

CAMPIONATS INTERNACIONALS

38è CAMPIONAT DEL MON DE CROS (Bydgoszcz - POLÒNIA) 28/3/2010

SENIOR (M)

| | | | |
|-----------------------|----|-----------------|-------|
| 1. Joseph EBUYA | 87 | Kenya | 33.00 |
| 33. Carles CASTILLEJO | 78 | FCA-Strands.com | 34.40 |
| 51. Ayad LAMDASSEM | 81 | FCA-At. Bikila | 35.12 |

Classificacio per Paisos (M):

| | |
|------------|-----------|
| 1. KENYA | 20 Punts |
| 2. ERITREA | 46 Punts |
| 3. ETIÒPIA | 69 Punts |
| 6. ESPANYA | 154 Punts |

JUNIOR (M)

| | | | |
|--------------------------|----|-------|-------|
| 1. Caleb Mwangangi NDIKU | 92 | Kenya | 22.07 |
|--------------------------|----|-------|-------|

Classificacio per Paisos (M):

| | |
|-------------|-----------|
| 1. KENYA | 10 Punts |
| 2. ETIÒPIA | 32 Punts |
| 3. UGANDA | 56 Punts |
| 16. ESPANYA | 322 Punts |

SENIOR (F)

| | | | |
|-----------------------|----|------------------|-------|
| 1. Emily CHEBET | 86 | Kenya | 24.19 |
| 29. Rosa MORATO | 79 | FCA-València TiM | 26.29 |
| 52. Jacqueline MARTIN | 74 | FC Barcelona | 27.12 |
| 54. Judit PLA | 78 | FC Barcelona | 27.23 |
| 59. Gema BARRACHINA | 86 | FCA-València TiM | 27.32 |

Classificacio per Paisos (F):

| | |
|-----------------|-----------|
| 1. KENYA | 14 Punts |
| 2. ETIÒPIA | 22 Punts |
| 3. ESTATS UNITS | 76 Punts |
| 11. ESPANYA | 175 Punts |

JUNIOR (F)

| | | | |
|------------------|----|-------|-------|
| 1. Mercy CHERONO | 91 | Kenya | 18.47 |
|------------------|----|-------|-------|

Classificacio per Paisos (F):

| | |
|-------------|-----------|
| 1. KENYA | 10 Punts |
| 2. ETIÒPIA | 30 Punts |
| 3. UGANDA | 81 Punts |
| 13. ESPANYA | 280 Punts |

CAMPIONAT DEL MON UNIVERSITARI DE CROS (Kingston - CANADÀ) 11/4/2010

FEMENÍ (5.000 m)

| | | | |
|--------------------|----|------------------|-------|
| 1. Sara MOREIRA | | Portugal | 16.30 |
| 6. Lídia RODRIGUEZ | 86 | ISS-L'Hospitalet | 17.12 |

CAMPIONAT DEL MON ISF DE CROS (Liptovský Mikuláš - ESLOVÀQUIA) 21/4/2010

MASCULÍ (5.130 m)

| | | | |
|--------------------|----|--------------|-------|
| 1. Richard GOODMAN | | Anglaterra | 16.03 |
| 2. Ibrahim AZZOUZ | 93 | FC Barcelona | 16.30 |
| 20. Brú TRABAL | 93 | AA Catalunya | 17.36 |

Classificacio per Paisos (M):

| | |
|---------------|----------|
| 1. ANGLATERRA | 18 Punts |
| 2. ESPANYA | 40 Punts |
| 3. AUSTRALIA | 41 Punts |

FEMENÍ (5.130 m)

| | | | |
|-------------------------|----|------------------|-------|
| 1. Margot GIBSON | | Nova Zelanda | 12.08 |
| 7. Beatriz CASPAR | 93 | ISS-L'Hospitalet | 12.25 |
| 10. Amina Maria ALVAREZ | 95 | ISS-L'Hospitalet | 12.34 |

Classificacio per Paisos (F):

| | |
|-----------------|----------|
| 1. AUSTRALIA | 26 Punts |
| 2. NOVA ZELANDA | 37 Punts |
| 3. ESPANYA | 43 Punts |

16è CAMPIONAT D'EUROPA DE CROS
(Dubín - IRLANDA) 13/12/2009

SENIOR (M)

| | | | |
|-----------------------|----|----------------|-------|
| 1. Alemayehu BEZABEH | 86 | Espanya | 30.45 |
| 5. Ayad LAMDASSEM | 81 | FCA-At Bikila | 31.30 |
| 35. Carles CASTILLEJO | 78 | FCA-Srands.com | 32.42 |

Classificació per Països (M):

| | |
|-----------------------|----------|
| 1. ESPANYA | 34 Punts |
| 2. GRAN BRETANYA & NI | 54 Punts |
| 3. ITÀLIA | 62 Punts |

SUB'23 (M)

| | | | |
|---------------------|----|--------|-------|
| 1. Noureddine SMAIL | 87 | França | 25.11 |
|---------------------|----|--------|-------|

Classificació per Països (M):

| | |
|------------|----------|
| 1. FRANÇA | 31 Punts |
| 4. ESPANYA | 81 Punts |

JUNIOR (M)

| | | | |
|------------------|----|---------|-------|
| 1. Jeroen DHOEDT | 90 | Bèlgica | 18.46 |
|------------------|----|---------|-------|

Classificació per Països (M)

| | |
|-----------------------|----------|
| 1. GRAN BRETANYA & NI | 24 Punts |
| 5. ESPANYA | 98 Punts |

SENIOR (F)

| | | | |
|-------------------|----|------------------|-------|
| 1. Hayley YELLING | 74 | Gran Bretanya | 27.49 |
| 2. Rosa MORATO | 79 | FCA-València TiM | 27.56 |

Classificació per Països (F):

| | |
|-----------------------|----------|
| 1. PORTUGAL | 25 Punts |
| 2. GRAN BRETANYA & NI | 51 Punts |
| 3. ESPANYA | 58 Punts |

SUB'23 (F)

| | | | |
|------------------|----|---------|-------|
| 1. Sultan HAYDAR | 87 | Turquia | 21.14 |
|------------------|----|---------|-------|

Classificació per Països (F):

| | |
|-----------------------|-----------|
| 1. GRAN BRETANYA & NI | 22 Punts |
| 6. ESPANYA | 155 Punts |

JUNIOR (F)

| | | | |
|---------------------|----|---------|-------|
| 1. Karoline GROVDAL | 90 | Noruega | 14.10 |
|---------------------|----|---------|-------|

Classificació per Països (F)

| | |
|-------------|-----------|
| 1. RÚSSIA | 47 Punts |
| 10. ESPANYA | 189 Punts |

47a COPA D'EUROPA DE CLUBS DE CROS
(BILBAO) 7/2/2010

SENIOR MASCULÍ

| | | |
|----------------------|-------------|-------|
| 1. Alemayehu BEZABEH | Bikila | 32.19 |
| 2. Ayad LAMDASSEM | FCA-Bikila | 32.20 |
| 47. Marcos SANZA | CAV Andorra | 34.57 |
| 77. Manuel FERNANDEZ | CAV Andorra | 37.03 |
| 87. Jordi ROYO | CAV Andorra | 38.55 |
| 92. Mateu LOPEZ | CAV Andorra | 42.49 |

Classificació per Clubs:

| | |
|-----------------|-----------|
| 1. BIKILA | 40 Punts |
| 17. CAV ANDORRA | 307 Punts |

SENIOR FEMENÍ

| | | |
|------------------------|---------------|-------|
| 1. Almitu Bekele DEGFA | Uskudar Beled | 21.38 |
| 16. Alessandra AGUILAR | FC Barcelona | 23.03 |
| 18. Judit PLA | FC Barcelona | 23.16 |
| 23. Jacqueline MARTIN | FC Barcelona | 23.46 |
| 25. Sonia BEJARANO | FC Barcelona | 23.52 |

Classificació per Clubs:

| | |
|-----------------|----------|
| 1. SC MOSCOW | 55 Punts |
| 5. FC BARCELONA | 86 Punts |

CAMPIONATS D'ESPANYA

92è. CAMPIONAT D'ESPANYA DE CROS
(A CORUÑA) 7/3/2010

SENIOR (M) 12.000 m.

| | | |
|----------------------|---------------------|---------|
| 1. Alemayehu BEZABEH | CLM | 36.26 |
| 2. Ayad LAMDASSEM | 81 FCA-Atl Bikila | 37.16 |
| 5. Carles CASTILLEJO | 78 FCA-Strands.com | 37.31 |
| 14. Reyes ESTEVEZ | 76 FC Barcelona | 37.57 |
| 21. M. BENHMBARKA | 78 CA Blanc i Blau | 38.12 |
| 38. Jordi COMAS | 77 FC Barcelona | 39.12 |
| 51. Marcos SANZA | 77 CAV Andorra | 39.54 |
| Khalid MERROUNE | 85 ISS-L'Hospitalet | Retirat |
| Angel MULLERA | 84 CA Lloret-LS | Retirat |
| José RIOS | 74 CA Manresa | Retirat |

Classificació per Autonomies (M):

| | |
|-----------------------|-----------|
| 1. CASTILLA LA MANCHA | 73 Punts |
| 2. CATALUNYA | 125 Punts |
| 3. ANDALUCIA | 128 Punts |

PROMESA (M) 10.000 m.

| | | |
|------------------------|---------------------|---------|
| 1. Mohamed ELBENDIR | Castilla y León | 31.37 |
| 3. M. AIT BEN AISSA | 89 Medilast Lleida | 32.06 |
| 8. Ilias FIFA | 89 AA Catalunya | 33.02 |
| 29. Hamid KABOURI | 88 Aquadiver-GEIEG | 34.20 |
| 35. Francisco ROLDAN | 90 FC Barcelona | 34.34 |
| 49. Abdelkabar ZAROUAL | 90 ISS-L'Hospitalet | 35.43 |
| Adrià VILA | 90 FCA-Alcobendas | Retirat |

Classificació per Autonomies (M):

| | |
|--------------------|----------|
| 1. CASTILLA Y LEÓN | 26 Punts |
| 2. ILLES BALEARS | 42 Punts |
| 3. ANDALUCIA | 61 Punts |
| 5. CATALUNYA | 75 Punts |

JUNIOR (M) 8.000 m.

| | | |
|------------------------|--------------------|-------|
| 1. Abdelaziz MERZOUGUI | 91 CA Ascó | 25.45 |
| 5. Ibrahim EZZAYDOUNY | 91 FC Barcelona | 26.15 |
| 16. Vicenç VALLS | 92 CA Laietània | 27.40 |
| 47. Eloi BORRAS | 91 FACVAC Valls | 28.50 |
| 52. Sergio VELLIDO | 92 CA Castellar | 29.01 |
| 78. Ignasi BALDELLOU | 91 Aquadiver-GEIEG | 30.14 |

Classificació per Autonomies (M):

| | |
|-------------------|----------|
| 1. COM. DE MADRID | 55 Punts |
| 2. EXTREMADURA | 65 Punts |
| 3. CATALUNYA | 69 Punts |

SENIOR (F) 8.000 m.

| | | |
|----------------------|---------------------|-------|
| 1. Kambouchia SOUD | Aragón | 28.25 |
| 2. Rosa MORATO | 79 FCA-València TiM | 28.29 |
| 3. Gema BARRACHINA | 86 FCA-València TiM | 28.30 |
| 5. Jacqueline MARTIN | 74 FC Barcelona | 28.50 |
| 7. Judit PLA | 78 FC Barcelona | 29.04 |
| 10. Lídia RODRIGUEZ | 86 ISS-L'Hospitalet | 29.15 |
| 30. Miriam ORTIZ | 84 ISS-L'Hospitalet | 31.04 |
| 32. Gemma MASNOU f/c | JA Sabadell | 31.08 |

Classificació per Autonomies (F):

| | |
|-----------------------|----------|
| 1. CATALUNYA | 17 Punts |
| 2. ARAGÓN | 56 Punts |
| 3. CASTILLA LA MANCHA | 57 Punts |

PROMESA (F) 8.000 m.

| | | |
|---------------------|---------------------|-------|
| 1. Aicha BANI | Navarra | 28.40 |
| 13. Esther GUERRERO | 88 FCA-Pto Alicante | 32.43 |
| 14. Cecilia POZO | 88 CA Laietània | 32.45 |
| 16. Alba GALLARDO | 89 CA Manresa | 33.00 |
| 23. Judith LLAVERO | 88 CA Laietània | 33.39 |
| 37. Alba CORREDERA | 88 CA Manresa | 35.09 |
| 47. Loida REYES | 90 CA Canovelles | 37.40 |

Classificació per Autonomies (F):

| | |
|--------------------|----------|
| 1. CASTILLA Y LEÓN | 51 Punts |
| 2. COM. DE MADRID | 59 Punts |
| 3. CATALUNYA | 66 Punts |

JUNIOR (F) 6.000 m.

| | | |
|------------------------|------------------|-------|
| 1. Estefania TOBAL | Castilla y León | 22.54 |
| 13. Judith SANCHO | 91 FC Barcelona | 24.51 |
| 16. Meritxell SOLER | 92 CA Manresa | 24.57 |
| 17. Aina ESBERT | 92 CA Vilafranca | 25.05 |
| 18. Cristina SALADRICH | 92 AA Catalunya | 25.05 |
| 22. Gemma COLOME | 92 AA Catalunya | 25.19 |
| Ekhiñe OTAOLA | 91 CA Manresa | N.P. |

Classificació per Autonomies (F):

| | |
|-----------------------|----------|
| 1. CASTILLA Y LEÓN | 26 Punts |
| 2. CASTILLA LA MANCHA | 54 Punts |
| 3. CATALUNYA | 64 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

SENIOR (M) 12.050 m.

| | | |
|-------------------------|-------------------|-------|
| 1. Ayad LAMDASSEM | FCA-Atl Bikila | 38.00 |
| 2. Carles CASTILLEJO | FCA-Strands.com | 38.03 |
| 33. Khalid MERROUNE | ISS-L'Hospitalet | 40.23 |
| 36. Marcos SANZA | CAV Andorra | 40.30 |
| 38. Just SOCIATS | CA Manresa | 40.37 |
| 41. Lluís AGUILAR | CA Montornès | 40.40 |
| 45. Toni BERNADO | CAV Andorra | 41.05 |
| 50. Victor DEL CORRAL | CA Montornès | 41.13 |
| 67. Ivan LIMIA | CA Montornès | 41.50 |
| 68. Oriol CASCALLO | ISS-L'Hospitalet | 41.51 |
| 70. Elias RESINA | CA Montornès | 41.55 |
| 74. Alex ALMEIDA | ISS-L'Hospitalet | 42.02 |
| 96. Albert CABALLERO | California Sports | 42.33 |
| 107. Manuel ALVES | CAV Andorra | 42.51 |
| 109. Jaume DOMINGO | California Sports | 42.55 |
| 114. Ivan ESPILEZ | FCA-Hinaco M | 43.06 |
| 115. Sergi RODRIGUEZ | CA Manresa | 43.06 |
| 120. Pere CORNELLA | CAV Andorra | 43.27 |
| 149. Vicente SELLARES | California Sports | 44.03 |
| 160. Joan CAPDEVILA | CA Manresa | 44.16 |
| 170. Guillem FERNANDEZ | CA Manresa | 44.29 |
| 176. Luis MORENO | CA Montornès | 44.51 |
| 179. Benvingut OLIVERAS | CA Manresa | 44.55 |
| 193. Jordi ROYO | CAV Andorra | 45.18 |
| 201. Pablo RIVERO | ISS-L'Hospitalet | 45.30 |
| 204. Ignacio AVILA | CA Manresa | 45.33 |
| 206. Oscar MORA | ISS-L'Hospitalet | 45.36 |
| 213. Albert LAPUENTE | CA Montornès | 45.49 |
| 243. Francisco CAMARA | California Sports | 47.42 |

Classificació per Clubs SENIOR (M):

| | |
|--------------------------|-----------|
| 1. ATLETISMO BIKILA | 20 Punts |
| 2. BROOKS GUADALAJARA | 36 Punts |
| 3. STRANS.COM | 55 Punts |
| 9. CA MONTORNÈS | 228 Punts |
| 12. CAV ANDORRA | 308 Punts |
| 19. ISS – L'HOSPITALET | 376 Punts |
| 26. CE CALIFORNIA SPORTS | 477 Punts |
| 28. CA MANRESA | 483 Punts |

SENIOR (F) 8.050 m.

| | | |
|-----------------------|------------------|----------|
| 1. Bouchra CHAABI | Atl Santutxu | 27.17 |
| 2. Alessandra AGUILAR | FC Barcelona | 27.21 |
| 3. Jacqueline MARTIN | FC Barcelona | 27.27 |
| 4. Judit PLA | FC Barcelona | 27.32 |
| 5. Sònia BEJARANO | FC Barcelona | 27.39 |
| 7. Estela NAVASCUES | FC Barcelona | 28.03 |
| 10. Lúdia RODRIGUEZ | ISS-L'Hospitalet | 28.28 |
| 12. Miriam ORTIZ | ISS-L'Hospitalet | 29.03 |
| 33. Encarna NUÑEZ | CA Vic | 31.11 |
| 36. Laia ANDREU | CA Vic | 31.17 |
| 38. Meritxell BONET | FCA-C Isabel II | 31.32 |
| 43. Clara A ESPARZA | ISS-L'Hospitalet | 31.42 |
| 45. Marta GALIMANY | ISS-L'Hospitalet | 31.47 |
| 51. Encarna GARCIA | CA Vic | 32.13 |
| 65. Yolanda SOLER | ISS-L'Hospitalet | 33.45 |
| 86. Ester BAU | CA Vic | 35.03 |
| Consuelo BURGOS | CA Nou Barris | Retirada |
| Maria José CARRETERO | CA Nou Barris | Retirada |
| Joelle CONAN | CA Nou Barris | Retirada |

Classificació per Clubs SENIOR (F)

| | |
|-----------------------|-----------|
| 1. FC BARCELONA | 14 Punts |
| 2. ATLETISMO SANTUTXU | 40 Punts |
| 3. SS REYES-C.MENORCA | 75 Punts |
| 6. ISS – L'HOSPITALET | 110 Punts |
| 11. CA VIC | 206 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

CROS CURT (M) 4.050 m.

| | | |
|------------------------|------------------|-------|
| 1. Sergio SANCHEZ | FC Barcelona | 11.55 |
| 11. Jordi COMAS | FC Barcelona | 12.30 |
| 17. Reyes ESTEVEZ | FC Barcelona | 12.35 |
| 31. Roger CAMPOY | FC Barcelona | 12.44 |
| 38. Mostafa BENSLIMANE | ISS-L'Hospitalet | 12.51 |
| 52. Ignacio CACERES | FC Barcelona | 13.00 |
| 59. Abdelkabar ZAROUAL | ISS-L'Hospitalet | 13.04 |
| 94. Victor MONTANER | FC Barcelona | 13.23 |
| 98. Xavi GARCIA | FACVAC Valls | 13.26 |
| 102. Sergi SILVERO | JA Sabadell | 13.28 |
| 103. A. BOUTAHRI | FACVAC Valls | 13.29 |
| 106. Jaume JOVE | FACVAC Valls | 13.29 |
| 111. Josep SANSA | FCA-Fent Camí | 13.33 |
| 113. Jordi TODA | FACVAC Valls | 13.35 |
| 114. Antonio CRUZ | ISS-L'Hospitalet | 13.35 |
| 126. Jordi CRUZ | JA Sabadell | 13.41 |
| 134. Marc OTERO | JA Sabadell | 13.44 |
| 135. Albert PINEDA | JA Sabadell | 13.44 |
| 138. Rubén CASTRO | FCA-Fent Camí | 13.45 |
| 153. Frederic BORRELL | JA Sabadell | 13.53 |
| 169. Aleix MUÑO | JA Sabadell | 13.59 |
| 172. Juan Ramon MUÑOZ | FCA-TF CCanarias | 14.01 |
| 181. Javier TORRES | ISS-L'Hospitalet | 14.03 |

Classificació per Clubs CROS CURT (M):

| | |
|------------------------|-----------|
| 1. CAMARGO-JH | 45 Punts |
| 2. FC BARCELONA | 60 Punts |
| 3. PLAYAS DE CASTELLÓN | 74 Punts |
| 21. ISS – L'HOSPITALET | 392 Punts |
| 23. FACVAC VALLS | 420 Punts |
| 27. JA SABADELL | 497 Punts |

CROS CURT (F) 4.050 m.

| | | |
|----------------------|------------------|-------|
| 1. Aicha BANI | Simply Scorpio | 14.20 |
| 13. Gemma MASNOU | JA Sabadell | 14.52 |
| 27. Isabel EIZMENDI | FCA-Krafft-SS | 15.09 |
| 30. Bàrbara RAMON | AA Catalunya | 15.13 |
| 51. Emma ALMAGRO | AA Catalunya | 15.36 |
| 56. Alba GALLARDO | CA Manresa | 15.44 |
| 59. Hasna BAHOM | AA Catalunya | 15.49 |
| 61. Ester GUERRERO | FCA-Pto Alicante | 15.50 |
| 74. Ma Teresa PULIDO | FCA-C Isabel II | 16.04 |
| 76. Alba XANDRI | CA Manresa | 16.05 |
| 86. Alba CORREDERA | CA Manresa | 16.12 |
| 87. Silvia LEAL | CA Manresa | 16.15 |
| 91. Isabel RODRIGUEZ | FCA-ISN Navarra | 16.20 |
| 104. Judit ESTER | CA Manresa | 16.34 |
| 107. Marta OCAÑA | JA Sabadell | 16.37 |
| 116. Anna GARCIA | JA Sabadell | 16.51 |
| 119. Meritxell TORT | JA Sabadell | 17.06 |
| 130. Sònia JULIA | AA Catalunya | 17.34 |
| 143. Esther MONTOSA | JA Sabadell | 17.55 |
| 148. Sara BELTRAN | JA Sabadell | 18.03 |

Classificació per Clubs CROS CURT (F):

| | |
|------------------------|-----------|
| 1. PIÉLAGOS INELECMA | 43 Punts |
| 2. SIMPLY SCORPIO 71 | 67 Punts |
| 3. PUERTO ALICANTE OHL | 95 Punts |
| 15. AA CATALUNYA | 270 Punts |
| 16. CA MANRESA | 305 Punts |
| 19. JA SABADELL | 355 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

PROMESA (M) 11.050 m.

| | | |
|---------------------|-----------------|---------|
| 1. Mohamed ELBENDIR | FCA-Alcobendas | 32.43 |
| 5. Ilias FIFA | AA Catalunya | 33.24 |
| 25. Mohamed JEBARI | AA Catalunya | 34.40 |
| 28. Llorenç SALES | AA Catalunya | 34.45 |
| 35. Felix ACERO | JA Sabadell | 34.57 |
| 36. Alfons FARRAN | JA Sabadell | 34.59 |
| 38. Albert MORENO | FCA-Strands.com | 35.05 |
| 39. David CAMPO | AA Catalunya | 35.09 |
| 68. Javier JURADO | JA Sabadell | 36.34 |
| 80. Carlos DIAZ | CA Canovelles | 37.43 |
| 85. Daniel SANCHEZ | CA Canovelles | 38.01 |
| 93. Souhail LOQMANE | CA Canovelles | 38.36 |
| 97. Enric SALES | AA Catalunya | 38.57 |
| 99. Sergio TORRES | CA Canovelles | 39.15 |
| 110. Santi ORTEGA | JA Sabadell | 40.00 |
| Ousama M'SIMAR | CA Canovelles | Retirat |

Classificació per Clubs PROMESA (M):

| | |
|-------------------|-----------|
| 1. STRANDS.COM | 20 Punts |
| 2. CAP ALCOBENDAS | 36 Punts |
| 3. AD MARATHON | 60 Punts |
| 5. AA CATALUNYA | 97 Punts |
| 14. JA SABADELL | 249 Punts |
| 21. CA CANOVELLES | 357 Punts |

PROMESA (F) 8.050 m.

| | | |
|--------------------|-----------------|----------|
| 1. Beatriz ESTEBAN | Concep Escorial | 29.19 |
| Anais GOMEZ | JA Sabadell | Retirada |

Classificació per Clubs PROMESA (F):

| | |
|-------------------------|----------|
| 1. CIUDAD DE TORO | 21 Punts |
| 2. POZUELO MAPOMA CA | 22 Punts |
| 3. ATLETISMO TOLEDO-CCM | 30 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

JUNIOR (M) 7.750 m.

| | | |
|-------------------------|------------------|---------|
| 1. Fernando CARRO | At Suanzes | 24.52 |
| 7. Zakaria BOURIHOU | FCA-PI Castellón | 25.51 |
| 55. Eloi BORRAS | AA Catalunya | 27.51 |
| 68. Marc SERRALLONGA | CE Universitari | 28.09 |
| 75. Tarik EL KHIAM | CA Nou Barris | 28.15 |
| 95. Rafik TOULLISS | Girona CB-CAP | 28.53 |
| 97. Pau CONGOST | Girona CB-CAP | 28.57 |
| 104. Marc MORENO | CA Nou Barris | 29.09 |
| 121. Gerard SERRALLONGA | CE Universitari | 29.36 |
| 125. Joan CURELL | CE Universitari | 29.54 |
| 128. Eric NOLLA | AA Catalunya | 30.00 |
| 137. Aniol PALOMERAS | CA Olesa | 30.17 |
| 140. Carlos SANCHEZ | AA Catalunya | 30.24 |
| 150. Marc PONTE | JA Sabadell | 30.54 |
| 158. Marc PLANAGUMA | Girona CB-CAP | 31.18 |
| 159. Toni GRIMA | CA Olesa | 31.20 |
| 160. Gerard MONTEVERDE | AA Catalunya | 31.21 |
| 172. Rubén LLOBERAS | JA Sabadell | 31.51 |
| 173. Kevin ARROYO | CA Olesa | 31.52 |
| 179. Sergi TEIXEIRA | CA Nou Barris | 32.02 |
| 187. Victor SANZ | CE Universitari | 32.45 |
| 188. Miquel GUILLAMON | CA Olesa | 32.51 |
| Christian HERNANDEZ | CA Olesa | Retirat |
| Miquel JOFRA | Girona CB-CAP | Retirat |
| Jordi MAÑOSA | JA Sabadell | Retirat |
| Nelson MIRANDA | CA Nou Barris | Retirat |

Classificació per Clubs JUNIOR (M):

| | |
|------------------------|-----------|
| 1. PLAYAS DE CASTELLÓN | 39 Punts |
| 2. CUEVA DE NERJA | 65 Punts |
| 3. SAN MIGUEL DE OIA | 96 Punts |
| 26. AA CATALUNYA | 479 Punts |
| 29. CE UNIVERSITARI | 497 Punts |
| 31. CA OLESA | 653 Punts |

JUNIOR (F) 6.050 m.

| | | |
|------------------------|-----------------|----------|
| 1. Ana GUTIERREZ | Puerto Alicante | 23.12 |
| 2. Estefania TOBAL | FC Barcelona | 23.30 |
| 10. Mireia GUARNER | AA Catalunya | 24.38 |
| 16. Judith SANCHO | FC Barcelona | 24.57 |
| 20. Cristina SALADRICH | AA Catalunya | 25.07 |
| 22. Meritxell SOLER | CA Manresa | 25.09 |
| 23. Gemma COLOME | AA Catalunya | 25.11 |
| 25. Aina ESBERT | AA Catalunya | 25.21 |
| 29. Ekhiñe OTAOLA | CA Manresa | 25.28 |
| 52. Núria ALCANTARA | FC Barcelona | 27.00 |
| 60. Vanessa SANCHO | FC Barcelona | 27.41 |
| Mireia CAMPOY | CA Manresa | Retirada |
| Laura GALLARDO | CA Manresa | Retirada |

Classificació per Clubs JUNIOR (F):

| | |
|------------------------|----------|
| 1. PUERTO ALICANTE OHL | 9 Punts |
| 2. ATLETICO SALAMANCA | 32 Punts |
| 3. AA CATALUNYA | 48 Punts |
| 4. FC BARCELONA | 65 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

JUVENIL (M) 6.550 m.

| | | |
|-----------------------|--------------|---------|
| 1. Ibrahim AZZOUZ | FC Barcelona | 22.03 |
| 5. Abderrazak SAMAOUI | AA Catalunya | 22.35 |
| 10. Bru TRABAL | AA Catalunya | 22.47 |
| 14. Ferran BOCHACA | FC Barcelona | 22.54 |
| 27. Zakaria LAMKADMI | CA Olesa | 23.15 |
| 32. Jonathan ROMEO | CA Lloret-LS | 23.18 |
| 52. Marc ALCALA | FC Barcelona | 23.40 |
| 55. Daniel GARCIA | AA Catalunya | 23.42 |
| 68. Arnau TURON | CA Lloret-LS | 23.55 |
| 72. Omar ES SALMOUNY | FC Barcelona | 24.02 |
| 75. Pol ROVIROSA | AA Catalunya | 24.04 |
| 100. Raul AGUDO | CA Olesa | 24.27 |
| 102. Aleix MARSOL | FC Barcelona | 24.29 |
| 115. Ibrahim CHAKIR | CE Penedès | 24.44 |
| 121. David GIBERT | CA Lloret-LS | 24.45 |
| 141. Andreu MAÑOSA | CA Lloret-LS | 25.04 |
| 152. Aniol PUJOLRAS | CA Lloret-LS | 25.22 |
| 155. Miquel TOMAS | AA Catalunya | 25.24 |
| 164. Ahmed CHAKIR | CE Penedès | 25.30 |
| 166. Roger GRACIAN | CA Olesa | 25.30 |
| 195. Taoufik SBAI | CE Penedès | 25.56 |
| 199. Oriol LAFIGUERA | FC Barcelona | 26.03 |
| 215. Jordi COLOME | CE Penedès | 26.23 |
| 217. Manuel GUTIERREZ | CA Lloret-LS | 26.25 |
| 256. Aniol COLLADO | CA Olesa | 27.55 |
| 260. Jan PALOMERAS | CA Olesa | 28.11 |
| Marc SORIANO | CA Olesa | Retirat |

Classificació per Clubs JUVENIL (M):

| | |
|--------------------------|-----------|
| 1. CAJA DE JAÉN | 99 Punts |
| 2. ATLETISMO TOLEDO-CCM | 139 Punts |
| 3. FC BARCELONA | 139 Punts |
| 4. AA CATALUNYA | 145 Punts |
| 17. CA LLORET – LA SELVA | 362 Punts |
| 33. CA OLESA | 549 Punts |
| 44. CE PENEDÈS | 689 Punts |

JUVENIL (F) 4.550 m.

| | | |
|----------------------|------------------|----------|
| 1. Beatriz CASPAR | ISS-L'Hospitalet | 17.35 |
| 14. Sheila AVILES | CA Igualada | 18.36 |
| 22. Georgina GRAU | AA Catalunya | 18.46 |
| 24. Dolors FERRER | FC Barcelona | 18.50 |
| 27. Gemma JORBA | CA Igualada | 18.53 |
| 29. Aniria MATA | ISS-L'Hospitalet | 18.54 |
| 31. Marta GOMEZ | JA Sabadell | 18.57 |
| 34. Noèlia ALCON | ISS-L'Hospitalet | 19.00 |
| 35. Anna QUILEZ | FC Barcelona | 19.00 |
| 36. Clàudia GILABERT | CA Igualada | 19.01 |
| 45. Laura GOMEZ | JA Sabadell | 19.07 |
| 77. Anna TRAVER | AA Catalunya | 20.06 |
| 79. Carla GARCIA | AA Catalunya | 20.06 |
| 107. Mar MARGARIT | GA Lluïsos M | 20.53 |
| 133. Sara POLO | AA Catalunya | 21.36 |
| 139. Laura PELEGRI | GA Lluïsos M | 21.46 |
| Núria FRUTOS | JA Sabadell | Retirada |
| Maria MAS | GA Lluïsos M | Retirada |
| Aida SANCHEZ | CA Igualada | Retirada |

Classificació per Clubs JUVENIL (F):

| | |
|-------------------------|-----------|
| 1. ATLETISMO TOLEDO-CCM | 39 Punts |
| 2. ANTA BODEGAS FDR | 48 Punts |
| 3. ISS – L'HOSPITALET | 64 Punts |
| 4. CA IGUALADA | 77 Punts |
| 17. AA CATALUNYA | 178 Punts |

45è CAMPIONAT D'ESPANYA DE CROS PER CLUBS
(Haro – LA RIOJA) 21/2/2010

CADET (M) 5.050 m.

| | | |
|---------------------|-----------------|-------|
| 1. Carlos GARCIA | Sanvicenteño | 17.43 |
| 11. Llorenç ESTEVE | JA Sabadell | 18.20 |
| 13. Pol BOU | CE Universitari | 18.22 |
| 14. Alfredo COMA | CE Universitari | 18.27 |
| 23. Pol DOMENECH | CE Universitari | 18.52 |
| 38. Roger MALONDA | CE Universitari | 19.02 |
| 54. Rafael CAPILLA | CE Universitari | 19.21 |
| 59. Tarek AL RIFAL | AA Catalunya | 19.27 |
| 60. Bilal BERROUHO | JA Sabadell | 19.32 |
| 62. Javier GUERRERO | CE Universitari | 19.35 |
| 105. Ramon GARCIA | AA Catalunya | 20.12 |
| 135. Anoar MARINI | AA Catalunya | 20.46 |
| 140. Jordi ANGUERA | AA Catalunya | 20.51 |
| 143. Adrià LOPEZ | JA Sabadell | 20.55 |
| 159. Adrià HINOJOSA | JA Sabadell | 21.12 |
| 164. Pol BAYEN | AA Catalunya | 21.21 |
| 192. Soufian HASSEB | JA Sabadell | 22.11 |

Classificació per Clubs CADET (M):

| | |
|-----------------------|-----------|
| 1. CE UNIVERSITARI | 88 Punts |
| 2. AT ISAAC VICIOSA | 162 Punts |
| 3. CUEVA DE NERJA-UMA | 169 Punts |
| 21. JA SABADELL | 373 Punts |
| 29. AA CATALUNYA | 439 Punts |

CADET (F) 2.250 m.

| | | |
|-------------------------|---------------|-------|
| 1. Diana DEL SER | CA Valledado | 9.42 |
| 3. Ingrid PINO | FC Barcelona | 9.46 |
| 5. Paula A HRITIUC | FC Barcelona | 9.50 |
| 6. Núria TIO | CA Manresa | 9.50 |
| 7. Martina RODRIGUEZ | FC Barcelona | 9.53 |
| 16. Marta JUNCADELLA | CA Manresa | 10.10 |
| 38. Marta COROMINAS | CN Banyoles | 10.32 |
| 40. Zoya NAUMOV | CM Sant Cugat | 10.33 |
| 51. Patricia AYUSTE | CN Banyoles | 10.44 |
| 59. Jeannette HERNANDEZ | CA Lloret-LS | 10.48 |
| 83. Lisa CUESTA | CA Manresa | 10.58 |
| 97. Andrea PALACIO | CM Sant Cugat | 11.04 |
| 108. Paula MARISCOT | CN Banyoles | 11.08 |
| 112. Carla PEÑA | CN Banyoles | 11.10 |
| 122. Mar TALARN | CM Sant Cugat | 11.14 |
| 128. Miren RIBERA | CA Manresa | 11.19 |
| 138. Carlota DE SOJO | CM Sant Cugat | 11.24 |
| 139. Berta GARCIA | CA Manresa | 11.25 |
| 155. Patricia MUNERA | CA Lloret-LS | 11.33 |
| 164. Clàudia PETRIZ | FC Barcelona | 11.43 |
| 166. Andrea OTAOLA | CA Manresa | 11.44 |
| 173. Ana MARTINEZ | CA Lloret-LS | 11.52 |

Classificació per Clubs CADET (F):

| | |
|------------------------|-----------|
| 1. CA VALLELADO | 14 Punts |
| 2. FC BARCELONA | 15 Punts |
| 3. ATLETISMO SILLA | 78 Punts |
| 6. CA MANRESA | 105 Punts |
| 18. CN BANYOLES | 197 Punts |
| 28. CM SANT CUGAT | 259 Punts |
| 39. CA LLORET-LA SELVA | 387 Punts |

CAMPIONAT D'ESPANYA DE CROS CADET I JUVENIL (CSD)
(ALBACETE) 28/3/2010

JUVENIL (M)

| | | |
|------------------------|------------------|-------|
| 1. Houssame BENABBOU | Extremadura | 18.50 |
| 5. Brú TRABAL | 93 AA Catalunya | 19.01 |
| 6. Ibrahim AZZOZ | 93 FC Barcelona | 19.05 |
| 8. Jonathan ROMEO | 94 CA Lloret-LS | 19.12 |
| 11. Abderrazak SAMAOUI | 93 CA Vilafranca | 19.19 |
| 18. Zakaria LAMKADMI | 93 CA Olesa | 19.42 |
| 20. Joan OLIVERAS | 93 CN Olot | 19.44 |
| 21. Marc ALCALA | 94 FC Barcelona | 19.46 |
| 41. Artur BOSSY | 94 CA Montornès | 20.07 |

Classificació per Autonomies (M):

| | |
|-----------------------|-----------|
| 1. CATALUNYA | 68 Punts |
| 2. ANDALUCIA | 139 Punts |
| 3. CASTILLA LA MANCHA | 188 Punts |

CADET (M)

| | | |
|----------------------|---------------------|-------|
| 1. Jesús GOMEZ | Andalucia | 17.41 |
| 4. Marc ZUÑIGA | 96 ISS-L'Hospitalet | 17.48 |
| 8. Llorenç ESTEVE | 95 JA Sabadell | 18.02 |
| 15. Bilal BERROUHO | 96 JA Sabadell | 18.23 |
| 24. Mohamed ZARHOUNI | 95 CA Gavà | 18.31 |
| 29. Y. EZZAYDOUINY | 95 CA Sport Canet | 18.41 |
| 40. Alfredo COMA | 95 CE Universitari | 18.58 |
| 57. Mourad MOUNIM | 95 CA Canovelles | 19.16 |
| 61. Aleix DOMENECH | 95 CN Olot | 19.22 |

Classificació per Autonomies (M):

| | |
|--------------------|-----------|
| 1. CASTILLA Y LEÓN | 86 Punts |
| 2. CATALUNYA | 120 Punts |
| 3. ANDALUCIA | 143 Punts |

JUVENIL (F)

| | | |
|---------------------|---------------------|----------|
| 1. Beatriz CASPAR | 93 ISS-L'Hospitalet | 16.26 |
| 15. Georgina GRAU | 94 AA Catalunya | 17.29 |
| 16. Anna QUILEZ | 94 CA Lloret-LS | 17.33 |
| 30. Marina GUERRERO | 94 CN Banyoles | 17.50 |
| 33. Carla MORENO | 93 FC Barcelona | 17.52 |
| 59. Aniria MATA | 93 ISS-L'Hospitalet | 18.30 |
| 108. Sheila AVILES | 93 CA Igualada | 20.08 |
| Dolors FERRER | 94 FC Barcelona | Retirada |

Classificació per Autonomies (F):

| | |
|-----------------------|-----------|
| 1. CASTILLA Y LEÓN | 118 Punts |
| 2. CASTILLA LA MANCHA | 153 Punts |
| 3. ASTURIAS | 154 Punts |
| 4. CATALUNYA | 154 Punts |

CADET (F)

| | | |
|------------------------|---------------------|-------|
| 1. Claudia ESTEVEZ | Andalucia | 14.17 |
| 2. Amina Maria ALVAREZ | 95 ISS-L'Hospitalet | 14.18 |
| 6. Ingrid PINO | 95 FC Barcelona | 14.48 |
| 14. Paula HRITIUC | 95 FC Barcelona | 15.09 |
| 18. Núria TIO | 95 CA Manresa | 15.13 |
| 28. Blanca GONZALEZ | 96 UGE Badalona | 15.24 |
| 31. Martina RODRIGUEZ | 95 FC Barcelona | 15.33 |
| 44. Jeannette HDEZ. | 96 CA Lloret-LS | 15.45 |
| 45. Marta JUNCADELLA | 95 CA Manresa | 15.47 |

Classificació per Autonomies (F):

| | |
|--------------------|-----------|
| 1. CATALUNYA | 99 Punts |
| 2. ANDALUCIA | 106 Punts |
| 3. CASTILLA Y LEÓN | 164 Punts |

CAMPIONAT D'ESPANYA UNIVERSITARI DE CROS (CSD)
(ALBACETE) 28/3/2010

MASCULÍ

| | | |
|-----------------------|----------------|-------|
| 1. Daniel SANZ | Univ Salamanca | 30.15 |
| 36. Tomau RIGO | Univ Lleida | 32.30 |
| 44. Jordi CRUZ | Univ Aut Bcn | 33.09 |
| 47. Carlos CASERO | Univ Lleida | 33.27 |
| 54. José Pablo RIVERO | Univ Barcelona | 33.50 |
| 68. Ubay BAEZ | Univ Barcelona | 34.29 |
| 91. Javier JURADO | Univ Aut Bcn | 35.48 |
| 109. Andreu SIMON | Univ. Lleida | 36.26 |
| 120. Joan DOMINGO | Univ Aut Bcn | 37.05 |
| 133. Roger GONZALEZ | Univ Barcelona | 38.09 |

Classificació per Universitats (M):

| | |
|------------------------|-----------|
| 1. UNIV. DE OVIEDO | 32 Punts |
| 19. UNIV. DE LLEIDA | 192 Punts |
| 25. UNIV. DE BARCELONA | 255 Punts |
| 26. UNIV. AUTÒNOMA BCN | 255 Punts |

FEMENÍ

| | | |
|---------------------|----------------|-------|
| 1. Marisa CASANUEVA | Univ Lleida | 20.26 |
| 51. Ona RAFOLS | Univ Barcelona | 24.09 |
| 64. Aida SOLA | Univ Barcelona | 25.18 |
| 75. Sandra SARRI | Univ Lleida | 26.23 |
| 80. Núria CODINA | Univ. Lleida | 27.04 |
| 86. Anna BARERO | Univ Barcelona | 27.51 |

Classificació per Universitats (F):

| | |
|------------------------|-----------|
| 1. UNIV. DE VALLADOLID | 31 Punts |
| 13. UNIV. DE LLEIDA | 156 Punts |
| 20. UNIV. DE BARCELONA | 201 Punts |

CAMPIONATS DE CATALUNYA

90è. CAMPIONAT DE CATALUNYA DE CROS INDIVIDUAL I PER CLUBS 40è CROS CIUTAT DE MATARÓ (MATARÓ) 24/1/2010

SENIOR (M)

| | | | |
|----------------------|----|-----------------|-------|
| 1. Carles CASTILLEJO | 78 | FCA-Strands.com | 30.34 |
| 2. Ayad LAMDASSEM | 81 | Bikila BCN | 30.44 |
| 3. José Luis BLANCO | 75 | CA La Sansi | 30.56 |

Classificació per Clubs SENIOR (M):

| | |
|-----------------|----------|
| 1. FC BARCELONA | 39 Punts |
| 2. CA MANRESA | 80 Punts |
| 3. CA MONTORNÈS | 81 Punts |

PROMESA (M)

| | | | |
|-----------------------|----|------------------|-------|
| 1. Ilias FIFA | 89 | AA Catalunya | 31.53 |
| 2. Abdelkadir ZAROUAL | 90 | ISS-L'Hospitalet | 31.54 |
| 3. Moha AIT BEN AISA | 89 | Medilast Lleida | 32.44 |
| 4. Hamid KABOURI | 88 | Aquadiver-GEIEG | 33.00 |
| 5. Francisco ROLDAN | 90 | FC Barcelona | 33.18 |
| 6. Adrià VILA | 90 | FCA-Alcobendas | 33.34 |

Classificació per Clubs PROMESA (M):

| | |
|------------------|----------|
| 1. JA SABADELL | 37 Punts |
| 2. CA CANOVELLES | 73 Punts |

JUNIOR (M)

| | | | |
|------------------------|----|---------------|-------|
| 1. Abdelaziz MERZOUGUI | 91 | CA Ascó | 17.26 |
| 2. Ibrahim EZZAYDOUNY | 91 | FC Barcelona | 17.31 |
| 3. Vicenç VALLS | 92 | CA Laietània | 18.24 |
| 4. Lluç FARRERA | 92 | CA Vilafranca | 18.40 |
| 6. Jonathan GAZQUEZ | 92 | FC Barcelona | 18.58 |

Classificació per Clubs JUNIOR (M):

| | |
|----------------------|-----------|
| 1. CA IGUALADA | 190 Punts |
| 2. AQUADIVER – GEIEG | 200 Punts |
| 3. CA NOU BARRIS | 235 Punts |

JUVENIL (M)

| | | | |
|-------------------|----|--------------|-------|
| 1. Ibrahim AZZOUZ | 93 | FC Barcelona | 17.56 |
| 2. Ferran BOCHACA | 93 | FC Barcelona | 18.26 |
| 3. Jonatan ROMEO | 94 | CA Lloret-LS | 18.32 |

Classificació per Clubs JUVENIL (M):

| | |
|-------------------------|----------|
| 1. FC BARCELONA | 28 Punts |
| 2. AA CATALUNYA | 74 Punts |
| 3. CA LLORET – LA SELVA | 94 Punts |

SENIOR (F)

| | | | |
|---------------------|----|------------------|-------|
| 1. Rosa MORATO | 79 | FCA-València TiM | 22.49 |
| 2. Gemma BARRACHINA | 86 | FCA-València TiM | 22.52 |
| 3. Judit PLA | 78 | FC Barcelona | 23.03 |

Classificació per Clubs SENIOR (F):

| | |
|--------------------------|-----------|
| 1. FC BARCELONA | 26 Punts |
| 2. ISS – L'HOSPITALET | 47 Punts |
| 3. MEDILAST SPORT LLEIDA | 109 Punts |

PROMESA (F)

| | | | |
|--------------------|----|--------------|-------|
| 1. Cecília POZO | 88 | CA Laietània | 26.05 |
| 2. Alba GALLARDO | 89 | CA Manresa | 26.31 |
| 3. Esther GUERRERO | 90 | FC Barcelona | 26.38 |

Classificació per Clubs PROMESA (F):

| | |
|----------------|----------|
| 1. JA SABADELL | 42 Punts |
|----------------|----------|

JUNIOR (F)

| | | | |
|--------------------|----|--------------|-------|
| 1. Mireia GUARNER | 92 | AA Catalunya | 17.21 |
| 2. Meritxell SOLER | 92 | CA Manresa | 17.26 |
| 3. Ekhiñe OTAOLA | 91 | CA Manresa | 17.30 |

Classificació per Clubs JUNIOR (F):

| | |
|-----------------|----------|
| 1. AA CATALUNYA | 10 Punts |
| 2. FC BARCELONA | 24 Punts |
| 3. CA MANRESA | 25 Punts |

JUVENIL (F)

| | | | |
|--------------------|----|------------------|-------|
| 1. Beatriz CASPAR | 93 | ISS-L'Hospitalet | 17.14 |
| 2. Georgina GRAU | 94 | AA Catalunya | 17.25 |
| 3. Marina GUERRERO | 94 | CN Banyoles | 17.42 |

Classificació per Clubs JUVENIL (F):

| | |
|-----------------------|----------|
| 1. ISS – L'HOSPITALET | 18 Punts |
| 2. CA IGUALADA | 29 Punts |
| 3. FC BARCELONA | 44 Punts |

CAMPIONAT DE CATALUNYA DE CROS INDIVIDUAL i PER CLUBS (Categories de Promoció)
40è CROS CIUTAT DE MATARÓ
(MATARÓ) 24/1/2010

CADET (M) 28/2/10

| | | | |
|---------------------|----|------------------|-------|
| 1. Mohamed ZARHOUNI | 95 | CA Gavà | ----- |
| 2. Marc ZUÑIGA | 96 | ISS-L'Hospitalet | ----- |
| 3. Llorenç ESTEVE | 95 | JA Sabadell | ----- |

Classificació per Clubs CADET (M): 28/2/10

| | |
|--------------------|-----------|
| 1. CE UNIVERSITARI | 42 Punts |
| 2. JA SABADELL | 67 Punts |
| 3. CA IGUALADA | 108 Punts |

INFANTIL (M)

| | | | |
|---------------------|----|-----------------|-------|
| 1. Yely SAGNA | 97 | JA Montcada | 10.51 |
| 2. Soleymane DIALLO | 97 | AAE SES de Salt | 11.00 |
| 3. Mouad MBARKI | 98 | CA Granollers | 11.07 |

Classificació per Clubs INFANTIL (M):

| | |
|--------------------------|----------|
| 1. AQUADIVER-GEIEG | 45 Punts |
| 2. CE PENEDÈS | 48 Punts |
| 3. AA PALAMÓS-CAL-ST ANT | 51 Punts |

ALEVÍ (M)

| | | | |
|-----------------|----|------------|------|
| 1. Driss RHIMOU | 99 | CE Penedès | 9.19 |
| 2. Pau MARTINEZ | 99 | Indep Moia | 9.23 |
| 3. Pol VILA | 99 | CA Manresa | 9.23 |

Classificació per Clubs ALEVÍ (M):

| | |
|-------------------------|----------|
| 1. CA LLORET – LA SELVA | 56 Punts |
| 2. JA SABADELL | 94 Punts |
| 3. AA CATALUNYA | 97 Punts |

BENJAMÍ (M)

| | | | |
|------------------|----|--------------|------|
| 1. Sergi ADALID | 01 | GA Lluïsos M | 4.15 |
| 2. Arnau CUADRAS | 01 | CA Igualada | 4.19 |
| 3. Mario PEREZ | 01 | UGE Badalona | 4.20 |

Classificació per Clubs BENJAMÍ (M):

| | |
|------------------|----------|
| 1. CM SANT CUGAT | 53 Punts |
| 2. CA VIC | 53 Punts |
| 3. UA RUBÍ | 70 Punts |

CADET (F)

| | | | |
|------------------------|----|------------------|-------|
| 1. Adriana HRITUC | 95 | FC Barcelona | 11.17 |
| 2. Ingrid PINO | 95 | FC Barcelona | 11.22 |
| 3. Amina Maria ALVAREZ | 95 | ISS-L'Hospitalet | 11.34 |

Classificació per Clubs CADET (F):

| | |
|-----------------|----------|
| 1. FC BARCELONA | 9 Punts |
| 2. CA MANRESA | 27 Punts |
| 3. CN BANYOLES | 43 Punts |

INFANTIL (F)

| | | | |
|---------------------|----|------------------|------|
| 1. Judit PEREZ | 97 | ISS-L'Hospitalet | 5.52 |
| 2. Carla CATALA | 97 | JA Sabadell | 6.05 |
| 3. Clàudia MARTINEZ | 97 | Ripollet UA | 6.12 |

Classificació per Clubs INFANTIL (F):

| | |
|--------------------------|----------|
| 1. CN REUS PLOMS | 54 Punts |
| 2. CM SANT CUGAT | 57 Punts |
| 3. MEDILAST SPORT LLEIDA | 68 Punts |

ALEVÍ (F)

| | | | |
|------------------|----|------------------|------|
| 1. Paola CARMONA | 99 | Ripollet UA | 4.08 |
| 2. Sara GALLEGRO | 00 | CE Universitari | 4.09 |
| 3. Andrea TRAPE | 99 | CA Torredembarra | 4.09 |

Classificació per Clubs ALEVÍ (F):

| | |
|--------------------|----------|
| 1. JA SABADELL | 47 Punts |
| 2. CA IGUALADA | 54 Punts |
| 3. CE UNIVERSITARI | 61 Punts |

BENJAMÍ (F)

| | | | |
|----------------|----|--------------|------|
| 1. Kajtih INA | 01 | FC Barcelona | 4.36 |
| 2. Anna GUZMAN | 01 | CA Igualada | 4.43 |
| 3. Diwa VILA | 01 | Cornellà At | 4.44 |

Classificació per Clubs BENJAMÍ (F):

| | |
|-----------------|----------|
| 1. CA MANRESA | 32 Punts |
| 2. CG TARRAGONA | 42 Punts |
| 3. UGE BADALONA | 73 Punts |

8è CAMPIONAT DE CATALUNYA DE CROS CURT PER CLUBS

8è Cros de Canovelles
(CANOVELLES) 7/2/2010

MASCULÍ 3.900 m.

| | | | |
|-----------------------|----|------------------|-------|
| 1. Khalid MERROUNE | 85 | ISS-L'Hospitalet | 11.03 |
| 2. Jordi COMAS | 77 | FC Barcelona | 11.07 |
| 3. Mostafa BENSLIMANE | 78 | ISS-L'Hospitalet | 11.12 |

Classificació per Clubs MASCULÍ:

| | |
|-----------------------|----------|
| 1. ISS – L'HOSPITALET | 19 Punts |
| 2. FC BARCELONA | 22 Punts |
| 3. JA SABADELL | 69 Punts |

FEMENÍ 3.900 m.

| | | | |
|--------------------|----|------------------|-------|
| 1. Lúdia RODRIGUEZ | 86 | ISS-L'Hospitalet | 12.50 |
| 2. Miriam ORTIZ | 84 | ISS-L'Hospitalet | 13.00 |
| 3. Bàrbara RAMON | 83 | AA Catalunya | 13.25 |

Classificació per Clubs FEMENÍ:

| | |
|-----------------------|----------|
| 1. ISS – L'HOSPITALET | 29 Punts |
| 2. AA CATALUNYA | 48 Punts |
| 3. CA MANRESA | 49 Punts |

TEMPORADA DE CROS A CATALUNYA

14è CROS D'OLOT (OLOT) 1/11/2009

SENIOR-PROMESA (M)

| | | | |
|--------------------|----|---------------|-------|
| 1. Oscar CARRASCO | 76 | AAP-Cal-StA | 36.55 |
| 2. Steven MCGREGOR | 76 | CA Salt | 37.00 |
| 3. Xevi MASOLIVER | 68 | Girona CB-CAP | 37.38 |

JUNIOR (M)

| | | | |
|----------------------|----|------------|-------|
| 1. Mohamed CHARKAOUI | 91 | CE Penedès | 19.29 |
|----------------------|----|------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|--------------|-------|
| 1. Jonatan ROMEO | 94 | CA Lloret-LS | 15.01 |
|------------------|----|--------------|-------|

SENIOR-PROMESA (F)

| | | | |
|----------------------|----|--------------|-------|
| 1. Bàrbara RAMON | 83 | AA Catalunya | 16.50 |
| 2. Alba GALLARDO | 89 | CA Manresa | 17.27 |
| 3. Natàlia RODRIGUEZ | 76 | GA Lluïsos M | 17.49 |

JUNIOR (F)

| | | | |
|-----------------|----|---------|-------|
| 1. Júlia SANTOS | 92 | CN Olot | 19.24 |
|-----------------|----|---------|-------|

JUVENIL (F)

| | | | |
|----------------|----|----------------|-------|
| 1. Judit RIERA | 93 | CA Pescallunes | 12.36 |
|----------------|----|----------------|-------|

55è CROS DE CALLDETENES (CALLDETENES) 8/11/2009

SENIOR-PROMESA (M) 8.800 m.

| | | |
|-----------------------|------------------|-------|
| 1. Marcos SANZA | CAV Andorra | 25.33 |
| 2. Abdelkadir ZAROUAL | ISS-L'Hospitalet | 25.42 |
| 3. Alberto RAMIREZ | Ripollet UA | 25.54 |

JUNIOR (M) 5.400 m.

| | | |
|--------------------------|-----------|-------|
| 1. Moustapha EL BOUCHIKI | CA Mollet | 17.02 |
|--------------------------|-----------|-------|

JUVENIL (M) 5.400 m.

| | | |
|-----------------|-----------------|-------|
| 1. Harold SAGEL | Aquadiver-GEIEG | 17.24 |
|-----------------|-----------------|-------|

SENIOR-PROMESA (F) 6.000 m.

| | | |
|-------------------|------------------|-------|
| 1. Miriam ORTIZ | ISS-L'Hospitalet | 20.16 |
| 2. Silvia MONTANE | FC Barcelona | 21.06 |
| 3. Cecília POZO | CA Laietània | 21.21 |

JUNIOR (F) 3.200 m.

| | | |
|---------------------|--------------|-------|
| 1. Victòria SAULEDA | CA Laietània | 11.56 |
|---------------------|--------------|-------|

JUVENIL (F) 3.200 m.

| | | |
|-------------------|------------------|-------|
| 1. Beatriz CASPAR | ISS-L'Hospitalet | 11.49 |
|-------------------|------------------|-------|

27è CROS DE SANT HILARI SACALM (SANT HILARI DE SACALM) 8/11/2009

SENIOR-PROMESA (M)

| | | | |
|------------------|----|--------------|-------|
| 1. Angel MULLERA | 84 | CA Lloret-LS | 13.20 |
| 2. Paco TUGORES | 84 | CA Lloret-LS | 13.21 |
| 3. David CAMPO | 88 | GA Lluïsos M | 13.26 |

JUNIOR (M)

| | | | |
|-----------------|----|---------------|-------|
| 1. Lluç FARRERA | 92 | CA Vilafranca | 14.11 |
|-----------------|----|---------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|--------------|-------|
| 1. Jonatan ROMEO | 94 | CA Lloret-LS | 11.07 |
|------------------|----|--------------|-------|

SENIOR-PROMESA (F)

| | | | |
|----------------------|----|--------------|-------|
| 1. Bàrbara RAMON | 83 | AA Catalunya | 11.32 |
| 2. Esther GUERRERO | 90 | FC Barcelona | 11.38 |
| 3. Natàlia RODRIGUEZ | 76 | GA Lluïsos M | 12.27 |

JUNIOR (F)

| | | | |
|-----------------|----|---------|-------|
| 1. Júlia SANTOS | 92 | CN Olot | 13.04 |
|-----------------|----|---------|-------|

JUVENIL (F)

| | | | |
|----------------|----|--------------|------|
| 1. Anna QUILEZ | 94 | CA Lloret-LS | 7.53 |
|----------------|----|--------------|------|

10è CROS CIUTAT DE GAVÀ (GAVÀ) 15/11/2009

SENIOR-PROMESA (M)

| | | | |
|-----------------|----|------------------|-------|
| 1. Jordi COMAS | 77 | FC Barcelona | 33.30 |
| 2. Alex ALMEIDA | 80 | ISS-L'Hospitalet | 33.40 |
| 3. Dani ALONSO | 78 | FCA-Oviedo At. | 34.03 |

JUNIOR (M)

| | | | |
|-----------------------|----|--------------|-------|
| 1. Fco. Javier TINOCO | 91 | FC Barcelona | 19.59 |
|-----------------------|----|--------------|-------|

JUVENIL (M)

| | | | |
|---------------------|----|----------|-------|
| 1. Zakaria LAMKADMI | 93 | CA Olesa | 17.42 |
|---------------------|----|----------|-------|

SENIOR-PROMESA (F)

| | | | |
|---------------------|----|------------------|-------|
| 1. Miriam ORTIZ | 84 | ISS-L'Hospitalet | 18.06 |
| 2. Angelica ESPARZA | 77 | ISS-L'Hospitalet | 19.26 |
| 3. Ester GUERRERO | 88 | FCA-Pto Alicante | 19.36 |

JUNIOR (F)

| | | | |
|--------------------|----|------------|-------|
| 1. Meritxell SOLER | 92 | CA Manresa | 20.20 |
|--------------------|----|------------|-------|

JUVENIL (F)

| | | | |
|-------------------|----|------------------|-------|
| 1. Beatriz CASPAR | 93 | ISS-L'Hospitalet | 10.59 |
|-------------------|----|------------------|-------|

**30è CROS DELS ARENYS
(ARENYS DE MAR – ARENYS DE MUNT) 15/11/2009**

SENIOR-PROMESA (M)

| | | |
|---------------------|--------------|-------|
| 1. Ilias FIFA | AA Catalunya | 21.15 |
| 2. Mohamed JEBARI | AA Catalunya | 23.02 |
| 3. Ricard FERNANDEZ | Sport Canet | 23.07 |

JUNIOR (M)

| | | |
|-----------------------|--------------|-------|
| 1. Ibrahim EZZAYDOUNY | FC Barcelona | 21.31 |
|-----------------------|--------------|-------|

JUVENIL (M)

| | | |
|---------------|--------------|------|
| 1. Brú TRABAL | AA Catalunya | 9.34 |
|---------------|--------------|------|

SENIOR-PROMESA (F)

| | | |
|--------------------|-----------------|-------|
| 1. Alexia CASTILLO | Medilast Lleida | 16.11 |
|--------------------|-----------------|-------|

JUNIOR (F)

| | | |
|-----------------------|--------------|-------|
| 1. Cristina SALADRICH | AA Catalunya | 16.28 |
|-----------------------|--------------|-------|

JUVENIL (F)

| | | |
|------------------|--------------|------|
| 1. Georgina GRAU | AA Catalunya | 8.19 |
|------------------|--------------|------|

**36è CROS DE SANTA COLOMA DE FARNERS
(SANTA COLOMA DE FARNERS) 15/11/2009**

SENIOR-PROMESA (M)

| | | |
|------------------|-----------------|-------|
| 1. Angel MULLERA | 84 CA Lloret-LS | 29.12 |
| 2. Carlos CERA | 83 JA Montcada | 30.06 |
| 3. Paco TUGORES | 84 CA Lloret-LS | 30.17 |

JUNIOR (M)

| | | |
|----------------|----------------|-------|
| 1. Arnau NADAL | 92 Ripollet UA | 16.52 |
|----------------|----------------|-------|

JUVENIL (M)

| | | |
|-----------------|----------------|-------|
| 1. Aitor MARTIN | 93 JA Montcada | 10.03 |
|-----------------|----------------|-------|

SENIOR-PROMESA (F)

| | | |
|--------------------|------------------|-------|
| 1. Bàrbara RAMON | 83 AA Catalunya | 15.59 |
| 2. Esther GUERRERO | 90 FC Barcelona | 16.36 |
| 3. Cristina BOSCH | 69 Girona CB-CAP | 16.37 |

JUNIOR (F)

| | | |
|----------------|----------------|-------|
| 1. Sònia MAÑAS | 91 Ripollet UA | 17.35 |
|----------------|----------------|-------|

JUVENIL (F)

| | | |
|----------------|-------------------|------|
| 1. Judit RIERA | 93 CA Pescallunes | 9.48 |
|----------------|-------------------|------|

**27è CROS DE VILA-SECA
(VILA-SECA) 15/11/2009**

SENIOR-PROMESA (M) 8.500 m.

| | | |
|------------------------|--------------------|-------|
| 1. Mohamed BEMHBARKA | 78 AE Blanc i Blau | 27.50 |
| 2. Abdelaziz MERZOUGUI | 81 CA Ascó | 28.01 |
| 3. Hamid KABOURI | 88 Aquadiver-GEiEG | 28.05 |

JUNIOR (M) 5.000 m.

| | | |
|----------------|-----------------|-------|
| 1. Eloi BORRAS | 91 FACVAC Valls | 18.17 |
|----------------|-----------------|-------|

JUVENIL (M) 5.000 m.

| | | |
|-----------------|-----------------|-------|
| 1. Miquel TOMAS | 93 AA Catalunya | 19.19 |
|-----------------|-----------------|-------|

SENIOR-PROMESA (F) 5.000 m.

| | | |
|----------------------|---------------------|-------|
| 1. Ma Gràcia COLL | 68 Aquadiver-GEiEG | 20.59 |
| 2. Marta GALIMANY | 85 ISS-L'Hospitalet | 21.05 |
| 3. Esther VALENZUELA | 69 Runnersworld | 21.31 |

JUNIOR (F) 3.000 m.

| | | |
|-------------------|-----------------|-------|
| 1. Mireia GUARNER | 92 AA Catalunya | 11.41 |
|-------------------|-----------------|-------|

JUVENIL (F) 3.000 m.

| | | |
|-------------------|-----------------|-------|
| 1. Montse MONTALA | 94 FC Barcelona | 11.46 |
|-------------------|-----------------|-------|

**4t CROS SOLIDARI PER LA SALUT MENTAL
(SANT BOI DE LLOBREGAT) 23/11/2008**

MASCULÍ 6.200 m.

| | | |
|-------------------------|-----------------|-------|
| 1. Mohamed AIT BEN AISA | Medilast Lleida | 19.02 |
| 2. Marco A. CEPEDA | CA J'Arribu | 19.21 |
| 3. Lluís AGUILAR | CA Montornès | 19.24 |

FEMENÍ 4.250 m.

| | | |
|--------------------|------------------|-------|
| 1. Lúdia RODRIGUEZ | ISS-L'Hospitalet | 15.00 |
| 2. Ma Gràcia COLL | Aquadiver-GEiEG | 16.09 |
| 3. Montse CINCA | CA Sant Boi | 16.53 |

**12è CROS CIUTAT DE GIRONA
(GIRONA) 22/11/2009**

SENIOR-PROMESA (M)

| | | |
|--------------------|-----------------|-------|
| 1. Xavi PLANAS | 82 CA Castellar | 25.56 |
| 2. Rafa CAÑIZARES | CA Salt | 26.07 |
| 3. Steven MCGREGOR | 76 CA Salt | 26.15 |

JUNIOR (M)

| | | |
|-------------------|------------------|-------|
| 1. Rafik TOULLISS | 91 Girona CB-CAP | 14.26 |
|-------------------|------------------|-------|

JUVENIL (M)

| | | |
|------------------|-----------------|------|
| 1. Jonatan ROMEO | 94 CA Lloret-LS | 8.31 |
|------------------|-----------------|------|

SENIOR-PROMESA (F)

| | | |
|----------------------|-----------------|-------|
| 1. Natàlia RODRIGUEZ | 76 GA Lluïsos M | 14.14 |
| 2. Magdalena VICENS | 88 CA Vic | 14.27 |
| 3. Nuri SOLER | 71 CA Lloret-LS | 14.34 |

JUNIOR (F)

| | | |
|-----------------|------------|-------|
| 1. Júlia SANTOS | 92 CN Olot | 15.48 |
|-----------------|------------|-------|

JUVENIL (F)

| | | |
|----------------|-----------------|------|
| 1. Anna QUILEZ | 94 CA Lloret-LS | 8.05 |
|----------------|-----------------|------|

**32è CROS VILA DE CASTELLAR
(CASTELLAR DEL VALLÈS) 29/11/2009**

SENIOR-PROMESA (M)

| | | |
|-----------------|--------------|-------|
| 1. Roger CAMPOY | FC Barcelona | 27.58 |
| 2. Marcos SANZA | CAV Andorra | 28.11 |
| 3. Carlos CERA | JA Montcada | 28.15 |

JUNIOR (M)

| | | |
|-----------------------|-----------------|-------|
| 1. Fco. Javier TINOCO | 91 FC Barcelona | 19.57 |
|-----------------------|-----------------|-------|

JUVENIL (M)

| | | |
|-------------------|-----------------|-------|
| 1. Ibrahim AZZOUZ | 93 FC Barcelona | 19.24 |
|-------------------|-----------------|-------|

SENIOR-PROMESA (F)

| | | |
|----------------------|---------------------|-------|
| 1. Adoración INIESTA | 85 Playas Castellón | 17.10 |
| 2. Cecilia POZO | 88 CA Laietània | 17.11 |
| 3. Mònica ARDID | 73 UA Terrassa | 17.40 |

JUNIOR (F)

| | | |
|-----------------|-----------------|-------|
| 1. Judit SANCHO | 91 FC Barcelona | 12.37 |
|-----------------|-----------------|-------|

JUVENIL (F)

| | | |
|-------------------|---------------------|-------|
| 1. Beatriz CASPAR | 93 ISS-L'Hospitalet | 12.22 |
|-------------------|---------------------|-------|

**9è CROS VILA DE SALT
(SALT) 29/11/2009**

SENIOR-PROMESA (M)

| | | |
|--------------------|-----------------|-------|
| 1. Paco TUGORES | 84 CA Lloret-LS | 21.57 |
| 2. Didac CUADROS | 76 | 22.02 |
| 3. Steven MCGREGOR | 76 CA Salt | 22.13 |

JUNIOR (M)

| | | |
|------------------|-------------------|-------|
| 1. Adrià QUESADA | 92 CA Sant Celoni | 20.40 |
|------------------|-------------------|-------|

JUVENIL (M)

| | | |
|----------------|-----------------|-------|
| 1. Arnau TURON | 93 CA Lloret-LS | 14.17 |
|----------------|-----------------|-------|

SENIOR-PROMESA (F)

| | | |
|---------------------|-----------------|-------|
| 1. Magdalena VICENS | 88 CA Vic | 10.51 |
| 2. Carol ROUTIER | 90 CN Banyoles | 11.01 |
| 3. Núri SOLER | 71 CA Lloret-LS | 11.02 |

JUNIOR (F)

- Cap atleta participant -

JUVENIL (F)

| | | |
|-----------------|-----------------|-------|
| 1. Laia LORENZO | 94 CA Lloret-LS | 11.45 |
|-----------------|-----------------|-------|

**21è CROS CIUTAT DE VALLS
(VALLS) 6/12/2009**

SENIOR-PROMESA (M)

| | | |
|-----------------|-----------------|-------|
| 1. Ilias FIFA | 89 AA Catalunya | 26.20 |
| 2. Marcos SANZA | 77 CAV Andorra | 26.27 |
| 3. Just SOCIATS | 78 CA Manresa | 26.46 |

JUNIOR (M)

| | | |
|----------------|-----------------|-------|
| 1. Eloi BORRAS | 91 FACVAC Valls | 16.58 |
|----------------|-----------------|-------|

JUVENIL (M)

| | | |
|----------------------|---------------------|-------|
| 1. Soufian KHADRAOUI | 94 CA Torredembarra | 17.24 |
|----------------------|---------------------|-------|

SENIOR-PROMESA (F)

| | | |
|-------------------|---------------------|-------|
| 1. Marta GALIMANY | 85 ISS-L'Hospitalet | 15.44 |
| 2. Anna JUNQUE | 80 CEAC | 18.17 |
| 3. Marta GALVEZ | 86 FACVAC | 18.32 |

JUNIOR (F)

| | | |
|-------------------|-----------------|-------|
| 1. Mireia GUARNER | 92 AA Catalunya | 16.30 |
|-------------------|-----------------|-------|

JUVENIL (F)

| | | |
|------------------|-----------------|-------|
| 1. Georgina GRAU | 94 AA Catalunya | 16.34 |
|------------------|-----------------|-------|

**16è. CROS DE RIUDELLOTS DE LA SELVA
(RIUDELLOTS DE LA SELVA) 6/12/2009**

SENIOR-PROMESA (M)

| | | | |
|-----------------|----|--------------|-------|
| 1. Paco TUGORES | 84 | CA Lloret-LS | 13.17 |
| 2. Adel MECHAAL | 90 | AAP-Cal-StA | 13.23 |
| 3. Xavi PLANAS | 82 | CA Castellar | 13.28 |

JUNIOR (M)

| | | | |
|----------------|----|-------------|-------|
| 1. Arnau NADAL | 92 | Ripollet UA | 14.38 |
|----------------|----|-------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|--------------|-------|
| 1. Jonatan ROMEO | 94 | CA Lloret-LS | 10.36 |
|------------------|----|--------------|-------|

SENIOR-PROMESA (F)

| | | | |
|--------------------|----|-----------------|-------|
| 1. Bàrbara RAMON | 83 | AA Catalunya | 11.42 |
| 2. Mònica ARDID | 73 | UA Terrassa | 12.15 |
| 3. Alexia CASTILLO | 78 | Medilast Lleida | 12.30 |

JUNIOR (F)

| | | | |
|-----------------|----|---------|-------|
| 1. Júlia SANTOS | 92 | CN Olot | 14.54 |
|-----------------|----|---------|-------|

JUVENIL (F)

| | | | |
|----------------|----|--------------|-------|
| 1. Anna QUILEZ | 94 | CA Lloret-LS | 12.43 |
|----------------|----|--------------|-------|

**15è CROS VILA DE MALGRAT
(MALGRAT DE MAR) 8/12/2009**

SENIOR-PROMESA (M)

| | | | |
|-------------------|----|---------------|-------|
| 1. Paco TUGORES | 84 | CA Lloret-LS | 15.10 |
| 2. Dani ALONSO | 78 | FCA-Oviedo At | 15.13 |
| 3. Jaume QUINTANA | 79 | AAP-Cal-StA | 15.43 |

JUNIOR (M)

| | | | |
|-----------------------|----|--------------|-------|
| 1. Ibrahim EZZAYDOUNY | 91 | FC Barcelona | 14.53 |
|-----------------------|----|--------------|-------|

JUVENIL (M)

| | | | |
|-------------------|----|--------------|-------|
| 1. Ibrahim AZZOUZ | 93 | FC Barcelona | 15.34 |
|-------------------|----|--------------|-------|

SENIOR-PROMESA (F)

| | | | |
|-------------------|----|---------------|-------|
| 1. Sandra ALONSO | 80 | Barcelona Atl | 18.46 |
| 2. Núria SOLER | 71 | CA Lloret-LS | 18.55 |
| 3. Cristina BOSCH | 69 | Girona CB-CAP | 19.47 |

JUNIOR (F)

| | | | |
|-----------------|----|---------|-------|
| 1. Júlia SANTOS | 92 | CN Olot | 22.10 |
|-----------------|----|---------|-------|

JUVENIL (F)

| | | | |
|----------------|----|--------------|-------|
| 1. Anna QUILEZ | 94 | CA Lloret-LS | 12.39 |
|----------------|----|--------------|-------|

**43è CROS INTERNACIONAL DE CATALUNYA CIUTAT DE GRANOLLERS - RFEA
(GRANOLLERS) 13/12/2009**

SENIOR-PROMESA (M)

| | | | |
|------------------------|----|-----------------|-------|
| 1. Juan Carlos HIGUERO | 78 | PromoAranda | 29.38 |
| 2. M. BENHMBARKA | 78 | CA Blanc i Blau | 29.40 |
| 3. Cosmers KEMBOI | 86 | Kenya | 29.43 |
| 5. José Luis BLANCO | 75 | CA La Sansi | 29.47 |

JUNIOR (M)

| | | | |
|-----------------------|----|--------------|-------|
| 1. Ibrahim EZZAYDOUNY | 91 | FC Barcelona | 19.07 |
|-----------------------|----|--------------|-------|

JUVENIL (M)

| | | | |
|-------------------|----|--------------|-------|
| 1. Ibrahim AZZOUZ | 93 | FC Barcelona | 19.39 |
|-------------------|----|--------------|-------|

SENIOR-PROMESA (F)

| | | | |
|-----------------------|----|------------------|-------|
| 1. Beatrice JEPCHUMBA | 83 | Kenya | 21.59 |
| 2. Natàlia RODRIGUEZ | 79 | CG Tarragona | 22.04 |
| 3. Lídia RODRIGUEZ | 86 | ISS-L'Hospitalet | 22.20 |

JUNIOR (F)

| | | | |
|--------------|----|---------------|-------|
| 1. Núria GIL | 91 | CN Reus Ploms | 15.05 |
|--------------|----|---------------|-------|

JUVENIL (F)

| | | | |
|------------------|----|--------------|-------|
| 1. Georgina GRAU | 94 | AA Catalunya | 15.27 |
|------------------|----|--------------|-------|

**31è CROS DE CAMBRILS
(CAMBRILS) 13/12/2009**

SENIOR-PROMESA (M)

| | | | |
|-----------------|----|--------------|-------|
| 1. A. BOUTAHRI | 86 | FACVAC Valls | 20.58 |
| 2. Carlos REDO | 87 | AA Catalunya | 22.49 |
| 3. Isidre LOPEZ | 81 | CA Tarragona | 26.00 |

JUNIOR (M)

- Cap atleta participant -

SENIOR-PROMESA (F)

| | | | |
|--------------------|----|----------------|-------|
| 1. Núria ESTEVE | 83 | CA Esbufecs | 16.29 |
| 2. Dolors FERRERES | 72 | CA Terres Ebre | 18.39 |
| 3. Maite RIBOT | 72 | CA Terres Ebre | 18.39 |

JUNIOR (F)

- Cap atleta participant -

**25è CROS DE CALDES DE MALAVELLA
(CALDES DE MALAVELLA) 13/12/2009**

SENIOR-PROMESA (M)

| | | | |
|---------------------|----|---------------|-------|
| 1. Paco TUGORES | 84 | CA Lloret-LS | 25.57 |
| 2. Xevi MASOLIVER | 68 | Girona CB-CAP | 26.18 |
| 3. Salvador CIURANA | 80 | CA Lloret-LS | 26.28 |

JUNIOR (M)

| | | | |
|----------------|----|-------------|-------|
| 1. Angel LOPEZ | 91 | Independent | 15.48 |
|----------------|----|-------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|--------------|------|
| 1. Jonatan ROMEO | 94 | CA Lloret-LS | 9.38 |
|------------------|----|--------------|------|

SENIOR-PROMESA (F)

| | | | |
|----------------------|----|--------------|-------|
| 1. Núri SOLER | 71 | CA Lloret-LS | 16.30 |
| 2. Natàlia RODRIGUEZ | 76 | GA Lluïsos M | 16.46 |
| 3. Esther GUERRERO | 90 | FC Barcelona | 16.55 |

JUNIOR (F)

- Cap atleta participant -

JUVENIL (F)

| | | | |
|----------------|----|--------------|------|
| 1. Anna QUILEZ | 94 | CA Lloret-LS | 7.12 |
|----------------|----|--------------|------|

**5è CROS DE VENTALLÓ
(VENTALLÓ) 20/12/2009**

SENIOR-PROMESA (M)

| | | | |
|------------------|----|-----------------|-------|
| 1. Hamid KABOURI | 88 | Aquadiver-GEiEG | 27.41 |
| 2. Adel MECHAAL | 90 | AAP-Cal-StA | 28.02 |
| 3. Didac CUADROS | 76 | | 28.14 |

JUNIOR (M)

| | | | |
|----------------|----|-------------|-------|
| 1. Arnau NADAL | 92 | Ripollet UA | 21.28 |
|----------------|----|-------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|---------|-------|
| 1. Joan OLIVERAS | 93 | CN Olot | 10.14 |
|------------------|----|---------|-------|

SENIOR-PROMESA (F)

| | | | |
|----------------------|----|--------------|-------|
| 1. Bàrbara RAMON | 83 | AA Catalunya | 17.14 |
| 2. Esther GUERRERO | 90 | FC Barcelona | 18.05 |
| 3. Natàlia RODRIGUEZ | 76 | GA Lluïsos M | 18.07 |

JUNIOR (F)

- Cap atleta participant -

JUVENIL (F)

| | | | |
|--------------------|----|-------------|------|
| 1. Marina GUERRERO | 94 | CN Banyoles | 7.43 |
|--------------------|----|-------------|------|

**9è CROS DE BANYOLES
(Banyoles - GIRONA) 10/1/2010**

SENIOR-PROMESA (M)

| | | | |
|-------------------|----|---------------|-------|
| 1. Angel MULLERA | 84 | CA Lloret-LS | 25.27 |
| 2. Xavi PLANAS | 82 | CA Castellar | 26.57 |
| 3. Xevi MASOLIVER | 68 | Girona CB-CAP | 27.18 |

JUNIOR (M)

| | | | |
|----------------|----|-------------|-------|
| 1. Pau CONGOST | 91 | CN Banyoles | 19.21 |
|----------------|----|-------------|-------|

JUVENIL (M)

| | | | |
|------------------|----|---------|-------|
| 1. Joan OLIVERAS | 93 | CN Olot | 12.56 |
|------------------|----|---------|-------|

SENIOR-PROMESA (F)

| | | | |
|--------------------|----|--------------|-------|
| 1. Bàrbara RAMON | 83 | AA Catalunya | 14.05 |
| 2. Esther GUERRERO | 90 | FC Barcelona | 14.51 |
| 3. Núri SOLER | 71 | CA Lloret-LS | 15.15 |

JUNIOR (F)

- Cap atleta participant -

JUVENIL (F)

| | | | |
|----------------|----|--------------|-------|
| 1. Anna QUILEZ | 94 | CA Lloret-LS | 12.22 |
|----------------|----|--------------|-------|

**28è CROS VILA DE RIPOLET
(RIPOLET) 10/1/2010**

SENIOR-PROMESA (M)

| | | |
|--------------------|------------------|-------|
| 1. Khalid MERROUNE | ISS-L'Hospitalet | 30.16 |
| 2. Ilias FIFA | AA Catalunya | 30.45 |
| 3. Alberto RAMIREZ | Ripollet UA | 30.54 |

JUNIOR (M)

| | | |
|---------------------|------------------|-------|
| 1. Zakaria BOURIHOU | FCA-PI Castellón | 19.41 |
|---------------------|------------------|-------|

JUVENIL (M)

| | | |
|-----------------------|---------------|-------|
| 1. Abderrazak SAMAOUI | CA Vilafranca | 19.46 |
|-----------------------|---------------|-------|

SENIOR-PROMESA (F)

| | | |
|--------------------|------------------|-------|
| 1. Lúdia RODRIGUEZ | ISS-L'Hospitalet | 22.43 |
| 2. Anna BOVE | FC Barcelona | 23.57 |
| 3. Ma Gràcia COLL | Aquadiver-GEiEG | 24.03 |

JUNIOR (F)

| | | |
|-----------------------|--------------|-------|
| 1. Cristina SALADRICH | AA Catalunya | 15.35 |
|-----------------------|--------------|-------|

JUVENIL (F)

| | | |
|-------------------|------------------|-------|
| 1. Beatriz CASPAR | ISS-L'Hospitalet | 15.15 |
|-------------------|------------------|-------|

31è CROS CIUTAT DE VIC (Cros curt)
(VIC) 17/1/2010

| SENIOR-PROMESA (M) 4.320 m | | | SENIOR-PROMESA (F) 4.320 m | | |
|-----------------------------------|-------------------|-------|-----------------------------------|--------------|-------|
| 1. Albert LOPEZ | GA Lluïsos M | 15.50 | 1. Encarna NUÑEZ | CA Vic | 18.38 |
| 2. El Yamani BOUTA | CA Gavà | 15.52 | 2. Laia ANDREU | CA Vic | 18.51 |
| 3. Francesc MARSOL | CA Vic | 15.53 | 3. Encarna GARCIA | CA Vic | 19.59 |
| JUNIOR (M) 4.320 m | | | JUNIOR (F) 4.320 m | | |
| 1. Angel GOMEZ | At. San Sebastián | 17.13 | 1. Clàudia VICENTE | FC Barcelona | 21.32 |
| JUVENIL (M) 3.060 m | | | JUVENIL (F) 1.840 m | | |
| 1. Aleix MARSOL | FC Barcelona | 10.36 | 1. Montse MONTALA | FC Barcelona | 7.17 |

17è CROS CIUTAT DE CALELLA
(CALELLA) 16/1/2010

| ABSOLUT (M) | | | ABSOLUT (F) | | |
|---------------------|------------------|-------|----------------------------|-----------------|-------|
| 1. Josep GUIMERA | 73 UA Terrassa | 19.55 | - Cap atleta participant - | | |
| 2. Mohamed EL HMDI | 89 P APA Anem-hi | 20.08 | | | |
| 3. Daniel FERNANDEZ | 71 CA Laietània | 20.20 | | | |
| JUVENIL (M) | | | JUVENIL (F) | | |
| 1. Ibrahim AZZOUZ | 93 FC Barcelona | 16.06 | 1. Carla MORENO | 93 FC Barcelona | 10.13 |

1r CROS DE SANTA CRISTINA D'ARO
(SANTA CRISTINA D'ARO) 14/1/2010

| SENIOR-PROMESA (M) | | | SENIOR-PROMESA (F) | | |
|---------------------------|------------------|-------|----------------------------|-----------------|-------|
| 1. Paco TUGORES | 84 CA Lloret-LS | 34.20 | 1. Bàrbara RAMON | 83 AA Catalunya | 18.09 |
| 2. Jaume QUINTANA | 79 AAP-Cal-StA | 34.22 | 2. Esther GUERRERO | 90 FC Barcelona | 19.11 |
| 3. Xevi MASOLIVER | 68 Girona CB-CAP | 34.55 | 3. Natàlia RODRIGUEZ | 76 GA Lluïsos M | 20.21 |
| JUNIOR (M) | | | JUNIOR (F) | | |
| 1. Tarik EL KHIAM | 92 CA Nou Barris | 21.03 | - Cap atleta participant - | | |
| JUVENIL (M) | | | JUVENIL (F) | | |
| 1. Jonatan ROMEO | 94 CA Lloret-LS | 16.31 | 1. Marina GUERRERO | 94 CN Banyoles | 11.47 |

49è CROS DE SANT SEBASTIÀ
Campionat de Catalunya Individual i Clubs de Veterans
(SABADELL) 31/1/2010

| SENIOR-PROMESA (M) | | | SENIOR-PROMESA (F) | | |
|---------------------------|--------------|-------|---------------------------|--------------|-------|
| 1. Carlos CERA | JA Montcada | ----- | 1. Gemma MASNOU | JA Sabadell | ----- |
| 2. Pèrre ORDOÑEZ | JA Sabadell | ----- | 2. Natàlia RODRIGUEZ | GA Lluïsos M | ----- |
| 3. Bartolomé RIGO | | ----- | 3. Ona RAFOLS | | ----- |
| JUNIOR (M) | | | JUNIOR (F) | | |
| 1. Sergio VELLIDO | CA Castellar | ----- | 1. Janine IGNACIO | JA Sabadell | ----- |
| JUVENIL (M) | | | JUVENIL (F) | | |
| 1. Marc ALCALA | FC Barcelona | ----- | 1. Marta GOMEZ | JA Sabadell | ----- |

8è CROS DE CANOVELLES
(CANOVELLES) 7/2/2010

| | | | | | |
|----------------------------|------------------|-------|----------------------------|-----------------|-------|
| JUNIOR (M) 3.900 m | | | JUNIOR (F) 2.970 m | | |
| 1. Eloi BORRAS | 91 FACVAC Valls | 12.29 | 1. Judith SANCHO | 91 FC Barcelona | 11.24 |
| JUVENIL (M) 3.900 m | | | JUVENIL (F) 2.970 m | | |
| 1. Abderrazak SAMAOUI | 93 CA Vilafranca | 12.10 | 1. Laura GOMEZ | 94 JA Sabadell | 11.37 |

21è CROS DE VIDRERES
(VIDRERES) 14/2/2010

| | | | | | |
|---------------------------|--------------------|-------|---------------------------|------------------|-------|
| SENIOR-PROMESA (M) | | | SENIOR-PROMESA (F) | | |
| 1. Angel MULLERA | 84 CA Lloret-LS | 16.03 | 1. Bàrbara RAMON | 83 AA Catalunya | 14.54 |
| 2. Xavi PLANAS | 82 CA Castellar | 16.18 | 2. Núri SOLER | 71 CA Lloret-LS | 15.07 |
| 3. Hamid KABOURI | 88 Aquadiver-GEiEG | 16.24 | 3. Cristina BOSCH | 69 Girona CB-CAP | 15.11 |
| JUNIOR (M) | | | JUNIOR (F) | | |
| 1. Sergio VELLIDO | 92 CA Castellar | 17.02 | 1. Júlia SANTOS | 92 CN Olot | 17.40 |
| JUVENIL (M) | | | JUVENIL (F) | | |
| 1. Jonatan ROMEO | 94 CA Lloret-LS | 10.06 | 1. Laia LORENZO | 94 CA Lloret-LS | 10.08 |

6è CROS VILA D'ASCÓ
(ASCÓ) 14/2/2010

- RESULTATS NO ARRIBATS A AQUESTA FEDERACIÓ -

39è CROS ANTONI AMOROS
(SANTA COLOMA DE GRAMENET) 21/2/2010

- SUSPÈS -

32è CROS CIUTAT DE MOLLERUSSA
(MOLLERUSSA) 28/2/2010

| | | | | | |
|---------------------------|--------------------|-------|---------------------------|----------------|-------|
| SENIOR-PROMESA (M) | | | SENIOR-PROMESA (F) | | |
| 1. Adrià VILA | 90 FCA-Alcobendas | 22.44 | 1. Sònia MAÑAS | 91 Ripollet UA | 14.19 |
| 2. M. EL KHOUYAALI | 67 Medilast Lleida | 22.46 | 2. Núria ALCANTARA | 92 JA Arbeca | 14.40 |
| 3. Manuel TORRES | 69 CE Penedès | 23.04 | 3. Gabi KARSESKA | 67 | 15.34 |
| JUNIOR (M) | | | JUNIOR (F) | | |
| 1. Rubén LLOBERAS | 91 JA Sabadell | 17.29 | 1. Sònia MAÑAS | 91 Ripollet UA | 14.19 |
| JUVENIL (M) | | | JUVENIL (F) | | |
| 1. Morad CHENTOUF | 93 CA Viladecans | 18.01 | 1. Sandra MARTI | | 20.49 |

29è CROS INTERNACIONAL DE LES VALLS
(Santa Coloma - ANDORRA LA VELLA) 27/3/2010

SENIOR-PROMESA (M)

| | | |
|-----------------------|-----------------|-------|
| 1. Mohamed BENHMBARKA | AE Blanc I Blau | 30.10 |
| 2. Driss LAKHOUAJA | AA Catalunya | 30.32 |
| 3. Ilias FIFA | AA Catalunya | 30.57 |

JUNIOR (M)

| | | |
|-------------------|---------------|-------|
| 1. Rafik TAOULISS | Girona CB-CAP | 18.55 |
|-------------------|---------------|-------|

JUVENIL (M)

| | | |
|----------------|--------------|-------|
| 1. Arnau TURON | CA Lloret-LS | 19.32 |
|----------------|--------------|-------|

SENIOR-PROMESA (F)

| | | |
|------------------|--------------|-------|
| 1. Anna BOVE | FC Barcelona | 16.42 |
| 2. Bàrbara RAMON | AA Catalunya | 16.49 |
| 3. Marta GOMEZ | FC Barcelona | 17.18 |

JUNIOR (F)

| | | |
|------------------|--------------|-------|
| 1. Judith SANCHO | FC Barcelona | 18.08 |
|------------------|--------------|-------|

JUVENIL (F)

| | | |
|-----------------|--------------|-------|
| 1. Laia LORENZO | CA Lloret-LS | 11.30 |
|-----------------|--------------|-------|

COMPETICIONS DE CROS FORA DE CATALUNYA

VI CROS DE ATAPUERCA (Atapuerca - BURGOS) 8/11/2009

SENIOR (M) 8.760 m.

| | | |
|----------------------|----------------|-------|
| 1. Gebre GEBREMARIAM | Etiòpia | 24.41 |
| 7. Ayad LAMDASSEM | FCA-Atl Bikila | 25.30 |
| 30. Pol GUILLEN | FC Barcelona | 27.00 |
| 31. Reyes ESTEVEZ | FC Barcelona | 27.00 |

SENIOR (F) 4.825 m.

| | | |
|-----------------------|------------------|-------|
| 1. Genzebe DIBABA | Etiòpia | 14.53 |
| 18. Rosa MORATO | FCA-València TiM | 16.12 |
| 30. Lídia RODRIGUEZ | ISS-L'Hospitalet | 16.47 |
| 35. Jacqueline MARTIN | FC Barcelona | 17.05 |

XXIX CROS INTERNACIONAL CASTELLANO-MANCHEGO (Quintanar de la Orden - TOLEDO) 15/11/2009

SENIOR (M) 9.000 m.

| | | |
|----------------------|-----------------|-------|
| 1. Alemayehu BEZABEH | Espanya | 25.06 |
| 6. Carles CASTILLEJO | FCA-Strands.com | 26.14 |

SENIOR (F) 6.000 m.

| | | |
|----------------------|------------------|-------|
| 1. Inés CHENONGE | Kenya | 20.52 |
| 3. Rosa MORATO | FCA-València TiM | 21.17 |
| 5. Judit PLA | FC Barcelona | 21.39 |
| 7. Jacqueline MARTIN | FC Barcelona | 22.13 |
| 11. Lídia RODRIGUEZ | ISS-L'Hospitalet | 22.18 |
| 15. Teresa PULIDO | FCA-C Isabel II | 22.51 |
| 18. Núria PUIG | FC Barcelona | 23.27 |

XXVI CROS INTERNACIONAL VALLE DE LLODIO (Llodio - ALAVA) 22/11/2009

SENIOR (M) 9.790 m.

| | | |
|-----------------------|-----------------|-------|
| 1. Teklemariam MEDHIN | Eritrea | 29.08 |
| 5. Ayad LAMDASSEM | FCA-Atl Bikila | 29.54 |
| 8. Carles CASTILLEJO | FCA-Strands.com | 30.07 |

SENIOR (F) 7.640 m.

| | | |
|----------------------|------------------|-------|
| 1. Linet MASAI | Kenya | 25.11 |
| 4. Rosa MORATO | FCA-València TiM | 26.57 |
| 8. Gema BARRACHINA | FCA-València TiM | 27.40 |
| 9. Jacqueline MARTIN | FC Barcelona | 27.48 |
| 15. Judit PLA | FC Barcelona | 28.22 |

XVI CROS INTERNACIONAL DE SORIA (SORIA) 29/11/2009

SENIOR (M) 9.000 m.

| | | |
|----------------------|----------------|-------|
| 1. Gebre GEBREMARIAM | Etiòpia | 30.21 |
| 3. Ayad LAMDASSEM | FCA-Atl Bikila | 30.32 |
| 30. José Luis BLANCO | CA La Sansi | 32.58 |

SENIOR (F) 6.000 m.

| | | |
|-----------------------|------------------|-------|
| 1. Linet MASAI | Kenya | 27.06 |
| 3. Rosa MORATO | FCA-València TiM | 28.01 |
| 12. Gema BARRACHINA | FCA-València TiM | 29.19 |
| 13. Jacqueline MARTIN | FC Barcelona | 29.29 |
| 20. Núria PUIG | FC Barcelona | 31.09 |

XXVIII CROS INTERNACIONAL DE LA CONSTITUCIÓN (Alcobendas - MADRID) 6/12/2009

SENIOR (M) 10.100 m.

| | | |
|----------------------|--------------|-------|
| 1. Gebre GEBREMARIAM | Etiòpia | 30.55 |
| 14. José Luis BLANCO | CA La Sansi | 32.58 |
| 17. José RIOS | CA Manresa | 33.29 |
| 19. Angel MULLERA | CA Lloret-LS | 33.30 |

SENIOR (F) 5.900 m.

| | | |
|----------------------|------------------|-------|
| 1. Vivian CHERUIYOT | Kenya | 19.53 |
| 7. Judit PLA | FC Barcelona | 21.13 |
| 9. Jacqueline MARTIN | FC Barcelona | 21.20 |
| 11. Lídia RODRIGUEZ | ISS-L'Hospitalet | 21.55 |

XXXVIII CROS NACIONAL DE CANTIMPALOS
(Cantimpalos - SEGOVIA) 8/12/2009

| SENIOR (M) 10.000 m. | | | SENIOR (F) 6.500 m. | | |
|-----------------------------|--------------|-------|----------------------------|--------------|-------|
| 1. Amunel MESSEL | Eritrea | 30.29 | 1. Phalula LEOGANG | Sud-Àfrica | 22.48 |
| 8. Reyes ESTEVEZ | FC Barcelona | 31.23 | 2. Jacqueline MARTIN | FC Barcelona | 22.58 |

XXVII CROS NACIONAL FIESTAS DE LA VIRGEN
(Yecla - MURCIA) 13/12/2009

| SENIOR (F) 6.000 m. | | |
|----------------------------|--------------|-------|
| 1. Phalula LEOGANG | Sud-Àfrica | 21.44 |
| 3. Judit PLA | FC Barcelona | 21.52 |

XVIII CROS HIRU-HERRI
(Burlada - NAVARRA) 13/12/2009

| SENIOR (F) 6.120 m. | | |
|----------------------------|--------------|-------|
| 1. Jacqueline MARTIN | FC Barcelona | 21.27 |

XXX CROS INTERNACIONAL VENTA DE BAÑOS
(Venta de Baños - PALENCIA) 20/12/2009

| SENIOR (M) 10.575 m. | | | SENIOR (F) 6.775 m. | | |
|-----------------------------|-----------------|-------|----------------------------|------------------|-------|
| 1. Sergio SANCHEZ | FC Barcelona | 30.59 | 1. Veronica NYARUAI | Kenya | 22.47 |
| 4. Carles CASTILLEJO | FCA-Strands.com | 32.00 | 11. Gema BARRACHINA | FCA-València TiM | 23.56 |
| 10. Jordi COMAS | FC Barcelona | 32.40 | 12. Jacqueline MARTIN | FC Barcelona | 24.05 |
| 15. Judit PLA | FC Barcelona | 24.37 | | | |

LVI CROS INTERNACIONAL DE ZORNOTZA
(Amorebieta - VIZCAYA) 10/1/2010

| SENIOR (M) 10.700 m. | | | SENIOR (F) 6.700 m. | | |
|-----------------------------|----------------|-------|----------------------------|------------------|-------|
| 1. Hunegnaw MESFIN | Etiòpia | 35.24 | 1. Ann Karindi MWANGI | Kenya | 24.22 |
| 4. Ayad LAMDASSEM | FCA-Atl Bikila | 36.09 | 4. Rosa MORATO | FCA-València TiM | 25.17 |
| 13. Pol GUILLEN | FC Barcelona | 37.11 | 6. Jacqueline MARTIN | FC Barcelona | 26.18 |

XXIII CROS INTERNACIONAL DEL CALZADO
(Fuensalida - TOLEDO) 10/1/2010

| SENIOR (M) 10.700 m. | | | SENIOR (F) 6.500 m. | | |
|-----------------------------|-------------|-------|----------------------------|------------------|-------|
| 1. Teklemariam MEDHIN | Eritrea | 29.27 | 1. Pauline KORIKWIANG | Kenya | 20.05 |
| 11. José Luis BLANCO | CA La Sansi | 31.28 | 6. Eva ARIAS | FCA-València TiM | 22.15 |

XXVIII CROSS INTERNACIONAL DE ITÁLICA
(Santiponce - SEVILLA) 17/1/2010

SENIOR (M) 11.201 m.

| | | |
|----------------------|-----------------|-------|
| 1. Leonard KOMON | Kenya | 31.14 |
| 8. Carles CASTILLEJO | FCA-Strands.com | 32.15 |
| 18. José Luis BLANCO | CA La Sansi | 33.02 |
| 20. Angel MULLERA | CA Lloret-LS | 33.28 |
| 26. Pol GUILLEN | FC Barcelona | 33.59 |
| 28. Jordi COMAS | FC Barcelona | 34.13 |
| 37. Rubén PALOMEQUE | FC Barcelona | 35.13 |

SENIOR (F) 6.837 m.

| | | |
|-----------------|------------------|-------|
| 1. Linet MASAI | Kenya | 25.54 |
| 14. Rosa MORATO | FCA-València TiM | 27.34 |
| 22. Judit PLA | FC Barcelona | 28.39 |
| 32. Eva ARIAS | FCA-València TiM | 29.45 |

XXII CROS INTERNACIONAL AYUNTAMIENTO DE CAMARGO - PUNTA DE PARAYAS
(Maliaño - CANTABRIA) 17/1/2010

SENIOR (M) 10.090 m.

| | | |
|---------------------|--------------|-------|
| 1. Lhoussiane DHAME | Marroc | 30.59 |
| 18. Reyes ESTEVEZ | FC Barcelona | 34.02 |

SENIOR (F) 6.090 m.

| | | |
|----------------------|--------------|-------|
| 1. Monica JEPKOECH | Kenya | 21.21 |
| 6. Jacqueline MARTIN | FC Barcelona | 22.06 |

XXXIII CROS MEMORIAL JOSÉ LUIS ALOS
(HUESCA) 17/1/2010

SENIOR (M) 10.560 m.

| | | |
|-----------------------|----------------|-------|
| 1. Teklemariam MEDHIN | Eritrea | 30.43 |
| 3. Ayad LAMDASSEM | FCA-Atl Bikila | 31.44 |

SENIOR (F) 6.420 m.

| | | |
|----------------------|-----------------|-------|
| 1. Fortuna ZEGERGISH | Eritrea | 21.50 |
| 6. Teresa PULIDO | FCA-C Isabel II | 24.03 |

LV CROSS INTERNACIONAL DE SAN SEBASTIÁN
(SAN SEBASTIÁN) 31/1/2010

SENIOR (M) 10.000 m.

| | | |
|----------------|--------------|-------|
| 1. Mike KIGEN | Kenya | 31.29 |
| 7. José RIOS | CA Manresa | 34.35 |
| 8. Jordi COMAS | FC Barcelona | 34.53 |

SENIOR (F) 5.300 m.

| | | |
|--------------------|------------------|-------|
| 1. Aniko KALOVICS | Hongria | 19.45 |
| 3. Rosa MORATO | FCA-València TiM | 20.06 |
| 4. Gema BARRACHINA | FCA-València TiM | 20.15 |
| 5. Lúdia RODRIGUEZ | ISS-L'Hospitalet | 20.31 |

XXII CROSS INTERNACIONAL CIUDAD DE VALLADOLID
(VALLADOLID) 31/1/2010

SENIOR (M) 10.000 m.

| | | |
|----------------------|-----------------|-------|
| 1. Carles CASTILLEJO | FCA-Strands.com | 28.44 |
| 3. Ayad LAMDASSEM | FCA-Atl Bikila | 29.03 |
| 10. Reyes ESTEVEZ | FC Barcelona | 30.00 |
| 23. José Luis BLANCO | CA La Sansi | 31.08 |

SENIOR (F) 6.750 m.

| | | |
|----------------------|--------------|-------|
| 1. Diana MARTIN | Espanya | 22.52 |
| 4. Jacqueline MARTIN | FC Barcelona | 23.08 |

XLI TROFEO MARATHON DE CROSS – GP VILLA DE MADRID
(MADRID) 14/2/2010

SENIOR (M) 10.440 m.

| | | |
|-------------------|--------------|-------|
| 1. Alberto LOZANO | Espanya | 30.55 |
| 2. Angel MULLERA | CA Lloret-LS | 31.05 |

XL GRAN PREMIO CÁCERES DE CROSS
(Montehermoso - CÁCERES) 14/2/2010

SENIOR (M) 11.300 m.

| | | |
|----------------------|----------------|-------|
| 1. Elijah CHELIMO | Kenya | 32.58 |
| 4. Ayad LAMDASSEM | FCA-Atl Bikila | 33.25 |
| 14. José Luis BLANCO | CA La Sansi | 34.29 |
| 15. Reyes ESTEVEZ | FC Barcelona | 34.29 |
| 25. José RIOS | CA Manresa | 36.40 |

SENIOR (F) 7.300 m.

| | | |
|--------------------|------------------|-------|
| 1. Rosa MORATO | FCA-València TiM | 23.58 |
| 5. Gema BARRACHINA | FCA-València TiM | 24.09 |

FCA / CLUB = Atletes catalans que pertanyen a clubs de fora de Catalunya.