



Campeonato España Master Pruebas Combinadas, Pentatlón Lanzamientos, 10.000m y milla en pista

Alcobendas (Madrid), 19 y 20 de octubre de 2024

| Milla Hombres |         |                                    |      |            |      |           |                             |            |                          |
|---------------|---------|------------------------------------|------|------------|------|-----------|-----------------------------|------------|--------------------------|
| Marca         | Lic.    | Nombre                             | Nac. | Fecha      | Año  | Categoría | Club                        | Fecha      | Lugar                    |
| 6:40.13       | M576    | MANUEL ALONSO DOMINGO              | ESP  | 21/3/1936  | 1936 | M85       | Track Cross Road Team       | 12/02/2023 | Madrid                   |
| 6:40.31       | M13991  | CRUZ VELLISCA BELINCHON            | ESP  | 14/5/1943  | 1943 | M80       | Track Cross Road Team       | 05/03/2023 | Antequera                |
| 6:54          | TO4934  | ANTONIO MOHEDANO RODRIGUEZ         | ESP  | 18/8/1945  | 1945 | M75       | INDEPENDIENTE               | 30/4/2023  | La Roda                  |
| 6:15.71       | CT25355 | CELSO CURIEL RECIO                 | ESP  | 5/4/1949   | 1949 | M75       | AA Palamos                  | 21/5/2023  | Alcalá de Henares        |
| 7:28.3        | S11292  | JESUS MARIA TURISO PEÑA            | ESP  | 1/6/1949   | 1949 | M75       | Atlético España de Cueto    | 21/9/2024  | Alcañiz                  |
| 6:18.16       | GA677   | PABLO FERVENZA ENTENZA             | ESP  | 20/5/1952  | 1952 | M70       | Atmo. Samertolameu          | 21/5/2023  | Alcalá de Henares        |
| 6:05.15       | M4840   | JOAQUÍN MESA ESTESO                | ESP  | 24/10/1952 | 1952 | M70       | A. A. Moratalaz             | 23/08/2024 | Göteborg - (SWE)         |
| 6:18.83       | M2661   | JAVIER ODRIOLZOLA LINO             | ESP  | 2/11/1952  | 1952 | M70       | Canguro A.A.C.              | 20/05/2023 | Alcalá de Henares        |
| 5:34.55       | CA10557 | SALVADOR GONZALEZ RODRIGUEZ        | ESP  | 1/8/1953   | 1953 | M70       | Atletismo Linense           | 24/06/2023 | Jerez de la Frontera     |
| 3:16.92       | M3881   | VICTORIANO ALCAIDE DEL MORAL       | ESP  | 20/10/1953 | 1953 | M70       | Lynze Parla                 | 22/06/2024 | Leganés                  |
| 5:42.10       | CA10002 | LUIS MIGUEL ALMAGRO CANTUDO        | ESP  | 16/3/1954  | 1954 | M70       | Atletismo Linense           | 01/06/2024 | Estepona                 |
| 6:35.69       | MU6     | ANTONIO RIQUELME SANCHEZ           | ESP  | 17/10/1954 | 1954 | M70       | Colegio Jacinto Benavente   | 22/9/2023  | Pescara - (ITA)          |
| 2:54.86       | CA10232 | MANUEL RODRIGUEZ HIDALGO           | ESP  | 17/10/1954 | 1954 | M70       | Atletismo Linense           | 02/06/2024 | Estepona                 |
| 5:13.03       | SS19911 | GORKA RUIZ CABESTANY               | ESP  | 22/11/1956 | 1956 | M65       | Atletico Renteria           | 4/2/2024   | San Sebastián (i)        |
| 5:54.94       | M6972   | FEDERICO EDMUNDO SOTOMAYOR CABRERA | ESP  | 17/11/1957 | 1957 | M65       | Track Cross Road Team       | 21/05/2023 | Alcalá de Henares        |
| 5:28.01       | GR4701  | REGINO JESUS ZAMORA RODRIGUEZ      | ESP  | 3/4/1958   | 1958 | M65       | CA Ciudad de Atarfe         | 17/02/2024 | Antequera                |
| 5:11.06       | CR4600  | ANTONIO MOYA MADRID                | ESP  | 13/1/1959  | 1959 | M65       | Atletismo Santos            | 03/03/2024 | San Sebastián            |
| 2:28.60       | M321    | SAMUEL JARAMILLO MARIN             | ESP  | 13/10/1960 | 1960 | M60       | Lynze Parla                 | 07/07/2024 | Alcobendas               |
| 5:37.41       | M915    | JOSE ANTONIO MORALES ROBLES        | ESP  | 15/09/1961 | 1961 | M60       | E.A. Majadahonda            | 21/05/2023 | Alcalá de Henares        |
| 5:17.42       | AR2561  | FRANCISCO ATOCHERO VALVERDE        | ESP  | 1/11/1961  | 1961 | M60       | AD Jalon                    | 17/2/2024  | Zaragoza                 |
| 5:26.07       | M2246   | JUAN JOSE BARBERA CASILLAS         | ESP  | 05/06/1962 | 1962 | M60       | E.A. Majadahonda            | 21/05/2023 | Alcalá de Henares        |
| 5:04.78       | M28203  | JOSÉ MARÍA GARCIA GAUDIOSO         | ESP  | 28/9/1963  | 1963 | M60       | Ajalkala                    | 20/05/2023 | Alcalá de Henares        |
| 4:57.95       | M18229  | JAVIER IBAÑEZ JIMENEZ              | ESP  | 28/09/1963 | 1963 | M60       | E.A. Majadahonda            | 12/02/2023 | Madrid                   |
| 4:25.91       | CT19862 | JUAN CARLOS SACO GONZALEZ          | ESP  | 2/4/1966   | 1966 | M55       | CA Nou Barris               | 1/4/2023   | Torun - (POL)            |
| 2:16.49       | M1213   | JESUS ALAMO LASUNCION              | ESP  | 12/7/1966  | 1966 | M55       | At Guadarrama               | 25/6/2023  | Jerez de la Frontera     |
| 5:06.3        | BU3814  | SILVINO EVARISTO LOPEZ RAMOS       | ESP  | 27/7/1966  | 1966 | M55       | VinoToro CRural             | 21/9/2024  | Alcañiz                  |
| 4:29.34       | M750    | JUAN PRIETO MARTIN                 | ESP  | 21/1/1967  | 1967 | M55       | Ajalkala                    | 23/09/2023 | Pescara - (ITA)          |
| 2:21.57       | M2295   | JOSE MENDES DE ARAUJO              | ESP  | 2/3/1967   | 1967 | M55       | Lynze Parla                 | 29/06/2024 | Madrid-AL                |
| 4:42.24       | CT20175 | FERRAN DE TORRES BURGOS            | ESP  | 11/3/1967  | 1967 | M55       | CA Terres de l'Ebre         | 22/3/2024  | Torun - (POL) (i)        |
| 5:14.51       | CR4271  | MANUEL JIMENEZ RUIZ DE ELVIRA      | ESP  | 28/8/1967  | 1967 | M55       | Virgen del Espino Membrilla | 20/5/2023  | Alcalá de Henares        |
| 4:33.10       | MA98    | AGUSTIN MOLINA GARCIA              | ESP  | 27/1/1968  | 1968 | M55       | Trops-Cueva de Nerja        | 27/05/2023 | Málaga-CAR               |
| 4:59.66       | IB15711 | JOSE JOAQUIN ROSELO NAVARRO        | ESP  | 6/11/1968  | 1968 | M55       | C.A.Puerto Torreveja        | 20/05/2023 | Alcalá de Henares        |
| 4:57.04       | EX6459  | DIEGO LARA GARCIA                  | ESP  | 23/7/1969  | 1969 | M55       | At Campisur                 | 5/9/2024   | Llerena                  |
| 4:48.52       | NA15539 | GERARDO CLEMENTE QUILEZ            | ESP  | 28/4/1970  | 1970 | M50       | Hiru-Herri                  | 20/05/2023 | Alcalá de Henares        |
| 4:56.25       | M9291   | JULIAN VACAS SANCHEZ               | ESP  | 7/7/1971   | 1971 | M50       | Ajalkala                    | 20/05/2023 | Alcalá de Henares        |
| 4:11.01       | M775    | JULIO BARDABIO ATIENZA             | ESP  | 14/7/1971  | 1971 | M50       | Canguro A.A.C.              | 09/07/2023 | Madrid-VLL               |
| 4:24.42       | O7916   | RAMIRO JAVIER BARCIA LOPEZ         | ESP  | 8/8/1971   | 1971 | M50       | Piloña Deporte              | 13/5/2023  | Gijón                    |
| 4:26.51       | M14638  | GONZALO MARTÍNEZ MUÑOZ             | ESP  | 24/2/1972  | 1972 | M50       | Canguro A.A.C.              | 09/07/2023 | Madrid-VLL               |
| 4:30.02       | M9502   | OSCAR ALONSO ORDOÑEZ               | ESP  | 20/04/1972 | 1972 | M50       | E.A. Majadahonda            | 15/06/2024 | Madrid-VLL               |
| 4:54.71       | V23757  | DAVID RODRIGUEZ ROURES             | ESP  | 12/7/1972  | 1972 | M50       | Dawako Athletics C.D.       | 20/05/2023 | Alcalá de Henares        |
| 4:26.66       | M659    | JOSE MANUEL BERLINCHES RODRIGO     | ESP  | 26/4/1973  | 1973 | M50       | Ajalkala                    | 06/07/2024 | Alcobendas               |
| 4:18.78       | S10617  | OSCAR FERNANDEZ SANTAMARIA         | ESP  | 1973-08-20 | 1973 | M50       | Atlético Polanco            | 19/07/2023 | Santander                |
| 4:14.08       | TO5160  | SANTIAGO QUINTANERO DIAZ           | ESP  | 25/7/1974  | 1974 | M50       | San Ildefonso Mediolanum    | 24/6/2023  | Jerez de la Frontera     |
| 4:24.67       | CT4     | JULIO LEON CID                     | ESP  | 12/10/1974 | 1974 | M50       | CA Tarragona                | 27/5/2023  | Santa Coloma de Gramenet |
| 4:43.67       | IB16184 | MANUEL CARLOS OUTÓN BESADA         | ESP  | 17/7/1975  | 1975 | M45       | Atletismo Inca              | 20/5/2023  | Alcalá de Henares        |
| 4:17.62       | SS19511 | SERGIO ROMÁN BERMEJO               | ESP  | 22/7/1975  | 1975 | M45       | At. San Sebastian           | 21/1/2023  | San Sebastián            |
| 2:08.72       | AV276   | RAUL BLANCO JIMENEZ                | ESP  | 24/09/1975 | 1975 | M45       | CD Ecosport                 | 20/06/2024 | Pozuelo de Alarcón       |
| 2:09.76       | GA622   | EMILIO GARCIA VAZQUEZ              | ESP  | 13/12/1975 | 1975 | M45       | SD Compostela Atletismo     | 23/06/2024 | Vigo                     |
| 4:42.66       | TO4200  | GUSTAVO DELGADO VILLA              | ESP  | 11/1/1976  | 1976 | M45       | 26millas MATICAL            | 20/5/2023  | Alcalá de Henares        |
| 2:10.26       | M9759   | JOSE ANTONIO RINCON GIL            | ESP  | 6/2/1977   | 1977 | M45       | Suanzes San Blas            | 25/6/2023  | Madrid-VLL               |
| 2:06.21       | SA4460  | ANGEL JOSE GARCIA DIAZ             | ESP  | 12/5/1977  | 1977 | M45       | Ciudad Peñaranda            | 25/06/2023 | Jerez de la Frontera     |
| 4:17.97       | M569    | RICARDO GARCIA PEREZ               | ESP  | 28/11/1977 | 1977 | M45       | Polideportivo Getafe        | 18/02/2024 | Madrid                   |
| 4:08.79       | TO5017  | CÉSAR GARCIA GOMEZ                 | ESP  | 18/2/1979  | 1979 | M45       | San Ildefonso Mediolanum    | 1/7/2023   | Madrid-AL                |
| 4:48.2        | CA11449 | SERGIO MORALES VALADES             | ESP  | 11/05/1979 | 1979 | M45       | Veteranos Algeciras         | 45556      | Alcañiz                  |
| 4:39.60       | V24218  | MIGUEL SILLA LOPEZ                 | ESP  | 21/12/1979 | 1979 | M40       | CA LOM DE PICASSENT         | 20/05/2023 | Alcalá de Henares        |
| 4:14.48       | TO5165  | JUAN JOSÉ SALINERO MARTIN          | ESP  | 26/3/1980  | 1980 | M40       | San Ildefonso Mediolanum    | 1/6/2024   | Ciudad Real              |
| 4:23.19       | MU23044 | ANTONIO PARRA INIESTA              | ESP  | 30/8/1980  | 1980 | M40       | C.A.Puerto Torreveja        | 23/6/2024  | Alhama de Murcia         |
| 2:09.66       | M16139  | JOSE RODRIGUEZ GRANDA              | ESP  | 14/12/1980 | 1980 | M40       | Suanzes San Blas            | 15/7/2023  | Madrid-AL                |
| 4:12.95       | BU1708  | IGNACIO CASAS ANTOLIN              | ESP  | 22/2/1981  | 1981 | M40       | Image FDR                   | 12/6/2024  | Burgos                   |
| 2:08.67       | M100    | DANIEL BELMONTE CRIADO             | ESP  | 21/8/1981  | 1981 | M40       | Atletico Aranjuez           | 12/2/2023  | Madrid                   |
| 1:54.75       | M320    | PABLO MUÑOZ CABALLERO              | ESP  | 23/10/1981 | 1981 | M40       | Real Sociedad               | 16/6/2024  | Madrid-VLL               |
| 8:29.37       | TO3264  | PEDRO JAVIER VEGA BALLESTEROS      | ESP  | 22/4/1982  | 1982 | M40       | San Ildefonso Mediolanum    | 28/6/2023  | CÁCERES                  |
| 4:07.86       | M31359  | CARLOS ABELLAN OSSENBAACH          | ESP  | 1/3/1983   | 1983 | M40       | At Pozuelo                  | 22/06/2024 | Leganés                  |
| 2:05.18       | M32659  | VICTOR MANUEL MEDINA PEÑA          | ESP  | 2/8/1985   | 1985 | M35       | Ajalkala                    | 01/06/2024 | Madrid-AL                |
| 2:04.33       | M28633  | JUAN PALOMARES CARRALERO           | ESP  | 14/11/1985 | 1985 | M35       | Suanzes San Blas            | 19/6/2024  | Arganda del Rey          |
| 4:44.47       | TF21357 | JACOB MANUEL RODRIGUEZ HERNANDEZ   | ESP  | 12/2/1986  | 1986 | M35       | CEA Tenerife 1984           | 1/5/2024   | Los Realejos             |
| 2:04.50       | V21718  | JORGE CUENCA FERRAGUD              | ESP  | 28/8/1986  | 1986 | M35       | CA Gandia-Alpesa            | 13/01/2024 | Valencia                 |
| 4:30.83       | M1289   | MANUEL NUÑO GRANDE                 | ESP  | 29/8/1987  | 1987 | M35       | Polideportivo Getafe        | 20/05/2023 | Alcalá de Henares        |
| 4:17.57       | GA56    | VICTOR ALONSO ARES                 | ESP  | 3/6/1988   | 1988 | M35       | Vicky Foods Athletics       | 17/5/2024  | Vigo                     |

|         |        |                               |     |           |      |     |                       |            |            |
|---------|--------|-------------------------------|-----|-----------|------|-----|-----------------------|------------|------------|
| 4:10.11 | A9414  | ALEJANDRO GONZALEZ ESPINOSA   | ESP | 16/7/1988 | 1988 | M35 | C.A.Puerto Torrevieja | 16/6/2024  | Torrevieja |
| 4:15.02 | EX5071 | JUAN MANUEL GONZALEZ CARRILLO | ESP | 17/7/1988 | 1988 | M35 | CAPEX                 | 20/1/2024  | Cáceres    |
| 4:06.96 | M6458  | LUIS EDUARDO SOUSA EL SOUKI   | ESP | 25/9/1988 | 1988 | M35 | A.D. Sprint           | 3/2/2024   | Madrid     |
| 3:51.58 | M3469  | ADRIAN GONZALEZ RUIZ          | ESP | 29/6/1989 | 1989 | M35 | Club RFB Boadilla     | 12/07/2023 | Bilbao     |

| 10.000m Hombres |         |                                |      |            |      |           |                                    |            |                           |
|-----------------|---------|--------------------------------|------|------------|------|-----------|------------------------------------|------------|---------------------------|
| Marca           | Lic.    | Nombre                         | Nac. | Fecha      | Año  | Categoría | Club                               | Fecha      | Lugar                     |
| 48:19           | T04934  | ANTONIO MOHEDANO RODRIGUEZ     | ESP  | 18/8/1945  | 1945 | M75       | INDEPENDIENTE                      | 29/3/2023  | Torún - (POL)             |
| Med.int.        | CT25355 | CELSO CURIEL RECIO             | ESP  | 5/4/1949   | 1949 | M75       | AA Palamos                         |            |                           |
| 50:06           | S11292  | JESUS MARIA TURISO PEÑA        | ESP  | 1/6/1949   | 1949 | M75       | Atlético España de Cueto           | 29/3/2023  | Toruñ - (POL)             |
| 44:53.96        | GA6777  | PABLO FERVENZA ENTENZA         | ESP  | 20/5/1952  | 1952 | M70       | Atmo. Samertolameu                 | 20/5/2023  | Alcalá de Henares         |
| 43:37           | CA10232 | MANUEL RODRIGUEZ HIDALGO       | ESP  | 17/10/1954 | 1954 | M70       | Atletismo Linense                  | 17/03/2024 | Torre del Mar             |
| 41:30           | GR4701  | REGINO JESUS ZAMORA RODRIGUEZ  | ESP  | 3/4/1958   | 1958 | M65       | CA Ciudad de Atarfe                | 06/04/2024 | Crevillente               |
| 19:34           | BU2906  | RAFAEL DE ANDRES GARCIA        | ESP  | 10/4/1959  | 1959 | M65       | C.D. Aranda Corre                  | 20/04/2024 | Don Benito                |
| 39:41.76        | GA5008  | JOSE BENITO GOMEZ LOPEZ        | ESP  | 11/6/1959  | 1959 | M65       | Ourense Atletismo                  | 04/03/2024 | Vigo                      |
| 38:27           | CR600   | SANTOS RUIZ CANTON             | ESP  | 18/6/1961  | 1961 | M60       | INDEPENDIENTE                      | 15/10/2023 | Tomelloso                 |
| 38:44.59        | M915    | JOSE ANTONIO MORALES ROBLES    | ESP  | 15/09/1961 | 1961 | M60       | E.A. Majadahonda                   | 20/05/2023 | Alcalá de Henares         |
| 20:21           | AR2561  | FRANCISCO ATOCHERO VALVERDE    | ESP  | 1/11/1961  | 1961 | M60       | AD Jalon                           | 12/5/2024  | Calatorao                 |
| 37:34           | M2246   | JUAN JOSE BARBERA CASILLAS     | ESP  | 05/06/1962 | 1962 | M60       | E.A. Majadahonda                   | 14/01/2024 | Valencia                  |
| 18:52           | M18229  | JAVIER IBAÑEZ JIMENEZ          | ESP  | 28/09/1963 | 1963 | M60       | E.A. Majadahonda                   | 20/04/2024 | Don Benito                |
| 37:33.93        | M6563   | RUBEN ERNESTO AMORES AMORES    | ESP  | 9/4/1964   | 1964 | M60       | Club Corredores                    | 21/05/2023 | Alcalá de Henares         |
| 36:33           | AB528   | ABELARDO MARTINEZ SANCHEZ      | ESP  | 23/6/1964  | 1964 | M60       | Atletismo Albacete                 | 15/04/2023 | Huelva                    |
| 36:05.13        | M485    | JUAN CARLOS POUSA RODICIO      | ESP  | 13/10/1964 | 1964 | M60       | A.A. Valdemoro                     | 21/5/2023  | Alcalá de Henares         |
| 35:23           | MA3859  | LUIS CLAUDIO SEPULVEDA LOPEZ   | ESP  | 27/2/1965  | 1965 | M55       | CD Todos a Correr                  | 17/03/2024 | Torre del Mar             |
| 36:45           | M9422   | JOSE MARTINEZ LORDEN           | ESP  | 19/02/1966 | 1966 | M55       | E.A. Majadahonda                   | 16/03/2024 | Laredo                    |
| 1:21:59         | T0787   | ANGEL RUIZ GRANDE              | ESP  | 27/10/1966 | 1966 | M55       | A.A. Valdemoro                     | 14/05/2023 | Santander                 |
| 35:55           | GR2576  | MANUEL ANTONIO JIMENEZ ALFEREZ | ESP  | 23/11/1966 | 1966 | M55       | Atletismo Triatlón Runrundata      | 17/03/2024 | Torre del Mar             |
| 35:44           | CT20175 | FERRAN DE TORRES BURGOS        | ESP  | 11/3/1967  | 1967 | M55       | CA Terres de l'Ebre                | 29/3/2023  | Toruní - (POL)            |
| 18:19           | CR4271  | MANUEL JIMENEZ RUIZ DE ELVIRA  | ESP  | 28/8/1967  | 1967 | M55       | Virgen del Espino Membrilla        | 17/06/2023 | Puerto de la Cruz         |
| 36:16           | MA9197  | BERNARDO ORTIZ FERNANDEZ       | ESP  | 27/9/1967  | 1967 | M55       | San Pedro Atletismo                | 17/03/2024 | Torre del Mar             |
| 32:47           | CT22067 | SANCHO AYALA ABAD              | ESP  | 5/10/1967  | 1967 | M55       | Avinent Manresa                    | 15/01/2023 | Valencia                  |
| 35:56           | M1982   | JUAN FRANCISCO RUIZ ESPINOSA   | ESP  | 23/6/1968  | 1968 | M55       | A.A. Valdemoro                     | 17/05/2024 | Porto Santo - (POR)       |
| 35:22           | M8029   | JUAN ANTONIO RAMOS MUÑOZ       | ESP  | 09/10/1968 | 1968 | M55       | CAPOL                              | 05/11/2023 | Madrid                    |
| 35:33           | EX6681  | JOSE LUIS SANCHEZ MEJIA        | ESP  | 31/01/1969 | 1969 | M55       | Arte Físico                        | 05/05/2024 | Villanueva de la Serena   |
| 34:52           | EX6459  | DIEGO LARA GARCIA              | ESP  | 23/7/1969  | 1969 | M55       | At Campisur                        | 15/4/2023  | Huelva                    |
| 34:39           | NA15539 | GERARDO CLEMENTE QUILEZ        | ESP  | 28/4/1970  | 1970 | M50       | Hiru-Herri                         | 11/03/2023 | Laredo                    |
| 1:16:17         | M2132   | MANUEL GONZALEZ VALLEJO        | ESP  | 9/1/1971   | 1971 | M50       | A.D. Marathon                      | 14/05/2023 | Santander                 |
| 34:48.02        | M2493   | ANTONIO LUQUE LUQUE            | ESP  | 27/1/1971  | 1971 | M50       | SS. Reyes - CC. Menorca            | 21/5/2023  | Alcalá de Henares         |
| 34:44.81        | M1035   | MIGUEL ANGEL CADENAS DURAN     | ESP  | 16/11/1972 | 1972 | M50       | A.D. Marathon                      | 21/5/2023  | Alcalá de Henares         |
| 34:07           | MU21093 | JOSÉ LUÍS MONREAL TOMÁS        | ESP  | 31/7/1973  | 1973 | M50       | C.A.Puerto Torrevieja              | 11/02/2024 | Elche                     |
| 32:11.59        | S10617  | OSCAR FERNANDEZ SANTAMARIA     | ESP  | 20/08/1973 | 1973 | M50       | Atlético Polanco                   | 25/02/2023 | Los Corrales de Buelna    |
| 34:14           | AR4657  | JESUS PABLO EGEE FORCADELL     | ESP  | 25/1/1974  | 1974 | M50       | Atletica Turolese                  | 18/08/2024 | Göteborg - (SWE)          |
| 33:48           | M2106   | SANTIAGO DE LA FUENTE MARTIN   | ESP  | 15/11/1974 | 1974 | M45       | A.A. Mostoles                      | 26/03/2023 | Fraga                     |
| 31:33           | IB16184 | MANUEL CARLOS OUTÓN BESADA     | ESP  | 17/7/1975  | 1975 | M45       | Atletismo Inca                     | 16/3/2024  | Laredo                    |
| 32:09           | SS19511 | SERGIO ROMÁN BERMEJO           | ESP  | 22/7/1975  | 1975 | M45       | At. San Sebastian                  | 26/11/2023 | San Sebastian             |
| 1:12:33         | M13373  | RAFAEL CROS GUTIERREZ          | ESP  | 27/08/1975 | 1975 | M45       | A.A. Valdemoro                     | 29/01/2023 | Getafe                    |
| 31:01           | MA1585  | JAVIER DIAZ CARRETERO          | ESP  | 17/4/1976  | 1976 | M45       | San Pedro Atletismo                | 17/3/2024  | Torre del Mar             |
| 32:42           | M6424   | ANTONIO BORREGO HERNANDEZ      | ESP  | 3/8/1976   | 1976 | M45       | Polideportivo Getafe               | 14/1/2024  | Valencia                  |
| 33:44           | M1314   | JESUS BRAVO NAVAJON            | ESP  | 20/12/1976 | 1976 | M45       | A.D. Sprint                        | 10/1/2024  | Valencia                  |
| 32:37           | GA1410  | ISRAEL ROPERO CABALLERO        | ESP  | 28/4/1977  | 1977 | M45       | ADAS CUPA                          | 15/4/2023  | Huelva                    |
| 32:48           | AR1053  | JOSE ANTONIO MURO SUPERVIA     | ESP  | 3/9/1977   | 1977 | M45       | Zenit Atleet- La Mafia             | 15/01/2023 | Valencia                  |
| 1:14.00         | M569    | RICARDO GARCIA PEREZ           | ESP  | 28/11/1977 | 1977 | M45       | Polideportivo Getafe               | 28/01/2024 | Getafe                    |
| 34:29           | AR5303  | MARIANO VAL TORTOSA            | ESP  | 23/3/1978  | 1978 | M45       | Zenit Atleet- La Mafia             | 19/02/2023 | Parla                     |
| 33:43           | BU3784  | IVAN MARIN PEREZ               | ESP  | 12/10/1978 | 1978 | M45       | C.D. Atletismo Briviesca-NORPETROL | 16/3/2024  | Laredo                    |
| 31:48           | T05170  | RAMON GALLEGO YELAMOS          | ESP  | 18/2/1979  | 1979 | M45       | CA Saturno Daimiel                 | 11/03/2023 | Laredo                    |
| 33:25           | CR232   | RUBEN ALVARO OLMEDA            | ESP  | 23/9/1979  | 1979 | M45       | Union Atletica CUA                 | 12/03/2023 | Ciudad Real               |
| 33:40.91        | BU4025  | JORGE ALONSO DIEZ              | ESP  | 8/7/1980   | 1980 | M40       | VinoToro CRural                    | 25/2/2023  | Los Corrales de Buelna    |
| 32:58.39        | GA34    | ESTEBAN DIAZ PEREZ             | ESP  | 26/2/1981  | 1981 | M40       | Club Atletismo Naron               | 4/3/2023   | Vigo                      |
| 31:41.60        | M6378   | MIGUEL DEL POZO ALVAREZ        | ESP  | 5/12/1981  | 1981 | M40       | Suanzes San Blas                   | 17/2/2024  | Madrid-VIC                |
| 15:45.41        | CT82    | JUAN LUIS RAMÓN LOPO           | ESP  | 4/10/1982  | 1982 | M40       | JA Montcada                        | 7/6/2023   | Barcelona-SE              |
| 31:03           | CO1375  | DIEGO DE LA FUENTE IBAÑEZ      | ESP  | 16/11/1982 | 1982 | M40       | CD Surco Lucena                    | 14/1/2024  | Valencia                  |
| 1:14:33         | M6532   | DANIEL NAVARRO IZQUIERDO       | ESP  | 18/2/1983  | 1983 | M40       | Cluc Kukimbia Navalcarnero         | 23/4/2023  | Madrid                    |
| 1:11.59         | A11775  | JAVIER AYUSO CIALCETA          | ESP  | 12/12/1983 | 1983 | M40       | Atletisme Crevillent               | 21/01/2024 | Santa PoLa                |
| 32:06           | M1415   | JOSUE DE MARCOS DOMINGUEZ      | ESP  | 28/2/1984  | 1984 | M40       | Unión Atlética Coslada             | 11/03/2023 | Laredo                    |
| 31:56.02        | GR5227  | ESTEBAN MILENA CUESTA          | ESP  | 6/7/1984   | 1984 | M40       | Trotasierra Hornachuelos           | 17/02/2024 | Cartama                   |
| 30:54           | AV1281  | LUIS MIGUEL SANCHEZ BLANCO     | ESP  | 16/1/1985  | 1985 | M35       | Atletismo Bikila                   | 28/1/2024  | Ibiza                     |
| 31:56:00        | MU8547  | ANTONIO MARTINEZ ARDIL         | ESP  | 3/1/1986   | 1986 | M35       | C.A.Puerto Torrevieja              | 21/1/2024  | Santa PoLa                |
| 32:09           | MA7100  | FRANCISCO URBANO SALES         | ESP  | 14/6/1986  | 1986 | M35       | Trops-Cueva de Nerja               | 29/03/2023 | Torún - (POL)             |
| 31:17           | MA3467  | CRISTIAN BENITEZ SANCHEZ       | ESP  | 19/1/1987  | 1987 | M35       | CA Marbella del Sol                | 15/4/2023  | Huelva                    |
| 31:04           | GA56    | VICTOR ALONSO ARES             | ESP  | 3/6/1988   | 1988 | M35       | Vicky Foods Athletics              | 16/03/2024 | Laredo                    |
| 33:24.07        | EX5071  | JUAN MANUEL GONZALEZ CARRILLO  | ESP  | 17/7/1988  | 1988 | M35       | CAPEX                              | 17/2/2024  | Villafranca de los Barros |
| 32:59           | M743    | MOHAMED BEN DOHHOU LAOUINI     | ESP  | 12/11/1988 | 1988 | M35       | A.D. Marathon                      | 18/8/2024  | Gotemburgo                |
| 32:56           | CT38    | VICTOR DOBLAS DIAZ             | ESP  | 12/6/1989  | 1989 | M35       | PCteam                             | 15/1/2023  | Valencia                  |

| Decatlón Hombres |         |                             |      |            |      |           |                       |            |                        |
|------------------|---------|-----------------------------|------|------------|------|-----------|-----------------------|------------|------------------------|
| Marca            | Lic.    | Nombre                      | Nac. | Fecha      | Año  | Categoría | Club                  | Fecha      | Lugar                  |
| 4769             | AR2491  | MANUEL GARCIA CARBAJO       | ESP  | 26/2/1943  | 1943 | M80       | At. Intec-Zoiti       | 14/8/2024  | Gotemburgo             |
| 5750             | S10826  | JOSE RAMON PELAYO POLANCO   | ESP  | 6/3/1957   | 1957 | M65       | Atletismo Torrelavega | 30/4/2023  | Santander              |
| 6116             | GA1120  | CARLOS FERRER MOREIRA       | ESP  | 5/10/1959  | 1959 | M65       | Atmo. Samertolameu    | 23/4/2023  | Vigo                   |
| 5090             | GC8146  | EDUARDO MEDINA REGAN        | ESP  | 9/8/1963   | 1963 | M60       | CAI Gran Canaria      | 30/4/2023  | Santa Cruz de Tenerife |
| 5274             | BI53354 | ROBERTO GARCIA ESCRIBANO    | ESP  | 10/6/1964  | 1964 | M60       | Artunduaga            | 30/4/2023  | Durango                |
| 5833             | TF21060 | DOMINGO FERNANDEZ RODRÍGUEZ | ESP  | 23/6/1964  | 1964 | M60       | EAMJ Playas de Jandia | 22/9/2024  | Santa Cruz De Tenerife |
| 5339             | CT19378 | JOSEP MARIA MATEO SANZ      | ESP  | 17/11/1964 | 1964 | M55       | CA Tarragona          | 14/7/2024  | Tarragona              |
| 4598             | AR2388  | ENRIQUE PEREZ SUSO          | ESP  | 23/2/1967  | 1967 | M55       | Atletismo Zuera       | 23/6/2024  | Zaragoza-CAD           |
| 5592             | M1569   | DONATO RAMIREZ GARCIA       | ESP  | 9/5/1969   | 1969 | M55       | Canguro A.A.C.        | 19/05/2024 | Madrid-AL              |
| 6828             | CT25152 | JUAN CARLOS HERRERA ALCAIDE | ESP  | 31/1/1973  | 1973 | M50       | CA Tarragona          | 22/9/2023  | Pescara - (ITA)        |

|      |        |                              |     |           |      |     |                      |            |            |
|------|--------|------------------------------|-----|-----------|------|-----|----------------------|------------|------------|
| 4888 | MA8854 | ANGEL JOSE GONZALO CRISTOBAL | ESP | 17/9/1974 | 1974 | M50 | Atletica Benalmadena | 30/04/2023 | Málaga-CAR |
| 5351 | M5676  | HECTOR BAEZA SANCHEZ         | ESP | 27/7/1975 | 1975 | M45 | Suanzes San Blas     | 19/5/2024  | Madrid-AL  |
| 4730 | M1923  | JAVIER ESGUEVA FERNANDEZ     | ESP | 27/7/1981 | 1981 | M40 | Club Corredores      | 19/5/2024  | Madrid-AL  |
| 5275 | J5634  | EDUARDO CUENCA GARCIA        | ESP | 6/2/1983  | 1983 | M40 | C.D. Raices          | 28/5/2023  | Málaga     |
| 4719 | AR1727 | MIGUEL PINTIEL ALONSO        | ESP | 6/3/1987  | 1987 | M35 | Hinaco Monzon        | 7/5/2023   | Monzón     |

| Pentatlón Lanzamientos Hombres |         |                                   |      |            |      |           |                                      |            |                        |
|--------------------------------|---------|-----------------------------------|------|------------|------|-----------|--------------------------------------|------------|------------------------|
| Marca                          | Lic.    | Nombre                            | Nac. | Fecha      | Año  | Categoría | Club                                 | Fecha      | Lugar                  |
| 2820                           | CT15299 | RAMON ESTAPIÑA FERNANDEZ          | ESP  | 26/10/1947 | 1947 | M75       | CA Palafrugell-GiCB                  | 11/11/2023 | Palafrugell            |
| 3413                           | TF672   | FRANCISCO JOSÉ FERIA RODRÍGUEZ    | ESP  | 22/10/1951 | 1951 | M70       | Club Aguerre                         | 29/9/2023  | Pescara - (ITA)        |
| 2771                           | M1190   | JOSE IGLESIAS INFANTES            | ESP  | 8/5/1952   | 1952 | M70       | Atletismo Alcorcon                   | 18/11/2023 | Madrid-AL              |
| 2606                           | M8301   | ALEJANDRO MENENDEZ-CHACON SANCHEZ | ESP  | 19/4/1955  | 1955 | M65       | Canguro A.A.C.                       | 28/09/2024 | Durango                |
| 2421                           | TF23483 | DIONISIO CASAÑAS DEL AMO          | ESP  | 3/6/1955   | 1955 | M65       | Club Aguerre                         | 21/9/2024  | Santa Cruz De Tenerife |
| 2449                           | V22482  | GENARO REY MARIÑO                 | ESP  | 30/10/1955 | 1955 | M65       | CA Safor-Teika                       | 05/10/2024 | Valencia               |
| 2628                           | AR2304  | CELSO SAMPIETRO PUYUELO           | ESP  | 10/6/1956  | 1956 | M65       | Hinaco Monzon                        | 5/10/2024  | Monzón                 |
| 2891                           | CT1501  | FRANCESC MOSQUERA PAGES           | ESP  | 7/9/1956   | 1956 | M65       | CA Tarragona                         | 20/5/2023  | Alcalá de Henares      |
| 2397                           | SG4294  | JAVIER DE LA CALLE GÓMEZ          | ESP  | 14/5/1958  | 1958 | M65       | C.A.J. Blume                         | 25/7/2023  | Santander              |
| 2675                           | V18018  | ALFONSO ALFREDO GOMEZ BAGUENA     | ESP  | 21/5/1958  | 1958 | M65       | C.A.La Rabosa                        | 29/04/2023 | Denia                  |
| 3112                           | L4259   | EMILIO MENDEZ PEREZ               | ESP  | 29/1/1959  | 1959 | M65       | Club Atletismo Valladolid            | 25/07/2024 | Santander              |
| 2524                           | SA4318  | FERNANDO GARCIA PEREZ             | ESP  | 6/8/1960   | 1960 | M60       | Atletico Salamanca                   | 15/7/2023  | Basauri                |
| 3150                           | M1283   | LUIS MIGUEL URREA GUIA            | ESP  | 29/10/1960 | 1960 | M60       | A. A. Moratalaz                      | 20/5/2023  | Alcalá de Henares      |
| 3466                           | GA12350 | XULIO VENTIN RIVAS                | ESP  | 25/11/1961 | 1961 | M60       | Club Atletismo Sada                  | 20/5/2023  | Alcalá de Henares      |
| 2679                           | EX7388  | LUIS GARCIA DONCEL GARCIA         | ESP  | 1/3/1962   | 1962 | M60       | At. Badajoz                          | 25/07/2024 | Santander              |
| 3332                           | GA5295  | JAVIER VITERI FERNANDEZ           | ESP  | 22/6/1962  | 1962 | M60       | Atmo. Samertolameu                   | 20/5/2023  | Alcalá de Henares      |
| 3581                           | CT480   | JEAN-PAUL SAUSSUS                 | BEL  | 23186      | 1963 | M60       | Pratenc AA                           | 45241      | Palafrugell            |
| 2659                           | AR989   | JOSE ANTONIO VILLACAMPA COSTA     | ESP  | 14/8/1964  | 1964 | M60       | Hinaco Monzon                        | 29/6/2024  | Basauri                |
| 2567                           | CT24941 | FRANCISCO FERRER LOPEZ            | ESP  | 25/10/1964 | 1964 | M55       | JA Sabadell                          | 11/11/2023 | Palafrugell            |
| 3239                           | M6511   | LUIS FERNANDO GUILLEN MOÑINO      | ESP  | 31/5/1965  | 1965 | M55       | Track Cross Road Team                | 21/5/2023  | Alcalá de Henares      |
| 2970                           | TF20614 | JUAN LUIS BACALLADO ALONSO        | ESP  | 25/6/1966  | 1966 | M55       | C.A.Milla Chicharrera2007            | 21/5/2023  | Alcalá de Henares      |
| 3379                           | M1036   | ANDRES LOPEZ ALONSO               | ESP  | 27/7/1967  | 1967 | M55       | Track Cross Road Team                | 30/09/2023 | Pescara - (ITA)        |
| 2634                           | V24068  | JAIME FLORES BIENERT              | ESP  | 2/2/1969   | 1969 | M55       | Catarroja U.E.                       | 25/7/2024  | Santander              |
| 2932                           | AB1753  | AGUSTIN FERNANDEZ OROZCO          | ESP  | 19/5/1970  | 1970 | M50       | A.D. Sprint                          | 24/8/2024  | Gotemburgo             |
| 3072                           | M3054   | ALFONSO ROMAN GOTA                | ESP  | 14/7/1972  | 1972 | M50       | Ajalkala                             | 18/11/2023 | Madrid-AL              |
| 2754                           | CT25902 | MARÇAL CRUZ MARTI                 | ESP  | 05/08/1973 | 1973 | M50       | CA Sant Celoni                       | 11/11/2023 | Palafrugell            |
| 3131                           | S11194  | PEDRO PABLO FUENTES GARZON        | ESP  | 25/8/1973  | 1973 | M50       | Atlético Castro                      | 25/07/2024 | Santander              |
| 3082                           | GA9377  | CARLOS ALBERTO ALMUDI CID         | ESP  | 20/1/1974  | 1974 | M50       | Atletica a Silva                     | 20/5/2023  | Alcalá de Henares      |
| 2771                           | M10976  | MIGUEL GONZALEZ SILVA             | ESP  | 13/8/1974  | 1974 | M50       | A. A. Moratalaz                      | 18/11/2023 | Madrid-AL              |
| 3394                           | O2407   | MIGUEL ALVAREZ CUERVO             | ESP  | 28/3/1975  | 1975 | M45       | Universidad Oviedo                   | 29/06/2024 | Basauri                |
| 3235                           | SE9814  | ALDO JONATHAN BELLO MORILLO       | ITA  | 27537      | 1975 | M45       | CEA Tenerife                         | 28/09/2024 | Córdoba                |
| 3143                           | L2501   | RUBEN FERNANDEZ MONTIEL           | ESP  | 24/10/1975 | 1975 | M45       | Universidad de Leon Sprint Atletismo | 28/9/2024  | Avila                  |
| 2727                           | H3537   | JOSE ANTONIO RODRIGUEZ SILVA      | ESP  | 22/8/1976  | 1976 | M45       | El Lince-Bonares                     | 29/9/2023  | Pescara - (ITA)        |
| 3469                           | AR1847  | JOSE IGNACIO AGUINAGA LAZARO      | ESP  | 7/3/1978   | 1978 | M45       | Atletismo Zuera                      | 29/6/2024  | Basauri                |
| 2959                           | M3610   | CARLOS SOLIS MARTINEZ             | ESP  | 20/4/1979  | 1979 | M45       | A. A. Moratalaz                      | 24/08/2024 | Göteborg - (SWE)       |
| 2720                           | M80     | MIGUEL LAZARO LOPEZ-VILLASEÑOR    | ESP  | 15/10/1981 | 1981 | M40       | CAPEX                                | 20/05/2023 | Alcalá de Henares      |

| Milla Mujeres |         |                                        |      |            |      |           |                           |            |                      |
|---------------|---------|----------------------------------------|------|------------|------|-----------|---------------------------|------------|----------------------|
| Marca         | Lic.    | Nombre                                 | Nac. | Fecha      | Año  | Categoría | Club                      | Fecha      | Lugar                |
| 4:11.90       | V13853  | ROSA ESQUERDO SANTACREU                | ESP  | 24/09/1948 | 1948 | F75       | Redolat Team              | 07/07/2024 | Alcobendas           |
| 7:21.94       | M2230   | MARIA CONSUELO ALONSO ALONSO           | ESP  | 9/11/1948  | 1948 | F75       | Lynze Parla               | 23/03/2024 | Torun (POL)          |
| 8:30          | M1321   | MARIA ISABEL COLLADO LOBATO            | ESP  | 23/1/1951  | 1951 | F70       | Lynze Parla               | 30/04/2023 | La Roda              |
| 9:14          | M1218   | MARIA JOSE BRIZ RODRIGUEZ              | ESP  | 21/6/1951  | 1951 | F70       | Track Cross Road Team     | 15/10/2023 | Parla                |
| 3:12.00       | M2225   | LUISA RODRIGUEZ PARRA                  | ESP  | 4/5/1957   | 1957 | F65       | Lynze Parla               | 04/03/2023 | Antequera            |
| 7:14.79       | GA7241  | MARIA DE LOS ANGELES RODRIGUEZ DEL RIO | ESP  | 20/11/1957 | 1957 | F65       | Atletica a Silva          | 21/5/2023  | Alcalá de Henares    |
| 3:14.34       | BU1706  | DOROTEA SEVILLA SANTAMARIA             | ESP  | 10/3/1959  | 1959 | F65       | Image FDR                 | 25/05/2024 | Burgos               |
| 7:00.35       | EX5804  | INES BELEN SILVA ROMERO                | ESP  | 28/1/1961  | 1961 | F60       | At Campisur               | 21/5/2023  | Alcalá de Henares    |
| 5:18.19       | GA10706 | MARIA ESTHER PEDROSA CARRETE           | ESP  | 19/5/1961  | 1961 | F60       | Dawako Athletics C.D.     | 22/01/2023 | Pontevedra           |
| 6:15.96       | CA8492  | AURORA ARRIETE CASTAÑEDA               | ESP  | 12/7/1966  | 1966 | F55       | Atletismo Chiclana        | 24/06/2023 | Jerez de la Frontera |
| 6:30.55       | M8810   | CARMEN PINTO MONTES                    | ESP  | 30/9/1966  | 1966 | F55       | Ss. Reyes - CC. Menorca   | 3/3/2024   | San Sebastián (i)    |
| 5:04.11       | SE9041  | ANTONIA ALVAREZ RUIZ                   | ESP  | 27/10/1966 | 1966 | F55       | Nutrisport Biznaga Málaga | 16/05/2023 | Coria del Río        |
| 5:46.64       | SS20929 | ANA ISABEL PINEDA ALDAZ                | ESP  | 29/8/1967  | 1967 | F55       | Atletico Renteria         | 3/6/2023   | Durango              |
| 5:56.50       | M1114   | MARGARITA CHIVO VAZQUEZ                | ESP  | 17/1/1968  | 1968 | F55       | Track Cross Road Team     | 21/05/2023 | Alcalá de Henares    |
| 5:29.63       | O6556   | MARIA ROCIO RIZ PEREZ                  | ESP  | 13/3/1969  | 1969 | F55       | RG Cultural Covadonga     | 15/6/2024  | Avilés               |
| 6:19.13       | CO6988  | ANA HERRADOR LUQUE                     | ESP  | 5/4/1969   | 1969 | F55       | CA Montilla               | 17/02/2024 | Antequera            |
| 5:21.18       | M12273  | NIEVES LÓPEZ CAMPESINO                 | ESP  | 15/3/1970  | 1970 | F50       | At Cervantes Alcala       | 6/7/2024   | Alcobendas           |
| 5:48.78       | SG3830  | SONIA DE LA CALLE GOMEZ                | ESP  | 3/1/1971   | 1971 | F50       | Velox Atletismo           | 21/5/2023  | Alcalá de Henares    |
| 2:28.46       | M13103  | NURIA GRIJALBA ARANZUBIA               | ESP  | 24/11/1972 | 1972 | F50       | Atletico Aranjuez         | 16/6/2024  | Madrid-VLL           |
| 2:34.92       | M12469  | SONIA HERNANDEZ LAVEGA                 | ESP  | 28/2/1973  | 1973 | F50       | A.A. Mostoles             | 7/7/2024   | Alcobendas           |
| 2:28.80       | M1250   | MARTA MOLPECERES ALVAREZ               | ESP  | 10/11/1973 | 1973 | F50       | At. Arroyomolinos         | 16/6/2024  | Madrid-VLL           |
| 5:22.66       | GA1398  | MARIA SOLEDAD AURORA LEIRO LOPEZ       | ESP  | 18/12/1973 | 1973 | F50       | SD Compostela Atletismo   | 26/04/2023 | Pontevedra           |
| 5:34.71       | M3923   | ANA MARIA FUERTES BARRIO               | ESP  | 14/10/1974 | 1974 | F50       | Suanzes San Blas          | 21/5/2023  | Alcalá de Henares    |
| 4:54.15       | M1208   | PILAR FERNANDEZ RODRIGUEZ              | ESP  | 11/10/1976 | 1976 | F45       | LEA La Blanca             | 01/07/2023 | Madrid-AL            |
| 4:53.96       | SO3306  | ELISA HERNANDEZ ASENSIO                | ESP  | 23/5/1977  | 1977 | F45       | Ibercaja Capiscol         | 19/07/2023 | Santander            |
| 4:59.21       | IB16016 | MARIA JESUS PALLICER ROTGER            | ESP  | 1/1/1978   | 1978 | F45       | INDEPENDIENTE             | 29/6/2024  | Palma                |
| 5:23.76       | M11841  | MARINA DE BENITO FEMIA                 | ESP  | 2/3/1979   | 1979 | F45       | Atletico Aranjuez         | 21/5/2023  | Alcalá de Henares    |
| 4:52.29       | M6323   | MARIA ISABEL MARTINEZ SERRANO          | ESP  | 7/4/1981   | 1981 | F40       | A.D. Marathon             | 14/4/2024  | Elche                |
| 2:31.61       | SA3737  | MARIA DEL PILAR GARCIA DIAZ            | ESP  | 07/05/1982 | 1982 | F40       | Ciudad Peñaranda          | 04/02/2023 | Salamanca            |
| 10:15.71      | M14796  | MARIANA CANTERO GARCIA-MONCO           | ESP  | 25/10/1983 | 1983 | F40       | A.D. Marathon             | 20/6/2024  | Madrid-VLL           |
| 4:52.42       | AR3029  | BEATRIZ MARTINEZ CUELLO                | ESP  | 22/5/1984  | 1984 | F40       | At. Intec-Zoiti           | 24/06/2023 | Jerez de la Frontera |
| 2:24.58       | CA3568  | ESTEFANIA SOLIS MORILLO                | ESP  | 09/02/1988 | 1988 | F35       | Veteranos Algeciras       | 07/07/2024 | Alcobendas           |
| 2:33.14       | M11042  | KHADDOUJ BOUROUIS BENDAOU              | ESP  | 21/5/1988  | 1988 | F35       | A.D. Marathon             | 13/7/2024  | Leganés              |

| 10.000m Mujeres |        |                              |      |           |      |           |                |            |            |
|-----------------|--------|------------------------------|------|-----------|------|-----------|----------------|------------|------------|
| Marca           | Lic.   | Nombre                       | Nac. | Fecha     | Año  | Categoría | Club           | Fecha      | Lugar      |
| 55:12           | M2230  | MARIA CONSUELO ALONSO ALONSO | ESP  | 9/11/1948 | 1948 | F75       | Lynze Parla    | 15/04/2024 | Huelva     |
| 23:29           | M13254 | MAGDALENA LÓPEZ NAVACERRADA  | ESP  | 1/4/1960  | 1960 | F60       | A.A. Valdemoro | 20/04/2024 | Don Benito |
| 49:21           | EX5804 | INES BELEN SILVA ROMERO      | ESP  | 28/1/1961 | 1961 | F60       | At Campisur    | 15/4/2023  | Huelva     |

|          |         |                                  |     |            |      |     |                            |            |                      |
|----------|---------|----------------------------------|-----|------------|------|-----|----------------------------|------------|----------------------|
| 19:57.40 | GA10706 | MARIA ESTHER PEDROSA CARRETE     | ESP | 19/5/1961  | 1961 | F60 | Dawako Athletics C.D.      | 25/09/2023 | Pescara (ITA)        |
| 47:48    | CA8492  | AURORA ARRIETE CASTAÑEDA         | ESP | 12/7/1966  | 1966 | F55 | Atletismo Chiclana         | 17/03/2024 | Torre del Mar        |
| 24:15.43 | M8810   | CARMEN PINTO MONTES              | ESP | 30/9/1966  | 1966 | F55 | SS. Reyes - CC. Menorca    | 23/6/2023  | Jerez de la Frontera |
| 21:36.95 | SS20929 | ANA ISABEL PINEDA ALDAZ          | ESP | 29/8/1967  | 1967 | F55 | Atletico Renteria          | 12/05/2024 | Durango              |
| 46:03    | CA1909  | MARIA JOSE VALLE ESCALANTE       | ESP | 26/12/1967 | 1967 | F55 | Maraton Jerez              | 17/03/2024 | Torre del Mar        |
| 44:09    | M114    | MARGARITA CHIVO VAZQUEZ          | ESP | 17/1/1968  | 1968 | F55 | Track Cross Road Team      | 16/03/2024 | Laredo               |
| 47:48    | CO6988  | ANA HERRADOR LUQUE               | ESP | 5/4/1969   | 1969 | F55 | CA Montilla                | 17/03/2024 | Torre del Mar        |
| 36:45    | AR5088  | ARANCHA TEJERO TEJADAS           | ESP | 1/6/1972   | 1972 | F50 | Dawako Athletics C.D.      | 16/03/2024 | Laredo               |
| 44:24    | M30450  | BEATRIZ MOLINA GARCIA            | ESP | 27/4/1973  | 1973 | F50 | At. Boadilla del Monte     | 6/4/2024   | Crevillent           |
| 41:08    | GA1398  | MARIA SOLEDAD AURORA LEIRO LOPEZ | ESP | 18/12/1973 | 1973 | F50 | SD Compostela Atletismo    | 10/03/2024 | Xinzo de Limia       |
| 35:59    | M1208   | PILAR FERNANDEZ RODRIGUEZ        | ESP | 11/10/1976 | 1976 | F45 | LEA La Blanca              | 15/04/2023 | Huelva               |
| 36:34    | SO3306  | ELISA HERNANDEZ ASENSIO          | ESP | 23/5/1977  | 1977 | F45 | Ibercaja Capiscol          | 16/03/2024 | Laredo               |
| 35:09    | IB16016 | MARIA JESUS PALLICER ROTGER      | ESP | 1/1/1978   | 1978 | F45 | INDEPENDIENTE              | 6/12/2023  | Montuiri             |
| 38:37    | CU2094  | ALMUDENA DE LA OSSA YUNTA        | ESP | 08/11/1981 | 1981 | F40 | RunFaster JC Ossa Tarancón | 15/10/2023 | Tomelloso            |
| 1:22:07  | M14796  | MARIANA CANTERO GARCIA-MONCO     | ESP | 25/10/1983 | 1983 | F40 | A.D. Marathon              | 28/1/2024  | Getafe               |
| 37:52    | AR3029  | BEATRIZ MARTINEZ CUELLO          | ESP | 22/5/1984  | 1984 | F40 | At. Intec-Zoiti            | 15/4/2023  | Huelva               |

| Heptatlón Mujeres |         |                                 |      |            |      |           |                      |            |            |
|-------------------|---------|---------------------------------|------|------------|------|-----------|----------------------|------------|------------|
| Marca             | Lic.    | Nombre                          | Nac. | Fecha      | Año  | Categoría | Club                 | Fecha      | Lugar      |
| 3242              | M3394   | COURTENY ANN HIGHTOWER MCHARRIS | ESP  | 25/5/1965  | 1965 | F55       | Canguro A.A.C.       | 19/05/2024 | Madrid-AL  |
| 3162              | M2814   | MARIA DEL CARMEN ACEÑA DE MESA  | ESP  | 25/12/1966 | 1966 | F55       | Canguro A.A.C.       | 19/05/2024 | Madrid-AL  |
| 3977              | CT29376 | GEMMA SOLE BORONAT              | ESP  | 1/11/1967  | 1967 | F55       | CA Tarragona         | 14/7/2024  | Tarragona  |
| 3961              | M26980  | ROSARIO YELMO FERNANDEZ         | ESP  | 28/11/1967 | 1967 | F55       | Club Corredores      | 14/8/2024  | Gotemburgo |
| 3664              | BI2723  | SONIA OCEJA SALAZAR             | ESP  | 24/09/1968 | 1968 | F55       | Durango Kirol Taldea | 28/04/2024 | Durango    |
| 3032              | M30883  | MARIA CRISTINA ALVAREZ VALVERDE | ESP  | 24/2/1973  | 1973 | F50       | Atletismo Leganes    | 19/5/2024  | Madrid-AL  |
| 3103              | M2194   | MONICA BERROCAL POZO            | ESP  | 2/4/1977   | 1977 | F45       | Club Corredores      | 19/05/2024 | Madrid-AL  |

| Pentatlón Lanzamientos Mujeres |         |                                        |      |            |      |           |                           |            |                        |
|--------------------------------|---------|----------------------------------------|------|------------|------|-----------|---------------------------|------------|------------------------|
| Marca                          | Lic.    | Nombre                                 | Nac. | Fecha      | Año  | Categoría | Club                      | Fecha      | Lugar                  |
| 2612                           | GA7241  | MARIA DE LOS ANGELES RODRIGUEZ DEL RIO | ESP  | 20/11/1957 | 1957 | F65       | Atletica a Silva          | 20/5/2023  | Alcalá de Henares      |
| 2312                           | M963    | AZUCENA LOPEZ ALMOROX                  | ESP  | 25/2/1958  | 1958 | F65       | Canguro A.A.C.            | 25/07/2023 | Santander              |
| 2317                           | M960    | PURIFICACION CARAZO SANZ               | ESP  | 3/2/1963   | 1963 | F60       | Canguro A.A.C.            | 27/4/2024  | Santander              |
| 3045                           | LO6841  | Mª PILAR ALONSO CALONGE                | ESP  | 19/10/1964 | 1964 | F60       | Hiber Rioja               | 25/07/2023 | Durango                |
| 2841                           | CT16779 | MONTSERRAT PAÑOS MARTINEZ              | ESP  | 16/4/1965  | 1965 | F55       | JA Sabadell               | 20/05/2023 | Alcalá de Henares      |
| 2594                           | CS7772  | ANA PORTALES MARTINEZ                  | ESP  | 25/10/1966 | 1966 | F55       | Dawako Athletics C.D.     | 05/10/2024 | Valencia               |
| 2578                           | CS7729  | NURIA BALLESTER ORTI                   | ESP  | 1/7/1967   | 1967 | F55       | Dawako Athletics C.D.     | 20/05/2023 | Alcalá de Henares      |
| 2518                           | CT17424 | BEATA BETLEJ SPYTKOWSKA                | ESP  | 7/7/1968   | 1968 | F55       | CA Palafrugell-GICB       | 11/11/2023 | Palafrugell            |
| 2567                           | TF209   | ELENA GONZALEZ RODRIGUEZ               | ESP  | 13/3/1969  | 1969 | F55       | Club Aguerre              | 21/09/2024 | Santa Cruz De Tenerife |
| 2824                           | M3354   | ALICIA MARTIN BERLANAS                 | ESP  | 5/9/1970   | 1970 | F50       | Val. Martín Berlanas      | 18/11/2023 | Madrid-AL              |
| 3039                           | CT544   | CARMEN MA. SOLE DIAZ                   | ESP  | 4/12/1971  | 1971 | F50       | CA Parets                 | 29/6/2024  | Basauri                |
| 3208                           | CS7491  | JOHANA MARIA HERNANDEZ ROJAS           | ESP  | 6/12/1972  | 1972 | F50       | CA Silla                  | 29/04/2023 | Denia                  |
| 2585                           | AB1975  | CARMEN BLAZQUEZ BLAZQUEZ               | ESP  | 11/1/1975  | 1975 | F45       | Atletismo Albacete        | 20/5/2023  | Alcalá de Henares      |
| 2113                           | A16389  | BEATRIZ ORTIZ GARCÉS                   | ESP  | 28/11/1975 | 1975 | F45       | CA Elche Decatlon         | 28/09/2024 | Córdoba                |
| 2340                           | GA5434  | MARIA TERESA JANEIRO SUEIRO            | ESP  | 23/8/1977  | 1977 | F45       | Club Atletismo Sada       | 4/5/2024   | Santiago De CoMpoStela |
| 2601                           | CT633   | CRISTINA GARCIA GONZALEZ               | ESP  | 10/11/1977 | 1977 | F45       | Pratenc AA                | 11/11/2023 | Palafrugell            |
| 2604                           | TF26377 | RUTH GUERRA HERNANDEZ                  | ESP  | 13/11/1978 | 1978 | F45       | C.A.Milla Chicharrera2007 | 21/9/2024  | Santa Cruz De Tenerife |
| 2277                           | IB21827 | MARIA BARCELÓ TIMONER                  | ESP  | 26/3/1979  | 1979 | F45       | Joan Capó-Felanitx        | 6/4/2024   | Palma                  |
| 2406                           | IB15844 | ISABEL PORTELLS SASTRE                 | ESP  | 4/9/1979   | 1979 | F45       | INDEPENDIENTE             | 15/4/2023  | Manacor                |
| 2598                           | SE4499  | ELENA MARIA URBINA SORIANO             | ESP  | 16/2/1980  | 1980 | F40       | CEA Tenerife 1984         | 20/5/2023  | Alcalá de Henares      |
| 2603                           | AR4380  | BEATRIZ RIVAS CARBALLES                | ESP  | 8/7/1980   | 1980 | F40       | Atletismo Zuera           | 14/5/2023  | Zuera                  |
| 2539                           | AR430   | VANESA PILAR GIL RESANO                | ESP  | 28/8/1981  | 1981 | F40       | Alcampo Scorpio 71        | 20/05/2023 | Alcalá de Henares      |
| 2276                           | CR5301  | MARIA MARCHANTE ARMERO                 | ESP  | 20/12/1984 | 1984 | F35       | Atletismo Albacete        | 24/8/2024  | Gotemburgo             |
| 2257                           | CT13219 | BARBARA PINTADO DUCH                   | ESP  | 29/4/1985  | 1985 | F35       | CA Tarragona              | 24/8/2024  | Gotemburgo             |
| 2204                           | BI52554 | PAULA ALEJO FORNESA                    | ESP  | 6/12/1986  | 1986 | F35       | Ezkerraldea AKT           | 25/7/2024  | Santander              |
| 2237                           | AR5033  | SANDRA GARCIA LAGUNA                   | ESP  | 12/2/1988  | 1988 | F35       | Hinaco Monzon             | 20/5/2023  | Alcalá de Henares      |