



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

| Prova | Marca          | Atleta                                | Any       | Data              | Lloc                            |
|-------|----------------|---------------------------------------|-----------|-------------------|---------------------------------|
| 100   | <b>10.33</b>   | <b>Bernat Canet Vidal</b>             | <b>00</b> | <b>05/06/2022</b> | <b>Tarragona</b>                |
|       | 10.67          | Marc Louis Vekemans Espligares        | 98        | 14/07/2019        | Serrahima-BCN                   |
|       | 10.69          | César Gràcia Gómez                    | 81        | 05/07/2003        | Salamanca                       |
|       | <b>10.76</b>   | <b>Pol Ferrer Moncusí</b>             | <b>03</b> | <b>01/08/2022</b> | <b>Cali (COL)</b>               |
|       | <b>10.81</b>   | <b>Alberto Gavaldá Pina</b>           | <b>92</b> | <b>07/05/2022</b> | <b>Móstoles</b>                 |
|       | 10.82          | Xavier Alberto Regino Vélez           | 96        | 21/05/2017        | Lleida                          |
|       | 10.83          | Adrià Reina García                    | 97        | 25/04/2021        | Monzón                          |
|       | 10.6           | Carles Turró Mayné                    | 64        | 07/05/1989        | Cornellà de Llobregat           |
|       | 10.89          | Iker Martín Saladich                  | 00        | 06/07/2019        | Granollers                      |
|       | 10.7           | Ricardo Diéguez Montesinos            | 57        | 17/06/1990        | Serrahima-BCN                   |
| 200   | <b>21.34</b>   | <b>Bernat Canet Vidal</b>             | <b>00</b> | <b>30/04/2022</b> | <b>Lleida</b>                   |
|       | 21.56 i        | Carles Turró Mayné                    | 64        | 05/02/1989        | Sevilla                         |
|       | <b>21.70</b>   | <b>Alberto Gavaldá Pina</b>           | <b>92</b> | <b>30/04/2022</b> | <b>Lleida</b>                   |
|       | <b>21.80</b>   | <b>Marc Louis Vekemans Espligares</b> | <b>98</b> | <b>21/05/2022</b> | <b>Santa Coloma de Gramenet</b> |
|       | 21.83          | César Gràcia Gómez                    | 81        | 03/08/2003        | Jerez de la Frontera            |
|       | 21.85          | Marcel Mondrià Álvarez                | 96        | 02/06/2018        | Serrahima-BCN                   |
|       | <b>21.86</b>   | <b>Arnau Solé Cabrera</b>             | <b>03</b> | <b>17/07/2022</b> | <b>Torrent</b>                  |
|       | 21.7           | Ricardo Diéguez Montesinos            | 57        | 15/06/1989        | Cornellà de Llobregat           |
|       | 21.8           | José Luis Navarro Rojo                | 60        | 22/07/1989        | Serrahima-BCN                   |
|       | <b>22.15</b>   | <b>Adrià Reina García</b>             | <b>97</b> | <b>27/05/2022</b> | <b>Mollet del Vallès</b>        |
| 400   | <b>47.42</b>   | <b>Alberto Gavaldá Pina</b>           | <b>92</b> | <b>14/05/2022</b> | <b>Osca</b>                     |
|       | 47.89          | David Fradera Fuentes                 | 99        | 12/06/2021        | La Nucía                        |
|       | <b>48.00</b>   | <b>Pol Belinchón Tenorio</b>          | <b>99</b> | <b>30/04/2022</b> | <b>Lleida</b>                   |
|       | <b>48.62 A</b> | <b>Pol Ferrer Moncusí</b>             | <b>03</b> | <b>21/05/2022</b> | <b>Soria</b>                    |
|       | 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                   |
|       | <b>48.86</b>   | <b>Ferran Merino Sardañés</b>         | <b>98</b> | <b>24/06/2022</b> | <b>Nerja</b>                    |
|       | <b>48.98 i</b> | <b>Àlex Valverde Valencia</b>         | <b>00</b> | <b>18/12/2021</b> | <b>Sabadell</b>                 |
|       | 48.9           | Ricardo Diéguez Montesinos            | 57        | 22/06/1989        | Cornellà de Llobregat           |
| 800   | 1:47.66        | Reyes Estévez López                   | 76        | 03/08/1994        | Mataró                          |
|       | 1:49.60        | Jan Badia Celma                       | 02        | 09/06/2021        | Serrahima-BCN                   |
|       | 1:50.5         | José Antonio Prieto Gasques           | 70        | 23/07/1991        | Serrahima-BCN                   |
|       | 1:50.92        | Àlex Salas Molina                     | 00        | 09/06/2021        | Serrahima-BCN                   |
|       | 1:52.72        | Jonatan Utrilla López                 | 91        | 31/05/2017        | Serrahima-BCN                   |
|       | <b>1:52.82</b> | <b>Carlos Rey Ruiz</b>                | <b>95</b> | <b>27/05/2022</b> | <b>Mollet del Vallès</b>        |
|       | 1:54.1         | Antonio Álvarez Hernández             | 77        | 09/05/1993        | Vic                             |
|       | 1:54.2         | Antonio Manuel Sánchez Díaz           | 59        | 11/06/1977        | Barcelona-?                     |
|       | 1:54.3         | Pol Belinchón Tenorio                 | 99        | 11/03/2017        | Sant Celoni                     |
|       | <b>1:54.44</b> | <b>Abdeslam Louah Khattabi</b>        | <b>81</b> | <b>18/06/2022</b> | <b>Gavà</b>                     |

|                |                  |                                   |           |                   |                                 |
|----------------|------------------|-----------------------------------|-----------|-------------------|---------------------------------|
| 1.500          | 3:39.28          | Reyes Estévez López               | 76        | 19/08/1994        | Brussel-les (BEL)               |
|                | <b>3:41.74</b>   | <b>Àlex Salas Molina</b>          | <b>00</b> | <b>16/06/2022</b> | <b>Castelló-MGH</b>             |
|                | <b>3:43.13</b>   | <b>Jan Badia Celma</b>            | <b>02</b> | <b>16/06/2022</b> | <b>Castelló-MGH</b>             |
|                | 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                          |
|                | <b>3:49.04</b>   | <b>Daniel Álvarez de la Cruz</b>  | <b>93</b> | <b>17/07/2022</b> | <b>Santa Coloma de Gramenet</b> |
|                | 3:49.86          | Yassine Ezzaydouny Ben-Abdeljalil | 95        | 30/06/2016        | Serrahima-BCN                   |
|                | 3:53.50          | José Antonio Prieto Gasques       | 70        | 28/04/1991        | Palafrugell                     |
|                | <b>3:54.15 i</b> | <b>Abdeslam Louah Khattabi</b>    | <b>81</b> | <b>16/01/2022</b> | <b>Sabadell</b>                 |
|                | 3:54.59          | Raul Aldehuela Pascual            | 76        | 16/06/1996        | 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                   |
|                | 14:38.10 i       | Mateo De Dalmases Friday          | 96        | 26/01/2018        | Seattle (USA)                   |
|                | 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                   |
|                | <b>14:49.82</b>  | <b>Eric Loré Amigo</b>            | <b>03</b> | <b>27/05/2022</b> | <b>Mollet del Vallès</b>        |
| 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 t. (1.067) | <b>13.87</b>     | <b>Marc Galé González</b>         | <b>98</b> | <b>26/06/2022</b> | <b>Nerja</b>                    |
|                | 14.64            | Jesús Castillo Patiño             | 93        | 01/09/2019        | La Nucía                        |
|                | <b>15.00</b>     | <b>Miguel García García</b>       | <b>00</b> | <b>14/05/2022</b> | <b>Osca</b>                     |
|                | 14.9             | Rafael Quesada Sueza              | 58        | /1979             |                                 |
|                | 14.9             | Abdeljalil Smaq                   | 66        | 14/05/1995        | Vic                             |
|                | <b>15.21</b>     | <b>Ferran Merino Sardañés</b>     | <b>98</b> | <b>25/06/2022</b> | <b>Nerja</b>                    |
|                | 15.42            | Daniel Pacheco Polonio            | 93        | 28/05/2017        | Serrahima-BCN                   |
|                | 15.80            | Àlex Valverde Valencia            | 00        | 02/05/2021        | Serrahima-BCN                   |
|                | 15.6             | Manuel Rodríguez Veragua          | 63        | 09/06/1991        | Vic                             |
|                | 16.07            | Eduard Herranz Puig               | 94        | 05/05/2013        | Serrahima-BCN                   |
| 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       |
|                | 54.10            | Àlex Valverde Valencia            | 00        | 12/06/2021        | La Nucía                        |
|                | <b>54.15</b>     | <b>Pau Rey Ruiz</b>               | <b>00</b> | <b>19/06/2022</b> | <b>Serrahima-BCN</b>            |
|                | 54.16            | Javier Delgado Osorio             | 96        | 14/06/2012        | Lloret de Mar                   |
|                | 54.3             | Ricardo Diéguez Montesinos        | 57        | 19/06/1976        | Universitària-BCN               |
|                | 54.50            | David Fradera Fuentes             | 99        | 15/05/2021        | Getafe                          |
|                | 54.79            | Jesús Rodríguez Valenzuela        | 70        | 13/07/1991        | Sant Boi de Llobregat           |
|                | 55.3             | Francisco Miranda Díaz            | 60        | 23/07/1977        | Granollers                      |

|                  |                |                                  |           |                   |                       |
|------------------|----------------|----------------------------------|-----------|-------------------|-----------------------|
|                  | 55.58          | Javier Baena Ávila               | 98        | 11/10/2020        | Igualada              |
| 3.000 o. (0.914) | <b>8:44.79</b> | <b>Daniel Álvarez de la Cruz</b> | <b>93</b> | <b>05/07/2022</b> | <b>Serrahima-BCN</b>  |
|                  | 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         |
|                  | 9:23.44        | Àlex 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         |
|                  | <b>9:28.56</b> | <b>Eric Loré Amigo</b>           | <b>03</b> | <b>14/05/2022</b> | <b>Oscá</b>           |
| Alçada           | 2.07           | Sergi Lanau Agustina             | 77        | 19/07/2003        | 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              |
|                  | 1.99           | Iker Martín Saladich             | 00        | 01/05/2021        | Serrahima-BCN         |
|                  | 1.98           | Víctor Moreno Barrera            | 98        | 22/04/2018        | Cornellà de Llobregat |
|                  | <b>1.98</b>    | <b>Pol Ferrer Moncusí</b>        | <b>03</b> | <b>16/07/2022</b> | <b>Torrent</b>        |
|                  | 1.95           | Rafael Quesada Sueza             | 58        | 18/05/1980        | Mataró                |
|                  | 1.94 i         | Daniel Pacheco Polonio           | 93        | 16/02/2019        | Antequera             |
|                  | <b>1.93</b>    | <b>Gerard Merino Sardañés</b>    | <b>01</b> | <b>23/04/2022</b> | <b>Serrahima-BCN</b>  |
| Perxa            | 4.92           | Fco. Javier Ripoll Pérez         | 68        | 25/07/1991        | Sant Cugat del Vallès |
|                  | 4.70           | Daniel Díaz Neira                | 02        | 09/05/2021        | Serrahima-BCN         |
|                  | 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          |
|                  | <b>4.50</b>    | <b>Gerard Merino Sardañés</b>    | <b>01</b> | <b>30/04/2022</b> | <b>Lleida</b>         |
|                  | <b>4.50</b>    | <b>Ferran Merino Sardañés</b>    | <b>98</b> | <b>12/06/2022</b> | <b>La Nucía</b>       |
|                  | <b>4.45</b>    | <b>Pol Ferrer Moncusí</b>        | <b>03</b> | <b>17/07/2022</b> | <b>Torrent</b>        |
|                  | 4.42           | Alfredo Sánchez Chacón           | 78        | 04/07/2008        | Sant Cugat del Vallès |
| Llargada         | <b>8.08</b>    | <b>Jaime Guerra Alejandre</b>    | <b>99</b> | <b>30/04/2022</b> | <b>Lleida</b>         |
|                  | 7.52           | David Ruiz Cuadra                | 75        | 13/07/2003        | Serrahima-BCN         |
|                  | 7.41           | Daniel Pacheco Polonio           | 93        | 06/06/2012        | Serrahima-BCN         |
|                  | <b>7.40</b>    | <b>Marc García Peiró</b>         | <b>98</b> | <b>12/06/2022</b> | <b>La Nucía</b>       |
|                  | <b>7.24 i</b>  | <b>Iker Martín Saladich</b>      | <b>00</b> | <b>19/02/2022</b> | <b>Salamanca</b>      |
|                  | <b>7.24</b>    | <b>Pol Ferrer Moncusí</b>        | <b>03</b> | <b>16/07/2022</b> | <b>Torrent</b>        |
|                  | <b>7.21</b>    | <b>Ferran Merino Sardañés</b>    | <b>98</b> | <b>05/06/2022</b> | <b>Tarragona</b>      |
|                  | 7.05           | Jesús Castillo Patiño            | 93        | 31/08/2019        | La Nucía              |
|                  | 7.00           | Àlex Valverde Valencia           | 00        | 04/07/2018        | Serrahima-BCN         |
|                  | 6.92           | Gerard Merino Sardañés           | 01        | 19/06/2021        | Nerja                 |
| Triple           | 16.45          | Jaime Guerra Alejandre           | 99        | 31/08/2019        | La Nucía              |
|                  | 15.95          | Daniel Pacheco Polonio           | 93        | 17/07/2012        | Granollers            |
|                  | 15.33          | Julen Sayago Cerezo              | 99        | 19/06/2021        | Nerja                 |
|                  | 15.04          | Abdeljalil Smaq                  | 66        | 29/07/1995        | Serrahima-BCN         |
|                  | 13.67          | Ricardo Diéguez Montesinos       | 57        | /1979             |                       |
|                  | 13.66          | José Antonio Osorio Salvador     | 57        | 23/03/1975        | Calella               |
|                  | 13.65          | Marc García Peiró                | 98        | 17/04/2021        | Sabadell              |

|                     |                |                                      |           |                   |                             |
|---------------------|----------------|--------------------------------------|-----------|-------------------|-----------------------------|
|                     | 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       |
| Pes (7.260 Kg.)     | 16.33          | Juan Briceño Serra                   | 53        | 26/04/1987        | Badalona                    |
|                     | 13.95 i        | Jesús Castillo Patiño                | 93        | 30/01/2021        | Barcelona                   |
|                     | <b>13.54 i</b> | <b>Pol Ferrer Moncusí</b>            | <b>03</b> | <b>06/02/2022</b> | <b>Sabadell</b>             |
|                     | 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           |
|                     | 12.10 i        | Ferran Merino Sardañés               | 98        | 19/02/2021        | Madrid                      |
|                     | 12.00          | Daniel Pacheco Polonio               | 93        | 21/07/2018        | Getafe                      |
| 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       |
|                     | <b>39.30</b>   | <b>Ferran Merino Sardañés</b>        | <b>98</b> | <b>14/05/2022</b> | <b>Osca</b>                 |
|                     | 38.80          | David Carmona Delgado                | 80        | 05/06/1997        | Cornellà de Llobregat       |
|                     | 38.78          | Antonio Arquero Jiménez              | 66        | 19/07/1984        | Cornellà de Llobregat       |
|                     | <b>38.67</b>   | <b>Juan Antonio Cifuentes Guzmán</b> | <b>89</b> | <b>13/02/2022</b> | <b>Serrahima-BCN</b>        |
|                     | 38.48          | José Arquero Jiménez                 | 59        | 18/06/2000        | Talavera de la Reina        |
| Martell (7.260 Kg.) | <b>54.77</b>   | <b>Daniel Noguera Trabalón</b>       | <b>99</b> | <b>25/05/2022</b> | <b>Serrahima-BCN</b>        |
|                     | 46.38          | Miquel Abadia Artó                   | 85        | 05/04/2008        | Sabadell                    |
|                     | 43.98          | José Manuel del Àguila Bejarano      | 85        | 13/06/2007        | Serrahima-BCN               |
|                     | 40.84          | José Luis Gómez Siruela              | 60        | 10/04/1994        | Granollers                  |
|                     | <b>37.99</b>   | <b>Joel Castarlenas Mengual</b>      | <b>04</b> | <b>14/05/2022</b> | <b>Osca</b>                 |
|                     | <b>37.26</b>   | <b>Kirian Pérez Díaz</b>             | <b>78</b> | <b>15/05/2022</b> | <b>Castellar del Vallès</b> |
|                     | 37.17          | Sebastián Plà Rodríguez              | 55        | 18/05/2003        | Cornellà de Llobregat       |
|                     | 35.51          | Nelson Pino Pérez                    | 96        | 02/06/2018        | Serrahima-BCN               |
|                     | 35.17          | David Blasco Patiño                  | 96        | 15/05/2021        | Getafe                      |
|                     | 34.78          | Enrique Alanís Ortega                | 61        | 20/05/1984        | Cornellà de Llobregat       |
| Javelina (800 g.)   | 57.68          | Roger Mogas Morales                  | 02        | 20/02/2021        | Castelló-MGH                |
|                     | 57.44          | Bernat Calpe Torra                   | 66        | 01/05/1990        | Cornellà de Llobregat       |
|                     | 57.35          | Borja Fonseca de Asco                | 92        | 15/06/2019        | Osca                        |
|                     | 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               |
|                     | <b>51.12</b>   | <b>Pol Ferrer Moncusí</b>            | <b>03</b> | <b>27/03/2022</b> | <b>El Prat de Llobregat</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                    |  |                   |                                      |
|   | <b>7.213</b>  | <b>Ferran Merino Sardañés</b>                  | <b>98</b>         | <b>25/06/2022 Nerja</b>              |
|   | <b>10.97 (+0.7) - 6.95 (+1.1) - 11.52 - 1.88 - 48.86 / 15.21 (+0.5) - 35.88 - 4.30 - 47.84 - 4:30.83</b>            |  |                   |                                      |
|   | <b>6.505</b>  | <b>Gerard Merino Sardañés</b>                  | <b>01</b>         | <b>10/07/2022 Santander</b>          |
|   | <b>11.40 (-0.3) - 6.57 (+1.0) - 9.10 - 1.93 - 51.25 / 16.15 (-0.7) - 32.14 - 4.36 - 36.99 - 4:29.57</b>             |  |                   |                                      |
|   | 6.502   | Iker Martín Saladich                           | 00                | 20/06/2021 Nerja                     |
|   | 11.34 (-0.9) - 6.85 (+1.3) - 10.01 - 1.95 - 50.58 / 16.48 (+1.1) - 32.07 - 3.70 - 47.36 - 4:47.12                   |  |                   |                                      |
|   | 6.416   | Daniel Pacheco Polonio                         | 93                | 22/07/2018 Getafe                    |
|   | 11.09 (+1.6) - 7.02 (+1.6) - 12.00 - 1.85 - 52.73 / 15.57 (+1.5) - 34.48 - 3.90 - 37.50 - 5:18.64                   |  |                   |                                      |
|   | 6.228   | Àlex Valverde Valencia                         | 00                | 02/05/2021 Serrahima-BCN             |
|   | 11.14 (+0.1) - 6.85 (0.0) - 8.73 - 1.81 - 50.03 / 15.80 (+1.2) - 23.31 - 4.10 - 34.65 - 4:43.09                     |  |                   |                                      |
|   | 5.573   | Enric Paris Domingo                            | 00                | 02/05/2021 Serrahima-BCN             |
|   | 11.95 (0.0) - 6.59 (-0.2) - 10.75 - 1.81 - 55.38 / 18.30 (+1.6) - 27.41 - 3.50 - 39.67 - 4:50.85                    |  |                   |                                      |
|   | 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   | Àlex 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 |   |  |                   |                                      |
| 4 x 100   | 41.09   | P.Ferrer-A.Reina-M.Galé-B.Canet                | 12/06/2021        | La Nucía                             |
|   | <b>41.45</b>  | <b>A.Reina-A.Gavaldá-M.Galé-B.Canet</b>        | <b>12/06/2022</b> | <b>La Nucía</b>                      |
|   | 41.55   | M.Campillos-I.Martín-A.Reina-M.L.Vekemans      | 10/07/2019        | Serrahima-BCN                        |
|   | <b>41.59</b>  | <b>A.Reina-M.L.Vekemans-M.Galé-B.Canet</b>     | <b>14/05/2022</b> | <b>Osca</b>                          |
|   | 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                        |
|   | 41.67   | M.Campillos-B.Canet-M.Galé-A.Reina             | 15/05/2021        | Getafe                               |
|   | <b>41.75</b>  | <b>A.Reina-M.García-M.Galé-B.Canet</b>         | <b>30/04/2022</b> | <b>Lleida</b>                        |
|   | 41.83   | I.Martín-A.Reina-M.Galé-B.Canet                | 09/06/2021        | Serrahima-BCN                        |
|   | 42.01   | À.Valverde-D.Pacheco-A.Núñez-B.Canet           | 17/06/2018        | Valladolid                           |
| 4 x 400   | <b>3:13.33</b>  | <b>I.Martín-P.Belinchón-A.Gavaldá-P.Ferrer</b> | <b>26/06/2022</b> | <b>Nerja</b>                         |
|   | <b>3:13.84</b>  | <b>P.Ferrer-F.Merino-I.Martín-P.Belinchón</b>  | <b>08/06/2022</b> | <b>El Prat de Llobregat</b>          |
|   | 3:14.34   | I.Martín-D.Fradera-À.Valverde-D.Alarcón        | 12/06/2021        | La Nucía                             |
|   | 3:14.75   | I.Martín-D.Fradera-À.Valverde-D.Alarcón        | 27/06/2021        | Getafe                               |
|   | 3:15.53   | D.Fradera-J.Castillo-À.Valverde-D.Alarcón      | 09/06/2021        | Serrahima-BCN                        |
|   | <b>3:17.65</b>  | <b>A.Gavaldá-P.Rey-G.Merino-I.Martín</b>       | <b>14/05/2022</b> | <b>Osca</b>                          |
|   | <b>3:18.17</b>  | <b>A.Gavaldá-P.Rey-F.Merino-P.Belinchón</b>    | <b>30/04/2022</b> | <b>Lleida</b>                        |
|   | 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                        |
|   | <b>3:20.22</b>  | <b>A.Gavaldá-P.Rey-P.Belinchón-D.Alarcón</b>   | <b>03/04/2022</b> | <b>Tarragona</b>                     |
| 20Km.m. (R)   | <b>1:21:43</b>  | <b>Paul McGrath Benito</b>                     | <b>02</b>         | <b>13/02/2022 Iruña</b>              |
|   | 1:25:01   | Jaime Barroso Ramírez                          | 68                | 23/07/1991 Sheffield (GBR)           |
|   | 1:25:09   | Germán Nieto Montesinos                        | 70                | 07/02/1988 Llinars del Vallès        |
|   | 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 |
| 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           |
|             | 29:54            | Daniel Álvarez de la Cruz         | 93        | 31/12/2021        | Barcelona            |
|             | <b>30:31</b>     | <b>Àlex Salas Molina</b>          | <b>00</b> | <b>31/12/2022</b> | <b>Barcelona</b>     |
|             | 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            |
|             | 31:29            | Carles Montllor Vegas             | 87        | 31/12/2017        | Barcelona            |
| 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            |
|             | 2:28.07          | Sergio Enriquez Castells          | 83        | 01/12/2019        | València             |
|             | 2:28:26          | Víctor Gómez Carrión              | 74        | 16/03/2003        | Barcelona            |
| 3.000       | <b>8:07.78 i</b> | <b>Daniel Álvarez de la Cruz</b>  | <b>93</b> | <b>25/02/2022</b> | <b>Ourense</b>       |
|             | 8:16.16 i        | Mateo De Dalmases 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             |                          |
|             | <b>8:32.94 i</b> | <b>Eric Loré Amigo</b>            | <b>03</b> | <b>26/02/2022</b> | <b>Sabadell</b>          |
| 5.000 m.m.  | <b>18:55.61</b>  | <b>Paul McGrath Benito</b>        | <b>02</b> | <b>12/06/2022</b> | <b>La Nucía</b>          |
|             | <b>20:14.90</b>  | <b>Kevin Cerro Gudiño</b>         | <b>98</b> | <b>05/06/2022</b> | <b>Tarragona</b>         |
|             | 20:18.1          | Germán Nieto Montesinos           | 70        | 23/04/1989        | Cornellà 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    |
|             | <b>20:43.98</b>  | <b>Oscar Martínez Rodríguez</b>   | <b>03</b> | <b>03/04/2022</b> | <b>Tarragona</b>         |
|             | 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    |
| 10.000 m.m. | <b>39:50.38</b>  | <b>Paul McGrath Benito</b>        | <b>02</b> | <b>10/07/2022</b> | <b>Santander</b>         |
|             | 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            |
|             | <b>43:20.84</b>  | <b>Oscar Martínez Rodríguez</b>   | <b>03</b> | <b>05/08/2022</b> | <b>Cali (COL)</b>        |
|             | 44:23.1          | David Abellán Barnes              | 77        | 09/07/1994        | Sevilla-SPB              |
|             | 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    |
| 5Km.m. (R)  | <b>19:38 +</b>   | <b>Paul McGrath Benito</b>        | <b>02</b> | <b>16/05/2022</b> | <b>Madrid</b>            |
|             | 20:46            | Germán Nieto Montesinos           | 70        | 20/06/1986        | Alcalà de Henares        |
|             | <b>21:00</b>     | <b>Oscar Martínez Rodríguez</b>   | <b>03</b> | <b>05/11/2022</b> | <b>Toledo</b>            |
|             | 21:38            | David Abellán Barnes              | 77        | 28/03/1993        | El Prat de Llobregat     |
|             | 21:47 +          | Kevin Cerro Gudiño                | 98        | 03/06/2017        | A Coruña                 |
|             | 21:53            | José Antonio Nieto Montesinos     | 64        | 22/01/1981        | Laredo                   |
|             | 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               |
| 10Km.m. (R) | <b>39:30</b>     | <b>Paul McGrath Benito</b>        | <b>02</b> | <b>16/05/2022</b> | <b>Madrid</b>            |
|             | 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>42:43</b>     | <b>Oscar Martínez Rodríguez</b>   | <b>03</b> | <b>30/01/2022</b> | <b>Lepe</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                |