

Prova 3  
 2/12/2022 - 10:07

Fem., 3000m Lliure

 Absolut, Júnior 2 i Júnior 1  
 Resultats

MMC Open	31:58.86	, Mireia Belmonte Garcia	Sevilla	11/1/2014
MMC 17	33:11.46	, Claudia Dasca Romeu	Sabadell	22/1/2011
MMC 16	34:13.78	, Laura Rodriguez Cao	Banyoles	30/11/2014
MMC 15	35:19.63	, Lucia Gonzalez Nuez	SABADELL	3/12/2021

Classificació

ANY

Temps

Júnior 1 Fons Indoor

<b>1. MARTINEZ DE SALINAS PEÑA, Clara</b>	<b>07</b>	<b>E.M. El Olivar</b>	<b>34:37.21</b>	-
100m: 1:05.45	1:05.45	900m: 10:10.71	1:08.66	1700m: 19:28.35
200m: 2:13.13	1:07.68	1000m: 11:19.89	1:09.18	1800m: 20:38.69
300m: 3:20.81	1:07.68	1100m: 12:29.62	1:09.73	1900m: 21:48.50
400m: 4:28.78	1:07.97	1200m: 13:39.00	1:09.38	2000m: 22:58.31
500m: 5:37.27	1:08.49	1300m: 14:48.54	1:09.54	2100m: 24:08.01
600m: 6:45.65	1:08.38	1400m: 15:58.65	1:10.11	2200m: 25:18.51
700m: 7:53.74	1:08.09	1500m: 17:08.73	1:10.08	2300m: 26:28.68
800m: 9:02.05	1:08.31	1600m: 18:18.43	1:09.70	2400m: 27:38.60
				2500m: 28:48.52
				2600m: 29:58.52
				2700m: 31:08.57
				2800m: 32:19.27
				2900m: 33:29.32
				3000m: 34:37.21
				1:09.92
				1:10.00
				1:10.05
				1:10.70
				1:10.05
				1:07.89
<b>2. COLL MARTI, Júlia</b>	<b>07</b>	<b>C.N. Olot</b>	<b>35:43.38</b>	19,00
100m: 1:07.33	1:07.33	900m: 10:39.12	1:11.90	1700m: 20:16.49
200m: 2:18.53	1:11.20	1000m: 11:51.03	1:11.91	1800m: 21:28.17
300m: 3:29.96	1:11.43	1100m: 13:03.10	1:12.07	1900m: 22:40.06
400m: 4:41.28	1:11.32	1200m: 14:14.87	1:11.77	2000m: 23:51.91
500m: 5:52.32	1:11.04	1300m: 15:27.10	1:12.23	2100m: 25:03.11
600m: 7:04.21	1:11.89	1400m: 16:39.14	1:12.04	2200m: 26:15.47
700m: 8:15.74	1:11.53	1500m: 17:51.62	1:12.48	2300m: 27:27.47
800m: 9:27.22	1:11.48	1600m: 19:04.07	1:12.45	2400m: 28:39.42
				1:12.42
				1:11.68
				1:11.89
				1:11.85
				1:11.20
				1:12.36
				1:12.00
				1:11.95
				1:12.42
				1:11.85
				1:11.20
				1:12.36
				1:12.00
				1:11.95
<b>3. OLIVEIRA LARA, Carolina</b>	<b>07</b>	<b>C.N. Caldes</b>	<b>35:46.75</b>	16,00
100m: 1:07.97	1:07.97	900m: 10:34.41	1:10.81	1700m: 20:10.42
200m: 2:18.38	1:10.41	1000m: 11:45.72	1:11.31	1800m: 21:22.58
300m: 3:28.98	1:10.60	1100m: 12:57.22	1:11.50	1900m: 22:34.73
400m: 4:39.43	1:10.45	1200m: 14:08.80	1:11.58	2000m: 23:47.05
500m: 5:50.32	1:10.89	1300m: 15:20.85	1:12.05	2100m: 24:59.27
600m: 7:01.34	1:11.02	1400m: 16:33.30	1:12.45	2200m: 26:11.43
700m: 8:12.53	1:11.19	1500m: 17:45.74	1:12.44	2300m: 27:23.84
800m: 9:23.60	1:11.07	1600m: 18:57.99	1:12.25	2400m: 28:36.12
				1:12.43
				1:12.16
				1:12.15
				1:12.32
				1:12.22
				1:12.16
				1:12.16
				1:12.41
				1:12.28
				1:12.43
				1:12.16
				1:12.15
				1:12.32
				1:12.22
				1:12.16
				1:12.16
				1:12.41
				1:12.28
<b>4. VARET CANO, Audrey</b>	<b>06</b>	<b>C.N. L'Hospitalet</b>	<b>35:56.76</b>	14,00
100m: 1:08.04	1:08.04	900m: 10:32.60	1:11.43	1700m: 20:08.13
200m: 2:18.33	1:10.29	1000m: 11:44.60	1:12.00	1800m: 21:20.99
300m: 3:28.47	1:10.14	1100m: 12:56.42	1:11.82	1900m: 22:33.28
400m: 4:38.71	1:10.24	1200m: 14:08.13	1:11.71	2000m: 23:46.47
500m: 5:49.23	1:10.52	1300m: 15:20.64	1:12.51	2100m: 24:58.99
600m: 6:59.92	1:10.69	1400m: 16:33.54	1:12.90	2200m: 26:11.73
700m: 8:10.51	1:10.59	1500m: 17:44.92	1:11.38	2300m: 27:24.86
800m: 9:21.17	1:10.66	1600m: 18:56.23	1:11.31	2400m: 28:39.94
				1:11.90
				1:12.86
				1:12.29
				1:13.19
				1:12.52
				1:12.74
				1:13.13
				1:15.08
				1:11.90
				1:12.86
				1:12.29
				1:13.19
				1:12.52
				1:12.74
				1:13.13
				1:15.08
<b>5. HUERTAS FERRE, Maria</b>	<b>07</b>	<b>C.N. Tarraco</b>	<b>36:17.83</b>	13,00
100m: 1:07.86	1:07.86	900m: 10:40.68	1:12.13	1700m: 20:24.39
200m: 2:18.55	1:10.69	1000m: 11:52.88	1:12.20	1800m: 21:38.21
300m: 3:29.79	1:11.24	1100m: 13:05.31	1:12.43	1900m: 22:52.42
400m: 4:41.11	1:11.32	1200m: 14:18.65	1:13.34	2000m: 24:06.73
500m: 5:52.74	1:11.63	1300m: 15:30.97	1:12.32	2100m: 25:20.57
600m: 7:04.59	1:11.85	1400m: 16:43.96	1:12.99	2200m: 26:34.79
700m: 8:16.72	1:12.13	1500m: 17:57.39	1:13.43	2300m: 27:48.62
800m: 9:28.55	1:11.83	1600m: 19:10.50	1:13.11	2400m: 29:02.83
				1:13.89
				1:13.82
				1:14.21
				1:14.31
				1:13.84
				1:14.22
				1:13.83
				1:14.21
				1:13.89
				1:13.82
				1:14.21
				1:14.31
				1:13.84
				1:14.22
				1:13.83
				1:14.21







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

Classificació	ANY										Temps			
<b>6.</b>	<b>TORRUBIANO GONZALEZ, Aina</b>										<b>04</b>	<b>C.E.N. Balaguer</b>	<b>37:59.19</b>	<b>11,00</b>
	100m: 1:10.99	1:10.99	900m: 11:05.87	1:15.11	1700m: 21:16.70	1:16.29	2500m: 31:34.40	1:16.92	1000m: 12:22.03	1:16.16	1800m: 22:33.84	1:17.14	2600m: 32:51.97	1:17.57
	200m: 2:24.14	1:13.15	1100m: 13:38.25	1:16.22	1900m: 23:51.02	1:17.18	2700m: 34:09.83	1:17.86	1200m: 14:54.66	1:16.41	2000m: 25:07.70	1:16.68	2800m: 35:27.41	1:17.58
	300m: 3:38.20	1:14.06	1300m: 16:11.18	1:16.52	2100m: 26:25.15	1:17.45	2900m: 36:45.11	1:17.70	1400m: 17:27.54	1:16.36	2200m: 27:41.93	1:16.78	3000m: 37:59.19	1:14.08
	400m: 4:52.19	1:13.99	1500m: 18:43.34	1:15.80	2300m: 28:59.56	1:17.63			700m: 8:35.87	1:14.76	1600m: 20:00.41	1:17.07	2400m: 30:17.48	1:17.92
	500m: 6:06.70	1:14.51							800m: 9:50.76	1:14.89				
<b>7.</b>	<b>SURROCA RIOL, Gemma</b>										<b>05</b>	<b>C.N. Olot</b>	<b>39:08.14</b>	<b>10,00</b>
	100m: 1:12.14	1:12.14	900m: 11:25.84	1:17.65	1700m: 21:57.95	1:19.97	2500m: 32:36.44	1:19.41	1000m: 12:45.20	1:19.36	1800m: 23:17.01	1:19.06	2600m: 33:54.81	1:18.37
	200m: 2:27.51	1:15.37	1100m: 14:04.78	1:19.58	1900m: 24:38.20	1:21.19	2700m: 35:13.87	1:19.06	1200m: 15:22.93	1:18.15	2000m: 25:58.83	1:20.63	2800m: 36:33.76	1:19.89
	300m: 3:43.36	1:15.85	1300m: 16:41.49	1:18.56	2100m: 27:17.36	1:18.53	2900m: 37:51.63	1:17.87	1400m: 17:59.25	1:17.76	2200m: 28:37.59	1:20.23	3000m: 39:08.14	1:16.51
	400m: 4:59.96	1:16.60	1500m: 19:18.10	1:18.85	2300m: 29:57.54	1:19.95			700m: 8:50.55	1:16.89	1600m: 20:37.98	1:19.88	2400m: 31:17.03	1:19.49
	500m: 6:16.45	1:16.49							800m: 10:08.19	1:17.64				
<b>8.</b>	<b>SANCHEZ BARBERO, Irene</b>										<b>05</b>	<b>C.N. Atl Barceloneta</b>	<b>39:11.44</b>	<b>9,00</b>
	100m: 1:13.17	1:13.17	900m: 11:32.39	1:17.97	1700m: 22:04.75	1:19.61	2500m: 32:37.84	1:19.63	1000m: 12:51.03	1:18.64	1800m: 23:23.98	1:19.23	2600m: 33:57.71	1:19.87
	200m: 2:29.95	1:16.78	1100m: 14:09.58	1:18.55	1900m: 24:43.01	1:19.03	2700m: 35:16.67	1:18.96	1200m: 15:27.98	1:18.40	2000m: 26:02.17	1:19.16	2800m: 36:35.71	1:19.04
	300m: 3:46.98	1:17.03	1300m: 16:47.35	1:19.37	2100m: 27:20.86	1:18.69	2900m: 37:54.97	1:19.26	1400m: 18:05.86	1:18.51	2200m: 28:40.40	1:19.54	3000m: 39:11.44	1:16.47
	400m: 5:04.40	1:17.42	1500m: 19:25.09	1:19.23	2300m: 29:59.00	1:18.60			700m: 8:56.91	1:17.43	1600m: 20:45.14	1:20.05	2400m: 31:18.21	1:19.21
	500m: 6:21.90	1:17.50							800m: 10:14.42	1:17.51				

**BX PINADELL SUÑER, Carla** **05** **C.N. Barcelona** -

## Absolut Fons Indoor

<b>1.</b>	<b>GIRALT PIDEMONT, Claudia</b>										<b>01</b>	<b>C.N. L'Hospitalet</b>	<b>34:31.75</b>	<b>19,00</b>
	100m: 1:04.39	1:04.39	900m: 10:12.41	1:08.94	1700m: 19:28.33	1:10.28	2500m: 28:47.12	1:09.43	1000m: 11:20.86	1:08.45	1800m: 20:38.46	1:10.13	2600m: 29:56.68	1:09.56
	200m: 2:11.01	1:06.62	1100m: 12:29.92	1:09.06	1900m: 21:48.00	1:09.54	2700m: 31:06.56	1:09.88	1200m: 13:39.42	1:09.50	2000m: 22:56.78	1:08.78	2800m: 32:16.42	1:09.86
	300m: 3:18.94	1:07.93	1300m: 14:48.85	1:09.43	2100m: 24:07.15	1:10.37	2900m: 33:25.25	1:08.83	1400m: 15:58.84	1:09.99	2200m: 25:17.90	1:10.75	3000m: 34:31.75	1:06.50
	400m: 4:27.44	1:08.50	1500m: 17:08.52	1:09.68	2300m: 26:28.11	1:10.21			700m: 7:54.18	1:09.09	1600m: 18:18.05	1:09.53	2400m: 27:37.69	1:09.58
	500m: 5:35.98	1:08.54							800m: 9:03.47	1:09.29				
<b>2.</b>	<b>RODRIGUEZ SANTAULARIA, Laura</b>										<b>02</b>	<b>C.N. Barcelona</b>	<b>36:18.09</b>	<b>16,00</b>
	100m: 1:07.96	1:07.96	900m: 10:37.69	1:11.87	1700m: 20:19.85	1:13.41	2500m: 30:09.66	1:15.61	1000m: 11:49.99	1:12.30	1800m: 21:33.07	1:13.22	2600m: 31:24.74	1:15.08
	200m: 2:18.02	1:10.06	1100m: 13:02.44	1:12.45	1900m: 22:46.69	1:13.62	2700m: 32:39.82	1:15.08	1200m: 14:15.03	1:12.59	2000m: 23:59.84	1:13.15	2800m: 33:54.28	1:14.46
	300m: 3:28.59	1:10.57	1300m: 15:27.80	1:12.77	2100m: 25:12.06	1:12.22	2900m: 35:08.72	1:14.44	1400m: 16:40.68	1:12.88	2200m: 26:25.65	1:13.59	3000m: 36:18.09	1:09.37
	400m: 4:39.54	1:10.95	1500m: 17:53.92	1:13.24	2300m: 27:39.48	1:13.83			700m: 8:13.66	1:11.83	1600m: 19:06.44	1:12.52	2400m: 28:54.05	1:14.57
	500m: 5:50.46	1:10.92							800m: 9:25.82	1:12.16				
<b>3.</b>	<b>MAESTRO LORENZO, Alba</b>										<b>02</b>	<b>C.N. L'Hospitalet</b>	<b>36:50.63</b>	<b>14,00</b>
	100m: 1:10.53	1:10.53	900m: 10:51.82	1:12.64	1700m: 20:40.19	1:14.43	2500m: 30:38.57	1:15.10	1000m: 12:04.66	1:12.84	1800m: 21:54.57	1:14.38	2600m: 31:53.51	1:14.94
	200m: 2:22.93	1:12.40	1100m: 13:17.64	1:12.98	1900m: 23:09.32	1:14.75	2700m: 33:09.02	1:15.51	1200m: 14:30.69	1:13.05	2000m: 24:24.01	1:14.69	2800m: 34:23.90	1:14.88
	300m: 3:35.37	1:12.44	1300m: 15:43.95	1:13.26	2100m: 25:38.43	1:14.42	2900m: 35:38.89	1:14.99	1400m: 16:57.49	1:13.54	2200m: 26:53.02	1:14.59	3000m: 36:50.63	1:11.74
	400m: 4:48.11	1:12.74	1500m: 18:11.31	1:13.82	2300m: 28:08.05	1:15.03			700m: 8:26.42	1:12.45	1600m: 19:25.76	1:14.45	2400m: 29:23.47	1:15.42
	500m: 6:00.73	1:12.62							800m: 9:39.18	1:12.76				



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

Classificació	ANY										Temps					
<b>6.</b>	<b>RIUS PELLEJA, Abril</b>										<b>04</b>	<b>C.N. Tarraco</b>	<b>36:00.86</b>	<b>19,00</b>		
	100m: 1:08.96	1:08.96	900m: 10:37.62	1:11.70	1700m: 20:19.62	1:13.37	2500m: 30:01.82	1:13.20	200m: 2:18.91	1:09.95	1000m: 11:49.84	1:12.22	1800m: 21:32.60	1:12.98	2600m: 31:14.71	1:12.89
	300m: 3:29.70	1:10.79	1100m: 13:02.55	1:12.71	1900m: 22:46.20	1:13.60	2700m: 32:27.00	1:12.29	400m: 4:40.58	1:10.88	1200m: 14:15.09	1:12.54	2000m: 23:59.47	1:13.27	2800m: 33:39.19	1:12.19
	500m: 5:51.41	1:10.83	1300m: 15:27.71	1:12.62	2100m: 25:10.73	1:11.26	2900m: 34:50.68	1:11.49	600m: 7:02.85	1:11.44	1400m: 16:40.51	1:12.80	2200m: 26:22.60	1:11.87	3000m: 36:00.86	1:10.18
	700m: 8:14.15	1:11.30	1500m: 17:53.78	1:13.27	2300m: 27:35.77	1:13.17			800m: 9:25.92	1:11.77	1600m: 19:06.25	1:12.47	2400m: 28:48.62	1:12.85		
<b>7.</b>	<b>HUERTAS FERRE, Maria</b>										<b>07</b>	<b>C.N. Tarraco</b>	<b>36:17.83</b>	<b>13,00</b>		
	100m: 1:07.86	1:07.86	900m: 10:40.68	1:12.13	1700m: 20:24.39	1:13.89	2500m: 30:16.81	1:13.98	200m: 2:18.55	1:10.69	1000m: 11:52.88	1:12.20	1800m: 21:38.21	1:13.82	2600m: 31:30.71	1:13.90
	300m: 3:29.79	1:11.24	1100m: 13:05.31	1:12.43	1900m: 22:52.42	1:14.21	2700m: 32:43.46	1:12.75	400m: 4:41.11	1:11.32	1200m: 14:18.65	1:13.34	2000m: 24:06.73	1:14.31	2800m: 33:56.52	1:13.06
	500m: 5:52.74	1:11.63	1300m: 15:30.97	1:12.32	2100m: 25:20.57	1:13.84	2900m: 35:09.02	1:12.50	600m: 7:04.59	1:11.85	1400m: 16:43.96	1:12.99	2200m: 26:34.79	1:14.22	3000m: 36:17.83	1:08.81
	700m: 8:16.72	1:12.13	1500m: 17:57.39	1:13.43	2300m: 27:48.62	1:13.83			800m: 9:28.55	1:11.83	1600m: 19:10.50	1:13.11	2400m: 29:02.83	1:14.21		
<b>8.</b>	<b>RODRIGUEZ SANTAULARIA, Laura</b>										<b>02</b>	<b>C.N. Barcelona</b>	<b>36:18.09</b>	<b>16,00</b>		
	100m: 1:07.96	1:07.96	900m: 10:37.69	1:11.87	1700m: 20:19.85	1:13.41	2500m: 30:09.66	1:15.61	200m: 2:18.02	1:10.06	1000m: 11:49.99	1:12.30	1800m: 21:33.07	1:13.22	2600m: 31:24.74	1:15.08
	300m: 3:28.59	1:10.57	1100m: 13:02.44	1:12.45	1900m: 22:46.69	1:13.62	2700m: 32:39.82	1:15.08	400m: 4:39.54	1:10.95	1200m: 14:15.03	1:12.59	2000m: 23:59.84	1:13.15	2800m: 33:54.28	1:14.46
	500m: 5:50.46	1:10.92	1300m: 15:27.80	1:12.77	2100m: 25:12.06	1:12.22	2900m: 35:08.72	1:14.44	600m: 7:01.83	1:11.37	1400m: 16:40.68	1:12.88	2200m: 26:25.65	1:13.59	3000m: 36:18.09	1:09.37
	700m: 8:13.66	1:11.83	1500m: 17:53.92	1:13.24	2300m: 27:39.48	1:13.83			800m: 9:25.82	1:12.16	1600m: 19:06.44	1:12.52	2400m: 28:54.05	1:14.57		
<b>9.</b>	<b>MORERA PUJOLAR, Júlia</b>										<b>05</b>	<b>C.N. Olot</b>	<b>36:40.11</b>	<b>16,00</b>		
	100m: 1:09.01	1:09.01	900m: 10:48.71	1:12.99	1700m: 20:36.83	1:13.80	2500m: 30:30.35	1:13.70	200m: 2:21.02	1:12.01	1000m: 12:01.31	1:12.60	1800m: 21:50.87	1:14.04	2600m: 31:46.12	1:15.77
	300m: 3:32.99	1:11.97	1100m: 13:14.62	1:13.31	1900m: 23:05.54	1:14.67	2700m: 32:59.92	1:13.80	400m: 4:45.62	1:12.63	1200m: 14:27.94	1:13.32	2000m: 24:20.56	1:15.02	2800m: 34:14.38	1:14.46
	500m: 5:57.54	1:11.92	1300m: 15:40.53	1:12.59	2100m: 25:33.42	1:12.86	2900m: 35:28.48	1:14.10	600m: 7:10.05	1:12.51	1400m: 16:54.57	1:14.04	2200m: 26:47.45	1:14.03	3000m: 36:40.11	1:11.63
	700m: 8:23.01	1:12.96	1500m: 18:08.74	1:14.17	2300m: 28:03.14	1:15.69			800m: 9:35.72	1:12.71	1600m: 19:23.03	1:14.29	2400m: 29:16.65	1:13.51		
<b>10.</b>	<b>MAESTRO LORENZO, Alba</b>										<b>02</b>	<b>C.N. L'Hospitalet</b>	<b>36:50.63</b>	<b>14,00</b>		
	100m: 1:10.53	1:10.53	900m: 10:51.82	1:12.64	1700m: 20:40.19	1:14.43	2500m: 30:38.57	1:15.10	200m: 2:22.93	1:12.40	1000m: 12:04.66	1:12.84	1800m: 21:54.57	1:14.38	2600m: 31:53.51	1:14.94
	300m: 3:35.37	1:12.44	1100m: 13:17.64	1:12.98	1900m: 23:09.32	1:14.75	2700m: 33:09.02	1:15.51	400m: 4:48.11	1:12.74	1200m: 14:30.69	1:13.05	2000m: 24:24.01	1:14.69	2800m: 34:23.90	1:14.88
	500m: 6:00.73	1:12.62	1300m: 15:43.95	1:13.26	2100m: 25:38.43	1:14.42	2900m: 35:38.89	1:14.99	600m: 7:13.97	1:13.24	1400m: 16:57.49	1:13.54	2200m: 26:53.02	1:14.59	3000m: 36:50.63	1:11.74
	700m: 8:26.42	1:12.45	1500m: 18:11.31	1:13.82	2300m: 28:08.05	1:15.03			800m: 9:39.18	1:12.76	1600m: 19:25.76	1:14.45	2400m: 29:23.47	1:15.42		
<b>11.</b>	<b>ROCA FORTUNY, Marina</b>										<b>05</b>	<b>C.N. Cervera</b>	<b>36:51.75</b>	<b>14,00</b>		
	100m: 1:11.12	1:11.12	900m: 10:57.22	1:13.17	1700m: 20:46.50	1:14.37	2500m: 30:40.97	1:13.38	200m: 2:23.94	1:12.82	1000m: 12:11.06	1:13.84	1800m: 22:01.76	1:15.26	2600m: 31:54.87	1:13.90
	300m: 3:36.67	1:12.73	1100m: 13:24.46	1:13.40	1900m: 23:16.45	1:14.69	2700m: 33:08.49	1:13.62	400m: 4:50.10	1:13.43	1200m: 14:37.43	1:12.97	2000m: 24:30.29	1:13.84	2800m: 34:22.55	1:14.06
	500m: 6:03.34	1:13.24	1300m: 15:50.72	1:13.29	2100m: 25:44.62	1:14.33	2900m: 35:37.68	1:15.13	600m: 7:16.89	1:13.55	1400m: 17:04.15	1:13.43	2200m: 26:59.35	1:14.73	3000m: 36:51.75	1:14.07
	700m: 8:30.60	1:13.71	1500m: 18:18.44	1:14.29	2300m: 28:13.61	1:14.26			800m: 9:44.05	1:13.45	1600m: 19:32.13	1:13.69	2400m: 29:27.59	1:13.98		





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

Classificació	ANY										Temps	
<b>18. VILLAR MARINA, Ona</b>	<b>07 C.N. Esplugues</b>										<b>37:42.79</b>	<b>9,00</b>
100m:	1:10.68	1:10.68	900m:	10:54.38	1:13.85	1700m:	21:00.85	1:16.35	2500m:	31:21.47	1:18.43	
200m:	2:22.36	1:11.68	1000m:	12:08.83	1:14.45	1800m:	22:18.71	1:17.86	2600m:	32:39.73	1:18.26	
300m:	3:34.85	1:12.49	1100m:	13:23.54	1:14.71	1900m:	23:35.22	1:16.51	2700m:	33:57.21	1:17.48	
400m:	4:47.48	1:12.63	1200m:	14:39.08	1:15.54	2000m:	24:52.58	1:17.36	2800m:	35:13.62	1:16.41	
500m:	6:00.50	1:13.02	1300m:	15:55.01	1:15.93	2100m:	26:09.29	1:16.71	2900m:	36:29.42	1:15.80	
600m:	7:13.47	1:12.97	1400m:	17:11.51	1:16.50	2200m:	27:26.85	1:17.56	3000m:	37:42.79	1:13.37	
700m:	8:26.30	1:12.83	1500m:	18:28.19	1:16.68	2300m:	28:45.01	1:18.16				
800m:	9:40.53	1:14.23	1600m:	19:44.50	1:16.31	2400m:	30:03.04	1:18.03				
<b>19. VALLS PLAZA, Ariadna</b>	<b>06 C.N. Sant Andreu</b>										<b>37:43.35</b>	<b>8,00</b>
100m:	1:10.83	1:10.83	900m:	11:03.22	1:15.98	1700m:	21:13.49	1:16.96	2500m:	31:23.17	1:16.90	
200m:	2:23.90	1:13.07	1000m:	12:19.33	1:16.11	1800m:	22:29.62	1:16.13	2600m:	32:39.71	1:16.54	
300m:	3:36.98	1:13.08	1100m:	13:34.53	1:15.20	1900m:	23:46.06	1:16.44	2700m:	33:56.85	1:17.14	
400m:	4:50.16	1:13.18	1200m:	14:50.79	1:16.26	2000m:	25:01.73	1:15.67	2800m:	35:13.08	1:16.23	
500m:	6:03.85	1:13.69	1300m:	16:06.48	1:15.69	2100m:	26:17.25	1:15.52	2900m:	36:28.64	1:15.56	
600m:	7:17.97	1:14.12	1400m:	17:23.33	1:16.85	2200m:	27:33.72	1:16.47	3000m:	37:43.35	1:14.71	
700m:	8:32.13	1:14.16	1500m:	18:40.23	1:16.90	2300m:	28:49.58	1:15.86				
800m:	9:47.24	1:15.11	1600m:	19:56.53	1:16.30	2400m:	30:06.27	1:16.69				
<b>20. TORRUBIANO GONZALEZ, Aina</b>	<b>04 C.E.N. Balaguer</b>										<b>37:59.19</b>	<b>11,00</b>
100m:	1:10.99	1:10.99	900m:	11:05.87	1:15.11	1700m:	21:16.70	1:16.29	2500m:	31:34.40	1:16.92	
200m:	2:24.14	1:13.15	1000m:	12:22.03	1:16.16	1800m:	22:33.84	1:17.14	2600m:	32:51.97	1:17.57	
300m:	3:38.20	1:14.06	1100m:	13:38.25	1:16.22	1900m:	23:51.02	1:17.18	2700m:	34:09.83	1:17.86	
400m:	4:52.19	1:13.99	1200m:	14:54.66	1:16.41	2000m:	25:07.70	1:16.68	2800m:	35:27.41	1:17.58	
500m:	6:06.70	1:14.51	1300m:	16:11.18	1:16.52	2100m:	26:25.15	1:17.45	2900m:	36:45.11	1:17.70	
600m:	7:21.11	1:14.41	1400m:	17:27.54	1:16.36	2200m:	27:41.93	1:16.78	3000m:	37:59.19	1:14.08	
700m:	8:35.87	1:14.76	1500m:	18:43.34	1:15.80	2300m:	28:59.56	1:17.63				
800m:	9:50.76	1:14.89	1600m:	20:00.41	1:17.07	2400m:	30:17.48	1:17.92				
<b>21. SURROCA RIOL, Gemma</b>	<b>05 C.N. Olot</b>										<b>39:08.14</b>	<b>10,00</b>
100m:	1:12.14	1:12.14	900m:	11:25.84	1:17.65	1700m:	21:57.95	1:19.97	2500m:	32:36.44	1:19.41	
200m:	2:27.51	1:15.37	1000m:	12:45.20	1:19.36	1800m:	23:17.01	1:19.06	2600m:	33:54.81	1:18.37	
300m:	3:43.36	1:15.85	1100m:	14:04.78	1:19.58	1900m:	24:38.20	1:21.19	2700m:	35:13.87	1:19.06	
400m:	4:59.96	1:16.60	1200m:	15:22.93	1:18.15	2000m:	25:58.83	1:20.63	2800m:	36:33.76	1:19.89	
500m:	6:16.45	1:16.49	1300m:	16:41.49	1:18.56	2100m:	27:17.36	1:18.53	2900m:	37:51.63	1:17.87	
600m:	7:33.66	1:17.21	1400m:	17:59.25	1:17.76	2200m:	28:37.59	1:20.23	3000m:	39:08.14	1:16.51	
700m:	8:50.55	1:16.89	1500m:	19:18.10	1:18.85	2300m:	29:57.54	1:19.95				
800m:	10:08.19	1:17.64	1600m:	20:37.98	1:19.88	2400m:	31:17.03	1:19.49				
<b>22. SANCHEZ BARBERO, Irene</b>	<b>05 C.N. Atl Barceloneta</b>										<b>39:11.44</b>	<b>9,00</b>
100m:	1:13.17	1:13.17	900m:	11:32.39	1:17.97	1700m:	22:04.75	1:19.61	2500m:	32:37.84	1:19.63	
200m:	2:29.95	1:16.78	1000m:	12:51.03	1:18.64	1800m:	23:23.98	1:19.23	2600m:	33:57.71	1:19.87	
300m:	3:46.98	1:17.03	1100m:	14:09.58	1:18.55	1900m:	24:43.01	1:19.03	2700m:	35:16.67	1:18.96	
400m:	5:04.40	1:17.42	1200m:	15:27.98	1:18.40	2000m:	26:02.17	1:19.16	2800m:	36:35.71	1:19.04	
500m:	6:21.90	1:17.50	1300m:	16:47.35	1:19.37	2100m:	27:20.86	1:18.69	2900m:	37:54.97	1:19.26	
600m:	7:39.48	1:17.58	1400m:	18:05.86	1:18.51	2200m:	28:40.40	1:19.54	3000m:	39:11.44	1:16.47	
700m:	8:56.91	1:17.43	1500m:	19:25.09	1:19.23	2300m:	29:59.00	1:18.60				
800m:	10:14.42	1:17.51	1600m:	20:45.14	1:20.05	2400m:	31:18.21	1:19.21				
<b>23. PRUNES ARNAU, Jana</b>	<b>07 C.N. Mataró</b>										<b>39:26.41</b>	<b>7,00</b>
100m:	1:13.96	1:13.96	900m:	11:38.81	1:18.31	1700m:	22:10.57	1:19.00	2500m:	32:51.50	1:20.83	
200m:	2:31.44	1:17.48	1000m:	12:57.19	1:18.38	1800m:	23:29.67	1:19.10	2600m:	34:11.79	1:20.29	
300m:	3:49.38	1:17.94	1100m:	14:15.53	1:18.34	1900m:	24:49.43	1:19.76	2700m:	35:30.80	1:19.01	
400m:	5:07.36	1:17.98	1200m:	15:34.47	1:18.94	2000m:	26:09.10	1:19.67	2800m:	36:49.88	1:19.08	
500m:	6:25.42	1:18.06	1300m:	16:53.75	1:19.28	2100m:	27:28.99	1:19.89	2900m:	38:09.73	1:19.85	
600m:	7:43.85	1:18.43	1400m:	18:12.32	1:18.57	2200m:	28:49.55	1:20.56	3000m:	39:26.41	1:16.68	
700m:	9:02.10	1:18.25	1500m:	19:32.00	1:19.68	2300m:	30:10.47	1:20.92				
800m:	10:20.50	1:18.40	1600m:	20:51.57	1:19.57	2400m:	31:30.67	1:20.20				

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

Classificació	ANY										Temps		
<b>24. BUSQUETS DOMÈNECH, Mar</b>	<b>07</b>	<b>C.N. Olot</b>										<b>39:30.90</b>	<b>6,00</b>
100m:	1:14.18	1:14.18	900m:	11:37.49	1:19.98	1700m:	22:19.31	1:20.39	2500m:	33:00.58	1:21.04		
200m:	2:30.92	1:16.74	1000m:	12:57.47	1:19.98	1800m:	23:39.87	1:20.56	2600m:	34:20.37	1:19.79		
300m:	3:48.26	1:17.34	1100m:	14:17.77	1:20.30	1900m:	24:59.97	1:20.10	2700m:	35:38.80	1:18.43		
400m:	5:05.46	1:17.20	1200m:	15:37.94	1:20.17	2000m:	26:20.09	1:20.12	2800m:	36:56.82	1:18.02		
500m:	6:22.33	1:16.87	1300m:	16:57.82	1:19.88	2100m:	27:39.00	1:18.91	2900m:	38:15.17	1:18.35		
600m:	7:39.87	1:17.54	1400m:	18:18.07	1:20.25	2200m:	28:58.96	1:19.96	3000m:	39:30.90	1:15.73		
700m:	8:58.86	1:18.99	1500m:	19:38.59	1:20.52	2300m:	30:18.65	1:19.69					
800m:	10:17.51	1:18.65	1600m:	20:58.92	1:20.33	2400m:	31:39.54	1:20.89					
<b>25. HERRERA CASTILLON, Alba</b>	<b>07</b>	<b>C.N. Premià</b>										<b>39:37.58</b>	<b>5,00</b>
100m:	1:13.23	1:13.23	900m:	11:33.03	1:18.75	1700m:	22:12.10	1:21.12	2500m:	32:59.84	1:21.50		
200m:	2:30.00	1:16.77	1000m:	12:52.14	1:19.11	1800m:	23:32.44	1:20.34	2600m:	34:21.14	1:21.30		
300m:	3:46.13	1:16.13	1100m:	14:11.69	1:19.55	1900m:	24:53.41	1:20.97	2700m:	35:41.71	1:20.57		
400m:	5:02.99	1:16.86	1200m:	15:30.76	1:19.07	2000m:	26:14.28	1:20.87	2800m:	37:01.22	1:19.51		
500m:	6:20.18	1:17.19	1300m:	16:50.20	1:19.44	2100m:	27:34.27	1:19.99	2900m:	38:19.93	1:18.71		
600m:	7:38.02	1:17.84	1400m:	18:10.16	1:19.96	2200m:	28:55.57	1:21.30	3000m:	39:37.58	1:17.65		
700m:	8:55.90	1:17.88	1500m:	19:30.97	1:20.81	2300m:	30:17.03	1:21.46					
800m:	10:14.28	1:18.38	1600m:	20:50.98	1:20.01	2400m:	31:38.34	1:21.31					
<b>26. MARZO LOREN, Aina</b>	<b>06</b>	<b>C.N. Atl Barceloneta</b>										<b>40:03.83</b>	<b>4,00</b>
100m:	1:14.62	1:14.62	900m:	11:47.79	1:21.28	1700m:	22:35.40	1:20.69	2500m:	33:23.83	1:22.20		
200m:	2:31.20	1:16.58	1000m:	13:08.80	1:21.01	1800m:	23:56.22	1:20.82	2600m:	34:45.12	1:21.29		
300m:	3:48.18	1:16.98	1100m:	14:29.53	1:20.73	1900m:	25:18.25	1:22.03	2700m:	36:06.47	1:21.35		
400m:	5:05.09	1:16.91	1200m:	15:50.26	1:20.73	2000m:	26:40.06	1:21.81	2800m:	37:27.07	1:20.60		
500m:	6:24.65	1:19.56	1300m:	17:11.76	1:21.50	2100m:	28:00.68	1:20.62	2900m:	38:46.10	1:19.03		
600m:	7:45.10	1:20.45	1400m:	18:32.76	1:21.00	2200m:	29:19.83	1:19.15	3000m:	40:03.83	1:17.73		
700m:	9:05.28	1:20.18	1500m:	19:54.02	1:21.26	2300m:	30:39.29	1:19.46					
800m:	10:26.51	1:21.23	1600m:	21:14.71	1:20.69	2400m:	32:01.63	1:22.34					
<b>27. MONTERO MARTINEZ, Rebeca</b>	<b>06</b>	<b>C.N. L'Hospitalet</b>										<b>41:11.83</b>	<b>3,00</b>
100m:	1:18.37	1:18.37	900m:	12:15.35	1:22.76	1700m:	23:18.39	1:23.76	2500m:	34:22.31	1:23.47		
200m:	2:40.00	1:21.63	1000m:	13:36.09	1:20.74	1800m:	24:41.08	1:22.69	2600m:	35:45.85	1:23.54		
300m:	4:01.41	1:21.41	1100m:	14:59.03	1:22.94	1900m:	26:03.24	1:22.16	2700m:	37:07.47	1:21.62		
400m:	5:23.53	1:22.12	1200m:	16:21.59	1:22.56	2000m:	27:25.82	1:22.58	2800m:	38:30.32	1:22.85		
500m:	6:45.98	1:22.45	1300m:	17:45.03	1:23.44	2100m:	28:48.24	1:22.42	2900m:	39:53.19	1:22.87		
600m:	8:08.90	1:22.92	1400m:	19:08.17	1:23.14	2200m:	30:11.05	1:22.81	3000m:	41:11.83	1:18.64		
700m:	9:30.25	1:21.35	1500m:	20:30.64	1:22.47	2300m:	31:34.83	1:23.78					
800m:	10:52.59	1:22.34	1600m:	21:54.63	1:23.99	2400m:	32:58.84	1:24.01					
<b>28. NET GOMEZ, Laia</b>	<b>06</b>	<b>C.N. L'Hospitalet</b>										<b>41:32.06</b>	<b>2,00</b>
100m:	1:19.07	1:19.07	900m:	12:26.51	1:23.33	1700m:	23:30.96	1:23.14	2500m:	34:36.66	1:24.39		
200m:	2:41.38	1:22.31	1000m:	13:50.12	1:23.61	1800m:	24:53.75	1:22.79	2600m:	35:59.77	1:23.11		
300m:	4:05.50	1:24.12	1100m:	15:13.24	1:23.12	1900m:	26:16.34	1:22.59	2700m:	37:23.11	1:23.34		
400m:	5:28.56	1:23.06	1200m:	16:36.17	1:22.93	2000m:	27:39.07	1:22.73	2800m:	38:46.58	1:23.47		
500m:	6:52.34	1:23.78	1300m:	17:59.16	1:22.99	2100m:	29:02.14	1:23.07	2900m:	40:09.77	1:23.19		
600m:	8:16.11	1:23.77	1400m:	19:22.92	1:23.76	2200m:	30:25.10	1:22.96	3000m:	41:32.06	1:22.29		
700m:	9:39.26	1:23.15	1500m:	20:45.29	1:22.37	2300m:	31:48.08	1:22.98					
800m:	11:03.18	1:23.92	1600m:	22:07.82	1:22.53	2400m:	33:12.27	1:24.19					
<b>29. RODERO TRIGUERO, Miriam</b>	<b>07</b>	<b>C.N. Cerdanyola</b>										<b>41:45.56</b>	<b>1,00</b>
100m:	1:15.66	1:15.66	900m:	12:19.11	1:24.38	1700m:	23:36.61	1:25.38	2500m:	34:54.14	1:25.87		
200m:	2:36.08	1:20.42	1000m:	13:44.23	1:25.12	1800m:	25:01.62	1:25.01	2600m:	36:16.85	1:22.71		
300m:	3:57.60	1:21.52	1100m:	15:08.75	1:24.52	1900m:	26:25.92	1:24.30	2700m:	37:41.08	1:24.23		
400m:	5:19.48	1:21.88	1200m:	16:33.26	1:24.51	2000m:	27:51.42	1:25.50	2800m:	39:04.76	1:23.68		
500m:	6:42.15	1:22.67	1300m:	17:58.26	1:25.00	2100m:	29:15.91	1:24.49	2900m:	40:28.17	1:23.41		
600m:	8:05.71	1:23.56	1400m:	19:23.54	1:25.28	2200m:	30:39.42	1:23.51	3000m:	41:45.56	1:17.39		
700m:	9:30.06	1:24.35	1500m:	20:47.45	1:23.91	2300m:	32:03.71	1:24.29					
800m:	10:54.73	1:24.67	1600m:	22:11.23	1:23.78	2400m:	33:28.27	1:24.56					

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

Classificació	ANY		Temps			
30.	VENDRELL GARCIA, Maria		07	C.N. Lleida	<b>41:47.35</b>	-
	100m: 1:15.94	1:15.94	900m: 12:17.39	1:25.11	1700m: 23:34.15	1:25.00
	200m: 2:36.43	1:20.49	1000m: 13:42.77	1:25.38	1800m: 24:58.81	1:24.66
	300m: 3:58.30	1:21.87	1100m: 15:08.67	1:25.90	1900m: 26:24.98	1:26.17
	400m: 5:19.93	1:21.63	1200m: 16:33.15	1:24.48	2000m: 27:51.17	1:26.19
	500m: 6:42.41	1:22.48	1300m: 17:58.23	1:25.08	2100m: 29:16.28	1:25.11
	600m: 8:05.26	1:22.85	1400m: 19:23.22	1:24.99	2200m: 30:40.00	1:23.72
	700m: 9:28.15	1:22.89	1500m: 20:46.13	1:22.91	2300m: 32:04.34	1:24.34
	800m: 10:52.28	1:24.13	1600m: 22:09.15	1:23.02	2400m: 33:28.84	1:24.50
BX	PINADELL SUÑER, Carla		05	C.N. Barcelona		-
BX	MARTI BALLESTER, Marilo		98	C.N. Mataró		-