

Points	100m	100mH	200m	400m	400mH	800m	1500m	3000m SC	5000m	10000m	20km W	S.Alto	S.Garrocha	S.Largo	S.Triple	L.Bala	L.Disco	L.Martillo	L.Jabalina	Hepta	Points
1.040	-	13.23	23.02	52.34	56.48	2:04.09	4:15.84	9:51.75	15:40.13	33:06.02	1:31:55	1.86	4.33	6.58	13.86	17.59	60.55	69.28	61.33	5.922	1.040
1.039	11.24	13.24	23.04	52.37	56.49	2:04.15	4:15.97	9:52.16	15:40.66	33:07.18	1:31:59	-	-	-	13.85	17.58	60.50	69.22	61.28	5.917	1.039
1.038	-	13.25	23.05	52.40	56.51	2:04.21	4:16.10	9:52.87	15:41.19	33:08.34	1:32:03	-	-	-	13.84	17.56	60.45	69.16	61.22	5.912	1.038
1.037	11.25	-	23.06	52.43	56.52	2:04.27	4:16.23	9:53.32	15:41.73	33:09.50	1:32:08	-	4.32	6.57	13.83	17.54	60.39	69.10	61.17	5.907	1.037
1.036	-	13.26	23.07	52.46	56.53	2:04.33	4:16.36	9:53.77	15:42.26	33:10.67	1:32:12	-	-	-	13.82	17.53	60.34	69.04	61.11	5.901	1.036
1.035	11.26	13.27	23.08	52.48	56.54	2:04.38	4:16.49	9:54.22	15:42.80	33:11.83	1:32:17	-	-	6.56	13.81	17.51	60.28	68.97	61.06	5.896	1.035
1.034	-	13.28	23.09	52.50	56.55	2:04.44	4:16.63	9:54.67	15:43.33	33:13.00	1:32:21	-	4.31	-	13.80	17.49	60.23	68.91	61.00	5.891	1.034
1.033	11.27	13.29	23.11	52.54	56.56	2:04.50	4:16.76	9:55.12	15:43.87	33:14.16	1:32:26	-	-	6.55	13.79	17.48	60.17	68.85	60.95	5.886	1.033
1.032	-	13.30	23.12	52.57	56.58	2:04.56	4:16.89	9:55.58	15:44.40	33:15.33	1:32:30	-	-	-	13.78	17.46	60.12	68.79	60.89	5.881	1.032
1.031	11.28	13.30	23.13	52.60	56.59	2:04.62	4:17.02	9:56.03	15:44.94	33:16.49	1:32:35	-	4.30	6.54	13.77	17.44	60.07	68.73	60.84	5.876	1.031
1.030	-	13.31	23.14	52.63	56.60	2:04.68	4:17.15	9:56.48	15:45.47	33:17.66	1:32:39	1.85	-	-	13.76	17.43	60.01	68.66	60.78	5.870	1.030
1.029	11.29	13.32	23.15	52.66	56.61	2:04.74	4:17.28	9:56.92	15:46.01	33:18.83	1:32:44	-	-	6.53	13.76	17.41	59.96	68.60	60.73	5.865	1.029
1.028	11.30	13.33	23.16	52.69	56.62	2:04.79	4:17.42	9:57.33	15:46.55	33:19.99	1:32:48	-	4.29	-	13.75	17.39	59.90	68.54	60.67	5.860	1.028
1.027	-	13.32	23.17	52.72	56.64	2:04.85	4:17.55	9:57.75	15:47.08	33:21.16	1:32:53	-	-	-	13.74	17.38	59.85	68.46	60.62	5.855	1.027
1.026	11.31	13.34	23.19	52.75	56.65	2:04.91	4:17.68	9:58.16	15:47.62	33:22.33	1:32:57	-	-	6.52	13.73	17.36	59.79	68.42	60.56	5.850	1.026
1.025	-	13.35	23.20	52.78	56.66	2:04.97	4:17.81	9:58.57	15:48.16	33:23.50	1:33:02	-	4.28	-	13.72	17.34	59.74	68.35	60.51	5.844	1.025
1.024	11.32	13.36	23.21	52.81	56.67	2:05.03	4:17.94	9:58.99	15:48.69	33:24.67	1:33:06	-	-	6.51	13.71	17.33	59.69	68.29	60.45	5.839	1.024
1.023	-	13.37	23.22	52.84	56.68	2:05.09	4:18.08	9:59.40	15:49.23	33:25.84	1:33:11	-	-	-	13.70	17.31	59.63	68.23	60.40	5.834	1.023
1.022	11.33	-	23.23	52.87	56.69	2:05.15	4:18.21	9:59.82	15:49.77	33:27.01	1:33:15	-	4.27	6.50	13.69	17.30	59.58	68.17	60.34	5.829	1.022
1.021	-	13.38	23.25	52.90	56.71	2:05.20	4:18.34	10:00.23	15:50.31	33:28.19	1:33:20	-	-	-	13.68	17.28	59.52	68.11	60.29	5.824	1.021
1.020	11.34	13.39	23.26	52.93	56.72	2:05.26	4:18.47	10:00.65	15:50.85	33:29.36	1:33:24	1.84	-	6.49	13.67	17.26	59.47	68.05	60.23	5.819	1.020
1.019	-	13.40	23.27	52.96	56.73	2:05.32	4:18.61	10:01.07	15:51.38	33:30.53	1:33:28	-	4.26	-	13.66	17.25	59.41	67.98	60.18	5.813	1.019
1.018	11.35	13.41	23.28	52.99	56.74	2:05.38	4:18.74	10:01.48	15:51.92	33:31.70	1:33:33	-	-	6.48	13.65	17.23	59.36	67.92	60.12	5.808	1.018
1.017	-	13.42	23.29	53.02	56.75	2:05.44	4:18.87	10:01.90	15:52.46	33:32.88	1:33:37	-	-	-	13.64	17.21	59.31	67.86	60.07	5.803	1.017
1.016	11.36	-	23.30	53.05	56.77	2:05.50	4:19.01	10:02.31	15:53.00	33:34.05	1:33:42	-	-	6.47	13.63	17.20	59.25	67.80	60.01	5.798	1.016
1.015	11.37	13.43	23.32	53.07	56.78	2:05.56	4:19.14	10:02.73	15:53.54	33:35.23	1:33:46	-	4.25	-	13.62	17.18	59.20	67.74	59.96	5.793	1.015
1.014	-	13.44	23.33	53.10	56.81	2:05.62	4:19.27	10:03.15	15:54.08	33:36.40	1:33:51	-	-	-	13.61	17.16	59.14	67.67	59.90	5.787	1.014
1.013	11.38	13.45	23.34	53.13	56.85	2:05.67	4:19.40	10:03.56	15:54.62	33:37.58	1:33:56	-	-	6.46	13.60	17.15	59.09	67.61	59.85	5.782	1.013
1.012	-	13.46	23.35	53.16	56.88	2:05.73	4:19.54	10:03.98	15:55.16	33:38.76	1:34:00	-	4.24	-	13.59	17.13	59.03	67.55	59.79	5.777	1.012
1.011	11.39	-	23.36	53.19	56.91	2:05.79	4:19.67	10:04.40	15:55.70	33:39.93	1:34:05	-	-	6.45	13.58	17.11	58.98	67.49	59.74	5.772	1.011
1.010	-	13.47	23.38	53.22	56.94	2:05.85	4:19.80	10:04.82	15:56.24	33:41.11	1:34:09	1.83	-	-	13.57	17.10	58.93	67.43	59.68	5.767	1.010
1.009	11.40	13.48	23.39	53.25	56.98	2:05.91	4:19.94	10:05.23	15:56.78	33:42.29	1:34:14	-	4.23	6.44	13.56	17.08	58.87	67.36	59.63	5.761	1.009
1.008	-	13.49	23.40	53.28	57.01	2:05.97	4:20.07	10:05.65	15:57.33	33:43.47	1:34:18	-	-	-	13.55	17.06	58.82	67.30	59.57	5.756	1.008
1.007	11.41	13.50	23.41	53.31	57.04	2:06.03	4:20.20	10:06.07	15:57.87	33:44.65	1:34:23	-	-	6.43	13.54	17.05	58.76	67.24	59.52	5.751	1.007
1.006	-	13.51	23.42	53.34	57.08	2:06.09	4:20.34	10:06.49	15:58.41	33:45.83	1:34:27	-	4.22	-	-	17.03	58.71	67.18	59.46	5.746	1.006
1.005	11.42	-	23.43	53.37	57.11	2:06.15	4:20.47	10:06.91	15:58.95	33:47.01	1:34:32	-	-	6.42	13.53	17.01	58.65	67.12	59.41	5.741	1.005
1.004	-	13.52	23.45	53.40	57.14	2:06.21	4:20.60	10:07.32	15:59.49	33:48.19	1:34:36	-	-	-	13.52	17.00	58.60	67.05	59.35	5.736	1.004
1.003	11.43	13.53	23.46	53.43	57.17	2:06.27	4:20.74	10:07.74	16:00.04	33:49.37	1:34:41	-	4.21	6.41	13.51	16.98	58.55	66.99	59.30	5.730	1.003
1.002	11.44	13.54	23.47	53.46	57.21	2:06.32	4:20.87	10:08.16	16:00.58	33:50.56	1:34:45	-	-	-	13.50	16.97	58.49	66.93	59.24	5.725	1.002
1.001	-	13.55	23.48	53.48	57.24	2:06.38	4:21.00	10:08.58	16:01.12	33:51.74	1:34:50	-	-	-	13.49	16.95	58.44	66.87	59.19	5.720	1.001
1.000	11.45	13.56	23.49	53.50	57.28	2:06.42	4:21.14	10:08.99	16:01.70	33:52.92	1:34:53	1.82	4.20	6.40	13.48	16.93	58.38	66.81	59.13	5.715	1.000
999	-	13.57	23.51	53.53	57.31	2:06.48	4:21.27	10:09.40	16:02.28	33:54.11	1:34:59	-	-	-	13.47	16.92	58.33	66.74	59.08	5.710	999
998	11.46	13.57	23.52	53.57	57.34	2:06.56	4:21.41	10:09.82	16:02.75	33:55.29	1:35:03	-	-	6.39	13.46	16.90	58.27	66.68	59.02	5.704	998
997	-	13.58	23.53	53.60	57.37	2:06.62	4:21.54	10:09.84	16:03.30	33:56.48	1:35:08	-	4.19	-	13.45	16.88	58.22	66.62	58.97	5.699	997
996	11.47	13.59	23.54	53.63	57.41	2:06.68	4:21.67	10:10.26	16:03.84	33:57.66	1:35:12	-	-	6.38	13.44	16.87	58.17	66.56	58.91	5.694	996
995	-	13.60	23.55	53.66	57.44	2:06.74	4:21.81	10:10.68	16:04.39	33:58.85	1:35:17	-	-	-	13.43	16.85	58.11	66.50	58.86	5.689	995
994	11.48	-	23.56	53.69	57.47	2:06.80	4:21.94	10:11.10	16:04.93	34:00.04	1:35:22	-	4.18	6.37	13.42	16.83	58.06	66.43	58.80	5.684	994
993	-	13.61	23.58	53.72	57.50	2:06.86	4:22.08	10:11.52	16:05.48	34:01.22	1:35:26	-	-	-	13.41	16.82	58.00	66.37	58.75	5.678	993
992	11.49	13.62	23.59	53.75	57.54	2:06.92	4:22.21	10:11.94	16:06.02	34:02.41	1:35:31	-	-	6.36	13.40	16.80	57.95	66.31	58.69	5.673	992
991	11.50	13.63	23.60	53.78	57.57	2:06.98	4:22.30	10:12.36	16:06.57	34:03.60	1:35:35	-	4.17	-	13.39	16.78	57.89	66.25	58.64	5.668	991
990	-	13.64	23.61	53.81	57.60	2:07.04	4:22.34	10:12.78	16:07.12	34:04.79	1:35:40	1.81	-	6.35	13.38	16.77	57.84	66.19	58.58	5.663	990
989	11.51	13.65	23.62	53.84	57.64	2:07.10	4:22.48	10:13.20	16:07.66	34:05.98	1:35:44	-	-	-	13.37	16.75	57.78	66.13	58.53	5.658	989
988	-	13.66	23.63	53.87	57.67	2:07.16	4:22.61	10:13.63	16:08.21	34:07.17	1:35:49	-	4.16	-	13.36	16.73	57.73	66.06	58.47	5.652	988
987	11.52	13.66	23.65	53.90	57.70	2:07.22	4:22.75	10:14.05	16:08.76	34:08.36	1:35:53	-	-	6.34	13.35	16.72	57.68	66.00	58.42	5.647	987
986																					

949	11,73	13,98	24,10	55,03	58,97	2:09.50	4:27.91	10:30.22	16:29.74	34:52.84	1:38:48	-	-	6,16	12,99	16,09	55,61	63,65	56,33	5,449	949
948	-	13,99	24,12	55,06	59,01	2:09.57	4:28.05	10:30.65	16:30.29	34:54.05	1:38:53	-	4,03	-	12,98	16,07	55,56	63,58	56,27	5,444	948
947	11,74	14,00	24,13	55,09	59,04	2:09.63	4:28.19	10:31.08	16:30.85	34:55.27	1:38:58	-	-	-	12,97	16,06	55,50	63,52	56,22	5,439	947
946	-	14,01	24,14	55,12	59,08	2:09.69	4:28.32	10:31.51	16:31.41	34:56.48	1:39:02	-	-	6,15	12,96	16,04	55,45	63,46	56,16	5,434	946
945	11,75	-	24,15	55,15	59,11	2:09.75	4:28.46	10:31.94	16:31.97	34:57.70	1:39:07	-	-	-	12,95	16,03	55,39	63,40	56,11	5,428	945
944	-	14,02	24,16	55,18	59,14	2:09.81	4:28.60	10:32.37	16:32.53	34:58.91	1:39:12	-	4,02	6,14	12,94	16,01	55,34	63,34	56,05	5,423	944
943	11,76	14,03	24,18	55,21	59,18	2:09.87	4:28.73	10:32.80	16:33.09	35:00.13	1:39:16	-	-	-	12,93	15,99	55,28	63,27	56,00	5,418	943
942	-	14,04	24,19	55,24	59,21	2:09.93	4:28.87	10:33.24	16:33.65	35:01.35	1:39:21	-	-	6,13	12,92	15,98	55,23	63,21	55,94	5,413	942
941	11,77	14,05	24,20	55,27	59,24	2:09.99	4:29.01	10:33.67	16:34.20	35:02.57	1:39:26	-	4,01	-	12,91	15,96	55,18	63,15	55,89	5,408	941
940	11,78	14,06	24,21	55,30	59,28	2:10.05	4:29.15	10:34.10	16:34.76	35:03.78	1:39:30	1,76	-	6,12	12,90	15,94	55,12	63,09	55,83	5,402	940
939	-	-	24,22	55,33	59,31	2:10.11	4:29.29	10:34.53	16:35.32	35:05.00	1:39:35	-	-	-	12,89	15,93	55,07	63,03	55,78	5,397	939
938	11,79	14,07	24,24	55,36	59,35	2:10.17	4:29.42	10:34.96	16:35.88	35:06.22	1:39:40	-	4,00	6,11	12,88	15,91	55,01	62,96	55,72	5,392	938
937	-	14,08	24,25	55,39	59,38	2:10.24	4:29.56	10:35.39	16:36.45	35:07.44	1:39:44	-	-	-	12,87	15,89	54,96	62,90	55,66	5,387	937
936	11,80	14,09	24,26	55,42	59,41	2:10.30	4:29.70	10:35.83	16:37.01	35:08.67	1:39:49	-	-	6,10	12,86	15,88	54,90	62,84	55,61	5,381	936
935	-	14,10	24,27	55,45	59,45	2:10.36	4:29.84	10:36.26	16:37.57	35:09.89	1:39:54	-	3,99	-	12,85	15,86	54,85	62,78	55,55	5,376	935
934	11,81	14,11	24,29	55,48	59,48	2:10.42	4:29.98	10:36.69	16:38.13	35:11.11	1:39:58	-	-	6,09	12,84	15,84	54,80	62,72	55,50	5,371	934
933	-	14,12	24,30	55,51	59,52	2:10.48	4:30.11	10:37.12	16:38.69	35:12.33	1:40:03	-	-	-	12,83	15,83	54,74	62,65	55,44	5,366	933
932	11,82	-	24,31	55,54	59,55	2:10.54	4:30.25	10:37.56	16:39.25	35:13.56	1:40:08	-	3,98	-	12,82	15,81	54,69	62,59	55,39	5,361	932
931	11,83	14,13	24,32	55,58	59,58	2:10.60	4:30.39	10:37.99	16:39.81	35:14.78	1:40:12	-	-	6,08	12,81	15,79	54,63	62,53	55,33	5,355	931
930	-	14,14	24,33	55,61	59,62	2:10.66	4:30.53	10:38.42	16:40.38	35:16.00	1:40:17	1,75	-	-	12,80	15,78	54,58	62,47	55,28	5,350	930
929	11,84	14,15	24,35	55,64	59,65	2:10.73	4:30.67	10:38.86	16:40.94	35:17.23	1:40:22	-	3,97	6,07	12,79	15,76	54,52	62,40	55,22	5,345	929
928	-	14,16	24,36	55,67	59,69	2:10.79	4:30.81	10:39.29	16:41.50	35:18.46	1:40:26	-	-	-	12,78	15,74	54,47	62,34	55,17	5,340	928
927	11,85	14,17	24,37	55,70	59,72	2:10.85	4:30.94	10:39.73	16:42.07	35:19.68	1:40:31	-	-	6,06	-	15,73	54,41	62,28	55,11	5,334	927
926	-	-	24,38	55,73	59,75	2:10.91	4:31.08	10:40.16	16:42.63	35:20.91	1:40:36	-	3,96	-	12,77	15,71	54,36	62,22	55,06	5,329	926
925	11,86	14,18	24,40	55,76	59,79	2:10.97	4:31.22	10:40.59	16:43.19	35:22.14	1:40:40	-	-	6,05	12,76	15,70	54,31	62,16	55,00	5,324	925
924	11,87	14,19	24,41	55,79	59,82	2:11.03	4:31.36	10:41.03	16:43.76	35:23.37	1:40:45	-	-	-	12,75	15,68	54,25	62,09	54,95	5,319	924
923	-	14,20	24,42	55,82	59,86	2:11.10	4:31.50	10:41.46	16:44.32	35:24.60	1:40:50	-	3,95	6,04	12,74	15,66	54,20	62,03	54,89	5,314	923
922	11,88	14,21	24,43	55,85	59,89	2:11.16	4:31.64	10:41.90	16:44.89	35:25.83	1:40:55	-	-	-	12,73	15,65	54,14	61,97	54,84	5,308	922
921	-	14,22	24,44	55,88	59,93	2:11.22	4:31.78	10:42.33	16:45.45	35:27.06	1:41:00	1,74	-	6,03	12,72	15,63	54,09	61,91	54,78	5,303	921
920	11,89	14,23	24,46	55,91	59,96	2:11.28	4:31.92	10:42.77	16:46.02	35:28.29	1:41:04	-	3,94	-	12,71	15,61	54,03	61,85	54,73	5,298	920
919	-	-	24,47	55,94	59,99	2:11.34	4:32.06	10:43.21	16:46.59	35:29.52	1:41:09	-	-	-	12,70	15,60	53,98	61,78	54,67	5,293	919
918	11,90	14,24	24,48	55,97	1:00.03	2:11.40	4:32.20	10:43.64	16:47.15	35:30.75	1:41:13	-	-	6,02	12,69	15,58	53,92	61,72	54,62	5,287	918
917	-	14,25	24,49	56,00	1:00.06	2:11.47	4:32.34	10:44.08	16:47.72	35:31.98	1:41:18	-	3,93	-	12,68	15,56	53,87	61,66	54,56	5,282	917
916	11,91	14,26	24,51	56,03	1:00.10	2:11.53	4:32.47	10:44.52	16:48.28	35:33.22	1:41:23	-	-	6,01	12,67	15,55	53,82	61,60	54,51	5,277	916
915	11,92	14,27	24,52	56,06	1:00.13	2:11.59	4:32.61	10:44.95	16:48.85	35:34.45	1:41:28	-	-	-	12,66	15,53	53,76	61,54	54,45	5,272	915
914	-	14,28	24,53	56,09	1:00.17	2:11.65	4:32.75	10:45.39	16:49.42	35:35.69	1:41:32	-	3,92	6,00	12,65	15,51	53,71	61,47	54,40	5,266	914
913	11,93	14,29	24,54	56,12	1:00.20	2:11.71	4:32.89	10:45.83	16:49.99	35:36.92	1:41:37	-	-	-	12,64	15,50	53,65	61,41	54,34	5,261	913
912	-	-	24,55	56,16	1:00.23	2:11.77	4:33.03	10:46.26	16:50.55	35:38.16	1:41:42	-	-	5,99	12,63	15,48	53,60	61,35	54,29	5,256	912
911	11,94	14,30	24,57	56,19	1:00.27	2:11.84	4:33.17	10:46.70	16:51.12	35:39.40	1:41:47	1,73	3,91	-	12,62	15,46	53,54	61,29	54,23	5,251	911
910	-	14,31	24,58	56,22	1:00.30	2:11.90	4:33.31	10:47.14	16:51.69	35:40.63	1:41:51	-	-	5,98	12,61	15,45	53,49	61,23	54,18	5,246	910
909	11,95	14,32	24,59	56,25	1:00.34	2:11.96	4:33.45	10:47.58	16:52.26	35:41.87	1:41:56	-	-	-	12,60	15,43	53,43	61,16	54,12	5,240	909
908	11,96	14,33	24,60	56,28	1:00.37	2:12.02	4:33.59	10:48.02	16:52.83	35:43.11	1:42:01	-	3,90	5,97	12,59	15,41	53,38	61,10	54,07	5,235	908
907	-	14,34	24,62	56,31	1:00.41	2:12.09	4:33.73	10:48.45	16:53.40	35:44.35	1:42:05	-	-	-	12,58	15,40	53,33	61,04	54,01	5,230	907
906	11,97	14,35	24,63	56,34	1:00.44	2:12.15	4:33.87	10:48.89	16:53.97	35:45.59	1:42:10	-	-	5,96	12,57	15,38	53,27	60,98	53,96	5,225	906
905	-	-	24,64	56,37	1:00.48	2:12.21	4:34.01	10:49.33	16:54.54	35:46.83	1:42:15	-	3,89	-	12,56	15,36	53,22	60,92	53,90	5,219	905
904	11,98	14,36	24,65	56,40	1:00.51	2:12.27	4:34.15	10:49.77	16:55.11	35:48.07	1:42:20	-	-	-	12,55	15,35	53,16	60,85	53,85	5,214	904
903	-	14,37	24,67	56,43	1:00.54	2:12.33	4:34.29	10:50.21	16:55.68	35:49.31	1:42:24	-	-	5,95	12,54	15,33	53,11	60,79	53,79	5,209	903
902	11,99	14,38	24,68	56,46	1:00.58	2:12.40	4:34.43	10:50.65	16:56.25	35:50.56	1:42:29	-	-	-	12,53	15,32	53,05	60,73	53,74	5,204	902
901	12,00	14,39	24,69	56,49	1:00.61	2:12.46	4:34.58	10:51.09	16:56.82	35:51.80	1:42:34	1,72	3,88	5,94	12,52	15,30	53,00	60,67	53,68	5,198	901
900	-	14,40	24,70	56,52	1:00.65	2:12.52	4:34.72	10:51.53	16:57.39	35:53.04	1:42:39	-	-	-	12,51	15,28	52,94	60,60	53,63	5,193	900