

**MARCAS NACIONALES DE LA PUERTO RICO MASTERS ASSOCIATION, INC.  
DESDE EL 1979 HASTA EL 2013  
RAMA FEMENINA**

**100 METROS FEMENINO**

**usb#1-#**

**TOSHIBA#1**

| Nombre               | Edad      | Fecha       | Marca         | Posición | Lugar          | Competencia       | W. Record    |
|----------------------|-----------|-------------|---------------|----------|----------------|-------------------|--------------|
| <b>Yolanda Osana</b> | <b>25</b> | <b>2017</b> | <b>12.31m</b> | <b>1</b> | Bayamón        | 4to exalumnos     |              |
| Maritza Salas Kelly  | 30        | 2006        | 12.08 m       | 1        | S. Escobar     | 3er Fogueo        |              |
| Maribel Alejandro    | 35        | 2003        | 13:04 m       |          | S. Escobar     | San J Anual       | 10.74        |
| Nilsa París Millán   | 40        | 1999        | 12:85 m       |          | Vega Baja      |                   | 11.09        |
| Monalisa Rivera      | 45        | 2014        | 12:50 el      | 1        | Costa Rica     | 4to Regional      | 11.34        |
| Marie L. Mathieu     | 50        | 2009        | 12.86 el      | 1        | Finlandia      | XVIIIWMAC         | 12.50        |
| Marie L. Mathieu     | 55        | 2013        | 13:24 el.     |          | Brasil         | XXWMAC            | 13.30        |
| Nilsa París Millán   | 60        | 2016        | 14.47 el.     | <b>3</b> | Australia      | XIVWMAC           | 13.89        |
| Juana Raspaldo       | 65        | 1997        | 15:03 m       |          | Vega Baja      |                   | 14.10        |
| Juana Raspaldo       | 70        | 1998        | 15:81 m       |          | Ponce          |                   | 15.16        |
| Juana Raspaldo       | 75        | 1998        | 16:89 m       |          | Ponce          |                   | 15.91        |
| Juana Raspaldo       | 80        | 2007        | 18.21 m       |          | Dorado         | 2do G.G. J        | 18.42        |
| <b>Gracia Nieves</b> | <b>85</b> | <b>2018</b> | <b>21.77</b>  | <b>1</b> | <b>Bayamón</b> | <b>Campeonato</b> | <b>19.83</b> |
|                      | 90        |             |               |          |                |                   | 23.18        |
|                      | 95        |             |               |          |                |                   | 1:01.87      |

**200 METROS FEMENINO**

| Nombre                    | Edad      | Fecha       | Marca            | Posición | Lugar            | Competencia    | W. Record    |
|---------------------------|-----------|-------------|------------------|----------|------------------|----------------|--------------|
|                           | 25        |             |                  |          |                  |                |              |
| Maritza Salas Kelly       | 30        | 2006        | 24:57 m          |          | S. Escobar       | 3er Fogueo     |              |
| María Ramos Llopíz        | 35        | 2000        | 25:86 m          |          | S. Escobar       |                | 21.93        |
| Nilsa París               | 40        | 2000        | 26:19 m          |          | S. Escobar       |                | 22.72        |
| Marie L. Mathieu          | 45        | 2003        | 25:74 el         | 1        | S. Escobar       | XVWMAC         | 23.82        |
| Marie L. Mathieu          | 50        | 2007        | 25.65.el *       | 1        | Italia           | XVIIWMAC       | *25.65       |
| Marie L. Mathieu          | 55        | 2013        | 27:16 el.        |          | Brasil           | XXWMAC         | 27.16        |
| <b>Nilsa París Millán</b> | <b>60</b> | <b>2016</b> | <b>29.85 el.</b> | <b>3</b> | <b>Australia</b> | <b>XIVWMAC</b> | <b>28.54</b> |
| Rosario M. Iglesia        | 65        | 2007        | 41.55            | 1        | S. Escobar       | 1er Miguel R   | 29.37        |
| Rosario M. Iglesia        | 70        | 2010        | 42:71 el         | 1        | Ponce            | C. Nacional    | 31.45        |
| María González            | 75        | 2003        | 51:39 m          |          | S. Escobar       | XVWMAC         | 34.40        |
|                           | 80        |             |                  |          |                  |                | 40.78        |
|                           | 85        |             |                  |          |                  |                | 45.65        |

|  |    |  |  |  |  |  |       |
|--|----|--|--|--|--|--|-------|
|  | 90 |  |  |  |  |  | 56.46 |
|--|----|--|--|--|--|--|-------|

**Nota: e =electrónico \* Marca Mundial Masters**

#### 400 METROS FEMENINO

| Nombre                    | Edad      | Fecha       | Marca         | Posición | Lugar      | Competencia   | W. Record |
|---------------------------|-----------|-------------|---------------|----------|------------|---------------|-----------|
| <b>Yolanda Osana</b>      | <b>25</b> | <b>2017</b> | <b>56.81m</b> | 1        | Bayamón    | 4to exalumnos |           |
| Maritza Salas Kelly       | 30        | 2010        | 56:94 e       | <b>1</b> | Ponce      | C. Nacional   |           |
| Ángela Mancilla           | 35        | 2003        | 58:87e        | 4        | Carolina   | XVWMAC        | 50.56     |
| María Ramos               | 40        | 2003        | 58:68 e       | 3        | S. Escobar | XVWMAC        | 53.68     |
| Marie L. Mathieu          | 45        | 2003        | 56:15 el *    | 1        | Carolina   | XVWMAC        | *56.15    |
| Marie L. Mathieu          | 50        | 2007        | 57.66 el *    | 1        | Italia     | XVIIWMAC      | *57.66    |
| Marie L. Mathieu          | 55        | 2013        | 1:00.56 el.   |          | Brasil     | XXWMAC        | 60.56     |
| <b>Nilsa París Millán</b> | 60        | 2016        | 1:09:89 el.   |          | Australia  | XVIVWMAC      | 66.69     |
|                           | 65        |             |               |          |            |               | 68.21     |
| Rosario M. Iglesia        | 70        | 2013        | 2:02:00 m     |          | Dorado     | 9no fogueo    | 76.63     |
|                           | 75        |             |               |          |            |               | 87.17     |
|                           | 80        |             |               |          |            |               | 1:40.45   |

| Nombre               | Edad      | Fecha       | Marca           | Posición | Lugar     | Competencia   | W. Record |
|----------------------|-----------|-------------|-----------------|----------|-----------|---------------|-----------|
| <b>Yolanda Osana</b> | <b>25</b> | <b>2017</b> | <b>3:18.00m</b> | 1        | Bayamón   | 4to exalumnos |           |
| Irasema Hernández    | 30        | 2004        | 2:30.52m        | 1        | Carolina  | C. Nacional   |           |
| Ángela Mancilla      | 35        | 2003        | 2:21.80e        | 3        | Carolina  | XVWMAC        | 1.56.53   |
| Angela Mancilla      | 40        | 2005        | 2:29.22 e       | 15       | España    | XVIWMAC       | 1.59.25   |
| Carmen Z. Díaz       | 45        | 2003        | 2:32:16e        | 5        | Australia | XVWVAC        | 2:02.82   |
| Ilka V. Carbó        | 50        | 2009        | 2:43:37e        | 1        | Cayey     | C. Nacional   | 2:16.05   |
| Ilka V. Carbó        | 50        | 2012        | 2:56:49e        | 1        | Toa Baja  | C. Nacional   | 2:21.98   |
| Ilka V. Carbó        | 60        | 2015        | 3:18:07e        | 1        | Isabela   | Fogueo        | 2:34.66   |
| Sara Urrutia         | 65        | 2003        | 5:06:00         | 1        | Carolina  | 2do Foqueo    | 2:41.81   |
| Sara Urrutia         | 70        | 2010        | 4:39.39m        |          |           |               | 2:59.55   |
|                      | 75        |             |                 |          |           |               | 3:25.18   |
|                      | 80        |             |                 |          |           |               | 3:45.00   |
|                      | 85        |             |                 |          |           |               | 5:00.58   |
|                      | 90        |             |                 |          |           |               | 6:59.18   |

#### 800 METROS FEMENINO

#### 1,500 METROS FEMENINO

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|--------|------|-------|-------|----------|-------|-------------|-----------|

|                |    |      |         |    |            |             |          |
|----------------|----|------|---------|----|------------|-------------|----------|
|                | 25 |      |         |    |            |             |          |
| Ana Cruz       | 30 | 2001 | 6:03:26 |    | S. Escobar |             |          |
| Daisy Ocasio   | 35 | 2003 | 4:59:00 |    | Caguas     | Pre-Mundial | 3:57.73  |
| Carmen Z. Díaz | 40 | 1998 | 5:04:83 |    | Buffalo    |             | 3:59.78  |
| Carmen Z. Díaz | 45 | 2001 | 5:14:51 | 5  | Australia  | XIVWVAC     | 4:05.44  |
| Carmen Z. Díaz | 50 | 2007 | 5:43.53 | 10 | Italia     | XVIIWMAC    | 4:40.70  |
| Ilka V. Carbo  | 55 | 2009 | 6:19.24 | 1  | Cayey      | C. Nacional | 4:57.40  |
| Ilka V. Carbó  | 60 | 2015 | 6:45.71 | 1  | Isabela    | San J Anual | 5:18.14  |
|                | 65 |      |         |    |            |             | 5:43.61  |
|                | 70 |      |         |    |            |             | 6:12.14  |
| Sara Urrutia   | 75 | 2009 | 10:50e  |    | S. Escobar | 1er Fogueo  | 6:41.15  |
|                | 80 |      |         |    |            |             | 7:32.22  |
|                | 85 |      |         |    |            |             | 10:33.40 |
|                | 90 |      |         |    |            |             |          |

#### 1,600 METROS FEMENINO ( 1 milla )

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        | 30   |       |       |          |       |             |           |
|        | 35   |       |       |          |       |             | 4:17.33   |
|        | 40   |       |       |          |       |             | 4:23.78   |
|        | 45   |       |       |          |       |             | 4:48.42   |
|        | 50   |       |       |          |       |             | 5:02.80   |
|        | 55   |       |       |          |       |             | 5:27.57   |
|        | 60   |       |       |          |       |             | 5:48.94   |
|        | 65   |       |       |          |       |             | 6:16.28   |
|        | 70   |       |       |          |       |             | 6:47.91   |
|        | 75   |       |       |          |       |             | 8:16.30   |
|        | 80   |       |       |          |       |             | 9:00.52   |
|        | 85   |       |       |          |       |             | 11:03.11  |
|        | 90   |       |       |          |       |             |           |

#### 3,000 METROS FEMENINO

No se participa en Mundiales

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |

|                      |           |             |                 |   |            |              |          |
|----------------------|-----------|-------------|-----------------|---|------------|--------------|----------|
| Ana Cruz             | 30        | 2000        | 13:20:14        |   | S. Lorenzo |              |          |
| Ernestina Feliciano  | 35        | 2000        | 12:09:14        |   | S. Lorenzo |              | 8:27.83  |
| Carmen Z. Díaz       | 40        | 1997        | 11:14:68        |   | R. Colbert |              | 9:11.20  |
| Migdalia Torres      | 45        | 2010        | 12:25:55e       | 1 | Carolina   |              | 9:17.27  |
| Migdalia Torres      | 50        | 2010        | 12:36.73        | 1 | Ponce      | C. Nacional  | 9:47.20  |
| Ilka V. Carbó        | 55        | 2010        | 13:23.87e       | 1 | Ponce      | C. Nacional  | 10:13.80 |
| <b>Ilka V. Carbó</b> | <b>60</b> | <b>2017</b> | <b>15:08:98</b> | 1 | Bayamón    | 4to Exalumno | 11:06.60 |
|                      | 65        |             |                 |   |            |              | 12:07.18 |
|                      | 70        |             |                 |   |            |              | 13:24.78 |
|                      | 75        |             |                 |   |            |              | 14:26.01 |
|                      | 80        |             |                 |   |            |              | 19:18.07 |
|                      | 85        |             |                 |   |            |              | 24:08.62 |

### 5,000 METROS FEMENINO

| Nombre          | Edad | Fecha | Marca    | Posición | Lugar      | Competencia   | W. Record |
|-----------------|------|-------|----------|----------|------------|---------------|-----------|
|                 | 25   |       |          |          |            |               |           |
| Miriam Cardona  | 30   | 2004  | 20:08:64 | 1        | Dorado     | NCCWMA        |           |
| Delia Correa    | 35   | 2001  | 22:45:48 |          | S. Escobar |               | 14:33.52  |
| Migdalia Torres | 40   | 2003  | 19:49:00 |          | Caguas     | Pre-Mundial   | 15:20.59  |
| Carmen Díaz     | 45   | 1999  | 20:17:80 |          | Inglaterra | Gatshead      | 15:55.71  |
| Ilka V. Carbo   | 50   | 2004  | 21:48.72 | 1        | S. Escobar | 3er Regional  | 16:51.17  |
| Ilka V. Carbo   | 55   | 2009  | 23:15:16 | 1        | Dorado     | 3er Fogueo    | 17:52.82  |
| Ilka V. Carbó   | 60   | 2018  | 24:09:00 |          | Bayamón    | 5to ex alumno | 19:14.80  |
| Sara Urrutia    | 65   | 2003  | 26:16:00 |          | Caguas     | Pre-Mundial   | 20:27.08  |
|                 | 70   |       |          |          |            |               | 22:52.05  |
|                 | 75   |       |          |          |            |               | 24:32.98  |
|                 | 80   |       |          |          |            |               | 26:56.10  |
|                 | 85   |       |          |          |            |               | 37:02.30  |
|                 | 90   |       |          |          |            |               |           |

**8KM CAMPO TRAVIESA FEMENINO No hay un record, diferentes rutas**

| Nombre            | Edad | Fecha | Marca    | Pos | Lugar      | Competencia | W. Record |
|-------------------|------|-------|----------|-----|------------|-------------|-----------|
|                   | 25   |       |          |     |            |             |           |
| Miriam Cardona    | 30   | 2004  | 34:54:00 | 1   | Dorado     | NCCWMA      | 29:48.00  |
| Mariangelis Núñez | 35   | 2007  | 30:15.00 | 10  | Italia     | XVIIWMAC    | 31:06.63  |
| Migdalia Matos    | 40   | 2003  | 38:29:00 | 9   | Rio Grande | XVWMAC      | 31:40.00  |
| Ilka Carbo        | 45   | 2003  | 36:51:58 | 1   | Dorado     | Imperial    | 32:34.06  |
| Carmen Z. Díaz    | 50   | 2007  | 34:43.00 | 16  | Italia     | XVIIWMAC    | 36:34.24  |
| Ilka Carbo        | 55   | 2009  | 36:32:00 | 8   | Finlandia  | XVIIIWMAC   | 37:09.40  |
| Rosa Jiménez      | 60   | 2004  | 54:49:00 | 1   | Dorado     | NCCWMA      | 39:21.10  |
|                   | 65   |       |          |     |            |             | 42:07.10  |
|                   | 70   |       |          |     |            |             | 47:22.51  |
|                   | 75   |       |          |     |            |             | 50:00.93  |
|                   | 80   |       |          |     |            |             | 58:24.70  |
|                   | 85   |       |          |     |            |             |           |
|                   | 90   |       |          |     |            |             |           |

**10,000 METROS FEMENINO (En pista o Carretera plana)**

| Nombre                  | Edad | Fecha | Marca     | Posición | Lugar      | Competencia  | W. Record  |
|-------------------------|------|-------|-----------|----------|------------|--------------|------------|
|                         | 25   |       |           |          |            |              |            |
| Lydia Cales             | 30   | 1992  | 46:24:90  |          | S. Escobar |              |            |
| Delia Correa            | 35   | 1992  | 44:23:21  |          |            |              | 31:06.63   |
|                         | 40   |       |           |          |            |              | 31:40.97   |
| Ilka Carbo              | 45   | 2001  | 43:43:16  | 1        | S. Escobar | 2do Regional | 32:34.06   |
| Sara Urrutia            | 50   | 2008  | 46:34:10  | 1        | Utuaado    | C. Nacional  | 36:34.24   |
|                         | 55   |       |           |          |            |              | 37:09.40   |
| Ilka V. Carbó Rodríguez | 60   | 2015  | 47:49.14  | 3        | Brasil     | XXWMAC       | 39:21.10   |
| Ilka V. Carbó Rodríguez | 65   | 2019  | 58 :03.00 | 2        | Canadá     | Regional     | 42:07.10   |
|                         | 70   |       |           |          |            |              | 47:22.51   |
|                         | 75   |       |           |          |            |              | 50:00.93   |
|                         | 80   |       |           |          |            |              | 58:24.70   |
|                         | 85   |       |           |          |            |              | 1:26:55.70 |
|                         | 90   |       |           |          |            |              |            |

### ½ MARATON 21.2 KMS FEMENINO

| Nombre          | Edad | Fecha | Marca      | Posición | Lugar    | Competencia | W. Record |
|-----------------|------|-------|------------|----------|----------|-------------|-----------|
|                 | 25   |       |            |          |          |             |           |
| Miriam Cardona  | 30   | 2004  | 1.31:49:00 | 1        | Dorado   | NCCWMA      |           |
|                 | 35   |       |            |          |          |             |           |
|                 | 40   |       |            |          |          |             |           |
| Migdalia Torres | 45   | 2008  | 1.37:06:00 | 1        | Clermont | NCCWMA      |           |
| Ilka Carbó      | 50   | 2008  | 1.49:13:00 | 1        | Clermont | NCCWMA      |           |
|                 | 55   |       |            |          |          |             |           |
|                 | 60   |       |            |          |          |             |           |
|                 | 65   |       |            |          |          |             |           |
|                 | 70   |       |            |          |          |             |           |
|                 | 75   |       |            |          |          |             |           |
|                 | 80   |       |            |          |          |             |           |
|                 | 85   |       |            |          |          |             |           |
|                 | 90   |       |            |          |          |             |           |

### MARATÓN 42.2 KMS. FEMENINO

| Nombre          | Edad | Fecha | Marca      | Posición | Lugar    | Competencia | W. W.<br>Record |
|-----------------|------|-------|------------|----------|----------|-------------|-----------------|
|                 | 25   |       |            |          |          |             |                 |
|                 | 30   |       |            |          |          |             |                 |
| Delia Correa    | 35   | 1992  | 3:46:24:00 |          | Ponce    |             | 2:21.29.00      |
| Migdalia Torres | 40   | 2003  | 3:06:54.01 | 1        | Carolina | XVWMAC      | 2:26.51.00      |
| Ilka V. Carbo   | 45   | 2003  | 4:12:54:01 | 1        | Carolina | XVWMAC      | 2:29.00.00      |
| Carmen Camacho  | 50   | 2005  | 4:22:11.00 | 8        | España   | XVIWMAC     | 2:48.47.00      |
|                 | 55   |       |            |          |          |             | 2:52.14.00      |
|                 | 60   |       |            |          |          |             | 3:14.50.00      |
|                 | 65   |       |            |          |          |             | 3:28.10.00      |
|                 | 70   |       |            |          |          |             | 3:46.18.00      |
|                 | 75   |       |            |          |          |             | 4:10:07.00      |
|                 | 80   |       |            |          |          |             | 4:49:50.00      |
|                 | 85   |       |            |          |          |             | 6:53:50.00      |
|                 | 90   |       |            |          |          |             | 8:53:08.00      |

**1 MILLA CAMINATA FEMENINO**

No se participa en Mundiales

| Nombre         | Edad | Fecha | Marca    | Posición | Lugar      | Competencia | W. Record |
|----------------|------|-------|----------|----------|------------|-------------|-----------|
|                | 25   |       |          |          |            |             |           |
| Carmen Ortega  | 30   | 2001  | 11:12:63 |          | Cupey      |             |           |
| Jossie Sánchez | 35   | 2000  | 10:31:00 |          | Guayama    |             |           |
| Milagros Pepin | 40   | 2001  | 11:28:56 |          | Cupey      |             |           |
| Maria Alicea   | 45   | 2000  | 11:35:87 |          | S. Lorenzo |             |           |
| Evelyn Marcano | 50   | 1998  | 15:43:33 |          | Humacao    |             |           |
| Sara Urrutia # | 55   | 1998  | 10:35:00 |          | Isabela    |             |           |
| Maria González | 60   | 2001  | 13:23:00 |          | Vega Baja  |             |           |
|                | 65   |       |          |          |            |             |           |
|                | 70   |       |          |          |            |             |           |
|                | 75   |       |          |          |            |             |           |
|                | 80   |       |          |          |            |             |           |
|                | 85   |       |          |          |            |             |           |

**2,000 METROS CAMINATA FEMENINO**

No se participa en Mundiales

| Nombre            | Edad | Fecha       | Marca    | Posición | Lugar   | Competencia | W. Record |
|-------------------|------|-------------|----------|----------|---------|-------------|-----------|
|                   | 25   |             |          |          |         |             |           |
| Ida I. Reyes Be   | 30   | 1996        | 15:29:70 |          | Bayamón |             |           |
| Carmen Cepeda     | 35   | 1996        | 12:35:00 |          | Dorado  |             |           |
| Hilda Pérez       | 40   | 1996        | 13:22:00 |          | Caguas  |             |           |
| Evelyn García     | 45   | 1996        | 15:05:00 |          | Dorado  |             |           |
| Margarita Rosario | 70   | <b>2013</b> | 17:48.48 | 1        | Dorado  | 4to GGJ/JLU |           |

**3,000 METROS CAMINATA FEMENINO**

No se participa en Mundiales

| Nombre                | Edad | Fecha       | Marca           | Posición | Lugar     | Competencia | W. Record |
|-----------------------|------|-------------|-----------------|----------|-----------|-------------|-----------|
|                       | 25   |             |                 |          |           |             |           |
|                       | 30   |             |                 |          |           |             |           |
|                       | 35   |             |                 |          |           |             | 12:02.39  |
| Ana Cruz Rodríguez    | 40   | 2012        | 21:48.33        |          | Toa Baja  | Campeonato  | 13:19.70  |
|                       | 45   |             |                 |          |           |             | 13:57.43  |
| <b>Amparo Paulino</b> | 50   | <b>2019</b> | <b>22:18:00</b> | 1        | Bayamón   | 9 febrero   | 13:54.30  |
| Sara Urrutia          | 55   | 1997        | 19:32:00        |          | Vega Baja |             | 15:11.00  |

|                    |    |      |          |   |             |                |          |
|--------------------|----|------|----------|---|-------------|----------------|----------|
| Santa Sánchez      | 60 | 2007 | 18:36.55 | 1 | Dorado      | 2do G. G. J    | 15:30.60 |
| Evelyn Marcano     | 65 | 2004 | 29:34:72 |   | Barceloneta | Imperial       | 16:22.11 |
| Rosario M. Iglesia | 70 | 2012 | 26:24.06 | 1 | Dorado      | 5to Ang./Juana | 18:22.10 |
| Rosario M. Iglesia | 75 | 2018 | 28:06.80 | 1 | Bayamón     | Ex-alumnos     | 20:41.00 |
|                    | 80 |      |          |   |             |                | 21:08.20 |
|                    | 85 |      |          |   |             |                | 27:11.02 |

### 5,000 METROS CAMINATA FEMENINO

| Nombre             | Edad | Fecha | Marca    | Posición | Lugar      | Competencia  | W. Record |
|--------------------|------|-------|----------|----------|------------|--------------|-----------|
|                    | 25   |       |          |          |            |              |           |
|                    | 30   |       |          |          |            |              |           |
| Ana Cruz Rodríguez | 35   | 2008  | 33:43.11 | 1        | Utua       | C. Nacional  | 20:12.41  |
| Alexis Rodríguez   | 40   | 2002  | 29:29:20 |          | Ponce      | Abierto      | 22:49.06  |
| Carmen G. Díaz R   | 45   | 2007  | 42:29:88 | 1        | Ponce      | C. Nacional  | 23:42.40  |
| Evelyn García      | 50   | 2003  | 37:24:29 |          | Ponce      |              | 23:37.78  |
| Ilka V. Carbo Rodz | 55   | 2009  | 39:10:39 | 1        | Dorado     | 3er F- GAR   | 25:28.00  |
| Luisa Menéndez     | 60   | 2003  | 32:25:00 |          | Caquas     | Pre-Mundial  | 26:29.26  |
| Luisa Menéndez     | 65   | 2004  | 35:47:72 | 1        | S. Escobar | 3er Regional | 27:91.10  |
| Luisa Meléndez     | 70   | 2009  | 39:53:65 | 9        | S.Escobar  | XVWMAC       | 29:16.00  |
|                    | 75   |       |          |          |            |              | 32:44.76  |
|                    | 80   |       |          |          |            |              | 34:48.49  |
|                    | 85   |       |          |          |            |              | 40:13.37  |
|                    | 90   |       |          |          |            |              | 49:25.20  |



### 10K RACE WALK RR FEMENINO (En llano o en pista)

| Nombre        | Edad | Fecha | Marca      | Posición | Lugar      | Competencia  | W. Record |
|---------------|------|-------|------------|----------|------------|--------------|-----------|
|               | 25   |       |            |          |            |              |           |
|               | 30   |       |            |          |            |              |           |
| Ana D. Cruz   | 35   | 2008  | 1:12:32.00 | 1        | Dorado     | F. G. Angulo | 42:52.00  |
| Carmen Cepeda | 40   | 2003  | 1:08:08.00 | 5        | Carolina   | XVWMAC       | 47:07.00  |
|               | 45   |       |            |          |            |              | 46:35.65  |
|               | 50   |       |            |          |            |              | 48:28.00  |
|               | 55   |       |            |          |            |              | 53:42.00  |
|               | 60   |       |            |          |            |              | 54:12.00  |
| Santa Sánchez | 65   | 2011  | 1:21:26.06 | 49       | Sacramento | WMAXXI       | 55:32.00  |
|               | 70   |       |            |          |            |              | 60:18.00  |
|               | 75   |       |            |          |            |              | 67:46.00  |
|               | 80   |       |            |          |            |              | 75:41.70  |
|               | 85   |       |            |          |            |              | 83:49.00  |

### 10K RACE WALK RR FEMENINO (con cuestras Utuado)

| Nombre         | Edad | Fecha | Marca      | Posición | Lugar  | Competencia   | W. Record |
|----------------|------|-------|------------|----------|--------|---------------|-----------|
|                | 25   |       |            |          |        |               |           |
|                | 30   |       |            |          |        |               |           |
| Ana Delia Cruz | 35   | 2007  | 1:15:22.00 | *1       | Utuado | 3er G. Angulo |           |
|                | 40   |       |            |          |        |               |           |
|                | 45   |       |            |          |        |               |           |

### 20K RACE WALK RR FEMENINO (en llano o en pista)

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        | 30   |       |       |          |       |             |           |
|        | 35   |       |       |          |       |             | 1:25:49   |
|        | 40   |       |       |          |       |             | 1:33:04   |
|        | 45   |       |       |          |       |             | 1:34:44   |
|        | 50   |       |       |          |       |             | 1:45:13   |
|        | 55   |       |       |          |       |             | 1:53:45   |
|        | 60   |       |       |          |       |             | 1:57:38   |
|        | 65   |       |       |          |       |             | 1:57:39   |
|        | 70   |       |       |          |       |             | 2:18:39   |
|        | 75   |       |       |          |       |             | 2:39:46   |
|        | 80   |       |       |          |       |             | 3:25:09   |
|        | 85   |       |       |          |       |             |           |

**50K RACE WALK RR FEMENINO (en llano o en pista)**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        | 30   |       |       |          |       |             |           |
|        | 35   |       |       |          |       |             | 5:01:52   |
|        | 40   |       |       |          |       |             | 4:50:51   |
|        | 45   |       |       |          |       |             | 4:56:27   |
|        | 50   |       |       |          |       |             | 5:21:52   |
|        | 55   |       |       |          |       |             | 5:45:08   |
|        | 60   |       |       |          |       |             | 6:40:00   |
|        | 65   |       |       |          |       |             | 6:31:12   |
|        | 70   |       |       |          |       |             |           |
|        | 75   |       |       |          |       |             |           |
|        | 80   |       |       |          |       |             |           |

### 2,000 STEEPLCHASE FEMENINO

| Nombre       | Edad | Fecha | Marca   | Posición | Lugar      | Competencia | W. Record |
|--------------|------|-------|---------|----------|------------|-------------|-----------|
|              | 25   |       |         |          |            |             |           |
|              | 30   |       |         |          |            |             |           |
|              | 35   |       |         |          |            |             | 6:30.83   |
|              | 40   |       |         |          |            |             | 7:01.77   |
|              | 45   |       |         |          |            |             | 7:07.49   |
|              | 50   |       |         |          |            |             | 7:43.99   |
|              | 55   |       |         |          |            |             | 7:58.43   |
| Sara Urrutia | 60   | 1999  | 9:59:53 | 1        | Inglaterra | XIIIWMAC    | 8:47.61   |
|              | 65   |       |         |          |            |             | 9:00.20   |
|              | 70   |       |         |          |            |             | 10:49.22  |
|              | 75   |       |         |          |            |             | 12:03.04  |

Nota: Altura en todas las categorías es de 30" (.762) 18 obstáculos y 5 saltos fosa de agua

### 80 METROS VALLAS 33"=.840mts FEMENINO

8 Vallas a 13mts- 8.50mts- 10.50mts  
42'7 $\frac{3}{8}$ " - 27'10 $\frac{3}{4}$ " - 34'5 $\frac{1}{4}$ "

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record | Región |
|--------|------|-------|-------|----------|-------|-------------|-----------|--------|
|        | 25   |       |       |          |       |             | N/A       | N/A    |
|        | 30   |       |       |          |       |             | N/A       |        |
|        | 35   |       |       |          |       |             | N/A       |        |

### 80 METROS VALLAS 30"=.762mts FEMENINO

8 Vallas a 12mts- 8.00mts- 12mts  
39'4 $\frac{3}{8}$ " - 26'2 $\frac{3}{4}$ " - 39'4 $\frac{1}{4}$ "

| Nombre          | Edad | Fecha | Marca | Posición | Lugar     | Competencia   | W. Record | Región |
|-----------------|------|-------|-------|----------|-----------|---------------|-----------|--------|
| Wanda Velázquez | 40   | 2009  | 14.22 | 10       | Finlandia | XVIIIWMA<br>C | 11.24     |        |
| Vilma Paris     | 45   | 2004  | 13:88 | 1        | Barcelona | Imperial      | 11.51     |        |

**80 METROS VALLAS 30"=.762mts FEMENINO**

8 Vallas a 12mts- 7.00mts- 19mts  
 39'4¾" - 22'11½" - 62'4"

| Nombre             | Edad | Fecha | Marca | Posición | Lugar     | Competencia | W. Record | Región |
|--------------------|------|-------|-------|----------|-----------|-------------|-----------|--------|
| Vilma París Millán | 50   | 2007  | 13.26 | 2        | Italia    | XVIIWMA C   | 12.08     | 13.01  |
| Vilma París Millán | 55   | 2011  | 15.06 | 3        | USA.sacra | XVIVWM AC   | 12.31     | 12.99  |

**80 METROS VALLAS 27"=.686mts FEMENINO**

8 Vallas a 12mts- 7.00mts- 19mts  
 39'4¾" - 22'11½" - 62'4"

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record | Región |
|--------|------|-------|-------|----------|-------|-------------|-----------|--------|
|        | 60+  |       |       |          |       |             | 12.97     | 14.90  |
|        | 65   |       |       |          |       |             | 14.03     | 18.17  |
|        | 70   |       |       |          |       |             | 15.72     | 19.27  |
|        | 75   |       |       |          |       |             | 18.63     | 18.63  |
|        | 80   |       |       |          |       |             | 18.70     | 21.01  |

**100 METROS VALLAS 33"=.840mts FEMENINO**

10 Vallas a 13mts - 8.50mts- 10.5mts  
 42'7¼" - 27'10½" - 34'5¼"

| Nombre         | Edad | Fecha | Marca | Posición | Lugar      | Competencia | W. Record | Región |
|----------------|------|-------|-------|----------|------------|-------------|-----------|--------|
|                | 25   |       |       |          |            |             |           |        |
| Edna Maysonet  | 30   | 2000  | 18:59 | 1        | S. Escobar |             |           |        |
| Juana M. Muñiz | 35   | 2000  | 17.57 | 1        | Ponce      |             | 12.47     |        |

**200 METROS VALLAS 27"=.686mts FEMENINO**

5 Vallas 20mts 35mts- 40mts

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 70+  |       |       |          |       |             |           |
|        | 75   |       |       |          |       |             | 41.71     |
|        | 80   |       |       |          |       |             |           |

**300 METROS VALLAS 30"=.762mts FEMENINO**

7 Vallas a 50mts- 35mts- 40mts

164' - 114' 9 $\frac{3}{4}$ " - 131' 2 $\frac{3}{4}$ "

| Nombre             | Edad | Fecha | Marca | Posición | Lugar      | Competencia | W. Record |
|--------------------|------|-------|-------|----------|------------|-------------|-----------|
| Vilma París Millán | 50   | 2007  | 50.39 | 4        | Italia     | XVIIWMAC    | 45.05     |
| Vilma París Millán | 55   | 2011  | 55.31 | 3        | Sacramento | XVIVWMAC    | 49.14     |

**300 METROS VALLAS 27"-.686mts FEMENINO**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 60   |       |       |          |       |             | 51.64     |
|        | 65   |       |       |          |       |             | 54.06     |

7 Vallas a 50mts 35mts- 40mts

164' - 114' 9 $\frac{3}{4}$ " - 131' 2 $\frac{3}{4}$ "

**400 METROS VALLAS 30"=.762mts FEMENINO**

10Vallas a 45mts- 35mts- 40mts

147' 7 $\frac{3}{4}$ " - 114' 9 $\frac{3}{4}$ " - 131' 2 $\frac{3}{4}$ "

| Nombre          | Edad | Fecha | Marca   | Posición | Lugar      | Competencia | W. Record |
|-----------------|------|-------|---------|----------|------------|-------------|-----------|
|                 | 25   |       |         |          |            |             |           |
|                 | 30   |       |         |          |            |             |           |
| Wanda Velázquez | 35   | 2006  | 1:05.33 | 3        | Italia     | XVIIWMAC    | 52.94     |
| Wanda Velázquez | 40   | 2011  | 1:05.28 | 3        | Sacramento | XXIWMAC     | 58.35     |
| Vilma París     | 45   | 2004  | 1:16:59 | 1        | Dorado     | NCCWMA      | 64.09     |

### SALTO ALTO FEMENINO

| Nombre               | Edad      | Fecha       | Marca | Posición | Lugar         | Competencia   | W. Record |
|----------------------|-----------|-------------|-------|----------|---------------|---------------|-----------|
| <b>Yolanda Osana</b> | <b>25</b> | <b>2017</b> | 1.28  | 1        | Bayamón       | Exalumnos     |           |
| Lisette Santiago     | 30        | 1990        | 1.44  |          | S. Escobar    |               |           |
| Aurora Cruz          | 35        | 1990        | 1.38  |          | S. Escobar    |               | 2.01      |
| Enid Sanjurjo        | 40        | 1990        | 1.44  |          | S. Escobar    |               | 1.76      |
| <b>Elsa Peña</b>     | 45        | 2013        | 1.32  | <b>1</b> | <b>Brasil</b> | <b>XXWMAC</b> | 1.76      |
| Vilma París Millán   | 50        | 2007        | 0.99  | 1        | Dorado        | 2do G. G. Ju  | 1.60      |
| Angélica Benítez     | 55        | 2003        | 1.09  | 1        | Dorado        | 2do Fogueo    | 1.55      |
| Luzgarda Rondón      | 60        | 2002        | .97   |          | UPR, RRP      |               | 1.44      |
| Luzgarda Rondón      | 65        | 2003        | .92   |          | UPR, RRP      |               | 1.37      |
|                      | 70        |             |       |          |               |               | 1.27      |
|                      | 75        |             |       |          |               |               | 1.16      |
|                      | 80        |             |       |          |               |               | 1.04      |
|                      | 85        |             |       |          |               |               | .94       |
|                      | 90        |             |       |          |               |               | .82       |

### SALTO CON PERTIGA FEMENINO

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        | 30   |       |       |          |       |             |           |
|        | 35   |       |       |          |       |             | 4.55      |
|        | 40   |       |       |          |       |             | 3.71      |
|        | 45   |       |       |          |       |             | 3.50      |
|        | 50   |       |       |          |       |             | 3.40      |
|        | 55   |       |       |          |       |             | 3.05      |
|        | 60   |       |       |          |       |             | 3.12      |
|        | 65   |       |       |          |       |             | 3.19      |
|        | 70   |       |       |          |       |             | 2.36      |
|        | 75   |       |       |          |       |             | 1.91      |
|        | 80   |       |       |          |       |             | 1.40      |
|        | 85   |       |       |          |       |             | 1.25      |

### SALTO LARGO FEMENINO

| Nombre                 | Edad      | Fecha       | Marca       | Posición | Lugar           | Competencia        | W. Record |
|------------------------|-----------|-------------|-------------|----------|-----------------|--------------------|-----------|
| <b>Yolanda Osana</b>   | <b>25</b> | <b>2017</b> | <b>5.15</b> | 1        | Bayamón         | 4to exalumnos      |           |
| Clara Rosa             | 30        | 2000        | 4.76        |          | S. Escobar      |                    |           |
| Juana M. Muñiz         | 35        | 2001        | 4.91        |          | Vega Baja       |                    | 6.99      |
| Elsa Peña              | 40        | 2007        | 4.66        | 1        | Dorado          | 2do G. G. Ju       | 6.51      |
| Vilma Paris            | 45        | 2003        | 4.45        | 1        | Dorado          | Imperial           | 5.59      |
| Nydia López            | 50        | 1990        | 4.17        |          | S. Escobar      |                    | 5.40      |
| Graciela Suárez        | 55        | 2003        | 3.10        |          | Dorado          | Imperial           | 5.01      |
| Luzgarda Rondón        | 60        | 2001        | 2.52        |          | S. Escobar      |                    | 4.75      |
| Luzgarda Rondón        | 65        | 2003        | 2.56        | 7        | Carolina        | XVWMAC             | 4.64      |
| Luzgarda Rondón        | 70        | 2007        | 2.53        | 1        | S. Escobar      | 1er M. Rivera      | 4.16      |
| <b>Luzgarda Rondón</b> | <b>75</b> | <b>2013</b> | <b>1.94</b> | <b>1</b> | <b>Toa Baja</b> | <b>C. Nacional</b> | 3.77      |
|                        | 80        |             |             |          |                 |                    | 2.78      |
|                        | 85        |             |             |          |                 |                    | 2.19      |
|                        | 90        |             |             |          |                 |                    | 1.77      |

### SALTO TRIPLE FEMENINO

| Nombre            | Edad | Fecha | Marca | Posición | Lugar    | Competencia | W. Record |
|-------------------|------|-------|-------|----------|----------|-------------|-----------|
|                   | 25   |       |       |          |          |             |           |
|                   | 30   |       |       |          |          |             |           |
| Clara Rosa Rivera | 35   | 2003  | 8.92  | 6        | Carolina | XVWMAC      | 14.51     |
| Elsa Peña         | 40   | 2007  | 8.72  | 13       | Italia   | XVIIWMAC    | 13.05     |
|                   | 45   |       |       |          |          |             | 11.98     |
|                   | 50   |       |       |          |          |             | 11.66     |
|                   | 55   |       |       |          |          |             | 10.97     |
|                   | 60   |       |       |          |          |             | 10.03     |
|                   | 65   |       |       |          |          |             | 9.51      |
|                   | 70   |       |       |          |          |             | 8.65      |
|                   | 75   |       |       |          |          |             | 7.43      |
|                   | 80   |       |       |          |          |             | 5.65      |

### MARTILLO FEMENINO

| Nombre                   | Edad      | Fecha       | Marca        | Posición | Lugar          | Competencia         | W. Record |
|--------------------------|-----------|-------------|--------------|----------|----------------|---------------------|-----------|
|                          | 25        |             |              |          |                |                     |           |
| Julia Anaya              | 30        | 1996        | 16.49        |          | Bayamón        |                     |           |
| Cynthia Castillo San     | 35        | 2004        | 22.66        |          | Dorado         | NCCWMA              | 72.36     |
| María L. Ortiz           | 40        | 2008        | 21.92        | 1        | Utua           | C. Nacional         | 57.08     |
| María L. Ortiz           | 45        | 2012        | 23.30        |          | Toa Baja       | C. Nacional         | 56.21     |
| Ángela Matos             | 50        | 2004        | 24.60        |          | S. Escobar     | 3er Regional        | 51.73     |
| Ángela Matos             | 55        | 2006        | 23.60        |          | S. Escobar     | C. Nacional         | 51.30     |
| Ángela Matos             | 60        | 2011        | 22.90        | 1        | Hatillo        | 4/mayo/3er F        | 46.09     |
| Irma Vélez               | 65        | 1999        | 21.28        |          | Vega Baja      |                     | 44.38     |
| Irma Vélez               | 70        | 2001        | 20.02        |          | Guayama        |                     | 37.40     |
| <b>Luisa Gastón Orza</b> | <b>75</b> | <b>2017</b> | <b>12.61</b> | <b>1</b> | <b>Bayamón</b> | <b>4to Exalumno</b> | 28.78     |
|                          | 80        |             |              |          |                |                     | 22.65     |
|                          | 85        |             |              |          |                |                     | 18.62     |
|                          | 90        |             |              |          |                |                     | 16.71     |

NOTA: Categorías y Pesos: 30-49(4.00k) 50-74(3.00k) \*75+ (2k) nuevo peso



### PESA (BALA) FEMENINO

| Nombre               | Edad      | Fecha       | Marca       | Posición | Lugar          | Competencia      | W. Record |
|----------------------|-----------|-------------|-------------|----------|----------------|------------------|-----------|
|                      | 25        |             |             |          |                |                  |           |
| Rosalinda Lagares    | 30        | 2002        | 11.65       |          | UPR, RP        |                  |           |
| Flor Robledo Ledesma | 35        | 2008        | 12.46       | 1        | Ponce          |                  | 21.46     |
| Alicia Febles        | 40        | 1997        | 11.81       |          | Dorado         |                  | 19.05     |
| Alicia Febles        | 45        | 1999        | 11.14       |          | Isabela        |                  | 16.95     |
| Irene Betancourt     | 50        | 1996        | 9.77        |          | S. Escobar     |                  | 15.15     |
| Nydia López          | 55        | 1998        | 9.14        |          | Humacao        |                  | 14.47     |
| Nydia López          | 60        | 2001        | 9.16        |          | Dorado         |                  | 13.20     |
| Luisa Gastón         | 65        | 2008        | 7.74        | 1        | Clermont       | NCCWMA           | 12.21     |
| Luisa Gastón         | 70        | 2010        | 7.62        | 1        | Dorado         | 1er-MRV          | 11.02     |
| <b>Luisa Gastón</b>  | <b>75</b> | <b>2017</b> | <b>6.12</b> | <b>1</b> | <b>Bayamón</b> | <b>Exalumnos</b> | 9.04      |
|                      | 80        |             |             |          |                |                  | 7.71      |
|                      | 85        |             |             |          |                |                  | 6.52      |
|                      | 90        |             |             |          |                |                  | 5.37      |
|                      | 95        |             |             |          |                |                  | 4.72      |

NOTA: Categorías y Pesos: 30-49(4.00k) 50-74(3.00k) \*75+ (2k) nuevo peso

### DISCO FEMENINO

| Nombre               | Edad      | Fecha       | Marca        | Posición | Lugar          | Competencia       | W. Record |
|----------------------|-----------|-------------|--------------|----------|----------------|-------------------|-----------|
|                      | 25        |             |              |          |                |                   |           |
| Rosalinda Lagares    | 30        | 2003        | 32.66        |          | Hatillo        | Imperial          |           |
| Vanessa La Santa     | 35        | 2008        | 37.46        | 1        | Clermont       | NCCWMA            | 69.60     |
| Alicia Febles        | 40        | 1996        | 30.79        |          | Bayamón        |                   | 67.89     |
| Alicia Febles        | 45        | 1999        | 30.39        |          | Vega Baja      |                   | 64.09     |
| Ángela Matos         | 50        | 2004        | 21.53        | 1        | Barceloneta    | Imperial          | 45.67     |
| Nydia López          | 55        | 1999        | 30.50        |          | Isabela        |                   | 43.36     |
| Nydia López          | 60        | 2000        | 31.93        |          | S. Lorenzo     |                   | 39.24     |
| María Aguayo         | 65        | 2003        | 21.29        | 4        | UPR, RRP       | XVWMAC            | 37.62     |
| Irma Vélez Rossy     | 70        | 2001        | 19.98        |          | Guayama        |                   | 31.62     |
| Nieves Gracia        | 75        | 2011        | 15.20        | 1        | Utuaado        | 23/abril/2do      | 29.07     |
| Nieves Gracia        | 80        | 2017        | 13.16        | 1        | Bayamón        | Exalumnos         | 21.83     |
| <b>Nieves Gracia</b> | <b>85</b> | <b>2018</b> | <b>12.02</b> | <b>1</b> | <b>Bayamón</b> | Camp.<br>Nacional | 18.56     |
|                      | 90        |             |              |          |                |                   | 13.92     |
|                      | 95        |             |              |          |                |                   | 9.85      |
|                      | 100       |             |              |          |                |                   | 9.04      |

NOTA: Categorías y Pesos: 25-74 años 1.00 kilo    **\*75+ años (.75k) nuevo peso/2010**

### JABALINA FEMENINO

| Nombre                 | Edad      | Fecha       | Marca        | Posición | Lugar          | Competencia    | W. Record |
|------------------------|-----------|-------------|--------------|----------|----------------|----------------|-----------|
|                        | 25        |             |              |          |                |                |           |
| Verónica Prieto        | 30        | 2004        | 41.98        | 1        | Dorado         | NCCWMA         |           |
| Maria C. Gonzalez      | 35        | 2004        | 38.97        | 1        | Dorado         | NCCWMA         | 68.34     |
| Verónica Prieto        | 40        | 2011        | 39.00        | 1        | Dorado         | 1er Fogueo     | 61.23     |
| <b>Verónica Pietro</b> | <b>45</b> | <b>2018</b> | <b>33.50</b> | <b>1</b> | <b>Bayamón</b> | Camp. Nacional | 50.47     |
| Vilma París Millán     | 50        | 2008        | 29.44        | 1        | Clermont       | NCCWMA         | 47.53     |
| Nydia López            | 55        | 1998        | 21.98        | 1        | Humacao        |                | 44.44     |
| Nydia López            | 60        | 2003        | 21.67        | 12       | UPR, RRP       | XVWMAC         | 41.28     |
| Nieves Gracia          | 65        | 2003        | 20.63        | 6        | UPR, RRP       | XVWMAC         | 38.07     |
| Nieves Gracia          | 70        | 2004        | 17.66        | 1        | S. Escobar     | 3er Regional   | 33.73     |
| Nieves Gracia          | 75        | 2011        | 21.21        | 1        | Utuado         | 23/abril/2do   | 26.21     |
| Nieves Gracia          | 80        | 2018        | 11.20        | 1        | Bayamón        | Exalumnos      | 21.21     |
| <b>Nieves Gracia</b>   | <b>85</b> | <b>2018</b> | <b>10.22</b> | <b>1</b> | <b>Bayamón</b> | Camp. Nacional | 18.56     |
|                        | 90        |             |              |          |                |                | 13.54     |
|                        | 95        |             |              |          |                |                | 9.03      |
|                        | 100       |             |              |          |                |                | 6.43      |

NOTA: Categorías y Pesos: : 30-49(600gms) 50-59(500gms) 60+(400gms)

### MARTILLOTE

| Nombre            | Edad | Fecha | Marca | Posición | Lugar      | Competencia  | W. Record |
|-------------------|------|-------|-------|----------|------------|--------------|-----------|
|                   | 25   |       |       |          |            |              |           |
|                   | 30   |       |       |          |            |              |           |
| Cynthia Castillo  | 35   | 2004  | 5.17  | 1        | URP, RRP.  | E. Múltiples | 16.57     |
| María L. Ortiz    | 40   | 2008  | 6.77  | 1        | Clermont   | NCCWMA       | 19.09     |
| María L. Ortiz    | 45   | 2012  | 7.50  | 1        | Toa Baja   | 20/oct/7ma   | 17.88     |
| Ángela Matos      | 50   | 2004  | 3.70  | 1        | UPR. RRP.  | E. Múltiples | 18.76     |
| Luisa Gastón Orza | 55   | 1996  | 5.22  | 1        | S. Escobar | S. J. Anual  | 17.02     |
| Ángela Matos      | 60   | 2011  | 8.22  | 1        | Utuado     | 23/abril/2do | 17.84     |
| Irma Vélez Rossy  | 65   | 1997  | 7.08  | 1        | S. Escobar | S. J. Anual  | 16.44     |
| Luisa Gastón Orza | 70   | 2011  | 8.60  | 1        | Utuado     | 23/abril/2do | 15.00     |
|                   | 75+  |       |       |          |            |              | 10.87     |
|                   | 80   |       |       |          |            |              | 9.57      |
|                   | 85   |       |       |          |            |              | 7.78      |
|                   | 90   |       |       |          |            |              | 6.49      |
|                   | 95   |       |       |          |            |              | 5.16      |

Nota: Categoría y Pesos: 30-49(20#) 50-59(16#) 60-74 (12#) 75+ (4k) nuevo peso

**PENTALO DE PESO FEMENINO (Throws Pentathlon)**

| Nombre          | Edad | Fecha | Marca | Posición | Lugar      | Competencia | W. Record |
|-----------------|------|-------|-------|----------|------------|-------------|-----------|
|                 | 25   |       |       |          |            |             |           |
|                 | 30   |       |       |          |            |             |           |
| María L. Ortiz  | 35   | 2004  | 1,645 | 7        | España     | XVIWMA      | 3935      |
| Verónica Prieto | 40   | 2011  | 2,596 | 6        | Sacramento | XXIWMA      | 5261      |
| María L. Ortiz  | 45   | 2011  | 1,860 | 1        | Sacramento | XXIWMA      | 5414      |
| Ángela Matos    | 50   | 2004  | 2,203 | 1        | Dorado     | NCCWMA      | 4763      |
|                 | 55   |       |       |          |            |             | 4858      |
|                 | 60   |       |       |          |            |             | 5321      |
|                 | 65   |       |       |          |            |             | 5574      |
| Luisa Gaston    | 70   | 2011  | 2,582 | 11       | Sacramento | XXIWMA      | 6189      |
|                 | 75   |       |       |          |            |             | 4539      |
|                 | 80   |       |       |          |            |             | 5225      |
|                 | 85   |       |       |          |            |             | 5465      |

➤ Continúa marcas por eventos ➤

**PENTALO DE PESO FEMENINO (Throws Pentathlon)**

↩ ↩ ↩ Continúa abajo con las marcas logradas ↲ ↲ ↲

| Nombre          | Edad | Fecha | Marca | Pos | Martillo | Bala | Disco | Jabalina | Martillote |
|-----------------|------|-------|-------|-----|----------|------|-------|----------|------------|
| María L. Ortiz  | 35   | 2004  | 1,645 | 7   |          |      |       |          |            |
|                 |      |       |       |     |          |      |       |          |            |
| Verónica Prieto | 40   | 2011  | 2,596 | 6   | 18.22    | 9.89 | 29.09 | 39.47    | 7.37       |
| Puntos          |      |       |       | 358 | 572      | 508  | 729   | 416      |            |
| María L. Ortiz  | 45   | 2011  | 1,860 | 12  | 19.47    | 6.52 | 17.92 | 17.94    | 7.23       |
| Puntos          |      |       |       |     | 381      | 385  | 307   | 333      | 454        |
| Ángela Matos    | 50   | 2004  | 2,203 | 1   |          |      |       |          |            |
| Puntos          |      |       |       |     |          |      |       |          |            |
|                 | 65   |       |       |     |          |      |       |          |            |
| Puntos          |      |       |       |     |          |      |       |          |            |
| Luisa Gaston    | 70   | 2011  | 2,582 | 11  | 17.52    |      |       |          |            |
| Puntos          |      |       |       |     |          |      |       |          |            |

### PÉNTALO FEMENINO (Pentathlon)

| Nombre               | Edad | Fecha | Puntos | Posición | Lugar     | Competencia | W. Record |
|----------------------|------|-------|--------|----------|-----------|-------------|-----------|
|                      | 25   |       |        |          |           |             |           |
| Irasema Hernández    | 30   | 2004  | 2,220  | 1        | Dorado    | NCCWMA      |           |
| Clara I. Rosa Rivera | 35   | 2004  | 2,359  | 1        | Dorado    | NCCWMA      |           |
| Clara I. Rosa Rivera | 40   | 2006  | 2,294  | 1        | Guatemala | NCCWMA      |           |
| Nilza Paris          | 45   | 2004  | 3,250  | 1        | Dorado    | NCCWMA      |           |
|                      | 50   |       |        |          |           |             |           |
|                      | 55   |       |        |          |           |             |           |
|                      | 60   |       |        |          |           |             |           |
|                      | 65   |       |        |          |           |             |           |

### PENTALO FEMENINO ( Pentathlon)

☞ ☞ ☞ **Continúa abajo con las marcas logradas** ☞ ☞ ☞

| Nombre | Edad | Fecha | Marca | Pos | 80v | S. Alto | Bala | 200 | S. Largo | Jabalina | 800 |
|--------|------|-------|-------|-----|-----|---------|------|-----|----------|----------|-----|
|        | 25   |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        | 30   |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        | 35   |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        | 40   |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |
|        |      |       |       |     |     |         |      |     |          |          |     |

[illegible]

## HÉPTALO (Heptathlon)

| Nombre               | Edad | Fecha | Marca | Posición | Lugar    | Competencia | W. Record |
|----------------------|------|-------|-------|----------|----------|-------------|-----------|
|                      | 25   |       |       |          |          |             |           |
|                      | 30   |       |       |          |          |             |           |
|                      | 35   |       |       |          |          |             | 6860      |
| Clara I. Rosa Rivera | 40   | 2007  | 3,283 | 10       | Italia   | XVIIWMAC    | 5835      |
| Nilza Paris          | 45   | 2003  | 5,148 | 2        | Carolina | XVWMAC      | 6185      |
|                      | 50   |       |       |          |          |             | 6202      |
|                      | 55   |       |       |          |          |             | 6382      |
|                      | 60   |       |       |          |          |             | 6341      |
|                      | 65   |       |       |          |          |             | 6573      |
|                      | 70   |       |       |          |          |             | 5310      |
|                      | 75   |       |       |          |          |             | 4970      |

**Heptalo FEMENINO**      ( Heptathlon)

**Continúa abajo con las marcas logradas**

[illegible]

**\*\*\*\*\*RELEVOS 4X100 FEMENINO\*\*\*\*\***

**Relevo Mixto 25-29**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**Relevo Mixto 30-41**

| Nombre            | Edad | Fecha | Marca   | Posición | Lugar  | Competencia | W. Record |
|-------------------|------|-------|---------|----------|--------|-------------|-----------|
| Irasema Hernandez | 32   | 2004  | 52.34 e | 1        | Dorado | NCCWMA      |           |
| Maria López       | 30   |       |         |          |        |             |           |
| Juana M. Muñiz    | 41   |       |         |          |        |             |           |
| Maria V. Ramos    | 41   |       |         |          |        |             |           |

**Relevo Mixto 30-51**

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar      | Competencia | W. Record |
|---------------------|------|-------|---------|----------|------------|-------------|-----------|
| Maritza Salas Kelly | 33   | 2008  | 49.84 e | 1        | S. Escobar | R.D.V       |           |
| Elsa Peña Jiménez   | 41   |       |         |          |            |             |           |
| Flor Robledo Ledes  | 35   |       |         |          |            |             |           |
| Marie L. Mathieu    | 51   |       |         |          |            |             |           |

**35**

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar  | Competencia | W. Record |
|---------------------|------|-------|---------|----------|--------|-------------|-----------|
| Wanda Velazquez     | 35   | 2004  | 52:81 e | 1        | Dorado | NCCWMA      | 47.74     |
| Marisol Robles      | 35   |       |         |          |        |             |           |
| Clara I.Rosa Rivera | 38   |       |         |          |        |             |           |
| Elsa Peña Jiménez   | 37   |       |         |          |        |             |           |

**Relevo Mixto 35-45**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|--------|------|-------|-------|----------|-------|-------------|-----------|



|                      |    |      |         |   |        |        |       |
|----------------------|----|------|---------|---|--------|--------|-------|
| Maribel Alejandro    | 45 | 2005 | 52:89 e | 7 | España | XVIWMA | 47.74 |
| Ángela Mancilla Bal  | 40 |      |         |   |        |        |       |
| Elsa Peña Jimenez    | 35 |      |         |   |        |        |       |
| Clara I. Rosa Rivera | 35 |      |         |   |        |        |       |

#### 40-50 MIXTO

| Nombre           | Edad | Fecha | Marca   | Posición | Lugar    | Competencia | W. Record |
|------------------|------|-------|---------|----------|----------|-------------|-----------|
| Elsa Peña        | 42   | 2010  | 55:37 e | 1        | Mayagüez | NCCWMA      | 49.39     |
| Nilsa París      | 53   |       |         |          |          |             |           |
| Dharma París     | 47   |       |         |          |          |             |           |
| Marie L. Mathieu | 53   |       |         |          |          |             |           |

#### 45

| Nombre           | Edad | Fecha | Marca   | Posición | Lugar    | Competencia | W. Record |
|------------------|------|-------|---------|----------|----------|-------------|-----------|
| Maria Vega       | 47   | 2003  | 50:59 e | 1        | Carolina | XVWMAC      | 49.39     |
| Nilsa París      | 46   |       |         |          |          |             |           |
| Vilma París      | 47   |       |         |          |          |             |           |
| Marie L. Mathieu | 46   |       |         |          |          |             |           |

#### 50

| Nombre             | Edad | Fecha | Marca    | Posición | Lugar  | Competencia | W. Record |
|--------------------|------|-------|----------|----------|--------|-------------|-----------|
| Maria Vega Ramos   | 52   | 2007  | 51.61 el | 1        | Italia | XVIIWMAC    | 51.50     |
| Nilza París Millán | 51   |       |          |          |        |             |           |
| Vilma París Millán | 52   |       |          |          |        |             |           |
| Marie L. Mathieu   | 50   |       |          |          |        |             |           |

#### 50-55 Mixto

| Nombre             | Edad      | Fecha | Marca    | Posición | Lugar      | Competencia | W. Record |
|--------------------|-----------|-------|----------|----------|------------|-------------|-----------|
| María Vega Ramos   | <b>55</b> | 2011  | 52.96 el | 2        | Sacramento | XXIWMA      | 51.50     |
| Nilza París Millán | 54        |       |          |          |            |             |           |
| Vilma París Millán | <b>55</b> |       |          |          |            |             |           |
| Marie L. Mathieu   | 54        |       |          |          |            |             |           |

**55**

| Nombre                    | Edad      | Fecha       | Marca         | Posición | Lugar         | Competencia   | W. Record |
|---------------------------|-----------|-------------|---------------|----------|---------------|---------------|-----------|
| <b>María Vega Ramos</b>   | <b>58</b> | <b>2013</b> | <b>54:75e</b> | <b>1</b> | <b>Brasil</b> | <b>XXWMAC</b> | 54.75     |
| <b>Nilza París Millán</b> | <b>56</b> |             |               |          |               |               |           |
| <b>Vilma París Millán</b> | <b>58</b> |             |               |          |               |               |           |
| <b>Marie L. Mathieu</b>   | <b>56</b> |             |               |          |               |               |           |

**Relevo Mixto 60-77**

| Nombre             | Edad | Fecha | Marca    | Posición | Lugar  | Competencia | W. Record |
|--------------------|------|-------|----------|----------|--------|-------------|-----------|
| Juana Raspaldo     | 77   | 2004  | 1:23:81e | 1        | Dorado | NCCWMA      | 55.77     |
| Nieves Gracia      | 71   |       |          |          |        |             |           |
| Luisa Gaston       | 65   |       |          |          |        |             |           |
| Rosario M. Iglesia | 64*  |       |          |          |        |             |           |

**65-80**

| Nombre            | Edad | Fecha | Marca   | Posición | Lugar  | Competencia | W. Record |
|-------------------|------|-------|---------|----------|--------|-------------|-----------|
| Juana Raspaldo    | 80   | 2007  | 1:28.85 | 4        | Italia | XVIIWMAC    | 60.38     |
| Nieves Gracia     | 75   |       |         |          |        |             |           |
| Luisa Gastón      | 66   |       |         |          |        |             |           |
| María C. González | 79   |       |         |          |        |             |           |

**70-80**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        |      |       |       |          |       | XIXNCC      | 66.05     |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**75**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        |      |       |       |          |       |             | 74.44     |

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### 80

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 80   |       |       |          |       |             | 1:49.15   |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### \*\*\*\*\*RELEVOS 4x400 FEMENINO\*\*\*\*\*

### 25

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 30

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 30   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### Relevo Mixto 30-41

| Nombre            | Edad | Fecha | Marca    | Posición | Lugar  | Competencia | W. Record |
|-------------------|------|-------|----------|----------|--------|-------------|-----------|
| Irasema Hernandez | 32   | 2004  | 4:09:74e | 1        | Dorado | NCCWMA      |           |
| Maria E. López    | 30   |       |          |          |        |             |           |
| Sandra Arroyo     | 34   |       |          |          |        |             |           |
| Maria V. Ramos    | 41   |       |          |          |        |             |           |

### Relevo Mixto 35-44

| Nombre          | Edad | Fecha | Marca    | Posición | Lugar    | Competencia | W. Record |
|-----------------|------|-------|----------|----------|----------|-------------|-----------|
| Ángela Mancilla | 39   | 2003  | 4:05:92e | 2        | Carolina | XVWMAC      | 3.50.80   |
| Angelita Lind   | 44   |       |          |          |          |             |           |
| Clara Rosa      | 37   |       |          |          |          |             |           |
| Maria Ramos     | 40   |       |          |          |          |             |           |

#### Relevo Mixto **40-53**

| Nombre           | Edad | Fecha | Marca   | Posición | Lugar    | Competencia | W. Record |
|------------------|------|-------|---------|----------|----------|-------------|-----------|
| Nilsa N. Paris   | 53   | 2010  | 4:38.75 | 1        | Mayagüez | NCCWMA      | 3.56.27   |
| Elsa Peña        | 43   |       |         |          |          |             |           |
| Dharma París     | 47   |       |         |          |          |             |           |
| Marie L. Mathieu | 53   |       |         |          |          |             |           |

#### **45**

| Nombre           | Edad | Fecha | Marca   | Posición | Lugar  | Competencia | W. Record |
|------------------|------|-------|---------|----------|--------|-------------|-----------|
| Maria S. Vega    | 47   | 2004  | 4:17:21 | 1        | Dorado | NCCWMA      | 4.08.32   |
| Nilsa N. Paris   | 46   |       |         |          |        |             |           |
| Vilma A. Paris   | 47   |       |         |          |        |             |           |
| Marie L. Mathieu | 46   |       |         |          |        |             |           |

#### **50**

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar  | Competencia | W. Record |
|---------------------|------|-------|---------|----------|--------|-------------|-----------|
| Nilsa Paris Millán  | 50   | 2007  | 4:15.40 | <b>1</b> | Italia | XVIIWMAC    | 4.10.80   |
| Maria S. Vega Ramos | 51   |       |         |          |        |             |           |
| Vilma. Paris Millán | 52   |       |         |          |        |             |           |
| Marie L. Mathieu    | 50   |       |         |          |        |             |           |

#### **50-55 Mixto**

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar      | Competencia | W. Record |
|---------------------|------|-------|---------|----------|------------|-------------|-----------|
| María Vega Ramos    | 55   | 2011  | 4:28.15 | <b>3</b> | Sacramento | XXIWMA      | 4.10.80   |
| Nilsa Paris Millán  | 54   |       |         |          |            |             |           |
| Vilma. Paris Millán | 55   |       |         |          |            |             |           |

|                  |    |  |  |  |  |  |  |
|------------------|----|--|--|--|--|--|--|
| Marie L. Mathieu | 54 |  |  |  |  |  |  |
|------------------|----|--|--|--|--|--|--|

### 55

| Nombre                    | Edad      | Fecha       | Marca           | Posición | Lugar         | Competencia   | W. Record |
|---------------------------|-----------|-------------|-----------------|----------|---------------|---------------|-----------|
| <b>Nilza París Millán</b> | <b>56</b> | <b>2013</b> | <b>4:43.10e</b> | <b>1</b> | <b>Brasil</b> | <b>XXWMAC</b> | 4.28.31   |
| <b>Carmen Z. Díaz</b>     | <b>59</b> |             |                 |          |               |               |           |
| <b>Vilma París Millán</b> | <b>58</b> |             |                 |          |               |               |           |
| <b>Marie L. Mathieu</b>   | <b>56</b> |             |                 |          |               |               |           |

### 60

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 60   |       |       |          |       |             | 4.56.74   |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 65

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 65   |       |       |          |       |             | 5:24.69   |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 70

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 70   |       |       |          |       |             | 6:12.25   |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 75

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 75   |       |       |          |       |             | 6:58.70   |

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**\*\*\*\*\* EVENTOS IMPERIALES \*\*\*\***

**PRMA, INC.**

**60 METROS LISOS FEMENINO**

| Nombre          | Edad | Fecha | Marca | Posición | Lugar       | Competencia  | W. Record |
|-----------------|------|-------|-------|----------|-------------|--------------|-----------|
|                 | 25   |       |       |          |             |              |           |
|                 | 30   |       |       |          |             |              |           |
|                 | 35   |       |       |          |             |              |           |
| Juana M. Muñiz  | 40   | 2004  | 8.86  | 1        | Barceloneta |              |           |
| Nilsa Paris     | 45   | 2004  | 7.71  | 1        | Barceloneta |              |           |
| Monalisa Rivera | 50   | 2018  | 7.89  | 1        | Calcaño B   | 11/feb./2018 |           |
| Awilda Quiles   | 55   | 2006  | 9.91  | 1        | Aguadilla   | 1/abril/2006 |           |
|                 | 60   |       |       |          |             |              |           |
|                 | 65   |       |       |          |             |              |           |
| Nieves Gracia   | 70   | 2006  | 10.69 | 1        | S. Escobar  | 18/nov/2006  |           |
| Juana Raspaldo  | 75   | 2006  | 11.10 | 1        | S. Escobar  | 18/nov/2006  |           |
| Nieves Gracia   | 80   | 2013  | 11.66 | 1        | Dorado      | 9/feb.2013   |           |
|                 | 85   |       |       |          |             |              |           |
|                 | 90   |       |       |          |             |              |           |

### 150 METROS FEMENINO

| Nombre                  | Edad      | Fecha       | Marca        | Posición | Lugar              | Competencia         | W. Record |
|-------------------------|-----------|-------------|--------------|----------|--------------------|---------------------|-----------|
|                         | 25        |             |              |          |                    |                     |           |
|                         | 30        |             |              |          |                    |                     |           |
|                         | 35        |             |              |          |                    |                     |           |
| Vivian Saez             | 40        | 2006        | 28.23        | 1        | S. Escobar         | 18/nov/2006         |           |
| Nilsa Paris             | 45        | 2006        | 19.62        | 1        | Aguadilla          | 1/abril/2006        |           |
| Vilma Paris             | 50        | 2006        | 20.22        | 1        | Aguadilla          | 1/abril/2006        |           |
|                         | 55        |             |              |          |                    |                     |           |
| <b>Marie L. Mathieu</b> | <b>60</b> | <b>2019</b> | <b>20.19</b> | <b>1</b> | <b>Calcaño Bay</b> | <b>9/marzo/2019</b> |           |
|                         | 65        |             |              |          |                    |                     |           |
|                         | 70        |             |              |          |                    |                     |           |
| <b>Iglesia Rosario</b>  | <b>75</b> |             | <b>38.05</b> |          | <b>Calcaño Bay</b> | <b>9/mar/2018</b>   |           |
|                         | 80        |             |              |          |                    |                     |           |
|                         | 85        |             |              |          |                    |                     |           |

### 300 METROS FEMENINO

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar       | Competencia | W. Record |
|---------------------|------|-------|---------|----------|-------------|-------------|-----------|
|                     | 25   |       |         |          |             |             |           |
|                     | 30   |       |         |          |             |             |           |
|                     | 35   |       |         |          |             |             |           |
| Juana M. Muñiz      | 40   | 2004  | 54.26   | 1        | Barceloneta |             |           |
| Marie L. Mathieu    | 45   | 2004  | 41.49   | 1        | Barceloneta |             |           |
| Carmen Z. Díaz      | 50   | 2006  | 1:01.43 | 1        | S. Escobar  | 18/nov.     |           |
| Awilda Quiles Carde | 55   | 2006  | 56.27   | 1        | Aguadilla   | 1/abril     |           |
| Nilsa París         | 60   | 2018  | 50.20   | 1        | Calcaño Ba  | 11-feb.18   |           |
|                     | 65   |       |         |          |             |             |           |
|                     | 70   |       |         |          |             |             |           |
|                     | 75   |       |         |          |             |             |           |
|                     | 80   |       |         |          |             |             |           |

### 600 METROS FEMENINO

| Nombre              | Edad | Fecha | Marca   | Posición | Lugar       | Competencia   | W. Record |
|---------------------|------|-------|---------|----------|-------------|---------------|-----------|
|                     | 25   |       |         |          |             |               |           |
| Maritza Salas Kelly | 30   | 2006  | 1:36.92 | 1        | S. Escobar  | 18/nov/2006   |           |
|                     | 35   |       |         |          |             |               |           |
| Irasema Hernández   | 40   | 2017  | 1:52.60 | 1        | Calcaño A   | 11/feb/2017   |           |
| Ilka V. Carbó       | 45   | 2004  | 1:57.92 | 1        | Barceloneta |               |           |
| Ilka V. Carbó       | 50   | 2006  | 2:25.07 | 1        | Aguadilla   | 1/abril/2006  |           |
| Ilka V. Carbó       | 55   | 2012  | 2:30.86 | 1        | Dorado      | 11/abril/2012 |           |
| Ilka V. Carbó       | 60   | 2017  | 2:42.60 | 1        | Calcaño A   | 11/feb/2017   |           |
|                     | 65   |       |         |          |             |               |           |
|                     | 70   |       |         |          |             |               |           |
|                     | 75   |       |         |          |             |               |           |
|                     | 80   |       |         |          |             |               |           |
|                     | 85   |       |         |          |             |               |           |
|                     | 90   |       |         |          |             |               |           |

### 1,200 METROS LISOS

|                | Edad | Fecha | Marca   | Posición | Lugar       | Competencia | W. Record |
|----------------|------|-------|---------|----------|-------------|-------------|-----------|
|                | 25   |       |         |          |             |             |           |
| Ana Delia Cruz | 30   | 2004  | 5:03:04 | 1        | Barceloneta |             |           |
|                | 35   |       |         |          |             |             |           |
|                | 40   |       |         |          |             |             |           |
| Ilka V. Carbó  | 45   | 2004  | 4:45:08 | 1        | Barceloneta |             |           |
| Carmen Z. Díaz | 50   | 2006  | 4:44.00 | 1        | S. Escobar  | 18/nov/06   |           |
| Ilka V. Carbó  | 55   | 2009  | 5.25.66 | 1        | Guayanilla  | 7/nov/09    |           |
| Ilka V. Carbó  | 60   | 2017  | 5:05.08 | 1        | Bayamón     | 10-marz /17 |           |
|                | 65   |       |         |          |             |             |           |
|                | 70   |       |         |          |             |             |           |
|                | 75   |       |         |          |             |             |           |



|  |    |  |  |  |  |  |  |
|--|----|--|--|--|--|--|--|
|  | 80 |  |  |  |  |  |  |
|  | 85 |  |  |  |  |  |  |
|  | 90 |  |  |  |  |  |  |

**\*\*\*\*\* RELEVO 4X300 METROS \*\*\*\*\***

**25**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 25   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**30**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 30   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**35**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 35   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**40**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 40   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**45**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|--------|------|-------|-------|----------|-------|-------------|-----------|

|  |    |  |  |  |  |  |         |
|--|----|--|--|--|--|--|---------|
|  | 45 |  |  |  |  |  | 4.56.74 |
|  |    |  |  |  |  |  |         |
|  |    |  |  |  |  |  |         |
|  |    |  |  |  |  |  |         |

### 50

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 50   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 55

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 55   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 60

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 60   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 65

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 65   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

### 70

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|--------|------|-------|-------|----------|-------|-------------|-----------|

|  |    |  |  |  |  |  |  |
|--|----|--|--|--|--|--|--|
|  | 70 |  |  |  |  |  |  |
|  |    |  |  |  |  |  |  |
|  |    |  |  |  |  |  |  |
|  |    |  |  |  |  |  |  |

**75**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 75   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**80**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 80   |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |
|        |      |       |       |          |       |             |           |

**\*\*\*\*\*EVENTOS BAJO TECHO\*\*\*\*\***

**60 METROS LISOS FEMENINO**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 50   |       |       |          |       |             |           |
|        | 55   |       |       |          |       |             |           |

**150 METROS LISOS FEMENINO**

| Nombre | Edad | Fecha | Marca | Posición | Lugar | Competencia | W. Record |
|--------|------|-------|-------|----------|-------|-------------|-----------|
|        | 50   |       |       |          |       |             |           |
|        | 55   |       |       |          |       |             |           |

## 200 METROS LISOS FEMENINO

| Nombre             | Edad      | Fecha       | Marca        | Posición | Lugar | Competencia | W. Record |
|--------------------|-----------|-------------|--------------|----------|-------|-------------|-----------|
| <b>Nilsa París</b> | <b>55</b> | <b>2013</b> | <b>29.54</b> | <b>1</b> |       |             |           |

## \*\*\*\*\*MARCAS MUNDIALES MASTERS BAJO TECHO\*\*\*\*\*

### FEMENINO HASTA 2011

#### 60 Metros Lisos

| Edad      | W. Record    |
|-----------|--------------|
| 35        | 7.01         |
| 40        | 7.17         |
| 45        | 7.30         |
| 50        | 8.05         |
| <b>55</b> | <b>8.44</b>  |
| 60        | 8.68         |
| <b>65</b> | <b>8.80</b>  |
| 70        | 9.21         |
| <b>75</b> | <b>10.04</b> |
| 80        | 11.52        |
| 85        | 12.57        |
| 90        | 31.20        |

#### 200 Metros Lisos

| Edad      | W. Record    |
|-----------|--------------|
| 35        | 23.04        |
| 40        | 23.93        |
| 45        | 25.63        |
| 50        | 26.52        |
| 55        | 27.62        |
| 60        | 28.94        |
| <b>65</b> | <b>30.10</b> |
| 70        | 32.31        |
| 75        | 37.19        |
| 80        | 45.16        |
| 85        | 51.80        |
| 90        |              |

#### 400 Metros Lisos

| Edad      | W. Record      |
|-----------|----------------|
| 35        | 51.99          |
| 40        | 56.15          |
| 45        | 56.99          |
| 50        | 61.29          |
| <b>55</b> | <b>62.65</b>   |
| 60        | 68.34          |
| 65        | 71.89          |
| 70        | 79.18          |
| 75        | 84.89          |
| <b>80</b> | <b>1:54.97</b> |
| 85        | 2:30.53        |
| 90        |                |

#### 800 Metros Lisos

| Edad      | W. Record      |
|-----------|----------------|
| 35        | 1:58.37        |
| 40        | 2:01.59        |
| 45        | 2:16.30        |
| 50        | 2:24.49        |
| 55        | 2:31.73        |
| 60        | 2:40.28        |
| 65        | 2:47.75        |
| 70        | 3:05.75        |
| <b>75</b> | <b>3:16.21</b> |
| 80        | 4:59.60        |
| 85        | 5:59.98        |
| <b>90</b> | <b>8:49.15</b> |

#### 1,500 Metros Lisos Marcha

| Edad | W. Record |
|------|-----------|
| 35   | 4:03.08   |
| 40   | 4:05.19   |
| 45   | 4:28.13   |
| 50   | 4:47.14   |
| 55   | 4:58.70   |
| 60   | 5:22.50   |
| 65   | 5:52.10   |
| 70   | 6:26.65   |

#### 1,600 Metros Lisos

| Edad | W. Record |
|------|-----------|
| 35   | 4:48.52   |
| 40   | 4:47.26   |
| 45   | 4:54.82.  |
| 50   | 5:08.65   |
| 55   | 5:19.87   |
| 60   | 6:02.49   |
| 65   | 6:16.26   |
| 70   | 7:04.15   |

#### 3,000 Metros Lisos

| Edad | W. Record |
|------|-----------|
| 35   | 8:39.14   |
| 40   | 9:01.24   |
| 45   | 9:11.67   |
| 50   | 10:06.36  |
| 55   | 10:35.76  |
| 60   | 11:35.78  |
| 65   | 12:03.78  |
| 70   | 13:27.80  |

#### 3,000 Metros

| Edad      | W. Record       |
|-----------|-----------------|
| 35        | 12:28.76        |
| 40        | 12:33.10        |
| 45        | 13:08.40        |
| 50        | 15:04.35        |
| <b>55</b> | <b>14:51.24</b> |
| 60        | 15:59.53        |
| 65        | 17:38.40        |
| 70        | 18:26.50        |

|    |         |
|----|---------|
| 75 | 6:47.04 |
| 80 | 9:12.97 |
| 85 |         |
| 90 |         |

|    |          |
|----|----------|
| 75 | 8:26.79  |
| 80 | 10:54.48 |
| 85 | 13:00.96 |
| 90 |          |

|    |          |
|----|----------|
| 75 | 15:43.66 |
| 80 | 19:34.94 |
| 85 | 25:57.92 |
| 90 |          |

|    |          |
|----|----------|
| 75 | 20:50.01 |
| 80 | 21:34.40 |
| 85 | 23:30.80 |
| 90 |          |

#### 60 Metros Vallas

| Edad | W. Record |
|------|-----------|
| 35   | 8.02      |
| 40   | 8.55      |
| 45   | 8.79      |
| 50   | 9.26      |
| 55   | 9.84      |
| 60   | 10.04     |
| 65   | 10.58     |
| 70   | 11.37     |
| 75   | 13.70     |
| 80   |           |
| 85   |           |
| 90   |           |

#### Salto Alto

| Edad | W. Record   |
|------|-------------|
| 35   | 1.95        |
| 40   | 1.72        |
| 45   | <b>1.65</b> |
| 50   | <b>1.56</b> |
| 55   | 1.48        |
| 60   | 1.38        |
| 65   | 1.31        |
| 70   | 1.29        |
| 75   | 1.15        |
| 80   | 0.96        |
| 85   | 0.89        |
| 90   | <b>0.76</b> |

#### Pértiga

| Edad | W. Record |
|------|-----------|
| 35   | 4.61      |
| 40   | 3.65      |
| 45   | 3.40      |
| 50   | 3.30      |
| 55   | 2.92      |
| 60   | 3.01      |
| 65   | 2.90      |
| 70   | 2.11      |
| 75   | 1.88      |
| 80   | 1.40      |
| 85   |           |
| 90   |           |

#### Salto largo

| Edad | W. Record   |
|------|-------------|
| 35   | 6.86        |
| 40   | 6.64        |
| 45   | 5.75        |
| 50   | 5.36        |
| 55   | 4.79        |
| 60   | 4.58        |
| 65   | <b>4.36</b> |
| 70   | 3.88        |
| 75   | <b>3.67</b> |
| 80   | 2.74        |
| 85   | 1.91        |
| 90   |             |

| Edad | W. Record |
|------|-----------|
| 35   | 14.44     |
| 40   | 12.77     |
| 45   | 11.08     |
| 50   | 10.69     |
| 55   | 9.42      |
| 60   | 9.45      |
| 65   | 9.04      |
| 70   | 7.99      |

| Edad | W. Record    |
|------|--------------|
| 35   | 21.47        |
| 40   | 19.16        |
| 45   | 16.49        |
| 50   | <b>14.53</b> |
| 55   | 13.03        |
| 60   | 12.54        |
| 65   | 12.00        |
| 70   | 10.82        |

| Edad | W. Record |
|------|-----------|
| 35   | 17.79     |
| 40   | 17.12     |
| 45   | 16.28     |
| 50   | 15.42     |
| 55   | 14.99     |
| 60   | 17.57     |
| 65   | 14.72     |
| 70   | 12.30     |

| Edad | W. Record |
|------|-----------|
| 35   |           |
| 40   |           |
| 45   |           |
| 50   |           |
| 55   |           |
| 60   |           |
| 65   |           |
| 70   |           |

|     |      |
|-----|------|
| 75  | 7.07 |
| 80  | 5.57 |
| 85  | 4.06 |
| 90  |      |
| 95  |      |
| 100 |      |

Triple salto

|           |             |
|-----------|-------------|
| 75        | 8.65        |
| 80        | 6.80        |
| <b>85</b> | <b>7.32</b> |
| 90        | 4.73        |
| 95        |             |
| 100       |             |

Bala

|           |              |
|-----------|--------------|
| <b>75</b> | <b>10.93</b> |
| <b>80</b> | <b>9.44</b>  |
| <b>85</b> | <b>8.72</b>  |
| <b>90</b> | <b>7.24</b>  |
| 95        |              |
| 100       | 5.10         |

Martillote

|           |              |
|-----------|--------------|
| 75        |              |
| 80        |              |
| <b>85</b> | <b>20.36</b> |
| 90        |              |
| 95        |              |
| 100       |              |

Martillo

4x200 Metros Relevé

| Edad      | W. Record      |
|-----------|----------------|
| 35        | 1:44.23        |
| 40        | 1:44.34        |
| 45        | 1:46.38        |
| 50        | 1:52.95        |
| 55        | 1:57.30        |
| <b>60</b> | <b>2:11.52</b> |
| 65        | 2:13.38        |
| 70        | 2:51.15        |
| 75        |                |
| 80        |                |

4x400 Metros Relevé

| Edad  | W. Record |
|-------|-----------|
| 35-39 | 4:06.97   |
| 40-49 | 4:09.13   |
|       |           |
| 50-59 | 4:43.27   |
|       |           |
| 60-69 | 5:16.99   |
|       |           |
| 70-79 | 7:21.74   |
|       |           |
| 80    |           |

4x800 Metros Relevé

| Edad  | W. Record |
|-------|-----------|
| 35-39 | 10:01.90  |
| 40-49 | 9:55.86   |
|       |           |
| 50-59 | 10:49.68  |
|       |           |
| 60-69 | 13:42.73  |
|       |           |
| 70-79 |           |
|       |           |
|       |           |

| Edad | W. Record |
|------|-----------|
| 35   |           |
| 40   |           |
| 45   |           |
| 50   |           |
| 55   |           |
| 60   |           |
| 65   |           |
| 70   |           |
| 75   |           |
| 80   |           |

Nota: En los relevos 4x400y 4x800 se combinaron dos categorías, (40-49) (50-69) (70-79) etc.

**A continuación les desgloso en las tablas siguientes el tiempo realizado por cada atleta en su tramo en los relevos 4x200-4x400-4x800 metros. Basado en las marcas anteriormente ilustradas.**

Relevo 4x200 y  
Tiempo por Tramos

| Edad | Tiempo   |
|------|----------|
| 35   | 26.0575s |
| 40   | 26.0850s |
| 45   | 26.5950s |
| 50   | 28.2375s |
| 55   | 29.3250s |

Relevo 4x400 y  
Tiempo por Tramos

| Edad  | Tiempo    |
|-------|-----------|
| 35    | 1:01.7425 |
| 40-49 | 1:02.2825 |
|       |           |
| 50-59 | 1:10.8175 |
|       |           |

Relevo 4x800 y  
Tiempo por Tramos

| Edad  | Tiempo    |
|-------|-----------|
| 35    | 2:30.4750 |
| 40-49 | 2:28.2150 |
|       |           |
| 50-59 | 2:42.4200 |
|       |           |

|    |          |
|----|----------|
| 60 | 33.7875s |
| 65 | 33.3450s |
| 70 | 42.7875s |
|    |          |

|       |           |
|-------|-----------|
| 60-69 | 1:19.2475 |
|       |           |
| 70-79 | 1:50.4350 |
|       |           |

|       |           |
|-------|-----------|
| 60-69 | 3:25.6825 |
|       |           |
|       |           |
|       |           |

Preparado y recopilado por Luis A. Santos Ortiz 2005-10