

## RÈCORDS DE CATALUNYA ABSOLUTS (M)

| Prova                      | Marca      | Atleta  | Any | Club                  | Data     | Lloc                     |
|----------------------------|------------|---|-----|-----------------------|----------|--------------------------|
| 100                        | 10.16      | Patrick Chinedu IKE ORIGA   | 84  | Playas de Castellón   | 21/07/18 | Getafe                   |
| 200                        | 20.49      | Pol RETAMAL AVILA   | 99  | FC Barcelona          | 17/08/19 | Santa Coloma de Gramanet |
| 400                        | 44.96      | Gaietà CORNET PAMIES  | 63  | CG Tarragona          | 12/08/89 | Estadi Olímpic-BCN       |
| 800                        | 1:45.58    | Miguel QUESADA VELASCO  | 79  | JA Sabadell           | 19/07/08 | Estadi Olímpic-BCN       |
| 1000                       | 2:17.45    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT             | 5/09/00  | Andújar                  |
| 1500                       | 3:30.57    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT             | 24/08/99 | Sevilla                  |
| 1 Milla                    | 3:50.54    | Jose Manuel ABASCAL GOMEZ   | 58  | Independent           | 18/09/86 | Roma (ITA)               |
| 2000                       | 4:52.40    | Jose Manuel ABASCAL GOMEZ   | 58  | Independent           | 7/09/86  | Santander                |
| 3000                       | 7:35.28    | Adel MECHAAL MECHAAL  | 90  | New Balance           | 1/07/17  | París (FRA)              |
| 5000                       | 13:07.59   | José RIOS ORTEGA  | 74  | Fila DCFC             | 1/08/00  | Estocolm (SWE)           |
| * Nac. 22/7/15             | 13:05.61 * | Ilias FIFA TEMSAMANI  | 89  | FC Barcelona          | 4/06/15  | Roma (ITA)               |
| 10000                      | 27:22.20   | José RIOS ORTEGA  | 74  | Fila DCFC             | 12/08/00 | Gijón                    |
| 1 Hora                     | 19.174 m   | Amado HERNANDEZ LOPEZ   | 52  | AE Antorxa            | 19/04/81 | Serrahima-BCN            |
| 20000                      | 1:02:29.9  | Amado HERNANDEZ LOPEZ   | 52  | AE Antorxa            | 19/04/81 | Serrahima-BCN            |
| 25000                      | 1:21:21.0  | Jose Luis ZARCO CABALLERO   | 55  | GG Lluisos            | 10/03/85 | Granollers               |
| 30000                      | 1:40:16.0  | Domingo CATALAN LERA  | 48  | FC Barcelona          | 16/09/79 | Sabadell                 |
| 110 t (1.067)              | 13.33      | Jackson QUIÑONEZ VERMAZA  | 80  | FC Barcelona          | 30/08/07 | Osaka (JPN)              |
| 400 t (0.914)              | 50.27      | Javier DELGADO OSORIO   | 96  | FC Barcelona          | 26/06/16 | Toledo                   |
| 3000 o. (0.914)            | 8:12.86    | José Luis BLANCO QUEVEDO  | 75  | Aquadiver-GEIEG       | 20/06/06 | Huelva                   |
| Alçada                     | 2.30       | Gustavo A. BECKER LASSO   | 66  | Kelme                 | 4/07/92  | Eberstadt (GER)          |
| Perxa                      | 5.75       | Javier GARCIA CHICO   | 66  | Kelme                 | 7/08/92  | Estadi Olímpic-BCN       |
| Llargada                   | 8.23       | Antonio CORGOS CERVANTES  | 60  | FC Barcelona          | 24/08/80 | Madrid                   |
| Triple                     | 16.59 (pc) | Alvaro BARTOLOME ESTEVEZ  | 75  | FC Barcelona          | 20/02/99 | Sevilla                  |
|                            | 16.58      | Eduardo PEREZ NEILA   | 78  | Larios AAM            | 9/08/98  | Hagenau (FRA)            |
| Pes (7.260 Kg.)            | 18.56      | Carles GERONES SIERRA   | 75  | FC Barcelona          | 1/07/97  | Mataró                   |
| Disc (2 Kg.)               | 58.76      | José Luis VALENCIA GIL  | 74  | Airtel AAM            | 3/07/99  | Serrahima-BCN            |
| Javelina (800 g.)          | 73.88      | Jordi SANCHEZ FERNANDEZ   | 85  | FC Barcelona          | 26/07/14 | Alcobendas               |
| Martell (7.260 Kg.)        | 75.42      | Moisés CAMPENY BRUGUE   | 79  | FC Barcelona          | 23/02/03 | Jaén                     |
| Decatló                    | 7.845 p    | Agustín FELIX ESBRI   | 79  | Playas Castellón      | 23/07/06 | Zaragoza                 |
|                            |            | 100 - LLargada - Pes - Alçada - 400 / 110 t - Disc - Perxa - Javelina - 1.500 |     |                       |          |                          |
|                            |            | 10.90 - 7.45 - 13.57 - 2.06 - 52.85 / 14.71 - 41.37 - 4.90 - 57.81 - 4:48.29  |     |                       |          |                          |
| 20000 m.m.                 | 1:23:43.2  | Josep MARIN SOSPEDRA  | 50  | CN Barcelona          | 3/04/83  | Sant Celoni              |
| 30000 m.m.                 | 2:07:59.8  | Josep MARIN SOSPEDRA  | 50  | CN Barcelona          | 8/04/79  | Serrahima-BCN            |
| 50000 m.m.                 | 3:51:54.5  | Josep MARIN SOSPEDRA  | 50  | CN Barcelona          | 7/04/90  | Manresa                  |
| 4 x 100 (Club)             | 39.21 A    | J.Ferrando-A.Rodríguez-P.Retamal-O.Husillos                                   | 50  | FC BARCELONA          | 16/06/18 | Soria                    |
| 4 x 100 (Cat)              | 39.99      | LL.Turón-J.Pibernat-J.Casadellá-J.Mayoral                                     | 50  | GEIE GIRONÍ           | 23/07/95 | Madrid                   |
| 4 x 100 (Sel)              | 40.02      | E.Viles-S.Ruiz-A.Burriel-R.Pros   | 50  | SEL. CATALANA         | 15/06/13 | Avilés                   |
| 4 x 200 (Cat)              | 1:26.86    | T.Mayoral-LL.Turón-F.Sellabona-LI.Fàbrega                                     | 50  | GEIE GIRONÍ           | 3/09/88  | Andorra                  |
| 4 x 200 (Sel)              | 1:27.6     | P.Aguadé-J.F.Plasencia-E.Muntaner-R.Magariños                                 | 50  | SEL. CATALANA         | 15/08/70 | Universitària-BCN        |
| 4 x 400 (Club)             | 3:06.26    | A.Porras-G.Rojo-A.de Arriba-L.Bua   | 50  | FC BARCELONA          | 16/06/18 | Soria                    |
| 4 x 400 (Sel)              | 3:10.34    | J.E.Vallès-R.Montejano-P.Fradera-M.Orozco                                     | 50  | SEL. CATALANA         | 26/06/10 | Vigo                     |
| 4 x 400 (Cat)              | 3:11.22    | M.Cabanas-D.Martín-A.Delgado-R.Sabaté   | 50  | TRANSPORTS T2         | 2/08/98  | San Sebastián            |
| 4 x 800 (Sel)              | 7:34.0     | J.Vidal-A.Gabernet-J.M.Reina-E.Bondía   | 50  | SEL. CATALANA         | 27/04/68 | Universitària-BCN        |
| 4 x 800 (Cat)              | 8:20.6     | A.Valderrama-X.Garcia-J.Toda-J.Jové   | 50  | FACVAC                | 14/07/10 | Valls                    |
| 4 x 1500 (Sel)             | 15:20.5    | J.Viudes-J.Villalonga-R.Pintado-J.R.Moya                                      | 50  | SEL. CATALANA         | 23/05/90 | Manresa                  |
| 4 x 1500 (Cat)             | 15:51.4    | J.Bello-I.Ruiz-L.López Egea-J.Foncuberta                                      | 50  | CN BARCELONA          | 6/06/81  | Serrahima-BCN            |
| <b>- MARQUES EN RUTA -</b> |            |   |     |                       |          |                          |
| 5 Km.                      | 13:40      | Santiago CATROFE CACHARRON  | 99  | CA Sta Cristina d'Aro | 31/12/20 | Barcelona                |
| 10 Km.                     | 28:09      | Ayad LAMDASSEM EL MOUHCIN   | 81  | Atletismo Bikila      | 16/05/10 | Manchester (GBR)         |
| Mitja Marató               | 1:01:18    | Carles CASTILLEJO SALVADOR  | 78  | CA Adidas             | 3/02/13  | Granollers               |
| Marató                     | 2:06:35    | Ayad LAMDASSEM EL MOUHCIN   | 81  | Atletismo Bikila      | 6/12/20  | Valencia                 |
| Marató Relleus             | 2:15:42    | F.Acero-C.Cera-O.Vilaplana-A.Ramírez-O.Cascalló-J.Carlús                      | 81  | Ripollet UA           | 18/03/07 | Palafugell               |
| 100 Km.                    | 6:30:37    | Domingo CATALAN LERA  | 48  | Nike AC               | 16/02/92 | Palamós                  |
| 20 Km.m.                   | 1:19:25    | Valentí MASSANA GRACIA  | 70  | CN Barcelona          | 6/06/92  | La Coruña                |
| 50 Km.m.                   | 3:38:43    | Valentí MASSANA GRACIA  | 70  | CN Barcelona          | 20/03/94 | Orense                   |
| <b>- ALTRES PROVES -</b>   |            |   |     |                       |          |                          |
| 150                        | 15.95      | Adrià BURRIEL GUERRERO  | 92  | FC Barcelona          | 12/04/14 | Sant Cugat del Vallès    |
| 300                        | 32.72      | Gaietà CORNET PAMIES  | 63  | CG Tarragona          | 13/09/89 | Jerez de la Frontera     |
| 500                        | 1:02.52    | Pau FRADERA MIRALLES  | 87  | FC Barcelona          | 17/04/16 | Sant Cugat del Vallès    |
| 600                        | 1:16.35    | Miguel QUESADA VELASCO  | 79  | FC Barcelona          | 7/09/06  | Andújar                  |
| 15.000                     | 44:18.59   | Ayad LAMDASSEM EL MOUHCIN   | 81  | At. Bikila            | 26/09/20 | Sevilla                  |
| 200 m.t. (0.914)           | 22.96      | Carles SALA MOLERA  | 60  | Larios AAM            | 9/09/87  | Santander                |
| 300 m.t. (0.914)           | 36.23      | Javier DELGADO OSORIO   | 96  | FC Barcelona          | 22/09/20 | Serrahima-BCN            |
| 2000 o. (0.914)            | 5:23.04    | José Luis BLANCO QUEVEDO  | 75  | Puma Chapín Jerez     | 10/07/03 | Estadi Olímpic-BCN       |
| 10 Milles r.               | 46:44      | Ayad LAMDASSEM EL MOUHCIN   | 81  | Atletismo Bikila      | 28/10/12 | Portsmouth (GBR)         |
| 25 Km.                     | 1:20:53    | Marc ROIG TIO   | 84  | CA Laietània          | 4/05/14  | Berlín (GER)             |
| 5000 m.m.                  | 18:59.60   | Valentí MASSANA GRACIA  | 70  | CN Barcelona          | 23/02/91 | París (FRA)              |
| 10000 m.m.                 | 39:31.81   | Valentí MASSANA GRACIA  | 70  | CN Barcelona          | 24/06/97 | Tarragona                |
| 1 Hora m.                  | 14.842 m   | Daniel PLAZA MONTERO  | 66  | GCR La Seda           | 31/03/90 | El Prat de Llobregat     |
| 10 Milles m.               | 1:11:11.8  | Daniel PLAZA MONTERO  | 66  | GCR La Seda           | 4/08/89  | Sant Celoni              |
| 2 Hores m.                 | 28.165 m   | Josep MARIN SOSPEDRA  | 50  | C.N.Barcelona         | 8/04/79  | Serrahima-BCN            |
| 10 Km.m.                   | 39:27      | Valentí MASSANA GRACIA  | 70  | CN Barcelona          | 6/06/92  | A Coruña                 |
| 30 Km.m.                   | 2:06:45    | David MARQUEZ LAGUNA  | 77  | Integra 2-L'H-CNB     | 18/02/01 | El Prat de Llobregat     |

## RÈCORDS DE CATALUNYA ABSOLUTS (F)

| Prova                      | Marca     | Atleta   | Any | Club              | Data     | Lloc                      |
|----------------------------|-----------|--|-----|-------------------|----------|---------------------------|
| 100                        | 11.30     | Estela GARCIA VILLALTA   | 89  | CD Nike Running   | 21/07/18 | Getafe                    |
| 200                        | 23.11     | Estela GARCIA VILLALTA   | 89  | CD Nike Running   | 29/06/18 | Tarragona                 |
| 400                        | 53.46     | Carmen SANCHEZ SILVA   | 90  | FC Barcelona      | 25/08/19 | Vallehermoso-Madrid       |
| 800                        | 1:59.22   | Esther GUERRERO PUIGDEVAL  | 90  | New Balance       | 25/09/20 | Doha (QAT)                |
| 1.000                      | 2:35.64   | Esther GUERRERO PUIGDEVAL  | 90  | New Balance       | 4/09/20  | Brusel·les (BEL)          |
| 1500                       | 3:59.51   | Natàlia RODRIGUEZ MARTINEZ   | 79  | CA Adidas         | 28/08/05 | Rieti (ITA)               |
| 1 Milla                    | 4:21.92   | Natàlia RODRIGUEZ MARTINEZ   | 79  | CA Adidas         | 7/09/08  | Rieti (ITA)               |
| 2000                       | 5:41.30   | Esther GUERRERO PUIGDEVAL  | 90  | New Balance       | 21/07/20 | Olot                      |
| 3000                       | 8:35.86   | Natàlia RODRIGUEZ MARTINEZ   | 79  | CG Tarragona      | 10/06/09 | Huelva                    |
| 5000                       | 15:20.39  | Judit PLA ROIG   | 78  | CA Santutxu       | 7/08/12  | Londres (GBR)             |
| 10000                      | 31:54.16  | Rosa Maria MORATO RODRIGUEZ  | 79  | CA València TiM   | 13/03/10 | Manresa                   |
| 1 hora                     | 17.546 m  | Marta GALIMANY GUASCH  | 85  | FC Barcelona      | 4/09/20  | Brusel·les (BEL)          |
| 20000                      | 1:27:49.0 | Ma Antonia GRIÑO COMPANYY  | 45  | JA Sabadell       | 16/09/79 | Sabadell                  |
| 25000                      |           |  |     |                   |          |                           |
| 30000                      |           |  |     |                   |          |                           |
| 100 t. (0.84)              | 13.60     | Maria VICENTE GARCIA   | 01  | CD Nike Running   | 1/08/20  | Lisboa (POR)              |
| 400 t. (0.762)             | 56.11     | Eva PANIAGUA VELA  | 74  | FC Barcelona      | 10/07/96 | Sierra Nevada             |
| 3000 o. (0.762)            | 9:25.14   | Eva ARIAS AIRA   | 80  | CA València TiM   | 15/08/09 | Berlín (GER)              |
| Alçada                     | 1.90 (pc) | Clàudia GARCIA JOU   | 92  | FC Barcelona      | 13/03/15 | Fayetteville (USA)        |
|                            | 1.89      | Clàudia GARCIA JOU   | 92  | FC Barcelona      | 1/07/15  | Serrahima-BCN             |
| Perxa                      | 4.45      | Mònica CLEMENTE MARTI  | 96  | Avinent Manresa   | 22/07/18 | Getafe                    |
| Llargada                   | 6.49      | Maria VICENTE GARCIA   | 01  | CD Nike Running   | 25/08/19 | Vallehermoso-Madrid       |
| Triple                     | 13.95     | Maria VICENTE GARCIA   | 01  | ISS-L'Hospitalet  | 8/07/18  | Győr (HUN)                |
| Pes (4 Kg.)                | 18.20     | Irache QUINTANAL FRANCO  | 78  | FC Barcelona      | 4/07/07  | Serrahima-BCN             |
| Disc (1 Kg)                | 59.16     | Irache QUINTANAL FRANCO  | 78  | FC Barcelona      | 24/07/04 | Castelló                  |
| Javelina (600 g.)          | 53.42     | Elia PASCUAL HERNANDEZ   | 89  | CA Igualada       | 27/07/13 | Alcobendas                |
| Martell (4 Kg.)            | 70.52     | Berta CASTELLS FRANCO  | 84  | València CA       | 16/06/16 | Manresa                   |
| Heptatló                   | 6.304 p   | Maria VICENTE GARCIA   | 01  | CD Nike Running   | 25/04/21 | Lana (Itàlia)             |
|                            |           | 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800 |     |                   |          |                           |
|                            |           | 13.62 - 1.77 - 12.77 - 24.02 / 6.41 - 47.83 - 2:18.60                          |     |                   |          |                           |
| Decatló                    | 5.430 p   | Cristina BARCENA SALUDES   | 83  | FC Barcelona      | 22/10/06 | Castelló                  |
|                            |           | 100 - Disc - Perxa - Javelina - 400 / 100 t - Llargada - Pes - Alçada - 1500   |     |                   |          |                           |
|                            |           | 13.17 - 31.01 - 2.20 - 28.42 - 1:02.31 - 16.28 - 4.97 - 10.59 - 1.51 - 6:07.11 |     |                   |          |                           |
| 10000 m.m.                 | 42:14.12  | Raquel GONZALEZ CAMPOS   | 89  | FC Barcelona      | 23/07/16 | Gijón                     |
| 20000 m.m.                 | 1:32:22.4 | Eva PEREZ TRUJILLO   | 75  | Puma Chapin Jerez | 6/09/01  | Brisbane (AUS)            |
| 50000 m.m.                 |           |  |     |                   |          |                           |
| 4 x 100 (Club)             | 44.67     | C. Jerez-J.Bestué-C. Sánchez-C.Lara  |     | FC BARCELONA      | 1/09/19  | La Nucía                  |
| 4 x 100 (Sel)              | 45.16     | I.Andrés-P.A.Martínez-E. Garcia-C.Lara   |     | SEL.CATALANA      | 15/06/13 | Avilés                    |
| 4 x 100 (Cat)              | 46.27     | D.González-E.Zapatero-L.Gallardo-A.M.Megias                                    |     | TRANSPORTS T2     | 2/08/98  | San Sebastián             |
| 4 x 200 (Cat)              | 1:42.40   | L.Moneo-A.Garcia-B.Coma-M.Fernández  |     | GEiE GIRONÍ       | 2/09/89  | Andorra                   |
| 4 x 200 (Sel)              | 1:49.2    | M.Boixet-A.Gajate-N.Canovas-I.Montaña  |     | SEL.CATALANA      | 20/10/68 | Universitària-BCN         |
| 4 x 400 (Cat)              | 3:39.57   | S.Dorda-Z.Naumov-L.Centella-A.Diez   |     | AA CATALUNYA      | 22/07/18 | Getafe                    |
| 4 x 400 (Sel)              | 3:41.72   | Y.Tello-C.Rovira-A.Perlasia-M.Lluch  |     | SEL.CATALANA      | 21/07/91 | Soria                     |
| 4 x 800 (Sel)              | 8:50.0    | C.Bes-C.Romero-C.Rovira-M.Bosch  |     | SEL.CATALANA      | 20/06/90 | Manresa                   |
| 4 x 800 (Cat)              | 9:46.9    | I.Triviño-M.Cusidó-A.Jiménez-N.Clement   |     | JA SABADELL       | 20/06/90 | Manresa                   |
| <b>- MARQUES EN RUTA -</b> |           |  |     |                   |          |                           |
| 5 Km.                      | 16:03     | Esther GUERRERO PUIGDEVAL  | 90  | New Balance       | 31/12/20 | Barcelona                 |
| 10 km.                     | 32:06     | Rosa Maria MORATO RODRIGUEZ  | 79  | CA València TiM   | 31/12/09 | Barcelona                 |
| Mitja Marató               | 1:11:08   | Marta GALIMANY GUASCH  | 85  | FC Barcelona      | 17/10/20 | Gdynia (POL)              |
| Marató                     | 2:27:08   | Marta GALIMANY GUASCH  | 85  | FC Barcelona      | 6/12/20  | València                  |
| Marató Relleus             | 2:42:49   | E.Torrescasana-C.Tort-S.Sánchez-M.Busquets-J.Ester-M.Martínez                  |     | CA Manresa        | 16/03/03 | Palafugell                |
| 100 Km.                    | 8:27:21   | Joaquima CASAS CARRERAS  | 51  | Nike AC           | 16/02/92 | Palamós                   |
| 20 Km.m.                   | 1:27:25   | Maria VASCO GALLARDO   | 75  | AE Blanc i Blau   | 21/08/08 | Beijing (CHN)             |
| 50 Km.m.                   | 4:11:01   | Raquel GONZALEZ CAMPOS   | 89  | FC Barcelona      | 10/02/19 | El Vendrell               |
| <b>- ALTRES PROVES -</b>   |           |  |     |                   |          |                           |
| 150                        | 17.55     | Estela GARCIA VILLALTA   | 89  | CA València TiM   | 17/04/16 | Sant Cugat del Vallès     |
| 300                        | 37.30     | Estela GARCIA VILLALTA   | 89  | CD Nike Running   | 11/07/18 | Serrahima-BCN             |
| 500                        | 1:12.57   | Esther GUERRERO PUIGDEVAL  | 90  | FC Barcelona      | 10/05/14 | Mar Bella-BCN             |
| 600                        | 1:28.56   | Laia FORCADELL ARENAS  | 82  | ISS-L'Hospitalet  | 26/05/07 | L'Hospitalet de Llobregat |
| 300 t. (0.762)             | 40.18     | Sara GALLEGO SOTELO  | 00  | L'Hospitalet At.  | 22/09/20 | Serrahima-BCN             |
| 2000 o. (0.762)            | 6:28.22   | Rosa Maria MORATO RODRIGUEZ  | 79  | FC Barcelona      | 9/07/04  | Estadi Olímpic-BCN        |
| 4 x 1500 (C)               | 18:49.53  | E.Garcia-M.Fontarnau-M.Martos-E.Jiménez  |     | CA VIC            | 5/06/99  | Castelló                  |
| 3000 m.m.                  | 12:06.05  | Raquel GONZALEZ CAMPOS   | 89  | FC Barcelona      | 6/07/16  | Mataró                    |
| 5000 m.m.                  | 20:45.11  | Beatriz PASCUAL RODRIGUEZ  | 82  | València TiM      | 18/07/12 | Granollers                |
| 1 Hora m.                  | 12.795 m  | Mar JUAREZ GALLARDO  | 93  | Avinent Manresa   | 3/03/19  | El Prat de Llobregat      |
| 5 Km.m.                    | 21:04     | Maria VASCO GALLARDO   | 75  | FC Barcelona      | 6/03/05  | Parc Joan Miró-BCN        |
| 10 Km.m.                   | 43:02     | Maria VASCO GALLARDO   | 75  | Transports T2     | 20/08/98 | Budapest (HUN)            |