

**FEDERACIÓN ATLÉTICA DE BOLIVIA**  
**MARCAS MÍNIMAS CAMPEONATOS NACIONALES - GESTIÓN 2005**

<b>D A M A S</b>					<b>V A R O N E S</b>			
<b>MENOR</b>	<b>JUVENIL</b>	<b>JUNIOR</b>	<b>MAYOR</b>	<b>PRUEBAS</b>	<b>MAYOR</b>	<b>JUNIOR</b>	<b>JUVENIL</b>	<b>MENOR</b>
13.47	13.37	13.31	13.26	<b>100 mp</b>	11.52	11.62	11.72	11.92
28.64	27.70	27.22	26.75	<b>200 mp</b>	23.54	23.75	23.97	24.39
1:07.00	1:05.36	1:04.53	1:03.71	<b>400 mp</b>	52.63	53.95	55.27	57.90
2:40.00	2:37.50	2:36.25	2:35.00	<b>800 mp</b>	2:05.00	2:07.50	2:10.00	2:15.00
2:45.00*	2:42.50*	2:41.25*	2:40.00*		2:10.00*	2:12.50*	2:15.00*	2:20.00*
5:35.00	5:27.50	5:23.75	5:20.00	<b>1500 mp</b>	4:20.00	4:26.25	4:32.50	4:45.00
5:45.00*	5:37.50*	5:33.75*	5:30.00*		4:30.00*	4:36.25*	4:42.50*	4:55.00*
12:45.00	12:30.00			<b>3000 mp</b>				10:40.00
13:05.00*	12:55.00*							11:00.00*
	23:00.00	21:45.00	20:30.00	<b>5000 mp</b>	16:20.00	17:20.00	18:30.00	
	23:50.00*	22:35.00*	21:00.00*		16:50.00*	17:50.00*	19:00.00*	
		41:30.00	40:00.00	<b>10000 mp</b>	34:00.00	36:00.00	38:00.00	
		43:30.00*	42:00.00*		36:00.00*	38:00.00*	40:00.00*	
19.44	20.00	19.43	18.85	<b>100/110 mv</b>	19.34	19.44	19.54	19.01
1:21.00	1:19.35	1:18.53	1:17.71	<b>400 mv</b>	1:02.71	1:03.71	1:04.71	1:07.17
10:00.00	15:40.00	14:25.00	13:10.00	<b>2/3000 m</b> <b>Obstáculos</b>	10:50:00	11:00.00	11:15.00	7:45.00
10:25.00*	16:20.00*	14:50.00*	13:35.00*		11:15.00*	11:25.00*	11:40.00*	8:05.00*
31:30.00	1h 15:00.00	1h 05:00.00	1h 00:00.00	<b>5/10000 m</b> <b>Marcha</b>	48:00.00	50:00.00	56:00.00	58:00.00
32:30.00*	1h 20:00.00*	1h 07:30.00*	1:02:30.00*		50:00.00*	52:00.00*	59:00.00*	1h 00:30.00*
4.50	4.60	4.65	4.70	<b>Largo</b>	6.15	6.05	5.95	5.75
1.30	1.35	1.40	1.40	<b>Alto</b>	1.65	1.60	1.55	1.50
9.00	9.10	9.05	9.20	<b>Triple</b>	12.90	12.70	12.50	12.10
1.50	1.75	1.90	2.00	<b>Garrocha</b>	2.55	2.50	2.40	2.25

8.00	8.50	8.75	9.00	<b>Bala</b>	9.70	9.00	10.50	11.00
24.40	25.60	26.20	26.80	<b>Disco</b>	29.00	27.50	29.10	31.50
22.40	23.95	24.75	25.50	<b>Jabalina</b>	40.00	38.65	37.25	38.00
21.00	23.00	24.00	25.00	<b>Martillo</b>	31.50	30.00	25.00	30.00
1500	1600	1800	2000	<b>Combinadas</b>	3500	3000	2500	2400
56.31	55.16	54.58	54.00	<b>Rel. corto</b>	48.02	48.94	49.86	51.71
2:44.01				<b>Rel. combinado</b>				2:34.83
	4:42.74	4:34.00	4:25.24	<b>Rel. largo</b>	3:46.83	3:50.00	3:55.00	

*\* para pistas ubicadas en La Paz, Oruro y Potosí.*

*Las marcas obtenidas mediante cronometraje manual, deben ser ajustadas incrementándolas en 24 centésimas de segundo.*