International Association for Ultra Multievents (IAUM)

Indoor

Updated by JvL : 28.04.2016

- TETRADECATHLON -

Events (day 1)

1, **60 m**
2, **Long Jump**
3, **800 m**
4, **Shot Put** (4 kg)
5, **400 m**
6, **High Jump**
7, **3 000 m**

NATIONAL RECORDS

Events (day 2)

8, **60 m Hurdles** (84,0 cm)
9, **Pole Vault**
1 000 m *(during 1 500 m)*
10, **1 500 m**
11, **Weight Throw** (9,08 kg)
12, **200 m**
13, **Triple Jump**
14, **5 000 m**

	WOMEN	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
	World Record	7 929	Schott Maren	11.02.1976	W 40	GER		09-10.04.2016	Helsinki FIN
1,	**Austria**	2 957	Wirgler Sonja	25.03.1975	W 35	AUT		10-11.04.2010	Helsinki FIN
2,	**Belgium**	4 760	Pardon Christelle	25.08.1988	WOM	BEL		09-10.4.2016	Helsinki FIN
3,	**Finland**	5 510	Helander Matleena	28.04.1992	U 23	FIN		06-07.04.2013	Helsinki FIN
4,	**Germany**	7 929	Schott Maren	11.02.1976	W 35	GER		09-10.04.2016	Helsinki FIN
5,	**Great Britain**	6 485	Molloy Jenni	23.09.1983	WOM	GBR		22.03.2009	Helsinki FIN
6,	**Netherlands**	5 381	van Manen Lisanne	05.01.1995	U 20	NED		12-13.04.2014	Helsinki FIN
7,									
8,									
9,									
10,									