



## RÀNQUING CORNELLÀ ATLÈTIC ABSOLUT DE TOTS ELS TEMPS (M)

### AIRE LLIURE

| Prova        | Marca                         | Atleta                         | Any               | Data              | Lloc                     |
|--------------|-------------------------------|--------------------------------|-------------------|-------------------|--------------------------|
| 100          | 10.54                         | Bernat Canet Vidal             | 00                | 06/07/2019        | Granollers               |
|              | 10.67                         | Marc Louis Vekemans Espligares | 98                | 14/07/2019        | Serrahima-BCN            |
|              | 10.69                         | César Gràcia Gómez             | 81                | 06/07/2003        | Salamanca                |
|              | 10.82                         | Xavier Alberto Regino Vélez    | 96                | 21/05/2017        | Lleida                   |
|              | 10.6                          | Carles Turró Mayné             | 64                | 07/05/1989        | Cornellà de Llobregat    |
|              | 10.85                         | Adrià Reina García             | 97                | 06/05/2018        | Serrahima-BCN            |
|              | 10.89                         | Iker Martín Saladich           | 00                | 06/07/2019        | Granollers               |
|              | 10.7                          | Ricardo Diéguez Montesinos     | 57                | 17/06/1990        | Serrahima-BCN            |
|              | <b>11.01</b>                  | <b>Àlex Valverde Valencia</b>  | <b>00</b>         | <b>26/09/2020</b> | <b>Sevilla-SPB</b>       |
|              | 10.8                          | José Luis Navarro Rojo         | 60                | 25/06/1989        | Reus                     |
|              | 10.8                          | David Conde Martínez           | 73                | 10/04/1994        | Granollers               |
|              | 10.8                          | Abdelghani Gouriguer           | 70                | 02/04/1995        | Cornellà de Llobregat    |
|              | 11.04                         | Jordi Cuenca Martín            | 83                | 10/06/2006        | Olímpic-BCN              |
| 200          | 21.56 i                       | Carles Turró Mayné             | 64                | 05/02/1989        | Sevilla                  |
|              | 21.83                         | César Gràcia Gómez             | 81                | 02/08/2003        | Jerez de la Frontera     |
|              | 21.85                         | Marcel Mondrià Álvarez         | 96                | 02/06/2018        | Serrahima-BCN            |
|              | 21.88                         | Marc Louis Vekemans Espligares | 98                | 13/04/2019        | Santa Coloma de Gramenet |
|              | 21.7                          | Ricardo Diéguez Montesinos     | 57                | 15/06/1989        | Cornellà de Llobregat    |
|              | 21.8                          | José Luis Navarro Rojo         | 60                | 22/07/1989        | Serrahima-BCN            |
|              | 22.06                         | Bernat Canet Vidal             | 00                | 29/05/2016        | Mataró                   |
|              | 22.34 i                       | Javier Delgado Osorio          | 96                | 04/03/2012        | València                 |
|              | 22.35                         | Xavier Alberto Regino Vélez    | 96                | 03/06/2017        | Lloret de Mar            |
| <b>22.41</b> | <b>Àlex Valverde Valencia</b> | <b>00</b>                      | <b>29/07/2020</b> | <b>Gavà</b>       |                          |
| 400          | 48.67                         | Marcel Mondrià Álvarez         | 96                | 06/07/2014        | Castelló-UNI             |
|              | 48.72                         | Oscar Criado Cañadas           | 77                | 19/07/1996        | Olímpic-BCN              |
|              | 48.85                         | Diego Alarcón López            | 96                | 04/06/2014        | Serrahima-BCN            |
|              | 48.9                          | Ricardo Diéguez Montesinos     | 57                | 22/06/1989        | Cornellà de Llobregat    |
|              | 49.51                         | Jesús Castillo Patiño          | 93                | 08/06/2019        | Arona                    |
|              | 49.58                         | Jonatan Utrilla López          | 91                | 21/06/2017        | Serrahima-BCN            |
|              | 49.66                         | Carlos Segovia Romero          | 86                | 10/06/2006        | Olímpic-BCN              |
|              | 49.70                         | Iker Martín Saladich           | 00                | 17/06/2018        | Valladolid               |
|              | 49.7                          | Carmelo Vargas Magdaleno       | 57                | 11/06/1978        | Serrahima-BCN            |
|              | 49.7                          | Guillermo López Hortal         | 77                | 24/05/1997        | Sant Feliu               |
| 800          | 1:47.66                       | Reyes Estévez López            | 76                | 03/08/1994        | Mataró                   |
|              | 1:50.5                        | José Antonio Prieto Gasques    | 70                | 23/07/1991        | Serrahima-BCN            |
|              | <b>1:51.47 i</b>              | <b>Jan Badia Celma</b>         | <b>02</b>         | <b>07/03/2020</b> | <b>Sabadell</b>          |
|              | 1:52.72                       | Jonatan Utrilla López          | 91                | 31/05/2017        | Lloret de Mar            |

|             |                  |                                   |           |                   |                          |
|-------------|------------------|-----------------------------------|-----------|-------------------|--------------------------|
|             | 1:54.1           | Antonio Álvarez Hernández         | 77        | 09/05/1993        | Vic                      |
|             | 1:54.2           | Antonio Manuel Sánchez Díaz       | 59        | 11/06/1977        | Barcelona-?              |
|             | 1:54.37          | Carlos Rey Ruiz                   | 95        | 04/07/2018        | Serrahima-BCN            |
|             | 1:54.3           | Pol Belinchón Tenorio             | 99        | 09/03/2017        | Sant Celoni              |
|             | 1:54.8           | Antonio Moya Ramón                | 73        | 10/07/1994        | Serrahima-BCN            |
|             | 1:55.25          | Raul Aldehuela Pascual            | 76        | 26/06/1996        | Serrahima-BCN            |
| 1.500       | 3:39.28          | Reyes Estévez López               | 76        | 19/08/1994        | Brussel·les (BEL)        |
|             | 3:46.09          | Antonio Álvarez Hernández         | 77        | 07/06/1995        | Serrahima-BCN            |
|             | 3:48.51          | Mohamed Ait Ben Aissa Ouhlouss    | 89        | 10/06/2015        | Huelva                   |
|             | 3:49.86          | Yassine Ezzaydouny Ben-Abdeljalil | 95        | 30/06/2016        | Serrahima-BCN            |
|             | <b>3:52.93 i</b> | <b>Jan Badia Celma</b>            | <b>02</b> | <b>01/02/2020</b> | <b>Sabadell</b>          |
|             | 3:53.50          | José Antonio Prieto Gasques       | 70        | 28/04/1991        | Palafrugell              |
|             | 3:54.59          | Raul Aldehuela Pascual            | 76        | 16/06/1996        | Serrahima-BCN            |
|             | 3:54.9           | Antonio Alcaide López             | 75        | 20/06/1996        | Gavà                     |
|             | 3:55.25          | Daniel Santafé López              | 81        | 01/10/2000        | Santander                |
|             | 3:56.82          | Alex Salas Molina                 | 00        | 30/05/2018        | Serrahima-BCN            |
| 5.000       | 14:10.7          | Manuel Moreno Velázquez           | 66        | 21/06/1991        | Universitària-BCN        |
|             | 14:22.07         | Yassine Ezzaydouny Ben-Abdeljalil | 95        | 13/05/2016        | Lloret de Mar            |
|             | 14:29.3          | Mathias Kolstulski Szelinski      | 50        | 06/06/1981        | Barcelona                |
|             | 14:36.5          | Antonio Álvarez Hernández         | 77        | 26/05/1995        | Mataró                   |
|             | 14:38.10         | Ivan Hompanera Álvarez            | 69        | 19/07/1987        | Serrahima-BCN            |
|             | 14:40.2          | Víctor Gómez Carrión              | 74        | 26/05/1995        | Mataró                   |
|             | 14:49.5          | Manuel Martínez Mellado           | 61        | 08/04/1989        | Universitària-BCN        |
|             | 14:49.79         | Mohamed Ait Ben Aissa Ouhlouss    | 89        | 30/06/2016        | Serrahima-BCN            |
|             | 14:50.27         | Mohamed Azzouz                    | 94        | 05/07/2017        | Serrahima-BCN            |
|             | 14:50.4          | Julio Vega Ancos                  | 58        | 08/04/1989        | Universitària-BCN        |
| 10.000      | 30:09.10         | Manuel Moreno Velázquez           | 66        | 15/06/1991        | Serrahima-BCN            |
|             | 30:23.40         | Yassine Ezzaydouny Ben-Abdeljalil | 95        | 25/03/2017        | Santa Coloma de Gramenet |
|             | 30:33.45         | Manuel Martínez Mellado           | 61        | 08/07/1990        | Serrahima-BCN            |
|             | 30:41.2          | Mathias Kostulski Szelinski       | 51        | 09/06/1979        | Serrahima-BCN            |
|             | 30:47.8          | Santiago Manguán Pascual          | 41        | /1972             |                          |
|             | 30:52.7          | Víctor Gómez Carrión              | 74        | 25/03/2000        | Palafrugell              |
|             | 31:14.61         | Julio Vega Ancos                  | 58        | 04/06/1989        | Serrahima-BCN            |
|             | 31:15.57         | Carles Montllor Vegas             | 87        | 18/03/2018        | Sant Celoni              |
|             | 31:20.6          | Antonio Alcaide López             | 75        | 23/03/1996        | Universitària-BCN        |
|             | 31:33.22         | Mohamed Azzouz                    | 94        | 25/03/2017        | Santa Coloma de Gramenet |
| 110 (1.067) | 14.35            | Marc Galé González                | 98        | 14/07/2019        | Serrahima-BCN            |
|             | 14.64            | Jesús Castillo Patiño             | 93        | 01/09/2019        | La Nucía                 |
|             | 14.9             | Rafael Quesada Sueza              | 58        | /1979             |                          |
|             | 14.9             | Abdeljalil Smaq                   | 66        | 14/05/1995        | Vic                      |
|             | 15.42            | Daniel Pacheco Polonio            | 93        | 28/05/2017        | Serrahima-BCN            |
|             | <b>15.67</b>     | <b>Miguel García García</b>       | <b>00</b> | <b>27/09/2020</b> | <b>Sevilla-SPB</b>       |
|             | 15.6             | Manuel Rodríguez Veragua          | 63        | 09/06/1991        | Vic                      |
|             | <b>15.95</b>     | <b>Àlex Valverde Valencia</b>     | <b>00</b> | <b>29/07/2020</b> | <b>Gavà</b>              |
|             | 16.07            | Eduard Herranz Puig               | 94        | 05/05/2013        | Serrahima-BCN            |

|                  |                         |                               |            |                      |                               |
|------------------|-------------------------|-------------------------------|------------|----------------------|-------------------------------|
|                  | 15.9                    | Juan Antonio Casado Ferro     | 64         | 07/04/1984           | Cornellà de Llobregat         |
| 400 t. (0.914)   | 52.52                   | Manuel Rodríguez Veragua      | 63         | 25/05/1991           | Salamanca                     |
|                  | 52.54                   | Guillermo López Hortal        | 77         | 14/06/1997           | L'Hospitalet de Llobregat     |
|                  | 54.24                   | Javier Delgado Osorio         | 96         | 17/06/2012           | Amposta                       |
|                  | 54.3                    | Ricardo Diéguez Montesinos    | 57         | 19/06/1976           | Universitària-BCN             |
|                  | 54.79                   | Jesús Rodríguez Valenzuela    | 70         | 13/07/1991           | Sant Boi de Llobregat         |
|                  | <b>55.09</b>            | <b>Àlex Valverde Valencia</b> | <b>00</b>  | <b>29/08/2020</b>    | <b>Mollet del Vallès</b>      |
|                  | 55.3                    | Francisco Miranda Díaz        | 60         | 23/07/1977           | Granollers                    |
|                  | <b>55.58</b>            | <b>Javier Baena Ávila</b>     | <b>98</b>  | <b>11/10/2020</b>    | <b>Igualada</b>               |
|                  | 56.22                   | David Fradera Fuentes         | 99         | 02/06/2018           | Serrahima-BCN                 |
| 56.43            | Alberto Sánchez Villena | 81                            | 16/06/2002 | Serrahima-BCN        |                               |
| 3.000 o. (0.914) | 8:50.75                 | Antonio Álvarez Hernández     | 77         | 30/07/1995           | Nyiregyhaza (HUN)             |
|                  | 8:54.6                  | Miguel Ángel Arjona Rodríguez | 68         | 18/06/1992           | Can Dragó-BCN                 |
|                  | 9:04.39                 | Manuel Moreno Velázquez       | 66         | 01/08/1986           | Madrid-VLL                    |
|                  | 9:07.33                 | Víctor Gómez Carrión          | 74         | 27/06/1996           | Can Dragó-BCN                 |
|                  | 9:17.36                 | José Manuel Granadero Lorca   | 72         | 02/06/1993           | Serrahima-BCN                 |
|                  | 9:18.46                 | Daniel Álvarez de la Cruz     | 93         | 12/06/2018           | El Prat de Llobregat          |
|                  | 9:23.44                 | Alex Salas Molina             | 00         | 02/06/2018           | Serrahima-BCN                 |
|                  | 9:24.98                 | Angel Gregorio Barrancos      | 77         | 14/06/1998           | Serrahima-BCN                 |
|                  | 9:26.19                 | Carlos Carmona Ruiz           | 76         | 02/06/1993           | Serrahima-BCN                 |
| 9:31.68          | Francisco Plaza Álvarez | 82                            | 12/07/2000 | Serrahima-BCN        |                               |
| Alçada           | 2.07                    | Sergi Lanau Agustina          | 77         | 20/07/2003           | Vic                           |
|                  | 2.07                    | Jesús Castillo Patiño         | 93         | 12/05/2019           | Cornellà de Llobregat         |
|                  | 2.04                    | David Fradera Fuentes         | 99         | 12/05/2019           | Cornellà de Llobregat         |
|                  | 1.99                    | Javier Bazán Martínez         | 74         | 02/05/1993           | Badalona                      |
|                  | 1.98                    | Víctor Moreno Barrera         | 98         | 22/04/2018           | Cornellà de Llobregat         |
|                  | 1.98 i                  | Iker Martín Saladich          | 00         | 02/03/2019           | Madrid                        |
|                  | 1.95                    | Rafael Quesada Sueza          | 58         | 18/05/1980           | Mataró                        |
|                  | 1.94 i                  | Daniel Pacheco Polonio        | 93         | 16/02/2019           | Antequera                     |
|                  | 1.87                    | Teodoro Tovar Pacheco         | 64         | 20/05/1984           | Cornellà de Llobregat         |
| 1.87 i           | Jaime Guerra Alexandre  | 99                            | 15/01/2017 | Sabadell             |                               |
| Perxa            | 4.92                    | Fco. Javier Ripoll Pérez      | 68         | 25/07/1991           | Sant Cugat del Vallès         |
|                  | 4.60 i                  | José Luis Blanco Martínez     | 64         | 27/02/1983           | Donostia-S.S.                 |
|                  | 4.60                    | Germán Medina Martín          | 78         | 26/05/1996           | Serrahima-BCN                 |
|                  | 4.56 A                  | David Blasco Patiño           | 96         | 07/07/2018           | Soria                         |
|                  | 4.51                    | Álvaro Ratia Sauque           | 89         | 07/07/2007           | Castelló-MGH                  |
|                  | 4.42                    | Alfredo Sánchez Chacón        | 78         | 04/07/2008           | Sant Cugat del Vallès         |
|                  | 4.40 i                  | Jesús Castillo Patiño         | 93         | 18/02/2018           | València                      |
|                  | <b>4.37 i</b>           | <b>Daniel Díaz Neira</b>      | <b>02</b>  | <b>22/02/2020</b>    | <b>Clermont Ferrand (FRA)</b> |
|                  | 4.20                    | Enrique Cervantes Oliete      | 68         | 03/05/1987           | Vilafranca del Penedès        |
| 4.20             | Oriol Adeva Fillol      | 84                            | 22/04/2012 | Castellar del Vallès |                               |
| Llargada         | 7.52                    | David Ruiz Cuadra             | 75         | 13/07/2003           | Serrahima-BCN                 |
|                  | 7.41                    | Daniel Pacheco Polonio        | 93         | 06/06/2012           | Serrahima-BCN                 |
|                  | 7.40                    | Jaime Guerra Alexandre        | 99         | 27/07/2019           | Pamplona                      |

|                   |               |                              |           |                   |                          |
|-------------------|---------------|------------------------------|-----------|-------------------|--------------------------|
|                   | <b>7.13 i</b> | <b>Pol Ferrer Moncusí</b>    | <b>03</b> | <b>25/01/2020</b> | <b>Madrid</b>            |
|                   | 7.05          | Jesús Castillo Patiño        | 93        | 31/08/2019        | La Nucía                 |
|                   | 7.00          | Àlex Valverde Valencia       | 00        | 04/07/2018        | Serrahima-BCN            |
|                   | 6.98 i        | Iker Martín Saladich         | 00        | 02/03/2019        | Madrid                   |
|                   | 6.89          | Francisco Miranda Díaz       | 60        | 03/04/1977        | Universitària-BCN        |
|                   | <b>6.83</b>   | <b>Marc García Peiró</b>     | <b>98</b> | <b>11/10/2020</b> | <b>Igualada</b>          |
|                   | 6.81          | Julen Sayago Cerezo          | 99        | 13/04/2019        | Santa Coloma de Gramenet |
| Triple            | 16.45         | Jaime Guerra Alejandro       | 99        | 31/08/2019        | La Nucía                 |
|                   | 15.95         | Daniel Pacheco Polonio       | 93        | 17/07/2012        | Granollers               |
|                   | 15.04         | Abdeljalil Smaq              | 66        | 29/07/1995        | Serrahima-BCN            |
|                   | 15.00 i       | Julen Sayago Cerezo          | 99        | 13/01/2019        | Sabadell                 |
|                   | 13.67         | Ricardo Diéguez Montesinos   | 57        | /1979             |                          |
|                   | 13.66         | José Antonio Osorio Salvador | 57        | 23/03/1975        | Calella                  |
|                   | 13.42         | Joan Lligadas Bellido        | 80        | 06/05/2001        | Tarragona                |
|                   | 13.36         | Rafael Álvarez Malaret       | 55        | 22/05/1983        | Cornellà de Llobregat    |
|                   | 13.25         | José Antonio López Páez      | 58        | 30/04/1978        | Cornellà de Llobregat    |
|                   | 13.16         | Jaime Picazos Cardo          | 65        | 10/04/1983        | Cornellà de Llobregat    |
| Pes (7.260 Kg.)   | 16.33         | Juan Briceño Serra           | 53        | 26/04/1987        | Badalona                 |
|                   | 13.91         | Jesús Castillo Patiño        | 93        | 31/08/2019        | La Nucía                 |
|                   | 13.10         | José Arquero Jiménez         | 59        | 26/06/1999        | Cornellà de Llobregat    |
|                   | 12.74         | David Carmona Delgado        | 80        | 29/05/1997        | Cornellà de Llobregat    |
|                   | 12.71         | Carlos Alcaide Sánchez       | 63        | 23/04/1989        | Cornellà de Llobregat    |
|                   | 12.36 i       | Igor Gordiyenko              | 72        | 09/02/2013        | Sabadell                 |
|                   | 12.18         | Ramón García Sánchez         | 67        | 21/06/1986        | Universitària-BCN        |
|                   | 12.00         | Daniel Pacheco Polonio       | 93        | 21/07/2018        | Getafe                   |
|                   | 11.85         | Daniel Serrano Jorcano       | 99        | 06/05/2018        | Serrahima-BCN            |
|                   | <b>11.74</b>  | <b>Kirian Pérez Díaz</b>     | <b>78</b> | <b>21/07/2020</b> | <b>Amposta</b>           |
| Disc (2 Kg.)      | 47.58         | Juan Briceño Serra           | 53        | 14/05/1978        | Calella                  |
|                   | 40.78         | Kirian Pérez Díaz            | 78        | 10/02/2019        | Santa Coloma de Gramenet |
|                   | 40.75         | Jesús Castillo Patiño        | 93        | 09/06/2019        | Arona                    |
|                   | 40.64         | Sebastián Arquero Jiménez    | 62        | 23/04/1983        | Cornellà de Llobregat    |
|                   | 39.66         | Carlos Alcaide Sánchez       | 63        | 22/05/1983        | Cornellà de Llobregat    |
|                   | 38.80         | David Carmona Delgado        | 80        | 05/06/1997        | Cornellà de Llobregat    |
|                   | 38.78         | Antonio Arquero Jiménez      | 66        | 19/07/1984        | Cornellà de Llobregat    |
|                   | 38.48         | José Arquero Jiménez         | 59        | 18/06/2000        | Talavera de la Reina     |
|                   | 37.93         | Ivo Sánchez Rossi            | 94        | 12/04/2014        | El Prat de Lloregat      |
|                   | 36.92         | Alberto Castillo Patiño      | 82        | 25/04/2015        | Mataró                   |
| Javelina (800 g.) | <b>57.66</b>  | <b>Roger Mogas Morales</b>   | <b>02</b> | <b>16/02/2020</b> | <b>Serrahima-BCN</b>     |
|                   | 57.44         | Bernat Calpe Torra           | 66        | 01/05/1990        | Cornellà de Llobregat    |
|                   | 57.35         | Borja Fonseca de Asco        | 92        | 15/06/2019        | Huesca                   |
|                   | 55.88         | Antonio Arquero Jiménez      | 66        | 12/05/1985        | Cornellà de Llobregat    |
|                   | 54.84         | Jesús Castillo Patiño        | 93        | 01/09/2019        | La Nucía                 |
|                   | 54.00         | Julio Alcaide Pérez          | 59        | 05/06/1977        | Sabadell                 |
|                   | 52.58         | Víctor Serrano Jorcano       | 97        | 04/06/2016        | Lloret de Mar            |
|                   | 52.32         | Nacho Ruiz Ciller            | 74        | 29/04/2001        | Universitària-BCN        |

|                     |              |                                 |           |                   |                       |
|---------------------|--------------|---------------------------------|-----------|-------------------|-----------------------|
|                     | 52.12        | Fermin Pérez Trujillo           | 70        | 08/06/1994        | Serrahima-BCN         |
|                     | 51.11        | Carlos Antúnez Campo            | 74        | 18/04/2004        | Sant Celoni           |
| Martell (7.260 Kg.) | 46.38        | Miquel Abadia Arto              | 85        | 05/04/2008        | Sabadell              |
|                     | 43.98        | José Manuel del Águila Bejarano | 85        | 13/06/2007        | Serrahima-BCN         |
|                     | 43.63        | Daniel Noguera Trabalón         | 99        | 01/06/2019        | Santander             |
|                     | 40.84        | José Luis Gómez Siruela         | 60        | 10/04/1994        | Granollers            |
|                     | 37.17        | Sebastián Plà Rodríguez         | 55        | 18/05/2003        | Cornellà de Llobregat |
|                     | 35.51        | Nelson Pino Pérez               | 96        | 02/06/2018        | Serrahima-BCN         |
|                     | 34.78        | Enrique Alanis Ortega           | 61        | 20/05/1984        | Cornellà de Llobregat |
|                     | 34.38        | Francisco Gutiérrez Ayala       | 56        | 13/05/1979        | Cornellà de Llobregat |
|                     | 34.38        | Roger Marín Rebollo             | 87        | 07/05/2006        | Sant Celoni           |
|                     | <b>33.80</b> | <b>Kirian Pérez Díaz</b>        | <b>78</b> | <b>18/07/2020</b> | <b>Palafrugell</b>    |

|         |   |                               |           |                   |                 |
|---------|---|-------------------------------|-----------|-------------------|-----------------|
| Decatló | 100 - Llargada - Pes (7.260 Kg.) - Alçada - 400 / 110 t. (1.067) - Disc (2 Kg.) - Perxa - Javelina (800 g.) - 1.500 |                               |           |                   |                 |
|         | 7.406   | Jesús Castillo Patiño         | 93        | 09/06/2019        | Arona           |
|         | 11.51 (-1.0) - 6.73 (0.0) - 12.67 - 2.02 - 49.51 / 14.68 (+0.2) - 40.75 - 4.20 - 54.76 - 4:37.08                    |                               |           |                   |                 |
|         | 6.416   | Daniel Pacheco Polonio        | 93        | 22/07/2018        | Getafe          |
|         | 11.09 (+1.6) - 7.02 (+1.6) - 12.00 - 1.85 - 52.37 / 15.57 (+1.5) - 34.48 - 3.90 - 37.50 - 5:18.64                   |                               |           |                   |                 |
|         | <b>6.048</b>  | <b>Àlex Valverde Valencia</b> | <b>00</b> | <b>12/10/2020</b> | <b>Igualada</b> |
|         | <b>11.38 (0.0) - 6.70 (+1.1) - 9.41 - 1.80 - 50.51 / 16.37 (-0.9) - 24.09 - 3.90 - 36.47 - 4:47.19</b>              |                               |           |                   |                 |
|         | 5.570   | Alfredo Sánchez Chacón        | 78        | 04/05/2008        | Serrahima-BCN   |
|         | 11.80 (+0.6) - 6.07 (+2.9) - 9.90 - 1.70 - 53.49 / 16.93 (+1.2) - 23.39 - 4.20 - 34.65 - 4:55.43                    |                               |           |                   |                 |
|         | 5.475   | Ivo Sánchez Rossi             | 94        | 25/05/2014        | Serrahima-BCN   |
|         | 11.58 (+2.9) - 6.07 (-1.2) - 11.41 - 1.76 - 56.28 / 17.08 (+1.2) - 33.72 - 2.50 - 44.47 - 5:06.62                   |                               |           |                   |                 |
|         | 5.467   | Alex Rodríguez Angulo         | 79        | 05/06/2011        | Serrahima-BCN   |
|         | 11.75 (+0.8) - 6.05 (+1.7) - 9.63 - 1.55 - 52.70 / 17.76 (+0.0) - 30.67 - 3.60 - 39.58 - 4:50.46                    |                               |           |                   |                 |
|         | <b>4.567</b>  | <b>Kirian Pérez Díaz</b>      | <b>78</b> | <b>12/10/2020</b> | <b>Igualada</b> |
|         | <b>12.66 (0.0) - 6.05 (+1.6) - 11.35 - 1.68 - 58.88 / 19.95 (-0.9) - 33.68 - 3.00 - 32.65 - 5:48.73</b>             |                               |           |                   |                 |
|         | 4.383   | Nacho Ruiz Ciller             | 74        | 02/04/2006        | Tarragona       |
|         | 12.10 (+1.3) - 5.65 (-1.9) - 10.59 - 1.58 - 1:01.90 / 19.85 (+1.1) - 29.97 - 2.80 - 46.12 - 6:02.48                 |                               |           |                   |                 |
|         | 4.277   | Oscar Rodríguez Sánchez       | 89        | 11/05/2014        | Palafrugell     |
|         | 11.97 (-2.5) - 6.06 (+2.1) - 10.24 - 1.64 - 58.47 / AB (+1.2) - 35.68 - 3.80 - 37.54 - 7:38.37                      |                               |           |                   |                 |
|         | 4.060   | Fco. José Taulats Capdevila   | 66        | 26/05/1985        | Badalona        |

|         |       |   |            |               |
|---------|-------|---|------------|---------------|
| 4 x 100 | 41.55 | M.Campillos-I.Martín-A.Reina-M.L.Vekemans | 10/07/2019 | Serrahima-BCN |
|         | 41.60 | M.Campillos-I.Martín-À.Valverde-B.Canet   | 07/07/2019 | Granollers    |
|         | 41.64 | A.Reina-D.Pacheco-A.Núñez-B.Canet         | 04/07/2018 | Serrahima-BCN |
|         | 42.01 | À.Valverde-D.Pacheco-A.Núñez-B.Canet      | 17/06/2018 | Valladolid    |
|         | 42.35 | P.Ferrer-À.Valverde-M.Galé-M.L.Vekemans   | 05/05/2019 | Serrahima-BCN |
|         | 42.38 | A.Reina-D.Pacheco-A.Núñez-B.Canet         | 05/07/2017 | Serrahima-BCN |
|         | 42.60 | À.Valverde-I.Martín-D.Fradera-B.Canet     | 05/05/2018 | Serrahima-BCN |
|         | 42.60 | M.Galé-A.Reina-D.Fradera-M.L.Vekemans     | 30/06/2019 | Tarragona     |
|         | 42.71 | J.Baena-A.Reina-M.Galé-B.Canet            | 15/06/2019 | Huesca        |
|         | 42.73 | À.Valverde-I.Martín-D.Fradera-B.Canet     | 24/06/2018 | Murcia        |

|         |         |   |            |               |
|---------|---------|---|------------|---------------|
| 4 x 400 | 3:18.63 | J.Castillo-D.Fradera-I.Martín-I.Piñero  | 04/07/2018 | Serrahima-BCN |
|         | 3:20.01 | À.Valverde-I.Piñero-P.Ferrer-J.Castillo | 10/07/2019 | Serrahima-BCN |

|         |  |            |                       |
|---------|--|------------|-----------------------|
| 3:21.20 | J.Baena-À.Valverde-J.Castillo-M.L.Vekemans | 15/06/2019 | Huesca                |
| 3:21.86 | J.Utrilla-I.Piñero-G.Valverde-I.Martín     | 07/05/2017 | Cornellà de Llobregat |
| 3:22.01 | J.Castillo-I.Piñero-G.Valverde-I.Martín    | 17/06/2018 | Valladolid            |
| 3:22.3  | R.Diéguez-F.Domínguez-C.Vargas-A.Sánchez   | 21/07/1978 | Serrahima-BCN         |
| 3:23.04 | P.Belinchón-I.Martín-J.Utrilla-G.Valverde  | 05/07/2017 | Serrahima-BCN         |
| 3:23.3  | A.Sánchez-G.Martínez-F.Domínguez-C.Vargas  | 16/06/1977 | Barcelona-?           |
| 3:23.87 | À.Valverde-I.Piñero-D.Fradera-G.Valverde   | 06/05/2018 | Serrahima-BCN         |
| 3:24.98 | J.Baena-I.Martín-G.Valverde-À.Valverde     | 01/06/2019 | Santander             |

|             |                         |                                 |            |               |                           |
|-------------|-------------------------|---------------------------------|------------|---------------|---------------------------|
| 20Km.m. (R) | 1:25:01                 | Jaime Barroso Ramírez           | 68         | 23/07/1991    | Sheffield (GBR)           |
|             | 1:25:09                 | Germán Nieto Montesinos         | 70         | 07/02/1988    | Llinars                   |
|             | 1:29:55                 | Kevin Cerro Gudiño              | 98         | 04/02/2018    | El Vendrell               |
|             | 1:32:30                 | Sergio Roca Mulero              | 71         | 13/04/1991    | A Coruña                  |
|             | 1:34:08                 | Luis Bueno Fernández            | 56         | 10/05/1981    | L'Hospitalet de Llobregat |
|             | 1:35:15.4               | José Vinuesa Méndez             | 48         | 27/07/1981    | Serrahima-BCN             |
|             | 1:36:58.4               | Rafael Espejo Cobos             | 52         | 11/05/1980    | Barcelona                 |
|             | 1:41:07                 | Aitor Santafé López             | 84         | 08/02/2004    | Saragossa                 |
|             | 1:42:37.0               | José Antonio Diéguez Montesinos | 59         | 05/02/1978    | El Prat de Llobregat      |
| 1:43:08     | Jordi Ballesteros Simón | 63                              | 22/08/2005 | Donostia-S.S. |                           |

|             |         |                       |    |            |                      |
|-------------|---------|-----------------------|----|------------|----------------------|
| 50Km.m. (R) | 3:56:22 | Jaime Barroso Ramírez | 68 | 24/02/1991 | València             |
|             | 4:24:53 | Rafael Espejo Cobos   | 52 | 20/04/1980 | Rhede (GER)          |
|             | 4:25:03 | Luis Bueno Fernández  | 56 | 09/03/1980 | El Prat de Llobregat |
|             | 4:47:44 | José Antonio Diéguez  | 59 | 25/03/1979 | Reus                 |

|        |                 |                                   |            |                       |                  |
|--------|-----------------|-----------------------------------|------------|-----------------------|------------------|
| 10 Km. | 29:36.          | Mostafa Benslimane                | 78         | 31/12/2015            | Barcelona        |
|        | 29:37.          | Mohamed Ait Ben Aissa Ouhlouss    | 89         | 31/12/2014            | Barcelona        |
|        | 29:40.          | Abderrahim El Jaafari             | 82         | 29/10/2016            | Granollers       |
|        | 30:57.          | José Espinar Porcel               | 67         | 11/09/2006            | Viladecans       |
|        | 31:00.          | Mateo De Dalmases Friday          | 96         | 31/12/2017            | Barcelona        |
|        | 31:09.          | Abderrahim Ait Khamouch Badaui    | 86         | 31/12/2014            | Barcelona        |
|        | 31:20.          | Yassine Ezzaydouny Ben-Abdeljalil | 95         | 31/12/2015            | Barcelona        |
|        | <b>31:24.</b>   | <b>Daniel Álvarez de la Cruz</b>  | <b>93</b>  | <b>31/12/2019</b>     | <b>Barcelona</b> |
|        | 31:29.          | Carles Montllor Vegas             | 87         | 31/12/2017            | Barcelona        |
| 31:36. | Mohamed Agouzal | 86                                | 19/05/2013 | Cornellà de Llobregat |                  |

|            |         |                           |    |            |           |
|------------|---------|---------------------------|----|------------|-----------|
| 1/2 Marató | 1:06:47 | Abdel Ait Khamouch Badaui | 85 | 15/02/2015 | Barcelona |
|            | 1:07:19 | Abderrahim El Jaafari     | 82 | 03/04/2016 | Arona     |
|            | 1:07:29 | Mostafa Benslimane        | 78 | 07/12/2014 | Mataró    |
|            | 1:08:12 | Víctor Gómez Carrión      | 74 | 09/01/2000 | Sitges    |
|            | 1:08:15 | Manuel Moreno Velázquez   | 66 | 11/02/1996 | Barcelona |

|             |                |                                   |           |                   |                           |
|-------------|----------------|-----------------------------------|-----------|-------------------|---------------------------|
|             | 1:09:02        | José Parra Grillo                 | 60        | 18/01/1998        | Granollers                |
|             | 1:09:52        | Antonio Navarro Duran             | 62        | 07/01/1996        | Sitges                    |
|             | 1:10:15        | Mathew Norminton                  | 77        | 09/01/2005        | Sitges                    |
|             | 1:10:24        | José Espinar Porcel               | 67        | 13/01/2002        | Sitges                    |
|             | 1:10:26        | Sergio Enríquez Castells          | 83        | 07/02/2016        | Granollers                |
| Marató      | 2:18:00        | Santiago Manguán Pascual          | 41        | 21/05/1972        | Paterna                   |
|             | 2:20:25        | Mathias Kostulski Szelinski       | 51        | 15/03/1981        | Barcelona                 |
|             | 2:22:43        | Manuel Martínez Mellado           | 61        | 10/12/1989        | Calvià                    |
|             | 2:24:17        | Julio Vega Ancos                  | 58        | /1988             | Barcelona                 |
|             | 2:25:18        | Mathew Norminton                  | 77        | 23/04/2006        | Londres (GBR)             |
|             | 2:26:54        | Abdel Ait Khamouch Badaui         | 85        | 26/04/2015        | Londres (GBR)             |
|             | 2:27:43        | Antonio Navarro Duran             | 62        | 11/10/1992        | Donostia-S.S.             |
|             | 2:27:54        | Mostafa Benslimane                | 78        | 17/01/2016        | Tarragona                 |
|             | <b>2:28.07</b> | <b>Sergio Enriquez Castells</b>   | <b>83</b> | <b>01/12/2019</b> | <b>València</b>           |
|             | 2:28:26        | Víctor Gómez Carrión              | 74        | 16/03/2003        | Barcelona                 |
| 3.000       | 8:16.16 i      | Mateo De Dalmasas Friday          | 96        | 03/02/2018        | Boston (USA)              |
|             | 8:19.78        | Reyes Estévez López               | 76        | 05/07/1992        | Caen (FRA)                |
|             | 8:20.25 i      | Mohamed Ait Ben Aissa Ouhlouss    | 89        | 01/02/2015        | Sabadell                  |
|             | 8:22.38        | Manuel Moreno Velázquez           | 66        | 29/06/1991        | Burdeos                   |
|             | 8:26.4         | Víctor Gómez Carrión              | 74        | /1995             |                           |
|             | 8:28.70 i      | Yassine Ezzaydouny Ben-Abdeljalil | 95        | 15/01/2017        | Sabadell                  |
|             | 8:30.27 i      | Mostafa Benslimane                | 78        | 08/01/2017        | Sabadell                  |
|             | 8:30.7         | Antonio Álvarez Hernández         | 77        | /1995             |                           |
|             | 8:32.88 i      | Daniel Álvarez de la Cruz         | 93        | 03/02/2013        | Sabadell                  |
|             | 8:35.13        | Alex Salas Molina                 | 00        | 31/05/2017        | Serrahima-BCN             |
| 5.000 m.m.  | 20:18.1        | Germán Nieto Montesinos           | 70        | 23/04/1989        | Cornellà de Llobregat     |
|             | 20:31.83       | Kevin Cerro Gudiño                | 98        | 28/04/2018        | L'Hospitalet de Llobregat |
|             | 20:42.30       | Jaime Barroso Ramírez             | 68        | 28/04/1991        | Palafrugell               |
|             | 20:43.7        | Sergio Roca Mulero                | 71        | 01/05/1990        | Cornellà de Llobregat     |
|             | 20:53.24       | Paul McGrath Benito               | 02        | 14/07/2019        | Serrahima-BCN             |
|             | 21:20.51       | David Abellán Barnes              | 77        | 13/06/1993        | León                      |
|             | 21:46.68       | Jonathan Carmona Delgado          | 85        | 02/05/2004        | Sabadell                  |
|             | 22:01.4 i      | José Antonio Diéguez Montesinos   | 59        | 13/02/1982        | Oviedo/Uviéu              |
|             | 22:06.0        | Rafael Espejo Cobos               | 52        | 05/06/1983        | Cornellà de Llobregat     |
|             | 22:07.9        | José Vinuesa Méndez               | 48        | 24/05/1978        | Cornellà de Llobregat     |
| 10.000 m.m. | 40:37.47       | Germán Nieto Montesinos           | 70        | 25/08/1989        | Varazdin (YUG)            |
|             | 41:36.14       | Sergio Roca Mulero                | 71        | 10/08/1990        | Plovdiv (BUL)             |
|             | 43:10.92       | Kevin Cerro Gudiño                | 98        | 12/06/2019        | Serrahima-BCN             |
|             | 43:21.38       | Paul McGrath Benito               | 02        | 12/06/2019        | Serrahima-BCN             |
|             | 44:23.1        | David Abellán Barnes              | 77        | 09/07/1994        | Sevilla-SP                |
|             | 44:29.8        | Luis Bueno Fernández              | 56        | 24/05/1981        | Cornellà de Llobregat     |
|             | 44:30.?        | José Vinuesa Méndez               | 48        | 24/05/1981        | Cornellà de Llobregat     |
|             | 44:34.4        | Jaime Barroso Ramírez             | 68        | 17/08/1991        | Vigo                      |
|             | 45:46.0        | Rafael Espejo Cobos               | 52        | 09/06/1983        | Cornellà de Llobregat     |
|             | 45:54.95       | Jonathan Carmona Delgado          | 85        | 07/07/2002        | Miranda de Ebro           |

|             |                         |                            |            |                   |                          |
|-------------|-------------------------|----------------------------|------------|-------------------|--------------------------|
| 5Km.m. (R)  | 20:46                   | Germán Nieto Montesinos    | 70         | 20/06/1986        | Alcalà de Henares        |
|             | 21:53                   | José Antonio Nieto         | 64         | 22/01/1981        | Laredo                   |
|             | 22:09.                  | Kevin Cerro Gudiño         | 98         | 19/11/2017        | Manresa                  |
|             | 22:43                   | Jonathan Carmona Delgado   | 85         | 02/02/2003        | Viladecans               |
|             | 23:10                   | Jordi Ballesteros Simón    | 63         | 14/11/2004        | Els Hostalets de Pierola |
|             | 23:14                   | Daniel Gañán Bautista      | 88         | 29/02/2004        | El Prat de Llobregat     |
|             | 23:22.                  | Andrei Rodríguez Ortega    | 99         | 25/01/2015        | Viladecans               |
|             | 23:30                   | Paul McGrath Benito        | 02         | 04/03/2017        | Valverde                 |
|             | 23:49.                  | Rubén Vera Massana         | 99         | 24/01/2016        | Viladecans               |
|             | 24:13.                  | Aitor Santafé López        | 84         | 16/03/2002        | A Coruña                 |
| 10Km.m. (R) | 40:51.                  | Germán Nieto Montesinos    | 70         | 09/04/1989        | Vilanova i la Geltrú     |
|             | 42:24.                  | Jaime Barroso Ramírez      | 68         | 11/08/1991        | Frankfurt (GER)          |
|             | 42:32.                  | Sergio Roca Mulero         | 71         | 16/06/1990        | Grassau (GER)            |
|             | <b>42:48.</b>           | <b>Paul McGrath Benito</b> | <b>02</b>  | <b>16/02/2020</b> | <b>Torrevela</b>         |
|             | 43:30.                  | David Abellán Barnes       | 77         | 20/03/1994        | Ourense                  |
|             | 43:55.                  | Kevin Cerro Gudiño         | 98         | 03/06/2017        | A Coruña                 |
|             | 44:08.                  | Jonathan Carmona Delgado   | 85         | 08/02/2004        | Saragossa                |
|             | 45:46.                  | Rafael Espejo Cobos        | 52         | 09/06/1983        | Cornellà de Llobregat    |
|             | 47:20.                  | Daniel Gañán Bautista      | 88         | 08/02/2004        | Saragossa                |
|             | 47:21.                  | David Pardo Verjano        | 78         | 25/02/1996        | El Prat de Llobregat     |
| 47:21.      | Andrei Rodríguez Ortega | 99                         | 04/03/2017 | Valverde          |                          |