15:08.90 34.28	2100m: 23:38.48 33.09	2850m: 32:05.63 33.66	
650m: 7:15.50 33.63	1400m: 15:42.87 33.97	2150m: 24:12.85 34.37	2900m: 32:39.11 33.48	
700m: 7:48.96 33.46	1450m: 16:16.37 33.50	2200m: 24:46.48 33.63	2950m: 33:12.59 33.48	
750m: 8:22.52 33.56	1500m: 16:50.20 33.83	2250m: 25:20.41 33.93	3000m: 33:43.10 30.51	
<b>9. LAZARO ORTEGA, Guillem</b>	<b>00</b>	<b>C.N. Terrassa</b>	<b>33:47.23</b>	<b>13,00</b>
50m: 31.39 31.39	800m: 8:48.43 33.35	1550m: 17:19.29 34.48	2300m: 25:54.64 33.87	
100m: 1:03.95 32.56	850m: 9:21.86 33.43	1600m: 17:53.75 34.46	2350m: 26:28.38 33.74	
150m: 1:36.86 32.91	900m: 9:55.62 33.76	1650m: 18:27.87 34.12	2400m: 27:02.00 33.62	
200m: 2:09.82 32.96	950m: 10:29.43 33.81	1700m: 19:02.61 34.74	2450m: 27:36.00 34.00	
250m: 2:42.85 33.03	1000m: 11:03.42 33.99	1750m: 19:36.84 34.23	2500m: 28:09.91 33.91	
300m: 3:15.97 33.12	1050m: 11:37.06 33.64	1800m: 20:11.28 34.44	2550m: 28:43.85 33.94	
350m: 3:49.09 33.12	1100m: 12:11.11 34.05	1850m: 20:45.94 34.66	2600m: 29:18.32 34.47	
400m: 4:22.45 33.36	1150m: 12:45.11 34.00	1900m: 21:20.32 34.38	2650m: 29:52.58 34.26	
450m: 4:55.73 33.28	1200m: 13:19.30 34.19	1950m: 21:54.94 34.62	2700m: 30:25.89 33.31	
500m: 5:28.96 33.23	1250m: 13:53.31 34.01	2000m: 22:29.50 34.56	2750m: 31:00.26 34.37	
550m: 6:02.14 33.18	1300m: 14:27.49 34.18	2050m: 23:03.79 34.29	2800m: 31:33.91 33.65	
600m: 6:35.24 33.10	1350m: 15:01.90 34.41	2100m: 23:38.13 34.34	2850m: 32:07.93 34.02	
650m: 7:08.51 33.27	1400m: 15:36.33 34.43	2150m: 24:12.26 34.13	2900m: 32:41.09 33.16	
700m: 7:41.97 33.46	1450m: 16:10.59 34.26	2200m: 24:46.51 34.25	2950m: 33:14.79 33.70	
750m: 8:15.08 33.11	1500m: 16:44.81 34.22	2250m: 25:20.77 34.26	3000m: 33:47.23 32.44	
<b>10. PEREZ PUJOL, Oriol</b>	<b>05</b>	<b>C.N. Terrassa</b>	<b>33:57.40</b>	<b>16,00</b>
50m: 31.15 31.15	800m: 8:51.79 33.55	1550m: 17:20.51 34.33	2300m: 25:56.19 34.51	
100m: 1:02.56 31.41	850m: 9:25.68 33.89	1600m: 17:54.56 34.05	2350m: 26:30.62 34.43	
150m: 1:35.40 32.84	900m: 9:59.39 33.71	1650m: 18:28.80 34.24	2400m: 27:05.25 34.63	
200m: 2:08.50 33.10	950m: 10:33.37 33.98	1700m: 19:02.89 34.09	2450m: 27:39.96 34.71	
250m: 2:41.57 33.07	1000m: 11:07.16 33.79	1750m: 19:36.99 34.10	2500m: 28:14.29 34.33	
300m: 3:14.82 33.25	1050m: 11:40.98 33.82	1800m: 20:11.34 34.35	2550m: 28:48.55 34.26	
350m: 3:48.39 33.57	1100m: 12:14.88 33.90	1850m: 20:45.73 34.39	2600m: 29:23.04 34.49	
400m: 4:22.09 33.70	1150m: 12:48.91 34.03	1900m: 21:20.11 34.38	2650m: 29:57.67 34.63	
450m: 4:55.26 33.17	1200m: 13:23.12 34.21	1950m: 21:54.74 34.63	2700m: 30:32.14 34.47	
500m: 5:29.34 34.08	1250m: 13:56.82 33.70	2000m: 22:29.38 34.64	2750m: 31:06.76 34.62	
550m: 6:02.76 33.42	1300m: 14:30.33 33.51	2050m: 23:03.47 34.09	2800m: 31:41.34 34.58	
600m: 6:36.63 33.87	1350m: 15:04.24 33.91	2100m: 23:38.00 34.53	2850m: 32:16.08 34.74	
650m: 7:10.43 33.80	1400m: 15:38.23 33.99	2150m: 24:12.68 34.68	2900m: 32:50.71 34.63	
700m: 7:44.15 33.72	1450m: 16:12.28 34.05	2200m: 24:47.11 34.43	2950m: 33:25.09 34.38	
750m: 8:18.24 34.09	1500m: 16:46.18 33.90	2250m: 25:21.68 34.57	3000m: 33:57.40 32.31	
<b>11. REYES VALENZUELA, Abel</b>	<b>03</b>	<b>C.N. Mataró</b>	<b>33:58.94</b>	<b>12,00</b>
50m: 30.92 30.92	800m: 8:52.63 33.86	1550m: 17:26.49 33.86	2300m: 26:01.77 34.34	
100m: 1:03.17 32.25	850m: 9:26.59 33.96	1600m: 18:00.88 34.39	2350m: 26:36.32 34.55	
150m: 1:36.03 32.86	900m: 10:00.43 33.84	1650m: 18:35.36 34.48	2400m: 27:10.72 34.40	
200m: 2:09.45 33.42	950m: 10:34.44 34.01	1700m: 19:09.56 34.20	2450m: 27:45.02 34.30	
250m: 2:42.59 33.14	1000m: 11:08.54 34.10	1750m: 19:43.65 34.09	2500m: 28:19.58 34.56	
300m: 3:16.16 33.57	1050m: 11:42.79 34.25	1800m: 20:18.32 34.67	2550m: 28:53.73 34.15	
350m: 3:49.87 33.71	1100m: 12:16.79 34.00	1850m: 20:52.77 34.45	2600m: 29:27.88 34.15	
400m: 4:23.45 33.58	1150m: 12:50.98 34.19	1900m: 21:27.04 34.27	2650m: 30:02.30 34.42	
450m: 4:57.22 33.77	1200m: 13:25.39 34.41	1950m: 22:01.44 34.40	2700m: 30:36.76 34.46	
500m: 5:30.81 33.59	1250m: 13:59.88 34.49	2000m: 22:35.75 34.31	2750m: 31:11.30 34.54	
550m: 6:04.23 33.42	1300m: 14:34.46 34.58	2050m: 23:09.77 34.02	2800m: 31:45.64 34.34	
600m: 6:37.86 33.63	1350m: 15:08.79 34.33	2100m: 23:44.38 34.61	2850m: 32:20.22 34.58	
650m: 7:11.47 33.61	1400m: 15:43.44 34.65	2150m: 24:18.91 34.53	2900m: 32:54.07 33.85	
700m: 7:44.98 33.51	1450m: 16:18.07 34.63	2200m: 24:53.23 34.32	2950m: 33:28.82 34.75	
750m: 8:18.77 33.79	1500m: 16:52.63 34.56	2250m: 25:27.43 34.20	3000m: 33:58.94 30.12	



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Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY		Temps	
12. RUIZ JIMENEZ, Joan	05	C.N. Terrassa	<b>33:59.26</b>	14,00
50m:	31.79	31.79	800m:	8:57.63
100m:	1:03.72	31.93	850m:	9:31.79
150m:	1:36.76	33.04	900m:	10:06.38
200m:	2:10.41	33.65	950m:	10:40.55
250m:	2:43.96	33.55	1000m:	11:14.84
300m:	3:17.94	33.98	1050m:	11:48.99
350m:	3:51.58	33.64	1100m:	12:23.37
400m:	4:25.58	34.00	1150m:	12:57.64
450m:	4:59.53	33.95	1200m:	13:31.96
500m:	5:33.14	33.61	1250m:	14:06.39
550m:	6:07.08	33.94	1300m:	14:40.75
600m:	6:41.52	34.44	1350m:	15:15.33
650m:	7:15.87	34.35	1400m:	15:49.42
700m:	7:49.72	33.85	1450m:	16:23.55
750m:	8:23.26	33.54	1500m:	16:58.15
13. JIMÉNEZ RÍSQUEZ, Alex	06	C.N. Caldes	<b>34:00.01</b>	13,00
50m:	31.91	31.91	800m:	8:48.70
100m:	1:03.72	31.81	850m:	9:22.20
150m:	1:36.63	32.91	900m:	9:55.68
200m:	2:09.92	33.29	950m:	10:29.88
250m:	2:42.86	32.94	1000m:	11:03.68
300m:	3:15.91	33.05	1050m:	11:37.13
350m:	3:48.76	32.85	1100m:	12:10.59
400m:	4:21.74	32.98	1150m:	12:44.47
450m:	4:54.83	33.09	1200m:	13:18.12
500m:	5:28.22	33.39	1250m:	13:52.04
550m:	6:01.49	33.27	1300m:	14:26.08
600m:	6:34.76	33.27	1350m:	15:00.30
650m:	7:08.13	33.37	1400m:	15:34.90
700m:	7:41.55	33.42	1450m:	16:09.24
750m:	8:14.91	33.36	1500m:	16:43.74
14. POU FERNANDEZ, Marc	01	C.N. Mataró	<b>34:07.37</b>	12,00
50m:	31.48	31.48	800m:	8:50.63
100m:	1:03.35	31.87	850m:	9:24.17
150m:	1:36.03	32.68	900m:	9:57.95
200m:	2:09.21	33.18	950m:	10:31.52
250m:	2:42.40	33.19	1000m:	11:05.14
300m:	3:15.78	33.38	1050m:	11:38.80
350m:	3:49.11	33.33	1100m:	12:12.55
400m:	4:22.57	33.46	1150m:	12:46.40
450m:	4:56.30	33.73	1200m:	13:20.43
500m:	5:29.92	33.62	1250m:	13:54.29
550m:	6:03.52	33.60	1300m:	14:28.34
600m:	6:36.66	33.14	1350m:	15:02.77
650m:	7:10.00	33.34	1400m:	15:37.25
700m:	7:43.59	33.59	1450m:	16:12.22
750m:	8:17.32	33.73	1500m:	16:46.92
15. MASCHIO GASTELAARS, Dante	95	C.N. Atl Barceloneta	<b>34:11.48</b>	11,00
50m:	31.83	31.83	800m:	9:03.51
100m:	1:05.36	33.53	850m:	9:37.72
150m:	1:39.56	34.20	900m:	10:11.92
200m:	2:14.13	34.57	950m:	10:46.09
250m:	2:48.58	34.45	1000m:	11:20.26
300m:	3:22.74	34.16	1050m:	11:54.67
350m:	3:57.16	34.42	1100m:	12:28.98
400m:	4:31.19	34.03	1150m:	13:03.28
450m:	5:05.11	33.92	1200m:	13:37.52
500m:	5:39.33	34.22	1250m:	14:12.02
550m:	6:13.30	33.97	1300m:	14:46.10
600m:	6:47.13	33.83	1350m:	15:19.92
650m:	7:21.20	34.07	1400m:	15:53.93
700m:	7:55.41	34.21	1450m:	16:27.89
750m:	8:29.46	34.05	1500m:	17:01.96



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Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació

ANY

Temps

<b>16. ELIES VAZQUEZ, Pau</b>	<b>03</b>	<b>C.N. Atl Barceloneta</b>	<b>34:16.54</b>	<b>11,00</b>
50m: 32.82 32.82	800m: 8:58.27	33.82	1550m: 17:28.02	34.25
100m: 1:06.43 33.61	850m: 9:32.02	33.75	1600m: 18:02.21	34.19
150m: 1:40.10 33.67	900m: 10:05.90	33.88	1650m: 18:36.78	34.57
200m: 2:13.62 33.52	950m: 10:39.69	33.79	1700m: 19:11.34	34.56
250m: 2:47.40 33.78	1000m: 11:13.72	34.03	1750m: 19:46.10	34.76
300m: 3:20.81 33.41	1050m: 11:47.62	33.90	1800m: 20:20.44	34.34
350m: 3:54.10 33.29	1100m: 12:21.70	34.08	1850m: 20:55.44	35.00
400m: 4:27.64 33.54	1150m: 12:55.67	33.97	1900m: 21:29.94	34.50
450m: 5:01.16 33.52	1200m: 13:29.07	33.40	1950m: 22:04.53	34.59
500m: 5:35.26 34.10	1250m: 14:03.35	34.28	2000m: 22:39.34	34.81
550m: 6:09.12 33.86	1300m: 14:36.92	33.57	2050m: 23:14.41	35.07
600m: 6:43.15 34.03	1350m: 15:11.01	34.09	2100m: 23:49.45	35.04
650m: 7:16.99 33.84	1400m: 15:45.04	34.03	2150m: 24:24.60	35.15
700m: 7:50.57 33.58	1450m: 16:19.34	34.30	2200m: 24:59.62	35.02
750m: 8:24.45 33.88	1500m: 16:53.77	34.43	2250m: 25:34.82	35.20
			2300m: 26:09.87	35.05
			2350m: 26:44.69	34.82
			2400m: 27:19.30	34.61
			2450m: 27:54.29	34.99
			2500m: 28:29.05	34.76
			2550m: 29:03.50	34.45
			2600m: 29:38.47	34.97
			2650m: 30:13.72	35.25
			2700m: 30:48.48	34.76
			2750m: 31:23.72	35.24
			2800m: 31:58.43	34.71
			2850m: 32:33.51	35.08
			2900m: 33:08.68	35.17
			2950m: 33:43.57	34.89
			3000m: 34:16.54	32.97
<b>17. POMBO LOPEZ, Sergio</b>	<b>91</b>	<b>C.N. Atl Barceloneta</b>	<b>34:19.57</b>	<b>10,00</b>
50m: 33.76 33.76	800m: 9:00.52	33.85	1550m: 17:33.81	34.89
100m: 1:07.41 33.65	850m: 9:34.30	33.78	1600m: 18:08.27	34.46
150m: 1:41.17 33.76	900m: 10:08.11	33.81	1650m: 18:42.90	34.63
200m: 2:15.39 34.22	950m: 10:42.30	34.19	1700m: 19:17.35	34.45
250m: 2:49.44 34.05	1000m: 11:16.52	34.22	1750m: 19:51.91	34.56
300m: 3:23.27 33.83	1050m: 11:50.75	34.23	1800m: 20:26.67	34.76
350m: 3:57.05 33.78	1100m: 12:24.85	34.10	1850m: 21:01.61	34.94
400m: 4:30.84 33.79	1150m: 12:58.82	33.97	1900m: 21:36.25	34.64
450m: 5:04.40 33.56	1200m: 13:33.25	34.43	1950m: 22:10.89	34.64
500m: 5:38.03 33.63	1250m: 14:07.27	34.02	2000m: 22:45.41	34.52
550m: 6:11.68 33.65	1300m: 14:41.39	34.12	2050m: 23:20.14	34.73
600m: 6:45.55 33.87	1350m: 15:15.68	34.29	2100m: 23:54.90	34.76
650m: 7:19.16 33.61	1400m: 15:50.00	34.32	2150m: 24:29.98	35.08
700m: 7:53.01 33.85	1450m: 16:24.55	34.55	2200m: 25:04.86	34.88
750m: 8:26.67 33.66	1500m: 16:58.92	34.37	2250m: 25:39.56	34.70
			2300m: 26:14.58	35.02
			2350m: 26:49.55	34.97
			2400m: 27:24.75	35.20
			2450m: 27:59.66	34.91
			2500m: 28:34.48	34.82
			2550m: 29:09.53	35.05
			2600m: 29:44.73	35.20
			2650m: 30:19.35	34.62
			2700m: 30:54.43	35.08
			2750m: 31:29.18	34.75
			2800m: 32:04.04	34.86
			2850m: 32:38.80	34.76
			2900m: 33:13.64	34.84
			2950m: 33:46.28	32.64
			3000m: 34:19.57	33.29
<b>18. SALVATELLA ESTANY, Pau</b>	<b>03</b>	<b>C.N. Barcelona</b>	<b>34:27.40</b>	<b>10,00</b>
50m: 32.95 32.95	800m: 9:06.89	34.32	1550m: 17:41.02	34.47
100m: 1:06.74 33.79	850m: 9:41.21	34.32	1600m: 18:15.36	34.34
150m: 1:40.81 34.07	900m: 10:15.49	34.28	1650m: 18:49.54	34.18
200m: 2:14.94 34.13	950m: 10:50.03	34.54	1700m: 19:23.94	34.40
250m: 2:49.03 34.09	1000m: 11:24.22	34.19	1750m: 19:58.26	34.32
300m: 3:23.27 34.24	1050m: 11:58.48	34.26	1800m: 20:32.85	34.59
350m: 3:57.65 34.38	1100m: 12:32.70	34.22	1850m: 21:07.51	34.66
400m: 4:32.35 34.70	1150m: 13:06.86	34.16	1900m: 21:42.41	34.90
450m: 5:06.71 34.36	1200m: 13:40.80	33.94	1950m: 22:17.03	34.62
500m: 5:40.99 34.28	1250m: 14:14.92	34.12	2000m: 22:51.94	34.91
550m: 6:15.55 34.56	1300m: 14:49.35	34.43	2050m: 23:26.92	34.98
600m: 6:49.71 34.16	1350m: 15:23.56	34.21	2100m: 24:01.55	34.63
650m: 7:23.95 34.24	1400m: 15:57.76	34.20	2150m: 24:36.34	34.79
700m: 7:58.26 34.31	1450m: 16:32.07	34.31	2200m: 25:11.23	34.89
750m: 8:32.57 34.31	1500m: 17:06.55	34.48	2250m: 25:45.97	34.74
			2300m: 26:20.89	34.92
			2350m: 26:55.92	35.03
			2400m: 27:30.84	34.92
			2450m: 28:05.40	34.56
			2500m: 28:40.33	34.93
			2550m: 29:15.34	35.01
			2600m: 29:50.28	34.94
			2650m: 30:25.40	35.12
			2700m: 31:00.15	34.75
			2750m: 31:35.22	35.07
			2800m: 32:10.23	35.01
			2850m: 32:45.18	34.95
			2900m: 33:20.04	34.86
			2950m: 33:54.51	34.47
			3000m: 34:27.40	32.89
<b>19. MATARÓ CHANTRERO, Roger</b>	<b>04</b>	<b>C.N. Granollers</b>	<b>34:27.60</b>	<b>9,00</b>
50m: 33.06 33.06	800m: 9:11.25	35.26	1550m: 17:42.93	33.82
100m: 1:06.29 33.23	850m: 9:45.72	34.47	1600m: 18:17.17	34.24
150m: 1:40.14 33.85	900m: 10:19.58	33.86	1650m: 18:51.21	34.04
200m: 2:14.06 33.92	950m: 10:53.64	34.06	1700m: 19:25.38	34.17
250m: 2:48.28 34.22	1000m: 11:27.67	34.03	1750m: 20:00.09	34.71
300m: 3:22.80 34.52	1050m: 12:01.65	33.98	1800m: 20:34.81	34.72
350m: 3:56.92 34.12	1100m: 12:35.65	34.00	1850m: 21:09.51	34.70
400m: 4:31.47 34.55	1150m: 13:09.42	33.77	1900m: 21:44.26	34.75
450m: 5:06.03 34.56	1200m: 13:43.69	34.27	1950m: 22:19.03	34.77
500m: 5:40.78 34.75	1250m: 14:17.91	34.22	2000m: 22:53.31	34.28
550m: 6:16.22 35.44	1300m: 14:51.96	34.05	2050m: 23:27.64	34.33
600m: 6:51.02 34.80	1350m: 15:26.30	34.34	2100m: 24:01.97	34.33
650m: 7:26.05 35.03	1400m: 16:00.64	34.34	2150m: 24:36.58	34.61
700m: 8:01.14 35.09	1450m: 16:35.26	34.62	2200m: 25:11.50	34.92
750m: 8:35.99 34.85	1500m: 17:09.11	33.85	2250m: 25:46.17	34.67
			2300m: 26:20.88	34.71
			2350m: 26:55.56	34.68
			2400m: 27:29.92	34.36
			2450m: 28:05.07	35.15
			2500m: 28:40.32	35.25
			2550m: 29:15.17	34.85
			2600m: 29:50.31	35.14
			2650m: 30:25.32	35.01
			2700m: 31:00.15	34.83
			2750m: 31:35.02	34.87
			2800m: 32:09.71	34.69
			2850m: 32:43.19	33.48
			2900m: 33:18.30	35.11
			2950m: 33:53.57	35.27
			3000m: 34:27.60	34.03

Piscina 25 i crometratge Semi-automàtic



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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps	
<b>20. ROURA CLEMENTE, Gerard</b>	<b>01</b>	<b>GEIEG</b>									<b>34:28.89</b>	<b>9,00</b>
50m:	32.43	32.43	800m:	8:58.36	33.85	1550m:	17:37.49	34.74	2300m:	26:22.13	34.97	
100m:	1:05.06	32.63	850m:	9:32.52	34.16	1600m:	18:13.02	35.53	2350m:	26:57.15	35.02	
150m:	1:38.31	33.25	900m:	10:06.51	33.99	1650m:	18:47.79	34.77	2400m:	27:32.05	34.90	
200m:	2:11.69	33.38	950m:	10:41.10	34.59	1700m:	19:22.66	34.87	2450m:	28:07.45	35.40	
250m:	2:45.32	33.63	1000m:	11:15.01	33.91	1750m:	19:57.84	35.18	2500m:	28:42.50	35.05	
300m:	3:19.34	34.02	1050m:	11:49.64	34.63	1800m:	20:33.39	35.55	2550m:	29:17.40	34.90	
350m:	3:53.10	33.76	1100m:	12:24.27	34.63	1850m:	21:08.35	34.96	2600m:	29:52.28	34.88	
400m:	4:26.91	33.81	1150m:	12:58.54	34.27	1900m:	21:43.66	35.31	2650m:	30:27.25	34.97	
450m:	5:01.02	34.11	1200m:	13:33.15	34.61	1950m:	22:18.70	35.04	2700m:	31:02.56	35.31	
500m:	5:35.14	34.12	1250m:	14:08.01	34.86	2000m:	22:53.80	35.10	2750m:	31:37.61	35.05	
550m:	6:08.81	33.67	1300m:	14:42.94	34.93	2050m:	23:28.43	34.63	2800m:	32:13.28	35.67	
600m:	6:43.21	34.40	1350m:	15:17.74	34.80	2100m:	24:02.83	34.40	2850m:	32:48.56	35.28	
650m:	7:16.91	33.70	1400m:	15:52.79	35.05	2150m:	24:37.50	34.67	2900m:	33:22.93	34.37	
700m:	7:50.49	33.58	1450m:	16:27.73	34.94	2200m:	25:12.48	34.98	2950m:	33:56.52	33.59	
750m:	8:24.51	34.02	1500m:	17:02.75	35.02	2250m:	25:47.16	34.68	3000m:	34:28.89	32.37	
<b>21. CASALS MAS, Èric</b>	<b>06</b>	<b>C.N. Vic-Etb</b>									<b>34:40.79</b>	<b>12,00</b>
50m:	32.43	32.43	800m:	9:03.12	34.61	1550m:	17:42.67	35.09	2300m:	26:29.92	35.28	
100m:	1:05.52	33.09	850m:	9:37.57	34.45	1600m:	18:17.44	34.77	2350m:	27:05.33	35.41	
150m:	1:38.98	33.46	900m:	10:12.09	34.52	1650m:	18:52.68	35.24	2400m:	27:40.44	35.11	
200m:	2:12.27	33.29	950m:	10:46.89	34.80	1700m:	19:28.19	35.51	2450m:	28:15.75	35.31	
250m:	2:45.89	33.62	1000m:	11:21.20	34.31	1750m:	20:03.45	35.26	2500m:	28:51.13	35.38	
300m:	3:19.81	33.92	1050m:	11:56.03	34.83	1800m:	20:38.69	35.24	2550m:	29:26.06	34.93	
350m:	3:53.87	34.06	1100m:	12:30.50	34.47	1850m:	21:13.29	34.60	2600m:	30:01.18	35.12	
400m:	4:28.00	34.13	1150m:	13:05.00	34.50	1900m:	21:48.19	34.90	2650m:	30:36.68	35.50	
450m:	5:01.68	33.68	1200m:	13:39.73	34.73	1950m:	22:23.13	34.94	2700m:	31:11.81	35.13	
500m:	5:35.89	34.21	1250m:	14:14.37	34.64	2000m:	22:58.08	34.95	2750m:	31:47.30	35.49	
550m:	6:10.24	34.35	1300m:	14:49.08	34.71	2050m:	23:33.37	35.29	2800m:	32:22.89	35.59	
600m:	6:44.61	34.37	1350m:	15:23.85	34.77	2100m:	24:09.14	35.77	2850m:	32:58.35	35.46	
650m:	7:19.21	34.60	1400m:	15:58.69	34.84	2150m:	24:44.56	35.42	2900m:	33:33.67	35.32	
700m:	7:53.65	34.44	1450m:	16:33.26	34.57	2200m:	25:19.22	34.66	2950m:	34:08.12	34.45	
750m:	8:28.51	34.86	1500m:	17:07.58	34.32	2250m:	25:54.64	35.42	3000m:	34:40.79	32.67	
<b>22. MATAS VELASCO, Guillem</b>	<b>96</b>	<b>C.N. Granollers</b>									<b>34:45.37</b>	<b>8,00</b>
50m:	34.97	34.97	800m:	9:11.82	35.04	1550m:	17:53.94	33.90	2300m:	26:37.36	35.31	
100m:	1:08.25	33.28	850m:	9:46.11	34.29	1600m:	18:28.47	34.53	2350m:	27:12.02	34.66	
150m:	1:42.81	34.56	900m:	10:20.79	34.68	1650m:	19:02.93	34.46	2400m:	27:46.90	34.88	
200m:	2:17.25	34.44	950m:	10:56.00	35.21	1700m:	19:37.64	34.71	2450m:	28:21.52	34.62	
250m:	2:51.83	34.58	1000m:	11:30.87	34.87	1750m:	20:12.24	34.60	2500m:	28:56.64	35.12	
300m:	3:26.02	34.19	1050m:	12:05.93	35.06	1800m:	20:47.29	35.05	2550m:	29:32.04	35.40	
350m:	4:00.52	34.50	1100m:	12:40.74	34.81	1850m:	21:22.25	34.96	2600m:	30:07.54	35.50	
400m:	4:34.60	34.08	1150m:	13:15.55	34.81	1900m:	21:56.90	34.65	2650m:	30:42.48	34.94	
450m:	5:09.15	34.55	1200m:	13:50.38	34.83	1950m:	22:31.89	34.99	2700m:	31:17.66	35.18	
500m:	5:43.73	34.58	1250m:	14:25.21	34.83	2000m:	23:07.01	35.12	2750m:	31:53.05	35.39	
550m:	6:18.40	34.67	1300m:	14:59.95	34.74	2050m:	23:41.48	34.47	2800m:	32:28.63	35.58	
600m:	6:53.17	34.77	1350m:	15:34.83	34.88	2100m:	24:16.45	34.97	2850m:	33:03.41	34.78	
650m:	7:27.44	34.27	1400m:	16:10.12	35.29	2150m:	24:51.86	35.41	2900m:	33:37.98	34.57	
700m:	8:02.13	34.69	1450m:	16:45.02	34.90	2200m:	25:27.08	35.22	2950m:	34:12.22	34.24	
750m:	8:36.78	34.65	1500m:	17:20.04	35.02	2250m:	26:02.05	34.97	3000m:	34:45.37	33.15	
<b>23. MORA LOPEZ, Pol</b>	<b>06</b>	<b>N.C. Torelló</b>									<b>34:47.55</b>	<b>11,00</b>
50m:	32.69	32.69	800m:	9:00.45	34.39	1550m:	17:39.21	35.13	2300m:	26:29.96	35.24	
100m:	1:06.14	33.45	850m:	9:34.89	34.44	1600m:	18:14.59	35.38	2350m:	27:05.39	35.43	
150m:	1:39.89	33.75	900m:	10:09.24	34.35	1650m:	18:49.93	35.34	2400m:	27:40.63	35.24	
200m:	2:13.54	33.65	950m:	10:43.49	34.25	1700m:	19:24.84	34.91	2450m:	28:16.22	35.59	
250m:	2:47.15	33.61	1000m:	11:18.00	34.51	1750m:	19:59.67	34.83	2500m:	28:52.54	36.32	
300m:	3:21.03	33.88	1050m:	11:52.31	34.31	1800m:	20:35.36	35.69	2550m:	29:28.20	35.66	
350m:	3:54.43	33.40	1100m:	12:26.76	34.45	1850m:	21:10.86	35.50	2600m:	30:04.71	36.51	
400m:	4:27.92	33.49	1150m:	13:01.17	34.41	1900m:	21:46.33	35.47	2650m:	30:40.06	35.35	
450m:	5:01.56	33.64	1200m:	13:35.59	34.42	1950m:	22:21.83	35.50	2700m:	31:15.58	35.52	
500m:	5:35.46	33.90	1250m:	14:10.18	34.59	2000m:	22:57.19	35.36	2750m:	31:51.64	36.06	
550m:	6:09.33	33.87	1300m:	14:44.70	34.52	2050m:	23:32.54	35.35	2800m:	32:27.22	35.58	
600m:	6:43.34	34.01	1350m:	15:19.53	34.83	2100m:	24:08.61	36.07	2850m:	33:02.94	35.72	
650m:	7:17.59	34.25	1400m:	15:54.46	34.93	2150m:	24:44.43	35.82	2900m:	33:38.77	35.83	
700m:	7:51.86	34.27	1450m:	16:29.09	34.63	2200m:	25:19.70	35.27	2950m:	34:14.21	35.44	
750m:	8:26.06	34.20	1500m:	17:04.08	34.99	2250m:	25:54.72	35.02	3000m:	34:47.55	33.34	





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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps				
<b>24. CRESPO BELTRAN, Xabier</b>	<b>05 C.N. Reus Ploms</b>										<b>34:57.07</b>	<b>10,00</b>			
50m: 33.18	33.18	800m: 9:12.34	34.87	1550m: 17:51.77	34.41	2300m: 26:41.38	35.83	100m: 1:07.59	34.41	850m: 9:46.29	33.95	1600m: 18:26.53	34.76	2350m: 27:16.87	35.49
150m: 1:42.78	35.19	900m: 10:20.85	34.56	1650m: 19:01.95	35.42	2400m: 27:52.44	35.57	200m: 2:17.52	34.74	950m: 10:55.50	34.65	1700m: 19:37.03	35.08	2450m: 28:27.49	35.05
250m: 2:51.95	34.43	1000m: 11:30.23	34.73	1750m: 20:11.77	34.74	2500m: 29:03.32	35.83	300m: 3:26.43	34.48	1050m: 12:04.68	34.45	1800m: 20:47.18	35.41	2550m: 29:38.50	35.18
350m: 4:00.97	34.54	1100m: 12:39.55	34.87	1850m: 21:22.32	35.14	2600m: 30:14.27	35.77	400m: 4:35.35	34.38	1150m: 13:14.50	34.95	1900m: 21:58.08	35.76	2650m: 30:49.62	35.35
450m: 5:09.64	34.29	1200m: 13:49.19	34.69	1950m: 22:33.49	35.41	2700m: 31:25.19	35.57	500m: 5:44.27	34.63	1250m: 14:23.99	34.80	2000m: 23:08.51	35.02	2750m: 32:00.47	35.28
550m: 6:18.96	34.69	1300m: 14:58.80	34.81	2050m: 23:43.55	35.04	2800m: 32:36.45	35.98	600m: 6:53.24	34.28	1350m: 15:33.36	34.56	2100m: 24:19.62	36.07	2850m: 33:11.83	35.38
650m: 7:28.32	35.08	1400m: 16:07.64	34.28	2150m: 24:54.99	35.37	2900m: 33:47.45	35.62	700m: 8:03.28	34.96	1450m: 16:42.38	34.74	2200m: 25:29.92	34.93	2950m: 34:22.84	35.39
750m: 8:37.47	34.19	1500m: 17:17.36	34.98	2250m: 26:05.55	35.63	3000m: 34:57.07	34.23								
<b>25. LAGOS PAU, Aitor</b>	<b>95 C.N. L'hospitalet</b>										<b>34:57.50</b>	<b>7,00</b>			
50m: 31.88	31.88	800m: 9:02.30	34.65	1550m: 17:46.78	34.92	2300m: 26:41.25	35.25	100m: 1:04.44	32.56	850m: 9:37.22	34.92	1600m: 18:21.99	35.21	2350m: 27:16.85	35.60
150m: 1:37.29	32.85	900m: 10:12.45	35.23	1650m: 18:57.76	35.77	2400m: 27:52.70	35.85	200m: 2:10.92	33.63	950m: 10:47.19	34.74	1700m: 19:33.55	35.79	2450m: 28:28.54	35.84
250m: 2:44.24	33.32	1000m: 11:22.26	35.07	1750m: 20:09.39	35.84	2500m: 29:04.06	35.52	300m: 3:17.98	33.74	1050m: 11:56.56	34.30	1800m: 20:45.25	35.86	2550m: 29:39.48	35.42
350m: 3:52.04	34.06	1100m: 12:31.28	34.72	1850m: 21:20.81	35.56	2600m: 30:14.60	35.12	400m: 4:25.61	33.57	1150m: 13:05.72	34.44	1900m: 21:56.59	35.78	2650m: 30:50.08	35.48
450m: 4:59.80	34.19	1200m: 13:40.89	35.17	1950m: 22:32.28	35.69	2700m: 31:25.87	35.79	500m: 5:34.02	34.22	1250m: 14:16.18	35.29	2000m: 23:08.06	35.78	2750m: 32:01.59	35.72
550m: 6:08.34	34.32	1300m: 14:51.47	35.29	2050m: 23:43.68	35.62	2800m: 32:37.45	35.86	600m: 6:42.95	34.61	1350m: 15:26.68	35.21	2100m: 24:19.05	35.37	2850m: 33:13.29	35.84
650m: 7:17.82	34.87	1400m: 16:01.84	35.16	2150m: 24:54.35	35.30	2900m: 33:48.66	35.37	700m: 7:52.85	35.03	1450m: 16:36.86	35.02	2200m: 25:30.04	35.69	2950m: 34:23.71	35.05
750m: 8:27.65	34.80	1500m: 17:11.86	35.00	2250m: 26:06.00	35.96	3000m: 34:57.50	33.79								
<b>26. GOMEZ MARTINEZ, Sergi</b>	<b>03 C.N. Premià</b>										<b>35:12.15</b>	<b>8,00</b>			
50m: 32.56	32.56	800m: 9:07.46	34.91	1550m: 17:54.66	35.12	2300m: 26:50.04	36.00	100m: 1:05.96	33.40	850m: 9:41.99	34.53	1600m: 18:29.02	34.36	2350m: 27:26.09	36.05
150m: 1:39.21	33.25	900m: 10:16.69	34.70	1650m: 19:04.25	35.23	2400m: 28:01.85	35.76	200m: 2:13.64	34.43	950m: 10:51.37	34.68	1700m: 19:40.60	36.35	2450m: 28:37.61	35.76
250m: 2:48.22	34.58	1000m: 11:25.87	34.50	1750m: 20:16.72	36.12	2500m: 29:13.41	35.80	300m: 3:22.50	34.28	1050m: 12:00.38	34.51	1800m: 20:52.35	35.63	2550m: 29:48.86	35.45
350m: 3:56.73	34.23	1100m: 12:34.91	34.53	1850m: 21:27.74	35.39	2600m: 30:24.36	35.50	400m: 4:31.18	34.45	1150m: 13:09.85	34.94	1900m: 22:03.53	35.79	2650m: 31:00.42	36.06
450m: 5:05.68	34.50	1200m: 13:44.63	34.78	1950m: 22:39.14	35.61	2700m: 31:35.92	35.50	500m: 5:39.94	34.26	1250m: 14:20.19	35.56	2000m: 23:15.10	35.96	2750m: 32:11.88	35.96
550m: 6:13.59	33.65	1300m: 14:55.15	34.96	2050m: 23:50.90	35.80	2800m: 32:47.87	35.99	600m: 6:48.14	34.55	1350m: 15:31.31	36.16	2100m: 24:26.24	35.34	2850m: 33:24.31	36.44
650m: 7:22.84	34.70	1400m: 16:07.36	36.05	2150m: 25:02.00	35.76	2900m: 34:00.15	35.84	700m: 7:57.74	34.90	1450m: 16:43.44	36.08	2200m: 25:38.04	36.04	2950m: 34:36.19	36.04
750m: 8:32.55	34.81	1500m: 17:19.54	36.10	2250m: 26:14.04	36.00	3000m: 35:12.15	35.96								
<b>27. BUSTOS FERNANDEZ, Aitor</b>	<b>04 C.N. Igualada</b>										<b>35:16.05</b>	<b>7,00</b>			
50m: 32.31	32.31	800m: 9:10.18	34.86	1550m: 17:59.83	35.57	2300m: 26:58.51	35.97	100m: 1:06.03	33.72	850m: 9:45.21	35.03	1600m: 18:35.81	35.98	2350m: 27:34.59	36.08
150m: 1:40.12	34.09	900m: 10:20.22	35.01	1650m: 19:11.67	35.86	2400m: 28:10.98	36.39	200m: 2:14.58	34.46	950m: 10:55.30	35.08	1700m: 19:47.34	35.67	2450m: 28:47.04	36.06
250m: 2:49.24	34.66	1000m: 11:30.45	35.15	1750m: 20:23.12	35.78	2500m: 29:22.94	35.90	300m: 3:23.60	34.36	1050m: 12:05.97	35.52	1800m: 20:59.04	35.92	2550m: 29:58.65	35.71
350m: 3:58.27	34.67	1100m: 12:41.20	35.23	1850m: 21:34.95	35.91	2600m: 30:34.69	36.04	400m: 4:32.77	34.50	1150m: 13:16.95	35.75	1900m: 22:10.78	35.83	2650m: 31:10.82	36.13
450m: 5:07.58	34.81	1200m: 13:52.16	35.21	1950m: 22:46.58	35.80	2700m: 31:46.78	35.96	500m: 5:42.08	34.50	1250m: 14:27.31	35.15	2000m: 23:22.07	35.49	2750m: 32:22.90	36.12
550m: 6:16.57	34.49	1300m: 15:02.57	35.26	2050m: 23:57.83	35.76	2800m: 32:59.19	36.29	600m: 6:51.27	34.70	1350m: 15:37.90	35.33	2100m: 24:34.10	36.27	2850m: 33:34.19	35.00
650m: 7:25.86	34.59	1400m: 16:13.54	35.64	2150m: 25:10.17	36.07	2900m: 34:08.23	34.04	700m: 8:00.57	34.71	1450m: 16:48.94	35.40	2200m: 25:46.27	36.10	2950m: 34:42.26	34.03
750m: 8:35.32	34.75	1500m: 17:24.26	35.32	2250m: 26:22.54	36.27	3000m: 35:16.05	33.79								



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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY		Temps				
<b>28. TEIXIDÓ JOVÉ, Aleix</b>	<b>06</b>	<b>C.E. Inef Lleida</b>	<b>35:19.13</b>	<b>9,00</b>			
50m: 31.92	31.92	800m: 9:02.84	34.70	1550m: 17:47.47	34.95	2300m: 26:51.55	36.48
100m: 1:04.48	32.56	850m: 9:37.33	34.49	1600m: 18:23.06	35.59	2350m: 27:28.47	36.92
150m: 1:37.56	33.08	900m: 10:12.49	35.16	1650m: 18:59.25	36.19	2400m: 28:04.97	36.50
200m: 2:11.35	33.79	950m: 10:47.03	34.54	1700m: 19:35.41	36.16	2450m: 28:41.64	36.67
250m: 2:45.40	34.05	1000m: 11:21.66	34.63	1750m: 20:11.91	36.50	2500m: 29:17.79	36.15
300m: 3:19.71	34.31	1050m: 11:56.36	34.70	1800m: 20:47.75	35.84	2550m: 29:54.09	36.30
350m: 3:53.84	34.13	1100m: 12:31.18	34.82	1850m: 21:23.54	35.79	2600m: 30:30.64	36.55
400m: 4:27.82	33.98	1150m: 13:05.69	34.51	1900m: 21:59.63	36.09	2650m: 31:07.43	36.79
450m: 5:01.94	34.12	1200m: 13:40.78	35.09	1950m: 22:36.26	36.63	2700m: 31:43.50	36.07
500m: 5:35.77	33.83	1250m: 14:16.17	35.39	2000m: 23:12.76	36.50	2750m: 32:19.94	36.44
550m: 6:09.90	34.13	1300m: 14:51.39	35.22	2050m: 23:49.38	36.62	2800m: 32:56.37	36.43
600m: 6:44.32	34.42	1350m: 15:26.82	35.43	2100m: 24:25.40	36.02	2850m: 33:32.67	36.30
650m: 7:18.73	34.41	1400m: 16:02.06	35.24	2150m: 25:01.88	36.48	2900m: 34:08.86	36.19
700m: 7:53.45	34.72	1450m: 16:37.57	35.51	2200m: 25:38.55	36.67	2950m: 34:45.35	36.49
750m: 8:28.14	34.69	1500m: 17:12.52	34.95	2250m: 26:15.07	36.52	3000m: 35:19.13	33.78
<b>29. QUERO JIMENEZ, Santi</b>	<b>05</b>	<b>C.N. Vic-Etb</b>	<b>35:26.27</b>	<b>8,00</b>			
50m: 33.01	33.01	800m: 9:19.66	34.98	1550m: 18:10.62	35.71	2300m: 27:07.93	35.59
100m: 1:07.29	34.28	850m: 9:55.16	35.50	1600m: 18:46.26	35.64	2350m: 27:44.07	36.14
150m: 1:41.60	34.31	900m: 10:30.45	35.29	1650m: 19:21.91	35.65	2400m: 28:19.80	35.73
200m: 2:16.43	34.83	950m: 11:05.86	35.41	1700m: 19:57.54	35.63	2450m: 28:55.74	35.94
250m: 2:51.40	34.97	1000m: 11:40.96	35.10	1750m: 20:33.28	35.74	2500m: 29:31.48	35.74
300m: 3:26.36	34.96	1050m: 12:16.13	35.17	1800m: 21:09.16	35.88	2550m: 30:07.31	35.83
350m: 4:01.49	35.13	1100m: 12:51.60	35.47	1850m: 21:44.99	35.83	2600m: 30:43.08	35.77
400m: 4:36.73	35.24	1150m: 13:27.02	35.42	1900m: 22:20.67	35.68	2650m: 31:18.91	35.83
450m: 5:12.25	35.52	1200m: 14:02.29	35.27	1950m: 22:56.64	35.97	2700m: 31:54.84	35.93
500m: 5:47.47	35.22	1250m: 14:37.36	35.07	2000m: 23:32.74	36.10	2750m: 32:30.56	35.72
550m: 6:22.89	35.42	1300m: 15:12.77	35.41	2050m: 24:08.43	35.69	2800m: 33:05.92	35.36
600m: 6:58.15	35.26	1350m: 15:48.66	35.89	2100m: 24:44.39	35.96	2850m: 33:41.33	35.41
650m: 7:33.74	35.59	1400m: 16:24.56	35.90	2150m: 25:20.34	35.95	2900m: 34:17.13	35.80
700m: 8:09.15	35.41	1450m: 16:59.83	35.27	2200m: 25:56.33	35.99	2950m: 34:52.25	35.12
750m: 8:44.68	35.53	1500m: 17:34.91	35.08	2250m: 26:32.34	36.01	3000m: 35:26.27	34.02
<b>30. IBAÑEZ PINA, Nil</b>	<b>03</b>	<b>C.N. Atl Barceloneta</b>	<b>35:29.42</b>	<b>6,00</b>			
50m: 31.84	31.84	800m: 9:11.69	35.31	1550m: 18:09.21	35.46	2300m: 27:09.08	36.41
100m: 1:05.10	33.26	850m: 9:47.12	35.43	1600m: 18:44.89	35.68	2350m: 27:45.10	36.02
150m: 1:39.12	34.02	900m: 10:22.63	35.51	1650m: 19:20.65	35.76	2400m: 28:21.25	36.15
200m: 2:13.21	34.09	950m: 10:58.32	35.69	1700m: 19:56.34	35.69	2450m: 28:57.35	36.10
250m: 2:47.15	33.94	1000m: 11:33.98	35.66	1750m: 20:32.26	35.92	2500m: 29:33.13	35.78
300m: 3:21.60	34.45	1050m: 12:10.25	36.27	1800m: 21:08.19	35.93	2550m: 30:09.03	35.90
350m: 3:56.40	34.80	1100m: 12:46.22	35.97	1850m: 21:44.27	36.08	2600m: 30:45.01	35.98
400m: 4:31.16	34.76	1150m: 13:22.03	35.81	1900m: 22:20.25	35.98	2650m: 31:21.60	36.59
450m: 5:05.70	34.54	1200m: 13:58.17	36.14	1950m: 22:56.01	35.76	2700m: 31:58.21	36.61
500m: 5:40.64	34.94	1250m: 14:35.01	36.84	2000m: 23:32.13	36.12	2750m: 32:34.69	36.48
550m: 6:15.44	34.80	1300m: 15:10.66	35.65	2050m: 24:08.22	36.09	2800m: 33:10.92	36.23
600m: 6:50.99	35.55	1350m: 15:46.30	35.64	2100m: 24:43.67	35.45	2850m: 33:46.99	36.07
650m: 7:25.96	34.97	1400m: 16:21.95	35.65	2150m: 25:20.31	36.64	2900m: 34:21.17	34.18
700m: 8:01.19	35.23	1450m: 16:57.81	35.86	2200m: 25:56.52	36.21	2950m: 34:55.67	34.50
750m: 8:36.38	35.19	1500m: 17:33.75	35.94	2250m: 26:32.67	36.15	3000m: 35:29.42	33.75
<b>31. FITCH ASENSIO, Crosby</b>	<b>06</b>	<b>C.N. Figueres</b>	<b>35:30.29</b>	<b>7,00</b>			
50m: 33.09	33.09	800m: 9:09.73	34.72	1550m: 18:01.66	35.69	2300m: 27:04.58	36.80
100m: 1:06.61	33.52	850m: 9:44.65	34.92	1600m: 18:37.83	36.17	2350m: 27:40.40	35.82
150m: 1:40.72	34.11	900m: 10:19.78	35.13	1650m: 19:13.87	36.04	2400m: 28:16.96	36.56
200m: 2:14.86	34.14	950m: 10:54.75	34.97	1700m: 19:49.10	35.23	2450m: 28:53.21	36.25
250m: 2:48.81	33.95	1000m: 11:29.83	35.08	1750m: 20:25.88	36.78	2500m: 29:29.74	36.53
300m: 3:23.20	34.39	1050m: 12:05.68	35.85	1800m: 21:02.14	36.26	2550m: 30:06.15	36.41
350m: 3:57.81	34.61	1100m: 12:41.21	35.53	1850m: 21:38.70	36.56	2600m: 30:42.59	36.44
400m: 4:32.49	34.68	1150m: 13:16.87	35.66	1900m: 22:14.90	36.20	2650m: 31:18.94	36.35
450m: 5:06.99	34.50	1200m: 13:52.50	35.63	1950m: 22:51.33	36.43	2700m: 31:55.02	36.08
500m: 5:41.61	34.62	1250m: 14:28.37	35.87	2000m: 23:27.60	36.27	2750m: 32:31.30	36.28
550m: 6:16.32	34.71	1300m: 15:03.66	35.29	2050m: 24:03.49	35.89	2800m: 33:08.10	36.80
600m: 6:50.96	34.64	1350m: 15:38.69	35.03	2100m: 24:39.53	36.04	2850m: 33:44.61	36.51
650m: 7:25.51	34.55	1400m: 16:14.60	35.91	2150m: 25:15.72	36.19	2900m: 34:20.87	36.26
700m: 8:00.38	34.87	1450m: 16:50.09	35.49	2200m: 25:51.67	35.95	2950m: 34:55.78	34.91
750m: 8:35.01	34.63	1500m: 17:25.97	35.88	2250m: 26:27.78	36.11	3000m: 35:30.29	34.51

Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY				Temps						
<b>32.</b>	<b>SERNA IZQUIERDO, Arnau</b>	<b>05</b>	<b>C.N. Mataró</b>		<b>35:30.80</b>	<b>6,00</b>					
50m:	33.69	33.69	800m:	9:23.92	35.50	1550m:	18:18.14	35.39	2300m:	27:16.55	35.40
100m:	1:08.14	34.45	850m:	9:59.43	35.51	1600m:	18:53.86	35.72	2350m:	27:52.68	36.13
150m:	1:43.35	35.21	900m:	10:35.11	35.68	1650m:	19:29.52	35.66	2400m:	28:28.46	35.78
200m:	2:18.24	34.89	950m:	11:10.32	35.21	1700m:	20:05.60	36.08	2450m:	29:04.36	35.90
250m:	2:53.42	35.18	1000m:	11:45.18	34.86	1750m:	20:41.42	35.82	2500m:	29:39.41	35.05
300m:	3:28.89	35.47	1050m:	12:20.76	35.58	1800m:	21:17.38	35.96	2550m:	30:14.89	35.48
350m:	4:04.29	35.40	1100m:	12:56.26	35.50	1850m:	21:53.22	35.84	2600m:	30:50.63	35.74
400m:	4:39.59	35.30	1150m:	13:31.99	35.73	1900m:	22:29.46	36.24	2650m:	31:25.42	34.79
450m:	5:14.93	35.34	1200m:	14:07.75	35.76	1950m:	23:05.34	35.88	2700m:	32:01.30	35.88
500m:	5:51.15	36.22	1250m:	14:43.21	35.46	2000m:	23:41.11	35.77	2750m:	32:36.85	35.55
550m:	6:26.29	35.14	1300m:	15:19.19	35.98	2050m:	24:17.03	35.92	2800m:	33:12.48	35.63
600m:	7:01.44	35.15	1350m:	15:55.00	35.81	2100m:	24:52.98	35.95	2850m:	33:48.14	35.66
650m:	7:36.99	35.55	1400m:	16:30.61	35.61	2150m:	25:28.83	35.85	2900m:	34:22.77	34.63
700m:	8:12.74	35.75	1450m:	17:06.66	36.05	2200m:	26:04.81	35.98	2950m:	34:57.05	34.28
750m:	8:48.42	35.68	1500m:	17:42.75	36.09	2250m:	26:41.15	36.34	3000m:	35:30.80	33.75
<b>33.</b>	<b>REMESAR AGUILAR, Nemo Antonio</b>	<b>83</b>	<b>C.N. Atl Barceloneta</b>		<b>35:32.18</b>	<b>6,00</b>					
50m:	34.81	34.81	800m:	9:17.17	35.40	1550m:	18:09.02	35.50	2300m:	27:09.35	35.95
100m:	1:09.11	34.30	850m:	9:52.69	35.52	1600m:	18:44.63	35.61	2350m:	27:45.57	36.22
150m:	1:43.92	34.81	900m:	10:27.41	34.72	1650m:	19:20.30	35.67	2400m:	28:21.42	35.85
200m:	2:18.39	34.47	950m:	11:02.57	35.16	1700m:	19:55.89	35.59	2450m:	28:57.69	36.27
250m:	2:53.23	34.84	1000m:	11:38.03	35.46	1750m:	20:32.04	36.15	2500m:	29:33.28	35.59
300m:	3:27.64	34.41	1050m:	12:13.47	35.44	1800m:	21:07.67	35.63	2550m:	30:09.13	35.85
350m:	4:02.66	35.02	1100m:	12:48.64	35.17	1850m:	21:43.96	36.29	2600m:	30:45.26	36.13
400m:	4:37.17	34.51	1150m:	13:24.29	35.65	1900m:	22:19.92	35.96	2650m:	31:22.04	36.78
450m:	5:11.98	34.81	1200m:	13:59.77	35.48	1950m:	22:55.83	35.91	2700m:	31:58.57	36.53
500m:	5:47.02	35.04	1250m:	14:35.52	35.75	2000m:	23:32.14	36.31	2750m:	32:34.95	36.38
550m:	6:22.02	35.00	1300m:	15:10.95	35.43	2050m:	24:08.58	36.44	2800m:	33:11.07	36.12
600m:	6:57.19	35.17	1350m:	15:46.43	35.48	2100m:	24:44.54	35.96	2850m:	33:47.46	36.39
650m:	7:31.95	34.76	1400m:	16:21.95	35.52	2150m:	25:20.94	36.40	2900m:	34:23.12	35.66
700m:	8:06.78	34.83	1450m:	16:57.87	35.92	2200m:	25:57.16	36.22	2950m:	34:58.18	35.06
750m:	8:41.77	34.99	1500m:	17:33.52	35.65	2250m:	26:33.40	36.24	3000m:	35:32.18	34.00
<b>34.</b>	<b>TEODORO MASRIERA, Roger</b>	<b>05</b>	<b>C.N. Mataró</b>		<b>35:38.35</b>	<b>5,00</b>					
50m:	33.64	33.64	800m:	9:24.05	35.57	1550m:	18:12.88	34.80	2300m:	27:11.42	36.26
100m:	1:08.19	34.55	850m:	9:59.46	35.41	1600m:	18:48.48	35.60	2350m:	27:48.05	36.63
150m:	1:43.32	35.13	900m:	10:34.79	35.33	1650m:	19:24.23	35.75	2400m:	28:24.62	36.57
200m:	2:18.72	35.40	950m:	11:09.77	34.98	1700m:	19:59.99	35.76	2450m:	29:00.90	36.28
250m:	2:53.76	35.04	1000m:	11:43.96	34.19	1750m:	20:36.00	36.01	2500m:	29:36.90	36.00
300m:	3:29.05	35.29	1050m:	12:19.42	35.46	1800m:	21:12.71	36.71	2550m:	30:13.00	36.10
350m:	4:04.47	35.42	1100m:	12:54.48	35.06	1850m:	21:48.38	35.67	2600m:	30:48.86	35.86
400m:	4:40.09	35.62	1150m:	13:29.58	35.10	1900m:	22:23.65	35.27	2650m:	31:25.26	36.40
450m:	5:15.21	35.12	1200m:	14:04.57	34.99	1950m:	22:59.01	35.36	2700m:	32:02.08	36.82
500m:	5:50.79	35.58	1250m:	14:39.68	35.11	2000m:	23:34.85	35.84	2750m:	32:38.68	36.60
550m:	6:26.28	35.49	1300m:	15:15.03	35.35	2050m:	24:10.73	35.88	2800m:	33:15.17	36.49
600m:	7:01.78	35.50	1350m:	15:50.57	35.54	2100m:	24:46.68	35.95	2850m:	33:51.36	36.19
650m:	7:37.25	35.47	1400m:	16:26.22	35.65	2150m:	25:22.71	36.03	2900m:	34:27.32	35.96
700m:	8:12.71	35.46	1450m:	17:02.10	35.88	2200m:	25:59.10	36.39	2950m:	35:03.63	36.31
750m:	8:48.48	35.77	1500m:	17:38.08	35.98	2250m:	26:35.16	36.06	3000m:	35:38.35	34.72
<b>35.</b>	<b>DEL CASTILLO MASICH, Guillem</b>	<b>06</b>	<b>C.N. Tarraco</b>		<b>35:51.09</b>	<b>4,00</b>					
50m:	33.43	33.43	800m:	9:22.52	35.45	1550m:	18:19.56	36.23	2300m:	27:24.92	36.37
100m:	1:07.30	33.87	850m:	9:58.13	35.61	1600m:	18:55.76	36.20	2350m:	28:01.52	36.60
150m:	1:41.55	34.25	900m:	10:33.81	35.68	1650m:	19:31.80	36.04	2400m:	28:37.92	36.40
200m:	2:16.44	34.89	950m:	11:09.50	35.69	1700m:	20:08.06	36.26	2450m:	29:14.02	36.10
250m:	2:51.64	35.20	1000m:	11:45.19	35.69	1750m:	20:44.48	36.42	2500m:	29:50.41	36.39
300m:	3:27.36	35.72	1050m:	12:21.04	35.85	1800m:	21:20.92	36.44	2550m:	30:26.41	36.00
350m:	4:03.05	35.69	1100m:	12:56.86	35.82	1850m:	21:57.37	36.45	2600m:	31:02.48	36.07
400m:	4:38.49	35.44	1150m:	13:32.57	35.71	1900m:	22:33.72	36.35	2650m:	31:38.70	36.22
450m:	5:13.52	35.03	1200m:	14:08.38	35.81	1950m:	23:10.06	36.34	2700m:	32:14.75	36.05
500m:	5:48.91	35.39	1250m:	14:44.23	35.85	2000m:	23:46.61	36.55	2750m:	32:50.90	36.15
550m:	6:24.40	35.49	1300m:	15:20.13	35.90	2050m:	24:23.02	36.41	2800m:	33:27.02	36.12
600m:	7:00.15	35.75	1350m:	15:56.07	35.94	2100m:	24:59.55	36.53	2850m:	34:03.25	36.23
650m:	7:35.79	35.64	1400m:	16:31.66	35.59	2150m:	25:36.12	36.57	2900m:	34:39.38	36.13
700m:	8:11.30	35.51	1450m:	17:07.47	35.81	2200m:	26:12.36	36.24	2950m:	35:15.55	36.17
750m:	8:47.07	35.77	1500m:	17:43.33	35.86	2250m:	26:48.55	36.19	3000m:	35:51.09	35.54



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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY										Temps	
<b>36. GONZALEZ CASTELLÓ, Genis</b>	<b>04 C.N. Lleida</b>										<b>35:54.54</b>	<b>5,00</b>
50m: 33.03 33.03	800m: 9:26.25 35.84	1550m: 18:25.84 36.65	2300m: 27:31.04 36.23									
100m: 1:06.93 33.90	850m: 10:01.94 35.69	1600m: 19:02.25 36.41	2350m: 28:07.26 36.22									
150m: 1:41.19 34.26	900m: 10:38.10 36.16	1650m: 19:38.85 36.60	2400m: 28:43.94 36.68									
200m: 2:15.80 34.61	950m: 11:14.01 35.91	1700m: 20:15.10 36.25	2450m: 29:19.65 35.71									
250m: 2:50.96 35.16	1000m: 11:50.14 36.13	1750m: 20:51.78 36.68	2500m: 29:55.51 35.86									
300m: 3:26.33 35.37	1050m: 12:25.54 35.40	1800m: 21:27.84 36.06	2550m: 30:31.40 35.89									
350m: 4:01.91 35.58	1100m: 13:01.15 35.61	1850m: 22:04.54 36.70	2600m: 31:07.35 35.95									
400m: 4:37.32 35.41	1150m: 13:36.75 35.60	1900m: 22:41.34 36.80	2650m: 31:43.15 35.80									
450m: 5:13.50 36.18	1200m: 14:12.29 35.54	1950m: 23:17.40 36.06	2700m: 32:19.75 36.60									
500m: 5:49.18 35.68	1250m: 14:47.73 35.44	2000m: 23:53.35 35.95	2750m: 32:55.95 36.20									
550m: 6:25.39 36.21	1300m: 15:23.80 36.07	2050m: 24:30.13 36.78	2800m: 33:32.55 36.60									
600m: 7:01.53 36.14	1350m: 15:59.90 36.10	2100m: 25:06.72 36.59	2850m: 34:08.30 35.75									
650m: 7:37.80 36.27	1400m: 16:36.39 36.49	2150m: 25:42.86 36.14	2900m: 34:45.09 36.79									
700m: 8:14.53 36.73	1450m: 17:12.68 36.29	2200m: 26:18.31 35.45	2950m: 35:20.25 35.16									
750m: 8:50.41 35.88	1500m: 17:49.19 36.51	2250m: 26:54.81 36.50	3000m: 35:54.54 34.29									
<b>37. CORTES VILARDELL, Pau</b>	<b>05 C.N. Caldes</b>										<b>36:00.27</b>	<b>3,00</b>
50m: 33.43 33.43	800m: 9:23.30 35.19	1550m: 18:25.48 35.92	2300m: 27:39.07 37.15									
100m: 1:07.94 34.51	850m: 9:59.18 35.88	1600m: 19:00.98 35.50	2350m: 28:16.09 37.02									
150m: 1:42.79 34.85	900m: 10:35.01 35.83	1650m: 19:37.19 36.21	2400m: 28:53.44 37.35									
200m: 2:18.33 35.54	950m: 11:10.67 35.66	1700m: 20:13.98 36.79	2450m: 29:30.79 37.35									
250m: 2:53.88 35.55	1000m: 11:46.48 35.81	1750m: 20:50.67 36.69	2500m: 30:07.88 37.09									
300m: 3:29.18 35.30	1050m: 12:22.40 35.92	1800m: 21:27.67 37.00	2550m: 30:43.94 36.06									
350m: 4:04.02 34.84	1100m: 12:59.04 36.64	1850m: 22:04.61 36.94	2600m: 31:19.25 35.31									
400m: 4:39.20 35.18	1150m: 13:35.14 36.10	1900m: 22:41.81 37.20	2650m: 31:54.46 35.21									
450m: 5:14.51 35.31	1200m: 14:11.47 36.33	1950m: 23:18.74 36.93	2700m: 32:30.27 35.81									
500m: 5:49.84 35.33	1250m: 14:47.82 36.35	2000m: 23:55.76 37.02	2750m: 33:05.57 35.30									
550m: 6:25.80 35.96	1300m: 15:23.91 36.09	2050m: 24:33.17 37.41	2800m: 33:41.22 35.65									
600m: 7:01.73 35.93	1350m: 15:59.77 35.86	2100m: 25:09.78 36.61	2850m: 34:16.98 35.76									
650m: 7:37.11 35.38	1400m: 16:36.01 36.24	2150m: 25:47.22 37.44	2900m: 34:52.17 35.19									
700m: 8:12.95 35.84	1450m: 17:12.64 36.63	2200m: 26:24.48 37.26	2950m: 35:26.88 34.71									
750m: 8:48.11 35.16	1500m: 17:49.56 36.92	2250m: 27:01.92 37.44	3000m: 36:00.27 33.39									
<b>38. FIORI PORTA, Marc</b>	<b>05 C.N. Mataró</b>										<b>36:07.78</b>	<b>2,00</b>
50m: 33.95 33.95	800m: 9:30.00 36.17	1550m: 18:33.24 36.83	2300m: 27:39.56 36.36									
100m: 1:08.35 34.40	850m: 10:06.13 36.13	1600m: 19:09.54 36.30	2350m: 28:15.73 36.17									
150m: 1:43.10 34.75	900m: 10:42.05 35.92	1650m: 19:45.99 36.45	2400m: 28:51.73 36.00									
200m: 2:18.33 35.23	950m: 11:18.47 36.42	1700m: 20:22.37 36.38	2450m: 29:28.04 36.31									
250m: 2:53.74 35.41	1000m: 11:54.48 36.01	1750m: 20:58.39 36.02	2500m: 30:04.41 36.37									
300m: 3:29.58 35.84	1050m: 12:30.52 36.04	1800m: 21:34.61 36.22	2550m: 30:40.60 36.19									
350m: 4:04.95 35.37	1100m: 13:06.69 36.17	1850m: 22:10.94 36.33	2600m: 31:16.76 36.16									
400m: 4:40.63 35.68	1150m: 13:42.74 36.05	1900m: 22:47.67 36.73	2650m: 31:53.77 37.01									
450m: 5:16.51 35.88	1200m: 14:18.93 36.19	1950m: 23:24.03 36.36	2700m: 32:30.27 36.50									
500m: 5:52.56 36.05	1250m: 14:54.95 36.02	2000m: 24:00.59 36.56	2750m: 33:06.04 35.77									
550m: 6:28.58 36.02	1300m: 15:31.08 36.13	2050m: 24:37.34 36.75	2800m: 33:42.98 36.94									
600m: 7:04.94 36.36	1350m: 16:07.22 36.14	2100m: 25:14.38 37.04	2850m: 34:19.34 36.36									
650m: 7:41.34 36.40	1400m: 16:43.24 36.02	2150m: 25:50.21 35.83	2900m: 34:54.70 35.36									
700m: 8:17.38 36.04	1450m: 17:19.64 36.40	2200m: 26:26.73 36.52	2950m: 35:30.68 35.98									
750m: 8:53.83 36.45	1500m: 17:56.41 36.77	2250m: 27:03.20 36.47	3000m: 36:07.78 37.10									
<b>39. ALVAREZ GARCIA, Joel</b>	<b>06 C.N. Premià</b>										<b>36:10.58</b>	<b>1,00</b>
50m: 34.26 34.26	800m: 9:26.49 35.76	1550m: 18:26.82 35.99	2300m: 27:38.22 36.98									
100m: 1:08.64 34.38	850m: 10:02.47 35.98	1600m: 19:02.74 35.92	2350m: 28:14.90 36.68									
150m: 1:43.53 34.89	900m: 10:38.39 35.92	1650m: 19:39.32 36.58	2400m: 28:51.63 36.73									
200m: 2:19.12 35.59	950m: 11:14.49 36.10	1700m: 20:15.77 36.45	2450m: 29:28.09 36.46									
250m: 2:54.46 35.34	1000m: 11:50.39 35.90	1750m: 20:52.24 36.47	2500m: 30:04.83 36.74									
300m: 3:29.65 35.19	1050m: 12:26.38 35.99	1800m: 21:28.81 36.57	2550m: 30:41.23 36.40									
350m: 4:05.29 35.64	1100m: 13:02.30 35.92	1850m: 22:05.59 36.78	2600m: 31:17.09 35.86									
400m: 4:40.51 35.22	1150m: 13:38.46 36.16	1900m: 22:42.34 36.75	2650m: 31:54.09 37.00									
450m: 5:16.68 36.17	1200m: 14:14.51 36.05	1950m: 23:18.74 36.40	2700m: 32:30.82 36.73									
500m: 5:52.67 35.99	1250m: 14:50.69 36.18	2000m: 23:56.03 37.29	2750m: 33:06.96 36.14									
550m: 6:28.24 35.57	1300m: 15:26.59 35.90	2050m: 24:33.18 37.15	2800m: 33:43.88 36.92									
600m: 7:03.83 35.59	1350m: 16:02.58 35.99	2100m: 25:10.47 37.29	2850m: 34:20.75 36.87									
650m: 7:39.52 35.69	1400m: 16:38.47 35.89	2150m: 25:47.24 36.77	2900m: 34:57.24 36.49									
700m: 8:14.97 35.45	1450m: 17:14.56 36.09	2200m: 26:24.10 36.86	2950m: 35:34.30 37.06									
750m: 8:50.73 35.76	1500m: 17:50.83 36.27	2250m: 27:01.24 37.14	3000m: 36:10.58 36.28									



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY						Temps				
<b>40. ROCA BORRAS, Joan</b>	<b>06</b>		<b>C.N. Salou</b>				<b>36:22.06</b>		<b>-</b>		
50m:	32.17	32.17	800m:	9:22.74	36.51	1550m:	18:32.22	36.63	2300m:	27:49.45	37.83
100m:	1:05.50	33.33	850m:	9:59.14	36.40	1600m:	19:09.19	36.97	2350m:	28:26.78	37.33
150m:	1:39.89	34.39	900m:	10:36.21	37.07	1650m:	19:46.14	36.95	2400m:	29:03.83	37.05
200m:	2:14.65	34.76	950m:	11:13.07	36.86	1700m:	20:23.24	37.10	2450m:	29:40.84	37.01
250m:	2:49.67	35.02	1000m:	11:49.60	36.53	1750m:	21:00.21	36.97	2500m:	30:17.68	36.84
300m:	3:24.61	34.94	1050m:	12:25.52	35.92	1800m:	21:36.35	36.14	2550m:	30:54.58	36.90
350m:	3:59.44	34.83	1100m:	13:01.98	36.46	1850m:	22:12.33	35.98	2600m:	31:31.71	37.13
400m:	4:34.73	35.29	1150m:	13:38.88	36.90	1900m:	22:49.55	37.22	2650m:	32:09.42	37.71
450m:	5:10.26	35.53	1200m:	14:15.46	36.58	1950m:	23:26.55	37.00	2700m:	32:45.87	36.45
500m:	5:45.86	35.60	1250m:	14:52.13	36.67	2000m:	24:04.01	37.46	2750m:	33:22.54	36.67
550m:	6:21.43	35.57	1300m:	15:28.97	36.84	2050m:	24:41.16	37.15	2800m:	33:59.66	37.12
600m:	6:56.92	35.49	1350m:	16:05.39	36.42	2100m:	25:18.33	37.17	2850m:	34:36.40	36.74
650m:	7:33.21	36.29	1400m:	16:42.33	36.94	2150m:	25:56.20	37.87	2900m:	35:12.22	35.82
700m:	8:09.67	36.46	1450m:	17:19.00	36.67	2200m:	26:33.68	37.48	2950m:	35:48.65	36.43
750m:	8:46.23	36.56	1500m:	17:55.59	36.59	2250m:	27:11.62	37.94	3000m:	36:22.06	33.41
<b>41. LUQUE SERRANO, Adria</b>	<b>05</b>		<b>GEIEG</b>				<b>36:31.47</b>		<b>-</b>		
50m:	32.93	32.93	800m:	9:27.98	35.98	1550m:	18:33.98	37.03	2300m:	27:46.51	37.18
100m:	1:07.20	34.27	850m:	10:03.82	35.84	1600m:	19:10.75	36.77	2350m:	28:23.39	36.88
150m:	1:42.53	35.33	900m:	10:39.97	36.15	1650m:	19:47.73	36.98	2400m:	29:00.55	37.16
200m:	2:18.15	35.62	950m:	11:16.14	36.17	1700m:	20:24.20	36.47	2450m:	29:38.04	37.49
250m:	2:54.09	35.94	1000m:	11:52.58	36.44	1750m:	21:00.65	36.45	2500m:	30:15.57	37.53
300m:	3:29.44	35.35	1050m:	12:28.76	36.18	1800m:	21:37.02	36.37	2550m:	30:52.39	36.82
350m:	4:05.35	35.91	1100m:	13:05.12	36.36	1850m:	22:13.66	36.64	2600m:	31:29.97	37.58
400m:	4:40.81	35.46	1150m:	13:41.93	36.81	1900m:	22:50.44	36.78	2650m:	32:07.42	37.45
450m:	5:16.57	35.76	1200m:	14:13.21	31.28	1950m:	23:27.18	36.74	2700m:	32:45.39	37.97
500m:	5:52.52	35.95	1250m:	14:54.45	41.24	2000m:	24:04.59	37.41	2750m:	33:23.54	38.15
550m:	6:28.47	35.95	1300m:	15:30.31	35.86	2050m:	24:37.89	33.30	2800m:	34:01.29	37.75
600m:	7:04.10	35.63	1350m:	16:06.88	36.57	2100m:	25:18.77	40.88	2850m:	34:39.10	37.81
650m:	7:40.04	35.94	1400m:	16:43.48	36.60	2150m:	25:55.50	36.73	2900m:	35:17.31	38.21
700m:	8:15.90	35.86	1450m:	17:20.67	37.19	2200m:	26:32.44	36.94	2950m:	35:54.75	37.44
750m:	8:52.00	36.10	1500m:	17:56.95	36.28	2250m:	27:09.33	36.89	3000m:	36:31.47	36.72
<b>42. MATARÓ BON, Pau</b>	<b>04</b>		<b>C.N. Mataró</b>				<b>36:37.10</b>		<b>4,00</b>		
50m:	34.14	34.14	800m:	9:30.17	35.92	1550m:	18:34.30	36.68	2300m:	27:51.85	37.67
100m:	1:09.11	34.97	850m:	10:05.85	35.68	1600m:	19:11.02	36.72	2350m:	28:29.60	37.75
150m:	1:44.52	35.41	900m:	10:41.69	35.84	1650m:	19:47.77	36.75	2400m:	29:07.73	38.13
200m:	2:20.16	35.64	950m:	11:17.81	36.12	1700m:	20:24.37	36.60	2450m:	29:45.09	37.36
250m:	2:55.78	35.62	1000m:	11:54.13	36.32	1750m:	21:01.17	36.80	2500m:	30:22.59	37.50
300m:	3:31.62	35.84	1050m:	12:30.41	36.28	1800m:	21:38.18	37.01	2550m:	31:00.12	37.53
350m:	4:07.33	35.71	1100m:	13:07.17	36.76	1850m:	22:15.55	37.37	2600m:	31:38.18	38.06
400m:	4:43.58	36.25	1150m:	13:43.27	36.10	1900m:	22:52.95	37.40	2650m:	32:16.45	38.27
450m:	5:19.59	36.01	1200m:	14:20.07	36.80	1950m:	23:30.47	37.52	2700m:	32:54.44	37.99
500m:	5:54.89	35.30	1250m:	14:56.17	36.10	2000m:	24:07.44	36.97	2750m:	33:32.23	37.79
550m:	6:30.50	35.61	1300m:	15:33.11	36.94	2050m:	24:44.72	37.28	2800m:	34:09.64	37.41
600m:	7:06.32	35.82	1350m:	16:09.56	36.45	2100m:	25:21.58	36.86	2850m:	34:47.10	37.46
650m:	7:42.74	36.42	1400m:	16:45.56	36.00	2150m:	25:59.04	37.46	2900m:	35:24.11	37.01
700m:	8:18.60	35.86	1450m:	17:21.25	35.69	2200m:	26:36.89	37.85	2950m:	36:00.90	36.79
750m:	8:54.25	35.65	1500m:	17:57.62	36.37	2250m:	27:14.18	37.29	3000m:	36:37.10	36.20
<b>43. MACIAS RABASEDA, Joel</b>	<b>04</b>		<b>C.N. Mataró</b>				<b>36:41.01</b>		<b>3,00</b>		
50m:	33.17	33.17	800m:	9:17.74	35.79	1550m:	18:30.55	37.43	2300m:	27:53.31	38.20
100m:	1:06.97	33.80	850m:	9:53.40	35.66	1600m:	19:07.23	36.68	2350m:	28:31.65	38.34
150m:	1:41.63	34.66	900m:	10:29.82	36.42	1650m:	19:44.60	37.37	2400m:	29:09.26	37.61
200m:	2:15.91	34.28	950m:	11:06.08	36.26	1700m:	20:21.80	37.20	2450m:	29:47.73	38.47
250m:	2:50.45	34.54	1000m:	11:42.25	36.17	1750m:	20:59.12	37.32	2500m:	30:25.96	38.23
300m:	3:25.29	34.84	1050m:	12:18.34	36.09	1800m:	21:36.39	37.27	2550m:	31:04.48	38.52
350m:	4:00.17	34.88	1100m:	12:54.58	36.24	1850m:	22:13.50	37.11	2600m:	31:42.59	38.11
400m:	4:35.20	35.03	1150m:	13:31.29	36.71	1900m:	22:51.30	37.80	2650m:	32:20.53	37.94
450m:	5:10.28	35.08	1200m:	14:08.58	37.29	1950m:	23:29.08	37.78	2700m:	32:58.81	38.28
500m:	5:45.21	34.93	1250m:	14:45.92	37.34	2000m:	24:06.32	37.24	2750m:	33:36.34	37.53
550m:	6:20.38	35.17	1300m:	15:23.73	37.81	2050m:	24:43.92	37.60	2800m:	34:14.02	37.68
600m:	6:55.26	34.88	1350m:	16:00.47	36.74	2100m:	25:22.02	38.10	2850m:	34:51.35	37.33
650m:	7:30.62	35.36	1400m:	16:37.26	36.79	2150m:	25:59.70	37.68	2900m:	35:28.37	37.02
700m:	8:06.10	35.48	1450m:	17:15.23	37.97	2200m:	26:37.35	37.65	2950m:	36:05.17	36.80
750m:	8:41.95	35.85	1500m:	17:53.12	37.89	2250m:	27:15.11	37.76	3000m:	36:41.01	35.84





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



Prova 4, Masc., 3000m Lliure, Absolut, Júnior 2 i Júnior 1

Classificació	ANY		Temps								
44. ROLDAN GOMEZ, Antonio	84	C.N. Premià	<b>36:47.66</b>	5,00							
50m:	33.92	33.92	800m:	9:36.77	36.75	1550m:	18:58.71	37.35	2300m:	28:12.04	36.59
100m:	1:08.59	34.67	850m:	10:13.57	36.80	1600m:	19:35.64	36.93	2350m:	28:48.76	36.72
150m:	1:43.93	35.34	900m:	10:50.15	36.58	1650m:	20:13.13	37.49	2400m:	29:25.40	36.64
200m:	2:19.64	35.71	950m:	11:26.92	36.77	1700m:	20:50.20	37.07	2450m:	30:01.79	36.39
250m:	2:55.56	35.92	1000m:	12:03.93	37.01	1750m:	21:27.39	37.19	2500m:	30:38.71	36.92
300m:	3:31.79	36.23	1050m:	12:44.37	40.44	1800m:	22:04.45	37.06	2550m:	31:15.53	36.82
350m:	4:08.27	36.48	1100m:	13:20.89	36.52	1850m:	22:41.53	37.08	2600m:	31:52.62	37.09
400m:	4:44.53	36.26	1150m:	13:57.78	36.89	1900m:	23:18.31	36.78	2650m:	32:29.60	36.98
450m:	5:21.00	36.47	1200m:	14:34.23	36.45	1950m:	23:54.73	36.42	2700m:	33:06.42	36.82
500m:	5:57.24	36.24	1250m:	15:17.25	43.02	2000m:	24:31.70	36.97	2750m:	33:43.37	36.95
550m:	6:33.91	36.67	1300m:	15:53.58	36.33	2050m:	25:08.43	36.73	2800m:	34:20.05	36.68
600m:	7:10.51	36.60	1350m:	16:30.24	36.66	2100m:	25:45.28	36.85	2850m:	34:57.10	37.05
650m:	7:47.05	36.54	1400m:	17:07.26	37.02	2150m:	26:22.02	36.74	2900m:	35:34.02	36.92
700m:	8:23.58	36.53	1450m:	17:44.45	37.19	2200m:	26:58.66	36.64	2950m:	36:10.88	36.86
750m:	9:00.02	36.44	1500m:	18:21.36	36.91	2250m:	27:35.45	36.79	3000m:	36:47.66	36.78
45. DOLCET NIUBÓ, Jan	05	C.N. Lleida	<b>39:23.14</b>	-							
50m:	36.03	36.03	800m:	10:03.82	38.28	1550m:	19:51.37	40.44	2300m:	29:57.60	40.78
100m:	1:12.74	36.71	850m:	10:42.02	38.20	1600m:	20:31.58	40.21	2350m:	30:38.68	41.08
150m:	1:50.02	37.28	900m:	11:20.11	38.09	1650m:	21:12.03	40.45	2400m:	31:20.35	41.67
200m:	2:27.39	37.37	950m:	11:58.59	38.48	1700m:	21:52.00	39.97	2450m:	32:01.81	41.46
250m:	3:05.27	37.88	1000m:	12:37.54	38.95	1750m:	22:32.26	40.26	2500m:	32:43.46	41.65
300m:	3:43.05	37.78	1050m:	13:16.78	39.24	1800m:	23:12.44	40.18	2550m:	33:24.46	41.00
350m:	4:21.01	37.96	1100m:	13:56.05	39.27	1850m:	23:53.21	40.77	2600m:	34:05.71	41.25
400m:	4:59.07	38.06	1150m:	14:34.61	38.56	1900m:	24:32.98	39.77	2650m:	34:45.84	40.13
450m:	5:37.52	38.45	1200m:	15:13.57	38.96	1950m:	25:13.38	40.40	2700m:	35:27.08	41.24
500m:	6:15.23	37.71	1250m:	15:52.96	39.39	2000m:	25:53.39	40.01	2750m:	36:08.01	40.93
550m:	6:53.17	37.94	1300m:	16:31.90	38.94	2050m:	26:34.05	40.66	2800m:	36:47.59	39.58
600m:	7:31.47	38.30	1350m:	17:11.71	39.81	2100m:	27:14.23	40.18	2850m:	37:26.34	38.75
650m:	8:09.59	38.12	1400m:	17:50.85	39.14	2150m:	27:54.61	40.38	2900m:	38:05.38	39.04
700m:	8:47.42	37.83	1450m:	18:30.63	39.78	2200m:	28:35.60	40.99	2950m:	38:44.30	38.92
750m:	9:25.54	38.12	1500m:	19:10.93	40.30	2250m:	29:16.82	41.22	3000m:	39:23.14	38.84
46. ROURE GRIGELMO, Pau	04	C.N. Catalunya	<b>39:25.38</b>	2,00							
50m:	35.90	35.90	800m:	10:09.93	39.53	1550m:	20:07.08	39.69	2300m:	30:09.75	40.16
100m:	1:11.67	35.77	850m:	10:49.38	39.45	1600m:	20:47.10	40.02	2350m:	30:50.03	40.28
150m:	1:48.37	36.70	900m:	11:29.08	39.70	1650m:	21:27.17	40.07	2400m:	31:30.61	40.58
200m:	2:25.82	37.45	950m:	12:09.09	40.01	1700m:	22:07.33	40.16	2450m:	32:10.82	40.21
250m:	3:03.60	37.78	1000m:	12:48.65	39.56	1750m:	22:47.74	40.41	2500m:	32:51.04	40.22
300m:	3:41.42	37.82	1050m:	13:28.71	40.06	1800m:	23:28.05	40.31	2550m:	33:31.26	40.22
350m:	4:19.47	38.05	1100m:	14:08.67	39.96	1850m:	24:08.10	40.05	2600m:	34:11.28	40.02
400m:	4:57.91	38.44	1150m:	14:48.57	39.90	1900m:	24:48.72	40.62	2650m:	34:51.37	40.09
450m:	5:36.40	38.49	1200m:	15:28.47	39.90	1950m:	25:28.73	40.01	2700m:	35:31.22	39.85
500m:	6:15.30	38.90	1250m:	16:08.15	39.68	2000m:	26:09.28	40.55	2750m:	36:10.77	39.55
550m:	6:54.21	38.91	1300m:	16:47.95	39.80	2050m:	26:49.56	40.28	2800m:	36:49.72	38.95
600m:	7:33.41	39.20	1350m:	17:27.76	39.81	2100m:	27:29.65	40.09	2850m:	37:29.32	39.60
650m:	8:12.16	38.75	1400m:	18:07.25	39.49	2150m:	28:09.47	39.82	2900m:	38:08.95	39.63
700m:	8:51.26	39.10	1450m:	18:47.13	39.88	2200m:	28:49.22	39.75	2950m:	38:48.56	39.61
750m:	9:30.40	39.14	1500m:	19:27.39	40.26	2250m:	29:29.59	40.37	3000m:	39:25.38	36.82
DNS BOOKER LARA, Oriol	04	C.N. Premià	-	-							
DNF SANCHEZ GIBELLO, Nil	06	C.N. Terrassa	-	-							
DNF CASADO GARRIGUES, Manel	03	C.N. Mataró	-	-							