



## Récord de España Master MUJERES

- Actualizado a 07.06.2026 -

### Pruebas Combinadas puntuadas por las Tablas WMA 2023

#### 60 m

|    |       |  |                               |          |                   |            |
|----|-------|--|-------------------------------|----------|-------------------|------------|
| 35 | 7.26  |  | Sandra Myers Brown            | 09.01.61 | Madrid Pal. (i)   | 09.02.1996 |
| 40 | 7.82  |  | Emilia Paunica Paunica        | 08.04.72 | Ancona (ITA) (i)  | 30.03.2016 |
| 45 | 8.01  |  | Loles Vives Jorba             | 13.09.57 | Madrid CSD (i)    | 24.02.2007 |
| 50 | 8.13  |  | Esther Colás Román            | 07.05.67 | Madrid Gallur (i) | 21.03.2018 |
| 55 | 8.20  |  | Silvia Isabel Vallejo Jiménez | 08.02.71 | Madrid Gallur (i) | 08.02.2026 |
| 60 | 8.82  |  | Loles Vives Jorba             | 13.09.57 | Madrid Gallur (i) | 14.01.2018 |
| 65 | 9.10  |  | Valvanera Guridi Ezquerro     | 12.03.59 | Antequera         | 07.03.2026 |
| 70 | 10.16 |  | María Área Diego              | 25.06.47 | Madrid Gallur (i) | 21.03.2018 |
| 75 | 10.68 |  | María Área Diego              | 25.06.47 | Donostia (i)      | 02.03.2024 |
| 80 | 12.05 |  | Blanca Miret Nagore           | 01.01.44 | Torun (POL) i     | 30.03.2026 |
| 85 | 14.35 |  | Inés Pérez Artacho            | 14.01.41 | Donostia (i)      | 08.02.2026 |

#### 100 m

|    |         |      |                           |          |                     |            |
|----|---------|------|---------------------------|----------|---------------------|------------|
| 35 | 11.39   | 1,0  | Sandra Myers Brown        | 09.01.61 | Getafe              | 16.06.1996 |
| 40 | 12.48   | -0,2 | Emilia Paunica Paunica    | 08.04.72 | Zittau (GER)        | 18.08.2012 |
| 45 | 12.70   | 1,8  | Laura Rodas Rincón        | 31.05.79 | Valencia            | 26.04.2025 |
| 50 | 12.93   | 1,4  | Olga Moreno Castro        | 31.07.74 | Granada             | 04.05.2025 |
| 55 | 12.96   | 0,1  | Esther Colás Román        | 07.05.67 | Tampere (FIN)       | 30.06.2022 |
| 60 | 14.22   | 0,0  | Loles Vives Jorba         | 13.09.57 | Madrid              | 20.07.2019 |
| 65 | 14.40   | 0,0  | Valvanera Guridi Ezquerro | 12.03.59 | Durango             | 07.06.2025 |
| 70 | 16.53   | -0,8 | María Area Diego          | 25.06.47 | Oviedo              | 06.05.2018 |
| 75 | 17.38   | 0,7  | María Area Diego          | 25.06.47 | Pescara (ITA)       | 22.09.2023 |
| 80 | 20.26   | -2,0 | Blanca Miret Nagore       | 01.01.44 | Madrid-Vallehermoso | 07.06.2026 |
| 85 | 28.23   | -2,5 | Mª Luisa González Ortiz   | 05.07.33 | Sagunto             | 29.06.2019 |
| 50 | 13.08 A | 0,5  | <i>Esther Colás Román</i> | 07.05.67 | <i>Segovia</i>      | 24.06.2018 |

#### 200 m

|    |         |     |                            |          |                      |            |
|----|---------|-----|----------------------------|----------|----------------------|------------|
| 35 | 23.04   | st  | Sandra Myers Brown         | 09.01.61 | Turín (ITA) (i)      | 17.02.1996 |
| 40 | 25.62   | st  | Carolina García Garzón     | 17.01.79 | Salamanca (i)        | 08.02.2020 |
| 45 | 26.39   | st  | Carolina García Garzón     | 17.01.79 | San Sebastián (i)    | 03.03.2024 |
| 50 | 26.55   | 1,0 | Olga Moreno Castro         | 31.07.74 | Ribeira Brava (POR)  | 16.10.2025 |
| 55 | 26.71   | 0,1 | Esther Colás Román         | 07.05.67 | Tampere (FIN)        | 02.07.2022 |
| 60 | 28.39   | st  | Silvia Cortés Torres       | 24.12.62 | Torun (POL) (i)      | 31.03.2023 |
| 65 | 29.46   | 0,0 | Valvanera Guridi Ezquerro  | 12.03.59 | Logroño              | 31.05.2025 |
| 70 | 36.16   | 0,0 | Mª Josefa Sánchez Quintana | 01.05.50 | Jerez de la Frontera | 25.06.2023 |
| 75 | 37.08   | 0,2 | María Area Diego           | 25.06.47 | Pescara (ITA)        | 24.09.2023 |
| 80 | 45.62   | 0,8 | Inés Pérez Artacho         | 14.01.41 | Donostia             | 12.06.2022 |
| 85 | 1:00.58 | st  | Inés Pérez Artacho         | 14.01.41 | Antequera (i)        | 08.03.2026 |

#### 200 m st

|    |         |  |                            |          |                   |            |
|----|---------|--|----------------------------|----------|-------------------|------------|
| 35 | 23.04   |  | Sandra Myers Brown         | 09.01.61 | Turín (ITA) (i)   | 17.02.1996 |
| 40 | 25.62   |  | Carolina García Garzón     | 17.01.79 | Salamanca (i)     | 08.02.2020 |
| 45 | 26.39   |  | Carolina García Garzón     | 17.01.79 | San Sebastián (i) | 03.03.2024 |
| 50 | 26.71   |  | Esther Colás Román         | 07.05.67 | Braga (POR) (i)   | 26.02.2022 |
| 55 | 27.15   |  | Esther Colás Román         | 07.05.67 | Madrid (i)        | 28.01.2024 |
| 60 | 28.39   |  | Silvia Cortés Torres       | 24.12.62 | Braga (POR) (i)   | 31.03.2023 |
| 65 | 30.03   |  | Valvanera Guridi Ezquerro  | 12.03.59 | Torun (POL) (i)   | 01.04.2026 |
| 70 | 37.07   |  | Mª Josefa Sánchez Quintana | 01.05.50 | Antequera (i)     | 17.02.2024 |
| 75 | 37.46   |  | Mª Josefa Sánchez Quintana | 01.05.50 | Antequera (i)     | 14.02.2026 |
| 80 | 47.21   |  | Jullia Bea Antoranz        | 02.02.40 | San Sebastián (i) | 15.02.2020 |
| 85 | 1:00.58 |  | Inés Pérez Artacho         | 14.01.41 | Antequera (i)     | 08.03.2026 |

#### 400 m

|    |         |    |                            |          |               |            |
|----|---------|----|----------------------------|----------|---------------|------------|
| 35 | 51.10   |    | Sandra Myers Brown         | 09.01.61 | Madrid        | 01.06.1996 |
| 40 | 57.11   | st | Marlén Estévez Larauet     | 29.08.71 | Valencia (i)  | 08.02.2014 |
| 45 | 58.65   |    | Marlén Estévez Larauet     | 29.08.71 | Elche         | 06.07.2019 |
| 50 | 58.45   |    | Olga Moreno Castro         | 31.07.74 | Jaén          | 18.05.2025 |
| 55 | 1:00.07 |    | Esther Colás Román         | 07.05.67 | Tampere (FIN) | 08.07.2022 |
| 60 | 1:10.34 | st | Mª Rosa Escribano Checa    | 29.12.58 | Sabadell (i)  | 11.01.2019 |
| 65 | 1:13.84 |    | Inmaculada Ruiz Terán      | 14.12.60 | Getxo         | 15.02.2026 |
| 70 | 1:24.13 |    | Mª Josefa Sánchez Quintana | 01.05.50 | Almería       | 08.07.2023 |
| 75 | 1:26.28 | st | Mª Josefa Sánchez Quintana | 01.05.50 | Antequera (i) | 07.03.2026 |

|                  |         |    |                            |          |                   |            |
|------------------|---------|----|----------------------------|----------|-------------------|------------|
| <b>80</b>        | 1:59.93 | st | Inés Pérez Artacho         | 14.01.41 | Antequera (i)     | 04.03.2023 |
| <b>95</b>        | 4:00.49 |    | Ángela Muñoz Fernández     | 07.02.29 | Móstoles          | 12.05.2024 |
| <b>400 m st</b>  |         |    |                            |          |                   |            |
| <b>35</b>        | 53.23   |    | Sandra Myers Brown         | 09.01.61 | Moscú (RUS) (i)   | 14.02.1996 |
| <b>40</b>        | 57.11   |    | Marlen Estévez Larauet     | 09.08.71 | Valencia (i)      | 08.02.2014 |
| <b>45</b>        | 58.88   |    | Alejandra Gálvez Miras     | 19.08.77 | Antequera (i)     | 04.03.2023 |
| <b>50</b>        | 1:00.31 |    | Olga Moreno Castro         | 31.07.74 | Antequera (i)     | 07.03.2026 |
| <b>55</b>        | 1:01.12 |    | Esther Colás Román         | 07.05.67 | Madrid (i)        | 15.03.2025 |
| <b>60</b>        | 1:10.34 |    | Mª Rosa Escribano Checa    | 29.12.58 | Sabadell (i)      | 11.01.2019 |
| <b>65</b>        | 1:18.99 |    | Inmaculada Ruiz Terán      | 14.12.60 | Antequera (i)     | 07.03.2026 |
| <b>70</b>        | 1:24.31 |    | Mª Josefa Sánchez Quintana | 01.05.50 | Antequera (i)     | 04.03.2023 |
| <b>75</b>        | 1:26.28 |    | Mª Josefa Sánchez Quintana | 01.05.50 | Antequera (i)     | 07.03.2026 |
| <b>80</b>        | 1:59.93 |    | Inés Pérez Artacho         | 14.01.41 | Antequera (i)     | 04.03.2023 |
| <b>800 m</b>     |         |    |                            |          |                   |            |
| <b>35</b>        | 1:59.70 |    | Esther Guerrero Puigdevall | 07.02.25 | Barcelona         | 09.07.2025 |
| <b>40</b>        | 2:09.17 |    | Montse Mas Sanz            | 30.04.79 | Barcelona         | 09.06.2021 |
| <b>45</b>        | 2:12.24 | st | Alejandra Gálvez Miras     | 19.08.77 | Ourense (i)       | 11.02.2023 |
| <b>50</b>        | 2:19.37 | st | Marta Camps Gali           | 28.01.70 | Sabadell (i)      | 20.02.2022 |
| <b>55</b>        | 2:23.51 |    | Mª José Carabante Morata   | 05.06.68 | Valencia          | 15.07.2023 |
| <b>60</b>        | 2:35.22 | st | Esther Pedrosa Carrete     | 19.05.61 | Ourense (i)       | 20.02.2021 |
| <b>65</b>        | 2:40.34 | st | Inmaculada Ruiz Terán      | 14.12.60 | San Sebastián (i) | 27.01.2026 |
| <b>70</b>        | 3:14.44 | st | Mª Josefa Sánchez Quintana | 01.05.50 | Braga (POR) (i)   | 23.02.2022 |
| <b>75</b>        | 3:33.26 |    | Milagros Álvarez Pariente  | 23.08.49 | Gijón             | 09.05.2026 |
| <b>80</b>        | 4:12.34 |    | María José Gil Gil         | 21.12.40 | La Nucía          | 03.07.2021 |
| <b>800 m st</b>  |         |    |                            |          |                   |            |
| <b>35</b>        | 2:05.92 |    | Natalia Romero Franco      | 17.11.88 | Valencia (i)      | 07.02.2024 |
| <b>40</b>        | 2:12.17 |    | Alejandra Gálvez Miras     | 19.08.77 | Antequera (i)     | 27.01.2022 |
| <b>45</b>        | 2:12.24 |    | Alejandra Gálvez Miras     | 19.08.77 | Ourense (i)       | 11.02.2023 |
| <b>50</b>        | 2:19.37 |    | Marta Camps Gali           | 28.01.70 | Sabadell (i)      | 20.02.2022 |
| <b>55</b>        | 2:28.08 |    | Carmen Pérez Muñoz         | 24.08.68 | Torun (POL) (i)   | 21.02.2024 |
| <b>60</b>        | 2:35.22 |    | Esther Pedrosa Carrete     | 19.05.61 | Ourense (i)       | 20.11.2021 |
| <b>65</b>        | 2:40.34 |    | Inmaculada Ruiz Terán      | 14.12.60 | San Sebastián (i) | 27.01.2026 |
| <b>70</b>        | 3:14.44 |    | Mª Josefa Sánchez Quintana | 01.05.50 | Braga (POR) (i)   | 23.02.2022 |
| <b>75</b>        | 3:42.47 |    | Mª Consuelo Alonso Alonso  | 09.11.48 | Torun (POL) (i)   | 21.02.2024 |
| <b>80</b>        | 4:15.93 |    | María José Gil Gil         | 21.12.40 | Valencia (i)      | 13.11.2021 |
| <b>1500 m</b>    |         |    |                            |          |                   |            |
| <b>35</b>        | 3:59.45 |    | Esther Guerrero Puigdevall | 07.02.25 | Bruselas (BEL)    | 22.08.2025 |
| <b>40</b>        | 4:09.80 |    | Nuria Fernández Domínguez  | 16.08.76 | Huelva            | 14.06.2017 |
| <b>45</b>        | 4:35.27 | st | Alejandra Gálvez Miras     | 19.08.77 | Valencia (i)      | 25.01.2023 |
| <b>50</b>        | 4:43.02 |    | Marta Camps Gali           | 28.01.70 | Barcelona         | 15.06.2022 |
| <b>55</b>        | 4:56.68 |    | Esther Pedrosa Carrete     | 19.05.61 | Pontevedra        | 20.06.2018 |
| <b>60</b>        | 5:14.20 |    | Esther Pedrosa Carrete     | 19.05.61 | Pontevedra        | 04.09.2021 |
| <b>65</b>        | 5:32.69 |    | Inmaculada Ruiz Terán      | 14.12.60 | Durango           | 01.05.2026 |
| <b>70</b>        | 6:13.72 | st | Teresa Vegas Villarrubia   | 29.08.55 | Antequera (i)     | 08.03.2026 |
| <b>75</b>        | 7:06.34 |    | Milagros Álvarez Pariente  | 23.08.49 | Gijón             | 10.05.2026 |
| <b>80</b>        | 8:16.71 |    | María José Gil Gil         | 21.12.40 | Málaga            | 19.06.2021 |
| <b>1500 m st</b> |         |    |                            |          |                   |            |
| <b>35</b>        | 4:06.31 |    | Esther Guerrero Puigdevall | 07.02.25 | Valencia (i)      | 07.02.2025 |
| <b>40</b>        | 4:17.54 |    | Nuria Fernández Domínguez  | 16.08.76 | Gante (BEL) (i)   | 11.02.2017 |
| <b>45</b>        | 4:35.27 |    | Alejandra Gálvez Miras     | 19.08.77 | Valencia (i)      | 25.01.2023 |
| <b>50</b>        | 4:44.39 |    | Marta Camps Gali           | 28.01.70 | Braga (POR) (i)   | 26.02.2022 |
| <b>55</b>        | 4:58.13 |    | Aurora Pérez Gutiérrez     | 10.11.57 | Antequera (i)     | 03.02.2013 |
| <b>60</b>        | 5:15.00 |    | Mª Esther Pedrosa Carrete  | 19.05.61 | Ourense (i)       | 28.11.2021 |
| <b>65</b>        | 5:33.23 |    | Inmaculada Ruiz Terán      | 14.12.60 | Torun (POL) (i)   | 02.04.2026 |
| <b>70</b>        | 6:13.72 |    | Teresa Vegas Villarrubia   | 29.08.55 | Antequera (i)     | 08.03.2026 |
| <b>75</b>        | 7:21.94 |    | Mª Consuelo Alonso Alonso  | 09.11.48 | Torun (POL) (i)   | 23.03.2024 |
| <b>80</b>        | 9:16.56 |    | Rosa Mª Tena Reales        | 20.03.34 | Sabadell (i)      | 06.03.2016 |
| <b>Milla</b>     |         |    |                            |          |                   |            |
| <b>35</b>        | 4:20.12 |    | Esther Guerrero Puigdevall | 07.02.25 | Londres (GBR)     | 19.07.2025 |
| <b>40</b>        | 5:00.9- |    | Anna Bove Balada           | 25.01.78 | Barcelona         | 20.12.2020 |
| <b>45</b>        | 5:07.63 |    | Alejandra Gálvez Miras     | 19.08.77 | Nerja             | 17.12.2023 |
| <b>50</b>        | 5:17.11 |    | Marta Camps Gali           | 28.01.70 | Sabadell          | 23.05.2021 |
| <b>55</b>        | 5:30.86 |    | Antonia Álvarez Ruiz       | 27.10.66 | Nerja             | 26.12.2021 |
| <b>60</b>        | 5:42.18 |    | Mª Esther Pedrosa Carrete  | 19.05.61 | Sabadell          | 23.05.2021 |
| <b>65</b>        | 6:29.35 |    | Teresa Vegas Villarrubia   | 29.08.55 | Sabadell          | 23.05.2021 |
| <b>70</b>        | 7:58.27 |    | Consuelo Alonso Alonso     | 09.11.48 | Madrid-MTZ        | 18.05.2019 |
| <b>75</b>        | 8:23.98 |    | Consuelo Alonso Alonso     | 09.11.48 | Alcobendas        | 14.09.2025 |

**3000 m**

|    |          |    |                           |          |                          |            |
|----|----------|----|---------------------------|----------|--------------------------|------------|
| 35 | 8:51.54  |    | Nuria Fernández Domínguez | 16.08.76 | Braunshweig (GER)        | 21.06.2014 |
| 40 | 8:58.20  | st | Nuria Fernández Domínguez | 16.08.76 | Belgrado (SRB) (i)       | 03.03.2017 |
| 45 | 9:45.64  |    | Irene Pelayo González     | 16.02.80 | Castellón                | 24.05.2025 |
| 50 | 10:06.36 | st | Aurora Pérez Gutiérrez    | 10.11.57 | Valencia (i)             | 23.02.2008 |
| 55 | 10:32.19 | st | Marta Camps Gali          | 28.01.70 | Sabadell                 | 01.02.2025 |
| 60 | 10:56.16 | st | Mª Esther Pedrosa Carrete | 19.05.61 | Ourense (i)              | 12.02.2022 |
| 65 | 12:23.80 |    | Carmen Cacho Bustamante   | 06.11.58 | Santander                | 11.05.2025 |
| 70 | 13:08.03 |    | Teresa Vegas Vilarrubia   | 29.08.55 | Santa Coloma de Gramanet | 23.05.2026 |
| 75 | 15:18.50 | st | Mª Consuelo Alonso Alonso | 09.11.48 | Torun (i)                | 17.03.2024 |
| 80 | 18:41.07 |    | Rosa Mª Tena Reales       | 20.03.34 | Gavá                     | 07.06.2015 |

**3000 m st**

|    |          |  |                                |          |                    |            |
|----|----------|--|--------------------------------|----------|--------------------|------------|
| 35 | 9:09.29  |  | Nuria Fernández Domínguez      | 16.08.76 | Madrid (i)         | 05.03.2016 |
| 40 | 8:58.20  |  | Nuria Fernández Domínguez      | 16.08.76 | Belgrado (SRB) (i) | 03.03.2017 |
| 45 | 9:58.44  |  | Niusha Carmen Mancilla Heredia | 19.01.71 | Antequera (i)      | 19.03.2016 |
| 50 | 10:06.36 |  | Aurora Pérez Gutiérrez         | 10.11.57 | Valencia (i)       | 23.02.2008 |
| 55 | 10:32.19 |  | Marta Camps Gali               | 28.01.70 | Sabadell           | 01.02.2025 |
| 60 | 10:56.16 |  | Mª Esther Pedrosa Carrete      | 19.05.61 | Ourense (i)        | 12.02.2022 |
| 65 | 12:43.85 |  | Esther Estefanía Vázquez       | 13.04.56 | Madrid (i)         | 23.01.2022 |
| 70 | 13:27.22 |  | Teresa Vegas Vilarrubia        | 29.08.55 | Antequera (i)      | 06.03.2026 |
| 75 | 15:18.50 |  | Mª Consuelo Alonso Alonso      | 09.11.48 | Torun (i)          | 17.03.2024 |

**5000 m**

|    |          |  |                               |          |                      |            |
|----|----------|--|-------------------------------|----------|----------------------|------------|
| 35 | 15:12.06 |  | Teresa Recio García           | 07.07.63 | Heusden (BEL)        | 05.08.2000 |
| 40 | 15:36.32 |  | Teresa Recio García           | 07.07.63 | Jerez de la Frontera | 02.08.2003 |
| 45 | 17:36.23 |  | Lucía Morales García          | 12.08.77 | Pinto                | 26.05.2023 |
| 50 | 17:49.76 |  | Carmen Cacho Bustamante       | 06.11.58 | Lahti (FIN)          | 02.08.2009 |
| 55 | 18:49.88 |  | Mª Nieves Morcuende Domínguez | 17.06.57 | Águilas              | 30.06.2012 |
| 60 | 19:52.92 |  | Esther Pedrosa Carrete        | 19.05.61 | Tampere (FIN)        | 03.07.2022 |
| 65 | 21:19.41 |  | Emilia Vaquero Sánchez        | 11.01.49 | Huelva               | 21.06.2014 |
| 70 | 23:04.28 |  | Teresa Vegas Vilarrubia       | 29.08.55 | Gavá                 | 16.05.2026 |
| 75 | 26:54.61 |  | Mª Consuelo Alonso Alonso     | 09.11.48 | Madrid               | 19.05.2024 |

**10.000 m**

|    |          |  |                                |          |            |            |
|----|----------|--|--------------------------------|----------|------------|------------|
| 35 | 31:43.80 |  | Teresa Recio García            | 07.07.63 | Sevilla    | 26.08.1999 |
| 40 | 32:44.19 |  | Teresa Recio García            | 07.07.63 | Avilés     | 17.07.2005 |
| 45 | 36:33.02 |  | Pilar Fernández Rodríguez      | 11.10.76 | Gavá       | 02.03.2024 |
| 50 | 37:35.50 |  | Carmen Cacho Bustamante        | 06.11.58 | Huesca     | 03.10.2009 |
| 55 | 39:47.59 |  | Carmen Cacho Bustamante        | 06.11.58 | Durango    | 12.04.2015 |
| 60 | 41:19.71 |  | Mª Marcelina Hernaiz del Campo | 10.11.56 | Gavá       | 12.05.2018 |
| 65 | 44:38.38 |  | Emilia Vaquero Sánchez         | 11.01.49 | Durango    | 12.04.2015 |
| 70 | 51:54.88 |  | Emilia Vaquero Sánchez         | 11.01.49 | Estepona   | 16.10.2022 |
| 75 | 56:00.21 |  | Consuelo Alonso Alonso         | 09.11.48 | Alcobendas | 20.10.2024 |

**5 km**

|                           |       |  |                                  |          |                      |            |
|---------------------------|-------|--|----------------------------------|----------|----------------------|------------|
| 35                        | 15:55 |  | Kaoutar Boulaid Boulahoula       | 10.10.89 | Bilbao               | 09.03.2025 |
| 40                        | 16:02 |  | Marta Galimany Guasch            | 05.10.85 | Barcelona            | 09.11.2025 |
| 45                        | 17:00 |  | María Jesús Pallicer Rotger      | 01.01.78 | Ibiza                | 18.02.2024 |
| 50                        | 17:51 |  | Arancha Tejero Tejadas           | 01.06.72 | Ontinyent            | 26.04.2026 |
| 55                        | 18:36 |  | María del Carmen Llorena Prats   | 16.03.66 | Valencia             | 12.05.2024 |
| 60                        | 19:41 |  | María del Carmen Llorena Prats   | 16.03.66 | Laredo               | 18.04.2026 |
| 65                        | 21:53 |  | Emilia Vaquero Sánchez           | 11.01.49 | Vilanova i la Geltrú | 18.05.2014 |
| 70                        | 23:37 |  | Mª Carmen Rodríguez del Río      | 14.10.55 | Ames                 | 19.10.2025 |
| 75                        | 25:04 |  | Milagros Álvarez Pariente        | 23.08.49 | Salinas              | 04.01.2025 |
| <b>5 km (Tiempo Neto)</b> |       |  |                                  |          |                      |            |
| 75                        | 24:47 |  | <i>Milagros Álvarez Pariente</i> | 23.08.49 | Salinas              | 04.01.2025 |

**10 km (Tiempo Oficial)**

|    |         |  |                                |          |             |            |
|----|---------|--|--------------------------------|----------|-------------|------------|
| 35 | 32:16   |  | Kaoutar Boulaid Boulahoula     | 10.10.89 | Bilbao      | 09.03.2025 |
| 40 | 31:36   |  | Marta Galimany Guasch          | 05.10.85 | Barcelona   | 31.12.2025 |
| 45 | 34:34   |  | Irene Pelayo González          | 16.02.80 | Azpeitia    | 29.03.2025 |
| 50 | 35:39   |  | María Velázquez López          | 28.09.75 | Valencia    | 11.01.2026 |
| 55 | 38:19   |  | María José Pueyo Bergua        | 16.03.70 | Castellón   | 22.02.2026 |
| 60 | 39:42   |  | Mª Carmen Llorena Prats        | 16.03.66 | Laredo      | 18.04.2026 |
| 65 | 42:40   |  | Mª Marcelina Hernaiz del Campo | 10.11.56 | Torun (POL) | 29.03.2023 |
| 70 | 47:45   |  | Magdalena Vila García          | 22.07.55 | Valencia    | 11.01.2026 |
| 75 | 52:03   |  | Milagros Álvarez Pariente      | 23.08.49 | Ribadesella | 21.09.2024 |
| 80 | 1h03:35 |  | Rosa Maria Tena Reales         | 20.03.34 | Barcelona   | 18.05.2014 |

**10 km (Tiempo Neto)**

|    |       |  |                               |          |                    |            |
|----|-------|--|-------------------------------|----------|--------------------|------------|
| 40 | 31:33 |  | <i>Marta Galimany Guasch</i>  | 05.10.85 | Barcelona          | 31.12.2025 |
| 50 | 36:38 |  | <i>Arancha Tejero Tejadas</i> | 01.06.72 | Laredo (Cantabria) | 16.03.2024 |

|    |       |                           |          |             |            |
|----|-------|---------------------------|----------|-------------|------------|
| 55 | 38:16 | María José Pueyo Bergua   | 16.03.70 | Castellón   | 22.02.2026 |
| 60 | 39:40 | Mª Carmen Llorena Prats   | 16.03.66 | Laredo      | 18.04.2026 |
| 75 | 51:51 | Milagros Álvarez Pariente | 23.08.49 | Ribadesella | 21.09.2024 |

#### Medio Maratón (Tiempo Oficial)

|    |         |                                |          |             |            |
|----|---------|--------------------------------|----------|-------------|------------|
| 35 | 1h08:47 | Kaoutar Boulami                | 10.10.89 | Valencia    | 27.10.2024 |
| 40 | 1h09:22 | Marta Galimany Guasch          | 05.10.85 | Málaga      | 15.03.2026 |
| 45 | 1h13:36 | Irene Pelayo González          | 16.02.80 | Azpeitia    | 29.03.2025 |
| 50 | 1h18:53 | María Velázquez López          | 28.09.75 | Sevilla     | 25.01.2026 |
| 55 | 1h24:25 | María López Candela            | 28.07.69 | Albacete    | 06.10.2024 |
| 60 | 1h29:29 | Mª Teresa Ruzafa Manchón       | 19.01.59 | Santa Pola  | 20.01.2019 |
| 65 | 1h33:59 | Mª Marcelina Hernaiz del Campo | 10.11.56 | Torun (POL) | 01.04.2023 |
| 70 | 1h43:48 | Magdalena Vila García          | 22.07.55 | L'Alcudia   | 05.10.2025 |
| 75 | 1h53:40 | Milagros Álvarez Pariente      | 23.08.49 | Gijón       | 11.10.2025 |

#### Medio Maratón (Tiempo Neto)

|    |         |                           |          |            |            |
|----|---------|---------------------------|----------|------------|------------|
| 40 | 1h09:54 | Marta Galimany Guasch     | 05.10.85 | Sevilla    | 25.01.2026 |
| 50 | 1h18:50 | María Velázquez López     | 28.09.75 | Sevilla    | 25.01.2026 |
| 55 | 1h24:21 | María López Candela       | 28.07.69 | Albacete   | 06.10.2024 |
| 60 | 1h29:25 | Mª Teresa Ruzafa Manchón  | 19.01.59 | Santa Pola | 20.01.2019 |
| 75 | 1h52:51 | Milagros Álvarez Pariente | 23.08.49 | Gijón      | 11.10.2025 |

#### Maratón (Tiempo Oficial)

|    |         |                              |          |                |            |
|----|---------|------------------------------|----------|----------------|------------|
| 35 | 2h21:43 | Majida Maayouf Chajra        | 27.04.89 | Valencia       | 01.12.2024 |
| 40 | 2h26:40 | Irene Pelayo González        | 16.02.80 | Valencia       | 03.12.2023 |
| 45 | 2h42:46 | Dolores Marco Oyarzabal      | 17.01.79 | Varsovia (POL) | 28.09.2025 |
| 50 | 2h46:55 | María Velázquez López        | 28.09.75 | Sevilla        | 15.02.2026 |
| 55 | 3h03:20 | María Hidalgo Nogué          | 16.01.69 | Barcelona      | 16.03.2025 |
| 60 | 3h10:48 | Maricarmen Paredes Rodríguez | 15.01.63 | Sevilla        | 18.02.2024 |
| 65 | 3h25:12 | Magdalena Vila García        | 22.07.55 | Valencia       | 04.12.2022 |
| 70 | 3h35:28 | Magdalena Vila García        | 22.07.55 | Valencia       | 07.12.2025 |

#### Maratón (Tiempo Neto)

|    |         |                          |          |                |            |
|----|---------|--------------------------|----------|----------------|------------|
| 35 | 2h21:42 | Majida Maayouf Chajra    | 27.04.89 | Valencia       | 01.12.2024 |
| 40 | 2h26:39 | Irene Pelayo González    | 16.02.80 | Valencia       | 03.12.2023 |
| 50 | 2h52:00 | Aurora Pérez Gutiérrez   | 10.11.57 | Florenca (ITA) | 25.11.2007 |
| 55 | 3h05:10 | Eva María Esnaola Agesta | 23.11.60 | San Sebastián  | 26.11.2017 |
| 70 | 3h35:26 | Magdalena Vila García    | 22.07.55 | Valencia       | 07.12.2025 |

#### 50 km

|    |         |                                |          |                  |            |
|----|---------|--------------------------------|----------|------------------|------------|
| 35 | 3h34:27 | Nerea Egia Larrinaga           | 28.11.85 | Málaga           | 03.05.2025 |
| 40 | 3h22:32 | Beatriz Martínez Cuello        | 22.05.84 | Málaga           | 03.05.2025 |
| 45 | 3h22:21 | Dolores Marco Oyarzabal        | 17.01.79 | Málaga           | 03.05.2025 |
| 50 | 3h38:10 | Mª Isabel Sixto Tato           | 21.10.75 | Burjassot        | 22.03.2025 |
| 55 | 4h17:52 | Pista Eva María Esnaola Agesta | 23.11.60 | Winschoten (NED) | 08.09.2018 |
| 60 | 4h21:09 | Eva María Esnaola Agesta       | 23.11.60 | Málaga           | 03.05.2025 |
| 65 | 4h45:57 | Mª José Tomaz de Aquino        | 16.11.58 | Málaga           | 03.05.2025 |

#### 100 km

|    |          |                                |          |                |            |
|----|----------|--------------------------------|----------|----------------|------------|
| 35 | 7h47:46  | Estefanía Unzú Ripoll          | 04.05.85 | Canberra (AUS) | 22.02.2025 |
| 40 | 7h47:14  | Carmen Pérez Serrano           | 13.03.82 | Berlín (GER)   | 27.08.2022 |
| 45 | 7h20:57  | Gemma Arenas Alcazar           | 10.06.79 | Málaga         | 21.03.2026 |
| 50 | 8h37:02  | Alicia Antón Moreno            | 10.09.72 | Burjassot      | 01.04.2023 |
| 55 | 9h03:00  | Eva María Esnaola Agesta       | 23.11.60 | Los Alcázares  | 27.11.2016 |
| 60 | 9h21:37  | Pista Eva María Esnaola Agesta | 23.11.60 | Burjassot      | 08.05.2021 |
| 65 | 14h14:53 | Mª José Tomaz de Aquino        | 16.11.58 | Burjassot      | 22.03.2025 |

#### 60 m vallas (0,840 m)

|    |      |                              |          |            |            |
|----|------|------------------------------|----------|------------|------------|
| 35 | 8.10 | Aliuska Yanira López Pedroso | 29.08.69 | Madrid (i) | 05.03.2005 |
|----|------|------------------------------|----------|------------|------------|

#### 60 m vallas (0,762 m)

|    |      |                             |          |                   |            |
|----|------|-----------------------------|----------|-------------------|------------|
| 40 | 8.99 | Ángeles Rodríguez Rodríguez | 21.10.76 | Salamanca (i)     | 03.03.2018 |
| 45 | 9.12 | Ángeles Guerra Hurtado      | 19.03.69 | San Sebastián (i) | 07.03.2015 |

#### 60 m vallas (0,762 m)

|    |       |                        |          |                 |            |
|----|-------|------------------------|----------|-----------------|------------|
| 50 | 9.59  | Ángela López Martí     | 14.10.75 | Torun (POL) (i) | 28.03.2026 |
| 55 | 10.09 | Ángeles Guerra Hurtado | 19.03.69 | Torun (POL) (i) | 23.03.2024 |

#### 60 m vallas (0,686 m)

|    |       |                         |          |                   |            |
|----|-------|-------------------------|----------|-------------------|------------|
| 60 | 10.27 | Mª Rosa Escribano Checa | 29.12.58 | Ourense (i)       | 08.03.2019 |
| 65 | 10.68 | Mª Rosa Escribano Checa | 29.12.58 | San Sebastián (i) | 02.03.2024 |

#### 100 m vallas (0,840 m)

|    |       |                           |          |                |            |
|----|-------|---------------------------|----------|----------------|------------|
| 35 | 13.15 | 1,5 Aliuska López Pedroso | 29.08.69 | Kalamata (GRE) | 30.05.2005 |
|----|-------|---------------------------|----------|----------------|------------|

#### 80 m vallas (0,762 m)

|    |       |                        |          |                      |            |
|----|-------|------------------------|----------|----------------------|------------|
| 40 | 12.03 | 1,5 Ángela López Martí | 14.10.75 | Castellón            | 08.07.2017 |
| 45 | 12.09 | 0,2 Ángela López Martí | 14.10.75 | Jerez de la Frontera | 23.05.2023 |

#### 80 m vallas (0,762 m)

|                                    |          |      |                              |          |                          |            |
|------------------------------------|----------|------|------------------------------|----------|--------------------------|------------|
| 50                                 | 12.93    | -2,3 | Ángela López Martí           | 14.10.75 | Mahón                    | 10.05.2026 |
| 55                                 | 13.41    | 1,0  | María Jesús Sangüos Espiña   | 08.01.55 | Zittau (GER)             | 23.08.2012 |
| <b>80 m vallas (0,686 m)</b>       |          |      |                              |          |                          |            |
| 60                                 | 13.42    | 1,5  | María Jesús Sangüos Espiña   | 08.01.55 | Lyon (FRA)               | 15.08.2015 |
| 65                                 | 14.34    | -1,4 | Mª Rosa Escribano Checa      | 29.12.58 | Alcobendas               | 05.07.2024 |
| 70                                 | 19.36    | -1,4 | Mercedes Delgado González    | 28.06.54 | Alcobendas               | 05.07.2024 |
| <b>400 m vallas (0,762 m)</b>      |          |      |                              |          |                          |            |
| 35                                 | 57.4     |      | Esther Lahoz Castelló        | 02.05.63 | Lisboa (POR)             | 18.07.1998 |
| 40                                 | 1:02.08  |      | Mª Jesús Sangüos Espiña      | 08.01.55 | Pontevedra               | 22.06.1995 |
| 45                                 | 1:04.60  |      | Ángela López Martí           | 14.10.75 | Palma                    | 17.06.2023 |
| <b>300 m vallas (0,762 m)</b>      |          |      |                              |          |                          |            |
| 50                                 | 46.95    |      | Maite Marzo Gómez            | 15.10.71 | Gotemburgo (SWE)         | 17.08.2024 |
| 55                                 | 50.26    |      | Mª del Carmen Pérez Muñoz    | 14.08.68 | Estepona                 | 02.06.2024 |
| <b>300 m vallas (0,686 m)</b>      |          |      |                              |          |                          |            |
| 60                                 | 51.86    |      | Mª Jesús Sangüos Espiña      | 08.01.55 | Lyon (FRA)               | 11.08.2015 |
| 65                                 | 58.72    |      | Mª Rosa Escribano Checa      | 29.12.58 | Santa Coloma de Gramenet | 12.07.2025 |
| <b>2000 m obstáculos (0,762 m)</b> |          |      |                              |          |                          |            |
| 35                                 | 6:51.32  |      | Eva Arias Aira               | 08.10.80 | Málaga                   | 07.09.2018 |
| 40                                 | 7:02.26  |      | Vanessa Pacha Urteaga        | 09.02.82 | Jerez de la Frontera     | 23.06.2023 |
| 45                                 | 7:22.42  |      | Mª Dolores Jiménez Guardeso  | 28.03.69 | Huelva                   | 22.06.2014 |
| 50                                 | 7:30.45  |      | Nuria Etxegarai Carbajo      | 28.05.73 | La Nucía                 | 20.06.2025 |
| 55                                 | 8:54.85  |      | Niobe Menéndez Lynch         | 01.09.66 | Oviedo                   | 04.06.2022 |
| 60                                 | 8:53.00  |      | Jane Wickhwam Essery         | 21.03.61 | Ribeira Brava (POR)      | 11.10.2025 |
| 65                                 | 10:13.87 |      | Mª Ángeles Rodríguez del Río | 20.11.57 | Gotemburgo (SWE)         | 13.08.2024 |
| <b>Salto de Altura</b>             |          |      |                              |          |                          |            |
| 35                                 | 2,01     |      | Ruth Beitia Vila             | 01.04.79 | Zurich (SUI)             | 17.08.2014 |
| 40                                 | 1,78     |      | Raquel Álvarez Polo          | 13.06.83 | Segovia                  | 08.07.2023 |
| 45                                 | 1,54     | st   | Mª Rosa Escribano Checa      | 29.12.58 | Linz (AUT) (i)           | 18.03.2006 |
| 50                                 | 1,48     |      | Mª Rosa Escribano Checa      | 29.12.58 | Barberá del Vallés       | 20.06.2009 |
| 55                                 | 1,42     | st   | Mª Rosa Escribano Checa      | 29.12.58 | Ancona (ITA) (i)         | 29.03.2016 |
|                                    | 1,42     | st   | Mª Rosa Escribano Checa      | 29.12.58 | Madrid (i)               | 24.03.2018 |
| 60                                 | 1,40     |      | Mª Rosa Escribano Checa      | 29.12.58 | Tarragona                | 17.04.2021 |
| 65                                 | 1,33     | st   | Mª Rosa Escribano Checa      | 29.12.58 | Torun (i)                | 17.03.2024 |
| 70                                 | 1,18     |      | Lluisa Casanovas Gaset       | 25.04.52 | Santa Coloma             | 22.05.2022 |
| <b>Salto con Pértiga</b>           |          |      |                              |          |                          |            |
| 35                                 | 4,48     |      | Naroa Agirre Kamio           | 15.05.79 | Alcorcón                 | 12.07.2014 |
| 40                                 | 3,25     |      | Patricia Hidalgo Fortes      | 31.10.82 | Jerez de la Frontera     | 24.06.2023 |
| 45                                 | 3,50     |      | Dana Elvira Cervantes García | 18.08.78 | Málaga                   | 11.05.2024 |
| 50                                 | 2,94     |      | Marisa Marcotegui Izcue      | 09.06.67 | Sagunto                  | 29.06.2019 |
| 55                                 | 2,82     |      | Montserrat Prat Grau         | 25.04.66 | Castellar del Vallés     | 15.05.2022 |
| 60                                 | 2,30     | st   | Ana Otero Terrón             | 08.03.61 | Antequera (i)            | 17.02.2024 |
| <b>Salto de Longitud</b>           |          |      |                              |          |                          |            |
| 35                                 | 6,88 A   | 1,9  | Concepción Montaner Coll     | 14.01.81 | Monachil                 | 02.07.2016 |
|                                    | 6,70     | 1,0  | Niurka Montalvo Amaro        | 04.06.68 | Castellón                | 24.06.2006 |
| 40                                 | 5,46     | 0,0  | Marlén Estévez Larauet       | 29.08.71 | Torre Vieja              | 22.02.2014 |
| 45                                 | 5,57     | st   | Eva Mª Gadea Solera          | 08.09.71 | Madrid (i)               | 21.03.2021 |
| 50                                 | 5,11     | 1,0  | Eva Mª Gadea Solera          | 08.09.71 | Valencia                 | 16.10.2021 |
| 55                                 | 4,82     | 0,0  | Silvia Isabel Vallejo        | 08.02.71 | Madrid                   | 30.05.2026 |
| 60                                 | 4,58     | st   | Mª Rosa Escribano Checa      | 29.12.58 | Torun (POL) (i)          | 26.03.2019 |
| 65                                 | 4,23     | 0,0  | Loles Vives Jorba            | 13.09.57 | Madrid                   | 11.06.2023 |
| 70                                 | 3,16     | 1,9  | Lluisa Casanovas Gaset       | 25.04.52 | Arona                    | 17.06.2022 |
| <b>Triple Salto</b>                |          |      |                              |          |                          |            |
| 35                                 | 14,36    | -1,0 | Carlota Castrejana Fernández | 25.04.73 | Santa Cruz de Tenerife   | 26.07.2008 |
| 40                                 | 12,85    | st   | Patricia Sarrapio Martín     | 16.11.82 | Madrid (i)               | 28.01.2023 |
| 45                                 | 11,86    | 0,6  | Eva Mª Gadea Solera          | 08.09.71 | Gandía                   | 08.05.2021 |
| 50                                 | 11,33    | st   | Eva Mª Gadea Solera          | 08.09.71 | Valencia (i)             | 06.02.2022 |
| 55                                 | 10,27    | 1,8  | Mª Rosa Escribano Checa      | 29.12.58 | Barcelona                | 12.07.2015 |
|                                    | 10,27    | 1,0  | Alicia Hernández Martínez    | 20.02.61 | Sant Cugat del Vallés    | 23.02.2019 |
| 60                                 | 10,27    | st   | Alicia Hernández Martínez    | 20.02.61 | Barcelona (i)            | 28.02.2021 |
| 65                                 | 9,07     | st   | Alicia Hernández Martínez    | 20.02.61 | Valencia (i)             | 21.02.2026 |
| 70                                 | 7,34     | 0,6  | Lluisa Casanovas Gaset       | 25.04.52 | Tampere (FIN)            | 09.07.2022 |
| <b>Lanzamiento de Peso (4 kg)</b>  |          |      |                              |          |                          |            |
| 35                                 | 17,52    |      | Úrsula Ruiz Pérez            | 11.08.83 | La Nucía                 | 31.08.2019 |
| 40                                 | 14,65    |      | Úrsula Ruiz Pérez            | 11.08.83 | Lorca                    | 04.02.2024 |
| 45                                 | 12,96    |      | Cristina Teixeira García     | 16.05.78 | Valladolid               | 10.06.2023 |
| <b>Lanzamiento de Peso (3 kg)</b>  |          |      |                              |          |                          |            |

|                                                 |       |    |                              |          |                            |            |
|-------------------------------------------------|-------|----|------------------------------|----------|----------------------------|------------|
| 50                                              | 12,94 |    | Nekane Munarriz Lete         | 26.07.59 | Tolosa                     | 14.05.2011 |
| 55                                              | 12,56 | st | María Isabel Aísa González   | 04.02.63 | Salamanca (i)              | 04.03.2018 |
| 60                                              | 12,03 |    | María Isabel Aísa González   | 04.02.63 | Paterna                    | 15.12.2024 |
| 65                                              | 9,46  | st | Emilia Mesa Soriano          | 06.11.52 | Ourense (i)                | 14.01.2018 |
| 70                                              | 8,49  | st | Heidi Klett Carl             | 24.11.40 | Sabadell (i)               | 20.02.2011 |
| <b>Lanzamiento de Peso (2 kg)</b>               |       |    |                              |          |                            |            |
| 75                                              | 8,35  |    | Heidi Klett Carl             | 24.11.40 | Manresa                    | 19.06.2016 |
| 80                                              | 7,06  |    | Paula Vallejo Romero         | 09.05.41 | Cartagena                  | 05.06.2021 |
| 85                                              | 5,09  |    | María Luisa González Ortiz   | 05.07.33 | Málaga                     | 04.09.2018 |
| <b>Lanzamiento de Disco (1 kg)</b>              |       |    |                              |          |                            |            |
| 35                                              | 57,58 |    | Alice Matejkova Houhova      | 11.01.69 | Huelva                     | 07.08.2004 |
| 40                                              | 53,25 |    | Alice Matejkova Houhova      | 11.01.69 | Mataró                     | 04.08.2009 |
| 45                                              | 48,36 |    | Alice Matejkova Houhova      | 11.01.69 | Las Palmas de Gran Canaria | 20.06.2014 |
| 50                                              | 45,25 |    | Alice Matejkova Houhova      | 11.01.69 | Las Palmas de Gran Canaria | 13.04.2019 |
| 55                                              | 39,60 |    | Alice Matejkova Houhova      | 11.01.69 | Las Palmas de Gran Canaria | 24.05.2025 |
| 60                                              | 33,55 |    | Pilar Alonso Calonge         | 19.10.64 | Getxo                      | 05.07.2025 |
| 65                                              | 32,71 |    | Merce Ribelles Buxadeers     | 16.05.53 | Rubí                       | 15.01.2023 |
| 70                                              | 29,11 |    | Merce Ribelles Buxaderas     | 16.05.53 | Barcelona-SE               | 17.05.2023 |
| <b>Lanzamiento de Disco (750 g)</b>             |       |    |                              |          |                            |            |
| 75                                              | 21,22 |    | Paula Vallejo Romero         | 09.05.41 | Elche                      | 25.06.2016 |
| 80                                              | 18,12 |    | Paula Vallejo Romero         | 09.05.41 | Cartagena                  | 05.06.2021 |
| 85                                              | 10,75 |    | Mª Luisa González Ortiz      | 05.07.33 | Málaga                     | 09.09.2018 |
| <b>Lanzamiento de Martillo (4 kg)</b>           |       |    |                              |          |                            |            |
| 35                                              | 68,95 |    | Laura Redondo Mora           | 03.07.88 | Barcelona_SE               | 25.04.2026 |
| 40                                              | 49,90 |    | Erika Soriano de Rojas       | 04.02.79 | Madrid                     | 15.06.2019 |
| 45                                              | 46,65 |    | Elena María Urbina Soriano   | 04.02.79 | Durango                    | 22.02.2025 |
| <b>Lanzamiento de Martillo (3 kg)</b>           |       |    |                              |          |                            |            |
| 50                                              | 42,70 |    | Beata Betlej Spytkowska      | 07.07.68 | Palafrugell                | 06.05.2021 |
| 55                                              | 40,09 |    | Beata Betlej Spytkowska      | 07.07.68 | Alcobendas                 | 05.07.2024 |
| 60                                              | 33,62 |    | Montserrat Paños Martínez    | 16.04.65 | Lleida                     | 08.06.2025 |
| 65                                              | 30,07 |    | Heidi Klett Carl             | 24.11.40 | Palafrugell                | 25.03.2006 |
| 70                                              | 26,33 |    | Heidi Klett Carl             | 24.11.40 | Águilas                    | 24.06.2011 |
| <b>Lanzamiento de Martillo (2 kg)</b>           |       |    |                              |          |                            |            |
| 75                                              | 27,68 |    | Heidi Klett Carl             | 24.11.40 | Elche                      | 24.06.2016 |
| 80                                              | 20,96 |    | Paula Vallejo Romero         | 09.05.41 | Cartagena                  | 05.06.2021 |
| <b>Lanzamiento de Martillo Pesado (9,08 kg)</b> |       |    |                              |          |                            |            |
| 35                                              | 16,19 |    | Berta Castells Franco        | 24.01.84 | Barcelona                  | 24.10.2021 |
| 40                                              | 15,38 |    | Belén Mesa Fernández         | 24.02.78 | Málaga                     | 11.09.2018 |
| 45                                              | 13,13 |    | Elena María Urbina Soriano   | 04.02.79 | La Nucía                   | 22.06.2025 |
| <b>Lanzamiento de Martillo Pesado (7,26 kg)</b> |       |    |                              |          |                            |            |
| 50                                              | 14,90 |    | Johana Maria Hernández Rojas | 06.12.72 | Alcobendas                 | 07.07.2024 |
| 55                                              | 12,50 |    | Beata Betlej Spytkowska      | 07.07.68 | Alcobendas                 | 07.07.2024 |
| <b>Lanzamiento de Martillo Pesado (5,45 kg)</b> |       |    |                              |          |                            |            |
| 60                                              | 13,80 |    | Pilar Alonso Calonge         | 19.10.64 | Funchal (POR)              | 16.10.2025 |
| 65                                              | 10,38 |    | Heidi Klett Carl             | 24.11.90 | Barcelona (Serrahima)      | 30.04.2006 |
| 70                                              | 9,95  |    | Heidi Klett Carl             | 24.11.40 | Calella                    | 12.06.2011 |
| <b>Lanzamiento de Martillo Pesado (4 kg)</b>    |       |    |                              |          |                            |            |
| 75                                              | 9,99  |    | Heidi Klett Carl             | 24.11.40 | Sabadell                   | 12.03.2016 |
| 80                                              | 8,47  |    | Paula Vallejo Romero         | 09.05.41 | Cartagena                  | 04.06.2022 |
| <b>Lanzamiento de Jabalina (600 g)</b>          |       |    |                              |          |                            |            |
| 35                                              | 59,81 |    | Nora Aida Bicet              | 29.10.77 | Rabat (MAR)                | 09.06.2013 |
| 40                                              | 44,94 |    | Natividad Vizcaíno Ruiz      | 27.01.54 | Gijón                      | 17.06.1995 |
| 45                                              | 52,32 |    | Felicea Tilea Ureche         | 29.09.67 | Pontevedra                 | 08.07.2015 |
| <b>Lanzamiento de Jabalina (500 g)</b>          |       |    |                              |          |                            |            |
| 50                                              | 47,53 |    | Felicea Tilea Ureche         | 29.09.67 | Madrid                     | 24.03.2018 |
| 55                                              | 34,72 |    | Emilia Mesa Soriano          | 06.11.52 | Pontevedra                 | 04.06.2011 |
| 60                                              | 31,95 |    | Emilia Mesa Soriano          | 06.11.52 | Torun (POL)                | 24.03.2015 |
| 65                                              | 28,90 |    | Emilia Mesa Soriano          | 06.11.52 | Málaga                     | 10.09.2018 |
| 70                                              | 23,49 |    | Emilia Mesa Soriano          | 06.11.52 | Vigo                       | 22.04.2023 |
| <b>Jabalina (antigua) (400 g)</b>               |       |    |                              |          |                            |            |
| 60                                              | 33,08 |    | Emilia Mesa Soriano          | 06.11.52 | San Sebastián              | 20.03.2013 |
| 65                                              | 29,29 |    | Heidi Klett Carl             | 24.11.40 | Reus                       | 09.05.2009 |
| 70                                              | 20,58 |    | Paula Vallejo Romero         | 09.05.41 | Águilas                    | 26.06.2011 |
| <b>Lanzamiento de Jabalina (400 g)</b>          |       |    |                              |          |                            |            |
| 75                                              | 16,97 |    | Paula Vallejo Romero         | 09.05.41 | Murcia                     | 11.06.2016 |
| 80                                              | 15,40 |    | Paula Vallejo Romero         | 09.05.41 | Cartagena                  | 05.06.2021 |
| <b>Pentatlón st</b>                             |       |    |                              |          |                            |            |
| 35                                              | 4.191 |    | Imma Clopés Gasull           | 19.01.68 | Valencia (i)               | 02.03.2003 |

|    |       |                                                                      |          |                            |            |
|----|-------|----------------------------------------------------------------------|----------|----------------------------|------------|
| 40 | 3.697 | 8.80-1,69-13,40-5,74-2:26.71<br>María Rosa Escribano Checa           | 29.12.58 | San Sebastián (i)          | 06.03.2003 |
| 45 | 3.884 | 9.29-1,51-9,78-5,07-2:39.15<br>María Rosa Escribano Checa            | 29.12.58 | Vilafranca del Penedés (i) | 10.01.2004 |
| 50 | 3.889 | 10.22-1,53-9,94-4,94-2:41.19<br>María Rosa Escribano Checa           | 29.12.58 | Ancona (ITA) (i)           | 27.03.2009 |
| 55 | 4.096 | 10.18-1,45-10,37-4,73-2:50.34<br>M <sup>a</sup> Rosa Escribano Checa | 29.12.58 | Ancona (ITA) (i)           | 29.03.2016 |
| 60 | 4.373 | 10.49-1,42-9,95-4,67-2:57.25<br>M <sup>a</sup> Rosa Escribano Checa  | 29.12.58 | Barcelona (i)              | 28.02.2021 |
| 65 | 4.262 | 10.57-1,39-9,52-4,51-2:59.92<br>M <sup>a</sup> Rosa Escribano Checa  | 29.12.58 | Sabadell (i)               | 04.02.2024 |
|    |       | 10.90-1,29-8,71-3,99-3:07.36                                         |          |                            |            |

### Heptatlón

|    |       |                                                                                                   |          |                  |            |
|----|-------|---------------------------------------------------------------------------------------------------|----------|------------------|------------|
| 35 | 5.777 | Imma Clopés Gasull                                                                                | 19.01.68 | Alhama de Murcia | 08.06.2003 |
| 40 | 5.004 | 14,31 (0,5)-1,68-14,07-25,98(-0,2)-5,76 (1,1)-41,76-2:24,29<br>Emilia Paunica Paunica             | 08.04.72 | Zittau (GER)     | 17.08.2012 |
| 45 | 4.869 | 12,80(-0,5)-1,48-10,57-26,19(1,0)-5,01(0,3)-28,34-2:35:36<br>M <sup>a</sup> Rosa Escribano Checa  | 29.12.58 | Cartagena        | 01.06.2008 |
| 50 | 5.124 | 13,59(-2,5)-1,50-9,52-29,64(-1,4)-4,91(2,4)-25,37-2:45,81<br>M <sup>a</sup> Rosa Escribano Checa  | 29.12.58 | Alhama de Murcia | 31.05.2009 |
| 55 | 5.265 | 13,42(+4,8)-1,46-10,45-29,88(-1,4)-4,60(1,6)-23,29-2:46,17<br>M <sup>a</sup> Rosa Escribano Checa | 29.12.58 | Collado Villalba | 15.05.2016 |
| 60 | 5.815 | 14,10(2,0)-1,38-9,89-31,10(1,7)-4,53(0,0)-23,90-2:54,93<br>M <sup>a</sup> Rosa Escribano Checa    | 29.12.58 | Cambrils         | 21.07.2019 |
| 65 | 5.788 | 13,97(1,4)-1,37-9,86-31,21 (1,5)-4,36 (0,4)-23,94-2:56,96<br>M <sup>a</sup> Rosa Escribano Checa  | 29.12.58 | Tarragona        | 13.07.2024 |
| 70 | 3.784 | 14.42(0,0)-1,33-8,82-33.35(0,9)-3,95(0,0)-21,45-3:03.29<br>Mercedes Delgado González              | 28.06.54 | Tarragona        | 13.07.2024 |
|    |       | 19.46(0,0)-1,00-5,43-36.55(0,9)-3,01(2,2)-15,28-3:41.26                                           |          |                  |            |

### Pentatlón de lanzamientos

|    |       |                                                               |          |                                             |            |
|----|-------|---------------------------------------------------------------|----------|---------------------------------------------|------------|
| 35 | 2.946 | Idoia Mariezkurrena Fernández                                 | 11.07.70 | Misano Adriatico (ITA)                      | 15.09.2007 |
| 40 | 2.848 | 33,40-10,49-37,45-41,12-12,45<br>Johana Maria Hernández Rojas | 06.12.72 | Collado Villalba                            | 15.05.2016 |
| 45 | 3.152 | 34,77-11,20-28,86-25,69-12,94<br>Johana Maria Hernández Rojas | 06.12.72 | Madrid                                      | 19.05.2019 |
| 50 | 3.208 | 36,22-10,37-30,83-26,50-12,34<br>Johana Maria Hernández Rojas | 06.12.72 | Denia                                       | 29.04.2023 |
| 55 | 3.144 | 37,19-11,33-28,13-27,00-13,39<br>Pilar Alonso Calonge         | 19.10.64 | Santander                                   | 25.07.2023 |
| 60 | 3.559 | 29,45-9,67-33,51-22,87-10,75<br>Pilar Alonso Calonge          | 19.10.64 | Getxo                                       | 05.07.2025 |
| 65 | 2.812 | 30,69-9,42-33,55-23,40-12,57<br>Emilia Mesa Soriano           | 06.11.52 | Madrid-MTZ                                  | 19.05.2019 |
| 65 | 2.861 | 20,91-8,30-18,90-23,39-7,77<br><i>Heidi Klett Carl</i>        | 24.11.40 | <i>Palafrugell</i><br><i>Jabalina 400 g</i> | 28.10.2007 |
| 70 | 3.113 | 23,63-8,28-20,57-17,78-9,33<br>Emilia Mesa Soriano            | 06.11.52 | Vigo                                        | 22.04.2023 |
| 75 | 2.674 | 20,96-7,48-17,56-23,49-7,99<br>Heidi Klett Carl               | 24.11.40 | Collado Villalba                            | 15.05.2016 |
| 80 | 2.328 | 25,69-7,90-16,94-12,74-8,06<br>Heidi Klett Carl               | 24.11.40 | Sabadell                                    | 22.05.2021 |
|    |       | 18,77-6,36-13,62-9,62-6,20                                    |          |                                             |            |

### 3000 m Marcha

|    |          |                                          |          |                 |            |
|----|----------|------------------------------------------|----------|-----------------|------------|
| 35 | 12:23.46 | st M <sup>a</sup> José Poves Novella     | 16.03.78 | Zaragoza (i)    | 09.03.2014 |
| 40 | 13:52.20 | st Olga Cabrera Ysas                     | 24.01.74 | Antequera (i)   | 18.03.2016 |
| 45 | 14:06.22 | M <sup>a</sup> José Poves Novella        | 16.03.78 | Fraga           | 01.06.2024 |
| 50 | 14:49.70 | st Olga Cabrera Ysas                     | 24.01.74 | Sabadell (i)    | 17.02.2024 |
| 55 | 15:54.89 | st María Teresa Gargallo Gracia          | 15.10.69 | Antequera (i)   | 01.03.2025 |
| 60 | 17:16.36 | st M <sup>a</sup> Carmen García Frontons | 10.12.60 | Barcelona (i)   | 28.02.2021 |
| 65 | 17:57.63 | st M <sup>a</sup> José Briz Rodríguez    | 21.06.51 | Daegu (KOR) (i) | 19.03.2017 |
| 70 | 19:36.02 | st María José Briz Rodríguez             | 21.06.51 | Torun (POL) (i) | 28.03.2023 |
| 75 | 21:22.88 | Christel Schustakowitz Abraham           | 04.03.44 | Sabadell        | 05.10.2019 |

### 3000 m Marcha st

|    |          |                                   |          |               |            |
|----|----------|-----------------------------------|----------|---------------|------------|
| 35 | 12:23.46 | M <sup>a</sup> José Poves Novella | 16.03.78 | Zaragoza (i)  | 09.03.2014 |
| 40 | 13:52.20 | Olga Cabrera Ysas                 | 24.01.74 | Antequera (i) | 18.03.2016 |
| 45 | 14:50.70 | Olga Cabrera Ysas                 | 24.01.74 | Sabadell (i)  | 17.02.2019 |
| 50 | 14:49.70 | Olga Cabrera Ysas                 | 24.01.74 | Sabadell (i)  | 17.02.2024 |
| 55 | 15:54.89 | María Teresa Gargallo Gracia      | 15.10.69 | Antequera (i) | 01.03.2025 |

|    |          |                           |          |                 |            |
|----|----------|---------------------------|----------|-----------------|------------|
| 60 | 17:16.36 | Carmen García Frontons    | 10.12.60 | Barcelona (i)   | 28.02.2021 |
| 65 | 17:57.63 | María José Briz Rodríguez | 21.06.51 | Daegu (KOR) (i) | 19.03.2017 |
| 70 | 19:36.02 | María José Briz Rodríguez | 21.06.51 | Torun (POL) (i) | 28.03.2023 |

#### 5000 m Marcha

|    |          |                                |          |                    |            |
|----|----------|--------------------------------|----------|--------------------|------------|
| 35 | 21:15.57 | María Vasco Gallardo           | 26.12.75 | Mataró             | 18.07.2012 |
| 40 | 23:03.9- | Teresa Linares Hernández       | 29.04.69 | Los Realejos       | 13.06.2009 |
| 45 | 23:32.47 | Mª José Poves Novella          | 16.03.78 | Pamplona           | 15.07.2023 |
| 50 | 25:36.56 | Olga Cabrera Ysas              | 24.01.74 | Manresa            | 15.06.2024 |
| 55 | 26:20.25 | Mª Azucena García García       | 12.05.69 | Barcelona-SE       | 12.04.2025 |
| 60 | 29:29.9- | Mª Carmen García Frontons      | 10.12.60 | El Vendrell        | 20.03.2021 |
| 65 | 31:01.12 | Mª José Briz Rodríguez         | 21.06.51 | Arganda del Rey    | 23.04.2017 |
| 70 | 33:07.00 | Aurora Ordás Álvarez           | 20.06.52 | Montesilvano (ITA) | 23.09.2023 |
| 75 | 36:44.0- | Christel Schustakowitz Abraham | 04.03.44 | Dresden (GER)      | 24.08.2019 |

#### 10.000 m Marcha

|    |            |                               |          |                   |            |
|----|------------|-------------------------------|----------|-------------------|------------|
| 35 | 43:33.75   | Mª José Poves Novella         | 16.03.78 | Alcobendas        | 27.07.2013 |
| 40 | 46:50.5-   | Teresa Linares Hernández      | 29.04.69 | Los Realejos      | 29.05.2009 |
| 45 | 52:35.48   | Irene Fores Torres            | 28.06.88 | Castellón         | 16.06.2024 |
| 50 | 53:39.0-   | Olga Cabrera Ysas             | 24.01.74 | Mollet del Vallés | 30.11.2024 |
| 55 | 58:14.58   | María Luisa Guillén Domínguez | 21.09.69 | Elche             | 28.06.2025 |
| 60 | 1h04:23.8- | Mª Carmen García Frontons     | 10.12.60 | Palafrugell       | 09.05.2021 |
| 65 | 1h06:22.1- | Aurora Álvarez Ordás          | 20.06.52 | Gijón             | 21.04.2018 |
| 70 | 1h09:57.1- | Aurora Álvarez Ordás          | 20.06.52 | Gijón             | 27.05.2023 |

#### 5 km Marcha

|    |       |                                |          |             |            |
|----|-------|--------------------------------|----------|-------------|------------|
| 35 | 22:12 | Mª Teresa Gargallo Gracia      | 15.10.69 | Madrid      | 04.03.2006 |
| 35 | 22:12 | Raquel González Campos         | 16.11.89 | Madrid      | 01.06.2025 |
| 40 | 23:40 | Ainhoa Pinedo González         | 17.02.83 | Toledo      | 04.11.2023 |
| 45 | 24:41 | Mª José Poves Novella          | 16.03.78 | Pamplona    | 02.04.2023 |
| 50 | 25:34 | Olga Cabrera Ysas              | 24.01.74 | El Vendrell | 28.01.2024 |
| 55 | 26:46 | Mª Azucena García García       | 12.05.69 | El Vendrell | 09.02.2025 |
| 60 | 29:46 | Antonia Royo Fabregat          | 09.09.64 | El Vendrell | 09.02.2025 |
| 65 | 30:14 | Mª José Briz Rodríguez         | 21.06.51 | Getafe      | 17.12.2017 |
| 70 | 33:51 | Mª José Briz Rodríguez         | 21.06.51 | Torun (POL) | 22.03.2024 |
| 75 | 36:36 | Christel Schustakowitz Abraham | 04.03.44 | Balma (FRA) | 27.10.2019 |

#### 10 km Marcha

|    |         |                           |          |                       |            |
|----|---------|---------------------------|----------|-----------------------|------------|
| 35 | 43:43   | María Vasco Gallardo      | 26.12.75 | Londres (GBR)         | 11.08.2012 |
| 40 | 48:32   | Teresa Linares Hernández  | 29.04.69 | Santa Eulalia des Riu | 07.03.2010 |
| 45 | 50:57   | Mª José Poves Novella     | 16.03.78 | Gotemburgo (SWE)      | 17.08.2024 |
| 50 | 53:33   | Mª Teresa Gargallo Gracia | 16.10.69 | El Prat               | 05.02.2023 |
| 55 | 55:51   | Mª Azucena García García  | 12.05.69 | Lleida                | 16.02.2025 |
| 60 | 1h02:03 | Mª José Briz Rodríguez    | 21.06.51 | Alcobendas            | 07.02.2015 |
| 65 | 1h02:15 | Mª José Briz Rodríguez    | 21.06.51 | Daegu (COR)           | 24.03.2017 |
| 70 | 1h07:03 | Aurora Ordás Álvarez      | 20.06.52 | Torun (POL)           | 31.03.2023 |

#### 20 km Marcha

|    |         |                          |          |                 |            |
|----|---------|--------------------------|----------|-----------------|------------|
| 35 | 1h28:14 | María Vasco Gallardo     | 26.12.75 | Londres (GBR)   | 11.08.2012 |
| 40 | 1h47:10 | Mª Dolores Marcos Valero | 18.08.79 | Burjassot       | 21.01.2023 |
| 45 | 1h51:30 | Carmen García Frontons   | 10.12.60 | Bompas (FRA)    | 29.04.2006 |
| 50 | 1h52:45 | Olga Cabrera Ysas        | 24.01.74 | Zaragoza        | 25.02.2024 |
| 55 | 2h03:28 | Isabel Guerrero Montes   | 23.12.63 | Torre Vieja     | 16.02.2020 |
| 60 | 2h14:13 | Aurora Álvarez Ordás     | 20.06.52 | Havlovice (CZE) | 26.05.2013 |
| 65 | 2h14:03 | Aurora Álvarez Ordás     | 20.06.52 | Málaga          | 14.09.2018 |
| 70 | 2h28:38 | Aurora Ordás Álvarez     | 20.06.52 | Pescara (ITA)   | 30.09.2023 |

#### 35 km Marcha

|    |         |                        |          |       |            |
|----|---------|------------------------|----------|-------|------------|
| 35 | 2h47:35 | Raquel González Campos | 16.11.89 | Marín | 09.03.2025 |
| 40 | 3h04:00 | Ainhoa Pinedo González | 17.02.83 | Marín | 09.03.2025 |
| 50 | 3h31:28 | Oga Cabrera Ysas       | 24.01.74 | Marín | 09.03.2025 |

#### 4x100 m

|    |       |                                                                  |                     |            |
|----|-------|------------------------------------------------------------------|---------------------|------------|
| 35 | 48.86 | España                                                           | Málaga              | 16.09.2018 |
|    |       | Esther García, Carolina García, Yolanda García, Laura Rodas      |                     |            |
| 40 | 51.21 | España                                                           | Lyon (FRA)          | 16.08.2015 |
|    |       | Emi Paunica, Yolanda Badía, Ana Mª, Álvarez, Asum Puig           |                     |            |
| 45 | 51.19 | España                                                           | Málaga              | 16.09.2018 |
|    |       | Assum Puig, Mireia Gorju, Laura Moneo, Emilia Paunica            |                     |            |
| 50 | 55.70 | España                                                           | Gotemburgo (SWE)    | 17.08.2024 |
|    |       | Mireia Gorju, Anja Martínez, Maite Marzo, Pat Vidal              |                     |            |
| 55 | 58.22 | España                                                           | Ribeira Brava (POR) | 18.10.2025 |
|    |       | Lina García, Montserrat Fernández, Juani Gibaja, Felisa Satorres |                     |            |

|                                                                                                             |         |                                                                                                                     |                     |            |
|-------------------------------------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------------------------------------|---------------------|------------|
| <b>60</b>                                                                                                   | 1:05.56 | España                                                                                                              | Málaga              | 16.09.2018 |
|                                                                                                             |         | María Área, María Rosa Busquets, Lluïsa Casanovas, Azucena López                                                    |                     |            |
| <b>65</b>                                                                                                   | 1:16.81 | Club Atletismo Sada                                                                                                 | Alcobendas          | 06.07.2024 |
|                                                                                                             |         | Marina Laura Fernández, M <sup>a</sup> Luisa Armesto, M <sup>a</sup> Esther Martínez, M <sup>a</sup> Ángeles Ripoll |                     |            |
| <b>70</b>                                                                                                   | 1:18.00 | España                                                                                                              | Pescara (ITA)       | 25.09.2023 |
|                                                                                                             |         | María Área, Lluïsa Casanovas, M <sup>a</sup> José Briz, Josefa Sánchez                                              |                     |            |
| <b>Mejores Marcas no válidas como Récord de España por contar con un atleta de nacionalidad no española</b> |         |                                                                                                                     |                     |            |
| <b>55</b>                                                                                                   | 59.43   | España                                                                                                              | Málaga              | 16.09.2018 |
|                                                                                                             |         | <i>Esperanza Naveira, Yolanda Meritxell, Lidia Prado, Jane Wickham (GBR)</i>                                        |                     |            |
| <b>4x200 m st</b>                                                                                           |         |                                                                                                                     |                     |            |
| <b>35</b>                                                                                                   | 1:46.14 | España                                                                                                              | Torun (POL) (i)     | 28.03.2015 |
|                                                                                                             |         | Sonia Bocanegra, Elisabet Ruz, Laura Rodas, Carolina García                                                         |                     |            |
| <b>40</b>                                                                                                   | 1:45.96 | España                                                                                                              | Braga (POR) (i)     | 27.02.2022 |
|                                                                                                             |         | Carolina García, Teresa Torres, Laura Rodas, María Torres                                                           |                     |            |
| <b>45</b>                                                                                                   | 1:47.95 | España                                                                                                              | Madrid (i)          | 24.03.2018 |
|                                                                                                             |         | Assum Puig, Mireia Gorju, Laura Moneo, Emilia Paunica                                                               |                     |            |
| <b>50</b>                                                                                                   | 1:52.39 | España                                                                                                              | Madrid (i)          | 24.03.2018 |
|                                                                                                             |         | Marcelina García, Silvia Cortés, Encarna Olavarría, Esther Colás                                                    |                     |            |
| <b>55</b>                                                                                                   | 1:55.23 | España                                                                                                              | Torun (POL) (i)     | 02.04.2026 |
|                                                                                                             |         | Silvia Vallejo Montserrat Fernández, Carmen Pérez, Esther Colás                                                     |                     |            |
| <b>60</b>                                                                                                   | 2:20.14 | España                                                                                                              | Madrid (i)          | 24.03.2018 |
|                                                                                                             |         | Rosa Busquets, Azucena López, Amelia García, Lluïsa Casanovas                                                       |                     |            |
| <b>65</b>                                                                                                   | 2:32.04 | España                                                                                                              | Braga (POR) (i)     | 27.02.2022 |
|                                                                                                             |         | Pilar Adan, Rosa Busquets, Lluïsa Casanovas, Josefa Sánchez                                                         |                     |            |
| <b>70</b>                                                                                                   | 2:53.35 | España                                                                                                              | Torun (POL) (i)     | 23.03.2024 |
|                                                                                                             |         | Pilar Adan, M <sup>a</sup> José Briz, Lluïsa Casanovas, Conuselo Alonso                                             |                     |            |
| <b>4x400 m</b>                                                                                              |         |                                                                                                                     |                     |            |
| <b>35</b>                                                                                                   | 3:58.30 | España                                                                                                              | Aarhus (DEN)        | 06.08.2017 |
|                                                                                                             |         | Ángeles Rodríguez, Elisabeth Ruz, Esther Colás, Carolina García                                                     |                     |            |
| <b>40</b>                                                                                                   | 4:11.47 | España                                                                                                              | Málaga              | 16.09.2018 |
|                                                                                                             |         | Pilar Corzo, Elisabet Ruz, Encarnación Gutiérrez, Ángela López                                                      |                     |            |
| <b>45</b>                                                                                                   | 4:12.43 | España                                                                                                              | Ribeira Brava (POR) | 19.10.2025 |
|                                                                                                             |         | María Mesías, Amanda Vázquez, Elisabet Ruz, Olga Moreno                                                             |                     |            |
| <b>50</b>                                                                                                   | 4:19.51 | España                                                                                                              | Málaga              | 16.09.2018 |
|                                                                                                             |         | Arancha Barroeta, M, Carmen Pérez, Esther Colás, M, José Carabante                                                  |                     |            |
| <b>55</b>                                                                                                   | 4:30.96 | España                                                                                                              | Pescara (ITA)       | 01.10.2023 |
|                                                                                                             |         | Carmen Pérez, Antonia Álvarez, Juani Gibaja, Esther Colás                                                           |                     |            |
| <b>60</b>                                                                                                   | 5:59.40 | Club Atletismo Sada                                                                                                 | Alcobendas          | 07.07.2024 |
|                                                                                                             |         | Elva Fernández, Tirsa Chaves, M <sup>a</sup> Esther Martínez, Laura Fernández                                       |                     |            |