



Madrid - 21.03.1936 - 1,59 m/56 kg  
 Entrenador: Antonio Serrano  
 Club 2021: Track Cross Road Team


**Historial Español Master 93 medallas**
**Cto. de España Aire Libre**

1	1989 - Calahorra	10.000 M50 (2º)
1	1991 - Vigo	1500 M55 (1º)
2	1992 - Jerez de la Frontera	1500 5000 M55 (2º)
1	1993 - Burgos	5000 M55 (3º)
2	1996 - San Sebastián	1500 M60 (1º) 5000 (3º)
1	1997 - Valladolid	1500 M60 (1º)
2	1998 - San Juan de Aznalfarache	1500 M60 (1º) 800 (2º)
1	1999 - Barcelona	1500 M60 (2º)
2	2002 - Ourense	1500 M65 (1º) 800 (2º)
2	2001 - Salamanca	800 1500 M65 (1º)
2	2003 - Tarragona	1500 M65 (1º) 800 (2º)
2	2004 - Sevilla	800 1500 M65 (1º)
2	2005 - Torremolinos	1500 M65 (1º) 800 (2º)
2	2007 - Águilas	800 1500 M70 (1º)
2	2008 - Gandía	1500 M70 (1º) 800 (2º)
2	2009 - Vitoria	800 1500 M70 (1º)
2	2010 - Arona	800 1500 M70 (1º)
2	2011 - Águilas	800 1500 M75 (1º)
1	2012 - Águilas	1500 M75 (1º)
1	2013 - Vitoria	1500 M75 (1º)
2	2014 - Huelva	800 1500 M75 (1º)
2	2015 - Alcobendas	800 1500 M75 (1º)
2	2016 - Elche	800 1500 M80 (1º)
2	2017 - Elche	800 1500 M80 (1º)
2	2018 - Vitoria	800 1500 M80 (1º)
2	2019 - Sagunto	800 1500 M80 (1º)

**Cto. de España Pista Cubierta**

1	2021 - Sabadell	Milla M85 (1º)
1	1997 - Zaragoza	3000 M60 (1º)
1	1999 - Zaragoza	1500 M60 (1º)
1	2000 - Zaragoza	1500 M60 (1º)
1	2001 - Valencia	1500 M60 (2º)
1	2002 - San Sebastián	1500 M65 (1º)
2	2003 - Oviedo	1500 M65 (2º) 3000 (2º)
1	2004 - Zaragoza	1500 M65 (1º)
1	2005 - Oviedo	1500 M65 (1º)
1	2006 - Oviedo	1500 M65 (2º)
2	2007 - Oviedo	800 1500 M70 (1º)
2	2008 - Oviedo	1500 3000 M70 (1º)
2	2009 - Zaragoza	1500 M70 (1º) 3000 (2º)
2	2010 - Zaragoza	800 1500 M70 (1º)
1	2011 - Antequera	1500 M70 (1º)
2	2012 - Zaragoza	800 1500 M75 (1º)
2	2014 - Zaragoza	800 1500 M75 (1º)
2	2015 - San Sebastián	800 1500 M75 (1º)
2	2016 - Antequera	800 1500 M75 (1º)
2	2017 - Madrid	800 1500 M80 (1º)
2	2018 - Salamanca	800 1500 M80 (1º)
2	2019 - Ourense	800 1500 M80 (1º)
2	2020 - Antequera	800 1500 M80 (1º)

**Cto. de España de Milla en Ruta**
**Cto. de España de Medio Maratón**

1	2011 - Aranda de Duero	Milla M75 (1º)
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1	1992 - Valladolid	M55 (2º)
1	1993 - Vigo	M55 (1º)
1	1997 - Granada	M60 (3º)
1	1997 - Parla	M60 (2º)
1	1998 - San Sebastián	M60 (2º)
1	2002 - Talavera	M65 (2º)
1	2010 - A Coruña	M70 (3º)
1	2011 - Haro	M70 (3º)
1	2015 - Alcobendas	M75 (2º)

**Cto. de España de Campo a Través**

1 2017 - Elda M80 (1º)  
1 2019 - Collado Villalba M80 (1º)

### Historial Internacional Master 34 medallas

Cto. Mundo Aire Libre  
1 2007 - Riccione 1500 M70 (3º)  
2 2011 - Sacramento 800 1500 M75 (2º)  
3 2018 - Málaga 800 1500 4x400 M80 (1º)

Cto. Mundo Pista Cubierta  
1 2008 - Clermont Ferrand 1500 M70 (2º)  
2 2012 - Jyvaskyla 1500 M75 (1º) 3000 (2º)  
3 2014 - Budapest 1500 M75 (1º) 800 (3º) 3000 (3º)  
2 2019 - Torun 800 1500 M80 (1º)

Cto. Europa Aire Libre  
1 1992 - Kristiansand 5000 M55 (3º)  
1 2002 - Potsdam 5000 M65 (2º)  
1 2004 - Arhus 1500 M65 (3º)  
1 2008 - Ljubljana 1500 M70 (2º)  
2 2012 - Zittau 800 1500 M75 (2º)  
2 2017 - Aarhus 800 1500 M80 (1º)  
2 2019 - Jesolo 800 1500 M80 (1º)

Cto. Europa Pista Cubierta  
1 2009 - Ancona 3000 M70 (2º)  
3 2013 - San Sebastián 800 M75 (1º) 1500 (2º) 3000 (3º)  
3 2016 - Ancona 800 1500 3000 M80 (1º)  
3 2018 - Madrid 800 1500 M80 (1º) 3000 (2º)

### Récords de España Máster 36 récords

800 m Aire Libre  
1 M75 2:46.82 (2011)  
3 M80 3:01.28 (2016) / 2:57.24 (2016) / 2:55.48 (2017)

1500 m Aire Libre  
1 M60 4:55.94 (1996)  
1 M65 5:03.31 (2001)  
3 M75 5:45.52 / 5:40.58 / 5:35.52 (2011)  
3 M80 5:50.33 / 5:49.16 / 5:47.35 (2016)

Milla Aire Libre  
1 M80 6:22.69 (2017)  
1 M85 6:40.25 (2021)

3000 m Aire Libre  
2 M80 13:08.57i / 12:57.71i (2017)

4x100 m Aire Libre  
1 M75 1:11.57 (2011)

4x400 m Aire Libre  
1 M65 4:40.33 (2005)  
1 M80 5:53.26 (2018)

400 m Pista Cubierta  
1 M80 1:22.05 (2020)

800 m Pista Cubierta  
1 M75 2:51.00 (2013)  
3 M80 3:00.63 (2016) / 2:57.63 (2017) / 2:56.61 (2017)  
1 M85 3:08.06 (2021)

1500 m Pista Cubierta  
1 M65 5:08.06 (2003)  
2 M75 5:51.90 / 5:46.62 (2012)  
3 M80 6:00.01 (2016) / 5:57.10 (2017) / 5:53.71 (2017)  
1 M85 6:28.30 (2021)

3000 m Pista Cubierta  
1 M60 10:35 (1997)  
2 M80 13:08.57 / 12:57.71 (2017)  
1 M85 14:45.48 (2021)

### Récords del Mundo Master 6 récords

1500 m Aire Libre  
1 M80 5:47.35 (2016)  
1 M85 6:18.66 (2021)

Milla Aire Libre  
1 M80 6:22.69 (2017)  
1 M85 6:40.25 (2021)

800 m Pista Cubierta  
1 M85 3:08.06 (2021)

1500 m Pista Cubierta  
1 M85 6:28.30 (2021)

### Récords de Europa Master 17 récords

800 m Aire Libre  
3 M80 3:01.28 (2016) / 2:57.24 (2016) / 2:55.48 (2017)

1500 m Aire Libre  
3 M80 5:50.33 / 5:49.16 / 5:47.35 (2016)  
1 M85 6:28.97 (2021)

800 m Pista Cubierta  
3 M80 3:00.63 (2016) / 2:57.63 (2017) / 2:56.61 (2017)  
1 M85 3:08.06 (2021)

1500 m Pista Cubierta  
3 M80 6:00.01 (2016) / 5:57.10 (2017) / 5:53.71 (2017)  
1 M85 6:28.30 (2021)

3000 m Pista Cubierta  
1 M80 12:57.71 (2017)  
1 M85 14:45.48 (2021)

### Récords campeonatos de España Master 9 récords

800 m Aire Libre  
1 M80 2:57.24 (2016)

1500 m Aire Libre  
1 M70 5:25.75 (2007)  
1 M75 5:42.37 (2011)  
1 M80 5:49.16 (2016)

800 m Pista Cubierta	1 M75	2:54.96 (2014)
	1 M80	2:56.61 (2017)
1500 m Pista Cubierta	1 M70	5:27.52 (2008)
	1 M75	5:51.90 (2012)
	1 M80	5:53.71 (2017)

### Progresión

Año (Edad) Club	800 m	1500 m	3000 m	5000 m
1991 (55) MAPOMA	---	4:42.5	---	16:54.56
1992 (56) MAPOMA	---	4:43.x	---	17:06.51
1993 (57) MAPOMA	---	---	---	---
1994 (58) MAPOMA	---	---	---	---
1995 (59) MAPOMA	---	---	---	---
1996 (60) MAPOMA	---	4:55.94	---	---
1997 (61) MAPOMA	---	---	10:35.30i	---
1998 (62) MAPOMA	---	---	---	---
1999 (63) Rodper	---	5:08.54	---	---
2000 (64) Rodper	---	5:10.28	---	---
2001 (65) Rodper	2:37.72	5:03.41	---	---
2002 (66) A. D. Marathon	2:40.02	5:06.05	---	18:37.77
2003 (67) A. D. Marathon	2:38.56	5:08.06i	10:58.10i	---
2004 (68) A. D. Marathon	2:39.11	5:11.39	11:27.x	19:30.04
2005 (69) A. D. Marathon	2:42.23	5:18.95i	11:49.1-	19:46.45
2006 (70) A. D. Marathon	2:48.02	5:22.9-i	---	20:59.89
2007 (71) A. D. Marathon	2:48.29i	5:25.59	12:03.41	---
2008 (72) Lynze Parla	2:42.97	5:25.58	11:42.50i	21:52.74
2009 (73) Lynze Parla	2:44.43	5:24.92	11:44.49i	---
2010 (74) Lynze Parla	2:45.81	5:38.25	12:14.89	---
2011 (75) Lynze Parla	2:46.82	5:35.52	---	---
2012 (76) Lynze Parla	2:48.81	5:40.18	12:24.29	---
2013 (77) Lynze Parla	2:51.00i	5:49.19	12:32.87	---
2014 (78) Lynze Parla	2:51.66	5:45.00	12:58.29i	---
2015 (79) Lynze Parla	2:52.3-	5:51.93	12:50.3-	---
2016 (80) Track Cross Road Team	2:57.24	5:47.35	13:01.6	---
2017 (81) Track Cross Road Team	2:55.48	5:53.71i	12:57.71i	---
2018 (82) Track Cross Road Team	2:59.88	6:10.93	13:17.63	---
2019 (83) Track Cross Road Team	3:02.60i	6:02.81	14:03.80i	---
2020 (84) Track Cross Road Team	3:04.95i	6:18.12i	14:09.17i	---
2021 (85) Track Cross Road Team	3:08.06i	6:16.50i	14:45.48i	---

### Otras marcas:

400 m 1:22.05 (2020, 83 años), Milla 6:22.69 (2017, 81), 10.000 m 36:05.12 (1991, 55)  
 Medio Maratón 1h21 (1993, 57), Maratón 2h48:40 (1993, 57)

### Otros:

Mejor Atleta Master Española (2016 y 2017)

Mejor Atleta Master Europeo (2016)

23 maratones

Socio Patrocinador RFEA:



Patrocinador Principal RFEA:



Patrocinadores Oficiales RFEA:



Proveedores Oficiales RFEA:



Instituciones RFEA:

