



FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC
DIRECCION TECNICA
RANKING MEXICANO DE TODOS LOS TIEMPOS

10,000 Metros Planos VARONIL (Todos los Tiempos - 30:00.00) actualizado al 28 de octubre del 2015

| | | | | | | | | | |
|--|--|----------|-----------|-----|-----|------------------|---------------|-----------|--|
| Récord Mexicano : | Arturo Barrios Flores | 27:08.23 | 12-dic-62 | 1o. | DF | Distrito Federal | Tadeusz Kepka | 18-ago-89 | ISTAF, Berlín, Alemania |
| Récord Campeonato Nacional : | Isaac García Robles | 28:49.96 | 5-abr-68 | 1o. | JAL | Jalisco | | 15-jul-90 | Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| Récord Mex.en Territorio Nacional : | Jorge Marquez Orozco | 28:18.6 | 19-mar-67 | 1o. | ZAC | Zacatecas | | 4-feb-95 | Selectivo a Juegos Panamericanos de Mar del Plata, Monterrey, NL |
| Récord Mex.Juv.Sub 23: | Germán Silva Martínez | 28:02.03 | 9-ene-68 | | | México | | 20-abr-90 | Mount SAC Relays, Walnut California, USA |
| Récord Camp.Nal.Sub 23: | Ismael Apolo Mondragón Escalona | 30:24.36 | 10-nov-88 | 1o. | DF | Distrito Federal | Pablo Garrido | 28-may-10 | Olimpiada Nacional, Guadalajara, Jalisco |
| Récord Mex.Juv.Sub 20: | David Galindo Ortiz | 28:34.66 | 26-feb-77 | 4o. | MEX | Estado de México | | 21-ago-96 | Campeonato Mundial Juvenil, Sidney, Australia |
| Récord Camp.Nal.Juv. Mayor : | Alejandro Villanueva Martínez | 29:23.38 | 22-abr-70 | | | MEX | | 1989 | Campeonato Nacional Juvenil , Cd.Victoria, Tamaulipas |

| Nº. | RKG. | MARCA | ATLETA | HEAT | CATEG. | FECHA DE NAC. | POS. | ASOC. | EQUIPO | ENTRENADOR | FECHA | EVENTO |
|-----|------|----------|---|-----------|--------------|---------------|------|-------|---------------|-----------------|-----------|--|
| 1 | 1 | 27:08.23 | Arturo Barrios Flores (RM) | | | 12-dic-62 | 1o. | DF | México | Tadeusz Kepka | 18-ago-89 | ISTAF, Berlín, Alemania |
| 2 | | 27:18.22 | Arturo Barrios | | | | 1o. | DF | México | | 17-ago-90 | ISTAF, Berlín, Alemania |
| 3 | | 27:18.45 | Arturo Barrios (RM) | | | | 1o. | DF | México | | 3-jul-89 | Dn Galan, Estocolmo, Suecia |
| 4 | 2 | 27:18.59 | Juan Armando Quintanilla Loredo | | | 19-abr-68 | 3o. | SLP | México | Eduardo Castro | 22-jul-94 | Bislet Games, Oslo, Noruega |
| 5 | | 27:25.07 | Arturo Barrios (RM) | | | | 3o. | DF | Reebok | | 2-jul-88 | Bislet Games, Oslo, Noruega |
| 6 | | 27:27.09 | Armando Quintanilla | | | | 2o. | SLP | México | | 7-jul-95 | Kristal Palace, Londres, Inglaterra |
| 7 | 3 | 27:28.82 | Juan Luis Barrios Nieves | | | 24-jun-83 | 3o. | MEX | México | James Li | 30-may-12 | Wageningen, Holanda |
| 8 | | 27:30.68 | Juan Luis Barrios Nieves | Section 1 | | 24-jun-83 | 10o. | MEX | México | Tadeusz Kepka | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 9 | 4 | 27:32.90 | Juan Diego Estrada Constantino | Section 1 | | 19-dic-89 | 5o. | MICH | México | Eric Mathew | 29-abr-12 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 10 | 5 | 27:33.96 | José David Galván Martínez | | | 6-abr-73 | 2o. | COAH | México | | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 11 | | 27:34.27 | Arturo Barrios | | | | 2o. | DF | México | | 5-jul-93 | Dn Galan, Estocolmo, Suecia |
| 12 | | 27:34.40 | Juan Luis Barrios Nieves | Section 1 | | | 1o. | MEX | México | Tadeusz Kepka | 4-may-14 | Payton Jordan Invitational, Stanford, California, USA |
| 13 | | 27:34.60 | Arturo Barrios | | | | 1o. | DF | México | | 21-ago-92 | ISTAF, Berlín, Alemania |
| 14 | | 27:35.21 | Arturo Barrios | | | | 1o. | DF | Reebok | | 28-may-92 | Jena |
| 15 | | 27:37.36 | Arturo Barrios | | | | 4o. | DF | México | | 6-jul-91 | Bislet Games, Oslo, Noruega |
| 16 | 6 | 27:37.49 | Teodoro Vega Morales | | | 14-jul-76 | 4o. | MEX | México | Rafael Martínez | 20-jul-03 | Campeonato Nacional de 10,000m de España, Pontevedra, España |
| 17 | | 27:37.69 | David Galván Martínez | | INV | | 1o. | COAH | México | Rodolfo Gómez | 14-abr-00 | Mount SAC Relays, Walnut California, USA |
| 18 | | 27:38.12 | Juan Luis Barrios Nieves | | | | 1o. | MEX | México | | 29-jul-11 | Aviva United Kingdom Championships, Londres, Inglaterra |
| 19 | 7 | 27:38.49 | Martin Pitayo Martínez | | | 10-ene-60 | 5o. | DF | México | | 4-jul-92 | Bislet Games, Oslo, Noruega |
| 20 | | 27:39.32 | Arturo Barrios | | | | 5o. | DF | México | | 26-sep-88 | XXIV Juegos Olímpicos, Seúl, Korea |
| 21 | | 27:40.10 | Juan Luis Barrios Nieves | | Invitational | | 5o. | MEX | Nike | Rafael Martínez | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 22 | 8 | 27:43.07 | Gerardo Alcalá García | | | 18-jun-61 | 4o. | DF | México | | 25-jul-90 | Goodwill Games, Seattle, USA |
| 23 | 9 | 27:43.64 | Mauricio González (RM) | | | 16-oct-60 | 1o. | DF | México | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 24 | 10 | 27:43.92 | Alejandro Suárez Velázquez | | | 30-nov-80 | 8o. | QRO | México | | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 25 | | 27:44.85 | David Galván Martínez | | | | 2o. | COAH | México | Rodolfo Gómez | 2-may-03 | Cardinal Invitational, Stanford, Cal, USA |
| 26 | 11 | 27:45.0 | Jesus Herrera Ortiz (RM) | | | 22-mar-62 | 3o. | DF | Rodolfo Gómez | | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 27 | | 27:45.58 | Mauricio González | | | | 6o. | DF | | | 2-jul-88 | Bislet Games, Oslo, Noruega |
| 28 | | 27:45.8 | Martín Pitayo Martínez | | | | 4o. | DF | Rodolfo Gómez | | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 29 | 12 | 27:46.52 | German Silva Martínez | | | 9-ene-68 | 1o. | VER | México | | 15-jun-92 | Endurance Classic # 2 Montreal, Canada |
| 30 | 13 | 27:47.46 | Juan Carlos Romero Bernal | Section 1 | | 15-dic-77 | 6o. | ZAC | México | | 4-may-08 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 31 | | 27:49.07 | Germán Silva | Heat 2 | | | 7o. | VER | México | | 5-ago-95 | V Campeonato Mundial de Atletismo, Gotemburgo, Suecia |
| 32 | | 27:49.24 | Armando Quintanilla | | | | 1o. | SLP | México | | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 33 | 14 | 27:49.5 | Jorge Marquez Orozco | | | 19-mar-67 | 2o. | ZAC | México | | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 34 | | 27:49.53 | David Galván Martínez | Heat 2 | | | 7o. | COAH | México | | 22-sep-00 | XXVII Juegos Olímpicos, Sidney, Australia |
| 35 | | 27:49.93 | Teodoro Vega Morales | | | | 1o. | MEX | México | | 7-jun-03 | Harry Jerome Classic, Burnaby, BC, Canada |
| 36 | | 27:50.28 | Arturo Barrios | | | | 1o. | DF | México | | 22-jul-86 | BNP, Paris, Francia |
| 37 | 15 | 27:50.95 | Marcos Barreto Fernandez de Lara | | | 25-abr-60 | 3o. | DF | México | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 38 | | 27:51.41 | Armando Quintanilla | | | | 7o. | SLP | | | 10-jul-93 | Bislet Games, Oslo, Noruega |
| 39 | | 27:51.49 | Juan Carlos Romero Bernal | Section 1 | | | 15o. | ZAC | México | | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 40 | 16 | 27:52.03 | Faustino Reynoso Hernández | | | 30-ene-63 | 3o. | GRO | México | | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 41 | | 27:52.64 | Martín Pitayo Martínez | | | | 7o. | DF | México | | 7-jul-95 | Kristal Palace, Londres, Inglaterra |
| 42 | 17 | 27:52.65 | Alejandro Cruz Maya | | | 10-feb-68 | 2o. | DF | México | | 15-jun-92 | Endurance Classic # 2 Montreal, Canada |
| 43 | | 27:53.53 | Gerardo Alcalá García | | | | 8o. | DF | | | 25-ago-89 | Memorial Van Damme, Bruselas, Belgica |
| 44 | 18 | 27:54.53 | Isaac García Robles | | | 5-abr-68 | 5o. | JAL | México | | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 45 | | 27:54.56 | David Galván Martínez | | | | 13o. | COAH | México | | 25-sep-00 | XXVII Juegos Olímpicos, Sidney, Australia |
| 46 | | 27:54.8 | Gerardo Alcalá García | | | | 1o. | DF | | | 26-abr-86 | Mount SAC Relays, Walnut California, USA |
| 47 | | 27:55.31 | David Galván Martínez | | | | 11o. | MEX | México | | 24-ago-03 | IX Campeonato Mundial de Atletismo, Paris, Francia |
| 48 | | 27:55.34 | Germán Silva | | | | 13o. | | México | | 8-ago-95 | V Campeonato Mundial de Atletismo, Gotemburgo, Suecia |
| 49 | 19 | 27:56.0 | Francisco Pacheco Ramírez | | | 10-sep-61 | 3o. | DF | México | | 26-abr-86 | Mount SAC Relays, Walnut California, USA |
| 50 | | 27:56.0 | Arturo Barrios | | | | 1o. | MEX | México | | 25-abr-87 | Mount SAC Relays, Walnut California, USA |
| 51 | 20 | 27:56.74 | José Gómez (RM) | | | 14-mar-56 | 1o. | UNAM | Rodolfo Gómez | | 4-jun-83 | Prefontaine, Eugene, Oregon, USA |
| 52 | | 27:57.69 | Juan Luis Barrios Nieves | | | | 14o. | MEX | México | James Li | 31-may-13 | Prefontaine Classic, Eugene, Oregon, USA |



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|-----|----|----------|-------------------------------------|--------------|-----------|------|-------|------------------|-----------------|-----------|--|
| 53 | | 27:57.72 | Juan Carlos Romero Bernal | Section 1 | | 10o. | ZAC | México | Germán Silva | 1-may-10 | Payton Jordan Invitational, Stanford, California |
| 54 | 21 | 27:57.83 | Rodolfo Gomez Orozco | | 30-oct-50 | 7o. | DF | México | | 9-jul-83 | Bislet Games, Oslo, Noruega |
| 55 | | 27:57.93 | Jesús Herrera Ortíz | | | 4o. | DF | | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 56 | | 27:58.35 | Teodoro Vega Morales | Final "A" | | 1o. | MEX | México | Rafael Martínez | 1-jun-02 | Harry Jerome Classic, Burnaby, BC, Canada |
| 57 | | 27:59.66 | Arturo Barrios | | | 4o. | | México | | 29-ago-87 | II Campeonato Mundial de Atletismo, Roma, Italia |
| 58 | 22 | 27:59.86 | Andrés Espinosa Pérez | | 4-feb-63 | 9o. | COAH | México | | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 59 | | 27:59.90 | Mauricio González | | | 11o. | | México | | 26-sep-88 | XXIV Juegos Olímpicos, Seúl, Korea |
| 60 | | 28:00.47 | Gerardo Alcalá García | | | | DF | UNAM | | 25-jun-91 | Hengelo, Holanda |
| 61 | | 28:00.91 | Teodoro Vega Morales | | | 1o. | MEX | México | | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 62 | | 28:00.91 | Teodoro Vega Morales | | | 13o. | MEX | México | | 30-ago-02 | Memorial Van Damme, Bruselas, Belgica |
| 63 | | 28:02.03 | Germán Silva Martínez | | 9-ene-68 | | DF | México | | 20-abr-90 | Mount SAC Relays, Walnut California, USA |
| 64 | 23 | 28:02.50 | Julio Cesar Perez Morales | Invitational | 26-may-82 | 11o. | PUE | NY Road | Rafael Martínez | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 65 | | 28:03.60 | Armando Quintanilla | | | 8o. | SLP | México | | 8-jul-00 | Reunión Nacional de Fondo, Barakaldo, España |
| 66 | | 28:03.64 | Germán Silva | | | | VER | Veracruz | | 5-jul-93 | Dn Galan, Estocolmo, Suecia |
| 67 | 24 | 28:04.33 | Margarito Zamora Alcantara | | 16-oct-72 | 1o. | MEX | | | 18-jul-97 | Canada Champions, Vancouver, Canada |
| 68 | | 28:04.94 | Jesús Herrera Ortíz | | | | DF | México | | 1991 | Victoria International, Canada |
| 69 | | 28:05.28 | Alejandro Suárez Velázquez | Invitational | | 13o. | QRO | Adidas | Isidro Rico | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 70 | | 28:06.43 | Alejandro Suárez Velázquez | Section 1 | 30-nov-80 | 11o. | QRO | México | | 4-may-08 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 71 | | 28:07.57 | José Gómez | Heat 2 | | 7o. | | México | | 7-ago-83 | I Campeonato Mundial de Atletismo, Helsinki, Finlandia |
| 72 | | 28:08.74 | David Galván Martínez | | | 1o. | COAH | México | | 27-jul-07 | XV Juegos Panamericanos, Rio de Janeiro, Brasil |
| 73 | | 28:09.0 | Arturo Barrios | | | 3o. | | México | | 1986 | Bruselas, Belgica |
| 74 | | 28:09.40 | Marcos Barreto | | | | DF | IMSS | | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 75 | | 28:09.46 | Armando Quintanilla | | | 11o. | SLP | | | 29-jun-96 | Juegos Olímpicos Atlanta, USA |
| 76 | | 28:09.78 | Juan Carlos Romero Bernal | | | 14o. | ZAC | México | Germán Silva | 17-ago-09 | XII Campeonato Mundial de Atletismo, Berlin, Alemania |
| 77 | | 28:09.8 | Jesús Herrera Ortíz | | | | DF | | | 26-abr-87 | Mount SAC Relays, Walnut California, USA |
| 78 | | 28:09.95 | Alejandro Suárez Velázquez | | | 3o. | QRO | México | | 27-jul-07 | XV Juegos Panamericanos, Rio de Janeiro, Brasil |
| 79 | | 28:10.14 | Juan Carlos Romero Bernal | | | 21o. | ZAC | México | | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 80 | 25 | 28:10.4 | Manuel Vera Canelo | | 19-mar-51 | 7o. | UNAM | México | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 81 | | 28:11.4 | Martin Pitayo | | | | | R. Gómez | | 21-abr-84 | Mount SAC Relays, Walnut California, USA |
| 82 | 26 | 28:11.75 | Pablo Olmedo Castañon | | 8-may-75 | 16o. | MEX | México | Rafael Martínez | 30-ago-02 | Memorial Van Damme, Bruselas, Belgica |
| 83 | 27 | 28:11.83 | Enrique Aquino Busquets (RM) | | 1-may-50 | 3o. | UNAM | Banpais | | 6-jun-80 | Eugene, Oregon, USA |
| 84 | | 28:12.53 | David Galván Martínez | Open Int. | | 1o. | COAH | México | | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 85 | | 28:12.55 | Pablo Olmedo | INV | | 1o. | MEX | México | | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 86 | | 28:12.91 | Juan Luis Barrios Nieves | Section 1 | | 1o. | MEX | México - Nike | Tadeusz Kepka | 3-abr-15 | Stanford Invitational, Stanford, California, USA |
| 87 | | 28:13.01 | Pablo Olmedo | INV | | 2o. | DF | México | | 14-abr-00 | Mount SAC Relays, Walnut California, USA |
| 88 | | 28:13.72 | German Silva | Heat 1 | | 2o. | | México | | 1992 | XXV Juegos Olímpicos, Barcelona, España |
| 89 | 28 | 28:14.19 | Alejandro Salvador Cruz | Open Int. | 14-abr-66 | 3o. | VER | México | | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 90 | | 28:14.29 | Germán Silva Martínez | | | | VER | | | 18-jul-97 | Canada Champions, Vancouver, Canada |
| 91 | | 28:14.29 | David Galván Martínez | | | 16o. | COAH | México | | 25-ago-00 | Memorial Van Damme, Bruselas, Belgica |
| 92 | 29 | 28:14.38 | Julio Cesar Valle Vázquez | | 22-dic-71 | 1o. | | México | | 18-abr-98 | Mount SAC Relays, Walnut, California, USA |
| 93 | 30 | 28:14.48 | Dionicio Cerón Bizarro | | | 11o. | MEX | Estado de México | | 25-jun-91 | Hengelo, Holanda |
| 94 | | 28:14.54 | Armando Quintanilla | H1 | | 10o. | SLP | México | | 22-sep-00 | XXVII Juegos Olímpicos, Sidney, Australia |
| 95 | | 28:14.65 | Juan Carlos Romero | Invitational | | 2o. | ZAC | México | | 18-abr-08 | Mount SAC Relays, Walnut, California, USA |
| 96 | | 28:14.77 | Teodoro Vega Morales | | | 17o. | MEX | México | | 8-ago-01 | VIII Campeonato Mundial de Atletismo, Edmonton, Canada |
| 97 | | 28:15.0 | José Gómez | | | | DF | | | 27-abr-86 | Mount SAC Relays, Walnut California, USA |
| 98 | 31 | 28:16.2 | Salvador Parra Pineda | | 17-sep-66 | 8o. | DF | | | 20-abr-96 | Mount SAC Relays, Walnut California, USA |
| 99 | 32 | 28:17.13 | David Galindo Ortiz | Open Int. | 26-feb-77 | 6o. | | México | | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 100 | | 28:17.36 | Pablo Olmedo | | | 2o. | DF | México | | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 101 | | 28:17.46 | Alejandro Salvador Cruz | | | 4o. | VER | México | | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 102 | 33 | 28:17.57 | Rafael Zepeda Martínez | | 22-ago-61 | 5o. | DF | Rodolfo Gómez | | 20-abr-90 | Mount SAC Relays, Walnut California, USA |
| 103 | | 28:17.65 | Alejandro Suárez Velázquez | | 30-nov-80 | 3o. | QRO | México | | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 104 | | 28:17.79 | Arturo Barrios | | | 5o. | | México | | 3-ago-92 | XXV Juegos Olímpicos, Barcelona, España |
| 105 | 34 | 28:18.16 | Luis Hernández Morales (RM) | | 13-feb-55 | 7o. | VER | Veracruz | | 25-jul-75 | Montreal, Canada |
| 106 | | 28:18.6 | Jorge Marquez (RTN) | | | 1o. | ZAC | Zacatecas | | 4-feb-95 | Selectivo a Juegos Panamericanos de Mar del Plata, Monterrey, NL |
| 107 | | 28:18.70 | Salvador Parra Pineda | | | | DF | México | | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 108 | 35 | 28:18.91 | Sergio Jiménez Cancino | | 7-oct-66 | 7o. | | México | | 1-jun-96 | Richmond, Canada |
| 109 | | 28:19.08 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | | | Walsera, Suecia |
| 110 | 36 | 28:19.39 | Juan Carlos Paul | | | | E.MEX | Estado de México | | 25-jun-91 | Hengelo, Holanda |
| 111 | | 28:19.57 | Isaac García Robles | | | | JAL | Jalisco | | 20-abr-91 | Mount SAC Relays, Walnut California, USA |
| 112 | 37 | 28:19.6 | Salvador García Melchor | | 29-oct-60 | 7o. | | | | 20-abr-90 | Mount SAC Relays, Walnut California, USA |
| 113 | | 28:19.79 | Rafael Zepeda Martínez | | | | DF | | | 26-jun-89 | Malinowski, Polonia |
| 114 | | 28:19.8 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 115 | | 28:19.84 | Julio César Valle Vazquez | Open Int. | | 8o. | | México | | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |



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| 116 | | 28:20.19 | Germán Silva | | | 60. | | México | | 3-ago-92 | XXV Juegos Olímpicos, Barcelona, España |
| 117 | 38 | 28:20.7 | Carlos Retiz Gutiérrez | | 13-ago-61 | 140. | DF | | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 118 | | 28:21.51 | Armando Quintanilla | Final "A" | | 30. | SLP | México | | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 119 | | 28:21.8 | Francisco Pacheco Ramírez | | | | | Martí | | 21-abr-84 | Mount SAC Relays, Walnut California, USA |
| 120 | | 28:22.16 | Germán Silva | Heat 1 | | 80. | | México | | 20-ago-93 | IV Campeonato Mundial de Atletismo, Stuttgart, Alemania |
| 121 | | 28:22.37 | Pablo Olmedo | | Invitational | 8-may-75 | 30. | MEX | México | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 122 | 39 | 28:23.14 | Juan Máximo Martínez (RM) | | | 1-ene-47 | 100. | México | | 31-ago-72 | XX Juegos Olímpicos, Munich, Alemania |
| 123 | | 28:23.34 | Pablo Olmedo | "A" | | | 40. | MEX | México | 1-jun-02 | Harry Jerome Classic, Burnaby, BC, Canada |
| 124 | | 28:23.72 | Rafael Zepeda Martínez | | | | | DF | | 11-jun-88 | Abbotsford International Track Classic, Vancouver, Canada |
| 125 | | 28:23.96 | Armando Quintanilla | Heat 1 | | | 100. | SLP | México | 1992 | XXV Juegos Olímpicos, Barcelona, España |
| 126 | | 28:24.20 | Martín Pitayo Martínez | Heat 1 | | | 110. | | México | 5-ago-95 | V Campeonato Mundial de Atletismo, Gotemburgo, Suecia |
| 127 | | 28:24.49 | Julio César Pérez Morales | | | | 20. | PUE | México | 7-jun-08 | 10K Race @ Lewis & Clark College, Portland, Oregon, USA |
| 128 | 40 | 28:24.7 | Lucas Jardón | | | | 90. | MEX | Estado de México | 20-abr-91 | Mount SAC Relays, Walnut California, USA |
| 129 | | 28:25.29 | Julio César Perez Morales | Section 2 | | | 70. | PUE | México | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 130 | | 28:25.3 | Gerardo Alcalá García | | | | | UNAM | | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 131 | | 28:25.38 | Rodolfo Gomez Orozco | Heat 1 | | | 100. | | México | 7-ago-83 | I Campeonato Mundial de Atletismo, Helsinki, Finlandia |
| 132 | | 28:25.41 | Alejandro Salvador Cruz | | | | 110. | VER | México | 5-may-00 | Cardinal Track & Field Invitational, Palo Alto, Cal, USA |
| 133 | | 28:25.73 | Alejandro Suárez Velázquez | | | | 70. | QRO | México | 20-jul-03 | Campeonato Nacional de 10,000m de España, Pontevedra, España |
| 134 | | 28:25.73 | David Galván Martínez | | INV | 6-abr-73 | 10. | MEX | México | 14-abr-06 | Mt.SAC Relays, Walnut, California, USA |
| 135 | | 28:25.74 | Teodoro Vega Morales | | | | 20. | MEX | México | 10-jul-01 | Mc Gill International Track & Field, Montreal, Canada |
| 136 | | 28:26.0 | Jesús Herrera Ortíz | | | | | UNAM | | 20-abr-91 | Mount SAC Relays, Walnut California, USA |
| 137 | | 28:26.57 | Juan Carlos Romero | | | | 290. | ZAC | México | 17-ago-08 | XXIX Juegos Olímpicos, Beijing, China |
| 138 | 41 | 28:27.0 | José Luis Chuela | | | 23-oct-60 | | MICH | | 26-abr-87 | Mount SAC Relays, Walnut California, USA |
| 139 | | 28:27.5 | Carlos Retiz | | | | | DF | | 26-abr-87 | Mount SAC Relays, Walnut California, USA |
| 140 | | 28:28.26 | Arturo Barrios | Heat 2 | | | 60. | | México | 1992 | XXV Juegos Olímpicos, Barcelona, España |
| 141 | | 28:28.50 | José Gómez | Heat | | | 60. | | México | 4-ago-84 | XXIII Juegos Olímpicos, Los Angeles, California, USA |
| 142 | | 28:29.40 | Margarito Zamora | | | | | DF | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 143 | | 28:29.52 | Salvador Parra Pineda | | | | | DF | UNAM | 20-jul-91 | XVI Universiada Mundial, Sheffield, Inglaterra |
| 144 | | 28:29.55 | Pablo Olmedo | | | | 180. | DF | México | 25-ago-00 | Memorial Van Damme, Bruselas, Belgica |
| 145 | | 28:29.6 | Rafael Zepeda Martínez | | | | | DF | | 26-abr-87 | Mount SAC Relays, Walnut California, USA |
| 146 | 42 | 28:30.80 | Jose Antonio Uribe Marino | Section 2 | | 3-ene-86 | 10. | MEX | México | 28-abr-13 | Payton Jordan Invitational, Stanford, California, USA |
| 147 | | 28:31.11 | Alejandro Suárez Velázquez | | | | 30. | QRO | México | 10-jul-01 | Mc Gill International Track & Field, Montreal, Canada |
| 148 | | 28:31.40 | Juan Luis Barrios Nieves | | | | 180. | MEX | México | 17-ago-09 | XII Campeonato Mundial de Atletismo, Berlin, Alemania |
| 149 | | 28:31.64 | Teodoro Vega Morales | INV | | | 30. | MEX | México | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 150 | | 28:31.71 | Teodoro Vega Morales | | | | 150. | MEX | México | 24-ago-03 | IX Campeonato Mundial de Atletismo, Paris, Francia |
| 151 | | 28:32.60 | Martín Pitayo Martínez | | | | 30. | | México | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 152 | | 28:32.61 | Juan Carlos Romero Bernal | F/R 1 | | 15-dic-77 | 110. | ZAC | México | 30-abr-06 | Payton Jordan Cardinal Invitational, Stanford, California |
| 153 | 43 | 28:32.71 | Aido Saul Vega Escobedo | Section 1 | | 26-nov-87 | 60. | QRO | México | 3-abr-15 | Stanford Invitational, Stanford, California, USA |
| 154 | | 28:33.00 | Germán Silva | | | | | VER | Veracruz | 8-jul-94 | Lausana, Suiza |
| 155 | | 28:33.22 | Juan Carlos Romero Bernal | Section 2 | | | 90. | ZAC | México-FMAA | 2-may-15 | Payton Jordan Invitational, Stanford, California, USA |
| 156 | | 28:33.4 | Isaac García Robles | | | | | DF | | 20-abr-90 | Mount SAC Relays, Walnut California, USA |
| 157 | | 28:33.40 | Andres Espinoza Pérez | | | | | COAH | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 158 | 44 | 28:33.47 | Isidro Rico Rangel | | | 61 | | DF | Rodolfo Gómez | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 159 | | 28:33.91 | Francisco Pacheco Ramírez | | | | | DF | | 9-jun-88 | Prv-Tiv, Bratislava |
| 160 | | 28:34.31 | David Galindo Ortiz | | | | 50. | MEX | México | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 161 | | 28:34.57 | Armando Quintanilla | Heat 2 | | | 100. | | México | 20-ago-93 | IV Campeonato Mundial de Atletismo, Stuttgart, Alemania |
| 162 | 45 | 28:34.6 | Pedro Miranda (RM) | | | | | SOP | | 16-jun-72 | Seattle, Washington, USA |
| 163 | | 28:34.66 | David Galindo Ortiz (RN) | | | | 40. | MEX | México | 21-ago-96 | VI Campeonato Mundial de Atletismo Juvenil Sub 20, Sidney, Australia |
| 164 | | 28:35.25 | Pablo Olmedo | INV | | | 30. | DF | México | 20-abr-01 | Mount SAC Relays, Walnut California, USA |
| 165 | | 28:35.8 | Pedro Miranda | | | | 210. | | México | 31-ago-72 | XX Juegos Olímpicos, Munich, Alemania |
| 166 | | 28:35.90 | Andrés Espinosa Pérez | | | | 60. | COAH | México | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 167 | 46 | 28:36.0 | Maurilio Castillo | | | 1-dic-62 | | DF | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 168 | | 28:36.19 | Juan Diego Estrada Constantino | | | | 210. | MICH | México | 4-ago-12 | XXX Juegos Olímpicos, Londres Inglaterra |
| 169 | | 28:36.67 | Pablo Olmedo | | | | 10. | MEX | México | 1-dic-02 | XIX Juegos Centroamericanos y del Caribe, San Salvador, El Salvador |
| 170 | | 28:36.69 | Rafael Zepeda | | | | | DF | UNAM | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 171 | 47 | 28:37.24 | Sergio Pedraza Gonzalez | Section 1 | | 16-nov-81 | 120. | MEX | México - Marina | 3-abr-15 | Stanford Invitational, Stanford, California, USA |
| 172 | | 28:37.91 | Salvador Parra Pineda | | | | 60. | | México | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 173 | 48 | 28:37.99 | Gabino Apolonio Oro | | | 29-ago-71 | 200. | | México | 30-may-99 | Adriaan Paulen Memorial, Hengelo, Holanda |
| 174 | | 28:38.41 | Juan Carlos Romero | Invitational | | | 60. | ZAC | México | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 175 | | 28:38.5 | Carlos Retiz | | | | | | Martí | 21-abr-84 | Mount SAC Relays, Walnut California, USA |
| 176 | 49 | 28:39.25 | Gerardo Morales Fernández | | | | 70. | | México | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 177 | | 28:39.25 | Isaac García Robles | Open Int. | | | 90. | | México | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 178 | | 28:39.47 | Germán Silva | | | | 90. | | México | 22-ago-93 | IV Campeonato Mundial de Atletismo, Stuttgart, Alemania |



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| 179 | 28:39.76 | Julio César Perez Morales | Invite Elite | 20. | PUE | México | 14-abr-11 | Mt.SAC Relays, Walnut, California, USA | |
| 180 | 28:41.13 | Martín Pitayo Martínez | | 20. | | México | 7-jul-97 | Mc.Gill International, Distance, Classic, Montreal, Canada | |
| 181 | 28:41.22 | Erick Israel Pérez Huerta | Invite Elite | 17-nov-83 | 30. | DF | México | 14-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 182 | 28:41.40 | Joel Hernández Lozano | | 1973 | 110. | SLP | México | 8-jul-00 | Reunión Nacional de Fondo, Barakaldo, España |
| 183 | 28:42.61 | José Gómez | | | 160. | | México | 9-ago-83 | I Campeonato Mundial de Atletismo, Helsinki, Finlandia |
| 184 | 28:42.86 | Teodoro Vega Morales | | | 20. | MEX | México | 1-dic-02 | XIX Juegos Centroamericanos y del Caribe, San Salvador, El Salvador |
| 185 | 28:43.1 | Manuel Vera Canelo | | | | | Martí | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 186 | 28:43.7 | Carlos Retiz | | | | DF | | 27-abr-86 | Mount SAC Relays, Walnut California, USA |
| 187 | 28:44.0 | Benjamín Paredes Martínez | | 7-ago-61 | | MEX | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 188 | 28:44.03 | David Galván Martínez | | | 20. | | México | 27-jul-99 | XIII Juegos Panamericanos, Winnipeg, Canada |
| 189 | 28:44.17 | Luis Hernández Morales | | | | VER | México | 1976 | XXI Juegos Olímpicos, Montreal, Canada |
| 190 | 28:44.22 | Julio César Valle Vázquez | INV | | 90. | PUE | México | 14-abr-00 | Mount SAC Relays, Walnut California, USA |
| 191 | 28:44.39 | David Galván Martínez | "A" | | 80. | COAH | México | 1-jun-02 | Harry Jerome Classic, Burnaby, BC, Canada |
| 192 | 28:44.95 | David Galindo Ortiz | INV. | | 10. | | México | 17-abr-99 | Mount SAC Relays, Walnut California, USA |
| 193 | 28:45.09 | Rafael Sánchez Torres | Sección 1 | 3-ene-80 | 60. | MEX | México | 5-jun-04 | Canadian Championships, Harry Jerome, Burnaby, Canada |
| 194 | 28:45.20 | Alejandro Salvador Cruz | INV | | 100. | VER | México | 14-abr-00 | Mount SAC Relays, Walnut California, USA |
| 195 | 28:45.49 | Teodoro Vega Morales | Invitational | 14-jul-76 | 190. | MEX | NY Road | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 196 | 28:45.5 | Rodolfo Gomez Orozco | | | 50. | | América | 2-sep-77 | I Copa Mundial de Atletismo, Duseldorf, Alemania |
| 197 | 28:45.52 | Benjamín Paredes Martínez | Final "A" | | 90. | MEX | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 198 | 28:46.12 | Gerardo Alcalá García | | | | DF | | 6-jun-87 | Eugene, Oregon, USA |
| 199 | 28:46.72 | Aldo Saúl Vega Escobedo | Section 1 | | 30. | QRO | México | 29-mar-13 | Stanford Invitational, Stanford, CA, USA |
| 200 | 28:47.22 | Arturo Barrios | | | | | Rodolfo Gómez | 25-abr-85 | Des Moines, USA |
| 201 | 28:47.34 | Aldo Saúl Vega Escobedo | Section 1 | | 150. | QRO | Marina Mexico | 4-abr-14 | Stanford Invitational, Satnford, California, USA |
| 202 | 28:47.5 | Rafael Zepeda | | | | | New Balance | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 203 | 28:48.05 | Armando Quintanilla | | | 160. | SLP | México | 3-ago-92 | XXV Juegos Olimpicos, Barcelona, España |
| 204 | 28:48.31 | Jonnatán Morales Serrano | Invitational | 22-ene-80 | 10. | DF | México | 17-abr-03 | Mount SAC Relays, Walnut California, USA |
| 205 | 28:48.53 | Gabino Apolonio Oro | | | | MEX | | 18-jul-97 | Canada Champions, Vancouver, Canada |
| 206 | 28:48.7 | Adrián Gutiérrez | | | | | UNAM | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 207 | 28:49.10 | Isaac Garcia Robles | | | 10. | | México | 20-may-97 | Victoria Internacional, Victoria, Canada |
| 208 | 28:49.38 | Teodoro Vega Morales | | | 10. | MEX | México | 7-ago-03 | XIV Juegos Panamericanos, Santo Domingo, Rep.Dominicana |
| 209 | 28:49.96 | Isaac Garcia Robles (RN) | | | 10. | JAL | Jalisco | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 210 | 28:50.00 | José Gómez | | | | | México | 1984 | XXIII Juegos Olimpicos, Los Angeles, CA, USA |
| 211 | 28:50.1 | Carlos Victorino | | | | | UNAM | 4-abr-80 | Austin, Texas, USA |
| 212 | 28:50.18 | Juan Carlos Romero Bernal | | | 10. | ZAC | Zacatecas | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 213 | 28:50.25 | Salvador Parra Pineda | | | | DF | UNAM | 31-may-92 | Harry Jerome Classic, Burnaby, BC, Canada |
| 214 | 28:50.45 | Juan Carlos Romero Bernal | | 15-dic-77 | 20. | ZAC | México | 17-jun-05 | Canadian Championships, Abbotsford, Canada |
| 215 | 28:50.6 | Antonio Villanueva Osorio | | | | | Veracruz | 16-jun-72 | Seattle, Washington, USA |
| 216 | 28:50.70 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | 5-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 217 | 28:50.8 | José Duarte Esquivel | | 67 | | MEX | | 17-abr-92 | Mount SAC Relays, Walnut California, USA |
| 218 | 28:51.57 | Erick Israel Pérez Huerta | O/D | | 20. | IMSS | México | 15-abr-10 | Mount SAC Relays, Walnut, California, USA |
| 219 | 28:51.57 | Juan Luis Barrios Nieves | | | 30. | MEX | México | 21-jul-15 | XVII Juegos Panamericanos, Toronto, Canada |
| 220 | 28:51.6 | José Luis Chuela | | | | | Ejército | 21-abr-84 | Mount SAC Relays, Walnut California, USA |
| 221 | 28:51.74 | Joel Hernández Lozano | Final "A" | | 130. | SLP | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 222 | 28:51.88 | Oscar Reyes Ramírez | | | 90. | | México | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 223 | 28:52.17 | Jesús Herrera Ortíz | | | | DF | Rodolfo Gómez | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 224 | 28:52.18 | Jonnatan Morales Serrano | INV | | 50. | DF | México | 16-abr-04 | Mount SAC Relays, Walnut California, USA |
| 225 | 28:52.19 | Alejandro Suárez Velázquez | | | 140. | QRO | México | 27-ago-07 | XI Campeonato Mundial de Atletismo, Osaka, Japón |
| 226 | 28:52.20 | Julio César Valle Vazquez | INV | | 80. | PUE | México | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 227 | 28:52.73 | Juan Diego Estrada Constantino | Section 1 | 19-dic-89 | 40. | MICH | Northern Arizona | 29-mar-13 | Stanford Invitational, Stanford, CA, USA |
| 228 | 28:53.01 | Teodoro Vega Morales | Section 2 | | 250. | MEX | México | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 229 | 28:53.02 | Jorge Marquez Orozco | Heat 2 | | 140. | | México | 5-ago-95 | V Campeonato Mundial de Atletismo, Gotemburgo, Suecia |
| 230 | 28:53.34 | Salvador Parra Pineda | | | | DF | UNAM | 7-jul-89 | XV Universiada Mundial, Duisburg, Alemania |
| 231 | 28:53.85 | José Uribe | | | 80. | | Idaho International | 18-abr-98 | Mount SAC Relays, Walnut, California, USA |
| 232 | 28:54.06 | Juan Carlos Romero Bernal | | | 10. | ZAC | México | 15-jul-11 | XXIII Campeonato Centroamericano y del Caribe de Atletismo, Mayaguez, Puerto Rico |
| 233 | 28:54.23 | Martín Pitayo Martínez | Heat 2 | | 120. | | México | 20-ago-93 | IV Campeonato Mundial de Atletismo, Stuttgart, Alemania |
| 234 | 28:54.59 | Juan Carlos Romero Bernal | Section 1 | 15-dic-77 | 270. | ZAC | México | 29-abr-12 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 235 | 28:55.91 | Jorge Marquez Orozco | | | | ZAC | Zacatecas | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 236 | 28:55.91 | Julio César Valle Vazquez | | | 60. | PUE | México | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 237 | 28:55.98 | Julio Cesar Perez Morales | | | 10. | PUE | IPD | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 238 | 28:56.0 | Joel Hernández Lozano | | | | ZAC | | 23-abr-88 | Mount SAC Relays, Walnut California, USA |
| 239 | 28:56.29 | Jonnatan Morales Serrano | | | 80. | DF | México | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 240 | 28:56.44 | Andrés Espinosa Pérez | | | 90. | COAH | México | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 241 | 28:56.7 | Faustino Reynoso Hernández | Open Int. | | 100. | | México | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |



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| 242 | 28:57.28 | Isaac García Robles | | | | DF | Rodolfo Gómez | 5-jul-93 | Dn Galan, Estocolmo, Suecia | |
| 243 | 28:57.41 | Armando Quintanilla | | 10. | SLP | México | México | 18-mar-95 | XII Juegos Panamericanos, Mar del Plata, Argentina | |
| 244 | 28:57.41 | Gerardo Morales | | | MEX | México | México | 19-abr-96 | Mount SAC Relays, Walnut California, USA | |
| 245 | 61 | Francisco Mondragón Caballero | | 20-feb-77 | 90. | MEX | México | 21-ago-96 | VI Campeonato Mundial de Atletismo Juvenil Sub 20, Sidney, Australia | |
| 246 | 28:58.11 | Dionicio Cerón Bizarro | | | MEX | Estado de México | México | 24-nov-93 | XVII Juegos Centroamericanos y del Caribe, Ponce, Puerto Rico | |
| 247 | 28:58.26 | Martín Pitayo Martínez | | | 10. | | México | 16-may-98 | Harry Jerome Classic, Burnaby, BC, Canada | |
| 248 | 28:58.30 | Pablo Olmedo | | | | DF | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada | |
| 249 | 28:58.30 | Sergio Jiménez Cancino | | | | | | 20-abr-96 | Mount SAC Relays, Walnut California, USA | |
| 250 | 28:58.41 | Juan Carlos Romero Bernal | | | | ZAC | México-FMAA | 16-abr-15 | Mt SAC Relays, Walnut, California, USA | |
| 251 | 62 | Fidencio Torres Trejo | Final "A" | Invitational A | 1973 | 20. | QRO | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 252 | 28:59.19 | Martín Pitayo Martínez | | | | | México | 4-ago-84 | XXIII Juegos Olímpicos, Los Angeles, California, USA | |
| 253 | 28:59.22 | Jesús Herrera Ortiz | Heat 2 | | | | México | 24-ago-91 | III Campeonato Mundial de Atletismo, Tokyo, Japón | |
| 254 | 63 | Sergio González | | | | | UNAM | 18-ago-73 | VII Universiada Mundial, Moscú, URSS | |
| 255 | 28:59.68 | Isaac García Robles | | | | 30. | JAL | México | 20-may-00 | IX Campeonato Iberoamericano de Atletismo, Rio de Janeiro, Brasil |
| 256 | 64 | Marcelino Crisanto Cuarto | | | 65 | | MEX | Estado de México | 16-abr-93 | Mount SAC Relays, Walnut California, USA |
| 257 | 65 | Graciano González Ríos | | | | | OAX | Ejército | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 258 | 66 | Jesús Armando Torres Barrón | | | 25-dic-81 | 10. | GTO | Guanajuato | 22-jun-08 | 88o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 259 | 29:00.17 | Sergio Jiménez Cancino | | | | | | 120. | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 260 | 67 | Daniel de Jesús Vargas Sánchez | | Invitational A | 6-mar-84 | 30. | GTO | México-FMAA | 16-abr-15 | Mt SAC Relays, Walnut, California, USA |
| 261 | 29:00.64 | Germán Silva | | | | | | 40. | 21-jul-98 | Good Will Games, NUEVA YORK |
| 262 | 29:00.9 | Fidencio Torres | | Open Int. | | | | 140. | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 263 | 29:01.03 | Erick Israel Pérez Huerta | Section 2 | | 17-nov-83 | 280. | MEX | México | 29-abr-12 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 264 | 68 | Eduardo Rojas Puga | | | 28-ene-69 | 30. | MEX | México | 7-jun-03 | Harry Jerome Classic, Burnaby, BC, Canada |
| 265 | 29:02.2 | Maurilio Castillo | | | | | DF | | 26-abr-87 | Mount SAC Relays, Walnut California, USA |
| 266 | 29:02.4 | Rodolfo Gomez Orozco | | | | 10. | | México | 1979 | VIII Juegos Panamericanos, San Juan Puerto Rico |
| 267 | 29:02.50 | Juan Carlos Romero Bernal | | | | 70. | ZAC | México | 22-jun-12 | Aviva 2012 Trials, Birmingham, Inglaterra |
| 268 | 29:02.93 | Juan Carlos Romero | | INV | | 60. | ZAC | México | 14-abr-06 | Mt.SAC Relays, Walnut, California, USA |
| 269 | 69 | Rafael Tadeo Palomares | | | | | | México | 2-jun-76 | Bratislava, Checoeslovaquia |
| 270 | 29:03.9 | Enrique Aquino | | | | 20. | | México | 1979 | VIII Juegos Panamericanos, San Juan Puerto Rico |
| 271 | 70 | Tomas Luna Domínguez | | | 9-mar-75 | 20. | VER | Veracruz | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 272 | 29:04.64 | Juan Luis Barrios Nieves | | | | 10. | MEX | Edo.de México | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 273 | 29:05.2 | Juan Máximo Martínez (RM) | | | | 20. | | México | 1971 | VI Juegos Panamericanos, Cali, Colombia |
| 274 | 29:05.53 | Erick Israel Pérez Huerta | | Invitational | | 30. | DF | México | 19-abr-12 | MT SAC Relays, Walnut, California, USA |
| 275 | 71 | Pablo Cerón López | | | 59 | | MEX | Estado de México | 25-jun-91 | Hengelo, Holanda |
| 276 | 29:06.05 | Sergio Pedraza González | | OD | | 10. | MEX | México | 17-abr-14 | MT SAC Relays, Walnut, California, USA |
| 277 | 29:06.31 | Martín Pitayo Martínez | | | | | DF | Rodolfo Gómez | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 278 | 29:06.55 | Teodoro Vega Morales | | | | 200. | MEX | México | 20-ago-04 | XXVIII Juegos Olímpicos, Atenas, Grecia |
| 279 | 29:06.56 | Salvador Parra Pineda | | | | | DF | UNAM | 14-jun-90 | Malinuw, Polonia |
| 280 | 72 | Juan Gualberto Vargas Sánchez | | | 12-jul-77 | 30. | GTO | México | 17-jun-05 | Canadian Championships, Abbotsford, Canada |
| 281 | 73 | Jonathan Castañeda López | | | | 30. | PUE | Puebla | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 282 | 29:07.01 | Juan Carlos Romero Bernal | | | | 20. | ZAC | Zacatecas | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 283 | 29:07.20 | Pablo Olmedo | | | 8-may-75 | 10. | MEX | México | 4-jun-06 | Lafarge Abbotsford Int.Track Classic, Abbotsford, canada |
| 284 | 74 | Saby Luna Aburto | | | 6-feb-90 | 30. | VER | Veracruz | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 285 | 29:07.41 | Isidro Rico Rangel | | | | | QRO | | 14-jun-90 | Malinuw, Polonia |
| 286 | 29:07.5 | Benjamín Paredes Martínez | | Open Int. | | 170. | | México | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 287 | 29:07.95 | Gabino Apolonio Oro | | | | | MEX | Estado de México | 2-sep-95 | XVIII Universiada Mundial, Fukuoka, Japón |
| 288 | 29:08.09 | Isaac Garcia Robles | | | | 20. | | México | 16-may-98 | Harry Jerome Classic, Burnaby, BC, Canada |
| 289 | 75 | Juan Pablo Miramontes | | | 26-ene-79 | 90. | MX-US | Mexicoamericano | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 290 | 29:08.69 | Jorge Marquez Orozco | | | | 40. | ZAC | México | 18-mar-95 | XII Juegos Panamericanos, Mar del Plata, Argentina |
| 291 | 76 | Rafael Muñoz Sánchez | | | 64 | | DF | Albatros | 5-jul-93 | Montreal, Canadá |
| 292 | 29:09.51 | Jonnatán Morales Serrano | | INV | | 80. | DF | México | 20-abr-01 | Mount SAC Relays, Walnut California, USA |
| 293 | 29:09.52 | Sergio Pedraza Gonzalez | | | | 40. | MEX | Edo.de México | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 294 | 29:09.54 | Alejandro Suárez Velázquez | | | 30-nov-80 | 40. | QRO | Queretaro | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 295 | 29:09.77 | Pablo Olmedo | | F/R 1 | | 170. | MEX | México | 30-abr-06 | Payton Jordan Cardinal Invitational, Stanford, California |
| 296 | 77 | Martín Rodríguez Flores | | | | 20. | | | 4-feb-95 | Selectivo a Juegos Panamericanos de Mar del Plata, Monterrey, NL |
| 297 | 29:11.40 | Joel Hernández Lozano | | | | | ZAC | Zacatecas | 20-abr-91 | Mount SAC Relays, Walnut California, USA |
| 298 | 29:11.5 | Francisco Pacheco Ramírez | | | | 10. | UNAM | UNAM | 7-ago-85 | Chequeo de Evaluación, FMA, CU, México, DF |
| 299 | 29:11.63 | Juan Carlos Romero Bernal | | Invitational | | 200. | ZAC | Nike | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 300 | 29:11.71 | Jesús Herrera | | | | 20. | IPN | México | 1985 | XIII Universiada Mundial, Kobe, Japón |
| 301 | 29:12.5 | Sergio Jimenez Cansino | | Open Int. | | 180. | | México | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada |
| 302 | 29:12.8 | Dionicio Cerón Bizarro | | | | 20. | | México | 1993 | XIV Campeonato Centroamericano y del Caribe, Cali, Colombia |
| 303 | 29:13.0 | Juan Carlos Romero Bernal | | | | 10. | ZAC | Zacatecas | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 304 | 29:13.10 | Julio César Valle Vázquez | | | | 20. | PUE | Puebla | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |



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| 305 | 29:13.63 | Juan Luis Barrios Nieves | 10. | MEX | México | 27-nov-14 | XXII Juegos Centroamericanos y del Caribe, Xalapa, Veracruz, México | | | |
| 306 | 29:13.71 | Juan Carlos Romero Bernal | 10. | ZAC | México | 26-jul-10 | XXI Juegos Centroamericanos y del Caribe, Mayagüez, Puerto Rico | | | |
| 307 | 29:14.15 | Tomas Luna Domínguez | 20. | VER | México | 26-jul-10 | XXI Juegos Centroamericanos y del Caribe, Mayagüez, Puerto Rico | | | |
| 308 | 29:14.3 | José Duarte Esquivel | | MEX | Estado de México | 20-abr-91 | Mount SAC Relays, Walnut California, USA | | | |
| 309 | 29:14.75 | José Gómez | 10. | | México | 1983 | IX Juegos Panamericanos, Caracas, Venezuela | | | |
| 310 | 29:15.24 | Martín Pitayo Martínez | 10. | | México | 20-sep-85 | III Copa de las Americas, San Juan, Puerto Rico | | | |
| 311 | 29:15.3 | Rafael Zepeda Martínez | | UNAM | | 5-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | | | |
| 312 | 29:15.49 | Alejandro Suárez Velázquez | 20. | QRO | México | 15-jul-11 | XXIII Campeonato Centroamericano y del Caribe de Atletismo, Mayaguez, Puerto Rico | | | |
| 313 | 29:15.57 | Aldo Saúl Vega Escobedo | 180. | QRO | Colorado | 26-mar-10 | Stanford University Invitational, Stanford, California, USA | | | |
| 314 | 29:15.9 | Gerardo Alcalá García | | DF | Unicomio | 23-abr-88 | Mount SAC Relays, Walnut California, USA | | | |
| 315 | 29:16.31 | Manuel Vera Canelo | | DF | SSA | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas | | | |
| 316 | 29:17.0 | Julio César Perez Morales | 20. | PUE | Puebla | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato | | | |
| 317 | 78 29:17.31 | Carlos Cordero Gómez | 7-ene-77 | 50. | GTO | Guanajuato | Pedro Silva | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS | |
| 318 | 79 29:17.85 | Maximino Ayala Márquez | | DF | Sta. Rosa | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas | | | |
| 319 | 29:18.14 | Marcos Barreto | | | México | 1988 | XXIV Juegos Olímpicos, Seul, Corea | | | |
| 320 | 29:18.22 | Julio César Perez Morales | 10. | PUE | Club Zatopek | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León | | | |
| 321 | 29:18.76 | Aldo Saúl Vega Escobedo | 20. | QRO | Itesm Qro | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León | | | |
| 322 | 80 29:19.08 | Alejandro Arroyo Yamin | Section 1 | 26-sep-91 | 34o. | GTO | Princeton | 4-abr-14 | Stanford Invitational, Satnford, California, USA | |
| 323 | 81 29:19.12 | Ricardo Amezcua | U/O | 20. | Univ. Of Kansas | 17-abr-98 | Mount SAC Relays, Walnut California, USA | | | |
| 324 | 82 29:19.23 | Jose Alberto Madera Vega | Section 2 | 23-sep-91 | 8o. | MX-USA | San Francisco | 4-abr-14 | Stanford Invitational, Satnford, California, USA | |
| 325 | 29:19.25 | Sergio Jiménez Cancino | Final "B" | 20. | PUE | México | | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada | |
| 326 | 29:19.28 | Luis Hernández Morales | | 10. | VER | México | | 17-oct-75 | VII Juegos Panamericanos, México, DF | |
| 327 | 29:19.39 | Pablo Cerón López | | | MEX | | | 9-jun-88 | Prv-Tiv, Bratislavia | |
| 328 | 29:19.65 | Andrés Espinosa Pérez +40 | Sección 1 | 4-feb-63 | 7o. | COAH | México | Rodolfo Gómez | 5-jun-04 | Canadian Championships, Harry Jerome, Burnaby, Canada |
| 329 | 29:19.78 | Alejandro Salvador Cruz | Final "A" | 17o. | VER | México | | | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 330 | 29:20.09 | Julio Cesar Perez Morales | | 20. | PUE | Puebla | | | 25-mar-11 | 1er. Festival Atlético de Pista y Campo Mexicali, Baja California |
| 331 | 29:20.12 | Erick Israel Pérez Huerta | Section 2 | 35o. | DF | México | | | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 332 | 29:20.31 | Gabino Apolonio Oro | | 20. | MEX | Estado de México | | | 20-nov-01 | Carrera Tv Azteca Powerade, México, DF |
| 333 | 29:20.51 | Gabino Apolonio Oro | | | MEX | Estado de México | | | 16-abr-93 | Mount SAC Relays, Walnut California, USA |
| 334 | 83 29:20.86 | Ismael Apolo Mondragón Escalona | | 10-nov-88 | 6o. | DF | Distrito Federal | Pablo Garrido | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 335 | 29:21.04 | Armando Quintanilla | | 5o. | | América | | | 25-sep-92 | VI Copa Mundial de Atletismo, La Habana, Cuba |
| 336 | 29:21.22 | Rodolfo Gomez Orozco | | 20. | | México | | | 17-oct-75 | VII Juegos Panamericanos, México, DF |
| 337 | 29:21.3 | Enrique Aquino | | | | México | | | 1980 | XXII Juegos Olímpicos, Moscu, URSS |
| 338 | 29:21.40 | Margarito Zamora | | | DF | México | | | 20-abr-96 | Mount SAC Relays, Walnut California, USA |
| 339 | 29:21.99 | José Uribe | | 21o. | | | | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 340 | 84 29:22.11 | Francisco Bautista Cuamatzi | "B" | 17-sep-72 | 10. | TLAX | México | Luis Ordoñez | 1-jun-02 | Harry Jerome Classic, Burnaby, BC, Canada |
| 341 | 29:22.23 | Aldo Saul Vega Escobedo | | 50. | QRO | Queretaro | | | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 342 | 29:22.81 | Dionicio Cerón Bizarro | | 10. | | México | | | 1991 | XIII Campeonato Centroamericano y del Caribe, Xalapa, Veracruz |
| 343 | 85 29:22.98 | Marco Tardelly Flores Partida | | 25-abr-80 | 10. | DF | CLUB SECT.7 ATZCAPOT | | 10-abr-05 | Relevos TEC, ITESM, Monterey, NL |
| 344 | 86 29:23.0 | Jaime Apolonio Cerro | | 30. | MEX | Estado de México | Rafael Martínez | | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 345 | 29:23.11 | Sergio Jiménez Cancino | | | PUE | Puebla | | | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 346 | 87 29:23.33 | Diego Alberto Borrego Moreira | Section 2 | 9-ene-88 | 10o. | ZAC | México | Jorge Marquez | 28-abr-13 | Payton Jordan Invitational, Stanford, California, USA |
| 347 | 88 29:23.38 | Alejandro Villanueva Martínez (RN) | O/U | 22-abr-70 | | MEX | Estado de México | | 26-may-89 | Campeonato Nacional Juvenil, Cd.Victoria, Tamaulipas |
| 348 | 29:23.88 | Alejandro Salvador Cruz | | 10. | VER | México | | Rodolfo Gómez | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 349 | 89 29:24.37 | Victor Rodríguez Frausto | | 23o. | | México | | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 350 | 29:24.60 | Julio César Valle Vazquez | | 7o. | | México | | | 17-jul-98 | VIII Campeonato Iberoamericano de Atletismo, Lisboa, Portugal |
| 351 | 29:24.78 | Alejandro Suárez Velázquez | | 35o. | QRO | México | | | 17-ago-08 | XXIX Juegos Olímpicos, Beijing, China |
| 352 | 90 29:25.05 | Ismael Andrade Vazquez | | 7o. | MEX | Estado Mexico | Tadeusz Kepka | | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 353 | 29:25.07 | Faustino Reynoso Hernández | | | MEX | Estado de México | | | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 354 | 29:25.27 | Julio César Pérez Morales | | 26-may-82 | 20. | PUE | México | | 10-jun-07 | Lafarge Abbotsford International Track Classic, Abbotsford, Canada |
| 355 | 29:25.42 | Aldo Saúl Vega Escobedo | | 50. | QRO | México | | | 8-jul-13 | XXVII Universiada Mundial, Kazan, Rusia |
| 356 | 91 29:25.58 | Edher Cortés Martínez | | 21-mar-82 | 20. | DF | CLUB SECT.7 ATZCAPOT | | 10-abr-05 | Relevos TEC, ITESM, Monterey, NL |
| 357 | 29:25.7 | Rodolfo Gomez Orozco | | | | México | | | 1980 | XXII Juegos Olímpicos, Moscu, URSS |
| 358 | 92 29:25.73 | Miguel Angel Hernandez Rubio | | 26-sep-85 | 30. | ZAC | Zacatecas | | 25-mar-11 | 1er. Festival Atlético de Pista y Campo Mexicali, Baja California |
| 359 | 29:25.97 | Miguel Angel Hernandez Rubio | | 30. | ZAC | Club Zatopek | | | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León |
| 360 | 29:26.2 | Isaac Garcia | | 30. | JAL | Jalisco | | | 4-feb-95 | Selectivo a Juegos Panamericanos de Mar del Plata, Monterrey, NL |
| 361 | 29:26.30 | Erick Israel Perez Huerta | | 40. | IMSS | Baja California | | | 25-mar-11 | 1er. Festival Atlético de Pista y Campo Mexicali, Baja California |
| 362 | 29:26.4 | Benjamín Paredes Martínez | | 10. | | ROD. GOMEZ | | | 21-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz |
| 363 | 93 29:26.5 | Daviano Aviles Sanchez | | 1973 | 20. | | ROD. GOMEZ | | 21-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz |
| 364 | 29:26.77 | David Galván Martínez | | 10. | COAH | Coahuila | | | 27-may-07 | 87o. Campeonato Nacional de 10.000m, León, Guanajuato |
| 365 | 29:26.77 | Carlos Cordero Gomez | | 40. | GTO | Estado de Guanaj | | | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León |
| 366 | 29:26.8 | Gabino Apolonio Oro | | 30. | | México | | | 1993 | XIV Campeonato Centroamericano y del Caribe, Cali, Colombia |
| 367 | 29:26.87 | Victor Rodríguez Frausto | | 10. | DF | Distrito Federal | | | 9-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |



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| 368 | | 29:27.00 | Alejandro Arroyo Yamin | | 1o. | GTO | Princeton | Federico Villanueva | 6-abr-12 | Sam Howell Invitation, Princeton University, NJ, USA |
| 369 | 94 | 29:27.09 | Oscar Franco | "B" | 12-jun-79 | 5o. | MX-US | Mexicoamericano | 29-mar-02 | Stanford, California, USA |
| 370 | | 29:27.2 | Juan Máximo Martínez (RM) | | | 4o. | | México | 1967 | V Juegos Panamericanos, Winnipeg, Canada |
| 371 | | 29:27.23 | Arturo Barrios | | | | | R. Gomez | 12-may-84 | Austin, Texas, USA |
| 372 | 95 | 29:27.49 | Octavio Escamilla | INV | | 17o. | DF | México | 20-abr-01 | Mount SAC Relays, Walnut California, USA |
| 373 | 96 | 29:27.99 | Isaac Gómez Sánchez | | 19-jun-79 | 14o. | QRO | México | 3-jun-01 | Harry Jerome Classic, Burnaby, BC, Canada |
| 374 | | 29:28.32 | Juan Carlos Romero Bernal | | | 2o. | ZAC | México | 27-jun-14 | XXII Juegos Centroamericanos y del Caribe, Xalapa, Veracruz, México |
| 375 | | 29:28.6 | Alejandro Villanueva Martínez | | | 1o. | MEX | México | 1989 | V Campeonato Panamericano Juvenil, Santa Fe, Argentina |
| 376 | | 29:28.63 | Isidro Rico Rangel | | | | QRO | Querétaro | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 377 | 97 | 29:28.68 | Arturo Garcés | | 1977 | | MEX | México | 19-abr-96 | Mount SAC Relays, Walnut California, USA |
| 378 | 98 | 29:28.99 | Hugo Romero Mendez | | 4-ene-79 | 3o. | TLAX | BENJAMIN PAREDES | 10-abr-05 | Relevos TEC, ITESM, Monterey, NL |
| 379 | | 29:29.08 | Marco Tardelly Flores Partida | F/R | 25-abr-80 | 1o. | SLP | Equipo Eduardo Cas Eduardo Castro | 12-mar-10 | LVII Relevos TEC 2010, Monterrey, Nuevo León |
| 380 | | 29:29.54 | Pablo Olmedo | | 8-may-75 | 6o. | MEX | México | 17-jun-05 | Canadian Championships, Abbotsford, Canada |
| 381 | 99 | 29:29.55 | Jose Luis Duarte Bustillos | | 19-may-89 | 7o. | CHIH | México | 8-jul-13 | XXVII Universiada Mundial, Kazan, Rusia |
| 382 | | 29:29.73 | Salvador Parra Pineda | | | 1o. | | México | 27-jun-89 | XII Centroamericano y del Caribe de Atletismo, San Juan Puerto Rico |
| 383 | 100 | 29:29.79 | Fabian Guerrero Sanchez | | 17-may-81 | 1o. | DF | Albatros Atletismo | 30-may-15 | 63o. Relevos TEC, Monterrey, Nuevo León |
| 384 | | 29:30.0 | Miguel Angel Hernandez Rubio | | | 4o. | ZAC | Zacatecas | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 385 | 101 | 29:30.11 | Daniel Martínez | U/O | | 6o. | | Gardena Valley | 17-abr-98 | Mount SAC Relays, Walnut California, USA |
| 386 | | 29:30.31 | Jose Alberto Madera Vega | Section 2 | | 24o. | MX-USA | San Francisco | 3-abr-15 | Stanford Invitational, Stanford, California, USA |
| 387 | 102 | 29:30.32 | Rodrigo Romero | | | | MEX | México | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 388 | | 29:30.34 | Martín Rodríguez Flores | | | | ZAC | Zacatecas | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 389 | 103 | 29:30.6 | Mario Cuevas | | | | | México | 12-jun-76 | Bratislava, Checoslovaquia |
| 390 | | 29:30.6 | Eduardo Rojas Puga | | | 1o. | MEX | Edo Mexico | 11-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 391 | | 29:30.79 | Oscar Reyes Ramírez | | | 4o. | | México | 7-jul-97 | Mc.Gill International, Distance, Classic, Montreal, Canada |
| 392 | | 29:30.89 | Sergio Pedraza González | | | 5o. | MEX | Paredes Pro | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León |
| 393 | | 29:31.0 | Andrés Espinosa Pérez | Final "A" | | 18o. | COAH | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 394 | | 29:31.0 | Tomas Luna Domínguez | | 9-mar-75 | 5o. | MEX | Estado de México | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 395 | 104 | 29:31.06 | Jorge Cuatepitz Juárez | | | 4o. | TLAX | UNIV AUT DE TLAXCALA | 10-abr-05 | Relevos TEC, ITESM, Monterey, NL |
| 396 | 105 | 29:31.36 | Procopio Franco Hernández | | 8-jul-70 | 3o. | MEX | Estado De Mexico | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 397 | | 29:32.17 | José Duarte Esquivel | | | | MEX | Estado de México | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 398 | | 29:32.24 | Gabino Apolinio Oro | | | 1o. | MEX | Estado de México | 19-jun-98 | 78o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 399 | | 29:32.34 | Armando Quintanilla | | | 14o. | | México | 22-ago-93 | IV Campeonato Mundial de Atletismo, Stuttgart, Alemania |
| 400 | | 29:32.6 | Salvador García Melchor | | | | MEX | México | 19-abr-96 | Mount SAC Relays, Walnut California, USA |
| 401 | | 29:32.79 | Sergio Pedraza González | | 16-nov-81 | 8o. | MEX | Estado Mexico | 21-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 402 | | 29:33.37 | Tomas Luna Domínguez | | 9-mar-75 | 6o. | VER | Veracruz | 25-mar-11 | 1er. Festival Atlético de Pista y Campo Mexicali, Baja California |
| 403 | 106 | 29:33.60 | Eduardo Fierro | | 66 | | MEX | Estado de México | 17-abr-92 | Mount SAC Relays, Walnut California, USA |
| 404 | | 29:33.60 | Isidro Rico Rangel | | | | QRO | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 405 | | 29:33.81 | Jonnatan Morales Serrano | | | 4o. | DF | Distríto Federal | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 406 | | 29:34.08 | Fabian Guerrero Sanchez | F/R | | 1o. | DF | Albatros Atletis | 21-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 407 | | 29:34.14 | Julio César Valle Vazquez | Final "A" | | 19o. | PUE | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada |
| 408 | | 29:34.37 | Ismael Apolo Mondragón Escalona | | | 1o. | DF | Aadf | 8-may-10 | Encuentro Fidelidad, Xalapa, Veracruz |
| 409 | | 29:34.44 | Sergio Pedraza González | | 16-nov-81 | 2o. | MEX | EMPP | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 410 | | 29:34.64 | Rodolfo Gomez Orozco | | | 1o. | | México | 15-jul-78 | XIII Juegos Centroamericanos y del Caribe, Medellín, Colombia |
| 411 | | 29:35.0 | Juan Máximo Martínez | | | 4o. | | México | 1968 | XIX Juegos Olímpicos, México, DF |
| 412 | | 29:35.35 | Alejandro Suárez Velázquez | | | 2o. | QRO | Queretaro | 22-jun-08 | 88o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 413 | | 29:35.4 | Dionicio Cerón Bizarro | | | 1o. | MEX | Estado de México | 19-oct-90 | Selectivo para Juegos Centroamericanos, CDOM, México, DF |
| 414 | | 29:35.40 | Faustino Reynoso Hernández | | | | DF | México | 10-jul-95 | Mc Gill International Track & Field, Montreal, Canada |
| 415 | | 29:35.78 | Erick Israel Pérez Huerta | | 17-nov-83 | 3o. | IMSS | IMSS | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 416 | | 29:35.85 | Martín Pitayo Martínez | | | 4o. | | América | 4-oct-85 | 4a. Copa Mundial de Atletismo, Canberra, Australia |
| 417 | | 29:36.14 | José Luis Chuela | | | 6o. | | México | 1987 | X Juegos Panamericanos, Indianapolis, USA |
| 418 | 107 | 29:36.24 | Andrés Mendoza López | | 9-oct-79 | 5o. | MEX | Estado De Mexico | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 419 | 108 | 29:36.29 | Martín Rojas Campanur | | | 6o. | MICH | Michoacan | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 420 | | 29:36.51 | Jonnatán Morales Serrano | INV | | 14o. | DF | México | 19-abr-02 | Mount SAC Relays, Walnut California, USA |
| 421 | | 29:36.58 | Alejandro Salvador Cruz | | | 24o. | | México | 24-ago-99 | Campeonato Mundial de Atletismo, Sevilla, España |
| 422 | | 29:36.61 | Miguel Angel Hernandez Rubio | | | 4o. | ZAC | JMO | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 423 | | 29:36.89 | Pablo Olmedo | | | 31o. | MEX | México | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 424 | 109 | 29:37.0 | Héctor Pérez | | | | DF | | 1990 | San Francisco, California, USA |
| 425 | | 29:37.08 | Eduardo Rojas Puga | | | 1o. | MEX | México | 5-jul-03 | XIX Campeonato Centroamericano y del Caribe de Atletismo, St.Georges, Granada |
| 426 | 110 | 29:37.09 | José Ernani Palalía Ramírez | Sección 2 | 12-mar-72 | 2o. | PUE | México | 5-jun-04 | Canadian Championships, Harry Jerome, Burnaby, Canada |
| 427 | | 29:37.25 | Ismael Apolo Mondragón Escalona | Open A | 10-nov-88 | 4o. | DF | México | 18-abr-13 | MT SAC Relays, Walnut, California, USA |
| 428 | | 29:37.72 | Juan Carlos Romero | | | 2o. | ZAC | México | 4-jun-06 | Lafarge Abbotsford Int.Track Classic, Abbotsford, Canada |
| 429 | | 29:37.78 | Carlos Cordero Gómez | | | 3o. | GTO | Guanajuato | 22-jun-08 | 88o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 430 | | 29:38.05 | David Galván Martínez | | | 21o. | COAH | México | 20-ago-04 | XXVIII Juegos Olímpicos, Atenas, Grecia |



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| 431 | 111 | 29:38.07 | Hector Hernandez | | | 28o. | BC | Western State | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 432 | | 29:38.31 | Julio Cesar Perez Morales | | | 1o. | PUE | México | | 14-jul-07 | I Campeonato NACAC de Atletismo, San Salvador, El Salvador |
| 433 | | 29:38.33 | Julio Cesar Perez Morales | | | 2o. | PUE | Puebla | | 27-may-07 | 87o. Campeonato Nacional de 10,000m, León, Guanajuato |
| 434 | | 29:38.40 | Isaac Gómez Sánchez | | | 7o. | QRO | Querétaro | | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 435 | 112 | 29:38.5 | Gerardo Miranda | | | | | Rodolfo Gómez | | 27-abr-85 | Mount SAC Relays, Walnut California, USA |
| 436 | | 29:38.75 | Francisco Bautista Cuamatzi | | 17-sep-72 | 6o. | TLAX | México | | 10-jun-07 | Lafarge Abbotsford International Track Classic, Abbotsford, Canada |
| 437 | | 29:38:38 | Juan Carlos Romero Bernal | | | 16o. | ZAC | México | | 28-ago-11 | XIII Campeonato Mundial de Atletismo, Daegu, Korea |
| 438 | | 29:39.56 | Edher Cortés Martínez | "B" | 21-mar-82 | 3o. | DF | México | Gutiérrez/Bravo | 1-jun-02 | Harry Jerome Classic, Burnaby, BC, Canada |
| 439 | | 29:39.7 | Francisco Bautista Cuamatzi | | | 2o. | TLAX | Tlaxcala | Luis Ordoñez | 11-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 440 | | 29:39.97 | Daviano Aviles Sanchez | U/O | | 1o. | | México | | 16-abr-99 | Mount SAC Relays, Walnut California, USA |
| 441 | | 29:40.08 | David Galván Martínez | | | 1o. | MEX | México | | 27-jul-06 | XX Juegos Centroamericanos y del Caribe, Cartagena, Colombia |
| 442 | | 29:40.4 | Benjamín Paredes Martínez +40 | | | 3o. | MEX | Edo Mexico | Rodolfo Gómez | 11-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 443 | | 29:40.45 | Erick Israel Pérez Huerta | F/R | | 2o. | IMSS | Mn-21 | | 12-mar-10 | LVII Relevos TEC 2010, Monterrey, Nuevo León |
| 444 | | 29:40.53 | Jesus Herrera | | | 3o. | | México | | 20-sep-85 | III Copa de las Americas, San Juan, Puerto Rico |
| 445 | 113 | 29:40.6 | Mario Pérez Saldivar | | | | | SOP | | 23-abr-71 | Xalapa, Veracruz |
| 446 | 114 | 29:40.75 | Marcos Villasusano | | | | | MEX | Estado de México | 9-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 447 | | 29:40.83 | José Antonio Uribe Marino | Section 2 | 3-ene-86 | 21o. | MEX | México | Wanda Panfil | 4-may-14 | Payton Jordan Invitational, Stanford, California, USA |
| 448 | | 29:41.00 | Juan Carlos Romero Bernal | | | 2o. | ZAC | México | | 27-oct-11 | XVI Juegos Panamericanos, Guadalajara, Jalisco |
| 449 | | 29:41.31 | Pablo Olmedo | | | 4o. | MEX | México | Rafael Martínez | 7-ago-03 | XIV Juegos Panamericanos, Santo Domingo, Rep.Dominicana |
| 450 | 115 | 29:41.33 | Jose Guadalupe Mireles Flores | Open | 27-dic-88 | 2o. | DF | México | | 14-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 451 | | 29:41.36 | Francisco Bautista Cuamatzi | | | 2o. | TLAX | México | | 28-may-03 | Copa Cuba de Atletismo, Cuba |
| 452 | | 29:41.47 | Rafael Sánchez | | | 1o. | MEX | Estado DE Mexico | | 4-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León |
| 453 | | 29:41.55 | Teodoro Vega Morales | INV | 14-jul-76 | 15o. | MEX | México | | 14-abr-06 | Mt.SAC Relays, Walnut, California, USA |
| 454 | | 29:41.83 | Rodolfo Gomez Orozco | | | 6o. | | México | | 1983 | IX Juegos Panamericanos, Caracas, Venezuela |
| 455 | 116 | 29:42.00 | Juan Carlos Chávez Chávez | | | 1o. | GTO | ENEF | | 14-abr-97 | Universiada Nacional, Monterrey, Nuevo León |
| 456 | | 29:42.05 | David Galvan Martínez | | | 4o. | COAH | Coahuila | | 22-jun-08 | 88o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 457 | 117 | 29:42.05 | Giovanni Gonzalez Popoca | Open | 4-dic-82 | 3o. | DF | México | | 14-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 458 | 118 | 29:42.23 | Mario Macias Raygoza | | 20-dic-80 | 32o. | ZAC | México | | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 459 | | 29:42.40 | Julio César Valle Vazquez | | | 1o. | PUE | Puebla | | 2-jul-99 | 79o. Campeonato Nacional de Atletismo, Monterrey, NL. |
| 460 | | 29:42.65 | Isaac Garcia Robles | | | 30o. | JAL | México | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 461 | 119 | 29:42.68 | Isidoro Martínez Martínez | | 16-feb-75 | 1o. | TAMPS | Seleccion Tamaulipas | | 13-abr-02 | Encuentro Atletico Relevos Tec, Monterrey, NL |
| 462 | | 29:43.2 | Andres Espinosa Pérez | | | 4o. | COAH | Coahuila | Rodolfo Gómez | 11-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 463 | 120 | 29:43.50 | Oscar Mateo Ceron Santos | | 19-oct-83 | 1o. | HGO | Paredes Pro | | 30-abr-11 | Encuentro Atlético Misión 2010, Xalapa, Veracruz |
| 464 | | 29:43.65 | Alejandro Suárez Velázquez | | | 3o. | QRO | Querétaro | | 27-may-07 | 87o. Campeonato Nacional de 10,000m, León, Guanajuato |
| 465 | | 29:43.81 | Benjamín Paredes Martínez +40 | | | 8o. | MEX | Estado De Mexico | | 23-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 466 | | 29:43.9 | Jesús Herrera Ortiz | | | | | R. Gomez | | 23-jun-84 | 64o. Campeonato Nacional de Atletismo, CU, México, DF |
| 467 | | 29:43.94 | Julio César Valle Vazquez | | | 2o. | PUE | Puebla | | 19-jun-98 | 78o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 468 | | 29:44.0 | Gerardo Alcalá García | | | | | UNAM | | 23-jun-84 | 64o. Campeonato Nacional de Atletismo, CU, México, DF |
| 469 | 121 | 29:44.0 | Santiago Guzmán Melo | | 66 | | MEX | Estado de México | | 17-abr-92 | Mount SAC Relays, Walnut California, USA |
| 470 | | 29:44.16 | Marcos Villasusano | | | 1o. | | México | | 1995 | XV Campeonato Centroamericano y del Caribe de Atletismo, Guatemala, Guatemala |
| 471 | | 29:44.43 | Oscar Reyes Ramírez | | | | DF | UNAM | | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 472 | | 29:44.75 | Erick Israel Pérez Huerta | Open A | O/U | 2o. | DF | México | | 17-abr-14 | MT SAC Relays, Walnut, California, USA |
| 473 | 122 | 29:45.00 | Raúl Ramírez | | | | | UNAM | | 14-abr-97 | Universiada Nacional, Monterrey, Nuevo León |
| 474 | | 29:45.31 | Salvador Parra Pineda | | | 4o. | | México | | 16-may-98 | Harry Jerome Classic, Burnaby, BC, Canada |
| 475 | | 29:46.07 | Isidoro Martínez Martínez | | | 1o. | TAMPS | Inst.Tec.Madero | | 17-mar-01 | XLIX Relevos del Tec. de Monterrey, NL |
| 476 | | 29:46.09 | Dionicio Cerón Bizarro | | | 1o. | MEX | México | | 1990 | XVI Juegos Centroamericanos y del Caribe, México, DF |
| 477 | | 29:46.25 | Marcelino Crisanto | | | | MEX | Estado de México | | 3-jul-92 | 72o. Campeonato Nacional de Atletismo, Monterey, Nuevo León |
| 478 | | 29:46.33 | Sergio Pedraza Gonzalez | F/R | | 2o. | MEX | Secretaria de Marina | | 21-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 479 | | 29:46.43 | Miguel Angel Hernandez Rubio | F/R | | 3o. | ZAC | Club Zatopek | | 21-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 480 | | 29:46.47 | Marco Tardelly Flores Partida | | | 5o. | SLP | San Luis Potosí | | 22-jun-08 | 88o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 481 | 123 | 29:46.50 | Horacio Salgado | | | | | MICH | Michoacán | 3-jul-92 | 72o. Campeonato Nacional de Atletismo, Monterey, Nuevo León |
| 482 | | 29:46.50 | Martín Rojas Campanur | | | | | MICH | T. Mor | 14-abr-97 | Universiada Nacional, Monterrey, Nuevo León |
| 483 | | 29:46.62 | Rafael Zepeda | | | 1o. | | México | | 1987 | XI Campeonato Centroamericano y del Caribe, Caracas, Venezuela |
| 484 | | 29:46.7 | Pablo Cerón López | | | 2o. | MEX | E.MEX | | 19-oct-90 | Selectivo para Juegos Centroamericanos, CDOM, México, DF |
| 485 | | 29:46.72 | David Galindo Ortiz | | | 1o. | MEX | México | | 1995 | VIII Campeonato Panamericano Juvenil, Santiago de Chile |
| 486 | | 29:47.29 | Marcelino Crisanto | | | | | MEX | Estado de México | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 487 | | 29:47.44 | Juan Gualberto Vargas Sánchez | | 12-jul-77 | 1o. | GTO | Guanajuato | | 10-jun-06 | 86o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 488 | | 29:47.66 | Alejandro Arroyo Yamin | | 26-sep-91 | 4o. | GTO | Princeton | Federico Villanueva | 4-may-13 | Ivy League Outdoor Track & Field Championships, Princeton, NJ, USA |
| 489 | | 29:48.00 | Miguel Angel Hernandez Rubio | Open A | | 9o. | ZAC | México | Ramon Diaz | 18-abr-13 | MT SAC Relays, Walnut, California, USA |
| 490 | | 29:48.07 | Jonnatan Morales Serrano | | 22-ene-80 | 10o. | DF | México | | 16-ago-05 | XXII Universiada Mundial, Izmir, Turquia |
| 491 | | 29:48.1 | Francisco Mondragon Caballero | | | 5o. | MEX | Edo Mexico | Rodolfo Gómez | 11-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 492 | | 29:48.37 | Marco Tardelly Flores Partida | | 25-abr-80 | 2o. | DF | Distrito Federal | A.Gutiérrez / A.Bravo | 4-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León |
| 493 | | 29:48.46 | Procopio Franco Hernández | | | 2o. | MEX | Asoc. Edo. De Méx. | | 17-mar-01 | XLIX Relevos del Tec. de Monterrey, NL |



FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC
DIRECCION TECNICA
RANKING MEXICANO DE TODOS LOS TIEMPOS

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|-----|----------|--|--------------|-----------|---------|---------------------|--|--|---|
| 494 | 29:48.46 | José Alberto Madera Vega | Open A | 100. | MEX-USA | San Francisco | 18-abr-13 | MT SAC Relays, Walnut, California, USA | |
| 495 | 29:48.73 | Erick Israel Perez Huerta | | 60. | DF | Equipo Mn-21 | 11-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León | |
| 496 | 29:49.12 | Edson Ramirez | | 75 | MEX | Estado de México | 15-abr-94 | Mount SAC Relays, Walnut, California, USA | |
| 497 | 29:49.72 | Armando Quintanilla | | 70. | SLP | San Luis Potosí | 20-nov-01 | Carrera Tv Azteca Powerade, México, DF | |
| 498 | 29:49.75 | Jonnatan Morales Serrano | H1 | 50. | | México | 5-jun-99 | Harry Jerome Classic, Burnaby, BC, Canada | |
| 499 | 29:50.34 | Dionicio Cerón Bizarro | | 10. | MEX | NIKE | 20-mar-94 | Encuentro Atlético Relevos de la ESEF, México, DF | |
| 500 | 29:50.7 | Benedicto Nuñez Jiménez | | | DF | Ejército | 68o. Campeonato Nacional de Atletismo, Ciudad Victoria, Tamaulipas | | |
| 501 | 29:50.70 | Horacio Cabrera | | 60 | DF | DF | 3-jul-92 | 72o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 502 | 29:51.09 | Pablo Castillo | | | DF | Ejército | 13-jul-90 | 70o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas | |
| 503 | 29:51.1 | Jesús Herrera Ortíz | | 10. | DF | México | 1988 | III Campeonato Iberoamericano de Atletismo, México, DF | |
| 504 | 29:51.25 | Julio César Valle Vazquez | | 30. | PUE | Puebla | 4-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 505 | 29:51.77 | Marco Antonio Venancio Mancilla | Invitational | 21o. | BC | Cocordia California | 13-abr-07 | Mount SAC Relays, Walnut, California, USA | |
| 506 | 29:51.88 | Edilberto Mendez Hernández | | 24-feb-83 | 10. | TLAX | Tlaxcala | 25-ago-01 | Evento Atletico Tecnologico "Prof. Gonzalo Troncoso", Durango |
| 507 | 29:52.0 | Marcos Barreto | | 30. | MEX | E.MEX | 19-oct-90 | Selectivo para Juegos Centroamericanos, CDOM, México, DF | |
| 508 | 29:52.03 | Margarito Zamora | Heat 2 | 15o. | | México | 3-ago-97 | VI Campeonato Mundial de Atletismo, Atenas, Grecia | |
| 509 | 29:52.20 | Santos Ortega Rosario | | | MEX | Estado de México | 9-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas | |
| 510 | 29:52.23 | Oscar Mateo Cerón Santos | | 10. | HGO | México | 17-abr-14 | MT SAC Relays, Walnut, California, USA | |
| 511 | 29:52.34 | Alberto Tello Luna | | | DF | DF | 9-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas | |
| 512 | 29:52.47 | Jonnatan Morales Serrano | | 10. | DF | Distrito Federal | 14-may-05 | Encuentro Atlético Xalapa 2005, Xalapa, Veracruz | |
| 513 | 29:52.59 | Isaac Garcia Robles | | 20. | | México | 1991 | XIII Campeonato Centroamericano y del Caribe, Xalapa, Veracruz | |
| 514 | 29:52.7 | Sergio Jiménez Cancino | | 30. | | ROD. GOMEZ | 21-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 515 | 29:53.0 | Gabino Apolonio Oro | | 20. | MEX | Estado De Mexico | 20-nov-02 | Carrera TV Azteca, México, DF | |
| 516 | 29:53.1 | Martín Mondragón Avila | | 40. | MEX | | 19-oct-90 | Selectivo para Juegos Centroamericanos, CDOM, México, DF | |
| 517 | 29:53.2 | Vicente Méndez | | | | UNAM | 27-abr-85 | Mount SAC Relays, Walnut California, USA | |
| 518 | 29:53.40 | Julio César Valle Vazquez | | 20. | | México | 15-ago-98 | XVIII Juegos Centroamericanos y del Caribe, Maracaibo, Venezuela | |
| 519 | 29:53.6 | José Gómez | | | | México | 1980 | XXII Juegos Olímpicos, Moscu, URSS | |
| 520 | 29:53.83 | Marco Tardelly Flores Partida | | 25-abr-80 | 10. | DF | SECTOR 7 AZCAPOTZALCO | 12-mar-06 | Relevos TEC, Monterrey, NL |
| 521 | 29:54.0 | Jesus Primo Capula Torres | | 10. | MEX | Estado de México | 13-jul-00 | 80o. Campeonato Nacional de Atletismo, Boca del Río, Veracruz | |
| 522 | 29:54.0 | Carlos Cordero Gomez | | 60. | GTO | Guanajuato | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato | |
| 523 | 29:54.10 | Sergio Pedraza González | | 16-nov-81 | 20. | IPN | I.P.N. | 12-mar-06 | Relevos TEC, Monterrey, NL |
| 524 | 29:54.36 | Jonathan Castañeda | | 20. | PUE | Talentos Puebla | 8-may-10 | Encuentro Fidelidad, Xalapa, Veracruz | |
| 525 | 29:54.40 | Juan Carlos Chávez | | | GTO | Guanajuato | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 526 | 29:54.53 | Jonnatan Morales Serrano | Final "B" | 40. | DF | México | 3-jun-00 | Harry Jerome Classic, Burnaby, BC, Canada | |
| 527 | 29:54.77 | Jesús Armando Torres Barrón | | 10. | GTO | Guanajuato | 10-may-08 | Encuentro Fidelidad MEXVI 2008, Xalapa, Veracruz | |
| 528 | 29:55.0 | Erick Israel Perez Huerta | | 70. | IMSS | IMSS | 30-jul-11 | 91o. Campeonato Nacional de Atletismo, León, Guanajuato | |
| 529 | 29:55.15 | Juan Carlos Romero Bernal | | 15-dic-77 | 10. | ZAC | Zacatecas | 21-jun-13 | 93o. Campeonato Nacional de Atletismo, Zapopan, Jalisco |
| 530 | 29:55.34 | Víctor Rodríguez Frausto | | 20. | | México | 1995 | XV Campeonato Centroamericano y del Caribe de Atletismo, Guatemala, Guatemala | |
| 531 | 29:55.40 | Héctor Rodríguez | | | DF | | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 532 | 29:55.51 | Sergio Pedraza Gonzalez | | 16-nov-81 | 20. | MEX | Estado de México | 21-jun-13 | 93o. Campeonato Nacional de Atletismo, Zapopan, Jalisco |
| 533 | 29:55.51 | Juan Carlos Carera Casas | | 22-ene-88 | 60. | QRO | Queretaro | 31-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 534 | 29:55.74 | Sergio Jiménez Cancino | | 10. | | Puebla | | Nacional de Nuevos Valores, Xalapa | |
| 535 | 29:55.88 | Jose Antonio Uribe Marino | | 20. | MEX | Wanda Panfil | 30-abr-11 | Encuentro Atlético Misión 2010, Xalapa, Veracruz | |
| 536 | 29:56.15 | Edilberto Mendez Hernández | | 24-feb-83 | 50. | TLAX | UNIV AUT DE TLAXCALA | 10-abr-05 | Relevos TEC, ITESM, Monterrey, NL |
| 537 | 29:56.2 | Francisco Mondragon Caballero | | 40. | | German Silva | 21-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 538 | 29:56.3 | Jesús Herrera Ortíz | | 10. | | México | 1985 | X Campeonato Centroamericano y del Caribe, Nassau, Bahamas | |
| 539 | 29:56.40 | Isaul Hernandez Escalante | | 11-jul-86 | 50. | ZAC | JMO | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 540 | 29:56.6 | Pedro Miranda | | 20. | | México | 1973 | IV Campeonato Centroamericano y del Caribe, Maracaibo, Venezuela | |
| 541 | 29:57.0 | Pablo Olmedo | | 40. | MEX | Estado de México | 27-may-07 | 87o. Campeonato Nacional de 10,000m, León, Guanajuato | |
| 542 | 29:57.26 | Pablo Castillo | | | DF | Ejército | 20-abr-91 | Mount SAC Relays, Walnut California, USA | |
| 543 | 29:58.2 | Luis Manuel Haro Flores | | 21-jun-49 | 30. | | 1973 | IV Campeonato Centroamericano y del Caribe, Maracaibo, Venezuela | |
| 544 | 29:58.2 | Martín Pitayo Martínez | | 20. | | México | 1985 | X Campeonato Centroamericano y del Caribe, Nassau, Bahamas | |
| 545 | 29:58.5 | Marcelino Crisanto | | | MEX | Estado de México | 5-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 546 | 29:58.55 | José Ernani Palalia Ramírez | | 80. | PUE | México | 7-jun-03 | Harry Jerome Classic, Burnaby, BC, Canada | |
| 547 | 29:58.57 | Daniel de Jesus Vargas Sanchez | | 30. | GTO | Guanajuato | 21-jun-13 | 93o. Campeonato Nacional de Atletismo, Zapopan, Jalisco | |
| 548 | 29:58.79 | Margarito Zamora | | | DF | Rodolfo Gómez | 5-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 549 | 29:58.90 | Jupiter Carrera Casas | F/R | 16-ene-94 | 40. | QRO | Asociación Queretana Ivan C. Carera Casas | 21-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 550 | 29:59.0 | Julio Cesar Valle Vazquez | | | 20. | PUE | Puebla | 13-jul-00 | 80o. Campeonato Nacional de Atletismo, Boca del Río, Veracruz |
| 551 | 29:59.0 | Teodoro Vega Morales | | 30. | MEX | Estado De Mexico | 20-nov-02 | Carrera TV Azteca, México, DF | |
| 552 | 29:59.00 | David Galindo Ortiz | | 10. | MEX | México | 1996 | XII Campeonato Centroamericano Juvenil de Atletismo, El Salvador, San Salvador | |
| 553 | 29:59.15 | Oscar Mateo Cerón Santos | | 19-oct-83 | 60. | HGO | EMPP | 14-mar-08 | Relevos TEC Monterrey, Nuevo León |
| 554 | 29:59.15 | Sergio Pedraza Gonzalez | | 30. | MEX | Ejercito Mexicano | 8-may-10 | Encuentro Fidelidad, Xalapa, Veracruz | |
| 555 | 29:59.29 | Alejandro Suárez Velázquez | | 80. | QRO | Queretaro | 20-nov-01 | Carrera Tv Azteca Powerade, México, DF | |
| 556 | 29:59.45 | José Antonio Uribe Marino | | 3-ene-86 | 20. | MEX | Estado de Mexico | 30-may-15 | 63o. Relevos TEC, Monterrey, Nuevo León |



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|-----|-----|----------|-----------------------------|
| 557 | | 29:59.75 | Procopio Franco Hernández |
| 558 | | 30:00.0 | Salvador Parra Pineda |
| 559 | 140 | 30:00.0 | Enrique Montiel Piña |
| 560 | | 30:00.0 | Jonnatán Morales Serrano |

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|-----|------|------------------|-----------------|
| 2o. | MEX | Caballero Jaguar | Bernardo García |
| | UNAM | | |
| 3o. | PUE | Puebla | |
| 4o. | DF | Distrito Federal | |

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| 13-abr-02 | Encuentro Atletico Relevos Tec, Monterrey, NL |
| 8-jul-88 | 68o. Campeonato Nacional de Atletismo, Ciudad Victoria, Tamaulipas |
| 13-jul-00 | 80o. Campeonato Nacional de Atletismo, Boca del Río, Veracruz |
| 20-nov-02 | Carrera TV Azteca, México, DF |