

# RANKING 25 MILLORS NOU REGLAMENT SHORT TRACK 2024

(actualitzat a 31/12/24)

Record s. XX

Record S. XXI

## MASCULÍ

| Rk                      | Vent | Marca       | Nom                              | Lloc                 | Data              |
|-------------------------|------|-------------|----------------------------------|----------------------|-------------------|
| <b>60 METRES LLISOS</b> |      |             |                                  |                      |                   |
| 1                       |      | <b>6.94</b> | <b>Albert Alvarez Lopez (89)</b> | <b>Sant Sebastià</b> | <b>28/02/2009</b> |
| 2                       |      | 6.95        | Jan Diaz Basullas (04)           | Sabadell             | 23/12/2023        |
| 3                       |      | 7.02        | Josep Maria Llanas (01)          | Madrid               | 03/03/2019        |
| 4                       |      | 7.05        | Arnau Roig Bosom (02)            | Andorra              | 17/02/2021        |
|                         |      | 7.05        | Biel Cirujeda Serra (06)         | Sabadell             | 26/02/2023        |
| 6                       |      | 7.08        | Jordi Ballart (75)               | Vilafranca           | 25/01/2003        |
| 7                       |      | <b>7.10</b> | <b>Jaume Pérez Sanchez (77)</b>  | <b>Vilafranca</b>    | <b>1996</b>       |
|                         |      | 7.10        | Jordi Solernou Puig (94)         | Sabadell             | 10/03/2013        |
| 9                       |      | 7.13        | Víctor Sabariego Saez (00)       | Sabadell             | 13/12/2015        |
| 10                      |      | 7.16        | Jordi Puig Sanz (76)             | Vilafranca           | 04/02/2001        |
| 11                      |      | 7.17        | Roger Roig (72)                  | Oviedo               | 1992              |
| 12                      |      | 7.20        | Joan Navarro Garcia (04)         | Sabadell             | 22/01/2022        |
| 13                      |      | 7.21        | Ricard Torras (73)               |                      | 1992              |
|                         |      | 7.21        | Pere Torra Vilafranca (00)       | Sabadell             | 15/01/2022        |
|                         |      | 7.21        | Arnau Rovira Codina (98)         | Ordino (AND)         | 12/02/2023        |
|                         |      | 7.21        | Martí Serra Prat (05)            | Sabadell             | 01/12/2024        |
| 17                      |      | 7.22        | Héctor Martín González (98)      | Sabadell             | 07/02/2016        |
| 18                      |      | 7.23        | Daniel López (69)                | Madrid               | 1986              |
|                         |      | 7.23        | Albert Babí Oller (92)           | Sabadell             | 13/02/2011        |
| 20                      |      | 7.26        | Pere Alonso Sellares (04)        | Sabadell             | 11/02/2023        |
|                         |      | 7.26        | David Perez Bruqué (05)          | Sabadell             | 12/22/22          |
|                         |      | 7.26        | Biel Salas Samsó (03)            | Sabadell             | 20/12/2024        |
| 23                      |      | 7.27        | Aleix Estruch (76)               | Vilafranca           | 1996              |
| 24                      |      | 7.28        | Josep Puig Sanz (72)             | Vilafranca           | 1999              |
|                         |      | 7.28        | Vicenç Torras Giralt (92)        | Vilafranca           | 06/02/2010        |
|                         |      | 7.28        | Benito Sintes (96)               | Sabadell             | 28/02/2015        |
|                         |      | 7.28        | Cristian Sabariego (99)          | Sabadell             | 04/01/2020        |

## 100 METRES LLISOS

|   |            |              |                               |                           |                   |
|---|------------|--------------|-------------------------------|---------------------------|-------------------|
| 1 | <b>1,5</b> | <b>10.55</b> | <b>Jan Diaz Basullas (04)</b> | <b>Santa Coloma de G.</b> | <b>15/07/2023</b> |
| 2 |            | 10.85        | Jaume Pérez (77)              | Barcelona SR              | 26/06/2001        |
| 3 | 1.0        | 10.88        | Josep Maria Llanas Oriol (01) | Barcelona SE              | 14/07/2019        |
| 4 | 1,9        | 10.92        | Mathieu Dunand (98)*          | Barcelona SR              | 21/04/2024        |
| 5 | 2.0        | 10.96        | Albert Alvarez Lopez (89)     | Logronyo                  | 22/06/2010        |
| 6 | 1.9        | 10.98        | Arnau Roig Bosom (02)         | Manresa                   | 15/06/2024        |
| 7 |            | <b>11.03</b> | <b>David Díaz (70)</b>        |                           | <b>1991</b>       |
| 8 | 1.8        | 11.03        | Biel Salas Samsó (03)         | Andorra                   | 21/05/2023        |
| 9 |            | 10.8         | Lluís Ballús (53)             |                           | 1974              |
|   |            | 10.8         | Maurici Rius (67)             |                           | 1984              |
|   |            | 10.8         | Roger Roig (72)               |                           | 1991              |

|    |     |       |                            |                    |            |
|----|-----|-------|----------------------------|--------------------|------------|
|    |     | 10.8  | Amadeu Pintó Ortega (65)   |                    | 1991       |
|    |     | 10.8  | Aleix Estruch (76)         |                    | 1995       |
| 14 |     | 11.10 | Agustí Serra (71)          |                    | 1990       |
| 15 |     | 11.11 | Josep M. Targarona (56)    |                    | 1980       |
| 16 |     | 11.12 | Jordi Ballart (75)         | Barcelona SR       | 12/07/2003 |
| 17 |     | 10.9  | Jaume Picassó (43)         |                    | 1965       |
|    |     | 10.9  | Andreu Alsina (56)         |                    | 1977       |
|    |     | 10.9  | Daniel Paz (70)            |                    | 1989       |
| 20 |     | 10.9  | Ricard Torres (73)         |                    | 1994       |
| 21 |     | 11.15 | Biel Cirujeda (06)         | Santa Coloma de G. | 10/04/2022 |
| 22 | 1.3 | 11.16 | Pere Torra Vilafranca      | Barcelona SE       | 19/05/2021 |
| 23 |     | 11.17 | Jordi Puig Sanz (76)       | Vic                | 31/03/2001 |
| 24 | 1.1 | 11.18 | Jordi Solernou Puig (94)   | Barcelona SR       | 24/04/2016 |
| 25 | 1.6 | 11.19 | Marc Sanjust Martinez (99) | Barcelona SR       | 02/06/2018 |

### 200 METRES LLISOS

|          |      |              |                               |                     |             |
|----------|------|--------------|-------------------------------|---------------------|-------------|
| <b>1</b> |      | <b>21.58</b> | <b>Jaume Pérez (77)</b>       | <b>Barcelona SR</b> | 12/06/2002  |
| <b>2</b> |      | <b>21.89</b> | <b>David Díaz (70)</b>        |                     | <b>1991</b> |
| 3        | 2.0  | 21.96        | Biel Cirujeda Serra (06)      | Sta. Coloma de G.   | 27/05/2023  |
| 4        | 0.8  | 22.09        | Josep Maria Llanas Oriol (01) | Barcelona SE        | 14/07/2019  |
| 5        | -0,1 | 22.11        | Albert Martinez Saura (93)    | Barcelona SR        | 06/06/2012  |
| 6        |      | 21.9         | Amadeu Pintó Ortega (65)      |                     | 1992        |
| 7        | 0.0  | 22.27        | Albert Babi Oller (92)        | ElPrat Ll.          | 14/06/2009  |
| 8        | -2,5 | 22.38        | Oriol Verges Pizarro (04)     | Madrid VH           | 26/05/2024  |
| 9        | -2,2 | 22.44        | Jan Diaz Basullas             | Granollers          | 05/06/2021  |
| 10       |      | 22.2         | Josep M. Targarona (56)       |                     | 1982        |
| 11       | 1.8  | 22.50        | Joel Llorente (86)            | Barcelona SR        | 24/05/2008  |
| 12       | 1.5  | 22.58        | Arnau Roig Bosom              | Lymassol(CYP)       | 20/06/2021  |
| 13       |      | 22.3         | Maurici Rius (67)             |                     | 1985        |
| 14       |      | 22.62        | Carles Fernández (69)         |                     | 1990        |
| 15       |      | 22.63        | Jordi Puig Sanz (76)          | Barcelona SR        | 20/06/2001  |
| 16       |      | 22.4         | Andreu Alsina (56)            |                     | 1975        |
|          |      | 22.4         | Roger Torras (70)             |                     | 1989        |
|          |      | 22.4         | Agustí Serra (71)             |                     | 1990        |
| 19       | 1.5  | 22.65        | Marc Sanjust Martinez (99)    | Barcelona SR        | 02/06/2018  |
| 20       |      | 22.5         | Lluís Ballús (53)             |                     | 1975        |
| 21       |      | 22.74        | Francesc X. Crespo (73)       |                     | 1990        |
| 22       |      | 22.77        | Josep Puig Sanz (72)          |                     | 1999        |
| 23       | 2.0  | 22.86        | Hector Martin Glez (98)       | Serrahima           | 09/07/2014  |
| 24       |      | 22.7         | Joaquim Falcó (58)            |                     | 1975        |
|          |      | 22.7         | Pau Osorno (67)               |                     | 1985        |

### 200 METRES LLISOS SHORT TRACK

|          |  |              |                           |                     |                   |
|----------|--|--------------|---------------------------|---------------------|-------------------|
| <b>1</b> |  | <b>21.96</b> | <b>Biel Cirujeda (06)</b> | <b>Salamanca</b>    | <b>12/03/2023</b> |
| <b>2</b> |  | <b>22.06</b> | <b>Jaume Pérez (77)</b>   | <b>St. Sebastià</b> | <b>1996</b>       |
| 3        |  | 22.34        | Albert Babí Oller (92)    | Vilafranca          | 03/03/2008        |

|    |       |                              |              |            |
|----|-------|------------------------------|--------------|------------|
| 4  | 22.58 | David Perez Bruqué (05)      | Sabadell     | 20/01/2023 |
|    | 22.58 | Pere Alonso Sellares (04)    | Sabadell     | 18/02/2023 |
| 6  | 22.62 | Jan Díaz Basullas (04)       | Sabadell     | 14/01/2023 |
| 7  | 22.64 | Josep Maria Llanas (01)      | Sabadell     | 24/02/2019 |
| 8  | 22.72 | Arnau Roig Bosom (02)        | Barcelona    | 21/02/2021 |
| 9  | 22.77 | David Díaz (70)              | Sevilla      | 1991       |
| 10 | 22.81 | Joel Llorente (86)           | Vilafranca   | 10/02/2008 |
| 11 | 22.85 | Pau Soliva Dueso (92)        | Sabadell     | 12/01/2014 |
| 12 | 22.93 | Héctor Martín(98)            | St. Sebastià | 14/03/2015 |
| 13 | 22.95 | Jordi Altés (82)             | Vilafranca   | 06/02/2005 |
| 14 | 22.97 | Agustí Serra (71)            | Saragossa    | 1988       |
|    | 22.97 | Jordi Ballart (75)           | Vilafranca   | 14/02/2004 |
|    | 22.97 | Jan Pol Catot Muncunill (06) | Sabadell     | 15/12/2024 |
| 17 | 22.98 | Albert Martinez (93)         | Sabadell     | 12/02/2012 |
| 18 | 23.00 | Marc Valero Cano (93)        | Sabadell     | 17/12/2011 |
| 19 | 22.8  | Amadeu Pintó (65)            | València     | 1991       |
| 20 | 23.04 | Marc Sanjust (99)            | Sabadell     | 07/01/2018 |
| 21 | 23.07 | Benito Sintes (96)           | Sabadell     | 06/02/2016 |
| 22 | 23.16 | Vicenç Torras Giralt (92)    | Vilafranca   | 20/02/2010 |
|    | 23.16 | Arnau Rovira (98)            | Sabadell     | 23/12/2022 |
| 24 | 23.18 | Josep Puig Sanz (76)         | Vilafranca   | 04/02/2001 |
| 25 | 23.23 | Pol Vila Vilaseca (99)       | Sabadell     | 20/12/2014 |

#### 400 METRES LLISOS

|          |              |                                 |                      |                   |
|----------|--------------|---------------------------------|----------------------|-------------------|
| <b>1</b> | <b>47.69</b> | <b>Biel Cirujeda Serra (06)</b> | <b>Castelló</b>      | <b>27/07/2024</b> |
| 2        | 47.85        | Jaume Pérez (77)                | Igualada             | 30/06/2002        |
| <b>3</b> | <b>48.34</b> | <b>Amadeu Pintó Ortega (65)</b> |                      | <b>1998</b>       |
| 4        | 48.39        | Oriol Verges Pizarro (04)       | Manresa              | 16/06/2024        |
| 5        | 48.68        | Albert Martinez Saura (93)      | Castellar V.         | 03/07/2012        |
| 6        | 48.92        | David Perez Bruque (05)         | Barcelona SE         | 11/05/2022        |
| 7        | 49.42        | Albert Babí Oller (92)          | Motril               | 21/06/2009        |
| 8        | 49.46        | Aitor Sala Martinez (79)        |                      | 2000              |
| 9        | 49.4         | Genís Martínez (51)             |                      | 1974              |
| 10       | 49.58        | Carles Fernández (69)           |                      | 1990              |
| 11       | 49.72        | Arnau Rovira Codina (98)        | Ciudad Real          | 27/06/2015        |
| 12       | 49.6         | Joaquim Falcó (58)              |                      | 1975              |
| 13       | 49.78        | David Díaz (70)                 |                      | 1990              |
| 14       | 49.85        | Arnau Pujols Frank (06)         | Andorra              | 06/07/2024        |
| 15       | 49.91        | Pau Osorno (67)                 |                      | 1986              |
|          | 49.91        | Jordi Altés (82)                | Barcelona SR         | 02/07/2003        |
| 17       | 50.16        | Marc Mendoza Guerrero (04)      | Gava                 | 29/07/2020        |
| 18       | 50.0         | Joan Carreras (47)              |                      | 1969              |
| 19       | 50.27        | Marc Valero Cano (92)           | Barcelona SR         | 19/06/2013        |
| 20       | 50.30        | Joel González Gracia (80)       | Granollers           | 23/06/2001        |
| 21       | 50.3         | Roger Torras (70)               |                      | 1988              |
| 22       | 50.48        | James Etah Agbor (76)           | El Prat de Llobregat | 02/05/2010        |
| 23       | 50.4         | Isaac González Gracia (78)      |                      | 1998              |
| 24       | 50.5         | Maurici Rius (67)               |                      | 1984              |

25 50.6 Andreu Alsina (56) 1975

#### 400 METRES LLISOS SHORT TRACK

|          |              |                                 |                  |                   |
|----------|--------------|---------------------------------|------------------|-------------------|
| <b>1</b> | <b>48.03</b> | <b>Biel Cirujeda Serra (06)</b> | <b>Salamanca</b> | <b>09/03/2024</b> |
| 2        | 48.26        | David Perez Bruqué (05)         | Lievin (FRA)     | 11/03/2023        |
| 3        | 49.02        | Albert Martinez Saura (93)      | Sabadell         | 05/02/2012        |
| 4        | 49.66        | Oriol Vergés Pizarro (04)       | Sabadell         | 21/12/2024        |
| <b>5</b> | <b>49.83</b> | <b>Amadeu Pintó Ortega (65)</b> | <b>Sevilla</b>   | <b>1994</b>       |
| 6        | 50.14        | Jordi Altés (82)                | Sevilla          | 15/03/2003        |
| 7        | 50.38        | Albert Babí Oller (92)          | Sabadell         | 13/02/2011        |
| 8        | 50.52        | Marc Valero Cano (93)           | Sabadell         | 12/01/2014        |
| 9        | 50.57        | Arnau Rovira Codina (98)        | Sabadell         | 01/03/2015        |
| 10       | 50.84        | Pol Vila Vilaseca (99)          | Sabadell         | 24/01/2015        |
| 11       | 51.02        | Roger Torras Planas (89)        |                  | 1989              |
|          | 51.02        | Carles Cort (94)                | Sabadell         | 03/02/2019        |
| 13       | 51.09        | James Etah Agbor (76)           | Sabadell         | 19/12/2010        |
| 14       | 51.28        | Pau Soliva (92)                 | Sabadell         | 24/01/2014        |
| 15       | 51.40        | Alemu Estela Sadumi (03)        | Sabadell         | 14/01/2024        |
| 16       | 51.46        | Aitor Sala (79)                 | Vilafranca       | 2000              |
| 17       | 51.66        | Isaac González Gracia (78)      | Vilafranca       | 1998              |
| 18       | 51.76        | Guillem Armengol (95)           | Sabadell         | 21/01/2012        |
| 19       | 51.77        | Jan Diaz (04)                   | Sabadell         | 01/02/2020        |
| 20       | 51.7         | Antoni Fernández (67)           |                  | 1986              |
| 21       | 52.01        | Adrià Garcia Franch (05)        | Sabadell         | 08/01/2022        |
| 22       | 52.11        | Jordi Bové (78)                 | Vilafranca       | 1998              |
| 23       | 52.15        | Agustí Serra Curtichs (71)      |                  | 1988              |
| 24       | 52.37        | Marc Vallbona Vilellas (78)     | Vilafranca       | 1999              |
| 25       | 52.38        | Nil Clotet Fernandez (04)       | Sabadell         | 21/12/2024        |

#### 800 METRES LLISOS

|          |                |                                  |                     |                   |
|----------|----------------|----------------------------------|---------------------|-------------------|
| <b>1</b> | <b>1:51.6</b>  | <b>Josep Perramon Puig (41)</b>  | <b>Barcelona MO</b> | 1962              |
|          | 1:51.6         | Sancho Ayala Abad (67)           | Lloret de Mar       | 1989              |
| 3        | 1:52.1         | Jordi Anglarill Ruiz (71)        |                     | 1992              |
| 4        | 1:52.7         | Llorenç Bonet Dalmau (65)        |                     | 1988              |
| <b>5</b> | <b>1:53.12</b> | <b>Abel Àvila Rodriguez (77)</b> | <b>Atenes</b>       | <b>27/09/2004</b> |
| 6        | 1:53.2         | Joan Carreras (47)               |                     | 1969              |
| 7        | 1:53.3         | Joan Lleonart Montaña (62)       |                     | 1984              |
| 8        | 1:53.47        | Carles Cort Puig (94)            | Mataró              | 18/05/2022        |
| 9        | 1:53.4         | Ivo Clotet Nyffenegger (67)      |                     | 1989              |
| 10       | 1:53.54        | Arnau Pujols Frank (06)          | Barcelona SR        | 19/05/2024        |
| 11       | 1:54.34        | Joel González Gracia (80)        | Mataró              | 04/07/2001        |
| 12       | 1:54.38        | Guillem Pallejà Quintana (80)    |                     | 2000              |
| 13       | 1:54.4         | Isaac González Gracia (78)       |                     | 1996              |
| 14       | 1:54.50        | Aleix Comas Vives (81)           | Manresa             | 11/07/2001        |
| 15       | 1:54.55        | Ignasi Àvila Rodriguez (79)      | Barcelona SR        | 01/06/2008        |
| 16       | 1:54.6         | Genís Martínez (51)              |                     | 1977              |

|    |         |                              |                    |            |
|----|---------|------------------------------|--------------------|------------|
|    | 1:54.6  | David Puertas Carbonell (71) |                    | 1992       |
| 18 | 1:54.8  | Jordi Roy (58)               |                    | 1983       |
| 19 | 1:54.9  | Jaume Olivé (49)             |                    | 1978       |
| 20 | 1:54.92 | Oussama Chouati (94)         | Newport News (USA) | 20/04/2018 |
| 21 | 1:55.1  | Pau Osorno (67)              |                    | 1986       |
| 22 | 1:55.26 | Amadeu Pintó Ortega (65)     |                    | 1997       |
|    | 1:55.26 | Abdelkabar Zaroual (90)      | Mataró             | 12/06/2007 |
| 24 | 1:55.47 | Abel Casalí Carvajal (90)    | Sabadell           | 08/07/2021 |
| 25 | 1:55.4  | Joan Figuerola               | Barcelona MO       | 18/07/1954 |

### 800 METRES LLISOS SHORT TRACK

|           |                |                                 |                       |                   |
|-----------|----------------|---------------------------------|-----------------------|-------------------|
| <b>1</b>  | <b>1:52.83</b> | <b>Carles Cort (94)</b>         | <b>Sabadell</b>       | <b>23/01/2022</b> |
| 2         | 1:56.18        | Arnau Pujols Frank (06)         | Sabadell              | 20/01/2024        |
| 3         | 1:56.21        | Jordi Altés (82)                | Vilafranca            | 23/02/2003        |
| 4         | 1:56.93        | Jordi Toda Vericat (77)         | Vilafranca            | 21/01/2001        |
| 5         | 1:57.08        | Oussama Chouati (94)            | Sabadell              | 07/01/2018        |
| 6         | 1:58.07        | Oriol Verges Pizarro (04)       | Sabadell              | 03/02/2023        |
| 7         | 1:58.18        | Guillem Fernandez (85)          | Sabadell              | 06/02/2011        |
| 8         | 1:58.5         | Joel González Gracia (80)       | Vilafranca            | 12/01/2002        |
| 9         | 1:58.75        | Toni Baños Tor (00)             | College Station (USA) | 26/02/2016        |
| 10        | 1:58.97        | Sergi Ferret (89)               | Vilafranca            | 25/02/2007        |
| 11        | 1:59.00        | Adrià Caso Closa (09)           | Sabadell              | 21/12/2024        |
| 12        | 1:59.30        | Ignasi Àvila Rodríguez (79)     | Bollnär SWE           | 26/03/2006        |
| <b>13</b> | <b>1:59.46</b> | <b>Amadeu Pintó Ortega (65)</b> | <b>Vilafranca</b>     | <b>1997</b>       |
|           | 1:59.46        | Abel Àvila Rodríguez (77)       | Bollnär SWE           | 26/03/2006        |
| 15        | 1:59.64        | Aleix Comas Vives (82)          | Vilafranca            | 18/02/2001        |
| 16        | 1:59.92        | Oriol Vilaplana (84)            | Sabadell              | 20/01/2013        |
| 17        | 2:00.36        | Gerard Llimós Aubach (92)       | Vilafranca            | 25/01/2009        |
| 18        | 2:00.74        | Oriol Sellarés Martínez (87)    | Vilafranca            | 25/01/2008        |
| 19        | 2:00.79        | Isaac González Gracia (78)      | Vilafranca            | 1998              |
| 20        | 2:01.06        | James Ètah (76)                 | Sabadell              | 16/01/2011        |
| 21        | 2:01.58        | Jordi Anglarill Ruiz (71)       | Vilafranca            | 1996              |
| 22        | 2:01.72        | Marc Clotet(69)                 | Vilafranca            | 1996              |
| 23        | 2:02.31        | Marc Fernandez (02)             | Sabadell              | 02/02/2020        |
| 24        | 2:02.86        | Jordi Jorba Dordal (74)         | Torún (POL)           | 25/03/2015        |
| 25        | 2:04.00        | Alejandro Lopez Leiva (93)      | Vilafranca            | 06/02/2010        |

### 1500 METRES LLISOS

|          |                |                                    |                         |                   |
|----------|----------------|------------------------------------|-------------------------|-------------------|
| <b>1</b> | <b>3:44.6</b>  | <b>Ivo Clotet Nyffenegger (67)</b> |                         | <b>1989</b>       |
| 2        | 3:46.2         | Llorenç Bonet Dalmau (88)          |                         | 1988              |
| <b>3</b> | <b>3:47.5</b>  | <b>Sancho Ayala Abad (67)</b>      |                         | <b>1989</b>       |
| 4        | 3:49.3         | Albert Casals (70)                 |                         | 1991              |
| <b>5</b> | <b>3:49.67</b> | <b>Toni Baños Tor (00)</b>         | <b>Cincinnati (USA)</b> | <b>02/04/2021</b> |
| 6        | 3:50.18        | Abel Àvila Rodríguez (77)          | Barcelona MO            | 10/06/2006        |
| 7        | 3:50.7         | Joan Lleonart Montaña (62)         |                         | 1988              |
| 8        | 3:51.6         | David Puertas Carbonell (71)       |                         | 1992              |

|    |         |                              |               |            |
|----|---------|------------------------------|---------------|------------|
| 9  | 3:52.05 | Abel Casalí Carvajal (90)    | Barcelona SR  | 30/05/2018 |
| 10 | 3:52.4  | Joan Carreras (47)           |               | 1969       |
| 11 | 3:53.1  | Moisés Díaz (61)             |               | 1988       |
| 12 | 3:53.7  | Jordi Anglarill Ruiz (71)    |               | 1990       |
| 13 | 3:54.0  | Edgar Ester Ribera (73)      |               | 1991       |
| 14 | 3:54.5  | Josep Perramon Puig (41)     |               | 1964       |
| 15 | 3:54.5  | Francesc Soler Escamez (64)  |               | 1989       |
| 16 | 3:54.96 | Guillem Fernández Bruch (85) | Barcelona SR  | 01/06/2008 |
| 17 | 3:55.07 | Jan Bayona Olivé (02)        | Raleigh (USA) | 24/03/2022 |
| 18 | 3:55.31 | Ignasi Avila Rodriguez (79)  | Barcelona SR  | 17/05/2012 |
| 19 | 3:55.66 | Jordi Toda Vericat (77)      | Gavà          | 10/06/2001 |
| 20 | 3:56.23 | Oussama Chouati (94)         | Barcelona SR  | 05/06/2013 |
| 21 | 3:56.7  | Josep M. Rosselló (69)       |               | 1992       |
| 22 | 3:56.9  | Alex Quer (55)               |               | 1984       |
| 23 | 3:57.0  | Albert Vilardaga (52)        |               | 1981       |
| 24 | 3:57.4  | Genís Martínez (51)          |               | 1977       |
| 25 | 3:57.4  | Juan C. Traspaderne (56)     |               | 1978       |

### 1500 METRES LLISOS SHORT TRACK

|          |                |                              |                     |                   |
|----------|----------------|------------------------------|---------------------|-------------------|
| <b>1</b> | <b>3:50.3</b>  | <b>Joan Carreras * (47)</b>  | <b>Barcelona</b>    | <b>1969</b>       |
| <b>2</b> | <b>3:55.55</b> | <b>Abel Casalí (90)</b>      | <b>Sabadell</b>     | <b>21/01/2018</b> |
| 3        | 3:57.99        | Toni Baños Tor (00)          | Sabadell            | 03/02/2018        |
| 4        | 3:58.23        | Oussama Chouati (94)         | Winston-Salem (USA) | 20/03/2015        |
| 5        | 3:58.36        | Carles Cort Puig (94)        | Sabadell            | 19/12/2021        |
| 6        | 4:00.40        | Llorenç Bonet Dalmau (65)    | Saragossa           | 1993              |
| 7        | 4:00.79        | Guillem Fernández (85)       | Sabadell            | 23/01/2011        |
| 8        | 4:00.90        | Jordi Toda Vericat (77)      | Vilafranca          | 28/01/2001        |
| 9        | 4:02.07        | Arnau Pujols Frank (06)      | Sabadell            | 02/02/2024        |
| 10       | 4:03.23        | Ricard Hierro Villabona (77) | Vilafranca          | 1998              |
| 11       | 4:03.53        | Aleix Comas (82)             | Vilafranca          | 04/02/2001        |
| 12       | 4:03.76        | Yassin L'Aziri (04)          | Sabadell            | 14/01/2024        |
| 13       | 4:03.7         | Genís Martínez* (51)         | Sabadell            | 1977              |
| 14       | 4:04.28        | Nil Frias Roselló (05)       | Sabadell            | 21/12/2024        |
| 15       | 4:04.7         | Josep O. Olivé (50)          | Barcelona           | 1970              |
| 16       | 4:06.04        | Sergi Ferret (89)            | Vilafranca          | 17/02/2007        |
| 17       | 4:06.10        | Oriol Dalmau Roset (81)      | Vilafranca          | 08/02/2004        |
| 18       | 4:06.32        | Roger Gomez Diez (07)        | Sabadell            | 07/01/2024        |
| 19       | 4:06.7         | Joan Carreras (47)           | Sabadell            | 1973              |
| 20       | 4:07.0         | Ivo Clotet (67)              |                     | 1986              |
| 21       | 4:07.37        | Marc Fernandez (02)          | Sabadell            | 22/02/2020        |
| 22       | 4:08.0         | Genís Martínez (75)          | Sabadell            | 1975              |
| 23       | 4:09.11        | Oriol Sellarés Martinez (87) | Vilafranca          | 30/03/2008        |
| 24       | 4:09.65        | Abdelkabar Zaroual (90)      | Vilafranca          | 04/02/2007        |
| 25       | 4:09.74        | Yassin L'Aziri (04)          | Sabadell            | 05/02/2023        |
| 26       | 4:09.98        | Jan Bayona (02)              | Sabadell            | 09/02/2019        |
| 27       | 4:10.11        | Oriol Vilaplana (84)         | Sabadell            | 05/02/2012        |

\* Genís Martínez, el 1977 i Joan Carreras, el 1968 i 1969, defensaven els colors del club madrileny Ministerio del Ejército.

### 3000 METRES LLISOS SHORT TRACK

|    |         |                                  |                     |                   |
|----|---------|----------------------------------|---------------------|-------------------|
| 1  | 8:20.35 | <b>Llorenç Bonet Dalmau (65)</b> | <b>Sevilla</b>      | <b>1989</b>       |
| 2  | 8:22.30 | <b>Guillem Pallejà(80)</b>       | <b>Vilafranca</b>   | <b>28/01/2001</b> |
| 3  | 8:22.46 | Abel Casalí (90)                 | Sabadell            | 23/01/2022        |
| 4  | 8:24.10 | Oussama Chouati (94)             | Boston (USA)        | 01/03/2015        |
| 5  | 8:26.83 | Jan Bayona (02)                  | Winston Salem (USA) | 02/05/2022        |
| 6  | 8:29.32 | Jofre Roca Rosa (05)             | Sabadell            | 21/12/2024        |
| 7  | 8:32.06 | Ignacio Avila (79)               | Sabadell            | 12/12/2010        |
| 8  | 8:33.48 | Toni Baños (00)                  | Birmingham (USA)    | 28/02/2020        |
| 9  | 8:34.65 | Edgar Ester Ribera (73)          | Vilafranca          | 1996              |
| 10 | 8:36.55 | Yassin L'Aziri Akhrif (04)       | Sabadell            | 21/12/2024        |
| 11 | 8:37.07 | Just Sociats Asensio (78)        | Sabadell            | 09/01/2011        |
| 12 | 8:40.1  | Albert Vilardaga (52)            | Sabadell            | 1980              |
| 13 | 8:42.02 | Oriol Jové Pasto (05)            | Antequera           | 02/12/2023        |
| 14 | 8:42.87 | Nil Frias Roselló (05)           | Vic                 | 13/07/2024        |
| 15 | 8:45.30 | Otmane Benomar (86)              | Sabadell            | 12/02/2012        |
| 16 | 8:46.6  | Josep O. Olivé (50)              | Barcelona           | 1970              |
| 17 | 8:46.73 | Miqui Riera (03)                 | Valencia            | 07/03/2020        |
| 18 | 8:47.98 | David Martínez Luján (86)        | Vilafranca          | 19/01/2003        |
| 19 | 8:49.64 | Guillem Fernández (85)           | Vilafranca          | 03/03/2008        |
| 20 | 8:51.0  | Joan Leonart (61)                | Saragossa           | 1984              |
| 21 | 8:52.33 | Roger Gomez Diez (07)            | Sabadell            | 02/02/2024        |
| 22 | 8:57.34 | Marwan El Fadili (97)            | Sabadell            | 10/02/2013        |
| 23 | 8:58.07 | Guillem Montiel (99)             | Sabadell            | 15/01/2017        |
| 24 | 9:00.1  | Joan Carreras (47)               | Sabadell            | 1973              |
| 25 | 9:01.17 | Marc Fernandez (02)              | Sabadell            | 04/01/2019        |

### 5000 METRES LLISOS

|    |          |                              |                  |                   |
|----|----------|------------------------------|------------------|-------------------|
| 1  | 13:53.49 | <b>José Rios (74)</b>        | <b>Mataró</b>    | <b>07/07/2010</b> |
| 2  | 14:15.8  | <b>Albert Casals (70)</b>    |                  | <b>1991</b>       |
| 3  | 14:20.19 | Jan Bayona Olivé (02)        | Manchester (GBR) | 27/05/2023        |
| 4  | 14:20.8  | Francesc Soler Escamez (64)  |                  | 1988              |
| 5  | 14:21.58 | Josep Maria Rosselló(69)     |                  | 1992              |
| 6  | 14:25.28 | Abel Casalí Carvajal (90)    | Oordegem (BEL)   | 28/05/2022        |
| 7  | 14:28.1  | Moisés Díaz (61)             |                  | 1988              |
| 8  | 14:29.5  | Ivo Clotet Nyffenegger (67)  |                  | 1989              |
| 9  | 14:33.1  | Albert Viladaga (52)         |                  | 1980              |
| 10 | 14:37.52 | Toni Baños Tor (00)          | Tampa (USA)      | 16/05/2021        |
| 11 | 14:39.41 | Edgar Ester Ribera (73)      |                  | 1993              |
| 12 | 14:41.42 | David Martinez Lujan (86)    | Palafrugell      | 31/05/2014        |
| 13 | 14:43.4  | Juan C. Traspaderne (56)     |                  | 1978              |
| 14 | 14:47.9  | El Bennadi Abdellah (70)     |                  | 1987              |
| 15 | 14:49.1  | Llorenç Bonet Dalmau (65)    |                  | 1990              |
| 16 | 14:51.20 | Ignacio Avila Rodriguez (79) |                  | 2010              |
| 17 | 14:50.1  | Sancho Ayala Abad (67)       |                  | 1986              |

|    |          |                               |           |            |
|----|----------|-------------------------------|-----------|------------|
| 18 | 14:51.70 | Abel Àvila Rodriguez (77)     | Mataró    | 15/02/2004 |
| 19 | 14:53.60 | Oussama Chouati (94)          | Serrahima | 11/06/2014 |
| 20 | 14:56.0  | Joaquim Llobet Peiro (56)     |           | 1978       |
| 22 | 14:57.4  | Joan Carreras (47)            |           | 1966       |
| 23 | 15:03.0  | Josep Oriol Olivé (50)        |           | 1968       |
| 24 | 15:03.92 | Guillem Pallejà Quintana (80) |           | 2000       |
| 25 | 15:04.60 | Otmane Benomar (86)           | Manresa   | 17/03/2012 |
| 25 | 15:09.0  | Lluís Travé (56)              |           | 1977       |

### 5000 METRES LLISOS SHORT TRACK

|          |                 |                        |                        |                   |
|----------|-----------------|------------------------|------------------------|-------------------|
| <b>1</b> | <b>15:00.24</b> | <b>Jan Bayona (02)</b> | <b>Lynchburg (USA)</b> | <b>05/02/2021</b> |
| 2        | 15:03.29        | Oussama Chouati (94)   | Boston (USA)           | 30/01/2015        |

### 10.000 METRES LLISOS

|          |                |                                    |                  |                   |
|----------|----------------|------------------------------------|------------------|-------------------|
| <b>1</b> | <b>28:42r</b>  | <b>José Rios Ortega (74)</b>       | <b>Barcelona</b> | <b>31/12/2008</b> |
| <b>2</b> | <b>30:03.1</b> | <b>Francesc Soler Escamez (64)</b> |                  | <b>1988</b>       |
| 3        | 30:03r         | Abel Casalí Carvajal (90)          | Laredo           | 19/03/2022        |
| 4        | 30:07.7        | Juan C. Traspaderne (56)           |                  | 1978              |
| 5        | 30:08.03       | Josep Maria Rosselló(69)           |                  | 1992              |
| 6        | 30:20r         | David Martinez Lujan (86)          | Barcelona        | 31/12/2016        |
| 7        | 30:23.59       | Moisés Díaz (61)                   |                  | 1989              |
| 8        | 30:35.3        | Albert Vilardaga (52)              |                  | 1981              |
| 9        | 30:37.88       | Abel Avila Rodriguez (77)          | Manresa          | 13/03/2010        |
| 10       | 30:46.97       | Ignasi Avila Rodriguez (79)        | Manresa          | 13/03/2010        |
| 11       | 30:53.93       | Jan Bayona Olivé (02)              | Cleveland (USA)  | 09/04/2021        |
| 12       | 31:00r         | Just Sociats (78)                  | Barcelona        | 31/12/2008        |
| 13       | 31:06.4        | Joaquim Llobet Peiro (56)          |                  | 1978              |
| 14       | 31:08.6        | Josep Oriol Olivé (50)             |                  | 1969              |
| 15       | 31:12r         | Otmane Benomar (86)                | Barcelona        | 22/01/2012        |
| 16       | 31:22.6        | Sancho Ayala Abad (67)             |                  | 1967              |
| 17       | 31:27.8        | Guillem Pallejà Quintana (80)      |                  | 2000              |
| 18       | 31:28.0        | Llorenç Bonet Dalmau (65)          |                  | 1987              |
| 19       | 31:29.0        | El Bennadi Abdellah (70)           |                  | 1989              |
| 20       | 31:36.8        | Josep Perramon Puig (41)           |                  | 1981              |
| 21       | 31:38r         | Khalid Kharbouch (92)              | Barcelona        | 31/12/2019        |
| 22       | 31:38.5        | Edgar Ester Ribera (73)            |                  | 1994              |
| 23       | 31:39.75       | Albert Baronet Nogué (97)          | Huelva           | 08/04/2017        |
| 24       | 31:46.63       | Oussama Chouati (94)               | Annapolis (USA)  | 26/03/2016        |
| 25       | 31:54r         | Sergi Rodriguez (73)               | Barcelona        | 23/01/2011        |

### MARATÓ (42,195 kms)

|          |                |                              |                   |                   |
|----------|----------------|------------------------------|-------------------|-------------------|
| <b>1</b> | <b>2:10:36</b> | <b>José Rios Ortega (74)</b> | <b>Otsu(Japó)</b> | <b>01/03/2009</b> |
| 2        | 2:22:45        | David Martinez Lujan (86)    | Valencia          | 15/11/2015        |
| 3        | 2:23:25        | Just Sociats Asensio (78)    | Barcelona         | 17/02/2013        |



|          |                |                                      |                     |             |
|----------|----------------|--------------------------------------|---------------------|-------------|
| 4        | 2:24:57        | Abel Casalí (90)                     | Sevilla             | 18/02/2024  |
| 5        | 2:25:00        | Sergi Rodriguez Jimenez (73)         | Sevilla             | 22/02/2009  |
| <b>6</b> | <b>2:26:17</b> | <b>Francesc Soler Escamez (64)</b>   |                     | <b>1995</b> |
| 7        | 2:26:40        | Albert Vilardaga (52)                | Saint Ciprien (FRA) | 03/05/1992  |
| 8        | 2:27:54        | Josep Perramon Puig (41)             | Barcelona           | 13/03/1983  |
| 9        | 2:28:24        | Adrià Jiménez (85)                   | Sevilla             | 19/02/2023  |
| 10       | 2:28:31        | Manel Deli Andujar (74)              | Sevilla             | 25/02/2018  |
| 11       | 2:29:59        | Gerard Olivares Codina (72)          | Sevilla             | 25/02/2018  |
| 12       | 2:30:18        | Xavier Aguado (59)                   |                     | 1986        |
| 13       | 2:30:43        | Sylvain Phillipe Laurent Quevre (85) | Sevilla             | 23/02/2014  |
| 14       | 2:31:06        | Joan Lleonart Montaña (62)           | Sant Sebastià       | 11/06/1905  |
| 15       | 2:31:10        | Miquel Àngel Martínez (78)           | Valencia            | 03/12/2023  |
| 16       | 2:32:08        | Ramón Camps Quesada (65)             | Sevilla             | 13/02/2011  |
| 17       | 2:32:09        | Manel Sànchez Gómez(77)              | Valencia            | 03/12/2023  |
| 18       | 2:32:28        | Llorenç Bonet Dalmau (65)            |                     | 1993        |
| 19       | 2:32:46        | Alex Quer (55)                       |                     | 1985        |
| 20       | 2:33:20        | Oscar Serra (87)                     | Sevilla             | 19/02/2023  |
| 21       | 2:33:40        | Miquel Riera (70)                    |                     | 1999        |
| 22       | 2:34:00        | Pascual Cuenca (67)                  |                     | 1999        |
| 23       | 2:34:56        | Josep Comas (49)                     |                     | 1985        |
| 24       | 2:35:51        | Quico Linares                        | Sevilla             | 13/02/2011  |
| 25       | 2:37:04        | Alfons Esquius Miquel (61)           | Sevilla             | 13/02/2011  |

#### 60 METRES TANQUES (1,067m)

|          |             |                               |                         |                   |
|----------|-------------|-------------------------------|-------------------------|-------------------|
| <b>1</b> | <b>8.22</b> | <b>Biel Salas Samsó (03)</b>  | <b>Birmingham (USA)</b> | <b>22/02/2024</b> |
| 2        | 8.31        | Biel Diaz Basullas (03)       | Sabadell                | 08/01/2023        |
| 3        | 8.44        | Albert Alvarez Lopez (89)     | St. Sebastià            | 01/03/2009        |
| 4        | <b>8.70</b> | <b>Jordi Pintado (75)</b>     | <b>St. Sebastià</b>     | <b>1995</b>       |
| 5        | 8.73        | Joel Paz (71)                 |                         | 1991              |
| 6        | 8.74        | Joan Garrido Paris (68)       |                         | 1990              |
| 7        | 8.84        | Oriol Tarragó (70)            |                         | 1990              |
| 8        | 8.86        | Ricard Clemente (94)          | Sabadell                | 12/01/2014        |
| 9        | 8.89        | Gerard Llimós Aubach (92)     | Sabadell                | 28/01/2012        |
| 10       | 8.90        | Roger Torras Planas (70)      | Vilafranca              | 1988              |
| 11       | 8.90        | Benito Sintes Montserrat (96) | Sabadell                | 06/02/2016        |
| 12       | 8.7         | Ferran Cònsul (53)            | Sabadell                | 1973              |
| 13       | 9.01        | Marc Valero Cano (93)         | Sabadell                | 09/01/2011        |
| 14       | 9.16        | Sergi Calvo Torralba (85)     | Vilafranca              | 01/02/2003        |
| 15       | 9.22        | Arnau De Arriba (01)          | Sabadell                | 14/01/2018        |
| 16       | 9.41        | Nicolàs Fortuño (83)          | Vilafranca              | 23/01/2005        |
| 17       | 9.48        | David Moya (77)               | Vilafranca              | 188/1/4           |
| 18       | 9.66        | Gustau Vilellas Rosich (76)   |                         | 1997              |
| 19       | 9.67        | Daniel Ariza (73)             |                         | 1994              |
| 20       | 9.89        | Carles Peig Rebordosa (61)    |                         | 1980              |
| 21       | 10.36       | Carles Castella Barnaus (03)  | Sabadell                | 07/01/2023        |
| 22       | 10.42       | Jordi Pierola Laimón (68)     | Vilafranca              | 24/02/2007        |

**110 METRES TANQUES (1,067m)**

|          |            |              |                               |                           |                   |
|----------|------------|--------------|-------------------------------|---------------------------|-------------------|
| <b>1</b> | <b>1,4</b> | <b>14.18</b> | <b>Biel Salas Samsó (03)</b>  | <b>Edwardsville (USA)</b> | <b>13/05/2023</b> |
| 2        | 1.8        | 14.24        | Biel Díaz Basullas (03)       | Manresa                   | 15/06/2024        |
| 3        | 0,6        | 15.09        | Jan Diaz Basullas (04)        | Gandia                    | 13/04/2024        |
| <b>4</b> |            | <b>15.23</b> | <b>Jordi Pintado (75)</b>     | <b>Mataró</b>             | <b>12/07/1995</b> |
| 5        |            | 15.49        | Joan Garrido Paris (68)       | Barcelona SR              | 09/07/1989        |
|          |            | 15.49        | Roger Torras (70)             | Palafrugell               | 19/06/1994        |
| 7        |            | 15.63        | Ferran Cònsul (53)            | Barcelona SR              | 15/06/1980        |
| 8        |            | 15.65        | Joel Paz (71)                 |                           | 1990              |
| 9        | 1,0        | 15.68        | Albert Alvarez Lopez (89)     | Saragossa                 | 08/06/2008        |
| 10       |            | 15.72        | Marc Valero Cano (93)         | Manresa                   | 12/05/2001        |
| 11       |            | 15.5         | Joan Busquets (34)            | La Corunya                | 25/06/1960        |
| 12       |            | 15.5         | Daniel Paz (70)               |                           | 1990              |
| 13       | 0,1        | 15.91        | Benito Sintes Montserrat (96) | Palafrugell               | 31/05/2014        |
| 14       |            | 15.7         | Josep M. Selga (49)           |                           | 1968              |
| 15       |            | 15.96        | Ricard Clemente Marti (94)    | Santa Coloma de G.        | 10/04/2022        |
| 16       |            | 15.8         | Oriol Tarragó (70)            |                           | 1991              |
| 17       |            | 16.0         | Antoni Cots (61)              |                           | 1981              |
| 18       | -0,7       | 16.24        | Gerard Llimós Aubach (92)     | Castellar V.              | 22/04/2012        |
| 19       |            | 16.34        | Sergi Martínez Molina (80)    |                           | 1997              |
| 20       |            | 16.64        | Sergi Calvo Torralba (85)     | Vic                       | 19/05/2002        |
| 21       |            | 16.4         | Josep M <sup>a</sup> Paz (42) |                           | 1962              |
| 22       |            | 16.9         | F. Xavier Obradors (56)       |                           | 1975              |
|          |            | 16.9         | Antoni Fernández (67)         |                           | 1985              |
| 24       |            | 17.0         | Josep A. Torralba (47)        |                           | 1965              |
| 25       |            | 17.1         | Salvador Gascón               |                           | 1979              |
|          |            | 17.1         | Carles Pastor Garcia (63)     |                           | 1985              |

**400 METRES TANQUES (0,914M)**

|          |              |                              |                |                   |
|----------|--------------|------------------------------|----------------|-------------------|
| <b>1</b> | <b>52.52</b> | <b>Marc Valero Cano (93)</b> | <b>Mataró</b>  | <b>30/06/2013</b> |
| 2        | 53.05        | Jordi Altés (82)             | Manresa        | 19/07/2005        |
| <b>3</b> | <b>54.26</b> | <b>Toni Fernández (67)</b>   | <b>Madrid</b>  | <b>29/06/1986</b> |
| 4        | 54.35        | Roger Torras Planas (70)     |                | 1991              |
| 5        | 54.54        | Biel Salas Samsó (03)        | Anderson (USA) | 06/05/2022        |
| 6        | 54.58        | David Perez Bruqué (05)      | Tarragona      | 03/04/2022        |
| 7        | 55.0         | Carles Peig Rebordosa (61)   |                | 1988              |
| 8        | 55.3         | Josep M. Selga (49)          | Oviedo         | 11/08/1968        |
| 9        | 55.74        | Jan Pol Catot Muncunill (06) | Vic            | 13/07/2024        |
| 10       | 56.0         | Carles Pastor Garcia (63)    |                | 1983              |
| 11       | 56.5         | Josep M. Gil Alberó (64)     |                | 1987              |
| 12       | 56.8         | Ferran Cònsul (53)           |                | 1977              |
| 13       | 57.13        | Gerard Llimós Aubach (92)    | Palafrugell    | 10/04/2011        |
| 14       | 57.0         | Joan Busquets (34)           | Barcelona      | 25/07/1961        |
| 15       | 57.23        | Marti Ambrós Casas (98)      | Castelló       | 02/07/2016        |
| 16       | 57.1         | Alex Quer (55)               |                | 1985              |
| 17       | 57.52        | Jordi Anglarill Ruiz (71)    |                | 1992              |
| 18       | 58.12        | Jaume Pérez Sanchez (77)     | Lleida         | 21/04/2002        |

|    |       |                           |              |            |
|----|-------|---------------------------|--------------|------------|
| 19 | 58.0  | Josep Leiva (68)          |              | 1993       |
| 20 | 58.6  | Joan Salvans (41)         |              | 1965       |
| 21 | 58.96 | Biel Diaz Basullas (03)   | Barcelona SE | 20/06/2021 |
| 22 | 58.8  | Andreu Alsina (56)        |              | 1975       |
| 23 | 58.8  | Antoni Cots (61)          |              | 1984       |
| 24 | 58.9  | Llorenç Bonet Dalmau (65) |              | 1985       |
| 25 | 59.1  | Eladi Serrano (61)        |              | 1978       |

### 3000 METRES OBSTACLES

|          |                |                                 |                        |                   |
|----------|----------------|---------------------------------|------------------------|-------------------|
| <b>1</b> | <b>8:42.32</b> | <b>Albert Casals Barat (70)</b> | <b>Guetxo</b>          | <b>29/06/1991</b> |
| 2        | 8:43.23        | Llorenç Bonet Dalmau (65)       | Jerez                  | 10/08/1990        |
| 3        | 8:44.62        | Francesc Soler Escamez (64)     | Barcelona SR           | 13/07/1988        |
| 4        | 8:45.40        | Ivo Clotet Nyffenegger (67)     |                        | 1990              |
| <b>5</b> | <b>8:54.94</b> | <b>Oussama Chouati (94)</b>     | <b>Princeton (USA)</b> | <b>13/05/2016</b> |
|          | 8:55.37        | Toni Baños Tor (00)             | <b>Knoxville (USA)</b> | 09/04/2021        |
| 6        | 9:02.2         | Alex Quer (55)                  |                        | 1985              |
| 7        | 9:09.4         | Lluís Travé (56)                | Granollers             | 25/07/1977        |
| 8        | 9:11.5         | Joan Leonart Montaña (62)       |                        | 1988              |
| 10       | 9:14.5         | Albert Vilardaga (52)           |                        | 1981              |
| 11       | 9:21.91        | Miquel Riera (70)               |                        | 1995              |
| 12       | 9:24.97        | Just Sociats Asensio (78)       | El Prat de Llobregat   | 02/05/2010        |
| 13       | 9:32.4         | Josep O. Olivé (50)             | Terrassa               | 28/06/1969        |
| 14       | 9:37.6         | Joan Carreras (47)              | Sabadell               | 23/04/1967        |
| 15       | 9:43.1         | Josep Perramon Puig (41)        |                        | 1982              |
| 16       | 9:43.88        | Ignasi Vilajosana Puig (81)     | Olot                   | 30/11/2003        |
| 17       | 9:44.76        | Josep Llordella                 |                        | 1987              |
| 18       | 9:45.64        | Oriol Sellares Martinez (87)    | Palafrugell            | 31/05/2014        |
| 19       | 9:48.8         | Alain Jorda (56)                |                        | 1975              |
| 20       | 9:49.36        | Sergi Rodríguez Jimenez (73)    | Manresa                | 18/05/2008        |
| 21       | 9:50.20        | Miqui Riera Blesa (03)          | Barcelona SE           | 01/05/2019        |
| 22       | 9:54.82        | Arnau Lopez Mazorriaga (99)     | Lloret Mar             | 03/06/2017        |
| 23       | 9:56.0         | Joan Salvans (41)               | La Corunya             | 11/08/1963        |
| 24       | 9:56.6         | Miquel Riba (52)                |                        | 1972              |
| 25       | 9:56.8         | Jaume Olivé (49)                |                        | 1974              |

### 10 QUILOMETRES MARXA

|          |                |                                    |                   |                   |
|----------|----------------|------------------------------------|-------------------|-------------------|
| <b>1</b> | <b>45:46r</b>  | <b>Cristian Curopos Costa (94)</b> | <b>Murcia</b>     | <b>03/03/2013</b> |
| <b>2</b> | <b>46:14.8</b> | <b>Bernard José Mora (63)</b>      | <b>Granollers</b> | <b>26/04/1992</b> |
| 3        | 46:54.2        | Enric Villaplana (14)              | Barcelona         | 13/01/1943        |
| 4        | 50:32.4        | Guillem Pérez Alfranca (83)        | Barcelona CD      | 23/04/2005        |
| 5        | 50:57.4        | Francesc Garriga (62)              |                   | 1981              |
| 6        | 51:08.6        | Josep L. García (64)               |                   | 1981              |
| 7        | 51:12.0        | Jordi Guiral Gutierrez (66)        | Sant Celoni       | 26/02/2006        |
| 8        | 51:34r         | David Cervelló Español (77)        | Getafe            | 15/12/2013        |
| 9        | 52:47.4        | Enric Garriga (56)                 |                   | 1975              |
| 10       | 56:47.5        | Francesc Ribalta (63)              |                   | 1979              |

|    |            |                              |              |            |
|----|------------|------------------------------|--------------|------------|
| 11 | 57:47.6    | Joan Sales (42)              |              | 1964       |
| 12 | 57:51.4    | Josep M. Galdón (74)         |              | 1990       |
| 13 | 59:20.0    | Alfons Olivé (53)            |              | 1973       |
| 14 | 59:28.76   | Joan Ramon Prieto (65)       |              | 1990       |
| 15 | 1:02:12.0  | Lluís Cabot                  |              | 1972       |
| 16 | 1:02:31.0  | Ignasi Subirana              |              | 1954       |
| 17 | 1:02:55.03 | David Puertas Carbonell (71) |              | 1988       |
| 18 | 1:03:59.5  | Eduard Mata (73)             |              | 1989       |
| 19 | 1:04:05.60 | Manel Molera Barrabes (56)   | Barcelona CD | 21/03/2009 |
| 20 | 1:05:29.0  | Josep Bassas                 |              | 1963       |
| 21 | 1:05:46.0  | Josep Mas (48)               | Terrassa     | 02/06/1968 |

### SALT D'ALÇADA

|          |             |                                  |                     |                   |
|----------|-------------|----------------------------------|---------------------|-------------------|
| <b>1</b> | <b>2.01</b> | <b>Joan Garrido Paris (68)</b>   | <b>Manresa</b>      | <b>16/06/1990</b> |
| <b>2</b> | <b>2.01</b> | <b>Albert Alvarez Lopez (89)</b> | <b>St. Sebastià</b> | <b>11/03/2006</b> |
| 3        | 2.00        | Martí Perarnau (55)              |                     | 1987              |
| 4        | 1.97        | Ricard Clemente Marti (94)       | Lleida              | 09/04/2017        |
| 5        | 1.95        | Salvador Amella (70)             |                     | 1991              |
|          | 1.95        | Daniel Ariza (73)                |                     | 1994              |
| 7        | 1.93        | Antoni Guaras (59)               | Mataró              | 30/09/1979        |
| 8        | 1.92        | Oriol Tarragó (70)               |                     | 1988              |
| 9        | 1.91        | Aleix Güell Maraver (96)         | Mataró              | 25/04/2015        |
| 10       | 1.90        | Pol Vila Vilaseca (99)           | Serrahima           | 31/05/2015        |
| 11       | 1.85        | Roger Torras Planas (70)         |                     | 1987              |
|          | 1.85        | Sergi Martínez Molina (80)       |                     | 1997              |
|          | 1.85        | Albert Marsinyach Sangra (84)    | Castellar del V.    | 07/05/2006        |
|          | 1.85        | Jan Diaz (04)                    | Barcelona           | 17/01/2021        |
| 15       | 1.83        | Marcial Gómez (76)               |                     | 1993              |
| 16       | 1.82        | Daniel Paz (70)                  |                     | 1986              |
|          | 1.82        | Andreu Reig Lladó (93)           | Granollers          | 15/04/2012        |
| 18       | 1.81        | August Fernández (68)            |                     | 1985              |
| 19       | 1.80        | Joan Busquets (34)               | Palència            | 16/09/1955        |
|          | 1.80        | Josep M. Selga (49)              | Manresa             | 15/09/1968        |
|          | 1.80        | Francesc Azorín (63)             |                     | 1981              |
|          | 1.80        | Àngel L. García Jerez (55)       |                     | 1991              |
|          | 1.80        | Albert Babí Oller (92)           | Barcelona SR        | 15/09/2007        |
| 24       | 1.79        | Jordi Riba (71)                  |                     | 1986              |
| 25       | 1.78        | Antoni Guaras (59)               | Sabadell            | 1980              |
|          | 1.78        | Carles Peig Rebordosa (61)       |                     | 1983              |
|          | 1.78        | Gustau Vilellas Rosich (76)      |                     | 1996              |
|          | 1.78        | Eric Molina Gomez (02)           | Barcelona SR        | 28/04/2018        |

### SALT AMB PERXA

|          |             |                                    |                     |                   |
|----------|-------------|------------------------------------|---------------------|-------------------|
| <b>1</b> | <b>5.31</b> | <b>Martí Serra Prat (05)</b>       | <b>Madrid VH</b>    | <b>26/05/2024</b> |
| 2        | 5.15        | Ricard Clemente Marti (94)         | Madrid              | 05/03/2016        |
| <b>3</b> | <b>4.80</b> | <b>Gustau Vilellas Rosich (76)</b> | <b>Barcelona SR</b> | <b>04/07/1999</b> |

|    |      |                             |              |            |
|----|------|-----------------------------|--------------|------------|
| 4  | 4.70 | Albert Alvarez Lopez (89)   | Vilafranca   | 08/02/2009 |
| 5  | 4.60 | Jordi Lladó Abella (68)     | Vic          | 20/05/1990 |
| 6  | 4.31 | Oriol Tarragó (70)          |              | 1991       |
| 7  | 4.20 | Joan Garrido Paris (68)     |              | 1993       |
| 8  | 4.00 | Gerard Laymon Vilaró (96)   | Sabadell     | 10/01/2016 |
| 9  | 3.90 | Miquel A. Esteban (68)      |              | 1987       |
| 10 | 3.80 | Sergi Martínez Molina (80)  |              | 1997       |
|    | 3.80 | Albert Obradors Caro (00)   | Sabadell     | 21/02/2016 |
| 12 | 3.70 | Daniel Ariza (94)           |              | 1994       |
|    | 3.70 | Albert Babí Oller (92)      | Barcelona CD | 22/12/2006 |
|    | 3.70 | Pol Vila Vilaseca (99)      | Serrahima    | 31/05/2015 |
|    | 3.70 | Joan Lladó Real (06)        | Lleida       | 27/06/2021 |
| 16 | 3.60 | Salvador Amella (70)        |              | 1987       |
|    | 3.60 | Sergi Calvo Torralba (85)   | Barcelona SR | 11/05/2003 |
| 18 | 3.55 | Josep M. Gil Alberó (64)    | Sant Celoni  | 13/03/1983 |
|    | 3.55 | Daniel Revilla              | S. Sebastià  | 1989       |
| 20 | 3.50 | Jordi Porta (49)            | Oviedo       | 04/08/1968 |
|    | 3.50 | Feliu Noguera Carrillo (63) |              | 1985       |
|    | 3.50 | Gabriel Díaz (72)           |              | 1989       |
|    | 3.50 | Arnald Puy (83)             |              | 1998       |
|    | 3.50 | Oriol Lladó (03)            | Sabadell     | 21/12/2019 |
|    | 3.50 | Jan Diaz (04)               | Sabadell     | 16/02/2020 |

### SALT DE LLARGADA

|          |            |             |                               |                      |                   |
|----------|------------|-------------|-------------------------------|----------------------|-------------------|
| <b>1</b> | <b>0,8</b> | <b>7.55</b> | <b>Jan Diaz Basullas (04)</b> | <b>Gandia</b>        | <b>13/04/2024</b> |
|          |            | 7.29        | Albert Alvarez Lopez (89)     | Cardiff (GBR)        | 07/03/2009        |
| <b>2</b> | 1,2        | .07         | Ricard Clemente Marti (94)    | Murcia               | 07/05/2016        |
| <b>3</b> |            | <b>7.06</b> | <b>Josep A. Torralba (47)</b> | <b>Barcelona UNI</b> | <b>21/04/1968</b> |
| 4        |            | 7.02        | Carles Fernández (69)         |                      | 1992              |
| 5        |            | 6.94        | Francesc Azorín (63)          |                      | 1981              |
|          |            | 6.94        | Daniel Ariza (73)             |                      | 1994              |
| 7        |            | 6.93        | Ricard Torres (73)            |                      | 1993              |
| 8        |            | 6.91        | Joan Garrido Paris (68)       |                      | 1986              |
| 9        | 1,0        | 6.88        | Martí Rodríguez Valdes (06)   | Vic                  | 13/07/2024        |
| 10       |            | 6.87        | Kiriam Pérez (78)             | Barcelona SR         | 20/06/2004        |
| 11       |            | 6.85        | Josep Clotet                  | Barcelona MO         | 05/05/1960        |
| 12       |            | 6.80        | Salvador Amella (70)          |                      | 1988              |
| 13       | 1,3        | 6.77        | Eric Molina Gomez (02)        | Barcelona SR         | 02/06/2018        |
| 14       |            | 6.75        | Vicenç Torras Giralt (92)     | Valencia             | 10/03/2007        |
| 15       |            | 6.74        | Pol Vila Vilaseca (99)        | Sabadell             | 20/12/2014        |
| 16       |            | 6.68        | Josep M. Marcos (48)          |                      | 1969              |
|          | 1,1        | 6.68        | Pol Vila Vilaseca (99)        | Serrahima            | 31/05/2015        |
| 18       | 1,4        | 6.64        | Marti Sugrañes Grané (97)     | Serrahima            | 24/04/2016        |
| 19       |            | 6.62        | Lluís Ballús (53)             |                      | 1974              |
| 20       |            | 6.61        | Enric San Nicolàs (29)        | Manresa              | 01/04/1953        |
|          |            | 6.61        | Antoni Torralba (47)          | Barcelona            | 1969              |
| 22       |            | 6.59        | Albert Babí Oller (92)        | Vilafranca           | 24/02/2008        |
| 23       |            | 6.55        | Oriol Tarragó (70)            |                      | 1990              |

|    |      |                     |  |      |
|----|------|---------------------|--|------|
| 24 | 6.52 | Daniel Galindo (56) |  | 1972 |
|----|------|---------------------|--|------|

### TRIPLE SALT

|          |              |                                |                 |                   |
|----------|--------------|--------------------------------|-----------------|-------------------|
| <b>1</b> | <b>14.53</b> | <b>Joan Garrido Paris (68)</b> | <b>Vic</b>      | <b>20/05/1990</b> |
| 2        | 14.29        | Francesc Azorín (63)           | Granollers      | 12/07/1981        |
| <b>3</b> | <b>13.89</b> | <b>Gerard Acin Sala (93)</b>   | <b>Sabadell</b> | <b>07/01/2024</b> |
| 4        | 1,7 13.87    | Marti Sugrañes Grané (97)      | Lloret de Mar   | 20/06/2015        |
| 5        | 13.85        | Daniel Galindo (56)            | Barcelona UNI   | 29/05/1975        |
| 6        | 13.82        | Aleix Estruch (76)             |                 | 1994              |
| 7        | 13.72        | Enric Sannicolàs (29)          | Sant Sebastià   | 26/07/1953        |
| 8        | 13.66        | Joan Jorge (57)                |                 | 1976              |
| 9        | 13.63        | Jesús Pascual (55)             |                 | 1975              |
| 10       | 13.62        | Daniel Ariza (73)              |                 | 1994              |
| 11       | 13.55        | Josep A. Torralba (47)         |                 | 1967              |
| 12       | 13.47        | Antoni Fernández (61)          |                 | 1979              |
| 13       | 13.45        | Joan Homs Selga (06)           | Sabadell        | 11/02/2024        |
| 14       | 13.39        | Ricard Torres (73)             |                 | 1994              |
| 15       | 13.36        | Carles Pastor Garcia (63)      |                 | 1985              |
| 16       | 13.24        | Vicenç Torras Giralt (92)      | Vilafranca      | 24/01/2010        |
| 17       | 13.22        | Josep Torras (63)              |                 | 1987              |
| 18       | 13.21        | Eduard Puig (67)               |                 | 1984              |
| 19       | 13.20        | Josep Planas                   | Manresa PUJ     | 01/10/1943        |
|          | 13.20        | Oriol Trullent (79)            | Vilafranca      | 1996              |
| 21       | 13.17        | Jordi Pierola Laimon (68)      |                 | 1992              |
| 22       | 13.13        | Manuel Martín (27)             |                 | 1966              |
| 23       | 13.10        | Salvador Amella (70)           |                 | 1988              |
| 24       | 1,0 13.08    | Gerard Cabrera Espinach (06)   | Gandia          | 13/04/2024        |
| 25       | -0,3 12.98   | Gerard Mesas Herranz (00)      | Valladolid      | 11/07/2015        |

### LLANÇAMENT DE PES (7,260kG)

|          |              |                                   |                            |                   |
|----------|--------------|-----------------------------------|----------------------------|-------------------|
| <b>1</b> | <b>14.75</b> | <b>Sergi Cabezón Ortas (97)</b>   | <b>L'Hospitalet de Ll.</b> | <b>09/07/2023</b> |
| <b>2</b> | <b>14.14</b> | <b>Àngel L. García Jerez (55)</b> | <b>Granollers</b>          | <b>19/05/1991</b> |
| 3        | 13.19        | Josep Oliveras (31)               | Mataró                     | 17/09/1961        |
| 4        | 12.99        | Angel Salzer Palomo (68)          | Osca                       | 07/06/2009        |
| 5        | 12.77        | Albert Alvarez Lopez (89)         | Vilafranca                 | 11/01/2009        |
| 6        | 12.55        | Oriol Tarragó (70)                | Madrid                     | 1991              |
| 7        | 12.41        | Màxim Sanz (72)                   |                            | 1993              |
| 8        | 12.16        | Miquel Cànovas (55)               |                            | 1977              |
| 9        | 12.01        | Ramon Estapiña (47)               |                            | 1967              |
| 10       | 11.94        | Albert Carrascosa (68)            |                            | 1988              |
| 11       | 11.86        | Antoni Sánchez (56)               |                            | 1978              |
| 12       | 11.83        | Yassin El Oumari (01)             | Sabadell                   | 19/12/2021        |
| 13       | 11.8         | Manuel Corro                      | Manresa PUJ                | 12/03/1950        |
| 14       | 11.72        | Pau Santanach Pintor (02)         | Gandia                     | 13/04/2024        |
| 15       | 11.70        | Francesc Isanta (56)              |                            | 1983              |
| 16       | 11.68        | Joaquim Noguero (64)              |                            | 1986              |

|    |       |                            |                  |            |
|----|-------|----------------------------|------------------|------------|
| 17 | 11.64 | Enric San Nicolàs (29)     |                  | 1954       |
| 18 | 11.31 | Joan Call (70)             |                  | 1988       |
| 19 | 11.24 | Ricard Torras (25)         |                  | 1960       |
| 20 | 11.23 | Jordi Porta (49)           |                  | 1967       |
| 21 | 11.21 | Sergi Calvo Torralba (85)  | Castellar del V. | 07/05/2006 |
|    | 11.21 | Victor Sabariego Saez (96) | Lleida           | 17/04/2016 |
| 23 | 11.20 | Sergi Martínez Molina (80) |                  | 1999       |
| 24 | 11.12 | Antoni Català              |                  | 1954       |
| 25 | 11.08 | Joan Garrido Paris (68)    |                  | 1997       |

### LLANÇAMENT DE DISC (2 kg)

|          |              |                                 |                    |                   |
|----------|--------------|---------------------------------|--------------------|-------------------|
| <b>1</b> | <b>42.84</b> | <b>Francesc Isanta (56)</b>     | <b>Manresa</b>     | <b>25/08/1977</b> |
| 2        | 40.87        | Josep Oliveras (31)             |                    | 1965              |
| 3        | 40.74        | Emili Comas (52)                |                    | 1976              |
| 4        | 40.68        | Antoni Sánchez (56)             |                    | 1978              |
| <b>5</b> | <b>40.52</b> | <b>Sergi Cabezón Ortas (97)</b> | <b>Manresa</b>     | <b>16/07/2023</b> |
| 6        | 39.20        | Sergi Garcia Magrans (03)       | Barcelona SE       | 17/05/2023        |
| 7        | 38.10        | Àngel L. García Jerez (55)      |                    | 1992              |
| 8        | 38.02        | Kiriam Pérez (78)               | Sant Celoni        | 24/04/2005        |
| 9        | 37.82        | Ramon Estupiña (47)             |                    | 1966              |
| 10       | 37.76        | Manuel Corroero                 | Manresa PUJ        | 05/09/1936        |
| 11       | 37.26        | Jordi Jubert (77)               |                    | 1995              |
| 12       | 37.16        | Jordi Call (72)                 |                    | 1991              |
| 13       | 37.04        | Daniel Ariza (73)               |                    | 1994              |
| 14       | 36.74        | Carles Carrascosa (70)          |                    | 1991              |
| 15       | 36.61        | Jaume Soldevila (41)            |                    | 1961              |
| 16       | 36.24        | Jordi Porta (49)                |                    | 1968              |
| 17       | 36.06        | José Vela (65)                  |                    | 1993              |
| 18       | 35.98        | Antoni Domínguez (38)           |                    | 1965              |
|          | 35.98        | Albert Carrascosa (68)          |                    | 1988              |
| 20       | 35.84        | Àngel Roncal                    |                    | 1963              |
| 21       | 35.15        | Pau Santanach Pintor (02)       | Santa Coloma de G. | 10/04/2022        |
| 22       | 35.07        | Lluís Giró (53)                 |                    | 1973              |
| 23       | 34.42        | Oriol Tarragó (70)              |                    | 1991              |
| 24       | 34.28        | Albert Alvarez Lopez (89)       | Oscà               | 07/06/2009        |
| 25       | 34.00        | Miquel Cànovas (55)             |                    | 1973              |

### LLANÇAMENT DE MARTELL (7,260 kg)

|          |              |                                  |                 |                   |
|----------|--------------|----------------------------------|-----------------|-------------------|
| <b>1</b> | <b>56.79</b> | <b>Adrian Sedano Martin (05)</b> | <b>Pamplona</b> | <b>04/06/2023</b> |
| <b>1</b> | <b>56.50</b> | <b>Emili Comas (52)</b>          | <b>Manresa</b>  | <b>19/10/1975</b> |
| 3        | 46.04        | Josep M. Grau (57)               |                 | 1975              |
| 4        | 45.90        | Josep Oliveras (31)              |                 | 1965              |
| 5        | 45.56        | Sergi Cabezón Ortas (97)         | Cornella        | 30/04/2023        |
| 6        | 45.21        | Joan Pelfrot (42)                |                 | 1983              |
| 7        | 44.96        | Jordi Torres (74)                |                 | 1995              |
| 8        | 44.54        | Carles Carrascosa (70)           |                 | 1988              |

|    |       |                             |                  |            |
|----|-------|-----------------------------|------------------|------------|
| 9  | 44.36 | Joan Soler (64)             |                  | 1990       |
| 10 | 44.00 | Antoni Català               |                  | 1954       |
| 11 | 43.76 | Ramon Estapiña (47)         |                  | 1967       |
| 12 | 42.24 | Jordi Llansó (73)           |                  | 1992       |
| 13 | 41.88 | Roger Molist Pinos (96)     | Tarragona        | 14/02/2015 |
| 14 | 41.83 | Roger Molist Casals (69)    | Castellar del V. | 07/05/2006 |
| 15 | 39.86 | Ricard Torras (25)          |                  | 1964       |
| 16 | 39.50 | Josep Salinas (46)          |                  | 1973       |
| 17 | 39.48 | Jaume Mas (59)              |                  | 1985       |
| 18 | 36.66 | Antoni Domínguez (38)       |                  | 1968       |
| 19 | 36.52 | Lluís Giró (53)             |                  | 1975       |
| 20 | 36.15 | Carles Pintó Serra (98)     | Sabadell         | 11/10/2015 |
| 21 | 36.00 | Miquel Cànovas (55)         |                  | 1973       |
| 22 | 35.84 | Antoni Sánchez (56)         |                  | 1978       |
| 23 | 34.64 | Francesc Isanta (56)        |                  | 1975       |
| 24 | 34.02 | Joaquim Noguero (64)        |                  | 1986       |
| 25 | 33.49 | Gustau Vilellas Rosich (76) | l'Hospitalet     | 22/04/2006 |

#### LLANÇAMENT DE JAVELINA (800 gr) (Model de javelina 1986)

|          |              |                                   |                    |                   |
|----------|--------------|-----------------------------------|--------------------|-------------------|
| <b>1</b> | <b>62.35</b> | <b>Jordi Sánchez (85)</b>         | <b>Saragossa</b>   | <b>03/07/2004</b> |
| 2        | 54.77        | Màxim Sanz (72)                   |                    | 2000              |
| 3        | 54.04        | Clement Darques (04)*             | Sta. Coloma de G.  | 07/04/2024        |
| <b>4</b> | <b>52.06</b> | <b>Carles Peig Rebordosa (61)</b> | <b>Sant Celoni</b> | <b>15/05/1988</b> |
| 5        | 52.02        | Oriol Tarragó (70)                | Barcelona SR       | 27/03/1988        |
| 6        | 52.02        | Antoni Jimenez Garcia (01)        | Barcelona SR       | 10/07/2024        |
| 7        | 46.44        | Eduard Aregall (64)               |                    | 1986              |
| 8        | 46.16        | Jordi Jubert (77)                 |                    | 1995              |
| 9        | 45.46        | Àngel L. García Jerez (55)        |                    | 1991              |
| 10       | 45.18        | Enric Pintado (65)                |                    | 1989              |
| 11       | 45.16        | Ruben Baños (77)                  |                    | 1996              |
| 12       | 45.1         | Daniel Ariza (73)                 |                    | 1994              |
| 13       | 44.83        | Yassin El Ouamari (01)            | Gavà               | 03/07/2021        |
| 14       | 44.80        | Joan Garrido Paris (68)           |                    | 1990              |
| 15       | 44.44        | Salvador Amella (70)              |                    | 1990              |
| 16       | 44.43        | Albert Alvarez Lopez (89)         | Granollers         | 23/06/2007        |
| 17       | 44.34        | Adrià Garcia Franch (05)          | Sta. Coloma de G.  | 07/04/2024        |
| 18       | 41.29        | Sergi Garcia Magrans (03)         | Gavà               | 01/07/2023        |
| 19       | 40.59        | Gerard Cabrera Espinach (06)      | Vic                | 13/07/2024        |

#### LLANÇAMENT DE JAVELINA (800 gr) (Antic artefacte, abans de 1986)

|          |              |                            |                       |                   |
|----------|--------------|----------------------------|-----------------------|-------------------|
| <b>1</b> | <b>75.04</b> | <b>Miquel Cànovas (55)</b> | <b>Marsella (FRA)</b> | <b>21/08/1979</b> |
| 2        | 66.78        | Antoni Sánchez (56)        |                       | 1981              |
| 3        | 54.89        | Bartomeus Robert (46)      | Manresa               | 04/05/1969        |
| 4        | 51.48        | Eduard Aregall (64)        |                       | 1985              |
| 5        | 51.82        | Jordi Porta (49)           |                       | 1968              |
| 6        | 50.28        | Ferran Cònsul (53)         |                       | 1977              |



|    |       |                            |         |            |
|----|-------|----------------------------|---------|------------|
| 7  | 49.96 | Emili Comas (52)           |         | 1975       |
| 8  | 49.15 | Enric Sannicolàs (29)      |         | 1954       |
| 9  | 47.41 | Santiago Rodríguez (59)    |         | 1959       |
| 10 | 47.12 | Josep A. Gracia (52)       |         | 1970       |
| 11 | 46.36 | Manuel Martín (27)         |         | 1964       |
| 12 | 43.48 | Carles Peig Rebordosa (61) | Manresa | 18/06/1983 |

### HEPTATLÓ SHORT TRACK

|          |             |                                  |                     |                   |
|----------|-------------|----------------------------------|---------------------|-------------------|
| <b>1</b> | <b>5442</b> | <b>Albert Alvarez Lopez (89)</b> | <b>St. Sebastià</b> | <b>01/03/2009</b> |
| <b>2</b> | <b>4870</b> | <b>Joan Garrido Paris (68)</b>   | <b>St. Sebastià</b> | <b>1990</b>       |
| 3        | 4797        | Oriol Tarragó (70)               | Madrid              | 1991              |
| 4        | 4374        | Jan Diaz (04)                    | Sabadell            | 15/12/2019        |
| 5        | 4308        | Ricard Clemente Marti (94)       | Sabadell            | 12/02/2012        |
| 6        | 4137        | Daniel Ariza (73)                |                     | 1994              |
| 7        | 4103        | Gustau Vilellas Rosich (76)      |                     | 1997              |
| 8        | 4097        | Marc Valero Cano (93)            | Sabadell            | 12/02/2012        |

### DECATLÓ

|          |              |                                  |               |                   |
|----------|--------------|----------------------------------|---------------|-------------------|
| <b>1</b> | <b>6591p</b> | <b>Albert Alvarez Lopez (89)</b> | <b>Calvià</b> | <b>04/07/2010</b> |
| <b>2</b> | <b>6434p</b> | <b>Joan Garrido Paris (68)</b>   |               | <b>1989</b>       |
| 3        | 6148p        | Oriol Tarragó (70)               |               | 1990              |
| 4        | 5982p        | Daniel Ariza (73)                |               | 1994              |
| 5        | 5941p        | Antoni Sánchez (56)              | Manresa       | 01/11/1978        |
| 6        | 5824p        | Ricard Clemente Marti (94)       | Murcia        | 08/05/2016        |
| 7        | 5669p        | Salvador Amella (70)             |               | 1990              |
| 8        | 5117p        | Ferran Cònsul (53)               |               | 1976              |
| 9        | 5105p        | Carles Peig Rebordosa (61)       |               | 1988              |
| 10       | 5021p        | Alex Quer (55)                   |               | 1985              |
| 11       | 4925p        | Josep Clotet                     |               | 1959              |
| 12       | 4826p        | Lluís Ballús (53)                |               | 1973              |
| 13       | 4782p        | Gustau Vilellas Rosich (76)      |               | 1996              |
| 14       | 4666p        | Fèlix Noguera Carrillo (63)      |               | 1984              |
| 15       | 4663p        | Pablo Osorno (67)                |               | 1993              |
| 16       | 4661p        | Josep M. Gil Albero (64)         |               | 1984              |
| 17       | 4653p        | Antoni Guaras (59)               |               | 1980              |
| 18       | 4648p        | David Díaz (70)                  |               | 1993              |
| 19       | 4637p        | Roger Torras (70)                |               | 1993              |
| 20       | 4607p        | Josep Puig Sanz (72)             | Manresa       | 28/10/2001        |
| 21       | 4605p        | Joan Busquets (34)               |               | 1957              |
| 22       | 4557p        | Xavier Furió Gali (62)           |               | 1980              |
| 23       | 4549p        | Fermí Soler                      |               | 1956              |
| 24       | 4542p        | Jordi Pierola Laimon (68)        |               | 1987              |
| 25       | 4522p        | Enric Pintado (65)               |               | 1986              |

\* Primer any al club

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

<http://fcatletisme.cat/ranqing/>

<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 Rànqing del CAM (Carles Peig) Correu electrònic: [cp.vet@hotmail.com](mailto:cp.vet@hotmail.com)

# RANKING 25 MILLORS NOU REGLAMENT SHORT TRACK 2024

(actualitzat a 31/12/24)

Record s. XX

Record S. XXI

## FEMENÍ

| Rk                      | Vent | Marca       | Nom                                   | Lloc               | Data        |
|-------------------------|------|-------------|---------------------------------------|--------------------|-------------|
| <b>60 METRES LLISOS</b> |      |             |                                       |                    |             |
| 1                       |      | <b>7.66</b> | <b>Paula Sevilla Lopez Vieja (97)</b> | <b>Puertollano</b> | 06/02/2016  |
| 2                       |      | 7.68        | Laia Solà Hernando (01)               | Antequera          | 10/03/2018  |
| 3                       |      | 7.68        | Patricia Serrano Ponce (01)           | Salamanca          | 19/02/2022  |
| 4                       |      | 7.73        | Maria Quetglas (95)                   | Valencia           | 01/02/2020  |
| 5                       |      | 7.85        | Ella Bestue Ferrera (97)              | Madrid             | 29/01/2023  |
| 6                       |      | <b>7.87</b> | <b>Mara Prat (75)</b>                 | <b>Vilafranca</b>  | <b>1996</b> |
| 7                       |      | 7.88        | Estefania Sebastian (82)              | Sabadell           | 01/02/2015  |
| 8                       |      | 7.89        | Loles Vives Jorba (57)                | Saragossa          | 1987        |
| 9                       |      | 7.90        | Emilia del Hoyo Perez (97)            | Barcelona          | 31/01/2021  |
| 10                      |      | 7.93        | Merixell Pujol Ferrer (00)            | Sabadell           | 14/01/2023  |
| 11                      |      | 7.95        | Judit Devers (02)                     | Sabadell           | 13/02/2018  |
|                         |      | 7.95        | Carla Rovira Obiols (08)              | Sabadell           | 10/02/2024  |
| 13                      |      | 7.96        | Marta Riera (01)                      | Sabadell           | 19/01/2018  |
| 14                      |      | 8.00        | Alba Casanovas Muntada (93)           | Vilafranca         | 06/02/2010  |
| 15                      |      | 8.01        | Mar Garcia (97)                       | Sabadell           | 27/01/2019  |
|                         |      | 8.01        | Yesica Marianly Jimenez (97)          | Sabadell           | 02/02/2020  |
| 17                      |      | 8.02        | Julia Planas Vives (12)               | Sabadell           | 08/12/2024  |
| 18                      |      | 8.06        | Paula Raul Sala (96)                  | Sabadell           | 23/02/2013  |
| 19                      |      | 8.07        | Carla Font (84)                       | St. Sebastià       | 2000        |
| 20                      |      | 8.07        | Laura Bou (90)                        | Sabadell           | 14/01/2018  |
| 21                      |      | 8.14        | Gemma Vilellas Rosich (75)            | Vilafranca         | 1995        |
| 22                      |      | 8.15        | Montserrat Fresnillo Perez (10)       | Sabadell           | 21/12/2024  |
| 23                      |      | 8.17        | Jenay Hernandez Bovet (07)            | Sabadell           | 15/12/2024  |
| 24                      |      | 8.18        | Irene Flores Gonzalez (04)            | Sabadell           | 18/02/2023  |
| 25                      |      | 8.19        | Julia Quevedo Subirats (97)           | Sabadell           | 11/12/2021  |
|                         |      | 8.19        | Aina Roldan Perez (98)                | Sabadell           | 10/12/2023  |

## 100 METRES LLISOS

|    |     |              |                                |                         |                   |
|----|-----|--------------|--------------------------------|-------------------------|-------------------|
| 1  | 1,8 | <b>11.92</b> | <b>Patricia Serrano Ponce</b>  | <b>Alhama de Murcia</b> | <b>30/05/2021</b> |
| 2  | 1,7 | 12.01        | Paula Sevilla Lopez Vieja (97) | Puertollano 010515      | 01/05/2015        |
| 3  | 0,2 | 12.01        | Laia Solà Hernando (01)        | Gijón                   | 23/06/2018        |
| 4  | 0,9 | 12.23        | Ella Bestue Ferrera (97)       | Barcelona SE            | 21/06/2023        |
| 5  |     | <b>12.0</b>  | <b>Dolors Vives Jorba (57)</b> |                         | <b>1987</b>       |
| 6  |     | 12.32        | Mara Prat (75)                 |                         | 1996              |
| 7  | 0,8 | 12.40        | Estefania Sebastian (82)       | Andorra                 | 19/04/2015        |
| 8  | 0,8 | 12.42        | Judit Devers Cantero (02)      | Sabadell                | 07/04/2019        |
| 9  |     | 12.2         | Ester Maruny Vilalta (70)      |                         | 1985              |
| 10 | 0,5 | 12.44        | Jessica Lee Ford (88)          | Barcelona SR            | 19/06/2013        |
| 11 | 1,2 | 12.49        | Paula Raul Sala (96)           | Serrahima               | 30/04/2016        |

|    |     |       |                             |                    |            |
|----|-----|-------|-----------------------------|--------------------|------------|
| 12 | 0,7 | 12.50 | Merixell Tarragó Clop (01)  | Barcelona SE       | 03/07/2019 |
|    | 1.6 | 12.50 | Carla Rovira Obiols (08)    | Manresa            | 15/06/2024 |
| 14 |     | 12.62 | Merixell Pujol Ferrer (00)  | Santa Coloma de G. | 10/04/2022 |
| 15 |     | 12.64 | Queralt Vallbona Ramos (07) | Gavà               | 18/06/2022 |
| 16 | 0,5 | 12.69 | Ariadna Aivar Oliveras (87) | Barcelona SR       | 21/07/2007 |
|    | 0,4 | 12.69 | Maria Quetglas Poncell (95) | Madrid-VLL         | 05/09/2020 |
| 18 | 1,8 | 12.71 | Marta Riera Sato (01)       | Barcelona SR       | 12/07/2017 |
| 19 |     | 12.5  | Pilar Roca (56)             |                    | 1975       |
|    |     | 12.5  | Montse Selga (55)           |                    | 1980       |
|    |     | 12.5  | Gemma González (70)         |                    | 1985       |
| 22 |     | 12.74 | Mireia Parés Pladevall (83) | Barcelona SR       | 11/06/2004 |
| 23 | 1,5 | 12.83 | Laura Bou Saumell (90)      | Sta. Coloma G.     | 20/07/2019 |
| 24 |     | 12.6  | Fina Canals (68)            |                    | 1983       |
|    |     | 12.6  | Eva Pellicer (73)           |                    | 1989       |

### 200 METRES LLISOS

|          |      |              |                                       |                          |            |
|----------|------|--------------|---------------------------------------|--------------------------|------------|
| <b>1</b> | 1,9  | <b>23.97</b> | <b>Paula Sevilla Lopez Vieja (97)</b> | <b>Alcobendas 180616</b> | 18/06/2016 |
| 2        | 1,6  | 24.20        | Laura Bou Saumell (90)                | Barcelona SR             | 05/07/2023 |
| 3        | 1,6  | 24.79        | Laia Solà Hernando (01)               | Barcelona SR             | 27/05/2018 |
| 4        | 1,6  | 24.87        | Marta Riera Sato (01)                 | Barcelona SR             | 06/05/2018 |
| 5        |      | 25.01        | Merixell Tarragó Clop (01)            | La Nucia                 | 11/06/2022 |
| 6        | -1,2 | 25.28        | Patricia Serrano Ponce (01)           | Jumilla                  | 08/05/2021 |
| <b>7</b> |      | <b>25.33</b> | <b>Mara Prat (75)</b>                 |                          | 1996       |
| 8        | 0    | 25.33        | Maria Quetglas (95)                   | Palma de Mallorca        | 08/02/2020 |
| 9        | -1,7 | 25.36        | Ella Bestue Ferrera (97)              | Madrid VLL               | 24/06/2023 |
| 10       | 1,8  | 25.41        | Ariadna Aivar Oliveras (87)           | Barcelona SR             | 27/05/2007 |
| 11       | 1,1  | 25.49        | Jessica Lee Ford (88)                 | Barcelona SR             | 12/06/2013 |
| 12       | 1    | 25.55        | Emilia del Hoyo Perez (97)            | Valladolid               | 04/07/2015 |
| 13       | -0,8 | 25.56        | Paula Raul Sala (96)                  | Barcelona SR             | 13/07/2014 |
| 14       |      | 25.4         | Dolors Vives Jorba (57)               |                          |            |
| 15       | -0,1 | 25.77        | Nuria Tió Peig (95)                   | Barcelona SR             | 04/07/2012 |
| 16       |      | 25.83        | Mireia Parés Pladevall (83)           | Madrid MOR               | 15/06/2003 |
|          | 1,9  | 25.83        | Estefania Sebastian(82)               | Alcobendas               | 18/06/2016 |
| 17       |      | 25.91        | Queralt Vallbona (07)                 | Cornellà de Ll.          | 08/05/2022 |
| 18       | 0,6  | 25.95        | Judit Devers Cantero (02)             | Mollet Valles            | 23/05/2018 |
| 19       |      | 25.97        | Griselda Juncà Cases (82)             | Igualada                 | 07/06/2001 |
| 20       |      | 25.8         | Ester Maruny Vilalta (70)             |                          | 1985       |
| 21       |      | 25.9         | Mònica Serra (58)                     |                          | 1974       |
| 22       | 0,6  | 26.15        | Merixell Pujol Ferrer (00)            | Cornellà de Ll.          | 08/05/2021 |
| 23       | -1,4 | 26.17        | Julia Quevedo Subirats (97)           | Sabadell                 | 18/05/2014 |
|          | -0,2 | 26.17        | Mar Garcia Antunez (97)               | L'Hospitalet de LL.      | 11/05/2019 |
| 25       |      | 26.20        | Fanny Majó (64)                       |                          | 1990       |

### 200 METRES LLISOS SHORT TRACK

|          |              |                                |                 |                   |
|----------|--------------|--------------------------------|-----------------|-------------------|
| <b>1</b> | <b>24.66</b> | <b>Laura Bou Saumell (90)</b>  | <b>Sabadell</b> | <b>03/02/2023</b> |
| 2        | 24.75        | Paula Sevilla Lopez Vieja (97) | València        | 08/03/2015        |

|    |              |                              |                   |             |
|----|--------------|------------------------------|-------------------|-------------|
| 3  | 25.04        | Marta Riera Sato (01)        | Sabadell          | 04/02/2018  |
| 4  | 25.43        | Patricia Serrano Ponce (01)  | Antequera         | 04/02/2023  |
| 5  | 25.50        | Maria Quetglas (95)          | Salamanca         | 11/01/2020  |
| 6  | 25.56        | Laia Solà Hernando (01)      | Sabadell          | 11/03/2017  |
| 7  | 25.57        | Mireia Parés Pladevall (83)  | Vilafranca        | 11/02/2007  |
| 8  | 25.63        | Alba Casanovas Muntada (93)  | Vilafranca        | 28/02/2010  |
| 9  | 25.78        | Meitxell Tarragó Clop (01)   | Sabadell          | 14/12/2019  |
| 10 | 25.83        | Ariadna Aivar Oliveras (87)  | Vilafranca        | 03/02/2008  |
|    | 25.83        | Estefania Sebastian (82)     | Sabadell          | 01/02/2015  |
| 12 | 25.94        | Meritxell Pujol Ferrer (00)  | Sabadell          | 08/01/2023  |
| 13 | 25.98        | Emilia del Hoyo Perez (97)   | Albuquerque (USA) | 02/02/2019  |
| 14 | 26.04        | Mar Garcia (97)              | Sabadell          | 27/01/2019  |
| 15 | 26.05        | Queralt Vallbona Ramos (07)  | Sabadell          | 30/01/2022  |
| 16 | 26.22        | Judit Devers (02)            | Sabadell          | 14/01/2018  |
| 17 | 26.23        | Ella Bestue Ferrera (97)     | Madrid            | 03/12/2023  |
| 18 | 26.45        | Angela López Martí (75)      | Antequera         | 10/12/2017  |
| 19 | 26.48        | Julia Quevedo Subirats (97)  | València          | 08/03/2014  |
| 20 | 26.64        | Laura del Paso Martinez (93) | Sabadell          | 27/01/2013  |
| 21 | 26.72        | Nuria Tio (95)               | Sabadell          | 15/01/2022  |
| 22 | 26.77        | Jenay Hernandez Bovet (07)   | Sabadell          | 09/12/2023  |
| 23 | 26.80        | Eva Carmona Liria (85)       | Vilafranca        | 09/02/2003  |
| 24 | 26.82        | Xenia Pubill Murcia (04)     | Sabadell          | 23/12/2022  |
| 25 | <b>26.85</b> | <b>Mara Prat (75)</b>        | <b>Vilafranca</b> | <b>1996</b> |

#### 400 METRES LLISOS

|          |              |                                  |                  |                   |
|----------|--------------|----------------------------------|------------------|-------------------|
| <b>1</b> | <b>52.91</b> | <b>Laura Bou Saumell (90)</b>    | <b>Madrid VH</b> | <b>11/06/2023</b> |
| 2        | 55.03        | Meritxell Tarragó Clop (01)      | Nerja            | 25/06/2022        |
| 3        | 56.87        | Nuria Tió Peig (95)              | Eibar            | 02/06/2012        |
| 4        | 56.99        | Griselda Juncà Cases (82)        | Madrid MOR       | 15/06/2003        |
| 5        | 57.34        | Alba Casanovas Muntada (93)      | Fuenlabrada-UNI  | 17/05/2009        |
| 6        | 57.65        | Xenia Pubill Murcia (04)         | Fraga            | 27/05/2023        |
| 7        | 58.09        | Ariadna Aivar Oliveras (87)      | Igualada         | 24/06/2008        |
| 8        | <b>58.0</b>  | <b>Mireia Vila Fabregas (67)</b> |                  | 1988              |
| 9        | 58.32        | Queralt Vallbona Ramos (07)      | Sabadell         | 18/06/2023        |
| 10       | 58.44        | Eulàlia Torrescasana (71)        | Arona            | 03/07/2010        |
| 11       | 58.5         | Fanny Majó (64)                  |                  | 1986              |
| 12       | 58.74        | Anna Vallhonestà Espinosa (88)   | Granollers       | 23/06/2007        |
| 13       | 58.77        | Paula Sevilla Lopez Vieja (97)   | Madrid INEF      | 19/12/2015        |
| 14       | 59.08        | Maria Gonzalez Casals (99)       | Manresa          | 20/05/2017        |
| 15       | 59.09        | Marina Guerrero (95)             | Olot             | 07/05/2022        |
| 16       | 59.35        | Alba Gallardo Llorens (89)       | Manresa          | 19/07/2005        |
| 17       | 59.52        | Angela Lopez Marti (75)          | Palma Mallorca   | 03/06/2017        |
| 18       | 59.62        | Sílvia Leal Augé(76)             |                  | 1998              |
| 19       | 59.71        | Bethelhem Manzano Jimeno (02)    | Olot             | 21/04/2018        |
| 20       | 59.88        | Maria Salabert Piñero (03)       | Barcelona SE     | 20/06/2021        |
| 21       | 59.9         | Montse Selga (55)                |                  | 1974              |
| 22       | 59.9         | Esperança Macià (59)             |                  | 1976              |
| 23       | 1:00.0       | Meritxell Calduch Prat (78)      |                  | 1995              |

|    |         |                        |                   |            |
|----|---------|------------------------|-------------------|------------|
| 24 | 1:00.18 | Mireia Via Comas (98)  | Serrahima         | 01/06/2016 |
| 25 | 1:00.22 | Maite Marzo Gomez (71) | Mollet del Valles | 21/05/2021 |

#### 400 METRES LLISOS SHORT TRACK

|          |              |                                  |                  |                   |
|----------|--------------|----------------------------------|------------------|-------------------|
| <b>1</b> | <b>53.94</b> | <b>Laura Bou Saumell (90)</b>    | <b>Ourense</b>   | <b>11/02/2023</b> |
| 1        | 55.41        | Merixell Tarragó Clop (01)       | Ourense          | 29/02/2020        |
| 3        | 56.81        | Alba Casanovas Muntada (93)      | Sabadell         | 06/03/2011        |
| 4        | 57.18        | Nuria Tió Peig (95)              | Sabadell         | 16/03/2014        |
| 5        | 58.07        | Xenia Pubill Murcia (04)         | Sabadell         | 23/12/2023        |
| 6        | 58.09        | Ariadna Aivar Oliveras (87)      | Vilafranca       | 31/01/2009        |
| 7        | 58.39        | Griselda Juncà Cases (82)        | Vilafranca       | 10/02/2002        |
| 8        | 58.9         | Marta Riera (01)                 | Sabadell         | 21/01/2018        |
| 9        | 59.40        | Queralt Vallbona Ramos (07)      | Sabadell         | 26/02/2023        |
| 10       | 59.45        | Anna Vallhonestà Espinosa (88)   | Vilafranca       | 20/01/2007        |
| 11       | 59.50        | Maria González Casals (99)       | València         | 04/03/2017        |
| 12       | 59.63        | Eulalia Torrescasana (71)        | Nova York (USA)  | 26/02/2010        |
| 13       | 59.77        | Angela López Martí (75)          | Madrid           | 20/03/2018        |
| 14       | <b>59.83</b> | <b>Mireia Vila Fabregas (67)</b> | <b>Saragossa</b> | <b>1993</b>       |
| 15       | 59.94        | Alba Gallardo Llorens (89)       | Vilafranca       | 26/02/2005        |
| 16       | 1:00.35      | Emilia del Hoyo Perez (97)       | Sabadell         | 25/01/2013        |
| 17       | 1:00.41      | Maria Salabert Piñero (03)       | Barcelona        | 21/02/2021        |
| 18       | 1:01.12      | Olatz Mompeó Masachs (91)        | Vilafranca       | 14/02/2009        |
| 19       | 1:01.18      | Mireia Parés Pladevall (83)      | Vilafranca       | 15/01/2003        |
| 20       | 1:01.34      | Maite Marzo Gomez (71)           | Torun (POL)      | 28/03/2023        |
| 21       | 1:01.5       | Esperança Macià (59)             | Oviedo           | 1977              |
| 22       | 1:02.07      | Fanny Majó (64)                  | Madrid           | 1981              |
| 23       | 1:02.0       | Anna M. Riera (57)               | Sabadell         | 1976              |
| 24       | 1:02.58      | Julia Quevedo (97)               | Sabadell         | 24/01/2014        |
| 25       | 1:02.5       | Montse Selga (55)                | Sabadell         | 1974              |

#### 800 METRES LLISOS

|          |                |                                  |                 |                   |
|----------|----------------|----------------------------------|-----------------|-------------------|
| <b>1</b> | <b>2:07.03</b> | <b>Nuria Tió Peig (95)</b>       | <b>Mataró</b>   | <b>15/07/2014</b> |
| 2        | 2:09.15        | Griselda Juncà Cases (82)        | Barcelona SR    | 18/06/2003        |
| 3        | 2:09.33        | Marina K Petkova (90)            | Gijón           | 23/07/2016        |
| 4        | 2:10.28        | Bethlehem Manzano Jimeno (02)    | Nashville (USA) | 27/04/2024        |
| 5        | 2:10.30        | Marina Guerrero Puigdevall (94)  | Castelló        | 14/05/2022        |
| 6        | 2:11.00        | Alícia Fernández (78)            |                 | 2000              |
| 7        | 2:11.47        | Anna Vallhonestà Espinosa (88)   | Mataró          | 12/06/2007        |
| 8        | 2:12.39        | Nuria Tilló Prats (98)           | Eugene (USA)    | 24/04/2021        |
| 9        | 2:12.47        | Alba Gallardo Llorens (89)       | Mataró          | 15/07/2009        |
| 10       | 2:12.76        | Mercè Guerra Alba (96)           | Cornellà        | 05/07/2022        |
| 11       | <b>2:12.8</b>  | <b>Mireia Vila Fabregas (67)</b> |                 | <b>1989</b>       |
| 12       | 2:13.0         | Merixell Calduch Prat (78)       |                 | 1998              |
| 13       | 2:14.50        | Alba Martínez Martínez (85)      | Alacant         | 23/05/2004        |
| 14       | 2:15.02        | Merixell Soler Delgado (92)      | Lloret de Mar   | 03/07/2021        |

|    |         |                                    |               |            |
|----|---------|------------------------------------|---------------|------------|
| 15 | 2:15.82 | Anna Vilaró Aguilera (87)          | Barcelona SR  | 20/06/2007 |
| 16 | 1:16.53 | Carlota Soler Vazquez (03)         | Manresa       | 13/04/2019 |
| 17 | 2:17.04 | Ekhiñe Otaola Otaola (91)          | Barcelona SE  | 11/06/2008 |
| 18 | 2:17.44 | Eva Jiménez Martos (73)            |               | 1992       |
| 19 | 2:17.5  | Fanny Majó (64)                    |               | 1986       |
| 20 | 2:17.52 | Mireia Via Comas (98)              | Serrahima     | 08/06/2016 |
| 21 | 2:17.79 | Najwa Chouati Ech Charyf (97)      | Turlock (USA) |            |
| 22 | 2:18.01 | Judit Ester Ribera (70)            |               | 1991       |
| 23 | 2:18.25 | Elena Congost (87)                 | Basauri       | 30/05/2010 |
| 24 | 2:18.47 | M <sup>a</sup> Dolores Jimenez(69) | Huelva        | 21/06/2014 |
| 25 | 2:18.7  | Marta Busquets Sanchez (68)        |               | 1992       |

### 800 METRES LLISOS SHORT TRACK

|          |                |                                     |                     |                   |
|----------|----------------|-------------------------------------|---------------------|-------------------|
| <b>1</b> | <b>2:09.74</b> | <b>Nuria Tió Peig (95)</b>          | <b>Sabadell</b>     | <b>06/02/2022</b> |
| 2        | 2:10.06        | Marina Guerrero Puigdevall (94)     | Ourense             | 11/02/2023        |
| 3        | 2:10.08        | Laura Bou Saumell (90)              | Sabadell            | 21/12/2024        |
| 4        | 2:12.05        | Bethlehem Manzano (02)              | Lynchburg (USA)     | 23/02/2004        |
| 5        | 2:12.69        | Anna Vallhonestà Espinosa (86)      | Sevilla             | 17/02/2007        |
| 6        | 2:15.86        | Alba Gallardo Llorens (89)          | Vilafranca          | 06/02/2010        |
| 7        | 2:16.20        | Marina Krasimirova Petkova (90)     | Sabadell            | 17/01/2016        |
| <b>8</b> | <b>2:16.51</b> | <b>Mireia Vila Fabregas (67)</b>    | <b>St. Sebastià</b> | <b>1993</b>       |
| 9        | 2:16.52        | Griselda Juncà Cases (82)           | Sevilla             | 15/03/2003        |
| 10       | 2:16.52        | Meritxell Tarragó Clop (01)         | Sabadell            | 23/12/2022        |
| 11       | 2:18.50        | Anne Suso Elorza (93)               | Antequera           | 14/02/2015        |
| 12       | 2:20.08        | Carlota Soler (03)                  | Sabadell            | 05/01/2020        |
| 13       | 2:21.51        | Eulalia Torrescasana (71)           | Sabadell            | 01/02/2015        |
| 14       | 2:22.35        | Carme Bes Fuster (69)               | Vilafranca          | 03/02/2007        |
| 15       | 2:22.69        | M <sup>a</sup> Dolores Jimenez (69) | Sabadell            | 01/02/2014        |
| 16       | 2:22.75        | Alba Martínez Martínez (86)         | Vilafranca          | 18/01/2004        |
| 17       | 2:23.09        | Mireia Via Comas (98)               | Sabadell            | 01/02/2015        |
| 18       | 2:23.43        | Emilia del Hoyo Perez (97)          | Ourense             | 29/02/2020        |
| 19       | 2:24.7         | Rosalía Rogé (52)                   | Sabadell            | 1973              |
| 20       | 2:25.13        | Eva Iglesias Garcia (80)            | Vilafranca          | 03/02/2007        |
| 21       | 2:25.68        | Ekhiñe Otaola (91)                  | Vilafranca          | 25/01/2008        |
| 22       | 2:25.99        | Sílvia Leal Augé (76)               |                     | 1994              |
| 23       | 2:26.09        | Judit Prat Vilanova (04)            | Antequera           | 18/01/2020        |
| 24       | 2:26.7         | Mercè Rosich Vilaró (52)            | Sabadell            | 1973              |

### 1500 METRES LLISOS

|          |                |  |                     |                   |
|----------|----------------|--|---------------------|-------------------|
| <b>1</b> | <b>4:24.08</b> | <b>Marina Guerrero Puigdevall (94)</b> | <b>Barcelona SE</b> | <b>01/07/2021</b> |
| 2        | 4:24.29        | Meritxell Calduch Prat (78)            |                     | 2000              |
| 3        | 4:24.48        | Meritxell Soler Delgado (92)           | Barcelona SE        | 01/07/2021        |
| 4        | 4:24.75        | Bethlehem Manzano Jimeno (02)          | Atlanta (USA)       | 19/04/2024        |
| 5        | 4:24.77        | Alícia Fernández (78)                  | Barakaldo           | 05/07/2003        |
| 6        | 4:26.98        | Najwa Chouati (97)                     | Clovis (USA)        | 27/04/2024        |
| 7        | 4:27.13        | Merçe Guerra Alba (96)                 | Barcelona SE        | 05/07/2022        |

|           |               |                                    |              |             |
|-----------|---------------|------------------------------------|--------------|-------------|
| 8         | 4:27.37       | Nuria Tilló Prats (98)             | Eugene (USA) | 23/04/2021  |
| 9         | 4:29.45       | Nuria Tió Peig (95)                | Serrahima    | 30/06/2016  |
| 10        | 4:31.58       | Alba Gallardo Llorens (89)         | Barcelona SR | 08/07/2015  |
| 11        | 4:32.66       | Alba Martínez Martinez (86)        | Gavà         | 12/06/2005  |
| <b>12</b> | <b>4:33.0</b> | <b>Judit Ester Ribera (70)</b>     |              | <b>1991</b> |
| 13        | 4:36.1        | Eva Jiménez Martos (73)            |              | 1993        |
| 14        | 4:37.83       | Elena Congost Mohedano (87)        | Barcelona SR | 18/06/2014  |
| 15        | 4:39.91       | Carlota Soler Vazquez (03)         | Andújar      | 01/06/2019  |
| 16        | 4:42.0        | Nuria Prat (71)                    |              | 1988        |
| 17        | 4:42.0        | Marta Busquets Sanchez (68)        |              | 1991        |
| 18        | 4:42.63       | Maria Riera Sato (93)              | Barcelona SR | 27/06/2012  |
| 19        | 4:44.22       | Aniria Mata Sastre (93)            | Mataró       | 06/07/2016  |
| 20        | 4:44.63       | Ester Guerrero Muñoz (88)          | Barcelona SR | 19/06/2013  |
| 21        | 4:45.0        | Ingrid Sala (70)                   |              | 1991        |
| 22        | 4:45.02       | Eva Iglesias Garcia (80)           | Barcelona SR | 14/07/2006  |
| 23        | 4:45.13       | Anna Vallhonestà Espinosa (88)     | Sabadell     | 31/03/2007  |
| 24        | 4:45.18       | Ekhiñe Otaola Otaola (91)          | Vic          | 29/04/2007  |
| 25        | 4:45.20       | M <sup>a</sup> Dolores Jimenez(69) | Alcorcón     | 08/06/2014  |

### 1500 METRES LLISOS SHORT TRACK

|          |                |  |                   |                   |
|----------|----------------|--|-------------------|-------------------|
| <b>1</b> | <b>4:22.87</b> | <b>Marina Guerrero Puigdevall (94)</b> | <b>Sabadell</b>   | <b>21/12/2024</b> |
| 2        | 4:31.12        | Alícia Fernández (78)                  | Saragossa         | 01/02/2003        |
| 3        | 4:35.32        | Alba Gallardo Llorens (92)             | Sabadell          | 14/02/2016        |
| 4        | 4:39.51        | Irene Batlle (98)                      | Sabadell          | 23/12/2023        |
| <b>5</b> | <b>4:39.73</b> | <b>Meritxell Calduch Prat (78)</b>     | <b>Vilafranca</b> | <b>1999</b>       |
| 6        | 4:40.67        | Marina Petkova (90)                    | Sabadell          | 30/01/2015        |
| 7        | 4:40.83        | Bethlehem Manzano (02)                 | Sabadell          | 23/12/2023        |
| 8        | 4:43.17        | Carlota Soler Vazquez (03)             | València          | 10/03/2019        |
| 9        | 4:43.71        | Mercè Guerra Alba (96)                 | Ourense           | 11/02/2023        |
| 10       | 4:43.73        | Maria Riera Sato (93)                  | Sabadell          | 24/01/2014        |
| 11       | 4:44.49        | Alba Martínez Martinez (86)            | Saragossa         | 07/03/2004        |
| 12       | 4:46.28        | Alba Corredera Flotats (88)            | València          | 13/03/2005        |
| 13       | 4:46.37        | Ekhiñe Otaola Otaola (91)              | Sabadell          | 19/12/2010        |
| 14       | 4:48.07        | Anna Vilaró Aguilera (87)              | Vilafranca        | 14/01/2007        |
| 15       | 4:49.24        | Najwa Chouati (97)                     | Sabadell          | 30/01/2015        |
| 16       | 4:49.41        | Eva Iglesias Garcia (80)               | Vilafranca        | 11/02/2007        |
| 17       | 4:50.71        | Meritxell Soler Delgado (92)           | Sabadell          | 15/01/2012        |
| 18       | 4:50.95        | Elena Congost Mohedano (87)            | Vilafranca        | 31/01/2010        |
| 19       | 4:51.00        | Aniria Mata Sastre (93)                | Sabadell          | 08/02/2015        |
| 20       | 4:53.88        | Ester Guerrero Muñoz (88)              | Sabadell          | 10/02/2012        |
| 21       | 4:55.18        | M <sup>a</sup> Dolores Jimenez (69)    | Sabadell          | 30/01/2015        |
| 22       | 4:57.12        | Marta Juncadella (95)                  | Sabadell          | 27/02/2011        |
| 23       | 4:57.37        | Julia Dalmau (01)                      | Sabadell          | 03/02/2018        |
| 24       | 4:57.40        | Judit Ester (70)                       | Vilafranca        | 02/02/2008        |
| 25       | 4:58.08        | Anna Vallhonestà Espinosa (88)         | Vilafranca        | 09/01/2002        |

### 3000 METRES LLISOS



|          |                |                                    |                       |             |
|----------|----------------|------------------------------------|-----------------------|-------------|
| <b>1</b> | <b>9:20.79</b> | <b>Meritxell Calduch Prat (78)</b> | <b>L'Alfas del Pi</b> | <b>2000</b> |
| 2        | 9:21.50        | Meritxell Soler Delgado (92)       | La Núcia              | 30/06/2021  |
| 3        | 9:36.21        | Mireia Guarnier Piquet (92)        | Barcelona SE          | 15/04/2023  |
| <b>4</b> | <b>9:39.09</b> | <b>Judit Ester Ribera (70)</b>     |                       | <b>1991</b> |
| 5        | 9:41.71        | Najwa Chouati (97)                 | Fresno (USA)          | 18/02/2023  |
| 6        | 9:56.56        | Merce Guerra Alba (96)             | Barcelona SE          | 17/10/2021  |
| 7        | 9:57.56        | Eva Jiménez Martos (73)            |                       | 1993        |
| 8        | 10:02.83       | Elena Congost Mohedano (87)        | Sabadell              | 18/05/2014  |
| 9        | 10:03.82       | Irene Batlle Capa (98)             | Durango               | 05/05/2024  |
| 10       | 10:05.9        | Ingrid Sala (70)                   |                       | 1991        |
| 11       | 10:06.4        | Marta Busquets Sanchez (68)        |                       | 1992        |
| 12       | 10:08.82       | Aniria Mata Sastre (93)            | Manresa               | 02/04/2016  |
| 13       | 10:11.0        | Núria Prat (71)                    |                       | 1988        |
| 14       | 10:15.66       | Alícia Fernández (78)              |                       | 2000        |
| 15       | 10:17.0        | Isabel Espel Jurado (70)           |                       | 1999        |
| 16       | 10:21.1        | Alba Gallardo Llorens (89)         | Manresa               | 24/11/2010  |
| 17       | 10:21.20       | Alba Corredera Flotats (88)        | Madrid                | 04/07/2003  |
| 18       | 10:25.27       | Eva Iglesias Garcia (80)           | Banská Bystrica       | 17/06/2006  |
| 19       | 10:25.58       | Nuria Tió Peig (95)                | Manresa               | 24/04/2021  |
| 20       | 10:29.07       | Carme Tort Creus (78)              | Igualada              | 13/04/2004  |
| 21       | 10:29.49       | Bethelhem Manzano Jimeno (02)      | Gavá                  | 12/06/2016  |
| 22       | 10:29.62       | Alba Martínez Martínez (86)        | Sabadell              | 11/09/2004  |
| 23       | 10:31.4        | Ester Guerrero Muñoz (88)          | Castelló MGH          | 29/04/2017  |
| 24       | 10:36.72       | Maria Riera Sato (93)              | Alcorcón              | 19/05/2013  |
| 25       | 10:43.3        | Paquita Quílez                     |                       | 1988        |

### 3000 METRES LLISOS SHORT TRACK

|           |                 |                                    |                             |                   |
|-----------|-----------------|------------------------------------|-----------------------------|-------------------|
| <b>1</b>  | <b>9:23.25</b>  | <b>Najwa Chouati (97)</b>          | <b>Virginia Beach (USA)</b> | <b>11/03/2023</b> |
| 2         | 9:27.96         | Meritxell Calduch Prat (78)        | Vilafranca                  | 25/02/2001        |
| 3         | 9:37.88         | Marina Guerrero Puigdevall (94)    | Sabadell                    | 21/01/2024        |
| 4         | 9:42.49         | Meritxell Soler Delgado (92)       | Barcelona                   | 24/01/2021        |
| 5         | 9:43.89         | Irene Batlle Capa (98)             | Sabadell                    | 21/01/2024        |
| 6         | 9:47.28         | Mercè Guerra Alba (96)             | Sabadell                    | 08/01/2023        |
| 7         | 9:55.08         | Nuria Tilló Prats (98)             | Sabadell                    | 03/02/2023        |
| 8         | 9:59.21         | f Marta Romance Oms (00)           | Madrid                      | 12/02/2022        |
| 9         | 9:59.48         | Elena Congost Mohedano (87)        | Sabadell                    | 02/02/2014        |
| 10        | 10:00.28        | Maria Riera Sato (93)              | Sabadell                    | 02/02/2014        |
| 11        | 10:03.62        | Aniria Mata (93)                   | Sabadell                    | 24/01/2016        |
| 12        | 10:09.48        | Alba Martinez Martínez (86)        | Vilafranca                  | 29/01/2006        |
| <b>13</b> | <b>10:12.13</b> | <b>Marta Busquets Sanchez (68)</b> | <b>Saragossa</b>            | <b>1993</b>       |
| 14        | 10:17.98        | Ester Guerrero Muñoz (88)          | Sabadell                    | 05/02/2012        |
| 15        | 10:30.84        | Judit Ester Ribera (70)            | Vilafranca                  | 20/01/2008        |
| 16        | 10:30.91        | Eva Iglesias Garcia (80)           | Vilafranca                  | 28/01/2006        |
| 17        | 10:33.10        | Alba Corredera Flotats (88)        | Saragossa                   | 04/03/2007        |
| 18        | 10:37.59        | Bethlehm Manzano Jimeno (02)       | Oviedo                      | 13/03/2016        |
| 19        | 10:39.44        | Eva Jiménez Martos (73)            |                             | 1988              |
| 20        | 10:39.88        | Sílvia Sánchez Carrascal (77)      | Vilafranca                  | 21/01/2001        |

|    |          |                              |            |            |
|----|----------|------------------------------|------------|------------|
| 21 | 10:44.68 | Manela Martínez (55)         | Vilafranca | 2000       |
| 22 | 10:53.33 | Ekhiñe Otaola Otaola (91)    | Vilafranca | 25/01/2009 |
| 23 | 10:59.78 | Julia Dalmau (01)            | Sabadell   | 16/01/2016 |
| 24 | 10:59.97 | Nuria Vidal Pesarrodona (97) | Sabadell   | 11/02/2012 |
| 25 | 11:00.63 | Isabel Espel Jurado (70)     | Vilafranca | 1996       |

### 5000 METRES LLISOS

|          |                 |                                    |                    |                   |
|----------|-----------------|------------------------------------|--------------------|-------------------|
| <b>1</b> | <b>15:56.69</b> | <b>Merixell Soler Delgado (92)</b> | <b>Granollers</b>  | <b>02/07/2022</b> |
| 2        | 16:21.79        | Najwa Chouati (97)                 | Palo Alto (USA)    | 31/03/2023        |
| 3        | 16:24.19        | Merixell Calduch Prat (78)         | Braga POR          | 21/06/2000        |
| 4        | 16:28.22        | Nuria Tilló Prats (98)             | Fresno (USA)       | 30/04/2021        |
| 5        | 16:47.77        | Mireia Guarner Piquet (92)         | Pamplona           | 15/07/2023        |
| 6        | 17:21.31        | Elena Congost Mohedano (87)        | Palafrugell        | 31/05/2014        |
| 7        | <b>17:34.79</b> | <b>Judit Ester Ribera (70)</b>     |                    | <b>1999</b>       |
| 8        | 17:36.21        | Aniria Mata Sastre (93)            | Lleida             | 17/04/2016        |
| 9        | 17:37.99        | Mercè Guerra Alba (96)             | Sta.Coloma de G.   | 10/04/2022        |
| 10       | 17:40.9         | Ingrid Sala (70)                   |                    | 1992              |
| 11       | 17:54.95        | Alícia Fernández (78)              | L'Hospitalet       | 21/04/2001        |
| 12       | 17:56.88        | Maria Riera Sató (93)              | Igualada           | 27/04/2014        |
| 13       | 18:16.03        | Alba Corredera Flotats (88)        | St. Sebastià       | 30/07/2006        |
| 14       | 18:16.6         | Marta Busquets Sanchez (68)        |                    | 1992              |
| 15       | 18:21.78        | Manela Martínez González (57)      |                    | 2000              |
| 16       | 18:27.61        | Eva Iglesias Garcia (80)           | El Prat            | 15/02/2007        |
| 17       | 18:33.16        | Mar Juarez Gallardo (93)           | Igualada           | 12/10/2020        |
| 18       | 18:33.77        | Carme Tort Creus (78)              | Barcelona SR       | 22/06/2002        |
| 19       | 18:35.98        | Isabel Espel Jurado (70)           |                    | 1997              |
| 20       | 18:37.01        | Berta Estragués Higuieruelo (98)   | Barcelona SR       | 03/06/2018        |
| 21       | 18:38.7         | Sílvia Sánchez Carrascal (77)      | Cornellà           | 22/06/2002        |
| 22       | 18:41.64        | Alba Gallardo Llorens (89)         | Gavá               | 19/03/2011        |
| 23       | 19:10.3         | Núria Padrisa (74)                 |                    | 1998              |
| 24       | 19:11.32        | Bethelhem Manzano Jimeno (02)      | Santa Coloma de G. | 04/04/2021        |
| 25       | 19:16.49        | Lorena Cubillas Flores (96)        | Serrahima          | 24/04/2016        |

### 5000 METRES LLISOS SHORT TRACK

|          |                 |                             |                             |                   |
|----------|-----------------|-----------------------------|-----------------------------|-------------------|
| <b>1</b> | <b>16:50.71</b> | <b>Najwa Chouati (97)</b>   | <b>Virginia Beach (USA)</b> | <b>10/03/2023</b> |
| 2        | 17:15.53        | Merixell Soler Delgado (92) | Mankato (USA)               | 27/02/2015        |

### 10000 METRES LLISOS

|          |               |                                    |                  |                   |
|----------|---------------|------------------------------------|------------------|-------------------|
| <b>1</b> | <b>32:31r</b> | <b>Merixell Soler Delgado (92)</b> | <b>Barcelona</b> | <b>31/12/2022</b> |
| 2        | 34:00.12      | Najwa Chouati (97)                 | Azusa (USA)      | 13/04/2023        |
| 3        | 34:01.25      | Merixell Calduch Prat (78)         |                  | 2000              |
| 4        | 35:06r        | Mercè Guerra Alba (96)             | Barcelona        | 31/12/2019        |
| 5        | 35:30r        | Marina Guerrero (94)               | Valencia         | 12/01/2020        |
| 6        | 35:56r        | Nuria Tilló Prats (98)             | Valencia         | 03/10/2021        |
| 7        | 36:51r        | Elena Congost Mohedano (87)        | Barcelona        | 13/04/2014        |

|    |                |                                |                   |             |
|----|----------------|--------------------------------|-------------------|-------------|
| 8  | 36:52r         | Aniria Mata Sastre (93)        | Barcelona         | 31/12/2015  |
| 9  | 37:01r         | Mireia Guarner Piquet (92)     | Barcelona         | 26/11/2017  |
| 10 | 37:11.00       | Judit Ester Ribera (70)        | Calella           | 27/03/2004  |
| 11 | 37:16r         | Carme Tort Creus (78)          | Barcelona         | 31/12/2005  |
| 12 | 37:17r         | Eva Iglesias Garcia (80)       | Barcelona         | 31/11/2005  |
| 13 | 37:33r         | Maria Riera Sato (93)          | Barcelona         | 31/12/2013  |
| 14 | 37:35.8        | Alicia Fernández Casanovas(78) |                   | 2000        |
| 15 | 38:01r         | Alba Gallardo Llorens (89)     | Vilafranca del P. | 24/01/2019  |
| 16 | 38:09r         | Maria Dolores Jimenez (69)     | Sevilla           | 12/10/2014  |
| 17 | 38:18.8        | Manuela Martínez Gonzalez (57) |                   | 2000        |
| 18 | 38:26r         | Maria Vinyet Noguero (81)      | Barcelona         | 31/12/2008  |
| 19 | 38:28r         | Ester Guerrero (88)            | Barcelona         | 19/01/2020  |
| 20 | 38:49r         | Marta Busquets Sanchez (68)    | Barcelona         | 31/12/2007  |
| 21 | 38:52.87       | Sílvia Sánchez Carrascal (77)  | Olot              | 23/03/2002  |
| 22 | <b>38:57.2</b> | <b>Melània Bonet (63)</b>      |                   | <b>1988</b> |
| 23 | 39:04r         | Alba Xandri Suets (78)         | Barcelona         | 31/12/2008  |
| 24 | 39:08.63       | Teresa Forn (59)               |                   | 1992        |
| 25 | 39:25r         | Alba Martinez Martinez (86)    | Manresa           | 15/10/2006  |

## MARATÓ

|          |                |                                     |                |                   |
|----------|----------------|-------------------------------------|----------------|-------------------|
| <b>1</b> | <b>2:24:57</b> | <b>Meritxell Soler Delgado (92)</b> | <b>Sevilla</b> | <b>18/02/2024</b> |
| 2        | 2:38:35        | Mireia Guarner Piquet (92)          | Londres        | 23/04/2023        |
| 3        | 2:58:36        | Rosa M. Mas (65)                    |                | 2000              |
| 4        | 3:02:16        | Marta Busquets Sanchez (68)         | Rotterdam      | 13/04/2008        |
| 5        | 3:03:02        | Elena Congost Mohedano (87)         | Munich (GER)   | 11/10/2015        |
| <b>6</b> | <b>3:04:17</b> | <b>Teresa Forn (59)</b>             |                | 1992              |
| 7        | 3:07:34        | Alba Xandri Suets (78)              | Roma           | 22/03/2009        |
| 8        | 3:10:05        | Manela Martínez Gonzalez (57)       |                | 1999              |
| 9        | 3:11:07        | Judit Ester Ribera (70)             | St. Sebastià   | 26/11/2001        |
| 10       | 3:12:36        | Sílvia Nebot (59)                   |                | 2000              |
| 11       | 3:24:35        | Mercè Gracia (73)                   |                | 1999              |
| 12       | 3:26:53        | Montserrat Cutrina                  | Sevilla        | 15/02/2011        |
| 13       | 3:27:00        | Carme Campoy Guerrero (69)          | St. Sebastià   | 25/11/2007        |
| 14       | 3:29:04        | Carme Tort Creus (78)               | Barcelona      | 12/03/2017        |
| 15       | 3:32:57        | Alba Puertas Carbonell (68)         |                | 1999              |
| 16       | 3:38:36        | Carme Comellas (54)                 |                | 1997              |
| 17       | 3:46:34        | Melània Bonet (63)                  |                | 1987              |
| 18       | 3:48:00        | Alba Lloys                          | Sant Sebastià  | 26/11/2001        |
| 19       | 4:07:51        | M. Teresa Florensa (48)             |                | 1995              |
| 20       | 4:14:02        | Mercè Rosich Vilaro (52)            |                | 1995              |

## 60 METRES TANQUES (0,84)

|          |             |                                 |                     |                   |
|----------|-------------|---------------------------------|---------------------|-------------------|
| <b>1</b> | <b>8.24</b> | <b>Lerato Pages Maboka (05)</b> | <b>Salamanca</b>    | <b>09/03/2024</b> |
| 2        | 8.32        | Emilia del Hoyo Perez (97)      | Ourense             | 18/02/2024        |
| 3        | 8.55        | Paula Raul Sala (96)            | Sabadell            | 13/02/2018        |
| <b>4</b> | <b>8.76</b> | <b>Sandra Olivé (75)</b>        | <b>Barcelona SJ</b> | <b>1995</b>       |

|    |       |                              |                  |            |
|----|-------|------------------------------|------------------|------------|
| 5  | 8.87  | Marta Riera (01)             | València         | 18/02/2018 |
| 6  | 8.99  | Anna Cabrera Riudor (01)     | Birmingham (USA) | 21/01/2023 |
| 7  | 9.06  | Anna Circuns Guix (84)       | Eaubonne (FRA)   | 24/02/2002 |
| 8  | 9.11  | Laura del Paso Martinez (93) | Sabadell         | 14/02/2016 |
| 9  | 9.18  | Laia Olmedo Fornell (04)     | Sabadell         | 21/01/2024 |
| 10 | 9.18  | Mercè Junyent Ribalta (24)   | Sabadell         | 20/01/2024 |
| 11 | 9.25  | Judit Devers (02)            | Sabadell         | 05/01/2019 |
| 12 | 9.39  | Laura Clemente Marti (94)    | Sabadell         | 10/03/2013 |
| 13 | 9.45  | Angela López Marti (75)      | València         | 14/02/2015 |
| 14 | 9.45  | Claudia Galan (04)           | Sabadell         | 04/01/2020 |
| 15 | 9.48  | Ariadna Aivar (87)           | Vilafranca       | 10/08/2008 |
| 16 | 9.53  | Berta Fontarnau (83)         | Sevilla          | 16/03/2003 |
| 17 | 9.60  | Montse Selga (56)            | Sabadell         | 1977       |
| 18 | 9.60  | Soletat Pérez (63)           | Saragossa        | 1980       |
| 19 | 9.64  | Diana Millán (3)             | Vilafranca       | 10/02/2002 |
| 20 | 9.66  | Cristina Cardenas (87)       | St. Sebastià     | 28/02/2009 |
| 21 | 9.79  | Sofia Zorrilla (98)          | Antequera        | 20/01/2019 |
| 22 | 9.89  | Mònica Clemente (96)         | Sabadell         | 08/03/2014 |
| 23 | 10.01 | Laura Farres (99)            | Sabadell         | 09/01/2016 |
| 24 | 10.15 | Martina Monso Prat (04)      | Barcelona        | 30/01/2021 |
| 25 | 10.4  | Queralt Solsona (99)         | Sabadell         | 10/01/2016 |
| 26 | 10.44 | Laia Morató Gómez (92)       | Vilafranca       | 13/01/2008 |

### 100 METRES TANQUES (0,84m)

|          |             |              |                                 |                  |                   |
|----------|-------------|--------------|---------------------------------|------------------|-------------------|
| <b>1</b> | <b>-1,1</b> | <b>13.43</b> | <b>Lerato Pages Maboka (05)</b> | <b>La Núcia</b>  | <b>30/06/2024</b> |
| 2        | 1,8         | 13.53        | Emilia del Hoyo Perez (97)      | Nerja            | 25/06/2022        |
| 3        | 0,1         | 13.67        | Paula Raul Sala (86)            | Madrid-Moratalaz | 22/06/2018        |
|          |             | 0,6          | Anna Cabrera Riudor (01)        | Mobile (USA)     | 22/04/2023        |
| 5        | 0,5         | 14.61        | Marta Riera Sato (01)           | Barcelona SR     | 28/06/2017        |
| 6        |             | 14.80        | Anna Circuns Guix (84)          | Madrid           | 15/06/2003        |
| <b>7</b> |             | <b>14.87</b> | <b>Sandra Olivé (75)</b>        |                  | 1995              |
| 8        | 0,7         | 14.89        | Laura del Paso (93)             | Serrahima        | 01/06/2016        |
|          |             | 1,9          | Laia Olmedo Fornell (04)        | Manresa          | 15/06/2024        |
| 10       | 0,4         | 15.23        | Mercè Junyent Ribalta(08)       | Barcelona SR     | 21/04/2024        |
| 11       | 1,7         | 15.36        | Ariadna Aivar Oliveras (87)     | Barcelona SR     | 08/06/2008        |
| 12       |             | 15.40        | Montse Selga (55)               |                  | 1980              |
| 13       | -2,6        | 15.42        | Angela Lopez Marti (75)         | Visby (SWE)      | 27/06/2017        |
| 14       |             | 15.56        | Diana Millán (83)               | Majadahonda      | 30/06/2002        |
| 15       | 1,4         | 15.74        | Cristina Cardenas Ruiz (87)     | Palafrugell      | 30/05/2009        |
| 16       | -3,1        | 15.83        | Laura Clemente Marti (94)       | Igualada         | 02/06/2013        |
| 17       |             | 15.90        | Berta Fontarnau (83)            | Barcelona SR     | 10/05/2003        |
| 18       | 1,7         | 16.26        | Mònica Clemente Marti (96)      | Barcelona SR     | 24/05/2014        |
| 19       |             | 16.1         | Soletat Pérez (63)              |                  | 1980              |
| 20       |             | 16.2         | M. Alba Martí Pla (64)          |                  | 1987              |
|          |             | 16.2         | Dèbora Calveras Barat (88)      | Manresa          | 23/05/2006        |
| 22       |             | 16.3         | Alba Bernadich (77)             |                  | 1994              |
| 23       |             | 16.90        | Noemí López (86)                | Manresa          | 18/07/2005        |
| 24       |             | 17.00        | Carla Rafart (86)               | Barcelona SR     | 01/06/2003        |

## 400 METRES TANQUES (0,762m)

|          |                |                                    |                   |                   |
|----------|----------------|------------------------------------|-------------------|-------------------|
| <b>1</b> | <b>1:00.56</b> | <b>Alba Casanovas Muntada (93)</b> | <b>Avilés</b>     | <b>24/06/2012</b> |
| 2        | 1:01.05        | Ariadna Aivar Oliveras (87)        | Barcelona-O       | 01/08/2009        |
| 3        | 1:01.38        | Merixell Tarrago Clop (01)         | Manresa           | 16/06/2024        |
| 4        | 1:02.21        | Angela Lopez Marti (75)            | Ciudad Real       | 17/06/2017        |
| 5        | 1:02.71        | Emilia del Hoyo Perez (97)         | Tarragona         | 03/04/2022        |
| 6        | 1:03.49        | Olatz Mompeo Masachs (91)          | Almeria           | 06/07/2008        |
| 7        | <b>1:03.9</b>  | <b>Montse Selga (55)</b>           |                   | <b>1980</b>       |
| 8        | 1:04.82        | Alícia Fernández Casanovas (78)    | Madrid MOR        | 15/06/2003        |
| 9        | 1:04.90        | Laura del Paso Martinez (93)       | Granollers        | 18/07/2012        |
| 10       | 1:05.45        | Anna Circuns Guix (84)             | Barcelona SR      | 25/06/2014        |
| 11       | 1:05.75        | Eulàlia Torrecasana(71)            | Getafe            | 16/06/2002        |
| 12       | 1:06.23        | Maite Marzo Gomez (71)             | Manresa           | 24/04/2021        |
| 13       | 1:07.1         | Montse Vilaró Solera (63)          |                   | 1980              |
| 14       | 1:07.42        | Carme Bes Fuster (69)              | Águilas           | 02/07/2006        |
| 15       | 1:08.00        | Laura Farres Padros (99)           | Barcelona SR      | 06/06/2015        |
| 16       | 1:08.07        | Maria González Casals (99)         | Cornellà Ll.      | 07/05/2017        |
| 17       | 1:08.2         | Ingrid Sala (70)                   |                   | 1987              |
| 18       | 1:08.3         | Mireia Vila Fabregas (67)          |                   | 1987              |
| 19       | 1:08.54        | Carla Font Carreras (84)           | Barcelona SR      | 20/06/2001        |
| 20       | 1:08.5         | Sílvia Leal Auge (76)              |                   | 1994              |
| 21       | 1:08.91        | Anna Cabrera Riudor (01)           | Barcelona SR      | 28/04/2018        |
| 22       | 1:09.05        | Xenia Pubill Murcia (04)           | Sta. Coloma de G. | 07/04/2024        |
| 23       | 1:09.0         | Marta Serra (61)                   |                   | 1980              |
| 24       | 1:10.1         | Eva Jiménez Martos (73)            |                   | 1992              |
| 25       | 1:10.52        | Gisela Ramos Mena (83)             | Barcelona SR      | 08/06/2011        |

## 3000 OBSTACLES

|          |                 |  |                 |                   |
|----------|-----------------|--|-----------------|-------------------|
| <b>1</b> | <b>10:06.22</b> | <b>Marina Guerrero Puigdevall (94)</b> | <b>Torrent</b>  | <b>28/07/2023</b> |
| 2        | 10:19.64        | Alícia Fernández (78)                  | Jerez de la Fr. | 03/08/2003        |
| 3        | 10:21.24        | Mercè Guerra Alba (96)                 | Tarragona       | 09/06/2022        |
| 4        | 10:40.04        | Ester Guerrero Muñoz (88)              | Mataró          | 15/07/2014        |
| 5        | 10:54.82        | Maria Riera Sato (93)                  | Barcelona SR    | 27/05/2012        |
| 6        | 10:59.47        | Bethelhem Manzano (02)                 | Monzón          | 03/07/2021        |
| 7        | 11:01.45        | Najwa Chouati (97)                     | Cleveland (USA) | 15/05/2021        |
| 8        | 11:30.19        | Alba Martinez Martinez (86)            | Sabadell        | 05/06/2004        |
| 9        | 11:42.30        | Sílvia Sánchez Carrascal (76)          | Barcelona SR    | 25/06/2003        |
| 10       | 11:44.34        | Aina Contestí Rubert (94)              | Calvià          | 26/05/2014        |
| 11       | 11:46.31        | Carme Tort Creus (78)                  | Barcelona SR    | 25/06/2003        |
| 12       | 11:50.41        | Manela Martínez Gonzalez (57)          | Barcelona SR    | 07/07/2002        |
| 13       | 12:08.46        | Sílvia Leal Auge (76)                  | Manresa         | 25/04/2010        |
| 14       | 12:10.27        | Marta Juncadella Panades (95)          | Manresa         | 28/04/2013        |
| 15       | 12:14.03        | Alba Corredera Flotats (88)            | Barcelona       | 14/05/2006        |
| 16       | 12:17.96        | Merixell Soler Delgado (92)            | Mataró          | 09/10/2010        |
| 17       | 12:20.2         | Carme Tort Creus (78)                  | Sabadell        | 07/04/2019        |

|    |          |                                |              |            |
|----|----------|--------------------------------|--------------|------------|
| 18 | 12:37.86 | Marta Figueras (72)            | Vic 130507   | 13/05/2007 |
| 19 | 12:54.73 | Sara Beltran Gascon (78)       | Barcelona SR | 13/05/2023 |
| 20 | 13:05.67 | Laura Colell Trasserra (99)    | Tarragona    | 12/04/2015 |
| 21 | 13:29.79 | Sara Sucarrats (84)            | Manresa      | 25/05/2002 |
| 22 | 13:31.04 | Montserrat Casoliva Carod (63) | Madrid FUEN  | 17/05/2009 |

### 5 KMS MARXA

|          |                 |                                 |                     |                   |
|----------|-----------------|---------------------------------|---------------------|-------------------|
| <b>1</b> | <b>21:54.90</b> | <b>Mar Juarez Gallardo (93)</b> | <b>Barcelona SE</b> | <b>15/04/2023</b> |
| 2        | 22:22.01        | Griselda Serret Menendez (05)*  | Manresa             | 15/06/2024        |
| 3        | 24:50.04        | Eva Muñoz Navarro (99)          | Serrahima           | 30/04/2016        |
| 4        | 24:59.3         | Carme Robles Rus (71)           | Manresa             | 25/05/2002        |
| 5        | 27:02.53        | Nuria Ballarin Rubinart (04)    | BarcelonaSE         | 01/05/2019        |
| 6        | 27:08.2         | Sílvia Nebot (59)               |                     | 2000              |
| 7        | 27:49.0         | Carme Soletat Campoy (69)       | Mataró              | 22/05/2011        |
| 8        | 28:47.1         | Ainhoa Carrasco Lopez (06)      | Sta. Coloma de G.   | 01/04/2023        |
| 9        | 29:02.1         | Mireia Brau (91)                | Manresa             | 18/06/2005        |
| 10       | <b>30:47.43</b> | <b>Teresa Espel Jurado (68)</b> |                     | 1991              |
| 11       | 31:04.65        | Mercè Vilajosana Marti (88)     | Barcelona CD        | 21/03/2009        |
| 12       | 31:23.9         | Xari Martínez (67)              |                     | 1986              |
| 13       | 32:08.7         | Olga Sánchez (72)               |                     | 1988              |
| 14       | 32:14.8         | Mabel Orrit                     |                     | 1989              |
| 15       | 32:16.0         | Maria Serra (68)                |                     | 1983              |
| 16       | 32:17.8         | Neus Sallés Guix (63)           |                     | 1994              |
| 17       | 32:18.0         | Gemma Carbonés (74)             |                     | 1990              |
| 18       | 32:45.6         | Eva Aguilera Bonals (01)        | Barcelona CD        | 18/02/2018        |
| 19       | 33:07.3         | Betlem Castellón (70)           |                     | 1989              |
| 20       | 34:43.8         | Catalina Jiménez (73)           |                     | 1988              |
| 21       | 35:02.76        | Teresa Roca (58)                | Durango             | 17/06/2001        |
| 22       | 35:04.01        | M. Helena Rovira Miro (88)      | Alacant             | 13/05/2004        |
| 23       | 35:28.7         | Anna Fabregas (71)              |                     | 1985              |
| 24       | 35:30.1         | Dolors Llord (70)               |                     | 1983              |
| 25       | 35:35.3         | Elisabet Duocastella (69)       | Rubí                | 14/05/2011        |

### SALT D'ALÇADA

|          |             |                                 |                 |                   |
|----------|-------------|---------------------------------|-----------------|-------------------|
| <b>1</b> | <b>1.86</b> | <b>Ona Bonet Bernadich (06)</b> | <b>Sabadell</b> | <b>11/02/2024</b> |
| 2        | 1.74        | Sofia Zorrilla Cano (98)        | Tarragona CLA   | 29/06/2019        |
| <b>3</b> | <b>1.67</b> | <b>Núria Closa (75)</b>         |                 | <b>1991</b>       |
| 4        | 1.66        | M. Alba Martí Pla (64)          |                 | 1980              |
|          | 1.66        | Anna Circuns Guix (84)          |                 | 2000              |
|          | 1.66        | Laia Saltó (82)                 | Vic             | 26/05/2001        |
|          | 1.66        | Emilia del Hoyo Perez (97)      | Sabadell        | 10/01/2015        |
| 8        | 1.65        | Montse Tubau (80)               |                 | 1996              |
|          | 1.65        | Claudia Galan (04)              | Sabadell        | 21/12/2019        |
| 10       | 1.62        | Berta Fontarnau (83)            | Vilafranca      | 09/02/2003        |
| 11       | 1.61        | Jordina Fernández (73)          |                 | 1991              |
|          | 1.61        | Mireia Chico Valverde (91)      | Vic             | 28/06/2008        |

|    |      |                                |               |            |
|----|------|--------------------------------|---------------|------------|
| 13 | 1.58 | Soletat Pérez (63)             |               | 1980       |
|    | 1.58 | Sarah Strauss (95)             | Sabadell      | 16/02/2014 |
|    | 1.58 | Anna Cabrera Ruidor (01)       | Marion (USA)  | 24/05/2023 |
|    | 1.58 | Jennifer Lasierra Garcia (94)  | Vilafranca    | 28/02/2010 |
| 17 | 1.56 | Irene Tàpia Orrit (88)         | Vilafranca    | 13/01/2006 |
| 18 | 1.55 | Noemí López (86)               | Vic           | 09/05/2004 |
|    | 1.55 | Laura Clemente Marti (94)      | Sant Seastián | 27/10/2007 |
|    | 1.55 | Mònica Clemente Marti (96)     | Sabadell      | 06/02/2011 |
|    | 1.55 | Maria Gavaldá Miracle (89)     | Burgos        | 20/05/2012 |
|    | 1.55 | Ariadna Garcia Puigbó (99)     | Serrahima     | 30/04/2016 |
| 23 | 1.54 | Ariadna Aivar (87)             | Barcelona SE  | 03/05/2008 |
| 24 | 1.53 | Anna M. Montoliu (57)          |               | 1974       |
|    | 1.53 | Soletat Pérez (63)             | Madrid        | 1981       |
|    | 1.53 | Mònica Clemente Marti (96)     | Gavà          | 29/05/2010 |
|    | 1.53 | Anna Valdeolivas Martinez (94) | Vilafranca    | 20/02/2010 |
|    | 1.53 | Raissa Garcia Vall (09)        | Sabadell      | 05/02/2023 |

### SALT AMB PERXA

|          |             |                                   |               |            |
|----------|-------------|-----------------------------------|---------------|------------|
| <b>1</b> | <b>4.45</b> | <b>Mònica Clemente Marti (96)</b> | <b>Getafe</b> | 22/07/2018 |
| 2        | 4.11        | Laura Clemente Marti (94)         | CAR St Cugat  | 15/07/2017 |
| 3        | 3.90        | Nerea Perez Moltó (03)            | Sabadell      | 30/01/2022 |
| 4        | 3.81        | Gemma Piquer (85)                 | Barcelona SR  | 03/07/2001 |
| 5        | 3.60        | Natàlia García (86)               | Saragossa     | 03/07/2004 |
| <b>6</b> | <b>3.50</b> | <b>Mireia Vila Fabregas (67)</b>  |               | 1998       |
|          | 3.50        | Merixell Lladó Martínez (02)      | Sabadell      | 07/03/2020 |
| 8        | 3.45        | Mar Ariso García (00)             | Sabadell      | 21/01/2017 |
| 9        | 3.40        | Laia Morató Gomez (92)            | Motril        | 21/06/2009 |
| 10       | 3.35        | Sara Flores Talón (97)            | Valladolid    | 04/07/2015 |
| 11       | 3.30        | Ona Dalmau Clotet (08)            | Manresa       | 28/05/2023 |
| 12       | 3.25        | Judith Sellarés Altimira (00)     | Hospitalet    | 13/05/2017 |
| 13       | 3.05        | Celia Teixidor (03)               | Sabadell      | 19/01/2019 |
| 14       | 3.00        | Raquel Gras Pedrera (96)          | Manresa       | 08/05/2022 |
| 15       | 2.90        | Laura Luján (79)                  |               | 1997       |
|          | 2.90        | Montserrat Prat Grau (66)         | Barcelona PBN | 12/07/2015 |
| 17       | 2.80        | Cristina López (88)               | Vic           | 09/05/2004 |
|          | 2.80        | Naomí Fachete (04)                | Barcelona SE  | 27/04/2019 |
| 19       | 2.75        | Diana Millán (83)                 | Vic           | 08/06/2002 |
| 20       | 2.72        | Gisela Grifell Reguant (00)       | Mataró        | 26/05/2018 |
| 21       | 2.71        | Alba Casanovas Muntada (92)       | València      | 11/03/2007 |
| 22       | 2.70        | Carla Manzano Fernández (05)      | Ascó          | 19/05/2018 |
| 23       | 2.65        | Julia Torrentó Serra (98)         | Sabadell      | 20/12/2014 |
|          | 2.65        | Elsa Liria Ruiz (99)              | El Prat Ll.   | 02/05/2015 |
| 25       | 2.60        | Merce Gamiz Pinyot (95)           | Alcobendas    | 16/05/2010 |
|          | 2.60        | Anna Salido Pladevall (02)        | Manresa       | 03/06/2021 |
|          | 2.60        | Carla Caus Font (05)              | Manresa       | 08/05/2022 |

### SALT DE LLARGADA

|          |            |             |                                   |                       |                   |
|----------|------------|-------------|-----------------------------------|-----------------------|-------------------|
| <b>1</b> | <b>0,8</b> | <b>6.04</b> | <b>Emilia del Hoyo Perez (96)</b> | <b>Hospitalet Ll.</b> | <b>13/06/2015</b> |
| 2        | 1,4        | 5.81        | Marta Gallo Ruiz (02)             | Durango               | 05/05/2024        |
| 3        |            | 5.78        | Anna Circuns Guix (84)            | Saragossa             | 17/03/2001        |
| 4        | 0,0        | 5.72        | Anna Cabrera Riudor (01)          | Barcelona SE          | 09/06/2021        |
| 5        |            | 5.70        | Paula Raul Sala (96)              | Oviedo                | 26/02/2011        |
| 6        | 1,7        | 5.68        | Ella Bestue Ferrera (97)          | Tarragona             | 09/06/2019        |
| 7        |            | <b>5.56</b> | <b>Loles Vives (57)</b>           |                       | <b>1987</b>       |
| 8        | 0,8        | 5.55        | Dèbora Calveras Barat (88)        | Granollers            | 14/06/2008        |
|          | 0,9        | 5.55        | Julia Quevedo Subirats (97)       | Sabadell              | 17/04/2021        |
|          | 0,9        | 5.55        | Carla Rovira Obiols (08)          | Madrid                | 13/04/2024        |
| 11       |            | 5.49        | Alba Casanovas Muntada (93)       |                       | 15/03/2009        |
| 12       | 0,2        | 5.48        | Berta Eslava Gil (04)             | Cornellà              | 08/05/2022        |
| 13       |            | 5.39        | Berta Fontarnau (83)              | Vilafranca            | 06/02/2003        |
| 14       |            | 5.36        | Judit Devers Cantero (02)         | Antequera             | 19/03/2017        |
| 15       |            | 5.35        | Ariadna Aivar Oliveras (87)       | Vilafranca            | 10/02/2008        |
| 16       |            | 5.34        | Montse Selga (55)                 |                       | 1973              |
|          | 0,6        | 5.34        | Laura Clemente Marti (94)         | Tres Cantos           | 28/06/2014        |
| 18       | 0,5        | 5.33        | Jennifer Lasierra Garcia (94)     | Vilafranca            | 06/02/2010        |
| 19       |            | 5.32        | Martina Monsó Prat (04)           | Barcelona             | 07/03/2021        |
| 20       |            | 5.30        | Rosalía Lázaro (75)               |                       | 2005              |
| 21       | 0,0        | 5.28        | Anna Feliu Catalan (99)           | L'Hospitalet          | 15/05/2016        |
| 22       |            | 5.23        | Celia Castilla Romeo (04)         | Barcelona             | 24/01/2021        |
| 23       | 1,2        | 5.22        | Anna Valdeolivas Martinez (94)    | Cambrils              | 07/06/2009        |
| 24       |            | 5.21        | Montse Tubau (80)                 |                       | 1998              |

### TRIPLE SALT

|          |            |              |                                   |                    |            |
|----------|------------|--------------|-----------------------------------|--------------------|------------|
| <b>1</b> | <b>0,9</b> | <b>12.95</b> | <b>Dèbora Calveras Barat (88)</b> | <b>Palafrugell</b> | 30/05/2009 |
| 2        | 2,0        | 12.67        | Nora Taher Martinez (98)          | Sant Cugat del V.  | 28/05/2021 |
| 3        | 1,6        | 12.56        | Emilia del Hoyo Perez (97)        | Moscow (USA)       | 11/05/2018 |
| 4        | 1,2        | 12.31        | Julia Quevedo Subirats (97)       | Barcelona SR       | 03/06/2018 |
| 5        | 1,7        | 11.97        | Ella Bestue Ferrera (97)          | Barcelona          | 31/01/2021 |
| 6        |            | 11.68        | Anna Circuns Guix (84)            | Barcelona SR       | 13/05/2001 |
| 7        |            | 11.66        | Jenay Hernandez Bovet (07)        | Sabadell           | 15/12/2024 |
| 8        |            | 11.62        | Jennifer Lasierra Garcia (94)     | Vilafranca         | 14/02/2009 |
| 9        | 1,2        | 11.53        | Mónica Clemente Marti (96)        | Sabadell           | 18/05/2014 |
| 10       |            | 11.48        | Rut Tristany Nogues (04)          | Sabadell           | 01/03/2020 |
| 11       |            | 11.37        | Celia Castilla Romeo (04)         | Barcelona          | 07/03/2021 |
| 12       | 0,9        | 11.32        | Irati Larrañaga Matxain (93)      | Barcelona SR       | 05/05/2013 |
| 13       |            | 11.23        | Laura Clemente Marti (94)         | Igualada           | 01/06/2013 |
| 14       | 0,7        | 11.19        | Anna Feliu Catalán (99)           | Alcorcón           | 21/05/2016 |
| 15       | 0,0        | 11.18        | Rut Tristany Nogues (04)          | Lleida             | 23/06/2019 |
| 16       |            | <b>11.17</b> | <b>Sandra Olivé (75)</b>          |                    | 1995       |
| 17       | 0,6        | 11.04        | Berta Eslava Gil (04)             | Barcelona SE       | 15/04/2023 |
|          |            | 11.04        | Carla Rovira Obiols (08)          | Sabadell           | 07/01/2024 |
| 19       | 0,0        | 10.90        | Alba Casanovas Muntada (88)       | Collado Villalba   | 08/06/2008 |
| 20       |            | 10.88        | Ona Bonet Bernadich (06)          | Sabadell           | 03/12/2023 |
| 21       |            | 10.84        | Olga Borao Soler (80)             | Madrid MOR         | 21/05/2006 |



|    |           |                             |              |            |
|----|-----------|-----------------------------|--------------|------------|
| 22 | 10.83     | Martina Monsó Prat (04)     | Ourense      | 11/02/2023 |
| 23 | 2,0 10.76 | Claudia Galán Rodoreda (04) | Barcelona SR | 28/04/2018 |
| 24 | 10.71     | Montserrat Tubau (80)       |              | 1999       |

### LLANÇAMENT DE PES (4 kg)

|          |              |                                    |                     |            |
|----------|--------------|------------------------------------|---------------------|------------|
| <b>1</b> | <b>14.32</b> | <b>Ainhoa Martinez Agulla (95)</b> | <b>Barcelona SR</b> | 28/04/2018 |
| 2        | 12.60        | Montserrat Montañés Arbó (01)      | La Núcia            | 06/07/2024 |
| <b>3</b> | <b>12.33</b> | <b>Lourdes Rossinyol(58)</b>       |                     | 1986       |
| 4        | 11.75        | Emilia del Hoyo Perez (97)         | Sacramento (USA)    | 30/03/2019 |
| 5        | 11.57        | Maria Velázquez (80)               |                     | 1998       |
| 6        | 11.21        | Gemma Vilajosana (76)              |                     | 1994       |
|          | 11.21        | Anna Circuns Guix (84)             | Vilafranca          | 11/02/2007 |
| 8        | 11.06        | Berta Fontarnau (83)               | Vilafranca          | 02/02/2003 |
| 9        | 10.89        | Anna Cabrera Riudor (01)           | Marion (USA)        | 24/05/2023 |
| 10       | 10.81        | Eva Carmona Liria (85)             | Madrid MOR          | 15/06/2003 |
| 11       | 10.75        | Maria Montañés Arbo (95)           | Lloret Mar          | 20/06/2015 |
| 12       | 10.42        | Nuria Perez (73)                   | Igualada            | 24/06/2008 |
| 13       | 10.16        | Natàlia García (86)                | Vilafranca          | 15/02/2004 |
|          | 10.16        | Mar Santanach (06)                 | Vic                 | 13/07/2024 |
| 15       | 10.08        | Sònia Martínez Roura (73)          | Vilafranca          | 1998       |
| 16       | 9.86         | Anna Crespo (71)                   |                     | 1990       |
| 17       | 9.75         | Anna Tapia (88)                    | Manresa             | 25/04/2010 |
| 18       | 9.68         | Alba Casanovas Muntada (94)        | Oviedo              | 13/03/2010 |
| 19       | 9.60         | Laia Serra (79)                    |                     | 1999       |
|          | 9.60         | Ariadna Aivar (87)                 | Barcelona SE        | 03/05/2008 |
| 21       | 9.49         | Laura Costa Serra (96)             | Sabadell            | 16/03/2014 |
| 22       | 9.48         | Rosa Díaz (63)                     |                     | 1980       |
| 23       | 9.45         | Nadia Riera (05)                   | Manresa             | 05/05/2022 |
| 24       | 9.40         | Gemma Vilajosana (76)              | Vilafranca          | 1996       |
| 25       | 9.36         | Ester Souto (69)                   |                     | 1986       |

### LLANÇAMENT DE DISC (1KG)

|          |              |                                    |                     |            |
|----------|--------------|------------------------------------|---------------------|------------|
| <b>1</b> | <b>43.11</b> | <b>Ainhoa Martinez Agulla (95)</b> | <b>Castelló MGH</b> | 29/04/2017 |
| 2        | 39.99        | Alba Estevez Martinez (86)         | Mataró              | 05/06/2011 |
| <b>3</b> | <b>39.48</b> | <b>Círia Clotet (69)</b>           |                     | 1985       |
| 4        | 39.39        | Montserrat Montañés Arbó (01)      | Palafrugell         | 17/06/2023 |
| 5        | 38.45        | Maria Montañés Arbo (95)           | Rolla (USA)         | 23/04/2017 |
| 6        | 36.46        | Maria Velázquez (80)               |                     | 1999       |
| 7        | 34.80        | Lourdes Rossinyol (58)             |                     | 1984       |
| 8        | 33.69        | Berta Fontarnau (83)               | Barcelona           | 25/06/2003 |
| 9        | 33.42        | Ester Souto (69)                   |                     | 1987       |
|          | 32.64        | Aina Soler Verdaguer (05)          | Valladolid          | 15/05/2021 |
| 10       | 31.82        | Eliana Font (74)                   |                     | 1997       |
| 11       | 31.27        | Núria Pierola Laimon (82)          |                     | 2000       |
| 12       | 30.75        | Marta de la Rosa Mudarra (91)      | Baecelona SE        | 18/02/2007 |
| 13       | 30.59        | Laura Costa Serra (96)             | Barcelona SR        | 09/05/2015 |

|    |       |                           |              |            |
|----|-------|---------------------------|--------------|------------|
| 14 | 30.40 | Anna Crespo (71)          |              | 1989       |
| 15 | 30.20 | Gemma Vilajosana (76)     |              | 1995       |
| 16 | 29.50 | Rosa Díaz (63)            |              | 1979       |
| 17 | 29.38 | Eva Jorba (67)            |              | 1984       |
| 18 | 29.11 | Blanca Garcia Garcia (93) | Fuenlabrada  | 26/04/2017 |
| 19 | 28.11 | Emma Torres (04)          | Barcelona SE | 15/02/2020 |
| 20 | 27.94 | Anna Serch (77)           |              | 1994       |
| 21 | 26.44 | Nereida Pujol (77)        |              | 1992       |
| 22 | 26.42 | Anna Cabrera Riudor (01)  | Manresa      | 13/04/2019 |
| 23 | 26.33 | Maria Helena Rovira (88)  | Sabadell     | 05/04/2008 |
| 24 | 25.95 | Mar Santanach Pintó (06)  | Madrid VH    | 11/06/2023 |
| 25 | 25.76 | Montse Selga (55)         |              | 1982       |

### LLANÇAMENT DE JAVELINA (600 gr) model 1999

|          |              |                                   |                     |                   |
|----------|--------------|-----------------------------------|---------------------|-------------------|
| <b>1</b> | <b>48.42</b> | <b>Erica Sellart Bordes</b>       | <b>Barcelona SE</b> | <b>07/06/2023</b> |
| 2        | 43.84        | Blanca Garcia Garcia (93)         | Coslada             | 06/06/2018        |
| 3        | 41.64        | Gemma Brisa Ramirez (88)          | Barcelona SE        | 17/02/2019        |
|          | 40.30        | Aisha Mohamed-Mariche (04)        | Manresa             | 15/06/2024        |
| 4        | 40.01        | Judith Sellarés Altimira (00)     | Barcelona SR        | 02/06/2018        |
| 6        | 39.00        | Sophia Beatrix Girona Turner (88) | Coslada             | 02/06/2021        |
| 7        | 38.34        | Alba Molera Vidal (88)            | Barcelona SR        | 14/05/2005        |
| 8        | 38.08        | Monica Clemente Marti (96)        | Santa Coloma de G.  | 10/04/2022        |
| 9        | 38.02        | Anna Cabrera Riudor (01)          | La Nucia            | 11/06/2022        |
| 10       | 37.95        | Sònia Martínez Roura (73)         | Vic                 | 20/07/2003        |
| 11       | 37.30        | Núria Pierola Laimon (82)         |                     | 2000              |
| 12       | 35.80        | Anna Circuns Guix (84)            | Cartagena           | 18/07/2004        |
| 13       | 35.10        | Emilia del Hoyo Perez (97)        | Davis (USA)         | 26/04/2019        |
| 14       | 33.68        | Judith Sellarés Altimira (00)     | Castelló MGH        | 29/04/2017        |
| 15       | 30.20        | Berta Fontarnau (83)              | Barcelona SR        | 11/05/2003        |
| 16       | 28.62        | Eulalia Raich Busquets (94)       | Mataró              | 22/05/2011        |
| 17       | 28.20        | Blanca Rovira Miro (85)           | L'Hospitalet        | 30/04/2006        |
| 18       | 27.97        | Guinedell Faja Sanjaume (06)      | Santa Coloma de G.  | 10/04/2022        |
| 19       | 27.44        | Sarah Johanna Strauss (95)        | Sabadell            | 18/05/2014        |
| 20       | 27.27        | Alba Casanovas Muntada (93)       | Barbera Valles      | 04/04/2009        |
| 21       | 27.08        | Carme Bes Fuster (69)             | Burgos              | 20/05/2012        |
| 22       | 26.96        | Mireia Chico Valverde (91)        | Alcorcón            | 08/06/2014        |
| 23       | 24.32        | Alba Yerro (84)                   | Vic                 | 19/05/2002        |
| 24       | 24.09        | Clara Gomez (01)                  | Amposta             | 22/04/2017        |
| 25       | 22.73        | Maria Tuneu Cerarols (95)         | Vic                 | 28/03/2015        |

### LLANÇAMENT DE JAVELINA (600 gr) model anterior a 1999

|   |       |                             |  |      |
|---|-------|-----------------------------|--|------|
| 1 | 42.78 | Sònia Martínez Roura (73)   |  | 1994 |
| 2 | 33.94 | Alba Casellas (71)          |  | 1988 |
| 3 | 32.36 | Alba Puertas Carbonell (68) |  | 1994 |
| 4 | 32.32 | Lourdes Rossinyol (58)      |  | 1973 |

|    |       |                             |      |
|----|-------|-----------------------------|------|
| 5  | 30.40 | Marta Serra (61)            | 1986 |
| 6  | 30.12 | Ester Souto (69)            | 1987 |
| 7  | 29.54 | Lidia Prat (64)             | 1980 |
| 8  | 29.18 | Montse Selga (55)           | 1981 |
| 9  | 28.94 | Anna Crespo (71)            | 1987 |
| 10 | 27.84 | M. Alba Martí Pla (64)      | 1986 |
| 11 | 27.34 | Ester Busquets Esteban (60) | 1983 |
| 12 | 26.58 | Ciria Clotet (69)           | 1984 |
| 13 | 26.28 | Ramona Peña (51)            | 1970 |
| 14 | 26.22 | Mònica Bernadich (73)       | 1990 |
| 15 | 25.68 | Paquita Martín (59)         | 1974 |
|    | 25.68 | Maria Velázquez (80)        | 1998 |
| 17 | 24.36 | Montse Peláez (50)          | 1968 |
| 18 | 24.20 | Montse Rojas (56)           | 1972 |

### LLANÇAMENT DE MARTELL (4 kg)

|           |              |                                      |                  |                   |
|-----------|--------------|--------------------------------------|------------------|-------------------|
| <b>1</b>  | <b>58.56</b> | <b>Montserrat Montañés Arbó (01)</b> | <b>Tarragona</b> | <b>02/07/2023</b> |
| 2         | 53.59        | Maria Rosario Torres (92)            | Hospitalet       | 13/06/2015        |
| 3         | 50.45        | Mar Santanach Pintó (06)             | Sabadell         | 21/12/2024        |
| 4         | 49.53        | Ariadna Aivar Oliveras (87)          | Manresa          | 18/05/2008        |
| 5         | 47.86        | Irene Mateo Tomasa (05)              | Manresa          | 28/05/2023        |
| 6         | 45.28        | Montserrat Morató (81)               | Igualada         | 30/06/2002        |
| 7         | 41.6         | Coral Montes Lopez (03)              | Valladolid       | 15/05/2021        |
| 8         | 41.33        | Mercè Riera Sato (97)                | Cornellá Ll.     | 07/05/2017        |
| 9         | 41.23        | Judith Sellarés Altimira (00)        | Alcorcón         | 21/05/2016        |
| <b>10</b> | <b>40.55</b> | <b>Sandra García (80)</b>            |                  | 1998              |
| 11        | 38.29        | Mercè Riera Sato (97)                | Burgos           | 08/06/2013        |
| 12        | 37.5         | Judith Martinez Isart (91)           | Tarragona        | 09/06/2019        |
| 13        | 36.42        | Maria Velázquez (80)                 |                  | 1999              |
| 14        | 35.24        | Laia Serra (79)                      | L'Hospitalet     | 21/04/2001        |
| 15        | 33.84        | Maria Montañés Arbó (95)             | Fayette (USA)    | 18/03/2017        |
| 16        | 32.92        | Laura Gallardo Llorens (91)          | Calella          | 30/06/2007        |
| 17        | 32.48        | Ainhoa Martinez Agulla (95)          | Gandia           | 07/07/2021        |
| 18        | 27.76        | Azucena González (81)                |                  | 1996              |
| 19        | 27.74        | Eulalia Raich Busquets (94)          | L'Hospitalet Ll. | 29/04/2012        |
| 20        | 25.25        | Núria Pierola Laimon (82)            |                  | 2000              |
| 21        | 25.11        | Mar Santanach (06)                   | Tarragona        | 03/04/2022        |
| 22        | 23.4         | Anais Vila (88)                      | Igualada         | 26/08/2007        |
| 23        | 23.07        | Claudia Del Paso (95)                | Terrassa         | 14/05/2011        |
| 24        | 21.64        | Paula Raul Sala (96)                 | Barcelona SR     | 06/06/2015        |
| 25        | 21.44        | Maria Tuneu Cerarols (95)            | Manresa          | 18/04/2015        |

### PENTATLÓ

|          |              |                                   |                |                   |
|----------|--------------|-----------------------------------|----------------|-------------------|
| <b>1</b> | <b>3943p</b> | <b>Emilia del Hoyo Perez (97)</b> | <b>Ourense</b> | <b>29/02/2020</b> |
| 2        | 3566p        | Anna Circuns Guix (84)            | Eaubonne FRA   | 24/02/2002        |
| 3        | 3433p        | Berta Fontarnau (83)              | Sevilla        | 16/03/2003        |

|   |       |                              |                 |            |
|---|-------|------------------------------|-----------------|------------|
| 4 | 3334p | Anna Cabrera (01)            | Brookings (USA) | 03/03/2022 |
| 5 | 3090p | Ariadna Aivar Oliveras (87)  | Vilafranca      | 12/01/2008 |
| 6 | 2870p | Laura Clemente Marti (94)    | Sabadell        | 09/02/2013 |
| 7 | 2862p | Mònica Clemente (96)         | Sabadell        | 08/03/2014 |
| 8 | 2549p | Laura del Paso Martinez (93) | Sabadell        | 12/02/2012 |
| 9 | 2193p | Anna Padial (99)             | Vilafranca      | 22/01/2006 |

## HEPTATLÓ

|          |              |                                   |                     |            |
|----------|--------------|-----------------------------------|---------------------|------------|
| <b>1</b> | <b>5161p</b> | <b>Emilia del Hoyo Perez (97)</b> | <b>Cartagena</b>    | 03/05/2015 |
| 2        | 4858p        | Anna Circuns Guix (84)            | Castelló            | 14/07/2002 |
| 3        | 4699p        | Anna Cabrera Riudor (01)          | Daytona Beach (USA) | 31/03/2023 |
| 4        | 4293p        | Berta Fontarnau (83)              | Barcelona SR        | 11/05/2003 |
| 5        | 4269p        | Ariadna Aivar (87)                | Barcelona SE        | 04/05/2008 |
| 6        | 4223p        | Mònica Clemente Marti (96)        | Barcelona SR        | 25/05/2014 |
| 7        | 3780p        | Laura Clemente (94)               | Barcelona SE        | 26/05/2013 |
| 8        | <b>3671p</b> | <b>Montse Selga (55)</b>          |                     | 1985       |
| 9        | 3184p        | Jordina Fernández (73)            |                     | 1990       |
| 10       | 3037p        | Mireia Vila Fabregas (67)         |                     | 1986       |
| 11       | 3008p        | Marta Serra (61)                  |                     | 1986       |
| 12       | 2966p        | Sandra Olivé (75)                 |                     | 1994       |
| 13       | 2940p        | Sònia Martínez Roura (73)         |                     | 1994       |
| 14       | 2794p        | Alba Puertas Carbonell (68)       |                     | 1994       |
| 15       | 2777p        | Eulàlia Torrescasana (71)         | Manresa             | 28/10/2001 |
| 16       | 2476p        | Sílvia Leal Auge (76)             |                     | 1993       |
| 17       | 2412p        | M. Alba Martí Pla (64)            |                     | 1986       |
| 18       | 2088p        | Cristina Flores (76)              |                     | 1993       |
| 19       | 2040p        | Cèlia Jimeno (75)                 |                     | 1993       |
| 20       | 1850p        | Gemma Vilajosana (76)             |                     | 1993       |
| 21       | 1614p        | Núria Pierola Laimon (82)         | Manresa             | 28/10/2001 |

\* 1er any al club

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

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