

**Records Catalunya Màster**  
**Tancat 16.02.2020**

**Dones**

|             |         |      |                               |    |          |                      |            |
|-------------|---------|------|-------------------------------|----|----------|----------------------|------------|
| <b>100m</b> |         |      |                               |    |          |                      |            |
| 35          | 12.93   | 0.7  | Concepcion Minguella Planas   | 35 | 10.01.61 | Oviedo               | 25/05/1996 |
| 40          | 12.98   | 1.6  | Eva Vidal Gondon              | 42 | 20.09.75 | Vitòria              | 30/06/2018 |
| 45          | 13.06   | 0.9  | Maria Assumpció Puig Planella | 48 | 16.10.70 | Barcelona Serrahima  | 03/07/2019 |
| 50          | 13.62   | 0.7  | Silvia Cortes Torres          | 53 | 21.12.62 | Barcelona Serrahima  | 01/06/2016 |
| 55          | 13.99   | 0.0  | Silvia Cortes Torres          | 55 | 21.12.62 | Vitòria              | 30/06/2018 |
| 60          | 15.59   | 1.2  | Heidi Klett Carl              | 60 | 24.11.40 | Salamanca            | 23/06/2001 |
| 65          | 16.81   | 1.8  | Lluïsa Casanovas Gaset        | 65 | 25.04.52 | Barcelona Can Dragó  | 02/07/2017 |
| 70          | 18.77   | -2.0 | Heidi Klett Carl              | 70 | 24.11.40 | Calella              | 12/06/2011 |
| 75          | 22.98   | -0.7 | Carme Fuster Bassas           | 75 | 05.12.37 | Calella              | 22/06/2013 |
|             | 22.5    | 1.6  | Carme Fuster Bassas           | 75 | 05.12.37 | Gavà                 | 26/05/2013 |
| 80          | 24.92   | 0.0  | Carme Fuster Bassas           | 80 | 05.12.37 | Vitòria              | 30/06/2018 |
| <b>200m</b> |         |      |                               |    |          |                      |            |
| 35          | 25.61   | 1.7  | Adhara Barril Navarro         | 36 | 27.08.82 | Valencia JAD         | 11/05/2019 |
| 40          | 26.48   | 1.0  | Maria Assumpció Puig Planella | 44 | 16.10.70 | Lyon (FRA)           | 10/08/2015 |
| 45          | 26.64   | 1.6  | Maria Assumpció Puig Planella | 48 | 17.10.70 | Sagunto              | 30/06/2019 |
| 50          | 27.02   | pc   | Silvia Cortes Torres          | 50 | 21.12.62 | San Sebastian        | 23/03/2013 |
|             | 27.61   | 0.0  | Maria José Carabante Morata   | 50 | 05.06.68 | Cambrils             | 08/07/2018 |
| 55          | 27.55   | pc   | Silvia Cortés Torres          | 55 | 21.12.62 | Madrid               | 23/03/2018 |
|             | 28.70   | -0.5 | Silvia Cortes Torres          | 55 | 21.12.62 | Málaga               | 09/09/2018 |
| 60          | 30.76   | pc   | Maria Rosa Escribano Checa    | 60 | 29.12.58 | Antequera            | 10/02/2019 |
|             | 30.83   | -1.9 | Maria Rosa Escribano Checa    | 60 | 29.12.58 | Málaga               | 13/07/2019 |
| 65          | 35.26   | pc   | Lluïsa Casanovas Gaset        | 65 | 25.04.52 | Madrid               | 22/03/2018 |
|             | 35.89   | -1.8 | Lluïsa Casanovas Gaset        | 65 | 25.04.52 | Elx                  | 25/06/2017 |
|             | 35.89   | -1.7 | Lluïsa Casanovas Gaset        | 65 | 25.04.52 | Arhus (DEN)          | 04/08/2017 |
| 70          | 40.18   | -1.8 | Heidi Klett Carl              | 70 | 24.11.40 | Calella              | 12/06/2011 |
| 75          | 55.17   | pc   | Carme Fuster Bassas           | 77 | 05.12.37 | San Sebastián        | 08/03/2015 |
| <b>400m</b> |         |      |                               |    |          |                      |            |
| 35          | 57.38   |      | Montse Mas Sanz               | 37 | 30.04.79 | Barcelona Serrahima  | 13/07/2016 |
| 40          | 59.56   | pc   | Angeles Rodríguez Rodríguez   | 41 | 21.10.76 | Salamanca            | 03/03/2018 |
|             | 59.98   |      | Eulalia Torrecasana Quintana  | 40 | 14.06.71 | Mortalaz             | 18/06/2011 |
| 45          | 59.95   |      | Mireia Gorju Solsona          | 46 | 20.01.72 | Mollet del Vallès    | 10/06/2018 |
| 50          | 1.00.91 |      | Maria José Carabante Morata   | 50 | 05.06.68 | Barcelona Serrahima  | 27/06/2018 |
| 55          | 1.05.06 | pc   | Silvia Cortes Torres          | 55 | 21.12.62 | Sabadell             | 18/02/2018 |
|             | 1.05.85 |      | Silvia Cortes Torres          | 55 | 21.12.62 | El Prat de Llobregat | 15/04/2018 |
| 60          | 1.10.34 | pc   | Maria Rosa Escribano Checa    | 60 | 29.12.58 | Sabadell             | 11/01/2019 |
|             | 1.17.52 |      | Antonia Martínez Martínez     | 60 | 02.05.46 | Barcelona Serrahima  | 11/06/2006 |
| 65          | 1.32.74 |      | Isabel Sola Ullod             | 65 | 04.05.53 | Mollet del Vallès    | 10/06/2018 |
| 75          | 2.03.93 |      | Rosa Maria Tena Reales        | 79 | 20.03.34 | Calella              | 22/06/2013 |
| 80          | 2.08.17 |      | Rosa Maria Tena Reales        | 81 | 20.03.34 | Alcobendas           | 27/06/2015 |
| <b>800m</b> |         |      |                               |    |          |                      |            |
| 35          | 2.05.05 |      | Montse Mas Sanz               | 36 | 30.04.79 | Barcelona Serrahima  | 08/07/2015 |
| 40          | 2.14.27 |      | Anna Bove Balada              | 40 | 25.01.78 | Barcelona Serrahima  | 04/07/2018 |
| 45          | 2.20.11 | pc   | Marta Camps Galí              | 48 | 28.01.70 | Madrid               | 22/03/2018 |
|             | 2.22.55 |      | Marta Camps Gali              | 47 | 28.01.70 | Barcelona Serrahima  | 31/05/2017 |
| 50          | 2.21.90 |      | Maria José Carabante Morata   | 51 | 05.06.68 | Barcelona Serrahima  | 10/07/2019 |
| 55          | 2.45.0  |      | Mari Paz Naranjo Jimenez      | 55 | 21.01.32 | Manresa              | 05/07/1987 |
| 60          | 2.51.13 | pc   | Manuela Martínez Gonzalez     | 60 | 17.12.57 | Madrid               | 22/03/2018 |
|             | 2.52.79 |      | Manuela Martínez Gonzalez     | 60 | 17.12.57 | Mollet del Vallès    | 10/06/2018 |
| 65          | 3.07.91 |      | Emilia Vaquero Sanchez        | 65 | 11.01.49 | Huelva               | 21/06/2014 |
| 70          | 3.56.54 | pc   | Rosa Maria Tena Reales        | 71 | 20.03.34 | Vilafranca           | 22/01/2006 |
| 75          | 4.04.07 |      | Rosa Maria Tena Reales        | 77 | 20.03.34 | Aguilas              | 25/06/2011 |
| 80          | 4.36.43 |      | Rosa Maria Tena Reales        | 81 | 20.03.34 | Alcobendas           | 28/06/2015 |

**1500m**

|    |         |    |                               |    |          |                      |            |
|----|---------|----|-------------------------------|----|----------|----------------------|------------|
| 35 | 4.15.17 |    | Montse Mas Sanz               | 39 | 30.04.79 | Barcelona Serrahima  | 11/07/2018 |
| 40 | 4.25.39 |    | Montse Mas Sanz               | 40 | 30.04.79 | Oordegem (BEL)       | 25/05/2019 |
| 45 | 4.47.33 | pc | Marta Camps Galí              | 47 | 28.01.70 | Sabadell             | 07/01/2018 |
|    | 4.47.44 |    | Marta Camps Gali              | 48 | 28.01.70 | Sabadell             | 06/05/2018 |
| 50 | 4.59.53 | pc | Maria José Carabante Morata   | 50 | 05.06.68 | Torun (POL)          | 30/03/2019 |
|    | 5.09.49 |    | Maria José Carabante Morata   | 51 | 05.06.68 | Sagunto              | 29/06/2019 |
| 55 | 5.23.29 |    | Mari Carmen Paredes Rodriguez | 55 | 15.01.63 | Mollet del Vallès    | 10/06/2018 |
| 60 | 5.47.29 |    | Manuela Martínez González     | 60 | 17.12.57 | Castellar del Vallès | 17/06/2018 |
| 65 | 6.03.03 |    | Emilia Vaquero Sanchez        | 65 | 11.01.49 | Huelva               | 22/06/2014 |
| 70 | 6.48.94 |    | Emilia Vaquero Sanchez        | 70 | 11.01.49 | Barberà del Vallès   | 02/06/2019 |
| 75 | 7.52.81 |    | Rosa Maria Tena Reales        | 77 | 20.03.34 | Aguilas              | 26/06/2011 |
| 80 | 9.08.95 |    | Rosa Maria Tena Reales        | 81 | 20.03.34 | Alcobendas           | 27/06/2015 |

**3000m**

|    |          |    |                               |    |          |                   |            |
|----|----------|----|-------------------------------|----|----------|-------------------|------------|
| 35 | 9.06.94  |    | Judit Pla Roig                | 35 | 02.05.78 | Avilés            | 15/06/2013 |
| 40 | 9.46.82  |    | Maria Luisa Muñoz Gonzalez    | 43 | 05.05.59 | Valencia          | 18/05/2002 |
| 45 | 10.09.34 | pc | Encarna Garcia Rus            | 45 | 01.05.66 | Sabadell          | 05/02/2012 |
|    | 10.42.50 |    | Encarna Garcia Rus            | 46 | 01.05.66 | Calella           | 10/06/2012 |
| 50 | 11.32.53 |    | Roser Gil Monne               | 53 | 10.12.56 | Reus              | 08/05/2010 |
| 55 | 11.29.41 |    | Mari Carmen Paredes Rodriguez | 55 | 15.01.63 | Mollet del Vallès | 10/06/2018 |
| 60 | 12.07.21 | pc | Teresa Vegas Vilarrubia       | 61 | 29.08.55 | Sabadell          | 26/02/2017 |
|    | 12.16.40 |    | Mercedes Moller Parera        | 60 | 04.04.58 | Mollet del Vallès | 10/06/2018 |
| 65 | 12.53.17 | pc | Emilia Vaquero Sanchez        | 65 | 11.01.49 | Budapest (HUN)    | 27/03/2014 |
|    | 14.23.72 |    | Gloria Guerrero Gonzalez      | 66 | 02.10.44 | Calella           | 12/06/2011 |
| 70 | 16.17.25 | pc | Gloria Guerrero Gonzalez      | 70 | 02.10.44 | San Sebastian     | 06/03/2015 |
| 75 | 17.18.59 |    | Rosa Maria Tena Reales        | 79 | 20.03.34 | Calella           | 22/06/2013 |
| 80 | 18.41.07 |    | Rosa Maria Tena Reales        | 81 | 20.03.34 | Gavà              | 07/06/2015 |

**5000m**

|    |          |  |                               |    |          |                           |            |
|----|----------|--|-------------------------------|----|----------|---------------------------|------------|
| 35 | 15.30.99 |  | Judit Pla Roig                | 35 | 02.05.78 | Lieja (BEL)               | 10/07/2013 |
| 40 | 17.18.17 |  | Maria Luisa Muñoz Gonzalez    | 40 | 05.05.59 | Barcelona                 | 03/07/1999 |
| 45 | 17.53.84 |  | Marta Camps Gali              | 49 | 28.01.70 | El Prat de Llobregat      | 14/04/2019 |
| 50 | 18.46.68 |  | Mari Carmen Paredes Rodriguez | 50 | 15.01.63 | L'Hospitalet de Llobregat | 05/05/2013 |
| 55 | 19.41.2  |  | Laura Paradell Barenys        | 55 | 04.04.46 | Vilanova                  | 09/06/2001 |
| 60 | 21.03.20 |  | Teresa Vegas Vilarrubia       | 64 | 29.08.55 | Eraclea (ITA)             | 13/09/2019 |
| 65 | 21.19.41 |  | Emilia Vaquero Sanchez        | 65 | 11.01.49 | Huelva                    | 21/06/2014 |
| 70 | 24.00.11 |  | Emilia Vaquero Sanchez        | 70 | 11.01.49 | Castellar del Vallès      | 05/05/2019 |
| 75 | 28.03.07 |  | Rosa Maria Tena Reales        | 77 | 20.03.34 | Aguilas                   | 25/06/2011 |

**10000m**

|    |          |  |                               |    |          |               |            |
|----|----------|--|-------------------------------|----|----------|---------------|------------|
| 35 | 32.57.49 |  | Maria Luisa Muñoz Gonzalez    | 37 | 05.05.59 | Gijón         | 06/07/1996 |
| 40 | 33.25.35 |  | Maria Luisa Muñoz Gonzalez    | 41 | 05.05.59 | Barakaldo     | 08/07/2000 |
| 45 | 38.39.25 |  | Laura Paradell Barenys        | 45 | 04.04.46 | Tarragona     | 05/07/1991 |
| 50 | 38.52.44 |  | Mari Carmen Paredes Rodriguez | 50 | 15.01.63 | Basauri       | 09/06/2013 |
| 55 | 42.45.25 |  | Emilia Vaquero Sanchez        | 58 | 11.01.49 | Aguilas       | 23/06/2007 |
| 60 | 43.40.38 |  | Emilia Vaquero Sanchez        | 62 | 11.01.49 | Ascó          | 02/10/2011 |
| 65 | 44.38.38 |  | Emilia Vaquero Sanchez        | 66 | 11.01.49 | Durango       | 12/04/2015 |
| 70 | 55.17.64 |  | Rosa Maria Tena Reales        | 71 | 20.03.34 | San Sebastián | 28/08/2005 |
| 75 | 56.41.80 |  | Rosa Maria Tena Reales        | 77 | 20.03.34 | Ascó          | 02/10/2011 |

**10 km (Temps oficial)**

|    |       |  |                               |    |          |             |            |
|----|-------|--|-------------------------------|----|----------|-------------|------------|
| 35 | 33.39 |  | Miriam Ortiz Rivas            | 35 | 09.09.84 | Barcelona   | 31/12/2019 |
| 40 | 34.35 |  | Maria Luisa Muñoz Gonzalez    | 42 | 05.05.59 | Barcelona   | 28/04/2002 |
| 45 | 37.41 |  | Maria Luisa Muñoz Gonzalez    | 48 | 05.05.59 | Barcelona   | 31/12/2007 |
|    | 37.41 |  | Marta Camps Gali              | 47 | 28.01.70 | Tarragona   | 26/11/2017 |
| 50 | 39.00 |  | Mari Carmen Paredes Rodriguez | 50 | 15.01.63 | La Llagosta | 07/04/2013 |
| 55 | 40.27 |  | Mari Carmen Paredes Rodriguez | 55 | 15.01.63 | Valencia    | 02/12/2018 |

|                          |           |                                 |    |          |                            |                     |
|--------------------------|-----------|---------------------------------|----|----------|----------------------------|---------------------|
| <b>60</b>                | 42.06     | Emilia Vaquero Sanchez          | 62 | 11.01.49 | Camargo                    | 16/04/2011          |
| <b>65</b>                | 44.09     | Emilia Vaquero Sanchez          | 65 | 11.01.49 | Vilanova i la Geltrú       | 18/05/2014          |
|                          | 44.09     | Emilia Vaquero Sanchez          | 65 | 11.01.49 | Barcelona                  | 08/06/2014          |
| <b>70</b>                | 49.01     | Emilia Vaquero Sanchez          | 70 | 11.01.49 | Torun (POL)                | 27/03/2019          |
| <b>80</b>                | 1h03.35.  | Rosa Maria Tena Reales          | 80 | 20.03.34 | Barcelona                  | 18/05/2014          |
| <b>10Km (Temps real)</b> |           |                                 |    |          |                            |                     |
| <b>45</b>                | 37.38     | Marta Camps Gali                | 47 | 28.01.70 | Tarragona                  | 26/11/2017          |
| <b>55</b>                | 40.23     | Mari Carmen Paredes Rodriguez   | 55 | 15.01.63 | Valencia                   | 02/12/2018          |
| <b>80</b>                | 1h03.04.  | Rosa Maria Tena Reales          | 80 | 20.03.34 | Barcelona                  | 18/05/2014          |
| <b>Mitja Marató</b>      |           |                                 |    |          |                            |                     |
| <b>35</b>                | 1h13.05.  | Isabel Eizmendi Perez           | 35 | 15.06.70 | Gavà                       | 19/02/2006          |
| <b>40</b>                | 1h12.44.  | Maria Luisa Muñoz Gonzalez      | 41 | 05.05.59 | Zamora                     | 27/08/2000          |
| <b>45</b>                | 1h19.27.  | Maria Luisa Muñoz Gonzalez      | 45 | 05.05.59 | Montornès del Vallès       | 27/02/2005          |
| <b>50</b>                | 1h22.52.  | Laura Paradell Barenys          | 50 | 04.04.46 | Vilanova                   | 15/12/1996          |
| <b>55</b>                | 1h25.59.  | Mari Carmen Paredes Rodriguez   | 55 | 15.01.63 | Barcelona                  | 11/02/2018          |
| <b>60</b>                | 1h31.00.  | Emilia Vaquero Sanchez          | 62 | 11.01.49 | Thionville (FRA)           | 15/05/2011          |
| <b>65</b>                | 1h35.27   | Emilia Vaquero Sanchez          | 65 | 11.01.49 | Gavà                       | 02/03/2014          |
| <b>70</b>                | 1h49.56.  | Emilia Vaquero Sanchez          | 70 | 11.01.49 | Torun (POL)                | 30/03/2019          |
| <b>Marató</b>            |           |                                 |    |          |                            |                     |
| <b>35</b>                | 2h28.59.  | Maria Luisa Muñoz Gonzalez      | 36 | 05.05.59 | Sevilla                    | 25/02/1996          |
|                          |           |                                 |    |          |                            | R.Catalunya Absolut |
| <b>40</b>                | 2h32.34.  | Maria Luisa Muñoz Gonzalez      | 40 | 05.05.59 | Valencia                   | 06/02/2000          |
| <b>45</b>                | 2h46.06.  | Laura Paradell Barenys          | 45 | 04.04.46 | Valencia                   | 02/02/1992          |
| <b>50</b>                | 2h59.22   | Mari Carmen Paredes Rodriguez   | 51 | 15.01.63 | Londres (GBR)              | 13/04/2014          |
| <b>55</b>                | 3h06.24.  | Emilia Vaquero Sanchez          | 57 | 11.01.49 | Barcelona                  | 26/03/2006          |
| <b>60</b>                | 3h18.23.  | Emilia Vaquero Sanchez          | 62 | 11.01.49 | Sevilla                    | 13/02/2011          |
| <b>65</b>                | 3h31.03.  | Emilia Vaquero Sanchez          | 65 | 11.01.49 | Las Palmas de Gran Canaria | 26/01/2014          |
| <b>70</b>                | 3h59.19.  | Emilia Vaquero Sanchez          | 70 | 11.01.49 | Logroño                    | 06/10/2019          |
| <b>100Km</b>             |           |                                 |    |          |                            |                     |
| <b>35</b>                | 8h34.52.  | Joaquima Casas Carreras         | 39 | 17.06.51 | Palamós                    | 17/02/1991          |
| <b>40</b>                | 8h27.21.  | Joaquima Casas Carreras         | 40 | 17.06.51 | Palamós                    | 16/02/1992          |
|                          |           |                                 |    |          |                            | R.Catalunya Absolut |
| <b>45</b>                | 10h58.39. | Maria de Montanyans Casanova E  | 48 | 29.05.63 | Sta Cruz de Bezana         | 24/09/2011          |
| <b>50</b>                | 9h02.09   | Anna Riera Pla                  | 51 | 14.11.65 | Vecindario                 | 30/04/2017          |
| <b>60</b>                | 10h54.39. | Mercedes Moller Parera          | 61 | 04.04.58 | Santander                  | 15/06/2019          |
| <b>100mt (0.84)</b>      |           |                                 |    |          |                            |                     |
| <b>35</b>                | 14.29     | 1.5 Imma Clopes Gasull          | 35 | 19.01.68 | Castellon                  | 07/08/2003          |
| <b>40</b>                | 15.14     | -0.5 Anna Serra Roman           | 43 | 16.02.71 | Burgos                     | 08/06/2014          |
| <b>45</b>                | 17.55     | 1.4 Maria Rosa Escribano Checa  | 49 | 29.12.58 | Barcelona Serrahima        | 02/05/2008          |
| <b>80mt (0.762)</b>      |           |                                 |    |          |                            |                     |
| <b>40</b>                | 12.14     | 1.5 Angeles Rodríguez Rodríguez | 40 | 21.10.76 | Castelló                   | 08/07/2017          |
| <b>45</b>                | 13.14     | -1.3 Maria Rosa Escribano Checa | 49 | 29.12.58 | Lloret de Mar              | 15/06/2008          |
| <b>50</b>                | 13.2      | 1.9 Maria Rosa Escribano Checa  | 50 | 29.12.58 | Palafrugell                | 20/09/2009          |
|                          | 13.73     | 0.1 Maria Rosa Escribano Checa  | 50 | 29.12.58 | Huesca                     | 03/10/2009          |
| <b>55</b>                | 13.92     | 0.0 Maria Rosa Escribano Checa  | 57 | 29.12.58 | Gavà                       | 22/05/2016          |
| <b>80mt (0.686)</b>      |           |                                 |    |          |                            |                     |
| <b>60</b>                | 13.85     | 1.6 Maria Rosa Escribano Checa  | 60 | 29.12.58 | Jesolo (ITA)               | 12/09/2019          |
| <b>65</b>                | 19.65     | -1.0 Ramona Escribano Checa     | 66 | 17.03.47 | Monzón                     | 13/04/2013          |
| <b>400mt (0.762)</b>     |           |                                 |    |          |                            |                     |
| <b>35</b>                | 1.04.18   | Adhara Barril Navarro           | 36 | 27.08.82 | Santa Coloma de Gramen     | 17/08/2019          |
| <b>40</b>                | 1.05.78   | Angeles Rodríguez Rodríguez     | 40 | 21.10.76 | Elx                        | 23/06/2017          |
| <b>45</b>                | 1.06.67   | Maite Marzo Gomez               | 47 | 15.10.71 | L'Hospitalet de Llobregat  | 11/05/2019          |
| <b>50</b>                | 1.23.29   | Emma Olsaz Ambit                | 52 | 03.06.65 | Mataró                     | 06/05/2018          |

|                        |          |     |                                |    |          |                                 |
|------------------------|----------|-----|--------------------------------|----|----------|---------------------------------|
| <b>300mt</b>           | (0.762)  |     |                                |    |          |                                 |
| <b>50</b>              | 55.43    |     | Emma Olasz Ambit               | 50 | 03.06.65 | Alcobendas 26/06/2015           |
| <b>55</b>              | 1.05.00  |     | Carmen Montserrat Pérez Merino | 55 | 02.09.64 | Jesolo (ITA) 07/09/2019         |
| <b>3000m obstacles</b> |          |     |                                |    |          |                                 |
| <b>35</b>              | 10.07.56 |     | Montse Mas Sanz                | 38 | 30.04.79 | Huelva 14/06/2017               |
| <b>40</b>              | 11.50.31 |     | Manuela Martinez Gonzalez      | 44 | 17.12.57 | Barcelona 07/07/2002            |
| <b>45</b>              | 11.53.63 |     | Manuela Martinez Gonzalez      | 45 | 17.12.57 | Gavà 11/05/2003                 |
| <b>50</b>              | 13.46.43 |     | Manuela Martinez Gonzalez      | 54 | 17.12.57 | Burgos 20/05/2012               |
| <b>2000m obstacles</b> |          |     |                                |    |          |                                 |
| <b>35</b>              | 7.34.31  |     | Nidia Zulma Borget Ruidiaz     | 39 | 16.06.78 | Mollet del Vallès 10/06/2018    |
| <b>40</b>              | 7.40.08  |     | Nidia Zulma Borget Ruidiaz     | 40 | 16.06.78 | Màlaga 07/09/2018               |
| <b>45</b>              | 7.50.96  |     | Silvia Girones Bausa           | 45 | 06.04.70 | Gavà 07/06/2015                 |
| <b>50</b>              | 8.47.68  |     | Manuela Martinez Gonzalez      | 51 | 17.12.57 | Vitoria 05/07/2009              |
| <b>55</b>              | 9.08.70  |     | Antonia Royo Fabregat          | 55 | 09.09.64 | Jesolo (ITA) 12/09/2019         |
| <b>alçada</b>          |          |     |                                |    |          |                                 |
| <b>35</b>              | 1.72     | pc  | Imma Clopes Gasull             | 35 | 19.01.68 | Vilafranca 02/02/2003           |
|                        | 1.69     |     | Imma Clopes Gasull             | 35 | 19.01.68 | Barcelona Serrahima 11/05/2003  |
| <b>40</b>              | 1.57     |     | Maria Rosa Escribano Checa     | 41 | 29.12.58 | Jyväskylä (FIN) 09/07/2000      |
| <b>45</b>              | 1.54     | pc  | Maria Rosa Escribano Checa     | 47 | 29.12.58 | Linz (AUT) 18/03/2006           |
|                        | 1.54     |     | Maria Rosa Escribano Checa     | 48 | 29.12.58 | Barcelona Serrahima 09/06/2007  |
|                        | 1.54     | pc  | Maria Rosa Escribano Checa     | 49 | 29.12.58 | Oviedo 16/02/2008               |
| <b>50</b>              | 1.48     |     | Maria Rosa Escribano Checa     | 50 | 29.12.58 | Barberà del Vallès 20/06/2009   |
| <b>55</b>              | 1.42     | pc  | Maria Rosa Escribano Checa     | 57 | 29.12.58 | Ancona (ITA) 29/03/2016         |
|                        | 1.42     | pc  | Maria Rosa Escribano Checa     | 59 | 29.12.58 | Madrid 24/03/2018               |
|                        | 1.39     |     | Maria Rosa Escribano Checa     | 57 | 29.12.58 | Palafrugell 18/09/2016          |
| <b>60</b>              | 1.37     |     | Maria Rosa Escribano Checa     | 60 | 29.12.58 | Cambrils 20/07/2019             |
| <b>65</b>              | 1.24     |     | Lluïsa Casanovas Gaset         | 66 | 25.04.52 | Màlaga 10/09/2018               |
| <b>perxa</b>           |          |     |                                |    |          |                                 |
| <b>35</b>              | 3.80     | pc  | Marta Cot Canto                | 36 | 14.11.81 | Madrid 21/03/2018               |
|                        | 3.76     |     | Marta Cot Canto                | 35 | 14.11.81 | Mataró 13/07/2017               |
|                        | 3.76     |     | Marta Cot Canto                | 35 | 14.11.81 | Barcelona Serrahima 23/07/2017  |
| <b>40</b>              | 2.95     |     | Mireia Vila Fabregas           | 40 | 11.12.67 | Lloret de Mar 15/06/2008        |
| <b>45</b>              | 2.90     |     | Montserrat Prat Grau           | 49 | 25.04.66 | Barcelona Mar Bella 12/07/2015  |
| <b>50</b>              | 2.90     | pc  | Montserrat Prat Grau           | 51 | 25.04.66 | Madrid 21/03/2018               |
|                        | 2.90     |     | Montserrat Prat Grau           | 52 | 25.04.66 | Castellar del Vallès 24/03/2019 |
| <b>llargada</b>        |          |     |                                |    |          |                                 |
| <b>35</b>              | 5.87     | 2.0 | Imma Clopes Gasull             | 35 | 19.01.68 | Palafrugell 31/05/2003          |
| <b>40</b>              | 5.14     |     | Maria Rosa Escribano Checa     | 41 | 29.12.58 | Girona 13/05/2000               |
| <b>45</b>              | 5.07     | 0.6 | Maria Rosa Escribano Checa     | 47 | 29.12.58 | Figueres 18/02/2006             |
|                        | 5.07     | 0.6 | Maria Rosa Escribano Checa     | 48 | 29.12.58 | Barcelona Serrahima 01/07/2007  |
| <b>50</b>              | 4.93     | 1.9 | Cristina Mur Val               | 50 | 06.02.66 | Elx 25/06/2016                  |
| <b>55</b>              | 4.68     | 1.4 | Maria Rosa Escribano Checa     | 57 | 29.12.58 | Cambrils 17/07/2016             |
| <b>60</b>              | 4.58     | pc  | Maria Rosa Escribano Checa     | 60 | 29.12.58 | Torun (POL) 26/03/2019          |
|                        | 4.56     | 1.9 | Maria Rosa Escribano Checa     | 60 | 29.12.58 | Màlaga 13/07/2019               |
| <b>65</b>              | 3.51     | 0.5 | Lluïsa Casanovas Gaset         | 66 | 25.04.52 | Màlaga 11/09/2018               |
| <b>triple</b>          |          |     |                                |    |          |                                 |
| <b>35</b>              | 11.26    | 1.1 | Maria Rosa Escribano Checa     | 38 | 29.12.58 | Palafrugell 21/06/1997          |
| <b>40</b>              | 11.26    | 1.8 | Maria Rosa Escribano Checa     | 44 | 29.12.58 | Tarragona 22/06/2003            |
| <b>45</b>              | 11.11    | 0.5 | Maria Rosa Escribano Checa     | 49 | 29.12.58 | Ljubljana (ESL) 02/08/2008      |
| <b>50</b>              | 10.70    | 0.0 | Maria Rosa Escribano Checa     | 50 | 29.12.58 | Barcelona Can Dragó 28/06/2009  |
| <b>55</b>              | 10.27    | 1.8 | Maria Rosa Escribano Checa     | 56 | 29.12.58 | Barcelona Mar Bella 12/07/2015  |
|                        | 10.27    | 1.0 | Alicia Hernández Martínez      | 58 | 20.02.61 | Sant Cugat 23/02/2019           |
| <b>60</b>              | 10.00    | 0.6 | Maria Rosa Escribano Checa     | 60 | 29.12.58 | Sagunto 30/06/2019              |

|                      |       |         |                             |           |          |                      |            |
|----------------------|-------|---------|-----------------------------|-----------|----------|----------------------|------------|
| <b>65</b>            | 7.88  | 0.0     | Lluïsa Casanovas Gaset      | <b>67</b> | 25.04.52 | Sagunto              | 30/06/2019 |
| <b>pes</b>           |       |         |                             |           |          |                      |            |
| <b>35</b>            | 15.21 | 4kg     | Irache Quintanal Franco     | 35        | 18.09.78 | Alcobendas           | 26/07/2014 |
| <b>40</b>            | 11.46 |         | Encarnació Gambús de Castro | 42        | 18.04.53 | Girona               | 21/05/1995 |
| <b>45</b>            | 11.07 |         | Blanca Alba Pujol           | 45        | 08.11.62 | Gandia               | 28/06/2008 |
| <b>50</b>            | 11.72 | 3kg     | Heidi Klett Carl            | 53        | 24.11.40 | Barcelona            | 18/06/1994 |
| <b>55</b>            | 11.26 |         | Heidi Klett Carl            | 55        | 24.11.40 | Andorra              | 25/05/1996 |
| <b>60</b>            | 10.77 |         | Heidi Klett Carl            | <b>60</b> | 24.11.40 | Salamanca            | 23/06/2001 |
| <b>65</b>            | 9.19  |         | Heidi Klett Carl            | 65        | 24.11.40 | Badalona             | 18/06/2006 |
| <b>70</b>            | 8.49  | pc      | Heidi Klett Carl            | <b>70</b> | 24.11.40 | Sabadell             | 20/02/2011 |
|                      | 8.43  |         | Heidi Klett Carl            | 70        | 24.11.40 | Calella              | 12/06/2011 |
| <b>75</b>            | 8.35  |         | Heidi Klett Carl            | <b>75</b> | 25.11.40 | Manresa              | 19/06/2016 |
| 80                   | 5.52  | pc      | Carme Fuster Bassas         | 80        | 05.12.37 | Sabadell             | 18/02/2018 |
|                      | 5.51  |         | Carme Fuster Bassas         | 80        | 05.12.37 | Vitòria              | 29/06/2018 |
| <b>disc</b>          |       |         |                             |           |          |                      |            |
| <b>35</b>            | 53.72 | 1kg     | Sonia Godall Cassi          | 35        | 28.03.68 | Palafrugell          | 22/06/2003 |
| <b>40</b>            | 51.20 |         | Sonia Godall Cassi          | 40        | 28.03.68 | Palafrugell          | 13/04/2008 |
| <b>45</b>            | 46.88 |         | Sonia Godall Cassi          | 47        | 28.03.68 | Barcelona Serrahima  | 09/05/2015 |
| <b>50</b>            | 30.26 |         | Heidi Klett Carl            | 53        | 24.11.40 | El Prat de Llobregat | 19/06/1994 |
| <b>55</b>            | 29.77 |         | Encarnació Gambús de Castro | <b>57</b> | 18.04.53 | Terrassa             | 02/05/2010 |
| <b>60</b>            | 27.81 |         | Heidi Klett Carl            | 60        | 24.11.40 | El Prat de Llobregat | 08/04/2001 |
| <b>65</b>            | 25.22 |         | Heidi Klett Carl            | 65        | 24.11.40 | Barcelona Serrahima  | 11/06/2006 |
| <b>70</b>            | 20.86 |         | Heidi Klett Carl            | 70        | 24.11.40 | Sabadell             | 19/02/2011 |
| <b>75</b>            | 18.09 | 750gr.  | Heidi Klett Carl            | 75        | 25.11.40 | Mollet del Vallès    | 12/06/2016 |
| <b>martell</b>       |       |         |                             |           |          |                      |            |
| <b>35</b>            | 68.71 | 4kg     | Berta Castells Franco       | 35        | 24.01.84 | Manresa              | 21/08/2019 |
| <b>40</b>            | 49.37 |         | Belén Mesa Fernández        | 40        | 24.02.78 | Barberà del Vallès   | 06/05/2018 |
| <b>45</b>            | 44.44 |         | Sonia Godall Cassi          | 47        | 28.03.68 | Valencia             | 23/05/2015 |
| <b>50</b>            | 40.55 | 3kg     | Beata Betlej Spythowska     | 51        | 07.07.68 | Sabadell             | 03/08/2019 |
| <b>55</b>            | 28.67 |         | Cristina Gargallo Ciurana   | 56        | 23.09.59 | Elx                  | 24/06/2016 |
| <b>60</b>            | 30.61 |         | Heidi Klett Carl            | 63        | 24.11.40 | Lloret de Mar        | 10/10/2004 |
| <b>65</b>            | 30.07 |         | Heidi Klett Carl            | 65        | 24.11.40 | Palafrugell          | 25/03/2006 |
| <b>70</b>            | 26.33 |         | Heidi Klett Carl            | 70        | 24.11.40 | Aguilas              | 24/06/2011 |
| <b>75</b>            | 27.68 | 2kg     | Heidi Klett Carl            | 75        | 25.11.40 | Elx                  | 24/06/2016 |
| <b>martell pesat</b> |       |         |                             |           |          |                      |            |
| <b>35</b>            | 14.56 | 9.08 kg | Belén Mesa Fernández        | 39        | 24.02.78 | Sabadell             | 11/02/2018 |
| <b>40</b>            | 15.38 |         | Belén Mesa Fernández        | 40        | 24.02.78 | Torremolinos         | 11/09/2018 |
| <b>45</b>            | 10.61 |         | Montserrat Paños Martínez   | 47        | 16.04.65 | Calella              | 10/06/2012 |
| <b>50</b>            | 13.39 | 7.26kg  | Beata Betlej Spythowska     | 51        | 07.07.68 | Sabadell             | 09/02/2020 |
| 55                   | 9.05  |         | Cristina Gargallo Ciurana   | 58        | 23.09.59 | Monzón               | 25/02/2018 |
|                      | 9.05  |         | Cristina Gargallo Ciurana   | 59        | 23.09.59 | Madrid               | 24/02/2019 |
|                      | 9.05  |         | Cristina Gargallo Ciurana   | 59        | 23.09.59 | Sagunto              | 30/06/2019 |
| <b>60</b>            | 12.82 | 5.45 kg | Cristina Gargallo Ciurana   | 60        | 23.09.59 | Sabadell             | 09/02/2020 |
| <b>65</b>            | 10.38 |         | Heidi Klett Carl            | 65        | 24.11.40 | Barcelona Serrahima  | 30/04/2006 |
| <b>70</b>            | 9.95  |         | Heidi Klett Carl            | 70        | 24.11.40 | Calella              | 12/06/2011 |
| <b>75</b>            | 9.99  | 4kg     | Heidi Klett Carl            | 75        | 25.11.40 | Sabadell             | 12/03/2016 |
| <b>javelina</b>      |       |         |                             |           |          |                      |            |
| <b>35</b>            | 41.76 | 600g    | Imma Clopes Gasull          | 35        | 19.01.68 | Alhama de Murcia     | 08/06/2003 |
| <b>40</b>            | 31.28 |         | Cristina Garcia Gonzalez    | 40        | 10.11.77 | Granollers           | 15/04/2018 |
| <b>45</b>            | 27.76 |         | Ana Maria Alvarez Grijalba  | 45        | 20.07.71 | Sant Celoni          | 06/11/2016 |
| <b>50</b>            | 25.97 | 500g    | Maria Rosa Escribano Checa  | 54        | 29.12.58 | Monzon               | 14/04/2013 |
| <b>55</b>            | 26.54 |         | Maria Rosa Escribano Checa  | 57        | 29.12.58 | Cambrils             | 17/07/2016 |
| <b>60</b>            | 24.92 | 400g    | Maria Rosa Escribano Checa  | 60        | 29.12.58 | Barberà del Vallès   | 02/06/2019 |
| <b>65</b>            | 17.78 |         | Heidi Klett Carl            | 66        | 24.11.40 | Palafrugell          | 28/10/2007 |
| <b>70</b>            | 17.70 |         | Heidi Klett Carl            | 70        | 24.11.40 | Cornellà             | 10/09/2011 |



|   |         |  |    |          |                        |                 |
|---|---------|--|----|----------|------------------------|-----------------|
| 75  | 14.09   | Heidi Klett Carl   | 75 | 25.11.40 | Elx                    | 26/06/2016      |
| <b>heptatló</b>   |         |  |    |          |                        |                 |
| 35  | 5.981   | Imma Clopes Gasull   | 35 | 19.01.68 | Alhama de Murcia       | 08/06/2003      |
|   |         | 14.31(0,5) - 1.68 - 14.07 - 25.98(-0.2) - 5.76(1.1) - 41.76 - 2.24.29                      |    |          |                        |                 |
| 40  | 4.130   | Ana Maria Alvarez Grijalba   | 44 | 20.07.71 | Bron (FRA)             | 05/08/2015      |
|   | 4.678   | Maria Rosa Escribano Checa   | 41 | 29.12.58 | Barcelona              | 18/06/2000      |
|   |         | 16.90*(-1.6) - 1.54 - 9.98 - 28.34(1.5) - 4.92(-0.7) - 24.92 - 2.36.27                     |    |          |                        |                 |
|   |         | * 100m tanques absolutes (puntuat amb coeficient W35)                                      |    |          |                        |                 |
| 45  | 5.096   | Maria Rosa Escribano Checa   | 49 | 29.12.58 | Cartagena              | 01/06/2008      |
|   |         | 13.59(-2.5) - 1.50 - 9.52 - 29.64(-1.4) - 4.91(2.4) - 25.37 - 2.45.81                      |    |          |                        |                 |
| 50  | 5.414   | Maria Rosa Escribano Checa   | 50 | 29.12.58 | Alhama de Murcia       | 31/05/2009      |
|   |         | 13.42(4.8) - 1.46 - 10.45 - 29.88(-1.4) - 4.60(1.6) - 23.29 - 2.46.17                      |    |          |                        |                 |
| 55  | 5.698   | Maria Rosa Escribano Checa   | 57 | 29.12.58 | Collado villalba       | 15/05/2016      |
|   |         | 14.10 (2.0) - 1.38 - 9.89 - 31.10 (1.7) - 4.53 (0.0) - 23.90 - 2.54.93                     |    |          |                        |                 |
| 60  | 6.255   | Maria Rosa Escribano Checa   | 60 | 29.12.58 | Cambrils               | 21/07/2019      |
|   |         | 13.97(1.4) - 1.37 - 9.86 - 31.21(1.5) - 4.36(0.4) - 23.94 - 2.56.96                        |    |          |                        | Rècord del Món  |
| 65  | 3.037   | Ramona Escribano Checa   | 66 | 17.03.47 | Monzón                 | 13/04/2013      |
|   |         | 19.65(-1.0) - 1.09 - 5.66 - 42.89(-1.8) - 3.02(0.0) - 8.64 - 4.17.05                       |    |          |                        |                 |
| * Puntuacions amb els coeficients actuals WMA 2010          |         |  |    |          |                        |                 |
| <b>decatló</b>  |         |  |    |          |                        |                 |
| 45  | 3.375   | Montserrat Prat Grau   | 48 | 25.04.66 | Manresa                | 21/09/2014      |
|   |         | 16.2(0.4) - 15.73 - 2.70 - 16.84 - 1.21.0 - 23.4(-0.5) - 3.25(-0.4) - 6.05 - 1.19 - 7.39.9 |    |          |                        |                 |
| * 100 metres tanques absolutes puntuades amb coeficient F35 |         |  |    |          |                        |                 |
| * Puntuacions amb els coeficients actuals WMA 2010          |         |  |    |          |                        |                 |
| <b>pentatló</b>   |         |  |    |          |                        |                 |
| 35  | 2.507   | Eulalia Torrescasana Quintana  | 38 | 14.06.71 | Huesca                 | 03/10/2009      |
|   |         | 18.54(0.0) - 1.31 - 7.77 - 4.53(1.5) - 2.32.61   |    |          |                        |                 |
|   | * 4.362 | Imma Clopes Gasull   | 35 | 19.01.68 | Alhama de Murcia       | 08/06/2003      |
|   |         | 14.31(0,5) - 1.68 - 14.07 - 5.76(1.1) - 2.24.29  |    |          |                        |                 |
| * Competició feta en dos dies                               |         |  |    |          |                        |                 |
| 40  | 3.603   | Maria Rosa Escribano Checa   | 41 | 29.12.58 | Jyväskylä (FIN)        | 09/07/2000      |
|   |         | 13.23(0.5) - 1.57 - 9.49 - 5.05(0.9) - 2.39.77   |    |          |                        |                 |
| 45  | 4.018   | Maria Rosa Escribano Checa   | 45 | 29.12.58 | Århus (DEN)            | 28/07/2004      |
|   |         | 13.18(-0.8) - 1.48 - 9.77 - 4.99(0.5) - 2.37.17  |    |          |                        |                 |
| 50  | 4.155   | Maria Rosa Escribano Checa   | 50 | 29.12.58 | Palafrugell            | 20/09/2009      |
|   |         | 13.2(1.9) - 1.45 - 10.75 - 4.70(-0.9) - 2.46.4   |    |          |                        | Rècord Europa   |
| 55  | 4.271   | Maria Rosa Escribano Checa   | 57 | 29.12.58 | Palafrugell            | 18/09/2016      |
|   |         | 14.13(0.0) - 1.39 - 9.59 - 4.56(1.1) - 2.57.98   |    |          |                        | Rècord d'Europa |
| 60  | 4.714   | Maria Rosa Escribano Checa   | 60 | 29.12.58 | Tarragona Camp Clar    | 21/09/2019      |
|   |         | 13.98(1.1) - 1.36 - 9.82 - 4.48(-0.3) - 2.56.96  |    |          |                        | Rècord del Món  |
| 65  | 2.291   | Ramona Escribano Checa   | 65 | 17.03.47 | Cornellà               | 15/09/2012      |
|   |         | 20.65(-1.1) - 1.08 - 6.01 - 2.82(0.0) - 4.27.77  |    |          |                        |                 |
| * Puntuacions amb els coeficients actuals WMA 2010          |         |  |    |          |                        |                 |
| <b>pentatló llançaments</b>                                 |         |  |    |          |                        |                 |
| 35  | 2.637   | Silvia Morcillo Ligorit  | 37 | 11.03.70 | Misano Adriático (ITA) | 15/09/2007      |
|   |         | 33.01 - 8.46 - 26.30 - 29.46 - 11.50   |    |          |                        |                 |
| 40  | 3.306   | Belén Mesa Fernández   | 40 | 24.02.78 | Gavà                   | 12/05/2018      |
|   |         | 48.88 - 9.02 - 16.94 - 27.45 - 14.17   |    |          |                        |                 |
| 45  | 2.895   | Cristina Mañosa Campabadal   | 45 | 01.10.73 | Madrid Moratalaz       | 19/05/2019      |
|   |         | 34.65 - 7.47 - 26.28 - 24.30 - 9.80  |    |          |                        |                 |
| 50  | 2.978   | Montserrat Paños Martínez  | 52 | 16.04.65 | Logroño                | 13/05/2017      |
|   |         | 31.44 - 9.79 - 25.43 - 18.33 - 11.08   |    |          |                        |                 |
| 55  | 2.596   | Cristina Gargallo Ciurana  | 59 | 23.09.59 | Palafrugell            | 04/05/2019      |
|   |         | 27.07 - 7.79 - 19.49 - 16.18 - 8.85  |    |          |                        |                 |

|    |       |                                     |    |          |                  |            |
|----|-------|-------------------------------------|----|----------|------------------|------------|
| 65 | 3.216 | Heidi Klett Carl                    | 66 | 24.11.40 | Palafrugell      | 28/10/2007 |
|    |       | 23.63 - 8.28 - 20.57 - 17.78 - 9.33 |    |          |                  |            |
| 70 | 3.610 | Heidi Klett Carl                    | 70 | 24.11.40 | Cornellà         | 10/09/2011 |
|    |       | 23.36 - 7.87 - 19.49 - 17.70 - 9.54 |    |          |                  |            |
| 75 | 3.459 | Heidi Klett Carl                    | 75 | 25.11.40 | Collado Villalba | 15/05/2016 |
|    |       | 25.69 - 7.90 - 16.94 - 12.74 - 8.06 |    |          |                  |            |

\* Puntuacions amb els coeficients actuals WMA 2010

**3000m marxa pista**

|    |          |    |                                |    |          |               |            |
|----|----------|----|--------------------------------|----|----------|---------------|------------|
| 35 | 13.48.65 | pc | Teresa Palacios Giral          | 35 | 27.10.58 | Sevilla       | 26/02/1994 |
|    | 14.37.0  |    | Gloria Granados Ortega         | 36 | 22.10.56 | Valencia      | 12/06/1993 |
| 40 | 13.52.20 | pc | Olga Cabrerias Ysas            | 42 | 24.01.74 | Antequera     | 18/03/2016 |
|    | 14.39.8  |    | Olga Cabrerias Ysas            | 44 | 24.01.74 | Gavà          | 17/03/2018 |
| 45 | 14.50.70 | pc | Olga Cabrerias Ysas            | 45 | 24.01.74 | Sabadell      | 17/02/2019 |
|    | 15.21.25 |    | Maria Carmen Garcia Frontons   | 46 | 10.12.60 | Pezenas (FRA) | 26/05/2007 |
| 50 | 15.53.17 | pc | Maria Carmen Garcia Frontons   | 50 | 10.12.60 | Gent (BEL)    | 17/03/2011 |
|    | 16.30.0  |    | Laura Bayona Reyatos           | 50 | 25.08.40 | Lloret de Mar | 03/03/1991 |
| 55 | 16.48.82 | pc | Maria Carmen Garcia Frontons   | 56 | 10.12.60 | Daegu (KOR)   | 19/03/2017 |
|    | 17.06.0  |    | Maria Carmen Garcia Frontons   | 56 | 10.12.60 | Castelló      | 08/07/2017 |
| 60 | 19.46.0  | pc | Christel Schustakowitz Abraham | 62 | 04.03.44 | Bompas (FRA)  | 25/11/2006 |
|    | 21.33.4  |    | Emilia Francolí Cortadellas    | 63 | 12.07.24 | Lloret de Mar | 01/11/1987 |
| 65 | 21.38.70 | pc | Matilde Gomez Murillo          | 68 | 09.07.42 | Sabadell      | 20/02/2011 |
|    | 22.24.7  |    | Laura Bayona Reyatos           | 67 | 25.08.40 | Lloret de Mar | 21/10/2007 |
| 70 | 21.11.72 |    | Christel Schustakowitz Abraham | 74 | 04.03.44 | Sabadell      | 06/10/2018 |
| 75 | 21.22.88 |    | Christel Schustakowitz Abraham | 75 | 04.03.44 | Sabadell      | 05/10/2019 |

**5000m marxa pista**

|    |          |  |                                |    |          |                     |            |
|----|----------|--|--------------------------------|----|----------|---------------------|------------|
| 35 | 21.15.57 |  | Maria Vasco Gallardo           | 36 | 26.12.75 | Mataró              | 18/07/2012 |
| 40 | 24.02.87 |  | Cristina Fernandez Riba        | 40 | 22.07.71 | Barcelona Serrahima | 24/03/2012 |
| 45 | 26.10.15 |  | Maria Carmen Garcia Frontons   | 46 | 10.12.60 | Barcelona Serrahima | 16/06/2007 |
| 50 | 27.40.95 |  | Maria Carmen Garcia Frontons   | 50 | 10.12.60 | Barcelona Serrahima | 16/04/2011 |
| 55 | 28.45.93 |  | Maria Carmen Garcia Frontons   | 55 | 10.12.60 | Perth (AUS)         | 27/10/2016 |
| 60 | 31.13.29 |  | Matilde Gomez Murillo          | 60 | 09.07.42 | Ourense             | 13/07/2002 |
| 65 | 32.21.26 |  | Matilde Gomez Murillo          | 65 | 09.07.42 | Palafrugell         | 13/04/2008 |
| 70 | 35.40.94 |  | Christel Schustakowitz Abraham | 70 | 04.03.44 | Sant Celoni         | 24/05/2014 |
| 75 | 36.44.0  |  | Christel Schustakowitz Abraham | 75 | 04.03.44 | Dresden (GER)       | 24/08/2019 |

**10000m marxa pista**

|    |            |  |                                |    |          |                        |            |
|----|------------|--|--------------------------------|----|----------|------------------------|------------|
| 35 | 44.45.18   |  | Maria Vasco Gallardo           | 35 | 26.12.75 | Málaga                 | 06/08/2011 |
| 40 | 52.36.95   |  | Cristina Fernandez Riba        | 40 | 22.07.71 | Ascó                   | 02/10/2011 |
| 45 | 56.03.6    |  | Maria Jose Artero Godinez      | 45 | 10.10.70 | Montornès del Vallès   | 15/05/2016 |
| 50 | 1h00.26.0  |  | Maria Carmen Garcia Frontons   | 51 | 10.12.60 | Port La Nouvelle (FRA) | 29/09/2012 |
| 55 | 1h00.40.3  |  | Maria Carmen Garcia Frontons   | 57 | 10.12.60 | Montornès del Vallès   | 13/05/2018 |
| 65 | 1h13.00.1  |  | Christel Schustakowitz Abraham | 66 | 04.03.44 | Marienberg (GER)       | 05/09/2010 |
| 70 | 1h11.22.57 |  | Christel Schustakowitz Abraham | 71 | 04.03.44 | Balma (FRA)            | 15/11/2015 |

**5km marxa ruta**

|    |       |     |                                |    |          |                      |            |
|----|-------|-----|--------------------------------|----|----------|----------------------|------------|
| 35 | 22.31 | pas | Maria Vasco Gallardo           | 36 | 26.12.75 | La Coruña            | 09/06/2012 |
| 40 | 24.20 |     | Cristina Fernandez Riba        | 40 | 22.07.71 | Badalona             | 12/02/2012 |
| 45 | 26.12 |     | Maria Carmen Garcia Frontons   | 46 | 10.12.60 | Badalona             | 28/01/2007 |
| 50 | 26.52 |     | Maria Carmen Garcia Frontons   | 50 | 10.12.60 | Gent (BEL)           | 20/03/2011 |
| 55 | 28.58 |     | Maria Carmen Garcia Frontons   | 55 | 10.12.60 | Manresa              | 27/11/2016 |
| 60 | 34.33 |     | Christel Schustakowitz Abraham | 63 | 04.03.44 | El Prat de Llobregat | 27/01/2008 |
| 65 | 33.22 |     | Isabel Pellicer Hernandez      | 65 | 05.06.40 | El Prat de Llobregat | 05/03/2006 |
| 70 | 36.17 |     | Christel Schustakowitz Abraham | 71 | 04.03.44 | Badalona             | 07/02/2016 |
| 75 | 36.36 |     | Christel Schustakowitz Abraham | 75 | 04.03.44 | Balma (FRA)          | 27/10/2019 |

**10km marxa ruta**

|    |       |     |                      |    |          |               |            |
|----|-------|-----|----------------------|----|----------|---------------|------------|
| 35 | 43.43 | pas | Maria Vasco Gallardo | 36 | 26.12.75 | Londres (GBR) | 11/08/2012 |
|----|-------|-----|----------------------|----|----------|---------------|------------|

|                        |          |     |  |    |          |                           |            |
|------------------------|----------|-----|--|----|----------|---------------------------|------------|
| 40                     | 51.25    |     | Olga Cabrera Ysas  | 42 | 24.01.74 | Puerto de Motril          | 28/02/2016 |
| 45                     | 52.56    |     | Olga Cabrera Ysas  | 45 | 24.01.74 | Torun (POL)               | 29/03/2019 |
| 50                     | 58.00    |     | Maria Carmen Garcia Frontons   | 50 | 10.12.60 | Sacramento (USA)          | 12/07/2011 |
| 55                     | 59.19    |     | Maria Carmen Garcia Frontons   | 56 | 10.12.60 | Daegu (KOR)               | 24/03/2017 |
| 60                     | 1h05.56  |     | Matilde Gomez Murillo  | 63 | 09.07.42 | San Sebastián             | 31/08/2005 |
| 65                     | 1h09.39. |     | Christel Schustakowitz Abraham   | 65 | 04.03.44 | Arhus (DEN)               | 29/05/2009 |
| 70                     | 1h08.32. |     | Christel Schustakowitz Abraham   | 72 | 04.03.44 | Trieste (ITA)             | 30/10/2016 |
| <b>20km marxa ruta</b> |          |     |  |    |          |                           |            |
| 35                     | 1h28.14. |     | Maria Vasco Gallardo   | 36 | 26.12.75 | Londres (GBR)             | 11/08/2012 |
| 40                     | 1h50.32  |     | Olga Cabrera Ysas  | 44 | 24.01.74 | El Vendrell               | 04/02/2018 |
| 45                     | 1h51.30. |     | Maria Carmen Garcia Frontons   | 45 | 10.12.60 | Bompas (FRA)              | 29/04/2006 |
| 50                     | 2h04.05. |     | Marina Hoernecke-Gil   | 51 | 07.03.42 | Upice (TCH)               | 29/05/1993 |
| 55                     | 2.03.28  |     | Isabel Guerrero Montes   | 56 | 23.12.63 | Torre vieja               | 16/02/2020 |
| 60                     | 2h36.48. |     | Christel Schustakowitz Abraham   | 64 | 04.03.44 | Montreuil sous bois (FRA) | 13/04/2008 |
| <b>30km marxa ruta</b> |          |     |  |    |          |                           |            |
| 50                     | 3h22.37  | pas | Marina Hoernecke-Gil   | 51 | 07.03.42 | Basildon (GBR)            | 10/04/1993 |
| 55                     | 3h24.12  | pas | Marina Hoernecke-Gil   | 55 | 07.03.42 | Basildon (GBR)            | 05/04/1997 |
| <b>50km marxa ruta</b> |          |     |  |    |          |                           |            |
| 40                     | 5h06.13  |     | Olga Cabrera Ysas  | 44 | 24.01.74 | Burjassot                 | 25/02/2018 |
| 45                     | 5h00.39  |     | Olga Cabrera Ysas  | 46 | 24.01.74 | Torre vieja               | 16/02/2020 |
| 50                     | 5h37.24  |     | Marina Hoernecke-Gil   | 51 | 07.03.42 | Basildon (GBR)            | 10/04/1993 |
| 55                     | 5h56.47  |     | Marina Hoernecke-Gil   | 55 | 07.03.42 | Basildon (GBR)            | 05/04/1997 |
| <b>4 x 100m</b>        |          |     |  |    |          |                           |            |
| 35                     | 54.41    | S   | Catalunya  |    |          | Aguilas                   | 01/07/2006 |
|                        |          |     | Carme Bes 37- Natalia Amaro 35- Eulalia Torrecasana 35- Mireia Vila 38                 |    |          |                           |            |
|                        | 53.66    | C   | CA Manresa   |    |          | Lleida                    | 07/06/2009 |
|                        |          |     | Ester Maruny 39- Mireia Vila 41- Judit Ester 38- Eulalia Torrecasana 37                |    |          |                           |            |
| 40                     | 55.04    | S   | Catalunya  |    |          | Ourense                   | 13/07/2002 |
|                        |          |     | Montse Capel 43- Rosa Busquets 45- Rosa Escribano 43- Trini Canals 44                  |    |          |                           |            |
|                        | 55.37    | C   | Avinent Manresa  |    |          | Durango                   | 12/07/2014 |
|                        |          |     | Carme Bes 45- Merce Bes 41 - Maria Dolores Jimenez 45 - Eulalia Torrecasana 43         |    |          |                           |            |
| 45                     | 54.73    | S   | Catalunya  |    |          | Torremolinos              | 06/08/2005 |
|                        |          |     | Trini Canals 47- Montse Capel 46- Rosa Busquets 48- Rosa Escribano 46                  |    |          |                           |            |
|                        | 56.10    | C   | Avinent Manresa  |    |          | Castelló                  | 08/07/2017 |
|                        |          |     | Carme Bes 48 - Eulàlia Torrecasana 46 - Maria Dolores Jimenez 48 - Silvia Cortés(f) 54 |    |          |                           |            |
| 50                     | 1.02.71  | S   | Catalunya  |    |          | Vitoria                   | 03/06/2009 |
|                        |          |     | Trini Canals 51- Lluïsa Casanova 57 - Rosa Busquets 52 - Heidi Klett 68                |    |          |                           |            |
|                        | 1.02.72  | C   | CA Tarragona   |    |          | Sagunto                   | 29/06/2019 |
|                        |          |     | Ana Cabello 50 - Maribel Vallvé 51 - Pilar Fernández 52 - Marisa Pradillo 57           |    |          |                           |            |
| <b>4 x 400m</b>        |          |     |  |    |          |                           |            |
| 35                     | 4.35.71  | S   | Catalunya  |    |          | Gandia                    | 29/06/2008 |
|                        |          |     | Ester Tomas 38 - Maria Font 38 - Eva Massaguer 41 - Ana M <sup>a</sup> Alvarez 36      |    |          |                           |            |
|                        | 4.21.18  | C   | Girona Costa Brava-CA Palafrugell  |    |          | Barcelona Serrahima       | 20/06/2004 |
|                        |          |     | Imma Clopes 36- M <sup>a</sup> Gracia Coll 36- Eva Massaguer 37- Cristina Bosch 35     |    |          |                           |            |
| 40                     | 4.38.76  | S   | Catalunya  |    |          | Ourense                   | 14/07/2002 |
|                        |          |     | Rosa Escribano 43- Rosa Busquets 45- Trini Canals 44- Montse Capel 43                  |    |          |                           |            |
|                        | 4.12.01  | C   | Barcelona Atletisme  |    |          | El Prat de Llobregat      | 07/05/2017 |
|                        |          |     | Maria Jose Carabante 48- Mireia Gorju 45- Angels Rodriguez 40- Yolanda Badia 45        |    |          |                           |            |
| 45                     | 5.30.8   | S   | Catalunya  |    |          | Barcelona Serrahima       | 18/07/1999 |
|                        |          |     | Gloria Guerrero 54- Gloria Escribano 54- Eulalia Fabregas 50- Silvia Simonetti 47      |    |          |                           |            |
|                        | 5.03.24  | C   | GA Lluïsos Mataró  |    |          | Mollet del Vallès         | 12/06/2016 |
|                        |          |     | Maria Helena Gaeta 45- Ana Esther Fidalgo 46- Xantal Oller 47 -Emma Olasz 51           |    |          |                           |            |
| 50                     | 5.32.16  | C   | CA Tarragona   |    |          | Sagunto                   | 30/06/2019 |
|                        |          |     | Antonia Royo 54 - Maribel Vallvé 51 - Pilar Fernández 52 - Ana Cabello 50              |    |          |                           |            |



**Records Catalunya Màster Pista Coberta**  
**Tancat 16.02.2020**

**Homes**

**60m**

|    |       |                           |    |          |                        |            |
|----|-------|---------------------------|----|----------|------------------------|------------|
| 35 | 6.91  | Patrick Chinedu Ike Origa | 35 | 26.04.84 | Sabadell               | 02/02/2020 |
| 40 | 7.28  | Antoni Mayoral Simón      | 41 | 29.08.62 | Vilafranca del Penedès | 24/01/2004 |
|    | 7.0-  | Jordi Vila Viñas          | 40 | 22.03.55 | Vilafranca del Penedès | 17/02/1996 |
| 45 | 7.34  | Xavi Bosch Ortiz          | 45 | 25.07.72 | Madrid                 | 20/03/2018 |
|    | 7.34  | Xavi Bosch Ortiz          | 45 | 25.07.72 | Madrid                 | 21/03/2018 |
| 50 | 7.56  | Antoni Mayoral Simón      | 51 | 29.08.62 | Budapest (HUN)         | 25/03/2014 |
| 55 | 7.85  | Antoni Mayoral Simón      | 57 | 29.08.62 | Sabadell               | 22/12/2019 |
| 60 | 8.21  | Xavier Antón Bofill       | 62 | 16.02.28 | Sevilla                | 09/02/1991 |
| 65 | 8.43  | Xavier Antón Bofill       | 65 | 16.02.28 | Zaragoza               | 06/02/1994 |
| 70 | 8.62  | Josep Maria Sanza Agreda  | 70 | 01.04.35 | Oviedo                 | 04/03/2006 |
| 75 | 8.85  | Albert Pedrero Llopart    | 75 | 13.12.43 | Sabadell               | 02/02/2019 |
|    | 8.85  | Albert Pedrero Llopart    | 75 | 13.12.43 | Sabadell               | 17/02/2019 |
| 80 | 9.63  | Josep Maria Sanza Agreda  | 80 | 01.04.35 | Sabadell               | 06/03/2016 |
| 85 | 11.60 | Valentí Huch More         | 86 | 25.11.19 | Vilafranca del Penedès | 22/01/2006 |
| 90 | 13.24 | Valentí Huch More         | 92 | 25.11.19 | Sabadell               | 19/02/2012 |
| 95 | 18.50 | Valentí Huch More         | 96 | 25.11.19 | Antequera              | 19/03/2016 |

**200m**

|    |       |                        |    |          |                        |            |
|----|-------|------------------------|----|----------|------------------------|------------|
| 35 | 22.71 | Antoni Mayoral Simón   | 35 | 29.08.62 | Vilafranca del Penedès | 07/02/1998 |
| 40 | 23.03 | Xavi Bosch Ortiz       | 44 | 25.07.72 | Madrid                 | 12/03/2017 |
| 45 | 23.11 | Xavi Bosch Ortiz       | 45 | 25.07.72 | Madrid                 | 23/03/2018 |
| 50 | 24.39 | Israel Luque Sánchez   | 51 | 13.07.67 | Sabadell               | 17/02/2019 |
| 55 | 25.55 | Antoni Mayoral Simón   | 57 | 29.08.62 | Sabadell               | 17/01/2020 |
| 60 | 28.29 | Eduard Bes Jaques      | 60 | 09.07.40 | Valencia               | 18/02/2001 |
| 65 | 28.42 | Xavier Antón Bofill    | 65 | 16.02.28 | Zaragoza               | 06/02/1994 |
| 70 | 29.9- | Xavier Antón Bofill    | 71 | 16.02.28 | Zaragoza               | 13/03/1999 |
|    | 30.76 | Eduard Bes Jaques      | 70 | 09.07.40 | Sabadell               | 20/02/2011 |
| 75 | 30.58 | Albert Pedrero Llopart | 75 | 13.12.43 | Sabadell               | 02/02/2019 |
| 80 | 37.48 | Josep Sitjà Aguye      | 81 | 05.08.37 | Ourense                | 10/03/2019 |
| 85 | 43.14 | Valentí Huch More      | 86 | 25.11.19 | Vilafranca del Penedès | 22/01/2006 |
| 90 | 56.28 | Lluís Marimón Farriol  | 90 | 06.01.28 | Sabadell               | 27/01/2018 |

**400m**

|    |         |                               |    |          |                        |            |
|----|---------|-------------------------------|----|----------|------------------------|------------|
| 35 | 49.58   | Raül Sabatè Cervelló          | 35 | 04.03.71 | Linz (AUT)             | 20/03/2006 |
| 40 | 51.94   | Amadeu Pintó Ortega           | 41 | 18.04.65 | Oviedo                 | 03/03/2007 |
| 45 | 52.54   | Carlos Federico Heredia Tapia | 46 | 20.06.68 | San Sebastián          | 07/03/2015 |
| 50 | 53.84   | Manel González Solanes        | 50 | 01.11.63 | Budapest (HUN)         | 30/03/2014 |
| 55 | 57.17   | Joaquín Joyas Albertus        | 55 | 12.11.58 | Zaragoza               | 08/03/2014 |
| 60 | 59.71   | Joaquín Joyas Albertus        | 60 | 12.11.58 | Sabadell               | 17/02/2019 |
| 65 | 1.06.78 | Josep Sitjà Aguye             | 65 | 05.08.37 | Oviedo                 | 22/02/2003 |
| 70 | 1.10.97 | Josep Romaguera Hernández     | 71 | 24.01.32 | Vilafranca del Penedès | 08/02/2003 |
| 75 | 1.14.91 | Eduard Bes Jaques             | 75 | 09.07.40 | Antequera              | 19/03/2016 |
| 80 | 1.24.65 | Josep Sitjà Aguye             | 80 | 05.08.37 | Sabadell               | 18/02/2018 |
| 85 | 1.54.02 | Valentí Huch More             | 87 | 25.11.19 | Vilafranca del Penedès | 24/02/2007 |

**800m**

|    |                       |                            |    |          |               |            |
|----|-----------------------|----------------------------|----|----------|---------------|------------|
| 35 | 1.52.02               | Abdeslam Louah Khattabi    | 35 | 06.03.81 | Sabadell      | 20/01/2017 |
| 40 | 1.57.76               | Juan Manuel Medina Salomon | 40 | 05.09.75 | Sabadell      | 26/02/2016 |
| 45 | 2.01.91               | Miguel Àngel Balagué Rubio | 46 | 06.09.70 | Sabadell      | 20/01/2017 |
| 50 | 2.07.72               | Jose Luis Lozano Rubio     | 51 | 22.12.60 | Sabadell      | 03/03/2012 |
| 55 | 2.06.87               | Joaquín Joyas Albertus     | 55 | 12.11.58 | Sabadell      | 09/02/2014 |
|    | <b>Rècord del Món</b> |                            |    |          |               |            |
| 60 | 2.13.87               | Joaquín Joyas Albertus     | 60 | 12.11.58 | Sabadell      | 04/01/2019 |
|    | <b>Rècord del Món</b> |                            |    |          |               |            |
| 65 | 2.28.82               | Francisco Aragón Muñoz     | 65 | 17.11.54 | Sabadell      | 04/01/2020 |
| 70 | 2.40.47               | Fabián Campo Sánchez       | 70 | 01.03.48 | Madrid        | 22/03/2018 |
| 75 | 2.54.75               | Josep Sitjà Aguye          | 75 | 05.08.37 | San Sebastián | 22/03/2013 |
| 80 | 3.28.67               | Josep Sitjà Aguye          | 80 | 05.08.37 | Madrid        | 22/03/2018 |

**1500m**

|    |         |                            |    |          |           |            |
|----|---------|----------------------------|----|----------|-----------|------------|
| 35 | 3.48.86 | Abdeslam Louah Khattabi    | 35 | 06.03.81 | Sabadell  | 07/02/2017 |
| 40 | 4.03.35 | Juan Manuel Medina Salomon | 40 | 05.09.75 | Sabadell  | 07/02/2016 |
| 45 | 4.04.91 | Juan José Verdugo Notario  | 46 | 15.01.70 | Sabadell  | 07/02/2016 |
| 50 | 4.22.35 | Joan Manel Galan Elias     | 52 | 20.10.65 | Sabadell  | 11/02/2018 |
| 55 | 4.30.79 | Jose Aranda Romero         | 55 | 30.11.64 | Sabadell  | 19/01/2020 |
| 60 | 4.39.39 | Joaquin Joyas Albertus     | 60 | 12.11.58 | Sabadell  | 23/12/2018 |
| 65 | 5.05.31 | Luis Lahoz Betes           | 65 | 31.12.52 | Salamanca | 04/03/2018 |
| 70 | 5.26.47 | Fabián Campo Sánchez       | 70 | 01.03.48 | Madrid    | 23/03/2018 |
| 75 | 6.10.45 | Josep Romaguera Hernández  | 75 | 24.01.32 | Oviedo    | 04/03/2007 |
| 80 | 8.16.59 | Isidre Ferrer Cantal       | 83 | 26.08.35 | Sabadell  | 17/02/2019 |

**3000m**

|                        |          |                            |    |          |                        |            |
|------------------------|----------|----------------------------|----|----------|------------------------|------------|
| 35                     | 8.20.12  | Abdeslam Louah Khattabi    | 35 | 06.03.81 | Sabadell               | 14/01/2017 |
| 40                     | 8.19.32  | Carlos Castillejo Salvador | 40 | 18.08.78 | Sabadell               | 08/02/2019 |
| 45                     | 8.27.71  | Driss Lakhouaja Allah      | 46 | 26.02.72 | Sabadell               | 04/01/2019 |
| <b>Rècord d'Europa</b> |          |                            |    |          |                        |            |
| 50                     | 9.18.80  | Fernando Díaz Pérez        | 51 | 03.07.51 | Vilafranca del Penedès | 08/02/2003 |
| 55                     | 9.43.26  | Jose Aranda Romero         | 55 | 30.11.64 | Sabadell               | 15/12/2019 |
| 60                     | 9.56.01  | Diaquino Gonzalez Valentín | 61 | 22.06.45 | Vilafranca del Penedès | 03/02/2007 |
| 65                     | 10.33.01 | Francisco Aragón Muñoz     | 65 | 17.11.54 | Sabadell               | 02/02/2020 |
| 70                     | 12.00.05 | Eufemio Vallejo Prieto     | 72 | 20.03.42 | Sabadell               | 22/02/2015 |
| 75                     | 12.40.37 | Eufemio Vallejo Prieto     | 75 | 20.03.42 | Sabadell               | 18/02/2018 |

**60mt**

|    |       |                        |    |          |                        |            |
|----|-------|------------------------|----|----------|------------------------|------------|
| 35 | 7.75  | Carles Sala Molera     | 35 | 20.03.60 | Madrid                 | 09/02/1996 |
|    | 7.75  | Carles Sala Molera     | 36 | 20.03.60 | Zaragoza               | 15/02/1997 |
| 40 | 8.51  | Marc Bel Pascual       | 42 | 15.09.76 | Antequera              | 10/02/2019 |
| 45 | 9.39  | Antoni Creus Melgosa   | 46 | 20.11.64 | Sabadell               | 20/02/2011 |
|    | 8.9-  | Jose Maria Paz Colls   | 45 | 23.12.42 | Valencia               | 14/02/1988 |
| 50 | 9.13  | Antoni Creus Melgosa   | 50 | 20.11.64 | San Sebastián          | 07/03/2015 |
| 55 | 9.40  | Antoni Creus Melgosa   | 55 | 20.11.64 | Sabadell               | 01/02/2020 |
| 60 | 9.91  | Jordi Blanch Gimbernat | 82 | 28.05.33 | Ancona (ITA)           | 02/04/2016 |
| 65 | 9.9-  | Angel Joaniquet Ibarz  | 65 | 28.05.33 | Zaragoza               | 28/02/1999 |
|    | 10.70 | Jose Maria Paz Colls   | 65 | 23.12.42 | Vilafranca del Penedès | 02/02/2008 |
| 70 | 11.00 | Angel Joaniquet Ibarz  | 70 | 28.05.33 | Zaragoza               | 07/02/2004 |
| 75 | 12.65 | Angel Joaniquet Ibarz  | 75 | 28.05.33 | Ancona (ITA)           | 28/03/2009 |
| 80 | 15.11 | Angel Joaniquet Ibarz  | 81 | 28.05.33 | Torun (POL)            | 28/03/2015 |

**alçada**

|    |      |                              |    |          |                      |            |
|----|------|------------------------------|----|----------|----------------------|------------|
| 35 | 2.02 | Jordi Vila Viñas             | 36 | 22.03.55 | San Cugat del Vallès | 11/01/1992 |
| 40 | 1.93 | Marc Pagés Corella           | 40 | 05.03.74 | Sabadell             | 07/02/2015 |
| 45 | 1.86 | Jordi Vila Viñas             | 45 | 22.03.55 | Valencia             | 18/02/2001 |
| 50 | 1.67 | Mateo Moreno Iglesias        | 50 | 03.09.61 | Sabadell             | 04/02/2012 |
| 55 | 1.64 | Mateo Moreno Iglesias        | 57 | 03.09.61 | Sabadell             | 02/02/2019 |
| 60 | 1.44 | Lucio Jose Martinez Gonzalez | 60 | 05.05.58 | Antequera            | 10/02/2019 |
| 65 | 1.35 | Josep Maria Sanza Agreda     | 69 | 01.04.35 | Oviedo               | 27/02/2005 |
| 70 | 1.37 | Josep Maria Sanza Agreda     | 70 | 01.04.35 | Oviedo               | 05/03/2006 |
| 75 | 1.25 | Josep Maria Sanza Agreda     | 75 | 01.04.35 | Sabadell             | 20/02/2011 |
| 80 | 1.16 | Josep Maria Sanza Agreda     | 80 | 01.04.35 | Valencia             | 20/02/2016 |
|    | 1.16 | Josep Maria Sanza Agreda     | 81 | 01.04.35 | Sabadell             | 26/02/2017 |

**perxa**

|    |      |                         |    |          |                        |            |
|----|------|-------------------------|----|----------|------------------------|------------|
| 35 | 5.30 | Javier Garcia Chico     | 35 | 22.07.66 | Valencia               | 26/01/2002 |
| 40 | 4.25 | Jaume Martí Coll        | 44 | 25.08.75 | Sabadell               | 15/02/2020 |
| 45 | 4.12 | Salvador Vila Camprodon | 46 | 16.02.65 | Antequera              | 06/03/2011 |
| 50 | 4.03 | Salvador Vila Camprodon | 52 | 16.02.65 | Sabadell               | 18/02/2017 |
| 55 | 3.40 | Jordi Cladellas Orenga  | 55 | 06.07.56 | Sabadell               | 19/02/2012 |
| 60 | 3.13 | Jordi Cladellas Orenga  | 60 | 06.07.56 | Sabadell               | 18/02/2017 |
| 65 | 2.80 | Juan Manuel Pérez Gómez | 66 | 08.07.36 | Vilafranca del Penedès | 08/02/2003 |
| 70 | 2.30 | Juan Manuel Pérez Gómez | 70 | 08.07.36 | Vilafranca del Penedès | 24/02/2007 |

**llargada**

|    |      |                         |    |          |                        |            |
|----|------|-------------------------|----|----------|------------------------|------------|
| 35 | 7.08 | Jordi Vila Viñas        | 36 | 22.03.55 | San Cugat              | 01/02/1992 |
|    | 7.08 | Marc Julià Bonmatí      | 36 | 27.09.78 | Sabadell               | 08/02/2015 |
| 40 | 6.97 | Jordi Vila Viñas        | 40 | 22.03.55 | Vilafranca del Penedès | 17/02/1996 |
| 45 | 6.53 | Jordi Vila Viñas        | 45 | 22.03.55 | Bordeaux (FRA)         | 09/03/2001 |
| 50 | 5.71 | Antoni Creus Malgosa    | 50 | 20.11.64 | Sabadell               | 22/02/2015 |
|    | 5.71 | Jordi Bedmar Pascual    | 51 | 07.11.68 | Sabadell               | 15/02/2020 |
| 55 | 5.51 | Xavier Palau Roig       | 55 | 14.07.62 | Salamanca              | 03/03/2018 |
| 60 | 5.10 | Juan Manuel Pérez Gómez | 60 | 08.07.36 | Zaragoza               | 22/02/1997 |
| 65 | 5.13 | Angel Joaniquet Ibarz   | 65 | 28.05.33 | Zaragoza               | 28/02/1999 |
| 70 | 4.38 | Angel Joaniquet Ibarz   | 70 | 28.05.33 | Zaragoza               | 07/02/2004 |
|    | 4.38 | Angel Joaniquet Ibarz   | 72 | 28.05.33 | Linz (AUT)             | 17/03/2006 |
| 75 | 3.82 | Angel Joaniquet Ibarz   | 75 | 28.05.33 | Ancona (ITA)           | 28/03/2009 |
| 80 | 3.09 | Angel Joaniquet Ibarz   | 80 | 28.05.33 | Sabadell               | 02/03/2014 |
| 85 | 2.61 | Valentí Huch More       | 86 | 25.11.19 | Vilafranca del Penedès | 22/01/2006 |
| 90 | 1.84 | Valentí Huch More       | 93 | 26.11.19 | Zaragoza               | 02/03/2013 |
| 95 | 1.40 | Valentí Huch More       | 96 | 26.11.19 | Antequera              | 18/03/2016 |

**triple**

|    |       |                              |    |          |                        |            |
|----|-------|------------------------------|----|----------|------------------------|------------|
| 35 | 15.32 | Jordi Vila Viñas             | 35 | 22.03.55 | San Sebastián          | 26/01/1991 |
| 40 | 13.84 | Lucio Jose Martínez González | 40 | 05.05.58 | Vilafranca del Penedès | 10/01/1999 |
| 45 | 13.90 | Jordi Vila Viñas             | 45 | 22.03.55 | Burdeos                | 11/03/2001 |
| 50 | 12.03 | Jordi Bedmar Pascual         | 51 | 07.11.68 | Sabadell               | 15/02/2020 |
| 55 | 11.94 | Xavier Palau Roig            | 55 | 14.07.62 | Madrid                 | 21/03/2018 |
| 60 | 11.45 | Juan Manuel Pérez Gómez      | 60 | 08.07.36 | Birmingham (GBR)       | 01/03/1997 |
| 65 | 10.40 | Juan Manuel Pérez Gómez      | 67 | 08.07.36 | Sindelfingen (GER)     | 12/03/2004 |
| 70 | 9.65  | Juan Manuel Pérez Gómez      | 70 | 08.07.36 | Helsinki (FIN)         | 25/03/2007 |
| 75 | 7.67  | Angel Joaniquet Ibarz        | 75 | 28.05.33 | Zaragoza               | 01/03/2009 |
| 80 | 6.45  | Angel Joaniquet Ibarz        | 80 | 28.05.33 | Zaragoza               | 09/03/2014 |
| 85 | 5.56  | Valentí Huch More            | 87 | 25.11.19 | Vilafranca del Penedès | 24/02/2007 |
| 90 | 4.48  | Valentí Huch More            | 91 | 26.11.19 | Antequera              | 06/03/2011 |
| 95 | 3.44  | Valentí Huch More            | 96 | 26.11.19 | Sabadell               | 06/03/2016 |

**pes**

|    |       |                          |    |          |                        |            |
|----|-------|--------------------------|----|----------|------------------------|------------|
| 35 | 16.79 | Carles Geronès Sierra    | 38 | 07.06.75 | Sabadell               | 08/02/2014 |
| 40 | 15.70 | Carles Geronès Sierra    | 41 | 07.06.75 | Sabadell               | 26/02/2017 |
| 45 | 13.19 | Juan Ruiz Gracia         | 46 | 24.01.52 | Vilafranca del Penedès | 01/02/1998 |
| 50 | 13.97 | Domingo Sánchez Salicio  | 51 | 14.09.58 | Zaragoza               | 21/02/2010 |
| 55 | 13.11 | Angel Luis Garcia Jerez  | 55 | 30.01.55 | Zaragoza               | 21/02/2010 |
| 60 | 12.21 | Ramon Estapiña Fernández | 60 | 26.10.47 | Clermont Ferrand (FRA) | 18/03/2008 |
| 65 | 11.34 | Emiliano Moro Corral     | 66 | 11.02.48 | Sabadell               | 02/03/2014 |
| 70 | 11.51 | Llorenç Cassi Morato     | 70 | 14.05.40 | Sabadell               | 12/02/2011 |
|    | 11.51 | Emiliano Moro Corral     | 70 | 11.02.48 | Salamanca              | 04/03/2018 |
| 75 | 10.03 | Josep Maria Sanza Agreda | 75 | 01.04.35 | Sabadell               | 20/02/2011 |
| 80 | 9.29  | Raül Sánchez Lasheras    | 80 | 31.12.32 | San Sebastián          | 21/03/2013 |
| 85 | 8.29  | Raül Sánchez Lasheras    | 85 | 31.12.32 | Sabadell               | 27/01/2018 |
| 90 | 6.05  | Jose Maria Ribera Banzo  | 90 | 16.09.29 | Sabadell               | 15/02/2020 |
| 95 | 5.09  | Valentí Huch More        | 95 | 26.11.19 | Valencia               | 14/02/2015 |

**pentatló**

|    |       |                                      |    |          |                |            |
|----|-------|--------------------------------------|----|----------|----------------|------------|
| 35 | 3.817 | Marc Julià Bonmatí                   | 35 | 27.09.78 | Budapest (HUN) | 25/03/2014 |
|    |       | 8.40 - 6.94 - 13.28 - 1.81 - 3.00.93 |    |          |                |            |
| 40 | 3.815 | Marc Bel Pascual                     | 41 | 15.09.76 | Madrid         | 22/03/2018 |
|    |       | 8.63 - 6.48 - 10.84 - 1.90 - 3.11.01 |    |          |                |            |
| 45 | 3.335 | Antoni Creus Melgosa                 | 49 | 20.11.64 | Sabadell       | 02/03/2014 |
|    |       | 9.64 - 5.51 - 9.57 - 1.52 - 3.04.73  |    |          |                |            |
| 50 | 3.161 | Pere Pardines Gras                   | 52 | 30.01.65 | Sabadell       | 26/02/2017 |
|    |       | 10.56 - 5.02 - 8.49 - 1.59 - 3.16.81 |    |          |                |            |
| 55 | 3.240 | Francisco Javier Andreu Ferrandc     | 55 | 21.01.63 | Madrid         | 22/03/2018 |
|    |       | 10.36 - 4.23 - 8.99 - 1.51 - 3.27.31 |    |          |                |            |
| 60 | 3.159 | Jose Antonio Lopez Paez              | 60 | 09.05.58 | Sabadell       | 17/02/2019 |

|           |              |  |           |                 |                        |                   |
|-----------|--------------|--|-----------|-----------------|------------------------|-------------------|
|           |              | 12.02 - 4.64 - 9.55 - 1.37 - 3.41.08   |           |                 |                        |                   |
| <b>65</b> | 3.396        | Juan Manuel Pérez Gómez                | 65        | 08.07.36        | San Sebastián          | 02/03/2002        |
|           | * 3.691      | 10.95 - 4.79 - 8.62 - 1.30 - 4.23.37   |           |                 |                        |                   |
| <b>70</b> | 3.042        | Angel Joaniquet Ibarz                  | 70        | 28.05.33        | Zaragoza               | 07/02/2004        |
|           | * 3282       | 11.00 - 4.38 - 8.30 - 1.20 - 5.48.65   |           |                 |                        |                   |
| <b>75</b> | 2.207        | Angel Joaniquet Ibarz                  | 75        | 28.05.33        | Vilafranca del Penedès | 07/02/2009        |
|           | * 2.343      | 13.74 - 3.67 - 7.09 - 0.99 - ret       |           |                 |                        |                   |
| <b>80</b> | <b>2.135</b> | <b>Angel Joaniquet Ibarz</b>           | <b>80</b> | <b>28.05.33</b> | <b>Sabadell</b>        | <b>02/03/2014</b> |
|           |              | <b>15.15 - 3.09 - 6.21 - 1.00 -ret</b> |           |                 |                        |                   |

\* Puntuació original (revisat per Enrique Tre)

### 3000mm

|           |                 |                               |           |                 |                               |                   |
|-----------|-----------------|-------------------------------|-----------|-----------------|-------------------------------|-------------------|
| <b>35</b> | 13.39.96        | Felix Gómez Parra             | 36        | 26.12.76        | Sabadell                      | 24/02/2013        |
| <b>40</b> | 13.17.71        | Faustino Ruiz Rubio           | 41        | 20.09.65        | Helsinki (FIN)                | 24/03/2007        |
| <b>45</b> | 13.45.57        | Jordi Ballesteros Simón       | 45        | 31.01.63        | Vilafranca del Penedès        | 02/02/2008        |
| <b>50</b> | 13.57.09        | Jose Antonio Gallardo Barroso | 50        | 09.06.61        | Sabadell                      | 19/02/2012        |
| <b>55</b> | <b>13.27.84</b> | <b>Ignasi Melo Valls</b>      | <b>56</b> | <b>28.12.52</b> | <b>Vilafranca del Penedès</b> | <b>07/02/2009</b> |
| <b>60</b> | <b>14.07.83</b> | <b>Ignasi Melo Valls</b>      | <b>61</b> | <b>28.12.52</b> | <b>Budapest (HUN)</b>         | <b>26/03/2014</b> |
| <b>65</b> | <b>15.01.22</b> | <b>Ignasi Melo Valls</b>      | <b>65</b> | <b>28.12.52</b> | <b>Sabadell</b>               | <b>18/02/2018</b> |
| <b>70</b> | 18.59.67        | Albert Ribas Guasch           | 70        | 25.05.41        | Zaragoza                      | 11/03/2012        |
| <b>75</b> | <b>21.26.0-</b> | <b>Antoni Lladó Bonastre</b>  | <b>75</b> | <b>13.12.13</b> | <b>San Sebastián</b>          | <b>12/02/1989</b> |

### 5000mm

|           |          |                           |    |          |              |            |
|-----------|----------|---------------------------|----|----------|--------------|------------|
| <b>35</b> | 19.28.45 | Josep Marin Sospedra      | 38 | 21.01.50 | Valencia     | 17/02/1988 |
| <b>40</b> | 25.58.20 | Martí Barrera Boschmonart | 42 | 12.10.51 | Zaragoza     | 06/02/1994 |
| <b>45</b> | 26.02.0  | Luis Abadias Palacin      | 46 | 30.12.59 | Bompas (FRA) | 25/11/2006 |
| <b>50</b> | 33.35.1  | Santiago Seguí Garcia     | 53 | 16.09.53 | Bompas (FRA) | 25/11/2006 |
| <b>55</b> | 28.35.0  | Josep Orriols Vergés      | 56 | 09.01.50 | Bompas (FRA) | 25/11/2006 |
| <b>60</b> | 33.49.93 | Albert Galin Calvo        | 60 | 26.02.52 | Bompas (FRA) | 09/02/2013 |
| <b>65</b> | 29.23.0  | Albert Ribas Guasch       | 66 | 25.05.41 | Bompas (FRA) | 24/11/2007 |

### 4 x 200m

|           |         |          |  |                        |            |
|-----------|---------|----------|--|------------------------|------------|
| <b>35</b> | 1.42.6  | <b>S</b> | Combinat Català  | Vilafranca del Penedès | 29/01/2000 |
|           |         |          | Jose Arquero 40-Germán Alonso 44-Josep M <sup>a</sup> Madi 36-Francisco Sánchez 38       |                        |            |
|           | 1.37.16 | <b>C</b> | UA Terrassa  | San Sebastián          | 08/03/2015 |
|           |         |          | Marcos Venteo 39 -Raül Castañé 36 - Pedro Alberto Navarro 38 - Xavi Bosch 42             |                        |            |
| <b>40</b> | 1.46.26 | <b>S</b> | Combinat Català  | Vilafranca del Penedès | 31/01/2004 |
|           |         |          | Josep M <sup>a</sup> Madi 40- Francesc Luna 41-Marià Padrosa 44-Manel Rodríguez 44       |                        |            |
|           | 1.38.49 | <b>C</b> | Pratenc AA   | Sabadell               | 29/01/2017 |
|           |         |          | Ivan Caules 43-Ignasi Buyreu 50-Miguel Antonio Jalon 50-Jose Ramón de la Fuente 43       |                        |            |
| <b>45</b> | 1.44.38 | <b>S</b> | Selecció espanyola   | Helsinki (FIN)         | 25/03/2007 |
|           |         |          | Ricard Rof 45 - Jose Cantó 45 - Marià Padrosa 47 - Manel Rodríguez 47                    |                        |            |
|           | 1.43.03 | <b>C</b> | CA Tarragona   | Salamanca              | 04/03/2018 |
|           |         |          | Jordi Puig 45 - Josep Maria Mateo 53 - Juan Carlos Herrera 45 - Francisco Jose Iborra 50 |                        |            |
| <b>50</b> | 1.46.61 | <b>C</b> | CA Nou Barris  | Sabadell               | 02/02/2019 |
|           |         |          | Miguel Antonio Jalón 52 - Pedro Martínez 59 - Josep Xavier Nin 57 - Josep González 55    |                        |            |
| <b>55</b> | 1.56.96 | <b>S</b> | Combinat Català  | Sabadell               | 19/02/2012 |
|           |         |          | Eduardo Inés 57- Germán Alonso 56- Jordi Blanch 55- Carlos Sauras 57                     |                        |            |
|           | 1.50.68 | <b>C</b> | JA Sabadell  | Sabadell               | 01/02/2020 |
|           |         |          | Antoni Creus 55 - Jose Ignacio Garay 58 - Josep Maria Madi 56 - Ricard Rof 58            |                        |            |
| <b>60</b> | 2.27.51 | <b>C</b> | CA Nou Barris  | Sabadell               | 06/03/2016 |
|           |         |          | Berti Garcia 63 - Eduardo Inés 61 - Manuel Madero 66 - Eufemio Vallejo 73                |                        |            |

**Records Catalunya Máster Pista Coberta**  
**Tancat 16.02.2020**

**Dones**

**60m**

|           |       |                               |    |          |               |            |
|-----------|-------|-------------------------------|----|----------|---------------|------------|
| <b>35</b> | 8.14  | Adhara Barril Navarro         | 37 | 27.08.82 | Sabadell      | 01/02/2020 |
| <b>40</b> | 8.19  | Concepció Minguella Planas    | 40 | 10.01.61 | Valenca       | 18/02/2001 |
| <b>45</b> | 8.20  | Maria Assumpció Puig Planella | 45 | 16.10.70 | Antequera     | 19/03/2016 |
| <b>50</b> | 8.40  | Sílvia Cortés Torres          | 50 | 21.12.62 | San Sebastián | 21/03/2013 |
| <b>55</b> | 8.60  | Sílvia Cortés Torres          | 55 | 21.12.62 | Madrid        | 20/03/2018 |
| <b>60</b> | 9.32  | Maria Rosa Escribano Checa    | 60 | 29.12.58 | Sabadell      | 20/01/2019 |
| <b>65</b> | 10.17 | Lluïsa Casanovas Gaset        | 65 | 25.04.52 | Sabadell      | 27/01/2018 |
| <b>70</b> | 11.72 | Heidi Klett Carl              | 70 | 24.11.40 | Sabadell      | 20/02/2011 |
| <b>75</b> | 13.33 | Carme Fuster Bassas           | 75 | 05.12.37 | Zaragoza      | 02/03/2013 |
| <b>80</b> | 14.73 | Carme Fuster Bassas           | 81 | 05.12.37 | Sabadell      | 17/02/2019 |

**200m**

|           |       |                             |    |          |               |            |
|-----------|-------|-----------------------------|----|----------|---------------|------------|
| <b>35</b> | 26.65 | Montse Mas Sanz             | 36 | 30.04.79 | Sabadell      | 20/12/2015 |
| <b>40</b> | 26.54 | Angeles Rodriguez Rodriguez | 41 | 21.10.76 | Sabadell      | 18/02/2018 |
| <b>45</b> | 26.95 | Mireia Gorju Solsona        | 47 | 20.01.72 | Sabadell      | 17/02/2019 |
| <b>50</b> | 27.02 | Sílvia Cortes Torres        | 50 | 21.12.62 | San Sebastián | 23/03/2013 |
| <b>55</b> | 27.55 | Sílvia Cortés Torres        | 55 | 21.12.62 | Madrid        | 23/03/2018 |
| <b>60</b> | 30.76 | Maria Rosa Escribano Checa  | 60 | 29.12.58 | Antequera     | 10/02/2019 |
| <b>65</b> | 35.26 | Lluïsa Casanovas Gaset      | 65 | 25.04.52 | Madrid        | 22/03/2018 |
| <b>70</b> | 43.19 | Heidi Klett Carl            | 72 | 24.11.40 | Sabadell      | 24/02/2013 |
| <b>75</b> | 55.17 | Carme Fuster Bassas         | 77 | 05.12.37 | San Sebastián | 08/03/2015 |

**400m**

|           |         |                               |    |          |                |            |
|-----------|---------|-------------------------------|----|----------|----------------|------------|
| <b>35</b> | 59.63   | Eulàlia Torrescasana Quintana | 38 | 14.06.71 | New York (USA) | 26/02/2010 |
| <b>40</b> | 59.56   | Angeles Rodríguez Rodríguez   | 41 | 21.10.76 | Salamanca      | 03/03/2018 |
| <b>45</b> | 1.00.36 | Mireia Gorju Solsona          | 47 | 20.01.72 | Torun (POL)    | 26/03/2019 |
| <b>50</b> | 1.01.88 | Maria José Carabante Morata   | 50 | 05.06.68 | Ourense        | 09/03/2019 |
| <b>55</b> | 1.05.06 | Sílvia Cortes Torres          | 55 | 21.12.62 | Sabadell       | 18/02/2018 |
| <b>60</b> | 1.10.34 | Maria Rosa Escribano Checa    | 60 | 29.12.58 | Sabadell       | 11/01/2019 |
| <b>65</b> | 1.36.17 | Antonia Martínez Martínez     | 66 | 02.05.46 | Sabadell       | 24/02/2013 |
| <b>80</b> | 2.12.63 | Rosa Maria Tena Reales        | 81 | 20.03.34 | Sabadell       | 06/03/2016 |

**800m**

|           |         |                           |    |          |                        |            |
|-----------|---------|---------------------------|----|----------|------------------------|------------|
| <b>35</b> | 2.07.28 | Montse Mas Sanz           | 36 | 30.04.79 | Madrid                 | 27/02/2016 |
| <b>40</b> | 2.20.46 | Marta Camps Galí          | 41 | 28.01.70 | Sabadell               | 06/02/2011 |
| <b>45</b> | 2.20.11 | Marta Camps Galí          | 48 | 28.01.70 | Madrid                 | 22/03/2018 |
| <b>50</b> | 2.22.49 | Marta Camps Galí          | 50 | 28.01.70 | Sabadell               | 01/02/2020 |
| <b>55</b> | 2.47.52 | Manuela Martínez Gonzalez | 55 | 17.12.57 | San Sebastián          | 22/03/2013 |
| <b>60</b> | 2.51.13 | Manuela Martínez Gonzalez | 60 | 17.12.57 | Madrid                 | 22/03/2018 |
| <b>65</b> | 3.08.48 | Emilia Vaquero Sánchez    | 65 | 11.01.49 | Budapest (HUN)         | 28/03/2014 |
| <b>70</b> | 3.56.54 | Rosa Maria Tena Reales    | 71 | 20.03.34 | Vilafranca del Penedès | 22/01/2006 |
| <b>75</b> | 4.20.65 | Rosa Maria Tena Reales    | 78 | 20.03.34 | Sabadell               | 24/02/2013 |

**1500m**

|           |         |                           |    |          |                        |            |
|-----------|---------|---------------------------|----|----------|------------------------|------------|
| <b>35</b> | 4.17.13 | Montse Mas Sanz           | 36 | 30.04.79 | Sabadell               | 19/02/2016 |
| <b>40</b> | 4.31.95 | Montse Mas Sanz           | 40 | 30.04.79 | Sabadell               | 05/01/2020 |
| <b>45</b> | 4.47.33 | Marta Camps Galí          | 47 | 28.01.70 | Sabadell               | 07/01/2018 |
| <b>50</b> | 4.47.58 | Marta Camps Galí          | 50 | 28.01.70 | Sabadell               | 15/02/2020 |
| <b>55</b> | 5.28.15 | Manuela Martínez González | 55 | 17.12.57 | Sabadell               | 09/02/2013 |
| <b>60</b> | 5.48.09 | Manuela Martínez González | 60 | 17.12.57 | Antequera              | 10/02/2018 |
| <b>65</b> | 6.11.92 | Emilia Vaquero Sánchez    | 65 | 11.01.49 | Zaragoza               | 09/03/2014 |
| <b>70</b> | 7.56.29 | Rosa Maria Tena Reales    | 74 | 20.03.34 | Vilafranca del Penedès | 07/02/2009 |
| <b>75</b> | 8.09.00 | Rosa Maria Tena Reales    | 76 | 20.03.34 | Sabadell               | 20/02/2011 |
| <b>80</b> | 9.16.56 | Rosa Maria Tena Reales    | 81 | 20.03.34 | Sabadell               | 06/03/2016 |



**3000m**

|    |          |                             |    |          |                |            |
|----|----------|-----------------------------|----|----------|----------------|------------|
| 35 | 9.20.45  | Montse Mas Sanz             | 34 | 09.09.84 | Antequera      | 16/02/2019 |
| 40 | 9.59.75  | Anna Bové Balada            | 40 | 25.01.78 | Sabadell       | 13/01/2019 |
| 45 | 10.09.34 | Encarna Garcia Rus          | 45 | 01.05.66 | Sabadell       | 05/02/2012 |
| 50 | 11.35.41 | Francisca José Moscoso Rega | 51 | 12.07.59 | Sabadell       | 06/02/2011 |
| 55 | 12.07.16 | Mercedes Moller Parera      | 58 | 04.04.58 | Sabadell       | 26/02/2017 |
| 60 | 12.07.21 | Teresa Vegas Vilarrubia     | 61 | 29.08.55 | Sabadell       | 26/02/2017 |
| 65 | 12.53.17 | Emilia Vaquero Sánchez      | 65 | 11.01.49 | Budapest (HUN) | 27/03/2014 |
| 70 | 16.17.25 | Glòria Guerrero González    | 70 | 02.10.44 | San Sebastián  | 06/03/2015 |
| 75 | 17.37.64 | Rosa Maria Tena Reales      | 78 | 20.03.34 | San Sebastián  | 19/03/2013 |

**60mt**

|    |       |                             |    |          |              |            |
|----|-------|-----------------------------|----|----------|--------------|------------|
| 35 | 8.80  | Imma Clopés Gasull          | 35 | 19.01.68 | valenca      | 02/03/2003 |
| 40 | 8.99  | Angeles Rodríguez Rodríguez | 41 | 21.10.76 | Salamanca    | 03/03/2018 |
| 45 | 9.36  | Anna Serra Roman            | 45 | 16.02.71 | Valencia     | 20/02/2016 |
| 50 | 10.18 | Maria Rosa Escribano Checa  | 50 | 29.12.58 | Ancona (ITA) | 27/03/2009 |
| 55 | 10.41 | Maria Rosa Escribano Checa  | 58 | 29.12.58 | Sabadell     | 26/02/2017 |
| 60 | 10.27 | Maria Rosa Escribano Checa  | 60 | 29.12.58 | Ourense      | 08/03/2019 |
| 65 | 14.10 | Ramona Escribano Checa      | 65 | 17.03.47 | Zaragoza     | 02/03/2013 |

**alçada**

|    |      |                            |    |          |                        |            |
|----|------|----------------------------|----|----------|------------------------|------------|
| 35 | 1.72 | Imma Clopés Gasull         | 35 | 19.01.68 | Vilafranca del Penedès | 02/02/2003 |
| 40 | 1.55 | Maria Rosa Escribano Checa | 41 | 29.12.58 | Vilafranca del Penedès | 22/01/2000 |
| 45 | 1.54 | Maria Rosa Escribano Checa | 47 | 29.12.58 | Linz (AUT)             | 18/03/2006 |
|    | 1.54 | Maria Rosa Escribano Checa | 49 | 29.12.58 | Oviedo                 | 16/02/2008 |
| 50 | 1.47 | Cristina Mur Val           | 51 | 06.02.66 | Madrid                 | 11/03/2017 |
| 55 | 1.42 | Maria Rosa Escribano Checa | 57 | 29.12.58 | Ancona (ITA)           | 29/03/2016 |
|    | 1.42 | Maria Rosa Escribano Checa | 59 | 29.12.58 | Madrid                 | 24/03/2018 |
| 60 | 1.34 | Maria Rosa Escribano Checa | 60 | 29.12.58 | Sabadell               | 17/02/2019 |
| 65 | 1.23 | Lluïsa Casanovas Gaset     | 65 | 25.04.52 | Madrid                 | 21/03/2018 |

**perxa**

|    |      |                      |    |          |                        |            |
|----|------|----------------------|----|----------|------------------------|------------|
| 35 | 3.80 | Marta Cot Canto      | 36 | 14.11.81 | Madrid                 | 21/03/2018 |
| 40 | 2.80 | Mireia Vila Fabregas | 40 | 11.12.67 | Clermont Ferrand (FRA) | 22/03/2008 |
| 45 | 2.81 | Montserrat Prat Grau | 49 | 25.04.66 | Antequera              | 19/03/2016 |
| 50 | 2.90 | Montserrat Prat Grau | 51 | 25.04.66 | Madrid                 | 21/03/2018 |

**llargada**

|    |      |                            |    |          |                        |            |
|----|------|----------------------------|----|----------|------------------------|------------|
| 35 | 5.84 | Imma Clopés Gasull         | 35 | 19.01.68 | Vilafranca del Penedès | 02/02/2003 |
| 40 | 5.07 | Maria Rosa Escribano Checa | 44 | 29.12.58 | San Sebastián          | 06/03/2003 |
| 45 | 5.02 | Maria Rosa Escribano Checa | 49 | 29.12.58 | Oviedo                 | 16/02/2008 |
| 50 | 4.84 | Maria Rosa Escribano Checa | 51 | 29.12.58 | Vilafranca del Penedès | 24/01/2010 |
| 55 | 4.67 | Maria Rosa Escribano Checa | 57 | 29.12.58 | Ancona (ITA)           | 29/03/2016 |
| 60 | 4.58 | Maria Rosa Escribano Checa | 60 | 29.12.58 | Torun (POL)            | 26/03/2019 |
|    |      | <b>Rècord del Món</b>      |    |          |                        |            |
| 65 | 3.46 | Lluïsa Casanovas Gaset     | 65 | 25.04.52 | Salamanca              | 02/03/2018 |

**triple**

|    |       |                             |    |          |                        |            |
|----|-------|-----------------------------|----|----------|------------------------|------------|
| 35 | 10.97 | Angeles Rodríguez Rodríguez | 39 | 21.10.76 | Sabadell               | 24/01/2016 |
| 40 | 10.89 | Maria Rosa Escribano Checa  | 41 | 29.12.58 | Vilafranca del Penedès | 16/01/2000 |
| 45 | 11.01 | Maria Rosa Escribano Checa  | 49 | 29.12.58 | Clermont Ferrand       | 21/03/2008 |
| 50 | 10.62 | Maria Rosa Escribano Checa  | 50 | 29.12.58 | Ancona (ITA)           | 25/03/2009 |
| 55 | 10.18 | Alicia Hernández Martínez   | 58 | 20.02.61 | Torun (POL)            | 28/03/2019 |
| 60 | 9.90  | Maria Rosa Escribano Checa  | 60 | 29.12.58 | Sabadell               | 24/02/2019 |
| 65 | 7.74  | Lluïsa Casanovas Gaset      | 65 | 25.04.52 | Madrid                 | 23/03/2018 |

**pes**

|    |       |                            |    |          |                        |            |
|----|-------|----------------------------|----|----------|------------------------|------------|
| 35 | 15.18 | Irache Quintanal Franco    | 36 | 18.09.78 | Antequera              | 22/02/2015 |
| 40 | 11.32 | Blanca Alba Pujol          | 40 | 11.08.62 | Vilafranca del Penedès | 08/02/2003 |
| 45 | 10.59 | Blanca Alba Pujol          | 46 | 11.08.62 | Vilafranca del Penedès | 07/02/2009 |
| 50 | 10.37 | Maria Rosa Escribano Checa | 50 | 29.12.58 | Ancona (ITA)           | 27/03/2009 |

|    |       |                             |    |          |                        |            |
|----|-------|-----------------------------|----|----------|------------------------|------------|
| 55 | 10.68 | Heidi Klett Carl            | 55 | 24.11.40 | Vilafranca del Penedès | 17/02/1996 |
| 60 | 9.91  | Lourdes Rossinyol Bastardas | 61 | 27.06.58 | Sabadell               | 01/02/2020 |
| 65 | 6.76  | Carme Fuster Bassas         | 65 | 05.12.37 | San Sebastián          | 07/03/2003 |
| 70 | 8.49  | Heidi Klett Carl            | 70 | 24.11.40 | Sabadell               | 20/02/2011 |
| 75 | 8.20  | Heidi Klett Carl            | 75 | 24.11.40 | Valencia               | 20/02/2016 |
| 80 | 5.52  | Carme Fuster Bassas         | 80 | 05.12.37 | Sabadell               | 18/02/2018 |

#### pentatló

|    |         |  |    |          |                          |                 |
|----|---------|--|----|----------|--------------------------|-----------------|
| 35 | 4.347   | Imma Clopés Gasull                     | 35 | 19.01.68 | Valencia                 | 02/03/2003      |
|    | * 4.443 | 8.80 - 1.69 - 13.40 - 5.74 - 2.26.71   |    |          |                          |                 |
| 40 | 3.737   | Maria Rosa Escribano Checa             | 42 | 29.12.58 | Burdeos (FRA)            | 08/03/2001      |
|    | * 3.854 | 9.83 - 1.54 - 9.74 - 5.04 - 2.40.35    |    |          |                          |                 |
| 45 | 3.991   | Maria Rosa Escribano Checa             | 45 | 29.12.58 | Vilafranca del Penedès c | 10/01/2004      |
|    | * 4.297 | 10.22** - 1.53 - 9.94 - 4.94 - 2.41.19 |    |          | **tanques absolutes      |                 |
| 50 | 4.171   | Maria Rosa Escribano Checa             | 50 | 29.12.58 | Ancona (ITA)             | 27/03/2009      |
|    | * 4.310 | 10.18 - 1.45 - 10.37 - 4.73 - 2.50.34  |    |          |                          |                 |
| 55 | 4.435   | Maria Rosa Escribano Checa             | 57 | 29.12.58 | Ancona (ITA)             | 29/03/2016      |
|    |         | 10.49 - 4.67 - 9.95 - 1.42 - 2.57.25   |    |          |                          | Rècord d'Europa |
| 60 | 4.648   | Maria Rosa Escribano Checa             | 60 | 29.12.58 | Torun (POL)              | 29/03/2019      |
|    |         | 10.50 - 1.33 - 9.53 - 4.40 - 2.59.80   |    |          |                          | Rècord del Món  |
| 65 | 2.656   | Ramona Escribano Checa                 | 65 | 17.03.47 | Sabadell                 | 24/02/2013      |
|    |         | 14.14 - 1.11 - 6.30 - 2.87 - 4.12.14   |    |          |                          |                 |

\* Puntuació original (revisat per Enrique Tre)

#### 3000mm

|    |          |                                |    |          |              |            |
|----|----------|--------------------------------|----|----------|--------------|------------|
| 35 | 13.48.65 | Teresa Palacios Giral          | 35 | 27.10.58 | Sevilla      | 26/02/1994 |
| 40 | 13.52.20 | Olga Cabrerias Ysas            | 42 | 24.01.74 | Antequera    | 18/03/2016 |
| 45 | 14.50.70 | Olga Cabrerias Ysas            | 45 | 24.01.74 | Sabadell     | 17/02/2019 |
| 50 | 15.53.17 | Maria Carmen Garcia Frontons   | 50 | 10.12.60 | Gent (BEL)   | 17/03/2011 |
| 55 | 16.48.82 | Maria Carmen Garcia Frontons   | 56 | 10.12.60 | Daegu (KOR)  | 19/03/2017 |
| 60 | 19.46.0  | Christel Schustakowitz Abraham | 62 | 04.03.44 | Bompas (FRA) | 25/11/2006 |
| 65 | 21.38.70 | Matilde Gómez Murillo          | 68 | 09.07.42 | Sabadell     | 20/02/2011 |

#### 4 x 200m

|    |         |   |   |                          |            |
|----|---------|---|---|--------------------------|------------|
| 35 | 1.54.26 | S | Selecció espanyola  | Clermont Ferrand         | 22/03/2008 |
|    |         |   | Marcelina Garcia 42 - Eulàlia Torrecasana 36 - Mireia Vila 40 - Carme Bes 39              |                          |            |
|    | 1.49.89 | C | Barcelona At.   | Antequera                | 20/03/2016 |
|    |         |   | Eva Vidal 40 - Angeles Rodríguez 39 - Sònia Bocanegra 38 - Maria José Carabante 47        |                          |            |
| 40 | 2.14.44 | S | Combinat Català   | Vilafranca del Penedès c | 29/01/2005 |
|    |         |   | Maribel de la Calle 43 - Victoria Almagro 44 - Mari Paz Molero 42 - Teresa Clarasso 44    |                          |            |
|    | 1.54.11 | C | Barcelona At.   | Sabadell                 | 27/01/2018 |
|    |         |   | Maria José Carabante 49 - Maribel de la Calle 56 - Mireia Gorju 46 - Angeles Rodriguez 41 |                          |            |
| 45 | 2.00.20 | S | Combinat Català   | Vilafranca del Penedès c | 31/01/2004 |
|    |         |   | Trini Canals 46 - Glòria Pujol 47 - Montse Capel 45 - Rosa Busquets 47                    |                          |            |
|    | 1.59.35 | C | Avinent Manresa   | Sabadell                 | 15/02/2020 |
|    |         |   | Maria Rosa Busquets 63 - Sílvia Cortés 57 - Maite Marzo 48 - Eulalia Torrecasana 48       |                          |            |
| 50 | 2.07.83 | C | Avinent Manresa   | Valencia                 | 20/02/2016 |
|    |         |   | Dolors Vives 58 - Manuela Martínez 58 - Maria Rosa Busquets 59 - Sílvia Cortés (f) 53     |                          |            |

**Atletes catalans (en vermell) que tenen rècords d'Espanya en relleus aconseguits formen part de l'equip d'Espanya, o combinats espanyols**

**Aire Lliure**

|         |     |         |  |                 |          |
|---------|-----|---------|--|-----------------|----------|
| 4x100m  | W40 | 51.21   | Yolanda Badia - Emilia Paunica<br><b>Ana Maria Alvarez Grijalba - Maria Assumpció Puig Planella</b>            | Lyon (FRA)      | 16.08.15 |
| 4x100m  | W45 | 51.19   | <b>Maria Assumpció Puig Planella - Mireia Gorju Solsona</b><br>Laura Gloria Moneo - Emilia Paunica             | Málaga          | 16.09.18 |
| 4x100m  | W50 | 57.64   | Ana Font - <b>Maria José Carabante Morata</b><br>Antonia Alvarez - Yolanda Meritxell                           | Sagunto         | 29.06.19 |
| 4x100m  | W60 | 1.05.56 | <b>Maria Rosa Busquets Fuster - Lluïsa Casanova Gaset</b><br>Azucena López - Maria Area                        | Málaga          | 16.09.18 |
| 4x100m  | M45 | 45.07   | Jose Luis Galindo - <b>Xavi Bosch Ortíz</b><br>Donato Ramírez - Luis Miguel Arroyo                             | Aarhus (DEN)    | 05.08.17 |
| 4x100m  | M50 | 47.50   | Jaime Gomez - <b>German Alonso Cantorne</b><br>Jose Ruano - Jose Mari Manterola                                | San Sebastian   | 03.09.05 |
| 4x100m  | M55 | 50.38   | <b>Ricar Rof Costals</b> - Francisco Sanchez<br>Jose Luis Lobo - Manuel Martinez                               | Málaga          | 16.09.18 |
| 4x400 m | W35 | 3.58.30 | <b>Angeles Rodríguez Rodríguez - Elisabet Ruz Gutierrez</b><br>Esther Colás - Carolina Garcia                  | Aarhus (DEN)    | 06.08.17 |
| 4x400 m | W40 | 4.11.47 | Pilar Corzo - <b>Elisabet Ruz Gutierrez</b><br>Encarnación Gutierrez - Angela Lòpez                            | Málaga          | 16.09.18 |
| 4x400 m | W45 | 4.15.76 | <b>Mireia Gorju Solsona - Isabel Maria Ruiz</b><br>Laura Glorio Moneo - Emilia Paunica                         | Málaga          | 16.09.18 |
| 4x400 m | W50 | 4.19.51 | <b>Maria Jose Carabante Morata</b> - Arancha Barroeta<br>Esther Colás - Maria del Carmen Pérez                 | Málaga          | 16.09.18 |
| 4x400 m | W55 | 6.10.95 | <b>Ramona Escribano Checa</b> - Aurora Alvarez<br>Maria Jose Gil - <b>Lluïsa Casanovas Gaset</b>               | Ljubljana (ESL) | 03.08.08 |
| 4x400 m | M35 | 3.27.49 | Donato Ramirez - Octavio Perez<br><b>Abdeslam Louah Khattabi</b> - Jose Luis Alavés                            | Perth (AUS)     | 06.11.16 |
| 4x400 m | M50 | 3.43.30 | Andrés Vaquero - <b>Miguel Antonio Jalón Sesma</b><br><b>Israel Luque Sanchez</b> - <b>Jordi Salvador Vens</b> | Vitòria         | 01.07.18 |
| 4x400 m | M80 | 5.53.56 | <b>Josep Sitjà Aguye</b> - Manuel Alonso<br>Angel Cano - Ignacio Martinez                                      | Málaga          | 16.09.18 |

**Pista Coberta**

|              |            |         |  |               |          |
|--------------|------------|---------|--|---------------|----------|
| <b>4x200</b> | <b>W35</b> | 1.46.14 | Carolina Garcia - <b>Sonia Bocanegra Gil</b><br>Laura Rodas - <b>Elisabet Ruz Gutierrez</b>        | Torun (POL)   | 28.03.15 |
| <b>4x200</b> | <b>W40</b> | 1.47.64 | <b>Anna Serra Roman</b> - Laura Moneo<br><b>Eulalia Torrescasana Quintana</b> - Emilia Paunica     | San Sebastian | 24.03.13 |
| <b>4x200</b> | <b>W45</b> | 1.47.95 | <b>Mireia Gorju Solsona - Maria Assumpció Puig Planella</b><br>Emilia Paunica - Laura Gloria Moneo | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>W50</b> | 1.52.39 | <b>Marcelina Garcia Gallardo - Silvia Cortés Torres</b><br>Encarna Olavarria - Esther Colás        | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>W55</b> | 2.09.35 | Maria Area - Chus Sangües<br><b>Maria Rosa Busquets Fuster</b> - Aurora Perez                      | San Sebastian | 24.03.13 |
| <b>4x200</b> | <b>W60</b> | 2.20.14 | <b>Rosa Maria Busquets Fuster - Lluïsa Casanova Gaset</b><br>Azucena López - Amelia Garcia         | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>M45</b> | 1.34.50 | <b>Xavier Bosch Ortiz</b> - Pablo Herrero<br>Jose David Monzón - Luis Miguel Arroyo                | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>M50</b> | 1.40.36 | Javier Guridi - <b>Miguel Antonio Jalón Sesma</b><br>Ceferino Garcia - Enrique Pérez               | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>M60</b> | 1.49.66 | <b>Jordi Blanch Gimbernat</b> - Manuel Reyes<br>Angel Salinas - Juan Carlos Rodriguez              | Madrid        | 24.03.18 |
| <b>4x200</b> | <b>M65</b> | 1.59.99 | <b>Jose Ramon Abad</b> - Adolfo Gutierrez<br>Jesús Elorz - Jose Luis Romero                        | San Sebastian | 24.03.13 |

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**Pista Coberta**

|              |            |          |  |           |            |
|--------------|------------|----------|--|-----------|------------|
| <b>4x800</b> | <b>W50</b> | 10.09.38 | <b>Maria José Carabante Morata</b> - Maria Carmen Pérez<br>Antonia Álvarez - Fátima Romero | Antequera | 03/03/2019 |
|--------------|------------|----------|--|-----------|------------|