

Prova 4
 2/12/2022 - 10:07

Fem., 3000m Lliure

 Open
 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

Rank	Name	Age	Club	3000m	19,00	
1.	GIRALT PIDEMONT, Claudia	01	C.N. L'Hospitalet	34:31.75	19,00	
	100m: 1:04.39	1:04.39	900m: 10:12.41	1:08.94	1700m: 19:28.33	1:10.28
	200m: 2:11.01	1:06.62	1000m: 11:20.86	1:08.45	1800m: 20:38.46	1:10.13
	300m: 3:18.94	1:07.93	1100m: 12:29.92	1:09.06	1900m: 21:48.00	1:09.54
	400m: 4:27.44	1:08.50	1200m: 13:39.42	1:09.50	2000m: 22:56.78	1:08.78
	500m: 5:35.98	1:08.54	1300m: 14:48.85	1:09.43	2100m: 24:07.15	1:10.37
	600m: 6:45.09	1:09.11	1400m: 15:58.84	1:09.99	2200m: 25:17.90	1:10.75
	700m: 7:54.18	1:09.09	1500m: 17:08.52	1:09.68	2300m: 26:28.11	1:10.21
	800m: 9:03.47	1:09.29	1600m: 18:18.05	1:09.53	2400m: 27:37.69	1:09.58
2.	MARTINEZ DE SALINAS PEÑA, Clara	07	E.M. El Olivar	34:37.21	-	
	100m: 1:05.45	1:05.45	900m: 10:10.71	1:08.66	1700m: 19:28.35	1:09.92
	200m: 2:13.13	1:07.68	1000m: 11:19.89	1:09.18	1800m: 20:38.69	1:10.34
	300m: 3:20.81	1:07.68	1100m: 12:29.62	1:09.73	1900m: 21:48.50	1:09.81
	400m: 4:28.78	1:07.97	1200m: 13:39.00	1:09.38	2000m: 22:58.31	1:09.81
	500m: 5:37.27	1:08.49	1300m: 14:48.54	1:09.54	2100m: 24:08.01	1:09.70
	600m: 6:45.65	1:08.38	1400m: 15:58.65	1:10.11	2200m: 25:18.51	1:10.50
	700m: 7:53.74	1:08.09	1500m: 17:08.73	1:10.08	2300m: 26:28.68	1:10.17
	800m: 9:02.05	1:08.31	1600m: 18:18.43	1:09.70	2400m: 27:38.60	1:09.92
3.	COLL MARTI, Júlia	07	C.N. Olot	35:43.38	16,00	
	100m: 1:07.33	1:07.33	900m: 10:39.12	1:11.90	1700m: 20:16.49	1:12.42
	200m: 2:18.53	1:11.20	1000m: 11:51.03	1:11.91	1800m: 21:28.17	1:11.68
	300m: 3:29.96	1:11.43	1100m: 13:03.10	1:12.07	1900m: 22:40.06	1:11.89
	400m: 4:41.28	1:11.32	1200m: 14:14.87	1:11.77	2000m: 23:51.91	1:11.85
	500m: 5:52.32	1:11.04	1300m: 15:27.10	1:12.23	2100m: 25:03.11	1:11.20
	600m: 7:04.21	1:11.89	1400m: 16:39.14	1:12.04	2200m: 26:15.47	1:12.36
	700m: 8:15.74	1:11.53	1500m: 17:51.62	1:12.48	2300m: 27:27.47	1:12.00
	800m: 9:27.22	1:11.48	1600m: 19:04.07	1:12.45	2400m: 28:39.42	1:11.95
4.	OLIVEIRA LARA, Carolina	07	C.N. Caldes	35:46.75	14,00	
	100m: 1:07.97	1:07.97	900m: 10:34.41	1:10.81	1700m: 20:10.42	1:12.43
	200m: 2:18.38	1:10.41	1000m: 11:45.72	1:11.31	1800m: 21:22.58	1:12.16
	300m: 3:28.98	1:10.60	1100m: 12:57.22	1:11.50	1900m: 22:34.73	1:12.15
	400m: 4:39.43	1:10.45	1200m: 14:08.80	1:11.58	2000m: 23:47.05	1:12.32
	500m: 5:50.32	1:10.89	1300m: 15:20.85	1:12.05	2100m: 24:59.27	1:12.22
	600m: 7:01.34	1:11.02	1400m: 16:33.30	1:12.45	2200m: 26:11.43	1:12.16
	700m: 8:12.53	1:11.19	1500m: 17:45.74	1:12.44	2300m: 27:23.84	1:12.41
	800m: 9:23.60	1:11.07	1600m: 18:57.99	1:12.25	2400m: 28:36.12	1:12.28
5.	VARET CANO, Audrey	06	C.N. L'Hospitalet	35:56.76	13,00	
	100m: 1:08.04	1:08.04	900m: 10:32.60	1:11.43	1700m: 20:08.13	1:11.90
	200m: 2:18.33	1:10.29	1000m: 11:44.60	1:12.00	1800m: 21:20.99	1:12.86
	300m: 3:28.47	1:10.14	1100m: 12:56.42	1:11.82	1900m: 22:33.28	1:12.29
	400m: 4:38.71	1:10.24	1200m: 14:08.13	1:11.71	2000m: 23:46.47	1:13.19
	500m: 5:49.23	1:10.52	1300m: 15:20.64	1:12.51	2100m: 24:58.99	1:12.52
	600m: 6:59.92	1:10.69	1400m: 16:33.54	1:12.90	2200m: 26:11.73	1:12.74
	700m: 8:10.51	1:10.59	1500m: 17:44.92	1:11.38	2300m: 27:24.86	1:13.13
	800m: 9:21.17	1:10.66	1600m: 18:56.23	1:11.31	2400m: 28:39.94	1:15.08
6.	RIUS PELLEJA, Abril	04	C.N. Tarraco	36:00.86	12,00	
	100m: 1:08.96	1:08.96	900m: 10:37.62	1:11.70	1700m: 20:19.62	1:13.37
	200m: 2:18.91	1:09.95	1000m: 11:49.84	1:12.22	1800m: 21:32.60	1:12.98
	300m: 3:29.70	1:10.79	1100m: 13:02.55	1:12.71	1900m: 22:46.20	1:13.60
	400m: 4:40.58	1:10.88	1200m: 14:15.09	1:12.54	2000m: 23:59.47	1:13.27
	500m: 5:51.41	1:10.83	1300m: 15:27.71	1:12.62	2100m: 25:10.73	1:11.26
	600m: 7:02.85	1:11.44	1400m: 16:40.51	1:12.80	2200m: 26:22.60	1:11.87
	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

Piscina 25m / Cronometratge Semi-automàtic

Splash Meet Manager, 11.76277

Registered to Cataluña

22/5/2023 13:20 - Pàgina 1

Sponsor



Sponsor Institucional



Certificacions



Prova 4, Fem., 3000m Lliure, Open

Classificació	ANY										Temps			
7.	HUERTAS FERRE, Maria										07	C.N. Tarraco	36:17.83	11,00
	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					
8.	RODRIGUEZ SANTAULARIA, Laura										02	C.N. Barcelona	36:18.09	10,00
	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					
9.	MORERA PUJOLAR, Júlia										05	C.N. Olot	36:40.11	9,00
	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					
10.	MAESTRO LORENZO, Alba										02	C.N. L'Hospitalet	36:50.63	8,00
	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					
11.	ROCA FORTUNY, Marina										05	C.N. Cervera	36:51.75	7,00
	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					
12.	GABRIEL GOMEZ, Clara										06	C.N. Sabadell	37:00.57	6,00
	100m:	1:10.87	1:10.87	900m:	10:53.03	1:13.27	1700m:	20:51.04	1:14.83	2500m:	30:48.15	1:14.01		
	200m:	2:23.14	1:12.27	1000m:	12:07.00	1:13.97	1800m:	22:05.61	1:14.57	2600m:	32:02.10	1:13.95		
	300m:	3:35.54	1:12.40	1100m:	13:21.80	1:14.80	1900m:	23:19.88	1:14.27	2700m:	33:16.92	1:14.82		
	400m:	4:47.84	1:12.30	1200m:	14:36.72	1:14.92	2000m:	24:34.30	1:14.42	2800m:	34:31.86	1:14.94		
	500m:	6:00.78	1:12.94	1300m:	15:51.43	1:14.71	2100m:	25:49.30	1:15.00	2900m:	35:46.88	1:15.02		
	600m:	7:14.26	1:13.48	1400m:	17:05.87	1:14.44	2200m:	27:04.37	1:15.07	3000m:	37:00.57	1:13.69		
	700m:	8:26.90	1:12.64	1500m:	18:20.91	1:15.04	2300m:	28:19.48	1:15.11					
	800m:	9:39.76	1:12.86	1600m:	19:36.21	1:15.30	2400m:	29:34.14	1:14.66					

Prova 4, Fem., 3000m Lliure, Open

Classificació	ANY										Temps	
13. MARGUÍ SOLÀ, Núria	05 C.N. Olot										37:05.01	5,00
100m:	1:10.31	1:10.31	900m:	10:48.52	1:13.55	1700m:	20:45.58	1:14.67	2500m:	30:47.76	1:15.55	
200m:	2:22.26	1:11.95	1000m:	12:02.51	1:13.99	1800m:	22:00.66	1:15.08	2600m:	32:04.67	1:16.91	
300m:	3:33.89	1:11.63	1100m:	13:16.77	1:14.26	1900m:	23:15.18	1:14.52	2700m:	33:20.83	1:16.16	
400m:	4:44.84	1:10.95	1200m:	14:31.73	1:14.96	2000m:	24:30.33	1:15.15	2800m:	34:36.93	1:16.10	
500m:	5:56.72	1:11.88	1300m:	15:46.36	1:14.63	2100m:	25:45.35	1:15.02	2900m:	35:52.44	1:15.51	
600m:	7:08.72	1:12.00	1400m:	17:01.37	1:15.01	2200m:	27:00.67	1:15.32	3000m:	37:05.01	1:12.57	
700m:	8:21.60	1:12.88	1500m:	18:16.02	1:14.65	2300m:	28:16.44	1:15.77				
800m:	9:34.97	1:13.37	1600m:	19:30.91	1:14.89	2400m:	29:32.21	1:15.77				
14. FERNANDEZ ROSELLO, Noa	06 C.N. Sabadell										37:05.23	4,00
100m:	1:11.34	1:11.34	900m:	11:00.57	1:13.76	1700m:	20:54.50	1:13.63	2500m:	30:54.41	1:16.02	
200m:	2:24.56	1:13.22	1000m:	12:14.19	1:13.62	1800m:	22:08.58	1:14.08	2600m:	32:09.61	1:15.20	
300m:	3:38.15	1:13.59	1100m:	13:27.98	1:13.79	1900m:	23:22.80	1:14.22	2700m:	33:23.81	1:14.20	
400m:	4:51.81	1:13.66	1200m:	14:42.20	1:14.22	2000m:	24:37.02	1:14.22	2800m:	34:38.04	1:14.23	
500m:	6:05.40	1:13.59	1300m:	15:56.31	1:14.11	2100m:	25:51.74	1:14.72	2900m:	35:51.84	1:13.80	
600m:	7:19.09	1:13.69	1400m:	17:10.83	1:14.52	2200m:	27:06.67	1:14.93	3000m:	37:05.23	1:13.39	
700m:	8:32.83	1:13.74	1500m:	18:25.93	1:15.10	2300m:	28:22.08	1:15.41				
800m:	9:46.81	1:13.98	1600m:	19:40.87	1:14.94	2400m:	29:38.39	1:16.31				
15. RODRÍGUEZ SANTAULARIA, Jéssica	06 C.N. Barcelona										37:18.57	3,00
100m:	1:10.75	1:10.75	900m:	10:58.37	1:14.36	1700m:	20:51.94	1:14.65	2500m:	31:00.98	1:16.85	
200m:	2:22.91	1:12.16	1000m:	12:11.90	1:13.53	1800m:	22:07.03	1:15.09	2600m:	32:17.69	1:16.71	
300m:	3:35.38	1:12.47	1100m:	13:26.02	1:14.12	1900m:	23:23.02	1:15.99	2700m:	33:34.03	1:16.34	
400m:	4:48.83	1:13.45	1200m:	14:40.61	1:14.59	2000m:	24:38.70	1:15.68	2800m:	34:49.30	1:15.27	
500m:	6:02.25	1:13.42	1300m:	15:54.62	1:14.01	2100m:	25:54.48	1:15.78	2900m:	36:04.74	1:15.44	
600m:	7:15.98	1:13.73	1400m:	17:08.44	1:13.82	2200m:	27:10.82	1:16.34	3000m:	37:18.57	1:13.83	
700m:	8:29.91	1:13.93	1500m:	18:22.73	1:14.29	2300m:	28:27.17	1:16.35				
800m:	9:44.01	1:14.10	1600m:	19:37.29	1:14.56	2400m:	29:44.13	1:16.96				
16. DEL RIO SANTAMARIA, Jana	05 C.N. Mataró										37:22.27	2,00
100m:	1:11.03	1:11.03	900m:	11:02.80	1:14.49	1700m:	21:05.47	1:16.00	2500m:	31:10.73	1:15.38	
200m:	2:24.33	1:13.30	1000m:	12:17.58	1:14.78	1800m:	22:21.37	1:15.90	2600m:	32:25.36	1:14.63	
300m:	3:37.83	1:13.50	1100m:	13:32.28	1:14.70	1900m:	23:37.31	1:15.94	2700m:	33:39.66	1:14.30	
400m:	4:51.81	1:13.98	1200m:	14:47.52	1:15.24	2000m:	24:53.97	1:16.66	2800m:	34:53.90	1:14.24	
500m:	6:05.72	1:13.91	1300m:	16:02.97	1:15.45	2100m:	26:09.53	1:15.56	2900m:	36:08.17	1:14.27	
600m:	7:19.69	1:13.97	1400m:	17:18.18	1:15.21	2200m:	27:25.03	1:15.50	3000m:	37:22.27	1:14.10	
700m:	8:34.07	1:14.38	1500m:	18:34.05	1:15.87	2300m:	28:40.46	1:15.43				
800m:	9:48.31	1:14.24	1600m:	19:49.47	1:15.42	2400m:	29:55.35	1:14.89				
17. ORTIZ MARTINEZ, Ainhoa	03 C.N. L'Hospitalet										37:22.48	1,00
100m:	1:10.96	1:10.96	900m:	11:04.33	1:14.54	1700m:	21:01.87	1:14.72	2500m:	31:05.54	1:15.86	
200m:	2:23.92	1:12.96	1000m:	12:17.64	1:13.31	1800m:	22:16.64	1:14.77	2600m:	32:21.61	1:16.07	
300m:	3:38.08	1:14.16	1100m:	13:31.43	1:13.79	1900m:	23:31.50	1:14.86	2700m:	33:38.95	1:17.34	
400m:	4:51.89	1:13.81	1200m:	14:45.68	1:14.25	2000m:	24:46.76	1:15.26	2800m:	34:55.04	1:16.09	
500m:	6:06.29	1:14.40	1300m:	16:00.94	1:15.26	2100m:	26:00.41	1:13.65	2900m:	36:10.45	1:15.41	
600m:	7:20.82	1:14.53	1400m:	17:15.99	1:15.05	2200m:	27:17.44	1:17.03	3000m:	37:22.48	1:12.03	
700m:	8:35.87	1:15.05	1500m:	18:32.14	1:16.15	2300m:	28:33.77	1:16.33				
800m:	9:49.79	1:13.92	1600m:	19:47.15	1:15.01	2400m:	29:49.68	1:15.91				
18. VILLAR MARINA, Ona	07 C.N. Esplugues										37:42.79	-
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				

Prova 4, Fem., 3000m Lliure, Open

Classificació	ANY										Temps			
19.	VALLS PLAZA, Ariadna										06	C.N. Sant Andreu	37:43.35	-
	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					
20.	TORRUBIANO GONZALEZ, Aina										04	C.E.N. Balaguer	37:59.19	-
	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					
21.	SURROCA RIOL, Gemma										05	C.N. Olot	39:08.14	-
	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					
22.	SANCHEZ BARBERO, Irene										05	C.N. Atl Barceloneta	39:11.44	-
	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					
23.	PRUNES ARNAU, Jana										07	C.N. Mataró	39:26.41	-
	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					
24.	BUSQUETS DOMÈNECH, Mar										07	C.N. Olot	39:30.90	-
	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					

Prova 4, Fem., 3000m Lliure, Open

Classificació	ANY										Temps			
25.	HERRERA CASTILLON, Alba										07	C.N. Premià	39:37.58	-
	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					
26.	MARZO LOREN, Aina										06	C.N. Atl Barceloneta	40:03.83	-
	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					
27.	MONTERO MARTINEZ, Rebeca										06	C.N. L'Hospitalet	41:11.83	-
	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					
28.	NET GOMEZ, Laia										06	C.N. L'Hospitalet	41:32.06	-
	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					
29.	RODERO TRIGUERO, Miriam										07	C.N. Cerdanyola	41:45.56	-
	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					
30.	VENDRELL GARCIA, Maria										07	C.N. Lleida	41:47.35	-
	100m:	1:15.94	1:15.94	900m:	12:17.39	1:25.11	1700m:	23:34.15	1:25.00	2500m:	34:53.16	1:24.32		
	200m:	2:36.43	1:20.49	1000m:	13:42.77	1:25.38	1800m:	24:58.81	1:24.66	2600m:	36:16.84	1:23.68		
	300m:	3:58.30	1:21.87	1100m:	15:08.67	1:25.90	1900m:	26:24.98	1:26.17	2700m:	37:41.09	1:24.25		
	400m:	5:19.93	1:21.63	1200m:	16:33.15	1:24.48	2000m:	27:51.17	1:26.19	2800m:	39:05.21	1:24.12		
	500m:	6:42.41	1:22.48	1300m:	17:58.23	1:25.08	2100m:	29:16.28	1:25.11	2900m:	40:28.38	1:23.17		
	600m:	8:05.26	1:22.85	1400m:	19:23.22	1:24.99	2200m:	30:40.00	1:23.72	3000m:	41:47.35	1:18.97		
	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					



Prova 4, Fem., 3000m Lliure, Open

Classificació	ANY	Temps
BX PINADELL SUÑER, Carla	05 C.N. Barcelona	-
BX MARTI BALLESTER, Marilo	98 C.N. Mataró	-

