

Prova 4

Masc., 3000m Lliure

Absolut, Júnior 2 i Júnior 1

06/12/2024 - 16:07

Resultats

Rècord Catalunya	30:44.55	PUJOL BELMONTE, Guillem	00106	Sabadell	03/12/2021
MM Catalanes 18	31:39.66	ORTIZ MARTINEZ, Carlos	00076	Barcelona_CNB	02/12/2022
MM Catalanes 17	31:38.16	GIL CORBACHO, Marcos		Sabadell	21/01/2017
MM Catalanes 16	32:17.86	PARRA ESTRADÉ, Arnau	00063	Olot	18/11/2023
MM Catalanes 15	32:57.15	RODRIGUEZ QUINTANA, Marc		Olot	23/12/2020

Classificació

ANY

Temps

Júnior 1 Fons Indoor

 1. MATEO ARTACHO, Alan **09 GEiEG** **32:31.71** 19,00
MMC, 3000 I MMC 2000 en el pas

50m:	31.00	31.00	800m:	8:30.45	31.86	1550m:	16:37.55	32.64	2300m:	24:53.17	33.12
100m:	1:02.80	31.80	850m:	9:02.57	32.12	1600m:	17:10.41	32.86	2350m:	25:26.36	33.19
150m:	1:34.68	31.88	900m:	9:34.68	32.11	1650m:	17:43.48	33.07	2400m:	25:59.47	33.11
200m:	2:06.66	31.98	950m:	10:07.43	32.75	1700m:	18:16.11	32.63	2450m:	26:32.82	33.35
250m:	2:38.69	32.03	1000m:	10:39.78	32.35	1750m:	18:49.18	33.07	2500m:	27:06.42	33.60
300m:	3:10.53	31.84	1050m:	11:11.85	32.07	1800m:	19:22.58	33.40	2550m:	27:39.89	33.47
350m:	3:42.50	31.97	1100m:	11:44.35	32.50	1850m:	19:55.56	32.98	2600m:	28:13.01	33.12
400m:	4:14.51	32.01	1150m:	12:16.64	32.29	1900m:	20:28.62	33.06	2650m:	28:45.43	32.42
450m:	4:46.23	31.72	1200m:	12:48.85	32.21	1950m:	21:01.85	33.23	2700m:	29:19.06	33.63
500m:	5:18.08	31.85	1250m:	13:21.28	32.43	2000m:	21:34.40	32.55	2750m:	29:52.38	33.32
550m:	5:50.11	32.03	1300m:	13:53.90	32.62	2050m:	22:07.38	32.98	2800m:	30:25.14	32.76
600m:	6:22.14	32.03	1350m:	14:26.79	32.89	2100m:	22:40.34	32.96	2850m:	30:57.82	32.68
650m:	6:54.10	31.96	1400m:	14:59.49	32.70	2150m:	23:13.56	33.22	2900m:	31:30.43	32.61
700m:	7:26.43	32.33	1450m:	15:32.42	32.93	2200m:	23:46.63	33.07	2950m:	32:02.28	31.85
750m:	7:58.59	32.16	1500m:	16:04.91	32.49	2250m:	24:20.05	33.42	3000m:	32:31.71	29.43

 2. PALAZON GALINDO, Grau **09 GEiEG** **32:59.49** 16,00

50m:	31.20	31.20	800m:	8:43.63	32.77	1550m:	16:57.58	32.94	2300m:	25:15.75	33.00
100m:	1:03.64	32.44	850m:	9:16.56	32.93	1600m:	17:30.85	33.27	2350m:	25:49.05	33.30
150m:	1:35.86	32.22	900m:	9:49.58	33.02	1650m:	18:03.98	33.13	2400m:	26:22.60	33.55
200m:	2:08.47	32.61	950m:	10:22.19	32.61	1700m:	18:37.21	33.23	2450m:	26:55.65	33.05
250m:	2:40.93	32.46	1000m:	10:54.90	32.71	1750m:	19:10.30	33.09	2500m:	27:28.79	33.14
300m:	3:13.93	33.00	1050m:	11:27.59	32.69	1800m:	19:43.39	33.09	2550m:	28:02.05	33.26
350m:	3:46.69	32.76	1100m:	12:00.46	32.87	1850m:	20:16.62	33.23	2600m:	28:35.21	33.16
400m:	4:19.82	33.13	1150m:	12:33.40	32.94	1900m:	20:50.10	33.48	2650m:	29:08.94	33.73
450m:	4:52.69	32.87	1200m:	13:06.30	32.90	1950m:	21:23.69	33.59	2700m:	29:42.96	34.02
500m:	5:25.88	33.19	1250m:	13:39.21	32.91	2000m:	21:56.94	33.25	2750m:	30:16.80	33.84
550m:	5:58.97	33.09	1300m:	14:12.25	33.04	2050m:	22:30.04	33.10	2800m:	30:50.17	33.37
600m:	6:32.22	33.25	1350m:	14:45.24	32.99	2100m:	23:03.17	33.13	2850m:	31:23.54	33.37
650m:	7:05.05	32.83	1400m:	15:18.28	33.04	2150m:	23:36.35	33.18	2900m:	31:56.49	32.95
700m:	7:38.09	33.04	1450m:	15:51.53	33.25	2200m:	24:09.51	33.16	2950m:	32:28.87	32.38
750m:	8:10.86	32.77	1500m:	16:24.64	33.11	2250m:	24:42.75	33.24	3000m:	32:59.49	30.62

 3. NEVADO RUIZ, Hugo **08 C.N. Sabadell** **33:26.00** 14,00

50m:	30.85	30.85	800m:	8:47.95	33.42	1550m:	17:10.39	33.98	2300m:	25:35.86	33.50
100m:	1:03.36	32.51	850m:	9:21.23	33.28	1600m:	17:44.14	33.75	2350m:	26:09.74	33.88
150m:	1:36.94	33.58	900m:	9:54.59	33.36	1650m:	18:17.64	33.50	2400m:	26:43.34	33.60
200m:	2:10.17	33.23	950m:	10:27.92	33.33	1700m:	18:51.58	33.94	2450m:	27:17.07	33.73
250m:	2:43.21	33.04	1000m:	11:01.19	33.27	1750m:	19:25.28	33.70	2500m:	27:50.64	33.57
300m:	3:16.06	32.85	1050m:	11:34.50	33.31	1800m:	19:59.08	33.80	2550m:	28:24.55	33.91
350m:	3:49.10	33.04	1100m:	12:07.87	33.37	1850m:	20:32.65	33.57	2600m:	28:58.15	33.60
400m:	4:22.24	33.14	1150m:	12:41.39	33.52	1900m:	21:06.21	33.56	2650m:	29:32.45	34.30
450m:	4:55.17	32.93	1200m:	13:15.03	33.64	1950m:	21:39.97	33.76	2700m:	30:06.51	34.06
500m:	5:28.57	33.40	1250m:	13:48.87	33.84	2000m:	22:13.91	33.94	2750m:	30:40.15	33.64
550m:	6:01.91	33.34	1300m:	14:22.48	33.61	2050m:	22:47.58	33.67	2800m:	31:14.14	33.99
600m:	6:34.97	33.06	1350m:	14:55.80	33.32	2100m:	23:21.66	34.08	2850m:	31:47.88	33.74
650m:	7:08.35	33.38	1400m:	15:29.36	33.56	2150m:	23:54.96	33.30	2900m:	32:21.26	33.38
700m:	7:41.60	33.25	1450m:	16:02.78	33.42	2200m:	24:28.59	33.63	2950m:	32:54.24	32.98
750m:	8:14.53	32.93	1500m:	16:36.41	33.63	2250m:	25:02.36	33.77	3000m:	33:26.00	31.76

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

Classificació	ANY										Temps				
4.	CORDOBA MARTOS, Cristian										09	C.N. Sabadell		33:28.12	13,00
	50m:	30.32	30.32	800m:	8:39.93	32.76	1550m:	16:56.50	32.83	2300m:	25:23.38	34.89			
	100m:	1:02.24	31.92	850m:	9:12.15	32.22	1600m:	17:29.85	33.35	2350m:	25:58.41	35.03			
	150m:	1:34.64	32.40	900m:	9:44.91	32.76	1650m:	18:02.95	33.10	2400m:	26:33.49	35.08			
	200m:	2:07.47	32.83	950m:	10:17.86	32.95	1700m:	18:36.70	33.75	2450m:	27:08.23	34.74			
	250m:	2:40.15	32.68	1000m:	10:50.85	32.99	1750m:	19:10.06	33.36	2500m:	27:42.90	34.67			
	300m:	3:12.41	32.26	1050m:	11:23.80	32.95	1800m:	19:43.64	33.58	2550m:	28:19.04	36.14			
	350m:	3:45.29	32.88	1100m:	11:56.59	32.79	1850m:	20:17.36	33.72	2600m:	28:55.40	36.36			
	400m:	4:18.32	33.03	1150m:	12:29.81	33.22	1900m:	20:51.11	33.75	2650m:	29:30.36	34.96			
	450m:	4:51.26	32.94	1200m:	13:03.00	33.19	1950m:	21:24.47	33.36	2700m:	30:05.46	35.10			
	500m:	5:24.17	32.91	1250m:	13:36.91	33.91	2000m:	21:58.45	33.98	2750m:	30:39.88	34.42			
	550m:	5:56.32	32.15	1300m:	14:10.04	33.13	2050m:	22:32.37	33.92	2800m:	31:14.79	34.91			
	600m:	6:28.90	32.58	1350m:	14:43.16	33.12	2100m:	23:06.29	33.92	2850m:	31:49.01	34.22			
	650m:	7:01.58	32.68	1400m:	15:16.63	33.47	2150m:	23:40.30	34.01	2900m:	32:23.49	34.48			
	700m:	7:34.53	32.95	1450m:	15:50.08	33.45	2200m:	24:14.30	34.00	2950m:	32:57.55	34.06			
	750m:	8:07.17	32.64	1500m:	16:23.67	33.59	2250m:	24:48.49	34.19	3000m:	33:28.12	30.57			
5.	GASOL GUTIERREZ, Biel										08	C.N. Granollers		33:31.46	12,00
	50m:	32.08	32.08	800m:	8:46.61	33.57	1550m:	17:10.67	33.90	2300m:	25:40.38	33.99			
	100m:	1:04.07	31.99	850m:	9:19.89	33.28	1600m:	17:44.28	33.61	2350m:	26:14.36	33.98			
	150m:	1:36.57	32.50	900m:	9:53.13	33.24	1650m:	18:18.56	34.28	2400m:	26:48.31	33.95			
	200m:	2:09.31	32.74	950m:	10:26.48	33.35	1700m:	18:52.66	34.10	2450m:	27:22.07	33.76			
	250m:	2:42.12	32.81	1000m:	11:00.08	33.60	1750m:	19:26.53	33.87	2500m:	27:55.93	33.86			
	300m:	3:14.93	32.81	1050m:	11:33.58	33.50	1800m:	20:00.48	33.95	2550m:	28:29.73	33.80			
	350m:	3:47.93	33.00	1100m:	12:07.20	33.62	1850m:	20:34.49	34.01	2600m:	29:03.85	34.12			
	400m:	4:20.79	32.86	1150m:	12:40.57	33.37	1900m:	21:08.52	34.03	2650m:	29:37.68	33.83			
	450m:	4:53.85	33.06	1200m:	13:14.41	33.84	1950m:	21:42.43	33.91	2700m:	30:11.84	34.16			
	500m:	5:26.85	33.00	1250m:	13:48.04	33.63	2000m:	22:16.16	33.73	2750m:	30:45.30	33.46			
	550m:	6:00.03	33.18	1300m:	14:21.92	33.88	2050m:	22:50.27	34.11	2800m:	31:19.01	33.71			
	600m:	6:33.24	33.21	1350m:	14:55.51	33.59	2100m:	23:24.40	34.13	2850m:	31:52.73	33.72			
	650m:	7:06.34	33.10	1400m:	15:29.26	33.75	2150m:	23:58.44	34.04	2900m:	32:26.47	33.74			
	700m:	7:39.63	33.29	1450m:	16:03.05	33.79	2200m:	24:32.46	34.02	2950m:	32:59.64	33.17			
	750m:	8:13.04	33.41	1500m:	16:36.77	33.72	2250m:	25:06.39	33.93	3000m:	33:31.46	31.82			
6.	FARRÉ CORTADA, Joel										08	C.E.N. Balaguer		33:39.56	11,00
	50m:	31.48	31.48	800m:	8:51.38	33.53	1550m:	17:15.58	33.67	2300m:	25:46.47	34.05			
	100m:	1:03.87	32.39	850m:	9:25.06	33.68	1600m:	17:49.26	33.68	2350m:	26:20.43	33.96			
	150m:	1:36.45	32.58	900m:	9:58.48	33.42	1650m:	18:23.23	33.97	2400m:	26:54.44	34.01			
	200m:	2:09.32	32.87	950m:	10:32.25	33.77	1700m:	18:57.21	33.98	2450m:	27:28.66	34.22			
	250m:	2:42.22	32.90	1000m:	11:05.90	33.65	1750m:	19:31.15	33.94	2500m:	28:02.52	33.86			
	300m:	3:15.49	33.27	1050m:	11:39.41	33.51	1800m:	20:05.21	34.06	2550m:	28:37.08	34.56			
	350m:	3:48.73	33.24	1100m:	12:13.14	33.73	1850m:	20:38.88	33.67	2600m:	29:11.37	34.29			
	400m:	4:22.33	33.60	1150m:	12:46.75	33.61	1900m:	21:12.76	33.88	2650m:	29:44.78	33.41			
	450m:	4:55.96	33.63	1200m:	13:20.47	33.72	1950m:	21:46.81	34.05	2700m:	30:18.75	33.97			
	500m:	5:29.88	33.92	1250m:	13:54.17	33.70	2000m:	22:21.09	34.28	2750m:	30:52.75	34.00			
	550m:	6:03.61	33.73	1300m:	14:27.67	33.50	2050m:	22:55.71	34.62	2800m:	31:26.63	33.88			
	600m:	6:37.23	33.62	1350m:	15:01.09	33.42	2100m:	23:29.68	33.97	2850m:	32:01.34	34.71			
	650m:	7:10.73	33.50	1400m:	15:34.48	33.39	2150m:	24:04.01	34.33	2900m:	32:35.52	34.18			
	700m:	7:44.33	33.60	1450m:	16:08.06	33.58	2200m:	24:38.42	34.41	2950m:	33:08.23	32.71			
	750m:	8:17.85	33.52	1500m:	16:41.91	33.85	2250m:	25:12.42	34.00	3000m:	33:39.56	31.33			
7.	SAMBRUNO SAEZ, Fabio										09	C.N. Granollers		34:09.98	10,00
	50m:	33.29	33.29	800m:	8:56.90	33.81	1550m:	17:28.09	34.11	2300m:	26:03.92	34.64			
	100m:	1:06.39	33.10	850m:	9:30.54	33.64	1600m:	18:02.54	34.45	2350m:	26:38.47	34.55			
	150m:	1:39.70	33.31	900m:	10:04.39	33.85	1650m:	18:36.47	33.93	2400m:	27:13.48	35.01			
	200m:	2:13.45	33.75	950m:	10:38.49	34.10	1700m:	19:10.70	34.23	2450m:	27:48.41	34.93			
	250m:	2:47.17	33.72	1000m:	11:12.69	34.20	1750m:	19:45.04	34.34	2500m:	28:23.40	34.99			
	300m:	3:20.42	33.25	1050m:	11:46.90	34.21	1800m:	20:19.66	34.62	2550m:	28:58.68	35.28			
	350m:	3:53.61	33.19	1100m:	12:21.04	34.14	1850m:	20:54.04	34.38	2600m:	29:33.59	34.91			
	400m:	4:27.08	33.47	1150m:	12:55.13	34.09	1900m:	21:28.75	34.71	2650m:	30:08.50	34.91			
	450m:	5:00.77	33.69	1200m:	13:29.05	33.92	1950m:	22:03.14	34.39	2700m:	30:43.40	34.90			
	500m:	5:34.31	33.54	1250m:	14:03.31	34.26	2000m:	22:37.93	34.79	2750m:	31:18.00	34.60			
	550m:	6:07.52	33.21	1300m:	14:37.36	34.05	2050m:	23:12.08	34.15	2800m:	31:52.69	34.69			
	600m:	6:41.27	33.75	1350m:	15:11.30	33.94	2100m:	23:46.44	34.36	2850m:	32:27.36	34.67			
	650m:	7:15.12	33.85	1400m:	15:45.42	34.12	2150m:	24:20.71	34.27	2900m:	33:02.08	34.72			
	700m:	7:49.17	34.05	1450m:	16:19.89	34.47	2200m:	24:54.89	34.18	2950m:	33:36.36	34.28			
	750m:	8:23.09	33.92	1500m:	16:53.98	34.09	2250m:	25:29.28	34.39	3000m:	34:09.98	33.62			

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

Classificació	ANY		Temps					
8.	JUAREZ LIANAS, Siro		09	C.N. Sabadell	34:11.14	9,00		
	50m: 31.60	31.60	800m: 8:43.24	32.67	1550m: 17:15.31	34.54	2300m: 25:56.27	35.76
	100m: 1:03.32	31.72	850m: 9:16.50	33.26	1600m: 17:49.66	34.35	2350m: 26:30.83	34.56
	150m: 1:35.38	32.06	900m: 9:49.63	33.13	1650m: 18:24.51	34.85	2400m: 27:05.99	35.16
	200m: 2:07.52	32.14	950m: 10:23.07	33.44	1700m: 18:59.14	34.63	2450m: 27:41.05	35.06
	250m: 2:39.79	32.27	1000m: 10:56.85	33.78	1750m: 19:33.61	34.47	2500m: 28:16.48	35.43
	300m: 3:12.44	32.65	1050m: 11:30.83	33.98	1800m: 20:08.52	34.91	2550m: 28:51.90	35.42
	350m: 3:45.30	32.86	1100m: 12:05.02	34.19	1850m: 20:43.22	34.70	2600m: 29:27.54	35.64
	400m: 4:18.42	33.12	1150m: 12:38.76	33.74	1900m: 21:17.56	34.34	2650m: 30:02.44	34.90
	450m: 4:51.32	32.90	1200m: 13:12.82	34.06	1950m: 21:52.23	34.67	2700m: 30:38.32	35.88
	500m: 5:24.61	33.29	1250m: 13:47.22	34.40	2000m: 22:27.19	34.96	2750m: 31:13.64	35.32
	550m: 5:58.04	33.43	1300m: 14:21.53	34.31	2050m: 23:01.41	34.22	2800m: 31:49.44	35.80
	600m: 6:30.80	32.76	1350m: 14:56.32	34.79	2100m: 23:36.54	35.13	2850m: 32:25.45	36.01
	650m: 7:04.14	33.34	1400m: 15:31.16	34.84	2150m: 24:11.19	34.65	2900m: 33:00.71	35.26
	700m: 7:37.37	33.23	1450m: 16:05.92	34.76	2200m: 24:45.87	34.68	2950m: 33:35.81	35.10
	750m: 8:10.57	33.20	1500m: 16:40.77	34.85	2250m: 25:20.51	34.64	3000m: 34:11.14	35.33
9.	CARDEÑAS BONJORN, Marti		09	C.N. Sabadell	34:11.35	8,00		
	50m: 32.35	32.35	800m: 9:04.84	34.17	1550m: 17:38.94	34.48	2300m: 26:13.40	34.42
	100m: 1:06.36	34.01	850m: 9:39.19	34.35	1600m: 18:12.90	33.96	2350m: 26:47.89	34.49
	150m: 1:40.81	34.45	900m: 10:13.34	34.15	1650m: 18:47.19	34.29	2400m: 27:21.88	33.99
	200m: 2:15.16	34.35	950m: 10:47.61	34.27	1700m: 19:21.36	34.17	2450m: 27:55.66	33.78
	250m: 2:48.84	33.68	1000m: 11:22.45	34.84	1750m: 19:55.59	34.23	2500m: 28:29.59	33.93
	300m: 3:22.83	33.99	1050m: 11:57.09	34.64	1800m: 20:30.06	34.47	2550m: 29:04.04	34.45
	350m: 3:57.11	34.28	1100m: 12:31.03	33.94	1850m: 21:04.66	34.60	2600m: 29:38.21	34.17
	400m: 4:31.61	34.50	1150m: 13:05.25	34.22	1900m: 21:38.93	34.27	2650m: 30:12.84	34.63
	450m: 5:06.06	34.45	1200m: 13:39.46	34.21	1950m: 22:13.56	34.63	2700m: 30:47.42	34.58
	500m: 5:40.25	34.19	1250m: 14:13.75	34.29	2000m: 22:47.82	34.26	2750m: 31:21.61	34.19
	550m: 6:13.98	33.73	1300m: 14:48.07	34.32	2050m: 23:22.07	34.25	2800m: 31:55.67	34.06
	600m: 6:47.95	33.97	1350m: 15:22.09	34.02	2100m: 23:56.12	34.05	2850m: 32:30.05	34.38
	650m: 7:22.16	34.21	1400m: 15:56.24	34.15	2150m: 24:30.66	34.54	2900m: 33:04.48	34.43
	700m: 7:56.71	34.55	1450m: 16:30.18	33.94	2200m: 25:04.69	34.03	2950m: 33:38.70	34.22
	750m: 8:30.67	33.96	1500m: 17:04.46	34.28	2250m: 25:38.98	34.29	3000m: 34:11.35	32.65
10.	OLIVER SAGUÉ, Aniol		08	C.N. Figueres	34:18.62	7,00		
	50m: 33.38	33.38	800m: 9:04.69	34.39	1550m: 17:40.64	34.40	2300m: 26:19.80	34.70
	100m: 1:06.82	33.44	850m: 9:38.99	34.30	1600m: 18:15.33	34.69	2350m: 26:54.77	34.97
	150m: 1:41.04	34.22	900m: 10:13.49	34.50	1650m: 18:49.73	34.40	2400m: 27:29.42	34.65
	200m: 2:15.05	34.01	950m: 10:48.00	34.51	1700m: 19:24.04	34.31	2450m: 28:04.05	34.63
	250m: 2:49.27	34.22	1000m: 11:22.44	34.44	1750m: 19:58.62	34.58	2500m: 28:38.44	34.39
	300m: 3:23.31	34.04	1050m: 11:57.22	34.78	1800m: 20:33.19	34.57	2550m: 29:12.81	34.37
	350m: 3:57.24	33.93	1100m: 12:31.68	34.46	1850m: 21:07.75	34.56	2600m: 29:47.75	34.94
	400m: 4:31.60	34.36	1150m: 13:05.68	34.00	1900m: 21:42.59	34.84	2650m: 30:22.65	34.90
	450m: 5:05.70	34.10	1200m: 13:40.01	34.33	1950m: 22:17.12	34.53	2700m: 30:57.13	34.48
	500m: 5:39.56	33.86	1250m: 14:14.36	34.35	2000m: 22:52.20	35.08	2750m: 31:31.56	34.43
	550m: 6:13.56	34.00	1300m: 14:48.83	34.47	2050m: 23:26.80	34.60	2800m: 32:05.95	34.39
	600m: 6:47.80	34.24	1350m: 15:23.41	34.58	2100m: 24:01.35	34.55	2850m: 32:39.60	33.65
	650m: 7:21.97	34.17	1400m: 15:57.83	34.42	2150m: 24:35.99	34.64	2900m: 33:13.67	34.07
	700m: 7:56.13	34.16	1450m: 16:31.89	34.06	2200m: 25:10.64	34.65	2950m: 33:47.12	33.45
	750m: 8:30.30	34.17	1500m: 17:06.24	34.35	2250m: 25:45.10	34.46	3000m: 34:18.62	31.50
11.	YAHYIOUI JAGUININE, Othman		08	C.N. Reus Ploms	34:32.90	6,00		
	50m: 34.50	34.50	800m: 9:09.64	34.47	1550m: 17:47.78	35.17	2300m: 26:28.75	35.06
	100m: 1:08.65	34.15	850m: 9:43.97	34.33	1600m: 18:22.52	34.74	2350m: 27:03.95	35.20
	150m: 1:42.73	34.08	900m: 10:18.46	34.49	1650m: 18:57.37	34.85	2400m: 27:38.82	34.87
	200m: 2:16.87	34.14	950m: 10:52.73	34.27	1700m: 19:32.12	34.75	2450m: 28:13.74	34.92
	250m: 2:51.16	34.29	1000m: 11:27.20	34.47	1750m: 20:06.87	34.75	2500m: 28:48.82	35.08
	300m: 3:25.39	34.23	1050m: 12:01.60	34.40	1800m: 20:41.45	34.58	2550m: 29:23.75	34.93
	350m: 3:59.79	34.40	1100m: 12:35.80	34.20	1850m: 21:15.97	34.52	2600m: 29:58.62	34.87
	400m: 4:33.97	34.18	1150m: 13:10.08	34.28	1900m: 21:50.50	34.53	2650m: 30:33.31	34.69
	450m: 5:08.19	34.22	1200m: 13:44.57	34.49	1950m: 22:25.12	34.62	2700m: 31:07.72	34.41
	500m: 5:42.61	34.42	1250m: 14:19.01	34.44	2000m: 22:59.91	34.79	2750m: 31:42.37	34.65
	550m: 6:17.26	34.65	1300m: 14:53.37	34.36	2050m: 23:34.53	34.62	2800m: 32:16.69	34.32
	600m: 6:51.47	34.21	1350m: 15:28.02	34.65	2100m: 24:09.35	34.82	2850m: 32:51.37	34.68
	650m: 7:26.20	34.73	1400m: 16:02.67	34.65	2150m: 24:44.18	34.83	2900m: 33:25.52	34.15
	700m: 8:00.54	34.34	1450m: 16:37.78	35.11	2200m: 25:18.96	34.78	2950m: 33:59.66	34.14
	750m: 8:35.17	34.63	1500m: 17:12.61	34.83	2250m: 25:53.69	34.73	3000m: 34:32.90	33.24

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

Classificació	ANY										Temps			
12.	SALA CARBASSE, Arcadi										08	C.N. Reus Ploms	34:36.13	5,00
	50m:	31.81	31.81	800m:	8:55.07	34.15	1550m:	17:30.62	33.98	2300m:	26:15.36	35.52		
	100m:	1:04.46	32.65	850m:	9:29.15	34.08	1600m:	18:04.76	34.14	2350m:	26:50.93	35.57		
	150m:	1:38.35	33.89	900m:	10:03.25	34.10	1650m:	18:39.07	34.31	2400m:	27:26.49	35.56		
	200m:	2:12.17	33.82	950m:	10:37.27	34.02	1700m:	19:12.96	33.89	2450m:	28:02.01	35.52		
	250m:	2:45.53	33.36	1000m:	11:11.31	34.04	1750m:	19:47.29	34.33	2500m:	28:38.15	36.14		
	300m:	3:19.05	33.52	1050m:	11:45.82	34.51	1800m:	20:21.69	34.40	2550m:	29:13.64	35.49		
	350m:	3:52.62	33.57	1100m:	12:20.05	34.23	1850m:	20:56.87	35.18	2600m:	29:49.35	35.71		
	400m:	4:26.10	33.48	1150m:	12:54.35	34.30	1900m:	21:32.11	35.24	2650m:	30:25.21	35.86		
	450m:	4:59.76	33.66	1200m:	13:28.50	34.15	1950m:	22:07.19	35.08	2700m:	31:01.14	35.93		
	500m:	5:33.62	33.86	1250m:	14:03.18	34.68	2000m:	22:42.52	35.33	2750m:	31:37.47	36.33		
	550m:	6:07.39	33.77	1300m:	14:38.17	34.99	2050m:	23:18.18	35.66	2800m:	32:13.39	35.92		
	600m:	6:40.25	32.86	1350m:	15:12.49	34.32	2100m:	23:53.17	34.99	2850m:	32:49.35	35.96		
	650m:	7:13.82	33.57	1400m:	15:47.08	34.59	2150m:	24:28.44	35.27	2900m:	33:25.40	36.05		
	700m:	7:47.53	33.71	1450m:	16:21.74	34.66	2200m:	25:04.07	35.63	2950m:	34:01.16	35.76		
	750m:	8:20.92	33.39	1500m:	16:56.64	34.90	2250m:	25:39.84	35.77	3000m:	34:36.13	34.97		
13.	HERRERO CASTELLANOS, Unai										09	C.N. Sabadell	34:46.76	4,00
	50m:	31.55	31.55	800m:	9:08.80	34.86	1550m:	17:52.51	34.50	2300m:	26:38.61	34.76		
	100m:	1:05.28	33.73	850m:	9:44.07	35.27	1600m:	18:27.10	34.59	2350m:	27:13.55	34.94		
	150m:	1:38.72	33.44	900m:	10:19.13	35.06	1650m:	19:01.98	34.88	2400m:	27:48.06	34.51		
	200m:	2:12.61	33.89	950m:	10:53.96	34.83	1700m:	19:37.27	35.29	2450m:	28:23.04	34.98		
	250m:	2:46.63	34.02	1000m:	11:29.04	35.08	1750m:	20:12.77	35.50	2500m:	28:57.67	34.63		
	300m:	3:21.08	34.45	1050m:	12:04.04	35.00	1800m:	20:47.81	35.04	2550m:	29:32.75	35.08		
	350m:	3:55.41	34.33	1100m:	12:38.76	34.72	1850m:	21:23.13	35.32	2600m:	30:07.21	34.46		
	400m:	4:29.70	34.29	1150m:	13:13.74	34.98	1900m:	21:57.97	34.84	2650m:	30:42.58	35.37		
	450m:	5:04.10	34.40	1200m:	13:48.26	34.52	1950m:	22:33.23	35.26	2700m:	31:17.46	34.88		
	500m:	5:38.98	34.88	1250m:	14:23.05	34.79	2000m:	23:08.18	34.95	2750m:	31:53.12	35.66		
	550m:	6:14.09	35.11	1300m:	14:57.89	34.84	2050m:	23:43.16	34.98	2800m:	32:29.00	35.88		
	600m:	6:48.81	34.72	1350m:	15:32.93	35.04	2100m:	24:18.02	34.86	2850m:	33:04.04	35.04		
	650m:	7:23.86	35.05	1400m:	16:07.87	34.94	2150m:	24:53.07	35.05	2900m:	33:38.86	34.82		
	700m:	7:58.95	35.09	1450m:	16:42.84	34.97	2200m:	25:28.38	35.31	2950m:	34:12.58	33.72		
	750m:	8:33.94	34.99	1500m:	17:18.01	35.17	2250m:	26:03.85	35.47	3000m:	34:46.76	34.18		
14.	HERNANDEZ DOMINGUEZ, Alexander										09	C.N. Terrassa	35:32.51	3,00
	50m:	32.73	32.73	800m:	9:24.11	35.97	1550m:	18:19.27	35.60	2300m:	27:16.52	35.39		
	100m:	1:07.60	34.87	850m:	9:59.75	35.64	1600m:	18:55.04	35.77	2350m:	27:52.36	35.84		
	150m:	1:42.90	35.30	900m:	10:35.19	35.44	1650m:	19:31.26	36.22	2400m:	28:28.00	35.64		
	200m:	2:18.67	35.77	950m:	11:10.55	35.36	1700m:	20:07.14	35.88	2450m:	29:03.46	35.46		
	250m:	2:54.07	35.40	1000m:	11:45.98	35.43	1750m:	20:43.44	36.30	2500m:	29:39.54	36.08		
	300m:	3:29.36	35.29	1050m:	12:21.17	35.19	1800m:	21:18.79	35.35	2550m:	30:15.64	36.10		
	350m:	4:04.47	35.11	1100m:	12:56.83	35.66	1850m:	21:54.44	35.65	2600m:	30:51.34	35.70		
	400m:	4:40.14	35.67	1150m:	13:32.63	35.80	1900m:	22:30.44	36.00	2650m:	31:26.71	35.37		
	450m:	5:15.50	35.36	1200m:	14:08.38	35.75	1950m:	23:06.49	36.05	2700m:	32:02.11	35.40		
	500m:	5:51.12	35.62	1250m:	14:44.13	35.75	2000m:	23:42.52	36.03	2750m:	32:38.09	35.98		
	550m:	6:26.57	35.45	1300m:	15:20.54	36.41	2050m:	24:17.83	35.31	2800m:	33:14.06	35.97		
	600m:	7:01.84	35.27	1350m:	15:56.42	35.88	2100m:	24:53.80	35.97	2850m:	33:49.88	35.82		
	650m:	7:37.46	35.62	1400m:	16:32.54	36.12	2150m:	25:29.62	35.82	2900m:	34:25.75	35.87		
	700m:	8:12.80	35.34	1450m:	17:08.29	35.75	2200m:	26:05.84	36.22	2950m:	35:01.38	35.63		
	750m:	8:48.14	35.34	1500m:	17:43.67	35.38	2250m:	26:41.13	35.29	3000m:	35:32.51	31.13		
15.	CORONA EDO, Xavi										09	C.N. Sabadell	36:07.38	2,00
	50m:	33.41	33.41	800m:	9:17.74	35.20	1550m:	18:12.19	36.41	2300m:	27:24.71	37.09		
	100m:	1:07.06	33.65	850m:	9:53.02	35.28	1600m:	18:48.78	36.59	2350m:	28:02.05	37.34		
	150m:	1:41.28	34.22	900m:	10:28.56	35.54	1650m:	19:25.68	36.90	2400m:	28:39.22	37.17		
	200m:	2:16.23	34.95	950m:	11:03.47	34.91	1700m:	20:02.60	36.92	2450m:	29:16.51	37.29		
	250m:	2:51.30	35.07	1000m:	11:38.74	35.27	1750m:	20:39.41	36.81	2500m:	29:53.61	37.10		
	300m:	3:26.75	35.45	1050m:	12:15.08	36.34	1800m:	21:16.40	36.99	2550m:	30:31.63	38.02		
	350m:	4:01.87	35.12	1100m:	12:50.73	35.65	1850m:	21:52.88	36.48	2600m:	31:08.97	37.34		
	400m:	4:36.90	35.03	1150m:	13:26.10	35.37	1900m:	22:28.92	36.04	2650m:	31:46.49	37.52		
	450m:	5:11.10	34.20	1200m:	14:01.77	35.67	1950m:	23:05.28	36.36	2700m:	32:24.10	37.61		
	500m:	5:46.17	35.07	1250m:	14:37.22	35.45	2000m:	23:41.89	36.61	2750m:	33:02.14	38.04		
	550m:	6:21.39	35.22	1300m:	15:12.34	35.12	2050m:	24:18.55	36.66	2800m:	33:40.23	38.09		
	600m:	6:56.81	35.42	1350m:	15:47.28	34.94	2100m:	24:55.54	36.99	2850m:	34:17.60	37.37		
	650m:	7:31.93	35.12	1400m:	16:23.29	36.01	2150m:	25:32.75	37.21	2900m:	34:54.39	36.79		
	700m:	8:07.08	35.15	1450m:	16:59.35	36.06	2200m:	26:10.11	37.36	2950m:	35:31.51	37.12		
	750m:	8:42.54	35.46	1500m:	17:35.78	36.43	2250m:	26:47.62	37.51	3000m:	36:07.38	35.87		

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

Classificació	ANY		Temps	
16. BASANTA MORALES, Gael	09	C.N. Sant Feliu	36:31.60	1,00
50m: 34.63 34.63	800m: 9:29.86 35.53	1550m: 18:40.86 36.98	2300m: 28:01.79 38.08	
100m: 1:09.61 34.98	850m: 10:06.16 36.30	1600m: 19:17.82 36.96	2350m: 28:38.93 37.14	
150m: 1:45.27 35.66	900m: 10:42.78 36.62	1650m: 19:55.48 37.66	2400m: 29:16.30 37.37	
200m: 2:21.07 35.80	950m: 11:19.48 36.70	1700m: 20:33.63 38.15	2450m: 29:53.60 37.30	
250m: 2:56.48 35.41	1000m: 11:56.54 37.06	1750m: 21:11.12 37.49	2500m: 30:30.71 37.11	
300m: 3:32.72 36.24	1050m: 12:32.81 36.27	1800m: 21:47.41 36.29	2550m: 31:07.13 36.42	
350m: 4:08.69 35.97	1100m: 13:09.88 37.07	1850m: 22:24.42 37.01	2600m: 31:43.92 36.79	
400m: 4:44.61 35.92	1150m: 13:45.71 35.83	1900m: 23:01.09 36.67	2650m: 32:21.30 37.38	
450m: 5:20.29 35.68	1200m: 14:20.53 34.82	1950m: 23:38.50 37.41	2700m: 32:58.49 37.19	
500m: 5:55.83 35.54	1250m: 14:56.77 36.24	2000m: 24:16.23 37.73	2750m: 33:35.48 36.99	
550m: 6:31.90 36.07	1300m: 15:34.06 37.29	2050m: 24:53.76 37.53	2800m: 34:11.34 35.86	
600m: 7:07.31 35.41	1350m: 16:11.45 37.39	2100m: 25:31.49 37.73	2850m: 34:47.78 36.44	
650m: 7:42.27 34.96	1400m: 16:48.80 37.35	2150m: 26:08.83 37.34	2900m: 35:23.72 35.94	
700m: 8:18.44 36.17	1450m: 17:26.69 37.89	2200m: 26:46.03 37.20	2950m: 35:59.28 35.56	
750m: 8:54.33 35.89	1500m: 18:03.88 37.19	2250m: 27:23.71 37.68	3000m: 36:31.60 32.32	

Júnior 2 Fons Indoor

1. CASALS MAS, Èric	06	C.N. VIC-Etb	32:37.37	19,00
50m: 32.47 32.47	800m: 8:37.33 32.52	1550m: 16:48.12 32.76	2300m: 25:01.04 32.93	
100m: 1:04.12 31.65	850m: 9:09.94 32.61	1600m: 17:20.79 32.67	2350m: 25:34.24 33.20	
150m: 1:36.05 31.93	900m: 9:42.79 32.85	1650m: 17:53.75 32.96	2400m: 26:07.02 32.78	
200m: 2:08.54 32.49	950m: 10:15.35 32.56	1700m: 18:26.42 32.67	2450m: 26:40.07 33.05	
250m: 2:40.86 32.32	1000m: 10:47.84 32.49	1750m: 18:59.16 32.74	2500m: 27:13.20 33.13	
300m: 3:12.94 32.08	1050m: 11:20.40 32.56	1800m: 19:31.92 32.76	2550m: 27:46.26 33.06	
350m: 3:45.33 32.39	1100m: 11:53.15 32.75	1850m: 20:05.13 33.21	2600m: 28:19.17 32.91	
400m: 4:17.93 32.60	1150m: 12:26.26 33.11	1900m: 20:38.12 32.99	2650m: 28:51.78 32.61	
450m: 4:50.27 32.34	1200m: 12:59.25 32.99	1950m: 21:10.85 32.73	2700m: 29:24.58 32.80	
500m: 5:22.59 32.32	1250m: 13:31.86 32.61	2000m: 21:43.88 33.03	2750m: 29:56.93 32.35	
550m: 5:54.96 32.37	1300m: 14:04.61 32.75	2050m: 22:16.49 32.61	2800m: 30:29.64 32.71	
600m: 6:27.32 32.36	1350m: 14:37.11 32.50	2100m: 22:49.48 32.99	2850m: 31:02.44 32.80	
650m: 6:59.78 32.46	1400m: 15:09.92 32.81	2150m: 23:22.45 32.97	2900m: 31:35.35 32.91	
700m: 7:32.30 32.52	1450m: 15:42.63 32.71	2200m: 23:55.18 32.73	2950m: 32:07.78 32.43	
750m: 8:04.81 32.51	1500m: 16:15.36 32.73	2250m: 24:28.11 32.93	3000m: 32:37.37 29.59	
2. ROURA CLEMENTE, Marc	07	GEIEG	33:19.55	16,00
50m: 32.43 32.43	800m: 8:45.24 33.04	1550m: 17:01.84 33.69	2300m: 25:26.46 33.09	
100m: 1:05.03 32.60	850m: 9:17.70 32.46	1600m: 17:35.77 33.93	2350m: 25:59.76 33.30	
150m: 1:37.95 32.92	900m: 9:50.72 33.02	1650m: 18:09.41 33.64	2400m: 26:33.18 33.42	
200m: 2:10.78 32.83	950m: 10:23.62 32.90	1700m: 18:43.05 33.64	2450m: 27:06.67 33.49	
250m: 2:43.85 33.07	1000m: 10:56.15 32.53	1750m: 19:17.25 34.20	2500m: 27:40.09 33.42	
300m: 3:17.02 33.17	1050m: 11:28.82 32.67	1800m: 19:51.55 34.30	2550m: 28:13.73 33.64	
350m: 3:49.86 32.84	1100m: 12:01.87 33.05	1850m: 20:25.65 34.10	2600m: 28:47.65 33.92	
400m: 4:22.54 32.68	1150m: 12:34.75 32.88	1900m: 20:59.72 34.07	2650m: 29:21.52 33.87	
450m: 4:55.45 32.91	1200m: 13:07.69 32.94	1950m: 21:33.88 34.16	2700m: 29:56.34 34.82	
500m: 5:28.34 32.89	1250m: 13:40.77 33.08	2000m: 22:07.07 33.19	2750m: 30:30.74 34.40	
550m: 6:01.04 32.70	1300m: 14:14.18 33.41	2050m: 22:40.02 32.95	2800m: 31:05.18 34.44	
600m: 6:34.07 33.03	1350m: 14:47.52 33.34	2100m: 23:13.58 33.56	2850m: 31:39.53 34.35	
650m: 7:06.48 32.41	1400m: 15:20.95 33.43	2150m: 23:46.68 33.10	2900m: 32:13.81 34.28	
700m: 7:39.37 32.89	1450m: 15:54.39 33.44	2200m: 24:20.22 33.54	2950m: 32:47.43 33.62	
750m: 8:12.20 32.83	1500m: 16:28.15 33.76	2250m: 24:53.37 33.15	3000m: 33:19.55 32.12	
3. REDONDO SORIA, Iker	06	C.N. Granollers	33:51.74	14,00
50m: 31.91 31.91	800m: 8:47.39 33.46	1550m: 17:12.80 34.20	2300m: 25:48.35 34.41	
100m: 1:03.60 31.69	850m: 9:20.52 33.13	1600m: 17:46.72 33.92	2350m: 26:22.76 34.41	
150m: 1:35.97 32.37	900m: 9:53.97 33.45	1650m: 18:21.06 34.34	2400m: 26:57.70 34.94	
200m: 2:08.24 32.27	950m: 10:27.23 33.26	1700m: 18:55.45 34.39	2450m: 27:32.67 34.97	
250m: 2:40.88 32.64	1000m: 11:00.58 33.35	1750m: 19:30.24 34.79	2500m: 28:07.34 34.67	
300m: 3:13.75 32.87	1050m: 11:33.92 33.34	1800m: 20:05.19 34.95	2550m: 28:42.16 34.82	
350m: 3:46.62 32.87	1100m: 12:07.56 33.64	1850m: 20:39.63 34.44	2600m: 29:16.88 34.72	
400m: 4:19.66 33.04	1150m: 12:41.43 33.87	1900m: 21:14.09 34.46	2650m: 29:51.62 34.74	
450m: 4:52.91 33.25	1200m: 13:15.02 33.59	1950m: 21:48.76 34.67	2700m: 30:26.37 34.75	
500m: 5:26.38 33.47	1250m: 13:48.57 33.55	2000m: 22:23.18 34.42	2750m: 31:01.14 34.77	
550m: 6:00.01 33.63	1300m: 14:22.32 33.75	2050m: 22:57.17 33.99	2800m: 31:35.58 34.44	
600m: 6:33.71 33.70	1350m: 14:56.35 34.03	2100m: 23:31.25 34.08	2850m: 32:09.93 34.35	
650m: 7:07.05 33.34	1400m: 15:30.44 34.09	2150m: 24:05.38 34.13	2900m: 32:43.96 34.03	
700m: 7:40.37 33.32	1450m: 16:04.55 34.11	2200m: 24:39.62 34.24	2950m: 33:18.23 34.27	
750m: 8:13.93 33.56	1500m: 16:38.60 34.05	2250m: 25:13.94 34.32	3000m: 33:51.74 33.51	

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

Classificació	ANY		Temps									
4. RANEA VILA, Roger	06		C.N. VIC-Etb								34:42.53	13,00
50m:	32.16	32.16	800m:	8:57.66	34.52	1550m:	17:36.34	35.12	2300m:	26:26.50	35.56	
100m:	1:05.05	32.89	850m:	9:31.58	33.92	1600m:	18:11.56	35.22	2350m:	27:02.11	35.61	
150m:	1:38.61	33.56	900m:	10:05.66	34.08	1650m:	18:46.65	35.09	2400m:	27:37.86	35.75	
200m:	2:12.22	33.61	950m:	10:39.68	34.02	1700m:	19:21.51	34.86	2450m:	28:13.63	35.77	
250m:	2:45.65	33.43	1000m:	11:13.81	34.13	1750m:	19:56.56	35.05	2500m:	28:49.36	35.73	
300m:	3:19.16	33.51	1050m:	11:47.97	34.16	1800m:	20:31.80	35.24	2550m:	29:25.37	36.01	
350m:	3:52.99	33.83	1100m:	12:22.12	34.15	1850m:	21:07.22	35.42	2600m:	30:01.20	35.83	
400m:	4:26.59	33.60	1150m:	12:57.64	35.52	1900m:	21:42.37	35.15	2650m:	30:36.57	35.37	
450m:	5:00.23	33.64	1200m:	13:31.91	34.27	1950m:	22:18.18	35.81	2700m:	31:11.85	35.28	
500m:	5:34.07	33.84	1250m:	14:06.55	34.64	2000m:	22:53.50	35.32	2750m:	31:47.01	35.16	
550m:	6:07.81	33.74	1300m:	14:41.32	34.77	2050m:	23:28.82	35.32	2800m:	32:22.60	35.59	
600m:	6:41.59	33.78	1350m:	15:16.32	35.00	2100m:	24:04.04	35.22	2850m:	32:58.04	35.44	
650m:	7:15.26	33.67	1400m:	15:51.48	35.16	2150m:	24:39.64	35.60	2900m:	33:33.32	35.28	
700m:	7:49.26	34.00	1450m:	16:26.47	34.99	2200m:	25:15.38	35.74	2950m:	34:08.82	35.50	
750m:	8:23.14	33.88	1500m:	17:01.22	34.75	2250m:	25:50.94	35.56	3000m:	34:42.53	33.71	
5. MIRET SALA, Gerard	07		C.N. Lleida								36:14.96	12,00
50m:	32.88	32.88	800m:	9:28.06	36.38	1550m:	18:26.79	35.95	2300m:	27:37.16	37.41	
100m:	1:07.31	34.43	850m:	10:03.68	35.62	1600m:	19:03.25	36.46	2350m:	28:14.30	37.14	
150m:	1:42.57	35.26	900m:	10:39.42	35.74	1650m:	19:39.00	35.75	2400m:	28:51.13	36.83	
200m:	2:18.20	35.63	950m:	11:15.24	35.82	1700m:	20:15.08	36.08	2450m:	29:28.34	37.21	
250m:	2:53.88	35.68	1000m:	11:51.18	35.94	1750m:	20:50.81	35.73	2500m:	30:05.87	37.53	
300m:	3:29.53	35.65	1050m:	12:26.92	35.74	1800m:	21:26.25	35.44	2550m:	30:43.16	37.29	
350m:	4:05.42	35.89	1100m:	13:03.17	36.25	1850m:	22:02.44	36.19	2600m:	31:21.07	37.91	
400m:	4:40.53	35.11	1150m:	13:39.87	36.70	1900m:	22:38.54	36.10	2650m:	31:57.85	36.78	
450m:	5:16.27	35.74	1200m:	14:16.30	36.43	1950m:	23:15.83	37.29	2700m:	32:35.77	37.92	
500m:	5:52.47	36.20	1250m:	14:52.43	36.13	2000m:	23:52.96	37.13	2750m:	33:12.64	36.87	
550m:	6:28.43	35.96	1300m:	15:28.04	35.61	2050m:	24:30.39	37.43	2800m:	33:49.82	37.18	
600m:	7:04.96	36.53	1350m:	16:03.41	35.37	2100m:	25:07.84	37.45	2850m:	34:27.32	37.50	
650m:	7:39.81	34.85	1400m:	16:39.18	35.77	2150m:	25:45.06	37.22	2900m:	35:04.14	36.82	
700m:	8:16.10	36.29	1450m:	17:15.02	35.84	2200m:	26:22.35	37.29	2950m:	35:39.55	35.41	
750m:	8:51.68	35.58	1500m:	17:50.84	35.82	2250m:	26:59.75	37.40	3000m:	36:14.96	35.41	
6. SANS GIOL, Genis	06		C.E. Mediterrani								37:08.17	11,00
50m:	32.71	32.71	800m:	9:46.90	37.70	1550m:	19:08.78	37.98	2300m:	28:30.86	37.30	
100m:	1:09.08	36.37	850m:	10:23.98	37.08	1600m:	19:45.91	37.13	2350m:	29:08.21	37.35	
150m:	1:45.59	36.51	900m:	11:01.49	37.51	1650m:	20:23.53	37.62	2400m:	29:45.60	37.39	
200m:	2:22.51	36.92	950m:	11:38.73	37.24	1700m:	21:01.17	37.64	2450m:	30:22.11	36.51	
250m:	2:59.91	37.40	1000m:	12:15.67	36.94	1750m:	21:38.28	37.11	2500m:	30:59.49	37.38	
300m:	3:36.75	36.84	1050m:	12:53.17	37.50	1800m:	22:16.28	38.00	2550m:	31:37.03	37.54	
350m:	4:13.48	36.73	1100m:	13:29.82	36.65	1850m:	22:54.39	38.11	2600m:	32:14.00	36.97	
400m:	4:50.35	36.87	1150m:	14:07.62	37.80	1900m:	23:32.07	37.68	2650m:	32:51.88	37.88	
450m:	5:27.23	36.88	1200m:	14:45.53	37.91	1950m:	24:09.66	37.59	2700m:	33:29.45	37.57	
500m:	6:04.02	36.79	1250m:	15:23.40	37.87	2000m:	24:47.50	37.84	2750m:	34:06.83	37.38	
550m:	6:41.11	37.09	1300m:	16:00.40	37.00	2050m:	25:24.63	37.13	2800m:	34:44.16	37.33	
600m:	7:17.91	36.80	1350m:	16:38.06	37.66	2100m:	26:02.18	37.55	2850m:	35:21.27	37.11	
650m:	7:55.36	37.45	1400m:	17:15.53	37.47	2150m:	26:39.28	37.10	2900m:	35:58.41	37.14	
700m:	8:32.27	36.91	1450m:	17:53.30	37.77	2200m:	27:16.78	37.50	2950m:	36:33.70	35.29	
750m:	9:09.20	36.93	1500m:	18:30.80	37.50	2250m:	27:53.56	36.78	3000m:	37:08.17	34.47	
7. BARRIOS LOPEZ, Ivan	07		C.N. Molins De Rei								37:54.94	10,00
50m:	33.66	33.66	800m:	9:56.11	37.56	1550m:	19:27.02	38.13	2300m:	29:01.58	38.59	
100m:	1:09.63	35.97	850m:	10:33.71	37.60	1600m:	20:05.68	38.66	2350m:	29:40.11	38.53	
150m:	1:46.69	37.06	900m:	11:11.08	37.37	1650m:	20:43.84	38.16	2400m:	30:18.49	38.38	
200m:	2:24.07	37.38	950m:	11:48.83	37.75	1700m:	21:22.75	38.91	2450m:	30:57.27	38.78	
250m:	3:01.54	37.47	1000m:	12:26.67	37.84	1750m:	22:01.20	38.45	2500m:	31:35.59	38.32	
300m:	3:38.62	37.08	1050m:	13:04.80	38.13	1800m:	22:38.98	37.78	2550m:	32:13.99	38.40	
350m:	4:15.68	37.06	1100m:	13:43.47	38.67	1850m:	23:16.58	37.60	2600m:	32:52.89	38.90	
400m:	4:53.48	37.80	1150m:	14:21.66	38.19	1900m:	23:54.91	38.33	2650m:	33:31.82	38.93	
450m:	5:31.57	38.09	1200m:	14:59.82	38.16	1950m:	24:32.71	37.80	2700m:	34:11.31	39.49	
500m:	6:09.49	37.92	1250m:	15:38.26	38.44	2000m:	25:10.45	37.74	2750m:	34:49.50	38.19	
550m:	6:47.85	38.36	1300m:	16:16.79	38.53	2050m:	25:48.38	37.93	2800m:	35:28.63	39.13	
600m:	7:25.91	38.06	1350m:	16:55.27	38.48	2100m:	26:26.70	38.32	2850m:	36:06.95	38.32	
650m:	8:03.35	37.44	1400m:	17:33.20	37.93	2150m:	27:05.54	38.84	2900m:	36:44.28	37.33	
700m:	8:40.92	37.57	1450m:	18:10.89	37.69	2200m:	27:44.12	38.58	2950m:	37:22.26	37.98	
750m:	9:18.55	37.63	1500m:	18:48.89	38.00	2250m:	28:22.99	38.87	3000m:	37:54.94	32.68	

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

Classificació	ANY		Temps	
8. TRENDS RAMOS, Arnau	07	C.N. Martorell	37:55.02	9,00
50m: 34.66 34.66	800m: 9:57.42 38.20	1550m: 19:27.44 38.54	2300m: 29:02.57 38.49	
100m: 1:11.22 36.56	850m: 10:35.28 37.86	1600m: 20:06.03 38.59	2350m: 29:40.57 38.00	
150m: 1:48.72 37.50	900m: 11:12.60 37.32	1650m: 20:44.92 38.89	2400m: 30:18.64 38.07	
200m: 2:25.96 37.24	950m: 11:50.34 37.74	1700m: 21:23.40 38.48	2450m: 30:57.31 38.67	
250m: 3:03.32 37.36	1000m: 12:28.32 37.98	1750m: 22:02.05 38.65	2500m: 31:35.47 38.16	
300m: 3:40.91 37.59	1050m: 13:06.25 37.93	1800m: 22:40.24 38.19	2550m: 32:14.12 38.65	
350m: 4:17.90 36.99	1100m: 13:44.62 38.37	1850m: 23:18.20 37.96	2600m: 32:52.65 38.53	
400m: 4:55.21 37.31	1150m: 14:22.78 38.16	1900m: 23:56.49 38.29	2650m: 33:31.75 39.10	
450m: 5:32.88 37.67	1200m: 15:00.96 38.18	1950m: 24:34.71 38.22	2700m: 34:11.10 39.35	
500m: 6:10.66 37.78	1250m: 15:38.80 37.84	2000m: 25:13.49 38.78	2750m: 34:49.74 38.64	
550m: 6:48.41 37.75	1300m: 16:17.43 38.63	2050m: 25:51.62 38.13	2800m: 35:28.64 38.90	
600m: 7:26.29 37.88	1350m: 16:55.47 38.04	2100m: 26:30.09 38.47	2850m: 36:07.55 38.91	
650m: 8:03.83 37.54	1400m: 17:33.12 37.65	2150m: 27:07.74 37.65	2900m: 36:45.39 37.84	
700m: 8:41.44 37.61	1450m: 18:10.78 37.66	2200m: 27:45.69 37.95	2950m: 37:22.72 37.33	
750m: 9:19.22 37.78	1500m: 18:48.90 38.12	2250m: 28:24.08 38.39	3000m: 37:55.02 32.30	
9. PUJOL CHAVARRIA, Alejandro	07	C.N. Martorell	38:34.98	8,00
50m: 34.03 34.03	800m: 9:58.87 38.28	1550m: 19:41.70 38.81	2300m: 29:30.04 38.88	
100m: 1:09.34 35.31	850m: 10:37.22 38.35	1600m: 20:20.71 39.01	2350m: 30:09.39 39.35	
150m: 1:45.96 36.62	900m: 11:16.03 38.81	1650m: 20:59.72 39.01	2400m: 30:48.46 39.07	
200m: 2:23.05 37.09	950m: 11:54.53 38.50	1700m: 21:39.05 39.33	2450m: 31:27.54 39.08	
250m: 3:00.09 37.04	1000m: 12:33.55 39.02	1750m: 22:18.39 39.34	2500m: 32:06.51 38.97	
300m: 3:37.58 37.49	1050m: 13:12.58 39.03	1800m: 22:57.96 39.57	2550m: 32:45.94 39.43	
350m: 4:15.49 37.91	1100m: 13:51.91 39.33	1850m: 23:37.14 39.18	2600m: 33:25.68 39.74	
400m: 4:53.62 38.13	1150m: 14:30.65 38.74	1900m: 24:16.14 39.00	2650m: 34:04.94 39.26	
450m: 5:31.41 37.79	1200m: 15:09.33 38.68	1950m: 24:55.42 39.28	2700m: 34:44.72 39.78	
500m: 6:09.23 37.82	1250m: 15:48.33 39.00	2000m: 25:33.96 38.54	2750m: 35:23.99 39.27	
550m: 6:47.40 38.17	1300m: 16:27.20 38.87	2050m: 26:13.26 39.30	2800m: 36:03.37 39.38	
600m: 7:25.82 38.42	1350m: 17:06.30 39.10	2100m: 26:52.83 39.57	2850m: 36:42.60 39.23	
650m: 8:04.39 38.57	1400m: 17:45.20 38.90	2150m: 27:32.78 39.95	2900m: 37:20.58 37.98	
700m: 8:42.13 37.74	1450m: 18:23.98 38.78	2200m: 28:11.97 39.19	2950m: 37:58.83 38.25	
750m: 9:20.59 38.46	1500m: 19:02.89 38.91	2250m: 28:51.16 39.19	3000m: 38:34.98 36.15	

Absolut Fons Indoor

1. SANTIAGO BETANCOR, Raul	97	C.N. Granollers	31:00.77	19,00
50m: 31.44 31.44	800m: 8:14.15 31.06	1550m: 15:58.01 30.92	2300m: 23:45.58 31.17	
100m: 1:02.21 30.77	850m: 8:45.12 30.97	1600m: 16:29.08 31.07	2350m: 24:16.61 31.03	
150m: 1:32.98 30.77	900m: 9:15.95 30.83	1650m: 17:00.60 31.52	2400m: 24:47.88 31.27	
200m: 2:04.01 31.03	950m: 9:46.79 30.84	1700m: 17:32.12 31.52	2450m: 25:19.29 31.41	
250m: 2:34.85 30.84	1000m: 10:17.61 30.82	1750m: 18:03.36 31.24	2500m: 25:50.54 31.25	
300m: 3:05.48 30.63	1050m: 10:48.48 30.87	1800m: 18:34.52 31.16	2550m: 26:21.72 31.18	
350m: 3:36.40 30.92	1100m: 11:19.38 30.90	1850m: 19:05.82 31.30	2600m: 26:52.98 31.26	
400m: 4:07.12 30.72	1150m: 11:50.30 30.92	1900m: 19:37.06 31.24	2650m: 27:23.83 30.85	
450m: 4:38.00 30.88	1200m: 12:21.26 30.96	1950m: 20:08.28 31.22	2700m: 27:54.99 31.16	
500m: 5:08.84 30.84	1250m: 12:52.42 31.16	2000m: 20:39.00 30.72	2750m: 28:26.10 31.11	
550m: 5:39.48 30.64	1300m: 13:23.39 30.97	2050m: 21:09.94 30.94	2800m: 28:57.34 31.24	
600m: 6:10.39 30.91	1350m: 13:54.22 30.83	2100m: 21:41.05 31.11	2850m: 29:28.64 31.30	
650m: 6:41.09 30.70	1400m: 14:25.27 31.05	2150m: 22:12.15 31.10	2900m: 30:00.04 31.40	
700m: 7:12.10 31.01	1450m: 14:56.03 30.76	2200m: 22:43.33 31.18	2950m: 30:31.26 31.22	
750m: 7:43.09 30.99	1500m: 15:27.09 31.06	2250m: 23:14.41 31.08	3000m: 31:00.77 29.51	
2. CROOIJMANS, Sander	01	C.N. Tennis Elche	31:09.99	-
50m: 30.68 30.68	800m: 8:13.78 31.23	1550m: 16:01.04 31.01	2300m: 23:49.77 31.57	
100m: 1:01.06 30.38	850m: 8:44.79 31.01	1600m: 16:32.01 30.97	2350m: 24:21.35 31.58	
150m: 1:31.71 30.65	900m: 9:15.97 31.18	1650m: 17:03.17 31.16	2400m: 24:52.68 31.33	
200m: 2:02.30 30.59	950m: 9:47.03 31.06	1700m: 17:34.43 31.26	2450m: 25:24.41 31.73	
250m: 2:32.79 30.49	1000m: 10:18.33 31.30	1750m: 18:05.57 31.14	2500m: 25:55.92 31.51	
300m: 3:03.38 30.59	1050m: 10:50.04 31.71	1800m: 18:36.60 31.03	2550m: 26:27.72 31.80	
350m: 3:34.01 30.63	1100m: 11:21.03 30.99	1850m: 19:07.86 31.26	2600m: 26:59.30 31.58	
400m: 4:04.64 30.63	1150m: 11:52.29 31.26	1900m: 19:38.79 30.93	2650m: 27:30.98 31.68	
450m: 4:35.43 30.79	1200m: 12:23.40 31.11	1950m: 20:09.96 31.17	2700m: 28:02.53 31.55	
500m: 5:06.25 30.82	1250m: 12:54.64 31.24	2000m: 20:41.31 31.35	2750m: 28:34.32 31.79	
550m: 5:37.47 31.22	1300m: 13:25.82 31.18	2050m: 21:12.59 31.28	2800m: 29:06.29 31.97	
600m: 6:08.51 31.04	1350m: 13:56.93 31.11	2100m: 21:43.98 31.39	2850m: 29:37.74 31.45	
650m: 6:39.40 30.89	1400m: 14:27.86 30.93	2150m: 22:15.28 31.30	2900m: 30:09.39 31.65	
700m: 7:10.99 31.59	1450m: 14:58.81 30.95	2200m: 22:46.54 31.26	2950m: 30:40.90 31.51	
750m: 7:42.55 31.56	1500m: 15:30.03 31.22	2250m: 23:18.20 31.66	3000m: 31:09.99 29.09	

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

Classificació	ANY										Temps																																																																																																																																																																									
3.	PUJOL BELMONTE, Guillem										97	C.N. Mataró	31:14.28	16,00																																																																																																																																																																						
	50m:	29.16	29.16	800m:	8:12.86	31.28	1550m:	16:03.86	31.71	2300m:	23:59.99	31.50	100m:	59.30	30.14	850m:	8:44.05	31.19	1600m:	16:35.50	31.64	2350m:	24:31.77	31.78	150m:	1:30.29	30.99	900m:	9:15.55	31.50	1650m:	17:07.27	31.77	2400m:	25:03.49	31.72	200m:	2:00.81	30.52	950m:	9:47.05	31.50	1700m:	17:39.14	31.87	2450m:	25:34.87	31.38	250m:	2:31.86	31.05	1000m:	10:18.44	31.39	1750m:	18:10.88	31.74	2500m:	26:06.12	31.25	300m:	3:02.85	30.99	1050m:	10:50.17	31.73	1800m:	18:42.72	31.84	2550m:	26:37.28	31.16	350m:	3:34.18	31.33	1100m:	11:21.36	31.19	1850m:	19:14.44	31.72	2600m:	27:08.43	31.15	400m:	4:04.82	30.64	1150m:	11:52.45	31.09	1900m:	19:46.51	32.07	2650m:	27:39.60	31.17	450m:	4:35.86	31.04	1200m:	12:23.76	31.31	1950m:	20:18.18	31.67	2700m:	28:10.33	30.73	500m:	5:07.05	31.19	1250m:	12:55.22	31.46	2000m:	20:50.09	31.91	2750m:	28:41.29	30.96	550m:	5:38.09	31.04	1300m:	13:26.59	31.37	2050m:	21:21.63	31.54	2800m:	29:12.30	31.01	600m:	6:09.28	31.19	1350m:	13:57.74	31.15	2100m:	21:53.50	31.87	2850m:	29:43.46	31.16	650m:	6:40.09	30.81	1400m:	14:29.45	31.71	2150m:	22:24.93	31.43	2900m:	30:14.66	31.20	700m:	7:11.07	30.98	1450m:	15:00.86	31.41	2200m:	22:56.85	31.92	2950m:	30:45.15	30.49	750m:	7:41.58	30.51	1500m:	15:32.15	31.29	2250m:	23:28.49	31.64	3000m:	31:14.28	29.13
4.	CROOIJMANS, Vincent										01	C.N. Tennis Elche	31:23.50	-																																																																																																																																																																						
	50m:	30.90	30.90	800m:	8:12.89	31.13	1550m:	15:58.21	31.19	2300m:	23:53.41	32.09	100m:	1:00.78	29.88	850m:	8:44.02	31.13	1600m:	16:29.34	31.13	2350m:	24:25.56	32.15	150m:	1:31.45	30.67	900m:	9:14.85	30.83	1650m:	17:00.69	31.35	2400m:	24:57.81	32.25	200m:	2:02.24	30.79	950m:	9:45.84	30.99	1700m:	17:31.92	31.23	2450m:	25:30.19	32.38	250m:	2:32.95	30.71	1000m:	10:17.01	31.17	1750m:	18:03.11	31.19	2500m:	26:02.35	32.16	300m:	3:03.68	30.73	1050m:	10:47.94	30.93	1800m:	18:34.31	31.20	2550m:	26:34.46	32.11	350m:	3:34.49	30.81	1100m:	11:18.79	30.85	1850m:	19:05.79	31.48	2600m:	27:06.34	31.88	400m:	4:05.30	30.81	1150m:	11:49.70	30.91	1900m:	19:36.88	31.09	2650m:	27:38.72	32.38	450m:	4:36.06	30.76	1200m:	12:20.49	30.79	1950m:	20:08.39	31.51	2700m:	28:11.21	32.49	500m:	5:06.94	30.88	1250m:	12:51.48	30.99	2000m:	20:40.20	31.81	2750m:	28:43.77	32.56	550m:	5:37.92	30.98	1300m:	13:22.69	31.21	2050m:	21:12.18	31.98	2800m:	29:16.05	32.28	600m:	6:08.79	30.87	1350m:	13:53.57	30.88	2100m:	21:44.24	32.06	2850m:	29:48.25	32.20	650m:	6:39.79	31.00	1400m:	14:24.50	30.93	2150m:	22:16.55	32.31	2900m:	30:20.30	32.05	700m:	7:10.86	31.07	1450m:	14:55.83	31.33	2200m:	22:49.00	32.45	2950m:	30:52.11	31.81	750m:	7:41.76	30.90	1500m:	15:27.02	31.19	2250m:	23:21.32	32.32	3000m:	31:23.50	31.39
5.	ORTIZ MARTINEZ, Carlos										04	C.E. Mediterrani	31:30.03	14,00																																																																																																																																																																						
	50m:	30.10	30.10	800m:	8:14.15	31.22	1550m:	16:05.10	31.69	2300m:	24:04.63	32.38	100m:	1:00.33	30.23	850m:	8:45.61	31.46	1600m:	16:37.10	32.00	2350m:	24:36.93	32.30	150m:	1:30.99	30.66	900m:	9:16.78	31.17	1650m:	17:08.81	31.71	2400m:	25:09.36	32.43	200m:	2:01.99	31.00	950m:	9:47.62	30.84	1700m:	17:40.74	31.93	2450m:	25:41.82	32.46	250m:	2:33.09	31.10	1000m:	10:18.84	31.22	1750m:	18:12.84	32.10	2500m:	26:13.60	31.78	300m:	3:03.91	30.82	1050m:	10:49.90	31.06	1800m:	18:44.07	31.23	2550m:	26:45.42	31.82	350m:	3:34.89	30.98	1100m:	11:21.31	31.41	1850m:	19:15.97	31.90	2600m:	27:17.71	32.29	400m:	4:05.70	30.81	1150m:	11:52.77	31.46	1900m:	19:47.76	31.79	2650m:	27:49.70	31.99	450m:	4:36.71	31.01	1200m:	12:23.92	31.15	1950m:	20:19.86	32.10	2700m:	28:20.91	31.21	500m:	5:07.49	30.78	1250m:	12:55.11	31.19	2000m:	20:51.73	31.87	2750m:	28:52.49	31.58	550m:	5:38.67	31.18	1300m:	13:26.92	31.81	2050m:	21:23.53	31.80	2800m:	29:24.31	31.82	600m:	6:09.39	30.72	1350m:	13:58.46	31.54	2100m:	21:55.98	32.45	2850m:	29:55.74	31.43	650m:	6:40.41	31.02	1400m:	14:30.21	31.75	2150m:	22:27.93	31.95	2900m:	30:27.51	31.77	700m:	7:11.62	31.21	1450m:	15:01.85	31.64	2200m:	23:00.11	32.18	2950m:	30:59.22	31.71	750m:	7:42.93	31.31	1500m:	15:33.41	31.56	2250m:	23:32.25	32.14	3000m:	31:30.03	30.81
6.	VENDRELL GARCIA, Jose										03	C.N. Lleida	32:57.75	13,00																																																																																																																																																																						
	50m:	32.36	32.36	800m:	8:43.96	33.05	1550m:	16:54.63	32.19	2300m:	25:12.99	33.11	100m:	1:04.26	31.90	850m:	9:17.01	33.05	1600m:	17:27.34	32.71	2350m:	25:46.37	33.38	150m:	1:36.64	32.38	900m:	9:49.90	32.89	1650m:	18:00.82	33.48	2400m:	26:19.07	32.70	200m:	2:09.20	32.56	950m:	10:22.06	32.16	1700m:	18:34.01	33.19	2450m:	26:52.17	33.10	250m:	2:41.96	32.76	1000m:	10:54.72	32.66	1750m:	19:07.31	33.30	2500m:	27:25.25	33.08	300m:	3:14.61	32.65	1050m:	11:27.40	32.68	1800m:	19:40.08	32.77	2550m:	27:58.32	33.07	350m:	3:47.46	32.85	1100m:	12:00.15	32.75	1850m:	20:13.44	33.36	2600m:	28:31.37	33.05	400m:	4:20.32	32.86	1150m:	12:33.81	33.66	1900m:	20:46.68	33.24	2650m:	29:05.24	33.87	450m:	4:53.37	33.05	1200m:	13:07.00	33.19	1950m:	21:20.31	33.63	2700m:	29:38.93	33.69	500m:	5:26.50	33.13	1250m:	13:39.77	32.77	2000m:	21:53.52	33.21	2750m:	30:13.10	34.17	550m:	5:58.86	32.36	1300m:	14:12.67	32.90	2050m:	22:26.89	33.37	2800m:	30:46.96	33.86	600m:	6:31.24	32.38	1350m:	14:45.75	33.08	2100m:	23:00.28	33.39	2850m:	31:20.98	34.02	650m:	7:04.67	33.43	1400m:	15:17.40	31.65	2150m:	23:33.82	33.54	2900m:	31:54.66	33.68	700m:	7:37.71	33.04	1450m:	15:49.90	32.50	2200m:	24:06.79	32.97	2950m:	32:28.00	33.34	750m:	8:10.91	33.20	1500m:	16:22.44	32.54	2250m:	24:39.88	33.09	3000m:	32:57.75	29.75

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

Classificació	ANY		Temps	
7. IBAÑEZ PINA, Nil	03		C.N. Atl Barceloneta	33:22.63 12,00
50m: 31.69 31.69	800m: 8:44.33 33.02	1550m: 17:03.00 33.11	2300m: 25:26.87 33.69	
100m: 1:03.50 31.81	850m: 9:17.33 33.00	1600m: 17:36.59 33.59	2350m: 26:00.35 33.48	
150m: 1:36.26 32.76	900m: 9:50.33 33.00	1650m: 18:10.13 33.54	2400m: 26:34.77 34.42	
200m: 2:09.07 32.81	950m: 10:23.43 33.10	1700m: 18:43.35 33.22	2450m: 27:08.96 34.19	
250m: 2:42.29 33.22	1000m: 10:56.98 33.55	1750m: 19:16.72 33.37	2500m: 27:43.31 34.35	
300m: 3:15.36 33.07	1050m: 11:30.54 33.56	1800m: 19:50.15 33.43	2550m: 28:17.90 34.59	
350m: 3:48.39 33.03	1100m: 12:04.08 33.54	1850m: 20:23.68 33.53	2600m: 28:52.05 34.15	
400m: 4:21.18 32.79	1150m: 12:37.36 33.28	1900m: 20:57.42 33.74	2650m: 29:26.27 34.22	
450m: 4:54.05 32.87	1200m: 13:10.56 33.20	1950m: 21:31.13 33.71	2700m: 30:00.82 34.55	
500m: 5:27.14 33.09	1250m: 13:43.83 33.27	2000m: 22:04.69 33.56	2750m: 30:35.16 34.34	
550m: 5:59.96 32.82	1300m: 14:16.94 33.11	2050m: 22:38.25 33.56	2800m: 31:09.43 34.27	
600m: 6:32.51 32.55	1350m: 14:50.32 33.38	2100m: 23:11.81 33.56	2850m: 31:43.60 34.17	
650m: 7:05.44 32.93	1400m: 15:23.65 33.33	2150m: 23:45.48 33.67	2900m: 32:16.84 33.24	
700m: 7:38.35 32.91	1450m: 15:56.72 33.07	2200m: 24:19.27 33.79	2950m: 32:50.03 33.19	
750m: 8:11.31 32.96	1500m: 16:29.89 33.17	2250m: 24:53.18 33.91	3000m: 33:22.63 32.60	
8. ELIES VAZQUEZ, Pau	03		C.N. Atl Barceloneta	34:28.70 11,00
50m: 32.66 32.66	800m: 8:52.17 33.42	1550m: 17:25.53 34.24	2300m: 26:17.10 35.57	
100m: 1:05.49 32.83	850m: 9:25.64 33.47	1600m: 18:00.63 35.10	2350m: 26:53.32 36.22	
150m: 1:38.76 33.27	900m: 9:59.21 33.57	1650m: 18:35.90 35.27	2400m: 27:28.85 35.53	
200m: 2:11.51 32.75	950m: 10:32.92 33.71	1700m: 19:11.03 35.13	2450m: 28:04.47 35.62	
250m: 2:44.52 33.01	1000m: 11:06.71 33.79	1750m: 19:46.49 35.46	2500m: 28:39.87 35.40	
300m: 3:17.50 32.98	1050m: 11:40.76 34.05	1800m: 20:21.72 35.23	2550m: 29:16.39 36.52	
350m: 3:50.62 33.12	1100m: 12:14.96 34.20	1850m: 20:57.13 35.41	2600m: 29:52.15 35.76	
400m: 4:24.05 33.43	1150m: 12:49.09 34.13	1900m: 21:32.64 35.51	2650m: 30:28.02 35.87	
450m: 4:57.42 33.37	1200m: 13:23.81 34.72	1950m: 22:08.31 35.67	2700m: 31:02.99 34.97	
500m: 5:30.78 33.36	1250m: 13:58.23 34.42	2000m: 22:43.58 35.27	2750m: 31:38.08 35.09	
550m: 6:04.64 33.86	1300m: 14:32.42 34.19	2050m: 23:19.03 35.45	2800m: 32:13.27 35.19	
600m: 6:38.25 33.61	1350m: 15:07.17 34.75	2100m: 23:54.37 35.34	2850m: 32:48.06 34.79	
650m: 7:12.12 33.87	1400m: 15:42.21 35.04	2150m: 24:30.13 35.76	2900m: 33:22.40 34.34	
700m: 7:45.45 33.33	1450m: 16:16.87 34.66	2200m: 25:05.72 35.59	2950m: 33:56.31 33.91	
750m: 8:18.75 33.30	1500m: 16:51.29 34.42	2250m: 25:41.53 35.81	3000m: 34:28.70 32.39	
9. JARDI YANES, Jan	05		C.N. Atl Barceloneta	34:31.25 10,00
50m: 33.99 33.99	800m: 9:15.43 34.62	1550m: 17:51.90 33.74	2300m: 26:31.55 34.77	
100m: 1:07.28 33.29	850m: 9:49.91 34.48	1600m: 18:26.16 34.26	2350m: 27:06.48 34.93	
150m: 1:41.66 34.38	900m: 10:24.22 34.31	1650m: 19:00.46 34.30	2400m: 27:40.98 34.50	
200m: 2:16.53 34.87	950m: 10:58.85 34.63	1700m: 19:35.75 35.29	2450m: 28:15.65 34.67	
250m: 2:51.29 34.76	1000m: 11:33.09 34.24	1750m: 20:10.22 34.47	2500m: 28:50.85 35.20	
300m: 3:26.97 35.68	1050m: 12:07.67 34.58	1800m: 20:45.09 34.87	2550m: 29:25.09 34.24	
350m: 4:01.79 34.82	1100m: 12:42.53 34.86	1850m: 21:20.24 35.15	2600m: 29:59.75 34.66	
400m: 4:36.83 35.04	1150m: 13:17.36 34.83	1900m: 21:54.43 34.19	2650m: 30:34.32 34.57	
450m: 5:11.85 35.02	1200m: 13:52.18 34.82	1950m: 22:28.88 34.45	2700m: 31:08.98 34.66	
500m: 5:46.58 34.73	1250m: 14:26.41 34.23	2000m: 23:03.61 34.73	2750m: 31:43.83 34.85	
550m: 6:21.52 34.94	1300m: 15:00.78 34.37	2050m: 23:37.81 34.20	2800m: 32:18.37 34.54	
600m: 6:56.96 35.44	1350m: 15:35.42 34.64	2100m: 24:12.62 34.81	2850m: 32:52.67 34.30	
650m: 7:32.01 35.05	1400m: 16:09.70 34.28	2150m: 24:46.76 34.14	2900m: 33:26.39 33.72	
700m: 8:06.63 34.62	1450m: 16:43.91 34.21	2200m: 25:21.72 34.96	2950m: 34:00.42 34.03	
750m: 8:40.81 34.18	1500m: 17:18.16 34.25	2250m: 25:56.78 35.06	3000m: 34:31.25 30.83	
10. CHAVES GUARDIA, David	98		C.N. Mataró	34:40.85 9,00
50m: 32.46 32.46	800m: 9:01.21 34.29	1550m: 17:40.66 35.26	2300m: 26:33.22 35.29	
100m: 1:05.59 33.13	850m: 9:35.28 34.07	1600m: 18:16.12 35.46	2350m: 27:08.05 34.83	
150m: 1:39.10 33.51	900m: 10:09.58 34.30	1650m: 18:51.73 35.61	2400m: 27:42.38 34.33	
200m: 2:12.76 33.66	950m: 10:43.59 34.01	1700m: 19:27.39 35.66	2450m: 28:16.72 34.34	
250m: 2:46.59 33.83	1000m: 11:17.62 34.03	1750m: 20:03.02 35.63	2500m: 28:51.36 34.64	
300m: 3:20.35 33.76	1050m: 11:51.64 34.02	1800m: 20:38.49 35.47	2550m: 29:26.33 34.97	
350m: 3:53.99 33.64	1100m: 12:26.09 34.45	1850m: 21:13.85 35.36	2600m: 30:00.98 34.65	
400m: 4:27.61 33.62	1150m: 13:00.76 34.67	1900m: 21:49.19 35.34	2650m: 30:36.18 35.20	
450m: 5:01.70 34.09	1200m: 13:35.55 34.79	1950m: 22:24.44 35.25	2700m: 31:11.22 35.04	
500m: 5:35.54 33.84	1250m: 14:10.09 34.54	2000m: 23:00.22 35.78	2750m: 31:46.91 35.69	
550m: 6:09.57 34.03	1300m: 14:44.93 34.84	2050m: 23:35.61 35.39	2800m: 32:22.36 35.45	
600m: 6:43.82 34.25	1350m: 15:19.95 35.02	2100m: 24:11.21 35.60	2850m: 32:58.06 35.70	
650m: 7:18.18 34.36	1400m: 15:55.20 35.25	2150m: 24:46.97 35.76	2900m: 33:33.31 35.25	
700m: 7:52.69 34.51	1450m: 16:30.32 35.12	2200m: 25:22.34 35.37	2950m: 34:08.89 35.58	
750m: 8:26.92 34.23	1500m: 17:05.40 35.08	2250m: 25:57.93 35.59	3000m: 34:40.85 31.96	

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

Classificació	ANY		Temps				
11. LUQUE SERRANO, Adria	05	GEIEG	34:49.05	8,00			
50m: 33.31	33.31	800m: 9:11.92	34.89	1550m: 17:56.44	34.59	2300m: 26:42.33	35.26
100m: 1:07.40	34.09	850m: 9:46.87	34.95	1600m: 18:31.18	34.74	2350m: 27:17.52	35.19
150m: 1:42.05	34.65	900m: 10:21.83	34.96	1650m: 19:05.73	34.55	2400m: 27:52.77	35.25
200m: 2:16.20	34.15	950m: 10:57.00	35.17	1700m: 19:40.46	34.73	2450m: 28:27.95	35.18
250m: 2:50.64	34.44	1000m: 11:32.03	35.03	1750m: 20:15.29	34.83	2500m: 29:02.74	34.79
300m: 3:25.14	34.50	1050m: 12:07.23	35.20	1800m: 20:49.94	34.65	2550m: 29:37.52	34.78
350m: 3:59.74	34.60	1100m: 12:42.12	34.89	1850m: 21:24.56	34.62	2600m: 30:12.27	34.75
400m: 4:33.91	34.17	1150m: 13:17.05	34.93	1900m: 21:59.62	35.06	2650m: 30:47.69	35.42
450m: 5:08.74	34.83	1200m: 13:52.15	35.10	1950m: 22:34.80	35.18	2700m: 31:22.64	34.95
500m: 5:43.76	35.02	1250m: 14:27.05	34.90	2000m: 23:09.81	35.01	2750m: 31:57.28	34.64
550m: 6:18.79	35.03	1300m: 15:01.85	34.80	2050m: 23:45.26	35.45	2800m: 32:32.52	35.24
600m: 6:53.75	34.96	1350m: 15:37.19	35.34	2100m: 24:21.35	36.09	2850m: 33:06.90	34.38
650m: 7:28.62	34.87	1400m: 16:11.27	34.08	2150m: 24:56.86	35.51	2900m: 33:41.74	34.84
700m: 8:02.87	34.25	1450m: 16:46.50	35.23	2200m: 25:32.15	35.29	2950m: 34:16.60	34.86
750m: 8:37.03	34.16	1500m: 17:21.85	35.35	2250m: 26:07.07	34.92	3000m: 34:49.05	32.45
12. MATAS VELASCO, Guillermo	96	C.N. Mataró	35:20.00	7,00			
50m: 33.07	33.07	800m: 9:14.23	35.00	1550m: 18:05.70	35.30	2300m: 26:58.08	35.50
100m: 1:07.32	34.25	850m: 9:49.44	35.21	1600m: 18:40.79	35.09	2350m: 27:33.71	35.63
150m: 1:41.53	34.21	900m: 10:24.48	35.04	1650m: 19:16.62	35.83	2400m: 28:09.80	36.09
200m: 2:16.64	35.11	950m: 10:59.81	35.33	1700m: 19:51.73	35.11	2450m: 28:45.74	35.94
250m: 2:51.30	34.66	1000m: 11:35.34	35.53	1750m: 20:27.25	35.52	2500m: 29:22.01	36.27
300m: 3:25.88	34.58	1050m: 12:10.72	35.38	1800m: 21:02.96	35.71	2550m: 29:58.17	36.16
350m: 4:00.72	34.84	1100m: 12:46.36	35.64	1850m: 21:38.29	35.33	2600m: 30:34.05	35.88
400m: 4:35.77	35.05	1150m: 13:21.80	35.44	1900m: 22:14.38	36.09	2650m: 31:10.03	35.98
450m: 5:10.21	34.44	1200m: 13:57.24	35.44	1950m: 22:50.03	35.65	2700m: 31:45.79	35.76
500m: 5:44.68	34.47	1250m: 14:32.51	35.27	2000m: 23:25.14	35.11	2750m: 32:21.82	36.03
550m: 6:19.50	34.82	1300m: 15:08.09	35.58	2050m: 24:00.28	35.14	2800m: 32:58.01	36.19
600m: 6:54.29	34.79	1350m: 15:43.58	35.49	2100m: 24:35.83	35.55	2850m: 33:34.06	36.05
650m: 7:29.16	34.87	1400m: 16:19.30	35.72	2150m: 25:11.26	35.43	2900m: 34:09.74	35.68
700m: 8:04.21	35.05	1450m: 16:55.06	35.76	2200m: 25:47.04	35.78	2950m: 34:45.31	35.57
750m: 8:39.23	35.02	1500m: 17:30.40	35.34	2250m: 26:22.58	35.54	3000m: 35:20.00	34.69
13. ROSELLO FERNANDEZ, Hector	05	C.N. L'Hospitalet	35:23.98	6,00			
50m: 33.01	33.01	800m: 9:24.54	36.05	1550m: 18:14.38	35.35	2300m: 27:07.03	35.52
100m: 1:07.68	34.67	850m: 10:00.07	35.53	1600m: 18:49.57	35.19	2350m: 27:42.42	35.39
150m: 1:43.04	35.36	900m: 10:35.47	35.40	1650m: 19:24.77	35.20	2400m: 28:18.07	35.65
200m: 2:19.03	35.99	950m: 11:10.83	35.36	1700m: 20:00.21	35.44	2450m: 28:53.90	35.83
250m: 2:54.36	35.33	1000m: 11:46.02	35.19	1750m: 20:35.94	35.73	2500m: 29:29.25	35.35
300m: 3:29.64	35.28	1050m: 12:20.43	34.41	1800m: 21:11.35	35.41	2550m: 30:04.88	35.63
350m: 4:04.74	35.10	1100m: 12:55.34	34.91	1850m: 21:47.08	35.73	2600m: 30:40.72	35.84
400m: 4:39.83	35.09	1150m: 13:30.41	35.07	1900m: 22:22.46	35.38	2650m: 31:15.87	35.15
450m: 5:15.76	35.93	1200m: 14:05.70	35.29	1950m: 22:58.15	35.69	2700m: 31:51.71	35.84
500m: 5:51.50	35.74	1250m: 14:41.17	35.47	2000m: 23:33.71	35.56	2750m: 32:26.97	35.26
550m: 6:26.81	35.31	1300m: 15:16.56	35.39	2050m: 24:08.80	35.09	2800m: 33:02.71	35.74
600m: 7:02.26	35.45	1350m: 15:51.84	35.28	2100m: 24:43.93	35.13	2850m: 33:38.73	36.02
650m: 7:37.95	35.69	1400m: 16:27.51	35.67	2150m: 25:19.54	35.61	2900m: 34:14.38	35.65
700m: 8:13.37	35.42	1450m: 17:03.28	35.77	2200m: 25:55.57	36.03	2950m: 34:49.98	35.60
750m: 8:48.49	35.12	1500m: 17:39.03	35.75	2250m: 26:31.51	35.94	3000m: 35:23.98	34.00
14. LAPLAZA SANTOS, Carles	05	C.N. Barcelona	35:26.90	5,00			
50m: 35.22	35.22	800m: 9:39.33	36.12	1550m: 18:30.43	36.19	2300m: 27:20.63	35.48
100m: 1:11.35	36.13	850m: 10:15.31	35.98	1600m: 19:06.02	35.59	2350m: 27:55.06	34.43
150m: 1:47.84	36.49	900m: 10:51.92	36.61	1650m: 19:41.99	35.97	2400m: 28:30.29	35.23
200m: 2:25.02	37.18	950m: 11:28.15	36.23	1700m: 20:17.62	35.63	2450m: 29:04.72	34.43
250m: 3:01.69	36.67	1000m: 12:03.71	35.56	1750m: 20:52.03	34.41	2500m: 29:39.78	35.06
300m: 3:38.01	36.32	1050m: 12:38.54	34.83	1800m: 21:26.95	34.92	2550m: 30:15.75	35.97
350m: 4:14.51	36.50	1100m: 13:14.01	35.47	1850m: 22:01.84	34.89	2600m: 30:51.43	35.68
400m: 4:50.38	35.87	1150m: 13:49.46	35.45	1900m: 22:36.80	34.96	2650m: 31:26.85	35.42
450m: 5:26.55	36.17	1200m: 14:24.88	35.42	1950m: 23:12.11	35.31	2700m: 32:02.62	35.77
500m: 6:03.33	36.78	1250m: 14:59.32	34.44	2000m: 23:47.35	35.24	2750m: 32:37.35	34.73
550m: 6:39.39	36.06	1300m: 15:34.47	35.15	2050m: 24:23.13	35.78	2800m: 33:12.95	35.60
600m: 7:15.13	35.74	1350m: 16:09.27	34.80	2100m: 24:59.04	35.91	2850m: 33:47.22	34.27
650m: 7:51.54	36.41	1400m: 16:44.32	35.05	2150m: 25:34.61	35.57	2900m: 34:22.39	35.17
700m: 8:27.45	35.91	1450m: 17:19.22	34.90	2200m: 26:10.34	35.73	2950m: 34:55.30	32.91
750m: 9:03.21	35.76	1500m: 17:54.24	35.02	2250m: 26:45.15	34.81	3000m: 35:26.90	31.60

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

Classificació	ANY		Temps					
15.	LAGOS PAU, Aitor		95	C.N. L'Hospitalet	36:23.54	4,00		
	50m: 32.57	32.57	800m: 9:13.84	35.61	1550m: 18:22.66	36.80	2300m: 27:42.76	38.16
	100m: 1:06.08	33.51	850m: 9:49.96	36.12	1600m: 18:59.54	36.88	2350m: 28:20.50	37.74
	150m: 1:40.19	34.11	900m: 10:25.95	35.99	1650m: 19:36.72	37.18	2400m: 28:58.32	37.82
	200m: 2:14.50	34.31	950m: 11:02.44	36.49	1700m: 20:13.90	37.18	2450m: 29:36.37	38.05
	250m: 2:48.73	34.23	1000m: 11:38.84	36.40	1750m: 20:50.52	36.62	2500m: 30:13.69	37.32
	300m: 3:23.04	34.31	1050m: 12:15.41	36.57	1800m: 21:27.79	37.27	2550m: 30:51.84	38.15
	350m: 3:57.38	34.34	1100m: 12:52.00	36.59	1850m: 22:04.72	36.93	2600m: 31:29.51	37.67
	400m: 4:31.66	34.28	1150m: 13:28.28	36.28	1900m: 22:41.51	36.79	2650m: 32:07.99	38.48
	450m: 5:06.38	34.72	1200m: 14:05.50	37.22	1950m: 23:19.01	37.50	2700m: 32:45.89	37.90
	500m: 5:41.25	34.87	1250m: 14:42.31	36.81	2000m: 23:56.81	37.80	2750m: 33:23.65	37.76
	550m: 6:16.08	34.83	1300m: 15:18.92	36.61	2050m: 24:34.31	37.50	2800m: 34:00.85	37.20
	600m: 6:51.23	35.15	1350m: 15:55.62	36.70	2100m: 25:11.64	37.33	2850m: 34:36.92	36.07
	650m: 7:26.98	35.75	1400m: 16:32.07	36.45	2150m: 25:49.41	37.77	2900m: 35:13.07	36.15
	700m: 8:02.67	35.69	1450m: 17:09.30	37.23	2200m: 26:27.36	37.95	2950m: 35:49.01	35.94
	750m: 8:38.23	35.56	1500m: 17:45.86	36.56	2250m: 27:04.60	37.24	3000m: 36:23.54	34.53

Absolut, Júnior 2 i Júnior 1

1.	SANTIAGO BETANCOR, Raul		97	C.N. Granollers	31:00.77	19,00		
	50m: 31.44	31.44	800m: 8:14.15	31.06	1550m: 15:58.01	30.92	2300m: 23:45.58	31.17
	100m: 1:02.21	30.77	850m: 8:45.12	30.97	1600m: 16:29.08	31.07	2350m: 24:16.61	31.03
	150m: 1:32.98	30.77	900m: 9:15.95	30.83	1650m: 17:00.60	31.52	2400m: 24:47.88	31.27
	200m: 2:04.01	31.03	950m: 9:46.79	30.84	1700m: 17:32.12	31.52	2450m: 25:19.29	31.41
	250m: 2:34.85	30.84	1000m: 10:17.61	30.82	1750m: 18:03.36	31.24	2500m: 25:50.54	31.25
	300m: 3:05.48	30.63	1050m: 10:48.48	30.87	1800m: 18:34.52	31.16	2550m: 26:21.72	31.18
	350m: 3:36.40	30.92	1100m: 11:19.38	30.90	1850m: 19:05.82	31.30	2600m: 26:52.98	31.26
	400m: 4:07.12	30.72	1150m: 11:50.30	30.92	1900m: 19:37.06	31.24	2650m: 27:23.83	30.85
	450m: 4:38.00	30.88	1200m: 12:21.26	30.96	1950m: 20:08.28	31.22	2700m: 27:54.99	31.16
	500m: 5:08.84	30.84	1250m: 12:52.42	31.16	2000m: 20:39.00	30.72	2750m: 28:26.10	31.11
	550m: 5:39.48	30.64	1300m: 13:23.39	30.97	2050m: 21:09.94	30.94	2800m: 28:57.34	31.24
	600m: 6:10.39	30.91	1350m: 13:54.22	30.83	2100m: 21:41.05	31.11	2850m: 29:28.64	31.30
	650m: 6:41.09	30.70	1400m: 14:25.27	31.05	2150m: 22:12.15	31.10	2900m: 30:00.04	31.40
	700m: 7:12.10	31.01	1450m: 14:56.03	30.76	2200m: 22:43.33	31.18	2950m: 30:31.26	31.22
	750m: 7:43.09	30.99	1500m: 15:27.09	31.06	2250m: 23:14.41	31.08	3000m: 31:00.77	29.51
2.	CROOIJMANS, Sander		01	C.N. Tennis Elche	31:09.99	-		
	50m: 30.68	30.68	800m: 8:13.78	31.23	1550m: 16:01.04	31.01	2300m: 23:49.77	31.57
	100m: 1:01.06	30.38	850m: 8:44.79	31.01	1600m: 16:32.01	30.97	2350m: 24:21.35	31.58
	150m: 1:31.71	30.65	900m: 9:15.97	31.18	1650m: 17:03.17	31.16	2400m: 24:52.68	31.33
	200m: 2:02.30	30.59	950m: 9:47.03	31.06	1700m: 17:34.43	31.26	2450m: 25:24.41	31.73
	250m: 2:32.79	30.49	1000m: 10:18.33	31.30	1750m: 18:05.57	31.14	2500m: 25:55.92	31.51
	300m: 3:03.38	30.59	1050m: 10:50.04	31.71	1800m: 18:36.60	31.03	2550m: 26:27.72	31.80
	350m: 3:34.01	30.63	1100m: 11:21.03	30.99	1850m: 19:07.86	31.26	2600m: 26:59.30	31.58
	400m: 4:04.64	30.63	1150m: 11:52.29	31.26	1900m: 19:38.79	30.93	2650m: 27:30.98	31.68
	450m: 4:35.43	30.79	1200m: 12:23.40	31.11	1950m: 20:09.96	31.17	2700m: 28:02.53	31.55
	500m: 5:06.25	30.82	1250m: 12:54.64	31.24	2000m: 20:41.31	31.35	2750m: 28:34.32	31.79
	550m: 5:37.47	31.22	1300m: 13:25.82	31.18	2050m: 21:12.59	31.28	2800m: 29:06.29	31.97
	600m: 6:08.51	31.04	1350m: 13:56.93	31.11	2100m: 21:43.98	31.39	2850m: 29:37.74	31.45
	650m: 6:39.40	30.89	1400m: 14:27.86	30.93	2150m: 22:15.28	31.30	2900m: 30:09.39	31.65
	700m: 7:10.99	31.59	1450m: 14:58.81	30.95	2200m: 22:46.54	31.26	2950m: 30:40.90	31.51
	750m: 7:42.55	31.56	1500m: 15:30.03	31.22	2250m: 23:18.20	31.66	3000m: 31:09.99	29.09
3.	PUJOL BELMONTE, Guillem		97	C.N. Mataró	31:14.28	16,00		
	50m: 29.16	29.16	800m: 8:12.86	31.28	1550m: 16:03.86	31.71	2300m: 23:59.99	31.50
	100m: 59.30	30.14	850m: 8:44.05	31.19	1600m: 16:35.50	31.64	2350m: 24:31.77	31.78
	150m: 1:30.29	30.99	900m: 9:15.55	31.50	1650m: 17:07.27	31.77	2400m: 25:03.49	31.72
	200m: 2:00.81	30.52	950m: 9:47.05	31.50	1700m: 17:39.14	31.87	2450m: 25:34.87	31.38
	250m: 2:31.86	31.05	1000m: 10:18.44	31.39	1750m: 18:10.88	31.74	2500m: 26:06.12	31.25
	300m: 3:02.85	30.99	1050m: 10:50.17	31.73	1800m: 18:42.72	31.84	2550m: 26:37.28	31.16
	350m: 3:34.18	31.33	1100m: 11:21.36	31.19	1850m: 19:14.44	31.72	2600m: 27:08.43	31.15
	400m: 4:04.82	30.64	1150m: 11:52.45	31.09	1900m: 19:46.51	32.07	2650m: 27:39.60	31.17
	450m: 4:35.86	31.04	1200m: 12:23.76	31.31	1950m: 20:18.18	31.67	2700m: 28:10.33	30.73
	500m: 5:07.05	31.19	1250m: 12:55.22	31.46	2000m: 20:50.09	31.91	2750m: 28:41.29	30.96
	550m: 5:38.09	31.04	1300m: 13:26.59	31.37	2050m: 21:21.63	31.54	2800m: 29:12.30	31.01
	600m: 6:09.28	31.19	1350m: 13:57.74	31.15	2100m: 21:53.50	31.87	2850m: 29:43.46	31.16
	650m: 6:40.09	30.81	1400m: 14:29.45	31.71	2150m: 22:24.93	31.43	2900m: 30:14.66	31.20
	700m: 7:11.07	30.98	1450m: 15:00.86	31.41	2200m: 22:56.85	31.92	2950m: 30:45.15	30.49
	750m: 7:41.58	30.51	1500m: 15:32.15	31.29	2250m: 23:28.49	31.64	3000m: 31:14.28	29.13

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

Classificació	ANY										Temps		
4. CROOIJMANS, Vincent	01 C.N. Tennis Elche										31:23.50		-
50m:	30.90	30.90	800m:	8:12.89	31.13	1550m:	15:58.21	31.19	2300m:	23:53.41	32.09		
100m:	1:00.78	29.88	850m:	8:44.02	31.13	1600m:	16:29.34	31.13	2350m:	24:25.56	32.15		
150m:	1:31.45	30.67	900m:	9:14.85	30.83	1650m:	17:00.69	31.35	2400m:	24:57.81	32.25		
200m:	2:02.24	30.79	950m:	9:45.84	30.99	1700m:	17:31.92	31.23	2450m:	25:30.19	32.38		
250m:	2:32.95	30.71	1000m:	10:17.01	31.17	1750m:	18:03.11	31.19	2500m:	26:02.35	32.16		
300m:	3:03.68	30.73	1050m:	10:47.94	30.93	1800m:	18:34.31	31.20	2550m:	26:34.46	32.11		
350m:	3:34.49	30.81	1100m:	11:18.79	30.85	1850m:	19:05.79	31.48	2600m:	27:06.34	31.88		
400m:	4:05.30	30.81	1150m:	11:49.70	30.91	1900m:	19:36.88	31.09	2650m:	27:38.72	32.38		
450m:	4:36.06	30.76	1200m:	12:20.49	30.79	1950m:	20:08.39	31.51	2700m:	28:11.21	32.49		
500m:	5:06.94	30.88	1250m:	12:51.48	30.99	2000m:	20:40.20	31.81	2750m:	28:43.77	32.56		
550m:	5:37.92	30.98	1300m:	13:22.69	31.21	2050m:	21:12.18	31.98	2800m:	29:16.05	32.28		
600m:	6:08.79	30.87	1350m:	13:53.57	30.88	2100m:	21:44.24	32.06	2850m:	29:48.25	32.20		
650m:	6:39.79	31.00	1400m:	14:24.50	30.93	2150m:	22:16.55	32.31	2900m:	30:20.30	32.05		
700m:	7:10.86	31.07	1450m:	14:55.83	31.33	2200m:	22:49.00	32.45	2950m:	30:52.11	31.81		
750m:	7:41.76	30.90	1500m:	15:27.02	31.19	2250m:	23:21.32	32.32	3000m:	31:23.50	31.39		
5. ORTIZ MARTINEZ, Carlos	04 C.E. Mediterrani										31:30.03		14,00
50m:	30.10	30.10	800m:	8:14.15	31.22	1550m:	16:05.10	31.69	2300m:	24:04.63	32.38		
100m:	1:00.33	30.23	850m:	8:45.61	31.46	1600m:	16:37.10	32.00	2350m:	24:36.93	32.30		
150m:	1:30.99	30.66	900m:	9:16.78	31.17	1650m:	17:08.81	31.71	2400m:	25:09.36	32.43		
200m:	2:01.99	31.00	950m:	9:47.62	30.84	1700m:	17:40.74	31.93	2450m:	25:41.82	32.46		
250m:	2:33.09	31.10	1000m:	10:18.84	31.22	1750m:	18:12.84	32.10	2500m:	26:13.60	31.78		
300m:	3:03.91	30.82	1050m:	10:49.90	31.06	1800m:	18:44.07	31.23	2550m:	26:45.42	31.82		
350m:	3:34.89	30.98	1100m:	11:21.31	31.41	1850m:	19:15.97	31.90	2600m:	27:17.71	32.29		
400m:	4:05.70	30.81	1150m:	11:52.77	31.46	1900m:	19:47.76	31.79	2650m:	27:49.70	31.99		
450m:	4:36.71	31.01	1200m:	12:23.92	31.15	1950m:	20:19.86	32.10	2700m:	28:20.91	31.21		
500m:	5:07.49	30.78	1250m:	12:55.11	31.19	2000m:	20:51.73	31.87	2750m:	28:52.49	31.58		
550m:	5:38.67	31.18	1300m:	13:26.92	31.81	2050m:	21:23.53	31.80	2800m:	29:24.31	31.82		
600m:	6:09.39	30.72	1350m:	13:58.46	31.54	2100m:	21:55.98	32.45	2850m:	29:55.74	31.43		
650m:	6:40.41	31.02	1400m:	14:30.21	31.75	2150m:	22:27.93	31.95	2900m:	30:27.51	31.77		
700m:	7:11.62	31.21	1450m:	15:01.85	31.64	2200m:	23:00.11	32.18	2950m:	30:59.22	31.71		
750m:	7:42.93	31.31	1500m:	15:33.41	31.56	2250m:	23:32.25	32.14	3000m:	31:30.03	30.81		
6. MATEO ARTACHO, Alan	09 GEIEG										32:31.71		19,00
<i>MMC, 3000 I MMC 2000 en el pas</i>													
50m:	31.00	31.00	800m:	8:30.45	31.86	1550m:	16:37.55	32.64	2300m:	24:53.17	33.12		
100m:	1:02.80	31.80	850m:	9:02.57	32.12	1600m:	17:10.41	32.86	2350m:	25:26.36	33.19		
150m:	1:34.68	31.88	900m:	9:34.68	32.11	1650m:	17:43.48	33.07	2400m:	25:59.47	33.11		
200m:	2:06.66	31.98	950m:	10:07.43	32.75	1700m:	18:16.11	32.63	2450m:	26:32.82	33.35		
250m:	2:38.69	32.03	1000m:	10:39.78	32.35	1750m:	18:49.18	33.07	2500m:	27:06.42	33.60		
300m:	3:10.53	31.84	1050m:	11:11.85	32.07	1800m:	19:22.58	33.40	2550m:	27:39.89	33.47		
350m:	3:42.50	31.97	1100m:	11:44.35	32.50	1850m:	19:55.56	32.98	2600m:	28:13.01	33.12		
400m:	4:14.51	32.01	1150m:	12:16.64	32.29	1900m:	20:28.62	33.06	2650m:	28:45.43	32.42		
450m:	4:46.23	31.72	1200m:	12:48.85	32.21	1950m:	21:01.85	33.23	2700m:	29:19.06	33.63		
500m:	5:18.08	31.85	1250m:	13:21.28	32.43	2000m:	21:34.40	32.55	2750m:	29:52.38	33.32		
550m:	5:50.11	32.03	1300m:	13:53.90	32.62	2050m:	22:07.38	32.98	2800m:	30:25.14	32.76		
600m:	6:22.14	32.03	1350m:	14:26.79	32.89	2100m:	22:40.34	32.96	2850m:	30:57.82	32.68		
650m:	6:54.10	31.96	1400m:	14:59.49	32.70	2150m:	23:13.56	33.22	2900m:	31:30.43	32.61		
700m:	7:26.43	32.33	1450m:	15:32.42	32.93	2200m:	23:46.63	33.07	2950m:	32:02.28	31.85		
750m:	7:58.59	32.16	1500m:	16:04.91	32.49	2250m:	24:20.05	33.42	3000m:	32:31.71	29.43		
7. CASALS MAS, Èric	06 C.N. VIC-Etb										32:37.37		19,00
50m:	32.47	32.47	800m:	8:37.33	32.52	1550m:	16:48.12	32.76	2300m:	25:01.04	32.93		
100m:	1:04.12	31.65	850m:	9:09.94	32.61	1600m:	17:20.79	32.67	2350m:	25:34.24	33.20		
150m:	1:36.05	31.93	900m:	9:42.79	32.85	1650m:	17:53.75	32.96	2400m:	26:07.02	32.78		
200m:	2:08.54	32.49	950m:	10:15.35	32.56	1700m:	18:26.42	32.67	2450m:	26:40.07	33.05		
250m:	2:40.86	32.32	1000m:	10:47.84	32.49	1750m:	18:59.16	32.74	2500m:	27:13.20	33.13		
300m:	3:12.94	32.08	1050m:	11:20.40	32.56	1800m:	19:31.92	32.76	2550m:	27:46.26	33.06		
350m:	3:45.33	32.39	1100m:	11:53.15	32.75	1850m:	20:05.13	33.21	2600m:	28:19.17	32.91		
400m:	4:17.93	32.60	1150m:	12:26.26	33.11	1900m:	20:38.12	32.99	2650m:	28:51.78	32.61		
450m:	4:50.27	32.34	1200m:	12:59.25	32.99	1950m:	21:10.85	32.73	2700m:	29:24.58	32.80		
500m:	5:22.59	32.32	1250m:	13:31.86	32.61	2000m:	21:43.88	33.03	2750m:	29:56.93	32.35		
550m:	5:54.96	32.37	1300m:	14:04.61	32.75	2050m:	22:16.49	32.61	2800m:	30:29.64	32.71		
600m:	6:27.32	32.36	1350m:	14:37.11	32.50	2100m:	22:49.48	32.99	2850m:	31:02.44	32.80		
650m:	6:59.78	32.46	1400m:	15:09.92	32.81	2150m:	23:22.45	32.97	2900m:	31:35.35	32.91		
700m:	7:32.30	32.52	1450m:	15:42.63	32.71	2200m:	23:55.18	32.73	2950m:	32:07.78	32.43		
750m:	8:04.81	32.51	1500m:	16:15.36	32.73	2250m:	24:28.11	32.93	3000m:	32:37.37	29.59		

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

Classificació	ANY										Temps			
8.	VENDRELL GARCIA, Jose										03	C.N. Lleida	32:57.75	13,00
	50m:	32.36	32.36	800m:	8:43.96	33.05	1550m:	16:54.63	32.19	2300m:	25:12.99	33.11		
	100m:	1:04.26	31.90	850m:	9:17.01	33.05	1600m:	17:27.34	32.71	2350m:	25:46.37	33.38		
	150m:	1:36.64	32.38	900m:	9:49.90	32.89	1650m:	18:00.82	33.48	2400m:	26:19.07	32.70		
	200m:	2:09.20	32.56	950m:	10:22.06	32.16	1700m:	18:34.01	33.19	2450m:	26:52.17	33.10		
	250m:	2:41.96	32.76	1000m:	10:54.72	32.66	1750m:	19:07.31	33.30	2500m:	27:25.25	33.08		
	300m:	3:14.61	32.65	1050m:	11:27.40	32.68	1800m:	19:40.08	32.77	2550m:	27:58.32	33.07		
	350m:	3:47.46	32.85	1100m:	12:00.15	32.75	1850m:	20:13.44	33.36	2600m:	28:31.37	33.05		
	400m:	4:20.32	32.86	1150m:	12:33.81	33.66	1900m:	20:46.68	33.24	2650m:	29:05.24	33.87		
	450m:	4:53.37	33.05	1200m:	13:07.00	33.19	1950m:	21:20.31	33.63	2700m:	29:38.93	33.69		
	500m:	5:26.50	33.13	1250m:	13:39.77	32.77	2000m:	21:53.52	33.21	2750m:	30:13.10	34.17		
	550m:	5:58.86	32.36	1300m:	14:12.67	32.90	2050m:	22:26.89	33.37	2800m:	30:46.96	33.86		
	600m:	6:31.24	32.38	1350m:	14:45.75	33.08	2100m:	23:00.28	33.39	2850m:	31:20.98	34.02		
	650m:	7:04.67	33.43	1400m:	15:17.40	31.65	2150m:	23:33.82	33.54	2900m:	31:54.66	33.68		
	700m:	7:37.71	33.04	1450m:	15:49.90	32.50	2200m:	24:06.79	32.97	2950m:	32:28.00	33.34		
	750m:	8:10.91	33.20	1500m:	16:22.44	32.54	2250m:	24:39.88	33.09	3000m:	32:57.75	29.75		
9.	PALAZON GALINDO, Grau										09	GEIEG	32:59.49	16,00
	50m:	31.20	31.20	800m:	8:43.63	32.77	1550m:	16:57.58	32.94	2300m:	25:15.75	33.00		
	100m:	1:03.64	32.44	850m:	9:16.56	32.93	1600m:	17:30.85	33.27	2350m:	25:49.05	33.30		
	150m:	1:35.86	32.22	900m:	9:49.58	33.02	1650m:	18:03.98	33.13	2400m:	26:22.60	33.55		
	200m:	2:08.47	32.61	950m:	10:22.19	32.61	1700m:	18:37.21	33.23	2450m:	26:55.65	33.05		
	250m:	2:40.93	32.46	1000m:	10:54.90	32.71	1750m:	19:10.30	33.09	2500m:	27:28.79	33.14		
	300m:	3:13.93	33.00	1050m:	11:27.59	32.69	1800m:	19:43.39	33.09	2550m:	28:02.05	33.26		
	350m:	3:46.69	32.76	1100m:	12:00.46	32.87	1850m:	20:16.62	33.23	2600m:	28:35.21	33.16		
	400m:	4:19.82	33.13	1150m:	12:33.40	32.94	1900m:	20:50.10	33.48	2650m:	29:08.94	33.73		
	450m:	4:52.69	32.87	1200m:	13:06.30	32.90	1950m:	21:23.69	33.59	2700m:	29:42.96	34.02		
	500m:	5:25.88	33.19	1250m:	13:39.21	32.91	2000m:	21:56.94	33.25	2750m:	30:16.80	33.84		
	550m:	5:58.97	33.09	1300m:	14:12.25	33.04	2050m:	22:30.04	33.10	2800m:	30:50.17	33.37		
	600m:	6:32.22	33.25	1350m:	14:45.24	32.99	2100m:	23:03.17	33.13	2850m:	31:23.54	33.37		
	650m:	7:05.05	32.83	1400m:	15:18.28	33.04	2150m:	23:36.35	33.18	2900m:	31:56.49	32.95		
	700m:	7:38.09	33.04	1450m:	15:51.53	33.25	2200m:	24:09.51	33.16	2950m:	32:28.87	32.38		
	750m:	8:10.86	32.77	1500m:	16:24.64	33.11	2250m:	24:42.75	33.24	3000m:	32:59.49	30.62		
10.	ROURA CLEMENTE, Marc										07	GEIEG	33:19.55	16,00
	50m:	32.43	32.43	800m:	8:45.24	33.04	1550m:	17:01.84	33.69	2300m:	25:26.46	33.09		
	100m:	1:05.03	32.60	850m:	9:17.70	32.46	1600m:	17:35.77	33.93	2350m:	25:59.76	33.30		
	150m:	1:37.95	32.92	900m:	9:50.72	33.02	1650m:	18:09.41	33.64	2400m:	26:33.18	33.42		
	200m:	2:10.78	32.83	950m:	10:23.62	32.90	1700m:	18:43.05	33.64	2450m:	27:06.67	33.49		
	250m:	2:43.85	33.07	1000m:	10:56.15	32.53	1750m:	19:17.25	34.20	2500m:	27:40.09	33.42		
	300m:	3:17.02	33.17	1050m:	11:28.82	32.67	1800m:	19:51.55	34.30	2550m:	28:13.73	33.64		
	350m:	3:49.86	32.84	1100m:	12:01.87	33.05	1850m:	20:25.65	34.10	2600m:	28:47.65	33.92		
	400m:	4:22.54	32.68	1150m:	12:34.75	32.88	1900m:	20:59.72	34.07	2650m:	29:21.52	33.87		
	450m:	4:55.45	32.91	1200m:	13:07.69	32.94	1950m:	21:33.88	34.16	2700m:	29:56.34	34.82		
	500m:	5:28.34	32.89	1250m:	13:40.77	33.08	2000m:	22:07.07	33.19	2750m:	30:30.74	34.40		
	550m:	6:01.04	32.70	1300m:	14:14.18	33.41	2050m:	22:40.02	32.95	2800m:	31:05.18	34.44		
	600m:	6:34.07	33.03	1350m:	14:47.52	33.34	2100m:	23:13.58	33.56	2850m:	31:39.53	34.35		
	650m:	7:06.48	32.41	1400m:	15:20.95	33.43	2150m:	23:46.68	33.10	2900m:	32:13.81	34.28		
	700m:	7:39.37	32.89	1450m:	15:54.39	33.44	2200m:	24:20.22	33.54	2950m:	32:47.43	33.62		
	750m:	8:12.20	32.83	1500m:	16:28.15	33.76	2250m:	24:53.37	33.15	3000m:	33:19.55	32.12		
11.	IBAÑEZ PINA, Nil										03	C.N. Atl Barceloneta	33:22.63	12,00
	50m:	31.69	31.69	800m:	8:44.33	33.02	1550m:	17:03.00	33.11	2300m:	25:26.87	33.69		
	100m:	1:03.50	31.81	850m:	9:17.33	33.00	1600m:	17:36.59	33.59	2350m:	26:00.35	33.48		
	150m:	1:36.26	32.76	900m:	9:50.33	33.00	1650m:	18:10.13	33.54	2400m:	26:34.77	34.42		
	200m:	2:09.07	32.81	950m:	10:23.43	33.10	1700m:	18:43.35	33.22	2450m:	27:08.96	34.19		
	250m:	2:42.29	33.22	1000m:	10:56.98	33.55	1750m:	19:16.72	33.37	2500m:	27:43.31	34.35		
	300m:	3:15.36	33.07	1050m:	11:30.54	33.56	1800m:	19:50.15	33.43	2550m:	28:17.90	34.59		
	350m:	3:48.39	33.03	1100m:	12:04.08	33.54	1850m:	20:23.68	33.53	2600m:	28:52.05	34.15		
	400m:	4:21.18	32.79	1150m:	12:37.36	33.28	1900m:	20:57.42	33.74	2650m:	29:26.27	34.22		
	450m:	4:54.05	32.87	1200m:	13:10.56	33.20	1950m:	21:31.13	33.71	2700m:	30:00.82	34.55		
	500m:	5:27.14	33.09	1250m:	13:43.83	33.27	2000m:	22:04.69	33.56	2750m:	30:35.16	34.34		
	550m:	5:59.96	32.82	1300m:	14:16.94	33.11	2050m:	22:38.25	33.56	2800m:	31:09.43	34.27		
	600m:	6:32.51	32.55	1350m:	14:50.32	33.38	2100m:	23:11.81	33.56	2850m:	31:43.60	34.17		
	650m:	7:05.44	32.93	1400m:	15:23.65	33.33	2150m:	23:45.48	33.67	2900m:	32:16.84	33.24		
	700m:	7:38.35	32.91	1450m:	15:56.72	33.07	2200m:	24:19.27	33.79	2950m:	32:50.03	33.19		
	750m:	8:11.31	32.96	1500m:	16:29.89	33.17	2250m:	24:53.18	33.91	3000m:	33:22.63	32.60		

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

Classificació	ANY		Temps			
12.	NEVADO RUIZ, Hugo		08	C.N. Sabadell	33:26.00	14,00
	50m: 30.85	30.85	800m: 8:47.95	33.42	1550m: 17:10.39	33.98
	100m: 1:03.36	32.51	850m: 9:21.23	33.28	1600m: 17:44.14	33.75
	150m: 1:36.94	33.58	900m: 9:54.59	33.36	1650m: 18:17.64	33.50
	200m: 2:10.17	33.23	950m: 10:27.92	33.33	1700m: 18:51.58	33.94
	250m: 2:43.21	33.04	1000m: 11:01.19	33.27	1750m: 19:25.28	33.70
	300m: 3:16.06	32.85	1050m: 11:34.50	33.31	1800m: 19:59.08	33.80
	350m: 3:49.10	33.04	1100m: 12:07.87	33.37	1850m: 20:32.65	33.57
	400m: 4:22.24	33.14	1150m: 12:41.39	33.52	1900m: 21:06.21	33.56
	450m: 4:55.17	32.93	1200m: 13:15.03	33.64	1950m: 21:39.97	33.76
	500m: 5:28.57	33.40	1250m: 13:48.87	33.84	2000m: 22:13.91	33.94
	550m: 6:01.91	33.34	1300m: 14:22.48	33.61	2050m: 22:47.58	33.67
	600m: 6:34.97	33.06	1350m: 14:55.80	33.32	2100m: 23:21.66	34.08
	650m: 7:08.35	33.38	1400m: 15:29.36	33.56	2150m: 23:54.96	33.30
	700m: 7:41.60	33.25	1450m: 16:02.78	33.42	2200m: 24:28.59	33.63
	750m: 8:14.53	32.93	1500m: 16:36.41	33.63	2250m: 25:02.36	33.77
					2300m: 25:35.86	33.50
					2350m: 26:09.74	33.88
					2400m: 26:43.34	33.60
					2450m: 27:17.07	33.73
					2500m: 27:50.64	33.57
					2550m: 28:24.55	33.91
					2600m: 28:58.15	33.60
					2650m: 29:32.45	34.30
					2700m: 30:06.51	34.06
					2750m: 30:40.15	33.64
					2800m: 31:14.14	33.99
					2850m: 31:47.88	33.74
					2900m: 32:21.26	33.38
					2950m: 32:54.24	32.98
					3000m: 33:26.00	31.76
13.	CORDOBA MARTOS, Cristian		09	C.N. Sabadell	33:28.12	13,00
	50m: 30.32	30.32	800m: 8:39.93	32.76	1550m: 16:56.50	32.83
	100m: 1:02.24	31.92	850m: 9:12.15	32.22	1600m: 17:29.85	33.35
	150m: 1:34.64	32.40	900m: 9:44.91	32.76	1650m: 18:02.95	33.10
	200m: 2:07.47	32.83	950m: 10:17.86	32.95	1700m: 18:36.70	33.75
	250m: 2:40.15	32.68	1000m: 10:50.85	32.99	1750m: 19:10.06	33.36
	300m: 3:12.41	32.26	1050m: 11:23.80	32.95	1800m: 19:43.64	33.58
	350m: 3:45.29	32.88	1100m: 11:56.59	32.79	1850m: 20:17.36	33.72
	400m: 4:18.32	33.03	1150m: 12:29.81	33.22	1900m: 20:51.11	33.75
	450m: 4:51.26	32.94	1200m: 13:03.00	33.19	1950m: 21:24.47	33.36
	500m: 5:24.17	32.91	1250m: 13:36.91	33.91	2000m: 21:58.45	33.98
	550m: 5:56.32	32.15	1300m: 14:10.04	33.13	2050m: 22:32.37	33.92
	600m: 6:28.90	32.58	1350m: 14:43.16	33.12	2100m: 23:06.29	33.92
	650m: 7:01.58	32.68	1400m: 15:16.63	33.47	2150m: 23:40.30	34.01
	700m: 7:34.53	32.95	1450m: 15:50.08	33.45	2200m: 24:14.30	34.00
	750m: 8:07.17	32.64	1500m: 16:23.67	33.59	2250m: 24:48.49	34.19
					2300m: 25:23.38	34.89
					2350m: 25:58.41	35.03
					2400m: 26:33.49	35.08
					2450m: 27:08.23	34.74
					2500m: 27:42.90	34.67
					2550m: 28:19.04	36.14
					2600m: 28:55.40	36.36
					2650m: 29:30.36	34.96
					2700m: 30:05.46	35.10
					2750m: 30:39.88	34.42
					2800m: 31:14.79	34.91
					2850m: 31:49.01	34.22
					2900m: 32:23.49	34.48
					2950m: 32:57.55	34.06
					3000m: 33:28.12	30.57
14.	GASOL GUTIERREZ, Biel		08	C.N. Granollers	33:31.46	12,00
	50m: 32.08	32.08	800m: 8:46.61	33.57	1550m: 17:10.67	33.90
	100m: 1:04.07	31.99	850m: 9:19.89	33.28	1600m: 17:44.28	33.61
	150m: 1:36.57	32.50	900m: 9:53.13	33.24	1650m: 18:18.56	34.28
	200m: 2:09.31	32.74	950m: 10:26.48	33.35	1700m: 18:52.66	34.10
	250m: 2:42.12	32.81	1000m: 11:00.08	33.60	1750m: 19:26.53	33.87
	300m: 3:14.93	32.81	1050m: 11:33.58	33.50	1800m: 20:00.48	33.95
	350m: 3:47.93	33.00	1100m: 12:07.20	33.62	1850m: 20:34.49	34.01
	400m: 4:20.79	32.86	1150m: 12:40.57	33.37	1900m: 21:08.52	34.03
	450m: 4:53.85	33.06	1200m: 13:14.41	33.84	1950m: 21:42.43	33.91
	500m: 5:26.85	33.00	1250m: 13:48.04	33.63	2000m: 22:16.16	33.73
	550m: 6:00.03	33.18	1300m: 14:21.92	33.88	2050m: 22:50.27	34.11
	600m: 6:33.24	33.21	1350m: 14:55.51	33.59	2100m: 23:24.40	34.13
	650m: 7:06.34	33.10	1400m: 15:29.26	33.75	2150m: 23:58.44	34.04
	700m: 7:39.63	33.29	1450m: 16:03.05	33.79	2200m: 24:32.46	34.02
	750m: 8:13.04	33.41	1500m: 16:36.77	33.72	2250m: 25:06.39	33.93
					2300m: 25:40.38	33.99
					2350m: 26:14.36	33.98
					2400m: 26:48.31	33.95
					2450m: 27:22.07	33.76
					2500m: 27:55.93	33.86
					2550m: 28:29.73	33.80
					2600m: 29:03.85	34.12
					2650m: 29:37.68	33.83
					2700m: 30:11.84	34.16
					2750m: 30:45.30	33.46
					2800m: 31:19.01	33.71
					2850m: 31:52.73	33.72
					2900m: 32:26.47	33.74
					2950m: 32:59.64	33.17
					3000m: 33:31.46	31.82
15.	FARRÉ CORTADA, Joel		08	C.E.N. Balaguer	33:39.56	11,00
	50m: 31.48	31.48	800m: 8:51.38	33.53	1550m: 17:15.58	33.67
	100m: 1:03.87	32.39	850m: 9:25.06	33.68	1600m: 17:49.26	33.68
	150m: 1:36.45	32.58	900m: 9:58.48	33.42	1650m: 18:23.23	33.97
	200m: 2:09.32	32.87	950m: 10:32.25	33.77	1700m: 18:57.21	33.98
	250m: 2:42.22	32.90	1000m: 11:05.90	33.65	1750m: 19:31.15	33.94
	300m: 3:15.49	33.27	1050m: 11:39.41	33.51	1800m: 20:05.21	34.06
	350m: 3:48.73	33.24	1100m: 12:13.14	33.73	1850m: 20:38.88	33.67
	400m: 4:22.33	33.60	1150m: 12:46.75	33.61	1900m: 21:12.76	33.88
	450m: 4:55.96	33.63	1200m: 13:20.47	33.72	1950m: 21:46.81	34.05
	500m: 5:29.88	33.92	1250m: 13:54.17	33.70	2000m: 22:21.09	34.28
	550m: 6:03.61	33.73	1300m: 14:27.67	33.50	2050m: 22:55.71	34.62
	600m: 6:37.23	33.62	1350m: 15:01.09	33.42	2100m: 23:29.68	33.97
	650m: 7:10.73	33.50	1400m: 15:34.48	33.39	2150m: 24:04.01	34.33
	700m: 7:44.33	33.60	1450m: 16:08.06	33.58	2200m: 24:38.42	34.41
	750m: 8:17.85	33.52	1500m: 16:41.91	33.85	2250m: 25:12.42	34.00
					2300m: 25:46.47	34.05
					2350m: 26:20.43	33.96
					2400m: 26:54.44	34.01
					2450m: 27:28.66	34.22
					2500m: 28:02.52	33.86
					2550m: 28:37.08	34.56
					2600m: 29:11.37	34.29
					2650m: 29:44.78	33.41
					2700m: 30:18.75	33.97
					2750m: 30:52.75	34.00
					2800m: 31:26.63	33.88
					2850m: 32:01.34	34.71
					2900m: 32:35.52	34.18
					2950m: 33:08.23	32.71
					3000m: 33:39.56	31.33

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

Classificació	ANY		Temps	
16. REDONDO SORIA, Iker	06	C.N. Granollers	33:51.74	14,00
50m: 31.91 31.91	800m: 8:47.39	33.46 1550m: 17:12.80	34.20 2300m: 25:48.35	34.41
100m: 1:03.60 31.69	850m: 9:20.52	33.13 1600m: 17:46.72	33.92 2350m: 26:22.76	34.41
150m: 1:35.97 32.37	900m: 9:53.97	33.45 1650m: 18:21.06	34.34 2400m: 26:57.70	34.94
200m: 2:08.24 32.27	950m: 10:27.23	33.26 1700m: 18:55.45	34.39 2450m: 27:32.67	34.97
250m: 2:40.88 32.64	1000m: 11:00.58	33.35 1750m: 19:30.24	34.79 2500m: 28:07.34	34.67
300m: 3:13.75 32.87	1050m: 11:33.92	33.34 1800m: 20:05.19	34.95 2550m: 28:42.16	34.82
350m: 3:46.62 32.87	1100m: 12:07.56	33.64 1850m: 20:39.63	34.44 2600m: 29:16.88	34.72
400m: 4:19.66 33.04	1150m: 12:41.43	33.87 1900m: 21:14.09	34.46 2650m: 29:51.62	34.74
450m: 4:52.91 33.25	1200m: 13:15.02	33.59 1950m: 21:48.76	34.67 2700m: 30:26.37	34.75
500m: 5:26.38 33.47	1250m: 13:48.57	33.55 2000m: 22:23.18	34.42 2750m: 31:01.14	34.77
550m: 6:00.01 33.63	1300m: 14:22.32	33.75 2050m: 22:57.17	33.99 2800m: 31:35.58	34.44
600m: 6:33.71 33.70	1350m: 14:56.35	34.03 2100m: 23:31.25	34.08 2850m: 32:09.93	34.35
650m: 7:07.05 33.34	1400m: 15:30.44	34.09 2150m: 24:05.38	34.13 2900m: 32:43.96	34.03
700m: 7:40.37 33.32	1450m: 16:04.55	34.11 2200m: 24:39.62	34.24 2950m: 33:18.23	34.27
750m: 8:13.93 33.56	1500m: 16:38.60	34.05 2250m: 25:13.94	34.32 3000m: 33:51.74	33.51
17. SAMBRUNO SAEZ, Fabio	09	C.N. Granollers	34:09.98	10,00
50m: 33.29 33.29	800m: 8:56.90	33.81 1550m: 17:28.09	34.11 2300m: 26:03.92	34.64
100m: 1:06.39 33.10	850m: 9:30.54	33.64 1600m: 18:02.54	34.45 2350m: 26:38.47	34.55
150m: 1:39.70 33.31	900m: 10:04.39	33.85 1650m: 18:36.47	33.93 2400m: 27:13.48	35.01
200m: 2:13.45 33.75	950m: 10:38.49	34.10 1700m: 19:10.70	34.23 2450m: 27:48.41	34.93
250m: 2:47.17 33.72	1000m: 11:12.69	34.20 1750m: 19:45.04	34.34 2500m: 28:23.40	34.99
300m: 3:20.42 33.25	1050m: 11:46.90	34.21 1800m: 20:19.66	34.62 2550m: 28:58.68	35.28
350m: 3:53.61 33.19	1100m: 12:21.04	34.14 1850m: 20:54.04	34.38 2600m: 29:33.59	34.91
400m: 4:27.08 33.47	1150m: 12:55.13	34.09 1900m: 21:28.75	34.71 2650m: 30:08.50	34.91
450m: 5:00.77 33.69	1200m: 13:29.05	33.92 1950m: 22:03.14	34.39 2700m: 30:43.40	34.90
500m: 5:34.31 33.54	1250m: 14:03.31	34.26 2000m: 22:37.93	34.79 2750m: 31:18.00	34.60
550m: 6:07.52 33.21	1300m: 14:37.36	34.05 2050m: 23:12.08	34.15 2800m: 31:52.69	34.69
600m: 6:41.27 33.75	1350m: 15:11.30	33.94 2100m: 23:46.44	34.36 2850m: 32:27.36	34.67
650m: 7:15.12 33.85	1400m: 15:45.42	34.12 2150m: 24:20.71	34.27 2900m: 33:02.08	34.72
700m: 7:49.17 34.05	1450m: 16:19.89	34.47 2200m: 24:54.89	34.18 2950m: 33:36.36	34.28
750m: 8:23.09 33.92	1500m: 16:53.98	34.09 2250m: 25:29.28	34.39 3000m: 34:09.98	33.62
18. JUAREZ LIANAS, Siro	09	C.N. Sabadell	34:11.14	9,00
50m: 31.60 31.60	800m: 8:43.24	32.67 1550m: 17:15.31	34.54 2300m: 25:56.27	35.76
100m: 1:03.32 31.72	850m: 9:16.50	33.26 1600m: 17:49.66	34.35 2350m: 26:30.83	34.56
150m: 1:35.38 32.06	900m: 9:49.63	33.13 1650m: 18:24.51	34.85 2400m: 27:05.99	35.16
200m: 2:07.52 32.14	950m: 10:23.07	33.44 1700m: 18:59.14	34.63 2450m: 27:41.05	35.06
250m: 2:39.79 32.27	1000m: 10:56.85	33.78 1750m: 19:33.61	34.47 2500m: 28:16.48	35.43
300m: 3:12.44 32.65	1050m: 11:30.83	33.98 1800m: 20:08.52	34.91 2550m: 28:51.90	35.42
350m: 3:45.30 32.86	1100m: 12:05.02	34.19 1850m: 20:43.22	34.70 2600m: 29:27.54	35.64
400m: 4:18.42 33.12	1150m: 12:38.76	33.74 1900m: 21:17.56	34.34 2650m: 30:02.44	34.90
450m: 4:51.32 32.90	1200m: 13:12.82	34.06 1950m: 21:52.23	34.67 2700m: 30:38.32	35.88
500m: 5:24.61 33.29	1250m: 13:47.22	34.40 2000m: 22:27.19	34.96 2750m: 31:13.64	35.32
550m: 5:58.04 33.43	1300m: 14:21.53	34.31 2050m: 23:01.41	34.22 2800m: 31:49.44	35.80
600m: 6:30.80 32.76	1350m: 14:56.32	34.79 2100m: 23:36.54	35.13 2850m: 32:25.45	36.01
650m: 7:04.14 33.34	1400m: 15:31.16	34.84 2150m: 24:11.19	34.65 2900m: 33:00.71	35.26
700m: 7:37.37 33.23	1450m: 16:05.92	34.76 2200m: 24:45.87	34.68 2950m: 33:35.81	35.10
750m: 8:10.57 33.20	1500m: 16:40.77	34.85 2250m: 25:20.51	34.64 3000m: 34:11.14	35.33
19. CARDEÑAS BONJORN, Marti	09	C.N. Sabadell	34:11.35	8,00
50m: 32.35 32.35	800m: 9:04.84	34.17 1550m: 17:38.94	34.48 2300m: 26:13.40	34.42
100m: 1:06.36 34.01	850m: 9:39.19	34.35 1600m: 18:12.90	33.96 2350m: 26:47.89	34.49
150m: 1:40.81 34.45	900m: 10:13.34	34.15 1650m: 18:47.19	34.29 2400m: 27:21.88	33.99
200m: 2:15.16 34.35	950m: 10:47.61	34.27 1700m: 19:21.36	34.17 2450m: 27:55.66	33.78
250m: 2:48.84 33.68	1000m: 11:22.45	34.84 1750m: 19:55.59	34.23 2500m: 28:29.59	33.93
300m: 3:22.83 33.99	1050m: 11:57.09	34.64 1800m: 20:30.06	34.47 2550m: 29:04.04	34.45
350m: 3:57.11 34.28	1100m: 12:31.03	33.94 1850m: 21:04.66	34.60 2600m: 29:38.21	34.17
400m: 4:31.61 34.50	1150m: 13:05.25	34.22 1900m: 21:38.93	34.27 2650m: 30:12.84	34.63
450m: 5:06.06 34.45	1200m: 13:39.46	34.21 1950m: 22:13.56	34.63 2700m: 30:47.42	34.58
500m: 5:40.25 34.19	1250m: 14:13.75	34.29 2000m: 22:47.82	34.26 2750m: 31:21.61	34.19
550m: 6:13.98 33.73	1300m: 14:48.07	34.32 2050m: 23:22.07	34.25 2800m: 31:55.67	34.06
600m: 6:47.95 33.97	1350m: 15:22.09	34.02 2100m: 23:56.12	34.05 2850m: 32:30.05	34.38
650m: 7:22.16 34.21	1400m: 15:56.24	34.15 2150m: 24:30.66	34.54 2900m: 33:04.48	34.43
700m: 7:56.71 34.55	1450m: 16:30.18	33.94 2200m: 25:04.69	34.03 2950m: 33:38.70	34.22
750m: 8:30.67 33.96	1500m: 17:04.46	34.28 2250m: 25:38.98	34.29 3000m: 34:11.35	32.65

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

Classificació	ANY		Temps	
20. OLIVER SAGUÉ, Aniol	08	C.N. Figueres	34:18.62	7,00
50m: 33.38	33.38	800m: 9:04.69	34.39	1550m: 17:40.64
100m: 1:06.82	33.44	850m: 9:38.99	34.30	1600m: 18:15.33
150m: 1:41.04	34.22	900m: 10:13.49	34.50	1650m: 18:49.73
200m: 2:15.05	34.01	950m: 10:48.00	34.51	1700m: 19:24.04
250m: 2:49.27	34.22	1000m: 11:22.44	34.44	1750m: 19:58.62
300m: 3:23.31	34.04	1050m: 11:57.22	34.78	1800m: 20:33.19
350m: 3:57.24	33.93	1100m: 12:31.68	34.46	1850m: 21:07.75
400m: 4:31.60	34.36	1150m: 13:05.68	34.00	1900m: 21:42.59
450m: 5:05.70	34.10	1200m: 13:40.01	34.33	1950m: 22:17.12
500m: 5:39.56	33.86	1250m: 14:14.36	34.35	2000m: 22:52.20
550m: 6:13.56	34.00	1300m: 14:48.83	34.47	2050m: 23:26.80
600m: 6:47.80	34.24	1350m: 15:23.41	34.58	2100m: 24:01.35
650m: 7:21.97	34.17	1400m: 15:57.83	34.42	2150m: 24:35.99
700m: 7:56.13	34.16	1450m: 16:31.89	34.06	2200m: 25:10.64
750m: 8:30.30	34.17	1500m: 17:06.24	34.35	2250m: 25:45.10
				2300m: 26:19.80
				2350m: 26:54.77
				2400m: 27:29.42
				2450m: 28:04.05
				2500m: 28:38.44
				2550m: 29:12.81
				2600m: 29:47.75
				2650m: 30:22.65
				2700m: 30:57.13
				2750m: 31:31.56
				2800m: 32:05.95
				2850m: 32:39.60
				2900m: 33:13.67
				2950m: 33:47.12
				3000m: 34:18.62
21. ELIES VAZQUEZ, Pau	03	C.N. Atl Barceloneta	34:28.70	11,00
50m: 32.66	32.66	800m: 8:52.17	33.42	1550m: 17:25.53
100m: 1:05.49	32.83	850m: 9:25.64	33.47	1600m: 18:00.63
150m: 1:38.76	33.27	900m: 9:59.21	33.57	1650m: 18:35.90
200m: 2:11.51	32.75	950m: 10:32.92	33.71	1700m: 19:11.03
250m: 2:44.52	33.01	1000m: 11:06.71	33.79	1750m: 19:46.49
300m: 3:17.50	32.98	1050m: 11:40.76	34.05	1800m: 20:21.72
350m: 3:50.62	33.12	1100m: 12:14.96	34.20	1850m: 20:57.13
400m: 4:24.05	33.43	1150m: 12:49.09	34.13	1900m: 21:32.64
450m: 4:57.42	33.37	1200m: 13:23.81	34.72	1950m: 22:08.31
500m: 5:30.78	33.36	1250m: 13:58.23	34.42	2000m: 22:43.58
550m: 6:04.64	33.86	1300m: 14:32.42	34.19	2050m: 23:19.03
600m: 6:38.25	33.61	1350m: 15:07.17	34.75	2100m: 23:54.37
650m: 7:12.12	33.87	1400m: 15:42.21	35.04	2150m: 24:30.13
700m: 7:45.45	33.33	1450m: 16:16.87	34.66	2200m: 25:05.72
750m: 8:18.75	33.30	1500m: 16:51.29	34.42	2250m: 25:41.53
				2300m: 26:17.10
				2350m: 26:53.32
				2400m: 27:28.85
				2450m: 28:04.47
				2500m: 28:39.87
				2550m: 29:16.39
				2600m: 29:52.15
				2650m: 30:28.02
				2700m: 31:02.99
				2750m: 31:38.08
				2800m: 32:13.27
				2850m: 32:48.06
				2900m: 33:22.40
				2950m: 33:56.31
				3000m: 34:28.70
22. JARDI YANES, Jan	05	C.N. Atl Barceloneta	34:31.25	10,00
50m: 33.99	33.99	800m: 9:15.43	34.62	1550m: 17:51.90
100m: 1:07.28	33.29	850m: 9:49.91	34.48	1600m: 18:26.16
150m: 1:41.66	34.38	900m: 10:24.22	34.31	1650m: 19:00.46
200m: 2:16.53	34.87	950m: 10:58.85	34.63	1700m: 19:35.75
250m: 2:51.29	34.76	1000m: 11:33.09	34.24	1750m: 20:10.22
300m: 3:26.97	35.68	1050m: 12:07.67	34.58	1800m: 20:45.09
350m: 4:01.79	34.82	1100m: 12:42.53	34.86	1850m: 21:20.24
400m: 4:36.83	35.04	1150m: 13:17.36	34.83	1900m: 21:54.43
450m: 5:11.85	35.02	1200m: 13:52.18	34.82	1950m: 22:28.88
500m: 5:46.58	34.73	1250m: 14:26.41	34.23	2000m: 23:03.61
550m: 6:21.52	34.94	1300m: 15:00.78	34.37	2050m: 23:37.81
600m: 6:56.96	35.44	1350m: 15:35.42	34.64	2100m: 24:12.62
650m: 7:32.01	35.05	1400m: 16:09.70	34.28	2150m: 24:46.76
700m: 8:06.63	34.62	1450m: 16:43.91	34.21	2200m: 25:21.72
750m: 8:40.81	34.18	1500m: 17:18.16	34.25	2250m: 25:56.78
				2300m: 26:31.55
				2350m: 27:06.48
				2400m: 27:40.98
				2450m: 28:15.65
				2500m: 28:50.85
				2550m: 29:25.09
				2600m: 29:59.75
				2650m: 30:34.32
				2700m: 31:08.98
				2750m: 31:43.83
				2800m: 32:18.37
				2850m: 32:52.67
				2900m: 33:26.39
				2950m: 34:00.42
				3000m: 34:31.25
23. YAHYIOUI JAGUININE, Othman	08	C.N. Reus Ploms	34:32.90	6,00
50m: 34.50	34.50	800m: 9:09.64	34.47	1550m: 17:47.78
100m: 1:08.65	34.15	850m: 9:43.97	34.33	1600m: 18:22.52
150m: 1:42.73	34.08	900m: 10:18.46	34.49	1650m: 18:57.37
200m: 2:16.87	34.14	950m: 10:52.73	34.27	1700m: 19:32.12
250m: 2:51.16	34.29	1000m: 11:27.20	34.47	1750m: 20:06.87
300m: 3:25.39	34.23	1050m: 12:01.60	34.40	1800m: 20:41.45
350m: 3:59.79	34.40	1100m: 12:35.80	34.20	1850m: 21:15.97
400m: 4:33.97	34.18	1150m: 13:10.08	34.28	1900m: 21:50.50
450m: 5:08.19	34.22	1200m: 13:44.57	34.49	1950m: 22:25.12
500m: 5:42.61	34.42	1250m: 14:19.01	34.44	2000m: 22:59.91
550m: 6:17.26	34.65	1300m: 14:53.37	34.36	2050m: 23:34.53
600m: 6:51.47	34.21	1350m: 15:28.02	34.65	2100m: 24:09.35
650m: 7:26.20	34.73	1400m: 16:02.67	34.65	2150m: 24:44.18
700m: 8:00.54	34.34	1450m: 16:37.78	35.11	2200m: 25:18.96
750m: 8:35.17	34.63	1500m: 17:12.61	34.83	2250m: 25:53.69
				2300m: 26:28.75
				2350m: 27:03.95
				2400m: 27:38.82
				2450m: 28:13.74
				2500m: 28:48.82
				2550m: 29:23.75
				2600m: 29:58.62
				2650m: 30:33.31
				2700m: 31:07.72
				2750m: 31:42.37
				2800m: 32:16.69
				2850m: 32:51.37
				2900m: 33:25.52
				2950m: 33:59.66
				3000m: 34:32.90

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

Classificació	ANY		Temps				
24. SALA CARBASSE, Arcadi	08	C.N. Reus Ploms	34:36.13	5,00			
50m: 31.81	31.81	800m: 8:55.07	34.15	1550m: 17:30.62	33.98	2300m: 26:15.36	35.52
100m: 1:04.46	32.65	850m: 9:29.15	34.08	1600m: 18:04.76	34.14	2350m: 26:50.93	35.57
150m: 1:38.35	33.89	900m: 10:03.25	34.10	1650m: 18:39.07	34.31	2400m: 27:26.49	35.56
200m: 2:12.17	33.82	950m: 10:37.27	34.02	1700m: 19:12.96	33.89	2450m: 28:02.01	35.52
250m: 2:45.53	33.36	1000m: 11:11.31	34.04	1750m: 19:47.29	34.33	2500m: 28:38.15	36.14
300m: 3:19.05	33.52	1050m: 11:45.82	34.51	1800m: 20:21.69	34.40	2550m: 29:13.64	35.49
350m: 3:52.62	33.57	1100m: 12:20.05	34.23	1850m: 20:56.87	35.18	2600m: 29:49.35	35.71
400m: 4:26.10	33.48	1150m: 12:54.35	34.30	1900m: 21:32.11	35.24	2650m: 30:25.21	35.86
450m: 4:59.76	33.66	1200m: 13:28.50	34.15	1950m: 22:07.19	35.08	2700m: 31:01.14	35.93
500m: 5:33.62	33.86	1250m: 14:03.18	34.68	2000m: 22:42.52	35.33	2750m: 31:37.47	36.33
550m: 6:07.39	33.77	1300m: 14:38.17	34.99	2050m: 23:18.18	35.66	2800m: 32:13.39	35.92
600m: 6:40.25	32.86	1350m: 15:12.49	34.32	2100m: 23:53.17	34.99	2850m: 32:49.35	35.96
650m: 7:13.82	33.57	1400m: 15:47.08	34.59	2150m: 24:28.44	35.27	2900m: 33:25.40	36.05
700m: 7:47.53	33.71	1450m: 16:21.74	34.66	2200m: 25:04.07	35.63	2950m: 34:01.16	35.76
750m: 8:20.92	33.39	1500m: 16:56.64	34.90	2250m: 25:39.84	35.77	3000m: 34:36.13	34.97
25. CHAVES GUARDIA, David	98	C.N. Mataró	34:40.85	9,00			
50m: 32.46	32.46	800m: 9:01.21	34.29	1550m: 17:40.66	35.26	2300m: 26:33.22	35.29
100m: 1:05.59	33.13	850m: 9:35.28	34.07	1600m: 18:16.12	35.46	2350m: 27:08.05	34.83
150m: 1:39.10	33.51	900m: 10:09.58	34.30	1650m: 18:51.73	35.61	2400m: 27:42.38	34.33
200m: 2:12.76	33.66	950m: 10:43.59	34.01	1700m: 19:27.39	35.66	2450m: 28:16.72	34.34
250m: 2:46.59	33.83	1000m: 11:17.62	34.03	1750m: 20:03.02	35.63	2500m: 28:51.36	34.64
300m: 3:20.35	33.76	1050m: 11:51.64	34.02	1800m: 20:38.49	35.47	2550m: 29:26.33	34.97
350m: 3:53.99	33.64	1100m: 12:26.09	34.45	1850m: 21:13.85	35.36	2600m: 30:00.98	34.65
400m: 4:27.61	33.62	1150m: 13:00.76	34.67	1900m: 21:49.19	35.34	2650m: 30:36.18	35.20
450m: 5:01.70	34.09	1200m: 13:35.55	34.79	1950m: 22:24.44	35.25	2700m: 31:11.22	35.04
500m: 5:35.54	33.84	1250m: 14:10.09	34.54	2000m: 23:00.22	35.78	2750m: 31:46.91	35.69
550m: 6:09.57	34.03	1300m: 14:44.93	34.84	2050m: 23:35.61	35.39	2800m: 32:22.36	35.45
600m: 6:43.82	34.25	1350m: 15:19.95	35.02	2100m: 24:11.21	35.60	2850m: 32:58.06	35.70
650m: 7:18.18	34.36	1400m: 15:55.20	35.25	2150m: 24:46.97	35.76	2900m: 33:33.31	35.25
700m: 7:52.69	34.51	1450m: 16:30.32	35.12	2200m: 25:22.34	35.37	2950m: 34:08.89	35.58
750m: 8:26.92	34.23	1500m: 17:05.40	35.08	2250m: 25:57.93	35.59	3000m: 34:40.85	31.96
26. RANEA VILA, Roger	06	C.N. VIC-Etb	34:42.53	13,00			
50m: 32.16	32.16	800m: 8:57.66	34.52	1550m: 17:36.34	35.12	2300m: 26:26.50	35.56
100m: 1:05.05	32.89	850m: 9:31.58	33.92	1600m: 18:11.56	35.22	2350m: 27:02.11	35.61
150m: 1:38.61	33.56	900m: 10:05.66	34.08	1650m: 18:46.65	35.09	2400m: 27:37.86	35.75
200m: 2:12.22	33.61	950m: 10:39.68	34.02	1700m: 19:21.51	34.86	2450m: 28:13.63	35.77
250m: 2:45.65	33.43	1000m: 11:13.81	34.13	1750m: 19:56.56	35.05	2500m: 28:49.36	35.73
300m: 3:19.16	33.51	1050m: 11:47.97	34.16	1800m: 20:31.80	35.24	2550m: 29:25.37	36.01
350m: 3:52.99	33.83	1100m: 12:22.12	34.15	1850m: 21:07.22	35.42	2600m: 30:01.20	35.83
400m: 4:26.59	33.60	1150m: 12:57.64	35.52	1900m: 21:42.37	35.15	2650m: 30:36.57	35.37
450m: 5:00.23	33.64	1200m: 13:31.91	34.27	1950m: 22:18.18	35.81	2700m: 31:11.85	35.28
500m: 5:34.07	33.84	1250m: 14:06.55	34.64	2000m: 22:53.50	35.32	2750m: 31:47.01	35.16
550m: 6:07.81	33.74	1300m: 14:41.32	34.77	2050m: 23:28.82	35.32	2800m: 32:22.60	35.59
600m: 6:41.59	33.78	1350m: 15:16.32	35.00	2100m: 24:04.04	35.22	2850m: 32:58.04	35.44
650m: 7:15.26	33.67	1400m: 15:51.48	35.16	2150m: 24:39.64	35.60	2900m: 33:33.32	35.28
700m: 7:49.26	34.00	1450m: 16:26.47	34.99	2200m: 25:15.38	35.74	2950m: 34:08.82	35.50
750m: 8:23.14	33.88	1500m: 17:01.22	34.75	2250m: 25:50.94	35.56	3000m: 34:42.53	33.71
27. HERRERO CASTELLANOS, Unai	09	C.N. Sabadell	34:46.76	4,00			
50m: 31.55	31.55	800m: 9:08.80	34.86	1550m: 17:52.51	34.50	2300m: 26:38.61	34.76
100m: 1:05.28	33.73	850m: 9:44.07	35.27	1600m: 18:27.10	34.59	2350m: 27:13.55	34.94
150m: 1:38.72	33.44	900m: 10:19.13	35.06	1650m: 19:01.98	34.88	2400m: 27:48.06	34.51
200m: 2:12.61	33.89	950m: 10:53.96	34.83	1700m: 19:37.27	35.29	2450m: 28:23.04	34.98
250m: 2:46.63	34.02	1000m: 11:29.04	35.08	1750m: 20:12.77	35.50	2500m: 28:57.67	34.63
300m: 3:21.08	34.45	1050m: 12:04.04	35.00	1800m: 20:47.81	35.04	2550m: 29:32.75	35.08
350m: 3:55.41	34.33	1100m: 12:38.76	34.72	1850m: 21:23.13	35.32	2600m: 30:07.21	34.46
400m: 4:29.70	34.29	1150m: 13:13.74	34.98	1900m: 21:57.97	34.84	2650m: 30:42.58	35.37
450m: 5:04.10	34.40	1200m: 13:48.26	34.52	1950m: 22:33.23	35.26	2700m: 31:17.46	34.88
500m: 5:38.98	34.88	1250m: 14:23.05	34.79	2000m: 23:08.18	34.95	2750m: 31:53.12	35.66
550m: 6:14.09	35.11	1300m: 14:57.89	34.84	2050m: 23:43.16	34.98	2800m: 32:29.00	35.88
600m: 6:48.81	34.72	1350m: 15:32.93	35.04	2100m: 24:18.02	34.86	2850m: 33:04.04	35.04
650m: 7:23.86	35.05	1400m: 16:07.87	34.94	2150m: 24:53.07	35.05	2900m: 33:38.86	34.82
700m: 7:58.95	35.09	1450m: 16:42.84	34.97	2200m: 25:28.38	35.31	2950m: 34:12.58	33.72
750m: 8:33.94	34.99	1500m: 17:18.01	35.17	2250m: 26:03.85	35.47	3000m: 34:46.76	34.18

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

Classificació	ANY										Temps			
28.	LUQUE SERRANO, Adria										05	GEIEG	34:49.05	8,00
	50m:	33.31	33.31	800m:	9:11.92	34.89	1550m:	17:56.44	34.59	2300m:	26:42.33	35.26		
	100m:	1:07.40	34.09	850m:	9:46.87	34.95	1600m:	18:31.18	34.74	2350m:	27:17.52	35.19		
	150m:	1:42.05	34.65	900m:	10:21.83	34.96	1650m:	19:05.73	34.55	2400m:	27:52.77	35.25		
	200m:	2:16.20	34.15	950m:	10:57.00	35.17	1700m:	19:40.46	34.73	2450m:	28:27.95	35.18		
	250m:	2:50.64	34.44	1000m:	11:32.03	35.03	1750m:	20:15.29	34.83	2500m:	29:02.74	34.79		
	300m:	3:25.14	34.50	1050m:	12:07.23	35.20	1800m:	20:49.94	34.65	2550m:	29:37.52	34.78		
	350m:	3:59.74	34.60	1100m:	12:42.12	34.89	1850m:	21:24.56	34.62	2600m:	30:12.27	34.75		
	400m:	4:33.91	34.17	1150m:	13:17.05	34.93	1900m:	21:59.62	35.06	2650m:	30:47.69	35.42		
	450m:	5:08.74	34.83	1200m:	13:52.15	35.10	1950m:	22:34.80	35.18	2700m:	31:22.64	34.95		
	500m:	5:43.76	35.02	1250m:	14:27.05	34.90	2000m:	23:09.81	35.01	2750m:	31:57.28	34.64		
	550m:	6:18.79	35.03	1300m:	15:01.85	34.80	2050m:	23:45.26	35.45	2800m:	32:32.52	35.24		
	600m:	6:53.75	34.96	1350m:	15:37.19	35.34	2100m:	24:21.35	36.09	2850m:	33:06.90	34.38		
	650m:	7:28.62	34.87	1400m:	16:11.27	34.08	2150m:	24:56.86	35.51	2900m:	33:41.74	34.84		
	700m:	8:02.87	34.25	1450m:	16:46.50	35.23	2200m:	25:32.15	35.29	2950m:	34:16.60	34.86		
	750m:	8:37.03	34.16	1500m:	17:21.85	35.35	2250m:	26:07.07	34.92	3000m:	34:49.05	32.45		
29.	MATAS VELASCO, Guillermo										96	C.N. Mataró	35:20.00	7,00
	50m:	33.07	33.07	800m:	9:14.23	35.00	1550m:	18:05.70	35.30	2300m:	26:58.08	35.50		
	100m:	1:07.32	34.25	850m:	9:49.44	35.21	1600m:	18:40.79	35.09	2350m:	27:33.71	35.63		
	150m:	1:41.53	34.21	900m:	10:24.48	35.04	1650m:	19:16.62	35.83	2400m:	28:09.80	36.09		
	200m:	2:16.64	35.11	950m:	10:59.81	35.33	1700m:	19:51.73	35.11	2450m:	28:45.74	35.94		
	250m:	2:51.30	34.66	1000m:	11:35.34	35.53	1750m:	20:27.25	35.52	2500m:	29:22.01	36.27		
	300m:	3:25.88	34.58	1050m:	12:10.72	35.38	1800m:	21:02.96	35.71	2550m:	29:58.17	36.16		
	350m:	4:00.72	34.84	1100m:	12:46.36	35.64	1850m:	21:38.29	35.33	2600m:	30:34.05	35.88		
	400m:	4:35.77	35.05	1150m:	13:21.80	35.44	1900m:	22:14.38	36.09	2650m:	31:10.03	35.98		
	450m:	5:10.21	34.44	1200m:	13:57.24	35.44	1950m:	22:50.03	35.65	2700m:	31:45.79	35.76		
	500m:	5:44.68	34.47	1250m:	14:32.51	35.27	2000m:	23:25.14	35.11	2750m:	32:21.82	36.03		
	550m:	6:19.50	34.82	1300m:	15:08.09	35.58	2050m:	24:00.28	35.14	2800m:	32:58.01	36.19		
	600m:	6:54.29	34.79	1350m:	15:43.58	35.49	2100m:	24:35.83	35.55	2850m:	33:34.06	36.05		
	650m:	7:29.16	34.87	1400m:	16:19.30	35.72	2150m:	25:11.26	35.43	2900m:	34:09.74	35.68		
	700m:	8:04.21	35.05	1450m:	16:55.06	35.76	2200m:	25:47.04	35.78	2950m:	34:45.31	35.57		
	750m:	8:39.23	35.02	1500m:	17:30.40	35.34	2250m:	26:22.58	35.54	3000m:	35:20.00	34.69		
30.	ROSELLO FERNANDEZ, Hector										05	C.N. L'Hospitalet	35:23.98	6,00
	50m:	33.01	33.01	800m:	9:24.54	36.05	1550m:	18:14.38	35.35	2300m:	27:07.03	35.52		
	100m:	1:07.68	34.67	850m:	10:00.07	35.53	1600m:	18:49.57	35.19	2350m:	27:42.42	35.39		
	150m:	1:43.04	35.36	900m:	10:35.47	35.40	1650m:	19:24.77	35.20	2400m:	28:18.07	35.65		
	200m:	2:19.03	35.99	950m:	11:10.83	35.36	1700m:	20:00.21	35.44	2450m:	28:53.90	35.83		
	250m:	2:54.36	35.33	1000m:	11:46.02	35.19	1750m:	20:35.94	35.73	2500m:	29:29.25	35.35		
	300m:	3:29.64	35.28	1050m:	12:20.43	34.41	1800m:	21:11.35	35.41	2550m:	30:04.88	35.63		
	350m:	4:04.74	35.10	1100m:	12:55.34	34.91	1850m:	21:47.08	35.73	2600m:	30:40.72	35.84		
	400m:	4:39.83	35.09	1150m:	13:30.41	35.07	1900m:	22:22.46	35.38	2650m:	31:15.87	35.15		
	450m:	5:15.76	35.93	1200m:	14:05.70	35.29	1950m:	22:58.15	35.69	2700m:	31:51.71	35.84		
	500m:	5:51.50	35.74	1250m:	14:41.17	35.47	2000m:	23:33.71	35.56	2750m:	32:26.97	35.26		
	550m:	6:26.81	35.31	1300m:	15:16.56	35.39	2050m:	24:08.80	35.09	2800m:	33:02.71	35.74		
	600m:	7:02.26	35.45	1350m:	15:51.84	35.28	2100m:	24:43.93	35.13	2850m:	33:38.73	36.02		
	650m:	7:37.95	35.69	1400m:	16:27.51	35.67	2150m:	25:19.54	35.61	2900m:	34:14.38	35.65		
	700m:	8:13.37	35.42	1450m:	17:03.28	35.77	2200m:	25:55.57	36.03	2950m:	34:49.98	35.60		
	750m:	8:48.49	35.12	1500m:	17:39.03	35.75	2250m:	26:31.51	35.94	3000m:	35:23.98	34.00		
31.	LAPLAZA SANTOS, Carles										05	C.N. Barcelona	35:26.90	5,00
	50m:	35.22	35.22	800m:	9:39.33	36.12	1550m:	18:30.43	36.19	2300m:	27:20.63	35.48		
	100m:	1:11.35	36.13	850m:	10:15.31	35.98	1600m:	19:06.02	35.59	2350m:	27:55.06	34.43		
	150m:	1:47.84	36.49	900m:	10:51.92	36.61	1650m:	19:41.99	35.97	2400m:	28:30.29	35.23		
	200m:	2:25.02	37.18	950m:	11:28.15	36.23	1700m:	20:17.62	35.63	2450m:	29:04.72	34.43		
	250m:	3:01.69	36.67	1000m:	12:03.71	35.56	1750m:	20:52.03	34.41	2500m:	29:39.78	35.06		
	300m:	3:38.01	36.32	1050m:	12:38.54	34.83	1800m:	21:26.95	34.92	2550m:	30:15.75	35.97		
	350m:	4:14.51	36.50	1100m:	13:14.01	35.47	1850m:	22:01.84	34.89	2600m:	30:51.43	35.68		
	400m:	4:50.38	35.87	1150m:	13:49.46	35.45	1900m:	22:36.80	34.96	2650m:	31:26.85	35.42		
	450m:	5:26.55	36.17	1200m:	14:24.88	35.42	1950m:	23:12.11	35.31	2700m:	32:02.62	35.77		
	500m:	6:03.33	36.78	1250m:	14:59.32	34.44	2000m:	23:47.35	35.24	2750m:	32:37.35	34.73		
	550m:	6:39.39	36.06	1300m:	15:34.47	35.15	2050m:	24:23.13	35.78	2800m:	33:12.95	35.60		
	600m:	7:15.13	35.74	1350m:	16:09.27	34.80	2100m:	24:59.04	35.91	2850m:	33:47.22	34.27		
	650m:	7:51.54	36.41	1400m:	16:44.32	35.05	2150m:	25:34.61	35.57	2900m:	34:22.39	35.17		
	700m:	8:27.45	35.91	1450m:	17:19.22	34.90	2200m:	26:10.34	35.73	2950m:	34:55.30	32.91		
	750m:	9:03.21	35.76	1500m:	17:54.24	35.02	2250m:	26:45.15	34.81	3000m:	35:26.90	31.60		

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

Classificació	ANY												Temps																																																																																																																																																																							
32.	HERNANDEZ DOMINGUEZ, Alexander 09												C.N. Terrassa		35:32.51	3,00																																																																																																																																																																				
	50m:	32.73	32.73	800m:	9:24.11	35.97	1550m:	18:19.27	35.60	2300m:	27:16.52	35.39	100m:	1:07.60	34.87	850m:	9:59.75	35.64	1600m:	18:55.04	35.77	2350m:	27:52.36	35.84	150m:	1:42.90	35.30	900m:	10:35.19	35.44	1650m:	19:31.26	36.22	2400m:	28:28.00	35.64	200m:	2:18.67	35.77	950m:	11:10.55	35.36	1700m:	20:07.14	35.88	2450m:	29:03.46	35.46	250m:	2:54.07	35.40	1000m:	11:45.98	35.43	1750m:	20:43.44	36.30	2500m:	29:39.54	36.08	300m:	3:29.36	35.29	1050m:	12:21.17	35.19	1800m:	21:18.79	35.35	2550m:	30:15.64	36.10	350m:	4:04.47	35.11	1100m:	12:56.83	35.66	1850m:	21:54.44	35.65	2600m:	30:51.34	35.70	400m:	4:40.14	35.67	1150m:	13:32.63	35.80	1900m:	22:30.44	36.00	2650m:	31:26.71	35.37	450m:	5:15.50	35.36	1200m:	14:08.38	35.75	1950m:	23:06.49	36.05	2700m:	32:02.11	35.40	500m:	5:51.12	35.62	1250m:	14:44.13	35.75	2000m:	23:42.52	36.03	2750m:	32:38.09	35.98	550m:	6:26.57	35.45	1300m:	15:20.54	36.41	2050m:	24:17.83	35.31	2800m:	33:14.06	35.97	600m:	7:01.84	35.27	1350m:	15:56.42	35.88	2100m:	24:53.80	35.97	2850m:	33:49.88	35.82	650m:	7:37.46	35.62	1400m:	16:32.54	36.12	2150m:	25:29.62	35.82	2900m:	34:25.75	35.87	700m:	8:12.80	35.34	1450m:	17:08.29	35.75	2200m:	26:05.84	36.22	2950m:	35:01.38	35.63	750m:	8:48.14	35.34	1500m:	17:43.67	35.38	2250m:	26:41.13	35.29	3000m:	35:32.51	31.13
33.	CORONA EDO, Xavi 09												C.N. Sabadell		36:07.38	2,00																																																																																																																																																																				
	50m:	33.41	33.41	800m:	9:17.74	35.20	1550m:	18:12.19	36.41	2300m:	27:24.71	37.09	100m:	1:07.06	33.65	850m:	9:53.02	35.28	1600m:	18:48.78	36.59	2350m:	28:02.05	37.34	150m:	1:41.28	34.22	900m:	10:28.56	35.54	1650m:	19:25.68	36.90	2400m:	28:39.22	37.17	200m:	2:16.23	34.95	950m:	11:03.47	34.91	1700m:	20:02.60	36.92	2450m:	29:16.51	37.29	250m:	2:51.30	35.07	1000m:	11:38.74	35.27	1750m:	20:39.41	36.81	2500m:	29:53.61	37.10	300m:	3:26.75	35.45	1050m:	12:15.08	36.34	1800m:	21:16.40	36.99	2550m:	30:31.63	38.02	350m:	4:01.87	35.12	1100m:	12:50.73	35.65	1850m:	21:52.88	36.48	2600m:	31:08.97	37.34	400m:	4:36.90	35.03	1150m:	13:26.10	35.37	1900m:	22:28.92	36.04	2650m:	31:46.49	37.52	450m:	5:11.10	34.20	1200m:	14:01.77	35.67	1950m:	23:05.28	36.36	2700m:	32:24.10	37.61	500m:	5:46.17	35.07	1250m:	14:37.22	35.45	2000m:	23:41.89	36.61	2750m:	33:02.14	38.04	550m:	6:21.39	35.22	1300m:	15:12.34	35.12	2050m:	24:18.55	36.66	2800m:	33:40.23	38.09	600m:	6:56.81	35.42	1350m:	15:47.28	34.94	2100m:	24:55.54	36.99	2850m:	34:17.60	37.37	650m:	7:31.93	35.12	1400m:	16:23.29	36.01	2150m:	25:32.75	37.21	2900m:	34:54.39	36.79	700m:	8:07.08	35.15	1450m:	16:59.35	36.06	2200m:	26:10.11	37.36	2950m:	35:31.51	37.12	750m:	8:42.54	35.46	1500m:	17:35.78	36.43	2250m:	26:47.62	37.51	3000m:	36:07.38	35.87
34.	MIRET SALA, Gerard 07												C.N. Lleida		36:14.96	12,00																																																																																																																																																																				
	50m:	32.88	32.88	800m:	9:28.06	36.38	1550m:	18:26.79	35.95	2300m:	27:37.16	37.41	100m:	1:07.31	34.43	850m:	10:03.68	35.62	1600m:	19:03.25	36.46	2350m:	28:14.30	37.14	150m:	1:42.57	35.26	900m:	10:39.42	35.74	1650m:	19:39.00	35.75	2400m:	28:51.13	36.83	200m:	2:18.20	35.63	950m:	11:15.24	35.82	1700m:	20:15.08	36.08	2450m:	29:28.34	37.21	250m:	2:53.88	35.68	1000m:	11:51.18	35.94	1750m:	20:50.81	35.73	2500m:	30:05.87	37.53	300m:	3:29.53	35.65	1050m:	12:26.92	35.74	1800m:	21:26.25	35.44	2550m:	30:43.16	37.29	350m:	4:05.42	35.89	1100m:	13:03.17	36.25	1850m:	22:02.44	36.19	2600m:	31:21.07	37.91	400m:	4:40.53	35.11	1150m:	13:39.87	36.70	1900m:	22:38.54	36.10	2650m:	31:57.85	36.78	450m:	5:16.27	35.74	1200m:	14:16.30	36.43	1950m:	23:15.83	37.29	2700m:	32:35.77	37.92	500m:	5:52.47	36.20	1250m:	14:52.43	36.13	2000m:	23:52.96	37.13	2750m:	33:12.64	36.87	550m:	6:28.43	35.96	1300m:	15:28.04	35.61	2050m:	24:30.39	37.43	2800m:	33:49.82	37.18	600m:	7:04.96	36.53	1350m:	16:03.41	35.37	2100m:	25:07.84	37.45	2850m:	34:27.32	37.50	650m:	7:39.81	34.85	1400m:	16:39.18	35.77	2150m:	25:45.06	37.22	2900m:	35:04.14	36.82	700m:	8:16.10	36.29	1450m:	17:15.02	35.84	2200m:	26:22.35	37.29	2950m:	35:39.55	35.41	750m:	8:51.68	35.58	1500m:	17:50.84	35.82	2250m:	26:59.75	37.40	3000m:	36:14.96	35.41
35.	LAGOS PAU, Aitor 95												C.N. L'Hospitalet		36:23.54	4,00																																																																																																																																																																				
	50m:	32.57	32.57	800m:	9:13.84	35.61	1550m:	18:22.66	36.80	2300m:	27:42.76	38.16	100m:	1:06.08	33.51	850m:	9:49.96	36.12	1600m:	18:59.54	36.88	2350m:	28:20.50	37.74	150m:	1:40.19	34.11	900m:	10:25.95	35.99	1650m:	19:36.72	37.18	2400m:	28:58.32	37.82	200m:	2:14.50	34.31	950m:	11:02.44	36.49	1700m:	20:13.90	37.18	2450m:	29:36.37	38.05	250m:	2:48.73	34.23	1000m:	11:38.84	36.40	1750m:	20:50.52	36.62	2500m:	30:13.69	37.32	300m:	3:23.04	34.31	1050m:	12:15.41	36.57	1800m:	21:27.79	37.27	2550m:	30:51.84	38.15	350m:	3:57.38	34.34	1100m:	12:52.00	36.59	1850m:	22:04.72	36.93	2600m:	31:29.51	37.67	400m:	4:31.66	34.28	1150m:	13:28.28	36.28	1900m:	22:41.51	36.79	2650m:	32:07.99	38.48	450m:	5:06.38	34.72	1200m:	14:05.50	37.22	1950m:	23:19.01	37.50	2700m:	32:45.89	37.90	500m:	5:41.25	34.87	1250m:	14:42.31	36.81	2000m:	23:56.81	37.80	2750m:	33:23.65	37.76	550m:	6:16.08	34.83	1300m:	15:18.92	36.61	2050m:	24:34.31	37.50	2800m:	34:00.85	37.20	600m:	6:51.23	35.15	1350m:	15:55.62	36.70	2100m:	25:11.64	37.33	2850m:	34:36.92	36.07	650m:	7:26.98	35.75	1400m:	16:32.07	36.45	2150m:	25:49.41	37.77	2900m:	35:13.07	36.15	700m:	8:02.67	35.69	1450m:	17:09.30	37.23	2200m:	26:27.36	37.95	2950m:	35:49.01	35.94	750m:	8:38.23	35.56	1500m:	17:45.86	36.56	2250m:	27:04.60	37.24	3000m:	36:23.54	34.53

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

Classificació	ANY										Temps	
36. BASANTA MORALES, Gael	09 C.N. Sant Feliu										36:31.60	1,00
50m:	34.63	34.63	800m:	9:29.86	35.53	1550m:	18:40.86	36.98	2300m:	28:01.79	38.08	
100m:	1:09.61	34.98	850m:	10:06.16	36.30	1600m:	19:17.82	36.96	2350m:	28:38.93	37.14	
150m:	1:45.27	35.66	900m:	10:42.78	36.62	1650m:	19:55.48	37.66	2400m:	29:16.30	37.37	
200m:	2:21.07	35.80	950m:	11:19.48	36.70	1700m:	20:33.63	38.15	2450m:	29:53.60	37.30	
250m:	2:56.48	35.41	1000m:	11:56.54	37.06	1750m:	21:11.12	37.49	2500m:	30:30.71	37.11	
300m:	3:32.72	36.24	1050m:	12:32.81	36.27	1800m:	21:47.41	36.29	2550m:	31:07.13	36.42	
350m:	4:08.69	35.97	1100m:	13:09.88	37.07	1850m:	22:24.42	37.01	2600m:	31:43.92	36.79	
400m:	4:44.61	35.92	1150m:	13:45.71	35.83	1900m:	23:01.09	36.67	2650m:	32:21.30	37.38	
450m:	5:20.29	35.68	1200m:	14:20.53	34.82	1950m:	23:38.50	37.41	2700m:	32:58.49	37.19	
500m:	5:55.83	35.54	1250m:	14:56.77	36.24	2000m:	24:16.23	37.73	2750m:	33:35.48	36.99	
550m:	6:31.90	36.07	1300m:	15:34.06	37.29	2050m:	24:53.76	37.53	2800m:	34:11.34	35.86	
600m:	7:07.31	35.41	1350m:	16:11.45	37.39	2100m:	25:31.49	37.73	2850m:	34:47.78	36.44	
650m:	7:42.27	34.96	1400m:	16:48.80	37.35	2150m:	26:08.83	37.34	2900m:	35:23.72	35.94	
700m:	8:18.44	36.17	1450m:	17:26.69	37.89	2200m:	26:46.03	37.20	2950m:	35:59.28	35.56	
750m:	8:54.33	35.89	1500m:	18:03.88	37.19	2250m:	27:23.71	37.68	3000m:	36:31.60	32.32	
37. SANS GIOL, Genis	06 C.E. Mediterrani										37:08.17	11,00
50m:	32.71	32.71	800m:	9:46.90	37.70	1550m:	19:08.78	37.98	2300m:	28:30.86	37.30	
100m:	1:09.08	36.37	850m:	10:23.98	37.08	1600m:	19:45.91	37.13	2350m:	29:08.21	37.35	
150m:	1:45.59	36.51	900m:	11:01.49	37.51	1650m:	20:23.53	37.62	2400m:	29:45.60	37.39	
200m:	2:22.51	36.92	950m:	11:38.73	37.24	1700m:	21:01.17	37.64	2450m:	30:22.11	36.51	
250m:	2:59.91	37.40	1000m:	12:15.67	36.94	1750m:	21:38.28	37.11	2500m:	30:59.49	37.38	
300m:	3:36.75	36.84	1050m:	12:53.17	37.50	1800m:	22:16.28	38.00	2550m:	31:37.03	37.54	
350m:	4:13.48	36.73	1100m:	13:29.82	36.65	1850m:	22:54.39	38.11	2600m:	32:14.00	36.97	
400m:	4:50.35	36.87	1150m:	14:07.62	37.80	1900m:	23:32.07	37.68	2650m:	32:51.88	37.88	
450m:	5:27.23	36.88	1200m:	14:45.53	37.91	1950m:	24:09.66	37.59	2700m:	33:29.45	37.57	
500m:	6:04.02	36.79	1250m:	15:23.40	37.87	2000m:	24:47.50	37.84	2750m:	34:06.83	37.38	
550m:	6:41.11	37.09	1300m:	16:00.40	37.00	2050m:	25:24.63	37.13	2800m:	34:44.16	37.33	
600m:	7:17.91	36.80	1350m:	16:38.06	37.66	2100m:	26:02.18	37.55	2850m:	35:21.27	37.11	
650m:	7:55.36	37.45	1400m:	17:15.53	37.47	2150m:	26:39.28	37.10	2900m:	35:58.41	37.14	
700m:	8:32.27	36.91	1450m:	17:53.30	37.77	2200m:	27:16.78	37.50	2950m:	36:33.70	35.29	
750m:	9:09.20	36.93	1500m:	18:30.80	37.50	2250m:	27:53.56	36.78	3000m:	37:08.17	34.47	
38. BARRIOS LOPEZ, Ivan	07 C.N. Molins De Rei										37:54.94	10,00
50m:	33.66	33.66	800m:	9:56.11	37.56	1550m:	19:27.02	38.13	2300m:	29:01.58	38.59	
100m:	1:09.63	35.97	850m:	10:33.71	37.60	1600m:	20:05.68	38.66	2350m:	29:40.11	38.53	
150m:	1:46.69	37.06	900m:	11:11.08	37.37	1650m:	20:43.84	38.16	2400m:	30:18.49	38.38	
200m:	2:24.07	37.38	950m:	11:48.83	37.75	1700m:	21:22.75	38.91	2450m:	30:57.27	38.78	
250m:	3:01.54	37.47	1000m:	12:26.67	37.84	1750m:	22:01.20	38.45	2500m:	31:35.59	38.32	
300m:	3:38.62	37.08	1050m:	13:04.80	38.13	1800m:	22:38.98	37.78	2550m:	32:13.99	38.40	
350m:	4:15.68	37.06	1100m:	13:43.47	38.67	1850m:	23:16.58	37.60	2600m:	32:52.89	38.90	
400m:	4:53.48	37.80	1150m:	14:21.66	38.19	1900m:	23:54.91	38.33	2650m:	33:31.82	38.93	
450m:	5:31.57	38.09	1200m:	14:59.82	38.16	1950m:	24:32.71	37.80	2700m:	34:11.31	39.49	
500m:	6:09.49	37.92	1250m:	15:38.26	38.44	2000m:	25:10.45	37.74	2750m:	34:49.50	38.19	
550m:	6:47.85	38.36	1300m:	16:16.79	38.53	2050m:	25:48.38	37.93	2800m:	35:28.63	39.13	
600m:	7:25.91	38.06	1350m:	16:55.27	38.48	2100m:	26:26.70	38.32	2850m:	36:06.95	38.32	
650m:	8:03.35	37.44	1400m:	17:33.20	37.93	2150m:	27:05.54	38.84	2900m:	36:44.28	37.33	
700m:	8:40.92	37.57	1450m:	18:10.89	37.69	2200m:	27:44.12	38.58	2950m:	37:22.26	37.98	
750m:	9:18.55	37.63	1500m:	18:48.89	38.00	2250m:	28:22.99	38.87	3000m:	37:54.94	32.68	
39. TREN RAMOS, Arnau	07 C.N. Martorell										37:55.02	9,00
50m:	34.66	34.66	800m:	9:57.42	38.20	1550m:	19:27.44	38.54	2300m:	29:02.57	38.49	
100m:	1:11.22	36.56	850m:	10:35.28	37.86	1600m:	20:06.03	38.59	2350m:	29:40.57	38.00	
150m:	1:48.72	37.50	900m:	11:12.60	37.32	1650m:	20:44.92	38.89	2400m:	30:18.64	38.07	
200m:	2:25.96	37.24	950m:	11:50.34	37.74	1700m:	21:23.40	38.48	2450m:	30:57.31	38.67	
250m:	3:03.32	37.36	1000m:	12:28.32	37.98	1750m:	22:02.05	38.65	2500m:	31:35.47	38.16	
300m:	3:40.91	37.59	1050m:	13:06.25	37.93	1800m:	22:40.24	38.19	2550m:	32:14.12	38.65	
350m:	4:17.90	36.99	1100m:	13:44.62	38.37	1850m:	23:18.20	37.96	2600m:	32:52.65	38.53	
400m:	4:55.21	37.31	1150m:	14:22.78	38.16	1900m:	23:56.49	38.29	2650m:	33:31.75	39.10	
450m:	5:32.88	37.67	1200m:	15:00.96	38.18	1950m:	24:34.71	38.22	2700m:	34:11.10	39.35	
500m:	6:10.66	37.78	1250m:	15:38.80	37.84	2000m:	25:13.49	38.78	2750m:	34:49.74	38.64	
550m:	6:48.41	37.75	1300m:	16:17.43	38.63	2050m:	25:51.62	38.13	2800m:	35:28.64	38.90	
600m:	7:26.29	37.88	1350m:	16:55.47	38.04	2100m:	26:30.09	38.47	2850m:	36:07.55	38.91	
650m:	8:03.83	37.54	1400m:	17:33.12	37.65	2150m:	27:07.74	37.65	2900m:	36:45.39	37.84	
700m:	8:41.44	37.61	1450m:	18:10.78	37.66	2200m:	27:45.69	37.95	2950m:	37:22.72	37.33	
750m:	9:19.22	37.78	1500m:	18:48.90	38.12	2250m:	28:24.08	38.39	3000m:	37:55.02	32.30	

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

Classificació	ANY										Temps	
	07		C.N. Martorell									
40. PUJOL CHAVARRIA, Alejandro											38:34.98	8,00
50m:	34.03	34.03	800m:	9:58.87	38.28	1550m:	19:41.70	38.81	2300m:	29:30.04	38.88	
100m:	1:09.34	35.31	850m:	10:37.22	38.35	1600m:	20:20.71	39.01	2350m:	30:09.39	39.35	
150m:	1:45.96	36.62	900m:	11:16.03	38.81	1650m:	20:59.72	39.01	2400m:	30:48.46	39.07	
200m:	2:23.05	37.09	950m:	11:54.53	38.50	1700m:	21:39.05	39.33	2450m:	31:27.54	39.08	
250m:	3:00.09	37.04	1000m:	12:33.55	39.02	1750m:	22:18.39	39.34	2500m:	32:06.51	38.97	
300m:	3:37.58	37.49	1050m:	13:12.58	39.03	1800m:	22:57.96	39.57	2550m:	32:45.94	39.43	
350m:	4:15.49	37.91	1100m:	13:51.91	39.33	1850m:	23:37.14	39.18	2600m:	33:25.68	39.74	
400m:	4:53.62	38.13	1150m:	14:30.65	38.74	1900m:	24:16.14	39.00	2650m:	34:04.94	39.26	
450m:	5:31.41	37.79	1200m:	15:09.33	38.68	1950m:	24:55.42	39.28	2700m:	34:44.72	39.78	
500m:	6:09.23	37.82	1250m:	15:48.33	39.00	2000m:	25:33.96	38.54	2750m:	35:23.99	39.27	
550m:	6:47.40	38.17	1300m:	16:27.20	38.87	2050m:	26:13.26	39.30	2800m:	36:03.37	39.38	
600m:	7:25.82	38.42	1350m:	17:06.30	39.10	2100m:	26:52.83	39.57	2850m:	36:42.60	39.23	
650m:	8:04.39	38.57	1400m:	17:45.20	38.90	2150m:	27:32.78	39.95	2900m:	37:20.58	37.98	
700m:	8:42.13	37.74	1450m:	18:23.98	38.78	2200m:	28:11.97	39.19	2950m:	37:58.83	38.25	
750m:	9:20.59	38.46	1500m:	19:02.89	38.91	2250m:	28:51.16	39.19	3000m:	38:34.98	36.15	