



Marcas Míminas Campeonato de España Máster 2026 (10-12/04/2026)

| | W30 | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90+ |
|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Cat. 48 | 96 | 92 | 86 | 77 | 67 | 58 | 51 | 44 | 34 | 30 | 30 | 30 | 30 |
| Cat. 53 | 106 | 101 | 95 | 84 | 74 | 61 | 53 | 48 | 36 | 30 | 30 | 30 | 30 |
| Cat. 58 | 112 | 106 | 100 | 89 | 79 | 66 | 57 | 50 | 40 | 32 | 30 | 30 | 30 |
| Cat. 63 | 116 | 111 | 104 | 92 | 82 | 69 | 59 | 52 | 41 | 32 | 30 | 30 | 30 |
| Cat. 69 | 122 | 115 | 108 | 95 | 86 | 73 | 61 | 54 | 45 | 33 | 30 | 30 | 30 |
| Cat. 77 | 126 | 120 | 113 | 100 | 90 | 76 | 66 | 58 | 47 | 34 | 30 | 30 | 30 |
| Cat. 86 | 131 | 124 | 118 | 104 | 95 | 80 | 68 | 59 | 49 | 35 | 30 | 30 | 30 |
| Cat. +86 | 139 | 132 | 127 | 112 | 97 | 85 | 71 | 62 | 50 | 36 | 30 | 30 | 30 |
| | M30 | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90+ |
| Cat. 60 | 173 | 165 | 156 | 145 | 138 | 126 | 109 | 99 | 86 | 72 | 57 | 46 | 39 |
| Cat. 65 | 187 | 178 | 168 | 156 | 144 | 134 | 117 | 105 | 91 | 77 | 62 | 47 | 42 |
| Cat. 71 | 197 | 189 | 179 | 164 | 153 | 141 | 125 | 110 | 98 | 83 | 65 | 50 | 43 |
| Cat. 79 | 205 | 200 | 188 | 170 | 160 | 144 | 129 | 113 | 100 | 86 | 70 | 51 | 45 |
| Cat. 88 | 214 | 211 | 198 | 182 | 168 | 153 | 134 | 118 | 105 | 91 | 73 | 52 | 47 |
| Cat. 94 | 221 | 217 | 205 | 189 | 174 | 158 | 140 | 123 | 109 | 93 | 75 | 53 | 48 |
| Cat. 110 | 233 | 228 | 216 | 200 | 185 | 167 | 149 | 130 | 114 | 96 | 79 | 56 | 48 |
| Cat. +110 | 241 | 233 | 221 | 205 | 190 | 171 | 153 | 132 | 116 | 96 | 79 | 56 | 48 |



Marcas Míminas Campeonato Europeo Máster 2026 (19-27/06/2026)

| | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90+ |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Cat. 48 | 92 | 86 | 77 | 67 | 58 | 51 | 44 | 34 | 30 | 30 | 30 | 30 |
| Cat. 53 | 101 | 95 | 84 | 74 | 61 | 53 | 48 | 36 | 30 | 30 | 30 | 30 |
| Cat. 58 | 106 | 100 | 89 | 79 | 66 | 57 | 50 | 40 | 32 | 30 | 30 | 30 |
| Cat. 63 | 111 | 104 | 92 | 82 | 69 | 59 | 52 | 41 | 32 | 30 | 30 | 30 |
| Cat. 69 | 115 | 108 | 95 | 86 | 73 | 61 | 54 | 45 | 33 | 30 | 30 | 30 |
| Cat. 77 | 120 | 113 | 100 | 90 | 76 | 66 | 58 | 47 | 34 | 30 | 30 | 30 |
| Cat. 86 | 124 | 118 | 104 | 95 | 80 | 68 | 59 | 49 | 35 | 30 | 30 | 30 |
| Cat. +86 | 132 | 127 | 112 | 97 | 85 | 71 | 62 | 50 | 36 | 30 | 30 | 30 |
| | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90+ |
| Cat. 60 | 165 | 156 | 145 | 138 | 126 | 109 | 99 | 86 | 72 | 57 | 46 | 39 |
| Cat. 65 | 178 | 168 | 156 | 144 | 134 | 117 | 105 | 91 | 77 | 62 | 47 | 42 |
| Cat. 71 | 189 | 179 | 164 | 153 | 141 | 125 | 110 | 98 | 83 | 65 | 50 | 43 |
| Cat. 79 | 200 | 188 | 170 | 160 | 144 | 129 | 113 | 100 | 86 | 70 | 51 | 45 |
| Cat. 88 | 211 | 198 | 182 | 168 | 153 | 134 | 118 | 105 | 91 | 73 | 52 | 47 |
| Cat. 94 | 217 | 205 | 189 | 174 | 158 | 140 | 123 | 109 | 93 | 75 | 53 | 48 |
| Cat. 110 | 228 | 216 | 200 | 185 | 167 | 149 | 130 | 114 | 96 | 79 | 56 | 48 |
| Cat. +110 | 233 | 221 | 205 | 190 | 171 | 153 | 132 | 116 | 96 | 79 | 56 | 48 |



Marcas Míminas Campeonato Mundial Máster 2026 (17-26/09/2026)
Míminas orientativas. Cambio de categorías a partir de 1 de agosto de 2026

| | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85+ |
|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Cat. 49 | 102 | 96 | 86 | 74 | 64 | 57 | 49 | 38 | 30 | 30 | 30 |
| Cat. 53 | 112 | 105 | 93 | 82 | 68 | 59 | 53 | 40 | 33 | 30 | 30 |
| Cat. 57 | 118 | 111 | 99 | 88 | 73 | 63 | 56 | 44 | 35 | 30 | 30 |
| Cat. 61 | 123 | 115 | 102 | 91 | 77 | 66 | 58 | 46 | 36 | 31 | 30 |
| Cat. 69 | 128 | 120 | 106 | 96 | 81 | 68 | 60 | 50 | 37 | 31 | 30 |
| Cat. 77 | 133 | 125 | 111 | 100 | 84 | 73 | 64 | 52 | 38 | 32 | 30 |
| Cat. 86 | 138 | 131 | 115 | 106 | 89 | 76 | 65 | 54 | 39 | 32 | 30 |
| Cat. +86 | 147 | 141 | 124 | 108 | 94 | 79 | 69 | 56 | 40 | 33 | 30 |
| | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85+ |
| Cat. 60 | 177 | 168 | 156 | 148 | 136 | 117 | 107 | 93 | 77 | 61 | 49 |
| Cat. 65 | 191 | 181 | 168 | 155 | 144 | 126 | 113 | 98 | 83 | 67 | 50 |
| Cat. 70 | 203 | 193 | 176 | 165 | 152 | 134 | 118 | 105 | 89 | 70 | 54 |
| Cat. 75 | 215 | 202 | 183 | 172 | 155 | 139 | 121 | 108 | 93 | 75 | 55 |
| Cat. 85 | 227 | 213 | 196 | 181 | 165 | 144 | 127 | 113 | 98 | 79 | 56 |
| Cat. 95 | 232 | 219 | 202 | 187 | 170 | 149 | 131 | 116 | 100 | 81 | 57 |
| Cat. 110 | 245 | 232 | 215 | 199 | 180 | 160 | 140 | 123 | 103 | 84 | 59 |
| Cat. +110 | 251 | 238 | 220 | 204 | 184 | 165 | 142 | 125 | 103 | 85 | 60 |