Prova 4 — Masc., 3000m Lliure — Absolut, Júnior 2 i Júnior 1
22/11/2026 — Resultats

Rècord Catalunya	30:44.55	PUJOL BELMONTE, Guillem	00106	Sabadell	3/12/2021
Millor Marca Catalana 18	31:39.66	ORTIZ MARTINEZ, Carlos	00076	Barcelona_CNB	2/12/2022
Millor Marca Catalana 17	31:38.16	GIL CORBACHO, Marcos		Sabadell	21/1/2017
Millor Marca Catalana 16	32:01.03	PALAZON GALINDO, Grau	00068	OLOT	22/11/2025
Millor Marca Catalana 15	32:31.71	MATEO ARTACHO, Alan	00068	SANT FELIU	6/12/2024

Classificació — ANY — Temps

Júnior 1 Fons Indoor

resultats provisionals

1. AGUDELO RAMOS, Mauricio — 10 — C.N. Terrassa — **33:18.13** — 19,00

50m:	30.98	30.98	800m:	8:46.55	33.42	1550m:	17:05.03	33.26	2300m:	25:25.34	33.63
100m:	1:02.86	31.88	850m:	9:19.74	33.19	1600m:	17:37.77	32.74	2350m:	25:59.00	33.66
150m:	1:35.54	32.68	900m:	9:52.94	33.20	1650m:	18:10.93	33.16	2400m:	26:32.28	33.28
200m:	2:08.32	32.78	950m:	10:26.74	33.80	1700m:	18:44.10	33.17	2450m:	27:06.37	34.09
250m:	2:41.46	33.14	1000m:	11:00.26	33.52	1750m:	19:17.36	33.26	2500m:	27:40.81	34.44
300m:	3:14.56	33.10	1050m:	11:33.79	33.53	1800m:	19:50.07	32.71	2550m:	28:14.91	34.10
350m:	3:47.64	33.08	1100m:	12:07.18	33.39	1850m:	20:23.79	33.72	2600m:	28:49.22	34.31
400m:	4:20.58	32.94	1150m:	12:40.62	33.44	1900m:	20:57.12	33.33	2650m:	29:23.41	34.19
450m:	4:53.47	32.89	1200m:	13:14.01	33.39	1950m:	21:30.49	33.37	2700m:	29:57.86	34.45
500m:	5:26.97	33.50	1250m:	13:47.10	33.09	2000m:	22:04.06	33.57	2750m:	30:32.08	34.22
550m:	6:00.56	33.59	1300m:	14:20.02	32.92	2050m:	22:37.81	33.75	2800m:	31:06.12	34.04
600m:	6:33.92	33.36	1350m:	14:52.88	32.86	2100m:	23:11.01	33.20	2850m:	31:39.36	33.24
650m:	7:07.06	33.14	1400m:	15:25.70	32.82	2150m:	23:44.52	33.51	2900m:	32:13.39	34.03
700m:	7:40.24	33.18	1450m:	15:58.81	33.11	2200m:	24:18.32	33.80	2950m:	32:46.87	33.48
750m:	8:13.13	32.89	1500m:	16:31.77	32.96	2250m:	24:51.71	33.39	3000m:	33:18.13	31.26

2. VIVAR ARBUSA, Sergi — 10 — C.N. Banyoles — **33:18.33** — 16,00

50m:	31.58	31.58	800m:	8:42.11	33.03	1550m:	17:03.18	33.63	2300m:	25:28.47	34.07
100m:	1:03.39	31.81	850m:	9:14.98	32.87	1600m:	17:36.89	33.71	2350m:	26:02.79	34.32
150m:	1:35.61	32.22	900m:	9:48.46	33.48	1650m:	18:09.85	32.96	2400m:	26:36.78	33.99
200m:	2:07.65	32.04	950m:	10:21.65	33.19	1700m:	18:43.68	33.83	2450m:	27:10.38	33.60
250m:	2:40.54	32.89	1000m:	10:55.42	33.77	1750m:	19:17.31	33.63	2500m:	27:44.27	33.89
300m:	3:13.05	32.51	1050m:	11:28.68	33.26	1800m:	19:50.74	33.43	2550m:	28:18.06	33.79
350m:	3:45.90	32.85	1100m:	12:02.02	33.34	1850m:	20:24.65	33.91	2600m:	28:52.12	34.06
400m:	4:18.52	32.62	1150m:	12:35.43	33.41	1900m:	20:58.41	33.76	2650m:	29:26.17	34.05
450m:	4:51.31	32.79	1200m:	13:08.64	33.21	1950m:	21:31.93	33.52	2700m:	30:00.14	33.97
500m:	5:24.13	32.82	1250m:	13:42.24	33.60	2000m:	22:05.52	33.59	2750m:	30:33.87	33.73
550m:	5:56.93	32.80	1300m:	14:15.47	33.23	2050m:	22:39.18	33.66	2800m:	31:07.84	33.97
600m:	6:29.52	32.59	1350m:	14:49.36	33.89	2100m:	23:12.81	33.63	2850m:	31:41.47	33.63
650m:	7:02.87	33.35	1400m:	15:22.74	33.38	2150m:	23:46.72	33.91	2900m:	32:14.39	32.92
700m:	7:35.64	32.77	1450m:	15:56.11	33.37	2200m:	24:20.41	33.69	2950m:	32:47.69	33.30
750m:	8:09.08	33.44	1500m:	16:29.55	33.44	2250m:	24:54.40	33.99	3000m:	33:18.33	30.64

3. GARCIA NARES, Joan Manel — 10 — C.N. Granollers — **33:21.24** — 14,00

50m:	31.50	31.50	800m:	8:46.53	33.59	1550m:	17:08.63	33.67	2300m:	25:30.53	33.69
100m:	1:03.28	31.78	850m:	9:20.56	34.03	1600m:	17:41.76	33.13	2350m:	26:03.87	33.34
150m:	1:35.83	32.55	900m:	9:53.71	33.15	1650m:	18:15.80	34.04	2400m:	26:37.69	33.82
200m:	2:08.21	32.38	950m:	10:26.71	33.00	1700m:	18:49.21	33.41	2450m:	27:11.50	33.81
250m:	2:41.27	33.06	1000m:	11:00.33	33.62	1750m:	19:22.44	33.23	2500m:	27:45.54	34.04
300m:	3:14.45	33.18	1050m:	11:33.97	33.64	1800m:	19:55.86	33.42	2550m:	28:19.26	33.72
350m:	3:47.59	33.14	1100m:	12:07.23	33.26	1850m:	20:29.16	33.30	2600m:	28:53.12	33.86
400m:	4:20.86	33.27	1150m:	12:40.62	33.39	1900m:	21:02.70	33.54	2650m:	29:27.24	34.12
450m:	4:53.74	32.88	1200m:	13:13.87	33.25	1950m:	21:36.10	33.40	2700m:	30:00.74	33.50
500m:	5:26.88	33.14	1250m:	13:47.16	33.29	2000m:	22:09.41	33.31	2750m:	30:34.96	34.22
550m:	6:00.21	33.33	1300m:	14:20.46	33.30	2050m:	22:42.74	33.33	2800m:	31:09.06	34.10
600m:	6:33.47	33.26	1350m:	14:54.33	33.87	2100m:	23:16.16	33.42	2850m:	31:43.24	34.18
650m:	7:06.48	33.01	1400m:	15:27.99	33.66	2150m:	23:49.71	33.55	2900m:	32:16.88	33.64
700m:	7:39.63	33.15	1450m:	16:01.50	33.51	2200m:	24:23.27	33.56	2950m:	32:50.39	33.51
750m:	8:12.94	33.31	1500m:	16:34.96	33.46	2250m:	24:56.84	33.57	3000m:	33:21.24	30.85

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

Classificació ANY Temps

4. ESCRIBA CURTO, Marc — 11 — C.N. Sabadell — **33:27.36** — 13,00

50m:	31.96	31.96	800m:	8:48.71	33.51	1550m:	17:14.12	33.92	2300m:	25:43.24	34.02
100m:	1:04.39	32.43	850m:	9:22.53	33.82	1600m:	17:47.99	33.87	2350m:	26:17.01	33.77
150m:	1:37.09	32.70	900m:	9:56.31	33.78	1650m:	18:21.85	33.86	2400m:	26:50.12	33.11
200m:	2:09.95	32.86	950m:	10:29.87	33.56	1700m:	18:55.74	33.89	2450m:	27:23.67	33.55
250m:	2:42.98	33.03	1000m:	11:03.66	33.79	1750m:	19:29.95	34.21	2500m:	27:57.49	33.82
300m:	3:16.11	33.13	1050m:	11:37.16	33.50	1800m:	20:04.02	34.07	2550m:	28:30.74	33.25
350m:	3:48.86	32.75	1100m:	12:10.74	33.58	1850m:	20:37.99	33.97	2600m:	29:03.48	32.74
400m:	4:21.76	32.90	1150m:	12:44.29	33.55	1900m:	21:11.65	33.66	2650m:	29:36.55	33.07
450m:	4:54.90	33.14	1200m:	13:18.05	33.76	1950m:	21:45.48	33.83	2700m:	30:09.91	33.36
500m:	5:28.11	33.21	1250m:	13:51.60	33.55	2000m:	22:19.63	34.15	2750m:	30:43.75	33.84
550m:	6:01.29	33.18	1300m:	14:25.43	33.83	2050m:	22:52.98	33.35	2800m:	31:16.98	33.23
600m:	6:34.73	33.44	1350m:	14:59.07	33.64	2100m:	23:26.37	33.39	2850m:	31:50.53	33.55
650m:	7:08.18	33.45	1400m:	15:32.90	33.83	2150m:	24:00.49	34.12	2900m:	32:23.76	33.23
700m:	7:41.63	33.45	1450m:	16:06.69	33.79	2200m:	24:34.78	34.29	2950m:	32:56.02	32.26
750m:	8:15.20	33.57	1500m:	16:40.20	33.51	2250m:	25:09.22	34.44	3000m:	33:27.36	31.34

5. DORADO TOMAS, Pablo — 10 — C.N. L´ Hospitalet — **33:30.64** — 12,00

50m:	30.67	30.67	800m:	8:45.95	33.39	1550m:	17:08.91	33.60	2300m:	25:36.59	33.53
100m:	1:02.78	32.11	850m:	9:19.45	33.50	1600m:	17:42.61	33.70	2350m:	26:10.92	34.33
150m:	1:35.06	32.28	900m:	9:52.55	33.10	1650m:	18:16.38	33.77	2400m:	26:45.00	34.08
200m:	2:07.68	32.62	950m:	10:26.11	33.56	1700m:	18:50.24	33.86	2450m:	27:19.03	34.03
250m:	2:40.79	33.11	1000m:	10:59.71	33.60	1750m:	19:23.84	33.60	2500m:	27:53.28	34.25
300m:	3:14.00	33.21	1050m:	11:33.05	33.34	1800m:	19:57.77	33.93	2550m:	28:27.52	34.24
350m:	3:47.24	33.24	1100m:	12:06.69	33.64	1850m:	20:31.47	33.70	2600m:	29:01.70	34.18
400m:	4:20.30	33.06	1150m:	12:40.05	33.36	1900m:	21:05.37	33.90	2650m:	29:35.84	34.14
450m:	4:53.31	33.01	1200m:	13:13.71	33.66	1950m:	21:39.14	33.77	2700m:	30:09.60	33.76
500m:	5:26.61	33.30	1250m:	13:47.10	33.39	2000m:	22:13.09	33.95	2750m:	30:43.78	34.18
550m:	5:59.75	33.14	1300m:	14:20.48	33.38	2050m:	22:47.10	34.01	2800m:	31:18.24	34.46
600m:	6:32.82	33.07	1350m:	14:54.12	33.64	2100m:	23:21.04	33.94	2850m:	31:52.43	34.19
650m:	7:06.04	33.22	1400m:	15:27.80	33.68	2150m:	23:55.13	34.09	2900m:	32:26.23	33.80
700m:	7:39.23	33.19	1450m:	16:01.60	33.80	2200m:	24:29.10	33.97	2950m:	32:59.23	33.00
750m:	8:12.56	33.33	1500m:	16:35.31	33.71	2250m:	25:03.06	33.96	3000m:	33:30.64	31.41

6. GIL GRANDE, Oriol — 10 — C.N. Sabadell — **34:31.02** — 11,00

50m:	32.08	32.08	800m:	9:00.82	34.32	1550m:	17:38.88	34.85	2300m:	26:25.93	35.15
100m:	1:04.90	32.82	850m:	9:35.11	34.29	1600m:	18:13.90	35.02	2350m:	27:01.12	35.19
150m:	1:37.94	33.04	900m:	10:09.33	34.22	1650m:	18:49.15	35.25	2400m:	27:36.47	35.35
200m:	2:11.17	33.23	950m:	10:43.64	34.31	1700m:	19:24.01	34.86	2450m:	28:11.68	35.21
250m:	2:44.79	33.62	1000m:	11:17.99	34.35	1750m:	19:59.21	35.20	2500m:	28:46.85	35.17
300m:	3:18.53	33.74	1050m:	11:52.19	34.20	1800m:	20:34.23	35.02	2550m:	29:22.12	35.27
350m:	3:52.27	33.74	1100m:	12:26.53	34.34	1850m:	21:09.01	34.78	2600m:	29:57.15	35.03
400m:	4:26.54	34.27	1150m:	13:01.08	34.55	1900m:	21:43.73	34.72	2650m:	30:32.46	35.31
450m:	5:00.88	34.34	1200m:	13:35.57	34.49	1950m:	22:19.16	35.43	2700m:	31:07.54	35.08
500m:	5:35.09	34.21	1250m:	14:10.09	34.52	2000m:	22:54.32	35.16	2750m:	31:42.68	35.14
550m:	6:09.45	34.36	1300m:	14:44.95	34.86	2050m:	23:29.60	35.28	2800m:	32:17.55	34.87
600m:	6:43.81	34.36	1350m:	15:19.53	34.58	2100m:	24:04.65	35.05	2850m:	32:52.53	34.98
650m:	7:18.05	34.24	1400m:	15:54.30	34.77	2150m:	24:40.06	35.41	2900m:	33:27.43	34.90
700m:	7:52.24	34.19	1450m:	16:29.35	35.05	2200m:	25:15.35	35.29	2950m:	34:00.98	33.55
750m:	8:26.50	34.26	1500m:	17:04.03	34.68	2250m:	25:50.78	35.43	3000m:	34:31.02	30.04

7. PEINADO MARZO, Joel — 10 — C.N. Molins De Rei — **34:32.15** — 10,00

50m:	33.48	33.48	800m:	9:07.21	34.85	1550m:	17:47.28	34.92	2300m:	26:30.00	35.16
100m:	1:06.80	33.32	850m:	9:41.50	34.29	1600m:	18:22.11	34.83	2350m:	27:05.17	35.17
150m:	1:41.00	34.20	900m:	10:15.97	34.47	1650m:	18:57.14	35.03	2400m:	27:40.08	34.91
200m:	2:14.96	33.96	950m:	10:50.56	34.59	1700m:	19:32.32	35.18	2450m:	28:15.12	35.04
250m:	2:49.32	34.36	1000m:	11:25.07	34.51	1750m:	20:06.91	34.59	2500m:	28:49.87	34.75
300m:	3:23.27	33.95	1050m:	11:59.72	34.65	1800m:	20:41.59	34.68	2550m:	29:24.89	35.02
350m:	3:57.86	34.59	1100m:	12:34.54	34.82	1850m:	21:16.64	35.05	2600m:	30:00.20	35.31
400m:	4:31.82	33.96	1150m:	13:09.16	34.62	1900m:	21:51.40	34.76	2650m:	30:34.90	34.70
450m:	5:06.33	34.51	1200m:	13:43.97	34.81	1950m:	22:26.31	34.91	2700m:	31:09.22	34.32
500m:	5:40.83	34.50	1250m:	14:18.62	34.65	2000m:	23:00.76	34.45	2750m:	31:43.37	34.15
550m:	6:15.18	34.35	1300m:	14:53.20	34.58	2050m:	23:35.39	34.63	2800m:	32:17.48	34.11
600m:	6:49.65	34.47	1350m:	15:27.82	34.62	2100m:	24:09.99	34.60	2850m:	32:51.20	33.72
650m:	7:23.64	33.99	1400m:	16:02.79	34.97	2150m:	24:44.91	34.92	2900m:	33:24.62	33.42
700m:	7:58.11	34.47	1450m:	16:37.62	34.83	2200m:	25:19.88	34.97	2950m:	33:59.51	34.89
750m:	8:32.36	34.25	1500m:	17:12.36	34.74	2250m:	25:54.84	34.96	3000m:	34:32.15	32.64

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

Classificació		ANY		Temps	
8.	GOMEZ BORRERO, Pau	10	C.N. L´ Hospitalet	**34:51.35**	9,00

50m:	30.69	30.69	800m:	9:06.30	34.61	1550m:	17:50.05	35.12	2300m:	26:42.96	35.67
100m:	1:04.14	33.45	850m:	9:41.15	34.85	1600m:	18:25.62	35.57	2350m:	27:18.05	35.09
150m:	1:38.09	33.95	900m:	10:16.31	35.16	1650m:	19:00.98	35.36	2400m:	27:53.30	35.25
200m:	2:12.33	34.24	950m:	10:51.31	35.00	1700m:	19:36.42	35.44	2450m:	28:28.60	35.30
250m:	2:46.82	34.49	1000m:	11:26.05	34.74	1750m:	20:11.93	35.51	2500m:	29:04.11	35.51
300m:	3:21.35	34.53	1050m:	12:00.82	34.77	1800m:	20:47.66	35.73	2550m:	29:39.40	35.29
350m:	3:55.57	34.22	1100m:	12:35.43	34.61	1850m:	21:23.48	35.82	2600m:	30:14.39	34.99
400m:	4:29.70	34.13	1150m:	13:10.25	34.82	1900m:	21:58.86	35.38	2650m:	30:49.49	35.10
450m:	5:03.93	34.23	1200m:	13:45.17	34.92	1950m:	22:34.34	35.48	2700m:	31:24.71	35.22
500m:	5:38.34	34.41	1250m:	14:20.06	34.89	2000m:	23:10.02	35.68	2750m:	31:59.64	34.93
550m:	6:13.12	34.78	1300m:	14:54.73	34.67	2050m:	23:45.64	35.62	2800m:	32:34.38	34.74
600m:	6:47.70	34.58	1350m:	15:29.43	34.70	2100m:	24:21.25	35.61	2850m:	33:09.16	34.78
650m:	7:22.48	34.78	1400m:	16:04.86	35.43	2150m:	24:56.57	35.32	2900m:	33:44.57	35.41
700m:	7:57.10	34.62	1450m:	16:39.83	34.97	2200m:	25:31.88	35.31	2950m:	34:20.44	35.87
750m:	8:31.69	34.59	1500m:	17:14.93	35.10	2250m:	26:07.29	35.41	3000m:	34:51.35	30.91

9.	LOR FRANCH, Jan	11	C.N. Amposta	**35:21.27**	8,00

50m:	33.03	33.03	800m:	9:14.90	34.89	1550m:	18:04.97	35.90	2300m:	27:01.84	35.83
100m:	1:07.84	34.81	850m:	9:50.99	36.09	1600m:	18:39.79	34.82	2350m:	27:38.04	36.20
150m:	1:42.32	34.48	900m:	10:25.81	34.82	1650m:	19:15.24	35.45	2400m:	28:14.35	36.31
200m:	2:17.19	34.87	950m:	11:00.91	35.10	1700m:	19:50.39	35.15	2450m:	28:50.51	36.16
250m:	2:52.08	34.89	1000m:	11:36.81	35.90	1750m:	20:26.01	35.62	2500m:	29:26.68	36.17
300m:	3:26.37	34.29	1050m:	12:12.22	35.41	1800m:	21:01.02	35.01	2550m:	30:01.89	35.21
350m:	4:00.06	33.69	1100m:	12:47.41	35.19	1850m:	21:37.10	36.08	2600m:	30:37.13	35.24
400m:	4:34.50	34.44	1150m:	13:22.84	35.43	1900m:	22:13.09	35.99	2650m:	31:12.78	35.65
450m:	5:09.53	35.03	1200m:	13:58.18	35.34	1950m:	22:48.91	35.82	2700m:	31:49.23	36.45
500m:	5:44.93	35.40	1250m:	14:33.20	35.02	2000m:	23:25.03	36.12	2750m:	32:25.27	36.04
550m:	6:19.45	34.52	1300m:	15:08.38	35.18	2050m:	24:01.06	36.03	2800m:	33:01.05	35.78
600m:	6:54.47	35.02	1350m:	15:43.38	35.00	2100m:	24:37.10	36.04	2850m:	33:37.12	36.07
650m:	7:29.64	35.17	1400m:	16:18.29	34.91	2150m:	25:12.70	35.60	2900m:	34:12.54	35.42
700m:	8:04.85	35.21	1450m:	16:53.67	35.38	2200m:	25:49.27	36.57	2950m:	34:47.95	35.41
750m:	8:40.01	35.16	1500m:	17:29.07	35.40	2250m:	26:26.01	36.74	3000m:	35:21.27	33.32

10.	PASCUAL FUENTES, Alejandro	10	C.N. L´ Hospitalet	**35:30.70**	7,00

50m:	32.92	32.92	800m:	9:20.22	35.61	1550m:	18:11.66	35.75	2300m:	27:08.19	35.91
100m:	1:06.90	33.98	850m:	9:55.45	35.23	1600m:	18:47.25	35.59	2350m:	27:44.33	36.14
150m:	1:41.29	34.39	900m:	10:29.99	34.54	1650m:	19:23.11	35.86	2400m:	28:20.34	36.01
200m:	2:16.38	35.09	950m:	11:04.44	34.45	1700m:	19:58.64	35.53	2450m:	28:56.24	35.90
250m:	2:51.64	35.26	1000m:	11:39.79	35.35	1750m:	20:34.46	35.82	2500m:	29:32.05	35.81
300m:	3:26.91	35.27	1050m:	12:15.40	35.61	1800m:	21:10.28	35.82	2550m:	30:08.32	36.27
350m:	4:02.10	35.19	1100m:	12:51.12	35.72	1850m:	21:45.93	35.65	2600m:	30:44.21	35.89
400m:	4:37.16	35.06	1150m:	13:26.81	35.69	1900m:	22:21.60	35.67	2650m:	31:19.62	35.41
450m:	5:12.59	35.43	1200m:	14:02.61	35.80	1950m:	22:57.22	35.62	2700m:	31:55.80	36.18
500m:	5:48.24	35.65	1250m:	14:38.16	35.55	2000m:	23:33.12	35.90	2750m:	32:32.07	36.27
550m:	6:23.45	35.21	1300m:	15:13.70	35.54	2050m:	24:08.98	35.86	2800m:	33:08.30	36.23
600m:	6:58.75	35.30	1350m:	15:49.04	35.34	2100m:	24:44.96	35.98	2850m:	33:44.49	36.19
650m:	7:33.79	35.04	1400m:	16:24.33	35.29	2150m:	25:20.56	35.60	2900m:	34:20.14	35.65
700m:	8:09.17	35.38	1450m:	17:00.07	35.74	2200m:	25:56.33	35.77	2950m:	34:55.83	35.69
750m:	8:44.61	35.44	1500m:	17:35.91	35.84	2250m:	26:32.28	35.95	3000m:	35:30.70	34.87

11.	ORTEGA CASTRO, Iker	10	C.N. Terrassa	**35:38.94**	6,00

50m:	32.75	32.75	800m:	9:21.87	35.54	1550m:	18:16.89	35.86	2300m:	27:17.37	36.19
100m:	1:06.30	33.55	850m:	9:57.31	35.44	1600m:	18:52.94	36.05	2350m:	27:53.38	36.01
150m:	1:41.08	34.78	900m:	10:32.92	35.61	1650m:	19:28.63	35.69	2400m:	28:29.16	35.78
200m:	2:15.76	34.68	950m:	11:08.63	35.71	1700m:	20:04.76	36.13	2450m:	29:05.03	35.87
250m:	2:50.59	34.83	1000m:	11:44.19	35.56	1750m:	20:40.88	36.12	2500m:	29:40.77	35.74
300m:	3:25.91	35.32	1050m:	12:19.91	35.72	1800m:	21:17.12	36.24	2550m:	30:15.90	35.13
350m:	4:01.29	35.38	1100m:	12:55.34	35.43	1850m:	21:52.97	35.85	2600m:	30:52.17	36.27
400m:	4:36.79	35.50	1150m:	13:30.95	35.61	1900m:	22:29.15	36.18	2650m:	31:28.44	36.27
450m:	5:12.26	35.47	1200m:	14:06.49	35.54	1950m:	23:05.25	36.10	2700m:	32:04.70	36.26
500m:	5:47.74	35.48	1250m:	14:42.10	35.61	2000m:	23:41.62	36.37	2750m:	32:40.87	36.17
550m:	6:23.52	35.78	1300m:	15:17.77	35.67	2050m:	24:17.52	35.90	2800m:	33:16.84	35.97
600m:	6:59.19	35.67	1350m:	15:53.50	35.73	2100m:	24:53.62	36.10	2850m:	33:53.11	36.27
650m:	7:35.07	35.88	1400m:	16:29.35	35.85	2150m:	25:29.37	35.75	2900m:	34:29.28	36.17
700m:	8:10.80	35.73	1450m:	17:05.23	35.88	2200m:	26:05.18	35.81	2950m:	35:05.23	35.95
750m:	8:46.33	35.53	1500m:	17:41.03	35.80	2250m:	26:41.18	36.00	3000m:	35:38.94	33.71

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

Classificació		ANY		Temps	
12.	FEITO ARSO, Pol	10	C.N. Sant Andreu	**35:41.99**	5,00

50m:	33.07	33.07	800m:	9:22.71	35.69	1550m:	18:18.86	35.95	2300m:	27:20.33	37.00
100m:	1:07.13	34.06	850m:	9:58.53	35.82	1600m:	18:54.56	35.70	2350m:	27:57.33	37.00
150m:	1:42.01	34.88	900m:	10:34.51	35.98	1650m:	19:30.34	35.78	2400m:	28:33.10	35.77
200m:	2:17.24	35.23	950m:	11:10.16	35.65	1700m:	20:06.47	36.13	2450m:	29:09.28	36.18
250m:	2:52.76	35.52	1000m:	11:46.06	35.90	1750m:	20:42.28	35.81	2500m:	29:45.24	35.96
300m:	3:28.25	35.49	1050m:	12:21.78	35.72	1800m:	21:18.27	35.99	2550m:	30:21.38	36.14
350m:	4:03.64	35.39	1100m:	12:57.37	35.59	1850m:	21:54.19	35.92	2600m:	30:57.53	36.15
400m:	4:39.16	35.52	1150m:	13:32.85	35.48	1900m:	22:29.81	35.62	2650m:	31:33.22	35.69
450m:	5:14.85	35.69	1200m:	14:08.58	35.73	1950m:	23:06.01	36.20	2700m:	32:09.48	36.26
500m:	5:50.32	35.47	1250m:	14:44.16	35.58	2000m:	23:41.97	35.96	2750m:	32:45.34	35.86
550m:	6:25.42	35.10	1300m:	15:20.13	35.97	2050m:	24:18.24	36.27	2800m:	33:21.02	35.68
600m:	7:00.45	35.03	1350m:	15:55.97	35.84	2100m:	24:56.01	37.77	2850m:	33:56.88	35.86
650m:	7:35.54	35.09	1400m:	16:31.60	35.63	2150m:	25:31.85	35.84	2900m:	34:32.86	35.98
700m:	8:11.28	35.74	1450m:	17:07.32	35.72	2200m:	26:07.58	35.73	2950m:	35:08.18	35.32
750m:	8:47.02	35.74	1500m:	17:42.91	35.59	2250m:	26:43.33	35.75	3000m:	35:41.99	33.81

13.	CALERO SANCHEZ, Diego	10	C.N. Sabadell	**35:43.83**	4,00

50m:	33.35	33.35	800m:	9:22.01	35.38	1550m:	18:19.82	36.09	2300m:	27:22.38	36.55
100m:	1:07.88	34.53	850m:	9:57.71	35.70	1600m:	18:56.47	36.65	2350m:	27:58.51	36.13
150m:	1:42.77	34.89	900m:	10:33.50	35.79	1650m:	19:32.41	35.94	2400m:	28:34.71	36.20
200m:	2:17.20	34.43	950m:	11:09.18	35.68	1700m:	20:08.30	35.89	2450m:	29:10.90	36.19
250m:	2:52.07	34.87	1000m:	11:44.91	35.73	1750m:	20:44.76	36.46	2500m:	29:47.42	36.52
300m:	3:27.21	35.14	1050m:	12:20.69	35.78	1800m:	21:20.80	36.04	2550m:	30:23.75	36.33
350m:	4:02.35	35.14	1100m:	12:56.63	35.94	1850m:	21:57.11	36.31	2600m:	30:59.78	36.03
400m:	4:37.85	35.50	1150m:	13:32.26	35.63	1900m:	22:33.29	36.18	2650m:	31:35.94	36.16
450m:	5:13.38	35.53	1200m:	14:08.09	35.83	1950m:	23:09.47	36.18	2700m:	32:11.91	35.97
500m:	5:48.65	35.27	1250m:	14:44.07	35.98	2000m:	23:45.80	36.33	2750m:	32:47.95	36.04
550m:	6:24.02	35.37	1300m:	15:19.75	35.68	2050m:	24:21.67	35.87	2800m:	33:23.74	35.79
600m:	6:59.62	35.60	1350m:	15:55.93	36.18	2100m:	24:57.47	35.80	2850m:	33:59.43	35.69
650m:	7:35.36	35.74	1400m:	16:31.99	36.06	2150m:	25:33.41	35.94	2900m:	34:35.14	35.71
700m:	8:10.91	35.55	1450m:	17:07.70	35.71	2200m:	26:09.52	36.11	2950m:	35:10.43	35.29
750m:	8:46.63	35.72	1500m:	17:43.73	36.03	2250m:	26:45.83	36.31	3000m:	35:43.83	33.40

14.	LOZANO NAVARRO, Gerard	11	C.N. Granollers	**35:48.61**	3,00

50m:	33.92	33.92	800m:	9:20.46	35.58	1550m:	18:18.51	36.04	2300m:	27:24.78	36.66
100m:	1:08.25	34.33	850m:	9:55.99	35.53	1600m:	18:54.62	36.11	2350m:	28:01.70	36.92
150m:	1:43.13	34.88	900m:	10:31.50	35.51	1650m:	19:30.54	35.92	2400m:	28:37.22	35.52
200m:	2:17.73	34.60	950m:	11:07.29	35.79	1700m:	20:06.49	35.95	2450m:	29:14.10	36.88
250m:	2:52.19	34.46	1000m:	11:43.12	35.83	1750m:	20:42.45	35.96	2500m:	29:50.45	36.35
300m:	3:26.83	34.64	1050m:	12:18.41	35.29	1800m:	21:18.50	36.05	2550m:	30:25.17	34.72
350m:	4:01.98	35.15	1100m:	12:54.02	35.61	1850m:	21:54.73	36.23	2600m:	31:00.84	35.67
400m:	4:37.13	35.15	1150m:	13:29.98	35.96	1900m:	22:31.35	36.62	2650m:	31:37.28	36.44
450m:	5:12.75	35.62	1200m:	14:05.87	35.89	1950m:	23:08.08	36.73	2700m:	32:14.04	36.76
500m:	5:48.08	35.33	1250m:	14:41.91	36.04	2000m:	23:45.22	37.14	2750m:	32:50.86	36.82
550m:	6:23.85	35.77	1300m:	15:17.91	36.00	2050m:	24:21.15	35.93	2800m:	33:26.34	35.48
600m:	6:59.02	35.17	1350m:	15:53.98	36.07	2100m:	24:57.81	36.66	2850m:	34:02.19	35.85
650m:	7:34.29	35.27	1400m:	16:30.23	36.25	2150m:	25:34.50	36.69	2900m:	34:38.97	36.78
700m:	8:09.73	35.44	1450m:	17:06.26	36.03	2200m:	26:10.80	36.30	2950m:	35:14.44	35.47
750m:	8:44.88	35.15	1500m:	17:42.47	36.21	2250m:	26:48.12	37.32	3000m:	35:48.61	34.17

15.	CABRERA PI, Hugo	11	C.N. Granollers	**36:08.95**	2,00

50m:	33.44	33.44	800m:	9:32.42	36.23	1550m:	18:40.02	35.67	2300m:	27:49.98	36.59
100m:	1:08.03	34.59	850m:	10:08.86	36.44	1600m:	19:16.80	36.78	2350m:	28:25.54	35.56
150m:	1:43.98	35.95	900m:	10:45.08	36.22	1650m:	19:53.61	36.81	2400m:	29:01.99	36.45
200m:	2:20.18	36.20	950m:	11:21.26	36.18	1700m:	20:30.25	36.64	2450m:	29:37.79	35.80
250m:	2:56.54	36.36	1000m:	11:56.48	35.22	1750m:	21:07.27	37.02	2500m:	30:12.91	35.12
300m:	3:33.51	36.97	1050m:	12:32.98	36.50	1800m:	21:44.21	36.94	2550m:	30:48.41	35.50
350m:	4:08.67	35.16	1100m:	13:09.80	36.82	1850m:	22:21.01	36.80	2600m:	31:23.53	35.12
400m:	4:43.95	35.28	1150m:	13:46.82	37.02	1900m:	22:57.36	36.35	2650m:	31:59.06	35.53
450m:	5:20.15	36.20	1200m:	14:23.72	36.90	1950m:	23:34.42	37.06	2700m:	32:33.38	34.32
500m:	5:56.79	36.64	1250m:	15:00.09	36.37	2000m:	24:10.65	36.23	2750m:	33:09.04	35.66
550m:	6:31.83	35.04	1300m:	15:36.50	36.41	2050m:	24:46.96	36.31	2800m:	33:45.10	36.06
600m:	7:07.20	35.37	1350m:	16:13.53	37.03	2100m:	25:22.25	35.29	2850m:	34:21.54	36.44
650m:	7:43.57	36.37	1400m:	16:50.41	36.88	2150m:	25:58.90	36.65	2900m:	34:57.45	35.91
700m:	8:19.85	36.28	1450m:	17:27.26	36.85	2200m:	26:36.21	37.31	2950m:	35:34.36	36.91
750m:	8:56.19	36.34	1500m:	18:04.35	37.09	2250m:	27:13.39	37.18	3000m:	36:08.95	34.59

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

Classificació ANY Temps

16. PATIÑO SANCHEZ, Biel 11 C.N. Mataro **36:13.14** 1,00

50m:	33.20	33.20	800m:	9:21.16	35.79	1550m:	18:24.70	36.71	2300m:	27:37.48	37.41
100m:	1:07.60	34.40	850m:	9:57.61	36.45	1600m:	19:01.19	36.49	2350m:	28:14.43	36.95
150m:	1:42.67	35.07	900m:	10:32.83	35.22	1650m:	19:37.67	36.48	2400m:	28:51.04	36.61
200m:	2:17.69	35.02	950m:	11:07.39	34.56	1700m:	20:14.15	36.48	2450m:	29:28.58	37.54
250m:	2:52.76	35.07	1000m:	11:44.05	36.66	1750m:	20:50.64	36.49	2500m:	30:05.92	37.34
300m:	3:28.19	35.43	1050m:	12:20.29	36.24	1800m:	21:27.65	37.01	2550m:	30:42.95	37.03
350m:	4:03.49	35.30	1100m:	12:56.57	36.28	1850m:	22:04.70	37.05	2600m:	31:20.14	37.19
400m:	4:39.08	35.59	1150m:	13:33.11	36.54	1900m:	22:41.40	36.70	2650m:	31:57.65	37.51
450m:	5:15.03	35.95	1200m:	14:09.51	36.40	1950m:	23:18.39	36.99	2700m:	32:34.75	37.10
500m:	5:50.66	35.63	1250m:	14:45.72	36.21	2000m:	23:55.48	37.09	2750m:	33:11.73	36.98
550m:	6:25.24	34.58	1300m:	15:22.33	36.61	2050m:	24:32.10	36.62	2800m:	33:48.46	36.73
600m:	7:00.12	34.88	1350m:	15:58.79	36.46	2100m:	25:09.48	37.38	2850m:	34:24.75	36.29
650m:	7:35.51	35.39	1400m:	16:35.10	36.31	2150m:	25:46.29	36.81	2900m:	35:01.50	36.75
700m:	8:10.44	34.93	1450m:	17:11.54	36.44	2200m:	26:22.97	36.68	2950m:	35:37.75	36.25
750m:	8:45.37	34.93	1500m:	17:47.99	36.45	2250m:	27:00.07	37.10	3000m:	36:13.14	35.39

17. HUERTAS CABALLERO, Arnau 11 C.N. Badalona **36:18.33** -

50m:	33.11	33.11	800m:	9:37.01	36.89	1550m:	18:38.44	35.04	2300m:	27:43.13	36.91
100m:	1:07.68	34.57	850m:	10:13.51	36.50	1600m:	19:13.84	35.40	2350m:	28:19.77	36.64
150m:	1:43.64	35.96	900m:	10:50.10	36.59	1650m:	19:50.01	36.17	2400m:	28:56.32	36.55
200m:	2:19.61	35.97	950m:	11:26.75	36.65	1700m:	20:25.83	35.82	2450m:	29:32.51	36.19
250m:	2:56.00	36.39	1000m:	12:03.43	36.68	1750m:	21:01.70	35.87	2500m:	30:08.99	36.48
300m:	3:31.98	35.98	1050m:	12:39.63	36.20	1800m:	21:37.67	35.97	2550m:	30:45.14	36.15
350m:	4:08.15	36.17	1100m:	13:15.82	36.19	1850m:	22:12.63	34.96	2600m:	31:21.86	36.72
400m:	4:44.64	36.49	1150m:	13:52.07	36.25	1900m:	22:48.50	35.87	2650m:	31:58.69	36.83
450m:	5:21.35	36.71	1200m:	14:28.89	36.82	1950m:	23:24.73	36.23	2700m:	32:36.13	37.44
500m:	5:57.73	36.38	1250m:	15:05.95	37.06	2000m:	24:00.86	36.13	2750m:	33:13.75	37.62
550m:	6:33.51	35.78	1300m:	15:41.34	35.39	2050m:	24:37.59	36.73	2800m:	33:51.53	37.78
600m:	7:09.92	36.41	1350m:	16:17.58	36.24	2100m:	25:14.75	37.16	2850m:	34:29.30	37.77
650m:	7:46.79	36.87	1400m:	16:52.86	35.28	2150m:	25:51.84	37.09	2900m:	35:07.06	37.76
700m:	8:23.40	36.61	1450m:	17:28.36	35.50	2200m:	26:29.07	37.23	2950m:	35:42.04	34.98
750m:	9:00.12	36.72	1500m:	18:03.40	35.04	2250m:	27:06.22	37.15	3000m:	36:18.33	36.29

18. CIFUENTES MASACHS, Mario 11 G.E. I E.G. **36:22.98** -

50m:	33.54	33.54	800m:	9:32.22	36.35	1550m:	18:45.32	36.33	2300m:	27:56.67	37.00
100m:	1:08.61	35.07	850m:	10:08.77	36.55	1600m:	19:22.72	37.40	2350m:	28:33.35	36.68
150m:	1:44.11	35.50	900m:	10:45.64	36.87	1650m:	19:59.96	37.24	2400m:	29:10.34	36.99
200m:	2:19.47	35.36	950m:	11:22.60	36.96	1700m:	20:36.58	36.62	2450m:	29:47.41	37.07
250m:	2:55.23	35.76	1000m:	11:59.29	36.69	1750m:	21:13.21	36.63	2500m:	30:24.33	36.92
300m:	3:31.20	35.97	1050m:	12:35.62	36.33	1800m:	21:49.96	36.75	2550m:	31:00.29	35.96
350m:	4:06.82	35.62	1100m:	13:13.40	37.78	1850m:	22:26.45	36.49	2600m:	31:36.41	36.12
400m:	4:42.43	35.61	1150m:	13:50.88	37.48	1900m:	23:03.07	36.62	2650m:	32:12.54	36.13
450m:	5:18.46	36.03	1200m:	14:27.48	36.60	1950m:	23:39.81	36.74	2700m:	32:48.82	36.28
500m:	5:54.74	36.28	1250m:	15:04.62	37.14	2000m:	24:16.89	37.08	2750m:	33:25.27	36.45
550m:	6:30.87	36.13	1300m:	15:42.17	37.55	2050m:	24:53.40	36.51	2800m:	34:01.49	36.22
600m:	7:06.99	36.12	1350m:	16:19.09	36.92	2100m:	25:29.75	36.35	2850m:	34:37.66	36.17
650m:	7:43.38	36.39	1400m:	16:55.39	36.30	2150m:	26:06.56	36.81	2900m:	35:13.61	35.95
700m:	8:19.71	36.33	1450m:	17:32.33	36.94	2200m:	26:42.99	36.43	2950m:	35:48.87	35.26
750m:	8:55.87	36.16	1500m:	18:08.99	36.66	2250m:	27:19.67	36.68	3000m:	36:22.98	34.11

19. OVIEDO AGUILERA, Asier 10 C.N. Rubi **36:23.15** -

50m:	33.86	33.86	800m:	9:30.20	35.78	1550m:	18:32.02	36.71	2300m:	27:43.36	37.05
100m:	1:08.47	34.61	850m:	10:06.11	35.91	1600m:	19:08.95	36.93	2350m:	28:20.07	36.71
150m:	1:43.79	35.32	900m:	10:41.65	35.54	1650m:	19:45.75	36.80	2400m:	28:57.04	36.97
200m:	2:19.78	35.99	950m:	11:17.03	35.38	1700m:	20:22.54	36.79	2450m:	29:34.35	37.31
250m:	2:55.81	36.03	1000m:	11:52.35	35.32	1750m:	20:59.30	36.76	2500m:	30:11.70	37.35
300m:	3:32.11	36.30	1050m:	12:27.98	35.63	1800m:	21:36.24	36.94	2550m:	30:49.16	37.46
350m:	4:08.38	36.27	1100m:	13:03.61	35.63	1850m:	22:12.72	36.48	2600m:	31:26.37	37.21
400m:	4:44.56	36.18	1150m:	13:39.52	35.91	1900m:	22:48.50	35.78	2650m:	32:03.96	37.59
450m:	5:19.98	35.42	1200m:	14:16.06	36.54	1950m:	23:25.19	36.69	2700m:	32:41.64	37.68
500m:	5:56.18	36.20	1250m:	14:52.29	36.23	2000m:	24:01.35	36.16	2750m:	33:19.10	37.46
550m:	6:32.14	35.96	1300m:	15:29.03	36.74	2050m:	24:37.92	36.57	2800m:	33:57.25	38.15
600m:	7:07.37	35.23	1350m:	16:05.17	36.14	2100m:	25:15.01	37.09	2850m:	34:35.63	38.38
650m:	7:43.08	35.71	1400m:	16:41.88	36.71	2150m:	25:52.11	37.10	2900m:	35:12.59	36.96
700m:	8:18.86	35.78	1450m:	17:18.44	36.56	2200m:	26:29.24	37.13	2950m:	35:48.31	35.72
750m:	8:54.42	35.56	1500m:	17:55.31	36.87	2250m:	27:06.31	37.07	3000m:	36:23.15	34.84

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

Classificació ANY Temps

20. PICA ROIG, Roc — 10 — C.N. Mataro — **36:39.18** -

50m:	32.18	32.18	800m:	9:23.59	36.04	1550m:	18:34.15	37.59	2300m:	27:57.21	37.79
100m:	1:05.89	33.71	850m:	9:59.56	35.97	1600m:	19:11.49	37.34	2350m:	28:35.03	37.82
150m:	1:40.69	34.80	900m:	10:36.28	36.72	1650m:	19:48.90	37.41	2400m:	29:13.50	38.47
200m:	2:15.84	35.15	950m:	11:12.68	36.40	1700m:	20:26.05	37.15	2450m:	29:51.43	37.93
250m:	2:50.89	35.05	1000m:	11:49.18	36.50	1750m:	21:03.41	37.36	2500m:	30:29.14	37.71
300m:	3:26.21	35.32	1050m:	12:25.39	36.21	1800m:	21:40.65	37.24	2550m:	31:07.39	38.25
350m:	4:01.60	35.39	1100m:	13:02.13	36.74	1850m:	22:18.21	37.56	2600m:	31:44.73	37.34
400m:	4:37.29	35.69	1150m:	13:38.64	36.51	1900m:	22:55.66	37.45	2650m:	32:22.47	37.74
450m:	5:12.35	35.06	1200m:	14:15.45	36.81	1950m:	23:32.96	37.30	2700m:	33:01.00	38.53
500m:	5:47.85	35.50	1250m:	14:52.69	37.24	2000m:	24:10.34	37.38	2750m:	33:38.54	37.54
550m:	6:23.53	35.68	1300m:	15:29.62	36.93	2050m:	24:47.64	37.30	2800m:	34:16.39	37.85
600m:	6:59.48	35.95	1350m:	16:05.83	36.21	2100m:	25:25.88	38.24	2850m:	34:52.58	36.19
650m:	7:35.49	36.01	1400m:	16:42.92	37.09	2150m:	26:03.29	37.41	2900m:	35:28.70	36.12
700m:	8:11.78	36.29	1450m:	17:19.62	36.70	2200m:	26:41.17	37.88	2950m:	36:04.26	35.56
750m:	8:47.55	35.77	1500m:	17:56.56	36.94	2250m:	27:19.42	38.25	3000m:	36:39.18	34.92

21. VIDAL ASENCIO, Aniol — 11 — C.N. Olot — **36:52.11** -

50m:	33.89	33.89	800m:	9:30.75	36.20	1550m:	18:40.93	37.40	2300m:	28:01.63	38.21
100m:	1:08.73	34.84	850m:	10:06.71	35.96	1600m:	19:18.11	37.18	2350m:	28:39.18	37.55
150m:	1:44.00	35.27	900m:	10:43.30	36.59	1650m:	19:55.49	37.38	2400m:	29:17.65	38.47
200m:	2:19.74	35.74	950m:	11:20.46	37.16	1700m:	20:32.44	36.95	2450m:	29:56.26	38.61
250m:	2:55.00	35.26	1000m:	11:57.00	36.54	1750m:	21:09.57	37.13	2500m:	30:34.18	37.92
300m:	3:30.53	35.53	1050m:	12:33.48	36.48	1800m:	21:46.94	37.37	2550m:	31:12.74	38.56
350m:	4:06.65	36.12	1100m:	13:10.11	36.63	1850m:	22:24.69	37.75	2600m:	31:50.30	37.56
400m:	4:42.82	36.17	1150m:	13:46.40	36.29	1900m:	23:01.64	36.95	2650m:	32:28.06	37.76
450m:	5:18.43	35.61	1200m:	14:23.26	36.86	1950m:	23:39.12	37.48	2700m:	33:06.36	38.30
500m:	5:54.52	36.09	1250m:	14:59.45	36.19	2000m:	24:16.25	37.13	2750m:	33:44.45	38.09
550m:	6:30.66	36.14	1300m:	15:35.33	35.88	2050m:	24:53.65	37.40	2800m:	34:22.54	38.09
600m:	7:06.75	36.09	1350m:	16:12.45	37.12	2100m:	25:31.23	37.58	2850m:	35:00.21	37.67
650m:	7:42.63	35.88	1400m:	16:49.50	37.05	2150m:	26:09.09	37.86	2900m:	35:37.63	37.42
700m:	8:18.52	35.89	1450m:	17:26.49	36.99	2200m:	26:46.54	37.45	2950m:	36:15.54	37.91
750m:	8:54.55	36.03	1500m:	18:03.53	37.04	2250m:	27:23.42	36.88	3000m:	36:52.11	36.57

22. BRAVO ROSELL, Pau — 11 — C.N. L´ Hospitalet — **37:58.88** -

50m:	34.16	34.16	800m:	9:33.75	37.03	1550m:	19:06.25	38.97	2300m:	28:49.77	39.31
100m:	1:09.14	34.98	850m:	10:10.62	36.87	1600m:	19:45.44	39.19	2350m:	29:28.70	38.93
150m:	1:44.15	35.01	900m:	10:47.88	37.26	1650m:	20:24.28	38.84	2400m:	30:08.14	39.44
200m:	2:19.90	35.75	950m:	11:25.11	37.23	1700m:	21:01.61	37.33	2450m:	30:47.98	39.84
250m:	2:55.46	35.56	1000m:	12:02.89	37.78	1750m:	21:39.63	38.02	2500m:	31:27.51	39.53
300m:	3:31.20	35.74	1050m:	12:40.67	37.78	1800m:	22:19.02	39.39	2550m:	32:06.60	39.09
350m:	4:06.86	35.66	1100m:	13:19.02	38.35	1850m:	22:57.02	38.00	2600m:	32:45.44	38.84
400m:	4:42.41	35.55	1150m:	13:56.43	37.41	1900m:	23:35.38	38.36	2650m:	33:24.94	39.50
450m:	5:18.36	35.95	1200m:	14:34.46	38.03	1950m:	24:13.71	38.33	2700m:	34:04.30	39.36
500m:	5:54.30	35.94	1250m:	15:12.78	38.32	2000m:	24:52.91	39.20	2750m:	34:44.24	39.94
550m:	6:30.27	35.97	1300m:	15:52.12	39.34	2050m:	25:32.26	39.35	2800m:	35:23.94	39.70
600m:	7:06.65	36.38	1350m:	16:30.14	38.02	2100m:	26:11.75	39.49	2850m:	36:03.12	39.18
650m:	7:43.22	36.57	1400m:	17:09.37	39.23	2150m:	26:51.39	39.64	2900m:	36:42.14	39.02
700m:	8:19.83	36.61	1450m:	17:48.23	38.86	2200m:	27:31.14	39.75	2950m:	37:21.42	39.28
750m:	8:56.72	36.89	1500m:	18:27.28	39.05	2250m:	28:10.46	39.32	3000m:	37:58.88	37.46

23. LORENZO ZATOR, Gabriel — 11 — C.N. Tarraco — **38:13.29** -

50m:	33.89	33.89	800m:	9:52.03	37.79	1550m:	19:25.86	38.86	2300m:	29:14.93	40.27
100m:	1:09.03	35.14	850m:	10:30.04	38.01	1600m:	20:04.38	38.52	2350m:	29:55.14	40.21
150m:	1:45.24	36.21	900m:	11:07.53	37.49	1650m:	20:43.59	39.21	2400m:	30:35.20	40.06
200m:	2:21.24	36.00	950m:	11:46.10	38.57	1700m:	21:23.03	39.44	2450m:	31:14.90	39.70
250m:	2:57.56	36.32	1000m:	12:24.13	38.03	1750m:	22:02.26	39.23	2500m:	31:54.93	40.03
300m:	3:34.51	36.95	1050m:	13:02.95	38.82	1800m:	22:41.34	39.08	2550m:	32:33.19	38.26
350m:	4:11.25	36.74	1100m:	13:41.75	38.80	1850m:	23:20.10	38.76	2600m:	33:11.81	38.62
400m:	4:49.00	37.75	1150m:	14:20.43	38.68	1900m:	23:59.02	38.92	2650m:	33:50.65	38.84
450m:	5:26.39	37.39	1200m:	14:58.35	37.92	1950m:	24:38.32	39.30	2700m:	34:29.03	38.38
500m:	6:03.71	37.32	1250m:	15:37.26	38.91	2000m:	25:18.44	40.12	2750m:	35:06.20	37.17
550m:	6:42.03	38.32	1300m:	16:16.42	39.16	2050m:	25:58.46	40.02	2800m:	35:44.16	37.96
600m:	7:19.72	37.69	1350m:	16:55.36	38.94	2100m:	26:38.92	40.46	2850m:	36:22.17	38.01
650m:	7:57.58	37.86	1400m:	17:33.08	37.72	2150m:	27:18.70	39.78	2900m:	36:59.29	37.12
700m:	8:35.95	38.37	1450m:	18:09.37	36.29	2200m:	27:56.79	38.09	2950m:	37:36.75	37.46
750m:	9:14.24	38.29	1500m:	18:47.00	37.63	2250m:	28:34.66	37.87	3000m:	38:13.29	36.54

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

Classificació		ANY		Temps
24.	SERRANO SERRA, Eudald	10	Club Natació Swimfaster Salt	**40:27.47** -

50m:	34.78	34.78	800m:	10:19.03	39.91	1550m:	20:28.92	39.36	2300m:	30:53.49	41.75
100m:	1:11.92	37.14	850m:	10:59.09	40.06	1600m:	21:09.76	40.84	2350m:	31:35.48	41.99
150m:	1:50.40	38.48	900m:	11:38.94	39.85	1650m:	21:50.84	41.08	2400m:	32:16.85	41.37
200m:	2:29.01	38.61	950m:	12:19.30	40.36	1700m:	22:33.87	43.03	2450m:	32:59.18	42.33
250m:	3:08.25	39.24	1000m:	12:59.64	40.34	1750m:	23:14.90	41.03	2500m:	33:42.01	42.83
300m:	3:46.37	38.12	1050m:	13:41.07	41.43	1800m:	23:57.53	42.63	2550m:	34:22.31	40.30
350m:	4:26.24	39.87	1100m:	14:21.09	40.02	1850m:	24:39.60	42.07	2600m:	35:03.15	40.84
400m:	5:04.20	37.96	1150m:	15:00.79	39.70	1900m:	25:21.69	42.09	2650m:	35:45.19	42.04
450m:	5:43.42	39.22	1200m:	15:41.55	40.76	1950m:	26:02.67	40.98	2700m:	36:26.71	41.52
500m:	6:22.64	39.22	1250m:	16:22.36	40.81	2000m:	26:44.98	42.31	2750m:	37:07.50	40.79
550m:	7:00.92	38.28	1300m:	17:03.63	41.27	2050m:	27:26.17	41.19	2800m:	37:46.50	39.00
600m:	7:40.35	39.43	1350m:	17:44.92	41.29	2100m:	28:08.43	42.26	2850m:	38:27.05	40.55
650m:	8:19.63	39.28	1400m:	18:26.28	41.36	2150m:	28:49.02	40.59	2900m:	39:08.87	41.82
700m:	8:59.62	39.99	1450m:	19:07.70	41.42	2200m:	29:31.18	42.16	2950m:	39:48.52	39.65
750m:	9:39.12	39.50	1500m:	19:49.56	41.86	2250m:	30:11.74	40.56	3000m:	40:27.47	38.95

BX	COMAS DOMINGO, Pol	11	C.N. Sabadell	-

Júnior 2 Fons Indoor

resultats provisionals

1.	PALAZON GALINDO, Grau	09	G.E. I E.G.	**31:21.11**	19,00
	Millor Marca Catalana				

50m:	30.85	30.85	800m:	8:17.09	31.07	1550m:	16:02.79	31.58	2300m:	23:55.71	31.59
100m:	1:01.79	30.94	850m:	8:48.18	31.09	1600m:	16:34.27	31.48	2350m:	24:27.53	31.82
150m:	1:32.79	31.00	900m:	9:19.19	31.01	1650m:	17:05.56	31.29	2400m:	24:59.44	31.91
200m:	2:03.93	31.14	950m:	9:50.05	30.86	1700m:	17:37.07	31.51	2450m:	25:31.52	32.08
250m:	2:35.04	31.11	1000m:	10:21.01	30.96	1750m:	18:08.67	31.60	2500m:	26:03.85	32.33
300m:	3:06.25	31.21	1050m:	10:52.22	31.21	1800m:	18:40.10	31.43	2550m:	26:36.03	32.18
350m:	3:37.27	31.02	1100m:	11:22.89	30.67	1850m:	19:11.38	31.28	2600m:	27:08.30	32.27
400m:	4:08.48	31.21	1150m:	11:53.73	30.84	1900m:	19:43.05	31.67	2650m:	27:40.31	32.01
450m:	4:39.79	31.31	1200m:	12:24.58	30.85	1950m:	20:14.57	31.52	2700m:	28:12.54	32.23
500m:	5:10.77	30.98	1250m:	12:55.52	30.94	2000m:	20:45.99	31.42	2750m:	28:44.67	32.13
550m:	5:41.86	31.09	1300m:	13:26.77	31.25	2050m:	21:17.78	31.79	2800m:	29:16.36	31.69
600m:	6:12.93	31.07	1350m:	13:57.82	31.05	2100m:	21:49.29	31.51	2850m:	29:48.12	31.76
650m:	6:43.93	31.00	1400m:	14:28.67	30.85	2150m:	22:20.94	31.65	2900m:	30:19.48	31.36
700m:	7:14.94	31.01	1450m:	14:59.89	31.22	2200m:	22:52.34	31.40	2950m:	30:50.89	31.41
750m:	7:46.02	31.08	1500m:	15:31.21	31.32	2250m:	23:24.12	31.78	3000m:	31:21.11	30.22

2.	GASOL GUTIERREZ, Biel	08	C.N. Granollers	**32:17.16**	16,00						
50m:	30.94	30.94	800m:	8:31.91	32.08	1550m:	16:33.24	32.11	2300m:	24:39.93	32.78
100m:	1:02.36	31.42	850m:	9:03.96	32.05	1600m:	17:05.44	32.20	2350m:	25:12.67	32.74
150m:	1:34.28	31.92	900m:	9:36.01	32.05	1650m:	17:37.69	32.25	2400m:	25:45.38	32.71
200m:	2:06.44	32.16	950m:	10:08.48	32.47	1700m:	18:09.62	31.93	2450m:	26:18.15	32.77
250m:	2:38.51	32.07	1000m:	10:40.63	32.15	1750m:	18:41.71	32.09	2500m:	26:51.02	32.87
300m:	3:10.48	31.97	1050m:	11:12.53	31.90	1800m:	19:14.29	32.58	2550m:	27:23.73	32.71
350m:	3:42.41	31.93	1100m:	11:44.73	32.20	1850m:	19:46.69	32.40	2600m:	27:56.53	32.80
400m:	4:14.48	32.07	1150m:	12:16.55	31.82	1900m:	20:19.12	32.43	2650m:	28:29.44	32.91
450m:	4:46.50	32.02	1200m:	12:48.51	31.96	1950m:	20:51.43	32.31	2700m:	29:02.83	33.39
500m:	5:19.02	32.52	1250m:	13:20.35	31.84	2000m:	21:23.92	32.49	2750m:	29:35.69	32.86
550m:	5:51.21	32.19	1300m:	13:52.57	32.22	2050m:	21:56.54	32.62	2800m:	30:08.31	32.62
600m:	6:23.26	32.05	1350m:	14:24.67	32.10	2100m:	22:29.05	32.51	2850m:	30:40.82	32.51
650m:	6:55.38	32.12	1400m:	14:56.78	32.11	2150m:	23:01.63	32.58	2900m:	31:13.64	32.82
700m:	7:27.69	32.31	1450m:	15:28.96	32.18	2200m:	23:34.34	32.71	2950m:	31:46.05	32.41
750m:	7:59.83	32.14	1500m:	16:01.13	32.17	2250m:	24:07.15	32.81	3000m:	32:17.16	31.11

3.	JUAREZ LIANAS, Siro	09	C.N. Sabadell	**32:34.32**	14,00						
50m:	30.90	30.90	650m:	6:56.29	32.33	1250m:	13:26.61	34.47	1850m:	19:56.42	32.89
100m:	1:02.55	31.65	700m:	7:28.71	32.42	1300m:	13:58.50	31.89	1900m:	20:29.30	32.88
150m:	1:34.70	32.15	750m:	8:00.90	32.19	1350m:	14:30.76	32.26	1950m:	21:02.33	33.03
200m:	2:06.51	31.81	800m:	8:32.87	31.97	1400m:	15:03.10	32.34	2000m:	21:35.09	32.76
250m:	2:38.52	32.01	850m:	9:05.44	32.57	1450m:	15:35.66	32.56	2050m:	22:07.85	32.76
300m:	3:10.66	32.14	900m:	9:37.65	32.21	1500m:	16:08.07	32.41	2100m:	22:40.84	32.99
350m:	3:43.12	32.46	950m:	10:09.93	32.28	1550m:	16:40.50	32.43	2150m:	23:13.86	33.02
400m:	4:15.16	32.04	1000m:	10:42.42	32.49	1600m:	17:12.62	32.12	2200m:	23:46.78	32.92
450m:	4:47.40	32.24	1050m:	11:14.76	32.34	1650m:	17:45.19	32.57	2250m:	24:20.03	33.25
500m:	5:19.67	32.27	1100m:	11:47.17	32.41	1700m:	18:17.73	32.54	2300m:	24:53.45	33.42
550m:	5:51.85	32.18	1150m:	12:19.56	32.39	1750m:	18:50.87	33.14	2350m:	25:26.50	33.05
600m:	6:23.96	32.11	1200m:	12:52.14	32.58	1800m:	19:23.53	32.66	2400m:	25:59.44	32.94

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

Classificació ANY Temps

2450m:	26:32.70	33.26	2600m:	28:12.15	33.23	2750m:	29:51.00	32.76	2900m:	31:30.54	33.01
2500m:	27:05.86	33.16	2650m:	28:45.06	32.91	2800m:	30:24.01	33.01	2950m:	32:03.20	32.66
2550m:	27:38.92	33.06	2700m:	29:18.24	33.18	2850m:	30:57.53	33.52	3000m:	32:34.32	31.12

4. MATEO ARTACHO, Alan 09 G.E. I E.G. **32:39.42** 13,00

50m:	31.57	31.57	800m:	8:25.71	31.79	1550m:	16:32.03	32.97	2300m:	24:49.23	33.31
100m:	1:02.85	31.28	850m:	8:57.79	32.08	1600m:	17:04.80	32.77	2350m:	25:22.94	33.71
150m:	1:33.87	31.02	900m:	9:29.76	31.97	1650m:	17:37.84	33.04	2400m:	25:56.64	33.70
200m:	2:05.44	31.57	950m:	10:01.99	32.23	1700m:	18:10.76	32.92	2450m:	26:30.80	34.16
250m:	2:36.96	31.52	1000m:	10:34.12	32.13	1750m:	18:43.87	33.11	2500m:	27:04.74	33.94
300m:	3:08.47	31.51	1050m:	11:06.42	32.30	1800m:	19:16.77	32.90	2550m:	27:38.26	33.52
350m:	3:40.21	31.74	1100m:	11:38.88	32.46	1850m:	19:49.84	33.07	2600m:	28:11.83	33.57
400m:	4:11.75	31.54	1150m:	12:11.60	32.72	1900m:	20:23.02	33.18	2650m:	28:45.77	33.94
450m:	4:43.47	31.72	1200m:	12:44.03	32.43	1950m:	20:56.25	33.23	2700m:	29:19.66	33.89
500m:	5:15.24	31.77	1250m:	13:16.28	32.25	2000m:	21:29.50	33.25	2750m:	29:53.22	33.56
550m:	5:46.99	31.75	1300m:	13:48.32	32.04	2050m:	22:02.69	33.19	2800m:	30:27.17	33.95
600m:	6:18.83	31.84	1350m:	14:20.80	32.48	2100m:	22:35.75	33.06	2850m:	31:01.18	34.01
650m:	6:50.55	31.72	1400m:	14:53.46	32.66	2150m:	23:09.34	33.59	2900m:	31:34.60	33.42
700m:	7:22.10	31.55	1450m:	15:26.18	32.72	2200m:	23:42.61	33.27	2950m:	32:07.69	33.09
750m:	7:53.92	31.82	1500m:	15:59.06	32.88	2250m:	24:15.92	33.31	3000m:	32:39.42	31.73

5. OLIVER SAGUE, Aniol 08 G.E. I E.G. **32:50.88** 12,00

50m:	30.82	30.82	800m:	8:36.39	32.88	1550m:	16:52.74	33.13	2300m:	25:10.95	32.82
100m:	1:02.41	31.59	850m:	9:09.15	32.76	1600m:	17:26.32	33.58	2350m:	25:44.04	33.09
150m:	1:34.10	31.69	900m:	9:41.97	32.82	1650m:	17:59.82	33.50	2400m:	26:16.80	32.76
200m:	2:06.28	32.18	950m:	10:15.15	33.18	1700m:	18:33.11	33.29	2450m:	26:50.13	33.33
250m:	2:38.64	32.36	1000m:	10:48.27	33.12	1750m:	19:06.67	33.56	2500m:	27:23.29	33.16
300m:	3:11.02	32.38	1050m:	11:21.36	33.09	1800m:	19:39.82	33.15	2550m:	27:56.42	33.13
350m:	3:43.57	32.55	1100m:	11:54.14	32.78	1850m:	20:13.22	33.40	2600m:	28:29.74	33.32
400m:	4:15.91	32.34	1150m:	12:27.15	33.01	1900m:	20:46.76	33.54	2650m:	29:02.74	33.00
450m:	4:48.45	32.54	1200m:	13:00.24	33.09	1950m:	21:19.69	32.93	2700m:	29:35.63	32.89
500m:	5:20.58	32.13	1250m:	13:33.52	33.28	2000m:	21:52.49	32.80	2750m:	30:08.56	32.93
550m:	5:52.79	32.21	1300m:	14:06.86	33.34	2050m:	22:25.59	33.10	2800m:	30:41.79	33.23
600m:	6:25.29	32.50	1350m:	14:40.21	33.35	2100m:	22:58.76	33.17	2850m:	31:14.91	33.12
650m:	6:57.83	32.54	1400m:	15:13.19	32.98	2150m:	23:31.89	33.13	2900m:	31:47.73	32.82
700m:	7:30.65	32.82	1450m:	15:46.47	33.28	2200m:	24:05.05	33.16	2950m:	32:20.44	32.71
750m:	8:03.51	32.86	1500m:	16:19.61	33.14	2250m:	24:38.13	33.08	3000m:	32:50.88	30.44

6. CORONA EDO, Xavi 09 C.N. Sabadell **33:00.81** 11,00

50m:	31.75	31.75	800m:	8:39.80	32.93	1550m:	16:52.53	33.16	2300m:	25:15.14	33.98
100m:	1:04.37	32.62	850m:	9:12.27	32.47	1600m:	17:25.98	33.45	2350m:	25:49.44	34.30
150m:	1:36.37	32.00	900m:	9:44.82	32.55	1650m:	17:59.62	33.64	2400m:	26:23.03	33.59
200m:	2:08.58	32.21	950m:	10:17.61	32.79	1700m:	18:32.89	33.27	2450m:	26:57.09	34.06
250m:	2:41.33	32.75	1000m:	10:50.42	32.81	1750m:	19:06.04	33.15	2500m:	27:31.14	34.05
300m:	3:13.95	32.62	1050m:	11:22.96	32.54	1800m:	19:39.31	33.27	2550m:	28:05.14	34.00
350m:	3:46.52	32.57	1100m:	11:55.75	32.79	1850m:	20:12.95	33.64	2600m:	28:39.19	34.05
400m:	4:19.21	32.69	1150m:	12:28.58	32.83	1900m:	20:46.84	33.89	2650m:	29:13.17	33.98
450m:	4:51.73	32.52	1200m:	13:01.52	32.94	1950m:	21:20.10	33.26	2700m:	29:46.77	33.60
500m:	5:24.05	32.32	1250m:	13:34.27	32.75	2000m:	21:53.28	33.18	2750m:	30:20.79	34.02
550m:	5:56.45	32.40	1300m:	14:07.25	32.98	2050m:	22:26.58	33.30	2800m:	30:54.48	33.69
600m:	6:29.18	32.73	1350m:	14:40.16	32.91	2100m:	23:00.30	33.72	2850m:	31:27.64	33.16
650m:	7:01.82	32.64	1400m:	15:13.05	32.89	2150m:	23:34.18	33.88	2900m:	32:01.10	33.46
700m:	7:34.43	32.61	1450m:	15:46.38	33.33	2200m:	24:07.57	33.39	2950m:	32:31.77	30.67
750m:	8:06.87	32.44	1500m:	16:19.37	32.99	2250m:	24:41.16	33.59	3000m:	33:00.81	29.04

7. SAMBRUNO SAEZ, Fabio 09 C.N. Granollers **33:36.51** 10,00

50m:	31.04	31.04	800m:	8:43.08	33.65	1550m:	17:08.23	33.75	2300m:	25:40.75	34.80
100m:	1:02.53	31.49	850m:	9:16.73	33.65	1600m:	17:42.53	34.30	2350m:	26:15.54	34.79
150m:	1:34.47	31.94	900m:	9:50.09	33.36	1650m:	18:16.51	33.98	2400m:	26:49.89	34.35
200m:	2:06.60	32.13	950m:	10:23.77	33.68	1700m:	18:50.79	34.28	2450m:	27:24.20	34.31
250m:	2:38.96	32.36	1000m:	10:57.40	33.63	1750m:	19:25.07	34.28	2500m:	27:58.42	34.22
300m:	3:11.42	32.46	1050m:	11:30.52	33.12	1800m:	19:59.15	34.08	2550m:	28:32.39	33.97
350m:	3:43.91	32.49	1100m:	12:03.47	32.95	1850m:	20:33.13	33.98	2600m:	29:06.57	34.18
400m:	4:16.90	32.99	1150m:	12:37.06	33.59	1900m:	21:07.45	34.32	2650m:	29:40.90	34.33
450m:	4:49.59	32.69	1200m:	13:10.78	33.72	1950m:	21:41.76	34.31	2700m:	30:14.85	33.95
500m:	5:22.93	33.34	1250m:	13:44.77	33.99	2000m:	22:15.88	34.12	2750m:	30:48.62	33.77
550m:	5:56.34	33.41	1300m:	14:18.72	33.95	2050m:	22:49.66	33.78	2800m:	31:22.65	34.03
600m:	6:29.65	33.31	1350m:	14:52.63	33.91	2100m:	23:23.58	33.92	2850m:	31:56.74	34.09
650m:	7:02.75	33.10	1400m:	15:26.48	33.85	2150m:	23:57.69	34.11	2900m:	32:30.58	33.84
700m:	7:36.28	33.53	1450m:	16:00.54	34.06	2200m:	24:31.66	33.97	2950m:	33:04.14	33.56
750m:	8:09.43	33.15	1500m:	16:34.48	33.94	2250m:	25:05.95	34.29	3000m:	33:36.51	32.37

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

Classificació ANY Temps

8. CARDEÑAS BONJORN, Marti 09 C.N. Sabadell **33:39.24** 9,00

50m:	31.43	31.43	800m:	8:41.41	32.85	1550m:	17:00.85	33.60	2300m:	25:34.55	34.50
100m:	1:03.70	32.27	850m:	9:13.99	32.58	1600m:	17:34.56	33.71	2350m:	26:09.00	34.45
150m:	1:36.36	32.66	900m:	9:47.00	33.01	1650m:	18:08.71	34.15	2400m:	26:44.07	35.07
200m:	2:08.80	32.44	950m:	10:20.03	33.03	1700m:	18:42.65	33.94	2450m:	27:18.67	34.60
250m:	2:41.37	32.57	1000m:	10:53.10	33.07	1750m:	19:16.81	34.16	2500m:	27:53.51	34.84
300m:	3:14.01	32.64	1050m:	11:26.37	33.27	1800m:	19:50.99	34.18	2550m:	28:28.34	34.83
350m:	3:46.65	32.64	1100m:	11:59.60	33.23	1850m:	20:25.02	34.03	2600m:	29:03.23	34.89
400m:	4:19.40	32.75	1150m:	12:32.69	33.09	1900m:	20:59.25	34.23	2650m:	29:37.90	34.67
450m:	4:51.92	32.52	1200m:	13:06.13	33.44	1950m:	21:33.74	34.49	2700m:	30:12.70	34.80
500m:	5:24.74	32.82	1250m:	13:39.50	33.37	2000m:	22:08.08	34.34	2750m:	30:47.86	35.16
550m:	5:57.45	32.71	1300m:	14:12.76	33.26	2050m:	22:42.53	34.45	2800m:	31:23.14	35.28
600m:	6:30.28	32.83	1350m:	14:45.89	33.13	2100m:	23:17.09	34.56	2850m:	31:57.96	34.82
650m:	7:02.97	32.69	1400m:	15:19.30	33.41	2150m:	23:51.25	34.16	2900m:	32:32.31	34.35
700m:	7:35.72	32.75	1450m:	15:53.30	34.00	2200m:	24:25.62	34.37	2950m:	33:06.25	33.94
750m:	8:08.56	32.84	1500m:	16:27.25	33.95	2250m:	25:00.05	34.43	3000m:	33:39.24	32.99

9. OLIVEIRA LARA, Aran 09 C.N. Sabadell **34:00.92** 8,00

50m:	33.27	33.27	800m:	8:50.48	32.91	1550m:	17:16.57	34.28	2300m:	25:51.99	34.71
100m:	1:06.84	33.57	850m:	9:23.90	33.42	1600m:	17:50.59	34.02	2350m:	26:26.62	34.63
150m:	1:40.33	33.49	900m:	9:57.05	33.15	1650m:	18:25.13	34.54	2400m:	27:01.90	35.28
200m:	2:13.82	33.49	950m:	10:30.34	33.29	1700m:	18:59.34	34.21	2450m:	27:36.57	34.67
250m:	2:47.01	33.19	1000m:	11:04.16	33.82	1750m:	19:33.59	34.25	2500m:	28:11.51	34.94
300m:	3:20.30	33.29	1050m:	11:37.87	33.71	1800m:	20:07.99	34.40	2550m:	28:46.74	35.23
350m:	3:53.50	33.20	1100m:	12:11.32	33.45	1850m:	20:42.01	34.02	2600m:	29:22.10	35.36
400m:	4:26.75	33.25	1150m:	12:44.95	33.63	1900m:	21:16.66	34.65	2650m:	29:57.30	35.20
450m:	4:59.82	33.07	1200m:	13:18.76	33.81	1950m:	21:51.09	34.43	2700m:	30:32.49	35.19
500m:	5:32.50	32.68	1250m:	13:52.57	33.81	2000m:	22:25.77	34.68	2750m:	31:07.31	34.82
550m:	6:05.52	33.02	1300m:	14:26.51	33.94	2050m:	23:00.17	34.40	2800m:	31:42.44	35.13
600m:	6:38.49	32.97	1350m:	15:00.54	34.03	2100m:	23:34.32	34.15	2850m:	32:17.32	34.88
650m:	7:11.65	33.16	1400m:	15:34.58	34.04	2150m:	24:08.61	34.29	2900m:	32:52.16	34.84
700m:	7:44.59	32.94	1450m:	16:08.49	33.91	2200m:	24:42.80	34.19	2950m:	33:26.41	34.25
750m:	8:17.57	32.98	1500m:	16:42.29	33.80	2250m:	25:17.28	34.48	3000m:	34:00.92	34.51

10. DE LA MORA AVENI, Marc 09 C.N. VIC-Etb **34:10.81** 7,00

50m:	33.61	33.61	800m:	9:19.79	35.02	1550m:	18:02.16	33.11	2300m:	26:26.71	33.52
100m:	1:08.27	34.66	850m:	9:54.58	34.79	1600m:	18:36.18	34.02	2350m:	27:00.30	33.59
150m:	1:42.75	34.48	900m:	10:29.35	34.77	1650m:	19:10.31	34.13	2400m:	27:33.39	33.09
200m:	2:18.05	35.30	950m:	11:04.36	35.01	1700m:	19:44.34	34.03	2450m:	28:06.61	33.22
250m:	2:53.05	35.00	1000m:	11:39.32	34.96	1750m:	20:18.20	33.86	2500m:	28:40.10	33.49
300m:	3:28.14	35.09	1050m:	12:13.63	34.31	1800m:	20:52.26	34.06	2550m:	29:12.51	32.41
350m:	4:03.59	35.45	1100m:	12:48.37	34.74	1850m:	21:26.25	33.99	2600m:	29:45.46	32.95
400m:	4:38.99	35.40	1150m:	13:23.52	35.15	1900m:	22:00.29	34.04	2650m:	30:18.69	33.23
450m:	5:14.67	35.68	1200m:	13:58.47	34.95	1950m:	22:34.27	33.98	2700m:	30:51.90	33.21
500m:	5:50.09	35.42	1250m:	14:33.65	35.18	2000m:	23:08.18	33.91	2750m:	31:25.20	33.30
550m:	6:24.82	34.73	1300m:	15:08.77	35.12	2050m:	23:40.34	32.16	2800m:	31:58.58	33.38
600m:	6:59.73	34.91	1350m:	15:43.78	35.01	2100m:	24:13.58	33.24	2850m:	32:32.35	33.77
650m:	7:34.80	35.07	1400m:	16:19.13	35.35	2150m:	24:46.88	33.30	2900m:	33:06.33	33.98
700m:	8:09.66	34.86	1450m:	16:54.29	35.16	2200m:	25:20.07	33.19	2950m:	33:40.34	34.01
750m:	8:44.77	35.11	1500m:	17:29.05	34.76	2250m:	25:53.19	33.12	3000m:	34:10.81	30.47

11. FARRE CORTADA, Joel 08 C.E.N.Balaguer **34:12.58** 6,00

50m:	31.19	31.19	800m:	8:53.19	33.79	1550m:	17:25.19	34.31	2300m:	26:06.17	34.70
100m:	1:03.51	32.32	850m:	9:27.09	33.90	1600m:	17:59.58	34.39	2350m:	26:41.08	34.91
150m:	1:36.46	32.95	900m:	10:00.88	33.79	1650m:	18:34.15	34.57	2400m:	27:16.27	35.19
200m:	2:09.50	33.04	950m:	10:35.09	34.21	1700m:	19:08.51	34.36	2450m:	27:51.13	34.86
250m:	2:42.96	33.46	1000m:	11:08.96	33.87	1750m:	19:42.96	34.45	2500m:	28:25.85	34.72
300m:	3:16.12	33.16	1050m:	11:43.22	34.26	1800m:	20:17.45	34.49	2550m:	29:00.94	35.09
350m:	3:49.47	33.35	1100m:	12:16.88	33.66	1850m:	20:52.06	34.61	2600m:	29:35.92	34.98
400m:	4:22.71	33.24	1150m:	12:50.75	33.87	1900m:	21:26.77	34.71	2650m:	30:10.91	34.99
450m:	4:56.52	33.81	1200m:	13:24.98	34.23	1950m:	22:01.55	34.78	2700m:	30:45.71	34.80
500m:	5:30.52	34.00	1250m:	13:59.37	34.39	2000m:	22:36.31	34.76	2750m:	31:20.37	34.66
550m:	6:04.40	33.88	1300m:	14:33.73	34.36	2050m:	23:11.20	34.89	2800m:	31:55.18	34.81
600m:	6:38.19	33.79	1350m:	15:07.79	34.06	2100m:	23:46.10	34.90	2850m:	32:29.94	34.76
650m:	7:11.91	33.72	1400m:	15:42.20	34.41	2150m:	24:21.43	35.33	2900m:	33:04.29	34.35
700m:	7:45.70	33.79	1450m:	16:16.44	34.24	2200m:	24:56.57	35.14	2950m:	33:39.00	34.71
750m:	8:19.40	33.70	1500m:	16:50.88	34.44	2250m:	25:31.47	34.90	3000m:	34:12.58	33.58

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

Classificació		ANY		Temps	
12.	RODRIGO LOPEZ, Guillem	08	C.N. Mataro	**34:40.89**	5,00

50m:	31.86	31.86	800m:	8:52.20	34.97	1550m:	17:37.41	34.64	2300m:	26:25.95	35.48
100m:	1:03.64	31.78	850m:	9:26.68	34.48	1600m:	18:12.49	35.08	2350m:	27:03.82	37.87
150m:	1:35.80	32.16	900m:	10:01.36	34.68	1650m:	18:47.48	34.99	2400m:	27:40.36	36.54
200m:	2:08.65	32.85	950m:	10:36.37	35.01	1700m:	19:22.47	34.99	2450m:	28:15.62	35.26
250m:	2:41.76	33.11	1000m:	11:11.79	35.42	1750m:	19:56.93	34.46	2500m:	28:50.51	34.89
300m:	3:14.38	32.62	1050m:	11:46.78	34.99	1800m:	20:32.63	35.70	2550m:	29:25.92	35.41
350m:	3:46.95	32.57	1100m:	12:21.59	34.81	1850m:	21:08.28	35.65	2600m:	30:01.48	35.56
400m:	4:20.24	33.29	1150m:	12:57.09	35.50	1900m:	21:42.92	34.64	2650m:	30:36.82	35.34
450m:	4:53.77	33.53	1200m:	13:32.52	35.43	1950m:	22:18.47	35.55	2700m:	31:11.79	34.97
500m:	5:27.48	33.71	1250m:	14:07.74	35.22	2000m:	22:52.02	33.55	2750m:	31:47.79	36.00
550m:	6:01.30	33.82	1300m:	14:42.75	35.01	2050m:	23:28.97	36.95	2800m:	32:23.53	35.74
600m:	6:34.90	33.60	1350m:	15:18.07	35.32	2100m:	24:03.88	34.91	2850m:	32:58.81	35.28
650m:	7:08.65	33.75	1400m:	15:53.46	35.39	2150m:	24:39.32	35.44	2900m:	33:33.24	34.43
700m:	7:42.68	34.03	1450m:	16:27.91	34.45	2200m:	25:13.59	34.27	2950m:	34:06.95	33.71
750m:	8:17.23	34.55	1500m:	17:02.77	34.86	2250m:	25:50.47	36.88	3000m:	34:40.89	33.94

13.	IBAÑEZ PINA, Biel	09	C.N. Banyoles	**34:56.48**	4,00

50m:	33.40	33.40	800m:	9:11.50	34.34	1550m:	17:58.16	35.24	2300m:	26:47.19	35.89
100m:	1:07.47	34.07	850m:	9:46.33	34.83	1600m:	18:33.46	35.30	2350m:	27:23.09	35.90
150m:	1:41.62	34.15	900m:	10:20.74	34.41	1650m:	19:09.05	35.59	2400m:	27:58.84	35.75
200m:	2:16.09	34.47	950m:	10:55.54	34.80	1700m:	19:44.87	35.82	2450m:	28:34.08	35.24
250m:	2:50.53	34.44	1000m:	11:30.46	34.92	1750m:	20:20.29	35.42	2500m:	29:09.42	35.34
300m:	3:25.14	34.61	1050m:	12:05.28	34.82	1800m:	20:54.49	34.20	2550m:	29:44.36	34.94
350m:	3:59.18	34.04	1100m:	12:40.23	34.95	1850m:	21:29.27	34.78	2600m:	30:19.13	34.77
400m:	4:33.90	34.72	1150m:	13:15.33	35.10	1900m:	22:04.00	34.73	2650m:	30:54.22	35.09
450m:	5:08.73	34.83	1200m:	13:50.78	35.45	1950m:	22:39.07	35.07	2700m:	31:29.32	35.10
500m:	5:43.63	34.90	1250m:	14:26.33	35.55	2000m:	23:14.17	35.10	2750m:	32:04.15	34.83
550m:	6:18.52	34.89	1300m:	15:01.83	35.50	2050m:	23:49.27	35.10	2800m:	32:39.24	35.09
600m:	6:53.21	34.69	1350m:	15:36.87	35.04	2100m:	24:24.37	35.10	2850m:	33:14.42	35.18
650m:	7:27.92	34.71	1400m:	16:12.15	35.28	2150m:	24:59.97	35.60	2900m:	33:49.64	35.22
700m:	8:02.53	34.61	1450m:	16:47.67	35.52	2200m:	25:35.54	35.57	2950m:	34:24.71	35.07
750m:	8:37.16	34.63	1500m:	17:22.92	35.25	2250m:	26:11.30	35.76	3000m:	34:56.48	31.77

14.	CHIVA REGALADO, Jaume	08	C.N. Atletic-Barceloneta	**35:01.01**	3,00

50m:	32.36	32.36	800m:	9:01.03	34.79	1550m:	17:41.54	34.93	2300m:	26:38.49	35.90
100m:	1:05.40	33.04	850m:	9:35.39	34.36	1600m:	18:16.71	35.17	2350m:	27:14.97	36.48
150m:	1:38.65	33.25	900m:	10:09.78	34.39	1650m:	18:51.57	34.86	2400m:	27:51.00	36.03
200m:	2:11.78	33.13	950m:	10:44.34	34.56	1700m:	19:27.07	35.50	2450m:	28:27.51	36.51
250m:	2:45.01	33.23	1000m:	11:18.33	33.99	1750m:	20:02.79	35.72	2500m:	29:03.74	36.23
300m:	3:19.08	34.07	1050m:	11:52.90	34.57	1800m:	20:38.93	36.14	2550m:	29:39.52	35.78
350m:	3:52.92	33.84	1100m:	12:27.10	34.20	1850m:	21:14.20	35.27	2600m:	30:15.35	35.83
400m:	4:26.97	34.05	1150m:	13:01.22	34.12	1900m:	21:50.19	35.99	2650m:	30:51.34	35.99
450m:	5:00.85	33.88	1200m:	13:36.18	34.96	1950m:	22:26.32	36.13	2700m:	31:27.61	36.27
500m:	5:34.89	34.04	1250m:	14:10.71	34.53	2000m:	23:02.48	36.16	2750m:	32:03.64	36.03
550m:	6:09.00	34.11	1300m:	14:45.26	34.55	2050m:	23:39.10	36.62	2800m:	32:39.46	35.82
600m:	6:43.31	34.31	1350m:	15:20.62	35.36	2100m:	24:14.90	35.80	2850m:	33:15.40	35.94
650m:	7:17.66	34.35	1400m:	15:55.88	35.26	2150m:	24:50.62	35.72	2900m:	33:51.57	36.17
700m:	7:51.98	34.32	1450m:	16:31.19	35.31	2200m:	25:26.82	36.20	2950m:	34:26.96	35.39
750m:	8:26.24	34.26	1500m:	17:06.61	35.42	2250m:	26:02.59	35.77	3000m:	35:01.01	34.05

15.	RODRIGUEZ SANCHEZ, Sergio	09	C.N. Granollers	**35:43.66**	2,00

50m:	33.45	33.45	800m:	9:22.10	35.37	1550m:	18:19.81	36.30	2300m:	27:22.13	36.24
100m:	1:07.85	34.40	850m:	9:57.74	35.64	1600m:	18:56.27	36.46	2350m:	27:58.54	36.41
150m:	1:42.80	34.95	900m:	10:33.63	35.89	1650m:	19:32.43	36.16	2400m:	28:34.56	36.02
200m:	2:17.30	34.50	950m:	11:09.38	35.75	1700m:	20:08.15	35.72	2450m:	29:10.97	36.41
250m:	2:52.17	34.87	1000m:	11:45.00	35.62	1750m:	20:44.63	36.48	2500m:	29:47.42	36.45
300m:	3:27.20	35.03	1050m:	12:20.68	35.68	1800m:	21:20.78	36.15	2550m:	30:23.86	36.44
350m:	4:02.45	35.25	1100m:	12:56.63	35.95	1850m:	21:56.90	36.12	2600m:	30:59.73	35.87
400m:	4:37.83	35.38	1150m:	13:32.42	35.79	1900m:	22:33.18	36.28	2650m:	31:35.90	36.17
450m:	5:13.23	35.40	1200m:	14:08.07	35.65	1950m:	23:09.37	36.19	2700m:	32:12.01	36.11
500m:	5:48.53	35.30	1250m:	14:43.90	35.83	2000m:	23:45.67	36.30	2750m:	32:47.94	35.93
550m:	6:23.94	35.41	1300m:	15:19.75	35.85	2050m:	24:21.85	36.18	2800m:	33:23.85	35.91
600m:	6:59.67	35.73	1350m:	15:55.88	36.13	2100m:	24:57.49	35.64	2850m:	33:59.54	35.69
650m:	7:35.22	35.55	1400m:	16:31.79	35.91	2150m:	25:33.53	36.04	2900m:	34:35.23	35.69
700m:	8:10.85	35.63	1450m:	17:07.73	35.94	2200m:	26:09.51	35.98	2950m:	35:11.03	35.80
750m:	8:46.73	35.88	1500m:	17:43.51	35.78	2250m:	26:45.89	36.38	3000m:	35:43.66	32.63

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

Classificació ANY Temps

16. GONZALEZ MONJE, Adrian 09 G.E. I E.G. **36:08.91** 1,00

50m:	32.85	32.85	800m:	9:21.98	35.77	1550m:	18:26.14	36.98	2300m:	27:36.85	36.88
100m:	1:06.70	33.85	850m:	9:57.71	35.73	1600m:	19:02.89	36.75	2350m:	28:13.43	36.58
150m:	1:41.02	34.32	900m:	10:33.44	35.73	1650m:	19:39.29	36.40	2400m:	28:50.27	36.84
200m:	2:15.97	34.95	950m:	11:09.30	35.86	1700m:	20:15.97	36.68	2450m:	29:27.16	36.89
250m:	2:51.13	35.16	1000m:	11:45.43	36.13	1750m:	20:52.66	36.69	2500m:	30:03.78	36.62
300m:	3:26.58	35.45	1050m:	12:21.61	36.18	1800m:	21:29.11	36.45	2550m:	30:40.28	36.50
350m:	4:02.05	35.47	1100m:	12:58.01	36.40	1850m:	22:05.98	36.87	2600m:	31:17.74	37.46
400m:	4:37.17	35.12	1150m:	13:34.31	36.30	1900m:	22:42.31	36.33	2650m:	31:54.76	37.02
450m:	5:12.39	35.22	1200m:	14:10.14	35.83	1950m:	23:19.03	36.72	2700m:	32:31.47	36.71
500m:	5:47.90	35.51	1250m:	14:46.16	36.02	2000m:	23:56.08	37.05	2750m:	33:08.78	37.31
550m:	6:23.27	35.37	1300m:	15:22.60	36.44	2050m:	24:32.77	36.69	2800m:	33:45.88	37.10
600m:	6:59.38	36.11	1350m:	15:58.88	36.28	2100m:	25:09.33	36.56	2850m:	34:22.38	36.50
650m:	7:35.01	35.63	1400m:	16:35.51	36.63	2150m:	25:46.17	36.84	2900m:	34:59.02	36.64
700m:	8:10.47	35.46	1450m:	17:12.18	36.67	2200m:	26:22.79	36.62	2950m:	35:35.33	36.31
750m:	8:46.21	35.74	1500m:	17:49.16	36.98	2250m:	26:59.97	37.18	3000m:	36:08.91	33.58

17. MAS MANSILLA, Arnau 09 C.N. Prat Llobregat **36:16.85** -

50m:	33.65	33.65	800m:	9:30.35	35.57	1550m:	18:33.55	36.51	2300m:	27:45.04	36.42
100m:	1:08.69	35.04	850m:	10:06.00	35.65	1600m:	19:10.82	37.27	2350m:	28:21.74	36.70
150m:	1:44.08	35.39	900m:	10:41.89	35.89	1650m:	19:47.05	36.23	2400m:	28:58.07	36.33
200m:	2:19.80	35.72	950m:	11:17.42	35.53	1700m:	20:23.76	36.71	2450m:	29:35.05	36.98
250m:	2:55.41	35.61	1000m:	11:54.25	36.83	1750m:	21:01.23	37.47	2500m:	30:11.27	36.22
300m:	3:30.92	35.51	1050m:	12:30.19	35.94	1800m:	21:39.75	38.52	2550m:	30:47.71	36.44
350m:	4:06.66	35.74	1100m:	13:06.30	36.11	1850m:	22:16.97	37.22	2600m:	31:24.71	37.00
400m:	4:42.45	35.79	1150m:	13:43.69	37.39	1900m:	22:53.35	36.38	2650m:	32:01.05	36.34
450m:	5:18.19	35.74	1200m:	14:19.64	35.95	1950m:	23:29.64	36.29	2700m:	32:38.96	37.91
500m:	5:54.05	35.86	1250m:	14:55.66	36.02	2000m:	24:06.10	36.46	2750m:	33:15.77	36.81
550m:	6:30.31	36.26	1300m:	15:31.94	36.28	2050m:	24:42.55	36.45	2800m:	33:52.30	36.53
600m:	7:06.53	36.22	1350m:	16:08.23	36.29	2100m:	25:19.00	36.45	2850m:	34:29.08	36.78
650m:	7:42.57	36.04	1400m:	16:44.49	36.26	2150m:	25:55.66	36.66	2900m:	35:05.78	36.70
700m:	8:18.94	36.37	1450m:	17:20.66	36.17	2200m:	26:32.08	36.42	2950m:	35:41.73	35.95
750m:	8:54.78	35.84	1500m:	17:57.04	36.38	2250m:	27:08.62	36.54	3000m:	36:16.85	35.12

18. BICOK ALIMPIC, Leo 09 C.N. Atletic-Barceloneta **37:57.59** -

50m:	35.40	35.40	800m:	9:52.78	37.16	1550m:	19:18.29	38.67	2300m:	28:56.19	39.30
100m:	1:11.64	36.24	850m:	10:29.96	37.18	1600m:	19:56.82	38.53	2350m:	29:35.07	38.88
150m:	1:48.49	36.85	900m:	11:07.05	37.09	1650m:	20:34.90	38.08	2400m:	30:13.93	38.86
200m:	2:24.98	36.49	950m:	11:44.24	37.19	1700m:	21:13.47	38.57	2450m:	30:53.65	39.72
250m:	3:02.02	37.04	1000m:	12:22.02	37.78	1750m:	21:51.35	37.88	2500m:	31:32.59	38.94
300m:	3:39.26	37.24	1050m:	12:58.67	36.65	1800m:	22:29.92	38.57	2550m:	32:10.69	38.10
350m:	4:16.46	37.20	1100m:	13:35.58	36.91	1850m:	23:08.47	38.55	2600m:	32:49.33	38.64
400m:	4:53.88	37.42	1150m:	14:13.42	37.84	1900m:	23:46.56	38.09	2650m:	33:28.88	39.55
450m:	5:31.25	37.37	1200m:	14:51.50	38.08	1950m:	24:25.06	38.50	2700m:	34:07.39	38.51
500m:	6:08.47	37.22	1250m:	15:29.75	38.25	2000m:	25:03.84	38.78	2750m:	34:46.71	39.32
550m:	6:45.39	36.92	1300m:	16:07.66	37.91	2050m:	25:41.92	38.08	2800m:	35:24.90	38.19
600m:	7:22.82	37.43	1350m:	16:45.58	37.92	2100m:	26:20.87	38.95	2850m:	36:03.20	38.30
650m:	8:00.71	37.89	1400m:	17:23.25	37.67	2150m:	26:59.13	38.26	2900m:	36:41.67	38.47
700m:	8:38.26	37.55	1450m:	18:01.88	38.63	2200m:	27:37.45	38.32	2950m:	37:19.76	38.09
750m:	9:15.62	37.36	1500m:	18:39.62	37.74	2250m:	28:16.89	39.44	3000m:	37:57.59	37.83

Absolut Fons Indoor

resultats provisionals

1. CASALS MAS, Eric 06 C.N. Barcelona **31:49.89** 19,00

50m:	32.39	32.39	800m:	8:27.73	32.04	1550m:	16:27.40	31.95	2300m:	24:26.30	31.94
100m:	1:03.61	31.22	850m:	8:59.60	31.87	1600m:	16:59.31	31.91	2350m:	24:57.98	31.68
150m:	1:35.40	31.79	900m:	9:31.67	32.07	1650m:	17:31.20	31.89	2400m:	25:30.12	32.14
200m:	2:06.95	31.55	950m:	10:03.68	32.01	1700m:	18:03.22	32.02	2450m:	26:01.93	31.81
250m:	2:38.58	31.63	1000m:	10:35.69	32.01	1750m:	18:35.24	32.02	2500m:	26:33.55	31.62
300m:	3:10.44	31.86	1050m:	11:07.89	32.20	1800m:	19:07.24	32.00	2550m:	27:05.44	31.89
350m:	3:42.12	31.68	1100m:	11:39.80	31.91	1850m:	19:39.09	31.85	2600m:	27:37.45	32.01
400m:	4:13.84	31.72	1150m:	12:11.59	31.79	1900m:	20:11.14	32.05	2650m:	28:08.97	31.52
450m:	4:45.38	31.54	1200m:	12:43.57	31.98	1950m:	20:43.11	31.97	2700m:	28:40.58	31.61
500m:	5:17.05	31.67	1250m:	13:15.60	32.03	2000m:	21:15.27	32.16	2750m:	29:12.65	32.07
550m:	5:48.61	31.56	1300m:	13:47.65	32.05	2050m:	21:47.22	31.95	2800m:	29:44.75	32.10
600m:	6:20.16	31.55	1350m:	14:19.73	32.08	2100m:	22:19.38	32.16	2850m:	30:16.71	31.96
650m:	6:51.98	31.82	1400m:	14:51.62	31.89	2150m:	22:50.95	31.57	2900m:	30:48.76	32.05
700m:	7:23.90	31.92	1450m:	15:23.62	32.00	2200m:	23:22.53	31.58	2950m:	31:20.79	32.03
750m:	7:55.69	31.79	1500m:	15:55.45	31.83	2250m:	23:54.36	31.83	3000m:	31:49.89	29.10

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

Classificació — ANY — Temps

2. GARCIA FERNANDEZ, Erik — 06 — C.N. Barcelona — **32:09.26** — 16,00

50m:	31.35	31.35	800m:	8:25.54	31.68	1550m:	16:27.05	32.29	2300m:	24:30.61	32.50
100m:	1:02.50	31.15	850m:	8:57.36	31.82	1600m:	16:59.41	32.36	2350m:	25:03.30	32.69
150m:	1:33.88	31.38	900m:	9:29.31	31.95	1650m:	17:31.76	32.35	2400m:	25:35.79	32.49
200m:	2:05.22	31.34	950m:	10:01.28	31.97	1700m:	18:03.94	32.18	2450m:	26:08.18	32.39
250m:	2:36.56	31.34	1000m:	10:33.14	31.86	1750m:	18:36.16	32.22	2500m:	26:40.68	32.50
300m:	3:08.08	31.52	1050m:	11:05.00	31.86	1800m:	19:08.42	32.26	2550m:	27:13.07	32.39
350m:	3:39.72	31.64	1100m:	11:37.05	32.05	1850m:	19:40.55	32.13	2600m:	27:45.52	32.45
400m:	4:11.24	31.52	1150m:	12:09.04	31.99	1900m:	20:12.70	32.15	2650m:	28:17.85	32.33
450m:	4:43.14	31.90	1200m:	12:41.21	32.17	1950m:	20:44.83	32.13	2700m:	28:50.19	32.34
500m:	5:14.70	31.56	1250m:	13:13.42	32.21	2000m:	21:17.07	32.24	2750m:	29:22.97	32.78
550m:	5:46.50	31.80	1300m:	13:45.50	32.08	2050m:	21:49.17	32.10	2800m:	29:55.45	32.48
600m:	6:18.54	32.04	1350m:	14:17.91	32.41	2100m:	22:21.27	32.10	2850m:	30:28.26	32.81
650m:	6:50.44	31.90	1400m:	14:50.15	32.24	2150m:	22:53.52	32.25	2900m:	31:02.10	33.84
700m:	7:22.12	31.68	1450m:	15:22.48	32.33	2200m:	23:25.69	32.17	2950m:	31:36.16	34.06
750m:	7:53.86	31.74	1500m:	15:54.76	32.28	2250m:	23:58.11	32.42	3000m:	32:09.26	33.10

3. IBAÑEZ PINA, Nil — 03 — C.N. Granollers — **33:17.72** — 14,00

50m:	30.95	30.95	800m:	8:42.21	33.27	1550m:	17:03.48	33.45	2300m:	25:28.48	34.12
100m:	1:02.11	31.16	850m:	9:15.47	33.26	1600m:	17:37.37	33.89	2350m:	26:02.50	34.02
150m:	1:34.02	31.91	900m:	9:48.66	33.19	1650m:	18:10.72	33.35	2400m:	26:36.27	33.77
200m:	2:06.19	32.17	950m:	10:21.90	33.24	1700m:	18:44.13	33.41	2450m:	27:10.29	34.02
250m:	2:38.79	32.60	1000m:	10:55.24	33.34	1750m:	19:17.65	33.52	2500m:	27:44.24	33.95
300m:	3:11.09	32.30	1050m:	11:28.83	33.59	1800m:	19:51.13	33.48	2550m:	28:17.97	33.73
350m:	3:43.60	32.51	1100m:	12:02.10	33.27	1850m:	20:24.82	33.69	2600m:	28:51.94	33.97
400m:	4:16.40	32.80	1150m:	12:35.50	33.40	1900m:	20:58.83	34.01	2650m:	29:25.87	33.93
450m:	4:49.56	33.16	1200m:	13:08.71	33.21	1950m:	21:32.16	33.33	2700m:	30:00.08	34.21
500m:	5:22.58	33.02	1250m:	13:42.38	33.67	2000m:	22:05.75	33.59	2750m:	30:33.73	33.65
550m:	5:55.94	33.36	1300m:	14:15.70	33.32	2050m:	22:39.49	33.74	2800m:	31:07.53	33.80
600m:	6:29.34	33.40	1350m:	14:49.31	33.61	2100m:	23:12.95	33.46	2850m:	31:41.40	33.87
650m:	7:02.76	33.42	1400m:	15:23.20	33.89	2150m:	23:46.72	33.77	2900m:	32:14.32	32.92
700m:	7:35.89	33.13	1450m:	15:56.69	33.49	2200m:	24:20.62	33.90	2950m:	32:47.46	33.14
750m:	8:08.94	33.05	1500m:	16:30.03	33.34	2250m:	24:54.36	33.74	3000m:	33:17.72	30.26

4. FERRI BLANC, Oriol — 05 — C.N. Barcelona — **34:02.28** — 13,00

50m:	32.49	32.49	800m:	8:55.98	34.23	1550m:	17:24.78	32.58	2300m:	25:56.70	33.75
100m:	1:04.70	32.21	850m:	9:30.68	34.70	1600m:	17:58.56	33.78	2350m:	26:31.51	34.81
150m:	1:37.51	32.81	900m:	10:04.88	34.20	1650m:	18:31.87	33.31	2400m:	27:05.42	33.91
200m:	2:10.43	32.92	950m:	10:38.87	33.99	1700m:	19:05.50	33.63	2450m:	27:40.28	34.86
250m:	2:43.95	33.52	1000m:	11:13.17	34.30	1750m:	19:40.09	34.59	2500m:	28:15.20	34.92
300m:	3:17.46	33.51	1050m:	11:46.95	33.78	1800m:	20:13.77	33.68	2550m:	28:50.60	35.40
350m:	3:51.16	33.70	1100m:	12:21.56	34.61	1850m:	20:48.12	34.35	2600m:	29:25.21	34.61
400m:	4:24.79	33.63	1150m:	12:55.23	33.67	1900m:	21:22.64	34.52	2650m:	30:00.84	35.63
450m:	4:58.83	34.04	1200m:	13:29.16	33.93	1950m:	21:57.06	34.42	2700m:	30:36.93	36.09
500m:	5:32.59	33.76	1250m:	14:04.22	35.06	2000m:	22:31.31	34.25	2750m:	31:11.90	34.97
550m:	6:06.88	34.29	1300m:	14:37.94	33.72	2050m:	23:05.91	34.60	2800m:	31:45.93	34.03
600m:	6:40.38	33.50	1350m:	15:11.92	33.98	2100m:	23:39.81	33.90	2850m:	32:20.64	34.71
650m:	7:14.25	33.87	1400m:	15:46.48	34.56	2150m:	24:14.16	34.35	2900m:	32:53.97	33.33
700m:	7:47.98	33.73	1450m:	16:19.31	32.83	2200m:	24:48.15	33.99	2950m:	33:29.55	35.58
750m:	8:21.75	33.77	1500m:	16:52.20	32.89	2250m:	25:22.95	34.80	3000m:	34:02.28	32.73

5. REDONDO SORIA, Iker — 06 — C.N. Granollers — **34:41.11** — 12,00

50m:	31.33	31.33	800m:	9:00.48	34.62	1550m:	17:45.28	35.07	2300m:	26:32.53	35.04
100m:	1:03.49	32.16	850m:	9:35.03	34.55	1600m:	18:20.48	35.20	2350m:	27:07.58	35.05
150m:	1:36.01	32.52	900m:	10:09.85	34.82	1650m:	18:55.64	35.16	2400m:	27:42.53	34.95
200m:	2:08.88	32.87	950m:	10:44.45	34.60	1700m:	19:30.69	35.05	2450m:	28:17.71	35.18
250m:	2:42.28	33.40	1000m:	11:19.31	34.86	1750m:	20:05.98	35.29	2500m:	28:52.80	35.09
300m:	3:15.74	33.46	1050m:	11:54.59	35.28	1800m:	20:40.83	34.85	2550m:	29:27.98	35.18
350m:	3:49.73	33.99	1100m:	12:29.47	34.88	1850m:	21:15.83	35.00	2600m:	30:03.35	35.37
400m:	4:24.09	34.36	1150m:	13:04.44	34.97	1900m:	21:50.87	35.04	2650m:	30:37.99	34.64
450m:	4:58.43	34.34	1200m:	13:39.43	34.99	1950m:	22:26.02	35.15	2700m:	31:12.92	34.93
500m:	5:33.09	34.66	1250m:	14:14.48	35.05	2000m:	23:00.97	34.95	2750m:	31:47.93	35.01
550m:	6:07.75	34.66	1300m:	14:49.60	35.12	2050m:	23:36.22	35.25	2800m:	32:22.90	34.97
600m:	6:42.18	34.43	1350m:	15:24.95	35.35	2100m:	24:11.32	35.10	2850m:	32:57.82	34.92
650m:	7:16.66	34.48	1400m:	16:00.10	35.15	2150m:	24:46.90	35.58	2900m:	33:32.69	34.87
700m:	7:51.15	34.49	1450m:	16:35.49	35.39	2200m:	25:22.12	35.22	2950m:	34:07.31	34.62
750m:	8:25.86	34.71	1500m:	17:10.21	34.72	2250m:	25:57.49	35.37	3000m:	34:41.11	33.80

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

Classificació — ANY — Temps

6. LAGOS PAU, Aitor — 95 — C.N. L´ Hospitalet — **35:14.91** — 11,00

50m:	32.39	32.39	800m:	9:11.60	34.86	1550m:	17:59.69	35.68	2300m:	26:56.16	36.03
100m:	1:05.91	33.52	850m:	9:46.84	35.24	1600m:	18:35.05	35.36	2350m:	27:32.46	36.30
150m:	1:40.30	34.39	900m:	10:21.65	34.81	1650m:	19:10.79	35.74	2400m:	28:08.00	35.54
200m:	2:14.84	34.54	950m:	10:56.63	34.98	1700m:	19:46.65	35.86	2450m:	28:43.83	35.83
250m:	2:49.62	34.78	1000m:	11:31.79	35.16	1750m:	20:22.45	35.80	2500m:	29:19.57	35.74
300m:	3:23.92	34.30	1050m:	12:06.97	35.18	1800m:	20:58.10	35.65	2550m:	29:55.52	35.95
350m:	3:58.46	34.54	1100m:	12:42.08	35.11	1850m:	21:33.61	35.51	2600m:	30:31.09	35.57
400m:	4:33.21	34.75	1150m:	13:17.22	35.14	1900m:	22:09.48	35.87	2650m:	31:06.63	35.54
450m:	5:07.82	34.61	1200m:	13:52.34	35.12	1950m:	22:45.45	35.97	2700m:	31:42.39	35.76
500m:	5:42.55	34.73	1250m:	14:27.25	34.91	2000m:	23:21.46	36.01	2750m:	32:17.95	35.56
550m:	6:17.50	34.95	1300m:	15:02.53	35.28	2050m:	23:57.04	35.58	2800m:	32:53.72	35.77
600m:	6:52.04	34.54	1350m:	15:37.83	35.30	2100m:	24:32.61	35.57	2850m:	33:29.59	35.87
650m:	7:26.80	34.76	1400m:	16:12.96	35.13	2150m:	25:08.54	35.93	2900m:	34:05.49	35.90
700m:	8:01.69	34.89	1450m:	16:48.47	35.51	2200m:	25:44.40	35.86	2950m:	34:41.38	35.89
750m:	8:36.74	35.05	1500m:	17:24.01	35.54	2250m:	26:20.13	35.73	3000m:	35:14.91	33.53

7. LOPEZ TAPIA, Alex — 04 — C.N. Catalunya — **36:14.28** — 10,00

50m:	33.98	33.98	800m:	9:34.11	36.05	1550m:	18:42.45	36.35	2300m:	27:50.80	36.79
100m:	1:08.28	34.30	850m:	10:10.36	36.25	1600m:	19:18.99	36.54	2350m:	28:27.11	36.31
150m:	1:43.46	35.18	900m:	10:47.14	36.78	1650m:	19:55.68	36.69	2400m:	29:03.58	36.47
200m:	2:18.72	35.26	950m:	11:23.97	36.83	1700m:	20:31.99	36.31	2450m:	29:39.83	36.25
250m:	2:54.41	35.69	1000m:	12:01.20	37.23	1750m:	21:08.99	37.00	2500m:	30:16.35	36.52
300m:	3:30.45	36.04	1050m:	12:37.59	36.39	1800m:	21:45.53	36.54	2550m:	30:51.97	35.62
350m:	4:06.59	36.14	1100m:	13:13.93	36.34	1850m:	22:22.49	36.96	2600m:	31:27.77	35.80
400m:	4:43.14	36.55	1150m:	13:50.74	36.81	1900m:	22:59.14	36.65	2650m:	32:03.61	35.84
450m:	5:19.55	36.41	1200m:	14:27.84	37.10	1950m:	23:35.90	36.76	2700m:	32:39.74	36.13
500m:	5:56.18	36.63	1250m:	15:04.16	36.32	2000m:	24:12.85	36.95	2750m:	33:16.00	36.26
550m:	6:32.88	36.70	1300m:	15:40.65	36.49	2050m:	24:49.05	36.20	2800m:	33:52.32	36.32
600m:	7:09.45	36.57	1350m:	16:16.88	36.23	2100m:	25:25.26	36.21	2850m:	34:28.67	36.35
650m:	7:45.37	35.92	1400m:	16:53.58	36.70	2150m:	26:01.71	36.45	2900m:	35:05.57	36.90
700m:	8:21.74	36.37	1450m:	17:29.51	35.93	2200m:	26:37.85	36.14	2950m:	35:40.86	35.29
750m:	8:58.06	36.32	1500m:	18:06.10	36.59	2250m:	27:14.01	36.16	3000m:	36:14.28	33.42

Absolut, Júnior 2 i Júnior 1

resultats provisionals

1. PALAZON GALINDO, Grau — 09 — G.E. I E.G. — **31:21.11** — 19,00
Millor Marca Catalana

50m:	30.85	30.85	800m:	8:17.09	31.07	1550m:	16:02.79	31.58	2300m:	23:55.71	31.59
100m:	1:01.79	30.94	850m:	8:48.18	31.09	1600m:	16:34.27	31.48	2350m:	24:27.53	31.82
150m:	1:32.79	31.00	900m:	9:19.19	31.01	1650m:	17:05.56	31.29	2400m:	24:59.44	31.91
200m:	2:03.93	31.14	950m:	9:50.05	30.86	1700m:	17:37.07	31.51	2450m:	25:31.52	32.08
250m:	2:35.04	31.11	1000m:	10:21.01	30.96	1750m:	18:08.67	31.60	2500m:	26:03.85	32.33
300m:	3:06.25	31.21	1050m:	10:52.22	31.21	1800m:	18:40.10	31.43	2550m:	26:36.03	32.18
350m:	3:37.27	31.02	1100m:	11:22.89	30.67	1850m:	19:11.38	31.28	2600m:	27:08.30	32.27
400m:	4:08.48	31.21	1150m:	11:53.73	30.84	1900m:	19:43.05	31.67	2650m:	27:40.31	32.01
450m:	4:39.79	31.31	1200m:	12:24.58	30.85	1950m:	20:14.57	31.52	2700m:	28:12.54	32.23
500m:	5:10.77	30.98	1250m:	12:55.52	30.94	2000m:	20:45.99	31.42	2750m:	28:44.67	32.13
550m:	5:41.86	31.09	1300m:	13:26.77	31.25	2050m:	21:17.78	31.79	2800m:	29:16.36	31.69
600m:	6:12.93	31.07	1350m:	13:57.82	31.05	2100m:	21:49.29	31.51	2850m:	29:48.12	31.76
650m:	6:43.93	31.00	1400m:	14:28.67	30.85	2150m:	22:20.94	31.65	2900m:	30:19.48	31.36
700m:	7:14.94	31.01	1450m:	14:59.89	31.22	2200m:	22:52.34	31.40	2950m:	30:50.89	31.41
750m:	7:46.02	31.08	1500m:	15:31.21	31.32	2250m:	23:24.12	31.78	3000m:	31:21.11	30.22

2. CASALS MAS, Eric — 06 — C.N. Barcelona — **31:49.89** — 19,00

50m:	32.39	32.39	700m:	7:23.90	31.92	1350m:	14:19.73	32.08	2000m:	21:15.27	32.16
100m:	1:03.61	31.22	750m:	7:55.69	31.79	1400m:	14:51.62	31.89	2050m:	21:47.22	31.95
150m:	1:35.40	31.79	800m:	8:27.73	32.04	1450m:	15:23.62	32.00	2100m:	22:19.38	32.16
200m:	2:06.95	31.55	850m:	8:59.60	31.87	1500m:	15:55.45	31.83	2150m:	22:50.95	31.57
250m:	2:38.58	31.63	900m:	9:31.67	32.07	1550m:	16:27.40	31.95	2200m:	23:22.53	31.58
300m:	3:10.44	31.86	950m:	10:03.68	32.01	1600m:	16:59.31	31.91	2250m:	23:54.36	31.83
350m:	3:42.12	31.68	1000m:	10:35.69	32.01	1650m:	17:31.20	31.89	2300m:	24:26.30	31.94
400m:	4:13.84	31.72	1050m:	11:07.89	32.20	1700m:	18:03.22	32.02	2350m:	24:57.98	31.68
450m:	4:45.38	31.54	1100m:	11:39.80	31.91	1750m:	18:35.24	32.02	2400m:	25:30.12	32.14
500m:	5:17.05	31.67	1150m:	12:11.59	31.79	1800m:	19:07.24	32.00	2450m:	26:01.93	31.81
550m:	5:48.61	31.56	1200m:	12:43.57	31.98	1850m:	19:39.09	31.85	2500m:	26:33.55	31.62
600m:	6:20.16	31.55	1250m:	13:15.60	32.03	1900m:	20:11.14	32.05	2550m:	27:05.44	31.89
650m:	6:51.98	31.82	1300m:	13:47.65	32.05	1950m:	20:43.11	31.97	2600m:	27:37.45	32.01

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

Classificació ANY Temps

2650m:	28:08.97	31.52	2750m:	29:12.65	32.07	2850m:	30:16.71	31.96	2950m:	31:20.79	32.03
2700m:	28:40.58	31.61	2800m:	29:44.75	32.10	2900m:	30:48.76	32.05	3000m:	31:49.89	29.10

3. GARCIA FERNANDEZ, Erik 06 C.N. Barcelona **32:09.26** 16,00

50m:	31.35	31.35	800m:	8:25.54	31.68	1550m:	16:27.05	32.29	2300m:	24:30.61	32.50
100m:	1:02.50	31.15	850m:	8:57.36	31.82	1600m:	16:59.41	32.36	2350m:	25:03.30	32.69
150m:	1:33.88	31.38	900m:	9:29.31	31.95	1650m:	17:31.76	32.35	2400m:	25:35.79	32.49
200m:	2:05.22	31.34	950m:	10:01.28	31.97	1700m:	18:03.94	32.18	2450m:	26:08.18	32.39
250m:	2:36.56	31.34	1000m:	10:33.14	31.86	1750m:	18:36.16	32.22	2500m:	26:40.68	32.50
300m:	3:08.08	31.52	1050m:	11:05.00	31.86	1800m:	19:08.42	32.26	2550m:	27:13.07	32.39
350m:	3:39.72	31.64	1100m:	11:37.05	32.05	1850m:	19:40.55	32.13	2600m:	27:45.52	32.45
400m:	4:11.24	31.52	1150m:	12:09.04	31.99	1900m:	20:12.70	32.15	2650m:	28:17.85	32.33
450m:	4:43.14	31.90	1200m:	12:41.21	32.17	1950m:	20:44.83	32.13	2700m:	28:50.19	32.34
500m:	5:14.70	31.56	1250m:	13:13.42	32.21	2000m:	21:17.07	32.24	2750m:	29:22.97	32.78
550m:	5:46.50	31.80	1300m:	13:45.50	32.08	2050m:	21:49.17	32.10	2800m:	29:55.45	32.48
600m:	6:18.54	32.04	1350m:	14:17.91	32.41	2100m:	22:21.27	32.10	2850m:	30:28.26	32.81
650m:	6:50.44	31.90	1400m:	14:50.15	32.24	2150m:	22:53.52	32.25	2900m:	31:02.10	33.84
700m:	7:22.12	31.68	1450m:	15:22.48	32.33	2200m:	23:25.69	32.17	2950m:	31:36.16	34.06
750m:	7:53.86	31.74	1500m:	15:54.76	32.28	2250m:	23:58.11	32.42	3000m:	32:09.26	33.10

4. GASOL GUTIERREZ, Biel 08 C.N. Granollers **32:17.16** 16,00

50m:	30.94	30.94	800m:	8:31.91	32.08	1550m:	16:33.24	32.11	2300m:	24:39.93	32.78
100m:	1:02.36	31.42	850m:	9:03.96	32.05	1600m:	17:05.44	32.20	2350m:	25:12.67	32.74
150m:	1:34.28	31.92	900m:	9:36.01	32.05	1650m:	17:37.69	32.25	2400m:	25:45.38	32.71
200m:	2:06.44	32.16	950m:	10:08.48	32.47	1700m:	18:09.62	31.93	2450m:	26:18.15	32.77
250m:	2:38.51	32.07	1000m:	10:40.63	32.15	1750m:	18:41.71	32.09	2500m:	26:51.02	32.87
300m:	3:10.48	31.97	1050m:	11:12.53	31.90	1800m:	19:14.29	32.58	2550m:	27:23.73	32.71
350m:	3:42.41	31.93	1100m:	11:44.73	32.20	1850m:	19:46.69	32.40	2600m:	27:56.53	32.80
400m:	4:14.48	32.07	1150m:	12:16.55	31.82	1900m:	20:19.12	32.43	2650m:	28:29.44	32.91
450m:	4:46.50	32.02	1200m:	12:48.51	31.96	1950m:	20:51.43	32.31	2700m:	29:02.83	33.39
500m:	5:19.02	32.52	1250m:	13:20.35	31.84	2000m:	21:23.92	32.49	2750m:	29:35.69	32.86
550m:	5:51.21	32.19	1300m:	13:52.57	32.22	2050m:	21:56.54	32.62	2800m:	30:08.31	32.62
600m:	6:23.26	32.05	1350m:	14:24.67	32.10	2100m:	22:29.05	32.51	2850m:	30:40.82	32.51
650m:	6:55.38	32.12	1400m:	14:56.78	32.11	2150m:	23:01.63	32.58	2900m:	31:13.64	32.82
700m:	7:27.69	32.31	1450m:	15:28.96	32.18	2200m:	23:34.34	32.71	2950m:	31:46.05	32.41
750m:	7:59.83	32.14	1500m:	16:01.13	32.17	2250m:	24:07.15	32.81	3000m:	32:17.16	31.11

5. JUAREZ LIANAS, Siro 09 C.N. Sabadell **32:34.32** 14,00

50m:	30.90	30.90	800m:	8:32.87	31.97	1550m:	16:40.50	32.43	2300m:	24:53.45	33.42
100m:	1:02.55	31.65	850m:	9:05.44	32.57	1600m:	17:12.62	32.12	2350m:	25:26.50	33.05
150m:	1:34.70	32.15	900m:	9:37.65	32.21	1650m:	17:45.19	32.57	2400m:	25:59.44	32.94
200m:	2:06.51	31.81	950m:	10:09.93	32.28	1700m:	18:17.73	32.54	2450m:	26:32.70	33.26
250m:	2:38.52	32.01	1000m:	10:42.42	32.49	1750m:	18:50.87	33.14	2500m:	27:05.86	33.16
300m:	3:10.66	32.14	1050m:	11:14.76	32.34	1800m:	19:23.53	32.66	2550m:	27:38.92	33.06
350m:	3:43.12	32.46	1100m:	11:47.17	32.41	1850m:	19:56.42	32.89	2600m:	28:12.15	33.23
400m:	4:15.16	32.04	1150m:	12:19.56	32.39	1900m:	20:29.30	32.88	2650m:	28:45.06	32.91
450m:	4:47.40	32.24	1200m:	12:52.14	32.58	1950m:	21:02.33	33.03	2700m:	29:18.24	33.18
500m:	5:19.67	32.27	1250m:	13:26.61	34.47	2000m:	21:35.09	32.76	2750m:	29:51.00	32.76
550m:	5:51.85	32.18	1300m:	13:58.50	31.89	2050m:	22:07.85	32.76	2800m:	30:24.01	33.01
600m:	6:23.96	32.11	1350m:	14:30.76	32.26	2100m:	22:40.84	32.99	2850m:	30:57.53	33.52
650m:	6:56.29	32.33	1400m:	15:03.10	32.34	2150m:	23:13.86	33.02	2900m:	31:30.54	33.01
700m:	7:28.71	32.42	1450m:	15:35.66	32.56	2200m:	23:46.78	32.92	2950m:	32:03.20	32.66
750m:	8:00.90	32.19	1500m:	16:08.07	32.41	2250m:	24:20.03	33.25	3000m:	32:34.32	31.12

6. MATEO ARTACHO, Alan 09 G.E. I E.G. **32:39.42** 13,00

50m:	31.57	31.57	800m:	8:25.71	31.79	1550m:	16:32.03	32.97	2300m:	24:49.23	33.31
100m:	1:02.85	31.28	850m:	8:57.79	32.08	1600m:	17:04.80	32.77	2350m:	25:22.94	33.71
150m:	1:33.87	31.02	900m:	9:29.76	31.97	1650m:	17:37.84	33.04	2400m:	25:56.64	33.70
200m:	2:05.44	31.57	950m:	10:01.99	32.23	1700m:	18:10.76	32.92	2450m:	26:30.80	34.16
250m:	2:36.96	31.52	1000m:	10:34.12	32.13	1750m:	18:43.87	33.11	2500m:	27:04.74	33.94
300m:	3:08.47	31.51	1050m:	11:06.42	32.30	1800m:	19:16.77	32.90	2550m:	27:38.26	33.52
350m:	3:40.21	31.74	1100m:	11:38.88	32.46	1850m:	19:49.84	33.07	2600m:	28:11.83	33.57
400m:	4:11.75	31.54	1150m:	12:11.60	32.72	1900m:	20:23.02	33.18	2650m:	28:45.77	33.94
450m:	4:43.47	31.72	1200m:	12:44.03	32.43	1950m:	20:56.25	33.23	2700m:	29:19.66	33.89
500m:	5:15.24	31.77	1250m:	13:16.28	32.25	2000m:	21:29.50	33.25	2750m:	29:53.22	33.56
550m:	5:46.99	31.75	1300m:	13:48.32	32.04	2050m:	22:02.69	33.19	2800m:	30:27.17	33.95
600m:	6:18.83	31.84	1350m:	14:20.80	32.48	2100m:	22:35.75	33.06	2850m:	31:01.18	34.01
650m:	6:50.55	31.72	1400m:	14:53.46	32.66	2150m:	23:09.34	33.59	2900m:	31:34.60	33.42
700m:	7:22.10	31.55	1450m:	15:26.18	32.72	2200m:	23:42.61	33.27	2950m:	32:07.69	33.09
750m:	7:53.92	31.82	1500m:	15:59.06	32.88	2250m:	24:15.92	33.31	3000m:	32:39.42	31.73

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

Classificació — ANY — Temps

7. OLIVER SAGUE, Aniol — 08 — G.E. I E.G. — **32:50.88** 12,00

50m:	30.82	30.82	800m:	8:36.39	32.88	1550m:	16:52.74	33.13	2300m:	25:10.95	32.82
100m:	1:02.41	31.59	850m:	9:09.15	32.76	1600m:	17:26.32	33.58	2350m:	25:44.04	33.09
150m:	1:34.10	31.69	900m:	9:41.97	32.82	1650m:	17:59.82	33.50	2400m:	26:16.80	32.76
200m:	2:06.28	32.18	950m:	10:15.15	33.18	1700m:	18:33.11	33.29	2450m:	26:50.13	33.33
250m:	2:38.64	32.36	1000m:	10:48.27	33.12	1750m:	19:06.67	33.56	2500m:	27:23.29	33.16
300m:	3:11.02	32.38	1050m:	11:21.36	33.09	1800m:	19:39.82	33.15	2550m:	27:56.42	33.13
350m:	3:43.57	32.55	1100m:	11:54.14	32.78	1850m:	20:13.22	33.40	2600m:	28:29.74	33.32
400m:	4:15.91	32.34	1150m:	12:27.15	33.01	1900m:	20:46.76	33.54	2650m:	29:02.74	33.00
450m:	4:48.45	32.54	1200m:	13:00.24	33.09	1950m:	21:19.69	32.93	2700m:	29:35.63	32.89
500m:	5:20.58	32.13	1250m:	13:33.52	33.28	2000m:	21:52.49	32.80	2750m:	30:08.56	32.93
550m:	5:52.79	32.21	1300m:	14:06.86	33.34	2050m:	22:25.59	33.10	2800m:	30:41.79	33.23
600m:	6:25.29	32.50	1350m:	14:40.21	33.35	2100m:	22:58.76	33.17	2850m:	31:14.91	33.12
650m:	6:57.83	32.54	1400m:	15:13.19	32.98	2150m:	23:31.89	33.13	2900m:	31:47.73	32.82
700m:	7:30.65	32.82	1450m:	15:46.47	33.28	2200m:	24:05.05	33.16	2950m:	32:20.44	32.71
750m:	8:03.51	32.86	1500m:	16:19.61	33.14	2250m:	24:38.13	33.08	3000m:	32:50.88	30.44

8. CORONA EDO, Xavi — 09 — C.N. Sabadell — **33:00.81** 11,00

50m:	31.75	31.75	800m:	8:39.80	32.93	1550m:	16:52.53	33.16	2300m:	25:15.14	33.98
100m:	1:04.37	32.62	850m:	9:12.27	32.47	1600m:	17:25.98	33.45	2350m:	25:49.44	34.30
150m:	1:36.37	32.00	900m:	9:44.82	32.55	1650m:	17:59.62	33.64	2400m:	26:23.03	33.59
200m:	2:08.58	32.21	950m:	10:17.61	32.79	1700m:	18:32.89	33.27	2450m:	26:57.09	34.06
250m:	2:41.33	32.75	1000m:	10:50.42	32.81	1750m:	19:06.04	33.15	2500m:	27:31.14	34.05
300m:	3:13.95	32.62	1050m:	11:22.96	32.54	1800m:	19:39.31	33.27	2550m:	28:05.14	34.00
350m:	3:46.52	32.57	1100m:	11:55.75	32.79	1850m:	20:12.95	33.64	2600m:	28:39.19	34.05
400m:	4:19.21	32.69	1150m:	12:28.58	32.83	1900m:	20:46.84	33.89	2650m:	29:13.17	33.98
450m:	4:51.73	32.52	1200m:	13:01.52	32.94	1950m:	21:20.10	33.26	2700m:	29:46.77	33.60
500m:	5:24.05	32.32	1250m:	13:34.27	32.75	2000m:	21:53.28	33.18	2750m:	30:20.79	34.02
550m:	5:56.45	32.40	1300m:	14:07.25	32.98	2050m:	22:26.58	33.30	2800m:	30:54.48	33.69
600m:	6:29.18	32.73	1350m:	14:40.16	32.91	2100m:	23:00.30	33.72	2850m:	31:27.64	33.16
650m:	7:01.82	32.64	1400m:	15:13.05	32.89	2150m:	23:34.18	33.88	2900m:	32:01.10	33.46
700m:	7:34.43	32.61	1450m:	15:46.38	33.33	2200m:	24:07.57	33.39	2950m:	32:31.77	30.67
750m:	8:06.87	32.44	1500m:	16:19.37	32.99	2250m:	24:41.16	33.59	3000m:	33:00.81	29.04

9. IBAÑEZ PINA, Nil — 03 — C.N. Granollers — **33:17.72** 14,00

50m:	30.95	30.95	800m:	8:42.21	33.27	1550m:	17:03.48	33.45	2300m:	25:28.48	34.12
100m:	1:02.11	31.16	850m:	9:15.47	33.26	1600m:	17:37.37	33.89	2350m:	26:02.50	34.02
150m:	1:34.02	31.91	900m:	9:48.66	33.19	1650m:	18:10.72	33.35	2400m:	26:36.27	33.77
200m:	2:06.19	32.17	950m:	10:21.90	33.24	1700m:	18:44.13	33.41	2450m:	27:10.29	34.02
250m:	2:38.79	32.60	1000m:	10:55.24	33.34	1750m:	19:17.65	33.52	2500m:	27:44.24	33.95
300m:	3:11.09	32.30	1050m:	11:28.83	33.59	1800m:	19:51.13	33.48	2550m:	28:17.97	33.73
350m:	3:43.60	32.51	1100m:	12:02.10	33.27	1850m:	20:24.82	33.69	2600m:	28:51.94	33.97
400m:	4:16.40	32.80	1150m:	12:35.50	33.40	1900m:	20:58.83	34.01	2650m:	29:25.87	33.93
450m:	4:49.56	33.16	1200m:	13:08.71	33.21	1950m:	21:32.16	33.33	2700m:	30:00.08	34.21
500m:	5:22.58	33.02	1250m:	13:42.38	33.67	2000m:	22:05.75	33.59	2750m:	30:33.73	33.65
550m:	5:55.94	33.36	1300m:	14:15.70	33.32	2050m:	22:39.49	33.74	2800m:	31:07.53	33.80
600m:	6:29.34	33.40	1350m:	14:49.31	33.61	2100m:	23:12.95	33.46	2850m:	31:41.40	33.87
650m:	7:02.76	33.42	1400m:	15:23.20	33.89	2150m:	23:46.72	33.77	2900m:	32:14.32	32.92
700m:	7:35.89	33.13	1450m:	15:56.69	33.49	2200m:	24:20.62	33.90	2950m:	32:47.46	33.14
750m:	8:08.94	33.05	1500m:	16:30.03	33.34	2250m:	24:54.36	33.74	3000m:	33:17.72	30.26

10. AGUDELO RAMOS, Mauricio — 10 — C.N. Terrassa — **33:18.13** 19,00

50m:	30.98	30.98	800m:	8:46.55	33.42	1550m:	17:05.03	33.26	2300m:	25:25.34	33.63
100m:	1:02.86	31.88	850m:	9:19.74	33.19	1600m:	17:37.77	32.74	2350m:	25:59.00	33.66
150m:	1:35.54	32.68	900m:	9:52.94	33.20	1650m:	18:10.93	33.16	2400m:	26:32.28	33.28
200m:	2:08.32	32.78	950m:	10:26.74	33.80	1700m:	18:44.10	33.17	2450m:	27:06.37	34.09
250m:	2:41.46	33.14	1000m:	11:00.26	33.52	1750m:	19:17.36	33.26	2500m:	27:40.81	34.44
300m:	3:14.56	33.10	1050m:	11:33.79	33.53	1800m:	19:50.07	32.71	2550m:	28:14.91	34.10
350m:	3:47.64	33.08	1100m:	12:07.18	33.39	1850m:	20:23.79	33.72	2600m:	28:49.22	34.31
400m:	4:20.58	32.94	1150m:	12:40.62	33.44	1900m:	20:57.12	33.33	2650m:	29:23.41	34.19
450m:	4:53.47	32.89	1200m:	13:14.01	33.39	1950m:	21:30.49	33.37	2700m:	29:57.86	34.45
500m:	5:26.97	33.50	1250m:	13:47.10	33.09	2000m:	22:04.06	33.57	2750m:	30:32.08	34.22
550m:	6:00.56	33.59	1300m:	14:20.02	32.92	2050m:	22:37.81	33.75	2800m:	31:06.12	34.04
600m:	6:33.92	33.36	1350m:	14:52.88	32.86	2100m:	23:11.01	33.20	2850m:	31:39.36	33.24
650m:	7:07.06	33.14	1400m:	15:25.70	32.82	2150m:	23:44.52	33.51	2900m:	32:13.39	34.03
700m:	7:40.24	33.18	1450m:	15:58.81	33.11	2200m:	24:18.32	33.80	2950m:	32:46.87	33.48
750m:	8:13.13	32.89	1500m:	16:31.77	32.96	2250m:	24:51.71	33.39	3000m:	33:18.13	31.26

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

Classificació ANY Temps

11. VIVAR ARBUSA, Sergi 10 C.N. Banyoles **33:18.33** 16,00

50m:	31.58	31.58	800m:	8:42.11	33.03	1550m:	17:03.18	33.63	2300m:	25:28.47	34.07
100m:	1:03.39	31.81	850m:	9:14.98	32.87	1600m:	17:36.89	33.71	2350m:	26:02.79	34.32
150m:	1:35.61	32.22	900m:	9:48.46	33.48	1650m:	18:09.85	32.96	2400m:	26:36.78	33.99
200m:	2:07.65	32.04	950m:	10:21.65	33.19	1700m:	18:43.68	33.83	2450m:	27:10.38	33.60
250m:	2:40.54	32.89	1000m:	10:55.42	33.77	1750m:	19:17.31	33.63	2500m:	27:44.27	33.89
300m:	3:13.05	32.51	1050m:	11:28.68	33.26	1800m:	19:50.74	33.43	2550m:	28:18.06	33.79
350m:	3:45.90	32.85	1100m:	12:02.02	33.34	1850m:	20:24.65	33.91	2600m:	28:52.12	34.06
400m:	4:18.52	32.62	1150m:	12:35.43	33.41	1900m:	20:58.41	33.76	2650m:	29:26.17	34.05
450m:	4:51.31	32.79	1200m:	13:08.64	33.21	1950m:	21:31.93	33.52	2700m:	30:00.14	33.97
500m:	5:24.13	32.82	1250m:	13:42.24	33.60	2000m:	22:05.52	33.59	2750m:	30:33.87	33.73
550m:	5:56.93	32.80	1300m:	14:15.47	33.23	2050m:	22:39.18	33.66	2800m:	31:07.84	33.97
600m:	6:29.52	32.59	1350m:	14:49.36	33.89	2100m:	23:12.81	33.63	2850m:	31:41.47	33.63
650m:	7:02.87	33.35	1400m:	15:22.74	33.38	2150m:	23:46.72	33.91	2900m:	32:14.39	32.92
700m:	7:35.64	32.77	1450m:	15:56.11	33.37	2200m:	24:20.41	33.69	2950m:	32:47.69	33.30
750m:	8:09.08	33.44	1500m:	16:29.55	33.44	2250m:	24:54.40	33.99	3000m:	33:18.33	30.64

12. GARCIA NARES, Joan Manel 10 C.N. Granollers **33:21.24** 14,00

50m:	31.50	31.50	800m:	8:46.53	33.59	1550m:	17:08.63	33.67	2300m:	25:30.53	33.69
100m:	1:03.28	31.78	850m:	9:20.56	34.03	1600m:	17:41.76	33.13	2350m:	26:03.87	33.34
150m:	1:35.83	32.55	900m:	9:53.71	33.15	1650m:	18:15.80	34.04	2400m:	26:37.69	33.82
200m:	2:08.21	32.38	950m:	10:26.71	33.00	1700m:	18:49.21	33.41	2450m:	27:11.50	33.81
250m:	2:41.27	33.06	1000m:	11:00.33	33.62	1750m:	19:22.44	33.23	2500m:	27:45.54	34.04
300m:	3:14.45	33.18	1050m:	11:33.97	33.64	1800m:	19:55.86	33.42	2550m:	28:19.26	33.72
350m:	3:47.59	33.14	1100m:	12:07.23	33.26	1850m:	20:29.16	33.30	2600m:	28:53.12	33.86
400m:	4:20.86	33.27	1150m:	12:40.62	33.39	1900m:	21:02.70	33.54	2650m:	29:27.24	34.12
450m:	4:53.74	32.88	1200m:	13:13.87	33.25	1950m:	21:36.10	33.40	2700m:	30:00.74	33.50
500m:	5:26.88	33.14	1250m:	13:47.16	33.29	2000m:	22:09.41	33.31	2750m:	30:34.96	34.22
550m:	6:00.21	33.33	1300m:	14:20.46	33.30	2050m:	22:42.74	33.33	2800m:	31:09.06	34.10
600m:	6:33.47	33.26	1350m:	14:54.33	33.87	2100m:	23:16.16	33.42	2850m:	31:43.24	34.18
650m:	7:06.48	33.01	1400m:	15:27.99	33.66	2150m:	23:49.71	33.55	2900m:	32:16.88	33.64
700m:	7:39.63	33.15	1450m:	16:01.50	33.51	2200m:	24:23.27	33.56	2950m:	32:50.39	33.51
750m:	8:12.94	33.31	1500m:	16:34.96	33.46	2250m:	24:56.84	33.57	3000m:	33:21.24	30.85

13. ESCRIBA CURTO, Marc 11 C.N. Sabadell **33:27.36** 13,00

50m:	31.96	31.96	800m:	8:48.71	33.51	1550m:	17:14.12	33.92	2300m:	25:43.24	34.02
100m:	1:04.39	32.43	850m:	9:22.53	33.82	1600m:	17:47.99	33.87	2350m:	26:17.01	33.77
150m:	1:37.09	32.70	900m:	9:56.31	33.78	1650m:	18:21.85	33.86	2400m:	26:50.12	33.11
200m:	2:09.95	32.86	950m:	10:29.87	33.56	1700m:	18:55.74	33.89	2450m:	27:23.67	33.55
250m:	2:42.98	33.03	1000m:	11:03.66	33.79	1750m:	19:29.95	34.21	2500m:	27:57.49	33.82
300m:	3:16.11	33.13	1050m:	11:37.16	33.50	1800m:	20:04.02	34.07	2550m:	28:30.74	33.25
350m:	3:48.86	32.75	1100m:	12:10.74	33.58	1850m:	20:37.99	33.97	2600m:	29:03.48	32.74
400m:	4:21.76	32.90	1150m:	12:44.29	33.55	1900m:	21:11.65	33.66	2650m:	29:36.55	33.07
450m:	4:54.90	33.14	1200m:	13:18.05	33.76	1950m:	21:45.48	33.83	2700m:	30:09.91	33.36
500m:	5:28.11	33.21	1250m:	13:51.60	33.55	2000m:	22:19.63	34.15	2750m:	30:43.75	33.84
550m:	6:01.29	33.18	1300m:	14:25.43	33.83	2050m:	22:52.98	33.35	2800m:	31:16.98	33.23
600m:	6:34.73	33.44	1350m:	14:59.07	33.64	2100m:	23:26.37	33.39	2850m:	31:50.53	33.55
650m:	7:08.18	33.45	1400m:	15:32.90	33.83	2150m:	24:00.49	34.12	2900m:	32:23.76	33.23
700m:	7:41.63	33.45	1450m:	16:06.69	33.79	2200m:	24:34.78	34.29	2950m:	32:56.02	32.26
750m:	8:15.20	33.57	1500m:	16:40.20	33.51	2250m:	25:09.22	34.44	3000m:	33:27.36	31.34

14. DORADO TOMAS, Pablo 10 C.N. L´ Hospitalet **33:30.64** 12,00

50m:	30.67	30.67	800m:	8:45.95	33.39	1550m:	17:08.91	33.60	2300m:	25:36.59	33.53
100m:	1:02.78	32.11	850m:	9:19.45	33.50	1600m:	17:42.61	33.70	2350m:	26:10.92	34.33
150m:	1:35.06	32.28	900m:	9:52.55	33.10	1650m:	18:16.38	33.77	2400m:	26:45.00	34.08
200m:	2:07.68	32.62	950m:	10:26.11	33.56	1700m:	18:50.24	33.86	2450m:	27:19.03	34.03
250m:	2:40.79	33.11	1000m:	10:59.71	33.60	1750m:	19:23.84	33.60	2500m:	27:53.28	34.25
300m:	3:14.00	33.21	1050m:	11:33.05	33.34	1800m:	19:57.77	33.93	2550m:	28:27.52	34.24
350m:	3:47.24	33.24	1100m:	12:06.69	33.64	1850m:	20:31.47	33.70	2600m:	29:01.70	34.18
400m:	4:20.30	33.06	1150m:	12:40.05	33.36	1900m:	21:05.37	33.90	2650m:	29:35.84	34.14
450m:	4:53.31	33.01	1200m:	13:13.71	33.66	1950m:	21:39.14	33.77	2700m:	30:09.60	33.76
500m:	5:26.61	33.30	1250m:	13:47.10	33.39	2000m:	22:13.09	33.95	2750m:	30:43.78	34.18
550m:	5:59.75	33.14	1300m:	14:20.48	33.38	2050m:	22:47.10	34.01	2800m:	31:18.24	34.46
600m:	6:32.82	33.07	1350m:	14:54.12	33.64	2100m:	23:21.04	33.94	2850m:	31:52.43	34.19
650m:	7:06.04	33.22	1400m:	15:27.80	33.68	2150m:	23:55.13	34.09	2900m:	32:26.23	33.80
700m:	7:39.23	33.19	1450m:	16:01.60	33.80	2200m:	24:29.10	33.97	2950m:	32:59.23	33.00
750m:	8:12.56	33.33	1500m:	16:35.31	33.71	2250m:	25:03.06	33.96	3000m:	33:30.64	31.41

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

Classificació		ANY		Temps
15.	SAMBRUNO SAEZ, Fabio	09	C.N. Granollers	**33:36.51** 10,00

50m:	31.04	31.04	800m:	8:43.08	33.65	1550m:	17:08.23	33.75	2300m:	25:40.75	34.80
100m:	1:02.53	31.49	850m:	9:16.73	33.65	1600m:	17:42.53	34.30	2350m:	26:15.54	34.79
150m:	1:34.47	31.94	900m:	9:50.09	33.36	1650m:	18:16.51	33.98	2400m:	26:49.89	34.35
200m:	2:06.60	32.13	950m:	10:23.77	33.68	1700m:	18:50.79	34.28	2450m:	27:24.20	34.31
250m:	2:38.96	32.36	1000m:	10:57.40	33.63	1750m:	19:25.07	34.28	2500m:	27:58.42	34.22
300m:	3:11.42	32.46	1050m:	11:30.52	33.12	1800m:	19:59.15	34.08	2550m:	28:32.39	33.97
350m:	3:43.91	32.49	1100m:	12:03.47	32.95	1850m:	20:33.13	33.98	2600m:	29:06.57	34.18
400m:	4:16.90	32.99	1150m:	12:37.06	33.59	1900m:	21:07.45	34.32	2650m:	29:40.90	34.33
450m:	4:49.59	32.69	1200m:	13:10.78	33.72	1950m:	21:41.76	34.31	2700m:	30:14.85	33.95
500m:	5:22.93	33.34	1250m:	13:44.77	33.99	2000m:	22:15.88	34.12	2750m:	30:48.62	33.77
550m:	5:56.34	33.41	1300m:	14:18.72	33.95	2050m:	22:49.66	33.78	2800m:	31:22.65	34.03
600m:	6:29.65	33.31	1350m:	14:52.63	33.91	2100m:	23:23.58	33.92	2850m:	31:56.74	34.09
650m:	7:02.75	33.10	1400m:	15:26.48	33.85	2150m:	23:57.69	34.11	2900m:	32:30.58	33.84
700m:	7:36.28	33.53	1450m:	16:00.54	34.06	2200m:	24:31.66	33.97	2950m:	33:04.14	33.56
750m:	8:09.43	33.15	1500m:	16:34.48	33.94	2250m:	25:05.95	34.29	3000m:	33:36.51	32.37

16.	CARDEÑAS BONJORN, Marti	09	C.N. Sabadell	**33:39.24** 9,00							
50m:	31.43	31.43	800m:	8:41.41	32.85	1550m:	17:00.85	33.60	2300m:	25:34.55	34.50
100m:	1:03.70	32.27	850m:	9:13.99	32.58	1600m:	17:34.56	33.71	2350m:	26:09.00	34.45
150m:	1:36.36	32.66	900m:	9:47.00	33.01	1650m:	18:08.71	34.15	2400m:	26:44.07	35.07
200m:	2:08.80	32.44	950m:	10:20.03	33.03	1700m:	18:42.65	33.94	2450m:	27:18.67	34.60
250m:	2:41.37	32.57	1000m:	10:53.10	33.07	1750m:	19:16.81	34.16	2500m:	27:53.51	34.84
300m:	3:14.01	32.64	1050m:	11:26.37	33.27	1800m:	19:50.99	34.18	2550m:	28:28.34	34.83
350m:	3:46.65	32.64	1100m:	11:59.60	33.23	1850m:	20:25.02	34.03	2600m:	29:03.23	34.89
400m:	4:19.40	32.75	1150m:	12:32.69	33.09	1900m:	20:59.25	34.23	2650m:	29:37.90	34.67
450m:	4:51.92	32.52	1200m:	13:06.13	33.44	1950m:	21:33.74	34.49	2700m:	30:12.70	34.80
500m:	5:24.74	32.82	1250m:	13:39.50	33.37	2000m:	22:08.08	34.34	2750m:	30:47.86	35.16
550m:	5:57.45	32.71	1300m:	14:12.76	33.26	2050m:	22:42.53	34.45	2800m:	31:23.14	35.28
600m:	6:30.28	32.83	1350m:	14:45.89	33.13	2100m:	23:17.09	34.56	2850m:	31:57.96	34.82
650m:	7:02.97	32.69	1400m:	15:19.30	33.41	2150m:	23:51.25	34.16	2900m:	32:32.31	34.35
700m:	7:35.72	32.75	1450m:	15:53.30	34.00	2200m:	24:25.62	34.37	2950m:	33:06.25	33.94
750m:	8:08.56	32.84	1500m:	16:27.25	33.95	2250m:	25:00.05	34.43	3000m:	33:39.24	32.99

17.	OLIVEIRA LARA, Aran	09	C.N. Sabadell	**34:00.92** 8,00							
50m:	33.27	33.27	800m:	8:50.48	32.91	1550m:	17:16.57	34.28	2300m:	25:51.99	34.71
100m:	1:06.84	33.57	850m:	9:23.90	33.42	1600m:	17:50.59	34.02	2350m:	26:26.62	34.63
150m:	1:40.33	33.49	900m:	9:57.05	33.15	1650m:	18:25.13	34.54	2400m:	27:01.90	35.28
200m:	2:13.82	33.49	950m:	10:30.34	33.29	1700m:	18:59.34	34.21	2450m:	27:36.57	34.67
250m:	2:47.01	33.19	1000m:	11:04.16	33.82	1750m:	19:33.59	34.25	2500m:	28:11.51	34.94
300m:	3:20.30	33.29	1050m:	11:37.87	33.71	1800m:	20:07.99	34.40	2550m:	28:46.74	35.23
350m:	3:53.50	33.20	1100m:	12:11.32	33.45	1850m:	20:42.01	34.02	2600m:	29:22.10	35.36
400m:	4:26.75	33.25	1150m:	12:44.95	33.63	1900m:	21:16.66	34.65	2650m:	29:57.30	35.20
450m:	4:59.82	33.07	1200m:	13:18.76	33.81	1950m:	21:51.09	34.43	2700m:	30:32.49	35.19
500m:	5:32.50	32.68	1250m:	13:52.57	33.81	2000m:	22:25.77	34.68	2750m:	31:07.31	34.82
550m:	6:05.52	33.02	1300m:	14:26.51	33.94	2050m:	23:00.17	34.40	2800m:	31:42.44	35.13
600m:	6:38.49	32.97	1350m:	15:00.54	34.03	2100m:	23:34.32	34.15	2850m:	32:17.32	34.88
650m:	7:11.65	33.16	1400m:	15:34.58	34.04	2150m:	24:08.61	34.29	2900m:	32:52.16	34.84
700m:	7:44.59	32.94	1450m:	16:08.49	33.91	2200m:	24:42.80	34.19	2950m:	33:26.41	34.25
750m:	8:17.57	32.98	1500m:	16:42.29	33.80	2250m:	25:17.28	34.48	3000m:	34:00.92	34.51

18.	FERRI BLANC, Oriol	05	C.N. Barcelona	**34:02.28** 13,00							
50m:	32.49	32.49	800m:	8:55.98	34.23	1550m:	17:24.78	32.58	2300m:	25:56.70	33.75
100m:	1:04.70	32.21	850m:	9:30.68	34.70	1600m:	17:58.56	33.78	2350m:	26:31.51	34.81
150m:	1:37.51	32.81	900m:	10:04.88	34.20	1650m:	18:31.87	33.31	2400m:	27:05.42	33.91
200m:	2:10.43	32.92	950m:	10:38.87	33.99	1700m:	19:05.50	33.63	2450m:	27:40.28	34.86
250m:	2:43.95	33.52	1000m:	11:13.17	34.30	1750m:	19:40.09	34.59	2500m:	28:15.20	34.92
300m:	3:17.46	33.51	1050m:	11:46.95	33.78	1800m:	20:13.77	33.68	2550m:	28:50.60	35.40
350m:	3:51.16	33.70	1100m:	12:21.56	34.61	1850m:	20:48.12	34.35	2600m:	29:25.21	34.61
400m:	4:24.79	33.63	1150m:	12:55.23	33.67	1900m:	21:22.64	34.52	2650m:	30:00.84	35.63
450m:	4:58.83	34.04	1200m:	13:29.16	33.93	1950m:	21:57.06	34.42	2700m:	30:36.93	36.09
500m:	5:32.59	33.76	1250m:	14:04.22	35.06	2000m:	22:31.31	34.25	2750m:	31:11.90	34.97
550m:	6:06.88	34.29	1300m:	14:37.94	33.72	2050m:	23:05.91	34.60	2800m:	31:45.93	34.03
600m:	6:40.38	33.50	1350m:	15:11.92	33.98	2100m:	23:39.81	33.90	2850m:	32:20.64	34.71
650m:	7:14.25	33.87	1400m:	15:46.48	34.56	2150m:	24:14.16	34.35	2900m:	32:53.97	33.33
700m:	7:47.98	33.73	1450m:	16:19.31	32.83	2200m:	24:48.15	33.99	2950m:	33:29.55	35.58
750m:	8:21.75	33.77	1500m:	16:52.20	32.89	2250m:	25:22.95	34.80	3000m:	34:02.28	32.73

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

Classificació — ANY — Temps

19. DE LA MORA AVENI, Marc — 09 — C.N. VIC-Etb — **34:10.81** — 7,00

50m:	33.61	33.61	800m:	9:19.79	35.02	1550m:	18:02.16	33.11	2300m:	26:26.71	33.52
100m:	1:08.27	34.66	850m:	9:54.58	34.79	1600m:	18:36.18	34.02	2350m:	27:00.30	33.59
150m:	1:42.75	34.48	900m:	10:29.35	34.77	1650m:	19:10.31	34.13	2400m:	27:33.39	33.09
200m:	2:18.05	35.30	950m:	11:04.36	35.01	1700m:	19:44.34	34.03	2450m:	28:06.61	33.22
250m:	2:53.05	35.00	1000m:	11:39.32	34.96	1750m:	20:18.20	33.86	2500m:	28:40.10	33.49
300m:	3:28.14	35.09	1050m:	12:13.63	34.31	1800m:	20:52.26	34.06	2550m:	29:12.51	32.41
350m:	4:03.59	35.45	1100m:	12:48.37	34.74	1850m:	21:26.25	33.99	2600m:	29:45.46	32.95
400m:	4:38.99	35.40	1150m:	13:23.52	35.15	1900m:	22:00.29	34.04	2650m:	30:18.69	33.23
450m:	5:14.67	35.68	1200m:	13:58.47	34.95	1950m:	22:34.27	33.98	2700m:	30:51.90	33.21
500m:	5:50.09	35.42	1250m:	14:33.65	35.18	2000m:	23:08.18	33.91	2750m:	31:25.20	33.30
550m:	6:24.82	34.73	1300m:	15:08.77	35.12	2050m:	23:40.34	32.16	2800m:	31:58.58	33.38
600m:	6:59.73	34.91	1350m:	15:43.78	35.01	2100m:	24:13.58	33.24	2850m:	32:32.35	33.77
650m:	7:34.80	35.07	1400m:	16:19.13	35.35	2150m:	24:46.88	33.30	2900m:	33:06.33	33.98
700m:	8:09.66	34.86	1450m:	16:54.29	35.16	2200m:	25:20.07	33.19	2950m:	33:40.34	34.01
750m:	8:44.77	35.11	1500m:	17:29.05	34.76	2250m:	25:53.19	33.12	3000m:	34:10.81	30.47

20. FARRE CORTADA, Joel — 08 — C.E.N.Balaguer — **34:12.58** — 6,00

50m:	31.19	31.19	800m:	8:53.19	33.79	1550m:	17:25.19	34.31	2300m:	26:06.17	34.70
100m:	1:03.51	32.32	850m:	9:27.09	33.90	1600m:	17:59.58	34.39	2350m:	26:41.08	34.91
150m:	1:36.46	32.95	900m:	10:00.88	33.79	1650m:	18:34.15	34.57	2400m:	27:16.27	35.19
200m:	2:09.50	33.04	950m:	10:35.09	34.21	1700m:	19:08.51	34.36	2450m:	27:51.13	34.86
250m:	2:42.96	33.46	1000m:	11:08.96	33.87	1750m:	19:42.96	34.45	2500m:	28:25.85	34.72
300m:	3:16.12	33.16	1050m:	11:43.22	34.26	1800m:	20:17.45	34.49	2550m:	29:00.94	35.09
350m:	3:49.47	33.35	1100m:	12:16.88	33.66	1850m:	20:52.06	34.61	2600m:	29:35.92	34.98
400m:	4:22.71	33.24	1150m:	12:50.75	33.87	1900m:	21:26.77	34.71	2650m:	30:10.91	34.99
450m:	4:56.52	33.81	1200m:	13:24.98	34.23	1950m:	22:01.55	34.78	2700m:	30:45.71	34.80
500m:	5:30.52	34.00	1250m:	13:59.37	34.39	2000m:	22:36.31	34.76	2750m:	31:20.37	34.66
550m:	6:04.40	33.88	1300m:	14:33.73	34.36	2050m:	23:11.20	34.89	2800m:	31:55.18	34.81
600m:	6:38.19	33.79	1350m:	15:07.79	34.06	2100m:	23:46.10	34.90	2850m:	32:29.94	34.76
650m:	7:11.91	33.72	1400m:	15:42.20	34.41	2150m:	24:21.43	35.33	2900m:	33:04.29	34.35
700m:	7:45.70	33.79	1450m:	16:16.44	34.24	2200m:	24:56.57	35.14	2950m:	33:39.00	34.71
750m:	8:19.40	33.70	1500m:	16:50.88	34.44	2250m:	25:31.47	34.90	3000m:	34:12.58	33.58

21. GIL GRANDE, Oriol — 10 — C.N. Sabadell — **34:31.02** — 11,00

50m:	32.08	32.08	800m:	9:00.82	34.32	1550m:	17:38.88	34.85	2300m:	26:25.93	35.15
100m:	1:04.90	32.82	850m:	9:35.11	34.29	1600m:	18:13.90	35.02	2350m:	27:01.12	35.19
150m:	1:37.94	33.04	900m:	10:09.33	34.22	1650m:	18:49.15	35.25	2400m:	27:36.47	35.35
200m:	2:11.17	33.23	950m:	10:43.64	34.31	1700m:	19:24.01	34.86	2450m:	28:11.68	35.21
250m:	2:44.79	33.62	1000m:	11:17.99	34.35	1750m:	19:59.21	35.20	2500m:	28:46.85	35.17
300m:	3:18.53	33.74	1050m:	11:52.19	34.20	1800m:	20:34.23	35.02	2550m:	29:22.12	35.27
350m:	3:52.27	33.74	1100m:	12:26.53	34.34	1850m:	21:09.01	34.78	2600m:	29:57.15	35.03
400m:	4:26.54	34.27	1150m:	13:01.08	34.55	1900m:	21:43.73	34.72	2650m:	30:32.46	35.31
450m:	5:00.88	34.34	1200m:	13:35.57	34.49	1950m:	22:19.16	35.43	2700m:	31:07.54	35.08
500m:	5:35.09	34.21	1250m:	14:10.09	34.52	2000m:	22:54.32	35.16	2750m:	31:42.68	35.14
550m:	6:09.45	34.36	1300m:	14:44.95	34.86	2050m:	23:29.60	35.28	2800m:	32:17.55	34.87
600m:	6:43.81	34.36	1350m:	15:19.53	34.58	2100m:	24:04.65	35.05	2850m:	32:52.53	34.98
650m:	7:18.05	34.24	1400m:	15:54.30	34.77	2150m:	24:40.06	35.41	2900m:	33:27.43	34.90
700m:	7:52.24	34.19	1450m:	16:29.35	35.05	2200m:	25:15.35	35.29	2950m:	34:00.98	33.55
750m:	8:26.50	34.26	1500m:	17:04.03	34.68	2250m:	25:50.78	35.43	3000m:	34:31.02	30.04

22. PEINADO MARZO, Joel — 10 — C.N. Molins De Rei — **34:32.15** — 10,00

50m:	33.48	33.48	800m:	9:07.21	34.85	1550m:	17:47.28	34.92	2300m:	26:30.00	35.16
100m:	1:06.80	33.32	850m:	9:41.50	34.29	1600m:	18:22.11	34.83	2350m:	27:05.17	35.17
150m:	1:41.00	34.20	900m:	10:15.97	34.47	1650m:	18:57.14	35.03	2400m:	27:40.08	34.91
200m:	2:14.96	33.96	950m:	10:50.56	34.59	1700m:	19:32.32	35.18	2450m:	28:15.12	35.04
250m:	2:49.32	34.36	1000m:	11:25.07	34.51	1750m:	20:06.91	34.59	2500m:	28:49.87	34.75
300m:	3:23.27	33.95	1050m:	11:59.72	34.65	1800m:	20:41.59	34.68	2550m:	29:24.89	35.02
350m:	3:57.86	34.59	1100m:	12:34.54	34.82	1850m:	21:16.64	35.05	2600m:	30:00.20	35.31
400m:	4:31.82	33.96	1150m:	13:09.16	34.62	1900m:	21:51.40	34.76	2650m:	30:34.90	34.70
450m:	5:06.33	34.51	1200m:	13:43.97	34.81	1950m:	22:26.31	34.91	2700m:	31:09.22	34.32
500m:	5:40.83	34.50	1250m:	14:18.62	34.65	2000m:	23:00.76	34.45	2750m:	31:43.37	34.15
550m:	6:15.18	34.35	1300m:	14:53.20	34.58	2050m:	23:35.39	34.63	2800m:	32:17.48	34.11
600m:	6:49.65	34.47	1350m:	15:27.82	34.62	2100m:	24:09.99	34.60	2850m:	32:51.20	33.72
650m:	7:23.64	33.99	1400m:	16:02.79	34.97	2150m:	24:44.91	34.92	2900m:	33:24.62	33.42
700m:	7:58.11	34.47	1450m:	16:37.62	34.83	2200m:	25:19.88	34.97	2950m:	33:59.51	34.89
750m:	8:32.36	34.25	1500m:	17:12.36	34.74	2250m:	25:54.84	34.96	3000m:	34:32.15	32.64

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

Classificació ANY Temps

23. RODRIGO LOPEZ, Guillem 08 C.N. Mataro **34:40.89** 5,00

50m:	31.86	31.86	800m:	8:52.20	34.97	1550m:	17:37.41	34.64	2300m:	26:25.95	35.48
100m:	1:03.64	31.78	850m:	9:26.68	34.48	1600m:	18:12.49	35.08	2350m:	27:03.82	37.87
150m:	1:35.80	32.16	900m:	10:01.36	34.68	1650m:	18:47.48	34.99	2400m:	27:40.36	36.54
200m:	2:08.65	32.85	950m:	10:36.37	35.01	1700m:	19:22.47	34.99	2450m:	28:15.62	35.26
250m:	2:41.76	33.11	1000m:	11:11.79	35.42	1750m:	19:56.93	34.46	2500m:	28:50.51	34.89
300m:	3:14.38	32.62	1050m:	11:46.78	34.99	1800m:	20:32.63	35.70	2550m:	29:25.92	35.41
350m:	3:46.95	32.57	1100m:	12:21.59	34.81	1850m:	21:08.28	35.65	2600m:	30:01.48	35.56
400m:	4:20.24	33.29	1150m:	12:57.09	35.50	1900m:	21:42.92	34.64	2650m:	30:36.82	35.34
450m:	4:53.77	33.53	1200m:	13:32.52	35.43	1950m:	22:18.47	35.55	2700m:	31:11.79	34.97
500m:	5:27.48	33.71	1250m:	14:07.74	35.22	2000m:	22:52.02	33.55	2750m:	31:47.79	36.00
550m:	6:01.30	33.82	1300m:	14:42.75	35.01	2050m:	23:28.97	36.95	2800m:	32:23.53	35.74
600m:	6:34.90	33.60	1350m:	15:18.07	35.32	2100m:	24:03.88	34.91	2850m:	32:58.81	35.28
650m:	7:08.65	33.75	1400m:	15:53.46	35.39	2150m:	24:39.32	35.44	2900m:	33:33.24	34.43
700m:	7:42.68	34.03	1450m:	16:27.91	34.45	2200m:	25:13.59	34.27	2950m:	34:06.95	33.71
750m:	8:17.23	34.55	1500m:	17:02.77	34.86	2250m:	25:50.47	36.88	3000m:	34:40.89	33.94

24. REDONDO SORIA, Iker 06 C.N. Granollers **34:41.11** 12,00

50m:	31.33	31.33	800m:	9:00.48	34.62	1550m:	17:45.28	35.07	2300m:	26:32.53	35.04
100m:	1:03.49	32.16	850m:	9:35.03	34.55	1600m:	18:20.48	35.20	2350m:	27:07.58	35.05
150m:	1:36.01	32.52	900m:	10:09.85	34.82	1650m:	18:55.64	35.16	2400m:	27:42.53	34.95
200m:	2:08.88	32.87	950m:	10:44.45	34.60	1700m:	19:30.69	35.05	2450m:	28:17.71	35.18
250m:	2:42.28	33.40	1000m:	11:19.31	34.86	1750m:	20:05.98	35.29	2500m:	28:52.80	35.09
300m:	3:15.74	33.46	1050m:	11:54.59	35.28	1800m:	20:40.83	34.85	2550m:	29:27.98	35.18
350m:	3:49.73	33.99	1100m:	12:29.47	34.88	1850m:	21:15.83	35.00	2600m:	30:03.35	35.37
400m:	4:24.09	34.36	1150m:	13:04.44	34.97	1900m:	21:50.87	35.04	2650m:	30:37.99	34.64
450m:	4:58.43	34.34	1200m:	13:39.43	34.99	1950m:	22:26.02	35.15	2700m:	31:12.92	34.93
500m:	5:33.09	34.66	1250m:	14:14.48	35.05	2000m:	23:00.97	34.95	2750m:	31:47.93	35.01
550m:	6:07.75	34.66	1300m:	14:49.60	35.12	2050m:	23:36.22	35.25	2800m:	32:22.90	34.97
600m:	6:42.18	34.43	1350m:	15:24.95	35.35	2100m:	24:11.32	35.10	2850m:	32:57.82	34.92
650m:	7:16.66	34.48	1400m:	16:00.10	35.15	2150m:	24:46.90	35.58	2900m:	33:32.69	34.87
700m:	7:51.15	34.49	1450m:	16:35.49	35.39	2200m:	25:22.12	35.22	2950m:	34:07.31	34.62
750m:	8:25.86	34.71	1500m:	17:10.21	34.72	2250m:	25:57.49	35.37	3000m:	34:41.11	33.80

25. GOMEZ BORRERO, Pau 10 C.N. L´ Hospitalet **34:51.35** 9,00

50m:	30.69	30.69	800m:	9:06.30	34.61	1550m:	17:50.05	35.12	2300m:	26:42.96	35.67
100m:	1:04.14	33.45	850m:	9:41.15	34.85	1600m:	18:25.62	35.57	2350m:	27:18.05	35.09
150m:	1:38.09	33.95	900m:	10:16.31	35.16	1650m:	19:00.98	35.36	2400m:	27:53.30	35.25
200m:	2:12.33	34.24	950m:	10:51.31	35.00	1700m:	19:36.42	35.44	2450m:	28:28.60	35.30
250m:	2:46.82	34.49	1000m:	11:26.05	34.74	1750m:	20:11.93	35.51	2500m:	29:04.11	35.51
300m:	3:21.35	34.53	1050m:	12:00.82	34.77	1800m:	20:47.66	35.73	2550m:	29:39.40	35.29
350m:	3:55.57	34.22	1100m:	12:35.43	34.61	1850m:	21:23.48	35.82	2600m:	30:14.39	34.99
400m:	4:29.70	34.13	1150m:	13:10.25	34.82	1900m:	21:58.86	35.38	2650m:	30:49.49	35.10
450m:	5:03.93	34.23	1200m:	13:45.17	34.92	1950m:	22:34.34	35.48	2700m:	31:24.71	35.22
500m:	5:38.34	34.41	1250m:	14:20.06	34.89	2000m:	23:10.02	35.68	2750m:	31:59.64	34.93
550m:	6:13.12	34.78	1300m:	14:54.73	34.67	2050m:	23:45.64	35.62	2800m:	32:34.38	34.74
600m:	6:47.70	34.58	1350m:	15:29.43	34.70	2100m:	24:21.25	35.61	2850m:	33:09.16	34.78
650m:	7:22.48	34.78	1400m:	16:04.86	35.43	2150m:	24:56.57	35.32	2900m:	33:44.57	35.41
700m:	7:57.10	34.62	1450m:	16:39.83	34.97	2200m:	25:31.88	35.31	2950m:	34:20.44	35.87
750m:	8:31.69	34.59	1500m:	17:14.93	35.10	2250m:	26:07.29	35.41	3000m:	34:51.35	30.91

26. IBAÑEZ PINA, Biel 09 C.N. Banyoles **34:56.48** 4,00

50m:	33.40	33.40	800m:	9:11.50	34.34	1550m:	17:58.16	35.24	2300m:	26:47.19	35.89
100m:	1:07.47	34.07	850m:	9:46.33	34.83	1600m:	18:33.46	35.30	2350m:	27:23.09	35.90
150m:	1:41.62	34.15	900m:	10:20.74	34.41	1650m:	19:09.05	35.59	2400m:	27:58.84	35.75
200m:	2:16.09	34.47	950m:	10:55.54	34.80	1700m:	19:44.87	35.82	2450m:	28:34.08	35.24
250m:	2:50.53	34.44	1000m:	11:30.46	34.92	1750m:	20:20.29	35.42	2500m:	29:09.42	35.34
300m:	3:25.14	34.61	1050m:	12:05.28	34.82	1800m:	20:54.49	34.20	2550m:	29:44.36	34.94
350m:	3:59.18	34.04	1100m:	12:40.23	34.95	1850m:	21:29.27	34.78	2600m:	30:19.13	34.77
400m:	4:33.90	34.72	1150m:	13:15.33	35.10	1900m:	22:04.00	34.73	2650m:	30:54.22	35.09
450m:	5:08.73	34.83	1200m:	13:50.78	35.45	1950m:	22:39.07	35.07	2700m:	31:29.32	35.10
500m:	5:43.63	34.90	1250m:	14:26.33	35.55	2000m:	23:14.17	35.10	2750m:	32:04.15	34.83
550m:	6:18.52	34.89	1300m:	15:01.83	35.50	2050m:	23:49.27	35.10	2800m:	32:39.24	35.09
600m:	6:53.21	34.69	1350m:	15:36.87	35.04	2100m:	24:24.37	35.10	2850m:	33:14.42	35.18
650m:	7:27.92	34.71	1400m:	16:12.15	35.28	2150m:	24:59.97	35.60	2900m:	33:49.64	35.22
700m:	8:02.53	34.61	1450m:	16:47.67	35.52	2200m:	25:35.54	35.57	2950m:	34:24.71	35.07
750m:	8:37.16	34.63	1500m:	17:22.92	35.25	2250m:	26:11.30	35.76	3000m:	34:56.48	31.77

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

Classificació — ANY — Temps

27. CHIVA REGALADO, Jaume — 08 — C.N. Atletic-Barceloneta — **35:01.01** — 3,00

50m:	32.36	32.36	800m:	9:01.03	34.79	1550m:	17:41.54	34.93	2300m:	26:38.49	35.90
100m:	1:05.40	33.04	850m:	9:35.39	34.36	1600m:	18:16.71	35.17	2350m:	27:14.97	36.48
150m:	1:38.65	33.25	900m:	10:09.78	34.39	1650m:	18:51.57	34.86	2400m:	27:51.00	36.03
200m:	2:11.78	33.13	950m:	10:44.34	34.56	1700m:	19:27.07	35.50	2450m:	28:27.51	36.51
250m:	2:45.01	33.23	1000m:	11:18.33	33.99	1750m:	20:02.79	35.72	2500m:	29:03.74	36.23
300m:	3:19.08	34.07	1050m:	11:52.90	34.57	1800m:	20:38.93	36.14	2550m:	29:39.52	35.78
350m:	3:52.92	33.84	1100m:	12:27.10	34.20	1850m:	21:14.20	35.27	2600m:	30:15.35	35.83
400m:	4:26.97	34.05	1150m:	13:01.22	34.12	1900m:	21:50.19	35.99	2650m:	30:51.34	35.99
450m:	5:00.85	33.88	1200m:	13:36.18	34.96	1950m:	22:26.32	36.13	2700m:	31:27.61	36.27
500m:	5:34.89	34.04	1250m:	14:10.71	34.53	2000m:	23:02.48	36.16	2750m:	32:03.64	36.03
550m:	6:09.00	34.11	1300m:	14:45.26	34.55	2050m:	23:39.10	36.62	2800m:	32:39.46	35.82
600m:	6:43.31	34.31	1350m:	15:20.62	35.36	2100m:	24:14.90	35.80	2850m:	33:15.40	35.94
650m:	7:17.66	34.35	1400m:	15:55.88	35.26	2150m:	24:50.62	35.72	2900m:	33:51.57	36.17
700m:	7:51.98	34.32	1450m:	16:31.19	35.31	2200m:	25:26.82	36.20	2950m:	34:26.96	35.39
750m:	8:26.24	34.26	1500m:	17:06.61	35.42	2250m:	26:02.59	35.77	3000m:	35:01.01	34.05

28. LAGOS PAU, Aitor — 95 — C.N. L´ Hospitalet — **35:14.91** — 11,00

50m:	32.39	32.39	800m:	9:11.60	34.86	1550m:	17:59.69	35.68	2300m:	26:56.16	36.03
100m:	1:05.91	33.52	850m:	9:46.84	35.24	1600m:	18:35.05	35.36	2350m:	27:32.46	36.30
150m:	1:40.30	34.39	900m:	10:21.65	34.81	1650m:	19:10.79	35.74	2400m:	28:08.00	35.54
200m:	2:14.84	34.54	950m:	10:56.63	34.98	1700m:	19:46.65	35.86	2450m:	28:43.83	35.83
250m:	2:49.62	34.78	1000m:	11:31.79	35.16	1750m:	20:22.45	35.80	2500m:	29:19.57	35.74
300m:	3:23.92	34.30	1050m:	12:06.97	35.18	1800m:	20:58.10	35.65	2550m:	29:55.52	35.95
350m:	3:58.46	34.54	1100m:	12:42.08	35.11	1850m:	21:33.61	35.51	2600m:	30:31.09	35.57
400m:	4:33.21	34.75	1150m:	13:17.22	35.14	1900m:	22:09.48	35.87	2650m:	31:06.63	35.54
450m:	5:07.82	34.61	1200m:	13:52.34	35.12	1950m:	22:45.45	35.97	2700m:	31:42.39	35.76
500m:	5:42.55	34.73	1250m:	14:27.25	34.91	2000m:	23:21.46	36.01	2750m:	32:17.95	35.56
550m:	6:17.50	34.95	1300m:	15:02.53	35.28	2050m:	23:57.04	35.58	2800m:	32:53.72	35.77
600m:	6:52.04	34.54	1350m:	15:37.83	35.30	2100m:	24:32.61	35.57	2850m:	33:29.59	35.87
650m:	7:26.80	34.76	1400m:	16:12.96	35.13	2150m:	25:08.54	35.93	2900m:	34:05.49	35.90
700m:	8:01.69	34.89	1450m:	16:48.47	35.51	2200m:	25:44.40	35.86	2950m:	34:41.38	35.89
750m:	8:36.74	35.05	1500m:	17:24.01	35.54	2250m:	26:20.13	35.73	3000m:	35:14.91	33.53

29. LOR FRANCH, Jan — 11 — C.N. Amposta — **35:21.27** — 8,00

50m:	33.03	33.03	800m:	9:14.90	34.89	1550m:	18:04.97	35.90	2300m:	27:01.84	35.83
100m:	1:07.84	34.81	850m:	9:50.99	36.09	1600m:	18:39.79	34.82	2350m:	27:38.04	36.20
150m:	1:42.32	34.48	900m:	10:25.81	34.82	1650m:	19:15.24	35.45	2400m:	28:14.35	36.31
200m:	2:17.19	34.87	950m:	11:00.91	35.10	1700m:	19:50.39	35.15	2450m:	28:50.51	36.16
250m:	2:52.08	34.89	1000m:	11:36.81	35.90	1750m:	20:26.01	35.62	2500m:	29:26.68	36.17
300m:	3:26.37	34.29	1050m:	12:12.22	35.41	1800m:	21:01.02	35.01	2550m:	30:01.89	35.21
350m:	4:00.06	33.69	1100m:	12:47.41	35.19	1850m:	21:37.10	36.08	2600m:	30:37.13	35.24
400m:	4:34.50	34.44	1150m:	13:22.84	35.43	1900m:	22:13.09	35.99	2650m:	31:12.78	35.65
450m:	5:09.53	35.03	1200m:	13:58.18	35.34	1950m:	22:48.91	35.82	2700m:	31:49.23	36.45
500m:	5:44.93	35.40	1250m:	14:33.20	35.02	2000m:	23:25.03	36.12	2750m:	32:25.27	36.04
550m:	6:19.45	34.52	1300m:	15:08.38	35.18	2050m:	24:01.06	36.03	2800m:	33:01.05	35.78
600m:	6:54.47	35.02	1350m:	15:43.38	35.00	2100m:	24:37.10	36.04	2850m:	33:37.12	36.07
650m:	7:29.64	35.17	1400m:	16:18.29	34.91	2150m:	25:12.70	35.60	2900m:	34:12.54	35.42
700m:	8:04.85	35.21	1450m:	16:53.67	35.38	2200m:	25:49.27	36.57	2950m:	34:47.95	35.41
750m:	8:40.01	35.16	1500m:	17:29.07	35.40	2250m:	26:26.01	36.74	3000m:	35:21.27	33.32

30. PASCUAL FUENTES, Alejandro — 10 — C.N. L´ Hospitalet — **35:30.70** — 7,00

50m:	32.92	32.92	800m:	9:20.22	35.61	1550m:	18:11.66	35.75	2300m:	27:08.19	35.91
100m:	1:06.90	33.98	850m:	9:55.45	35.23	1600m:	18:47.25	35.59	2350m:	27:44.33	36.14
150m:	1:41.29	34.39	900m:	10:29.99	34.54	1650m:	19:23.11	35.86	2400m:	28:20.34	36.01
200m:	2:16.38	35.09	950m:	11:04.44	34.45	1700m:	19:58.64	35.53	2450m:	28:56.24	35.90
250m:	2:51.64	35.26	1000m:	11:39.79	35.35	1750m:	20:34.46	35.82	2500m:	29:32.05	35.81
300m:	3:26.91	35.27	1050m:	12:15.40	35.61	1800m:	21:10.28	35.82	2550m:	30:08.32	36.27
350m:	4:02.10	35.19	1100m:	12:51.12	35.72	1850m:	21:45.93	35.65	2600m:	30:44.21	35.89
400m:	4:37.16	35.06	1150m:	13:26.81	35.69	1900m:	22:21.60	35.67	2650m:	31:19.62	35.41
450m:	5:12.59	35.43	1200m:	14:02.61	35.80	1950m:	22:57.22	35.62	2700m:	31:55.80	36.18
500m:	5:48.24	35.65	1250m:	14:38.16	35.55	2000m:	23:33.12	35.90	2750m:	32:32.07	36.27
550m:	6:23.45	35.21	1300m:	15:13.70	35.54	2050m:	24:08.98	35.86	2800m:	33:08.30	36.23
600m:	6:58.75	35.30	1350m:	15:49.04	35.34	2100m:	24:44.96	35.98	2850m:	33:44.49	36.19
650m:	7:33.79	35.04	1400m:	16:24.33	35.29	2150m:	25:20.56	35.60	2900m:	34:20.14	35.65
700m:	8:09.17	35.38	1450m:	17:00.07	35.74	2200m:	25:56.33	35.77	2950m:	34:55.83	35.69
750m:	8:44.61	35.44	1500m:	17:35.91	35.84	2250m:	26:32.28	35.95	3000m:	35:30.70	34.87

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

Classificació ANY Temps

31. ORTEGA CASTRO, Iker 10 C.N. Terrassa **35:38.94** 6,00

50m:	32.75	32.75	800m:	9:21.87	35.54	1550m:	18:16.89	35.86	2300m:	27:17.37	36.19
100m:	1:06.30	33.55	850m:	9:57.31	35.44	1600m:	18:52.94	36.05	2350m:	27:53.38	36.01
150m:	1:41.08	34.78	900m:	10:32.92	35.61	1650m:	19:28.63	35.69	2400m:	28:29.16	35.78
200m:	2:15.76	34.68	950m:	11:08.63	35.71	1700m:	20:04.76	36.13	2450m:	29:05.03	35.87
250m:	2:50.59	34.83	1000m:	11:44.19	35.56	1750m:	20:40.88	36.12	2500m:	29:40.77	35.74
300m:	3:25.91	35.32	1050m:	12:19.91	35.72	1800m:	21:17.12	36.24	2550m:	30:15.90	35.13
350m:	4:01.29	35.38	1100m:	12:55.34	35.43	1850m:	21:52.97	35.85	2600m:	30:52.17	36.27
400m:	4:36.79	35.50	1150m:	13:30.95	35.61	1900m:	22:29.15	36.18	2650m:	31:28.44	36.27
450m:	5:12.26	35.47	1200m:	14:06.49	35.54	1950m:	23:05.25	36.10	2700m:	32:04.70	36.26
500m:	5:47.74	35.48	1250m:	14:42.10	35.61	2000m:	23:41.62	36.37	2750m:	32:40.87	36.17
550m:	6:23.52	35.78	1300m:	15:17.77	35.67	2050m:	24:17.52	35.90	2800m:	33:16.84	35.97
600m:	6:59.19	35.67	1350m:	15:53.50	35.73	2100m:	24:53.62	36.10	2850m:	33:53.11	36.27
650m:	7:35.07	35.88	1400m:	16:29.35	35.85	2150m:	25:29.37	35.75	2900m:	34:29.28	36.17
700m:	8:10.80	35.73	1450m:	17:05.23	35.88	2200m:	26:05.18	35.81	2950m:	35:05.23	35.95
750m:	8:46.33	35.53	1500m:	17:41.03	35.80	2250m:	26:41.18	36.00	3000m:	35:38.94	33.71

32. FEITO ARSO, Pol 10 C.N. Sant Andreu **35:41.99** 5,00

50m:	33.07	33.07	800m:	9:22.71	35.69	1550m:	18:18.86	35.95	2300m:	27:20.33	37.00
100m:	1:07.13	34.06	850m:	9:58.53	35.82	1600m:	18:54.56	35.70	2350m:	27:57.33	37.00
150m:	1:42.01	34.88	900m:	10:34.51	35.98	1650m:	19:30.34	35.78	2400m:	28:33.10	35.77
200m:	2:17.24	35.23	950m:	11:10.16	35.65	1700m:	20:06.47	36.13	2450m:	29:09.28	36.18
250m:	2:52.76	35.52	1000m:	11:46.06	35.90	1750m:	20:42.28	35.81	2500m:	29:45.24	35.96
300m:	3:28.25	35.49	1050m:	12:21.78	35.72	1800m:	21:18.27	35.99	2550m:	30:21.38	36.14
350m:	4:03.64	35.39	1100m:	12:57.37	35.59	1850m:	21:54.19	35.92	2600m:	30:57.53	36.15
400m:	4:39.16	35.52	1150m:	13:32.85	35.48	1900m:	22:29.81	35.62	2650m:	31:33.22	35.69
450m:	5:14.85	35.69	1200m:	14:08.58	35.73	1950m:	23:06.01	36.20	2700m:	32:09.48	36.26
500m:	5:50.32	35.47	1250m:	14:44.16	35.58	2000m:	23:41.97	35.96	2750m:	32:45.34	35.86
550m:	6:25.42	35.10	1300m:	15:20.13	35.97	2050m:	24:18.24	36.27	2800m:	33:21.02	35.68
600m:	7:00.45	35.03	1350m:	15:55.97	35.84	2100m:	24:56.01	37.77	2850m:	33:56.88	35.86
650m:	7:35.54	35.09	1400m:	16:31.60	35.63	2150m:	25:31.85	35.84	2900m:	34:32.86	35.98
700m:	8:11.28	35.74	1450m:	17:07.32	35.72	2200m:	26:07.58	35.73	2950m:	35:08.18	35.32
750m:	8:47.02	35.74	1500m:	17:42.91	35.59	2250m:	26:43.33	35.75	3000m:	35:41.99	33.81

33. RODRIGUEZ SANCHEZ, Sergio 09 C.N. Granollers **35:43.66** 2,00

50m:	33.45	33.45	800m:	9:22.10	35.37	1550m:	18:19.81	36.30	2300m:	27:22.13	36.24
100m:	1:07.85	34.40	850m:	9:57.74	35.64	1600m:	18:56.27	36.46	2350m:	27:58.54	36.41
150m:	1:42.80	34.95	900m:	10:33.63	35.89	1650m:	19:32.43	36.16	2400m:	28:34.56	36.02
200m:	2:17.30	34.50	950m:	11:09.38	35.75	1700m:	20:08.15	35.72	2450m:	29:10.97	36.41
250m:	2:52.17	34.87	1000m:	11:45.00	35.62	1750m:	20:44.63	36.48	2500m:	29:47.42	36.45
300m:	3:27.20	35.03	1050m:	12:20.68	35.68	1800m:	21:20.78	36.15	2550m:	30:23.86	36.44
350m:	4:02.45	35.25	1100m:	12:56.63	35.95	1850m:	21:56.90	36.12	2600m:	30:59.73	35.87
400m:	4:37.83	35.38	1150m:	13:32.42	35.79	1900m:	22:33.18	36.28	2650m:	31:35.90	36.17
450m:	5:13.23	35.40	1200m:	14:08.07	35.65	1950m:	23:09.37	36.19	2700m:	32:12.01	36.11
500m:	5:48.53	35.30	1250m:	14:43.90	35.83	2000m:	23:45.67	36.30	2750m:	32:47.94	35.93
550m:	6:23.94	35.41	1300m:	15:19.75	35.85	2050m:	24:21.85	36.18	2800m:	33:23.85	35.91
600m:	6:59.67	35.73	1350m:	15:55.88	36.13	2100m:	24:57.49	35.64	2850m:	33:59.54	35.69
650m:	7:35.22	35.55	1400m:	16:31.79	35.91	2150m:	25:33.53	36.04	2900m:	34:35.23	35.69
700m:	8:10.85	35.63	1450m:	17:07.73	35.94	2200m:	26:09.51	35.98	2950m:	35:11.03	35.80
750m:	8:46.73	35.88	1500m:	17:43.51	35.78	2250m:	26:45.89	36.38	3000m:	35:43.66	32.63

34. CALERO SANCHEZ, Diego 10 C.N. Sabadell **35:43.83** 4,00

50m:	33.35	33.35	800m:	9:22.01	35.38	1550m:	18:19.82	36.09	2300m:	27:22.38	36.55
100m:	1:07.88	34.53	850m:	9:57.71	35.70	1600m:	18:56.47	36.65	2350m:	27:58.51	36.13
150m:	1:42.77	34.89	900m:	10:33.50	35.79	1650m:	19:32.41	35.94	2400m:	28:34.71	36.20
200m:	2:17.20	34.43	950m:	11:09.18	35.68	1700m:	20:08.30	35.89	2450m:	29:10.90	36.19
250m:	2:52.07	34.87	1000m:	11:44.91	35.73	1750m:	20:44.76	36.46	2500m:	29:47.42	36.52
300m:	3:27.21	35.14	1050m:	12:20.69	35.78	1800m:	21:20.80	36.04	2550m:	30:23.75	36.33
350m:	4:02.35	35.14	1100m:	12:56.63	35.94	1850m:	21:57.11	36.31	2600m:	30:59.78	36.03
400m:	4:37.85	35.50	1150m:	13:32.26	35.63	1900m:	22:33.29	36.18	2650m:	31:35.94	36.16
450m:	5:13.38	35.53	1200m:	14:08.09	35.83	1950m:	23:09.47	36.18	2700m:	32:11.91	35.97
500m:	5:48.65	35.27	1250m:	14:44.07	35.98	2000m:	23:45.80	36.33	2750m:	32:47.95	36.04
550m:	6:24.02	35.37	1300m:	15:19.75	35.68	2050m:	24:21.67	35.87	2800m:	33:23.74	35.79
600m:	6:59.62	35.60	1350m:	15:55.93	36.18	2100m:	24:57.47	35.80	2850m:	33:59.43	35.69
650m:	7:35.36	35.74	1400m:	16:31.99	36.06	2150m:	25:33.41	35.94	2900m:	34:35.14	35.71
700m:	8:10.91	35.55	1450m:	17:07.70	35.71	2200m:	26:09.52	36.11	2950m:	35:10.43	35.29
750m:	8:46.63	35.72	1500m:	17:43.73	36.03	2250m:	26:45.83	36.31	3000m:	35:43.83	33.40

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

Classificació ANY Temps

35. LOZANO NAVARRO, Gerard 11 C.N. Granollers **35:48.61** 3,00

50m:	33.92	33.92	800m:	9:20.46	35.58	1550m:	18:18.51	36.04	2300m:	27:24.78	36.66
100m:	1:08.25	34.33	850m:	9:55.99	35.53	1600m:	18:54.62	36.11	2350m:	28:01.70	36.92
150m:	1:43.13	34.88	900m:	10:31.50	35.51	1650m:	19:30.54	35.92	2400m:	28:37.22	35.52
200m:	2:17.73	34.60	950m:	11:07.29	35.79	1700m:	20:06.49	35.95	2450m:	29:14.10	36.88
250m:	2:52.19	34.46	1000m:	11:43.12	35.83	1750m:	20:42.45	35.96	2500m:	29:50.45	36.35
300m:	3:26.83	34.64	1050m:	12:18.41	35.29	1800m:	21:18.50	36.05	2550m:	30:25.17	34.72
350m:	4:01.98	35.15	1100m:	12:54.02	35.61	1850m:	21:54.73	36.23	2600m:	31:00.84	35.67
400m:	4:37.13	35.15	1150m:	13:29.98	35.96	1900m:	22:31.35	36.62	2650m:	31:37.28	36.44
450m:	5:12.75	35.62	1200m:	14:05.87	35.89	1950m:	23:08.08	36.73	2700m:	32:14.04	36.76
500m:	5:48.08	35.33	1250m:	14:41.91	36.04	2000m:	23:45.22	37.14	2750m:	32:50.86	36.82
550m:	6:23.85	35.77	1300m:	15:17.91	36.00	2050m:	24:21.15	35.93	2800m:	33:26.34	35.48
600m:	6:59.02	35.17	1350m:	15:53.98	36.07	2100m:	24:57.81	36.66	2850m:	34:02.19	35.85
650m:	7:34.29	35.27	1400m:	16:30.23	36.25	2150m:	25:34.50	36.69	2900m:	34:38.97	36.78
700m:	8:09.73	35.44	1450m:	17:06.26	36.03	2200m:	26:10.80	36.30	2950m:	35:14.44	35.47
750m:	8:44.88	35.15	1500m:	17:42.47	36.21	2250m:	26:48.12	37.32	3000m:	35:48.61	34.17

36. GONZALEZ MONJE, Adrian 09 G.E. I E.G. **36:08.91** 1,00

50m:	32.85	32.85	800m:	9:21.98	35.77	1550m:	18:26.14	36.98	2300m:	27:36.85	36.88
100m:	1:06.70	33.85	850m:	9:57.71	35.73	1600m:	19:02.89	36.75	2350m:	28:13.43	36.58
150m:	1:41.02	34.32	900m:	10:33.44	35.73	1650m:	19:39.29	36.40	2400m:	28:50.27	36.84
200m:	2:15.97	34.95	950m:	11:09.30	35.86	1700m:	20:15.97	36.68	2450m:	29:27.16	36.89
250m:	2:51.13	35.16	1000m:	11:45.43	36.13	1750m:	20:52.66	36.69	2500m:	30:03.78	36.62
300m:	3:26.58	35.45	1050m:	12:21.61	36.18	1800m:	21:29.11	36.45	2550m:	30:40.28	36.50
350m:	4:02.05	35.47	1100m:	12:58.01	36.40	1850m:	22:05.98	36.87	2600m:	31:17.74	37.46
400m:	4:37.17	35.12	1150m:	13:34.31	36.30	1900m:	22:42.31	36.33	2650m:	31:54.76	37.02
450m:	5:12.39	35.22	1200m:	14:10.14	35.83	1950m:	23:19.03	36.72	2700m:	32:31.47	36.71
500m:	5:47.90	35.51	1250m:	14:46.16	36.02	2000m:	23:56.08	37.05	2750m:	33:08.78	37.31
550m:	6:23.27	35.37	1300m:	15:22.60	36.44	2050m:	24:32.77	36.69	2800m:	33:45.88	37.10
600m:	6:59.38	36.11	1350m:	15:58.88	36.28	2100m:	25:09.33	36.56	2850m:	34:22.38	36.50
650m:	7:35.01	35.63	1400m:	16:35.51	36.63	2150m:	25:46.17	36.84	2900m:	34:59.02	36.64
700m:	8:10.47	35.46	1450m:	17:12.18	36.67	2200m:	26:22.79	36.62	2950m:	35:35.33	36.31
750m:	8:46.21	35.74	1500m:	17:49.16	36.98	2250m:	26:59.97	37.18	3000m:	36:08.91	33.58

37. CABRERA PI, Hugo 11 C.N. Granollers **36:08.95** 2,00

50m:	33.44	33.44	800m:	9:32.42	36.23	1550m:	18:40.02	35.67	2300m:	27:49.98	36.59
100m:	1:08.03	34.59	850m:	10:08.86	36.44	1600m:	19:16.80	36.78	2350m:	28:25.54	35.56
150m:	1:43.98	35.95	900m:	10:45.08	36.22	1650m:	19:53.61	36.81	2400m:	29:01.99	36.45
200m:	2:20.18	36.20	950m:	11:21.26	36.18	1700m:	20:30.25	36.64	2450m:	29:37.79	35.80
250m:	2:56.54	36.36	1000m:	11:56.48	35.22	1750m:	21:07.27	37.02	2500m:	30:12.91	35.12
300m:	3:33.51	36.97	1050m:	12:32.98	36.50	1800m:	21:44.21	36.94	2550m:	30:48.41	35.50
350m:	4:08.67	35.16	1100m:	13:09.80	36.82	1850m:	22:21.01	36.80	2600m:	31:23.53	35.12
400m:	4:43.95	35.28	1150m:	13:46.82	37.02	1900m:	22:57.36	36.35	2650m:	31:59.06	35.53
450m:	5:20.15	36.20	1200m:	14:23.72	36.90	1950m:	23:34.42	37.06	2700m:	32:33.38	34.32
500m:	5:56.79	36.64	1250m:	15:00.09	36.37	2000m:	24:10.65	36.23	2750m:	33:09.04	35.66
550m:	6:31.83	35.04	1300m:	15:36.50	36.41	2050m:	24:46.96	36.31	2800m:	33:45.10	36.06
600m:	7:07.20	35.37	1350m:	16:13.53	37.03	2100m:	25:22.25	35.29	2850m:	34:21.54	36.44
650m:	7:43.57	36.37	1400m:	16:50.41	36.88	2150m:	25:58.90	36.65	2900m:	34:57.45	35.91
700m:	8:19.85	36.28	1450m:	17:27.26	36.85	2200m:	26:36.21	37.31	2950m:	35:34.36	36.91
750m:	8:56.19	36.34	1500m:	18:04.35	37.09	2250m:	27:13.39	37.18	3000m:	36:08.95	34.59

38. PATIÑO SANCHEZ, Biel 11 C.N. Mataro **36:13.14** 1,00

50m:	33.20	33.20	800m:	9:21.16	35.79	1550m:	18:24.70	36.71	2300m:	27:37.48	37.41
100m:	1:07.60	34.40	850m:	9:57.61	36.45	1600m:	19:01.19	36.49	2350m:	28:14.43	36.95
150m:	1:42.67	35.07	900m:	10:32.83	35.22	1650m:	19:37.67	36.48	2400m:	28:51.04	36.61
200m:	2:17.69	35.02	950m:	11:07.39	34.56	1700m:	20:14.15	36.48	2450m:	29:28.58	37.54
250m:	2:52.76	35.07	1000m:	11:44.05	36.66	1750m:	20:50.64	36.49	2500m:	30:05.92	37.34
300m:	3:28.19	35.43	1050m:	12:20.29	36.24	1800m:	21:27.65	37.01	2550m:	30:42.95	37.03
350m:	4:03.49	35.30	1100m:	12:56.57	36.28	1850m:	22:04.70	37.05	2600m:	31:20.14	37.19
400m:	4:39.08	35.59	1150m:	13:33.11	36.54	1900m:	22:41.40	36.70	2650m:	31:57.65	37.51
450m:	5:15.03	35.95	1200m:	14:09.51	36.40	1950m:	23:18.39	36.99	2700m:	32:34.75	37.10
500m:	5:50.66	35.63	1250m:	14:45.72	36.21	2000m:	23:55.48	37.09	2750m:	33:11.73	36.98
550m:	6:25.24	34.58	1300m:	15:22.33	36.61	2050m:	24:32.10	36.62	2800m:	33:48.46	36.73
600m:	7:00.12	34.88	1350m:	15:58.79	36.46	2100m:	25:09.48	37.38	2850m:	34:24.75	36.29
650m:	7:35.51	35.39	1400m:	16:35.10	36.31	2150m:	25:46.29	36.81	2900m:	35:01.50	36.75
700m:	8:10.44	34.93	1450m:	17:11.54	36.44	2200m:	26:22.97	36.68	2950m:	35:37.75	36.25
750m:	8:45.37	34.93	1500m:	17:47.99	36.45	2250m:	27:00.07	37.10	3000m:	36:13.14	35.39

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

Classificació | ANY | Temps

39. LOPEZ TAPIA, Alex — 04 — C.N. Catalunya — **36:14.28** 10,00

50m:	33.98	33.98	800m:	9:34.11	36.05	1550m:	18:42.45	36.35	2300m:	27:50.80	36.79
100m:	1:08.28	34.30	850m:	10:10.36	36.25	1600m:	19:18.99	36.54	2350m:	28:27.11	36.31
150m:	1:43.46	35.18	900m:	10:47.14	36.78	1650m:	19:55.68	36.69	2400m:	29:03.58	36.47
200m:	2:18.72	35.26	950m:	11:23.97	36.83	1700m:	20:31.99	36.31	2450m:	29:39.83	36.25
250m:	2:54.41	35.69	1000m:	12:01.20	37.23	1750m:	21:08.99	37.00	2500m:	30:16.35	36.52
300m:	3:30.45	36.04	1050m:	12:37.59	36.39	1800m:	21:45.53	36.54	2550m:	30:51.97	35.62
350m:	4:06.59	36.14	1100m:	13:13.93	36.34	1850m:	22:22.49	36.96	2600m:	31:27.77	35.80
400m:	4:43.14	36.55	1150m:	13:50.74	36.81	1900m:	22:59.14	36.65	2650m:	32:03.61	35.84
450m:	5:19.55	36.41	1200m:	14:27.84	37.10	1950m:	23:35.90	36.76	2700m:	32:39.74	36.13
500m:	5:56.18	36.63	1250m:	15:04.16	36.32	2000m:	24:12.85	36.95	2750m:	33:16.00	36.26
550m:	6:32.88	36.70	1300m:	15:40.65	36.49	2050m:	24:49.05	36.20	2800m:	33:52.32	36.32
600m:	7:09.45	36.57	1350m:	16:16.88	36.23	2100m:	25:25.26	36.21	2850m:	34:28.67	36.35
650m:	7:45.37	35.92	1400m:	16:53.58	36.70	2150m:	26:01.71	36.45	2900m:	35:05.57	36.90
700m:	8:21.74	36.37	1450m:	17:29.51	35.93	2200m:	26:37.85	36.14	2950m:	35:40.86	35.29
750m:	8:58.06	36.32	1500m:	18:06.10	36.59	2250m:	27:14.01	36.16	3000m:	36:14.28	33.42

40. MAS MANSILLA, Arnau — 09 — C.N. Prat Llobregat — **36:16.85** -

50m:	33.65	33.65	800m:	9:30.35	35.57	1550m:	18:33.55	36.51	2300m:	27:45.04	36.42
100m:	1:08.69	35.04	850m:	10:06.00	35.65	1600m:	19:10.82	37.27	2350m:	28:21.74	36.70
150m:	1:44.08	35.39	900m:	10:41.89	35.89	1650m:	19:47.05	36.23	2400m:	28:58.07	36.33
200m:	2:19.80	35.72	950m:	11:17.42	35.53	1700m:	20:23.76	36.71	2450m:	29:35.05	36.98
250m:	2:55.41	35.61	1000m:	11:54.25	36.83	1750m:	21:01.23	37.47	2500m:	30:11.27	36.22
300m:	3:30.92	35.51	1050m:	12:30.19	35.94	1800m:	21:39.75	38.52	2550m:	30:47.71	36.44
350m:	4:06.66	35.74	1100m:	13:06.30	36.11	1850m:	22:16.97	37.22	2600m:	31:24.71	37.00
400m:	4:42.45	35.79	1150m:	13:43.69	37.39	1900m:	22:53.35	36.38	2650m:	32:01.05	36.34
450m:	5:18.19	35.74	1200m:	14:19.64	35.95	1950m:	23:29.64	36.29	2700m:	32:38.96	37.91
500m:	5:54.05	35.86	1250m:	14:55.66	36.02	2000m:	24:06.10	36.46	2750m:	33:15.77	36.81
550m:	6:30.31	36.26	1300m:	15:31.94	36.28	2050m:	24:42.55	36.45	2800m:	33:52.30	36.53
600m:	7:06.53	36.22	1350m:	16:08.23	36.29	2100m:	25:19.00	36.45	2850m:	34:29.08	36.78
650m:	7:42.57	36.04	1400m:	16:44.49	36.26	2150m:	25:55.66	36.66	2900m:	35:05.78	36.70
700m:	8:18.94	36.37	1450m:	17:20.66	36.17	2200m:	26:32.08	36.42	2950m:	35:41.73	35.95
750m:	8:54.78	35.84	1500m:	17:57.04	36.38	2250m:	27:08.62	36.54	3000m:	36:16.85	35.12

41. HUERTAS CABALLERO, Arnau — 11 — C.N. Badalona — **36:18.33** -

50m:	33.11	33.11	800m:	9:37.01	36.89	1550m:	18:38.44	35.04	2300m:	27:43.13	36.91
100m:	1:07.68	34.57	850m:	10:13.51	36.50	1600m:	19:13.84	35.40	2350m:	28:19.77	36.64
150m:	1:43.64	35.96	900m:	10:50.10	36.59	1650m:	19:50.01	36.17	2400m:	28:56.32	36.55
200m:	2:19.61	35.97	950m:	11:26.75	36.65	1700m:	20:25.83	35.82	2450m:	29:32.51	36.19
250m:	2:56.00	36.39	1000m:	12:03.43	36.68	1750m:	21:01.70	35.87	2500m:	30:08.99	36.48
300m:	3:31.98	35.98	1050m:	12:39.63	36.20	1800m:	21:37.67	35.97	2550m:	30:45.14	36.15
350m:	4:08.15	36.17	1100m:	13:15.82	36.19	1850m:	22:12.63	34.96	2600m:	31:21.86	36.72
400m:	4:44.64	36.49	1150m:	13:52.07	36.25	1900m:	22:48.50	35.87	2650m:	31:58.69	36.83
450m:	5:21.35	36.71	1200m:	14:28.89	36.82	1950m:	23:24.73	36.23	2700m:	32:36.13	37.44
500m:	5:57.73	36.38	1250m:	15:05.95	37.06	2000m:	24:00.86	36.13	2750m:	33:13.75	37.62
550m:	6:33.51	35.78	1300m:	15:41.34	35.39	2050m:	24:37.59	36.73	2800m:	33:51.53	37.78
600m:	7:09.92	36.41	1350m:	16:17.58	36.24	2100m:	25:14.75	37.16	2850m:	34:29.30	37.77
650m:	7:46.79	36.87	1400m:	16:52.86	35.28	2150m:	25:51.84	37.09	2900m:	35:07.06	37.76
700m:	8:23.40	36.61	1450m:	17:28.36	35.50	2200m:	26:29.07	37.23	2950m:	35:42.04	34.98
750m:	9:00.12	36.72	1500m:	18:03.40	35.04	2250m:	27:06.22	37.15	3000m:	36:18.33	36.29

42. CIFUENTES MASACHS, Mario — 11 — G.E. I E.G. — **36:22.98** -

50m:	33.54	33.54	800m:	9:32.22	36.35	1550m:	18:45.32	36.33	2300m:	27:56.67	37.00
100m:	1:08.61	35.07	850m:	10:08.77	36.55	1600m:	19:22.72	37.40	2350m:	28:33.35	36.68
150m:	1:44.11	35.50	900m:	10:45.64	36.87	1650m:	19:59.96	37.24	2400m:	29:10.34	36.99
200m:	2:19.47	35.36	950m:	11:22.60	36.96	1700m:	20:36.58	36.62	2450m:	29:47.41	37.07
250m:	2:55.23	35.76	1000m:	11:59.29	36.69	1750m:	21:13.21	36.63	2500m:	30:24.33	36.92
300m:	3:31.20	35.97	1050m:	12:35.62	36.33	1800m:	21:49.96	36.75	2550m:	31:00.29	35.96
350m:	4:06.82	35.62	1100m:	13:13.40	37.78	1850m:	22:26.45	36.49	2600m:	31:36.41	36.12
400m:	4:42.43	35.61	1150m:	13:50.88	37.48	1900m:	23:03.07	36.62	2650m:	32:12.54	36.13
450m:	5:18.46	36.03	1200m:	14:27.48	36.60	1950m:	23:39.81	36.74	2700m:	32:48.82	36.28
500m:	5:54.74	36.28	1250m:	15:04.62	37.14	2000m:	24:16.89	37.08	2750m:	33:25.27	36.45
550m:	6:30.87	36.13	1300m:	15:42.17	37.55	2050m:	24:53.40	36.51	2800m:	34:01.49	36.22
600m:	7:06.99	36.12	1350m:	16:19.09	36.92	2100m:	25:29.75	36.35	2850m:	34:37.66	36.17
650m:	7:43.38	36.39	1400m:	16:55.39	36.30	2150m:	26:06.56	36.81	2900m:	35:13.61	35.95
700m:	8:19.71	36.33	1450m:	17:32.33	36.94	2200m:	26:42.99	36.43	2950m:	35:48.87	35.26
750m:	8:55.87	36.16	1500m:	18:08.99	36.66	2250m:	27:19.67	36.68	3000m:	36:22.98	34.11

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

Classificació — ANY — Temps

43. OVIEDO AGUILERA, Asier — 10 — C.N. Rubi — **36:23.15** -

50m:	33.86	33.86	800m:	9:30.20	35.78	1550m:	18:32.02	36.71	2300m:	27:43.36	37.05
100m:	1:08.47	34.61	850m:	10:06.11	35.91	1600m:	19:08.95	36.93	2350m:	28:20.07	36.71
150m:	1:43.79	35.32	900m:	10:41.65	35.54	1650m:	19:45.75	36.80	2400m:	28:57.04	36.97
200m:	2:19.78	35.99	950m:	11:17.03	35.38	1700m:	20:22.54	36.79	2450m:	29:34.35	37.31
250m:	2:55.81	36.03	1000m:	11:52.35	35.32	1750m:	20:59.30	36.76	2500m:	30:11.70	37.35
300m:	3:32.11	36.30	1050m:	12:27.98	35.63	1800m:	21:36.24	36.94	2550m:	30:49.16	37.46
350m:	4:08.38	36.27	1100m:	13:03.61	35.63	1850m:	22:12.72	36.48	2600m:	31:26.37	37.21
400m:	4:44.56	36.18	1150m:	13:39.52	35.91	1900m:	22:48.50	35.78	2650m:	32:03.96	37.59
450m:	5:19.98	35.42	1200m:	14:16.06	36.54	1950m:	23:25.19	36.69	2700m:	32:41.64	37.68
500m:	5:56.18	36.20	1250m:	14:52.29	36.23	2000m:	24:01.35	36.16	2750m:	33:19.10	37.46
550m:	6:32.14	35.96	1300m:	15:29.03	36.74	2050m:	24:37.92	36.57	2800m:	33:57.25	38.15
600m:	7:07.37	35.23	1350m:	16:05.17	36.14	2100m:	25:15.01	37.09	2850m:	34:35.63	38.38
650m:	7:43.08	35.71	1400m:	16:41.88	36.71	2150m:	25:52.11	37.10	2900m:	35:12.59	36.96
700m:	8:18.86	35.78	1450m:	17:18.44	36.56	2200m:	26:29.24	37.13	2950m:	35:48.31	35.72
750m:	8:54.42	35.56	1500m:	17:55.31	36.87	2250m:	27:06.31	37.07	3000m:	36:23.15	34.84

44. PICA ROIG, Roc — 10 — C.N. Mataro — **36:39.18** -

50m:	32.18	32.18	800m:	9:23.59	36.04	1550m:	18:34.15	37.59	2300m:	27:57.21	37.79
100m:	1:05.89	33.71	850m:	9:59.56	35.97	1600m:	19:11.49	37.34	2350m:	28:35.03	37.82
150m:	1:40.69	34.80	900m:	10:36.28	36.72	1650m:	19:48.90	37.41	2400m:	29:13.50	38.47
200m:	2:15.84	35.15	950m:	11:12.68	36.40	1700m:	20:26.05	37.15	2450m:	29:51.43	37.93
250m:	2:50.89	35.05	1000m:	11:49.18	36.50	1750m:	21:03.41	37.36	2500m:	30:29.14	37.71
300m:	3:26.21	35.32	1050m:	12:25.39	36.21	1800m:	21:40.65	37.24	2550m:	31:07.39	38.25
350m:	4:01.60	35.39	1100m:	13:02.13	36.74	1850m:	22:18.21	37.56	2600m:	31:44.73	37.34
400m:	4:37.29	35.69	1150m:	13:38.64	36.51	1900m:	22:55.66	37.45	2650m:	32:22.47	37.74
450m:	5:12.35	35.06	1200m:	14:15.45	36.81	1950m:	23:32.96	37.30	2700m:	33:01.00	38.53
500m:	5:47.85	35.50	1250m:	14:52.69	37.24	2000m:	24:10.34	37.38	2750m:	33:38.54	37.54
550m:	6:23.53	35.68	1300m:	15:29.62	36.93	2050m:	24:47.64	37.30	2800m:	34:16.39	37.85
600m:	6:59.48	35.95	1350m:	16:05.83	36.21	2100m:	25:25.88	38.24	2850m:	34:52.58	36.19
650m:	7:35.49	36.01	1400m:	16:42.92	37.09	2150m:	26:03.29	37.41	2900m:	35:28.70	36.12
700m:	8:11.78	36.29	1450m:	17:19.62	36.70	2200m:	26:41.17	37.88	2950m:	36:04.26	35.56
750m:	8:47.55	35.77	1500m:	17:56.56	36.94	2250m:	27:19.42	38.25	3000m:	36:39.18	34.92

45. VIDAL ASENCIO, Aniol — 11 — C.N. Olot — **36:52.11** -

50m:	33.89	33.89	800m:	9:30.75	36.20	1550m:	18:40.93	37.40	2300m:	28:01.63	38.21
100m:	1:08.73	34.84	850m:	10:06.71	35.96	1600m:	19:18.11	37.18	2350m:	28:39.18	37.55
150m:	1:44.00	35.27	900m:	10:43.30	36.59	1650m:	19:55.49	37.38	2400m:	29:17.65	38.47
200m:	2:19.74	35.74	950m:	11:20.46	37.16	1700m:	20:32.44	36.95	2450m:	29:56.26	38.61
250m:	2:55.00	35.26	1000m:	11:57.00	36.54	1750m:	21:09.57	37.13	2500m:	30:34.18	37.92
300m:	3:30.53	35.53	1050m:	12:33.48	36.48	1800m:	21:46.94	37.37	2550m:	31:12.74	38.56
350m:	4:06.65	36.12	1100m:	13:10.11	36.63	1850m:	22:24.69	37.75	2600m:	31:50.30	37.56
400m:	4:42.82	36.17	1150m:	13:46.40	36.29	1900m:	23:01.64	36.95	2650m:	32:28.06	37.76
450m:	5:18.43	35.61	1200m:	14:23.26	36.86	1950m:	23:39.12	37.48	2700m:	33:06.36	38.30
500m:	5:54.52	36.09	1250m:	14:59.45	36.19	2000m:	24:16.25	37.13	2750m:	33:44.45	38.09
550m:	6:30.66	36.14	1300m:	15:35.33	35.88	2050m:	24:53.65	37.40	2800m:	34:22.54	38.09
600m:	7:06.75	36.09	1350m:	16:12.45	37.12	2100m:	25:31.23	37.58	2850m:	35:00.21	37.67
650m:	7:42.63	35.88	1400m:	16:49.50	37.05	2150m:	26:09.09	37.86	2900m:	35:37.63	37.42
700m:	8:18.52	35.89	1450m:	17:26.49	36.99	2200m:	26:46.54	37.45	2950m:	36:15.54	37.91
750m:	8:54.55	36.03	1500m:	18:03.53	37.04	2250m:	27:23.42	36.88	3000m:	36:52.11	36.57

46. BICOK ALIMPIC, Leo — 09 — C.N. Atletic-Barceloneta — **37:57.59** -

50m:	35.40	35.40	800m:	9:52.78	37.16	1550m:	19:18.29	38.67	2300m:	28:56.19	39.30
100m:	1:11.64	36.24	850m:	10:29.96	37.18	1600m:	19:56.82	38.53	2350m:	29:35.07	38.88
150m:	1:48.49	36.85	900m:	11:07.05	37.09	1650m:	20:34.90	38.08	2400m:	30:13.93	38.86
200m:	2:24.98	36.49	950m:	11:44.24	37.19	1700m:	21:13.47	38.57	2450m:	30:53.65	39.72
250m:	3:02.02	37.04	1000m:	12:22.02	37.78	1750m:	21:51.35	37.88	2500m:	31:32.59	38.94
300m:	3:39.26	37.24	1050m:	12:58.67	36.65	1800m:	22:29.92	38.57	2550m:	32:10.69	38.10
350m:	4:16.46	37.20	1100m:	13:35.58	36.91	1850m:	23:08.47	38.55	2600m:	32:49.33	38.64
400m:	4:53.88	37.42	1150m:	14:13.42	37.84	1900m:	23:46.56	38.09	2650m:	33:28.88	39.55
450m:	5:31.25	37.37	1200m:	14:51.50	38.08	1950m:	24:25.06	38.50	2700m:	34:07.39	38.51
500m:	6:08.47	37.22	1250m:	15:29.75	38.25	2000m:	25:03.84	38.78	2750m:	34:46.71	39.32
550m:	6:45.39	36.92	1300m:	16:07.66	37.91	2050m:	25:41.92	38.08	2800m:	35:24.90	38.19
600m:	7:22.82	37.43	1350m:	16:45.58	37.92	2100m:	26:20.87	38.95	2850m:	36:03.20	38.30
650m:	8:00.71	37.89	1400m:	17:23.25	37.67	2150m:	26:59.13	38.26	2900m:	36:41.67	38.47
700m:	8:38.26	37.55	1450m:	18:01.88	38.63	2200m:	27:37.45	38.32	2950m:	37:19.76	38.09
750m:	9:15.62	37.36	1500m:	18:39.62	37.74	2250m:	28:16.89	39.44	3000m:	37:57.59	37.83

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

Classificació — ANY — Temps

47. BRAVO ROSELL, Pau — 11 — C.N. L´ Hospitalet — **37:58.88** -

50m:	34.16	34.16	800m:	9:33.75	37.03	1550m:	19:06.25	38.97	2300m:	28:49.77	39.31
100m:	1:09.14	34.98	850m:	10:10.62	36.87	1600m:	19:45.44	39.19	2350m:	29:28.70	38.93
150m:	1:44.15	35.01	900m:	10:47.88	37.26	1650m:	20:24.28	38.84	2400m:	30:08.14	39.44
200m:	2:19.90	35.75	950m:	11:25.11	37.23	1700m:	21:01.61	37.33	2450m:	30:47.98	39.84
250m:	2:55.46	35.56	1000m:	12:02.89	37.78	1750m:	21:39.63	38.02	2500m:	31:27.51	39.53
300m:	3:31.20	35.74	1050m:	12:40.67	37.78	1800m:	22:19.02	39.39	2550m:	32:06.60	39.09
350m:	4:06.86	35.66	1100m:	13:19.02	38.35	1850m:	22:57.02	38.00	2600m:	32:45.44	38.84
400m:	4:42.41	35.55	1150m:	13:56.43	37.41	1900m:	23:35.38	38.36	2650m:	33:24.94	39.50
450m:	5:18.36	35.95	1200m:	14:34.46	38.03	1950m:	24:13.71	38.33	2700m:	34:04.30	39.36
500m:	5:54.30	35.94	1250m:	15:12.78	38.32	2000m:	24:52.91	39.20	2750m:	34:44.24	39.94
550m:	6:30.27	35.97	1300m:	15:52.12	39.34	2050m:	25:32.26	39.35	2800m:	35:23.94	39.70
600m:	7:06.65	36.38	1350m:	16:30.14	38.02	2100m:	26:11.75	39.49	2850m:	36:03.12	39.18
650m:	7:43.22	36.57	1400m:	17:09.37	39.23	2150m:	26:51.39	39.64	2900m:	36:42.14	39.02
700m:	8:19.83	36.61	1450m:	17:48.23	38.86	2200m:	27:31.14	39.75	2950m:	37:21.42	39.28
750m:	8:56.72	36.89	1500m:	18:27.28	39.05	2250m:	28:10.46	39.32	3000m:	37:58.88	37.46

48. LORENZO ZATOR, Gabriel — 11 — C.N. Tarraco — **38:13.29** -

50m:	33.89	33.89	800m:	9:52.03	37.79	1550m:	19:25.86	38.86	2300m:	29:14.93	40.27
100m:	1:09.03	35.14	850m:	10:30.04	38.01	1600m:	20:04.38	38.52	2350m:	29:55.14	40.21
150m:	1:45.24	36.21	900m:	11:07.53	37.49	1650m:	20:43.59	39.21	2400m:	30:35.20	40.06
200m:	2:21.24	36.00	950m:	11:46.10	38.57	1700m:	21:23.03	39.44	2450m:	31:14.90	39.70
250m:	2:57.56	36.32	1000m:	12:24.13	38.03	1750m:	22:02.26	39.23	2500m:	31:54.93	40.03
300m:	3:34.51	36.95	1050m:	13:02.95	38.82	1800m:	22:41.34	39.08	2550m:	32:33.19	38.26
350m:	4:11.25	36.74	1100m:	13:41.75	38.80	1850m:	23:20.10	38.76	2600m:	33:11.81	38.62
400m:	4:49.00	37.75	1150m:	14:20.43	38.68	1900m:	23:59.02	38.92	2650m:	33:50.65	38.84
450m:	5:26.39	37.39	1200m:	14:58.35	37.92	1950m:	24:38.32	39.30	2700m:	34:29.03	38.38
500m:	6:03.71	37.32	1250m:	15:37.26	38.91	2000m:	25:18.44	40.12	2750m:	35:06.20	37.17
550m:	6:42.03	38.32	1300m:	16:16.42	39.16	2050m:	25:58.46	40.02	2800m:	35:44.16	37.96
600m:	7:19.72	37.69	1350m:	16:55.36	38.94	2100m:	26:38.92	40.46	2850m:	36:22.17	38.01
650m:	7:57.58	37.86	1400m:	17:33.08	37.72	2150m:	27:18.70	39.78	2900m:	36:59.29	37.12
700m:	8:35.95	38.37	1450m:	18:09.37	36.29	2200m:	27:56.79	38.09	2950m:	37:36.75	37.46
750m:	9:14.24	38.29	1500m:	18:47.00	37.63	2250m:	28:34.66	37.87	3000m:	38:13.29	36.54

49. SERRANO SERRA, Eudald — 10 — Club Natació Swimfaster Salt — **40:27.47** -

50m:	34.78	34.78	800m:	10:19.03	39.91	1550m:	20:28.92	39.36	2300m:	30:53.49	41.75
100m:	1:11.92	37.14	850m:	10:59.09	40.06	1600m:	21:09.76	40.84	2350m:	31:35.48	41.99
150m:	1:50.40	38.48	900m:	11:38.94	39.85	1650m:	21:50.84	41.08	2400m:	32:16.85	41.37
200m:	2:29.01	38.61	950m:	12:19.30	40.36	1700m:	22:33.87	43.03	2450m:	32:59.18	42.33
250m:	3:08.25	39.24	1000m:	12:59.64	40.34	1750m:	23:14.90	41.03	2500m:	33:42.01	42.83
300m:	3:46.37	38.12	1050m:	13:41.07	41.43	1800m:	23:57.53	42.63	2550m:	34:22.31	40.30
350m:	4:26.24	39.87	1100m:	14:21.09	40.02	1850m:	24:39.60	42.07	2600m:	35:03.15	40.84
400m:	5:04.20	37.96	1150m:	15:00.79	39.70	1900m:	25:21.69	42.09	2650m:	35:45.19	42.04
450m:	5:43.42	39.22	1200m:	15:41.55	40.76	1950m:	26:02.67	40.98	2700m:	36:26.71	41.52
500m:	6:22.64	39.22	1250m:	16:22.36	40.81	2000m:	26:44.98	42.31	2750m:	37:07.50	40.79
550m:	7:00.92	38.28	1300m:	17:03.63	41.27	2050m:	27:26.17	41.19	2800m:	37:46.50	39.00
600m:	7:40.35	39.43	1350m:	17:44.92	41.29	2100m:	28:08.43	42.26	2850m:	38:27.05	40.55
650m:	8:19.63	39.28	1400m:	18:26.28	41.36	2150m:	28:49.02	40.59	2900m:	39:08.87	41.82
700m:	8:59.62	39.99	1450m:	19:07.70	41.42	2200m:	29:31.18	42.16	2950m:	39:48.52	39.65
750m:	9:39.12	39.50	1500m:	19:49.56	41.86	2250m:	30:11.74	40.56	3000m:	40:27.47	38.95

BX COMAS DOMINGO, Pol — 11 — C.N. Sabadell -