

# RÉCORDS AMB REGLAMENT 2024 MASCULÍ

ACTUALITZAT A 31/8/24

AVINENT *Club Atlètic Manresa*

sh=short track

PROVA	VENT	MARCA	NOM	DATA NAIX.	LLOC	DATA
<b>ABSOLUT</b>						
<b>50m</b>		6.0	Josep A. Torralba	47	Barcelona	01/02/1969
<b>60m</b>		6.94	Albert Alvarez	27/04/1989	Sant Sebastià	31/02/2009
<b>80m</b>		8.8	Jaume Picassó	43	Manresa	12/10/1965
<b>100m</b>	1,5	10.55	Jan Diaz Basullas	12/12/2004	ita. Coloma de G.	15/07/2023
<b>150m</b>		16.4	Jaume Pérez	29/06/1977	Manresa	26/07/1994
<b>200m</b>		21.58	Jaume Pérez	29/06/1977	Barcelona SR	22/06/2002
<b>200m sh</b>		21.96	Biel Cirujeda Serra	01/10/2006	Salamanca	12/03/2023
<b>300m</b>		35.23	Biel Cirujeda Serra	01/10/2006	Lleida	18/07/2021
<b>300m sh</b>		35.75	Biel Cirujeda Serra	01/10/2006	Sabadell	17/12/2023
<b>400m</b>		47.69	Biel Cirujeda Serra	01/10/2006	Castelló	27/07/2024
		47.85	Jaume Pérez	29/06/1977	Igualada	30/06/2002
<b>400m sh</b>		48.03	Biel Cirujeda Serra	01/10/2006	Salamanca	09/03/2024
		48.26	David Perez Bruqué	01/03/2005	Lievin (FRA)	11/03/2023
<b>500m sh</b>		1:05.47	David Perez Bruqué	01/03/2005	Sabadell	18/12/2022
<b>600m</b>		1:21.00	Joel González	80	Gavà	04/06/2002
<b>600m sh</b>		1:25.37	Isaac González	78	Saragossa	20/03/1994
<b>800m</b>		1:51.6	Sancho Ayala	05/10/1967	Lloret de Mar	18/08/1989
<b>800m sh</b>		1:52.83	Carles Cort	10/09/1994	Sabadell	23/01/2022
<b>1000m</b>		2:28.2	Abel Àvila	77	Manresa	23/05/2006
<b>1000m sh</b>		2:38.60	Joan Leonart	62	Saragossa	07/02/1979
<b>1500m</b>		3:44.6	Ivo Clotet	67	Granollers	22/08/1989
<b>1500m sh</b>		3:55.55	Abel Casali	30/12/1990	Sabadell	21/01/2018
<b>1 milla</b>		4:18.86	Oussama Chouati	16/11/1994	Myrtle Beach (USA)	17/03/2018

<b>1 milla sh</b>	4:07.44	Toni Baños	12/04/2000	Houston (USA)	13/02/2021
<b>2000m</b>	5:22.00	Llorenç Bonet	65	Granollers	18/02/1988
<b>3000m</b>	8:17.8	Francesc Soler	64	Barcelona CU	08/06/1989
<b>3000m sh</b>	8:20.35	Llorenç Bonet	66	Sevilla	05/02/1989
<b>5000m</b>	13:53.49	José Ríos	74	Mataró	06/07/2010
<b>5000m sh</b>	15:00.24	Jan Bayona Olivé	28/12/2002	Lynchburg (USA)	05/02/2021
<b>10.000m</b>	29:04.69	José Ríos	74	Càceres	30/06/2010
<b>10 km r</b>	28:42	José Ríos Ortega	15/03/1974	Barcelona	31/12/2008
<b>20km p</b>	1:07:54	Josep Perramon	20/04/1941	Manresa	21/10/1982
<b>1 hora p</b>	17.759m	Josep Perramon	20/04/1941	Manresa	21/10/1982
<b>6 hores p</b>	92.406m	Manel Deli Andujar	02/09/1974	Barcelona SE	04/03/2023
<b>M. Marató</b>	1:06:07	David Martínez Luján	04/01/1986	Barcelona	11/02/2018
<b>Marató</b>	2:10:36	José Ríos	74	Otsu JPN	01/03/2009
<b>50 km p</b>	5:01:06	Josep Calduch	47	Terrassa	26/10/2002
<b>50 km r</b>	3:02:02	Manel Deli Andujar	02/09/1974	Burjassot	21/01/2023
<b>100 km r</b>	6:30:24	Manel Deli Andujar	02/09/1974	Bernau (GER)	27/08/2022
<b>100 km p</b>	9:09:35	Joan Masachs	52	Igualada	16/09/1989
<b>1500obs</b>	4:22.5	Josep O. Olivé Ramon	50	Barcelona SR	12/07/1969
<b>2000obs</b>	5:41.82	Llorenç Bonet	65	Barcelona SR	18/08/1987
<b>3000obs 0,914</b>	8:42.32	Albert Casals	70	Guetxo	29/06/1991
<b>3 km M sh</b>	15:42.6	Francesc Ribalta	63	Sabadell	16/02/1980
<b>5 km Mp</b>	25:54.98	Guillem Perez Alfranca	26/10/1983	Barcelona SR	13/05/2023
<b>5 km M sh</b>	21:15.80	Bernard José Mora	63	Saragossa	09/02/1992
<b>10 km Mp</b>	46:14.8	Bernard José	63	Granollers	26/04/1992
<b>10 km Mr</b>	45:46	Christian Curopos	08/10/1994	Múrcia	03/03/2013

<b>20 km Mp</b>	1:39:59	Enric Villaplana	14	Barcelona MO	07/02/1943
<b>20 km Mr</b>	1:36:28	Bernard José	63	Madrid	12/01/1992
<b>30 km Mp</b>	2:34:51.8	Enric Villaplana	14	Barcelona	07/02/1943
<b>30 Km Mr</b>	3:18:10	David Cervelló Español	22/02/1977	Madeira	31/10/2020
<b>50 km Mr</b>	4:30:16.2	Enric Villaplana	14	Baix Llobregat	07/03/1948
<b>55 mt</b> 1,067	7.9	Joan Busquets Thomasa		Madrid	07/03/1965
<b>60 mt</b> 1,067	8.22	Biel Salas Samsó	03/04/2023	Birmingham (USA)	22/02/2024
	8.40	Biel Diaz Basullas	20/08/2003	Sabadell	22/01/2023
<b>110mt</b> 1,067	1,4 14.18	Biel Salas Samsó	03/04/2023	Edwardsville (USA)	13/05/2023
<b>200 mt</b>	26.0	Josep M. Selga	49	Barcelona	22/09/1968
<b>400mt</b> 0,914	52.52	Marc Valero Cano	22/06/1993	Mataró	30/06/2013
<b>Alçada</b>	2.01	Joan Garrido	68	Manresa	16/06/1990
	2.01	Albert Alvarez	27/04/1989	Sant Sebastià	11/03/2006
<b>Perxa</b>	5.31	Martí Serra Prat	29/04/2005	Madrid VH	26/05/2024
	5.25	Martí Serra Prat	29/04/2005	Salamanca	09/03/2024
	5.20	Martí Serra Prat	29/04/2005	Ourense	18/02/2024
	5.20	Martí Serra Prat	29/04/2005	Sabadell	14/01/2024
	5.15	Martí Serra Prat	29/04/2005	Soria	22/07/2023
<b>Llargada</b>	0,8 7.55	Jan Diaz Basullas	12/12/2004	Gandia	13/04/2024
	7.45	Jan Diaz Basullas	12/12/2004	Sabadell	21/01/2024
	7.32	Jan Diaz Basullas	12/12/2004	Soria	23/07/2023
<b>Triple</b>	14.53	Joan Garrido	68	Vic	20/05/1990
<b>Pes</b> 7.260	14.75	Sergi Cabezón Ortas	03/04/1997	L'Hospitalet de LI.	09/07/2023
<b>Disc</b> 2	42.84	Francesc Isanta	56	Manresa	25/08/1977
<b>Martell</b> 7.260	56.79	Adrian Sedano Martin	25/11/2005	Pamplona	04/06/2023
<b>Javelina A</b> 800	75.04	Miquel Cànovas	56	Marsella FRA	21/08/1979
<b>Javelina N</b> 800 model1986	62.35	Jordi Sánchez	09/08/1985	Saragossa	30/07/2004
<b>4x100m</b>	42.69	A. Pintó, D. Diaz, A. Serra, C. Fernandez		Granollers	07/06/1992
<b>4x200m</b>	1:35.1	A. Sanchez, J. Juanola, F. Consul, L. Ballus		Manresa	21/03/1976

<b>4x200m sh</b>	1:32.24	A. Rovira-H.Martín-B. Sintes-M.Sugrañes		Sabadell	12/01/2014
<b>4x400m</b>	3:15.15	JP. Catot-B. Cirujeda-A. Pujols-O. Verges Manresa			16/06/2024
	3:16.98	B. Cirujeda-O. Verges-A. Pujols-JP. Catot		Gavà	08/06/2024
	3:19.53	A. Comas, J. Gonzalez, I. Àvila, J. Perez		Granollers	23/06/2001
<b>4x400m sh</b>	3:24.08	B. Cirujeda, A. Garcia, D. Perez, A. Rovira		Sabadell	08/01/2023
<b>4x800m</b>	8:02.4	J. Olive, J. Comas, J. Carreras, J. Perramon		Manresa	21/05/1967
<b>4x1500m</b>	16:36.5	S. Ayala, J. Anglarill, R. Colom, R. Buscart		Manresa	23/05/1990
<b>R/suecs</b>	2:05.9	A. Pintó, R. Torras, G. Vilellas, J. Puig		Manresa	23/11/1997
<b>400x300x200x100m</b>					
<b>R/americans</b>	2:02.7	A. Sánchez, L. Balus, JM Targarona, G. Martinez		Sabadell	07/09/1975
<b>100x200x300x400m</b>					
<b>R/olímpics</b>	3:31.0	J. Salvans, J. Perramon, J. Lladó, J Busquets		Barcelona MO	21/04/1963
<b>800x400x200x100m</b>					
<b>2x1500 mixte</b>	9:05.50	C. Cort-M. Guerrero		Santa Coloma de G.	10/04/2022
<b>4x100mixtes</b>	45.92	B. Cirujeda-P. Torra-M. Clemente-E. del Hoyo		Tarragona	03/04/2022
<b>4x400mixtes</b>	3:38.79	O. Verges-M. Guerrero-C. Castellà-L. Bou		Cornellà	30/04/2023
<b>Pentatló taula inter</b>	2625p	Josep Clotet		Barcelona	02/08/1959
<b>Decatló taula inter</b>	6591p	Albert Alvarez	27/04/1989	Arona TEN	03/07/2010
		11.44-6,48-12,36-1,93-52.75 -16.39-34,55-4,70-46,19-5.14.72			
<b>Antic model (1986)</b>	5613p	Joan Garrido	68	Manresa	4-5/10/1986
		12.2-6,20-9,23-54.1/16.7-24,86-3,50-36,87-4.28.0			
<b>Heptatló sh</b>	5442p	Albert Alvarez	27/04/1989	Sant Sebastià	01/03/2009
<b>SUB 23</b>					
<b>60m</b>	6.94	Albert Alvarez	27/04/1989	Sant Sebastià	28/02/2009
<b>100m</b>	1,5	10.55	Jan Diaz Basullas	12/12/2004	ta. Coloma de G. 15/07/2023
<b>200m</b>	0,1	21.85	Jaume Pérez	29/06/1977	Barcelona SR 28/07/1996
<b>200m sh</b>	21.96	Biel Cirujeda Serra	01/10/2006	Salamanca	12/03/2023
<b>400m</b>	47.69	Biel Cirujeda Serra	01/10/2006	Castelló	27/07/2024
	48.12	Biel Cirujeda Serra	01/10/2006	Madrid VH	26/05/2024
	48.41	Biel Cirujeda Serra	01/10/2006	Madrid VH	05/05/2024
	48.84	Albert Martínez	11/04/1993	Manresa	12/05/2012

<b>400m sh</b>	48.03	Biel Cirujeda Serra	01/10/2006	Salamanca	09/03/2024
	48.77	David Perez Bruqué	01/03/2005	Sabadell	04/03/2023
<b>800m</b>	1:51.6	Sancho Ayala	05/10/1967	Lloret de Mar	18/08/1989
<b>800m sh</b>	1:56.18	Arnau Pujols Frank	21/01/2006	Sabadell	20/01/2024
	1:56.21	Jordi Altés	82	Vilafranca	23/02/2003
<b>1500m</b>	3:44.6	Ivo Clotet	67	Granollers	22/08/1989
<b>1500m sh</b>	3:57.99	Toni Baños	12/04/2000	Sabadell	03/02/2018
<b>1 milla sh</b>	4:07.44	Toni Baños	12/04/2000	Houston (USA)	13/02/2021
<b>3000m</b>	8:12.70	Toni Baños	12/04/2000	Houston (USA)	15/02/2021
<b>3000m sh</b>	8:22.30	Guillem Pallejà	77	Vilafranca	28/01/2001
<b>5000m</b>	14:15.8	Albert Casals	70	Barcelona SR	21/06/1991
<b>10.000m</b>	30:19.9	Josep M. Rosselló	69	Manresa	18/07/1991
<b>M. Marató</b>	1:09:04	David Martínez	04/01/1986	Mataró	02/02/2008
<b>Marató</b>	2:45:00	Esteve Guix	61	Barcelona	15/03/1981
<b>3000obs</b> 0,914	8:42.32	Albert Casals	70	Guetxo	29/06/1991
<b>10 km Mp</b>	48:48.00	Christian Curopos	08/10/1994	Barcelona SR	24/03/2012
<b>10 km Mr</b>	45:46	Christian Curopos	08/10/1994	Múrcia	03/03/2013
<b>20 km Mr</b>	1:45:47	Guillem Pérez	26/10/1983	El Prat	27/02/2005
<b>60t</b> 1,067	8.22	Biel Salas Samsó	03/04/2023	Birmingham (USA)	22/02/2024
	8.40	Biel Diaz Basullas	20/08/2003	Sabadell	22/01/2023
<b>110t</b> 1,067	1,4 14.18	Biel Salas Samsó	03/04/2023	Edwardsville (USA)	13/05/2023
<b>400t</b> 0,914	52.52	Marc Valero Cano	22/06/1993	Mataró	30/06/2013
<b>Alçada</b>	2.01	Joan Garrido	68	Manresa	16/06/1990
	2.01	Albert Álvarez	27/04/1989	Sant Sebastià	11/03/2006
<b>Perxa</b>	5.31	Martí Serra Prat	29/04/2005	Madrid VH	26/05/2024
	5.25	Martí Serra Prat	29/04/2005	Salamanca	09/03/2024
	5.20	Martí Serra Prat	29/04/2005	Ourense	18/02/2024
	5.20	Martí Serra Prat	29/04/2005	Sabadell	14/01/2024
	5.15	Martí Serra Prat	29/04/2005	Soria	22/07/2023

<b>Llargada</b>	0,8	7.55	Jan Diaz Basullas	12/12/2004	Gandia	13/04/2024
		7.45	Jan Diaz Basullas	12/12/2004	Sabadell	21/01/2024
	-0,5	7.32	Jan Diaz Basullas	12/12/2004	Soria	23/07/2023
<b>Triple</b>		14.53	Joan Garrido	68	Vic	06/05/1990
<b>Pes</b> 7,260		13,81	Sergi Cabezón	30/04/1997	Sabadell	29/01/2017
<b>Disc</b> 2		42.84	Francesc Isanta	56	Manresa	25/08/1977
<b>Martell</b> 7.260		56.79	Adrian Sedano Martin	25/11/2005	Pamplona	04/06/2023
<b>Javelina N</b> 800 model 1986		62.35	Jordi Sánchez	09/08/1985	Saragossa	03/07/2004
<b>4x100m</b>		42.73	B.Cirujeda-J.Diaz-A.Roig-P.Torra		Sabadell	17/04/2021
<b>4x200m</b>		1:32.24	A.Rovira-H. Martín-B. Sintes-M. Sugrañes		Sabadell	12/01/2014
<b>4x400m</b>		3:15.15	JP. Catot-B. Cirujeda-A. Pujols-O. Verges		Manresa	16/06/2024
		3:16.98	B. Cirujeda-O. Verges-A. Pujols-JP. Catot		Gavà	08/06/2024
		3:24.21	A.Garcia-M.Mendoza-D.Perez-O.Verges		Tarragona	30/05/2021
<b>heptatló sh</b>		5442p	Albert Alvarez	27/04/1989	Sant Sebastià	01/03/2009
<b>Decatló</b>		6591p	Albert Alvarez	27/04/1989	Arona TEN	03/07/2010
		11.44-6,48-12,36-1,93-52.75-16.39-34,55-4,70-46,19-5.14.72				

## SUB 20

<b>60m</b>		6.95	Jan Diaz Basullas	12/12/2004	Sabadell	23/12/2023
<b>100m</b>	1,5	10.55	Jan Diaz Basullas	12/12/2004	ita. Coloma de G.	15/07/2023
<b>200m</b>	0.1	21.85	Jaume Pérez	29/06/1977	Barcelona SR	28/07/1996
<b>200m sh</b>		21.96	Biel Cirujeda Serra	01/10/2006	Salamanca	12/03/2023
<b>400m</b>		47.69	Biel Cirujeda Serra	01/10/2006	Castelló	27/07/2024
		48.12	Biel Cirujeda Serra	01/10/2006	Madrid VH	26/05/2024
		48.41	Biel Cirujeda Serra	01/10/2006	Madrid VH	05/05/2024
		48.84	Albert Martínez	11/04/1993	Manresa	12/05/2012
<b>400m sh</b>		48.03	Biel Cirujeda Serra	01/10/2006	Salamanca	09/03/2024
		48.26	David Perez Bruqué	01/03/2005	París (FRA)	11/03/2023
<b>800m</b>		1:52.15	Jordi Anglarill	71	Alcobendas	09/06/1990
<b>800m sh</b>		1:56.18	Arnau Pujols Frank	21/01/2006	Sabadell	20/01/2024
		1:56.84	Arnau Pujols Frank	21/01/2006	Sabadell	07/01/2024
		1:58.07	Oriol Verges Pizarro	07/02/2004	Sabadell	03/02/2023

<b>1500m</b>		3:50.7	Sancho Ayala	05/10/1967	Manresa	10/07/1986
<b>1500m sh</b>		3:57.99	Toni Baños	12/04/2000	Sabadell	03/02/2018
<b>1 Milla sh</b>		4:19.04	Jan Bayona	28/12/2002	Birmingham (USA)	31/01/2021
<b>3000m</b>		8:18.4	Albert Casals	70	Granollers	08/06/1989
<b>3000m sh</b>		8:29.14	Jan Bayona	28/12/2002	Michigan	12/02/2021
<b>5000m</b>		14:41.66	Albert Casals	70	Barcelona	01/04/1989
<b>10.000m</b>		31:05.94	David Martínez	04/01/1986	Mataró	19/03/2005
<b>M. Marató</b>		1:19:57	Ignasi Vilajosana	81	Gavà	13/02/2000
<b>3000obs</b> 0,914		8:55.42	Albert Casals	70	Barcelona SR	12/07/1989
<b>5 km Mp</b>		28:00.91	Pol Guiral Robles	10/06/2004	Cornellà	08/05/2022
<b>10 km M</b>		50:57.4	Francesc Garriga	62	Granollers	26/04/1981
<b>60t</b> 1.00		7.86	Joan Sans	23/10/1998	Sabadell	20/03/2016
<b>110t</b> 1.00	1,2	13.76	Jan Diaz Basullas	12/12/2004	Jerusalem (ISR)	08/08/2023
<b>110t</b> 1,067	-0,5	15.01	Biel Salas Samsó	03/04/2003	Igualada	06/06/2021
	-1,3	15.08	Biel Salas Samsó	03/04/2003	Igualada	06/06/2021
<b>400t</b> 0,914		54.08	Marc Valero	22/06/1993	Xàtiva	09/07/2011
<b>Alçada</b>		2.01	Albert Álvarez	27/04/1989	Sant Sebastià	11/03/2006
<b>Perxa</b>		5.31	Martí Serra Prat	29/04/2005	Madrid VH	26/05/2024
		5.25	Martí Serra Prat	29/04/2005	Salamanca	09/03/2024
		5.20	Martí Serra Prat	29/04/2005	Ourense	18/02/2024
		5.20	Martí Serra Prat	29/04/2005	Sabadell	14/01/2024
		5.15	Martí Serra Prat	29/04/2005	Soria	22/07/2023
<b>Llargada</b>	-0,5	7.32	Jan Diaz Basullas	12/12/2004	Soria	23/07/2023
<b>Triple</b>		14.29	Francesc Azorín	63	Granollers	12/07/1981
<b>Pes</b> 7.260		12.22	Màxim Sanz	72	Alcobendas	16/06/1990
<b>Pes</b> 6.00		15.05	Sergi Cabezón	03/04/1997	Sabadell	27/02/2016
<b>Disc</b> 2.00		37.82	Ramon Estupiña	47	Sabadell	30/05/1966

<b>Disc</b> 1.750	40.13	Sergi Garcia Magrans	14/03/2003	St. Cugat del V.	229/6/22
<b>Martell</b> 7.260	56.79	Adrian Sedano Martin	25/11/2005	Pamplona	04/06/2023
<b>Martell</b> 6.00	62.81	Adrian Sedano Martin	25/11/2005	Palafrugell	17/06/2023
<b>Javelina A</b> 800	65.56	Antoni Sànchez	56	Vic	12/10/1975
<b>Javelina N</b> 800 model 1986	62.35	Jordi Sànchez	09/08/1985	Saragossa	03/07/2004
<b>4x100m</b>	43.2	A. Estruch, M. Romero, F. Esquius, J. Pérez		Manresa	28/05/1995
<b>4x200m sh</b>	1:32.25	A.Babí-V.Torras-A.Martínez-J.Trapé		Vilafranca	21/02/2009
<b>4x400m</b>	3:24.21	A.Garcia-M.Mendoza-D.Perez-O.Verges		Tarragona	30/05/2021
<b>4x400m sh</b>	3:27.25	B. Cirujeda-M. Mendoza-D. Perez-O. Verç		Sabadell	30/01/2022
<b>Heptatló sh</b>	5210 p	Albert Alvarez 7.15-6,90-1,93-8.55-4,60-3.07.74	89	Saragossa	04/03/2007
<b>Decatló</b>	6108p	Joan Garrido 11.8, 5,54, 9,20, 1,93, 52.9 / 15.9, 27,02, 3,80, 39,96, 4.25.77	68	Cartagena	21/06/1987
<b>Decatló N</b> model 1986	6453p	Albert Alvarez 11,52, 6,66, 12,27, 1,93, 52.58 / 15.54, 34,80, 3,70, 41,90, 5.00.16	89	Vitòria	22/06/2008

## SUB 18

<b>60m</b>	7.05	Biel Cirujeda Serra	01/10/2006	Sabadell	26/02/2023
<b>100m</b>	10.8	Jaume Pérez	29/06/1977	Barcelona SR	16/07/1994
<b>200m</b>	2.0 21.96	Biel Cirujeda Serra	01/10/2006	ita. Coloma de G.	27/05/2023
<b>200m sh</b>	21.96	Biel Cirujeda Serra	01/10/2006	Salamanca	12/03/2023
<b>400m</b>	49.41	Biel Cirujeda Serra	01/10/2006	Cornellà	30/04/2023
<b>400m sh</b>	49.31	David Perez Bruqué	01/03/2005	Sabadell	19/02/2022
<b>800m</b>	1:55.26	Abdelkadir Zaroual	01/01/1990	Mataró	12/06/2007
<b>800m sh</b>	2:00.26	Gerard Llimós	05/05/1992	Vilafranca	25/01/2009
<b>1000m sh</b>	2:40.42	David Perez Bruqué	01/03/2005	Sabadell	12/02/2022
<b>1500m</b>	3:59.55	Toni Baños Tor	12/04/2000	Barcelon SE	07/06/2017
<b>1500m sh</b>	4:04.00	Toni Baños	12/04/2000	Sabadell	07/02/2016



<b>3000m</b>		8:39.65	David Martínez		86	Sherbrooke CAN	13/06/2003
<b>3000m sh</b>		8:43.24	Toni Baños	12/04/2000		Sabadell	11/03/2017
<b>5000m</b>		15:10.15	David Martínez		86	Vic	08/06/2002
<b>2000obs</b> 0,914		5:53.36	Toni Baños	12/04/2000		Barcelona SR	14/06/2017
<b>5km Mp</b>		23:39.6	Francesc Garriga		62	Xixón	28/08/1979
<b>10km Mp</b>		51:39.98	Guillem Pérez		83	Múrcia	15/07/2000
<b>60t</b> 0,914		8.02	David Perez Bruqué	01/03/2005		Sabadell	19/02/2022
<b>110t</b> 0,914	1,00	13.59	Jan Diaz Basullas	12/12/2004		Huelva	25/07/2021
<b>330t</b>		50.81	Sergi Calvo	10/07/1985		Barcelona SR	16/06/2002
<b>400t</b> 0,84		51.78	David Perez Bruqué	01/03/2005		Jerez de la F.	19/06/2022
<b>Alçada</b>		2.01	Albert Alvarez	27/04/1989		Sant Sebastià	11/03/2006
<b>Perxa</b>		4.90	Martí Serra Prat	29/04/2005		Jerez de la F.	18/06/2022
<b>Llargada</b>	0.4	7.04	Jan Diaz Basullas	12/12/2004		Tarragona CLA	18/10/2020
<b>Triple</b>		14.21	Francesc Azorín		63	Manresa	21/09/1980
<b>Pes</b> 5,00		14.70	Sergi Cabezón	03/04/1997		Sabadell	01/03/2014
<b>Disc</b> 1,5 1,5		41.50	Francesc Arocas			Manresa	21/03/1971
<b>Martell</b> 5.00		68.98	Adrian Sedano Martín	25/11/2005		Sant Cugat del V.	12/07/2022
<b>Javelina</b> 700		55.52	Jordi Sánchez	09/08/1985		Miranda de Ebro	06/07/2002
<b>4x100m</b>		43.89	B. Salas-B. Diaz-M. Mendoza-J. Diaz			Tarragona CLA	18/10/2020
<b>4x200m sh</b>		1:32.25	A.Babí-V. Torras-A. Martínez-J. Trapé			Vilafranca	21/02/2009
<b>4x400m</b>		3:24.21	A.Garcia-M.Mendoza-D.Perez-O.Verges			Tarragona	30/05/2021
<b>Exatló sh</b>		4357p	Albert Alvarez	27/04/1989		Sant Sebastià	11/03/2006
<b>Heptatló sh</b>		4881p	David Perez Bruqué	01/03/2005		Sabadell	12/02/2022
			7.26-6,35-11,95-1,78-8.18-3,20-2.40.42				
<b>Octatló</b>		5279p	Albert Alvarez	27/04/1989		Barcelona SR	14/05/2006

11.52 100m, 6,15 SL, 13,23 LP, 1,93 SA/ 15.30 110t, 34,85 LD, 4,00 SP, 43,88 LJ

**Decatló**

6522p Pol Vila Barcelona SE 31/05/2015  
11.51, 6,68, 11,94, 1,90, 52.77/ 15,79, 34,44, 3,70, 46,59, 4.45.94

**SUB 16**

<b>60m</b>	7.30	Biel Cirujeda Serra	01/10/2006	Barcelona	27/02/2021
<b>100m</b>	0.5 11.28	Biel Cirujeda Serra	01/10/2006	Cuenca	09/10/2021
<b>300m</b>	35.23	Biel Cirujeda Serra	01/10/2006	Lleida	18/07/2021
<b>300m sh</b>	35.88	Biel Cirujeda Serra	01/10/2006	Madrid	20/12/2020
<b>600m</b>	1.24.50	Albert Babí	02/04/1992	L'Hospitalet	16/12/2006
<b>600m sh</b>	1:31.10	Oriol Verges	07/02/2004	Sabadell	26/01/2019
<b>1000m</b>	2:36.88	Marwan El Fadili	22/05/1997	Castelló	10/07/2012
<b>1000m sh</b>	2:39.74	Toni Baños Tor	12/04/2000	Sabadell	21/03/2015
<b>3000m</b>	9:10.0	Albert Casals	70	Manresa	01/06/1985
<b>3000m sh</b>	9:14.83	Miqui Riera	14/06/2003	Sabadell	02/01/2018
<b>1500obs</b> 0,762	4:26.17	Toni Baños Tor	12/04/2000	Valladolid	11/07/2015
<b>5 km M</b>	26:02.18	Ton Guitó Vilardell	12/09/2000	Valladolid	11/07/2015
<b>5 km Mr</b>	27:33:00	Ton Guitó Vilardell	12/09/2000	Igualada	07/02/2015
<b>3 km M</b>	15:46.17 16:43.8	Eric Sorroche Escudero Eric Sorroche Escudero	17/06/2010 17/06/2010	Vilanova i la G. Gavà	24/02/2024 09/03/2024
<b>3 km M sh</b>	15:54.69	Ton Guitó	12/09/2000	Sabadell	24/01/2015
<b>60t</b> 0,914	8.70	David Perez	01/03/2005	Saragossa	25/01/2020
<b>100 mt</b> 0,914	0,0 13.68	Jan Diaz	12/12/2004	Madrid MTZ	16/06/2019
<b>300 mt</b> 0,84	39.28	David Perez Bruque	01/03/2005	Granollers	25/10/2020
<b>Alçada</b>	1.80	Aleix Güell	97	Sabadell	20/02/2011
<b>Perxa</b>	4.21	Martí Serra Prat	29/04/2005	Madrid	19/12/2020
<b>Llargada</b>	6.79	Pol Vila Vilaseca	05/09/1999	Barcelona SR	03/05/2014

<b>Triple</b>	0.5	13.4	Joan Homs Selga	19/04/2006	Barcelona SE	09/05/2021
<b>Pes</b> 4,00		14.50	Sergi Cabezón	03/04/1997	El Prat	01/07/2012
<b>Disc</b> 1,00		47.02	Víctor Pulido	93	Sant Sebastià	04/10/2008
<b>Martell</b> 4,00		65.59	David Martín	10/07/2000	El Prat	17/05/2015
<b>Javelina</b> 600		54.54	Màxim Sanz	72	Manresa	31/10/1988
<b>4x100m</b>		45.26	P. Soliva-M. Valero- V. Torras-A. Babi		Lorca	21/10/2007
<b>4x200m sh</b>		1:37.68	A. Babí-V. Torras-M. Valero-P. Soliva		Vilafranca	24/02/2007
<b>4x300m</b>		2:30.96	B. Cirujeda-A. Garcia-J. Homs-D. Perez		Granollers	10/10/2020
<b>4x300m sh</b>		2.43.49	P. Claret-J. Esteve-O. Massaneda-N. Trulls		Sabadell	20/03/2022
<b>Pentatló sh</b>	2947p		Albert Alvarez	27/04/1989	Vilafranca	20/02/2004
			60m 7.75, SL 5,74, LP 11,77, SA 1,74, 60t 9.63			
<b>Heptatló</b>	4448p		Albert Alvarez	27/04/1989	Huelva	04/07/2004
			100m 11.92 +0,5, SL 5,94, LP 12,02, SA 1,82, 100t 14,54 +1,4, SP 3,90, LJ 41,14			
<b>Octatló</b>	4635p		Eric Molina Gomez	24/01/2002	Manresa	06/05/2017
			12.5, 12,77, 1,66, 36,82, 15,25, 3,10, 42,77, 3.04.2			

## SUB 14

<b>60m</b>		7.69	Biel Cirujeda	01/10/2006	Sabadell	14/12/2019
<b>80m</b>	0.0	9.93	Eduard Lopez Rodriguez	04/04/2011	Tarragona	25/05/2024
	-0,1	10.10	Eduard Lopez Rodriguez	04/04/2011	Manresa	11/05/2024
	1.7	10.0	Martí Homs Selga	08/01/2010	Manresa	22/04/2023
<b>150m</b>		17.6	Albert Babí	02/04/1992	Barcelona SR	09/10/2005
<b>200m sh</b>		24.88	Eduard Lopez Rodriguez	04/04/2011	Sabadell	24/03/2024
		25.22	Eduard Lopez Rodriguez	04/04/2011	Sabadell	09/03/2024
		25.58	Eduard Lopez Rodriguez	04/04/2011	Sabadell	02/03/2024
		26.03	Eduard Lopez Rodriguez	04/04/2011	Sabadell	14/01/2024
<b>600m</b>		1:30.82	Eduard Lopez Rodriguez	04/04/2011	Vilanova i la G.	15/06/2024
		1:35.44	Eduard Lopez Rodriguez	04/04/2011	Gavà	11/11/2023
<b>600m sh</b>		1:33.55	Eduard Lopez Rodriguez	04/04/2011	Sabadell	24/03/2024
		1:35.09	Eduard Lopez Rodriguez	04/04/2011	Sabadell	03/02/2024
		1:35.65	Armand Hernandez	03/01/2007	Sabadell	07/03/2020

<b>1000m</b>		2:48.77	Toni Baños Tor	12/04/2000	Tarragona	15/06/2013
<b>1000m sh</b>		2:56.46	Marc Merenguer	18/01/2005	Sabadell	10/03/2018
<b>2000m sh</b>		6:26.39	Toni Baños Tor	12/04/2000	Sabadell	10/02/2013
<b>3000m</b>		10:17.30	Toni Baños Tor	12/04/2000	Barcelona SR	13/04/2013
<b>1000 obs.</b> 0,762 sense ria		3:07.9	Miqui Riera	14/06/2003	Manresa	19/03/2016
<b>2 km Mp</b>		11:29.69	Lluc Jané Vila	07/06/2006	Prat de Llobregat	13/05/2017
<b>2 km M sh</b>		10:39.05	Adria Mesas	03/09/2002	Sabadell	28/02/2015
<b>3 km Mp</b>		15.38.55	Ton Guitó Vilardell	12/09/2000	Tarragona	15/06/2013
<b>3 Km Mr</b>		17:40	Eric Sorroche Escudero	17/06/2010	Manresa	19/11/2023
<b>60t</b> 0,84		9.56	Martí Homs Selga	08/01/2010	Sabadell	25/03/2023
<b>80t</b> 0,84	-1,0	12.46	Martí Homs Selga	08/01/2010	Prat de Llobregat	17/06/2023
<b>220t</b> 0,762		30.0	Albert Babí	02/04/1992	Barcelona SR	01/10/2005
<b>Alçada</b>		1.65	Arnau Torras	72	Manresa	18/05/1985
<b>Perxa</b>		3.00	Will Blevins	01/01/1993	Vic	08/04/2006
<b>Llargada</b>		5.34	Biel Cirujeda	01/10/2006	Sabadell	14/12/2019
<b>Triple</b>	2.0	11.20 11.14	Pol Fernandez Serrano Joan Homs	25/08/2011 19/04/2006	Vilanova i la G. Sabadell	16/06/2024 21/12/2019
<b>Pes</b> 3.00		12,97	Albert Babí	02/04/1992	Barcelona SR	15/10/2005
<b>Disc</b> 800		35.04	Marc Valero	22/06/1993	L'Hospitalet	01/07/2006
<b>Martell</b> 3.00		33.98	Aleix Casas Perramon	05/04/2001	Tarragona	14/06/2014
<b>Javelina</b> 500		35.5	Jan Díaz Basullas	17/07/2004	Manresa	18/03/2017
<b>4x80m</b>		40.20 40.55 41.21	B. Ezequiel-P. Fernandez-A. Leonarte-E. Lopez B. Ezequiel-P. Fernandez-A. Leonarte-E. Lopez P. Fernandez-A. Leonarte-E. Lopez-A. Piqué		Igualada Igualada Arbeca	13/04/2024 13/04/2024 06/04/2024
<b>4x200m</b>		1:46.90 1:50.14	B. Ezequiel-G. Centellas-P. Fernandez-E. Lope: P. Fernandez-A. Leonarte-E. Lopez-A. Piqué		Igualada Arbeca	13/04/2024 06/04/2024
<b>4x200 sh</b>		1:48.03	J. Diaz-A. Falcó-I. Kuku-P. Perpiñan		Sabadell	04/03/2017

<b>4x80m mixt</b>	41.95	P. Valentina-E. Lopez-J. Manubens-B. Camps		Gava	11/11/2023
<b>4x200 mixt</b>	1:50.14	E. Lopez-P. Vargas-J. Planas-P. Fernand		Sabadell	02/03/2024
	1:50.91	Cervera,Padilla,Vallbona,Camps		Sabadell	26/02/2022
<b>Tetratló sh</b>	1772p	Pol Vila	09/05/1999	Sabadell	03/03/2012
		8.12-5,33-8,64-1,51			
<b>Pentatló</b>	2378p	Martí Homs Selga	08/01/2010	Manresa	22/04/2023
	10.0	80m-5,15 SL-10,33 LP-12.8 80t-1,41SA			

## SUB 12

<b>60m</b>	8.2	Victor Sabariego Saez	04/09/1996	Gavà	02/06/2007
<b>200m sh</b>	29.67	Arnau Manubens Cayuela	12/07/2013	Sabadell	16/03/2024
	29.89	Arnau Manubens Cayuela	12/07/2013	Sabadell	18/02/2024
	30.74	Jan Manevy Carvajal	06/07/2013	Sabadell	14/01/2024
<b>600m</b>	1:46.30	Jan Manevy Carvajal	06/07/2013	Castellar del V.	08/06/2024
	1:49.25	Jan Manevy Carvajal	06/07/2013	Gava	01/06/2024
	1:51.03	Oriol Huch Cordero	08/07/2012	Manresa	03/06/2023
<b>600m sh</b>	1:46.09	Jan Manevy Carvajal	06/07/2013	Sabadell	23/03/2024
	1:49.27	Arnau Manubens Cayuela	12/07/2013	Sabadell	11/02/2024
	1:50.74	Jan Manevy Carvajal	06/07/2013	Sabadell	03/02/2024
	1:53.14	Armand Hernandez Camps	03/01/2007	Sabadell	19/02/2017
<b>1000m</b>	3:09.2	Ivo Clotet	67	Cornellà	10/06/1978
<b>1000m sh</b>	3:21.67	Roger Verges Pizarro	03/10/2008	Sabadell	16/02/2019
<b>2000m</b>	6:42.2	Ivo Clotet	67	Barcelona UNI	08/04/1979
<b>2000m sh</b>	7:23.35	Oriol Huch Cordero	08/07/2012	Sabadell	19/03/2023
<b>2 km Mp</b>	12:57.45	Martí Hernandez Martín	12/02/2013	Mataró	04/05/2024
	13:20.26	Martí Hernandez Martín	12/02/2013	El Prat de LI.	20/05/2023
<b>2 km Mr</b>	13:48	Martí Hernandez Martín	12/02/2013	Manresa	19/11/2023
<b>2 km M sh</b>	14:28.63	Martí Hernandez Martin	12/02/2013	Sabadell	11/02/2023
<b>60mt</b>	12.1	Arnald Puy	83	Manresa	26/03/1995
<b>0,72</b>					
<b>60mt</b>	9.59	Dani Perarnau Soler	31/08/2013	Castellar del V.	08/06/2024
<b>0.50</b>	9.76	Dani Perarnau Soler	31/08/2013	Sabadell	26/03/2023
<b>Alçada</b>	1.54	Arnau Torras	72	Barcelona SR	06/11/1984

<b>Perxa</b>	2.35	Guillem Centellas	17/10/2012	Gavà	11/11/2023
<b>Llargada</b>	5.01	Victor Sabariego Saez	04/09/1996	Terrassa	30/06/2007
<b>Pes</b> 2.00	10.93	Martí Homs Selga	08/01/2010	Barcelona SE	07/11/2021
<b>Disc</b> 600	26.58	Biel Diaz Basullas	20/08/2003	Gavà	01/06/2014
<b>Pilota</b> 400	36.24	Martí Homs Selga	08/01/2010	Barcelona SE	02/10/2021
<b>Javelina</b> 300	29.87	Guillem Centellas	17/10/2012	ta. Coloma de G.	14/10/2023
<b>4x60</b>	34.48	J.Diaz-I.Kuku-J.Navarro-A.Garcia		Vic	18/04/2015
<b>4x200m sh</b>	2:01.98	J. Manevy-A.Manubens-A. Miguelez-J. Ri	Sabadell		23/03/2024
	2:04.54	M.Cervera-P.Cirujeda-A.Mosquera-E.Ron	Sabadell		16/02/2020
<b>3x600</b>	5:37.01	J. Manevy-A. Manbens-J. Rios		Igualada	13/04/2024
	5.39.80	Z.Maaroufi-S.Garcia-B.Salas		Mataró	03/05/2014
<b>4x60 mixt</b>	34.09	E. Lopez-A. Leonarte-J. Planas-J. Manubens		BarcelonaSE	12/11/2022
<b>4x200 mixt sh</b>	2:02.26	A. Manubens-J. Manevy-E. Garcia-N. Por		Sabadell	02/03/2024
	2:03.54	Centellas,Manevy,Planas,Vargas		Sabadell	07/01/2023
<b>Triatló sh</b>	833p	Guillem Centellas Bueno	17/10/2012	Sabadell	12/03/2023
		9.21-4,12-7,71			
<b>Tetraló</b>	1116p	Jan Manevy	06/07/2013	Tarragona	25/05/2024
	9.15 60m-4.15 SLL-8.38 P-1.26 A				
	1093p	Jan Manevy	06/07/2013	Manresa	11/05/2024
	9.17 60m-4.31 SLL-7.92 P-1.23 A				
	1070p	Guillem Centellas	17/10/2012	Manresa	22/04/2023
	9.0 60m-4,07 SL-7,83 P-1.29 A				
<b>SUB 10</b>					
<b>60m</b>	9.04	Alex Mora Roldan	10/08/2012	Igualada	26/06/2021
<b>400m sh</b>	1:14.78	Pol Fernandez Serrano	25/08/2011	Sabadell	16/02/2020
<b>600m</b>	2:02.60	Jan Manevy Carvajal	06/07/2013	Barcelona SE	12/11/2022
<b>600m sh</b>	1:59.89	Eloi Diaz Marquez	22/03/2010	Sabadell	22/12/2019
<b>1000m</b>	3:34.86	Jan Manevy Carvajal	06/07/2013	Mataró	05/11/2022
<b>1000m sh</b>	3:44.41	Jan Manevy Carvajal	06/07/2013	Sabadell	05/02/2022
<b>1 km Mp</b>	6:01.19	Arnau Manubens Cayuela	12/07/2013	El Prat de LI.	22/05/2022

<b>1 km Mr</b>	5:59	Joan Rios Cuenca	22/09/2014	Manresa	19/11/2023
<b>1km M sh</b>	7:46.38	Arnau Manubens Cayuela	12/07/2013	Sabadell	15/01/2022
<b>60mt 0.5</b>	10.97	Guillem Centellas Bueno	17/10/2012	Sabadell	12/12/2021
<b>Alçada</b>	1.07	Quim Vizcaino Bascompta	06/11/2014	El Prat de Ll.	21/05/2023
<b>Llargada</b>	3.64	Guillem Centellas Bueno	17/10/2012	Sabadell	12/12/2021
<b>Pes 2kg</b>	6.75	Joan Rios Cuenca	22/09/2014	El Prat de Ll.	17/06/2023
<b>Pilotar 200</b>	30,00	Martí Homs Selga	08/01/2010	Lleida	22/06/2019
<b>Pilota 250</b>	28.78	Martí Homs Selga	08/01/2010	astellar del Valles	08/06/2019
<b>Vortex</b>	29.75	Joan Rios Cuenca	22/09/2014	Sta. Colomade G.	14/10/2023
<b>4x60</b>	38.02	M.Cervera-P.Cirujeda-D.Croitó-E.Roncero		Tarragona	21/04/2018
<b>4x200m</b>	2:17.89	M.Homs-M.Cervera-E.Roncero-P.Cirujeda		Sabadell	25/02/2018
<b>4x200 mixt</b>	2:21.30	Rios,Vizcaino,Vallribera,Olivé		Sabadell	12/02/2023
<b>Triatló amb Vortex</b>	472p 9.6 60m-3,24 SL-25,16 Vortex	Joan Rios Cuenca	22/09/2014	Manresa	22/04/2023
<b>Triatló</b>	379p 60m 9.9-Ll. 3,23-Pilota 250gr21,67	Jan Manevy	06/07/2013	Manresa	27/03/2022

## MILLORS MARQUES DEFICIENTS VISUALS

<b>100m T12</b>	11.86	Ignasi Àvila	19/01/1979	Salamanca	01/06/2002
<b>200m T12</b>	-0,3 23.58	Ignasi Àvila	19/01/1979	Barcelona SR	20/06/2001
<b>400m T12</b>	51.04	Ignasi Àvila	19/01/1979	Barcelona CD	22/05/2001
<b>800m T12</b>	1:53.12	Abel Àvila	15/03/1977	Atenes JJPP	27/09/2004
<b>1000m T12</b>	2:28.2	Abel Àvila	15/03/1977	Manresa	23/05/2006
<b>1500m T12</b>	3:50.71	Abel Àvila	15/03/1977	Barcelona MO	10/06/2006
<b>1500m T13</b>	3:57.69	Ignasi Àvila	19/01/1979	Londres JJPP	04/09/2012
<b>3000m T12</b>	8:34.53	Abel Àvila	15/03/1977	Barcelona SR	03/07/2004
<b>5000m T12</b>	14:51.20	Ignasi Àvila	19/01/1979	Barcelona CD	21/03/2010



<b>10.000m t12</b>	30:37.88	Abel Àvila	15/03/1977	Manresa	13/03/2010
<b>10 kms ruta</b>	31:04:00	Abel Àvila	15/03/1977	Girona	04/04/2004
<b>M. Marató</b>	1:08:43	Abel Àvila	15/03/1977	Granollers	01/02/2004
<b>Marató</b>	2:57:41	Abel Àvila	15/03/1977	Amsterdam	17/10/2010
<b>Alçada T12</b>	1.58	Ignasi Àvila	19/01/1979	Manresa	28/10/2001
<b>Llargada T12</b>	5.58	Ignasi Àvila	19/01/1979	Manresa	17/10/2001

## MASTER

### 60 m

<b>M35</b>	7.65	Xavier Bosch	72	Vilafranca	06/02/2010
<b>M40</b>	7.54	Amadeu Pintó	18/04/1965	Saragossa	16/02/2008
<b>M45</b>	7.64	David Diaz	06/08/1970	Sabadell	06/03/2016
<b>M50</b>	7.91	David Diaz	06/08/1970	Barcelona	20/02/2021
<b>M55</b>	9.68	Joaquim Falcó	15/12/1958	Sabadell	09/02/2013
<b>M60</b>	9.40	Joan Busquets	10/12/1934	Saragossa	13/03/1999
<b>M65</b>	9.93	Joan Busquets	10/12/1934	Saragossa	04/03/2000
<b>M70</b>	10.62	Francesc Ferrer	08/10/1948	Sabadell	17/02/2019
<b>M75</b>	11.03	Josep Perramon	20/04/1941	Sabadell	22/12/2015

### 100 m

<b>M35</b>	11.80	Amadeu Pintó	18/04/1965	Manresa	04/04/2004
<b>M40</b>	-1,5 12.00	David Díaz	06/08/1970	Gavà	24/05/2015
<b>M45</b>	-2,9 12.05	David Diaz Lladós	06/08/1970	Elche	25/06/2016
<b>M50</b>	1,3 12.33	David Díaz	06/08/1970	Sabadell	03/10/2020
<b>M55</b>	13.4	Joan Busquets	10/12/1934	Sant Boi	22/04/1990
<b>M60</b>	-0,8 14.5	Josep M. Paz	23/12/1942	El Prat	28/04/2007
<b>M65</b>	17.10	Joan Busquets	10/12/1934	Andorra	19/05/2001
<b>M70</b>	0 17.33	Josep Perramon	20/04/1941	Lleida	04/06/2011
<b>M75</b>	0,3 19.24	Josep Perramon	20/04/1941	Mollet del Valles	10/06/2018

### 200 m

<b>M35</b>	1,2 23.26	David Puy	69	Barcelona SR	11/06/2008
<b>M40</b>	0,00 23.88	David Puy	69 reiro de Ag.	OUR	20/06/2009
<b>M45</b>	24.33	David Díaz	06/08/1970	Elche	24/06/2016
<b>M50</b>	24.26	Amadeu Pintó	18/04/1965	Elche	26/06/2016
<b>M55</b>	25.59	Amadeu Pintó	18/04/1965	nta Coloma de G.	22/05/2022
<b>M60</b>	32.80	Joan Busquets	10/12/1934	Manresa	18/04/1998

### 200 m sh

<b>M35</b>	24.94	Sergi Martinez	05/01/1978	Sabadell	26/02/2017
<b>M40</b>	23.87	Amadeu Pintó	18/04/1965	Linz AUT	16/03/2006
<b>M45</b>	24.77	David Diaz	06/08/1970	Sabadell	26/02/2016
<b>M50</b>	24.85	Amadeu Pintó	18/04/1965	Antequera	20/03/2016
<b>M55</b>	26.57	Amadeu Pintó	18/04/1965	Sabadell	07/01/2023
<b>M60</b>	32.48	Joan Busquets	10/12/1934	Vilafranca	24/01/1998
<b>M65</b>	33.54	Josep Perramon	20/04/1941	Vilafranca	07/02/2009



**400 m**

<b>M35</b>	50.57	James Etah	11/04/1976	Terrassa	17/06/2012
<b>M40</b>	50.59	Amadeu Pintó	18/04/1965	Pozman POL	26/07/2006
<b>M45</b>	54.63	Sergi Martinez Calderón	05/01/1978	Madrid ALC	06/07/2024
	55.14	Sergi Martinez Calderón	05/01/1978	Barcelona SR	03/07/2024
	55.73	Sergi Martinez Calderón	05/01/1978	Lleida	28/05/2023
<b>M50</b>	55.27	Amadeu Pintó	18/04/1965	Barcelona SE	01/06/2016
<b>M55</b>	1:08.45	Josep Comas	29/06/1949	Lleida	07/06/2009
<b>M60</b>	1:06.62	Josep Comas	29/06/1949	Aguilas	06/07/2012
<b>M65</b>	1:09.93	Josep Perramon	20/04/1941	Barcelona CD	28/06/2009
<b>M70</b>	1:18.99	Josep Perramon	20/04/1941	Barcelona MB	12/07/2015
<b>M75</b>	1.24.49	Josep Perramon Puig	20/04/1941	Mollet del Vallès	11/06/2017
<b>M80</b>	1.31.37	Josep Perramon Puig	20/04/1941	Barcelona SE	05/06/2021

**400 m sh**

<b>M35</b>	51.69	James Etah	11/04/1976	Sabadell	05/02/2012
<b>M40</b>	51.94	Amadeu Pintó	18/04/1965	Oviedo	03/03/2007
<b>M45</b>	55.25	Sergi Martinez	05/01/1978	Sabadell	27/01/2023
<b>M50</b>	55.66	Amadeu Pintó	18/04/1965	Sabadell	22/01/2016
<b>M60</b>	1:08.64	Josep Comas	29/06/1949	Saragossa	10/03/2012
<b>M65</b>	1:11.59	Josep Perramon	20/04/1941	Vilafranca	13/02/2010
<b>M70</b>	1:16.35	Josep Perramon	20/04/1941	Saragossa	10/03/2012
<b>M75</b>	1:25.84	Josep Perramon	20/04/1941	Sabadell	26/02/2017

**500 m sh**

<b>M40</b>	1:11.01	Sergi Martinez	05/01/1978	Sabadell	23/12/2018
<b>M45</b>	1:17.41	Marc Vallbona Vilellas	01/11/1978	Sabadell	10/12/2023

**800 m**

<b>M35</b>	2:00.4	Josep Perramon	20/04/1941	Manresa	27/05/1979
<b>M40</b>	1:59.8	Josep Perramon	20/04/1941	València	08/10/1983
<b>M45</b>	2:03.58	Sergi Martinez	05/01/1978	Madrid ALC	07/07/2024
	2:04.0	Josep Perramon	20/04/1941	Manresa	12/10/1986
<b>M50</b>	2:10.00	F. Javier Argudo Sesmillio	03/05/1971	Màlaga	20/06/2021
<b>M55</b>	2:15.93	Sancho Ayala	05/10/1967	Barcelona MB	18/06/2023
<b>M60</b>	2:25.40	Josep Perramon	20/04/1941	Granollers	09/06/2002
<b>M65</b>	2:32.64	Josep Perramon	20/04/1941	Barcelona CD	09/06/2007
<b>M70</b>	2:56.69	Josep Perramon	20/04/1941	Barberà Vallès	20/07/2013
<b>M75</b>	03:04,3	Josep Perramon	20/04/1941	Mollet del Vallès	12/06/2016

**800 m sh**

<b>M35</b>	2:09.01	James Etah Agbor	11/04/1976	Sabadell	10/10/2015
<b>M40</b>	2:02.86	Jordi Jorba	27/09/1974	Torin	26/03/2015
<b>M45</b>	2:04.25	Sergi Martínez Calderon	05/01/1978	Sabadell	19/02/2023
<b>M50</b>	2:13.58	Francisco J. Argudo	03/05/1971	Sabadell	07/01/2023
<b>M55</b>	2:36.70	Josep Comas	29/06/1949	Vilafranca	07/02/2009
<b>M60</b>	2:28.56	Josep Comas	29/06/1949	Saragossa	20/02/2010
<b>M65</b>	2:41.14	Josep Perramon	20/04/1941	Saragossa	28/02/2009
<b>M70</b>	2:51.86	Josep Perramon	20/04/1941	Sabadell	04/02/2012

**1000 m**

<b>M35</b>	2:39.24	Xavier Rodriguez Bueno	15/05/1986	Lleida	07/07/2022
<b>M40</b>	2:38.7	Ramon Camps	12/04/1965	Igualada	17/07/2007
<b>M50</b>	2:54.13	Javier Martinez Plaza	20/07/1965	Olot	21/04/2018
<b>M55</b>	2:53.4	Josep Perramon	20/04/1941	Manresa	23/05/1998

**1000 m sh**

<b>M50</b>	4:14.70	Jordi Pierola Laimon	27/01/1968	Sabadell	29/01/2022
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**1500 m**

<b>M35</b>	4:04.01	Abel Àvila	15/03/1977	Tarragona	21/04/2013
<b>M40</b>	4:06.8	Josep Perramon	20/04/1941	Manresa	07/07/1983
<b>M45</b>	4:10.6	Josep Perramon	20/04/1941	Manresa	15/06/1986
<b>M50</b>	4:19.22	Sancho Ayala Abad	05/10/1967	Granollers	29/05/2021
<b>M55</b>	4:28.69	Sancho Ayala Abad	05/10/1967	Barcelona SE	21/06/2023
<b>M60</b>	4:59.70	Josep Perramon	20/04/1941	Sant Boi	30/06/2002
<b>M65</b>	5:13.12	Josep Perramon	20/04/1941	Barcelona SE	01/07/2007
<b>M70</b>	6:53.58	Francesc Vilajosana	31/12/1937	Lleida	04/06/2011

**1500 m sh**

<b>M35</b>	4:25.92	Jordi Jorba Dordal	27/09/1974	Sabadell	09/03/2014
<b>M40</b>	4:14.17	Jordi Jorba	27/09/1974	Sabadell	15/02/2015
<b>M45</b>	4:58.09	Jordi Aguilaniego	63	Vilafranca	02/02/2008
<b>M50</b>	5:00.28	Alfons Esquiús	60	Sabadell	19/02/2012
<b>M55</b>	4:32.74	Sancho Ayala Abad	05/10/1967	Sabadell	07/01/2023
<b>M60</b>	5:04.84	Josep Comas	29/06/1949	Vilafranca	13/02/2010
<b>M65</b>	5:38.23	Josep Quevedo	04/12/1954	Barcelona	28/02/2021
<b>M70</b>	5:57.58	Josep Perramon	20/04/1941	Sabadell	19/02/2012
<b>M75</b>	6:33.08	Josep Perramon	20/04/1941	Sabadell	26/02/2017

**3000 m**

<b>M35</b>	8:25.87	José Ríos	15/03/1974	Mataró	23/05/2010
<b>M40</b>	8:53.7	Josep Perramon	20/04/1941	Manresa	24/04/1983
<b>M45</b>	9:32.85	Manel Deli Andujar	02/09/1974	Mataró	27/06/2021
<b>M50</b>	9:17.14	Sancho Ayala Abad	05/10/1967	Lleida	01/05/2021
<b>M55</b>	9:24.2	Sancho Ayala Abad	05/10/1967	St. Celoni	29/04/2023
<b>M60</b>	13:26.2	Artur Bargay	14	Manresa	19/03/1980
<b>M70</b>	12:37.41	Francesc Vilajosana	31/12/1937	Vitòria	12/07/2008

**3000 m sh**

<b>M35</b>	9:18.10	Sergio Verges	16/04/1974	Sabadell	27/01/2018
<b>M45</b>	9:54.36	Miquel Riera	14/04/1970	Sabadell	01/02/2020
<b>M50</b>	10:24.34	Albert Quiros	15/08/1968	Barcelona	28/02/2021
<b>M55</b>	9:26.33	Sancho Ayala Abad	05/10/1967	Sabadell	07/01/2023
<b>M60</b>	10:42.17	Josep Perramon	20/04/1941	Vilafranca	02/02/2002
<b>M70</b>	12:32.24	Francesc Vilajosana	37	Saragossa	28/02/2009
<b>M75</b>	14:05.99	Josep Perramon	20/04/1941	Sabadell	29/01/2017

**5000 m**

<b>M35</b>	13:53.49	José Ríos	15/03/1974	Mataró	06/07/2010
<b>M40</b>	15:11.4	Albert Vilardaga	52	Manresa	09/05/1993
<b>M45</b>	15:47.4	Josep Perramon	20/04/1941	Manresa	20/04/1986
<b>M50</b>	15:37.72	Sancho Ayala Abad	05/10/1967	Cornellà	08/05/2021
<b>M55</b>	16:07.0	Sancho Ayala Abad	05/10/1967	Sant Celoni	15/04/2023
<b>M60</b>	19:12.60	Josep Perramon	20/04/1941	Manresa	04/04/2004
<b>M65</b>	20:47.10	Josep Perramon	20/04/1941	Sabadell	25/04/2010

**10 km**

<b>M35</b>	29:04.69	José Ríos	15/03/1974	Càceres	30/06/2010
<b>M40</b>	31:36.8	Josep Perramon	20/04/1941	Barcelona	12/04/1981
<b>M45</b>	32:35.0	Josep Perramon	20/04/1941	Manresa	28/12/1986
<b>M50</b>	32:46.52	Sancho Ayala Abad	05/10/1967	Sabadell	23/05/2021

<b>M55</b>	33:32.23	Sancho Ayala Abad	05/10/1967	Olot	04/03/2023
<b>M60</b>	39:18.82	Josep Comas	29/06/1949	Manresa	13/03/2010
<b>M65</b>	43:23.26	Josep Perramon	20/04/1941	Manresa	13/03/2010
<b>M70</b>	44:06.29	Francesc Vilajosana	31/12/1937	Gandia	27/06/2008
<b>10 km ruta</b>					
<b>M35</b>	29:24	José Ríos	15/03/1974	Manchester GBR	16/05/2010
<b>M40</b>	31:57	Pol Guillen Duño	01/10/1977	Barcelona	20/01/2019
<b>M45</b>	32:32	Gerard Olivares Codina	24/01/1972	Barcelona	31/12/2017
<b>M50</b>	34:22	Sancho Ayala Abad	05/10/1967	Barcelona	03/04/2022
<b>M55</b>	32:47	Sancho Ayala Abad	05/10/1967	Valencia	15/01/2023
<b>M60</b>	41:13	Josep Perrampn	20/04/1941	Manresa	20/06/2004
<b>M65</b>	43:59	Josep Perramon	20/04/1941	Manresa	25/10/2009
<b>M70</b>	47:26	Francesc Vilajosana	31/12/1937	Manresa	25/10/2009
<b>M. Marató</b>					
<b>M35</b>	1:04:46	José Ríos	15/03/1974	P. Sagunto	18/09/2010
<b>M40</b>	1:07:21	Albert Viladaga	52	Badalona	25/04/1993
<b>M45</b>	1:09:57	Gerard Olivares Codina	24/01/1972	Barcelona	11/02/2018
<b>M50</b>	1:12:24	Sancho Ayala Abad	05/10/1967	Barcelona	03/04/2022
<b>M55</b>	1:11:57	Sancho Ayala Abad	05/10/1967	Barcelona	19/02/2023
<b>M60</b>	1:25:38	Josep Perramon	20/04/1941	Granollers	24/03/2002
<b>M70</b>	1:35:38	Francesc Vilajosana	31/12/1937	Terrassa	18/01/2009
<b>Marató</b>					
<b>M35</b>	2:25:00	Sergi Rodríguez	08/07/1973	Sevilla	01/03/2009
<b>M40</b>	2:27:05	Sergi Rodríguez	08/07/1973	Sevilla	23/02/2014
<b>M45</b>	2:29:25	Josep Perramon	20/04/1941	Barcelona	15/03/1987
<b>M50</b>	2:37:33	Ramon Esquius	11/07/1960	Sevilla	13/02/2011
<b>M55</b>	2:52:52	Josep Perramon	20/04/1941	Barcelona	15/03/1998
<b>50 km r</b>					
<b>M45</b>	3:02:02	Manel Deli Andujar	02/09/1974	Burjassot	21/01/2023
<b>M50</b>	3:52:04	Robert Troy Fernandez	21/09/1969	Burjassot	01/04/2023
<b>100 kms/ruta</b>					
<b>M45</b>	6:30:24	Manel Deli Andujar	02/09/1974	Bernau (GER)	27/08/2022
<b>M50</b>	9:40:16	Robert Troy Fernandez	21/09/1969	Burjassot	01/04/2023
<b>2000 obs</b>					
<b>M55</b> <small>0,914</small>	8:25.03	Josep Comas	29/06/1949	Vitòria	05/07/2009
<b>M60</b> <small>0,762</small>	8:45.28	Josep Quevedo Garcia	04/12/1954	Mollet Vallès	12/06/2016
<b>M65</b> <small>0,762</small>	8:55.71	Josep Quevedo Garcia	04/12/1954	Durango	31/10/2021
<b>3000 obstacles</b>					
<b>M35</b> <small>0,914</small>	9:47.8	Josep Perramon	20/04/1941	Manresa	20/04/1980
<b>M40</b> <small>0,914</small>	9:43.1	Josep Perramon	20/04/1941	Manresa	06/07/1983
<b>M50</b> <small>0,914</small>	10:50.22	Javier Martinez Plaza	20/07/1965	Elx	25/06/2017
<b>3 km Mp</b>					
<b>M45</b>	16:38.24	David Cervello Español	22/02/1977	Durango	29/10/2023
<b>3 km M sh</b>					
<b>M35</b>	14:31.92	Guillem Perez Alfranca	26/10/1983	Barcelona	28/02/2021
<b>M40</b>	15:18.25	Jordi Guiral	03/09/1966	Vilafranca	02/02/2008
<b>M45</b>	15:38.97	David Cervelló	22/02/1977	St. Sebastià	02/03/2024
	16:16.18	David Cervelló	22/02/1977	Sabadell	19/02/2023
<b>M50</b>	18:30.82	Manel Molera	01/06/1956	Sabadell	19/02/2012
<b>M55</b>	17:43.99	Manel Molera	01/06/1956	Saragossa	02/03/2013

**5 km Mp**

<b>M35</b>	24:51.89	David Cervelló Español	22/02/1977	Palafrugell	31/05/2014
<b>M40</b>	25:21.60	Jordi Guiral	03/09/1966	El Prat	15/02/2007
<b>M45</b>	27:01	David Cervelló Español	22/02/1977	Pamplona	12/06/2022
<b>M50</b>	30:09.15	Manel Molera Barrabes	01/06/1956	Terrassa	16/04/2011
<b>M55</b>	30:39.51	Manel Molera Barrabes	01/06/1956	Barcelona SE	24//3/12
<b>M60</b>	33:01.36	Manel Molera Barrabes	01/06/1956	Manresa	19/06/2016

**5 km Mr**

<b>M35</b>	25:28	Jordi Guiral	03/09/1966	Rubí	05/02/2006
<b>M40</b>	26:39	Guillem Perez Alfranca	26/10/1983	Manresa	19/11/2023
<b>M45</b>	27:06	David Cervelló Español	22/02/1977	El Vendrell	29/01/2023
<b>M55</b>	31:10	Manel Molera Barrabes	01/06/1956	Badalona	18/02/2013

**10 km Mp**

<b>M35</b>	51:12.00	Jordi Guiral	03/09/1966	Sant Celoni	26/02/2006
<b>M40</b>	58:17.4	David Cervelló Español	22/02/1977	El Prat de LI.	21/11/2021
<b>M45</b>	56:49.4	David Cervelló Español	22/02/1977	Palafrugell	08/05/2022
<b>M50</b>	1:04:05	Manel Molera	01/06/1956	Barcelona CD	21/03/2009

**10 km Mr**

<b>M35</b>	51:34	David Cervelló Español	22/02/1977	Getafe	15/12/2013
<b>M40</b>	52:49	Jordi Guiral	03/09/1966	Barcelona	28/01/2007
<b>M45</b>	56:29	David Cervelló Español	22/02/1977	El Prat de LI.	21/01/2024
	56:42	David Cervelló Español	22/02/1977	El Prat de LI.	05/02/2023
<b>M50</b>	1:04:41	Manel Molera	01/06/1956	Badalona	29/03/2009

**20 km Mr**

<b>M35</b>	1:51:21	David Cervelló Español	22/02/1977	Murcia	16/02/2014
<b>M40</b>	1:49:39	Jordi Guiral	03/09/1966	Mataró	04/02/2007
<b>M45</b>	2:01:38	David Cervelló Español	22/02/1977	El Vendrell	28/01/2024
	2:07:35	David Cervelló Español	22/02/1977	Pescara (ITA)	30/09/2023

**30 km Mr**

<b>M40</b>	3:18:10	David Cervelló Español	22/02/1977	Madeira (POR)	31/10/2020
<b>M45</b>	3:16:21	David Cervelló Español	22/02/1977	Pescara (ITA)	15/05/2022

**60 mt**

<b>M45</b> <small>0,991</small>	8.90	Josep M. Paz	23/12/1942	València	14/02/1988
<b>M50</b> <small>0,914</small>	9.40	Joan Busquets	10/12/1934	València	14/02/1988
<b>M55</b> <small>0,914</small>	10.15	Josep M. Paz	23/12/1942	Vilafranca	02/02/2002
<b>M60</b> <small>0,840</small>	10.45	Josep M. Paz	23/12/1942	Vilafranca	24/02/2007
<b>M65</b> <small>0,840</small>	10.70	Josep M. Paz	23/12/1942	Vilafranca	02/02/2008

**110 tanques**

<b>M35</b> <small>0,991</small>	16.60	Joan Busquets	10/12/1934	Lleida SC	06/05/1973
<b>M40</b> <small>0,991</small>	16.0	Josep M. Paz	23/12/1942	Manresa	24/05/1987
<b>M45</b> <small>0,991</small>	16.0	Josep M. Paz	23/12/1942	Andorra	01/06/1991

**100 tanques**

<b>M50</b> <small>0,914</small>	16.00	Joan Busquets	10/12/1934	Barcelona MO	30/09/1989
<b>M55</b> <small>0,914</small>	16.40	Joan Busquets	10/12/1934	Budapets HUN	01/07/1990

**400 tanques**

<b>M35</b> <small>0,914</small>	1:04.70	Joan Busquets	10/12/1934	Manresa	08/04/1973
<b>M40</b> <small>0,914</small>	1:03.68	Jose Enrique Martinez	04/03/1982	Lleida	12/05/2024
	1:04.50	Jose Enrique Martinez	04/03/1982	Sant Celoni	01/05/2024
	1:04.5	Joan Busquets	10/12/1934	Manresa	06/07/1978
<b>M45</b> <small>0,914</small>	1:07.31	Joan Busquets	10/12/1934	Hèlsinki FIN	08/08/1980

<b>M50</b> 0,840	1:13.48	Josep Sans	03/04/1961	Terrassa	17/06/2012
<b>Alçada</b>					
<b>M35</b>	1.60	Joan Busquets	10/12/1934	Manresa	24/10/1971
<b>M40</b>	1.75	Angel L. García	30/01/1955	Manresa	30/04/1995
<b>M45</b>	1.74	Salvador Amella	25/06/1970	Sabadell	07/02/2015
<b>M50</b>	1.68	Salvador Amella	25/06/1970	Sabadell	18/02/2024
	1.63	Salvador Amella	25/06/1970	Sabadell	28/01/2024
	1.62	Salvador Amella	25/06/1970	Barcelona MB	18/06/2023
<b>M55</b>	1.63	Josep M. Paz Colls	23/12/1942	Granollers	16/04/2000
<b>M60</b>	1.50	Josep M. Paz	23/12/1942	Cornellà	07/06/2003
<b>M65</b>	1.41	Josep M. Paz Colls	23/12/1942	Barcelona SR	06/07/2008
<b>M70</b>	1.23	Joan Busquets	10/12/1934	Oviedo	26/02/2005
<b>M75</b>	1.06	Joan Busquets	10/12/1934	St. Sebastià	19/02/2013
<b>M80</b>	1.00	Joan Busquets	10/12/1934	St. Sebastià	07/03/2015
<b>Perxa</b>					
<b>M35</b>	4.00	Jordi Lladó	13/07/1968	Barcelona SR	20/06/2006
<b>M40</b>	4.00	Jordi Lladó	13/07/1968	Barcelona SR	06/07/2011
<b>M45</b>	4.00	Jordi Lladó	13/07/1968	Sabadell	02/03/2014
<b>M50</b>	3.80	Jordi Lladó	13/07/1968	Manresa	10/07/2022
<b>M55</b>	3.80	Jordi Lladó	13/07/1968	Madrid ALC	05/07/2024
	3.71	Jordi Lladó	13/07/1968	Lleida	12/05/2024
	3.60	Jordi Lladó	13/07/1968	St. Sebastià	02/03/2024
	3.55	Jordi Lladó	13/07/1968	Pescara (ITA)	28/09/2023
<b>Llargada</b>					
<b>M35</b>	6.22	Manolo Martín	27	Sabadell	28/03/1965
<b>M40</b>	6.06	Manolo Martín	24	Manresa	07/07/1969
<b>M45</b>	5.76	Ricard Torres Montagut	29/01/1973	Barcelona SE	04/07/2018
<b>M50</b>	5.36	Ricard Torres Montagut	29/01/1973	Barcelona SE	11/06/2023
<b>M55</b>	4.79	Joan Busquets	10/12/1934	Manresa	03/02/1991
<b>M60</b>	3.53	Joan Busquets	10/12/1934	Manresa	11/04/1996
<b>M65</b>	4.14	Josep M. Paz	23/12/1942	Sabadell	14/06/2009
<b>Triple</b>					
<b>M35</b>	13.13	Manolo Martín	24	Manresa	01/05/1966
<b>M40</b>	12.72	Manolo Martín	24	Granollers	07/07/1969
<b>M45</b>	10.72	Ricard Torres	29/01/1973	Sabadell	09/01/2022
<b>M50</b>	1.5 10.95	Salvador Amella Lopez	25/06/1970	Durango	29/10/2023
<b>M55</b>	9.22	Jordi Pierola	27/01/1968	Sabadell	19/02/2023
<b>M60</b>	7.50	Joan Busquets	10/12/1934	Manresa	01/06/1997
<b>Pes</b>					
<b>M35</b> 7,260	14.14	Àngel L. García	30/01/1955	Granollers	19/05/1991
<b>M40</b> 7,260	14.01	Àngel L. García	30/01/1955	Manresa	06/04/1997
<b>M45</b> 7,260	13.11	Àngel L. García	30/01/1955	Lleida	21/04/2002
<b>M50</b> 6,00	12.71	Àngel L. García	30/01/1955	Vilafranca	18/01/2008
<b>M55</b> 6,00	13.11	Àngel L. García	30/01/1955	Saragossa	21/02/2010
<b>M60</b> 5,00	11.88	Angel L. García	30/01/1955	Sabadell	22/02/2015
<b>M65</b> 5,00	9.5	Josep M. Paz	23/12/1942	Lloret de Mar	15/06/2008
<b>M70</b> 4,00	9.39	Raül Sánchez	31/12/1932	Badalona	18/06/2006
<b>M75</b> 4,00	9.94	Raül Sánchez	31/12/1932	Andorra	16/05/2009
<b>M80</b> 3,00	9.26	Raül Sánchez	31/12/1932	Calella	22/06/2013
<b>M85</b> 3,00	8.29	Raül Sánchez	31/12/1932	Sabadell	27/01/2018



**Disc**

<b>M35</b> 2,00	39.16	Josep Oliveras	31	Manresa	08/10/1967
<b>M40</b> 2.00	34.70	Àngel L. García	30/01/1955	Manresa	13/04/1997
<b>M45</b> 2.00	34.29	Angel L. García	30/01/1955	Barcelona SR	20/05/2000
<b>M50</b> 1,50	32.88	Carles Peig	22/12/1961	Aguilas	06/07/2012
<b>M55</b> 1,50	35.61	Àngel L. García	30/01/1955	Manresa	23/08/2011
<b>M60</b> 1.00	33.40	Josep M. Paz	23/12/1942	Lloret de Mar	21/10/2007
<b>M65</b> 1.00	30.18	Josep M. Paz	23/12/1942	Barberà	15/06/2008
<b>M70</b> 1.00	32.27	Raül Sánchez	31/12/1932	Barcelona SR	01/07/2007
<b>M75</b> 1.00	31.60	Raül Sánchez	31/12/1932	Barcelona SE	06/07/2008
<b>M80</b> 1.00	28.05	Raül Sánchez	31/12/1932	Vitoria	14/07/2013
<b>M85</b> 1.00	25.43	Raül Sánchez	31/12/1932	Castellar del V.	16/06/2019

**Martell**

<b>M35</b> 7,260	44.50	Josep Oliveras	31	Manresa	04/06/1967
<b>M40</b> 7,260	45.42	Pere Pelfort	42	Sant Celoni	30/07/1983
<b>M45</b> 7,260	26.36	Joan Busquets	10/12/1934	Manresa	16/05/1982
<b>M50</b> 6.00	32.36	Joan Busquets	10/12/1934	Manresa	86
<b>M55</b> 6.00	28.32	Joan Busquets	10/12/1934	Manresa	15/03/1992
<b>M60</b> 5.00	27.86	Carles Peig	22/12/1961	Durango	30/10/2022
<b>M65</b> 5.00	30.07	Joan Busquets	10/12/1934	Mataró	30/05/2001
<b>M70</b> 4.00	24.61	Joan Busquets	10/12/1934	Manresa	15/12/2005
<b>M75</b> 4.00	20.12	Joan Busquets	10/12/1934	Aguilas	24/06/2011
<b>M80</b> 3.00	24.77	Joan Busquets	10/12/1934	Gavà	07/06/2015
<b>M85</b> 3.00	22.51	Joan Busquets	10/12/1934	Barcelona SE	05/06/2021

**Martell pesat**

<b>M35</b> 15,88	11.20	Roger Molist	17/04/1969	Barcelona SE	16/06/2007
<b>M50</b> 11,34	8.69	Jaume Garcia	25/07/1964	Palafrugell	04/05/2019
<b>M55</b> 11,34	7.88	Carles Peig	22/12/1961	Castellar del Valles	28/04/2018
<b>M60</b> 9,08	9.69	Carles Peig	22/12/1961	Palafrugell	08/05/2022
<b>M75</b> 7,26	7.31	Joan Busquets	10/12/1934	Lloret de Mar	22/05/2011
<b>M80</b> 5,45	9.71	Joan Busquets	10/12/1934	Sabadell	11/02/2018
<b>M85</b> 5,45	7.29	Joan Busquets	10/12/1934	Màlaga	19/06/2021

**Javelina**

<b>M35</b> 800	46.03	Carles Peig	22/12/1961	Barcelona SR	20/05/2000
<b>M40</b> 800	45.36	Carles Peig	22/12/1961	Lleida	21/04/2002
<b>M45</b> 800	42.74	Carles Peig	22/12/1961	Mataró	03/05/2009
<b>M50</b> 800	39.24	Carles Peig	22/12/1961	Murcia	03/06/2012
700	41.11	Carles Peig	22/12/1961	Calella	10/06/2012
<b>M55</b> 800	36.44	Carles Peig	22/12/1961	Barcelona SE	06/05/2018
700	37.57	Carles Peig	22/12/1961	Castellar del Valles	28/04/2018
<b>M60</b> 600	40.43	Josep M. Paz	23/12/1942	Barcelona	09/07/2006
<b>M65</b> 600	36.77	Josep M. Paz	23/12/1942	Vitòria	03/07/2009
<b>M70</b> 500	27.38	Josep M. Paz	23/12/1942	Calella	22/06/2013

**4x200 m sh**

<b>M45</b>	1:40.86	D. Díaz-e J. Etah-J. Jorba, S. Amella		Sabadell	07/02/2015
<b>M55</b>	1:49.23	J. Lladó-JE. Martinez-S. Martinez-M. Vallbona		Sabadell	18/02/2024

**R/suecs**

2:21.2	J. Perramon41,J:M: Corroero48, F.Ferrer48,J.Busquets34	Barcelona MO	30/09/1989
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**4x100 metres**

47.59	S.Amella/D. Diaz/R.Torres/S. Martinez	Castellar del Valles	17/06/2018
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	48.21	D. Díaz/70 J. Sans/ 61 J. Etah /e 76/A. Pintó/65		Terrassa	17/06/2012
<b>4x400 metres</b>					
	3:45.61	R. Camps/ A. Quirós/ D. Puy/J. Salvador		Pereiro de Aguilar	20/06/2009
<b>4x200 m mixt</b>					
	1.53.51	Argudo(71)-Diaz(70)-Marzo(71)-Torrescasana(71)		Sabadell	19/02/2023
<b>Pentatló sh</b>					
<b>M50</b>	1765p	Jordi Pierola Laimon	27/01/1968	Sabadell	29/01/2022
<b>Pentatló</b>					
<b>M40</b>	2702p	Josep M. Paz	23/12/1942	Lloret	25/05/1986
		SL 5,73, LJ 28,32, 200m 25.7, LD 27,80, 1500m 5.32.8			
<b>M45</b>	2145p	Carles Peig	22/12/1961	Cornellà	10/09/2011
		SL 4,00, LJ 30,83, 200m 29.34, LD 29,34, 1500m 6.04.65			
<b>M50</b>	2073p	Joan Busquets	10/12/1934	Manresa	03/09/1989
		SL 4,53, LJ 23,58, 200m 29.3, LD 21,52, 1500m 6.43.0			
<b>M55</b>	2340p	Joan Busquets	10/12/1934	Manresa	08/09/1990
		SL 4,62, LJ 18,62, 200m 29.1, LD 21,08, 1500m 6.34.6			
<b>Decatló</b>					
<b>M40</b>	3690p	Josep M. Paz	23/12/1942	Manresa	02/10/1985
<b>M45</b>	3006p	Jordi Lladó Abella	13/07/1968	Manresa	21/09/2014
		12,5 - 4,67 - 6,44 - 1,51 - 1,01,2 - a - 20,41 - 3,40 - 19,49 - 6,05,4			
<b>M50</b>	3252p	Jordi Pierola Laimon	27/01/1968	Cambrils	11/07/2021
		14,81 - 4,02 - 7,01 - 1,32 - 1,16,40 - 21,87 - 24,09 - 2,11 - 24,63 - 6,46,39			
<b>M55</b>	2899p	Jordi Pierola Laimon	27/01/1968	Tarragona	14/07/2024
		15.98-3.95-6.65-1.28-1:25.21-23.40-23.24-2.02-20.44-7:43.38			
<b>Pentatló de llançaments</b>					
<b>M50</b>	2197p	Carles Peig	22/12/1961	Monsó	14/04/2013
		LM 23,22, LP 8,94, LD 31,32, LJ 34,34, MP 8,43			
<b>M55</b>	2283	Carles Peig	22/12/1961	astellar del Valles	28/04/2018
		19,34/8,17/29,51/37,57/7,88			
<b>M60</b>	2557p	Carles Peig	22/12/1961	Palafrugell	08/05/2022
		26,78, 8,76, 32,08, 34,98, 9,69			

Registres obtinguts de: " 75 anys d'atletisme manresà 1922-1997" de Josep Mas

<http://fcatalisme.cat/ranquing/>

<https://atletismorfea.es/ranking>

<https://worldathletics.org/athletes-home>

Qualsevol observació, correcció o dada errònia podeu comunicar-la i/o dirigir-la al Responsable de Rànquing del CAM (Carles Peig) Correu electrònic: cp.vet@hotmail.com