



TABLA DE RECORDS NACIONALES    ACTUALIZADO 25/05/2026

CATEGORIA MAYORES - MASCULINO

| PRUEBA                  | MARCA    | V.V. | NOMBRE Y APELLIDO                                                                                                                                    | F.NAC.     | LUGAR              | FECHA          | COMENTARIO                           |
|-------------------------|----------|------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------------|----------------|--------------------------------------|
| 100                     | 10.18    | -1.6 | Cesar Almiron Escobar                                                                                                                                | 07/08/2001 | Cuenca- ECU        | 26/07/2025     | Grand Prix Richard Boroto -Ecuador   |
| 200                     | 20.41    | +0.7 | Cesar Almiron Escobar                                                                                                                                | 07/08/2001 | Cochaba-BOL        | 09/06/2024     | Grand Prix Mario Paz - BOL           |
| 400                     | 46.62    |      | Augusto José Stanley Netpczuk                                                                                                                        | 03/08/1987 | Barquisimeto-VEN   | 08/06/2012     | Camp. Iberoamericano                 |
| 800                     | 01:49.47 |      | Oliver David Cabaña                                                                                                                                  | 10/10/1998 | Asheville, NC, USA | 21/05/2026     | NAIA Outdoor Nat. Championships      |
| 1500                    | 3.38.22  |      | Camden Gilmore                                                                                                                                       | 13/09/2000 | Concord, MA USA    | 14/06/2025     | The Adrian Martinez Classic          |
| 3000                    | 8.13.26  |      | Ericky Dos Santos                                                                                                                                    | 05/02/2004 | Santiago- Chile    | 10/04/2026     | Camp. Nac. De Pista y Camp. de Chile |
| 5000                    | 13.53.20 |      | Derlis Ramon Ayala Sanchez                                                                                                                           | 07/01/1990 | Torrance - USA     | 20/04/2018     | MT. Sac Relays                       |
| 10000                   | 28.56.39 |      | Derlis Ramon Ayala Sanchez                                                                                                                           | 07/01/1990 | Torrance - USA     | 19/04/2018     | MT. Sac Relays                       |
| Media Marathon          | 1.03.19  |      | Derlis Ramon Ayala Sanchez                                                                                                                           | 07/01/1990 | Valencia - ESP     | 24/03/2018     | Mundial de Media Maraton             |
| Marathon                | 2.10.11  |      | Derlis Ramon Ayala Sanchez                                                                                                                           | 07/01/1990 | Valencia - ESP     | 06/12/2020     | Maraton de Valencia                  |
| 3000 c/ Obstáculos      | 8:52.62  |      | RAMON LOPEZ                                                                                                                                          | 06/06/1963 | Seul-Corea         | 28/09/1988     | Maraton de Valencia                  |
| 110 c/ vallas           | 14.17    | +0.5 | Kevin Roque Mendieta Larrea                                                                                                                          | 07/02/2003 | Buca. -COL         | 27-28/09/2024  | Suda. U23                            |
| 400 c/ vallas           | 51.88    |      | FRANCISCO ROJAS SOTO                                                                                                                                 | 04/10/1950 | Rio- Br            | 24/07/1975     |                                      |
| Salto Alto              | 2,06     |      | HUMBERTO SARUBBI                                                                                                                                     | 01/06/1969 | Atenas-Grec.       | 19/07/1986     |                                      |
|                         | 2,06     |      | GERMAN HÜTTEMAN                                                                                                                                      | 28/04/1982 | Asunción-Py        | 27/10/2001     |                                      |
| Salto con Garrocha      | 5.00     |      | MÄNNEL JARA, ROMEO ALEXANDER                                                                                                                         | 21/07/2006 | Jacksonville - USA | 15/05/2025     | ASUN Outdoor Conf. Championships     |
| Salto Largo             | 7,49     | +0.2 | Thiessen Christopher                                                                                                                                 | 18/10/2005 | Asunción-Py        | 22/06/2024     | Camp. Nac. De Pista y Campo U20      |
| Salto Triple            | 15.16    | +2.0 | Oscar Alvarenga                                                                                                                                      | 31/05/1983 | Sao Paulo - BRA    | 13/06/2004     | Adhemar Ferreira Da Silva            |
| Impulsión de la Bala    | 18,31    |      | RAMON JIMENEZ GAONA                                                                                                                                  | 10/04/1969 | G. Westwood        | 28/03/1992     |                                      |
| Lanzamiento del Disco   | 64,28    |      | RAMON JIMENEZ GAONA                                                                                                                                  | 10/04/1969 | Los Gatos          | 23/05/1992     | Record Sudamericano                  |
| Lanzamiento de Martillo | 58.31    |      | Santiago Luis Sasiain Gonzalez                                                                                                                       | 28/05/1996 | Asunción-Py        | 09/12/2022     | Campeonato Nac. de la Victoria       |
| Lanzameinto de Jabalina | 84.70    |      | EDGAR BAUMANN                                                                                                                                        | 03/05/1970 | San Marcos         | 17/10/1999     | Record Sudamericano                  |
| Decathlon               | 6.958    |      | MÄNNEL JARA, ROMEO ALEXANDER                                                                                                                         | 21/07/2006 | EE.UU              | 14, 16/05/2026 | American Conference Outdoor          |
|                         |          |      | /100 10.63 (+3,2) /Largo 6.92 (+2.8) /Bala 12.05/Alto 1.90 /400 0.53.05/110 C/V 14.88 (+1.9) /Disco 33.04 /Garrocha 4.50/Jabalina 43.86/1500 4.58.41 |            |                    |                |                                      |
| 20 Km marcha            | 01:37:00 |      | OSCAR MEZA                                                                                                                                           | 09/03/1979 |                    | 21/06/         |                                      |
| 4x100                   | 39.05    |      | Alexis Wolk, Misael Zalazar, Fredy Maidana, Cesar Almiron                                                                                            |            | C. de Mexico - MX  | 07/04/2024     | Relevos, pista y campo Prof Cesar M. |
| 4x400                   | 3:17.30  |      | Jhumiler Sanchez/ Paul Wood/Kevin Mendieta/Marcos Gonzalez                                                                                           |            | Cuiaba-BRA         | 10. 11-05-2024 | Iberoamericano de Atletismo          |

| 4x400 Mixta                                                                                                                                                                    | 3.34.79  |      | Marcos Gonzalez, Araceli Martinez, Paul Wood, Monserrat Gauto    |            | Cuiaba-BRA         | 10. 11-05-2024  | Iberoamericano de Atletismo           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|------------------------------------------------------------------|------------|--------------------|-----------------|---------------------------------------|
| <div><div></div><div>TABLA DE RECORDS NACIONALES</div><div>ACTUALIZADO 25/05/2026</div></div> |          |      |                                                                  |            |                    |                 |                                       |
| CATEGORIA MAYORES - FEMENINO                                                                                                                                                   |          |      |                                                                  |            |                    |                 |                                       |
| PRUEBA                                                                                                                                                                         | MARCA    | V.V. | NOMBRE Y APELLIDO                                                | F.NAC.     | LUGAR              | FECHA           | COMENTARIO                            |
| 100                                                                                                                                                                            | 11.48    | +2.0 | Xenia Noreen Hiebert Klassen                                     | 13/11/1998 | Asuncion - Py      | 21/03/2026      | Torneo Abierto 5 FPA                  |
| 200                                                                                                                                                                            | 23,93    | +0.2 | Xenia Noreen Hiebert Klassen                                     | 13/11/1998 | San Vicente        | 20/07/2025      | Wendell Hercules S. Vincentian Champ. |
| 400                                                                                                                                                                            | 0.55.50  |      | Monserrat Noemi Gauto Gavilan                                    | 29/12/2006 | Quito - Ecuador    | 09/07/2025      | Continental Tour Bronce               |
| 800                                                                                                                                                                            | 2.06.38  |      | Maria Hortensia Caballero Rognoni                                | 28/04/1987 | Trujillo-PER       | 28/11/2013      | Juegos Bolivarianos-Bronce            |
| 1500                                                                                                                                                                           | 4.20.93  |      | Maria Hortensia Caballero Rognoni                                | 28/04/1987 | Trujillo-PER       | 26/11/2013      | Juegos Bolivarianos                   |
| 3000                                                                                                                                                                           | 9.40.71  |      | Añazco Colman Maria Leticia                                      | 02/01/1994 | Asuncion - Py      | 15/03/2025      | Torneo Abierto 1 FPA                  |
| 5000                                                                                                                                                                           | 16.13.28 |      | Carmen Patricia Martinez Aguilera                                | 26/12/1982 | Sao Paulo – BRA    | 03/08/2014      | Iberoamericano                        |
| 10000                                                                                                                                                                          | 33.18.22 |      | Carmen Patricia Martinez Aguilera                                | 26/12/1982 | London - England   | 05/08/2017      | Mundial de Londres                    |
| Media Marathon                                                                                                                                                                 | 1.15.25  |      | Carmen Patricia Martinez Aguilera                                | 26/12/1982 | Asuncion - Py      | 25/08/2019      | Sudamericano de Media Maraton         |
| Marathon                                                                                                                                                                       | 2.35.17  |      | Carmen Patricia Martinez Aguilera                                | 26/12/1982 | Alemania           | 30/04/2017      | Marathon de Dusseldorf                |
| Milla en Ruta                                                                                                                                                                  | 4,53,49  |      | Añazco Colman Maria Leticia                                      | 02/01/1994 | Asunción - Py      | 26/05/2024      | Camp. Suda. De Ruta                   |
| 3000 c/ Obstáculos                                                                                                                                                             | 10.39.20 |      | Maria Hortensia Caballero Rognoni                                | 28/04/1987 | Asunción- Py       | 27/07/2013      | Aniversario del Olimpia               |
| 100 c/ vallas                                                                                                                                                                  | 13.40    | +1.7 | Anna Camila Pirelli Cubas                                        | 30/01/1989 | Medellin - COL     | 23/04/2016      | Camp. Nac. Mayores COL - Hepta        |
| 400 c/ vallas                                                                                                                                                                  | 61.89    |      | Fatima Denisse Amarilla Gaona                                    | 30/2/1995  | Asuncion - Py      | 24/06/2017      | Sudamericano de Mayores               |
| Salto Alto                                                                                                                                                                     | 1,68     |      | CAROLINA TOVAR                                                   | 10/07/1975 | Lima-Peru          | 23/11/1990      | Sudamericano de Menores               |
|                                                                                                                                                                                | 1,68     |      | Anna Camila Pirelli Cubas                                        | 30/01/1989 | Ottawa - CAN       | 01/06/2013      | Panamericano de P. Combinadas         |
| Salto con Garrocha                                                                                                                                                             | 3.80     |      | Catalina Amarilla Vargas                                         | 14/01/1992 | Wipperfürth-Aleman | 04/07/2015      | Stabhoch-Meeting VII                  |
| Salto Largo                                                                                                                                                                    | 6.05     | +0.5 | Ana Paula Arguello                                               | 11/07/2003 | Cascavel-BR        | 9/09 01/10-2022 | Sudamericano U23                      |
| Salto Triple                                                                                                                                                                   | 13.04    | +2.0 | Ana Paula Arguello                                               | 11/07/2003 | Encarnacion        | 17/10/2021      | De La Victoria                        |
| Impulsión de la Bala                                                                                                                                                           | 14.87    |      | Anna Camila Pirelli Cubas                                        | 30/01/1989 | Miami-EEUU         | 12/07/2019      | Broward Elite Athletic C. Summer Open |
| Lanzamiento del Disco                                                                                                                                                          | 44.70    |      | SADITH FRETES                                                    | 26/05/1971 | Asunción Py        | 13/05/          |                                       |
| Lanzamiento de Martillo                                                                                                                                                        | 60.81    |      | Paola Carolina Miranda Cardozo                                   | 05/07/1994 | Lawrence - EEUU    | 27/05/2016      | Universitario                         |
| Lanzameinto de Jabalina                                                                                                                                                        | 57.77    |      | Leryn Dahiana Franco Steneri                                     | 01/03/1982 | Barquisimeto-VEN   | 08/06/2012      | Campeonato Iberoamericano             |
| Heptathlon                                                                                                                                                                     | 5907     |      | Anna Camila Pirelli Cubas                                        | 30/01/1989 | Lima-Peru          | 07-08/08/2019   | Juegos Panamericanos                  |
|                                                                                                                                                                                |          |      | 13.54 (+0.2)/ 1.62 759/ 13.92 789/24.82 (+1.0) 903               |            |                    |                 |                                       |
|                                                                                                                                                                                |          |      | / 5.47 (+0.5) 691/ 48.56 832/ 2:15.29 889                        |            |                    |                 |                                       |
| 4x100                                                                                                                                                                          | 45.60    |      | Baez Larissa, Gimenez Macarena, Baez Ruth, Xenia Hiebert         |            | Asuncion - Py      | 25/10/2025      | Grand Prix del Paraguay 2025          |
| 4x400                                                                                                                                                                          | 3.56.32  |      | Milva Aranda, Monserrath Gauto, Araceli Martinez, Jeruti Noguera |            | Asuncion - Py      | 22/08/2025      | Juegos Panamericanos Jr. ASU 2025     |
| 4x100 Mixta                                                                                                                                                                    | 42.21    |      | Fredy Maidana, Macarena Giménez                                  |            | Lima - Perú        | 01/12/2025      | Juegos Bolivarianos Lima-Perú 2025    |

|               |        |  |                               |  |             |            |                                    |
|---------------|--------|--|-------------------------------|--|-------------|------------|------------------------------------|
| 7/100 Initial | 7/2/21 |  | Jonathan Wolk, Xenia Hierbert |  | Lima - Peru | 01/12/2023 | Juegos Bolivarianos Lima-Peru 2023 |
|---------------|--------|--|-------------------------------|--|-------------|------------|------------------------------------|