

FEDERACIÓN ATLÉTICA DE BOLIVIA
MARCAS MÍNIMAS NACIONALES 2009

M U J E R E S				P R U E B A	H O M B R E S			
MENOR	JUVENIL	JUNIOR	MAYOR		MAYOR	JUNIOR	JUVENIL	MENOR
13.49	13.25	13.18	12.95	100 m.p.	11.55	11.60	11.66	11.88
28.23	27.32	26.76	26.70	200 m.p.	23.83	23.93	24.07	24.09
1:07.59	1:05.25	1:04.93	1:03.59	400 m.p.	53.00	53.06	53.35	55.82
2:37.38	2:34.27	2:32.04	2:30.04	800 m.p.	2:05.50	2:07.00	2:10.29	2:11.57
2:42.10	2:38.53	2:36.36	2:34.44	*	2:09.26	2:10.48	2:14.11	2:15.51
5:37.28	5:30.19	5:24.14	5:08.13	1.500 m.p.	4:22.04	4:28.14	4:32.14	4:32.23
5:47.39	5:40.05	5:33.74	5:17.37	*	4:28.74	4:36.06	4:40.18	4:40.39
12:34.10	12:24.26	20:57.57	20:08.49	3/5.000 m.p.	16:29.64	16:35.53	17:33.44	10:17.94
12:56.76	12:46.35	21:35.17	20:44.74	*	16:54.94	17:05.23	18:08.84	10:43.74
	22:34.05	41:30.04	41:30.04	5/10.000 m.p.	34:16.04	35:57.74	37:44.14	
	23:15.08	42:33.84	42:33.84	*	35:08.74	37:01.64	39:00.14	
19.72	19.64	18.97	18.80	100/110 m. C/Vallas	17.50	17.61	17.74	18.27
1:20.75	1:19.34	1:13.15	1:08.24	400 m.C/Vallas	1:01.51	1:02.64	1:03.13	1:03.45
9:15.24	13:15.74	12:30.24	12:30.24	2.000/3.000 mts. C/Obstáculos	10:51.24	11:07.34	11:16.39	7:31.54
9:38.34	13:45.44	12:53.44	12:53.44	*	11:07.94	11:27.21	11:36.40	7:45.08
30:39.49	1h 05.13.17	2h 00:00.24	2h 00:00.24	5/10/20.000 m.m.	1h 39:12.14	1h 41.58.14	53:59.12	1h 00:00.24
31.34.67	1h 07: 10.33	2h 03:42.94	2h 03:42.94	*	1h 42:16.24	1h 44:59.24	55:36.17	1h 02:30.24
6:00	5:50		5:40	Milla urbana	4:40		5:00	5:08
6:10	6:00		5:50	*	4:48		5:09	5:17
4.56	4.65	4.75	5.08	Largo	6.15	6.00	5.90	5.57
9.60	10.00	10.71	10.75	Triple	13.30	13.20	12.40	12.00
1.30	1.35	1.40	1.40	Alto	1.75	1.75	1.70	1.65
1.70	1.80	1.90	2.00	Garrocha	2.80	2.70	2.60	2.50
23.50	23.65	25.24	27.00	Disco	31.05	29.50	29.60	32.00
24.50	25.72	26.00	26.50	Jabalina	42.95	42.00	40.80	39.26
7.80	8.20	9.20	9.30	Bala	11.80	11.50	11.20	11.10
24.00	25.00	26.00	26.50	Martillo	37.36	33.50	26.68	30.00
2551 p.	2748 p.	2800 p.	3000 p.	P. Combinadas	3800 p.	3700 p.	3500 p.	2900 p.
56:00:00	54:00:00	53:00:00	52.00	Relevos 4 x 100	45.00	45.50	46.50	47.00
2.40.00	4:30.00	4.25.00	4:15.00	Comb. / 4 x 400	3:30.00	3:35.00	3:40.00	2:15.00

Marcas para altura > = 3.000 msnm.

Para obtener marcas electrónicas aumentar 0,24 centésimas para pruebas de 100, 200, 100 y 110 con Vallas.

Para pruebas de 400 y 400 con vallas se aumenta, 0,14 centésimas