

# MINIMAS CTOS ESPAÑA AL 2026

HOMBRES					PRUEBA	MUJERES				
Sub-16	Sub-18	Sub-20	Sub-23	Abs		Abs	Sub-23	Sub-20	Sub-18	Sub-16
11.45	11.05	10.85	10.75	10.50	100 m	11.75	12.05	12.30	12.25	12.55
	22.40	22.00	21.75	21.15	200 m	24.15	24.85	25.20	25.25	
36.75					300 m					41.30
	49.75	48.75	48.00	46.75	400 m	54.00	56.25	57.10	57.75	
1:26.00					600 m					1:37.50
	1:55.00	1:52.50	1:50.25	1:47.50	800 m	2:06.00	2:11.00	2:15.00	2:15.50	
2:40.00					1.000 m					3:03.00
	4:02.00	3:54.00	3:50.00	3:42.00	1.500 m	4:20.00	4:35.00	4:45.00	4:47.00	
9:08.00	8:45.00	8:27.00			3.000 m			10:10.00	10:20.00	10:30.00
			14:25.00	13:45.00	5.000 m	15:55.00	17:20.00			
14.50					100 m vallas	13.80	14.40	15.00	14.75	15.20
	14.80	15.00	14.75	14.25	110 m vallas					
41.50					300 m vallas					46.25
	56.25	56.00	54.25	51.75	400 m vallas	1:00.00	1:03.00	1:05.50	1:05.50	
4:33.00					1.500 m. obstáculos					5:17.50
	6:00.00				2.000 m. obstáculos				7:20.00	
		9:25.00	9:10.00	8:37.50	3.000 m. obstáculos	10:25.00	11:10.00	11:55.00		
1.81	1.93	1.95	2.04	2.10	Altura	1.77	1.68	1.68	1.65	1.63
3.75	4.25	4.70	4.95	5.35	Pértiga	4.00	3.55	3.45	3.40	3.15
6.35	6.80	7.10	7.40	7.65	Longitud	6.35	5.85	5.70	5.70	5.50
12.95	13.90	14.50	14.70	15.60	Triple	13.00	12.00	11.85	11.85	11.45
14.00	14.75	14.25	14.30	16.75	Peso	14.25	12.25	11.50	12.85	11.50
47.00	44.50	44.00	44.00	54.00	Disco	47.00	41.50	38.00	36.00	36.00
45.50	54.00	55.00	51.00	63.00	Martillo	58.00	47.00	46.00	50.50	44.50
46.00	54.50	56.50	59.00	69.00	Jabalina	47.00	40.00	37.00	40.50	37.00
4.350	5.900	6.150	6.450	7.200	P. Combinadas	5.200	4.300	4.200	4.500	3.400
14:20.00					Marcha 3 km					15:20.00
24:45.00	23:20.00	23:00.00			Marcha 5 km			26:00.00	25:30.00	26:30.00
	49:30.00	46:00.00	46:30.00	41:15.00	Marcha 10 km	47:00.00	55:15.00	53:30.00	53:00.00	

# MINIMAS REPESCA CTOS ESPAÑA AL 2026

HOMBRES					PRUEBA	MUJERES				
S16	S18	S20	S23	ABS		ABS	S23	S20	S18	S16
11.90	11.50	11.40	11.10	10.75	100 m	12.15	12.80	12.90	13.00	13.10
	23.05	23.00	22.35	21.70	200 m	25.15	26.30	26.40	26.50	
39.00					300 m					44.00
	51.50	51.00	50.00	48.00	400 m	56.00	59.90	1:01.00	1:01.00	
1:30.00					600 m					1:43.00
	2:00.00	1:57.00	1:55.50	1:51.00	800 m	2:11.50	2:22.00	2:24.00	2:24.00	
2:50.00					1.000 m					3:12.00
	4:10.00	4:05.00	3:58.00	3:48.00	1.500 m	4:34.00	4:59.00	5:02.00	5:02.00	
9:35.00	9:05.00	9:00.00			3.000 m			10:55.00	10:55.00	11:00.00
			15:15.00	14:20.00	5.000 m	16:40.00	18:10.00			
15.60					100 m vallas	14.75	16.25	16.40	15.75	16.40
	15.50	16.30	16.10	14.85	110 m vallas					
44.50					300 m vallas					49.00
	58.40	58.00	57.00	53.50	400 m vallas	1:02.75	1:07.50	1:08.50	1:09.00	
4:50.00					1.500 m. obstáculos					5:40.00
	6:15.00				2.000 m. obstáculos				7:55.00	
		9:55.00	9:30.00	8:55.00	3.000 m. obstáculos	10:40.00	12:00.00	12:20.00		
1.73	1.84	1.90	1.94	2.06	Altura	1.74	1.61	1.61	1.60	1.55
3.30	4.00	4.30	4.40	5.10	Pértiga	3.80	3.30	3.20	3.10	2.80
5.80	6.55	6.70	6.90	7.30	Longitud	5.95	5.40	5.30	5.20	5.10
12.00	13.40	13.75	14.20	15.00	Triple	12.50	11.40	11.30	11.20	10.80
12.80	14.10	13.40	13.40	16.50	Peso	13.00	11.00	10.60	12.20	10.60
40.00	41.50	38.50	38.50	50.00	Disco	44.00	34.00	34.00	33.80	30.00
40.00	48.80	45.50	50.00	60.00	Martillo	53.00	37.00	37.00	46.00	33.00
40.00	50.50	48.50	50.00	64.00	Jabalina	44.00	37.00	34.00	35.00	30.00
3.500	5.000	5.000	5.000	6.400	Combinadas	4.550	3.600	3.400	3.400	3.000
15:45.00					Marcha 3 km					16:15.00
25:30.00	24:30.00	24:15.00			Marcha 5 km			27:45.00	26:45.00	28:00.00
	52:00.00	52:45.00	52:30.00	45:00.00	Marcha 10 km	50:00.00	59:00.00	59:00.00	55:30.00	