FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC.

DIRECCION TECNICA

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

RAMA FEMENIL

ACTUALIZADO AL 18 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
Maratón	12	2:32:01	**Vianey de la Rosa Rojas, 86, DF**									8	2:46:36	2	2:32:35			**1**	**2:32:01**
	34	2:38:21	Maritza Arenas Labana, 89, DF									5	2:43:43	12	2:49:35	3	2:41:48	**2**	**2:38:21**
	48	2:41:16	Margarita Hernandez Flores, 85, MEX													**2**	**2:41:16**	3	2:41:57
	4	2:28:54	**Dulce Maria Rodriguez de la Cruz, 72, MEX**	3	2:33:23	1	**2:30:48**									4	2:42:16	4	2:42:37
	11	2:31:30	Karina Perez Delgado, 82, TLAX	4	2:35:07	8	2:38:34	3	2:39:42	3	2:36:15	**2**	**2:31:30**	4	2:40:55	6	2:44:19	5	2:43:45
	75	2:44:36	Yuliana Navarro Rosales, 85, MEX									10	2:47:50	9	2:47:36			**6**	**2:44:36**
	19	2:34:27	Paula Apolonio Juárez, 78, GTO	10	2:40:26	4	2:35:21	2	2:39:27	**2**	**2:34:27**	4	2:43:35	3	2:38:56	5	2:44:02	7	2:46:55
	S/R	2:50:59	Luisa Nicandra Peña Vazquez, 82, OAX													37	3:05:08	**8**	**2:50:59**
	S/R	2:52:33	Norma Mendoza Flores, xx, MEX															**9**	**2:52:33**
	S/R	2:53:52	Maria Isabel Velez Hernandez, 88, COAH													29	3:02:33	**10**	**2:53:52**
	85	2:46:14	Misha Elena Ruiz Fernandez, 80, MICH	24	2:50:17	21	2:54:36	26	2:57:03	15	2:50:24			**8**	**2:46:14**	10	2:48:17	12	2:54:35
	9	2:31:12	Angelica Sánchez Ibarra, 75, TLAX,			14	2:50:10	19	2:52:42	**4**	**2:38:24**	3	2:40:22	23	2:58:19	33	3:03:51	21	3:03:07
	24	2:35:49	Judith Ramírez Hernández, 74, MEX	5	2:36:29	**6**	**2:35:49**	6	2:42:49	8	2:44:28	7	2:44:37	24	2:58:35	14	2:55:11	24	3:04:20
	21	2:35:33	**Gisela Olalde Granados, 84, GTO**	30	2:54:22	10	2:42:39									**1**	**2:35:33**		
	58	2:42:43	Liliana Cruz Valdez, 82, VER					7	2:44:51	**5**	**2:42:43**	9	2:47:02	5	2:43:37	7	2:46:16		
	91	2:46:57	Melissandre Passerat de Silans, 77, DF					31	3:00:00					11	2:49:33	**8**	**2:46:57**		
	65	2:43:35	Adriana Medel Ramírez, 85, TLAX			32	3:00:56	14	2:48:29	**6**	**2:43:35**	17	2:51:05			9	2:48:14		
	7	2:30:29	**Patricia Retiz Gutierrez, 71, DF**	1	**2:30:29**	9	2:41:22	8	2:45:15			20	2:52:11	10	2:48:35	12	2:53:26		
	35	2:38:27	Erika Guevara Sanchez, 76, MEX			30	2:58:46	**9**	**2:46:18**			32	3:01:08	27	3:00:47	20	2:57:13		
	18	2:34:12	Jessica Patricia Rodríguez Galván, 76, GTO	6	2:36:34	**3**	**2:34:12**			9	2:45:21	11	2:48:21	7	2:46:03	25	3:00:19		
	60	2:43:08	Isabel Jacqueline Orellana Sánchez, 73, DF	12	**2:43:27**	20	2:54:06	21	2:53:54	10	2:48:02	37	3:04:08	31	3:02:42	43	3:07:30		
	1	2:22:59	**Madaí Pérez Carrillo, 80, TLAX**	2	2:31:47			1	2:29:53	**1**	**2:27:02**			1	2:28:59				
	68	2:43:46	Faviola Sarai Perez Igari , 88, DF											**6**	**2:43:46**				
	3	2:28:36	Margarita Tapia Garcia, 76, PUE	7	2:38:13	**2**	**2:31:09**							17	2:55:15				
	17	2:34:02	Sara Cedillo Sánchez, 76, COAH	9	2:40.22	**5**	**2:35:27**	12	2:47:33	7	2:44:18	6	2:44:14	44	3:08:20				
	10	2:31:15	**Marisol Guadalupe Romero Rosales, 83, MEX**	16	2:45:18			4	2:42:33			**1**	**2:31:15**						
	63	2:43:26	Daniela Alejandra Alonso Arreola, 81, MICH			**11**	**2:43:26**	10	2:46:29	18	2:52:10								
	2	2:24:06	Adriana Fernández Miranda, 71, MEX	11	2:41:45	**7**	**2:35:54**	5	2:42:39										
	32	2:37:59	Liliana Merlo Fernández, 71, DF	**8**	**2:38:36**	23	2:56:00												