

FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC
RELACION DE ATLETAS RAMA FEMENIL CON MARCA MINIMA PARA
CAMPEONATO CENTROAMERICANO DE ATLETISMO, TRINIDAD Y TOBAGO, JULIO 2013
ACTUALIZADO AL 22 DE SEPTIEMBRE DEL 2012

PRUEBA	MARCA "A" FMAA	MARCA "B" FMAA SUB 23
100 mts.	10.35	10.40
200 mts	21.00 Jose Carlos Herrera, 86, NL, 20.57, (2012)	21.18 Juan Carlos Alanis, 94, VER, 21.13 (2012)
400 mts.	46.00	46.85
800 mts.	1:48.00	1:48.30
1,500 mts.	3:45.00 Juan Luis Barrios, 83, MEX, 3:38.56 (2012)	3:47.00
5,000 mts.	13:50.00 Juan Luis Barrios, 83, MEX, 13:13.54, (2012) Diego Borrego, 88, ZAC, 13:38.86, (2012) Aldo Saul Vega Escobedo, 87, QRO, 13:39.37, (2012)	14:00.00
10,000 mts.	29:00.00 Juan Luis Barrios, 83, MEX, 27:28.82, (2012) Diego Estrada, 89, MICH, 27:32.90, (2012) Juan Carlos Romero, 77, ZAC, 28:54.59, (2012)	29:30.00 Alejandro Arroyo Yamin, 91, GTO, 29:27.00, (2012)
Medio Maratón	1:06:00 Daniel Vargas, 84, GTO, 1:04:18, (2012) Oscar Ceron, 83, HGO, 1:04:22, (2012) Juan Carlos Romero, 77, ZAC, 1:04:17, (2012)	1:07.00
110 mts. c/v	13.60	13.95
400 mts. c/v	50.50	50.70
3000 steple	8:50.00 Luis Ibarra, 80, ZAC, 8:37.32, (2012)	8:57.75
Altura	2.21 Edgar Rivera, 91, SON, 2.25, (2012)	2.18
Garrocha	5.25 Giovanni Lanaro, 81, MEX, 5.40, (2012)	5.10
Longitud	7.80 Luis Rivera, 87, SON, 8.22 -2.2w, (2012)	7.70
Triple	16.50	16.40
Bala	19.00 Christopher Saenz, 90, SON, 20.08 i, (2012)	18.64
Disco	57.00 Mario Cota, 90, BC, 60.45, (2012)	55.00
Martillo	63.50 Diego del Real, 94, NL, 64.47, (2012)	62.00
Jabalina	74.50 Juan José Mendez Blasco, 88, SON, 77.14 (2012)	73.44
Decatlón	7,210	6,800
20 K Caminata	1:24:00 Eder Sánchez, 86, MEX, 1:19:12, (2012) Isaac Palma, 90, MEX, 1:21:14, (2012)	1:24.30 Ever Palma, 92, MEX, 1:22:15, (2012)
4 x 100 mts	S/M	
4 x 400 mts.	S/M	

ATLETAS MAS CERCANOS A MARCAS MINIMAS (2012-20132)		
10.41 10.42 10.44	Fernando Matamoros, 84, NL Hector Ruiz, 93, SON Julian Tamez, 91, COAH	2012 2012 2012
21.17	Fernando Matamoros, 84, NL	2012
46.92 47.21	Fernando Martinez, 93, JAL Orlando Garcia Cano, 89, NL	2012 2012
1:47.54 1:48.35 1:49.42	Pablo Solares, 84, NL James Eichberger, 90, SIN Juan Fernando Carrillo, 82, AGS	2012 2012 2012
3:38.56 3:45.46	Juan Luis Barrios, 83, MEX Jose Juan Esparza, 90, NL	2012 2012
14:02.80	Alejandro Arroyo Yamin, 91, GTO	2012
29:01.03	Erick Perez Huerta, 83, DF	2012
13.97 14.12 14.32	Genaro Rodriguez, 90, CHIS Jose Antonio Flores, 89, SIN Rodrigo Casar, 91, JAL	2012 2012 2012
50.77 51.29	Sergio Rios, 91, PUE Jose Luis Ceballos, 87, SON	2012 2012
8:53.31	José Rafael Bañales, 89, DF	2012
2.18	Jorge Rouco, 87, BCS	2012
5.20	Ruben Viveros, 90, VER	2012
7.62	Abraham Rodriguez, 91, JAL	2012
16.30 15.72	Alberto Alvarez, 91, QROO Irving Castro, 85, NL	2012 2012
18.10 18.01	Josue Santana, 91, SON Mario Cota, 90, BC	2012 2012
55.39	Christopher Saenz, 90, SON	2012
61.05	Alberto Martinez, 88, CHIH	2012
72.25 74.36	David Ocampo Bravo, 92, GRO Jose Lagunes, 85, VER	2012 2012
7,152 6,945	Roman Garibay, 88, MEX Jorge Rivera, 89, SON	2012 2012
40.52	ITESM Monterrey Jimenez, Tamez, Villarreal, Herrera (Actualmente # 51 del mundo)	2012
3:11.90	México Sub 23 Gomez, Ramirez, Jusacamea, Garcia (Actualmente # 57 del mundo)	2012

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PRUEBA	MARCA "A" FMAA	MARCA "B" FMAA SUB 23
100 mts.	11.60	11.70
200 mts	23.50	23.90
400 mts.	53.00 Gabriela Medina, 85, JAL, 52.67, (2012)	53.60
800 mts.	2:04.30 Gabriela Medina, 85, JAL, 2:03.62, (2012)	2:07.00
1,500 mts.	4:21.00 Sandra López, 84, TLAX, 4:19.10, (2012)	4:23.70
5,000 mts.	15:50.00 Sandra López, 84, TLAX, 15:37.00, (2012) Madai Perez, 80, TLAX, 15:41.50, (2012) Marisol Romero, 83, MEX, 15:46.04, (2012)	16:04.68 Karla Diaz, 91, DF, 15:54.52, (2012)
10,000 mts.	33:30.00 Madai Perez, 80, TLAX, 32:27.91, (2012) Marisol Romero, 83, MEX, 32:58.16, (2012)	34:00.00
Medio Maratón	1:17.00 Madai Pérez, TLAX, 1:10.05, (2012) Marisol Guadalupe Romero, MEX, 1:14.34, (2012) Karina Perez Delgado, TLAX, 1:14.34, (2012)	1:18.00 Mayra Sánchez Vidal, 91, MEX, 1:17:18, (2012)
100 mts. c/v	13.42	13.78
400 mts. c/v	58.10	59.10
3,000m stp	10:32:50 Sara Mercedes Prieto, 89, AGS, 10:26.28, (2012)	10:45.00
Altura	1.86 Romary Rifka, 70, VER, 1.90, (2012)	1.80 Ximena Lizbeth Esquivel, 97, QRO, 1.80 (2012)
Garrocha	4.02 Carmelita Correa, 88, NL, 4.02 (2012)	3.90
Longitud	6.32 Elizabeth Lopez, 91, CHIH, 6.34, (2012)	6.28
Triple	13.40	13.20
Bala	16.50	15.70
Disco	53.50	49.00
Martillo	63.00	58.00
Jabalina	53.00 Abigail Gomez, 91, VER, 56.89, (2012)	52.00
Heptatlón	5421 Chrystal Ruiz, 88, NL, 5,666, (2012)	5,000
10 K Caminata	46:30.00	47:30.00 Alejandra Ortega Solís, 94, DF, 47:03.42, (2012)
4 x 100 mts	S/M	
4 x 400 mts.	S/M	

ATLETAS MAS CERCANOS A MARCAS MINIMAS (2012-2013)		
11.73 11.88 11.89	Jessica Sánchez, 85, NL Consuelo Zamora, 91, DGO Iza Daniela Flores, 94, SIN	2012 2012 2012
23.53 24.10	Jessica Sánchez, 85, NL Iza Daniela Flores, 94, SIN	2012 2012
53.06	Nallely Vela, 86, VER	2012
2:04.27 2:10.57	Cristina Guevara, 87, JAL Estefania de la Cruz Gallegos, 91, CHIH	2012 2012
4:21.02 4:22.49 4:23.92	Cristina Guevara, 87, JAL Anayeli Navarro, 86, DF Karla Diaz Muñoz, 91, DF	2012 2012 2012
33:34.82 34:47.98	Karina Pérez, 82, TLAX, (2012) Brenda Eunice Flores Muñoz, 91, UNAM	2012 2012
13.82 +1.0w 13.93 +1.2w	Elizabeth Lopez, 91, CHIH Violeta Avila, 84, NL	2012 2012
58.15 59.20	Anisia Castro, 86, MEX, Erika Rodríguez, 90, CHIH	2012 2012
10:54.64	Yolanda Ugalde, 84, DF	2012
1.85	Fabiola Ayala, 86, BC	2012
3.85 3.90	Tiziana Ruiz Domínguez, 93, VER Cecilia Villar, 82, CHIH	2012 2012
6.30	Zoila Flores, 89, QRO	2012
13.30 13.10	Jaqueline Triana, 87, SIN Ivonne Rangel, 93, QRO	2012 2012
15.93 15.59	Laura Pulido, 88, VER Cecilia Dzul, 92, YUC	2012 2012
47.69 45.04	Paulina Flores, 89, VER Joaquina Salazar, 90, NAY	2012 2012
62.89 56.75	Sharon Ayala, 86, NL Yolanda Gonzalez, 94, BC	2012 2012
47.40 49.18	Diana Sammai Martínez Gutiérrez, 93, VER Ana Sofia Salas, 93, NL	2012 2012
4,947 4,981	Karla Scheleske Shepard, 82, VER Mariana Abuela, 83, UNAM	2012 2012
47:13:96	Rosalía Ortiz Cruz, 87, MEX	2012
46.85	Santos, Avila, Rodriguez, Sanchez NUEVO LEON (Actualmente # 62 del mundo)	2012 2012
3:40.64	Soberanes, Medina, Guevara, Vela CESUES (Actualmente # 38 del mundo)	2012 2012