



**MADRID MAPOMA CLUB DE ATLETISMO**

**BAREMOS DE PREMIOS MASCULINO POR MARCAS 2007/08**

**100ML CON VIENTO REGLAMENTARIO**

	JUVENIL	JUNIOR	PROMESA	SENIOR
<b>EUROS</b>				
600	11.00	10.95	10.90	10.85
550	11.03	11.00	10.95	10.90
500	11.06	11.05	10.98	10.95
450	11.10	11.09	11.00	10.98
400	11.14	11.13	11.05	11.00
350	11.18	11.15	11.08	11.03
300	11.22	11.18	11.10	11.05
250	11.25	11.21	11.12	11.07
200	11.28	11.25	11.15	11.09
150	11.31	11.27	11.18	11.11
100	11.34	11.30	11.20	11.13
50	11.38	11.35	11.23	11.15

**200ML CON VIENTO REGLAMENTARIO**

	JUVENIL	JUNIOR	PROMESA	SENIOR
600	22.35	22.30	22.20	22.10
550	22.40	22.35	22.25	22.20
500	22.45	22.40	22.30	22.25
450	22.50	22.45	22.35	22.29
400	22.55	22.50	22.40	22.32
350	22.65	22.55	22.45	22.35
300	22.75	22.65	22.50	22.38
250	22.80	22.75	22.55	22.42
200	22.90	22.80	22.60	22.45
150	23.00	22.90	22.65	22.50
100	23.10	23.00	22.70	22.53
50	23.20	23.10	22.75	22.55

**400ML**

	JUVENIL	JUNIOR	PROMESA	SENIOR
600	49.50	49.00	48.00	47.60
550	49.80	49.20	48.30	47.70
500	50.10	49.30	48.50	47.80
450	50.40	49.50	48.80	48.00
400	50.60	49.80	49.00	48.20
350	50.90	50.00	49.20	48.40
300	51.10	50.20	49.40	48.60
250	51.15	50.30	49.60	48.90
200	51.20	50.35	49.70	49.00
150	51.25	50.40	49.80	49.30
100	51.30	50.50	49.90	49.50
50	51.50	51.00	50.00	49.70

800ml					
	JUVENIL	JUNIOR	PROMESA	SENIOR	
600	1.54.30	1.53.40	1.52.10	1.51.30	
550	1.55.20	1.54.10	1.53.00	1.52.00	
500	1.56.10	1.55.20	1.53.40	1.52.50	
450	1.57.40	1.56.10	1.54.20	1.53.20	
400	1.58.00	1.57.40	1.55.00	1.53,50	
350	1.58.40	1.58.00	1.55.30	1.54.20	
300	1.59.00	1.58.40	1.55.80	1.54.50	
250	1.59.20	1.59.00	1.56.20	1.55.30	
200	1.59.40	1.59.10	1.57.00	1.56.20	
150	2.00.00	1.59.30	1.57.30	1.56.50	
100	2.01.00	2.00.00	1.58.00	1.57.10	
50	2.01.40	2.01.00	1.58.30	1.57.50	
1.500ml					
	JUVENIL	JUNIOR	PROMESA	SENIOR	
600	3.58.00	3.52.50	3.47.50	3.46.00	
550	3.59.60	3.53.50	3.51.00	3.48.40	
500	4.01.20	3.55.00	3.53.00	3.50.00	
450	4.03.50	3.56.50	3.54.00	3.52.00	
400	4.04.20	4.00.00	3.56.30	3.54.20	
350	4.05.10	4.02.20	3.57.00	3.55.50	
300	4.06.00	4.03.40	3.57.40	3.56.20	
250	4.07.20	4.04.50	3.58.00	3.57.30	
200	4.08.00	4.05.30	3.58.40	3.58.00	
150	4.08.40	4.06.30	3.59.50	3.58.50	
100	4.09.00	4.07.10	4.02.60	3.59.40	
50	4.09.50	4.08.00	4.06.00	4.01.00	
3.000ML	5.000ML	5.000ML	5.000ML	5.000ML	
	JUVENIL	JUVENIL	JUNIOR	PROMESA	SENIOR
600	8.50.00	15.34.00	15.17.99	14.50.00	14.10.00
550	8.54.00	15.40.00	15.18.00	14.55.00	14.22.00
500	8.56.00	15.45.00	15.20.00	15.00.00	14.28.00
450	9.00.00	15.55.00	15.30.00	15.05.00	14.32.00
400	9.04.00	16.20.00	15.40.00	15.10.00	14.40.00
350	9.07.00	16.40.00	15.50.00	15.20.00	14.48.00
300	9.10.00	16.43.00	16.00.00	15.28.00	14.52.00
250	9.13.00	16.45.00	16.08.00	15.33.00	14.59.00
200	9.16.00	16.48.00	16.10.00	15.40.00	15.00.00
150	9.18.00	16.50.00	16.12.00	15.45.00	15.02.00
100	9.20.00	16.51.00	16.15.00	15.50.00	15.03.00
50	9.22.00	16.52.00	16.18.00	15.54.00	15.04.00

100 VALLAS				
CON VIENTO REGLAMENTARIO				
JUVENIL(0.914)				
JUNIOR(0.99)				
PROMESA(1.067)				
SENIOR(1.067)				
600	14.55	15.30	14.40	14.30
550	14.75	15.50	15.00	14.50
500	14.95	15.55	15.20	14.70
450	15.05	15.60	15.40	15.00
400	15.15	15.70	15.50	15.30
350	15.20	15.80	15.70	15.60
300	15.25	16.00	15.90	15.80
250	15.35	16.20	16.00	15.90
200	15.45	16.30	16.10	16.10
150	15.55	16.40	16.20	16.20
100	15.50	16.50	16.30	16.30
50	16.00	16.70	16.40	16.40
400 VALLAS				
JUVENIL (0.84)				
JUNIOR (0.914)				
PROMESA (0.914)				
SENIOR(0.914)				
600	56.00	55.60	55.50	55.00
550	56.30	55.80	55.70	55.40
500	56.90	56.00	55.90	55.70
450	57.30	56.50	56.00	55.90
400	57.90	56.90	56.10	56.00
350	58.30	57.30	56.20	56.10
300	58.90	57.90	56.30	56.20
250	59.40	58.50	56.40	56.30
200	59.70	59.00	56.80	56.40
150	59.90	59.50	57.10	56.60
100	1.00.00	59.70	57.30	56.90
50	1.01.00	1.00.00	57.70	57.20
2.000OBSTACULOS				
3.000OBSTACULOS				
3.000 OBSTACULOS				
3.000OBSTACULOS				
JUVENIL				
JUNIOR				
PROMESA				
SENIOR				
600	6.02.00	9.14.00	8.50.00	8.40.00
550	6.04.00	9.15.00	8.57.00	8.50.00
500	6.06.00	9.17.00	9.00.00	8.55.00
450	6.08.00	9.18.00	9.10.00	9.00.00
400	6.10.00	9.19.50	9.15.00	9.10.00
350	6.14.00	9.25.00	9.20.00	9.15.00
300	6.17.00	9.30.00	9.30.00	9.18.00
250	6.19.00	9.45.00	9.35.00	9.23.00
200	6.22.00	10.00.00	9.40.00	9.30.00
150	6.24.00	10.10.00	10.00.00	9.40.00
100	6.27.00	10.15.00	10.08.00	9.50.00
50	6.30.00	10.20.00	10.10.00	10.00.00

5KM MARCHA PISTA		10KM MARCHA		
JUVENIL	JUNIOR	PROMESA	SENIOR	
600	23.25.0	22.20.0	44.30.0	41.30.0
550	23.30.0	22.50.0	45.10.0	42.40.0
500	23.33.0	23.20.0	45.20.0	42.50.0
450	23.42.0	23.40.0	45.40.0	43.00.0
400	23.45.0	23.50.0	46.40.0	43.20.0
350	23.52.0	22.55.0	46.50.0	43.40.0
300	24.00.0	22.57.0	47.20.0	44.10.0
250	24.40.0	23.07.0	48.00.0	44.40.0
200	24.50.0	23.12.0	48.30.0	45.00.0
150	25.00.0	23.40.0	48.50.0	45.50.0
100	25.30.0	23.50.0	49.30.0	46.00.0
50	26.00.0	24.00.0	49.50.0	46.30.0
ALTURA				
JUVENIL	JUNIOR	PROMESA	SENIOR	
600	1.97	2.02	2.03	2.04
500	1.96	2.00	2.01	2.03
400	1.94	1.96	1.99	2.01
300	1.92	1.94	1.97	1.99
200	1.89	1.92	1.95	1.95
100	1.87	1.90	1.93	1.93
50	1.84	1.87	1.90	1.90
PERTIGA				
JUVENIL	JUNIOR	PROMESA	SENIOR	
600	4.00	4.20	4.50	4.70
500	3.70	4.00	4.30	4.60
400	3.50	3.70	4.00	4.40
300	3.30	3.40	3.80	4.00
200	3.10	3.20	3.50	3.60
100	3.00	3.10	3.40	3.50
50	2.90	3.00	3.20	3.30
LONGITUD CON VIENTO REGLAMENTARIO				
JUVENIL	JUNIOR	PROMESA	SENIOR	
600	6.80	7.00	7.10	7.20
500	6.70	6.90	7.00	7.10
400	6.65	6.80	6.90	7.00
300	6.60	6.70	6.80	6.85
200	6.55	6.65	6.70	6.75
100	6.40	6.55	6.60	6.65
50	6.30	6.40	6.50	6.55

<b>TRIPLE CON VIENTO REGLAMENTARIO</b>				
	<b>JUVENIL</b>	<b>JUNIOR</b>	<b>PROMESA</b>	<b>SENIOR</b>
600	13.80	14.00	14.50	14.70
500	13.70	13.90	14.10	14.65
400	13.60	13.70	13.90	14.60
300	13.30	13.40	13.70	14.00
200	13.15	13.20	13.60	13.80
100	12.90	12.95	13.30	13.60
50	12.70	12.75	13.10	13.40
<b>PESO 5 KG 6KG 7.260 kg 7.260 kg</b>				
	<b>JUVENIL</b>	<b>JUNIOR</b>	<b>PROMESA</b>	<b>SENIOR</b>
600	14.70	15.00	15.80	16.20
500	14.60	14.80	15.50	16.00
400	14.50	14.50	15.00	15.50
300	14.30	14.00	14.00	14.50
200	14.10	13.80	13.00	14.00
100	14.00	13.60	12.50	13.50
50	13.90	13.40	12.00	12.50
<b>DISCO 1.500KG 1.750 kg 2 kg 2 kg</b>				
	<b>JUVENIL</b>	<b>JUNIOR</b>	<b>PROMESA</b>	<b>SENIOR</b>
600	44.50	45.50	48.00	50.00
500	42.50	43.50	46.00	48.00
400	41.50	40.00	44.00	46.00
300	40.00	38.00	42.00	44.00
200	38.00	36.00	40.00	42.00
100	37.00	34.00	38.00	40.00
50	36.00	32.00	36.00	38.00
<b>JABALINA</b>				
	<b>JUVENIL 700GR</b>	<b>JUNIOR 800 GR</b>	<b>PROMESA 800GR</b>	<b>SENIOR 800GR</b>
600	52.00	54.00	60.00	66.00
500	49.00	52.00	58.00	65.00
400	47.00	49.00	54.00	60.00
300	45.50	47.00	50.00	53.00
200	44.00	45.00	48.00	51.00
100	43.00	42.00	47.00	49.00
50	41.00	40.00	45.00	47.00

<b>MARTILLO</b>				
	<b>JUVENIL 5 KG</b>	<b>JUNIOR 6 KG</b>	<b>PROMESA 7.260</b>	<b>SENIOR 7.260</b>
600	55.00	60.00	53.00	56.00
500	50.00	57.00	50.00	53.50
400	45.00	52.00	46.00	50.00
300	42.00	45.00	43.00	46.00
200	40.00	40.00	39.00	44.00
100	38.00	37.00	37.00	40.00
50	36.00	35.00	36.00	38.00
<b>COMBINADAS</b>				
	<b>JUNIOR</b>		<b>PROMESA</b>	<b>SENIOR</b>
	<b>JUVENIL(OCTATHLON) DECATHLON</b>		<b>DECATHLON</b>	<b>DECATHLON</b>
600	4.500	6.000	6.300	6.500
500	4.300	5.900	5.900	6.100
400	4.200	5.600	5.600	5.900
300	4.100	5.000	5.500	5.700
200	3.900	4.800	5.300	5.400
100	3.800	4.500	4.700	5.000
50	3.700	4.200	4.400	4.600
<b>10.000METROS LISOS PISTA</b>				
			<b>PROMESA</b>	<b>SENIOR</b>
600			30.31.00	28.50.00
500			31.15.00	29.30.00
400			32.00.00	30.10.00
300			32.30.00	30.30.00
200			32.40.00	30.45.00
100			32.58.00	31.00.00
50			33.10.00	31.20.00
<b>MEDIA MARATON</b>				
			<b>PROMESA</b>	<b>SENIOR</b>
600			1H.09.00	1H.06.00
500			1H.11.00	1H.07.00
400			1H.12.00	1H.08.00
300			1H.14.00	1H.09.30
200			1H.16.00	1H.11.30
100			1H.17.30	1H.12.40
50			1H.18.50	1H.14.00
<b>MARATON</b>				
				<b>SENIOR</b>
600				2H.21.00
500				2H.23.00
400				2H.25.00
300				2H.30.00
200				2H.32.00
100				2H.34.00
50				2H.35.00