

# RÁNKING DE ESPAÑA SUB14 DE TODOS LOS TIEMPOS PISTA CUBIERTA

Cerrado a 31 diciembre de 2023  
- FALTAN MARCAS DE 2022 -

Compilado por Antonio Muñoz Moñiz, actualizaciones de Miguel Villaseñor (miembros de la AEEA)

## HOMBRES

### 60 metros

|             |             |               |               |            |                  |                   |
|-------------|-------------|---------------|---------------|------------|------------------|-------------------|
| <b>7.24</b> | <b>Jose</b> | <b>Tumani</b> | <b>011010</b> | <b>2c2</b> | <b>Salamanca</b> | <b>09.12.2023</b> |
| 7.28        | Koji        | Pérez         | 040306        | 1          | Madrid           | 21.12.2019        |
| 7.39        | Rubén       | Igea          | 040208        | 1e2        | Salamanca        | 11.12.2021        |
| 7.41        | Juan Carlos | Castillo      | 230704        | 1e1        | Antequera        | 17.12.2017        |
| 7.43        | Jorge       | Álamo         | 100792        | 1c3        | Valladolid       | 17.12.2005        |
| 7.43        | Rafael      | Navarro       | 070600        | 2          | Antequera        | 14.12.2013        |
| 7.45        | Pol         | Elvira        | 161005        | 2c1        | Sabadell         | 22.12.2018        |
| 7.49        | Fernando    | Sevilla       | 061200        | 3          | Madrid           | 28.12.2013        |
| 7.54        | Daniel      | Quero         | 310396        | 1c3        | Valladolid       | 19.12.2009        |
| 7.54        | Imanol      | Oña           | 030105        | 1e1        | Madrid           | 17.11.2018        |
| 7.54        | Iván        | Martínez      | 130308        | 1c1        | Sabadell         | 11.12.2021        |

### 500 metros

|                |                     |               |               |            |                |                   |
|----------------|---------------------|---------------|---------------|------------|----------------|-------------------|
| 1:12.11        | Lander              | Payne         | 080109        | 1          | Madrid         | 13.11.2022        |
| <b>1:13.39</b> | <b>Xoel</b>         | <b>Franco</b> | <b>150610</b> | <b>1c2</b> | <b>Ourense</b> | <b>23.12.2023</b> |
| <b>1:13.67</b> | <b>Julio Manuel</b> | <b>Manjón</b> | <b>061110</b> | <b>2</b>   | <b>Madrid</b>  | <b>03.12.2023</b> |
| 1:13.93        | David               | Cartiel       | 060504        | 1T         | Zaragoza       | 28.01.2017        |
| 1:14.41        | Pablo               | Montalbán     | 190104        | 1c1        | Zaragoza       | 04.03.2017        |
| 1:14.52        | Sergio              | Morales       | 110106        | 1          | Madrid         | 21.12.2019        |
| 1:14.55        | Jon                 | Esteban       | 180309        | 1c1        | Madrid         | 29.01.2022        |
| <b>1:14.55</b> | <b>Alejandro</b>    | <b>Freire</b> | <b>070210</b> | <b>1c1</b> | <b>Ourense</b> | <b>23.12.2023</b> |
| 1:14.71        | Beltrán             | Díaz          | 180407        | 1c1        | Oviedo         | 08.03.2020        |
| <b>1:14.83</b> | <b>Juan</b>         | <b>Sieira</b> | <b>080610</b> | <b>2c1</b> | <b>Ourense</b> | <b>23.12.2023</b> |

### 1.000 metros

|                |                    |                |               |            |                 |                   |
|----------------|--------------------|----------------|---------------|------------|-----------------|-------------------|
| 2:41.57        | Sergio             | del Barrio     | 040205        | 5c1        | Zaragoza        | 22.12.2018        |
| 2:43.31        | David              | Cartiel        | 060504        | 5c1        | Zaragoza        | 23.12.2017        |
| 2:46.09        | Lander             | Payne          | 080109        | 1          | Madrid          | 20.03.2022        |
| 2:46.20        | Pablo              | Pérez          | 240302        | 1          | Antequera       | 20.12.2015        |
| 2:46.6 m       | José Miguel        | Huete          | 240595        | 1c1        | Valencia        | 09.02.2008        |
| 2:46.9 m       | José A.            | Alvarado       | 76            | 1          | Sevilla         | 09.02.1989        |
| 2:47.49        | Pedro              | Vázquez        | 100104        | 4          | Ourense         | 16.12.2017        |
| 2:47.98        | Hailu              | Estrampes      | 241206        | 1          | Sabadell        | 09.03.2019        |
| <b>2:48.20</b> | <b>Joao Vithor</b> | <b>Puigros</b> | <b>010910</b> | <b>2c1</b> | <b>Sabadell</b> | <b>23.12.2023</b> |
| 2:49.2 m       | Marc               | Ruiz           | 74            |            |                 | 1987              |

### 2.000 metros

|         |      |         |        |     |         |            |
|---------|------|---------|--------|-----|---------|------------|
| 5:58.00 | Alex | Sierpes | 291008 | 1c1 | Ourense | 19.12.2021 |
|---------|------|---------|--------|-----|---------|------------|

|                |                |                |               |          |                |                   |
|----------------|----------------|----------------|---------------|----------|----------------|-------------------|
| 6:07.21        | Lander         | Payne          | 080109        | 1c1      | Madrid         | 12.03.2022        |
| 6:07.98        | Mouad          | Mbarki         | 170598        | 1        | Sabadell       | 12.03.2011        |
| 6:13.25        | Miguel         | González       | 190298        | 1        | La Coruña      | 20.03.2011        |
| 6:13.51        | Marc           | Benavent       | 151109        | 1        | Sabadell       | 19.03.2022        |
| 6:16.09        | David          | Cartiel        | 060504        | 1        | Zaragoza       | 11.02.2017        |
| 6:16.36        | Tariku         | Novales        | 080398        | 2        | La Coruña      | 20.03.2011        |
| <b>6:18.11</b> | <b>Enrique</b> | <b>García</b>  | <b>271010</b> | <b>1</b> | <b>Ourense</b> | <b>04.02.2023</b> |
| 6:20.79        | Manuel         | Jiménez        | 300502        | 1        | Antequera      | 28.02.2015        |
| 6:20.93        | Antonio        | López          | 150400        | 1        | Sabadell       | 09.03.2013        |
| <b>6:20.93</b> | <b>Xoel</b>    | <b>Francos</b> | <b>150610</b> | <b>2</b> | <b>Ourense</b> | <b>04.02.2023</b> |

## 60 metros vallas

### Con valla de 0,84 m; 4 vallas, distancia entre vallas 12,30 - 8,20 - 14,90

|             |             |                  |               |          |               |                   |
|-------------|-------------|------------------|---------------|----------|---------------|-------------------|
| 8.74        | Enrique     | González         | 210293        | 1        | Valencia      | 14.01.2006        |
| 8.82        | Koji        | Pérez            | 040306        | 1        | Madrid        | 15.12.2019        |
| 8.97        | Jorge       | Camarero         | 060106        | 1        | Madrid        | 16.03.2019        |
| 8.97        | Diego       | Espeso           | 150308        | 1e1      | Madrid        | 21.11.2021        |
| 9.01        | David       | Gadea            | 010307        | 1c1      | Valencia      | 08.02.2020        |
| <b>9:05</b> | <b>Noel</b> | <b>Cabrerizo</b> | <b>260110</b> | <b>1</b> | <b>Madrid</b> | <b>19.11.2023</b> |
| 9.20        | Aarón       | Pérez            | 240601        | 1        | Madrid        | 22.03.2014        |
| 9.20        | Edgar       | Ahicart          | 220105        | 1c2      | Valencia      | 14.04.2018        |
| 9.24        | Miguel      | Madruga          | 100402        | 1        | Valladolid    | 07.03.2015        |
| 9.31        | Tomás       | Adega            | 270508        | 1c1      | Ourense       | 19.12.2021        |

## Altura

|             |              |                 |               |          |               |                   |
|-------------|--------------|-----------------|---------------|----------|---------------|-------------------|
| 1.85        | Miguel       | Madruga         | 100402        | 1        | Palencia      | 28.11.2015        |
| 1.84        | Raúl         | Martín          | 031104        | 3        | Zaragoza      | 23.12.2017        |
| 1.83        | Alejandro    | Muñoz           | 080308        | 1        | Sabadell      | 18.12.2021        |
| 1.80        | Aketza       | Sumell          | 280106        | 1        | Sabadell      | 14.12.2019        |
| 1.75        | Fikadu       | González        | 060302        | 2        | Palencia      | 28.11.2015        |
| <b>1.75</b> | <b>Pablo</b> | <b>Menéndez</b> | <b>200510</b> | <b>1</b> | <b>Oviedo</b> | <b>26.02.2023</b> |
| 1.74        | José Antonio | Panera          | 180193        | 1        | Valladolid    | 17.12.2006        |
| 1.74        | Pablo        | García          | 050708        | 2c1      | Valladolid    | 28.11.2021        |
| 1.73        | Jordi        | Miret           | 010605        | 1        | Valencia      | 24.11.2018        |
| 1.73        | David        | Ostos           | 021004        | 1        | Antequera     | 17.12.2017        |
| 1.73        | Adrián       | de la Torre     | 010304        | 2        | Antequera     | 17.12.2017        |

## Pértiga

|      |               |         |        |     |                       |            |
|------|---------------|---------|--------|-----|-----------------------|------------|
| 3.80 | Alex          | Teruel  | 080203 | 2   | Sabadell              | 17.12.2016 |
| 3.75 | Aleix         | Pi      | 270196 | 6   | Sant Cugat del Vallès | 11.12.2009 |
| 3.45 | Mario         | Álvarez | 010106 | 1   | Madrid                | 07.12.2019 |
| 3.40 | Joan Francesc | Navarro | 130201 | 4   | Sabadell              | 13.12.2014 |
| 3.40 | Janoc         | Gou     | 060304 | 2   | Sabadell              | 16.12.2017 |
| 3.25 | Joel          | Comenge | 140299 | 1   | Sabadell              | 15.12.2012 |
| 3.25 | Bernat        | Esteve  | 220102 | 3   | Sabadell              | 12.12.2015 |
| 3.21 | Guillem       | Zeberio | 140401 | 1   | Sabadell              | 15.03.2014 |
| 3.20 | Mateo         | López   | 250602 | 1Q1 | Sabadell              | 28.02.2015 |
| 3.20 | Edgar         | Nolla   | 190402 | 1   | Sabadell              | 14.03.2015 |

## Longitud

|             |                  |                 |               |          |               |                   |
|-------------|------------------|-----------------|---------------|----------|---------------|-------------------|
| 6.08        | Alejandro        | Martínez        | 170601        | 1        | Antequera     | 13.12.2014        |
| 5.98        | Isaías           | Artigas         | 090906        | 1c2      | Sabadell      | 14.12.2019        |
| <b>5.86</b> | <b>Alejandro</b> | <b>González</b> | <b>050110</b> | <b>1</b> | <b>Madrid</b> | <b>18.11.2023</b> |
| 5.83        | Alberto          | Alós            | 250193        | 1        | Valencia      | 11.03.2006        |

|             |               |             |               |          |                  |                   |
|-------------|---------------|-------------|---------------|----------|------------------|-------------------|
| 5.83        | Álvaro        | Mazariegos  | 170205        | 1        | Palencia         | 02.12.2018        |
| 5.80        | Tayb David    | Loum        | 290104        | 2        | Valencia         | 25.11.2017        |
| 5.78        | Ramón         | Prendes     | 241293        | 1        | Oviedo           | 28.01.2006        |
| 5.78        | David         | Crespo      | 090203        | 2        | Antequera        | 26.11.2016        |
| <b>5.76</b> | <b>Marcos</b> | <b>Moro</b> | <b>180710</b> | <b>3</b> | <b>Salamanca</b> | <b>02.12.2023</b> |
| 5.73        | Raúl          | Martín      | 031104        | 1        | Zaragoza         | 23.12.2017        |

### Triple

|       |              |          |        |   |          |            |
|-------|--------------|----------|--------|---|----------|------------|
| 12.34 | Fikadu       | González | 060302 | 1 | Palencia | 13.12.2015 |
| 12.27 | Astor        | Snaider  | 101006 | 1 | Madrid   | 16.11.2019 |
| 12.15 | Raúl         | Martín   | 031104 | 1 | Zaragoza | 02.12.2017 |
| 11.85 | Mario        | Pérez    | 270201 | 2 | Sabadell | 13.12.2014 |
| 11.85 | Adam         | Ávila    | 080202 | 1 | Sabadell | 12.12.2015 |
| 11.82 | Juan Ignacio | López    | 020296 | 2 | Valencia | 19.12.2009 |
| 11.76 | Aitor        | Caldito  | 150102 | 2 | Sabadell | 19.12.2015 |
| 11.68 | Héctor       | Aragües  | 040195 | 1 | Zaragoza | 13.12.2008 |
| 11.66 | Andreu       | Almenar  | 100705 | 1 | Valencia | 08.12.2018 |
| 11.63 | Ramón        | Adalía   | 231198 | 2 | Sabadell | 10.12.2011 |

### Peso

#### Con artefacto de 3 kg

|              |                  |                  |               |          |                  |                   |
|--------------|------------------|------------------|---------------|----------|------------------|-------------------|
| <b>15.24</b> | <b>Rubén</b>     | <b>Cruz</b>      | <b>021010</b> | <b>1</b> | <b>Sabadell</b>  | <b>12.02.2023</b> |
| 13.70        | Guillermo        | Aragües          | 260391        | 1        | Zaragoza         | 21.02.2004        |
| 13.51        | David            | Caviedes         | 040194        | 1T       | Valladolid       | 24.02.2007        |
| <b>13.46</b> | <b>Leo</b>       | <b>Medina</b>    | <b>310310</b> | <b>1</b> | <b>Antequera</b> | <b>26.11.2023</b> |
| 13.26        | José Lorenzo     | Hernández        | 110297        | 1        | Sevilla          | 20.02.2010        |
| 13.22        | Jordi            | Sánchez          | 230304        | 1        | Sabadell         | 04.03.2017        |
| <b>13.21</b> | <b>Samuel</b>    | <b>Gutiérrez</b> | <b>240310</b> | <b>1</b> | <b>Burgos</b>    | <b>04.03.2023</b> |
| 13.15        | Hugo             | Casañas          | 211009        | 1        | Ourense          | 12.03.2022        |
| 13.05        | Alberto          | Arenas           | 120190        | 1        | Valencia         | 25.01.2003        |
| <b>13.00</b> | <b>Alejandro</b> | <b>González</b>  | <b>050110</b> | <b>1</b> | <b>Madrid</b>    | <b>04.11.2023</b> |

### 2.000 metros marcha

|          |                |          |        |     |           |            |
|----------|----------------|----------|--------|-----|-----------|------------|
| 9:37.73  | Bru            | Flores   | 250399 | 1   | Sabadell  | 12.03.2022 |
| 9:38.34  | Pau            | Calveras | 220709 | 2   | Sabadell  | 19.03.2022 |
| 9:39.59  | Abel           | Pujol    | 130809 | 3   | Sabadell  | 19.03.2022 |
| 9:39.80  | Marc           | Suárez   | 290409 | 4   | Sabadell  | 19.03.2022 |
| 9:56.5 m | Manuel Alberto | Bernard  | 75     |     | Valencia  | 12.03.1988 |
| 9:59.5 m | Juan Salvador  | Jovani   | 75     |     | Valencia  | 12.03.1988 |
| 10:06.0  | Benjamín       | Barberá  | 74     |     |           | 1987       |
| 10:20.69 | Miguel         | Garzón   | 080106 | 1c1 | Antequera | 23.02.2019 |
| 10:22.28 | Oriol          | López    | 060208 | 1   | Barcelona | 06.03.2021 |
| 10:26.29 | Alex           | Cemoráin | 200206 | 1   | Sabadell  | 10.03.2018 |

### Pentatlón

#### Pruebas: 60 metros - Longitud - Peso 3kg - Altura - 60 metros vallas 0,84m

|              |                                      |               |               |          |                 |                   |
|--------------|--------------------------------------|---------------|---------------|----------|-----------------|-------------------|
| 2.809        | Jorge                                | Camarero      | 060106        | 1        | Madrid          | 16.03.2019        |
|              | (7.72 - 5.65 - 10.34 - 1.51 - 8.97)  |               |               |          |                 |                   |
| 2.703        | David                                | Gadea         | 010307        | 1        | Valencia        | 02.02.2020        |
|              | (7.94 - 5.50 - 9.87 - 1.63 - 9.31)   |               |               |          |                 |                   |
| <b>2.624</b> | <b>Rubén</b>                         | <b>Cruz</b>   | <b>021010</b> | <b>1</b> | <b>Zaragoza</b> | <b>21.01.2023</b> |
|              | (7.73 - 5.04 - 13.55 - 1.45 - 10.00) |               |               |          |                 |                   |
| 2.582        | Koji                                 | Pérez         | 040306        | 2        | Madrid          | 16.03.2019        |
|              | (7.64 - 5.08 - 9.66 - 1.42 - 9.12)   |               |               |          |                 |                   |
| <b>2.535</b> | <b>Diego</b>                         | <b>Zorita</b> | <b>110310</b> | <b>1</b> | <b>Burgos</b>   | <b>04.03.2023</b> |
|              | (8.04 - 5.11 - 12.03 - 1.51 - 9.80)  |               |               |          |                 |                   |

|       |  |                  |               |          |               |                   |
|-------|--|------------------|---------------|----------|---------------|-------------------|
| 2.460 | <b>Samuel</b>                              | <b>Gutiérrez</b> | <b>240310</b> | <b>2</b> | <b>Burgos</b> | <b>04.03.2023</b> |
|       | <b>(8.32 - 5.01 - 13.21 - 1.45 - 9.83)</b> |                  |               |          |               |                   |
| 2.451 | Jesús                                      | González         | 080107        | 1        | Salamanca     | 26.01.2020        |
|       | (8.22 - 5.17 - 10.20 - 1.57 - 9.70)        |                  |               |          |               |                   |
| 2.422 | Edgar                                      | Ahicart          | 220105        | 1        | Valencia      | 11.02.2018        |
|       | (8.22 - 4.91 - 10.52 - 1.60 - 9.81)        |                  |               |          |               |                   |
| 2.411 | Carlos                                     | Madrugá          | 100402        | 1        | Valladolid    | 28.02.2015        |
|       | (8.27 - 5.02 - 8.04 - 1.68 - 9.48)         |                  |               |          |               |                   |
| 2.378 | Rubén                                      | Igea             | 040208        | 1        | Salamanca     | 06.02.2021        |
|       | (7.69 - 4.83 - 10.82 - 1.42 - 10.17)       |                  |               |          |               |                   |

#### 4 x 200 metros

|         |   |  |     |           |            |
|---------|---|--|-----|-----------|------------|
| 1:45.77 | Colegio Excelentísima Diputación de Castellón                                     |  | 1c2 | Valencia  | 08.02.2020 |
|         | (Juan Luis Prado 07, David Dauden 07, Andrés F. Ruiz 07, David Gadea 07)          |  |     |           |            |
| 1:47.95 | Club Atletisme Tarragona  |  | 1   | Barcelona | 06.03.2021 |
|         | (Guillen Ferran 08, Víctor Jiménez 08, P.Lorenzo, Jan Vives 08)                   |  |     |           |            |
| 1:49.07 | Club Atletisme Tarragona  |  | 1e4 | Barcelona | 27.02.2021 |
|         | (Guillen Ferran 08, Víctor Jiménez 08, P.Lorenzo, Jan Vives 08)                   |  |     |           |            |
| 1:49.17 | Club Atletisme Tarragona  |  | 1c2 | Barcelona | 21.02.2021 |
|         | (Guillen Ferran 08, Víctor Jiménez 08, P.Lorenzo, Jan Vives 08)                   |  |     |           |            |
| 1:49.48 | CA Canaletes  |  | 1c2 | Sabadell  | 12.03.2022 |
|         | (Keita Casacuberta 09, Héctor Robledo 09, Guillem Sunyer 09, Luca Mastrolilli 10) |  |     |           |            |
| 1:49.69 | Club Muntanyenc Sant Cugat  |  | 1   | Sabadell  | 09.03.2019 |
|         | (Isaías Artigas 06, Pau Parra 07, Lucas Santamaría 06, Yone Campos 06)            |  |     |           |            |
| 1:49.78 | Avinent Manresa   |  | 2c2 | Sabadell  | 12.03.2022 |
|         | (Biel Camps 09, Méctor Cervera 09, Guillem Cirujeda 09, Dumitru Croitor 10)       |  |     |           |            |
| 1:49.84 | Avinent Manresa   |  | 1   | Sabadell  | 19.03.2022 |
|         | (Méctor Cervera 09, Dumitru Croitor 10, Biel Camps 09, Pol Cirujeda 09)           |  |     |           |            |
| 1:49.99 | Club Muntanyenc Sant Cugat  |  | 1c2 | Sabadell  | 16.02.2019 |
|         | (Isaías Artigas 06, Yone Campos 06, Pau Parra 07, Lucas Santamaría 06)            |  |     |           |            |
| 1:50.20 | Valencia Club de Atletismo  |  | 2c2 | Valencia  | 08.02.2020 |
|         | (Pedro Carbonell 07, Matisse Astier 07, Hugo Senent 07, Nelson Lluch 07)          |  |     |           |            |

#### Con algún atleta de nacionalidad extranjera

|         |   |  |     |        |            |
|---------|---|--|-----|--------|------------|
| 1:50.01 | Agrupación Deportiva Marathon   |  | 1c1 | Madrid | 16.02.2019 |
|         | (Octavio Bartolomei 06, Andrei Ladaniuk 06 RUS, Sergio Morales 06, Koji Pérez 06) |  |     |        |            |

## MUJERES

#### 60 metros

|             |                      |               |               |            |                  |                   |
|-------------|----------------------|---------------|---------------|------------|------------------|-------------------|
| 7.86        | Carla                | Alonso        | 290384        | 2e4        | Madrid           | 18.01.1997        |
| 7.86        | Adriana              | López         | 020705        | 2c1        | Madrid           | 17.11.2018        |
| 7.88        | Antía                | Pernas        | 150506        | 1c1        | Ourense          | 15.12.2019        |
| 7.91        | Lilian               | Cazorla       | 300108        | 1c1        | Antequera        | 13.11.2021        |
| 7.94        | Jaël Sakura          | Bestué        | 240900        | 1c1        | Sabadell         | 14.12.2013        |
| 7.96        | Ona                  | Rosell        | 190298        | 1          | Sabadell         | 12.03.2011        |
| <b>7.96</b> | <b>Lara Michelle</b> | <b>Fabián</b> | <b>041010</b> | <b>1c1</b> | <b>Salamanca</b> | <b>09.12.2023</b> |
| 7.97        | Deyannis             | Orta          | 050493        | 1e4        | Valladolid       | 17.12.2006        |
| 7.98        | Patricia             | Sanmartín     | 210289        | 1c1        | Madrid           | 14.12.2002        |
| 7.98        | Neus                 | Núñez         | 050605        | 2c1        | Sabadell         | 15.12.2018        |

#### Cronometraje manual

|     |       |           |        |     |          |            |
|-----|-------|-----------|--------|-----|----------|------------|
| 7.5 | Diana | Saralegui | 010183 | 1c1 | Madrid   | 14.12.1996 |
| 7.5 | Jäel  | Bestué    | 240900 | 1c3 | Sabadell | 16.12.2012 |
| 7.7 | Ona   | Rosell    | 190298 | 1   | Sabadell | 12.03.2011 |
| 7.7 | Paula | Calveras  | 060300 | 1c1 | Sabadell | 16.12.2012 |

**500 metros**

|         |                   |            |        |     |           |            |
|---------|-------------------|------------|--------|-----|-----------|------------|
| 1:17.82 | Inés              | Saura      | 130406 | 1c1 | Zaragoza  | 02.03.2019 |
| 1:18.10 | Mara              | Saura      | 130406 | 1c1 | Zaragoza  | 01.12.2018 |
| 1:18.87 | Lola              | Carrión    | 040304 | 1c1 | Madrid    | 18.03.2017 |
| 1:19.25 | Sara              | Muñoz      | 190106 | 3c1 | Zaragoza  | 01.12.2018 |
| 1:19.38 | Audacia Amada     | Moreno     | 130706 | 1c1 | Madrid    | 10.03.2019 |
| 1:19.51 | Nneka Mónica      | Onwuamaeze | 040404 | 2c1 | Madrid    | 18.03.2017 |
| 1:19.75 | Eva               | Mazariegos | 170205 | 1   | Salamanca | 27.01.2018 |
| 1:19.83 | Natalia           | Fernández  | 020302 | 1c2 | Oviedo    | 08.03.2015 |
| 1:19.93 | Nazareth Bernarda | Moreno     | 070208 | 1c1 | Madrid    | 21.03.2021 |
| 1:20.15 | Vera              | Salazar    | 180107 | 1   | Salamanca | 19.01.2019 |
| 1:20.15 | Candela           | Blázquez   | 020206 | 2c1 | Madrid    | 10.03.2019 |

**1.000 metros**

|          |        |              |        |     |           |            |
|----------|--------|--------------|--------|-----|-----------|------------|
| 2:56.32  | Xela   | Martínez     | 250106 | 1   | Ourense   | 29.12.2019 |
| 2:57.4 m | Itziar | Arenal       | 240105 | 1e1 | Madrid    | 17.11.2018 |
| 2:58.5 m | Esther | Desviat      | 270182 | 1   | Madrid    | 05.02.1995 |
| 2:59.39  | Alicia | González     | 140806 | 1c1 | Valencia  | 15.12.2019 |
| 3:00.11  | Carla  | Bisbal       | 130505 | 1c1 | Sabadell  | 22.12.2018 |
| 3:00.32  | Mara   | Saura        | 130406 | 1   | Zaragoza  | 23.02.2019 |
| 3:00.51  | Inés   | Saura        | 130406 | 2   | Zaragoza  | 23.02.2019 |
| 3:00.66  | Julia  | de la Piedra | 090303 | 1c4 | Sabadell  | 17.12.2016 |
| 3:01.8 m | Iria   | Rodríguez    | 150199 | 1   | La Coruña | 31.03.2012 |
| 3:02.20  | Paula  | Blanco       | 180500 | 2c1 | Sabadell  | 14.12.2013 |

**2.000 metros**

|          |               |              |        |     |                        |            |
|----------|---------------|--------------|--------|-----|------------------------|------------|
| 6:25.94  | Xela          | Martínez     | 250106 | 1   | Ourense                | 24.02.2019 |
| 6:33.85  | Judit         | Pérez        | 180797 | 1   | Vilafranca del Penedès | 27.02.2010 |
| 6:36.1 m | María Teresa  | Palacio      | 75     |     | Oviedo                 | 27.02.1988 |
| 6:38.74  | Alicia        | González     | 140806 | 1   | Valencia               | 23.02.2019 |
| 6:43.16  | María del Mar | Casillas     | 091297 | 1   | Sevilla                | 16.02.2010 |
| 6:45.02  | Julia         | de la Piedra | 090303 | 1e1 | Sabadell               | 27.02.2016 |
| 6:45.3 m | Paula         | García       | 75     |     | Oviedo                 | 27.02.1988 |
| 6:46.53  | Mariam        | Benkert      | 110504 | 1   | Oviedo                 | 05.03.2017 |
| 6:46.70  | Sabela        | Castelo      | 070709 | 1c1 | Ourense                | 19.12.2021 |
| 6:47.25  | Itziar        | Arenal       | 240105 | 1c1 | Madrid                 | 03.03.2018 |

**60 metros vallas****Con valla de 0,762 m; 4 vallas, distancia entre vallas 12,30 - 8,20 - 14,90**

|             |               |               |               |            |               |                   |
|-------------|---------------|---------------|---------------|------------|---------------|-------------------|
| 9.16        | María         | Vicente       | 280301        | 1          | Sabadell      | 09.02.2014        |
| 9.19        | Irene         | Bravo         | 100406        | 1c1        | Madrid        | 09.03.2019        |
| 9.28        | Paula         | Blanquer      | 010703        | 1c1        | Valencia      | 06.03.2016        |
| <b>9:35</b> | <b>Julia</b>  | <b>Martín</b> | <b>290110</b> | <b>1</b>   | <b>Madrid</b> | <b>19.11.2023</b> |
| <b>9:35</b> | <b>Marina</b> | <b>Arcos</b>  | <b>180210</b> | <b>1c2</b> | <b>Madrid</b> | <b>25.11.2023</b> |
| 9.36        | Igambo        | Muakuku       | 270904        | 1          | Sabadell      | 04.03.2017        |
| 9.42        | Eva           | Bengoa        | 120204        | 1          | Madrid        | 18.03.2017        |
| 9.43        | Claudia       | Galán         | 300404        | 2          | Sabadell      | 04.03.2017        |
| 9.43        | Raquel        | Lobo          | 090409        | 1c1        | Antequera     | 13.11.2021        |
| 9.45        | Ana Irene     | Elewe         | 070204        | 1c1        | Valencia      | 01.04.2017        |

**Altura**

|      |        |           |        |   |           |            |
|------|--------|-----------|--------|---|-----------|------------|
| 1.73 | Ona    | Bonet     | 290306 | 1 | Sabadell  | 21.12.2019 |
| 1.68 | Aitana | Alonso    | 041008 | 1 | Salamanca | 04.12.2021 |
| 1.65 | Helena | del Moral | 170507 | 1 | Madrid    | 08.03.2020 |

|      |        |            |        |    |            |            |
|------|--------|------------|--------|----|------------|------------|
| 1.64 | Nerea  | Fuertes    | 100109 | 1  | Zaragoza   | 26.02.2022 |
| 1.62 | Paula  | Ruiz       | 180306 | 2T | Madrid     | 21.12.2019 |
| 1.61 | Lorena | Gutián     | 220994 | 1  | La Coruña  | 06.12.2007 |
| 1.61 | Andrea | San Miguel | 290403 | 4  | Valladolid | 17.12.2016 |
| 1.60 | Nuria  | Menéndez   | 120202 | 3  | Valladolid | 19.12.2015 |
| 1.60 | Marta  | Moreno     | 300304 | 1  | Antequera  | 18.12.2016 |
| 1.59 | María  | Vicente    | 280301 | 1  | Sabadell   | 15.03.2014 |
| 1.59 | Paula  | Rodríguez  | 200706 | 1  | Sabadell   | 14.12.2019 |

### Pértiga

|      |          |          |        |    |                       |            |
|------|----------|----------|--------|----|-----------------------|------------|
| 3.30 | Anna     | Massa    | 200798 | 1  | Sabadell              | 17.12.2011 |
| 3.01 | Alba     | Benito   | 010209 | 1  | Sabadell              | 19.03.2022 |
| 3.00 | Claudia  | Alarcón  | 120104 | 3  | Sabadell              | 09.12.2017 |
| 3.00 | Noa      | Martínez | 270207 | 1  | Sabadell              | 25.01.2020 |
| 2.90 | Aurea    | Pino     | 170102 | 3  | Sabadell              | 19.12.2015 |
| 2.90 | Nerea    | Pérez    | 010403 | 1  | Sabadell              | 10.12.2016 |
| 2.90 | Camila   | Sanguino | 100303 | 10 | Madrid                | 17.12.2016 |
| 2.90 | Silvia   | Ruiz     | 100805 | 2  | Sabadell              | 15.12.2018 |
| 2.80 | Mireia   | Bonjoch  | 240291 | 6  | Sant Cugat del Vallès | 18.12.2004 |
| 2.80 | Mariona  | Gaspar   | 190701 | 3  | Sabadell              | 20.12.2014 |
| 2.80 | Gabriela | Laporta  | 150503 | 1  | Valencia              | 10.12.2015 |

### Longitud

|             |               |               |               |          |                               |                   |
|-------------|---------------|---------------|---------------|----------|-------------------------------|-------------------|
| 5.53        | Irene         | Bravo         | 100406        | 3        | Madrid                        | 15.12.2019        |
| 5.31        | Marta         | Vallejo       | 200405        | 2c1      | Madrid                        | 25.11.2018        |
| 5.30        | Daniela       | Iglesias      | 060809        | 1        | Madrid                        | 13.03.2022        |
| 5.27        | Ona           | Rosell        | 190298        | 1Q1      | Sabadell                      | 26.02.2011        |
| 5.25        | María         | Vicente       | 280301        | 1        | Sabadell                      | 08.03.2014        |
| 5.23        | Raquel        | Lobo          | 090409        | 1        | Antequera                     | 13.11.2021        |
| 5.22        | Yaiza         | Mesa          | 210706        | 1        | Madrid                        | 02.12.2018        |
| 5.20        | Adriana       | López         | 020705        | 3c1      | Madrid                        | 25.11.2018        |
| 5.20        | Eva           | Mazariegos    | 170205        | 2c1      | León                          | 22.12.2018        |
| <b>5.20</b> | <b>Leonor</b> | <b>Celano</b> | <b>140110</b> | <b>3</b> | <b>Santa Cruz de Tenerife</b> | <b>09.12.2023</b> |

### Triple Salto

|       |           |              |        |     |            |            |
|-------|-----------|--------------|--------|-----|------------|------------|
| 11.35 | Claudia   | Martínez     | 260803 | 1   | Valencia   | 10.12.2016 |
| 11.33 | Mireia    | Hernández    | 100192 | 1   | Valencia   | 10.12.2005 |
| 11.31 | Irene     | Bravo        | 100406 | 1c1 | Madrid     | 27.01.2019 |
| 11.30 | Claudia   | Rubio        | 090503 | 2   | Valencia   | 10.12.2016 |
| 11.30 | Alejandra | Gutiérrez    | 230203 | 3   | Valladolid | 17.12.2016 |
| 11.14 | Lerato    | Pagés        | 140405 | 1   | Sabadell   | 10.03.2018 |
| 11.11 | Paula     | Rodríguez    | 210703 | 1   | Madrid     | 13.03.2016 |
| 11.08 | María     | Vicente      | 280301 | 1   | Sabadell   | 26.01.2014 |
| 11.00 | Berta     | Vives        | 260301 | 1   | Sabadell   | 13.12.2014 |
| 10.97 | Irene     | Alcantarilla | 080103 | 2   | Valencia   | 18.12.2016 |

### Peso

#### Con artefacto de 3 kg

|       |         |          |        |   |            |            |
|-------|---------|----------|--------|---|------------|------------|
| 11.92 | Nerea   | López    | 230307 | 1 | Valladolid | 12.12.2020 |
| 11.34 | Natalia | Sáinz    | 110102 | 1 | Zaragoza   | 28.11.2015 |
| 11.34 | Alba    | Martínez | 050102 | 1 | Antequera  | 20.12.2015 |
| 11.27 | Gema    | Dacosta  | 240307 | 1 | Ourense    | 19.12.2020 |
| 11.19 | Aurea   | Blasco   | 250401 | 1 | Valencia   | 29.11.2014 |
| 11.14 | Erea    | Bastón   | 310305 | 1 | Ourense    | 25.02.2018 |

|       |             |        |        |    |               |            |
|-------|-------------|--------|--------|----|---------------|------------|
| 11.09 | Mónica      | Borraz | 050899 | 2  | Valladolid    | 15.12.2012 |
| 10.95 | Yaiza       | Mesa   | 210706 | 1P | Madrid        | 21.12.2019 |
| 10.90 | María Belén | Toimil | 050594 | 1  | La Coruña     | 03.12.2007 |
| 10.89 | Icía        | Rubio  | 031004 | 2  | San Sebastián | 16.12.2017 |

## 2.000 metros Marcha

|           |              |           |        |     |           |            |
|-----------|--------------|-----------|--------|-----|-----------|------------|
| 9:47.32   | Judit        | Bohils    | 050803 | 1   | Sabadell  | 14.02.2015 |
| 9:57.91   | Sara         | Sospedra  | 060207 | 1   | Valencia  | 23.02.2019 |
| 10:10.7 m | Ana Cristina | Pérez     | 051174 |     |           | 1987       |
| 10:11.92  | Iria         | Tejeiro   | 020902 | 1   | Sabadell  | 14.03.2015 |
| 10:15.43  | Griselda     | Serret    | 090705 | 1   | Sabadell  | 10.03.2018 |
| 10:14.23  | Laura        | Gutiérrez | 310103 | 1   | Sabadell  | 12.03.2016 |
| 10:18.32  | Julia        | Suárez    | 051106 | 1e1 | Sabadell  | 23.02.2019 |
| 10:19.61  | Aina         | Muñoz     | 220601 | 1   | Sabadell  | 15.03.2014 |
| 10:20.44  | Aixa         | Hidalgo   | 180509 | 1c2 | Antequera | 13.11.2021 |
| 10:22.45  | Claudia      | Sánchez   | 050306 | 2e1 | Sabadell  | 23.02.2019 |

## Tetratlón

### Pruebas: 60m vallas (0,762) - Peso 3kg - Longitud - 60m

|              |                                     |                |               |          |                 |                   |
|--------------|-------------------------------------|----------------|---------------|----------|-----------------|-------------------|
| 2.659 m      | Irene                               | Bravo          | 100406        | 1        | Madrid          | 16.03.2019        |
|              | (9.5m - 7.37 - 4.73 - 8.0m)         |                |               |          |                 |                   |
| <b>2.552</b> | <b>Celia</b>                        | <b>Hidalgo</b> | <b>190110</b> | <b>1</b> | <b>Burgos</b>   | <b>04.03.2023</b> |
|              | <b>(9.49 - 8.98 - 4.88 - 8.06)</b>  |                |               |          |                 |                   |
| 2.418        | Eva                                 | Mazariegos     | 170205        | 1        | Valladolid      | 24.02.2018        |
|              | (10.11 - 7.99 - 5.07 - 8.07)        |                |               |          |                 |                   |
| 2.405        | Carmen                              | Ferrara        | 290103        | 1        | Valencia        | 14.02.2016        |
|              | (9.62 - 7.97 - 4.72 - 8.11)         |                |               |          |                 |                   |
| 2.401        | Sofía                               | Coscolluela    | 260104        | 1        | Madrid          | 25.02.2017        |
|              | (9.58 - 8.36 - 4.64 - 8.17)         |                |               |          |                 |                   |
| 2.389        | Nora                                | Martínez       | 110809        | 1        | Valencia        | 27.02.2022        |
|              | (9.97 - 7.96 - 4.89 - 8.35)         |                |               |          |                 |                   |
| 2.376        | Salma Celeste                       | Paralluelo     | 131103        | 1        | Zaragoza        | 30.01.2016        |
|              | (9.65 - 7.73 - 4.91 - 8.32)         |                |               |          |                 |                   |
| 2.375        | Nneka Mónica                        | Onwuamaeze     | 040404        | 2        | Madrid          | 25.02.2017        |
|              | (9.78 - 8.91 - 4.67 - 8.28)         |                |               |          |                 |                   |
| <b>2.354</b> | <b>Nuria</b>                        | <b>Gual</b>    | <b>120410</b> | <b>1</b> | <b>Valencia</b> | <b>26.02.2023</b> |
|              | <b>(10.63 - 8.44 - 4.96 - 8.23)</b> |                |               |          |                 |                   |
| <b>2.334</b> | <b>Alicia</b>                       | <b>Alonso</b>  | <b>310510</b> | <b>2</b> | <b>Burgos</b>   | <b>04.03.2023</b> |
|              | <b>(9.59 - 7.83 - 4.89 - 8.53)</b>  |                |               |          |                 |                   |

## 4 x 200 metros

|         |   |     |          |            |
|---------|---|-----|----------|------------|
| 1:50.63 | Club Atletisme Terres de Ponent   | 1c2 | Sabadell | 12.03.2022 |
|         | (Mariona Armero 09, Julia Lamolla 09, Carlota Niubo 09, Jana Queralt 09)        |     |          |            |
| 1:50.94 | Club Atletisme Terres de Ponent   | 1   | Sabadell | 13.02.2022 |
|         | (Mariona Armero 09, Julia Lamolla 09, L.Moreira, Jana Queralt 09)               |     |          |            |
| 1:51.24 | Club Atletisme Sant Just  | 1   | Sabadell | 09.03.2019 |
|         | (Lucía Jiménez 07, Paula Rodríguez 06, Julia Salvador 06, Helena Santacana 06)  |     |          |            |
| 1:51.43 | Club Atletisme Terres de Ponent   | 1   | Sabadell | 19.03.2022 |
|         | (Mariona Armero 09, Julia Lamolla 09, Jana Queralt 09, C.Márquez)               |     |          |            |
| 1:51.77 | Avinent Manresa   | 1   | Sabadell | 07.03.2020 |
|         | (Lucía Molina, Sira Salas 08, Queralt Vallbona 07, Jenay Hernández 07)          |     |          |            |
| 1:51.87 | Club Esportiu Universitari  | 1   | Sabadell | 09.03.2013 |
|         | (Oriane Atance 00, María de Mingo 01, Sara Gallego 00, Claudia Ruffo 00)        |     |          |            |
| 1:51.91 | Avinent Manresa   | 2   | Sabadell | 19.03.2022 |
|         | (Vinyet Pujol 09, Abril Vallbona 09, Montserrat Fresnillo 10, María Padilla 09) |     |          |            |
| 1:52.09 | Club Esportiu Universitari  | 1   | Sabadell | 10.02.2013 |
|         | (Oriane Atance 00, María de Mingo 01, Sara Gallego 00, Claudia Ruffo 00)        |     |          |            |
| 1:52.18 | Club Atlètic Igualada   | 1   | Sabadell | 10.03.2018 |

1:52.43

(Carla Bisbal 05, Mar Buchaca 06, Alba López 05, Nuria Moix 05)

Club d'Atletisme Nou Barris

1e3

Sabadell

11.02.2017

(Raquel Cerdán 04, Sara Méndez 04, Igambo Muakuku 04, Alba Ruiz 04)