

# MEJORES MARCAS REALIZADAS EN ESPAÑA - 10 km RUTA Top-100 (hasta el 16.02.2025)

(por Carlos Fernández Canet - Miembro de la AEEA - y estadístico especializado en carreras de fondo y ruta)

## HOMBRES

| MARCA   | DH | SF | NOMBRE            | APELLIDO  | NAC | FN     | POS  | COMPETICIÓN                     | CIUDAD    | FECHA      |
|---------|----|----|-------------------|-----------|-----|--------|------|---------------------------------|-----------|------------|
| 26:24   |    |    | Rhonex            | Kipruto   | KEN | 121099 | 1    | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 26:31   |    |    | Yomif             | Kejelcha  | ETH | 010897 | 1    | 10K Castelló                    | Castellón | 16/02/2025 |
| 26:33   |    |    | Berihu            | Aregawi   | ETH | 280201 | 1    | 10 Km Villa de Laredo           | Laredo    | 11/03/2023 |
| 26:37   |    |    | Yomif             | Kejelcha  |     |        | 1    | 10 Km Villa de Laredo           | Laredo    | 16/03/2024 |
| 26:38   |    |    | Joshua Kiprui     | Cheptegei | UGA | 120996 | 1    | 10K Valencia Trinidad Alfonso   | Valencia  | 01/12/2019 |
| 26:48   |    |    | Jacob             | Kiplimo   | UGA | 141100 | 1    | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 26:50 + |    |    | Jacob             | Kiplimo   |     |        | 1    | Mitja Marató de Barcelona       | Barcelona | 16/02/2025 |
| 26:53   |    |    | Joshua Kiprui     | Cheptegei |     |        | 2    | 10 Km Villa de Laredo           | Laredo    | 16/03/2024 |
| 26:53   |    |    | Andreas           | Almgren   | SWE | 120695 | 1    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 26:54   |    |    | Dominic Lokinyomo | Lobalu    | SUI | 160898 | 2    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 26:55   |    |    | Weldon Kipkurui   | Langat    | KEN | 240298 | 1    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 26:55   |    |    | Vincent Kibet     | Langat    | KEN | 060201 | 3    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 26:57   |    |    | Charles Kipkurui  | Langat    | KEN | 280496 | 2    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 26:57   |    |    | Birhanu           | Balew     | BRN | 270296 | 2    | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 26:58   |    |    | Daniel Simiu      | Ebenyo    | KEN | 180995 | 1    | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 26:58   |    |    | Kuma              | Girma     | ETH | 241105 | 2    | 10K Castelló                    | Castellón | 16/02/2025 |
| 26:59   |    |    | Peter Mwaniki     | Aila      | KEN | 090694 | 3    | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:01   |    |    | Daniel Tumaka     | Kosen     | KEN | 100503 | 3    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:01   |    |    | Dennis Kibet      | Kitiyo    | KEN | 281199 | 4    | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:02   |    |    | Tadese            | Worku     | ETH | 200102 | 1    | 10K Castelló                    | Castellón | 25/02/2024 |
| 27:04   |    |    | Josphat Kiprono   | Menjo     | KEN | 200879 | 1    | Cursa dels Bombers              | Barcelona | 18/04/2010 |
| 27:04   |    |    | Rodrigue          | Kwizera   | BDI | 101099 | 4    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:04   |    |    | Jacob             | Krop      | KEN | 140601 | 5    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:05   |    |    | Brian             | Kibor     | KEN |        | 01 3 | 10K Castelló                    | Castellón | 16/02/2025 |
| 27:06   |    |    | Daniel            | Kinyanjui | KEN | 150105 | 4    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:07   |    |    | Rogers            | Kibet     | UGA | 260303 | 6    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:09   |    |    | Dominic Lokinyomo | Lobalu    |     |        | 7    | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:10   |    |    | Chimdessa         | Debele    | ETH | 130903 | 2    | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 27:10   |    |    | Isaac Kipruto     | Kimeli    | BEL | 090394 | 5    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:10   |    |    | Victor Kipruto    | Kiprono   | KEN |        | 4    | 10K Castelló                    | Castellón | 16/02/2025 |
| 27:11   |    |    | Benard            | Langat    | KEN | 301204 | 6    | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:12   |    |    | Benard            | Kimeli    | KEN | 100995 | 2    | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 27:12 + |    |    | Yomif             | Kejelcha  |     |        | 1    | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |

|         |  |  |                   |           |     |        |    |                                 |           |            |
|---------|--|--|-------------------|-----------|-----|--------|----|---------------------------------|-----------|------------|
| 27:12 + |  |  | Daniel Kibet      | Mateiko   | KEN | 100198 | 2  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 27:13   |  |  | Stephen           | Kissa     | UGA | 011295 | 1  | 10 Km Villa de Laredo           | Laredo    | 16/03/2019 |
| 27:13   |  |  | Julien            | Wanders   | SUI | 180396 | 3  | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 27:13   |  |  | Dominic Lokinyomo | Lobalu    |     |        | 5  | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:13 + |  |  | Isaiyah Kipkoech  | Lasoi     | KEN | 121099 | 3  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 27:13   |  |  | Telahun           | Haile     | ETH | 130599 | 7  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:14   |  |  | Tsegay            | Kidanu    | ETH | 281201 | 1  | 10K Málaga : 5K : Supérate      | Málaga    | 24/04/2022 |
| 27:15   |  |  | Laban             | Kiplimo   | KEN | 090193 | 8  | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:15 + |  |  | Selemon           | Barega    | ETH | 200100 |    | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2023 |
| 27:15 + |  |  | Hagos             | Gebrhiwet | ETH | 110594 |    | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2023 |
| 27:15 + |  |  | Kibiwott          | Kandie    | KEN | 200696 |    | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2023 |
| 27:15 + |  |  | Yomif             | Kejelcha  |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2023 |
| 27:16   |  |  | Ronald Chebolei   | Kwemoi    | KEN | 190995 | 1  | 10K Castelló                    | Castellón | 27/02/2022 |
| 27:16   |  |  | Bravin            | Kiprop    | KEN | 030898 | 2  | 10K Castelló                    | Castellón | 25/02/2024 |
| 27:16   |  |  | Santiago          | Catrofe   | URU | 130299 | 8  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:18   |  |  | Samwel Chebolei   | Masai     | KEN | 200301 | 2  | 10K Castelló                    | Castellón | 27/02/2022 |
| 27:18   |  |  | Benson Kiplangat  | Sigei     | KEN | 170603 | 1  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 29/01/2023 |
| 27:20   |  |  | Andreas           | Almgren   |     |        | 6  | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:21   |  |  | Tadese            | Takele    | ETH | 030802 | 3  | 10K Castelló                    | Castellón | 27/02/2022 |
| 27:21   |  |  | Dawit             | Searé     | ERI | 291204 | 9  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:22 + |  |  | Selemon           | Barega    |     |        | 4  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 27:22 + |  |  | Vincent           | Langat    | KEN | 06     | 5  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 27:22 + |  |  | Gemechu           | Dida      | ETH | 120999 | 6  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 27:23   |  |  | Chala             | Regassa   | ETH | 300497 | 1  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 27:23   |  |  | Jacob             | Krop      |     |        | 3  | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 27:23   |  |  | Chimdessá         | Debele    |     |        | 1  | 10 Km de Laredo                 | Laredo    | 19/03/2022 |
| 27:23   |  |  | Boniface          | Kibiwott  | KEN | 040693 | 2  | 10K Málaga : 5K : Supérate      | Málaga    | 24/04/2022 |
| 27:23   |  |  | Hillary           | Kipkoech  | KEN | 201298 | 1  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:23   |  |  | Célestin          | Ndikumana | BDI | 220202 | 10 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:24   |  |  | Stephen           | Kissa     |     |        | 2  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 27:24   |  |  | Weldon Kipkurui   | Langat    |     |        | 1  | 10 Km Villa de Laredo           | Laredo    | 16/10/2021 |
| 27:24   |  |  | Tadese            | Worku     |     |        | 11 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:26   |  |  | Vedic Kipkoech    | Cheruiyot | KEN | 050396 | 3  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 27:26   |  |  | Nibret            | Melak     | ETH | 091099 | 2  | 10 Km Villa de Laredo           | Laredo    | 16/03/2019 |
| 27:26 + |  |  | Rhonex            | Kipruto   |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26 + |  |  | Kibiwott          | Kandie    |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26 + |  |  | Bravin Kipkoge    | Kiptoo    | KEN | 260201 |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26 + |  |  | Philemon Kiplimo  | Kimaiyo   | KEN | 101098 |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26 + |  |  | Jacob             | Kiplimo   |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26 + |  |  | Alexander Mutiso  | Munyao    | KEN | 100996 |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:26   |  |  | Patrick Kabirech  | Mosin     | KEN | 060600 | 2  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:26   |  |  | David Kimaiyo     | Kiboi     | KEN |        | 3  | 10K Castelló                    | Castellón | 26/02/2023 |

|         |  |  |                     |                |     |        |    |                                 |           |            |
|---------|--|--|---------------------|----------------|-----|--------|----|---------------------------------|-----------|------------|
| 27:26 + |  |  | Sabastian Kimaru    | Sawe           | KEN | 160395 |    | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2023 |
| 27:27 + |  |  | Kelvin Kiptum       | Cheruiyot      | KEN | 021299 |    | Medio Maratón Valencia Trinidad | Valencia  | 06/12/2020 |
| 27:27   |  |  | Hillary             | Kipkoech       |     |        | 2  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 29/01/2023 |
| 27:27   |  |  | Mohamed             | Ismail Ibrahim | DJI | 010197 | 7  | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:28   |  |  | Addisu              | Yihune         | ETH | 170303 | 3  | 10 Km Villa de Laredo           | Laredo    | 16/03/2024 |
| 27:29   |  |  | Peter Kamais        | Lotagor        | KEN | 071176 | 1  | Cursa dels Bombers              | Barcelona | 09/04/2006 |
| 27:29   |  |  | Micah Kipkemboi     | Kogo           | KEN | 030686 | 1  | 10 Km Villa de Laredo           | Laredo    | 20/03/2010 |
| 27:29   |  |  | Cosmas Mwangi       | Boi            | KEN | 120303 | 3  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 29/01/2023 |
| 27:30   |  |  | Jacob               | Krop           |     |        | 4  | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 27:31   |  |  | Patrick Kabirech    | Mosin          |     |        | 3  | 10K Málaga : 5K : Supérate      | Málaga    | 24/04/2022 |
| 27:32   |  |  | Josphat Kiprono     | Menjo          |     |        | 1  | Cursa dels Bombers              | Barcelona | 05/04/2009 |
| 27:32   |  |  | Shadrack Kipngetich | Koech          | KEN | 050997 | 5  | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 27:32   |  |  | Richard Yator       | Kimunyan       | KEN | 040698 | 9  | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:32   |  |  | Amanal              | Petros         | GER | 170595 | 4  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:32   |  |  | Samwel Chebolei     | Masai          |     |        | 5  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:33   |  |  | Jimmy               | Gressier       | FRA | 040597 | 6  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:33   |  |  | Rogers              | Kibet          |     |        | 8  | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:33   |  |  | Dennis Kibet        | Kitiyo         |     |        | 3  | 10K Castelló                    | Castellón | 25/02/2024 |
| 27:33   |  |  | Narve Gilje         | Nordås         | NOR | 300998 | 12 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 27:34   |  |  | Isaac Kipkemboi     | Too            | KEN | 100200 | 10 | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 27:34   |  |  | Vincent             | Mutai          | KEN | 050596 | 7  | 10K Castelló                    | Castellón | 26/02/2023 |
| 27:34   |  |  | Hillary Kipchirchir | Chepkwony      | KEN | 040399 | 9  | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:35 + |  |  | Rhonex              | Kipruto        |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:35 + |  |  | Felix               | Kipkoech       | KEN | 010298 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:35 + |  |  | Abel                | Kipchumba      | KEN | 030294 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:35   |  |  | Patrick Kiprono     | Sitonik        | KEN | 101101 | 2  | 10 Km de Laredo                 | Laredo    | 19/03/2022 |
| 27:35   |  |  | Dawit               | Seare          |     |        | 10 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 27:36 + |  |  | Kennedy             | Kimutai        | KEN | 030699 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:36 + |  |  | Muktar              | Edris          | ETH | 140194 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:36 + |  |  | Philemon Kiplimo    | Kimaiyo        |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:36 + |  |  | Mathew Kipkorir     | Kimeli         | KEN | 040198 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:36 + |  |  | Kelvin Kiptum       | Cheruiyot      |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 27:36   |  |  | Getnet              | Wale           | ETH | 160700 | 13 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |

#### Carreras con desnivel y separación superiores a los permitidos

|       |      |       |                 |         |     |        |   |                          |        |            |
|-------|------|-------|-----------------|---------|-----|--------|---|--------------------------|--------|------------|
| 26:32 | 5,70 | 70,00 | Berihu          | Aregawi | ETH | 280201 | 1 | San Silvestre Vallecana  | Madrid | 31/12/2024 |
| 26:32 | 5,70 | 70,00 | Jacob           | Kiplimo | UGA | 141100 | 2 | San Silvestre Vallecana  | Madrid | 31/12/2024 |
| 26:34 | 14,7 | 59,32 | Weldon Kipkurui | Langat  | KEN | 240298 | 1 | Madrid Vintage Run       | Madrid | 05/06/2022 |
| 26:38 | 14,4 | 55,14 | Victor Kipruto  | Togom   | KEN | 010996 | 1 | Madrid Vintage Run       | Madrid | 11/06/2023 |
| 26:41 | 5,5  | 70    | Jacob           | Kiplimo |     |        | 1 | San Silvestre Vallecana  | Madrid | 31/12/2018 |
| 26:46 | 14,7 | 59,32 | Michael         | Kibet   | KEN | 030999 | 2 | Madrid Vintage Run       | Madrid | 05/06/2022 |
| 26:46 | 15,4 | 84    | Adel            | Mechaal | ESP | 051290 | 1 | Zara Athleticz Speed Run | Madrid | 24/11/2024 |

|       |      |       |                 |            |     |        |     |                          |            |            |
|-------|------|-------|-----------------|------------|-----|--------|-----|--------------------------|------------|------------|
| 26:47 | 14,7 | 59,32 | Yasin           | Haji       | ETH | 220196 | 3   | Madrid Vintage Run       | Madrid     | 05/06/2022 |
| 26:54 | 5,0  |       | Eliud           | Kipchoge   | KEN | 051184 | 1   | San Silvestre Vallecana  | Madrid     | 31/12/2006 |
| 26:54 | 5,0  |       | Zersenay        | Tadese     | ERI | 010182 | 2   | San Silvestre Vallecana  | Madrid     | 31/12/2006 |
| 26:54 | 5,5  | 70    | Abadi           | Hadis      | ETH | 061197 | 2   | San Silvestre Vallecana  | Madrid     | 31/12/2018 |
| 26:55 | 14,4 | 55,14 | Dawit           | Wolde      | ETH | 190591 | 1   | Madrid Vintage Run       | Madrid     | 02/06/2024 |
| 26:56 | 15,4 | 84    | Fernando        | Carro      | ESP | 010492 | 2   | Zara Athleticz Speed Run | Madrid     | 24/11/2024 |
| 27:02 | 14,7 | 59,32 | Dominic Chemut  | Kiptarus   | KEN | 030896 | 4   | Madrid Vintage Run       | Madrid     | 05/06/2022 |
| 27:02 | 14,4 | 55,14 | Bravin Kipkogei | Kiptoo     | KEN | 260201 | 2   | Madrid Vintage Run       | Madrid     | 11/06/2023 |
| 27:07 | 15,4 | 84    | Sergio          | Jiménez    | ESP | 070195 | 3   | Zara Athleticz Speed Run | Madrid     | 24/11/2024 |
| 27:08 | 14,7 | 59,32 | Felix Kiptarus  | Korir      | KEN | 150803 | 5   | Madrid Vintage Run       | Madrid     | 05/06/2022 |
| 27:09 | 5,7  | 70    | Joshua Kiprui   | Cheptegei  |     |        | 1r1 | San Silvestre Vallecana  | Madrid     | 31/12/2022 |
| 27:15 | 5,7  | 70    | Berihu          | Aregawi    |     |        | 1   | San Silvestre Vallecana  | Madrid     | 31/12/2023 |
| 27:16 | 14,7 | 59,32 | Demeke          | Tesfaye    | ETH | 01     | 6   | Madrid Vintage Run       | Madrid     | 05/06/2022 |
| 27:16 | 14,7 | 59,32 | Samson          | Amare      | ERI | 291298 | 7   | Madrid Vintage Run       | Madrid     | 05/06/2022 |
| 27:17 | 14,4 | 55,14 | Bereket         | Nega       | ETH | 250904 | 3   | Madrid Vintage Run       | Madrid     | 11/06/2023 |
| 27:18 | 5,7  | 70    | Mohamed         | Katir      | ESP | 170298 | 2r1 | San Silvestre Vallecana  | Madrid     | 31/12/2022 |
| 27:21 | 14,4 | 55,14 | Vincent         | Kimaiyo    | KEN | 200804 | 2   | Madrid Vintage Run       | Madrid     | 02/06/2024 |
| 27:24 | 5,5  | 70    | Mande           | Bushendich | UGA | 070497 | 3   | San Silvestre Vallecana  | Madrid     | 31/12/2018 |
| 27:24 | 9,5  |       | Rodrigue        | Kwizera    |     |        | 1   | 10K Alcobendas           | Alcobendas | 06/11/2022 |
| 27:25 | 9,5  |       | Chimdessa       | Debele     |     |        | 2   | 10K Alcobendas           | Alcobendas | 06/11/2022 |
| 27:28 | 14,4 | 55,14 | Martin Magengo  | Kiprotich  | UGA | 060403 | 3   | Madrid Vintage Run       | Madrid     | 02/06/2024 |
| 27:34 | 5,5  |       | Eliud           | Kipchoge   |     |        | 1   | San Silvestre Vallecana  | Madrid     | 31/12/2005 |
| 27:34 | 5,5  | 70    | Eric Kiprono    | Kiptanui   | KEN | 190490 | 1   | San Silvestre Vallecana  | Madrid     | 31/12/2017 |
| 27:35 | 5,5  | 70    | Kaan Kigen      | Özbilen    | TUR | 150186 | 1   | San Silvestre Vallecana  | Madrid     | 31/12/2015 |
| 27:35 | 14,7 | 59,32 | Adeledelew      | Mamo       | ETH | 210999 | 8   | Madrid Vintage Run       | Madrid     | 05/06/2022 |

Marcas anuladas por dopaje

|         |     |    |         |        |     |        |   |                                 |          |            |
|---------|-----|----|---------|--------|-----|--------|---|---------------------------------|----------|------------|
| 27:30   | 5,7 | 70 | Mohamed | Katir  |     |        | 2 | San Silvestre Vallecana         | Madrid   | 31/12/2023 |
| 27:36 + |     |    | Rodgers | Kwemoi | KEN | 030398 |   | Medio Maratón Valencia Trinidad | Valencia | 24/10/2021 |

## MUJERES

| MARCA   | DH | SF | NOMBRE             | APELLIDO | NAC | FN     | POS | COMPETICIÓN                     | CIUDAD    | FECHA      |
|---------|----|----|--------------------|----------|-----|--------|-----|---------------------------------|-----------|------------|
| 28:46   |    |    | Agnes Jebet        | Ngetich  | KEN | 230101 | 1   | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 28:57   |    |    | Emmaculate Anyango | Achol    | KEN | 020400 | 2   | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 29:14   |    |    | Yalemzerf          | Yehualaw | ETH | 030899 | 1   | 10K Castelló                    | Castellón | 27/02/2022 |
| 29:18 + |    |    | Agnes Jebet        | Ngetich  |     |        | 1   | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 29:19   |    |    | Yalemzerf          | Yehualaw |     |        | 1   | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 29:20 + |    |    | Ejgayehu           | Taye     | ETH | 100200 | 2   | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 29:25   |    |    | Medina             | Eisa     | ETH | 030105 | 1   | 10K Castelló                    | Castellón | 16/02/2025 |

|         |  |  |                  |             |     |        |   |                                 |           |            |
|---------|--|--|------------------|-------------|-----|--------|---|---------------------------------|-----------|------------|
| 29:30   |  |  | Hellen Ekarare   | Lobun       | KEN | 180399 | 1 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 29:32   |  |  | Lilian Kasait    | Rengeruk    | KEN | 030597 | 3 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 29:34   |  |  | Girmawit         | Gebrzihair  | ETH | 211101 | 2 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 29:40   |  |  | Likina           | Amebaw      | ETH | 301197 | 2 | 10K Castelló                    | Castellón | 16/02/2025 |
| 29:42   |  |  | Fotyen           | Tesfay      | ETH | 170298 | 3 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 29:43   |  |  | Asayech          | Ayichew     | ETH | 030405 | 4 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 29:45 + |  |  | Letesenbet       | Gidey       | ETH | 200398 |   | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 29:45 + |  |  | Sheila           | Chepkirui   | KEN | 271290 |   | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 29:45 + |  |  | Yalemzerf        | Yehualaw    |     |        |   | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 29:46   |  |  | Sheila           | Chepkirui   |     |        | 1 | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 29:50   |  |  | Rosemary         | Wanjiru     | KEN | 091294 | 2 | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 29:50   |  |  | Margaret Chelimo | Kipkemboi   | KEN | 090293 | 1 | 10K Valencia Ibercaja           | Valencia  | 03/10/2021 |
| 29:50   |  |  | Faith            | Chepkoech   | KEN | 120503 | 1 | 10K Castelló                    | Castellón | 25/02/2024 |
| 29:51   |  |  | Norah Jeruto     | Tanui       | KEN | 021095 | 3 | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 29:54   |  |  | Fotyen           | Tesfay      |     |        | 2 | 10K Castelló                    | Castellón | 25/02/2024 |
| 29:55   |  |  | Janeth           | Chepngetich | KEN | 230798 | 4 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 29:56   |  |  | Diana            | Chepkorir   | KEN | 191001 | 3 | 10K Castelló                    | Castellón | 25/02/2024 |
| 29:59 + |  |  | Fotyen           | Tesfay      |     |        | 3 | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 29:59 + |  |  | Lilian Kasait    | Rengeruk    |     |        | 4 | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 30:00   |  |  | Fentaye          | Belayneh    | ETH | 150900 | 5 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 30:01   |  |  | Jesca            | Chelangat   | KEN | 090198 | 2 | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 30:02 + |  |  | Tsigie           | Gebreselama | ETH | 300900 | 5 | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 30:03   |  |  | Joy              | Cheptoyek   | UGA | 150502 | 5 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:05   |  |  | Aynadis          | Mebratu     | ETH | 251104 | 3 | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:06   |  |  | Christine        | Chesiro     | KEN | 080703 | 6 | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 30:08 + |  |  | Joyciline        | Jepkosgei   | KEN | 081293 |   | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2017 |
| 30:08   |  |  | Norah Jeruto     | Tanui       |     |        | 2 | 10K Valencia Ibercaja           | Valencia  | 03/10/2021 |
| 30:08   |  |  | Loice            | Chemnung    | KEN | 220297 | 6 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:08   |  |  | Cynthia          | Chepngeno   | KEN | 030600 | 7 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:09 + |  |  | Fancy            | Chemutai    | KEN | 200394 |   | Medio Maratón Valencia Trinidad | Valencia  | 22/10/2017 |
| 30:09   |  |  | Loice            | Chemnung    |     |        | 4 | 10K Castelló                    | Castellón | 25/02/2024 |
| 30:12 + |  |  | Joyciline        | Jepkosgei   |     |        | 1 | Mitja Marató de Barcelona       | Barcelona | 16/02/2025 |
| 30:13 + |  |  | Sheila           | Chelangat   | KEN | 110498 | 6 | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 30:14   |  |  | Vicoty           | Chepngeno   | KEN | 121193 | 2 | 10K Castelló                    | Castellón | 27/02/2022 |
| 30:15   |  |  | Tsehay           | Gemechu     | ETH | 121298 | 1 | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 30:15   |  |  | Esther Birundu   | Borura      | KEN | 050100 | 3 | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 30:17   |  |  | Irine Chebet     | Cheptai     | KEN | 040292 | 8 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:17   |  |  | Cynthia          | Chepngeno   |     |        | 4 | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:19   |  |  | Wede             | Kefale      | ETH | 020300 | 5 | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:20   |  |  | Fotyen           | Tesfay      |     |        | 9 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:20 + |  |  | Senbere          | Teferi      | ETH | 030595 | 1 | Mitja Marató de Barcelona       | Barcelona | 11/02/2024 |
| 30:20 + |  |  | Joyciline        | Jepkosgei   |     |        | 2 | Mitja Marató de Barcelona       | Barcelona | 11/02/2024 |

|         |  |  |                    |             |     |        |    |                                 |           |            |
|---------|--|--|--------------------|-------------|-----|--------|----|---------------------------------|-----------|------------|
| 30:23   |  |  | Kalkidan           | Gezahegne   | BRN | 080591 | 1  | Carreira Popular do San Martiño | Ourense   | 14/11/2021 |
| 30:23   |  |  | Jesca              | Chelangat   |     |        | 5  | 10K Castelló                    | Castellón | 25/02/2024 |
| 30:23 + |  |  | Jesca              | Chelangat   |     |        | 7  | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2024 |
| 30:24   |  |  | Sarah              | Chelangat   | UGA | 050601 | 4  | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 30:24   |  |  | Gladys Kwamboka    | Mong'are    | KEN | 140396 | 6  | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:26   |  |  | Gloria Chebiwatt   | Kite        | KEN | 100198 | 2  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 30:26   |  |  | Sarah              | Chelangat   |     |        | 10 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:26   |  |  | Klara              | Lukan       | SLO | 080900 | 7  | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:28   |  |  | Maurine Jemutai    | Toroitich   | KEN | 040100 | 7  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 30:29   |  |  | Miriam Chepkoech   | Serem       | KEN | 080703 | 8  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 30:34   |  |  | Naomi Chepngeno    | Mitei       | KEN | 221294 | 1  | 10 Km Villa de Laredo           | Laredo    | 16/10/2021 |
| 30:35   |  |  | Norah Jeruto       | Tanui       |     |        | 1  | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 30:38   |  |  | Karoline Bjerkeli  | Grøvdal     | NOR | 140690 | 2  | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 30:38 + |  |  | Catherine Relin    | Amanang'ole | KEN | 051002 | 1  | Mitja Marató de Barcelona       | Barcelona | 19/02/2023 |
| 30:38 + |  |  | Gladys             | Chepkurui   | KEN | 170894 | 2  | Mitja Marató de Barcelona       | Barcelona | 19/02/2023 |
| 30:39 + |  |  | Brenda             | Jepleting   | KEN | 120197 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 30:39 + |  |  | Joyciline          | Jepkosgei   |     |        | 3  | Mitja Marató de Barcelona       | Barcelona | 19/02/2023 |
| 30:39 + |  |  | Irine Jepchumba    | Kimais      | KEN | 101098 | 4  | Mitja Marató de Barcelona       | Barcelona | 19/02/2023 |
| 30:40   |  |  | Naomi Chepngeno    | Mitei       |     |        | 5  | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 30:40   |  |  | Miriam             | Chebet      | KEN | 180902 | 1  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 28/01/2024 |
| 30:40 + |  |  | Gladys             | Chepkurui   |     |        | 3  | Mitja Marató de Barcelona       | Barcelona | 11/02/2024 |
| 30:41 + |  |  | Genzebe            | Dibaba      | ETH | 080291 | 5  | Mitja Marató de Barcelona       | Barcelona | 19/02/2023 |
| 30:41   |  |  | Nelvin             | Jepkemboi   | KEN | 230801 | 11 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:41   |  |  | Jessica            | Warner-Judd | GBR | 070195 | 12 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:42 + |  |  | Joan Chelimo       | Melly       | KEN | 101190 |    | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2019 |
| 30:42 + |  |  | Senbere            | Teferi      |     |        |    | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2019 |
| 30:42 + |  |  | Bosena             | Mulatie     | ETH | 211101 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 30:42   |  |  | Francine           | Niyomukunzi | BDI | 010899 | 13 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:43   |  |  | Evaline Chelangat  | Chirchir    | KEN | 020298 | 3  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 30:45   |  |  | Sandrafelis Chebet | Tuei        | KEN | 200198 | 3  | 10K Valencia Ibercaja           | Valencia  | 03/10/2021 |
| 30:46 + |  |  | Sifan              | Hassan      | NED | 010193 |    | Medio Maratón Valencia Trinidad | Valencia  | 27/10/2019 |
| 30:46   |  |  | Caroline Makandi   | Gitonga     | KEN | 120596 | 8  | 10K Castelló                    | Castellón | 16/02/2025 |
| 30:47   |  |  | Joy                | Cheptoyek   |     |        | 1  | 10K Castelló                    | Castellón | 26/02/2023 |
| 30:47   |  |  | Alice Chemtai      | Serem       | KEN | 030805 | 9  | 10K Valencia Ibercaja           | Valencia  | 12/01/2025 |
| 30:48   |  |  | Gladys             | Chepkurui   |     |        | 3  | 10K Valencia Ibercaja           | Valencia  | 09/01/2022 |
| 30:48   |  |  | Mercy              | Cherono     | KEN | 070591 | 3  | 10K Castelló                    | Castellón | 27/02/2022 |
| 30:48   |  |  | Caroline Nyanguthi | Nyaga       | KEN | 100793 | 1  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 29/01/2023 |
| 30:49 + |  |  | Gladys             | Chepkurui   |     |        | 2  | Mitja Marató de Barcelona       | Barcelona | 16/02/2025 |
| 30:50   |  |  | Rosemary           | Wanjiru     |     |        | 4  | 10K Valencia Ibercaja           | Valencia  | 13/01/2019 |
| 30:50   |  |  | Bosena             | Mulatie     |     |        | 4  | 10K Valencia Ibercaja           | Valencia  | 12/01/2020 |
| 30:51   |  |  | Samantha           | Harrison    | GBR | 010295 | 6  | 10K Valencia Ibercaja           | Valencia  | 15/01/2023 |
| 30:53   |  |  | Hellen Onsando     | Obiri       | KEN | 131289 | 1  | Cursa dels Nassos               | Barcelona | 31/12/2020 |

|         |  |  |                    |                 |     |        |    |                                 |           |            |
|---------|--|--|--------------------|-----------------|-----|--------|----|---------------------------------|-----------|------------|
| 30:53   |  |  | Edith Jepchumba    | Chemjor         | KEN |        | 2  | 10K Castelló                    | Castellón | 26/02/2023 |
| 30:55 + |  |  | Violah Jepchumba   | Kilonzo Motosio | BRN | 231090 |    | Medio Maratón Valencia Trinidad | Valencia  | 23/10/2016 |
| 30:55   |  |  | Rino               | Goshima         | JPN | 291097 | 3  | 10K Castelló                    | Castellón | 26/02/2023 |
| 30:56   |  |  | Beatrice           | Chepkoech       | KEN | 060791 | 14 | 10K Valencia Ibercaja           | Valencia  | 14/01/2024 |
| 30:56   |  |  | Miriam             | Chebet          |     |        | 6  | 10K Castelló                    | Castellón | 25/02/2024 |
| 30:57   |  |  | Sandrafelis Chebet | Tuei            |     |        | 1  | 10K Valencia Ibercaja           | Valencia  | 14/01/2018 |
| 30:57   |  |  | Likina             | Amebaw          |     |        | 2  | 10K Ibiza-Platja d'En Bossa     | Ibiza     | 28/01/2024 |
| 30:58 + |  |  | Nigsti             | Haftu           | ETH | 080799 |    | Medio Maratón Valencia Trinidad | Valencia  | 24/10/2021 |
| 30:58   |  |  | Debash             | Kelali          | ETH | 110505 | 7  | 10K Castelló                    | Castellón | 25/02/2024 |
| 30:58   |  |  | Diane              | van Es          | NED | 220399 | 9  | 10K Castelló                    | Castellón | 16/02/2025 |

#### Carreras con desnivel y separación superiores a los permitidos

|       |      |       |                     |             |     |        |     |                         |        |            |
|-------|------|-------|---------------------|-------------|-----|--------|-----|-------------------------|--------|------------|
| 29:54 | 5,5  | 70    | Brigid Chepchirchir | Kosgei      | KEN | 200294 | 1   | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 29:59 | 5,5  | 70    | Hellen Onsando      | Obiri       | KEN | 131289 | 2   | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 30:19 | 5,7  | 70    | Prisca              | Chesang     | UGA | 070803 | 1r1 | San Silvestre Vallecana | Madrid | 31/12/2022 |
| 30:23 | 14,4 | 55,14 | Isobel              | Batt-Doyle  | AUS | 140995 | 1   | Madrid Vintage Run      | Madrid | 02/06/2024 |
| 30:26 | 5,7  | 70    | Degitu              | Azmeraw     | ETH | 240199 | 1r1 | San Silvestre Vallecana | Madrid | 31/12/2021 |
| 30:30 | 5,7  | 70    | Ababel              | Yeshaneh    | ETH | 220791 | 1   | San Silvestre Vallecana | Madrid | 31/12/2023 |
| 30:31 | 5,7  | 70    | Asmarech            | Anley       | ETH | 010105 | 2   | San Silvestre Vallecana | Madrid | 31/12/2023 |
| 30:32 | 5,7  | 70    | Likina              | Amebaw      |     |        | 3   | San Silvestre Vallecana | Madrid | 31/12/2023 |
| 30:38 | 14,4 | 55,14 | Annet Chemengich    | Chelangat   | UGA | 290793 | 2   | Madrid Vintage Run      | Madrid | 02/06/2024 |
| 30:40 | 5,5  | 70    | Tirunesh            | Dibaba      | ETH | 011085 | 3   | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 30:44 | 5,7  | 70    | Edinah              | Jebitok     | KEN | 101101 | 2r1 | San Silvestre Vallecana | Madrid | 31/12/2021 |
| 30:50 | 5,7  | 70    | Helen               | Bekele      | ETH | 211194 | 1   | San Silvestre Vallecana | Madrid | 31/12/2019 |
| 30:53 | 5,0  |       | Gelete              | Burka       | ETH | 230186 | 1   | San Silvestre Vallecana | Madrid | 31/12/2012 |
| 30:55 | 5,5  | 70    | Gelete              | Burka       |     |        | 1   | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 30:57 | 5,7  | 70    | Ruth                | Chepngetich | KEN | 080894 | 2   | San Silvestre Vallecana | Madrid | 31/12/2019 |
| 30:58 | 5,7  | 70    | Francine            | Niyonsaba   | BDI | 050593 | 2r1 | San Silvestre Vallecana | Madrid | 31/12/2022 |