

| CAMPIONAT GIRONÍ DE PROVES COMBINADES 2010 | | | | | | | | | | | | | | | | | | |
|--|--------|-------------------------|------|-----|-----------|----------|-------|-------|----------|-------|--------|---------|-------|-------|-------|----------|---------|-------------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | | | | | | | | | |
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| PROVA DECATLÓ JUNIOR MASCULÍ | | | | | | | | | | | | | | | | | | |
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| LLOC | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | PROVA | 100M | LLARGADA | PES | ALÇADA | 400M | 110T | DISC | PERXA | JAVELINA | 1500M | TOTAL PUNTS |
| 1 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | MARCA | 12.84 | 5,49 | 10,05 | 1,59 | 1:00.01 | 21.74 | 29,07 | 2,20 | 30,23 | 5:16.13 | |
| | | | | | | | PUNTS | 495 | 479 | 489 | 457 | 413 | 225 | 446 | 179 | 302 | 470 | 3955 |
| 2 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | MARCA | 13.24 | 4,52 | 6,42 | 1,53 | 59.70 | ab. | 15,43 | X | 14,55 | 4:57.75 | |
| | | | | | | | PUNTS | 428 | 294 | 273 | 411 | 423 | 0 | 188 | 0 | 89 | 573 | 2679 |

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|--|--------|-----------------------|------|-----|-----------|----------|-------|-------|----------|------|--------|-------|-------|-------|----------|-------------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | | | | | | | |
| OCTATLÓ JUVENIL MASCULÍ | | | | | | | | | | | | | | | | |
| LLOC | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | PROVA | 100M | LLARGADA | PES | ALÇADA | 110T | DISC | PERXA | JAVELINA | TOTAL PUNTS |
| 1 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | MARCA | 13.48 | 4,89 | 7,98 | 1,53 | 23.20 | 21,16 | 3,20 | 26,59 | |
| | | | | | | | PUNTS | 390 | 361 | 365 | 411 | 141 | 294 | 406 | 252 | 2620 |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | | | | | | |
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| | PROVA | HEPTATLÓ CADET MASCULÍ | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| LLOC | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | PROVA | 100M | LLARGADA | PES | ALÇADA | 100T | PERXA | JAVELINA | TOTAL PUNTS |
| 2 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP | MARCA | 12.80 | 5,29 | 12'11 | 1,50 | 19.93 | 2,50 | 37,65 | |
| | | | | | | | PUNTS | 502 | 439 | 613 | 389 | 355 | 242 | 408 | 2948 |
| 1 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC | MARCA | 13.01 | 5,52 | 9,51 | 1,65 | 15.19 | 2,60 | 23,50 | |
| | | | | | | | PUNTS | 466 | 485 | 456 | 504 | 827 | 264 | 209 | 3211 |
| 3 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP | MARCA | 14.08 | 4,24 | 8,78 | 1,38 | 21.61 | 2,90 | 22,21 | |
| | | | | | | | PUNTS | 301 | 245 | 413 | 303 | 233 | 333 | 191 | 2019 |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | PUNTS |
| PROVA | | EXATLÓ CADET FEMENÍ | | | | | | | | | | | | | |
| LLOC | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | PROVA | 100T | ALÇADA | PES | LLARGADA | JAVELINA | 100 | TOTAL PUNTS | |
| | 2 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES | MARCA | 17.98 | 1,30 | 6,66 | 4,12 | 18,25 | 13.84 | |
| | | | | | | | | PUNTS | 491 | 409 | 313 | 336 | 256 | 629 | 2434 |
| | 1 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES | MARCA | 18.60 | 1,33 | 6,84 | 4,58 | 17,52 | 13.96 | |
| | | | | | | | | PUNTS | 428 | 439 | 325 | 448 | 243 | 610 | 2493 |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | |
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| | | | PROVA | 100 M ABS MASC | | | | |
| | | | SÈRIE | 1 | VENT | 1,6 | | |
| | | | | | | | | |
| LLOC | CARRER | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 4 | 12.80 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP |
| 2 | 8 | 12.84 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP |
| 3 | 6 | 13.01 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC |
| 4 | 5 | 13.24 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP |
| 5 | 7 | 13.48 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP |
| 6 | 3 | 14.08 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | |
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| | | PROVA | 100 M T CAD FEM | VENT | 1,4 | | |
| | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 17,98 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES |
| 2 | 18,60 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | |
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| | | PROVA | 100 METRES TANQUES CADET MASCULÍ | | VENT | 2,8 | |
| | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 15.19 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC |
| 2 | 19.93 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP |
| 3 | 21.61 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP |

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| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | |
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| | | PROVA | 110 M TANQUES JUNIOR MASCULINS | | VENT | 2,2 | |
| | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 21,74 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP |
| AB | | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP |
| | | | | | | | |
| | | PROVA | 110 M TANQUES JUVENIL MASCULINS | | VENT | 2,2 | |
| | | | | | | | |
| 1 | 23.20 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP |

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|--|--------|---------|--------|-------------------------|-----------|-----|-----------|----------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | |
| PROVA 400 M MASCULÍ | | | | | | | | |
| SÈRIE 1 | | | | | | | | |
| LLOC | CARRER | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 2 | 59:70 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP |
| 2 | 3 | 1:00.01 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP |

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| | | CAMPIONAT GIRONÍ DE PROVES COMBINADES 2010 | | | | | |
| | | PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | |
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| | | | | | | | |
| | | PROVA | 100 M CADET FEMENÍ | | | | |
| | | | | VENT | 1,7 | | |
| | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 13.84 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES |
| 2 | 13.96 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES |

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|--|---------|--------|-------------------------|-----------|-----|-----------|----------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | |
| PROVA | | | | | | | |
| 1500 JUNIOR M | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CATEGORIA | ANY | LLICÈNCIA | CLUB |
| 1 | 4:57.75 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP |
| 2 | 5:16.13 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP |

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|--|-------|--------|----------------------------------|------|-----|-----------|--------------|------|------|------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | |
| | | PROVA | LLARGADA M | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | 1 | 2 | 3 |
| 1 | 5,52 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC | 5,52 | X | X |
| | | | | | | | VENTS | 1,1 | 0,7 | 0,7 |
| 2 | 5,49 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | 5,27 | 5,45 | 5,49 |
| | | | | | | | VENTS | 0,8 | 0,5 | 0,8 |
| 3 | 5,29 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP | 4,73 | 5,29 | 4,95 |
| | | | | | | | VENTS | 1 | 0,9 | 1,3 |
| 4 | 4,89 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | 4,89 | 4,59 | 4,73 |
| | | | | | | | VENTS | 0,8 | 0,6 | 1,6 |
| 5 | 4,52 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | 4,14 | 4,33 | 4,52 |
| | | | | | | | VENTS | 1,4 | 0 | 0,7 |
| 6 | 4,24 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP | X | 4,05 | 4,24 |
| | | | | | | | VENTS | 1,7 | 0,9 | 0,4 |
| | | PROVA | LLARGADA M | | | | | | | |
| 1 | 4,58 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES | 4,31 | 4,58 | 4,36 |
| | | | | | | | VENTS | 1,9 | 2,0 | 1,2 |
| 2 | 4,12 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES | 3,85 | 4,12 | 3,96 |
| | | | | | | | VENTS | 1,4 | 1,7 | 1,4 |

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|--|-------|------------------|----------------------------------|------|-----|-----------|------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | | | | | | | | | | | | | | | | |
| PROVA | | ALÇADA CADET F | | | | | | | | | | | | | | | | | | | | | | | |
| | | ALÇADES | | | | | | | | | | | | | | | | | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | 1,21 | 1,24 | 1,27 | 1,30 | 1,33 | 1,36 | 1,39 | | | | | | | | | | | |
| 1 | 1,33 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES | 0 | 0 | 0 | 0 | 0 | XXX | | | | | | | | | | | | |
| 2 | 1,30 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES | 0 | 0 | 0 | 0 | XXX | | | | | | | | | | | | | |
| PROVA | | ALÇADA CADET M | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 1,65 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC | 1,20 | 1,23 | 1,26 | 1,29 | 1,32 | 1,35 | 1,38 | 1,41 | 1,44 | 1,47 | 1,50 | 1,53 | 1,56 | 1,59 | 1,62 | 1,65 | 1,68 | 1,71 |
| 2 | 1,50 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP | | | | | | X0 | 0 | X0 | X0 | 0 | XX0 | XXX | | | | | | |
| 3 | 1,38 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP | 0 | 0 | 0 | 0 | 0 | 0 | 0 | XXX | | | | | | | | | | |
| PROVA | | ALÇADA JUVENIL M | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 1,53 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | X0 | 0 | 0 | XX0 | | | | | | |
| PROVA | | ALÇADA JUNIOR M | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 1,59 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | | | | | | | | 0 | | 0 | 0 | 0 | X0 | X0 | XXX | | | |
| 2 | 1,53 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | 0 | 0 | | 0 | 0 | 0 | 0 | 0 | 0 | X0 | 0 | XX0 | | | | | | |

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|--|-------|--------|----------------------------------|------|-----|-----------|------------|-------|-------|-------|
| PALAFRUGELL 16 i 17 D'OCTUBRE | | | | | | | | | | |
| PROVA PES CADET F | | | | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | 1 | 2 | 3 |
| 1 | 6,84 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES | X | 6,69 | 6,84 |
| 2 | 6,66 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES | X | 5,38 | 6,66 |
| PROVA PES JM (6KG) | | | | | | | | | | |
| 1 | 10,05 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | 10,05 | 9,79 | 9,44 |
| 2 | 6,42 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | 6,15 | 6,37 | 6,42 |
| PROVA PES LM (5KG) | | | | | | | | | | |
| 1 | 7,98 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | 7,01 | 7,98 | 7,62 |
| PROVA PES CM (4KG) | | | | | | | | | | |
| 1 | 12,11 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP | X | 11'41 | 12'11 |
| 2 | 9,51 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC | 8,93 | X | 9,51 |
| 3 | 8,78 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP | 7,91 | 7,82 | 8,78 |
| PROVA JAVELINA CADET F | | | | | | | | | | |
| LLOC | MARCA | DORSAL | ATLETA | CAT. | ANY | LLICÈNCIA | CLUB | 1 | 2 | 3 |
| 1 | 18,25 | 500 | PUELL GIRONES, JÚLIA | CF | 96 | CL50513 | CNBANYOLES | 17,94 | 18,25 | X |
| 2 | 17,52 | 499 | COROMINAS MARISCOT, MARTA | CF | 95 | CL50519 | CNBANYOLES | 17,52 | 17,13 | 17,17 |
| PROVA DISC LM | | | | | | | | | | |
| 1 | 21,16 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | 20,3 | 21,16 | 19,95 |
| PROVA DISC JM | | | | | | | | | | |
| 1 | 29,07 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | 29,07 | 27,28 | 28,79 |
| 2 | 15,43 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | 14,39 | 15,43 | 14,9 |
| PROVA JAVELINA JM | | | | | | | | | | |
| 1 | 30,23 | 492 | JOFRA CASTELLS, MIQUEL | JM | 92 | CT17163 | GICB-CAP | 30,23 | X | X |
| 2 | 14,55 | 496 | PLANAGUMÀ COSTOYA, MARC | JM | 92 | CT17164 | GICB-CAP | X | 13,23 | 14,55 |
| PROVA JAVELINA LM | | | | | | | | | | |
| 1 | 26,59 | 493 | ALABERT ALDANA, MARTÍ | LM | 94 | CL50915 | GICB-CAP | 24,26 | 26,59 | 26,56 |
| PROVA JAVELINA CM | | | | | | | | | | |
| 1 | 37,65 | 497 | BLANCO RODRIGUEZ, MIGUEL ALBERTO | CM | 96 | CT53721 | GICB-CAP | 31,26 | 37,65 | 29,79 |
| 2 | 23,5 | 494 | DEL RIO ESCRIBANO, VICTOR | CM | 95 | CL-52950 | AAC | 23,5 | 21,74 | X |
| 3 | 22,21 | 498 | MASSA PIRES, NARCÍS | CM | 95 | CL50917 | GICB-CAP | 18,53 | 20,9 | 22,21 |

