

RÁNKING ESPAÑOL DE TODOS LOS TIEMPOS - 10km en ruta

Compilado por Carlos Fernández Canet (miembro de la AEEA) (Cerrado a 13.1.2019)

HOMBRES

| MARCA | X | DH | SH | SF | NOMBRE | APELLIDO | FN | POS | COMPETICIÓN | CIUDAD | FECHA |
|---------|-----|----|----|----|------------------|-------------|--------|-----|-------------------------------|------------|------------|
| 27:48 | | | | | Antonio | Abadía | 020790 | 2 | 10 Km Villa de Laredo | Laredo | 17/03/2018 |
| 27:55 | | | | | Juan Carlos | de la Ossa | 251176 | 2 | Great Manchester Run | Manchester | 22/05/2005 |
| 27:59 | | | | | Juan Antonio | Pérez | 061188 | 9 | 10K Valencia Ibercaja | Valencia | 13/01/2019 |
| 28:02 | | | | | Antonio | Abadía | | 2 | 10 Km Villa de Laredo | Laredo | 19/03/2016 |
| 28:03 | | | | | Juan Carlos | de la Ossa | | 1 | 10 Km Villa de Laredo | Laredo | 09/04/2005 |
| 28:09 | | | | | José Manuel | Martínez | 221071 | 4 | Great Manchester Run | Manchester | 20/05/2007 |
| 28:09 | | | | | Ayad | Lamdassem | 111081 | 2 | Great Manchester Run | Manchester | 16/05/2010 |
| 28:19 | | | | | José Manuel | Martínez | | 4 | Great Manchester Run | Manchester | 18/05/2008 |
| 28:22 | | | | | Juan Carlos | de la Ossa | | 1 | Great Edinburgh Run | Edinburgh | 08/05/2005 |
| 28:27 | | | | | Juan Carlos | de la Ossa | | 7 | Great Manchester Run | Manchester | 18/05/2008 |
| 28:29 | | | | | Carles | Castillejo | 180878 | 1 | 10 Km Villa de Laredo | Laredo | 10/03/2012 |
| 28:29 | cat | | | | Carles | Castillejo | | 1 | Cursa dels Nassos | Barcelona | 31/12/2012 |
| 28:30 | | | | | Javier | Guerra | 101183 | 2 | 10 Km Villa de Laredo | Laredo | 18/03/2017 |
| 28:31 | | | | | Carles | Castillejo | | 2 | Cursa dels Bombers | Barcelona | 18/04/2010 |
| 28:33 | | | | | José Manuel | Martínez | | 3 | Cursa dels Bombers | Barcelona | 09/04/2006 |
| 28:35 | | | | | José Manuel | Martínez | | 1 | 10 Km Villa de Laredo | Laredo | 13/03/2011 |
| 28:35 | | | | | Carles | Castillejo | | 6 | Great Manchester Run | Manchester | 20/05/2012 |
| 28:37 | | | | | Juan Carlos | de la Ossa | | 4 | Cursa dels Bombers | Barcelona | 08/04/2001 |
| 28:37 | cat | | | | Carles | Castillejo | | 1 | Cursa dels Nassos | Barcelona | 31/12/2015 |
| 28:37 | | | | | Juan Antonio | Pérez | | 7 | 10K Valencia Ibercaja | Valencia | 14/01/2018 |
| 28:38 | | | | | José Manuel | Martínez | | 2 | Cursa dels Bombers | Barcelona | 18/04/2004 |
| 28:38 + | | | | | Aelemayehu | Bezabeh | 220986 | | Medio Maratón de Valencia | Valencia | 22/10/2017 |
| 28:38 + | cat | | | | Ilias | Fifa | | 1 | Cursa dels Nassos | Barcelona | 31/12/2017 |
| 28:39 | | | | | Juan Carlos | de la Ossa | | 3 | 10 Km Villa de Laredo | Laredo | 31/03/2007 |
| 28:39 | | | | | Javier | Guerra | | 1 | 10 Km Villa de Laredo | Laredo | 21/03/2009 |
| 28:40 | | | | | José Manuel | Martínez | | 5 | Great Manchester Run | Manchester | 23/05/2004 |
| 28:40 | | | | | José Manuel | Martínez | | 2 | Cursa dels Bombers | Barcelona | 05/04/2009 |
| 28:41 | | | | | Carles | Castillejo | | 1 | Cursa dels Nassos | Barcelona | 31/12/2009 |
| 28:41 | | | | | Juan Carlos | Higuero | 030878 | 3 | 10 Km Villa de Laredo | Laredo | 13/03/2011 |
| 28:41 + | | | | | Antonio | Abadía | | | Medio Maratón de Valencia | Valencia | 28/10/2018 |
| 28:42 | | | | | José | Ríos | 150374 | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2008 |
| 28:42 | | | | | José Manuel | Martínez | | 5 | Great Manchester Run | Manchester | 17/05/2009 |
| 28:44 + | | | | | Alejandro | Gómez | 110467 | | WC HMar | Košice | 04/10/1997 |
| 28:44 + | | | | | Bartolomé | Serrano | 050369 | | WC HMar | Košice | 04/10/1997 |
| 28:44 + | | | | | Carlos | de la Torre | 180566 | | WC HMar | Košice | 04/10/1997 |
| 28:44 + | | | | | Ayad | Lamdassem | | | WC HMar | København | 29/03/2014 |
| 28:44 | cat | | | | Ayad | Lamdassem | | 2 | Cursa dels Nassos | Barcelona | 31/12/2015 |
| 28:45 | cat | | | | Carles | Castillejo | | 1 | Cursa dels Nassos | Barcelona | 31/12/2016 |
| 28:45 | cat | | | | Carles | Castillejo | | 2 | Cursa dels Nassos | Barcelona | 31/12/2017 |
| 28:47 | | | | | Carles | Castillejo | | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2004 |
| 28:47 | | | | | Juan Antonio | Pérez | | 1 | NC | Santander | 21/05/2017 |
| 28:47 | | | | | Juan Antonio | Pérez | | 3 | 10K Valencia Trinidad Alfonso | Valencia | 19/11/2017 |
| 28:47 | cat | | | | Artur | Bossy | 300494 | 1 | Cursa dels Nassos | Barcelona | 31/12/2018 |
| 28:48 | | | | | Carles | Castillejo | | 2 | Cursa dels Bombers | Barcelona | 30/03/2003 |
| 28:48 | | | | | Pablo | Villalobos | 200578 | 1 | 10 Km Villa de Laredo | Laredo | 08/04/2006 |
| 28:48 | | | | | Sergio | Sánchez | 011082 | 2 | 10 Km Villa de Laredo | Laredo | 10/03/2012 |
| 28:48 | | | | | Ayad | Lamdassem | | 2 | Great Ireland Run | Dublin | 15/04/2012 |
| 28:50 + | | | | | Francisco Javier | Caballero | 240372 | | WC HMar | Uster | 27/09/1998 |
| 28:50 + | | | | | Antonio | Pérez | 230366 | | WC HMar | Uster | 27/09/1998 |
| 28:50 + | | | | | José Manuel | Martínez | | | Great South Run | Portsmouth | 26/10/2008 |
| 28:50 | | | | | José Ignacio | Giménez | 051094 | 17 | 10K Valencia Ibercaja | Valencia | 13/01/2019 |
| 28:51 | | | | | José Manuel | Martínez | | 1 | Oñatiko Herri Lasterketa | Oñati | 09/06/2007 |
| 28:51 | | | | | Javier | Guerra | | 3 | 10 Km Villa de Laredo | Laredo | 10/03/2012 |
| 28:53 | | | | | Alejandro | Gómez | | 5 | Euro Parque Road Race | Porto | 25/04/1995 |
| 28:53 | | | | | Sergio | Sánchez | | 2 | 10 K Valle de Camargo | Camargo | 16/04/2011 |
| 28:53 | | | | | José Ignacio | Giménez | | 4 | 10K Valencia Trinidad Alfonso | Valencia | 02/12/2018 |
| 28:54 | | | | | José Manuel | Martínez | | 3 | Cursa dels Bombers | Barcelona | 18/04/2010 |
| 28:54 | cat | | | | Ayad | Lamdassem | | 1 | Cursa dels Bombers | Barcelona | 22/04/2012 |
| 28:56 + | | | | | Fabián | Roncero | 191070 | | Berliner Halbmarathon | Berlin | 01/04/2001 |
| 28:56 | cat | | | | Abdelaziz | Merzougui | 300891 | 3 | Cursa dels Nassos | Barcelona | 31/12/2015 |
| 28:56 | cat | | | | Ilias | Fifa | | 1 | Cursa dels Bombers | Barcelona | 30/10/2016 |
| 28:57 + | | | | | Antoni | Peña | 260870 | | WC HMar | Košice | 04/10/1997 |
| 28:57 | | | | | José Manuel | Martínez | | 10 | Great Manchester Run | Manchester | 21/05/2006 |
| 28:58 | | | | | Ricardo | Rosado | 210788 | 4 | 10 Km Villa de Laredo | Laredo | 18/03/2017 |
| 28:59 | | | | | Juan Carlos | Higuero | | 2 | 10 Km Villa de Laredo | Laredo | 21/03/2009 |
| 28:59 | cat | | | | Carles | Castillejo | | 2 | Cursa dels Bombers | Barcelona | 30/10/2016 |

| | | | | | | | | | |
|---------|-----|--|------------------|------------|--------|----|----------------------------|------------|------------|
| 29:00 | | | José | Ríos | | 1 | 10 K Ciudad de Valencia | Valencia | 11/01/2009 |
| 29:00 | | | José Manuel | Martínez | | 4 | Great Ireland Run | Dublin | 15/04/2012 |
| 29:01 | | | Manuel Ángel | Penas | 091177 | 5 | 10K A Coruña | La Coruña | 11/04/2009 |
| 29:01 | cat | | Marc | Alcalá | 071194 | 4 | Cursa dels Nassos | Barcelona | 31/12/2017 |
| 29:03 | | | Alberto | Lozano | 230287 | 4 | 10 Km Villa de Laredo | Laredo | 12/03/2011 |
| 29:04 | | | José | Ríos | | 2 | Great Capital Run | London | 20/07/2008 |
| 29:05 | | | José Manuel | Martínez | | 10 | Great Manchester Run | Manchester | 22/05/2005 |
| 29:06 | | | Pol | Guillén | 011077 | 2 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 29:06 | | | Ignacio | Cáceres | 180676 | 7 | Cursa dels Bombers | Barcelona | 18/04/2004 |
| 29:06 | | | Javier | Guerra | | 4 | 10 Km Villa de Laredo | Laredo | 31/03/2007 |
| 29:06 | | | Antonio | Abadía | | 5 | 10 Km Villa de Laredo | Laredo | 22/03/2014 |
| 29:06 + | | | Ayad | Lamdasseem | | | WC HMar | Cardiff | 26/03/2016 |
| 29:07 | | | Juan Carlos | Montero | 201161 | 8 | Euro Parque Road Race | Porto | 25/04/1995 |
| 29:09 | | | Fernando | Alarza | 230391 | 7 | 10 Km Villa de Laredo | Laredo | 17/03/2018 |
| 29:10 + | | | Francisco Javier | Cortés | 251071 | | WC HMar | Bruxelles | 05/05/2002 |
| 29:10 + | | | Julio | Rey | 130172 | | WC HMar | Bruxelles | 05/05/2002 |
| 29:10 | | | Francisco Javier | Caballero | | 3 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 29:10 | | | Carles | Castillejo | | 2 | Cursa dels Nassos | Barcelona | 31/12/2014 |
| 29:11 | | | Pablo | Sierra | 130569 | 10 | Cobb Classic | Marietta | 05/09/1994 |
| 29:12 | | | Francisco Javier | Caballero | | 4 | | Gualtieri | 16/04/2001 |
| 29:12 | | | Iván | Galán | 050979 | 13 | Great Manchester Run | Manchester | 20/05/2007 |
| 29:12 | | | Rafael | Iglesias | 050779 | 2 | 10 Km de Madrid | Madrid | 17/04/2011 |
| 29:14 | | | Lluis | Mezquida | 120574 | 4 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 29:14 | | | Juan Carlos | Higuero | | 1 | 10 Km Villa de Laredo | Laredo | 16/03/2013 |

Carreras con desnivel y separación superior a los permitidos

| | | | | | | | | | |
|-------|----|----|--------------|------------|--------|---|-------------------------------|------------|------------|
| 27:58 | 55 | | Juan Carlos | de la Ossa | | 2 | San Silvestre Vallecana | Madrid | 31/12/2005 |
| 28:06 | 50 | | Aelemayehu | Bezabeh | 220986 | 2 | San Silvestre Vallecana | Madrid | 31/12/2008 |
| 28:07 | 30 | | Isaac | Viciosa | 261269 | 1 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 28:10 | 50 | | Ayad | Lamdasseem | | 3 | San Silvestre Vallecana | Madrid | 31/12/2011 |
| 28:11 | 55 | | José Manuel | Martínez | | 4 | San Silvestre Vallecana | Madrid | 31/12/2005 |
| 28:11 | 55 | 70 | Ilias | Fifa | 160589 | 2 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 28:12 | 55 | | José Manuel | Martínez | | 1 | San Silvestre Vallecana | Madrid | 31/12/2003 |
| 28:12 | 50 | | Aelemayehu | Bezabeh | | 2 | San Silvestre Vallecana | Madrid | 31/12/2009 |
| 28:13 | 30 | | José Manuel | Martínez | | 2 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 28:16 | 55 | 70 | Juan Antonio | Pérez | | 6 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 28:16 | 55 | 70 | Antonio | Abadía | | 7 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 28:19 | 50 | | José Manuel | Martínez | | 4 | San Silvestre Vallecana | Madrid | 31/12/2006 |
| 28:20 | 30 | | Manuel | Pancorbo | 070766 | 2 | San Silvestre Vallecana | Madrid | 31/12/1999 |
| 28:20 | 50 | | Jesús | España | 210878 | 5 | San Silvestre Vallecana | Madrid | 31/12/2006 |
| 28:20 | 93 | | Abdelaziz | Merzougui | 300891 | 1 | El Tast de la Mitja | Granollers | 27/10/2018 |
| 28:23 | 30 | | Alberto | Juzgado | 200866 | 3 | San Silvestre Vallecana | Madrid | 31/12/1999 |
| 28:23 | 50 | | Sergio | Sánchez | 011082 | 3 | San Silvestre Vallecana | Madrid | 31/12/2009 |
| 28:24 | 55 | 70 | Antonio | Abadía | | 3 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 28:26 | 50 | | Manuel Ángel | Penas | 091177 | 4 | Carrera Popular de Canillejas | Madrid | 15/11/2009 |
| 28:26 | 55 | 70 | Antonio | Abadía | | 3 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 28:28 | 50 | | Jesús | España | | 2 | San Silvestre Vallecana | Madrid | 31/12/2014 |
| 28:29 | 30 | | Alberto | García | 220271 | 3 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 28:31 | 50 | | José Manuel | Martínez | | 4 | San Silvestre Vallecana | Madrid | 31/12/2008 |
| 28:32 | 30 | | Isaac | Viciosa | | 1 | San Silvestre Vallecana | Madrid | 31/12/2001 |
| 28:33 | 30 | | Jesús | España | | 2 | San Silvestre Vallecana | Madrid | 31/12/2001 |
| 28:34 | 55 | | Jesús | España | | 4 | San Silvestre Vallecana | Madrid | 31/12/2004 |
| 28:34 | 50 | | José Manuel | Martínez | | 4 | San Silvestre Vallecana | Madrid | 31/12/2011 |
| 28:34 | 55 | 70 | Ayad | Lamdasseem | | 6 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 28:36 | 55 | | Jesús | España | | 5 | San Silvestre Vallecana | Madrid | 31/12/2005 |
| 28:36 | 50 | | Ayad | Lamdasseem | | 2 | San Silvestre Vallecana | Madrid | 31/12/2010 |
| 28:36 | 55 | 70 | Jesús | España | | 7 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 28:36 | 55 | 70 | Jesús | España | | 5 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 28:37 | 41 | | Juan Carlos | Higuero | 030878 | 1 | Carrera Popular de Canillejas | Madrid | 23/11/2003 |
| 28:38 | 55 | | Juan Carlos | de la Ossa | | 5 | San Silvestre Vallecana | Madrid | 31/12/2004 |
| 28:38 | 55 | 70 | Javier | Guerra | | 6 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 28:40 | 41 | | Ricardo | Serrano | 291080 | 2 | Carrera Popular de Canillejas | Madrid | 23/11/2003 |
| 28:40 | 50 | | Jesús | España | | 3 | San Silvestre Vallecana | Madrid | 31/12/2010 |
| 28:41 | 30 | | Fabián | Roncero | 191070 | 5 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 28:41 | 50 | | José Manuel | Martínez | | 3 | San Silvestre Vallecana | Madrid | 31/12/2007 |
| 28:41 | 50 | | Jesús | España | | 5 | San Silvestre Vallecana | Madrid | 31/12/2011 |
| 28:42 | 55 | | José Manuel | Martínez | | 6 | San Silvestre Vallecana | Madrid | 31/12/2004 |
| 28:42 | 50 | | Jesús | España | | 4 | San Silvestre Vallecana | Madrid | 31/12/2009 |
| 28:43 | 30 | | Alberto | García | | 3 | San Silvestre Vallecana | Madrid | 31/12/2001 |
| 28:43 | 41 | | Ricardo | Serrano | | 4 | Carrera Popular de Canillejas | Madrid | 19/11/2006 |
| 28:43 | 55 | 70 | Fernando | Carro | 010492 | 8 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 28:45 | 30 | | Isaac | Viciosa | | 1 | San Silvestre Vallecana | Madrid | 31/12/2000 |
| 28:45 | 30 | | Enrique | Molina | 250268 | 7 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 28:45 | 55 | | Isaac | Viciosa | | 3 | San Silvestre Vallecana | Madrid | 31/12/2003 |
| 28:45 | 50 | | Ayad | Lamdasseem | | 2 | San Silvestre Vallecana | Madrid | 31/12/2012 |

| | | | | | | | | | |
|---------------------------------------|----|-----|------------------|-----------|--------|----|-------------------------------|-------------|------------|
| 28:45 | 50 | | Antonio | Abadía | | 3 | San Silvestre Vallecana | Madrid | 31/12/2014 |
| 28:46 | 30 | | José Manuel | Martínez | | 3 | San Silvestre Vallecana | Madrid | 31/12/2000 |
| 28:46 | 50 | | Jesús | España | | 4 | San Silvestre Vallecana | Madrid | 31/12/2007 |
| 28:47 | 50 | | Alberto | Lozano | 230287 | 10 | Carrera Popular de Canillejas | Madrid | 15/11/2009 |
| 28:47 | 93 | | Ibrahim | Chakir | 040994 | 3 | El Tast de la Mitja | Granollers | 27/10/2018 |
| 28:48 | 55 | 70 | Yago | Rojo | 230395 | 10 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 28:49 | 50 | | José Manuel | Martínez | | 4 | San Silvestre Vallecana | Madrid | 31/12/2010 |
| 28:51 | 50 | | Manuel Ángel | Penas | | 4 | Carrera Popular de Canillejas | Madrid | 18/11/2007 |
| 28:52 | 41 | | Isaac | Viciosa | | 5 | Carrera Popular de Canillejas | Madrid | 28/11/2004 |
| 28:54 | 35 | | Pablo | Sierra | 130569 | 16 | Peach | Atlanta | 04/07/1995 |
| 28:54 | 55 | 70 | Javier | Guerra | | 11 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 28:55 | 50 | | Ricardo | Serrano | | 3 | Carrera Popular de Canillejas | Madrid | 16/11/2008 |
| 28:56 | 55 | 70 | Ilias | Fifa | | 3 | San Silvestre Vallecana | Madrid | 31/12/2015 |
| 28:56 | 55 | 70 | Ayad | Lamdassem | | 8 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 28:59 | 93 | | Artur | Bossy | | 4 | El Tast de la Mitja | Granollers | 27/10/2018 |
| 29:00 | 55 | 70 | Alberto | Sánchez | 191088 | 4 | San Silvestre Vallecana | Madrid | 31/12/2015 |
| 29:01 | 55 | 70 | Alberto | Sánchez | | 12 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 29:03 | 41 | | Fernando | Asenjo | 070277 | 7 | Carrera Popular de Canillejas | Madrid | 28/11/2004 |
| 29:03 | 55 | 70 | Fernando | Carro | | 10 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 29:04 | 55 | 70 | Antonio | Abadia | | 5 | San Silvestre Vallecana | Madrid | 31/12/2015 |
| 29:06 | 41 | | Emiliano | Roncero | 080374 | 8 | Carrera Popular de Canillejas | Madrid | 28/11/2004 |
| 29:06 | 55 | 70 | Yago | Rojo | | 11 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 29:07 | 55 | 70 | Daniel | Mateo | 310889 | 9 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 29:07 | 55 | 70 | Camilo | Santiago | 221282 | 12 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 29:08 | 41 | | Ricardo | Serrano | | 4 | Carrera Popular de Canillejas | Madrid | 01/11/2002 |
| 29:08 | 55 | 70 | Roberto | Alaiz | 200790 | 6 | San Silvestre Vallecana | Madrid | 31/12/2015 |
| 29:08 | 55 | 70 | Alberto | Sánchez | | 13 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 29:08 | 55 | 70 | Sergio | Jiménez | 070195 | 13 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 29:12 | 50 | | Rafael | Iglesias | 050779 | 8 | Carrera Popular de Canillejas | Madrid | 18/11/2007 |
| 29:12 | 55 | 70 | Tariku | Novales | 080398 | 14 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 29:13 | 55 | 70 | Camilo | Santiago | | 15 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 29:14 | 93 | | Sergio | Sánchez | | 2 | El Tast de la Mitja | Granollers | 28/10/2017 |
| 29:15 | 41 | | Emiliano | Roncero | | 7 | Carrera Popular de Canillejas | Madrid | 23/11/2003 |
| Distancia dudosa | | | | | | | | | |
| 28:13 | | | Francisco Javier | Cortés | 251071 | 4 | Conseil General | Marseille | 01/05/1998 |
| 28:38 | | | Óscar | Fernández | 231074 | 1 | Carrera del CSIC | Madrid | 22/10/2000 |
| 28:58 | | | Iván | Sánchez | 270275 | 3 | Carrera del CSIC | Madrid | 22/10/2000 |
| 29:01 | | | Juan Antonio | García | 210158 | 1 | Trofeo Akiles | Madrid | 01/11/1982 |
| 29:01 | | | Pedro | Trejo | 210372 | 4 | Carrera del CSIC | Madrid | 22/10/2000 |
| Carrera no homologada por RFEA | | | | | | | | | |
| 29:13 | | | José Carlos | Adán | 220767 | 4 | Ruta Feria Salud y Deporte | Guadalajara | 25/05/2002 |
| Carrera corta | | | | | | | | | |
| 28:19 | | 400 | Francisco Javier | Cortés | | 4 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |
| 28:19 | | 400 | Francisco Javier | Caballero | 240372 | 5 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |

(cat) Carreras del calendario autonómico catalán

MUJERES

| MARCA | X | DH | SH | SF | NOMBRE | APELLIDO | FN | POS | COMPETICIÓN | CIUDAD | FECHA |
|----------------------------------------------------------|-----|----|----|----|--------------|--------------|--------|-----|-------------------------------|-------------------|------------|
| 31:39 | | | | | Trihas | Gebre | 290490 | 8 | 10K Valencia Ibercaja | Valencia | 13/01/2019 |
| 32:06 | | | | | Rosa | Morató | 190679 | 1 | Cursa dels Nassos | Barcelona | 31/12/2009 |
| 32:26 | | | | | Alessandra | Aguilar | 010778 | 6 | Manchester Great Run | Manchester | 20/05/2007 |
| 32:26 | | | | | Alessandra | Aguilar | | 1 | Carrera Divina Pastora | Palma de Mallorca | 16/06/2012 |
| 32:31 | | | | | Rosa | Morató | | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2004 |
| 32:36 | | | | | Paula | González | 020585 | 1 | 10 Km Villa de Laredo | Laredo | 22/03/2014 |
| 32:39 | | | | | Rosa | Morató | | 2 | Cursa dels Nassos | Barcelona | 31/12/2008 |
| 32:43 | cat | | | | Judith | Plá | 020578 | 1 | Cursa dels Bombers | Barcelona | 22/04/2012 |
| 32:47 | | | | | Lidia | Rodríguez | 260586 | 1 | Cursa dels Nassos | Barcelona | 31/12/2014 |
| 32:49 + | | | | | Julia | Vaquero | 180970 | 10 | WC HMar | Uster | 27/09/1998 |
| 32:50 | | | | | Trihas | Gebre | | 1 | Cross de Reyes | San Sebastián | 04/01/2015 |
| 32:50 | | | | | Paula | González | | 1 | Cross de Reyes | San Sebastián | 08/01/2017 |
| 32:56 | | | | | Alessandra | Aguilar | | 8 | Mini 10K | New York | 11/06/2011 |
| 32:57 | | | | | Iris | Fuentes-Pila | 100880 | 1 | 10 Km Villa de Laredo | Laredo | 16/03/2013 |
| 32:58 | | | | | Griselda | González | 041265 | 2 | Cursa dels Bombers | Barcelona | 08/04/2001 |
| 32:59 + | | | | | Rocío | Ríos | 130369 | | WC HMar | Košice | 04/10/1997 |
| 32:59 | | | | | Jacqueline | Martín | 140474 | 2 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 32:59 | | | | | Alessandra | Aguilar | | 8 | Great Manchester Run | Manchester | 18/05/2008 |
| 33:01 | | | | | Eva | Sanz | 040773 | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2003 |
| 33:03 | | | | | Alessandra | Aguilar | | 5 | Great Manchester Run | Manchester | 18/05/2008 |
| 33:03 | | | | | Nuria | Fernández | 160876 | 2 | Cursa dels Bombers | Barcelona | 18/04/2010 |
| 33:04 | | | | | Zulema | Fuentes-Pila | 250577 | 1 | 10 Km Villa de Laredo | Laredo | 21/03/2009 |
| 33:04 | cat | | | | Lidia | Rodríguez | | 1 | Cursa dels Nassos | Barcelona | 31/12/2013 |
| 33:06 | cat | | | | Lidia | Rodríguez | | 1 | Cursa dels Nassos | Barcelona | 31/12/2015 |
| 33:08 | | | | | Marta | Galimany | 051085 | 5 | 10K Valencia Trinidad Alfonso | Valencia | 02/12/2018 |
| 33:09 | cat | | | | Lidia | Rodríguez | | 2 | Cursa dels Bombers | Barcelona | 22/04/2012 |
| 33:09 | cat | | | | Judith | Plá | | 1 | Cursa dels Bombers | Barcelona | 21/04/2013 |
| 33:10 + | | | | | Trihas | Gebre | | | WC HMar | Valencia | 24/03/2018 |
| 33:11 | | | | | Alessandra | Aguilar | | 7 | Great Wales Run | Cardiff | 27/07/2008 |
| 33:11 | | | | | Alessandra | Aguilar | | 3 | Great Ireland Run | Dublin | 11/04/2015 |
| 33:11 | | | | | Paula | González | | 1 | 10 Km Villa de Ribadesella | Ribadesella | 19/09/2015 |
| 33:12 | | | | | María Elena | Moreno | 140379 | 2 | 10 Km Villa de Laredo | Laredo | 16/03/2013 |
| 33:12 | | | | | Iris | Fuentes-Pila | | 2 | 10 Km Villa de Laredo | Laredo | 22/03/2014 |
| 33:13 | | | | | Eva | Sanz | | 3 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 33:15 | | | | | Marta | Esteban | 061182 | 1 | Carrera Divina Pastora | Valencia | 12/01/2014 |
| 33:16 | | | | | Marta | Domínguez | 031175 | 1 | Noche de San Antón | Jaén | 16/01/2008 |
| 33:17 | | | | | María Teresa | Pulido | 011074 | 4 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2002 |
| 33:17 | | | | | Yesenia | Centeno | 270671 | 4 | Great Yorkshire Run | Sheffield | 07/09/2008 |
| 33:18 | | | | | Paula | González | | 1 | NC | Santander | 21/05/2017 |
| 33:19 | | | | | Isabel | Checa | 271282 | 1 | Carrera Divina Pastora | Valencia | 13/01/2013 |
| 33:19 | | | | | Marta | Galimany | | 12 | 10K Valencia Ibercaja | Valencia | 13/01/2019 |
| 33:20 | cat | | | | Lidia | Rodríguez | | 1 | Cursa dels Nassos | Barcelona | 31/12/2012 |
| 33:20 | | | | | Isabel | Checa | | 2 | Carrera Divina Pastora | Valencia | 12/01/2014 |
| 33:22 | | | | | Zulema | Fuentes-Pila | | 3 | 10 Km Villa de Laredo | Laredo | 16/03/2013 |
| 33:23 + | | | | | Alessandra | Aguilar | | | WC HMar | København | 29/03/2014 |
| 33:24 | cat | | | | Lidia | Rodríguez | | 1 | Cursa dels Nassos | Barcelona | 31/12/2011 |
| 33:25 | | | | | Zulema | Fuentes-Pila | | 2 | 10 Km Villa de Laredo | Laredo | 17/03/2018 |
| 33:26 | | | | | Eva | Sanz | | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2001 |
| 33:26 | | | | | María | Abel | 231074 | 2 | Cursa dels Bombers | Barcelona | 28/04/2002 |
| 33:26 | | | | | Paula | González | | 1 | 10 Km Villa de Laredo | Laredo | 13/03/2011 |
| 33:26 | | | | | Iris | Fuentes-Pila | | 2 | 10 Km Villa de Laredo | Laredo | 13/03/2011 |
| 33:27 | | | | | Rosa | Morató | | 2 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2003 |
| 33:27 | | | | | Azucena | Díaz | 191282 | 2 | 10 Km Villa de Laredo | Laredo | 21/03/2015 |
| 33:28 | | | | | Marta | Domínguez | | 1 | 10 K Ciudad de Valencia | Valencia | 11/01/2009 |
| 33:29 + | | | | | Rocío | Ríos | | | WC HMar | Uster | 27/09/1998 |
| 33:29 | cat | | | | Gemma | Barrachina | 100486 | 2 | Cursa dels Nassos | Barcelona | 31/12/2012 |
| 33:30 | | | | | Elena | Loyo | 110183 | 2 | Cross de Reyes | San Sebastián | 08/01/2017 |
| Carreras con desnivel y separación superior a los | | | | | | | | | | | |
| 31:35 | | 55 | | | Marta | Domínguez | 031175 | 1 | San Silvestre Vallecana | Madrid | 31/12/2003 |
| 31:40 | | 55 | 70 | | Trihas | Gebre | | 4 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 32:13 | | 30 | | | Marta | Domínguez | | 1 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 32:20 | | 30 | | | Iris | Fuentes-Pila | 100880 | 2 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 32:22 | | 30 | | | Patricia | Arribas | 021077 | 1 | San Silvestre Vallecana | Madrid | 31/12/2000 |
| 32:27 | | 50 | | | Marta | Domínguez | | 3 | San Silvestre Vallecana | Madrid | 31/12/2007 |
| 32:31 | | 50 | | | Alessandra | Aguilar | | 4 | San Silvestre Vallecana | Madrid | 31/12/2007 |
| 32:32 | | 50 | | | Diana | Martín | 010481 | 3 | San Silvestre Vallecana | Madrid | 31/12/2012 |
| 32:33 | | 30 | | | María Luisa | Larraga | 101270 | 2 | San Silvestre Vallecana | Madrid | 31/12/2000 |
| 32:33 | | 41 | | | Eva | Sanz | 040773 | 2 | Carrera Popular de Canillejas | Madrid | 23/11/2003 |
| 32:45 | | 50 | | | Dolores | Checa | 271282 | 3 | Carrera Popular de Canillejas | Madrid | 18/11/2007 |
| 32:47 | | 50 | | | Dolores | Checa | | 3 | Carrera Popular de Canillejas | Madrid | 16/11/2008 |
| 32:53 | | 30 | | | María | Abel | 231074 | 1 | San Silvestre Vallecana | Madrid | 31/12/2001 |

| | | | | | | | | | |
|--------------------------------------------------|----|-----|------------|-----------|--------|-----|--------------------------------|------------|------------|
| 32:54 | 50 | | Nuria | Fernández | 160876 | 2 | San Silvestre Vallecana | Madrid | 31/12/2010 |
| 32:57 | 30 | | María | Abel | | 4 | San Silvestre Vallecana | Madrid | 31/12/2002 |
| 32:58 | 41 | | Rocío | Ríos | 130369 | 2 | Carrera Popular de Canillejas | Madrid | 20/10/2002 |
| 33:01 | 50 | | Nuria | Fernández | | 2 | San Silvestre Vallecana | Madrid | 31/12/2009 |
| 33:05 | 55 | | Marta | Domínguez | | 1 | San Silvestre Vallecana | Madrid | 31/12/2008 |
| 33:06 | 55 | 70 | Azucena | Díaz | 191282 | 4 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 33:08 | 55 | 70 | Azucena | Díaz | | 4 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 33:13 | 93 | | Lidia | Rodríguez | | 1 | El Tast de la Mitja | Granollers | 28/10/2017 |
| 33:17 | 55 | 70 | Teresa | Urbina | 200385 | 5 | San Silvestre Vallecana | Madrid | 31/12/2017 |
| 33:17 | 93 | | Marta | Galimany | | 1 | El Tast de la Mitja | Granollers | 27/10/2018 |
| 33:18 | 55 | 70 | Gema | Martín | 271087 | 5 | San Silvestre Vallecana | Madrid | 31/12/2016 |
| 33:19 | 55 | 70 | Solange | Pereira | 121289 | 7 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 33:20 | 55 | 70 | Azucena | Díaz | | 8 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| 33:23 | 41 | | Dolores | Checa | | 1 | Carrera Popular de Canillejas | Madrid | 19/11/2006 |
| 33:29 | 55 | 70 | María José | Pérez | 120692 | 9 | San Silvestre Vallecana | Madrid | 31/12/2018 |
| Marcas conseguidas durante suspensión por | | | | | | | | | |
| 31:47 | | | Marta | Domínguez | | (1) | 10 Km Villa de Laredo | Laredo | 10/03/2012 |
| 32:49 | 50 | | Marta | Domínguez | | (4) | San Silvestre Vallecana | Madrid | 31/12/2011 |
| 33:10 | | | Marta | Domínguez | | (1) | Carrera Divina Pastora | Oviedo | 06/05/2012 |
| Distancia dudosa | | | | | | | | | |
| 33:26 | | | Mónica | Pont | 030669 | 2 | Carrera del CSIC | Madrid | 19/10/1997 |
| 33:30 | | | Estíbaliz | Urrutia | 220270 | 2 | Carrera Popular do San Martiño | Ourense | 16/11/1997 |
| Carrera corta | | | | | | | | | |
| 31:56 | | 400 | Jacqueline | Martín | 140474 | 1 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |
| 32:24 | | 400 | Eva | Sanz | 040773 | 3 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |
| 32:24 | | 400 | Judith | Plá | 020578 | 4 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |
| 32:37 | | 400 | Eva | Jiménez | 030373 | 5 | Sant Silvestre Barcelonesa | Barcelona | 31/12/2000 |

(cat) Carreras del calendario autonómico catalán