

Prova 3  
 2/12/2022 - 10:07

Masc., 3000m Lliure

 Open  
 Resultats

MMC Open	30:44.55	, Guillem Pujol Belmonte	00106	SABADELL	3/12/2021
MMC 18	32:00.47	, Eric Vilaregut De Mingo		Terrassa	20/1/2019
MMC 17	31:38.16	, Marcos Gil Corbacho		Sabadell	21/1/2017
MMC 16	32:31.00	, Albert Escrits Mañosa		Banyoles	30/11/2014

Classificació

ANY

Temps

Rank	Name	Age	Club	3000m	19,00
1.	PUJOL BELMONTE, Guillem	97	C.N. Mataró	<b>31:12.78</b>	19,00
	100m: 58.29 58.29	900m: 9:13.64 1:02.51	1700m: 17:35.25 1:02.67	2500m: 26:00.40 1:03.53	
	200m: 1:59.45 1:01.16	1000m: 10:16.48 1:02.84	1800m: 18:38.44 1:03.19	2600m: 27:03.53 1:03.13	
	300m: 3:00.98 1:01.53	1100m: 11:18.99 1:02.51	1900m: 19:41.15 1:02.71	2700m: 28:07.07 1:03.54	
	400m: 4:02.67 1:01.69	1200m: 12:21.54 1:02.55	2000m: 20:44.11 1:02.96	2800m: 29:10.23 1:03.16	
	500m: 5:04.58 1:01.91	1300m: 13:24.11 1:02.57	2100m: 21:47.27 1:03.16	2900m: 30:13.00 1:02.77	
	600m: 6:06.82 1:02.24	1400m: 14:26.73 1:02.62	2200m: 22:50.10 1:02.83	3000m: 31:12.78 59.78	
	700m: 7:08.96 1:02.14	1500m: 15:29.71 1:02.98	2300m: 23:53.35 1:03.25		
	800m: 8:11.13 1:02.17	1600m: 16:32.58 1:02.87	2400m: 24:56.87 1:03.52		
2.	JULIA TOUS, Ferran	00	C.N. Sabadell	<b>31:30.12</b>	16,00
	100m: 1:00.75 1:00.75	900m: 9:25.80 1:02.28	1700m: 17:52.66 1:02.61	2500m: 26:16.75 1:03.22	
	200m: 2:04.74 1:03.99	1000m: 10:28.47 1:02.67	1800m: 18:55.85 1:03.19	2600m: 27:19.69 1:02.94	
	300m: 3:08.97 1:04.23	1100m: 11:31.56 1:03.09	1900m: 19:58.52 1:02.67	2700m: 28:23.30 1:03.61	
	400m: 4:12.54 1:03.57	1200m: 12:35.06 1:03.50	2000m: 21:01.08 1:02.56	2800m: 29:26.52 1:03.22	
	500m: 5:16.47 1:03.93	1300m: 13:39.10 1:04.04	2100m: 22:03.82 1:02.74	2900m: 30:29.26 1:02.74	
	600m: 6:18.87 1:02.40	1400m: 14:42.83 1:03.73	2200m: 23:06.86 1:03.04	3000m: 31:30.12 1:00.86	
	700m: 7:21.38 1:02.51	1500m: 15:46.65 1:03.82	2300m: 24:10.23 1:03.37		
	800m: 8:23.52 1:02.14	1600m: 16:50.05 1:03.40	2400m: 25:13.53 1:03.30		
3.	SANTIAGO BETANCOR, Raul	97	C.N. Sant Andreu	<b>31:37.71</b>	14,00
	100m: 1:01.18 1:01.18	900m: 9:22.19 1:03.47	1700m: 17:51.36 1:02.54	2500m: 26:24.48 1:03.62	
	200m: 2:03.78 1:02.60	1000m: 10:25.92 1:03.73	1800m: 18:53.71 1:02.35	2600m: 27:27.73 1:03.25	
	300m: 3:06.01 1:02.23	1100m: 11:29.95 1:04.03	1900m: 19:57.74 1:04.03	2700m: 28:30.57 1:02.84	
	400m: 4:08.18 1:02.17	1200m: 12:34.03 1:04.08	2000m: 21:02.29 1:04.55	2800m: 29:33.01 1:02.44	
	500m: 5:10.23 1:02.05	1300m: 13:38.44 1:04.41	2100m: 22:07.04 1:04.75	2900m: 30:36.00 1:02.99	
	600m: 6:12.65 1:02.42	1400m: 14:42.29 1:03.85	2200m: 23:11.66 1:04.62	3000m: 31:37.71 1:01.71	
	700m: 7:15.39 1:02.74	1500m: 15:46.57 1:04.28	2300m: 24:16.49 1:04.83		
	800m: 8:18.72 1:03.33	1600m: 16:48.82 1:02.25	2400m: 25:20.86 1:04.37		
4.	ORTIZ MARTINEZ, Carlos	04	C.E. Mediterrani	<b>31:39.66</b>	13,00
	<i>Millor Marca Catalana</i>				
	100m: 1:00.27 1:00.27	900m: 9:22.41 1:03.46	1700m: 17:51.40 1:03.56	2500m: 26:23.36 1:04.06	
	200m: 2:02.20 1:01.93	1000m: 10:26.39 1:03.98	1800m: 18:54.84 1:03.44	2600m: 27:27.34 1:03.98	
	300m: 3:04.41 1:02.21	1100m: 11:29.74 1:03.35	1900m: 19:58.64 1:03.80	2700m: 28:30.94 1:03.60	
	400m: 4:06.67 1:02.26	1200m: 12:32.84 1:03.10	2000m: 21:02.94 1:04.30	2800m: 29:34.26 1:03.32	
	500m: 5:09.67 1:03.00	1300m: 13:36.39 1:03.55	2100m: 22:06.97 1:04.03	2900m: 30:37.86 1:03.60	
	600m: 6:12.87 1:03.20	1400m: 14:40.19 1:03.80	2200m: 23:10.92 1:03.95	3000m: 31:39.66 1:01.80	
	700m: 7:15.78 1:02.91	1500m: 15:44.09 1:03.90	2300m: 24:14.87 1:03.95		
	800m: 8:18.95 1:03.17	1600m: 16:47.84 1:03.75	2400m: 25:19.30 1:04.43		
5.	SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	<b>32:19.69</b>	12,00
	100m: 1:05.93 1:05.93	900m: 9:48.32 1:04.83	1700m: 18:22.77 1:03.79	2500m: 27:00.89 1:04.83	
	200m: 2:11.97 1:06.04	1000m: 10:52.77 1:04.45	1800m: 19:27.23 1:04.46	2600m: 28:05.23 1:04.34	
	300m: 3:17.33 1:05.36	1100m: 11:57.47 1:04.70	1900m: 20:31.93 1:04.70	2700m: 29:09.68 1:04.45	
	400m: 4:22.73 1:05.40	1200m: 13:01.96 1:04.49	2000m: 21:36.68 1:04.75	2800m: 30:14.18 1:04.50	
	500m: 5:28.37 1:05.64	1300m: 14:06.36 1:04.40	2100m: 22:41.58 1:04.90	2900m: 31:17.98 1:03.80	
	600m: 6:33.68 1:05.31	1400m: 15:11.01 1:04.65	2200m: 23:46.33 1:04.75	3000m: 32:19.69 1:01.71	
	700m: 7:38.51 1:04.83	1500m: 16:15.38 1:04.37	2300m: 24:51.15 1:04.82		
	800m: 8:43.49 1:04.98	1600m: 17:18.98 1:03.60	2400m: 25:56.06 1:04.91		

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY										Temps																		
<b>6. BELIG, Xavier</b>	<b>97 C.N. Barcelona</b>										<b>32:45.06</b>	<b>11,00</b>																	
100m: 1:05.81 1:05.81	900m: 9:51.11 1:04.99	1700m: 18:32.10 1:05.37	2500m: 27:18.64 1:05.88	200m: 2:12.40 1:06.59	1000m: 10:55.98 1:04.87	1800m: 19:37.54 1:05.44	2600m: 28:23.78 1:05.14	300m: 3:18.58 1:06.18	1100m: 12:00.57 1:04.59	1900m: 20:43.09 1:05.55	2700m: 29:29.56 1:05.78	400m: 4:24.20 1:05.62	1200m: 13:05.79 1:05.22	2000m: 21:48.72 1:05.63	2800m: 30:35.97 1:06.41	500m: 5:29.60 1:05.40	1300m: 14:10.59 1:04.80	2100m: 22:54.68 1:05.96	2900m: 31:41.19 1:05.22	600m: 6:35.06 1:05.46	1400m: 15:15.82 1:05.23	2200m: 24:00.20 1:05.52	3000m: 32:45.06 1:03.87	700m: 7:40.73 1:05.67	1500m: 16:21.29 1:05.47	2300m: 25:06.38 1:06.18	800m: 8:46.12 1:05.39	1600m: 17:26.73 1:05.44	2400m: 26:12.76 1:06.38
<b>7. PEREZ MAÑAS, Adrian</b>	<b>03 C.E. Mediterrani</b>										<b>32:51.32</b>	<b>10,00</b>																	
100m: 1:02.07 1:02.07	900m: 9:34.27 1:05.66	1700m: 18:25.22 1:06.93	2500m: 27:19.35 1:05.27	200m: 2:05.08 1:03.01	1000m: 10:40.66 1:06.39	1800m: 19:32.83 1:07.61	2600m: 28:25.15 1:05.80	300m: 3:08.36 1:03.28	1100m: 11:46.95 1:06.29	1900m: 20:39.88 1:07.05	2700m: 29:30.61 1:05.46	400m: 4:11.92 1:03.56	1200m: 12:52.88 1:05.93	2000m: 21:46.31 1:06.43	2800m: 30:38.28 1:07.67	500m: 5:16.03 1:04.11	1300m: 13:58.80 1:05.92	2100m: 22:54.21 1:07.90	2900m: 31:45.43 1:07.15	600m: 6:19.18 1:03.15	1400m: 15:04.66 1:05.86	2200m: 24:01.22 1:07.01	3000m: 32:51.32 1:05.89	700m: 7:23.79 1:04.61	1500m: 16:11.42 1:06.76	2300m: 25:08.73 1:07.51	800m: 8:28.61 1:04.82	1600m: 17:18.29 1:06.87	2400m: 26:14.08 1:05.35
<b>8. CABEZUELO AREVALO, Albert</b>	<b>04 C.N. Sabadell</b>										<b>33:01.06</b>	<b>9,00</b>																	
100m: 1:05.44 1:05.44	900m: 9:50.73 1:04.53	1700m: 18:31.92 1:05.43	2500m: 27:24.64 1:06.93	200m: 2:12.37 1:06.93	1000m: 10:55.78 1:05.05	1800m: 19:37.49 1:05.57	2600m: 28:32.61 1:07.97	300m: 3:18.18 1:05.81	1100m: 12:00.13 1:04.35	1900m: 20:43.86 1:06.37	2700m: 29:41.17 1:08.56	400m: 4:25.00 1:06.82	1200m: 13:04.56 1:04.43	2000m: 21:50.46 1:06.60	2800m: 30:49.61 1:08.44	500m: 5:30.61 1:05.61	1300m: 14:09.75 1:05.19	2100m: 22:57.95 1:07.49	2900m: 31:56.75 1:07.14	600m: 6:35.98 1:05.37	1400m: 15:15.11 1:05.36	2200m: 24:05.16 1:07.21	3000m: 33:01.06 1:04.31	700m: 7:41.11 1:05.13	1500m: 16:20.79 1:05.68	2300m: 25:11.27 1:06.11	800m: 8:46.20 1:05.09	1600m: 17:26.49 1:05.70	2400m: 26:17.71 1:06.44
<b>9. NEVADO RUIZ, Pablo</b>	<b>06 C.N. Sabadell</b>										<b>33:07.02</b>	<b>8,00</b>																	
100m: 1:05.62 1:05.62	900m: 9:58.13 1:07.31	1700m: 18:51.16 1:06.19	2500m: 27:46.12 1:07.13	200m: 2:12.52 1:06.90	1000m: 11:05.04 1:06.91	1800m: 19:58.18 1:07.02	2600m: 28:50.91 1:04.79	300m: 3:19.03 1:06.51	1100m: 12:12.24 1:07.20	1900m: 21:05.56 1:07.38	2700m: 29:56.56 1:05.65	400m: 4:25.65 1:06.62	1200m: 13:18.84 1:06.60	2000m: 22:12.70 1:07.14	2800m: 31:01.27 1:04.71	500m: 5:32.09 1:06.44	1300m: 14:25.25 1:06.41	2100m: 23:19.19 1:06.49	2900m: 32:05.73 1:04.46	600m: 6:37.89 1:05.80	1400m: 15:31.50 1:06.25	2200m: 24:26.64 1:07.45	3000m: 33:07.02 1:01.29	700m: 7:44.50 1:06.61	1500m: 16:37.91 1:06.41	2300m: 25:32.99 1:06.35	800m: 8:50.82 1:06.32	1600m: 17:44.97 1:07.06	2400m: 26:38.99 1:06.00
<b>10. ELIES VAZQUEZ, Pau</b>	<b>03 C.N. Atl Barceloneta</b>										<b>33:12.15</b>	<b>7,00</b>																	
100m: 1:06.00 1:06.00	900m: 9:57.95 1:06.24	1700m: 18:43.36 1:05.65	2500m: 27:38.72 1:07.35	200m: 2:12.55 1:06.55	1000m: 11:03.96 1:06.01	1800m: 19:49.77 1:06.41	2600m: 28:45.50 1:06.78	300m: 3:19.69 1:07.14	1100m: 12:09.77 1:05.81	1900m: 20:56.22 1:06.45	2700m: 29:52.32 1:06.82	400m: 4:26.27 1:06.58	1200m: 13:15.66 1:05.89	2000m: 22:03.32 1:07.10	2800m: 30:59.43 1:07.11	500m: 5:32.75 1:06.48	1300m: 14:21.36 1:05.70	2100m: 23:10.28 1:06.96	2900m: 32:07.35 1:07.92	600m: 6:39.56 1:06.81	1400m: 15:27.21 1:05.85	2200m: 24:17.62 1:07.34	3000m: 33:12.15 1:04.80	700m: 7:45.86 1:06.30	1500m: 16:32.39 1:05.18	2300m: 25:24.47 1:06.85	800m: 8:51.71 1:05.85	1600m: 17:37.71 1:05.32	2400m: 26:31.37 1:06.90
<b>11. JIMÉNEZ RÍSQUEZ, Alex</b>	<b>06 C.N. Caldes</b>										<b>33:14.05</b>	<b>6,00</b>																	
100m: 1:04.48 1:04.48	900m: 9:50.94 1:05.26	1700m: 18:38.53 1:06.01	2500m: 27:36.72 1:07.86	200m: 2:10.69 1:06.21	1000m: 10:56.28 1:05.34	1800m: 19:45.61 1:07.08	2600m: 28:44.47 1:07.75	300m: 3:16.98 1:06.29	1100m: 12:01.81 1:05.53	1900m: 20:52.37 1:06.76	2700m: 29:51.89 1:07.42	400m: 4:21.92 1:04.94	1200m: 13:08.02 1:06.21	2000m: 21:59.25 1:06.88	2800m: 30:59.65 1:07.76	500m: 5:27.68 1:05.76	1300m: 14:14.23 1:06.21	2100m: 23:06.14 1:06.89	2900m: 32:07.66 1:08.01	600m: 6:33.55 1:05.87	1400m: 15:20.06 1:05.83	2200m: 24:13.95 1:07.81	3000m: 33:14.05 1:06.39	700m: 7:39.77 1:06.22	1500m: 16:26.14 1:06.08	2300m: 25:21.23 1:07.28	800m: 8:45.68 1:05.91	1600m: 17:32.52 1:06.38	2400m: 26:28.86 1:07.63

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY										Temps	
<b>12. MARTÍNEZ MARESMÀ, Pol</b>	<b>04</b>	<b>C.N. Mataró</b>								<b>33:35.98</b>	<b>5,00</b>	
100m:	1:02.45	1:02.45	900m:	9:47.75	1:06.43	1700m:	18:44.40	1:07.39	2500m:	27:54.00	1:09.18	
200m:	2:06.84	1:04.39	1000m:	10:54.46	1:06.71	1800m:	19:52.19	1:07.79	2600m:	29:02.48	1:08.48	
300m:	3:11.94	1:05.10	1100m:	12:01.44	1:06.98	1900m:	21:02.48	1:10.29	2700m:	30:11.54	1:09.06	
400m:	4:17.74	1:05.80	1200m:	13:08.09	1:06.65	2000m:	22:09.92	1:07.44	2800m:	31:21.66	1:10.12	
500m:	5:23.90	1:06.16	1300m:	14:15.28	1:07.19	2100m:	23:18.92	1:09.00	2900m:	32:30.39	1:08.73	
600m:	6:29.18	1:05.28	1400m:	15:22.34	1:07.06	2200m:	24:27.52	1:08.60	3000m:	33:35.98	1:05.59	
700m:	7:35.33	1:06.15	1500m:	16:29.96	1:07.62	2300m:	25:35.64	1:08.12				
800m:	8:41.32	1:05.99	1600m:	17:37.01	1:07.05	2400m:	26:44.82	1:09.18				
<b>13. IBAÑEZ PINA, Nil</b>	<b>03</b>	<b>C.N. Atl Barceloneta</b>								<b>33:51.82</b>	<b>4,00</b>	
100m:	1:04.18	1:04.18	900m:	10:01.80	1:07.36	1700m:	19:03.54	1:08.20	2500m:	28:13.25	1:08.83	
200m:	2:10.83	1:06.65	1000m:	11:09.10	1:07.30	1800m:	20:11.85	1:08.31	2600m:	29:21.50	1:08.25	
300m:	3:18.03	1:07.20	1100m:	12:16.25	1:07.15	1900m:	21:20.05	1:08.20	2700m:	30:29.93	1:08.43	
400m:	4:24.99	1:06.96	1200m:	13:23.30	1:07.05	2000m:	22:28.86	1:08.81	2800m:	31:38.26	1:08.33	
500m:	5:32.45	1:07.46	1300m:	14:30.81	1:07.51	2100m:	23:37.54	1:08.68	2900m:	32:45.84	1:07.58	
600m:	6:39.80	1:07.35	1400m:	15:38.88	1:08.07	2200m:	24:46.45	1:08.91	3000m:	33:51.82	1:05.98	
700m:	7:47.02	1:07.22	1500m:	16:47.00	1:08.12	2300m:	25:55.80	1:09.35				
800m:	8:54.44	1:07.42	1600m:	17:55.34	1:08.34	2400m:	27:04.42	1:08.62				
<b>14. VENDRELL GARCIA, Jose</b>	<b>03</b>	<b>C.N. Lleida</b>								<b>33:52.68</b>	<b>3,00</b>	
100m:	1:03.24	1:03.24	900m:	9:50.79	1:05.99	1700m:	18:50.07	1:08.31	2500m:	28:04.41	1:09.75	
200m:	2:08.52	1:05.28	1000m:	10:57.40	1:06.61	1800m:	19:58.78	1:08.71	2600m:	29:13.63	1:09.22	
300m:	3:14.26	1:05.74	1100m:	12:04.05	1:06.65	1900m:	21:07.42	1:08.64	2700m:	30:23.96	1:10.33	
400m:	4:19.96	1:05.70	1200m:	13:11.88	1:07.83	2000m:	22:16.08	1:08.66	2800m:	31:34.09	1:10.13	
500m:	5:25.98	1:06.02	1300m:	14:19.26	1:07.38	2100m:	23:25.18	1:09.10	2900m:	32:44.27	1:10.18	
600m:	6:32.28	1:06.30	1400m:	15:26.27	1:07.01	2200m:	24:34.87	1:09.69	3000m:	33:52.68	1:08.41	
700m:	7:38.49	1:06.21	1500m:	16:33.51	1:07.24	2300m:	25:45.32	1:10.45				
800m:	8:44.80	1:06.31	1600m:	17:41.76	1:08.25	2400m:	26:54.66	1:09.34				
<b>15. SANCHEZ HURTADO, Alex</b>	<b>00</b>	<b>C.N. L'Hospitalet</b>								<b>34:00.64</b>	<b>2,00</b>	
100m:	1:03.25	1:03.25	900m:	9:58.11	1:07.10	1700m:	19:04.93	1:09.22	2500m:	28:15.00	1:09.81	
200m:	2:09.17	1:05.92	1000m:	11:05.36	1:07.25	1800m:	20:13.57	1:08.64	2600m:	29:25.21	1:10.21	
300m:	3:15.62	1:06.45	1100m:	12:12.89	1:07.53	1900m:	21:22.10	1:08.53	2700m:	30:34.88	1:09.67	
400m:	4:22.38	1:06.76	1200m:	13:20.94	1:08.05	2000m:	22:29.57	1:07.47	2800m:	31:43.48	1:08.60	
500m:	5:29.53	1:07.15	1300m:	14:29.09	1:08.15	2100m:	23:37.80	1:08.23	2900m:	32:53.08	1:09.60	
600m:	6:36.33	1:06.80	1400m:	15:37.60	1:08.51	2200m:	24:46.54	1:08.74	3000m:	34:00.64	1:07.56	
700m:	7:43.77	1:07.44	1500m:	16:46.60	1:09.00	2300m:	25:56.64	1:10.10				
800m:	8:51.01	1:07.24	1600m:	17:55.71	1:09.11	2400m:	27:05.19	1:08.55				
<b>16. YEGRES COTTIN, Andres</b>	<b>02</b>	<b>C.N. Barcelona</b>								<b>34:01.96</b>	<b>1,00</b>	
100m:	1:05.89	1:05.89	900m:	9:57.64	1:06.41	1700m:	18:54.09	1:08.66	2500m:	28:12.56	1:10.81	
200m:	2:12.81	1:06.92	1000m:	11:04.27	1:06.63	1800m:	20:03.54	1:09.45	2600m:	29:23.36	1:10.80	
300m:	3:19.70	1:06.89	1100m:	12:10.68	1:06.41	1900m:	21:13.03	1:09.49	2700m:	30:34.61	1:11.25	
400m:	4:26.59	1:06.89	1200m:	13:16.87	1:06.19	2000m:	22:22.22	1:09.19	2800m:	31:45.24	1:10.63	
500m:	5:33.12	1:06.53	1300m:	14:23.58	1:06.71	2100m:	23:31.20	1:08.98	2900m:	32:54.31	1:09.07	
600m:	6:39.58	1:06.46	1400m:	15:30.16	1:06.58	2200m:	24:40.91	1:09.71	3000m:	34:01.96	1:07.65	
700m:	7:45.45	1:05.87	1500m:	16:37.30	1:07.14	2300m:	25:51.66	1:10.75				
800m:	8:51.23	1:05.78	1600m:	17:45.43	1:08.13	2400m:	27:01.75	1:10.09				
<b>17. CASALS MAS, Èric</b>	<b>06</b>	<b>C.N. Vic-Etb</b>								<b>34:03.59</b>	<b>-</b>	
100m:	1:03.96	1:03.96	900m:	9:58.37	1:07.33	1700m:	19:08.08	1:09.28	2500m:	28:18.94	1:09.54	
200m:	2:10.41	1:06.45	1000m:	11:06.02	1:07.65	1800m:	20:16.52	1:08.44	2600m:	29:28.39	1:09.45	
300m:	3:17.17	1:06.76	1100m:	12:13.61	1:07.59	1900m:	21:24.72	1:08.20	2700m:	30:37.94	1:09.55	
400m:	4:23.36	1:06.19	1200m:	13:22.40	1:08.79	2000m:	22:33.82	1:09.10	2800m:	31:47.14	1:09.20	
500m:	5:30.14	1:06.78	1300m:	14:31.42	1:09.02	2100m:	23:42.26	1:08.44	2900m:	32:56.63	1:09.49	
600m:	6:36.79	1:06.65	1400m:	15:40.62	1:09.20	2200m:	24:51.37	1:09.11	3000m:	34:03.59	1:06.96	
700m:	7:43.44	1:06.65	1500m:	16:49.70	1:09.08	2300m:	26:00.05	1:08.68				
800m:	8:51.04	1:07.60	1600m:	17:58.80	1:09.10	2400m:	27:09.40	1:09.35				

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY												Temps																																																																												
<b>18. CHAVES GUARDIA, David</b>	<b>98 C.N. Mataró</b>												<b>34:04.84</b>		-																																																																										
100m:	1:04.08	1:04.08	900m:	10:07.93	1:08.21	1700m:	19:14.58	1:08.99	2500m:	28:25.42	1:09.05	200m:	2:09.81	1:05.73	1000m:	11:15.86	1:07.93	1800m:	20:23.07	1:08.49	2600m:	29:34.33	1:08.91	300m:	3:16.95	1:07.14	1100m:	12:22.64	1:06.78	1900m:	21:31.81	1:08.74	2700m:	30:42.95	1:08.62	400m:	4:25.41	1:08.46	1200m:	13:31.22	1:08.58	2000m:	22:40.76	1:08.95	2800m:	31:50.63	1:07.68	500m:	5:33.94	1:08.53	1300m:	14:39.17	1:07.95	2100m:	23:49.48	1:08.72	2900m:	32:58.62	1:07.99	600m:	6:43.35	1:09.41	1400m:	15:47.46	1:08.29	2200m:	24:58.42	1:08.94	3000m:	34:04.84	1:06.22	700m:	7:51.16	1:07.81	1500m:	16:56.44	1:08.98	2300m:	26:07.16	1:08.74	800m:	8:59.72	1:08.56	1600m:	18:05.59	1:09.15	2400m:	27:16.37	1:09.21
<b>19. BLANES FRIGOLA, Aleix</b>	<b>04 C.E. Àgora</b>												<b>34:09.67</b>		-																																																																										
100m:	1:04.13	1:04.13	900m:	9:58.87	1:07.80	1700m:	19:04.65	1:08.80	2500m:	28:23.26	1:10.50	200m:	2:09.67	1:05.54	1000m:	11:06.80	1:07.93	1800m:	20:13.35	1:08.70	2600m:	29:33.42	1:10.16	300m:	3:15.71	1:06.04	1100m:	12:15.13	1:08.33	1900m:	21:22.24	1:08.89	2700m:	30:43.16	1:09.74	400m:	4:22.06	1:06.35	1200m:	13:23.04	1:07.91	2000m:	22:31.41	1:09.17	2800m:	31:52.98	1:09.82	500m:	5:29.16	1:07.10	1300m:	14:30.61	1:07.57	2100m:	23:41.37	1:09.96	2900m:	33:03.31	1:10.33	600m:	6:36.22	1:07.06	1400m:	15:38.44	1:07.83	2200m:	24:51.92	1:10.55	3000m:	34:09.67	1:06.36	700m:	7:43.70	1:07.48	1500m:	16:46.90	1:08.46	2300m:	26:02.63	1:10.71	800m:	8:51.07	1:07.37	1600m:	17:55.85	1:08.95	2400m:	27:12.76	1:10.13
<b>20. REYES VALENZUELA, Abel</b>	<b>03 C.N. Mataró</b>												<b>34:25.57</b>		-																																																																										
100m:	1:04.87	1:04.87	900m:	10:09.13	1:07.90	1700m:	19:18.80	1:09.17	2500m:	28:36.66	1:09.85	200m:	2:12.96	1:08.09	1000m:	11:17.06	1:07.93	1800m:	20:28.28	1:09.48	2600m:	29:46.72	1:10.06	300m:	3:21.25	1:08.29	1100m:	12:25.29	1:08.23	1900m:	21:38.00	1:09.72	2700m:	30:57.21	1:10.49	400m:	4:29.13	1:07.88	1200m:	13:33.99	1:08.70	2000m:	22:47.56	1:09.56	2800m:	32:07.21	1:10.00	500m:	5:36.99	1:07.86	1300m:	14:42.83	1:08.84	2100m:	23:57.29	1:09.73	2900m:	33:17.13	1:09.92	600m:	6:45.02	1:08.03	1400m:	15:51.61	1:08.78	2200m:	25:07.11	1:09.82	3000m:	34:25.57	1:08.44	700m:	7:53.16	1:08.14	1500m:	17:00.54	1:08.93	2300m:	26:16.95	1:09.84	800m:	9:01.23	1:08.07	1600m:	18:09.63	1:09.09	2400m:	27:26.81	1:09.86
<b>21. LIRES SUELDO, Manuel</b>	<b>02 C.N. Barcelona</b>												<b>34:26.42</b>		-																																																																										
100m:	1:04.22	1:04.22	900m:	10:03.76	1:07.98	1700m:	19:16.06	1:10.06	2500m:	28:39.11	1:09.37	200m:	2:11.14	1:06.92	1000m:	11:12.69	1:08.93	1800m:	20:26.24	1:10.18	2600m:	29:49.00	1:09.89	300m:	3:18.32	1:07.18	1100m:	12:20.56	1:07.87	1900m:	21:36.43	1:10.19	2700m:	30:59.34	1:10.34	400m:	4:25.55	1:07.23	1200m:	13:29.92	1:09.36	2000m:	22:47.24	1:10.81	2800m:	32:07.72	1:08.38	500m:	5:33.14	1:07.59	1300m:	14:39.04	1:09.12	2100m:	23:58.05	1:10.81	2900m:	33:17.39	1:09.67	600m:	6:40.75	1:07.61	1400m:	15:47.76	1:08.72	2200m:	25:08.05	1:10.00	3000m:	34:26.42	1:09.03	700m:	7:48.09	1:07.34	1500m:	16:57.51	1:09.75	2300m:	26:18.50	1:10.45	800m:	8:55.78	1:07.69	1600m:	18:06.00	1:08.49	2400m:	27:29.74	1:11.24
<b>22. TOSQUELLA VILARDOSA, Eudald</b>	<b>06 C.N. Cervera</b>												<b>34:38.85</b>		-																																																																										
100m:	1:08.13	1:08.13	900m:	10:26.35	1:09.61	1700m:	19:44.15	1:08.46	2500m:	28:58.18	1:09.58	200m:	2:17.17	1:09.04	1000m:	11:36.28	1:09.93	1800m:	20:53.23	1:09.08	2600m:	30:07.32	1:09.14	300m:	3:26.07	1:08.90	1100m:	12:46.70	1:10.42	1900m:	22:03.07	1:09.84	2700m:	31:16.10	1:08.78	400m:	4:37.07	1:11.00	1200m:	13:56.93	1:10.23	2000m:	23:11.27	1:08.20	2800m:	32:24.75	1:08.65	500m:	5:48.27	1:11.20	1300m:	15:07.45	1:10.52	2100m:	24:20.61	1:09.34	2900m:	33:31.48	1:06.73	600m:	6:58.02	1:09.75	1400m:	16:17.71	1:10.26	2200m:	25:30.03	1:09.42	3000m:	34:38.85	1:07.37	700m:	8:07.23	1:09.21	1500m:	17:26.41	1:08.70	2300m:	26:39.07	1:09.04	800m:	9:16.74	1:09.51	1600m:	18:35.69	1:09.28	2400m:	27:48.60	1:09.53
<b>23. CORONA EDO, Marc</b>	<b>07 C.N. Sabadell</b>												<b>34:42.93</b>		-																																																																										
100m:	1:04.73	1:04.73	900m:	10:20.50	1:10.23	1700m:	19:38.10	1:08.65	2500m:	28:54.74	1:09.65	200m:	2:12.39	1:07.66	1000m:	11:30.26	1:09.76	1800m:	20:47.18	1:09.08	2600m:	30:04.71	1:09.97	300m:	3:21.17	1:08.78	1100m:	12:40.18	1:09.92	1900m:	21:56.67	1:09.49	2700m:	31:15.21	1:10.50	400m:	4:30.54	1:09.37	1200m:	13:50.71	1:10.53	2000m:	23:06.48	1:09.81	2800m:	32:25.06	1:09.85	500m:	5:40.02	1:09.48	1300m:	15:00.56	1:09.85	2100m:	24:16.15	1:09.67	2900m:	33:34.68	1:09.62	600m:	6:49.67	1:09.65	1400m:	16:10.12	1:09.56	2200m:	25:25.24	1:09.09	3000m:	34:42.93	1:08.25	700m:	8:00.23	1:10.56	1500m:	17:20.18	1:10.06	2300m:	26:35.39	1:10.15	800m:	9:10.27	1:10.04	1600m:	18:29.45	1:09.27	2400m:	27:45.09	1:09.70

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY										Temps		
<b>24. ROURA CLEMENTE, Gerard</b>	<b>01 GEIEG</b>										<b>34:53.65</b>		-
100m:	1:05.21	1:05.21	900m:	10:15.60	1:09.52	1700m:	19:35.87	1:10.40	2500m:	29:02.62	1:10.80		
200m:	2:12.38	1:07.17	1000m:	11:25.57	1:09.97	1800m:	20:46.08	1:10.21	2600m:	30:13.49	1:10.87		
300m:	3:20.20	1:07.82	1100m:	12:35.26	1:09.69	1900m:	21:56.82	1:10.74	2700m:	31:24.28	1:10.79		
400m:	4:28.71	1:08.51	1200m:	13:45.03	1:09.77	2000m:	23:07.93	1:11.11	2800m:	32:35.31	1:11.03		
500m:	5:37.87	1:09.16	1300m:	14:55.29	1:10.26	2100m:	24:18.71	1:10.78	2900m:	33:45.80	1:10.49		
600m:	6:47.16	1:09.29	1400m:	16:05.29	1:10.00	2200m:	25:29.66	1:10.95	3000m:	34:53.65	1:07.85		
700m:	7:56.68	1:09.52	1500m:	17:15.55	1:10.26	2300m:	26:40.57	1:10.91					
800m:	9:06.08	1:09.40	1600m:	18:25.47	1:09.92	2400m:	27:51.82	1:11.25					
<b>25. ARJO DELGADO, Sergi</b>	<b>06 C.N. Lleida</b>										<b>35:01.58</b>		-
100m:	1:07.91	1:07.91	900m:	10:24.43	1:09.36	1700m:	19:43.11	1:11.22	2500m:	29:08.91	1:10.47		
200m:	2:17.63	1:09.72	1000m:	11:33.93	1:09.50	1800m:	20:53.90	1:10.79	2600m:	30:20.14	1:11.23		
300m:	3:26.83	1:09.20	1100m:	12:43.31	1:09.38	1900m:	22:05.16	1:11.26	2700m:	31:31.27	1:11.13		
400m:	4:36.10	1:09.27	1200m:	13:52.78	1:09.47	2000m:	23:15.81	1:10.65	2800m:	32:42.91	1:11.64		
500m:	5:45.90	1:09.80	1300m:	15:02.64	1:09.86	2100m:	24:26.77	1:10.96	2900m:	33:53.66	1:10.75		
600m:	6:55.66	1:09.76	1400m:	16:12.29	1:09.65	2200m:	25:37.53	1:10.76	3000m:	35:01.58	1:07.92		
700m:	8:05.31	1:09.65	1500m:	17:21.50	1:09.21	2300m:	26:48.07	1:10.54					
800m:	9:15.07	1:09.76	1600m:	18:31.89	1:10.39	2400m:	27:58.44	1:10.37					
<b>26. FIORI PORTA, Marc</b>	<b>05 C.N. Mataró</b>										<b>35:14.87</b>		-
100m:	1:07.96	1:07.96	900m:	10:30.83	1:10.63	1700m:	19:57.25	1:10.86	2500m:	29:22.80	1:10.58		
200m:	2:17.57	1:09.61	1000m:	11:41.61	1:10.78	1800m:	21:08.36	1:11.11	2600m:	30:33.43	1:10.63		
300m:	3:27.79	1:10.22	1100m:	12:52.24	1:10.63	1900m:	22:19.23	1:10.87	2700m:	31:44.62	1:11.19		
400m:	4:37.84	1:10.05	1200m:	14:02.61	1:10.37	2000m:	23:30.12	1:10.89	2800m:	32:55.56	1:10.94		
500m:	5:48.82	1:10.98	1300m:	15:13.37	1:10.76	2100m:	24:40.31	1:10.19	2900m:	34:06.15	1:10.59		
600m:	6:59.15	1:10.33	1400m:	16:24.51	1:11.14	2200m:	25:51.26	1:10.95	3000m:	35:14.87	1:08.72		
700m:	8:09.80	1:10.65	1500m:	17:35.77	1:11.26	2300m:	27:01.37	1:10.11					
800m:	9:20.20	1:10.40	1600m:	18:46.39	1:10.62	2400m:	28:12.22	1:10.85					
<b>27. MICHANS BURGUÉS, Àlex</b>	<b>07 C.N. Lleida</b>										<b>35:15.21</b>		-
100m:	1:08.62	1:08.62	900m:	10:28.61	1:09.90	1700m:	19:51.18	1:10.46	2500m:	29:19.07	1:11.09		
200m:	2:18.60	1:09.98	1000m:	11:38.56	1:09.95	1800m:	21:01.84	1:10.66	2600m:	30:30.61	1:11.54		
300m:	3:29.52	1:10.92	1100m:	12:47.89	1:09.33	1900m:	22:12.52	1:10.68	2700m:	31:41.93	1:11.32		
400m:	4:39.15	1:09.63	1200m:	13:58.62	1:10.73	2000m:	23:23.52	1:11.00	2800m:	32:53.95	1:12.02		
500m:	5:49.58	1:10.43	1300m:	15:08.91	1:10.29	2100m:	24:34.51	1:10.99	2900m:	34:05.02	1:11.07		
600m:	6:59.56	1:09.98	1400m:	16:19.53	1:10.62	2200m:	25:46.38	1:11.87	3000m:	35:15.21	1:10.19		
700m:	8:09.28	1:09.72	1500m:	17:30.38	1:10.85	2300m:	26:57.48	1:11.10					
800m:	9:18.71	1:09.43	1600m:	18:40.72	1:10.34	2400m:	28:07.98	1:10.50					
<b>28. RIERA GARCIA, Pablo</b>	<b>04 C.E.N. Cabrera De Mar</b>										<b>35:16.21</b>		-
100m:	1:04.71	1:04.71	900m:	10:14.56	1:09.75	1700m:	19:41.50	1:11.47	2500m:	29:15.71	1:12.03		
200m:	2:12.32	1:07.61	1000m:	11:24.72	1:10.16	1800m:	20:53.53	1:12.03	2600m:	30:27.83	1:12.12		
300m:	3:20.34	1:08.02	1100m:	12:34.42	1:09.70	1900m:	22:05.88	1:12.35	2700m:	31:40.48	1:12.65		
400m:	4:28.54	1:08.20	1200m:	13:44.92	1:10.50	2000m:	23:17.47	1:11.59	2800m:	32:53.18	1:12.70		
500m:	5:37.43	1:08.89	1300m:	14:55.71	1:10.79	2100m:	24:28.95	1:11.48	2900m:	34:05.52	1:12.34		
600m:	6:46.22	1:08.79	1400m:	16:06.94	1:11.23	2200m:	25:41.20	1:12.25	3000m:	35:16.21	1:10.69		
700m:	7:55.04	1:08.82	1500m:	17:18.65	1:11.71	2300m:	26:52.11	1:10.91					
800m:	9:04.81	1:09.77	1600m:	18:30.03	1:11.38	2400m:	28:03.68	1:11.57					
<b>29. SERNA IZQUIERDO, Arnau</b>	<b>05 C.N. Mataró</b>										<b>35:34.40</b>		-
100m:	1:07.83	1:07.83	900m:	10:26.60	1:10.63	1700m:	19:56.01	1:11.60	2500m:	29:34.81	1:12.74		
200m:	2:17.25	1:09.42	1000m:	11:37.05	1:10.45	1800m:	21:07.60	1:11.59	2600m:	30:47.40	1:12.59		
300m:	3:26.28	1:09.03	1100m:	12:48.33	1:11.28	1900m:	22:19.36	1:11.76	2700m:	32:00.90	1:13.50		
400m:	4:35.71	1:09.43	1200m:	13:59.48	1:11.15	2000m:	23:31.79	1:12.43	2800m:	33:12.76	1:11.86		
500m:	5:45.43	1:09.72	1300m:	15:10.77	1:11.29	2100m:	24:43.61	1:11.82	2900m:	34:25.16	1:12.40		
600m:	6:55.13	1:09.70	1400m:	16:21.95	1:11.18	2200m:	25:57.23	1:13.62	3000m:	35:34.40	1:09.24		
700m:	8:05.36	1:10.23	1500m:	17:33.27	1:11.32	2300m:	27:09.44	1:12.21					
800m:	9:15.97	1:10.61	1600m:	18:44.41	1:11.14	2400m:	28:22.07	1:12.63					

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY										Temps		
30.	NAVARRO GALAN, Marc 07 C.N. Viladecans										<b>35:37.29</b>		-
	100m:	1:06.53	1:06.53	900m:	10:34.32	1:11.42	1700m:	20:06.73	1:11.73	2500m:	29:43.77	1:12.14	
	200m:	2:16.50	1:09.97	1000m:	11:46.03	1:11.71	1800m:	21:18.34	1:11.61	2600m:	30:55.37	1:11.60	
	300m:	3:26.56	1:10.06	1100m:	12:57.73	1:11.70	1900m:	22:30.06	1:11.72	2700m:	32:07.26	1:11.89	
	400m:	4:37.24	1:10.68	1200m:	14:09.38	1:11.65	2000m:	23:42.47	1:12.41	2800m:	33:20.14	1:12.88	
	500m:	5:48.19	1:10.95	1300m:	15:20.70	1:11.32	2100m:	24:54.29	1:11.82	2900m:	34:30.49	1:10.35	
	600m:	6:59.29	1:11.10	1400m:	16:32.04	1:11.34	2200m:	26:06.10	1:11.81	3000m:	35:37.29	1:06.80	
	700m:	8:11.13	1:11.84	1500m:	17:43.17	1:11.13	2300m:	27:19.03	1:12.93				
	800m:	9:22.90	1:11.77	1600m:	18:55.00	1:11.83	2400m:	28:31.63	1:12.60				
31.	VILASECA MARTIN, Jan 07 C.N. Terrassa										<b>35:37.30</b>		-
	100m:	1:06.17	1:06.17	900m:	10:26.36	1:10.34	1700m:	19:52.70	1:11.52	2500m:	29:34.51	1:12.37	
	200m:	2:15.21	1:09.04	1000m:	11:36.95	1:10.59	1800m:	21:04.69	1:11.99	2600m:	30:47.28	1:12.77	
	300m:	3:25.02	1:09.81	1100m:	12:47.48	1:10.53	1900m:	22:17.21	1:12.52	2700m:	32:01.25	1:13.97	
	400m:	4:35.59	1:10.57	1200m:	13:58.53	1:11.05	2000m:	23:30.36	1:13.15	2800m:	33:14.93	1:13.68	
	500m:	5:46.08	1:10.49	1300m:	15:08.89	1:10.36	2100m:	24:43.57	1:13.21	2900m:	34:27.19	1:12.26	
	600m:	6:55.79	1:09.71	1400m:	16:19.01	1:10.12	2200m:	25:56.37	1:12.80	3000m:	35:37.30	1:10.11	
	700m:	8:05.72	1:09.93	1500m:	17:29.73	1:10.72	2300m:	27:08.69	1:12.32				
	800m:	9:16.02	1:10.30	1600m:	18:41.18	1:11.45	2400m:	28:22.14	1:13.45				
32.	ROCA BORRAS, Joan 06 C.N. Salou										<b>35:37.72</b>		-
	100m:	1:06.99	1:06.99	900m:	10:35.67	1:11.67	1700m:	20:08.78	1:12.19	2500m:	29:46.27	1:12.24	
	200m:	2:16.68	1:09.69	1000m:	11:46.89	1:11.22	1800m:	21:21.23	1:12.45	2600m:	30:58.15	1:11.88	
	300m:	3:27.73	1:11.05	1100m:	12:58.10	1:11.21	1900m:	22:33.22	1:11.99	2700m:	32:10.21	1:12.06	
	400m:	4:39.15	1:11.42	1200m:	14:08.88	1:10.78	2000m:	23:45.33	1:12.11	2800m:	33:22.59	1:12.38	
	500m:	5:50.20	1:11.05	1300m:	15:20.73	1:11.85	2100m:	24:57.96	1:12.63	2900m:	34:32.29	1:09.70	
	600m:	7:01.40	1:11.20	1400m:	16:32.58	1:11.85	2200m:	26:09.25	1:11.29	3000m:	35:37.72	1:05.43	
	700m:	8:12.98	1:11.58	1500m:	17:44.49	1:11.91	2300m:	27:21.55	1:12.30				
	800m:	9:24.00	1:11.02	1600m:	18:56.59	1:12.10	2400m:	28:34.03	1:12.48				
33.	DEL CASTILLO MASICH, Guillem 06 C.N. Tarraco										<b>35:38.20</b>		-
	100m:	1:07.70	1:07.70	900m:	10:35.48	1:11.50	1700m:	20:08.67	1:12.20	2500m:	29:46.10	1:11.90	
	200m:	2:17.16	1:09.46	1000m:	11:46.67	1:11.19	1800m:	21:20.98	1:12.31	2600m:	30:57.85	1:11.75	
	300m:	3:27.93	1:10.77	1100m:	12:58.00	1:11.33	1900m:	22:32.94	1:11.96	2700m:	32:10.08	1:12.23	
	400m:	4:39.26	1:11.33	1200m:	14:09.06	1:11.06	2000m:	23:45.07	1:12.13	2800m:	33:22.41	1:12.33	
	500m:	5:50.24	1:10.98	1300m:	15:20.67	1:11.61	2100m:	24:57.72	1:12.65	2900m:	34:31.41	1:09.00	
	600m:	7:01.54	1:11.30	1400m:	16:32.52	1:11.85	2200m:	26:10.02	1:12.30	3000m:	35:38.20	1:06.79	
	700m:	8:12.55	1:11.01	1500m:	17:44.50	1:11.98	2300m:	27:21.90	1:11.88				
	800m:	9:23.98	1:11.43	1600m:	18:56.47	1:11.97	2400m:	28:34.20	1:12.30				
34.	MATAS VELASCO, Guillermo 96 C.N. Mataró										<b>35:40.74</b>		-
	100m:	1:07.32	1:07.32	900m:	10:35.59	1:11.67	1700m:	20:08.56	1:11.99	2500m:	29:45.68	1:12.37	
	200m:	2:16.67	1:09.35	1000m:	11:46.74	1:11.15	1800m:	21:20.82	1:12.26	2600m:	30:57.66	1:11.98	
	300m:	3:27.97	1:11.30	1100m:	12:57.67	1:10.93	1900m:	22:32.99	1:12.17	2700m:	32:09.91	1:12.25	
	400m:	4:39.19	1:11.22	1200m:	14:08.51	1:10.84	2000m:	23:45.02	1:12.03	2800m:	33:22.28	1:12.37	
	500m:	5:50.29	1:11.10	1300m:	15:20.39	1:11.88	2100m:	24:57.52	1:12.50	2900m:	34:32.74	1:10.46	
	600m:	7:01.55	1:11.26	1400m:	16:32.32	1:11.93	2200m:	26:08.41	1:10.89	3000m:	35:40.74	1:08.00	
	700m:	8:12.72	1:11.17	1500m:	17:44.17	1:11.85	2300m:	27:20.91	1:12.50				
	800m:	9:23.92	1:11.20	1600m:	18:56.57	1:12.40	2400m:	28:33.31	1:12.40				
35.	REMESAR AGUILAR, Nemo Antonio 83 C.N. Atl Barceloneta										<b>35:49.26</b>		-
	100m:	1:07.22	1:07.22	900m:	10:27.18	1:10.17	1700m:	20:01.90	1:15.06	2500m:	29:47.18	1:12.49	
	200m:	2:15.66	1:08.44	1000m:	11:37.82	1:10.64	1800m:	21:17.06	1:15.16	2600m:	30:59.89	1:12.71	
	300m:	3:25.13	1:09.47	1100m:	12:47.69	1:09.87	1900m:	22:30.76	1:13.70	2700m:	32:13.00	1:13.11	
	400m:	4:35.57	1:10.44	1200m:	13:58.35	1:10.66	2000m:	23:43.79	1:13.03	2800m:	33:25.30	1:12.30	
	500m:	5:46.19	1:10.62	1300m:	15:09.45	1:11.10	2100m:	24:57.01	1:13.22	2900m:	34:38.08	1:12.78	
	600m:	6:56.65	1:10.46	1400m:	16:20.32	1:10.87	2200m:	26:09.32	1:12.31	3000m:	35:49.26	1:11.18	
	700m:	8:07.23	1:10.58	1500m:	17:30.93	1:10.61	2300m:	27:21.96	1:12.64				
	800m:	9:17.01	1:09.78	1600m:	18:46.84	1:15.91	2400m:	28:34.69	1:12.73				

## Prova 3, Masc., 3000m Lliure, Open

Classificació			ANY				Temps					
36.	DE LA CRUZ GARCIA, Didac		07	C.N. Sant Andreu		<b>35:50.78</b>		-				
	100m:	1:08.81	1:08.81	900m:	10:37.94	1:10.93	1700m:	20:12.68	1:12.79	2500m:	29:58.00	1:13.09
	200m:	2:20.00	1:11.19	1000m:	11:49.64	1:11.70	1800m:	21:24.78	1:12.10	2600m:	31:09.54	1:11.54
	300m:	3:30.65	1:10.65	1100m:	13:00.86	1:11.22	1900m:	22:37.84	1:13.06	2700m:	32:20.55	1:11.01
	400m:	4:42.82	1:12.17	1200m:	14:11.73	1:10.87	2000m:	23:50.32	1:12.48	2800m:	33:32.47	1:11.92
	500m:	5:53.60	1:10.78	1300m:	15:24.59	1:12.86	2100m:	25:03.36	1:13.04	2900m:	34:44.00	1:11.53
	600m:	7:04.96	1:11.36	1400m:	16:37.63	1:13.04	2200m:	26:16.56	1:13.20	3000m:	35:50.78	1:06.78
	700m:	8:15.57	1:10.61	1500m:	17:48.92	1:11.29	2300m:	27:31.54	1:14.98			
	800m:	9:27.01	1:11.44	1600m:	18:59.89	1:10.97	2400m:	28:44.91	1:13.37			
37.	LAGOS PAU, Aitor		95	C.N. L'Hospitalet		<b>35:53.62</b>		-				
	100m:	1:06.49	1:06.49	900m:	10:24.76	1:11.95	1700m:	20:01.03	1:12.73	2500m:	29:47.42	1:14.12
	200m:	2:14.46	1:07.97	1000m:	11:35.93	1:11.17	1800m:	21:14.08	1:13.05	2600m:	31:02.15	1:14.73
	300m:	3:23.20	1:08.74	1100m:	12:48.09	1:12.16	1900m:	22:26.81	1:12.73	2700m:	32:16.50	1:14.35
	400m:	4:32.30	1:09.10	1200m:	13:59.43	1:11.34	2000m:	23:39.83	1:13.02	2800m:	33:30.17	1:13.67
	500m:	5:41.98	1:09.68	1300m:	15:11.59	1:12.16	2100m:	24:52.26	1:12.43	2900m:	34:42.65	1:12.48
	600m:	6:52.25	1:10.27	1400m:	16:24.00	1:12.41	2200m:	26:06.09	1:13.83	3000m:	35:53.62	1:10.97
	700m:	8:02.40	1:10.15	1500m:	17:35.57	1:11.57	2300m:	27:19.78	1:13.69			
	800m:	9:12.81	1:10.41	1600m:	18:48.30	1:12.73	2400m:	28:33.30	1:13.52			
38.	ARRUGA MORENO, Alvaro		06	C.N. Igualada		<b>36:15.90</b>		-				
	100m:	1:09.97	1:09.97	900m:	10:45.87	1:12.08	1700m:	20:30.03	1:13.25	2500m:	30:17.85	1:13.44
	200m:	2:21.99	1:12.02	1000m:	11:58.27	1:12.40	1800m:	21:43.17	1:13.14	2600m:	31:30.79	1:12.94
	300m:	3:34.22	1:12.23	1100m:	13:10.50	1:12.23	1900m:	22:57.17	1:14.00	2700m:	32:42.71	1:11.92
	400m:	4:46.10	1:11.88	1200m:	14:23.63	1:13.13	2000m:	24:11.01	1:13.84	2800m:	33:54.98	1:12.27
	500m:	5:57.23	1:11.13	1300m:	15:37.14	1:13.51	2100m:	25:24.35	1:13.34	2900m:	35:06.78	1:11.80
	600m:	7:09.48	1:12.25	1400m:	16:50.15	1:13.01	2200m:	26:37.86	1:13.51	3000m:	36:15.90	1:09.12
	700m:	8:21.62	1:12.14	1500m:	18:03.34	1:13.19	2300m:	27:51.18	1:13.32			
	800m:	9:33.79	1:12.17	1600m:	19:16.78	1:13.44	2400m:	29:04.41	1:13.23			
39.	ALVAREZ GARCIA, Joel		06	C.N. Premià		<b>36:24.31</b>		-				
	100m:	1:10.24	1:10.24	900m:	10:45.48	1:12.02	1700m:	20:30.08	1:13.42	2500m:	30:18.72	1:13.86
	200m:	2:22.23	1:11.99	1000m:	11:58.13	1:12.65	1800m:	21:43.35	1:13.27	2600m:	31:32.06	1:13.34
	300m:	3:34.46	1:12.23	1100m:	13:10.76	1:12.63	1900m:	22:57.21	1:13.86	2700m:	32:45.84	1:13.78
	400m:	4:46.30	1:11.84	1200m:	14:23.49	1:12.73	2000m:	24:11.03	1:13.82	2800m:	33:59.56	1:13.72
	500m:	5:57.37	1:11.07	1300m:	15:36.93	1:13.44	2100m:	25:24.36	1:13.33	2900m:	35:12.60	1:13.04
	600m:	7:09.36	1:11.99	1400m:	16:50.27	1:13.34	2200m:	26:38.13	1:13.77	3000m:	36:24.31	1:11.71
	700m:	8:21.40	1:12.04	1500m:	18:03.45	1:13.18	2300m:	27:51.38	1:13.25			
	800m:	9:33.46	1:12.06	1600m:	19:16.66	1:13.21	2400m:	29:04.86	1:13.48			
40.	GABERNET MARTÍN, Biel		07	C.N. Tàrraga		<b>36:31.85</b>		-				
	100m:	1:09.92	1:09.92	900m:	10:38.25	1:11.17	1700m:	20:25.78	1:14.60	2500m:	30:20.29	1:15.46
	200m:	2:20.58	1:10.66	1000m:	11:49.79	1:11.54	1800m:	21:41.10	1:15.32	2600m:	31:34.51	1:14.22
	300m:	3:32.03	1:11.45	1100m:	13:01.56	1:11.77	1900m:	22:55.39	1:14.29	2700m:	32:48.61	1:14.10
	400m:	4:43.76	1:11.73	1200m:	14:14.27	1:12.71	2000m:	24:10.03	1:14.64	2800m:	34:04.52	1:15.91
	500m:	5:54.36	1:10.60	1300m:	15:27.91	1:13.64	2100m:	25:22.40	1:12.37	2900m:	35:19.55	1:15.03
	600m:	7:04.85	1:10.49	1400m:	16:41.72	1:13.81	2200m:	26:35.68	1:13.28	3000m:	36:31.85	1:12.30
	700m:	8:15.26	1:10.41	1500m:	17:56.04	1:14.32	2300m:	27:49.94	1:14.26			
	800m:	9:27.08	1:11.82	1600m:	19:11.18	1:15.14	2400m:	29:04.83	1:14.89			
41.	SANCHEZ GIBELLO, Nil		06	C.N. Terrassa		<b>36:38.16</b>		-				
	100m:	1:09.01	1:09.01	900m:	10:45.59	1:13.76	1700m:	20:39.31	1:14.64	2500m:	30:31.51	1:14.39
	200m:	2:19.09	1:10.08	1000m:	11:58.64	1:13.05	1800m:	21:53.68	1:14.37	2600m:	31:45.08	1:13.57
	300m:	3:30.28	1:11.19	1100m:	13:12.79	1:14.15	1900m:	23:07.54	1:13.86	2700m:	32:58.59	1:13.51
	400m:	4:42.07	1:11.79	1200m:	14:26.71	1:13.92	2000m:	24:20.71	1:13.17	2800m:	34:12.70	1:14.11
	500m:	5:53.61	1:11.54	1300m:	15:41.73	1:15.02	2100m:	25:34.32	1:13.61	2900m:	35:25.93	1:13.23
	600m:	7:06.00	1:12.39	1400m:	16:56.12	1:14.39	2200m:	26:47.93	1:13.61	3000m:	36:38.16	1:12.23
	700m:	8:18.48	1:12.48	1500m:	18:10.04	1:13.92	2300m:	28:02.28	1:14.35			
	800m:	9:31.83	1:13.35	1600m:	19:24.67	1:14.63	2400m:	29:17.12	1:14.84			

## Prova 3, Masc., 3000m Lliure, Open

Classificació	ANY										Temps		
<b>42. CHECA HORNERO, Aleix</b>	<b>06 C.N. L'Hospitalet</b>										<b>36:41.78</b>		-
100m:	1:08.62	1:08.62	900m:	10:45.73	1:13.22	1700m:	20:33.17	1:13.90	2500m:	30:28.87	1:14.29		
200m:	2:20.50	1:11.88	1000m:	11:58.48	1:12.75	1800m:	21:47.59	1:14.42	2600m:	31:43.71	1:14.84		
300m:	3:31.54	1:11.04	1100m:	13:11.80	1:13.32	1900m:	23:02.31	1:14.72	2700m:	32:58.37	1:14.66		
400m:	4:43.02	1:11.48	1200m:	14:24.99	1:13.19	2000m:	24:16.19	1:13.88	2800m:	34:13.79	1:15.42		
500m:	5:54.79	1:11.77	1300m:	15:37.98	1:12.99	2100m:	25:31.22	1:15.03	2900m:	35:28.29	1:14.50		
600m:	7:06.98	1:12.19	1400m:	16:50.98	1:13.00	2200m:	26:46.26	1:15.04	3000m:	36:41.78	1:13.49		
700m:	8:19.71	1:12.73	1500m:	18:05.53	1:14.55	2300m:	28:00.14	1:13.88					
800m:	9:32.51	1:12.80	1600m:	19:19.27	1:13.74	2400m:	29:14.58	1:14.44					
<b>43. MARTIN SANCHEZ, Dylan</b>	<b>06 C.N. Salou</b>										<b>36:53.58</b>		-
100m:	1:08.33	1:08.33	900m:	10:46.08	1:13.15	1700m:	20:33.46	1:13.85	2500m:	30:37.94	1:16.02		
200m:	2:19.10	1:10.77	1000m:	11:58.49	1:12.41	1800m:	21:48.49	1:15.03	2600m:	31:53.52	1:15.58		
300m:	3:30.39	1:11.29	1100m:	13:11.79	1:13.30	1900m:	23:03.67	1:15.18	2700m:	33:08.95	1:15.43		
400m:	4:42.33	1:11.94	1200m:	14:24.88	1:13.09	2000m:	24:18.33	1:14.66	2800m:	34:24.42	1:15.47		
500m:	5:54.31	1:11.98	1300m:	15:38.34	1:13.46	2100m:	25:33.97	1:15.64	2900m:	35:39.31	1:14.89		
600m:	7:06.74	1:12.43	1400m:	16:52.03	1:13.69	2200m:	26:49.71	1:15.74	3000m:	36:53.58	1:14.27		
700m:	8:19.97	1:13.23	1500m:	18:05.57	1:13.54	2300m:	28:05.87	1:16.16					
800m:	9:32.93	1:12.96	1600m:	19:19.61	1:14.04	2400m:	29:21.92	1:16.05					
<b>44. MOLINI IBAÑEZ, Arnau</b>	<b>02 C.N. Barcelona</b>										<b>37:11.17</b>		-
100m:	1:11.12	1:11.12	900m:	11:02.39	1:13.10	1700m:	21:00.91	1:14.65	2500m:	31:01.86	1:17.29		
200m:	2:23.62	1:12.50	1000m:	12:15.27	1:12.88	1800m:	22:14.77	1:13.86	2600m:	32:17.50	1:15.64		
300m:	3:37.41	1:13.79	1100m:	13:32.38	1:17.11	1900m:	23:29.11	1:14.34	2700m:	33:33.67	1:16.17		
400m:	4:49.35	1:11.94	1200m:	14:45.36	1:12.98	2000m:	24:46.15	1:17.04	2800m:	34:48.26	1:14.59		
500m:	6:02.96	1:13.61	1300m:	16:00.64	1:15.28	2100m:	26:00.50	1:14.35	2900m:	36:01.89	1:13.63		
600m:	7:18.91	1:15.95	1400m:	17:15.80	1:15.16	2200m:	27:15.42	1:14.92	3000m:	37:11.17	1:09.28		
700m:	8:34.50	1:15.59	1500m:	18:31.55	1:15.75	2300m:	28:32.29	1:16.87					
800m:	9:49.29	1:14.79	1600m:	19:46.26	1:14.71	2400m:	29:44.57	1:12.28					
<b>45. LAPLAZA SANTOS, Carles</b>	<b>05 C.N. Barcelona</b>										<b>37:27.76</b>		-
100m:	1:10.77	1:10.77	900m:	11:01.03	1:13.61	1700m:	20:53.85	1:14.12	2500m:	31:04.86	1:17.75		
200m:	2:23.86	1:13.09	1000m:	12:15.15	1:14.12	1800m:	22:08.54	1:14.69	2600m:	32:22.16	1:17.30		
300m:	3:38.06	1:14.20	1100m:	13:28.55	1:13.40	1900m:	23:23.74	1:15.20	2700m:	33:40.07	1:17.91		
400m:	4:52.59	1:14.53	1200m:	14:42.57	1:14.02	2000m:	24:39.54	1:15.80	2800m:	34:57.74	1:17.67		
500m:	6:07.34	1:14.75	1300m:	15:57.03	1:14.46	2100m:	25:55.75	1:16.21	2900m:	36:14.40	1:16.66		
600m:	7:20.78	1:13.44	1400m:	17:11.37	1:14.34	2200m:	27:12.58	1:16.83	3000m:	37:27.76	1:13.36		
700m:	8:33.96	1:13.18	1500m:	18:25.48	1:14.11	2300m:	28:29.59	1:17.01					
800m:	9:47.42	1:13.46	1600m:	19:39.73	1:14.25	2400m:	29:47.11	1:17.52					
<b>46. SISCART MUNTANÉ, Oleguer</b>	<b>06 C.N. Barcelona</b>										<b>38:42.72</b>		-
100m:	1:10.07	1:10.07	900m:	11:18.75	1:17.04	1700m:	21:43.43	1:18.43	2500m:	32:13.86	1:19.35		
200m:	2:23.83	1:13.76	1000m:	12:36.41	1:17.66	1800m:	23:01.99	1:18.56	2600m:	33:32.10	1:18.24		
300m:	3:38.82	1:14.99	1100m:	13:53.98	1:17.57	1900m:	24:21.15	1:19.16	2700m:	34:49.90	1:17.80		
400m:	4:54.72	1:15.90	1200m:	15:12.19	1:18.21	2000m:	25:41.14	1:19.99	2800m:	36:08.66	1:18.76		
500m:	6:10.81	1:16.09	1300m:	16:29.65	1:17.46	2100m:	26:58.48	1:17.34	2900m:	37:25.61	1:16.95		
600m:	7:27.62	1:16.81	1400m:	17:47.99	1:18.34	2200m:	28:16.84	1:18.36	3000m:	38:42.72	1:17.11		
700m:	8:44.76	1:17.14	1500m:	19:06.92	1:18.93	2300m:	29:35.33	1:18.49					
800m:	10:01.71	1:16.95	1600m:	20:25.00	1:18.08	2400m:	30:54.51	1:19.18					
<b>BX TEIXIDÓ JOVÉ, Aleix</b>	<b>06 C.E. Inef Lleida</b>												-
<b>BX REED, Lachlan James</b>	<b>05 C.N. Sabadell</b>												-
<b>BX ARROYO LOPEZ DEL CASTILLO, Izan</b>	<b>07 C.N. Sant Andreu</b>												-