



ATLETISMO

MARCAS TOPE 2019 RAMAS FEMENIL Y VARONIL

PRUEBA	FEMENIL	VARONIL
100 MTS. PLANOS	13.50	11.30
200 MTS. PLANOS	28.40	23.30
400 MTS. PLANOS	1:06.00	53.50
800 MTS. PLANOS	2:45.00	2:02.00
1,500 MTS. PLANOS	5:30.00	4:17.50
5,000 MTS. PLANOS	22:00.00	16:20.00
10,000 MTS. PLANOS	52:00.00	34:00.00
5,000/10,000 MTS. CAM.	34:00.00	54:00.00
100/110 MTS. C/V	19.50	17.50
400 MTS. C/V	1:15.00	1:00.00
3,000 MTS. CON OBST.		11:00
RELEVO 4x100 MTS	55.50	45.50
RELEVO 4x400 MTS	4:35.00	3:35.00
LONGITUD	4.50 MTS.	6.00 MTS.
TRIPLE	9.00 MTS.	12.00 MTS.
ALTURA	1.30 MTS.	1.70 MTS.
GARROCHA	2.10 MTS.	3.10 MTS.
BALA	8.90 MTS.	11.00 MTS.
DISCO	25.00 MTS.	33.00 MTS.
JABALINA	25.00 MTS.	40.00 MTS.
MARTILLO	20.00 MTS.	33.00 MTS.
HEPTATLÓN/ DECATLÓN	2,300 PTS.	4,500 PTS.