

MITJA MARATÓ

DATA	COMPETICIO	KM	TEMPS	RITME
23/11/1996	M.MARATO VALL DEL BAC-SADERNES	21,097	2:13:26	0:06:19
19/05/1996	M.MARATO GIRONA	21,097	1:43:00	0:04:53
01/09/1996	M.MARATO GARROTXA	21,097	1:40:00	0:04:44
17/11/1996	M.MARATO RIPOLL	21,097	1:34:00	0:04:27
12/01/1997	M.MARATO SITGES	21,097	1:32:00	0:04:22
19/01/1997	M.MARATO GRANOLLERS	21,097	1:35:00	0:04:30
09/02/1997	M.MARATO BARCELONA	21,097	1:37:00	0:04:36
02/03/1997	M.MARATO PLA DE L'ESTANY	21,097	1:35:00	0:04:30
20/04/1997	M.MARATO BADALONA	21,097	1:32:00	0:04:22
27/04/1997	M.MARATO VIC	21,097	1:32:10	0:04:22
18/05/1997	M.MARATO GIRONA	21,097	1:35:00	0:04:30
07/09/1997	M.MARATO GARROTXA	21,097	1:36:15	0:04:34
25/10/1997	M.MARATO VALL DEL BAC-SADERNES	21,097	1:32:34	0:04:23
16/11/1997	M.MARATO RIPOLL	21,097	1:30:12	0:04:17
07/12/1997	M.MARATO BAIX PENEDES	21,097	1:26:34	0:04:06
17/05/1998	M.MARATO GIRONA	21,097	1:30:42	0:04:18
06/09/1998	M.MARATO GARROTXA	21,097	1:30:04	0:04:16
31/10/1998	M.MARATO VALL DEL BAC-SADERNES	21,097	1:39:00	0:04:42
15/11/1998	M.MARATO RIPOLL	21,097	1:31:28	0:04:20
29/11/1998	M.MARATO TARRAGONA	21,097	1:30:20	0:04:17
13/12/1998	M.MARATO VILANOVA I LA GELTRU	21,097	1:31:29	0:04:20
24/01/1999	M.MARATO GRANOLLERS	21,097	1:29:36	0:04:15
06/06/1999	M.MARATO FIGUERES	21,097	1:32:00	0:04:22
03/10/1999	M.MARATO VIC	21,097	1:27:30	0:04:09
30/10/1999	M.MARATO VALL DEL BAC-SADERNES	21,097	1:30:47	0:04:18
21/11/1999	M.MARATO RIPOLL	21,097	1:25:55	0:04:04
06/02/2000	M.MARATO BARCELONA	21,097	1:26:55	0:04:07
05/03/2000	M.MARATO PLA DE L'ESTANY	21,097	1:25:42	0:04:04
09/04/2000	M.MARATO GARROTXA	21,097	1:26:43	0:04:07
08/10/2000	M.MARATO VIC	21,097	1:30:44	0:04:18
05/11/2000	M.MARATO ESPIRALL	21,097	1:25:42	0:04:04
21/01/2001	M.MARATO GRANOLLERS	21,097	1:25:44	0:04:04
18/02/2001	M.MARATO BARCELONA	21,097	1:23:25	0:03:57
04/03/2001	M.MARATO PLA DE L'ESTANY	21,097	1:28:50	0:04:13
08/04/2001	M.MARATO GARROTXA	21,097	1:23:41	0:03:58
29/04/2001	M.MARATO GIRONA	21,097	1:25:32	0:04:03
07/10/2001	M.MARATO DE VIC	21,097	1:29:49	0:04:15
21/10/2001	M.MARATO PUIGCERDÀ	21,097	1:29:12	0:04:14
03/11/2001	M.MARATO VALL DEL BAC-SADERNES	21,097	1:34:00	0:04:27
18/11/2001	M.MARATO RIPOLL	21,097	1:25:10	0:04:02
10/02/2002	M.MARATO GRANOLLERS	21,097	1:27:10	0:04:08
10/03/2002	M.MARATO VIC	21,097	1:25:35	0:04:03
07/04/2002	M.MARATO GARROTXA	21,097	1:26:42	0:04:07
28/04/2002	M.M.GIRONA	21,097	1:26:45	0:04:07
22/09/2002	M.M. BARCELONA	21,097	1:31:37	0:04:21
17/11/2002	M.MARATO RIPOLL	21,097	1:28:16	0:04:11
15/12/2002	M.M. VILANOVA I LA GELTRU	21,097	1:26:44	0:04:07
12/01/2003	M.M. SITGES	21,097	1:26:59	0:04:07
02/02/2003	M.M.GRANOLLERS	21,097	1:24:32	0:04:00
02/03/2003	M.M. BANYOLES	21,097	1:28:19	0:04:11
06/04/2003	M.M.VIC	21,097	1:28:08	0:04:11

04/05/2003	M.M.GARROTXA	21,097	1:31:26	0:04:20
11/05/2003	M.M.MATARO	21,097	1:31:00	0:04:19
09/11/2003	M.M.CASTELLBISBAL	21,097	1:31:12	0:04:19
14/12/2003	M.M.VILANOVA I LA GELTRU	21,097	1:29:12	0:04:14
21/12/2003	M.M.ESPIRALL	21,097	1:28:41	0:04:12
18/01/2004	M.M.TERRASSA	21,097	1:28:11	0:04:11
01/02/2004	M.M.GRANOLLERS	21,097	1:28:00	0:04:10
15/02/2004	M.M.GAVA-CASTELLDEFELS	21,097	1:28:45	0:04:12
29/02/2004	M.M.MONTORNERS	21,097	1:28:28	0:04:12
07/03/2004	M.M.BANYOLES	21,097	1:28:45	0:04:12
28/03/2004	M.M.GARROTXA	21,097	1:32:15	0:04:22
25/04/2004	M.M.GIRONA	21,097	1:32:19	0:04:23
30/05/2004	M.M.VIELHA-LES	21,097	1:29:00	0:04:13
06/02/2005	M.M.GRANOLLERS	21,097	1:35:49	0:04:33
27/02/2005	M.M.MONTORNERS	21,097	1:34:39	0:04:29
06/03/2005	M.M.BANYOLES	21,097	1:36:04	0:04:33
20/11/2005	M.M.RIPOLL	21,097	1:35:48	0:04:32
19/02/2006	M.M.GAVA-CASTELLDEFELS	21,097	1:38:16	0:04:39
05/03/2006	M.M.BANYOLES	21,097	1:37:45	0:04:38
07/05/2006	M.M.GARROTXA	21,097	1:34:25	0:04:29
19/11/2006	M.M.RIPOLL	21,097	1:35:55	0:04:33
03/12/2006	M.M.MATARO	21,097	1:35:55	0:04:33
04/02/2007	M.M.GRANOLLERS	21,097	1:36:00	0:04:33
04/03/2007	M.M.BANYOLES	21,097	1:42:30	0:04:52
18/03/2007	M.M.BERGA	21,097	1:40:11	0:04:45
22/04/2007	M.M.GIRONA	21,097	1:30:52	0:04:18
06/05/2007	M.M.GARROTXA	21,097	1:36:00	0:04:33
03/02/2008	M.M.GRANOLLERS	21,097	1:34:27	0:04:29
16/11/2008	M.M.RIPOLL	21,097	1:32:48	0:04:24
08/02/2009	M.M.BARCELONA	21,097	1:29:54	0:04:16
26/04/2009	M.M.GARROTXA	21,097	1:32:31	0:04:23
10/05/2009	M.M.GIRONA	21,097	1:32:15	0:04:22
06/09/2009	M.M.SABADELL	21,097	1:35:58	0:04:33
13/12/2009	M.M.VILANOVA I LA GELTRU	21,097	1:42:05	0:04:50
07/02/2010	M.M.GRANOLLERS	21,097	1:40:41	0:04:46
11/04/2010	M.M.MADRID	21,097	1:40:20	0:04:45
25/04/2010	M.M.GARROTXA	21,097	1:39:58	0:04:44
30/01/2011	M.M.BARCELONA	21,097	1:36:00	0:04:33
17/04/2011	M.M.GARROTXA	21,097	1:34:45	0:04:29
08/05/2011	M.M.GIRONA	21,097	1:32:43	0:04:24
04/09/2011	M.M.SABADELL	21,097	1:39:12	0:04:42
02/10/2011	M.M.SANT CUGAT	21,097	1:36:19	0:04:34
09/10/2011	M.M.RODA DE TER	21,097	1:35:48	0:04:32
04/12/2011	M.M.MATARO	21,097	1:33:45	0:04:27
18/12/2011	M.M.VIC	21,097	1:33:54	0:04:27
15/01/2012	M.M. SITGES	21,097	1:34:09	0:04:28
05/02/2012	M.M.GRANOLLERS	21,097	1:35:41	0:04:32
26/02/2012	M.M.BARCELONA	21,097	1:34:23	0:04:28
22/04/2012	M.M.GARROTXA	21,097	1:57:56	0:05:35