



1 - Divendres, 3 de Desembre de 2021

03/12/2021

Prova 1	Fem., 2000m Lliure				Infantil Fons Indoor	
03/12/2021					Resultats	
Rècords i MM Catalanes Open	21:20.85	Mireia Belmonte Garcia	Sevilla	11/01/2014		
Rècords i MM Catalanes 14	23:27.97	Paula Juste Sanchez	Sabadell	21/01/2017		

Classificació	ANY												Temps		
1. OLIVEIRA LARA, Carolina	07 C.N. Caldes												23:37.71	19,00	
50m:	32.91	400m:	35.52	750m:	35.39	1100m:	35.82	1450m:	36.11	1800m:	35.86	1500m:	36.05	1850m:	35.98
100m:	34.15	450m:	35.80	800m:	35.55	1150m:	35.03	1500m:	36.05	1900m:	34.78	1600m:	35.94	1950m:	34.39
150m:	34.67	500m:	35.84	850m:	35.62	1200m:	35.59	1550m:	35.94	2000m:	33.15	1650m:	35.87		
200m:	35.39	550m:	35.64	900m:	35.58	1250m:	35.47	1600m:	35.43			1700m:	35.85		
250m:	35.65	600m:	35.74	950m:	35.19	1300m:	35.82	1650m:	35.87			1750m:	36.24		
300m:	35.84	650m:	35.80	1000m:	35.58	1350m:	35.38								
350m:	35.70	700m:	35.83	1050m:	35.84	1400m:	35.72								
2. PALOMINO SUCARRATS, Laia	07 C.N. Sabadell												23:44.54	16,00	
50m:	33.26	400m:	35.44	750m:	35.53	1100m:	36.26	1450m:	35.98	1800m:	36.18	1500m:	36.18	1850m:	35.93
100m:	34.30	450m:	35.10	800m:	35.69	1150m:	36.04	1500m:	36.18	1900m:	35.93	1600m:	36.16	1950m:	34.10
150m:	34.63	500m:	35.71	850m:	35.91	1200m:	35.63	1550m:	35.93	2000m:	35.19	1650m:	36.32		
200m:	35.00	550m:	35.67	900m:	35.86	1250m:	35.69	1600m:	36.16			1700m:	36.24		
250m:	35.51	600m:	35.61	950m:	35.64	1300m:	35.95	1650m:	36.32			1750m:	36.07		
300m:	35.76	650m:	35.81	1000m:	35.92	1350m:	35.80								
350m:	35.37	700m:	35.51	1050m:	35.76	1400m:	35.97								
3. MUÑOZ I ARMENGOU, Julia	07 C.N. Atl Barceloneta												23:54.54	14,00	
50m:	33.36	400m:	35.53	750m:	35.79	1100m:	36.48	1450m:	37.04	1800m:	36.50	1500m:	37.12	1850m:	36.70
100m:	34.43	450m:	35.51	800m:	36.01	1150m:	35.87	1500m:	37.12	1900m:	36.31	1600m:	36.90	1950m:	35.12
150m:	34.97	500m:	35.56	850m:	36.30	1200m:	36.43	1550m:	36.20	2000m:	34.78	1650m:	36.11		
200m:	34.77	550m:	35.33	900m:	36.18	1250m:	36.49	1600m:	36.90			1700m:	36.28		
250m:	35.13	600m:	35.41	950m:	36.07	1300m:	36.38	1650m:	36.11			1750m:	35.98		
300m:	35.52	650m:	35.74	1000m:	35.77	1350m:	36.43								
350m:	35.24	700m:	35.62	1050m:	36.40	1400m:	36.78								
4. HUERTAS FERRE, Maria	07 C.N. Tarraco												24:18.21	13,00	
50m:	33.59	400m:	36.21	750m:	36.12	1100m:	37.32	1450m:	37.01	1800m:	37.55	1500m:	37.03	1850m:	37.07
100m:	34.83	450m:	35.78	800m:	36.32	1150m:	37.15	1500m:	37.03	1900m:	36.23	1600m:	37.32	1950m:	36.64
150m:	35.35	500m:	36.19	850m:	36.38	1200m:	36.75	1550m:	37.40	2000m:	36.03	1650m:	37.13		
200m:	35.33	550m:	36.40	900m:	36.75	1250m:	37.01	1600m:	37.32			1700m:	37.39		
250m:	35.83	600m:	36.56	950m:	36.39	1300m:	36.86	1650m:	37.13						
300m:	35.75	650m:	36.21	1000m:	36.39	1350m:	36.49	1700m:	37.39						
350m:	36.06	700m:	36.17	1050m:	36.80	1400m:	36.80	1750m:	37.62						
5. MUÑOZ BECERRA, Claudia	07 C.N. Caldes												24:34.75	12,00	
50m:	33.08	400m:	37.33	750m:	37.50	1100m:	37.23	1450m:	37.20	1800m:	35.89	1500m:	37.28	1850m:	35.03
100m:	35.34	450m:	36.66	800m:	37.32	1150m:	37.13	1500m:	37.28	1900m:	36.88	1600m:	37.28	1950m:	36.94
150m:	35.65	500m:	37.11	850m:	37.23	1200m:	37.10	1550m:	37.28	2000m:	34.93	1650m:	37.67		
200m:	36.46	550m:	36.92	900m:	37.25	1250m:	37.88	1600m:	37.67			1700m:	37.11		
250m:	36.92	600m:	36.71	950m:	37.06	1300m:	37.17	1650m:	37.97						
300m:	36.63	650m:	37.14	1000m:	37.42	1350m:	37.42	1700m:	37.11						
350m:	37.14	700m:	37.05	1050m:	37.35	1400m:	37.53	1750m:	37.84						
6. ULACIA HOMET, Sara	07 C.N. Sabadell												24:38.27	11,00	
50m:	35.48	400m:	37.28	750m:	36.54	1100m:	36.87	1450m:	36.97	1800m:	37.74	1500m:	37.36	1850m:	37.45
100m:	35.88	450m:	36.39	800m:	37.05	1150m:	36.79	1500m:	37.36	1900m:	37.96	1600m:	37.57	1950m:	37.41
150m:	36.81	500m:	36.48	850m:	36.82	1200m:	37.47	1550m:	37.57	2000m:	36.18	1650m:	37.09		
200m:	36.44	550m:	36.69	900m:	36.84	1250m:	37.71	1600m:	36.84			1700m:	37.95		
250m:	36.27	600m:	36.19	950m:	36.96	1300m:	37.77	1650m:	37.09						
300m:	36.37	650m:	36.67	1000m:	37.36	1350m:	37.41	1700m:	37.95						
350m:	36.30	700m:	36.83	1050m:	36.96	1400m:	37.63	1750m:	37.49						



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



Prova 1, Fem., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps																												
7. BRAVO GARCIA, Daniela	08 C.N. Sabadell										24:43.35	10,00																											
50m: 34.34	400m: 36.74	750m: 37.21	1100m: 37.47	1450m: 37.66	1800m: 37.14	100m: 35.89	450m: 36.89	800m: 37.06	1150m: 37.24	1500m: 38.12	1850m: 37.31	150m: 36.68	500m: 37.12	850m: 37.40	1200m: 37.97	1550m: 37.69	1900m: 36.81	200m: 36.77	550m: 36.44	900m: 37.36	1250m: 37.39	1600m: 37.29	1950m: 36.19	250m: 36.61	600m: 37.16	950m: 36.49	1300m: 38.22	1650m: 37.70	2000m: 36.21	300m: 36.95	650m: 36.71	1000m: 36.87	1350m: 37.51	1700m: 38.90	350m: 36.58	700m: 36.83	1050m: 36.68	1400m: 37.61	1750m: 38.14
8. COLL MARTI, Júlia	07 C.N. Olot										24:53.63	9,00																											
50m: 36.30	400m: 37.44	750m: 37.22	1100m: 38.08	1450m: 36.94	1800m: 37.79	100m: 36.54	450m: 37.18	800m: 36.77	1150m: 36.97	1500m: 37.43	1850m: 37.90	150m: 37.42	500m: 36.72	850m: 37.49	1200m: 37.78	1550m: 37.45	1900m: 38.16	200m: 37.36	550m: 36.62	900m: 37.32	1250m: 37.48	1600m: 37.88	1950m: 38.24	250m: 37.74	600m: 37.22	950m: 37.49	1300m: 37.49	1650m: 37.71	2000m: 38.15	300m: 36.56	650m: 36.56	1000m: 37.73	1350m: 37.19	1700m: 37.87	350m: 36.80	700m: 36.46	1050m: 37.14	1400m: 37.46	1750m: 37.58
9. ESPINOSA ALVAREZ, Aroa	08 C.N. Terrassa										25:02.96	8,00																											
50m: 35.56	400m: 37.39	750m: 37.78	1100m: 38.36	1450m: 38.04	1800m: 37.88	100m: 36.15	450m: 37.32	800m: 37.69	1150m: 37.62	1500m: 38.37	1850m: 37.47	150m: 36.37	500m: 37.41	850m: 37.58	1200m: 38.23	1550m: 38.04	1900m: 37.71	200m: 36.76	550m: 37.39	900m: 37.78	1250m: 38.08	1600m: 38.24	1950m: 37.22	250m: 36.46	600m: 38.09	950m: 37.69	1300m: 38.30	1650m: 38.52	2000m: 35.77	300m: 36.70	650m: 37.60	1000m: 38.14	1350m: 37.92	1700m: 38.11	350m: 37.11	700m: 37.52	1050m: 37.68	1400m: 38.59	1750m: 38.32
10. SERNA IZQUIERDO, Berta	07 C.N. Mataró										25:10.89	7,00																											
50m: 34.55	400m: 37.29	750m: 37.16	1100m: 37.48	1450m: 38.72	1800m: 38.95	100m: 36.46	450m: 36.52	800m: 38.13	1150m: 37.69	1500m: 38.91	1850m: 38.06	150m: 37.14	500m: 37.40	850m: 38.17	1200m: 38.74	1550m: 37.57	1900m: 37.88	200m: 37.22	550m: 37.12	900m: 38.26	1250m: 38.62	1600m: 38.59	1950m: 38.33	250m: 36.99	600m: 37.37	950m: 37.22	1300m: 38.52	1650m: 38.61	2000m: 37.72	300m: 37.39	650m: 36.74	1000m: 38.36	1350m: 38.12	1700m: 38.39	350m: 37.12	700m: 37.57	1050m: 38.53	1400m: 38.33	1750m: 38.95
11. VIEIRA, Alexia	08 C.N. Granollers										25:26.18	6,00																											
50m: 36.02	400m: 38.17	750m: 39.06	1100m: 38.76	1450m: 38.15	1800m: 37.88	100m: 37.70	450m: 38.27	800m: 39.32	1150m: 38.30	1500m: 38.59	1850m: 37.99	150m: 37.91	500m: 38.44	850m: 39.17	1200m: 37.90	1550m: 37.71	1900m: 37.58	200m: 37.50	550m: 38.39	900m: 38.00	1250m: 38.11	1600m: 38.95	1950m: 37.35	250m: 37.95	600m: 38.62	950m: 39.22	1300m: 38.12	1650m: 38.60	2000m: 35.66	300m: 37.85	650m: 38.89	1000m: 38.21	1350m: 37.88	1700m: 38.06	350m: 37.91	700m: 38.70	1050m: 38.29	1400m: 38.77	1750m: 38.23
12. HERRERA CASTILLON, Alba	07 C.N. Premià										25:46.25	5,00																											
50m: 36.82	400m: 38.48	750m: 38.71	1100m: 38.81	1450m: 39.07	1800m: 38.87	100m: 37.70	450m: 38.34	800m: 38.46	1150m: 38.96	1500m: 38.87	1850m: 39.20	150m: 38.78	500m: 38.55	850m: 38.71	1200m: 38.89	1550m: 39.03	1900m: 38.79	200m: 38.92	550m: 38.25	900m: 38.45	1250m: 39.03	1600m: 39.23	1950m: 38.32	250m: 38.72	600m: 38.62	950m: 38.75	1300m: 39.02	1650m: 39.22	2000m: 36.16	300m: 38.57	650m: 38.51	1000m: 38.65	1350m: 38.84	1700m: 39.10	350m: 38.66	700m: 39.00	1050m: 38.93	1400m: 39.14	1750m: 39.12
13. RUBIO ARROJO, Elsa	08 C.N. Figueres										25:55.16	4,00																											
50m: 36.82	400m: 38.82	750m: 38.94	1100m: 39.52	1450m: 39.16	1800m: 39.36	100m: 37.38	450m: 39.20	800m: 39.15	1150m: 39.41	1500m: 38.85	1850m: 38.91	150m: 38.37	500m: 38.82	850m: 38.95	1200m: 39.16	1550m: 38.70	1900m: 39.06	200m: 38.27	550m: 38.57	900m: 39.21	1250m: 39.08	1600m: 39.09	1950m: 37.97	250m: 38.55	600m: 38.97	950m: 39.42	1300m: 38.93	1650m: 39.40	2000m: 36.89	300m: 38.98	650m: 39.14	1000m: 39.09	1350m: 39.42	1700m: 39.76	350m: 38.71	700m: 39.21	1050m: 38.88	1400m: 39.48	1750m: 39.56



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



Prova 1, Fem., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps	
14. PRUNES ARNAU, Jana	07 C.N. Mataró										26:14.30	3,00
50m:	36.28	400m:	38.85	750m:	39.30	1100m:	39.81	1450m:	40.23	1800m:	40.40	
100m:	37.34	450m:	39.57	800m:	39.17	1150m:	39.62	1500m:	40.22	1850m:	40.81	
150m:	38.29	500m:	39.15	850m:	39.13	1200m:	39.83	1550m:	39.85	1900m:	39.27	
200m:	38.49	550m:	39.23	900m:	39.45	1250m:	39.55	1600m:	39.92	1950m:	39.71	
250m:	39.06	600m:	39.17	950m:	39.83	1300m:	39.76	1650m:	40.47	2000m:	38.12	
300m:	38.58	650m:	39.20	1000m:	39.07	1350m:	40.13	1700m:	39.78			
350m:	38.99	700m:	39.17	1050m:	39.50	1400m:	40.50	1750m:	39.50			
15. LLORACH FUSTES, Martina	08 C.N. Igualada										26:33.51	2,00
50m:	36.59	400m:	39.55	750m:	39.77	1100m:	39.97	1450m:	40.12	1800m:	40.14	
100m:	38.22	450m:	40.00	800m:	40.23	1150m:	40.07	1500m:	39.99	1850m:	39.75	
150m:	39.13	500m:	39.95	850m:	40.16	1200m:	39.58	1550m:	39.76	1900m:	39.15	
200m:	39.83	550m:	40.42	900m:	40.46	1250m:	40.27	1600m:	39.85	1950m:	41.76	
250m:	40.19	600m:	39.78	950m:	39.84	1300m:	40.13	1650m:	40.23	2000m:	38.98	
300m:	40.94	650m:	39.46	1000m:	40.15	1350m:	39.85	1700m:	39.94			
350m:	40.01	700m:	39.42	1050m:	40.19	1400m:	39.95	1750m:	39.73			
16. BUDI MOSQUERA, Emma	08 C.N. Caldes										26:39.30	1,00
50m:	38.01	400m:	38.66	750m:	39.39	1100m:	39.71	1450m:	40.85	1800m:	41.61	
100m:	38.76	450m:	38.80	800m:	39.32	1150m:	40.46	1500m:	41.74	1850m:	41.65	
150m:	38.59	500m:	38.91	850m:	39.37	1200m:	40.62	1550m:	41.10	1900m:	41.32	
200m:	38.67	550m:	39.31	900m:	39.52	1250m:	40.77	1600m:	41.24	1950m:	40.40	
250m:	38.27	600m:	39.06	950m:	39.50	1300m:	40.68	1650m:	42.03	2000m:	39.90	
300m:	39.01	650m:	39.06	1000m:	39.71	1350m:	40.64	1700m:	41.76			
350m:	39.38	700m:	38.61	1050m:	39.92	1400m:	41.28	1750m:	41.71			
17. BAUTISTA BAS, Paula	08 N.C. Torelló										26:49.97	-
50m:	35.76	400m:	40.34	750m:	40.38	1100m:	40.80	1450m:	40.90	1800m:	40.44	
100m:	38.32	450m:	39.85	800m:	40.54	1150m:	40.75	1500m:	40.59	1850m:	40.23	
150m:	39.04	500m:	40.05	850m:	41.02	1200m:	40.57	1550m:	40.63	1900m:	40.50	
200m:	39.40	550m:	39.97	900m:	40.66	1250m:	40.88	1600m:	40.63	1950m:	40.06	
250m:	39.72	600m:	40.69	950m:	41.03	1300m:	40.28	1650m:	40.59	2000m:	38.81	
300m:	39.48	650m:	40.66	1000m:	41.09	1350m:	40.83	1700m:	41.12			
350m:	40.11	700m:	40.69	1050m:	40.54	1400m:	41.16	1750m:	40.86			
18. VIDAL MERINO, Julia	07 C.N. Granollers										27:15.24	-
50m:	37.17	400m:	39.22	750m:	40.45	1100m:	41.47	1450m:	41.35	1800m:	44.14	
100m:	37.87	450m:	39.41	800m:	40.39	1150m:	40.81	1500m:	41.29	1850m:	44.10	
150m:	38.95	500m:	39.88	850m:	39.95	1200m:	40.99	1550m:	40.95	1900m:	42.59	
200m:	39.55	550m:	40.20	900m:	40.39	1250m:	42.15	1600m:	40.45	1950m:	42.75	
250m:	39.23	600m:	40.06	950m:	41.34	1300m:	41.07	1650m:	42.68	2000m:	41.60	
300m:	39.13	650m:	40.04	1000m:	40.97	1350m:	41.79	1700m:	43.84			
350m:	39.51	700m:	40.60	1050m:	41.28	1400m:	41.90	1750m:	43.73			
19. TENA HENS, Judit	08 G.E.N. Roses										27:59.66	-
50m:	38.15	400m:	41.76	750m:	41.97	1100m:	42.67	1450m:	42.92	1800m:	42.68	
100m:	40.27	450m:	41.81	800m:	41.94	1150m:	42.06	1500m:	42.78	1850m:	42.84	
150m:	40.97	500m:	42.19	850m:	42.60	1200m:	42.75	1550m:	42.49	1900m:	42.27	
200m:	41.40	550m:	41.47	900m:	42.31	1250m:	41.92	1600m:	42.70	1950m:	41.10	
250m:	41.44	600m:	41.84	950m:	42.11	1300m:	43.31	1650m:	43.16	2000m:	39.63	
300m:	41.97	650m:	42.03	1000m:	42.03	1350m:	42.55	1700m:	43.22			
350m:	41.68	700m:	41.67	1050m:	42.28	1400m:	42.78	1750m:	41.94			
DNF VENDRELL GARCIA, Maria	07 C.N. Lleida											-



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



Prova 2
03/12/2021

Masc., 2000m Lliure

Infantil Fons Indoor
Resultats

Rècords i MM Catalanes Open	20:29.33	, Ferran Julià Tous	Granada	14/11/2020
Rècords i MM Catalanes 14	21:53.25	, Ferran Julia Tous	Banyoles	30/11/2014

Classificació

ANY

Temps

1. ROSELL DíEZ, Martí 07 C.N. Tarraco **22:19.88** 19,00

50m:	31.70	400m:	33.61	750m:	33.66	1100m:	33.82	1450m:	33.59	1800m:	33.90
100m:	32.77	450m:	33.45	800m:	33.76	1150m:	33.56	1500m:	33.97	1850m:	33.54
150m:	33.15	500m:	33.62	850m:	33.53	1200m:	33.55	1550m:	33.64	1900m:	33.70
200m:	33.47	550m:	33.38	900m:	33.92	1250m:	33.95	1600m:	33.56	1950m:	32.56
250m:	33.63	600m:	33.21	950m:	33.94	1300m:	33.66	1650m:	33.73	2000m:	31.28
300m:	33.69	650m:	33.50	1000m:	33.92	1350m:	33.87	1700m:	34.11		
350m:	33.32	700m:	33.70	1050m:	33.19	1400m:	33.72	1750m:	34.05		

2. PARRA ESTRADÉ, Arnau 07 C.N. Reus Ploms **22:40.11** 16,00

50m:	32.86	400m:	33.76	750m:	33.70	1100m:	33.85	1450m:	34.53	1800m:	34.38
100m:	33.47	450m:	33.92	800m:	33.72	1150m:	34.43	1500m:	34.27	1850m:	34.19
150m:	33.45	500m:	33.95	850m:	34.01	1200m:	34.18	1550m:	34.26	1900m:	34.78
200m:	33.30	550m:	34.28	900m:	33.99	1250m:	34.05	1600m:	34.36	1950m:	34.09
250m:	34.14	600m:	34.08	950m:	34.40	1300m:	34.32	1650m:	34.05	2000m:	32.24
300m:	34.00	650m:	34.16	1000m:	33.71	1350m:	34.41	1700m:	34.55		
350m:	33.92	700m:	33.69	1050m:	33.72	1400m:	34.49	1750m:	34.45		

3. CORONA EDO, Marc 07 C.N. Sabadell **22:50.96** 14,00

50m:	31.64	400m:	34.38	750m:	35.71	1100m:	34.04	1450m:	34.50	1800m:	34.90
100m:	33.12	450m:	34.65	800m:	35.03	1150m:	34.10	1500m:	34.94	1850m:	34.26
150m:	33.75	500m:	34.97	850m:	34.91	1200m:	33.78	1550m:	34.78	1900m:	34.32
200m:	34.30	550m:	35.33	900m:	35.03	1250m:	34.39	1600m:	34.92	1950m:	32.04
250m:	33.99	600m:	34.79	950m:	35.07	1300m:	33.73	1650m:	34.97	2000m:	29.52
300m:	34.30	650m:	35.04	1000m:	34.72	1350m:	34.07	1700m:	34.60		
350m:	34.13	700m:	35.05	1050m:	34.38	1400m:	34.28	1750m:	34.53		

4. FERNANDO RODRIGO, Isak 07 C.N. Calella **22:51.46** 13,00

50m:	32.37	400m:	34.98	750m:	34.70	1100m:	33.95	1450m:	34.06	1800m:	34.93
100m:	33.86	450m:	34.48	800m:	34.82	1150m:	33.90	1500m:	34.15	1850m:	34.66
150m:	34.30	500m:	34.91	850m:	34.64	1200m:	33.82	1550m:	34.09	1900m:	34.31
200m:	34.83	550m:	34.69	900m:	34.62	1250m:	34.02	1600m:	34.44	1950m:	33.91
250m:	34.25	600m:	34.78	950m:	34.39	1300m:	34.04	1650m:	34.74	2000m:	31.48
300m:	34.64	650m:	34.77	1000m:	34.37	1350m:	33.78	1700m:	34.44		
350m:	34.65	700m:	34.80	1050m:	34.24	1400m:	33.81	1750m:	34.84		

5. CARRASCO CADENS, Jordi 08 C.E. Inef Lleida **23:11.34** 12,00

50m:	33.07	400m:	35.48	750m:	34.63	1100m:	34.80	1450m:	34.82	1800m:	34.93
100m:	34.41	450m:	35.30	800m:	34.48	1150m:	34.92	1500m:	35.11	1850m:	34.94
150m:	35.00	500m:	34.91	850m:	34.61	1200m:	35.03	1550m:	34.49	1900m:	34.91
200m:	34.99	550m:	35.20	900m:	34.65	1250m:	34.76	1600m:	35.18	1950m:	34.42
250m:	35.11	600m:	34.88	950m:	34.50	1300m:	34.50	1650m:	34.85	2000m:	33.24
300m:	35.15	650m:	34.65	1000m:	34.91	1350m:	34.72	1700m:	34.88		
350m:	35.58	700m:	34.56	1050m:	34.67	1400m:	35.12	1750m:	34.98		

6. MICHANS BURGUÉS, Àlex 07 C.N. Lleida **23:51.78** 11,00

50m:	32.90	400m:	35.98	750m:	36.02	1100m:	35.83	1450m:	37.02	1800m:	36.21
100m:	34.23	450m:	35.62	800m:	34.40	1150m:	35.77	1500m:	36.98	1850m:	36.34
150m:	35.36	500m:	36.47	850m:	35.82	1200m:	35.76	1550m:	36.28	1900m:	36.98
200m:	34.66	550m:	35.95	900m:	36.20	1250m:	35.69	1600m:	36.75	1950m:	35.72
250m:	35.58	600m:	35.74	950m:	35.86	1300m:	35.50	1650m:	35.78	2000m:	32.84
300m:	36.33	650m:	36.09	1000m:	36.13	1350m:	35.97	1700m:	34.91		
350m:	35.83	700m:	36.74	1050m:	35.85	1400m:	37.15	1750m:	36.54		

7. RUBIEJO MORENO, Kilian 07 N.C. Torelló **24:00.02** 10,00

50m:	32.91	400m:	35.20	750m:	36.14	1100m:	36.43	1450m:	36.94	1800m:	36.96
100m:	33.57	450m:	35.11	800m:	36.25	1150m:	36.19	1500m:	37.13	1850m:	36.34
150m:	33.95	500m:	35.55	850m:	36.42	1200m:	36.78	1550m:	37.40	1900m:	36.20
200m:	34.08	550m:	35.67	900m:	36.36	1250m:	36.84	1600m:	36.69	1950m:	36.24
250m:	34.37	600m:	35.95	950m:	36.42	1300m:	37.06	1650m:	36.80	2000m:	35.13
300m:	34.74	650m:	35.69	1000m:	36.48	1350m:	36.95	1700m:	36.72		
350m:	35.17	700m:	36.21	1050m:	36.97	1400m:	37.15	1750m:	36.86		

Piscina 25 i crometratge Semi-automàtic



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



Prova 2, Masc., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps		
8. VILASECA MARTIN, Jan	07 C.N. Terrassa										24:06.59	9,00	
50m:	33.32	400m:	36.01	750m:	36.73	1100m:	37.28	1450m:	36.65	1800m:	36.00		
100m:	34.80	450m:	35.99	800m:	36.16	1150m:	36.19	1500m:	36.35	1850m:	36.59		
150m:	35.36	500m:	36.06	850m:	36.48	1200m:	36.41	1550m:	36.58	1900m:	36.52		
200m:	35.46	550m:	36.00	900m:	36.35	1250m:	37.48	1600m:	36.04	1950m:	35.58		
250m:	35.50	600m:	36.06	950m:	36.33	1300m:	36.65	1650m:	36.70	2000m:	33.92		
300m:	36.26	650m:	36.69	1000m:	36.46	1350m:	37.22	1700m:	36.49				
350m:	36.59	700m:	36.06	1050m:	36.47	1400m:	36.40	1750m:	36.40				
9. CASAS FERRER, Lluç	08 C.N. Vic-Etb										24:17.46	8,00	
50m:	34.07	400m:	35.53	750m:	36.61	1100m:	37.18	1450m:	36.51	1800m:	38.84		
100m:	35.01	450m:	35.88	800m:	37.06	1150m:	36.14	1500m:	37.48	1850m:	37.28		
150m:	35.49	500m:	35.74	850m:	36.34	1200m:	37.02	1550m:	37.15	1900m:	37.52		
200m:	35.46	550m:	36.25	900m:	36.56	1250m:	37.04	1600m:	37.59	1950m:	35.96		
250m:	35.37	600m:	36.60	950m:	37.24	1300m:	36.62	1650m:	38.05	2000m:	32.80		
300m:	35.15	650m:	36.04	1000m:	37.18	1350m:	35.34	1700m:	38.33				
350m:	35.09	700m:	36.70	1050m:	36.53	1400m:	36.17	1750m:	38.54				
10. RAYO FOUCHES, Daniel	07 C.N. Mataró										24:33.46	7,00	
50m:	33.14	400m:	36.72	750m:	36.49	1100m:	37.93	1450m:	38.02	1800m:	37.58		
100m:	34.22	450m:	37.26	800m:	37.06	1150m:	37.21	1500m:	38.11	1850m:	35.90		
150m:	35.09	500m:	37.00	850m:	37.58	1200m:	37.33	1550m:	37.25	1900m:	36.53		
200m:	36.39	550m:	37.41	900m:	37.19	1250m:	37.51	1600m:	36.61	1950m:	35.96		
250m:	36.41	600m:	37.14	950m:	37.19	1300m:	37.04	1650m:	36.67	2000m:	36.32		
300m:	36.42	650m:	37.05	1000m:	37.44	1350m:	37.71	1700m:	36.84				
350m:	36.63	700m:	37.11	1050m:	37.39	1400m:	37.60	1750m:	37.01				
11. GARCIA GARCIA, Alex	07 C.N. Granollers										24:44.04	6,00	
50m:	34.63	400m:	36.38	750m:	37.49	1100m:	37.18	1450m:	37.65	1800m:	37.93		
100m:	35.36	450m:	36.40	800m:	37.19	1150m:	36.86	1500m:	37.67	1850m:	38.04		
150m:	36.11	500m:	36.76	850m:	37.26	1200m:	36.81	1550m:	37.74	1900m:	38.45		
200m:	36.23	550m:	36.97	900m:	37.12	1250m:	37.40	1600m:	37.96	1950m:	38.10		
250m:	36.12	600m:	36.88	950m:	37.20	1300m:	37.63	1650m:	37.68	2000m:	36.15		
300m:	36.46	650m:	37.76	1000m:	37.51	1350m:	36.75	1700m:	37.99				
350m:	36.37	700m:	37.68	1050m:	36.64	1400m:	37.62	1750m:	37.91				
12. JUBANY RAMON, Jofre	07 C.N. Mataró										24:56.10	5,00	
50m:	31.70	400m:	37.31	750m:	37.88	1100m:	37.63	1450m:	37.83	1800m:	38.91		
100m:	34.90	450m:	37.36	800m:	37.95	1150m:	37.44	1500m:	38.37	1850m:	38.34		
150m:	36.17	500m:	37.89	850m:	38.39	1200m:	37.43	1550m:	38.37	1900m:	39.19		
200m:	36.70	550m:	37.38	900m:	37.44	1250m:	37.57	1600m:	38.73	1950m:	36.92		
250m:	36.41	600m:	38.35	950m:	36.91	1300m:	37.84	1650m:	38.90	2000m:	34.09		
300m:	36.85	650m:	37.78	1000m:	37.16	1350m:	38.19	1700m:	38.61				
350m:	36.95	700m:	36.54	1050m:	37.28	1400m:	38.35	1750m:	38.09				
13. ORDOÑEZ VALDES, Sergi	08 C.N. Caldes										24:56.61	4,00	
50m:	35.12	400m:	38.71	750m:	38.20	1100m:	37.35	1450m:	38.06	1800m:	37.78		
100m:	36.16	450m:	37.03	800m:	37.66	1150m:	37.10	1500m:	37.77	1850m:	36.94		
150m:	37.75	500m:	38.06	850m:	38.10	1200m:	37.61	1550m:	37.19	1900m:	36.45		
200m:	37.47	550m:	38.23	900m:	38.25	1250m:	37.77	1600m:	36.93	1950m:	37.11		
250m:	37.78	600m:	37.48	950m:	36.53	1300m:	37.34	1650m:	37.15	2000m:	33.96		
300m:	37.76	650m:	38.33	1000m:	37.92	1350m:	37.45	1700m:	37.08				
350m:	38.74	700m:	37.78	1050m:	37.46	1400m:	38.06	1750m:	36.99				
14. PATIÑO SANCHEZ, Izan	07 C.N. Mataró										25:00.95	3,00	
50m:	33.77	400m:	37.80	750m:	37.68	1100m:	37.79	1450m:	38.02	1800m:	37.73		
100m:	35.69	450m:	37.93	800m:	37.80	1150m:	37.83	1500m:	37.53	1850m:	37.27		
150m:	37.29	500m:	37.68	850m:	37.95	1200m:	37.87	1550m:	38.13	1900m:	37.85		
200m:	37.10	550m:	37.54	900m:	37.18	1250m:	37.93	1600m:	38.72	1950m:	37.57		
250m:	37.35	600m:	37.82	950m:	37.66	1300m:	37.82	1650m:	38.35	2000m:	34.03		
300m:	37.70	650m:	37.57	1000m:	37.91	1350m:	38.03	1700m:	38.35				
350m:	37.53	700m:	37.41	1050m:	37.39	1400m:	38.00	1750m:	38.38				



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



Prova 2, Masc., 2000m Lliure, Infantil Fons Indoor

Classificació	ANY										Temps	
15. ROURA CLEMENTE, Marc	07 GEIEG										25:18.66	2,00
50m:	34.21	400m:	37.91	750m:	37.90	1100m:	38.40	1450m:	10:38.52	1800m:	39.50	
100m:	36.60	450m:	37.84	800m:	38.32	1150m:	38.18	1500m:	38.02	1850m:	39.57	
150m:	37.10	500m:	37.68	850m:	38.15	1200m:	37.55	1550m:	38.39	1900m:	39.13	
200m:	36.95	550m:	37.78	900m:	37.52	1250m:	38.03	1600m:	38.51	1950m:	38.69	
250m:	37.65	600m:	37.58	950m:	38.39	1300m:	37.72	1650m:	37.82	2000m:	37.21	
300m:	37.29	650m:	37.91	1000m:	38.31	1350m:	38.08	1700m:	39.36			
350m:	37.67	700m:	37.79	1050m:	37.55	1400m:	1750m:	39.06				
16. ELCACHO BIOSCA, Gerard	07 C.N. Lleida										25:26.74	1,00
50m:	33.37	400m:	38.18	750m:	38.13	1100m:	37.46	1450m:	38.52	1800m:	37.57	
100m:	36.31	450m:	38.39	800m:	38.52	1150m:	37.94	1500m:	39.24	1850m:	38.72	
150m:	37.14	500m:	37.68	850m:	39.09	1200m:	38.68	1550m:	38.87	1900m:	41.15	
200m:	37.53	550m:	38.63	900m:	38.08	1250m:	39.12	1600m:	39.11	1950m:	33.43	
250m:	37.41	600m:	39.18	950m:	39.81	1300m:	38.06	1650m:	38.24	2000m:	37.87	
300m:	37.82	650m:	38.85	1000m:	36.94	1350m:	38.57	1700m:	38.73			
350m:	38.07	700m:	39.44	1050m:	39.86	1400m:	38.38	1750m:	38.65			
17. GABERNET MARTÍN, Biel	07 C.N. Tàrrrega										26:09.58	-
50m:	35.29	400m:	38.98	750m:	38.52	1100m:	39.01	1450m:	40.52	1800m:	40.22	
100m:	36.25	450m:	38.13	800m:	39.96	1150m:	39.79	1500m:	41.33	1850m:	40.78	
150m:	38.26	500m:	39.84	850m:	37.49	1200m:	40.39	1550m:	40.10	1900m:	39.73	
200m:	37.95	550m:	38.89	900m:	40.25	1250m:	41.11	1600m:	41.08	1950m:	39.50	
250m:	38.82	600m:	38.51	950m:	38.68	1300m:	40.75	1650m:	39.77	2000m:	36.73	
300m:	38.30	650m:	39.35	1000m:	38.32	1350m:	39.27	1700m:	40.51			
350m:	38.79	700m:	39.28	1050m:	38.97	1400m:	39.80	1750m:	40.36			
18. GONZALEZ SOLTERO, Abel	07 C.N. Caldes										27:00.43	-
50m:	36.33	400m:	40.13	750m:	40.30	1100m:	41.02	1450m:	40.84	1800m:	41.70	
100m:	37.61	450m:	39.80	800m:	40.70	1150m:	41.02	1500m:	41.30	1850m:	41.71	
150m:	39.21	500m:	40.07	850m:	40.38	1200m:	40.66	1550m:	40.90	1900m:	41.84	
200m:	40.07	550m:	40.09	900m:	40.55	1250m:	41.24	1600m:	41.70	1950m:	40.88	
250m:	39.49	600m:	40.62	950m:	40.18	1300m:	41.34	1650m:	41.30	2000m:	40.90	
300m:	39.14	650m:	40.40	1000m:	40.45	1350m:	40.86	1700m:	41.91			
350m:	39.23	700m:	40.27	1050m:	41.18	1400m:	41.79	1750m:	41.32			
19. GARCIA MORALES, Arnau	08 C.N. Calella										27:06.61	-
50m:	34.35	400m:	39.77	750m:	39.92	1100m:	40.97	1450m:	41.92	1800m:	42.29	
100m:	38.48	450m:	39.87	800m:	40.01	1150m:	41.94	1500m:	41.75	1850m:	40.87	
150m:	39.15	500m:	40.16	850m:	40.04	1200m:	41.46	1550m:	41.91	1900m:	41.73	
200m:	39.45	550m:	39.73	900m:	40.40	1250m:	41.33	1600m:	42.36	1950m:	42.26	
250m:	39.20	600m:	40.32	950m:	41.69	1300m:	41.61	1650m:	42.10	2000m:	38.53	
300m:	40.05	650m:	40.26	1000m:	40.62	1350m:	42.03	1700m:	42.37			
350m:	40.43	700m:	40.33	1050m:	40.95	1400m:	41.57	1750m:	42.43			
DNS LOPEZ PLANA, Sergio	08 C.N. Lleida											-



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



Prova 3
03/12/2021

Fem., 3000m Lliure

Absolut, Júnior 2 i Júnior 1
Resultats

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

Classificació

ANY

Temps

Júnior 1 Fons Indoor

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

50m:	33.10	550m:	35.08	1050m:	35.15	1550m:	35.50	2050m:	35.64	2550m:	35.57
100m:	33.90	600m:	34.92	1100m:	34.66	1600m:	35.89	2100m:	35.59	2600m:	35.85
150m:	34.62	650m:	34.70	1150m:	35.37	1650m:	35.67	2150m:	35.81	2650m:	35.98
200m:	34.70	700m:	34.94	1200m:	35.21	1700m:	35.66	2200m:	35.91	2700m:	35.65
250m:	34.94	750m:	34.84	1250m:	35.39	1750m:	35.75	2250m:	35.80	2750m:	35.99
300m:	35.00	800m:	34.96	1300m:	35.41	1800m:	35.80	2300m:	35.93	2800m:	36.09
350m:	35.01	850m:	34.98	1350m:	35.32	1850m:	35.78	2350m:	36.02	2850m:	35.76
400m:	34.91	900m:	35.05	1400m:	35.54	1900m:	36.08	2400m:	36.12	2900m:	35.45
450m:	34.67	950m:	35.02	1450m:	35.46	1950m:	35.75	2450m:	36.04	2950m:	35.25
500m:	34.75	1000m:	34.87	1500m:	35.43	2000m:	35.53	2500m:	35.74	3000m:	34.13

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

50m:	33.78	550m:	35.63	1050m:	35.83	1550m:	35.85	2050m:	35.76	2550m:	36.06
100m:	35.28	600m:	35.55	1100m:	35.28	1600m:	35.58	2100m:	35.75	2600m:	35.77
150m:	35.45	650m:	35.52	1150m:	35.59	1650m:	35.76	2150m:	36.29	2650m:	35.96
200m:	35.74	700m:	35.32	1200m:	35.37	1700m:	35.67	2200m:	36.20	2700m:	35.84
250m:	35.35	750m:	35.39	1250m:	35.83	1750m:	35.64	2250m:	35.91	2750m:	35.97
300m:	35.08	800m:	35.54	1300m:	35.73	1800m:	35.19	2300m:	35.69	2800m:	35.93
350m:	35.75	850m:	35.73	1350m:	35.69	1850m:	35.36	2350m:	35.47	2850m:	36.09
400m:	35.62	900m:	35.59	1400m:	35.80	1900m:	35.94	2400m:	36.15	2900m:	35.88
450m:	35.24	950m:	35.88	1450m:	35.71	1950m:	35.90	2450m:	36.55	2950m:	35.52
500m:	35.45	1000m:	35.31	1500m:	35.77	2000m:	35.80	2500m:	36.33	3000m:	34.30

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

50m:	33.95	550m:	35.82	1050m:	36.08	1550m:	35.57	2050m:	35.44	2550m:	35.40
100m:	35.05	600m:	35.79	1100m:	35.49	1600m:	35.21	2100m:	35.23	2600m:	35.90
150m:	35.42	650m:	35.91	1150m:	36.18	1650m:	35.90	2150m:	35.34	2650m:	35.63
200m:	35.46	700m:	35.78	1200m:	36.21	1700m:	35.71	2200m:	35.12	2700m:	36.00
250m:	35.71	750m:	35.96	1250m:	35.18	1750m:	35.42	2250m:	35.05	2750m:	36.49
300m:	35.83	800m:	36.21	1300m:	35.63	1800m:	35.56	2300m:	35.62	2800m:	36.79
350m:	36.00	850m:	36.11	1350m:	35.51	1850m:	35.20	2350m:	35.60	2850m:	37.43
400m:	35.92	900m:	35.99	1400m:	35.92	1900m:	35.38	2400m:	35.48	2900m:	37.34
450m:	35.85	950m:	36.52	1450m:	35.98	1950m:	36.01	2450m:	36.02	2950m:	36.35
500m:	35.98	1000m:	36.29	1500m:	35.65	2000m:	35.99	2500m:	35.91	3000m:	35.22

4. MORERA PUJOLAR, Júlia 05 C.N. Olot **36:26.31** 13,00

50m:	33.30	550m:	35.75	1050m:	36.97	1550m:	36.51	2050m:	36.81	2550m:	36.82
100m:	34.79	600m:	35.77	1100m:	36.48	1600m:	36.70	2100m:	36.70	2600m:	37.42
150m:	35.20	650m:	36.30	1150m:	36.57	1650m:	36.69	2150m:	36.93	2650m:	36.98
200m:	35.41	700m:	35.95	1200m:	36.28	1700m:	36.47	2200m:	36.95	2700m:	37.06
250m:	35.45	750m:	36.28	1250m:	36.59	1750m:	36.58	2250m:	37.25	2750m:	37.42
300m:	35.90	800m:	36.45	1300m:	36.16	1800m:	36.50	2300m:	37.45	2800m:	37.19
350m:	35.68	850m:	36.05	1350m:	36.58	1850m:	36.75	2350m:	36.74	2850m:	37.56
400m:	35.88	900m:	36.60	1400m:	36.26	1900m:	36.60	2400m:	37.00	2900m:	37.00
450m:	35.79	950m:	36.63	1450m:	36.53	1950m:	36.65	2450m:	37.48	2950m:	36.41
500m:	35.85	1000m:	36.62	1500m:	36.19	2000m:	37.28	2500m:	36.85	3000m:	35.30

Piscina 25 i crometratge Semi-automàtic



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



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

Classificació	ANY										Temps			
5.	PALACIOS GALLARDO, Rut										05	C.N. Barcelona	36:27.26	12,00
	50m:	33.73	550m:	35.44	1050m:	36.08	1550m:	36.88	2050m:	37.53	2550m:	37.62		
	100m:	34.18	600m:	35.51	1100m:	35.61	1600m:	36.62	2100m:	37.01	2600m:	37.57		
	150m:	34.53	650m:	35.52	1150m:	36.66	1650m:	37.38	2150m:	36.83	2650m:	37.67		
	200m:	34.56	700m:	35.50	1200m:	36.15	1700m:	38.27	2200m:	37.01	2700m:	37.71		
	250m:	34.96	750m:	35.23	1250m:	36.18	1750m:	37.86	2250m:	37.19	2750m:	37.77		
	300m:	34.89	800m:	35.80	1300m:	36.51	1800m:	37.32	2300m:	37.16	2800m:	37.34		
	350m:	35.01	850m:	35.82	1350m:	36.51	1850m:	37.23	2350m:	38.10	2850m:	37.62		
	400m:	35.14	900m:	36.04	1400m:	36.50	1900m:	37.05	2400m:	37.53	2900m:	37.21		
	450m:	35.25	950m:	35.60	1450m:	36.91	1950m:	36.74	2450m:	38.01	2950m:	36.85		
	500m:	34.92	1000m:	35.65	1500m:	36.79	2000m:	37.06	2500m:	37.87	3000m:	36.07		
6.	FERNANDEZ GONZALEZ, Aina										06	C.N. Banyoles	36:52.67	11,00
	50m:	32.34	550m:	35.00	1050m:	36.49	1550m:	38.98	2050m:	38.55	2550m:	38.56		
	100m:	33.01	600m:	35.06	1100m:	36.65	1600m:	38.24	2100m:	38.27	2600m:	38.23		
	150m:	33.76	650m:	35.82	1150m:	36.66	1650m:	38.43	2150m:	38.52	2650m:	38.50		
	200m:	34.25	700m:	35.90	1200m:	37.88	1700m:	38.62	2200m:	37.88	2700m:	38.61		
	250m:	34.55	750m:	35.22	1250m:	37.23	1750m:	38.37	2250m:	38.37	2750m:	37.83		
	300m:	35.08	800m:	35.57	1300m:	37.39	1800m:	38.38	2300m:	38.36	2800m:	37.83		
	350m:	35.24	850m:	36.52	1350m:	37.36	1850m:	38.02	2350m:	39.16	2850m:	37.83		
	400m:	34.98	900m:	36.18	1400m:	35.52	1900m:	37.90	2400m:	38.73	2900m:	38.17		
	450m:	35.32	950m:	36.24	1450m:	35.25	1950m:	38.13	2450m:	39.00	2950m:	36.52		
	500m:	35.26	1000m:	36.56	1500m:	35.63	2000m:	37.95	2500m:	38.97	3000m:	33.84		
7.	VARET CANO, Audrey										06	C.N. Mataró	37:05.79	10,00
	50m:	33.49	550m:	36.54	1050m:	36.96	1550m:	36.95	2050m:	37.23	2550m:	38.38		
	100m:	34.49	600m:	36.46	1100m:	36.90	1600m:	37.17	2100m:	37.59	2600m:	37.93		
	150m:	35.75	650m:	37.05	1150m:	36.82	1650m:	37.59	2150m:	37.60	2650m:	37.59		
	200m:	35.89	700m:	37.17	1200m:	36.84	1700m:	37.49	2200m:	37.47	2700m:	38.51		
	250m:	35.62	750m:	36.13	1250m:	36.70	1750m:	37.97	2250m:	37.28	2750m:	38.01		
	300m:	35.73	800m:	36.79	1300m:	37.19	1800m:	37.86	2300m:	37.94	2800m:	37.96		
	350m:	36.14	850m:	36.90	1350m:	37.14	1850m:	37.73	2350m:	37.46	2850m:	37.36		
	400m:	35.80	900m:	36.80	1400m:	37.67	1900m:	38.21	2400m:	37.76	2900m:	37.26		
	450m:	35.94	950m:	37.32	1450m:	37.88	1950m:	37.18	2450m:	37.75	2950m:	37.80		
	500m:	36.29	1000m:	37.16	1500m:	37.95	2000m:	37.60	2500m:	38.53	3000m:	37.12		
8.	VALLS PLAZA, Ariadna										06	C.N. Sant Andreu	37:12.60	9,00
	50m:	34.94	550m:	36.81	1050m:	37.08	1550m:	37.87	2050m:	37.63	2550m:	37.61		
	100m:	35.29	600m:	37.17	1100m:	37.17	1600m:	37.90	2100m:	38.24	2600m:	37.66		
	150m:	35.96	650m:	37.06	1150m:	37.51	1650m:	37.62	2150m:	38.15	2650m:	38.20		
	200m:	36.36	700m:	36.95	1200m:	37.54	1700m:	38.06	2200m:	38.11	2700m:	37.75		
	250m:	36.61	750m:	36.57	1250m:	37.36	1750m:	37.64	2250m:	38.03	2750m:	37.57		
	300m:	36.58	800m:	36.78	1300m:	37.62	1800m:	37.43	2300m:	38.19	2800m:	36.81		
	350m:	36.85	850m:	36.96	1350m:	37.56	1850m:	37.33	2350m:	37.99	2850m:	36.57		
	400m:	36.87	900m:	37.15	1400m:	37.62	1900m:	37.53	2400m:	37.98	2900m:	36.15		
	450m:	36.98	950m:	37.04	1450m:	37.72	1950m:	37.58	2450m:	37.86	2950m:	35.54		
	500m:	36.59	1000m:	37.12	1500m:	37.97	2000m:	37.31	2500m:	38.07	3000m:	34.43		
9.	FERNANDEZ ROSELLO, Noa										06	C.N. Sabadell	37:14.09	8,00
	50m:	35.50	550m:	37.07	1050m:	36.81	1550m:	36.75	2050m:	37.42	2550m:	37.65		
	100m:	35.70	600m:	36.95	1100m:	37.07	1600m:	37.22	2100m:	37.72	2600m:	38.10		
	150m:	36.08	650m:	37.22	1150m:	37.10	1650m:	37.41	2150m:	37.65	2650m:	38.17		
	200m:	36.87	700m:	36.72	1200m:	37.42	1700m:	37.29	2200m:	37.87	2700m:	38.15		
	250m:	36.21	750m:	36.78	1250m:	37.30	1750m:	37.33	2250m:	37.90	2750m:	38.28		
	300m:	36.75	800m:	36.89	1300m:	37.20	1800m:	37.56	2300m:	37.92	2800m:	37.89		
	350m:	36.48	850m:	36.84	1350m:	37.01	1850m:	37.74	2350m:	38.59	2850m:	37.69		
	400m:	36.68	900m:	36.92	1400m:	36.72	1900m:	37.45	2400m:	37.99	2900m:	37.80		
	450m:	37.12	950m:	36.70	1450m:	36.78	1950m:	37.55	2450m:	37.82	2950m:	38.02		
	500m:	36.72	1000m:	36.56	1500m:	37.13	2000m:	37.25	2500m:	37.90	3000m:	36.71		



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



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

Classificació	ANY										Temps			
10.	DEL RIO SANTAMARIA, Jana										05	C.N. Mataró	37:17.00	7,00
	50m:	34.72	550m:	36.44	1050m:	36.95	1550m:	37.37	2050m:	37.80	2550m:	38.02		
	100m:	35.33	600m:	36.83	1100m:	37.06	1600m:	37.42	2100m:	37.57	2600m:	37.79		
	150m:	35.77	650m:	36.90	1150m:	37.05	1650m:	37.69	2150m:	37.48	2650m:	38.30		
	200m:	36.00	700m:	37.06	1200m:	37.48	1700m:	37.53	2200m:	37.66	2700m:	38.27		
	250m:	36.30	750m:	36.84	1250m:	37.07	1750m:	37.83	2250m:	38.28	2750m:	38.34		
	300m:	36.29	800m:	36.96	1300m:	37.44	1800m:	37.99	2300m:	37.88	2800m:	38.27		
	350m:	36.08	850m:	36.99	1350m:	37.35	1850m:	37.89	2350m:	38.62	2850m:	37.60		
	400m:	36.52	900m:	37.30	1400m:	37.31	1900m:	37.32	2400m:	38.21	2900m:	37.74		
	450m:	36.39	950m:	37.13	1450m:	37.35	1950m:	37.73	2450m:	38.52	2950m:	37.60		
	500m:	36.69	1000m:	37.17	1500m:	37.08	2000m:	37.91	2500m:	37.74	3000m:	36.78		
11.	GUTIERREZ RODRIGUEZ, Ariadne										06	C.N. Sabadell	37:48.00	6,00
	50m:	35.54	550m:	37.45	1050m:	37.26	1550m:	37.46	2050m:	38.31	2550m:	38.52		
	100m:	36.52	600m:	37.55	1100m:	37.29	1600m:	37.79	2100m:	38.43	2600m:	38.85		
	150m:	36.68	650m:	36.97	1150m:	37.62	1650m:	38.16	2150m:	38.51	2650m:	38.83		
	200m:	37.44	700m:	37.09	1200m:	37.59	1700m:	38.81	2200m:	38.23	2700m:	38.44		
	250m:	37.42	750m:	37.20	1250m:	37.72	1750m:	38.84	2250m:	38.53	2750m:	38.20		
	300m:	37.10	800m:	37.51	1300m:	37.55	1800m:	38.10	2300m:	38.85	2800m:	37.92		
	350m:	37.48	850m:	37.56	1350m:	37.59	1850m:	38.45	2350m:	38.77	2850m:	37.80		
	400m:	37.52	900m:	37.45	1400m:	37.66	1900m:	38.01	2400m:	38.62	2900m:	38.07		
	450m:	37.38	950m:	37.40	1450m:	37.71	1950m:	38.29	2450m:	38.43	2950m:	38.46		
	500m:	37.57	1000m:	37.36	1500m:	37.07	2000m:	38.44	2500m:	39.16	3000m:	35.47		
12.	SURROCA RIOL, Gemma										05	C.N. Olot	37:57.95	5,00
	50m:	34.47	550m:	37.74	1050m:	38.24	1550m:	38.26	2050m:	38.31	2550m:	39.30		
	100m:	36.41	600m:	37.78	1100m:	37.97	1600m:	38.53	2100m:	38.91	2600m:	38.84		
	150m:	36.75	650m:	37.72	1150m:	37.91	1650m:	38.33	2150m:	38.53	2650m:	38.07		
	200m:	37.33	700m:	37.89	1200m:	38.07	1700m:	38.48	2200m:	38.52	2700m:	38.09		
	250m:	37.25	750m:	37.59	1250m:	37.94	1750m:	38.77	2250m:	37.88	2750m:	38.55		
	300m:	37.78	800m:	37.64	1300m:	37.88	1800m:	39.08	2300m:	37.88	2800m:	37.82		
	350m:	37.50	850m:	37.68	1350m:	38.08	1850m:	38.63	2350m:	38.12	2850m:	37.72		
	400m:	37.47	900m:	37.40	1400m:	38.23	1900m:	38.89	2400m:	38.84	2900m:	37.37		
	450m:	37.66	950m:	37.96	1450m:	38.82	1950m:	38.79	2450m:	39.05	2950m:	36.72		
	500m:	37.86	1000m:	38.03	1500m:	38.25	2000m:	38.98	2500m:	38.74	3000m:	34.65		
13.	CASELLAS I PUNSET, Laia										06	C.N. Figueres	38:00.64	4,00
	50m:	34.65	550m:	38.35	1050m:	38.16	1550m:	37.14	2050m:	38.98	2550m:	37.33		
	100m:	36.49	600m:	38.26	1100m:	38.10	1600m:	36.92	2100m:	38.25	2600m:	38.04		
	150m:	36.85	650m:	38.38	1150m:	38.03	1650m:	37.90	2150m:	38.49	2650m:	38.20		
	200m:	37.32	700m:	38.42	1200m:	38.33	1700m:	37.68	2200m:	38.39	2700m:	38.33		
	250m:	37.50	750m:	38.25	1250m:	38.39	1750m:	37.84	2250m:	38.05	2750m:	37.82		
	300m:	37.57	800m:	38.70	1300m:	38.16	1800m:	38.14	2300m:	38.27	2800m:	38.47		
	350m:	37.61	850m:	39.07	1350m:	38.84	1850m:	38.27	2350m:	38.76	2850m:	37.48		
	400m:	38.13	900m:	38.28	1400m:	37.85	1900m:	38.17	2400m:	38.50	2900m:	36.78		
	450m:	38.48	950m:	38.43	1450m:	38.18	1950m:	38.23	2450m:	38.74	2950m:	37.75		
	500m:	38.73	1000m:	38.53	1500m:	37.45	2000m:	38.18	2500m:	39.20	3000m:	36.85		
14.	RODRÍGUEZ SANTAULARIA, Jéssica										06	C.N. Igualada	38:22.92	3,00
	50m:	34.92	550m:	37.05	1050m:	38.03	1550m:	38.75	2050m:	39.31	2550m:	40.02		
	100m:	35.65	600m:	37.34	1100m:	38.06	1600m:	38.80	2100m:	39.42	2600m:	40.06		
	150m:	36.20	650m:	37.39	1150m:	38.03	1650m:	38.62	2150m:	39.56	2650m:	39.73		
	200m:	36.56	700m:	37.15	1200m:	38.30	1700m:	38.70	2200m:	39.78	2700m:	39.66		
	250m:	36.54	750m:	37.53	1250m:	38.23	1750m:	38.94	2250m:	39.37	2750m:	39.96		
	300m:	36.67	800m:	37.28	1300m:	38.55	1800m:	38.96	2300m:	39.33	2800m:	39.46		
	350m:	36.30	850m:	37.56	1350m:	38.60	1850m:	39.11	2350m:	39.57	2850m:	39.73		
	400m:	36.81	900m:	37.79	1400m:	38.66	1900m:	39.28	2400m:	39.60	2900m:	39.79		
	450m:	37.04	950m:	38.01	1450m:	38.58	1950m:	38.52	2450m:	40.15	2950m:	39.20		
	500m:	37.13	1000m:	38.11	1500m:	38.81	2000m:	38.98	2500m:	39.97	3000m:	37.71		



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



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

Classificació	ANY										Temps			
15.	SANCHEZ BARBERO, Irene										05	C.N. Atl Barceloneta	38:41.10	2,00
	50m:	34.87	550m:	37.78	1050m:	38.73	1550m:	38.58	2050m:	39.62	2550m:	39.13		
	100m:	36.87	600m:	38.02	1100m:	38.61	1600m:	39.20	2100m:	40.03	2600m:	39.06		
	150m:	37.26	650m:	38.16	1150m:	38.64	1650m:	39.36	2150m:	39.92	2650m:	39.24		
	200m:	37.69	700m:	38.21	1200m:	38.69	1700m:	39.06	2200m:	40.07	2700m:	39.46		
	250m:	38.01	750m:	37.51	1250m:	39.12	1750m:	39.60	2250m:	38.91	2750m:	39.46		
	300m:	37.86	800m:	37.96	1300m:	38.26	1800m:	39.55	2300m:	38.81	2800m:	38.79		
	350m:	37.48	850m:	38.20	1350m:	38.60	1850m:	40.13	2350m:	40.47	2850m:	38.33		
	400m:	38.15	900m:	38.04	1400m:	38.96	1900m:	39.61	2400m:	39.70	2900m:	38.60		
	450m:	38.30	950m:	38.00	1450m:	38.70	1950m:	40.05	2450m:	40.17	2950m:	38.92		
	500m:	38.16	1000m:	38.00	1500m:	38.48	2000m:	39.45	2500m:	39.93	3000m:	36.57		
16.	MARTINEZ MARESMÀ, Julia										06	C.N. Mataró	39:35.50	1,00
	50m:	36.45	550m:	38.88	1050m:	39.51	1550m:	39.94	2050m:	40.11	2550m:	40.71		
	100m:	37.08	600m:	38.94	1100m:	39.51	1600m:	40.35	2100m:	40.05	2600m:	41.46		
	150m:	38.00	650m:	39.43	1150m:	39.36	1650m:	39.95	2150m:	40.81	2650m:	39.35		
	200m:	38.41	700m:	39.73	1200m:	39.73	1700m:	39.98	2200m:	40.43	2700m:	39.08		
	250m:	38.22	750m:	39.53	1250m:	40.04	1750m:	40.17	2250m:	40.29	2750m:	39.44		
	300m:	38.65	800m:	39.37	1300m:	40.11	1800m:	40.15	2300m:	40.75	2800m:	39.62		
	350m:	38.73	850m:	39.58	1350m:	39.83	1850m:	40.03	2350m:	40.88	2850m:	39.66		
	400m:	39.55	900m:	39.52	1400m:	39.56	1900m:	40.16	2400m:	41.35	2900m:	38.93		
	450m:	39.22	950m:	39.76	1450m:	38.96	1950m:	39.80	2450m:	40.87	2950m:	39.15		
	500m:	38.64	1000m:	39.97	1500m:	39.69	2000m:	40.26	2500m:	40.58	3000m:	37.38		
17.	MOSQUERA SORIANO, Martina										06	C.N. Granollers	40:03.62	-
	50m:	37.25	550m:	39.29	1050m:	39.28	1550m:	40.13	2050m:	40.82	2550m:	41.64		
	100m:	37.82	600m:	39.14	1100m:	39.93	1600m:	40.40	2100m:	40.38	2600m:	41.60		
	150m:	38.64	650m:	39.32	1150m:	39.75	1650m:	40.75	2150m:	40.81	2650m:	41.51		
	200m:	38.77	700m:	39.39	1200m:	39.81	1700m:	40.38	2200m:	40.74	2700m:	41.38		
	250m:	39.04	750m:	39.27	1250m:	40.09	1750m:	39.91	2250m:	41.22	2750m:	40.80		
	300m:	38.95	800m:	39.61	1300m:	40.05	1800m:	40.55	2300m:	40.47	2800m:	40.84		
	350m:	38.80	850m:	39.65	1350m:	39.79	1850m:	40.65	2350m:	40.79	2850m:	40.87		
	400m:	38.99	900m:	39.45	1400m:	40.09	1900m:	40.56	2400m:	41.78	2900m:	40.72		
	450m:	38.83	950m:	39.33	1450m:	39.88	1950m:	40.57	2450m:	41.72	2950m:	40.86		
	500m:	38.96	1000m:	39.31	1500m:	40.33	2000m:	40.40	2500m:	41.97	3000m:	39.59		
18.	MARTINEZ ORDÓÑEZ, Aina										05	C.N. Granollers	41:00.71	-
	50m:	37.13	550m:	40.75	1050m:	41.12	1550m:	41.51	2050m:	42.08	2550m:	41.11		
	100m:	38.17	600m:	41.07	1100m:	41.06	1600m:	41.45	2100m:	42.26	2600m:	41.53		
	150m:	38.96	650m:	41.03	1150m:	41.27	1650m:	41.67	2150m:	42.29	2650m:	41.05		
	200m:	39.25	700m:	41.26	1200m:	41.37	1700m:	41.34	2200m:	41.92	2700m:	41.06		
	250m:	39.63	750m:	41.30	1250m:	40.60	1750m:	41.52	2250m:	42.06	2750m:	40.72		
	300m:	40.18	800m:	41.08	1300m:	40.94	1800m:	41.71	2300m:	41.17	2800m:	41.36		
	350m:	40.12	850m:	41.03	1350m:	41.55	1850m:	42.22	2350m:	40.53	2850m:	40.97		
	400m:	40.46	900m:	41.32	1400m:	41.22	1900m:	41.84	2400m:	40.86	2900m:	40.72		
	450m:	41.03	950m:	41.74	1450m:	41.13	1950m:	42.36	2450m:	41.69	2950m:	40.46		
	500m:	41.29	1000m:	41.13	1500m:	40.96	2000m:	41.89	2500m:	41.17	3000m:	39.04		
19.	MEJIAS HERRADOR, Adriana										06	C.N. Granollers	41:40.71	-
	50m:	38.15	550m:	39.00	1050m:	40.13	1550m:	42.52	2050m:	44.49	2550m:	44.07		
	100m:	37.77	600m:	39.30	1100m:	41.60	1600m:	42.92	2100m:	43.71	2600m:	44.89		
	150m:	38.27	650m:	39.31	1150m:	39.64	1650m:	42.14	2150m:	44.89	2650m:	43.51		
	200m:	39.02	700m:	39.51	1200m:	41.47	1700m:	42.53	2200m:	43.60	2700m:	43.22		
	250m:	38.72	750m:	39.57	1250m:	40.34	1750m:	42.69	2250m:	44.73	2750m:	43.47		
	300m:	39.07	800m:	39.43	1300m:	42.58	1800m:	43.25	2300m:	45.38	2800m:	43.73		
	350m:	38.85	850m:	39.46	1350m:	39.90	1850m:	43.41	2350m:	45.56	2850m:	43.45		
	400m:	39.19	900m:	39.72	1400m:	40.40	1900m:	42.81	2400m:	45.18	2900m:	42.69		
	450m:	39.16	950m:	39.68	1450m:	41.40	1950m:	43.67	2450m:	45.22	2950m:	41.92		
	500m:	38.75	1000m:	39.35	1500m:	41.49	2000m:	44.26	2500m:	45.03	3000m:	41.54		
DNS	YEGRES COTTIN, Maria Victoria										05	C.N. Barcelona	-	-



Prova 3, Fem., 3000m Lliure

Júnior 2 Fons Indoor

1. GALO NOGUEIRA, Estel Xuan				04	C.N. Granollers				35:09.57		19,00
50m:	33.55	550m:	35.06	1050m:	34.68	1550m:	35.19	2050m:	34.97	2550m:	35.47
100m:	34.00	600m:	35.18	1100m:	34.56	1600m:	35.17	2100m:	34.73	2600m:	35.21
150m:	34.52	650m:	35.05	1150m:	35.24	1650m:	35.70	2150m:	35.30	2650m:	35.23
200m:	34.85	700m:	35.22	1200m:	34.75	1700m:	35.50	2200m:	35.11	2700m:	35.59
250m:	34.79	750m:	35.21	1250m:	35.19	1750m:	35.65	2250m:	35.66	2750m:	35.45
300m:	34.96	800m:	35.14	1300m:	35.02	1800m:	35.47	2300m:	35.50	2800m:	35.38
350m:	35.14	850m:	35.18	1350m:	35.14	1850m:	35.50	2350m:	35.75	2850m:	34.79
400m:	35.18	900m:	35.50	1400m:	35.46	1900m:	36.04	2400m:	36.08	2900m:	34.36
450m:	35.19	950m:	35.27	1450m:	35.60	1950m:	35.89	2450m:	36.13	2950m:	34.56
500m:	35.48	1000m:	35.58	1500m:	35.32	2000m:	36.22	2500m:	36.16	3000m:	30.80
2. RIUS PELLEJA, Abril				04	C.N. Tarraco				35:41.37		16,00
50m:	33.14	550m:	35.21	1050m:	36.11	1550m:	36.12	2050m:	36.03	2550m:	36.37
100m:	33.27	600m:	35.36	1100m:	35.82	1600m:	36.05	2100m:	35.69	2600m:	36.26
150m:	33.99	650m:	35.60	1150m:	36.33	1650m:	35.91	2150m:	35.59	2650m:	35.98
200m:	33.77	700m:	35.75	1200m:	36.45	1700m:	36.12	2200m:	36.12	2700m:	35.94
250m:	34.30	750m:	35.64	1250m:	36.10	1750m:	36.03	2250m:	35.93	2750m:	35.82
300m:	34.68	800m:	35.37	1300m:	36.23	1800m:	36.14	2300m:	36.10	2800m:	36.22
350m:	35.00	850m:	35.81	1350m:	36.75	1850m:	35.80	2350m:	36.04	2850m:	35.94
400m:	34.60	900m:	35.73	1400m:	36.79	1900m:	35.87	2400m:	36.27	2900m:	35.85
450m:	35.40	950m:	35.83	1450m:	36.28	1950m:	35.72	2450m:	36.70	2950m:	35.04
500m:	35.38	1000m:	35.73	1500m:	36.28	2000m:	36.41	2500m:	36.48	3000m:	34.13
3. VILARRASA COSTA, Aura				04	C.N. Olot				36:51.39		14,00
50m:	35.99	550m:	36.45	1050m:	36.60	1550m:	37.00	2050m:	36.93	2550m:	37.21
100m:	36.50	600m:	36.43	1100m:	36.42	1600m:	37.11	2100m:	36.94	2600m:	37.37
150m:	36.86	650m:	36.19	1150m:	36.46	1650m:	37.15	2150m:	37.01	2650m:	37.06
200m:	36.82	700m:	36.24	1200m:	36.62	1700m:	37.12	2200m:	37.00	2700m:	37.30
250m:	36.94	750m:	36.38	1250m:	36.84	1750m:	37.42	2250m:	37.42	2750m:	37.26
300m:	36.61	800m:	36.24	1300m:	36.74	1800m:	37.42	2300m:	37.47	2800m:	36.71
350m:	36.63	850m:	36.32	1350m:	36.70	1850m:	37.05	2350m:	36.98	2850m:	36.87
400m:	36.53	900m:	36.51	1400m:	36.95	1900m:	37.22	2400m:	37.61	2900m:	36.76
450m:	36.52	950m:	36.46	1450m:	36.90	1950m:	37.45	2450m:	37.32	2950m:	36.76
500m:	36.20	1000m:	36.53	1500m:	37.12	2000m:	37.55	2500m:	37.74	3000m:	36.48
4. CASTILLO MORENILLA, Lidia				04	C.N. Caldes				37:48.48		13,00
50m:	35.13	550m:	36.43	1050m:	37.00	1550m:	38.02	2050m:	38.41	2550m:	38.63
100m:	35.96	600m:	37.07	1100m:	36.76	1600m:	38.06	2100m:	37.76	2600m:	41.34
150m:	36.31	650m:	36.48	1150m:	35.98	1650m:	36.92	2150m:	37.97	2650m:	38.47
200m:	36.52	700m:	36.74	1200m:	36.80	1700m:	37.79	2200m:	42.31	2700m:	55.03
250m:	37.04	750m:	36.97	1250m:	37.31	1750m:	37.40	2250m:	37.41	2750m:	36.73
300m:	36.56	800m:	36.71	1300m:	37.28	1800m:	37.70	2300m:	38.46	2800m:	38.35
350m:	36.74	850m:	36.96	1350m:	37.65	1850m:	37.96	2350m:	39.30	2850m:	38.13
400m:	36.85	900m:	37.27	1400m:	37.63	1900m:	37.79	2400m:	38.89	2900m:	37.49
450m:	36.52	950m:	37.48	1450m:	37.58	1950m:	37.67	2450m:	38.83	2950m:	37.64
500m:	36.60	1000m:	37.57	1500m:	37.18	2000m:	37.64	2500m:	38.27	3000m:	37.03
5. GARRETA YUSTE, Judit				04	C.N. Mataró				37:53.66		12,00
50m:	34.02	550m:	36.69	1050m:	36.21	1550m:	37.98	2050m:	37.62	2550m:	38.80
100m:	35.21	600m:	37.79	1100m:	37.67	1600m:	38.41	2100m:	38.02	2600m:	39.05
150m:	35.55	650m:	37.40	1150m:	37.22	1650m:	38.65	2150m:	38.53	2650m:	39.52
200m:	35.74	700m:	36.82	1200m:	38.76	1700m:	38.69	2200m:	38.61	2700m:	39.74
250m:	36.10	750m:	36.95	1250m:	37.51	1750m:	37.33	2250m:	38.94	2750m:	39.66
300m:	36.15	800m:	36.98	1300m:	38.43	1800m:	37.39	2300m:	39.49	2800m:	39.92
350m:	35.90	850m:	37.06	1350m:	38.25	1850m:	38.80	2350m:	38.89	2850m:	39.91
400m:	36.28	900m:	37.15	1400m:	37.77	1900m:	39.20	2400m:	39.07	2900m:	39.64
450m:	36.80	950m:	37.04	1450m:	37.95	1950m:	38.40	2450m:	39.26	2950m:	39.89
500m:	36.84	1000m:	37.29	1500m:	38.10	2000m:	38.22	2500m:	38.80	3000m:	39.60



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

Classificació	ANY										Temps			
6.	ORTIZ MARTINEZ, Ainhoa										03	C.N. L'hospitalet	38:13.42	11,00
	50m:	35.26	550m:	36.86	1050m:	37.56	1550m:	40.45	2050m:	39.26	2550m:	38.77		
	100m:	35.35	600m:	37.33	1100m:	37.25	1600m:	40.08	2100m:	39.16	2600m:	39.11		
	150m:	36.48	650m:	37.13	1150m:	37.37	1650m:	39.72	2150m:	39.48	2650m:	39.24		
	200m:	36.84	700m:	37.38	1200m:	38.09	1700m:	38.83	2200m:	39.71	2700m:	39.15		
	250m:	36.33	750m:	37.03	1250m:	37.97	1750m:	38.98	2250m:	40.06	2750m:	38.88		
	300m:	36.33	800m:	36.42	1300m:	38.90	1800m:	38.93	2300m:	40.30	2800m:	38.61		
	350m:	36.74	850m:	36.82	1350m:	38.44	1850m:	38.86	2350m:	39.76	2850m:	38.07		
	400m:	36.60	900m:	37.16	1400m:	38.80	1900m:	39.51	2400m:	39.42	2900m:	38.48		
	450m:	37.19	950m:	37.24	1450m:	39.50	1950m:	39.31	2450m:	39.32	2950m:	38.08		
	500m:	36.77	1000m:	37.02	1500m:	39.30	2000m:	39.07	2500m:	39.55	3000m:	37.81		
7.	TORRUBIANO GONZALEZ, Aina										04	C.E.N. Balaguer	38:46.75	10,00
	50m:	35.39	550m:	38.23	1050m:	38.76	1550m:	38.78	2050m:	39.74	2550m:	39.09		
	100m:	37.26	600m:	38.39	1100m:	39.33	1600m:	38.97	2100m:	39.18	2600m:	39.08		
	150m:	38.10	650m:	38.33	1150m:	39.14	1650m:	38.52	2150m:	38.46	2650m:	39.16		
	200m:	37.93	700m:	38.22	1200m:	39.17	1700m:	37.96	2200m:	39.66	2700m:	39.21		
	250m:	37.87	750m:	38.99	1250m:	39.33	1750m:	38.56	2250m:	39.26	2750m:	39.25		
	300m:	37.64	800m:	39.18	1300m:	39.57	1800m:	38.65	2300m:	39.69	2800m:	39.17		
	350m:	38.07	850m:	38.73	1350m:	38.95	1850m:	38.92	2350m:	39.30	2850m:	38.93		
	400m:	38.09	900m:	39.23	1400m:	38.64	1900m:	39.27	2400m:	39.70	2900m:	38.95		
	450m:	38.31	950m:	39.05	1450m:	39.62	1950m:	39.33	2450m:	39.83	2950m:	38.79		
	500m:	38.35	1000m:	39.11	1500m:	39.46	2000m:	39.52	2500m:	39.35	3000m:	36.03		
8.	PAVILLARD SALVADOR, Paula										04	N.C. Torelló	38:48.96	9,00
	50m:	35.16	550m:	37.73	1050m:	40.05	1550m:	39.69	2050m:	39.45	2550m:	39.36		
	100m:	36.27	600m:	38.13	1100m:	39.54	1600m:	39.75	2100m:	39.30	2600m:	39.62		
	150m:	36.84	650m:	38.34	1150m:	40.10	1650m:	39.67	2150m:	39.23	2650m:	38.84		
	200m:	36.79	700m:	38.39	1200m:	39.61	1700m:	39.30	2200m:	39.30	2700m:	39.54		
	250m:	36.99	750m:	38.51	1250m:	39.78	1750m:	39.35	2250m:	39.27	2750m:	39.25		
	300m:	37.06	800m:	38.55	1300m:	39.57	1800m:	38.80	2300m:	39.37	2800m:	38.93		
	350m:	37.05	850m:	38.79	1350m:	39.74	1850m:	39.24	2350m:	39.37	2850m:	38.66		
	400m:	37.00	900m:	39.17	1400m:	39.84	1900m:	39.22	2400m:	39.65	2900m:	39.06		
	450m:	37.30	950m:	39.48	1450m:	39.80	1950m:	39.10	2450m:	39.52	2950m:	38.89		
	500m:	37.72	1000m:	39.13	1500m:	39.97	2000m:	39.57	2500m:	39.32	3000m:	36.94		
9.	VELASCO FERNANDEZ, Queralt										03	C.N. Terrassa	40:17.74	8,00
	50m:	37.12	550m:	39.21	1050m:	40.82	1550m:	41.13	2050m:	40.86	2550m:	40.81		
	100m:	38.00	600m:	40.61	1100m:	40.86	1600m:	40.38	2100m:	39.99	2600m:	41.01		
	150m:	38.54	650m:	39.99	1150m:	40.42	1650m:	41.28	2150m:	39.08	2650m:	40.04		
	200m:	38.81	700m:	41.19	1200m:	40.05	1700m:	41.54	2200m:	40.63	2700m:	39.35		
	250m:	39.05	750m:	40.31	1250m:	40.63	1750m:	40.55	2250m:	39.77	2750m:	39.61		
	300m:	39.30	800m:	40.53	1300m:	41.68	1800m:	41.23	2300m:	40.04	2800m:	39.25		
	350m:	39.08	850m:	39.70	1350m:	41.15	1850m:	41.67	2350m:	41.10	2850m:	39.77		
	400m:	40.04	900m:	40.82	1400m:	41.75	1900m:	41.02	2400m:	40.63	2900m:	39.46		
	450m:	40.28	950m:	40.55	1450m:	41.42	1950m:	42.36	2450m:	41.09	2950m:	39.39		
	500m:	39.57	1000m:	40.87	1500m:	41.08	2000m:	41.22	2500m:	41.13	3000m:	38.92		
10.	DE RONNE O'CONNOR, Emma										03	C.N. Sitges	40:45.06	7,00
	50m:	36.62	550m:	39.11	1050m:	39.58	1550m:	40.85	2050m:	41.15	2550m:	42.07		
	100m:	37.24	600m:	39.19	1100m:	39.57	1600m:	40.50	2100m:	42.30	2600m:	42.57		
	150m:	38.12	650m:	39.11	1150m:	39.69	1650m:	41.21	2150m:	42.95	2650m:	41.72		
	200m:	38.30	700m:	39.21	1200m:	39.94	1700m:	41.24	2200m:	44.12	2700m:	42.68		
	250m:	38.39	750m:	39.18	1250m:	40.15	1750m:	41.29	2250m:	42.76	2750m:	41.66		
	300m:	38.77	800m:	39.64	1300m:	39.92	1800m:	41.78	2300m:	43.32	2800m:	42.46		
	350m:	38.70	850m:	39.79	1350m:	40.25	1850m:	41.61	2350m:	43.73	2850m:	42.19		
	400m:	38.76	900m:	39.89	1400m:	40.10	1900m:	42.84	2400m:	43.12	2900m:	41.93		
	450m:	38.95	950m:	39.71	1450m:	40.65	1950m:	43.07	2450m:	43.55	2950m:	41.73		
	500m:	38.88	1000m:	39.30	1500m:	40.46	2000m:	43.12	2500m:	43.46	3000m:	40.91		



Prova 3, Fem., 3000m Lliure

Absolut Fons Indoor

1.	HERNANDEZ TOME, Lara Maria	99	C.N. Sabadell	34:21.28	19,00
	50m: 33.04	550m: 33.90	1050m: 34.01	1550m: 34.52	2050m: 34.83
	100m: 33.67	600m: 33.89	1100m: 33.78	1600m: 34.65	2100m: 34.54
	150m: 33.93	650m: 34.06	1150m: 34.14	1650m: 34.43	2150m: 34.57
	200m: 33.97	700m: 34.01	1200m: 34.08	1700m: 34.37	2200m: 34.51
	250m: 33.88	750m: 34.09	1250m: 34.18	1750m: 34.58	2250m: 34.97
	300m: 34.07	800m: 34.19	1300m: 34.09	1800m: 34.64	2300m: 34.95
	350m: 34.29	850m: 34.08	1350m: 34.42	1850m: 34.77	2350m: 34.67
	400m: 34.16	900m: 34.11	1400m: 34.35	1900m: 34.87	2400m: 34.86
	450m: 33.84	950m: 34.29	1450m: 34.51	1950m: 34.71	2450m: 34.91
	500m: 33.89	1000m: 34.26	1500m: 34.55	2000m: 34.63	2500m: 35.00
					2550m: 35.18
					2600m: 35.21
					2650m: 35.32
					2700m: 34.64
					2750m: 34.74
					2800m: 34.41
					2850m: 34.41
					2900m: 34.66
					2950m: 34.01
					3000m: 32.99
2.	GIRALT PIDEMONT, Claudia	01	C.N. Mataró	35:09.00	16,00
	50m: 32.66	550m: 35.14	1050m: 35.34	1550m: 35.28	2050m: 35.87
	100m: 33.96	600m: 35.02	1100m: 35.39	1600m: 35.52	2100m: 35.56
	150m: 33.69	650m: 35.03	1150m: 35.26	1650m: 35.24	2150m: 35.79
	200m: 33.80	700m: 34.97	1200m: 35.10	1700m: 35.43	2200m: 35.78
	250m: 34.08	750m: 34.77	1250m: 35.20	1750m: 35.53	2250m: 35.94
	300m: 34.62	800m: 35.32	1300m: 35.43	1800m: 35.69	2300m: 35.47
	350m: 34.31	850m: 34.81	1350m: 35.51	1850m: 35.51	2350m: 36.22
	400m: 34.49	900m: 34.27	1400m: 35.17	1900m: 36.15	2400m: 35.58
	450m: 34.67	950m: 34.62	1450m: 35.28	1950m: 35.66	2450m: 35.33
	500m: 34.53	1000m: 35.07	1500m: 35.20	2000m: 36.35	2500m: 35.50
					2550m: 36.21
					2600m: 36.27
					2650m: 35.65
					2700m: 35.83
					2750m: 35.80
					2800m: 35.90
					2850m: 35.48
					2900m: 35.11
					2950m: 34.18
					3000m: 32.46
	DNS	BENAVENTE LOPEZ, Ainhoa	98	N.C. Torelló	-
	DNS	MARTI BALLESTER, Marilo	98	C.N. Mataró	-

Absolut, Júnior 2 i Júnior 1

1.	HERNANDEZ TOME, Lara Maria	99	C.N. Sabadell	34:21.28	19,00
	50m: 33.04	550m: 33.90	1050m: 34.01	1550m: 34.52	2050m: 34.83
	100m: 33.67	600m: 33.89	1100m: 33.78	1600m: 34.65	2100m: 34.54
	150m: 33.93	650m: 34.06	1150m: 34.14	1650m: 34.43	2150m: 34.57
	200m: 33.97	700m: 34.01	1200m: 34.08	1700m: 34.37	2200m: 34.51
	250m: 33.88	750m: 34.09	1250m: 34.18	1750m: 34.58	2250m: 34.97
	300m: 34.07	800m: 34.19	1300m: 34.09	1800m: 34.64	2300m: 34.95
	350m: 34.29	850m: 34.08	1350m: 34.42	1850m: 34.77	2350m: 34.67
	400m: 34.16	900m: 34.11	1400m: 34.35	1900m: 34.87	2400m: 34.86
	450m: 33.84	950m: 34.29	1450m: 34.51	1950m: 34.71	2450m: 34.91
	500m: 33.89	1000m: 34.26	1500m: 34.55	2000m: 34.63	2500m: 35.00
					2550m: 35.18
					2600m: 35.21
					2650m: 35.32
					2700m: 34.64
					2750m: 34.74
					2800m: 34.41
					2850m: 34.41
					2900m: 34.66
					2950m: 34.01
					3000m: 32.99
2.	GIRALT PIDEMONT, Claudia	01	C.N. Mataró	35:09.00	16,00
	50m: 32.66	550m: 35.14	1050m: 35.34	1550m: 35.28	2050m: 35.87
	100m: 33.96	600m: 35.02	1100m: 35.39	1600m: 35.52	2100m: 35.56
	150m: 33.69	650m: 35.03	1150m: 35.26	1650m: 35.24	2150m: 35.79
	200m: 33.80	700m: 34.97	1200m: 35.10	1700m: 35.43	2200m: 35.78
	250m: 34.08	750m: 34.77	1250m: 35.20	1750m: 35.53	2250m: 35.94
	300m: 34.62	800m: 35.32	1300m: 35.43	1800m: 35.69	2300m: 35.47
	350m: 34.31	850m: 34.81	1350m: 35.51	1850m: 35.51	2350m: 36.22
	400m: 34.49	900m: 34.27	1400m: 35.17	1900m: 36.15	2400m: 35.58
	450m: 34.67	950m: 34.62	1450m: 35.28	1950m: 35.66	2450m: 35.33
	500m: 34.53	1000m: 35.07	1500m: 35.20	2000m: 36.35	2500m: 35.50
					2550m: 36.21
					2600m: 36.27
					2650m: 35.65
					2700m: 35.83
					2750m: 35.80
					2800m: 35.90
					2850m: 35.48
					2900m: 35.11
					2950m: 34.18
					3000m: 32.46
3.	GALO NOGUEIRA, Estel Xuan	04	C.N. Granollers	35:09.57	19,00
	50m: 33.55	550m: 35.06	1050m: 34.68	1550m: 35.19	2050m: 34.97
	100m: 34.00	600m: 35.18	1100m: 34.56	1600m: 35.17	2100m: 34.73
	150m: 34.52	650m: 35.05	1150m: 35.24	1650m: 35.70	2150m: 35.30
	200m: 34.85	700m: 35.22	1200m: 34.75	1700m: 35.50	2200m: 35.11
	250m: 34.79	750m: 35.21	1250m: 35.19	1750m: 35.65	2250m: 35.66
	300m: 34.96	800m: 35.14	1300m: 35.02	1800m: 35.47	2300m: 35.50
	350m: 35.14	850m: 35.18	1350m: 35.14	1850m: 35.50	2350m: 35.75
	400m: 35.18	900m: 35.50	1400m: 35.46	1900m: 36.04	2400m: 36.08
	450m: 35.19	950m: 35.27	1450m: 35.60	1950m: 35.89	2450m: 36.13
	500m: 35.48	1000m: 35.58	1500m: 35.32	2000m: 36.22	2500m: 36.16
					2550m: 35.47
					2600m: 35.21
					2650m: 35.23
					2700m: 35.59
					2750m: 35.45
					2800m: 35.38
					2850m: 34.79
					2900m: 34.36
					2950m: 34.56
					3000m: 30.80



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



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

Classificació	ANY										Temps	
4.	GONZALEZ NUEZ, Lucia										35:19.63	19,00
	Millor Marca Catalana											
50m:	33.10	550m:	35.08	1050m:	35.15	1550m:	35.50	2050m:	35.64	2550m:	35.57	
100m:	33.90	600m:	34.92	1100m:	34.66	1600m:	35.89	2100m:	35.59	2600m:	35.85	
150m:	34.62	650m:	34.70	1150m:	35.37	1650m:	35.67	2150m:	35.81	2650m:	35.98	
200m:	34.70	700m:	34.94	1200m:	35.21	1700m:	35.66	2200m:	35.91	2700m:	35.65	
250m:	34.94	750m:	34.84	1250m:	35.39	1750m:	35.75	2250m:	35.80	2750m:	35.99	
300m:	35.00	800m:	34.96	1300m:	35.41	1800m:	35.80	2300m:	35.93	2800m:	36.09	
350m:	35.01	850m:	34.98	1350m:	35.32	1850m:	35.78	2350m:	36.02	2850m:	35.76	
400m:	34.91	900m:	35.05	1400m:	35.54	1900m:	36.08	2400m:	36.12	2900m:	35.45	
450m:	34.67	950m:	35.02	1450m:	35.46	1950m:	35.75	2450m:	36.04	2950m:	35.25	
500m:	34.75	1000m:	34.87	1500m:	35.43	2000m:	35.53	2500m:	35.74	3000m:	34.13	
5.	WHEATLEY, Miriam Elisabeth										35:38.91	16,00
50m:	33.78	550m:	35.63	1050m:	35.83	1550m:	35.85	2050m:	35.76	2550m:	36.06	
100m:	35.28	600m:	35.55	1100m:	35.28	1600m:	35.58	2100m:	35.75	2600m:	35.77	
150m:	35.45	650m:	35.52	1150m:	35.59	1650m:	35.76	2150m:	36.29	2650m:	35.96	
200m:	35.74	700m:	35.32	1200m:	35.37	1700m:	35.67	2200m:	36.20	2700m:	35.84	
250m:	35.35	750m:	35.39	1250m:	35.83	1750m:	35.64	2250m:	35.91	2750m:	35.97	
300m:	35.08	800m:	35.54	1300m:	35.73	1800m:	35.19	2300m:	35.69	2800m:	35.93	
350m:	35.75	850m:	35.73	1350m:	35.69	1850m:	35.36	2350m:	35.47	2850m:	36.09	
400m:	35.62	900m:	35.59	1400m:	35.80	1900m:	35.94	2400m:	36.15	2900m:	35.88	
450m:	35.24	950m:	35.88	1450m:	35.71	1950m:	35.90	2450m:	36.55	2950m:	35.52	
500m:	35.45	1000m:	35.31	1500m:	35.77	2000m:	35.80	2500m:	36.33	3000m:	34.30	
6.	RIUS PELLEJA, Abril										35:41.37	16,00
50m:	33.14	550m:	35.21	1050m:	36.11	1550m:	36.12	2050m:	36.03	2550m:	36.37	
100m:	33.27	600m:	35.36	1100m:	35.82	1600m:	36.05	2100m:	35.69	2600m:	36.26	
150m:	33.99	650m:	35.60	1150m:	36.33	1650m:	35.91	2150m:	35.59	2650m:	35.98	
200m:	33.77	700m:	35.75	1200m:	36.45	1700m:	36.12	2200m:	36.12	2700m:	35.94	
250m:	34.30	750m:	35.64	1250m:	36.10	1750m:	36.03	2250m:	35.93	2750m:	35.82	
300m:	34.68	800m:	35.37	1300m:	36.23	1800m:	36.14	2300m:	36.10	2800m:	36.22	
350m:	35.00	850m:	35.81	1350m:	36.75	1850m:	35.80	2350m:	36.04	2850m:	35.94	
400m:	34.60	900m:	35.73	1400m:	36.79	1900m:	35.87	2400m:	36.27	2900m:	35.85	
450m:	35.40	950m:	35.83	1450m:	36.28	1950m:	35.72	2450m:	36.70	2950m:	35.04	
500m:	35.38	1000m:	35.73	1500m:	36.28	2000m:	36.41	2500m:	36.48	3000m:	34.13	
7.	TORREJON GASCON, Xenia										35:46.69	14,00
50m:	33.95	550m:	35.82	1050m:	36.08	1550m:	35.57	2050m:	35.44	2550m:	35.40	
100m:	35.05	600m:	35.79	1100m:	35.49	1600m:	35.21	2100m:	35.23	2600m:	35.90	
150m:	35.42	650m:	35.91	1150m:	36.18	1650m:	35.90	2150m:	35.34	2650m:	35.63	
200m:	35.46	700m:	35.78	1200m:	36.21	1700m:	35.71	2200m:	35.12	2700m:	36.00	
250m:	35.71	750m:	35.96	1250m:	35.18	1750m:	35.42	2250m:	35.05	2750m:	36.49	
300m:	35.83	800m:	36.21	1300m:	35.63	1800m:	35.56	2300m:	35.62	2800m:	36.79	
350m:	36.00	850m:	36.11	1350m:	35.51	1850m:	35.20	2350m:	35.60	2850m:	37.43	
400m:	35.92	900m:	35.99	1400m:	35.92	1900m:	35.38	2400m:	35.48	2900m:	37.34	
450m:	35.85	950m:	36.52	1450m:	35.98	1950m:	36.01	2450m:	36.02	2950m:	36.35	
500m:	35.98	1000m:	36.29	1500m:	35.65	2000m:	35.99	2500m:	35.91	3000m:	35.22	
8.	MORERA PUJOLAR, Júlia										36:26.31	13,00
50m:	33.30	550m:	35.75	1050m:	36.97	1550m:	36.51	2050m:	36.81	2550m:	36.82	
100m:	34.79	600m:	35.77	1100m:	36.48	1600m:	36.70	2100m:	36.70	2600m:	37.42	
150m:	35.20	650m:	36.30	1150m:	36.57	1650m:	36.69	2150m:	36.93	2650m:	36.98	
200m:	35.41	700m:	35.95	1200m:	36.28	1700m:	36.47	2200m:	36.95	2700m:	37.06	
250m:	35.45	750m:	36.28	1250m:	36.59	1750m:	36.58	2250m:	37.25	2750m:	37.42	
300m:	35.90	800m:	36.45	1300m:	36.16	1800m:	36.50	2300m:	37.45	2800m:	37.19	
350m:	35.68	850m:	36.05	1350m:	36.58	1850m:	36.75	2350m:	36.74	2850m:	37.56	
400m:	35.88	900m:	36.60	1400m:	36.26	1900m:	36.60	2400m:	37.00	2900m:	37.00	
450m:	35.79	950m:	36.63	1450m:	36.53	1950m:	36.65	2450m:	37.48	2950m:	36.41	
500m:	35.85	1000m:	36.62	1500m:	36.19	2000m:	37.28	2500m:	36.85	3000m:	35.30	



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



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

Classificació	ANY										Temps	
9. PALACIOS GALLARDO, Rut	05 C.N. Barcelona										36:27.26	12,00
50m:	33.73	550m:	35.44	1050m:	36.08	1550m:	36.88	2050m:	37.53	2550m:	37.62	
100m:	34.18	600m:	35.51	1100m:	35.61	1600m:	36.62	2100m:	37.01	2600m:	37.57	
150m:	34.53	650m:	35.52	1150m:	36.66	1650m:	37.38	2150m:	36.83	2650m:	37.67	
200m:	34.56	700m:	35.50	1200m:	36.15	1700m:	38.27	2200m:	37.01	2700m:	37.71	
250m:	34.96	750m:	35.23	1250m:	36.18	1750m:	37.86	2250m:	37.19	2750m:	37.77	
300m:	34.89	800m:	35.80	1300m:	36.51	1800m:	37.32	2300m:	37.16	2800m:	37.34	
350m:	35.01	850m:	35.82	1350m:	36.51	1850m:	37.23	2350m:	38.10	2850m:	37.62	
400m:	35.14	900m:	36.04	1400m:	36.50	1900m:	37.05	2400m:	37.53	2900m:	37.21	
450m:	35.25	950m:	35.60	1450m:	36.91	1950m:	36.74	2450m:	38.01	2950m:	36.85	
500m:	34.92	1000m:	35.65	1500m:	36.79	2000m:	37.06	2500m:	37.87	3000m:	36.07	
10. VILARRASA COSTA, Aura	04 C.N. Olot										36:51.39	14,00
50m:	35.99	550m:	36.45	1050m:	36.60	1550m:	37.00	2050m:	36.93	2550m:	37.21	
100m:	36.50	600m:	36.43	1100m:	36.42	1600m:	37.11	2100m:	36.94	2600m:	37.37	
150m:	36.86	650m:	36.19	1150m:	36.46	1650m:	37.15	2150m:	37.01	2650m:	37.06	
200m:	36.82	700m:	36.24	1200m:	36.62	1700m:	37.12	2200m:	37.00	2700m:	37.30	
250m:	36.94	750m:	36.38	1250m:	36.84	1750m:	37.42	2250m:	37.42	2750m:	37.26	
300m:	36.61	800m:	36.24	1300m:	36.74	1800m:	37.42	2300m:	37.47	2800m:	36.71	
350m:	36.63	850m:	36.32	1350m:	36.70	1850m:	37.05	2350m:	36.98	2850m:	36.87	
400m:	36.53	900m:	36.51	1400m:	36.95	1900m:	37.22	2400m:	37.61	2900m:	36.76	
450m:	36.52	950m:	36.46	1450m:	36.90	1950m:	37.45	2450m:	37.32	2950m:	36.76	
500m:	36.20	1000m:	36.53	1500m:	37.12	2000m:	37.55	2500m:	37.74	3000m:	36.48	
11. FERNANDEZ GONZALEZ, Aina	06 C.N. Banyoles										36:52.67	11,00
50m:	32.34	550m:	35.00	1050m:	36.49	1550m:	38.98	2050m:	38.55	2550m:	38.56	
100m:	33.01	600m:	35.06	1100m:	36.65	1600m:	38.24	2100m:	38.27	2600m:	38.23	
150m:	33.76	650m:	35.82	1150m:	36.66	1650m:	38.43	2150m:	38.52	2650m:	38.50	
200m:	34.25	700m:	35.90	1200m:	37.88	1700m:	38.62	2200m:	37.88	2700m:	38.61	
250m:	34.55	750m:	35.22	1250m:	37.23	1750m:	38.37	2250m:	38.37	2750m:	37.83	
300m:	35.08	800m:	35.57	1300m:	37.39	1800m:	38.38	2300m:	38.36	2800m:	37.83	
350m:	35.24	850m:	36.52	1350m:	37.36	1850m:	38.02	2350m:	39.16	2850m:	37.83	
400m:	34.98	900m:	36.18	1400m:	35.52	1900m:	37.90	2400m:	38.73	2900m:	38.17	
450m:	35.32	950m:	36.24	1450m:	35.25	1950m:	38.13	2450m:	39.00	2950m:	36.52	
500m:	35.26	1000m:	36.56	1500m:	35.63	2000m:	37.95	2500m:	38.97	3000m:	33.84	
12. VARET CANO, Audrey	06 C.N. Mataró										37:05.79	10,00
50m:	33.49	550m:	36.54	1050m:	36.96	1550m:	36.95	2050m:	37.23	2550m:	38.38	
100m:	34.49	600m:	36.46	1100m:	36.90	1600m:	37.17	2100m:	37.59	2600m:	37.93	
150m:	35.75	650m:	37.05	1150m:	36.82	1650m:	37.59	2150m:	37.60	2650m:	37.59	
200m:	35.89	700m:	37.17	1200m:	36.84	1700m:	37.49	2200m:	37.47	2700m:	38.51	
250m:	35.62	750m:	36.13	1250m:	36.70	1750m:	37.97	2250m:	37.28	2750m:	38.01	
300m:	35.73	800m:	36.79	1300m:	37.19	1800m:	37.86	2300m:	37.94	2800m:	37.96	
350m:	36.14	850m:	36.90	1350m:	37.14	1850m:	37.73	2350m:	37.46	2850m:	37.36	
400m:	35.80	900m:	36.80	1400m:	37.67	1900m:	38.21	2400m:	37.76	2900m:	37.26	
450m:	35.94	950m:	37.32	1450m:	37.88	1950m:	37.18	2450m:	37.75	2950m:	37.80	
500m:	36.29	1000m:	37.16	1500m:	37.95	2000m:	37.60	2500m:	38.53	3000m:	37.12	
13. VALLS PLAZA, Ariadna	06 C.N. Sant Andreu										37:12.60	9,00
50m:	34.94	550m:	36.81	1050m:	37.08	1550m:	37.87	2050m:	37.63	2550m:	37.61	
100m:	35.29	600m:	37.17	1100m:	37.17	1600m:	37.90	2100m:	38.24	2600m:	37.66	
150m:	35.96	650m:	37.06	1150m:	37.51	1650m:	37.62	2150m:	38.15	2650m:	38.20	
200m:	36.36	700m:	36.95	1200m:	37.54	1700m:	38.06	2200m:	38.11	2700m:	37.75	
250m:	36.61	750m:	36.57	1250m:	37.36	1750m:	37.64	2250m:	38.03	2750m:	37.57	
300m:	36.58	800m:	36.78	1300m:	37.62	1800m:	37.43	2300m:	38.19	2800m:	36.81	
350m:	36.85	850m:	36.96	1350m:	37.56	1850m:	37.33	2350m:	37.99	2850m:	36.57	
400m:	36.87	900m:	37.15	1400m:	37.62	1900m:	37.53	2400m:	37.98	2900m:	36.15	
450m:	36.98	950m:	37.04	1450m:	37.72	1950m:	37.58	2450m:	37.86	2950m:	35.54	
500m:	36.59	1000m:	37.12	1500m:	37.97	2000m:	37.31	2500m:	38.07	3000m:	34.43	



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



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

Classificació	ANY										Temps			
14.	FERNANDEZ ROSELLO, Noa										06	C.N. Sabadell	37:14.09	8,00
	50m:	35.50	550m:	37.07	1050m:	36.81	1550m:	36.75	2050m:	37.42	2550m:	37.65		
	100m:	35.70	600m:	36.95	1100m:	37.07	1600m:	37.22	2100m:	37.72	2600m:	38.10		
	150m:	36.08	650m:	37.22	1150m:	37.10	1650m:	37.41	2150m:	37.65	2650m:	38.17		
	200m:	36.87	700m:	36.72	1200m:	37.42	1700m:	37.29	2200m:	37.87	2700m:	38.15		
	250m:	36.21	750m:	36.78	1250m:	37.30	1750m:	37.33	2250m:	37.90	2750m:	38.28		
	300m:	36.75	800m:	36.89	1300m:	37.20	1800m:	37.56	2300m:	37.92	2800m:	37.89		
	350m:	36.48	850m:	36.84	1350m:	37.01	1850m:	37.74	2350m:	38.59	2850m:	37.69		
	400m:	36.68	900m:	36.92	1400m:	36.72	1900m:	37.45	2400m:	37.99	2900m:	37.80		
	450m:	37.12	950m:	36.70	1450m:	36.78	1950m:	37.55	2450m:	37.82	2950m:	38.02		
	500m:	36.72	1000m:	36.56	1500m:	37.13	2000m:	37.25	2500m:	37.90	3000m:	36.71		
15.	DEL RIO SANTAMARIA, Jana										05	C.N. Mataró	37:17.00	7,00
	50m:	34.72	550m:	36.44	1050m:	36.95	1550m:	37.37	2050m:	37.80	2550m:	38.02		
	100m:	35.33	600m:	36.83	1100m:	37.06	1600m:	37.42	2100m:	37.57	2600m:	37.79		
	150m:	35.77	650m:	36.90	1150m:	37.05	1650m:	37.69	2150m:	37.48	2650m:	38.30		
	200m:	36.00	700m:	37.06	1200m:	37.48	1700m:	37.53	2200m:	37.66	2700m:	38.27		
	250m:	36.30	750m:	36.84	1250m:	37.07	1750m:	37.83	2250m:	38.28	2750m:	38.34		
	300m:	36.29	800m:	36.96	1300m:	37.44	1800m:	37.99	2300m:	37.88	2800m:	38.27		
	350m:	36.08	850m:	36.99	1350m:	37.35	1850m:	37.89	2350m:	38.62	2850m:	37.60		
	400m:	36.52	900m:	37.30	1400m:	37.31	1900m:	37.32	2400m:	38.21	2900m:	37.74		
	450m:	36.39	950m:	37.13	1450m:	37.35	1950m:	37.73	2450m:	38.52	2950m:	37.60		
	500m:	36.69	1000m:	37.17	1500m:	37.08	2000m:	37.91	2500m:	37.74	3000m:	36.78		
16.	GUTIERREZ RODRIGUEZ, Ariadne										06	C.N. Sabadell	37:48.00	6,00
	50m:	35.54	550m:	37.45	1050m:	37.26	1550m:	37.46	2050m:	38.31	2550m:	38.52		
	100m:	36.52	600m:	37.55	1100m:	37.29	1600m:	37.79	2100m:	38.43	2600m:	38.85		
	150m:	36.68	650m:	36.97	1150m:	37.62	1650m:	38.16	2150m:	38.51	2650m:	38.83		
	200m:	37.44	700m:	37.09	1200m:	37.59	1700m:	38.81	2200m:	38.23	2700m:	38.44		
	250m:	37.42	750m:	37.20	1250m:	37.72	1750m:	38.84	2250m:	38.53	2750m:	38.20		
	300m:	37.10	800m:	37.51	1300m:	37.55	1800m:	38.10	2300m:	38.85	2800m:	37.92		
	350m:	37.48	850m:	37.56	1350m:	37.59	1850m:	38.45	2350m:	38.77	2850m:	37.80		
	400m:	37.52	900m:	37.45	1400m:	37.66	1900m:	38.01	2400m:	38.62	2900m:	38.07		
	450m:	37.38	950m:	37.40	1450m:	37.71	1950m:	38.29	2450m:	38.43	2950m:	38.46		
	500m:	37.57	1000m:	37.36	1500m:	37.07	2000m:	38.44	2500m:	39.16	3000m:	35.47		
17.	CASTILLO MORENILLA, Lidia										04	C.N. Caldes	37:48.48	13,00
	50m:	35.13	550m:	36.43	1050m:	37.00	1550m:	38.02	2050m:	38.41	2550m:	38.63		
	100m:	35.96	600m:	37.07	1100m:	36.76	1600m:	38.06	2100m:	37.76	2600m:	41.34		
	150m:	36.31	650m:	36.48	1150m:	35.98	1650m:	36.92	2150m:	37.97	2650m:	38.47		
	200m:	36.52	700m:	36.74	1200m:	36.80	1700m:	37.79	2200m:	42.31	2700m:	55.03		
	250m:	37.04	750m:	36.97	1250m:	37.31	1750m:	37.40	2250m:	37.41	2750m:	36.73		
	300m:	36.56	800m:	36.71	1300m:	37.28	1800m:	37.70	2300m:	38.46	2800m:	38.35		
	350m:	36.74	850m:	36.96	1350m:	37.65	1850m:	37.96	2350m:	39.30	2850m:	38.13		
	400m:	36.85	900m:	37.27	1400m:	37.63	1900m:	37.79	2400m:	38.89	2900m:	37.49		
	450m:	36.52	950m:	37.48	1450m:	37.58	1950m:	37.67	2450m:	38.83	2950m:	37.64		
	500m:	36.60	1000m:	37.57	1500m:	37.18	2000m:	37.64	2500m:	38.27	3000m:	37.03		
18.	GARRETA YUSTE, Judit										04	C.N. Mataró	37:53.66	12,00
	50m:	34.02	550m:	36.69	1050m:	36.21	1550m:	37.98	2050m:	37.62	2550m:	38.80		
	100m:	35.21	600m:	37.79	1100m:	37.67	1600m:	38.41	2100m:	38.02	2600m:	39.05		
	150m:	35.55	650m:	37.40	1150m:	37.22	1650m:	38.65	2150m:	38.53	2650m:	39.52		
	200m:	35.74	700m:	36.82	1200m:	38.76	1700m:	38.69	2200m:	38.61	2700m:	39.74		
	250m:	36.10	750m:	36.95	1250m:	37.51	1750m:	37.33	2250m:	38.94	2750m:	39.66		
	300m:	36.15	800m:	36.98	1300m:	38.43	1800m:	37.39	2300m:	39.49	2800m:	39.92		
	350m:	35.90	850m:	37.06	1350m:	38.25	1850m:	38.80	2350m:	38.89	2850m:	39.91		
	400m:	36.28	900m:	37.15	1400m:	37.77	1900m:	39.20	2400m:	39.07	2900m:	39.64		
	450m:	36.80	950m:	37.04	1450m:	37.95	1950m:	38.40	2450m:	39.26	2950m:	39.89		
	500m:	36.84	1000m:	37.29	1500m:	38.10	2000m:	38.22	2500m:	38.80	3000m:	39.60		



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



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

Classificació	ANY										Temps	
19. SURROCA RIOL, Gemma	05 C.N. Olot										37:57.95	5,00
50m:	34.47	550m:	37.74	1050m:	38.24	1550m:	38.26	2050m:	38.31	2550m:	39.30	
100m:	36.41	600m:	37.78	1100m:	37.97	1600m:	38.53	2100m:	38.91	2600m:	38.84	
150m:	36.75	650m:	37.72	1150m:	37.91	1650m:	38.33	2150m:	38.53	2650m:	38.07	
200m:	37.33	700m:	37.89	1200m:	38.07	1700m:	38.48	2200m:	38.52	2700m:	38.09	
250m:	37.25	750m:	37.59	1250m:	37.94	1750m:	38.77	2250m:	37.88	2750m:	38.55	
300m:	37.78	800m:	37.64	1300m:	37.88	1800m:	39.08	2300m:	37.88	2800m:	37.82	
350m:	37.50	850m:	37.68	1350m:	38.08	1850m:	38.63	2350m:	38.12	2850m:	37.72	
400m:	37.47	900m:	37.40	1400m:	38.23	1900m:	38.89	2400m:	38.84	2900m:	37.37	
450m:	37.66	950m:	37.96	1450m:	38.82	1950m:	38.79	2450m:	39.05	2950m:	36.72	
500m:	37.86	1000m:	38.03	1500m:	38.25	2000m:	38.98	2500m:	38.74	3000m:	34.65	
20. CASELLAS I PUNSET, Laia	06 C.N. Figueres										38:00.64	4,00
50m:	34.65	550m:	38.35	1050m:	38.16	1550m:	37.14	2050m:	38.98	2550m:	37.33	
100m:	36.49	600m:	38.26	1100m:	38.10	1600m:	36.92	2100m:	38.25	2600m:	38.04	
150m:	36.85	650m:	38.38	1150m:	38.03	1650m:	37.90	2150m:	38.49	2650m:	38.20	
200m:	37.32	700m:	38.42	1200m:	38.33	1700m:	37.68	2200m:	38.39	2700m:	38.33	
250m:	37.50	750m:	38.25	1250m:	38.39	1750m:	37.84	2250m:	38.05	2750m:	37.82	
300m:	37.57	800m:	38.70	1300m:	38.16	1800m:	38.14	2300m:	38.27	2800m:	38.47	
350m:	37.61	850m:	39.07	1350m:	38.84	1850m:	38.27	2350m:	38.76	2850m:	37.48	
400m:	38.13	900m:	38.28	1400m:	37.85	1900m:	38.17	2400m:	38.50	2900m:	36.78	
450m:	38.48	950m:	38.43	1450m:	38.18	1950m:	38.23	2450m:	38.74	2950m:	37.75	
500m:	38.73	1000m:	38.53	1500m:	37.45	2000m:	38.18	2500m:	39.20	3000m:	36.85	
21. ORTIZ MARTINEZ, Ainhoa	03 C.N. L'hospitalet										38:13.42	11,00
50m:	35.26	550m:	36.86	1050m:	37.56	1550m:	40.45	2050m:	39.26	2550m:	38.77	
100m:	35.35	600m:	37.33	1100m:	37.25	1600m:	40.08	2100m:	39.16	2600m:	39.11	
150m:	36.48	650m:	37.13	1150m:	37.37	1650m:	39.72	2150m:	39.48	2650m:	39.24	
200m:	36.84	700m:	37.38	1200m:	38.09	1700m:	38.83	2200m:	39.71	2700m:	39.15	
250m:	36.33	750m:	37.03	1250m:	37.97	1750m:	38.98	2250m:	40.06	2750m:	38.88	
300m:	36.33	800m:	36.42	1300m:	38.90	1800m:	38.93	2300m:	40.30	2800m:	38.61	
350m:	36.74	850m:	36.82	1350m:	38.44	1850m:	38.86	2350m:	39.76	2850m:	38.07	
400m:	36.60	900m:	37.16	1400m:	38.80	1900m:	39.51	2400m:	39.42	2900m:	38.48	
450m:	37.19	950m:	37.24	1450m:	39.50	1950m:	39.31	2450m:	39.32	2950m:	38.08	
500m:	36.77	1000m:	37.02	1500m:	39.30	2000m:	39.07	2500m:	39.55	3000m:	37.81	
22. RODRÍGUEZ SANTAULARIA, Jéssica	06 C.N. Igualada										38:22.92	3,00
50m:	34.92	550m:	37.05	1050m:	38.03	1550m:	38.75	2050m:	39.31	2550m:	40.02	
100m:	35.65	600m:	37.34	1100m:	38.06	1600m:	38.80	2100m:	39.42	2600m:	40.06	
150m:	36.20	650m:	37.39	1150m:	38.03	1650m:	38.62	2150m:	39.56	2650m:	39.73	
200m:	36.56	700m:	37.15	1200m:	38.30	1700m:	38.70	2200m:	39.78	2700m:	39.66	
250m:	36.54	750m:	37.53	1250m:	38.23	1750m:	38.94	2250m:	39.37	2750m:	39.96	
300m:	36.67	800m:	37.28	1300m:	38.55	1800m:	38.96	2300m:	39.33	2800m:	39.46	
350m:	36.30	850m:	37.56	1350m:	38.60	1850m:	39.11	2350m:	39.57	2850m:	39.73	
400m:	36.81	900m:	37.79	1400m:	38.66	1900m:	39.28	2400m:	39.60	2900m:	39.79	
450m:	37.04	950m:	38.01	1450m:	38.58	1950m:	38.52	2450m:	40.15	2950m:	39.20	
500m:	37.13	1000m:	38.11	1500m:	38.81	2000m:	38.98	2500m:	39.97	3000m:	37.71	
23. SANCHEZ BARBERO, Irene	05 C.N. Atl Barceloneta										38:41.10	2,00
50m:	34.87	550m:	37.78	1050m:	38.73	1550m:	38.58	2050m:	39.62	2550m:	39.13	
100m:	36.87	600m:	38.02	1100m:	38.61	1600m:	39.20	2100m:	40.03	2600m:	39.06	
150m:	37.26	650m:	38.16	1150m:	38.64	1650m:	39.36	2150m:	39.92	2650m:	39.24	
200m:	37.69	700m:	38.21	1200m:	38.69	1700m:	39.06	2200m:	40.07	2700m:	39.46	
250m:	38.01	750m:	37.51	1250m:	39.12	1750m:	39.60	2250m:	38.91	2750m:	39.46	
300m:	37.86	800m:	37.96	1300m:	38.26	1800m:	39.55	2300m:	38.81	2800m:	38.79	
350m:	37.48	850m:	38.20	1350m:	38.60	1850m:	40.13	2350m:	40.47	2850m:	38.33	
400m:	38.15	900m:	38.04	1400m:	38.96	1900m:	39.61	2400m:	39.70	2900m:	38.60	
450m:	38.30	950m:	38.00	1450m:	38.70	1950m:	40.05	2450m:	40.17	2950m:	38.92	
500m:	38.16	1000m:	38.00	1500m:	38.48	2000m:	39.45	2500m:	39.93	3000m:	36.57	



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



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

Classificació	ANY										Temps		
24. TORRUBIANO GONZALEZ, Aina	04	C.E.N. Balaguer										38:46.75	10,00
50m:	35.39	550m:	38.23	1050m:	38.76	1550m:	38.78	2050m:	39.74	2550m:	39.09		
100m:	37.26	600m:	38.39	1100m:	39.33	1600m:	38.97	2100m:	39.18	2600m:	39.08		
150m:	38.10	650m:	38.33	1150m:	39.14	1650m:	38.52	2150m:	38.46	2650m:	39.16		
200m:	37.93	700m:	38.22	1200m:	39.17	1700m:	37.96	2200m:	39.66	2700m:	39.21		
250m:	37.87	750m:	38.99	1250m:	39.33	1750m:	38.56	2250m:	39.26	2750m:	39.25		
300m:	37.64	800m:	39.18	1300m:	39.57	1800m:	38.65	2300m:	39.69	2800m:	39.17		
350m:	38.07	850m:	38.73	1350m:	38.95	1850m:	38.92	2350m:	39.30	2850m:	38.93		
400m:	38.09	900m:	39.23	1400m:	38.64	1900m:	39.27	2400m:	39.70	2900m:	38.95		
450m:	38.31	950m:	39.05	1450m:	39.62	1950m:	39.33	2450m:	39.83	2950m:	38.79		
500m:	38.35	1000m:	39.11	1500m:	39.46	2000m:	39.52	2500m:	39.35	3000m:	36.03		
25. PAVILLARD SALVADOR, Paula	04	N.C. Torelló										38:48.96	9,00
50m:	35.16	550m:	37.73	1050m:	40.05	1550m:	39.69	2050m:	39.45	2550m:	39.36		
100m:	36.27	600m:	38.13	1100m:	39.54	1600m:	39.75	2100m:	39.30	2600m:	39.62		
150m:	36.84	650m:	38.34	1150m:	40.10	1650m:	39.67	2150m:	39.23	2650m:	38.84		
200m:	36.79	700m:	38.39	1200m:	39.61	1700m:	39.30	2200m:	39.30	2700m:	39.54		
250m:	36.99	750m:	38.51	1250m:	39.78	1750m:	39.35	2250m:	39.27	2750m:	39.25		
300m:	37.06	800m:	38.55	1300m:	39.57	1800m:	38.80	2300m:	39.37	2800m:	38.93		
350m:	37.05	850m:	38.79	1350m:	39.74	1850m:	39.24	2350m:	39.37	2850m:	38.66		
400m:	37.00	900m:	39.17	1400m:	39.84	1900m:	39.22	2400m:	39.65	2900m:	39.06		
450m:	37.30	950m:	39.48	1450m:	39.80	1950m:	39.10	2450m:	39.52	2950m:	38.89		
500m:	37.72	1000m:	39.13	1500m:	39.97	2000m:	39.57	2500m:	39.32	3000m:	36.94		
26. MARTINEZ MARESMÀ, Julia	06	C.N. Mataró										39:35.50	1,00
50m:	36.45	550m:	38.88	1050m:	39.51	1550m:	39.94	2050m:	40.11	2550m:	40.71		
100m:	37.08	600m:	38.94	1100m:	39.51	1600m:	40.35	2100m:	40.05	2600m:	41.46		
150m:	38.00	650m:	39.43	1150m:	39.36	1650m:	39.95	2150m:	40.81	2650m:	39.35		
200m:	38.41	700m:	39.73	1200m:	39.58	1700m:	39.98	2200m:	40.43	2700m:	39.08		
250m:	38.22	750m:	39.53	1250m:	40.04	1750m:	40.17	2250m:	40.29	2750m:	39.44		
300m:	38.65	800m:	39.37	1300m:	40.11	1800m:	40.15	2300m:	40.75	2800m:	39.62		
350m:	38.73	850m:	39.58	1350m:	39.83	1850m:	40.03	2350m:	40.88	2850m:	39.66		
400m:	39.55	900m:	39.52	1400m:	39.56	1900m:	40.16	2400m:	41.35	2900m:	38.93		
450m:	39.22	950m:	39.76	1450m:	38.96	1950m:	39.80	2450m:	40.87	2950m:	39.15		
500m:	38.64	1000m:	39.97	1500m:	39.69	2000m:	40.26	2500m:	40.58	3000m:	37.38		
27. MOSQUERA SORIANO, Martina	06	C.N. Granollers										40:03.62	-
50m:	37.25	550m:	39.29	1050m:	39.28	1550m:	40.13	2050m:	40.82	2550m:	41.64		
100m:	37.82	600m:	39.14	1100m:	39.93	1600m:	40.40	2100m:	40.38	2600m:	41.60		
150m:	38.64	650m:	39.32	1150m:	39.75	1650m:	40.75	2150m:	40.81	2650m:	41.51		
200m:	38.77	700m:	39.39	1200m:	39.81	1700m:	40.38	2200m:	40.74	2700m:	41.38		
250m:	39.04	750m:	39.27	1250m:	40.09	1750m:	39.91	2250m:	41.22	2750m:	40.80		
300m:	38.95	800m:	39.61	1300m:	40.05	1800m:	40.55	2300m:	40.47	2800m:	40.84		
350m:	38.80	850m:	39.65	1350m:	39.79	1850m:	40.65	2350m:	40.79	2850m:	40.87		
400m:	38.99	900m:	39.45	1400m:	40.09	1900m:	40.56	2400m:	41.78	2900m:	40.72		
450m:	38.83	950m:	39.33	1450m:	39.88	1950m:	40.57	2450m:	41.72	2950m:	40.86		
500m:	38.96	1000m:	39.31	1500m:	40.33	2000m:	40.40	2500m:	41.97	3000m:	39.59		
28. VELASCO FERNANDEZ, Queralt	03	C.N. Terrassa										40:17.74	8,00
50m:	37.12	550m:	39.21	1050m:	40.82	1550m:	41.13	2050m:	40.86	2550m:	40.81		
100m:	38.00	600m:	40.61	1100m:	40.86	1600m:	40.38	2100m:	39.99	2600m:	41.01		
150m:	38.54	650m:	39.99	1150m:	40.42	1650m:	41.28	2150m:	39.08	2650m:	40.04		
200m:	38.81	700m:	41.19	1200m:	40.05	1700m:	41.54	2200m:	40.63	2700m:	39.35		
250m:	39.05	750m:	40.31	1250m:	40.63	1750m:	40.55	2250m:	39.77	2750m:	39.61		
300m:	39.30	800m:	40.53	1300m:	41.68	1800m:	41.23	2300m:	40.04	2800m:	39.25		
350m:	39.08	850m:	39.70	1350m:	41.15	1850m:	41.67	2350m:	41.10	2850m:	39.77		
400m:	40.04	900m:	40.82	1400m:	41.75	1900m:	41.02	2400m:	40.63	2900m:	39.46		
450m:	40.28	950m:	40.55	1450m:	41.42	1950m:	42.36	2450m:	41.09	2950m:	39.39		
500m:	39.57	1000m:	40.87	1500m:	41.08	2000m:	41.22	2500m:	41.13	3000m:	38.92		



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



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

Classificació	ANY										Temps	
29.	DE RONNE O'CONNOR, Emma 03 C.N. Sitges										40:45.06	7,00
	50m:	36.62	550m:	39.11	1050m:	39.58	1550m:	40.85	2050m:	41.15	2550m:	42.07
	100m:	37.24	600m:	39.19	1100m:	39.57	1600m:	40.50	2100m:	42.30	2600m:	42.57
	150m:	38.12	650m:	39.11	1150m:	39.69	1650m:	41.21	2150m:	42.95	2650m:	41.72
	200m:	38.30	700m:	39.21	1200m:	39.94	1700m:	41.24	2200m:	44.12	2700m:	42.68
	250m:	38.39	750m:	39.18	1250m:	40.15	1750m:	41.29	2250m:	42.76	2750m:	41.66
	300m:	38.77	800m:	39.64	1300m:	39.92	1800m:	41.78	2300m:	43.32	2800m:	42.46
	350m:	38.70	850m:	39.79	1350m:	40.25	1850m:	41.61	2350m:	43.73	2850m:	42.19
	400m:	38.76	900m:	39.89	1400m:	40.10	1900m:	42.84	2400m:	43.12	2900m:	41.93
	450m:	38.95	950m:	39.71	1450m:	40.65	1950m:	43.07	2450m:	43.55	2950m:	41.73
	500m:	38.88	1000m:	39.30	1500m:	40.46	2000m:	43.12	2500m:	43.46	3000m:	40.91
30.	MARTINEZ ORDOÑEZ, Aina 05 C.N. Granollers										41:00.71	-
	50m:	37.13	550m:	40.75	1050m:	41.12	1550m:	41.51	2050m:	42.08	2550m:	41.11
	100m:	38.17	600m:	41.07	1100m:	41.06	1600m:	41.45	2100m:	42.26	2600m:	41.53
	150m:	38.96	650m:	41.03	1150m:	41.27	1650m:	41.67	2150m:	42.29	2650m:	41.05
	200m:	39.25	700m:	41.26	1200m:	41.37	1700m:	41.34	2200m:	41.92	2700m:	41.06
	250m:	39.63	750m:	41.30	1250m:	40.60	1750m:	41.52	2250m:	42.06	2750m:	40.72
	300m:	40.18	800m:	41.08	1300m:	40.94	1800m:	41.71	2300m:	41.17	2800m:	41.36
	350m:	40.12	850m:	41.03	1350m:	41.55	1850m:	42.22	2350m:	40.53	2850m:	40.97
	400m:	40.46	900m:	41.32	1400m:	41.22	1900m:	41.84	2400m:	40.86	2900m:	40.72
	450m:	41.03	950m:	41.74	1450m:	41.13	1950m:	42.36	2450m:	41.69	2950m:	40.46
	500m:	41.29	1000m:	41.13	1500m:	40.96	2000m:	41.89	2500m:	41.17	3000m:	39.04
31.	MEJIAS HERRADOR, Adriana 06 C.N. Granollers										41:40.71	-
	50m:	38.15	550m:	39.00	1050m:	40.13	1550m:	42.52	2050m:	44.49	2550m:	44.07
	100m:	37.77	600m:	39.30	1100m:	41.60	1600m:	42.92	2100m:	43.71	2600m:	44.89
	150m:	38.27	650m:	39.31	1150m:	39.64	1650m:	42.14	2150m:	44.89	2650m:	43.51
	200m:	39.02	700m:	39.51	1200m:	41.47	1700m:	42.53	2200m:	43.60	2700m:	43.22
	250m:	38.72	750m:	39.57	1250m:	40.34	1750m:	42.69	2250m:	44.73	2750m:	43.47
	300m:	39.07	800m:	39.43	1300m:	42.58	1800m:	43.25	2300m:	45.38	2800m:	43.73
	350m:	38.85	850m:	39.46	1350m:	39.90	1850m:	43.41	2350m:	45.56	2850m:	43.45
	400m:	39.19	900m:	39.72	1400m:	40.40	1900m:	42.81	2400m:	45.18	2900m:	42.69
	450m:	39.16	950m:	39.68	1450m:	41.40	1950m:	43.67	2450m:	45.22	2950m:	41.92
	500m:	38.75	1000m:	39.35	1500m:	41.49	2000m:	44.26	2500m:	45.03	3000m:	41.54
DNS	BENAVENTE LOPEZ, Ainhoa 98 N.C. Torelló										-	
DNS	YEGRES COTTIN, Maria Victoria 05 C.N. Barcelona										-	
DNS	MARTI BALLESTER, Marilo 98 C.N. Mataró										-	



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		33:04.91	19,00					
50m:	31.45	550m:	33.01	1050m:	33.06	1550m:	32.87	2050m:	33.44	2550m:	32.84
100m:	31.95	600m:	33.39	1100m:	33.16	1600m:	33.13	2100m:	33.52	2600m:	32.99
150m:	32.90	650m:	33.06	1150m:	33.01	1650m:	33.11	2150m:	33.51	2650m:	33.27
200m:	32.99	700m:	33.17	1200m:	33.45	1700m:	33.14	2200m:	32.80	2700m:	33.73
250m:	33.38	750m:	33.42	1250m:	33.12	1750m:	33.16	2250m:	33.14	2750m:	33.32
300m:	32.77	800m:	33.16	1300m:	33.16	1800m:	33.30	2300m:	32.93	2800m:	33.25
350m:	33.53	850m:	32.83	1350m:	32.89	1850m:	33.03	2350m:	32.93	2850m:	33.22
400m:	32.74	900m:	32.79	1400m:	33.17	1900m:	33.22	2400m:	33.21	2900m:	33.76
450m:	33.14	950m:	33.03	1450m:	33.26	1950m:	33.41	2450m:	33.34	2950m:	32.69
500m:	33.11	1000m:	32.92	1500m:	33.29	2000m:	33.49	2500m:	33.31	3000m:	31.95
2. PEREZ PUJOL, Oriol		05	C.N. Terrassa		33:57.40	16,00					
50m:	31.15	550m:	33.42	1050m:	33.82	1550m:	34.33	2050m:	34.09	2550m:	34.26
100m:	31.41	600m:	33.87	1100m:	33.90	1600m:	34.05	2100m:	34.53	2600m:	34.49
150m:	32.84	650m:	33.80	1150m:	34.03	1650m:	34.24	2150m:	34.68	2650m:	34.63
200m:	33.10	700m:	33.72	1200m:	34.21	1700m:	34.09	2200m:	34.43	2700m:	34.47
250m:	33.07	750m:	34.09	1250m:	33.70	1750m:	34.10	2250m:	34.57	2750m:	34.62
300m:	33.25	800m:	33.55	1300m:	33.51	1800m:	34.35	2300m:	34.51	2800m:	34.58
350m:	33.57	850m:	33.89	1350m:	33.91	1850m:	34.39	2350m:	34.43	2850m:	34.74
400m:	33.70	900m:	33.71	1400m:	33.99	1900m:	34.38	2400m:	34.63	2900m:	34.63
450m:	33.17	950m:	33.98	1450m:	34.05	1950m:	34.63	2450m:	34.71	2950m:	34.38
500m:	34.08	1000m:	33.79	1500m:	33.90	2000m:	34.64	2500m:	34.33	3000m:	32.31
3. RUIZ JIMENEZ, Joan		05	C.N. Terrassa		33:59.26	14,00					
50m:	31.79	550m:	33.94	1050m:	34.15	1550m:	33.83	2050m:	34.33	2550m:	34.30
100m:	31.93	600m:	34.44	1100m:	34.38	1600m:	34.29	2100m:	34.10	2600m:	33.92
150m:	33.04	650m:	34.35	1150m:	34.27	1650m:	34.59	2150m:	34.58	2650m:	33.89
200m:	33.65	700m:	33.85	1200m:	34.32	1700m:	34.27	2200m:	33.93	2700m:	33.92
250m:	33.55	750m:	33.54	1250m:	34.43	1750m:	34.07	2250m:	34.17	2750m:	34.06
300m:	33.98	800m:	34.37	1300m:	34.36	1800m:	34.31	2300m:	34.39	2800m:	33.71
350m:	33.64	850m:	34.16	1350m:	34.58	1850m:	34.60	2350m:	33.96	2850m:	33.78
400m:	34.00	900m:	34.59	1400m:	34.09	1900m:	34.85	2400m:	33.89	2900m:	33.70
450m:	33.95	950m:	34.17	1450m:	34.13	1950m:	34.33	2450m:	34.19	2950m:	33.63
500m:	33.61	1000m:	34.29	1500m:	34.60	2000m:	34.48	2500m:	34.77	3000m:	30.27
4. JIMÉNEZ RÍSQUEZ, Alex		06	C.N. Caldes		34:00.01	13,00					
50m:	31.91	550m:	33.27	1050m:	33.45	1550m:	34.48	2050m:	34.86	2550m:	35.32
100m:	31.81	600m:	33.27	1100m:	33.46	1600m:	34.52	2100m:	34.79	2600m:	34.63
150m:	32.91	650m:	33.37	1150m:	33.88	1650m:	34.55	2150m:	34.70	2650m:	34.96
200m:	33.29	700m:	33.42	1200m:	33.65	1700m:	34.69	2200m:	34.62	2700m:	34.06
250m:	32.94	750m:	33.36	1250m:	33.92	1750m:	34.62	2250m:	35.03	2750m:	34.19
300m:	33.05	800m:	33.79	1300m:	34.04	1800m:	34.60	2300m:	34.79	2800m:	34.55
350m:	32.85	850m:	33.50	1350m:	34.22	1850m:	34.36	2350m:	34.23	2850m:	34.11
400m:	32.98	900m:	33.48	1400m:	34.60	1900m:	34.69	2400m:	34.86	2900m:	33.79
450m:	33.09	950m:	34.20	1450m:	34.34	1950m:	34.79	2450m:	35.03	2950m:	33.39
500m:	33.39	1000m:	33.80	1500m:	34.50	2000m:	35.05	2500m:	35.04	3000m:	32.97

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

5. CASALS MAS, Èric	06	C.N. Vic-Etb	34:40.79	12,00
50m: 32.43	550m: 34.35	1050m: 34.83	1550m: 35.09	2050m: 35.29
100m: 33.09	600m: 34.37	1100m: 34.47	1600m: 34.77	2100m: 35.77
150m: 33.46	650m: 34.60	1150m: 34.50	1650m: 35.24	2150m: 35.42
200m: 33.29	700m: 34.44	1200m: 34.73	1700m: 35.51	2200m: 34.66
250m: 33.62	750m: 34.86	1250m: 34.64	1750m: 35.26	2250m: 35.42
300m: 33.92	800m: 34.61	1300m: 34.71	1800m: 35.24	2300m: 35.28
350m: 34.06	850m: 34.45	1350m: 34.77	1850m: 34.60	2350m: 35.41
400m: 34.13	900m: 34.52	1400m: 34.84	1900m: 34.90	2400m: 35.11
450m: 33.68	950m: 34.80	1450m: 34.57	1950m: 34.94	2450m: 35.31
500m: 34.21	1000m: 34.31	1500m: 34.32	2000m: 34.95	2500m: 35.38
				2550m: 34.93
				2600m: 35.12
				2650m: 35.50
				2700m: 35.13
				2750m: 35.49
				2800m: 35.59
				2850m: 35.46
				2900m: 35.32
				2950m: 34.45
				3000m: 32.67
6. MORA LOPEZ, Pol	06	N.C. Torelló	34:47.55	11,00
50m: 32.69	550m: 33.87	1050m: 34.31	1550m: 35.13	2050m: 35.35
100m: 33.45	600m: 34.01	1100m: 34.45	1600m: 35.38	2100m: 36.07
150m: 33.75	650m: 34.25	1150m: 34.41	1650m: 35.34	2150m: 35.82
200m: 33.65	700m: 34.27	1200m: 34.42	1700m: 34.91	2200m: 35.27
250m: 33.61	750m: 34.20	1250m: 34.59	1750m: 34.83	2250m: 35.02
300m: 33.88	800m: 34.39	1300m: 34.52	1800m: 35.69	2300m: 35.24
350m: 33.40	850m: 34.44	1350m: 34.83	1850m: 35.50	2350m: 35.43
400m: 33.49	900m: 34.35	1400m: 34.93	1900m: 35.47	2400m: 35.24
450m: 33.64	950m: 34.25	1450m: 34.63	1950m: 35.50	2450m: 35.59
500m: 33.90	1000m: 34.51	1500m: 34.99	2000m: 35.36	2500m: 36.32
				2550m: 35.66
				2600m: 36.51
				2650m: 35.35
				2700m: 35.52
				2750m: 36.06
				2800m: 35.58
				2850m: 35.72
				2900m: 35.83
				2950m: 35.44
				3000m: 33.34
7. CRESPO BELTRAN, Xabier	05	C.N. Reus Ploms	34:57.07	10,00
50m: 33.18	550m: 34.69	1050m: 34.45	1550m: 34.41	2050m: 35.04
100m: 34.41	600m: 34.28	1100m: 34.87	1600m: 34.76	2100m: 36.07
150m: 35.19	650m: 35.08	1150m: 34.95	1650m: 35.42	2150m: 35.37
200m: 34.74	700m: 34.96	1200m: 34.69	1700m: 35.08	2200m: 34.93
250m: 34.43	750m: 34.19	1250m: 34.80	1750m: 34.74	2250m: 35.63
300m: 34.48	800m: 34.87	1300m: 34.81	1800m: 35.41	2300m: 35.83
350m: 34.54	850m: 33.95	1350m: 34.56	1850m: 35.14	2350m: 35.49
400m: 34.38	900m: 34.56	1400m: 34.28	1900m: 35.76	2400m: 35.57
450m: 34.29	950m: 34.65	1450m: 34.74	1950m: 35.41	2450m: 35.05
500m: 34.63	1000m: 34.73	1500m: 34.98	2000m: 35.02	2500m: 35.83
				2550m: 35.18
				2600m: 35.77
				2650m: 35.35
				2700m: 35.57
				2750m: 35.28
				2800m: 35.98
				2850m: 35.38
				2900m: 35.62
				2950m: 35.39
				3000m: 34.23
8. TEIXIDÓ JOVÉ, Aleix	06	C.E. Inef Lleida	35:19.13	9,00
50m: 31.92	550m: 34.13	1050m: 34.70	1550m: 34.95	2050m: 36.62
100m: 32.56	600m: 34.42	1100m: 34.82	1600m: 35.59	2100m: 36.02
150m: 33.08	650m: 34.41	1150m: 34.51	1650m: 36.19	2150m: 36.48
200m: 33.79	700m: 34.72	1200m: 35.09	1700m: 36.16	2200m: 36.67
250m: 34.05	750m: 34.69	1250m: 35.39	1750m: 36.50	2250m: 36.52
300m: 34.31	800m: 34.70	1300m: 35.22	1800m: 35.84	2300m: 36.48
350m: 34.13	850m: 34.49	1350m: 35.43	1850m: 35.79	2350m: 36.92
400m: 33.98	900m: 35.16	1400m: 35.24	1900m: 36.09	2400m: 36.50
450m: 34.12	950m: 34.54	1450m: 35.51	1950m: 36.63	2450m: 36.67
500m: 33.83	1000m: 34.63	1500m: 34.95	2000m: 36.50	2500m: 36.15
				2550m: 36.30
				2600m: 36.55
				2650m: 36.79
				2700m: 36.07
				2750m: 36.44
				2800m: 36.43
				2850m: 36.30
				2900m: 36.19
				2950m: 36.49
				3000m: 33.78
9. QUERO JIMENEZ, Santi	05	C.N. Vic-Etb	35:26.27	8,00
50m: 33.01	550m: 35.42	1050m: 35.17	1550m: 35.71	2050m: 35.69
100m: 34.28	600m: 35.26	1100m: 35.47	1600m: 35.64	2100m: 35.96
150m: 34.31	650m: 35.59	1150m: 35.42	1650m: 35.65	2150m: 35.95
200m: 34.83	700m: 35.41	1200m: 35.27	1700m: 35.63	2200m: 35.99
250m: 34.97	750m: 35.53	1250m: 35.07	1750m: 35.74	2250m: 36.01
300m: 34.96	800m: 34.98	1300m: 35.41	1800m: 35.88	2300m: 35.59
350m: 35.13	850m: 35.50	1350m: 35.89	1850m: 35.83	2350m: 36.14
400m: 35.24	900m: 35.29	1400m: 35.90	1900m: 35.68	2400m: 35.73
450m: 35.52	950m: 35.41	1450m: 35.27	1950m: 35.97	2450m: 35.94
500m: 35.22	1000m: 35.10	1500m: 35.08	2000m: 36.10	2500m: 35.74
				2550m: 35.83
				2600m: 35.77
				2650m: 35.83
				2700m: 35.93
				2750m: 35.72
				2800m: 35.36
				2850m: 35.41
				2900m: 35.80
				2950m: 35.12
				3000m: 34.02



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



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

Classificació	ANY										Temps	
10. FITCH ASENSIO, Crosby	06 C.N. Figueres										35:30.29	7,00
50m:	33.09	550m:	34.71	1050m:	35.85	1550m:	35.69	2050m:	35.89	2550m:	36.41	
100m:	33.52	600m:	34.64	1100m:	35.53	1600m:	36.17	2100m:	36.04	2600m:	36.44	
150m:	34.11	650m:	34.55	1150m:	35.66	1650m:	36.04	2150m:	36.19	2650m:	36.35	
200m:	34.14	700m:	34.87	1200m:	35.63	1700m:	35.23	2200m:	35.95	2700m:	36.08	
250m:	33.95	750m:	34.63	1250m:	35.87	1750m:	36.78	2250m:	36.11	2750m:	36.28	
300m:	34.39	800m:	34.72	1300m:	35.29	1800m:	36.26	2300m:	36.80	2800m:	36.80	
350m:	34.61	850m:	34.92	1350m:	35.03	1850m:	36.56	2350m:	35.82	2850m:	36.51	
400m:	34.68	900m:	35.13	1400m:	35.91	1900m:	36.20	2400m:	36.56	2900m:	36.26	
450m:	34.50	950m:	34.97	1450m:	35.49	1950m:	36.43	2450m:	36.25	2950m:	34.91	
500m:	34.62	1000m:	35.08	1500m:	35.88	2000m:	36.27	2500m:	36.53	3000m:	34.51	
11. SERNA IZQUIERDO, Arnau	05 C.N. Mataró										35:30.80	6,00
50m:	33.69	550m:	35.14	1050m:	35.58	1550m:	35.39	2050m:	35.92	2550m:	35.48	
100m:	34.45	600m:	35.15	1100m:	35.50	1600m:	35.72	2100m:	35.95	2600m:	35.74	
150m:	35.21	650m:	35.55	1150m:	35.73	1650m:	35.66	2150m:	35.85	2650m:	34.79	
200m:	34.89	700m:	35.75	1200m:	35.76	1700m:	36.08	2200m:	35.98	2700m:	35.88	
250m:	35.18	750m:	35.68	1250m:	35.46	1750m:	35.82	2250m:	36.34	2750m:	35.55	
300m:	35.47	800m:	35.50	1300m:	35.98	1800m:	35.96	2300m:	35.40	2800m:	35.63	
350m:	35.40	850m:	35.51	1350m:	35.81	1850m:	35.84	2350m:	36.13	2850m:	35.66	
400m:	35.30	900m:	35.68	1400m:	35.61	1900m:	36.24	2400m:	35.78	2900m:	34.63	
450m:	35.34	950m:	35.21	1450m:	36.05	1950m:	35.88	2450m:	35.90	2950m:	34.28	
500m:	36.22	1000m:	34.86	1500m:	36.09	2000m:	35.77	2500m:	35.05	3000m:	33.75	
12. TEODORO MASRIERA, Roger	05 C.N. Mataró										35:38.35	5,00
50m:	33.64	550m:	35.49	1050m:	35.46	1550m:	34.80	2050m:	35.88	2550m:	36.10	
100m:	34.55	600m:	35.50	1100m:	35.06	1600m:	35.60	2100m:	35.95	2600m:	35.86	
150m:	35.13	650m:	35.47	1150m:	35.10	1650m:	35.75	2150m:	36.03	2650m:	36.40	
200m:	35.40	700m:	35.46	1200m:	34.99	1700m:	35.76	2200m:	36.39	2700m:	36.82	
250m:	35.04	750m:	35.77	1250m:	35.11	1750m:	36.01	2250m:	36.06	2750m:	36.60	
300m:	35.29	800m:	35.57	1300m:	35.35	1800m:	36.71	2300m:	36.26	2800m:	36.49	
350m:	35.42	850m:	35.41	1350m:	35.54	1850m:	35.67	2350m:	36.63	2850m:	36.19	
400m:	35.62	900m:	35.33	1400m:	35.65	1900m:	35.27	2400m:	36.57	2900m:	35.96	
450m:	35.12	950m:	34.98	1450m:	35.88	1950m:	35.36	2450m:	36.28	2950m:	36.31	
500m:	35.58	1000m:	34.19	1500m:	35.98	2000m:	35.84	2500m:	36.00	3000m:	34.72	
13. DEL CASTILLO MASICH, Guillem	06 C.N. Tarraco										35:51.09	4,00
50m:	33.43	550m:	35.49	1050m:	35.85	1550m:	36.23	2050m:	36.41	2550m:	36.00	
100m:	33.87	600m:	35.75	1100m:	35.82	1600m:	36.20	2100m:	36.53	2600m:	36.07	
150m:	34.25	650m:	35.64	1150m:	35.71	1650m:	36.04	2150m:	36.57	2650m:	36.22	
200m:	34.89	700m:	35.51	1200m:	35.81	1700m:	36.26	2200m:	36.24	2700m:	36.05	
250m:	35.20	750m:	35.77	1250m:	35.85	1750m:	36.42	2250m:	36.19	2750m:	36.15	
300m:	35.72	800m:	35.45	1300m:	35.90	1800m:	36.44	2300m:	36.37	2800m:	36.12	
350m:	35.69	850m:	35.61	1350m:	35.94	1850m:	36.45	2350m:	36.60	2850m:	36.23	
400m:	35.44	900m:	35.68	1400m:	35.59	1900m:	36.35	2400m:	36.40	2900m:	36.13	
450m:	35.03	950m:	35.69	1450m:	35.81	1950m:	36.34	2450m:	36.10	2950m:	36.17	
500m:	35.39	1000m:	35.69	1500m:	35.86	2000m:	36.55	2500m:	36.39	3000m:	35.54	
14. CORTES VILARDELL, Pau	05 C.N. Caldes										36:00.27	3,00
50m:	33.43	550m:	35.96	1050m:	35.92	1550m:	35.92	2050m:	37.41	2550m:	36.06	
100m:	34.51	600m:	35.93	1100m:	36.64	1600m:	35.50	2100m:	36.61	2600m:	35.31	
150m:	34.85	650m:	35.38	1150m:	36.10	1650m:	36.21	2150m:	37.44	2650m:	35.21	
200m:	35.54	700m:	35.84	1200m:	36.33	1700m:	36.79	2200m:	37.26	2700m:	35.81	
250m:	35.55	750m:	35.16	1250m:	36.35	1750m:	36.69	2250m:	37.44	2750m:	35.30	
300m:	35.30	800m:	35.19	1300m:	36.09	1800m:	37.00	2300m:	37.15	2800m:	35.65	
350m:	34.84	850m:	35.88	1350m:	35.86	1850m:	36.94	2350m:	37.02	2850m:	35.76	
400m:	35.18	900m:	35.83	1400m:	36.24	1900m:	37.20	2400m:	37.35	2900m:	35.19	
450m:	35.31	950m:	35.66	1450m:	36.63	1950m:	36.93	2450m:	37.35	2950m:	34.71	
500m:	35.33	1000m:	35.81	1500m:	36.92	2000m:	37.02	2500m:	37.09	3000m:	33.39	



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



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

Classificació	ANY										Temps		
15. FIORI PORTA, Marc	05 C.N. Mataró										36:07.78	2,00	
50m:	33.95	550m:	36.02	1050m:	36.04	1550m:	36.83	2050m:	36.75	2550m:	36.19		
100m:	34.40	600m:	36.36	1100m:	36.17	1600m:	36.30	2100m:	37.04	2600m:	36.16		
150m:	34.75	650m:	36.40	1150m:	36.05	1650m:	36.45	2150m:	35.83	2650m:	37.01		
200m:	35.23	700m:	36.04	1200m:	36.19	1700m:	36.38	2200m:	36.52	2700m:	36.50		
250m:	35.41	750m:	36.45	1250m:	36.02	1750m:	36.02	2250m:	36.47	2750m:	35.77		
300m:	35.84	800m:	36.17	1300m:	36.13	1800m:	36.22	2300m:	36.36	2800m:	36.94		
350m:	35.37	850m:	36.13	1350m:	36.14	1850m:	36.33	2350m:	36.17	2850m:	36.36		
400m:	35.68	900m:	35.92	1400m:	36.02	1900m:	36.73	2400m:	36.00	2900m:	35.36		
450m:	35.88	950m:	36.42	1450m:	36.40	1950m:	36.36	2450m:	36.31	2950m:	35.98		
500m:	36.05	1000m:	36.01	1500m:	36.77	2000m:	36.56	2500m:	36.37	3000m:	37.10		
16. ALVAREZ GARCIA, Joel	06 C.N. Premià										36:10.58	1,00	
50m:	34.26	550m:	35.57	1050m:	35.99	1550m:	35.99	2050m:	37.15	2550m:	36.40		
100m:	34.38	600m:	35.59	1100m:	35.92	1600m:	35.92	2100m:	37.29	2600m:	35.86		
150m:	34.89	650m:	35.69	1150m:	36.16	1650m:	36.58	2150m:	36.77	2650m:	37.00		
200m:	35.59	700m:	35.45	1200m:	36.05	1700m:	36.45	2200m:	36.86	2700m:	36.73		
250m:	35.34	750m:	35.76	1250m:	36.18	1750m:	36.47	2250m:	37.14	2750m:	36.14		
300m:	35.19	800m:	35.76	1300m:	35.90	1800m:	36.57	2300m:	36.98	2800m:	36.92		
350m:	35.64	850m:	35.98	1350m:	35.99	1850m:	36.78	2350m:	36.68	2850m:	36.87		
400m:	35.22	900m:	35.92	1400m:	35.89	1900m:	36.75	2400m:	36.73	2900m:	36.49		
450m:	36.17	950m:	36.10	1450m:	36.09	1950m:	36.40	2450m:	36.46	2950m:	37.06		
500m:	35.99	1000m:	35.90	1500m:	36.27	2000m:	37.29	2500m:	36.74	3000m:	36.28		
17. ROCA BORRAS, Joan	06 C.N. Salou										36:22.06	-	
50m:	32.17	550m:	35.57	1050m:	35.92	1550m:	36.63	2050m:	37.15	2550m:	36.90		
100m:	33.33	600m:	35.49	1100m:	36.46	1600m:	36.97	2100m:	37.17	2600m:	37.13		
150m:	34.39	650m:	36.29	1150m:	36.90	1650m:	36.95	2150m:	37.87	2650m:	37.71		
200m:	34.76	700m:	36.46	1200m:	36.58	1700m:	37.10	2200m:	37.48	2700m:	36.45		
250m:	35.02	750m:	36.56	1250m:	36.67	1750m:	36.97	2250m:	37.94	2750m:	36.67		
300m:	34.94	800m:	36.51	1300m:	36.84	1800m:	36.14	2300m:	37.83	2800m:	37.12		
350m:	34.83	850m:	36.40	1350m:	36.42	1850m:	35.98	2350m:	37.33	2850m:	36.74		
400m:	35.29	900m:	37.07	1400m:	36.94	1900m:	37.22	2400m:	37.05	2900m:	35.82		
450m:	35.53	950m:	36.86	1450m:	36.67	1950m:	37.00	2450m:	37.01	2950m:	36.43		
500m:	35.60	1000m:	36.53	1500m:	36.59	2000m:	37.46	2500m:	36.84	3000m:	33.41		
18. LUQUE SERRANO, Adria	05 GEIEG										36:31.47	-	
50m:	32.93	550m:	35.95	1050m:	36.18	1550m:	37.03	2050m:	33.30	2550m:	36.82		
100m:	34.27	600m:	35.63	1100m:	36.36	1600m:	36.77	2100m:	40.88	2600m:	37.58		
150m:	35.33	650m:	35.94	1150m:	36.81	1650m:	36.98	2150m:	36.73	2650m:	37.45		
200m:	35.62	700m:	35.86	1200m:	31.28	1700m:	36.47	2200m:	36.94	2700m:	37.97		
250m:	35.94	750m:	36.10	1250m:	41.24	1750m:	36.45	2250m:	36.89	2750m:	38.15		
300m:	35.35	800m:	35.98	1300m:	35.86	1800m:	36.37	2300m:	37.18	2800m:	37.75		
350m:	35.91	850m:	35.84	1350m:	36.57	1850m:	36.64	2350m:	36.88	2850m:	37.81		
400m:	35.46	900m:	36.15	1400m:	36.60	1900m:	36.78	2400m:	37.16	2900m:	38.21		
450m:	35.76	950m:	36.17	1450m:	37.19	1950m:	36.74	2450m:	37.49	2950m:	37.44		
500m:	35.95	1000m:	36.44	1500m:	36.28	2000m:	37.41	2500m:	37.53	3000m:	36.72		
19. DOLCET NIUBÓ, Jan	05 C.N. Lleida										39:23.14	-	
50m:	36.03	550m:	37.94	1050m:	39.24	1550m:	40.44	2050m:	40.66	2550m:	41.00		
100m:	36.71	600m:	38.30	1100m:	39.27	1600m:	40.21	2100m:	40.18	2600m:	41.25		
150m:	37.28	650m:	38.12	1150m:	38.56	1650m:	40.45	2150m:	40.38	2650m:	40.13		
200m:	37.37	700m:	37.83	1200m:	38.96	1700m:	39.97	2200m:	40.99	2700m:	41.24		
250m:	37.88	750m:	38.12	1250m:	39.39	1750m:	40.26	2250m:	41.22	2750m:	40.93		
300m:	37.78	800m:	38.28	1300m:	38.94	1800m:	40.18	2300m:	40.78	2800m:	39.58		
350m:	37.96	850m:	38.20	1350m:	39.81	1850m:	40.77	2350m:	41.08	2850m:	38.75		
400m:	38.06	900m:	38.09	1400m:	39.14	1900m:	39.77	2400m:	41.67	2900m:	39.04		
450m:	38.45	950m:	38.48	1450m:	39.78	1950m:	40.40	2450m:	41.46	2950m:	38.92		
500m:	37.71	1000m:	38.95	1500m:	40.30	2000m:	40.01	2500m:	41.65	3000m:	38.84		
DNF SANCHEZ GIBELLO, Nil	06 C.N. Terrassa											-	



Prova 4, Masc., 3000m Lliure

Júnior 2 Fons Indoor

1.	ORTIZ MARTINEZ, Carlos	04	C.N. Barcelona	31:56.48	19,00						
50m:	30.58	550m:	31.61	1050m:	31.75	1550m:	31.50	2050m:	31.90	2550m:	31.79
100m:	31.18	600m:	31.96	1100m:	31.85	1600m:	31.93	2100m:	32.16	2600m:	32.09
150m:	31.33	650m:	31.83	1150m:	31.98	1650m:	31.83	2150m:	32.25	2650m:	32.45
200m:	31.71	700m:	31.74	1200m:	32.19	1700m:	32.23	2200m:	31.71	2700m:	32.51
250m:	31.63	750m:	32.16	1250m:	32.12	1750m:	32.41	2250m:	31.93	2750m:	32.17
300m:	31.78	800m:	31.63	1300m:	32.15	1800m:	32.59	2300m:	32.05	2800m:	31.99
350m:	31.88	850m:	32.02	1350m:	32.40	1850m:	32.38	2350m:	32.24	2850m:	32.01
400m:	32.11	900m:	31.97	1400m:	32.39	1900m:	32.21	2400m:	32.54	2900m:	32.22
450m:	31.63	950m:	32.17	1450m:	32.37	1950m:	32.27	2450m:	32.10	2950m:	31.84
500m:	32.28	1000m:	31.68	1500m:	31.23	2000m:	31.97	2500m:	31.77	3000m:	30.13
2.	VENDRELL GARCIA, Jose	03	C.N. Lleida	33:13.46	16,00						
50m:	29.82	550m:	32.25	1050m:	32.75	1550m:	33.66	2050m:	33.71	2550m:	34.11
100m:	31.11	600m:	33.09	1100m:	33.25	1600m:	33.81	2100m:	33.51	2600m:	34.16
150m:	31.86	650m:	32.36	1150m:	32.80	1650m:	33.33	2150m:	33.58	2650m:	34.35
200m:	31.76	700m:	33.13	1200m:	33.05	1700m:	33.65	2200m:	34.57	2700m:	34.16
250m:	32.03	750m:	32.74	1250m:	32.90	1750m:	33.12	2250m:	34.56	2750m:	34.25
300m:	31.98	800m:	32.93	1300m:	33.41	1800m:	34.20	2300m:	34.28	2800m:	34.56
350m:	32.16	850m:	32.90	1350m:	33.57	1850m:	33.22	2350m:	33.98	2850m:	33.41
400m:	32.19	900m:	32.83	1400m:	33.25	1900m:	34.35	2400m:	34.44	2900m:	33.60
450m:	32.55	950m:	32.84	1450m:	34.26	1950m:	34.09	2450m:	34.05	2950m:	32.51
500m:	33.01	1000m:	33.00	1500m:	33.13	2000m:	33.92	2500m:	33.92	3000m:	31.49
3.	MARTÍNEZ MARESMÀ, Pol	04	C.N. Mataró	33:32.05	14,00						
50m:	31.38	550m:	33.97	1050m:	33.63	1550m:	34.08	2050m:	33.77	2550m:	33.52
100m:	32.04	600m:	34.06	1100m:	34.02	1600m:	33.98	2100m:	34.12	2600m:	34.50
150m:	32.61	650m:	33.66	1150m:	33.58	1650m:	33.51	2150m:	33.58	2650m:	34.33
200m:	32.55	700m:	33.29	1200m:	33.74	1700m:	33.36	2200m:	33.83	2700m:	33.69
250m:	32.80	750m:	32.45	1250m:	33.62	1750m:	33.61	2250m:	33.75	2750m:	33.70
300m:	32.72	800m:	33.20	1300m:	33.75	1800m:	34.07	2300m:	33.44	2800m:	33.34
350m:	32.75	850m:	33.85	1350m:	33.83	1850m:	33.85	2350m:	33.81	2850m:	33.75
400m:	33.50	900m:	34.08	1400m:	33.36	1900m:	33.46	2400m:	34.12	2900m:	33.76
450m:	33.54	950m:	33.39	1450m:	33.37	1950m:	33.66	2450m:	34.22	2950m:	33.87
500m:	33.67	1000m:	33.85	1500m:	33.54	2000m:	33.93	2500m:	33.31	3000m:	32.33
4.	BLANES FRIGOLA, Aleix	04	C.E. Àgora	33:43.10	13,00						
50m:	31.98	550m:	33.74	1050m:	33.97	1550m:	33.98	2050m:	34.56	2550m:	33.60
100m:	32.45	600m:	33.75	1100m:	33.96	1600m:	33.67	2100m:	33.09	2600m:	33.74
150m:	33.42	650m:	33.63	1150m:	33.67	1650m:	34.20	2150m:	34.37	2650m:	33.94
200m:	33.28	700m:	33.46	1200m:	34.08	1700m:	33.94	2200m:	33.63	2700m:	33.69
250m:	33.89	750m:	33.56	1250m:	34.21	1750m:	33.84	2250m:	33.93	2750m:	33.82
300m:	33.91	800m:	33.69	1300m:	33.58	1800m:	34.06	2300m:	33.94	2800m:	33.43
350m:	34.17	850m:	33.54	1350m:	34.28	1850m:	34.13	2350m:	33.82	2850m:	33.66
400m:	34.27	900m:	33.81	1400m:	33.97	1900m:	34.04	2400m:	33.82	2900m:	33.48
450m:	33.68	950m:	33.69	1450m:	33.50	1950m:	34.34	2450m:	33.86	2950m:	33.48
500m:	33.33	1000m:	33.90	1500m:	33.83	2000m:	34.43	2500m:	33.90	3000m:	30.51
5.	REYES VALENZUELA, Abel	03	C.N. Mataró	33:58.94	12,00						
50m:	30.92	550m:	33.42	1050m:	34.25	1550m:	33.86	2050m:	34.02	2550m:	34.15
100m:	32.25	600m:	33.63	1100m:	34.00	1600m:	34.39	2100m:	34.61	2600m:	34.15
150m:	32.86	650m:	33.61	1150m:	34.19	1650m:	34.48	2150m:	34.53	2650m:	34.42
200m:	33.42	700m:	33.51	1200m:	34.41	1700m:	34.20	2200m:	34.32	2700m:	34.46
250m:	33.14	750m:	33.79	1250m:	34.49	1750m:	34.09	2250m:	34.20	2750m:	34.54
300m:	33.57	800m:	33.86	1300m:	34.58	1800m:	34.67	2300m:	34.34	2800m:	34.34
350m:	33.71	850m:	33.96	1350m:	34.33	1850m:	34.45	2350m:	34.55	2850m:	34.58
400m:	33.58	900m:	33.84	1400m:	34.65	1900m:	34.27	2400m:	34.40	2900m:	33.85
450m:	33.77	950m:	34.01	1450m:	34.63	1950m:	34.40	2450m:	34.30	2950m:	34.75
500m:	33.59	1000m:	34.10	1500m:	34.56	2000m:	34.31	2500m:	34.56	3000m:	30.12



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



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

Classificació	ANY										Temps			
6.	ELIES VAZQUEZ, Pau										03	C.N. Atl Barceloneta	34:16.54	11,00
	50m:	32.82	550m:	33.86	1050m:	33.90	1550m:	34.25	2050m:	35.07	2550m:	34.45		
	100m:	33.61	600m:	34.03	1100m:	34.08	1600m:	34.19	2100m:	35.04	2600m:	34.97		
	150m:	33.67	650m:	33.84	1150m:	33.97	1650m:	34.57	2150m:	35.15	2650m:	35.25		
	200m:	33.52	700m:	33.58	1200m:	33.40	1700m:	34.56	2200m:	35.02	2700m:	34.76		
	250m:	33.78	750m:	33.88	1250m:	34.28	1750m:	34.76	2250m:	35.20	2750m:	35.24		
	300m:	33.41	800m:	33.82	1300m:	33.57	1800m:	34.34	2300m:	35.05	2800m:	34.71		
	350m:	33.29	850m:	33.75	1350m:	34.09	1850m:	35.00	2350m:	34.82	2850m:	35.08		
	400m:	33.54	900m:	33.88	1400m:	34.03	1900m:	34.50	2400m:	34.61	2900m:	35.17		
	450m:	33.52	950m:	33.79	1450m:	34.30	1950m:	34.59	2450m:	34.99	2950m:	34.89		
	500m:	34.10	1000m:	34.03	1500m:	34.43	2000m:	34.81	2500m:	34.76	3000m:	32.97		
7.	SALVATELLA ESTANY, Pau										03	C.N. Barcelona	34:27.40	10,00
	50m:	32.95	550m:	34.56	1050m:	34.26	1550m:	34.47	2050m:	34.98	2550m:	35.01		
	100m:	33.79	600m:	34.16	1100m:	34.22	1600m:	34.34	2100m:	34.63	2600m:	34.94		
	150m:	34.07	650m:	34.24	1150m:	34.16	1650m:	34.18	2150m:	34.79	2650m:	35.12		
	200m:	34.13	700m:	34.31	1200m:	33.94	1700m:	34.40	2200m:	34.89	2700m:	34.75		
	250m:	34.09	750m:	34.31	1250m:	34.12	1750m:	34.32	2250m:	34.74	2750m:	35.07		
	300m:	34.24	800m:	34.32	1300m:	34.43	1800m:	34.59	2300m:	34.92	2800m:	35.01		
	350m:	34.38	850m:	34.32	1350m:	34.21	1850m:	34.66	2350m:	35.03	2850m:	34.95		
	400m:	34.70	900m:	34.28	1400m:	34.20	1900m:	34.90	2400m:	34.92	2900m:	34.86		
	450m:	34.36	950m:	34.54	1450m:	34.31	1950m:	34.62	2450m:	34.56	2950m:	34.47		
	500m:	34.28	1000m:	34.19	1500m:	34.48	2000m:	34.91	2500m:	34.93	3000m:	32.89		
8.	MATARÓ CHANTRERO, Roger										04	C.N. Granollers	34:27.60	9,00
	50m:	33.06	550m:	35.44	1050m:	33.98	1550m:	33.82	2050m:	34.33	2550m:	34.85		
	100m:	33.23	600m:	34.80	1100m:	34.00	1600m:	34.24	2100m:	34.33	2600m:	35.14		
	150m:	33.85	650m:	35.03	1150m:	33.77	1650m:	34.04	2150m:	34.61	2650m:	35.01		
	200m:	33.92	700m:	35.09	1200m:	34.27	1700m:	34.17	2200m:	34.92	2700m:	34.83		
	250m:	34.22	750m:	34.85	1250m:	34.22	1750m:	34.71	2250m:	34.67	2750m:	34.87		
	300m:	34.52	800m:	35.26	1300m:	34.05	1800m:	34.72	2300m:	34.71	2800m:	34.69		
	350m:	34.12	850m:	34.47	1350m:	34.34	1850m:	34.70	2350m:	34.68	2850m:	33.48		
	400m:	34.55	900m:	33.86	1400m:	34.34	1900m:	34.75	2400m:	34.36	2900m:	35.11		
	450m:	34.56	950m:	34.06	1450m:	34.62	1950m:	34.77	2450m:	35.15	2950m:	35.27		
	500m:	34.75	1000m:	34.03	1500m:	33.85	2000m:	34.28	2500m:	35.25	3000m:	34.03		
9.	GOMEZ MARTINEZ, Sergi										03	C.N. Premià	35:12.15	8,00
	50m:	32.56	550m:	33.65	1050m:	34.51	1550m:	35.12	2050m:	35.80	2550m:	35.45		
	100m:	33.40	600m:	34.55	1100m:	34.53	1600m:	34.36	2100m:	35.34	2600m:	35.50		
	150m:	33.25	650m:	34.70	1150m:	34.94	1650m:	35.23	2150m:	35.76	2650m:	36.06		
	200m:	34.43	700m:	34.90	1200m:	34.78	1700m:	36.35	2200m:	36.04	2700m:	35.50		
	250m:	34.58	750m:	34.81	1250m:	35.56	1750m:	36.12	2250m:	36.00	2750m:	35.96		
	300m:	34.28	800m:	34.91	1300m:	34.96	1800m:	35.63	2300m:	36.00	2800m:	35.99		
	350m:	34.23	850m:	34.53	1350m:	36.16	1850m:	35.39	2350m:	36.05	2850m:	36.44		
	400m:	34.45	900m:	34.70	1400m:	36.05	1900m:	35.79	2400m:	35.76	2900m:	35.84		
	450m:	34.50	950m:	34.68	1450m:	36.08	1950m:	35.61	2450m:	35.76	2950m:	36.04		
	500m:	34.26	1000m:	34.50	1500m:	36.10	2000m:	35.96	2500m:	35.80	3000m:	35.96		
10.	BUSTOS FERNANDEZ, Aitor										04	C.N. Igualada	35:16.05	7,00
	50m:	32.31	550m:	34.49	1050m:	35.52	1550m:	35.57	2050m:	35.76	2550m:	35.71		
	100m:	33.72	600m:	34.70	1100m:	35.23	1600m:	35.98	2100m:	36.27	2600m:	36.04		
	150m:	34.09	650m:	34.59	1150m:	35.75	1650m:	35.86	2150m:	36.07	2650m:	36.13		
	200m:	34.46	700m:	34.71	1200m:	35.21	1700m:	35.67	2200m:	36.10	2700m:	35.96		
	250m:	34.66	750m:	34.75	1250m:	35.15	1750m:	35.78	2250m:	36.27	2750m:	36.12		
	300m:	34.36	800m:	34.86	1300m:	35.26	1800m:	35.92	2300m:	35.97	2800m:	36.29		
	350m:	34.67	850m:	35.03	1350m:	35.33	1850m:	35.91	2350m:	36.08	2850m:	35.00		
	400m:	34.50	900m:	35.01	1400m:	35.64	1900m:	35.83	2400m:	36.39	2900m:	34.04		
	450m:	34.81	950m:	35.08	1450m:	35.40	1950m:	35.80	2450m:	36.06	2950m:	34.03		
	500m:	34.50	1000m:	35.15	1500m:	35.32	2000m:	35.49	2500m:	35.90	3000m:	33.79		



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



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

Classificació	ANY										Temps			
11.	IBAÑEZ PINA, Nil										03	C.N. Atl Barceloneta	35:29.42	6,00
	50m:	31.84	550m:	34.80	1050m:	36.27	1550m:	35.46	2050m:	36.09	2550m:	35.90		
	100m:	33.26	600m:	35.55	1100m:	35.97	1600m:	35.68	2100m:	35.45	2600m:	35.98		
	150m:	34.02	650m:	34.97	1150m:	35.81	1650m:	35.76	2150m:	36.64	2650m:	36.59		
	200m:	34.09	700m:	35.23	1200m:	36.14	1700m:	35.69	2200m:	36.21	2700m:	36.61		
	250m:	33.94	750m:	35.19	1250m:	36.84	1750m:	35.92	2250m:	36.15	2750m:	36.48		
	300m:	34.45	800m:	35.31	1300m:	35.65	1800m:	35.93	2300m:	36.41	2800m:	36.23		
	350m:	34.80	850m:	35.43	1350m:	35.64	1850m:	36.08	2350m:	36.02	2850m:	36.07		
	400m:	34.76	900m:	35.51	1400m:	35.65	1900m:	35.98	2400m:	36.15	2900m:	34.18		
	450m:	34.54	950m:	35.69	1450m:	35.86	1950m:	35.76	2450m:	36.10	2950m:	34.50		
	500m:	34.94	1000m:	35.66	1500m:	35.94	2000m:	36.12	2500m:	35.78	3000m:	33.75		
12.	GONZALEZ CASTELLÓ, Genis										04	C.N. Lleida	35:54.54	5,00
	50m:	33.03	550m:	36.21	1050m:	35.40	1550m:	36.65	2050m:	36.78	2550m:	35.89		
	100m:	33.90	600m:	36.14	1100m:	35.61	1600m:	36.41	2100m:	36.59	2600m:	35.95		
	150m:	34.26	650m:	36.27	1150m:	35.60	1650m:	36.60	2150m:	36.14	2650m:	35.80		
	200m:	34.61	700m:	36.73	1200m:	35.54	1700m:	36.25	2200m:	35.45	2700m:	36.60		
	250m:	35.16	750m:	35.88	1250m:	35.44	1750m:	36.68	2250m:	36.50	2750m:	36.20		
	300m:	35.37	800m:	35.84	1300m:	36.07	1800m:	36.06	2300m:	36.23	2800m:	36.60		
	350m:	35.58	850m:	35.69	1350m:	36.10	1850m:	36.70	2350m:	36.22	2850m:	35.75		
	400m:	35.41	900m:	36.16	1400m:	36.49	1900m:	36.80	2400m:	36.68	2900m:	36.79		
	450m:	36.18	950m:	35.91	1450m:	36.29	1950m:	36.06	2450m:	35.71	2950m:	35.16		
	500m:	35.68	1000m:	36.13	1500m:	36.51	2000m:	35.95	2500m:	35.86	3000m:	34.29		
13.	MATARÓ BON, Pau										04	C.N. Mataró	36:37.10	4,00
	50m:	34.14	550m:	35.61	1050m:	36.28	1550m:	36.68	2050m:	37.28	2550m:	37.53		
	100m:	34.97	600m:	35.82	1100m:	36.76	1600m:	36.72	2100m:	36.86	2600m:	38.06		
	150m:	35.41	650m:	36.42	1150m:	36.10	1650m:	36.75	2150m:	37.46	2650m:	38.27		
	200m:	35.64	700m:	35.86	1200m:	36.80	1700m:	36.60	2200m:	37.85	2700m:	37.99		
	250m:	35.62	750m:	35.65	1250m:	36.10	1750m:	36.80	2250m:	37.29	2750m:	37.79		
	300m:	35.84	800m:	35.92	1300m:	36.94	1800m:	37.01	2300m:	37.67	2800m:	37.41		
	350m:	35.71	850m:	35.68	1350m:	36.45	1850m:	37.37	2350m:	37.75	2850m:	37.46		
	400m:	36.25	900m:	35.84	1400m:	36.00	1900m:	37.40	2400m:	38.13	2900m:	37.01		
	450m:	36.01	950m:	36.12	1450m:	35.69	1950m:	37.52	2450m:	37.36	2950m:	36.79		
	500m:	35.30	1000m:	36.32	1500m:	36.37	2000m:	36.97	2500m:	37.50	3000m:	36.20		
14.	MACIAS RABASEDA, Joel										04	C.N. Mataró	36:41.01	3,00
	50m:	33.17	550m:	35.17	1050m:	36.09	1550m:	37.43	2050m:	37.60	2550m:	38.52		
	100m:	33.80	600m:	34.88	1100m:	36.24	1600m:	36.68	2100m:	38.10	2600m:	38.11		
	150m:	34.66	650m:	35.36	1150m:	36.71	1650m:	37.37	2150m:	37.68	2650m:	37.94		
	200m:	34.28	700m:	35.48	1200m:	37.29	1700m:	37.20	2200m:	37.65	2700m:	38.28		
	250m:	34.54	750m:	35.85	1250m:	37.34	1750m:	37.32	2250m:	37.76	2750m:	37.53		
	300m:	34.84	800m:	35.79	1300m:	37.81	1800m:	37.27	2300m:	38.20	2800m:	37.68		
	350m:	34.88	850m:	35.66	1350m:	36.74	1850m:	37.11	2350m:	38.34	2850m:	37.33		
	400m:	35.03	900m:	36.42	1400m:	36.79	1900m:	37.80	2400m:	37.61	2900m:	37.02		
	450m:	35.08	950m:	36.26	1450m:	37.97	1950m:	37.78	2450m:	38.47	2950m:	36.80		
	500m:	34.93	1000m:	36.17	1500m:	37.89	2000m:	37.24	2500m:	38.23	3000m:	35.84		
15.	ROURE GRIGELMO, Pau										04	C.N. Catalunya	39:25.38	2,00
	50m:	35.90	550m:	38.91	1050m:	40.06	1550m:	39.69	2050m:	40.28	2550m:	40.22		
	100m:	35.77	600m:	39.20	1100m:	39.96	1600m:	40.02	2100m:	40.09	2600m:	40.02		
	150m:	36.70	650m:	38.75	1150m:	39.90	1650m:	40.07	2150m:	39.82	2650m:	40.09		
	200m:	37.45	700m:	39.10	1200m:	39.90	1700m:	40.16	2200m:	39.75	2700m:	39.85		
	250m:	37.78	750m:	39.14	1250m:	39.68	1750m:	40.41	2250m:	40.37	2750m:	39.55		
	300m:	37.82	800m:	39.53	1300m:	39.80	1800m:	40.31	2300m:	40.16	2800m:	38.95		
	350m:	38.05	850m:	39.45	1350m:	39.81	1850m:	40.05	2350m:	40.28	2850m:	39.60		
	400m:	38.44	900m:	39.70	1400m:	39.49	1900m:	40.62	2400m:	40.58	2900m:	39.63		
	450m:	38.49	950m:	40.01	1450m:	39.88	1950m:	40.01	2450m:	40.21	2950m:	39.61		
	500m:	38.90	1000m:	39.56	1500m:	40.26	2000m:	40.55	2500m:	40.22	3000m:	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	550m:	31.19	1050m:	31.07	1550m:	31.12	2050m:	30.89	2550m:	30.94
100m:	30.21	600m:	30.91	1100m:	30.53	1600m:	30.74	2100m:	30.90	2600m:	30.68
150m:	30.88	650m:	30.76	1150m:	30.63	1650m:	30.62	2150m:	30.77	2650m:	30.76
200m:	30.58	700m:	30.85	1200m:	31.03	1700m:	31.05	2200m:	30.76	2700m:	30.92
250m:	30.75	750m:	30.60	1250m:	30.94	1750m:	31.15	2250m:	30.65	2750m:	30.98
300m:	30.86	800m:	30.82	1300m:	30.77	1800m:	30.77	2300m:	30.92	2800m:	30.69
350m:	30.91	850m:	31.02	1350m:	31.00	1850m:	30.78	2350m:	30.95	2850m:	30.42
400m:	30.67	900m:	31.09	1400m:	31.05	1900m:	30.73	2400m:	30.48	2900m:	30.30
450m:	30.88	950m:	31.14	1450m:	30.92	1950m:	31.03	2450m:	31.01	2950m:	30.87
500m:	31.00	1000m:	30.90	1500m:	30.70	2000m:	30.68	2500m:	30.87	3000m:	27.32

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

50m:	30.14	550m:	30.60	1050m:	31.43	1550m:	31.93	2050m:	32.75	2550m:	32.82
100m:	30.70	600m:	31.13	1100m:	31.30	1600m:	31.33	2100m:	32.30	2600m:	32.50
150m:	30.82	650m:	31.01	1150m:	31.48	1650m:	31.84	2150m:	32.32	2650m:	32.85
200m:	30.94	700m:	30.74	1200m:	31.56	1700m:	32.00	2200m:	32.20	2700m:	32.62
250m:	31.03	750m:	31.37	1250m:	31.57	1750m:	32.15	2250m:	32.34	2750m:	32.38
300m:	30.85	800m:	30.93	1300m:	31.68	1800m:	31.96	2300m:	32.00	2800m:	32.04
350m:	30.86	850m:	31.23	1350m:	31.69	1850m:	32.10	2350m:	32.53	2850m:	32.31
400m:	30.90	900m:	31.07	1400m:	32.07	1900m:	32.43	2400m:	32.44	2900m:	32.06
450m:	30.96	950m:	31.10	1450m:	31.74	1950m:	32.40	2450m:	32.56	2950m:	32.06
500m:	31.09	1000m:	31.34	1500m:	31.77	2000m:	32.24	2500m:	32.92	3000m:	31.16

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

50m:	30.45	550m:	32.07	1050m:	32.70	1550m:	33.69	2050m:	33.58	2550m:	34.23
100m:	31.05	600m:	32.09	1100m:	32.97	1600m:	32.81	2100m:	33.21	2600m:	33.55
150m:	32.00	650m:	32.02	1150m:	32.94	1650m:	33.65	2150m:	32.31	2650m:	33.17
200m:	31.93	700m:	32.16	1200m:	33.11	1700m:	33.11	2200m:	33.88	2700m:	33.17
250m:	31.52	750m:	32.04	1250m:	32.82	1750m:	33.15	2250m:	34.20	2750m:	34.16
300m:	32.11	800m:	32.23	1300m:	32.81	1800m:	33.35	2300m:	34.85	2800m:	32.49
350m:	31.65	850m:	32.12	1350m:	33.18	1850m:	33.13	2350m:	33.56	2850m:	32.09
400m:	32.18	900m:	32.71	1400m:	33.37	1900m:	33.39	2400m:	33.44	2900m:	32.09
450m:	32.10	950m:	32.79	1450m:	33.78	1950m:	34.45	2450m:	33.58	2950m:	32.25
500m:	31.97	1000m:	32.93	1500m:	32.92	2000m:	33.66	2500m:	33.65	3000m:	31.93

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

50m:	31.39	550m:	33.18	1050m:	33.64	1550m:	34.48	2050m:	34.29	2550m:	33.94
100m:	32.56	600m:	33.10	1100m:	34.05	1600m:	34.46	2100m:	34.34	2600m:	34.47
150m:	32.91	650m:	33.27	1150m:	34.00	1650m:	34.12	2150m:	34.13	2650m:	34.26
200m:	32.96	700m:	33.46	1200m:	34.19	1700m:	34.74	2200m:	34.25	2700m:	33.31
250m:	33.03	750m:	33.11	1250m:	34.01	1750m:	34.23	2250m:	34.26	2750m:	34.37
300m:	33.12	800m:	33.35	1300m:	34.18	1800m:	34.44	2300m:	33.87	2800m:	33.65
350m:	33.12	850m:	33.43	1350m:	34.41	1850m:	34.66	2350m:	33.74	2850m:	34.02
400m:	33.36	900m:	33.76	1400m:	34.43	1900m:	34.38	2400m:	33.62	2900m:	33.16
450m:	33.28	950m:	33.81	1450m:	34.26	1950m:	34.62	2450m:	34.00	2950m:	33.70
500m:	33.23	1000m:	33.99	1500m:	34.22	2000m:	34.56	2500m:	33.91	3000m:	32.44

5. POU FERNANDEZ, Marc 01 C.N. Mataró **34:07.37** 12,00

50m:	31.48	550m:	33.60	1050m:	33.66	1550m:	35.14	2050m:	35.42	2550m:	34.32
100m:	31.87	600m:	33.14	1100m:	33.75	1600m:	34.74	2100m:	34.89	2600m:	34.48
150m:	32.68	650m:	33.34	1150m:	33.85	1650m:	34.46	2150m:	34.88	2650m:	34.35
200m:	33.18	700m:	33.59	1200m:	34.03	1700m:	34.40	2200m:	34.86	2700m:	34.43
250m:	33.19	750m:	33.73	1250m:	33.86	1750m:	34.95	2250m:	35.30	2750m:	34.93
300m:	33.38	800m:	33.31	1300m:	34.05	1800m:	34.86	2300m:	34.90	2800m:	34.61
350m:	33.33	850m:	33.54	1350m:	34.43	1850m:	34.94	2350m:	34.41	2850m:	34.46
400m:	33.46	900m:	33.78	1400m:	34.48	1900m:	34.66	2400m:	34.76	2900m:	34.62
450m:	33.73	950m:	33.57	1450m:	34.97	1950m:	34.92	2450m:	34.29	2950m:	34.86
500m:	33.62	1000m:	33.62	1500m:	34.70	2000m:	35.16	2500m:	34.01	3000m:	33.44



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



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

Classificació	ANY										Temps																																																																																																												
6. MASCHIO GASTELAARS, Dante	95										C.N. Atl Barceloneta		34:11.48	11,00																																																																																																									
50m:	31.83	550m:	33.97	1050m:	34.41	1550m:	34.01	2050m:	34.14	2550m:	34.37	100m:	33.53	600m:	33.83	1100m:	34.31	1600m:	34.01	2100m:	34.64	2600m:	34.47	150m:	34.20	650m:	34.07	1150m:	34.30	1650m:	33.99	2150m:	34.48	2650m:	34.17	200m:	34.57	700m:	34.21	1200m:	34.24	1700m:	34.11	2200m:	34.47	2700m:	34.64	250m:	34.45	750m:	34.05	1250m:	34.50	1750m:	34.35	2250m:	34.57	2750m:	34.64	300m:	34.16	800m:	34.05	1300m:	34.08	1800m:	34.29	2300m:	34.70	2800m:	34.30	350m:	34.42	850m:	34.21	1350m:	33.82	1850m:	34.67	2350m:	34.57	2850m:	34.13	400m:	34.03	900m:	34.20	1400m:	34.01	1900m:	34.32	2400m:	34.44	2900m:	34.26	450m:	33.92	950m:	34.17	1450m:	33.96	1950m:	34.12	2450m:	34.34	2950m:	34.19	500m:	34.22	1000m:	34.17	1500m:	34.07	2000m:	34.35	2500m:	34.75	3000m:	33.03
7. POMBO LOPEZ, Sergio	91										C.N. Atl Barceloneta		34:19.57	10,00																																																																																																									
50m:	33.76	550m:	33.65	1050m:	34.23	1550m:	34.89	2050m:	34.73	2550m:	35.05	100m:	33.65	600m:	33.87	1100m:	34.10	1600m:	34.46	2100m:	34.76	2600m:	35.20	150m:	33.76	650m:	33.61	1150m:	33.97	1650m:	34.63	2150m:	35.08	2650m:	34.62	200m:	34.22	700m:	33.85	1200m:	34.43	1700m:	34.45	2200m:	34.88	2700m:	35.08	250m:	34.05	750m:	33.66	1250m:	34.02	1750m:	34.56	2250m:	34.70	2750m:	34.75	300m:	33.83	800m:	33.85	1300m:	34.12	1800m:	34.76	2300m:	35.02	2800m:	34.86	350m:	33.78	850m:	33.78	1350m:	34.29	1850m:	34.94	2350m:	34.97	2850m:	34.76	400m:	33.79	900m:	33.81	1400m:	34.32	1900m:	34.64	2400m:	35.20	2900m:	34.84	450m:	33.56	950m:	34.19	1450m:	34.55	1950m:	34.64	2450m:	34.91	2950m:	32.64	500m:	33.63	1000m:	34.22	1500m:	34.37	2000m:	34.52	2500m:	34.82	3000m:	33.29
8. ROURA CLEMENTE, Gerard	01										GEIEG		34:28.89	9,00																																																																																																									
50m:	32.43	550m:	33.67	1050m:	34.63	1550m:	34.74	2050m:	34.63	2550m:	34.90	100m:	32.63	600m:	34.40	1100m:	34.63	1600m:	35.53	2100m:	34.40	2600m:	34.88	150m:	33.25	650m:	33.70	1150m:	34.27	1650m:	34.77	2150m:	34.67	2650m:	34.97	200m:	33.38	700m:	33.58	1200m:	34.61	1700m:	34.87	2200m:	34.98	2700m:	35.31	250m:	33.63	750m:	34.02	1250m:	34.86	1750m:	35.18	2250m:	34.68	2750m:	35.05	300m:	34.02	800m:	33.85	1300m:	34.93	1800m:	35.55	2300m:	34.97	2800m:	35.67	350m:	33.76	850m:	34.16	1350m:	34.80	1850m:	34.96	2350m:	35.02	2850m:	35.28	400m:	33.81	900m:	33.99	1400m:	35.05	1900m:	35.31	2400m:	34.90	2900m:	34.37	450m:	34.11	950m:	34.59	1450m:	34.94	1950m:	35.04	2450m:	35.40	2950m:	33.59	500m:	34.12	1000m:	33.91	1500m:	35.02	2000m:	35.10	2500m:	35.05	3000m:	32.37
9. MATAS VELASCO, Guillem	96										C.N. Granollers		34:45.37	8,00																																																																																																									
50m:	34.97	550m:	34.67	1050m:	35.06	1550m:	33.90	2050m:	34.47	2550m:	35.40	100m:	33.28	600m:	34.77	1100m:	34.81	1600m:	34.53	2100m:	34.97	2600m:	35.50	150m:	34.56	650m:	34.27	1150m:	34.81	1650m:	34.46	2150m:	35.41	2650m:	34.94	200m:	34.44	700m:	34.69	1200m:	34.83	1700m:	34.71	2200m:	35.22	2700m:	35.18	250m:	34.58	750m:	34.65	1250m:	34.83	1750m:	34.60	2250m:	34.97	2750m:	35.39	300m:	34.19	800m:	35.04	1300m:	34.74	1800m:	35.05	2300m:	35.31	2800m:	35.58	350m:	34.50	850m:	34.29	1350m:	34.88	1850m:	34.96	2350m:	34.66	2850m:	34.78	400m:	34.08	900m:	34.68	1400m:	35.29	1900m:	34.65	2400m:	34.88	2900m:	34.57	450m:	34.55	950m:	35.21	1450m:	34.90	1950m:	34.99	2450m:	34.62	2950m:	34.24	500m:	34.58	1000m:	34.87	1500m:	35.02	2000m:	35.12	2500m:	35.12	3000m:	33.15
10. LAGOS PAU, Aitor	95										C.N. L'hospitalet		34:57.50	7,00																																																																																																									
50m:	31.88	550m:	34.32	1050m:	34.30	1550m:	34.92	2050m:	35.62	2550m:	35.42	100m:	32.56	600m:	34.61	1100m:	34.72	1600m:	35.21	2100m:	35.37	2600m:	35.12	150m:	32.85	650m:	34.87	1150m:	34.44	1650m:	35.77	2150m:	35.30	2650m:	35.48	200m:	33.63	700m:	35.03	1200m:	35.17	1700m:	35.79	2200m:	35.69	2700m:	35.79	250m:	33.32	750m:	34.80	1250m:	35.29	1750m:	35.84	2250m:	35.96	2750m:	35.72	300m:	33.74	800m:	34.65	1300m:	35.29	1800m:	35.86	2300m:	35.25	2800m:	35.86	350m:	34.06	850m:	34.92	1350m:	35.21	1850m:	35.56	2350m:	35.60	2850m:	35.84	400m:	33.57	900m:	35.23	1400m:	35.16	1900m:	35.78	2400m:	35.85	2900m:	35.37	450m:	34.19	950m:	34.74	1450m:	35.02	1950m:	35.69	2450m:	35.84	2950m:	35.05	500m:	34.22	1000m:	35.07	1500m:	35.00	2000m:	35.78	2500m:	35.52	3000m:	33.79



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



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

Classificació	ANY										Temps	
11.	REMESAR AGUILAR, Nemo Antonio 83 C.N. Atl Barceloneta										35:32.18	6,00
	50m:	34.81	550m:	35.00	1050m:	35.44	1550m:	35.50	2050m:	36.44	2550m:	35.85
	100m:	34.30	600m:	35.17	1100m:	35.17	1600m:	35.61	2100m:	35.96	2600m:	36.13
	150m:	34.81	650m:	34.76	1150m:	35.65	1650m:	35.67	2150m:	36.40	2650m:	36.78
	200m:	34.47	700m:	34.83	1200m:	35.48	1700m:	35.59	2200m:	36.22	2700m:	36.53
	250m:	34.84	750m:	34.99	1250m:	35.75	1750m:	36.15	2250m:	36.24	2750m:	36.38
	300m:	34.41	800m:	35.40	1300m:	35.43	1800m:	35.63	2300m:	35.95	2800m:	36.12
	350m:	35.02	850m:	35.52	1350m:	35.48	1850m:	36.29	2350m:	36.22	2850m:	36.39
	400m:	34.51	900m:	34.72	1400m:	35.52	1900m:	35.96	2400m:	35.85	2900m:	35.66
	450m:	34.81	950m:	35.16	1450m:	35.92	1950m:	35.91	2450m:	36.27	2950m:	35.06
	500m:	35.04	1000m:	35.46	1500m:	35.65	2000m:	36.31	2500m:	35.59	3000m:	34.00
12.	ROLDAN GOMEZ, Antonio 84 C.N. Premià										36:47.66	5,00
	50m:	33.92	550m:	36.67	1050m:	40.44	1550m:	37.35	2050m:	36.73	2550m:	36.82
	100m:	34.67	600m:	36.60	1100m:	36.52	1600m:	36.93	2100m:	36.85	2600m:	37.09
	150m:	35.34	650m:	36.54	1150m:	36.89	1650m:	37.49	2150m:	36.74	2650m:	36.98
	200m:	35.71	700m:	36.53	1200m:	36.45	1700m:	37.07	2200m:	36.64	2700m:	36.82
	250m:	35.92	750m:	36.44	1250m:	43.02	1750m:	37.19	2250m:	36.79	2750m:	36.95
	300m:	36.23	800m:	36.75	1300m:	36.33	1800m:	37.06	2300m:	36.59	2800m:	36.68
	350m:	36.48	850m:	36.80	1350m:	36.66	1850m:	37.08	2350m:	36.72	2850m:	37.05
	400m:	36.26	900m:	36.58	1400m:	37.02	1900m:	36.78	2400m:	36.64	2900m:	36.92
	450m:	36.47	950m:	36.77	1450m:	37.19	1950m:	36.42	2450m:	36.39	2950m:	36.86
	500m:	36.24	1000m:	37.01	1500m:	36.91	2000m:	36.97	2500m:	36.92	3000m:	36.78

Absolut, Júnior 2 i Júnior 1

1.	PUJOL BELMONTE, Guillem 97 C.N. Mataró										30:44.55	19,00
	<i>Millor Marca Catalana</i>											
	50m:	29.14	550m:	31.19	1050m:	31.07	1550m:	31.12	2050m:	30.89	2550m:	30.94
	100m:	30.21	600m:	30.91	1100m:	30.53	1600m:	30.74	2100m:	30.90	2600m:	30.68
	150m:	30.88	650m:	30.76	1150m:	30.63	1650m:	30.62	2150m:	30.77	2650m:	30.76
	200m:	30.58	700m:	30.85	1200m:	31.03	1700m:	31.05	2200m:	30.76	2700m:	30.92
	250m:	30.75	750m:	30.60	1250m:	30.94	1750m:	31.15	2250m:	30.65	2750m:	30.98
	300m:	30.86	800m:	30.82	1300m:	30.77	1800m:	30.77	2300m:	30.92	2800m:	30.69
	350m:	30.91	850m:	31.02	1350m:	31.00	1850m:	30.78	2350m:	30.95	2850m:	30.42
	400m:	30.67	900m:	31.09	1400m:	31.05	1900m:	30.73	2400m:	30.48	2900m:	30.30
	450m:	30.88	950m:	31.14	1450m:	30.92	1950m:	31.03	2450m:	31.01	2950m:	30.87
	500m:	31.00	1000m:	30.90	1500m:	30.70	2000m:	30.68	2500m:	30.87	3000m:	27.32
2.	SANTIAGO BETANCOR, Raul 97 C.N. Sant Andreu										31:42.64	16,00
	50m:	30.14	550m:	30.60	1050m:	31.43	1550m:	31.93	2050m:	32.75	2550m:	32.82
	100m:	30.70	600m:	31.13	1100m:	31.30	1600m:	31.33	2100m:	32.30	2600m:	32.50
	150m:	30.82	650m:	31.01	1150m:	31.48	1650m:	31.84	2150m:	32.32	2650m:	32.85
	200m:	30.94	700m:	30.74	1200m:	31.56	1700m:	32.00	2200m:	32.20	2700m:	32.62
	250m:	31.03	750m:	31.37	1250m:	31.57	1750m:	32.15	2250m:	32.34	2750m:	32.38
	300m:	30.85	800m:	30.93	1300m:	31.68	1800m:	31.96	2300m:	32.00	2800m:	32.04
	350m:	30.86	850m:	31.23	1350m:	31.69	1850m:	32.10	2350m:	32.53	2850m:	32.31
	400m:	30.90	900m:	31.07	1400m:	32.07	1900m:	32.43	2400m:	32.44	2900m:	32.06
	450m:	30.96	950m:	31.10	1450m:	31.74	1950m:	32.40	2450m:	32.56	2950m:	32.06
	500m:	31.09	1000m:	31.34	1500m:	31.77	2000m:	32.24	2500m:	32.92	3000m:	31.16
3.	ORTIZ MARTINEZ, Carlos 04 C.N. Barcelona										31:56.48	19,00
	50m:	30.58	550m:	31.61	1050m:	31.75	1550m:	31.50	2050m:	31.90	2550m:	31.79
	100m:	31.18	600m:	31.96	1100m:	31.85	1600m:	31.93	2100m:	32.16	2600m:	32.09
	150m:	31.33	650m:	31.83	1150m:	31.98	1650m:	31.83	2150m:	32.25	2650m:	32.45
	200m:	31.71	700m:	31.74	1200m:	32.19	1700m:	32.23	2200m:	31.71	2700m:	32.51
	250m:	31.63	750m:	32.16	1250m:	32.12	1750m:	32.41	2250m:	31.93	2750m:	32.17
	300m:	31.78	800m:	31.63	1300m:	32.15	1800m:	32.59	2300m:	32.05	2800m:	31.99
	350m:	31.88	850m:	32.02	1350m:	32.40	1850m:	32.38	2350m:	32.24	2850m:	32.01
	400m:	32.11	900m:	31.97	1400m:	32.39	1900m:	32.21	2400m:	32.54	2900m:	32.22
	450m:	31.63	950m:	32.17	1450m:	32.37	1950m:	32.27	2450m:	32.10	2950m:	31.84
	500m:	32.28	1000m:	31.68	1500m:	31.23	2000m:	31.97	2500m:	31.77	3000m:	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	32:50.50	14,00
	50m:	30.45	550m:	32.07	1050m:	32.70	1550m:	33.69	2050m:	33.58	2550m:	34.23		
	100m:	31.05	600m:	32.09	1100m:	32.97	1600m:	32.81	2100m:	33.21	2600m:	33.55		
	150m:	32.00	650m:	32.02	1150m:	32.94	1650m:	33.65	2150m:	32.31	2650m:	33.17		
	200m:	31.93	700m:	32.16	1200m:	33.11	1700m:	33.11	2200m:	33.88	2700m:	33.17		
	250m:	31.52	750m:	32.04	1250m:	32.82	1750m:	33.15	2250m:	34.20	2750m:	34.16		
	300m:	32.11	800m:	32.23	1300m:	32.81	1800m:	33.35	2300m:	34.85	2800m:	32.49		
	350m:	31.65	850m:	32.12	1350m:	33.18	1850m:	33.13	2350m:	33.56	2850m:	32.09		
	400m:	32.18	900m:	32.71	1400m:	33.37	1900m:	33.39	2400m:	33.44	2900m:	32.09		
	450m:	32.10	950m:	32.79	1450m:	33.78	1950m:	34.45	2450m:	33.58	2950m:	32.25		
	500m:	31.97	1000m:	32.93	1500m:	32.92	2000m:	33.66	2500m:	33.65	3000m:	31.93		
5.	NEVADO RUIZ, Pablo										06	C.N. Sabadell	33:04.91	19,00
	50m:	31.45	550m:	33.01	1050m:	33.06	1550m:	32.87	2050m:	33.44	2550m:	32.84		
	100m:	31.95	600m:	33.39	1100m:	33.16	1600m:	33.13	2100m:	33.52	2600m:	32.99		
	150m:	32.90	650m:	33.06	1150m:	33.01	1650m:	33.11	2150m:	33.51	2650m:	33.27		
	200m:	32.99	700m:	33.17	1200m:	33.45	1700m:	33.14	2200m:	32.80	2700m:	33.73		
	250m:	33.38	750m:	33.42	1250m:	33.12	1750m:	33.16	2250m:	33.14	2750m:	33.32		
	300m:	32.77	800m:	33.16	1300m:	32.75	1800m:	33.30	2300m:	32.93	2800m:	33.25		
	350m:	33.53	850m:	32.83	1350m:	32.89	1850m:	33.03	2350m:	32.93	2850m:	33.22		
	400m:	32.74	900m:	32.79	1400m:	33.17	1900m:	33.22	2400m:	33.21	2900m:	33.76		
	450m:	33.14	950m:	33.03	1450m:	33.26	1950m:	33.41	2450m:	33.34	2950m:	32.69		
	500m:	33.11	1000m:	32.92	1500m:	33.29	2000m:	33.49	2500m:	33.31	3000m:	31.95		
6.	VENDRELL GARCIA, Jose										03	C.N. Lleida	33:13.46	16,00
	50m:	29.82	550m:	32.25	1050m:	32.75	1550m:	33.66	2050m:	33.71	2550m:	34.11		
	100m:	31.11	600m:	33.09	1100m:	33.25	1600m:	33.81	2100m:	33.51	2600m:	34.16		
	150m:	31.86	650m:	32.36	1150m:	32.80	1650m:	33.33	2150m:	33.58	2650m:	34.35		
	200m:	31.76	700m:	33.13	1200m:	33.05	1700m:	33.65	2200m:	34.57	2700m:	34.16		
	250m:	32.03	750m:	32.74	1250m:	32.90	1750m:	33.12	2250m:	34.56	2750m:	34.25		
	300m:	31.98	800m:	32.93	1300m:	33.41	1800m:	34.20	2300m:	34.28	2800m:	34.56		
	350m:	32.16	850m:	32.90	1350m:	33.57	1850m:	33.22	2350m:	33.98	2850m:	33.41		
	400m:	32.19	900m:	32.83	1400m:	33.25	1900m:	34.35	2400m:	34.44	2900m:	33.60		
	450m:	32.55	950m:	32.84	1450m:	34.26	1950m:	34.09	2450m:	34.05	2950m:	32.51		
	500m:	33.01	1000m:	33.00	1500m:	33.13	2000m:	33.92	2500m:	33.92	3000m:	31.49		
7.	MARTÍNEZ MARESMÀ, Pol										04	C.N. Mataró	33:32.05	14,00
	50m:	31.38	550m:	33.97	1050m:	33.63	1550m:	34.08	2050m:	33.77	2550m:	33.52		
	100m:	32.04	600m:	34.06	1100m:	34.02	1600m:	33.98	2100m:	34.12	2600m:	34.50		
	150m:	32.61	650m:	33.66	1150m:	33.58	1650m:	33.51	2150m:	33.58	2650m:	34.33		
	200m:	32.55	700m:	33.29	1200m:	33.74	1700m:	33.36	2200m:	33.83	2700m:	33.69		
	250m:	32.80	750m:	32.45	1250m:	33.62	1750m:	33.61	2250m:	33.75	2750m:	33.70		
	300m:	32.72	800m:	33.20	1300m:	33.75	1800m:	34.07	2300m:	33.44	2800m:	33.34		
	350m:	32.75	850m:	33.85	1350m:	33.83	1850m:	33.85	2350m:	33.81	2850m:	33.75		
	400m:	33.50	900m:	34.08	1400m:	33.36	1900m:	33.46	2400m:	34.12	2900m:	33.76		
	450m:	33.54	950m:	33.39	1450m:	33.37	1950m:	33.66	2450m:	34.22	2950m:	33.87		
	500m:	33.67	1000m:	33.85	1500m:	33.54	2000m:	33.93	2500m:	33.31	3000m:	32.33		
8.	BLANES FRIGOLA, Aleix										04	C.E. Àgora	33:43.10	13,00
	50m:	31.98	550m:	33.74	1050m:	33.97	1550m:	33.98	2050m:	34.56	2550m:	33.60		
	100m:	32.45	600m:	33.75	1100m:	33.96	1600m:	33.67	2100m:	33.09	2600m:	33.74		
	150m:	33.42	650m:	33.63	1150m:	33.67	1650m:	34.20	2150m:	34.37	2650m:	33.94		
	200m:	33.28	700m:	33.46	1200m:	34.08	1700m:	33.94	2200m:	33.63	2700m:	33.69		
	250m:	33.89	750m:	33.56	1250m:	34.21	1750m:	33.84	2250m:	33.93	2750m:	33.82		
	300m:	33.91	800m:	33.69	1300m:	33.58	1800m:	34.06	2300m:	33.94	2800m:	33.43		
	350m:	34.17	850m:	33.54	1350m:	34.28	1850m:	34.13	2350m:	33.82	2850m:	33.66		
	400m:	34.27	900m:	33.81	1400m:	33.97	1900m:	34.04	2400m:	33.82	2900m:	33.48		
	450m:	33.68	950m:	33.69	1450m:	33.50	1950m:	34.34	2450m:	33.86	2950m:	33.48		
	500m:	33.33	1000m:	33.90	1500m:	33.83	2000m:	34.43	2500m:	33.90	3000m:	30.51		



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

Classificació	ANY										Temps			
9.	LAZARO ORTEGA, Guillem										00	C.N. Terrassa	33:47.23	13,00
	50m:	31.39	550m:	33.18	1050m:	33.64	1550m:	34.48	2050m:	34.29	2550m:	33.94		
	100m:	32.56	600m:	33.10	1100m:	34.05	1600m:	34.46	2100m:	34.34	2600m:	34.47		
	150m:	32.91	650m:	33.27	1150m:	34.00	1650m:	34.12	2150m:	34.13	2650m:	34.26		
	200m:	32.96	700m:	33.46	1200m:	34.19	1700m:	34.74	2200m:	34.25	2700m:	33.31		
	250m:	33.03	750m:	33.11	1250m:	34.01	1750m:	34.23	2250m:	34.26	2750m:	34.37		
	300m:	33.12	800m:	33.35	1300m:	34.18	1800m:	34.44	2300m:	33.87	2800m:	33.65		
	350m:	33.12	850m:	33.43	1350m:	34.41	1850m:	34.66	2350m:	33.74	2850m:	34.02		
	400m:	33.36	900m:	33.76	1400m:	34.43	1900m:	34.38	2400m:	33.62	2900m:	33.16		
	450m:	33.28	950m:	33.81	1450m:	34.26	1950m:	34.62	2450m:	34.00	2950m:	33.70		
	500m:	33.23	1000m:	33.99	1500m:	34.22	2000m:	34.56	2500m:	33.91	3000m:	32.44		
10.	PEREZ PUJOL, Oriol										05	C.N. Terrassa	33:57.40	16,00
	50m:	31.15	550m:	33.42	1050m:	33.82	1550m:	34.33	2050m:	34.09	2550m:	34.26		
	100m:	31.41	600m:	33.87	1100m:	33.90	1600m:	34.05	2100m:	34.53	2600m:	34.49		
	150m:	32.84	650m:	33.80	1150m:	34.03	1650m:	34.24	2150m:	34.68	2650m:	34.63		
	200m:	33.10	700m:	33.72	1200m:	34.21	1700m:	34.09	2200m:	34.43	2700m:	34.47		
	250m:	33.07	750m:	34.09	1250m:	33.70	1750m:	34.10	2250m:	34.57	2750m:	34.62		
	300m:	33.25	800m:	33.55	1300m:	33.51	1800m:	34.35	2300m:	34.51	2800m:	34.58		
	350m:	33.57	850m:	33.89	1350m:	33.91	1850m:	34.39	2350m:	34.43	2850m:	34.74		
	400m:	33.70	900m:	33.71	1400m:	33.99	1900m:	34.38	2400m:	34.63	2900m:	34.63		
	450m:	33.17	950m:	33.98	1450m:	34.05	1950m:	34.63	2450m:	34.71	2950m:	34.38		
	500m:	34.08	1000m:	33.79	1500m:	33.90	2000m:	34.64	2500m:	34.33	3000m:	32.31		
11.	REYES VALENZUELA, Abel										03	C.N. Mataró	33:58.94	12,00
	50m:	30.92	550m:	33.42	1050m:	34.25	1550m:	33.86	2050m:	34.02	2550m:	34.15		
	100m:	32.25	600m:	33.63	1100m:	34.00	1600m:	34.39	2100m:	34.61	2600m:	34.15		
	150m:	32.86	650m:	33.61	1150m:	34.19	1650m:	34.48	2150m:	34.53	2650m:	34.42		
	200m:	33.42	700m:	33.51	1200m:	34.41	1700m:	34.20	2200m:	34.32	2700m:	34.46		
	250m:	33.14	750m:	33.79	1250m:	34.49	1750m:	34.09	2250m:	34.20	2750m:	34.54		
	300m:	33.57	800m:	33.86	1300m:	34.58	1800m:	34.67	2300m:	34.34	2800m:	34.34		
	350m:	33.71	850m:	33.96	1350m:	34.33	1850m:	34.45	2350m:	34.55	2850m:	34.58		
	400m:	33.58	900m:	33.84	1400m:	34.65	1900m:	34.27	2400m:	34.40	2900m:	33.85		
	450m:	33.77	950m:	34.01	1450m:	34.63	1950m:	34.40	2450m:	34.30	2950m:	34.75		
	500m:	33.59	1000m:	34.10	1500m:	34.56	2000m:	34.31	2500m:	34.56	3000m:	30.12		
12.	RUIZ JIMENEZ, Joan										05	C.N. Terrassa	33:59.26	14,00
	50m:	31.79	550m:	33.94	1050m:	34.15	1550m:	33.83	2050m:	34.33	2550m:	34.30		
	100m:	31.93	600m:	34.44	1100m:	34.38	1600m:	34.29	2100m:	34.10	2600m:	33.92		
	150m:	33.04	650m:	34.35	1150m:	34.27	1650m:	34.59	2150m:	34.58	2650m:	33.89		
	200m:	33.65	700m:	33.85	1200m:	34.32	1700m:	34.27	2200m:	33.93	2700m:	33.92		
	250m:	33.55	750m:	33.54	1250m:	34.43	1750m:	34.07	2250m:	34.17	2750m:	34.06		
	300m:	33.98	800m:	34.37	1300m:	34.36	1800m:	34.31	2300m:	34.39	2800m:	33.71		
	350m:	33.64	850m:	34.16	1350m:	34.58	1850m:	34.60	2350m:	33.96	2850m:	33.78		
	400m:	34.00	900m:	34.59	1400m:	34.09	1900m:	34.85	2400m:	33.89	2900m:	33.70		
	450m:	33.95	950m:	34.17	1450m:	34.13	1950m:	34.33	2450m:	34.19	2950m:	33.63		
	500m:	33.61	1000m:	34.29	1500m:	34.60	2000m:	34.48	2500m:	34.77	3000m:	30.27		
13.	JIMÉNEZ RÍSQUEZ, Alex										06	C.N. Caldes	34:00.01	13,00
	50m:	31.91	550m:	33.27	1050m:	33.45	1550m:	34.48	2050m:	34.86	2550m:	35.32		
	100m:	31.81	600m:	33.27	1100m:	33.46	1600m:	34.52	2100m:	34.79	2600m:	34.63		
	150m:	32.91	650m:	33.37	1150m:	33.88	1650m:	34.55	2150m:	34.70	2650m:	34.96		
	200m:	33.29	700m:	33.42	1200m:	33.65	1700m:	34.69	2200m:	34.62	2700m:	34.06		
	250m:	32.94	750m:	33.36	1250m:	33.92	1750m:	34.62	2250m:	35.03	2750m:	34.19		
	300m:	33.05	800m:	33.79	1300m:	34.04	1800m:	34.60	2300m:	34.79	2800m:	34.55		
	350m:	32.85	850m:	33.50	1350m:	34.22	1850m:	34.36	2350m:	34.23	2850m:	34.11		
	400m:	32.98	900m:	33.48	1400m:	34.60	1900m:	34.69	2400m:	34.86	2900m:	33.79		
	450m:	33.09	950m:	34.20	1450m:	34.34	1950m:	34.79	2450m:	35.03	2950m:	33.39		
	500m:	33.39	1000m:	33.80	1500m:	34.50	2000m:	35.05	2500m:	35.04	3000m:	32.97		



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



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

Classificació	ANY												Temps			
14.	POU FERNANDEZ, Marc												01	C.N. Mataró	34:07.37	12,00
	50m:	31.48	550m:	33.60	1050m:	33.66	1550m:	35.14	2050m:	35.42	2550m:	34.32	3000m:	34.32		
	100m:	31.87	600m:	33.14	1100m:	33.75	1600m:	34.74	2100m:	34.89	2600m:	34.48				
	150m:	32.68	650m:	33.34	1150m:	33.85	1650m:	34.46	2150m:	34.88	2650m:	34.35				
	200m:	33.18	700m:	33.59	1200m:	34.03	1700m:	34.40	2200m:	34.86	2700m:	34.43				
	250m:	33.19	750m:	33.73	1250m:	33.86	1750m:	34.95	2250m:	35.30	2750m:	34.93				
	300m:	33.38	800m:	33.31	1300m:	34.05	1800m:	34.86	2300m:	34.90	2800m:	34.61				
	350m:	33.33	850m:	33.54	1350m:	34.43	1850m:	34.94	2350m:	34.41	2850m:	34.46				
	400m:	33.46	900m:	33.78	1400m:	34.48	1900m:	34.66	2400m:	34.76	2900m:	34.62				
	450m:	33.73	950m:	33.57	1450m:	34.97	1950m:	34.92	2450m:	34.29	2950m:	34.86				
	500m:	33.62	1000m:	33.62	1500m:	34.70	2000m:	35.16	2500m:	34.01	3000m:	33.44				
15.	MASCHIO GASTELAARS, Dante												95	C.N. Atl Barceloneta	34:11.48	11,00
	50m:	31.83	550m:	33.97	1050m:	34.41	1550m:	34.01	2050m:	34.14	2550m:	34.37	3000m:	34.37		
	100m:	33.53	600m:	33.83	1100m:	34.31	1600m:	34.01	2100m:	34.64	2600m:	34.47				
	150m:	34.20	650m:	34.07	1150m:	34.30	1650m:	33.99	2150m:	34.48	2650m:	34.17				
	200m:	34.57	700m:	34.21	1200m:	34.24	1700m:	34.11	2200m:	34.47	2700m:	34.64				
	250m:	34.45	750m:	34.05	1250m:	34.50	1750m:	34.35	2250m:	34.57	2750m:	34.64				
	300m:	34.16	800m:	34.05	1300m:	34.08	1800m:	34.29	2300m:	34.70	2800m:	34.30				
	350m:	34.42	850m:	34.21	1350m:	33.82	1850m:	34.67	2350m:	34.57	2850m:	34.13				
	400m:	34.03	900m:	34.20	1400m:	34.01	1900m:	34.32	2400m:	34.44	2900m:	34.26				
	450m:	33.92	950m:	34.17	1450m:	33.96	1950m:	34.12	2450m:	34.34	2950m:	34.19				
	500m:	34.22	1000m:	34.17	1500m:	34.07	2000m:	34.35	2500m:	34.75	3000m:	33.03				
16.	ELIES VAZQUEZ, Pau												03	C.N. Atl Barceloneta	34:16.54	11,00
	50m:	32.82	550m:	33.86	1050m:	33.90	1550m:	34.25	2050m:	35.07	2550m:	34.45	3000m:	34.45		
	100m:	33.61	600m:	34.03	1100m:	34.08	1600m:	34.19	2100m:	35.04	2600m:	34.97				
	150m:	33.67	650m:	33.84	1150m:	33.97	1650m:	34.57	2150m:	35.15	2650m:	35.25				
	200m:	33.52	700m:	33.58	1200m:	33.40	1700m:	34.56	2200m:	35.02	2700m:	34.76				
	250m:	33.78	750m:	33.88	1250m:	34.28	1750m:	34.76	2250m:	35.20	2750m:	35.24				
	300m:	33.41	800m:	33.82	1300m:	33.57	1800m:	34.34	2300m:	35.05	2800m:	34.71				
	350m:	33.29	850m:	33.75	1350m:	34.09	1850m:	35.00	2350m:	34.82	2850m:	35.08				
	400m:	33.54	900m:	33.88	1400m:	34.03	1900m:	34.50	2400m:	34.61	2900m:	35.17				
	450m:	33.52	950m:	33.79	1450m:	34.30	1950m:	34.59	2450m:	34.99	2950m:	34.89				
	500m:	34.10	1000m:	34.03	1500m:	34.43	2000m:	34.81	2500m:	34.76	3000m:	32.97				
17.	POMBO LOPEZ, Sergio												91	C.N. Atl Barceloneta	34:19.57	10,00
	50m:	33.76	550m:	33.65	1050m:	34.23	1550m:	34.89	2050m:	34.73	2550m:	35.05	3000m:	35.05		
	100m:	33.65	600m:	33.87	1100m:	34.10	1600m:	34.46	2100m:	34.76	2600m:	35.20				
	150m:	33.76	650m:	33.61	1150m:	33.97	1650m:	34.63	2150m:	35.08	2650m:	34.62				
	200m:	34.22	700m:	33.85	1200m:	34.43	1700m:	34.45	2200m:	34.88	2700m:	35.08				
	250m:	34.05	750m:	33.66	1250m:	34.02	1750m:	34.56	2250m:	34.70	2750m:	34.75				
	300m:	33.83	800m:	33.85	1300m:	34.12	1800m:	34.76	2300m:	35.02	2800m:	34.86				
	350m:	33.78	850m:	33.78	1350m:	34.29	1850m:	34.94	2350m:	34.97	2850m:	34.76				
	400m:	33.79	900m:	33.81	1400m:	34.32	1900m:	34.64	2400m:	35.20	2900m:	34.84				
	450m:	33.56	950m:	34.19	1450m:	34.55	1950m:	34.64	2450m:	34.91	2950m:	32.64				
	500m:	33.63	1000m:	34.22	1500m:	34.37	2000m:	34.52	2500m:	34.82	3000m:	33.29				
18.	SALVATELLA ESTANY, Pau												03	C.N. Barcelona	34:27.40	10,00
	50m:	32.95	550m:	34.56	1050m:	34.26	1550m:	34.47	2050m:	34.98	2550m:	35.01	3000m:	35.01		
	100m:	33.79	600m:	34.16	1100m:	34.22	1600m:	34.34	2100m:	34.63	2600m:	34.94				
	150m:	34.07	650m:	34.24	1150m:	34.16	1650m:	34.18	2150m:	34.79	2650m:	35.12				
	200m:	34.13	700m:	34.31	1200m:	33.94	1700m:	34.40	2200m:	34.89	2700m:	34.75				
	250m:	34.09	750m:	34.31	1250m:	34.12	1750m:	34.32	2250m:	34.74	2750m:	35.07				
	300m:	34.24	800m:	34.32	1300m:	34.43	1800m:	34.59	2300m:	34.92	2800m:	35.01				
	350m:	34.38	850m:	34.32	1350m:	34.21	1850m:	34.66	2350m:	35.03	2850m:	34.95				
	400m:	34.70	900m:	34.28	1400m:	34.20	1900m:	34.90	2400m:	34.92	2900m:	34.86				
	450m:	34.36	950m:	34.54	1450m:	34.31	1950m:	34.62	2450m:	34.56	2950m:	34.47				
	500m:	34.28	1000m:	34.19	1500m:	34.48	2000m:	34.91	2500m:	34.93	3000m:	32.89				



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



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

Classificació	ANY										Temps	
19. MATARÓ CHANTRERO, Roger	04 C.N. Granollers										34:27.60	9,00
50m:	33.06	550m:	35.44	1050m:	33.98	1550m:	33.82	2050m:	34.33	2550m:	34.85	
100m:	33.23	600m:	34.80	1100m:	34.00	1600m:	34.24	2100m:	34.33	2600m:	35.14	
150m:	33.85	650m:	35.03	1150m:	33.77	1650m:	34.04	2150m:	34.61	2650m:	35.01	
200m:	33.92	700m:	35.09	1200m:	34.27	1700m:	34.17	2200m:	34.92	2700m:	34.83	
250m:	34.22	750m:	34.85	1250m:	34.22	1750m:	34.71	2250m:	34.67	2750m:	34.87	
300m:	34.52	800m:	35.26	1300m:	34.05	1800m:	34.72	2300m:	34.71	2800m:	34.69	
350m:	34.12	850m:	34.47	1350m:	34.34	1850m:	34.70	2350m:	34.68	2850m:	33.48	
400m:	34.55	900m:	33.86	1400m:	34.34	1900m:	34.75	2400m:	34.36	2900m:	35.11	
450m:	34.56	950m:	34.06	1450m:	34.62	1950m:	34.77	2450m:	35.15	2950m:	35.27	
500m:	34.75	1000m:	34.03	1500m:	33.85	2000m:	34.28	2500m:	35.25	3000m:	34.03	
20. ROURA CLEMENTE, Gerard	01 GEiEG										34:28.89	9,00
50m:	32.43	550m:	33.67	1050m:	34.63	1550m:	34.74	2050m:	34.63	2550m:	34.90	
100m:	32.63	600m:	34.40	1100m:	34.63	1600m:	35.53	2100m:	34.40	2600m:	34.88	
150m:	33.25	650m:	33.70	1150m:	34.27	1650m:	34.77	2150m:	34.67	2650m:	34.97	
200m:	33.38	700m:	33.58	1200m:	34.61	1700m:	34.87	2200m:	34.98	2700m:	35.31	
250m:	33.63	750m:	34.02	1250m:	34.86	1750m:	35.18	2250m:	34.68	2750m:	35.05	
300m:	34.02	800m:	33.85	1300m:	34.93	1800m:	35.55	2300m:	34.97	2800m:	35.67	
350m:	33.76	850m:	34.16	1350m:	34.80	1850m:	34.96	2350m:	35.02	2850m:	35.28	
400m:	33.81	900m:	33.99	1400m:	35.05	1900m:	35.31	2400m:	34.90	2900m:	34.37	
450m:	34.11	950m:	34.59	1450m:	34.94	1950m:	35.04	2450m:	35.40	2950m:	33.59	
500m:	34.12	1000m:	33.91	1500m:	35.02	2000m:	35.10	2500m:	35.05	3000m:	32.37	
21. CASALS MAS, Èric	06 C.N. Vic-Etb										34:40.79	12,00
50m:	32.43	550m:	34.35	1050m:	34.83	1550m:	35.09	2050m:	35.29	2550m:	34.93	
100m:	33.09	600m:	34.37	1100m:	34.47	1600m:	34.77	2100m:	35.77	2600m:	35.12	
150m:	33.46	650m:	34.60	1150m:	34.50	1650m:	35.24	2150m:	35.42	2650m:	35.50	
200m:	33.29	700m:	34.44	1200m:	34.73	1700m:	35.51	2200m:	34.66	2700m:	35.13	
250m:	33.62	750m:	34.86	1250m:	34.64	1750m:	35.26	2250m:	35.42	2750m:	35.49	
300m:	33.92	800m:	34.61	1300m:	34.71	1800m:	35.24	2300m:	35.28	2800m:	35.59	
350m:	34.06	850m:	34.45	1350m:	34.77	1850m:	34.60	2350m:	35.41	2850m:	35.46	
400m:	34.13	900m:	34.52	1400m:	34.84	1900m:	34.90	2400m:	35.11	2900m:	35.32	
450m:	33.68	950m:	34.80	1450m:	34.57	1950m:	34.94	2450m:	35.31	2950m:	34.45	
500m:	34.21	1000m:	34.31	1500m:	34.32	2000m:	34.95	2500m:	35.38	3000m:	32.67	
22. MATAS VELASCO, Guillem	96 C.N. Granollers										34:45.37	8,00
50m:	34.97	550m:	34.67	1050m:	35.06	1550m:	33.90	2050m:	34.47	2550m:	35.40	
100m:	33.28	600m:	34.77	1100m:	34.81	1600m:	34.53	2100m:	34.97	2600m:	35.50	
150m:	34.56	650m:	34.27	1150m:	34.81	1650m:	34.46	2150m:	35.41	2650m:	34.94	
200m:	34.44	700m:	34.69	1200m:	34.83	1700m:	34.71	2200m:	35.22	2700m:	35.18	
250m:	34.58	750m:	34.65	1250m:	34.83	1750m:	34.60	2250m:	34.97	2750m:	35.39	
300m:	34.19	800m:	35.04	1300m:	34.74	1800m:	35.05	2300m:	35.31	2800m:	35.58	
350m:	34.50	850m:	34.29	1350m:	34.88	1850m:	34.96	2350m:	34.66	2850m:	34.78	
400m:	34.08	900m:	34.68	1400m:	35.29	1900m:	34.65	2400m:	34.88	2900m:	34.57	
450m:	34.55	950m:	35.21	1450m:	34.90	1950m:	34.99	2450m:	34.62	2950m:	34.24	
500m:	34.58	1000m:	34.87	1500m:	35.02	2000m:	35.12	2500m:	35.12	3000m:	33.15	
23. MORA LOPEZ, Pol	06 N.C. Torelló										34:47.55	11,00
50m:	32.69	550m:	33.87	1050m:	34.31	1550m:	35.13	2050m:	35.35	2550m:	35.66	
100m:	33.45	600m:	34.01	1100m:	34.45	1600m:	35.38	2100m:	36.07	2600m:	36.51	
150m:	33.75	650m:	34.25	1150m:	34.41	1650m:	35.34	2150m:	35.82	2650m:	35.35	
200m:	33.65	700m:	34.27	1200m:	34.42	1700m:	34.91	2200m:	35.27	2700m:	35.52	
250m:	33.61	750m:	34.20	1250m:	34.59	1750m:	34.83	2250m:	35.02	2750m:	36.06	
300m:	33.88	800m:	34.39	1300m:	34.52	1800m:	35.69	2300m:	35.24	2800m:	35.58	
350m:	33.40	850m:	34.44	1350m:	34.83	1850m:	35.50	2350m:	35.43	2850m:	35.72	
400m:	33.49	900m:	34.35	1400m:	34.93	1900m:	35.47	2400m:	35.24	2900m:	35.83	
450m:	33.64	950m:	34.25	1450m:	34.63	1950m:	35.50	2450m:	35.59	2950m:	35.44	
500m:	33.90	1000m:	34.51	1500m:	34.99	2000m:	35.36	2500m:	36.32	3000m:	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			
24.	CRESPO BELTRAN, Xabier										05	C.N. Reus Ploms	34:57.07	10,00
	50m:	33.18	550m:	34.69	1050m:	34.45	1550m:	34.41	2050m:	35.04	2550m:	35.18		
	100m:	34.41	600m:	34.28	1100m:	34.87	1600m:	34.76	2100m:	36.07	2600m:	35.77		
	150m:	35.19	650m:	35.08	1150m:	34.95	1650m:	35.42	2150m:	35.37	2650m:	35.35		
	200m:	34.74	700m:	34.96	1200m:	34.69	1700m:	35.08	2200m:	34.93	2700m:	35.57		
	250m:	34.43	750m:	34.19	1250m:	34.80	1750m:	34.74	2250m:	35.63	2750m:	35.28		
	300m:	34.48	800m:	34.87	1300m:	34.81	1800m:	35.41	2300m:	35.83	2800m:	35.98		
	350m:	34.54	850m:	33.95	1350m:	34.56	1850m:	35.14	2350m:	35.49	2850m:	35.38		
	400m:	34.38	900m:	34.56	1400m:	34.28	1900m:	35.76	2400m:	35.57	2900m:	35.62		
	450m:	34.29	950m:	34.65	1450m:	34.74	1950m:	35.41	2450m:	35.05	2950m:	35.39		
	500m:	34.63	1000m:	34.73	1500m:	34.98	2000m:	35.02	2500m:	35.83	3000m:	34.23		
25.	LAGOS PAU, Aitor										95	C.N. L'hospitalet	34:57.50	7,00
	50m:	31.88	550m:	34.32	1050m:	34.30	1550m:	34.92	2050m:	35.62	2550m:	35.42		
	100m:	32.56	600m:	34.61	1100m:	34.72	1600m:	35.21	2100m:	35.37	2600m:	35.12		
	150m:	32.85	650m:	34.87	1150m:	34.44	1650m:	35.77	2150m:	35.30	2650m:	35.48		
	200m:	33.63	700m:	35.03	1200m:	35.17	1700m:	35.79	2200m:	35.69	2700m:	35.79		
	250m:	33.32	750m:	34.80	1250m:	35.29	1750m:	35.84	2250m:	35.96	2750m:	35.72		
	300m:	33.74	800m:	34.65	1300m:	35.29	1800m:	35.86	2300m:	35.25	2800m:	35.86		
	350m:	34.06	850m:	34.92	1350m:	35.21	1850m:	35.56	2350m:	35.60	2850m:	35.84		
	400m:	33.57	900m:	35.23	1400m:	35.16	1900m:	35.78	2400m:	35.85	2900m:	35.37		
	450m:	34.19	950m:	34.74	1450m:	35.02	1950m:	35.69	2450m:	35.84	2950m:	35.05		
	500m:	34.22	1000m:	35.07	1500m:	35.00	2000m:	35.78	2500m:	35.52	3000m:	33.79		
26.	GOMEZ MARTINEZ, Sergi										03	C.N. Premià	35:12.15	8,00
	50m:	32.56	550m:	33.65	1050m:	34.51	1550m:	35.12	2050m:	35.80	2550m:	35.45		
	100m:	33.40	600m:	34.55	1100m:	34.53	1600m:	34.36	2100m:	35.34	2600m:	35.50		
	150m:	33.25	650m:	34.70	1150m:	34.94	1650m:	35.23	2150m:	35.76	2650m:	36.06		
	200m:	34.43	700m:	34.90	1200m:	34.78	1700m:	36.35	2200m:	36.04	2700m:	35.50		
	250m:	34.58	750m:	34.81	1250m:	35.56	1750m:	36.12	2250m:	36.00	2750m:	35.96		
	300m:	34.28	800m:	34.91	1300m:	34.96	1800m:	35.63	2300m:	36.00	2800m:	35.99		
	350m:	34.23	850m:	34.53	1350m:	36.16	1850m:	35.39	2350m:	36.05	2850m:	36.44		
	400m:	34.45	900m:	34.70	1400m:	36.05	1900m:	35.79	2400m:	35.76	2900m:	35.84		
	450m:	34.50	950m:	34.68	1450m:	36.08	1950m:	35.61	2450m:	35.76	2950m:	36.04		
	500m:	34.26	1000m:	34.50	1500m:	36.10	2000m:	35.96	2500m:	35.80	3000m:	35.96		
27.	BUSTOS FERNANDEZ, Aitor										04	C.N. Igualada	35:16.05	7,00
	50m:	32.31	550m:	34.49	1050m:	35.52	1550m:	35.57	2050m:	35.76	2550m:	35.71		
	100m:	33.72	600m:	34.70	1100m:	35.23	1600m:	35.98	2100m:	36.27	2600m:	36.04		
	150m:	34.09	650m:	34.59	1150m:	35.75	1650m:	35.86	2150m:	36.07	2650m:	36.13		
	200m:	34.46	700m:	34.71	1200m:	35.21	1700m:	35.67	2200m:	36.10	2700m:	35.96		
	250m:	34.66	750m:	34.75	1250m:	35.15	1750m:	35.78	2250m:	36.27	2750m:	36.12		
	300m:	34.36	800m:	34.86	1300m:	35.26	1800m:	35.92	2300m:	35.97	2800m:	36.29		
	350m:	34.67	850m:	35.03	1350m:	35.33	1850m:	35.91	2350m:	36.08	2850m:	35.00		
	400m:	34.50	900m:	35.01	1400m:	35.64	1900m:	35.83	2400m:	36.39	2900m:	34.04		
	450m:	34.81	950m:	35.08	1450m:	35.40	1950m:	35.80	2450m:	36.06	2950m:	34.03		
	500m:	34.50	1000m:	35.15	1500m:	35.32	2000m:	35.49	2500m:	35.90	3000m:	33.79		
28.	TEIXIDÓ JOVÉ, Aleix										06	C.E. Inef Lleida	35:19.13	9,00
	50m:	31.92	550m:	34.13	1050m:	34.70	1550m:	34.95	2050m:	36.62	2550m:	36.30		
	100m:	32.56	600m:	34.42	1100m:	34.82	1600m:	35.59	2100m:	36.02	2600m:	36.55		
	150m:	33.08	650m:	34.41	1150m:	34.51	1650m:	36.19	2150m:	36.48	2650m:	36.79		
	200m:	33.79	700m:	34.72	1200m:	35.09	1700m:	36.16	2200m:	36.67	2700m:	36.07		
	250m:	34.05	750m:	34.69	1250m:	35.39	1750m:	36.50	2250m:	36.52	2750m:	36.44		
	300m:	34.31	800m:	34.70	1300m:	35.22	1800m:	35.84	2300m:	36.48	2800m:	36.43		
	350m:	34.13	850m:	34.49	1350m:	35.43	1850m:	35.79	2350m:	36.92	2850m:	36.30		
	400m:	33.98	900m:	35.16	1400m:	35.24	1900m:	36.09	2400m:	36.50	2900m:	36.19		
	450m:	34.12	950m:	34.54	1450m:	35.51	1950m:	36.63	2450m:	36.67	2950m:	36.49		
	500m:	33.83	1000m:	34.63	1500m:	34.95	2000m:	36.50	2500m:	36.15	3000m:	33.78		



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

Classificació	ANY										Temps			
29.	QUERO JIMENEZ, Santi										05	C.N. Vic-Etb	35:26.27	8,00
	50m:	33.01	550m:	35.42	1050m:	35.17	1550m:	35.71	2050m:	35.69	2550m:	35.83		
	100m:	34.28	600m:	35.26	1100m:	35.47	1600m:	35.64	2100m:	35.96	2600m:	35.77		
	150m:	34.31	650m:	35.59	1150m:	35.42	1650m:	35.65	2150m:	35.95	2650m:	35.83		
	200m:	34.83	700m:	35.41	1200m:	35.27	1700m:	35.63	2200m:	35.99	2700m:	35.93		
	250m:	34.97	750m:	35.53	1250m:	35.07	1750m:	35.74	2250m:	36.01	2750m:	35.72		
	300m:	34.96	800m:	34.98	1300m:	35.41	1800m:	35.88	2300m:	35.59	2800m:	35.36		
	350m:	35.13	850m:	35.50	1350m:	35.89	1850m:	35.83	2350m:	36.14	2850m:	35.41		
	400m:	35.24	900m:	35.29	1400m:	35.90	1900m:	35.68	2400m:	35.73	2900m:	35.80		
	450m:	35.52	950m:	35.41	1450m:	35.27	1950m:	35.97	2450m:	35.94	2950m:	35.12		
	500m:	35.22	1000m:	35.10	1500m:	35.08	2000m:	36.10	2500m:	35.74	3000m:	34.02		
30.	IBAÑEZ PINA, Nil										03	C.N. Atl Barceloneta	35:29.42	6,00
	50m:	31.84	550m:	34.80	1050m:	36.27	1550m:	35.46	2050m:	36.09	2550m:	35.90		
	100m:	33.26	600m:	35.55	1100m:	35.97	1600m:	35.68	2100m:	35.45	2600m:	35.98		
	150m:	34.02	650m:	34.97	1150m:	35.81	1650m:	35.76	2150m:	36.64	2650m:	36.59		
	200m:	34.09	700m:	35.23	1200m:	36.14	1700m:	35.69	2200m:	36.21	2700m:	36.61		
	250m:	33.94	750m:	35.19	1250m:	36.84	1750m:	35.92	2250m:	36.15	2750m:	36.48		
	300m:	34.45	800m:	35.31	1300m:	35.65	1800m:	35.93	2300m:	36.41	2800m:	36.23		
	350m:	34.80	850m:	35.43	1350m:	35.64	1850m:	36.08	2350m:	36.02	2850m:	36.07		
	400m:	34.76	900m:	35.51	1400m:	35.65	1900m:	35.98	2400m:	36.15	2900m:	34.18		
	450m:	34.54	950m:	35.69	1450m:	35.86	1950m:	35.76	2450m:	36.10	2950m:	34.50		
	500m:	34.94	1000m:	35.66	1500m:	35.94	2000m:	36.12	2500m:	35.78	3000m:	33.75		
31.	FITCH ASENSIO, Crosby										06	C.N. Figueres	35:30.29	7,00
	50m:	33.09	550m:	34.71	1050m:	35.85	1550m:	35.69	2050m:	35.89	2550m:	36.41		
	100m:	33.52	600m:	34.64	1100m:	35.53	1600m:	36.17	2100m:	36.04	2600m:	36.44		
	150m:	34.11	650m:	34.55	1150m:	35.66	1650m:	36.04	2150m:	36.19	2650m:	36.35		
	200m:	34.14	700m:	34.87	1200m:	35.63	1700m:	35.23	2200m:	35.95	2700m:	36.08		
	250m:	33.95	750m:	34.63	1250m:	35.87	1750m:	36.78	2250m:	36.11	2750m:	36.28		
	300m:	34.39	800m:	34.72	1300m:	35.29	1800m:	36.26	2300m:	36.80	2800m:	36.80		
	350m:	34.61	850m:	34.92	1350m:	35.03	1850m:	36.56	2350m:	35.82	2850m:	36.51		
	400m:	34.68	900m:	35.13	1400m:	35.91	1900m:	36.20	2400m:	36.56	2900m:	36.26		
	450m:	34.50	950m:	34.97	1450m:	35.49	1950m:	36.43	2450m:	36.25	2950m:	34.91		
	500m:	34.62	1000m:	35.08	1500m:	35.88	2000m:	36.27	2500m:	36.53	3000m:	34.51		
32.	SERNA IZQUIERDO, Arnau										05	C.N. Mataró	35:30.80	6,00
	50m:	33.69	550m:	35.14	1050m:	35.58	1550m:	35.39	2050m:	35.92	2550m:	35.48		
	100m:	34.45	600m:	35.15	1100m:	35.50	1600m:	35.72	2100m:	35.95	2600m:	35.74		
	150m:	35.21	650m:	35.55	1150m:	35.73	1650m:	35.66	2150m:	35.85	2650m:	34.79		
	200m:	34.89	700m:	35.75	1200m:	35.76	1700m:	36.08	2200m:	35.98	2700m:	35.88		
	250m:	35.18	750m:	35.68	1250m:	35.46	1750m:	35.82	2250m:	36.34	2750m:	35.55		
	300m:	35.47	800m:	35.50	1300m:	35.98	1800m:	35.96	2300m:	35.40	2800m:	35.63		
	350m:	35.40	850m:	35.51	1350m:	35.81	1850m:	35.84	2350m:	36.13	2850m:	35.66		
	400m:	35.30	900m:	35.68	1400m:	35.61	1900m:	36.24	2400m:	35.78	2900m:	34.63		
	450m:	35.34	950m:	35.21	1450m:	36.05	1950m:	35.88	2450m:	35.90	2950m:	34.28		
	500m:	36.22	1000m:	34.86	1500m:	36.09	2000m:	35.77	2500m:	35.05	3000m:	33.75		
33.	REMESAR AGUILAR, Nemo Antonio										83	C.N. Atl Barceloneta	35:32.18	6,00
	50m:	34.81	550m:	35.00	1050m:	35.44	1550m:	35.50	2050m:	36.44	2550m:	35.85		
	100m:	34.30	600m:	35.17	1100m:	35.17	1600m:	35.61	2100m:	35.96	2600m:	36.13		
	150m:	34.81	650m:	34.76	1150m:	35.65	1650m:	35.67	2150m:	36.40	2650m:	36.78		
	200m:	34.47	700m:	34.83	1200m:	35.48	1700m:	35.59	2200m:	36.22	2700m:	36.53		
	250m:	34.84	750m:	34.99	1250m:	35.75	1750m:	36.15	2250m:	36.24	2750m:	36.38		
	300m:	34.41	800m:	35.40	1300m:	35.43	1800m:	35.63	2300m:	35.95	2800m:	36.12		
	350m:	35.02	850m:	35.52	1350m:	35.48	1850m:	36.29	2350m:	36.22	2850m:	36.39		
	400m:	34.51	900m:	34.72	1400m:	35.52	1900m:	35.96	2400m:	35.85	2900m:	35.66		
	450m:	34.81	950m:	35.16	1450m:	35.92	1950m:	35.91	2450m:	36.27	2950m:	35.06		
	500m:	35.04	1000m:	35.46	1500m:	35.65	2000m:	36.31	2500m:	35.59	3000m:	34.00		



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



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

Classificació	ANY										Temps		
34. TEODORO MASRIERA, Roger	05 C.N. Mataró										35:38.35	5,00	
50m:	33.64	550m:	35.49	1050m:	35.46	1550m:	34.80	2050m:	35.88	2550m:	36.10		
100m:	34.55	600m:	35.50	1100m:	35.06	1600m:	35.60	2100m:	35.95	2600m:	35.86		
150m:	35.13	650m:	35.47	1150m:	35.10	1650m:	35.75	2150m:	36.03	2650m:	36.40		
200m:	35.40	700m:	35.46	1200m:	34.99	1700m:	35.76	2200m:	36.39	2700m:	36.82		
250m:	35.04	750m:	35.77	1250m:	35.11	1750m:	36.01	2250m:	36.06	2750m:	36.60		
300m:	35.29	800m:	35.57	1300m:	35.35	1800m:	36.71	2300m:	36.26	2800m:	36.49		
350m:	35.42	850m:	35.41	1350m:	35.54	1850m:	35.67	2350m:	36.63	2850m:	36.19		
400m:	35.62	900m:	35.33	1400m:	35.65	1900m:	35.27	2400m:	36.57	2900m:	35.96		
450m:	35.12	950m:	34.98	1450m:	35.88	1950m:	35.36	2450m:	36.28	2950m:	36.31		
500m:	35.58	1000m:	34.19	1500m:	35.98	2000m:	35.84	2500m:	36.00	3000m:	34.72		
35. DEL CASTILLO MASICH, Guillem	06 C.N. Tarraco										35:51.09	4,00	
50m:	33.43	550m:	35.49	1050m:	35.85	1550m:	36.23	2050m:	36.41	2550m:	36.00		
100m:	33.87	600m:	35.75	1100m:	35.82	1600m:	36.20	2100m:	36.53	2600m:	36.07		
150m:	34.25	650m:	35.64	1150m:	35.71	1650m:	36.04	2150m:	36.57	2650m:	36.22		
200m:	34.89	700m:	35.51	1200m:	35.81	1700m:	36.26	2200m:	36.24	2700m:	36.05		
250m:	35.20	750m:	35.77	1250m:	35.85	1750m:	36.42	2250m:	36.19	2750m:	36.15		
300m:	35.72	800m:	35.45	1300m:	35.90	1800m:	36.44	2300m:	36.37	2800m:	36.12		
350m:	35.69	850m:	35.61	1350m:	35.94	1850m:	36.45	2350m:	36.60	2850m:	36.23		
400m:	35.44	900m:	35.68	1400m:	35.59	1900m:	36.35	2400m:	36.40	2900m:	36.13		
450m:	35.03	950m:	35.69	1450m:	35.81	1950m:	36.34	2450m:	36.10	2950m:	36.17		
500m:	35.39	1000m:	35.69	1500m:	35.86	2000m:	36.55	2500m:	36.39	3000m:	35.54		
36. GONZALEZ CASTELLÓ, Genis	04 C.N. Lleida										35:54.54	5,00	
50m:	33.03	550m:	36.21	1050m:	35.40	1550m:	36.65	2050m:	36.78	2550m:	35.89		
100m:	33.90	600m:	36.14	1100m:	35.61	1600m:	36.41	2100m:	36.59	2600m:	35.95		
150m:	34.26	650m:	36.27	1150m:	35.60	1650m:	36.60	2150m:	36.14	2650m:	35.80		
200m:	34.61	700m:	36.73	1200m:	35.54	1700m:	36.25	2200m:	35.45	2700m:	36.60		
250m:	35.16	750m:	35.88	1250m:	35.44	1750m:	36.68	2250m:	36.50	2750m:	36.20		
300m:	35.37	800m:	35.84	1300m:	36.07	1800m:	36.06	2300m:	36.23	2800m:	36.60		
350m:	35.58	850m:	35.69	1350m:	36.10	1850m:	36.70	2350m:	36.22	2850m:	35.75		
400m:	35.41	900m:	36.16	1400m:	36.49	1900m:	36.80	2400m:	36.68	2900m:	36.79		
450m:	36.18	950m:	35.91	1450m:	36.29	1950m:	36.06	2450m:	35.71	2950m:	35.16		
500m:	35.68	1000m:	36.13	1500m:	36.51	2000m:	35.95	2500m:	35.86	3000m:	34.29		
37. CORTES VILARDELL, Pau	05 C.N. Caldes										36:00.27	3,00	
50m:	33.43	550m:	35.96	1050m:	35.92	1550m:	35.92	2050m:	37.41	2550m:	36.06		
100m:	34.51	600m:	35.93	1100m:	36.64	1600m:	35.50	2100m:	36.61	2600m:	35.31		
150m:	34.85	650m:	35.38	1150m:	36.10	1650m:	36.21	2150m:	37.44	2650m:	35.21		
200m:	35.54	700m:	35.84	1200m:	36.33	1700m:	36.79	2200m:	37.26	2700m:	35.81		
250m:	35.55	750m:	35.16	1250m:	36.35	1750m:	36.69	2250m:	37.44	2750m:	35.30		
300m:	35.30	800m:	35.19	1300m:	36.09	1800m:	37.00	2300m:	37.15	2800m:	35.65		
350m:	34.84	850m:	35.88	1350m:	35.86	1850m:	36.94	2350m:	37.02	2850m:	35.76		
400m:	35.18	900m:	35.83	1400m:	36.24	1900m:	37.20	2400m:	37.35	2900m:	35.19		
450m:	35.31	950m:	35.66	1450m:	36.63	1950m:	36.93	2450m:	37.35	2950m:	34.71		
500m:	35.33	1000m:	35.81	1500m:	36.92	2000m:	37.02	2500m:	37.09	3000m:	33.39		
38. FIORI PORTA, Marc	05 C.N. Mataró										36:07.78	2,00	
50m:	33.95	550m:	36.02	1050m:	36.04	1550m:	36.83	2050m:	36.75	2550m:	36.19		
100m:	34.40	600m:	36.36	1100m:	36.17	1600m:	36.30	2100m:	37.04	2600m:	36.16		
150m:	34.75	650m:	36.40	1150m:	36.05	1650m:	36.45	2150m:	35.83	2650m:	37.01		
200m:	35.23	700m:	36.04	1200m:	36.19	1700m:	36.38	2200m:	36.52	2700m:	36.50		
250m:	35.41	750m:	36.45	1250m:	36.02	1750m:	36.02	2250m:	36.47	2750m:	35.77		
300m:	35.84	800m:	36.17	1300m:	36.13	1800m:	36.22	2300m:	36.36	2800m:	36.94		
350m:	35.37	850m:	36.13	1350m:	36.14	1850m:	36.33	2350m:	36.17	2850m:	36.36		
400m:	35.68	900m:	35.92	1400m:	36.02	1900m:	36.73	2400m:	36.00	2900m:	35.36		
450m:	35.88	950m:	36.42	1450m:	36.40	1950m:	36.36	2450m:	36.31	2950m:	35.98		
500m:	36.05	1000m:	36.01	1500m:	36.77	2000m:	36.56	2500m:	36.37	3000m:	37.10		



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



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

Classificació	ANY										Temps			
39.	ALVAREZ GARCIA, Joel										06	C.N. Premià	36:10.58	1,00
	50m:	34.26	550m:	35.57	1050m:	35.99	1550m:	35.99	2050m:	37.15	2550m:	36.40		
	100m:	34.38	600m:	35.59	1100m:	35.92	1600m:	35.92	2100m:	37.29	2600m:	35.86		
	150m:	34.89	650m:	35.69	1150m:	36.16	1650m:	36.58	2150m:	36.77	2650m:	37.00		
	200m:	35.59	700m:	35.45	1200m:	36.05	1700m:	36.45	2200m:	36.86	2700m:	36.73		
	250m:	35.34	750m:	35.76	1250m:	36.18	1750m:	36.47	2250m:	37.14	2750m:	36.14		
	300m:	35.19	800m:	35.76	1300m:	35.90	1800m:	36.57	2300m:	36.98	2800m:	36.92		
	350m:	35.64	850m:	35.98	1350m:	35.99	1850m:	36.78	2350m:	36.68	2850m:	36.87		
	400m:	35.22	900m:	35.92	1400m:	35.89	1900m:	36.75	2400m:	36.73	2900m:	36.49		
	450m:	36.17	950m:	36.10	1450m:	36.09	1950m:	36.40	2450m:	36.46	2950m:	37.06		
	500m:	35.99	1000m:	35.90	1500m:	36.27	2000m:	37.29	2500m:	36.74	3000m:	36.28		
40.	ROCA BORRAS, Joan										06	C.N. Salou	36:22.06	-
	50m:	32.17	550m:	35.57	1050m:	35.92	1550m:	36.63	2050m:	37.15	2550m:	36.90		
	100m:	33.33	600m:	35.49	1100m:	36.46	1600m:	36.97	2100m:	37.17	2600m:	37.13		
	150m:	34.39	650m:	36.29	1150m:	36.90	1650m:	36.95	2150m:	37.87	2650m:	37.71		
	200m:	34.76	700m:	36.46	1200m:	36.58	1700m:	37.10	2200m:	37.48	2700m:	36.45		
	250m:	35.02	750m:	36.56	1250m:	36.67	1750m:	36.97	2250m:	37.94	2750m:	36.67		
	300m:	34.94	800m:	36.51	1300m:	36.84	1800m:	36.14	2300m:	37.83	2800m:	37.12		
	350m:	34.83	850m:	36.40	1350m:	36.42	1850m:	35.98	2350m:	37.33	2850m:	36.74		
	400m:	35.29	900m:	37.07	1400m:	36.94	1900m:	37.22	2400m:	37.05	2900m:	35.82		
	450m:	35.53	950m:	36.86	1450m:	36.67	1950m:	37.00	2450m:	37.01	2950m:	36.43		
	500m:	35.60	1000m:	36.53	1500m:	36.59	2000m:	37.46	2500m:	36.84	3000m:	33.41		
41.	LUQUE SERRANO, Adria										05	GEIEG	36:31.47	-
	50m:	32.93	550m:	35.95	1050m:	36.18	1550m:	37.03	2050m:	33.30	2550m:	36.82		
	100m:	34.27	600m:	35.63	1100m:	36.36	1600m:	36.77	2100m:	40.88	2600m:	37.58		
	150m:	35.33	650m:	35.94	1150m:	36.81	1650m:	36.98	2150m:	36.73	2650m:	37.45		
	200m:	35.62	700m:	35.86	1200m:	31.28	1700m:	36.47	2200m:	36.94	2700m:	37.97		
	250m:	35.94	750m:	36.10	1250m:	41.24	1750m:	36.45	2250m:	36.89	2750m:	38.15		
	300m:	35.35	800m:	35.98	1300m:	35.86	1800m:	36.37	2300m:	37.18	2800m:	37.75		
	350m:	35.91	850m:	35.84	1350m:	36.57	1850m:	36.64	2350m:	36.88	2850m:	37.81		
	400m:	35.46	900m:	36.15	1400m:	36.60	1900m:	36.78	2400m:	37.16	2900m:	38.21		
	450m:	35.76	950m:	36.17	1450m:	37.19	1950m:	36.74	2450m:	37.49	2950m:	37.44		
	500m:	35.95	1000m:	36.44	1500m:	36.28	2000m:	37.41	2500m:	37.53	3000m:	36.72		
42.	MATARÓ BON, Pau										04	C.N. Mataró	36:37.10	4,00
	50m:	34.14	550m:	35.61	1050m:	36.28	1550m:	36.68	2050m:	37.28	2550m:	37.53		
	100m:	34.97	600m:	35.82	1100m:	36.76	1600m:	36.72	2100m:	36.86	2600m:	38.06		
	150m:	35.41	650m:	36.42	1150m:	36.10	1650m:	36.75	2150m:	37.46	2650m:	38.27		
	200m:	35.64	700m:	35.86	1200m:	36.80	1700m:	36.60	2200m:	37.85	2700m:	37.99		
	250m:	35.62	750m:	35.65	1250m:	36.10	1750m:	36.80	2250m:	37.29	2750m:	37.79		
	300m:	35.84	800m:	35.92	1300m:	36.94	1800m:	37.01	2300m:	37.67	2800m:	37.41		
	350m:	35.71	850m:	35.68	1350m:	36.45	1850m:	37.37	2350m:	37.75	2850m:	37.46		
	400m:	36.25	900m:	35.84	1400m:	36.00	1900m:	37.40	2400m:	38.13	2900m:	37.01		
	450m:	36.01	950m:	36.12	1450m:	35.69	1950m:	37.52	2450m:	37.36	2950m:	36.79		
	500m:	35.30	1000m:	36.32	1500m:	36.37	2000m:	36.97	2500m:	37.50	3000m:	36.20		
43.	MACIAS RABASEDA, Joel										04	C.N. Mataró	36:41.01	3,00
	50m:	33.17	550m:	35.17	1050m:	36.09	1550m:	37.43	2050m:	37.60	2550m:	38.52		
	100m:	33.80	600m:	34.88	1100m:	36.24	1600m:	36.68	2100m:	38.10	2600m:	38.11		
	150m:	34.66	650m:	35.36	1150m:	36.71	1650m:	37.37	2150m:	37.68	2650m:	37.94		
	200m:	34.28	700m:	35.48	1200m:	37.29	1700m:	37.20	2200m:	37.65	2700m:	38.28		
	250m:	34.54	750m:	35.85	1250m:	37.34	1750m:	37.32	2250m:	37.76	2750m:	37.53		
	300m:	34.84	800m:	35.79	1300m:	37.81	1800m:	37.27	2300m:	38.20	2800m:	37.68		
	350m:	34.88	850m:	35.66	1350m:	36.74	1850m:	37.11	2350m:	38.34	2850m:	37.33		
	400m:	35.03	900m:	36.42	1400m:	36.79	1900m:	37.80	2400m:	37.61	2900m:	37.02		
	450m:	35.08	950m:	36.26	1450m:	37.97	1950m:	37.78	2450m:	38.47	2950m:	36.80		
	500m:	34.93	1000m:	36.17	1500m:	37.89	2000m:	37.24	2500m:	38.23	3000m:	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	36:47.66	5,00
	50m:	33.92	550m:	36.67	1050m:	40.44	1550m:	37.35	2050m:	36.73	2550m:	36.82		
	100m:	34.67	600m:	36.60	1100m:	36.52	1600m:	36.93	2100m:	36.85	2600m:	37.09		
	150m:	35.34	650m:	36.54	1150m:	36.89	1650m:	37.49	2150m:	36.74	2650m:	36.98		
	200m:	35.71	700m:	36.53	1200m:	36.45	1700m:	37.07	2200m:	36.64	2700m:	36.82		
	250m:	35.92	750m:	36.44	1250m:	43.02	1750m:	37.19	2250m:	36.79	2750m:	36.95		
	300m:	36.23	800m:	36.75	1300m:	36.33	1800m:	37.06	2300m:	36.59	2800m:	36.68		
	350m:	36.48	850m:	36.80	1350m:	36.66	1850m:	37.08	2350m:	36.72	2850m:	37.05		
	400m:	36.26	900m:	36.58	1400m:	37.02	1900m:	36.78	2400m:	36.64	2900m:	36.92		
	450m:	36.47	950m:	36.77	1450m:	37.19	1950m:	36.42	2450m:	36.39	2950m:	36.86		
	500m:	36.24	1000m:	37.01	1500m:	36.91	2000m:	36.97	2500m:	36.92	3000m:	36.78		
45.	DOLCET NIUBÓ, Jan										05	C.N. Lleida	39:23.14	-
	50m:	36.03	550m:	37.94	1050m:	39.24	1550m:	40.44	2050m:	40.66	2550m:	41.00		
	100m:	36.71	600m:	38.30	1100m:	39.27	1600m:	40.21	2100m:	40.18	2600m:	41.25		
	150m:	37.28	650m:	38.12	1150m:	38.56	1650m:	40.45	2150m:	40.38	2650m:	40.13		
	200m:	37.37	700m:	37.83	1200m:	38.96	1700m:	39.97	2200m:	40.99	2700m:	41.24		
	250m:	37.88	750m:	38.12	1250m:	39.39	1750m:	40.26	2250m:	41.22	2750m:	40.93		
	300m:	37.78	800m:	38.28	1300m:	38.94	1800m:	40.18	2300m:	40.78	2800m:	39.58		
	350m:	37.96	850m:	38.20	1350m:	39.81	1850m:	40.77	2350m:	41.08	2850m:	38.75		
	400m:	38.06	900m:	38.09	1400m:	39.14	1900m:	39.77	2400m:	41.67	2900m:	39.04		
	450m:	38.45	950m:	38.48	1450m:	39.78	1950m:	40.40	2450m:	41.46	2950m:	38.92		
	500m:	37.71	1000m:	38.95	1500m:	40.30	2000m:	40.01	2500m:	41.65	3000m:	38.84		
46.	ROURE GRIGELMO, Pau										04	C.N. Catalunya	39:25.38	2,00
	50m:	35.90	550m:	38.91	1050m:	40.06	1550m:	39.69	2050m:	40.28	2550m:	40.22		
	100m:	35.77	600m:	39.20	1100m:	39.96	1600m:	40.02	2100m:	40.09	2600m:	40.02		
	150m:	36.70	650m:	38.75	1150m:	39.90	1650m:	40.07	2150m:	39.82	2650m:	40.09		
	200m:	37.45	700m:	39.10	1200m:	39.90	1700m:	40.16	2200m:	39.75	2700m:	39.85		
	250m:	37.78	750m:	39.14	1250m:	39.68	1750m:	40.41	2250m:	40.37	2750m:	39.55		
	300m:	37.82	800m:	39.53	1300m:	39.80	1800m:	40.31	2300m:	40.16	2800m:	38.95		
	350m:	38.05	850m:	39.45	1350m:	39.81	1850m:	40.05	2350m:	40.28	2850m:	39.60		
	400m:	38.44	900m:	39.70	1400m:	39.49	1900m:	40.62	2400m:	40.58	2900m:	39.63		
	450m:	38.49	950m:	40.01	1450m:	39.88	1950m:	40.01	2450m:	40.21	2950m:	39.61		
	500m:	38.90	1000m:	39.56	1500m:	40.26	2000m:	40.55	2500m:	40.22	3000m:	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		-