

## ATLETAS ESPAÑOLES CON MÍNIMA PARA EL CAMPEONATO DE EUROPA

**PARÍS (Francia), del 25 al 30 de agosto de 2020**

**Mínimas hasta el 18 de marzo**

Por Miguel Villaseñor

Se ruega comunicar cualquier corrección: jlhernandez@rfea.es

### Observaciones

1. Las marcas aparecen por orden decreciente (de mejor a peor) y figuran todas las marcas mínimas conseguidas por un mismo atleta. Aparecen en primer lugar y en negrita las marcas conseguidas en la temporada 2020.
2. Periodo de consecución de mínimas: del 1 de enero de 2019 al 16 de agosto de 2020, excepto en relevos.
3. Se podrá seleccionar hasta un atleta de categoría sub23 o inferiores por prueba que no estén en posesión de la mínima RFEA pero sí de la mínima oficial de European Athletics. Dicha mínima, si es distinta a la mínima RFEA, y los atletas en esta situación aparecen entre paréntesis.
4. Las marcas deben realizarse en competiciones del Calendario Oficial de European Athletics o World Athletics, en competiciones internacionales RFEA niveles I y II y Competiciones Nacionales nivel I o en Campeonatos Autonómicos en la Comunidad Autónoma en que el atleta tenga expedida su licencia.
5. En los relevos 4x100 y 4x400 metros participarán los 16 mejores equipos teniendo en cuenta la suma de los dos mejores tiempos del 1 de enero de 2019 al 9 de agosto de 2020.
6. Serán preseleccionados los atletas campeones de España en pista al aire libre, de 10.000 metros y de Medio Maratón, siempre que posean la mínima RFEA.
7. Pueden participar hasta 3 atletas por prueba, excepto en medio maratón, prueba en la que podrán participar hasta 6 atletas.
8. Los Criterios de Selección están publicados en la Circular nº 36/2020.

### HOMBRES

| <u>Prueba</u> | <u>Mínima</u>            | <u>Marca</u>       | <u>Atleta</u>            | <u>Lugar</u>          | <u>Fecha</u>       | <u>Observaciones</u> |
|---------------|--------------------------|--------------------|--------------------------|-----------------------|--------------------|----------------------|
| <b>100m</b>   | <b>10.28</b>             | -                  | -                        | -                     | -                  |                      |
| <b>200m</b>   | <b>20.75 (20.80)</b>     | (20.80 i)          | Pol Retamal              | La Nucía              | 1 Sep 2019         |                      |
| <b>400m</b>   | <b>46.00 (46.40)</b>     | <b>45.82</b>       | <b>Samuel García</b>     | <b>Pretoria (RSA)</b> | <b>14 Mar 2020</b> |                      |
|               |                          | 45.66 i            | Óscar Husillos           | Glasgow (GBR)         | 2 Mar 2019         |                      |
|               |                          | 45.83              | Husillos                 | La Nucía              | 1 Sep 2019         |                      |
|               |                          | (46.24)            | Bernat Erta              | Boras (SWE)           | 20 Jul 2019        |                      |
|               |                          | (46.28)            | Erta                     | Boras (SWE)           | 19 Jul 2019        |                      |
| <b>800m</b>   | <b>1:46.75 (1:47.30)</b> | <b>1:46.31 i</b>   | <b>Mariano García</b>    | <b>Madrid</b>         | <b>21 Feb 2020</b> |                      |
|               |                          | <b>1:46.60 i</b>   | <b>Adrián Ben</b>        | <b>Madrid</b>         | <b>21 Feb 2020</b> |                      |
|               |                          | <b>(1:47.29 i)</b> | <b>Javier Mirón</b>      | <b>Sabadell</b>       | <b>19 Feb 2020</b> |                      |
|               |                          | 1:44.97            | Ben                      | Doha (QAT)            | 29 Sep 2019        |                      |
|               |                          | 1:45.38            | Kevin López              | Madrid                | 25 Ago 2019        |                      |
|               |                          | 1:45.57            | Álvaro de Arriba         | Madrid                | 25 Ago 2019        |                      |
|               |                          | 1:45.58            | Ben                      | Doha (QAT)            | 1 Oct 2019         |                      |
|               |                          | 1:45.67            | García                   | Madrid                | 25 Ago 2019        |                      |
|               |                          | 1:45.67            | De Arriba                | Doha (QAT)            | 28 Sep 2019        |                      |
|               |                          | 1:45.78            | Ben                      | Barcelona             | 17 Jul 2019        |                      |
|               |                          | 1:45.94            | De Arriba                | Doha (QAT)            | 3 May 2019         |                      |
|               |                          | 1:45.96            | López                    | Goleniów (POL)        | 26 Jun 2019        |                      |
|               |                          | 1:46.09            | De Arriba                | Doha (QAT)            | 29 Sep 2019        |                      |
|               |                          | 1:46.12            | Ben                      | Doha (QAT)            | 28 Sep 2019        |                      |
|               |                          | 1:46.13            | De Arriba                | Hengelo (NED)         | 9 Jun 2019         |                      |
|               |                          | 1:46.16            | De Arriba                | Barcelona             | 17 Jul 2019        |                      |
|               |                          | 1:46.28            | De Arriba                | Huelva                | 20 Jun 2019        |                      |
|               |                          | 1:46.36            | Pablo Sánchez-Valladares | Castellón             | 23 Jul 2019        |                      |
|               |                          | 1:46.36            | Ben                      | Madrid                | 25 Ago 2019        |                      |
|               |                          | 1:46.55            | Sánchez-Valladares       | Madrid                | 25 Ago 2019        |                      |
|               |                          | 1:46.62 i          | Saúl Ordóñez             | Boston (USA)          | 26 Ene 2019        |                      |
|               |                          | 1:46.62            | Eduardo Romero           | Castellón             | 23 Jul 2019        |                      |
|               |                          | 1:46.63 i          | De Arriba                | Düsseldorf (GER)      | 20 Feb 2019        |                      |
|               |                          | 1:46.64            | De Arriba                | Rabat (MAR)           | 16 Jun 2019        |                      |
|               |                          | (1:46.79)          | Ignacio Fontes           | Barcelona             | 17 Jul 2019        |                      |
|               |                          | (1:47.04)          | Fontes                   | Andújar               | 6 Sep 2019         |                      |
|               |                          | (1:47.28)          | Ben                      | La Nucía              | 1 Sep 2019         |                      |
| <b>1.500m</b> | <b>3:38.25 (3:39.50)</b> | <b>3:36.88 i</b>   | <b>Jesús Gómez</b>       | <b>Liévin (FRA)</b>   | <b>19 Feb 2020</b> |                      |

|                      |                            |                    |                            |                          |                    |                        |
|----------------------|----------------------------|--------------------|----------------------------|--------------------------|--------------------|------------------------|
|                      |                            | <b>3:37.22 i</b>   | <b>Gómez</b>               | <b>Glasgow (GBR)</b>     | <b>15 Feb 2020</b> |                        |
|                      |                            | <b>(3:38.57 i)</b> | <b>Ignacio Fontes</b>      | <b>Torun (POL)</b>       | <b>8 Feb 2020</b>  |                        |
|                      |                            | <b>(3:38.71 i)</b> | <b>Ignacio Fontes</b>      | <b>Liévin (FRA)</b>      | <b>19 Feb 2020</b> |                        |
|                      |                            | 3:33.91            | Adel Mechaal               | Lausana (SUI)            | 5 Jul 2019         |                        |
|                      |                            | 3:34.83            | Kevin López                | Lausana (SUI)            | 5 Jul 2019         |                        |
|                      |                            | 3:35.77            | Mechaal                    | Marsella (FRA)           | 2 Jul 2019         |                        |
|                      |                            | 3:36.21            | Mechaal                    | Rabat (MAR)              | 16 Jun 2019        |                        |
|                      |                            | 3:36.40            | Gómez                      | Birmingham (GBR)         | 18 Ago 2019        |                        |
|                      |                            | 3:36.72            | Gómez                      | Doha (QAT)               | 3 Oct 2019         |                        |
|                      |                            | 3:37.10            | Gómez                      | Andújar                  | 6 Sep 2019         |                        |
|                      |                            | 3:37.56            | López                      | Doha (QAT)               | 4 Oct 2019         |                        |
|                      |                            | 3:37.61            | Llorenç Sales              | Castellón                | 23 Jul 2019        |                        |
|                      |                            | 3:37.62            | López                      | Doha (QAT)               | 3 Oct 2019         |                        |
|                      |                            | 3:37.87            | Adrián Ben                 | Castellón                | 23 Jul 2019        |                        |
|                      |                            | 3:37.95            | Mechaal                    | Doha (QAT)               | 3 Oct 2019         |                        |
|                      |                            | 3:38.03            | Mechaal                    | Heusden-Zolder (BEL)     | 20 Jul 2019        |                        |
|                      |                            | 3:38.22            | Mechaal                    | Praga (CZE)              | 3 Jun 2019         |                        |
|                      |                            | 3:38.22            | Ben                        | Andújar                  | 6 Sep 2019         |                        |
|                      |                            | (3:38.81)          | Enrique Herreros           | Castellón                | 23 Jul 2019        |                        |
|                      |                            | (3:39.11)          | Fontes                     | Granada                  | 9 Jun 2019         |                        |
| <b>5.000m</b>        | <b>13:32.00 (13:44.00)</b> | 13:29.37           | Antonio Abadía             | La Nucía                 | 31 Ago 2019        |                        |
|                      |                            | 13:31.17           | Sergio Jiménez             | Heusden-Zolder (BEL)     | 20 Jul 2019        |                        |
|                      |                            | 13:31.84           | Juan Antonio Pérez         | Rovereto (ITA)           | 27 Ago 2019        |                        |
|                      |                            | (13:33.08)         | Tariku Novales             | Oordegem (BEL)           | 25 May 2019        |                        |
|                      |                            | (13:39.27)         | Abdessamad Oukhelfen       | Huelva                   | 20 Jun 2019        |                        |
| <b>10.000m</b>       | <b>28:40.00 (28:50.00)</b> | 28:10.16           | Juan Antonio Pérez         | Londres (GBR)            | 6 Jul 2019         |                        |
|                      |                            | 28:13.19           | Antonio Abadía             | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:26.64           | Mohamed Ali Jelloul        | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:27.14           | Pérez                      | Estocolmo (SWE)          | 30 May 2019        |                        |
|                      |                            | 28:27.39           | Yago Rojo                  | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:28.05           | David Palacio              | Londres (GBR)            | 6 Jul 2019         |                        |
|                      |                            | 28:30.03           | Abdessamad Oukhelfen       | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:32.05           | Fernando Carro             | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:35.14           | Palacio                    | Burjassot                | 13 Abr 2019        |                        |
|                      |                            | 28:37.91           | Jelloul                    | Londres (GBR)            | 6 Jul 2019         |                        |
| <b>Medio Maratón</b> | <b>1:04:00</b>             | <b>1:02:34</b>     | <b>Tariku Novales</b>      | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  | <b>Preseleccionado</b> |
|                      |                            | <b>1:02:35</b>     | <b>Daniel Mateo</b>        | <b>Barcelona</b>         | <b>16 Feb 2020</b> |                        |
|                      |                            | <b>1:03:04</b>     | <b>Iván Fernández</b>      | <b>Santa Pola</b>        | <b>19 Ene 2020</b> |                        |
|                      |                            | <b>1:03:38</b>     | <b>Mohamed Ali Jelloul</b> | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:38 +</b>   | <b>Javier Guerra</b>       | <b>Sevilla</b>           | <b>23 Feb 2020</b> |                        |
|                      |                            | <b>1:03:38 +</b>   | <b>Hamid Ben Daoud</b>     | <b>Sevilla</b>           | <b>23 Feb 2020</b> |                        |
|                      |                            | <b>1:03:39</b>     | <b>Alberto Sánchez</b>     | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:41</b>     | <b>Ayad Lamdassem</b>      | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:41</b>     | <b>Camilo Santiago</b>     | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:42</b>     | <b>Jorge Blanco</b>        | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:43</b>     | <b>Jaume Leiva</b>         | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | <b>1:03:44</b>     | <b>Iraitz Arrospide</b>    | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |
|                      |                            | 1:00:58            | Juan Antonio Pérez         | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:01:15            | Antonio Abadía             | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:01:34            | Mateo                      | Newcastle (GBR)          | 8 Sep 2019         |                        |
|                      |                            | 1:01:46            | Santiago                   | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:01:58            | Lamdassem                  | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:02:01            | Houssame Benabbou          | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:02:45            | Benabbou                   | Glasgow (GBR)            | 29 Sep 2019        |                        |
|                      |                            | 1:02:52            | Ben Daoud                  | Praga (CZE)              | 5 May 2019         |                        |
|                      |                            | 1:02:56            | Arrospide                  | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:03:00            | Leiva                      | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:03:05            | Alejandro Jiménez          | Valencia                 | 27 Oct 2019        |                        |
|                      |                            | 1:03:29            | Guerra                     | Las Palmas de G.C.       | 27 Ene 2019        |                        |
|                      |                            | 1:03:46            | Leiva                      | Castellón                | 20 Ene 2019        |                        |
|                      |                            | 1:03:53            | Mateo                      | Barcelona                | 10 Feb 2019        |                        |
|                      |                            | 1:03:55            | Benabbou                   | Sant Cugat del Vallés    | 31 Mar 2019        |                        |
|                      |                            | 1:03:55            | Guerra                     | Madrid                   | 27 Abr 2019        |                        |
|                      |                            | 1:03:57            | Guerra                     | Madrid                   | 7 Abr 2019         |                        |
|                      |                            | 1:03:58            | Carles Castillejo          | Barcelona                | 10 Feb 2019        |                        |
| <b>110m vallas</b>   | <b>13.70 (13.90)</b>       | 13.05              | Orlando Ortega             | Lausana (SUI)            | 5 Jul 2019         |                        |
|                      |                            | 13.14              | Ortega                     | París (FRA)              | 24 Ago 2019        |                        |
|                      |                            | 13.15              | Ortega                     | Doha (QAT)               | 30 Sep 2019        |                        |
|                      |                            | 13.16              | Ortega                     | Doha (QAT)               | 2 Oct 2019         |                        |
|                      |                            | 13.21              | Ortega                     | Minsk (BLR)              | 10 Sep 2019        |                        |
|                      |                            | 13.22              | Ortega                     | Bruselas (BEL)           | 6 Sep 2019         |                        |
|                      |                            | 13.24              | Ortega                     | Stanford (USA)           | 30 Jun 2019        |                        |

|                     |                          |                |                          |                        |                    |
|---------------------|--------------------------|----------------|--------------------------|------------------------|--------------------|
|                     |                          | 13.27          | Ortega                   | Nanjing (CHN)          | 20 May 2019        |
|                     |                          | 13.27          | Ortega                   | Hengelo (NED)          | 9 Jun 2019         |
|                     |                          | 13.28          | Ortega                   | Shanghai (CHN)         | 18 May 2019        |
|                     |                          | 13.30          | Ortega                   | Doha (QAT)             | 2 Oct 2019         |
|                     |                          | 13.32          | Ortega                   | Boston (USA)           | 17 Jun 2019        |
|                     |                          | 13.32          | Ortega                   | Madrid                 | 25 Ago 2019        |
|                     |                          | 13.33          | Ortega                   | La Nucía               | 1 Sep 2019         |
|                     |                          | 13.38          | Ortega                   | Bydgoszcz (POL)        | 11 Ago 2019        |
|                     |                          | 13.39          | Ortega                   | Bydgoszcz (POL)        | 9 Ago 2019         |
|                     |                          | (13.75)        | Enrique Llopis           | Gandía                 | 19 Jun 2019        |
|                     |                          | (13.85)        | Llopis                   | Castellón              | 1 Jun 2019         |
|                     |                          | (13.85)        | Llopis                   | Madrid                 | 25 Ago 2019        |
|                     |                          | (13.85)        | Llopis                   | La Nucía               | 1 Sep 2019         |
| <b>400m vallas</b>  | <b>50.00 (50.70)</b>     | 49.14          | Sergio Fernández         | Madrid                 | 25 Ago 2019        |
|                     |                          | 49.19          | Fernández                | La Nucía               | 1 Sep 2019         |
|                     |                          | 49.40          | Fernández                | Andújar                | 6 Sep 2019         |
|                     |                          | 49.57          | Fernández                | Bydgoszcz (POL)        | 10 Ago 2019        |
|                     |                          | 49.78          | Fernández                | Huelva                 | 20 Jun 2019        |
|                     |                          | 49.90          | Fernández                | Granada                | 9 Jun 2019         |
|                     |                          | 49.98          | Fernández                | La Nucía               | 31 Ago 2019        |
|                     |                          | (50.35)        | Aleix Porras             | Soria                  | 15 Jun 2019        |
|                     |                          | (50.45)        | Porras                   | Gävle (SWE)            | 14 Jul 2019        |
|                     |                          | (50.50)        | Porras                   | Gävle (SWE)            | 15 Jul 2019        |
| <b>3.000m Obst.</b> | <b>8:32.00 (8:45.00)</b> | 8:05.69        | Fernando Carro           | Mónaco (MON)           | 12 Jul 2019        |
|                     |                          | 8:12.31        | Carro                    | Doha (QAT)             | 4 Oct 2019         |
|                     |                          | 8:13.56        | Carro                    | Doha (QAT)             | 1 Oct 2019         |
|                     |                          | 8:14.49        | Ibrahim Ezzaydouni       | París (FRA)            | 24 Ago 2019        |
|                     |                          | 8:15.53        | Carro                    | Bruselas (BEL)         | 6 Sep 2019         |
|                     |                          | 8:15.73        | Carro                    | Roma (ITA)             | 6 Jun 2019         |
|                     |                          | 8:20.16        | Daniel Arce              | Roma (ITA)             | 6 Jun 2019         |
|                     |                          | 8:23.11        | Arce                     | Huelva                 | 20 Jun 2019        |
|                     |                          | 8:23.36        | Ezzaydouni               | Roma (ITA)             | 6 Jun 2019         |
|                     |                          | 8:23.99        | Ezzaydouni               | Doha (QAT)             | 1 Oct 2019         |
|                     |                          | 8:24.16        | Arce                     | Barcelona              | 17 Jul 2019        |
|                     |                          | 8:27.26        | Carro                    | Bydgoszcz (POL)        | 11 Ago 2019        |
|                     |                          | 8:31.69        | Arce                     | Doha (QAT)             | 1 Oct 2019         |
| <b>Altura</b>       | <b>2.24</b>              | 2.26           | Miguel Ángel Sancho      | Bydgoszcz (POL)        | 10 Ago 2019        |
| <b>Pértiga</b>      | <b>5.60</b>              | <b>5.60 i</b>  | <b>Igor Bychkov</b>      | <b>Madrid</b>          | <b>21 Feb 2020</b> |
| <b>Longitud</b>     | <b>7.95</b>              | <b>7.99 i</b>  | <b>Eusebio Cáceres</b>   | <b>Karlsruhe (GER)</b> | <b>31 Ene 2020</b> |
|                     |                          | <b>7.97 i</b>  | <b>Cáceres</b>           | <b>Metz (FRA)</b>      | <b>9 Feb 2020</b>  |
|                     |                          | 8.19           | Héctor Santos            | Gävle (SWE)            | 12 Jul 2019        |
|                     |                          | 8.19           | Cáceres                  | Soria                  | 4 Ago 2019         |
|                     |                          | 8.17           | Cáceres                  | Minsk (BLR)            | 9 Sep 2019         |
|                     |                          | 8.11           | Santos                   | Tarragona              | 30 Jun 2019        |
|                     |                          | 8.03           | Cáceres                  | Castellón              | 23 Jul 2019        |
|                     |                          | 8.01           | Cáceres                  | Doha (QAT)             | 27 Sep 2019        |
|                     |                          | 8.01           | Cáceres                  | Doha (QAT)             | 28 Sep 2019        |
|                     |                          | 8.00           | Santos                   | Zaragoza               | 1 Jun 2019         |
|                     |                          | 7.99 i         | Cáceres                  | Antequera              | 16 Feb 2019        |
|                     |                          | 7.98 i         | Cáceres                  | Glasgow (GBR)          | 3 Mar 2019         |
|                     |                          | 7.95           | Cáceres                  | La Nucía               | 1 Sep 2019         |
|                     |                          | 7.95           | Santos                   | La Nucía               | 1 Sep 2019         |
| <b>Triple</b>       | <b>16.70 (16.60)</b>     | <b>17.18 i</b> | <b>Pablo Torrijos</b>    | <b>Ourense</b>         | <b>1 Mar 2020</b>  |
|                     |                          | <b>16.83 i</b> | <b>Torrijos</b>          | <b>Liévin (FRA)</b>    | <b>19 Feb 2020</b> |
|                     |                          | <b>16.77 i</b> | <b>Torrijos</b>          | <b>Madrid</b>          | <b>21 Feb 2020</b> |
|                     |                          | <b>16.75 i</b> | <b>Torrijos</b>          | <b>Boston (USA)</b>    | <b>25 Ene 2020</b> |
|                     |                          | 16.89          | Torrijos                 | Castellón              | 1 Jun 2019         |
|                     |                          | 16.89          | Torrijos                 | Valencia               | 13 Jul 2019        |
|                     |                          | 16.80          | Torrijos                 | Castellón              | 25 May 2019        |
| <b>Peso</b>         | <b>20.30 (20.00)</b>     | -              | -                        | -                      | -                  |
| <b>Disco</b>        | <b>64.00 (63.50)</b>     | 67.98          | Lois Maikel Martínez     | Durango                | 14 Jul 2019        |
|                     |                          | 66.29          | Martínez                 | León                   | 24 Ago 2019        |
|                     |                          | 64.60          | Martínez                 | Soria                  | 15 Jun 2019        |
| <b>Martillo</b>     | <b>75.00 (74.45)</b>     | <b>77.52</b>   | <b>Javier Cienfuegos</b> | <b>Montijo</b>         | <b>8 Feb 2020</b>  |
|                     |                          | <b>76.13</b>   | <b>Cienfuegos</b>        | <b>Motril</b>          | <b>7 Mar 2020</b>  |
|                     |                          | 79.38          | Cienfuegos               | Andújar                | 6 Sep 2019         |
|                     |                          | 78.70          | Cienfuegos               | La Nucía               | 31 Ago 2019        |
|                     |                          | 78.16          | Cienfuegos               | León                   | 24 Ago 2019        |
|                     |                          | 77.44          | Cienfuegos               | León                   | 25 Ago 2019        |
|                     |                          | 77.32          | Cienfuegos               | Jaén                   | 2 Mar 2019         |
|                     |                          | 76.90          | Cienfuegos               | Doha (QAT)             | 1 Oct 2019         |
|                     |                          | 76.86          | Cienfuegos               | Barcelona              | 3 Ago 2019         |

|                 |                          |  |                  |                    |             |
|-----------------|--------------------------|--|------------------|--------------------|-------------|
|                 |                          | 76.57                                  | Cienfuegos       | Doha (QAT)         | 2 Oct 2019  |
|                 |                          | 76.10                                  | Cienfuegos       | Montijo            | 9 Feb 2019  |
|                 |                          | 75.78                                  | Alberto González | Andújar            | 6 Sep 2019  |
|                 |                          | 75.71                                  | Cienfuegos       | Castellón          | 23 Jul 2019 |
|                 |                          | 75.60                                  | Cienfuegos       | Fränkisch-C. (GER) | 9 Jun 2019  |
|                 |                          | 75.33                                  | Cienfuegos       | Pamplona           | 27 Jul 2019 |
|                 |                          | 75.23                                  | Cienfuegos       | Bydgoszcz (POL)    | 10 Ago 2019 |
| <b>Jabalina</b> | <b>81.50 (80.50)</b>     | (81.31)                                | Manu Quijera     | Madrid             | 18 May 2019 |
| <b>Decatlon</b> | <b>7.850</b>             | 8.123                                  | Jorge Ureña      | Götzis (AUT)       | 26 May 2019 |
|                 |                          | 8.073                                  | Ureña            | Lutsk (UKR)        | 7 Jul 2019  |
| <b>4x100m</b>   | <b>16 mejores países</b> | España: 10º 78.69 (39.25 + 39.44)      |                  |                    |             |
| <b>4x400m</b>   | <b>16 mejores países</b> | España: 7º 6:08.79 (3:04.27 + 3:04.52) |                  |                    |             |

## MUJERES

| <u>Prueba</u>        | <u>Mínima</u>              | <u>Marca</u>         | <u>Atleta</u>           | <u>Lugar</u>             | <u>Fecha</u>       | <u>Observaciones</u>   |   |
|----------------------|----------------------------|----------------------|-------------------------|--------------------------|--------------------|------------------------|---|
| <b>100m</b>          | <b>11.40 (11.44)</b>       | 11.40                | Paula Sevilla           | Tarragona                | 29 Jun 2019        |                        |   |
|                      |                            | 11.40                | Sevilla                 | Madrid                   | 25 Ago 2019        |                        |   |
|                      |                            | (11.43)              | Jaël Bestué             | Boras (SWE)              | 18 Jul 2019        |                        |   |
| <b>200m</b>          | <b>23.26 (23.35)</b>       | (11.43)              | Bestué                  | Bydgoszcz (POL)          | 9 Ago 2019         |                        |   |
|                      |                            | (23.32)              | Jaël Bestué             | Barcelona                | 3 Ago 2019         |                        |   |
| <b>400m</b>          | <b>52.40 (52.65)</b>       | -                    | -                       | -                        | -                  |                        |   |
| <b>800m</b>          | <b>2:02.00 (2:02.50)</b>   | 2:00.87              | Esther Guerrero         | Sopot (POL)              | 23 Jun 2019        |                        |   |
|                      |                            | 2:01.20              | Guerrero                | Goleniów (POL)           | 26 Jun 2019        |                        |   |
|                      |                            | 2:01.46 i            | Guerrero                | Sabadell                 | 6 Feb 2019         |                        |   |
| <b>1.500m</b>        | <b>4:10.00 (4:11.00)</b>   | <b>4:07:37 i</b>     | <b>Marta Pérez</b>      | <b>Madrid</b>            | <b>21 Feb 2020</b> |                        |   |
|                      |                            | <b>4:07:47 i</b>     | <b>Esther Guerrero</b>  | <b>Glasgow (GBR)</b>     | <b>15 Feb 2020</b> |                        |   |
|                      |                            | <b>4:07.88 i</b>     | <b>Pérez</b>            | <b>Glasgow (GBR)</b>     | <b>15 Feb 2020</b> |                        |   |
|                      |                            | <b>4:09.88 i</b>     | <b>Guerrero</b>         | <b>Düsseldorf (GER)</b>  | <b>4 Feb 2020</b>  |                        |   |
|                      |                            | <b>4:09.93 i</b>     | <b>Guerrero</b>         | <b>Boston (USA)</b>      | <b>25 Ene 2020</b> |                        |   |
|                      |                            | 4:05.70              | Guerrero                | Szczecin (POL)           | 15 Ago 2019        |                        |   |
|                      |                            | 4:05.85              | Pérez                   | Szczecin (POL)           | 15 Ago 2019        |                        |   |
|                      |                            | 4:06.92              | Guerrero                | Heusden-Zolder (BEL)     | 20 Jul 2019        |                        |   |
|                      |                            | 4:06.99              | Guerrero                | Doha (QAT)               | 2 Oct 2019         |                        |   |
|                      |                            | 4:07.14              | Pérez                   | Roma (ITA)               | 6 Jun 2019         |                        |   |
|                      |                            | 4:07.48              | Pérez                   | Doha (QAT)               | 2 Oct 2019         |                        |   |
|                      |                            | 4:07.51              | Pérez                   | Huelva                   | 20 Jun 2019        |                        |   |
|                      |                            | 4:07.89              | Guerrero                | Huelva                   | 20 Jun 2019        |                        |   |
|                      |                            | 4:08.05 i            | Pérez                   | Glasgow (GBR)            | 1 Mar 2019         |                        |   |
|                      |                            | 4:08.80              | Guerrero                | Barcelona                | 17 Jul 2019        |                        |   |
|                      |                            | 4:09.15              | Guerrero                | Lignano Sabbiadoro (ITA) | 9 Jul 2019         |                        |   |
|                      |                            | 4:09.23              | Guerrero                | Andújar                  | 6 Sep 2019         |                        |   |
| 4:09.53              | Pérez                      | Bydgoszcz (POL)      | 11 Ago 2019             |                          |                    |                        |   |
| 4:09.88              | Pérez                      | Heusden-Zolder (BEL) | 20 Jul 2019             |                          |                    |                        |   |
| 4:09.94              | Pérez                      | Andújar              | 6 Sep 2019              |                          |                    |                        |   |
| <b>5.000m</b>        | <b>15:38.00 (15:50.00)</b> | 15:25.41 i           | Carmela Cardama         | Boston (USA)             | 7 Dic 2019         |                        |   |
|                      |                            | 15:28.66             | Celia Antón             | Gävle (SWE)              | 14 Jul 2019        |                        |   |
|                      |                            | 15:36.87             | Maitane Melero          | Heusden-Zolder (BEL)     | 20 Jul 2019        |                        |   |
| <b>10.000m</b>       | <b>32:40.00 (33:20.00)</b> | 31:55.01             | Trihas Gebre            | Burjassot                | 13 Abr 2019        |                        |   |
|                      |                            | 32:26.43             | Carmela Cardama         | Londres (GBR)            | 6 Jul 2019         |                        |   |
|                      |                            | 32:27.00             | Maitane Melero          | Londres (GBR)            | 6 Jul 2019         |                        |   |
| <b>Medio Maratón</b> | <b>1:13:46</b>             | <b>1:11:13</b>       | <b>Marta Galimany</b>   | <b>Sevilla</b>           | <b>26 Ene 2020</b> |                        |   |
|                      |                            | <b>1:12:22</b>       | <b>Elena Loyo</b>       | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  | <b>Preseleccionada</b> |   |
|                      |                            | <b>1:13:16</b>       | <b>Azucena Díaz</b>     | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |   |
|                      |                            | <b>1:13:19</b>       | <b>Laura Méndez</b>     | <b>Barcelona</b>         | <b>16 Feb 2020</b> |                        |   |
|                      |                            | <b>1:13:33</b>       | <b>Gema Barrachina</b>  | <b>Barcelona</b>         | <b>16 Feb 2020</b> |                        |   |
|                      |                            | <b>1:13:36</b>       | <b>Elena García</b>     | <b>Puerto de Sagunto</b> | <b>2 Feb 2020</b>  |                        |   |
|                      |                            | <b>1:13:41</b>       | <b>Aroa Merino</b>      | <b>Sevilla</b>           | <b>26 Ene 2020</b> |                        |   |
|                      |                            | 1:10:03              | Trihas Gebre            | Praga (CZE)              | 6 Abr 2019         |                        |   |
|                      |                            | 1:12:29              | Galimany                | Barcelona                | 10 Feb 2019        |                        |   |
|                      |                            | 1:13:09              | Galimany                | Klagenfurt (AUT)         | 25 Ago 2019        |                        |   |
|                      |                            | 1:13:16              | Loyo                    | Sant Cugat del Vallès    | 31 Mar 2019        |                        |   |
|                      |                            | 1:13:43              | Méndez                  | Valencia                 | 25 Oct 2019        |                        |   |
|                      |                            | <b>100m vallas</b>   | <b>13.19 (13.30)</b>    | -                        | -                  |                        | - |
| <b>400m vallas</b>   | <b>56.80 (57.95)</b>       | (57.43)              | Salma Paralluelo        | Huelva                   | 20 Jun 2019        |                        |   |
|                      |                            | (57.44)              | Sara Gallego            | Boras (SWE)              | 21 Jul 2019        |                        |   |
|                      |                            | (57.95)              | Paralluelo              | Bakú (AZE)               | 25 Jul 2019        |                        |   |
| <b>3.000m Obst.</b>  | <b>9:44.00 (9:55.00)</b>   | 9:27.53              | Irene Sánchez-Escribano | Birmingham (GBR)         | 18 Ago 2019        |                        |   |
|                      |                            | 9:35.06              | Sánchez-Escribano       | Lieja (BEL)              | 17 Jul 2019        |                        |   |
|                      |                            | 9:37.14              | Sánchez-Escribano       | Huelva                   | 20 Jun 2019        |                        |   |

|                  |                          |   |                   |                 |             |
|------------------|--------------------------|---|-------------------|-----------------|-------------|
|                  |                          | 9:37.34                                 | Sánchez-Escribano | Doha (QAT)      | 27 Sep 2019 |
|                  |                          | 9:38.47                                 | Sánchez-Escribano | Minsk (BLR)     | 10 Sep 2019 |
|                  |                          | 9:39.24                                 | Sánchez-Escribano | Bydgoszcz (POL) | 10 Ago 2019 |
|                  |                          | 9:40.46                                 | Sánchez-Escribano | Rehlingen (GER) | 9 Jun 2019  |
|                  |                          | 9:43.70                                 | Sánchez-Escribano | La Nucía        | 31 Ago 2019 |
| <b>Altura</b>    | <b>1.90</b>              | 1.90                                    | Saletta Fernández | La Nucía        | 31 Ago 2019 |
| <b>Pértiga</b>   | <b>4.50 (4.45)</b>       | 4.50 i                                  | Maialen Axpe      | Antequera       | 16 Feb 2019 |
| <b>Longitud</b>  | <b>6.65 (6.60)</b>       | -                                       | -                 | -               | -           |
| <b>Triple</b>    | <b>14.00 (13.90)</b>     | 14.73 i                                 | Ana Peleteiro     | Glasgow (GBR)   | 3 Mar 2019  |
|                  |                          | 14.59                                   | Peleteiro         | París (FRA)     | 25 Ago 2019 |
|                  |                          | 14.51 i                                 | Peleteiro         | Karlsruhe (GER) | 2 Feb 2019  |
|                  |                          | 14.47                                   | Peleteiro         | Padua (ITA)     | 16 Jul 2019 |
|                  |                          | 14.47                                   | Peleteiro         | Doha (QAT)      | 5 Oct 2019  |
|                  |                          | 14.37 i                                 | Peleteiro         | Madrid          | 8 Feb 2019  |
|                  |                          | 14.33                                   | Peleteiro         | Huelva          | 20 Jun 2019 |
|                  |                          | 14.27                                   | Patricia Sarrapio | Valencia        | 13 Jul 2019 |
|                  |                          | 14.27                                   | Peleteiro         | Bydgoszcz (POL) | 10 Ago 2019 |
|                  |                          | 14.23                                   | Peleteiro         | Doha (QAT)      | 3 Oct 2019  |
|                  |                          | 14.20                                   | Peleteiro         | La Nucía        | 1 Sep 2019  |
|                  |                          | 14.17                                   | Peleteiro         | Mónaco (MON)    | 11 Jul 2019 |
|                  |                          | 14.16                                   | Peleteiro         | Lausana (SUI)   | 5 Jul 2019  |
|                  |                          | 14.15 i                                 | Peleteiro         | Glasgow (GBR)   | 1 Mar 2019  |
|                  |                          | 14.06                                   | Peleteiro         | Zúrich (SUI)    | 29 Ago 2019 |
|                  |                          | 14.00                                   | Sarrapio          | La Nucía        | 1 Sep 2019  |
| <b>Peso</b>      | <b>17.30 (17.00)</b>     | 17.52                                   | Úrsula Ruiz       | La Nucía        | 31 Ago 2019 |
| <b>Disco</b>     | <b>58.30 (57.00)</b>     | -                                       | -                 | -               | -           |
| <b>Martillo</b>  | <b>70.00 (69.00)</b>     | -                                       | -                 | -               | -           |
| <b>Jabalina</b>  | <b>59.50 (58.00)</b>     | -                                       | -                 | -               | -           |
| <b>Heptatlon</b> | <b>5.850</b>             | 6.115                                   | María Vicente     | Boras (SWE)     | 19 Jul 2019 |
|                  |                          | 5.900                                   | Vicente           | Götzis (AUT)    | 26 May 2019 |
| <b>4x100m</b>    | <b>16 mejores países</b> | España: 9º 87.93 (43.94 + 43.99)        |                   |                 |             |
| <b>4x400m</b>    | <b>16 mejores países</b> | España: 22º 7:23.76 (3:32.72 + 3:51.04) |                   |                 |             |