

# ESTADO COMPARATIVO DEL PROMEDIO DE LAS 10 MEJORES MARCAS DE CADA PRUEBA - RÁNKING ABSOLUTO - (2016-2025)

## HOMBRES

|               | MM desde 1988   | 2016     | 2017     | 2018     | 2019     | 2020     | 2021     | 2022     | 2023     | 2024*    | 2025     |   |
|---------------|-----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|
| 100 m         | 10.27 (2025)    | 10.44    | 10.49    | 10.32    | 10.40    | 10.48    | 10.37    | 10.38    | 10.36    | 10.35    | 10.27    | ↑ |
| 200 m         | 20.69 (2025)    | 20.96    | 21.02    | 20.78    | 21.17    | 21.18    | 20.98    | 20.80    | 20.88    | 20.84    | 20.69    | ↑ |
| 400 m         | 45.60 (2025)    | 46.83    | 46.30    | 46.05    | 46.47    | 46.71    | 45.91    | 45.98    | 45.95    | 46.04    | 45.60    | ↑ |
| 800 m         | 1:44.34 (2025)  | 1:46.48  | 1:46.28  | 1:46.72  | 1:46.38  | 1:47.09  | 1:45.80  | 1:45.96  | 1:45.20  | 1:45.13  | 1:44.34  | ↑ |
| 1.500 m       | 3:33.61 (2023)  | 3:38.33  | 3:38.22  | 3:39.96  | 3:37.59  | 3:36.29  | 3:34.86  | 3:35.17  | 3:33.61  | 3:35.48  | 3:34.18  | ↑ |
| 5.000 m       | 13:14.84 (2023) | 13:35.27 | 13:42.22 | 13:39.58 | 13:37.41 | 13:37.14 | 13:33.83 | 13:28.61 | 13:14.84 | 13:16.45 | 13:25.11 | ↓ |
| 10.000 m      | 28:02.21 (1998) | 28:54.52 | 28:55.35 | 28:40.55 | 28:32.10 | -        | 28:28.81 | 28:25.25 | 28:28.43 | 28:49.29 | 28:26.80 | ↑ |
| Maratón       | 2:09:51 (1998)  | 2:15:03  | 2:14:28  | 2:17:00  | 2:11:24  | 2:09:52  | 2:12:28  | 2:11:20  | 2:11:11  | 2:10:10  |          |   |
| 110 m vallas  | 13.50 (2024)    | 13.76    | 13.84    | 13.82    | 14.01    | 13.91    | 13.77    | 13.64    | 13.75    | 13.50    | 13.54    | ↓ |
| 400 m vallas  | 50.07 (2025)    | 50.77    | 50.98    | 50.70    | 51.72    | 52.08    | 51.02    | 50.88    | 50.62    | 50.52    | 50.07    | ↑ |
| 3.000 m Obst. | 8:20.91 (2003)  | 8:37.20  | 8:30.47  | 8:31.39  | 8:33.24  | 8:36.00  | 8:29.33  | 8:28.85  | 8:25.64  | 8:22.36  | 8:28.25  | ↓ |
| Altura        | 2.18 (1996)     | 2.16     | 2.16     | 2.13     | 2.13     | 2.13     | 2.13     | 2.13     | 2.13     | 2.14     | 2.15     | ↑ |
| Pértiga       | 5.49 (2025)     | 5.28     | 5:38     | 5.38     | 5.34     | 5.24     | 5.40     | 5.38     | 5.38     | 5.42     | 5.49     | ↑ |
| Longitud      | 7.89 (2004)     | 7.73     | 7.75     | 7.68     | 7.72     | 7.54     | 7.81     | 7.78     | 7.71     | 7.87     | 7.82     | ↓ |
| Triple        | 16.23 (2025)    | 15.88    | 16.16    | 16.20    | 16.11    | 15.92    | 15.97    | 16.07    | 15.77    | 16.11    | 16.23    | ↑ |
| Peso          | 18.74 (2014)    | 18.04    | 18.49    | 18.63    | 17.98    | 17.74    | 18.27    | 18.17    | 18.36    | 18.39    | 17.93    | ↓ |
| Disco         | 58.95 (2016)    | 58.95    | 57.35    | 57.16    | 57.61    | 56.67    | 57.58    | 56.98    | 58.01    | 57.93    | 58.49    | ↑ |
| Martillo      | 68.69 (2021)    | 66.83    | 66.59    | 67.10    | 68.29    | 65.48    | 68.69    | 68.36    | 68.39    | 67.33    | 65.34    | ↓ |
| Jabalina      | 75.11 (2025)    | 70.05    | 71.98    | 72.51    | 72.60    | 71.97    | 72.93    | 69.86    | 71.87    | 72.10    | 75.11    | ↑ |
| Decatlón      | 7.718 (2023)    | 7.050    | 7.394    | 7.107    | 7.216    | 7.034    | 7.387    | 7.372    | 7.717    | 7.475    | 7.608    | ↑ |
| 4 x 100 m *   | 40.25 (2023)    | 41.06    | 40.91    | 40.52    | 40.77    | 41.27    | 40.58    | 40.27    | 40.25    | 40.38    | 40.26    | ↑ |
| 4 x 40 m *    | 3:09.08 (2025)  | 3:13.04  | 3:13.26  | 3:12.02  | 3:12.14  | 3:16.29  | 3:11.98  | 3:11.01  | 3:10.66  | 3:10.04  | 3:09.08  | ↑ |
| 20 km marcha  | 1:19:30 (2024)  | 1:23:33  | 1:21:51  | 1:24:06  | 1:24:17  | 1:30:52  | 1:21:59  | 1:21:00  | 1:21:51  | 1:19:30  | 1:20:53  | ↓ |
| 35 km marcha  | 2:33:08(2023)   |          |          |          |          |          |          | 2:33.53  | 2:33:08  | -        | 2:36:51  | ↓ |

En magenta, tras el nombre de la prueba y según se indica, el mejor promedio desde el año 1988.

La columna final indica con (↔) (↓) (=) la comparación de la marca promedio de esta temporada 2025 con la pasada temporada 2024

En 2020 debido a la pandemia de la COVID-19 apenas se disputaron pruebas de fondo en 10.000m y pruebas de ruta y marcha

A partir de 2024, nueva normativa Short Track

## MUJERES

|               | MM desde 1988   | 2016     | 2017     | 2018     | 2019     | 2020     | 2021     | 2022     | 2023     | 2024*    | 2025     |   |
|---------------|-----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|
| 100 m         | 11.36 (2025)    | 11.67    | 11.65    | 11.57    | 11.60    | 11.78    | 11.47    | 11.39    | 11.44    | 11.38    | 11.36    | ↑ |
| 200 m         | 23.06 (2025)    | 23.82    | 23.82    | 23.55    | 23.73    | 24.13    | 23.49    | 23.41    | 23.33    | 23.32    | 23.06    | ↑ |
| 400 m         | 51.92 (2025)    | 53.80    | 53.81    | 53.81    | 53.73    | 54.16    | 53.03    | 53.09    | 52.84    | 52.57    | 51.92    | ↑ |
| 800 m         | 2:01.53 (2025)  | 2:05.14  | 2:05.36  | 2:04.38  | 2:04.81  | 2:07.19  | 2:03.83  | 2:04.00  | 2:02.72  | 2:02.15  | 2:01.53  | ↑ |
| 1.500 m       | 4:03.00 (2025)  | 4:15.75  | 4:13.55  | 4:12.91  | 4:13.08  | 4:14.72  | 4:08.85  | 4:10.12  | 4:06.91  | 4:06.37  | 4:03.00  | ↑ |
| 5.000 m       | 15:23.61 (2025) | 15:58.09 | 16:13.40 | 16:14.13 | 15:50.71 | 16:06.62 | 15:39.04 | 15:35.09 | 15:23.62 | 15:31.35 | 15:23.61 | ↑ |
| 10.000 m      | 32:40.8 (2003)  | 33:56.92 | 34:27.38 | 33:36.19 | 33:46.58 | *        | 33:12.53 | 33:07.76 | 32:56.63 | 33:06.17 | 33:32.49 | ↓ |
| Maratón       | 2:38:29 (2023)  | 2:36:17  | 2:36:51  | 2:36:45  | 2:35:26  | 2:35:27  | 2:39:40  | 2:39:59  | 2:28:29  | 2:30:82  |          |   |
| 100 m vallas  | 13.24 (2025)    | 13.72    | 13.81    | 13.70    | 13.69    | 13.83    | 13.43    | 13.46    | 13.35    | 13.26    | 13.24    | ↑ |
| 400m vallas   | 57.72 (2025)    | 1:00.23  | 59.95    | 59.71    | 58.77    | 59.30    | 58.22    | 57.85    | 57.95    | 57.96    | 57.72    | ↑ |
| 3.000 m Obst. | 9:47.48 (2023)  | 10:05.22 | 10:05.84 | 10:03.99 | 10:08.15 | 10:17.24 | 9:57.06  | 9:49.69  | 9:47.48  | 9:57.24  | 10:08.08 | ↓ |
| Altura        | 1.83 (2015)     | 1.82     | 1.79     | 1.79     | 1.81     | 1.81     | 1.81     | 1.81     | 1.82     | 1.82     | 1.82     | = |
| Pértiga       | 4.24 (2018/21)  | 4.19     | 4.15     | 4.24     | 4.20     | 4.07     | 4.24     | 4.22     | 4.21     | 4.22     | 4.14     | ↓ |
| Longitud      | 6.54 (2025)     | 6.31     | 6.33     | 6.35     | 6.26     | 6.18     | 6.44     | 6.43     | 6.50     | 6.50     | 6.54     | ↑ |
| Triple        | 13.53 (2019)    | 13.19    | 13.26    | 13.47    | 13.53    | 12.96    | 13.24    | 13.30    | 13.18    | 13.35    | 13.34    | ↓ |
| Peso          | 15.31 (2025)    | 14.58    | 15.07    | 14.76    | 14.88    | 14.48    | 15.22    | 14.82    | 14.81    | 15.17    | 15.31    | ↑ |
| Disco         | 52.85 (2024)    | 51.38    | 51.80    | 51.55    | 50.11    | 48.32    | 50.86    | 51.11    | 51.93    | 52.85    | 51.37    | ↓ |
| Martillo      | 62.89 (2022)    | 60.12    | 60.11    | 59.39    | 60.49    | 60.48    | 61.54    | 62.89    | 61.77    | 61.29    | 62.37    | ↑ |
| Jabalina      | 53.82 (2015)    | 51.69    | 51.43    | 51.03    | 51.04    | 49.04    | 50.30    | 50.08    | 48.87    | 51.69    | 51.73    | ↑ |
| Heptatlón     | 5.499 (2018)    | 5.387    | 5.415    | 5.499    | 5.452    | 5.198    | 5.447    | 5.421    | 5.496    | 5.394    | 5.452    | ↑ |
| 4 x 100 m *   | 45.45 (2024)    | 46.65    | 46.78    | 45.99    | 46.55    | 46.95    | 45.75    | 45.50    | 45.54    | 45.45    | 45.47    | ↓ |
| 4 x 400 m *   | 3:40.26 (2025)  | 3:46.69  | 3:47.75  | 3:44.78  | 3:46.36  | 3:46.95  | 3:41.95  | 3:41.05  | 3:40.75  | 3:41.55  | 3:40.26  | ↑ |
| 20 km marcha  | 1:30.43 (2024)  | 1:32:55  | 1:33:06  | 1:33.22  | 1:34:03  | 1:41:30  | 1:34.40  | 1:35:47  | 1:32:27  | 1:30:43  | 1:31:55  | ↓ |
| 35 km marcha  | 2:49:09 (2023)  | -        | -        | -        | -        | -        | 3:04:01  | 2:55.54  | 2:49:09  | -        | 2:51:25  |   |

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En 2020 debido a la pandemia de la COVID-19 apenas se disputaron pruebas de fondo en 10.000m y pruebas de ruta y marcha

A partir de 2024, nueva normativa Short Track