

XII Llarga distància "Open" Màster 3000 m - P25
Sant Feliu de Llobregat, 11 - 16/12/2023

Prova 201, Masc., 3000m Lliure, Open

Class.	Nom i Cognoms	Any	Club	Temps	Dif temps	Pts.CAT	Pts.TROF	Obs
5.	MORCILLO ESPUNY, Joan Francesc <i>Rècord Catalunya</i>	61	C.N. Badalona	41:04.99	+ 4:25.32	-	-	
	50m: 38.24	38.24	800m: 10:49.62	41.22	1550m: 21:07.62	40.85	2300m: 31:27.03	41.37
	100m: 1:18.39	40.15	850m: 11:30.71	41.09	1600m: 21:48.75	41.13	2350m: 32:08.46	41.43
	150m: 1:58.81	40.42	900m: 12:11.86	41.15	1650m: 22:30.40	41.65	2400m: 32:49.67	41.21
	200m: 2:38.96	40.15	950m: 12:52.88	41.02	1700m: 23:11.91	41.51	2450m: 33:30.89	41.22
	250m: 3:19.35	40.39	1000m: 13:34.00	41.12	1750m: 23:53.12	41.21	2500m: 34:12.39	41.50
	300m: 4:00.33	40.98	1050m: 14:15.58	41.58	1800m: 24:34.66	41.54	2550m: 34:53.95	41.56
	350m: 4:40.66	40.33	1100m: 14:56.58	41.00	1850m: 25:16.04	41.38	2600m: 35:35.27	41.32
	400m: 5:21.73	41.07	1150m: 15:37.57	40.99	1900m: 25:57.60	41.56	2650m: 36:16.94	41.67
	450m: 6:02.99	41.26	1200m: 16:18.64	41.07	1950m: 26:38.33	40.73	2700m: 36:58.10	41.16
	500m: 6:43.55	40.56	1250m: 17:00.03	41.39	2000m: 27:19.52	41.19	2750m: 37:39.62	41.52
	550m: 7:24.53	40.98	1300m: 17:41.27	41.24	2050m: 28:00.64	41.12	2800m: 38:21.17	41.55
	600m: 8:05.36	40.83	1350m: 18:22.44	41.17	2100m: 28:41.89	41.25	2850m: 39:02.67	41.50
	650m: 8:46.46	41.10	1400m: 19:03.95	41.51	2150m: 29:23.19	41.30	2900m: 39:44.10	41.43
	700m: 9:27.57	41.11	1450m: 19:45.13	41.18	2200m: 30:04.43	41.24	2950m: 40:25.17	41.07
	750m: 10:08.40	40.83	1500m: 20:26.77	41.64	2250m: 30:45.66	41.23	3000m: 41:04.99	39.82
6.	GALIANA ROCA, Xavier	73	C.N. Sant Feliu	41:24.88	+ 4:45.21	-	-	
	50m: 40.91	40.91	800m: 11:01.03	40.81	1550m: 21:15.15	41.29	2300m: 31:37.67	41.68
	100m: 1:22.15	41.24	850m: 11:41.44	40.41	1600m: 21:56.60	41.45	2350m: 32:19.10	41.43
	150m: 2:03.35	41.20	900m: 12:22.14	40.70	1650m: 22:37.68	41.08	2400m: 33:01.02	41.92
	200m: 2:44.46	41.11	950m: 13:03.15	41.01	1700m: 23:18.84	41.16	2450m: 33:42.69	41.67
	250m: 3:25.73	41.27	1000m: 13:44.10	40.95	1750m: 23:59.83	40.99	2500m: 34:25.92	43.23
	300m: 4:07.43	41.70	1050m: 14:25.26	41.16	1800m: 24:41.15	41.32	2550m: 35:08.55	42.63
	350m: 4:49.71	42.28	1100m: 15:05.96	40.70	1850m: 25:22.44	41.29	2600m: 35:50.93	42.38
	400m: 5:31.16	41.45	1150m: 15:47.19	41.23	1900m: 26:03.89	41.45	2650m: 36:32.97	42.04
	450m: 6:12.58	41.42	1200m: 16:27.91	40.72	1950m: 26:45.61	41.72	2700m: 37:15.15	42.18
	500m: 6:54.18	41.60	1250m: 17:08.79	40.88	2000m: 27:26.78	41.17	2750m: 37:56.78	41.63
	550m: 7:36.02	41.84	1300m: 17:49.55	40.76	2050m: 28:09.63	42.85	2800m: 38:38.98	42.20
	600m: 8:16.96	40.94	1350m: 18:30.32	40.77	2100m: 28:51.24	41.61	2850m: 39:20.80	41.82
	650m: 8:58.53	41.57	1400m: 19:11.55	41.23	2150m: 29:32.69	41.45	2900m: 40:02.93	42.13
	700m: 9:39.35	40.82	1450m: 19:52.94	41.39	2200m: 30:14.54	41.85	2950m: 40:44.63	41.70
	750m: 10:20.22	40.87	1500m: 20:33.86	40.92	2250m: 30:55.99	41.45	3000m: 41:24.88	40.25

40+, Masc.

Class.	Nom i Cognoms	Any	Club	Temps	Dif temps	Pts.CAT	Pts.TROF	Obs
1.	ROMEU VENDRELL, Jordi <i>Rècord Catalunya</i>	81	C.N. Vilafranca	36:39.67		-	-	
	50m: 38.06	38.06	800m: 9:52.73	36.38	1550m: 19:02.39	36.60	2300m: 28:10.38	36.83
	100m: 1:16.01	37.95	850m: 10:29.42	36.69	1600m: 19:38.85	36.46	2350m: 28:47.22	36.84
	150m: 1:53.20	37.19	900m: 11:06.34	36.92	1650m: 20:15.33	36.48	2400m: 29:23.65	36.43
	200m: 2:30.80	37.60	950m: 11:42.96	36.62	1700m: 20:51.72	36.39	2450m: 29:59.94	36.29
	250m: 3:07.90	37.10	1000m: 12:20.02	37.06	1750m: 21:28.35	36.63	2500m: 30:36.32	36.38
	300m: 3:45.19	37.29	1050m: 12:56.84	36.82	1800m: 22:04.72	36.37	2550m: 31:13.00	36.68
	350m: 4:22.15	36.96	1100m: 13:33.53	36.69	1850m: 22:41.07	36.35	2600m: 31:49.47	36.47
	400m: 4:59.09	36.94	1150m: 14:09.85	36.32	1900m: 23:17.52	36.45	2650m: 32:26.34	36.87
	450m: 5:36.13	37.04	1200m: 14:46.24	36.39	1950m: 23:54.02	36.50	2700m: 33:03.10	36.76
	500m: 6:12.95	36.82	1250m: 15:22.77	36.53	2000m: 24:30.60	36.58	2750m: 33:39.53	36.43
	550m: 6:49.79	36.84	1300m: 15:59.44	36.67	2050m: 25:07.11	36.51	2800m: 34:16.05	36.52
	600m: 7:26.77	36.98	1350m: 16:35.95	36.51	2100m: 25:43.66	36.55	2850m: 34:52.24	36.19
	650m: 8:03.43	36.66	1400m: 17:12.48	36.53	2150m: 26:20.17	36.51	2900m: 35:28.26	36.02
	700m: 8:40.06	36.63	1450m: 17:49.18	36.70	2200m: 26:56.79	36.62	2950m: 36:04.53	36.27
	750m: 9:16.35	36.29	1500m: 18:25.79	36.61	2250m: 27:33.55	36.76	3000m: 36:39.67	35.14

45+, Masc.

Class.	Nom i Cognoms	Any	Club	Temps	Dif temps	Pts.CAT	Pts.TROF	Obs
1.	GLEIZES, Sylvain	74	F.P. Claror	37:18.14		-	-	
	50m: 35.32	35.32	550m: 6:48.74	37.62	1050m: 13:02.43	37.23	1550m: 19:18.63	37.53
	100m: 1:11.90	36.58	600m: 7:26.50	37.76	1100m: 13:40.00	37.57	1600m: 19:56.25	37.62
	150m: 1:49.00	37.10	650m: 8:03.86	37.36	1150m: 14:17.48	37.48	1650m: 20:33.78	37.53
	200m: 2:26.31	37.31	700m: 8:40.81	36.95	1200m: 14:54.95	37.47	1700m: 21:11.43	37.65
	250m: 3:03.94	37.63	750m: 9:17.74	36.93	1250m: 15:32.37	37.42	1750m: 21:49.17	37.74
	300m: 3:41.09	37.15	800m: 9:55.23	37.49	1300m: 16:09.98	37.61	1800m: 22:26.53	37.36
	350m: 4:18.60	37.51	850m: 10:32.60	37.37	1350m: 16:47.64	37.66	1850m: 23:03.93	37.40
	400m: 4:56.27	37.67	900m: 11:10.14	37.54	1400m: 17:25.48	37.84	1900m: 23:41.47	37.54
	450m: 5:33.64	37.37	950m: 11:47.59	37.45	1450m: 18:03.47	37.99	1950m: 24:19.42	37.95
	500m: 6:11.12	37.48	1000m: 12:25.20	37.61	1500m: 18:41.10	37.63	2000m: 24:57.15	37.73
	2050m: 25:34.26	37.11	2200m: 27:25.77	37.16	2350m: 29:17.90	37.55	2500m: 31:10.16	37.68
	2100m: 26:11.24	36.98	2250m: 28:03.21	37.44	2400m: 29:55.19	37.29	2550m: 31:47.48	37.32
	2150m: 26:48.61	37.37	2300m: 28:40.35	37.14	2450m: 30:32.48	37.29	2600m: 32:25.14	37.66

Piscina 25mts - Cronometratge Manual

XII Llarga distància "Open" Màster 3000 m - P25
Sant Feliu de Llobregat, 11 - 16/12/2023

Prova 201, Masc., 3000m Lliure, 45+

Class.	Nom i Cognoms	Any	Club	Temps	Dif temps	Pts.CAT	Pts.TROF	Obs
	2650m: 33:02.42	37.28	2750m: 34:16.07	36.67	2850m: 35:28.82	36.11	2950m: 36:42.01	36.40
	2700m: 33:39.40	36.98	2800m: 34:52.71	36.64	2900m: 36:05.61	36.79	3000m: 37:18.14	36.13
2.	SAVESCU, George	75	C.D. Jerez Natacion Master	37:36.18	+ 18.04	-	-	-
	50m: 35.13	35.13	800m: 9:55.64	37.31	1550m: 19:19.33	38.09	2300m: 28:45.60	37.70
	100m: 1:11.96	36.83	850m: 10:33.02	37.38	1600m: 19:56.97	37.64	2350m: 29:23.50	37.90
	150m: 1:49.08	37.12	900m: 11:10.53	37.51	1650m: 20:34.64	37.67	2400m: 30:01.67	38.17
	200m: 2:26.41	37.33	950m: 11:48.09	37.56	1700m: 21:12.43	37.79	2450m: 30:39.56	37.89
	250m: 3:03.83	37.42	1000m: 12:25.70	37.61	1750m: 21:49.90	37.47	2500m: 31:18.02	38.46
	300m: 3:41.22	37.39	1050m: 13:03.17	37.47	1800m: 22:27.77	37.87	2550m: 31:55.76	37.74
	350m: 4:18.54	37.32	1100m: 13:40.52	37.35	1850m: 23:05.40	37.63	2600m: 32:33.44	37.68
	400m: 4:56.17	37.63	1150m: 14:18.09	37.57	1900m: 23:43.20	37.80	2650m: 33:11.69	38.25
	450m: 5:33.62	37.45	1200m: 14:55.67	37.58	1950m: 24:24.04	40.84	2700m: 33:49.82	38.13
	500m: 6:11.10	37.48	1250m: 15:33.09	37.42	2000m: 24:58.88	34.84	2750m: 34:28.07	38.25
	550m: 6:48.85	37.75	1300m: 16:10.77	37.68	2050m: 25:36.43	37.55	2800m: 35:06.35	38.28
	600m: 7:26.51	37.66	1350m: 16:48.25	37.48	2100m: 26:14.12	37.69	2850m: 35:43.94	37.59
	650m: 8:04.15	37.64	1400m: 17:26.22	37.97	2150m: 26:52.23	38.11	2900m: 36:22.45	38.51
	700m: 8:41.14	36.99	1450m: 18:04.07	37.85	2200m: 27:30.10	37.87	2950m: 37:00.10	37.65
	750m: 9:18.33	37.19	1500m: 18:41.24	37.17	2250m: 28:07.90	37.80	3000m: 37:36.18	36.08

50+, Masc.

1.	SANCHIS I DOMENECH, Jordi	72	C.N. Master Torrijos	39:00.19	-	-	-	-
	50m: 36.13	36.13	800m: 10:02.99	38.49	1550m: 19:54.66	39.69	2300m: 29:49.54	40.02
	100m: 1:13.08	36.95	850m: 10:41.63	38.64	1600m: 20:34.63	39.97	2350m: 30:29.31	39.77
	150m: 1:50.45	37.37	900m: 11:20.64	39.01	1650m: 21:14.01	39.38	2400m: 31:08.86	39.55
	200m: 2:27.66	37.21	950m: 11:59.81	39.17	1700m: 21:53.41	39.40	2450m: 31:48.66	39.80
	250m: 3:05.22	37.56	1000m: 12:39.35	39.54	1750m: 22:33.41	40.00	2500m: 32:28.58	39.92
	300m: 3:42.88	37.66	1050m: 13:19.25	39.90	1800m: 23:13.18	39.77	2550m: 33:08.38	39.80
	350m: 4:20.78	37.90	1100m: 13:58.89	39.64	1850m: 23:52.63	39.45	2600m: 33:48.16	39.78
	400m: 4:58.33	37.55	1150m: 14:38.35	39.46	1900m: 24:32.14	39.51	2650m: 34:27.79	39.63
	450m: 5:35.94	37.61	1200m: 15:17.75	39.40	1950m: 25:11.41	39.27	2700m: 35:07.43	39.64
	500m: 6:14.13	38.19	1250m: 15:57.45	39.70	2000m: 25:50.54	39.13	2750m: 35:46.73	39.30
	550m: 6:52.08	37.95	1300m: 16:37.13	39.68	2050m: 26:30.72	40.18	2800m: 36:26.10	39.37
	600m: 7:29.91	37.83	1350m: 17:16.82	39.69	2100m: 27:10.51	39.79	2850m: 37:05.78	39.68
	650m: 8:08.05	38.14	1400m: 17:56.26	39.44	2150m: 27:50.19	39.68	2900m: 37:45.02	39.24
	700m: 8:46.39	38.34	1450m: 18:35.57	39.31	2200m: 28:29.83	39.64	2950m: 38:23.73	38.71
	750m: 9:24.50	38.11	1500m: 19:14.97	39.40	2250m: 29:09.52	39.69	3000m: 39:00.19	36.46
2.	GALIANA ROCA, Xavier	73	C.N. Sant Feliu	41:24.88	+ 2:24.69	-	-	-
	50m: 40.91	40.91	800m: 11:01.03	40.81	1550m: 21:15.15	41.29	2300m: 31:37.67	41.68
	100m: 1:22.15	41.24	850m: 11:41.44	40.41	1600m: 21:56.60	41.45	2350m: 32:19.10	41.43
	150m: 2:03.35	41.20	900m: 12:22.14	40.70	1650m: 22:37.68	41.08	2400m: 33:01.02	41.92
	200m: 2:44.46	41.11	950m: 13:03.15	41.01	1700m: 23:18.84	41.16	2450m: 33:42.69	41.67
	250m: 3:25.73	41.27	1000m: 13:44.10	40.95	1750m: 23:59.83	40.99	2500m: 34:25.92	43.23
	300m: 4:07.43	41.70	1050m: 14:25.26	41.16	1800m: 24:41.15	41.32	2550m: 35:08.55	42.63
	350m: 4:49.71	42.28	1100m: 15:05.96	40.70	1850m: 25:22.44	41.29	2600m: 35:50.93	42.38
	400m: 5:31.16	41.45	1150m: 15:47.19	41.23	1900m: 26:03.89	41.45	2650m: 36:32.97	42.04
	450m: 6:12.58	41.42	1200m: 16:27.91	40.72	1950m: 26:45.61	41.72	2700m: 37:15.15	42.18
	500m: 6:54.18	41.60	1250m: 17:08.79	40.88	2000m: 27:26.78	41.17	2750m: 37:56.78	41.63
	550m: 7:36.02	41.84	1300m: 17:49.55	40.76	2050m: 28:09.63	42.85	2800m: 38:38.98	42.20
	600m: 8:16.96	40.94	1350m: 18:30.32	40.77	2100m: 28:51.24	41.61	2850m: 39:20.80	41.82
	650m: 8:58.53	41.57	1400m: 19:11.55	41.23	2150m: 29:32.69	41.45	2900m: 40:02.93	42.13
	700m: 9:39.35	40.82	1450m: 19:52.94	41.39	2200m: 30:14.54	41.85	2950m: 40:44.63	41.70
	750m: 10:20.22	40.87	1500m: 20:33.86	40.92	2250m: 30:55.99	41.45	3000m: 41:24.88	40.25

60+, Masc.

1.	MORCILLO ESPUNY, Joan Francesc	61	C.N. Badalona	41:04.99	-	-	-	-
	<i>Rècord Catalunya</i>							
	50m: 38.24	38.24	550m: 7:24.53	40.98	1050m: 14:15.58	41.58	1550m: 21:07.62	40.85
	100m: 1:18.39	40.15	600m: 8:05.36	40.83	1100m: 14:56.58	41.00	1600m: 21:48.75	41.13
	150m: 1:58.81	40.42	650m: 8:46.46	41.10	1150m: 15:37.57	40.99	1650m: 22:30.40	41.65
	200m: 2:38.96	40.15	700m: 9:27.57	41.11	1200m: 16:18.64	41.07	1700m: 23:11.91	41.51
	250m: 3:19.35	40.39	750m: 10:08.40	40.83	1250m: 17:00.03	41.39	1750m: 23:53.12	41.21
	300m: 4:00.33	40.98	800m: 10:49.62	41.22	1300m: 17:41.27	41.24	1800m: 24:34.66	41.54
	350m: 4:40.66	40.33	850m: 11:30.71	41.09	1350m: 18:22.44	41.17	1850m: 25:16.04	41.38
	400m: 5:21.73	41.07	900m: 12:11.86	41.15	1400m: 19:03.95	41.51	1900m: 25:57.60	41.56
	450m: 6:02.99	41.26	950m: 12:52.88	41.02	1450m: 19:45.13	41.18	1950m: 26:38.33	40.73
	500m: 6:43.55	40.56	1000m: 13:34.00	41.12	1500m: 20:26.77	41.64	2000m: 27:19.52	41.19
	2050m: 28:00.64	41.12	2150m: 29:23.19	41.30	2250m: 30:45.66	41.23	2350m: 32:08.46	41.43
	2100m: 28:41.89	41.25	2200m: 30:04.43	41.24	2300m: 31:27.03	41.37	2400m: 32:49.67	41.21

Piscina 25mts - Cronometratge Manual

XII Llargada distància "Open" Màster 3000 m - P25
Sant Feliu de Llobregat, 11 - 16/12/2023

Prova 201, Masc., 3000m Lliure, 60+

Class.	Nom i Cognoms	Any	Club	Temps	Dif temps	Pts.CAT	Pts.TROF	Obs
	2450m: 33:30.89	41.22	2600m: 35:35.27	41.32	2750m: 37:39.62	41.52	2900m: 39:44.10	41.43
	2500m: 34:12.39	41.50	2650m: 36:16.94	41.67	2800m: 38:21.17	41.55	2950m: 40:25.17	41.07
	2550m: 34:53.95	41.56	2700m: 36:58.10	41.16	2850m: 39:02.67	41.50	3000m: 41:04.99	39.82

Open, Fem.

1.	PUJOL ULIED, Minerva	78	GEIEG	42:30.07	-	-		
	<i>Rècord Catalunya</i>							
	50m: 38.54	38.54	800m: 10:59.15	42.12	1550m: 21:39.89	42.51	2300m: 32:25.63	43.17
	100m: 1:19.31	40.77	850m: 11:41.51	42.36	1600m: 22:22.89	43.00	2350m: 33:09.12	43.49
	150m: 2:00.19	40.88	900m: 12:23.59	42.08	1650m: 23:05.66	42.77	2400m: 33:52.39	43.27
	200m: 2:41.01	40.82	950m: 13:05.63	42.04	1700m: 23:48.71	43.05	2450m: 34:35.89	43.50
	250m: 3:22.32	41.31	1000m: 13:48.70	43.07	1750m: 24:31.41	42.70	2500m: 35:20.03	44.14
	300m: 4:02.91	40.59	1050m: 14:31.02	42.32	1800m: 25:14.29	42.88	2550m: 36:03.22	43.19
	350m: 4:44.15	41.24	1100m: 15:14.70	43.68	1850m: 25:57.19	42.90	2600m: 36:46.76	43.54
	400m: 5:25.58	41.43	1150m: 15:57.28	42.58	1900m: 26:40.23	43.04	2650m: 37:30.14	43.38
	450m: 6:06.98	41.40	1200m: 16:39.62	42.34	1950m: 27:22.73	42.50	2700m: 38:13.51	43.37
	500m: 6:48.76	41.78	1250m: 17:22.49	42.87	2000m: 28:05.96	43.23	2750m: 38:56.80	43.29
	550m: 7:30.09	41.33	1300m: 18:05.28	42.79	2050m: 28:49.38	43.42	2800m: 39:39.89	43.09
	600m: 8:11.26	41.17	1350m: 18:47.99	42.71	2100m: 29:32.40	43.02	2850m: 40:23.13	43.24
	650m: 8:52.79	41.53	1400m: 19:30.88	42.89	2150m: 30:15.82	43.42	2900m: 41:04.74	41.61
	700m: 9:34.78	41.99	1450m: 20:13.76	42.88	2200m: 30:59.30	43.48	2950m: 41:48.75	44.01
	750m: 10:17.03	42.25	1500m: 20:57.38	43.62	2250m: 31:42.46	43.16	3000m: 42:30.07	41.32

45+, Fem.

1.	PUJOL ULIED, Minerva	78	GEIEG	42:30.07	-	-		
	<i>Rècord Catalunya</i>							
	50m: 38.54	38.54	800m: 10:59.15	42.12	1550m: 21:39.89	42.51	2300m: 32:25.63	43.17
	100m: 1:19.31	40.77	850m: 11:41.51	42.36	1600m: 22:22.89	43.00	2350m: 33:09.12	43.49
	150m: 2:00.19	40.88	900m: 12:23.59	42.08	1650m: 23:05.66	42.77	2400m: 33:52.39	43.27
	200m: 2:41.01	40.82	950m: 13:05.63	42.04	1700m: 23:48.71	43.05	2450m: 34:35.89	43.50
	250m: 3:22.32	41.31	1000m: 13:48.70	43.07	1750m: 24:31.41	42.70	2500m: 35:20.03	44.14
	300m: 4:02.91	40.59	1050m: 14:31.02	42.32	1800m: 25:14.29	42.88	2550m: 36:03.22	43.19
	350m: 4:44.15	41.24	1100m: 15:14.70	43.68	1850m: 25:57.19	42.90	2600m: 36:46.76	43.54
	400m: 5:25.58	41.43	1150m: 15:57.28	42.58	1900m: 26:40.23	43.04	2650m: 37:30.14	43.38
	450m: 6:06.98	41.40	1200m: 16:39.62	42.34	1950m: 27:22.73	42.50	2700m: 38:13.51	43.37
	500m: 6:48.76	41.78	1250m: 17:22.49	42.87	2000m: 28:05.96	43.23	2750m: 38:56.80	43.29
	550m: 7:30.09	41.33	1300m: 18:05.28	42.79	2050m: 28:49.38	43.42	2800m: 39:39.89	43.09
	600m: 8:11.26	41.17	1350m: 18:47.99	42.71	2100m: 29:32.40	43.02	2850m: 40:23.13	43.24
	650m: 8:52.79	41.53	1400m: 19:30.88	42.89	2150m: 30:15.82	43.42	2900m: 41:04.74	41.61
	700m: 9:34.78	41.99	1450m: 20:13.76	42.88	2200m: 30:59.30	43.48	2950m: 41:48.75	44.01
	750m: 10:17.03	42.25	1500m: 20:57.38	43.62	2250m: 31:42.46	43.16	3000m: 42:30.07	41.32