

**ACTA DEL CAMPEONATO**

**10.000m FEM. AL Absoluto General**

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
Final 23/03/2019 18:00						
1	64	Miriam Ortiz Rivas AA Catalunya	09/09/1984 CT11847	SF	2	35:44.47 OR
2	9	Marina Bagur Olives (f) ISS - L'Hospitalet	08/08/1996 IB15562	SF	13	36:49.97
3	88	(t) Laura Vilchez Sequera CE Irunwithleiva	09/03/1986 CL11791	SF	11	37:29.50 PLATA
4	11	Andrea Barranco Ruiz (f) Hinaco Monzon	21/10/1986 AR5031	SF	9	40:28.31
5	65	Eva Palma Fernandez UA Barberà	28/10/1975 CT24936	W-40	5	40:33.06 BRONZE
6	39	Ariadna Fontcuberta Redon U Colomenca At.	03/01/1998 CT25718	PF	7	41:25.73 S23 OR
7	20	Ana Carreira Casais (f) Universidad Santiago	08/08/1999 GA769243	PF	3	41:43.05
8	24	(t) Laura Cebollada Martinez UA Barberà	03/06/1982 CL29211	W-35	6	41:49.69 W35 OR
9	10	(t) Carme Ballesteros Rosa Cornellà At.	22/07/1967 CL11620	W-50	4	43:47.23 W50 OR
10	77	Antonia Royo Fabregat CA Tarragona	09/09/1964 CT27087	W-50	1	47:01.43 W50 PLATA
11	75	(t) Laura Rosell Lozano AA Xafatolls	17/03/1972 CL29598	W-45	14	49:22.63 W45 OR
	82	Mireia Suñe Galan FC Barcelona	06/05/1995 CT17901	SF	10	AB
	52	(e) Dayane Huerta Venet CAV Andorra	16/12/1991 CT23477	SF	8	NP
	44	Sonia Gimenez Borrego Pratenc AA	24/09/1974 CT19251	W-40	12	NP

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Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
<b>Final 23/03/2019 18:50</b>						
1	90	Mohamed Zarhouni Zaitouni FC Barcelona	10/06/1995 CT19594	SM	1	<b>29:56.03 OR</b>
2	81	Marcos Sanza Arranz INDEPENDIENTE	14/01/1977 CT15121	M-40	11	<b>30:32.79 PLATA</b>
3	21	Abel Casali Carvajal Avinent Manresa	30/12/1990 CT19526	SM	24	<b>31:26.30 BRONZE</b>
4	91	(e) Bilal Ziadi U Colomenca At.	15/03/1987 CT24863	SM	32	<b>31:36.99</b>
5	2	Alejandro Abellaneda Lopez JA Sabadell	15/04/1997 CT27803	PM	25	<b>31:39.79 S23 OR</b>
6	26	Carlos Cera Izquierdo Bantierra Atl Calatayud	22/05/1983 CT10459	M-35	16	<b>31:40.07</b>
7	73	Carlos Rodriguez Ordoñez ISS - L'Hospitalet	25/10/1992 CT28324	SM	19	<b>31:42.75</b>
8	46	(e) Carles Gomez Lozano CAV Andorra	21/02/1994 CT19324	SM	8	<b>31:48.45</b>
9	69	Oriol Ramirez Llop U Colomenca At.	26/02/1998 CT28995	PM	7	<b>32:01.66 S23 PLATA</b>
10	49	(e) Abdelhakim Hamid CA Igualada	02/08/1997 CT22899	PM	34	<b>32:07.44 S23 BRONZE</b>
11	61	Albert Olle Aldeguer CA Olesa	09/05/1994 CT28225	SM	5	<b>32:11.80</b>
12	28	Miquel Corbera Rubio CA Montornes	16/11/1999 CT23694	PM	4	<b>32:24.80</b>
13	37	Kevin Fernandez Cerrato U Colomenca At.	24/01/2000 CT24411	JM	27	<b>32:44.85 S20 OR</b>
14	41	David Gallego Arredondo UA Barberà	27/11/1977 CT20121	M-40	29	<b>32:50.79</b>
15	38	Xavier Figuerola Ortin Castillejo Cáceres RC	15/11/1994 CT28750	SM	14	<b>33:03.46</b>
16	74	Carlos Rojo Gallardo U Colomenca At.	18/07/1985 CT26533	SM	3	<b>33:17.84</b>
17	25	Victor Centeno Abril U Colomenca At.	05/12/2000 CT28555	JM	17	<b>33:34.45 S20 PLATA</b>
18	1	Francesc Carmona (f)	25/06/1984	SM	22	<b>33:34.88</b>
19	16	Hugo Calvo Carbo JA Montcada	06/06/2000 CT23881	JM	36	<b>33:35.27</b>
20	30	Ernest Cotonat Donat CE Universitari	19/05/2001 CT24734	JM	31	<b>33:46.16 S20 BRONZE</b>
21	80	Daniel Santa Perez (f) CAV Andorra	16/06/1978 MU17237	M-40	6	<b>33:54.45</b>
22	8	Aleix Aznar Baidés GA Lluïsos Mataró	06/01/2000 CT24534	JM	15	<b>34:00.73</b>
23	58	Anas Mounim Naaman CA Mollet	14/07/2000 CT23365	JM	9	<b>34:07.43</b>
24	89	Dan Noah Vivas Glaser GA Lluïsos Mataró	02/03/1999 CT24126	PM	35	<b>34:20.32</b>
31	(e) (t)	Guillem Dalmau Miarnau CAV Andorra	08/09/1991 CL22998	SM	28	<b>AB</b>
19	(e)	Nahuel Carabaña Valenzuela AA Catalunya	10/11/1999 CT25373	PM	33	<b>AB</b>
79	(t)	Abderrazak Samaoui Ait Moussa CA Igualada	24/02/1993 CL16602	SM	26	<b>AB</b>
51		Ahmed Hfairi Zannouti AA Xafatolls	15/05/1997 CT24449	PM	10	<b>AB</b>
86		Daniel Vazquez Ros CA Canaletes	23/06/2000 CT24827	JM	30	<b>AB</b>
55		David Martínez Lujan Avinent Manresa	04/01/1986 CT11892	SM	13	<b>AB</b>
43		Joaquim García Romera U Colomenca At.	03/09/1997 CT21138	PM	2	<b>AB</b>
22		Marc Castan Canillas Atletico Oroel	25/04/1992 CT24377	SM	20	<b>AB</b>
3		Nestor Altaba Razaba CA Terres de l'Ebre	01/12/1995 CT26360	SM	12	<b>AB</b>
62		Pedro Ordoñez Sobrado JA Sabadell	29/01/1972 CT8915	M-45	23	<b>AB</b>

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**10.000m MASC. AL Absoluto General**

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
84		Xavier Tomasa Serrano Bantierra Atl Calatayud	01/12/1986 CT22506	SM	18	<b>AB</b>
53		Driss Lakhouaja Allah CA La Sansi	26/02/1972 CT5570	M-45	21	<b>NP</b>

**10.000m MASC. AL Master General**

**Final**

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
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**Final A 23/03/2019 17:15**

1	4	Juan Manuel Alvarez Ramos Cornellà At.	06/05/1983 CT15712	M-35	1	<b>32:57.15 M35 OR</b>
2	23	Jose Maria Cañadas Vazquez CA Castellar	12/12/1974 CT26692	M-40	3	<b>34:45.98 M40 OR</b>
3	33	Manel Deli Andujar Avinent Manresa	02/09/1974 CT25181	M-40	2	<b>34:55.16 M40 PLATA</b>
4	47	Alfonso Guillen Zurera CA Canovelles	11/09/1974 CT14593	M-40	16	<b>35:04.55 M40 BRONZE</b>
5	15	(t) Josue Boyano Aguera UA Terrassa	14/10/1978 CL26690	M-40	7	<b>35:06.78</b>
6	76	(t) Albert Rosello Castañares GA Lluísos Mataro	05/10/1971 CL27723	M-45	9	<b>35:15.92 M45 OR</b>
7	71	(t) Albert Reixach Comino A Olot-Terra Volcans	26/04/1976 CL22592	M-40	5	<b>35:29.58</b>
8	83	Alexandre Tasies Llordes AA Xafatolls	17/05/1971 CT26863	M-45	4	<b>35:36.35 M45 PLATA</b>
9	14	Frederic Borrell Avila JA Sabadell	31/07/1975 CT15395	M-40	8	<b>36:15.30</b>
10	63	(t) Abel Ortega Carrasco UA Terrassa	05/01/1983 CL27523	M-35	18	<b>36:29.47 M35 PLATA</b>
11	35	(e) Mohamed El Haddad (f) CA Castellar	18/03/1976 CT28305	M-40	14	<b>37:11.33</b>
12	50	Jose Antonio Hernandez Matas Martorell AC	26/12/1977 CT24139	M-40	17	<b>38:42.03</b>
13	59	(t) Abdelkader Nabi Maiti GA Lluísos Mataro	22/06/1970 CL18429	M-45	10	<b>39:04.69 M45 BRONZE</b>
14	13	(t) Toni Bermudez Martos UA Barberà	31/08/1969 CL27937	M-45	11	<b>39:47.32</b>
	36	Abdelhamed El Harrak Tarfi GA Lluísos Mataro	25/01/1978 CT26474	M-40	6	<b>AB</b>
	5	Javier Arenas Cabrera UA Barberà	30/11/1977 CT28467	M-40	12	<b>AB</b>
	18	Jesus Caparros Ampurdanes CA Terres de l'Ebre	16/03/1975 CT24189	M-40	13	<b>AB</b>
	67	Juan Luis Perez Cruz AA Xafatolls	26/10/1975 CT20080	M-40	19	<b>AB</b>
	40	Xavier Forne Castells AAE Escola Treball	09/06/1970 CT29706	M-45	15	<b>NP</b>

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**10.000m MASC. AL Master General**

**Final**

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
<b>Final B 23/03/2019 19:30</b>						
1	32	Ferran De Torres Burgos CA Terres de l'Ebre	11/03/1967 CT20175	M-50	16	<b>35:53.87 M50 OR</b>
2	27	(t) Pedro Chivite Garcia CE Picornell	25/06/1968 CL15955	M-50	4	<b>36:17.99 M50 PLATA</b>
3	72	Ferran Rey Roncero GA Lluïsos Mataro	13/12/1967 CT27774	M-50	1	<b>36:18.21 M50 BRONZE</b>
4	6	Miguel Angel Arjona Rodriguez Cornellà At.	10/07/1968 CT29185	M-50	13	<b>36:51.38</b>
5	29	Jose Corral Rodriguez CA Canovelles	29/05/1965 CT22257	M-50	2	<b>37:12.86</b>
6	87	Francisco Vila Torremorell CE Penedès	29/09/1961 CT18241	M-55	5	<b>38:13.84 M55 OR</b>
7	17	Pedro Jose Canals Navarro Cerezal Team	09/02/1961 CT24946	M-55	15	<b>38:25.11 M55 PLATA</b>
8	78	Manuel Salvador Tarrason CE Universitari	17/01/1959 CT87	M-60	21	<b>38:26.84 M60 OR</b>
9	60	(t) Miguel Nieto Del Aguila Pratenc AA	15/01/1955 CL14347	M-60	6	<b>40:22.85 M60 PLATA</b>
10	56	Juan Ramon Martos Castro CA Canovelles	19/10/1958 CT26188	M-60	9	<b>40:26.51 M60 BRONZE</b>
11	12	(t) Dario Beksic Blazok Avinent Manresa	31/05/1964 CL17449	M-50	14	<b>40:45.87</b>
12	57	Francisco Molina Rubio GA Lluïsos Mataro	01/06/1963 CT26152	M-55	7	<b>40:51.15 M55 BRONZE</b>
13	68	Antonio Polo Garcia Cornellà At.	02/05/1952 CT28896	M-65	20	<b>42:26.85 M65 OR</b>
14	48	(t) Fernando Gutierrez Molina U Colomenca At.	11/08/1951 CL29556	M-65	18	<b>42:40.67 M65 PLATA</b>
15	54	(t) Jose Luis Martin Lopez GA Lluïsos Mataro	07/12/1962 CL26676	M-55	10	<b>42:46.22</b>
16	45	Josep Gimenez Martin Pratenc AA	05/06/1948 CT19758	M-70	8	<b>44:26.58 M70 OR</b>
17	85	Antonio Torres Mora CA Canovelles	09/06/1955 CT24015	M-60	11	<b>45:24.87</b>
18	7	Albert Artigas Lloret GA Lluïsos Mataro	17/04/1955 CT17935	M-60	12	<b>46:41.67</b>
	34	Agustin Diaz Moron CA Sant Celoni	17/09/1968 CT22101	M-50	17	<b>AB</b>
	66	Joaquin Parejo Macho CA Mollet	02/07/1958 CT13289	M-60	19	<b>AB</b>
	70	Jose Reina Fernandez ISS - L'Hospitalet	08/02/1969 CT19452	M-50	3	<b>AB</b>

## ACTA DEL CAMPEONATO

### 5.000m MASC. AL Sub18

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
<b>Final 23/03/2019 16:45</b>						
1	103	Riduan Boulbayem Rharrabti CA Igualada	01/10/2002 CT27074	LM	5	<b>15:55.70</b>
2	107	(t) Mohamed Anis Daas Bembrahim CA Baix Montseny	03/11/2003 CL29365	LM	8	<b>16:18.78</b>
3	111	Roger Suria Asensio CA Igualada	19/05/2003 CT28271	LM	1	<b>16:22.45</b>
4	104	(e) Nadir Bouras Moussaoui CA Mollet	15/01/2003 CT28353	LM	3	<b>16:24.46</b>
5	108	Cesc Lacueva Lluelles CA Igualada	26/09/2002 CT28962	LM	4	<b>16:34.39</b>
6	102	Victor Blasi Cairol CE Universitari	19/02/2003 CT27258	LM	7	<b>16:48.14</b>
7	101	Abel Arrabal Garcia JA Sabadell	20/06/2002 CT27982	LM	6	<b>16:53.02</b>
8	100	Jordi Alegre Lopez CE Universitari	01/12/2002 CT25736	LM	2	<b>16:58.23</b>
	109	Jose Luis Morales Arroyo Martorell AC	24/08/2003 CT29084	LM	9	<b>NP</b>

### 5.000m FEM. AL Sub20

Pto	Dor	Nombre Club	F de Nac Lic	Cat	Orden	Marca
<b>Final 23/03/2019 16:45</b>						
1	105	Maria Carner Rodriguez CA Mollet	11/05/2001 CT25483	JF	1	<b>18:47.91</b>
2	106	Laia Castaño Garcia Martorell AC	27/12/2002 CT25212	LF	4	<b>22:22.01</b>
	112	(t) Anna Vidal Rodriguez CA Sant Boi	12/05/2003 CL29189	LF	2	<b>AB</b>
	110	Marina Suria Asensio CA Igualada	07/06/2000 CT23590	JF	3	<b>NP</b>