

Francisco Javier Benet

Tetuán (Marruecos), 25.03.1968 - 1,87m/82kg

Entrenador: José Luis Martínez

25 veces internacional absoluto

- Historial Español

Plusmarquista de España de decatlon (8.526 en 1998)

5 Títulos de Campeón de España Absoluto de decatlon:

1991 (7.508), 1995 (7.445), 1996 (7.390), 1997 (8.322), 1999 (8.357)3

Títulos de Campeón de España Absoluto de heptatlón en pista cubierta:

1990 (5.416), 1996 (5.695), 1997 (5.784)

Campeón de España promesa de decatlon 1:988 (6.637), 1989 (6.762)

Campeón de España júnior de octatlón: 1986 (4.725)

- Historial Internacional

JJOO	1992 - Barcelona	Decatlon (22º/7.484)
	1996 - Atlanta, USA	Decatlon (19º/8.107)
	2000 - Sidney, AUS	Decatlon (retirado)
CM	1997 - Atenas, GRE	Decatlon (15º/7.929)
	1999 - Sevilla	Decatlon (16º/7.529)
CE	1994 - Helsinki, FIN	Decatlon (12º/7.836)
	1998 - Budapest, HUN	Decatlon (retirado)
CpE	1991 - Stoke-on-Trent, GBR	Decatlon B (8º/7.509)
	1993 - Oulu, FIN	Decatlon A (23º/7.125)
	1994 - Vénissieux, FRA	Decatlon Spl (13º/7.660)
	1995 - Valladolid	Decatlon Spl (19º/7.430)

	1996 - Tallinn, EST	Decatlon 1ª D (2º/8.165)
	1998 - Bressanone, ITA	Decatlon 1ª D (2º/8.000)
	1999 - Praga, CZE	Decatlon Spl (4º/8.175)
Univ.	1995 - Fukuoka, JPN	Decatlon (retirado)
CMpc	1997 - Paris-Bercy, FRA	Heptathlon (lesionado)
CEpc	1994 - Paris-Bercy, FRA	Heptathlon (10º/5.501)
	1998 - Valencia	Heptathlon (8º/6.044)

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Otros	1989 - Brescia, ITA	ITA-CUB-ESP-GBR: Decatlon (19[17] 6.827)
	1990 - Lorca	ESP-GBR: Decatlon (retirado)
	1991 - Alhama	ESP-GBR: Decatlon (2º/7.574)
	1991 - Zaragoza	ESP-FRA-SUI-NED (pc): Heptathlon (retirado)
	1993 - Zaragoza	ESP-GBR-NED-FRA (pc): Heptathlon (12º/5.256)
	1995 - Zaragoza	ESP-CZE-ITA-SWE-NED (pc): Heptathlon (8º/5.582)
	1998 - Praga, CZE	CZE-ESP-NED (pc): Heptathlon (retirado)
	1999 - La Haya, NED	NED-CZE-ESP (pc): Heptathlon (2º/5.852)

- Progresión

Año/Edad	Club	Decatlon	Pto. Rank. ESP	P.Rank. MUN/EUR	Heptathlon (pc)
1987 (19)	Scorpio-71	5.629	(22)		-
1988 (20)	Scorpio-71	6.853	(8)		-
1989 (21)	Scorpio-71	7.061	(5)		-
1990 (22)	Restaurante Ramses	7.594	(3)	100M / 69E	5.416
1991 (23)	Alfil Alhama C.A.	7.574	(2)		5.302
1992 (24)	Alfil Alhama C.A.	7.854	(3)	60M / 34E	5.283
1993 (25)	Alfil Alhama C.A.	7.477	(4)		5.256
1994 (26)	Alhama C.A.	7.836/8.034v	(3)	32M / 20E	5.691
1995 (27)	Atletismo Alhama	7.528/7.569v	(1)		5.582
1996 (28)	Atletismo Alhama	8.165/8.294v	(2)	17M / 10E	5.695
1997 (29)	At. Chapín Jerez	8.322	(1)	12M / 8E	5.784
1998 (30)	Adidas R.T.	8.526	(1)	10M / 8E	6.044
1999 (31)	Adidas R.T.	8.357	(1)	12M / 10E	5.852
2000 (32)	Valencia Terra i Mar	6.879	(12)		-
2001 (33)	Valencia Terra i Mar	-			-



ATLETAS RETIRADOS

Mejores marcas personales (aire libre)

100m	10.93/+0,5	1999
	10.72/+2,9	1998
Longitud	7.60/+1,6	1997
	7.67/+3,3	1999
Peso	14.57	1998
Altura	2.04	1996
400m	48.10	1998
110m.v.	13.83/+1,8	1998
	13.80/+2,3	1999
Disco	46.12	1998
Pértiga	5.00	1998-1999
	5.00pc	1998
Jabalina	65.37	1998
1.500m	4:19.38	1992
Heptatlón (pc)	6.044	1998

Mejores marcas personales (pista cubierta)

60m	6.97i	1998
Longitud	7.41i	1998
Peso	14.50i	1995
Altura	2.03i	1996
60m v.	7.85i	1998-1999
Pértiga	5.50i	1998
800m	2:37.75	1998
	Mejor marca 1er día - 3.343 (Valencia 28/02/1998)	
	Mejor marca 2º día - 2.701 (Valencia 01/03/1998)	

Mejor marca 1er día - 4.284 (Alhama de Murcia 31/05/1997)

Mejor marca 2º día - 4.282 (Alhama de Murcia 17/05/1998)

Año	100m	400m	110m v.	Altura	Pértiga	Longitud	Peso	Disco	Jabalina
1985									57.60 (600g)
1986			15.14 (0,99)		3.90 (91)				55.78 (700g)
1987					3.90 (90)				51.90 (76)
1988		49.89 (99)	14.7 (17)		4.30 (39)				53.38 (64)
1989		49.65 (83)	15.02 (18)	1.94 (76)	4.40 (47)			39.20 (95)	51.84 (84)
1990		49.27 (53)	14.67 (11)	1.97 (53)	4.61 (22)	7.18 (23)		41.18 (63)	58.88 (23)
1991		49.22 (65)	14.59 (7)	1.92 (91)	4.80 (20)	7.09 (38)	12.97 (80)	41.96 (55)	59.14 (18)
1992		49.60 (98)	14.30 (9)	2.00 (38)	4.60 (30)	6.94 (68)	12.99 (81)	40.14 (76)	62.04 (13)
1993		49.98 dec	14.24 (8)		4.70 (32)	7.01 (57)	13.23 (81)	40.80 (68)	57.02 (33)
1994		49.34 (77)	14.40 (9)	2.01 (34)	4.80 (20)	7.15 (41)	13.30 (84)	44.10 (43)	63.28 (13)
1995		50.28 dec	14.57 (14)	1.95 (68)	4.80 (23)	7.03 (62)		43.24 (58)	60.12 (28)
1996	10.95 (63)	48.67 (51)	14.18 (8)	2.04 (26)	4.90 (18)	7.30 (28)	13.91 (61)	45.88 (31)	61.70 (22)
1997	11.04 (98)	48.49 (40)	14.05 (4)	2.03 (28)	4.90 (15)	7.60 (13)	13.72 (66)	44.30 (44)	62.18 (21)
1998	10.97 (87)	48.10 (22)	13.83 (2)	1.92 (91)	5.00 (9)	7.45 (24)	14.57 (39)	46.12 (29)	65.37 (13)
1999	10.93 (83)	48.18 (26)	13.91 (6)	2.00 (37)	5.00 (15)	7.24 (32)	14.30 (56)	44.59 (48)	64.16 (15)
2000		50.62 dec	14.54 (18)	1.90 (86)	4.80 (27)		13.56 (77)	41.79 (70)	59.79 (34)
2001					4.50 (37)			41.68 (75)	54.75 (65)
2002									51.20 (89)

Otras marcas (manuales, ventosas, p.c.)

100m	1992 11.01w - 1996 10.80w - 1997 10.80w - 1998 10.80w - 1999 10.80w
200m	1989 22.3 vd - 1998 21.90w
110m v.	1989 14.7 vd - 1990 14.65w - 1994 14.33w - 1995 14.48w - 1996 14.13w - 1999 13.80w - 2001 14.9
Altura	1995 1,99-i - 1998 2,02-i
Pértiga	1990 4,70-i - 1995 4,90-i - 1998 5,05-i
Longitud	1992 7,10w - 1994 7,31w - 1995 7,38w - 1996 7,54w - 1999 7,67w
Peso	1994 13,42-i - 1995 14,50-i - 1997 14,32-i

Mejor clasificación en el ranking all-time (decatlón)

8.526 (29-M y 23-E) hasta 1998

Nota: Con esta marca batió la m.m.europea de la categoría +30 (marca anterior: 8.519 Yuri Kutsenko-URS 1984 y Guido Kratschmer-GER 1986), que duró hasta 2000 batida por Erki Nool-EST con 8.706.



ATLETAS RETIRADOS

Todos sus Decatlón

5.629	1	CAra-p	Zaragoza	31/05/1987	11.4	5.58	-0.6	10.80	1.73	52.9	16.3	28.88	3.40	47.78	5:11.2
6.853	5	TFed	Lorca	22/05/1988	11.31	-0.2	6.53	2.8	11.07	1.77	50.23	15.10	2.1	33.66	4.20 53.38 4:34.76
6.637	1	CE-U22	Lorca	24/07/1988	11.27	1.3	6.51	1.2	10.49	1.81	49.89	15.33	-0.3	30.28	4.30 48.50 4:50.27
0	(-)	CE	Vigo	12/08/1988	11.44	6.39	1.8	10.37	1.68	0	0	31.42			
6.819	4	[3] TFed	Lorca	21/05/1989	11.39	0.2	6.33	2.0	11.77	1.83	50.45	15.02	-1.3	31.56	4.20 51.36 4:33.66
6.827	19	[17] ITA/CUB/ESP/GBR	Brescia	18/06/1989	11.45	1.3	6.23		11.27	1.94	51.02	15.48		34.44	4.30 51.22 4:37.69
6.762	1	CE-U22	Orense	16/07/1989	11.50	-0.3	6.07		11.87	1.86	50.60	15.48	-0.6	35.46	4.31 50.20 4:40.08
7.061	4	CE	Barcelona-O	12/08/1989	11.36	1.2	6.27	1.1	11.81	1.85	49.65	15.15	0.2	34.20	4.40 51.58 4:19.50
0	(-)	ESP/GBR	Lorca	27/05/1990	11.32	0.3	7.18	0.3	11.82	1.92	49.60	14.76	-1.9	40.92	0 55.92
7.396 A	1	[FC] CCas-L	Segovia	01/07/1990	11.28	-1.1	7.15	-0.4	11.79	1.91	49.61	14.75		36.76	4.40 55.30 4:33.85
7.468	2	[FC] CCat	Barcelona-O	22/07/1990	11.45	-1.5	6.75	1.5	11.90	1.97	49.44	14.92	-2.4	39.58	4.60 54.32 4:25.44
7.594	2	EC	Jerez de la Frontera	11/08/1990	11.25	0.5	6.91	0.5	11.37	1.94	49.27	14.76	0.8	40.68	4.60 55.78 4:20.48
7.073	4	[FC] IbAm	Manaos	15/09/1990	11.70	-2.2	7.00	2.9	11.52	1.86	50.42	15.36	-1.9	36.52	4.60 52.98 4:41.17
7.574	2	TFed/vGBR	Alhama de Murcia	02/06/1991	11.41	-1.7	7.09	1.2	12.97	1.89	49.99	15.09	-1.7	41.22	4.80 56.10 4:32.68
7.509	8	ECp/B	Stoke-on-Trent	07/07/1991	11.42	1.5	6.81	2.0	12.21	1.92	49.85	14.70	1.6	40.08	4.60 59.14 4:32.00
7.508	4	[1] EC	Barcelona-O	03/08/1991	11.51	-0.4	6.90	1.3	12.20	1.86	49.22	14.59	0.6	39.60	4.80 57.94 4:35.82
0	(-)		Valladolid-R	22/09/1991	11.92	-5.7	6.86	5.3	11.74	1.81	00.00	15.58	1.0	38.66	4.40 55.36
7.854	6		Alhama de Murcia	24/05/1992	11.01	3.9	7.10	3.7	12.84	2.00	50.39	14.70	0.6	39.92	4.60 60.56 4:19.38
0	(-)		Alhama M.+ Cartagena	11/07/1992	0	6.61	1.3	11.35	0	0	0	39.02			
7.484	22	OG	Barcelona-O	06/08/1992	11.41	0.2	6.94	1.2	12.99	1.91	49.60	14.86	-0.1	40.10	4.50 59.68 4:42.58
7.449	4		Alhama de Murcia	02/05/1993	11.39	-0.2	7.01	-0.2	12.74	1.81	50.23	14.24	0.9	38.12	4.60 57.02 4:34.79
7.477	2	CE	Valladolid-RE	06/06/1993	11.22	2.4	7.01	1.7	13.03	1.89	50.04	15.39	3.8	40.02	4.70 55.94 4:37.14
7.125	23	ECp	Oulu	11/07/1993	11.68	-1.2	6.61	2.1	12.63	1.89	49.98	14.61	-1.3	38.76	4.60 51.02 4:54.63
8.034 V	2	NC	Alhama de Murcia	05/06/1994	11.15	3.4	7.31	3.8	13.25	1.97	49.87	14.33	4.6	44.10	4.70 62.96 4:27.80
7.660	13	ECp	Vénissieux	03/07/1994	11.40	-0.4	7.01	0.6	13.05	2.01	49.60	14.70	-1.9	42.98	4.60 56.18 4:41.26
0	(-)	[FC] CE-U23	Alcorcón	10/07/1994	11.55	0.5	7.04	1.1	12.40	1.93					
7.836	12	EC	Helsinki	13/08/1994	11.36	1.7	7.07	0.7	12.78	1.87	49.34	14.40	1.4	43.80	4.80 63.28 4:31.34
7.569 V	6		Alhama de Murcia	21/05/1995	11.18	3.7	7.38	4.2	12.86	1.87	51.31	14.48	2.8	40.72	4.70 58.84 4:51.23
7.528	(-)		Alhama de Murcia	21/05/1995	11.18	3.7	7.21	2.2	12.86	1.87	51.31	14.48	2.8	40.72	4.70 58.84 4:51.23
7.445	6	[1] CE	Valladolid-RE	04/06/1995	11.14	3.5	7.18	2.7	12.26	1.85	50.71	14.57	1.2	40.92	4.80 55.70 4:57.07
7.430	19	ECp	Valladolid-RE	02/07/1995	11.62	-1.5	7.03	1.0	13.02	1.95	50.28	15.46	-1.8	43.24	4.80 57.24 4:56.11
7.251	1	TFed	Alhama de Murcia	30/07/1995	11.3	1.4	6.77	1.5	13.05	1.87	51.1	15.2	2.0	41.74	4.50 60.12 4:47.3
0	(-)	WUG	Fukuoka	02/09/1995	11.49	0.7	6.77	0.0	12.65	1.94	51.48	15.68	-0.6	41.54	4.40 50.88
8.294 V	1		Alhama de Murcia	05/05/1996	10.80	5.0	7.54	3.4	13.71	2.01	49.39	14.13	2.8	45.74	4.80 61.70 4:33.22
7.390	5	[1] CE	Valladolid-RE	19/05/1996	11.60	-3.1	7.35	3.0	13.52	1.99	49.54	15.07	-3.3	39.72	4.40 53.66 5:00.53
8.165	2	ECp-1	Tallinn	16/06/1996	11.03	1.8	7.35	2.6	13.58	2.04	49.35	14.18	1.2	45.88	4.70 61.68 4:35.78
0	(-)		Alhama de Murcia	07/07/1996	10.96	3.4	0		13.59	0	48.86	0	0	4.90	
8.107	19	OG	Atlanta	01/08/1996	10.95	0.7	7.30	0.9	13.91	1.98	48.67	14.36	0.1	44.30	4.80 59.44 4:36.04
8.322	1	CE	Alhama de Murcia	01/06/1997	10.80	2.7	7.60	1.6	13.72	2.02	48.50	14.05	1.1	41.98	4.90 62.18 4:34.69
7.929	15	WC	Atenas	06/08/1997	11.04	0.5	7.19	0.1	13.66	2.03	48.49	14.56	0.0	43.30	4.50 55.92 4:33.65
8.526	2		Alhama de Murcia	17/05/1998	10.72	2.9	7.45	-1.2	14.57	1.92	48.10	13.83	1.8	46.12	5.00 65.37 4:26.81
8.000	2	ECp-1	Bressanone	05/07/1998	10.97	0.0	7.23	2.3	14.16	1.89	48.49	14.17	-0.7	42.71	4.60 64.64 4:42.58
0	(-)	EC	Budapest	20/08/1998	11.17	1.2	7.12	-0.2	13.54	1.91	48.62	14.56	0.9	39.86	
8.357	1	CE	Castellón	06/06/1999	10.80	3.7	7.67	3.3	14.30	1.94	48.70	13.91	0.9	43.58	5.00 64.16 4:42.15
8.175	4	ECp	Praga	04/07/1999	11.12	-0.1	7.24	-1.1	13.83	1.92	48.38	14.22	0.0	44.59	5.00 64.05 4:34.27
7.529	16	WC	Sevilla	25/08/1999	10.93	0.5	7.22	-0.6	13.96	2.00	48.18	14.07	0.7	44.30	4.90 61.52 0
6.879	7	E	Logroño	20/08/2000	11.28	0.1	6.46	1.2	13.56	1.90	50.62	14.54	-1.2	41.79	4.80 59.79 0
0	(-)	OG	Sydney	28/09/2000	11.42	0.4	6.32	-0.5							

ATLETAS RETIRADOS

Todos sus Heptathlon

5.416	1	CE	San Sebastián	18/02/1990	7.17	6.59	11.93	1.90	8.22	4.70	2:45.48
5.302	3	CE	Sevilla	17/02/1991	7.32	6.71	12.36	1.87	8.36	4.60	2:48.04
0	(-)	4N	Zaragoza	03/03/1991	7.52	6.22	11.73	1.80			
5.283	6	CE	Zaragoza	09/02/1992	7.33	6.53	13.46	1.84	8.50	4.60	2:46.35
5.256	12	4N	Zaragoza	31/01/1993	7.32	6.78	12.57	1.84	8.17	4.40	2:51.50
5.691	2	CE	Sevilla	27/02/1994	7.25	7.10	13.42	1.97	8.14	4.70	2:44.66
5.501	10	EC	Paris-Bercy	13/03/1994	7.28	6.98	12.67	1.89	8.10	4.80	2:51.63
5.582	8 [FC]	5N	Zaragoza	29/01/1995	7.23	6.92	14.50	1.99	8.14	4.90	3:06.13
0	(-)	CE	Valencia	26/02/1995	7.36	6.87	12.90	1.88	8.21		
5.695	1	CE	San Sebastián	25/02/1996	7.30	6.88	13.35	2.03	8.20	4.80	2:43.94
5.784	1	NCE	Valencia	23/02/1997	7.19	7.14	14.32	2.02	8.22	4.60	2:43.57
0	(-)	WC	Paris-Bercy	09/03/1997	7.21	0	13.30				
0	(-)	3N	Praga-Stromovka	01/02/1998	6.97	7.41	14.10	1.99	7.90		
6.044	8	EC	Valencia	01/03/1998	7.02	7.33	14.41	2.02	7.88	4.60	2:37.75
5.852	2	3N	La Haya	31/01/1999	7.17	7.22	14.09	1.93	7.97	4.90	2:44.88

