

RÈCORDS DE CA MANRESA EN PISTA A L'AIRE LLIURE

FINS EL 31 D'OCTUBRE DE 2010

ABSOLUT HOMES

| | | | | | |
|------------|------------|---|----|---------------|--------|
| 100m | 10.85 | Jaume Pérez | 77 | Barcelona SR | 260601 |
| 200m | 21.58 | Jaume Pérez | 77 | Barcelona SR | 190502 |
| 400m | 47.85 | Jaume Pérez | 77 | Igualada | 300602 |
| 800m | 1.51.60 | Josep Perramon | 41 | Barcelona MO | 211062 |
| | 1.51.60 | Sancho Ayala | 67 | Lloret de Mar | 180889 |
| 1000m | 2.28.20 | Abel Àvila | 77 | Manresa | 230506 |
| 1500m | 3.44.60 | Ivo Clotet | 67 | Granollers | 220889 |
| 1 milla | 4.24.00 | Abel Àvila | 77 | Barcelona CU | 080706 |
| 2000m | 5.22.00 | Lorenç Bonet | 65 | Granollers | 180288 |
| 3000m | 8.17.80 | Francesc Soler | 64 | Barcelona CU | 080689 |
| 5000m | 14.10.96 | José Ríos | 74 | Vigo | 260610 |
| | 13.53.49 | José Ríos | 74 | Mataró | 060710 |
| 10.000m | 29.04.69 | José Ríos | 74 | Càceres | 300610 |
| 20km/p | 1.07.54.00 | Josep Perramon | 41 | Manresa | 211082 |
| 1 hora/p | 17.759m | Josep Perramon | 41 | Manresa | 211082 |
| 110t | 15.23 | Jordi Pintado | 75 | Mataró | 120795 |
| 400t | 53.05 | Jordi Altés | 82 | Manresa | 190605 |
| 3000obs | 8.42.32 | Albert Casals | 70 | Guetxo | 290691 |
| M. Marató | 1.03.11 | José Ríos | 74 | Granollers | 010209 |
| Marató | 2.10.36 | José Ríos | 74 | Otsu JPN | 010309 |
| 10 km/Mp | 46.14.8 | Bernard José | 63 | Granollers | 260492 |
| 20 km/Mp | 1.39.59 | Enric Villaplana | 14 | Barcelona MO | 070243 |
| 20 km/Mr | 1.36.28 | Bernard José | 63 | Madrid | 120192 |
| 4x100m | 42.69 | C.A. Manresa | | Granollers | 070692 |
| | | A. Pintó, D. Díaz, A. Serra, C. Fernández | | | |
| 4x400m | 3.19.53 | Equip C.A. Manresa | | Granollers | 230601 |
| | | Aleix Comas/82, Joel González/80, Ignasi Àvila/79, Jaume Pérez/77 | | | |
| Alçada | 2,01 | Joan Garrido | 68 | Manresa | 160690 |
| Perxa | 4,80 | Gustau Vilellas | 76 | Barcelona SR | 040799 |
| | 4,80 | Gustau Vilellas | 76 | Girona | 080701 |
| Llargada | 7,06 | Josep A.Torraalba | 47 | Barcelona CU | 210468 |
| Triple | 14,53 | Joan Garrido | 68 | Vic | 200590 |
| Pes | 14,14 | Àngel L. García | 55 | Granollers | 190591 |
| Disc | 42,84 | Francesc Isanta | 56 | Manresa | 250877 |
| Martell | 56,50 | Emili Comas | 52 | Manresa | 191075 |
| Javelina A | 75,04 | Miquel Cànovas | 56 | Marcella FRA | 210879 |
| Javelina N | 62,35 | Jordi Sánchez | 85 | Saragossa | 030704 |
| Decatló | 6591p | Albert Alvarez | 89 | Arona TEN | 030710 |
| | | 11.44 100m, 6,48 SL, 12.36 LP, 1,93 SA, 52.75 400m | | | |
| | | 16.39 110t, 34,55 LD, 4,70 SP, 46,19 LJ, 5.14.72 1500m | | | |

| | | | | | |
|-------------|------------|---|----|----------------|--------|
| 4x200m | 1.35.10 | C.A. Manresa | | Manresa | 210376 |
| | | A. Sánchez, J. Juanola, F. Cònsul, L. Ballús | | | |
| 4x800m | 8.02.4 | C.A. Manresa | | Manresa | 210567 |
| | | J. Olivé, J. Comas, J. Carreras, J. Perramon | | | |
| 4x1500m | 16.36.5 | C.A. Manresa | | Manresa | 230590 |
| | | S. Ayala, J. Anglarill, R. Colom, R. Buscart | | | |
| 80m* | 9.04 | Jaume Picassó | 43 | Manresa | 121065 |
| 150m* | 16.64 | Jaume Pérez | 77 | Manresa | 260794 |
| 300m | 35.32 | Albert Babí | 92 | Lorca | 211007 |
| 600m* | 1.21.14 | Joel González | 80 | Gavà | 040602 |
| 10 k/ruta | 28.42 | José Ríos | 74 | Barcelona | 311209 |
| 50 k/pista | 5.01.06.00 | Josep Calduch | 47 | Terrassa | 261002 |
| 100k/ruta | 8.48.24 | Joan Masachs | 52 | Igualada | 160989 |
| 200†* | 26.24 | Josep M. Selga | 49 | Barcelona | 220968 |
| 2000obs | 5.41.82 | Llorenç Bonet | 65 | Barcelona SR | 180887 |
| R/suecs | 2.05.90 | C.A. Manresa | | Manresa | 231197 |
| | | A. Pintó, R. Torras, G. Vilellas, J. Puig | | | |
| R/americana | 2.02.70 | C.A. Manresa | | Sabadell | 070975 |
| | | A. Sánchez, L. Ballús, JM Tagarona, G. Martínez | | | |
| R/olímpics | 3.31.00 | C.A. Manresa | | Barcelona MO | 210463 |
| | | J. Salvans, J. Perramon, J. Lladó, J. Busquest | | | |
| 30 km/M | 2.34.51.80 | Enric Villaplana | 14 | Barcelona | 070243 |
| 50 km/Mr | 4.30.16 | Enric Villaplana | 14 | Baix Llobregat | 070348 |
| Pentatló | 2625p | Josep Clotet | | Barcelona | 020859 |

SUB 23 (PROMESA) HOMES

| | | | | | |
|--------------|----------|---|----|---------------|--------|
| 100m | 10.87 | Jaume Pérez | 77 | Barcelona SR | 020696 |
| 200m | 21.85 | Jaume Pérez | 77 | Barcelona SR | 280796 |
| 400m | 49.42 | Albert Babí | 92 | Avilés | 200609 |
| 800m | 1.51.60 | Josep Perramon | 41 | Barcelona MO | 211062 |
| | 1.51.60 | Sancho Ayala | 67 | Lloret de Mar | 180889 |
| 1500m | 3.44.60 | Ivo Clotet | 67 | Granollers | 220889 |
| 3000m | 8.18.40 | Albert Casals | 70 | Granollers | 220889 |
| 5000m | 14.15.80 | Albert Casals | 70 | Barcelona SR | 210691 |
| 10.000m | 30.19.90 | Josep M. Rosselló | 69 | Manresa | 180791 |
| Mitja Marató | 1.09.04 | David Martínez | 85 | Mataró | 020208 |
| Marató | 2.45.00 | Esteve Guix | 61 | Barcelona | 150381 |
| 4x100m | 43.14 | CA Manresa | | Vic | 200590 |
| | | R. Roig, F.X. Crespo, A. Serra, D. Paz | | | |
| 4x400m | 3.24.82 | Equip Juvenil | | Barcelona CD | 010709 |
| | | Marc Valero-Gerard Llimós-Jordi Trapé-Albert Babí | | | |
| 110† | 15.23 | Jordi Pintado | 75 | Mataró | 120795 |
| 400† | 53.34 | Jordi Altés | 82 | Sabadell | 050604 |
| 3000obs | 8.42.32 | Albert Casals | 70 | Guetxo | 290691 |
| Alçada | 2,01 | Joan Garrido | 68 | Manresa | 160690 |

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|----------------|--------------|-----------------------|-----------|---------------------|---------------|
| Perxa | 4,70 | Albert Alvarez | 89 | Arona TEN | 030710 |
| Llargada | 7,06 | Josep A. Torralba | 47 | Barcelona | 210468 |
| Triple | 14,53 | Joan Garrido | 68 | Vic | 060590 |
| Pes | 12,86 | Albert Alvarez | 89 | Barcelona SR | 080510 |
| Disc | 42,84 | Francesc Isanta | 56 | Manresa | 250877 |
| Martell | 46,04 | Josep M. Grau | 57 | Manresa | 270475 |
| Javelina | 62,35 | Jordi Sánchez | 85 | Saragossa | 030704 |
| Decatló | 6591p | Albert Alvarez | 89 | Arona TEN | 030710 |
| 10 km/Mp | 50.32.40 | Guillem Pérez | 83 | Barcelona CD | 230405 |
| 10 kmM/r | 50.36 | Guillem Pérez | 83 | Barcelona CD | 060305 |
| 20 kmM/r | 1.45.47 | Guillem Pérez | 83 | El Prat | 270205 |

JÚNIOR (19 ANYS O MENYS) HOMES

| | | | | | |
|-----------------------|---|---|-----------|-----------------|---------------|
| 100m | 10.87 | Jaume Pérez | 77 | Barcelona SR | 020696 |
| 200m | 21.85 | Jaume Pérez | 77 | Barcelona SR | 280796 |
| 400m | 49.42 | Albert Babí | 92 | Motril | 200609 |
| 800m | 1.52.15 | Jordi Anglarill | 71 | Alcobendas | 090690 |
| 1500m | 3.50.7 | Sancho Ayala | 67 | Manresa | 100786 |
| 3000m | 8.18.4 | Albert Casals | 70 | Granollers | 080689 |
| 5000m | 14.41.66 | Albert Casals | 70 | Barcelona | 010489 |
| 10.000m | 31.05.94 | David Martínez | 86 | Mataró | 190305 |
| M. Marató | 1.19.57 | Ignasi Vilajosana | 81 | Gavà | 130200 |
| 110t | 15.54 | Albert Alvarez | 89 | Vitòria | 220608 |
| 400t | 54.26 | Toni Fernández | 67 | Madrid | 290686 |
| 3000obs | 8.55.42 | Albert Casals | 70 | Barcelona SR | 120789 |
| 10 km/M | 50.57.40 | Francesc Garriga | 62 | Granollers | 260481 |
| 4x100m* | 43.34 | CA Manresa | | Manresa | 280595 |
| | | A. Estruch, M. Romero, F. Esquius, J. Pérez | | | |
| 4x400m | 3.24.82 | Equip Juvenil | | Barcelona CD | 010709 |
| | | Marc Valero-Gerard Llimós-Jordi Trapé-Albert Babí | | | |
| Alçada | 1,99 | Joan Garrido | 68 | Barcelona | 060787 |
| Perxa | 4,50 | Albert Alvarez | 89 | Barcelona SR | 270506 |
| | 4,50 | Albert Álvarez | 89 | Monsó | 030607 |
| Llargada | 6,94 | Francesc Azorín | 63 | Granollers | 110781 |
| Triple | 14,29 | Francesc Azorín | 63 | Granollers | 120781 |
| Pes (7,26 k) | 12,22 | Màxim Sanz | 72 | Alcobendas | 160690 |
| Pes (6 k) | 12,86 | Albert Alvarez | 89 | Barcelona SR | 040508 |
| Disc (2 k) | 37,82 | Ramon Estapiña | 47 | Sabadell | 300566 |
| Disc (1,75 k) | 35,72 | Vicenç Torras | 92 | Castelló | 040710 |
| Martell (7,26k) | 46,04 | Josep M. Grau | 57 | Manresa | 270475 |
| Martell (6 kg) | 35,22 | Ferran González | 92 | Mataró | 091010 |
| Javelina | 62,35 | Jordi Sánchez | 85 | Saragossa | 030704 |
| Decatló/ab. | 6108p | Joan Garrido | 68 | Cartagena | 210687 |
| Decatló/jr | 6453p | Albert Alvarez | 89 | Vitòria | 220608 |
| | 11.52, 6,66, 12,27, 1,93, 52.58/ 15.54, 34,80, 3,70, 41,90, 5.00.16 | | | | |

JUVENIL (17 ANYS O MENYS) HOMES

| | | | | | |
|-------------|--------------|--|-----------|----------------------|---------------|
| 100m* | 11.04 | Maurici Rius | 67 | Barcelona | 040784 |
| | 11.04 | Jaume Pérez | 77 | Barcelona SR | 160794 |
| 200m* | 22.04 | Juame Pérez | 77 | Barcelona SR | 100794 |
| 400m | 49.42 | Albert Babí | 92 | Motril | 200609 |
| 800m | 1.55.26 | Abdelkabir Zaroual | 90 | Mataró | 120607 |
| 15000m | 4.00.71 | David Martínez | 86 | Mataró | 220703 |
| 3000m | 8.39.65 | David Martínez | 86 | Sherbooke CAN | 130603 |
| 5000m | 15.22.97 | David Martínez | 86 | Vic | 080602 |
| 110t | 15.30 | Albert Álvarez | 89 | Barcelona SR | 140506 |
| 400t | 54.83 | Marc Valero | 93 | Lloret de Mar | 190610 |
| | 54.19 | Marc Valero | 93 | Lloret de Mar | 190610 |
| 2000obs | 6.04.00 | Albert Casals | 70 | Manresa | 000087 |
| 5km/Mp | 23.39.60 | Francesc Garriga | 62 | Xixón | 280879 |
| 10km/Mp | 51.39.98 | Guillem Pérez | 83 | Múrcia | 150700 |
| 4x100m | 44.53 | Equip Juvenil | | El Prat | 140609 |
| | | Albert Martínez-Pau Soliva-Vicenç Torras-Albert Babí | | | |
| 4x400m | 3.24.82 | Equip Juvenil | | Barcelona CD | 010709 |
| | | Marc Valero-Gerard Llimós-Jordi Trapé-Albert Babí | | | |
| Alçada | 1,97 | Joan Garrido | 68 | Barcelona | 130985 |
| Perxa | 4,50 | Albert Alvarez | 89 | Barcelona SR | 270506 |
| Llargada | 6,90 | Francesc Azorín | 63 | Manresa | 000080 |
| Triple | 14,21 | Francesc Azorín | 63 | Manresa | 210980 |
| Pes | 13,65 | Albert Babí | 92 | Sasso Marconi ITA | 120708 |
| Disc | 40,34 | Jordi Jubert | 77 | L'Hospitalet | 120694 |
| Martell | 44,62 | Jordi Torres | 74 | Manresa | 000091 |
| Javelina | 55,52 | Jordi Sánchez | 85 | Miranda d'Ebro | 060702 |
| Octatló | 5279 | Albert Alvarez | 89 | Barcelona SR | 140506 |

11.52 100m, 6,15 SL, 13,23 LP, 1,93 SA / 15.30 110t, 34,85 LD, 4,00 SP, 43,88 LJ

CADET (15 ANYS O MENYS) HOMES

| | | | | | | |
|-----------|------|---------|--|----|--------------|--------|
| 100m | +0,4 | 11.41 | Albert Babí | 92 | Lorca | 201007 |
| 300m | | 35.32 | Albert Babí | 92 | Lorca | 211007 |
| 600m | | 1.24.50 | Albert Babí | 92 | L'Hospitalet | 161207 |
| 1000m | | 2.43.62 | Sergi Ferret | 89 | Manresa | 130604 |
| 3000m | | 9.10.0 | Albert Casals | 70 | Manresa | 010685 |
| 100t | | 14.54 | Albert Alvarez | 89 | Huelva | 040704 |
| 300t | | 41.00 | Marc Valero | 93 | Lugo | 191008 |
| 1500 obs. | | 4.50.31 | Gerard Llimós | 92 | El Prat | 270507 |
| 4x100m | | 45.26 | Equip cadet | | Lorca | 211007 |
| | | | Pau Soliva-Marc Valero-Vicenç Torras-Albert Babí | | | |
| 4x300m | | 2.41.0 | CA Manresa | | Granollers | 120408 |
| | | | Andreu Reig-Nil Saladich-Alejandro López-Marc Valero | | | |
| | | 2.40.25 | CA Manresa | | St. Sebastià | 041008 |
| | | | Marcel Ignacio-Marc Valero-Ricard Clemente-Alejandro López | | | |

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|---|----------|-----------------|----|--------------|--------|
| Alçada | 1,82 | Albert Alvarez | 89 | Huelva | 040704 |
| Perxa | 4,01 | Albert Alvarez | 89 | Manresa | 130604 |
| Llargada | 6,39 | Francesc Azorín | 63 | Manresa | 100678 |
| Triple | 12,59 | Vicenç Torras | 92 | El Prat | 050607 |
| Pes (3 k) | 13,63 | Vicenç Torras | 92 | Lorca | 201007 |
| Disc | 47,02 | Víctor Pulido | 93 | St. Sebastià | 041008 |
| Martell | 32,35 | Albert Sanjuan | 92 | Calella | 131007 |
| Javelina | 44,64 | Joan M. García | 66 | Barcelona SR | 300581 |
| 5 km/Mp | 27.37.49 | Guillem Pérez | 83 | Granollers | 300598 |
| Heptatló | 4448p | Albert Alvarez | 89 | Huelva | 040704 |
| 100m 11.92, SL 5,94, LP 12,02, SA 1,82, 100t 14.54, SP 3,90, LJ 41,14 | | | | | |

INFANTIL (13 ANYS O MENYS) HOMES

| | | | | | |
|---|-----------|------------------|----|--------------|--------|
| 80m | 10.0 | Vicenç Torras | 92 | Barcelona SR | 151005 |
| 150m | 17.6 | Albert Babí | 92 | Barcelona SR | 091005 |
| 1000m | 2.59.0 | R. García | 83 | Manresa | 191096 |
| 3000m | 10.29.2.. | Guillem Ibáñez | 96 | Mataró | 300509 |
| 3 km/M | 16.24.0 | Josep M. Galdón | 74 | Manresa | 190587 |
| 80t | 12.83 | Marc Maldonado | 94 | Terrassa | 300607 |
| 220t | 30.0 | Albert Babí | 92 | Barcelona SR | 011005 |
| 1000obs | 3.09.31 | Guillem Ibáñez | 96 | El Prat | 230509 |
| 4x80m | 40.0 | Equip CAM | | Igualada | 300405 |
| C. Centellas-A. Capdevila-V. Torras-A. Babí | | | | | |
| 4x200 metres | 1.48.30 | Equip CAM | | Amposta | 180409 |
| Norman López-Guillem Ibáñez-Francesc Corral-Carlos Gauman | | | | | |
| 4x300m | 3.08.4 | Equip CAM | | Igualada | 250502 |
| E. Villar, A. Redorta, X. Rodríguez, J. Hernández | | | | | |
| 3x1000m | 10.28.5 | CA Manresa | | L'Hospitalet | 170404 |
| A. Babí-V. Torras-A.Gómez | | | | | |
| Alçada | 1,65 | Arnau Torras | 72 | Manresa | 180585 |
| Perxa | 2,70 | Albert Babí | 92 | Manresa | 220105 |
| Llargada | 5,24 | Víctor Sabariego | 96 | Terrassa | 130609 |
| Triple | 10,90 | Vicenç Torras | 92 | Barcelona SR | 151005 |
| Pes | 12,97 | Albert Babí | 92 | Barcelona SR | 151005 |
| Disc | 36,59 | Albert Babí | 92 | Manresa | 180605 |
| Martell | 33,05 | Albert Babí | 92 | Barcelona SR | 091005 |
| Javelina | 30,72 | Albert Alvarez | 89 | Barcelona SR | 191002 |
| Pentató | 2283p | Víctor Sabariego | 96 | Cambrils | 060609 |

ALEVÍ (12 ANYS O MENYS) HOMES

| | | | | | |
|--------|--------|---------------|----|--------------|--------|
| 60m | 8.2 | Albert Babí | 92 | Manresa | 260403 |
| 600m | 1.46.9 | Pol Vila | 99 | Calella | 100509 |
| 2000m | 7.22.8 | A. Redorta | 89 | Manresa | 010400 |
| 60t | 9.68 | Pol Vila | 99 | Terrassa | 130609 |
| Alçada | 1,40 | Antoni Falcó | 84 | Manresa | 300895 |
| Perxa | 2,21 | Gerard Laymon | 96 | Barcelona SR | 150907 |

| | | | | | |
|----------|---------|---|----|--------------|--------|
| Llargada | 5,01 | Víctor Sabariego | 96 | Terrassa | 300607 |
| Pes | 10,78 | Albert Babí | 92 | Barcelona SR | 181003 |
| Disc | 26,78 | Ll. Valero | 94 | Barcelona SR | 151005 |
| Pilota | 31,29 | Víctor Sabariego | 96 | Barcelona SR | 071007 |
| Tretatló | 1326 | Víctor Sabariego | 96 | Cabrils | 210407 |
| 2 km/M | 10.38.0 | Joan Camarasa | 78 | Manresa | 190389 |
| 4x60m | 36.88 | Equip CA Manresa | | Amposta | 180409 |
| | | Cristian Sabariego-Marc Palà-Pol Vila-Angel Hontecillas | | | |
| 3x600m | 5.58.97 | Equip CA Manresa | | Amposta | 180409 |
| | | Roger Pich-Jan Bonet-Pol Vila | | | |

BENJAMÍ (10 ANYS O MENYS) HOMES

| | | | | | |
|----------|--------|---|----|--------------|--------|
| 60m | 9.53 | Gerard Mesas | 00 | El Prat | 230509 |
| 600m | 2.07.1 | P. Oliva | 91 | Manresa | 250300 |
| 1000m | 3.50.9 | A. Gibert | 99 | L'Hospitalet | 140608 |
| 2000m | | a estanlir | | | |
| 1 km/M | 7.24.4 | R. Guiral | 96 | Manresa | 151204 |
| Alçada | 1,03 | A. Martínez | 92 | Manresa | 270501 |
| Llargada | 3,47 | C. Sabariego | 99 | l'Hospitalet | 140608 |
| Pes | 4,92 | Nil Saladich | 93 | Manresa | 060502 |
| Pilota | 21,28 | Quim Escribano | 00 | Manresa | 250409 |
| 4x60m | 40.64 | Equip CAM | | Amposta | 180409 |
| | | Eduard Riera-Quim Escribano-Pol Jorba-Arnau de Arriba | | | |
| Tetratló | 172p | Quim Escribano | 00 | Manresa | 210309 |
| | | 11.2-2,57-19,19 | | | |

MILLORS MARQUES DEFICIENTS VISUALS HOMES

| | | | | | | |
|-----------|-----|----------|--------------|----|--------------|--------|
| 100m | T12 | 11.86 | Ignasi Àvila | 79 | Salamanca | 010602 |
| 200m | T12 | 23.58 | Ignasi Àvila | 79 | Barcelona SR | 200601 |
| 400m | T12 | 51.04 | Ignasi Àvila | 79 | Barcelona CD | 220501 |
| 800m | T12 | 1.53.12 | Abel Àvila | 77 | Atenes | 270904 |
| 1000m | T12 | 2.28.20 | Abel Àvila | 77 | Manresa | 230506 |
| 1500m | T12 | 3.49.71 | Abel Àvila | 77 | Barcelona MO | 100606 |
| 3000m | T12 | 8.34.53 | Abel Àvila | 77 | Barcelona SR | 030704 |
| 5000m | T12 | 14.51.20 | Ignasi Àvila | 79 | Barcelona CD | 210310 |
| 10.000m | T12 | 30.37.88 | Abel Àvila | 77 | Manresa | 130310 |
| 10 km /R | T12 | 31.04 | Abel Àvila | 77 | Girona | 040404 |
| M. Marató | T12 | 1.08.43 | Abel Àvila | 77 | Granollers | 010204 |
| Marató | T12 | 2.57.41 | Abel Àvila | 77 | Amsterdam | 171010 |
| Llargada | T12 | 5,58 | Ignasi Àvila | 77 | Manresa | 171001 |
| Alçada | T12 | 1,58 | Ignasi Àvila | 79 | Manresa | 281001 |

VETERÀ (35 ANYS O MÉS) HOMES

100 metres

| | | | | | | |
|------|------|-------|--------------|----|----------|--------|
| M35 | +0,5 | 12.01 | Xavier Bosch | 72 | Oscà | 190610 |
| M40 | +1,8 | 12.04 | Amadeu Pintó | 65 | Vitòria | 070707 |
| M45* | | 12.94 | Josep Mas | 48 | Sant Boi | 190596 |

| | | | | | |
|--------------------|------------|---------------------|----|--------------------|--------|
| | 12.94 | Josep Mas | 48 | Gavà | 060596 |
| M50 | 13.62 | Josep Mas | 48 | Sant Celoni | 170600 |
| M55* | 13.64 | Joan Busquets | 34 | Sant Boi | 220490 |
| M60* | 14.74 | Josep M. Paz | 42 | El Prat | 280407 |
| M65 | 17.34 | Joan Busquets | 34 | Andorra | 190501 |
| M70 | 18.20 | Joan Busquets | 34 | El Prat | 280407 |
| 200 metres | | | | | |
| M35 | +1,2 23.26 | David Puy | 69 | Barcelona SR | 110608 |
| M40 | 0,0 23.88 | David Puy | 69 | Pereiro de Ag. OUR | 200609 |
| M45* | 27.64 | Josep Mas | 48 | Manresa | 130294 |
| M50 | 28.04 | Joan Busquets | 34 | Manresa | 200786 |
| M55 | 29.34 | Joan Busquets | 34 | Manresa | 080990 |
| M60 | 33.04 | Joan Busquets | 34 | Manresa | 180498 |
| 400 metres | | | | | |
| M35 | 50.96 | David Puy | 69 | Lloret de Mar | 150608 |
| M40 | 50.59 | Amadeu Pintó | 65 | Pozman POL | 260706 |
| M45 | 1.03.34 | Francesc Ferrer | 48 | Barcelona SR | 300494 |
| M50 | 1.03.59 | Miquel Pérez | 55 | Barcelona CD | 090607 |
| M55 | 1.08.45 | Josep Comas | 49 | Lleida | 070609 |
| M65 | 1.09.93 | Josep Perramon | 41 | Barcelona CD | 280609 |
| 800 metres | | | | | |
| M35 | 2.00.40 | Josep Perramon | 41 | Manresa | 270579 |
| M40 | 1.59.80 | Josep Perramon | 41 | València | 081083 |
| M45 | 2.04.00 | Josep Perramon | 41 | Manresa | 121086 |
| M55 | 2.20.00 | Josep Perramon | 41 | Manresa | 200698 |
| M60 | 2.25.40 | Josep Perramon | 41 | Granollers | 090602 |
| M65 | 2.32.64 | Josep Perramon | 41 | Barcelona CD | 090607 |
| 1000 metres | | | | | |
| M40 | 2.38.70 | Ramon Camps | 65 | Igualada | 170707 |
| M55 | 2.53.40 | Josep Perramon | 41 | Manresa | 230598 |
| 1500 metres | | | | | |
| M35 | 4.07.50 | Josep Perramon | 41 | Manresa | 060780 |
| M40 | 4.06.80 | Josep Perramon | 41 | Manresa | 070783 |
| M45 | 4.10.60 | Josep Perramon | 41 | Manresa | 150686 |
| M50 | 4.33.84 | Josep Perramon | 41 | Lloret de Mar | 250694 |
| M55 | 4.35.18 | Josep Perramon | 41 | Manresa | 060697 |
| M60 | 4.59.70 | Josep Perramon | 41 | Sant Boi | 300602 |
| M65 | 5.13.12 | Josep Perramon | 41 | Barcelona SR | 010707 |
| 3000 metres | | | | | |
| M35 | 8.25.87 | José Ríos | 74 | Mataró | 230510 |
| M40 | 8.53.70 | Josep Perramon | 41 | Manresa | 240483 |
| M45 | 10.30.82 | Josep Martínez | 56 | Barcelona CD | 050103 |
| M60 | 13.26.20 | Artur Bargay | 14 | Manresa | 190380 |
| M70 | 12.37.41 | Francesc Vilajosana | 37 | Vitòria | 120708 |

5000 metres

| | | | | | |
|-----|----------|-------------------|----|----------|--------|
| M35 | 13.53.49 | José Ríos | 74 | Mataró | 060710 |
| M40 | 15.11.40 | Albert Vilardaga | 52 | Manresa | 090593 |
| M45 | 15.47.40 | Josep Perramon | 41 | Manresa | 200486 |
| M50 | 16.28.90 | Josep Perramon | 41 | Manresa | 200394 |
| M55 | 16.58.60 | Josep Perramon | 41 | Manresa | 250597 |
| M60 | 19.12.60 | Josep Perramon | 41 | Manresa | 040404 |
| M65 | 20.47.10 | Josep Perramon | 41 | Sabadell | 250410 |
| M70 | 21.04.84 | Francesc Vijosana | 37 | Gandia | 150608 |

10.000 metres

| | | | | | |
|-----|----------|---------------------|----|-----------|--------|
| M35 | 29.04.69 | José Ríos | 74 | Càceres | 300607 |
| M40 | 31.36.80 | Josep Perramon | 41 | Barcelona | 120481 |
| M45 | 32.35.00 | Josep Perramon | 41 | Manresa | 281286 |
| M50 | 33.20.50 | Josep Perramon | 41 | Manresa | 260591 |
| M55 | 34.15.00 | Josep Perramon | 41 | Manresa | 130497 |
| M60 | 39.18.82 | Josep Comas | 49 | Manresa | 130310 |
| M65 | 43.23.26 | Josep Perramon | 41 | Manresa | 130310 |
| M70 | 44.06.29 | Francesc Vilajosana | 37 | Gandia | 270608 |

10 Kms Ruta

| | | | | | |
|-----|-------|---------------------|----|----------------|--------|
| M35 | 29.24 | José Ríos | 74 | Manchester GBR | 160510 |
| M40 | 32.38 | Ramon Camps | 65 | Barcelona | 311207 |
| M45 | 33.29 | Ramon Camps | 65 | Sant Antoni | 240110 |
| M50 | 35.14 | Alfons Esquius | 60 | Manresa | 241010 |
| M55 | 36.27 | Josep Perramon | 41 | Martorell | 070597 |
| M60 | 41.13 | Josep Perramon | 41 | Manresa | 200604 |
| M65 | 43.59 | Josep Perramon | 41 | Manresa | 251009 |
| M70 | 47.26 | Francesc Vilajosana | 37 | Manresa | 251009 |

M. Marató

| | | | | | |
|-----|---------|---------------------|----|------------|--------|
| M35 | 1.05.56 | José Ríos | 74 | Montornès | 280310 |
| | 1.04.46 | José Ríos | 74 | P. Sagunto | 180910 |
| M40 | 1.07.21 | Albert Vilardaga | 52 | Badalona | 250493 |
| M45 | 1.10.28 | Josep Perramon | 41 | Montlleó | 010391 |
| M55 | 1.15.06 | Josep Perramon | 41 | Granollers | 190197 |
| M60 | 1.25.38 | Josep Perramon | 41 | Granollers | 100202 |
| M70 | 1.35.38 | Francesc Vilajosana | 37 | Terrassa | 180109 |

Marató

| | | | | | |
|-----|---------|-----------------|----|-----------|--------|
| M35 | 2.25.00 | Sergi Rodríguez | 74 | Sevilla | 010309 |
| M40 | 2.27.54 | Josep Perramon | 41 | Barcelona | 130383 |
| M45 | 2.29.25 | Josep Perramon | 41 | Barcelona | 150387 |
| M50 | 2.43.14 | Josep Perramon | 41 | Barcelona | 170391 |
| M55 | 2.52.52 | Josep Perramon | 41 | Barcelona | 150398 |
| M60 | 3.26.30 | Josep Perramon | 41 | Barcelona | 240302 |

110 tanques

| | | | | | |
|------|-------|---------------|----|-----------|--------|
| M35* | 16.84 | Joan Busquets | 34 | Lleida SC | 060573 |
| M40* | 16.64 | Josep M. Paz | 42 | Manresa | 240587 |

| | | | | | |
|--------------------------|------------|--|----|--------------------|--------|
| M45 | 16.0 | Josep M. Paz | 42 | Andorra | 010691 |
| 100 tanques | | | | | |
| M50* | 16.24 | Joan Busquets | 34 | Barcelona MO | 300989 |
| M55 | 16.40 | Joan Busquets | 34 | Budapets HUN | 010790 |
| 400 tanques | | | | | |
| M35* | 1.04.84 | Joan Busquets | 34 | Manresa | 080473 |
| M40* | 1.04.64 | Joan Busquets | 34 | Manresa | 060778 |
| M45 | 1.07.31 | Joan Busquets | 34 | Hèlsinki FIN | 080880 |
| 2000 obstacles | | | | | |
| M55 | 8.25.03 | Josep Comas | 49 | Vitòria | 050709 |
| 3000 obstacles | | | | | |
| M35 | 9.47.8 | Josep Perramon | 41 | Manresa | 200480 |
| M40 | 9.43.1 | Josep Perramon | 41 | Manresa | 060783 |
| 4x100 metres | | | | | |
| M35 | 52.9 | Equip veterà | | Barcelona CD | 060610 |
| | | Xavi Bosch-Josep Sans-Jordi Pierola-Dario Beksic | | | |
| M40* | 54.14 | Equip veterà | | Manresa | 150392 |
| | | J. Mas/48, F. Ferrer/48, J. Busquets/34, J. Olivé/48 | | | |
| 4x400 metres | | | | | |
| M35 | 4.05.21 | Equip veterà | | Vitòria | 120708 |
| | | Ramon Buscard-Josep M. Gil-David Puy-Jordi Salvador | | | |
| M40 | 3.45.61 | Equip veterà | | Pereiro de Ag. OUR | 200609 |
| | | Ramon Camps-Albert Quirós-David Puy-Jordi Salvador | | | |
| 5 kms marxa | | | | | |
| M35 | 24.56.90 | Jordi Guiral | 66 | l'Hospitalet | 080406 |
| M40 | 25.21.60 | Jordi Guiral | 66 | El Prat | 150207 |
| M50 | 30.58.80 | Manel Molera | 56 | Barcelona CD | 290510 |
| | 30.43.85 | Manel Molera | 56 | Barcelona CD | 060610 |
| 5 kms marxa ruta | | | | | |
| M35 | 25.28 | Jordi Guiral | 66 | Rubí | 050206 |
| 10 kms marxa | | | | | |
| M35 | 51.12.0 | Jordi Guiral | 66 | Sant Celoni | 260206 |
| M50 | 1.04.05.60 | Manel Molera | 56 | Barcelona CD | 210309 |
| 10 kms marxa ruta | | | | | |
| M35 | 53.14 | Jordi Guiral | 66 | Lleó | 190206 |
| M40 | 52.49 | Jordi Guiral | 66 | Barcelona | 280107 |
| M50 | 1.04.41 | Manel Molera | 56 | Badalona | 290309 |
| 20 kms marxa ruta | | | | | |
| M40 | 1.49.39 | Jordi Guiral | 66 | Mataró | 040207 |
| Alçada | | | | | |
| M35 | 1,60 | Joan Busquets | 34 | Manresa | 241071 |
| M40 | 1,75 | Angel L. García | 55 | Manresa | 300495 |
| M45 | 1,69 | Josep M. Paz | 42 | Manresa | 110390 |
| M50 | 1,60 | Josep M. Paz | 42 | Manresa | 250597 |
| M55 | 1,63 | Josep M. Paz | 42 | Granollers | 160400 |

| | | | | | |
|-----------------|-------|-----------------|----|---------------|--------|
| M60 | 1,50 | Josep M. Paz | 42 | Cornellà | 070603 |
| M65 | 1,33 | Joan Busquets | 34 | Granollers | 160400 |
| M70 | 1,18 | Joan Busquets | 34 | Torremolinos | 060805 |
| | 1,18 | Joan Busquets | 34 | Sant Sebastià | 250805 |
| Perxa | | | | | |
| M35 | 4,00 | Jordi Lladó | 68 | Barcelona SR | 200604 |
| M40 | 3,80 | Jordi Lladó | 68 | Barcelona CD | 230509 |
| M50 | 2,52 | Josep M. Paz | 42 | Manresa | 010595 |
| Llargada | | | | | |
| M35 | 6,22 | Manolo Martín | 24 | Sabadell | 280365 |
| M40 | 6,06 | Manolo Martín | 24 | Manresa | 070769 |
| M45 | 5,49 | Josep M. Paz | 43 | Manresa | 271091 |
| M50 | 5,25 | Joan Busquets | 34 | Manresa | 200786 |
| M55 | 4,79 | Joan Busquets | 34 | Manresa | 030291 |
| M60 | 3,53 | Joan Busquets | 34 | Manresa | 110496 |
| M65 | 4,14 | Josep M. Paz | 42 | Sabadell | 140609 |
| Triple | | | | | |
| M35 | 13,13 | Manolo Martín | 24 | Manresa | 010566 |
| M40 | 12,72 | Manolo Martín | 24 | Granollers | 070769 |
| M45 | 11,32 | Manolo Martín | 24 | Manresa | 231072 |
| M50 | 8,29 | Joan Busquets | 34 | Manresa | 280485 |
| M60 | 7,50 | Joan Busquets | 34 | Manresa | 010697 |
| Pes | | | | | |
| M35 7,26k | 14,14 | Àngel L. García | 55 | Granollers | 190591 |
| M40 7,26k | 14,01 | Àngel L. García | 55 | Manresa | 060497 |
| M45 7,26k | 13,07 | Àngel L. García | 55 | Sabadell | 070500 |
| M50 6k | 12,28 | Àngel L. García | 55 | Manresa | 170705 |
| M55 6k | 12,39 | Àngel L. García | 55 | Vic | 241009 |
| M60 5k | 9,97 | Joan Busquets | 34 | Granollers | 090602 |
| M65 5k | 9,50 | Josep M. Paz | 42 | Lloret de Mar | 150608 |
| M70 4k | 9,94 | Raül Sánchez | 32 | Andorra | 160509 |
| Disc | | | | | |
| M35 2k | 39,16 | Josep Oliveras | 31 | Manresa | 160367 |
| M40 2k | 37,14 | Àngel L. García | 55 | Manresa | 180497 |
| M45 2k | 34,29 | Àngel L. García | 55 | Barcelona SR | 200500 |
| M50 1,5k | 31,37 | Àngel L. García | 55 | Manresa | 170705 |
| M55 1,5k | 27,07 | Jaume Soldevila | 41 | Manresa | 040798 |
| M60 1k | 33,25 | Josep M. Paz | 42 | Barberà | 260507 |
| M65 1k | 30,18 | Josep M. Paz | 42 | Barberà | 150608 |
| M70 1k | 32,27 | Raül Sánchez | 32 | Barcelona SR | 010707 |
| Martell | | | | | |
| M35 7,26k | 44,50 | Josep Oliveras | 31 | Manresa | 160367 |
| M40 7,26k | 45,42 | Pere Pelfort | 42 | Sant Celoni | 300783 |
| M45 7,26k | 26,36 | Joan Busquets | 34 | Manresa | 160582 |
| M50 6k | 32,36 | Joan Busquets | 34 | Manresa | 000086 |

| | | | | | |
|--------|-------|---------------|----|--------------|--------|
| M55 6k | 28,32 | Joan Busquets | 34 | Manresa | 150392 |
| M60 5k | 27,74 | Joan Busquets | 34 | Manresa | 250597 |
| M65 5k | 30,07 | Joan Busquets | 34 | Mataró | 300501 |
| M70 4k | 25,56 | Joan Busquets | 34 | Torremolinos | 070805 |

Javelina

| | | | | | |
|------------------|--------------|---------------------|-----------|----------------|---------------|
| M35 800gr | 46,03 | Carles Peig | 61 | | 00 |
| M40 800gr | 45,36 | Carles Peig | 61 | Lleida | 210402 |
| M45 800gr | 42,50 | Angel L. García | 55 | Tarragona | 210603 |
| M50 800gr | 37,36 | Josep M. Paz | 43 | Manresa | 300494 |
| M55 800gr | 27,82 | Joan Salvans | 41 | Manresa | 231197 |
| M60 600gr | 37,92 | Josep M. Paz | 42 | l'Hospitalet | 300406 |
| M65 600gr | 36,67 | Josep M. Paz | 42 | Vitòria | 050709 |

Decatló

| | | | | | |
|-----|-------|--------------|----|---------|--------|
| M40 | 3690p | Josep M. Paz | 42 | Manresa | 021085 |
|-----|-------|--------------|----|---------|--------|

Pentatló

| | | | | | |
|-----|--|----------------|----|---------|--------|
| M40 | 2702p | Josep M. Paz | 42 | Lloret | 250586 |
| | SL 5,73, LJ 28,32, 200m 25.7, LD 27,80, 1500m 5.32.8 | | | | |
| M45 | 2010p | Josep Perramon | 41 | Manresa | 030989 |
| | SL 3,90, LJ 15,78, 200m 27.7, LD 13,18, 1500m 4.20.8 | | | | |
| M50 | 2073p | Joan Busquets | 34 | Manresa | 030989 |
| | SL 4,53, LJ 23,58, 200m 29.3, LD 21,52, 1500m 6.43.0 | | | | |
| M55 | 2340p | Joan Busquets | 34 | Manresa | 080990 |
| | SL 4,62, LJ 18,62, 200m 29.1, LD 21,08, 1500m 6.34.6 | | | | |

Pentatló de llançaments

| | | | | | |
|-----|---------------------------------|--------------|----|------------|--------|
| M60 | 2506p | Josep M. Paz | 42 | Palafugell | 281007 |
| | 32,90, 9,08, 9,69, 34,31, 17,76 | | | | |

R/suecs

| | | | | | |
|-----|--|------------|--|--------------|--------|
| M40 | 2.21.2 | CA Manresa | | Barcelona MO | 300989 |
| | J. Perramon, J.M. Corroero, F. Ferrer, J. Busquets | | | | |
| M55 | 3.13.4 | CA Manresa | | Manresa | 231197 |
| | J. Perramon, J. Busquets, J. Salvans, J. Lladó | | | | |

ABSOLUT DONES

| | | | | | |
|---------|------------|-------------------|----|----------------|--------|
| 100m* | 12.24 | M. Dolors Vives | 57 | Manresa | 120487 |
| | 12.24 | M. Dolors Vives | 57 | Manresa | 260487 |
| 200m | 25.33 | Mara Prat | 76 | Barcelona MO | 020796 |
| 400m | 56.99 | Griselda Juncà | 82 | Madrid MOR | 150603 |
| 800m | 2.09.15 | Griselda Juncà | 82 | Barcelona SR | 180603 |
| 1000m | 2.53.00 | Alícia Fernández | 78 | Manresa | 180498 |
| 1500m | 4.24.29 | Meritxell Calduch | 78 | Girona | 210800 |
| 2000m | 6.44.90 | Alícia Fernández | 78 | Manresa | 010794 |
| 3000m | 9.20.79 | Meritxell Calduch | 78 | L'Alfas del Pi | 290400 |
| 5000m | 16.24.19 | Meritxell Calduch | 78 | Braga POR | 210600 |
| 10.000m | 34.01.25 | Meritxell Calduch | 78 | Barakaldo | 080700 |
| 100t | +0,5 14.80 | Anna Circuns | 84 | Madrid MOR | 150603 |

| | | | | | |
|---|------------|----------------------|----|--------------------|--------|
| 400† | 1.01.05 | Ariadna Aivar | 87 | Barcelona | 010809 |
| 3000obs | 10.19.64 | Alícia Fernández | 78 | Jerez de la Front. | 030803 |
| M. Marató | 1.16.09 | Meritxell Calduch | 78 | Vilafranca | 090203 |
| Marató | 2.58.03 | Rosa M. Mas | 65 | Barcelona | 180301 |
| 3 kms/M | 15.37.65 | Carme Robles | 71 | Gavà | 040606 |
| 5 kms/M | 24.59.30 | Carme Robles | 71 | Manresa | 250502 |
| 10 km/M | 52.06.70 | Carme Robles | 71 | València | 210701 |
| 4x100m | 49.84 | Equip absolut | | Vic | 280506 |
| Dèbora Calveras/88-Anna Circuns/84-Olatz Mompeó/91-Ariadna Aivar/87 | | | | | |
| 4x400m | 3.52.46 | Club Atlètic Manresa | | Manresa | 240609 |
| Alba Casanovas-Eulàlia Torrecasana-Aeiadna Aivar-Alba Gallardo | | | | | |
| Alçada | 1,67 | Núria Closa | 75 | Barcelona SR | 080691 |
| Perxa | 3,81 | Gemma Piquer | 85 | BBarcelona SR | 030701 |
| Llargada | -1,2 5,60 | Anna Circuns | 84 | Andorra | 270609 |
| Triple | +0,9 12,95 | Dèbora Calveras | 88 | Palafugell | 300509 |
| Pes | 12,33 | Lurdes Rossinyol | 58 | Manresa | 110586 |
| Disc | 39,48 | Círia Clotet | 69 | Manresa | 150685 |
| Martell | 49,53 | Ariadna Aivar | 87 | Manresa | 180508 |
| Javelina A | 42,78 | Sònia Martínez | 73 | Barcelona SR | 300794 |
| Javelina N | 38,34 | Alba Molera | 88 | Barcelona SR | 140505 |
| Heptatló | 4858 | Anna Circuns | 84 | Eaubonne FRA | 240202 |
| 4x200m | 1.48.1 | Club Atlètic Manresa | | Barcelona FCB | 060671 |
| M.T. Obiols, J. Obradors, M. Selga, P. Peña | | | | | |
| 4x800m | 10.39.4 | Club Atlètic Manresa | | Manresa | 200690 |
| S. Llacuna, Judit Ester, I. Espel, I. Sala | | | | | |
| 80m* | 10.24 | M. Dolors Vives | 57 | Manresa | 020773 |
| 150m* | 18.94 | M. Dolors Vives | 57 | Madrid VH | 250773 |
| 300m* | 40.74 | Ariadna Aivar | 87 | Igualada | 170707 |
| 600m | 1.35.60 | Meritxell Calduch | 78 | Manresa | 230596 |
| 200†* | 31.14 | Montserrat Selga | 55 | Manresa | 250580 |
| 10 km/r | 33.48 | Meritxell Calduch | 78 | Azkoitia | 300303 |
| 100km/r | 10.54.00 | Teresa Florensa | 48 | V. de Madrid | 050492 |
| 5 km/Mr | 23.59 | Carme Robles | 71 | Barcelona | 240202 |
| 10 km/Mr | 50.13 | Carme Robles | 71 | Badalona | 200102 |
| 20 km/Mr | 1.43.59 | Carme Robles | 71 | La Corunya | 160302 |
| R/suecs | 2.27.00 | Club Atlètic Manresa | | Manresa | 231197 |
| E. Torrecasana, M. García, M. Prat, G. Vilellas | | | | | |

SUB 23 (PROMESA) DONES

| | | | | | |
|-------|---------|-------------------|----|----------------|--------|
| 100m | 12.32 | Mara Prat | 75 | Barcelona SR | 020696 |
| 200m | 25.33 | Mara Prat | 75 | Barcelona MO | 210796 |
| 400m | 56.99 | Griselda Juncà | 82 | Madrid MOR | 150603 |
| 800m | 2.09.15 | Griselda Juncà | 82 | Barcelona SR | 180603 |
| 1500m | 4.24.29 | Meritxell Calduch | 78 | Girona | 210800 |
| 3000m | 9.20.79 | Meritxell Calduch | 78 | L'Aljás del Pi | 290400 |

| | | | | | |
|-------------|--|-----------------------|-----------|----------------|---------------|
| 5000m | 16.24.19 | Meritxell Calduch | 78 | Braga POR | 210600 |
| 10.000m | 34.01.25 | Meritxell Calduch | 78 | Barakaldo | 270500 |
| M. Marató | 1.29.36 | Sílvia Sánchez | 77 | Tarragona | 221199 |
| 4x100m | 49.84 | Equip absolut | | Vic | 280506 |
| | Dèbora Calveras/88-Anna Circuns/84-Olatz Mompeó/91-Ariadna Aivar/87 | | | | |
| 4x400m | 4.01.1 | Club Atlètic Manresa | | Barcelona SR | 100785 |
| | C. Pinedo, M. Vila, E. Maruny, F. Majó | | | | |
| 100t | 14.80 | Anna Circuns | 84 | Madrid MOR | 150603 |
| 400t | 1.02.30 | Alba Casanovas | 93 | Amposta | 040710 |
| 3000obs | 11.39.42 | Alba Martínez | 86 | Barcelona SR | 150504 |
| Alçada | 1,67 | Núria Closa | 75 | Barcelona SR | 080691 |
| Perxa | 3,81 | Gemma Piquer | 85 | Barcelona SR | 030701 |
| Llargada | 5,57 | Anna Circuns | 84 | Barcelona SR | 060501 |
| Triple | -0,5 12,85 | Dèbora Calveras | 88 | Barcelona SR | 180708 |
| Pes | 12,24 | Lurdes Rossinyol | 58 | Barcelona CNM | 280578 |
| Disc | 39,48 | Círia Clotet | 69 | Manresa | 150685 |
| Martell | 49,13 | Ariadna Aivar | 87 | Lleida | 130507 |
| Javelina | 38,34 | Alba Molera | 88 | Barcelona SR | 140505 |
| Heptatló | 4858 | Anna Circuns | 84 | Valladolid | 090602 |
| | 100t 15.01, SA 1,60, LP 9,79, 200m 27.27 / SL 5,27, LJ 29,06, 800m 2.35.47 | | | | |
| 5000 m/m | 29.02.01 | Mireia Brau | 91 | Manresa | 010505 |
| 5 kms m/r | 28.07 | Mireia Brau | 91 | Ct. Catalunya | 130305 |
| 10 kms m/r | 1.03.39 | Mercè Vilajosana | 88 | El Prat | 290204 |

JÚNIOR (19 ANYS O MENYS) DONES

| | | | | | |
|-------------|--|-----------------------|-----------|----------------|---------------|
| 100m* | 12.44 | Ester Maruny | 70 | Manresa | 020685 |
| 200m | 25.54 | Mara Prat | 75 | Barcelona SR | 020794 |
| 400m | 57.34 | Alba Casanovas | 93 | Fuenlabrada | 170509 |
| 800m | 2.11.47 | Anna Vallhonestà | 88 | Mataró | 120607 |
| 1500m | 4.32.66 | Alba Martínez | 86 | Gavà | 120605 |
| 3000m | 10.06.20 | Judit Ester | 70 | Manresa | 010789 |
| 5000m | 18.02.00 | Meritxell Calduch | 78 | Manresa | 210496 |
| 10.000m | 37.35.90 | Meritxell Calduch | 78 | Vic | 300997 |
| 100t | 14.83 | Anna Circuns | 84 | Getafe | 160602 |
| | 14.83 | Anna Circuns | 84 | Salamanca | 210702 |
| 400t | 1.02.30 | Alba Casanovas | 93 | Amposta | 040710 |
| 3000obs | 11.39.42 | Alba Martínez | 86 | Barcelona SR | 150504 |
| 4x100m | 49.14 | Club Atlètic Manresa | | Barcelona CU | 270775 |
| | A.M. Riera, P. Roca, M. Serra, M.D. Vivez | | | | |
| | 49.14 | Club Atlètic Manresa | | Barcelona CU | 100675 |
| | P. Roca, A.M. Riera, M. Serra, M.D. Vives | | | | |
| 4x400m | 4.03.64 | Club Atlètic Manresa | | Barcelona SR | 310794 |
| | M. Calduch, S. Leal, A. Fernández, C. Flores | | | | |
| Alçada | 1,67 | Núria Closa | 75 | Barcelona SR | 180591 |
| Perxa | 3,81 | Gemma Piquer | 85 | Barcelona SR | 030701 |

| | | | | | |
|--|------------|------------------|----|---------------|--------|
| Llargada | 5,57 | Anna Circuns | 84 | Barcelona SR | 060501 |
| Triple | +1,8 12,66 | Dèbora Calveras | 88 | Barcelona SR | 270707 |
| Pes | 11,99 | Lurdes Rossinyol | 58 | Barcelona CU | 260677 |
| Disc | 39,48 | Círia Clotet | 69 | Manresa | 150685 |
| Martell | 48,51 | Ariadna Aivar | 87 | Barcelona SR | 070706 |
| Javelina | 38,34 | Alba Molera | 88 | Barcelona SR | 140505 |
| Heptatló | 4858 | Anna Circuns | 84 | Valladolid | 090602 |
| 100t 15.01, SA 1,60, LP 9,79, 200m 27.27 / SL 5,27, LJ 29,06, 800m 2.35.47 | | | | | |
| 5000 m/m | 29.02.01 | Mireia Brau | 91 | Manresa | 180605 |
| 5 kms m/r | 28.07 | Mireia Brau | 91 | Ct. Catalunya | 130305 |
| 10 kms m/r | 1.03.39 | Mercè Vilajosana | 88 | El Prat | 290204 |

JUVENIL (17 ANYS O MENYS) DONES

| | | | | | |
|---------------|----------|---|----|---------------|--------|
| 100m* | 12.44 | M. Dolors Vives | 57 | Lisboa | 120574 |
| | 12.44 | Ester Maruny | 70 | Manresa | 120585 |
| | 12.44 | Ester Maruny | 70 | Manresa | 020685 |
| 200m | 25.79 | Mara Prat | 75 | Vitòria | 260792 |
| 400m | 57.34 | Alba Casanovas | 93 | Fuenlabrada | 170509 |
| 800m | 2.13.34 | Anna Vallhonestà | 88 | Barcelona SR | 100705 |
| 1500m | 4.42.00 | Núria Prat | 71 | Manresa | 000088 |
| 3000m | 10.07.10 | Meritxell Calduch | 78 | Barcelona SR | 220195 |
| 5000m | 18.55.68 | Alba Corredera | 88 | Saragossa | 090705 |
| 100t | 14.77 | Anna Circuns | 84 | Debrecel HON | 140701 |
| 400t | 1.02.30 | Alba Casanovas | 93 | Amposta | 040710 |
| 2000 obs. | 8.06.15 | Meritxell Soler | 92 | Barcelona SR | 060609 |
| Alçada | 1,67 | Núria Closa | 75 | Barcelona SR | 180591 |
| Perxa | 3,81 | Gemma Piquer | 85 | Barcelona SR | 030701 |
| Llargada | 5,57 | Anna Circuns | 84 | Barcelona SR | 060501 |
| Triple | 12,32 | Dèbora Calveras | 88 | Marraqueix | 130705 |
| Pes | 10,64 | Eva Carmona | 85 | Vic | 080602 |
| Disc | 39,48 | Círia Clotet | 69 | Manresa | 150685 |
| Martell (4 k) | 39,88 | Ariadna Aivar | 87 | Barcelona | 150504 |
| Javelina | 38,34 | Alba Molera | 88 | Barceloba SR | 140505 |
| 4x100m* | 50.14 | Club Atlètic Manresa | | Manresa | 000085 |
| | | E. Maruny, G. González, F. Canals, E. Torrecasana | | | |
| 4x400m | 4.21.7 | Club Atlètic Manresa | | Barcelona SR | 010580 |
| | | F. Majó, C. Fernández, P. Clotet, A. Martínez | | | |
| 3000 m/m | 17.30.10 | Olga Sánchez | 72 | Vic | 040688 |
| 5000 m/m | 29.02.01 | Mireia Brau | 91 | Manresa | 180605 |
| 5 kms m/r | 28.07 | Mireia Brau | 91 | Ct. Catalunya | 130305 |
| 10 kms m/r | 1.03.39 | Mercè Vilajosana | 88 | El Prat | 290204 |
| Exatló | 4007 | Anna Circuns | 84 | Monsó | 240601 |
| | | 100t 14,79, SA 1,54, LP 9,95, SL 5,49, LJ 30,80, 600m 1.44.33 | | | |
| Heptató | 5296 | Anna Circuns | 84 | Debreceb HON | 140701 |
| | | 100t 14.77, SA 1,60, LP 9,92, 200m 27.69, LJ 31,14, SL 5,36, 800m 2.31.17 | | | |

MILLORS MARQUES DV T12 DONES

| | | | | | |
|-------------|---------|----------------|----|----------------|--------|
| 800m | 2.22.74 | Helena Congost | 87 | Manresa | 250410 |
| | 2.21.86 | Helena Congost | 87 | Alcobendas MAD | 160510 |
| 1500 metres | 4.40.80 | Helena Congost | 87 | Saturday GBR | 120610 |

CADET (15 ANYS O MENYS) DONES

| | | | | | |
|-----------------|------------|--|----|--------------|--------|
| 100m | 12.96 | Maria Dachs | 88 | Barcelona CD | 170503 |
| 300m | 42.48 | Alba Gallardo | 89 | El Prat | 300504 |
| 600m | 1.36.40 | Alba Casanovas | 93 | El Prat | 130607 |
| 1000m | 3.01.4 | Ekhiñe Otaola | 91 | Manresa | 230406 |
| 3000m | 10.21.20 | Alba Corredera | 88 | Madrid | 040703 |
| 100t | +0,3 15.48 | Laura Clemente | 94 | Saragossa | 140609 |
| 300t | 45.94 | Olatz Mompeó | 91 | El Prat | 160706 |
| 1500obs. | 5.47.78 | Mireia Riera | 93 | El Prat | 130607 |
| 4x100m | 51.14 | Equip CAM | | Amposta | 180409 |
| | | Jennifer Lasierra-Anna Valdeolivas-Laua Clemente-Andrea Isus | | | |
| 4x300m | 2.58.3 | Equip CAM | | Granollers | 120408 |
| | | Alba Llobet-Andrea Isus-Laura Farré-Alba Casanovas | | | |
| Alçada | 1,65 | Anna Circuns | 84 | Salamanca | 230602 |
| Perxa | 3,30 | Gemma Piquer | 85 | Segòvia | 280600 |
| Llargada | +0,5 5,33 | Jennifer Lasierra | 94 | El Prat | 181009 |
| Triple | +1,1 10,91 | Laura Clemente | 94 | Fuenlabrada | 170509 |
| Pes | 11,75 | Eva Carrmona | 85 | Mollet | 030600 |
| Disc | 33,07 | Maria de la Rosa | 91 | El Prat | 160706 |
| Martell | 36,27 | Laura Gallardo | 91 | Barcelona | 300906 |
| Javelina (500g) | 37,38 | Alba Molera | 88 | Madrid | 020703 |
| 3 kms/M | 15.57.80 | Mireia Brau | 91 | Mollet | 160405 |
| 5 kms/M | 29.02.1 | Mireia Brau | 91 | Manresa | 180605 |
| 5 kms/Mr | 31.17 | Mercè Vilajosana | 88 | El Prat | 230303 |
| Exatló | 3449 | Alba Casanovas | 93 | Lugo | 190908 |
| | | 15.61, 1,43, 9,63/ 504, 25,19, 13,52 | | | |

INFANTIL (13 ANYS O MENYS) DONES

| | | | | | |
|----------|---------|-----------------|----|------------------|--------|
| 80m | 10.2 | Olatz Mompeó | 91 | L'Hospitalet | 170404 |
| 150m | 20.0 | Andrea Isus | 94 | Igualada | 090607 |
| 500m | 1.21.53 | Alba Gallardo | 88 | Càceres | 170602 |
| 1000m | 3.15.0 | Alba Corredera | 88 | l'Hospitalet | 230601 |
| 3000m | 11.07.4 | Alba Corredera | 88 | Vilanova i la G. | 230601 |
| 80t | 13.06 | Laura Clemente | 94 | Terrassa | 300607 |
| 220t | 33.55 | Paula Raúl | 96 | Terrassa | 130609 |
| Alçada | 1,55 | Núria Closa | 75 | Manresa | 160488 |
| | 1,55 | Laura Clemente | 94 | Barcelona SR | 071007 |
| Perxa | 2,90 | Mònica Clemente | 96 | Terrassa | 130609 |
| Llargada | 4,89 | Laura Ferrer | 93 | Gavà | 200506 |

| | | | | | |
|-----------|---------|--|----|--------------|--------|
| Triple | 9,98 | Jennifer Lasierra | 94 | Mataró | 190507 |
| Pes | 9,68 | Jennifer Lasierra | 94 | Barcelona SR | 071007 |
| Disc | 23,89 | Jennifer Lasierra | 94 | Terrassa | 300607 |
| Martell | 34,70 | Cristina Chumillas | 82 | Manresa | 281095 |
| Javelina | 29,57 | Mònica Clemente | 96 | Terrassa | 130609 |
| 4x80 m | 42.46 | CA Manresa | | Amposta | 180409 |
| | | Carme Vilaseca-Laura Manubens-Mònica Clemente-Paula Raül | | | |
| 4x200m | 1.54.49 | Equip CA Manresa | | Amposta | 180409 |
| | | Laura Manubens-Júlia Busquets-Mònica Clemente-Paula Raül | | | |
| 3000 m/m | 19.09.9 | C. López | 88 | Barcelona SR | 060501 |
| 3 kms m/r | 19.29 | Marta Juncadella | 95 | Rubí | 010407 |
| Pentatló | 2721p | Paula Raül | 96 | Cambrils | 060609 |
| | | 13.7-1,43-8,66-4,76-10.4 | | | |

ALEVÍ (12 ANYS O MENYS) DONES

| | | | | | |
|----------|---------|-------------------------------------|----|--------------|--------|
| 60m | 8.9 | Alba Gallardo | 89 | Manresa | 201000 |
| 600m | 1.58.79 | Alba Casanovas | 93 | Barcelona SR | 141006 |
| 2000m | 7.44.0 | Alba Martínez | 86 | Mataró | 150297 |
| 60t | 10.72 | Alba Casanovas | 93 | Reus | 290504 |
| 4x60m | 35.8 | CA Manresa | | Granollers | 120408 |
| | | Flores-Quevedo-Barrera-del Hoyo | | | |
| 3x600m | 6.13.2 | Club Atlètic Manresa | | Igualada | 300405 |
| | | Clemente-Valdeolivas-Tió | | | |
| Alçada | 1,41 | Núria Closa | 75 | Manresa | 110487 |
| Perxa | 2,20 | Mònica Clemente | 96 | Ascó | 170607 |
| Llargada | 4,18 | Núria Closa | 75 | Manresa | 150586 |
| Pes | 9,12 | Núria Closa | 75 | Manresa | 160587 |
| Disc | 19,73 | Alba Riera | 90 | Barcelona SR | 191002 |
| Pilota | 32,20 | Elienda Alzuria | 74 | Manresa | 150586 |
| 2 kms/M | 13.50.8 | C. Martínez | | Manresa | 150586 |
| Tetratló | 1711p | Laia Morató | 92 | Reus | 010504 |
| | | 60t 10.6, LP 6.74, SL 4,11, 60m 9.1 | | | |

BENJAMÍ (10 ANYS O MENYS) DONES

| | | | | | |
|----------|--------|--|----|----------|--------|
| 60m | 9.3 | Elna Cornellas | 01 | El Prat | 230509 |
| 600m | 2.10.2 | Olatz Mompeó | 91 | Manresa | 250300 |
| 1000m | 3.58.0 | Salma Mehankari | 00 | Calella | 170509 |
| Alçada | 1,05 | C. Torrecasana | 00 | Manresa | 250409 |
| Llargada | 3,11 | M. Barrera | 97 | Manresa | 231105 |
| Pes | 5,03 | M. Barrera | 97 | Manresa | 231105 |
| Pilota | 19,41 | Salma Mehand | 00 | Terrassa | 130609 |
| 4x60m | 40.94 | Equip CAM | | Amposta | 180409 |
| | | Anna Gassó-Salma Mehand-Claudia Torrecasana-Elna Cornellas | | | |
| Tetratló | 429p | Olatz Mompeó | 91 | Manresa | 151099 |
| 1 km/M | 6.46.3 | M. Barrera | 97 | Manresa | 231105 |

VETERÀ (MÉS DE 35 ANYS) DONES

100 metres

| | | | | | |
|-----|------------|---------------------|----|---------|--------|
| W35 | -0,6 13.44 | Eulàlia Torrecasana | 71 | Manresa | 100410 |
| W40 | 13.37 | Mireia Vila | 67 | Gandia | 270608 |

200 metres

| | | | | | |
|-----|-------|---------------------|----|--------------------|--------|
| W35 | 26.86 | Eulàlia Torrecasana | 71 | Arona TEN | 190610 |
| W40 | 28.16 | Mireia Vila | 67 | Pereiro de Ag. OUR | 200609 |

400 metres

| | | | | | |
|-----|---------|---------------------|----|-----------|--------|
| W35 | 59.36 | Eulàlia Torrecasana | 71 | Mataró | 230510 |
| | 58.61 | Eulàlia Torrecasana | 71 | Girona | 250610 |
| | 58.44 | Eulàlia Torrecasana | 71 | Arona TEN | 030710 |
| W40 | 1.03.92 | Carme Bes | 69 | Manresa | 250410 |

800 metres

| | | | | | |
|-----|---------|-------------|----|---------------|--------|
| W35 | 2.21.91 | Carme Bes | 69 | Sant Sebastià | 280805 |
| W40 | 2.23.55 | Judit Ester | 70 | Barcelona CD | 060610 |
| W45 | 2.40.40 | M. Martínez | 57 | Barcelona CD | 050103 |
| W50 | 2.46.02 | M. Martínez | 57 | Vitòria | 050709 |

1500 metres

| | | | | | |
|-----|---------|-----------------|----|--------------|--------|
| W35 | 4.49.70 | Judit Ester | 70 | Manresa | 020708 |
| W40 | 4.40.88 | Judit Ester | 70 | Arona TEN | 030710 |
| W45 | 5.00.51 | M. Martínez | 57 | Manresa | 040503 |
| W50 | 5.40.19 | Manela Martínez | 57 | Barcelona CD | 060610 |

3000 metres

| | | | | | |
|-----|----------|-----------------|----|----------|--------|
| W35 | 10.35.00 | Judit Ester | 70 | Manresa | 250410 |
| | 10.31.00 | Judit Ester | 70 | Mataró | 230510 |
| W45 | 10.44.00 | Manela Martínez | 57 | Igualada | 130403 |

5000 metres

| | | | | | |
|-----|----------|----------------|----|--------------|--------|
| W35 | 18.27.69 | Marta Busquets | 68 | Barcelona CD | 270403 |
| W40 | 18.21.78 | M. Martínez | 57 | Barcelona SR | 210500 |
| W45 | 18.52.76 | M. Martínez | 57 | Barcelona CD | 270403 |

10.000 metres

| | | | | | |
|-----|---------|-------------|----|-------------|--------|
| W40 | 38.18.8 | M. Martínez | 57 | Palafrugell | 250300 |
|-----|---------|-------------|----|-------------|--------|

10 Kms Ruta

| | | | | | |
|-----|-------|-----------------|----|-----------|--------|
| W35 | 38.20 | Judit Ester | 71 | Barcelona | 310110 |
| W40 | 42.41 | Montse Casòliva | 63 | Barcelona | 050408 |
| W45 | 38.10 | M. Martínez | 57 | Barcelona | 300303 |
| W50 | 42.50 | Manela Martínez | 57 | Manresa | 241010 |

Mitja Marató

| | | | | | |
|-----|---------|----------------|----|-----------|--------|
| W35 | 1.24.11 | Marta Busquets | 68 | Mataró | 020208 |
| W40 | 1.21.34 | M. Martínez | 57 | Montornès | 270200 |
| W45 | 1.25.53 | Rosa M. Mas | 65 | Ripoll | 151110 |

Marató

| | | | | | |
|-----|---------|----------------|----|-----------|--------|
| W35 | 2.58.03 | Rosa M. Mas | 65 | Barcelona | 180301 |
| W40 | 3.03.54 | Marta Busquets | 68 | Sevilla | 220209 |

100 kms ruta

| | | | | | |
|-----|----------|-----------------|----|-----------|--------|
| W40 | 10.54.00 | Teresa Florensa | 48 | V. Madrid | 040592 |
|-----|----------|-----------------|----|-----------|--------|

5 kms marxa

| | | | | | |
|-----|----------|--------------|----|---------|--------|
| W35 | 27.06.51 | Carme Robles | 71 | Manresa | 250410 |
|-----|----------|--------------|----|---------|--------|

| | | | | | |
|-----|----------|--------------|----|---------|--------|
| W40 | 27.08.20 | Sílvia Nebot | 59 | Manresa | 270500 |
|-----|----------|--------------|----|---------|--------|

Ruta:

| | | | | | |
|-----|-------|--------------|----|------------|--------|
| W35 | 25.52 | Carme Robles | 71 | Granollers | 130210 |
|-----|-------|--------------|----|------------|--------|

10 kms/Mr

| | | | | | |
|-----|-------|--------------|----|-------|--------|
| W35 | 52.44 | Carme Robles | 71 | Zuera | 150110 |
|-----|-------|--------------|----|-------|--------|

20 kms marxa ruta

| | | | | | |
|-----|---------|--------------|----|---------|--------|
| W35 | 1.55.11 | Carme Robles | 71 | El Prat | 310110 |
|-----|---------|--------------|----|---------|--------|

80 tanques

| | | | | | |
|------|-------|---------------|----|-------------|--------|
| W45* | 16.44 | M. Alba Martí | 64 | Palafrugell | 203909 |
|------|-------|---------------|----|-------------|--------|

| | | | | | |
|-----|------------|-------------|----|-----------|--------|
| W50 | +0,5 13.73 | Loles Vives | 57 | Zuera SAS | 041010 |
|-----|------------|-------------|----|-----------|--------|

100 tanques

| | | | | | |
|-----|-------|----------------|----|------|--------|
| W35 | 18.02 | E. Torrecasana | 71 | Oscà | 031009 |
|-----|-------|----------------|----|------|--------|

400 tanques

| | | | | | |
|-----|---------|-----------|----|---------|--------|
| W35 | 1.07.42 | Carme Bes | 69 | Aguilas | 020706 |
|-----|---------|-----------|----|---------|--------|

2000 obs.

| | | | | | |
|-----|---------|-------------|----|-----------|--------|
| W45 | 7.53.76 | M. Martínez | 57 | Tarragona | 220603 |
|-----|---------|-------------|----|-----------|--------|

| | | | | | |
|-----|---------|-----------------|----|---------|--------|
| W50 | 8.47.68 | Manela Martínez | 57 | Vitòria | 050709 |
|-----|---------|-----------------|----|---------|--------|

3000obs.

| | | | | | |
|-----|----------|-----------------|----|--------------|--------|
| W40 | 11.50.41 | Manela Martínez | 57 | Barcelona SR | 070702 |
|-----|----------|-----------------|----|--------------|--------|

| | | | | | |
|-----|----------|-----------------|----|------|--------|
| W45 | 11.53.63 | Manela Martínez | 57 | Gavà | 110503 |
|-----|----------|-----------------|----|------|--------|

Relleus 4x100 metres

| | | | | | |
|-----|-------|--------------|--|--------|--------|
| W35 | 53.66 | Equip veterà | | Lleida | 070609 |
|-----|-------|--------------|--|--------|--------|

Ester Maruny-Mireia Vila-Judit Ester-Eulàlia Torrecasana

Relleus 4x400 metres

| | | | | | |
|-----|---------|--------------|--|----------|--------|
| W35 | 4.32.71 | Equip veterà | | Badalona | 230606 |
|-----|---------|--------------|--|----------|--------|

Carme Bes-Eulàlia Torrecasana-Mireia Vila-Manela Martínez

Alçada

| | | | | | |
|-----|------|------------------|----|---------|--------|
| W35 | 1,40 | Montserrat Selga | 55 | Manresa | 150392 |
|-----|------|------------------|----|---------|--------|

| | | | | | |
|-----|------|---------------|----|-------------|--------|
| W40 | 1,27 | M. Alba Martí | 64 | Palafrugell | 200909 |
|-----|------|---------------|----|-------------|--------|

| | | | | | |
|-----|------|--------------|----|-----------|--------|
| W50 | 1,31 | Lloles Vives | 57 | Zuera SAR | 041010 |
|-----|------|--------------|----|-----------|--------|

Perxa

| | | | | | |
|-----|------|-------------|----|---------|--------|
| W35 | 2,80 | Mireia Vila | 67 | Manresa | 010505 |
|-----|------|-------------|----|---------|--------|

| | | | | | |
|-----|------|-------------|----|---------------|--------|
| W40 | 2,95 | Mireia Vila | 67 | lloret de Mar | 150608 |
|-----|------|-------------|----|---------------|--------|

Llargada

| | | | | | |
|-----|------|------------------|----|---------|--------|
| W35 | 4,61 | Montserrat Selga | 55 | Manresa | 271091 |
|-----|------|------------------|----|---------|--------|

| | | | | | |
|-----|-----------|---------------|----|---------|--------|
| W40 | -1,6 4,16 | M. Alba Martí | 64 | Vitòria | 070707 |
|-----|-----------|---------------|----|---------|--------|

| | | | | | |
|-----|----------|----------------|----|--------------------|--------|
| W45 | 0,0 4,09 | Ester Busquets | 60 | Pereiro de Ag. OUR | 200609 |
|-----|----------|----------------|----|--------------------|--------|

| | | | | | |
|-----|-----------|-------------|----|--------------|--------|
| W50 | +1,9 4,96 | Loles Vives | 57 | Monachil GRA | 040710 |
|-----|-----------|-------------|----|--------------|--------|

Triple

| | | | | | |
|-----|------|------------------|----|-----------|--------|
| W35 | 8,93 | Lurdes Rossinyol | 58 | Tarragona | 090495 |
|-----|------|------------------|----|-----------|--------|

Pes

| | | | | | |
|-----|-------|------------------|----|--------------|--------|
| W35 | 11,00 | Lurdes Rossinyol | 58 | Manresa | 220594 |
| W40 | 10,21 | Lurdes Rossinyol | 58 | Sant Celoni | 030600 |
| W45 | 9,70 | Lurdes Rossinyol | 58 | Barcelona SR | 010406 |
| W50 | 10,13 | Lurdes Rossinyol | 58 | Gandia | 270608 |

Disc

| | | | | | |
|-----|-------|------------------|----|----------|--------|
| W35 | 30,74 | Lurdes Rossinyol | 58 | Manresa | 220594 |
| W40 | 28,31 | Lurdes Rossinyol | 58 | Cornellà | 300599 |
| W45 | 28,93 | Lurdes Rossinyol | 58 | Vic | 090504 |
| W50 | 23,83 | Lurdes Rossinyol | 58 | Burgos | 260409 |

Martell

| | | | | | |
|-----|-------|------------------|----|--------------|--------|
| W35 | 17,88 | Lurdes Rossinyol | 58 | Barcelona CD | 100494 |
|-----|-------|------------------|----|--------------|--------|

Javelina

| | | | | | |
|-----|-------|------------------|----|--------------|--------|
| W35 | 26,74 | Montserrat Selga | 55 | Manresa | 150392 |
| W40 | 20,67 | Lurdes Rossinyol | 58 | Barcelona SR | 210500 |
| W45 | 19,23 | M. Alba Martí | 64 | Burgos | 260409 |

Pentatló

| | | | | | |
|-----|--|---------------------|----|-------------|--------|
| W35 | 2494 | Eulàlia Torrecasana | 71 | Oscà | 031009 |
| | 18.54 100t, 1,31 SA, 7,77 LP, 4,53 SL, 2.32.21 800m. | | | | |
| W45 | 2020 | M. Alba Martí | 64 | Palafrugell | 200909 |
| | 16.2 80t, 1,27 SA, 7,68, LP, 3,85 SL, 4.11.6 800m | | | | |
| W50 | 3131 | Loles Vives | 57 | Zuera | 031010 |

La lletra vermella, indica els rècords o millors marques del Club Atlètic Manresa homologats/des el 2010, per la Comissió de Rècords i Millors Marques del ACAM.

* Vol dir que són marques traduïdes al cronometratge electrònic (24 centèsimes fins als 200 metres, 14 fins als 600 i 0 a partir dels metres.