

CATEGORIA FEMENINA

100 metres llisos.

| Marca | Vent | Atleta | Any | Club | Data | Lloc |
|----------------------------|------|--------------------------------|-----|------------------|---------|--------------------------|
| 11.30 | 1.4 | Estela Garcia Villalta | 89 | CD Nike Running | 21/7/18 | Getafe |
| 11.40 | 1.9 | Cristina Lara Pérez | 95 | FC Barcelona | 22/7/17 | Serrahima-BCN |
| 11.43 | 1.4 | Jaël Bestué Ferrera | 00 | FC Barcelona | 18/7/19 | Borås (SWE) |
| 11.48 | 0.8 | Teresa Rioné Llano | 65 | CG Barcelonès | 29/5/84 | Madrid |
| 11.48 | 0.3 | Yolanda Diaz Gonzalez | 68 | CN Barcelona | 20/6/87 | Salamanca |
| 11.57 | 1.1 | Carme Blay Garbayo | 73 | FC Barcelona | 5/7/96 | Salamanca |
| 11.71 | 1.3 | Patricia Morales Alonso | 71 | València CA | 10/7/96 | Sierra Nevada (CAR) |
| 11.73 | 1.1 | Anna Obradors Baró | 97 | ISS-L'Hospitalet | 29/6/19 | Tarragona |
| 11.77 | 0.6 | Silvia Riba Ylla-Català | 87 | CA Vic | 5/7/08 | Monachil |
| 11.79 | 2.0 | Placídia A. Martínez Navio | 85 | FC Barcelona | 17/5/14 | Serrahima-BCN |
| 11.80 | 1.8 | Ingrid Andrés Bocanegra | 97 | FC Barcelona | 2/7/16 | Castellón |
| 11.81 | 1.6 | Dolors Vives Jorba | 57 | CN Barcelona | 5/7/80 | Barcelona |
| 11.81 | 2.0 | Ana Maria Megias Navarro | 71 | Transports T2 | 8/7/98 | Serrahima-BCN |
| 11.81 | 0.0 | Carmen Sánchez Silva | 90 | FC Barcelona | 15/5/16 | Murcia |
| 11.83 | -1.1 | Elvira Ruiz Pulido | 69 | AA Catalunya | 22/7/95 | Peineta-Madrid |
| 11.84 | 1.4 | Margarita de Miguel Simó | 70 | AAC-UBAE | 21/7/01 | València |
| 11.89 | 1.8 | Mireia Ruiz Fernández | 73 | CA Vic | 2/6/93 | Serrahima-BCN |
| 11.90 | 1.6 | Paula Llistosella Palomeras | 94 | GEiE Gironí | 14/7/19 | Serrahima-BCN |
| 11.91 | 0.3 | Maria Vicente Garcia | 01 | CD Nike Running | 30/7/20 | San Sebastián |
| 11.91 | -0.2 | Ona Rossell Font | 98 | Cornellà At. | 12/9/20 | Getafe |
| 11.93 | -0.9 | Cristina Sanz Febrero | 78 | FC Barcelona | 1/8/09 | E Olímpic-BCN |
| 11.95 | -0.1 | Eva Martín Estévez | 85 | FC Barcelona | 9/7/08 | Serrahima-BCN |
| 11.97 | 1.3 | Laura Gallardo García | 76 | Transports T2 | 26/7/98 | Castelló |
| 11.97 | 1.0 | Isabel Vert Carbó | 81 | FC Barcelona | 8/7/00 | Baerum (NOR) |
| 11.98 | -1.0 | Mónica Casanovas Pallarés | 66 | CA Vic | 8/7/92 | Getafe |
| 11.99 | -1.5 | Sònia Gracia Martínez | 77 | GEiE Gironí | 3/7/99 | Serrahima-BCN |
| 11.99 | 0.5 | Marina Tovar Arjona | 97 | Cornellà At. | 21/7/18 | Getafe |
| 12.00 | -0.8 | Laura Trapero Bagué | 80 | Integra 2 | 21/7/02 | Salamanca |
| 12.00 | 1.5 | Stephanie Saavedra Araya | 89 | At. Alcorcón | 20/7/19 | Santa Coloma de Gramenet |
| 12.01 | 0.2 | Laia Solà Hernando | 01 | Avinent Manresa | 23/6/18 | Gijón |
| 12.03 | 2.0 | Tatiana Vangerwen López | 72 | CG Barcelonès | 22/7/89 | Vitoria |
| 12.04 | 0.5 | Oyidiya Oji Paulino | 88 | ISS-L'Hospitalet | 27/6/12 | Serrahima-BCN |
| 12.06 | 1.7 | Lorena Ortí Garcés | 73 | AA Catalunya | 15/7/95 | San Sebastián |
| 12.07 | 0.6 | Mónica Marín Durán | 76 | JA Sabadell | 8/6/91 | Serrahima-BCN |
| 12.07 | -0.4 | Andrea Díez Ibáñez | 88 | AA Catalunya | 6/6/15 | Salamanca |
| 12.10 | 1.5 | Ariadna Ramos Gandia | 94 | CA Igualada | 17/6/15 | Serrahima-BCN |
| 12.09 | 1.9 | Martina Ballesteros Llovet | 99 | CA Laietània | 17/6/17 | Ciudad Real |
| 12.11 | 1.7 | Olga Martorell Celada | 60 | FC Barcelona | 24/6/78 | Barcelona |
| 12.11 | 1.8 | Alicia Hernández Martínez | 61 | AE L'Hospitalet | 11/8/88 | Vigo |
| 12.12 | 1.8 | Marta Dalmau Reig | 62 | CA Vic | 26/7/94 | Serrahima-BCN |
| 12.13 | 1.3 | Beatriz Indurain Blasco | 92 | CA Laietània | 15/7/15 | Serrahima-BCN |
| 12.14 | 1.3 | Debora González Redondo | 82 | Transports T2 | 8/7/98 | Serrahima-BCN |
| 12.14 | 0.5 | Cristina Ferrándiz Bernal | 89 | AA Catalunya | 8/6/11 | Salamanca |
| 12.14 | 0.7 | Carla Gascón Bernabeu | 03 | CA Sant Just | 18/5/19 | Palafrugell |
| 12.15 | 2.0 | Arantxa Garcia Jimenez | 71 | GEiE Gironí | 22/7/89 | Vitoria |
| 12.15 | 1.4 | Sara Hernández López | 73 | FC Barcelona | 30/7/94 | Serrahima-BCN |
| 12.17 | 1.9 | Montserrat Fernández Mulleras | 66 | GEiE Gironí | 10/7/89 | Barcelona |
| 12.18 | | Concepció Minguella Planas | 61 | CN Barcelona | 6/6/81 | Barcelona |
| 12.20 | 1.8 | Eva Mateo Herranz | 74 | CN Barcelona | 27/5/89 | Barcelona |
| 12.20 | 1.3 | Sara Dorda Sans | 97 | AA Catalunya | 15/7/15 | Serrahima-BCN |
| 12.20 | 1.9 | Patricia Gainza Comino | 93 | AA Catalunya | 1/6/19 | Serrahima-BCN |
| 12.21 | 0.0 | Anna Monsó Rodríguez | 02 | CM Sant Cugat | 15/6/19 | Gavà |
| 12.22 | 1.3 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 10/6/09 | Serrahima-BCN |
| 12.22 | 1.5 | Anna Asensi Puig | 98 | CA Igualada | 7/7/15 | Serrahima-BCN |
| 12.22 | 0.7 | Xènia Benach Solé | 00 | Cornellà At. | 19/8/20 | Santa Coloma de Gramenet |
| 12.23 | -1.5 | Sonia Bocanegra Gil | 78 | CA Mollet | 3/7/99 | Serrahima-BCN |
| 12.24 | 1.6 | Montserrat Gómez Yeste | 66 | Cornellà At. | 29/7/95 | Serrahima-BCN |
| 12.25 | 0.9 | Núria Velasco Palos | 68 | CN Figueres | 20/7/91 | Mataró |
| 12.25 | 1.8 | Ruth Martínez Moralejo | 75 | FC Barcelona | 2/7/94 | Serrahima-BCN |
| 12.25 | 1.5 | Esmeralda Arriscado Garcia | 76 | AA Catalunya | 27/6/07 | Serrahima-BCN |
| 12.25 | -1.2 | Marina Lamata Márquez | 02 | Unió Colomenca | 3/10/20 | Vallehermoso-Madrid |
| 12.27 | -0.6 | Carme Domenjo Moix | 71 | CAV Andorra | 21/7/92 | Andorra |
| <u>Atletes estrangeres</u> | | | | | | |
| 11.79 | -2.4 | Kudirat Akhigbe (NGR) | 81 | Integra 2 | 17/5/03 | Igualada |
| 11.96 | 2.0 | Janna Gourbanova (BLR) | 69 | FC Barcelona | 19/6/99 | Can Dragó-BCN |
| 12.01 | 1.5 | Cristina Llovera Rossell (AND) | 96 | CE Sant Julià | 16/6/18 | Gavà |

CATEGORIA FEMENINA

200 metres llisos.

| Marca | Vent | Atleta | Any | Club | Data | Lloc |
|----------------------------|------|--------------------------------|-----|------------------|---------|--------------------------|
| 23.11 | 0.5 | Estela Garcia Villalta | 89 | CD Nike Running | 29/6/18 | Tarragona |
| 23.22 | 0.2 | Cristina Lara Pérez | 95 | FC Barcelona | 17/6/17 | Ciudad Real |
| 23.31 | 1.0 | Jael Bestué Ferrera | 00 | FC Barcelona | 22/7/18 | Getafe |
| 23.49 | -0.6 | Teresa Rioné Llano | 65 | CG Barcelonès | 17/6/84 | Lisboa |
| 23.65 | 0.4 | Eva Martín Estévez | 85 | FC Barcelona | 19/7/08 | E Olímpic-BCN |
| 23.74 | 0.4 | Carmen Sánchez Silva | 90 | FC Barcelona | 10/6/17 | Castelló |
| 23.76 | 0.0 | Maria Vicente Garcia | 01 | CD Nike Running | 18/7/19 | Borås (SWE) |
| 23.79A | 2.0 | Anna Obradors Baró | 97 | ISS-L'Hospitalet | 8/7/18 | Soria |
| 23.86 | -0.2 | Yolanda Diaz Gonzalez | 68 | CN Barcelona | 15/7/87 | Barcelona |
| 23.90 | 0.4 | Placidia A. Martínez Navio | 85 | FC Barcelona | 12/5/12 | Valladolid |
| 24.02 | 0.0 | Andrea Díez Ibáñez | 88 | AA Catalunya | 8/7/12 | Serrahima-BCN |
| 24.05 | 1.7 | Margarita de Miguel Simó | 70 | AAC-UBAE | 28/6/03 | Alcalá de Henares |
| 24.19 | 0.0 | Lorena Ortí Garcés | 73 | AA Catalunya | 23/7/95 | Peineta-Madrid |
| 24.30 | 1.5 | Mireia Ruiz Fernández | 73 | CA Vic | 6/6/93 | Serrahima-BCN |
| 24.37 | 1.3 | Isabel Vert Carbó | 81 | AAC-UBAE | 7/7/01 | Girona |
| 24.38 | 0.9 | Mònica Marín Durán | 76 | JA Sabadell | 30/7/93 | San Sebastián |
| 24.40 | 0.7 | Silvia Riba Ylla-Català | 87 | CA Vic | 17/6/09 | Serrahima-BCN |
| 24.40 | 0.0 | Stephanie Saavedra Araya | 89 | At. Alcorcón | 20/7/19 | Santa Coloma de Gramenet |
| 24.41 | 1.4 | Ana Maria Megias Navarro | 71 | CN Poble Nou | 31/7/94 | Serrahima-BCN |
| 24.42 | 1.6 | Paula Llistosella Palomeras | 94 | GEiE Gironí | 14/7/19 | Serrahima-BCN |
| 24.42 | 1.6 | Anna Monsó Rodríguez | 02 | CM Sant Cugat | 14/7/19 | Serrahima-BCN |
| 24.43 | 1.1 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 10/7/09 | Belgrad (Sèrbia) |
| 24.44 | 1.9 | Oyidiya Oji Paulino | 88 | ISS-L'Hospitalet | 4/7/12 | Serrahima-BCN |
| 24.45 | -0.9 | Carme Blay Garbayo | 73 | CA València TiM | 1/6/02 | Castelló |
| 24.49 | -1.5 | Laia Forcadell Arenas | 82 | ISS-L'Hospitalet | 19/7/08 | E Olímpic-BCN |
| 24.52 | 1.0 | Marina Tovar Arjona | 97 | Cornellà At. | 22/7/18 | Getafe |
| 24.53 | 1.0 | Mónica Casanovas Pallarés | 66 | CA Vic | 17/6/92 | Mataró |
| 24.56 | 1.9 | Concepció Minguella Planas | 61 | CN Barcelona | 1/7/84 | Barcelona |
| 24.57 | 1.8 | Ingrid Andrés Bocanegra | 97 | CA Mollet | 23/6/13 | Durango |
| 24.57 | 0.9 | Irene Méndez Lara | 96 | AA Catalunya | 6/6/15 | Serrahima-BCN |
| 24.58 | 1.1 | Cristina Ferrándiz Bernal | 89 | Pratenc AA | 20/6/10 | Serrahima-BCN |
| 24.60 | 0.9 | Eva Paniagua Vela | 74 | FC Barcelona | 15/6/96 | Serrahima-BCN |
| 24.63 | 1.4 | Elvira Ruiz Pulido | 69 | AA Catalunya | 31/7/94 | Serrahima-BCN |
| 24.63 | 1.6 | Cristina Sanz Febrero | 78 | FC Barcelona | 8/7/09 | Can Dragó-BCN |
| 24.68 | 1.6 | Sara Gallego Sotelo | 00 | ISS-L'Hospitalet | 12/5/18 | Serrahima-BCN |
| 24.72 | -0.1 | Isabel Rodriguez Amat | 69 | AE L'Hospitalet | 12/7/89 | Barcelona |
| 24.72 | -0.1 | Patricia Morales Alonso | 71 | Adidas RT | 28/5/97 | Serrahima-BCN |
| 24.74 | | Ma. Dolors Vives Jorba | 57 | CN Barcelona | 26/7/80 | Barcelona |
| 24.74 | 1.8 | Eva Velasco Palos | 68 | CN Figueres | 29/6/91 | Burdeos (FRA) |
| 24.75 | 1.4 | Marta Dalmau Reig | 62 | CA Vic | 31/7/94 | Serrahima-BCN |
| 24.76 | 2.0 | Montserrat Fernández Mulleras | 66 | GEiE Gironí | 7/7/89 | Barcelona |
| 24.76 | 0.0 | Ona Rossell Font | 98 | Cornellà At. | 29/7/20 | Gavà |
| 24.79 | 1.6 | Laia Solà Hernando | 01 | Avinent Manresa | 27/5/18 | Serrahima-BCN |
| 24.82 | 1.5 | Mireia Lluç Arenas | 70 | CA Laietània-CNF | 6/6/93 | Serrahima-BCN |
| 24.87 | 1.7 | Natàlia Millán Rios | 76 | AAC-UBAE | 24/7/04 | Castelló |
| 24.87 | 1.6 | Marta Riera Sató | 01 | Avinent Manresa | 6/5/18 | Serrahima-BCN |
| 24.88 | 1.0 | Noemí Carreras Rius | 66 | CN Montjuïc | 13/7/88 | Barcelona |
| 24.88 | 0.4 | Laura Hernández Arteaga | 95 | FC Barcelona | 26/5/12 | Zaragoza |
| 24.90 | 0.9 | Patricia Gainza Comino | 93 | AA Catalunya | 1/7/18 | Serrahima-BCN |
| 24.92 | | Ma. Angels Arroniz Morera | 66 | FC Barcelona | 29/6/86 | Madrid |
| 24.92 | -1.1 | Vanessa Badia Gomollón | 77 | FC Barcelona | 20/6/01 | Serrahima-BCN |
| 24.92 | 0.0 | Julia Palacín Ester | 00 | UA Terrassa | 24/6/18 | Murcia |
| 24.93 | -0.3 | Alba Boronat Mestres | 91 | CA Canaletes | 22/6/11 | Serrahima-BCN |
| 24.94 | 0.2 | Maria Botella Manich | 00 | AA Catalunya | 1/6/19 | Serrahima-BCN |
| 24.96 | 1.0 | Montserrat Gómez Yeste | 66 | CG Barcelonès | 5/7/86 | Barcelona |
| 24.96 | -0.3 | Alicia Hernández Martínez | 61 | AE L'Hospitalet | 20/7/88 | Tarragona |
| 24.98 | 0.2 | Clàudia Delgado Cerro | 02 | FC Barcelona | 14/4/19 | El Prat de Llobregat |
| 24.99 | 1.8 | Esmeralda Arriscado Garcia | 76 | AA Catalunya | 20/6/07 | Serrahima-BCN |
| 25.00 | 0.9 | Soraya Alba Galán | 89 | UA Rubí | 27/5/06 | Serrahima-BCN |
| 25.00 | 0.7 | Laura Centella Madorran | 01 | AA Catalunya | 6/6/18 | Serrahima-BCN |
| 25.01 | 0.6 | Elena Zapatero Durán | 80 | Integra 2 | 30/6/02 | Igualada |
| 25.03 | 1.5 | Nuria Velasco Palos | 68 | CN Figueres | 6/7/85 | Manresa |
| 25.03 | 0.0 | Laura Traperó Bagué | 80 | Integra 2 | 11/5/03 | Inef-Madrid |
| <u>Atletes estrangeres</u> | | | | | | |
| 24.27 | 1.0 | Kudirat Akhigbe (NGR) | 81 | Integra 2 | 31/5/03 | Pamplona |
| 24.67 | -0.9 | Paola Sánchez Martínez (ECU) | 88 | Medilast-Carref. | 8/4/06 | Castellar del Vallès |
| 24.95 | 1.4 | Cristina Llovera Rossell (AND) | 96 | CE Sant Julià | 9/6/18 | Schaan (LIE) |
| 25.03 | 1.3 | Maria Stephanie Thomas (GBR) | 88 | AA Catalunya | 12/6/13 | Serrahima-BCN |

CATEGORIA FEMENINA

400 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|--------|-------------------------------|-----|------------------|---------|-------------------------|
| 53.46 | Carmen Sánchez Silva | 90 | FC Barcelona | 25/8/19 | Vallehermoso-Madrid |
| 53.59 | Montserrat Pujol Clusellas | 61 | JA Sabadell | 17/6/78 | Sittard (HOL) |
| 53.85 | Stephanie Saavedra Araya | 89 | At. Alcorcón | 30/6/19 | La Chaux-de-Fonds (SUI) |
| 54.22 | Laia Forcadell Arenas | 82 | L'Hospitalet | 26/7/06 | Soria |
| 54.25 | Mireia Lluch Arenas | 70 | FC Barcelona | 21/6/94 | Can Dragó-BCN |
| 54.29 | Isabel Rodriguez Amat | 69 | AE L'Hospitalet | 16/7/89 | Orense |
| 54.34 | Eva Martín Estévez | 85 | FC Barcelona | 13/6/08 | Huelva |
| 54.37A | Andrea Díez Ibáñez | 88 | AA Catalunya | 19/7/15 | Ávila |
| 54.67 | Oyidiya Oji Palino | 88 | ISS-L'Hospitalet | 25/6/11 | Zaragoza |
| 54.77 | Esther Guerrero Puigdevall | 90 | Ne Balance Team | 29/6/16 | Serrahima-BCN |
| 54.92 | Elia Vallès Gamundi | 87 | AA Palamós | 30/5/15 | Oordegem (BEL) |
| 54.97 | Laia Vilalta Blanch | 86 | FC Barcelona | 4/8/09 | Mataró |
| 54.97 | Sara Gallego Sotelo | 00 | ISS-L'Hospitalet | 2/6/18 | Serrahima-BCN |
| 55.00 | Irene Méndez Lara | 96 | AA Catalunya | 13/6/15 | Zaragozaguerrer |
| 55.00 | Laura Hernández Arteaga | 95 | FC Barcelona | 1/6/19 | San Sebastián |
| 55.0m | Mònica Marín Durán | 76 | JA Sabadell | 8/6/96 | Palma de Mallorca |
| 55.18 | Ma. Asunción Tatjer Montaña | 56 | CG Barcelonès | 15/8/87 | Barcelona |
| 55.19 | Placidia A. Martínez Navio | 85 | FC Barcelona | 15/6/11 | Serrahima-BCN |
| 55.21 | Verònica Maluenda Cabezas | 77 | FC Barcelona | 26/7/98 | Castelló |
| 55.26 | Noemí Carreras Rius | 66 | CN Montjuïc | 6/9/89 | Barcelona |
| 55.29 | Angeles Rodríguez Rodríguez | 76 | AAC-UBAE | 26/6/04 | Valladolid |
| 55.29 | Sònia Nasarre Guillamón | 96 | ISS-L'Hospitalet | 18/6/16 | Alcobendas |
| 55.2m | Gloria Pujol Clusella | 57 | JA Sabadell | 5/8/78 | Lisboa |
| 55.47 | Laura Centella Madorran | 01 | AA Catalunya | 26/6/18 | Castellón |
| 55.68 | Vanessa Badia Gomollón | 77 | FC Barcelona | 7/7/01 | Girona |
| 55.72 | Maria José López Cordoba | 71 | AE L'Hospitalet | 28/5/94 | Bologna (ITA) |
| 55.74 | Anna Perlasia Niubó | 70 | CA Laietània | 30/6/91 | Granollers |
| 55.83 | Sara Dorda Sans | 97 | AA Catalunya | 2/6/18 | Serrahima-BCN |
| 55.84 | Meritxell Tarragó Clop | 01 | Avinent Manresa | 9/6/19 | Tarragona |
| 55.85 | Ma. Jesus Isla Gavin | 62 | CN Barcelona | 19/7/87 | Barcelona |
| 55.87 | Susana Lopez Ribera | 69 | FC Barcelona | 29/6/86 | Fuenlabrada |
| 55.88 | Cristina Casimiro Yepes | 83 | FC Barcelona | 1/8/09 | E Olímpic-BCN |
| 56.01 | Carme Bes Fuster | 69 | CN Reus Ploms | 12/7/87 | Fadura |
| 56.02 | Arantxa García Jimenez | 71 | GEiE Gironí | 20/7/96 | E Olímpic-BCN |
| 56.03 | Victòria Sauleda Ferrer | 92 | ISS-L'Hospitalet | 7/6/14 | Santander |
| 56.07 | Núria Cases Sempere | 86 | AA Catalunya | 21/7/07 | Serrahima-BCN |
| 56.08 | Laura Bou Saumell | 90 | Avinent Manresa | 22/7/17 | Serrahima-BCN |
| 56.09 | Laura Alonso Da Costa | 94 | Ria Ferrol C.A. | 18/6/16 | Alcobendas |
| 56.13 | Martí Carmen González Reina | 87 | CA Laietània | 24/6/09 | Manresa |
| 56.14 | Montse Mas Sanz | 79 | FC Barcelona | 28/6/06 | Serrahima-BCN |
| 56.0m | Eva Paniagua Vela | 74 | CD Nike | 24/5/97 | Sant Feliu |
| 56.18 | Marta Bosch Jimenez | 70 | València CA | 11/6/97 | Can Dragó-BCN |
| 56.19 | Carme Rovira Salvador | 66 | AE L'Hospitalet | 16/8/88 | Pontevedra |
| 56.22 | Ana Sanchis Angel | 77 | CG Barcelonès | 3/7/94 | Serrahima-BCN |
| 56.24 | Mireia Martí Villalta | 85 | Integra 2 | 6/6/04 | Sabadell |
| 56.1m | Montserrat Fernández Mulleras | 66 | GEiE Gironí | 15/2/87 | Lloret |
| 56.30 | Olga Ortega Almagro | 85 | FC Barcelona | 16/7/11 | Serrahima-BCN |
| 56.34 | Alba Casanovas Muntada | 93 | FC Barcelona | 21/6/14 | Lloret de Mar |
| 56.39 | Adoración Iniesta Pacheco | 85 | FC Barcelona | 29/6/11 | Serrahima-BCN |
| 56.40 | Irene Bonilla Segura | 93 | AA Catalunya | 20/7/14 | Vitoria |
| 56.43 | Júlia Garcia Fuentes | 03 | FC Barcelona | 5/6/19 | Serrahima-BCN |
| 56.47 | Laia Gil Molas | 94 | AA Catalunya | 30/4/15 | Cartagena |
| 56.49 | Zoya Naumov Corbera | 95 | AA Catalunya | 5/6/19 | Serrahima-BCN |
| 56.4m | Ma. Isabel Tatjer Montaña | 56 | CG Barcelonès | 3/8/75 | San Sebastià |
| 56.55 | Alba Grau Martínez | 82 | CA Vic | 26/7/03 | Arona |
| 56.57 | Patricia Gainza Comino | 93 | AA Catalunya | 31/8/19 | La Nucía |
| 56.62 | Jordana García Casero | 77 | CA Laietània-CNF | 12/6/94 | L'Hospitalet |
| 56.64 | Marta Martín Jiménez | 81 | AAC-UBAE | 15/8/03 | Nivelles (FRA) |
| 56.69 | Carme Domenjo Moix | 71 | CAV Andorra | 6/7/91 | Tarragona |
| 56.69 | Sònia Rodríguez Conde | 87 | FC Barcelona | 7/6/07 | El Prat de Llobregat |
| 56.70 | Ainara Andrea Acevedo Dudley | 91 | ISS-L'Hospitalet | 4/7/10 | Castelló |

m = marca manual

Atletes estrangeres

| | | | | | |
|-------|------------------------------|----|--------------|---------|---------------|
| 52.22 | Kudirat Akhigbe (NGR) | 81 | Integra 2 | 20/6/02 | Lagos (NIG) |
| 54.99 | Maria Stephanie Thomas (GBR) | 88 | Caja de Jaén | 6/6/10 | Can Dragó-BCN |
| 55.06 | Paola Sánchez Martínez (ECU) | 88 | FC Barcelona | 30/7/08 | Alacant |

CATEGORIA FEMENINA

800 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|------------------------------|-----|------------------|---------|---------------------|
| 1:59.22 | Esther Guerrero Puigdevall | 90 | New Balance Team | 25/9/20 | Doha (QAT) |
| 2:01.35 | Natalia Rodríguez Martínez | 79 | CA Adidas | 8/6/01 | Sevilla |
| 2:02.41 | Victòria Sauleda Ferrer | 92 | New Balance Team | 30/5/15 | Oordem (BEL) |
| 2:02.89 | Montse Mas Sanz | 79 | FC Barcelona | 20/6/06 | Huelva |
| 2:03.49 | Zoya Naumov Corbera | 95 | AA Catalunya | 11/7/18 | Serrahima-BCN |
| 2:04.12 | Carme Valero Omedes | 55 | JA Sabadell | 10/7/76 | Zurich |
| 2:04.29 | Ma. Carmen González Reina | 87 | CA Laietània | 10/6/09 | Huelva |
| 2:05.06 | Gloria Pallé Torres | 61 | AD Antorxa | 25/7/81 | Bucarest |
| 2:05.40 | Irene Bonilla Segura | 93 | FC Barcelona | 16/6/18 | Castellón |
| 2:05.76 | Carme Rovira Salvador | 66 | AE L'Hospitalet | 14/8/88 | Vigo |
| 2:06.2 | Montserrat Pujol Clusella | 61 | AD Antorxa | 23/8/81 | Niza |
| 2:06.36 | Marta Bosch Jimenez | 70 | València CF | 12/7/95 | Mataró |
| 2:06.39 | Anna Bové Balada | 78 | Integra 2 | 28/6/03 | Alcalá de Henares |
| 2:06.70 | Marta Martín Jiménez | 81 | AAC-UBAE | 3/6/05 | E.Olímpic-BCN |
| 2:07.03 | Núria Tió Peig | 95 | Avinent Manresa | 15/7/14 | Mataró |
| 2:07.46 | Adoración Iniesta Pacheco | 85 | FC Barcelona | 17/7/11 | Serrahima-BCN |
| 2:08.06 | Carme Bes Fuster | 69 | CN Reus Ploms | 26/5/90 | Granada |
| 2:08.31 | Irene Bonafonte Pardas | 96 | Ria Ferrol CA | 13/9/20 | Vallehermoso-Madrid |
| 2:08.39 | Martina Rodríguez Sala | 95 | A Olot-T Volcans | 11/5/18 | Cincinnati (USA) |
| 2:08.47 | Blanca González Melarde | 96 | UGE Badalona | 1/7/15 | Serrahima-BCN |
| 2:08.55 | Anna Perlasia Niubó | 70 | CA Laietània-CNF | 2/7/93 | Gandia |
| 2:08.64 | Judit Barberà Temprado | 84 | CN Reus Ploms | 10/7/02 | Vic |
| 2:08.69 | Júlia Estévez Apostolo | 80 | AAC-UBAE | 25/7/01 | E.Olímpic-BCN |
| 2:08.78 | Montserrat Fontarnau Rovira | 69 | CA Vic | 12/8/89 | Barcelona |
| 2:08.8 | Asunció Tatjer Montaña | 56 | CG Barcelonès | 6/7/78 | Oslo |
| 2:08.82 | Núria Lahosa Senent | 65 | FC Barcelona | 2/8/91 | E Olímpic-BCN |
| 2:08.94 | Marta Camps Galí | 70 | AA Catalunya | 12/7/95 | Mataró |
| 2:09.03 | Marina Manjón Rivadulla | 92 | AA Catalunya | 21/7/11 | Tallin (EST) |
| 2:09.09 | Jacqueline Martín Alvarez | 74 | Canal Isabel II | 11/5/96 | Valladolid |
| 2:09.15 | Griselda Juncà cases | 82 | CA Manresa | 18/6/03 | Serrahima-BCN |
| 2:09.24 | Ma. Dolores Borrego Crespo | 64 | CF Badalona | 20/6/89 | Sevilla |
| 2:09.3 | Maria Betriu Català | 66 | CG Barcelonès | 29/7/87 | Manresa |
| 2:09.32 | Raquel Pérez Vendrell | 73 | AAC-UBAE | 10/6/01 | Gavà |
| 2:09.45 | Maite Montaña Fernández | 67 | CG Tarragona | 2/9/89 | Sabadell |
| 2:09.55 | Marina Martínez Ortuño | 02 | CA Laietània | 17/7/19 | Serrahima-BCN |
| 2:09.65 | Mari Carmen Romero Martínez | 71 | CN Reus Ploms | 6/7/91 | Tarragona |
| 2:09.65 | Elena Adán Hidalgo | 87 | CA Laietània | 15/7/09 | Mataró |
| 2:09.66 | Júlia Garcia Fuentes | 03 | FC Barcelona | 23/6/19 | Castellón |
| 2:09.71 | Yolanda Dolz Pérez Cobos | 62 | CN Montjuïc | 14/8/88 | Vigo |
| 2:09.87 | Rosa Maria Morató Rodríguez | 79 | FC Barcelona | 14/6/03 | Zaragoza |
| 2:09.96 | Cristina Valcárcel Laiz | 77 | CA València TiM | 22/7/03 | Mataró |
| 2:09.97 | Maria Bartolí Miralles | 75 | FC Barcelona | 10/6/01 | Gavà |
| 2:10.1 | Pilar Freixa Massaguer | 54 | CE Universitari | 2/7/72 | Brusel·les |
| 2:10.05 | Aida Agea Merino | 69 | FC Barcelona | 21/7/95 | Peineta-Madrid |
| 2:10.06 | Maica Castella Daga | 69 | CG Barcelonès | 7/5/95 | Serrahima-BCN |
| 2:10.19 | Núria Tillo Prats | 98 | AA Catalunya | 4/7/18 | Serrahima-BCN |
| 2:10.40 | Marina Guerrero Puigdevall | 94 | Avinent Manresa | 26/6/19 | Serrahima-BCN |
| 2:10.61 | Emma Almagro Novellas | 86 | AA Catalunya | 6/7/11 | Serrahima-BCN |
| 2:10.62 | Angela Castelló Noria | 83 | Medilast Lleida | 7/7/10 | Mataró |
| 2:10.91 | Laia Casajoana Guardia | 99 | JA Sabadell | 5/6/19 | Coslada |
| 2:11.00 | Alicia Fernández Casanovas | 78 | CA Manresa | 22/7/00 | Mataró |
| 2:11.09 | Laura Alonso Da Costa | 94 | Ria Ferrol C.A. | 30/4/16 | Valladolid |
| 2:11.13 | Blanca Álvarez Moratines | 84 | Integra 2 | 10/7/03 | Getafe |
| 2:11.13 | Loida Reyes Oyono | 90 | AA Catalunya | 30/6/16 | Serrahima-BCN |
| 2:11.18 | Noemi Carreras Rius | 66 | CN Montjuïc | 16/9/89 | Santander |
| 2:11.19 | Carol Pardo Ceriola | 94 | Ria Ferrol CA | 26/6/18 | Castelló |
| 2:11.27 | Beatriz Rios Pérez | 69 | CN Figueres | 26/6/88 | Castelló |
| 2:11.32 | Irene Rodríguez Nin | 76 | AAC-UBAE | 10/7/02 | Vic |
| 2:11.4 | Encarnación Escudero Gómez | 57 | At Santa Coloma | 28/7/79 | Barcelona |
| 2:11.44 | Ingrid Pino Creixenti | 95 | FC Barcelona | 16/7/17 | Lloret de Mar |
| 2:11.44 | Silvia Guerra Bravo | 95 | ISS-L'Hospitalet | 24/8/19 | Vallehermoso-Madrid |
| 2:11.47 | Anna Vallhonestà Espinosa | 88 | CA Manresa | 12/6/07 | Mataró |
| <u>Atletes estrangeres</u> | | | | | |
| 2:06.76 | Maria Stephanie Thomas (GBR) | 88 | ISS-L'Hospitalet | 10/6/15 | Huelva |
| 2:08.60 | Dayane Huerta Venet (CUB) | 91 | CAV Andorra | 6/7/16 | Mataró |
| 2:10.37 | Euridice Borges Semedo (STP) | 83 | FC Barcelona | 22/7/00 | Mataró |

CATEGORIA FEMENINA

1.500 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-----------------------------|-----|------------------|---------|------------------------|
| 3:59.51 | Natalia Rodríguez Martínez | 79 | CA Adidas | 28/8/05 | Rieti (ITA) |
| 4:03.13 | Esther Guerrero Puigdevall | 90 | New Balance Team | 23/8/20 | Estocolmo (SWE) |
| 4:08.34 | Carme Valero Omedes | 55 | JA Sabadell | 8/6/76 | Duseldorf |
| 4:12.32 | Rosa Maria Morató Rodríguez | 79 | València TiM | 24/6/08 | Jerez de la Frontera |
| 4:13.22 | Jaqueline Martín Alvarez | 74 | Canal Isabel II | 19/6/96 | Barakaldo |
| 4:15.17 | Montse Mas Sanz | 79 | FC Barcelona | 11/7/18 | Serrahima-BCN |
| 4:15.33 | Martina Rodríguez Sala | 95 | CA Olot TV | 7/4/17 | Tuscaloosa (USA) |
| 4:15.80 | Eva Arias Aira | 80 | València TiM | 3/7/09 | Pescara (ITA) |
| 4:17.66 | Gloria Pallé Torres | 61 | CN Barcelona | 25/9/83 | Barcelona |
| 4:17.73 | Maite Montaña Fernández | 67 | CG Tarragona | 29/6/91 | Getxo |
| 4:17.78 | Judit Pla Roig | 78 | FC Barcelona | 13/6/08 | Huelva |
| 4:19.89 | Lurdes Miquel Sabates | 67 | CA Vic | 16/7/90 | Barcelona |
| 4:19.94 | Cristina Agusti Crous | 63 | CO Farners | 8/7/84 | Barcelona |
| 4:20.4 | Encarnación Escudero Gómez | 57 | At Santa Coloma | 12/8/79 | Barcelona |
| 4:21.04 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 13/7/02 | Barakaldo |
| 4:21.40 | Cristina Valcárcel Laiz | 77 | CA València TiM | 11/7/03 | E Olímpic-BCN |
| 4:22.41 | Marta Camps Galí | 70 | AA Catalunya | 15/7/95 | San Sebastián |
| 4:22.52 | Maria Betriu Català | 66 | València CF | 19/7/93 | E Olímpic-BCN |
| 4:22.91 | Lidia Rodríguez Sierra | 86 | Bilbao Atl. | 8/7/15 | Serrahima-BCN |
| 4:23.20 | Júlia Estévez Apostolo | 80 | AAC-UBAE | 5/7/03 | Barakaldo |
| 4:23.23 | Silvia Montané Bonilla | 77 | Adidas RT | 17/6/98 | Can Dragó-BCN |
| 4:23.45 | Maria Bartolí Miralles | 75 | FC Barcelona | 7/7/01 | Girona |
| 4:23.67 | Elia Saura Petegnief | 00 | CA Canaletes | 8/6/19 | Los Corrales de Buelna |
| 4:23.73 | Anna Bové Balada | 78 | FC Barcelona | 8/7/15 | Serrahima-BCN |
| 4:24.29 | Meritxell Calduch Prat | 78 | CA Manresa | 21/8/00 | Girona |
| 4:24.3 | Núria Pastor Amorós | 66 | CGB-L'Hospitalet | 14/8/91 | Granollers |
| 4:24.49 | Irene Bonilla Segura | 93 | FC Barcelona | 14/7/18 | Granollers |
| 4:24.77 | Alicia Fernández Casanovas | 78 | CA Manresa | 5/7/03 | Barakaldo |
| 4:24.90 | Raquel Pérez Vendrell | 73 | CG Tarragona | 29/7/95 | Narbonne (FRA) |
| 4:25.0 | Maica Castella Daga | 69 | CG Barcelonès | 22/4/95 | Universitària-BCN |
| 4:25.24 | Zoya Naumov Corbera | 95 | AA Catalunya | 1/7/18 | Serrahima-BCN |
| 4:25.36 | Roser Parés Bové | 58 | CA Vic | 4/7/90 | Tarragona |
| 4:25.51 | Ma. Dolores Borrego Crespo | 64 | CF Badalona | 17/5/89 | Mallorca |
| 4:25.57 | Montse Fontarnau Rovira | 69 | CA Vic | 4/8/91 | E Olímpic-BCN |
| 4:25.60 | Gema Barrachina Fernández | 86 | Atl. Santutxu | 31/5/14 | Palafrugell |
| 4:25.86 | Blanca Álvarez Moratines | 84 | Integra 2 | 19/7/03 | Almeria |
| 4:26.0 | Carme Rovira Salvador | 66 | CGB-L'Hospitalet | 14/8/91 | Granollers |
| 4:26.15 | Maria Carbó Calvet | 84 | Integra 2 | 21/7/04 | Mataró |
| 4:26.15 | Ingrid Pino Creixenti | 95 | FC Barcelona | 21/6/17 | Serrahima-BCN |
| 4:26.27 | Marina Guerrero Puigdevall | 94 | Avinent Manresa | 5/6/19 | Serrahima-BCN |
| 4:26.50 | Esther Huertas Hidalgo | 75 | Transports T2 | 4/7/99 | Serrahima-BCN |
| 4:26.60 | Jacqueline Martín Alvarez | 74 | FC Barcelona | 1/6/02 | Santiago Compostela |
| 4:26.82 | Naima Ait Alibou Ouahda | 99 | CA Igualada | 19/6/19 | Serrahima-BCN |
| 4:26.87 | Trinidad Serrano López | 75 | FC Barcelona | 4/7/99 | Serrahima-BCN |
| 4:26.92 | Mireia Guarner Piquet | 92 | AA Catalunya | 23/5/15 | Allendale (USA) |
| 4:26.95 | Núria Tillo Prats | 98 | AA Catalunya | 13/5/18 | Cincinatti (USA) |
| 4:27.0 | Agata Nogué Borí | 70 | CG Barcelonès | 17/4/88 | Barcelona |
| 4:27.02 | Miriam Ortiz Ribas | 84 | Integra 2 | 3/7/05 | Sabadell |
| 4:27.15 | Núria Puig Comas | 85 | AA Catalunya | 11/5/08 | Pavia (ITA) |
| 4:27.24 | Gemma Masnou Barrera | 80 | JA Sabadell | 21/7/04 | Mataró |
| 4:27.29 | Laia Casajoana Guardia | 99 | JA Sabadell | 8/6/19 | Los Corrales de Buelna |
| 4:27.44 | Marta Mata Baquero | 81 | CA El Vendrell | 17/6/98 | Can Dragó-BCN |
| 4:27.51 | Emma Almagro Novellas | 86 | AA Catalunya | 11/6/11 | València |
| 4:27.56 | Rosa Granado Olvera | 63 | AA Catalunya | 17/6/84 | Barcelona |
| 4:27.92 | Mari Carmen González Reina | 87 | CA Laietània | 12/6/11 | Lleida |
| 4:28.15 | Elena Adán Hidalgo | 87 | CA Laietània | 29/5/10 | Palafrugell |
| 4:28.28 | Esther Solera Genaro | 76 | JA Sabadell | 4/7/99 | Serrahima-BCN |
| 4:28.57 | Irene Bonafonte Pargas | 96 | Ria Ferrol CA | 5/6/19 | Serrahima-BCN |
| 4:28.88 | Meritxell Bonet Jou | 75 | Integra 2 | 4/7/02 | Mataró |
| 4:29.04 | Rosa Pérez Atué | 63 | CA Vilanova | 5/7/86 | Barcelona |
| 4:29.07 | Eva Jiménez Martos | 73 | CA Vic | 21/8/00 | Girona |
| 4:29.29 | Ester Guerrero Muñoz | 88 | Puerto Alicante | 12/6/07 | Mataró |
| 4:29.45 | Núria Tió Peig | 95 | Avinent Manresa | 30/6/16 | Serrahima-BCN |
| <u>Atletes estrangeres</u> | | | | | |
| 4:24.86 | Jessica Anne Andrews (GBR) | 92 | AA Palamós | 8/7/15 | Serrahima-BCN |
| 4:27.04 | Dayane Huerta Venet (CUB) | 91 | CAV Andorra | 7/6/17 | Serrahima-BCN |
| 4:29.02 | Louise Brown (GBR) | 78 | AAC-UBAE | 11/6/03 | Serrahima-BCN |

CATEGORIA FEMENINA

3.000 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-----------------------------|-----|------------------|---------|-----------------|
| 8:35.86 | Natalia Rodríguez Martínez | 79 | CG Tarragona | 10/6/09 | Huelva |
| 8:58.07 | Rosa Maria Morató Rodríguez | 79 | València TiM | 9/6/10 | Huelva |
| 8:58.09 | Judit Pla Roig | 78 | FC Barcelona | 9/6/10 | Huelva |
| 8:59.22 | Jacqueline Martín Alvarez | 74 | Fila DCFC | 8/7/00 | Niça (FRA) |
| 9:00.9 | Carne Valero Omedes | 55 | CN Barcelona | 18/6/78 | Sittard |
| 9:05.54 | Gema Barrachina Fernández | 86 | Atl. Santutxu | 21/6/14 | Bilbao |
| 9:17.05 | Cristina Agustí Crous | 63 | GEiE Gironí | 29/6/91 | Getxo |
| 9:18.56 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 22/5/04 | L'Hospitalet |
| 9:19.74 | Lidia Rodríguez Sierra | 86 | ISS-L'Hospitalet | 9/6/10 | Huelva |
| 9:20.44 | Agata Nogué Bori | 70 | CA Vic | 17/7/86 | Atenes |
| 9:20.79 | Meritxell Calduch Prat | 78 | CA Manresa | 29/4/00 | Alfaz del Pi |
| 9:22.50 | Rosa Pérez Atué | 63 | CA Vilanova | 30/7/88 | Barcelona |
| 9:24.88 | Cristina Nogué Bori | 66 | CG Barcelonès | 13/8/89 | Barcelona |
| 9:26.32 | Núria Pastor Amorós | 66 | UDA Gramenet | 21/6/92 | Arles (FRA) |
| 9:27.26 | Montse Mas Sanz | 79 | FC Barcelona | 14/7/18 | Granollers |
| 9:27.55 | Lurdes Miquel Sabates | 67 | CA Vic | 12/7/89 | Barcelona |
| 9:29.31 | Silvia Montané Bonilla | 77 | FC Barcelona | 15/6/02 | València |
| 9:30.94 | Elia Saura Petegnief | 00 | CA Canaletes | 19/7/19 | Borås (SWE) |
| 9:31.07 | Marta Galimany Guasch | 85 | FC Barcelona | 19/5/18 | Durango |
| 9:31.2 | Maitte Montaña Fernández | 67 | CG Tarragona | 14/4/91 | Vic |
| 9:31.30 | Anna María Pardo Balaguero | 66 | CA Vic | 17/7/94 | San Sebastián |
| 9:31.40 | Miriam Ortiz Ribas | 84 | ISS-L'Hospitalet | 14/7/07 | Serrahima-BCN |
| 9:31.55 | Marisol Valdés Cintas | 70 | Nike AC | 28/6/92 | Turia-València |
| 9:32.54 | Marina Prat Vidal | 51 | CA Vic | 15/7/87 | Barcelona |
| 9:33.02 | Roser Parés Bové | 58 | CA Vic | 12/8/90 | Jerez |
| 9:33.30 | Meritxell Soler Delgado | 92 | Avinent Manresa | 27/7/19 | Pamplona |
| 9:34.00 | Eloisa Martínez Torregrosa | 62 | CN Montjuïc | 25/6/83 | Granollers |
| 9:34.07 | Ma. Luisa Muñoz González | 59 | Oviedo At. | 14/6/92 | Palafrugell |
| 9:34.77 | Anna Bové Balada | 78 | FC Barcelona | 13/6/15 | Zaragoza |
| 9:35.6 | Encarnación Escudero Gómez | 57 | At Santa Coloma | 6/7/77 | Oslo |
| 9:35.93 | Ma. Carmen Brunet Folch | 63 | Independent | 20/7/88 | Tarragona |
| 9:38.3 | Maica Castella Daga | 69 | CG Barcelonès | 8/1/95 | Can Dragó-BCN |
| 9:38.87 | Mònica Marty Ros | 68 | CN Montjuïc | 17/7/94 | San Sebastián |
| 9:39.09 | Judit Ester Ribera | 70 | CA Manresa | 4/8/91 | E Olímpic-BCN |
| 9:39.56 | Martina Rodríguez Sala | 95 | CA Olot TV | 22/4/17 | Jonesboro (USA) |
| 9:40.07 | Eva Arias Aira | 80 | València TiM | 16/5/09 | Zaragoza |
| 9:41.53 | Maria Betriu Català | 66 | CAV Andorra | 18/5/99 | Palafrugell |
| 9:42.86 | Ma. Teresa Pulido Fernández | 74 | Univ. Salamanca | 17/5/03 | Igualada |
| 9:44.58 | Meritxell Bonet Jou | 75 | Integra 2 | 24/7/02 | L'Hospitalet |
| 9:44.7 | Marta Camps Galí | 70 | FC Barcelon | 16/4/94 | Mataró |
| 9:46.09 | Esther Solera Genaro | 76 | JA Sabadell | 13/6/99 | Sabadell |
| 9:46.36 | Immaculada Pinto Salinas | 67 | GG Lluïsos | 16/8/87 | Barcelona |
| 9:46.97 | Encarna García Rus | 66 | CA Vic | 24/8/00 | Manresa |
| 9:47.59 | Cristina Faucón Araño | 71 | CA Laietània-CNF | 19/6/94 | Palafrugell |
| 9:47.71 | Eva Jiménez Martos | 73 | CA Vic | 19/5/01 | Palafrugell |
| 9:49.1 | Dolores Borrego Crespo | 64 | AA Catalunya | 19/3/88 | Barcelona |
| 9:49.68 | Rosario Pastor Pastor | 68 | AA Catalunya | 27/7/85 | Granollers |
| 9:50.0 | Aintzane Urbizu Serrano | 81 | CN Montjuïc | 28/6/98 | Monzón |
| 9:52.04 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 20/5/17 | San Sebastián |
| 9:52.2 | Rosa Granado Olvera | 63 | AA Catalunya | 19/3/84 | Barcelona |
| 9:54.6 | Esther Huertas Hidalgo | 75 | Transports T2 | 8/5/99 | Pamplona |
| 9:54.7 | Teresa Ma. Benet Graupera | 65 | JA Sabadell | 25/6/83 | Granollers |
| <u>Atletes estrangeres</u> | | | | | |
| 9:33.89 | Louise Brown (GBR) | 78 | AAC-UBAE | 21/6/03 | Bilbao |

CATEGORIA FEMENINA

5.000 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|---------------------------|--------------------------------|-----|-------------------|---------|------------------------|
| 15:20.39 | Judit Plà Roig | 78 | Atl Santutxu | 7/8/12 | Londres (GBR) |
| 15:24.25 | Lidia Rodríguez Sierra | 86 | Bilbao Atl. | 18/7/15 | Heusden-Zolder (BEL) |
| 15:25.88 | Gema Barrachina Fernández | 86 | Atl. Santutxu | 16/7/14 | Lieja (BEL) |
| 15:27.82 | Jacqueline Martín Álvarez | 74 | Fila DCFC | 25/7/00 | E Olímpic-BCN |
| 15:43.67 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 5/6/04 | Sevilla |
| 15:57.32 | María Luisa Muñoz González | 59 | Saucony AC | 28/6/96 | Málaga |
| 15:59.05 | Rosa Maria Morató Rodríguez | 79 | València TiM | 24/6/07 | Munich (ALE) |
| 16:07.92 | Silvia Montané Bonilla | 77 | FC Barcelona | 2/6/07 | E Olímpic-BCN |
| 16:11.43 | Cristina Agusti Crous | 63 | GEiE Gironí | 22/5/91 | Palma de Mallorca |
| 16:14.87 | Rosa Pérez Atué | 63 | CA Vilanova | 9/4/88 | Universitària-BCN |
| 16:15.16 | Marta Galimany Guasch | 85 | FC Barcelona | 27/7/19 | Pamplona |
| 16:15.21 | Natàlia Rodríguez Martínez | 79 | CG Tarragona | 5/6/11 | Mataró |
| 16:18.53 | Miriam Ortiz Ribas | 84 | Integra 2 | 24/7/05 | Málaga |
| 16:20.28 | Anna María Pardo Balaguero | 66 | CA Vic | 1/8/98 | San Sebastián |
| 16:24.19 | Meritxell Calduch Prat | 78 | CA Manresa | 21/6/99 | Braga (POR) |
| 16:27.67 | Meritxell Soler Delgado | 92 | Avinent Manresa | 8/6/19 | Los Corrales de Buelna |
| 16:31.38 | Núria Pastor Amorós | 66 | FC Barcelona | 18/5/96 | Gijón |
| 16:33.09 | Eva Jimenez Martos | 73 | CA Vic | 2/9/00 | E Olímpic-BCN |
| 16:34.51 | Martina Rodríguez Sala | 95 | CA Olot T Volcans | 16/3/18 | Memphis (USA) |
| 16:36.14 | Marina Prat Vidal | 51 | CA Vilanova | 9/4/88 | Universitària-BCN |
| 16:39.96 | Maria Betriu Català | 66 | CAV Andorra | 7/7/01 | Girona |
| 16:42.5 | Carme Valero Omedes | 55 | JA Sabadell | 7/4/85 | San Sebastián |
| 16:44.93 | Mireia Guarner Piquet | 92 | AA Catalunya | 25/7/15 | Gijón |
| 16:46.31 | Mari Carme Brunet Folch | 63 | New Balance AC | 5/4/97 | Barakaldo |
| 16:50.45 | Lurdes Miquel Sabates | 67 | CA Vic | 28/6/96 | Málaga |
| 16:51.36 | Cristina Nogué Bori | 66 | Nike AC | 14/6/95 | Serrahima-BCN |
| 16:51.83 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 28/6/17 | Serrahima-BCN |
| 16:55.12 | Laura Rosell Lozano | 72 | Fila DCFC | 12/8/00 | Serrahima-BCN |
| 16:55.88 | Esther Solera Genaro | 76 | JA Sabadell | 12/8/00 | Serrahima-BCN |
| 16:55.89 | Ma. Trinidad Serrano López | 75 | FC Barcelona | 14/6/97 | L'Hospitalet |
| 16:56.57 | Meritxell Bonet Jou | 75 | Integra 2 | 30/6/02 | Igualada |
| 16:57.4 | Eloisa Martínez Torregrosa | 62 | CN Montjuïc | 2/4/84 | Punta Umbria |
| 16:59.99 | Eva Sanz Sanz | 73 | CN Barcelona | 21/6/97 | Palafrugell |
| 17:00.30 | Rosa Granado Olvera | 63 | AA Catalunya | 9/4/88 | Universitària-BCN |
| 17:02.0 | Roser Parés Bové | 58 | CA Vic | 19/3/94 | Mataró |
| 17:02.12 | Contxi Toscano Martínez | 73 | FC Barcelona | 23/6/97 | Tarragona |
| 17:04.34 | Silvia Fernández Carrión | 78 | CA Laietània | 27/7/96 | Serrahima-BCN |
| 17:06.50 | Silvia Escofet Becerro | 76 | CA Vilafranca | 26/6/96 | Serrahima-BCN |
| 17:06.54 | Encarna García Rus | 66 | CA Laietània | 19/7/96 | E Olímpic-BCN |
| 17:09.49 | Vinyet Noguero Planas | 81 | Medilast-Carref. | 10/6/06 | E. Olímpic-BCN |
| 17:11.2 | Mònica Marty Ros | 68 | CN Montjuïc | 8/4/95 | Serrahima-BCN |
| 17:11.75 | Maite Montaña Fernández | 67 | FC Barcelona | 20/5/95 | Valladolid |
| 17:12.75 | Laura Rodríguez Botella | 00 | Lleida UA | 27/9/20 | Sevilla |
| 17:16.0 | Cristina Faucón Araño | 71 | CA Laietània-CNF | 4/4/93 | Vic |
| 17:16.70 | Laia Andreu Trias | 79 | CA Vic | 5/6/96 | Mataró |
| 17:17.56 | Noemí Gil Valeri | 77 | Integra 2 | 21/5/00 | Serrahima-BCN |
| 17:17.92 | Raquel Parrado Romero | 76 | AA Catalunya | 24/5/97 | Serrahima-BCN |
| 17:18.0 | María Surroca Font | 69 | CA Granollers | 22/3/92 | Sabadell |
| 17:18.36 | Marisol Valdés Cintas | 70 | Nike AC | 1/4/89 | Barcelona |
| 17:19.83 | Silvia Felipo Suñé | 67 | CAV Andorra | 30/6/02 | Igualada |
| 17:20.11 | Encarna Nuñez Mesa | 78 | CA Vic | 13/4/08 | Palafrugell |
| 17:21.31 | Elena Congost Mohedano | 87 | Avinent Manresa | 31/5/14 | Palafrugell |
| 17:23.95 | Sofia De Sousa Brito | 03 | CM Sant Cugat | 12/6/19 | Serrahima-BCN |
| 17:24.86 | Montserrat Cinca Pato | 66 | CA Sant Boi | 20/6/01 | Serrahima-BCN |
| 17:25.10 | Ma. Teresa Pulido Fernández | 74 | AAC-UBAE | 15/7/06 | Puertollano |
| 17:28.90 | Mercè Martí Anglada | 68 | CN Montjuïc | 1/4/89 | Barcelona |
| 17:32.4 | Victòria Rodrigo Ruiz | 57 | CE Universitari | 21/3/87 | Barcelona |
| 17:32.9 | María Tió Batllori | 58 | CA Laietània-CNF | 4/4/93 | Vic |
| 17:32.93 | Laia Casajoana Guardia | 99 | JA Sabadell | 13/4/19 | Manresa |
| <u>Aletes Estrangeres</u> | | | | | |
| 15:48.56 | Jessica Anne Martín (GBR) | 92 | AA Palamós | 16/7/17 | Lloret de Mar |
| 16:35.7 | Naima Rhaoui (MAR) | 69 | CA Vic | 26/5/95 | Mataró |
| 16:36.78 | Louise Brown (GBR) | 78 | AAC-UBAE | 5/7/03 | Barakaldo |
| 16:52.33 | Douae Ouboukir (MAR) | 96 | CA Sant Just | 26/6/19 | Serrahima-BCN |
| 17:20.29 | Hasna Bahom (MAR) | 78 | CA La Sansi | 7/7/15 | Serrahima-BCN |
| 17:21.63 | Jennifer Elisabeth Spink (GBR) | 81 | AA Palamós | 28/6/17 | Serrahima-BCN |
| 17:25.50 | Dayane Huerta Venet (CUB) | 91 | CAV Andorra | 31/5/19 | Bar (MNE) |
| 17:27.56 | Anne Le Cunuder (FRA) | 90 | Barcelona At. | 1/7/18 | Serrahima-BCN |

CATEGORIA FEMENINA

10.000 metres llisos.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-----------------------------|-----|------------------|---------|--------------------------|
| 31:54.16 | Rosa Maria Morató Rodriguez | 79 | València TiM | 13/3/10 | Manresa |
| 31:54.64 | Gema Barrachina Fernández | 86 | València TiM | 13/3/10 | Manresa |
| 32:38.25 | Lidia Rodríguez Sierra | 86 | Atl. Santutxu | 29/3/14 | Lisboa (POR) |
| 32:57.49 | Maria Luisa Muñoz González | 59 | Saucony AC | 6/7/96 | Gijon |
| 32:59.93 | Jacqueline Martín Àlvarez | 74 | FC Barcelona | 5/6/10 | Marsella (FRA) |
| 33:05.90 | Núria Pastor Amorós | 66 | FC Barcelona | 6/4/96 | Leiria (POR) |
| 33:34.73 | Marta Galimany Guasch | 85 | FC Barcelona | 6/7/19 | Londres |
| 33:35.82 | Maria Carme Brunet Folch | 63 | New Balance AC | 18/6/94 | Barakaldo |
| 33:43.29 | Judit Pla Roig | 78 | Bilbao Atl. | 9/4/16 | Maia (POR) |
| 33:44.57 | Rosa Pérez Atué | 63 | Nike AC | 12/6/92 | Palafrugell |
| 33:55.10 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 17/7/05 | Avilés |
| 34:01.25 | Meritxell Calduch Prat | 78 | CA Manresa | 8/7/00 | Barakaldo |
| 34:10.16 | Eva Sanz Sanz | 73 | Fila DCFC | 8/7/00 | Barakaldo |
| 34:14.50 | Marina Prat Vidal | 51 | CA Vilanova | 9/9/89 | Barcelona |
| 34:23.00 | Meritxell Soler Delgado | 92 | Avinent Manresa | 13/4/19 | Burjassot |
| 34:24.91 | Anna Maria Pardo Balaguero | 66 | CA Vic | 1/7/98 | Barakaldo |
| 35:11.18 | Maria Surroca Font | 69 | CA Granollers | 26/6/92 | Valencia |
| 35:18.7 | Maria Betriu Català | 66 | CAV Andorra | 25/3/00 | Palafrugell |
| 35:26.42 | Cristina Faucón Araño | 71 | CA Laietània-CNF | 14/5/94 | Mataró |
| 35:26.61 | Elisenda Pucurull Caldentey | 64 | Nike AC | 5/7/91 | Tarragona |
| 35:32.15 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 8/4/17 | Huelva |
| 35:41.44 | Montserrat Cinca Pato | 66 | CA Sant Boi | 8/7/00 | Barakaldo |
| 35:43.9 | Maria Tió Batllori | 58 | CA Laietània-CNF | 10/6/93 | Mataró |
| 35:43.91 | Miriam Ortiz Ribas | 84 | AA Catalunya | 18/3/18 | Sant Celoni |
| 35:47.0 | Silvia Fernandez Carrion | 78 | CA Laietània | 21/3/98 | Universitaria-BCN |
| 35:51.5 | Meritxell Martos Hurtado | 75 | CA Vic | 27/3/99 | Gavà |
| 35:56.81 | Meritxell Bonet Jou | 75 | Integra 2 | 27/3/04 | Calella |
| 36:01.66 | Maria López Ruiz | 48 | Nike AC | 25/7/91 | Turku (FIN) |
| 36:01.73 | Montserrat Castelló Gavín | 64 | CA Vilanova | 12/8/89 | Barcelona |
| 36:02.7 | Victòria Rodrigo Ruiz | 57 | CE Universitari | 1/5/87 | Vic |
| 36:05.49 | Elena Fonalleras Lozano | 87 | AA Palamós | 8/4/17 | Huelva |
| 36:08.3 | Laura Rosell Lozano | 72 | Fila DCFC | 25/3/00 | Palafrugell |
| 36:26.00 | Montserrat Bergada Granyo | 63 | CA Castellar | 24/6/97 | Tarragona |
| 36:26:3. | Consol Casanovas Busquets | 62 | CA Palafrugell | 10/3/91 | Lloret de Mar |
| 36:34.13 | Montse Mas Sanz | 79 | FC Barcelona | 25/3/17 | Santa Coloma de Gramenet |
| 36:38.21 | Vinyet Noguero Planas | 81 | Medilast-Carref. | 1/4/06 | Castellar del Vallès |
| 36:38.60 | Silvia Felipe Suñé | 67 | CAV Andorra | 19/3/05 | Mataró |
| 36:40.6 | Mari Angels Ubiedo Rubio | 69 | Domingo Catalán | 22/3/97 | Universitaria-BCN |
| 36:42.99 | Noemí Moreno Castañeda | 78 | CA Igualada | 24/3/07 | Palafrugell |
| 36:44.98 | Isabel Rodríguez Calleja | 86 | Pamplona At. | 11/4/15 | Huelva |
| 36:48.55 | Encarna García Rus | 66 | CA Laietània | 21/6/95 | Serrahima-BCN |
| 36:52.17 | Laia Andreu Trias | 79 | CA Granollers | 25/3/17 | Santa Coloma de Gramenet |
| 36:54.64 | Encarna Nuñez Mesa | 78 | CA Vic | 5/4/08 | Olot |
| 37:01.69 | Marisol Valdés Cintas | 70 | Nike AC | 10/7/89 | Barcelona |
| 37:06.8 | Carme Farré Valle | 66 | CA Calella | 23/3/96 | Universitaria-BCN |
| 37:10.38 | Concepción Climente Vergés | 60 | CN Figueres | 12/8/89 | Barcelona |
| 37:11.00 | Judit Ester Ribera | 70 | CA Manresa | 27/3/04 | Calella |
| 37:11.06 | Maria Gràcia Coll Constans | 68 | Girona CB-CAP | 27/3/04 | Calella |
| 37:16.37 | Mari Carmen Auñón Sanz | 72 | Domingo Catalán | 28/3/09 | Granollers |
| 37:25.74 | Carla Moreno Avi | 93 | CA Laietània | 6/4/13 | Mataró |
| 37:27.7 | Mercè Soler Canudas | 60 | CA Vic | 25/9/88 | Vic |
| 37:29.50 | Laura Vilchez Sequera | 86 | CE Irunwithleiva | 23/3/19 | Santa Coloma de Gramenet |
| 37:31.8 | Yol. Castillejo Casanovas | 80 | CAV Andorra | 25/3/00 | Palafrugell |
| 37:32.8 | Araceli Rodriguez Gonzalez | 77 | JA Sabadell | 25/3/00 | Palafrugell |
| 37:34.58 | Marta Figueras Marimón | 72 | FACVAC | 10/6/01 | Gavà |
| 37:35.8 | Alicia Fernández Casanovas | 78 | CA Manresa | 25/3/00 | Palafrugell |
| 37:41.42 | Aniria Mata Sastre | 93 | Avinent Manresa | 20/3/16 | Lloret de Mar |
| 37:44.9 | Roser Parés Bové | 58 | CA Vic | 25/9/91 | Vic |
| 37:59.4 | Vicky Martos Martínez | 70 | CA Nou Barris | 27/3/99 | Gavà |
| 38:06.28 | Clara Esparza Chavez | 77 | CA Montornès | 25/3/17 | Santa Coloma de Gramenet |
| 38:06.29 | Júlia Carmona Serret | 66 | Pratenc AA | 9/7/89 | Barcelona |
| 38:08.22 | Elena Congost Mohedano | 87 | Avinent Manresa | 21/3/15 | Olot |
| 38:17.90 | Ana Zafra Garcia | 62 | Sideco-CGB L'H | 17/7/91 | Serrahima-BCN |
| 38:18.8 | Manuela Martínez González | 57 | CA Manresa | 25/3/00 | Palafrugell |
| <u>Atletes Estrangeres</u> | | | | | |
| 33:21.53 | Jessica Anne Martín (GBR) | 92 | AA Palamós | 9/4/16 | Maia (POR) |
| 35:33.92 | Cerasela Pasa (ROU) | 86 | Lleida UA | 22/3/14 | Mataró |

CATEGORIA FEMENINA

100 metres tanques. (0,84)

| Marca | Vent | Atleta | Any | Club | Data | Lloc |
|----------------------------|------|------------------------------|-----|------------------|----------|------------------------|
| 13.60 | 0.3 | Maria Vicente Garcia | 01 | CD Nike Running | 1/8/20 | Lisboa (POR) |
| 13.62 | 0.0 | Marta Miró Manero | 86 | FC Barcelona | 15/7/09 | Mataró |
| 13.67 | 0.1 | Paula Raül Sala | 96 | Avinent Manresa | 22/6/18 | Moratalaz-Madrid |
| 13.68 | 0.2 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 10/7/09 | Belgrad (Sèrbia) |
| 13.76 | 1.1 | Esmeralda Arriscado Garcia | 76 | AAC-UBAE | 21/7/01 | València |
| 13.76 | 2.0 | Beatriz Indurain Blasco | 92 | CA Laietània | 17/6/15 | Serrahima-BCN |
| 13.77 | 0.7 | Xènia Benach Solé | 00 | Cornellà At. | 29/7/20 | Gavà |
| 13.78 | 0.1 | Alba Manzano Llamas | 92 | AA Catalunya | 21/7/18 | Getafe |
| 13.87 | 1.3 | Àfrica Radsma Aguilar | 98 | Lleida UA | 30/6/19 | Tarragona |
| 13.88 | 0.0 | Mar Ramírez Fontanet | 98 | AA Catalunya | 13/5/17 | Alcorcón |
| 13.96 | 1.6 | Regina Gabarró Romeu | 71 | CGB-L'Hospitalet | 13/6/92 | Ginebra (SUI) |
| 13.97 | 1.1 | Eva Paniagua Vela | 74 | FC Barcelona | 8/6/96 | Valladolid |
| 13.99 | 1.5 | Aitana Radsma Aguilar | 02 | Playas Castellón | 24/8/20 | Castellón |
| 14.01 | 1.2 | Silvia Soriano Dieste | 70 | AE L'Hospitalet | 15/7/90 | Murcia |
| 14.01 | 0.7 | Bruna Miralpeix Anglada | 83 | FC Barcelona | 27/7/08 | Santa Cruz de Tenerife |
| 14.03A | 1.3 | Emilia del Hoyo Pérez | 97 | Avinent Manresa | 11/5/19 | Missoula (USA) |
| 14.05 | -1.1 | Sandra Ingelmo Rodríguez | 78 | Independent | 23/7/06 | Zaragoza |
| 14.05 | 1.6 | Olga Ortega Almagro | 85 | FC Barcelona | 29/6/11 | Serrahima-BCN |
| 14.14 | 1.5 | Immaculada Clopés Gasull | 68 | CN Barcelona | 15/6/96 | Tallinn (EST) |
| 14.14 | 1.2 | Mari Angeles Fuentes Ruiz | 89 | AA Catalunya | 28/6/14 | Zaragoza |
| 14.17 | 0.8 | Alba Villaronga Cases | 96 | ISS-L'Hospitalet | 8/6/13 | Burgos |
| 14.19 | 2.0 | Tamara del Rio Escribano | 89 | AA Catalunya | 22/7/17 | Serrahima-BCN |
| 14.22 | 1.4 | Sara Merchán Salvaña | 66 | CG Barcelonès | 26/7/87 | Madrid |
| 14.24 | -0.1 | Montserrat Pujol Clusella | 61 | JA Sabadell | 30/7/78 | Madrid |
| 14.24 | 1.2 | Alicia Laiseca Pérez | 58 | CG Barcelonès | 18/7/82 | Barcelona |
| 14.24 | 1.7 | Angels Batlle Escolies | 76 | Sicoris Club | 23/7/94 | Monzón |
| 14.25 | 0.8 | Geraldine Garcia Collins | 77 | Integra 2 | 21/7/02 | Salamanca |
| 14.25 | 0.6 | Ma. Caridad Hdez. Guardiola | 82 | FC Bcelona | 30/5/15 | Serrahima-BCN |
| 14.26 | -0.4 | Maria Rocafiguera Boy | 85 | CA Vic | 26/6/04 | Valladolid |
| 14.28 | 0.3 | Sara Gallego Sotelo | 00 | ISS-L'Hospitalet | 3/6/18 | Serrahima-BCN |
| 14.28 | 0.2 | Mireia López Urbano | 00 | CA Tarragona | 24/6/18 | Murcia |
| 14.29 | 1.0 | Laia Forcadell Arenas | 82 | ISS-L'Hospitalet | 17/5/08 | Durango |
| 14.30 | 2.0 | Patricia Ayuste Poquet | 96 | JA Sabadell | 13/6/15 | València |
| 14.33 | -0.3 | Marta Vilches Luengo | 95 | ISS-L'Hospitalet | 22/7/18 | Getafe |
| 14.34 | 1.2 | Mar Vico Rios | 96 | FC Barcelona | 5/5/18 | Málaga |
| 14.34 | 1.9 | Laia Saumell Castro | 98 | Cornellà At. | 19/6/19 | Serrahima-BCN |
| 14.35 | 0.7 | Maria Aznar Cuadrado | 92 | Unicaja Atl. | 3/7/13 | Mataró |
| 14.35 | 1.3 | Roser Rios Baldellou | 82 | Ria Ferrol-C.A. | 2/8/15 | Castellón |
| 14.37 | -2.9 | Yolanda Tello Mendiguchia | 69 | AE L'Hospitalet | 22/7/90 | Barcelona |
| 14.44 | 1.4 | Montserrat Pibernat Casas | 76 | GEiE Gironí | 19/7/98 | Serrahima-BCN |
| 14.49 | 0.0 | Maria Abadal Bosch | 95 | CA Igualada | 1/7/17 | Torrent |
| 14.50 | 1.1 | Ana Maria Serra Román | 71 | CG Barcelonès | 15/7/90 | Soria |
| 14.50 | 0.2 | Angeles Rodríguez Rodríguez | 76 | AAC-UBAE | 27/6/01 | Igualada |
| 14.52 | 1.3 | Begonya Prados Ruiz | 78 | CA Vic | 22/6/02 | Serrahima-BCN |
| 14.53 | -0.3 | Andrea Donzino Soledad | 84 | Integra 2 | 21/9/02 | Copenhage (DIN) |
| 14.55 | -1.3 | Anna Belén Martínez Segura | 75 | GEiE Gironí | 13/7/96 | St Sebastian Reyes |
| 14.55 | 2.0 | Paula Martínez Sanz | 93 | AA Catalunya | 2/7/14 | Serrahima-BCN |
| 14.56 | 0.4 | Ariadna Ramos Gandia | 94 | CA Igualada | 28/6/17 | Serrahima-BCN |
| 14.60 | 0.3 | Jana Bruses Cortada | 04 | CA Figueres | 12/10/20 | Igualada |
| 14.61 | 0.5 | Marta Riera Sató | 01 | Avinent Manresa | 28/6/17 | Serrahima-BCN |
| 14.62 | 1.7 | Silvia Navarro Erena | 71 | CG Tarragona | 15/7/90 | Soria |
| 14.63 | -0.9 | Marina Lamata Márquez | 02 | Unió Colomenca | 4/10/20 | Vallehermoso-Madrid |
| 14.64 | 0.5 | Alicia Hernández Martínez | 61 | CG Barcelonès | 3/8/85 | Gijon |
| 14.64 | -0.2 | Alicia Llanos Caballero | 63 | CG Barcelonès | 26/7/86 | San Sebastià |
| 14.64 | 1.7 | Arantzazu Garcia Jimenez | 71 | GEiE Gironí | 7/7/88 | Barcelona |
| 14.64 | 1.7 | Arantxa Murillo Prim | 89 | AA Catalunya | 13/6/07 | Serrahima-BCN |
| 14.65 | -0.3 | Ma. Eugenia González del Rio | 76 | CN Reus Ploms | 14/7/96 | St Sebastian Reyes |
| 14.67 | 1.7 | Silvia Velázquez Roca | 71 | GEiE Gironí | 26/6/92 | Turia-València |
| 14.67 | 0.7 | Laia González Call | 98 | S. Scorpio 71 | 31/3/18 | Pittsburg (USA) |
| 14.68 | 1.5 | Llum Gardella Ramírez | 98 | JA Sabadell | 10/5/15 | Burgos |
| 14.69 | 2.0 | Magda Isarn Rius | 68 | CA Laietània-CNF | 11/5/93 | Santiago de Compostela |
| <u>Atletes Estrangeres</u> | | | | | | |
| 13.02 | 1.4 | Janna Gourbanova (BLR) | 69 | FC Barcelona | 26/6/99 | Vitòria |
| 13.14 | 2.0 | Annimari Korte (FIN) | 88 | FC Barcelona | 30/6/18 | València |
| 14.13 | -2.6 | Tonja de Bruin (NED) | 77 | Scania Navarra | 24/5/08 | Palafrugell |
| 14.38 | 2.0 | Solange Witteveen (ARG) | 76 | AAC-UBAE | 11/4/05 | Mar del Plata (ARG) |
| 14.47 | 1.3 | Savia Opoku (GHA) | 02 | CA Vic | 14/7/19 | Serrahima-BCN |

CATEGORIA FEMENINA

400 metres tanques. (0,762)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------|------------------------------|-----|------------------|----------|----------------------|
| 56.11 | Eva Paniagua Vela | 74 | FC Barcelona | 10/7/96 | Sierra Nevada (CAR) |
| 56.24 | Laia Forcadell Arenas | 82 | ISS-L'Hospitalet | 24/6/08 | Jerez de la Frontera |
| 56.97 | Sara Gallego Sotelo | 80 | L'Hospitalet | 19/9/20 | Ciudad Real |
| 57.03 | Fiorella Chiappe Madsen | 96 | FC Barcelona | 25/5/19 | Lima (PER) |
| 57.29 | Montserrat Pujol Clusella | 61 | AD Antorxa | 24/7/82 | Maribon |
| 57.91 | Olga Ortega Almagro | 85 | FC Barcelona | 8/6/11 | Salamanca |
| 58.22 | Yolanda Tello Mendiguchia | 69 | AE L'Hospitalet | 12/8/90 | Jerez |
| 58.75 | María José López Cordoba | 71 | CGB-L'Hospitalet | 18/7/93 | Tarragona |
| 58.75 | Sònia Nasarre Guillamón | 96 | ISS-L'Hospitalet | 27/5/17 | Oordegem (BEL) |
| 59.13 | Yolanda Dolz Pérez Cobos | 62 | València CF | 27/6/92 | Turia-València |
| 59.16 | Ma. Jesus Isla Gavin | 62 | CN Barcelona | 5/8/87 | La Coruña |
| 59.16 | Angeles Rodríguez Rodríguez | 76 | Bidezabal Atl | 1/7/07 | Andorra la Vella |
| 59.29 | Alba Casanovas Muntada | 93 | FC Barcelona | 27/7/14 | Alcobendas |
| 59.72A | Sara Dorda Sans | 97 | AA Catalunya | 8/7/18 | Soria |
| 1:00.11 | Cristina Masferrer Juliol | 77 | AAC-UBAE | 25/7/01 | E.Olímpic-BCN |
| 1:00.41 | Elia Vallès Gamundi | 87 | AA Palamós | 26/5/12 | Perpignan (FRA) |
| 1:00.45 | Ma. Angels Solà Miret | 68 | CA Igualada | 24/7/88 | |
| 1:00.72 | Aida Agea Merino | 69 | CG Barcelonès | 29/7/89 | Oviedo |
| 1:00.73 | Geena Stephens Co | 99 | UA Terrassa | 27/9/20 | Sevilla |
| 1:00.74 | Ana Ma. Bermudez Guerrero | 63 | AA Catalunya | 1/7/84 | Barcelona |
| 1:00.77 | Lluïsa Mitja Clopés | 98 | Playas Castellón | 9/7/17 | Granollers |
| 1:00.95 | Ma. Caridad Hdez. Guardiola | 82 | FC Barcelona | 23/5/15 | Pamplona |
| 1:01.03 | Hanna Bouchaid Lakhbiri | 98 | FC Barcelona | 3/7/16 | Castelló |
| 1:01.05 | Ariadna Aivar Oliveras | 87 | CA Manresa | 1/8/09 | E Olímpic-BCN |
| 1:01.10 | Anna Puigbert Ayma | 93 | FC Barcelona | 10/7/11 | Xàtiva |
| 1:01.18 | Verònica Maluenda Cabezas | 77 | FC Barcelona | 23/5/98 | Aluche-Madrid |
| 1:01.22 | Núria Cases Sempere | 86 | AA Catalunya | 22/7/07 | Serrahima-BCN |
| 1:01.25 | Adhara Barril Navarro | 82 | AA Catalunya | 2/8/15 | Castellón |
| 1:01.34 | Cristina Casimiro Yepes | 83 | FC Barcelona | 13/7/03 | Serrahima-BCN |
| 1:01.50 | Natalia Antunez Carril | 73 | CA Nou Barris | 21/6/94 | Can Dragó-BCN |
| 1:01.52 | Laia González Call | 98 | S. Scorpio 71 | 14/6/17 | Serrahima-BCN |
| 1:01.53 | Sònia Rodríguez Conde | 87 | FC Barcelona | 27/7/07 | Serrahima-BCN |
| 1:01.54 | Marta Masferrer Juliol | 83 | GEiE Gironí | 1/8/04 | Almeria |
| 1:01.64 | Guadalupe Sacristán Díaz | 81 | Integra 2 | 13/7/01 | Universitària-BCN |
| 1:01.65 | Maite Marzo Gómez | 71 | CGB-L'Hospitalet | 19/6/91 | Serrahima-BCN |
| 1:01.74 | Esmeralda Arriscado Garcia | 76 | CA Vic | 23/5/99 | Can Dragó-BCN |
| 1:01.6m | Laura Mira Alonso | 65 | JA Sabadell | 21/10/84 | Perpignan (FRA) |
| 1:01.78 | Carmen Rodríguez Veragua | 70 | AA Catalunya | 29/6/96 | Málaga |
| 1:01.82 | Maria Angels Casals Rocher | 73 | AA Catalunya | 24/6/97 | Tarragona |
| 1:01.99 | Marina Pérez Ramos | 04 | Unió Colomenca | 18/10/20 | Tarragona |
| 1:02.0m | Montse Fernández Mulleras | 66 | GEiE Gironí | 12/4/92 | Can Dragó-BCN |
| 1:02.20 | Susana Monclús Twoney | 67 | CN Montjuïc | 25/5/89 | Salamanca |
| 1:02.1m | Gloria Pujol Clusella | 57 | JA Sabadell | 21/8/78 | Thionville |
| 1:02.1m | Berta Coma Pont | 64 | GEiE Gironí | 20/5/90 | Barcelona |
| 1:02.1m | M Eugenia González del Rio | 76 | CA Vendrell | 15/5/93 | Manresa |
| 1:02.25 | Júlia Estefanell Celma | 81 | AAC-UBAE | 30/6/02 | Igualada |
| 1:02.29 | Montserrat Fontarnau Rovira | 69 | CA Vic | 22/7/92 | Granollers |
| 1:02.56 | Clàudia Illa Martínez | 95 | AA Palamós | 15/6/16 | Serrahima-BCN |
| 1:02.64 | Irina Belmonte Molina | 00 | Lleida UA | 25/6/17 | Getafe |
| 1:02.66 | Sandra Ingelmo Rodríguez | 78 | Independent | 5/7/06 | Serrahima-BCN |
| 1:02.67 | Núria Lezcano Lanza | 74 | CG Tarragona | 24/6/97 | Tarragona |
| 1:02.84 | Isabel Martinez Cid | 68 | CA Laietània-CNF | 2/7/93 | Gandia |
| 1:02.87 | Maria Rocafiguera Boy | 85 | CA Vic | 24/5/03 | Vic |
| 1:02.87 | Llum Gardella Ramírez | 98 | ISS-L'Hospitalet | 6/5/18 | Serrahima-BCN |
| 1:02.88 | Marina Carrasco Martín | 99 | Cornellà At. | 26/6/16 | Mataró |
| 1:02.93 | Ainara Andrea Acevedo Dudley | 91 | CA Mollet | 22/7/12 | Toledo |
| 1:02.8m | Silvia Madorrán Gil | 64 | CG Tarragona | 26/5/85 | Barcelona |
| 1:02.95 | Arantzazu Garcia Jimenez | 71 | GEiE Gironí | 14/7/96 | Serrahima-BCN |
| 1:03.02 | Laura Carrión Cruz | 81 | UA Palafrugell-B | 4/7/99 | Serrahima-BCN |
| 1:03.0m | Nuria Lahosa Senent | 65 | CA Granollers | 6/10/85 | Sant Celoni |
| 1:03.18 | Irene Puchol Callmeier | 78 | Transports T2 | 12/6/99 | Aranjuez |

m = marca manual

Atletes Estrangeres

| | | | | | |
|---------|--------------------------------|----|--------------|---------|------------------------|
| 59.83 | Paola Sánchez Martínez (ECU) | 88 | FC Barcelona | 26/7/08 | Santa Cruz de Tenerife |
| 1:00.83 | Veronica Quijano Ramos (ESA) | 82 | FC Barcelona | 16/6/99 | Can Dragó-BCN |
| 1:01.36 | Inicia Coelho Da Fonseca (STP) | 78 | CN Barcelona | 1/7/97 | Mataró |

CATEGORIA FEMENINA

3.000 metres obstacles. (RANKING DES DE LA TEMPORADA 2000-01)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-----------------------------|-----|------------------|---------|---------------------------|
| 9:25.14 | Eva Arias Aira | 80 | València TiM | 15/8/09 | Berlín (ALE) |
| 9:26.23 | Rosa Maria Morató Rodríguez | 79 | València TiM | 28/7/07 | Heusden-Zolder (BEL) |
| 10:07.56 | Montse Mas Sanz | 79 | FC Barcelona | 14/6/17 | Huelva |
| 10:17.68 | Marta Galimany Guasch | 85 | AA Catalunya | 2/7/13 | Mataró |
| 10:19.64 | Alicia Fernández Casanovas | 78 | CA Manresa | 2/8/03 | Jerez de la Frontera |
| 10:23.09 | Marina Guerrero Puigdevall | 94 | Avinent Manresa | 3/7/19 | Serrahima-BCN |
| 10:26.30 | Gemma Masnou Barrera | 80 | JA Sabadell | 13/6/04 | Gavà |
| 10:29.96 | Elena Adán Hidalgo | 87 | CA Laietània | 9/6/10 | Huelva |
| 10:33.49 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 23/6/10 | Barakaldo |
| 10:38.79 | Carolina Menéndez Suárez | 73 | AAC-UBAE | 2/8/03 | Jerez de la Frontera |
| 10:40.04 | Ester Guerrero Muñoz | 88 | Avinent Manresa | 15/7/14 | Mataró |
| 10:40.74 | Mercè Guerra Alba | 96 | Avinent Manresa | 14/7/19 | Serrahima-BCN |
| 10:42.85 | Isabel Rodríguez Calleja | 86 | Pamplona At. | 13/6/15 | L'Hospitalet de Llobregat |
| 10:45.40 | Anna Quílez Ribera | 94 | CA Lloret-LS | 2/7/13 | Mataró |
| 10:47.54 | Beatriz Caspar Pérez | 93 | ISS-L'Hospitalet | 5/6/11 | Mataró |
| 10:50.12 | Encarna Nuñez Mesa | 78 | CA Vic | 23/6/07 | Bilbao |
| 10:50.80 | Marta Gómez Gil | 80 | Integra 2 | 2/8/03 | Jerez de la Frontera |
| 10:51.34 | Elisabet Ruz Gutiérrez | 77 | FC Barcelona | 12/6/04 | València |
| 10:51.44 | Judith Llaveró Pardo | 88 | CA Laietània | 2/6/07 | E Olímpic-BCN |
| 10:52.63 | Mireia Izaguirre Luengo | 84 | Asef. Pielagos | 2/7/06 | Ferrol |
| 10:54.82 | Maria Riera Sató | 93 | Avinent Manresa | 27/5/12 | Serrahima-BCN |
| 11:00.41 | Mireia Casteras Aylón | 87 | CA Laietània | 12/7/08 | Monzón |
| 11:03.30 | Ghita Bahim Houari | 02 | FC Barcelona | 3/10/20 | Vallehermoso-Madrid |
| 11:04.16 | Marina Garcia González | 97 | AA Catalunya | 1/7/17 | Torrent |
| 11:05.25 | Ma. Pura Cosgaya Calabres | 68 | GEiE Gironí | 22/6/02 | Serrahima-BCN |
| 11:07.50 | Ainoa Infante López | 80 | AAC-UBAE | 10/6/06 | E.Olímpic-BCN |
| 11:11.27 | Marta Cusidó Ustrell | 73 | JA Sabadell | 2/8/03 | Jerez de la Frontera |
| 11:14.57 | Andrea Bernal Castelló | 01 | Cornellà At. | 3/10/20 | Vallehermoso-Madrid |
| 11:15.24 | Ia Vidal Soler | 00 | CA Lloret-LS | 10/5/19 | Naperville (USA) |
| 11:16.28 | Amina Maria Álvarez Barkane | 95 | ISS-L'Hospitalet | 6/7/13 | UNI-Castelló |
| 11:17.68 | Laura Rosell Lozano | 72 | Integra 2 | 17/5/03 | Igualada |
| 11:18.81 | Andrea Piñera Pons | 92 | Barcelona At. | 29/6/13 | Mataró |
| 11:23.12 | Silvia Leal Augé | 76 | CA Manresa | 24/6/09 | Manresa |
| 11:23.15 | Laia Andreu Trias | 79 | CA Vic | 8/6/08 | Serrahima-BCN |
| 11:24.03 | Sheila Avilés Castaño | 93 | CA Igualada | 12/4/15 | Tarragona |
| 11:25.24 | Eva Ledesma Calvet | 80 | CA Lleida-UdL | 10/6/01 | Gavà |
| 11:27.79 | Carla Rafols Montiel | 99 | AA Catalunya | 20/5/17 | San Sebastián |
| 11:28.45 | Gemma Colomé Estrada | 92 | AA Catalunya | 15/5/10 | San Sebastián |
| 11:29.55 | Laura Gómez Ramon | 94 | JA Sabadell | 29/5/11 | Sabadell |
| 11:30.19 | Alba Martínez Martínez | 86 | CA Manresa | 5/6/04 | Sabadell |
| 11:32.75 | Judith Bellido Coronado | 97 | JA Sabadell | 13/6/15 | Valencia |
| 11:33.31 | Laila Ruth Vivas Glaser | 95 | AA Catalunya | 11/5/19 | Valencia |
| 11:34.37 | Alba Alemany Esteve | 90 | AA Catalunya | 8/6/08 | Serrahima-BCN |
| 11:34.94 | Jessica Bonet Bonet | 80 | CA Vic | 10/6/06 | E.Olímpic-BCN |
| 11:35.69 | Anna Huguet Onandia | 99 | Cornellà At. | 2/6/18 | Serrahima-BCN |
| 11:37.11 | Ma. Alexia Castillo López | 78 | Medilast Lleida | 22/5/11 | Elche |
| 11:37.54 | Miriam Catena Marfà | 83 | FC Barcelona | 14/6/03 | Zaragoza |
| 11:37.84 | Esther Huertas Hidalgo | 75 | Integra 2 | 1/6/02 | Castelló |
| 11:38.42 | Meritxell Martos Hurtado | 75 | CA Vic | 10/6/01 | Gavà |
| 11:39.42 | Noemí Moreno Castañeda | 78 | CA Igualada | 25/4/04 | Sabadell |
| 11:40.59 | Marta Benet Blasco | 78 | FC Barcelona | 15/6/02 | València |
| 11:40.53 | Laura Prieto Swinnen | 02 | CA Lloret-LS | 30/8/20 | Santa Coloma de Gramenet |
| 11:42.30 | Silvia Sánchez Carrascal | 77 | CA Manresa | 25/6/03 | Serrahima-BCN |
| 11:42.48 | Hannah Ruiz Grimshaw | 01 | CA Laietània | 7/5/17 | El Prat de Llobregat |
| 11:45.86 | Laura Rebolal Fernández | 79 | AAC-UBAE | 31/5/03 | Can Dragó-BCN |
| 11:46.31 | Carme Tort Creus | 78 | CA Manresa | 25/6/03 | Serrahima-BCN |
| 11:46.46 | Nidia Zulma Borget Ruidiaz | 78 | CA Granollers | 29/6/16 | Serrahima-BCN |
| 11:48.65 | Ester Aragonés Vidal | 86 | AA Catalunya | 17/5/08 | València |
| 11:50.28 | Susana Palleja Llamas | 87 | CA Lloret-LS | 28/6/06 | Serrahima-BCN |
| 11:50.31 | Manuela Martínez González | 57 | CA Manresa | 7/7/02 | Serrahima-BCN |
| <u>Atletes Estrangeres</u> | | | | | |
| 10:09.64 | Louise Brown (GBR) | 78 | AAC-UBAE | 26/5/02 | Gavà |
| 10:30.22 | Douae Ouboukir (MAR) | 96 | CA Sant Just | 3/7/19 | Serrahima-BCN |
| 11:09.06 | Ouafaa Hamani (MAR) | 80 | AA Catalunya | 9/5/15 | Serrahima-BCN |
| 11:13.90 | Paula Adriana Hritiuc (ROU) | 95 | FC Barcelona | 28/4/18 | Serrahima-BCN |
| 11:20.62 | Najwa Chouati (MAR) | 97 | Avinent Manresa | 9/5/15 | Serrahima-BCN |
| 11:25.89 | Cesarela Pasa (ROU) | 86 | Lleida UA | 17/5/14 | Torrent |
| 11:46.18 | Ahlam El Kakdi (MAR) | 81 | Playas de Jandia | 20/5/06 | Durango |

CATEGORIA FEMENINA

Salt d'Alçada.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|--------------------------------|-----|------------------|----------|-----------------------|
| 1.89 | Clàudia Garcia Jou | 92 | FC Barcelona | 1/7/15 | Serrahima-BCN |
| 1.86 | Asunción Morte Ibañez | 59 | FC Barcelona | 19/7/86 | Serrahima-BCN |
| 1.83 | Estefania Guillena Berenguer | 82 | AAC-UBAE | 26/7/03 | Arona |
| 1.82 | Immaculada Clopés Gasull | 68 | CN Barcelona | 4/5/96 | Alhama de Múrcia |
| 1.81 | Marta Segarra Dionis | 95 | AA Catalunya | 6/7/13 | UNI-Castelló |
| 1.80 | Ana Belén Martínez Segura | 75 | GEiE Gironí | 1/5/98 | Mataró |
| 1.80 | Glòria Romero Quijada | 79 | FC Barcelona | 1/8/04 | Almeria |
| 1.78 | Carmen Expósito Ledesma | 68 | CN Reus Ploms | 12/8/90 | Jerez |
| 1.78 | Mar Vico Rios | 96 | FC Barcelona | 8/6/19 | Arona |
| 1.77 | Ma. Teresa Calderón Ruiz | 60 | CE Universitari | 22/3/81 | Granollers |
| 1.77 | Aurora Lario Marco | 73 | CG Tarragona | 28/7/90 | Dole (FRA) |
| 1.77 | Tània Orłowski Álvarez | 90 | AA Catalunya | 4/7/10 | Calvià |
| 1.76 | Mercedes Alonso Rodríguez | 65 | CA Igualada | 23/6/85 | Barcelona |
| 1.76 | Montse Fernández Mulleras | 66 | GEiE Gironí | 22/3/87 | Lloret |
| 1.76 | Silvia Velázquez Roca | 71 | GEiE Gironí | 30/7/94 | Durango |
| 1.76 | Aina Rabadan Coll | 02 | FC Barcelona | 8/6/19 | Getafe |
| 1.76 | Maria Artero Pons | 97 | AA Catalunya | 9/6/19 | Tarragona |
| 1.75 | Clàudia Guri Moreno | 95 | CE Sant Julià | 5/8/15 | Pamplona |
| 1.75 | Maria Vicente Garcia | 01 | CD Nike Running | 31/8/19 | La Nucía |
| 1.74 | Olga Armengol Ramos | 65 | GEiE Gironí | 23/7/83 | Bolzano |
| 1.74 | Montserrat López José | 68 | CA Granollers | 16/7/89 | Orense |
| 1.73 | Cristina Bárcena Saludes | 83 | FC Barcelona | 30/5/09 | Alhama de Murcia |
| 1.72 | Carolina Nolten Deursen | 47 | CE Universitari | 7/10/73 | Madrid |
| 1.72 | Montserrat Pujol Clusella | 61 | JA Sabadell | 25/6/78 | Madrid |
| 1.72 | Maria Roselló Rubio | 63 | CE Universitari | 16/5/82 | Salamanca |
| 1.72 | Ninoska Martín Roldán | 74 | FC Barcelona | 6/7/90 | Madrid |
| 1.72 | Ana Dieguez Aguilar | 77 | Cornellà At. | 15/5/94 | Vic |
| 1.72 | Carolina Valladares Pérez | 83 | Medilast Sport | 11/7/07 | Sant Cugat |
| 1.71 | Pilar Sanchez Rosales | 68 | CA Granollers | 16/6/84 | Barcelona |
| 1.71 | Gemma Soldevila Casanovas | 85 | AA Catalunya | 29/6/00 | Segovia |
| 1.71 | Marta Miró Manero | 86 | AAC-UBAE | 23/7/06 | Zaragoza |
| 1.70 | Ma. Teresa Roca Vallmajó | 48 | CA Laietània | 10/6/72 | Madrid |
| 1.70 | Esther Boix Tubau | 68 | CA Laietània | 21/7/84 | San Sebastià |
| 1.70 | Marta Llarch Castells | 71 | CG Barcelonès | 29/4/90 | Barcelona |
| 1.70 | Mar Codó Bas | 77 | JA Sabadell | 2/7/94 | Serrahima-BCN |
| 1.70 | Marta Serra Estopa | 87 | FC Barcelona | 30/6/07 | Ciudad Real |
| 1.70 | Irene Clemente Martín | 03 | Cornellà At. | 7/4/19 | Cornellà de Llobregat |
| 1.70 | Anna Pereiras Neira | 00 | ISS-L'Hospitalet | 6/7/19 | Granollers |
| 1.69 | Julia Boza Berges | 59 | GEiE Gironí | 17/7/77 | Madrid |
| 1.69 | Regina Gabarró Romeu | 71 | CA Igualada | 2/5/87 | Manresa |
| 1.69 | Silvia Carné Arolas | 62 | FC Barcelona | 20/6/87 | Barcelona |
| 1.69 | Begonya Prados Gil | 78 | CN Poble Nou | 26/4/97 | Terrassa |
| 1.69 | Tamara del Rio Escribano | 89 | AA Catalunya | 22/7/17 | Serrahima-BCN |
| 1.68 | Ma. Teresa Huidobro Garriga | 60 | CE Universitari | 8/1/78 | Barcelona |
| 1.68 | Olga Dalmau Reig | 59 | CG Barcelonès | 4/5/80 | Barcelona |
| 1.68 | Monica Garcia Blanque | 71 | JA Sabadell | 23/5/87 | Barcelona |
| 1.68 | Sònia Moreno Torres | 75 | JA Sabadell | 24/1/93 | Serrahima-BCN |
| 1.68 | Ona Bonet Bernadich | 06 | Avinent Manresa | 25/10/20 | Granollers |
| <u>Atletes Estrangeres</u> | | | | | |
| 1.91 | Solange Witteveen (ARG) | 76 | AAC-UBAE | 18/4/05 | Montevideo (URU) |
| 1.83 | Margarita Moreno Sánchez (AND) | 68 | CAV Andorra | 1/6/91 | Monzón |
| 1.78 | Olga Bolsova (MDA) | 68 | Integra 2 | 26/5/01 | Guadalajara |
| 1.75 | Clàudia Gurí Moreno (AND) | 95 | CE Sant Julià | 22/5/16 | Andorra la Vella |
| 1.71 | Dasha Malevich (UKR) | 99 | CA Igualada | 6/7/16 | Mataró |
| 1.69 | Bouchra Laachir (MAR) | 83 | Medilast Lleida | 17/5/09 | Fuenlabrada |

CATEGORIA FEMENINA

Salt amb Perxa.

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-------------------------------|-----|-------------------|----------|--------------------------|
| 4.45 | Mònica Clemente Martí | 96 | Avinent Manresa | 22/7/18 | Getafe |
| 4.41 | Anna Maria Pinero Ortiz | 86 | València TiM | 25/6/11 | Zaragoza |
| 4.20 | Clara Amat Fernández | 94 | AA Catalunya | 27/5/16 | Jacksonville (USA) |
| 4.15 | Meritxell Benito Vilarraso | 99 | Playas Castellón | 29/6/18 | València |
| 4.11 | Laura Clemente Martí | 94 | Avinent Manresa | 15/7/17 | Sant Cugat del Vallès |
| 4.05 | Anna Palou Garcia | 86 | Scania Navarra | 29/6/08 | Andorra la Vella |
| 4.05 | Marta Cot Cantó | 81 | CA Laietània | 11/8/11 | Zaragoza |
| 4.01 | Mònica Ballesteros Sans | 82 | Integra 2 | 1/6/02 | Castelló |
| 4.00 | Raquel Cosme Barja | 92 | AD Marathon | 27/7/13 | Alcobedas |
| 4.00 | Anna Massa Pirés | 98 | CA Palafrugell-G. | 1/7/18 | Serrahima-BCN |
| 3.95 | Gemma Pagès Pi | 83 | GEiE Gironí | 6/7/03 | Salamanca |
| 3.95 | Jésica Soto Cabas | 90 | ISS-L'Hospitalet | 22/6/08 | Vitoria |
| 3.95 | Mireia Bonjoch Freginals | 91 | FC Barcelona | 8/5/10 | San Fernando |
| 3.91 | Clara Fernández Ortiz | 03 | CM Sant Cugat | 23/6/19 | Castellón |
| 3.85 | Gemma Piquer Roda | 85 | FC Barcelona | 19/6/02 | Serrahima-BCN |
| 3.85 | Gemma Riatos Casabayo | 79 | FC Barcelona | 20/6/02 | Sant Cugat |
| 3.85 | Tània del Cerro Vilalta | 99 | FC Barcelona | 19/6/16 | Mataró |
| 3.85 | Marina Ribas Marcos | 93 | ISS-L'Hospitalet | 12/6/19 | Serrahima-BCN |
| 3.75 | Aintzane Castarlenas Martínez | 97 | ISS-L'Hospitalet | 20/7/14 | Valladolid |
| 3.72 | Nerea Pérez Moltó | 03 | CM Sant Cugat | 19/5/18 | Mataró |
| 3.71 | Mònica Delgado Cruz | 79 | CA Laietània | 1/7/97 | Mataró |
| 3.70 | Laia Martínez Roncero | 82 | Cornellà At. | 31/5/03 | Serrahima-BCN |
| 3.70 | Fàtima Bouamri Luque | 83 | Ria Ferrol | 21/7/07 | Serrahima-BCN |
| 3.65 | Silvia Delgado Rama | 73 | Larios AAM | 20/6/98 | València |
| 3.60 | Laura García López | 79 | CA Laietània | 1/7/98 | Mataró |
| 3.60 | Irene Garcia López | 82 | AAC-UBAE | 30/6/01 | Granada |
| 3.60 | Natàlia Garcia Soler | 86 | CA Manresa | 4/7/04 | Zaragoza |
| 3.60 | Ursula Pérez Romero | 83 | Pamplona At. | 3/7/05 | Sabadell |
| 3.60 | Meritxell Pérez Romero | 87 | AA Catalunya | 1/7/07 | Ciudad Real |
| 3.55 | Juliana Esperalba Esquerra | 80 | CA Laietània | 9/7/97 | Mataró |
| 3.51 | Mar Buyreu Alias | 03 | Cornellà At. | 1/6/19 | Mataró |
| 3.50 | Patricia Castillo Barnera | 74 | FC Barcelona | 19/7/98 | Serrahima-BCN |
| 3.50 | Mireia Vila Fabregas | 67 | CA Manresa | 22/7/98 | Can Dragó-BCN |
| 3.50 | Judit Sanjuán Rico | 90 | Medilast Lleida | 24/6/09 | Manresa |
| 3.50 | Cora Salas Planas | 95 | CA Igualada | 9/4/17 | Lleida |
| 3.50 | Natàlia Bonet Bustos | 00 | UA Montsià | 3/6/17 | Lloret de Mar |
| 3.47 | Montserrat Triviño Rueda | 79 | CN Barcelona | 7/7/96 | Alcorcón |
| 3.46 | Meritxell Lladó Martínez | 02 | Avinent Manresa | 23/6/19 | Castellón |
| 3.45 | Elisa Poses Ferrer | 79 | AA Catalunya | 16/7/02 | Can Dragó-BCN |
| 3.45 | Núria Guillamat Rodríguez | 85 | FC Barcelona | 9/6/04 | Serrahima-BCN |
| 3.45 | Maya Fernández Fernández | 99 | CA Castellar | 19/4/15 | Castellar del Vallès |
| 3.45 | Miriam Querol Girona | 98 | CA Silla | 2/6/18 | Serrahima-BCN |
| 3.45 | Clàudia Carvajal Tudela | 00 | CA Canaletes | 2/6/18 | Serrahima-BCN |
| 3.45 | Helena Torres Alcaraz | 01 | CA Laietània | 9/6/19 | Tarragona |
| 3.43 | Laura Maqueda Alarcon | 82 | FC Barcelona | 24/7/02 | L'Hospitalet |
| 3.42 | Alba Rodríguez López | 00 | CA Laietània | 25/6/17 | Getafe |
| 3.41 | Marta Teruel Moreno | 96 | CA Laietània | 8/7/12 | Aranjuez |
| 3.41 | Mariona Gaspar Rengel | 01 | CA Laietània | 19/6/16 | Cartagena |
| 3.40 | Cristina González Banqué | 81 | CN Barcelona | 1/5/96 | Serrahima-BCN |
| 3.40 | Isabel Bartra GualdeTorrella | 91 | CA Laietània | 15/4/07 | Serrahima-BCN |
| 3.40 | Ana Fernández Ruiz | 89 | FC Barcelona | 8/6/08 | Serrahima-BCN |
| 3.40 | Laia Morató Gómez | 92 | CA Manresa | 21/6/09 | Motril |
| 3.40 | Lore Mar Barrutia | 93 | AA Catalunya | 15/4/12 | Granollers |
| 3.40 | Raquel Gras Pedrera | 96 | FC Barcelona | 27/4/13 | CAD-Zaragoza |
| 3.40 | Cristina López Magriñá | 98 | AA Catalunya | 23/5/15 | Zaragoza |
| 3.40 | Aina Rabadan Coll | 02 | CA Laietània | 19/6/16 | Mataró |
| 3.40 | Mar Ariso Gràcia | 00 | Avinent Manresa | 3/6/17 | Lloret de Mar |
| 3.40 | Maria Garcia Romera | 01 | Unió Colomenca | 1/7/18 | Serrahima-BCN |
| 3.40 | Laia Tomás Martínez | 01 | CA Laietània | 5/5/19 | Santa Coloma de Gramenet |
| 3.40 | Anna Cardona Ponce | 04 | CA Terres Ebre | 16/6/19 | Moratalaz-madrid |
| 3.37 | Gemma Torné Ortega | 82 | FC Barcelona | 4/7/99 | Eibar |
| 3.36 | Laia Boixet Lladó | 02 | CA Laietània | 23/6/19 | Castellón |
| 3.36 | Silvia Ruiz Bulnes | 05 | Pratenc AA | 25/10/20 | Granollers |
| <u>Atletes Estrangeres</u> | | | | | |
| 4.26 | Laura Weyrowitz (GER) | 94 | AA Catalunya | 9/6/19 | Granada |

CATEGORIA FEMENINA

Salt de Llargada.

| Marca | Vent | Atleta | Any | Club | Data | Lloc |
|----------------------------|------|-----------------------------|-----|------------------|----------|---------------------------|
| 6.49 | 1.3 | Maria Vicente Garcia | 01 | CD Nike Running | 25/8/19 | Vallehermoso-Madrid |
| 6.44A | 1.8 | Cora Salas Planas | 95 | CA Igualada | 10/7/18 | Avila |
| 6.35 | 0.0 | Dayana Etchenique Picardo | 73 | FC Barcelona | 21/7/95 | Peineta-Madrid |
| 6.31 | 1.1 | Olga Dalmau Reig | 59 | CG Barcelonès | 2/5/82 | Barcelona |
| 6.24 | 1.9 | Amanda Naval Gasull | 59 | CN Barcelona | 16/5/82 | Barcelona |
| 6.18 | 0.3 | Sheila Garcia Muntané | 97 | CA Igualada | 30/5/15 | Valladolid |
| 6.18 | 0.0 | Ma. Caridad Hdez. Guardiola | 82 | FC Barcelona | 15/6/15 | Sant Cugat del Vallès |
| 6.15 | 0.2 | Viena Campos Garcia | 88 | FC Barcelona | 18/7/12 | Granollers |
| 6.15 | 0.0 | Ariadna Ramos Gandia | 94 | CA Igualada | 15/6/15 | Sant Cugat del Vallès |
| 6.14 | 1.3 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 2/8/09 | E Olímpic-BCN |
| 6.10 | 0.4 | Silvia Riba Ylla-Català | 87 | CA Vic | 2/8/09 | E Olímpic-BCN |
| 6.10 | 1.1 | Elena Llobera Miró | 93 | Ria Ferrol-CA | 1/6/19 | San Sebastián |
| 6.09 | 1.7 | Immaculada Clopés Gasull | 68 | CN Barcelona | 30/7/95 | Alhama de Múrcia |
| 6.09A | 1.5 | Mar Vico Rios | 96 | FC Barcelona | 8/7/18 | Soria |
| 6.04 | 0.4 | Arantxa Garcia Jimenez | 71 | GEiE Gironí | 18/6/89 | Segovia |
| 6.04 | -0.4 | Marta Miró Manero | 86 | FC Barcelona | 2/8/09 | E Olímpic-BCN |
| 6.04 | 0.8 | Emilia del Hoyo Pérez | 97 | Avinent Manresa | 13/6/15 | L'Hospitalet de Llobregat |
| 6.00 | 0.0 | Concepción Paredes Tamayo | 70 | AAC-UBAE | 10/6/01 | Gavà |
| 6.00 | 1.7 | Tamara del Rio Escribano | 89 | AA Catalunya | 20/5/17 | San Sebastián |
| 5.99 | 0.7 | Silvia Navarro Erena | 71 | CG Tarragona | 26/4/92 | Vic |
| 5.97 | 1.0 | Alicia Hernández Martinez | 61 | AE L'Hospitalet | 2/8/89 | Barcelona |
| 5.97 | 0.3 | Mònica Soto Berto | 70 | CA Lloret-LS | 21/7/95 | Peineta-Madrid |
| 5.97 | 0.9 | Mònica Tort Campos | 78 | Transports T2 | 26/7/98 | Castelló |
| 5.97 | 1.5 | Maria Guixà Solé | 83 | Integra 2 | 17/7/04 | Sabadell |
| 5.96 | 1.7 | Aurora Lario Marco | 73 | CG Tarragona | 8/4/90 | Tarragona |
| 5.96 | 0.2 | Alicia Rodriguez Fazanes | 70 | CE Universitari | 29/4/90 | Barcelona |
| 5.92 | | Isabel Montaña López | 49 | CG Barcelonès | 16/6/73 | Barcelona |
| 5.91 | 2.0 | Júlia Estefanell Celma | 81 | AAC-UBAE | 10/7/06 | Mataró |
| 5.90 | | Carolina Nolten Deursen | 47 | CE Universitari | 3/6/72 | Madrid |
| 5.90 | | Asunción Morte Ibañez | 59 | CG Barcelonès | 24/6/80 | Barcelona |
| 5.90 | 1.9 | Silvia Velázquez Roca | 71 | GEiE Gironí | 18/7/93 | Tarragona |
| 5.90 | 0.2 | Miriam Garcia Aliaga | 91 | AA Catalunya | 23/7/11 | Serrahima-BCN |
| 5.87 | -0.5 | Dolors Vives Jorba | 57 | FC Barcelona | 10/6/84 | Barcelona |
| 5.87 | 0.9 | Marina Garcia Sánchez | 84 | Integra 2 | 29/5/04 | Serrahima-BCN |
| 5.87 | 1.0 | Xènia Benach Solé | 00 | Cornellà At. | 22/6/19 | Santa Coloma de Gramenet |
| 5.86 | 1.6 | Montse Fernández Mulleras | 66 | GEiE Gironí | 22/6/91 | Lloret de Mar |
| 5.85 | 1.3 | Esther Boix Tubau | 68 | CA Laietània | 19/6/88 | Reus |
| 5.85 | 1.0 | Anahi Vazquez Baca | 77 | CG Barcelonès | 5/5/96 | Tarragona |
| 5.84 | 1.4 | Ester Garcia Lanzas | 92 | ISS-L'Hospitalet | 4/7/10 | Castelló |
| 5.83 | 0.9 | Laura Bosch Vilalta | 76 | CA Laietània-CNF | 27/6/93 | Salamanca |
| 5.82 | | Ana Maria Lluch Saura | 61 | Cornellà At. | 12/8/79 | Barcelona |
| 5.82 | | Mercedes Garcia Chico | 61 | CN Montjuïc | 13/7/85 | Barcelona |
| 5.81 | -1.0 | Vicky Barberà Barenys | 69 | CAV Andorra | 11/7/98 | Zaragoza |
| 5.80 | 1.4 | Anna Belen Martinez Segura | 75 | GEiE Gironí | 19/5/96 | Valladolid |
| 5.80 | 1.8 | Gemma Soldevila Casanovas | 85 | AAC-UBAE | 3/7/01 | Serrahima-BCN |
| 5.79 | 1.4 | Sonia Rallo Rodríguez | 72 | JA Sabadell | 12/7/92 | Alcorcon |
| 5.79 | 0.7 | Soledad Vidal Galiano | 70 | CG Tarragona | 29/7/95 | Serrahima-BCN |
| 5.79 | 0.2 | Andre Trapé Pérez | 99 | AA Catalunya | 24/6/18 | Murcia |
| 5.77 | | Elena Martinez Moseguí | 67 | CG Barcelonès | 20/4/85 | Vic |
| 5.76 | 1.3 | Ma. Merce Alonso Rodriguez | 65 | CA Igualada | 22/6/85 | Barcelona |
| 5.76 | 1.4 | Eva Paniagua Vela | 74 | FC Barcelona | 14/5/94 | Mataró |
| 5.76 | 1.8 | Mari Carmen Triguero Blanch | 79 | CA Vilanova | 7/6/97 | Serrahima-BCN |
| 5.75 | 0.2 | Anna Adosis Besa | 74 | FC Barcelona | 4/7/92 | Vitoria |
| 5.75 | 0.0 | Montse Pujol Joval | 79 | CAV Andorra | 31/5/05 | Andorra |
| 5.75 | 1.2 | Ella Bestué Ferrera | 97 | FC Barcelona | 3/7/16 | Castelló |
| 5.74 | | Cristina Nogués Olivé | 53 | CE Universitari | 13/6/73 | Madrid |
| 5.74 | 0.8 | Roser Rios Baldellou | 82 | FC Barcelona | 17/6/09 | Serrahima-BCN |
| 5.74 | 1.5 | Nora Taher Martínez | 98 | CA Igualada | 10/7/18 | Sant Cugat del Vallès |
| 5.73 | 1.9 | Montserrat López José | 69 | CA Granollers | 21/6/92 | Arles (FRA) |
| 5.73 | 0.3 | Cira Romero Escudero | 77 | FC Barcelona | 30/4/05 | L'Hospitalet |
| 5.73 | 0.8 | Núria Caballero Pacheco | 01 | CA Cambrils | 16/6/18 | Cambrils |
| 5.73 | 1.1 | Clara Gabaldón Grau | 00 | AA Catalunya | 1/6/19 | Serrahima-BCN |
| Atletes Estrangeres | | | | | | |
| 6.37 | 0.0 | Olga Bolshova (MDA) | 68 | Integra 2 | 18/4/01 | Alicante |
| 6.16 | 0.0 | Bouchra Laachir (MAR) | 83 | Medilast Lleida | 15/7/09 | Mataró |
| 5.85 | 0.7 | Pepeta Agyeiwaah Bioh (GHA) | 01 | CA Vic | 3/6/17 | Lloret de Mar |
| 5.84 | 0.9 | Solange Witteveen (ARG) | 76 | AAC-UBAE | 15/10/05 | Buenos Aires (ARG) |

CATEGORIA FEMENINA

Triple Salt.

| Marca | Vent | Atleta | Any | Club | Data | Lloc |
|----------------------------|------|-------------------------------|-----|-------------------|---------|--------------------------|
| 13.95 | 1.1 | Maria Vicente Garcia | 01 | ISS-L'Hospitalet | 8/7/18 | Györ (HUN) |
| 13.78 | 0.0 | Dèbora Calveras Barat | 88 | FC Barcelona | 12/7/14 | Alcorcón |
| 13.41 | 1.8 | Concepción Paredes Tamayo | 70 | AAC-UBAE | 21/7/01 | València |
| 13.30 | 1.3 | Naiara Estanga Massaguer | 98 | AA Catalunya | 15/6/19 | Zaragoza |
| 13.26 | 1.6 | Nora Taher Martínez | 98 | CA Igualada | 31/5/19 | Sant Cugat del Vallès |
| 13.21 | 0.6 | Ariadna Ramos Gandia | 94 | CA Igualada | 3/6/15 | Serrahima-BCN |
| 13.13 | 0.6 | Mònica Jofresa Prats | 72 | L'Hospitalet At. | 28/5/94 | Serrahima-BCN |
| 13.07 | 1.1 | Cora Salas Planas | 95 | FC Barcelona | 21/6/14 | Lloret de Mar |
| 13.04 | 0.7 | Ester Garcia Lanzas | 92 | AA Catalunya | 24/7/16 | Gijón |
| 12.85 | 0.5 | Aurora Lario Marco | 73 | CG Tarragona | 7/6/90 | Tarragona |
| 12.77 | -0.1 | Sonia Rallo Rodríguez | 72 | JA Sabadell | 22/7/92 | Granollers |
| 12.77 | 0.9 | Marina Garcia Sánchez | 84 | FC Barcelona | 23/7/06 | Zaragoza |
| 12.68 | 1.0 | Diwa Vila Sánchez | 01 | Cornellà At. | 22/9/20 | Serrahima-BCN |
| 12.63 | 1.8 | Roser Rios Baldellou | 82 | AAC-UBAE | 28/5/06 | Vic |
| 12.58 | 1.5 | Georgina Vidal Gavilan | 74 | FC Barcelona | 18/6/94 | Serrahima-BCN |
| 12.56 | 1.6 | Emilia del Hoyo Pérez | 97 | Avinent Manresa | 11/5/18 | Moscú (USA) |
| 12.56 | 1.0 | Rosa Maria Buscà Valls | 01 | CA Laietània | 2/6/19 | Martorell |
| 12.49 | 0.5 | Cira Romero Escudero | 77 | FC Barcelona | 27/7/07 | Serrahima-BCN |
| 12.48 | 1.9 | Irene Clemente Martín | 03 | Cornellà At. | 23/6/19 | Castellón |
| 12.45 | 1.6 | Natàlia Hurtado Serrat | 89 | CA Igualada | 23/6/07 | Granollers |
| 12.44 | 1.2 | Ella Bestué Ferrera | 97 | FC Barcelona | 15/6/15 | Sant Cugat del Vallès |
| 12.43 | 1.0 | Miriam Valls Tort | 78 | AA Catalunya | 25/7/98 | Castelló |
| 12.42 | 0.4 | Tània Jiménez de Egea | 88 | FC Barcelona | 14/6/08 | Granollers |
| 12.42 | 0.5 | Elisa L. Marimón Fernández | 04 | CA Tarragona | 27/9/20 | Igualada |
| 12.41 | 1.2 | Mònica Tort Campos | 78 | Transports T2 | 8/7/98 | Serrahima-BCN |
| 12.38 | -0.8 | Teresa Molí Jimenez | 80 | Integra 2 | 9/6/01 | Reus |
| 12.35 | 1.8 | Meritxell Marfil Vives | 82 | CA Igualada | 25/6/03 | Serrahima-BCN |
| 12.35 | 1.6 | Sheila Dobón Pelegrín | 93 | JA Sabadell | 14/7/19 | Serrahima-BCN |
| 12.31 | 1.2 | Júlia Quevedo Subirats | 97 | Avinent Manresa | 3/6/18 | Serrahima-BCN |
| 12.25 | -1.9 | Viena Campos Garcia | 88 | FC Barcelona | 22/5/11 | Mar Bella-BCN |
| 12.21 | 0.0 | Montse Pujol Joval | 79 | CAV Andorra | 1/7/07 | Andorra |
| 12.19 | 1.7 | Laura Perpinyà París | 99 | AA Catalunya | 25/6/16 | Mataró |
| 12.18 | 1.7 | Arantzazu Garcia Jimenez | 71 | GEiE Gironí | 13/6/92 | Palafrugell |
| 12.17 | 0.8 | Serafina Ecobo Lopeo | 91 | FC Barcelona | 2/6/10 | Serrahima-BCN |
| 12.17 | 0.4 | Tamara del Rio Escribano | 89 | AA Catalunya | 27/6/12 | Serrahima-BCN |
| 12.16 | 1.4 | Soledad Vidal Galiano | 70 | CG Tarragona | 3/7/93 | Gandia |
| 12.16 | 1.6 | Sara Gómez Barrena | 90 | Pratenc AA | 27/6/09 | Vic |
| 12.15 | 0.8 | Gemma Soldevila Casanovas | 85 | AAC-UBAE | 12/7/03 | La Coruña |
| 12.11 | 1.7 | Miriam Garcia Aliaga | 91 | AA Catalunya | 5/7/08 | Almeria |
| 12.11 | 0.0 | Ariadna Calzada Escrig | 92 | FC Barcelona | 3/7/10 | Castellón |
| 12.09 | 1.7 | Clàudia Guri Moreno | 95 | CE Sant Julià | 2/8/15 | Castellón |
| 12.08 | -1.3 | Cristina Rodríguez Calleja | 87 | Cornellà At. | 30/6/07 | Ciudad Real |
| 12.05 | 0.0 | Anna Gimeno Arevalo | 80 | AAC-UBAE | 11/5/03 | Madrid |
| 12.05 | 1.9 | Laura Chamero Megias | 98 | ISS-L'Hospitalet | 6/7/13 | Granollers |
| 12.03 | 0.9 | Ana Belén Martínez Segura | 75 | GEiE Gironí | 4/4/98 | Girona |
| 11.99 | 1.1 | Isabel Robles Barberà | 85 | CA Lleida-UdL | 10/6/01 | Igualada |
| 11.98 | 0.7 | Constança Cerrada Solé | 96 | CM Sant Cugat | 30/6/12 | Lloret de Mar |
| 11.97 | 1.6 | Marisa Díaz Rosell | 67 | CA Vic | 13/6/92 | Palafrugell |
| 11.85 | 0.9 | Cristina Viñas Racionero | 72 | CE Universitari | 4/5/96 | Granollers |
| 11.84 | 1.2 | Maria Guixà Solé | 83 | CA Igualada | 3/7/05 | Sabadell |
| 11.79 | 1.7 | Mònica Navarro Roderó | 73 | CA Granollers | 14/5/95 | Granollers |
| 11.79 | 0.2 | Elisabeth Montaña Margalef | 95 | Lleida UA | 7/5/17 | El Prat de Llobregat |
| 11.78 | 0.0 | Anna Noria Caceres | 81 | CA Vic | 7/6/03 | Manresa |
| 11.75 | 0.0 | Vicky Barberà Barenys | 69 | CAV Andorra | 26/5/99 | Vaduz (LIE) |
| 11.69 | 0.0 | Mar Vico Rios | 96 | FC Barcelona | 10/7/13 | Serrahima-BCN |
| 11.68 | -0.7 | Anna Circuns Guix | 84 | CA Manresa | 13/5/01 | Serrahima-BCN |
| 11.68 | 1.2 | Virginia Martínez Centella | 68 | Integra 2 | 4/5/02 | L'Hospitalet |
| 11.68 | 0.3 | Anna Massa Pirés | 98 | CA Palafrugell-G. | 17/4/19 | Bethany (USA) |
| <u>Atletes Estrangeres</u> | | | | | | |
| 14.15 | 0.5 | Olga Bolshova (MDA) | 68 | Integra 2 | 25/7/01 | E.Olímpic-BCN |
| 12.59 | 1.5 | Solange Witteveen (ARG) | 76 | AA Catalunya | 12/5/07 | Castelló |
| 12.46 | 1.7 | Susan Stephen Ekhaguere (NGR) | 00 | Lleida UA | 15/6/19 | Valencia |
| 12.43 | 0.5 | Pepeta Agyeiwaah Bih (GHA) | 01 | CA Vic | 14/7/19 | Serrahima-BCN |
| 12.05 | 1.8 | Savia Opoku (GHA) | 02 | CA Vic | 25/6/17 | Santa Coloma de Gramenet |
| 12.01 | 1.6 | Susan Stephen (NGR) | 00 | Lleida UA | 17/4/16 | Lleida |
| 11.90 | 0.0 | Clàudia Gurí Moreno (AND) | 95 | CE Sant Julià | 22/5/16 | Andorra la Vella |
| 11.65 | 1.8 | Andrea Florina Sabou (ROU) | 00 | UA Montsià | 14/7/19 | Serrahima-BCN |

CATEGORIA FEMENINA

Llançament de Pes. (4 Kg)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------|-------------------------------|-----|------------------|----------|----------------------|
| 18.20 | Irache Quintanal Franco | 78 | FC Barcelona | 4/7/07 | Serrahima-BCN |
| 14.54 | Gemma Huerta Mañé | 71 | CGB-L'Hospitalet | 16/6/93 | Manresa |
| 14.45 | Susana Regüela Saez | 71 | FC Barcelona | 4/8/91 | E Olímpic-BCN |
| 14.24 | Núria Pérez García | 73 | Integra 2 | 11/2/01 | Serrahima-BCN |
| 14.24 | Haja Gerewu Griñó | 91 | FC Barcelona | 31/5/14 | Palafrugell |
| 14.21 | Mama-Fulo Fatty Koma | 84 | Integra 2 | 18/5/02 | Salamanca |
| 14.16 | Meritxell Filbà Estrader | 71 | GG Lluïsos | 10/7/92 | Alcorcon |
| 14.13 | Ana Ma. Molina de Haro | 50 | GEiE Gironí | 20/7/74 | Madrid |
| 14.12 | Immaculada Clopés Gasull | 68 | CN Barcelona | 31/5/97 | Alhama de Múrcia |
| 13.78 | Blanca Albá Pujol | 62 | CG Barcelonès | 24/6/89 | Madrid |
| 13.73 | Encarna Gambús de Castro | 53 | CE Universitari | 29/2/76 | Barcelona |
| 13.18 | Laura Redondo Mora | 88 | FC Barcelona | 29/6/16 | Serrahima-BCN |
| 13.12 | Carme Solé Díaz | 71 | CGB-L'Hospitalet | 1/6/91 | Serrahima-BCN |
| 13.11 | Emma Díaz Carvajal | 72 | FC Barcelona | 8/6/94 | Serrahima-BCN |
| 12.92 | Begoña Sanchiz Velasco | 75 | Sicoris Club | 12/4/92 | Mataró |
| 12.82 | Serafina Solé Piddy | 65 | CG Tarragona | 26/6/82 | Tarragona |
| 12.79 | Núria Ferrer Moreno | 81 | CAF Barb.-Terr. | 26/6/99 | Tarragona |
| 12.77 | Cristina Bárcena Saludes | 83 | FC Barcelona | 2/6/07 | Monzón |
| 12.75 | Ma. Victoria Montoya Romo | 76 | FC Barcelona | 31/5/98 | Serrahima-BCN |
| 12.72 | Carmen Garcia Borda | 60 | CG Barcelonès | 24/4/77 | Barcelona |
| 12.69 | Sonia Godall Cassi | 68 | CN Barcelona | 5/12/93 | Serrahima-BCN |
| 12.69 | Maria Guixà Solé | 83 | Integra 2 | 20/7/03 | Palencia |
| 12.65 | Núria Toldrà Perramón | 71 | CN Reus Ploms | 11/6/88 | Vilanova i la Geltrú |
| 12.54 | Georgina Vila Pérez | 95 | AA Catalunya | 20/10/12 | Alcorcón |
| 12.49 | Carolina Nolten Deursen | 47 | CE Universitari | 3/6/74 | Sabadell |
| 12.48 | Esperanza Serrano Navarro | 76 | Cornellà At. | 5/5/96 | Vic |
| 12.47 | Paquita Bello Solé | 73 | Sicoris Club | 6/6/92 | Terrassa |
| 12.47 | Berta Castells Franco | 84 | AAC-UBAE | 18/5/02 | Serrahima-BCN |
| 12.40 | Elia Pascual Hernández | 89 | CA Igualada | 8/7/07 | Castelló |
| 12.35 | Isabel Pujabet Riba | 56 | CA Igualada | 7/6/75 | Madrid |
| 12.33 | Lourdes Rossinyol Bastardas | 58 | CA Manresa | 11/5/86 | Manresa |
| 12.33 | Rosa Val Descarrega | 96 | UA Montsià | 25/6/16 | Toledo |
| 12.32 | Anna Belén Martínez Segura | 75 | GEiE Gironí | 20/4/96 | Mollet del Vallès |
| 12.32 | Begonya Prados Ruiz | 78 | FC Barcelona | 2/7/03 | Serrahima-BCN |
| 12.31 | Rosa Madonar Serrano | 58 | CG Barcelonès | 5/6/83 | Barcelona |
| 12.31 | Clara Remacha Corbalán | 91 | FC Barcelona | 2/7/11 | Andújar |
| 12.19 | Elia de Genover Gil | 93 | FC Barcelona | 10/7/11 | Xàtiva |
| 12.14 | Vanessa Sugrañés Escribano | 80 | GEiE Gironí | 20/5/01 | Alhama de Murcia |
| 12.13 | Andrea Alarcón Sánchez | 94 | AA Catalunya | 22/4/17 | Serrahima-BCN |
| 12.08 | Cristina Rodríguez Vizcaino | 76 | CA Granollers | 2/4/95 | Granollers |
| 12.07 | Silvia Velázquez Roca | 71 | GEiE Gironí | 4/6/94 | Alhama de Murcia |
| 12.06 | Anna Ruiz Verdager | 95 | ISS-L'Hospitalet | 14/7/19 | Serrahima-BCN |
| 12.02 | Merce Ribelles Buxaderas | 53 | CE Universitari | 21/6/80 | San Sebastià |
| 11.98 | Raquel Lezcano Herradón | 77 | Pamplona At. | 8/7/06 | Elx |
| 11.98 | Montserrat Montañès Arbó | 01 | Avinent Manresa | 1/5/19 | Serrahima-BCN |
| 11.96 | Maria Vicente Garcia | 01 | CD Nike Running | 18/7/19 | Borås (SWE) |
| 11.87 | Cecilia Solé Piddy | 64 | CG Tarragona | 8/4/90 | Tarragona |
| 11.86 | Mireia Esplugas Mirnó | 65 | CN Barcelona | 30/6/82 | Barcelona |
| 11.85 | Carla Llistosella Palomares | 96 | GEiE Gironí | 20/4/13 | Mataró |
| 11.84 | Olga Riera Garcia | 71 | CA Sant Celoni | 19/3/89 | Calella |
| 11.83 | Sara Marín Cort | 70 | CA Igualada | 11/5/86 | Manresa |
| 11.83 | Irene Poch Artigas | 73 | GEiE Gironí | 25/6/00 | Durango |
| 11.79 | Eva Uroz Pera | 75 | JA Sabadell | 12/4/92 | Sabadell |
| 11.77 | Ariadna Domínguez Oliva | 00 | CA Montornès | 19/12/20 | Sabadell |
| 11.75 | Emilia del Hoyo Pérez | 97 | Avinent Manresa | 30/3/19 | Sacramento (USA) |
| 11.72 | Marina Tibau Sendra | 95 | CA Tarragona | 3/6/17 | Lloret de Mar |
| 11.69 | Ma. del Puy Lezcano Herradon | 74 | CN Poble Nou | 24/5/97 | Serrahima-BCN |
| 11.68 | Marta Alonso Coy | 84 | Integra 2 | 31/5/03 | Pamplona |
| 11.62 A | Paula López López | 96 | Cornellà At. | 16/6/19 | Soria |
| 11.61 | Mercedes Grandes Panera | 55 | Independent | 7/8/76 | Sant Sebastià |
| 11.61 | Ma. Teresa Los Santos Lorente | 80 | FC Barcelona | 12/8/00 | Serrahima-BCN |
| 11.58 | Dulce Lòpez Jaén | 55 | CG Barcelonès | 20/4/75 | Barcelona |

CATEGORIA FEMENINA

Llançament de Disc. (1 Kg)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|------------------------------|-----|------------------|---------|----------------------|
| 59.16 | Irache Quintanal Franco | 78 | FC Barcelona | 24/7/04 | Castelló |
| 57.88 | Sonia Godall Cassi | 68 | CN Barcelona | 19/3/95 | Serrahima-BCN |
| 56.36 | Carme Maria Solé Diaz | 71 | València TiM | 6/6/99 | La Corunya |
| 55.94 | Andrea Alarcón Sánchez | 94 | AA Catalunya | 21/5/16 | Castelló |
| 51.82 | Olga Riera Garcia | 71 | CA Sant Celoni | 28/7/90 | Dole (FRA) |
| 51.81 | Haja Gerewu Griñó | 91 | FC Barcelona | 1/3/15 | Serrahima-BCN |
| 50.35 | Marina Muzas Pérez | 94 | UGE Badalona | 7/7/12 | León |
| 49.80 | Encarna Gambús de Castro | 53 | FC Barcelona | 7/8/84 | Barcelona |
| 49.56 | Carmen Garcia Borda | 60 | CG Barcelonès | 3/6/84 | Barcelona |
| 49.14 | Marta Victoria Montoya Romo | 76 | FC Barcelona | 8/7/98 | Serrahima-BCN |
| 48.86 | Anna Gallofré Francés | 87 | ISS-L'Hospitalet | 24/2/07 | Los Realejos |
| 45.34 | Ana Ma. Molina de Haro | 50 | GEiE Gironí | 22/7/78 | Madrid |
| 45.18 | Begoña Sanchiz Velasco | 75 | FC Barcelona | 31/5/96 | Serrahima-BCN |
| 44.92 | Eva Raventós Carmona | 69 | FC Barcelona | 3/6/90 | Tours (FRA) |
| 44.64 | Esperanza Serrano Navarro | 76 | Cornellà At. | 19/6/96 | Palafrugell |
| 43.66 | Emma Díaz Carvajal | 72 | FC Barcelona | 17/7/94 | Serrahima-BCN |
| 43.56 | Marta Fonollosa Peñalva | 74 | UA Terrassa | 19/3/95 | Serrahima-BCN |
| 43.44 | Margarida Nadal Sánchez | 64 | CG Barcelonès | 1/5/88 | Barcelona |
| 43.18 | Dulce López Jaén | 55 | CG Barcelonès | 2/11/75 | Barcelona |
| 42.90 | Laura Redondo Mora | 88 | FC Barcelona | 12/7/17 | Serrahima-BCN |
| 42.38 | Irene Polo Fernández | 76 | Puma Chapín | 11/3/01 | Serrahima-BCN |
| 41.89 | Bàrbara Pintado Duch | 85 | AA Catalunya | 13/6/07 | Serrahima-BCN |
| 41.64 | Gemma Huerta Mañe | 71 | CGB-L'Hospitalet | 31/1/93 | Terrassa |
| 41.48 | Merce Ribelles Buxaderas | 53 | CE Universitari | 7/7/74 | Barcelona |
| 41.33 | Anna Mota Cánovas | 83 | AAC-UBAE | 12/6/04 | València |
| 40.84 | Susana Regüela Saez | 71 | FC Barcelona | 31/7/94 | Serrahima-BCN |
| 40.62 | Ma. Teresa Godall Cassi | 64 | GEiE Gironí | 5/5/90 | Barcelona |
| 40.16 | Marta Fargas Garcia | 71 | CG Barcelonès | 21/7/90 | Barcelona |
| 39.99 | Alba Estévez Martínez | 86 | Avinent Manresa | 5/6/11 | Mataró |
| 39.99 | Olga Morraja Mostazo | 00 | ISS-L'Hospitalet | 1/6/19 | Serrahima-BCN |
| 39.76 | Concepció Ramada Garcia | 63 | GEiE Gironí | 20/6/87 | Lloret de Mar |
| 39.52 | Carmen Calahorro Carpio | 59 | CA Vic | 11/6/76 | Barcelona |
| 39.48 | Ciria Clotet Vidal | 69 | CA Manresa | 15/6/85 | Manresa |
| 39.40 | Rosa Madonar Serrano | 58 | CG Barcelonès | 11/6/80 | Barcelona |
| 39.35 | Aina Calbó Fortuny | 04 | AA Catalunya | 23/2/20 | Castellón |
| 39.34 | Ma. Carolina Pulido Bossi | 68 | CE Universitari | 27/6/91 | Universitària-BCN |
| 39.34 | Maria Vega Palomino | 99 | Cornellà At. | 6/5/18 | Serrahima-BCN |
| 39.30 | Gemma Cassi Padrós | 73 | CN Barcelona | 19/5/91 | Serrahima-BCN |
| 39.30 | Maria del Mar Gili Aguila | 82 | CN Reus Ploms | 18/4/04 | Mataró |
| 39.26 | Fernanda Moreno López | 70 | CA Cambrils | 4/4/87 | Vilanova i la Geltrú |
| 39.19 | Montserrat Montañès Arbó | 01 | Avinent Manresa | 2/6/18 | Serrahima-BCN |
| 38.99 | Laia Vega Vidal | 98 | AA Catalunya | 12/6/18 | El Prat de Llobregat |
| 38.60 | Serafina Solé Piddy | 65 | CG Tarragona | 2/10/83 | Tarragona |
| 38.54 | Sonia Matas Simon | 78 | Palafrugell-B. | 7/3/98 | Palafrugell |
| 38.45 | Maria Montañès Arbó | 95 | Avinent Manresa | 23/4/17 | Rolla (USA) |
| 38.36 | Marian Blanch Morrissey | 95 | AA Catalunya | 5/6/13 | Serrahima-BCN |
| 37.83 | Anabel Armenteros del Corral | 90 | UA Barberà | 13/6/12 | Serrahima-BCN |
| 37.82 | Ariadna Salgado Sendra | 82 | Transports T2 | 30/5/99 | El Prat |
| 37.80 | Cristina Fernández Rodríguez | 97 | CA Igualada | 13/4/13 | Manresa |
| 37.62 | Isabel Guasch Savé | 65 | CN Reus Ploms | 18/5/86 | Reus |
| 37.62 | Maria Teresa Soler Alvarez | 76 | AA Catalunya | 23/5/96 | Cornellà At. |
| <u>Atletes Estrangeres</u> | | | | | |
| 41.16 | Sara Elizabeth Oesch (USA) | 77 | FC Barcelona | 1/3/98 | Serrahima-BCN |

CATEGORIA FEMENINA

Llançament de Javelina. (600 g)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-------------------------------|-----|------------------|----------|--------------------------|
| 53.42 | Elia Pascual Hernández | 89 | CA Igualada | 27/7/13 | Alcobendas |
| 53.22 | Eva Uroz Pera | 75 | FC Barcelona | 4/3/00 | Castelló |
| 52.14 | Núria Ferrer Moreno | 81 | AA Catalunya | 22/5/10 | Serrahima-BCN |
| 51.70 | Marta Alonso Coy | 84 | FC Barcelona | 6/7/05 | Jaén |
| 50.58 | Maria José Maiquez Orenes | 63 | CA Vic | 3/8/91 | E Olímpic-BCN |
| 50.39 | Núria Pascual Hernández | 91 | FC Barcelona | 21/5/16 | Pamplona |
| 48.40 | Sara Marín Cort | 70 | FC Barcelona | 14/7/90 | Murcia |
| 48.16 | Adoración Apolo Sánchez | 79 | CA Laietània | 21/2/98 | Andorra |
| 47.89 | Katia Coquis Lossio | 96 | AA Catalunya | 1/7/17 | Torrent |
| 46.50 | Gemma Brisa Ramírez | 88 | Medilast Sport | 7/7/07 | Castelló |
| 46.38 | Sonia Godall Cassi | 68 | CG Barcelonès | 8/5/88 | Barcelona |
| 46.08 | Dolors Tobella Esteve | 57 | FC Barcelona | 26/4/87 | Barcelona |
| 45.62 | Aurora Moreno Artega | 64 | Cornellà At. | 25/4/93 | Manresa |
| 44.98 | Aina Ramos López | 02 | L'Hospitalet | 3/10/20 | Vallehermoso-Madrid |
| 44.84 | Ana Belén Pérez Fernández | 81 | Integra 2 | 18/5/02 | Salamanca |
| 44.81 | Raquel Pleguezuelos Garcia | 91 | AA Catalunya | 20/2/10 | Serrahima-BCN |
| 44.36 | Silvia Velázquez Roca | 71 | GEiE Gironí | 11/8/90 | Jerez |
| 44.19 | Maria Vicente Garcia | 01 | CD Nike Running | 19/7/19 | Borås (SWE) |
| 43.73 | Mar Vico Rios | 96 | FC Barcelona | 1/9/19 | La Nucía |
| 43.64 | Fàtima Jammeh Kinteh | 90 | Aquadiver-GEiEG | 12/7/08 | Serrahima-BCN |
| 43.56 | Immaculada Clopés Gasull | 68 | CN Barcelona | 21/4/96 | Mollet del Vallès |
| 43.52 | Immaculada Montero Vila | 53 | CA Vic | 20/3/83 | Granollers |
| 43.00 | Lorena Carreño Navarro | 81 | Transports T2 | 12/6/99 | Aranjuez |
| 42.78 | Sònia Martínez Roura | 73 | CA Manresa | 30/7/94 | Serrahima-BCN |
| 42.46 | Carme Arjona Sánchez | 67 | CA Vic | 20/12/92 | Serrahima-BCN |
| 42.45 | Clara Remacha Corbalán | 91 | FC Barcelona | 4/7/10 | Castelló |
| 42.44 | Blanca Albà Pujol | 62 | PPCD Vilanova | 3/6/83 | Madrid |
| 42.05 | Meritxell Pons Montanyés | 84 | AAC-UBAE | 22/6/05 | Serrahima-BCN |
| 41.77 | Jessica López Agustí | 86 | GEiE Gironí | 4/7/04 | Zaragoza |
| 41.05 | Belén Medina Méndez | 73 | AA Catalunya | 6/6/98 | Serrahima-BCN |
| 40.79 | Clara Gabaldón Grau | 00 | AA Catalunya | 26/9/20 | Sevilla |
| 40.68 | Felicitats Resina Domenech | 64 | CA Granollers | 27/10/85 | Vilanova i la Geltrú |
| 40.68 | Elia de Genover Gil | 93 | FC Barcelona | 9/7/11 | Xàtiva |
| 40.55 | Begonya Prados Ruiz | 78 | FC Barcelona | 6/7/03 | Maribor (SLO) |
| 40.45 | Cristina Busquets Pérez | 89 | UGE Badalona | 22/5/10 | Serrahima-BCN |
| 40.36 | Raquel Domínguez Claver | 61 | CA Igualada | 20/7/86 | Barcelona |
| 40.22 | Anna Puig Roig | 76 | CA Laietània-CNF | 2/7/94 | Serrahima-BCN |
| 40.20 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 31/5/09 | Alhama de Murcia |
| 40.01 | Judith Sellares Altimira | 00 | Avinent Manresa | 2/6/18 | Serrahima-BCN |
| 39.92 | Elvira Raya Simón | 70 | CG Tarragona | 2/4/95 | Tarragona |
| 39.92 | Laia Solà Pera | 96 | ISS-L'Hospitalet | 21/4/13 | El Prat de Llobregat |
| 39.86 | Iciar Bertrán de Lis Mas | 75 | CA Granollers | 17/5/97 | Lleida |
| 39.76 | Cristina García González | 77 | GG Lluïsos | 19/7/97 | Serrahima-BCN |
| 39.60 | Sheila Avilés Castaño | 93 | CA Igualada | 4/7/10 | Amposta |
| 39.56 | Cristina Gargallo Ciurana | 59 | CN Reus Ploms | 1/5/83 | Zaragoza |
| 39.30 | Patricia Castillo Barnera | 74 | FC Barcelona | 6/5/95 | Serrahima-BCN |
| 39.10 | Clara Navarro Padilla | 65 | GEiE Gironí | 11/5/86 | Manresa |
| 38.90 | Mercedes Alonso Rodríguez | 65 | CA Igualada | 11/6/84 | Barcelona |
| 38.86 | Andrea Margalef Pelegrín | 90 | AAC-UBAE | 29/4/06 | Serrahima-BCN |
| 38.66 | Ana Belén Martínez Segura | 75 | GEiE Gironí | 22/5/94 | Serrahima-BCN |
| 38.19 | Monica Vicente Durán | 77 | GE Parellada | 1/6/97 | Alhama de Múrcia |
| 38.34 | Alba Molera Vidal | 88 | CA Manresa | 14/5/05 | Serrahima-BCN |
| 38.26 | Clàudia Rofes Salcedo | 98 | FC Barcelona | 20/5/17 | Santa Coloma de Gramenet |
| 38.20 | Maria Simó Pibernat | 83 | GEiE Gironí | 25/3/00 | Lloret de Mar |
| 38.16 | Concepción Ramada Garcia | 63 | GEiE Gironí | 23/7/88 | Barcelona |
| 38.09 | Marta Miró Manero | 86 | Carrefour Lleida | 5/6/05 | Múrcia |
| 38.02 | Laura González Caballero | 85 | AAC-UBAE | 7/7/02 | Miranda de Ebro |
| 37.98 | Mercedes Garcia Chico | 61 | CN Montjuïc | 25/4/87 | Barcelona |
| 37.94 | Ma. Carmen Huertas Mora | 69 | FC Barcelona | 13/4/86 | Barcelona |
| 37.92 | Encarna Gambús de Castro | 53 | CE Universitari | 19/3/72 | Barcelona |
| 37.92 | Ma. Carmen Ortiz Martín | 79 | CA Viladecans | 6/7/96 | Alcorcón |
| 37.91 | Iciar B. Bertran de Lis Mas | 75 | CA Granollers | 6/5/98 | Granollers |
| 37.82 | Ma. Rosa Escribano Checa | 58 | GEiE Gironí | 31/5/87 | Barcelona |
| <u>Atletes Estrangeres</u> | | | | | |
| 44.91 | Abigail Gómez Hernández (MEX) | 91 | CA Igualada | 6/5/18 | Serrahima-BCN |
| 41.23 | Fieke Lynn Cappendijk (NED) | 86 | AA Catalunya | 5/6/11 | Mataró |

CATEGORIA FEMENINA

Llançament de Martell. (4 Kg)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|-------------------------------|-----|------------------|----------|---------------------------|
| 70.52 | Berta Castells Franco | 84 | València CA | 16/6/16 | Manresa |
| 69.59 | Laura Redondo Mora | 88 | FC Barcelona | 20/1/13 | Serrahima-BCN |
| 60.28 | Jenifer Nevado Martín | 93 | At.San Sebastián | 12/7/17 | Serrahima-BCN |
| 58.38 | Ainhoa Cabré Franqués | 79 | Integra 2 | 24/2/02 | Orense |
| 58.17 | Lidia Gómez Díaz | 90 | AA Catalunya | 10/5/12 | Mount Pleasant (USA) |
| 58.05 | Laura Rey Furió | 84 | ISS-L'Hospitalet | 8/3/08 | Barberà del Vallès |
| 56.69 | Gemma Fibla Gambús | 92 | FC Barcelona | 12/3/11 | Toledo |
| 56.67 | Susana Regüela Saez | 71 | FC Barcelona | 20/6/98 | Valladolid |
| 56.37 | Irene Ramos Goma | 91 | AA Catalunya | 26/2/12 | Serrahima-BCN |
| 55.68 | Irene Polo Fernández | 76 | Puma Chapín | 30/6/02 | Igualada |
| 55.49 | Lidia Pons Rovira | 86 | ISS-L'Hospitalet | 14/7/10 | Valls |
| 55.41 | Belén Mesa Fernández | 78 | AA Catalunya | 21/7/07 | Serrahima-BCN |
| 54.04 | Montserrat Montañès Arbó | 01 | Avinent Manresa | 27/6/19 | Valls |
| 53.14 | Maria Navarro Pérez | 02 | AA Catalunya | 11/10/20 | Igualada |
| 52.98 | Ariadna Salgado Sendra | 82 | Integra 2 | 4/3/00 | Castelló |
| 51.98 | Belén Bermejo Parejo | 99 | AA Catalunya | 30/6/19 | Tarragona |
| 50.54 | Sònia Godall Cassi | 68 | CN Barcelona | 21/7/96 | E Olímpic-BCN |
| 50.51 | Irene Vega Palomino | 01 | Cornellà At. | 3/2/19 | Serrahima-BCN |
| 49.92 | Júlia Castells Llach | 00 | CA Canaletes | 2/6/18 | Serrahima-BCN |
| 49.84 | Anna Pla Paga | 97 | UA Montsià | 30/6/19 | Tarragona |
| 49.77 | Marian Blanch Morrissey | 95 | CG Tarragona | 17/7/14 | Manresa |
| 49.53 | Ariadna Aivar Oliveras | 87 | CA Manresa | 18/5/08 | Manresa |
| 49.07 | Asunción Garcia Fuertes | 84 | Puma Chapín | 14/6/03 | Zaragoza |
| 49.07 | Andrea León Santoni | 95 | CA Laietània | 29/6/11 | Serrahima-BCN |
| 48.77 | Sònia Matas Simón | 78 | Girona CB-CAP | 22/12/01 | Palafrugell |
| 48.34 | Ma. Teresa Los Santos Lorente | 80 | FC Barcelona | 8/5/99 | Valladolid |
| 47.88 | Jana Coll Roca | 96 | CA Vic | 6/7/14 | Castelló |
| 47.84 | Melania Pascual Blanco | 85 | FC Barcelona | 28/6/03 | Igualada |
| 47.76 | Cristina Cobo Orcoyem | 98 | Cornellà At. | 20/5/18 | Torrent |
| 47.51 | Paula Alejo Fornesa | 86 | Girona CB-CAP | 5/6/11 | Mataró |
| 47.43 | Valentina Vilamajó Puixeu | 95 | CA Vic | 26/4/14 | Mataró |
| 47.42 | Raquel Pleguezuelos Garcia | 91 | AA Catalunya | 1/3/15 | Serrahima-BCN |
| 47.25 | Cristina Mañosa Campabadal | 73 | Scorpio-71 | 27/5/00 | Manresa |
| 47.10 | Montserrat Morató Rodríguez | 81 | JA Sabadell | 21/8/00 | Girona |
| 46.78 | Carme Solé Díaz | 71 | València CF | 17/6/95 | Arganda del Rey |
| 46.39 | Ariadna Menouar Trota | 99 | Lleida UA | 2/6/18 | Lleida |
| 45.91 | Sandra Garcia Laguna | 88 | CN Reus Ploms | 13/5/07 | Badalona |
| 45.76 | Davinia Díaz-Peñalver Nieto | 87 | Medilast-Carref. | 9/7/06 | Serrahima-BCN |
| 45.66 | Monica Cruz Padilla | 79 | UD Torredembarra | 12/6/97 | Tarragona |
| 45.50 | Marta Bernad Rodilla | 89 | AA Catalunya | 8/7/07 | Castelló |
| 45.33 | Ma. Isabel Hermoso Sánchez | 69 | Transports T2 | 25/7/98 | Monzón |
| 45.26 | Carla Llistosella Palomares | 96 | GEiE Gironí | 20/6/15 | Lloret de Mar |
| 45.15 | Andrea Pascual Rivera | 02 | CG Tarragona | 16/2/20 | Serrahima-BCN |
| 44.69 | Judit Castells Paga | 95 | AA Catalunya | 4/6/11 | Amposta |
| 44.22 | Mari Carmen Garcia Ruiz | 78 | CG Tarragona | 14/6/96 | Serrahima-BCN |
| 44.10 | Ma. Carmen Garcia Ruiz | 78 | AAC-UBAE | 3/3/02 | Tarragona |
| 43.93 | Mama-Fulo Fatty Koma | 84 | Integra 2 | 24/11/01 | Lleida |
| 43.91 | Maria Rosa Cervera Moreno | 82 | JA Sabadell | 31/5/03 | Palafrugell |
| 43.43 | Adriana Andreu Roncero | 89 | FC Barcelona | 25/6/06 | Castellar del Vallès |
| 43.20 | Haja Gerewu Griño | 91 | FC Barcelona | 15/7/15 | Serrahima-BCN |
| 42.65 | Elena Villalón Aguado | 82 | CAV Andorra | 8/7/06 | Toulouse (FRA) |
| 42.49 | Mariona Martín González | 85 | CA Tarragona | 17/6/10 | Manresa |
| 42.46 | Irache Quintanal Franco | 78 | FC Barcelona | 21/4/01 | Vic |
| 42.12 | Elena Andreu San Millán | 01 | AA Catalunya | 5/5/19 | Serrahima-BCN |
| 41.44 | Inés-Ivy Baltic Flores | 99 | CA Gavà | 17/4/16 | L'Hospitalet de Llobregat |
| 41.33 | Mercè Riera Saltó | 97 | Avinent Manresa | 7/5/17 | Cornellà de Llobregat |
| 41.23 | Judith Sellares Altimira | 00 | Avinent Manresa | 21/5/16 | Alcorcón |
| 41.18 | Sandra Pizarro Serrano | 02 | RunnersVendrell | 11/10/20 | Igualada |
| 41.16 | Nazaret Cardona Mendoza | 82 | CA Granollers | 5/6/01 | Granollers |
| 41.06 | Agata Colomer Cabarrocas | 82 | Aquadiver-GEiEG | 14/6/06 | Serrahima-BCN |
| 40.73 | Sandra Álvarez Martínez | 91 | Lleida UA | 17/5/14 | Torrent |
| 40.68 | Marina Guardado Ortiz | 99 | CA Montornès | 19/4/15 | Castellar del Vallès |
| 40.55 | Sandra Garcia López | 80 | CA Manresa | 20/6/98 | Manresa |
| 40.42 | Laia Noguerras Alonso | 96 | CA Granollers | 19/4/15 | Castellar del Vallès |
| <u>Atletes Estrangeres</u> | | | | | |
| 61.06 | Nancy M. Guillen Lopez (ESA) | 76 | Integra 2 | 7/3/04 | Sant Cugat |
| 41.08 | Gordana Stojcevic (BIH) | 86 | AAC-UBAE | 26/1/03 | Serrahima-BCN |

CATEGORIA FEMENINA

Heptatló. (100 t.-Alçada-Pes-200 ll. / Llargada-Javelina-800 ll.)
(RANKING DES DE LA TEMPORADA 1980-81)

| Marca | Atleta | Any | Club | Data | Lloc |
|---|-------------------------------|-----|------------------|----------|------------------|
| 6.115 | Maria Vicente Garcia | 01 | CD Nike Running | 19/7/19 | Borås (SWE) |
| 13.68 - 1.72 - 11.96 - 23.76 - 6.25 - 44.19 - 2:16.29 | | | | | |
| 5.852 | Cristina Bàrcena Saludes | 83 | FC Barcelona | 31/5/09 | Alhama de Murcia |
| 13.82 - 1.73 - 12.60 - 24.84 - 6.03 - 40.20 - 2:19.96 | | | | | |
| 5.843 | Imma Clopés Gasull | 68 | GEiE Gironí | 20/8/00 | Logroño |
| 14.27 - 1.74 - 13.56 - 25.75 - 6.09 - 43.12 - 2:20.95 | | | | | |
| 5.455 | Silvia Velázquez Roca | 71 | GEiE Gironí | 31/7/93 | Serrahima-BCN |
| 14.74 - 1.75 - 11.48 - 26.24 - 5.72 - 43.10 - 2:24.13 | | | | | |
| 5.453 | Ana Belén Martínez Segura | 75 | GEiE Gironí | 17/5/98 | Alhama |
| 14.34 - 1.78 - 11.87 - 26.70 - 5.77 - 37.02 - 2:22.57 | | | | | |
| 5.385A | Mar Vico Rios | 96 | FC Barcelona | 8/7/18 | Soria |
| 14.85 - 1.75 - 9.44 - 25.90 - 6.09 - 39.56 - 2:23.84 | | | | | |
| 5.372 | Tamara del Rio Escribano | 89 | AA Catalunya | 23/7/17 | Serrahima-BCN |
| 14.19 - 1.69 - 11.34 - 26.08 - 5.84 - 34.31 - 2:20.91 | | | | | |
| 5.282 | Olga Armengol Ramos | 65 | GEiE Gironí | 24/7/83 | Bolzano (ITA) |
| 15.39 - 1.74 - 11.19 - 26.48 - 5.34 - 34.84 - 2:21.56 | | | | | |
| 5.230 | Begoña Prados Ruiz | 78 | FC Barcelona | 20/7/03 | Palencia |
| 14.87 - 1.64 - 12.18 - 25.82 - 5.25 - 39.00 - 2:19.82 | | | | | |
| 5.195 | Montserrat Fernández Mulleras | 66 | GEiE Gironí | 24/5/92 | Alhama de Murcia |
| 14.72 - 1.72 - 9.84 - 25.55 - 5.71 - 27.22 - 2:14.84 | | | | | |
| 5.171 | Xènia Benach Solé | 00 | Cornellà At. | 7/7/19 | Granollers |
| 13.84 - 1.63 - 11.14 - 25.34 - 5.56 - 34.17 - 2:32.20 | | | | | |
| 5.168 | Marta Miró Manero | 86 | FC Barcelona | 19/7/09 | Hexham (GBR) |
| 14.30 - 1.69 - 10.62 - 25.99 - 5.91 - 36.86 - 2:38.24 | | | | | |
| 5.161 | Emilia del Hoyo Pérez | 97 | Avinent Manresa | 3/5/15 | Cartagena |
| 14.44 - 1.66 - 10.92 - 25.91 - 5.83 - 29.41 - 2:23.25 | | | | | |
| 5.103 | Ma. Caridad Hdez. Guardiola | 82 | FC Barcelona | 31/5/15 | Serrahima-BCN |
| 14.25 - 1.55 - 10.13 - 25.66 - 5.76 - 31.66 - 2:19.40 | | | | | |
| 4.858 | Anna Circuns Guix | 84 | CA Manresa | 14/7/02 | Castelló |
| 15.06 - 1.66 - 10.53 - 27.18 - 5.44 - 35.54 - 2:30.06 | | | | | |
| 4.849 | Mònica Vicente Durán | 77 | FC Barcelona | 10/6/01 | Baza |
| 15.57 - 1.65 - 9.80 - 27.05 - 5.49 - 34.80 - 2:21.97 | | | | | |
| 4.845 | Ma. Mercè Alonso Rodríguez | 65 | CA Igualada | 3/5/87 | Gandia |
| 15.80 - 1.70 - 10.93 - 27.87 - 5.80 - 33.02 - 2:30.04 | | | | | |
| 4.819 | Clara Gabaldón Grau | 00 | AA Catalunya | 7/7/19 | Granollers |
| 14.85 - 1.57 - 9.68 - 26.53 - 5.58 - 37.08 - 2:32.52 | | | | | |
| 4.805 | Clara Remacha Corbalán | 91 | FC Barcelona | 22/7/12 | Toledo |
| 15.30 - 1.53 - 12.29 - 26.24 - 5.39 - 39.60 - 2:40.81 | | | | | |
| 4.743 | Esmeralda Arriscado Garcia | 76 | AAC-UBAE | 4/6/06 | Murcia |
| 14.71 - 1.52 - 9.97 - 25.68 - 5.41 - 30.91 - 2:29.49 | | | | | |
| 4.738 | Esther Boix Tubau | 68 | CA Laietània | 22/5/88 | Lorca |
| 16.53 - 1.63 - 10.00 - 26.01 - 5.75 - 34.72 - 2:33.38 | | | | | |
| 4.717 | Maria Guixà Solé | 83 | Integra 2 | 6/7/03 | Salamanca |
| 16.37 - 1.55 - 11.94 - 26.73 - 5.49 - 34.01 - 2:27.26 | | | | | |
| 4.706 | Maria Rosa Escribano Checa | 58 | GEiE Gironí | 15/8/87 | Serrahima-BCN |
| 15.68 - 1.59 - 9.58 - 27.05 - 5.17 - 37.76 - 2:22.67 | | | | | |
| 4.706A | Paula López López | 96 | Cornellà At. | 4/8/19 | Soria |
| 15.16 - 1.58 - 10.74 - 26.09 - 5.16 - 31.63 - 2:29.85 | | | | | |
| 4.687 | Núria Rovira Boadas | 94 | GEiE Gironí | 23/7/17 | Serrahima-BCN |
| 15.66 - 1.54 - 10.69 - 26.65 - 5.39 - 32.78 - 2:25.34 | | | | | |
| 4.685 | Immaculada Montero Vila | 53 | CA Vic | 11/10/81 | Madrid |
| 17.70 - 1.48 - 9.65 - 27.10 - 5.07 - 39.26 - 2:19.80 | | | | | |
| 4.653 | Irene Puchol Callmeier | 78 | CN Poble Nou | 28/7/96 | Serrahima-BCN |
| 14.97 - 1.52 - 10.36 - 27.76 - 5.32 - 34.72 - 2:25.86 | | | | | |
| 4.642 | Anna Solé Ferré | 88 | CA Tarragona | 5/6/11 | Serrahima-BCN |
| 15.42 - 1.59 - 9.41 - 25.25 - 5.40 - 28.49 - 2:32.93 | | | | | |
| 4.639 | Vanessa Sugrañés Escribano | 80 | GEiE Gironí | 4/6/00 | Alhama |
| 15.77 - 1.58 - 11.35 - 27.25 - 5.39 - 32.99 - 2:31.55 | | | | | |
| 4.635 | Cristina Bailón Gómez | 96 | ISS-L'Hospitalet | 6/7/14 | Castelló |
| 15.00 - 1.59 - 9.58 - 26.24 - 5.36 - 25.43 - 2:26.25 | | | | | |
| 4.592 | Raquel Lezcano Herradón | 77 | AAC-UBAE | 16/5/04 | Serrahima-BCN |
| 15.19 - 1.55 - 11.36 - 27.37 - 5.32 - 32.22 - 2:35.16 | | | | | |
| 4.544 | Clara Guixà Solé | 86 | Medilast-Carref. | 23/7/06 | Zaragoza |
| 15.42 - 1.56 - 9.80 - 25.74 - 5.38 - 26.52 - 2:32.96 | | | | | |

CATEGORIA FEMENINA

Heptatló. (100 t.-Alçada-Pes-200 ll. / Llargada-Javelina-800 ll.)
(RANKING DES DE LA TEMPORADA 1980-81)

| Marca | Atleta | Any | Club | Data | Lloc |
|---|--------------------------|-----|------------------|---------|-------------------|
| 4.535 | Montserrat Torrell Sorio | 79 | CG Tarragona | 11/7/99 | Torremolinos |
| 15.65 - 1.59 - 10.14 - 26.70 - 5.24 - 28.56 - 2:29.30 | | | | | |
| 4.518 | Olga Dalmau Reig | 59 | CG Barcelonès | 20/9/81 | Barcelona |
| 14.6 - 1.57 - 8.69 - 26.6 - 5.66 - 25.20 - 3:03.2 | | | | | |
| 4.512 | Maria Jesús Isla Gavín | 62 | FC Barcelona | 18/9/83 | Granollers |
| 14.6 - 1.50 - 7.38 - 26.4 - 5.16 - 21.22 - 2:25.5 | | | | | |
| 4.505 | Susana Serrano Heras | 78 | CN Poble Nou | 21/4/96 | Mollet del Vallès |
| 16.21 - 1.64 - 10.27 - 27.66 - 5.25 - 32.16 - 2:30.88 | | | | | |
| 4.471 | Mar Codó Bas | 77 | JA Sabadell | 3/7/94 | Serrahima-BCN |
| 15.45 - 1.70 - 9.17 - 27.10 - 5.08 - 23.38 - 2:27.79 | | | | | |
| 4.470 | Anna Ruiz Verdager | 95 | ISS-L'Hospitalet | 27/5/18 | Serrahima-BCN |
| 15.87 - 1.61 - 11.86 - 27.37 - 5.09 - 27.55 - 2:33.80 | | | | | |
| 4.465 | Ariadna Ramos Gandia | 94 | CA Igualada | 27/5/12 | Arona |
| 14.93 - 1.47 - 10.53 - 25.78 - 5.30 - 26.02 - 2:37.55 | | | | | |
| 4.450 | Meritxell Filbà Estrader | 71 | GG Lluïsos | 12/7/92 | Alcorcón |
| 15.88 - 1.47 - 13.50 - 27.68 - 5.25 - 26.60 - 2:31.38 | | | | | |
| 4.407 | Francisca Guasch Save | 62 | CN Reus Ploms | 20/9/81 | Barcelona |
| 15.9 - 1.60 - 9.04 - 27.8 - 5.15 - 23.12 - 2:37.8 | | | | | |
| 4.397 | Montserrat Virgili Ferré | 56 | CN Reus Ploms | 19/9/82 | Barcelona |
| 16.3 - 1.45 - 10.87 - 26.3 - 5.05 - 22.02 - 2:37.7 | | | | | |
| 4.392 | Vanessa Díaz Ros | 79 | CA Igualada | 6/7/97 | Valladolid |
| 15.63 - 1.50 - 9.47 - 27.06 - 5.32 - 28.86 - 2:28.95 | | | | | |
| 4.359 | Silvia Navarro Erena | 71 | CG Tarragona | 17/6/90 | Lloret de Mar |
| 15.43 - 1.52 - 8.54 - 26.87 - 5.45 - 22.98 - 2:26.17 | | | | | |

CATEGORIA FEMENINA

Relleus 4 x 100.

| Marca | Club Components | Data | Lloc |
|--------|---|---------|---------------------------|
| 44.67 | FC Barcelona C.Jerez-J.Bestué-C.Sánchez-C.Lara | 1/9/19 | La Nucía |
| 45.16 | Federació Catalana d'Atletisme I.Andrés-P.Martínez-E.Garcia-C.Lara | 15/6/13 | Avilés |
| 45.17 | ISS-L'Hospitalet M.Tovar (CORB)-M.Vicente-S.Gallego-A.Obradors | 22/7/18 | Getafe |
| 46.64 | AE L'Hospitalet Díaz-Hernández-Puig-Rodríguez | 14/8/88 | Vigo |
| 46.64 | Avinent Manresa P.Raul-L.Sola-M.Clemente-M.Riera | 16/6/18 | Valladolid |
| 46.77 | CGB-L'Hospitalet T.Van Gerwen-A.M.Megias-I.Rodríguez-Y.Díaz | 16/6/91 | Aluche-Madrid |
| 47.18 | AA Catalunya A.Zainab-C.Ferrandiz-M.A.Fuentes-E.E.Fortes | 11/6/11 | València |
| 47.22 | CN Poble Nou D.González-V.Badia--E.Prieto-A.M.Megias | 20/7/97 | Salamanca |
| 47.44 | CA Vic Garcia-Casanova-Ruiz-Dalmau | 16/7/90 | E Olímpic-BCN |
| 47.64 | GEiE Gironí C.Vila-B.Coma-A.Garcia-M.Fernández | 12/8/90 | Jerez |
| 47.64A | Cornellà Atlètic I.Gress-M.Tovar-L.saumell-X.Benach | 16/6/19 | Soria |
| 47.75 | CN Barcelona E.Ruiz-C.Minguella-O.Martorell-C.Estrems | 31/5/81 | Serrahima-BCN |
| 48.04 | CA Igualada A.Asensi-J.Bascompte-C.Salas-M.Abadal | 7/5/17 | Cornellà de Llobregat |
| 48.08 | CN Figueres No consta al resultat | 30/8/86 | Madrid |
| 48.14 | CG Barcelonès G.Montagut-A.Serra-E.Prat-T.Vangerwen | 12/8/90 | Jerez |
| 48.80 | Lleida UA P.Ayuste-A.Radsma-C.Vidal-C.Roca | 17/6/18 | Valladolid |
| 48.8 | CA Laietània-CN Figueres N.Velasco-A.Ortiz-M.Isarn-E.Verges | 9/5/93 | Terrassa |
| 48.85 | C Muntanyenc Sant Cugat E.Barbarà-M.Botella-J.Bestué-B.Heredia | 15/5/16 | L'Hospitalet de Llobregat |
| 48.85 | JA Sabadell L.Gardella-J.Feu-N.Garcia-Y.Jiménez | 21/6/16 | València |
| 48.92 | UA Terrassa M.Fraga-M.Gironés-J.Palacín-A.Sasot | 7/5/17 | El Prat de Llobregat |
| 48.94 | CA Canaletes P.Gainza-G.Rozas-K.El Mettaoui-A.Casabó | 9/4/16 | Santa Coloma de Gramenet |
| 49.04 | CA Mollet A.Acevedo-I.Andrés-S.Bocanegra-C.Sánchez | 6/6/12 | Serrahima-BCN |
| 49.09 | CA Sant Just P.Llicona-R.Moreno-M.Hernández-C.Gascón | 1/7/18 | Castelló |
| 49.0 | CE Universitari - (Sel. Barcelona) M.Ribelles-C.Ortiz-M.J.Huidobro-A.Calderón | 11/6/77 | Granollers |
| 49.0 | CN Montjuïc No consta al resultat | 10/5/88 | Barcelona |
| 49.3 | GE Seat Pérez-González-Pascual-Auledas | 9/10/93 | Serrahima-BCN |
| 49.52 | CA Gavà M.Cortés-M.Brullas-I.Rovira-I.Aguilera | 7/4/19 | Cornellà de Llobregat |
| 49.62 | CA Molins A.Romagosa-C.Camacho-M.Castroviejo-M.Guerrero | 15/6/19 | Gavà |
| 49.64 | Velocistes Penedès M.Zafrilla-L.Saumell-X.Benach-R.Valls | 17/6/17 | Gavà |
| 49.69 | CN Reus-Ploms C.Blai-Díaz-Masdeu-Rives | 16/5/93 | Tarragona |
| 49.69 | CA Figueres A.Loza-I.Padullès-J.Bruses-D.Routbi | 10/7/19 | Serrahima-BCN |
| 49.93 | CA Valls d'Andorra Arauz-Domenjo-Mascort-Moreno | 25/5/91 | Andorra la Vella |
| 50.02 | Girona Costa Brava-CAP D.Garcia-L.Gardella-L.Mitja-E.Mas | 15/7/14 | Mataró |

CATEGORIA FEMENINA

Relleus 4 x 400.

| Marca | Club Components | Data | Lloc |
|----------|--|----------|---------------------------|
| 3:39.57 | AA Catalunya S.Dorda-Z.Naumov-L.Centella-A.Díez | 22/7/18 | Getafe |
| 3:40.35 | FC Barcelona C.Sánchez-G.Ussia-L.Hernández-E.Santidrián | 22/7/18 | Getafe |
| 3:41.72 | Federació Catalana d'Atletisme Y.Tello-C.Rovira-A.Perlasia-M.Lluch | 21/7/91 | Soria |
| 3:43.26 | Integra 2-L'H-CNB L.Forcadell-C.Casimiro-M.Martí-K.Akhigbe | 1/8/04 | Almeria |
| 3:45.49 | AE L'Hospitalet Y.Tello-M.J.Isla-M.Armengol-C.Rovira | 12/8/90 | Jerez |
| 3:45.91 | CGB-L'Hospitalet G.Montagut-C.Rovira-M.Marzo-M.J.López | 4/8/91 | E Olímpic-BCN |
| 3:46.93 | CA Laietània M.Lluch-I.Martínez-Serra-Perlasia | 4/8/91 | E Olímpic-BCN |
| 3:48.19 | CN Montjuïc Y.Dolz-N.Carreras-N.Lahosa-M.Betriu | 13/8/89 | E Olímpic-BCN |
| 3:49.43 | GEiE Gironí Fernández-Garcia-Vila-Coma | 22/7/90 | E Olímpic-BCN |
| 3:50.15 | CA Laietània-CN Figueres E.Velasco-A.Perlasia-I.Martínez-M.Lluch | 14/6/92 | Palafrugell |
| 3:51.09 | CN Reus-Ploms C.Menéndez-M.Bes-C.Romero-C.Bes | 22/7/90 | Barcelona |
| 3:51.30 | Avinent Manresa M.González-A.López-N.Tió-M.Petkova | 11/6/16 | Valladolid |
| 3:51.47 | CN Barcelona No consta al resultat | 22/6/86 | Madrid |
| 3:52.19 | CG Barcelonès Tatjer-Gómez-Carreras-Prat | 18/5/86 | Serrahima-BCN |
| 3:54.52 | CN Figueres E.Velasco-R.Asensi-B.Rios-N.Velasco | 22/7/90 | E Olímpic-BCN |
| 3:56.5 | JA Sabadell Mira-Benet-Sanz-Valero | 18/7/85 | Serrahima-BCN |
| 3:56.69 | Lleida-UA N.Camins-M.Segura-S.Stancheva-I.Belmonte | 17/6/18 | Valladolid |
| 3:56.9 | CA Vic C.Casanovas-M.Fontarnau-M.Riera-S.Codina | 10/5/87 | Vitoria |
| 3:57.32 | CA Granollers No consta al resultat | 24/6/97 | Tarragona |
| 3:58.7 | CG Tarragona No consta al resultat | 15/5/88 | Vitoria |
| 3:59.54A | Cornellà Atlètic P.López-M.Carrasco-R.Rey-L.Girol | 16/6/19 | Soria |
| 3:59.88 | Girona Costa Brava-CAP D.Garcia-L.Gardella-L.Mitja-J.Soler | 22/6/14 | Lloret de Mar |
| 4:00.00 | CN Poble Nou E.Paniagua-S.Gil-A.Megias-D.Spasova | 4/6/92 | Granollers |
| 4:00.7 | CPE Canaletes No consta al resultat | 20/7/91 | Mataró |
| 4:00.87 | UA Terrassa M.Fraga-J.Palacín-J.Puerta-G.Stephens | 7/5/17 | El Prat de Llobregat |
| 4:01.56 | AA Palamós E.Fonalleras-C.Illa-E.Vallès-J.A.Andrews | 15/7/15 | Serrahima-BCN |
| 4:02.93 | CA Figueres B.Gravalos-A.Loza-D.Routbi-J.Coll | 4/5/19 | L'Hospitalet de Llobregat |
| 4:04.50 | CE Universitari L.Guerrero-E.Mujal-M.Castella-M.Massot | 31/7/94 | Serrahima-BCN |
| 4:06.40 | GG Lluïsos E.Arriscado-I.Pozo-L.Martín-E.González | 4/6/95 | Serrahima-BCN |
| 4:06.66 | Unió Colomenca At. T.Calsina-M.Lamata-M.Pajuelo-M.Pérez | 12/10/20 | Igualada |
| 4:07.21 | CA Igualada N.Ait Alibou-P.Blasco-B.Castells-M.Belenguer | 15/5/16 | L'Hospitalet de Llobregat |
| 4:07.73 | Muntanyenc Sant Cugat B.Dordal-Q.González-A.Monsó-A.Moreno | 5/5/18 | Serrahima-BCN |
| 4:07.8 | CA Valls d'Andorra Vidal-Domenjo-Novell-Barberà | 8/4/95 | Vilanova i la Geltrú |

CATEGORIA FEMENINA

10 Km en Ruta. (RANKING DES DE LA TEMPORADA 2007-08)

| Marca | Atleta | Any | Club | Data | Lloc |
|-------|-------------------------------|-----|------------------|----------|------------------------|
| 32:06 | Rosa Maria Morató Rodríguez | 79 | València TiM | 31/12/09 | Barcelona |
| 32:43 | Judit Pla Roig | 78 | Atl. Santutxu | 22/04/12 | Barcelona |
| 32:47 | Lidia Rodríguez Sierra | 86 | Atl. Santutxu | 31/12/14 | Barcelona |
| 32:59 | Jacqueline Martín Álvarez | 74 | FC Barcelona | 31/12/02 | Barcelona |
| 32:59 | Marta Galimany Guasch | 85 | FC Barcelona | 31/12/19 | Barcelona |
| 33:01 | Eva Sanz Sanz | 73 | Carrefour Bezana | 31/12/03 | Barcelona |
| 33:11 | Gema Barrachina Fernández | 86 | València TiM | 10/01/10 | València |
| 33:39 | Miriam Ortiz Ribas | 84 | AA Catalunya | 31/12/19 | Barcelona |
| 34:05 | Meritxell Calduch Prat | 78 | FC Barcelona | 13/01/08 | Barcelona |
| 34:12 | Natàlia Rodríguez Martínez | 79 | CG Tarragona | 5/04/09 | Barcelona |
| 34:14 | Sheila Avilés Castaño | 93 | CA Igualada | 2/12/18 | Figueres |
| 34:24 | Laia Andreu Trias | 79 | CA Granollers | 31/12/16 | Barcelona |
| 34:24 | Montse Mas Sanz | 79 | FC Barcelona | 31/12/17 | Barcelona |
| 34:24 | Gisela Carrión Bertrán | 94 | CE Penedès | 31/12/19 | Barcelona |
| 34:41 | Yolanda Castillejo Casanovas | 80 | CAV Andorra | 7/05/16 | Andorra |
| 34:43 | Meritxell Soler Delgado | 92 | Avinent Manresa | 31/12/18 | Barcelona |
| 34:44 | Elisabet Gordón Rodríguez | 86 | CA Montornès | 31/12/19 | Barcelona |
| 35:04 | Naima Ait Alibou Ouahda | 99 | CA Igualada | 1/12/19 | Barcelona |
| 35:06 | Mercè Guerra Alba | 96 | Avinent Manresa | 31/12/19 | Barcelona |
| 35:19 | Encarna Nuñez Mesa | 78 | CA Granollers | 16/02/20 | Castellón |
| 35:24 | Ingrid Pino Creixenti | 95 | FC Barcelona | 31/12/17 | Barcelona |
| 35:25 | Núria Puig Comas | 85 | AA Catalunya | 31/12/07 | Barcelona |
| 35:30 | Marina Guerrero Puigdevall | 94 | Avinent Manresa | 12/01/20 | Valencia |
| 35:45 | Irene Bonafonte Pardas | 96 | Ria Ferrol CA | 31/12/19 | Barcelona |
| 35:51 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 31/12/18 | Barcelona |
| 35:54 | Maria Teresa Pulido Fernández | 74 | Canal Isabel II | 18/10/09 | Amsterdam (HOL) |
| 35:54 | Laura Vilchez Sequera | 86 | CE Irunwithleiva | 31/12/19 | Barcelona |
| 35:55 | Raquel Parrado Romero | 76 | CA Sant Boi | 22/04/12 | Barcelona |
| 35:56 | Anna Bové Balada | 78 | FC Barcelona | 31/12/19 | Barcelona |
| 36:03 | Angela Castelló Noria | 83 | Lleida UA | 22/04/12 | Barcelona |
| 36:03 | Sara Loehr Muñoz | 84 | Independent | 30/10/16 | Barcelona |
| 36:12 | Mireia Sosa Pérez | 80 | CE California S | 13/04/08 | La Llagosta |
| 36:35 | Zoya Naumov Corbera | 95 | AA Catalunya | 31/12/18 | Sant Cugat del Vallès |
| 36:40 | Mireia Pons Torres | 91 | CE Penedès | 12/01/20 | Valencia |
| 36:45 | Meritxell Bonet Jou | 75 | Lleida UA | 31/03/12 | Grao de Castelló |
| 36:45 | Montserrat Carazo Argemí | 73 | Unió Colomenca | 21/04/13 | Barcelona |
| 36:51 | Elena Congost Mohedano | 87 | Avinent Manresa | 13/04/14 | Barcelona |
| 36:52 | Aniria Mata Mestre | 93 | Avinent Manresa | 31/12/15 | Barcelona |
| 36:55 | Mari Carmen Auñón Sanz | 72 | Unió Colomenca | 19/09/10 | Barcelona |
| 36:59 | Carlota Corbella Alcantara | 96 | JA Sabadell | 31/12/15 | Sant Cugat del Vallès |
| 37:01 | Mireia Guarner Piquet | 92 | Avinent Manresa | 26/11/17 | Barcelona |
| 37:03 | Encarna Viñas Serrano | 75 | CA Granollers | 31/12/14 | Barcelona |
| 37:06 | Vinyet Noguero Planas | 81 | CA Atletes VNG | 28/01/18 | Vilafranca |
| 37:09 | Natàlia Rodríguez Gragera | 76 | GA Lluïsos M. | 31/12/16 | Barcelona |
| 37:17 | Berta Gasol Cudós | 91 | Lleida UA | 19/01/14 | Barcelona |
| 37:24 | Anna Noguera Raja | 92 | CA Igualada | 21/05/16 | Igualada |
| 37:25 | Isabel Rodríguez Calleja | 86 | Pamplona At. | 23/11/14 | Barcelona |
| 37:26 | Raquel González Campos | 89 | FC Barcelona | 31/12/14 | Barcelona |
| 37:27 | Encarna Granados Aguilera | 72 | CA Lloret-LS | 31/12/07 | Barcelona |
| 37:27 | Núria Cascante Torrella | 87 | JAB Berga | 31/12/19 | Barcelona |
| 37:28 | Eva Jiménez Martos | 73 | CE California S | 31/12/07 | Barcelona |
| 37:28 | Esther Solera Genaro | 76 | CE California S | 13/04/08 | La Llagosta |
| 37:32 | Anna Huguet Onandia | 99 | Cornellà At. | 31/12/19 | Barcelona |
| 37:33 | Maria Riera Sató | 93 | Avinent Manresa | 31/12/12 | Barcelona |
| 37:35 | Clara Angelica Esparza Chávez | 77 | CA Montornès | 18/10/15 | Amsterdam (NED) |
| 37:36 | Maitè Rios Campoy | 86 | Hinaco Monzón | 31/12/19 | Barcelona |
| 37:41 | Maria Luisa Muñoz González | 59 | CA Sant Boi | 31/12/07 | Barcelona |
| 37:44 | Estrella Ribó Salietti | 77 | CE California S | 31/12/07 | Barcelona |
| 37:48 | Marta Camps Galí | 70 | Barcelona Atl. | 23/01/11 | Barcelona |
| 37:57 | Encarna Garcia Rus | 66 | CA Vic | 23/10/11 | Manresa |
| 37:58 | Loida Reyes Oyono | 90 | CA Montornès | 7/04/13 | La Llagosta |
| 38:01 | Maria Gràcia Coll Constans | 68 | Girona CB-CAP | 13/01/08 | Barcelona |
| 38:01 | Alba Gallardo Llorens | 89 | Avinent Manresa | 27/01/19 | Vilafranca del Penedès |
| 38:02 | Sara Prescoli Pacheco | 77 | CA Olesa | 18/01/15 | Barcelona |
| 38:05 | Judit Ester Ribera | 70 | CA Manresa | 31/12/07 | Barcelona |
| 38:05 | Rosa Espachs Olivera | 78 | Medilast Lleida | 20/09/09 | Barcelona |
| 38:07 | Natàlia Hugas Boldú | 71 | CE California S | 5/04/09 | Barcelona |
| 38:15 | Yolanda Soler Vicente | 73 | ISS-L'Hospitalet | 13/04/08 | La Llagosta |

CATEGORIA FEMENINA

10 Km en Ruta. (RANKING DES DE LA TEMPORADA 2007-08)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|--------------------------------|-----|------------------|----------|-----------------------|
| <u>Atletes estrangeres</u> | | | | | |
| 33:19 | Salima Charki (MAR) | 85 | Cueva de Nerja | 19/02/17 | Castelló |
| 34:20 | Jekaterina Patjuk (EST) | 83 | CA La Sansi | 31/12/17 | Barcelona |
| 34:33 | Jennifer Elizabeth Spink (GBR) | 81 | AA Palamós | 18/02/18 | Castellón |
| 34:44 | Douae Ouboukir (MAR) | 96 | CA Sant Just | 31/12/19 | Barcelona |
| 34:47 | Hasna Bahom (MAR) | 78 | CA La Sansi | 26/05/13 | El Prat de Llobregat |
| 34:57 | Fatima El Aouaja (MAR) | 88 | CA Montornès | 31/12/14 | Barcelona |
| 35:11 | Jennifer Elisabeth Spink (GER) | 81 | CA St Cristina A | 8/06/19 | Tudela |
| 35:43 | Dayane Huerta Venet (CUB) | 91 | CAV Andorra | 31/12/18 | Barcelona |
| 35:57 | Inna Lebedieva (UKR) | 81 | CA La sansi | 31/12/13 | Barcelona |
| 36:01 | Janeth Becerra (BOL) | 86 | Slop.Cat | 31/12/14 | Barcelona |
| 36:42 | Ouafaa Hamani (MAR) | 80 | AA Catalunya | 31/12/14 | Sant Cugat del Vallès |
| 36:57 | Cerasela Pasa (ROU) | 86 | Medilast Lleida | 18/04/10 | Barcelona |
| 37:21 | Degitu Jebesa (ETH) | 84 | CAIES D.Catalán | 17/01/16 | Barcelona |

CATEGORIA FEMENINA

Mitja Marató. (21.097 m.) (RANKING DES DE LA TEMPORADA 1992-93)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------|-------------------------------|-----|------------------|----------|----------------------|
| 1:11:08 | Marta Galimany Guasch | 85 | FC Barcelona | 17/10/20 | Gdynia (POL) |
| 1:11:51 | Eva Sanz Sanz | 73 | Carrefour Bezana | 12/1/03 | Sitges |
| 1:12:04 | Ma. Luisa Muñoz González | 59 | Oviedo At. | 3/10/93 | Brusel·les (BEL) |
| 1:12:42 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 16/5/04 | San Sebastián |
| 1:13:33 | Gema Barrachina Fernández | 86 | Rios Running T | 16/2/20 | Barcelona |
| 1:13:58 | Lidia Rodríguez Sierra | 86 | Cornellà At. | 3/12/17 | Mataró |
| 1:14:03 | Meritxell Calduch Prat | 78 | FC Barcelona | 3/2/08 | Granollers |
| 1:14:11 | Ma. Teresa Pulido Fernández | 74 | AE Blanc i Blau | 21/9/08 | Valladolid |
| 1:14:14 | Miriam Ortiz Ribas | 84 | AA Catalunya | 24/2/19 | Granollers |
| 1:15:00 | Meritxell Soler Delgado | 92 | Avinent Manresa | 10/2/19 | Barcelona |
| 1:15:01 | Ana Maria Pardo Balaguero | 66 | CA Vic | 7/1/96 | Sitges |
| 1:15:20 | Núria Pastor Amorós | 66 | FC Barcelona | 5/9/93 | Valladolid |
| 1:15:28 | Maria Carme Brunet Folch | 63 | Independent | 5/9/93 | Valladolid |
| 1:15:32 | Rosa Maria Morató Rodríguez | 79 | València TiM | 1/2/09 | Granollers |
| 1:15:37 | Eva Jiménez Martos | 73 | FC Barcelona | 28/3/04 | Azkoitia-Azpeitia |
| 1:16:13 | Esther Solera Genaro | 76 | JA Sabadell | 12/1/03 | Sitges |
| 1:16:15 | Cristina Nogué Borí | 66 | Nike AC | 16/4/94 | Canals |
| 1:16:49 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 24/2/19 | Granollers |
| 1:17:04 | Laia Andreu Trias | 79 | CA Granollers | 5/2/17 | Granollers |
| 1:17:14 | Elisabet Gordón Rodríguez | 86 | CA Montornès | 16/2/20 | Barcelona |
| 1:17:38 | Mònica Marty Ros | 68 | CN Montjuïc | 21/4/96 | Badalona |
| 1:18:03 | Encarna Granados Aguilera | 72 | GEiE Gironí | 9/1/00 | Sitges |
| 1:18:14 | Mireia Sosa Pérez | 80 | California S | 10/2/08 | Barcelona |
| 1:18:31 | Ma. Montserrat Castelló Gavín | 64 | CA Baix Maestrat | 7/1/96 | Sitges |
| 1:18:50 | Vinyet Noguero Planas | 81 | AE Blanc i Blau | 19/11/06 | Ripoll |
| 1:19:02 | Meritxell Bonet Jou | 75 | Integra 2 | 2/5/04 | Zaragoza |
| 1:19:06 | Marina Guerrero Puigdevall | 94 | Avinent Manresa | 2/2/20 | Puerto de Sagunto |
| 1:19:07 | Montserrat Cinca Pato | 66 | CA Sant Boi | 25/2/01 | Ribarroja del Túria |
| 1:19:18 | Jacqueline Martín Álvarez | 74 | Fila DCFC | 20/5/01 | Avila |
| 1:19:26 | Montserrat Bergada Granyó | 63 | CA Castellar | 9/2/97 | Barcelona |
| 1:19:27 | Laura Rosell Lozano | 72 | Fila DCFC | 27/8/00 | Zamora |
| 1:19:27 | Noemí Moreno Castañeda | 78 | CA Igualada | 18/2/07 | Gavà |
| 1:19:29 | Esther Solera Genaro | 76 | Fila Team | 2/4/06 | Màlaga |
| 1:19:38 | Anna Noguera Raja | 92 | CA Igualada | 11/2/18 | Barcelona |
| 1:19:53 | Ma. Carmen Auñón Sanz | 72 | Fila DCFC | 29/2/04 | Montornès |
| 1:19:55 | Maria Tió Batllori | 58 | CA Laietània | 5/9/93 | Valladolid |
| 1:20:01 | Raquel Parrado Romero | 76 | CA Sant Boi | 4/3/12 | Calella |
| 1:20:08 | Laura Vilchez Sequera | 86 | CE Irunwithleiva | 20/1/19 | Castellón |
| 1:20:43 | Montserrat Carazo Argemí | 73 | Unió Colomenca | 2/2/14 | Granollers |
| 1:20:51 | Marina Prat Vidal | 51 | Domingo Catalán | 27/9/97 | Cheste |
| 1:20:55 | Encarna Nuñez Mesa | 78 | CA Vic | 11/1/09 | Sitges |
| 1:21:13 | Mireia Pons Torres | 91 | CE Penedès | 16/2/20 | Barcelona |
| 1:21:16 | Mireia Guarner Piquet | 92 | Avinent Manresa | 20/1/19 | Castellón |
| 1:21:20 | Montse Mas Sanz | 79 | CA Montornès | 9/3/14 | Montornès del Vallès |
| 1:21:34 | Estrella Ribó Salietti | 77 | California S. | 13/1/08 | Sitges |
| 1:21:35 | Carme Ballesteros Rosa | 67 | Fila DCFC | 27/2/05 | Montornès |
| 1:21:38 | Eugènia Miró Figueras | 79 | CA Vic | 17/2/13 | Barcelona |
| 1:21:41 | Teresa Forn Munné | 59 | Domingo Catalán | 8/1/95 | Sitges |
| 1:21:55 | Anna Prat Ubach | 72 | Viladecavalls | 14/12/97 | Vilanova i la Geltrú |
| 1:21:57 | Maria Betriu Català | 66 | CAV Andorra | 7/1/96 | Sitges |
| 1:22:02 | Carme Farré Valle | 66 | CA Calella | 17/12/95 | Vilanova i la Geltrú |
| 1:22:04 | Clara Angelica Esparza Chávez | 77 | CA Montornès | 18/10/15 | Amsterdam (NED) |
| 1:22:08 | Marcela Sánchez Valiente | 71 | Domingo Catalán | 18/1/98 | Granollers |
| 1:22:10 | Carme Tort Creus | 78 | CA Manresa | 16/2/03 | Gavà-Castelldefels |
| 1:22:15 | Maria Vasco Gallardo | 75 | CA Maria Vasco | 5/12/10 | Mataró |
| 1:22:17 | Manuela Martínez González | 57 | CA Manresa | 6/2/00 | Barcelona |
| 1:22:27 | Ma. Angels Ubiedo Rubio | 69 | Domingo Catalán | 23/2/97 | Montornès |
| 1:22:29 | Natàlia Hugas Boldú | 71 | Integra 2 | 12/1/03 | Sitges |
| 1:22:34 | Laura Paradell Barenys | 46 | Saucony AC | 7/1/96 | Sitges |
| 1:22:37 | Isabel Oliván Moreno | 71 | CF Viladecavalls | 15/2/09 | Gavà |
| 1:22:37 | Encarna Viñas Serrano | 75 | CA Granollers | 3/4/16 | Montornès-Montmeló |
| 1:22:39 | Maria Surroca Font | 69 | CA Granollers | 4/9/94 | Igualada |
| 1:22:43 | Silvia Felipo Suñé | 67 | CAV Andorra | 13/2/05 | Gavà-Castelldefels |
| 1:22:43 | Eva Ledesma Calvet | 80 | Carrefour-Lleida | 28/11/04 | Tarragona |
| 1:22:43 | Beatriz Pascual Rodríguez | 82 | València TiM | 23/11/08 | Elda |
| 1:22:45 | Eva Iglesias Garcia | 80 | CA Asseg. Doval | 21/6/04 | Albacete |
| 1:22:45 | Rosa Granada Olvera | 63 | AA Catalunya | 23/2/97 | Montornès |
| 1:22:45 | Eva Ribalta Ferrer | 74 | AA Xafatolls | 24/1/16 | Santa Pola |

CATEGORIA FEMENINA

Mitja Marató. (21.097 m.) (RANKING DES DE LA TEMPORADA 1992-93)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|--------------------------------|-----|------------------|----------|----------------------|
| <u>Atletes Estrangeres</u> | | | | | |
| 1:14:53 | Naima Rhaoui (MAR) | 69 | CA Dominiques | 5/9/98 | Oruña de Pielagos |
| 1:14:53 | Jennifer Elisabeth Spink (GER) | 81 | CA St Cristina A | 2/2/20 | Granollers |
| 1:16:04 | Fatima El Aouaja (MAR) | 88 | CA Montornès | 15/2/15 | Barcelona |
| 1:16:31 | Hasna Bahom (MAR) | 78 | CA La Sansi | 2/2/14 | Granollers |
| 1:16:57 | Louise Brown (GBR) | 78 | AAC-UBAE | 16/10/05 | Mollerussa |
| 1:19:05 | Janeth Becerra (BOL) | 86 | Slop.Cat | 1/2/15 | Granollers |
| 1:19:50 | Ouafaa Hamani (MAR) | 80 | AA Catalunya | 1/2/15 | Granollers |
| 1:20:41 | Vidalina Jaime Huacache | 63 | Cornellà At. | 13/12/98 | Vilanova i la Geltrú |
| 1:20:51 | Ahlam Elkakdi (MAR) | 81 | California S. | 13/2/05 | Gavà-Castelldefels |
| 1:22:01 | Ninfa Estela Chávez (PAR) | 82 | California S | 25/3/07 | Montornès del Vallès |
| 1:22:16 | Khadija Mendou (MAR) | 97 | CA Ascó | 28/10/18 | Valencia |
| 1:22:17 | Inna Lebedieva (UKR) | 81 | JA Sabadell | 16/1/11 | Terrassa |
| 1:22:43 | Cerasela Pasa (ROU) | 86 | Lleida UA | 24/11/13 | Tarragona |

CATEGORIA FEMENINA

Marató. (42.195 m.) (RANKING DES DE LA TEMPORADA 1980-81)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------|-------------------------------|-----|-------------------|----------|----------------------|
| 2:27:08 | Marta Galimany Guasch | 85 | FC Barcelona | 6/12/20 | Valencia |
| 2:28:59 | Maria Luisa Muñoz González | 59 | Saucony AC | 4/3/96 | Sevilla |
| 2:30:12 | Gema Barrachina Fernández | 86 | Rios Running Team | 6/12/20 | València |
| 2:30:56 | Eva Sanz Sanz | 73 | CA Diputació BCN | 22/4/01 | Rotterdam (HOL) |
| 2:31:53 | Isabel Eizmendi Pérez | 70 | FC Barcelona | 9/4/06 | Rotterdam (HOL) |
| 2:31:56 | Ma. Teresa Pulido Fernández | 74 | Univ. Salamanca | 13/4/03 | Rotterdam (HOL) |
| 2:37:14 | Marina Prat Vidal | 51 | Nike AC | 29/4/90 | Madrid |
| 2:40:51 | Elisenda Pucurull Caldentey | 64 | Nike AC | 14/10/90 | San Sebastián |
| 2:41:38 | Maria Carme Brunet Folch | 63 | New Balance AC | 27/11/94 | Lisboa (POR) |
| 2:43:01 | Joaquima Casas Carreras | 51 | Nike AC | 21/6/87 | Carcassone |
| 2:43:33 | Núria Pastor Amorós | 66 | FC Barcelona | 3/10/93 | Sant Feliu-Girona |
| 2:44:16 | Gisela Carrión Bertrán | 94 | CE Penedès | 1/12/19 | Valencia |
| 2:44:35 | Ana Maria Pardo Balaguero | 66 | CA Vic | 4/3/96 | Sevilla |
| 2:45:05 | Laura Paradell Barenys | 46 | Nike AC | 3/2/91 | València |
| 2:45:32 | Maria López Ruiz | 48 | Nike AC | 3/2/91 | València |
| 2:45:54 | Eva Jiménez Martos | 73 | FC Barcelona | 23/11/03 | San Sebastián |
| 2:47:02 | Laia Andreu Trias | 79 | CA Vic | 22/2/15 | Sevilla |
| 2:47:27 | Consol Casanovas Busquets | 62 | CA Palafrugell | 21/4/91 | Londres (GBR) |
| 2:48:23 | Bàrbara Ramon Salamaña | 83 | AA Catalunya | 6/12/20 | Valencia |
| 2:48:34 | Montserrat Castelló Gavín | 64 | CA Baix Maestrat | 13/10/96 | San Sebastián |
| 2:49:14 | Concepción Climente Vergés | 60 | CN Figueres | 18/3/90 | Barcelona |
| 2:51:05 | Victoria Rodrigo Ruiz | 57 | CE Universitari | 18/3/84 | Barcelona |
| 2:51:11 | Mercè Soler Canudas | 60 | CA Vic | 7/2/93 | València |
| 2:51:14 | Yolanda Castillejo Casanovas | 80 | CAV Andorra | 13/3/16 | Barcelona |
| 2:51:20 | Carmen Paradell Barenys | 49 | Nike AC | 17/4/88 | Rotterdam (HOL) |
| 2:51:59 | Esther Solera Genaro | 76 | Fila Team | 21/3/04 | Barcelona |
| 2:51:59 | Eva Ribalta Ferrer | 74 | AA Xafatolls | 21/2/16 | Sevilla |
| 2:53:39 | Mireia Sosa Pérez | 80 | AA Xafatolls | 17/1/16 | Tarragona |
| 2:55:25 | Vicky Martos Martínez | 70 | CA Vic | 19/3/00 | Mataró-Barcelona |
| 2:55:43 | Clara Angelica Esparza Chávez | 77 | CA Montornès | 17/1/16 | Tarragona |
| 2:55:45 | Laura Vilchez Sequera | 86 | CE Irunwithleiva | 17/2/19 | Sevilla |
| 2:56:35 | Montserrat Bergada Granyó | 63 | CA Castellar | 17/3/96 | Mataró-Barcelona |
| 2:56:47 | Encarna Nuñez Mesa | 78 | CA Vic | 22/2/09 | Sevilla |
| 2:57:05 | Teresa Forn Munné | 59 | Domingo Catalán | 7/2/93 | València |
| 2:57:56 | Anna Rosa Moreno | 67 | GF Blanes | 1/3/09 | Barcelona |
| 2:58:00 | Marisol Oliva Segura | 62 | CE Mediterrani | 5/2/89 | València |
| 2:58:03 | Rosa Maria Mas Lozano | 65 | CA Manresa | 18/3/01 | Barcelona |
| 2:58:16 | Elena Hidalgo Valls | 70 | Ripollet UA | 17/3/13 | Barcelona |
| 2:58:33 | Montserrat Rosell Solà | 66 | CN Sabadell | 24/11/02 | San Sebastián |
| 2:58:49 | Lídia Teixidor Vidrier | 58 | CG Barcelonès | 18/3/84 | Barcelona |
| 2:58:56 | Carme Ballesteros Rosa | 67 | Fila DCFC | 3/2/02 | València |
| 2:59:22 | Mari Carmen Paredes Rodríguez | 63 | ISS-L'Hospitalet | 13/4/14 | Londres (GBR) |
| 3:00:24 | Ma. Carmen Auñón Sanz | 72 | Domingo Catalán | 10/5/09 | Vitoria |
| 3:00:24 | Rosa Espachs Olivera | 78 | Medilast Lleida | 6/3/11 | Barcelona |
| 3:00:45 | Marta Munné Codorniu | 64 | FC Barcelona | 17/3/85 | Barcelona |
| 3:01:10 | Maria Tió Batllori | 58 | CA Laietània-CNF | 13/3/94 | Barcelona |
| 3:01:29 | Maria Carmen Millán Solà | 56 | CA Segre | 2/3/94 | Sevilla |
| 3:01:32 | Paqui Lombardo Orihuela | 65 | CA Sant Celoni | 10/5/09 | Vitoria |
| 3:01:35 | Anna Riera Pla | 65 | CA Canovelles | 16/3/14 | Barcelona |
| 3:01:43 | Elena Congost Mohedano | 87 | CA Vic | 18/9/16 | Rio de Janeiro (BRA) |
| 3:02:16 | Marta Busquet Sánchez | 68 | CA Manresa | 13/4/08 | Rotterdam (HOL) |
| 3:02:17 | Angelina Miró Cugat | 66 | Medilast Lleida | 7/3/10 | Barcelona |
| 3:02:49 | Paula Irene Salgado González | 75 | CA Sant Celoni | 23/2/14 | Sevilla |
| 3:02:59 | Mariona Trabal Mitjans | 52 | CE Universitari | 19/3/89 | Barcelona |
| 3:03:09 | Carme Farré Valle | 69 | AA Alt Maresme | 6/2/94 | València |
| 3:03:38 | Elisabet Bosch Dalmau | 74 | Runners World | 26/3/06 | Barcelona |
| 3:04:13 | Carme Muntal Verdaguer | 65 | CA Vic | 15/10/95 | San Sebastián |
| 3:04:20 | Sara Sarrias Brown | 65 | Independent | 15/3/87 | Barcelona |
| 3:04:43 | Isabel Oliván Moreno | 71 | CF Viladecavalls | 6/3/11 | Barcelona |
| 3:05:33 | Marta Pujol Llagostera | 55 | CA Vic | 19/3/89 | Barcelona |
| 3:05:59 | Yolanda Soler Vicente | 73 | ISS-L'Hospitalet | 30/11/08 | San Sebastián |
| 3:06:17 | Fina Mundo Prat | 53 | CA Vic | 1/5/83 | Laredo |
| 3:06:24 | Emilia Vaquero Sánchez | 49 | Fila DCFC | 26/3/06 | Barcelona |
| 3:06:46 | Glòria Pavia Cutillas | 55 | Independent | 16/10/83 | San Sebastián |
| 3:06:51 | Maria Francisca Garcia Calles | 43 | GE Seat | 3/2/85 | Laredo |
| 3:06:55 | Montserrat Ferrer Fernández | 60 | CA Laietània-CNF | 13/3/94 | Barcelona |
| 3:07:02 | Montserrat Cusco Duñó | 52 | Independent | 13/3/88 | Barcelona |
| 3:07:05 | Conxita Terrón Prieto | 63 | CA Garbí | 19/3/89 | Barcelona |

CATEGORIA FEMENINA

Marató. (42.195 m.) (RANKING DES DE LA TEMPORADA 1980-81)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|--------------------------------|-----|------------------|----------|------------------|
| <u>Atletes Estrangeres</u> | | | | | |
| 2:36:54 | Jennifer Elisabeth Spink (GER) | 81 | CA St Cristina A | 2/12/18 | Valencia |
| 2:45:26 | Hasna Bahom (MAR) | 78 | CA La Sansi | 16/3/14 | Barcelona |
| 2:56:10 | Louise Brown (GBR) | 78 | CA Sant Celoni | 29/11/15 | San Sebastián |
| 3:01:05 | Margaret Ainslie Peters | 48 | CA Igualada | 24/4/88 | Madrid |
| 3:06:15 | Gabriela L. Olivera Nuñez | 68 | CN Barcelona | 16/3/97 | Mataró-Barcelona |

CATEGORIA FEMENINA

10 Km. Marxa. (Ruta) (RANKING DES DE LA TEMPORADA 1982-83)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------------------------|-------------------------------|-----|-------------------|---------|-----------------------|
| 43:02 | Maria Vasco Gallardo | 75 | Transports T2 | 20/8/98 | Budapest (HUN) |
| 43:13 | Raquel González Campos | 89 | FC Barcelona | 24/1/16 | Viladecans |
| 43:21 | Encarna Granados Aguilera | 72 | GEiE Gironí | 14/8/93 | Stuttgart (ALE) |
| 43:22 | Beatriz Pascual Rodríguez | 82 | València CA | 24/1/16 | Viladecans |
| 44:16 | Ma. Reyes Sobrino Jiménez | 67 | CN Barcelona | 16/6/90 | Grassau (FRG) |
| 44:24 | Eva Pérez Trujillo | 75 | FC Barcelona | 13/2/99 | El Prat de Llobregat |
| 44:48 | Mari Cruz Díaz Garcia | 69 | CN Barcelona | 1/9/87 | Roma (ITA) |
| 44:52 | Beata Betlej Spytkovska | 68 | GEiE Gironí | 11/5/96 | Eisse (ALE) |
| 45:14 | Emilia Cano Camacho | 68 | SG Ulia | 9/8/94 | Helsinki (FIN) |
| 45:41 | Teresa Palacio Giral | 58 | FC Barcelona | 16/6/90 | Grassau (FRG) |
| 45:58 | Mar Juarez Gallardo | 93 | Avinent Manresa | 12/1/20 | Viladecans |
| 46:15 | Olga Sánchez Armona | 70 | Cornellà At. | 23/7/91 | Sheffield (GBR) |
| 46:34 | Vanessa Espinosa Pérez | 79 | FC Barcelona | 15/5/00 | La Coruña |
| 47:18 | Maria Ibars Álvarez | 78 | FC Barcelona | 15/5/00 | La Coruña |
| 48:12 | Mariona Garcia Rovira | 00 | FC Barcelona | 17/3/19 | Oropesa del Mar |
| 48:23 | Esther Serra Rodríguez | 84 | AAC-UBAE | 19/3/05 | Santa Eulària des Riu |
| 48:26 | Gemma Mora Martínez | 00 | ISS-L'Hospitalet | 8/6/19 | La Coruña |
| 48:27 | Raquel Rodríguez Ferrera | 77 | València CA | 20/5/99 | La Coruña |
| 48:30 | Maria Rosa Selis Masnou | 69 | CA Lloret | 18/3/90 | Madrid |
| 48:54 | Alba Sánchez Pablo | 88 | Medilast Lleida | 21/2/10 | Badalona |
| 48:57 | Mireia Urrutia Herrera | 00 | CA Canaletes | 17/3/19 | Oropesa del Mar |
| 49:13 | Paula Martínez Cacheiro | 92 | FC Barcelona | 7/3/10 | Santa Eulària des Riu |
| 49:41 | Sandra Troyano Marcos | 95 | ISS-L'Hospitalet | 6/3/11 | Benicasim |
| 49:43 | Carme Robles Rus | 71 | CA Manresa | 16/3/02 | La Coruña |
| 50:13 | Cristina Montesinos Gil | 94 | Lleida UA | 12/1/20 | Viladecans |
| 50:24 | Georgina Delgado Noé | 87 | AAC-UBAE | 8/2/04 | Zaragoza |
| 50:36 | Nerea Costal Cruz | 87 | Integra 2 | 8/2/04 | Zaragoza |
| 50:43 | Iria Teijeiro Gámez | 02 | Hinaco Monzón | 16/2/20 | Torre Vieja |
| 51:14 | Yolanda Fernández Santervas | 68 | CN Barcelona | 15/2/87 | Viladecans |
| 51:25 | Olga Cabrera Ysas | 74 | CE Penedès | 28/2/16 | Motril |
| 51:38 | Montserrat Pastor Martínez | 64 | FC Barcelona | 29/1/89 | Viladecans |
| 51:42 | Regina Gras Cárdenas | 79 | Integra 2 | 13/2/99 | El Prat de Llobregat |
| 51:42 | Ester Pastor Camí | 74 | CN Poble Nou | 20/3/94 | Ourense |
| 51:48 | Cristina Fernández Riba | 71 | Pratenc AA | 29/1/12 | Zuera |
| 51:48 | Asunción Viralta Wolgerchafen | 65 | CG Barcelonès | 24/2/85 | Reus |
| 51:51 | Eva Cerdón Montes | 77 | CA Nou Barris | 25/1/98 | Mollet del Vallès |
| 51:56 | Raquel Juan Hernández | 86 | Pratenc AA | 8/2/04 | Zaragoza |
| 52:00 | Esther Serrano Guasch | 80 | FC Barcelona | 29/2/04 | El Prat de Llobregat |
| 52:17 | Idoia Costal Cruz | 90 | ISS-L'Hospitalet | 4/3/07 | Santa Eulària des Riu |
| 52:26 | Paloma R. Camarero Quiroga | 84 | AAC-UBAE | 17/2/02 | Rubí |
| 52:29 | Adela Rovira Casas | 81 | Integra 2 | 13/2/99 | El Prat de Llobregat |
| 52:29 | Ruth López Abad | 73 | JA Sabadell | 28/3/03 | El Prat de Llobregat |
| 52:30 | Alexia Palomero Donadeu | 02 | AA Catalunya | 16/2/20 | Torre Vieja |
| 52:33 | Elena Alcover Sagrera | 73 | CA Lloret | 14/2/93 | Reus |
| 52:40 | Sara Álvarez Roé | 87 | Pratenc AA | 8/2/04 | Zaragoza |
| 52:53 | Montserrat Sola Comas | 69 | CA Vic | 13/6/92 | Palafrugell |
| 52:54 | Nopa Rodríguez Izquierdo | 03 | CM Sant Cugat | 12/1/20 | Viladecans |
| 52:56 | Àngels Massana Banquells | 00 | CM Sant Cugat | 17/3/19 | Oropesa del Mar |
| 53:00 | Sara Pena Vázquez | 64 | CE Canaletes | 24/2/85 | Reus |
| 53:01 | Montserrat Sirolla Obré | 59 | CN Reus Ploms | 15/2/87 | Viladecans |
| 53:04 | Tàbata Cano Vegas | 98 | Simply Scorpio71 | 22/3/15 | Renteria |
| 53:05 | Ana Domínguez Vilchez | 98 | JA Sabadell | 22/3/15 | Renteria |
| 53:09 | Georgina Ruiz Betlej | 99 | CA Palafrugell-G. | 28/2/16 | Motril |
| 53:11 | Glòria Granados Ortega | 56 | CN Poble Nou | 14/2/93 | Reus |
| 53:14 | Bàrbara Alcalde Pastor | 81 | FC Barcelona | 13/2/99 | El Prat de Llobregat |
| 53:18 | Fina Compte Ayats | 70 | CA Vic | 10/4/94 | Barcelona |
| 53:29 | Ester Montaner Novellón | 91 | CA Igualada | 31/1/10 | El Prat de Llobregat |
| 53:29 | Maria Nicolás Sola | 98 | AA Catalunya | 22/3/15 | Renteria |
| 53:30 | Anna Galín Pons | 95 | FC Barcelona | 6/2/11 | Zuera |
| 53:34 | Antonia Muñoz Chafino | 61 | GCR La Seda | 15/2/87 | Viladecans |
| 53:36 | Montserrat Benavent Bodró | 72 | CN Reus Ploms | 22/3/92 | Badalona |
| 53:41 | Lorena Pedrero Duarte | 95 | ISS-L'Hospitalet | 3/3/13 | Murcia |
| 53:44 | Raquel Faucón Arañó | 78 | CA Laietània | 31/1/00 | Badalona |
| 53:51 | Olga Rovira Montané | 99 | Pratenc AA | 28/2/16 | Motril |
| 53:53 | Ainhoa Martínez Luceño | 01 | UA Terrassa | 25/2/18 | Burjassot |
| <u>Aletes Estrangeres</u> | | | | | |
| 44:42 | Sonata Milusauskaite (LTU) | 73 | FC Barcelona | 15/3/08 | Santa Eulària des Riu |
| 51:55 | Jutta Schuoche Budig | 55 | GCR La Seda | 16/3/86 | Madrid |

CATEGORIA FEMENINA

20 Km. Marxa. (Ruta)

| Marca | Atleta | Any | Club | Data | Lloc |
|----------------------------|------------------------------|-----|-------------------|---------|--------------------------|
| 1:27:25 | Maria Vasco Gallardo | 75 | AE Blanc i Blau | 21/8/08 | Pekín (CHN) |
| 1:27:44 | Beatriz Pascual Rodríguez | 82 | València TiM | 21/8/08 | Pekín (CHN) |
| 1:28:36 | Raquel González Campos | 89 | FC Barcelona | 3/5/14 | Taicang (CHN) |
| 1:31:01 | Eva Pérez Trujillo | 75 | FC Barcelona | 8/2/04 | Zaragoza |
| 1:32:10 | Mari Cruz Díaz Garcia | 69 | Integra 2 | 18/5/03 | Cheboksary (RUS) |
| 1:33:06 | Encarna Granados Aguilera | 72 | GEiE Gironí | 23/4/00 | Leamington (GBR) |
| 1:34:38 | Vanessa Espinosa Pérez | 79 | FC Barcelona | 31/7/99 | Göteborg (SWE) |
| 1:34:45 | Mar Juárez Gallardo | 93 | Avinent Manresa | 17/3/19 | Oropesa del Mar |
| 1:38:02 | Maria Ibars Álvarez | 78 | JA Sabadell | 22/2/98 | Ourense |
| 1:38:37 | Raquel Rodríguez Ferrera | 77 | SG Pontevedra | 22/2/98 | Ourense |
| 1:39:29 | Alba Sánchez Pablo | 88 | Medilast Lleida | 7/3/10 | Santa Eulària des Riu |
| 1:39:55 | Esther Serra Rodríguez | 84 | AAC-UBAE | 27/2/05 | El Prat |
| 1:40:49 | Esther Serrano Guasch | 80 | FC Barcelona | 16/2/03 | Ourense |
| 1:43:15 | Cristina Montesinos Gil | 94 | Lleida UA | 26/1/20 | El Vendrell |
| 1:43:59 | Carme Robles Rus | 71 | CA Manresa | 16/3/02 | La Coruña |
| 1:45:07 | Regina Gras Cárdenas | 79 | Transports T2 | 21/3/99 | Torre Vieja |
| 1:45:44 | Mariona García Rovira | 00 | FC Barcelona | 26/1/20 | El Vendrell |
| 1:46:17 | Adela Rovira Casas | 81 | Integra 2 | 18/2/01 | El Prat |
| 1:46:52 | Eva Cordón Montes | 77 | CA Nou Barris | 21/3/99 | Torre Vieja |
| 1:47:03 | Mireia Urrutia Herrera | 00 | CA Canaletes | 26/1/00 | El Vendrell |
| 1:49:28 | Ester Montaner Novellón | 91 | CA Igualada | 13/2/11 | Badalona |
| 1:50:32 | Olga Cabrera Ysas | 74 | CE Penedès | 4/2/18 | El Vendrell |
| 1:51:30 | Ma. Carmen Garcia Frontons | 60 | CA Monzón Hinaco | 29/4/06 | Bompas (FRA) |
| 1:51:54 | Raquel Faucón Arañó | 78 | CA Laietània | 28/2/99 | Ordizia |
| 1:51:56 | Gemma Mora Martínez | 00 | L'Hospitalet | 26/1/00 | El Vendrell |
| 1:52:59 | Anna Valls Garcia | 84 | AAC-UBAE | 8/2/04 | Zaragoza |
| 1:53:17 | Georgina Ruiz Betlej | 99 | CA Palafrugell-G. | 26/1/20 | El Vendrell |
| 1:55:29 | Sònia Guiance Ortega | 70 | Pratenc AA | 16/2/20 | Torre Vieja |
| 1:56:59 | Beatriz Francés Català | 75 | FC Barcelona | 17/2/02 | Zamora |
| 1:58:36 | Patricia Carbó Nevado | 80 | Cornellà At. | 22/1/06 | Viladecans |
| 1:58:48 | Beatriz Cantero Moreno | 92 | CA Mollet | 26/1/20 | El Vendrell |
| 1:59:52 | Ester Sesé Salamaña | 90 | CA Laietània | 31/1/10 | El Prat de Llobregat |
| 2:00:13 | Patricia Yuste Martínez | 86 | Medilast Sport | 4/2/07 | Mataró |
| 2:00:50 | Elena Pozo Pérez | 76 | Avinent Manresa | 16/2/20 | Torre Vieja |
| 2:01:10 | Tàbata Cano Vegas | 98 | Cornellà At. | 27/1/19 | Badalona |
| 2:01:44 | Paula Juárez Vega | 00 | UA Terrassa | 26/1/20 | El Vendrell |
| 2:03:04 | Silvia González Camps | 92 | CA Igualada | 12/2/17 | Mataró |
| 2:03:15 | Mariona Martínez Valero | 95 | AA Catalunya | 12/2/17 | Mataró |
| 2:03:28 | Isabel Guerrero Montes | 63 | CE Penedès | 16/2/20 | Torre Vieja |
| 2:04:00 | Maite Guerrero Sánchez | 85 | Aquadiver-GEiEG | 22/1/06 | Viladecans |
| 2:06:13 | Marta Nogueira Fernández | 81 | Lleida UA | 19/5/18 | Alicante |
| 2:07:29 | Alicia Pérez Antelo | 82 | Cornellà At. | 17/2/02 | Rubí |
| 2:08:56 | Raquel Juan Hernández | 86 | Pratenc AA | 4/2/07 | Mataró |
| 2:11:43 | Montserrat Estrada Fernández | 77 | CA Laietània | 27/1/08 | El Prat de Llobregat |
| 2:14:00 | Yolanda Rodríguez Albarral | 78 | Runners Vendrell | 16/2/20 | Torre Vieja |
| 2:15:31 | Beatriz Bautista Jiménez | 91 | CA Laietània | 13/2/11 | Badalona |
| 2:18:42 | Sandra Cortés Hidalgo | 78 | CA Montornès | 16/2/20 | Torre Vieja |
| 2:21:30 | Ma. Angeles Noell Guardiola | 62 | Cornellà At. | 19/5/18 | Alicante |
| 2:22:05 | Vanessa Ruiz Arias | 81 | CEMA Prat | 18/2/01 | El Prat |
| Atletes Estrangeres | | | | | |
| 1:32:45 | Sonata Milusauskaite (LTU) | 73 | FC Barcelona | 1/5/07 | Sesto San Giovanni (ITA) |

CATEGORIA FEMENINA

50 Km. Marxa. (Ruta)

| Marca | Atleta | Any | Club | Data | Lloc |
|---------|------------------------|-----|-----------------|---------|-------------|
| 4:11.01 | Raquel González Campos | 89 | FC Barcelona | 10/2/19 | El Vendrell |
| 4:15:46 | Mar Juarez Gallardo | 93 | Avinent Manresa | 16/2/20 | Torrevieja |
| 5:00:39 | Olga Cabrera Ysas | 74 | CE Penedès | 16/2/20 | Torrevieja |