FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC.

DIRECCION TECNICA

PROGRESION DE MARCAS DE LOS ATLETAS TOP 10 DEL 2008 AL 2015

RAMA VARONIL

ACTUALIZADO AL 28 DE OCTUBRE DEL 2015

PRUEBA	RKG # ALL TIMES	ALL TIMES	ATLETAS	RKG # 2008	2008	RKG # 2009	2009	RKG # 2010	2010	RKG # 2011	2011	RKG # 2012	2012	RKG # 2013	2013	RKG # 2014	2014	RKG # 2015	2015 actualizado al 28 oct
10,000 mts.	3	27:28.82	**Juan Luis Barrios Nieves, 83, MEX**			1	27:40.10			1	27:30.68	1	**27:28.82**	1	27:57.69	1	27:34.40	1	28:12.91
	43	28:32.71	Aldo Saul Vega Escobedo, 87, QRO					6	29:15.57	7	29:18.76			3	28:46.72	2	28:47.34	2	**28:32.71**
	13	27:47.46	**Juan Carlos Romero Bernal, 77, ZAC**	1	**27:47:46**	4	28:09:78	1	27:57.72	2	27:51.49	3	28:54.59	11	29:55.15	4	29:07.01	3	28:33.22
	47	28:37.24	Sergio Pedraza Gonzalez, 81, MEX	5	29:34.44	14	30:58.06	11	29:32.79	11	29:30.89			12	29:55.51	3	29:06.05	4	**28:37.24**
	67	29:00.60	Daniel de Jesús Vargas Sánchez, 84, GTO							17	30:03.99			13	29:58.57	29	31:09.66	5	**29:00.60**
	100	29:29.79	Fabian Guerrero Sanchez, 81, DF													8	29:34.08	6	**29:29.79**
	82	29:19.23	Jose Alberto Madera Vega, 91, MX-USA											10	29:48.46	7	**29:19.23**	7	29:30.31
	42	28:30.80	Jose Antonio Uribe Marino, 86, MEX							16	29:55.88			2	**28:30.80**	9	29:40.83	8	29:59.45
	S/R	30:14.84	Victor Alfredo Montañez Martinez, 94, VER															9	**30:14.84**
	S/R	30:17.01	Juan Armando Rosales Vazquez, 86, MICH									15	31:10.48	18	30:21.61			10	**30:17.01**
	74	29:07.27	Saby Luna Aburto, 90, VER					23	30:51.36							5	**29:07.27**	11	30:21.55
	50	28:41.22	Erick Israel Pérez Huerta, 83, IMSS	6	29:35:78			2	28:51.57	4	**28:41.22**	4	29:01.03	16	30:14.87	10	29:44.75	12	30:26.76
	70	29:04.02	Tomas Luna Dominguez, 75, VER	13	30:03.58			3	**29:04.02**	12	29:33.37			14	30:10.06			15	30:31.77
	S/R	30:04.00	Said Diaz Cerón, 92, MEX					33	31:22.40	30	31:10.72	6	**30:04.00**	19	30:25.48	43	31:55.51	19	30:36.98
	83	29:20.86	Ismael Apolo Mondragón Escalona, 88, DF	14	30:03.99	10	30:35.89	8	**29:20.86**	19	30:09.0			7	29:37.25	18	30:35.37	20	30:37.14
	92	29:25.73	Miguel Angel Hernandez Rubio, 85, ZAC	7	29:36.61					9	**29:25.73**			9	29:48.00	11	29:46.43	25	30:46.53
	80	29:19.08	Alejandro Arroyo Yamin, 91, GTO							22	30:32.73	5	29:27.00	8	29:47.66	6	**29:19.08**		
	136	29:55.51	Juan Carlos Carera Casas, 88, QRO			67	32:52.31			26	31:02.0	9	30:44.37	20	30:41.53	13	**29:55.51**		
	S/R	30:20.55	Martin Garcia Martínez, 89, ZAC					29	31:16.75	33	31:25.51	7	**30:20.55**	53	32:57.00	25	30:50.12		
	78	29:17.31	Carlos Cordero Gomez, 77, GTO	8	29:37.78	6	30:07.96	7	**29:17.31**	10	29:26.77	10	30:52.69			28	31:09.05		
	4	27:32.90	Juan Diego Estrada Constantino, 89, MICH									2	**27:32.90**	4	28:52.73				
	87	29:23.33	Diego Alberto Borrego Moreira, 88, ZAC											5	**29:23.33**				
	99	29:29.55	Jose Luis Duarte Bustillos, 89, CHIH									8	30:24.33	6	**29:29.55**				
	6	27:37.49	Teodoro Vega Morales, 76, MEX			5	**28:45.49**			5	28:53.01	14	31:07.55						
	23	28:02.50	Julio César Perez Morales, 82, PUE	3	28:24.49	2	**28:02.50**			3	28:25.29								
	10	27:43.92	Alejandro Suárez Velázquez, 80, QRO	2	28:06.43	3	28:05.28	5	29:09.54	6	29:15.49								
	86	29:23.0	Jaime Apolonio Cerro, 85, MEX			28	31:23.12	34	31:26.55	8	**29:23.0**								
	117	29:42.05	Giovani Gonzalez Popoca, 82, MEX	21	31:18.78	9	30:35.11	12	30:00.65	14	**29:42.05**								
	90	29:25.05	Ismael Andrade Vazquez, 78, MEX					9	**29:25.05**	39	31:45.64								
	73	29:06.85	Jonathan Castañeda López, 85, PUE					4	**29:06.85**										
	85	29:22.98	Marco Tardely Flores Partida, 80, SLP	10	29:46.47	11	30:36.17	10	29:29.08										
	S/R	30:22.19	Arturo Regules Jardon, 75, MEX			7	**30:22.19**												
	66	29.24.11	Jesus Armando Torres Barron, 81, GTO	4	**29.24.11**	8	30:24.62												
	5	27:33.96	José David Galvan Martínez, 73, COAH	9	29:42.05														