

## EVOLUCIÓ RÈCORDS DE SABADELL ABSOLUTS DONES AIRE LLIURE

| Marca                        | Nom                        | Any  | Club | Data       | Lloc         |
|------------------------------|----------------------------|------|------|------------|--------------|
| <b>100 m.l.</b>              |                            |      |      |            |              |
| 17"8                         | Montserrat Font            | 1945 | JAS  | 14/05/1961 | Barcelona-M  |
| 14"9                         | Lluïsa Resino Aguado       | 1947 | JAS  | 31/05/1964 | Reus         |
| 14"2                         | Lluïsa Resino Aguado       | 1947 | JAS  | 23/06/1964 | Manresa      |
| 13"8                         | Lluïsa Resino Aguado       | 1947 | JAS  | 23/05/1965 | Sabadell     |
| 13"5                         | Trinidad Gajate Galante    | 1945 | JAS  | 06/10/1968 | Granollers   |
| 13"1                         | Glòria Pujol Clusella      | 1957 | JAS  | 11/05/1972 | Sabadell     |
| 12"8                         | Glòria Pujol Clusella      | 1957 | JAS  | 27/05/1972 | Barcelona-S  |
| 12"7                         | Glòria Pujol Clusella      | 1957 | JAS  | 01/04/1973 | Barcelona-U  |
| 12"5                         | Glòria Pujol Clusella      | 1957 | JAS  | 22/04/1973 | Pontevedra   |
| 12"5                         | Glòria Pujol Clusella      | 1957 | JAS  | 09/03/1975 | Sabadell     |
| 12"4                         | Glòria Pujol Clusella      | 1957 | JAS  | 04/05/1975 | Sabadell     |
| 12"4                         | Montserrat Pujol Clusella  | 1961 | JAS  | 13/06/1976 | Barcelona-U  |
| 12"4                         | Montserrat Pujol Clusella  | 1961 | JAS  | 29/06/1976 | Madrid       |
| 12"3                         | Montserrat Pujol Clusella  | 1961 | JAS  | 06/07/1976 | Barcelona-U  |
| 12"3                         | Montserrat Pujol Clusella  | 1961 | JAS  | 20/03/1977 | Barcelona-U  |
| 12"3                         | Beatriz Rubio Eizmendi     | 1974 | JAS  | 08/04/1990 | Vic          |
| 12"1                         | Beatriz Rubio Eizmendi     | 1974 | JAS  | 06/06/1990 | Barcelona-CD |
| 12"1                         | Mònica Marín Duran         | 1976 | JAS  | 15/06/1991 | Tarragona    |
| 11"8                         | Mònica Marín Duran         | 1976 | JAS  | 12/04/1992 | Sabadell     |
| <b>100 m llisos elèctric</b> |                            |      |      |            |              |
| 12"50                        | Montserrat Pujol Clusella  | 1961 | JAS  | 09/07/1976 | Lisboa       |
| 12"40                        | Beatriz Rubio Eizmendi     | 1974 | JAS  | 05/05/1990 | Barcelona-S  |
| 12"07                        | Mònica Marín Duran         | 1976 | JAS  | 08/06/1991 | Santander    |
| <b>150 m llisos</b>          |                            |      |      |            |              |
| 22"6                         | Anna M. Sanmartí Monistrol | 1953 | JAS  | 27/05/1967 | Sabadell     |
| 22"2                         | Anna M. Sanmartí Monistrol | 1953 | JAS  | 03/06/1967 | Sabadell     |
| 20"5                         | Josefa Giménez Salmerón    | 1954 | JAS  | 24/03/1968 | Girona       |
| 19"8                         | Glòria Pujol Clusella      | 1957 | JAS  | 22/10/1972 | Granollers   |
| 18"8                         | Glòria Pujol Clusella      | 1957 | JAS  | 25/07/1973 | Madrid       |
| 18"8                         | Montserrat Pujol Clusella  | 1961 | JAS  | 30/10/1976 | Sabadell     |
| <b>200 m. llisos</b>         |                            |      |      |            |              |
| 31"6                         | Lluïsa Resino Aguado       | 1947 | JAS  | 27/02/1965 | Sabadell     |
| 29"6                         | Lluïsa Resino Aguado       | 1947 | JAS  | 16/05/1965 | Barcelona-M  |
| 29"4                         | Lluïsa Resino Aguado       | 1947 | JAS  | 30/05/1965 | Sabadell     |
| 28"9                         | Lluïsa Resino Aguado       | 1947 | JAS  | 29/08/1965 | Sabadell     |
| 27"4                         | Trinidad Gajate Galante    | 1945 | JAS  | 29/06/1969 | Barcelona-U  |
| 27"1                         | Glòria Pujol Clusella      | 1957 | JAS  | 12/10/1972 | Sabadell     |
| 26"3                         | Glòria Pujol Clusella      | 1957 | JAS  | 20/03/1973 | Vic          |
| 25"3 R.C.                    | Glòria Pujol Clusella      | 1957 | JAS  | 27/05/1973 | Madrid       |
| 25"1 R.C.                    | Glòria Pujol Clusella      | 1957 | JAS  | 11/06/1973 | Madrid       |
| 24"7 R.C.                    | Montserrat Pujol Clusella  | 1961 | JAS  | 20/03/1977 | Barcelon-U   |
| 24"4 R.C.                    | Montserrat Pujol Clusella  | 1961 | JAS  | 16/07/1978 | Madrid       |
| 24"1 R.C.                    | Mònica Marín Duran         | 1976 | JAS  | 14/04/1991 | Vic          |
| 24"0                         | Mònica Marín Duran         | 1976 | JAS  | 01/05/1994 | Barcelona-S  |

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|------------------------------------------------------------------------------------------------------------|---------------------------|------|------|------------|--------------------|
| <b>200 m llsos elèctric</b>                                                                                |                           |      |      |            |                    |
| 25"83 R.E.e.                                                                                               | Glòria Pujol Clusella     | 1957 | JAS  | 30/09/1973 | Harlem (HOL)       |
| 25"49 R.E.e.                                                                                               | Glòria Pujol Clusella     | 1957 | JAS  | 14/06/1975 | Madrid             |
| 25"30 R.E.e.                                                                                               | Montserrat Pujol Clusella | 1961 | JAS  | 07/08/1977 | Dôle (FRA)         |
| 24"83                                                                                                      | Mònica Marín Duran        | 1976 | JAS  | 08/07/1993 | Valkenswaard (HOL) |
| 24"74                                                                                                      | Mònica Marín Duran        | 1976 | JAS  | 19/07/1993 | Barcelona-O        |
| 24"38                                                                                                      | Mònica Marín Duran        | 1976 | JAS  | 30/07/1993 | San Sebastian      |
| 24"30                                                                                                      | Eva Martín Estévez        | 1985 | JAS  | 03/07/2005 | Sabadell           |
| <b>300 m llsos</b>                                                                                         |                           |      |      |            |                    |
| 51"2                                                                                                       | Rosa M. Saña Vilaseca     | 1954 | JAS  | 05/03/1967 | Sabadell           |
| 47"7                                                                                                       | Rosa M. Saña Vilaseca     | 1954 | JAS  | 14/07/1968 | Barcelona-M        |
| 47"2                                                                                                       | Rosa M. Saña Vilaseca     | 1954 | JAS  | 16/03/1969 | Sabadell           |
| 46"9                                                                                                       | Rosa M. Saña Vilaseca     | 1954 | JAS  | 20/04/1969 | Vic                |
| 46"4                                                                                                       | Carme Valero Omedes       | 1955 | JAS  | 06/07/1969 | Manresa            |
| 46"4                                                                                                       | Rosa M. Saña Vilaseca     | 1954 | JAS  | 18/10/1970 | Sabadell           |
| 44"6 R.C.                                                                                                  | Glòria Pujol Clusella     | 1957 | JAS  | 01/10/1972 | Sabadell           |
| 39"3 R.I.                                                                                                  | Glòria Pujol Clusella     | 1957 | JAS  | 08/04/1973 | Sabadell           |
| <b>300 m elèctric</b>                                                                                      |                           |      |      |            |                    |
| 39"76                                                                                                      | Mònica Marín Duran        | 1976 | JAS  | 08/06/1991 | Barcelona-U        |
| * 39"36 R.C.                                                                                               | Mònica Marín Duran        | 1976 | JAS  | 30/07/1993 | La Laguna          |
| * Normativa World Athletics: s'actualitza rècord (2024) encara que hi hagi marques inferiors i posteriors. |                           |      |      |            |                    |
| 38"74                                                                                                      | Mònica Marín Duran        | 1976 | JAS  | 03/03/1991 | Saragossa-pc-      |
| <b>400 m llsos</b>                                                                                         |                           |      |      |            |                    |
| 1'06"8                                                                                                     | Lídia Folch Arós          | 1948 | JAS  | 26/06/1965 | Sabadell           |
| 1'03"8                                                                                                     | Carme Valero Omedes       | 1955 | JAS  | 12/10/1971 | Manresa            |
| 1'02"0                                                                                                     | Carme Valero Omedes       | 1955 | JAS  | 11/05/1972 | Sabadell           |
| 59"1                                                                                                       | Glòria Pujol Clusella     | 1957 | JAS  | 03/06/1973 | Barcelona-S        |
| 58"7                                                                                                       | Glòria Pujol Clusella     | 1957 | JAS  | 07/07/1973 | Manresa            |
| 56"8 R.C.                                                                                                  | Glòria Pujol Clusella     | 1957 | JAS  | 15/07/1973 | Barcelona-U        |
| 56"4 R.C.                                                                                                  | Glòria Pujol Clusella     | 1957 | JAS  | 18/07/1975 | Manresa            |
| 56"0 R.C.                                                                                                  | Glòria Pujol Clusella     | 1957 | JAS  | 03/08/1975 | San Sebastián      |
| 56"0 R.C.                                                                                                  | Montserrat Pujol Clusella | 1961 | JAS  | 05/07/1977 | Oslo (NOR)         |
| 55"3 R.C.                                                                                                  | Montserrat Pujol Clusella | 1961 | JAS  | 24/07/1977 | Granollers         |
| 54"1                                                                                                       | Montserrat Pujol Clusella | 1961 | JAS  | 08/07/1978 | Bevagna (ITA)      |
| <b>400 m llsos elèctric</b>                                                                                |                           |      |      |            |                    |
| 55"10 R.C.                                                                                                 | Montserrat Pujol Clusella | 1961 | JAS  | 06/08/1977 | Dole (FRA)         |
| 54"62 R.C.                                                                                                 | Montserrat Pujol Clusella | 1961 | JAS  | 19/08/1977 | Donetz (URSS)      |
| 53"89 R.E.                                                                                                 | Montserrat Pujol Clusella | 1961 | JAS  | 11/06/1978 | Bydgoszcz (POL)    |
| 53"59 R.E.                                                                                                 | Montserrat Pujol Clusella | 1961 | JAS  | 17/06/1978 | Sittard (HOL)      |
| <b>600 m llsos</b>                                                                                         |                           |      |      |            |                    |
| 1'53"2                                                                                                     | Rosa M. Saña Vilaseca     | 1954 | JAS  | 04/05/1968 | Sabadell           |
| 1'49"2                                                                                                     | Rosa M. Saña Vilaseca     | 1954 | JAS  | 18/05/1968 | Sabadell           |
| 1'41"4 R.C.                                                                                                | Carme Valero Omedes       | 1955 | JAS  | 14/06/1970 | Vic                |
| 1'41"2 R.C.                                                                                                | Carme Valero Omedes       | 1955 | JAS  | 01/10/1970 | Sabadell           |
| 1'39"2 R.I.                                                                                                | Carme Valero Omedes       | 1955 | JAS  | 14/03/1971 | Barcelona-S        |
| 1'37"4 R.I.                                                                                                | Glòria Pujol Clusella     | 1957 | JAS  | 22/04/1973 | Pontevedra         |
| 1'36"5 R.I.                                                                                                | Montserrat Pujol Clusella | 1961 | JAS  | 22/03/1975 | Sabadell           |
| 1'35"1 R.I.                                                                                                | Montserrat Pujol Clusella | 1961 | JAS  | 29/06/1975 | Toledo             |
| 1'34"7                                                                                                     | Rebeca Bueno Resino       | 1978 | JAS  | 09/07/1996 | Hospitalet         |
| 1'33"7 R.C.                                                                                                | Marta Martín Jiménez      | 1981 | JAS  | 09/05/1999 | Sabadell           |

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| <b>800 m llistos</b>    |                                      |      |      |            |                  |
| 2'41"4                  | Lidia Folch Arós                     | 1948 | JAS  | 29/08/1965 | Sabadell         |
| 2'34"4                  | Rosa M. Saña Vilaseca                | 1954 | JAS  | 17/03/1968 | Sabadell         |
| 2'31"9                  | Carme Valero Omedes                  | 1955 | JAS  | 25/08/1969 | Sabadell         |
| 2'24"6                  | Carme Valero Omedes                  | 1955 | JAS  | 21/05/1972 | Barcelona-U      |
| 2'16"0                  | Carme Valero Omedes                  | 1955 | JAS  | 10/06/1972 | Madrid           |
| 2'12"7                  | Carme Valero Omedes                  | 1955 | JAS  | 26/05/1973 | Madrid           |
| 2'09"9 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 21/07/1973 | Lisboa           |
| 2'08"9 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 31/07/1973 | Barcelona-U      |
| 2'06"9 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 23/09/1973 | Barcelona-U      |
| 2'06"7 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 05/10/1974 | Barcelona-U      |
| 2'06"0 R.E.             | Carme Valero Omedes                  | 1955 | JAS  | 29/05/1975 | Sochi (URSS)     |
| 2'04"12 R.E.            | Carme Valero Omedes                  | 1955 | JAS  | 09/07/1976 | Zurich (SUI)     |
| <b>1.000 m. llistos</b> |                                      |      |      |            |                  |
| 3'51"8                  | Leonor Valero Omedes                 | 1959 | JAS  | 08/04/1973 | Sabadell         |
| 3'24"2                  | Olga Seguí Espallargues              | 1957 | JAS  | 21/06/1973 | Granollers       |
| 3'20"4                  | Angels Guitart Martínez              | 1957 | JAS  | 23/09/1975 | Sabadell         |
| 2'54"7 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 29/05/1977 | Sabadell         |
| 2'48"80 R.C.            | Rosa M <sup>a</sup> Morató Rodríguez | 1979 | JAS  | 03/06/2000 | Eivissa          |
| <b>1.500 m. llistos</b> |                                      |      |      |            |                  |
| 5'32"6                  | Juana Moreno Herrera                 | 1953 | JAS  | 21/06/1970 | Manresa          |
| 5'17"0                  | Carme Valero Omedes                  | 1955 | JAS  | 04/06/1972 | Tarragona        |
| 4'51"7                  | Carme Valero Omedes                  | 1955 | JAS  | 11/06/1972 | Barcelona-U      |
| 4'44"1                  | Carme Valero Omedes                  | 1955 | JAS  | 09/07/1979 | Madrid           |
| 4'36"6                  | Carme Valero Omedes                  | 1955 | JAS  | 18/06/1972 | Barcelona-U      |
| 4'34"1                  | Carme Valero Omedes                  | 1955 | JAS  | 26/05/1973 | Madrid           |
| 4'20"3 R.C.             | Carme Valero Omedes                  | 1955 | JAS  | 16/06/1973 | Barcelona-U      |
| 4'18"25 R.I.            | Carme Valero Omedes                  | 1955 | JAS  | 26/08/1973 | Duisburg (RFA)   |
| 4'13"02 R.I.            | Carme Valero Omedes                  | 1955 | JAS  | 06/09/1974 | Roma             |
| 4'11"61 R.I.            | Carme Valero Omedes                  | 1955 | JAS  | 08/09/1974 | Roma             |
| 4'08"34 R.I.            | Carme Valero Omedes                  | 1955 | JAS  | 08/06/1976 | Düsseldorf (RFA) |
| <b>Milla</b>            |                                      |      |      |            |                  |
| 5'22"2                  | Angels Valls Valls                   | 1969 | JAS  | 28/06/1984 | Sabadell         |
| 4'54"0                  | Rosa M <sup>a</sup> Morató Rodríguez | 1979 | JAS  | 29/04/2001 | Sabadell         |
| <b>2.000 m. llistos</b> |                                      |      |      |            |                  |
| 6'39"4 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 21/10/1973 | Sabadell         |
| 6'04"79 R.C.            | Carme Valero Omedes                  | 1955 | JAS  | 03/09/1985 | Santander        |
| <b>3.000 m. llistos</b> |                                      |      |      |            |                  |
| 9'50"0 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 21/10/1973 | Sabadell         |
| 9'35"4 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 20/07/1974 | Madrid           |
| 9'19"2 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 07/08/1974 | Viareggio (ITA)  |
| 9'17"6 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 02/05/1976 | Logroño          |
| 9'10"9 R.I.             | Carme Valero Omedes                  | 1955 | JAS  | 16/07/1977 | Stuttgart (RFA)  |
| <b>5.000 m llistos</b>  |                                      |      |      |            |                  |
| 19'47"3" R.I.           | Matilde Gómez Murillo                | 1942 | JAS  | 04/11/1978 | Sabadell         |
| 16'42"5                 | Carme Valero Omedes                  | 1955 | JAS  | 06/07/1985 | Vitòria          |
| 16'32"94                | Rosa M <sup>a</sup> Morató Rodríguez | 1979 | JAS  | 10/04/1999 | Barakaldo        |
| <b>10.000 m llistos</b> |                                      |      |      |            |                  |
| 41'37"0 R.E.            | Matilde Gómez Murillo                | 1942 | JAS  | 17/09/1978 | Sabadell         |
| <b>15.000 m llistos</b> |                                      |      |      |            |                  |
| 1h04'31" R.I.           | Antònia Griñó Company                | 1945 | JAS  | 08/12/1978 | Mataró           |

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| <b>20.000 m Ilisos</b>        |                                      |      |      |            |                    |
| 1h27'49" R.I.                 | Antònia Griñó Company                | 1945 | JAS  | 08/12/1978 | Mataró             |
| <b>1 hora</b>                 |                                      |      |      |            |                    |
| 13.993 R.I.                   | Antònia Griñó Company                | 1945 | JAS  | 08/12/1978 | Mataró             |
| <b>5 km ruta</b>              |                                      |      |      |            |                    |
| 17'37"                        | Laura Gómez Ramón                    | 1994 | JAS  | 31/12/2013 | Sabadell           |
| 16'59"                        | Laia Casajoana Guardia               | 1999 | JAS  | 31/12/2018 | Sabadell           |
| 15'51" R.C.                   | Carla Domínguez Torner               | 2003 | JAS  | 31/12/2021 | Barcelona          |
| <b>10 km ruta</b>             |                                      |      |      |            |                    |
| 39'55"                        | Teresa Benet Graupera                | 1965 | CNS  | 24/10/1993 | Sabadell           |
| 39'17"                        | Teresa Benet Graupera                | 1965 | CNS  | 22/10/1995 | Sabadell           |
| 38'14"                        | Teresa Benet Graupera                | 1965 | CNS  | 20/10/1996 | Sabadell           |
| 37'45"                        | Teresa Benet Graupera                | 1965 | CNS  | 25/01/1998 | Barcelona          |
| 36'01                         | Rosa M <sup>a</sup> Morató Rodríguez | 1979 | JAS  | 20/10/2000 | Sabadell           |
| <b>20 km ruta</b>             |                                      |      |      |            |                    |
| 1h24.33 R.C.                  | Matilde Gómez Murillo                | 1942 | JAS  | 08/06/1980 | Laredo             |
| <b>Mitja Marató</b>           |                                      |      |      |            |                    |
| 1h24'05"                      | Lourdes Gurrera Alom                 | 1955 | JAS  | 27/03/1988 | Sabiñánigo         |
| 1h21'16"                      | Esther Solera Genaro                 | 1976 | JAS  | 13/10/2002 | El Vendrell        |
| 1h20'09                       | Esther Solera Genaro                 | 1976 | JAS  | 17/11/2002 | Ripoll             |
| 1h16'13"                      | Esther Solera Genaro                 | 1976 | JAS  | 12/01/2003 | Sitges             |
| <b>Marató</b>                 |                                      |      |      |            |                    |
| 3h55'33" R.E.                 | Matilde Gómez Murillo                | 1942 | JAS  | 12/03/1978 | Palafrugell        |
| 3h37'46" R.E.                 | Matilde Gómez Murillo                | 1942 | JAS  | 21/07/1978 | Madrid             |
| 3h28'42"                      | Matilde Gómez Murillo                | 1942 | JAS  | 24/10/1978 | Nova York (USA)    |
| 3h18'48" R.E.                 | Matilde Gómez Murillo                | 1942 | JAS  | 18/03/1979 | Palafrugell        |
| 3h14'32"                      | Matilde Gómez Murillo                | 1942 | JAS  | 21/10/1979 | Nova York (USA)    |
| 3h13'07"                      | Montserrat Rosell Sola               | 1966 | CNS  | 19/03/2000 | Barcelona          |
| 2h58'33"                      | Montserrat Rosell Sola               | 1966 | CNS  | 24/11/2002 | San Sebastián      |
| <b>100 km</b>                 |                                      |      |      |            |                    |
| 9h17'00"                      | Montserrat Rosell Sola               | 1966 | CNS  | 07/10/2000 | Sta Cruz de Bezana |
| <b>80 m tanques</b>           |                                      |      |      |            |                    |
| 11"5 R.E.                     | Montserrat Pujol Clusella            | 1961 | JAS  | 22/05/1976 | Zaragoza           |
| <b>100 m tanques</b>          |                                      |      |      |            |                    |
| 20"4                          | Anna M. Sanmartí Monistrol           | 1953 | JAS  | 23/03/1969 | Barcelona-M        |
| 20"1                          | Anna M. Sanmartí Monistrol           | 1953 | JAS  | 01/05/1969 | Reus               |
| 19"6                          | Anna M. Sanmartí Monistrol           | 1953 | JAS  | 26/10/1969 | Sabadell           |
| 18"7                          | Anna M. Sanmartí Monistrol           | 1953 | JAS  | 19/07/1970 | Barcelona-U        |
| 18"4                          | Glòria Pujol Clusella                | 1957 | JAS  | 16/06/1974 | Barcelona-U        |
| 16"5                          | Montserrat Pujol Clusella            | 1961 | JAS  | 15/03/1965 | Barcelona-S        |
| 16"0                          | Montserrat Pujol Clusella            | 1961 | JAS  | 04/05/1975 | Sabadell           |
| 16"0                          | Montserrat Pujol Clusella            | 1961 | JAS  | 18/05/1975 | Barcelona-U        |
| 15"7                          | Montserrat Pujol Clusella            | 1961 | JAS  | 26/05/1975 | Salamanca          |
| 15"6                          | Montserrat Pujol Clusella            | 1961 | JAS  | 03/10/1975 | Logroño            |
| 14"7                          | Montserrat Pujol Clusella            | 1961 | JAS  | 12/07/1976 | Sabadell           |
| 14"4                          | Montserrat Pujol Clusella            | 1961 | JAS  | 11/09/1977 | Madrid             |
| 14"3                          | Montserrat Pujol Clusella            | 1961 | JAS  | 09/05/1978 | Barcelona          |
| 14"2 R.C.                     | Montserrat Pujol Clusella            | 1961 | JAS  | 25/06/1978 | Madrid             |
| 14"2 R.C.                     | Montserrat Pujol Clusella            | 1961 | JAS  | 16/07/1978 | Madrid             |
| <b>100 m tanques elèctric</b> |                                      |      |      |            |                    |
| 14"90 R.E.e.                  | Montserrat Pujol Clusella            | 1961 | JAS  | 11/07/1976 | Lisboa             |
| 14"52 R.C.                    | Montserrat Pujol Clusella            | 1961 | JAS  | 29/07/1978 | Madrid             |
| 14"24 R.C.                    | Montserrat Pujol Clusella            | 1961 | JAS  | 30/07/1978 | Madrid             |

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| <b>200 m tanques</b>          |                             |      |      |            |                 |
| 35"5                          | Anna M. Sanmartí Monistrol  | 1953 | JAS  | 28/09/1969 | Sabadell        |
| 33"4                          | Carme Valero Omedes         | 1955 | JAS  | 14/09/1975 | Pamplona        |
| 30"8                          | Natalia Crespo Biel         | 1980 | JAS  | 04/06/1994 | Barcelona- S    |
| 30"7                          | Ana Jordà Ruiz D'Assin      | 1982 | JAS  | 04/05/1996 | Barcelona-S     |
| 30"14                         | Olga Ortega Almagro         | 1985 | JAS  | 29/05/1999 | El Prat         |
| <b>400 m tanques</b>          |                             |      |      |            |                 |
| 1'11"7                        | Glòria Pujol Clusella       | 1957 | JAS  | 15/03/1975 | Barcelona-U     |
| 1'06"2 R.C.                   | Glòria Pujol Clusella       | 1957 | JAS  | 19/05/1975 | Barcelona-U     |
| 1'04"1 R.E.                   | Glòria Pujol Clusella       | 1957 | JAS  | 05/06/1977 | Sabadell        |
| 1'03"3 R.E.                   | Glòria Pujol Clusella       | 1957 | JAS  | 11/06/1977 | Granollers      |
| 58"3                          | Montserrat Pujol Clusella   | 1961 | JAS  | 28/07/1978 | Madrid          |
| <b>400 m tanques elèctric</b> |                             |      |      |            |                 |
| 1'00"08R.I.e.                 | Montserrat Pujol Clusella   | 1961 | JAS  | 16/07/1977 | Stuttgart (RFA) |
| 57"94 R.I.                    | Montserrat Pujol Clusella   | 1961 | JAS  | 17/06/1978 | Sittard (HOL)   |
| <b>2000 m. obs</b>            |                             |      |      |            |                 |
| 7'09"2 R.I.                   | Rosa Mª Morató Rodríguez    | 1979 | JAS  | 28/09/1996 | Sabadell        |
| 6'40"36                       | Gemma Masnou Barrera        | 1980 | JAS  | 09/07/2004 | Barcelona- O    |
| <b>3000 m. obs</b>            |                             |      |      |            |                 |
| 10'57"6 R.I.                  | Rosa Mª Morató Rodríguez    | 1979 | JAS  | 25/10/1998 | Sabadell        |
| 10'45"25                      | Gemma Masnou Barrera        | 1980 | JAS  | 02/05/2004 | Sabadell        |
| 10'26"30                      | Gemma Masnou Barrera        | 1980 | JAS  | 13/06/2004 | Gavà            |
| <b>Alçada</b>                 |                             |      |      |            |                 |
| 1,15                          | Lluïsa Resino Aguado        | 1947 | JAS  | 04/04/1966 | Barcelona       |
| 1,15                          | Lídia Folch Arós            | 1948 | JAS  | 24/10/1965 | Sabadell        |
| 1,20                          | Antònia Soler García        | 1944 | JAS  | 29/05/1966 | Sabadell        |
| 1,20                          | Josefa Giménez Salmerón     | 1954 | JAS  | 21/04/1968 | Manresa         |
| 1,30                          | Josefa Giménez Salmerón     | 1954 | JAS  | 16/06/1968 | Manresa         |
| 1,33                          | Adoración González Martínez | 1949 | JAS  | 11/05/1972 | Sabadell        |
| 1,35                          | Adoración González Martínez | 1949 | JAS  | 15/04/1973 | Barcelona-U     |
| 1,40                          | Montserrat Pujol Clusella   | 1961 | JAS  | 30/03/1974 | Reus            |
| 1,43                          | Montserrat Pujol Clusella   | 1961 | JAS  | 03/06/1974 | Sabadell        |
| 1,45                          | Montserrat Pujol Clusella   | 1961 | JAS  | 06/07/1974 | Barcelona-U     |
| 1,48                          | Montserrat Pujol Clusella   | 1961 | JAS  | 09/09/1974 | Manresa         |
| 1,54                          | Montserrat Pujol Clusella   | 1961 | JAS  | 16/03/1975 | Barcelona       |
| 1,58                          | Montserrat Pujol Clusella   | 1961 | JAS  | 20/04/1975 | Barcelona       |
| 1,64                          | Montserrat Pujol Clusella   | 1961 | JAS  | 28/06/1975 | Toledo          |
| 1,66                          | Montserrat Pujol Clusella   | 1961 | JAS  | 20/07/1976 | Barcelona       |
| 1,69                          | Montserrat Pujol Clusella   | 1961 | JAS  | 10/09/1977 | Madrid          |
| 1,72 R.C.                     | Montserrat Pujol Clusella   | 1961 | JAS  | 25/06/1978 | Madrid          |
| 1,72                          | Fatoumata Diallo Conde      | 2006 | JAS  | 10/03/2024 | Salamanca-pc-   |
| 1,73                          | Fatoumata Diallo Conde      | 2006 | JAS  | 14/07/2024 | Vic             |
| 1,74                          | Fatoumata Diallo Conde      | 2006 | JAS  | 28/07/2024 | Castelló        |

| Marca              | Nom                       | Any  | Club | Data       | Lloc              |
|--------------------|---------------------------|------|------|------------|-------------------|
| <b>Llargada</b>    |                           |      |      |            |                   |
| 3,18               | Montserrat Font           | 1945 | JAS  | 14/05/1961 | Barcelona-M       |
| 3,70               | Lluïsa Resino Aguado      | 1947 | JAS  | 26/04/1964 | Sabadell          |
| 4,06               | Lluïsa Resino Aguado      | 1947 | JAS  | 14/06/1964 | Sabadell          |
| 4,09               | Lluïsa Resino Aguado      | 1947 | JAS  | 27/02/1965 | Sabadell          |
| 4,56               | Lluïsa Resino Aguado      | 1947 | JAS  | 28/08/1965 | Sabadell          |
| 4,92               | Trinitat Gajate Galante   | 1945 | JAS  | 08/09/1968 | Sabadell          |
| 5,06               | Olga Seguí Espallargues   | 1957 | JAS  | 04/07/1975 | Sabadell          |
| 5,08               | Montserrat Pujol Clusella | 1961 | JAS  | 19/10/1975 | Sabadell          |
| 5,43               | Montserrat Pujol Clusella | 1961 | JAS  | 21/03/1976 | Sabadell          |
| 5,49               | Montserrat Pujol Clusella | 1961 | JAS  | 22/04/1978 | Cornellà          |
| 5,53               | Sonia Rallo Rodríguez     | 1972 | JAS  | 27/10/1991 | Palafrugell       |
| 5,57               | Sonia Rallo Rodríguez     | 1972 | JAS  | 26/04/1992 | Barcelona-CD      |
| 5,79               | Sonia Rallo Rodríguez     | 1972 | JAS  | 12/07/1992 | Alcorcón          |
| <b>Perxa</b>       |                           |      |      |            |                   |
| 2,50 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 18/08/1993 | Ludwigsburg (GER) |
| 2,60 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 18/08/1993 | Ludwigsburg (GER) |
| 2,70 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 02/01/1994 | Barcelona-CD      |
| 2,80 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 02/01/1994 | Barcelona-CD      |
| 3,00 R.I..         | Silvia Delgado Rama       | 1973 | JAS  | 28/05/1994 | Sant Cugat        |
| 3,05 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 29/06/1994 | Barcelona-S       |
| 3,10 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 17/07/1994 | San Sebastián     |
| 3,15 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 23/07/1994 | Sabadell          |
| 3,20 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 23/07/1994 | Sabadell          |
| 3,25 R.I..         | Silvia Delgado Rama       | 1973 | JAS  | 23/07/1994 | Sabadell          |
| 3,30 R.I..         | Silvia Delgado Rama       | 1973 | JAS  | 27/05/1995 | Gijón             |
| 3,35 R.I.          | Silvia Delgado Rama       | 1973 | JAS  | 02/06/1995 | Barcelona-S       |
| 3,40 R.I..         | Silvia Delgado Rama       | 1973 | JAS  | 07/07/1995 | Vitòria           |
| 3,40 R.I..         | Silvia Delgado Rama       | 1973 | JAS  | 28/07/1995 | Barcelona-S       |
| 3,40 R.C.          | Silvia Delgado Rama       | 1973 | JAS  | 18/05/1996 | Barcelona-CD      |
| 3,40 R.C.          | Silvia Delgado Rama       | 1973 | JAS  | 05/06/1996 | Mataró            |
| 3,50 R.E.          | Silvia Delgado Rama       | 1973 | JAS  | 05/06/1996 | Mataró            |
| 3,60 R.E.          | Silvia Delgado Rama       | 1973 | JAS  | 22/06/1996 | Vitòria           |
| 3,71               | Ana Pinero Ortiz          | 1986 | JAS  | 11/06/2003 | Barcelona- S      |
| 3,80               | Ana Pinero Ortiz          | 1986 | JAS  | 07/05/2017 | Cornellà          |
| 3,95               | Ana Pinero Ortiz          | 1986 | JAS  | 31/05/2017 | Barcelona-S       |
| 4,10               | Ana Pinero Ortiz          | 1986 | JAS  | 31/05/2017 | Barcelona-S       |
| <b>Triple salt</b> |                           |      |      |            |                   |
| 9,99               | Sílvia Delgado Rama       | 1973 | JAS  | 28/01/1990 | Barcelona-S       |
| 10,86              | Sònia Rallo Rodríguez     | 1972 | JAS  | 11/02/1990 | Barcelona-S       |
| 11,42              | Sònia Rallo Rodríguez     | 1972 | JAS  | 07/07/1990 | Barcelona-S       |
| 11,57              | Sònia Rallo Rodríguez     | 1972 | JAS  | 20/07/1990 | Barcelona-S       |
| 12,21              | Sònia Rallo Rodríguez     | 1972 | JAS  | 13/08/1991 | Barcelona         |
| 12,23              | Sònia Rallo Rodríguez     | 1972 | JAS  | 26/04/1992 | Barcelona-CD      |
| 12,65              | Sònia Rallo Rodríguez     | 1972 | JAS  | 02/06/1992 | Las Rozas         |
| 12,66              | Sònia Rallo Rodríguez     | 1972 | JAS  | 06/06/1992 | Vic               |
| 12,68              | Sònia Rallo Rodríguez     | 1972 | JAS  | 12/07/1992 | Alcorcón          |
| 12,77              | Sònia Rallo Rodríguez     | 1972 | JAS  | 22/07/1992 | Granollers        |

| <b>Marca</b> | <b>Nom</b>               | <b>Any</b> | <b>Club</b> | <b>Data</b> | <b>Lloc</b>  |
|--------------|--------------------------|------------|-------------|-------------|--------------|
| <b>Pes</b>   |                          |            |             |             |              |
| 5,68         | Lluïsa Resino Aguado     | 1947       | JAS         | 15/03/1964  | Barcelona    |
| 6,67         | Lluïsa Resino Aguado     | 1947       | JAS         | 27/02/1965  | Sabadell     |
| 7,74         | Lluïsa Resino Aguado     | 1947       | JAS         | 21/03/1965  | Barcelona-M  |
| 8,02         | Trinidad Gajate Galante  | 1945       | JAS         | 18/08/1968  | Sabadell     |
| 8,89         | TrinidadGajate Galante   | 1945       | JAS         | 01/09/1968  | Sabadell     |
| 9,12         | Angels Vives Gallart     | 1957       | JAS         | 12/05/1974  | Barcelona-U  |
| 9,24         | Angels Vives Gallart     | 1957       | JAS         | 03/06/1974  | Sabadell     |
| 9,50         | Angels Vives Gallart     | 1957       | JAS         | 13/06/1974  | Barcelona-U  |
| 9,89         | Angels Vives Gallart     | 1957       | JAS         | 29/06/1974  | Manresa      |
| 10,24        | Angels Vives Gallart     | 1957       | JAS         | 22/06/1975  | Barcelona-U  |
| 10,91        | Roser Cerveró Rocamora   | 1958       | JAS         | 14/05/1978  | Vic          |
| 11,38        | Roser Cerveró Rocamora   | 1958       | JAS         | 08/10/1981  | Sabadell     |
| 11,63        | Eva Uroz Pera            | 1975       | JAS         | 05/01/1992  | Barcelona-CD |
| 11,79        | Eva Uroz Pera            | 1975       | JAS         | 12/04/1992  | Sabadell     |
| <b>Disc</b>  |                          |            |             |             |              |
| 16,60        | Victòria Candiri Viguera | 1949       | JAS         | 14/08/1965  | Sabadell     |
| 18,10        | Antònia Soler García     | 1944       | JAS         | 27/06/1966  | Palència     |
| 22,28        | Lluïsa Resino Aguado     | 1947       | JAS         | 18/09/1966  | Sabadell     |
| 23,02        | Lluïsa Resino Aguado     | 1947       | JAS         | 18/06/1967  | Manresa      |
| 24,42        | Teresa Puell Melà        | 1953       | JAS         | 11/06/1970  | Terrassa     |
| 25,36        | Teresa Puell Melà        | 1953       | JAS         | 03/07/1971  | Barcelona-U  |
| 27,06        | Teresa Puell Melà        | 1953       | JAS         | 10/10/1971  | Granollers   |
| 28,44        | Angels Vives Gallart     | 1957       | JAS         | 14/07/1974  | Barcelona-U  |
| 30,86        | Angels Vives Gallart     | 1957       | JAS         | 21/07/1974  | Madrid       |
| 31,58        | Angels Vives Gallart     | 1957       | JAS         | 06/04/1975  | Sabadell     |
| 34,68        | Angels Vives Gallart     | 1957       | JAS         | 01/06/1975  | Barcelona-S  |
| 35,24        | Angels Vives Gallart     | 1957       | JAS         | 25/06/1977  | Osca         |
| 35,80        | Eva Uroz Pera            | 1975       | JAS         | 25/06/1991  | Barcelona-S  |
| 35,88        | Eva Uroz Pera            | 1975       | JAS         | 12/04/1992  | Badalona     |

| Marca           | Nom                        | Any  | Club | Data       | Lloc                 |
|-----------------|----------------------------|------|------|------------|----------------------|
| <b>Javelina</b> |                            |      |      |            |                      |
| 10,60           | Carme Canora Lecina        | 1946 | JAS  | 23/05/1965 | Sabadell             |
| 14,52           | Lidia Folch Arós           | 1948 | JAS  | 06/06/1965 | Vic                  |
| 20,40           | Marina Gallifa Chantretero | 1947 | JAS  | 28/08/1966 | Barcelona-M          |
| 23,66           | Lluïsa Resino Aguado       | 1947 | JAS  | 25/09/1966 | Sabadell             |
| 29,74           | Trinidad Gajate Galante    | 1945 | JAS  | 18/08/1968 | Sabadell             |
| 31,20           | Trinidad Gajate Galante    | 1945 | JAS  | 01/09/1968 | Sabadell             |
| 32,52 R.C.      | Trinidad Gajate Galante    | 1945 | JAS  | 19/10/1968 | Barcelona-U          |
| 34,06           | Montserrat Salas Moreno    | 1970 | JAS  | 13/06/1986 | Barcelona-S          |
| 34,60           | Montserrat Salas Moreno    | 1970 | JAS  | 21/09/1986 | Ginebra (SUI)        |
| 34,76           | Montserrat Salas Moreno    | 1970 | JAS  | 26/04/1987 | Manresa              |
| 36,48           | Marian Gómez Llamazares    | 1972 | JAS  | 11/03/1990 | Vilanova i la Geltrú |
| 37,10           | Eva Uroz Pera              | 1975 | JAS  | 14/06/1992 | Vitòria              |
| 40,08           | Eva Uroz Pera              | 1975 | JAS  | 10/06/1992 | Barcelona-CD         |
| 41,60           | Eva Uroz Pera              | 1975 | JAS  | 05/06/1993 | Mataró               |
| 42,74           | Eva Uroz Pera              | 1975 | JAS  | 20/06/1993 | Castelló             |
| 43,78           | Eva Uroz Pera              | 1975 | JAS  | 18/07/1993 | Tarbes (FRA)         |

#### **Nova reglamentació de la IAAF a partir del 01-04-99**

|       |                                    |      |     |            |             |
|-------|------------------------------------|------|-----|------------|-------------|
| 23,57 | Ana Jordá Ruiz D'Assín             | 1982 | JAS | 02/05/1999 | Sant Cugat  |
| 25,10 | Rosa M <sup>a</sup> Cervera Moreno | 1982 | JAS | 30/05/1999 | El Prat     |
| 27,78 | María Elias Sabater                | 1983 | JAS | 21/05/2000 | Barcelona-S |
| 30,57 | María Elias Sabater                | 1983 | JAS | 25/06/2000 | Durango     |
| 31,74 | María Elias Sabater                | 1983 | JAS | 15/07/2000 | Murcia      |
| 32,83 | María Elias Sabater                | 1983 | JAS | 09/04/2001 | Sabadell    |
| 33,15 | María Elias Sabater                | 1983 | JAS | 26/06/2001 | Barcelona-S |
| 34,24 | María Elias Sabater                | 1983 | JAS | 10/02/2002 | Barcelona-S |
| 38,69 | Laia Solà Pera                     | 1996 | JAS | 22/10/2011 | Sabadell    |

#### **Martell**

|       |                         |      |     |            |               |
|-------|-------------------------|------|-----|------------|---------------|
| 19,12 | Silvia Delgado Rama     | 1973 | JAS | 01/10/1995 | Sabadell      |
| 19,76 | Susana Marín Durán      | 1979 | JAS | 01/05/1996 | Granollers    |
| 22,82 | Sara Béjar Muñoz        | 1979 | JAS | 02/06/1996 | Barcelona-S   |
| 22,96 | Sara Béjar Muñoz        | 1981 | JAS | 17/05/1997 | Barcelona-CD  |
| 23,44 | Sara Béjar Muñoz        | 1981 | JAS | 25/05/1997 | Barcelona- S  |
| 25,16 | Montse Morató Rodríguez | 1981 | JAS | 02/03/1998 | Manresa       |
| 29,36 | Montse Morató Rodríguez | 1981 | JAS | 26/04/1998 | Manresa       |
| 29,74 | Montse Morató Rodríguez | 1981 | JAS | 30/05/1998 | Barcelona- CD |
| 30,95 | Montse Morató Rodríguez | 1981 | JAS | 14/06/1998 | Segovia       |
| 32,56 | Montse Morató Rodríguez | 1981 | JAS | 20/06/1998 | Manresa       |
| 40,66 | Montse Morató Rodríguez | 1981 | JAS | 22/06/1999 | Barcelona-S   |
| 43,06 | Montse Morató Rodríguez | 1981 | JAS | 27/02/2000 | Barcelona- S  |
| 43,40 | Montse Morató Rodríguez | 1981 | JAS | 25/06/2000 | Durango       |
| 47,10 | Montse Morató Rodríguez | 1981 | JAS | 21/08/2000 | Girona        |

| Marca                   | Nom                       | Any  | Club | Data       | Lloc           |
|-------------------------|---------------------------|------|------|------------|----------------|
| <b>3000 marxa</b>       |                           |      |      |            |                |
| 16'52"9                 | Matilde Gómez Murillo     | 1942 | JAS  | 08/05/1983 | Granollers     |
| 16'32"5                 | Matilde Gómez Murillo     | 1942 | JAS  | 29/04/1984 | Barcelona-S    |
| 16'22"5                 | Cristina Marín Duran      | 1974 | JAS  | 03/02/1991 | Barcelona-S    |
| 13'49"4                 | Maria Ibars Álvarez       | 1978 | JAS  | 06/07/1996 | Andorra        |
| 13'45"56                | Maria Ibars Álvarez       | 1978 | JAS  | 06/12/1997 | Torreveija     |
| 13'30"31                | Beatriz Pascual Rodríguez | 1982 | JAS  | 08/06/2004 | Saragossa      |
| 13'06"48                | Beatriz Pascual Rodríguez | 1982 | JAS  | 13/06/2004 | Gavà           |
| <b>5.000 m marxa</b>    |                           |      |      |            |                |
| 36'56"4                 | Matilde Gómez Murillo     | 1942 | JAS  | 01/05/1982 | Barcelona-S    |
| 35'34"0                 | Matilde Gómez Murillo     | 1942 | JAS  | 16/05/1982 | Mataró         |
| 31'09"7                 | Matilde Gómez Murillo     | 1942 | JAS  | 21/06/1982 | Sabadell       |
| 30'41"8                 | Matilde Gómez Murillo     | 1942 | JAS  | 17/10/1982 | Sant Celoni    |
| 28'37"5                 | Matilde Gómez Murillo     | 1942 | JAS  | 22/05/1983 | Sabadell       |
| 28'14"9                 | Matilde Gómez Murillo     | 1942 | JAS  | 05/06/1983 | Cornellà       |
| 27'58"8                 | Matilde Gómez Murillo     | 1942 | JAS  | 11/06/1983 | Cornellà       |
| 27'12"8                 | Matilde Gómez Murillo     | 1942 | JAS  | 23/06/1984 | Barcelona-S    |
| 26'59"6                 | Matilde Gómez Murillo     | 1942 | JAS  | 03/05/1987 | Vilanova       |
| 26'41"88                | Cristina Marin Duran      | 1974 | JAS  | 12/07/1992 | Badalona       |
| 26'09"0                 | Cristina Marin Duran      | 1974 | JAS  | 20/12/1992 | Barcelona-CD   |
| 25'36"0                 | Cristina Marin Duran      | 1974 | JAS  | 11/07/1993 | San Sebastián  |
| 24'25"4                 | Maria Ibars Álvarez       | 1978 | JAS  | 28/04/1996 | Sant Celoni    |
| 23'59"08                | Maria Ibars Álvarez       | 1978 | JAS  | 28/07/1996 | Barcelona-S    |
| 23'29"6                 | Maria Ibars Álvarez       | 1978 | JAS  | 09/03/1997 | El Prat        |
| 23'08"47                | Maria Ibars Álvarez       | 1978 | JAS  | 17/05/1997 | Barcelona- CD  |
| 22'45"9                 | Maria Ibars Álvarez       | 1978 | JAS  | 28/06/1997 | Hospitalet     |
| 22'45"27                | Maria Ibars Álvarez       | 1978 | JAS  | 12/07/1997 | Goricia (ITA)  |
| 22'43"72                | Beatriz Pascual Rodríguez | 1982 | JAS  | 05/07/2003 | Salamanca      |
| 21'49"82                | Sofia Santacreu Calatayud | 2006 | JAS  | 16/06/2024 | Manresa        |
| <b>10.000 m. marxa</b>  |                           |      |      |            |                |
| 55'04"6                 | Cristina Marin Duran      | 1974 | JAS  | 01/08/1993 | Barcelona-S    |
| 52'41"48                | Maria Ibars Álvarez       | 1978 | JAS  | 29/06/1996 | Málaga         |
| 52'01"30                | Maria Ibars Álvarez       | 1978 | JAS  | 20/07/1996 | Barcelona-O    |
| 49'10"2                 | Maria Ibars Álvarez       | 1978 | JAS  | 19/07/1998 | Barcelona- S   |
| 47'43"22                | Maria Ibars Álvarez       | 1978 | JAS  | 01/08/1998 | San Sebastián  |
| 46'41"29                | Beatriz Pascual Rodríguez | 1982 | JAS  | 02/08/2003 | Jerez          |
| <b>5 km. marxa ruta</b> |                           |      |      |            |                |
| 26'03"                  | Cristina Marin Duran      | 1974 | JAS  | 14/02/1993 | Reus           |
| 25'39"                  | Maria Ibars Álvarez       | 1978 | JAS  | 11/02/1996 | Viladecans     |
| 25'12"                  | Maria Ibars Álvarez       | 1978 | JAS  | 25/02/1996 | El Prat        |
| 24'29"                  | Maria Ibars Álvarez       | 1978 | JAS  | 24/03/1996 | Badalona       |
| 24'02"                  | Maria Ibars Álvarez       | 1978 | JAS  | 02/03/1997 | Badalona       |
| 22'41"                  | Maria Ibars Álvarez       | 1978 | JAS  | 25/05/1997 | Naumburg (GER) |
| 22'15"                  | Beatriz Pascual Rodríguez | 1982 | JAS  | 02/02/2003 | Viladecans     |
| 22'15"                  | Beatriz Pascual Rodríguez | 1982 | JAS  | 10/04/2004 | Guadix         |

| Marca                                       | Nom                       | Any  | Club | Data       | Lloc            |
|---------------------------------------------|---------------------------|------|------|------------|-----------------|
| <b>10 km. marxa ruta</b>                    |                           |      |      |            |                 |
| 59'29"                                      | Cristina Marin Duran      | 1974 | JAS  | 05/07/1991 | Tarragona       |
| 54'55"                                      | Cristina Marin Duran      | 1974 | JAS  | 20/02/1994 | Mataró          |
| 54'17"                                      | Maria Ibars Álvarez       | 1978 | JAS  | 14/04/1996 | Barcelona       |
| 47'36"                                      | Maria Ibars Álvarez       | 1978 | JAS  | 27/04/1997 | L'Hospitalet    |
| 46'10"                                      | Beatriz Pascual Rodríguez | 1982 | JAS  | 18/05/2003 | Cheboksay (RUS) |
| 45'27"                                      | Beatriz Pascual Rodríguez | 1982 | JAS  | 29/02/2004 | El Prat         |
| 44'56"                                      | Beatriz Pascual Rodríguez | 1982 | JAS  | 02/05/2004 | Naumburg (GER)  |
| <b>20 km. marxa ruta</b>                    |                           |      |      |            |                 |
| 1h38'02"                                    | Maria Ibars Álvarez       | 1978 | JAS  | 22/02/1998 | Orense          |
| 1h31'31"                                    | Beatriz Pascual Rodríguez | 1982 | JAS  | 16/02/2003 | Orense          |
| 1h30'22"                                    | Beatriz Pascual Rodríguez | 1982 | JAS  | 02/05/2004 | Naumburg (GER)  |
| <b>Pentatló</b>                             |                           |      |      |            |                 |
| 2.018                                       | Manuela Ortega Quintana   | 1953 | JAS  | 04/08/1969 | Sabadell        |
| 2.740                                       | Trinidad Gajate Galante   | 1945 | JAS  | 29/09/1968 | Sant Boi        |
| <b>Nova reglamentació IAAF des del 1969</b> |                           |      |      |            |                 |
| 2.624                                       | Olga Seguí Espallargues   | 1957 | JAS  | 27/10/1974 | Sabadell        |
| 3.679 R.C.                                  | Montserrat Pujol Clusella | 1961 | JAS  | 28/08/1977 | Granollers      |
| 3.786 R.C.                                  | Montserrat Pujol Clusella | 1961 | JAS  | 07/05/1978 | Barcelona-S     |
| 3.953 R.E.                                  | Montserrat Pujol Clusella | 1961 | JAS  | 25/06/1978 | Madrid          |
| <b>Heptatló</b>                             |                           |      |      |            |                 |
| 3.812                                       | Teresa Benet Graupera     | 1965 | JAS  | 19/02/1982 | Barcelona-S     |
| 3.889                                       | Sílvia Delgado Rama       | 1973 | JAS  | 15/07/1990 | Sòria           |
| 3.890                                       | Sílvia Delgado Rama       | 1973 | JAS  | 15/06/1991 | Barcelona-S     |
| 4.241                                       | Sònia Moreno Torres       | 1975 | JAS  | 14/06/1992 | Palafrugell     |
| 4.319                                       | Sònia Moreno Torres       | 1975 | JAS  | 31/07/1993 | Barcelona-S     |
| 4.471                                       | Mar Codo Bas              | 1977 | JAS  | 03/07/1994 | Barcelona-S     |

| Marca                           | Nom                            | Club | Data       | Lloc          |
|---------------------------------|--------------------------------|------|------------|---------------|
| <b>Relleus 4 x 100 m</b>        |                                |      |            |               |
| 1'04"8                          | Saña-Soler-Folch-Resino        | JAS  | 01/11/1964 | Sabadell      |
| 1'03"6                          | Saña-Jové-Folch-Resino         | JAS  | 08/11/1964 | Sabadell      |
| 58"6                            | Folch-Soler-Resino-Soler       | JAS  | 20/06/2005 | Barcelona-M   |
| 57"5                            | Folch-Soler-Resino-Soler       | JAS  | 22/08/1965 | Sabadell      |
| 56"7                            | Soler-Ortega-Sanmartí-Resino   | JAS  | 07/04/1968 | Sabadell      |
| 56"6                            | Soler-Moreno-Sanmartí-Gajate   | JAS  | 07/09/1969 | Sabadell      |
| 56"4                            | Sanmartí-Soler-Puigvert-Gajate | JAS  | 13/09/1969 | Barcelona-M   |
| 55"5                            | Pujol-González-Puigvert-Valero | JAS  | 12/10/1972 | Sabadell      |
| 53"5                            | Pujol-Seguí-Playà-Valero       | JAS  | 06/04/1975 | Sabadell      |
| 51"1                            | Seguí-Pujol-Valero-Pujol       | JAS  | 04/05/1975 | Sabadell      |
| 50"7                            | Sans-Blanco-Hernández-Edo      | JAS  | 18/05/1985 | Cornellà      |
| <b>Relleus 4 x 100 elèctric</b> |                                |      |            |               |
| 49"73                           | Prados-Royo-Amiel-Rubio        | JAS  | 22/07/1990 | Barcelona     |
| <b>Relleus 4 x 200 m</b>        |                                |      |            |               |
| 2'06"8                          | Folch-Soler-Saña-Resino        | JAS  | 23/05/1965 | Sabadell      |
| 2'03"5                          | Folch-Soler-Saña-Resino        | JAS  | 06/06/1965 | Vic           |
| 2'01"9                          | Sanmartí-Ortega-Soler-Resino   | JAS  | 24/03/1968 | Girona        |
| 1'57"3                          | Sanmartí-Soler-Giménez-Resino  | JAS  | 16/06/1968 | Manresa       |
| 1'49"3                          | Soler-Caparrós-Bellet-Jordà    | JAS  | 09/05/1999 | Sabadell      |
| 1'45"65                         | Jiménez-Ayuste-Marquino-García | JAS  | 24/01/2015 | Antequera-pc- |
| <b>Relleus 4 x 400 m</b>        |                                |      |            |               |
| 4'38"7                          | Sanmartí-Moreno-Saña-Gajate    | JAS  | 26/10/1969 | Sabadell      |
| 4'21"1                          | Pujol-González-Seguí-Valero    | JAS  | 08/10/1972 | Sabadell      |
| 4'17"3                          | Pujol-Cuervo-López-Valero      | JAS  | 13/05/1973 | Sabadell      |
| 4'12"2                          | Camarasa-Seguí-Pujol-Valero    | JAS  | 06/04/1975 | Sabadell      |
| 4'08"9                          | Camarasa-Seguí-Pujol-Valero    | JAS  | 04/05/1975 | Sabadell      |
| 4'07"2                          | Camarasa-Seguí-Pujol-Valero    | JAS  | 11/06/1975 | Barcelona-U   |
| 3'59"3 R.C.c.                   | Valero-Tortosa-Pujol-Pujol     | JAS  | 16/06/1977 | Barcelona-U   |
| 3'56"5                          | Sans-Valero-Benet-Mira         | JAS  | 18/07/1985 | Barcelona-S   |
| <b>Relleus 4 x 800 m</b>        |                                |      |            |               |
| 9'46"9 R.C.c.                   | Triviño-Cusidó-Giménez-Climent | JAS  | 20/06/1990 | Manresa       |
| <b>Relleus 4 x 1.500 m</b>      |                                |      |            |               |
| 23'42"4 R.C.c.                  | Masnou-García-Ocaña-Tamarit    | JAS  | 01/10/2006 | Sabadell      |
| <b>Marató per relleus</b>       |                                |      |            |               |
| 3h52'05"                        | Claramunt-Prieto- Simó         | JAS  | 12/03/2006 | Palafrugell   |
|                                 | Blanco- Vidal-Sánchez          |      |            |               |
| 3h38'41"                        | Vidal-Simo-Garriga             | JAS  | 20/03/2007 | Palafrugell   |
|                                 | Blanco-Prieto- Sanchez         |      |            |               |
| <b>Relleus 4 x 100 mitx</b>     |                                |      |            |               |
| 52"50                           | Tomás-Teruel-Borras-Oubari     | JAS  | 03/10/2020 | Sabadell      |

- **Abreviatures clubs:**

|     |                                    |
|-----|------------------------------------|
| JAS | (Joventut Atlètica Sabadell)       |
| JAP | (Joventut Atlètica Pensament)      |
| JEP | (Joventut Excursionista Pensament) |
| CNS | (Club Natació Sabadell)            |

- **Instal·lacions esportives de Barcelona:**

|                |                                    |
|----------------|------------------------------------|
| Barcelona-Fi   | (Fabra i Coats)                    |
| Barcelona-S    | (Serrahima)                        |
| Barcelona-M    | (Montjuïc antic)                   |
| Barcelona-J.A. | (Jean Arnaud)                      |
| Barcelona-CD   | (Can Dragó)                        |
| Barcelona-U    | (Universitàries)                   |
| Barcelona-CF   | (Pistes del Futbol Club Barcelona) |
| Barcelona-O    | (Estadi Olímpic)                   |
| Barcelona-MB   | (Mar Bella)                        |

- **Abreviatures rècords:**

|        |                                      |
|--------|--------------------------------------|
| R.I.   | Rècord Iberoamericà absolut          |
| R.I.e. | Rècord Iberoamericà absolut elèctric |
| R.E.   | Rècord Espanya absolut               |
| R.C.   | Rècord Catalunya absolut             |
| R.E.e. | Rècord d'Espanya elèctric            |
| R.E.c. | Rècord d'Espanya per clubs           |
| R.C.c. | Rècord Catalunya per clubs           |

- **Recopilat, registrat, i actualitzat per:**

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A partir de 1978: Ricard Rof Costals