

Prova 4 Masc., 3000m Lliure Absolut, Júnior 2 i Júnior 1
 18/11/2023 **Resultats**

MMC Open	30:44.55	, Guillem Pujol Belmonte	00106	SABADELL	3/12/2021
MMC 18	31:39.66	ORTIZ MARTINEZ, Carlos	00076	BARCELONA	2/12/2022
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
Júnior 1 Fons Indoor

 1. **PARRA ESTRADÉ, Arnau** 07 C.N. Atl Barceloneta **32:17.86** 19,00
Millor Marca Catalana

50m:	32.04	32.04	800m:	8:36.40	32.04	1550m:	16:38.86	32.19	2300m:	24:42.06	32.18
100m:	1:04.24	32.20	850m:	9:08.40	32.00	1600m:	17:11.03	32.17	2350m:	25:14.33	32.27
150m:	1:36.83	32.59	900m:	9:40.45	32.05	1650m:	17:43.30	32.27	2400m:	25:46.69	32.36
200m:	2:09.35	32.52	950m:	10:12.58	32.13	1700m:	18:15.48	32.18	2450m:	26:18.89	32.20
250m:	2:41.81	32.46	1000m:	10:45.06	32.48	1750m:	18:47.85	32.37	2500m:	26:51.82	32.93
300m:	3:14.01	32.20	1050m:	11:17.12	32.06	1800m:	19:20.17	32.32	2550m:	27:24.28	32.46
350m:	3:46.30	32.29	1100m:	11:49.36	32.24	1850m:	19:51.88	31.71	2600m:	27:56.95	32.67
400m:	4:18.79	32.49	1150m:	12:21.55	32.19	1900m:	20:24.19	32.31	2650m:	28:29.73	32.78
450m:	4:51.16	32.37	1200m:	12:53.58	32.03	1950m:	20:56.21	32.02	2700m:	29:02.26	32.53
500m:	5:23.45	32.29	1250m:	13:25.63	32.05	2000m:	21:28.39	32.18	2750m:	29:35.23	32.97
550m:	5:55.48	32.03	1300m:	13:57.88	32.25	2050m:	22:00.66	32.27	2800m:	30:08.04	32.81
600m:	6:27.57	32.09	1350m:	14:29.94	32.06	2100m:	22:32.97	32.31	2850m:	30:40.81	32.77
650m:	6:59.76	32.19	1400m:	15:02.16	32.22	2150m:	23:05.06	32.09	2900m:	31:13.91	33.10
700m:	7:32.07	32.31	1450m:	15:34.38	32.22	2200m:	23:37.50	32.44	2950m:	31:47.00	33.09
750m:	8:04.36	32.29	1500m:	16:06.67	32.29	2250m:	24:09.88	32.38	3000m:	32:17.86	30.86

 2. **CARRASCO CADENS, Jordi** 08 C.E. Inef Lleida **33:07.64** 16,00

50m:	32.60	32.60	800m:	8:56.50	33.27	1550m:	17:13.91	32.62	2300m:	25:31.03	33.18
100m:	1:06.60	34.00	850m:	9:29.18	32.68	1600m:	17:47.02	33.11	2350m:	26:03.98	32.95
150m:	1:40.41	33.81	900m:	10:02.57	33.39	1650m:	18:19.92	32.90	2400m:	26:37.25	33.27
200m:	2:14.72	34.31	950m:	10:36.08	33.51	1700m:	18:53.04	33.12	2450m:	27:10.36	33.11
250m:	2:48.27	33.55	1000m:	11:09.13	33.05	1750m:	19:26.17	33.13	2500m:	27:43.81	33.45
300m:	3:21.68	33.41	1050m:	11:42.24	33.11	1800m:	19:59.66	33.49	2550m:	28:16.44	32.63
350m:	3:55.13	33.45	1100m:	12:15.43	33.19	1850m:	20:32.81	33.15	2600m:	28:49.19	32.75
400m:	4:28.88	33.75	1150m:	12:48.62	33.19	1900m:	21:06.18	33.37	2650m:	29:22.26	33.07
450m:	5:02.47	33.59	1200m:	13:22.00	33.38	1950m:	21:39.14	32.96	2700m:	29:55.47	33.21
500m:	5:36.10	33.63	1250m:	13:54.88	32.88	2000m:	22:12.33	33.19	2750m:	30:28.61	33.14
550m:	6:09.88	33.78	1300m:	14:28.05	33.17	2050m:	22:45.13	32.80	2800m:	31:01.89	33.28
600m:	6:43.44	33.56	1350m:	15:01.44	33.39	2100m:	23:18.14	33.01	2850m:	31:34.65	32.76
650m:	7:16.65	33.21	1400m:	15:34.78	33.34	2150m:	23:51.36	33.22	2900m:	32:07.02	32.37
700m:	7:49.94	33.29	1450m:	16:08.12	33.34	2200m:	24:24.64	33.28	2950m:	32:39.09	32.07
750m:	8:23.23	33.29	1500m:	16:41.29	33.17	2250m:	24:57.85	33.21	3000m:	33:07.64	28.55

 3. **RIERA CANELADA, Eloi** 07 C.N. Banyoles **33:16.13** 14,00

50m:	32.23	32.23	800m:	8:48.12	33.15	1550m:	17:06.07	33.43	2300m:	25:28.61	33.73
100m:	1:04.97	32.74	850m:	9:21.12	33.00	1600m:	17:38.82	32.75	2350m:	26:02.18	33.57
150m:	1:38.43	33.46	900m:	9:54.16	33.04	1650m:	18:12.41	33.59	2400m:	26:36.16	33.98
200m:	2:11.46	33.03	950m:	10:27.36	33.20	1700m:	18:46.10	33.69	2450m:	27:09.85	33.69
250m:	2:44.50	33.04	1000m:	11:00.57	33.21	1750m:	19:19.62	33.52	2500m:	27:43.41	33.56
300m:	3:17.56	33.06	1050m:	11:33.62	33.05	1800m:	19:53.16	33.54	2550m:	28:17.11	33.70
350m:	3:50.61	33.05	1100m:	12:06.87	33.25	1850m:	20:26.41	33.25	2600m:	28:50.71	33.60
400m:	4:23.67	33.06	1150m:	12:39.92	33.05	1900m:	20:59.75	33.34	2650m:	29:24.21	33.50
450m:	4:56.73	33.06	1200m:	13:12.84	32.92	1950m:	21:33.31	33.56	2700m:	29:57.89	33.68
500m:	5:29.79	33.06	1250m:	13:46.01	33.17	2000m:	22:07.13	33.82	2750m:	30:31.03	33.14
550m:	6:02.88	33.09	1300m:	14:19.15	33.14	2050m:	22:40.70	33.57	2800m:	31:04.37	33.34
600m:	6:35.76	32.88	1350m:	14:52.32	33.17	2100m:	23:14.40	33.70	2850m:	31:37.62	33.25
650m:	7:08.88	33.12	1400m:	15:25.67	33.35	2150m:	23:47.92	33.52	2900m:	32:11.21	33.59
700m:	7:41.97	33.09	1450m:	15:59.19	33.52	2200m:	24:21.52	33.60	2950m:	32:44.00	32.79
750m:	8:14.97	33.00	1500m:	16:32.64	33.45	2250m:	24:54.88	33.36	3000m:	33:16.13	32.13

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

Classificació	ANY		Temps					
4.	ARROYO LOPEZ DEL CASTILLO, Izan 07		C.N. Sant Andreu		33:45.31	13,00		
	50m: 31.81	31.81	800m: 8:52.23	33.51	1550m: 17:21.80	34.52	2300m: 25:52.78	34.40
	100m: 1:04.76	32.95	850m: 9:26.00	33.77	1600m: 17:56.37	34.57	2350m: 26:26.72	33.94
	150m: 1:37.69	32.93	900m: 9:59.46	33.46	1650m: 18:30.09	33.72	2400m: 27:00.76	34.04
	200m: 2:10.80	33.11	950m: 10:33.14	33.68	1700m: 19:04.11	34.02	2450m: 27:34.95	34.19
	250m: 2:44.03	33.23	1000m: 11:06.99	33.85	1750m: 19:38.04	33.93	2500m: 28:09.02	34.07
	300m: 3:17.78	33.75	1050m: 11:41.09	34.10	1800m: 20:11.77	33.73	2550m: 28:43.06	34.04
	350m: 3:51.17	33.39	1100m: 12:15.03	33.94	1850m: 20:45.72	33.95	2600m: 29:16.91	33.85
	400m: 4:24.72	33.55	1150m: 12:48.91	33.88	1900m: 21:19.86	34.14	2650m: 29:51.09	34.18
	450m: 4:58.28	33.56	1200m: 13:22.64	33.73	1950m: 21:54.18	34.32	2700m: 30:25.00	33.91
	500m: 5:31.80	33.52	1250m: 13:56.45	33.81	2000m: 22:28.49	34.31	2750m: 30:58.71	33.71
	550m: 6:05.13	33.33	1300m: 14:30.27	33.82	2050m: 23:02.64	34.15	2800m: 31:32.29	33.58
	600m: 6:38.95	33.82	1350m: 15:04.52	34.25	2100m: 23:36.56	33.92	2850m: 32:05.94	33.65
	650m: 7:12.12	33.17	1400m: 15:38.54	34.02	2150m: 24:10.44	33.88	2900m: 32:39.51	33.57
	700m: 7:45.35	33.23	1450m: 16:13.09	34.55	2200m: 24:44.19	33.75	2950m: 33:12.93	33.42
	750m: 8:18.72	33.37	1500m: 16:47.28	34.19	2250m: 25:18.38	34.19	3000m: 33:45.31	32.38
5.	FARRÉ CORTADA, Joel		08		C.E.N. Balaguer		34:48.35	12,00
	50m: 33.12	33.12	800m: 9:17.06	35.15	1550m: 17:58.93	35.10	2300m: 26:42.17	34.44
	100m: 1:07.60	34.48	850m: 9:52.01	34.95	1600m: 18:33.68	34.75	2350m: 27:16.97	34.80
	150m: 1:42.54	34.94	900m: 10:27.01	35.00	1650m: 19:08.88	35.20	2400m: 27:52.20	35.23
	200m: 2:17.42	34.88	950m: 11:01.86	34.85	1700m: 19:43.75	34.87	2450m: 28:27.61	35.41
	250m: 2:52.23	34.81	1000m: 11:37.01	35.15	1750m: 20:18.84	35.09	2500m: 29:02.72	35.11
	300m: 3:26.72	34.49	1050m: 12:11.61	34.60	1800m: 20:53.69	34.85	2550m: 29:37.82	35.10
	350m: 4:01.46	34.74	1100m: 12:46.41	34.80	1850m: 21:28.44	34.75	2600m: 30:12.74	34.92
	400m: 4:36.69	35.23	1150m: 13:21.08	34.67	1900m: 22:03.30	34.86	2650m: 30:47.74	35.00
	450m: 5:11.89	35.20	1200m: 13:55.68	34.60	1950m: 22:38.05	34.75	2700m: 31:22.61	34.87
	500m: 5:46.86	34.97	1250m: 14:30.05	34.37	2000m: 23:12.93	34.88	2750m: 31:57.30	34.69
	550m: 6:21.93	35.07	1300m: 15:04.90	34.85	2050m: 23:47.93	35.00	2800m: 32:32.27	34.97
	600m: 6:56.81	34.88	1350m: 15:39.75	34.85	2100m: 24:22.69	34.76	2850m: 33:07.56	35.29
	650m: 7:31.74	34.93	1400m: 16:14.60	34.85	2150m: 24:57.85	35.16	2900m: 33:42.82	35.26
	700m: 8:06.72	34.98	1450m: 16:49.42	34.82	2200m: 25:32.72	34.87	2950m: 34:16.74	33.92
	750m: 8:41.91	35.19	1500m: 17:23.83	34.41	2250m: 26:07.73	35.01	3000m: 34:48.35	31.61
6.	NEVADO RUIZ, Hugo		08		C.N. Sabadell		34:50.83	11,00
	50m: 32.81	32.81	800m: 9:12.38	35.07	1550m: 17:56.92	35.03	2300m: 26:44.98	34.93
	100m: 1:06.95	34.14	850m: 9:47.33	34.95	1600m: 18:32.01	35.09	2350m: 27:20.09	35.11
	150m: 1:41.54	34.59	900m: 10:22.24	34.91	1650m: 19:07.02	35.01	2400m: 27:55.16	35.07
	200m: 2:15.75	34.21	950m: 10:57.19	34.95	1700m: 19:42.25	35.23	2450m: 28:30.15	34.99
	250m: 2:50.34	34.59	1000m: 11:31.91	34.72	1750m: 20:17.76	35.51	2500m: 29:05.56	35.41
	300m: 3:24.47	34.13	1050m: 12:06.93	35.02	1800m: 20:53.16	35.40	2550m: 29:40.63	35.07
	350m: 3:59.09	34.62	1100m: 12:41.91	34.98	1850m: 21:28.29	35.13	2600m: 30:16.11	35.48
	400m: 4:33.60	34.51	1150m: 13:17.22	35.31	1900m: 22:03.87	35.58	2650m: 30:51.47	35.36
	450m: 5:08.18	34.58	1200m: 13:52.02	34.80	1950m: 22:39.21	35.34	2700m: 31:26.37	34.90
	500m: 5:42.91	34.73	1250m: 14:26.90	34.88	2000m: 23:14.39	35.18	2750m: 32:01.62	35.25
	550m: 6:17.85	34.94	1300m: 15:02.03	35.13	2050m: 23:49.76	35.37	2800m: 32:36.79	35.17
	600m: 6:52.73	34.88	1350m: 15:36.90	34.87	2100m: 24:24.77	35.01	2850m: 33:11.81	35.02
	650m: 7:27.44	34.71	1400m: 16:11.80	34.90	2150m: 25:00.01	35.24	2900m: 33:46.89	35.08
	700m: 8:02.44	35.00	1450m: 16:46.59	34.79	2200m: 25:35.15	35.14	2950m: 34:19.21	32.32
	750m: 8:37.31	34.87	1500m: 17:21.89	35.30	2250m: 26:10.05	34.90	3000m: 34:50.83	31.62
7.	GÜELL PARRAMON, Oriol		07		C.N. Banyoles		34:50.86	10,00
	50m: 33.20	33.20	750m: 8:37.25	34.91	1450m: 16:46.44	34.80	2150m: 24:59.83	35.19
	100m: 1:07.04	33.84	800m: 9:12.24	34.99	1500m: 17:21.59	35.15	2200m: 25:34.93	35.10
	150m: 1:41.48	34.44	850m: 9:47.17	34.93	1550m: 17:56.91	35.32	2250m: 26:10.14	35.21
	200m: 2:15.78	34.30	900m: 10:22.01	34.84	1600m: 18:31.71	34.80	2300m: 26:45.00	34.86
	250m: 2:50.21	34.43	950m: 10:57.25	35.24	1650m: 19:06.96	35.25	2350m: 27:20.19	35.19
	300m: 3:24.55	34.34	1000m: 11:31.97	34.72	1700m: 19:42.25	35.29	2400m: 27:55.14	34.95
	350m: 3:59.11	34.56	1050m: 12:06.68	34.71	1750m: 20:17.75	35.50	2450m: 28:30.19	35.05
	400m: 4:33.80	34.69	1100m: 12:41.81	35.13	1800m: 20:53.14	35.39	2500m: 29:05.41	35.22
	450m: 5:08.16	34.36	1150m: 13:17.11	35.30	1850m: 21:28.28	35.14	2550m: 29:40.76	35.35
	500m: 5:42.93	34.77	1200m: 13:51.98	34.87	1900m: 22:03.79	35.51	2600m: 30:15.81	35.05
	550m: 6:17.93	35.00	1250m: 14:26.89	34.91	1950m: 22:39.08	35.29	2650m: 30:51.36	35.55
	600m: 6:52.61	34.68	1300m: 15:01.77	34.88	2000m: 23:14.25	35.17	2700m: 31:26.23	34.87
	650m: 7:27.47	34.86	1350m: 15:36.66	34.89	2050m: 23:49.73	35.48	2750m: 32:01.54	35.31
	700m: 8:02.34	34.87	1400m: 16:11.64	34.98	2100m: 24:24.64	34.91	2800m: 32:36.59	35.05

Piscina 25m / Cronometratge Semi-automàtic

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

Classificació	ANY		Temps					
	2850m: 33:11.66	35.07	2900m: 33:47.07	35.41	2950m: 34:20.82	33.75	3000m: 34:50.86	30.04
8.	GASOL GUTIERREZ, Biel		08	C.N. Granollers		34:59.00		9,00
	50m: 32.39	32.39	800m: 9:05.92	34.60	1550m: 17:49.51	34.71	2300m: 26:42.40	35.66
	100m: 1:06.17	33.78	850m: 9:40.74	34.82	1600m: 18:24.67	35.16	2350m: 27:18.07	35.67
	150m: 1:40.20	34.03	900m: 10:15.23	34.49	1650m: 18:59.88	35.21	2400m: 27:53.94	35.87
	200m: 2:14.52	34.32	950m: 10:50.14	34.91	1700m: 19:35.45	35.57	2450m: 28:29.68	35.74
	250m: 2:48.93	34.41	1000m: 11:24.79	34.65	1750m: 20:11.15	35.70	2500m: 29:05.44	35.76
	300m: 3:23.15	34.22	1050m: 11:59.30	34.51	1800m: 20:46.63	35.48	2550m: 29:41.11	35.67
	350m: 3:57.13	33.98	1100m: 12:34.05	34.75	1850m: 21:22.28	35.65	2600m: 30:17.34	36.23
	400m: 4:31.23	34.10	1150m: 13:08.90	34.85	1900m: 21:58.29	36.01	2650m: 30:53.22	35.88
	450m: 5:05.82	34.59	1200m: 13:43.89	34.99	1950m: 22:33.87	35.58	2700m: 31:28.93	35.71
	500m: 5:40.08	34.26	1250m: 14:18.57	34.68	2000m: 23:09.06	35.19	2750m: 32:04.69	35.76
	550m: 6:14.23	34.15	1300m: 14:53.78	35.21	2050m: 23:44.21	35.15	2800m: 32:40.61	35.92
	600m: 6:48.27	34.04	1350m: 15:28.83	35.05	2100m: 24:19.64	35.43	2850m: 33:15.96	35.35
	650m: 7:22.62	34.35	1400m: 16:04.16	35.33	2150m: 24:55.10	35.46	2900m: 33:51.26	35.30
	700m: 7:56.89	34.27	1450m: 16:39.57	35.41	2200m: 25:30.89	35.79	2950m: 34:26.07	34.81
	750m: 8:31.32	34.43	1500m: 17:14.80	35.23	2250m: 26:06.74	35.85	3000m: 34:59.00	32.93
9.	DE LA CRUZ GARCIA, Didac		07	C.N. Sant Andreu		35:06.81		8,00
	50m: 33.04	33.04	800m: 9:10.92	34.92	1550m: 17:52.53	35.18	2300m: 26:45.46	35.47
	100m: 1:06.37	33.33	850m: 9:45.89	34.97	1600m: 18:27.78	35.25	2350m: 27:21.05	35.59
	150m: 1:40.48	34.11	900m: 10:20.65	34.76	1650m: 19:03.20	35.42	2400m: 27:57.00	35.95
	200m: 2:15.14	34.66	950m: 10:55.30	34.65	1700m: 19:39.78	36.58	2450m: 28:32.92	35.92
	250m: 2:49.80	34.66	1000m: 11:29.51	34.21	1750m: 20:14.83	35.05	2500m: 29:09.02	36.10
	300m: 3:24.02	34.22	1050m: 12:04.41	34.90	1800m: 20:50.76	35.93	2550m: 29:43.91	34.89
	350m: 3:58.77	34.75	1100m: 12:39.20	34.79	1850m: 21:26.34	35.58	2600m: 30:19.26	35.35
	400m: 4:33.53	34.76	1150m: 13:13.71	34.51	1900m: 22:01.47	35.13	2650m: 30:55.27	36.01
	450m: 5:07.90	34.37	1200m: 13:48.02	34.31	1950m: 22:37.38	35.91	2700m: 31:31.29	36.02
	500m: 5:42.27	34.37	1250m: 14:22.50	34.48	2000m: 23:12.66	35.28	2750m: 32:07.58	36.29
	550m: 6:17.20	34.93	1300m: 14:56.77	34.27	2050m: 23:48.16	35.50	2800m: 32:43.96	36.38
	600m: 6:51.80	34.60	1350m: 15:32.03	35.26	2100m: 24:23.03	34.87	2850m: 33:20.27	36.31
	650m: 7:26.67	34.87	1400m: 16:06.86	34.83	2150m: 24:58.89	35.86	2900m: 33:56.67	36.40
	700m: 8:01.06	34.39	1450m: 16:42.41	35.55	2200m: 25:34.16	35.27	2950m: 34:32.24	35.57
	750m: 8:36.00	34.94	1500m: 17:17.35	34.94	2250m: 26:09.99	35.83	3000m: 35:06.81	34.57
10.	ROURA CLEMENTE, Marc		07	GEiEG		35:15.21		7,00
	50m: 32.92	32.92	800m: 9:13.37	35.12	1550m: 18:01.88	35.93	2300m: 27:00.30	36.16
	100m: 1:07.58	34.66	850m: 9:48.08	34.71	1600m: 18:37.67	35.79	2350m: 27:35.88	35.58
	150m: 1:42.19	34.61	900m: 10:22.76	34.68	1650m: 19:13.60	35.93	2400m: 28:11.75	35.87
	200m: 2:16.93	34.74	950m: 10:58.00	35.24	1700m: 19:49.69	36.09	2450m: 28:47.47	35.72
	250m: 2:51.31	34.38	1000m: 11:32.98	34.98	1750m: 20:25.51	35.82	2500m: 29:23.82	36.35
	300m: 3:25.85	34.54	1050m: 12:07.97	34.99	1800m: 21:00.76	35.25	2550m: 29:59.55	35.73
	350m: 4:00.68	34.83	1100m: 12:43.15	35.18	1850m: 21:36.57	35.81	2600m: 30:34.89	35.34
	400m: 4:35.75	35.07	1150m: 13:18.31	35.16	1900m: 22:13.03	36.46	2650m: 31:10.12	35.23
	450m: 5:09.82	34.07	1200m: 13:53.81	35.50	1950m: 22:48.97	35.94	2700m: 31:45.71	35.59
	500m: 5:44.83	35.01	1250m: 14:28.77	34.96	2000m: 23:24.99	36.02	2750m: 32:21.48	35.77
	550m: 6:19.04	34.21	1300m: 15:04.40	35.63	2050m: 24:00.89	35.90	2800m: 32:56.81	35.33
	600m: 6:53.74	34.70	1350m: 15:39.75	35.35	2100m: 24:36.68	35.79	2850m: 33:32.23	35.42
	650m: 7:28.18	34.44	1400m: 16:15.19	35.44	2150m: 25:12.71	36.03	2900m: 34:07.08	34.85
	700m: 8:02.62	34.44	1450m: 16:50.61	35.42	2200m: 25:48.62	35.91	2950m: 34:41.89	34.81
	750m: 8:38.25	35.63	1500m: 17:25.95	35.34	2250m: 26:24.14	35.52	3000m: 35:15.21	33.32
11.	OLIVER SAGUÉ, Aniol		08	G.E.N. Roses		35:23.62		6,00
	50m: 32.46	32.46	650m: 7:28.90	35.34	1250m: 14:31.17	35.48	1850m: 21:42.37	36.27
	100m: 1:05.74	33.28	700m: 8:04.03	35.13	1300m: 15:06.82	35.65	1900m: 22:18.50	36.13
	150m: 1:39.83	34.09	750m: 8:39.07	35.04	1350m: 15:42.88	36.06	1950m: 22:54.82	36.32
	200m: 2:14.50	34.67	800m: 9:14.24	35.17	1400m: 16:17.85	34.97	2000m: 23:30.86	36.04
	250m: 2:49.10	34.60	850m: 9:49.05	34.81	1450m: 16:54.14	36.29	2050m: 24:06.60	35.74
	300m: 3:23.79	34.69	900m: 10:24.16	35.11	1500m: 17:30.31	36.17	2100m: 24:42.41	35.81
	350m: 3:58.66	34.87	950m: 10:59.29	35.13	1550m: 18:06.21	35.90	2150m: 25:18.79	36.38
	400m: 4:33.67	35.01	1000m: 11:34.42	35.13	1600m: 18:42.11	35.90	2200m: 25:54.93	36.14
	450m: 5:08.54	34.87	1050m: 12:09.65	35.23	1650m: 19:17.97	35.86	2250m: 26:30.85	35.92
	500m: 5:43.29	34.75	1100m: 12:44.96	35.31	1700m: 19:54.22	36.25	2300m: 27:06.97	36.12
	550m: 6:18.45	35.16	1150m: 13:20.49	35.53	1750m: 20:29.90	35.68	2350m: 27:42.94	35.97
	600m: 6:53.56	35.11	1200m: 13:55.69	35.20	1800m: 21:06.10	36.20	2400m: 28:18.93	35.99

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

Classificació	ANY				Temps			
	2450m: 28:54.68	35.75	2600m: 30:42.57	35.85	2750m: 32:29.06	35.36	2900m: 34:15.27	35.09
	2500m: 29:30.70	36.02	2650m: 31:18.08	35.51	2800m: 33:04.77	35.71	2950m: 34:50.45	35.18
	2550m: 30:06.72	36.02	2700m: 31:53.70	35.62	2850m: 33:40.18	35.41	3000m: 35:23.62	33.17
12. GHIA ROIG, Ferran			08	C.N. Mataró			35:27.14	5,00
	50m: 34.42	34.42	800m: 9:23.77	35.05	1550m: 18:16.08	35.98	2300m: 27:12.89	35.49
	100m: 1:09.41	34.99	850m: 9:58.60	34.83	1600m: 18:51.86	35.78	2350m: 27:48.25	35.36
	150m: 1:45.05	35.64	900m: 10:34.12	35.52	1650m: 19:27.48	35.62	2400m: 28:23.62	35.37
	200m: 2:20.28	35.23	950m: 11:09.54	35.42	1700m: 20:03.04	35.56	2450m: 28:59.27	35.65
	250m: 2:55.36	35.08	1000m: 11:44.96	35.42	1750m: 20:38.65	35.61	2500m: 29:35.21	35.94
	300m: 3:31.21	35.85	1050m: 12:20.72	35.76	1800m: 21:14.91	36.26	2550m: 30:10.76	35.55
	350m: 4:06.57	35.36	1100m: 12:56.11	35.39	1850m: 21:50.77	35.86	2600m: 30:45.88	35.12
	400m: 4:42.28	35.71	1150m: 13:31.38	35.27	1900m: 22:26.86	36.09	2650m: 31:21.15	35.27
	450m: 5:17.74	35.46	1200m: 14:06.87	35.49	1950m: 23:02.79	35.93	2700m: 31:56.72	35.57
	500m: 5:53.19	35.45	1250m: 14:42.01	35.14	2000m: 23:38.89	36.10	2750m: 32:31.73	35.01
	550m: 6:28.50	35.31	1300m: 15:17.61	35.60	2050m: 24:14.66	35.77	2800m: 33:07.17	35.44
	600m: 7:03.60	35.10	1350m: 15:53.05	35.44	2100m: 24:50.14	35.48	2850m: 33:42.78	35.61
	650m: 7:38.87	35.27	1400m: 16:28.71	35.66	2150m: 25:25.46	35.32	2900m: 34:17.66	34.88
	700m: 8:13.42	34.55	1450m: 17:04.27	35.56	2200m: 26:01.56	36.10	2950m: 34:53.33	35.67
	750m: 8:48.72	35.30	1500m: 17:40.10	35.83	2250m: 26:37.40	35.84	3000m: 35:27.14	33.81
13. NAVARRO GALAN, Marc			07	C.N. Sant Andreu			35:41.58	4,00
	50m: 31.87	31.87	800m: 9:08.83	35.24	1550m: 18:11.38	36.68	2300m: 27:18.94	36.39
	100m: 1:05.33	33.46	850m: 9:44.79	35.96	1600m: 18:48.11	36.73	2350m: 27:55.38	36.44
	150m: 1:38.90	33.57	900m: 10:20.51	35.72	1650m: 19:24.62	36.51	2400m: 28:31.74	36.36
	200m: 2:12.76	33.86	950m: 10:55.97	35.46	1700m: 20:01.28	36.66	2450m: 29:07.57	35.83
	250m: 2:46.56	33.80	1000m: 11:31.88	35.91	1750m: 20:38.33	37.05	2500m: 29:43.94	36.37
	300m: 3:20.62	34.06	1050m: 12:07.50	35.62	1800m: 21:15.07	36.74	2550m: 30:19.90	35.96
	350m: 3:54.69	34.07	1100m: 12:43.84	36.34	1850m: 21:51.71	36.64	2600m: 30:55.88	35.98
	400m: 4:28.64	33.95	1150m: 13:19.94	36.10	1900m: 22:28.08	36.37	2650m: 31:32.14	36.26
	450m: 5:03.32	34.68	1200m: 13:56.31	36.37	1950m: 23:04.46	36.38	2700m: 32:08.75	36.61
	500m: 5:37.53	34.21	1250m: 14:32.87	36.56	2000m: 23:41.38	36.92	2750m: 32:44.71	35.96
	550m: 6:12.57	35.04	1300m: 15:09.22	36.35	2050m: 24:17.20	35.82	2800m: 33:21.43	36.72
	600m: 6:47.89	35.32	1350m: 15:45.55	36.33	2100m: 24:53.24	36.04	2850m: 33:57.79	36.36
	650m: 7:23.11	35.22	1400m: 16:22.19	36.64	2150m: 25:30.07	36.83	2900m: 34:33.17	35.38
	700m: 7:58.25	35.14	1450m: 16:58.80	36.61	2200m: 26:06.55	36.48	2950m: 35:08.27	35.10
	750m: 8:33.59	35.34	1500m: 17:34.70	35.90	2250m: 26:42.55	36.00	3000m: 35:41.58	33.31
14. RODRIGO LÓPEZ, Guillem			08	C.N. Mataró			35:47.05	3,00
	50m: 34.77	34.77	800m: 9:27.95	36.05	1550m: 18:28.49	35.41	2300m: 27:32.74	35.78
	100m: 1:09.68	34.91	850m: 10:03.46	35.51	1600m: 19:05.10	36.61	2350m: 28:08.40	35.66
	150m: 1:44.54	34.86	900m: 10:38.31	34.85	1650m: 19:41.01	35.91	2400m: 28:44.85	36.45
	200m: 2:20.17	35.63	950m: 11:14.83	36.52	1700m: 20:16.61	35.60	2450m: 29:21.10	36.25
	250m: 2:55.57	35.40	1000m: 11:50.94	36.11	1750m: 20:53.21	36.60	2500m: 29:57.20	36.10
	300m: 3:31.29	35.72	1050m: 12:27.30	36.36	1800m: 21:29.98	36.77	2550m: 30:31.93	34.73
	350m: 4:06.89	35.60	1100m: 13:03.73	36.43	1850m: 22:05.84	35.86	2600m: 31:07.23	35.30
	400m: 4:42.39	35.50	1150m: 13:38.85	35.12	1900m: 22:42.55	36.71	2650m: 31:42.90	35.67
	450m: 5:18.00	35.61	1200m: 14:14.83	35.98	1950m: 23:20.07	37.52	2700m: 32:18.73	35.83
	500m: 5:53.75	35.75	1250m: 14:50.94	36.11	2000m: 23:56.18	36.11	2750m: 32:55.17	36.44
	550m: 6:29.15	35.40	1300m: 15:26.84	35.90	2050m: 24:31.92	35.74	2800m: 33:30.90	35.73
	600m: 7:04.56	35.41	1350m: 16:03.07	36.23	2100m: 25:08.33	36.41	2850m: 34:07.00	36.10
	650m: 7:40.64	36.08	1400m: 16:40.09	37.02	2150m: 25:44.89	36.56	2900m: 34:42.94	35.94
	700m: 8:15.94	35.30	1450m: 17:16.85	36.76	2200m: 26:21.06	36.17	2950m: 35:17.16	34.22
	750m: 8:51.90	35.96	1500m: 17:53.08	36.23	2250m: 26:56.96	35.90	3000m: 35:47.05	29.89
15. HUGUET HOSPEDALES, David			07	C.N. Mataró			36:39.95	2,00
	50m: 35.17	35.17	550m: 6:36.01	35.80	1050m: 12:36.85	36.23	1550m: 18:44.39	36.15
	100m: 1:10.81	35.64	600m: 7:11.97	35.96	1100m: 13:13.74	36.89	1600m: 19:21.28	36.89
	150m: 1:47.11	36.30	650m: 7:47.56	35.59	1150m: 13:50.78	37.04	1650m: 19:57.64	36.36
	200m: 2:23.45	36.34	700m: 8:23.62	36.06	1200m: 14:27.39	36.61	1700m: 20:34.26	36.62
	250m: 2:58.88	35.43	750m: 8:59.86	36.24	1250m: 15:04.19	36.80	1750m: 21:11.05	36.79
	300m: 3:34.89	36.01	800m: 9:35.77	35.91	1300m: 15:40.89	36.70	1800m: 21:48.30	37.25
	350m: 4:11.16	36.27	850m: 10:11.68	35.91	1350m: 16:17.88	36.99	1850m: 22:24.89	36.59
	400m: 4:47.31	36.15	900m: 10:47.88	36.20	1400m: 16:54.87	36.99	1900m: 23:01.20	36.31
	450m: 5:23.86	36.55	950m: 11:24.18	36.30	1450m: 17:31.56	36.69	1950m: 23:37.81	36.61
	500m: 6:00.21	36.35	1000m: 12:00.62	36.44	1500m: 18:08.24	36.68	2000m: 24:15.12	37.31

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

Classificació	ANY										Temps	
2050m:	24:51.78	36.66	2300m:	27:58.66	37.33	2550m:	31:05.84	36.99	2800m:	34:14.17	37.56	
2100m:	25:28.90	37.12	2350m:	28:36.11	37.45	2600m:	31:43.53	37.69	2850m:	34:51.78	37.61	
2150m:	26:05.95	37.05	2400m:	29:13.84	37.73	2650m:	32:20.96	37.43	2900m:	35:28.84	37.06	
2200m:	26:43.49	37.54	2450m:	29:51.26	37.42	2700m:	32:58.67	37.71	2950m:	36:04.76	35.92	
2250m:	27:21.33	37.84	2500m:	30:28.85	37.59	2750m:	33:36.61	37.94	3000m:	36:39.95	35.19	
16.	BERNADI ORTIGOSA, Xavier Aitzol 07 C.E. Mediterrani										37:02.42	1,00
50m:	35.34	35.34	800m:	9:39.57	36.56	1550m:	18:57.08	38.02	2300m:	28:17.99	37.45	
100m:	1:10.48	35.14	850m:	10:16.17	36.60	1600m:	19:34.44	37.36	2350m:	28:55.47	37.48	
150m:	1:45.04	34.56	900m:	10:53.12	36.95	1650m:	20:11.79	37.35	2400m:	29:33.27	37.80	
200m:	2:20.36	35.32	950m:	11:29.88	36.76	1700m:	20:49.27	37.48	2450m:	30:11.00	37.73	
250m:	2:56.56	36.20	1000m:	12:07.42	37.54	1750m:	21:26.96	37.69	2500m:	30:48.75	37.75	
300m:	3:33.24	36.68	1050m:	12:44.57	37.15	1800m:	22:04.79	37.83	2550m:	31:25.84	37.09	
350m:	4:10.12	36.88	1100m:	13:21.34	36.77	1850m:	22:42.60	37.81	2600m:	32:03.28	37.44	
400m:	4:46.79	36.67	1150m:	13:58.32	36.98	1900m:	23:19.88	37.28	2650m:	32:40.70	37.42	
450m:	5:23.57	36.78	1200m:	14:35.54	37.22	1950m:	23:57.22	37.34	2700m:	33:19.12	38.42	
500m:	5:59.98	36.41	1250m:	15:12.99	37.45	2000m:	24:34.23	37.01	2750m:	33:57.27	38.15	
550m:	6:36.52	36.54	1300m:	15:49.96	36.97	2050m:	25:11.27	37.04	2800m:	34:34.14	36.87	
600m:	7:13.15	36.63	1350m:	16:27.22	37.26	2100m:	25:48.24	36.97	2850m:	35:10.78	36.64	
650m:	7:49.86	36.71	1400m:	17:04.53	37.31	2150m:	26:25.31	37.07	2900m:	35:48.39	37.61	
700m:	8:26.58	36.72	1450m:	17:41.76	37.23	2200m:	27:02.89	37.58	2950m:	36:25.45	37.06	
750m:	9:03.01	36.43	1500m:	18:19.06	37.30	2250m:	27:40.54	37.65	3000m:	37:02.42	36.97	

Júnior 2 Fons Indoor

1.	NEVADO RUIZ, Pablo 06 C.N. Sabadell										32:02.43	19,00
50m:	31.82	31.82	800m:	8:36.49	32.03	1550m:	16:38.96	31.87	2300m:	24:41.88	32.27	
100m:	1:04.14	32.32	850m:	9:08.56	32.07	1600m:	17:10.96	32.00	2350m:	25:14.08	32.20	
150m:	1:36.61	32.47	900m:	9:40.76	32.20	1650m:	17:43.04	32.08	2400m:	25:46.36	32.28	
200m:	2:09.21	32.60	950m:	10:12.83	32.07	1700m:	18:15.33	32.29	2450m:	26:18.52	32.16	
250m:	2:41.56	32.35	1000m:	10:45.12	32.29	1750m:	18:47.66	32.33	2500m:	26:50.26	31.74	
300m:	3:13.98	32.42	1050m:	11:17.42	32.30	1800m:	19:19.87	32.21	2550m:	27:21.33	31.07	
350m:	3:46.40	32.42	1100m:	11:49.62	32.20	1850m:	19:51.87	32.00	2600m:	27:52.86	31.53	
400m:	4:18.77	32.37	1150m:	12:21.85	32.23	1900m:	20:23.74	31.87	2650m:	28:24.39	31.53	
450m:	4:51.01	32.24	1200m:	12:54.22	32.37	1950m:	20:56.03	32.29	2700m:	28:55.91	31.52	
500m:	5:23.47	32.46	1250m:	13:26.14	31.92	2000m:	21:28.19	32.16	2750m:	29:27.71	31.80	
550m:	5:55.32	31.85	1300m:	13:58.20	32.06	2050m:	22:00.38	32.19	2800m:	29:59.38	31.67	
600m:	6:27.79	32.47	1350m:	14:30.41	32.21	2100m:	22:32.78	32.40	2850m:	30:31.26	31.88	
650m:	6:59.93	32.14	1400m:	15:02.67	32.26	2150m:	23:05.11	32.33	2900m:	31:02.63	31.37	
700m:	7:31.90	31.97	1450m:	15:34.86	32.19	2200m:	23:37.34	32.23	2950m:	31:34.31	31.68	
750m:	8:04.46	32.56	1500m:	16:07.09	32.23	2250m:	24:09.61	32.27	3000m:	32:02.43	28.12	
2.	CASALS MAS, Èric 06 C.N. VIC-Etb										32:24.11	16,00
50m:	32.53	32.53	800m:	8:43.51	32.28	1550m:	16:49.12	32.35	2300m:	24:55.70	32.38	
100m:	1:05.39	32.86	850m:	9:15.98	32.47	1600m:	17:21.59	32.47	2350m:	25:28.36	32.66	
150m:	1:38.10	32.71	900m:	9:48.65	32.67	1650m:	17:54.12	32.53	2400m:	26:00.90	32.54	
200m:	2:11.15	33.05	950m:	10:21.05	32.40	1700m:	18:26.72	32.60	2450m:	26:33.47	32.57	
250m:	2:44.18	33.03	1000m:	10:53.44	32.39	1750m:	18:59.36	32.64	2500m:	27:05.94	32.47	
300m:	3:16.87	32.69	1050m:	11:25.94	32.50	1800m:	19:31.84	32.48	2550m:	27:38.37	32.43	
350m:	3:49.70	32.83	1100m:	11:58.62	32.68	1850m:	20:04.38	32.54	2600m:	28:10.66	32.29	
400m:	4:22.73	33.03	1150m:	12:30.80	32.18	1900m:	20:36.26	31.88	2650m:	28:42.94	32.28	
450m:	4:55.19	32.46	1200m:	13:03.31	32.51	1950m:	21:08.08	31.82	2700m:	29:14.73	31.79	
500m:	5:27.76	32.57	1250m:	13:35.78	32.47	2000m:	21:40.51	32.43	2750m:	29:46.42	31.69	
550m:	6:00.54	32.78	1300m:	14:07.90	32.12	2050m:	22:13.05	32.54	2800m:	30:18.64	32.22	
600m:	6:33.24	32.70	1350m:	14:39.94	32.04	2100m:	22:45.59	32.54	2850m:	30:50.72	32.08	
650m:	7:05.83	32.59	1400m:	15:11.97	32.03	2150m:	23:18.12	32.53	2900m:	31:22.93	32.21	
700m:	7:38.38	32.55	1450m:	15:44.45	32.48	2200m:	23:50.72	32.60	2950m:	31:54.44	31.51	
750m:	8:11.23	32.85	1500m:	16:16.77	32.32	2250m:	24:23.32	32.60	3000m:	32:24.11	29.67	

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

Classificació	ANY				Temps						
3. JIMÉNEZ RÍSQUEZ, Alex	06 C.N. Sabadell				33:05.33 14,00						
50m: 32.61 32.61	800m: 8:45.25 32.43	1550m: 17:00.73 33.10	2300m: 25:18.15 33.59	300m: 3:17.85 32.93	1050m: 11:29.95 32.83	1800m: 19:46.14 33.22	2550m: 28:05.99 33.37	100m: 1:05.90 33.29	850m: 9:18.10 32.85	1600m: 17:33.83 33.10	2350m: 25:51.99 33.84
150m: 1:38.89 32.99	900m: 9:51.17 33.07	1650m: 18:07.01 33.18	2400m: 26:25.88 33.89	350m: 3:50.66 32.81	1100m: 12:03.11 33.16	1850m: 20:19.28 33.14	2600m: 28:39.34 33.35	200m: 2:11.94 33.05	950m: 10:24.14 32.97	1700m: 18:39.92 32.91	2450m: 26:59.18 33.30
250m: 2:44.92 32.98	1000m: 10:57.12 32.98	1750m: 19:12.92 33.00	2500m: 27:32.62 33.44	400m: 4:23.22 32.56	1150m: 12:36.14 33.03	1900m: 20:52.37 33.09	2650m: 29:12.80 33.46	300m: 3:17.85 32.93	1050m: 11:29.95 32.83	1800m: 19:46.14 33.22	2550m: 28:05.99 33.37
450m: 4:55.98 32.76	1200m: 13:09.22 33.08	1950m: 21:25.12 32.75	2700m: 29:46.13 33.33	500m: 5:28.64 32.66	1250m: 13:42.10 32.88	2000m: 21:58.14 33.02	2750m: 30:19.55 33.42	350m: 3:50.66 32.81	1100m: 12:03.11 33.16	1850m: 20:19.28 33.14	2600m: 28:39.34 33.35
550m: 6:01.40 32.76	1300m: 14:15.44 33.34	2050m: 22:31.23 33.09	2800m: 30:53.21 33.66	600m: 6:34.32 32.92	1350m: 14:48.59 33.15	2100m: 23:05.01 33.78	2850m: 31:26.57 33.36	400m: 4:23.22 32.56	1150m: 12:36.14 33.03	1900m: 20:52.37 33.09	2650m: 29:12.80 33.46
650m: 7:06.83 32.51	1400m: 15:21.65 33.06	2150m: 23:38.09 33.08	2900m: 31:59.51 32.94	700m: 7:39.78 32.95	1450m: 15:54.51 32.86	2200m: 24:11.19 33.10	2950m: 32:32.55 33.04	450m: 4:55.98 32.76	1200m: 13:09.22 33.08	1950m: 21:25.12 32.75	2700m: 29:46.13 33.33
750m: 8:12.82 33.04	1500m: 16:27.63 33.12	2250m: 24:44.56 33.37	3000m: 33:05.33 32.78	550m: 6:01.40 32.76	1300m: 14:15.44 33.34	2050m: 22:31.23 33.09	2800m: 30:53.21 33.66	500m: 5:28.64 32.66	1250m: 13:42.10 32.88	2000m: 21:58.14 33.02	2750m: 30:19.55 33.42
				600m: 6:34.32 32.92	1350m: 14:48.59 33.15	2100m: 23:05.01 33.78	2850m: 31:26.57 33.36	550m: 6:01.40 32.76	1300m: 14:15.44 33.34	2050m: 22:31.23 33.09	2800m: 30:53.21 33.66
				650m: 7:06.83 32.51	1400m: 15:21.65 33.06	2150m: 23:38.09 33.08	2900m: 31:59.51 32.94	600m: 6:34.32 32.92	1350m: 14:48.59 33.15	2100m: 23:05.01 33.78	2850m: 31:26.57 33.36
				700m: 7:39.78 32.95	1450m: 15:54.51 32.86	2200m: 24:11.19 33.10	2950m: 32:32.55 33.04	650m: 7:06.83 32.51	1400m: 15:21.65 33.06	2150m: 23:38.09 33.08	2900m: 31:59.51 32.94
				750m: 8:12.82 33.04	1500m: 16:27.63 33.12	2250m: 24:44.56 33.37	3000m: 33:05.33 32.78	700m: 7:39.78 32.95	1450m: 15:54.51 32.86	2200m: 24:11.19 33.10	2950m: 32:32.55 33.04
								750m: 8:12.82 33.04	1500m: 16:27.63 33.12	2250m: 24:44.56 33.37	3000m: 33:05.33 32.78
4. GALLEN SABATER, Albert	05 C.E. Mediterrani				33:16.04 13,00						
50m: 31.85 31.85	800m: 8:45.99 33.24	1550m: 17:05.17 33.38	2300m: 25:28.23 33.54	100m: 1:03.76 31.91	850m: 9:19.17 33.18	1600m: 17:38.99 33.82	2350m: 26:01.94 33.71				
150m: 1:36.43 32.67	900m: 9:52.13 32.96	1650m: 18:12.32 33.33	2400m: 26:35.39 33.45	200m: 2:09.20 32.77	950m: 10:25.49 33.36	1700m: 18:45.60 33.28	2450m: 27:08.96 33.57				
250m: 2:42.27 33.07	1000m: 10:59.40 33.91	1750m: 19:18.77 33.17	2500m: 27:42.53 33.57	300m: 3:15.36 33.09	1050m: 11:31.92 32.52	1800m: 19:52.73 33.96	2550m: 28:15.80 33.27				
350m: 3:48.04 32.68	1100m: 12:04.94 33.02	1850m: 20:25.80 33.07	2600m: 28:49.51 33.71	400m: 4:21.12 33.08	1150m: 12:38.27 33.33	1900m: 20:59.51 33.71	2650m: 29:23.11 33.60				
450m: 4:54.37 33.25	1200m: 13:11.56 33.29	1950m: 21:33.36 33.85	2700m: 29:56.98 33.87	500m: 5:27.49 33.12	1250m: 13:44.74 33.18	2000m: 22:07.13 33.77	2750m: 30:30.79 33.81				
550m: 6:00.45 32.96	1300m: 14:17.89 33.15	2050m: 22:40.41 33.28	2800m: 31:04.53 33.74	600m: 6:33.71 33.26	1350m: 14:51.60 33.71	2100m: 23:13.95 33.54	2850m: 31:37.82 33.29				
650m: 7:06.51 32.80	1400m: 15:24.84 33.24	2150m: 23:47.51 33.56	2900m: 32:11.58 33.76	700m: 7:39.48 32.97	1450m: 15:58.70 33.86	2200m: 24:21.14 33.63	2950m: 32:44.50 32.92				
750m: 8:12.75 33.27	1500m: 16:31.79 33.09	2250m: 24:54.69 33.55	3000m: 33:16.04 31.54								
5. MORILLO LOPEZ, Ferran	05 C.E. Mediterrani				33:39.99 12,00						
50m: 31.60 31.60	800m: 8:50.02 33.57	1550m: 17:13.71 34.29	2300m: 25:42.85 34.37	100m: 1:03.66 32.06	850m: 9:23.43 33.41	1600m: 17:47.49 33.78	2350m: 26:16.98 34.13				
150m: 1:36.17 32.51	900m: 9:57.19 33.76	1650m: 18:21.45 33.96	2400m: 26:51.56 34.58	200m: 2:08.94 32.77	950m: 10:30.65 33.46	1700m: 18:55.38 33.93	2450m: 27:25.94 34.38				
250m: 2:41.68 32.74	1000m: 11:04.16 33.51	1750m: 19:28.92 33.54	2500m: 27:59.81 33.87	300m: 3:15.04 33.36	1050m: 11:37.62 33.46	1800m: 20:02.77 33.85	2550m: 28:34.14 34.33				
350m: 3:48.79 33.75	1100m: 12:11.20 33.58	1850m: 20:37.04 34.27	2600m: 29:08.94 34.80	400m: 4:22.06 33.27	1150m: 12:45.22 34.02	1900m: 21:11.11 34.07	2650m: 29:43.68 34.74				
450m: 4:55.22 33.16	1200m: 13:18.21 32.99	1950m: 21:44.88 33.77	2700m: 30:17.99 34.31	500m: 5:29.01 33.79	1250m: 13:51.26 33.05	2000m: 22:18.36 33.48	2750m: 30:52.12 34.13				
550m: 6:02.52 33.51	1300m: 14:24.96 33.70	2050m: 22:52.12 33.76	2800m: 31:26.77 34.65	600m: 6:35.59 33.07	1350m: 14:58.54 33.58	2100m: 23:26.39 34.27	2850m: 32:01.08 34.31				
650m: 7:09.38 33.79	1400m: 15:32.39 33.85	2150m: 24:00.40 34.01	2900m: 32:35.03 33.95	700m: 7:42.79 33.41	1450m: 16:05.73 33.34	2200m: 24:34.42 34.02	2950m: 33:08.65 33.62				
750m: 8:16.45 33.66	1500m: 16:39.42 33.69	2250m: 25:08.48 34.06	3000m: 33:39.99 31.34								
6. REDONDO SORIA, Iker	06 C.N. Granollers				33:45.52 11,00						
50m: 32.99 32.99	750m: 8:19.52 33.36	1450m: 16:08.49 33.46	2150m: 24:01.60 34.36	100m: 1:05.88 32.89	800m: 8:53.01 33.49	1500m: 16:42.06 33.57	2200m: 24:35.83 34.23				
150m: 1:39.35 33.47	850m: 9:26.42 33.41	1550m: 17:15.62 33.56	2250m: 25:10.16 34.33	200m: 2:12.79 33.44	900m: 9:59.88 33.46	1600m: 17:48.92 33.30	2300m: 25:44.60 34.44				
250m: 2:46.15 33.36	950m: 10:33.41 33.53	1650m: 18:22.08 33.16	2350m: 26:18.87 34.27	300m: 3:19.44 33.29	1000m: 11:06.96 33.55	1700m: 18:55.64 33.56	2400m: 26:53.27 34.40				
350m: 3:52.80 33.36	1050m: 11:40.38 33.42	1750m: 19:29.12 33.48	2450m: 27:27.81 34.54	400m: 4:26.05 33.25	1100m: 12:14.02 33.64	1800m: 20:02.89 33.77	2500m: 28:02.22 34.41				
450m: 4:59.46 33.41	1150m: 12:47.34 33.32	1850m: 20:36.77 33.88	2550m: 28:36.73 34.51	500m: 5:32.90 33.44	1200m: 13:20.48 33.14	1900m: 21:10.74 33.97	2600m: 29:11.66 34.93				
550m: 6:06.27 33.37	1250m: 13:53.95 33.47	1950m: 21:44.99 34.25	2650m: 29:45.85 34.19	600m: 6:39.57 33.30	1300m: 14:27.83 33.88	2000m: 22:18.96 33.97	2700m: 30:20.69 34.84				
650m: 7:12.90 33.33	1350m: 15:01.59 33.76	2050m: 22:53.03 34.07	2750m: 30:54.99 34.30	700m: 7:46.16 33.26	1400m: 15:35.03 33.44	2100m: 23:27.24 34.21	2800m: 31:29.72 34.73				

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

Classificació	ANY		Temps					
	2850m: 32:04.52	34.80	2900m: 32:39.39	34.87	2950m: 33:14.62	35.23	3000m: 33:45.52	30.90
7. RANEA VILA, Roger		06	C.N. VIC-Etb				34:27.11	10,00
50m:	34.86	34.86	800m:	9:12.45	34.30	1550m:	17:49.96	34.63
100m:	1:09.51	34.65	850m:	9:46.84	34.39	1600m:	18:24.52	34.56
150m:	1:43.99	34.48	900m:	10:21.24	34.40	1650m:	18:58.82	34.30
200m:	2:18.78	34.79	950m:	10:55.68	34.44	1700m:	19:33.02	34.20
250m:	2:53.54	34.76	1000m:	11:30.41	34.73	1750m:	20:07.13	34.11
300m:	3:28.11	34.57	1050m:	12:05.02	34.61	1800m:	20:41.48	34.35
350m:	4:02.67	34.56	1100m:	12:39.52	34.50	1850m:	21:15.77	34.29
400m:	4:37.02	34.35	1150m:	13:13.96	34.44	1900m:	21:50.11	34.34
450m:	5:11.54	34.52	1200m:	13:48.29	34.33	1950m:	22:24.67	34.56
500m:	5:45.94	34.40	1250m:	14:22.45	34.16	2000m:	22:59.51	34.84
550m:	6:20.37	34.43	1300m:	14:56.88	34.43	2050m:	23:33.87	34.36
600m:	6:55.09	34.72	1350m:	15:31.71	34.83	2100m:	24:08.39	34.52
650m:	7:29.46	34.37	1400m:	16:06.48	34.77	2150m:	24:42.84	34.45
700m:	8:03.78	34.32	1450m:	16:40.84	34.36	2200m:	25:17.21	34.37
750m:	8:38.15	34.37	1500m:	17:15.33	34.49	2250m:	25:51.78	34.57
							2300m:	26:26.43
							2350m:	27:00.99
							2400m:	27:35.42
							2450m:	28:09.90
							2500m:	28:44.29
							2550m:	29:18.77
							2600m:	29:53.17
							2650m:	30:27.46
							2700m:	31:02.02
							2750m:	31:36.54
							2800m:	32:11.08
							2850m:	32:45.23
							2900m:	33:19.67
							2950m:	33:54.17
							3000m:	34:27.11
								32.94
8. TEIXIDÓ JOVÉ, Aleix		06	C.E. Inef Lleida				34:28.69	9,00
50m:	32.22	32.22	800m:	8:56.98	33.41	1550m:	17:33.25	34.82
100m:	1:05.30	33.08	850m:	9:30.45	33.47	1600m:	18:07.97	34.72
150m:	1:39.24	33.94	900m:	10:04.19	33.74	1650m:	18:42.64	34.67
200m:	2:13.45	34.21	950m:	10:38.25	34.06	1700m:	19:17.19	34.55
250m:	2:47.31	33.86	1000m:	11:12.51	34.26	1750m:	19:51.92	34.73
300m:	3:21.41	34.10	1050m:	11:46.99	34.48	1800m:	20:26.84	34.92
350m:	3:54.79	33.38	1100m:	12:21.29	34.30	1850m:	21:02.08	35.24
400m:	4:28.23	33.44	1150m:	12:55.88	34.59	1900m:	21:37.48	35.40
450m:	5:02.08	33.85	1200m:	13:30.73	34.85	1950m:	22:13.15	35.67
500m:	5:35.35	33.27	1250m:	14:05.25	34.52	2000m:	22:48.11	34.96
550m:	6:09.25	33.90	1300m:	14:40.03	34.78	2050m:	23:23.95	35.84
600m:	6:42.80	33.55	1350m:	15:14.67	34.64	2100m:	23:58.94	34.99
650m:	7:16.15	33.35	1400m:	15:49.39	34.72	2150m:	24:34.50	35.56
700m:	7:49.76	33.61	1450m:	16:23.35	33.96	2200m:	25:08.85	34.35
750m:	8:23.57	33.81	1500m:	16:58.43	35.08	2250m:	25:44.66	35.81
							2300m:	26:19.93
							2350m:	26:55.86
							2400m:	27:31.48
							2450m:	28:07.11
							2500m:	28:42.23
							2550m:	29:17.39
							2600m:	29:51.99
							2650m:	30:25.84
							2700m:	31:01.75
							2750m:	31:37.26
							2800m:	32:12.74
							2850m:	32:48.03
							2900m:	33:21.96
							2950m:	33:55.61
							3000m:	34:28.69
								33.08
9. ARJO DELGADO, Sergi		06	C.N. Lleida				34:54.86	8,00
50m:	32.43	32.43	800m:	9:05.86	34.79	1550m:	17:53.53	35.49
100m:	1:05.63	33.20	850m:	9:40.40	34.54	1600m:	18:29.39	35.86
150m:	1:39.61	33.98	900m:	10:15.30	34.90	1650m:	19:04.63	35.24
200m:	2:13.72	34.11	950m:	10:50.41	35.11	1700m:	19:40.10	35.47
250m:	2:48.26	34.54	1000m:	11:25.31	34.90	1750m:	20:15.80	35.70
300m:	3:22.44	34.18	1050m:	12:00.41	35.10	1800m:	20:50.88	35.08
350m:	3:56.72	34.28	1100m:	12:35.79	35.38	1850m:	21:26.41	35.53
400m:	4:30.97	34.25	1150m:	13:10.86	35.07	1900m:	22:01.78	35.37
450m:	5:05.19	34.22	1200m:	13:46.17	35.31	1950m:	22:37.24	35.46
500m:	5:39.17	33.98	1250m:	14:21.44	35.27	2000m:	23:12.44	35.20
550m:	6:13.39	34.22	1300m:	14:56.43	34.99	2050m:	23:47.37	34.93
600m:	6:47.74	34.35	1350m:	15:31.85	35.42	2100m:	24:22.56	35.19
650m:	7:22.21	34.47	1400m:	16:07.26	35.41	2150m:	24:57.74	35.18
700m:	7:56.46	34.25	1450m:	16:42.64	35.38	2200m:	25:33.25	35.51
750m:	8:31.07	34.61	1500m:	17:18.04	35.40	2250m:	26:08.46	35.21
							2300m:	26:43.71
							2350m:	27:19.11
							2400m:	27:54.19
							2450m:	28:28.74
							2500m:	29:03.66
							2550m:	29:38.94
							2600m:	30:14.38
							2650m:	30:49.68
							2700m:	31:25.66
							2750m:	32:01.66
							2800m:	32:37.33
							2850m:	33:12.30
							2900m:	33:47.18
							2950m:	34:21.49
							3000m:	34:54.86
								33.37
10. ARRUGA MORENO, Alvaro		06	C.N. Igualada				35:11.49	7,00
50m:	31.42	31.42	650m:	7:23.08	34.56	1250m:	14:21.97	35.10
100m:	1:04.51	33.09	700m:	7:57.66	34.58	1300m:	14:56.82	34.85
150m:	1:38.40	33.89	750m:	8:32.40	34.74	1350m:	15:31.72	34.90
200m:	2:12.29	33.89	800m:	9:07.36	34.96	1400m:	16:06.82	35.10
250m:	2:46.58	34.29	850m:	9:42.28	34.92	1450m:	16:41.97	35.15
300m:	3:20.89	34.31	900m:	10:17.06	34.78	1500m:	17:17.19	35.22
350m:	3:55.39	34.50	950m:	10:52.07	35.01	1550m:	17:52.63	35.44
400m:	4:30.15	34.76	1000m:	11:27.15	35.08	1600m:	18:27.89	35.26
450m:	5:04.77	34.62	1050m:	12:02.19	35.04	1650m:	19:03.38	35.49
500m:	5:39.35	34.58	1100m:	12:37.26	35.07	1700m:	19:39.06	35.68
550m:	6:14.03	34.68	1150m:	13:11.87	34.61	1750m:	20:14.48	35.42
600m:	6:48.52	34.49	1200m:	13:46.87	35.00	1800m:	20:49.97	35.49
							1850m:	21:25.42
							1900m:	22:00.91
							1950m:	22:36.51
							2000m:	23:12.20
							2050m:	23:47.92
							2100m:	24:23.65
							2150m:	24:59.35
							2200m:	25:35.24
							2250m:	26:11.01
							2300m:	26:47.08
							2350m:	27:23.30
							2400m:	27:59.29
								35.99

Piscina 25m / Cronometratge Semi-automàtic

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

Classificació	ANY										Temps																																																																																																																																																																								
	2450m: 28:35.65	36.36	2600m: 30:23.53	35.99	2750m: 32:11.50	35.81	2900m: 34:00.22	36.31	2500m: 29:11.71	36.06	2650m: 30:59.25	35.72	2800m: 32:47.83	36.33	2950m: 34:36.21	35.99	2550m: 29:47.54	35.83	2700m: 31:35.69	36.44	2850m: 33:23.91	36.08	3000m: 35:11.49	35.28																																																																																																																																																											
11. JARDI YANES, Jan	05										A.E.N. Júpiter Sant Martí		35:14.52	6,00																																																																																																																																																																					
50m:	33.10	33.10	800m:	9:16.56	35.05	1550m:	18:10.23	36.21	2300m:	27:03.44	35.23	100m:	1:06.74	33.64	850m:	9:51.64	35.08	1600m:	18:46.20	35.97	2350m:	27:39.15	35.71	150m:	1:40.94	34.20	900m:	10:27.05	35.41	1650m:	19:21.80	35.60	2400m:	28:14.43	35.28	200m:	2:15.57	34.63	950m:	11:02.72	35.67	1700m:	19:57.13	35.33	2450m:	28:50.10	35.67	250m:	2:50.45	34.88	1000m:	11:38.11	35.39	1750m:	20:32.72	35.59	2500m:	29:25.33	35.23	300m:	3:26.10	35.65	1050m:	12:13.43	35.32	1800m:	21:08.13	35.41	2550m:	30:01.05	35.72	350m:	4:00.56	34.46	1100m:	12:49.17	35.74	1850m:	21:43.73	35.60	2600m:	30:36.43	35.38	400m:	4:35.78	35.22	1150m:	13:24.77	35.60	1900m:	22:19.20	35.47	2650m:	31:12.44	36.01	450m:	5:11.13	35.35	1200m:	14:00.15	35.38	1950m:	22:54.76	35.56	2700m:	31:47.20	34.76	500m:	5:46.31	35.18	1250m:	14:35.27	35.12	2000m:	23:30.56	35.80	2750m:	32:22.57	35.37	550m:	6:21.29	34.98	1300m:	15:10.80	35.53	2050m:	24:05.50	34.94	2800m:	32:57.69	35.12	600m:	6:56.09	34.80	1350m:	15:46.93	36.13	2100m:	24:41.10	35.60	2850m:	33:32.93	35.24	650m:	7:31.31	35.22	1400m:	16:22.48	35.55	2150m:	25:17.16	36.06	2900m:	34:07.96	35.03	700m:	8:06.09	34.78	1450m:	16:58.64	36.16	2200m:	25:53.24	36.08	2950m:	34:42.74	34.78	750m:	8:41.51	35.42	1500m:	17:34.02	35.38	2250m:	26:28.21	34.97	3000m:	35:14.52	31.78
12. LUQUE SERRANO, Adria	05										GEIEG		35:38.95	5,00																																																																																																																																																																					
50m:	33.65	33.65	800m:	9:18.06	34.81	1550m:	18:14.83	35.58	2300m:	27:13.05	35.83	100m:	1:07.64	33.99	850m:	9:53.06	35.00	1600m:	18:50.79	35.96	2350m:	27:48.79	35.74	150m:	1:42.51	34.87	900m:	10:28.10	35.04	1650m:	19:26.95	36.16	2400m:	28:24.65	35.86	200m:	2:17.57	35.06	950m:	11:03.29	35.19	1700m:	20:02.63	35.68	2450m:	29:00.66	36.01	250m:	2:52.77	35.20	1000m:	11:38.76	35.47	1750m:	20:38.57	35.94	2500m:	29:36.68	36.02	300m:	3:27.58	34.81	1050m:	12:14.49	35.73	1800m:	21:14.09	35.52	2550m:	30:12.93	36.25	350m:	4:02.38	34.80	1100m:	12:50.61	36.12	1850m:	21:50.12	36.03	2600m:	30:49.21	36.28	400m:	4:37.22	34.84	1150m:	13:26.79	36.18	1900m:	22:25.84	35.72	2650m:	31:25.81	36.60	450m:	5:12.16	34.94	1200m:	14:03.20	36.41	1950m:	23:01.71	35.87	2700m:	32:02.80	36.99	500m:	5:47.03	34.87	1250m:	14:39.47	36.27	2000m:	23:37.55	35.84	2750m:	32:39.27	36.47	550m:	6:22.46	35.43	1300m:	15:15.61	36.14	2050m:	24:13.66	36.11	2800m:	33:15.68	36.41	600m:	6:57.74	35.28	1350m:	15:51.48	35.87	2100m:	24:49.67	36.01	2850m:	33:51.98	36.30	650m:	7:32.95	35.21	1400m:	16:27.51	36.03	2150m:	25:25.47	35.80	2900m:	34:28.30	36.32	700m:	8:08.13	35.18	1450m:	17:03.28	35.77	2200m:	26:01.41	35.94	2950m:	35:04.29	35.99	750m:	8:43.25	35.12	1500m:	17:39.25	35.97	2250m:	26:37.22	35.81	3000m:	35:38.95	34.66
13. TOSQUELLA VILARDOSA, Eudald	06										C.N. Cervera		36:00.47	4,00																																																																																																																																																																					
50m:	34.03	34.03	800m:	9:29.31	36.42	1550m:	18:36.24	36.61	2300m:	27:46.19	37.00	100m:	1:08.43	34.40	850m:	10:05.29	35.98	1600m:	19:13.10	36.86	2350m:	28:22.77	36.58	150m:	1:43.54	35.11	900m:	10:41.79	36.50	1650m:	19:49.64	36.54	2400m:	28:59.85	37.08	200m:	2:18.97	35.43	950m:	11:18.43	36.64	1700m:	20:26.25	36.61	2450m:	29:35.15	35.30	250m:	2:54.29	35.32	1000m:	11:55.08	36.65	1750m:	21:02.78	36.53	2500m:	30:09.26	34.11	300m:	3:29.85	35.56	1050m:	12:31.41	36.33	1800m:	21:38.80	36.02	2550m:	30:44.66	35.40	350m:	4:04.84	34.99	1100m:	13:08.05	36.64	1850m:	22:15.30	36.50	2600m:	31:20.54	35.88	400m:	4:40.68	35.84	1150m:	13:43.96	35.91	1900m:	22:52.29	36.99	2650m:	31:55.28	34.74	450m:	5:16.20	35.52	1200m:	14:20.23	36.27	1950m:	23:29.26	36.97	2700m:	32:30.64	35.36	500m:	5:51.80	35.60	1250m:	14:57.00	36.77	2000m:	24:05.88	36.62	2750m:	33:06.64	36.00	550m:	6:27.71	35.91	1300m:	15:33.54	36.54	2050m:	24:42.52	36.64	2800m:	33:42.83	36.19	600m:	7:03.92	36.21	1350m:	16:10.11	36.57	2100m:	25:18.99	36.47	2850m:	34:19.11	36.28	650m:	7:40.25	36.33	1400m:	16:46.73	36.62	2150m:	25:55.61	36.62	2900m:	34:54.85	35.74	700m:	8:16.56	36.31	1450m:	17:23.38	36.65	2200m:	26:32.28	36.67	2950m:	35:30.59	35.74	750m:	8:52.89	36.33	1500m:	17:59.63	36.25	2250m:	27:09.19	36.91	3000m:	36:00.47	29.88
14. MARTIN SANCHEZ, Dylan	06										C.N. Tarraco		36:13.48	3,00																																																																																																																																																																					
50m:	33.85	33.85	550m:	6:27.75	35.91	1050m:	12:31.18	36.81	1550m:	18:36.40	36.74	100m:	1:08.24	34.39	600m:	7:03.74	35.99	1100m:	13:08.04	36.86	1600m:	19:12.90	36.50	150m:	1:43.43	35.19	650m:	7:40.12	36.38	1150m:	13:44.22	36.18	1650m:	19:49.53	36.63	200m:	2:18.53	35.10	700m:	8:16.26	36.14	1200m:	14:20.28	36.06	1700m:	20:26.27	36.74	250m:	2:53.91	35.38	750m:	8:52.65	36.39	1250m:	14:57.07	36.79	1750m:	21:02.93	36.66	300m:	3:29.34	35.43	800m:	9:28.82	36.17	1300m:	15:33.61	36.54	1800m:	21:39.13	36.20	350m:	4:04.82	35.48	850m:	10:05.34	36.52	1350m:	16:09.96	36.35	1850m:	22:15.51	36.38	400m:	4:40.23	35.41	900m:	10:41.48	36.14	1400m:	16:46.60	36.64	1900m:	22:52.09	36.58	450m:	5:16.15	35.92	950m:	11:18.14	36.66	1450m:	17:23.03	36.43	1950m:	23:29.36	37.27	500m:	5:51.84	35.69	1000m:	11:54.37	36.23	1500m:	17:59.66	36.63	2000m:	24:05.99	36.63																																																												

Piscina 25m / Cronometratge Semi-automàtic

Splash Meet Manager, 11.77934

Registered to Catalunya

18/11/2023 13:56 - Pàgina 8

Sponsor



Sponsor Institucional



Certificacions



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

Classificació	ANY				Temps						
2050m:	24:42.59	36.60	2300m:	27:46.41	37.15	2550m:	30:48.42	36.47	2800m:	33:52.26	36.94
2100m:	25:19.18	36.59	2350m:	28:23.08	36.67	2600m:	31:24.83	36.41	2850m:	34:28.27	36.01
2150m:	25:55.68	36.50	2400m:	29:00.06	36.98	2650m:	32:01.87	37.04	2900m:	35:03.47	35.20
2200m:	26:32.61	36.93	2450m:	29:36.09	36.03	2700m:	32:38.43	36.56	2950m:	35:39.21	35.74
2250m:	27:09.26	36.65	2500m:	30:11.95	35.86	2750m:	33:15.32	36.89	3000m:	36:13.48	34.27
15. VELAR IBAÑEZ, Arnau			06	C.E.N. Cabrera De Mar					36:15.80		2,00
50m:	33.41	33.41	800m:	9:29.34	36.23	1550m:	18:36.18	36.74	2300m:	27:46.31	36.91
100m:	1:06.59	33.18	850m:	10:05.37	36.03	1600m:	19:12.97	36.79	2350m:	28:22.98	36.67
150m:	1:41.16	34.57	900m:	10:41.82	36.45	1650m:	19:49.68	36.71	2400m:	28:59.78	36.80
200m:	2:16.05	34.89	950m:	11:18.50	36.68	1700m:	20:26.18	36.50	2450m:	29:35.66	35.88
250m:	2:51.30	35.25	1000m:	11:55.16	36.66	1750m:	21:02.78	36.60	2500m:	30:11.86	36.20
300m:	3:26.99	35.69	1050m:	12:31.66	36.50	1800m:	21:39.09	36.31	2550m:	30:48.31	36.45
350m:	4:02.82	35.83	1100m:	13:08.20	36.54	1850m:	22:15.45	36.36	2600m:	31:24.86	36.55
400m:	4:38.93	36.11	1150m:	13:44.09	35.89	1900m:	22:52.33	36.88	2650m:	32:01.27	36.41
450m:	5:14.82	35.89	1200m:	14:20.45	36.36	1950m:	23:28.97	36.64	2700m:	32:38.01	36.74
500m:	5:51.06	36.24	1250m:	14:57.09	36.64	2000m:	24:05.96	36.99	2750m:	33:14.89	36.88
550m:	6:27.61	36.55	1300m:	15:33.53	36.44	2050m:	24:42.65	36.69	2800m:	33:51.70	36.81
600m:	7:03.89	36.28	1350m:	16:10.12	36.59	2100m:	25:19.20	36.55	2850m:	34:28.26	36.56
650m:	7:40.42	36.53	1400m:	16:46.75	36.63	2150m:	25:55.88	36.68	2900m:	35:04.47	36.21
700m:	8:16.79	36.37	1450m:	17:23.22	36.47	2200m:	26:32.43	36.55	2950m:	35:40.68	36.21
750m:	8:53.11	36.32	1500m:	17:59.44	36.22	2250m:	27:09.40	36.97	3000m:	36:15.80	35.12
16. ALVAREZ GARCIA, Joel			06	C.N. Premià					36:25.89		1,00
50m:	34.02	34.02	800m:	9:24.39	35.76	1550m:	18:29.30	36.36	2300m:	27:40.25	37.31
100m:	1:08.53	34.51	850m:	10:00.26	35.87	1600m:	19:06.19	36.89	2350m:	28:17.88	37.63
150m:	1:43.73	35.20	900m:	10:35.94	35.68	1650m:	19:42.44	36.25	2400m:	28:55.51	37.63
200m:	2:19.04	35.31	950m:	11:11.47	35.53	1700m:	20:17.83	35.39	2450m:	29:33.20	37.69
250m:	2:54.34	35.30	1000m:	11:47.52	36.05	1750m:	20:53.90	36.07	2500m:	30:11.04	37.84
300m:	3:29.95	35.61	1050m:	12:22.84	35.32	1800m:	21:29.56	35.66	2550m:	30:48.51	37.47
350m:	4:05.39	35.44	1100m:	12:58.98	36.14	1850m:	22:06.43	36.87	2600m:	31:26.16	37.65
400m:	4:41.15	35.76	1150m:	13:35.95	36.97	1900m:	22:42.91	36.48	2650m:	32:02.96	36.80
450m:	5:16.51	35.36	1200m:	14:12.37	36.42	1950m:	23:20.16	37.25	2700m:	32:40.61	37.65
500m:	5:51.78	35.27	1250m:	14:48.70	36.33	2000m:	23:57.22	37.06	2750m:	33:18.90	38.29
550m:	6:27.36	35.58	1300m:	15:25.95	37.25	2050m:	24:34.33	37.11	2800m:	33:57.41	38.51
600m:	7:02.81	35.45	1350m:	16:02.75	36.80	2100m:	25:11.24	36.91	2850m:	34:34.98	37.57
650m:	7:38.23	35.42	1400m:	16:39.41	36.66	2150m:	25:48.32	37.08	2900m:	35:11.73	36.75
700m:	8:13.44	35.21	1450m:	17:16.28	36.87	2200m:	26:25.52	37.20	2950m:	35:48.68	36.95
750m:	8:48.63	35.19	1500m:	17:52.94	36.66	2250m:	27:02.94	37.42	3000m:	36:25.89	37.21
DNS LARGERON, Pierre			05	Madrid N.C.							-
Absolut Fons Indoor											
1. CABEZUELO AREVALO, Albert			04	C.N. Granollers					33:19.88		19,00
50m:	31.62	31.62	800m:	8:36.54	32.24	1550m:	16:54.71	33.91	2300m:	25:25.41	33.90
100m:	1:04.31	32.69	850m:	9:08.48	31.94	1600m:	17:28.77	34.06	2350m:	25:59.64	34.23
150m:	1:36.75	32.44	900m:	9:40.68	32.20	1650m:	18:02.83	34.06	2400m:	26:33.89	34.25
200m:	2:09.37	32.62	950m:	10:13.04	32.36	1700m:	18:36.94	34.11	2450m:	27:07.98	34.09
250m:	2:41.64	32.27	1000m:	10:45.45	32.41	1750m:	19:10.85	33.91	2500m:	27:41.53	33.55
300m:	3:13.71	32.07	1050m:	11:17.68	32.23	1800m:	19:44.38	33.53	2550m:	28:15.22	33.69
350m:	3:46.05	32.34	1100m:	11:50.30	32.62	1850m:	20:18.62	34.24	2600m:	28:49.71	34.49
400m:	4:18.39	32.34	1150m:	12:23.06	32.76	1900m:	20:53.84	35.22	2650m:	29:23.98	34.27
450m:	4:50.73	32.34	1200m:	12:56.19	33.13	1950m:	21:28.60	34.76	2700m:	29:58.24	34.26
500m:	5:22.89	32.16	1250m:	13:29.56	33.37	2000m:	22:02.42	33.82	2750m:	30:32.79	34.55
550m:	5:55.30	32.41	1300m:	14:03.25	33.69	2050m:	22:34.22	31.80	2800m:	31:06.57	33.78
600m:	6:27.58	32.28	1350m:	14:37.50	34.25	2100m:	23:08.92	34.70	2850m:	31:40.00	33.43
650m:	6:59.51	31.93	1400m:	15:12.08	34.58	2150m:	23:43.46	34.54	2900m:	32:13.56	33.56
700m:	7:31.77	32.26	1450m:	15:46.60	34.52	2200m:	24:17.32	33.86	2950m:	32:46.92	33.36
750m:	8:04.30	32.53	1500m:	16:20.80	34.20	2250m:	24:51.51	34.19	3000m:	33:19.88	32.96

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

Classificació	ANY		Temps	
2. VENDRELL GARCIA, Jose	03	C.N. Lleida	33:30.59	16,00
50m: 31.75	31.75	800m: 8:44.51	33.21	1550m: 17:01.39
100m: 1:03.60	31.85	850m: 9:17.59	33.08	1600m: 17:34.93
150m: 1:36.02	32.42	900m: 9:51.18	33.59	1650m: 18:08.18
200m: 2:08.40	32.38	950m: 10:24.57	33.39	1700m: 18:41.92
250m: 2:40.71	32.31	1000m: 10:57.60	33.03	1750m: 19:15.46
300m: 3:13.29	32.58	1050m: 11:30.62	33.02	1800m: 19:49.23
350m: 3:46.13	32.84	1100m: 12:03.78	33.16	1850m: 20:23.24
400m: 4:19.05	32.92	1150m: 12:36.70	32.92	1900m: 20:57.04
450m: 4:52.07	33.02	1200m: 13:09.62	32.92	1950m: 21:30.76
500m: 5:24.62	32.55	1250m: 13:42.42	32.80	2000m: 22:05.25
550m: 5:57.69	33.07	1300m: 14:15.24	32.82	2050m: 22:38.94
600m: 6:31.04	33.35	1350m: 14:48.39	33.15	2100m: 23:12.77
650m: 7:04.12	33.08	1400m: 15:21.33	32.94	2150m: 23:46.79
700m: 7:38.26	34.14	1450m: 15:54.38	33.05	2200m: 24:21.12
750m: 8:11.30	33.04	1500m: 16:27.92	33.54	2250m: 24:55.19
				2300m: 25:29.13
				2350m: 26:03.28
				2400m: 26:37.63
				2450m: 27:12.04
				2500m: 27:46.85
				2550m: 28:21.54
				2600m: 28:55.85
				2650m: 29:30.00
				2700m: 30:04.27
				2750m: 30:39.27
				2800m: 31:14.83
				2850m: 31:49.54
				2900m: 32:23.84
				2950m: 32:57.98
				3000m: 33:30.59
3. POU FERNANDEZ, Marc	01	C.N. Mataró	33:37.59	14,00
50m: 32.21	32.21	800m: 8:55.19	32.85	1550m: 17:15.43
100m: 1:05.56	33.35	850m: 9:28.29	33.10	1600m: 17:49.22
150m: 1:39.11	33.55	900m: 10:01.81	33.52	1650m: 18:22.83
200m: 2:12.86	33.75	950m: 10:35.02	33.21	1700m: 18:56.28
250m: 2:46.69	33.83	1000m: 11:08.29	33.27	1750m: 19:29.69
300m: 3:20.46	33.77	1050m: 11:41.41	33.12	1800m: 20:03.48
350m: 3:54.26	33.80	1100m: 12:14.64	33.23	1850m: 20:37.25
400m: 4:28.23	33.97	1150m: 12:47.70	33.06	1900m: 21:10.59
450m: 5:01.99	33.76	1200m: 13:20.60	32.90	1950m: 21:44.14
500m: 5:35.73	33.74	1250m: 13:53.84	33.24	2000m: 22:18.03
550m: 6:09.36	33.63	1300m: 14:27.30	33.46	2050m: 22:52.34
600m: 6:42.63	33.27	1350m: 15:00.87	33.57	2100m: 23:26.60
650m: 7:15.88	33.25	1400m: 15:34.66	33.79	2150m: 24:00.59
700m: 7:48.98	33.10	1450m: 16:08.28	33.62	2200m: 24:34.41
750m: 8:22.34	33.36	1500m: 16:41.89	33.61	2250m: 25:08.62
				2300m: 25:42.68
				2350m: 26:16.82
				2400m: 26:50.89
				2450m: 27:24.74
				2500m: 27:58.19
				2550m: 28:31.66
				2600m: 29:05.36
				2650m: 29:39.28
				2700m: 30:12.90
				2750m: 30:46.47
				2800m: 31:21.08
				2850m: 31:55.90
				2900m: 32:30.70
				2950m: 33:04.83
				3000m: 33:37.59
4. ELIES VAZQUEZ, Pau	03	C.N. Atl Barceloneta	33:44.59	13,00
50m: 32.48	32.48	800m: 8:55.34	32.91	1550m: 17:15.73
100m: 1:05.83	33.35	850m: 9:28.38	33.04	1600m: 17:49.47
150m: 1:39.56	33.73	900m: 10:01.65	33.27	1650m: 18:23.37
200m: 2:13.26	33.70	950m: 10:34.80	33.15	1700m: 18:57.09
250m: 2:47.16	33.90	1000m: 11:08.45	33.65	1750m: 19:30.46
300m: 3:20.92	33.76	1050m: 11:41.63	33.18	1800m: 20:04.19
350m: 3:54.48	33.56	1100m: 12:14.78	33.15	1850m: 20:38.15
400m: 4:28.17	33.69	1150m: 12:48.14	33.36	1900m: 21:12.02
450m: 5:01.91	33.74	1200m: 13:20.93	32.79	1950m: 21:45.77
500m: 5:35.64	33.73	1250m: 13:54.10	33.17	2000m: 22:19.42
550m: 6:09.33	33.69	1300m: 14:27.60	33.50	2050m: 22:52.73
600m: 6:42.61	33.28	1350m: 15:01.13	33.53	2100m: 23:26.75
650m: 7:16.10	33.49	1400m: 15:34.78	33.65	2150m: 24:00.63
700m: 7:49.22	33.12	1450m: 16:08.77	33.99	2200m: 24:34.63
750m: 8:22.43	33.21	1500m: 16:42.08	33.31	2250m: 25:08.72
				2300m: 25:42.81
				2350m: 26:17.02
				2400m: 26:51.52
				2450m: 27:25.77
				2500m: 27:59.73
				2550m: 28:34.00
				2600m: 29:08.32
				2650m: 29:43.06
				2700m: 30:18.48
				2750m: 30:53.55
				2800m: 31:28.59
				2850m: 32:03.78
				2900m: 32:38.99
				2950m: 33:11.66
				3000m: 33:44.59
5. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	33:50.67	12,00
50m: 32.29	32.29	750m: 8:19.99	33.65	1450m: 16:11.82
100m: 1:05.06	32.77	800m: 8:53.45	33.46	1500m: 16:45.66
150m: 1:38.15	33.09	850m: 9:27.00	33.55	1550m: 17:19.40
200m: 2:11.40	33.25	900m: 10:00.66	33.66	1600m: 17:53.49
250m: 2:44.67	33.27	950m: 10:34.19	33.53	1650m: 18:27.31
300m: 3:17.99	33.32	1000m: 11:07.84	33.65	1700m: 19:01.47
350m: 3:51.34	33.35	1050m: 11:41.80	33.96	1750m: 19:35.92
400m: 4:24.68	33.34	1100m: 12:15.67	33.87	1800m: 20:10.02
450m: 4:57.76	33.08	1150m: 12:49.48	33.81	1850m: 20:44.59
500m: 5:31.62	33.86	1200m: 13:22.97	33.49	1900m: 21:19.14
550m: 6:05.24	33.62	1250m: 13:56.47	33.50	1950m: 21:53.52
600m: 6:39.02	33.78	1300m: 14:30.26	33.79	2000m: 22:27.76
650m: 7:12.74	33.72	1350m: 15:04.13	33.87	2050m: 23:02.32
700m: 7:46.34	33.60	1400m: 15:37.74	33.61	2100m: 23:36.85
				2150m: 24:11.44
				2200m: 24:45.97
				2250m: 25:20.31
				2300m: 25:54.62
				2350m: 26:29.00
				2400m: 27:03.24
				2450m: 27:37.63
				2500m: 28:12.06
				2550m: 28:47.00
				2600m: 29:21.19
				2650m: 29:55.51
				2700m: 30:29.58
				2750m: 31:03.37
				2800m: 31:37.28

Piscina 25m / Cronometratge Semi-automàtic

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

Classificació	ANY		Temps					
	2850m: 32:11.36	34.08	2900m: 32:44.76	33.40	2950m: 33:18.07	33.31	3000m: 33:50.67	32.60
6.	IBAÑEZ PINA, Nil		03	C.N. Atl Barceloneta		34:00.01		11,00
	50m: 32.58	32.58	800m: 8:52.16	32.82	1550m: 17:24.42	34.51	2300m: 26:03.66	34.36
	100m: 1:05.81	33.23	850m: 9:25.35	33.19	1600m: 17:58.98	34.56	2350m: 26:37.52	33.86
	150m: 1:39.20	33.39	900m: 9:58.85	33.50	1650m: 18:33.44	34.46	2400m: 27:10.78	33.26
	200m: 2:12.84	33.64	950m: 10:32.87	34.02	1700m: 19:07.46	34.02	2450m: 27:44.55	33.77
	250m: 2:46.73	33.89	1000m: 11:07.38	34.51	1750m: 19:42.47	35.01	2500m: 28:19.07	34.52
	300m: 3:20.60	33.87	1050m: 11:41.52	34.14	1800m: 20:17.32	34.85	2550m: 28:53.11	34.04
	350m: 3:54.14	33.54	1100m: 12:15.65	34.13	1850m: 20:51.88	34.56	2600m: 29:27.49	34.38
	400m: 4:28.03	33.89	1150m: 12:49.77	34.12	1900m: 21:26.64	34.76	2650m: 30:01.95	34.46
	450m: 5:00.95	32.92	1200m: 13:23.49	33.72	1950m: 22:01.26	34.62	2700m: 30:36.20	34.25
	500m: 5:34.31	33.36	1250m: 13:57.35	33.86	2000m: 22:36.23	34.97	2750m: 31:10.57	34.37
	550m: 6:07.83	33.52	1300m: 14:31.31	33.96	2050m: 23:10.90	34.67	2800m: 31:45.53	34.96
	600m: 6:40.75	32.92	1350m: 15:05.42	34.11	2100m: 23:45.88	34.98	2850m: 32:19.74	34.21
	650m: 7:13.53	32.78	1400m: 15:40.31	34.89	2150m: 24:20.27	34.39	2900m: 32:53.69	33.95
	700m: 7:46.44	32.91	1450m: 16:14.88	34.57	2200m: 24:54.80	34.53	2950m: 33:27.24	33.55
	750m: 8:19.34	32.90	1500m: 16:49.91	35.03	2250m: 25:29.30	34.50	3000m: 34:00.01	32.77
7.	BLANES FRIGOLA, Aleix		04	C.N. Vilafranca		34:12.97		10,00
	50m: 32.14	32.14	800m: 8:57.21	34.14	1550m: 17:32.36	34.55	2300m: 26:12.04	34.55
	100m: 1:04.99	32.85	850m: 9:30.93	33.72	1600m: 18:06.76	34.40	2350m: 26:46.95	34.91
	150m: 1:38.32	33.33	900m: 10:04.90	33.97	1650m: 18:41.04	34.28	2400m: 27:21.99	35.04
	200m: 2:11.75	33.43	950m: 10:38.71	33.81	1700m: 19:15.21	34.17	2450m: 27:56.50	34.51
	250m: 2:45.24	33.49	1000m: 11:12.86	34.15	1750m: 19:49.83	34.62	2500m: 28:31.30	34.80
	300m: 3:18.57	33.33	1050m: 11:47.12	34.26	1800m: 20:24.68	34.85	2550m: 29:06.08	34.78
	350m: 3:52.00	33.43	1100m: 12:21.56	34.44	1850m: 20:59.17	34.49	2600m: 29:40.90	34.82
	400m: 4:25.92	33.92	1150m: 12:55.91	34.35	1900m: 21:34.15	34.98	2650m: 30:15.07	34.17
	450m: 5:00.10	34.18	1200m: 13:30.38	34.47	1950m: 22:08.92	34.77	2700m: 30:49.90	34.83
	500m: 5:33.87	33.77	1250m: 14:04.59	34.21	2000m: 22:43.53	34.61	2750m: 31:24.61	34.71
	550m: 6:07.82	33.95	1300m: 14:39.32	34.73	2050m: 23:18.18	34.65	2800m: 31:59.29	34.68
	600m: 6:41.54	33.72	1350m: 15:14.17	34.85	2100m: 23:52.79	34.61	2850m: 32:33.48	34.19
	650m: 7:15.32	33.78	1400m: 15:48.72	34.55	2150m: 24:27.31	34.52	2900m: 33:07.58	34.10
	700m: 7:49.25	33.93	1450m: 16:23.30	34.58	2200m: 25:02.21	34.90	2950m: 33:40.83	33.25
	750m: 8:23.07	33.82	1500m: 16:57.81	34.51	2250m: 25:37.49	35.28	3000m: 34:12.97	32.14
8.	ROURA CLEMENTE, Gerard		01	GEIEG		34:26.88		9,00
	50m: 33.00	33.00	800m: 9:02.52	34.47	1550m: 17:44.69	34.76	2300m: 26:26.47	34.62
	100m: 1:06.24	33.24	850m: 9:37.25	34.73	1600m: 18:19.55	34.86	2350m: 27:01.22	34.75
	150m: 1:40.10	33.86	900m: 10:12.11	34.86	1650m: 18:54.57	35.02	2400m: 27:35.42	34.20
	200m: 2:14.22	34.12	950m: 10:46.79	34.68	1700m: 19:29.35	34.78	2450m: 28:09.51	34.09
	250m: 2:48.25	34.03	1000m: 11:21.74	34.95	1750m: 20:03.84	34.49	2500m: 28:44.17	34.66
	300m: 3:22.09	33.84	1050m: 11:56.23	34.49	1800m: 20:38.32	34.48	2550m: 29:19.31	35.14
	350m: 3:55.87	33.78	1100m: 12:31.05	34.82	1850m: 21:12.91	34.59	2600m: 29:54.14	34.83
	400m: 4:29.70	33.83	1150m: 13:05.62	34.57	1900m: 21:47.63	34.72	2650m: 30:28.87	34.73
	450m: 5:03.43	33.73	1200m: 13:40.51	34.89	1950m: 22:22.57	34.94	2700m: 31:03.74	34.87
	500m: 5:37.26	33.83	1250m: 14:15.15	34.64	2000m: 22:57.36	34.79	2750m: 31:38.83	35.09
	550m: 6:10.73	33.47	1300m: 14:50.11	34.96	2050m: 23:32.38	35.02	2800m: 32:13.78	34.95
	600m: 6:44.78	34.05	1350m: 15:24.98	34.87	2100m: 24:07.37	34.99	2850m: 32:48.28	34.50
	650m: 7:19.12	34.34	1400m: 15:59.69	34.71	2150m: 24:42.08	34.71	2900m: 33:22.60	34.32
	700m: 7:53.64	34.52	1450m: 16:34.85	35.16	2200m: 25:17.00	34.92	2950m: 33:55.42	32.82
	750m: 8:28.05	34.41	1500m: 17:09.93	35.08	2250m: 25:51.85	34.85	3000m: 34:26.88	31.46
9.	MATAS VELASCO, Guillermo		96	C.N. Mataró		34:58.75		8,00
	50m: 34.67	34.67	650m: 7:32.73	34.70	1250m: 14:32.30	34.91	1850m: 21:33.18	34.96
	100m: 1:09.27	34.60	700m: 8:07.61	34.88	1300m: 15:07.57	35.27	1900m: 22:08.45	35.27
	150m: 1:43.57	34.30	750m: 8:42.51	34.90	1350m: 15:42.69	35.12	1950m: 22:43.65	35.20
	200m: 2:18.58	35.01	800m: 9:17.35	34.84	1400m: 16:17.62	34.93	2000m: 23:18.75	35.10
	250m: 2:53.96	35.38	850m: 9:52.17	34.82	1450m: 16:52.93	35.31	2050m: 23:53.80	35.05
	300m: 3:28.74	34.78	900m: 10:27.15	34.98	1500m: 17:27.89	34.96	2100m: 24:28.78	34.98
	350m: 4:03.84	35.10	950m: 11:02.38	35.23	1550m: 18:02.71	34.82	2150m: 25:04.06	35.28
	400m: 4:38.91	35.07	1000m: 11:37.52	35.14	1600m: 18:37.72	35.01	2200m: 25:39.42	35.36
	450m: 5:13.83	34.92	1050m: 12:12.29	34.77	1650m: 19:13.01	35.29	2250m: 26:14.37	34.95
	500m: 5:48.72	34.89	1100m: 12:47.31	35.02	1700m: 19:47.96	34.95	2300m: 26:49.64	35.27
	550m: 6:23.34	34.62	1150m: 13:22.44	35.13	1750m: 20:23.03	35.07	2350m: 27:24.93	35.29
	600m: 6:58.03	34.69	1200m: 13:57.39	34.95	1800m: 20:58.22	35.19	2400m: 28:00.41	35.48

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

Classificació	ANY				Temps						
2450m:	28:35.36	34.95	2600m:	30:20.42	35.03	2750m:	32:05.67	34.95	2900m:	33:50.76	34.94
2500m:	29:10.38	35.02	2650m:	30:55.52	35.10	2800m:	32:40.91	35.24	2950m:	34:25.50	34.74
2550m:	29:45.39	35.01	2700m:	31:30.72	35.20	2850m:	33:15.82	34.91	3000m:	34:58.75	33.25
10. LAGOS PAU, Aitor			95			C.N. L'Hospitalet			35:37.78		7,00
50m:	33.24	33.24	800m:	9:17.34	35.11	1550m:	18:10.25	35.68	2300m:	27:13.79	36.58
100m:	1:07.37	34.13	850m:	9:52.62	35.28	1600m:	18:46.12	35.87	2350m:	27:50.43	36.64
150m:	1:41.96	34.59	900m:	10:27.98	35.36	1650m:	19:21.89	35.77	2400m:	28:27.22	36.79
200m:	2:17.12	35.16	950m:	11:03.01	35.03	1700m:	19:57.77	35.88	2450m:	29:03.74	36.52
250m:	2:52.05	34.93	1000m:	11:38.30	35.29	1750m:	20:33.68	35.91	2500m:	29:39.95	36.21
300m:	3:26.73	34.68	1050m:	12:13.94	35.64	1800m:	21:09.52	35.84	2550m:	30:15.85	35.90
350m:	4:01.81	35.08	1100m:	12:49.53	35.59	1850m:	21:45.74	36.22	2600m:	30:52.12	36.27
400m:	4:36.75	34.94	1150m:	13:24.99	35.46	1900m:	22:22.18	36.44	2650m:	31:28.44	36.32
450m:	5:11.90	35.15	1200m:	14:00.75	35.76	1950m:	22:58.52	36.34	2700m:	32:04.79	36.35
500m:	5:47.07	35.17	1250m:	14:36.54	35.79	2000m:	23:34.72	36.20	2750m:	32:40.73	35.94
550m:	6:22.32	35.25	1300m:	15:12.16	35.62	2050m:	24:11.06	36.34	2800m:	33:16.62	35.89
600m:	6:57.35	35.03	1350m:	15:47.79	35.63	2100m:	24:47.29	36.23	2850m:	33:52.20	35.58
650m:	7:32.62	35.27	1400m:	16:23.33	35.54	2150m:	25:24.15	36.86	2900m:	34:27.97	35.77
700m:	8:07.49	34.87	1450m:	16:58.77	35.44	2200m:	26:00.51	36.36	2950m:	35:03.88	35.91
750m:	8:42.23	34.74	1500m:	17:34.57	35.80	2250m:	26:37.21	36.70	3000m:	35:37.78	33.90
11. SANCHEZ HURTADO, Alex			00			C.N. L'Hospitalet			35:39.02		6,00
50m:	32.64	32.64	800m:	9:09.14	35.04	1550m:	18:06.54	36.06	2300m:	27:11.97	36.73
100m:	1:06.20	33.56	850m:	9:44.37	35.23	1600m:	18:42.76	36.22	2350m:	27:49.04	37.07
150m:	1:40.20	34.00	900m:	10:19.56	35.19	1650m:	19:19.52	36.76	2400m:	28:25.57	36.53
200m:	2:14.47	34.27	950m:	10:55.47	35.91	1700m:	19:55.67	36.15	2450m:	29:02.05	36.48
250m:	2:48.84	34.37	1000m:	11:30.91	35.44	1750m:	20:32.12	36.45	2500m:	29:38.70	36.65
300m:	3:23.24	34.40	1050m:	12:06.59	35.68	1800m:	21:08.80	36.68	2550m:	30:14.73	36.03
350m:	3:57.83	34.59	1100m:	12:42.24	35.65	1850m:	21:44.96	36.16	2600m:	30:51.04	36.31
400m:	4:32.08	34.25	1150m:	13:17.37	35.13	1900m:	22:20.67	35.71	2650m:	31:28.19	37.15
450m:	5:06.66	34.58	1200m:	13:52.80	35.43	1950m:	22:56.98	36.31	2700m:	32:05.27	37.08
500m:	5:40.88	34.22	1250m:	14:28.82	36.02	2000m:	23:32.75	35.77	2750m:	32:41.06	35.79
550m:	6:15.63	34.75	1300m:	15:04.67	35.85	2050m:	24:09.11	36.36	2800m:	33:17.17	36.11
600m:	6:49.73	34.10	1350m:	15:40.76	36.09	2100m:	24:45.14	36.03	2850m:	33:53.57	36.40
650m:	7:24.33	34.60	1400m:	16:17.23	36.47	2150m:	25:21.29	36.15	2900m:	34:29.57	36.00
700m:	7:58.83	34.50	1450m:	16:53.86	36.63	2200m:	25:58.16	36.87	2950m:	35:05.23	35.66
750m:	8:34.10	35.27	1500m:	17:30.48	36.62	2250m:	26:35.24	37.08	3000m:	35:39.02	33.79
12. MASCHIO GASTELAARS, Dante			95			C.N. Atl Barceloneta			35:46.09		5,00
50m:	33.74	33.74	800m:	9:26.04	35.61	1550m:	18:22.21	35.95	2300m:	27:24.31	36.28
100m:	1:08.02	34.28	850m:	10:01.62	35.58	1600m:	18:58.13	35.92	2350m:	28:00.50	36.19
150m:	1:43.20	35.18	900m:	10:37.22	35.60	1650m:	19:34.16	36.03	2400m:	28:36.52	36.02
200m:	2:18.53	35.33	950m:	11:12.78	35.56	1700m:	20:10.22	36.06	2450m:	29:12.79	36.27
250m:	2:54.06	35.53	1000m:	11:48.53	35.75	1750m:	20:46.25	36.03	2500m:	29:48.77	35.98
300m:	3:29.64	35.58	1050m:	12:24.15	35.62	1800m:	21:22.66	36.41	2550m:	30:24.78	36.01
350m:	4:05.29	35.65	1100m:	12:59.94	35.79	1850m:	21:58.87	36.21	2600m:	31:01.14	36.36
400m:	4:40.89	35.60	1150m:	13:35.82	35.88	1900m:	22:34.99	36.12	2650m:	31:36.75	35.61
450m:	5:16.60	35.71	1200m:	14:11.64	35.82	1950m:	23:11.44	36.45	2700m:	32:12.87	36.12
500m:	5:52.22	35.62	1250m:	14:47.30	35.66	2000m:	23:47.99	36.55	2750m:	32:48.54	35.67
550m:	6:27.96	35.74	1300m:	15:22.96	35.66	2050m:	24:23.98	35.99	2800m:	33:23.99	35.45
600m:	7:03.52	35.56	1350m:	15:58.88	35.92	2100m:	24:59.99	36.01	2850m:	33:59.31	35.32
650m:	7:39.17	35.65	1400m:	16:34.66	35.78	2150m:	25:35.97	35.98	2900m:	34:35.05	35.74
700m:	8:14.99	35.82	1450m:	17:10.46	35.80	2200m:	26:11.88	35.91	2950m:	35:10.34	35.29
750m:	8:50.43	35.44	1500m:	17:46.26	35.80	2250m:	26:48.03	36.15	3000m:	35:46.09	35.75
DNS CHAVES GUARDIA, David			98			C.N. Mataró					

Prova 4, Masc., 3000m Lliure

Absolut, Júnior 2 i Júnior 1

1. NEVADO RUIZ, Pablo	06	C.N. Sabadell	32:02.43	19,00
50m: 31.82 31.82	800m: 8:36.49	32.03 1550m: 16:38.96	31.87 2300m: 24:41.88	32.27
100m: 1:04.14 32.32	850m: 9:08.56	32.07 1600m: 17:10.96	32.00 2350m: 25:14.08	32.20
150m: 1:36.61 32.47	900m: 9:40.76	32.20 1650m: 17:43.04	32.08 2400m: 25:46.36	32.28
200m: 2:09.21 32.60	950m: 10:12.83	32.07 1700m: 18:15.33	32.29 2450m: 26:18.52	32.16
250m: 2:41.56 32.35	1000m: 10:45.12	32.29 1750m: 18:47.66	32.33 2500m: 26:50.26	31.74
300m: 3:13.98 32.42	1050m: 11:17.42	32.30 1800m: 19:19.87	32.21 2550m: 27:21.33	31.07
350m: 3:46.40 32.42	1100m: 11:49.62	32.20 1850m: 19:51.87	32.00 2600m: 27:52.86	31.53
400m: 4:18.77 32.37	1150m: 12:21.85	32.23 1900m: 20:23.74	31.87 2650m: 28:24.39	31.53
450m: 4:51.01 32.24	1200m: 12:54.22	32.37 1950m: 20:56.03	32.29 2700m: 28:55.91	31.52
500m: 5:23.47 32.46	1250m: 13:26.14	31.92 2000m: 21:28.19	32.16 2750m: 29:27.71	31.80
550m: 5:55.32 31.85	1300m: 13:58.20	32.06 2050m: 22:00.38	32.19 2800m: 29:59.38	31.67
600m: 6:27.79 32.47	1350m: 14:30.41	32.21 2100m: 22:32.78	32.40 2850m: 30:31.26	31.88
650m: 6:59.93 32.14	1400m: 15:02.67	32.26 2150m: 23:05.11	32.33 2900m: 31:02.63	31.37
700m: 7:31.90 31.97	1450m: 15:34.86	32.19 2200m: 23:37.34	32.23 2950m: 31:34.31	31.68
750m: 8:04.46 32.56	1500m: 16:07.09	32.23 2250m: 24:09.61	32.27 3000m: 32:02.43	28.12

2. PARRA ESTRADÉ, Arnau	07	C.N. Atl Barceloneta	32:17.86	19,00
<i>Millor Marca Catalana</i>				
50m: 32.04 32.04	800m: 8:36.40	32.04 1550m: 16:38.86	32.19 2300m: 24:42.06	32.18
100m: 1:04.24 32.20	850m: 9:08.40	32.00 1600m: 17:11.03	32.17 2350m: 25:14.33	32.27
150m: 1:36.83 32.59	900m: 9:40.45	32.05 1650m: 17:43.30	32.27 2400m: 25:46.69	32.36
200m: 2:09.35 32.52	950m: 10:12.58	32.13 1700m: 18:15.48	32.18 2450m: 26:18.89	32.20
250m: 2:41.81 32.46	1000m: 10:45.06	32.48 1750m: 18:47.85	32.37 2500m: 26:51.82	32.93
300m: 3:14.01 32.20	1050m: 11:17.12	32.06 1800m: 19:20.17	32.32 2550m: 27:24.28	32.46
350m: 3:46.30 32.29	1100m: 11:49.36	32.24 1850m: 19:51.88	31.71 2600m: 27:56.95	32.67
400m: 4:18.79 32.49	1150m: 12:21.55	32.19 1900m: 20:24.19	32.31 2650m: 28:29.73	32.78
450m: 4:51.16 32.37	1200m: 12:53.58	32.03 1950m: 20:56.21	32.02 2700m: 29:02.26	32.53
500m: 5:23.45 32.29	1250m: 13:25.63	32.05 2000m: 21:28.39	32.18 2750m: 29:35.23	32.97
550m: 5:55.48 32.03	1300m: 13:57.88	32.25 2050m: 22:00.66	32.27 2800m: 30:08.04	32.81
600m: 6:27.57 32.09	1350m: 14:29.94	32.06 2100m: 22:32.97	32.31 2850m: 30:40.81	32.77
650m: 6:59.76 32.19	1400m: 15:02.16	32.22 2150m: 23:05.06	32.09 2900m: 31:13.91	33.10
700m: 7:32.07 32.31	1450m: 15:34.38	32.22 2200m: 23:37.50	32.44 2950m: 31:47.00	33.09
750m: 8:04.36 32.29	1500m: 16:06.67	32.29 2250m: 24:09.88	32.38 3000m: 32:17.86	30.86

3. CASALS MAS, Èric	06	C.N. VIC-Etb	32:24.11	16,00
50m: 32.53 32.53	800m: 8:43.51	32.28 1550m: 16:49.12	32.35 2300m: 24:55.70	32.38
100m: 1:05.39 32.86	850m: 9:15.98	32.47 1600m: 17:21.59	32.47 2350m: 25:28.36	32.66
150m: 1:38.10 32.71	900m: 9:48.65	32.67 1650m: 17:54.12	32.53 2400m: 26:00.90	32.54
200m: 2:11.15 33.05	950m: 10:21.05	32.40 1700m: 18:26.72	32.60 2450m: 26:33.47	32.57
250m: 2:44.18 33.03	1000m: 10:53.44	32.39 1750m: 18:59.36	32.64 2500m: 27:05.94	32.47
300m: 3:16.87 32.69	1050m: 11:25.94	32.50 1800m: 19:31.84	32.48 2550m: 27:38.37	32.43
350m: 3:49.70 32.83	1100m: 11:58.62	32.68 1850m: 20:04.38	32.54 2600m: 28:10.66	32.29
400m: 4:22.73 33.03	1150m: 12:30.80	32.18 1900m: 20:36.26	31.88 2650m: 28:42.94	32.28
450m: 4:55.19 32.46	1200m: 13:03.31	32.51 1950m: 21:08.08	31.82 2700m: 29:14.73	31.79
500m: 5:27.76 32.57	1250m: 13:35.78	32.47 2000m: 21:40.51	32.43 2750m: 29:46.42	31.69
550m: 6:00.54 32.78	1300m: 14:07.90	32.12 2050m: 22:13.05	32.54 2800m: 30:18.64	32.22
600m: 6:33.24 32.70	1350m: 14:39.94	32.04 2100m: 22:45.59	32.54 2850m: 30:50.72	32.08
650m: 7:05.83 32.59	1400m: 15:11.97	32.03 2150m: 23:18.12	32.53 2900m: 31:22.93	32.21
700m: 7:38.38 32.55	1450m: 15:44.45	32.48 2200m: 23:50.72	32.60 2950m: 31:54.44	31.51
750m: 8:11.23 32.85	1500m: 16:16.77	32.32 2250m: 24:23.32	32.60 3000m: 32:24.11	29.67

4. JIMÉNEZ RÍSQUEZ, Alex	06	C.N. Sabadell	33:05.33	14,00
50m: 32.61 32.61	650m: 7:06.83	32.51 1250m: 13:42.10	32.88 1850m: 20:19.28	33.14
100m: 1:05.90 33.29	700m: 7:39.78	32.95 1300m: 14:15.44	33.34 1900m: 20:52.37	33.09
150m: 1:38.89 32.99	750m: 8:12.82	33.04 1350m: 14:48.59	33.15 1950m: 21:25.12	32.75
200m: 2:11.94 33.05	800m: 8:45.25	32.43 1400m: 15:21.65	33.06 2000m: 21:58.14	33.02
250m: 2:44.92 32.98	850m: 9:18.10	32.85 1450m: 15:54.51	32.86 2050m: 22:31.23	33.09
300m: 3:17.85 32.93	900m: 9:51.17	33.07 1500m: 16:27.63	33.12 2100m: 23:05.01	33.78
350m: 3:50.66 32.81	950m: 10:24.14	32.97 1550m: 17:00.73	33.10 2150m: 23:38.09	33.08
400m: 4:23.22 32.56	1000m: 10:57.12	32.98 1600m: 17:33.83	33.10 2200m: 24:11.19	33.10
450m: 4:55.98 32.76	1050m: 11:29.95	32.83 1650m: 18:07.01	33.18 2250m: 24:44.56	33.37
500m: 5:28.64 32.66	1100m: 12:03.11	33.16 1700m: 18:39.92	32.91 2300m: 25:18.15	33.59
550m: 6:01.40 32.76	1150m: 12:36.14	33.03 1750m: 19:12.92	33.00 2350m: 25:51.99	33.84
600m: 6:34.32 32.92	1200m: 13:09.22	33.08 1800m: 19:46.14	33.22 2400m: 26:25.88	33.89

Piscina 25m / Cronometratge Semi-automàtic

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

Classificació	ANY				Temps			
	2450m: 26:59.18	33.30	2600m: 28:39.34	33.35	2750m: 30:19.55	33.42	2900m: 31:59.51	32.94
	2500m: 27:32.62	33.44	2650m: 29:12.80	33.46	2800m: 30:53.21	33.66	2950m: 32:32.55	33.04
	2550m: 28:05.99	33.37	2700m: 29:46.13	33.33	2850m: 31:26.57	33.36	3000m: 33:05.33	32.78
5.	CARRASCO CADENS, Jordi 08				C.E. Inef Lleida 33:07.64 16,00			
	50m: 32.60	32.60	800m: 8:56.50	33.27	1550m: 17:13.91	32.62	2300m: 25:31.03	33.18
	100m: 1:06.60	34.00	850m: 9:29.18	32.68	1600m: 17:47.02	33.11	2350m: 26:03.98	32.95
	150m: 1:40.41	33.81	900m: 10:02.57	33.39	1650m: 18:19.92	32.90	2400m: 26:37.25	33.27
	200m: 2:14.72	34.31	950m: 10:36.08	33.51	1700m: 18:53.04	33.12	2450m: 27:10.36	33.11
	250m: 2:48.27	33.55	1000m: 11:09.13	33.05	1750m: 19:26.17	33.13	2500m: 27:43.81	33.45
	300m: 3:21.68	33.41	1050m: 11:42.24	33.11	1800m: 19:59.66	33.49	2550m: 28:16.44	32.63
	350m: 3:55.13	33.45	1100m: 12:15.43	33.19	1850m: 20:32.81	33.15	2600m: 28:49.19	32.75
	400m: 4:28.88	33.75	1150m: 12:48.62	33.19	1900m: 21:06.18	33.37	2650m: 29:22.26	33.07
	450m: 5:02.47	33.59	1200m: 13:22.00	33.38	1950m: 21:39.14	32.96	2700m: 29:55.47	33.21
	500m: 5:36.10	33.63	1250m: 13:54.88	32.88	2000m: 22:12.33	33.19	2750m: 30:28.61	33.14
	550m: 6:09.88	33.78	1300m: 14:28.05	33.17	2050m: 22:45.13	32.80	2800m: 31:01.89	33.28
	600m: 6:43.44	33.56	1350m: 15:01.44	33.39	2100m: 23:18.14	33.01	2850m: 31:34.65	32.76
	650m: 7:16.65	33.21	1400m: 15:34.78	33.34	2150m: 23:51.36	33.22	2900m: 32:07.02	32.37
	700m: 7:49.94	33.29	1450m: 16:08.12	33.34	2200m: 24:24.64	33.28	2950m: 32:39.09	32.07
	750m: 8:23.23	33.29	1500m: 16:41.29	33.17	2250m: 24:57.85	33.21	3000m: 33:07.64	28.55
6.	GALLEN SABATER, Albert 05				C.E. Mediterrani 33:16.04 13,00			
	50m: 31.85	31.85	800m: 8:45.99	33.24	1550m: 17:05.17	33.38	2300m: 25:28.23	33.54
	100m: 1:03.76	31.91	850m: 9:19.17	33.18	1600m: 17:38.99	33.82	2350m: 26:01.94	33.71
	150m: 1:36.43	32.67	900m: 9:52.13	32.96	1650m: 18:12.32	33.33	2400m: 26:35.39	33.45
	200m: 2:09.20	32.77	950m: 10:25.49	33.36	1700m: 18:45.60	33.28	2450m: 27:08.96	33.57
	250m: 2:42.27	33.07	1000m: 10:59.40	33.91	1750m: 19:18.77	33.17	2500m: 27:42.53	33.57
	300m: 3:15.36	33.09	1050m: 11:31.92	32.52	1800m: 19:52.73	33.96	2550m: 28:15.80	33.27
	350m: 3:48.04	32.68	1100m: 12:04.94	33.02	1850m: 20:25.80	33.07	2600m: 28:49.51	33.71
	400m: 4:21.12	33.08	1150m: 12:38.27	33.33	1900m: 20:59.51	33.71	2650m: 29:23.11	33.60
	450m: 4:54.37	33.25	1200m: 13:11.56	33.29	1950m: 21:33.36	33.85	2700m: 29:56.98	33.87
	500m: 5:27.49	33.12	1250m: 13:44.74	33.18	2000m: 22:07.13	33.77	2750m: 30:30.79	33.81
	550m: 6:00.45	32.96	1300m: 14:17.89	33.15	2050m: 22:40.41	33.28	2800m: 31:04.53	33.74
	600m: 6:33.71	33.26	1350m: 14:51.60	33.71	2100m: 23:13.95	33.54	2850m: 31:37.82	33.29
	650m: 7:06.51	32.80	1400m: 15:24.84	33.24	2150m: 23:47.51	33.56	2900m: 32:11.58	33.76
	700m: 7:39.48	32.97	1450m: 15:58.70	33.86	2200m: 24:21.14	33.63	2950m: 32:44.50	32.92
	750m: 8:12.75	33.27	1500m: 16:31.79	33.09	2250m: 24:54.69	33.55	3000m: 33:16.04	31.54
7.	RIERA CANELADA, Eloi 07				C.N. Banyoles 33:16.13 14,00			
	50m: 32.23	32.23	800m: 8:48.12	33.15	1550m: 17:06.07	33.43	2300m: 25:28.61	33.73
	100m: 1:04.97	32.74	850m: 9:21.12	33.00	1600m: 17:38.82	32.75	2350m: 26:02.18	33.57
	150m: 1:38.43	33.46	900m: 9:54.16	33.04	1650m: 18:12.41	33.59	2400m: 26:36.16	33.98
	200m: 2:11.46	33.03	950m: 10:27.36	33.20	1700m: 18:46.10	33.69	2450m: 27:09.85	33.69
	250m: 2:44.50	33.04	1000m: 11:00.57	33.21	1750m: 19:19.62	33.52	2500m: 27:43.41	33.56
	300m: 3:17.56	33.06	1050m: 11:33.62	33.05	1800m: 19:53.16	33.54	2550m: 28:17.11	33.70
	350m: 3:50.61	33.05	1100m: 12:06.87	33.25	1850m: 20:26.41	33.25	2600m: 28:50.71	33.60
	400m: 4:23.67	33.06	1150m: 12:39.92	33.05	1900m: 20:59.75	33.34	2650m: 29:24.21	33.50
	450m: 4:56.73	33.06	1200m: 13:12.84	32.92	1950m: 21:33.31	33.56	2700m: 29:57.89	33.68
	500m: 5:29.79	33.06	1250m: 13:46.01	33.17	2000m: 22:07.13	33.82	2750m: 30:31.03	33.14
	550m: 6:02.88	33.09	1300m: 14:19.15	33.14	2050m: 22:40.70	33.57	2800m: 31:04.37	33.34
	600m: 6:35.76	32.88	1350m: 14:52.32	33.17	2100m: 23:14.40	33.70	2850m: 31:37.62	33.25
	650m: 7:08.88	33.12	1400m: 15:25.67	33.35	2150m: 23:47.92	33.52	2900m: 32:11.21	33.59
	700m: 7:41.97	33.09	1450m: 15:59.19	33.52	2200m: 24:21.52	33.60	2950m: 32:44.00	32.79
	750m: 8:14.97	33.00	1500m: 16:32.64	33.45	2250m: 24:54.88	33.36	3000m: 33:16.13	32.13
8.	CABEZUELO AREVALO, Albert 04				C.N. Granollers 33:19.88 19,00			
	50m: 31.62	31.62	550m: 5:55.30	32.41	1050m: 11:17.68	32.23	1550m: 16:54.71	33.91
	100m: 1:04.31	32.69	600m: 6:27.58	32.28	1100m: 11:50.30	32.62	1600m: 17:28.77	34.06
	150m: 1:36.75	32.44	650m: 6:59.51	31.93	1150m: 12:23.06	32.76	1650m: 18:02.83	34.06
	200m: 2:09.37	32.62	700m: 7:31.77	32.26	1200m: 12:56.19	33.13	1700m: 18:36.94	34.11
	250m: 2:41.64	32.27	750m: 8:04.30	32.53	1250m: 13:29.56	33.37	1750m: 19:10.85	33.91
	300m: 3:13.71	32.07	800m: 8:36.54	32.24	1300m: 14:03.25	33.69	1800m: 19:44.38	33.53
	350m: 3:46.05	32.34	850m: 9:08.48	31.94	1350m: 14:37.50	34.25	1850m: 20:18.62	34.24
	400m: 4:18.39	32.34	900m: 9:40.68	32.20	1400m: 15:12.08	34.58	1900m: 20:53.84	35.22
	450m: 4:50.73	32.34	950m: 10:13.04	32.36	1450m: 15:46.60	34.52	1950m: 21:28.60	34.76
	500m: 5:22.89	32.16	1000m: 10:45.45	32.41	1500m: 16:20.80	34.20	2000m: 22:02.42	33.82

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

Classificació	ANY				Temps						
2050m:	22:34.22	31.80	2300m:	25:25.41	33.90	2550m:	28:15.22	33.69	2800m:	31:06.57	33.78
2100m:	23:08.92	34.70	2350m:	25:59.64	34.23	2600m:	28:49.71	34.49	2850m:	31:40.00	33.43
2150m:	23:43.46	34.54	2400m:	26:33.89	34.25	2650m:	29:23.98	34.27	2900m:	32:13.56	33.56
2200m:	24:17.32	33.86	2450m:	27:07.98	34.09	2700m:	29:58.24	34.26	2950m:	32:46.92	33.36
2250m:	24:51.51	34.19	2500m:	27:41.53	33.55	2750m:	30:32.79	34.55	3000m:	33:19.88	32.96
9. VENDRELL GARCIA, Jose			03	C.N. Lleida					33:30.59	16,00	
50m:	31.75	31.75	800m:	8:44.51	33.21	1550m:	17:01.39	33.47	2300m:	25:29.13	33.94
100m:	1:03.60	31.85	850m:	9:17.59	33.08	1600m:	17:34.93	33.54	2350m:	26:03.28	34.15
150m:	1:36.02	32.42	900m:	9:51.18	33.59	1650m:	18:08.18	33.25	2400m:	26:37.63	34.35
200m:	2:08.40	32.38	950m:	10:24.57	33.39	1700m:	18:41.92	33.74	2450m:	27:12.04	34.41
250m:	2:40.71	32.31	1000m:	10:57.60	33.03	1750m:	19:15.46	33.54	2500m:	27:46.85	34.81
300m:	3:13.29	32.58	1050m:	11:30.62	33.02	1800m:	19:49.23	33.77	2550m:	28:21.54	34.69
350m:	3:46.13	32.84	1100m:	12:03.78	33.16	1850m:	20:23.24	34.01	2600m:	28:55.85	34.31
400m:	4:19.05	32.92	1150m:	12:36.70	32.92	1900m:	20:57.04	33.80	2650m:	29:30.00	34.15
450m:	4:52.07	33.02	1200m:	13:09.62	32.92	1950m:	21:30.76	33.72	2700m:	30:04.27	34.27
500m:	5:24.62	32.55	1250m:	13:42.42	32.80	2000m:	22:05.25	34.49	2750m:	30:39.27	35.00
550m:	5:57.69	33.07	1300m:	14:15.24	32.82	2050m:	22:38.94	33.69	2800m:	31:14.83	35.56
600m:	6:31.04	33.35	1350m:	14:48.39	33.15	2100m:	23:12.77	33.83	2850m:	31:49.54	34.71
650m:	7:04.12	33.08	1400m:	15:21.33	32.94	2150m:	23:46.79	34.02	2900m:	32:23.84	34.30
700m:	7:38.26	34.14	1450m:	15:54.38	33.05	2200m:	24:21.12	34.33	2950m:	32:57.98	34.14
750m:	8:11.30	33.04	1500m:	16:27.92	33.54	2250m:	24:55.19	34.07	3000m:	33:30.59	32.61
10. POU FERNANDEZ, Marc			01	C.N. Mataró					33:37.59	14,00	
50m:	32.21	32.21	800m:	8:55.19	32.85	1550m:	17:15.43	33.54	2300m:	25:42.68	34.06
100m:	1:05.56	33.35	850m:	9:28.29	33.10	1600m:	17:49.22	33.79	2350m:	26:16.82	34.14
150m:	1:39.11	33.55	900m:	10:01.81	33.52	1650m:	18:22.83	33.61	2400m:	26:50.89	34.07
200m:	2:12.86	33.75	950m:	10:35.02	33.21	1700m:	18:56.28	33.45	2450m:	27:24.74	33.85
250m:	2:46.69	33.83	1000m:	11:08.29	33.27	1750m:	19:29.69	33.41	2500m:	27:58.19	33.45
300m:	3:20.46	33.77	1050m:	11:41.41	33.12	1800m:	20:03.48	33.79	2550m:	28:31.66	33.47
350m:	3:54.26	33.80	1100m:	12:14.64	33.23	1850m:	20:37.25	33.77	2600m:	29:05.36	33.70
400m:	4:28.23	33.97	1150m:	12:47.70	33.06	1900m:	21:10.59	33.34	2650m:	29:39.28	33.92
450m:	5:01.99	33.76	1200m:	13:20.60	32.90	1950m:	21:44.14	33.55	2700m:	30:12.90	33.62
500m:	5:35.73	33.74	1250m:	13:53.84	33.24	2000m:	22:18.03	33.89	2750m:	30:46.47	33.57
550m:	6:09.36	33.63	1300m:	14:27.30	33.46	2050m:	22:52.34	34.31	2800m:	31:21.08	34.61
600m:	6:42.63	33.27	1350m:	15:00.87	33.57	2100m:	23:26.60	34.26	2850m:	31:55.90	34.82
650m:	7:15.88	33.25	1400m:	15:34.66	33.79	2150m:	24:00.59	33.99	2900m:	32:30.70	34.80
700m:	7:48.98	33.10	1450m:	16:08.28	33.62	2200m:	24:34.41	33.82	2950m:	33:04.83	34.13
750m:	8:22.34	33.36	1500m:	16:41.89	33.61	2250m:	25:08.62	34.21	3000m:	33:37.59	32.76
11. MORILLO LOPEZ, Ferran			05	C.E. Mediterrani					33:39.99	12,00	
50m:	31.60	31.60	800m:	8:50.02	33.57	1550m:	17:13.71	34.29	2300m:	25:42.85	34.37
100m:	1:03.66	32.06	850m:	9:23.43	33.41	1600m:	17:47.49	33.78	2350m:	26:16.98	34.13
150m:	1:36.17	32.51	900m:	9:57.19	33.76	1650m:	18:21.45	33.96	2400m:	26:51.56	34.58
200m:	2:08.94	32.77	950m:	10:30.65	33.46	1700m:	18:55.38	33.93	2450m:	27:25.94	34.38
250m:	2:41.68	32.74	1000m:	11:04.16	33.51	1750m:	19:28.92	33.54	2500m:	27:59.81	33.87
300m:	3:15.04	33.36	1050m:	11:37.62	33.46	1800m:	20:02.77	33.85	2550m:	28:34.14	34.33
350m:	3:48.79	33.75	1100m:	12:11.20	33.58	1850m:	20:37.04	34.27	2600m:	29:08.94	34.80
400m:	4:22.06	33.27	1150m:	12:45.22	34.02	1900m:	21:11.11	34.07	2650m:	29:43.68	34.74
450m:	4:55.22	33.16	1200m:	13:18.21	32.99	1950m:	21:44.88	33.77	2700m:	30:17.99	34.31
500m:	5:29.01	33.79	1250m:	13:51.26	33.05	2000m:	22:18.36	33.48	2750m:	30:52.12	34.13
550m:	6:02.52	33.51	1300m:	14:24.96	33.70	2050m:	22:52.12	33.76	2800m:	31:26.77	34.65
600m:	6:35.59	33.07	1350m:	14:58.54	33.58	2100m:	23:26.39	34.27	2850m:	32:01.08	34.31
650m:	7:09.38	33.79	1400m:	15:32.39	33.85	2150m:	24:00.40	34.01	2900m:	32:35.03	33.95
700m:	7:42.79	33.41	1450m:	16:05.73	33.34	2200m:	24:34.42	34.02	2950m:	33:08.65	33.62
750m:	8:16.45	33.66	1500m:	16:39.42	33.69	2250m:	25:08.48	34.06	3000m:	33:39.99	31.34

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

Classificació	ANY		Temps	
12. ELIES VAZQUEZ, Pau	03	C.N. Atl Barceloneta	33:44.59	13,00
50m: 32.48 32.48	800m: 8:55.34 32.91	1550m: 17:15.73 33.65	2300m: 25:42.81 34.09	
100m: 1:05.83 33.35	850m: 9:28.38 33.04	1600m: 17:49.47 33.74	2350m: 26:17.02 34.21	
150m: 1:39.56 33.73	900m: 10:01.65 33.27	1650m: 18:23.37 33.90	2400m: 26:51.52 34.50	
200m: 2:13.26 33.70	950m: 10:34.80 33.15	1700m: 18:57.09 33.72	2450m: 27:25.77 34.25	
250m: 2:47.16 33.90	1000m: 11:08.45 33.65	1750m: 19:30.46 33.37	2500m: 27:59.73 33.96	
300m: 3:20.92 33.76	1050m: 11:41.63 33.18	1800m: 20:04.19 33.73	2550m: 28:34.00 34.27	
350m: 3:54.48 33.56	1100m: 12:14.78 33.15	1850m: 20:38.15 33.96	2600m: 29:08.32 34.32	
400m: 4:28.17 33.69	1150m: 12:48.14 33.36	1900m: 21:12.02 33.87	2650m: 29:43.06 34.74	
450m: 5:01.91 33.74	1200m: 13:20.93 32.79	1950m: 21:45.77 33.75	2700m: 30:18.48 35.42	
500m: 5:35.64 33.73	1250m: 13:54.10 33.17	2000m: 22:19.42 33.65	2750m: 30:53.55 35.07	
550m: 6:09.33 33.69	1300m: 14:27.60 33.50	2050m: 22:52.73 33.31	2800m: 31:28.59 35.04	
600m: 6:42.61 33.28	1350m: 15:01.13 33.53	2100m: 23:26.75 34.02	2850m: 32:03.78 35.19	
650m: 7:16.10 33.49	1400m: 15:34.78 33.65	2150m: 24:00.63 33.88	2900m: 32:38.99 35.21	
700m: 7:49.22 33.12	1450m: 16:08.77 33.99	2200m: 24:34.63 34.00	2950m: 33:11.66 32.67	
750m: 8:22.43 33.21	1500m: 16:42.08 33.31	2250m: 25:08.72 34.09	3000m: 33:44.59 32.93	
13. ARROYO LOPEZ DEL CASTILLO, Izan 07	07	C.N. Sant Andreu	33:45.31	13,00
50m: 31.81 31.81	800m: 8:52.23 33.51	1550m: 17:21.80 34.52	2300m: 25:52.78 34.40	
100m: 1:04.76 32.95	850m: 9:26.00 33.77	1600m: 17:56.37 34.57	2350m: 26:26.72 33.94	
150m: 1:37.69 32.93	900m: 9:59.46 33.46	1650m: 18:30.09 33.72	2400m: 27:00.76 34.04	
200m: 2:10.80 33.11	950m: 10:33.14 33.68	1700m: 19:04.11 34.02	2450m: 27:34.95 34.19	
250m: 2:44.03 33.23	1000m: 11:06.99 33.85	1750m: 19:38.04 33.93	2500m: 28:09.02 34.07	
300m: 3:17.78 33.75	1050m: 11:41.09 34.10	1800m: 20:11.77 33.73	2550m: 28:43.06 34.04	
350m: 3:51.17 33.39	1100m: 12:15.03 33.94	1850m: 20:45.72 33.95	2600m: 29:16.91 33.85	
400m: 4:24.72 33.55	1150m: 12:48.91 33.88	1900m: 21:19.86 34.14	2650m: 29:51.09 34.18	
450m: 4:58.28 33.56	1200m: 13:22.64 33.73	1950m: 21:54.18 34.32	2700m: 30:25.00 33.91	
500m: 5:31.80 33.52	1250m: 13:56.45 33.81	2000m: 22:28.49 34.31	2750m: 30:58.71 33.71	
550m: 6:05.13 33.33	1300m: 14:30.27 33.82	2050m: 23:02.64 34.15	2800m: 31:32.29 33.58	
600m: 6:38.95 33.82	1350m: 15:04.52 34.25	2100m: 23:36.56 33.92	2850m: 32:05.94 33.65	
650m: 7:12.12 33.17	1400m: 15:38.54 34.02	2150m: 24:10.44 33.88	2900m: 32:39.51 33.57	
700m: 7:45.35 33.23	1450m: 16:13.09 34.55	2200m: 24:44.19 33.75	2950m: 33:12.93 33.42	
750m: 8:18.72 33.37	1500m: 16:47.28 34.19	2250m: 25:18.38 34.19	3000m: 33:45.31 32.38	
14. REDONDO SORIA, Iker	06	C.N. Granollers	33:45.52	11,00
50m: 32.99 32.99	800m: 8:53.01 33.49	1550m: 17:15.62 33.56	2300m: 25:44.60 34.44	
100m: 1:05.88 32.89	850m: 9:26.42 33.41	1600m: 17:48.92 33.30	2350m: 26:18.87 34.27	
150m: 1:39.35 33.47	900m: 9:59.88 33.46	1650m: 18:22.08 33.16	2400m: 26:53.27 34.40	
200m: 2:12.79 33.44	950m: 10:33.41 33.53	1700m: 18:55.64 33.56	2450m: 27:27.81 34.54	
250m: 2:46.15 33.36	1000m: 11:06.96 33.55	1750m: 19:29.12 33.48	2500m: 28:02.22 34.41	
300m: 3:19.44 33.29	1050m: 11:40.38 33.42	1800m: 20:02.89 33.77	2550m: 28:36.73 34.51	
350m: 3:52.80 33.36	1100m: 12:14.02 33.64	1850m: 20:36.77 33.88	2600m: 29:11.66 34.93	
400m: 4:26.05 33.25	1150m: 12:47.34 33.32	1900m: 21:10.74 33.97	2650m: 29:45.85 34.19	
450m: 4:59.46 33.41	1200m: 13:20.48 33.14	1950m: 21:44.99 34.25	2700m: 30:20.69 34.84	
500m: 5:32.90 33.44	1250m: 13:53.95 33.47	2000m: 22:18.96 33.97	2750m: 30:54.99 34.30	
550m: 6:06.27 33.37	1300m: 14:27.83 33.88	2050m: 22:53.03 34.07	2800m: 31:29.72 34.73	
600m: 6:39.57 33.30	1350m: 15:01.59 33.76	2100m: 23:27.24 34.21	2850m: 32:04.52 34.80	
650m: 7:12.90 33.33	1400m: 15:35.03 33.44	2150m: 24:01.60 34.36	2900m: 32:39.39 34.87	
700m: 7:46.16 33.26	1450m: 16:08.49 33.46	2200m: 24:35.83 34.23	2950m: 33:14.62 35.23	
750m: 8:19.52 33.36	1500m: 16:42.06 33.57	2250m: 25:10.16 34.33	3000m: 33:45.52 30.90	
15. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	33:50.67	12,00
50m: 32.29 32.29	750m: 8:19.99 33.65	1450m: 16:11.82 34.08	2150m: 24:11.44 34.59	
100m: 1:05.06 32.77	800m: 8:53.45 33.46	1500m: 16:45.66 33.84	2200m: 24:45.97 34.53	
150m: 1:38.15 33.09	850m: 9:27.00 33.55	1550m: 17:19.40 33.74	2250m: 25:20.31 34.34	
200m: 2:11.40 33.25	900m: 10:00.66 33.66	1600m: 17:53.49 34.09	2300m: 25:54.62 34.31	
250m: 2:44.67 33.27	950m: 10:34.19 33.53	1650m: 18:27.31 33.82	2350m: 26:29.00 34.38	
300m: 3:17.99 33.32	1000m: 11:07.84 33.65	1700m: 19:01.47 34.16	2400m: 27:03.24 34.24	
350m: 3:51.34 33.35	1050m: 11:41.80 33.96	1750m: 19:35.92 34.45	2450m: 27:37.63 34.39	
400m: 4:24.68 33.34	1100m: 12:15.67 33.87	1800m: 20:10.02 34.10	2500m: 28:12.06 34.43	
450m: 4:57.76 33.08	1150m: 12:49.48 33.81	1850m: 20:44.59 34.57	2550m: 28:47.00 34.94	
500m: 5:31.62 33.86	1200m: 13:22.97 33.49	1900m: 21:19.14 34.55	2600m: 29:21.19 34.19	
550m: 6:05.24 33.62	1250m: 13:56.47 33.50	1950m: 21:53.52 34.38	2650m: 29:55.51 34.32	
600m: 6:39.02 33.78	1300m: 14:30.26 33.79	2000m: 22:27.76 34.24	2700m: 30:29.58 34.07	
650m: 7:12.74 33.72	1350m: 15:04.13 33.87	2050m: 23:02.32 34.56	2750m: 31:03.37 33.79	
700m: 7:46.34 33.60	1400m: 15:37.74 33.61	2100m: 23:36.85 34.53	2800m: 31:37.28 33.91	

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

Classificació	ANY				Temps						
	2850m: 32:11.36	34.08	2900m: 32:44.76	33.40	2950m: 33:18.07	33.31	3000m: 33:50.67	32.60			
16. IBAÑEZ PINA, Nil			03	C.N. Atl Barceloneta			34:00.01	11,00			
50m:	32.58	32.58	800m:	8:52.16	32.82	1550m:	17:24.42	34.51	2300m:	26:03.66	34.36
100m:	1:05.81	33.23	850m:	9:25.35	33.19	1600m:	17:58.98	34.56	2350m:	26:37.52	33.86
150m:	1:39.20	33.39	900m:	9:58.85	33.50	1650m:	18:33.44	34.46	2400m:	27:10.78	33.26
200m:	2:12.84	33.64	950m:	10:32.87	34.02	1700m:	19:07.46	34.02	2450m:	27:44.55	33.77
250m:	2:46.73	33.89	1000m:	11:07.38	34.51	1750m:	19:42.47	35.01	2500m:	28:19.07	34.52
300m:	3:20.60	33.87	1050m:	11:41.52	34.14	1800m:	20:17.32	34.85	2550m:	28:53.11	34.04
350m:	3:54.14	33.54	1100m:	12:15.65	34.13	1850m:	20:51.88	34.56	2600m:	29:27.49	34.38
400m:	4:28.03	33.89	1150m:	12:49.77	34.12	1900m:	21:26.64	34.76	2650m:	30:01.95	34.46
450m:	5:00.95	32.92	1200m:	13:23.49	33.72	1950m:	22:01.26	34.62	2700m:	30:36.20	34.25
500m:	5:34.31	33.36	1250m:	13:57.35	33.86	2000m:	22:36.23	34.97	2750m:	31:10.57	34.37
550m:	6:07.83	33.52	1300m:	14:31.31	33.96	2050m:	23:10.90	34.67	2800m:	31:45.53	34.96
600m:	6:40.75	32.92	1350m:	15:05.42	34.11	2100m:	23:45.88	34.98	2850m:	32:19.74	34.21
650m:	7:13.53	32.78	1400m:	15:40.31	34.89	2150m:	24:20.27	34.39	2900m:	32:53.69	33.95
700m:	7:46.44	32.91	1450m:	16:14.88	34.57	2200m:	24:54.80	34.53	2950m:	33:27.24	33.55
750m:	8:19.34	32.90	1500m:	16:49.91	35.03	2250m:	25:29.30	34.50	3000m:	34:00.01	32.77
17. BLANES FRIGOLA, Aleix			04	C.N. Vilafranca			34:12.97	10,00			
50m:	32.14	32.14	800m:	8:57.21	34.14	1550m:	17:32.36	34.55	2300m:	26:12.04	34.55
100m:	1:04.99	32.85	850m:	9:30.93	33.72	1600m:	18:06.76	34.40	2350m:	26:46.95	34.91
150m:	1:38.32	33.33	900m:	10:04.90	33.97	1650m:	18:41.04	34.28	2400m:	27:21.99	35.04
200m:	2:11.75	33.43	950m:	10:38.71	33.81	1700m:	19:15.21	34.17	2450m:	27:56.50	34.51
250m:	2:45.24	33.49	1000m:	11:12.86	34.15	1750m:	19:49.83	34.62	2500m:	28:31.30	34.80
300m:	3:18.57	33.33	1050m:	11:47.12	34.26	1800m:	20:24.68	34.85	2550m:	29:06.08	34.78
350m:	3:52.00	33.43	1100m:	12:21.56	34.44	1850m:	20:59.17	34.49	2600m:	29:40.90	34.82
400m:	4:25.92	33.92	1150m:	12:55.91	34.35	1900m:	21:34.15	34.98	2650m:	30:15.07	34.17
450m:	5:00.10	34.18	1200m:	13:30.38	34.47	1950m:	22:08.92	34.77	2700m:	30:49.90	34.83
500m:	5:33.87	33.77	1250m:	14:04.59	34.21	2000m:	22:43.53	34.61	2750m:	31:24.61	34.71
550m:	6:07.82	33.95	1300m:	14:39.32	34.73	2050m:	23:18.18	34.65	2800m:	31:59.29	34.68
600m:	6:41.54	33.72	1350m:	15:14.17	34.85	2100m:	23:52.79	34.61	2850m:	32:33.48	34.19
650m:	7:15.32	33.78	1400m:	15:48.72	34.55	2150m:	24:27.31	34.52	2900m:	33:07.58	34.10
700m:	7:49.25	33.93	1450m:	16:23.30	34.58	2200m:	25:02.21	34.90	2950m:	33:40.83	33.25
750m:	8:23.07	33.82	1500m:	16:57.81	34.51	2250m:	25:37.49	35.28	3000m:	34:12.97	32.14
18. ROURA CLEMENTE, Gerard			01	GEIEG			34:26.88	9,00			
50m:	33.00	33.00	800m:	9:02.52	34.47	1550m:	17:44.69	34.76	2300m:	26:26.47	34.62
100m:	1:06.24	33.24	850m:	9:37.25	34.73	1600m:	18:19.55	34.86	2350m:	27:01.22	34.75
150m:	1:40.10	33.86	900m:	10:12.11	34.86	1650m:	18:54.57	35.02	2400m:	27:35.42	34.20
200m:	2:14.22	34.12	950m:	10:46.79	34.68	1700m:	19:29.35	34.78	2450m:	28:09.51	34.09
250m:	2:48.25	34.03	1000m:	11:21.74	34.95	1750m:	20:03.84	34.49	2500m:	28:44.17	34.66
300m:	3:22.09	33.84	1050m:	11:56.23	34.49	1800m:	20:38.32	34.48	2550m:	29:19.31	35.14
350m:	3:55.87	33.78	1100m:	12:31.05	34.82	1850m:	21:12.91	34.59	2600m:	29:54.14	34.83
400m:	4:29.70	33.83	1150m:	13:05.62	34.57	1900m:	21:47.63	34.72	2650m:	30:28.87	34.73
450m:	5:03.43	33.73	1200m:	13:40.51	34.89	1950m:	22:22.57	34.94	2700m:	31:03.74	34.87
500m:	5:37.26	33.83	1250m:	14:15.15	34.64	2000m:	22:57.36	34.79	2750m:	31:38.83	35.09
550m:	6:10.73	33.47	1300m:	14:50.11	34.96	2050m:	23:32.38	35.02	2800m:	32:13.78	34.95
600m:	6:44.78	34.05	1350m:	15:24.98	34.87	2100m:	24:07.37	34.99	2850m:	32:48.28	34.50
650m:	7:19.12	34.34	1400m:	15:59.69	34.71	2150m:	24:42.08	34.71	2900m:	33:22.60	34.32
700m:	7:53.64	34.52	1450m:	16:34.85	35.16	2200m:	25:17.00	34.92	2950m:	33:55.42	32.82
750m:	8:28.05	34.41	1500m:	17:09.93	35.08	2250m:	25:51.85	34.85	3000m:	34:26.88	31.46
19. RANEA VILA, Roger			06	C.N. VIC-Etb			34:27.11	10,00			
50m:	34.86	34.86	650m:	7:29.46	34.37	1250m:	14:22.45	34.16	1850m:	21:15.77	34.29
100m:	1:09.51	34.65	700m:	8:03.78	34.32	1300m:	14:56.88	34.43	1900m:	21:50.11	34.34
150m:	1:43.99	34.48	750m:	8:38.15	34.37	1350m:	15:31.71	34.83	1950m:	22:24.67	34.56
200m:	2:18.78	34.79	800m:	9:12.45	34.30	1400m:	16:06.48	34.77	2000m:	22:59.51	34.84
250m:	2:53.54	34.76	850m:	9:46.84	34.39	1450m:	16:40.84	34.36	2050m:	23:33.87	34.36
300m:	3:28.11	34.57	900m:	10:21.24	34.40	1500m:	17:15.33	34.49	2100m:	24:08.39	34.52
350m:	4:02.67	34.56	950m:	10:55.68	34.44	1550m:	17:49.96	34.63	2150m:	24:42.84	34.45
400m:	4:37.02	34.35	1000m:	11:30.41	34.73	1600m:	18:24.52	34.56	2200m:	25:17.21	34.37
450m:	5:11.54	34.52	1050m:	12:05.02	34.61	1650m:	18:58.82	34.30	2250m:	25:51.78	34.57
500m:	5:45.94	34.40	1100m:	12:39.52	34.50	1700m:	19:33.02	34.20	2300m:	26:26.43	34.65
550m:	6:20.37	34.43	1150m:	13:13.96	34.44	1750m:	20:07.13	34.11	2350m:	27:00.99	34.56
600m:	6:55.09	34.72	1200m:	13:48.29	34.33	1800m:	20:41.48	34.35	2400m:	27:35.42	34.43

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

Classificació	ANY				Temps						
2450m:	28:09.90	34.48	2600m:	29:53.17	34.40	2750m:	31:36.54	34.52	2900m:	33:19.67	34.44
2500m:	28:44.29	34.39	2650m:	30:27.46	34.29	2800m:	32:11.08	34.54	2950m:	33:54.17	34.50
2550m:	29:18.77	34.48	2700m:	31:02.02	34.56	2850m:	32:45.23	34.15	3000m:	34:27.11	32.94
20. TEIXIDÓ JOVÉ, Aleix			06		C.E. Inef Lleida			34:28.69		9,00	
50m:	32.22	32.22	800m:	8:56.98	33.41	1550m:	17:33.25	34.82	2300m:	26:19.93	35.27
100m:	1:05.30	33.08	850m:	9:30.45	33.47	1600m:	18:07.97	34.72	2350m:	26:55.86	35.93
150m:	1:39.24	33.94	900m:	10:04.19	33.74	1650m:	18:42.64	34.67	2400m:	27:31.48	35.62
200m:	2:13.45	34.21	950m:	10:38.25	34.06	1700m:	19:17.19	34.55	2450m:	28:07.11	35.63
250m:	2:47.31	33.86	1000m:	11:12.51	34.26	1750m:	19:51.92	34.73	2500m:	28:42.23	35.12
300m:	3:21.41	34.10	1050m:	11:46.99	34.48	1800m:	20:26.84	34.92	2550m:	29:17.39	35.16
350m:	3:54.79	33.38	1100m:	12:21.29	34.30	1850m:	21:02.08	35.24	2600m:	29:51.99	34.60
400m:	4:28.23	33.44	1150m:	12:55.88	34.59	1900m:	21:37.48	35.40	2650m:	30:25.84	33.85
450m:	5:02.08	33.85	1200m:	13:30.73	34.85	1950m:	22:13.15	35.67	2700m:	31:01.75	35.91
500m:	5:35.35	33.27	1250m:	14:05.25	34.52	2000m:	22:48.11	34.96	2750m:	31:37.26	35.51
550m:	6:09.25	33.90	1300m:	14:40.03	34.78	2050m:	23:23.95	35.84	2800m:	32:12.74	35.48
600m:	6:42.80	33.55	1350m:	15:14.67	34.64	2100m:	23:58.94	34.99	2850m:	32:48.03	35.29
650m:	7:16.15	33.35	1400m:	15:49.39	34.72	2150m:	24:34.50	35.56	2900m:	33:21.96	33.93
700m:	7:49.76	33.61	1450m:	16:23.35	33.96	2200m:	25:08.85	34.35	2950m:	33:55.61	33.65
750m:	8:23.57	33.81	1500m:	16:58.43	35.08	2250m:	25:44.66	35.81	3000m:	34:28.69	33.08
21. FARRÉ CORTADA, Joel			08		C.E.N. Balaguer			34:48.35		12,00	
50m:	33.12	33.12	800m:	9:17.06	35.15	1550m:	17:58.93	35.10	2300m:	26:42.17	34.44
100m:	1:07.60	34.48	850m:	9:52.01	34.95	1600m:	18:33.68	34.75	2350m:	27:16.97	34.80
150m:	1:42.54	34.94	900m:	10:27.01	35.00	1650m:	19:08.88	35.20	2400m:	27:52.20	35.23
200m:	2:17.42	34.88	950m:	11:01.86	34.85	1700m:	19:43.75	34.87	2450m:	28:27.61	35.41
250m:	2:52.23	34.81	1000m:	11:37.01	35.15	1750m:	20:18.84	35.09	2500m:	29:02.72	35.11
300m:	3:26.72	34.49	1050m:	12:11.61	34.60	1800m:	20:53.69	34.85	2550m:	29:37.82	35.10
350m:	4:01.46	34.74	1100m:	12:46.41	34.80	1850m:	21:28.44	34.75	2600m:	30:12.74	34.92
400m:	4:36.69	35.23	1150m:	13:21.08	34.67	1900m:	22:03.30	34.86	2650m:	30:47.74	35.00
450m:	5:11.89	35.20	1200m:	13:55.68	34.60	1950m:	22:38.05	34.75	2700m:	31:22.61	34.87
500m:	5:46.86	34.97	1250m:	14:30.05	34.37	2000m:	23:12.93	34.88	2750m:	31:57.30	34.69
550m:	6:21.93	35.07	1300m:	15:04.90	34.85	2050m:	23:47.93	35.00	2800m:	32:32.27	34.97
600m:	6:56.81	34.88	1350m:	15:39.75	34.85	2100m:	24:22.69	34.76	2850m:	33:07.56	35.29
650m:	7:31.74	34.93	1400m:	16:14.60	34.85	2150m:	24:57.85	35.16	2900m:	33:42.82	35.26
700m:	8:06.72	34.98	1450m:	16:49.42	34.82	2200m:	25:32.72	34.87	2950m:	34:16.74	33.92
750m:	8:41.91	35.19	1500m:	17:23.83	34.41	2250m:	26:07.73	35.01	3000m:	34:48.35	31.61
22. NEVADO RUIZ, Hugo			08		C.N. Sabadell			34:50.83		11,00	
50m:	32.81	32.81	800m:	9:12.38	35.07	1550m:	17:56.92	35.03	2300m:	26:44.98	34.93
100m:	1:06.95	34.14	850m:	9:47.33	34.95	1600m:	18:32.01	35.09	2350m:	27:20.09	35.11
150m:	1:41.54	34.59	900m:	10:22.24	34.91	1650m:	19:07.02	35.01	2400m:	27:55.16	35.07
200m:	2:15.75	34.21	950m:	10:57.19	34.95	1700m:	19:42.25	35.23	2450m:	28:30.15	34.99
250m:	2:50.34	34.59	1000m:	11:31.91	34.72	1750m:	20:17.76	35.51	2500m:	29:05.56	35.41
300m:	3:24.47	34.13	1050m:	12:06.93	35.02	1800m:	20:53.16	35.40	2550m:	29:40.63	35.07
350m:	3:59.09	34.62	1100m:	12:41.91	34.98	1850m:	21:28.29	35.13	2600m:	30:16.11	35.48
400m:	4:33.60	34.51	1150m:	13:17.22	35.31	1900m:	22:03.87	35.58	2650m:	30:51.47	35.36
450m:	5:08.18	34.58	1200m:	13:52.02	34.80	1950m:	22:39.21	35.34	2700m:	31:26.37	34.90
500m:	5:42.91	34.73	1250m:	14:26.90	34.88	2000m:	23:14.39	35.18	2750m:	32:01.62	35.25
550m:	6:17.85	34.94	1300m:	15:02.03	35.13	2050m:	23:49.76	35.37	2800m:	32:36.79	35.17
600m:	6:52.73	34.88	1350m:	15:36.90	34.87	2100m:	24:24.77	35.01	2850m:	33:11.81	35.02
650m:	7:27.44	34.71	1400m:	16:11.80	34.90	2150m:	25:00.01	35.24	2900m:	33:46.89	35.08
700m:	8:02.44	35.00	1450m:	16:46.59	34.79	2200m:	25:35.15	35.14	2950m:	34:19.21	32.32
750m:	8:37.31	34.87	1500m:	17:21.89	35.30	2250m:	26:10.05	34.90	3000m:	34:50.83	31.62
23. GÜELL PARRAMON, Oriol			07		C.N. Banyoles			34:50.86		10,00	
50m:	33.20	33.20	550m:	6:17.93	35.00	1050m:	12:06.68	34.71	1550m:	17:56.91	35.32
100m:	1:07.04	33.84	600m:	6:52.61	34.68	1100m:	12:41.81	35.13	1600m:	18:31.71	34.80
150m:	1:41.48	34.44	650m:	7:27.47	34.86	1150m:	13:17.11	35.30	1650m:	19:06.96	35.25
200m:	2:15.78	34.30	700m:	8:02.34	34.87	1200m:	13:51.98	34.87	1700m:	19:42.25	35.29
250m:	2:50.21	34.43	750m:	8:37.25	34.91	1250m:	14:26.89	34.91	1750m:	20:17.75	35.50
300m:	3:24.55	34.34	800m:	9:12.24	34.99	1300m:	15:01.77	34.88	1800m:	20:53.14	35.39
350m:	3:59.11	34.56	850m:	9:47.17	34.93	1350m:	15:36.66	34.89	1850m:	21:28.28	35.14
400m:	4:33.80	34.69	900m:	10:22.01	34.84	1400m:	16:11.64	34.98	1900m:	22:03.79	35.51
450m:	5:08.16	34.36	950m:	10:57.25	35.24	1450m:	16:46.44	34.80	1950m:	22:39.08	35.29
500m:	5:42.93	34.77	1000m:	11:31.97	34.72	1500m:	17:21.59	35.15	2000m:	23:14.25	35.17

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

Classificació	ANY				Temps						
2050m:	23:49.73	35.48	2300m:	26:45.00	34.86	2550m:	29:40.76	35.35	2800m:	32:36.59	35.05
2100m:	24:24.64	34.91	2350m:	27:20.19	35.19	2600m:	30:15.81	35.05	2850m:	33:11.66	35.07
2150m:	24:59.83	35.19	2400m:	27:55.14	34.95	2650m:	30:51.36	35.55	2900m:	33:47.07	35.41
2200m:	25:34.93	35.10	2450m:	28:30.19	35.05	2700m:	31:26.23	34.87	2950m:	34:20.82	33.75
2250m:	26:10.14	35.21	2500m:	29:05.41	35.22	2750m:	32:01.54	35.31	3000m:	34:50.86	30.04
24. ARJO DELGADO, Sergi			06	C.N. Lleida					34:54.86	8,00	
50m:	32.43	32.43	800m:	9:05.86	34.79	1550m:	17:53.53	35.49	2300m:	26:43.71	35.25
100m:	1:05.63	33.20	850m:	9:40.40	34.54	1600m:	18:29.39	35.86	2350m:	27:19.11	35.40
150m:	1:39.61	33.98	900m:	10:15.30	34.90	1650m:	19:04.63	35.24	2400m:	27:54.19	35.08
200m:	2:13.72	34.11	950m:	10:50.41	35.11	1700m:	19:40.10	35.47	2450m:	28:28.74	34.55
250m:	2:48.26	34.54	1000m:	11:25.31	34.90	1750m:	20:15.80	35.70	2500m:	29:03.66	34.92
300m:	3:22.44	34.18	1050m:	12:00.41	35.10	1800m:	20:50.88	35.08	2550m:	29:38.94	35.28
350m:	3:56.72	34.28	1100m:	12:35.79	35.38	1850m:	21:26.41	35.53	2600m:	30:14.38	35.44
400m:	4:30.97	34.25	1150m:	13:10.86	35.07	1900m:	22:01.78	35.37	2650m:	30:49.68	35.30
450m:	5:05.19	34.22	1200m:	13:46.17	35.31	1950m:	22:37.24	35.46	2700m:	31:25.66	35.98
500m:	5:39.17	33.98	1250m:	14:21.44	35.27	2000m:	23:12.44	35.20	2750m:	32:01.66	36.00
550m:	6:13.39	34.22	1300m:	14:56.43	34.99	2050m:	23:47.37	34.93	2800m:	32:37.33	35.67
600m:	6:47.74	34.35	1350m:	15:31.85	35.42	2100m:	24:22.56	35.19	2850m:	33:12.30	34.97
650m:	7:22.21	34.47	1400m:	16:07.26	35.41	2150m:	24:57.74	35.18	2900m:	33:47.18	34.88
700m:	7:56.46	34.25	1450m:	16:42.64	35.38	2200m:	25:33.25	35.51	2950m:	34:21.49	34.31
750m:	8:31.07	34.61	1500m:	17:18.04	35.40	2250m:	26:08.46	35.21	3000m:	34:54.86	33.37
25. MATAS VELASCO, Guillermo			96	C.N. Mataró					34:58.75	8,00	
50m:	34.67	34.67	800m:	9:17.35	34.84	1550m:	18:02.71	34.82	2300m:	26:49.64	35.27
100m:	1:09.27	34.60	850m:	9:52.17	34.82	1600m:	18:37.72	35.01	2350m:	27:24.93	35.29
150m:	1:43.57	34.30	900m:	10:27.15	34.98	1650m:	19:13.01	35.29	2400m:	28:00.41	35.48
200m:	2:18.58	35.01	950m:	11:02.38	35.23	1700m:	19:47.96	34.95	2450m:	28:35.36	34.95
250m:	2:53.96	35.38	1000m:	11:37.52	35.14	1750m:	20:23.03	35.07	2500m:	29:10.38	35.02
300m:	3:28.74	34.78	1050m:	12:12.29	34.77	1800m:	20:58.22	35.19	2550m:	29:45.39	35.01
350m:	4:03.84	35.10	1100m:	12:47.31	35.02	1850m:	21:33.18	34.96	2600m:	30:20.42	35.03
400m:	4:38.91	35.07	1150m:	13:22.44	35.13	1900m:	22:08.45	35.27	2650m:	30:55.52	35.10
450m:	5:13.83	34.92	1200m:	13:57.39	34.95	1950m:	22:43.65	35.20	2700m:	31:30.72	35.20
500m:	5:48.72	34.89	1250m:	14:32.30	34.91	2000m:	23:18.75	35.10	2750m:	32:05.67	34.95
550m:	6:23.34	34.62	1300m:	15:07.57	35.27	2050m:	23:53.80	35.05	2800m:	32:40.91	35.24
600m:	6:58.03	34.69	1350m:	15:42.69	35.12	2100m:	24:28.78	34.98	2850m:	33:15.82	34.91
650m:	7:32.73	34.70	1400m:	16:17.62	34.93	2150m:	25:04.06	35.28	2900m:	33:50.76	34.94
700m:	8:07.61	34.88	1450m:	16:52.93	35.31	2200m:	25:39.42	35.36	2950m:	34:25.50	34.74
750m:	8:42.51	34.90	1500m:	17:27.89	34.96	2250m:	26:14.37	34.95	3000m:	34:58.75	33.25
26. GASOL GUTIERREZ, Biel			08	C.N. Granollers					34:59.00	9,00	
50m:	32.39	32.39	800m:	9:05.92	34.60	1550m:	17:49.51	34.71	2300m:	26:42.40	35.66
100m:	1:06.17	33.78	850m:	9:40.74	34.82	1600m:	18:24.67	35.16	2350m:	27:18.07	35.67
150m:	1:40.20	34.03	900m:	10:15.23	34.49	1650m:	18:59.88	35.21	2400m:	27:53.94	35.87
200m:	2:14.52	34.32	950m:	10:50.14	34.91	1700m:	19:35.45	35.57	2450m:	28:29.68	35.74
250m:	2:48.93	34.41	1000m:	11:24.79	34.65	1750m:	20:11.15	35.70	2500m:	29:05.44	35.76
300m:	3:23.15	34.22	1050m:	11:59.30	34.51	1800m:	20:46.63	35.48	2550m:	29:41.11	35.67
350m:	3:57.13	33.98	1100m:	12:34.05	34.75	1850m:	21:22.28	35.65	2600m:	30:17.34	36.23
400m:	4:31.23	34.10	1150m:	13:08.90	34.85	1900m:	21:58.29	36.01	2650m:	30:53.22	35.88
450m:	5:05.82	34.59	1200m:	13:43.89	34.99	1950m:	22:33.87	35.58	2700m:	31:28.93	35.71
500m:	5:40.08	34.26	1250m:	14:18.57	34.68	2000m:	23:09.06	35.19	2750m:	32:04.69	35.76
550m:	6:14.23	34.15	1300m:	14:53.78	35.21	2050m:	23:44.21	35.15	2800m:	32:40.61	35.92
600m:	6:48.27	34.04	1350m:	15:28.83	35.05	2100m:	24:19.64	35.43	2850m:	33:15.96	35.35
650m:	7:22.62	34.35	1400m:	16:04.16	35.33	2150m:	24:55.10	35.46	2900m:	33:51.26	35.30
700m:	7:56.89	34.27	1450m:	16:39.57	35.41	2200m:	25:30.89	35.79	2950m:	34:26.07	34.81
750m:	8:31.32	34.43	1500m:	17:14.80	35.23	2250m:	26:06.74	35.85	3000m:	34:59.00	32.93

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

Classificació	ANY				Temps				
27.	DE LA CRUZ GARCIA, Didac				07	C.N. Sant Andreu		35:06.81	8,00
	50m: 33.04	33.04	800m: 9:10.92	34.92	1550m: 17:52.53	35.18	2300m: 26:45.46	35.47	
	100m: 1:06.37	33.33	850m: 9:45.89	34.97	1600m: 18:27.78	35.25	2350m: 27:21.05	35.59	
	150m: 1:40.48	34.11	900m: 10:20.65	34.76	1650m: 19:03.20	35.42	2400m: 27:57.00	35.95	
	200m: 2:15.14	34.66	950m: 10:55.30	34.65	1700m: 19:39.78	36.58	2450m: 28:32.92	35.92	
	250m: 2:49.80	34.66	1000m: 11:29.51	34.21	1750m: 20:14.83	35.05	2500m: 29:09.02	36.10	
	300m: 3:24.02	34.22	1050m: 12:04.41	34.90	1800m: 20:50.76	35.93	2550m: 29:43.91	34.89	
	350m: 3:58.77	34.75	1100m: 12:39.20	34.79	1850m: 21:26.34	35.58	2600m: 30:19.26	35.35	
	400m: 4:33.53	34.76	1150m: 13:13.71	34.51	1900m: 22:01.47	35.13	2650m: 30:55.27	36.01	
	450m: 5:07.90	34.37	1200m: 13:48.02	34.31	1950m: 22:37.38	35.91	2700m: 31:31.29	36.02	
	500m: 5:42.27	34.37	1250m: 14:22.50	34.48	2000m: 23:12.66	35.28	2750m: 32:07.58	36.29	
	550m: 6:17.20	34.93	1300m: 14:56.77	34.27	2050m: 23:48.16	35.50	2800m: 32:43.96	36.38	
	600m: 6:51.80	34.60	1350m: 15:32.03	35.26	2100m: 24:23.03	34.87	2850m: 33:20.27	36.31	
	650m: 7:26.67	34.87	1400m: 16:06.86	34.83	2150m: 24:58.89	35.86	2900m: 33:56.67	36.40	
	700m: 8:01.06	34.39	1450m: 16:42.41	35.55	2200m: 25:34.16	35.27	2950m: 34:32.24	35.57	
	750m: 8:36.00	34.94	1500m: 17:17.35	34.94	2250m: 26:09.99	35.83	3000m: 35:06.81	34.57	
28.	ARRUGA MORENO, Alvaro				06	C.N. Igualada		35:11.49	7,00
	50m: 31.42	31.42	800m: 9:07.36	34.96	1550m: 17:52.63	35.44	2300m: 26:47.08	36.07	
	100m: 1:04.51	33.09	850m: 9:42.28	34.92	1600m: 18:27.89	35.26	2350m: 27:23.30	36.22	
	150m: 1:38.40	33.89	900m: 10:17.06	34.78	1650m: 19:03.38	35.49	2400m: 27:59.29	35.99	
	200m: 2:12.29	33.89	950m: 10:52.07	35.01	1700m: 19:39.06	35.68	2450m: 28:35.65	36.36	
	250m: 2:46.58	34.29	1000m: 11:27.15	35.08	1750m: 20:14.48	35.42	2500m: 29:11.71	36.06	
	300m: 3:20.89	34.31	1050m: 12:02.19	35.04	1800m: 20:49.97	35.49	2550m: 29:47.54	35.83	
	350m: 3:55.39	34.50	1100m: 12:37.26	35.07	1850m: 21:25.42	35.45	2600m: 30:23.53	35.99	
	400m: 4:30.15	34.76	1150m: 13:11.87	34.61	1900m: 22:00.91	35.49	2650m: 30:59.25	35.72	
	450m: 5:04.77	34.62	1200m: 13:46.87	35.00	1950m: 22:36.51	35.60	2700m: 31:35.69	36.44	
	500m: 5:39.35	34.58	1250m: 14:21.97	35.10	2000m: 23:12.20	35.69	2750m: 32:11.50	35.81	
	550m: 6:14.03	34.68	1300m: 14:56.82	34.85	2050m: 23:47.92	35.72	2800m: 32:47.83	36.33	
	600m: 6:48.52	34.49	1350m: 15:31.72	34.90	2100m: 24:23.65	35.73	2850m: 33:23.91	36.08	
	650m: 7:23.08	34.56	1400m: 16:06.82	35.10	2150m: 24:59.35	35.70	2900m: 34:00.22	36.31	
	700m: 7:57.66	34.58	1450m: 16:41.97	35.15	2200m: 25:35.24	35.89	2950m: 34:36.21	35.99	
	750m: 8:32.40	34.74	1500m: 17:17.19	35.22	2250m: 26:11.01	35.77	3000m: 35:11.49	35.28	
29.	JARDI YANES, Jan				05	A.E.N. Júpiter Sant Martí		35:14.52	6,00
	50m: 33.10	33.10	800m: 9:16.56	35.05	1550m: 18:10.23	36.21	2300m: 27:03.44	35.23	
	100m: 1:06.74	33.64	850m: 9:51.64	35.08	1600m: 18:46.20	35.97	2350m: 27:39.15	35.71	
	150m: 1:40.94	34.20	900m: 10:27.05	35.41	1650m: 19:21.80	35.60	2400m: 28:14.43	35.28	
	200m: 2:15.57	34.63	950m: 11:02.72	35.67	1700m: 19:57.13	35.33	2450m: 28:50.10	35.67	
	250m: 2:50.45	34.88	1000m: 11:38.11	35.39	1750m: 20:32.72	35.59	2500m: 29:25.33	35.23	
	300m: 3:26.10	35.65	1050m: 12:13.43	35.32	1800m: 21:08.13	35.41	2550m: 30:01.05	35.72	
	350m: 4:00.56	34.46	1100m: 12:49.17	35.74	1850m: 21:43.73	35.60	2600m: 30:36.43	35.38	
	400m: 4:35.78	35.22	1150m: 13:24.77	35.60	1900m: 22:19.20	35.47	2650m: 31:12.44	36.01	
	450m: 5:11.13	35.35	1200m: 14:00.15	35.38	1950m: 22:54.76	35.56	2700m: 31:47.20	34.76	
	500m: 5:46.31	35.18	1250m: 14:35.27	35.12	2000m: 23:30.56	35.80	2750m: 32:22.57	35.37	
	550m: 6:21.29	34.98	1300m: 15:10.80	35.53	2050m: 24:05.50	34.94	2800m: 32:57.69	35.12	
	600m: 6:56.09	34.80	1350m: 15:46.93	36.13	2100m: 24:41.10	35.60	2850m: 33:32.93	35.24	
	650m: 7:31.31	35.22	1400m: 16:22.48	35.55	2150m: 25:17.16	36.06	2900m: 34:07.96	35.03	
	700m: 8:06.09	34.78	1450m: 16:58.64	36.16	2200m: 25:53.24	36.08	2950m: 34:42.74	34.78	
	750m: 8:41.51	35.42	1500m: 17:34.02	35.38	2250m: 26:28.21	34.97	3000m: 35:14.52	31.78	
30.	ROURA CLEMENTE, Marc				07	GEiEG		35:15.21	7,00
	50m: 32.92	32.92	750m: 8:38.25	35.63	1450m: 16:50.61	35.42	2150m: 25:12.71	36.03	
	100m: 1:07.58	34.66	800m: 9:13.37	35.12	1500m: 17:25.95	35.34	2200m: 25:48.62	35.91	
	150m: 1:42.19	34.61	850m: 9:48.08	34.71	1550m: 18:01.88	35.93	2250m: 26:24.14	35.52	
	200m: 2:16.93	34.74	900m: 10:22.76	34.68	1600m: 18:37.67	35.79	2300m: 27:00.30	36.16	
	250m: 2:51.31	34.38	950m: 10:58.00	35.24	1650m: 19:13.60	35.93	2350m: 27:35.88	35.58	
	300m: 3:25.85	34.54	1000m: 11:32.98	34.98	1700m: 19:49.69	36.09	2400m: 28:11.75	35.87	
	350m: 4:00.68	34.83	1050m: 12:07.97	34.99	1750m: 20:25.51	35.82	2450m: 28:47.47	35.72	
	400m: 4:35.75	35.07	1100m: 12:43.15	35.18	1800m: 21:00.76	35.25	2500m: 29:23.82	36.35	
	450m: 5:09.82	34.07	1150m: 13:18.31	35.16	1850m: 21:36.57	35.81	2550m: 29:59.55	35.73	
	500m: 5:44.83	35.01	1200m: 13:53.81	35.50	1900m: 22:13.03	36.46	2600m: 30:34.89	35.34	
	550m: 6:19.04	34.21	1250m: 14:28.77	34.96	1950m: 22:48.97	35.94	2650m: 31:10.12	35.23	
	600m: 6:53.74	34.70	1300m: 15:04.40	35.63	2000m: 23:24.99	36.02	2700m: 31:45.71	35.59	
	650m: 7:28.18	34.44	1350m: 15:39.75	35.35	2050m: 24:00.89	35.90	2750m: 32:21.48	35.77	
	700m: 8:02.62	34.44	1400m: 16:15.19	35.44	2100m: 24:36.68	35.79	2800m: 32:56.81	35.33	

Piscina 25m / Cronometratge Semi-automàtic

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

Classificació	ANY						Temps	
	2850m: 33:32.23	35.42	2900m: 34:07.08	34.85	2950m: 34:41.89	34.81	3000m: 35:15.21	33.32
31. OLIVER SAGUÉ, Aniol			08	G.E.N. Roses			35:23.62	6,00
50m:	32.46	32.46	800m:	9:14.24	35.17	1550m:	18:06.21	35.90
100m:	1:05.74	33.28	850m:	9:49.05	34.81	1600m:	18:42.11	35.90
150m:	1:39.83	34.09	900m:	10:24.16	35.11	1650m:	19:17.97	35.86
200m:	2:14.50	34.67	950m:	10:59.29	35.13	1700m:	19:54.22	36.25
250m:	2:49.10	34.60	1000m:	11:34.42	35.13	1750m:	20:29.90	35.68
300m:	3:23.79	34.69	1050m:	12:09.65	35.23	1800m:	21:06.10	36.20
350m:	3:58.66	34.87	1100m:	12:44.96	35.31	1850m:	21:42.37	36.27
400m:	4:33.67	35.01	1150m:	13:20.49	35.53	1900m:	22:18.50	36.13
450m:	5:08.54	34.87	1200m:	13:55.69	35.20	1950m:	22:54.82	36.32
500m:	5:43.29	34.75	1250m:	14:31.17	35.48	2000m:	23:30.86	36.04
550m:	6:18.45	35.16	1300m:	15:06.82	35.65	2050m:	24:06.60	35.74
600m:	6:53.56	35.11	1350m:	15:42.88	36.06	2100m:	24:42.41	35.81
650m:	7:28.90	35.34	1400m:	16:17.85	34.97	2150m:	25:18.79	36.38
700m:	8:04.03	35.13	1450m:	16:54.14	36.29	2200m:	25:54.93	36.14
750m:	8:39.07	35.04	1500m:	17:30.31	36.17	2250m:	26:30.85	35.92
							2300m:	27:06.97
							2350m:	27:42.94
							2400m:	28:18.93
							2450m:	28:54.68
							2500m:	29:30.70
							2550m:	30:06.72
							2600m:	30:42.57
							2650m:	31:18.08
							2700m:	31:53.70
							2750m:	32:29.06
							2800m:	33:04.77
							2850m:	33:40.18
							2900m:	34:15.27
							2950m:	34:50.45
							3000m:	35:23.62
								36.12
								35.97
								35.99
								35.75
								36.02
								36.02
								35.85
								35.51
								35.62
								35.36
								35.71
								35.41
								35.09
								35.18
								33.17
32. GHIA ROIG, Ferran			08	C.N. Mataró			35:27.14	5,00
50m:	34.42	34.42	800m:	9:23.77	35.05	1550m:	18:16.08	35.98
100m:	1:09.41	34.99	850m:	9:58.60	34.83	1600m:	18:51.86	35.78
150m:	1:45.05	35.64	900m:	10:34.12	35.52	1650m:	19:27.48	35.62
200m:	2:20.28	35.23	950m:	11:09.54	35.42	1700m:	20:03.04	35.56
250m:	2:55.36	35.08	1000m:	11:44.96	35.42	1750m:	20:38.65	35.61
300m:	3:31.21	35.85	1050m:	12:20.72	35.76	1800m:	21:14.91	36.26
350m:	4:06.57	35.36	1100m:	12:56.11	35.39	1850m:	21:50.77	35.86
400m:	4:42.28	35.71	1150m:	13:31.38	35.27	1900m:	22:26.86	36.09
450m:	5:17.74	35.46	1200m:	14:06.87	35.49	1950m:	23:02.79	35.93
500m:	5:53.19	35.45	1250m:	14:42.01	35.14	2000m:	23:38.89	36.10
550m:	6:28.50	35.31	1300m:	15:17.61	35.60	2050m:	24:14.66	35.77
600m:	7:03.60	35.10	1350m:	15:53.05	35.44	2100m:	24:50.14	35.48
650m:	7:38.87	35.27	1400m:	16:28.71	35.66	2150m:	25:25.46	35.32
700m:	8:13.42	34.55	1450m:	17:04.27	35.56	2200m:	26:01.56	36.10
750m:	8:48.72	35.30	1500m:	17:40.10	35.83	2250m:	26:37.40	35.84
							2300m:	27:12.89
							2350m:	27:48.25
							2400m:	28:23.62
							2450m:	28:59.27
							2500m:	29:35.21
							2550m:	30:10.76
							2600m:	30:45.88
							2650m:	31:21.15
							2700m:	31:56.72
							2750m:	32:31.73
							2800m:	33:07.17
							2850m:	33:42.78
							2900m:	34:17.66
							2950m:	34:53.33
							3000m:	35:27.14
								35.49
								35.36
								35.37
								35.65
								35.94
								35.55
								35.12
								35.27
								35.57
								35.01
								35.44
								35.61
								34.88
								35.67
								33.81
33. LAGOS PAU, Aitor			95	C.N. L'Hospitalet			35:37.78	7,00
50m:	33.24	33.24	800m:	9:17.34	35.11	1550m:	18:10.25	35.68
100m:	1:07.37	34.13	850m:	9:52.62	35.28	1600m:	18:46.12	35.87
150m:	1:41.96	34.59	900m:	10:27.98	35.36	1650m:	19:21.89	35.77
200m:	2:17.12	35.16	950m:	11:03.01	35.03	1700m:	19:57.77	35.88
250m:	2:52.05	34.93	1000m:	11:38.30	35.29	1750m:	20:33.68	35.91
300m:	3:26.73	34.68	1050m:	12:13.94	35.64	1800m:	21:09.52	35.84
350m:	4:01.81	35.08	1100m:	12:49.53	35.59	1850m:	21:45.74	36.22
400m:	4:36.75	34.94	1150m:	13:24.99	35.46	1900m:	22:22.18	36.44
450m:	5:11.90	35.15	1200m:	14:00.75	35.76	1950m:	22:58.52	36.34
500m:	5:47.07	35.17	1250m:	14:36.54	35.79	2000m:	23:34.72	36.20
550m:	6:22.32	35.25	1300m:	15:12.16	35.62	2050m:	24:11.06	36.34
600m:	6:57.35	35.03	1350m:	15:47.79	35.63	2100m:	24:47.29	36.23
650m:	7:32.62	35.27	1400m:	16:23.33	35.54	2150m:	25:24.15	36.86
700m:	8:07.49	34.87	1450m:	16:58.77	35.44	2200m:	26:00.51	36.36
750m:	8:42.23	34.74	1500m:	17:34.57	35.80	2250m:	26:37.21	36.70
							2300m:	27:13.79
							2350m:	27:50.43
							2400m:	28:27.22
							2450m:	29:03.74
							2500m:	29:39.95
							2550m:	30:15.85
							2600m:	30:52.12
							2650m:	31:28.44
							2700m:	32:04.79
							2750m:	32:40.73
							2800m:	33:16.62
							2850m:	33:52.20
							2900m:	34:27.97
							2950m:	35:03.88
							3000m:	35:37.78
								36.58
								36.64
								36.79
								36.52
								36.21
								35.90
								36.27
								36.32
								36.35
								35.94
								35.89
								35.58
								35.77
								35.91
								35.90
								36.27
								36.32
								36.35
								35.94
								35.89
								35.58
								35.77
								35.91
								35.91
								33.90
34. LUQUE SERRANO, Adria			05	GEIEG			35:38.95	5,00
50m:	33.65	33.65	650m:	7:32.95	35.21	1250m:	14:39.47	36.27
100m:	1:07.64	33.99	700m:	8:08.13	35.18	130		

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

Classificació	ANY								Temps			
	2450m: 29:00.66	36.01	2600m: 30:49.21	36.28	2750m: 32:39.27	36.47	2900m: 34:28.30	36.32				
	2500m: 29:36.68	36.02	2650m: 31:25.81	36.60	2800m: 33:15.68	36.41	2950m: 35:04.29	35.99				
	2550m: 30:12.93	36.25	2700m: 32:02.80	36.99	2850m: 33:51.98	36.30	3000m: 35:38.95	34.66				
35.	SANCHEZ HURTADO, Alex								00	C.N. L'Hospitalet	35:39.02	6,00
	50m: 32.64	32.64	800m: 9:09.14	35.04	1550m: 18:06.54	36.06	2300m: 27:11.97	36.73				
	100m: 1:06.20	33.56	850m: 9:44.37	35.23	1600m: 18:42.76	36.22	2350m: 27:49.04	37.07				
	150m: 1:40.20	34.00	900m: 10:19.56	35.19	1650m: 19:19.52	36.76	2400m: 28:25.57	36.53				
	200m: 2:14.47	34.27	950m: 10:55.47	35.91	1700m: 19:55.67	36.15	2450m: 29:02.05	36.48				
	250m: 2:48.84	34.37	1000m: 11:30.91	35.44	1750m: 20:32.12	36.45	2500m: 29:38.70	36.65				
	300m: 3:23.24	34.40	1050m: 12:06.59	35.68	1800m: 21:08.80	36.68	2550m: 30:14.73	36.03				
	350m: 3:57.83	34.59	1100m: 12:42.24	35.65	1850m: 21:44.96	36.16	2600m: 30:51.04	36.31				
	400m: 4:32.08	34.25	1150m: 13:17.37	35.13	1900m: 22:20.67	35.71	2650m: 31:28.19	37.15				
	450m: 5:06.66	34.58	1200m: 13:52.80	35.43	1950m: 22:56.98	36.31	2700m: 32:05.27	37.08				
	500m: 5:40.88	34.22	1250m: 14:28.82	36.02	2000m: 23:32.75	35.77	2750m: 32:41.06	35.79				
	550m: 6:15.63	34.75	1300m: 15:04.67	35.85	2050m: 24:09.11	36.36	2800m: 33:17.17	36.11				
	600m: 6:49.73	34.10	1350m: 15:40.76	36.09	2100m: 24:45.14	36.03	2850m: 33:53.57	36.40				
	650m: 7:24.33	34.60	1400m: 16:17.23	36.47	2150m: 25:21.29	36.15	2900m: 34:29.57	36.00				
	700m: 7:58.83	34.50	1450m: 16:53.86	36.63	2200m: 25:58.16	36.87	2950m: 35:05.23	35.66				
	750m: 8:34.10	35.27	1500m: 17:30.48	36.62	2250m: 26:35.24	37.08	3000m: 35:39.02	33.79				
36.	NAVARRO GALAN, Marc								07	C.N. Sant Andreu	35:41.58	4,00
	50m: 31.87	31.87	800m: 9:08.83	35.24	1550m: 18:11.38	36.68	2300m: 27:18.94	36.39				
	100m: 1:05.33	33.46	850m: 9:44.79	35.96	1600m: 18:48.11	36.73	2350m: 27:55.38	36.44				
	150m: 1:38.90	33.57	900m: 10:20.51	35.72	1650m: 19:24.62	36.51	2400m: 28:31.74	36.36				
	200m: 2:12.76	33.86	950m: 10:55.97	35.46	1700m: 20:01.28	36.66	2450m: 29:07.57	35.83				
	250m: 2:46.56	33.80	1000m: 11:31.88	35.91	1750m: 20:38.33	37.05	2500m: 29:43.94	36.37				
	300m: 3:20.62	34.06	1050m: 12:07.50	35.62	1800m: 21:15.07	36.74	2550m: 30:19.90	35.96				
	350m: 3:54.69	34.07	1100m: 12:43.84	36.34	1850m: 21:51.71	36.64	2600m: 30:55.88	35.98				
	400m: 4:28.64	33.95	1150m: 13:19.94	36.10	1900m: 22:28.08	36.37	2650m: 31:32.14	36.26				
	450m: 5:03.32	34.68	1200m: 13:56.31	36.37	1950m: 23:04.46	36.38	2700m: 32:08.75	36.61				
	500m: 5:37.53	34.21	1250m: 14:32.87	36.56	2000m: 23:41.38	36.92	2750m: 32:44.71	35.96				
	550m: 6:12.57	35.04	1300m: 15:09.22	36.35	2050m: 24:17.20	35.82	2800m: 33:21.43	36.72				
	600m: 6:47.89	35.32	1350m: 15:45.55	36.33	2100m: 24:53.24	36.04	2850m: 33:57.79	36.36				
	650m: 7:23.11	35.22	1400m: 16:22.19	36.64	2150m: 25:30.07	36.83	2900m: 34:33.17	35.38				
	700m: 7:58.25	35.14	1450m: 16:58.80	36.61	2200m: 26:06.55	36.48	2950m: 35:08.27	35.10				
	750m: 8:33.59	35.34	1500m: 17:34.70	35.90	2250m: 26:42.55	36.00	3000m: 35:41.58	33.31				
37.	MASCHIO GASTELAARS, Dante								95	C.N. Atl Barceloneta	35:46.09	5,00
	50m: 33.74	33.74	800m: 9:26.04	35.61	1550m: 18:22.21	35.95	2300m: 27:24.31	36.28				
	100m: 1:08.02	34.28	850m: 10:01.62	35.58	1600m: 18:58.13	35.92	2350m: 28:00.50	36.19				
	150m: 1:43.20	35.18	900m: 10:37.22	35.60	1650m: 19:34.16	36.03	2400m: 28:36.52	36.02				
	200m: 2:18.53	35.33	950m: 11:12.78	35.56	1700m: 20:10.22	36.06	2450m: 29:12.79	36.27				
	250m: 2:54.06	35.53	1000m: 11:48.53	35.75	1750m: 20:46.25	36.03	2500m: 29:48.77	35.98				
	300m: 3:29.64	35.58	1050m: 12:24.15	35.62	1800m: 21:22.66	36.41	2550m: 30:24.78	36.01				
	350m: 4:05.29	35.65	1100m: 12:59.94	35.79	1850m: 21:58.87	36.21	2600m: 31:01.14	36.36				
	400m: 4:40.89	35.60	1150m: 13:35.82	35.88	1900m: 22:34.99	36.12	2650m: 31:36.75	35.61				
	450m: 5:16.60	35.71	1200m: 14:11.64	35.82	1950m: 23:11.44	36.45	2700m: 32:12.87	36.12				
	500m: 5:52.22	35.62	1250m: 14:47.30	35.66	2000m: 23:47.99	36.55	2750m: 32:48.54	35.67				
	550m: 6:27.96	35.74	1300m: 15:22.96	35.66	2050m: 24:23.98	35.99	2800m: 33:23.99	35.45				
	600m: 7:03.52	35.56	1350m: 15:58.88	35.92	2100m: 24:59.99	36.01	2850m: 33:59.31	35.32				
	650m: 7:39.17	35.65	1400m: 16:34.66	35.78	2150m: 25:35.97	35.98	2900m: 34:35.05	35.74				
	700m: 8:14.99	35.82	1450m: 17:10.46	35.80	2200m: 26:11.88	35.91	2950m: 35:10.34	35.29				
	750m: 8:50.43	35.44	1500m: 17:46.26	35.80	2250m: 26:48.03	36.15	3000m: 35:46.09	35.75				
38.	RODRIGO LÓPEZ, Guillem								08	C.N. Mataró	35:47.05	3,00
	50m: 34.77	34.77	550m: 6:29.15	35.40	1050m: 12:27.30	36.36	1550m: 18:28.49	35.41				
	100m: 1:09.68	34.91	600m: 7:04.56	35.41	1100m: 13:03.73	36.43	1600m: 19:05.10	36.61				
	150m: 1:44.54	34.86	650m: 7:40.64	36.08	1150m: 13:38.85	35.12	1650m: 19:41.01	35.91				
	200m: 2:20.17	35.63	700m: 8:15.94	35.30	1200m: 14:14.83	35.98	1700m: 20:16.61	35.60				
	250m: 2:55.57	35.40	750m: 8:51.90	35.96	1250m: 14:50.94	36.11	1750m: 20:53.21	36.60				
	300m: 3:31.29	35.72	800m: 9:27.95	36.05	1300m: 15:26.84	35.90	1800m: 21:29.98	36.77				
	350m: 4:06.89	35.60	850m: 10:03.46	35.51	1350m: 16:03.07	36.23	1850m: 22:05.84	35.86				
	400m: 4:42.39	35.50	900m: 10:38.31	34.85	1400m: 16:40.09	37.02	1900m: 22:42.55	36.71				
	450m: 5:18.00	35.61	950m: 11:14.83	36.52	1450m: 17:16.85	36.76	1950m: 23:20.07	37.52				
	500m: 5:53.75	35.75	1000m: 11:50.94	36.11	1500m: 17:53.08	36.23	2000m: 23:56.18	36.11				

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

Classificació	ANY								Temps	
	2050m: 24:31.92	35.74	2300m: 27:32.74	35.78	2550m: 30:31.93	34.73	2800m: 33:30.90	35.73		
	2100m: 25:08.33	36.41	2350m: 28:08.40	35.66	2600m: 31:07.23	35.30	2850m: 34:07.00	36.10		
	2150m: 25:44.89	36.56	2400m: 28:44.85	36.45	2650m: 31:42.90	35.67	2900m: 34:42.94	35.94		
	2200m: 26:21.06	36.17	2450m: 29:21.10	36.25	2700m: 32:18.73	35.83	2950m: 35:17.16	34.22		
	2250m: 26:56.96	35.90	2500m: 29:57.20	36.10	2750m: 32:55.17	36.44	3000m: 35:47.05	29.89		
39.	TOSQUELLA VILARDOSA, Eudald		06		C.N. Cervera		36:00.47		4,00	
	50m: 34.03	34.03	800m: 9:29.31	36.42	1550m: 18:36.24	36.61	2300m: 27:46.19	37.00		
	100m: 1:08.43	34.40	850m: 10:05.29	35.98	1600m: 19:13.10	36.86	2350m: 28:22.77	36.58		
	150m: 1:43.54	35.11	900m: 10:41.79	36.50	1650m: 19:49.64	36.54	2400m: 28:59.85	37.08		
	200m: 2:18.97	35.43	950m: 11:18.43	36.64	1700m: 20:26.25	36.61	2450m: 29:35.15	35.30		
	250m: 2:54.29	35.32	1000m: 11:55.08	36.65	1750m: 21:02.78	36.53	2500m: 30:09.26	34.11		
	300m: 3:29.85	35.56	1050m: 12:31.41	36.33	1800m: 21:38.80	36.02	2550m: 30:44.66	35.40		
	350m: 4:04.84	34.99	1100m: 13:08.05	36.64	1850m: 22:15.30	36.50	2600m: 31:20.54	35.88		
	400m: 4:40.68	35.84	1150m: 13:43.96	35.91	1900m: 22:52.29	36.99	2650m: 31:55.28	34.74		
	450m: 5:16.20	35.52	1200m: 14:20.23	36.27	1950m: 23:29.26	36.97	2700m: 32:30.64	35.36		
	500m: 5:51.80	35.60	1250m: 14:57.00	36.77	2000m: 24:05.88	36.62	2750m: 33:06.64	36.00		
	550m: 6:27.71	35.91	1300m: 15:33.54	36.54	2050m: 24:42.52	36.64	2800m: 33:42.83	36.19		
	600m: 7:03.92	36.21	1350m: 16:10.11	36.57	2100m: 25:18.99	36.47	2850m: 34:19.11	36.28		
	650m: 7:40.25	36.33	1400m: 16:46.73	36.62	2150m: 25:55.61	36.62	2900m: 34:54.85	35.74		
	700m: 8:16.56	36.31	1450m: 17:23.38	36.65	2200m: 26:32.28	36.67	2950m: 35:30.59	35.74		
	750m: 8:52.89	36.33	1500m: 17:59.63	36.25	2250m: 27:09.19	36.91	3000m: 36:00.47	29.88		
40.	MARTIN SANCHEZ, Dylan		06		C.N. Tarraco		36:13.48		3,00	
	50m: 33.85	33.85	800m: 9:28.82	36.17	1550m: 18:36.40	36.74	2300m: 27:46.41	37.15		
	100m: 1:08.24	34.39	850m: 10:05.34	36.52	1600m: 19:12.90	36.50	2350m: 28:23.08	36.67		
	150m: 1:43.43	35.19	900m: 10:41.48	36.14	1650m: 19:49.53	36.63	2400m: 29:00.06	36.98		
	200m: 2:18.53	35.10	950m: 11:18.14	36.66	1700m: 20:26.27	36.74	2450m: 29:36.09	36.03		
	250m: 2:53.91	35.38	1000m: 11:54.37	36.23	1750m: 21:02.93	36.66	2500m: 30:11.95	35.86		
	300m: 3:29.34	35.43	1050m: 12:31.18	36.81	1800m: 21:39.13	36.20	2550m: 30:48.42	36.47		
	350m: 4:04.82	35.48	1100m: 13:08.04	36.86	1850m: 22:15.51	36.38	2600m: 31:24.83	36.41		
	400m: 4:40.23	35.41	1150m: 13:44.22	36.18	1900m: 22:52.09	36.58	2650m: 32:01.87	37.04		
	450m: 5:16.15	35.92	1200m: 14:20.28	36.06	1950m: 23:29.36	37.27	2700m: 32:38.43	36.56		
	500m: 5:51.84	35.69	1250m: 14:57.07	36.79	2000m: 24:05.99	36.63	2750m: 33:15.32	36.89		
	550m: 6:27.75	35.91	1300m: 15:33.61	36.54	2050m: 24:42.59	36.60	2800m: 33:52.26	36.94		
	600m: 7:03.74	35.99	1350m: 16:09.96	36.35	2100m: 25:19.18	36.59	2850m: 34:28.27	36.01		
	650m: 7:40.12	36.38	1400m: 16:46.60	36.64	2150m: 25:55.68	36.50	2900m: 35:03.47	35.20		
	700m: 8:16.26	36.14	1450m: 17:23.03	36.43	2200m: 26:32.61	36.93	2950m: 35:39.21	35.74		
	750m: 8:52.65	36.39	1500m: 17:59.66	36.63	2250m: 27:09.26	36.65	3000m: 36:13.48	34.27		
41.	VELAR IBAÑEZ, Arnau		06		C.E.N. Cabrera De Mar		36:15.80		2,00	
	50m: 33.41	33.41	800m: 9:29.34	36.23	1550m: 18:36.18	36.74	2300m: 27:46.31	36.91		
	100m: 1:06.59	33.18	850m: 10:05.37	36.03	1600m: 19:12.97	36.79	2350m: 28:22.98	36.67		
	150m: 1:41.16	34.57	900m: 10:41.82	36.45	1650m: 19:49.68	36.71	2400m: 28:59.78	36.80		
	200m: 2:16.05	34.89	950m: 11:18.50	36.68	1700m: 20:26.18	36.50	2450m: 29:35.66	35.88		
	250m: 2:51.30	35.25	1000m: 11:55.16	36.66	1750m: 21:02.78	36.60	2500m: 30:11.86	36.20		
	300m: 3:26.99	35.69	1050m: 12:31.66	36.50	1800m: 21:39.09	36.31	2550m: 30:48.31	36.45		
	350m: 4:02.82	35.83	1100m: 13:08.20	36.54	1850m: 22:15.45	36.36	2600m: 31:24.86	36.55		
	400m: 4:38.93	36.11	1150m: 13:44.09	35.89	1900m: 22:52.33	36.88	2650m: 32:01.27	36.41		
	450m: 5:14.82	35.89	1200m: 14:20.45	36.36	1950m: 23:28.97	36.64	2700m: 32:38.01	36.74		
	500m: 5:51.06	36.24	1250m: 14:57.09	36.64	2000m: 24:05.96	36.99	2750m: 33:14.89	36.88		
	550m: 6:27.61	36.55	1300m: 15:33.53	36.44	2050m: 24:42.65	36.69	2800m: 33:51.70	36.81		
	600m: 7:03.89	36.28	1350m: 16:10.12	36.59	2100m: 25:19.20	36.55	2850m: 34:28.26	36.56		
	650m: 7:40.42	36.53	1400m: 16:46.75	36.63	2150m: 25:55.88	36.68	2900m: 35:04.47	36.21		
	700m: 8:16.79	36.37	1450m: 17:23.22	36.47	2200m: 26:32.43	36.55	2950m: 35:40.68	36.21		
	750m: 8:53.11	36.32	1500m: 17:59.44	36.22	2250m: 27:09.40	36.97	3000m: 36:15.80	35.12		

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

Classificació	ANY				Temps							
42.	ALVAREZ GARCIA, Joel		06	C.N. Premià	36:25.89							1,00
	50m:	34.02	34.02	800m:	9:24.39	35.76	1550m:	18:29.30	36.36	2300m:	27:40.25	37.31
	100m:	1:08.53	34.51	850m:	10:00.26	35.87	1600m:	19:06.19	36.89	2350m:	28:17.88	37.63
	150m:	1:43.73	35.20	900m:	10:35.94	35.68	1650m:	19:42.44	36.25	2400m:	28:55.51	37.63
	200m:	2:19.04	35.31	950m:	11:11.47	35.53	1700m:	20:17.83	35.39	2450m:	29:33.20	37.69
	250m:	2:54.34	35.30	1000m:	11:47.52	36.05	1750m:	20:53.90	36.07	2500m:	30:11.04	37.84
	300m:	3:29.95	35.61	1050m:	12:22.84	35.32	1800m:	21:29.56	35.66	2550m:	30:48.51	37.47
	350m:	4:05.39	35.44	1100m:	12:58.98	36.14	1850m:	22:06.43	36.87	2600m:	31:26.16	37.65
	400m:	4:41.15	35.76	1150m:	13:35.95	36.97	1900m:	22:42.91	36.48	2650m:	32:02.96	36.80
	450m:	5:16.51	35.36	1200m:	14:12.37	36.42	1950m:	23:20.16	37.25	2700m:	32:40.61	37.65
	500m:	5:51.78	35.27	1250m:	14:48.70	36.33	2000m:	23:57.22	37.06	2750m:	33:18.90	38.29
	550m:	6:27.36	35.58	1300m:	15:25.95	37.25	2050m:	24:34.33	37.11	2800m:	33:57.41	38.51
	600m:	7:02.81	35.45	1350m:	16:02.75	36.80	2100m:	25:11.24	36.91	2850m:	34:34.98	37.57
	650m:	7:38.23	35.42	1400m:	16:39.41	36.66	2150m:	25:48.32	37.08	2900m:	35:11.73	36.75
	700m:	8:13.44	35.21	1450m:	17:16.28	36.87	2200m:	26:25.52	37.20	2950m:	35:48.68	36.95
	750m:	8:48.63	35.19	1500m:	17:52.94	36.66	2250m:	27:02.94	37.42	3000m:	36:25.89	37.21
43.	HUGUET HOSPEDALES, David		07	C.N. Mataró	36:39.95							2,00
	50m:	35.17	35.17	800m:	9:35.77	35.91	1550m:	18:44.39	36.15	2300m:	27:58.66	37.33
	100m:	1:10.81	35.64	850m:	10:11.68	35.91	1600m:	19:21.28	36.89	2350m:	28:36.11	37.45
	150m:	1:47.11	36.30	900m:	10:47.88	36.20	1650m:	19:57.64	36.36	2400m:	29:13.84	37.73
	200m:	2:23.45	36.34	950m:	11:24.18	36.30	1700m:	20:34.26	36.62	2450m:	29:51.26	37.42
	250m:	2:58.88	35.43	1000m:	12:00.62	36.44	1750m:	21:11.05	36.79	2500m:	30:28.85	37.59
	300m:	3:34.89	36.01	1050m:	12:36.85	36.23	1800m:	21:48.30	37.25	2550m:	31:05.84	36.99
	350m:	4:11.16	36.27	1100m:	13:13.74	36.89	1850m:	22:24.89	36.59	2600m:	31:43.53	37.69
	400m:	4:47.31	36.15	1150m:	13:50.78	37.04	1900m:	23:01.20	36.31	2650m:	32:20.96	37.43
	450m:	5:23.86	36.55	1200m:	14:27.39	36.61	1950m:	23:37.81	36.61	2700m:	32:58.67	37.71
	500m:	6:00.21	36.35	1250m:	15:04.19	36.80	2000m:	24:15.12	37.31	2750m:	33:36.61	37.94
	550m:	6:36.01	35.80	1300m:	15:40.89	36.70	2050m:	24:51.78	36.66	2800m:	34:14.17	37.56
	600m:	7:11.97	35.96	1350m:	16:17.88	36.99	2100m:	25:28.90	37.12	2850m:	34:51.78	37.61
	650m:	7:47.56	35.59	1400m:	16:54.87	36.99	2150m:	26:05.95	37.05	2900m:	35:28.84	37.06
	700m:	8:23.62	36.06	1450m:	17:31.56	36.69	2200m:	26:43.49	37.54	2950m:	36:04.76	35.92
	750m:	8:59.86	36.24	1500m:	18:08.24	36.68	2250m:	27:21.33	37.84	3000m:	36:39.95	35.19
44.	BERNADI ORTIGOSA, Xavier Aitzol		07	C.E. Mediterrani	37:02.42							1,00
	50m:	35.34	35.34	800m:	9:39.57	36.56	1550m:	18:57.08	38.02	2300m:	28:17.99	37.45
	100m:	1:10.48	35.14	850m:	10:16.17	36.60	1600m:	19:34.44	37.36	2350m:	28:55.47	37.48
	150m:	1:45.04	34.56	900m:	10:53.12	36.95	1650m:	20:11.79	37.35	2400m:	29:33.27	37.80
	200m:	2:20.36	35.32	950m:	11:29.88	36.76	1700m:	20:49.27	37.48	2450m:	30:11.00	37.73
	250m:	2:56.56	36.20	1000m:	12:07.42	37.54	1750m:	21:26.96	37.69	2500m:	30:48.75	37.75
	300m:	3:33.24	36.68	1050m:	12:44.57	37.15	1800m:	22:04.79	37.83	2550m:	31:25.84	37.09
	350m:	4:10.12	36.88	1100m:	13:21.34	36.77	1850m:	22:42.60	37.81	2600m:	32:03.28	37.44
	400m:	4:46.79	36.67	1150m:	13:58.32	36.98	1900m:	23:19.88	37.28	2650m:	32:40.70	37.42
	450m:	5:23.57	36.78	1200m:	14:35.54	37.22	1950m:	23:57.22	37.34	2700m:	33:19.12	38.42
	500m:	5:59.98	36.41	1250m:	15:12.99	37.45	2000m:	24:34.23	37.01	2750m:	33:57.27	38.15
	550m:	6:36.52	36.54	1300m:	15:49.96	36.97	2050m:	25:11.27	37.04	2800m:	34:34.14	36.87
	600m:	7:13.15	36.63	1350m:	16:27.22	37.26	2100m:	25:48.24	36.97	2850m:	35:10.78	36.64
	650m:	7:49.86	36.71	1400m:	17:04.53	37.31	2150m:	26:25.31	37.07	2900m:	35:48.39	37.61
	700m:	8:26.58	36.72	1450m:	17:41.76	37.23	2200m:	27:02.89	37.58	2950m:	36:25.45	37.06
	750m:	9:03.01	36.43	1500m:	18:19.06	37.30	2250m:	27:40.54	37.65	3000m:	37:02.42	36.97
DNS	CHAVES GUARDIA, David		98	C.N. Mataró								-
DNS	LARGERON, Pierre		05	Madrid N.C.								-