

Pos	Nom	Temps													
C. CURT (C2) (14)		2,9 km 58 m			15 C										
		1(31) 14(44)	2(32) 15(45)	3(33) Meta	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	
1	Ruiz Tristany, Rubén CAT UPC-O	23:32	1:14 1:14 21:32 0:50	2:37 1:23 22:55 1:23	4:27 1:50 23:32 0:37	5:29 1:02	7:15 1:46	8:46 1:31	9:59 1:13	11:10 1:11	12:46 1:36	15:34 2:48	17:24 1:50	18:48 1:24	20:42 1:54
2	Benedico Blanes, Toni CAT UPC-O	27:27	1:38 1:38 25:32 0:59	3:19 1:41 26:52 1:20	5:51 2:32 27:27 0:35	6:49 0:58	9:10 2:21	11:53 2:43	13:11 1:18	14:34 1:23	16:18 1:44	19:11 2:53	21:07 1:56	22:46 1:39	24:33 1:47
3	Miralles Fàbregues, Jaume CAT COC	27:35	1:07 1:07 25:40	2:54 1:47 27:06	5:17 2:23 27:35	6:34 1:17	9:23 2:49	11:32 2:09	12:55 1:23	14:17 1:22	16:07 1:50	19:06 2:59	21:38 2:32	23:16 1:38	24:32 1:16
4	Barberá, Jose CAT SENGLAR-O	33:36	1:08 1:50 1:50 31:40	1:26 4:30 2:40 33:04	0:29 7:09 2:39 33:36	8:47 1:38	12:47 4:00	15:44 2:57	17:00 1:16	18:41 1:41	21:12 2:31	25:01 3:49	27:39 2:38	29:13 1:34	30:36 1:23
5	Rodríguez Montfuleda, Miquel CAT FARRA-O	38:02	1:04 2:10 2:10 35:20	1:24 4:45 2:35 37:05	0:32 8:18 3:33 38:02	10:04 1:46	12:38 2:34	15:08 2:30	17:10 2:02	19:36 2:26	22:25 2:49	27:01 4:36	29:50 2:49	32:08 2:18	34:02 1:54
6	Garcia Canals, Elisenda CAT NO CLUB	44:42	1:18 4:26 4:26 41:42	1:45 7:09 2:43 43:38	0:57 11:00 3:51 44:42	13:28 2:28	17:08 3:40	19:53 2:45	22:14 2:21	24:43 2:29	27:40 2:57	32:11 4:31	35:25 3:14	38:02 2:37	40:17 2:15
7	Lladó Cabruja, Ruth CAT UEC Mataró	44:46	1:25 4:26 4:26 41:42	1:56 7:13 2:47 43:38	1:04 11:00 3:47 44:46	13:35 2:35	17:08 3:33	19:57 2:49	22:14 2:17	24:48 2:34	27:45 2:57	32:11 4:26	35:30 3:19	38:06 2:36	40:21 2:15
8	Bosch Rodríguez, Guillem CAT COB	48:34	1:21 3:30 3:30 46:17	1:56 5:56 2:26 47:49	1:08 10:48 4:52 48:34	12:55 2:07	18:45 5:50	22:05 3:20	24:59 2:54	28:33 3:34	31:49 3:16	36:10 4:21	39:26 3:16	42:56 3:30	44:56 2:00
9	Rodríguez Moreno, Francisco CAT FARRA-O	48:37	1:21 3:18 3:18 46:24	1:32 6:05 2:47 47:54	0:45 10:52 4:47 48:37	13:03 2:11	18:55 5:52	22:15 3:20	25:06 2:51	28:43 3:37	31:57 3:14	36:17 4:20	39:29 3:12	43:04 3:35	45:03 1:59
10	Mateo Maria, Maria Jose CAT INDIKETES	49:44	1:21 3:19 3:19 46:01	1:30 5:55 2:36 48:34	0:43 9:53 3:58 49:44	11:55 2:02	15:25 3:30	18:19 2:54	20:55 2:36	23:34 2:39	27:24 3:50	31:43 4:19	35:30 3:47	38:35 3:05	43:38 5:03
11	Rodríguez Navas, Amparo CAT NO CLUB	49:50	2:23 3:26 3:26 46:02	2:33 5:59 2:33 48:36	1:10 9:50 3:51 49:50	12:03 2:13	15:25 3:22	18:21 2:56	20:59 2:38	23:33 2:34	27:25 3:52	31:44 4:19	35:32 3:48	38:39 3:07	43:40 5:01
12	Solé Rubió, Antoni CAT COC	1:06:29	2:22 3:05 3:05 1:03:14	2:34 6:24 3:19 1:05:27	1:14 11:09 4:45 1:06:29	13:25 2:16	17:29 4:04	21:34 4:05	24:01 2:27	26:32 2:31	29:34 3:02	38:07 8:33	41:42 3:35	45:26 3:44	1:00:20 14:54
13	Montfuleda Alsina, Teresa CAT FARRA-O	1:13:28	2:54 2:35 2:35 1:08:17	2:13 7:44 5:09 1:11:36	1:02 13:12 5:28 1:13:28	15:53 2:41	20:45 4:52	26:46 6:01	30:13 3:27	33:47 3:34	41:31 7:44	49:22 7:51	55:18 5:56	59:46 4:28	1:05:18 5:32
	Garcia Comerma, Ferran CAT OROS	49:45 (-1)	3:18 3:18 46:48 1:44	6:17 2:59 48:56 2:08	10:40 4:23 49:45 0:49	12:08 1:28	15:56 3:48	18:48 2:52	21:19 2:31	24:01 2:42	27:05 3:04	32:58 5:53	----- 9:28	42:26 9:28	45:04 2:38

C. LLARG (C1) (35)			6,8 km 120 m			20 C									
			1(50)	2(32)	3(36)	4(47)	5(34)	6(49)	7(46)	8(33)	9(43)	10(41)	11(38)	12(48)	13(40)
			14(37)	15(35)	16(46)	17(39)	18(42)	19(44)	20(45)	Meta					
1 Solé Llobet, Quim CAT COC	40:20	0:49	2:16	6:18	7:16	9:25	12:13	14:08	16:29	20:00	22:20	25:11	25:57	27:32	
		0:49	1:27	4:02	0:58	2:09	2:48	1:55	2:21	3:31	2:20	2:51	0:46	1:35	
		29:08	31:42	32:53	35:06	37:13	38:52	39:50	40:20						
		1:36	2:34	1:11	2:13	2:07	1:39	0:58	0:30						
2 Cano Torrejon, Jose Manuel CAT UES	42:10	0:57	2:37	6:42	7:59	10:05	12:55	14:54	19:04	23:02	24:56	27:35	28:21	29:51	
		0:57	1:40	4:05	1:17	2:06	2:50	1:59	4:10	3:58	1:54	2:39	0:46	1:30	
		31:34	34:10	35:24	37:36	39:34	40:53	41:44	42:10						
		1:43	2:36	1:14	2:12	1:58	1:19	0:51	0:26						
3 Martin Garcia, Alejandro CAT BO	44:16	1:00	2:45	7:05	8:10	10:47	13:48	15:59	18:26	22:09	24:20	27:43	28:34	30:32	
		1:00	1:45	4:20	1:05	2:37	3:01	2:11	2:27	3:43	2:11	3:23	0:51	1:58	
		32:21	35:23	36:40	38:57	41:05	42:38	43:39	44:16						
		1:49	3:02	1:17	2:17	2:08	1:33	1:01	0:37						

Pos	Nom	Temps													
C. LLARG (C1) (35)			6,8 km 120 m			20 C		(cont.)							
			1(50) 14(37)	2(32) 15(35)	3(36) 16(46)	4(47) 17(39)	5(34) 18(42)	6(49) 19(44)	7(46) 20(45)	8(33) Meta	9(43)	10(41)	11(38)	12(48)	13(40)
4	Sales, Arlet CAT UEVIC	44:19	0:59	2:39	7:05	8:14	10:28	13:39	15:44	18:17	22:06	24:18	27:21	28:16	30:05
			0:59	1:40	4:26	1:09	2:14	3:11	2:05	2:33	3:49	2:12	3:03	0:55	1:49
			31:52	34:48	36:03	38:40	41:11	42:43	43:46	44:19					
5	Marcó Uriarte, Sergi CAT COC	47:32	1:47	2:56	1:15	2:37	2:31	1:32	1:03	0:33					
			1:19	3:02	7:09	8:31	11:13	15:53	18:17	21:04	25:39	27:48	31:09	32:01	33:44
			1:19	1:43	4:07	1:22	2:42	4:40	2:24	2:47	4:35	2:09	3:21	0:52	1:43
6	Lleonart Miró, Joan CAT NO CLUB	50:11	35:36	38:25	39:47	42:09	44:16	45:53	46:59	47:32					
			1:52	2:49	1:22	2:22	2:07	1:37	1:06	0:33					
			1:18	3:07	7:59	9:18	11:59	15:32	17:54	20:37	25:24	27:46	31:29	32:30	34:46
7	Palau, Jaume CAT COC	50:20	1:18	1:49	4:52	1:19	2:41	3:33	2:22	2:43	4:47	2:22	3:43	1:01	2:16
			36:54	39:50	41:19	44:15	46:51	48:34	49:38	50:11					
			2:08	2:56	1:29	2:56	2:36	1:43	1:04	0:33					
8	Santoyo Medina, Ferran CAT SENGLAR-O	57:39	1:05	3:00	8:06	9:16	11:48	15:20	17:58	21:21	25:36	27:56	31:59	32:55	34:49
			1:05	1:55	5:06	1:10	2:32	3:32	2:38	3:23	4:15	2:20	4:03	0:56	1:54
			36:47	39:54	41:21	44:12	46:49	48:33	49:41	50:20					
9	Izquierdo, Jordi CAT OROS	1:00:14	1:58	3:07	1:27	2:51	2:37	1:44	1:08	0:39					
			1:43	4:18	10:35	12:23	15:29	19:44	22:29	25:53	30:50	33:41	37:40	38:46	41:02
			1:43	2:35	6:17	1:48	3:06	4:15	2:45	3:24	4:57	2:51	3:59	1:06	2:16
9	Tostón, Manel CAT OROS	1:00:14	43:19	46:41	48:18	51:16	54:03	55:49	57:01	57:39					
			2:17	3:22	1:37	2:58	2:47	1:46	1:12	0:38					
			1:09	3:28	8:50	10:16	13:15	17:08	19:59	24:05	30:05	32:55	37:11	38:22	40:46
11	Garcia Guerrero, Alberto CAT OROS	1:00:48	1:09	2:19	5:22	1:26	2:59	3:53	2:51	4:06	6:00	2:50	4:16	1:11	2:24
			43:16	47:01	48:53	52:19	55:12	57:29	59:33	1:00:14					
			2:30	3:45	1:52	3:26	2:53	2:17	2:04	0:41					
12	Gámez Cobos, Marco CAT OROS	1:00:50	1:15	3:27	9:02	11:00	13:46	20:43	23:27	26:44	31:26	34:29	38:22	39:35	41:52
			1:15	2:12	5:35	1:58	2:46	6:57	2:44	3:17	4:42	3:03	3:53	1:13	2:17
			44:33	48:41	50:22	53:15	56:15	58:26	59:35	1:00:14		18:11			
13	Montero Codina, David CAT NO CLUB	1:02:11	2:41	4:08	1:41	2:53	3:00	2:11	1:09	0:39					
			1:15	3:20	8:51	10:45	13:47	18:53	21:48	25:23	29:59	33:02	37:22	38:29	40:54
			1:15	2:05	5:31	1:54	3:02	5:06	2:55	3:35	4:36	3:03	4:20	1:07	2:25
14	Mèndez Santamaria, Martí CAT BO	1:02:24	43:14	48:01	49:43	53:14	56:32	59:02	1:00:11	1:00:48					
			2:20	4:47	1:42	3:31	3:18	2:30	1:09	0:37					
			1:18	3:22	8:53	10:45	13:45	18:57	21:50	25:25	30:02	33:00	37:25	38:32	40:57
15	Bertran, Cristina CAT UEVIC	1:02:27	1:18	2:04	5:31	1:52	3:00	5:12	2:53	3:35	4:37	2:58	4:25	1:07	2:25
			43:17	48:03	49:45	53:10	56:34	59:01	1:00:13	1:00:50					
			2:20	4:46	1:42	3:25	3:24	2:27	1:12	0:37					
16	Rodríguez Molina, Manuel Ange CAT OROS	1:03:23	1:40	3:41	9:00	10:39	14:15	18:15	21:28	25:02	30:16	33:08	37:46	38:57	43:04
			1:40	2:01	5:19	1:39	3:36	4:00	3:13	3:34	5:14	2:52	4:38	1:11	4:07
			45:32	49:23	51:14	54:43	58:09	1:00:18	1:01:29	1:02:11					
17	Santamaria Ortega, Laia CAT BO	1:04:06	2:28	3:51	1:51	3:29	3:26	2:09	1:11	0:42					
			1:14	3:49	10:01	15:52	18:57	23:05	26:20	29:20	34:30	37:18	41:35	42:58	45:11
			1:14	2:35	6:12	5:51	3:05	4:08	3:15	3:00	5:10	2:48	4:17	1:23	2:13
18	Subirana Bargallo, Ferran CAT COC	1:04:17	47:34	51:03	52:39	55:54	58:30	1:00:30	1:01:45	1:02:24					
			2:23	3:29	1:36	3:15	2:36	2:00	1:15	0:39					
			1:01	3:12	8:26	9:44	12:31	16:39	19:24	24:13	31:38	34:38	38:55	40:06	42:31
20	Garcia Comerma, Bernat CAT OROS	1:06:51	1:01	2:11	5:14	1:18	2:47	4:08	2:45	4:49	7:25	3:00	4:17	1:11	2:25
			45:22	49:08	51:04	54:34	57:54	1:00:32	1:01:49	1:02:27					
			2:51	3:46	1:56	3:30	3:20	2:38	1:17	0:38					
21	Carretero Pellicer, Pol CAT COB	1:08:12	1:19	3:40	9:45	11:17	15:08	19:50	23:04	26:55	32:24	35:36	39:52	41:07	43:48
			1:19	2:21	6:05	1:32	3:51	4:42	3:14	3:51	5:29	3:12	4:16	1:15	2:41
			46:30	50:53	52:43	55:54	59:16	1:01:19	1:02:41	1:03:23					
18	Fernandez Portero, Jose Ramo CAT INDIKETES	1:04:17	2:42	4:23	1:50	3:11	3:22	2:03	1:22	0:42					
			1:25	4:03	10:44	12:26	15:47	20:06	23:22	26:54	32:09	35:13	39:29	40:35	43:02
			1:25	2:38	6:41	1:42	3:21	4:19	3:16	3:32	5:15	3:04	4:16	1:06	2:27
20	Garcia Comerma, Bernat CAT OROS	1:06:51	45:30	49:55	51:44	55:18	59:19	1:01:46	1:03:19	1:04:06					
			2:28	4:25	1:49	3:34	4:01	2:27	1:33	0:47					
			1:24	4:06	10:22	12:09	15:35	19:55	22:56	27:17	32:22	35:58	40:17	41:43	44:05
21	Carretero Pellicer, Pol CAT COB	1:08:12	1:24	2:42	6:16	1:47	3:26	4:20	3:01	4:21	5:05	3:36	4:19	1:26	2:22
			46:50	51:04	52:41	56:16	1:00:12	1:02:16	1:03:43	1:04:17					
			2:45	4:14	1:37	3:35	3:56	2:04	1:27	0:34					
20	Garcia Comerma, Bernat CAT OROS	1:06:51	1:28	4:15	10:17	11:44	22:02	26:00	28:59	32:05	38:05	40:35	44:30	45:34	47:39
			1:28	2:47	6:02	1:27	10:18	3:58	2:59	3:06	6:00	2:30	3:55	1:04	2:05
			49:44	52:57	54:36	57:28	1:00:22	1:02:25	1:03:36	1:04:17					
21	Carretero Pellicer, Pol CAT COB	1:08:12	2:05	3:13	1:39	2:52	2:54	2:03	1:11	0:41					
			1:03	4:32	9:08	10:25	13:16	16:48	19:39	22:50	28:26	31:10	36:00	37:10	39:44
			1:03	3:29	4:36	1:17	2:51	3:32	2:51	3:11	5:36	2:44	4:50	1:10	2:34
21	Carretero Pellicer, Pol CAT COB	1:08:12	42:16	45:42	47:19	1:00:23	1:03:05	1:04:39	1:05:59	1:06:51					
			2:32	3:26	1:37	13:04	2:42	1:34	1:20	0:52					
			1:03	2:36	6:47	7:56	22:04	25:26	27:38	39:22	44:22	46:33	49:55	50:52	52:39
21	Carretero Pellicer, Pol CAT COB	1:08:12	1:03	1:33	4:11	1:09	14:08	3:22	2:12	11:44	5:00	2:11	3:22	0:57	1:47
			54:36	57:47	59:23	1:02:11	1:04:41	1:06:29	1:07:37	1:08:12					
			1:57	3:11	1:36	2:48	2:30	1:48	1:08	0:35					

Pos	Nom	Temps															
C. LLARG (C1) (35)			6,8 km 120 m			20 C		(cont.)									
			1(50) 14(37)	2(32) 15(35)	3(36) 16(46)	4(47) 17(39)	5(34) 18(42)	6(49) 19(44)	7(46) 20(45)	8(33) Meta	9(43)	10(41)	11(38)	12(48)	13(40)		
22	Canal Bigard, Mar CAT NO CLUB	1:10:48	1:53 1:53 51:26	4:28 2:35 57:45	10:27 5:59 59:38	12:14 1:47 1:02:56	15:32 3:18 1:06:24	20:20 4:48 1:08:38	23:35 3:15 1:10:00	27:55 4:20 1:10:48	35:22 7:27	38:43 3:21	43:07 4:24	44:47 1:40	48:17 3:30		
23	Cabrespina Bigard, Helena CAT NO CLUB	1:11:39	3:09 2:52 2:52 52:26	6:19 5:27 2:35 58:44	1:53 11:22 5:55 1:00:37	3:18 13:13 1:51 1:03:46	3:28 16:28 3:15 1:07:23	2:14 21:08 4:40 1:09:35	1:22 24:32 3:24 1:10:53	0:48 28:58 4:26 1:11:39	36:24 7:26	39:46 3:22	44:05 4:19	45:59 1:54	49:16 3:17		
24	Aura Masip, Sandra CAT GOXTREME BARCELONA	1:16:56	3:10 2:37 2:37 57:19	6:18 5:41 3:04 1:01:59	1:53 13:47 8:06 1:03:56	3:09 16:12 2:25 1:07:57	3:37 21:10 4:58 1:11:47	2:12 26:04 4:54 1:14:31	1:18 29:38 3:34 1:16:06	0:46 33:53 4:15 1:16:56	40:48 6:55	44:36 3:48	49:53 5:17	51:18 1:25	54:18 3:00		
25	Oliveras Calveras, Jaume CAT NO CLUB	1:17:15	3:01 2:39 2:39 56:47	4:40 6:38 3:59 1:01:41	1:57 15:07 8:29 1:04:18	4:01 17:12 2:05 1:08:14	3:50 21:25 4:13 1:11:43	2:44 26:17 4:52 1:14:48	1:35 29:56 3:39 1:16:30	0:50 34:20 4:24 1:17:15	39:56 5:36	44:14 4:18	49:13 4:59	50:30 1:17	53:48 3:18		
26	Ferrer Pallès, Jordi CAT NO CLUB	1:17:16	2:59 2:49 2:49 56:47	4:54 6:45 3:56 1:01:44	2:37 15:08 8:23 1:04:23	3:56 17:15 2:07 1:08:15	3:29 21:30 4:15 1:11:40	3:05 26:23 4:53 1:14:49	1:42 29:58 3:35 1:16:28	0:45 34:22 4:24 1:17:16	40:06 5:44	44:23 4:17	49:13 4:50	50:36 1:23	53:52 3:16		
27	Cabrespina Bigard, Laura CAT NO CLUB	1:18:50	2:55 1:54 1:54 1:01:00	4:57 8:00 6:06 1:06:07	2:39 14:49 6:49 1:07:55	3:52 17:02 2:13 1:11:33	3:25 21:15 4:13 1:14:48	3:09 27:28 6:13 1:16:57	1:39 31:01 3:33 1:18:12	0:48 34:54 3:53 1:18:50	43:43 8:49	48:08 4:25	52:57 4:49	54:21 1:24	57:31 3:10		
28	Fazio Solà, Bruno CAT Altres Clubs CAT	1:21:05	3:29 2:02 2:02 1:00:49	5:07 4:30 2:28 1:05:41	1:48 10:52 6:22 1:07:55	3:38 12:41 1:49 1:11:26	3:15 16:19 3:38 1:15:43	2:09 21:05 4:46 1:18:40	1:15 24:43 3:38 1:20:09	0:38 37:35 12:52 1:21:05	43:21 5:46	47:18 3:57	52:46 5:28	53:57 1:11	57:20 3:23		
29	Fazio Zalányi, Zeno CAT Altres Clubs CAT	1:21:56	3:29 2:57 2:57 1:01:46	4:52 5:18 2:21 1:06:37	2:14 11:47 6:29 1:08:51	3:31 13:35 1:48 1:12:23	4:17 17:20 3:45 1:16:40	2:57 21:56 4:36 1:19:36	1:29 25:36 3:40 1:21:04	0:56 38:32 12:56 1:21:56	44:13 5:41	48:11 3:58	53:41 5:30	55:00 1:19	58:05 3:05		
30	Bellot Pulido, Marina CAT Altres Clubs CAT	1:23:02	3:41 3:57 3:57 1:02:47	4:51 6:24 2:27 1:07:41	2:14 12:52 6:28 1:09:51	3:32 14:35 1:43 1:13:22	4:17 18:11 3:36 1:17:41	2:56 23:05 4:54 1:20:44	1:28 26:42 3:37 1:22:12	0:52 39:33 12:51 1:23:02	45:19 5:46	49:24 4:05	54:46 5:22	56:06 1:20	59:20 3:14		
31	De Feo Alemany, Lucas CAT GOXTREME BARCELONA	1:42:25	3:27 2:21 2:21 1:18:36	4:54 6:12 3:51 1:24:09	2:10 16:25 10:13 1:26:51	3:31 19:13 2:48 1:32:04	4:19 24:41 5:28 1:36:27	3:03 36:52 12:11 1:39:23	1:28 41:50 4:58 1:41:14	0:50 48:52 7:02 1:42:25	57:58 9:06	1:02:09 4:11	1:09:41 7:32	1:11:29 1:48	1:14:54 3:25		
32	Reyes Hernández, Maria Del Ma CAT OROS	1:51:28	3:42 2:53 2:53 1:23:57	5:33 6:35 3:42 1:30:09	2:42 18:37 12:02 1:33:30	5:13 21:44 3:07 1:39:53	4:23 27:45 6:01 1:44:52	2:56 37:13 9:28 1:48:39	1:51 42:43 5:30 1:50:37	1:11 48:57 6:14 1:51:28	59:00 10:03	1:04:30 5:30	1:13:23 8:53	1:15:22 1:59	1:19:49 4:27		
33	Ducable Reyes, Bernat CAT NO CLUB	1:51:42	4:08 2:56 2:56 1:24:28	6:12 6:54 3:58 1:30:33	3:21 18:59 12:05 1:33:41	6:23 21:45 2:46 1:40:10	4:59 27:52 6:07 1:45:11	3:47 37:28 9:36 1:48:49	1:58 43:13 5:45 1:50:42	0:51 49:05 5:52 1:51:42	59:09 10:04	1:05:06 5:57	1:13:59 8:53	1:16:14 2:15	1:20:08 3:54		
	Anglès Marín, Núria CAT NO CLUB	1:31:48 (-1)	----- 1:13:33 2:35	3:42 1:17:39 4:06	8:53 1:19:44 2:05	16:51 1:22:55 3:11	20:34 1:26:23 3:28	42:34 1:29:05 2:42	45:20 1:30:49 1:44	54:49 1:31:48 0:59	1:00:31 5:42	1:03:03 2:32	1:07:45 4:42	1:08:45 1:00	1:10:58 2:13		
	Sanjaume Parés, Rosa Maria CAT UEVIC	50:49 (-7)	1:34 1:34 -----	9:08 7:34 -----	16:13 7:05 -----	18:12 1:59 -----	21:36 45:49 2:12	26:34 48:23 2:34	29:57 49:58 1:35	33:47 50:49 0:51	39:56 6:09	43:37 3:41	-----	-----	-----		