



RÀNQUING CORNELLÀ ATLÈTIC ABSOLUT DE TOTS ELS TEMPS (F) AIRE LLIURE

| Prova | Marca | Atleta | Any | Data | Lloc |
|----------------|------------------------------------|------------------------------------|-------------------|-------------------|----------------------------------|
| 100 | 11.91 | Ona Rossell Font | 98 | 12/09/2020 | Getafe |
| | 11.99 | Marina Tovar Arjona | 97 | 21/07/2018 | Getafe |
| | 11.8 | Montserrat Gómez Yeste | 66 | 09/07/1995 | Barcelona-? |
| | 12.08 | Elvira Ruiz Pulido | 69 | 17/06/1992 | Mataró |
| | 12.16 | Neus Núñez Sánchez | 05 | 05/06/2022 | Tarragona |
| | 12.20 | Aintzane Castarlenas Martínez | 97 | 16/06/2021 | Gavà |
| | 12.22 | Xènia Benach Solé | 00 | 19/08/2020 | Santa Coloma de Gramenet |
| | 12.43 | Aina López-Pinto Bauzá | 05 | 22/05/2022 | Gavà |
| | 12.51 | Kala Gutiérrez Horvat | 01 | 23/05/2018 | Mollet del Vallès |
| 12.54 | Berta Ruiz Serapio | 04 | 13/06/2021 | La Nucía | |
| 200 | 24.52 | Marina Tovar Arjona | 97 | 22/07/2018 | Getafe |
| | 24.76 | Ona Rossell Font | 98 | 29/07/2020 | Gavà |
| | 25.05 | Aintzane Castarlenas Martínez | 97 | 13/06/2021 | La Nucía |
| | 25.10 | Elvira Ruiz Pulido | 69 | 07/07/1990 | Serrahima-BCN |
| | 25.20 | Xènia Benach Solé | 00 | 18/05/2019 | Alhama de Murcia |
| | 25.42 i | Montserrat Gómez Yeste | 66 | 25/02/1995 | València |
| | 25.43 | Zuzanna Bednarek Styczynska | 07 | 18/06/2023 | Sabadell |
| | 25.52 i | Raquel Rey Muñoz | 02 | 04/03/2018 | Sabadell |
| | 25.63 | Kala Gutiérrez Horvat | 01 | 02/06/2018 | Serrahima-BCN |
| 25.68 | Marina Carrasco Martín | 99 | 10/06/2015 | Serrahima-BCN | |
| 400 | 56.04 | Laura Girol Rebordosa | 99 | 07/05/2023 | Villafranca de los Barros |
| | 56.92 | Karla Mongay Martínez | 02 | 08/07/2023 | L'Hospitalet de Llobregat |
| | 57.53 i | Marina Carrasco Martín | 99 | 05/03/2016 | Salamanca |
| | 58.86 i | Raquel Rey Muñoz | 02 | 11/02/2018 | Sabadell |
| | 58.8 | Elvira Ruiz Pulido | 69 | 03/04/1989 | Vic |
| | 59.24 | Marina Tovar Arjona | 97 | 01/06/2013 | Igualada |
| | 59.45 | Verònica Casado Anguera | 90 | 15/06/2023 | Lleida |
| | 59.4 | Susana March Soriano | 66 | 06/06/1993 | Manresa |
| | 59.75 | Anna Jiménez Bargalló | 90 | 21/04/2013 | El Prat de Llobregat |
| 59.78 i | Zuzanna Bednarek Styczynska | 07 | 29/01/2023 | Sabadell | |
| 800 | 2:11.62 | Sara Gómez Barrena | 90 | 01/07/2018 | Serrahima-BCN |
| | 2:13.74 | Ester Guerrero Muñoz | 88 | 11/07/2004 | Ferrol |
| | 2:15.09 | Rosa Tebar Ruiz | 76 | 15/06/1997 | L'Hospitalet de Llobregat |
| | 2:16.14 | Maite Rodríguez Ros | 70 | 04/06/1989 | Serrahima-BCN |
| | 2:17.0 | Ana Isabel Prieto Guerra | 73 | 06/06/1990 | Cornellà de Llobregat |
| | 2:17.31 i | Enya Lechuga Frouin | 06 | 11/03/2023 | Salamanca |
| | 2:18.02 | Trinidad Serrano López | 75 | 09/07/1993 | Donostia-S.S. |
| | 2:18.09 | Claudia Bejarano Díaz | 06 | 05/06/2022 | Tarragona |
| | 2:18.63 | Laura Girol Rebordosa | 99 | 11/04/2021 | Serrahima-BCN |
| | 2:19.7 | Josefina Pastor Sanahuja | 55 | 13/07/1978 | Cornellà de Llobregat |

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|----------------|-------------------------|-------------------------------|------------|-----------------------|----------------------------------|
| 1.500 | 4:30.54 | Ester Guerrero Muñoz | 88 | 10/07/2006 | Mataró |
| | 4:34.72 | Trinidad Serrano López | 75 | 21/07/1996 | Olímpic-BCN |
| | 4:39.49 | Ana Isabel Prieto Guerra | 73 | 07/07/1990 | Serrahima-BCN |
| | 4:40.02 | Sara Gómez Barrena | 90 | 30/05/2018 | Serrahima-BCN |
| | 4:40.12 | Rosa Tebar Ruiz | 76 | 12/07/2000 | Serrahima-BCN |
| | 4:43.93 | Rosa Valdesogo Martín | 68 | 12/07/2000 | Serrahima-BCN |
| | 4:46.04 | Andrea Bernal Castelló | 01 | 06/06/2021 | Igualada |
| | 4:46.21 | Anna Huguet Onandia | 99 | 30/06/2019 | Tarragona |
| | 4:46.38 | Maite Rodríguez Ros | 70 | 09/07/1989 | Serrahima-BCN |
| 4:50.70 | Milagros García Montero | 69 | 22/06/1985 | Serrahima-BCN | |
| 5.000 | 16:51.79 | Andrea Bernal Castelló | 01 | 17/04/2021 | Sabadell |
| | 17:19.04 | Trinidad Serrano López | 75 | 05/06/1996 | Mataró |
| | 17:53.35 | Rosa Valdesogo Martín | 68 | 21/04/2002 | Lleida |
| | 18:23.42 | Shirley Kap | 91 | 14/07/2019 | Serrahima-BCN |
| | 18:42.36 | Hasna Bahom Benomar Benomar | 78 | 13/04/2019 | Santa Coloma de Gramenet |
| | 18:50.18 | Júlia Font Gómez | 94 | 06/05/2018 | Serrahima-BCN |
| | 19:02.44 | Ma Carmen Paredes Rodríguez | 63 | 21/04/2012 | Can Dragó-BCN |
| | 19:05.61 | Sonia Giménez Borrego | 74 | 21/04/2001 | L'Hospitalet de Llobregat |
| | 19:21.5 | Judit Molina Gironès | 88 | 10/07/2004 | Ferrol |
| 19:25.96 | Anna Huguet Onandia | 99 | 22/04/2018 | Cornellà de Llobregat | |
| 10.000 | 38:37.17 | Andrea Bernal Castelló | 01 | 04/03/2023 | Olot |
| | 39:37.90 | Trinidad Serrano López | 75 | 02/07/1994 | Serrahima-BCN |
| | 42:17.73 | Silvia Gironès Bausà | 70 | 22/03/2014 | Mataró |
| | 43:34.78 | Pilar Campos Mayor | 71 | 21/06/1996 | Serrahima-BCN |
| | 43:47.23 | Carme Ballesteros Rosa | 67 | 23/03/2019 | Santa Coloma de Gramenet |
| | 45:42.73 | Nancy Nena Quispe Valencia | 64 | 19/07/1998 | Serrahima-BCN |
| 100 t. (0.84) | 13.77 | Xènia Benach Solé | 00 | 29/07/2020 | Gavà |
| | 14.34 | Laia Saumell Castro | 98 | 19/06/2019 | Serrahima-BCN |
| | 14.74 | Raquel Bautista Peñalba | 75 | 31/05/1996 | Serrahima-BCN |
| | 14.80 | Irene Clemente Martín | 03 | 03/06/2023 | Serrahima-BCN |
| | 15.07 | Paula López López | 96 | 03/07/2019 | Serrahima-BCN |
| | 15.0 | Noelia Pérez Blanco | 77 | 09/07/1994 | Serrahima-BCN |
| | 15.28 | Anna Tuñón Novensà | 04 | 03/07/2022 | Lleida |
| | 15.47 | Diwa Vilà i Sánchez | 01 | 01/05/2021 | Serrahima-BCN |
| | 15.84 | Viviana Iniesta Canal | 73 | 30/07/1993 | Serrahima-BCN |
| | 15.84 | Gemma García López | 94 | 21/04/2013 | El Prat de Llobregat |
| 400 t. (0.762) | 1:02.88 | Marina Carrasco Martín | 99 | 26/06/2016 | Mataró |
| | 1:04.19 | Adhara Barril Navarro | 82 | 08/07/2023 | L'Hospitalet de Llobregat |
| | 1:05.64 | Carmen Rodríguez Veragua | 70 | 20/06/1992 | Serrahima-BCN |
| | 1:06.58 | Karla Mongay Martínez | 02 | 13/06/2021 | La Nucía |
| | 1:08.27 | Gisel·la Gallach Solé | 07 | 27/05/2023 | Santa Coloma de Gramenet |
| | 1:08.38 | Irene Clemente Martín | 03 | 12/06/2019 | Serrahima-BCN |
| | 1:08.39 | Marina Tovar Arjona | 97 | 13/04/2013 | El Prat de Llobregat |
| | 1:08.46 | Anna Jiménez Bargalló | 90 | 26/06/2013 | Serrahima-BCN |
| | 1:08.74 | Almudena Cayero Sánchez | 99 | 19/06/2021 | L'Hospitalet de Llobregat |

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|------------------|-----------------|------------------------------------|-----------|-------------------|----------------------------------|
| | 1:08.78 | Anna Tuñón Novensà | 04 | 13/05/2023 | Serrahima-BCN |
| 3.000 o. (0.762) | 10:46.06 | Andrea Bernal Castelló | 01 | 11/04/2021 | Serrahima-BCN |
| | 11:35.69 | Anna Huget Onandia | 99 | 02/06/2018 | Serrahima-BCN |
| | 12:13.64 | Isabel Ríos Zambudio | 86 | 04/07/2004 | Saragossa-CAD |
| | 12:16.77 | Silvia Gironès Bausà | 70 | 12/04/2014 | El Prat de Llobregat |
| | 12:30.11 | Bárbara Anento Moreno | 80 | 07/04/2019 | Cornellà de Llobregat |
| | 12:37.31 | Meritxell Pastrana Yagüe | 05 | 08/05/2022 | Cornellà de Llobregat |
| | 12:40.49 | Isabel Rodríguez Calleja | 86 | 18/05/2003 | Reus |
| | 12:44.80 | Claudia Urrea Ruiz | 02 | 11/06/2022 | Monzón |
| | 12:51.17 | Anna Jiménez Bargalló | 90 | 07/05/2023 | Villafranca de los Barros |
| | 13:08.69 | Queralt Martín Saladich | 98 | 18/06/2016 | Serrahima-BCN |
| Alçada | 1.78 | Irene Clemente Martín | 03 | 24/06/2023 | Soria |
| | 1.72 | Ana Diéguez Aguilar | 77 | 15/05/1994 | Vic |
| | 1.71 i | Zuzanna Bednarek Styczynska | 07 | 18/02/2023 | Sabadell |
| | 1.67 i | Paula López López | 96 | 09/01/2016 | Sabadell |
| | 1.66 | Susana González Melero | 78 | 26/07/1998 | Castelló-MGH |
| | 1.63 | Xènia Benach Solé | 00 | 06/07/2019 | Granollers |
| | 1.61 | Ana Lluch Saura | 61 | 21/07/1979 | Madrid-I |
| | 1.61 | Nuria Aubach Fuertes | 66 | 08/06/1991 | Granollers |
| | 1.60 i | Anna Tuñón Novensà | 04 | 04/01/2020 | Sabadell |
| | 1.57 i | Martina Fernando Junyent | 08 | 18/02/2023 | Sabadell |
| Perxa | 3.70 | Laia Martínez Roncero | 82 | 31/05/2003 | Serrahima-BCN |
| | 3.60 | Mar Buyreu Alias | 03 | 13/06/2021 | La Nucía |
| | 3.40 | Emma Barragán Cabello | 03 | 16/05/2021 | Cartagena |
| | 3.15 | Paula Crespo Linares | 98 | 20/07/2014 | Valladolid |
| | 3.15 | Raquel Gras Pedrera | 96 | 12/05/2021 | Serrahima-BCN |
| | 3.10 i | Cristina Aransay Urrios | 98 | 22/02/2020 | Clermont Ferrand (FRA) |
| | 3.01 | Júlia Fernández Pardo | 04 | 01/06/2019 | Mataró |
| | 2.95 i | Gisel·la Gallach Solé | 07 | 20/03/2022 | Sabadell |
| | 2.90 | Ana García González | 85 | 07/05/2005 | Serrahima-BCN |
| | 2.90 i | Raquel Gómez Brignardelli | 93 | 12/02/2012 | Sabadell |
| Llargada | 5.87 | Xènia Benach Solé | 00 | 22/06/2019 | Santa Coloma de Gramenet |
| | 5.82 | Ana Lluch Saura | 61 | 12/08/1979 | Serrahima-BCN |
| | 5.80 | Marina Tovar Arjona | 97 | 11/06/2022 | Monzón |
| | 5.65 | Diwa Vilà i Sánchez | 01 | 16/05/2021 | Cartagena |
| | 5.65 | Irene Clemente Martín | 03 | 11/06/2023 | Madrid-VLL |
| | 5.59 | Cristina Rodríguez Calleja | 87 | 23/06/2007 | Granollers |
| | 5.59 | Paula López López | 96 | 28/05/2017 | Serrahima-BCN |
| | 5.57 | Estela Pellicer Raya | 96 | 22/06/2014 | Lloret de Mar |
| | 5.53 i | Karla Mongay Martínez | 02 | 08/01/2023 | Sabadell |
| | 5.45 i | Sara Cantó Nisa | 93 | 07/01/2018 | Sabadell |
| Triple | 12.83 | Diwa Vilà i Sánchez | 01 | 06/06/2021 | Igualada |
| | 12.69 i | Irene Clemente Martín | 03 | 07/03/2020 | València |
| | 12.08 | Cristina Rodríguez Calleja | 87 | 30/06/2007 | Ciudad Real |
| | 11.49 | Cristina Campos del Pino | 73 | 21/04/2002 | Lleida |
| | 11.45 | Laia Martínez Roncero | 82 | 13/07/2001 | Universitària-BCN |
| | 11.40 | Susana González Melero | 78 | 06/06/1998 | Serrahima-BCN |
| | 11.27 i | Zuzanna Bednarek Styczynska | 07 | 20/01/2023 | Sabadell |

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|-------------------|----------------|-------------------------------|-----------|-------------------|----------------------------------|
| | 11.25 | Marta Herrera Campos | 04 | 03/04/2022 | Tarragona |
| | 11.14 | Shelly Bruchstein | 05 | 17/06/2023 | Palafrugell |
| | 11.09 | Estela Pellicer Raya | 96 | 21/06/2014 | Lloret de Mar |
| Pes (4 Kg.) | 12.48 | Esperanza Serrano Navarro | 76 | 05/05/1996 | Vic |
| | 11.62 A | Paula López López | 96 | 16/06/2019 | Soria |
| | 11.14 | Xènia Benach Solé | 00 | 06/07/2019 | Granollers |
| | 11.13 | Silvia Godino Bravo | 69 | 06/06/1992 | Terrassa |
| | 10.96 | Irene Vega Palomino | 01 | 07/05/2023 | Villafranca de los Barros |
| | 10.91 | Ana Lluch Saura | 61 | 24/04/1983 | Barcelona-? |
| | 10.90 i | Maria Vega Palomino | 99 | 14/01/2023 | Sabadell |
| | 10.75 | Bárbara Arranz López | 03 | 20/06/2021 | Serrahima-BCN |
| | 10.52 | Aurora Moreno Arteaga | 64 | 01/05/1991 | Granollers |
| | 10.24 | Rosario Cañete Jiménez | 77 | 25/01/2004 | Serrahima-BCN |
| Disc (1 Kg.) | 44.64 | Esperanza Serrano Navarro | 76 | 19/06/1996 | Palafrugell |
| | 39.34 | Maria Vega Palomino | 99 | 06/05/2018 | Serrahima-BCN |
| | 37.26 | Marina Muzas Pérez | 94 | 13/05/2023 | Serrahima-BCN |
| | 34.64 | Bárbara Arranz López | 03 | 17/05/2023 | Serrahima-BCN |
| | 32.52 | Irina Peña Sánchez | 98 | 13/07/2016 | Serrahima-BCN |
| | 31.14 | Eva Raventós Carmona | 69 | 03/05/2009 | Castellar del Vallès |
| | 30.91 | Lara López Tajahuerce | 94 | 22/01/2012 | Serrahima-BCN |
| | 30.38 | Sonia Arce Pau | 75 | 26/04/1992 | Badalona |
| | 30.34 | Dolores Domínguez López | 79 | 14/05/1995 | Serrahima-BCN |
| | 30.02 | Silvia Godino Bravo | 69 | 10/05/1992 | Sant Boi de Llobregat |
| Martell (4 Kg.) | 51.42 | Irene Vega Palomino | 01 | 11/06/2023 | Madrid-VLL |
| | 47.76 | Cristina Cobo Orcoyem | 98 | 20/05/2018 | Torrent |
| | 46.09 | Ariadna Guillén Almero | 04 | 27/05/2023 | Santa Coloma de Gramenet |
| | 35.64 | Maria Peñalta García | 91 | 23/05/2007 | El Prat de Llobregat |
| | 34.94 | Maria Vega Palomino | 99 | 18/02/2018 | Serrahima-BCN |
| | 34.84 | Meritxell Ribé Rabascall | 89 | 14/06/2008 | Granollers |
| | 30.68 | Irina Peña Sánchez | 98 | 18/06/2016 | Serrahima-BCN |
| | 29.96 | Esperanza Serrano Navarro | 76 | 05/10/1996 | Sevilla-C |
| | 27.44 | Alba Blasco Patiño | 02 | 08/05/2021 | Cornellà de Llobregat |
| | 27.07 | Cristina Serrano Martínez | 80 | 18/04/2004 | Sant Celoni |
| Javelina (600 g.) | 49.34 | Aurora Moreno Arteaga | 64 | 17/04/1988 | Badalona |
| | 37.76 | Olivia Salmerón Hucke | 03 | 11/06/2023 | Madrid-VLL |
| | 36.20 | Cristina Serrano Martínez | 80 | 09/03/2003 | Can Dragó-BCN |
| | 35.86 | Ana Lluch Saura | 61 | 20/05/1978 | Barcelona-? |
| | 35.60 | Ma. Lúdia Barragán Alcázar | 61 | 12/04/1987 | Badalona |
| | 34.17 | Xènia Benach Solé | 00 | 07/07/2019 | Granollers |
| | 34.17 | Anna Tuñón Novensà | 04 | 03/07/2022 | Lleida |
| | 33.94 | Sonia Rosa Arce Pau | 75 | 06/06/1992 | Terrassa |
| | 33.52 | Esperanza Serrano Navarro | 76 | 26/05/1996 | Serrahima-BCN |
| | 32.00 | Silvia Godino Bravo | 69 | 08/04/1990 | Tarragona |

Heptatló

100 t. (0.84) - Alçada - Pes (4 Kg.) - 200 / Llargada - Javelina (600 g.) - 800

| | | | | |
|----------------|--|-----------|-------------------|---------------|
| 5.171 | Xènia Benach Solé | 00 | 07/07/2019 | Granollers |
| | 13.84 (+2.6) - 1.63 - 11.14 - 25.34 (+0.7) / 5.56 (0.0) - 34.17 - 2:32.20 | | | |
| 4.861 A | Irene Clemente Martín | 03 | 25/06/2023 | Soria |
| | 15.09 (-0.4) - 1.78 - 9.79 - 26.43 (-0.1) / 5.42 (-0.3) - 30.27 - 2:34.01 | | | |
| 4.706 A | Paula López López | 96 | 04/08/2019 | Soria |
| | 15.16 (-0.5) - 1.58 - 10.74 - 26.09 (+2.1) / 5.16 (-0.3) - 31.63 - 2:29.85 | | | |
| 4.123 | Ana Lluch Saura | 61 | 11/10/1981 | Madrid-? |
| 4.044 | Anna Tuñón Novensà | 04 | 22/05/2022 | Soria |
| | 15.66 (-1.3) - 1.51 - 8.39 - 27.69 (-2.9) / 4.86 (+2.8) - 31.61 - 2:42.26 | | | |
| 4.005 | Diwa Vilà i Sánchez | 01 | 02/05/2021 | Serrahima-BCN |
| | 15.47 (+1.7) - 1.43 - 7.78 - 26.62 (+2.1) / 5.28 (+1.5) - 19.38 - 2:34.53 | | | |
| 3.518 | Susana González Melero | 78 | 27/04/1997 | Terrassa |
| 3.494 | Cristina Campos del Pino | 73 | 18/06/2000 | Serrahima-BCN |
| 3.207 | Isabel Maria Rebaque Rivas | 84 | 10/05/2009 | Serrahima-BCN |
| | 17.15 (-0.1) - 1.28 - 8.72 - 29.29 (+1.7) / 4.31 (+0.2) - 22.48 - 2:42.60 | | | |
| 3.163 | Sabrina Ruiz Baena | 88 | 08/07/2007 | Castelló-MGH |
| | 18.28 (+1.5) - 1.49 - 7.42 - 29.20 (+0.8) / 4.57 (+2.6) - 18.39 - 2:47.78 | | | |

4 x 100

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|--------------|---|-------------------|----------------------------------|
| 47.10 | B.Ruiz-M.Tovar-A.Castarlenas-N.Núñez | 13/06/2021 | La Nucía |
| 47.29 | L.Núñez-M.Tovar-A.López-Pinto-N.Núñez | 11/06/2022 | Monzón |
| 47.64 A | I.Gress-M.Tovar-L.Saumell-X.Benach | 16/06/2019 | Soria |
| 47.78 | L.Núñez-M.Tovar-A.López-Pinto-N.Núñez | 08/06/2022 | El Prat de Llobregat |
| 47.86 | C.Llorca-S.M.Murillo-A.López-Pinto-N.Núñez | 09/07/2023 | L'Hospitalet de Llobregat |
| 48.02 | B.Ruiz-M.Tovar-A.Castarlenas-N.Núñez | 09/06/2021 | Serrahima-BCN |
| 48.07 | I.Gress-X.Benach-L.Saumell-M.Tovar | 05/05/2019 | Serrahima-BCN |
| 48.44 | L.Núñez-R.Rey-M.Tovar-M.Carrasco | 04/07/2018 | Serrahima-BCN |
| 48.69 | C.Llorca-B.Ruiz-L.Núñez-N.Núñez | 30/04/2023 | Cornellà de Llobregat |
| 48.70 | X.Benach-I.Gress-L.Núñez-M.Tovar | 10/07/2019 | Serrahima-BCN |

4 x 400

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|----------------|---|-------------------|----------------------------------|
| 3:53.01 | A.Barril-K.Mongay-L.Girol-V.Casado | 11/06/2023 | Madrid-VLL |
| 3:54.22 | L.Girol-V.Casado-A.Barril-K.Mongay | 09/07/2023 | L'Hospitalet de Llobregat |
| 3:54.38 | K.Mongay-Z.Bednarek-V.Casado-L.Girol | 07/05/2023 | Villafranca de los Barros |
| 3:55.13 | V.Casado-K.Mongay-L.Girol-I.Clemente | 13/05/2023 | Serrahima-BCN |
| 3:56.13 | K.Mongay-M.Carrasco-L.Girol-R.Rey | 25/04/2021 | Cornellà de Llobregat |
| 3:56.37 | K.Mongay-M.Carrasco-L.Girol-D.Vilà | 13/06/2021 | La Nucía |
| 3:56.58 | K.Mongay-A.Tuñón-L.Girol-M.Carrasco | 09/06/2021 | Serrahima-BCN |
| 3:59.18 | K.Mongay-D.Vilà-R.Rey-L.Girol | 11/04/2021 | Serrahima-BCN |
| 3:59.54 A | P.López-M.Carrasco-R.Rey-L.Girol | 16/06/2019 | Soria |
| 3:59.69 | A.Barril-K.Mongay-I.Clemente-L.Girol | 08/01/2023 | Sabadell |

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|-------------|-----------------------------|---|------------|----------------------|----------------------------------|
| 20Km.m. (R) | 1:44:53 | Beatriz Cantero Moreno | 92 | 13/02/2022 | Iruña |
| | 1:54:19 | Alicia Castejón Latrás | 99 | 26/03/2023 | Córdoba |
| | 1:54:41 | Iria Andrea Herráez Cabezas | 03 | 26/03/2023 | Córdoba |
| | 1:57:43 | Àngels Massana Banquells | 00 | 16/01/2022 | El Vendrell |
| | 1:58:36 | Patricia Carbó Nevado | 80 | 22/01/2006 | Viladecans |
| | 2:01:10 | Tábata Cano Vegas | 98 | 27/01/2019 | Badalona |
| | 2:07:29 | Alicia Pérez Antelo | 82 | 17/02/2002 | Rubí |
| | 2:07:36 | Noelia Cayero Sánchez | 01 | 31/01/2021 | El Vendrell |
| | 2:21:30 | Ma. Angeles Noell Guardiola | 62 | 19/05/2018 | Alacant |
| 10 Km. | 34:12 | Lídia Rodríguez Sierra | 86 | 17/09/2017 | Barcelona |
| | 36:47 | Andrea Bernal Castelló | 01 | 31/12/2023 | Barcelona |
| | 37:24 | Anna Huguet Onandia | 99 | 31/12/2019 | Barcelona |
| | 37:26 | Hasna Bahom Benomar | 78 | 19/01/2020 | Barcelona |
| | 37:55 | Vidalina Jaime Huacachi | 63 | 17/01/1999 | Barcelona |
| | 38:17 | Shirley Kap | 91 | 09/06/2019 | Saragossa |
| | 38:50 | Sara Benedi Manrique | 85 | 31/12/2019 | Barcelona |
| | 39:06 | M ^a Carmen Paredes Rodríguez | 63 | 27/05/2012 | Cornellà de Llobregat |
| | 39:33 | Trinidad Serrano López | 75 | 31/12/2015 | Barcelona |
| 39:50 | Sara Gómez Barrena | 90 | 31/12/2018 | Barcelona | |
| 1/2 Marató | 1:13:58 | Lídia Rodríguez Sierra | 86 | 03/12/2017 | Mataró |
| | 1:20:41 | Vidalina Jaime Huacachi | 63 | 13/12/1998 | Vilanova i la Geltrú |
| | 1:22:29 | Hasna Bahom Benomar | 78 | 17/11/2019 | Ripoll |
| | 1:25:58 | Rosa Valdesogo Martín | 68 | 16/02/2003 | Gavà |
| | 1:26:20 | Shirley Kap | 91 | 02/02/2020 | Port de Sagunt |
| | 1:26:26 | Sonia Giménez Borrego | 74 | 17/12/2000 | Vilanova i la Geltrú |
| | 1:26:44 | Sara Benedi Manrique | 85 | 27/10/2019 | València |
| | 1:28:26 | Bárbara Anento Moreno | 80 | 10/02/2019 | Barcelona |
| | 1:29:01 | Nancy Nena Quispe Valencia | 64 | 12/01/1997 | Sitges |
| 1:29:04 | Maria Arantzazu Suau Bordas | 71 | 06/11/2016 | El Prat de Llobregat | |
| Marató | 2:52:04 | Hasna Bahom Benomar | 78 | 01/12/2019 | València |
| | 3:12:53 | Maria Arantzazu Suau Bordas | 71 | 12/03/2017 | Barcelona |
| | 3:22:29 | Sílvia Gironès Bausà | 70 | 20/11/2016 | València |
| | 3:24:46 | Nancy Nena Quispe Valencia | 64 | 16/03/1997 | Mataró |
| | 3:34:09 | Bárbara Anento Moreno | 80 | 12/03/2017 | Barcelona |
| | 4:01:05 | Rosa Cases Caminal | 61 | 19/03/1989 | Barcelona |
| 3.000 | 9:45.51 i | Andrea Bernal Castelló | 01 | 14/02/2021 | València |
| | 9:47.90 i | Trinidad Serrano López | 75 | 11/02/1996 | Vilafranca del Penedès |
| | 9:47.94 | Sofia Aguayo Mauri | 97 | 07/05/2023 | Villafranca de los Barros |
| | 10:08.4 | Ana Isabel Prieto Guerra | 73 | 09/06/1990 | Serrahima-BCN |
| | 10:15.51 i | Shirley Kap | 91 | 08/02/2019 | Sabadell |
| | 10:22.22 i | Anna Huguet Onandia | 99 | 15/12/2019 | Sabadell |
| | 10:23.48 i | Rosa Valdesogo Martín | 68 | 19/01/2002 | Vilafranca del Penedès |
| | 10:25.0 | Milagros García Montero | 69 | 04/05/1986 | Cornellà de Llobregat |

| | | | | | |
|-------------|-----------------|------------------------------------|-----------|-------------------|---------------------------|
| | 10:31.4 | Francisca Domínguez Ariza | 69 | 20/06/1985 | Cornellà de Llobregat |
| | 10:37.2 | Josefina Pastor Sanahuja | 55 | 17/06/1978 | Serrahima-BCN |
| | 10:37.2 | Rosa Ma Rodríguez Ros | 66 | 24/06/1981 | Barcelona |
| 5.000 m.m. | 22:07.4 | Emilia Cano Camacho | 68 | 05/04/1992 | Olímpic-BCN |
| | 22:23.31 | Eva Pérez Trujillo | 75 | 23/07/1994 | Lisboa (POR) |
| | 22:55.83 | Olga Sánchez Armona | 70 | 21/07/1990 | Dénia |
| | 24:18.57 | Beatriz Cantero Moreno | 92 | 05/06/2022 | Tarragona |
| | 24:44.23 | Erika Duro Romeral | 05 | 24/07/2021 | Huelva |
| | 24:52.92 | Àngels Massana Banquells | 00 | 27/05/2022 | Mollet del Vallès |
| | 25:26.03 | Carmen Campoy Guerrero | 69 | 26/06/1988 | Castelló-MGH |
| | 25:28.32 | Alicia Castejón Latrás | 99 | 13/05/2023 | Serrahima-BCN |
| | 26:08.40 | Ingrid Piñol Poch | 75 | 11/07/1993 | Donostia-S.S. |
| | 26:12.80 | Benedicta Martínez Machado | 73 | 18/05/1991 | Serrahima-BCN |
| 10.000 m.m. | 45:37.22 | Emilia Cano Camacho | 68 | 26/06/1992 | València-RT |
| | 46:52.87 | Olga Sánchez Armona | 70 | 03/08/1991 | Olímpic-BCN |
| | 47:21.16 | Eva Pérez Trujillo | 75 | 30/07/1995 | Serrahima-BCN |
| | 51:08.58 | Beatriz Cantero Moreno | 92 | 24/06/2022 | Nerja |
| | 54:53.54 A | Tábata Cano Vegas | 98 | 08/07/2018 | Soria |
| | 55:15.33 | Iria Andrea Herráez Cabezas | 03 | 01/07/2023 | Tarragona |
| | 55:37.67 | Àngels Massana Banquells | 00 | 09/07/2022 | Santander |
| | 56:19.93 | Olga Rovira Montané | 99 | 26/05/2018 | Serrahima-BCN |
| | 57:17.20 | Sandra Parellada Padilla | 87 | 29/07/2006 | Donostia-S.S. |
| | 59:06.30 | Noelia Cayero Sánchez | 01 | 07/07/2019 | Granollers |
| 5Km.m. (R) | 21:53 | Emilia Cano Camacho | 68 | 10/05/1992 | L'Hospitalet de Llobregat |
| | 22:15 | Olga Sánchez Armona | 70 | 12/05/1990 | A Coruña |
| | 22:48 | Eva Pérez Trujillo | 75 | 12/06/1994 | Livorno (ITA) |
| | 24:39 | Beatriz Cantero Moreno | 92 | 12/03/2023 | Manresa |
| | 26:04 | Benedicta Martínez Machado | 73 | 23/02/1992 | Viladecans |
| | 26:16 | Alicia Castejón Latrás | 99 | 12/03/2023 | Manresa |
| | 26:23 | Ingrid Piñol Poch | 75 | 24/01/1993 | Badalona |
| | 26:28 | Patricia Carbó Nevado | 80 | 09/04/2006 | Barcelona |
| | 26:35 | Erika Duro Romeral | 05 | 19/11/2023 | Manresa |
| | 26:40 | Sara Álvarez Roe | 87 | 14/11/2004 | Els Hostalets de Pierola |
| 10Km.m. (R) | 45:15 | Emilia Cano Camacho | 68 | 06/06/1992 | A Coruña |
| | 46:15 | Olga Sánchez Armona | 70 | 23/07/1991 | Sheffield (GER) |
| | 47:44 | Eva Pérez Trujillo | 75 | 04/02/1996 | Madrid |
| | 51:26 | Beatriz Cantero Moreno | 92 | 15/01/2023 | Viladecans |
| | 53:15 | Erika Duro Romeral | 05 | 30/01/2022 | Lepe |
| | 55:22 | Patricia Carbó Nevado | 80 | 02/04/2006 | Badalona |
| | 55:32 | Alicia Castejón Latrás | 99 | 15/01/2023 | Viladecans |
| | 55:48 | Sara Álvarez Roe | 87 | 30/01/2005 | Badalona |
| | 55:54 | Iria Andrea Herráez Cabezas | 03 | 13/02/2022 | Iruña |
| | 56:30 | Sandra Parellada Padilla | 87 | 16/02/2003 | Ourense |