

Madrid, 07.01.1995 - 1,82m / 71kg  
Entrenador:  
Club 2024: Facsa-Playas de Castellón  
Internacional: 4 (2019-2024)



## Historial Internacional

|          |                                      |                                     |
|----------|--------------------------------------|-------------------------------------|
| CE       | 2024 – Roma                          | 5.000m (24 <sup>o</sup> /13:43.44)  |
| CE-Sel   | 2019 - Bydgoszcz                     | 5.000m (4 <sup>o</sup> /14:00.88)   |
| CE-pc    | 2019 - Glasgow                       | 3.000m (9 <sup>o</sup> e2/8:03.58)  |
| CM-s20   | 2014 - Eugene                        | 1.500m (10 <sup>o</sup> e1/3:52.75) |
| CE-Cross | 2019: Relevé Mixto (3 <sup>o</sup> ) |                                     |

| Año (Edad) | Club |
|------------|------|
|------------|------|

| Progresión |                           | Puesto           |            | Puesto              |
|------------|---------------------------|------------------|------------|---------------------|
| Año (Edad) | Club                      | 3.000m ST Rk ESP | 5.000m     | Rk ESP              |
| 2014 (19)  | A.D. Marathon             | -                | 15:01.63   | (78/9sub20)         |
| 2015 (20)  | A.D. Marathon             | -                | -          |                     |
| 2016 (21)  | A.D. Marathon             | 8:28.75          | (44/16s23) | -                   |
| 2017 (22)  | A.D. Marathon             | 8:41.00          | -          | -                   |
| 2018 (23)  | A.D. Marathon             | 7:52.35          | (2)        | 13:40.13 (5)        |
| 2019 (24)  | Playas de Castellón       | 7:51.55          | (4)        | 13:31.17 (2)        |
| 2020 (25)  | Playas de Castellón       | 7:53.31          | (5)        | 13:33.69 (5)        |
| 2021 (26)  | Playas de Castellón       | 8:06.30          | (23)       | 13:29.04 (4)        |
| 2022 (27)  | Playas de Castellón       | 7:51.98          | (6)        | 13:54.11 (18)       |
| 2023 (28)  | Playas de Castellón       | -                | 13:24.63   | (8)                 |
| 2024 (29)  | Facsa-Playas de Castellón | <b>7:48.71</b>   | (3)        | <b>13:13.38</b> (3) |

800m: 1:54.15al (2014); 1.500m: 3:38.57al (2019), 3:41.05st (2020); 3.000m: 7:47.95al (2021), 7:48.71st (2024); 5.000m: 13:13.38 (2024); 10km ruta: 28:47 (2023), 27:07desc. (2024).

**5.000m**

|          |    |                 |            |
|----------|----|-----------------|------------|
| 13:13.38 | 10 | Bruselas (BEL)  | 25.05.2024 |
| 13:20.89 | 6  | Huelva          | 30.04.2024 |
| 13:28.15 | 1  | Karlsruhe (GER) | 11.05.2024 |
| 13:43.44 | 24 | Roma (ITA)      | 08.06.2024 |
| Abandono |    | Heusden (BEL)   | 15.06.2024 |
| Abandono |    | La Nucía        | 28.06.2024 |

|        |    |         |            |
|--------|----|---------|------------|
| 4:19.2 | 8  | Madrid  | 22.09.2024 |
| 4:21   | 12 | Berango | 12.10.2024 |
| 4:27   | 11 | Bilbao  | 13.10.2024 |

|       |   |        |            |
|-------|---|--------|------------|
| 28:47 | 8 | Laredo | 16.03.2024 |
| 29:51 | 2 | Jaén   | 13.01.2024 |

27:07 desc 3 Madrid 24.11.2024

### Otras ruta (9.900 m)

29:50 4 Barcelona 01.12.2024

## Sus mejores marcas de siempre en 5.000m

|          |    |                 |            |
|----------|----|-----------------|------------|
| 13:13.38 | 10 | Bruselas (BEL)  | 25.05.2024 |
| 13:20.89 | 6  | Huelva          | 30.04.2024 |
| 13:24.63 | 2  | Nerja           | 18.05.2023 |
| 13:28.15 | 1  | Karlsruhe (GER) | 11.05.2024 |

|          |    |                      |            |          |   |                    |            |
|----------|----|----------------------|------------|----------|---|--------------------|------------|
| 13:29.04 | 4  | Heusden-Zolder (BEL) | 03.07.2021 | 13:33.69 | 3 | Nerja              | 04.07.2020 |
| 13:31.17 | 11 | Heusden-Zolder (BEL) | 20.07.2019 | 13:39.93 | 1 | Los Corrales de B. | 08.06.2019 |
| 13:32.27 | 2  | La Nucía             | 31.08.2019 | 13:40.13 | 2 | Los Corrales de B. | 02.06.2018 |

*Actualizada a 1.12.2024*

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