



Club Atlètic Manresa

CONTROL DE PROMOCIÓ

DEL BAGES

1a jornada, Estadi Municipal d'El Congost

Manresa, 7 de novembre del 2008

3.000 metres llisos CADET MASCULÍ

| | | | | |
|----|-------------------------|----|-------------|----------|
| 1. | Guillem Armengol Selvas | 95 | C.A.Manresa | 12'10''7 |
| 2. | Valentí Grau Grau | 94 | C.A.Manresa | 12'16''1 |
| 3. | Anouar Khorrizi | 94 | C.A.Manresa | 12'33''9 |
| 4. | Pau Ventura Alsina | 95 | C.A.Manresa | 12'44''1 |
| 5. | Sergi Rares | 95 | C.A.Manresa | 12'59''2 |
| 6. | Steven Sanchez | 95 | C.A.Manresa | 13'03''0 |
| 7. | Ferran Figuera | 95 | C.A.Manresa | 13'43''7 |
| 8. | Marcel Cases Freixenet | 95 | C.A.Manresa | 15'29''0 |
| 9. | Alvaro Flores Canton | 95 | C.A.Manresa | 15'37''3 |

Pes (4 kg) CADET MASCULÍ

| | | | | |
|----|-------------------------|----|-------------|------|
| 1. | Guillem Armengol Selvas | 95 | C.A.Manresa | 7,69 |
| 2. | Steven Sanchez | 95 | C.A.Manresa | 7,18 |
| 3. | Valentí Grau Grau | 94 | C.A.Manresa | 6,65 |
| 4. | Alvaro Flores Canton | 95 | C.A.Manresa | 6,29 |
| 5. | Pau Ventura Alsina | 95 | C.A.Manresa | 6,06 |
| 6. | Marcel Cases Freixenet | 95 | C.A.Manresa | 6,04 |
| 7. | Ferran Figuera | 95 | C.A.Manresa | 5,75 |
| 8. | Sergi Rares | 95 | C.A.Manresa | 5,18 |

| Atleta | 1er | 2on | 3er |
|------------------|------------|------------|------------|
| Alvaro Flores | 6,29 | 4,45 | 5,81 |
| Pau Ventura | 6,06 | 5,61 | 5,29 |
| Marcel Cases | 6,04 | 5,83 | 5,40 |
| Sergi Rares | X | 5,18 | 5,15 |
| Steven Sanchez | 7,18 | 6,15 | 6,97 |
| Valentí Grau | X | 6,65 | 6,26 |
| Guillem Armengol | 6,64 | 6,20 | 7,69 |
| Ferran Figuera | X | 5,75 | 5,47 |

3.000 metres llisos CADET FEMENÍ

| | | | | |
|-----|-------------------------|----|-------------|----------|
| 1. | Núria Tió Peig | 95 | C.A.Manresa | 12'11''7 |
| 2. | Soumia Chiger | 95 | C.A.Manresa | 12'25''8 |
| 3. | Berta Garcia Castellar | 95 | C.A.Manresa | 12'54''4 |
| 4. | Judit Vilalta Caellas | 94 | C.A.Manresa | 12'54''8 |
| 5. | Lisa Cuesta Motzkat | 95 | C.A.Manresa | 13'51''0 |
| 6. | Andrea Otaola Otaola | 95 | C.A.Manresa | 13'52''9 |
| 7. | Alba de Arriba Cerarols | 95 | C.A.Manresa | 14'15''5 |
| 8. | Paula Clares Puig | 95 | C.A.Manresa | 15'41''0 |
| 9. | Daniela Ochoa Cebriá | 94 | C.A.Manresa | 15'58''2 |
| 10. | Maria Perramon Mascaró | 95 | C.A.Manresa | 16'00''8 |
| 11. | Mercè Gamiz Pinyot | 95 | C.A.Manresa | AB |
| 12. | Marina Grau Grau | 95 | C.A.Manresa | AB |
| 13. | Gemma Pallàs Lloyds | 94 | C.A.Manresa | AB |
| 14. | Teresa Pons Lopez | 95 | C.A.Manresa | AB |

Pes (3 kg) CADET FEMENÍ

| | | | | |
|-----|---------------------------|----|-------------|------|
| 1. | Laura Clemente Martí | 94 | C.A.Manresa | 8,50 |
| 2. | Anna Valdeolivas Martínez | 94 | C.A.Manresa | 8,47 |
| 3. | Gemma Fontané Pinyot | 94 | C.A.Manresa | 8,42 |
| 4. | Eulàlia Raich Busquets | 94 | C.A.Manresa | 7,35 |
| 5. | Jennifer Lasierra Garcia | 94 | C.A.Manresa | 7,33 |
| 6. | Aina Soler Marquillas | 94 | C.A.Manresa | 6,94 |
| 7. | Núria Tió Peig | 95 | C.A.Manresa | 6,76 |
| 8. | Alba de Arriba Cerarols | 95 | C.A.Manresa | 6,63 |
| 9. | Maria Romero Pardo | 94 | C.A.Manresa | 6,13 |
| 10. | Gemma Sanjuan Segarra | 95 | C.A.Manresa | 6,06 |
| 11. | Judit Vilalta Caellas | 94 | C.A.Manresa | 6,03 |
| 12. | Maria Vilaseca del Rio | 94 | C.A.Manresa | 5,82 |
| 13. | Aina Laguarda Alapont | 94 | C.A.Manresa | 5,81 |
| 14. | Mercè Gamiz Pinyot | 95 | C.A.Manresa | 5,54 |
| 15. | Berta Garcia Castellar | 95 | C.A.Manresa | 5,53 |
| 16. | Daniela Ochoa Cebriá | 94 | C.A.Manresa | 5,43 |
| 17. | Marina Grau Grau | 95 | C.A.Manresa | 5,40 |
| 18. | Gemma Pallàs Lloyds | 94 | C.A.Manresa | 5,31 |
| 19. | Susagna Puig Perez | 94 | C.A.Manresa | 5,18 |
| 20. | Clàudia del Paso Martínez | 95 | C.A.Manresa | 5,17 |
| 21. | Paula Clares Puig | 95 | C.A.Manresa | 4,98 |
| 22. | Ester Martínez Ruiz | 95 | C.A.Manresa | 4,94 |
| 23. | Lisa Cuesta Motzkat | 95 | C.A.Manresa | 4,92 |
| 24. | Andrea Otaola Otaola | 95 | C.A.Manresa | 4,62 |
| 25. | Soumia Chiger | 95 | C.A.Manresa | 4,48 |
| 26. | Teresa Pons Lopez | 95 | C.A.Manresa | 4,40 |
| 27. | Maria Perramon Mascaró | 95 | C.A.Manresa | 4,25 |

| Atleta | 1er | 2on | 3er |
|-------------------|------------|------------|------------|
| Aina Soler | 6,36 | 6,94 | 6,40 |
| Susagna Puig | X | X | 5,18 |
| Maria Vilaseca | 5,66 | 5,82 | 5,67 |
| Andrea Otaola | 4,62 | 3,75 | X |
| Lisa Cuesta | 4,37 | 4,92 | 4,78 |
| Clàudia del Paso | 5,09 | 4,98 | 5,17 |
| Mercè Gamiz | 5,25 | 4,68 | 5,54 |
| Núria Tió | 6,37 | 5,92 | 6,78 |
| Somia Chiger | 4,44 | 4,48 | 4,48 |
| Berta Garcia | 5,29 | 4,91 | 5,53 |
| Maria Perramon | 4,10 | 3,74 | 4,25 |
| Alba de Arriba | 6,54 | 6,52 | 6,63 |
| Gemma Sanjuan | 5,51 | 6,06 | 5,75 |
| Maria Romero | 5,76 | 5,56 | 6,13 |
| Teresa Pons | 3,55 | 3,78 | 4,40 |
| Paula Clares | 4,81 | 4,26 | 4,98 |
| Aina Laguarda | 5,81 | X | 5,34 |
| Eulàlia Raich | 7,24 | 7,35 | 7,12 |
| Jennifer Lasierra | 7,05 | 7,33 | 6,87 |
| Daniela Ochoa | 4,78 | 5,43 | 4,57 |
| Gemma Pallàs | 5,31 | X | X |
| Ester Martínez | 4,94 | X | X |
| Judit Vilalta | 5,87 | 5,95 | 6,03 |
| Marina Grau | 5,05 | 5,40 | X |
| Gemma Fontané | 7,92 | 8,42 | 8,09 |
| Anna Valdeolivas | 8,03 | 7,09 | 8,47 |
| Laura Clemente | 7,88 | 8,50 | 8,21 |

1.000 metres llisos INFANTIL MASCULÍ

| | | | | |
|----|---------------------------|----|-------------|---------|
| 1. | Guillem Ibañez Massanes | 96 | C.A.Manresa | 3'25''9 |
| 2. | Carlos Guaman Pozo | 96 | C.A.Manresa | 3'33''9 |
| 3. | Eloi Valls Saraiva | 97 | C.A.Manresa | 3'36''5 |
| 4. | Víctor Sabariego Saez | 96 | C.A.Manresa | 3'44''4 |
| 5. | Gerard Laymon Vilaró | 96 | C.A.Manresa | 3'52''1 |
| 6. | Jordi Borderias Cantarell | 97 | C.A.Manresa | 3'53''0 |
| 7. | Martí Sugrañes Grané | 97 | C.A.Manresa | 4'07''4 |
| 8. | Arnau Isus Escoll | 96 | C.A.Manresa | 4'19''6 |
| 9. | Eric Sabariego Putellas | 97 | C.A.Manresa | 4'31''2 |

Alçada INFANTIL MASCULÍ

| | | | | |
|-----|---------------------------|----|-------------|------|
| 1. | Víctor Sabariego Saez | 96 | C.A.Manresa | 1,41 |
| 2. | Aleix Güell Maraver | 96 | C.A.Manresa | 1,36 |
| 3. | Guillem Ibañez Massanes | 96 | C.A.Manresa | 1,26 |
| 4. | Gerard Laymon Vilaró | 96 | C.A.Manresa | 1,26 |
| 5. | Carlos Guaman Pozo | 96 | C.A.Manresa | 1,26 |
| 6. | Lluc Rosell Bodro | 96 | C.A.Manresa | 1,21 |
| 7. | Eloi Valls Saraiva | 97 | C.A.Manresa | 1,10 |
| 8. | Nicky Bresser Garcia | 96 | C.A.Manresa | 1,10 |
| 9. | Martí Sugrañes Grané | 97 | C.A.Manresa | 1,10 |
| 10. | Eric Sabariego Putellas | 97 | C.A.Manresa | 1,00 |
| 11. | Jordi Borderias Cantarell | 97 | C.A.Manresa | 1,00 |
| 12. | Arnau Isus Escoll | 96 | C.A.Manresa | 1,00 |

| Atleta | 0,80 | 0,90 | 1,00 | 1,10 | 1,16 | 1,21 | 1,26 | 1,31 | 1,36 | 1,41 |
|------------------|------|------|------|------|------|------|------|------|------|------|
| Nicky Bresser | O | O | XO | XO | XXX | | | | | |
| Víctor Sabariego | - | O | O | O | O | O | O | O | XO | O |
| Aleix Güell | O | - | O | O | XO | O | O | XO | XO | XXX |
| Eloi Valls | O | O | O | XO | XXX | | | | | |
| Carlos Guaman | O | O | O | O | O | XXO | XO | XXX | | |
| Gerard Laymon | O | O | O | O | O | XO | O | XXX | | |
| Guillem Ibañez | O | O | O | O | O | O | O | XXX | | |
| Martí Sugrañes | O | O | O | XXO | XXX | | | | | |
| Jordi Borderias | O | O | XXO | XXX | | | | | | |
| Eric Sabariego | O | O | O | XXX | | | | | | |
| Arnau Isus | O | XO | XXO | XXX | | | | | | |
| Lluc Rosell | O | - | O | O | XO | XXO | XXX | | | |

1.000 metres llisos INFANTIL FEMENÍ

| | | | | |
|-----|---------------------------|----|-------------|--------|
| 1. | Miren Ribera Quilez | 96 | C.A.Manresa | 3'37"2 |
| 2. | Queralt Ibañez Massanes | 97 | C.A.Manresa | 3'44"9 |
| 3. | Mònica Clemente Martí | 96 | C.A.Manresa | 3'45"7 |
| 4. | Laura Flores Villarta | 97 | C.A.Manresa | 3'46"7 |
| 5. | Marta Reig Lladó | 97 | C.A.Manresa | 3'53"1 |
| 6. | Júlia Busquets Escobet | 96 | C.A.Manresa | 3'54"4 |
| 7. | Emilia del Hoyo Perez | 97 | C.A.Manresa | 3'57"4 |
| 8. | Aina Ibañez Massanes | 97 | C.A.Manresa | 4'02"5 |
| 9. | Júlia Quevedo Subirats | 97 | C.A.Manresa | 4'03"7 |
| 10. | Fiona Saladich Vallribera | 96 | C.A.Manresa | 4'08"6 |
| 11. | Anna Vadillo Jiménez | 96 | C.A.Manresa | 4'08"9 |
| 12. | Sara Flores Talon | 97 | C.A.Manresa | 4'12"1 |
| 13. | Paula Raul Sala | 96 | C.A.Manresa | 4'18"1 |
| 14. | Mar Ruiz Beleña | 97 | C.A.Manresa | 4'20"2 |
| 15. | Laura Manubens Marquez | 96 | C.A.Manresa | 4'23"7 |
| 16. | Joana Garcia Flotats | 96 | C.A.Manresa | 4'24"5 |
| 17. | Maria Olucha Tarres | 97 | C.A.Manresa | 4'24"9 |

Alçada INFANTIL FEMENÍ

| | | | | |
|--------|---------------------------|----|-------------|------|
| 1. | Mònica Clemente Martí | 96 | C.A.Manresa | 1,31 |
| 2. | Laura Manubens Marquez | 96 | C.A.Manresa | 1,21 |
| 3. ex | Paula Raul Sala | 96 | C.A.Manresa | 1,10 |
| 3. ex | Júlia Busquets Escobet | 96 | C.A.Manresa | 1,10 |
| 5. | Laura Flores Villarta | 97 | C.A.Manresa | 1,10 |
| 6. ex | Sara Flores Talon | 97 | C.A.Manresa | 1,10 |
| 6. ex | Aina Ibañez Massanes | 97 | C.A.Manresa | 1,10 |
| 6. ex | Emilia del Hoyo Perez | 97 | C.A.Manresa | 1,10 |
| 9. ex | Júlia Quevedo Subirats | 97 | C.A.Manresa | 1,00 |
| 9. ex | Queralt Ibañez Massanes | 97 | C.A.Manresa | 1,00 |
| 9. ex | Anna Vadillo Jiménez | 96 | C.A.Manresa | 1,00 |
| 9. ex | Miren Ribera Quilez | 96 | C.A.Manresa | 1,00 |
| 13. | Carme Vilaseca del Rio | 96 | C.A.Manresa | 1,00 |
| 14. | Marta Reig Lladó | 97 | C.A.Manresa | 1,00 |
| 15. ex | Joana Garcia Flotats | 96 | C.A.Manresa | 1,00 |
| 15. ex | Maria Olucha Tarres | 97 | C.A.Manresa | 1,00 |
| 15. ex | Mar Ruiz Beleña | 97 | C.A.Manresa | 1,00 |
| 18. | Fiona Saladich Vallribera | 96 | C.A.Manresa | 0,90 |
| 19. | Mercè Riera Sató | 97 | C.A.Manresa | 0,90 |

| Atleta | 0,80 | 0,90 | 1,00 | 1,10 | 1,16 | 1,21 | 1,26 | 1,31 | 1,36 |
|-----------------|------|------|------|------|------|------|------|------|------|
| Sara Flores | O | O | O | XXO | XXX | | | | |
| Joana Garcia | XXO | O | XXO | XXX | | | | | |
| Júlia Quevedo | O | O | O | XXX | | | | | |
| Queralt Ibañez | O | O | O | XXX | | | | | |
| Mercè Riera | XO | O | XXX | | | | | | |
| Laura Flores | XO | O | O | O | XXX | | | | |
| Paula Raul | O | O | O | O | XXX | | | | |
| Anna Vadillo | O | O | O | XXX | | | | | |
| Carne Vilaseca | O | XO | O | XXX | | | | | |
| Maria Olucha | O | O | XXO | XXX | | | | | |
| Aina Ibañez | O | O | O | XXO | XXX | | | | |
| Marta Reig | O | O | XO | XXX | | | | | |
| Mar Ruiz | O | O | XXO | XXX | | | | | |
| Emilia del Hoyo | O | O | O | XXO | XXX | | | | |
| Miren Ribera | O | O | O | XXX | | | | | |
| Laura Manubens | O | O | O | O | O | XO | XXX | | |
| Fiona Saladich | O | O | X-- | | | | | | |
| Júlia Busquets | O | O | O | O | XXX | | | | |
| Mònica Clemente | O | O | O | O | O | O | O | O | XXX |

60 metres tanques (0,50) ALEVÍ MASCULÍ

1a sèrie

- | | | | | |
|----|-------------------------|----|-------------|-------|
| 1. | Marc Palà Massip | 99 | C.A.Manresa | 12''7 |
| 2. | Cristian Sabariego Saez | 99 | C.A.Manresa | 13''9 |
| 3. | Cesc Garcia Vilamú | 99 | C.A.Manresa | 15''4 |

2a sèrie

- | | | | | |
|----|---------------------------|----|-------------|-------|
| 1. | Angel Hontencillas Garcia | 99 | C.A.Manresa | 12''2 |
| 2. | Jan Bonet Bernadich | 98 | C.A.Manresa | 12''5 |
| 3. | Carles Pintó Serra | 98 | C.A.Manresa | 12''9 |

3a sèrie

- | | | | | |
|----|------------------------|----|-------------|-------|
| 1. | Roger Pich Costa | 98 | C.A.Manresa | 11''4 |
| 2. | Pol Cases Freixenet | 98 | C.A.Manresa | 13''3 |
| 3. | Adrià Cifuentes Casals | 98 | C.A.Manresa | 14''2 |

4a sèrie

- | | | | | |
|----|-----------------------|----|-------------|-------|
| 1. | Dani Salvans Quesada | 98 | C.A.Manresa | 13''8 |
| 2. | Josep Pareja Martínez | 99 | C.A.Manresa | 17''8 |

60 metres tanques (0,50) ALEVÍ FEMENÍ

1a sèrie

- | | | | | |
|----|-------------------------|----|-------------|-------|
| 1. | Elsa Liria Ruiz | 99 | C.A.Manresa | 12''3 |
| 2. | Anna Santacreu Puiggròs | 98 | C.A.Manresa | 12''7 |
| 3. | Mireia Via Comas | 98 | C.A.Manresa | 12''9 |

2a sèrie

- | | | | | |
|----|-----------------------|----|-------------|-------|
| 1. | Júlia Llimós Aubach | 99 | C.A.Manresa | 12''8 |
| 2. | Ariadna García Puigbó | 99 | C.A.Manresa | 13''0 |

3a sèrie

- | | | | | |
|----|-------------------------|----|-------------|-------|
| 1. | Marta Perarnau Massanés | 99 | C.A.Manresa | 16''0 |
| 2. | Georgina López Arjona | 99 | C.A.Manresa | 17''3 |
| 3. | Ana Lozano Perez | 99 | C.A.Manresa | 19''3 |

Llargada BENJAMÍ MASCULÍ

| | | | | |
|----|---------------------------|----|-------------|------|
| 1. | Pol Jorba Lloses | 00 | C.A.Manresa | 2,57 |
| 2. | Quim Escribano Mas | 00 | C.A.Manresa | 2,51 |
| 3. | Arnau de Arriba Cerarols | 01 | C.A.Manresa | 2,27 |
| 4. | Eduard Riera Pradas | 01 | C.A.Manresa | 2,13 |
| 5. | Pep Plana Serentill | 01 | C.A.Manresa | 2,04 |
| 6. | Joan Ballesteros Vilarasa | 01 | C.A.Manresa | 1,94 |

| Atleta | 1er | 2on | 3er |
|------------------|------|------|------|
| Pol Jorba | 2,34 | 2,25 | 2,57 |
| Quim Escribano | 2,38 | 2,51 | 2,12 |
| Joan Ballesteros | 1,42 | 1,94 | 1,81 |
| Arnau de Arriba | 2,06 | X | 2,27 |
| Pep Plana | 2,04 | 1,96 | 1,93 |
| Eduard Riera | 1,78 | 1,89 | 2,13 |

Llargada BENJAMÍ FEMENÍ

| | | | | |
|-----|--------------------------|----|-------------|------|
| 1. | Elna Cornellas Escayola | 01 | C.A.Manresa | 2,70 |
| 2. | Berta Rosell Bodro | 00 | C.A.Manresa | 2,35 |
| 3. | Carla Clotet Blanco | 01 | C.A.Manresa | 2,16 |
| 4. | Abril Pla Aleu | 01 | C.A.Manresa | 2,05 |
| 5. | Anna Gassó Duocastella | 00 | C.A.Manresa | 1,93 |
| 6. | Isabel Sanchez | 01 | C.A.Manresa | 1,92 |
| 7. | Judit Pla Aleu | 01 | C.A.Manresa | 1,90 |
| 8. | Naomi Macià Ferrer | 00 | C.A.Manresa | 1,75 |
| 9. | Aina Gener Benito | 01 | C.A.Manresa | 1,64 |
| 10. | Meritxell Endefaque Prat | 00 | C.A.Manresa | 1,63 |

| Atleta | 1er | 2on | 3er |
|---------------------|------|------|------|
| Carla Clotet | 2,16 | 2,03 | 1,93 |
| Aina Gener | 1,57 | 1,64 | 1,58 |
| Isabel Sánchez | 1,48 | 1,92 | 1,83 |
| Abril Pla | 1,84 | X | 2,05 |
| Júlia Pla | 1,62 | X | 1,90 |
| Elna Cornellas | 2,20 | 2,51 | 2,70 |
| Naomi Macià | 1,75 | X | 1,30 |
| Meritxell Endefaque | 1,36 | 1,61 | 1,63 |
| Berta Rosell | 2,30 | 2,28 | 2,35 |
| Anna Gassó | X | X | 1,93 |

Llargada PRE-BENJAMÍ MASCULÍ

| | | | | |
|----|-----------------------|----|-------------|------|
| 1. | Adrià Palà Massip | 02 | C.A.Manresa | 1,95 |
| 2. | Pau Gassó Duocastella | 02 | C.A.Manresa | 1,75 |
| 3. | Pol Solernau Lladó | 02 | C.A.Manresa | 1,72 |
| 4. | Biel Diaz Basullas | 03 | C.A.Manresa | 1,42 |
| 5. | Miquel Escribano Mas | 03 | C.A.Manresa | 1,39 |
| 6. | Arnau Lopez Arjona | 03 | C.A.Manresa | 1,38 |
| 7. | Martí Sarda Torné | 03 | C.A.Manresa | 1,34 |

| Atleta | 1er | 2on | 3er |
|------------------|------|------|------|
| Adrià Palà | 1,95 | 1,84 | X |
| Pol Solernau | 1,72 | X | 1,69 |
| Biel Basullas | 1,32 | 1,26 | 1,42 |
| Martí Sarda | X | 1,34 | X |
| Arnau Lopez | 1,16 | 1,38 | 1,37 |
| Miquel Escribano | 1,39 | 1,24 | 1,17 |
| Pau Gassó | 1,22 | 1,61 | 1,75 |

Llargada PRE-BENJAMÍ FEMENÍ

| | | | | |
|----|-------------------------|----|-------------|------|
| 1. | Núria Santacreu Puigròs | 02 | C.A.Manresa | 1,51 |
| 2. | Cèlia Jorba Lloses | 02 | C.A.Manresa | 1,49 |
| 3. | Elia Endefaque Prat | 02 | C.A.Manresa | 1,42 |

| Atleta | 1er | 2on | 3er |
|-----------------|------|------|------|
| Núria Santacreu | X | 1,23 | 1,51 |
| Cèlia Jorba | 1,17 | 1,28 | 1,49 |
| Elia Endefaque | 1,33 | 1,31 | 1,42 |