

**pESTADO COMPARATIVO DEL PROMEDIO DE LAS
10 MEJORES MARCAS DE CADA PRUEBA
- RÁNKING ABSOLUTO - (2007-2016)**

HOMBRES

	MM desde 1988	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	
100	10.35 (97)	10.54	10.59	10.52	10.64	10.54	10.47	10.41	10.44	10.53	10.44	↑
200		21.38	21.36	21.35	21.30	21.17	21.06	21.04	21.15	21.20	20.96	↑
400	46.56 (2001)	47.25	47.14	47.30	47.47	47.20	46.77	46.80	46.73	46.67	46.83	↓
800		1:46.69	1:46.20	1:46.80	1:46.22	1:46.73	1:46.45	1:46.63	1:47.62	1:46.78	1:46.48	↑
1.500	3:34.65 (98)	3:36.00	3:36.68	3:36.83	3:37.01	3:37.27	3:37.51	3:37.99	3:38.99	3:38.56	3:38.33	↑
5.000	13:21.95 (2001)	13:34.69	13:22.54	13:25.95	13:32.33	13:43.29	13:43.76	13:39.26	13:49.84	13:34.86	13:35.27	↓
10.000	28:02.21 (98)	28:45.50	28:46.03	28:29.47	28:49.07	29:11.99	29:31.84	29:09.40	28:56.74	28:58.93	28:54.52	↑
Maratón	2h09:51 (98)	2h16:17	2h15:38	2h15:59	2h15:13	2h16:01	2h14:56	2h16:14	2h14:20	2h16:54	2h15:03	↑
110 v.		14.23	14.23	14.26	14.23	14.10	14.15	14.05	13.99	13.87	13.76	↑
400 v.	50.62 (2002)	51.50	51.84	51.70	51.84	51.68	51.32	51.79	51.20	51.18	50.77	↑
3.000 Obst.	8:20.91 (2003)	8:29.05	8:32.07	8:31.20	8:29.29	8:24.05	8:24.06	8:34.16	8:31.81	8:31.91	8:37.20	↓
Altura	2.18 (96)	2,15	2,15	2,15	2,13	2,16	2,13	2,14	2,14	2,17	2,16	↓
Pértiga	5.43 (96)	5,19	5,22	5,15	5,18	5,25	5,26	5,24	5,27	5,29	5,28	↓
Longitud	7.89 (2004)	7,60	7,70	7,70	7,68	7,65	7,72	7,73	7,68	7,65	7,73	↑
Triple	16.20 (97)	15,73	15,80	15,77	15,79	15,98	16,08	16,01	16,15	16,02	15,88	↓
Peso		18,45	18,55	18,31	18,24	18,08	18,32	18,63	18.74	18,50	18,04	↓
Disco		55,72	58,59	57,44	57,32	57,35	57,29	56,79	56,95	57,47	58.95	↑
Martillo		62,93	63,93	64,24	64,60	65,99	65,61	65,83	67.20	66,94	66,83	↓
Jabalina	73.02 (2000)	69,37	69,58	69,70	70,71	70,34	69,35	67,87	69,31	69,92	70,05	↑
Decatlón	7.574 (99)	7.244	7.026	7.078	6.492	6.934	6.847	6.998	7.103	7.352	7.050	↓
4 x 100 *	40.79 (2002)	41.45	41,26	41,16	41,49	41.15	41.35	41.22	41.11	41.11	41.06	↑
4 x 400 *		3:14.29	3:14.62	3:14.62	3:15.51	3:14.53	3:15.09	3:14.91	3:13.12	3:13.43	3:13.04	↑
20 km.M (r)	1h22:17 (92)	1h22:57	1h22:57	1h23:50	1h24:58	1h25:29	1h25:00	1h24:14	1h24:07	1h23:06	1h23:33	↓
50 km.M (r)	3h52:06 (99)	4h01:75	4h03:31	4h00:32	4h16:50	4h03:66*	4h11:45	4h20:26*	4h28:29	3h51:11*	4h06:00	↓

50km marcha (2011) *: sólo ocho atletas; (2013) * sólo nueve atletas * (2015) sólo cinco atletas

En negrita, el mejor promedio-10 del periodo 2007-2016; tras el nombre de la prueba y según se indica, el mejor promedio desde el año 1988.

La columna final indica con (↑) (↓) (=) la comparación de la marca promedio de esta temporada 2015-2016 con la pasada temporada

MUJERES

	MM desde 1988	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	
100		11.74	11.71	11.75	11.79	11.80	11.95	11.81	11.79	11.78	11.67	↑
200		24.23	24.25	24.20	24.30	24.25	24.30	24.29	24.15	24.02	23.82	↑
400	53.38 (91)	54.81	55.06	54.86	54.95	54.71	55.08	54.81	53.99	54.23	53.80	↑
800	2:02.09 (2000)	2:04.74	2:05.49	2:03.43	2:04.45	2:05.92	2:06.29	2:05.79	2:04.98	2:04.16	2:05.14	↓
1.500		4:14.71	4:09.47	4:09.40	4:14.50	4:13.94	4:13.71	4:15.30	4:14.56	4:15.44	4:15.75	↓
5.000	15:31.67 (2003)	16:00.56	15:56.57	16:05.48	16:02.55	15:58.83	15:59.99	15:55.36	15:49.59	16:10.23	15:58.09	↑
10.000	32:40.8 (2003)	33:51.16	34:46.66	34:58.22	33:10.55	34:01.19	34:51.76	33:39.92	33:13.49	33:57.23	33:56.92	↑
Maratón	2h35:45 (95)	2h41:90	2h35:55	2h39:15	2h43:04	2h41:13	2h37:10	2h41:05	2h40:16	2h38:25	3h36:17	↑
100 v.		13.53	13.62	13.78	14.02	13.92	13.95	13.95	13.81	13.71	13.72	↓
400 v.	58.84 (99)	59.64	59.65	1:00.18	1:00.16	1:00.42	1:00.43	1:00.32	59.74	1:00.19	1:00.23	↓
3.000 Obst.		10:07.61	9:56.27	9:56.08	10:00.05	10:05.40	10:03.11	10:11.95	10:10.17	10:04.12	10:05.22	↓
Altura		1,82	1,78	1,81	1,82	1,81	1,82	1,81	1,82	1.83	1.82	↓
Pértiga		3,99	4,04	3,94	3,95	4,04	4,02	4,10	4,08	4,07	4.19	↑
Longitud	6.32 (2007)	6,23	6,26	6,07	6,13	6,16	6,21	6,28	6,28	6,27	6,31	↑
Triple		13,14	13,07	12,86	13,02	13,27	13,18	13,03	13.44	13,07	13,19	↑
Peso	15.28 (2001)	15,03	14,89	14,69	14,84	14,59	14,89	14,94	14,79	14,80	14,58	↓
Disco		49,73	49,14	49,05	49,90	49,96	50,82	51,05	51,79	52.00	51,38	↓
Martillo		58,54	57,95	57,40	57,75	58,28	58,93	58,15	58,20	58,60	60.12	↑
Jabalina		49,46	49,27	49,39	49,45	51,59	51,55	52,33	52,56	53.82	51,69	↓
Heptatlón		5.118	5.209	5.239	5.041	5.074	5.125	5.156	5.220	5.324	5.387	↑
4 x 100 *		47.37	47.79	47.56	47.24	47.16	47.25	46.98	46.89	46.68	46.65	↑
4 x 400 *	3:46.56 (91)	3:51.35	3:49.31	3:47.88	3:50.02	3:48.16	3:48.78	3:46.76	3:46.88	3:46.89	3:46.69	↑
20 km.marcha (r)	1h32:49 (2004)	1h37:83	1h35:59	1h37:22	1h33:56	1h35:01	1h33:12	1h34:54	1h34:03	1h32:52	1h32:55	↓

En negrita, el mejor promedio-10 del periodo 2007-2016; tras el nombre de la prueba y según se indica, el mejor promedio desde el año 1988.

La columna final indica con (↑) (↓) (=) la comparación de la marca promedio de esta temporada 2015-2016 con la pasada temporada

**CUADRO COMPARATIVO DE LA MEJOR MARCA POR PUESTO
EN EL RÁNKING DE ESPAÑA ABSOLUTO (2006-2016)**

(Subrayada, la mejor marca por puesto del cómputo global de años de este periodo)

HOMBRES

100 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	10.24	10.18	10.14	10.39	10.23	10.25	10.17	10.15	10.19	10.32	10.06
10	10.57	10.68	10.73	10.59	10.62	10.67	10.62	10.54	10.55	10.60	10.59
20	10.71	10.77	10.81	10.75	10.70	10.75	10.76	10.73	10.71	10.70	10.66
30	10.81	10.82	10.84	10.82	10.81	10.83	10.82	10.82	10.81	10.79	10.71
40	10.87	10.85	10.93	10.89	10.84	10.91	10.91	10.86	10.85	10.83	10.77
50	10.90	10.90	10.96	10.93	10.91	10.94	10.95	10.91	10.89	10.86	10.83
100	11.08	11.09	11.10	11.09	11.13	11.16	11.11	11.08	11.03	11.01	10.97

200 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	20.85	20.75	20.61	20.88	20.92	20.79	20.64	20.47	20.73	20.74	20.12
10	21.46	21.65	21.57	21.56	21.49	21.41	21.33	21.43	21.39	21.37	21.32
20	21.74	21.82	21.76	21.75	21.73	21.73	21.73	21.68	21.58	21.59	21.56
30	21.94	21.91	21.92	21.88	21.93	21.93	21.89	21.90	21.79	21.70	21.69
40	22.06	22.07	22.07	21.97	22.06	22.05	22.01	21.97	21.88	21.82	21.81
50	22.15	22.13	22.14	22.16	22.19	22.16	22.11	22.12	21.96	21.91	21.91
100	22.51	22.50	22.52	-	22.55	22.57	22.62	22.41	22.37	22.21	22.22

400 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	46.42	46.84	46.25	46.31	46.73	46.55	46.41	46.25	45.50	45.98	45.65
10	47.34	47.51	47.53	47.95	47.93	47.53	47.20	47.54	47.27	47.26	47.54
20	47.77	48.25	48.18	48.46	48.36	48.55	48.11	48.32	47.69	47.79	48.08
30	48.48	48.56	48.65	48.75	48.87	48.83	48.56	48.75	48.38	48.47	48.31
40	48.80	48.77	48.94	48.99	49.14	49.09	48.85	49.02	48.80	48.73	48.66
50	49.02	48.97	49.17	49.24	49.44	49.43	49.14	49.25	48.99	48.84	48.86
100	49.6	50.01	-	50.20	50.13	50.14	50.08	49.97	49.73	49.52	49.58

800 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	1:44.84	1:45.13	1:45.20	1:45.52	1:44.74	1:44.49	1:43.74	1:43.93	1:46.64	1:45.25	1:45.61
10	1:47.95	1:48.00	1:47.41	1:47.75	1:48.0	1:48.80	1:48.03	1:47.73	1:48.36	1:47.49	1:47.21
20	1:49.64	1:49.32	1:49.43	1:49.11	1:50.08	1:49.90	1:49.62	1:50.35	1:49.67	1:48.75	1:49.23
30	1:50.62	1:50.54	1:50.43	1:50.24	1:50.89	1:51.03	1:50.54	1:50.85	1:50.79	1:50.38	1:50.34
40	1:51.43	1:51.20	1:51.20	1:51.31	1:51.97	1:52.23	1:51.28	1:51.56	1:51.84	1:51.25	1:51.01
50	1:52.12	1:52.04	1:52.40	1:51.72	1:52.66	1:52.91	1:51.88	1:52.13	1:52.49	1:52.12	1:51.80
100	1:54.69	1:54.24	1:54.8	1:54.01	1:54.92	1:54.67	1:54.27	1:54.03	1:54.15	1:53.79	1:53.93

1.500 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	3:31.57	3:32.18	3:32.57	3:32.59	3:32.70	3:33.18	3:34.10	3:35.69	3:35.59	3:35.97	3:35.24
10	3:41.10	3:39.08	3:39.95	3:40.28	3:40.76	3:40.85	3:40.87	3:41.06	3:40.96	3:41.44	3:41.55
20	3:43.55	3:43.08	3:43.50	3:42.39	3:43.23	3:44.49	3:45.77	3:44.34	3:46.17	3:43.78	3:44.91
30	3:46.01	3:45.44	3:46.37	3:45.60	3:46.22	3:48.51	3:47.13	3:45.97	3:48.09	3:45.96	3:46.22
40	3:48.00	3:48.71	3:48.28	3:47.21	3:49.33	3:50.01	3:48.00	3:47.89	3:49.18	3:46.96	3:48.64
50	3:48.88	3:51.07	3:50.35	3:49.32	3:51.03	3:51.42	3:48.71	3:49.18	3:50.68	3:48.83	3:50.71
100	3:55.02	-	-	3:56.72	3:57.4	3:56.76	3:54.67	3:56.50	3:56.16	3:54.46	3:54.99

PROMEDIOS Y CUADROS COMPARATIVOS

3.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	7:38.26	7:43.29	7:43.97	7:37.93	7:49.00	7:49.45	8:01.52	7:48.57	7:45.06	7:46.53	7:39.51
10	8:00.80	8:04.35	7:58.92	8:03.25	8:05.97	8:07.69	8:07.72	8:12.63	8:06.76	8:03.83	8:12.30
20	8:09.43	8:15.67	8:11.39	8:14.8	8:16.91	8:18.33	8:16.84	8:16.46	8:14.64	8:13.60	8:21.42
30	8:18.9	8:23.58	8:22.74	8:23.69	8:22.28	8:22.94	8:19.46	8:20.51	8:20.19	8:20.50	8:28.50
40	8:23.17	8:28.53	8:25.02	8:28.85	8:27.54	8:25.88	8:26.27	8:23.59	8:22.96	8:24.60	8:32.94
50	8:27.16	8:31.10	8:28.80	8:32.78	8:32.05	8:27.75	8:29.70	8:28.37	8:29.47	8:28.2	8:35.11

5.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	13:09.84	13:28.75	13:13.32	13:10.10	12:57.25	13:04.73	13:21.12	13:12.97	13:30.41	13:16.98	13:11.83
10	13:43.25	13:41.33	13:39.17	13:47.88	13:53.78	14:00.78	13:55.99	13:57.25	14:06.25	14:02.70	13:53.84
20	14:04.29	13:58.16	14:08.51	14:13.79	14:13.26	14:16.41	14:16.01	14:25.27	14:26.76	14:13.81	14:15.37
30	14:12.80	14:21.17	14:20.53	14:21.82	14:27.10	14:30.13	14:25.34	14:34.60	14:37.08	14:25.68	14:33.26
40	14:22.1	14:30.23	14:34.24	14:32.19	14:45.87	14:39.19	14:33.33	14:42.15	14:44.93	14:38.35	14:43.11
50	14:30.9	14:42.2	14:41.01	14:41.28	14:53.78	14:47.62	14:43.4	14:52.1	14:51.89	14:46.46	14:59.27
100	15:06.00	15:09.28	-	15:07.13	15:14.65	15:15.91	15:03.77	15:15.21	14:56.03	15:15.38	15:12.97

10.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	27:50.11	27:56.60	27:28.31	27:48.80	28:03.18	28:24.16	28:04.22	27:57.92	28:12.85	28:19.38	28:07.14
10	29:04.77	29:14.49	29:29.35	29:01.66	29:21.87	29:51.74	29:03.59	29:55.06	29:40.16	29:26.84	29:24.84
20	29:46.36	30:23.58	30:26.20	30:01.67	30:07.67	30:48.50	30:13.47	30:33.25	30:33.28	30:01.50	30:28.26
30	30:34.82	30:57.48	31:13.8	30:39.97	30:44.44	31:21.87	31:07.2	31:08.38	30:56.58	30:36.1	30:59.38
40	31:00.1	31:33.62	31:34.02	31:16.04	31:15.68	31:46.10	31:39.9	31:43.48	31:28.01	31:21.86	31:27.38
50	31:22.7	31:59.50	31:51.45	31:29.57	31:36.56	32:11.06	31:52.26	32:03.62	31:46.47	31:47.93	31:44.00
100	33:07.5	-	33:14.66	32:56.3	33:07.04	33:16.48	33:12.8	33:38.75	33:28.37	33:18.21	33:15.01

Maratón

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	2h06:52	2h10:12	2h09:38	2h10:36	2h10:44	2h12:21	2h10:09	2h09:28	2h12:31	2h09:33	2h11:01
10	2h20:40	2h22:13	2h20:38	2h23:31	2h18:32	2h19:44	2h19:23	2h20:37	2h16:59	2h20:47	2h18:25
20	2h26:51	2h27:27	2h27:05	2h30:16	2h25:37	2h25:41	2h24:50	2h24:32	2h24:09	2h25:45	2h23:58
30	2h28:29	2h30:00	2h28:32	2h32:32	2h27:59	2h27:35	2h27:38	2h28:38	2h25:40	2h28:15	2h27:07
40	2h31:02	2h31:41	2h30:11	2h33:49	2h30:08	2h30:04	2h29:03	2h29:57	2h26:53	2h28:59	2h29:05
50	2h32:39	2h33:55	2h31:14	2h34:50	2h32:12	2h30:41	2h30:12	2h31:13	2h28:08	2h30:01	2h30:11
100	2h39:26	2h38:55	2h38:44	2h39:21	2h38:29	2h37:13	2h38:25	2h39:07	2h35:22	2h37:08	2h35:36

110 metros vallas

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	13.34	13.33	13.40	13.45	13.59	13.55	13.72	13.64	13.74	13.35	13.04
10	14.54	14.57	14.52	14.72	14.70	14.48	14.44	14.39	14.17	14.18	14.22
20	14.79	14.91	14.97	15.02	15.09	14.99	14.83	14.69	14.63	14.71	14.61
30	15.00	15.23	15.18	15.22	15.28	15.16	14.98	15.02	14.98	14.88	14.81
40	15.44	15.33	15.38	15.36	15.44	15.28	15.29	15.21	15.10	15.09	15.09
50	15.64	15.53	15.60	15.55	15.61	15.62	15.56	15.50	15.32	15.35	15.30
100	16.32	16.39	16.30	16.41	16.60	16.39	16.27	16.50	16.30	16.42	16.49

PROMEDIOS Y CUADROS COMPARATIVOS

400 metros vallas

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	49.80	50.63	50.86	50.73	51.03	50.84	50.48	49.96	49.90	50.00	48.87
10	52.05	52.08	52.24	52.31	52.42	52.41	52.15	52.52	52.17	51.93	51.58
20	53.16	54.11	53.81	53.68	53.84	53.86	53.59	53.53	53.34	52.97	52.51
30	54.25	55.14	54.63	54.68	54.41	54.36	54.34	53.98	54.03	53.55	53.52
40	54.94	55.53	55.49	55.49	54.8	54.76	55.13	55.08	54.66	54.49	53.89
50	55.73	55.92	56.44	56.04	55.77	55.61	55.80	55.75	55.24	55.29	54.84
100	57.99	-	-	58.30	58.10	57.82	57.64	58.26	57.78	57.40	56.72

3.000 metros obstáculos

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	8:11.55	8:21.33	8:20.07	8:16.51	8:22.00	8:16.47	8:13.71	8:19.26	8:17.40	8:19.85	8:19.33
10	8:39.68	8:41.78	8:43.15	8:41.53	8:36.46	8:34.75	8:33.40	8:49.09	8:45.10	8:46.42	8:47.13
20	8:57.96	8:56.79	9:01.09	8:54.82	8:57.65	8:54.41	8:57.76	9:01.56	9:06.51	8:58.90	9:01.01
30	9:05.00	9:05.25	9:12.28	9:07.30	9:05.90	9:08.54	9:09.65	9:14.65	9:16.15	9:16.71	9:08.69
40	9:17.87	9:18.87	9:21.98	9:15.54	9:11.26	9:16.62	9:17.44	9:26.19	9:25.87	9:25.35	9:26.11
50	9:26.02	9:24.41	9:27.28	9:25.00	9:20.40	9:28.02	9:25.43	9:32.98	9:33.50	9:33.90	9:29.12
100	9:48.3	9:50.89	9:50.00	9:48.69	9:51.24	9:54.20	9:53.27	9:57.88	10:09.76	10:05.67	10:00.0

Altura

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	2.20	2.27	2.27	2.28	2.25	2.26	2.22	2.25	2.23	2.25	2.26
10	2.11	2.10	2.10	2.09	2.08	2.10	2.07	2.08	2.07	2.13	2.11
20	2.06	2.06	2.03	2.04	2.04	2.03	2.04	2.05	2.05	2.08	2.06
30	2.01	2.02	2.01	2.00	2.01	1.98	2.01	2.00	2.01	2.01	2.03
40	1.98	1.96	1.98	1.98	1.96	1.98	1.97	1.98	1.99	2.00	1.98
50	1.95	1.95	1.95	1.96	1.93	1.95	1.95	1.95	1.95	1.97	1.95
100	1.87	1.85	1.85	1.85	1.85	1.87	1.86	1.86	1.88	1.90	1.88

Pértiga

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	5.45	5.42	5.45	5.40	5.50	5.60	5.56	5.65	5.60	5.65	5.51
10	5.02	5.10	5.01	4.92	5.00	5.00	5.01	5.00	5.10	5.05	5.10
20	4.82	4.80	4.85	4.80	4.80	4.70	4.71	4.75	4.80	4.80	4.90
30	4.66	4.60	4.50	4.60	4.60	4.60	4.60	4.66	4.60	4.70	4.70
40	4.60	4.50	4.50	4.45	4.42	4.40	4.40	4.50	4.50	4.50	4.60
50	4.50	4.40	4.35	4.30	4.25	4.30	4.30	4.40	4.40	4.40	4.50
100	4.10	4.01	4.00	4.00	4.00	4.00	3.96	4.00	4.01	4.05	4.10

Longitud

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	7.82	7.91	8.15	8.00	8.27	8.23	8.21	8.37	8.11	8.06	8.17
10	7.65	7.44	7.51	7.47	7.38	7.41	7.45	7.44	7.41	7.47	7.54
20	7.23	7.30	7.32	7.34	7.18	7.30	7.32	7.30	7.28	7.33	7.32
30	7.11	7.12	7.16	7.19	7.01	7.17	7.22	7.15	7.17	7.22	7.18
40	6.94	6.98	7.05	6.98	6.96	7.06	7.12	7.09	7.05	7.10	7.09
50	6.89	6.93	6.97	6.91	6.89	6.94	6.93	7.00	6.95	7.01	7.02
100	6.65	6.70	6.67	6.68	6.64	6.70	6.63	6.67	6.66	6.73	6.72

PROMEDIOS Y CUADROS COMPARATIVOS

Triple

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	15.85	16.37	16.60	16.29	16.38	16.82	16.80	16.71	16.87	16.68	16.89
10	15.37	15.36	15.42	15.41	15.34	15.54	15.51	15.56	15.73	15.58	15.25
20	14.85	15.06	15.07	15.01	14.88	14.73	14.90	14.86	14.88	14.99	14.92
30	14.65	14.52	14.56	14.49	14.42	14.43	14.53	14.58	14.59	14.61	14.65
40	14.47	14.35	14.32	14.29	14.28	14.24	14.33	14.25	14.34	14.39	14.42
50	14.31	14.17	14.23	14.09	14.11	14.13	14.18	14.11	14.14	14.22	14.25
100	13.44	13.38	13.33	13.30	13.31	13.44	13.42	13.50	13.38	13.40	13.50

Peso

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	20.58	19.48	20.39	20.39	19.91	20.01	20.06	20.63	21.07	20.28	20.72
10	17.37	17.05	17.45	17.10	17.14	17.23	17.40	17.44	16.82	16.94	16.44
20	15.70	15.50	15.85	16.20	16.04	15.66	15.75	15.68	15.97	15.79	15.36
30	15.09	14.90	15.12	15.02	14.96	14.82	14.75	14.79	15.31	15.11	14.67
40	14.63	14.41	14.54	14.61	14.36	14.13	14.32	13.92	14.28	14.28	14.45
50	14.36	14.10	14.34	14.33	14.03	13.87	13.83	13.48	13.50	13.77	13.71
100	13.10	13.27	13.13	13.01	12.70	12.76	12.67	12.60	12.60	12.41	12.22

Disco

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	66.31	68.26	69.50	67.17	66.95	67.97	67.74	66.16	65.74	63.11	66.96
10	53.31	52.52	53.73	53.10	53.15	53.02	52.13	51.08	51.26	52.46	53.09
20	49.33	49.76	49.93	50.49	48.85	48.77	48.26	47.71	48.75	49.04	48.22
30	46.98	47.21	47.35	47.40	46.58	46.97	46.97	47.12	47.11	47.56	45.75
40	45.40	45.43	45.33	45.50	44.61	45.11	45.83	45.57	45.11	44.12	43.93
50	43.44	43.76	44.30	44.49	43.41	43.58	44.48	44.08	43.60	41.60	42.15
100	39.79	38.93	39.80	40.07	38.88	39.13	39.22	39.14	37.96	37.95	37.58

Martillo

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	67.67	71.01	70.69	74.77	72.19	75.31	76.21	76.71	75.03	74.76	76.37
10	58.25	59.48	58.47	60.55	62.06	61.59	60.15	61.55	63.04	62.63	62.62
20	54.02	55.02	55.50	55.49	55.66	54.26	55.82	55.66	56.24	56.25	55.98
30	52.11	52.45	52.32	52.82	51.68	51.88	51.80	52.01	53.23	53.31	51.94
40	50.20	49.98	49.71	49.94	49.62	49.98	49.73	49.53	50.06	50.10	49.17
50	47.43	47.45	47.74	46.91	48.47	47.80	47.58	48.22	47.90	47.78	47.22
100	39.09	38.85	39.27	39.66	39.90	38.52	37.81	38.37	37.53	38.98	37.37

Jabalina

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	74.15	74.74	75.46	74.77	76.21	74.11	73.05	73.08	75.38	73.61	75.86
10	66.46	66.44	65.50	66.11	66.91	66.84	65.26	63.14	64.22	65.63	66.36
20	63.34	63.97	62.64	62.38	62.26	62.92	61.45	60.84	61.54	61.61	61.53
30	59.47	60.13	60.97	60.80	59.08	60.57	60.14	58.54	57.60	59.97	59.20
40	56.71	57.82	58.80	59.48	56.52	57.74	58.10	56.64	56.03	57.51	56.93
50	55.29	56.00	57.18	56.71	55.88	55.99	56.30	55.19	54.90	54.87	55.10
100	49.74	50.22	49.62	50.16	49.52	49.04	49.31	48.40	48.55	48.85	48.86

PROMEDIOS Y CUADROS COMPARATIVOS

Decatlón

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	7.845	7.813	7.736	7.789	7.462	7.441	7.872	7.484	7.656	8.247	8.103
10	6.840	6.903	6.465	6.511	6.000	6.468	6.439	6.558	6.613	6.817	6.167
20	5.642	5.680	5.591	5.734	5.569	5.876	5.683	5.478	5.750	5.984	5.252
30	5.150	5.007	5.025	5.593	5.229	5.362	5.318	4.962	5.259	5.099	4.064
40	4.341	4.624	4.623	5.166	4.672	4.603	4.922	4.205	3.900	4.214	'-
50	3.539	4.129	4.057	4.677	3.927	3.118	4.417	-	-	2.187	'-

20 km. marcha (ruta)

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	1h18:31	1h18:50	1h18:15	1h19:57	1h21:57	1h21:41	1h19:49	1h21:21	1h19:21	1h19:14	1h19:36
10	1h25:46	1h25:00	1h25:19	1h27:56	1h29:00	1h28:11	1h30:12	1h26:13	1h27:50	1h26:16	1h26:27
20	1h30:18	1h30:23	1h33:31	1h33:18	1h34:19	1h34:36	1h38:06	1h33:02	1h35:34	1h35:01	1h33:36
30	1h37:37	1h37:17	1h41:01	1h38:46	1h38:42	1h40:57	1h43:02	1h38:20	1h39:56	1h41:16	1h39:53
40	1h44:42	1h43:51	1h45:04	1h42:37	1h43:03	1h48:37	1h50:54	1h44:23	1h43:11	1h45:09	1h43:11
50	1h53:25	1h53:29	1h53:44	1h48:09	1h49:47	2h00:02	2h08:59	1h51:02	1h51:21	1h53:27	1h49:00

50 km. marcha (ruta)

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	3h42:48	3h46:08	3h44:08	3h41:02	3h47:56	3h48:11	3h48:15	3h46:44	3h45:41	3h46:43	3h51:10
10	4h33:21	4h22:49	4h25:13	4h55:32	4h51:43	-	4h46:36	5h20:38	5h26:19	-	4h33:51

MUJERES

100 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	11.48	11.37	11.45	11.43	11.43	11.43	11.73	11.42	11.58	11.63	11.41
10	12.01	11.92	11.85	11.95	11.99	12.05	12.04	11.99	11.93	11.95	11.81
20	12.20	12.12	12.16	12.14	12.20	12.18	12.13	12.10	12.07	12.04	12.02
30	12.33	12.30	12.27	12.31	12.29	12.28	12.22	12.24	12.19	12.17	12.14
40	12.41	12.37	12.35	12.41	12.40	12.34	12.31	12.28	12.26	12.23	12.19
50	12.47	12.44	12.43	12.51	12.45	12.44	12.37	12.35	12.33	12.32	12.22
100	12.71	12.74	12.70	12.76	12.72	12.70	12.61	12.60	12.55	12.51	12.48

200 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	23.39	23.44	23.65	23.68	23.92	23.72	23.90	23.58	23.68	23.71	23.17
10	24.52	24.56	24.60	24.53	24.58	24.59	24.54	24.65	24.46	24.31	24.21
20	25.00	24.88	24.99	24.80	25.04	25.02	24.90	24.85	24.87	24.74	24.58
30	25.36	25.23	25.22	25.21	25.28	25.25	25.26	25.08	25.05	24.93	24.89
40	25.50	25.44	25.40	25.41	25.45	25.50	25.47	25.25	25.20	25.18	25.12
50	25.62	25.66	25.57	25.58	25.63	25.57	25.68	25.45	25.43	25.25	25.20
100	26.17	26.29	26.21	26.28	26.17	26.12	26.07	26.04	25.93	25.80	25.63

PROMEDIOS Y CUADROS COMPARATIVOS

400 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	53.67	53.46	54.25	53.61	54.24	53.60	52.23	51.77	51.38	52.20	52.39
10	55.40	55.55	55.64	55.97	55.97	55.52	56.12	55.75	55.53	55.00	54.77
20	56.14	56.72	56.90	56.69	56.90	56.74	56.66	56.33	56.11	56.07	55.71
30	56.97	57.44	57.60	57.38	57.38	57.15	57.15	56.86	56.59	56.44	56.25
40	57.51	57.93	57.98	57.85	58.01	57.63	57.52	57.38	57.03	57.06	56.86
50	58.09	58.67	58.51	58.07	58.30	58.09	57.78	57.79	57.61	57.64	57.15
100	59.77	1:00.05	1:00.10	59.63	59.70	59.81	59.98	59.44	59.04	59.12	58.67

800 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	1:59.60	1:57.63	2:00.35	1:58.81	1:59.12	2:01.47	2:02.43	2:01.74	2:02.53	2:01.43	2:01.20
10	2:07.31	2:07.90	2:08.85	2:06.31	2:06.74	2:08.00	2:08.43	2:08.53	2:07.03	2:06.66	2:06.71
20	2:10.16	2:11.21	2:10.29	2:10.16	2:09.47	2:09.92	2:10.40	2:10.28	2:08.65	2:09.87	2:09.33
30	2:12.50	2:13.22	2:14.41	2:13.7	2:11.13	2:12.26	2:12.10	2:12.20	2:10.08	2:11.16	2:11.45
40	2:14.07	2:14.56	2:15.56	2:15.08	2:13.18	2:13.92	2:13.59	2:13.80	2:11.56	2:12.65	2:12.28
50	2:15.47	2:15.66	2:16.27	2:16.38	2:15.02	2:14.93	2:14.23	2:15.23	2:13.50	2:13.57	2:13.48
100	2:19.86	2:20.57	2:20.67	2:20.32	2:19.65	2:19.57	2:19.41	2:18.89	2:17.30	2:17.09	2:17.11

1.500 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	4:03.37	4:06.49	4:02.77	4:02.43	4:00.20	4:01.50	4:04.84	4:06.20	4:04.67	4:09.99	4:08.29
10	4:17.90	4:19.66	4:17.56	4:15.80	4:23.55	4:22.19	4:22.75	4:20.47	4:23.75	4:18.57	4:20.46
20	4:28.55	4:27.1	4:27.35	4:27.51	4:27.67	4:26.12	4:27.14	4:25.19	4:26.89	4:25.58	4:28.37
30	4:31.59	4:31.54	4:32.98	4:30.04	4:31.87	4:30.20	4:32.31	4:31.43	4:29.54	4:29.43	4:30.28
40	4:33.76	4:33.50	4:37.22	4:32.07	4:34.01	4:34.65	4:37.38	4:34.96	4:32.66	4:32.58	4:31.97
50	4:36.93	4:36.3	4:39.48	4:37.00	4:38.40	4:37.11	4:39.29	4:37.75	4:35.32	4:34.96	4:33.38
100	4:48.26	4:46.45	4:48.58	4:47.78	4:47.72	4:46.00	4:45.36	4:46.32	4:43.65	4:45.32	4:42.02

3.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	8:43.45	8:51.87	8:37.78	8:35.86	8:38.05	8:55.09	9:07.05	8:56.42	8:51.54	9:11.69	9:10.38
10	9:20.16	9:34.75	9:39.44	9:20.64	9:23.52	9:38.26	9:39.41	9:31.25	9:31.8	9:31.6	9:35.23
20	9:47.18	9:51.95	9:58.20	9:50.65	9:44.14	9:45.77	9:53.01	9:54.78	9:48.00	9:42.33	9:46.04
30	9:58.32	9:59.75	10:04.20	9:58.87	9:52.66	9:54.57	10:01.93	10:04.53	9:59.47	9:55.63	9:57.81
40	10:03.63	10:06.78	10:14.12	10:07.36	10:01.83	10:01.53	10:07.37	10:13.56	10:06.14	10:05.0	10:04.8
50	10:12.27	10:12.81	10:21.37	10:11.33	10:10.46	10:11.95	10:14.68	10:20.94	10:13.84	10:14.66	10:09.50

5.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	14:56.18	15:37.08	14:55.71	15:08.27	15:29.14	14:46.30	15:20.39	15:17.72	15:20.93	15:24.25	15:24.17
10	16:24.43	16:39.29	16:45.5	16:33.35	16:19.05	16:25.40	16:27.19	16:18.73	16:23.98	16:33.23	16:27.72
20	16:46.9	17:08.06	17:39.57	17:07.16	16:55.07	16:44.19	16:56.43	16:59.14	17:00.50	16:59.50	16:49.76
30	17:19.16	17:37.78	17:56.89	17:27.37	17:11.50	17:03.06	17:30.70	17:12.82	17:27.17	17:23.41	17:20.17
40	17:57.22	17:58.19	18:07.95	17:42.6	17:30.71	17:32.09	17:56.68	17:43.86	17:40.32	17:48.21	17:38.38
50	18:10.22	18:09.93	18:15.71	17:52.50	17:54.64	17:52.45	18:24.11	18:01.90	17:56.88	18:03.2	17:49.13
100	19:28.6	19:18.26	19:23.1	19:00.47	18:57.66	19:04.01	19:19.39	19:00.09	18:55.12	19:14.31	19:02.08

PROMEDIOS Y CUADROS COMPARATIVOS

10.000 metros

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	30:51.69	32:23.61	32:07.78	34:07.89	31:54.16	32:48.76	32:08.54	32:50.34	32:22.21	32:14.94	32:09.67
10	36:38.21	35:11.36	36:16.44	35:43.8	34:40.62	34:57.00	35:01.17	34:12.98	34:12.37	35:12.28	34:52.87
20	40:00.3	37:49.41	38:14.87	37:13.10	37:23.34	38:26.14	38:21.5	36:51.00	37:06.03	37:07.25	36:58.20
30	44:42.70	39:32.3	40:01.45	39:07.6	39:24.90	41:49.19	39:59.40	38:29.70	38:46.5	39:17.88	39:47.80
40	51:32.4	42:11.75	44:01.24	41:04.4	44:04.29	44:14.7	41:23.23	40:08.02	40:47.12	40:12.95	41:58.66
50	-	42:53.94	47:21.76	44:04.70	49:29.43	47:04.52	42:56.20	41:44.12	43:26.69	42:08.82	43:32.17

Maratón

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	2h31:53	2h34:15	2h29:03	2h29:01	2h32:28	2h27:00	2h29:19	2h27:03	2h32:22	2h29:45	2h31:18
10	2h59:25	2h52:00	2h44:32	2h53.48	2h53:55	2h51:24	2h46:35	2h51:16	2h49:38	2h45:54	2h41:57
20	3h17:07	3h04:53	3h02:16	3h05:17	3h02:17	3h01:59	2h57:23	3h01:11	2h57:51	2h56:35	2h53:08
30	3h23:12	3h14:34	3h08:20	3h12:59	3h14:00	3h10:45	3h05:55	3h12:39	3h06:56	3h04:25	3h03:56
40	3h30:22	3h21:54	3h17:24	3h22:04	3h21:13	3h16:16	3h17:20	3h22:02	3h17:23	3h12:40	3h06:49
50	3h42:44	3h26:54	3h24:41	3h30:32	3h27:45	3h23:31	3h22:41	3h28:31	3h27:09	3h16:53	3h13:01

100 metros vallas

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	12.76	12.67	12.50	13.19	13.33	12.95	13.59	13.18	13.09	12.94	12.99
10	14.10	13.94	14.04	14.12	14.37	14.19	14.13	14.24	14.14	14.10	14.08
20	14.83	14.57	14.49	14.68	14.63	14.45	14.59	14.44	14.42	14.22	14.27
30	15.05	14.97	14.82	15.01	15.04	14.86	14.81	14.64	14.59	14.48	14.52
40	15.52	15.25	15.18	15.28	15.16	15.21	15.07	14.82	14.82	14.72	14.76
50	15.80	15.46	15.49	15.51	15.35	15.33	15.34	15.07	15.06	14.89	14.95
100	-	16.74	16.62	16.85	16.78	16.65	16.43	16.07	16.02	15.88	15.90

400 metros vallas

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	55.70	56.80	56.24	57.85	57.73	57.91	58.07	57.57	57.06	58.21	58.73
10	1:02.37	1:01.53	1:01.14	1:01.27	1:01.04	1:01.24	1:01.66	1:01.21	1:00.72	1:00.95	1:01.31
20	1:03.25	1:02.95	1:03.45	1:03.11	1:02.67	1:02.71	1:02.77	1:03.08	1:02.73	1:02.39	1:02.43
30	1:04.59	1:04.60	1:04.66	1:04.12	1:04.18	1:03.81	1:03.79	1:03.67	1:03.47	1:03.31	1:03.14
40	1:05.54	1:05.60	1:05.50	1:05.20	1:05.43	1:05.05	1:04.65	1:04.35	1:04.22	1:04.29	1:04.28
50	1:06.10	1:06.26	1:06.39	1:06.21	1:06.02	1:06.21	1:05.31	1:05.45	1:04.88	1:05.33	1:05.02
100	1:09.92	1:09.56	1:09.86	1:10.07	1:09.70	1:09.31	1:09.23	1:09.18	1:08.19	1:08.00	1:08.01

3.000 metros Obstáculos

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	9:40.36	9:26.23	9:21.76	9:07.32	9:17.07	9:40.28	9:24.26	9:38.30	9:30.70	9:42.14	9:41.23
10	10:32.05	10:39.62	10:31.53	10:24.47	10:21.86	10:34.10	10:27.50	10:25.10	10:24.75	10:21.32	10:19.27
20	10:59.21	10:56.46	10:51.12	10:45.98	10:44.65	10:48.35	10:41.16	10:54.16	10:40.86	10:42.85	10:48.59
30	11:20.57	11:17.02	11.16.16	11:08.63	11:08.56	11:05.25	10:54.82	11:13.08	11:02.92	10:56.48	11:00.43
40	11:35.72	11:33:53	11:33.41	11:31.06	11:24.29	11:23.79	11:19:40	11:23.78	11:13.83	11:22.34	11:08.41
50	11:45.27	11:46.36	11:47.11	11:39.04	11:36.84	11:37.11	11:38.35	11:47.77	11:36.73	11:40.26	11:19:57
100	12:57.84	13:12.87	13:05.18	13:22.23	12:59.31	12:53.78	13:07.91	13:11.73	13:10.44	12:49.91	12:34.45

PROMEDIOS Y CUADROS COMPARATIVOS

Altura

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	1.97	2.02	2.01	2.01	2.00	1.95	2.00	1.97	2.01	2.00	1.98
10	1.72	1.73	1.71	1.74	1.75	1.73	1.76	1.75	1.76	1.75	1.75
20	1.69	1.68	1.69	1.69	1.69	1.68	1.69	1.70	1.71	1.70	1.71
30	1.64	1.66	1.66	1.65	1.64	1.66	1.67	1.67	1.67	1.68	1.67
40	1.63	1.64	1.63	1.63	1.62	1.61	1.63	1.65	1.64	1.66	1.65
50	1.60	1.63	1.61	1.60	1.60	1.60	1.60	1.61	1.62	1.64	1.62
100	1.55	1.55	-	1.54	1.54	1.55	1.55	1.55	1.55	1.56	1.56

Pértiga

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	4.50	4.50	4.40	4.40	4.31	4.41	4.35	4.43	4.51	4.46	4.40
10	3.60	3.70	3.85	3.73	3.75	3.90	3.80	3.95	3.91	3.85	4.00
20	3.46	3.40	3.50	3.50	3.52	3.60	3.60	3.60	3.75	3.70	3.75
30	3.25	3.30	3.31	3.20	3.35	3.40	3.40	3.40	3.55	3.50	3.50
40	3.15	3.10	3.20	3.11	3.20	3.21	3.25	3.30	3.30	3.35	3.35
50	3.00	3.00	3.05	3.10	3.05	3.15	3.15	3.20	3.15	3.20	3.26
100	2.60	2.60	2.65	2.65	2.60	2.70	2.75	2.80	2.80	2.90	3.00

Longitud

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	6.72	6.84	6.89	6.31	6.52	6.72	6.69	6.59	6.78	6.78	6.88
10	6.10	5.97	5.97	5.93	5.87	5.92	5.95	5.97	6.02	6.04	6.00
20	5.87	5.78	5.74	5.75	5.76	5.78	5.78	5.79	5.85	5.94	5.85
30	5.67	5.66	5.56	5.62	5.63	5.66	5.68	5.67	5.74	5.77	5.74
40	5.59	5.54	5.52	5.51	5.54	5.59	5.64	5.59	5.64	5.71	5.66
50	5.52	5.50	5.46	5.45	5.46	5.54	5.54	5.55	5.57	5.64	5.59
100	5.28	5.24	5.24	5.21	5.24	5.31	5.34	5.32	5.31	5.41	5.35

Triple

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	14.27	14.47	14.36	13.56	14.10	14.10	14.17	13.88	14.15	14.03	14.16
10	12.55	12.58	12.51	12.32	12.42	12.81	12.61	12.43	12.76	12.40	12.83
20	12.12	12.09	12.13	12.05	12.06	12.16	12.16	12.05	12.15	12.23	12.15
30	11.91	11.97	11.85	11.70	11.81	11.87	11.88	11.77	11.73	11.88	11.88
40	11.68	11.74	11.69	11.51	11.59	11.63	11.65	11.60	11.48	11.73	11.69
50	11.56	11.50	11.60	11.36	11.36	11.46	11.45	11.36	11.32	11.53	11.57
100	11.00	10.93	10.95	10.82	10.84	10.92	10.85	10.78	10.89	11.06	11.09

Peso

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	17.16	18.20	16.78	16.68	16.97	17.02	17.99	17.83	17.70	17.47	17.24
10	13.63	13.33	13.43	13.33	13.19	13.39	13.69	13.83	13.56	13.72	13.43
20	12.37	12.50	12.59	12.63	12.63	12.31	12.95	12.89	12.95	12.83	12.79
30	12.05	11.97	12.05	11.98	12.05	12.02	12.17	12.21	12.22	12.27	12.30
40	11.59	11.66	11.75	11.76	11.75	11.53	11.80	11.85	11.58	11.65	11.77
50	11.35	11.34	11.36	11.43	11.29	11.21	11.38	11.46	11.20	11.39	11.40
100	10.35	10.46	10.32	10.20	10.32	10.32	10.20	10.26	10.07	10.38	10.30

PROMEDIOS Y CUADROS COMPARATIVOS

Disco

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	56.52	56.51	54.67	54.82	55.55	54.02	56.74	58.65	58.31	61.36	61.89
10	45.49	45.35	44.18	44.20	44.99	45.99	48.63	47.76	49.26	47.91	45.50
20	41.88	40.76	40.15	40.75	40.99	41.19	41.00	43.17	42.36	41.46	41.26
30	38.61	39.41	37.30	38.73	39.14	39.41	38.87	39.20	38.96	37.90	38.11
40	36.47	37.31	36.31	35.98	36.32	37.02	37.16	37.80	37.90	36.75	36.76
50	34.60	35.78	35.27	34.58	34.35	35.86	35.40	36.51	36.03	35.63	35.74
100	30.57	30.96	30.23	30.25	30.34	30.40	30.63	30.26	29.90	30.76	31.00

Martillo

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	67.99	68.66	66.33	68.06	69.36	69.53	69.59	69.59	69.33	69.07	70.52
10	52.52	53.96	54.20	54.05	54.12	54.01	52.60	52.06	53.30	52.71	53.69
20	48.51	49.15	49.53	50.16	49.85	49.10	49.29	48.58	49.09	49.99	50.40
30	46.59	45.38	46.62	47.16	45.67	45.89	47.24	45.96	47.43	47.42	46.83
40	44.07	43.25	43.60	43.49	43.00	43.43	44.40	43.56	45.12	44.58	42.68
50	41.04	41.60	41.80	41.75	41.34	41.79	42.33	40.73	42.77	43.14	41.01
100	33.34	33.40	33.67	33.23	33.48	33.41	33.12	31.67	33.54	34.61	32.68

Jabalina

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	63.20	62.19	61.81	61.76	64.07	63.77	58.82	59.81	58.06	59.03	57.34
10	46.85	45.60	45.19	46.56	44.93	46.82	46.78	45.98	47.23	49.08	47.08
20	43.85	41.72	41.97	42.79	42.35	42.72	41.25	41.80	41.92	42.89	41.57
30	38.60	38.56	38.78	39.98	39.48	39.61	38.99	39.31	39.39	38.39	38.93
40	36.84	36.92	37.72	38.57	38.21	37.69	37.04	36.46	36.67	36.71	37.63
50	35.54	35.90	36.47	37.33	36.79	35.59	36.16	34.63	35.54	35.57	36.27
100	31.36	31.45	31.08	31.39	30.93	30.86	29.72	29.59	31.19	31.44	31.62

Heptatlón

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	5.804	5.532	5.772	5.852	5.580	5.585	5.860	5.459	5.662	5.614	5.641
10	4.909	4.785	4.764	4.890	4.531	4.642	4.804	4.921	4.677	4.907	4.972
20	4.043	3.817	3.924	4.126	4.025	3.806	4.191	4.241	4.299	4.519	4.463
30	3.525	3.394	3.289	3.414	3.180	3.084	3.475	4.001	3.998	4.029	4.208
40	3.032	2.641	3.112	3.189	1.955	2.326	2.998	2.864	3.224	3.368	3.693
50	2.130	-	2.698	2.748	-	-	-	-	-	2.618	3.094

20 km. marcha (ruta)

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1	1h32:05	1h29:17	1h27:25	1h29:54	1h28:05	1h28:51	1h27:56	1h28:44	1h28:36	1h29:32	1h29:01
10	1h47:42	1h46:09	1h43:58	1h44:41	1h39:36	1h40:21	1h41:46	1h43:25	1h40:44	1h36:32	1h36:58
20	2h01:25	1h58:56	1h53:33	2h00:26	1h52:36	1h55:12	1h53:52	1h57:15	1h53:28	1h49:22	1h57:28
30	-	-	-	-	-	-	-	-	-	2h05:22	2h11:33