



FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC

DIRECCION TECNICA

RANKING MEXICANO DE TODOS LOS TIEMPOS

5,000 Metros Planos VARONIL (Todos los tiempos - Sub 14:12.00) actualizado al 27 de octubre del 2016

| | | | | | | | | | |
|-------------------------------------|---|------------|-----------|-----|------|------------------|-------------------------|-----------|--|
| Récord Mexicano : | Arturo Barrios Flores | 13:07.79 | 12-dic-62 | | DF | México | Tadeusz Kepka | 14-jul-89 | Cristal Palace, Londres, Inglaterra |
| Récord Mexicano Bajo Techo: | Juan Luis Barrios Nieves | 13:23.61 i | 24-jun-83 | 7o. | MEX | NIKE | James Lii | 11-feb-12 | Millrose Games Trials, Nueva York, USA |
| Récord Campeonato Nacional : | Pablo Olmedo Castañón | 13:44.64 | 8-may-75 | 1o. | MEX | Estado De Mexico | | 25-ago-02 | Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| Récord Mex.Juv.Sub 23: | Diego Alberto Borrego Moreira | 13:27.26 | 9-ene-88 | 3o. | ZAC | México | Jorge Marquez Orozco | 16-abr-10 | Mount SAC Relays, Walnut, California, USA |
| Récord Camp.Nal.Sub 23: | Francisco Javier Gonzalez Llamas | 14:23.81 | 31-may-96 | 4o. | GTO | Guanajuato | | 4-jun-16 | Campeonato Nacional de Atletismo 1a.Fuerza y Sub 23, Monterrey, NL |
| Récord Mex.Juv.Sub 20: | Roberto López Sánchez | 13:37.22 | 5-feb-65 | | UNAM | UNAM | | 28-abr-84 | Mount SAC Relays, Walnut, Cal, USA |
| Récord Camp.Nal.Juv. Mayor : | Victor Alfredo Montañez Martínez | 14:28.10 | 1-mar-94 | 1o. | MICH | Michoacan | Alejandro Salvador Cruz | 17-may-13 | Olimpiada Nacional, Tijuana, Baja California |

| Nº. | RKG. | MARCA | ATLETA | HEAT | CATEG. | FECHA DE NAC. | POS. | ASOC. | EQUIPO | ENTRENADOR | FECHA | EVENTO |
|-----|------|------------|--|-----------|--------------|---------------|------|-------|--------------------|-----------------|-----------|--|
| 1 | 1 | 13:07.79 | Arturo Barrios Flores (RM) | | | 12-dic-62 | 1o. | DF | México | Tadeusz Kepka | 14-jul-89 | RMPG, Londres, Inglaterra |
| 2 | | 13:08.52 | Arturo Barrios Flores | | | | 2o. | DF | México | | 20-jul-90 | RMPG, Londres, Inglaterra |
| 3 | | 13:09.58 | Arturo Barrios Flores | | | | 4o. | DF | Reebok | | 2-jul-93 | Gran Prix Villanueve d'Ascq, Francia |
| 4 | 2 | 13:09.81 | Juan Luis Barrios Nieves | | | 24-jun-83 | 5o. | MEX | México | Tadeusz Kepka | 11-jun-11 | Adidas Grand Prix, Nueva York, USA |
| 5 | | 13:10.52 | Arturo Barrios Flores | | | | 5o. | | México | | 9-jun-92 | Golden Gala, Roma, Italia |
| 6 | | 13:11.37 | Juan Luis Barrios Nieves | | Invitational | | 1o. | MEX | México | | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 7 | | 13:11.86 | Arturo Barrios Flores | | | | 4o. | DF | Reebok | | 6-jun-92 | Expo, Sevilla, España |
| 8 | 3 | 13:12.18 | José David Galván Martínez | | Invitational | 6-abr-73 | 3o. | COAH | México | | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 9 | | 13:12.73 | Arturo Barrios Flores | | | | 2o. | | México | | 9-sep-90 | Rieti, Italia |
| 10 | 4 | 13:13.32 | Pablo Olmedo Castañón | | | 8-may-75 | 10o. | DF | México | | 1-sep-98 | ISTAF, Berlin, Alemania |
| 11 | | 13:13.52 | Arturo Barrios Flores (RM) | | | | 4o. | | México | | 4-jul-87 | Bislett Games, Oslo, Noruega |
| 12 | | 13:13.54 | Juan Luis Barrios Nieves | | | | 2o. | MEX | NIKE | James Lii | 18-may-12 | USATF Occidental High Performance Meet, Los Angeles, California, USA |
| 13 | | 13:15.27 | Juan Luis Barrios Nieves | | | | 2o. | MEX | México | | 13-sep-11 | Palo de la Quercia, Rovereto, Italia |
| 14 | 5 | 13:15.33 | Juan Diego Estrada Constantino | Section 1 | | 19-dic-89 | 3o. | MICH | Northern Arizona | Eric Mathew | 28-abr-13 | Payton Jordan Invitational, Stanford, California, USA |
| 15 | | 13:15.66 | Arturo Barrios Flores | | | | 3o. | | México | | 25-ago-89 | Memorial Van Damme, Bruselas, Belgica |
| 16 | | 13:15.71 | Juan Luis Barrios Nieves | Section 1 | | | 1o. | MEX | México - Nike | Tadeusz Kepka | 2-may-15 | Payton Jordan Invitational, Stanford, California, USA |
| 17 | | 13:16.54 | Arturo Barrios Flores | | | | 5o. | | México | | 2-jul-90 | DN-Galan, Estocolmo, Suecia |
| 18 | | 13:16.65 | Juan Luis Barrios Nieves | | Inv O/U | | 1o. | MEX | Nike | Rafael Martínez | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 19 | | 13:17.00 | Juan Luis Barrios Nieves | | | | 4o. | MEX | México | | 12-sep-07 | Meeting Internationale Palio Citta della Quercia, Rovereto, Italia |
| 20 | | 13:17.17 | Arturo Barrios Flores | | | | 2o. | DF | Reebok | | 22-jun-90 | Saint Denis, Francia |
| 21 | | 13:17.82 | Arturo Barrios Flores | | | | 2o. | DF | México | | 5-jul-88 | DN-Galan, Estocolmo, Suecia |
| 22 | 6 | 13:18.13 | Alejandro Suarez Velázquez | | | 30-nov-80 | 2o. | QRO | Queretaro | Isidro Rico | 11-jun-03 | Victoria International Track Classic, BC, Canada |
| 23 | | 13:18.21 | Pablo Olmedo Castañón | | | | 2o. | | México | | 30-may-99 | Prefontaine Classic, Eugene, Oregon, USA |
| 24 | | 13:19.79 | Juan Luis Barrios Nieves | | | | 7o. | MEX | México | | 23-ago-08 | XXIX Juegos Olímpicos, Beijing, China |
| 25 | | 13:20.24 | Juan Luis Barrios Nieves | | | | 1o. | MEX | México | | 26-may-07 | Road to Eugene 08, Eugene, Oregon, USA |
| 26 | | 13:21.01 | Juan Luis Barrios Nieves | | Heat 2 | | 9o. | MEX | México | | 8-ago-12 | XXX Juegos Olímpicos, Londres Inglaterra |
| 27 | 7 | 13:21.12 | Juan Armando Quintanilla Loredo | | | 19-abr-68 | | SLP | México | | 21-jul-95 | Bislett Games, Oslo, Noruega |
| 28 | 8 | 13:22.11 | Ignacio Fragoso Galindo | | | 6-feb-68 | | DF | Rodolfo Gómez | | 17-abr-92 | Mount SAC Relays, Walnut, California, USA |
| 29 | 9 | 13:22.37 | Mauricio González (RM) | | | 16-oct-63 | | | Club Rodolfo Gómez | | 27-abr-85 | Mount SAC Relays, Walnut, California, USA |
| 30 | 10 | 13:22.40 | Teodoro Vega Morales | | | 14-jul-76 | 3o. | MEX | Estado de México | Rafael Martínez | 11-jun-03 | Victoria International Track Classic, BC, Canada |
| 31 | | 13:23.14 | Alejandro Suarez Velazquez | | INV | | 3o. | QRO | México | Isidro Rico | 16-abr-04 | Mount SAC Relays, Walnut, California, USA |
| 32 | | 13:23.61 i | Juan Luis Barrios Nieves | | | | 7o. | MEX | NIKE | | 11-feb-12 | Millrose Games Trials, Nueva York, USA |
| 33 | | 13:24.17 | Arturo Barrios Flores | | | | | DF | Reebok | | 19-jul-91 | Saint Denis, Francia |
| 34 | | 13:24.51 | Alejandro Suarez Velazquez | | | | 12o. | QRO | México | | 31-ago-03 | IX Campeonato Mundial de Atletismo, Paris, Francia |
| 35 | | 13:24.84 | Pablo Olmedo Castañón | | | | 4o. | DF | México | | 22-jun-00 | Cena Slovenska - Slovak Gold, Bratislava, Eslovaquia |
| 36 | | 13:24.92 | Pablo Olmedo Castañón | | | | 17o. | DF | México | | 30-jun-00 | Golden Gala, Roma Italia |
| 37 | | 13:25.34 | Pablo Olmedo Castañón | | | | 6o. | | México | | 13-jun-99 | Nuernberg "Live 99" Meeting, Alemania |
| 38 | 11 | 13:26.11 | German Silva Martínez | | | 68 | | VER | Veracruz | | 10-jul-93 | Bislett Games Oslo, Noruega |
| 39 | 12 | 13:26.46 | Martín Pitayo Martínez | | | 60 | | DF | Rodolfo Gómez | | 2-jul-93 | Bnp. D' Athlétisme, Francia |
| 40 | 13 | 13:27.26 | Diego Alberto Borrego Moreira | | Invitational | 9-ene-88 | 3o. | ZAC | México | Jorge Marquez | 16-abr-10 | Mount SAC Relays, Walnut, California, USA |
| 41 | | 13:27.32 | Juan Luis Barrios Nieves | | F/R 1 | | 1o. | MEX | México | James Li | 27-jul-13 | Memorial Rasschaert – Flanders Cup Ninove, Bruselas, Belgica |
| 42 | 14 | 13:27.50 | Rodolfo Gómez Orozco (RM) | | | | | | SAHOP | | 30-ago-77 | Luedenscheid, Alemania |
| 43 | | 13:27.65 | Mauricio González | | | | | DF | México | | 8-jul-88 | Pgt-Tibt, Londres |
| 44 | | 13:27.65 | Pablo Olmedo Castañón | | Heat 2 | | 7o. | | México | | 8-ago-97 | VI Campeonato Mundial de Atletismo, Atenas, Grecia |
| 45 | | 13:27.74 | Pablo Olmedo Castañón | | | | 10o. | | México | | 28-ago-99 | Campeonato Mundial de Atletismo, Sevilla, España |
| 46 | | 13:27.77 | Juan Diego Estrada Constantino | | | | 10o. | MICH | México | | 4-jul-13 | Athletissima, Lausana, Suiza |
| 47 | | 13:27.89 | Juan Luis Barrios Nieves | | INV | | 1o. | MEX | México | | 13-abr-06 | Mt.SAC Relays, Walnut, California, USA |
| 48 | | 13:27.99 | David Galván Martínez | | | | 1o. | | México | | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 49 | | 13:28.17 | Juan Luis Barrios Nieves | | | | 5o. | MEX | México | | 25-may-13 | Adidas Grand Prix, Nueva York, USA |
| 50 | 15 | 13:28.29 | Enrique Aquino Busquets | | | 1-may-50 | | | Banpais | | 17-ago-80 | Niza, Francia |
| 51 | | 13:28.53 | Juan Luis Barrios Nieves | | | | 1o. | MEX | México | | 19-jun-08 | Victoria International Track Classic, Victoria, BC, Canada |
| 52 | | 13:28.58 | Juan Luis Barrios Nieves | | | | 12o. | MEX | México | | 29-may-15 | Prefontaine Classic 2015, Eugene, Oregon, USA |



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| 53 | 13:28.77 | Juan Luis Barrios Nieves | | 11o. | MEX | México | | 11-jul-08 | Golden Gala, Roma, Italia |
| 54 | 13:28.89 | David Galván Martínez | | 1o. | COAH | México | Rodolfo Gómez | 25-may-02 | Victoria Olympic Development Meet, Victoria, Canada |
| 55 | 16 13:28.9 | Marcos Barreto Fernández de Lara | | | | México | | 25-abr-87 | Mount SAC Relays, Walnut, California, USA |
| 56 | 17 13:29.01 | Julio César Valle Vázquez | | 71 | 2o. | PUE | México | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 57 | 13:29.30 | Alejandro Suárez Velázquez | Invitational | | 9o. | QRO | México | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 58 | 18 13:29.4 | José Gómez Cervantes | | 19-mar-56 | | UNAM | UNAM | 11-oct-80 | Buenos Aires, Argentina |
| 59 | 19 13:29.40 | Juan Carlos Romero Bernal | Invite Elite | | 4o. | ZAC | México | 15-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 60 | 13:29.42 | Marcos Barreto | | | | E.MEX | México | 12-ago-90 | Hengelo, Holanda |
| 61 | 20 13:29.49 | Gerardo Alcalá García | | 28-jun-61 | | | México | 10-ago-90 | Bruselas, Belgica |
| 62 | 13:29.61 | Rodolfo Gómez | | | | | | 1982 | ??? |
| 63 | 13:29.87 | Juan Luis Barrios Nieves | | | 2o. | MEX | México | 23-jul-07 | XV Juegos Panamericanos, Rio de Janeiro, Brasil |
| 64 | 13:29.89 | Alejandro Suárez Velázquez | INV | | 5o. | QRO | México | 13-abr-06 | Mt.SAC Relays, Walnut, California, USA |
| 65 | 13:29.95 | Pablo Olmedo Castañon | Heat 2 | | 6o. | | México | 25-ago-99 | Campeonato Mundial de Atletismo, Sevilla, España |
| 66 | 21 13:30.01 | Julio César Pérez Morales | Inv O/U | 26-may-82 | 7o. | PUE | Mexican Team | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 67 | 13:30.09 | Juan Luis Barrios Nieves | | | 14o. | MEX | México | 3-jul-10 | Prefontaine Classic, Eugene, Oregon, USA |
| 68 | 13:30.24 i | Juan Diego Estrada Constantino | | | 2o. | MICH | Northern Arizona | 8-mar-13 | NCAA Division 1 2013 Indoor Championship, Fayetteville, Arkansas, USA |
| 69 | 13:30.33 | Pablo Olmedo Castañon | | | 15o. | | México | 7-sep-99 | ISTAF, Berlin, Alemania |
| 70 | 13:30.35 | Armando Quintanilla | | | 1o. | | México | 1995 | VI Juegos Panamericanos, Mar del Plata, Argentina |
| 71 | 13:30.4 | Pablo Olmedo Castañon | | | | DF | México | 20-abr-96 | Mount SAC Relays, Walnut, California, USA |
| 72 | 13:30.58 | Marcos Barreto | | | | DF | Reebok | 20-abr-91 | Mount SAC Relays, Walnut, California, USA |
| 73 | 22 13:30.59 | Eduardo Castro Almanza | | 1-may-54 | | SLP | México | 26-may-84 | Bratislava, Checoslovaquia |
| 74 | 13:30.66 | Armando Quintanilla | | | | SLP | SLP | 6-jun-92 | Prefontaine Classic, Eugene, Oregon, USA |
| 75 | 23 13:30.81 | Jose Juan Esparza Perez | Section 1 | 26-ago-90 | 2o. | DF | México - Marina | 3-abr-15 | Stanford Invitational, Stanford, California, USA |
| 76 | 13:30.99 | Eduardo Castro Almanza | | | 5o. | | México | 4-jun-83 | Prefontaine, Eugene, Oregon, USA |
| 77 | 24 13:31.2 | Jorge Marquez Orozco | | 67 | | ZAC | México | 18-jul-95 | Rebook Endurance, Canada |
| 78 | 25 13:31.32 | Alejandro Salvador Cruz | | 66 | 3o. | | México | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 79 | 13:31.40 | Arturo Barrios | | | 1o. | | México | 1987 | XI Campeonato Centroamericano y del Caribe de Atletismo, Caracas, Venezuela |
| 80 | 13:31.63 | Alejandro Suárez Velázquez | Heat 1 | | 12o. | QRO | México | 11-ago-05 | X Campeonato Mundial de Atletismo, Helsinki, Finlandia |
| 81 | 13:32.01 | Jose Gomez | | | | | | 1981 | ??? |
| 82 | 13:32.04 | Teodoro Vega Morales | Invitational | | 6o. | MEX | México | 17-abr-03 | Mount SAC Relays, Walnut, California, USA |
| 83 | 13:32.25 | Ignacio Fragoso | | | | DF | Rodolfo Gómez | 20-abr-91 | Mount SAC Relays, Walnut, California, USA |
| 84 | 26 13:32.35 | Luis Hernandez Morales (RM) | | 13-feb-55 | | VER | México | 23-may-76 | Colonia, Alemania |
| 85 | 13:32.5 | Gerardo Alcalá | | | | UNAM | México | 28-abr-84 | Mount SAC Relays, Walnut, California, USA |
| 86 | 13:32.52 | Mauricio González | Semifinal | | 10o. | | México | 1988 | XXIV Juegos Olímpicos, Seúl, Korea |
| 87 | 27 13:32.65 | Francisco Pacheco | | 10-oct-61 | 3o. | | México | 8-ago-86 | Crhystal Palace, Londres, Inglaterra |
| 88 | 13:33.09 | David Galván Martínez | | | 7o. | COAH | México | 24-may-03 | Prefontaine Classic, Eugene, Oregon, USA |
| 89 | 13:33.12 | Alejandro Suarez Velazquez | Invitational | | 7o. | QRO | México | 17-abr-03 | Mount SAC Relays, Walnut, California, USA |
| 90 | 13:33.43 | José Juan Esparza Pérez | Section A | Invitational | 2o. | DF | México - FMAA | 17-abr-15 | Mt SAC Relays, Walnut, California, USA |
| 91 | 13:33.48 | Armando Quintanilla Laredo | | | | SLP | México | 16-abr-94 | Mount SAC Relays, Walnut, California, USA |
| 92 | 13:33.61 | Ignacio Fragoso | | | | DF | México | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 93 | 13:33.65 | Alejandro Salvador | | | | DF | RG | | Mc Gill International Track & Field, Montreal, Canada |
| 94 | 13:33.85 | Julio César Valle Vázquez | | | | PUE | | | Mc Gill International Track & Field, Montreal, Canada |
| 95 | 13:34.08 | David Galván Martínez | | | 1o. | | México | 15-may-99 | Adidas Oregon Track Classic, Portland, USA |
| 96 | 13:34.1 | Jose Gomez | | | | R.Gomez | | 28-abr-84 | Mount SAC Relays, Walnut, California, USA |
| 97 | 13:34.27 | Juan Carlos Romero Bernal | Invitational | | 2o. | ZAC | Nike Germán Silva | 23-abr-10 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 98 | 13:34.48 | Teodoro Vega Morales | | | 11o. | MEX | México | 27-may-01 | Prefontaine Classic, Eugene, Oregon, USA |
| 99 | 13:34.67 | Arturo Barrios | | | 1o. | | México | 1991 | XI Juegos Panamericanos, La Habana, Cuba |
| 100 | 13:34.84 | Juan Carlos Romero Bernal | Inv O/U | | 12o. | ZAC | Nike | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 101 | 13:35.13 | David Galván Martínez | INV | | 11o. | COAH | México | 19-abr-02 | Mount SAC Relays, Walnut, California, USA |
| 102 | 13:35.21 | Pablo Olmedo Castañon | | | 2o. | | México | 19-jul-98 | VIII Campeonato Iberoamericano de Atletismo, Lisboa, Portugal |
| 103 | 28 13:35.29 | Ricardo Herrera | | 68 | | DF | México | 31-may-95 | Times Colonist, Canadá |
| 104 | 13:35.32 | Alejandro Suarez Velazquez | Heat 1 | | 13o. | QRO | México | 25-ago-04 | XXVIII Juegos Olímpicos, Atenas, Grecia |
| 105 | 13:35.39 | Juan Carlos Romero Bernal | | | 2o. | ZAC | Nike Germán Silva | 26-mar-10 | Stanford University Invitational, Stanford, California, USA |
| 106 | 13:35.44 | Juan Luis Barrios Nieves | | | 8o. | MEX | México | 13-jul-12 | Aviva London Grand Prix, Londres, Inglaterra |
| 107 | 13:35.46 | Pablo Olmedo Castañon | Invitational | | 8o. | MEX | México | 17-abr-03 | Mount SAC Relays, Walnut, California, USA |
| 108 | 13:35.60 | Pablo Olmedo Castañon | | | | DF | IMSS | 31-may-95 | Times Colonist, Canadá |
| 109 | 13:35.69 | Pablo Olmedo Castañon | | | 1o. | | México | 21-may-98 | Victoria International Track Classic, BC, Canada |
| 110 | 13:35.78 | Juan Luis Barrios Nieves | | | 13o. | MEX | México | 19-jul-14 | KBC Night of Athletics Heusden-Zolder, Belgica |
| 111 | 13:35.83 | Ignacio Fragoso | | | 2o. | | México | 1991 | XI Juegos Panamericanos, La Habana, Cuba |
| 112 | 13:35.84 | David Galván Martínez | INV | | 2o. | | México | 17-abr-99 | Mount SAC Relays, Walnut, California, USA |
| 113 | 13:35.90 | Ricardo Herrera | Heat 3 | | 7o. | | México | 11-ago-95 | V Campeonato Mundial de Atletismo, Gotemburgo, Suecia |
| 114 | 13:36.1 | Gerardo Alcalá | | | 3o. | | México | 23-abr-83 | Mount SAC Relays, Walnut, California, USA |
| 115 | 13:36.42 | Luis Hernandez Morales | Heat | | | VER | México | 1976 | XXI Juegos Olímpicos, Montreal, Canada |



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| 116 | | 13:36.48 | Alejandro Suarez Velazquez | | | 8o. | QRO | México | | | 15-abr-05 | Mt. SAC Relays, Walnut, California, USA |
| 117 | 29 | 13:36.51 | Mauricio Hernández Sánchez | | 61 | GTO | Rodolfo Gómez | | | | 20-abr-91 | Mount SAC Relays, Walnut, California, USA |
| 118 | 30 | 13:36.59 | Isaac García Robles | | 68 | JAL | México | | | | 6-jun-92 | Prefontaine Classic, Eugene, Oregon, USA |
| 119 | | 13:36.61 | Ignacio Fragoso | | | DF | Rodolfo Gómez | | | | 23-jun-90 | Sagrii, Finlandia |
| 120 | | 13:36.69 | Alejandro Suárez Velázquez | Invitacional | | 11o. | QRO | México | | | 18-abr-08 | Mount SAC Relays, Walnut, California, USA |
| 121 | | 13:36.69 | Diego Alberto Borrego Moreira | Section 1 | | 11o. | ZAC | México | | | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 122 | | 13:36.76 | Alejandro Suarez Velazquez | F/R 1 | | 1o. | QRO | México | | | 30-abr-06 | Payton Jordan Cardinal Invitational, Stanford, California |
| 123 | | 13:36.98 | Diego Alberto Borrego Moreira | Invitacional | | 9o. | ZAC | UA Zacatecas | | | 18-abr-14 | MT SAC Relays, Walnut, California, USA |
| 124 | 31 | 13:37.10 | Jesus Herrera Ortiz | | 62 | DF | | | | | 12-jun-88 | Znamski, Leningrado, URSS |
| 125 | | 13:37.12 | David Galván Martínez | | | 4o. | COAH | México | | | 24-jun-00 | Prefontaine Classic, Eugene, Oregon, USA |
| 126 | | 13:37.12 | Juan Luis Barrios Nieves | Heat 2 | | 5o. | MEX | México | | | 30-ago-07 | XI Campeonato Mundial de Atletismo, Osaka, Japón |
| 127 | | 13:37.16 | Juan Luis Barrios Nieves | Grupo 1 | | 13o. | MEX | México | | | 18-jul-09 | KBC Night of Athletics, Heusden-Zolder, Belgica |
| 128 | 32 | 13:37.22 | Roberto López Sánchez (RMJ) | | 5-feb-65 | UNAM | UNAM | | | | 28-abr-84 | Mount SAC Relays, Walnut, California, USA |
| 129 | 33 | 13:37.25 | Andrés Espinosa Pérez | | 4-feb-63 | DF | Rodolfo Gómez | | | | 3-jun-92 | Victoria International Track Classic, BC, Canada |
| 130 | | 13:37.25 | David Galván Martínez | | | 1o. | COAH | México | | | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 131 | | 13:38.15 | Juan Luis Barrios Nieves | | | 2o. | MEX | México | | | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León |
| 132 | | 13:38.20 | Gerardo Alcalá | | | DF | Reebok | | | | 1-sep-89 | Mónaco, Montecarlo |
| 133 | | 13:38.28 | Mauricio Gonzalez | | | | Club Rodolfo Gómez | | | | 26-may-84 | Bratislava, Checoslovaquia |
| 134 | | 13:38.31 | David Galván Martínez | | | 4o. | COAH | México | | | 23-jul-07 | XV Juegos Panamericanos, Rio de Janeiro, Brasil |
| 135 | 34 | 13:38.7 | David Galindo Ortiz | | 27-feb-77 | MEX | México | | | | 20-abr-96 | Mount SAC Relays, Walnut, California, USA |
| 136 | | 13:38.86 | Diego Alberto Borrego Moreira | Grupo "B" | | 7o. | ZAC | México | Ramón Díaz | | 7-jul-12 | Heusden Meeting - KBC Nacht, Belgica |
| 137 | | 13:39.08 | Alejandro Suárez Velázquez | | | 4o. | QRO | México | Isidro Rico | | 25-may-01 | Victoria International Track Classic, BC, Canada |
| 138 | | 13:39.12 | Julio César Valle Vazquez | | | 12o. | México | | | | 31-may-98 | IAAF Grand Prix Eugene Prefontaine, USA |
| 139 | 35 | 13:39.37 | Aldo Saúl Vega Escobedo | Section 1 | 26-nov-87 | 15o. | QRO | México | Charles Mark Wetmore | | 6-abr-12 | Stanford Invitational, Stanford, California, USA |
| 140 | 36 | 13:39.4 | Gabino Apolonio Oro | | 71 | E.MEX | México | | | | 20-abr-96 | Mount SAC Relays, Walnut, California, USA |
| 141 | | 13:39.40 | Gabino Apolonio Oro | | | E.MEX | México | | | | 20-abr-96 | Mount SAC Relays, Walnut, California, USA |
| 142 | | 13:39.45 | Alejandro Suarez Velazquez | | | 1o. | QRO | México | | | 6-jun-07 | Victoria International Track Classic, British Columbia, Canada |
| 143 | | 13:39.57 | Julio César Pérez Morales | Invitacional | | 13o. | PUE | México | | | 18-abr-08 | Mount SAC Relays, Walnut, California, USA |
| 144 | | 13:39.71 | Diego Alberto Borrego Moreira | Grupo "A" | | 14o. | ZAC | México | | | 16-jul-11 | KBC Nacht Van de Atletiek, Heusden, Belgica |
| 145 | | 13:39.72 | Pablo Olmedo Castañon | | | 6o. | MEX | Estado de México | | | 11-jun-03 | Victoria International Track Classic, BC, Canada |
| 146 | | 13:39.76 | Diego Alberto Borrego Moreira | Section A | Invitacional | 7o. | ZAC | México - FMAA | Ramón Díaz Reyes | | 17-abr-15 | Mt SAC Relays, Walnut, California, USA |
| 147 | | 13:40.30 | Germán Silva | | | DF | Rodolfo Gómez | | | | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 148 | | 13:40.34 | Pablo Olmedo Castañon | Heat 2 | | 12o. | DF | México | | | 27-sep-00 | XXVII Juegos Olímpicos, Sidney, Australia |
| 149 | | 13:40.51 | Pablo Olmedo Castañon | | | 14o. | DF | México | Rafael Martínez | | 27-may-01 | Prefontaine Classic, Eugene, Oregon, USA |
| 150 | | 13:40.59 | Ignacio Fragoso | | | DF | | | | | 16-jun-88 | Rosicki, Praga |
| 151 | | 13:40.6 | Rodolfo Gómez | | | 5o. | | Américas | | | 26-ago-79 | II Copa Mundial de Atletismo, Montreal, Canada |
| 152 | | 13:41.00 | Mauricio Hernández | | | DF | Rodolfo Gómez | | | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA |
| 153 | | 13:41.48 | Eduardo Castro Almanza | | | | | | | | 1982 | ??? |
| 154 | | 13:41.53 | Pablo Olmedo Castañon | | | 1o. | MEX | México | Rafael Martínez | | 22-jun-02 | Grand Prix Internacional Tijuana 2002, Tijuana, BC |
| 155 | | 13:41.73 | Aldo Saúl Vega Escobedo | Section 1 | | 22o. | QRO | México | Hugo Aguilar | | 28-abr-13 | Payton Jordan Invitational, Stanford, California, USA |
| 156 | | 13:41.79 | Alejandro Suarez Velazquez | | | 3o. | QRO | México | | | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León |
| 157 | | 13:41.80 | Juan Luis Barrios Nieves | | | 20o. | MEX | México | | | 3-sep-06 | ISTAF, Berlín, Alemania |
| 158 | | 13:41.91 | Juan Carlos Romero Bernal | | | 14o. | ZAC | México | Ramon Diaz | | 17-may-13 | USATF High Performance Distance Classic, Occidental College, California, USA |
| 159 | | 13:41.97 | Alejandro Suarez Velazquez | Heat 2 | | 8o. | QRO | México | | | 28-ago-03 | IX Campeonato Mundial de Atletismo, Paris, Francia |
| 160 | | 13:41.98 | Alejandro Suarez Velazquez | | | 11o. | QRO | México | | | 29-may-05 | Thales FBK-Games, Hengelo, Holanda |
| 161 | | 13:42.01 | Isaac García Robles | INV | | 10o. | JAL | México | | | 14-abr-00 | Mount Sac Relays, Walnut, California, USA |
| 162 | | 13:42.04 | David Galván Martínez | | | 1o. | | México | | | 24-jul-99 | XIII Juegos Panamericanos, Winnipeg, Canada |
| 163 | | 13:42.04 | Eduardo Castro Almanza | Semifinal | | 17o. | SLP | México | | | 1984 | XXIII Juegos Olímpicos, Los Angeles, USA |
| 164 | | 13:42.11 | David Galván Martínez | | | 2o. | COAH | México | | | 6-jul-02 | New Balance Maine Distance Festival, Brunswick, USA |
| 165 | 37 | 13:42.12 | Rafael Sánchez Torres | | 3-ene-80 | 9o. | MEX | México | Rafael Martínez | | 11-jun-04 | Victoria International Track Classic, BC, Canada |
| 166 | | 13:42.27 | Juan Diego Estrada Constantino | | | 3o. | MICH | Northern Arizona | | | 5-jun-13 | NCAA D1 Outdoor Track and Field Championships, USA |
| 167 | 38 | 13:42.36 | Jesús Armando Torres Barrón | | 25-dic-81 | 10o. | GTO | México | Pedro Silva | | 11-jun-04 | Victoria International Track Classic, BC, Canada |
| 168 | | 13:42.39 | Juan Luis Barrios Nieves | Heat 1 | | 7o. | MEX | México | | | 20-ago-08 | XXIX Juegos Olímpicos, Beijing, China |
| 169 | 39 | 13:42.4 | Salvador Parra Pineda | | 66 | DF | UNAM | | | | 17-abr-92 | Mount SAC Relays, Walnut, California, USA |
| 170 | | 13:42.43 | Pablo Olmedo Castañon | | | DF | Rodolfo Gómez | | | | 16-abr-94 | Mount SAC Relays, Walnut, California, USA |
| 171 | | 13:42.51 | Martín Pitayo Martínez | | | | Club Rodolfo Gómez | | | | 28-sep-85 | Sidney, Australia |
| 172 | | 13:42.57 | Julio César Valle Vazquez | | | 8o. | | México | | | 30-may-99 | Prefontaine Classic, Eugene, Oregon, USA |
| 173 | | 13:42.75 | Isaac García Robles | | | DF | Rodolfo Gómez | | | | 5-jun-90 | Lopning |
| 174 | | 13:42.84 | David Galván Martínez | | | 2o. | COAH | México | | | 22-jun-02 | Grand Prix Internacional Tijuana 2002, Tijuana, BC |
| 175 | | 13:42.85 | Alejandro Suárez Velázquez | | | 4o. | QRO | México | | | 27-may-00 | Victoria International Track Classic, BC, Canada |
| 176 | | 13:42.91 | Jose Gomez | | | | | | | | 1982 | ??? |
| 177 | | 13:42.98 | Marcos Barreto | | | | | New Balance | | | 19-jun-85 | Ostrava, Checoslovaquia |
| 178 | | 13:43.11 | Alejandro Salvador | INV | | 8o. | | México | | | 17-abr-99 | Mount SAC Relays, Walnut, California, USA |



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|-----|----------|--------------------------------------|----------------------------------|--------------|-----------|------|--------------------------|-------------------|-----------|--|
| 179 | 13:43.12 | Juan Luis Barrios Nieves | | | 15o. | MEX | México | | 31-may-14 | Prefontaine Classic, Eugene, Oregon, USA |
| 180 | 13:43.15 | Alejandro Suarez Velazquez | F/R | | 1o. | QRO | Club Isidro Rico | | 15-mar-03 | Relevos Tec de Monterrey, NL |
| 181 | 13:43.16 | Aldo Saúl Vega Escobedo | Section 1 | | 18o. | QRO | México | | 1-may-11 | Payton Jordan Invitational, Stanford, California |
| 182 | 13:43.18 | Germán Silva | | | | VER | Veracruz | | 12-jul-94 | Stokolmo, Suecia |
| 183 | 40 | 13:43.78 | Fidencio Torres Trejo | INV | 73 | 10o. | México | | 17-abr-99 | Mount SAC Relays, Walnut, California, USA |
| 184 | 13:43.80 | Fidencio Torres Trejo | | INV | | 12o. | QRO | México | 14-abr-00 | Mount Sac Relays, Walnut, California, USA |
| 185 | 41 | 13:43.89 | Salvador Miranda Díaz | | 22-ago-71 | 5o. | IMSS | México | 27-may-00 | Victoria International Track Classic, BC, Canada |
| 186 | 13:43.91 | David Galván Martínez | F/R | | 2o. | COAH | Asociacion Atl. Coahuila | | 15-mar-03 | Relevos Tec de Monterrey, NL |
| 187 | 13:43.91 | Francisco Pacheco | | | | DF | | | 16-jun-88 | Rosicki, Praga |
| 188 | 42 | 13:44.0 | Juan Máximo Martínez (RM) | | 1-ene-47 | | CDI | México | 24-may-69 | Modesto, California, USA |
| 189 | 13:44.12 | José Juan Esparza Pérez | | | 6o. | DF | México | | 4-jun-15 | Adrian Martinez High Performance Classic, Concord, MA, USA |
| 190 | 43 | 13:44.32 | Pablo Cerón López | | 28-jun-59 | | E.MEX | | 24-abr-88 | Mount SAC Relays, Walnut, California, USA |
| 191 | 44 | 13:44.33 | Rafael Muñoz Sánchez | | 64 | | DF | Albatros | 2-jun-93 | Times Colonist, British, Columbia |
| 192 | 13:44.41 | Juan Luis Barrios Nieves | | | 1o. | MEX | México | | 30-jul-10 | XXI Juegos Centroamericanos y del Caribe, Mayagüez, Puerto Rico |
| 193 | 13:44.44 | Pablo Olmedo Castañon | | | 2o. | DF | México | | 20-may-00 | IX Campeonato Iberoamericano de Atletismo, Rio de Janeiro, Brasil |
| 194 | 13:44.5 | Alejandro Salvador | | | | | | | 18-jul-95 | Rebook Endurance, Canada |
| 195 | 45 | 13:44.59 | Jesús Primo Capula | | | | E.MEX | Estado de México | 31-may-95 | Times Colonist, Canadá |
| 196 | 13:44.62 | Diego Alberto Borrego Moreira | | OD U/O | 2o. | ZAC | México | | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 197 | 13:44.64 | Pablo Olmedo Castañón (RN) | F/R | | 1o. | MEX | Estado De Mexico | | 25-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 198 | 13:44.80 | Fidencio Torres Trejo | | | 4o. | | México | | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 199 | 13:44.80 | Mauricio González | | | | MEX | México | | 27-may-95 | Kekrade Class., Holanda |
| 200 | 13:44.89 | Alejandro Suárez Velázquez | Grupo 1 | | 14o. | QRO | México | Isidro Rico | 2-may-09 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 201 | 46 | 13:45.2 | Pedro Miranda | | 2-ene-48 | 24o. | SOP | México | 7-sep-72 | XX Juegos Olímpicos, Munich, Alemania |
| 202 | 13:45.27 | Fidencio Torres Trejo | | | 5o. | | México | | 15-may-99 | Adidas Oregon Track Classic, Portland, USA |
| 203 | 13:45.30 | Juan Luis Barrios Nieves | | | 8o. | MEX | México | | 8-ago-12 | XXX Juegos Olímpicos, Londres Inglaterra |
| 204 | 13:45.49 | Aldo Saúl Vega Escobedo | | OD | 7o. | QRO | México | | 15-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 205 | 13:45.68 | Aldo Saúl Vega Escobedo | | | 15o. | QRO | México | | 17-may-13 | USATF High Performance Distance Classic, Occidental College, California, USA |
| 206 | 13:45.68 | Alejandro Salvador Cruz | | | | DF | IMSS | | 2-jun-93 | Times Colonist, British, Columbia |
| 207 | 13:45.68 | Mauricio Hernández | | | | DF | Rodolfo Gómez | | 16-abr-93 | Mount SAC Relays, Walnut, California, USA |
| 208 | 13:45.73 | Germán Silva | | | | VER | Veracruz | | | Nyshopyng, Suecia |
| 209 | 47 | 13:45.8 | Mario Pérez Saldivar | | 13-mar-39 | | SOP | | 12-nov-71 | Moscu, URSS |
| 210 | 48 | 13:45.80 | Roberto Ramírez | | | | DF | México | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 211 | 13:45.82 | Marcos Barreto | Heat | | | | DF | | 28-oct-88 | XXIV Juegos Olímpicos, Seúl, Korea |
| 212 | 13:45.82 | Teodoro Vega Morales | | | 4o. | MEX | México | Rafael Martínez | 22-jun-02 | Grand Prix Internacional Tijuana 2002, Tijuana, BC |
| 213 | 13:45.85 | Aldo Saúl Vega Escobedo | Section 1 | | 20o. | QRO | México | | 29-abr-12 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 214 | 13:45.90 | Diego Alberto Borrego Moreira | | Invite Elite | 17o. | ZAC | México | | 15-abr-11 | Mt.SAC Relays, Walnut, California, USA |
| 215 | 13:45.98 | Gerardo Alcalá | Semifinal | | 8o. | UNAM | México | | 1984 | XXIII Juegos Olímpicos, Los Angeles, USA |
| 216 | 13:46.18 | Fidencio Torres Trejo | | | 7o. | QRO | México | | 27-may-00 | Victoria International Track Classic, BC, Canada |
| 217 | 13:46.21 | David Galván Martínez | | | 1o. | COAH | México | | 29-jun-02 | Grand Prix Internacional Xalapa 2002, Xalapa, Veracruz |
| 218 | 13:46.23 | Rodolfo Gómez | Heat | | 5o. | | México | | 1976 | XXI Juegos Olímpicos, Montreal, Canada |
| 219 | 13:46.30 | Salvador Parra Pineda | | | | DF | UNAM | | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 220 | 13:46.34 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | | | Nyshopyng, Suecia |
| 221 | 13:46.37 | Arturo Barrios Flores | | | | | Club Rodolfo Gómez | | 6-abr-85 | Austin, Texas, USA |
| 222 | 13:46.40 | Ignacio Fragoso | | | | DF | Distrito Federal | | 7-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 223 | 13:46.47 | Juan Luis Barrios Nieves | | | 1o. | MEX | México | | 25-jul-15 | XVII Juegos Panamericanos, Toronto, Canada |
| 224 | 13:46.53 | Juan Carlos Romero Bernal | Grupo 1 | | 16o. | ZAC | México | | 2-may-09 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 225 | 13:46.56 | David Galván Martínez | | | 1o. | COAH | México | Rodolfo Gómez | 26-jun-04 | Abbotsford International Track Classic, Vancouver, Canada |
| 226 | 13:46.72 | David Galván Martínez | | | 5o. | COAH | México | | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León |
| 227 | 13:46.9 | Francisco Pacheco | | | | | Martí | | 20-abr-85 | San José California, USA |
| 228 | 13:47.2 | Rodolfo Gómez | | | | | R.Gomez | | 28-abr-84 | Mount SAC Relays, Walnut, California, USA |
| 229 | 13:47.35 | Salvador Miranda Díaz | Inv. | | 9o. | IMSS | México | Guillermo Estrada | 20-abr-01 | Mount SAC Relays, Walnut, California, USA |
| 230 | 13:47.37 | Germán Silva | | | | VER | A.V.Pzr | | 24-abr-88 | Mount SAC Relays, Walnut, California, USA |
| 231 | 13:47.48 | Andrés Espinosa Pérez | | | | COAH | México | | 1-sep-95 | Life College, Challenge |
| 232 | 13:47.60 | Armando Quintanilla | | | | SLP | SLP | | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 233 | 13:47.60 | Armando Quintanilla | | | | SLP | SLP | | 7-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 234 | 13:47.60 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 235 | 13:47.80 | Julio César Valle Vazquez | | | 8o. | PUE | México | | 27-may-00 | Victoria International Track Classic, BC, Canada |
| 236 | 13:47.94 | Juan Carlos Romero Bernal | | | 1o. | ZAC | México | | 12-jun-09 | Kajaks Review International Meet, Richmond, BC, Canada |
| 237 | 13:47.98 | Mauricio González | Heat | | 6o. | | México | | 1988 | XXIV Juegos Olímpicos, Seúl, Korea |
| 238 | 13:47.99 | Isaac García Robles | | | 9o. | JAL | México | | 27-may-00 | Victoria International Track Classic, BC, Canada |
| 239 | 49 | 13:48.07 | Rafael Zepeda Martínez | | 61 | | DF | | 5-jun-88 | Harry Jerome, Vancouver |
| 240 | 13:48.07 | Salvador Parra Pineda | | | | DF | UNAM | | 19-jul-90 | Stokolmo, Suecia |
| 241 | 13:48.08 | Andrés Espinosa Pérez | | | 10o. | COAH | México | | 27-may-00 | Victoria International Track Classic, BC, Canada |



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| 242 | | 13:48.30 | Juan Diego Estrada Constantino | Heat 2 | | 12o. | MEX | México | | 13-ago-13 | Campeonato Mundial de Atletismo, Moscú, Rusia |
| 243 | 50 | 13:48.32 | Manuel Vera Canelo | | | | DF | | | 16-jun-88 | Rosicki, Praga |
| 244 | | 13:48.38 | Teodoro Vega Morales | | | 2o. | MEX | México | | 29-jun-02 | Grand Prix Internacional Xalapa 2002, Xalapa, Veracruz |
| 245 | | 13:48.50 | Jesus Armando Torres Barron | O/D | | 3o. | SLP | México | Eduardo Castro | 16-abr-10 | Mount SAC Relays, Walnut, California, USA |
| 246 | | 13:48.79 | Fidencio Torres Trejo | | | 2o. | QRO | México | | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 247 | 51 | 13:48.82 | Carlos Retis Gutiérrez | | | | DF | | | 16-jun-88 | Rosicki, Praga |
| 248 | | 13:48.91 | Diego Alberto Borrego Moreira | | | 2o. | ZAC | México | | 12-jun-09 | Kajaks Review International Meet, Richmond, BC, Canada |
| 249 | | 13:48.93 | Enrique Aquino Busquets | Heat | | 8o. | | México | | 1980 | XXII Juegos Olímpicos, Moscú, URSS |
| 250 | 52 | 13:48.95 | Rubén García Gómez | | 29-dic-70 | 5o. | | México | | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 251 | | 13:49.24 | Teodoro Vega Morales | F/R | | 3o. | MEX | Estado De Mexico | | 25-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 252 | | 13:49.32 | Alejandro Suarez Velazquez | | | 3o. | QRO | México | | 12-jun-09 | Kajaks Review International Meet, Richmond, BC, Canada |
| 253 | | 13:49.56 | Aldo Saúl Vega Escobedo | O/D | | 5o. | QRO | Colorado | Isidro Rico | 16-abr-10 | Mount SAC Relays, Walnut, California, USA |
| 254 | | 13:49.59 | Marcos Barreto | | | | DF | IMSS | | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 255 | 53 | 13:49.7 | Rogelio Sánchez | | | | | VIMA | | 16-mar-85 | Monterrey, NL |
| 256 | | 13:49.72 | Salvador Miranda Díaz | | | 1o. | | México | | 23-nov-99 | Chiba Relays 5,000, Japón |
| 257 | | 13:49.89 | Arturo Barrios Flores | | | 1o. | | México | | 30-nov-90 | XVI Juegos Centroamericanos y del Caribe, México, DF |
| 258 | | 13:50.17 | Fidencio Torres Trejo | | | 4o. | QRO | México | | 20-may-00 | IX Campeonato Iberoamericano de Atletismo, Rio de Janeiro, Brasil |
| 259 | | 13:50.20 | Francisco Pacheco | | | | | Martí | | 23-may-84 | Ostrava, Checoslovaquia |
| 260 | 54 | 13:50.25 | Gonzalo Gutiérrez Ruiz | | 78 | 6o. | | México | | 10-jun-99 | Victoria International Track Classic, BC, Canada |
| 261 | | 13:50.25 | Martín Pitayo Martínez | | | | | R.Gomez | | 5-may-84 | California, USA |
| 262 | 55 | 13:50.29 | Héctor Hernández Salazar | | 72 | 10o. | BC | México | | 25-mar-00 | Stanford Invitational Meeting, Satanford, California, USA |
| 263 | 56 | 13:50.30 | Marco Ochoa | | | | E.MEX | Estado de México | | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 264 | | 13:50.31 | Martín Pitayo Martínez | | | 2o. | DF | Rodolfo Gómez | | 27-oct-94 | VI Campeonato Iberoamericano de Atletismo, Mar del Plata, Argentina |
| 265 | | 13:50.52 | Alejandro Suarez Velazquez | Inv O/U | | 26o. | QRO | México Team | | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 266 | | 13:50.60 | Gerardo Alcalá | Heat | | 9o. | UNAM | México | | 1984 | XXIII Juegos Olímpicos, Los Angeles, USA |
| 267 | | 13:50.94 | David Galván Martínez | | | 3o. | COAH | México | | 13-may-06 | Gala Banamex Track&Field Veracruz Pemex, Xalapa, Veracruz |
| 268 | | 13:50.94 | Juan Luis Barrios Nieves | | | 1o. | MEX | Estado Mexico | | 22-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS |
| 269 | | 13:50.95 | Arturo Barrios Flores | | | 2o. | | Américas | | 27-sep-92 | VI Copa Mundial de Atletismo, La Habana, Cuba |
| 270 | | 13:50.97 | Pablo Olmedo Castañon | | | 3o. | MEX | México | | 29-jun-02 | Grand Prix Internacional Xalapa 2002, Xalapa, Veracruz |
| 271 | | 13:51.20 | Alejandro Suárez Velázquez | | | 2o. | QRO | México | | 13-jun-08 | XIII Campeonato Iberoamericano de Atletismo, Iquique, Chile |
| 272 | | 13:51.25 | Juan Carlos Romero Bernal | | | 3o. | ZAC | México | | 13-jun-08 | XIII Campeonato Iberoamericano de Atletismo, Iquique, Chile |
| 273 | | 13:51.46 | Eduardo Castro Almanza | Heat | | 3o. | SLP | México | | 1984 | XXIII Juegos Olímpicos, Los Angeles, USA |
| 274 | | 13:51.50 | José Juan Esparza Pérez | | | 7o. | DF | México | | 25-jul-15 | XVII Juegos Panamericanos, Toronto, Canada |
| 275 | | 13:51.73 | Gabino Apolonio Oro | | | 6o. | MEX | Américas | | 11-sep-94 | VII Copa del Mundo de Atletismo, Londres, Inglaterra |
| 276 | | 13:51.78 | Pablo Olmedo Castañon | | | 2o. | DF | México | | 10-jul-01 | Mc Gill International Track & Field, Montreal, Canada |
| 277 | | 13:52.16 | Teodoro Vega Morales | F/R 2 | | 1o. | MEX | Edo Mexico | | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 278 | | 13:52.31 | Juan Luis Barrios Nieves | | | 1o. | MEX | Edo DE Mexico | | 15-may-05 | Encuentro Atlético Xalapa 2005, Xalapa, Veracruz |
| 279 | | 13:52.49 | Juan Carlos Romero Bernal | Invitational | | 19o. | ZAC | México | Ramón Díaz | 20-abr-12 | MT SAC Relays, Walnut, California, USA |
| 280 | | 13:52.50 | Teodoro Vega Morales | Inv. | | 15o. | MEX | México | | 20-abr-01 | Mount SAC Relays, Walnut, California, USA |
| 281 | 57 | 13:52.51 | Eduardo Rojas Puga | | 28-ene-69 | 8o. | MEX | Estado de México | Rodolfo Gómez | 11-jun-03 | Victoria International Track Classic, BC, Canada |
| 282 | | 13:52.78 | Teodoro Vega Morales | | | 15o. | MEX | México | Rafael Martínez | 11-jun-04 | Victoria International Track Classic, BC, Canada |
| 283 | | 13:52.91 | David Galván Martínez | | | 2o. | COAH | México | | 5-ago-03 | XIV Juegos Panamericanos, Santo Domingo, Rep.Dominicana |
| 284 | | 13:53.01 | Juan Luis Barrios Nieves | F/R | | 1o. | MEX | Edo Mex | | 9-may-10 | Encuentro Fidelidad, Xalapa, Veracruz |
| 285 | | 13:53.1 | Marcos Barreto | | | | | R.Gomez | | 19-may-84 | California, USA |
| 286 | | 13:53.14 | Alejandro Salvador | | | 3o. | | México | | 21-may-98 | Victoria International Track Classic, BC, Canada |
| 287 | | 13:53.19 | Julio César Pérez Morales | Grupo 1 | | 19o. | PUE | México | | 2-may-09 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 288 | | 13:53.3 | Francisco Pacheco | | | 1o. | | México | | 1985 | X Campeonato Centroamericano y del Caribe de Atletismo, Nassau, Bahamas |
| 289 | | 13:53.41 | Gabino Apolonio Oro | Gpo. A | | 1o. | | Estado de México | | 1-may-99 | Selectivo de Pista Gira a Canada, Xalapa - Veracruz |
| 290 | | 13:53.5 | Pablo Olmedo Castañon | | | 1o. | | | | 3-abr-98 | Selectivo a Mount SAC - Xalapa, Veracruz |
| 291 | 58 | 13:53.50 | Adalberto Velez | | | | DF | UNAM | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA |
| 292 | | 13:53.73 | Diego Alberto Borrego Moreira | Section 2 | | 19o. | ZAC | México | | 29-abr-12 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 293 | | 13:53.79 | Isaac García Robles | | | | DF | México | | 1-sep-95 | Life College, Challenge |
| 294 | 59 | 13:53.84 | Benito Pastor Valencia | | 67 | | DF | IFAN | | 16-abr-93 | Mount SAC Relays, Walnut, California, USA |
| 295 | 60 | 13:53.90 | Ricardo Cuellar | | | | DF | Rodolfo Gómez | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA |
| 296 | | 13:53.93 | Marcos Barreto | Semifinal | | 14o. | | México | | 1988 | XXIV Juegos Olímpicos, Seúl, Korea |
| 297 | | 13:53.95 | Isaac García Robles | | | 4o. | | México | | 21-may-98 | Victoria International Track Classic, BC, Canada |
| 298 | | 13:54.0 | Juan Maximo Martínez | | | 3o. | | México | | 1967 | V Juegos Panamericanos, Winnipeg, Canada |
| 299 | | 13:54.02 | Juan Luis Barrios Nieves | F/R | | 1o. | MEX | Edo.de México | | 30-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 300 | | 13:54.11 | Eduardo Castro | | | 1o. | | México | | 1983 | IX Juegos Panamericanos, Caracas, Venezuela |
| 301 | | 13:54.29 | David Galván Martínez | Heat 1 | | 14o. | | México | | 25-ago-99 | Campeonato Mundial de Atletismo, Sevilla, España |
| 302 | | 13:54.37 | Gerardo Alcalá | | | 2o. | | México | | 1983 | IX Juegos Panamericanos, Caracas, Venezuela |
| 303 | | 13:54.78 | Pablo Olmedo Castañon | F/R 2 | | 2o. | MEX | Edo Mexico | | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 304 | 61 | 13:54.86 | Ricardo Amezcua | | 69 | | DF | UNAM | | 22-may-92 | Santa Mónica, California |



FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC
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|-----|----|----------|--------------------------------------|-----------|---------------|-----------|-------|------------------------|----------------------|-----------|--|
| 305 | 62 | 13:54.92 | Juan J.Reyes | | | 22o. | MX-US | Mexicoamericano | | 19-abr-02 | Mount SAC Relays, Walnut, California, USA |
| 306 | | 13:54.98 | Germán Silva | | | 1o. | | México | | 1-jul-89 | Wroclaw, Polonia |
| 307 | | 13:55.08 | Rodolfo Gómez Orozco | | | 1o. | | México | | 1978 | XIII Juegos Centroamericanos y del Caribe, Medellín, Colombia |
| 308 | | 13:55.1 | Jesús Herrera Ortiz | | | Exh. | | Club Rodolfo Gómez | | 7-jul-85 | 65o. Campeonato Nacional de Atletismo, ESEF, México, DF |
| 309 | | 13:55.19 | Jesús Herrera Ortiz | | | | | DF Rodolfo Gómez | | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 310 | | 13:55.19 | Pablo Olmedo Castañón | | | 4o. | | DF México | | 1994 | V Campeonato Mundial Juvenil, Lisboa, Portugal |
| 311 | | 13:55.2 | Rodolfo Gómez | | | 1o. | | DF México | | 15-may-77 | Memorial Barrientos, La Habana, Cuba |
| 312 | 63 | 13:55.30 | Héctor Pérez Tapia | | | 60 | | DF Rodolfo Gómez | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA |
| 313 | | 13:55.75 | Jorge Marquez Orozco | | | | | ZAC Zacatecas | | 7-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 314 | | 13:55.84 | Juan Luis Barrios Nieves | F/R | | 1o. | MEX | Eq Nac Med Fon | | 20-mar-09 | Relevos del Tec, Monterrey, NL |
| 315 | | 13:55.85 | Diego Alberto Borrego Moreira | Heat 1 | Universitaria | 3o. | | ZAC México | | 10-jul-09 | Universiada Mundial, Belgrado, Serbia |
| 316 | | 13:55.96 | Jesús Armando Torres Marrón | F/R 2 | | 3o. | GTO | Guanajuato | | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 317 | | 13:55.98 | Andrés Espinosa Pérez | | | 4o. | COAH | México | Rodolfo Gómez | 10-jul-01 | Mc Gill International Track & Field, Montreal, Canada |
| 318 | | 13:55.99 | Julio César Pérez Morales | | | 4o. | PUE | México | | 6-jun-07 | Victoria International Track Classic, British Columbia, Canada |
| 319 | 64 | 13:56.0 | Rafael Tadeo Palomares | | | | | México | | 2-ene-76 | Sao Paulo, Brasil |
| 320 | | 13:56.0 | Julio César Valle Vazquez | | | 2o. | | | | 3-abr-98 | Selectivo a Mount SAC - Xalapa, Veracruz |
| 321 | | 13:56.04 | Alejandro Salvador Cruz | Heat 1 | | 5o. | | México | | 14-jul-93 | XVII Universiada Mundial, Buffalo, USA |
| 322 | | 13:56.10 | David Galindo Ortiz | | | 1o. | | México | | 15-may-99 | Cardinal Qualifier Palo Alto, CA, USA |
| 323 | | 13:56.17 | Juan Carlos Romero Bernal | | | 2o. | ZAC | México | | 30-jul-10 | XXI Juegos Centroamericanos y del Caribe, Mayagüez, Puerto Rico |
| 324 | | 13:56.43 | Juan Carlos Romero Bernal | | | 7o. | ZAC | México | | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León |
| 325 | 65 | 13:56.46 | Omar Chavarría Reynoso | | | 80 | 20o. | DF México | | 5-may-00 | Cardinal Track & Field Invitational, Palo Alto, Cal, USA |
| 326 | | 13:56.60 | Adalberto Vélez | | | | | DF UNAM | | 20-abr-91 | Mount SAC Relays, Walnut, California, USA |
| 327 | | 13:56.61 | Julio César Valle Vazquez | Gpo. A | | 2o. | | Puebla | | 1-may-99 | Selectivo de Pista Gira a Canada, Xalapa - Veracruz |
| 328 | | 13:56.68 | Teodoro Vega Morales | | Invitational | 29o. | MEX | México | | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 329 | 66 | 13:56.7 | Rafael Martínez Segura | | | | | DF | | 24-abr-88 | Mount SAC Relays, Walnut, California, USA |
| 330 | 67 | 13:56.81 | Bernardo Barrios Flores | | | 65 | | DF Rodolfo Gómez | | 16-abr-93 | Mount SAC Relays, Walnut, California, USA |
| 331 | | 13:56.90 | Martín Pitayo Martínez | | | | | México | | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 332 | | 13:56.91 | Alejandro Suarez Velázquez | F/R | | 1o. | QRO | Isidro Rico | Isidro Rico | 14-abr-02 | Encuentro Atlético Relevos ITESM, Monterrey, NL |
| 333 | 68 | 13:56.94 | Gilberto Merchant | | | | | SLP SLP | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 334 | | 13:57.0 | Jesús Armando Torres Barron | | | 1o. | GTO | Guanajuato | | 15-feb-04 | Carrera Runners North, Monterrey, NL |
| 335 | | 13:57.24 | Diego Alberto Borrego Moreira | | | 13o. | | ZAC México | | 9-jun-10 | 6o. Meeting Iberoamericano Gran Premio Andalucía, Huelva, España |
| 336 | 69 | 13:57.30 | Álvaro Zapata | | | | | MEX México | | 20-abr-96 | Mount SAC Relays, Walnut, California, USA |
| 337 | | 13:57.31 | Jesús Armando Torres Barron | F/R | | 1o. | SLP | Equipo Eduardo Castro | | 13-mar-10 | LVII Relevos TEC 2010, Monterrey, Nuevo León |
| 338 | 70 | 13:57.32 | Oswaldo Davila | | | | | E.MEX Estado de México | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA |
| 339 | | 13:57.37 | Fidencio Torres Trejo | F/R H1 | | 1o. | | DF Distrito Federal | | 15-jul-00 | 80o. Campeonato Nacional de Atletismo, Boca del Río, Veracruz |
| 340 | | 13:57.38 | Rafael Sánchez | | | 6o. | MEX | México | | 6-ago-04 | XI Campeonato Iberoamericano de Atletismo, Huelva, España |
| 341 | | 13:57.52 | Juan J.Reyes | | | 12o. | MX-US | Mexicoamericano | | 29-mar-02 | Stanford, California, USA |
| 342 | | 13:57.60 | Gabino Apolonio Oro | | | | | E.MEX Xinacantepec | | 22-oct-93 | Ev. Oficial, Xalapa |
| 343 | | 13:57.80 | Aldo Saul Vega Escobedo | Section 2 | | 19o. | QRO | México | Tadeusz Kepka | 2-may-15 | Payton Jordan Invitational, Stanford, California, USA |
| 344 | | 13:57.84 | Isaac García Robles | | | 1o. | | DF Rodolfo Gómez | | 25-nov-93 | XVII Juegos Centroamericanos y del Caribe, Ponce, Puerto Rico |
| 345 | 71 | 13:57.88 | Benjamín Paredes Martínez | | | 7-ago-61 | 6o. | MEX México | | 7-jul-00 | Mc Gill International Track & Field, Montreal, Canada |
| 346 | 72 | 13:57.96 | Efraín Orduña Gudiño | F/R 2 | | 1-jun-81 | 2o. | COAH México | | 30-abr-06 | Payton Jordan Cardinal Invitational, Stanford, California |
| 347 | | 13:58.0 | Alejandro Suarez Velazquez | | | | | 1o. | QRO Queretaro | 18-sep-05 | Carrera Runners North Elite, Torreón, Coahuila |
| 348 | | 13:58.13 | Gabino Apolonio Oro | H2 | | | | 2o. | México | 26-ago-97 | XVIII Universiada Mundial Sicilia, Italia |
| 349 | | 13:58.19 | Alejandro Suarez Velazquez | | | | | 4o. | QRO México | 5-ago-03 | XIV Juegos Panamericanos, Santo Domingo, Rep.Dominicana |
| 350 | | 13:58.2 | Mario Pérez Saldivar | | | | | 35o. | México | 7-sep-72 | XX Juegos Olímpicos, Munich, Alemania |
| 351 | 73 | 13:58.23 | José Guadalupe Mireles Flores | Section 2 | | 27-dic-88 | 6o. | DF México | Benjamín Becerril | 4-may-08 | Payton Jordan Cardinal Invitational, Stanford, California, USA |
| 352 | 74 | 13:58.4 | Antonio Villanueva Osorio | | | | | | Veracruz | 2-ago-72 | Gimo, Suecia |
| 353 | | 13:58.50 | David Galván Martínez | F/R | | | | 4o. | COAH Coahuila | 25-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 354 | | 13:58.77 | Benjamín Paredes Martínez | | | | | 7o. | MEX México | 10-jul-01 | Mc Gill International Track & Field, Montreal, Canada |
| 355 | | 13:58.78 | Alejandro Suarez Velazquez | | | | | 4o. | QRO México | 13-may-06 | Gala Banamex Track&Field Veracruz Pemex, Xalapa, Veracruz |
| 356 | | 13:58.83 | David Galván Martínez | | | | | 6o. | COAH México | 19-jun-08 | Victoria International Track Classic, Victoria, BC, Canada |
| 357 | | 13:58.90 | Roberto Ramírez | | | | | | DF UNAM | 20-abr-91 | Mount SAC Relays, Walnut, California, USA |
| 358 | | 13:58.94 | Mauricio González | | | | | | México | 1-jul-89 | Wroclaw, Polonia |
| 359 | | 13:59.04 | Arturo Barrios Flores | Heat | | | | 9o. | México | 1988 | XXIV Juegos Olímpicos, Seúl, Korea |
| 360 | | 13:59.10 | Rafael Zepeda | | | | | | DF UNAM | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 361 | 75 | 13:59.21 | Alejandro Arroyo Yamin | Section 1 | | 26-sep-91 | 3o. | GTO Princeton | | 18-abr-14 | Larry Ellis Invite 2014, Princeton, NJ, USA |
| 362 | 76 | 13:59.21 | Sergio Pedraza Gonzalez | F/R | | 16-nov-81 | 2o. | MEX Edo. de México | Benjamin Paredes | 30-ago-14 | Campeonato Nacional de Atletismo de 1a.Fuerza, Xalapa, Veracruz |
| 363 | | 13:59.25 | Teodoro Vega Morales | | | | | 7o. | MEX México | 6-ago-04 | XI Campeonato Iberoamericano de Atletismo, Huelva, España |
| 364 | | 13:59.29 | Juan Luis Barrios Nieves | F/R 1 | | | | 1o. | MEX Estado de México | 22-jun-13 | 93o. Campeonato Nacional de Atletismo, Zapopan, Jalisco |
| 365 | | 13:59.45 | Juan Carlos Romero Bernal | F/R | | | | 1o. | ZAC Ramon Diaz | 23-mar-13 | Selectivo de Medio Fondo y Fondo, Acapulco, Guerrero |
| 366 | 77 | 13:59.50 | Isidro Rico Rangel | | | 61 | | | DF Rodolfo Gómez | 6-jun-92 | Victoria International Track Classic, BC, Canada |
| 367 | | 13:59.64 | Juan Luis Barrios Nieves | | | | | 1o. | MEX Estado de México | 5-may-07 | Festival Atlético Veracruz, Xalapa, Veracruz |



FEDERACION MEXICANA DE ASOCIACIONES DE ATLETISMO, AC

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| 368 | | 13:59.81 | Isidro Rico | | | | | | QRO | QRO | | 7-jun-90 | G. Premio, Checoslovaquia |
| 369 | | 13:59.86 | Juan Luis Barrios Nieves | | | 14o. | MEX | México | MEX | México | | 2-sep-07 | XI Campeonato Mundial de Atletismo, Osaka, Japón |
| 370 | 78 | 14:04.0 | José Socorro Neri Valenzuela | | | 3o. | INJUVE | México | | | | 7-mar-74 | XII Juegos Centroamericanos y del Caribe, Santo Domingo, R.Dominicana |
| 371 | | 14:00.00 | Gerardo Alcalá | | | | DF | UNAM | | | | 7-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 372 | | 14:00.22 | Juan Carlos Romero Bernal | F/R | | 1o. | ZAC | Club Zatopek | | | | 23-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 373 | | 14:00.3 | Martín Pitayo Martínez | | | 3o. | | | | | | 3-abr-98 | Selectivo a Mount SAC - Xalapa, Veracruz |
| 374 | | 14:00.32 | Diego Alberto Borrego Moreira | | Invitational | 12o. | ZAC | México | | | | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 375 | 79 | 14:00.37 | Israel Hernandez Aguilar | F/R | | 5o. | DF | Distrito Federal | | | | 25-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 376 | | 14:00.4 | Isaac García Robles | | | 4o. | | | | | | 3-abr-98 | Selectivo a Mount SAC - Xalapa, Veracruz |
| 377 | | 14:00.46 | Teodoro Vega Morales | | | 1o. | MEX | México | | | | 21-jul-01 | XVIII Campeonato Centroamericano y del Caribe de Atletismo, Guatemala |
| 378 | 80 | 14:00.54 | Sergio Jiménez Cancino | | | | PUE | Puebla | | | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 379 | | 14:00.55 | Juan Carlos Romero Bernal | F/R | | 1o. | ZAC | Club Zatopek | | | | 12-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León |
| 380 | | 14:00.75 | Salvador Parra Pineda | | | | DF | DF | | | | 7-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 381 | 81 | 14:00.86 | Odlión Cuahutle Rojas | F/R 2 | | 11-sep-70 | 4o. | TLAX | Tlaxcala | Odlión Cuahutle | | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 382 | | 14:01.14 | Jesus Armando Torres Barron | | U/O | | 1o. | GTO | México | | | 16-abr-04 | Mount SAC Relays, Walnut, California, USA |
| 383 | | 14:01.15 | Diego Alberto Borrego Moreira | Section 1 | | | 16o. | ZAC | México - FMAA | | | 2-may-15 | Payton Jordan Invitational, Stanford, California, USA |
| 384 | 82 | 14:01.17 | Joel Hernández Lozano | | | 73 | 1o. | SLP | Canal 13 de San Luis P. | | | 1-abr-00 | XLVIII Relevos del Tec. de Monterrey, NL |
| 385 | 83 | 14:01.18 | José Antonio Uribe Marino | F/R | | 3-ene-86 | 2o. | MEX | Emoción Deportiva | Wanda Panfil | | 23-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 386 | | 14:01.33 | Alejandro Suarez Velazquez | | | | 4o. | QRO | Queretaro | | | 5-may-07 | Festival Atlético Veracruz, Xalapa, Veracruz |
| 387 | | 14:01.33 | Enrique Aquino Busquets | Semifinal | | | 12o. | México | | | | 1980 | XXII Juegos Olímpicos, Moscú, URSS |
| 388 | | 14:01.34 | José Antonio Uribe Marino | | OD Elite | | 13o. | MEX | México | | | 18-abr-14 | MT SAC Relays, Walnut, California, USA |
| 389 | | 14:01.37 | Alejandro Suarez Velazquez | F/R | | | 6o. | QRO | Queretaro | | | 25-ago-02 | 82o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 390 | | 14:01.66 | Pablo Olmedo Castañon | | | | 4o. | Américas | | | | 11-sep-98 | VIII Copa Mundial de Atletismo, Johannesburgo, Sudafrica |
| 391 | | 14:01.7 | David Galván Martínez | | | | 1o. | R. Gomez | | | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz |
| 392 | | 14:01.76 | Bernardo Barrios | | | | | DF | Rodolfo Gómez | | | 31-mar-90 | Seattle, Washington |
| 393 | | 14:01.77 | Julio César Valle Vázquez | | | | | PUE | Puebla | | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd.Victoria, Tamaulipas |
| 394 | | 14:01.85 | Pablo Olmedo Castañon | | | | 1o. | México | | | | 17-ago-98 | XVIII Juegos Centroamericanos y del Caribe, Maracaibo, Venezuela |
| 395 | | 14:01.94 | Julio César Pérez Morales | | | | 5o. | PUE | Puebla | | | 5-may-07 | Festival Atlético Veracruz, Xalapa, Veracruz |
| 396 | 84 | 14:02.15 | Porfirio Huerta | | | | | | Club Rodolfo Gómez | | | 28-abr-84 | Mount SAC Relays, Walnut, California, USA |
| 397 | 85 | 14:02.19 | José Augusto Acierno Castro | | | 27-jul-79 | 1o. | DF | MN-21 | Martín Nuñez | | 9-abr-05 | Relevos TEC, ITESM, Monterey, NL |
| 398 | 86 | 14:02.4 | Sergio González | | | | | UNAM | | | | 18-ago-73 | VII Universiada Mundial, Moscú, URSS |
| 399 | | 14:02.40 | Armando Quintanilla | F/R H1 | | | 2o. | SLP | San Luis Potosí | | | 15-jul-00 | 80o. Campeonato Nacional de Atletismo, Boca del Río, Veracruz |
| 400 | | 14:02.43 | José Guadalupe Mireles | | U/O | | 1o. | DF | México | | | 17-abr-08 | Mount SAC Relays, Walnut, California, USA |
| 401 | | 14:02.55 | José Antonio Uribe Marino | F/R 1 | | | 2o. | MEX | Estado de México | Wanda Panfil | | 22-jun-13 | 93o. Campeonato Nacional de Atletismo, Zapopan, Jalisco |
| 402 | 87 | 14:02.59 | Ezau Arias Salas | | U/O | 16-sep-90 | 4o. | MICH | Team Monarca | Cesar Santoyo | | 7-may-16 | Occidental Invitational, Los Angeles, California, USA |
| 403 | | 14:02.59 | Alejandro Suárez Velázquez | | | | 2o. | México | | | | 16-abr-99 | Mount SAC Relays, Walnut, California, USA |
| 404 | 88 | 14:02.77 | Ismael Andrade Vázquez | F/R | | 2-abr-78 | 1o. | MEX | | Tadeusz Kepka | | 19-jun-11 | Encuentro Atlético Xalapa 2011, Xalapa, Veracruz |
| 405 | | 14:02.78 | David Galindo Ortiz | | | | | E.MEX | Estado de México | | | 15-abr-94 | Mount SAC Relays, Walnut, California, USA |
| 406 | | 14:02.79 | José Antonio Uribe Marino | Section 2 | | | 15o. | MEX | México | Wanda Panfil | | 6-abr-12 | Stanford Invitational, Stanford, California, USA |
| 407 | | 14:02.80 | Alejandro Arroyo Yamin | | | | 5o. | GTO | Princeton | Federico Villanueva | | 20-abr-12 | Larry Ellis Memorial, Weaver Stadium, Princeton, NJ, USA |
| 408 | | 14:02.90 | Pablo Olmedo Castañon | Heat 1 | | | 13o. | DF | México | | | 6-ago-01 | VIII Campeonato Mundial de Atletismo, Edmonton, Canada |
| 409 | | 14:03.00 | Jesús Primo Capula | | | | | DF | | | | 9-nov-97 | Mission Inn 5KM |
| 410 | | 14:03.10 | Teodoro Vega Morales | | | | 1o. | Estado de México | | | | 4-jul-99 | 79o. Campeonato Nacional de Atletismo, Monterrey, NL. |
| 411 | | 14:03.11 | Julio César Pérez Morales | F/R | | | 2o. | PUE | Eq Nac Med Fon | | | 20-mar-09 | Relevos del Tec, Monterrey, NL |
| 412 | 89 | 14:03.20 | Uziel Sarmiento Espindola | F/R | | 16-mar-87 | 2o. | PUE | Rodolfo Gomez | Rodolfo Gómez | | 23-mar-13 | Selectivo de Medio Fondo y Fondo, Acapulco, Guerrero |
| 413 | | 14:03.49 | Teodoro Vega Morales | | Inv O/U | | 29o. | MEX | Mexican Team | Rafael Martínez | | 17-abr-09 | Mount SAC Relays, Walnut, California, USA |
| 414 | | 14:03.58 | Uziel Sarmiento Espindola | F/R | | | 3o. | PUE | Formando Atletas A.C. | | | 23-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León |
| 415 | | 14:03.63 | Julio César Valle Vazquez | | | | 7o. | México | | | | 19-jul-98 | VIII Campeonato Iberoamericano de Atletismo, Lisboa, Portugal |
| 416 | | 14:03.70 | Roberto Ramírez | | | | | DF | UNAM | | | 12-ago-90 | Hengelo, Holanda |
| 417 | | 14:03.8 | Pablo Olmedo Castañon | | | | 2o. | | | | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz |
| 418 | | 14:03.80 | Julio César Pérez Morales | F/R 2 | | | 5o. | PUE | Puebla | | | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 419 | | 14:03.81 | José Juan Esparza Pérez | | | | 2o. | DF | México | | | 8-ago-15 | 2o. Campeonato NACAC de Atletismo, San José, Costa Rica |
| 420 | | 14:03.89 | Fidencio Torres Trejo | Gpo. A | | | 3o. | Queretaro | | | | 1-may-99 | Selectivo de Pista Gira a Canada, Xalapa - Veracruz |
| 421 | 90 | 14:03.90 | Erick Israel Pérez Huerta | | U/O | 17-nov-83 | 3o. | DF | México | | | 17-abr-08 | Mount SAC Relays, Walnut, California, USA |
| 422 | | 14:04.0 | Alejandro Salvador | | | | 3o. | Veracruz | | | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz |
| 423 | | 14:04.0 | Mario Pérez | | | | 3o. | México | | | | 1971 | VI Juegos Panamericanos, Cali, Colombia |
| 424 | 91 | 14:04.11 | Miguel Angel Orduña Gudiño | | Invitational | 30-mar-83 | 14o. | COAH | FMA | | | 24-abr-09 | Brutus Hamilton Invitational, Berkeley, California, USA |
| 425 | 92 | 14:04.21 | Francisco Bautista Cuamatzi | | U/O | 17-sep-72 | 2o. | TLAX | Tlaxcala | Luis Ordoñez | | 16-abr-04 | Mount SAC Relays, Walnut, California, USA |
| 426 | | 14:04.21 | Marcos Barreto Fernández de Lara | | | | 2o. | México | | | | 1990 | XVI Juegos Centroamericanos y del Caribe, Mexico, DF |
| 427 | | 14:04.30 | Héctor M. Pérez | | | | | México | | | | 22-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 428 | | 14:04.31 | Gabino Apolonio Oro | | | | | E.MEX | Estado de México | | | 7-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 429 | 93 | 14:04.32 | Juan P.Miramontes | | | 26-ene-79 | 18o. | MX-US | Mexicoamericano | | | 29-mar-02 | Stanford, California, USA |
| 430 | | 14:04.36 i | Aldo Saúl Vega Escobedo | F/R | | | 21o. | QRO | Colorado | | | 12-feb-10 | Husky Classic, Dempsey Indoor, Seattle, Washington, USA |



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| 431 | 14:04.40 | Jesús Herrera Ortiz | | | DF | Rodolfo Gómez | | 7-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 432 | 14:04.48 | Diego Alberto Borrego Moreira | Invitational | 20o. | ZAC | México | | 20-abr-12 | MT SAC Relays, Walnut, California, USA | |
| 433 | 14:04.54 | Antonio Villanueva Osorio +40 | | 8o. | VER | México | | 1981 | MT SAC Relays, Walnut, California, USA | |
| 434 | 14:04.58 | Diego Alberto Borrego Moreira | | 1o. | ZAC | México | | 14-abr-06 | Pomona Pitzer Inv. Track & Field Meet, Claremont, California, USA | |
| 435 | 14:04.65 | Rubén García Gómez | F/R | 2o. | DF | LA Marina | Juan Luis Nemer | 14-abr-02 | Encuentro Atlético Relevos ITESM, Monterrey, NL | |
| 436 | 14:04.70 | Salvador Parra Pineda | | | DF | UNAM | | 16-jul-91 | XVI Universiada Mundial, Sheffield, Inglaterra | |
| 437 | 14:04.72 | Guillermo Serrano | | | | Club Rodolfo Gómez | | 26-may-84 | Bratislava, Checoslovaquia | |
| 438 | 14:04.74 | Rubén García Gómez | | 25o. | DF | México | | 14-abr-00 | Mount Sac Relays, Walnut, California, USA | |
| 439 | 14:04.79 | Jesús Armando Torres Barrón | F/R | 1o. | GTO | Guanajuato | | 11-may-08 | Encuentro Fidelidad MEXVI 2008, Xalapa, Veracruz | |
| 440 | 14:04.86 | Omar Chavarría | | 12o. | DF | México | | 27-may-00 | Victoria International Track Classic, BC, Canada | |
| 441 | 14:04.9 | Rodolfo Gómez Orozco | | 30-oct-50 | 1o. | México | | 1977 | VI Campeonato Centroamericano y del Caribe de Atletismo, Xalapa, Veracruz | |
| 442 | 14:04.90 | Rubén García Gómez | | | DF | DF | | 19-abr-97 | Mount SAC Relays, Walnut, California, USA | |
| 443 | 14:05.0 | David Galindo Ortiz | | 4o. | | R. Gomez | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 444 | 14:05.0 | Rodolfo Gómez Orozco | | 3o. | | México | | 1979 | VIII Juegos Panamericanos, San Juan, Puerto Rico | |
| 445 | 14:05.01 | Ovidio Castillo Suarez | | | COAH | Coahuila | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd. Victoria, Tamaulipas | |
| 446 | 14:05.01 | Alejandro Salvador | | 15o. | | México | | 15-may-99 | Adidas Oregon Track Classic, Portland, USA | |
| 447 | 14:05.07 | Margarito Zamora Alcantara | | 9o. | MEX | México | | 25-mar-95 | XII Juegos Panamericanos, Mar del Plata, Argentina | |
| 448 | 14:05.16 | Juan Luis Nemer Ortega | | | DF | DF | | 24-abr-88 | Mount SAC Relays, Walnut, California, USA | |
| 449 | 14:05.24 | Filiberto Valle | | | ZAC | Zacatecas | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd. Victoria, Tamaulipas | |
| 450 | 14:05.25 | Rodolfo Gómez Orozco | | 3o. | | México | | 1975 | VII Juegos Panamericanos, México, DF | |
| 451 | 14:05.30 | Alejandro Salvador | | 2o. | | Veracruz | | 4-jul-99 | 79o. Campeonato Nacional de Atletismo, Monterrey, NL | |
| 452 | 14:05.30 | Jesús Armando Torres Barrón | | 2o. | SLP | San Luis Potosí | | 22-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS | |
| 453 | 14:05.36 | Alejandro Salvador | | 6o. | | México | | 19-jul-92 | V Campeonato Iberoamericano de Atletismo, Sevilla, España | |
| 454 | 14:05.37 | Miguel del Valle | | | DF | IMSS | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd. Victoria, Tamaulipas | |
| 455 | 14:05.59 | Pablo Olmedo Castañón | | 15o. | | México | | 10-ago-97 | VI Campeonato Mundial de Atletismo, Atenas, Grecia | |
| 456 | 14:05.61 | Erick Israel Pérez Huerta | F/R | 1o. | IMSS | IMSS | | 21-jun-08 | 88o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 457 | 14:05.64 | Gabino Apolonio Oro | | 6o. | | México | | 28-ago-97 | XVIII Universiada Mundial Sicilia, Italia | |
| 458 | 14:05.79 | José Augusto Acierno Castro | | 11o. | DF | Distrito Federal | Martín Nuñez | 11-jun-03 | Victoria International Track Classic, BC, Canada | |
| 459 | 14:05.84 | Luis Reyes Hernández | | 68 | DF | Rodolfo Gómez | | 8-jul-95 | 75o. Campeonato Nacional de Atletismo, Cd. Victoria, Tamaulipas | |
| 460 | 14:05.9 | Enrique Aquino | | 4o. | | México | | 1979 | VIII Juegos Panamericanos, San Juan, Puerto Rico | |
| 461 | 14:05.93 | José Augusto Acierno Castro | | 8o. | DF | México | | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León | |
| 462 | 14:06.05 | Pablo Cerón | | | E.MEX | E.MEX | | 12-ago-90 | Hengelo, Holanda | |
| 463 | 14:06.1 | Gerardo Alcalá | | | DF | Unicornio | | 10-jul-88 | 68o. Campeonato Nacional de Atletismo, Ciudad Victoria, Tamaulipas | |
| 464 | 14:06.2 | Fidencio Torres Trejo | | 5o. | | I. Rico | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 465 | 14:06.20 | Raúl García Gómez | | 14-ene-70 | | México | | 23-abr-89 | Mount SAC Relays, Walnut, California, USA | |
| 466 | 14:06.20 | Pablo Cerón | | 1o. | | México | | 1987 | XI Campeonato Centroamericano y del Caribe de Atletismo, Caracas, Venezuela | |
| 467 | 14:06.22 | Alejandro Suárez Velázquez | | 1o. | QRO | Querétaro | | 18-mar-01 | XLIX Relevos del Tec. de Monterrey, NL | |
| 468 | 14:06.26 | David Galván Martínez | | 1o. | COAH | Coahuila | | 2-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 469 | 14:06.30 | Héctor Pérez Tapia | | | JAL | Rodolfo Gómez | | | Nyshopyng, Suecia | |
| 470 | 14:06.30 | Cayetano Hernandez Román | F/R 2 | 15-sep-78 | 6o. | ZAC | Zacatecas | Ramón Díaz | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 471 | 14:06.41 | Saby Luna Aburto | F/R | 6-feb-90 | 3o. | VER | Veracruz | Tadeusz Kepka | 30-ago-14 | Campeonato Nacional de Atletismo de 1a. Fuerza, Xalapa, Veracruz |
| 472 | 14:06.43 | Gabino Apolonio Oro | | 2o. | | México | | 1993 | XVII Juegos Centroamericanos y del Caribe, Ponce, Puerto Rico | |
| 473 | 14:06.60 | Isaac Gómez Sánchez | | U/O | | México | | 16-abr-99 | Mount SAC Relays, Walnut, California, USA | |
| 474 | 14:06.64 | Fabian Guerrero Sanchez | | 17-may-81 | 3o. | DF | México | | 8-ago-15 | 2o. Campeonato NACAC de Atletismo, San José, Costa Rica |
| 475 | 14:06.68 | Miguel Angel Atenco Segura | | 1-ene-72 | 7o. | UNAM | México | Tadeusz Kepka | 22-jun-02 | Grand Prix Internacional Tijuana 2002, Tijuana, BC |
| 476 | 14:06.69 | Ismael Andrade Vazquez | F/R | 2o. | MEX | Edo Mex | Tadeusz Kepka | 9-may-10 | Encuentro Fidelidad, Xalapa, Veracruz | |
| 477 | 14:06.8 | Mario Pérez | | 13-mar-39 | 2o. | México | | 1973 | IV Campeonato Centroamericano y del Caribe de Atletismo, Maracaibo, Venezuela | |
| 478 | 14:06.90 | Luis Reyes Hernández | | | E.MEX | Estado de México | | 16-abr-93 | Mount SAC Relays, Walnut, California, USA | |
| 479 | 14:07.06 | Juan Carlos Romero Bernal | F/R 1 | 1o. | ZAC | Club Zatopek | | 16-mar-13 | 61o. Relevos TEC, Monterrey, Nuevo León | |
| 480 | 14:07.1 | Gerardo Morales Fernández | | 6o. | | W. Panfil | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 481 | 14:07.17 | Gabino Apolonio Oro | | | E.MEX | México | | 30-ago-95 | XVIII Universiada Mundial, Fukuoka, Japón | |
| 482 | 14:07.21 | Juan Luis Barrios Nieves | | 1o. | DF | Distrito Federal | | 4-jul-15 | Carrera Elite 5,000m Oxxo, Zacatecas, Zacatecas | |
| 483 | 14:07.31 | Jesús Armando Torres Barrón | | 2o. | GTO | Guanajuato | | 2-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 484 | 14:07.33 | Dionisio Castillo Calvarín | Open B | 14-feb-82 | 10o. | MEX | México | Martin Nuñez | 18-abr-14 | MT SAC Relays, Walnut, California, USA |
| 485 | 14:07.44 | Dionisio Castillo Calvarín | F/R | 4o. | MEX | Mn-21 | | 23-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León | |
| 486 | 14:07.59 | Isaac García Robles | | 4o. | | México | | 17-ago-98 | XVIII Juegos Centroamericanos y del Caribe, Maracaibo, Venezuela | |
| 487 | 14:07.63 | Juan Carlos Romero Bernal | | 2o. | ZAC | RUNNERS NORTH | | 9-abr-05 | Relevos TEC, ITESM, Monterrey, NL | |
| 488 | 14:07.82 | Pablo Olmedo Castañón | | 1o. | MEX | México | | 3-dic-02 | XIX Juegos Centroamericanos y del Caribe, San Salvador, El Salvador | |
| 489 | 14:07.86 | Aldo Saúl Vega Escobedo | F/R | 2o. | PRO | Querétaro | | 21-jun-08 | 88o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 490 | 14:07.89 | Marco Tardely Flores Partida | | 25-abr-80 | 9o. | DF | México | A.Bravo / A.Gutiérrez | 11-jun-05 | Galatlética Banamex, Monterrey, Nuevo León |
| 491 | 14:07.91 | Martín Rodríguez Flores | | | ZAC | Zacatecas | | 7-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | |
| 492 | 14:07.94 | Josafat González Martínez | Grupo B | 15-ago-86 | 2o. | MEX | México | Bernardo García | 16-abr-10 | Mount SAC Relays, Walnut, California, USA |
| 493 | 14:08.0 | Jesús Armando Torres Barrón | | 2o. | GTO | Guanajuato | | 13-feb-05 | Carrera Runners North Elite, Monterrey, Nuevo León | |



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| 494 | 14:08.00 | Isaac García Robles | | | JAL | Jalisco | | 7-jul-91 | 71o. Campeonato Nacional de Atletismo, Xalapa, Veracruz | | |
| 495 | 14:08.10 | Jose Antonio Uribe Marino | | 1o. | MEX | México | Wanda Panfil | 16-jul-11 | XXIII Campeonato Centroamericano y del Caribe de Atletismo, Mayaguez, Puerto Rico | | |
| 496 | 14:08.17 | Teodoro Vega Morales | | 11o. | MEX | México | | 19-jun-04 | Prefontaine Classic, Eugene, Oregon, USA | | |
| 497 | 14:08.18 | Armando Quintanilla | | | SLP | SLP | | 12-ago-90 | Hengelo, Holanda | | |
| 498 | 14:08.19 | Juan Luis Barrios Nieves | | 1o. | MEX | México | | 6-jul-13 | XXIV Campeonato Centroamericano y del Caribe, Morelia, Michoacán | | |
| 499 | 14:08.23 | Julio César Pérez Morales | | 6o. | PUE | México | | 13-may-06 | Gala Banamex Track&Field Veracruz Pemex, Xalapa, Veracruz | | |
| 500 | 14:08.3 | Edson Ramírez Ramos | | 7o. | | P. Lopez | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | | |
| 501 | 14:08.32 | Jose Antonio Uribe Marino | F/R | | 2o. | MEX | Paredes Pro | 12-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León | | |
| 502 | 14:08.4 | José Augusto Acierno Castro | | | 1o. | DF | Mn-21 Distrito Feder.Martín Nuñez | 20-mar-04 | Encuentro Atlético Relevos ITESM, Monterrey, NL | | |
| 503 | 14:08.43 | Rafael Martínez | | | | | Club Rodolfo Gómez | 8-ago-85 | Colonia, Alemania | | |
| 504 | 14:08.54 | Guillermo Eduardo Estrada Sánchez | F/R | 31-oct-88 | 3o. | BC | Baja California | Julio Vazquez Flores | 23-mar-13 | Selectivo de Medio Fondo y Fondo, Acapulco, Guerrero | |
| 505 | 14:08.60 | Gonzalo Gutiérrez | | | 3o. | | Veracruz | | 4-jul-99 | 79o. Campeonato Nacional de Atletismo, Monterrey, NL | |
| 506 | 14:08.71 | Julio César Pérez Morales | | | 3o. | PUE | Puebla | Jorge López | 2-jul-04 | 84o. Campeonato Nacional de Atletismo, Monterrey, Nuevo León | |
| 507 | 14:08.77 | Victor Rodríguez Frausto | | | 2o. | ZAC | Selecc. Mex | | 26-jun-97 | XVI Campeonato Centroamericano y del Caribe de Atletismo, San Juan, Puerto Rico | |
| 508 | 14:08.85 | Alberto Pérez Goiz | F"A" | U/O | 25-dic-72 | 11o. | PUE | México | Tadeusz Kepka | 19-abr-01 | Mount SAC Relays, Walnut, California, USA |
| 509 | 14:08.86 | Sergio Pedraza González | F/R | | 2o. | MEX | Paredes Pro | Benjamín Paredes | 19-jun-11 | Encuentro Atlético Xalapa 2011, Xalapa, Veracruz | |
| 510 | 14:08.88 | Eduardo Castro | | 1-may-54 | 1o. | | México | | 1981 | VIII Campeonato Centroamericano y del Caribe de Atletismo, S.Domingo, Dominicana | |
| 511 | 14:08.90 | Martín Pitayo Martínez | | | | DF | Rodolfo Gómez | | 7-may-95 | Grand Prix IMSS, México, DF | |
| 512 | 14:08.94 | Francisco Bautista Cuamatzi | | | 7o. | TLAX | Tlaxcala | | 5-may-07 | Festival Atlético Veracruz, Xalapa, Veracruz | |
| 513 | 14:09.03 | Jonnatan Morales Serrano | | 22-ene-80 | 8o. | DF | México | Gutiérrez/Bravo | 22-jun-02 | Grand Prix Internacional Tijuana 2002, Tijuana, BC | |
| 514 | 14:09.04 | Andrés Espinosa Pérez | | | 4o. | COAH | México | Rodolfo Gómez | 28-jun-04 | Abbotsford International Track Classic, Vancouver, Canada | |
| 515 | 14:09.05 | José Augusto Acierno Castro | | | 3o. | DF | México | | 16-abr-04 | Mount SAC Relays, Walnut, California, USA | |
| 516 | 14:09.08 | Juan Luis Barrios Nieves | | | 1o. | MEX | México | | 29-jul-06 | XX Juegos Centroamericanos y del Caribe, Cartagena, Colombia | |
| 517 | 14:09.1 | Gilberto Merchant | | | 8o. | | | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 518 | 14:09.17 | Arturo Barrios Flores | | | | | R.Gomez | | 5-may-84 | California, USA | |
| 519 | 14:09.18 | Ezau Arias Salas | | | 1o. | MICH | Monarcas Mich | | 14-feb-16 | 48o. Evento Atlético UANL 2016, Monterrey, NL | |
| 520 | 14:09.20 | Jesús López | | | | | | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA | |
| 521 | 14:09.20 | Diego Alberto Borrego Moreira | | | 19o. | ZAC | México | Ramon Diaz | 17-may-13 | USATF High Performance Distance Classic, Occidental College, California, USA | |
| 522 | 14:09.28 | Victor Hugo Bracamontes Anica | F/R | 31-dic-87 | 5o. | MEX | Ejercito Mexicano | David Ramirez Santana | 23-mar-14 | 62o. Relevos TEC, Monterrey, Nuevo León | |
| 523 | 14:09.33 | Oscar Roberto Galindo Pérez | F/R | 23-oct-80 | 2o. | | México | | 23-abr-11 | Brutus Hamilton Invitational, Berkeley, California, USA | |
| 524 | 14:09.33 | Miguel Angel Atenco | F/R | | 3o. | UNAM | Uni Aut DE Mexico | | 14-abr-02 | Encuentro Atlético Relevos ITESM, Monterrey, NL | |
| 525 | 14:09.52 | Alberto Pérez Goiz | | | 2o. | PUE | Angeles Track | | 18-mar-01 | XLIX Relevos del Tec. de Monterrey, NL | |
| 526 | 14:09.68 | Miguel Angel Orduña Gudiño | | | 27o. | COAH | México | | 15-abr-11 | Mt.SAC Relays, Walnut, California, USA | |
| 527 | 14:09.90 | Omar Chavarria | Invite Elite | | 12o. | | México | | 17-abr-98 | Mount SAC Relays, Walnut, California, USA | |
| 528 | 14:09.90 | Rubén García Gómez | U/O | | 4o. | | Distrito Federal | | 4-jul-99 | 79o. Campeonato Nacional de Atletismo, Monterrey, NL. | |
| 529 | 14:09.91 | Rogelio Salinas Aguirre | | | 3o. | NL | NL | | 18-mar-01 | XLIX Relevos del Tec. de Monterrey, NL | |
| 530 | 14:10.00 | Armando Quintanilla | | | 1o. | | México | | 1989 | XII Campeonato Centroamericano y del Caribe de Atletismo, San Juan Puerto Rico | |
| 531 | 14:10.06 | Julio César Valle Vázquez | | | 7o. | PUE | México | | 13-may-06 | Gala Banamex Track&Field Veracruz Pemex, Xalapa, Veracruz | |
| 532 | 14:10.11 | Edher Cortes Martínez | | 21-mar-82 | 1o. | DF | SECTOR 7 AZCAPOTZALCO | | 11-mar-06 | Relevos TEC, Monterrey, NL | |
| 533 | 14:10.12 | Martin Perez Vargas | F/R | 28-ene-88 | 3o. | MEX | Club Rodolfo Gom | | 12-mar-11 | LIX Relevos TEC de Monterrey, Nuevo León | |
| 534 | 14:10.19 | Jose Antonio Uribe Marino | | | 1o. | MEX | EMPP | | 13-mar-08 | Relevos TEC Monterrey, Nuevo León | |
| 535 | 14:10.3 | Gonzalo Gutierrez | | | 9o. | | Veracruz | | 20-mar-99 | Selectivo para Mount Sac, Xalapa, Veracruz | |
| 536 | 14:10.35 | Marco Tardely Flores Partida | | | 4o. | SLP | México | | 12-jun-09 | Kajaks Review International Meet, Richmond, BC, Canada | |
| 537 | 14:10.37 | Jesus Armando Torres Barron | Heat 3 | | 8o. | GTO | México | Juan Carlos Marquez | 28-abr-13 | Payton Jordan Invitational, Stanford, California, USA | |
| 538 | 14:10.4 | José Ocotlán | | | | UNM | | | 24-abr-88 | Mount SAC Relays, Walnut, California, USA | |
| 539 | 14:10.50 | José Martín Paulín Luna | | | | MEX | México | | 20-abr-96 | Mount SAC Relays, Walnut, California, USA | |
| 540 | 14:10.54 | Tomas Luna Domínguez | F/R | 9-mar-75 | 3o. | MEX | Rodolfo Gomez | Rodolfo Gomez | 19-jun-11 | Encuentro Atlético Xalapa 2011, Xalapa, Veracruz | |
| 541 | 14:10.58 | Alejandro Suarez Velazquez | | | 2o. | QRO | México | | 29-jul-06 | XX Juegos Centroamericanos y del Caribe, Cartagena, Colombia | |
| 542 | 14:10.62 | Fabian Guerrero Sanchez | | | 1o. | CDMX | Ciudad de Mexico | | 4-jun-16 | Campeonato Nacional de Atletismo 1a.Fuerza y Sub 23, Monterrey, NL | |
| 543 | 14:10.72 | Arturo Barrios Flores | | | 1o. | | México | | 24-jul-88 | III Campeonato Iberoamericano de Atletismo, México, DF | |
| 544 | 14:10.76 | Juan Máximo Martínez | | | 4o. | | México | | 1968 | XIX Juegos Olímpicos, México, DF | |
| 545 | 14:10.78 | Mauricio González | | | 1o. | | México | | 20-sep-85 | III Copa de las Americas, San Juan, Puerto Rico | |
| 546 | 14:10.82 | Salvador Parra Pineda | | | 6o. | | México | | 27-oct-94 | VI Campeonato Iberoamericano de Atletismo, Mar del Plata, Argentina | |
| 547 | 14:10.84 | Diego Alberto Borrego Moreira | F/R | | 1o. | ZAC | Club Zatopek | Ramón Diaz | 5-mar-16 | LXIV Relevos TEC, Monterrey, Nuevo León | |
| 548 | 14:10.87 | Ezaú Arias Salas | F/R | | 2o. | MICH | Team Monarcas | | 5-mar-16 | LXIV Relevos TEC, Monterrey, Nuevo León | |
| 549 | 14:10.97 | Isaac García Robles | Gpo. A | | 4o. | | Marina | | 1-may-99 | Selectivo de Pista Gira a Canada, Xalapa - Veracruz | |
| 550 | 14:10.97 | Omar Chavarria | | | 9o. | | México | | 16-abr-99 | Mount SAC Relays, Walnut, California, USA | |
| 551 | 14:11.0 | Isaías Haro Cruz | | 7-feb-85 | 4o. | DF | Distrito Federal | | 22-jun-08 | Carrera Runner's North, Monterrey, Nuevo León | |
| 552 | 14:11.03 | Jose Antonio Uribe Marino | | | 3o. | MEX | Estado Mexico | Wanda Panfil | 22-may-10 | 90o. Campeonato Nacional de Atletismo, San José del Cabo, BCS | |
| 553 | 14:11.05 | Eduardo Castro | | | 1o. | | México | | 1982 | XIV Juegos Centroamericanos y del Caribe, La Habana, Cuba | |
| 554 | 14:11.16 | Benjamín Paredes Martínez | | | | HGO | México | | 1-sep-95 | Life College, Challenge | |
| 555 | 14:11.17 | Alejandro Arroyo Yamín | | | 1o. | GTO | Princeton | | 9-abr-11 | Mason Spring Invitational, Washington, USA | |
| 556 | 14:11.20 | Efraín Orduña Gudiño | Section 2 | | 16o. | COAH | México | | 29-abr-07 | Payton Jordan Cardinal Invitational, Stanford, California, USA | |



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| 557 | | 14:11.28 | Pablo Olmedo Castañon | | | 1o. | | Distrito Federal | | 21-jun-98 | 78o. Campeonato Nacional de Atletismo, León, Guanajuato |
| 558 | | 14:11.39 | Isidro Rico | | | | QRO | Querétaro | | 7-ago-94 | 74o. Campeonato Nacional de Atletismo, Xalapa, Veracruz |
| 559 | | 14:11.48 | Alejandro Suarez Velazquez | Sub 25 | | 1o. | QRO | México | | 5-ago-00 | I Campeonato NACAC de Atletismo Sub 25, Monterrey, NL |
| 560 | | 14:11.48 | Isaac García Robles | | | 8o. | | México | | 19-jul-92 | V Campeonato Iberoamericano de Atletismo, Sevilla, España |
| 561 | | 14:11.5 | Mauricio González | | | 16-oct-60 | 3o. | México | | 1985 | X Campeonato Centroamericano y del Caribe de Atletismo, Nassau, Bahamas |
| 562 | 127 | 14:11.50 | Dagoberto López | | | | | México | | 23-abr-89 | Mount SAC Relays, Walnut, California, USA |
| 563 | 128 | 14:11.56 | Fernando Mendez Torres | F/R 2 | | 30-jul-76 | 7o. | ZAC Zacatecas | Javier Tapia | 13-jul-03 | 83o. Campeonato Nacional de Atletismo, Monterrey, NL |
| 564 | 129 | 14:11.60 | Sergio Rodríguez | | | | | MICH Morelia | | 22-abr-90 | Mount SAC Relays, Walnut, California, USA |
| 565 | 130 | 14:11.60 | Oscar Mateo Ceron Santos | F/R | | 19-oct-83 | 2o. | HGO Ejercito Mexicano | Benjamín Paredes | 13-mar-10 | LVII Relevos TEC 2010, Monterrey, Nuevo León |
| 566 | 131 | 14:11.7 | Francisco Silva | | | | | UNAM | | 19-jun-85 | Ostrava, Checoeslovaquia |
| 567 | | 14:11.73 | Mauricio González | | | | 1o. | México | | 1986 | XV Juegos Centroamericanos y del Caribe, Santiago De Los Caballeros, R.D |
| 568 | | 14:11.76 | Alejandro Suárez Velázquez | | | | 2o. | México | | 2001 | XVIII Campeonato Centroamericano y del Caribe de Atletismo, Guatemala, Guatemala |
| 569 | | 14:11.78 | Mauricio González | | | | 7o. | Américas | | 6-oct-85 | IV Copa Mundial de Atletismo, Canberra, Australia |
| 570 | 132 | 14:11.86 | José Alberto Madera Vega | Section B | Open | 23-sep-91 | 8o. | MX-USA San Francisco | | 17-abr-15 | Mt SAC Relays, Walnut, California, USA |
| 571 | | 14:11.90 | Diego Alberto Borrego Moreira | | U/O | | 9o. | ZAC México | | 13-abr-07 | Mount SAC Relays, Walnut, California, USA |
| 572 | | 14:11.95 | David Galvan Martínez | | | | 3o. | México | | 2002 | XIX Juegos Centroamericanos y del Caribe, El Salvador, San Salvador |
| 573 | | 14:12.0 | Juan Carlos Romero Bernal | | | | 1o. | ZAC Zacatecas | | 22-jun-14 | 10K y 5,000m Internacional "Runners North" 11a.Edición |
| Marcas No oficiales: | | | | | | | | | | | |
| 1 | | 13:52.78 | Noe Martínez | | | | | HGO Hidalgo | | 10-jun-90 | Campeonato Nacional de 2a.Fuerza, Villahermosa, Tabasco |