

## **RÈCORDS I MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 EN PISTA COBERTA -CATEGORIA MASCULINA-**

### **ABSOLUT MASCULI**

|               |         |   |    |                  |          |          |
|---------------|---------|---|----|------------------|----------|----------|
| 500           | 1:03.60 | Daniel PONCE BEDMAR                     | 96 | ISS-L'Hospitalet | 23/12/18 | Sabadell |
| 4 x 400 (Cat) | 3:18.42 | J.Delgado-J.Ferrando-P.Fradera-A.Porras |    | FC Barcelona     | 13/01/19 | Sabadell |

### **SUB-23 MASCULI (Fins 22 anys)**

- Cap rècord batut -

### **SUB-20 MASCULI (Fins 19 anys)**

|          |         |  |    |             |          |               |
|----------|---------|--|----|-------------|----------|---------------|
| Heptatló | 5.343 p | Eloi SANTAFE PAGA  | 01 | JA Sabadell | 27/01/19 | Cardiff (GBR) |
|          |         | 60 - Llargada - Pes (6 Kg.) - Alçada / 60 t (1.00) - Perxa - 1.000 |    |             |          |               |
|          |         | 7.03 – 6.86 – 12.46 – 1.79 – 7.98 – 4.45 – 2:55.98                 |    |             |          |               |

### **SUB-18 MASCULI (Fins 17 anys)**

|         |         |  |    |            |          |          |
|---------|---------|--|----|------------|----------|----------|
| 300     | 35.21   | Isaac SEGURA MASSO                             | 03 | CA Molins  | 16/12/18 | Sabadell |
| 4 x 400 | 3:28.73 | A.Domínguez-A.Parisello-P.Torrent-E.Valdepérez |    | UA MONTSIÀ | 9/02/19  | Sabadell |

### **SUB-16 MASCULI (Fins 15 anys)**

|          |         |                     |    |                 |          |          |
|----------|---------|---------------------|----|-----------------|----------|----------|
| 300      | 35.21   | Isaac SEGURA MASSO  | 03 | CA Molins       | 16/12/18 | Sabadell |
| 300      | 35.04   | Arnau GOMEZ VERDUGO | 04 | CA Canaletes    | 15/12/19 | Sabadell |
| 500      | 1:06.11 | Isaac SEGURA MASSO  | 03 | CA Molins       | 23/12/18 | Sabadell |
| Llargada | 6.78    | Jan DIAZ BASULLAS   | 04 | Avinent Manresa | 14/12/19 | Sabadell |

### **SUB-14 MASCULI (Fins 13 anys)**

|          |         |                        |    |               |          |          |
|----------|---------|------------------------|----|---------------|----------|----------|
| 60       | 7.45    | PoI ELVIRA MARTIN      | 05 | CA Viladecans | 22/12/18 | Sabadell |
| 500      | 1:17.63 | Joel IBAÑEZ ROCHO      | 06 | CA Canovelles | 22/12/19 | Sabadell |
| 1.000    | 2:50.70 | Hailu ESTRAMPES MATEU  | 06 | CA Ascó       | 23/02/19 | Sabadell |
| 1.000    | 2:47.98 | Hailu ESTRAMPES MATEU  | 06 | CA Ascó       | 9/03/19  | Sabadell |
| Alçada   | 1.80    | Aketza SUMELL GARCIA   | 06 | UA Rubí       | 14/12/19 | Sabadell |
| Llargada | 5.73    | Adrià ALSINA FERNANDEZ | 05 | CA Canaletes  | 15/12/18 | Sabadell |
| Llargada | 5.98    | Isaias ARTIGAS MEDINA  | 06 | CM Sant Cugat | 14/12/19 | Sabadell |

## **RÈCORDS I MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 EN PISTA COBERTA -CATEGORIA FEMENINA-**

### **ABSOLUT FEMENI**

|                                      |         |                            |    |                  |          |               |
|--------------------------------------|---------|----------------------------|----|------------------|----------|---------------|
| 60                                   | 7.32    | Jaël BESTUÉ FERRERA        | 00 | FC Barcelona     | 8/02/19  | Madrid        |
| 60                                   | = 7.32  | Jaël BESTUÉ FERRERA        | 00 | FC Barcelona     | 8/02/19  | Madrid        |
| 60                                   | = 7.32  | Estela GARCIA VILLALTA     | 89 | CD Nike Running  | 8/02/19  | Madrid        |
| 200                                  | = 23.73 | Jaël BESTUE FERRERA        | 00 | FC Barcelona     | 27/01/19 | Sabadell      |
| 200                                  | 23.67   | Jaël BESTUE FERRERA        | 00 | FC Barcelona     | 2/02/19  | San Sebastián |
| 500                                  | 1:14.14 | Zoya NAUMOV CORBERA        | 95 | AA Catalunya     | 23/12/18 | Sabadell      |
| 500                                  | 1:13.46 | Júlia GARCIA FUENTES       | 03 | FC Barcelona     | 22/12/19 | Sabadell      |
| 800                                  | 2:01.46 | Esther GUERRERO PUIGDEVALL | 90 | New Balance Team | 6/02/19  | Sabadell      |
| Perxa                                | 4.32    | Mònica CLEMENTE MARTI      | 96 | Avinent Manresa  | 13/01/19 | Sabadell      |
| Llargada                             | 6.36    | Maria VICENTE GARCIA       | 01 | CD Nike Running  | 16/02/19 | Antequera     |
| Triple                               | 13.71   | Maria VICENTE GARCIA       | 01 | CD Nike Running  | 8/02/19  | Madrid        |
| Pentatló                             | 4.412 p | Maria VICENTE GARCIA       | 01 | CD Nike Running  | 16/02/19 | Antequera     |
| 60 t - Alçada - Pes - Llargada - 800 |         |                            |    |                  |          |               |
| 8.35 - 1.78 - 12.42 - 6.36 - 2:24.91 |         |                            |    |                  |          |               |

### **SUB-23 FEMENI (Fins 22 anys)**

|   |         |                      |    |                 |          |               |
|---|---------|----------------------|----|-----------------|----------|---------------|
| 60  | 7.32    | Jaël BESTUÉ FERRERA  | 00 | FC Barcelona    | 8/02/19  | Madrid        |
| 60  | = 7.32  | Jaël BESTUÉ FERRERA  | 00 | FC Barcelona    | 8/02/19  | Madrid        |
| 200   | 23.75   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 27/01/19 | Sabadell      |
| 200   | 23.73   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 27/01/19 | Sabadell      |
| 200   | 23.67   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 2/02/19  | San Sebastián |
| 500   | 1:13.46 | Júlia GARCIA FUENTES | 03 | FC Barcelona    | 22/12/19 | Sabadell      |
| 60 t. (0.84)  | 8.49    | Maria VICENTE GARCIA | 01 | CD Nike Running | 26/01/19 | Cardiff (GBR) |
| 60 t. (0.84)  | 8.35    | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| Llargada  | 6.36    | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| Triple  | 13.71   | Maria VICENTE GARCIA | 01 | CD Nike Running | 8/02/19  | Madrid        |
| Pentatló  | 4.216 p | Maria VICENTE GARCIA | 01 | CD Nike Running | 26/01/19 | Cardiff (GBR) |
| 60 t (0.84) - Alçada - Pes (4 Kg.) - Llargada - 800 |         |                      |    |                 |          |               |
| 8.49 - 1.75 - 12.03 - 6.15 - 2:27.69                |         |                      |    |                 |          |               |
| Pentatló  | 4.412 p | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| 60 t - Alçada - Pes - Llargada - 800                |         |                      |    |                 |          |               |
| 8.35 - 1.78 - 12.42 - 6.36 - 2:24.91                |         |                      |    |                 |          |               |

### **SUB-20 FEMENI (Fins 19 anys)**

|   |         |                      |    |                 |          |               |
|---|---------|----------------------|----|-----------------|----------|---------------|
| 60  | 7.32    | Jaël BESTUÉ FERRERA  | 00 | FC Barcelona    | 8/02/19  | Madrid        |
| 60  | = 7.32  | Jaël BESTUÉ FERRERA  | 00 | FC Barcelona    | 8/02/19  | Madrid        |
| 200   | 23.75   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 27/01/19 | Sabadell      |
| 200   | 23.73   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 27/01/19 | Sabadell      |
| 200   | 23.67   | Jaël BESTUE FERRERA  | 00 | FC Barcelona    | 2/02/19  | San Sebastián |
| 500   | 1:13.46 | Júlia GARCIA FUENTES | 03 | FC Barcelona    | 22/12/19 | Sabadell      |
| 1500  | 4:28.33 | Elia SAURA PETEGNIEF | 00 | CA Canaletes    | 13/01/19 | Sabadell      |
| 60 t. (0.84)  | 8.49    | Maria VICENTE GARCIA | 01 | CD Nike Running | 26/01/19 | Cardiff (GBR) |
| 60 t. (0.84)  | 8.35    | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| Llargada  | 6.36    | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| Triple  | 13.71   | Maria VICENTE GARCIA | 01 | CD Nike Running | 8/02/19  | Madrid        |
| Pentatló  | 4.216 p | Maria VICENTE GARCIA | 01 | CD Nike Running | 26/01/19 | Cardiff (GBR) |
| 60 t (0.84) - Alçada - Pes (4 Kg.) - Llargada - 800 |         |                      |    |                 |          |               |
| 8.49 - 1.75 - 12.03 - 6.15 - 2:27.69                |         |                      |    |                 |          |               |
| Pentatló  | 4.412 p | Maria VICENTE GARCIA | 01 | CD Nike Running | 16/02/19 | Antequera     |
| 60 t - Alçada - Pes - Llargada - 800                |         |                      |    |                 |          |               |
| 8.35 - 1.78 - 12.42 - 6.36 - 2:24.91                |         |                      |    |                 |          |               |

### **SUB-18 FEMENI (Fins 17 anys)**

|       |         |                           |    |               |          |          |
|-------|---------|---------------------------|----|---------------|----------|----------|
| 500   | 1:13.46 | Júlia GARCIA FUENTES      | 03 | FC Barcelona  | 22/12/19 | Sabadell |
| 1.500 | 4:34.60 | Marina MARTINEZ ORTUÑO    | 02 | CA Laietània  | 18/01/19 | València |
| 1.500 | 4:32.51 | Júlia DE LA PIEDRA SITJAS | 03 | FC Barcelona  | 22/12/19 | València |
| 3.000 | 9:51.36 | Sofia DE SOUSA BRITO      | 03 | CM Sant Cugat | 16/02/19 | Sabadell |
| Perxa | 3.81    | Clara FERNÁNDEZ ORTIZ     | 03 | CM Sant Cugat | 15/12/18 | Sabadell |
| Perxa | 3.85    | Clara FERNÁNDEZ ORTIZ     | 03 | CM Sant Cugat | 3/03/19  | Sabadell |
| Perxa | 3.90    | Clara FERNÁNDEZ ORTIZ     | 03 | CM Sant Cugat | 3/03/19  | Sabadell |
| Perxa | 4.01    | Clara FERNÁNDEZ ORTIZ     | 03 | CM Sant Cugat | 9/03/19  | Valencia |

### **SUB-16 FEMENI (Fins 15 anys)**

|         |         |  |    |                 |          |          |
|---------|---------|--|----|-----------------|----------|----------|
| Alçada  | 1.71    | Ona BONET BERNADICH                    | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada  | 1.73    | Ona BONET BERNADICH                    | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Perxa   | 3.71    | Clara FERNÁNDEZ ORTIZ                  | 03 | CM Sant Cugat   | 15/12/18 | Sabadell |
| Perxa   | 3.81    | Clara FERNÁNDEZ ORTIZ                  | 03 | CM Sant Cugat   | 15/12/18 | Sabadell |
| 4 x 300 | 2:55.36 | M.Hernández-R.Moreno-I.Quintana-B.Ruiz |    | CA SANT JUST    | 9/02/19  | Sabadell |
| 4 x 300 | 2:54.82 | M.Hernández-R.Moreno-I.Quintana-B.Ruiz |    | CA SANT JUST    | 9/03/19  | Sabadell |

## **RÈCORDS i MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 EN PISTA COBERTA -CATEGORIA FEMENINA-**

### **SUB-14 FEMENI (Fins 13 anys)**

|            |         |  |    |                 |          |          |
|------------|---------|--|----|-----------------|----------|----------|
| 1.000      | 3:00.11 | Carla BISBAL BELENGUER                         | 05 | CA Igualada     | 22/12/18 | Sabadell |
| Alçada     | 1.60    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada     | 1.65    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada     | 1.67    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada     | 1.69    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada     | 1.71    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Alçada     | 1.73    | Ona BONET BERNADICH                            | 06 | Avinent Manresa | 21/12/19 | Sabadell |
| Pes (2 Kg) | = 12.48 | Abril CALVANO SORRIBES                         | 06 | Independent     | 9/03/19  | Sabadell |
| 4 x 200    | 1:51.24 | L.R.Jiménez-P.Rodríguez-J.Salvador-H.Santacana |    | CA Sant Just    | 9/03/19  | Sabadell |

## RÈCORDS DE CATALUNYA EN PISTA COBERTA ABSOLUT (M)

|                   |          |   |    |                  |             |                       |
|-------------------|----------|---|----|------------------|-------------|-----------------------|
| 50                | 5.82     | Josep CARBONELL RODES                               | 57 | CN Barcelona     | 21/02/81    | Grenoble (FRA)        |
| 60                | 6.65     | José ILLAN BLANCO                                   | 77 | CD Nike Int.     | 22/02/97    | València              |
| 200               | 20.99    | PoI RETAMAL AVILA                                   | 99 | FC Barcelona     | 4/03/18     | Ourense               |
| 400               | 46.00    | David CANAL VALERO                                  | 78 | Adidas RT        | 21/02/99    | Sevilla               |
| 800               | 1:47.19  | Francisco ROLDAN MARTINEZ                           | 90 | FC Barcelona     | 27/01/13    | València              |
| 1.000             | 2:20.45  | Marc ALCALA IBAÑEZ                                  | 94 | FC Barcelona     | 17/02/16    | Estocolm (SWE)        |
| 1.500             | 3:36.51  | Reyes ESTEVEZ LOPEZ                                 | 76 | CD Nike          | 24/02/05    | Madrid                |
| 1 Milla           | 3:52.56  | José Manuel ABASCAL GOMEZ                           | 58 | FC Barcelona     | 27/02/83    | East Rutherford (GBR) |
| 3000              | 7:40.14  | Adel MECHAAL MECHAAL                                | 90 | New Balance Team | 3/02/18     | Karlsruhe (GER)       |
| 5.000             | 14:30.66 | José Luis BLANCO QUEVEDO                            | 75 | CA La Sansi      | 8/03/14     | Sabadell              |
| 50 t. (1.067)     | 6.83     | Carles SALA MOLERA                                  | 60 | FC Barcelona     | 8/02/81     | San Sebastián         |
| 60 t. (1.067)     | 7.52     | Jackson QUIÑONEZ VERMAZA                            | 80 | FC Barcelona     | 24/02/08    | València              |
| (13.72-9.14-9.72) |          |   |    |                  |             |                       |
| Alçada            | 2.28     | Gustavo Adolfo BECKER LASSO                         | 66 | Larios AAM       | 5/02/95     | San Sebastián         |
| Perxa             | 5.77     | Javier GARCIA CHICO                                 | 66 | Kelme            | 14/03/92    | Grenoble (FRA)        |
| Llargada          | 8.12     | Antonio CORGOS CERVANTES                            | 60 | FC Barcelona     | 22/02/86    | Madrid                |
| Triple            | 16.59    | Alvaro BARTOLOME ESTEVEZ                            | 75 | FC Barcelona     | 20/02/99    | Sevilla               |
| Pes (7.260 Kg.)   | 18.06    | Eloi ROVIRA CAMPOS                                  | 82 | FC Barcelona     | 25/02/06    | San Sebastián         |
| Heptatló          | 5.807 p  | Marc MAGRANS DE ABRIL                               | 76 | Playas Castellón | 19-20/02/05 | Madrid                |
|                   |          | 60 - Llargada - Pes - Alçada / 60 t - Perxa - 1.000 |    |                  |             |                       |
|                   |          | 7.13 - 7.22 - 13.57 - 1.94 / 8.33 - 4.90 - 2:40.03  |    |                  |             |                       |
| 4 x 200 (Club)    | 1:25.64  | O.Husillos-I.Pérez-G.Rojo-L.Bua                     |    | FC BARCELONA     | 28/01/17    | Madrid                |
| 4 x 200 (Cat)     | 1:28.62  | M.Orozco-A.Aljarilla-P.Fradera-J.Rabal              |    | FC BARCELONA     | 20/01/08    | Vilafranca            |
| 4 x 400 (Club)    | 3:09.17  | O.Husillos-G.Rojo-A.Porras-L.Bua                    |    | FC BARCELONA     | 27/01/18    | València              |
| 4 x 400 (Cat)     | 3:18.42  | J.Delgado-J.Ferrando-P.Fradera-A.Porras             |    | FC Barcelona     | 13/01/19    | Sabadell              |
| 4 x 800           |          |   |    |                  |             |                       |
| 5.000 m.m         | 18:59.60 | Valentí MASSANA GRACIA                              | 70 | C.N.Barcelona    | 23/02/91    | Paris                 |

### - ALTRES PROVES -

|            |           |                         |    |                  |          |               |
|------------|-----------|-------------------------|----|------------------|----------|---------------|
| 300        | 34.04     | Aleix PORRAS CANTONS    | 99 | FC Barcelona     | 10/12/17 | Sabadell      |
| 500        | 1:03.60   | Daniel PONCE BEDMAR     | 96 | ISS-L'Hospitalet | 23/12/18 | Sabadell      |
| 600        | 1:19.1    | Enric BONDIA DOMPER     | 46 | FC Barcelona     | 3/02/68  | Madrid        |
| 2.000      | 5:20.32 + | Ruben PALOMEQUE BARRERA | 80 | FC Barcelona     | 10/02/07 | València      |
| 55 m.t.    | 7.60      | Arnau ERTA MAJO         | 92 | FC Barcelona     | 18/01/14 | Lubbock (USA) |
| 3.000 m.m. | 11:40.1   | José MARIN SOSPEDRA     | 50 | CN Barcelona     | 10/02/79 | San Sebastián |

+ Temps de pas 5.000

## RÈCORDS DE CATALUNYA EN PISTA COBERTA ABSOLUT (F)

|                |          |   |    |                   |          |                    |
|----------------|----------|---|----|-------------------|----------|--------------------|
| 50             | 6.35     | Yolanda DIAZ GONZALEZ                   | 68 | CG Barcelonès     | 11/02/94 | Madrid             |
| 60             | 7.32     | Jaël BESTUÉ FERRERA                     | 00 | FC Barcelona      | 8/02/19  | Madrid             |
|                | 7.32     | Estela GARCIA VILLALTA                  | 89 | CD Nike Running   | 8/02/19  | Madrid             |
| 200            | 23.67    | Jaël BESTUÉ FERRERA                     | 00 | FC Barcelona      | 2/02/19  | San Sebastián      |
| 400            | 54.09    | Sara GALLEGU SOTELO                     | 00 | ISS-L'Hospitalet. | 4/03/18  | Ourense            |
| 800            | 2:01.46  | Esther GUERRERO PUIGDEVALL              | 90 | New Balance Team  | 6/02/19  | Sabadell           |
| 1.000          | 2:53.4   | Maite MONTAÑA FERNANDEZ                 | 67 | CG Tarragona      | 27/02/83 | San Sebastián      |
| 1.500          | 4:06.35  | Natàlia RODRIGUEZ MARTINEZ              | 79 | CG Tarragona      | 6/02/10  | Zaragoza           |
| 1 Milla        | 4:53.21  | Martina RODRIGUEZ SALA                  | 95 | FC Barcelona      | 14/02/15 | Baton-Rouge (USA)  |
| 3.000          | 9:01.40  | Natàlia RODRIGUEZ MARTINEZ              | 79 | Adidas RT         | 22/02/03 | Sevilla            |
| 5.000          | 17:15.39 | Meritxell SOLER DELGADO                 | 92 | Avinent Manresa   | 27/02/15 | Minnesota (USA)    |
| 50 t. (0.84)   | 7.46     | Olga DALMAU REIG                        | 59 | CG Barcelonès     | 17/01/81 | Zaragoza           |
| 60 t. (0.84)   | 8.33     | Esmeralda ARRISCADO GARCIA              | 76 | AA Catalunya-UBAE | 4/03/01  | Andorra            |
| (13-8.5-13)    |          |   |    |                   |          |                    |
| Alçada         | 1.90     | Clàudia GARCIA JOU                      | 92 | FC Barcelona      | 13/03/15 | Fayetteville (USA) |
| Perxa          | 4.32     | Mònica CLEMENTE MARTI                   | 96 | Avinent Manresa   | 13/01/19 | Sabadell           |
| Llargada       | 6.36     | Maria VICENTE GARCIA                    | 01 | CD Nike Running   | 16/02/19 | Antequera          |
| Triple         | 13.71    | Maria VICENTE GARCIA                    | 01 | CD Nike Running   | 8/02/19  | Madrid             |
| Pes (4 Kg.)    | 16.77    | Irache QUINTANAL FRANCO                 | 78 | FC Barcelona      | 2/03/03  | València           |
| Pentatló       | 4.412 p  | Maria VICENTE GARCIA                    | 01 | CD Nike Running   | 16/02/19 | Antequera          |
|                |          | 60 t - Alçada - Pes - Llargada - 800    |    |                   |          |                    |
|                |          | 8.35 - 1.78 - 12.42 - 6.36 - 2:24.91    |    |                   |          |                    |
| 4 x 200 (Club) | 1:36.80  | C.Sánchez- P.A.Martínez-C.Jerez-C.Lara  |    | FC BARCELONA      | 30/01/16 | València           |
| 4 x 200 (Cat)  | 1:39.44  | I.Andrés-H.Bouchaid-C.Lara-P.A.Martínez |    | FC BARCELONA      | 17/01/16 | Sabadell           |
| 4 x 400 (Club) | 3:47.39  | C.Sánchez-A.Cagigas-L.Mitja-G.Ussia     |    | FC BARCELONA      | 2/02/19  | San Sebastián      |
| 4 x 400 (Cat)  | 3:49.86  | S.Dorda-L.Centella-P.Gainza-Z.Naumov    |    | AA CATALUNYA      | 2/02/19  | San Sebastián      |
| 4 x 800        |          |   |    |                   |          |                    |
| 3.000 m.m      | 12:27.82 | Maria Reyes SOBRINO JIMENEZ             | 67 | CN Barcelona      | 3/03/89  | Budapest           |

### - ALTRES PROVES -

|           |         |                            |    |                  |          |          |
|-----------|---------|----------------------------|----|------------------|----------|----------|
| 300       | 39.10   | Sara GALLEGU SOTELO        | 00 | ISS-L'Hospitalet | 10/12/17 | Sabadell |
| 500       | 1:13.46 | Júlia GARCIA FUENTES       | 03 | FC Barcelona     | 22/12/19 | Sabadell |
| 600       | 1:30.08 | Esther GUERRERO PUIGDEVALL | 90 | New Balance Team | 22/01/16 | Sabadell |
| 2.000 m.m | 8:44.92 | Maria VASCO GALLARDO       | 75 | CN Barcelona     | 3/03/91  | Zaragoza |



### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 19 ANYS (\*). RÈCORDS SUB-20 (M)

|                                   |           |   |    |                  |          |                        |
|-----------------------------------|-----------|---|----|------------------|----------|------------------------|
| 60                                | 6.75      | Josep CARBONELL RODES   | 57 | CN Barcelona     | 10/02/76 | Milán (ITA)            |
|                                   | 6.75      | Eduard VILES FARRENY  | 91 | FC Barcelona     | 16/01/10 | Vilafranca del Penedès |
| 200                               | 20.99     | Pol RETAMAL AVILA   | 99 | FC Barcelona     | 4/03/18  | Ourense                |
| 400                               | 47.47     | Aleix PORRAS CANTONS  | 99 | FC Barcelona     | 17/02/18 | València               |
| 800                               | 1:52.1    | Antonio FERNANDEZ AGUDO   | 61 | CN Barcelona     | 2/02/80  | San Sebastián          |
| 1.500                             | 3:47.08   | Jordi TORRENTS TEIXIDOR   | 97 | JA Sabadell      | 13/02/15 | Sabadell               |
| 1 Milla                           |           |   |    |                  |          |                        |
| 3.000                             | 8:08.77   | Annasse MAHBOUB EL HAMDOUINI  | 99 | AA Palamós       | 13/02/18 | Sabadell               |
| 60 t. (1.00)<br>(13.72-9.14-9.72) | 7.76      | Gerard M. PORRAS CANTONS  | 96 | FC Barcelona     | 7/03/15  | València               |
| Alçada                            | 2.23      | Jordi ROFES MOLINER   | 76 | FC Barcelona     | 26/02/94 | Sevilla                |
| Perxa                             | 5.45      | Didac SALAS PLANAS  | 93 | FC Barcelona     | 25/02/12 | Sabadell               |
| Llargada                          | 7.68      | Antonio CORGOS CERVANTES  | 60 | CE Universitari  | 13/01/79 | Madrid                 |
| Triple                            | 15.97     | Pere JOSEPH VILAPLANA   | 85 | FC Barcelona     | 7/03/04  | Zaragoza               |
| Pes (6 kg)                        | 17.02     | José Javier ORTEGA ROZALEN  | 89 | ISS-L'Hospitalet | 2/02/08  | València               |
| Heptatló                          | 5.404 p * | Marc MAGRANS DE ABRIL   | 76 | GEiE Gironí      | 26/02/95 | Valencia               |
|                                   |           | 60 - Llargada - Pes (7.260 Kg.) - Alçada / 60 t (1.067) - Perxa - 1.000 |    |                  |          |                        |
|                                   |           | 7.10 - 6.97 - 12.00 - 1.91 / 8.48 - 4.30 - 2:41.72                      |    |                  |          |                        |
| Heptatló                          | 5.343 p   | Eloi SANTAFE PAGA   | 01 | JA Sabadell      | 27/01/19 | Cardiff (GBR)          |
|                                   |           | 60 - Llargada - Pes (6 Kg.) - Alçada / 60 t (1.00) - Perxa - 1.000      |    |                  |          |                        |
|                                   |           | 7.03 - 6.86 - 12.46 - 1.79 - 7.98 - 4.45 - 2:55.98                      |    |                  |          |                        |
| 4 x 200                           | 1:29.19   | S.Felis-A.Sala-J.Ferrando-A.Porras                                      |    | FC BARCELONA     | 21/01/17 | Antequera              |
| 4 x 400                           | 3:29.85   | S.Adalid-V.Ballesta-O.Blai-P.Rey  |    | GA LLUÍSOS M.    | 14/01/18 | Sabadell               |
| 5.000 m.m                         | 20:11.18  | Valentí MASSANA GRACIA  | 70 | CN Barcelona     | 19/01/89 | Oviedo                 |

\* Prova realitzada amb un Pes de 7.260 Kg. I amb una alçada de tanca de 1.067.

#### - ALTRES PROVES -

|               |         |                          |    |              |          |           |
|---------------|---------|--------------------------|----|--------------|----------|-----------|
| 300           | 34.04   | Aleix PORRAS CANTONS     | 99 | FC Barcelona | 10/12/17 | Sabadell  |
| 500           | 1:03.66 | Javier DELGADO OSORIO    | 96 | FC Barcelona | 13/12/15 | Sabadell  |
| 60 t. (1.067) | 8.00    | Gerard M. PORRAS CANTONS | 96 | FC Barcelona | 21/02/15 | Antequera |

### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 19 ANYS (\*). RÈCORDS SUB-20 (F)

|                             |          |                                       |    |                     |          |                        |
|-----------------------------|----------|---------------------------------------|----|---------------------|----------|------------------------|
| 60                          | 7.32     | Jaël BESTUÉ FERRERA                   | 00 | FC Barcelona        | 8/02/19  | Madrid                 |
| 200                         | 23.67    | Jaël BESTUE FERRERA                   | 00 | FC Barcelona        | 2/02/19  | San Sebastián          |
| 400                         | 54.09    | Sara GALLEGU SOTELO                   | 00 | ISS-L'Hospitalet.   | 4/03/18  | Ourense                |
| 800                         | 2:09.73  | Marta MARTIN JIMENEZ                  | 81 | Integra 2-L'H-CNB   | 26/03/00 | València               |
| 1500                        | 4:28.33  | Eliá SAURA PETEGNIEF                  | 00 | CA Canaletes        | 13/01/19 | Sabadell               |
| 1 Milla                     | 5:02.55  | Martina RODRIGUEZ SALA                | 95 | FC Barcelona        | 24/01/14 | Nashville (USA)        |
| 3000                        | 9:46.69  | Marta MATA BAQUERO                    | 81 | Transportes T2      | 17/01/99 | Vilafranca del Penedès |
| 60 t. (0.84)<br>(13-8.5-13) | 8.35     | Maria VICENTE GARCIA                  | 01 | CD Nike Running     | 16/02/19 | Antequera              |
| Alçada                      | 1.83     | Clàudia GARCIA JOU                    | 92 | FC Barcelona        | 27/02/11 | Sabadell               |
| Perxa                       | 4.11     | Meritxell BENITO VILLARRASO           | 99 | Playas de Castellón | 18/02/17 | Salamanca              |
| Llargada                    | 6.36     | Maria VICENTE GARCIA                  | 01 | CD Nike Running     | 16/02/19 | Antequera              |
| Triple                      | 13.71    | Maria VICENTE GARCIA                  | 01 | CD Nike Running     | 8/02/19  | Madrid                 |
| Pes (4 Kg.)                 | 15.52    | Mama-Fulo FATTY KOMA                  | 84 | Integra 2-L'H-CNB   | 2/03/02  | València               |
| Pentatló                    | 4.412 p  | Maria VICENTE GARCIA                  | 01 | CD Nike Running     | 16/02/19 | Antequera              |
|                             |          | 60 t - Alçada - Pes - Llargada - 800  |    |                     |          |                        |
|                             |          | 8.35 - 1.78 - 12.42 - 6.36 - 2:24.91  |    |                     |          |                        |
| 4 x 200                     | 1:41.84  | M.Abadal-L.Hernández-C.Lara-C.Salas   |    | FC BARCELONA        | 12/01/13 | Sabadell               |
| 4 x 400 (Cat)               | 4:04.43  | M.Carrasco-L.Girol-R.Rey-D.Vila       |    | CORNELLÀ AT.        | 14/01/18 | Sabadell               |
| 4 x 400 (Club)              | 4:03.99  | M.Botella-L.Monforte-M.Mas-C.Gabaldón |    | AA CATALUNYA        | 20/01/18 | Antequera              |
| 3.000 m.m                   | 12:34.02 | Olga SANCHEZ ARMONA                   | 70 | AA Catalunya        | 4/03/89  | Budapest               |

#### - ALTRES PROVES -

|           |         |                      |    |                  |          |          |
|-----------|---------|----------------------|----|------------------|----------|----------|
| 300       | 39.10   | Sara GALLEGU SOTELO  | 00 | ISS-L'Hospitalet | 10/12/17 | Sabadell |
| 500       | 1:13.46 | Júlia GARCIA FUENTES | 03 | FC Barcelona     | 22/12/19 | Sabadell |
| 600       | 1:31.62 | Júlia GARCIA FUENTES | 03 | Cerdanyola CH    | 18/03/18 | Sabadell |
| 2.000 m.m | 8:44.92 | Maria VASCO GALLARDO | 75 | CN Barcelona     | 3/03/91  | Zaragoza |

(\*) Podran obtenir millor marca SUB-20 els atletes que tinguin 19 anys o menys el 31 de desembre de l'any de la competició.

## **MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 17 ANYS (\*). RÈCORDS SUB-18 (M)**

|                                     |         |  |    |                     |          |                           |
|-------------------------------------|---------|--|----|---------------------|----------|---------------------------|
| 60                                  | 6.91    | Arnau SALA ESTEVEZ   | 99 | CA Nou Barris       | 5/03/16  | Salamanca                 |
| 200                                 | 21.76   | Aleix PORRAS CANTONS   | 99 | FC Barcelona        | 14/02/16 | Sabadell                  |
| 400                                 | 47.96   | Aleix PORRAS CANTONS   | 99 | FC Barcelona        | 6/03/16  | Salamanca                 |
| 800                                 | 1:52.3  | Antonio FERNANDEZ AGUDO  | 61 | CN Barcelona        | 21/01/78 | San Sebastián             |
| 1.500                               | 3:50.27 | Mouad MBARKI   | 98 | CA Montornès        | 18/01/15 | Sabadell                  |
| 3.000                               | 8:21.69 | Aaron LAS HERAS RUPEREZ  | 00 | Playas de Castellón | 14/01/17 | Sabadell                  |
| 60 t. (0.914)<br>(13.72-9.14-13.72) | 7.71    | Aleix PORRAS CANTONS   | 99 | FC Barcelona        | 6/03/16  | Sabadell                  |
| Alçada                              | 2.18    | Jordi ROFES MOLINER  | 76 | CN Reus Ploms       | 6/03/93  | Sant Cugat del Vallès-CAR |
| Perxa                               | 5.10    | Albert VELEZ MARTIN  | 88 | FC Barcelona        | 16/12/05 | Sant Cugat del Vallès-CAR |
| Llargada                            | 7.19    | Sergio ACERA VILLANUEVA  | 94 | CA Nou Barris       | 12/03/11 | Zaragoza                  |
| Triple                              | 15.10   | Antonio CORGOS CERVANTES   | 60 | CE Universitari     | 27/02/77 | San Sebastián             |
| Pes (5 kg)                          | 16.38   | Aaron SOLA SANJUAN   | 99 | AA Catalunya        | 5/03/16  | Salamanca                 |
| Heptatló                            | 5.268 p | Eloi SANTAFE PAGA  | 01 | JA Sabadell         | 11/03/18 | Antequera                 |
|                                     |         | 60 - Llargada - Pes (5 Kg.) - Alçada / 60 t (0.914) - Perxa - 1000 |    |                     |          |                           |
|                                     |         | 7.09 - 7.07 - 13.48 - 1.74 - 8.02 - 4.10 - 2:57.25                 |    |                     |          |                           |
| 4 x 200                             | 1:30.09 | S.Felis-A.Porrás-M.Salvatella-P.Vila                               |    | FC BARCELONA        | 6/02/16  | Sabadell                  |
| 4 x 400                             | 3:28.73 | A.Domínguez-A.Parisello-P.Torrent-E.Valledpérez                    |    | UA MONTSIÀ          | 9/02/19  | Sabadell                  |
| 5.000 m.m                           | 20:59.0 | Germán NIETO MONTESINOS  | 70 | Cornellà At.        | 8/02/87  | San Sebastián             |
| <b>- ALTRES PROVES -</b>            |         |  |    |                     |          |                           |
| 300                                 | 35.21   | Isaac SEGURA MASSO   | 03 | CA Molins           | 16/12/18 | Sabadell                  |
| 500                                 | 1:04.39 | Aleix PORRAS CANTONS   | 99 | FC Barcelona        | 18/12/16 | Sabadell                  |
| 60 t. (1.067)                       | 8.31    | David SITJÀ SERRA  | 74 | GEiE Gironí         | 24/02/91 | Zaragoza                  |
| 60 t. (1.00)                        | 7.93    | Aleix PORRAS CANTONS   | 99 | FC Barcelona        | 23/01/16 | Sabadell                  |
| Hexatló                             | 4.357 p | Albert ALVAREZ LOPEZ   | 89 | CA Manresa          | 12/03/06 | San Sebastián             |
|                                     |         | 60 - Llargada - Pes (5 Kg.) - Alçada - 60 t (0.914) - Perxa        |    |                     |          |                           |
|                                     |         | 7.30 - 6.50 - 12.62 - 2.01 - 8.61 - 3.90                           |    |                     |          |                           |
| Hexatló                             | 4.290 p | Pere JOSEPH VILAPLANA  | 85 | FC Barcelona        | 3/03/02  | Oviedo                    |
|                                     |         | 60 - Llargada - Pes (5 Kg.) - Alçada - 60 t (1.00) - Perxa         |    |                     |          |                           |
|                                     |         | 7.30 - 6.43 - 10.86 - 1.89 - 8.64 - 4.50                           |    |                     |          |                           |
| 3.000 m.m                           | 12:22.6 | Francisco BOTONERO GARRIDO   | 63 | CA Sant Celoni      | 10/02/80 | Oviedo                    |

## **MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 17 ANYS (\*). RÈCORDS SUB-18 (F)**

|                              |         |  |    |                   |          |           |
|------------------------------|---------|--|----|-------------------|----------|-----------|
| 60                           | 7.56    | Jaël BESTUE FERRERA                                  | 00 | CM Sant Cugat     | 25/02/17 | Sabadell  |
| 200                          | 24.01   | Jaël BESTUE FERRERA                                  | 00 | CM Sant Cugat     | 19/02/17 | Salamanca |
| 400                          | 56.05   | Laura CENTELLA MADORRAN                              | 01 | AA Catalunya      | 11/03/18 | Antequera |
| 800                          | 2:11.5  | Gloria PALLE TORRES                                  | 61 | AE Antorxa        | 15/02/78 | Zaragoza  |
| 1.500                        | 4:32.51 | Júlia DE LA PIEDRA SITJAS                            | 03 | FC Barcelona      | 22/12/19 | València  |
| 3.000                        | 9:51.36 | Sofia DE SOUSA BRITO                                 | 03 | CM Sant Cugat     | 16/02/19 | Sabadell  |
| 60 t. (0.762)<br>(13-8.5-13) | 8.33    | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 10/03/18 | Antequera |
| Alçada                       | 1.75    | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 10/03/18 | Antquera  |
| Perxa                        | 4.01    | Clara FERNÁNDEZ ORTIZ                                | 03 | CM Sant Cugat     | 9/03/19  | Valencia  |
| Llargada                     | 6.25    | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 4/03/18  | Sabadell  |
| Triple                       | 13.11   | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 4/02/18  | Sabadell  |
| Pes (3 Kg.)                  | 14.07 * | Mama-Fulo FATTY KOMA                                 | 84 | Integra 2-L'H-CNB | 17/03/01 | Zaragoza  |
| Pentatló                     | 4.371 p | Alexia BARROSO RODRIGUEZ                             | 03 | Lleida UA         | 3/03/19  | Sabadell  |
|                              |         | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 10/03/18 | Antequera |
|                              |         | 60 t (0.762) - Alçada - Pes (3 Kg.) - Llargada - 800 |    |                   |          |           |
|                              |         | 8.33 - 1.75 - 13.06 - 6.11 - 2:22.77                 |    |                   |          |           |
| 4 x 200                      | 1:43.14 | C.Español-S.Gallego-S.González-L.Martínez            |    | ISS-L'HOSPITALET  | 29/01/17 | Sabadell  |
| 4 x 400                      | 4:06.59 | J.Devers-M.Riera-M.Tarragó-J.Canal                   |    | AVINENT MANRESA   | 14/01/18 | Sabadell  |
| 3.000 m.m                    | 13:32.9 | Maria VASCO GALLARDO                                 | 75 | CN Barcelona      | 9/02/92  | Zaragoza  |

\* Marca realitzada amb un Pes de 4 Kg.

|                             |         |  |    |                   |          |          |
|-----------------------------|---------|--|----|-------------------|----------|----------|
| <b>- ALTRES PROVES -</b>    |         |  |    |                   |          |          |
| 300                         | 39.10   | Sara GALLEGO SOTELO                                  | 00 | ISS-L'Hospitalet  | 10/12/17 | Sabadell |
| 500                         | 1:13.46 | Júlia GARCIA FUENTES                                 | 03 | FC Barcelona      | 22/12/19 | Sabadell |
| 600                         | 1:31.62 | Júlia GARCIA FUENTES                                 | 03 | Cerdanyola CH     | 18/03/18 | Sabadell |
| 60 t. (0.84)<br>(13-8.5-13) | 8.55    | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 27/01/18 | Madrid   |
| Pes (4 Kg.)                 | 14.07   | Mama-Fulo FATTY KOMA                                 | 84 | Integra 2-L'H-CNB | 17/03/01 | Zaragoza |
| Pentatló                    | 3.583 p | Anna CIRCUNS GUIX                                    | 84 | CA Manresa        | 18/03/01 | Zaragoza |
|                             |         | 60 t (0.762) - Alçada - Pes (4 Kg.) - Llargada - 600 |    |                   |          |          |
|                             |         | 9.08 - 1.66 - 9.56 - 5.64 - 1:51.86                  |    |                   |          |          |
| Pentatló                    | 3.803 p | Maria VICENTE GARCIA                                 | 01 | ISS-L'Hospitalet  | 27/01/18 | Madrid   |
|                             |         | 60 t (0.84) - Alçada - Pes (4 Kg.) - Llargada - 800  |    |                   |          |          |
|                             |         | 8.55 - 1.67 - 11.11 - 5.77 - 2:37.92                 |    |                   |          |          |
| 2.000 m.m                   | 8:44.92 | Maria VASCO GALLARDO                                 | 75 | CN Barcelona      | 3/03/91  | Zaragoza |

(\*) Podran obtenir millor marca SUB-18 els atletes que tinguin 17 anys o menys el 31 de desembre de l'any de la competició.

### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 15 ANYS (\*). RÈCORDS SUB-16 (M)

|                              |          |  |    |                   |          |                           |
|------------------------------|----------|--|----|-------------------|----------|---------------------------|
| 60                           | 7.11     | Adrià TORRENTS CORTES  | 01 | JA Sabadell       | 17/12/16 | Sabadell                  |
| 300                          | 35.04    | Arnau GOMEZ VERDUGO  | 04 | CA Canaletes      | 15/12/19 | Sabadell                  |
| 600                          | 1:23.39  | Marc DE MANUEL MONTERO   | 91 | L'Hospitalet Atl. | 12/03/06 | Oviedo                    |
| 1.000                        | 2:35.23  | Antonio ALVAREZ HERNANDEZ  | 77 | Cornellà At.      | 8/03/92  | Zaragoza                  |
| 3.000                        | 8:44.26  | Youssef ESSABANI   | 00 | CA Canovelles     | 19/12/15 | Sabadell                  |
| 60 t. (0.914)<br>(13-8.5-13) | 8.31     | Marc JOSE DIAZ   | 93 | CA Tarragona      | 23/02/08 | Vilafranca del Penedès    |
| Alçada                       | 2.02     | Jordi ROFES MOLINER  | 76 | CN Reus Ploms     | 26/01/91 | Sant Cugat del Vallès-CAR |
| Perxa                        | 4.75     | Didac SALAS PLANAS   | 93 | ISS-L'Hospitalet  | 12/12/08 | Sant Cugat del Vallès-CAR |
| Llargada                     | 6.78     | Jan DIAZ BASULLAS  | 04 | Avinent Manresa   | 14/12/19 | Sabadell                  |
| Triple                       | 13.99    | Albert RAGA BATISTE  | 94 | CA Mollet         | 18/12/09 | Sant Cugat del Vallès-CAR |
| Pes (4 Kg)                   | 14.81    | Aaron SOLA SANJUAN   | 99 | AA Catalunya      | 15/02/14 | Sabadell                  |
| Hexatló                      | 4.072    | Eloi SANTAFE PAGA  | 01 | JA Sabadell       | 13/03/16 | Oviedo                    |
|                              |          | 60 - Llargada – Pes (4Kg.) - Alçada / 60 t (0.914) – 1000<br>7.27 – 6.06 – 12.19 – 1.71 / 8.51 – 3:00.92 |    |                   |          |                           |
| 4 x 200                      | 1:32.39  | E.Santafé-N.Roig-X.Beorlegui-A.Torrents  |    | JA SABADELL       | 5/03/16  | Sabadell                  |
| 4 x 300                      | 2:34.24  | V.Blasi-M.Diez-M.González-R.Pons   |    | CE UNIVERSITARI   | 11/03/18 | Sabadell                  |
| 3.000 m.m                    | 13:41.89 | Joaquim PUEYO ARTERO   | 00 | ISS-L'Hospitalet  | 10/01/15 | Sabadell                  |

#### - ALTRES PROVES -

|          |         |  |    |           |          |          |
|----------|---------|--|----|-----------|----------|----------|
| 500      | 1:06.11 | Isaac SEGURA MASSO   | 03 | CA Molins | 23/12/18 | Sabadell |
| Pentatló | 3.308   | Ivo SANCHEZ ROSSI  | 94 | CA Gavà   | 21/03/09 | Oviedo   |
|          |         | 60 - Llargada – Pes (4 Kg.) - Alçada - 60 t (0.914)<br>7.55 – 6.45 – 12.72 – 1.69 – 9.03 |    |           |          |          |

### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 15 ANYS (\*). RÈCORDS SUB-16 (F)

|                              |          |  |    |                       |          |              |
|------------------------------|----------|--|----|-----------------------|----------|--------------|
| 60                           | 7.63     | Mònica MARIN DURAN   | 76 | JA Sabadell           | 2/03/91  | Zaragoza     |
| 300                          | 40.33    | Sara GALLEGO SOTELO  | 00 | CE Universitari       | 15/03/15 | Sabadell     |
| 600                          | 1:31.62  | Júlia GARCIA FUENTES   | 03 | Cerdanyola CH         | 18/03/18 | Sabadell     |
| 1.000                        | 2:53.91  | Júlia DE LA PIEDRA SITJAS  | 03 | CA Canovelles         | 11/03/18 | Sabadell     |
| 3.000                        | 9:57.24  | Júlia DE LA PIEDRA SITJAS  | 03 | CA Canovelles         | 17/03/18 | Sabadell     |
| 60 t. (0.762)<br>(13-8.5-13) | 8.50     | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet      | 21/02/16 | Salamanca    |
| Alçada                       | 1.73     | Ona BONET BERNADICH  | 06 | Avinent Manresa       | 21/12/19 | Sabadell     |
| Perxa                        | 3.81     | Clara FERNÁNDEZ ORTIZ  | 03 | CM Sant Cugat         | 15/12/18 | Sabadell     |
| Llargada                     | 5.70     | Paula RAUL SALA  | 96 | Avinent Manresa       | 26/02/11 | Oviedo       |
| Triple                       | 12.37    | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet Atl. | 14/02/16 | Sabadell     |
| Pes (3 Kg.)                  | 13.30    | Begoña SANCHIZ VELASCO   | 75 | Sícoris Club          | 10/03/90 | Sevilla      |
| Pentatló                     | 3.797    | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet      | 21/03/15 | Sabadell     |
|                              |          | 60 t (0.762) – Alçada – Pes (3 Kg.) - Llargada – 600<br>8.56 – 1.60 – 12.48 – 5.61 – 1:52.52 |    |                       |          |              |
| 4 x 200                      | 1:45.01  | S.Gallego-O.Atance-M.de Mingo-L.Martínez   |    | CE UNIVERSITARI       | 15/03/15 | Sabadell     |
| 4 x 300                      | 2:54.82  | M.Hernández-R.Moreno-I.Quintana-B.Ruiz   |    | CA SANT JUST          | 9/03/19  | Sabadell     |
| 3.000 m.m                    | 14:14.99 | Sandra TROYANO MARCOS  | 95 | ISS-L'Hospitalet      | 19/12/09 | Bompas (FRA) |
|                              |          | - ALTRES PROVES -  |    |                       |          |              |
| 200                          | 24.87    | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet      | 10/12/16 | Sabadell     |
| 500                          | 1:19.2   | Isabel RODRIGUEZ AMAT  | 69 | CN Montjuïc           | 18/12/82 | Oviedo       |
| Pentatló                     | 3.806    | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet      | 21/02/16 | Salamanca    |
|                              |          | 60 t (0.762) – Alçada – Pes (3 Kg.) - Llargada – 800<br>8.50 – 1.64 – 12.52 – 5.58 – 2:38.79 |    |                       |          |              |
| Tetratló                     | 2.737    | Ariadna RAMOS GANDIA   | 94 | CA Igualada           | 22/03/09 | Oviedo       |
|                              |          | 60 t (0.762) – Pes (3 Kg.) - Llargada - 60<br>9.13 - 10.91 - 5.02 - 8.25                     |    |                       |          |              |

(\*) Podran obtenir millor marca SUB-16 els atletes que tinguin 15 anys o menys el 31 de desembre de l'any de la competició.



### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 13 ANYS (\*). RÈCORDS SUB-14 (M)

|                                   |         |                                      |    |                  |          |          |
|-----------------------------------|---------|--------------------------------------|----|------------------|----------|----------|
| 60                                | 7.45    | Pol ELVIRA MARTIN                    | 05 | CA Viladecans    | 22/12/18 | Sabadell |
| 600                               | 1:29.00 | Marc GARCIA MARTINEZ                 | 04 | UGE Badalona     | 16/12/17 | Sabadell |
| 1.000                             | 2:47.98 | Hailu ESTRAMPES MATEU                | 06 | CA Ascó          | 9/03/19  | Sabadell |
| 2.000                             | 6:07.98 | Mouad MBARKI                         | 98 | CA Granollers    | 12/03/11 | Sabadell |
| 60 t (0.84)<br>(12.30-8.20-14.90) | 9.37    | Pol ELVIRA MARTIN                    | 05 | CA Viladecans    | 10/03/18 | Sabadell |
| Alçada                            | 1.80    | Aketza SUMELL GARCIA                 | 06 | UA Rubí          | 14/12/19 | Sabadell |
| Perxa                             | 3.80    | Alex TERUEL SANCHEZ                  | 03 | CA Canaletes     | 17/12/16 | Sabadell |
| Llargada                          | 5.98    | Isaias ARTIGAS MEDINA                | 06 | CM Sant Cugat    | 14/12/19 | Sabadell |
| Triple                            | 11.06   | Martí PAGES NEGRE                    | 99 | CM Sant Cugat    | 10/03/12 | Sabadell |
| Pes (3 Kg)                        | 13.22   | Jordi SANCHEZ ROMERO                 | 04 | ISS-L'Hospitalet | 4/03/17  | Sabadell |
| Tetratló                          | 1.942 p | Marc GARCIA MARTINEZ                 | 04 | UGE Badalona     | 25/02/17 | Sabadell |
|                                   |         | 60 – Llargada – Pes (3 Kg.) - Alçada |    |                  |          |          |
|                                   |         | 7.83 – 4.94 – 10.30 – 1.59           |    |                  |          |          |
| 4 x 200                           | 1:47.44 | Y.Campos-J.González-M.Sala-M.Faig    |    | MUNTANYENC SC    | 13/03/16 | Sabadell |
| 2.000 m.m.                        | 9:46.15 | Alejandro ACEDO MARIN                | 03 | JA Sabadell      | 14/02/15 | Sabadell |

#### - ALTRES PROVES -

|     |         |                   |    |               |          |          |
|-----|---------|-------------------|----|---------------|----------|----------|
| 500 | 1:17.63 | Joel IBAÑEZ ROCHO | 06 | CA Canovelles | 22/12/19 | Sabadell |
|-----|---------|-------------------|----|---------------|----------|----------|

### MILLORS MARQUES DE CATALUNYA EN PISTA COBERTA FINS 13 ANYS (\*). RÈCORDS SUB-14 (F)

|                                    |         |  |    |                     |          |                        |
|------------------------------------|---------|--|----|---------------------|----------|------------------------|
| 60                                 | 7.94    | Jael BESTUE FERRERA                            | 00 | CM Sant Cugat       | 14/12/13 | Sabadell               |
| 600                                | 1:38.96 | Laia ZURITA CARBO                              | 05 | UGE Badalona        | 10/03/18 | Sabadell               |
| 1.000                              | 3:00.11 | Carla BISBAL BELENGUER                         | 05 | CA Igualada         | 22/12/18 | Sabadell               |
| 2.000                              | 6:33.85 | Judit PEREZ MARZO                              | 97 | ISS-L'Hospitalet    | 27/02/10 | Vilafranca del Penedès |
| 60 t (0.762)<br>(12.30-8.20-14.90) | 9.02    | Maria VICENTE GARCIA                           | 01 | ISS-L'Hospitalet    | 8/03/14  | Sabadell               |
| Alçada                             | 1.73    | Ona BONET BERNADICH                            | 06 | Avinent Manresa     | 21/12/19 | Sabadell               |
| Perxa                              | 3.30    | Anna MASSA PIRES                               | 98 | Girona CB-CAP       | 17/12/11 | Sabadell               |
| Llargada                           | 5.27    | Ona ROSSELL FONT                               | 98 | CA Calella          | 26/02/11 | Sabadell               |
| Triple                             | 11.14   | Lerato PAGES MABOKA                            | 05 | Dinami-k CAVilanova | 10/03/18 | Sabadell               |
| Pes (2 Kg)                         | 12.48   | Maria VICENTE GARCIA                           | 01 | ISS-L'Hospitalet    | 8/03/14  | Sabadell               |
|                                    | 12.48   | Abril CALVANO SORRIBES                         | 06 | Independent         | 9/03/19  | Sabadell               |
| Tetratló                           | 2.939 p | Maria VICENTE GARCIA                           | 01 | ISS-L'Hospitalet    | 8/03/14  | Sabadell               |
|                                    |         | 60 t (0.762) – Alçada – Pes (2 Kg) - Llargada  |    |                     |          |                        |
|                                    |         | 9.02 – 1.58 – 12.48 – 5.25                     |    |                     |          |                        |
| 4 x 200                            | 1:51.24 | L.R.Jiménez-P.Rodríguez-J.Salvador-H.Santacana |    | CA Sant Just        | 9/03/19  | Sabadell               |
| 2.000 m.m.                         | 9:47.62 | Judit BOHILS TENAS                             | 03 | ISS-L'Hospitalet    | 14/02/15 | Sabadell               |

#### - ALTRES PROVES -

|            |        |                       |    |             |          |          |
|------------|--------|-----------------------|----|-------------|----------|----------|
| 500        | 1:19.2 | Isabel RODRIGUEZ AMAT | 69 | CN Montjuïc | 18/12/82 | Oviedo   |
| Pes (3 Kg) | 9.29   | Kala GUTIÉRREZ HORVAT | 01 | CA Gavà     | 9/02/14  | Sabadell |

(\*). Podran obtenir millor marca SUB-14 els atletes que tinguin 13 anys o menys el 31 de desembre de l'any de la competició.

## **RÈCORDS I MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 A L'AIRE LLIURE -CATEGORIA MASCULINA-**

### **ABSOLUT**

200 20.49 Pol RETAMAL AVILA 99 FC Barcelona 17/08/19 Santa Coloma de Gramanet

### **SUB-23 (fins 22 anys)**

200 20.49 Pol RETAMAL AVILA 99 FC Barcelona 17/08/19 Santa Coloma de Gramanet

### **Fins 21 anys**

200 20.49 Pol RETAMAL AVILA 99 FC Barcelona 17/08/19 Santa Coloma de Gramanet

### **Fins 20 anys**

200 20.49 Pol RETAMAL AVILA 99 FC Barcelona 17/08/19 Santa Coloma de Gramanet

### **SUB-20 (Fins 19 anys)**

100 10.45 Arnau MONNE CANAL 00 FC Barcelona 18/07/19 Borás (SWE)  
4 x 100 (Cat) 41.60 M.Campillos-I.Martín-A.Valverde-B.Canet CORNELLÀ AT. 7/07/19 Granollers

### **Fins 18 anys**

### **SUB-18 (Fins 17 anys)**

Decatló 7.302 Joaquim RODRIGUEZ FAUROUX 02 ISS-L'Hospitalet 23/06/19 Castelló  
100 - Llargada - Pes (5 Kg.) - Alçada - 400 / 110 t (0.914) - Disc (1.5 Kg.) - Perxa - Javelina (700 gr.) - 1500  
11.14 - 6.85 - 14.91 - 1.83 - 50.52 - 14.66 - 42.20 - 4.10 - 49.09 - 4:45.48

### **SUB-16 (Fins 15 anys)**

300 35.19 Arnau GOMEZ VERDUGO 04 CA Canaletes 25/05/19 Mollet del Vallès  
300 = 35.19 Marc GARCIA MARTINEZ 04 UGE Badalona 7/07/19 Gijón  
Disc (1 Kg.) 59.05 Aleix CAMATS GARCIA 05 CA Olesa 3/06/19 Igualada  
4 x 300 (S) 2:24.61 M.Garcia-B.Gisbert-M.Mendoza-A.Gómez Sel. CATALANA 16/06/19 Moratalaz-Madrid

### **SUB-14 (Fins 13 anys)**

500 1:12.6 Hailu ESTRAMPES MATEU 06 CA Ascó 15/06/19 Cambrils  
600 1:29.24 Hailu ESTRAMPES MATEU 06 CA Ascó 15/06/19 Cambrils  
1.000 o. (sense ria) 2:48.84 Hailu ESTRAMPES MATEU 06 CA Ascó 22/06/19 Lleida  
Javelina (500 gr.) 51.67 Hailu ESTRAMPES MATEU 06 CA Ascó 4/05/19 Valls

### **SUB-12 (Fins 11 anys)**

Relleus 4 x 60 33.93 A.Anciones-A.Armenteros-J.Gómez-I.Ibáñez UA BARBERÀ 6/04/19 El Prat de Llobregat

## RÈCORDS I MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 A L'AIRE LLIURE -CATEGORIA FEMENINA-

### ABSOLUT

|                |         |   |    |                 |          |                     |
|----------------|---------|---|----|-----------------|----------|---------------------|
| 400            | 53.46   | Carmen SANCHEZ SILVA  | 90 | FC Barcelona    | 25/08/19 | Vallehermoso-Madrid |
| 100 t. (0.84)  | = 13.62 | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada       | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada       | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló       | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|                |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |
| Heptatló       | 6.115 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 19/07/19 | Borás (SWE)         |
|                |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |    |                 |          |                     |
| 4 x 100 (Club) | 44.67   | C.Jerez-J.Bestué-C.Sánchez-C.Lara   |    | FC BARCELONA    | 1/09/19  | La Nucía            |
| 50 Km.m.       | 4:11:01 | Raquel GONZALEZ CAMPOS  | 89 | FC Barcelona    | 10/02/19 | El Vendrell         |

### SUB-23 (Fins 22 anys)

|               |         |   |    |                 |          |                     |
|---------------|---------|---|----|-----------------|----------|---------------------|
| 100 t. (0.84) | 13.62   | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada      | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada      | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló      | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |
| Heptatló      | 6.115 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 19/07/19 | Borás (SWE)         |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |    |                 |          |                     |

### Fins 21 anys

|               |         |   |    |                 |          |                     |
|---------------|---------|---|----|-----------------|----------|---------------------|
| 100           | 11.43   | Jaël BESTUE FERRERA   | 00 | FC Barcelona    | 18/07/19 | Borás (SWE)         |
| 100           | = 11.43 | Jaël BESTUE FERRERA   | 00 | FC Barcelona    | 9/08/19  | Bydgoszcz (POL)     |
| 100 t. (0.84) | 13.62   | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada      | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada      | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló      | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |
| Heptatló      | 6.115 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 19/07/19 | Borás (SWE)         |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |    |                 |          |                     |

### Fins 20 anys

|               |         |   |    |                 |          |                     |
|---------------|---------|---|----|-----------------|----------|---------------------|
| 100           | 11.43   | Jaël BESTUE FERRERA   | 00 | FC Barcelona    | 18/07/19 | Borás (SWE)         |
| 100           | = 11.43 | Jaël BESTUE FERRERA   | 00 | FC Barcelona    | 9/08/19  | Bydgoszcz (POL)     |
| 100 t. (0.84) | 13.62   | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada      | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada      | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló      | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |
| Heptatló      | 6.115 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 19/07/19 | Borás (SWE)         |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |    |                 |          |                     |

### SUB-20 (Fins 19 anys)

|               |         |   |    |                 |          |                     |
|---------------|---------|---|----|-----------------|----------|---------------------|
| 100           | 11.43   | Jaël BESTUE FERRERA   | 00 | FC Barcelona    | 18/07/19 | Borás (SWE)         |
| 100 t. (0.84) | 13.62   | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada      | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada      | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló      | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |
| Heptatló      | 6.115 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 19/07/19 | Borás (SWE)         |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |    |                 |          |                     |

### Fins 18 anys

|               |         |   |    |                 |          |                     |
|---------------|---------|---|----|-----------------|----------|---------------------|
| 100 t. (0.84) | 13.62   | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/05/19 | Götzis (AUT)        |
| Llargada      | 6.47    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 6/07/19  | Granollers          |
| Llargada      | 6.49    | Maria VICENTE GARCIA  | 01 | CD Nike Running | 25/08/19 | Vallehermoso-Madrid |
| Heptatló      | 5.900 p | Maria VICENTE GARCIA  | 01 | CD Nike Running | 26/05/19 | Götzis (AUT)        |
|               |         | 100 t (0.84) - Alçada – Pes (4 Kg.) - 200 / Llargada – Javelina (600 g.) - 800<br>13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99 |    |                 |          |                     |

## **RÈCORDS I MILLORS MARQUES DE CATALUNYA OBTINGUTS DURANT LA TEMPORADA 2018-2019 A L'AIRE LLIURE -CATEGORIA FEMENINA-**

### **SUB-18 (Fins 17 anys)**

|                 |         |                       |    |               |          |               |
|-----------------|---------|-----------------------|----|---------------|----------|---------------|
| 2000 o. (0.762) | 6:51.48 | Aida ALEMANY ORO      | 03 | JA Arbeca     | 28/04/19 | Serrahima-BCN |
| 2000 o. (0.762) | 6:51.33 | Aida ALEMANY ORO      | 03 | JA Arbeca     | 22/06/19 | Castelló      |
| Perxa           | 3.91    | Clara FERNANDEZ ORTIZ | 03 | CM Sant Cugat | 23/06/19 | Castelló      |

### **SUB-16 (Fins 15 anys)**

|                |         |                                     |    |                    |          |                  |
|----------------|---------|-------------------------------------|----|--------------------|----------|------------------|
| 300 t. (0.762) | 43.82   | Marina PEREZ RAMOS                  | 04 | Unió Colomenca At. | 15/06/19 | Moratalaz-Madrid |
| 4 x 300 (S)    | 2:42.86 | C.Payrato-B.Teruel-M.Pérez-L.Zurita |    | Sel. CATALANA      | 16/06/19 | Moratalaz-Madrid |

### **SUB-14 (Fins 13 anys)**

|                   |         |  |    |                   |          |                      |
|-------------------|---------|--|----|-------------------|----------|----------------------|
| 1.000             | 2:59.51 | Marta MITJANS MUÑOZ                          | 06 | Penya APA Anem-hi | 27/04/19 | Olot                 |
| Alçada            | = 1.63  | Ona BONET BERNADICH                          | 06 | Avinent Manresa   | 22/06/19 | Lleida               |
| Alçada            | 1.65    | Ona BONET BERNADICH                          | 06 | Avinent Manresa   | 22/06/19 | Lleida               |
| Javelina (400 g.) | 36.88   | Erika SELLART BORDES                         | 07 | AA Xafatolls      | 27/04/18 | Cambrils             |
| Relleus 4 x 80    | 41.51   | B.Soriano-B.Weber-E.Dotor-J.Romeu            |    | CE PENEDÈS        | 1/06/19  | Tarragona            |
| Relleus 4 x 200   | 1:50.06 | L.Jiménez-P.Rodríguez-J.Salvador-H.Santacana |    | CA SANT JUST      | 18/05/19 | El Prat de Llobregat |

### **SUB-12 (Fins 11 anys)**

|                 |         |                                  |    |              |          |                      |
|-----------------|---------|----------------------------------|----|--------------|----------|----------------------|
| Perxa           | 2.40    | Nur TORRES CASAS                 | 08 | AA Catalunya | 16/11/19 | Manresa              |
| Relleus 3 x 600 | 5:34.28 | A.Achouri-A.Benmerzouk-P.Serrano |    | CA VILA-SECA | 6/04/19  | El Prat de Llobregat |

## 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                    |
| 20000                      | 1:02:29.9  | Amado HERNANDEZ LOPEZ   | 52            | AE Antorxa          | 19/04/81          | Serrahima-BCN            |
| 1 Hora                     | 19.174 m   | 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                                   | FC BARCELONA  | 16/06/18            | Soria             |                          |
| 4 x 100 (Cat)              | 39.99      | LL.Turón-J.Pibernat-J.Casadellá-J.Mayoral                                     | GEIE GIRONÍ   | 23/07/95            | Madrid            |                          |
| 4 x 100 (Sel)              | 40.02      | E.Viles-S.Ruiz-A.Burriel-R.Pros   | SEL. CATALANA | 15/06/13            | Avilés            |                          |
| 4 x 200 (Cat)              | 1:26.86    | T.Mayoral-LL.Turón-F.Sellabona-LI.Fàbrega                                     | GEIE GIRONÍ   | 3/09/88             | Andorra           |                          |
| 4 x 200 (Sel)              | 1:27.6     | P.Aguadé-J.F.Plasencia-E.Muntaner-R.Magariños                                 | SEL. CATALANA | 15/08/70            | Universitària-BCN |                          |
| 4 x 400 (Club)             | 3:06.26    | A.Porras-G.Rojo-A.de Arriba-L.Bua   | FC BARCELONA  | 16/06/18            | Soria             |                          |
| 4 x 400 (Sel)              | 3:10.34    | J.E.Vallès-R.Montejano-P.Fradera-M.Orozco                                     | SEL. CATALANA | 26/06/10            | Vigo              |                          |
| 4 x 400 (Cat)              | 3:11.22    | M.Cabanas-D.Martín-A.Delgado-R.Sabaté   | TRANSPORTS T2 | 2/08/98             | San Sebastián     |                          |
| 4 x 800 (Sel)              | 7:34.0     | J.Vidal-A.Gabernet-J.M.Reina-E.Bondía   | SEL. CATALANA | 27/04/68            | Universitària-BCN |                          |
| 4 x 800 (Cat)              | 8:20.6     | A.Valderrama-X.Garcia-J.Toda-J.Jové   | FACVAC        | 14/07/10            | Valls             |                          |
| 4 x 1500 (Sel)             | 15:20.5    | J.Viudes-J.Villalonga-R.Pintado-J.R.Moya                                      | SEL. CATALANA | 23/05/90            | Manresa           |                          |
| 4 x 1500 (Cat)             | 15:51.4    | J.Bello-I.Ruiz-L.López Egea-J.Foncuberta                                      | CN BARCELONA  | 6/06/81             | Serrahima-BCN     |                          |
| <b>- MARQUES EN RUTA -</b> |            |   |               |                     |                   |                          |
| 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                   |
| 10 Km.                     | 28:09      | Ayad LAMDASSEM EL MOUHCIN   | 81            | Atletismo Bikila    | 16/05/10          | Manchester (GBR)         |
| 15 Km.                     |            |   |               |                     |                   |                          |
| 20 Km.                     |            |   |               |                     |                   |                          |
| Mitja Marató               | 1:01:18    | Carles CASTILLEJO SALVADOR  | 78            | CA Adidas           | 3/02/13           | Granollers               |
| 25 Km.                     | 1:20:53    | Marc ROIG TIO   | 84            | CA Laietània        | 4/05/14           | Berlín (GER)             |
| 30 Km.                     |            |   |               |                     |                   |                          |
| Marató                     | 2:07:42    | José RIOS ORTEGA  | 74            | CA Adidas           | 7/03/04           | Otsu (JPN)               |
| Marató Relleus             | 2:15:42    |   |               | Ripollet UA         | 18/03/07          | Palafugell               |
|                            |            | F.Acero-C.Cera-O.Vilaplana-A.Ramírez-O.Cascalló-J.Carlús                      |               |                     |                   |                          |
| 100 Km.                    | 6:30:37    | Domingo CATALAN LERA  | 48            | Nike AC             | 16/02/92          | Palamós                  |
| <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                  |
| 200 m.t.                   | 22.96      | Carles SALA MOLERA  | 60            | Larios AAM          | 9/09/87           | Santander                |
| 2000 o. (0.914)            | 5:23.04    | José Luis BLANCO QUEVEDO  | 75            | Puma Chapín Jerez   | 10/07/03          | Estadi Olímpic-BCN       |
| 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            |
| 5 Km. r.                   | 14:20.     | José Luis BLANCO QUEVEDO  | 75            | CA La Sansi         | 28/12/08          | Lloret de Mar            |
| 10 Milles r.               | 46:44      | Ayad LAMDASSEM EL MOUHCINE  | 81            | Atletismo Bikila    | 28/10/12          | Portsmouth (GBR)         |
| 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               | 2:00.77   | Esther GUERRERO PUIGDEBALL   | 90  | New Balance       | 14/07/17 | Madrid                    |
| 1000              | 2:37.85   | Esther GUERRERO PUIGDEBALL   | 90  | New Balance       | 13/07/18 | Rabat (MAR)               |
| 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              | 6:04.79   | Carme VALERO OMEDES  | 55  | JA Sabadell       | 3/09/85  | Santander                 |
| 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                   |
| 20000             | 1:27:49.0 | Ma Antonia GRIÑO COMPANY   | 45  | JA Sabadell       | 16/09/79 | Sabadell                  |
| 1 hora            | 13.993 m  | Ma Antonia GRIÑO COMOANY   | 45  | JA Sabadell       | 16/09/79 | Sabadell                  |
| 25000             |           |  |     |                   |          |                           |
| 30000             |           |  |     |                   |          |                           |
| 100 t. (0.84)     | 13.62     | Marta MIRÓ MANERO  | 86  | FC Barcelona      | 15/07/09 | Mataró                    |
|                   | 13.62     | Maria VICENTE GARCIA   | 01  | CD Nike Running   | 25/05/19 | Götzis (AUT)              |
| 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          | 6.115 p   | Maria VICENTE GARCIA   | 01  | CD Nike Running   | 19/07/19 | Borås (SWE)               |
|                   |           | 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800 |     |                   |          |                           |
|                   |           | 13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29                          |     |                   |          |                           |
| 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)            |
| 4 x 100 (Club)    | 44.67     | C. Jerez-J.Bestué-C. Sánchez-C.Lara  |     | FC BARCELONA      | 1/09/19  | La Núcia                  |
| 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>   |     |                   |          |                           |
| 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               |
| 10 km.            | 32:06     | Rosa Maria MORATO RODRIGUEZ  | 79  | CA València TiM   | 31/12/09 | Barcelona                 |
| 15 Km.            |           |  |     |                   |          |                           |
| 20 Km.            |           |  |     |                   |          |                           |
| Mitja Marató      | 1:11:51   | Eva SANZ SANZ  | 73  | Carrefour Bezama  | 12/01/03 | Sitges                    |
| 25 Km.            |           |  |     |                   |          |                           |
| 30 Km.            |           |  |     |                   |          |                           |
| Marató            | 2:28:59   | Ma.Luisa MUÑOZ GONZALEZ  | 59  | Saucony A.C.      | 4/03/96  | Sevilla                   |
| Marató Relleus    | 2:42:49   |  |     | CA Manresa        | 16/03/03 | Palafugell                |
|                   |           | E.Torrescasana-C.Tort-S.Sánchez-M.Busquets-J.Ester-M.Martínez                  |     |                   |          |                           |
| 100 Km.           | 8:27:21   | Joaquima CASAS CARRERAS  | 51  | Nike AC           | 16/02/92 | Palamós                   |
|                   |           | <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 PUIGDEBALL   | 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 |
| 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. r.          | 16:36     | Eva ARIAS AIRA   | 80  | València TiM      | 27/12/09 | Lloret de Mar             |
| 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)            |

## MILLORS MARQUES DE CATALUNYA FINS 22 ANYS (\*). RÈCORDS SUB-23 (M)

| Prova               | Marca      | Atleta  | Any | Club            | Data     | Lloc                     |
|---------------------|------------|---|-----|-----------------|----------|--------------------------|
| 100                 | 10.32      | José ILLAN BLANCO   | 77  | CD Nike Int.    | 11/06/97 | Can Dragó-BCN            |
| 200                 | 20.49      | Pol RETAMAL AVILA   | 99  | FC Barcelona    | 17/08/19 | Santa Coloma de Gramanet |
| 400                 | 45.20      | David CANAL VALERO  | 78  | Adidas RT       | 19/08/98 | Budapest (HUN)           |
| 800                 | 1:46.90    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT       | 29/05/96 | Granada                  |
| 1.000               | 2:19.34    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT       | 25/08/95 | Brusel.les (BEL)         |
| 1.500               | 3:30.87    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT       | 12/08/98 | Zurich (SUI)             |
| 1 Milla             | 3:55.90    | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT       | 4/07/97  | Oslo (NOR)               |
| 2.000               | 5:02.60    | Teófilo BENITO PADILLA  | 66  | CN Reus-Ploms   | 24/05/86 | Sevilla                  |
| 3.000               | 7:39.80    | Yusef EL NASRI SERHANI  | 79  | Reebok RC       | 28/05/99 | Sevilla                  |
| 5.000               | 13:17.39   | Yusef EL NASRI SERHANI  | 79  | Reebok RC       | 5/08/00  | Hechtel (HOL)            |
| 10.000              | 28:47.92   | Fco.Javier CORTES HUETE   | 71  | Atl. Tossal     | 2/05/93  | Getxo                    |
| 110 t. (1.067)      | 13.72      | Antoni LANAU MARTI  | 66  | CG Barcelonés   | 16/08/87 | Serrahima-BCN            |
| 400 t (0.914)       | 50.27      | Javier DELGADO OSORIO   | 96  | FC Barcelona    | 26/06/16 | Toledo                   |
| 3.000 o. (0.914)    | 8:18.03    | Abdelaziz MERZOUGUI NOURDINNE   | 91  | FC Barcelona    | 7/06/12  | Huelva                   |
| Alçada              | 2.25       | Gustavo A. BECKER LASSO   | 66  | FC Barcelona    | 20/09/86 | Ordizia                  |
| Perxa               | 5.70       | Daniel MARTI LLUCH  | 73  | Larios AAM      | 18/06/94 | Lisboa (POR)             |
| Llargada            | 8.23       | Antonio CORGOS CERVANTES  | 60  | FC Barcelona    | 24/08/80 | Madrid                   |
| Triple              | 16.58      | Eduardo PEREZ NEILA   | 78  | Larios AAM      | 9/08/98  | Haguenau (FRA)           |
| Pes (7.260 Kg.)     | 18.56      | Carles GERONES SIERRA   | 75  | FC Barcelona    | 1/07/97  | Mataró                   |
| Disc (2 Kg.)        | 57.68      | José Luis VALENCIA GIL  | 74  | FC Barcelona    | 27/07/96 | Zaragoza                 |
| Javelina (800 g.)   | 72.20      | Marc PERALTA FERNANDEZ  | 80  | CA Laietània    | 11/03/01 | Serrahima-BCN            |
| Martell (7.260 Kg.) | 73.65      | Moisés CAMPENY BRUGUE   | 79  | Transportes T2  | 21/03/99 | Palafugell               |
| 4 x 100 (C)         | 41.49      | A.A.Gotay-X.Carrión-A.Moreno-S.Ruiz   |     | JA SABADELL     | 7/08/11  | Màlaga                   |
| Decatló             | 7.621 p    | Xavier BRUNET PAMIES  | 71  | CN Montjuic     | 18/07/92 | Sevilla                  |
|                     |            | 100 - LLargada - Pes - Alçada - 400 / 110 t - Disc - Perxa - Javelina - 1.500 |     |                 |          |                          |
|                     |            | 11.18 - 7.03 - 11.80 - 2.14 - 48.13 / 14.72 - 34.76 - 4.40 - 54.90 - 4:34.85  |     |                 |          |                          |
| 20000 m.m.          | 1:25:37.8  | Valentí MASSANA GRACIA  | 70  | CN Barcelona    | 14/09/90 | Manaos (BRA)             |
| 30.000 m.m.         | 2:39:40.67 | Adrià GALIN PONS  | 93  | FC Barcelona    | 16/11/14 | Balmarche (FRA)          |
| 50000 m.m.          | 4:44:24.4  | Albert GALIN CALVO  | 52  | CM Mare Nostrum | 19/05/74 | Serrahima-BCN            |
| 20 Km.m.            | 1:9:25     | Valentí MASSANA GRACIA  | 70  | CN Barcelona    | 6/06/92  | La Coruña                |
| 50 Km.m.            | 4:27:17    | Adrià GALIN PONS  | 93  | FC Barcelona    | 8/03/15  | Arles (FRA)              |

### - ALTRES PROVES -

|             |           |                        |    |              |          |                       |
|-------------|-----------|------------------------|----|--------------|----------|-----------------------|
| 150         | 15.95     | Adrià BURRIEL GUERRERO | 92 | FC Barcelona | 12/04/14 | Sant Cugat del Vallès |
| 300         | 34.12     | Adrià BURRIEL GUERRERO | 92 | FC Barcelona | 12/04/14 | Sant Cugat del Vallès |
| 500         | 1:03.49   | Javier DELGADO OSORIO  | 96 | FC Barcelona | 1/04/17  | Manresa               |
| 200 t       | 22.8      | Juan LLOVERAS CALVET   | 55 | FC Barcelona | 29/07/76 | Serrahima-BCN         |
| 5 Km.m.     | 19:45.    | Valentí MASSANA GRACIA | 70 | CN Barcelona | 6/06/92  | A Coruña              |
| 10000 m.m.  | 40:14.17  | Valentí MASSANA GRACIA | 70 | CN Barcelona | 26/08/89 | Varazdyn (POL)        |
| 10 Km.m.    | 39:27.    | Valentí MASSANA GRACIA | 70 | CN Barcelona | 6/06/92  | A Coruña              |
| 1 Hora m.   | 14.367 m  | Valentí MASSANA GRACIA | 70 | CN Barcelona | 31/03/90 | El Prat de Llobregat  |
| 2 Hores m.  | 22.551 m. | Adrià GALIN PONS       | 93 | FC Barcelona | 16/11/14 | Balmarche (FRA)       |
| 35.000 m.m. | 3:05:21   | Adrià GALIN PONS       | 93 | FC Barcelona | 16/11/14 | Balmarche (FRA)       |

(\* ) Podran obtenir millor marca SUB-23. els atletes que tinguin 22 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 22 ANYS (\*). RÈCORDS SUB-23 (F)

| Prova             | Marca    | Atleta   | Any | Club               | Data     | Lloc                |
|-------------------|----------|--|-----|--------------------|----------|---------------------|
| 100               | 11.40    | Cristina LARA PEREZ  | 95  | FC Barcelona       | 22/07/17 | Serrahima-BCN       |
| 200               | 23.22    | Cristina LARA PEREZ  | 95  | FC Barcelona       | 17/06/17 | Ciudad Real         |
| 400               | 53.59    | Montserrat PUJOL CLUSELLAS   | 61  | JA Sabadell        | 17/06/78 | Sittard (HOL)       |
| 800               | 2:01.35  | Natalia RODRIGUEZ MARTINEZ   | 79  | Adidas R.T.        | 8/06/01  | Sevilla             |
| 1.000             | 2:44.22  | Jacqueline MARTIN ALVAREZ  | 74  | Reebok R.C.        | 23/08/96 | Brusel.les (BEL)    |
| 1.500             | 4:04.24  | Natalia RODRIGUEZ MARTINEZ   | 79  | CD Nike Int.       | 5/08/00  | Hechtel (GER)       |
| 1 Milla           |          |  |     |                    |          |                     |
| 3.000             | 9:10.9   | Carme VALERO OMEDES  | 55  | JA Sabadell        | 16/07/77 | Stuttgart (GER)     |
| 5.000             | 16:11.67 | Judit PLA ROIG   | 78  | Transportes T2     | 31/07/99 | Goteborg (SWE)      |
| 10.000            | 34:01.25 | Merixell CALDUCH PRAT  | 78  | CA Manresa         | 8/07/00  | Barakaldo           |
| 100 t. (0.84)     | 13.62    | Maria VICENTE GARCIA   | 01  | CD Nike Running    | 25/05/19 | Götzis (AUT)        |
| 400 t. (0.762)    | 56.11    | Eva PANIAGUA VELA  | 74  | FC Barcelona       | 10/07/96 | Sierra Nevada       |
| 3.000 o. (0.762)  | 10:45.40 | Anna QUILEZ RIBERA   | 94  | CA Lloret-La Selva | 2/07/13  | Mataró              |
| Alçada            | 1.85     | Claudia GARCIA JOU   | 92  | FC Barcelona       | 24/07/11 | Tallin (EST)        |
| 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.)       | 16.25    | Irache QUINTANAL FRANCO  | 78  | FC Barcelona       | 1/07/00  | L'Hospitalet        |
| Disc (1 Kg.)      | 55.94    | Andrea ALARCON SANCHEZ   | 94  | AA Catalunya       | 21/05/16 | Castellón           |
| Javelina (600 g.) | 51.70    | Marta ALONSO COY   | 84  | FC Barcelona       | 6/07/05  | Jaén                |
| Martell (4 Kg.)   | 68.87    | Berta CASTELLS FRANCO  | 84  | UD Torredembarra   | 5/06/04  | Sevilla             |
| Heptatló          | 6.115 p  | Maria VICENTE GARCIA   | 01  | CD Nike Running    | 19/07/19 | Borås (SWE)         |
|                   |          | 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29                        |     |                    |          |                     |
| Decatló           | 5.384    | Marta MIRO MANERO  | 86  | AAC-UBAE           | 22/10/06 | Castelló            |
|                   |          | 100 - Disc - Perxa - Javelina - 400 / 100 t - Llargada - Pes - Alçada - 1500<br>13.21 - 25.39 - 2.30 - 35.01 - 1:04.90 / 16.78 - 5.01 - 10.12 - 1.60 - 6:12.03 |     |                    |          |                     |
| 4 x 100 (Club)    | 45.17    | M.Tovar(COR)-M.Vicente-S.Gallego-A.Obradors  |     | ISS-L'HOSPITALET   | 22/07/18 | Getafe              |
| 4 x 100 (Cat)     | 46.64    | P.Raul-L.Solà -M.Clemente-M.Riera  |     | AVINENT MANRESA    | 16/06/18 | Valladolid          |
| 10000 m.m.        | 44:43.23 | Maria VASCO GALLARDO   | 75  | CN Barcelona       | 19/07/97 | Salamanca           |
| 10 Km.m.          | 43:21    | Encarna GRANADOS AGUILERA  | 72  | GEIE Gironí        | 14/08/93 | Stuttgart (GER)     |
| 20000 m.m.        |          |  |     |                    |          |                     |
| 20 Km.m.          | 1:30:22  | Beatriz PASCUAL RODRIGUEZ  | 82  | JA Sabadell        | 2/05/04  | Naumburg (GER)      |

### - ALTRES PROVES -

|           |          |                             |    |                |          |                       |
|-----------|----------|-----------------------------|----|----------------|----------|-----------------------|
| 150       | 17.81    | Cristina LARA PEREZ         | 95 | FC Barcelona   | 17/04/16 | Sant Cugat del Vallès |
| 300       | 38.86    | Eva MARTIN ESTEVEZ          | 85 | FC Barcelona   | 26/05/07 | L'Hospitalet          |
| 500       | 1:13.72  | Zoya NAUMOV CORBERA         | 95 | AA Catalunya   | 3/05/15  | Sant Cugat del Vallès |
| 3000 m.m. | 12:42.72 | Maria VASCO GALLARDO        | 75 | Transportes T2 | 6/12/97  | Torreveija            |
| 5000 m.m. | 21:36.22 | Maria VASCO GALLARDO        | 75 | CN Barcelona   | 26/07/97 | Alacant               |
| 5 Km.m.   | 21:25.   | Maria Reyes SOBRINO JIMENEZ | 67 | CN Barcelona   | 16/05/87 | La Coruña             |

(\*). Podran obtenir millor marca SUB-23 les atletes que tinguin 22 anys o menys el 31 de desembre de l'any de la competició.



### MILLORS MARQUES DE CATALUNYA FINS 21 ANYS (M)

| Prova   | Marca     | Atleta                        | Any | Club           | Data     | Lloc                     |
|---|-----------|-------------------------------|-----|----------------|----------|--------------------------|
| 100   | 10.32     | Josep ILLAN BLANCO            | 77  | CD Nike Int.   | 11/06/97 | Can Dragó-BCN            |
| 200   | 20.49     | Pol RETAMAL AVILA             | 99  | FC Barcelona   | 17/08/19 | Santa Coloma de Gramanet |
| 400   | 45.20     | David CANAL VALERO            | 78  | Adidas RT      | 19/08/98 | Budapest (HUN)           |
| 800   | 1:46.90   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT      | 29/05/96 | Granada                  |
| 1.000   | 2:19.34   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT      | 25/08/95 | Brusel.les (BEL)         |
| 1.500   | 3:33.40   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT      | 13/08/97 | Zurich (SUI)             |
| 1 Milla   | 3:55.90   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT      | 4/07/97  | Oslo (NOR)               |
| 2.000   | 5:02.60   | Teófilo BENITO PADILLA        | 66  | CN Reus-Ploms  | 24/05/86 | Sevilla                  |
| 3.000   | 7:39.80   | Yusef EL NASRI SERHANI        | 79  | Reebok RC      | 28/05/99 | Sevilla                  |
| 5.000   | 13:07.59  | Yusef EL NASRI SERHANI        | 79  | Reebok RC      | 5/08/00  | Hechtel (HOL)            |
| 10.000  | 29:01.6   | Ignacio CACERES LLORCA        | 76  | FC Barcelona   | 22/03/97 | Universitària-BCN        |
| 110 t. (1.067)  | 13.72     | Antoni LANAU MARTI            | 66  | CG Barcelonès  | 16/08/87 | Serrahima-BCN            |
| 400 t (0.914)   | 50.27     | Javier DELGADO OSORIO         | 96  | FC Barcelona   | 26/06/16 | Toledo                   |
| 3.000 o. (0.914)  | 8:18.03   | Abdelaziz MERZOUGUI NOURDINNE | 91  | FC Barcelona   | 7/06/12  | Huelva                   |
| Alçada  | 2.25      | Gustavo A. BECKER LASSO       | 66  | FC Barcelona   | 20/09/86 | Ordizia                  |
| Perxa   | 5.70      | Daniel MARTI LLUCH            | 73  | Larios AAM     | 18/06/94 | Lisboa (POR)             |
| Llargada  | 8.23      | Antonio CORGOS CERVANTES      | 60  | FC Barcelona   | 24/08/80 | Madrid                   |
| Triple  | 16.58     | Eduardo PEREZ NEILA           | 78  | Larios AAM     | 9/08/98  | Hagenau (FRA)            |
| Pes (7.260 Kg.)   | 18.12     | Carles GERONES SIERRA         | 75  | FC Barcelona   | 20/07/96 | Santiago                 |
| Disc (2 Kg.)  | 56.64     | José L. VALENCIA GIL          | 74  | FC Barcelona   | 25/07/95 | Madrid                   |
| Javelina (800 g.)   | 72.20     | Marc PERALTA FERNANDEZ        | 80  | CA Laietània   | 11/03/01 | Serrahima-BCN            |
| Martell (7.260 Kg.)   | 73.65     | Moisès CAMPENY BRUGUE         | 79  | Transportes T2 | 21/03/99 | Palafugell               |
| Decatló   | 7.621 p   | Xavier BRUNET PAMIES          | 71  | CN Montjuic    | 18/07/92 | Sevilla                  |
| 100 - Llargada - Pes - Alçada - 400 / 110 t - Disc - Perxa - Javelina - 1.500<br>11.18 - 7.03 - 11.80 - 2.14 - 48.13 / 14.72 - 34.76 - 4.40 - 54.90 - 4:34.85 |           |                               |     |                |          |                          |
| 20000 m.m.  | 1:25:37.8 | Valentí MASSANA GRACIA        | 70  | CN Barcelona   | 14/09/90 | Manaos (BRA)             |
| 20 Km.m.  | 1:20:29.  | Valentí MASSANA GRACIA        | 70  | CN Barcelona   | 24/08/91 | Tokyo (JPN)              |
| 50 Km.m.  | 4:30:34   | Andrés MARIN LEBRERO          | 61  | UGD Badalona   | 22/03/81 | Madrid                   |

### MILLORS MARQUES DE CATALUNYA FINS 21 ANYS (F)

| Prova  | Marca    | Atleta                     | Any | Club               | Data     | Lloc                |
|--|----------|----------------------------|-----|--------------------|----------|---------------------|
| 100  | 11.43    | Jaël BESTUE FERRERA        | 00  | FC Barcelona       | 18/07/19 | Borås (SWE)         |
| 200  | 23.31    | Jaël BESTUE FERRERA        | 00  | FC Barcelona       | 22/07/18 | Getafe              |
| 400  | 53.59    | Montserrat PUJOL CLUSELLAS | 61  | JA Sabadell        | 17/06/78 | Sittard (HOL)       |
| 800  | 2:01.66  | Natalia RODRIGUEZ MARTINEZ | 79  | CD Nike Int.       | 28/05/99 | Sevilla             |
| 1.000  | 2:53.40  | Montse FONTARNAU ROVIRA    | 69  | CA Vic             | 3/09/88  | Andorra             |
| 1.500  | 4:04.24  | Natalia RODRIGUEZ MARTINEZ | 79  | CD Nike Int.       | 5/08/00  | Hechtel (GER)       |
| 1 Milla  |          |                            |     |                    |          |                     |
| 3.000  | 9:14.71  | Rosa Ma. MORATO RODRIGUEZ  | 79  | JA Sabadell        | 8/07/00  | Barakaldo           |
| 5.000  | 16:11.67 | Judit PLA ROIG             | 78  | Transportes T2     | 31/07/99 | Goteborg (SWE)      |
| 10.000   | 35:30.6  | Meritxell CALDUCH PRAT     | 78  | CA Manresa         | 27/03/99 | Gavà                |
| 100 t. (0.84)  | 13.62    | Maria VICENTE GARCIA       | 01  | CD Nike Running    | 25/05/19 | Götztis (AUT)       |
| 400 t. (0.762)   | 57.11    | Sara GALLEGRO SOTELO       | 00  | ISS-L'Hospitalet   | 13/07/18 | Tampere (FIN)       |
| 3.000 o. (0.762)   | 10:45.40 | Anna QUILEZ RIBERA         | 94  | CA Lloret-La Selva | 2/07/13  | Mataró              |
| Alçada   | 1.85     | Claudia GARCIA JOU         | 92  | FC Barcelona       | 24/07/11 | Tallin (EST)        |
| Perxa  | 4.21     | Anna Maria PINERO ORTIZ    | 86  | FC Barcelona       | 1/07/07  | Ciudad Real         |
| 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.)  | 16.21    | Irache QUINTANAL FRANCO    | 78  | FC Barcelona       | 11/07/99 | Torremolinos        |
| Disc (1 Kg.)   | 54.67    | Irache QUINTANAL FRANCO    | 78  | FC Barcelona       | 19/06/99 | Can Dragó-BCN       |
| Javelina (600 g.)  | 51.70    | Marta ALONSO COY           | 84  | FC Barcelona       | 6/07/05  | Jaén                |
| Martell (4 Kg.)  | 68.87    | Berta CASTELLS FRANCO      | 84  | UD Torredembarra   | 5/06/04  | Sevilla             |
| Heptatló   | 6.115 p  | Maria VICENTE GARCIA       | 01  | CD Nike Running    | 19/07/19 | Borås (SWE)         |
| 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29                        |          |                            |     |                    |          |                     |
| Decatló  | 5.384    | Marta MIRO MANERO          | 86  | AAC-UBAE           | 22/10/06 | Castelló            |
| 100 - Disc - Perxa - Javelina - 400 / 100 t - Llargada - Pes - Alçada - 1500<br>13.21 - 25.39 - 2.30 - 35.01 - 1:04.90 / 16.78 - 5.01 - 10.12 - 1.60 - 6:12.03 |          |                            |     |                    |          |                     |
| 10000 m.m.   | 44:51.60 | Maria VASCO GALLARDO       | 75  | CN Barcelona       | 28/06/75 | Màlaga              |
| 10 Km.m.   | 43:21    | Encarna GRANADOS AGUILERA  | 72  | GEiE Gironí        | 14/08/93 | Stuttgart (GER)     |
| 20000 m.m.   |          |                            |     |                    |          |                     |
| 20 Km.m.   | 1:31:31  | Beatriz PASCUAL RODRIGUEZ  | 82  | JA Sabadell        | 16/02/03 | Ourense             |

### MILLORS MARQUES DE CATALUNYA FINS 20 ANYS (M)

| Prova   | Marca     | Atleta                        | Any | Club                | Data     | Lloc                     |
|---|-----------|-------------------------------|-----|---------------------|----------|--------------------------|
| 100   | 10.32     | Josep ILLAN BLANCO            | 77  | CD Nike Int.        | 11/06/97 | Can Dragó-BCN            |
| 200   | 20.49     | Pol RETAMAL AVILA             | 99  | FC Barcelona        | 17/08/19 | Santa Coloma de Gramanet |
| 400   | 45.20     | David CANAL VALERO            | 78  | Adidas RT           | 19/08/98 | Budapest (HUN)           |
| 800   | 1:46.90   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT           | 29/05/96 | Granada                  |
| 1.000   | 2:19.34   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT           | 25/08/95 | Brusel·les (BEL)         |
| 1.500   | 3:34.86   | Reyes ESTEVEZ LOPEZ           | 76  | Adidas RT           | 8/07/96  | Estocolm (SWE)           |
| 2.000   | 5:02.60   | Teófilo BENITO PADILLA        | 66  | CN Reus-Ploms       | 24/05/86 | Sevilla                  |
| 3.000   | 7:39.80   | Yusef EL NASRI SERHANI        | 79  | Reebok RC           | 28/05/99 | Sevilla                  |
| 5.000   | 13:23.46  | Yusef EL NASRI SERHANI        | 79  | Reebok RC           | 13/06/99 | Villeneuve d'Ascq (FRA)  |
| 10.000  | 29:35.2   | José RIOS ORTEGA              | 74  | GD Soliss           | 19/03/94 | Mataró                   |
| 110 t. (1.067)  | 13.84     | Carles SALA MORERA            | 60  | FC Barcelona        | 9/06/80  | Madrid                   |
| 400 t (0.914)   | 50.27     | Javier DELGADO OSORIO         | 96  | FC Barcelona        | 26/06/16 | Toledo                   |
| 3.000 o. (0.914)  | 8:22.00   | Abdelaziz MERZOUGUI NOURDINNE | 91  | Camargo-Sigaltec JH | 2/06/11  | Huelva                   |
| Alçada  | 2.25      | Gustavo A. BECKER LASSO       | 66  | FC Barcelona        | 20/09/86 | Ordizia                  |
| Perxa   | 5.65      | Daniel MARTI LLUCH            | 73  | Larios AAM          | 17/08/93 | Stuttgart (GER)          |
| Llargada  | 8.23      | Antonio CORGOS CERVANTES      | 60  | FC Barcelona        | 24/08/80 | Madrid                   |
| Triple  | 16.58     | Eduardo PEREZ NEILA           | 78  | Larios AAM          | 9/08/98  | Hagenau (FRA)            |
| Pes (7.260 Kg.)   | 17.07     | Carles GERONES SIERRA         | 75  | FC Barcelona        | 22/10/95 | Sabadell                 |
| Disc (2 Kg.)  | 53.96     | José Luis VALENCIA GIL        | 74  | FC Barcelona        | 26/06/93 | Can Dragó-BCN            |
| Javelina (800 g.)   | 67.53     | Marc PERALTA FERNANDEZ        | 80  | CA Laietània        | 22/07/00 | Mataró                   |
| Martell (7.260 Kg.)   | 73.65     | Moisès CAMPENY BRUGUE         | 79  | Transportes T2      | 21/03/99 | Palafugell               |
| Decatló   | 7.396 p   | Marc MAGRANS DE ABRILL        | 76  | GEIE Gironí         | 14/07/96 | S.Sebastián Reyes        |
| 100 - Llargada - Pes - Alçada - 400 / 110 t - Disc - Perxa - Javelina - 1.500 |           |                               |     |                     |          |                          |
| 11.14 - 7.11 - 12.55 - 1.89 - 49.42 / 15.18 - 34.88 - 4.60 - 52.92 - 4:32.60  |           |                               |     |                     |          |                          |
| 20000 m.m.  | 1:25:37.8 | Valentí MASSANA GRACIA        | 70  | CN Barcelona        | 14/09/90 | Manaos (BRA)             |
| 20 Km.m.  | 1:22:33   | Valentí MASSANA GRACIA        | 70  | CN Barcelona        | 16/06/90 | Grassau (GER)            |
| 50 Km.m.  | 4:30:34   | Andrés MARIN LEBRERO          | 61  | UGD Badalona        | 22/03/81 | Madrid                   |

### MILLORS MARQUES DE CATALUNYA FINS 20 ANYS (F)

| Prova  | Marca    | Atleta                      | Any | Club                | Data     | Lloc                |
|--|----------|-----------------------------|-----|---------------------|----------|---------------------|
| 100  | 11.43    | Jaël BESTUE FERRERA         | 00  | FC Barcelona        | 18/07/19 | Borås (SWE)         |
| 200  | 23.31    | Jaël BESTUE FERRERA         | 00  | FC Barcelona        | 22/07/18 | Getafe              |
| 400  | 53.59    | Montserrat PUJOL CLUSELLAS  | 61  | JA Sabadell         | 17/06/78 | Sittard (HOL)       |
| 800  | 2:01.66  | Natalia RODRIGUEZ MARTINEZ  | 79  | CD Nike Int.        | 28/05/99 | Sevilla             |
| 1.000  | 2:53.40  | Montse FONTARNAU ROVIRA     | 69  | CA Vic              | 3/09/88  | Andorra             |
| 1.500  | 4:10.65  | Natalia RODRIGUEZ MARTINEZ  | 79  | CD Nike Int.        | 31/07/99 | Goteborg (SWE)      |
| 1 Milla  |          |                             |     |                     |          |                     |
| 3.000  | 9:19.2   | Carme VALERO OMEDES         | 55  | JA Sabadell         | 7/08/74  | Viareggio (ITA)     |
| 5.000  | 16:27.31 | Judit PLA ROIG              | 78  | Transportes T2      | 1/07/98  | Barakaldo           |
| 10.000   | 35:47.0  | Silvia FERNANDEZ CARRION    | 78  | CA Laietània        | 21/03/98 | Universitària-BCN   |
| 100 t. (0.84)  | 13.62    | Maria VICENTE GARCIA        | 01  | CD Nike Running     | 25/05/19 | Götzis (AUT)        |
| 400 t. (0.762)   | 57.11    | Sara GALLEGRO SOTELO        | 00  | ISS-L'Hospitalet    | 13/07/18 | Tampere (FIN)       |
| 3.000 o. (0.762)   | 10:45.40 | Anna QUILEZ RIBERA          | 94  | CA Lloret-La Selva  | 2/07/13  | Mataró              |
| Alçada   | 1.85     | Claudia GARCIA JOU          | 92  | FC Barcelona        | 24/07/11 | Tallin (EST)        |
| Perxa  | 4.15     | Anna Maria PINERO ORTIZ     | 86  | AA Catalunya-UBAE   | 10/06/06 | Estadi Olímpic-BCN  |
|  | 4.15     | Meritxell BENITO VILLARRASO | 99  | Playas de Castellón | 29/06/18 | València            |
| 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.)  | 15.98    | Irache QUINTANAL FRANCO     | 78  | Transportes T2      | 26/07/98 | Castelló            |
| Disc (1 Kg.)   | 53.94    | Sonia GODALL CASSI          | 68  | CG Barcelonés       | 1/05/88  | Serrahima-BCN       |
| Javelina (600 g.)  | 50.88    | Marta ALONSO COY            | 84  | Integra 2-L'H-CNB   | 19/07/03 | Almeria             |
| Martell (4 Kg.)  | 68.87    | Berta CASTELLS FRANCO       | 84  | UD Torredembarra    | 5/06/04  | Sevilla             |
| Heptatló   | 6.115 p  | Maria VICENTE GARCIA        | 01  | CD Nike Running     | 19/07/19 | Borås (SWE)         |
| 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800 |          |                             |     |                     |          |                     |
| 13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29                          |          |                             |     |                     |          |                     |
| Decatló  | 5.384    | Marta MIRO MANERO           | 86  | AAC-UBAE            | 22/10/06 | Castelló            |
| 100 - Disc - Perxa - Javelina - 400 / 100 t - Llargada - Pes - Alçada - 1500   |          |                             |     |                     |          |                     |
| 13.21 - 25.39 - 2.30 - 35.01 - 1:04.90 / 16.78 - 5.01 - 10.12 - 1.60 - 6:12.03 |          |                             |     |                     |          |                     |
| 10000 m.m.   | 45:53.00 | Mari Cruz DIAZ GARCIA       | 69  | CN Barcelona        | 16/08/89 | Serrahima-BCN       |
| 10 Km.m.   | 44:48    | Mari Cruz DIAZ GARCIA       | 69  | CN Barcelona        | 1/09/87  | Roma (ITA)          |
| 20000 m.m.   |          |                             |     |                     |          |                     |
| 20 Km.m.   | 1:34:38  | Vanessa ESPINOSA PEREZ      | 79  | FC Barcelona        | 31/07/99 | Goteborg (SWE)      |

## MILLORS MARQUES DE CATALUNYA FINS 19 ANYS (\*). RÈCORDS SUB-20 (M)

| Prova             | Marca     | Atleta  | Any | Club             | Data     | Lloc               |
|-------------------|-----------|---|-----|------------------|----------|--------------------|
| 100               | 10.45     | Arnau MONNE CANAL   | 00  | FC Barcelona     | 18/07/19 | Borås (SWE)        |
| 200               | 20.81     | Pol RETAMAL AVILA   | 99  | FC Barcelona     | 12/07/18 | Tampere (FIN)      |
| 400               | 45.93     | David CANAL VALERO  | 78  | CN Poble Nou     | 6/07/97  | Valladolid         |
| 800               | 1:47.20   | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT        | 12/07/95 | Mataró             |
| 1.000             | 2:19.34   | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT        | 25/08/95 | Brusel.les (BEL)   |
| 1.500             | 3:35.51   | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT        | 16/08/95 | Zurich (GER)       |
| 1 Milla           | 3:55.90   | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT        | 27/08/95 | Londres            |
| 3.000             | 7:56.10   | Reyes ESTEVEZ LOPEZ   | 76  | Adidas RT        | 7/09/95  | Andújar            |
| * Nac. 3/7/98     | 7:54.69 * | Yussef EL NASRI SERHANI   | 79  | Adidas RT        | 30/05/98 | Sevilla            |
| 5.000             | 14:01.61  | Pere CASACUBERTA CAMPS  | 65  | CA Vic           | 1/07/84  | Serrahima-BCN      |
| * Nac. 3/7/98     | 13:41.7 * | Yussef EL NASRI SERHANI   | 79  | Adidas RT        | 28/03/98 | Tarragona          |
| 10.000            | 29:37.75  | Ricardo FERNANDEZ CARRION   | 74  | CAL-CNF          | 31/07/93 | San Sebastián      |
| 110 t. (1.00)     | 13.59     | Gerard Mateu PORRAS CANTONS   | 96  | FC Barcelona     | 27/06/15 | Mannheim (GER)     |
| 400 t. (0.914)    | 50.54     | Aleix PORRAS CANTONS  | 99  | FC Barcelona     | 22/07/18 | Getafe             |
| 3.000 o. (0.914)  | 8:33.29   | Abdelaziz MERZOUGUI NOURDINE  | 91  | CA Ascó          | 23/06/10 | Barakaldo          |
| Alçada            | 2.23      | Gustavo A. BECKER LASSO   | 66  | FC Barcelona     | 7/07/85  | Manresa            |
| Perxa             | 5.55      | Daniel MARTI LLUCH  | 73  | FC Barcelona     | 26/06/92 | Valencia           |
|                   | 5.55      | Didac SALAS PLANAS  | 93  | FC Barcelona     | 16/06/12 | Estadi Olímpic-BCN |
| Llargada          | 8.09      | Antonio CORGOS CERVANTES  | 60  | CE Universitari  | 16/06/79 | Brusel.les (BEL)   |
| Triple            | 16.36     | Eduard PEREZ NEILA  | 78  | CA Laietania     | 1/07/97  | Mataró             |
| Pes (6 Kg.)       | 17.28     | José Javier ORTEGA ROZALEN  | 89  | ISS-L'Hospitalet | 16/07/08 | Manresa            |
| Disc (1.75 Kg.)   | 56.54     | Aaron SOLA SANJUAN  | 99  | AA Catalunya     | 2/06/18  | Almada (POR)       |
| Javelina (800 g.) | 65.37     | Edgar RODRIGUEZ CARBONERO   | 90  | CA Laietània     | 3/05/09  | Mataró             |
| Martell (6 Kg.)   | 79.05     | Miguel Alberto BLANCO RODRIGUEZ   | 96  | FC Barcelona     | 17/07/15 | Eskilstuna (SWE)   |
| Decatló           | 7.027 p * | Marc MAGRANS DE ABRIL   | 76  | GEiE Gironí      | 2/07/95  | Castelló           |
|                   |           | 100 - LLargada - Pes (7.260 Kg.) - Alçada - 400 / 110 t (1.067) - Disc (2 Kg.) - Perxa - Javelina (800 gr.) - 1.500 |     |                  |          |                    |
|                   |           | 10.99 - 6.80 - 11.10 - 1.90 - 49.99 / 15.20 - 32.98 - 4.20 - 48.30 - 4:31.91  |     |                  |          |                    |
| Decatló           | 6.942     | Pol VILA VILASECA   | 99  | FC Barcelona     | 4/06/17  | Arona              |
|                   |           | 100 - LLargada - Pes (6 Kg.) - Alçada - 400 / 110 t (1.00) - Disc (1.750 Kg.) - Perxa - Javelina (800 gr.) - 1.500  |     |                  |          |                    |
|                   |           | 11.52 - 6.57 - 13.64 - 1.91 - 49.11 / 15.76 - 41.87 - 4.00 - 48.12 - 5:00.85  |     |                  |          |                    |
| 10000 m.m.        | 40:14.17  | Valentí MASSANA GRACIA  | 70  | CN Barcelona     | 26/08/89 | Varazdyn (POL)     |
| 10 Km.m.          | 40:23.    | Valentí MASSANA GRACIA  | 70  | CN Barcelona     | 3/06/89  | A Coruña           |
| 4 x 100 (S)       | 40.93     | R.Gómez-Aparicio-H.López-J.M.Rispa  |     | SEL. CATALANA    | 29/07/81 | Granollers         |
| 4 x 100 (Cat)     | 41.60     | M.Campillos-I.Martín-A.Valverde-B.Canet   |     | CORNELLÀ AT.     | 7/07/19  | Granollers         |
| 4 x 400 (S)       | 3:16.12   | Daniel-Rodríguez-López-Canal  |     | SEL. CATALANA    | 15/09/96 | Can Dragó-BCN      |
| 4 x 400 (C)       | 3:19.16   | R.Abel-A.Ramos-M.A.Jalón-M.S.Galofré  |     | AA CATALUNYA     | 15/07/15 | Serrahima-BCN      |

\* Prova realitzada amb un Pes de 7.260 Kg., amb una alçada de tanca de 1.067 i Disc de 2 Kg.

### - ALTRES PROVES -

|                     |           |  |    |               |            |                       |
|---------------------|-----------|--|----|---------------|------------|-----------------------|
| 150                 | 16.24     | Aleix PORRAS CANTONS                         | 99 | FC Barcelona  | 17/04/16   | Sant Cugat del Vallès |
| 300                 | 33.59     | David CANAL VALERO                           | 78 | CG Barcelonès | 17/08/96   | Sidney (AUS)          |
| 500                 | 1:04.36   | Miquel DOMENECH VILLOLDO                     | 97 | CA Gavà       | 2/04/16    | Manresa               |
| 200 t               | 23.5      | Juan LLOVERAS CALVET                         | 55 | PPCD Vilanova | 18/07/73   | Universitària-BCN     |
| 2000 o. (0.914)     | 5:35.9    | Jordi BELLO SARASA                           | 63 | CN Barcelona  | 14/07/82   | Serrahima-BCN         |
| Pes (7.260 Kg.)     | 17.02     | Carles GERONES SIERRA                        | 75 | FC Barcelona  | 9/07/94    | Sevilla               |
| Disc (2.00)         | 53.96     | José Luis VALENCIA GIL                       | 74 | FC Barcelona  | 26/06/93   | Can Dragó-BCN         |
| Martell (7.260 Kg.) | 69.01     | Miguel Alberto BLANCO RODRIGUEZ              | 96 | FC Barcelona  | 23/05/15   | Monzón                |
| 5000 m.m.           | 19:36.5   | Valentí MASSANA GRACIA                       | 70 | CN Barcelona  | 1/05/89    | Serrahima-BCN         |
| 5 Km.m.             | 20:20.    | Valentí MASSANA GRACIA                       | 70 | CN Barcelona  | 15/01/89   | Manresa               |
| 20000 m.m.          | 1:29:27.0 | Daniel PLAZA MONTERO                         | 66 | GCR La Seda   | 5/05/84    | Bergen (NOR)          |
| 20 Km.m.            | 1:25:09   | German NIETO MONTESINOS                      | 70 | Cornellà At.  | 7/02/88    | Llinars               |
| 50000 m.m.          | 5:04:27.8 | Josep ORRIOLS VERGES                         | 50 | JA Sabadell   | 21/12/69   | Serrahima-BCN         |
| 4 x 800 (S)         |           |  |    |               |            |                       |
| 4 x 800 (C)         | 7:42.9    | F.J.Munuera-M.A.Rodríguez-J.B.Serrano-D.Roca |    | Sport Canet   | 15/06/1991 | Serrahima-BCN         |

(\*) Podran obtenir millor marca SUB-20. els atletes que tinguin 19 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 19 ANYS (\*). RÈCORDS SUB-20 (F)

| Prova             | Marca    | Atleta  | Any | Club                | Data     | Lloc                |
|-------------------|----------|---|-----|---------------------|----------|---------------------|
| 100               | 11.43    | Jaël BESTUE FERRERA   | 00  | FC Barcelona        | 18/07/19 | Borás (SWE)         |
| 200               | 23.31    | Jaël BESTUE FERRERA   | 00  | FC Barcelona        | 22/07/18 | Getafe              |
| 400               | 53.59    | Montserrat PUJOL CLUSELLAS  | 61  | JA Sabadell         | 17/06/78 | Sittard (HOL)       |
| 800               | 2:02.78  | Natalia RODRIGUEZ MARTINEZ  | 79  | CD Nike Int.        | 1/07/98  | Barakaldo           |
| 1.000             | 2:53.40  | Montse FONTARNAU ROVIRA   | 69  | CA Vic              | 3/09/88  | Andorra             |
| 1.500             | 4:11.61  | Carme VALERO OMEDES   | 55  | JA Sabadell         | 8/09/74  | Roma (ITA)          |
| 1 Milla           |          |   |     |                     |          |                     |
| 3.000             | 9:19.2   | Carme VALERO OMEDES   | 55  | JA Sabadell         | 7/08/74  | Viareggio (ITA)     |
| 5.000             | 16:33.33 | Judit PLA ROIG  | 78  | CN Barcelona        | 5/04/97  | Barakaldo           |
| 10.000            | 36:25.3  | Silvia FERNANDEZ CARRION  | 78  | CA Laietania        | 23/03/96 | Universitària-BCN   |
| 100 t. (0.84)     | 13.62    | Maria VICENTE GARCIA  | 01  | CD Nike Running     | 25/05/19 | Götzis (AUT)        |
| 400 t. (0.762)    | 57.11    | Sara GALLEGRO SOTELO  | 00  | ISS-L'Hospitalet    | 13/07/18 | Tampere (FIN)       |
| 3.000 o. (0.762)  | 10:45.40 | Anna QUILEZ RIBERA  | 94  | CA Lloret-La Selva  | 2/07/13  | Mataró              |
| Alçada            | 1.85     | Claudia GARCIA JOU  | 92  | FC Barcelona        | 24/07/11 | Tallin (EST)        |
| Perxa             | 4.15     | Meritxell BENITO VILLARRASO   | 99  | Playas de Castellón | 29/06/18 | València            |
| 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.)       | 15.09    | Irache QUINTANAL FRANCO   | 78  | CN Reus Ploms       | 24/07/97 | Ljubljana (SLO)     |
| Disc (1 Kg.)      | 51.82    | Olga RIERA GARCIA   | 71  | CA Sant Celoni      | 28/07/90 | Dole (FRA)          |
| Javelina (600 g.) | 50.88    | Marta ALONSO COY  | 84  | Integra 2-L'H-CNB   | 19/07/03 | Almeria             |
| Martell (4 Kg.)   | 65.70    | Berta CASTELLS FRANCO   | 84  | AA Catalunya-UBAE   | 31/05/03 | Can Dragó-BCN       |
| Heptatló          | 6.115 p  | Maria VICENTE GARCIA  | 01  | CD Nike Running     | 19/07/19 | Borás (SWE)         |
|                   |          | 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800<br>13.68 - 1.72 - 11.96 - 23.76 / 6.25 - 44.19 - 2:16.29 |     |                     |          |                     |
| Decatló           |          | 100 - Disc (1 Kg.) - Perxa - Javelina (600 g.) - 400 / 100 t (0.84) - Llargada - Pes (4 Kg.) - Alçada - 1500                            |     |                     |          |                     |
| 10000 m.m.        | 46:06.80 | Beatriz PASCUAL RODRIGUEZ   | 82  | JA Sabadell         | 2/09/00  | Estadi Olímpic-BCN  |
| 10 Km.m.          | 44:48.   | Mari Cruz DIAZ GARCIA   | 69  | CN Barcelona        | 1/09/87  | Roma (ITA)          |
| 4 x 100 (S)       | 47.27    | E.Martín-M.Rocafiguera-P.Martínez-S.Riba  |     | SEL. CATALANA       | 19/06/04 | Isernia (ITA)       |
| 4 x 100 (C)       | 47.12    | J.Devers-L.Solà-M.Tarrago-M.Riera   |     | AVINENT MANRESA     | 24/06/18 | Gijón               |
| 4 x 400 (S)       | 3:52.16  | A.Fuentes-C.Garcia-S.Rodríguez-A.Benaiges   |     | SEL. CATALANA       | 18/07/04 | Madrid              |
| 4 x 400 (C)       | 3:57.76  | S.Gallego-I.Rubio-J.Garcia-C.Español  |     | ISS-L'HOSPITALET    | 12/05/18 | Serrahima-BCN       |

### - ALTRES PROVES -

|                  |          |                         |    |                   |          |                       |
|------------------|----------|-------------------------|----|-------------------|----------|-----------------------|
| 150              | 17.94    | Cristina LARA PEREZ     | 95 | FC Barcelona      | 12/04/14 | Sant Cugat del Vallès |
| 300              | 39.76    | Monica MARIN DURAN      | 76 | J.A.Sabadell      | 8/06/91  | Serrahima-BCN         |
| 500              | 1:14.27  | Núria TIO PEIG          | 95 | Avinent Manresa   | 10/05/14 | Mar Bella-BCN         |
| 2.000 o. (0.762) | 7:17.36  | Mireia IZAGUIRRE LUENGO | 84 | Integra 2-L'H-CNB | 13/07/03 | La Coruña             |
| 5000 m.m.        | 21:36.92 | Mari Cruz DIAZ GARCIA   | 69 | CN Barcelona      | 7/08/87  | Birmingham (GBR)      |
| 5 Km.m.          | 22:00    | Maria VASCO GALLARDO    | 75 | CN Barcelona      | 12/06/94 | Livorno (ITA)         |
| 4 x 800 (S)      |          |                         |    |                   |          |                       |
| 4 x 800 (C)      |          |                         |    |                   |          |                       |

(\* Podran obtenir millor marca SUB-20 les atletes que tinguin 19 anys o menys el 31 de desembre de l'any de la competició.

### MILLORS MARQUES DE CATALUNYA FINS 18 ANYS (M)

| Prova             | Marca    | Atleta   | Any | Club            | Data     | Lloc               |
|-------------------|----------|--|-----|-----------------|----------|--------------------|
| 100               | 10.46    | Eduard VILES FARRENY   | 91  | CA Igualada     | 23/05/09 | Benicarló          |
| 200               | 21.00    | Pol RETAMAL AVILA  | 99  | FC Barcelona    | 28/06/17 | Serrahima-BCN      |
| 400               | 46.58    | David CANAL VALERO   | 78  | CG Barcelonès   | 20/07/96 | Estadi Olímpic-BCN |
| 800               | 1:47.66  | Reyes ESTEVEZ LOPEZ  | 76  | Cornellà At.    | 3/08/94  | Mataró             |
| 1.000             | 2:20.25  | Reyes ESTEVEZ LOPEZ  | 76  | Cornellà At.    | 17/08/94 | Zurich (SUI)       |
| 1.500             | 3:39.28  | Reyes ESTEVEZ LOPEZ  | 76  | Cornellà At.    | 19/08/94 | Brusel·les (BEL)   |
| 1 Milla           |          |  |     |                 |          |                    |
| 5.000             | 14:18.31 | Fco. Javier CORTES HUETE   | 71  | Nike AC         | 27/08/89 | Varazdyn (POL)     |
| 10.000            | 30:05.7  | Xavier CABALLERO NOI   | 72  | Nike AC         | 9/06/90  | Serrahima-BCN      |
| 110 t. (1.00)     | 13.88    | Gerard Mateu PORRAS CANTONS  | 96  | FC Barcelona    | 6/07/14  | Castelló           |
| 400 t. (0.914)    | 51.35    | Aleix PORRAS CANTONS   | 99  | FC Barcelona    | 29/04/17 | Serrahima-BCN      |
| 3.000 o. (0.914)  | 8:41.03  | Fco. Javier MUNUERA DIAZ   | 72  | Nike AC         | 12/08/90 | Plovdiv (BUL)      |
| Alçada            | 2.21     | Jordi ROFES MOLINER  | 76  | CN Reus Ploms   | 8/07/93  | Valkenswaard (HOL) |
| Perxa             | 5.40     | Gabriel MARTINEZ PONS  | 77  | CA Laietania    | 12/07/95 | Mataró             |
| Llargada          | 8.05     | Antonio CORGOS CERVANTES   | 60  | CE Universitari | 11/06/78 | Bydgoszcz (POL)    |
| Triple            | 15.73    | Eduard PEREZ NEILA   | 78  | CA Laietania    | 20/07/96 | Estadi Olímpic-BCN |
| Pes (6.00 Kg.)    | 17.15    | Carles GERONES SIERRA  | 75  | CA Palafrugell  | 14/06/92 | Vitoria            |
| Disc (1.75 Kg.)   | 51.62    | Iván TIRADO CHAVES   | 77  | CA Laietania    | 12/06/94 | L'Hospitalet       |
| Javelina (800 g.) | 62.09    | Marc ALIQUÉ GARCIA   | 96  | AA Catalunya    | 12/07/14 | Serrahima-BCN      |
| Martell (6 Kg.)   | 74.94    | Miguel Alberto BLANCO RODRIGUEZ  | 96  | FC Barcelona    | 17/07/14 | Manresa            |
| Decatló           | 6.942    | Pol VILA VILASECA  | 99  | FC Barcelona    | 4/06/17  | Arona              |
|                   |          | 100 - Llargada - Pes (6 Kg.) - Alçada - 400 / 110 t (1.00) - Disc (1,750 Kg.) - Perxa - Javelina (800 gr.) - 1.500 |     |                 |          |                    |
|                   |          | 11.52 - 6.57 - 13.64 - 1.91 - 49.11 / 15.76 - 41.87 - 4.00 - 48.12 - 5:00.85                                       |     |                 |          |                    |
| 10000 m.m.        |          | Valentí MASSANA GRACIA   | 70  | CN Barcelona    | 7/08/87  | Birmingham (GBR)   |
| 10 Km.m.          | 41:02    | Valentí MASSANA GRACIA   | 70  | CN Barcelona    | 24/04/88 | L'Hospitalet       |

### MILLORS MARQUES DE CATALUNYA FINS 18 ANYS (F)

| Prova             | Marca    | Atleta   | Any | Club                | Data     | Lloc                |
|-------------------|----------|--|-----|---------------------|----------|---------------------|
| 100               | 11.70    | Jael BESTUE FERRERA  | 00  | CM Sant Cugat       | 17/06/17 | Ciudad Real         |
| 200               | 23.47    | Jaël BESTUE FERRERA  | 00  | FC Barcelona        | 24/06/18 | Murcia              |
| 400               | 53.59    | Montserrat PUJOL CLUSELLAS   | 61  | JA Sabadell         | 17/06/78 | Sittard (HOL)       |
| 800               | 2:04.15  | Natalia RODRIGUEZ MARTINEZ   | 79  | CD Nike Int.        | 27/06/97 | Maia (POR)          |
| 1.500             | 4:17.28  | Natalia RODRIGUEZ MARTINEZ   | 79  | CD Nike Int.        | 11/06/97 | Can Dragó-BCN       |
| 3.000             | 9:20.44  | Agata NOGUE BORI   | 70  | CA Vic              | 17/07/86 | Atenas (GRE)        |
| 5.000             | 16:49.13 | Rosa Ma.MORATO RODRIGUEZ   | 79  | JA Sabadell         | 5/04/97  | Barakaldo           |
| 10.000            | 36:25.3  | Silvia FERNANDEZ CARRION   | 78  | CA Laietania        | 23/03/96 | Universit ria-BCN   |
| 100 t. (0.84)     | 13.62    | Maria VICENTE GARCIA   | 01  | CD Nike Running     | 25/05/19 | G tzis (AUT)        |
| 400 t. (0.762)    | 57.18    | Sara GALLEGO SOTELO  | 00  | ISS-L'Hospitalet    | 12/07/18 | Tampere (FIN)       |
| 3.000 o. (0.762)  | 10:47.42 | Anna QUILEZ RIBERA   | 94  | CA Lloret-La Selva  | 10/07/12 | Estadi Ol mpic-BCN  |
| Alçada            | 1.80     | Claudia GARCIA JOU   | 92  | FC Barcelona        | 1/08/09  | Estadi Ol mpic-BCN  |
| Perxa             | 4.10     | Meritxell BENITO VILLARRASO  | 99  | Playas de Castell n | 10/06/17 | Castell             |
| 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  | Gy r (HUN)          |
| Pes (4 Kg.)       | 14.58    | Irache QUINTANAL FRANCO  | 78  | CN Reus Ploms       | 6/07/96  | Andorra             |
| Disc (1 Kg.)      | 51.60    | Olga RIERA GARCIA  | 71  | CA Sant Celoni      | 26/05/89 | Jaen                |
| Javelina (600 g.) | 50.46    | Marta ALONSO COY   | 84  | Integra 2-L'H-CNB   | 12/06/02 | Set bal (POR)       |
| Martell (4 Kg.)   | 64.99    | Berta CASTELLS FRANCO  | 84  | AAC-UBAE            | 4/09/02  | Can Drag -BCN       |
| Heptatl           | 5.900 p  | Maria VICENTE GARCIA   | 01  | CD Nike Running     | 26/05/19 | G tzis (AUT)        |
|                   |          | 100 t (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800 |     |                     |          |                     |
|                   |          | 13.62 - 1.71 - 11.60 - 24.06 / 6.31 - 39.66 - 2:22.99                          |     |                     |          |                     |
| Decatl            |          | 100 - Disc - Perxa - Javelina - 400 - 100 t - Llargada - Pes - Alçada - 1500   |     |                     |          |                     |
| 10000 m.m.        | 46:06.80 | Beatriz PASCUAL RODRIGUEZ  | 82  | JA Sabadell         | 2/09/00  | Estadi Ol mpic-BCN  |
| 10 Km.m.          | 44:48    | Mari Cruz DIAZ GARCIA  | 69  | CN Barcelona        | 1/09/87  | Roma (ITA)          |

## MILLORS MARQUES DE CATALUNYA FINS 17 ANYS (\*). RÈCORDS SUB-18 (M)

| Prova                                | Marca    | Atleta   | Any | Club              | Data     | Lloc                  |
|--------------------------------------|----------|--|-----|-------------------|----------|-----------------------|
| 100                                  | 10.66    | Pol RETAMAL AVILA  | 99  | Simply-Scorpio-71 | 1/06/16  | Serrahima-BCN         |
| 200                                  | 21.15    | Pol RETAMAL AVILA  | 99  | Simply-Scorpio 71 | 15/06/16 | Serrahima-BCN         |
| 400                                  | 47.50    | Bernat ERTA MAJO   | 01  | FC Barcelona      | 7/07/18  | Győr (HUN)            |
| 800                                  | 1:48.46  | Teófilo BENITO PADILLA   | 66  | CN Reus-Ploms     | 22/06/83 | Madrid                |
| 1.500                                | 3:42.36  | Reyes ESTEVEZ LOPEZ  | 76  | Cornellà At.      | 19/06/93 | Toledo                |
| 3.000                                | 8:09.99  | Jordi TORRENTS TEIXIDOR  | 97  | JA Sabadell       | 24/08/14 | Nanjing (CHN)         |
| 5.000                                | 14:33.70 | Xavier CABALLERO NOY   | 72  | Nike AC           | 9/07/89  | Serrahima-BCN         |
| 110 t. (0.914)<br>(13.72-9.14-14.02) | 13.43    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 2/07/16  | Walldorf (GER)        |
| 400 t. (0.84)<br>(45-35-40)          | 50.38    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 26/06/16 | Mataró                |
| 2.000 o. (0.914)                     | 5:42.22  | Antonio ALVAREZ HERNANDEZ  | 77  | Cornellà At.      | 8/07/93  | Valkenswaard (HOL)    |
| Alçada                               | 2.21     | Jordi ROFES MOLINER  | 76  | CN Reus Ploms     | 8/07/93  | Valkenswaard (HOL)    |
| Perxa                                | 5.30     | Albert VELEZ MARTIN  | 88  | FC Barcelona      | 4/06/05  | Valladolid            |
| Llargada                             | 7.47     | Sergio ACERA VILLANUEVA  | 94  | CA Nou Barris     | 18/06/11 | Granollers            |
| Triple                               | 15.41    | Antonio CORGOS CERVANTES   | 60  | CE Universitari   | 19/08/77 | Donetz (RUS)          |
| Pes (5 Kg.)                          | 18.08    | Carles GERONES SIERRA  | 75  | CA Palafrugell    | 1/07/92  | Caen (FRA)            |
| Disc (1.5 Kg.)                       | 57.59    | Aaron SOLA SANJUAN   | 99  | AA Catalunya      | 26/06/16 | Mataró                |
| Javelina (700 g.)                    | 63.28    | Arnau RIBE JULIA   | 01  | UA Terrassa       | 23/06/18 | Gijón                 |
| Martell (5 Kg.)                      | 77.01    | Miguel Alberto BLANCO RODRIGUEZ  | 96  | Girona CB-CAP     | 30/06/12 | Lloret de Mar         |
| Decatló                              | 7.302    | Joaquim RODRIGUEZ FAUROUX  | 02  | ISS-L'Hospitalet  | 23/06/19 | Castelló              |
|                                      |          | 100 - Llargada - Pes (5 Kg.) - Alçada - 400 / 110 t (0.914) - Disc (1.5 Kg.) - Perxa - Javelina (700 gr.) - 1500<br>11.14 - 6.85 - 14.91 - 1.83 - 50.52 - 14.66 - 42.20 - 4.10 - 49.09 - 4:45.48 |     |                   |          |                       |
| 4 x 100 (C)                          | 42.74    | R.Royo-D.Garcia-M.Santos-S.Mascarell   |     | AA CATALUNYA      | 20/07/14 | Valladolid            |
| 4 x 100 (S)                          | 42.83    | M.José-A.Burriel-E.Navarrete-A.Erta  |     | SEL. CATALANA     | 31/05/09 | Avilés                |
| 4 x 400 (S)                          | 3:20.34  | C.González-A.Serra-O.Bonet-M.Orozco  |     | SEL. CATALANA     | 4/06/06  | Cáceres               |
| 4 x 400 (C)                          | 3:24.82  | M.Valero-G.Llimos-J.Trapé-A.Babí   |     | CA MANRESA        | 1/07/09  | Can Dragó-BCN         |
| 10000 m.m.                           | 41:26.51 | Valentí MASSANA GRACIA   | 70  | CN Barcelona      | 7/08/87  | Birmingham (GBR)      |
| 10 Km.m.                             | 42:35    | Germán NIETO MONTESINOS  | 70  | Cornellà At.      | 1/02/87  | Vilanova i la Geltrú  |
| <b>- ALTRES PROVES -</b>             |          |  |     |                   |          |                       |
| 150                                  | 16.24    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 17/04/16 | Sant Cugat del Vallès |
| 300                                  | 34.50    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 17/04/16 | Sant Cugat del Vallès |
| 500                                  | 1:07.20  | Sergi ADALID SORIANO   | 01  | GA Lluïsos Mataró | 1/04/17  | Manresa               |
| 1.000                                | 2:24.4   | Teófilo BENITO PADILLA   | 66  | CN Reus Ploms     | 6/06/83  | Madrid                |
| 10.000                               | 30:32.5  | David PUJOLAR SEGURA   | 70  | C.A.Canet         | 10/05/87 | Serrahima-BCN         |
| 110 t (1.067)                        | 14.71    | David SITJA SERRA  | 74  | GEIE Gironí       | 7/07/91  | Tarragona             |
| 110 t (1.00)                         | 14.23    | Gerard Mateu PORRAS CANTONS  | 96  | FC Barcelona      | 27/06/12 | Serrahima-BCN         |
| 200 t (0.762)                        | 23.77    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 28/07/16 | Pontevedra            |
| 330 t (0.84)                         | 41.79    | Jordi RABAL VALERO   | 86  | AA Catalunya-UBAE | 29/06/03 | Zamora                |
| 400 t. (0.914)                       | 52.30    | Aleix PORRAS CANTONS   | 99  | FC Barcelona      | 30/04/16 | Serrahima-BCN         |
| 1500 o. (0.914)                      | 4:04.85  | Antonio ALVAREZ HERNANDEZ  | 77  | Cornellà At.      | 25/06/93 | Màlaga                |
| 3000 o. (0.914)                      | 9:09.87  | Fco. Javier MUNUERA DIAZ   | 72  | Nike AC           | 23/07/89 | Vitória               |
| Pes (7.260 Kg.)                      | 15.32    | Carles GERONES SIERRA  | 75  | CA Palafrugell    | 27/05/92 | Mataró                |
| Disc (1.75 Kg.)                      | 51.62    | Ivan TIRADO CHAVES   | 77  | CA Laietània      | 12/06/94 | L'Hospitalet          |
| Disc (2 Kg.)                         | 47.98    | Ivan TIRADO CHAVES   | 77  | CA Laietània      | 19/02/94 | Mataró                |
| Javelina (800 g.)                    | 58.72    | Marc PERALTA FERNANDEZ   | 80  | CA Laietània      | 22/07/97 | Lisboa                |
| Martell (6 Kg.)                      | 70.36    | Miguel Alberto BLANCO RODRIGUEZ  | 96  | FC Barcelona      | 16/02/13 | El Prat de Llobregat  |
| Martell (7.26 Kg.)                   | 62.14    | Moisès CAMPENY BRUGUE  | 79  | ACE Riudellots    | 22/06/96 | Vitória               |
| Octatló                              | 5.413 p  | Moisès GILABERT DRAGO  | 82  | UA Montsià        | 4/07/99  | Eibar                 |
|                                      |          | 100 - Llargada - Pes (6 Kg.) - Alçada / 110 t (1.00) - Disc (1.750 Kg.) - Perxa - Javelina (700 g.)<br>11.39 - 6.75 - 13.19 - 1.95 / 15.55 - 35.45 - 3.80 - 45.74                                |     |                   |          |                       |
| Octatló                              | 5.224 p  | Ivo SANCHEZ ROSSI  | 94  | CA Gavà           | 15/05/11 | Arona                 |
|                                      |          | 100 - Llargada - Pes (5 Kg.) - 400 / 110 t (0.914) - Alçada - Javelina (700 g) - 1000<br>11.44 - 6.56 - 12.82 - 52.62 / 15.41 - 1.71 - 40.36 - 3.07.36   |     |                   |          |                       |
| Decatló                              | 6.292    | David MELER DIEZ   | 61  | CA Terrassa       | 15/10/78 | Universitària-BCN     |
|                                      |          | 100 - Llargada - Pes (7.260 Kg) - Alçada - 400 / 110 t (1.067) - Disc (2 Kg.) - Perxa - Javelina - 1.500<br>11.6 - 6.46 - 10.79 - 1.83 - 50.9 - 16.3 - 30.22 - 3.05 - 45.62 - 4:26.2             |     |                   |          |                       |
| 5000 m.m.                            | 20:43.0  | Germán NIETO MONTESINOS  | 70  | Cornellà At.      | 20/04/86 | Badalona              |
| 5 Km.m.                              | 21:01    | Valentí MASSANA GRACIA   | 70  | CN Barcelona      | 18/01/87 | Sant Celoni           |
| 20 Km.m.                             | 1:31:50  | Valentí MASSANA GRACIA   | 70  | CN Barcelona      | 18/07/87 | Serrahima-BCN         |

(\*) Podran obtenir millor marca SUB-18 els atletes que tinguin 17 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 17 ANYS (\*). RÈCORDS SUB-18 (F)

| Prova                           | Marca   | Atleta   | Any | Club             | Data     | Lloc               |
|---------------------------------|---------|--|-----|------------------|----------|--------------------|
| 100                             | 11.70   | Jaël BESTUE FERRERA  | 00  | CM Sant Cugat    | 17/06/17 | Ciudad Real        |
| 200                             | 23.61   | Jaël BESTUE FERRERA  | 00  | CM Sant Cugat    | 16/07/17 | Nairobi (KEN)      |
| 400                             | 53.59   | Montserrat PUJOL CLUSELLAS   | 61  | JA Sabadell      | 17/06/78 | Sittard (HOL)      |
| 800                             | 2:06.23 | Natalia RODRIGUEZ MARTINEZ   | 79  | CG Tarragona     | 3/08/96  | Nembro (ITA)       |
| 1.500                           | 4:27.44 | Marta MATA BAQUERO   | 81  | CA El Vendrell   | 17/06/98 | Can Dragó-BCN      |
| 3.000                           | 9:20.44 | Agata NOGUE BORI   | 70  | CA Vic           | 17/07/86 | Atenas (GRE)       |
| 5.000                           | 17:13.2 | Silvia FERNANDEZ CARRION   | 78  | CA Laietania     | 26/05/95 | Mataró             |
| 100 t. (0.762)<br>(13-8.5-10.5) | 13.25   | Maria VICENTE GARCIA   | 01  | ISS-L'Hospitalet | 5/07/18  | Győr (HUN)         |
| 400 t. (0.762)<br>(45-35-40)    | 57.88   | Sara GALLEGRO SOTELO   | 00  | ISS-L'Hospitalet | 23/07/17 | Serrahima-BCN      |
| 2000 o. (0.762)                 | 6:51.33 | Aida ALEMANY ORO   | 03  | JA Arbeca        | 22/06/19 | Castelló           |
| Alçada                          | 1.80    | Claudia GARCIA JOU   | 92  | FC Barcelona     | 1/08/09  | Estadi Olímpic-BCN |
| Perxa                           | 3.91    | Clara FERNANDEZ ORTIZ  | 03  | CM Sant Cugat    | 23/06/19 | Castelló           |
| Llargada                        | 6.37    | Maria VICENTE GARCIA   | 01  | ISS-L'Hospitalet | 6/07/18  | Győr (HUN)         |
| Triple                          | 13.95   | Maria VICENTE GARCIA   | 01  | ISS-L'Hospitalet | 8/07/18  | Győr (HUN)         |
| Pes (3 Kg.)                     | 14.12   | Mama-Fulo FATTY KOMA   | 84  | CA Lleida-UdL    | 28/05/00 | L'Hospitalet       |
| Disc (1 Kg.)                    | 46.78   | Olga RIERA GARCIA  | 71  | CA Sant Celoni   | 6/07/88  | Serrahima-BCN      |
| Javelina (500 g.)               | 49.77   | Katia COQUIS LOSSIO  | 96  | AA Catalunya     | 22/06/13 | Durango            |
| Martell (3 Kg.)                 | 64.00   | Berta CASTELLS FRANCO  | 84  | A.A.Catalunya    | 11/03/00 | Reus               |
| Heptatló                        | 6.221   | Maria VICENTE GARCIA   | 01  | ISS-L'Hospitalet | 6/07/18  | Győr (HUN)         |
|                                 |         | 100 t (0.762) - Alçada - Pes (3 Kg) - 200 / Llargada - Javelina (500 g) - 800<br>13.25 - 1.72 - 13.77 - 23.78 / 6.37 - 43.28 - 2:23.29 |     |                  |          |                    |
| 4 x 100 (C)                     | 47.12   | J.Devers-L.Solà-M.Tarrago-M.Riera  |     | AVINENT MANRESA  | 24/06/18 | Gijón              |
| 4 x 100 (S)                     | 48.00   | C.Lara-M.Vilches-L.Hernández-C.Salas   |     | SEL. CATALANA    | 27/05/12 | Zaragoza           |
| 4 x 400 (S)                     | 3:52.16 | A.Fuentes-A.Benaiges-C.Garcia-S.Rodríguez  |     | SEL. CATALANA    | 18/07/04 | Madrid             |
| 4 x 400 (C)                     | 3:59.88 | D.Garcia-LI.Gardella-LI.Mitja-J.Soler  |     | GIRONA CB-CAP    | 22/06/14 | Lloret de Mar      |
| 5000 m.m.                       | 22:29.3 | Maria VASCO GALLARDO   | 75  | CN Barcelona     | 5/04/92  | Estadi Olímpic-BCN |
| 10 Km.m.(R)                     | 46:09   | Mª Cruz DIAZ GARCIA  | 69  | CN Barcelona     | 26/08/86 | Stuttgart (GER)    |

### - ALTRES PROVES -

|                   |          |  |    |                    |          |                       |
|-------------------|----------|--|----|--------------------|----------|-----------------------|
| 150               | 18.22    | Jaël BESTUE FERRERA  | 00 | CM Sant Cugat      | 17/04/16 | Sant Cugat del Vallès |
| 300               | 39.76    | Monica MARIN DURAN   | 76 | J.A.Sabadell       | 8/06/91  | Serrahima-BCN         |
| 500               | 1:15.65  | Carla MORRAL MARTIN  | 99 | CM Sant Cugat      | 17/04/16 | Sant Cugat del Vallès |
| 10.000            | 38:59.38 | Teresa GIL SANCHEZ MANZANERA   | 75 | UGE Badalona       | 15/08/92 | Málaga                |
| 100 t. (0.84)     | 13.93    | Maria VICENTE GARCIA   | 01 | ISS-L'Hospitalet   | 20/05/17 | Burgos                |
| 330 t. (0.762)    | 48.24    | Anna JORDA RUIZ DE ASSIN   | 82 | JA Sabadell        | 4/07/99  | Eibar                 |
| 3000 o. (0.762)   | 11:29.55 | Laura GOMEZ RAMON  | 94 | JA Sabadell        | 29/05/11 | Sabadell              |
| Pes (4 Kg.)       | 14.04    | Mama-Fulo FATTY KOMA   | 84 | Integra 2-L'H-CNB  | 20/05/01 | Palafrugell           |
| Javelina (600 g.) | 47.16    | Elia PASCUAL HERNANDEZ   | 89 | CA Igualada        | 1/07/06  | Tesalonica (GRE)      |
| Martell (4 Kg.)   | 63.11    | Berta CASTELLS FRANCO  | 84 | A.A.Catalunya-UBAE | 4/07/01  | Mataró                |
| Pentatló          | 3.845    | Montserrat PUJOL CLUSELLA  | 61 | JA Sabadell        | 25/06/78 | Madrid                |
|                   |          | 100 t (0.762) - Pes (4 Kg) - Alçada - Llargada - 800<br>14.2 - 8.57 - 1.72 - 5.45 - 2:12.6   |    |                    |          |                       |
| Hexatló           | 4.076    | Clara REMACHA CORBALAN   | 91 | FC Barcelona       | 6/07/08  | Almeria               |
|                   |          | 100 t (0.762) - Alçada - Pes (4 Kg) / Llargada - Javelina (600 g) - 600<br>14.87 - 1.57 - 10.62 / 5.43 - 37.82 - 1:49.02               |    |                    |          |                       |
| Heptatló          | 5.075    | Olga ARMENGOL RAMOS  | 65 | GEiE Gironí        | 4/07/82  | Madrid                |
|                   |          | 100 t (0.762) - Pes (3 Kg) - Alçada - 200 / Llargada - Javelina (600 g) - 800<br>15.26 - 10.66 - 1.69 - 26.10 / 5.41 - 33.58 - 2:18.41 |    |                    |          |                       |
| 3000 m.m.         | 13:20.99 | Maria VASCO GALLARDO   | 75 | CN Barcelona       | 27/05/90 | Bruges (BEL)          |
| 5 Km.m.           | 22:28    | Maria VASCO GALLARDO   | 75 | CN Barcelona       | 10/05/92 | L'Hospitalet          |

(\*) Podran obtenir millor marca SUB-18 les atletes que tinguin 17 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 15 ANYS (\*). RÈCORDS SUB-16 (M)

| Prova              | Marca   | Atleta  | Any | Club               | Data     | Lloc              |
|--------------------|---------|---|-----|--------------------|----------|-------------------|
| 100                | 11.10   | Ramon MONTEJANO MORESO  | 90  | FC Barcelona       | 5/06/05  | Valladolid        |
|                    | 11.10   | Adrià TORRENTS CORTES   | 01  | JA Sabadell        | 18/06/16 | Cartagena         |
| 300                | 35.19   | Arnau GOMEZ VERDUGO   | 04  | CA Canaletes       | 25/05/19 | Mollet del Vallès |
|                    | 35.19   | Marc GARCIA MARTINEZ  | 04  | UGE Badalona       | 7/07/19  | Gijón             |
|                    | 34.6    | Ramon MONTEJANO MORESO  | 90  | FC Barcelona       | 21/05/05 | Calella           |
| 600                | 1:20.68 | Elvin Josué CANALES ESCOTO  | 01  | GEiE Gironí        | 12/06/16 | Gavà              |
| 1.000              | 2:31.38 | David ALVARADO DIAZ   | 78  | AA Catalunya       | 7/07/93  | Can Dragó-BCN     |
| 3.000              | 8:40.21 | Reyes ESTEVEZ LOPEZ   | 76  | Cornellà At.       | 26/06/91 | Serrahima-BCN     |
| 100 t. (0.914)     | 13.39   | Marc JOSÉ DÍAZ  | 93  | CA Tarragona       | 19/10/08 | Lugo              |
| (13-8.5-10.5)      | 13.0    | Marc JOSÉ DÍAZ  | 93  | CA Tarragona       | 11/10/08 | Tarragona         |
| 300 t. (0.84)      | 38.54   | Javier DELGADO OSORIO   | 96  | Cornellà At.       | 18/06/11 | Vic               |
| (50-35-40)         |         |   |     |                    |          |                   |
| 1.500 o. (0.762)   | 4:22.67 | Jaouad HSSINI ZAATOT  | 99  | CE Penedès         | 28/06/14 | Huelva            |
| Alçada             | 2.03    | Jordi ROFES MOLINER   | 76  | CN Reus Ploms      | 2/06/91  | Tarragona         |
| Perxa              | 4.75    | Albert VELEZ MARTIN   | 88  | FC Barcelona       | 12/07/03 | Sherbrooke (CAN)  |
|                    | 4.75    | Didac SALAS PLANAS  | 93  | ISS-L'Hospitalet   | 12/12/08 | L'Hospitalet      |
| Llargada           | 6.91    | Jordi Y. MATSUOKA SATORRAS  | 96  | CA Igualada        | 25/06/11 | Castelló          |
| Triple             | 14.23   | Daniel PACHECO POLONIO  | 93  | Cornellà At.       | 18/07/08 | Serrahima-BCN     |
| Pes (4 Kg.)        | 16.52   | David MARTIN MARTINEZ   | 00  | Avinent Manresa    | 30/10/15 | Lleida            |
| Disc (1 Kg.)       | 59.05   | Aleix CAMATS GARCIA   | 05  | CA Olesa           | 3/06/19  | Igualada          |
| Javelina (600 gr.) | 56.76   | Angel BAZAN CASTELLO  | 97  | AE St Andreu Barca | 26/05/12 | Mollet del Vallès |
| Martell (4 Kg.)    | 75.82   | Miguel A. BLANCO RODRIGUEZ  | 96  | Girona CB-CAP      | 28/05/11 | Tarragona         |
| Octatló            | 5.125   | Joaquim RODRIGUEZ FAUROUX   | 02  | ISS-L'Hospitalet   | 2/07/17  | Murcia            |
|                    |         | 100 - Pes (4 Kg.) - Alçada - Disc (1 Kg.) / 100 t - Perxa - Javelina (600 gr.) - 1000 |     |                    |          |                   |
|                    |         | 11.93 - 14.48 - 1.72 - 40.56 - 14.53 - 3.20 - 46.52 - 3:05.01                         |     |                    |          |                   |
| 4 x 100 (S)        | 43.90   | M.I.Giombetti-A.Navajón-X.Beorlegui-A.Torrents  |     | Sel. CATALANA      | 19/06/16 | Cartagena         |
| 4 x 100 (C)        | 44.86   | A.Valverde-I.López-I.Martín-B.Canet   |     | CORNELLÀ AT.       | 12/07/15 | Valladolid        |
| 4 x 300 (S)        | 2:24.61 | M.Garcia-B.Gisbert-M.Mendoza-A.Gómez  |     | Sel. CATALANA      | 16/06/19 | Mortalaz-Madrid   |
| 4 x 300 (C)        | 2:30.66 | X.Barrubés-M.Pérez-L.Monge-P.Orive  |     | CA CANALETES       | 18/04/15 | Vic               |
| 5.000 m.m.         | 21:36.2 | German NIETO MONTESINOS   | 70  | Cornellà At.       | 8/06/85  | Cornellà          |
| 5 Km.m.            | 21:41   | German NIETO MONTESINOS   | 70  | Cornellà At.       | 24/02/85 | Reus              |
|                    | 21:41   | Valentí MASSANA GRACIA  | 70  | CN Barcelona       | 24/02/85 | Reus              |

### - ALTRES PROVES -

|                     |         |   |    |                    |          |               |
|---------------------|---------|---|----|--------------------|----------|---------------|
| 150                 | 17.1    | Josep Ma. CAMPANALES ROCA   | 74 | CN Reus Ploms      | 11/06/88 | Serrahima-BCN |
| 500                 | 1:08.37 | Sergi ADALID SORIANO  | 01 | GA Lluïsos Mataró  | 8/12/15  | Serrahima-BCN |
| 1.500               | 3:59.9  | David ALVARADO DIAZ   | 78 | AA Catalunya       | 6/06/93  | Can Dragó-BCN |
| 200 t. (0.76)       | 27.0    | Francesc AIXELA VENTURA   | 74 | CG Barcelonès      | 11/06/88 | Serrahima-BCN |
| 1500 o. (sense ria) | 4:10.97 | Antonio ALVAREZ HERNANDEZ   | 77 | Cornellà At.       | 25/06/92 | La Laguna     |
| 2000 o. (sense ria) | 6:03.45 | Antonio ALVAREZ HERNANDEZ   | 77 | Cornellà At.       | 14/06/92 | Vitòria       |
| Pes (5 Kg.)         | 15.10   | Carles GERONES SIERRA   | 75 | CA Palafrugell     | 22/09/90 | Serrahima-BCN |
| Martell (5 Kg.)     | 62.57   | Miguel A. BLANCO RODRIGUEZ  | 96 | Girona CB-CAP      | 15/06/11 | Serrahima-BCN |
| 3000 m.m.           | 12:45.1 | Germán NIETO MONTESINOS   | 70 | Cornellà At.       | 16/06/85 | Serrahima-BCN |
| 10000 m.m.          | 45:42.2 | Germán NIETO MONTESINOS   | 70 | Cornellà At.       | 23/05/85 | Cornellà      |
| Heptatló            | 4.448   | Albert ALVAREZ LOPEZ  | 89 | CA Manresa         | 4/07/04  | Huelva        |
|                     |         | 100 - Llargada - Pes (4 Kg.) - Alçada / 100 t (0.914) - Perxa - Javelina (600 g.) |    |                    |          |               |
|                     |         | 11.92 - 5.94 - 12.02 - 1.82 / 14.54 - 3.90 - 41.14                                |    |                    |          |               |
| Heptatló            | 4.291   | Angel BAZAN CASTELLO  | 97 | AE St Andreu Barca | 6/05/12  | Serrahima-BCN |
|                     |         | 100 - Llargada - Pes (4 Kg.) - Alçada / 100 t (0.914) - Javelina (600 g.) - 1000  |    |                    |          |               |
|                     |         | 12.10 - 5.98 - 12.45 - 1.61 / 16.36 - 52.30 - 3.00.84                             |    |                    |          |               |

(\*) Podran obtenir millor marca SUB-16. els atletes que tinguin 15 anys o menys el 31 de desembre de l'any de la competició.



## MILLORS MARQUES DE CATALUNYA FINS 15 ANYS (\*). RÈCORDS SUB-16 (F)

| Prova                    | Marca    | Atleta  | Any | Club               | Data     | Lloc                  |
|--------------------------|----------|---|-----|--------------------|----------|-----------------------|
| 100                      | 12.06    | Jael BESTUE FERRERA   | 00  | CM Sant Cugat      | 20/06/15 | Alcobendas            |
|                          | 11.8     | Olga MARTORELL CELADA   | 60  | FC Barcelona       | 19/05/75 | Serrahima-BCN         |
|                          | 11.8     | Ingrid ANDRÉS BOCANEGRA   | 97  | CA Mollet          | 21/04/12 | Mollet                |
| 300                      | 39.64    | Júlia GARCIA FUENTES  | 03  | Cerdanyola CH      | 23/06/18 | Barberà del Vallès    |
| 600                      | 1:31.64  | Júlia GARCIA FUENTES  | 03  | Cerdanyola CH      | 1/07/18  | Castelló              |
| 1.000                    | 2:50.9   | Natàlia RODRIGUEZ MARTINEZ  | 79  | CG Tarragona       | 23/09/94 | San Sebastián         |
| 3.000                    | 9:36.70  | Agata NOGUE BORI  | 70  | CA Vic             | 25/08/85 | Cottbus (GER)         |
| 100 t. (0.762)           | 13.89    | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 21/06/15 | Alcobendas            |
| (13-8.5-10.5)            |          |   |     |                    |          |                       |
| 300 t. (0.762)           | 43.82    | Marina PEREZ RAMOS  | 04  | Unió Colomenca At. | 15/06/19 | Mortalaz-Madrid       |
| (50-35-40)               |          |   |     |                    |          |                       |
| 1.500 o. (0.762)         | 4:58.69  | Júlia DE LA PIEDRA SITJAS   | 03  | CA Canovelles      | 27/05/18 | Serrahima-BCN         |
| Alçada                   | 1.73     | Mar VICO RIOS   | 96  | ISS-L'Hospitalet   | 25/06/11 | Castelló              |
| Perxa                    | 3.85     | Clara FERNANDEZ ORTIZ   | 03  | CM Sant Cugat      | 17/06/18 | Avilés                |
| Llargada                 | 5.93     | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 21/05/16 | Burgos                |
| Triple                   | 12.83    | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 24/07/16 | Gijón                 |
| Pes (3 Kg.)              | 13.47    | Núria FERRER MORENO   | 81  | UA Barberà         | 11/05/96 | Lleida                |
| Disc (800 g.)            | 41.42    | Laura REDONDO MORA  | 88  | CA Gavà            | 10/05/03 | Gavà                  |
| Javelina (500 g.)        | 42.74    | Núria PASCUAL HERNANDEZ   | 91  | CA Igualada        | 3/06/06  | Càceres               |
| Martell (3 kg)           | 60.24    | Berta CASTELLS FRANCO   | 84  | UD Torredembarra   | 29/05/99 | El Prat de Llobregat  |
| Hexatló                  | 4.338    | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 12/07/15 | Valladolid            |
|                          |          | 100 t (0.762) - Alçada - Pes (3 Kg.) / Llargada - Javelina (500 g.) - 600 |     |                    |          |                       |
|                          |          | 14.09 - 1.69 - 10.53 / 5.82 - 32.94 - 1:49.11                             |     |                    |          |                       |
| 4 x 100 (S)              | 47.65    | M.López-M.Vicente-C.Gabaldón-J.Bestué                                     |     | Sel. CATALANA      | 21/06/15 | Alcobendas            |
| 4 x 100 (C)              | 48.26    | A.Pinies-M.de Mingo-M.Martí-M.Vicente                                     |     | ISS-L'HOSPITALET   | 10/07/16 | Granollers            |
| 4 x 300 (S)              | 2:42.86  | C.Payrato-B.Teruel-M.Pérez-L.Zurita                                       |     | Sel. CATALANA      | 16/06/19 | Mortalaz-Madrid       |
| 4 x 300 (C)              | 2:48.30  | O.Atance-S.Gallego-L.Martínez-M.de Mingo                                  |     | CE UNIVERSITARI    | 18/04/15 | Vic                   |
| 3000 m.m.                | 13:20.99 | Maria VASCO GALLARDO  | 75  | CN Barcelona       | 27/05/90 | Bruges (BEL)          |
| 5 Km.m. (R)              | 23:05    | Maria VASCO GALLARDO  | 75  | CN Barcelona       | 16/06/90 | Grassau               |
| <b>- ALTRES PROVES -</b> |          |   |     |                    |          |                       |
| 150                      | 18.41    | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 12/04/14 | Sant Cugat del Vallès |
| 200                      | 24.1     | Mònica MARIN DURAN  | 76  | JA Sabadell        | 14/04/91 | Vic                   |
|                          | 24"54    | Maria VICENTE GARCIA  | 01  | ISS-L'Hospitalet   | 17/04/16 | Sant Cugat del Vallès |
| 500                      | 1:16.34  | Sara GALLEGRO SOTELO  | 00  | CE Universitari    | 3/05/15  | Sant Cugat del Vallès |
| 80 t. (0.84)             | 11.5     | Montserrat PUJOL CLUSELLAS  | 61  | JA Sabadell        | 22/05/76 | Zaragoza              |
| Disc (1 Kg.)             | 41.14    | Sònia GODALL CASSI  | 68  | CN Barcelona       | 12/06/83 | Cornellà              |
| Martell (2 Kg.)          | 65.29    | Berta CASTELLS FRANCO   | 84  | UD Torredembarra   | 15/05/98 | Cornellà              |
| Pentatló                 | 3.189    | Olga ARMENGOL RAMOS   | 65  | Independent        | 28/09/80 | Serrahima-BCN         |
|                          |          | 100 t - Pes - Alçada - Llargada - 800                                     |     |                    |          |                       |
|                          |          | 16.1 - 10.19 - 1.50 - 5.18 - 2:26.0                                       |     |                    |          |                       |
| Hexatló                  | 3.862    | Esther BOIX TUBAU   | 68  | CA Laietània       | 2/10/83  | Badalona              |
|                          |          | 100 t (0.762) - Alçada - Pes (3 Kg) / Llargada - Javelina (500 g) - 800   |     |                    |          |                       |
|                          |          | 15.6 - 1.60 - 10.50 / 5.40 - 30.56 - 2:31.7                               |     |                    |          |                       |
| Hexatló                  | 3.907    | Ana Belén MARTINEZ SEGURA   | 75  | La Selva           | 4/07/90  | Madrid                |
|                          |          | 100 t (0.762) - Alçada - Pes (3 Kg) / Llargada - Javelina (500 g) - 100   |     |                    |          |                       |
|                          |          | 15.46 - 1.68 - 11.39 / 4.97 - 30.34 - 13.55                               |     |                    |          |                       |
| 5000 m.m.                | 23:30.3  | Mari Cruz DIAZ GARCIA   | 69  | CN Barcelona       | 5/05/84  | Bergen (NOR)          |
| 10 Km.m. (R)             | 48:51    | Mari Cruz DIAZ GARCIA   | 69  | CN Barcelona       | 18/03/84 | Vilanova              |

(\*) Podran obtenir millor marca SUB-16 les atletes que tinguin 15 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 13 ANYS (\*). RÈCORDS SUB-14 (M)

| Prova                           | Marca    | Atleta   | Any | Club               | Data     | Lloc                 |
|---------------------------------|----------|--|-----|--------------------|----------|----------------------|
| 80                              | 9.79     | Pol ELVIRA MARTIN                                  | 05  | CA Viladecans      | 9/06/18  | Castellar del Vallès |
|                                 | 9.1      | Ivan HERNANDEZ UVIEDO                              | 04  | ISS-L'Hospitalet   | 8/04/17  | El Prat de Llobregat |
| 150                             | 17.86    | Ivan HERNANDEZ UVIEDO                              | 04  | ISS-L'Hospitalet   | 10/06/17 | Castellar del Vallès |
|                                 | 17.6     | Albert BABI OLLER                                  | 92  | CA Manresa         | 9/10/05  | Serrahima-BCN        |
| 600                             | 1:29.24  | Hailu ESTRAMPES MATEU                              | 06  | CA Ascó            | 15/06/19 | Cambrils             |
| 1.000                           | 2:40.4   | Jordi ALBAREDA PLANAS                              | 78  | CA Vilafranca      | 19/06/91 | Cornellà             |
| 3.000                           | 9:25.9   | Mouad MBARKI                                       | 98  | CA Granollers      | 1/05/11  | Granollers           |
| 80 t. (0.84)<br>(12.38.2-10.3)  | 12.10    | David SITJA SERRA                                  | 74  | CN Figueres        | 23/05/87 | Serrahima-BCN        |
| 220 t (0.762)<br>(40-35-40)     | 29.54    | Marc GARCIA MARTINEZ                               | 04  | UGE Badalona       | 20/05/17 | Castellar del Vallès |
| 1.000 o. (sense ria)<br>(0.762) | 2:48.84  | Hailu ESTRAMPES MATEU                              | 06  | CA Ascó            | 22/06/19 | Lleida               |
| Alçada                          | 1.81     | Jordi ROFES MOLINER                                | 76  | CN Reus Ploms      | 24/07/89 | Pontevedra           |
| Perxa                           | 3.65     | Aleix PI PORTET                                    | 96  | CA Calella         | 3/10/09  | Sabadell             |
| Llargada                        | 5.88     | Pol VILA VILASECA                                  | 99  | Avinent CA Manresa | 9/06/12  | Tarragona            |
| Triple (cursa 15 m.)            | 11.78    | Aitor CALDITO GANDIA                               | 02  | CA Igualada        | 13/06/15 | Castellar del Vallès |
| Pes (3 Kg.)                     | 14.12    | Aaron SOLA SANJUAN                                 | 99  | CA Torredembara    | 15/09/12 | Manresa              |
| Disc (800 g.)                   | 47.86    | Aarón SOLA SANJUAN                                 | 99  | CA Torredembarra   | 20/10/12 | Manresa              |
| Javelina (500 gr.)              | 51.67    | Hailu ESTRAMPES MATEU                              | 06  | CA Ascó            | 4/05/19  | Valls                |
| Martell (3 Kg.)                 | 48.11    | Mubarek PERALTA RUIZ                               | 05  | CG Tarragona       | 10/06/17 | Castellar del Vallès |
| Pentatló                        | 2.831    | Marc GARCIA MARTINEZ                               | 04  | UGE Badalona       | 28/05/17 | Serrahima-BCN        |
|                                 |          | 80 - Llargada - Pes (3 Kg. ) - 80 t (0.84) -Alçada |     |                    |          |                      |
|                                 |          | 9.91 – 5.46 – 11.15 - 12.16 - 1.62                 |     |                    |          |                      |
| Relleus 4 x 80                  | 40.0     | C:Centelles-A.Capdevila-V.Torras-A.Babí            |     | CA MANRESA         | 30/04/05 | Igualada             |
| Relleus 4 x 200                 | 1:46.06  | S.Adalid-M.Gari-G.Espada-A.Puig                    |     | GA LLUÍSOS-MATARÓ  | 3/05/14  | Mataró               |
| 3.000 m.m.                      | 14:16.01 | David ABELLAN BARNES                               | 77  | CG Barcelonès      | 2/06/90  | Tarragona            |
| 3 Km.m.                         | 14:32.1  | David ABELLAN BARNES                               | 77  | CG Barcelonès      | 25/02/90 | Manresa              |

### - ALTRES PROVES -

|                    |          |                                |    |                  |          |               |
|--------------------|----------|--------------------------------|----|------------------|----------|---------------|
| 500                | 1:12.6   | Hailu ESTRAMPES MATEU          | 06 | CA Ascó          | 15/06/19 | Cambrils      |
| 1.000 o. (amb ria) | 3:07.3   | José I. MARTINEZ HIDALGO       | 74 | JA Arbeca        | 9/05/87  | Serrahima-BCN |
| 4 x 300            | 2:57.6   | Roger-Nogueras-Aubanell-Nogues |    | CA Calella       | 1/07/78  | Serrahima-BCN |
| 3 x 1000           | 9:07.4   | Saez-Pallarolas-Pallarolas     |    | GG Lluísos       | 4/10/80  | Serrahima-BCN |
| 5.000 m.m.         | 25:20.19 | Marc GUERRERO PLAZA            | 95 | ISS-L'Hospitalet | 16/12/07 | Can Dragó-BCN |
| 5 Km.m.            | 24:39    | Marc GUERRERO PLAZA            | 95 | ISS-L'Hospitalet | 7/12/08  | Granollers    |

(\*) Podran obtenir millor marca SUB-14 els atletes que tinguin 13 anys o menys el 31 de desembre de l'any de la competició.

## MILLORS MARQUES DE CATALUNYA FINS 13 ANYS (\*). RÈCORDS SUB-14 (F)

| Prova                    | Marca    | Atleta  | Any | Club               | Data     | Lloc                      |
|--------------------------|----------|---|-----|--------------------|----------|---------------------------|
| 80                       | 10.14    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 25/05/14 | Serrahima-BCN             |
|                          | 9.6      | Igambo MUAKUKU EÑESO                                | 04  | CA Nou Barris      | 8/04/17  | El Prat de Llobregat      |
| 150                      | 18.41    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 12/04/14 | Sant Cugat del Vallès     |
| 600                      | 1:36.9   | Berta TERUEL SUBIRATS                               | 04  | CA Canaletes       | 27/05/17 | L'Hospitalet de Llobregat |
| 1.000                    | 2:59.51  | Marta MITJANS MUÑOZ                                 | 06  | Penya APA Anem-hi  | 27/04/19 | Olot                      |
| 3.000                    | 10:06.96 | Judit PEREZ MARZO                                   | 97  | ISS-L'Hospitalet   | 12/06/10 | El Prat de Llobregat      |
| 80 t. (0.762)            | 11.74    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 14/06/14 | Tarragona                 |
| (12-8-12)                |          |   |     |                    |          |                           |
| 220 t. (0.762)           | 31.6     | Alba AGUILA CHARLES                                 | 93  | Medilast-Carrefour | 7/05/06  | Calella                   |
| (40-35-40)               | 32.08    | Sara GALLEGU SOTELLO                                | 00  | CE Universitari    | 8/06/13  | Castellar del Vallès      |
| 1.000 o. (sense ria)     | 3:11.9   | Paula BLASCO MATEU                                  | 00  | CA Igualada        | 13/04/13 | Gavà                      |
| (0.762)                  |          |   |     |                    |          |                           |
| Alçada                   | 1.65     | Ona BONET BERNADICH                                 | 06  | Avinent Manresa    | 22/06/19 | Lleida                    |
| Perxa                    | 3.25     | Anna MASSA PIRES                                    | 98  | Girona CB-CAP      | 15/10/11 | Mataró                    |
| Llargada                 | 5.46     | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 25/05/14 | Serrahima-BCN             |
| Triple                   | 11.33    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 8/06/14  | El Prat de Llobregat      |
| Pes (2 Kg.)              | 13.80    | Haja GEREWU GRIÑO                                   | 91  | CA Lleida-UdL      | 12/06/04 | El Prat de Llobregat      |
| Disc (800 g.)            | 35.76    | Maria Victoria MONTOYA ROMO                         | 76  | AA Catalunya       | 10/06/89 | Sabadell                  |
| Javelina (400 g.)        | 36.88    | Erika SELLART BORDES                                | 07  | AA Xafatolls       | 27/04/18 | Cambrils                  |
| Martell (2 kg.)          | 53.40    | Berta CASTELLS FRANCO                               | 84  | UD Torredembarra   | 31/05/97 | L'Hospitalet              |
| Pentatló                 | 3.859    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 25/05/14 | Serrahima-BCN             |
|                          |          | 80 t (0.762) - Alçada - Pes (2 Kg.) - Llargada - 80 |     |                    |          |                           |
|                          |          | 11.85 - 1.63 - 12.66 - 5.46 - 10.14                 |     |                    |          |                           |
| Relleus 4 x 80           | 41.51    | B.Soriano-B.Weber-E.Dotor-J.Romeu                   |     | CE PENEDÈS         | 1/06/19  | Tarragona                 |
| Relleus 4 x 200          | 1:50.06  | L.Jiménez-P.Rodríguez-J.Salvador-H.Santacana        |     | CA SANT JUST       | 18/05/19 | El Prat de Llobregat      |
| 3.000 m.m.               | 14:31.9  | Eva PEREZ TRUJILLO                                  | 75  | CN Barcelona       | 18/06/88 | Serrahima-BCN             |
| 3 Km.m. (R)              | 14:36    | Judit BOHILS TENAS                                  | 03  | ISS-L'Hospitalet   | 7/02/15  | Igualada                  |
| <b>- ALTRES PROVES -</b> |          |   |     |                    |          |                           |
| 500                      | 1:21.4   | Marta MATA BAQUERO                                  | 81  | CA El Vendrell     | 26/02/94 | Tarragona                 |
| 80 t. (0.762)            | 11.53    | Maria VICENTE GARCIA                                | 01  | ISS-L'Hospitalet   | 21/06/14 | Alcobendas                |
| (12.30-8.20-10.30)       |          |   |     |                    |          |                           |
| 250 t. (0.76)            | 36.7     | Eva PANIAGUA VELA                                   | 74  | CE Canaletes       | 7/06/87  | Serrahima-BCN             |
| Pes (3 Kg.)              | 11.78    | Haja GEREWU GRIÑO                                   | 91  | CA Lleida-UdL      | 23/06/04 | Pontevedra                |
| Disc (1 Kg.)             | 35.74    | Sònia GODALL CASSI                                  | 68  | CN Barcelona       | 3/10/81  | Serrahima-BCN             |
| Javelina (600 g.)        | 28.42    | Lourdes CORDOVILLA PALLARES                         | 67  | CG Barcelonès      | 19/10/80 | Serrahima-BCN             |
| Martell (3 Kg.)          | 32.79    | Laura REDONDO MORA                                  | 88  | CA Gavà            | 10/06/01 | Gavà                      |
| Relleus 4 x 300          | 3:06.9   | Gago-Perez-Calvente-Mallo                           |     | FC Barcelona       | 21/06/80 | Serrahima-BCN             |
| Relleus 3 x 1000         | 9:50.4   | E.Guerrero-S.Viñas-A.Carretero                      |     | CN Banyoles        | 24/05/03 | El Prat de Llobregat      |

(\*) Podran obtenir millor marca SUB-14 les atletes que tinguin 13 anys o menys el 31 de desembre de l'any de la competició.

## **MILLORS MARQUES DE CATALUNYA FINS 11 ANYS (\*). RÈCORDS SUB-12 (M)**

| <b>Prova</b>                  | <b>Marca</b> | <b>Atleta</b>   | <b>Any</b> | <b>Club</b>      | <b>Data</b> | <b>Lloc</b>            |
|-------------------------------|--------------|---|------------|------------------|-------------|------------------------|
| 60                            | 8.13         | Victor BARRADO OMENAT   | 07         | CE Universitari  | 16/06/18    | Gavà                   |
|                               | 7.9          | Enric MARTIN PANADES  | 80         | AA Catalunya     | 16/03/91    | Can Dragó-BCN          |
| 600                           | 1:37.7       | Hailu ESTRAMPES MATEU   | 06         | CA Ascó          | 7/07/17     | Ascó                   |
| 2000                          | 6:26.3       | Albert GONZALEZ GUILLAMET   | 06         | CA Canovelles    | 11/03/17    | Sant Celoni            |
| 60 t. (0.50)<br>(11.5-7.5-11) | 9.46         | Poi ELVIRA MARTIN   | 05         | CA Viladecans    | 11/06/16    | Castellar del Vallès   |
| Alçada                        | 1.51         | Hector RAMOS GANDIA   | 00         | CA Igualada      | 11/06/11    | Terrassa               |
| Perxa                         | 2.50         | Alex GONZALEZ BUENO   | 99         | CA Calella       | 12/06/10    | El Prat de Llobregat   |
|                               | 2.50         | Ignacio AOIZ PEREZ DEL MOLINO   | 04         | CA Canaletes     | 17/10/15    | Manresa                |
| Llargada                      | 5.01         | Victor SABARIEGO SAEZ   | 96         | CA Manresa       | 30/06/07    | Terrassa               |
| Pes (2 Kg.)                   | 11.61        | Victor BARRADO OMENAT   | 07         | CE Universitari  | 26/05/18    | Serrahima-BCN          |
| Disc (600 g.)                 | 37.05        | Mubarek PERALTA RUIZ  | 05         | CG Tarragona     | 11/06/16    | Castellar del Vallès   |
| Pilota (400 gr.)              | 49.35        | Hailu ESTRAMPES MATEU   | 06         | CA Ascó          | 12/05/17    | Ascó                   |
| Tetratló                      | 1.653        | Victor BARRADO OMENAT<br>60 - Llargada - Pes (2 Kg.) - Alçada<br>8.18 – 4.43 – 11.61 – 1.35 | 07         | CE Universitari  | 26/05/18    | Serrahima-BCN          |
| Relleus 4 x 60                | 33.93        | A.Anciones-A.Armenteros-J.Gómez-I.Ibáñez  |            | UA BARBERÀ       | 6/04/19     | El Prat de Llobregat   |
| Relleus 3 x 600               | 5:17.8       | P.Guillen-I.Prados-A.González   |            | CA CANOVELLES    | 13/06/17    | Sant Celoni            |
| 2.000 m.m.                    | 9:28.3       | Joaquim PUEYO ARTERO  | 00         | ISS-L'Hospitalet | 19/03/11    | Vilafranca del Penedès |
| 2 Km.m. (R)                   | 9:58         | Joaquim PUEYO ARTERO  | 00         | ISS-L'Hospitalet | 31/01/10    | El Prat de Llobregat   |

(\*) Podran obtenir millor marca SUB-12 els atletes que tinguin 11 anys o menys el 31 de desembre de l'any de la competició.

## **MILLORS MARQUES DE CATALUNYA FINS 11 ANYS (\*). RÈCORDS SUB-12 (F)**

| <b>Prova</b>                  | <b>Marca</b> | <b>Atleta</b>   | <b>Any</b> | <b>Club</b>       | <b>Data</b> | <b>Lloc</b>          |
|-------------------------------|--------------|---|------------|-------------------|-------------|----------------------|
| 60                            | 8.20         | Neus NUÑEZ SANCHEZ  | 05         | CA Viladecans     | 21/05/16    | Castellar del Vallès |
|                               | 7.7          | Fatima MELERO RAMIREZ   | 69         | CN Montjuïc       | 24/05/80    | Serrahima-BCN        |
| 600                           | 1:43.1       | Carla MORENO AVI  | 93         | CA Sport Canet    | 22/05/04    | Calella              |
| 2000                          | 6:52.7       | Marta MATA VAQUERO  | 81         | CA El Vendrell    | 16/05/92    | Can Dragó-BCN        |
| 60 t. (0.50)<br>(11.5-7.5-11) | 9.40         | Jael BESTUE FERRERA   | 00         | CM Sant Cugat     | 4/06/11     | Serrahima-BCN        |
| Alçada                        | 1.61         | Maria VICENTE GARCIA  | 01         | ISS-L'Hospitalet  | 15/12/12    | Mar Bella-BCN        |
| Perxa                         | 2.40         | Nur TORRES CASAS  | 08         | AA Catalunya      | 16/11/19    | Manresa              |
| Llargada                      | 4.68         | Sandra RIGALL MENDEZ  | 79         | CN Figueres       | 26/05/90    | Serrahima-BCN        |
|                               | 4.68         | Marta CASAS SOLORZANO   | 80         | CG Tarragona      | 1/06/91     | Sant Boi             |
| Pes (2 Kg.)                   | 10.92        | Georgina VILA PEREZ   | 95         | PME Perelló       | 17/06/06    | El Prat de Llobregat |
| Disc (600 gr.)                | 26.23        | Queralt PLANAS MASDEVALL  | 03         | CN Banyoles       | 14/06/14    | Tarragona            |
| Pilota (400 gr.)              | 38.77        | Georgina VILA PEREZ   | 95         | PME Perelló       | 3/06/06     | Sabadell             |
| Tetratló                      | 2.426        | Neus NUÑEZ SANCHEZ<br>60 t (0.50) - Pes (2Kg.) - Llargada – 60<br>9.47 – 9.29 – 4.34 – 8.36 | 05         | CA Viladecans     | 29/05/16    | Barberà del Vallès   |
| Relleus 4 x 60                | 34.18        | C.Castilla-C.Galán-M.Sanllehi-R.Tristany  |            | AVINENT MANRESA   | 18/04/15    | Vic                  |
|                               | 34.18        | A.Ruiz-S.Méndez-J.Pujades-I.Muakuku   |            | CA NOU BARRIS     | 18/04/15    | Vic                  |
| Relleus 3 x 600               | 5:34.28      | A.Achouri-A.Benmerzouk-P.Serrano  |            | CA VILA-SECA      | 6/04/19     | El Prat de Llobregat |
| 2.000 m.m.                    | 9:52.88      | Judit BOHILS TENAS  | 03         | CA Calella        | 29/03/14    | Serrahima-BCN        |
| 2 Km.m. (R)                   | 10:13        | Sandra TROYANO MARCOS   | 95         | L'Hospitalet Atl. | 9/04/06     | Parc Joan Miró-BCN   |

(\*) Podran obtenir millor marca SUB-12 les atletes que tinguin 11 anys o menys el 31 de desembre de l'any de la competició.