

Ana Pérez

Valladolid, 26.07.1958 - 1,70m/58kg

21 veces internacional

Historial Nacional

Campeona de España absoluta de Pentatlón (1979-80)

Campeona de España absoluta de Heptatlón (1981-82-84-85-86-87)

Campeona de España absoluta de Exatlón en pista cubierta (1981-82-85-86)

Récords de España Absolutos

Aire Libre

Pentatlón: 3.780 e - 3.852 e (1979); 3.915 e (1980)

Heptatlón: 5.370 - 5.496 e (1980); 5.612 (1981); 5.390 (1986)

Pista cubierta

600m: 1:34.3 (1981); 1:33.6 (1982)

Hexatlón: 4.936 (1981); 4.601 (1985); 4.900 (86)

Historial Internacional

CpE 1979 - Sofía SF - 400m vallas (8ª/1:02.80)

1981 - Barcelona Elm. - 400m vallas (1ª/59.85)

CpE-comb 1979 - Budapest SF - Pentatlón (22ª/3.780)

1981 - Bruselas SF - Heptatlón (11ª/5.416)

1985 - Brunico C2 - Heptatlón (5ª/5.193)

1987 - Madrid C1 - Heptatlón (3ª/5.211)

1989 - Tonsberg B - Heptatlón (29ª/4.759)

JMed 1979 - Split Pentatlón (5ª/3.852)

1987 - Latakia Heptatlón (abandono)

...

1977 - Madrid ESP-DEN-GBR-ITA: Pentatlón (15ª/3.452)

1978 - Lisboa POR-ESP-GRE: 400m vallas (5ª/1:03.6)

1979 - Sevilla ESP-POR: 400m vallas (2ª/1:04.77)

1979 - Ovre Ardal NOR-ESP-SUI: 400m vallas (6ª/1:01.29)

1980 - Atenas GRE-ESP-AUT: 100m vallas (6ª/15.32)

1982 - Madrid ESP-FIN-ITA-NOR: Heptatlón (6ª/5.243)

1984 - Salónica GRE-ESP-ITA: Heptatlón (3ª/5.324)

1985 - Vilanova ESP-GRE-ITA: Heptatlón (2ª/5.254)

1986 - Potsdam GDR-ESP-FRA-GBR-ITA-SWE: Heptatlón (4ª/5.284)

1987 - Atenas GRE-ESP-POL: Heptatlón (5ª/5.233)

1988 - Lorca ESP-GBR-IRL-ITA: Heptatlón (11ª/5.041)

1989 - Brescia ITA-ESP-GBR: Heptatlón (19ª/4.901)



Progresión

| AÑO | 200m | 800m | 100m v. | 400m v. | Altura | Longitud | Jabalina | Pentatlón | Otras |
|--------|------------|-------------|------------|-------------|-----------|-----------|------------|------------------|-----------------|
| 1975 - | | | 17.6 (50) | | 1,66 (4) | 5,31 (30) | | 3.028 (14) | |
| 1976 - | 27.4pnt | | 16.4 (19) | | 1,63 (10) | 5,26 (42) | | 3.255 (9) | |
| 1977 - | 26.7 (46) | 2.23.9 (52) | 15.6 (17) | 1.06.9 (14) | 1,64 (14) | 5,70 (11) | 30,24 (42) | 3.510 (7) | 15.3w |
| 1978 - | 26.6 (44) | 2.15.2 (10) | 15.2 (12) | 1.02.27 (4) | 1,66 (10) | 5,51 (13) | 29,70 (57) | 3.703 (2) | peso 8.64 (101) |
| 1979 - | | 2.12.5 (8) | 14.9 (6) | 1.01.20 (2) | 1,74 (2) | 5,79 (9) | 33,36 (28) | 3.937 (1) | |
| 1980 - | 26.11 (30) | 2.12.92 (8) | 14.75 (5) | 1.00.52 (4) | 1,74 (5) | 6,13 (4) | 40,04 (8) | 4.057 (2) | 5.496 (1) Hept. |
| | | | | | | | | Heptatlón | |
| 1981 - | 25.7 (18) | 2.11.9 (8) | 14.81 (7) | 1.00.34 (4) | 1,70 (7) | 5,97 (4) | 39,14 (14) | 5.612 (1) | 14.76w |
| 1982 - | 26.38 (62) | 2.12.63(9) | 14.95 (11) | 1.01.1 (4) | 1,66 (14) | 5,70 (17) | 41,20 (10) | 5.409 (1) | 2.10.8-i/5,72w |
| 1983 - | | | | | | | 36,28 (27) | | |
| 1984 - | 26.27 (76) | 2.13.16(17) | 14.86 (11) | 1.02.62(11) | 1,62 (31) | 5,90 (10) | 38,84 (18) | 5.332 (1) | |

ATLETAS RETIRADOS

| | | | | | | | | | | |
|--------|---------------|---------------|--------------|-------------|-----------|-------------|------------|------------|-----------------|--|
| 1985 - | 26.0 (69) | 2.12.0 (15) | 14.5 (10) | 1.04.3 (29) | 1,64 (34) | 5,70 (22) | 41,54 (9) | 5.335 (1) | 14.82w | |
| 1986 - | 26.42 (83) | 2.14.71 (33) | 14.3 (7) | | 1,68 (17) | 5,74 (20) | 43,30 (7) | 5.390 (1) | 14.92w | |
| 1987 - | 26.39 (98) | 2.15.09 (42) | 14.93 (22) | 1.03.4 (16) | 1,60 (52) | 5,60 (37) | 43,98 (9) | 5.233 (1) | | |
| 1988 - | 27.53p | 2.16.64 (68) | 15.00 (19) | | 1,57 (76) | 5,45 (59) | 40,52 (21) | 5.041 (4) | 5,53w | |
| 1989 - | 27.41p | 2.18.28 (100) | 15.27 (40) | | 1,57 (82) | 5,37 (65) | 43,72 (10) | 4.905 (6) | 5,50w | |
| 1990 - | | | 1.05.41 (49) | | | | 39,44 (27) | | 11,03 (28) trp. | |
| 1991 - | 28.2pnt | | 15.43 (50) | | 1,47p | 5,22p/5,35w | 37,84 (36) | 3.697 (31) | 11,55 (28) trp. | |
| 1992 - | | | 16.19 (91) | | | | 39,40 (28) | | | |
| 1993 - | | | 16.07 (82) | | | | 41,38 (19) | | 15.69w | |
| 1994 - | | | | | | | 41,22 (17) | | | |
| 1995 - | | | | | | | 40,10 (26) | | 23,78 (71) mrt. | |
| 1996 - | | | | | | | 38,52 (33) | | | |
| 1997 - | sin actividad | | | | | | | | | |
| 1998 - | | | | | | | 36,38 (56) | | | |
| 1999 - | | | | | | | 35,44 (46) | | | |

Otros lanzamientos

| | (peso-disco 1979-1999) | (disco-martillo-jabalina 2000-2003) |
|--------|------------------------|-------------------------------------|
| 1979 - | 9,50 (52) | 2000 - 29,70 - - 33,09 (86) |
| 1980 - | 9,61 (52) | 2001 - 25,88 - 23,48 - 34,35 (72) |
| 1981 - | 10,16 (34) 27,32 (107) | 2002 - 25,55 - 22,85 - 32,31 (96) |
| 1982 - | 11,17 (21) 30,34 (61) | 2003 - - 22,89 - 32,39 (86) |
| 1983 - | 9,52 (88) | |
| 1984 - | 10,93 (28) 31,64 (62) | jabalina 2004-2011 disco 2006-2013 |
| 1985 - | 11,08 (29) 34,14 (39) | 2004 - 32,74 (88) 2006 - 28,69 |
| 1986 - | 11,62 (17) 33,68 (49) | 2006 - 32,52 (84) 2008 - 25,16 |
| 1987 - | 11,79 (22) | 2007 - 33,98 (66) 2010 - 24,33 |
| 1988 - | 11,62 (34) | 2008 - 33,05 (79) 2013 - 23,93 |
| 1989 - | 11,02 (57) | 2009 - 33,03 (83) |
| 1991 - | 10,39 (86) | 2010 - 31,21 (99) |
| 1994 - | 32,94 (82) | 2011 - 30,86 -- |

Otras carreras:

100m 1978 (13.0 - 70)

Puestos anuales en el ranking mundial y europeo (heptatlón) - 400m 1977 (59.9 - 25)

1980 - 5.496 (40M-39E) // y en el all-time 47M-46E (o tal vez algo peor) 1978 (58.8 - 14)

1981 - 5.612 (88M-80E) 1980 (56.94 - 7) 1981 (57.07 - 9)

ATLETAS RETIRADOS

Todas sus competiciones en pruebas combinadas

Pentatlón en pista cubierta

| | | | | | | | | | |
|-------|---|----|---------------|------------|------|------|-------|------|---------|
| 3.758 | 2 | CE | San Sebastián | 08/02/1987 | 9.18 | 1.59 | 10.54 | 5.51 | 2:15.00 |
| 3.727 | 2 | CE | Valencia | 21/02/1988 | 9.17 | 1.59 | 11.70 | 5.28 | 2:18.09 |
| 3.655 | 2 | CE | Sevilla | 05/02/1989 | 9.22 | 1.59 | 10.63 | 5.53 | 2:22.76 |
| 0 | - | CE | Sevilla | 17/02/1991 | 9.26 | 1.56 | 10.62 | 5.10 | |

Pentatlón (Tabla 1971)

(con 200 m)

| | | | | | | | | | | | |
|-------|----|----|------------------------|------------|-------|------|------|------|------|------|--------|
| 3.510 | 2 | | Zaragoza | 29/05/1977 | 15.8 | +3,6 | 8.06 | 1.62 | 5.57 | +1,4 | 2:24.8 |
| 3.452 | 15 | | ESP-DEN-GBR-ITA Madrid | 26/06/1977 | 15.6 | +2,4 | 7.21 | 1.64 | 5.44 | | 2:25.1 |
| 3.429 | 4 | FC | CProv Madrid | 11/09/1977 | 15.7 | | 7.89 | 1.60 | 5.27 | | 2:23.9 |
| 3.431 | 3 | | NC Zaragoza | 25/09/1977 | 15.9 | -0,4 | 8.08 | 1.60 | 5.32 | +1,1 | 2:24.2 |
| 3.469 | 1 | FC | CProv Madrid-V | 11/06/1978 | 15.6 | | 8.49 | 1.56 | 5.29 | | 2:21.9 |
| 3.592 | 3 | 2 | CE Madrid-V | 25/06/1978 | 15.2 | +1,3 | 8.64 | 1.66 | 5.23 | +3,0 | 2:23.6 |
| 3.703 | 1 | | Madrid-I | 15/10/1978 | 15.3 | | 8.41 | 1.64 | 5.45 | | 2:15.2 |
| 3.937 | 2 | 1 | CE Barcelona-CU | 10/06/1979 | 14.9 | +1,4 | 8.91 | 1.68 | 5.79 | +1,6 | 2:12.5 |
| 3.780 | 22 | | ECp-Sf Budapest | 15/07/1979 | 15.25 | +1,2 | 8.44 | 1.68 | 5.57 | | 2:15.0 |
| 3.739 | 1 | FC | CProv Madrid-V | 16/09/1979 | 15.2 | -1,6 | 8.53 | 1.70 | 5.53 | +1,0 | 2:19.9 |
| 3.852 | 5 | | JMed Split | 27/09/1979 | 15.14 | +1,0 | 8.38 | 1.74 | 5.76 | | 2:17.8 |
| 3.921 | 1 | | TFed San Sebastián | 18/05/1980 | 15.1 | | 9.34 | 1.74 | 5.65 | | 2:16.3 |
| 3.915 | 2 | 1 | CE San Sebastián | 22/06/1980 | 15.12 | | 9.61 | 1.72 | 5.64 | | 2:16.3 |
| 3.841 | 1 | | Vitoria | 14/09/1980 | 14.9 | +1,6 | 8.76 | 1.68 | 5.58 | +0,8 | 2:15.2 |
| 4.057 | 2 | FC | CCat Barcelona-S | 28/09/1980 | 14.7 | +0,4 | 9.12 | 1.72 | 6.13 | +1,9 | 2:14.7 |

(con 800m)

| | | | | | | | | | | | |
|-------|----|----|------------------------|------------|-------|------|------|------|------|------|--------|
| 3.510 | 2 | | Zaragoza | 29/05/1977 | 15.8 | +3,6 | 8.06 | 1.62 | 5.57 | +1,4 | 2:24.8 |
| 3.452 | 15 | | ESP-DEN-GBR-ITA Madrid | 26/06/1977 | 15.6 | +2,4 | 7.21 | 1.64 | 5.44 | | 2:25.1 |
| 3.429 | 4 | FC | CProv Madrid | 11/09/1977 | 15.7 | | 7.89 | 1.60 | 5.27 | | 2:23.9 |
| 3.431 | 3 | | NC Zaragoza | 25/09/1977 | 15.9 | -0,4 | 8.08 | 1.60 | 5.32 | +1,1 | 2:24.2 |
| 3.469 | 1 | FC | CProv Madrid-V | 11/06/1978 | 15.6 | | 8.49 | 1.56 | 5.29 | | 2:21.9 |
| 3.592 | 3 | 2 | CE Madrid-V | 25/06/1978 | 15.2 | +1,3 | 8.64 | 1.66 | 5.23 | +3,0 | 2:23.6 |
| 3.703 | 1 | | Madrid-I | 15/10/1978 | 15.3 | | 8.41 | 1.64 | 5.45 | | 2:15.2 |
| 3.937 | 2 | 1 | CE Barcelona-CU | 10/06/1979 | 14.9 | +1,4 | 8.91 | 1.68 | 5.79 | +1,6 | 2:12.5 |
| 3.780 | 22 | | ECp-Sf Budapest | 15/07/1979 | 15.25 | +1,2 | 8.44 | 1.68 | 5.57 | | 2:15.0 |
| 3.739 | 1 | FC | CProv Madrid-V | 16/09/1979 | 15.2 | -1,6 | 8.53 | 1.70 | 5.53 | +1,0 | 2:19.9 |
| 3.852 | 5 | | JMed Split | 27/09/1979 | 15.14 | +1,0 | 8.38 | 1.74 | 5.76 | | 2:17.8 |
| 3.921 | 1 | | TFed San Sebastián | 18/05/1980 | 15.1 | | 9.34 | 1.74 | 5.65 | | 2:16.3 |
| 3.915 | 2 | 1 | CE San Sebastián | 22/06/1980 | 15.12 | | 9.61 | 1.72 | 5.64 | | 2:16.3 |
| 3.841 | 1 | | Vitoria | 14/09/1980 | 14.9 | +1,6 | 8.76 | 1.68 | 5.58 | +0,8 | 2:15.2 |
| 4.057 | 2 | FC | CCat Barcelona-S | 28/09/1980 | 14.7 | +0,4 | 9.12 | 1.72 | 6.13 | +1,9 | 2:14.7 |

Hexatlón

| | | | | | | | | | | | |
|-------|---------|---|----|---------------|------------|------|-------|-------|------|------|---------|
| 4.936 | 5.015 m | 1 | CE | Oviedo | 15/03/1981 | 8.8 | 10.32 | 17.0 | 7.9 | 5.85 | 1:34.3 |
| 4.840 | 4.936 m | 1 | CE | Oviedo | 14/03/1982 | 8.9 | 10.62 | 17.0 | 8.1 | 5.70 | 1:33.6' |
| 4.376 | 4.484 m | 3 | CE | San Sebastián | 12/02/1984 | 9.4 | 16.0 | 11.19 | 8.2 | 5.24 | 1:38.71 |
| 4.601 | 4.808 | 1 | CE | Madrid | 16/02/1985 | 9.22 | 16.0 | 11.09 | 8.11 | 5.57 | 1:35.4 |
| 4.570 | 4.900 | 1 | CE | Madrid | 08/02/1986 | 9.07 | 16.7 | 10.02 | 8.06 | 5.67 | 1:35.04 |

ATLETAS RETIRADOS

Heptatlón

| | | | | | | | | | | | | | | | |
|--------|-------|---------|-----------------|----------------------|------------|-------|------|------|-------|-------|------|------|------|-------|---------|
| 5.370 | 5.159 | 1 | | Vitoria | 14/09/1980 | 14.9 | +1,6 | 1.68 | 8.76 | 26.0 | +1,4 | 5.58 | +0,8 | 40.04 | 2:15.2 |
| 5.496 | 5.361 | 1 | | Buenos Aires | 12/10/1980 | 14.75 | +1,6 | 1.71 | 9.35 | 26.11 | | 5.94 | | 36.02 | 2:12.92 |
| 5.296 | 5.106 | 19 | | Götztis | 24/05/1981 | 15.06 | -1,0 | 1.60 | 9.61 | 26.36 | +0,9 | 5.49 | -0,4 | 389.6 | 2:12.91 |
| 5.612 | 5.436 | 1 | CE | Madrid-I | 14/06/1981 | 14.6 | +0,1 | 1.70 | 9.40 | 25.7 | +1,8 | 5.97 | +1,8 | 39.02 | 2:11.9 |
| 5.581* | 5.453 | 1 | CE | Madrid-I | 14/06/1981 | 14.79 | +0,1 | 1.70 | 9.40 | 25.80 | +1,8 | 5.97 | +1,8 | 39.02 | 2:12.09 |
| 5.416 | 5.262 | 11 | ECp-Sf | Bruxelles | 12/07/1981 | 14.81 | +0,5 | 1.69 | 9.12 | 26.05 | +1,4 | 5.74 | -0,8 | 36.20 | 2:12.92 |
| 5.211 | 4.977 | 1 | Nac | Madrid-I | 20/09/1981 | 15.1 | | 1.67 | 8.78 | 26.5 | | 5.58 | | 35.68 | 2:16.6 |
| 5.335 | 5.156 | 1 | TFed | Madrid-I | 11/10/1981 | 15.15 | -0,7 | 1.68 | 9.41 | 26.38 | +2,4 | 5.65 | +0,8 | 35.16 | 2:12.39 |
| 5.409 | 5.243 | 1 | CE | Madrid-I | 13/06/1982 | 14.95 | | 1.66 | 9.54 | 26.38 | | 5.70 | | 38.62 | 2:12.63 |
| 5.243 | 5.061 | W 6 | ESP-FIN-ITA | Madrid-I | 04/07/1982 | 15.22 | 0,0 | 1.64 | 9.24 | 26.84 | -1,6 | 5.72 | +4,8 | 36.90 | 2:15.39 |
| 5.037 | 4.808 | 1 | GP | Sevilla-Ch | 20/05/1984 | 15.35 | +1,2 | 1.57 | 10.07 | 27.27 | -1,2 | 5.20 | +1,1 | 37.64 | 2:17.97 |
| 5.332 | 5.165 | 1 | CE | Santander | 17/06/1984 | 15.09 | 0,0 | 1.54 | 10.37 | 26.27 | +0,5 | 5.90 | +0,4 | 36.66 | 2:13.16 |
| 5.324 | 5.146 | 3 | GRE-ESP-ITA | Thessaloníki | 08/07/1984 | 14.86 | | 1.62 | 10.14 | 26.47 | | 5.73 | | 37.06 | 2:17.90 |
| 5.335 | | 1 | | Benalmádena | 28/04/1985 | 14.5 | | 1.62 | 10.72 | 26.0 | | 5.68 | | 41.26 | 2:14.3 |
| 5.254 | | 2 | ESP-GRE-ITA | Vilanova i la Geltrú | 26/05/1985 | 15.13 | -3,2 | 1.64 | 10.99 | 26.90 | -0,3 | 5.60 | +1,0 | 40.90 | 2:13.19 |
| 5.257 | | 1 | CE | Gijón | 03/08/1985 | 15.03 | +0,5 | 1.63 | 10.31 | 26.81 | +0,5 | 5.70 | +1,5 | 41.54 | 2:13.47 |
| 5.193 | | 5 | ECp-C 2 | Brunico | 08/09/1985 | 14.82 | +0,6 | 1.60 | 10.67 | 26.31 | +1,4 | 5.45 | -0,5 | 40.94 | 2:16.13 |
| 5.284 | | 4 | GRE-ESP-POL | Thessaloníki | 01/06/1986 | 14.96 | | 1.58 | 11.62 | 26.80 | | 5.64 | | 42.86 | 2:14.71 |
| 4.098 | | 5 FC | CE-P | Getxo | 13/07/1986 | 15.2 | -2,1 | 1.62 | 11.52 | 27.1 | -1,6 | 5.29 | +2,6 | 36.58 | 0 |
| 5.390 | | 1 | CE | Madrid-V | 02/08/1986 | 14.92 | -0,6 | 1.68 | 10.90 | 26.42 | -1,3 | 5.74 | +1,1 | 43.30 | 2:17.64 |
| 5.233 | | 5 | GRE-ESP-POL | Athina | 05/06/1987 | 14.93 | | 1.60 | 11.45 | 26.55 | | 5.41 | | 42.00 | 2:15.09 |
| 5.211 | | 3 | ECp-C | Madrid-I | 05/07/1987 | 15.04 | +0,5 | 1.57 | 10.66 | 26.39 | +0,9 | 5.60 | +1,5 | 43.76 | 2:16.68 |
| 5.046 | | 2 | CE | Barcelona-S | 15/08/1987 | 15.09 | +0,3 | 1.56 | 11.18 | 26.62 | +0,7 | 5.50 | -0,2 | 37.70 | 2:17.85 |
| 0 | | - | MedG | Latakia | 24/09/1987 | 15.57 | -0,1 | 1.60 | 10.77 | 27.47 | +1,8 | | | | |
| 5.041 | | 13 (11) | ESP-GBR-IRL-ITA | Lorca | 19/06/1988 | 15.00 | -1,6 | 1.57 | 11.03 | 27.53 | -4,5 | 5.45 | -0,2 | 40.52 | 2:16.64 |
| 4.968 | | 4 | CE | Vigo | 12/08/1988 | 15.24 | 0,0 | 1.56 | 11.05 | 27.34 | +3,0 | 5.48 | | 38.96 | 2:18.32 |
| 4.901 | | 19 | ITA-CUB-ESP-GBR | Brescia | 18/06/1989 | 15.27 | +0,3 | 1.57 | 11.02 | 28.00 | +0,1 | 5.22 | +0,0 | 41.68 | 2:18.28 |
| 4.759 | | 29 | ECp-B | Tönsberg | 16/07/1989 | 16.07 | -2,7 | 1.51 | 10.47 | 27.67 | -0,2 | 5.50 | +2,9 | 40.54 | 2:19.85 |
| 4.905 | | 4 | CE | Barcelona-O | 12/08/1989 | 15.28 | -0,5 | 1.54 | 10.37 | 27.41 | -0,8 | 5.37 | -0,3 | 42.10 | 2:19.46 |
| 3.697 | | 3 | | Valladolid-R | 05/05/1991 | 15.6 | +2,3 | 1.47 | 10.04 | 28.2 | -0,7 | 5.22 | +2,0 | 37.84 | 0 |

* marca eléctrica anulada