

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Medal Count****Combined: Varonil + Femenil**

Team	Gold	Silver	Bronze	Total
Inst Tec Sup de La Paz	4	2	1	7
Inst Tec Sup de Toluca	4	2	1	7
Inst Tec Sup de Ciudad Madero	3	6	0	9
Inst Tec Sup de Leon	3	1	0	4
Inst Tec Sup de Tepic	2	4	4	10
Inst Tec Sup de Queretaro	2	3	3	8
Inst Tec Sup de Chihuahua	2	2	4	8
Inst Tec Sup de Piedras Negras	2	2	0	4
Inst Tec Sup de Hermosillo	2	1	4	7
Inst Tec Sup de Tijuana	2	1	2	5
Inst Tec Sup de Ciudad Cuauhte	2	1	0	3
Inst Tec Sup de Apizaco	2	1	0	3
Inst Tec Sup de Zacatecas	2	0	1	3
Inst Tec Sup de Saltillo	1	2	2	5
Inst Tec Sup de Durango	1	2	1	4
Inst Tec Sup de Delicias	1	2	0	3
Inst Tec Sup de La Laguna	1	1	3	5
Inst Tec Sup de Ciudad Juarez	1	1	1	3
Inst Tec Sup de Uruapan	1	1	0	2
Inst Tec Sup de Mexicali	1	0	2	3
Inst Tec Sup de Merida	1	0	2	3
Inst Tec Sup de Culiacan	1	0	1	2
Inst Tec Sup de Zamora	1	0	0	1
Inst Tec Sup de Ciudad Victori	1	0	0	1
Inst Tec Sup de Aguascalientes	0	2	1	3
Inst Tec Sup de Parral	0	1	1	2
Inst Tec Sup de Matamoros	0	1	0	1
Inst Tec Sup Purisima del Rinc	0	1	0	1
Inst Tec Sup de Zitacuaro	0	1	0	1
Inst Tec Sup de Rio Verde	0	1	0	1
Inst Tec Sup de San Luis	0	1	0	1
Inst Tec Sup de Chetumal	0	1	0	1
Inst Tec Sup de Orizaba	0	0	2	2
Inst Tec Sup de Nuevo Laredo	0	0	1	1
Inst Tec Sup de Puebla	0	0	1	1
Inst Tec Sup de Morelia	0	0	1	1
Inst Tec Sup Valle de Morelia	0	0	1	1

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Medal Count****Femenil**

Team	Gold	Silver	Bronze	Total
Inst Tec Sup de La Paz	4	1	1	6
Inst Tec Sup de Tepic	2	4	1	7
Ins Tec Sup de Piedras Negras	2	2	0	4
Inst Tec Sup de Toluca	2	1	1	4
Inst Tec Sup de Tijuana	2	1	1	4
Inst Tec Sup de Apizaco	2	1	0	3
Inst Tec Sup de Hermosillo	1	1	2	4
Inst Tec Sup de Ciudad Juarez	1	1	1	3
Inst Tec Sup de Durango	1	1	0	2
Inst Tec Sup de Delicias	1	1	0	2
Inst Tec Sup de Saltillo	1	1	0	2
Inst Tec Sup de Chihuahua	1	1	0	2
Inst Tec Sup de Ciudad Madero	1	1	0	2
Inst Tec Sup de Queretaro	0	1	3	4
Inst Tec Sup de Matamoros	0	1	0	1
Ins Tec Sup Purisima del Rinc	0	1	0	1
Inst Tec Sup de San Luis	0	1	0	1
Inst Tec Sup de Chetumal	0	1	0	1
Inst Tec Sup de La Laguna	0	0	2	2
Inst Tec Sup de Merida	0	0	2	2
Inst Tec Sup de Zacatecas	0	0	1	1
Inst Tec Sup de Parral	0	0	1	1
Inst Tec Sup de Orizaba	0	0	1	1
Inst Tec Sup de Morelia	0	0	1	1

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Medal Count****Varonil**

Team	Gold	Silver	Bronze	Total
Inst Tec Sup de Leon	3	1	0	4
Inst Tec Sup de Ciudad Madero	2	5	0	7
Inst Tec Sup de Queretaro	2	2	0	4
Inst Tec Sup de Toluca	2	1	0	3
Ins Tec Sup de Ciudad Cuauhte	2	1	0	3
Inst Tec Sup de Zacatecas	2	0	0	2
Inst Tec Sup de Chihuahua	1	1	4	6
Inst Tec Sup de La Laguna	1	1	1	3
Inst Tec Sup de Uruapan	1	1	0	2
Inst Tec Sup de Mexicali	1	0	2	3
Inst Tec Sup de Hermosillo	1	0	2	3
Inst Tec Sup de Culiacan	1	0	1	2
Ins Tec Sup de Ciudad Victori	1	0	0	1
Inst Tec Sup de Merida	1	0	0	1
Inst Tec Sup de Zamora	1	0	0	1
Ins Tec Sup de Aguascalientes	0	2	1	3
Inst Tec Sup de Saltillo	0	1	2	3
Inst Tec Sup de Durango	0	1	1	2
Inst Tec Sup de Zitacuaro	0	1	0	1
Inst Tec Sup de Rio Verde	0	1	0	1
Inst Tec Sup de Parral	0	1	0	1
Inst Tec Sup de La Paz	0	1	0	1
Inst Tec Sup de Delicias	0	1	0	1
Inst Tec Sup de Tepic	0	0	3	3
Ins Tec Sup Valle de Morelia	0	0	1	1
Inst Tec Sup de Nuevo Laredo	0	0	1	1
Inst Tec Sup de Orizaba	0	0	1	1
Inst Tec Sup de Tijuana	0	0	1	1
Inst Tec Sup de Puebla	0	0	1	1

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Team Rankings - Through Event 313****Combined Team Scores**

Place	Team		Points
1	Inst Tec Sup de Chihuahua	ITCHI	110.50
2	Inst Tec Sup de Tepic	ITTEP	101
3	Inst Tec Sup de Queretaro	ITQUE	91
4	Inst Tec Sup de Hermosillo	ITHER	89
4	Inst Tec Sup de La Laguna	ITLAG	89
6	Inst Tec Sup de Ciudad Madero	ITCMA	87
7	Inst Tec Sup de Tijuana	ITTIJ	83
8	Inst Tec Sup de Toluca	ITTOL	82
9	Inst Tec Sup de La Paz	ITLPA	73
10	Inst Tec Sup de Durango	ITSD	70
11	Inst Tec Sup de Saltillo	ITSAL	62
12	Ins Tec Sup de Aguascalientes	ITSAG	52
13	Inst Tec Sup de Merida	ITMER	37
14	Inst Tec Sup de Mexicali	ITMEX	36
14	Ins Tec Sup de Piedras Negras	ITPIN	36
16	Inst Tec Sup de Ciudad Juarez	ITCJ	34.50
17	Inst Tec Sup de Leon	ITLEO	34
18	Inst Tec Sup de Apizaco	ITAPI	32
19	Inst Tec Sup de Delicias	ITDEL	30
20	Inst Tec Sup de Zacatecas	ITZAC	29
21	Ins Tec Sup de Ciudad Cuauhte	ITCCU	28
22	Inst Tec Sup de Puebla	ITPUE	25
23	Inst Tec Sup de San Luis	ITSAN	20
24	Inst Tec Sup de Apatzingan	ITSAP	18
24	Inst Tec Sup de Morelia	ITMOR	18
26	Inst Tec Sup de Parral	ITPAR	17
27	Inst Tec Sup de Uruapan	ITURU	16
28	Inst Tec Sup de Zamora	ITZAM	15
28	Inst Tec Sup de Culiacan	ITCUL	15
30	Inst Tec Sup de Huetamo	ITHUE	14
31	Inst Tec Sup de Orizaba	ITORZ	13
32	Inst Tec Sup de Zitacuaro	ITZIT	11
32	Inst Tec Sup de Nuevo Laredo	ITNLA	11
34	Ins Tec Sup Purisima del Rinc	ITPUR	10
34	Inst Tec Sup de Matamoros	ITMAT	10
36	Ins Tec Sup de Ciudad Victori	ITCVI	9
36	Inst Tec Sup de Rio Verde	ITRVE	9
38	Inst Tec Sup de Roque	ITROQ	7
38	Inst Tec de Ciudad Valles	ITSCV	7
38	Inst Tec Sup de Chetumal	ITCHE	7
41	Ins Tec Sup Valle de Morelia	ITVMO	6
42	Inst Tec Sup de Linares	ITLIN	5
42	Inst Tec Sup de Oaxaca	ITOAX	5
44	Inst Tec Sup de Tehuacan	ITTEH	4

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Team Rankings - Through Event 313****Combined Team Scores**

Place	Team		Points
44	Inst Tec Sup de Chihuahua 2	ITCH2	4
44	Inst Tec Sup de Cananea	ITCAN	4
47	Inst Tec Sup de Casas Grandes	ITNCG	3
47	Inst Tec Sup de Cerro Azul	ITCEA	3
47	Inst Tec Sup de Zacatepec	ITZAT	3
50	Ins Tec Sup de Santiago Papas	ITSPA	2
		Total	1,577.00

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Team Rankings - Through Event 313****Female Team Scores**

Place	Team		Points
1	Inst Tec Sup de Tepic	ITTEP	78
2	Inst Tec Sup de La Paz	ITLPA	66
3	Inst Tec Sup de Tijuana	ITTIJ	59
4	Inst Tec Sup de La Laguna	ITLAG	54
5	Inst Tec Sup de Hermosillo	ITHER	47
6	Inst Tec Sup de Toluca	ITTOL	44
7	Inst Tec Sup de Durango	ITSD	43
8	Ins Tec Sup de Piedras Negras	ITPIN	36
9	Inst Tec Sup de Queretaro	ITQUE	34
10	Inst Tec Sup de Saltillo	ITSAL	30
11	Inst Tec Sup de Ciudad Juarez	ITCJ	26.50
12	Inst Tec Sup de Apizaco	ITAPI	26
13	Inst Tec Sup de Delicias	ITDEL	23
14	Inst Tec Sup de San Luis	ITSAN	20
14	Inst Tec Sup de Merida	ITMER	20
16	Inst Tec Sup de Chihuahua	ITCHI	19.50
17	Inst Tec Sup de Morelia	ITMOR	18
18	Inst Tec Sup de Ciudad Madero	ITCMA	15
19	Inst Tec Sup de Zacatecas	ITZAC	11
20	Inst Tec Sup de Parral	ITPAR	10
20	Ins Tec Sup Purisima del Rinc	ITPUR	10
22	Inst Tec Sup de Huetamo	ITHUE	9
23	Inst Tec Sup de Orizaba	ITORZ	7
23	Inst Tec Sup de Chetumal	ITCHE	7
23	Inst Tec Sup de Matamoros	ITMAT	7
26	Inst Tec Sup de Puebla	ITPUE	6
27	Inst Tec Sup de Linares	ITLIN	5
27	Inst Tec Sup de Oaxaca	ITOAX	5
27	Inst Tec Sup de Mexicali	ITMEX	5
30	Inst Tec Sup de Tehuacan	ITTEH	4
31	Inst Tec Sup de Cerro Azul	ITCEA	3
31	Inst Tec Sup de Zacatepec	ITZAT	3
31	Inst Tec Sup de Nuevo Laredo	ITNLA	3
31	Inst Tec Sup de Zamora	ITZAM	3
35	Ins Tec Sup de Santiago Papas	ITSPA	2
35	Inst Tec Sup de Rio Verde	ITRVE	2
37	Inst Tec Sup de Chihuahua 2	ITCH2	1
Total			762.00

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Team Rankings - Through Event 313**

Male Team Scores			
Place	Team		Points
1	Inst Tec Sup de Chihuahua	ITCHI	91
2	Inst Tec Sup de Ciudad Madero	ITCMA	72
3	Inst Tec Sup de Queretaro	ITQUE	57
4	Inst Tec Sup de Aguascalientes	ITSAG	52
5	Inst Tec Sup de Hermosillo	ITHER	42
6	Inst Tec Sup de Toluca	ITTOL	38
7	Inst Tec Sup de La Laguna	ITLAG	35
8	Inst Tec Sup de Leon	ITLEO	34
9	Inst Tec Sup de Saltillo	ITSAL	32
10	Inst Tec Sup de Mexicali	ITMEX	31
11	Inst Tec Sup de Ciudad Cuauhte	ITCCU	28
12	Inst Tec Sup de Durango	ITSD	27
13	Inst Tec Sup de Tijuana	ITTIJ	24
14	Inst Tec Sup de Tepic	ITTEP	23
15	Inst Tec Sup de Puebla	ITPUE	19
16	Inst Tec Sup de Zacatecas	ITZAC	18
16	Inst Tec Sup de Apatzingan	ITSAP	18
18	Inst Tec Sup de Merida	ITMER	17
19	Inst Tec Sup de Uruapan	ITURU	16
20	Inst Tec Sup de Culiacan	ITCUL	15
21	Inst Tec Sup de Zamora	ITZAM	12
22	Inst Tec Sup de Zitacuaro	ITZIT	11
23	Inst Tec Sup de Ciudad Victori	ITCVI	9
24	Inst Tec Sup de Nuevo Laredo	ITNLA	8
24	Inst Tec Sup de Ciudad Juarez	ITCJ	8
26	Inst Tec Sup de Parral	ITPAR	7
26	Inst Tec Sup de Roque	ITROQ	7
26	Inst Tec Sup de Rio Verde	ITRVE	7
26	Inst Tec de Ciudad Valles	ITSCV	7
26	Inst Tec Sup de Delicias	ITDEL	7
26	Inst Tec Sup de La Paz	ITLPA	7
32	Inst Tec Sup de Orizaba	ITORZ	6
32	Inst Tec Sup Valle de Morelia	ITVMO	6
32	Inst Tec Sup de Apizaco	ITAPI	6
35	Inst Tec Sup de Huetamo	ITHUE	5
36	Inst Tec Sup de Cananea	ITCAN	4
37	Inst Tec Sup de Matamoros	ITMAT	3
37	Inst Tec Sup de Casas Grandes	ITNCG	3
37	Inst Tec Sup de Chihuahua 2	ITCH2	3
Total			815.00

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Individual Rankings - Through Event 311****Femenil - Individual Scores**

Place	Name					Team	Points
1	Elizalde V, Samantha					Inst Tec Sup de Apizaco	25
	5000 Carrera	9	10000 Carrera	9	1500 Carrera	7	

Varonil - Individual Scores

Place	Name					Team	Points
1	Lopez P, Jair Isai					Inst Tec Sup de Ciudad Madero	23
	400 Vallas	9	100 Planos	7	110 Vallas	7	

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla
Individual Rankings - Through Event 313****Femenil - Individual Scores**

Place	Name	Team	Points
1	Mendoza M, Monica Aimee Lanzamiento de . 9 Impulso de Bala . 9	Ins Tec Sup de Piedras Negras	18

Varonil - Individual Scores

Place	Name	Team	Points
1	Fenandez P, Luis Gustavo Salto con Garroc . 9 Lanzamiento de . 7	Inst Tec Sup de Queretaro	16

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Femenil 100 Metros Planos****Top 8 Advance by Time**

Record TecNM: R 12.06 16/11/2022 Yareli Marian Valdivia V, ITTEP

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 # 193 Valdivia V, Yarel	ITTEP	12.38	12.59q	1
2 # 63 Muñoz T, Berenice	ITCMA	12.84	12.85q	3
3 # 136 Glory C, Monica C	ITMER	13.72	12.88q	2
4 # 247 Sanchez R, Cintia	ITMOR	13.05	12.96q	3
5 # 34 Lara M, Adriana	ITCHI	13.23	13.01q	1
6 # 127 Carlon C, Victori	ITLPA	13.48	13.16q	3
7 # 107 Alcantar De L, Ro	ITLAG	13.34	13.22q	1
8 # 233 Salceda G, Jacara	ITZAM	13.71	13.26q	1
9 # 143 Mondragon S, Aure	Itmor	13.55	13.30	1
10 # 239 Torres G, Guadalu	ITORZ	13.22	13.31	2
11 # 130 Martinez Q, Dalia	ITLPA	13.42	13.42	3
12 # 51 Marquez I, Darian	ITCJ	13.53	13.49	2
13 # 86 Sosa F, America	ITSD	13.37	13.51	2
14 # 244 Maple H, Sophia	ITTIJ	12.73	13.68	2
15 # 155 Martini A, Marice	ITPUE		13.70	2
16 # 154 Martinez C, Angel	ITPUE		14.78	3
17 # 162 Tello S, Camilla	ITPUE		14.86	3

Femenil 100 Metros Planos

Record TecNM: R 12.06 16/11/2022 Yareli Marian Valdivia V, ITTEP

Name	Year Team	Prelims	Finals	Points
Finals				
1 # 193 Valdivia V, Yarel	ITTEP	12.59	12.06R	9
2 # 63 Muñoz T, Berenice	ITCMA	12.85	12.84	7
3 # 136 Glory C, Monica C	ITMER	12.88	12.90	6
4 # 247 Sanchez R, Cintia	ITMOR	12.96	13.10	5
5 # 34 Lara M, Adriana	ITCHI	13.01	13.30	4
6 # 233 Salceda G, Jacara	ITZAM	13.26	13.37	3
7 # 127 Carlon C, Victori	ITLPA	13.16	13.38	2
8 # 107 Alcantar De L, Ro	ITLAG	13.22	13.49	1

Femenil 200 Metros Planos**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Record TecNM: R 25.01 20/11/2007 Elvira Lopez Perez, Nuevo Laredo

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 # 129 Gonzalez G, Valer	ITLPA	26.29	26.27Q	2
2 # 193 Valdivia V, Yarel	ITTEP	26.08	26.48Q	1
3 # 247 Sanchez R, Cintia	ITMOR	26.86	26.97Q	3
4 # 136 Glory C, Monica C	ITMER	28.02	26.89Q	2
5 # 143 Mondragon S, Aure	Itmor	27.76	27.22Q	3
6 # 82 Rangel A, Edith	ITSD	27.33	27.29Q	1
7 # 94 Cordova G, Jaquel	ITHER	26.87	27.23q	3
8 # 239 Torres G, Guadalu	ITORZ	27.03	27.34q	1
9 # 34 Lara M, Adriana	ITCHI	27.56	27.58	2
10 # 130 Martinez Q, Dalia	ITLPA	27.92	27.70	1

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil 200 Metros Planos**

11 #	107 Alcantar De L, Ro	ITLAG	27.78	27.76	3
12 #	2 Bañuelos V, Sheil	ITSAG	28.12	28.40	3
13 #	155 Martini A, Marice	ITPUE		28.68	3
14 #	16 Valencia R, Maria	ITSAP	28.27	29.33	3
15 #	134 Canche K, Erika d	ITMER	28.34	29.81	2
16 #	154 Martinez C, Angel	ITPUE		30.66	2
17 #	216 Melgarejo M, Mons	ITTOL	28.39	31.10	1
18 #	159 Miranda V, Maythe	ITPUE		31.17	1
19 #	227 Urueta G, Elizabe	ITZAT	27.86	31.49	2
20 #	162 Tello S, Camilla	ITPUE		32.00	3

Femenil 200 Metros Planos

Record TecNM: R 25.01 20/11/2007 Elvira Lopez Perez, Nuevo Laredo

Name	Year	Team	Prelims	Finals	Points
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Finals

1 #	129 Gonzalez G, Valer	ITLPA	26.27	25.89	9
2 #	193 Valdivia V, Yarel	ITTEP	26.48	26.26	7
3 #	247 Sanchez R, Cintia	ITMOR	26.97	26.61	6
4 #	136 Glory C, Monica C	ITMER	26.89	26.62	5
5 #	94 Cordova G, Jaquel	ITHER	27.23	27.12	4
6 #	143 Mondragon S, Aure	Itmor	27.22	27.24	3
7 #	82 Rangel A, Edith	ITSD	27.29	27.43	2
8 #	239 Torres G, Guadalu	ITORZ	27.34	28.01	1

Femenil 400 Metros Planos**Top 8 Advance by Time**

Record TecNM: R 55.69 19/11/2007 Elvira Lopez Perez, Nuevo Laredo

Name	Year	Team	Seed	Prelims	H#
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Preliminaries

1 #	82 Rangel A, Edith	ITSD	59.37	59.60q	2
2 #	129 Gonzalez G, Valer	ITLPA	57.88	59.65q	1
3 #	94 Cordova G, Jaquel	ITHER	59.62	1:00.90q	3
4 #	229 Collazo V, Ana Mo	ITPUR	1:00.48	1:01.89q	3
5 #	107 Alcantar De L, Ro	ITLAG	1:02.93	1:01.99q	3
6 #	243 Magaña R, Diana	ITTIJ	1:01.30	1:03.26q	2
7 #	187 Chavarin G, Lilia	ITTEP	1:01.39	1:03.36q	1
8 #	93 Cordoba G, Jeanet	ITHER	1:01.80	1:03.79q	1
9 #	73 Guterrez O, Mari	ITDEL	1:03.80	1:04.43	1
10 #	143 Mondragon S, Aure	Itmor	1:03.52	1:04.75	2
11 #	215 Martinez A, Steph	ITTOL	1:05.62	1:04.77	3
12 #	2 Bañuelos V, Sheil	ITSAG	1:04.17	1:04.79	2
13 #	239 Torres G, Guadalu	ITORZ	1:03.53	1:05.13	1
14 #	170 Don Juan G, Miria	ITSAN	1:05.26	1:10.22	3
15 #	159 Miranda V, Maythe	ITPUE		1:11.62	2

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Femenil 400 Metros Planos**

Record TecNM: R 55.69 19/11/2007 Elvira Lopez Perez, Nuevo Laredo
 Name Year Team Prelims Finals Points

Finals

1 #	129	Gonzalez G, Valer	ITLPA	59.65	57.05	9
2 #	82	Rangel A, Edith	ITSD	59.60	59.12	7
3 #	94	Cordova G, Jaquel	ITHER	1:00.90	1:01.02	6
4 #	107	Alcantar De L, Ro	ITLAG	1:01.99	1:01.03	5
5 #	243	Magaña R, Diana	ITTIJ	1:03.26	1:01.62	4
6 #	229	Collazo V, Ana Mo	ITPUR	1:01.89	1:03.58	3
7 #	93	Cordoba G, Jeanet	ITHER	1:03.79	1:06.11	2

Femenil 800 Metros Carrera

Record TecNM: R 2:11.52 12/10/1988 Alicia Sanchez Jimenez, San Luis Potosi
 Name Year Team Seed Finals H# Points

1 #	243	Magaña R, Diana	ITTIJ	2:18.83	2:16.77	1	9
		1:07.45 (1:07.45)	2:16.77 (1:09.33)				
2 #	229	Collazo V, Ana Mo	ITPUR	2:20.44	2:22.13	2	7
		1:09.25 (1:09.25)	2:22.13 (1:12.89)				
3 #	206	Castro R, Sara Me	ITTOL	2:34.43	2:24.86	2	6
		1:10.69 (1:10.69)	2:24.86 (1:14.17)				
4 #	81	Ramirez R, Carmen	ITSD	2:33.52	2:25.53	1	5
		1:10.89 (1:10.89)	2:25.53 (1:14.64)				
5 #	146	Duarte C, Marina	ITPAR	2:29.83	2:26.96	2	4
		1:10.51 (1:10.51)	2:26.96 (1:16.45)				
6 #	169	Don Juan G, Karen	ITSAN	2:33.37	2:30.71	1	3
		1:08.24 (1:08.24)	2:30.71 (1:22.47)				
7 #	215	Martinez A, Steph	ITTOL	2:42.01	2:36.12	1	2
		1:16.62 (1:16.62)	2:36.12 (1:19.51)				
8 #	779	Mendoza C, Mayra	ITSAL	2:43.16	2:37.59	2	1
		1:11.33 (1:11.33)	2:37.59 (1:26.26)				
9 #	73	Guterrez O, Mari	ITDEL	2:32.03	2:38.14	2	
		1:11.50 (1:11.50)	2:38.14 (1:26.64)				
10 #	187	Chavarin G, Lilia	ITTEP	2:26.89	2:41.74	1	
		1:12.72 (1:12.72)	2:41.74 (1:29.03)				
11 #	27	Muños P, Gabriela	ITPAT	2:38.34	2:48.96	2	
		1:12.47 (1:12.47)	2:48.96 (1:36.49)				
12 #	238	Antonio H, Mirosl	ITORZ		2:49.84	2	
		1:16.51 (1:16.51)	2:49.84 (1:33.33)				
13 #	167	Haro F, Brenda Sh	ITTIJ	2:40.03	2:52.65	1	
		1:12.16 (1:12.16)	2:52.65 (1:40.50)				
-- #	157	Mendez R, Lilliam	ITPUE		DQ	1	RT 5.11
		1:11.18 (1:11.18)	2:46.85 (1:35.68)				

Femenil 1500 Metros Carrera

Record TecNM: R 4:38.03 12/10/1997 Monica Ortega Topete, Orizaba
 Name Year Team Seed Finals Points

1 #	243	Magaña R, Diana	ITTIJ	4:54.19	4:49.86	9
		58.56 (58.56)	2:14.68 (1:16.12)	3:32.97 (1:18.30)	4:49.86 (1:16.89)	
2 #	18	Elizalde V, Saman	ITAPI	4:52.22	4:55.15	7
		58.88 (58.88)	2:19.54 (1:20.66)	3:39.92 (1:20.39)	4:55.15 (1:15.24)	

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil 1500 Metros Carrera**

3 #	146 Duarte C, Marina	ITPAR	5:17.64	5:02.66	6
	2:21.14 (2:21.14)	3:43.22 (1:22.08)	5:02.66 (1:19.45)		
4 #	81 Ramirez R, Carmen	ITSD	5:33.24	5:03.85	5
	59.17 (59.17)	2:19.81 (1:20.64)	3:43.05 (1:23.25)	5:03.85 (1:20.80)	
5 #	206 Castro R, Sara Me	ITTOL	5:27.23	5:14.81	4
	59.99 (59.99)	2:21.40 (1:21.41)	3:45.86 (1:24.47)	5:14.81 (1:28.95)	
6 #	174 Rodriguez C, Blan	ITSAN	5:19.54	5:16.27	3
	59.59 (59.59)	2:21.53 (1:21.94)	3:49.60 (1:28.08)	5:16.27 (1:26.67)	
7 #	169 Don Juan G, Karen	ITSAN	2:25.19	5:32.06	2
	1:00.12 (1:00.12)	2:22.26 (1:22.14)	3:56.40 (1:34.14)	5:32.06 (1:35.67)	
8 #	20 Moreno L, Zaira	ITAPI	5:12.92	5:45.96	1
	1:00.22 (1:00.22)	2:25.84 (1:25.63)	4:06.99 (1:41.15)	5:45.96 (1:38.97)	
9 #	157 Mendez R, Lilliam	ITPUE		5:51.05	
	59.75 (59.75)	1:00.45 (0.70)	2:25.88 (1:25.44)	4:07.20 (1:41.32)	
10 #	207 Daniel E, Imelda	ITTOL	6:01.05	5:54.38	
	1:00.50 (1:00.50)	2:28.03 (1:27.53)	4:09.37 (1:41.34)	5:54.38 (1:45.01)	
11 #	59 Perea M, Claudia	ITCH2	5:47.47	6:00.01	
	1:00.41 (1:00.41)	2:30.73 (1:30.33)	4:15.15 (1:44.42)	6:00.01 (1:44.86)	
12 #	27 Muños P, Gabriela	ITPAT	5:37.29	6:08.50	
	1:00.23 (1:00.23)	2:28.11 (1:27.89)	4:14.00 (1:45.89)	6:08.50 (1:54.50)	
-- #	75 Sandoval F, Estef	ITDEL	5:46.06	DNF	
	1:04.35 (1:04.35)				

Femenil 5000 Metros Carrera

Record TecNM: R 15:12.00 16/10/1990 Lourdes Carmona, Ciudad Juarez

Name	Year Team	Seed	Finals	Points	
1 #	18 Elizalde V, Saman	ITAPI	20:34.29	17:43.26	9
	44.15 (44.15)	2:10.51 (1:26.36)	3:34.85 (1:24.34)	5:00.04 (1:25.19)	
	6:25.60 (1:25.57)	7:50.78 (1:25.19)	9:15.40 (1:24.62)	10:40.22 (1:24.83)	
	12:04.57 (1:24.36)	13:29.50 (1:24.93)	14:55.62 (1:26.12)	16:21.35 (1:25.73)	
	17:43.26 (1:21.92)				
2 #	174 Rodriguez C, Blan	ITSAN		19:29.60	7
	44.44 (44.44)	2:11.35 (1:26.91)	3:38.94 (1:27.59)	5:09.33 (1:30.40)	
	6:42.01 (1:32.68)	8:15.96 (1:33.96)	9:51.54 (1:35.58)	11:28.10 (1:36.57)	
	13:04.66 (1:36.56)	14:42.32 (1:37.67)	16:21.18 (1:38.86)	17:59.50 (1:38.33)	
	19:29.60 (1:30.10)				
3 #	237 Moreno C, Jessica	ITORZ	21:40.12	20:43.95	6
	46.37 (46.37)	2:20.53 (1:34.17)	3:59.22 (1:38.69)	5:39.44 (1:40.23)	
	7:23.75 (1:44.32)	9:07.27 (1:43.52)	10:51.07 (1:43.81)	12:36.18 (1:45.12)	
	14:17.00 (1:40.82)	15:56.70 (1:39.71)	17:35.74 (1:39.04)	19:13.41 (1:37.67)	
	20:43.95 (1:30.55)				
4 #	221 Velasquez G, Mich	ITZAC	21:28.37	21:18.24	5
	45.41 (45.41)	2:19.39 (1:33.99)	3:56.69 (1:37.30)	5:38.29 (1:41.61)	
	7:23.03 (1:44.74)	9:06.42 (1:43.39)	10:50.34 (1:43.93)	12:36.60 (1:46.26)	
	14:17.66 (1:41.07)	16:01.58 (1:43.92)	17:49.01 (1:47.44)	19:36.64 (1:47.63)	
	21:18.24 (1:41.61)				
5 #	150 Rivera T, Minerva	ITPIN	19:45.31	21:27.61	4
	44.81 (44.81)	2:19.70 (1:34.89)	3:56.99 (1:37.29)	5:38.61 (1:41.63)	
	7:23.40 (1:44.79)	9:07.10 (1:43.71)	10:51.29 (1:44.19)	12:37.38 (1:46.09)	
	14:18.82 (1:41.45)	16:04.04 (1:45.22)	17:55.35 (1:51.32)	19:44.92 (1:49.57)	
	21:27.61 (1:42.69)				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022

Instituto Tecnológico de Puebla

Resultados

....Femenil 5000 Metros Carrera

6 #	25 Escobedo G, Rosau	ITCEA	20:18.00	21:47.36	3
	46.01 (46.01)	2:19.10 (1:33.09)	3:56.63 (1:37.54)	5:38.38 (1:41.75)	
	7:23.01 (1:44.64)	9:06.75 (1:43.74)	10:50.91 (1:44.16)	12:37.02 (1:46.11)	
	14:22.41 (1:45.39)	16:13.80 (1:51.40)	18:05.40 (1:51.60)	19:59.11 (1:53.72)	
	21:47.36 (1:48.26)				
7 #	248 Tello A, Aranza M	ITMOR	21:31.08	22:08.44	2
	45.72 (45.72)	2:20.18 (1:34.47)	3:57.80 (1:37.62)	5:39.27 (1:41.47)	
	7:24.54 (1:45.27)	9:14.15 (1:49.62)	11:04.98 (1:50.83)	12:57.79 (1:52.82)	
	14:51.50 (1:53.71)	16:44.46 (1:52.97)	18:37.30 (1:52.84)	20:29.10 (1:51.81)	
	22:08.44 (1:39.34)				
8 #	59 Perea M, Claudia	ITCH2	22:17.53	22:38.06	1
	47.41 (47.41)	2:21.56 (1:34.16)	4:01.39 (1:39.83)	5:44.86 (1:43.48)	
	7:34.25 (1:49.39)	9:26.22 (1:51.98)	11:17.87 (1:51.65)	13:11.15 (1:53.28)	
	15:06.49 (1:55.35)	16:58.73 (1:52.24)	18:57.21 (1:58.48)	20:50.64 (1:53.44)	
	22:38.06 (1:47.43)				
9 #	784 Ayala O, Karen Ru	ITMEX	21:29.58	23:15.12	
	45.18 (45.18)	2:19.96 (1:34.79)	3:57.31 (1:37.36)	5:38.90 (1:41.59)	
	7:23.68 (1:44.78)	9:07.69 (1:44.02)	10:57.13 (1:49.44)	12:54.89 (1:57.77)	
	14:53.92 (1:59.04)	17:00.65 (2:06.73)	19:09.44 (2:08.80)	21:16.28 (2:06.84)	
	23:15.12 (1:58.84)				
10 #	65 Pacheco Z, Aranza	ITTEH	23:14.61	24:05.54	
	48.00 (48.00)	2:20.37 (1:32.38)	3:58.97 (1:38.61)	5:46.26 (1:47.30)	
	7:48.58 (2:02.32)	9:50.34 (2:01.76)	11:52.81 (2:02.48)	13:55.34 (2:02.54)	
	16:05.95 (2:10.61)	18:11.35 (2:05.41)	20:17.02 (2:05.67)	22:19.11 (2:02.10)	
	24:05.54 (1:46.44)				
-- #	181 Quezada R, Jennif	ITSPA	23:09.02	DNF	
	46.87 (46.87)	2:22.02 (1:35.16)	4:01.77 (1:39.75)	5:45.31 (1:43.55)	
	7:43.47 (1:58.17)				

Femenil 10000 Metros Carrera

Record TecNM: R 37:44.70 16/11/2022 Samantha Elizalde V, ITAPI

Name	Year	Team	Seed	Finals	Points
1 #	18	Elizalde V, Saman	ITAPI	48:41.15	37:44.70R 9
		2:59.83 (2:59.83)	4:29.88 (1:30.06)	5:59.34 (1:29.46)	7:27.12 (1:27.79)
		8:55.75 (1:28.64)	10:24.07 (1:28.32)	11:53.29 (1:29.23)	13:22.78 (1:29.50)
		14:53.33 (1:30.55)	16:24.26 (1:30.94)	17:54.41 (1:30.15)	19:24.26 (1:29.86)
		20:53.92 (1:29.67)	22:25.24 (1:31.32)	23:56.41 (1:31.18)	25:27.95 (1:31.54)
		26:59.93 (1:31.99)	28:32.42 (1:32.49)	30:04.45 (1:32.03)	31:37.51 (1:33.07)
		33:11.21 (1:33.70)	34:43.17 (1:31.96)	36:14.67 (1:31.50)	37:44.70 (1:30.04)
2 #	150	Rivera T, Minerva	ITPIN	43:18.28	44:41.87 7
		3:08.45 (3:08.45)	4:48.37 (1:39.92)	6:31.95 (1:43.59)	8:18.34 (1:46.40)
		10:05.89 (1:47.55)	11:53.46 (1:47.57)	13:41.29 (1:47.84)	15:31.43 (1:50.14)
		17:23.14 (1:51.72)	19:11.41 (1:48.27)	20:58.39 (1:46.98)	22:47.45 (1:49.07)
		24:37.63 (1:50.19)	26:28.33 (1:50.71)	28:18.59 (1:50.27)	30:10.36 (1:51.77)
		32:02.71 (1:52.36)	33:54.43 (1:51.73)	35:45.24 (1:50.81)	37:37.22 (1:51.99)
		39:29.40 (1:52.18)	41:20.51 (1:51.11)	43:11.71 (1:51.21)	44:41.87 (1:30.16)
3 #	221	Velasquez G, Mich	ITZAC	44:26.03	44:42.43 6
		3:17.15 (3:17.15)	4:59.56 (1:42.42)	6:42.64 (1:43.08)	8:26.66 (1:44.02)
		10:12.21 (1:45.56)	11:58.21 (1:46.01)	13:45.16 (1:46.95)	15:32.16 (1:47.01)
		17:22.82 (1:50.66)	19:11.04 (1:48.22)	20:58.07 (1:47.03)	22:47.04 (1:48.98)
		24:37.25 (1:50.22)	26:27.98 (1:50.73)	28:18.25 (1:50.27)	30:09.99 (1:51.75)
		32:02.33 (1:52.35)	33:54.06 (1:51.73)	35:44.86 (1:50.80)	37:36.84 (1:51.98)
		39:29.02 (1:52.19)	41:20.16 (1:51.15)	43:11.37 (1:51.22)	44:42.43 (1:31.06)

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil 10000 Metros Carrera**

4 #	248 Tello A, Aranza M	ITMOR	44:27.65	45:59.15	5
	3:17.46 (3:17.46)	5:00.54 (1:43.09)	6:47.28 (1:46.74)	8:36.11 (1:48.84)	
	10:24.16 (1:48.06)	12:13.16 (1:49.00)	14:04.38 (1:51.23)	15:54.30 (1:49.92)	
	17:45.28 (1:50.99)	19:35.19 (1:49.91)	21:25.87 (1:50.68)	23:17.71 (1:51.84)	
	25:08.31 (1:50.61)	27:00.64 (1:52.33)	28:52.36 (1:51.73)	30:44.34 (1:51.98)	
	32:39.10 (1:54.77)	34:32.63 (1:53.53)	36:26.49 (1:53.87)	38:21.27 (1:54.79)	
	40:16.71 (1:55.44)	42:11.99 (1:55.28)	44:05.70 (1:53.72)	45:59.15 (1:53.45)	
5 #	65 Pacheco Z, Aranza	ITTEH	49:55.63	48:21.84	4
	3:25.98 (3:25.98)	5:13.38 (1:47.41)	7:02.56 (1:49.18)	8:54.06 (1:51.51)	
	10:48.63 (1:54.58)	12:43.85 (1:55.22)	14:38.19 (1:54.34)	16:35.75 (1:57.57)	
	18:31.70 (1:55.95)	20:24.24 (1:52.55)	22:22.61 (1:58.38)	24:20.32 (1:57.71)	
	26:20.05 (1:59.73)	28:20.77 (2:00.73)	30:18.03 (1:57.27)	32:17.37 (1:59.35)	
	34:15.86 (1:58.49)	36:16.32 (2:00.47)	38:24.13 (2:07.81)	40:27.45 (2:03.33)	
	42:25.44 (1:58.00)	44:34.07 (2:08.63)	46:34.41 (2:00.34)	48:21.84 (1:47.44)	
6 #	75 Sandoval F, Estef	ITDEL	48:08.54	53:02.79	3
	3:33.05 (3:33.05)	5:28.05 (1:55.01)	7:28.27 (2:00.22)	9:34.71 (2:06.45)	
	11:42.44 (2:07.73)	13:49.12 (2:06.68)	15:59.04 (2:09.93)	18:08.40 (2:09.36)	
	20:21.04 (2:12.65)	22:33.10 (2:12.06)	24:44.16 (2:11.07)	26:52.58 (2:08.43)	
	29:00.35 (2:07.78)	31:14.32 (2:13.97)	33:29.05 (2:14.73)	35:41.94 (2:12.90)	
	37:58.38 (2:16.45)	40:11.83 (2:13.45)	42:27.10 (2:15.28)	44:40.93 (2:13.83)	
	46:57.35 (2:16.42)	49:09.92 (2:12.58)	51:16.01 (2:06.10)	53:02.79 (1:46.78)	
7 #	165 Enriquez H, Zeltz	ITRVE	49:50.85	55:33.79	2
	3:36.49 (3:36.49)	7:32.34 (3:55.86)	9:24.56 (1:52.22)	11:46.37 (2:21.82)	
	13:55.62 (2:09.25)	15:09.78 (1:14.17)	16:04.18 (54.40)	18:14.91 (2:10.74)	
	20:25.62 (2:10.72)	22:36.53 (2:10.91)	24:49.22 (2:12.70)	27:04.63 (2:15.41)	
	29:22.06 (2:17.44)	31:40.81 (2:18.75)	34:04.24 (2:23.44)	36:29.68 (2:25.44)	
	38:52.24 (2:22.56)	41:16.77 (2:24.54)	43:37.11 (2:20.35)	45:59.49 (2:22.38)	
	48:23.50 (2:24.01)	50:47.43 (2:23.94)	53:12.84 (2:25.41)	55:33.79 (2:20.95)	
-- #	166 Huerta A, Dianey	ITRVE	44:25.34	DNF	
	3:33.52 (3:33.52)	7:27.34 (3:53.82)	11:19.36 (3:52.03)	13:13.92 (1:54.56)	
	17:05.65 (3:51.74)	19:01.85 (1:56.20)	20:58.50 (1:56.66)	22:54.82 (1:56.33)	
	24:51.97 (1:57.16)	26:49.07 (1:57.10)	28:49.32 (2:00.26)	30:44.75 (1:55.43)	
	32:45.30 (2:00.55)				

Femenil 100 Metros Vallas 84 cm

Record TecNM: R 15.06 25/10/2015 Patriacia Amador Ibarra, La Paz

Name	Year Team	Seed	Finals	H#	Points
1 # 210 Garcia C, Silvia	ITTOL	16.89	16.07	1	9
2 # 790 Rodriguez R, Kari	ITMAT		16.16	2	7
3 # 128 Dominguez O, Perl	ITLPA	17.99	18.39	1	6
4 # 194 Varela H, Esmeral	ITTEP	18.15	19.30	1	5
5 # 100 Acosta G, Angelic	ITTIJ	19.75	19.60	2	4
6 # 106 Aguliar R, Gabrie	ITLAG	19.80	21.71	2	3

Femenil 400 Metros Vallas 76 cm

Record TecNM: R 1:04.46 21/10/1996 Guadalupe Camilo Castañeda, Cerro Azul

Name	Year Team	Seed	Finals	H#	Points
1 # 210 Garcia C, Silvia	ITTOL	1:14.15	1:07.43	1	9
2 # 187 Chavarin G, Lilia	ITTEP	1:07.05	1:10.74	1	7
3 # 100 Acosta G, Angelic	ITTIJ	1:17.94	1:14.59	1	6
4 # 112 Gomez T, Laura An	ITLAG	1:19.89	1:17.42	2	5

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil 400 Metros Vallas 76 cm**

5 # 106 Aguliar R, Gabrie IITLAG 1:22.55 1:34.45 2 4

Femenil 4x100 Metros Relevé

Record TecNM: R 49.23 23/10/1996 Durango, Durango
Najera/Quezada/Ramirez/Rivera

Team	Seed	Finals	Points
1 Inst Tec Sup de La Paz 'A'	51.64	50.80	18
1) #128 Dominguez O, Perla Vanessa			
2) #129 Gonzalez G, Valeria			
3) #130 Martinez Q, Dalia Angelica			
4) #127 Carlon C, Victoria Fernand			
2 Inst Tec Sup de Hermosillo 'A'	53.51	52.10	14
1) #98 Haros R, Sophia Dessire			
2) #102 Santiago T, Dora Alicia			
3) #93 Cordoba G, Jeaneth			
4) #94 Cordova G, Jaqueline			
3 Inst Tec Sup de La Laguna 'A'	54.49	52.87	12
1) #119 Martinez M, Cristina Edith			
2) #110 Contreras M, Fernanda Mons			
3) #112 Gomez T, Laura Angelica			
4) #107 Alcantar De L, Roxana Tere			
4 Inst Tec Sup de Tepic 'A'	52.13	52.95	10
1) #194 Varela H, Esmeralda Guadal			
2) #193 Valdivia V, Yareli Marian			
3) #188 Corrales M, Karla Yunuen			
4) #187 Chavarin G, Liliana			
5 Inst Tec Sup de Tijuana 'A'	54.83	53.46	8
1) #100 Acosta G, Angelica			
2) #246 Solano B, Sara Elizabeth			
3) #245 Rubio L, Andrea			
4) #244 Maple H, Sophia			
6 Inst Tec Sup de Durango 'A'	53.85	53.60	6
1) #84 Santos L, Gabriela			
2) #82 Rangel A, Edith			
3) #89 Vargas M, Karen			
4) #86 Sosa F, America			
7 Inst Tec Sup de Saltillo 'A'	56.51	55.32	4
1) #781 Rivera G, Alexa			
2) #776 Sanchez D, Ariel			
3) #780 Berlanga G, Nichte			
4) #777 Gonzalez M, Andrea			
8 Inst Tec Sup de Puebla 'A'		56.20	2
1) #154 Martinez C, Angela Dariana			
2) #157 Mendez R, Lilliam			
3) #162 Tello S, Camilla			
4) #155 Martini A, Maricela Guadal			

Femenil 4x400 Metros Relevé

Record TecNM: R 4:00.22 29/10/2008 Durango, Durango
Garcia/Flores/Tinoco/Sauceda

Team	Seed	Finals	Points
1 Inst Tec Sup de Durango 'A'	4:22.16	4:14.08	18
1) #84 Santos L, Gabriela			
2) #81 Ramirez R, Carmen			
3) #86 Sosa F, America			
4) #82 Rangel A, Edith			
2 Inst Tec Sup de Toluca 'A'	4:31.74	4:17.50	14
1) #215 Martinez A, Stephanie Alex			
2) #216 Melgarejo M, Monserrat			
3) #206 Castro R, Sara Melissa			
4) #210 Garcia C, Silvia Paola			
3 Inst Tec Sup de Hermosillo 'A'	4:11.94	4:18.65	12
1) #98 Haros R, Sophia Dessire			
2) #99 Le Blohic F, Vannia			
3) #93 Cordoba G, Jeaneth			
4) #94 Cordova G, Jaqueline			
4 Inst Tec Sup de Tijuana 'A'	4:25.30	4:27.04	10
1) #100 Acosta G, Angelica			
2) #243 Magaña R, Diana			
3) #167 Haro F, Brenda Sherlyn			
4) #214 Lugo S, Anette Marbella			
5 Inst Tec Sup de La Laguna 'A'	4:33.01	4:33.39	8
1) #119 Martinez M, Cristina Edith			
2) #110 Contreras M, Fernanda Mons			
3) #112 Gomez T, Laura Angelica			
4) #107 Alcantar De L, Roxana Tere			
6 Inst Tec Sup de Saltillo 'A'	4:54.75	4:38.69	6

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil 4x400 Metros Relevo**

1) #777 Gonzalez M, Andrea	2) #779 Mendoza C, Mayra			
3) #780 Berlanga G, Nicté	4) #776 Sanchez D, Ariel			
7 Inst Tec Sup de Puebla 'A'		4:47.45	4:39.80	4
1) #154 Martinez C, Angela Dariana	2) #159 Miranda V, Maythe			
3) #157 Mendez R, Lilliam	4) #155 Martini A, Maricela Guadal			
-- Inst Tec Sup de San Luis 'A'		4:28.60	DNF	
1) #173 Mata G, Irais	2) #170 Don Juan G, Miriam Arlette			
3) #174 Rodriguez C, Blanca Estela	4) #169 Don Juan G, Karen Judith			

Femenil Salto de Altura

Record TecNM: R 1.83m 28/10/2009 Fabiola Ayala Soto, La Paz

Name	Year Team	Seed	Finals	Points
1 # 194 Varela H, Esmeral	ITTEP	1.55m	1.57m	9
1.25 1.30 1.35 1.40 1.45 1.48 1.51 1.54 1.57 1.60				
P P O O XO O XXO O XO XXX				
2 # 50 Gonzalez R, Estef	ITCJ	1.50m	1.51m	6.50
1.25 1.30 1.35 1.40 1.45 1.48 1.51 1.54				
P O O O O XXO XO XXX				
2 # 44 Villa G, Daniela	ITCHI	1.45m	1.51m	6.50
1.25 1.30 1.35 1.40 1.45 1.48 1.51 1.54				
O O O O O XO O XXX				
4 # 173 Mata G, Irais	ITSAN		1.30m	5
1.25 1.30 1.35				
XXO XO XXX				
-- # 85 Sariñana P, Lourd	ITSD		NH	
1.25				
XXX				

Femenil Salto con Garrocha

Record TecNM: R 3.25m 03/11/2014 Paulina Guadalupe Curriel Lizarraga, Tepic

Name	Year Team	Seed	Finals	Points
1 # 780 Berlanga G, Nict	ITSAL	3.00m	2.55m	9
1.95 2.05 2.15 2.25 2.35 2.45 2.55 2.65				
XO O O O O O XO XXX				
2 # 190 Marques M, Martha	ITTEP	2.20m	2.25m	7
2.05 2.15 2.25 2.35				
XXO XXO XO XXX				
-- # 121 Rangel S, Andrea	ITLAG	2.10m	NH	
1.95				
XXX				
-- # 85 Sariñana P, Lourd	ITSD		NH	
1.95				
XXX				
-- # 118 Martell E, Jassir	ITLAG	2.10m	NH	
1.95				
XXX				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Femenil Salto de Longitud**

Record TecNM: R 5.65m 16/10/1998 Susana Diaz Colin, Leon						
Name	Year	Team	Seed	Finals	Points	
1 # 63 Muñoz T, Berenice		ITCMA	5.10m	5.29m	8	
4.89m 4.95m 5.05m 4.80m		FOUL		5.29m		
2 # 128 Dominguez O, Perl		ITLPA	5.16m	5.16m	8	
4.71m 4.87m 5.04m 5.16m 5.06m 5.04m						
3 # 755 Calderon C, Maria		ITQUE	4.78m	5.05m	6	
4.76m 4.74m 4.77m 4.91m 4.81m 5.05m						
4 # 127 Carlon C, Victori		ITLPA	4.59m	4.97m	5	
4.81m 4.64m 4.45m 4.54m 4.93m 4.97m						
5 # 194 Varela H, Esmeral		ITTEP	4.81m	4.95m	4	
4.63m 4.75m 4.83m 4.95m 4.80m 4.92m						
6 # 188 Corrales M, Karla		ITTEP	4.25m	4.69m	3	
4.69m FOUL 4.42m 4.40m FOUL 4.56m						
7 # 156 Burgueño G, Karla		ITTIJ	4.05m	4.01m	2	
FOUL 3.64m 4.01m 3.68m 3.65m 3.63m						

Femenil Salto Triple

Record TecNM: R 11.60m 23/10/2011 Luz Garcia Barajas, La Paz						
Name	Year	Team	Seed	Finals	Points	
1 # 128 Dominguez O, Perl		ITLPA	11.27m	11.24m	9	
9.73m 10.65m 11.18m 11.22m 11.24m FOUL						
2 # 246 Solano B, Sara El		ITTIJ	11.40m	10.10m	7	
9.60m 10.10m FOUL 9.78m 9.84m FOUL						
3 # 188 Corrales M, Karla		ITTEP	8.90m	9.24m	6	
9.22m FOUL 9.24m FOUL FOUL FOUL						
4 # 794 Martinez J, Aline		ITOAX	8.80m	9.12m	5	
FOUL 9.12m FOUL FOUL 9.03m FOUL						

Femenil Impulso de Bala 4 kg

Record TecNM: R 12.19m 15/10/1995 Rossana Alpizar Rodriguez, Merida						
Name	Year	Team	Seed	Finals	Points	
1 # 148 Mendoza M, Monica		ITPIN	9.44m	9.51m	9	
9.25m 9.51m 8.63m 9.18m 8.82m 8.83m						
2 # 189 Huizar V, Maria G		ITTEP	8.90m	9.17m	7	
9.17m 8.93m FOUL 8.95m 8.88m FOUL						
3 # 108 Avalos R, Andrea		ITLAG	8.14m	8.70m	6	
8.36m 8.45m 8.25m 7.64m 8.07m 8.70m						
4 # 756 Elias R, Maria Pa		ITQUE	8.08m	8.63m	5	
8.10m 8.52m 7.70m 8.38m 7.57m 8.63m						
5 # 104 Ponce G, Ayline		ITHUE	8.46m	8.56m	4	
8.56m 7.62m 7.74m 7.58m 7.13m 7.96m						
6 # 223 Coyote E, Moserra		ITZAT	7.87m	8.17m	3	
7.49m 7.87m 8.12m 8.17m 7.59m 7.83m						
7 # 176 Garcia L, Ditzza Y		ITSPA	8.04m	7.49m	2	
7.26m 7.24m 7.49m 6.68m 7.17m 7.45m						

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Femenil Lanzamiento de Disco 1 kg**

Record TecNM: R 39.76m 16/10/1991 Veronica Peña Castillo, Nuevo Laredo						
Name	Year	Team	Seed	Finals	Points	
1 # 148 Mendoza M, Monica		ITPIN	28.45m	29.80m	9	
26.87m 29.63m 29.80m 28.84m 29.59m 27.10m						
2 # 74 Lara B, Lizeth Ka		ITDEL	26.60m	28.10m	7	
28.10m 26.76m 2.97m FOUL 24.89m 25.98m						
3 # 140 Ramos R, Elizabet		ITMER	25.49m	26.29m	6	
23.62m 21.33m 24.24m 24.45m 26.29m 23.46m						
4 # 29 Zuñiga H, Naykary		ITLIN	24.26m	24.27m	5	
22.13m 24.27m FOUL 23.88m 24.01m 23.55m						
5 # 108 Avalos R, Andrea		ITLAG	23.07m	24.24m	4	
FOUL 18.51m 19.89m 24.24m 20.44m FOUL						
6 # 133 Benitez D, Emily		ITMER	20.46m	20.01m	3	
16.98m 18.31m 16.86m 19.54m 18.70m 20.01m						
7 # 756 Elias R, Maria Pa		ITQUE	21.82m	18.45m	2	
FOUL 16.94m 18.45m 18.15m FOUL FOUL						

Femenil Lanzamiento de Martillo 4 kg

Record TecNM: R 51.19m 03/11/2014 Judith Alvarado Estrada, Durango						
Name	Year	Team	Seed	Finals	Points	
1 # 74 Lara B, Lizeth Ka		ITDEL	35.80m	37.08m	9	
36.23m 34.50m 36.21m 37.08m 35.31m 33.06m						
2 # 756 Elias R, Maria Pa		ITQUE	32.53m	33.71m	7	
31.95m 32.25m 31.77m 32.07m 33.71m 32.60m						
3 # 49 Aragon E, Carmen		ITCJ	21.57m	32.85m	6	
29.88m 28.03m 26.35m 32.85m FOUL FOUL						
4 # 105 Urquiza R, Cinthi		ITHUE	29.12m	31.76m	5	
30.55m 30.86m 23.34m 31.76m FOUL 28.85m						
5 # 75 Sandoval F, Estef		ITDEL	28.50m	30.56m	4	
30.56m 26.03m 29.26m 30.03m FOUL 29.80m						
6 # 782 Palomo E, Karla		ITSAL	20.10m	29.09m	3	
26.89m 25.50m 23.44m 25.94m 29.09m 24.95m						
7 # 113 Gutierrez A, Mela		ITLAG	26.55m	28.06m	2	
28.06m 26.68m 23.16m FOUL 27.13m 16.70m						
8 # 124 Sariñana M, Maria		ITLAG		27.40m	1	
FOUL 26.76m FOUL 27.40m 26.63m FOUL						
9 # 67 Segura O, Alondra		ITCMA	25.02m	24.92m		
24.63m 24.92m 24.85m						
10 # 114 Hernandez C, Andr		ITLAG	21.55m	19.60m		
FOUL FOUL 19.60m						
-- # 133 Benitez D, Emily		ITMER	24.23m	FOUL		
FOUL FOUL FOUL						

Femenil Lanzamiento de Jabalina 600 gr

Record TecNM: R 43.33m 18/11/2022 Jennifer Yamileth Alvarez G, ITHER						
Name	Year	Team	Seed	Finals	Points	
1 # 92 Alvarez G, Jennif		ITHER	38.23m	43.33mR	9	
43.33m 40.85m 39.89m 41.00m 40.73m 39.26m						
2 # 26 Martin R, Maria F		ITCHE	41.11m	36.83m	7	
35.87m 35.79m 36.83m 35.63m 36.36m 35.33m						

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Femenil Lanzamiento de Jabalina 600 gr**

3 #	755 Calderon C, Maria	ITQUE	28.83m	34.56m	6
	29.87m 28.40m FOUL FOUL		34.56m 33.32m		
4 #	785 Millan A, Maria I	ITMEX	22.73m	27.87m	5
	27.19m 27.87m 27.40m FOUL		25.57m 27.47m		
5 #	189 Huizar V, Maria G	ITTEP	30.54m	26.21m	4
	FOUL 26.21m FOUL FOUL		25.42m		
6 #	108 Avalos R, Andrea	ITLAG	26.50m	25.55m	3
	23.78m 25.45m 25.55m 24.75m		24.25m 25.40m		
7 #	758 Gudiño B, Emmilia	ITQUE	19.48m	16.98m	2
	FOUL 16.98m 15.36m 13.32m		12.15m 15.84m		

Heptatlón: #4 Femenil 200 Metros Planos Heptatlón

Record TecNM: R 29.58 17/11/2022 Estefania Gonzalez R, ITCJ

Name	Year Team	Finals	Points
1 #	50 Gonzalez R, Estef	ITCJ	29.58R 512
2 #	759 Ramirez A, Jesica	ITQUE	29.84 493
3 #	149 Portales G, Aleli	ITPIN	30.07 477
4 #	53 Rueda R, Dulce Ro	ITCJ	31.09 409

Heptatlón: #7 Femenil 800 Metros Carrera Heptatlón

Record TecNM: R 2:47.55 17/11/2022 Jesica Beatriz Ramirez A, ITQUE

Name	Year Team	Finals	Points
1 #	759 Ramirez A, Jesica	ITQUE	2:47.55R 489
	1:17.64 (1:17.64) 2:47.55 (1:29.92)		
2 #	50 Gonzalez R, Estef	ITCJ	3:00.49 361
	1:23.59 (1:23.59) 3:00.49 (1:36.91)		
3 #	149 Portales G, Aleli	ITPIN	3:07.07 302
	1:23.17 (1:23.17) 3:07.07 (1:43.91)		
4 #	53 Rueda R, Dulce Ro	ITCJ	3:25.63 164
	1:35.33 (1:35.33) 3:25.63 (1:50.30)		

Heptatlón: #1 Femenil 100 Metros Vallas 84 cm Heptatlón

Record TecNM: R 18.29 17/11/2022 Aleli Portales G, ITPIN

Name	Year Team	Finals	Points
1 #	149 Portales G, Aleli	ITPIN	18.29R 459
2 #	50 Gonzalez R, Estef	ITCJ	19.63 334
3 #	759 Ramirez A, Jesica	ITQUE	20.25 282
4 #	53 Rueda R, Dulce Ro	ITCJ	23.23 90

Heptatlón: #2 Femenil Salto de Altura Heptatlón

Record TecNM: R 1.54m 17/11/2022 Estefania Gonzalez R, ITCJ

Name	Year Team	Finals	Points
1 #	50 Gonzalez R, Estef	ITCJ	1.54mR 666
	1.10 1.15 1.20 1.25 1.28 1.31 1.34 1.37 1.41 1.45 1.48 1.51 1.54 1.56		
	P P P O P P O O O O O XXO XO XXX		

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Heptatlón: #2 Femenil Salto de Altura Heptatlón**

2 #	149 Portales G, Aleli	ITPIN	1.28m	389
	1.10 1.15 1.20 1.25 1.28 1.31			
	P O O O XO XXX			
3 #	759 Ramirez A, Jesica	ITQUE	1.20m	312
	1.10 1.15 1.20 1.25			
	O O XO XXX			
3 #	53 Rueda R, Dulce Ro	ITCJ	1.20m	312
	1.10 1.15 1.20 1.25			
	O O XO XXX			

Heptatlón: #5 Femenil Salto de Longitud Heptatlón

Record TecNM: R 4.57m 17/11/2022 Estefania Gonzalez R, ITCJ					
Name	Year	Team	Finals	Points	
1 #	50 Gonzalez R, Estef	ITCJ	4.57mR	446	
	4.42m 4.50m 4.57m				
2 #	53 Rueda R, Dulce Ro	ITCJ	4.27m	371	
	4.11m 3.98m 4.27m				
3 #	149 Portales G, Aleli	ITPIN	4.22m	359	
	3.61m 4.22m 4.13m				
3 #	759 Ramirez A, Jesica	ITQUE	4.22m	359	
	4.22m FOUL FOUL				

Heptatlón: #3 Femenil Impulso de Bala 4 kg Heptatlón

Record TecNM: R 8.72m 17/11/2022 Aleli Portales G, ITPIN					
Name	Year	Team	Finals	Points	
1 #	149 Portales G, Aleli	ITPIN	8.72mR	446	
	7.77m 8.72m FOUL				
2 #	53 Rueda R, Dulce Ro	ITCJ	8.26m	416	
	8.26m FOUL 7.02m				
3 #	50 Gonzalez R, Estef	ITCJ	7.84m	389	
	7.61m 6.96m 7.84m				
4 #	759 Ramirez A, Jesica	ITQUE	7.31m	355	
	7.13m 6.77m 7.31m				

Heptatlón: #6 Femenil Lanzamiento de Jabalina 600 gr Heptatlón

Record TecNM: R 22.75m 17/11/2022 Dulce Rocio Rueda R, ITCJ					
Name	Year	Team	Finals	Points	
1 #	53 Rueda R, Dulce Ro	ITCJ	22.75mR	340	
	20.19m 20.18m 22.75m				
2 #	149 Portales G, Aleli	ITPIN	21.97m	326	
	21.97m 19.57m 19.40m				
3 #	50 Gonzalez R, Estef	ITCJ	17.89m	250	
	17.89m 15.85m 16.14m				
4 #	759 Ramirez A, Jesica	ITQUE	15.36m	203	
	13.55m 15.36m FOUL				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Femenil Heptatlón**

Record TecNM: R 4052 23/09/2012 Griscel Mondragon Leon, Queretaro

Name	Year Team	Seed	Finals	H#	Points
1 # 50 Gonzalez R, Estef	ITCJ	2549	2958		9
2 # 149 Portales G, Aleli	ITPIN	2980	2758		7
3 # 759 Ramirez A, Jesica	ITQUE	2285	2493		6
4 # 53 Rueda R, Dulce Ro	ITCJ	1619	2102		5

Femenil 5000 Metros Marcha

Record TecNM: R 24:24.00 26/10/2008 Nidia Castillo Vazquez, Durango

Name	Year Team	Seed	Finals	Points
1 # 35 Medrano D, Guimel	ITCHI	31:35.54	31:56.44	9
1:06.57 (1:06.57)	3:30.25 (2:23.69)	5:57.07 (2:26.82)	8:27.90 (2:30.84)	
11:06.83 (2:38.93)	13:47.76 (2:40.94)	16:24.13 (2:36.37)	19:00.66 (2:36.54)	
21:37.04 (2:36.38)	24:16.63 (2:39.59)	26:53.81 (2:37.19)	29:28.70 (2:34.89)	
31:56.44 (2:27.74)				
2 # 783 Siller H, Evelin	ITSAL	44:41.66	45:09.47	7
1:24.87 (1:24.87)	4:58.90 (3:34.03)	8:39.05 (3:40.16)	12:24.06 (3:45.01)	
16:09.61 (3:45.56)	19:50.84 (3:41.24)	23:31.96 (3:41.13)	27:09.60 (3:37.64)	
30:49.28 (3:39.69)	34:27.12 (3:37.84)	38:02.70 (3:35.59)	41:37.99 (3:35.29)	
45:09.47 (3:31.49)				

Varonil 100 Metros Planos**Top 8 Advance by Time**

Record TecNM: R 10.16 17/11/2002 Ebener Dueñas Osuna, La Paz

Name	Year Team	Seed	Prelims	H#
Preliminaries				
1 # 58 Lopez P, Jair Isa	ITCMA	11.33	11.33q	2
2 # 131 Barradas N, Carlo	ITLEO	11.21	11.39q	1
3 # 142 Coronado M, Josue	Itmor	11.44	11.42q	2
4 # 46 Caraveo P, Luis D	ITCCU	11.45	11.46q	1
4 # 70 Herrera I, Franco	ITSCV	11.61	11.46q	2
6 # 80 Mendoza A, Sergio	ITSD	11.67	11.47q	2
7 # 767 Carmona, Emilio	ITSAL	11.63	11.48q	1
8 # 101 Rocha R, Jose And	ITHER	11.72	11.50q	2
9 # 88 Valdez F, Enrique	ITSD	11.66	11.56	1
10 # 1 Nuñez C, Jhonatan	ITVMO	11.44	11.59	1
11 # 62 Montes L, Ricardo	ITCMA	11.68	11.64	1
12 # 226 Lopez S, Alexande	ITZAT	11.47	11.82	2
13 # 78 Gomez E, Sergio	ITSD	11.71	12.11	1
14 # 36 Aleman H, Jesus A	ITCOA	11.68	12.46	2
15 # 158 Merida G, Ulises	ITPUE		12.82	2

Varonil 100 Metros Planos

Record TecNM: R 10.16 17/11/2002 Ebener Dueñas Osuna, La Paz

Name	Year Team	Prelims	Finals	Points
Finals				
1 # 131 Barradas N, Carlo	ITLEO	11.39	11.14	9
2 # 58 Lopez P, Jair Isa	ITCMA	11.33	11.17	7

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 100 Metros Planos**

3 #	142	Coronado M, Josue	Itmor	11.42	11.41	6
4 #	101	Rocha R, Jose And	ITHER	11.50	11.43	5
5 #	767	Carmona, Emilio	ITSAL	11.48	11.51	4
6 #	46	Caraveo P, Luis D	ITCCU	11.46	11.52	3
7 #	70	Herrera I, Franco	ITSCV	11.46	11.58	2
8 #	80	Mendoza A, Sergio	ITSD	11.47	12.24	1

Varonil 200 Metros Planos**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

Record TecNM: R 21.01 04/11/2014 Gessael Lopez Villa, Santiago Papasquiario
 Name Year Team Seed Prelims H#

Preliminaries

1 #	56	Gonzalez L, Ian Ar	ITCMA	23.49	22.86Q	1
2 #	101	Rocha R, Jose And	ITHER	23.47	23.02Q	2
3 #	131	Barradas N, Carlo	ITLEO	22.70	22.92Q	1
4 #	1	Nuñez C, Jhonatan	ITVMO	23.42	23.03Q	2
5 #	97	Garcia M, Manuel	ITHER	23.35	22.94Q	1
6 #	42	Santos M, Sebasti	ITCHI	23.08	23.29Q	2
7 #	13	Duarte B, Jesus	ITSAP	21.46	23.05q	1
8 #	142	Coronado M, Josue	Itmor	23.23	23.18q	1
9 #	232	Valenzuela R, Ric	ITCUL	23.55	23.43	2
10 #	88	Valdez F, Enrique	ITSD	23.61	23.51	2
11 #	62	Montes L, Ricardo	ITCMA	23.51	23.67	1
12 #	225	Dominguez B, Jose	ITZAT	22.24	23.68	2
13 #	219	Zuviri S, Juan Pa	ITTOL	22.35	24.33	1
14 #	224	Delgado D, Sebast	ITZAT	23.10	25.04	2
15 #	158	Merida G, Ulises	ITPUE		29.31	1

Varonil 200 Metros Planos

Record TecNM: R 21.01 04/11/2014 Gessael Lopez Villa, Santiago Papasquiario
 Name Year Team Prelims Finals Points

Finals

1 #	131	Barradas N, Carlo	ITLEO	22.92	22.41	9
2 #	56	Gonzalez L, Ian Ar	ITCMA	22.86	22.62	7
3 #	1	Nuñez C, Jhonatan	ITVMO	23.03	22.77	6
4 #	13	Duarte B, Jesus	ITSAP	23.05	22.83	5
5 #	42	Santos M, Sebasti	ITCHI	23.29	23.02	4
6 #	97	Garcia M, Manuel	ITHER	22.94	23.11	3
7 #	142	Coronado M, Josue	Itmor	23.18	23.21	2
-- #	101	Rocha R, Jose And	ITHER	23.02	FS	

Varonil 400 Metros Planos**Top 8 Advance by Time**

Record TecNM: R 47.00 15/10/1984 Alfonso Perez Macias, Durango
 Name Year Team Seed Prelims H#

Preliminaries

1 #	56	Gonzalez L, Ian Ar	ITCMA	51.80	49.93q	2
2 #	132	Torres Q, Sebasti	ITLEO	49.05	50.82q	1
3 #	42	Santos M, Sebasti	ITCHI	50.69	50.98q	3

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 400 Metros Planos**

4 #	13 Duarte B, Jesus	ITSAP	51.17	51.24q	1
5 #	4 Chavez de la R, J	ITSAG	50.34	51.34q	3
6 #	5 De Anda O, Raul	ITSAG	51.05	51.42q	2
7 #	97 Garcia M, Manuel	ITHER	51.60	51.66q	1
8 #	88 Valdez F, Enrique	ITSD	52.36	51.72q	2
9 #	15 Moreno M, Eduardo	ITSAP	52.11	52.52	3
10 #	28 Avitia P, Francis	ITCHI	52.52	52.89	1
11 #	37 Paniagua C, Edwin	ITCHI	51.83	53.09	3
12 #	95 Meneses G, Moises	ITHER	49.85	53.21	2
13 #	208 Engombia R, Saul	ITTOL	53.47	53.40	2
14 #	80 Mendoza A, Sergio	ITSD	52.68	54.68	2
15 #	192 Ramirez Z, Ricard	ITTEP	53.20	57.95	3
16 #	197 Jaramillo C, Davi	ITTIJ	52.91	58.06	3

Varonil 400 Metros Planos

Record TecNM: R 47.00 15/10/1984 Alfonso Perez Macias, Durango

Name	Year Team	Prelims	Finals	Points
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Finals

1 #	132 Torres Q, Sebasti	ITLEO	50.82	49.07	9
2 #	56 Gozalez L, Ian Ar	ITCMA	49.93	49.68	7
3 #	42 Santos M, Sebasti	ITCHI	50.98	49.84	6
4 #	13 Duarte B, Jesus	ITSAP	51.24	50.98	5
5 #	4 Chavez de la R, J	ITSAG	51.34	51.14	4
6 #	5 De Anda O, Raul	ITSAG	51.42	51.29	3
7 #	88 Valdez F, Enrique	ITSD	51.72	51.56	2
8 #	97 Garcia M, Manuel	ITHER	51.66	52.61	1

Varonil 800 Metros Carrera

Record TecNM: R 1:51.70 10/11/1977 Candido Lopez Mendoza, Saltillo

Name	Year Team	Seed	Finals	H#	Points
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1 #	217 Rodriguez R, Saul	ITTOL	2:00.25	1:58.57	2	9
	57.41 (57.41)	1:58.57 (1:01.17)				
2 #	132 Torres Q, Sebasti	ITLEO	1:56.68	1:59.40	1	7
	59.51 (59.51)	1:59.40 (59.90)				
3 #	37 Paniagua C, Edwin	ITCHI	2:00.20	2:00.94	2	6
	58.64 (58.64)	2:00.94 (1:02.31)				
4 #	763 Garcia R, Carlos	ITQUE	2:03.30	2:01.26	2	5
	58.11 (58.11)	2:01.26 (1:03.16)				
5 #	22 Armenta S, Juan D	ITCAN	2:02.06	2:02.10	1	4
	1:00.26 (1:00.26)	2:02.10 (1:01.85)				
6 #	203 Rodriguez G, Davi	ITTIJ	2:01.05	2:02.17	2	3
	58.89 (58.89)	2:02.17 (1:03.29)				
7 #	24 Acosta C, Jesus F	ITNCG	2:01.00	2:02.72	1	2
	1:01.52 (1:01.52)	2:02.72 (1:01.21)				
8 #	196 Guillen M, Eric D	ITTIJ	2:01.05	2:06.77	1	1
	1:03.48 (1:03.48)	2:06.77 (1:03.29)				
9 #	135 Gil H, Angel	ITMER	2:03.61	2:06.86	1	
	1:00.83 (1:00.83)	2:06.86 (1:06.04)				
10 #	198 Lopez C, Jose Ant	ITTIJ	2:03.10	2:08.34	2	
	1:01.57 (1:01.57)	2:08.34 (1:06.77)				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 800 Metros Carrera**

11 #	17 Andrade Z, Angel	ITAPI	2:02.67	2:08.43	1
	1:01.28 (1:01.28)	2:08.43 (1:07.15)			
12 #	23 Mariscal A, Danie	ITCAN	2:01.10	2:18.10	2
	1:02.00 (1:02.00)	2:18.10 (1:16.10)			
13 #	792 Memegua, Abraham	ITPUE		2:19.52	1
	1:07.81 (1:07.81)	2:19.52 (1:11.72)			

Varonil 1500 Metros Carrera

Record TecNM: R 3:15.10 15/05/1979 Juan I Melesio Cazarez, Tlalnepantla					
Name	Year	Team	Seed	Finals	Points
1 #	220 Landeros M, Cesar	ITZAC	4:15.16	4:05.05	9
	49.48 (49.48)	1:57.79 (1:08.31)	3:06.87 (1:09.09)	4:05.05 (58.18)	
2 #	164 Castro P, Jose Al	ITRVE	4:12.60	4:09.42	7
	50.09 (50.09)	1:58.06 (1:07.98)	4:09.42 (2:11.37)		
3 #	30 Diaz F, Rafael An	ITCHI	4:13.38	4:10.95	6
	49.72 (49.72)	1:57.31 (1:07.59)	3:07.08 (1:09.77)	4:10.95 (1:03.87)	
4 #	196 Guillen M, Eric D	ITTIJ	4:10.16	4:13.70	5
	50.33 (50.33)	1:58.93 (1:08.60)	3:07.52 (1:08.60)	4:13.70 (1:06.18)	
5 #	763 Garcia R, Carlos	ITQUE	4:17.69	4:15.73	4
	49.99 (49.99)	1:58.31 (1:08.32)	3:08.68 (1:10.38)	4:15.73 (1:07.06)	
6 #	19 Meza S, Pedro	ITAPI	4:18.53	4:20.10	3
	49.87 (49.87)	1:58.78 (1:08.91)	3:11.17 (1:12.40)	4:20.10 (1:08.93)	
7 #	249 Martinez J, Jesus	ITROQ	4:18.23	4:21.85	2
	49.94 (49.94)	1:59.27 (1:09.33)	3:07.29 (1:08.03)	4:21.85 (1:14.56)	
8 #	24 Acosta C, Jesus F	ITNCG	4:20.82	4:23.62	1
	50.12 (50.12)	1:58.66 (1:08.54)	3:11.59 (1:12.93)	4:23.62 (1:12.04)	
9 #	71 Santiago G, Alan	ITSCV	4:22.02	4:25.31	
	51.00 (51.00)	1:59.66 (1:08.66)	3:13.02 (1:13.36)	4:25.31 (1:12.30)	
10 #	17 Andrade Z, Angel	ITAPI	4:18.73	4:27.55	
	49.68 (49.68)	1:59.47 (1:09.79)	3:14.96 (1:15.49)	4:27.55 (1:12.60)	
11 #	198 Lopez C, Jose Ant	ITTIJ		4:29.42	
	50.60 (50.60)	1:59.07 (1:08.47)	3:11.89 (1:12.83)	4:29.42 (1:17.53)	
12 #	163 Castillo C, Moise	ITRVE	4:12.79	4:35.09	
	50.36 (50.36)	1:59.97 (1:09.61)	3:17.00 (1:17.03)	4:35.09 (1:18.10)	
13 #	31 Enriquez R, Danie	ITCHI	4:22.03	4:46.64	
	49.09 (49.09)	1:57.55 (1:08.47)	3:13.79 (1:16.24)	4:46.64 (1:32.86)	
14 #	161 Ortiz R, Jose Alb	ITPUE		4:53.91	
	48.46 (48.46)	1:58.19 (1:09.74)	3:23.67 (1:25.49)	4:53.91 (1:30.24)	
15 #	152 Benitez R, Luis	ITPUE		5:05.70	
	51.10 (51.10)	2:08.56 (1:17.46)	3:37.85 (1:29.29)	5:05.70 (1:27.86)	
-- #	135 Gil H, Angel	ITMER	4:19.27	DNF	
	49.82 (49.82)	2:00.89 (1:11.08)			

Varonil 5000 Metros Carrera

Record TecNM: R 14:28.66 02/11/2014 Esau Arias Salas, Zitcuaro					
Name	Year	Team	Seed	Finals	Points
1 #	220 Landeros M, Cesar	ITZAC	16:00.63	16:04.30	9
	37.97 (37.97)	1:58.09 (1:20.12)	3:17.20 (1:19.12)	4:37.07 (1:19.88)	
	5:55.18 (1:18.11)	7:10.82 (1:15.64)	8:26.68 (1:15.87)	9:44.57 (1:17.90)	
	11:02.14 (1:17.58)	12:21.17 (1:19.04)	13:38.73 (1:17.56)	14:55.36 (1:16.63)	
	16:04.30 (1:08.94)				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 5000 Metros Carrera**

2 #	242 Maciel O, Cesar L	ITURU	17:26.92	16:21.95	7
	38.90 (38.90)	1:58.86 (1:19.97)	3:18.05 (1:19.20)	4:37.81 (1:19.77)	
	5:55.94 (1:18.14)	7:13.08 (1:17.14)	8:31.43 (1:18.36)	9:50.78 (1:19.35)	
	11:09.86 (1:19.08)	12:31.39 (1:21.54)	13:54.46 (1:23.08)	15:15.42 (1:20.97)	
	16:21.95 (1:06.53)				
3 #	236 Vargas G, Eduardo	ITORZ	15:37.06	16:29.06	6
	39.18 (39.18)	1:59.38 (1:20.20)	3:18.47 (1:19.10)	4:37.09 (1:18.62)	
	5:56.13 (1:19.04)	7:12.62 (1:16.50)	8:31.06 (1:18.44)	9:50.20 (1:19.15)	
	11:09.60 (1:19.41)	12:31.05 (1:21.45)	13:54.31 (1:23.27)	15:15.88 (1:21.58)	
	16:29.06 (1:13.18)				
4 #	249 Martinez J, Jesus	ITROQ	16:32.16	16:31.12	5
	39.37 (39.37)	1:58.61 (1:19.24)	3:16.99 (1:18.39)	4:36.87 (1:19.88)	
	5:55.59 (1:18.73)	7:13.11 (1:17.52)	8:31.88 (1:18.77)	9:51.92 (1:20.05)	
	11:12.16 (1:20.24)	12:34.04 (1:21.88)	13:55.96 (1:21.93)	15:17.39 (1:21.44)	
	16:31.12 (1:13.73)				
5 #	228 Lopez P, Jesus	ITZIT	16:08.67	16:32.20	4
	38.17 (38.17)	1:58.33 (1:20.17)	3:17.73 (1:19.40)	4:37.52 (1:19.79)	
	5:55.74 (1:18.23)	7:12.85 (1:17.12)	8:31.20 (1:18.35)	9:50.64 (1:19.44)	
	11:09.64 (1:19.01)	12:31.15 (1:21.51)	13:54.22 (1:23.08)	15:17.04 (1:22.82)	
	16:32.20 (1:15.16)				
6 #	19 Meza S, Pedro	ITAPI	16:25.99	16:47.60	3
	37.92 (37.92)	1:58.06 (1:20.15)	3:17.06 (1:19.00)	4:36.82 (1:19.77)	
	5:55.25 (1:18.43)	7:12.47 (1:17.22)	8:32.43 (1:19.97)	9:55.18 (1:22.75)	
	11:18.97 (1:23.80)	12:43.55 (1:24.58)	14:08.59 (1:25.04)	15:29.80 (1:21.22)	
	16:47.60 (1:17.80)				
7 #	160 Moreno S, Jesus A	ITPUE	16:59.69	2	
	38.52 (38.52)	1:58.76 (1:20.25)	3:17.54 (1:18.78)	4:38.01 (1:20.47)	
	5:55.88 (1:17.87)	7:12.78 (1:16.90)	8:31.39 (1:18.62)	9:51.23 (1:19.85)	
	11:13.36 (1:22.13)	12:40.75 (1:27.39)	14:08.90 (1:28.15)	15:37.65 (1:28.75)	
	16:59.69 (1:22.05)				
8 #	770 Puente C, Eber	ITSAL	16:33.20	17:03.02	1
	39.24 (39.24)	1:58.24 (1:19.01)	3:18.22 (1:19.99)	4:37.74 (1:19.52)	
	5:56.40 (1:18.66)	7:14.90 (1:18.50)	8:35.89 (1:21.00)	10:00.48 (1:24.59)	
	11:25.81 (1:25.34)	12:52.46 (1:26.65)	14:19.73 (1:27.28)	15:46.66 (1:26.93)	
	17:03.02 (1:16.37)				
9 #	10 Salas V, Jose Edu	ITSAG	17:19.50	17:13.44	
	38.86 (38.86)	1:59.07 (1:20.22)	3:18.25 (1:19.18)	4:38.05 (1:19.81)	
	5:57.28 (1:19.23)	7:22.80 (1:25.52)	8:53.03 (1:30.24)	10:21.20 (1:28.17)	
	11:47.64 (1:26.45)	13:14.37 (1:26.73)	14:42.12 (1:27.76)	16:01.81 (1:19.69)	
	17:13.44 (1:11.63)				
10 #	161 Ortiz R, Jose Alb	ITPUE	17:18.29		
	38.64 (38.64)	1:59.14 (1:20.51)	3:17.39 (1:18.25)	4:36.98 (1:19.60)	
	5:55.35 (1:18.37)	7:12.30 (1:16.95)	8:30.80 (1:18.50)	9:54.25 (1:23.46)	
	11:25.17 (1:30.92)	12:55.82 (1:30.66)	14:27.17 (1:31.36)	15:56.94 (1:29.77)	
	17:18.29 (1:21.35)				
11 #	774 Garcia S, Ivan	ITSAL	17:18.85	17:48.68	
	38.67 (38.67)	1:58.40 (1:19.73)	3:17.51 (1:19.12)	4:37.40 (1:19.90)	
	5:55.80 (1:18.41)	7:14.20 (1:18.40)	8:39.86 (1:25.67)	10:09.89 (1:30.04)	
	11:41.74 (1:31.85)	13:15.81 (1:34.08)	14:50.85 (1:35.04)	16:20.97 (1:30.12)	
	17:48.68 (1:27.72)				
12 #	138 Mendieta P, Jourd	ITMER	16:40.50	18:06.95	
	38.76 (38.76)	1:59.00 (1:20.24)	3:17.90 (1:18.91)	4:37.29 (1:19.40)	
	5:56.88 (1:19.59)	7:17.77 (1:20.89)	8:44.78 (1:27.01)	10:15.75 (1:30.97)	
	11:48.32 (1:32.57)	13:25.43 (1:37.12)	15:02.62 (1:37.20)	16:39.81 (1:37.19)	
	18:06.95 (1:27.15)				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 5000 Metros Carrera**

13 #	31 Enriquez R, Danie	ITCHI	17:06.59	18:16.13	
	39.00 (39.00)	1:58.91 (1:19.91)	3:17.84 (1:18.93)	4:37.56 (1:19.72)	
	5:56.63 (1:19.07)	7:19.12 (1:22.49)	8:49.76 (1:30.65)	10:23.90 (1:34.14)	
	12:00.08 (1:36.18)	13:32.58 (1:32.51)	15:05.87 (1:33.29)	16:40.26 (1:34.40)	
	18:16.13 (1:35.87)				
14 #	212 Gomez P, Jose Mar	ITTOL	16:16.62	18:53.93	
	38.43 (38.43)	1:59.27 (1:20.84)	3:18.52 (1:19.26)	4:40.59 (1:22.07)	
	6:09.99 (1:29.40)	7:43.06 (1:33.08)	9:19.68 (1:36.63)	10:54.69 (1:35.02)	
	12:31.87 (1:37.18)	14:11.41 (1:39.54)	15:50.06 (1:38.66)	17:25.24 (1:35.18)	
	18:53.93 (1:28.70)				
-- #	164 Castro P, Jose Al	ITRVE	15:55.99	DNF	
	38.21 (38.21)	1:59.44 (1:21.24)	3:17.29 (1:17.85)	4:37.98 (1:20.69)	
	5:55.52 (1:17.54)	7:12.14 (1:16.63)	8:30.84 (1:18.71)	9:50.45 (1:19.61)	
	11:09.87 (1:19.42)				

Varonil 10000 Metros Carrera

Record TecNM: R 30:54.14 28/10/2016 Hesiquio Flores Romero, Puebla

Name	Year Team	Seed	Finals	Points
1 #	242 Maciel O, Cesar L	ITURU	34:03.84	34:50.26 9
	1:22.49 (1:22.49)	2:50.21 (1:27.72)	4:17.92 (1:27.71)	5:45.41 (1:27.49)
	7:12.60 (1:27.19)	8:37.17 (1:24.57)	10:01.30 (1:24.14)	11:25.64 (1:24.35)
	12:48.03 (1:22.40)	14:10.75 (1:22.72)	15:32.19 (1:21.44)	16:54.57 (1:22.39)
	18:18.43 (1:23.87)	19:42.12 (1:23.69)	21:06.32 (1:24.21)	22:31.50 (1:25.19)
	23:56.39 (1:24.89)	25:20.95 (1:24.57)	26:43.81 (1:22.86)	28:09.03 (1:25.23)
	29:34.34 (1:25.31)	30:59.22 (1:24.88)	32:23.01 (1:23.79)	33:48.34 (1:25.33)
	34:50.26 (1:01.93)			
2 #	228 Lopez P, Jesus	ITZIT	33:58.19	34:56.86 7
	1:22.42 (1:22.42)	2:49.92 (1:27.50)	4:17.63 (1:27.71)	5:45.15 (1:27.53)
	7:12.31 (1:27.16)	8:36.89 (1:24.59)	10:01.03 (1:24.14)	11:25.34 (1:24.32)
	12:47.50 (1:22.16)	14:10.47 (1:22.97)	15:31.99 (1:21.52)	16:54.33 (1:22.35)
	18:18.22 (1:23.89)	19:41.86 (1:23.65)	21:06.12 (1:24.26)	22:31.30 (1:25.19)
	23:56.12 (1:24.82)	25:20.72 (1:24.60)	26:43.59 (1:22.87)	28:08.80 (1:25.22)
	29:34.13 (1:25.33)	30:58.96 (1:24.84)	32:22.85 (1:23.90)	33:48.17 (1:25.33)
	34:56.86 (1:08.69)			
3 #	161 Ortiz R, Jose Alb	ITPUE	36:04.81	35:44.23 6
	1:22.98 (1:22.98)	2:50.70 (1:27.72)	4:18.50 (1:27.80)	5:45.94 (1:27.45)
	7:13.21 (1:27.28)	8:38.03 (1:24.82)	10:01.60 (1:23.57)	11:25.14 (1:23.55)
	11:25.56 (0.43)	12:47.43 (1:21.87)	14:10.51 (1:23.08)	16:54.39 (2:43.89)
	18:18.18 (1:23.80)	19:42.62 (1:24.44)	21:08.15 (1:25.54)	22:36.51 (1:28.36)
	24:04.74 (1:28.23)	25:34.65 (1:29.92)	27:05.39 (1:30.74)	28:31.89 (1:26.51)
	29:56.20 (1:24.32)	31:24.05 (1:27.85)	32:54.21 (1:30.17)	34:23.71 (1:29.51)
	35:44.23 (1:20.52)			
4 #	160 Moreno S, Jesus A	ITPUE	36:13.95	5
	1:23.08 (1:23.08)	2:50.47 (1:27.40)	4:18.19 (1:27.72)	5:45.72 (1:27.53)
	7:13.10 (1:27.38)	8:37.70 (1:24.60)	10:01.37 (1:23.68)	12:47.73 (2:46.37)
	14:08.87 (1:21.14)	15:30.17 (1:21.31)	15:32.42 (2.25)	16:54.26 (1:21.84)
	18:18.58 (1:24.33)	19:42.46 (1:23.89)	21:06.53 (1:24.07)	22:31.78 (1:25.25)
	23:56.70 (1:24.92)	26:44.84 (2:48.15)	28:15.97 (1:31.13)	29:58.01 (1:42.05)
	31:41.45 (1:43.44)	33:16.30 (1:34.85)	34:48.55 (1:32.26)	36:13.95 (1:25.40)
	36:13.95 (0.01)			

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 10000 Metros Carrera**

5 #	788 Loya N, Jesus	Ism	ITMEX	36:42.79	37:06.57	4
	1:22.76 (1:22.76)	2:50.08 (1:27.32)	4:17.81 (1:27.73)	5:45.38 (1:27.57)		
	7:12.74 (1:27.37)	8:37.44 (1:24.70)	10:01.63 (1:24.19)	11:25.85 (1:24.23)		
	12:47.86 (1:22.01)	14:13.79 (1:25.94)	15:47.41 (1:33.63)	17:22.19 (1:34.78)		
	18:50.06 (1:27.88)	20:21.14 (1:31.08)	21:59.27 (1:38.14)	23:35.99 (1:36.73)		
	25:09.84 (1:33.85)	26:43.61 (1:33.78)	28:15.53 (1:31.93)	29:39.41 (1:23.88)		
	31:18.10 (1:38.70)	32:53.42 (1:35.32)	34:22.95 (1:29.54)	35:49.05 (1:26.10)		
	37:06.57 (1:17.53)					
6 #	789 Espinoza H, Carlo		ITMAT	38:12.50	3	
	1:23.73 (1:23.73)	2:51.11 (1:27.38)	4:18.85 (1:27.75)	5:46.31 (1:27.46)		
	7:13.69 (1:27.39)	8:39.45 (1:25.76)	10:06.36 (1:26.92)	11:34.41 (1:28.06)		
	13:04.72 (1:30.31)	14:38.27 (1:33.55)	16:14.53 (1:36.27)	17:51.62 (1:37.09)		
	19:29.05 (1:37.44)	21:07.54 (1:38.49)	22:43.92 (1:36.38)	24:19.61 (1:35.69)		
	25:56.66 (1:37.06)	27:34.80 (1:38.14)	29:10.76 (1:35.96)	30:46.86 (1:36.11)		
	32:22.22 (1:35.36)	33:58.74 (1:36.52)	35:36.33 (1:37.60)	37:12.50 (1:36.17)		
-- #	10 Salas V, Jose	Edu	ITSAG	35:54.91	DNF	
	1:22.70 (1:22.70)	2:50.41 (1:27.72)	4:18.20 (1:27.80)	5:45.66 (1:27.47)		
	7:12.89 (1:27.24)	8:38.52 (1:25.64)	10:09.97 (1:31.45)	11:41.14 (1:31.17)		
	13:16.57 (1:35.44)	14:53.94 (1:37.38)	16:32.98 (1:39.04)			

Varonil 110 Metros Vallas 1.067 m

Record TecNM: R 14.61 11/11/2003 Daniel Fuentes, Saltillo

Name	Year	Team	Seed	Finals	H#	Points
1 #	96	Felix S, Francisc	ITHER	15.67	15.87	1 9
2 #	58	Lopez P, Jair Isa	ITCMA	17.08	15.88	2 7
3 #	116	Hernandez S, Luis	ITLAG	15.91	15.95	1 6
4 #	38	Robles O, Juan Ca	ITCHI	16.50	17.39	1 5
5 #	32	Flores G, Emilian	ITCHI	17.14	17.47	2 4
6 #	3	Cervantes M, Juan	ITSAG	18.29	29.72	2 3

Varonil 400 Metros Vallas 91 cm

Record TecNM: R 51.93 02/11/2014 Fenando Sanchez Salgado, Durango

Name	Year	Team	Seed	Finals	H#	Points
1 #	58	Lopez P, Jair Isa	ITCMA	59.76	54.79	1 9
2 #	4	Chavez de la R, J	ITSAG	57.61	57.63	1 7
3 #	32	Flores G, Emilian	ITCHI	59.17	58.23	1 6
4 #	42	Santos M, Sebasti	ITCHI	59.00	58.98	1 5
5 #	116	Hernandez S, Luis	ITLAG	1:00.99	1:00.72	1 4
6 #	141	Velazco P, Diego	ITMER		1:03.75	2 3
7 #	43	Vallez D, Arturo	ITCHI	1:01.83	1:05.08	2 2

Varonil 3000 Metros Steeplechase 91 cm

Record TecNM: R 9:07.18 22/10/2001 Isidro Martinez Martinez, Ciudad Madero

Name	Year	Team	Seed	Finals	Points
1 #	788	Loya N, Jesus	Ism	ITMEX	10:05.20 10:36.36 9
	12.16 (12.16)	1:30.63 (1:18.48)	2:52.17 (1:21.54)	4:24.69 (1:32.53)	
	5:58.70 (1:34.01)	7:30.79 (1:32.10)	9:09.03 (1:38.24)	10:36.36 (1:27.34)	

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 3000 Metros Steeplechase 91 cm**

2 #	90 Violante T, Jorge	ITSD	10:25.33	10:54.34	7
	12.50 (12.50)	1:31.63 (1:19.14)	2:54.07 (1:22.44)	4:24.27 (1:30.21)	
	5:58.24 (1:33.97)	7:35.31 (1:37.08)	9:14.23 (1:38.93)	10:54.34 (1:40.11)	
3 #	770 Puente C, Eber	ITSAL	10:02.85	10:56.26	6
	11.87 (11.87)	1:30.11 (1:18.24)	2:55.79 (1:25.68)	4:29.12 (1:33.33)	
	6:03.47 (1:34.35)	7:45.91 (1:42.45)	9:28.88 (1:42.97)	10:56.26 (1:27.39)	
4 #	30 Diaz F, Rafael An	ITCHI	10:17.15	11:12.74	5
	11.73 (11.73)	1:30.85 (1:19.13)	2:54.73 (1:23.89)	4:35.77 (1:41.04)	
	6:14.19 (1:38.42)	7:53.37 (1:39.18)	9:35.98 (1:42.61)	11:12.74 (1:36.77)	
5 #	9 Perez L, Moises I	ITSAG	10:55.36	11:27.84	4
	12.21 (12.21)	1:34.72 (1:22.51)	3:04.98 (1:30.27)	4:40.95 (1:35.97)	
	6:20.88 (1:39.94)	8:05.78 (1:44.90)	9:52.24 (1:46.46)	11:27.84 (1:35.61)	
6 #	31 Enriquez R, Danie	ITCHI	10:37.85	11:41.08	3
	12.71 (12.71)	1:34.35 (1:21.65)	3:01.01 (1:26.67)	4:34.12 (1:33.11)	
	6:11.17 (1:37.05)	7:57.21 (1:46.04)	9:51.02 (1:53.82)	11:41.08 (1:50.06)	
7 #	771 Zamora P, Jose A	ITSAL	10:59.98	12:56.01	2
	12.53 (12.53)	1:38.80 (1:26.27)	3:14.72 (1:35.92)	5:02.44 (1:47.73)	
	6:56.78 (1:54.34)	8:56.92 (2:00.15)	12:56.01 (3:59.10)	10:56.14 (-1:59.87)	

Varonil 4x100 Metros Relevo

Record TecNM: R 41.53 05/11/2014 Durango, Durango
Echeverria/Garcia/Gonzalez/Perez

Team	Seed	Finals	H#	Points
1 Inst Tec Sup de Ciudad Madero 'A'	46.91	44.09	1	18
1) #68 Tello B, Luis Eduardo				
2) #62 Montes L, Ricardo				
3) #60 Mendoza M, Luis Franco				
4) #58 Lopez P, Jair Isai				
2 Inst Tec Sup de Queretaro 'A'	46.46	44.47	1	14
1) #766 Mandujano R, Axel Eduardo				
2) #762 Fenandez P, Luis Gustavo				
3) #761 Elias R, Pedro Alberto				
4) #760 Curiel E, Marco Alejandro				
3 Inst Tec Sup de Hermosillo 'A'	46.08	44.79	1	12
1) #101 Rocha R, Jose Andrey				
2) #97 Garcia M, Manuel				
3) #240 Felix Sanchez, Cristhian				
4) #96 Felix S, Francisco Ubiel				
4 Inst Tec Sup de Chihuahua 'A'	46.30	45.00	1	9
1) #39 Romo de V, Salvador				
2) #42 Santos M, Sebastian				
3) #41 Sanchez A, Diego Alejandro				
4) #43 Vallez D, Arturo				
4 Inst Tec Sup de Durango 'A'	44.95	45.00	1	9
1) #80 Mendoza A, Sergio				
2) #78 Gomez E, Sergio				
3) #83 Reyes A, Julio Cesar				
4) #88 Valdez F, Enrique				
6 Inst Tec Sup de Toluca 'A'	46.93	45.61	2	6
1) #213 Hernandez B, Victor Albert				
2) #218 Vazquez M, Joel Hermias				
3) #208 Engombia R, Saul Ernesto				
4) #211 Gavia E, Juan Antonio				
7 Inst Tec Sup de La Laguna 'A'	47.05	45.97	2	4
1) #122 Sanchez A, Jose Ricardo				
2) #117 Luna G, David Alejandro				
3) #120 Ramirez D, Jesus Adrian				
4) #116 Hernandez S, Luis Andres				
8 Inst Tec Sup de Saltillo 'A'	46.56	45.98	2	2
1) #791 Mena P, Salvaador Uriel				
2) #768 Vasquez P, Juan Daniel				
3) #769 Diaz G, Jaime				
4) #767 Carmona, Emilio				
9 Inst Tec Sup de Zacatepec 'A'	47.53	45.99	2	
1) #222 Carrillo R, Juan Pablo				
2) #226 Lopez S, Alexander				
3) #224 Delgado D, Sebastian				
4) #225 Dominguez B, Jose Maria				
10 Inst Tec Sup de Tijuana 'A'	47.46	47.94	2	
1) #795 Ochoa L, Angel de Jesus				
2) #197 Jaramillo C, Davis Alonso				
3) #796 Ortiz M, Zaid Kaleb				
4) #203 Rodriguez G, David Armando				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 4x100 Metros Relevó**

-- Ins Tec Sup de Santiago Papas 'A' 46.89 DQ 1 RT 24.7
 1) #182 Regalado N, Pedro Damian 2) #178 Gonzales R, Axel Daniel
 3) #184 Vargas V, Eduardo 4) #177 Garcia Q, Juan Angel

Varonil 4x400 Metros Relevó

Record TecNM: R 3:18.20 04/06/1982 Durango, Durango
 Duarte/Leal/Salazar/Perez

Team	Seed	Finals	H#	Points
1 Inst Tec Sup de Chihuahua 'A'	3:29.40	3:26.73	1	18
1) #32 Flores G, Emiliano				
2) #41 Sanchez A, Diego Alejandro				
3) #28 Avitia P, Francisco Javier				
4) #42 Santos M, Sebastian				
2 Inst Tec Sup de Toluca 'A'	3:30.25	3:27.39	1	14
1) #218 Vazquez M, Joel Hermias				
2) #219 Zuviri S, Juan Pablo				
3) #208 Engombia R, Saul Ernesto				
4) #217 Rodriguez R, Saul Ernesto				
3 Ins Tec Sup de Aguascalientes 'A'	3:35.24	3:32.84	1	12
1) #3 Cervantes M, Juan Roberto				
2) #5 De Anda O, Raul				
3) #6 De Santos M, Pablo Guillermo				
4) #4 Chavez de la R, Jesus Eduard				
4 Inst Tec Sup de Ciudad Madero 'A'	3:37.68	3:32.88	2	10
1) #54 Cruz S, Luis Daniel				
2) #58 Lopez P, Jair Isai				
3) #55 Del Rio A, Alberto Giovanni				
4) #56 Gozalez L, Ian Armando				
5 Inst Tec Sup de Apatzingan 'A'	3:32.79	3:33.77	1	8
1) #13 Duarte B, Jesus				
2) #15 Moreno M, Eduardo				
3) #14 Martinez A, Christopher Alb				
4) #12 Corona M, Luis David				
6 Inst Tec Sup de Hermosillo 'A'	3:43.77	3:36.47	2	6
1) #240 Felix Sanchez, Cristhian				
2) #101 Rocha R, Jose Andrey				
3) #241 Madrid L, Bradley Abrahm				
4) #97 Garcia M, Manuel				
7 Inst Tec Sup de Queretaro 'A'	3:37.44	3:37.00	2	4
1) #766 Mandujano R, Axel Eduardo				
2) #762 Fenandez P, Luis Gustavo				
3) #763 Garcia R, Carlos Ivan				
4) #760 Curiel E, Marco Alejandro				
8 Inst Tec Sup de Durango 'A'	3:34.07	3:38.13	1	2
1) #80 Mendoza A, Sergio				
2) #78 Gomez E, Sergio				
3) #77 Cardoza H, Alexis				
4) #88 Valdez F, Enrique				
9 Inst Tec Sup de San Luis 'A'	3:44.69	3:38.65	2	
1) #168 Aranda P, Edson de Jesus				
2) #175 Torres O, Cesar Antonio				
3) #172 Lopez M, Jose Alberto				
4) #171 Gonzalez H, Daniel Adrian				
10 Inst Tec Sup de Tijuana 'A'	3:37.11	3:43.99	1	
1) #795 Ochoa L, Angel de Jesus				
2) #203 Rodriguez G, David Armando				
3) #796 Ortiz M, Zaid Kaleb				
4) #198 Lopez C, Jose Antonio				

Varonil Salto de Altura

Record TecNM: R 2.15m 18/11/2022 Jair Ramon Portillo R, ITCCU

Name	Year Team	Seed	Finals	Points
1 # 47 Portillo R, Jair	ITCCU	2.06m	2.15mR	9
1.85 1.90 1.95 2.00 2.11 2.15 2.17				
O O O O O XXX				
2 # 45 Aviña D, Gabriel	ITCCU	2.05m	1.95m	7
1.80 1.85 1.90 1.95 2.00				
O O O O XXX				
3 # 186 Campos C, Francis	ITTEP	1.80m	J1.95m	6
1.70 1.80 1.85 1.90 1.95 2.00				
O O XO XXO O XXX				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil Salto de Altura**

4 #	185 Andrade C, Gabrie	ITTEP	1.55m	J1.55m	5
	1.50 1.55 1.60				
	O O XXX				
5 #	199 Lopez M, Diego	ITTIJ	1.55m	J1.55m	4
	1.50 1.55 1.60				
	O XO XXX				
-- #	241 Madrid L, Bradley	ITHER		NH	
	1.50				
	XXX				

Varonil Salto con Garrocha

Record TecNM: R 4.85m 26/10/2016 Jorge Luna Estes, Tijuana					
Name	Year	Team	Seed	Finals	Points
1 #	762 Fenandez P, Luis	ITQUE	4.00m	3.55m	9
	3.00 3.15 3.55				
	O O XXO				
2 #	772 Cardenas G, Sebas	ITSAL		3.00m	7
	2.85 3.00 3.15				
	XO XO XXX				
3 #	775 Mendez A, Jesus A	ITSAL	3.40m	2.85m	6
	2.85 3.00				
	XXO XXX				
-- #	115 Hernandez G, Raul	ITLAG	3.15m	NH	
	2.85				
	XXX				
-- #	77 Cardoza H, Alexis	ITSD		NH	
	2.85				
	XXX				
-- #	123 Sariñana M, Jesus	ITLAG		NH	
	2.85				
	XXX				

Varonil Salto de Longitud

Record TecNM: R 7.07m 21/10/1989 Ivan W Gonzalez Rodriguez, Merida					
Name	Year	Team	Seed	Finals	Points
1 #	139 Osorio M, Javier	ITMER	6.59m	6.75m	9
	6.44m 6.75m 6.55m 6.16m 6.40m 6.43m				
2 #	57 Hernandez B, Edwi	ITCMA	6.02m	6.72m	7
	6.72m 6.67m 4.82m 6.43m 6.03m 6.05m				
3 #	96 Felix S, Francisc	ITHER	6.37m	6.59m	6
	6.02m FOUL 6.41m 6.40m 6.33m 6.59m				
4 #	69 Esquivel A, Jesus	ITSCV	5.90m	6.15m	5
	6.07m 6.15m FOUL 6.12m FOUL 5.66m				
5 #	8 Hernandez R, Jose	ITSAG	5.72m	5.85m	4
	5.77m 5.85m 5.61m 5.26m FOUL FOUL				
6 #	6 De Santos M, Pabl	ITSAG	5.79m	5.43m	3
	FOUL FOUL 5.43m FOUL 5.32m 4.82m				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Varonil Salto Triple**

Record TecNM: R 14.96m 17/10/2000 Gerardo Martinez Dibení, La Paz						
Name	Year	Team	Seed	Finals	Points	
1 # 125 Silos G, Edgar Ri		ITLAG	11.13m	12.83m	9	
FOUL	12.83m	12.82m	12.38m	12.21m	12.41m	
2 # 122 Sanchez A, Jose R		ITLAG		11.41m	7	
FOUL	FOUL	FOUL	FOUL	FOUL	11.41m	
3 # 185 Andrade C, Gabrie		ITTEP	10.71m	11.18m	6	
FOUL	FOUL	11.03m	FOUL	1.16m	11.18m	
4 # 43 Vallez D, Arturo		ITCHI	10.58m	11.17m	5	
11.17m	11.07m	FOUL	FOUL	FOUL	FOUL	

Varonil Impulso de Bala 7.26 kg

Record TecNM: R 15.00m 24/09/2012 David Zarate Medina, Celaya						
Name	Year	Team	Seed	Finals	Points	
1 # 234 Pacheco A, Fernan		ITZAM	11.26m	11.94m	9	
10.98m	11.65m	11.37m	11.71m	11.42m	11.94m	
2 # 7 Diaz B, Manuel Is		ITSAG	11.08m	11.70m	7	
10.35m	11.22m	11.62m	11.08m	11.47m	11.70m	
3 # 787 Escarcega c, Fabi		ITMEX	11.07m	10.66m	6	
10.07m	10.31m	10.66m	10.29m	10.58m	10.65m	
4 # 103 Peñaloza A, Jesus		ITHUE	10.22m	10.15m	5	
9.86m	9.46m	9.68m	9.72m	10.15m	10.02m	
5 # 153 García P, Adrián		ITPUE	9.96m	10.06m	4	
10.06m	10.02m	9.72m	FOUL	FOUL	FOUL	
6 # 235 Suarez R, David		ITZAM	9.28m	9.78m	3	
9.65m	9.78m	9.52m	9.35m	FOUL	9.29m	
7 # 11 Villalobos M, Jul		ITSAG	9.72m	9.67m	2	
9.67m	9.46m	9.52m	8.92m	8.86m	9.06m	
8 # 151 Bautista O, Marco		ITPUE		8.45m	1	
8.20m	8.45m	8.45m	FOUL	7.60m	7.96m	
9 # 209 Fernandez B, Anto		ITTOL	9.45m	6.62m		
FOUL	6.62m	FOUL				

Varonil Lanzamiento de Disco 2 kg

Record TecNM: R 50.92m 27/10/2015 David Zarate Medina, Celaya						
Name	Year	Team	Seed	Finals	Points	
1 # 219 Zuviri S, Juan Pa		ITTOL	35.93m	36.03m	9	
30.08m	36.03m	FOUL	34.20m	33.81m	35.22m	
2 # 76 Torres V, Jesus M		ITDEL	30.87m	34.43m	7	
34.43m	34.08m	34.39m	32.80m	FOUL	32.48m	
3 # 231 Montoya S, Juan C		ITCUL	34.25m	33.82m	6	
FOUL	30.28m	33.82m	32.18m	FOUL	30.22m	
4 # 137 Gonzalez R, Migue		ITMER	34.03m	33.39m	5	
32.96m	32.80m	31.75m	33.39m	32.70m	FOUL	
5 # 52 Rincon E, Ivan Le		ITCJ	30.57m	29.31m	4	
FOUL	29.31m	22.87m	23.68m	28.90m	26.40m	
6 # 7 Diaz B, Manuel Is		ITSAG	31.80m	29.21m	3	
FOUL	FOUL	28.34m	24.35m	FOUL	29.21m	
7 # 787 Escarcega c, Fabi		ITMEX	33.04m	25.50m	2	
25.28m	23.63m	FOUL	25.50m	23.82m	23.44m	

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil Lanzamiento de Disco 2 kg**

8 #	153	García P, Adrián	ITPUE	23.53m	1
		FOUL 22.70m	FOUL FOUL 23.53m	FOUL	
9 #	151	Bautista O, Marco	ITPUE	21.92m	
		FOUL 21.92m	20.23m 17.34m 20.64m 17.23m		

Varonil Lanzamiento de Martillo 7.26 kg

Record TecNM: R 54.42m 16/11/2022 Juio Cesar Osuna R, ITCUL						
Name	Year	Team	Seed	Finals	Points	
1 #	230	Osuna R, Juio Ces	ITCUL	56.04m	54.42mR	9
		49.89m 54.42m	FOUL 53.93m 54.17m	FOUL		
2 #	126	Amador C, Jose Tr	ITLPA	37.78m	34.96m	7
		FOUL 31.66m 31.72m	FOUL 34.80m 34.96m			
3 #	79	Guereca O, Oswald	ITSD	34.75m	32.33m	6
		31.72m 30.68m 32.33m	FOUL 31.66m 31.82m			
4 #	111	Fernandez A, Anto	ITLAG	29.43m	32.06m	5
		29.77m FOUL FOUL FOUL	FOUL 32.06m			
5 #	52	Rincon E, Ivan Le	ITCJ	22.80m	30.13m	4
		25.20m FOUL 30.13m	FOUL 29.04m FOUL			
6 #	40	Aguirre B, Brayán	ITCH2	30.82m	30.06m	3
		29.86m 27.92m FOUL	FOUL 28.69m 30.06m			
-- #	91	Vizcarra H, Adolf	ITSD	26.45m	FOUL	
		FOUL FOUL FOUL FOUL	FOUL FOUL			

Varonil Lanzamiento de Jabalina 800 gr

Record TecNM: R 62.39m 23/10/1989 Martin Espinoza Duarte, Hermosillo						
Name	Year	Team	Seed	Finals	Points	
1 #	48	Rodriguez M, Alex	ITCCU	50.12m	52.93m	9
		49.06m 45.90m 49.66m	52.93m PASS FOUL			
2 #	762	Fenandez P, Luis	ITQUE	47.83m	51.50m	7
		46.94m 51.50m 48.36m	PASS 48.43m 51.17m			
3 #	786	Godoy F, Cesar Ed	ITMEX	48.85m	51.10m	6
		44.16m 48.03m 46.99m	45.88m FOUL 51.10m			
4 #	200	Naranjo G, Ruben	ITTIJ	42.99m	49.21m	5
		45.84m 49.21m FOUL	46.43m 45.42m 48.59m			
5 #	787	Escarcega c, Fabi	ITMEX	44.34m	43.99m	4
		43.22m 43.99m 42.88m	43.56m FOUL 43.99m			
-- #	7	Diaz B, Manuel Is	ITSAG	37.80m	FOUL	
		FOUL FOUL FOUL				
-- #	8	Hernandez R, Jose	ITSAG	42.00m	FOUL	
		FOUL FOUL FOUL				

Decatlón: #1 Varonil 100 Metros Planos Decatlón

Record TecNM: R 11.67 16/11/2022 Pedro Alberto Elias R, ITQUE					
Name	Year	Team	Finals	Points	
1 #	761	Elias R, Pedro Al	ITQUE	11.67R	717
2 #	38	Robles O, Juan Ca	ITCHI	12.04	643
3 #	764	Gomez M, Jose Fra	ITQUE	12.41	573
3 #	773	Zavala V, Julio	ITSAL	12.41	573
5 #	191	Montaño A, Robert	ITTEP	12.47	562

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Decatlón: #5 Varonil 400 Metros Planos Decatlón**

Record TecNM: R 54.17 16/11/2022 Juan Carlos Robles O, ITCHI				
Name	Year	Team	Finals	Points
1 # 38 Robles O, Juan Ca		ITCHI	54.17R	633
2 # 761 Elias R, Pedro Al		ITQUE	55.11	594
3 # 191 Montaña A, Robert		ITTEP	55.68	572
4 # 764 Gomez M, Jose Fra		ITQUE	57.67	496
5 # 773 Zavala V, Julio		ITSAL	58.33	472

Decatlón: #10 Varonil 1500 Metros Carrera Decatlón

Record TecNM: R 4:52.31 16/11/2022 Juan Carlos Robles O, ITCHI				
Name	Year	Team	Finals	Points
1 # 38 Robles O, Juan Ca		ITCHI	4:52.31R	605
56.18 (56.18)	2:12.81 (1:16.63)		3:34.62 (1:21.82)	4:52.31 (1:17.69)
2 # 191 Montaña A, Robert		ITTEP	5:10.46	501
58.74 (58.74)	2:22.58 (1:23.85)		3:51.56 (1:28.98)	5:10.46 (1:18.90)
3 # 761 Elias R, Pedro Al		ITQUE	5:38.45	359
1:02.76 (1:02.76)	2:33.30 (1:30.55)		4:09.48 (1:36.18)	5:38.45 (1:28.97)
4 # 773 Zavala V, Julio		ITSAL	5:38.70	357
1:03.17 (1:03.17)	2:33.62 (1:30.45)		4:11.70 (1:38.09)	5:38.70 (1:27.00)
5 # 764 Gomez M, Jose Fra		ITQUE	6:00.94	260
1:03.57 (1:03.57)	2:37.11 (1:33.55)		4:20.51 (1:43.40)	6:00.94 (1:40.44)

Decatlón: #6 Varonil 110 Metros Vallas 1.067 m Decatlón

Record TecNM: R 16.80 16/11/2022 Pedro Alberto Elias R, ITQUE				
Name	Year	Team	Finals	Points
1 # 761 Elias R, Pedro Al		ITQUE	16.80R	645
2 # 191 Montaña A, Robert		ITTEP	16.90	635
3 # 38 Robles O, Juan Ca		ITCHI	17.35	588
4 # 773 Zavala V, Julio		ITSAL	20.02	348
5 # 764 Gomez M, Jose Fra		ITQUE	20.58	305

Decatlón: #4 Varonil Salto de Altura Decatlón

Record TecNM: R 1.73m 16/11/2022 Roberto Eduardo Montaña A, ITTEP				
Name	Year	Team	Finals	Points
1 # 191 Montaña A, Robert		ITTEP	1.73mR	569
1.50 1.55 1.60 1.65 1.70 1.73 1.76				
P P O O O XO XXX				
2 # 761 Elias R, Pedro Al		ITQUE	1.70m	544
1.50 1.55 1.60 1.65 1.70 1.73				
P P O O O XXX				
3 # 38 Robles O, Juan Ca		ITCHI	1.60m	464
1.50 1.55 1.60 1.65				
O P O XXX				
3 # 773 Zavala V, Julio		ITSAL	1.60m	464
1.50 1.55 1.60 1.65				
O O O XXX				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Decatlón: #4 Varonil Salto de Altura Decatlón**

3 #	764 Gomez M, Jose Fra	ITQUE	1.60m	464
	1.50 1.55 1.60 1.65			
	O O O XXX			

Decatlón: #8 Varonil Salto con Garrocha Decatlón

Name	Year Team	Finals	Points
-- # 773 Zavala V, Julio	ITSAL	NH	
	2.00		
	XXX		
-- # 191 Montaña A, Robert	ITTEP	NH	
	2.00		
	XXX		
-- # 38 Robles O, Juan Ca	ITCHI	NH	
	2.00		
	XXX		
-- # 761 Elias R, Pedro Al	ITQUE	NH	
	2.00		
	XXX		
-- # 764 Gomez M, Jose Fra	ITQUE	NH	
	2.00		
	XXX		

Decatlón: #2 Varonil Salto de Longitud Decatlón

Name	Year Team	Finals	Points
Record TecNM: R 6.31m 16/11/2022 Pedro Alberto Elias R, ITQUE			
1 # 761 Elias R, Pedro Al	ITQUE	6.31mR	655
	6.24m 6.22m 6.31m		
2 # 191 Montaña A, Robert	ITTEP	5.63m	508
	FOUL 5.63m FOUL		
3 # 38 Robles O, Juan Ca	ITCHI	5.58m	498
	5.58m 5.54m 5.50m		
4 # 764 Gomez M, Jose Fra	ITQUE	5.34m	449
	5.18m 5.34m 5.31m		
5 # 773 Zavala V, Julio	ITSAL	5.16m	413
	5.16m 5.10m 4.81m		

Decatlón: #3 Varonil Impulso de Bala 7.26 kg Decatlón

Name	Year Team	Finals	Points
Record TecNM: R 10.87m 16/11/2022 Pedro Alberto Elias R, ITQUE			
1 # 761 Elias R, Pedro Al	ITQUE	10.87mR	538
	10.61m 10.87m 10.28m		
2 # 38 Robles O, Juan Ca	ITCHI	9.05m	429
	FOUL FOUL 9.05m		
3 # 191 Montaña A, Robert	ITTEP	8.36m	388
	8.36m 8.16m 8.11m		
4 # 764 Gomez M, Jose Fra	ITQUE	8.16m	376
	8.16m 7.85m 7.35m		
5 # 773 Zavala V, Julio	ITSAL	7.46m	334
	6.68m 6.71m 7.46m		

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****Decatlón: #7 Varonil Lanzamiento de Disco 2 kg Decatlón**

Record TecNM: R 31.70m 16/11/2022 Pedro Alberto Elias R, ITQUE					
Name	Year	Team	Finals	Points	
1 # 761 Elias R, Pedro Al		ITQUE	31.70mR	498	
30.46m 31.70m FOUL					
2 # 38 Robles O, Juan Ca		ITCHI	28.22m	430	
28.22m FOUL 27.18m					
3 # 191 Montaña A, Robert		ITTEP	26.85m	403	
21.29m 26.85m 24.49m					
4 # 764 Gomez M, Jose Fra		ITQUE	20.44m	280	
17.35m 20.44m 16.80m					
5 # 773 Zavala V, Julio		ITSAL	17.70m	229	
FOUL 17.70m 16.47m					

Decatlón: #9 Varonil Lanzamiento de Jabalina 800 gr Decatlón

Record TecNM: R 44.92m 16/11/2022 Pedro Alberto Elias R, ITQUE					
Name	Year	Team	Finals	Points	
1 # 761 Elias R, Pedro Al		ITQUE	44.92mR	514	
44.92m 37.78m 43.25m					
2 # 191 Montaña A, Robert		ITTEP	37.70m	409	
36.88m 35.17m 37.70m					
3 # 38 Robles O, Juan Ca		ITCHI	29.89m	298	
28.02m 29.89m 27.80m					
4 # 764 Gomez M, Jose Fra		ITQUE	27.17m	260	
FOUL 23.73m 27.17m					
5 # 773 Zavala V, Julio		ITSAL	24.84m	227	
19.69m 24.80m 24.84m					

Varonil Decatlón

Record TecNM: R 6300 16/10/1995 Jose Francisco Herrera Ledesma, Ciudad Juarez						
Name	Year	Team	Seed	Finals	H#	Points
1 # 761 Elias R, Pedro Al		ITQUE	5259	5064	9	
2 # 38 Robles O, Juan Ca		ITCHI	5240	4588	7	
3 # 191 Montaña A, Robert		ITTEP	4927	4547	6	
4 # 764 Gomez M, Jose Fra		ITQUE	3828	3463	5	
5 # 773 Zavala V, Julio		ITSAL	3257	3417	4	

Varonil 10000 Metros Marcha

Record TecNM: R 42:04.00 26/10/2018 Andres Olivas Nuñez, Chihuahua ll							
Name	Year	Team	Seed	Finals	Points		
1 # 72 Ledezma Z, Adan		ITCVI	48:06.78	49:30.55	9		
3:32.19 (3:32.19)	5:24.83 (1:52.64)	7:19.06 (1:54.23)	9:15.22 (1:56.17)				
11:11.21 (1:55.99)	13:08.51 (1:57.30)	15:02.68 (1:54.18)	17:01.05 (1:58.37)				
19:03.83 (2:02.78)	21:15.39 (2:11.56)	23:34.17 (2:18.79)	25:46.40 (2:12.23)				
27:45.66 (1:59.27)	29:46.07 (2:00.41)	31:47.25 (2:01.19)	33:43.80 (1:56.55)				
35:47.27 (2:03.47)	37:53.17 (2:05.90)	39:55.58 (2:02.42)	41:56.91 (2:01.34)				
43:56.61 (1:59.70)	45:50.60 (1:54.00)	47:45.10 (1:54.50)	49:30.55 (1:45.45)				

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados****....Varonil 10000 Metros Marcha**

2 #	147	Martinez L, Edgar	ITPAR	03:19.31	57:51.56	7
		3:48.96 (3:48.96)	5:56.15 (2:07.19)	8:08.35 (2:12.20)	10:26.38 (2:18.03)	
		12:44.79 (2:18.42)	15:03.61 (2:18.83)	17:24.58 (2:20.97)	19:44.81 (2:20.24)	
		22:07.54 (2:22.73)	24:24.34 (2:16.80)	26:45.84 (2:21.51)	29:07.08 (2:21.24)	
		31:26.93 (2:19.85)	33:49.94 (2:23.01)	36:17.49 (2:27.56)	38:42.70 (2:25.22)	
		41:07.52 (2:24.83)	43:32.98 (2:25.47)	45:58.39 (2:25.41)	48:25.42 (2:27.03)	
		50:48.28 (2:22.87)	53:12.92 (2:24.64)	55:37.04 (2:24.13)	57:51.56 (2:14.53)	
3 #	204	Salas R, Edgar	ITTIJ	12:29.75	1:11:24.92	6
		2:46.08 (2:46.08)	5:32.20 (2:46.13)	8:21.27 (2:49.08)	11:14.12 (2:52.85)	
		14:07.54 (2:53.43)	17:06.79 (2:59.25)	20:03.10 (2:56.31)	23:06.33 (3:03.24)	
		26:06.70 (3:00.38)	29:07.17 (3:00.48)	32:02.17 (2:55.00)	34:58.44 (2:56.27)	
		38:00.12 (3:01.69)	41:04.83 (3:04.71)	44:08.12 (3:03.29)	47:05.41 (2:57.30)	
		50:10.38 (3:04.97)	53:21.91 (3:11.53)	56:22.20 (3:00.30)	59:23.00 (3:00.81)	
		1:02:30.42 (3:07.42)	1:05:32.00 (3:01.59)	1:08:28.78 (2:56.78)	1:11:24.92 (2:56.15)	

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados - Combined Events****Varonil Decatlón**

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
1 Elias R, Pedro Alberto Inst Tec Sup de Queretaro Team Points: 9	5064	(717)	(655)	(538)	(544)	(594) 3048	(645)	(498)	(0)	(514)	(359)
2 Robles O, Juan Carlos Inst Tec Sup de Chihuahua Team Points: 7	4588	(643)	(498)	(429)	(464)	(633) 2667	(588)	(430)	(0)	(298)	(605)
3 Montaña A, Roberto Eduardo Inst Tec Sup de Tepic Team Points: 6	4547	(562)	(508)	(388)	(569)	(572) 2599	(635)	(403)	(0)	(409)	(501)
4 Gomez M, Jose Francisco Inst Tec Sup de Queretaro Team Points: 5	3463	(573)	(449)	(376)	(464)	(496) 2358	(305)	(280)	(0)	(260)	(260)
5 Zavala V, Julio Inst Tec Sup de Saltillo Team Points: 4	3417	(573)	(413)	(334)	(464)	(472) 2256	(348)	(229)	(0)	(227)	(357)

LXIV Evento Nacional Deportivo TecNM 2022 - 16/11/2022 to 18/11/2022**Instituto Tecnológico de Puebla****Resultados - Combined Events****Femenil Heptatlón**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Gonzalez R, Estefan Inst Tec Sup de Ciu Team Points: 9	19.63 2958	(334)	1.54m (666)	7.84m (389)	29.58 (512)	1901	4.57m (446)	17.89m (250)	3:00.49 (361)
2 Portales G, Aleli Ins Tec Sup de Pied Team Points: 7	18.29 2758	(459)	1.28m (389)	8.72m (446)	30.07 (477)	1771	4.22m (359)	21.97m (326)	3:07.07 (302)
3 Ramirez A, Jesica B Inst Tec Sup de Que Team Points: 6	20.25 2493	(282)	1.20m (312)	7.31m (355)	29.84 (493)	1442	4.22m (359)	15.36m (203)	2:47.55 (489)
4 Rueda R, Dulce Roci Inst Tec Sup de Ciu Team Points: 5	23.23 2102	(90)	1.20m (312)	8.26m (416)	31.09 (409)	1227	4.27m (371)	22.75m (340)	3:25.63 (164)