

## Promesa (20-22 anys)

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### 60 Metres llisos

TONI CREUS MELGOSA	7"1	26/1/1986	SERRAHIMA
TONI PLAYA RABELLA	7"3	4/2/1990	SERRAHIMA
DAVID MENDEZ RODRIGUEZ	7"60	8/1/2000	SARAGOSSA
JOAN CARLES POMBO SABOGEIRO	7"67	2/1/2000	CAN DRAGO
JONATHAN LOPEZ GRANADOS	7"8	10/3/2001	CASTELLAR

### 100 Metres llisos

TONI PLAYA RABELLA	10"8	2/6/1990	UNIVERSITARIES
EDUARDO DEL POZO YUGUERO	11"1	25/5/1980	IGUALADA
JOAN CARLES POMBO SABOGEIRO	11"3	7/11/1999	CASTELLAR
MARC VILLANUEVA CARRERAS	11"3	28/10/2007	Granollers
TONI CREUS MELGOSA	11"5	1/10/1985	MANRESA
JOSEP GARCIA OLLER	11"6	16/10/1993	SABADELL
DAVID MENDEZ RODRIGUEZ	11"7	19/5/2002	CASTELLAR DEL VALLES
DAVID MENDEZ RODRIGUEZ	11"7	19/5/2002	CASTELLAR DEL VALLES
EDUARD GORINA DE TRAVY	11"8	26/4/1980	UNIVERSITARIES
JOAN CARLES POMBO SABOGEIRO	11"8	10/10/1999	GRANOLLERS
XAVIER ARTIGAS ROSIQUE	11"85	7/5/2006	Castellar
XAVIER BALLESTER RUBIO	12"1	25/4/1982	SABADELL
DAVID MENDEZ RODRIGUEZ	12"2	28/10/2001	CASTELLAR DEL VALLES
ANGEL GALOBART LORENTE	12"2	14/6/1981	SABADELL
XAVIER ESTEBANELL DESCARREGA	12"3	8/10/2000	MOLLET
JOSEP MANEL MENDEZ RODRIGUEZ	12"3	14/4/1996	MATARO
JORDI JIMENEZ .CALVO	12"5	14/4/1996	MATARO
DAVID GARCIA OLLER	12"7	19/4/1998	SABADELL
ERNESTO ALVAREZ PARADA	12"7	1/1/1982	.
RAMON VILA MIRO	12"8	25/10/1981	SABADELL
ORIOL SANCHEZ ROVIRA	13"31	7/5/2000	SERRAHIMA
JOSEP CARBONES LLORET	14"1	25/10/1981	SABADELL

### 150 Metres llisos

TONI CREUS MELGOSA	17"7	1/1/1985	MANRESA
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### 200 Metres llisos

TONI PLAYA RABELLA	22"3	6/6/1990	CORNELLA
TONI CREUS MELGOSA	23"0	6/10/1985	SERRAHIMA
EDUARDO DEL POZO YUGUERO	23"1	25/5/1980	IGUALADA
JOAN CARLES POMBO SABOGEIRO	23"3	4/10/1998	TERRASSA

XAVIER BALLESTER RUBIO	23"6	2/5/1982	REUS
XAVIER BALLESTER RUBIO	23"6	22/5/1983	UNIVERSITARIES
XAVIER ARTIGAS ROSIQUE	23"7	22/10/2006	Mollet
XAVIER ARTIGAS ROSIQUE	23"7	7/5/2006	Castellar
XAVIER ARTIGAS ROSIQUE	23"7	7/5/2006	Castellar
XAVIER ARTIGAS ROSIQUE	23"7	22/10/2006	Mollet
JOAN CARLES POMBO SABOGEIRO	23"8	17/10/1999	GRANOLLERS
XAVI SAGRERA RIUS	24"2	2/6/1990	UNIVERSITARIES
XAVIER ESTEBANELL DESCARREGA	24"4	21/10/2001	CASTELLAR DEL VALLES
JORDI FARRÉS LOPEZ	24"5	2/6/1985	TERRASSA
MARC VILLANUEVA CARRERAS	24"6	23/10/2005	CASTELLAR
DAVID MENDEZ RODRIGUEZ	24"60	8/1/2000	SARAGOSSA
ANGEL GALOBART LORENTE	24"8	14/4/1981	SABADELL
MANUEL NAVAS CAMPOS	25"1	5/5/2002	BADALONA
EDUARD GORINA DE TRAVY	25"5	13/9/1981	SABADELL
JOSE ANTONIO ANDUJAR SANCHEZ	25"7	17/5/1998	UNIVERSITARIES

### 400 Metres lisos

TONI CREUS MELGOSA	49"8	15/3/1986	UNIVERSITARIES
XAVIER BALLESTER RUBIO	50"64	2/6/1983	SERRAHIMA
JOAN CARLES POMBO SABOGEIRO	51"0	12/6/1999	SERRAHIMA
EDUARDO DEL POZO YUGUERO	52"5	4/5/1980	SABADELL
JOSEP GARCIA OLLER	52"8	3/7/1993	SERRAHIMA
XAVIER ESTEBANELL DESCARREGA	53"02	26/6/2001	SERRAHIMA
JOSE ANTONIO ANDUJAR SANCHEZ	53"43	13/4/1997	GRANOLLERS
JOSEP XAVIER LOPEZ ACEMEL	53"5	8/4/1991	GRANOLLERS
JORDI FARRÉS LOPEZ	53"7	6/10/1985	SANT CELONI
DAVID POLO CAPARROS	54"0	21/4/1991	MATARO
JOAN F. IGLESIAS CORTINA	54"7	21/4/1991	MATARO
XAVIER GONZALEZ GONZALEZ	55"9	22/3/1980	SERRAHIMA
XAVIER ROSES SEGARRA	55"90	22/5/2004	SERRAHIMA
EDUARD GORINA DE TRAVY	56"7	26/4/1980	UNIVERSITARIES
ANGEL GALOBART LORENTE	58"7	25/10/1981	SABADELL
RAMON VILA MIRO	1'04"4	25/10/1981	SABADELL

### 800 Metres lisos

XAVIER BALLESTER RUBIO	1'51"2	14/7/1982	SERRAHIMA
TONI CREUS MELGOSA	1'59"2	1/1/1986	UNIVERSITARIES
JOSEP LLOBET PRAT	2'01"4	15/5/1988	ANDORRA
LLUIS GARCIA ROMAN	2'01"78	10/6/2000	SERRAHIMA
JOSEP MANEL MENDEZ RODRIGUEZ	2'05"0	21/10/1995	SABADELL
XAVIER ROSES SEGARRA	2'05"4	2/5/2004	CASTELLAR

JOSE ANTONIO ANDUJAR SANCHEZ	2'05"48	6/4/1997	SANT CELONI
CARLES GARCIA OLLER	2'05"9	26/4/1998	EL PRAT
XAVIER GONZALEZ GONZALEZ	2'07"7	2/5/1982	REUS
MARC GIMENEZ BLANCO	2'08"3	18/5/2003	CASTELLAR
JORDI PERMANYER BELLMUNT	2'08"9	14/6/1981	SABADELL
JOSEP GARCIA OLLER	2'10"0	24/10/1993	SABADELL

### 1.000 Metres llisos

LLUIS GARCIA ROMAN	2'42"6	25/6/2000	CASTELLAR DEL VALLES
JAUME ESTAPE JAM	2'57"5	10/5/1981	SABADELL

### 1.500 Metres llisos

XAVIER BALLESTER RUBIO	3'49"5	21/7/1982	SERRAHIMA
LLUIS GARCIA ROMAN	4'03"20	28/6/2000	SERRAHIMA
JOSEP XAVIER LOPEZ ACEMEL	4'07"2	8/6/1991	CORNELLA
ANTONIO PEREZ PEREZ	4'15"1	25/9/1994	SABADELL
CARLES GARCIA OLLER	4'17"3	24/5/1998	VILANOVA I LA GELTRU
JORDI ESPUÑEZ COLET	4'18"1	26/4/1987	LLORET
XAVIER GONZALEZ GONZALEZ	4'20"6	25/4/1982	SABADELL
JOSE ANTONIO ANDUJAR SANCHEZ	4'21"3	27/4/1997	GRANOLLERS
PERE PRATS TACHE	4'22"0	31/5/1982	SABADELL
PERE PRATS TACHE	4'22"0	31/5/1982	SABADELL
TONI CREUS MELGOSA	4'22"9	4/10/1986	MANRESA
XAVIER ROSES SEGARRA	4'35"3	12/10/2003	SABADELL
DAVID GARCIA OLLER	4'37"4	14/2/1996	GIRONA
XAVI FELIP ARROYO	4'54"0	12/4/1981	SABADELL
ANGEL GALOBART LORENTE	5'15"0	25/10/1981	SABADELL
EDUARD GORINA DE TRAVY	5'16"0	25/10/1981	SABADELL

### 3.000 Metres llisos

LLUIS GARCIA ROMAN	9'05"40	7/5/2000	SERRAHIMA
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### 5.000 Metres llisos

LLUIS GARCIA ROMAN	15'18"50	5/7/2000	SERRAHIMA
CARLES GARCIA OLLER	15'51"41	10/6/1998	SERRAHIMA
XAVIER PLANAS CRIADO	16'00"72	19/6/2004	RUBÍ
XAVIER GONZALEZ GONZALEZ	16'28"6	16/5/1982	SABADELL
JAUME ESTAPE JAM	17'48"0	12/4/1981	SABADELL

### Mitja Marato

XAVIER PLANAS CRIADO	1h15'59"	28/3/2004	OLOT
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JOSEP MARGALEF MARTINEZ	1h22'59"	15/2/2004	GAVÀ
JOAN MARGALEF MARTINEZ	1h27'30"	11/1/2004	SITGES

### Marato

ALBERT CEREZO SERRA	3h10'23"	16/3/1987	BARCELONA
JAUME LLOBET PRATS	3h15'45"	13/3/1988	BARCELONA
JORDI PERMANYER BELLMUNT	3h21'44"	15/3/1981	BARCELONA
FRANCESC CEREZO SERRA	3h23'45"	13/3/1983	BARCELONA
JOAN LUQUE	3h30'06"	13/3/1983	BARCELONA
ESTEVE RABELLA RIBAS	03h6'21"0	13/3/1983	BARCELONA
JAUME ESTAPE JAM	3h9'27"0	15/3/1981	BARCELONA
JUAN LUQUE .	3h30'6"0	13/3/1983	BARCELONA

### 60 Metres tanques (0,500m)

TONI CREUS MELGOSA	8"6	12/1/1986	SERRAHIMA
XAVI SAGRERA RIUS	9"16	15/1/1989	SERRAHIMA
DANI SAGRERA RIUS	10"8	31/1/1993	CAN DRAGO

### 110 Metres tanques (1,067m)

TONI CREUS MELGOSA	15"19	20/7/1986	SERRAHIMA
XAVI SAGRERA RIUS	16"6	13/5/1990	BADALONA
EDUARD GORINA DE TRAVY	17"3	31/3/1981	SABADELL
JOAN CARLES POMBO SABOGEIRO	18"6	19/4/1998	SABADELL
ANGEL GALOBART LORENTE	18"6	6/5/1983	SABADELL
DANI SAGRERA RIUS	19"2	5/6/1993	CAN DRAGO
MIGUEL GOMEZ NAVAS	20"9	4/5/1980	SABADELL
RAMON VILA MIRO	21"4	25/10/1981	SABADELL
XAVIER BALLESTER RUBIO	21"9	20/6/1982	SABADELL
XAVIER PLANAS CRIADO	21"9	28/4/2002	CORNELLA
MANUEL NAVAS CAMPOS	31"3	25/4/2004	CASTELLAR

### 200 Metres tanques (0,762m)

JOAN CARLES POMBO SABOGEIRO	26"3	9/5/1999	SABADELL
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### 400 Metres tanques (0,914m)

TONI CREUS MELGOSA	53"47	27/7/1985	GRANOLLERS
JOAN CARLES POMBO SABOGEIRO	55"85	3/7/1999	SERRAHIMA
JOAN CARLES POMBO SABOGEIRO	57"3	2/5/1999	MATARO
XAVI SAGRERA RIUS	58"0	30/6/1990	SERRAHIMA
XAVIER BALLESTER RUBIO	59"6	22/5/1983	UNIVERSITARIES
JORDI ESPUÑEZ COLET	59"8	26/4/1987	LLORET

XAVIER PLANAS CRIADO	1'01"1	21/4/2002	CORNELLA
MIGUEL GOMEZ NAVAS	1'04"2	18/5/1980	SABADELL
JOSEP GARCIA OLLER	1'06"0	9/5/1993	PALAFRUGELL
XAVIER GONZALEZ GONZALEZ	1'08"0	3/5/1981	SABADELL

### **3.000 Metres obstacles**

XAVIER PLANAS CRIADO	10'08"47	6/6/2004	SABADELL
JAUME ESTAPE JAM	11'16"0	31/5/1981	SABADELL
MIGUEL GOMEZ NAVAS	11'46"9	25/5/1980	IGUALADA
XAVIER GONZALEZ GONZALEZ	11'56"0	27/4/1980	CALELLA
MARC GIMENEZ BLANCO	12'42"4	24/4/2005	MATARÓ

### **5.000 Metres marxa**

JAUME CASTAN PINOS	29'21"6	18/4/2004	REUS
XAVIER ROSES SEGARRA	39'51"0	27/4/2003	CORNELLÀ