

# International Association for Ultra Multievents (IAUM)

Indoor

Updated by MS : 24.10.2017

## Categories

## - TETRADECATHLON -

## Official Order of Events

- 1, **WOMEN Under 14**
- 2, **WOMEN Under 16**
- 3, **WOMEN Under 18**
- 4, **WOMEN Under 20**
- 5, **WOMEN Under 23**
- 6, **WOMEN**
- 7, **WOMEN More 35**
- 8, **WOMEN More 40**
- 9, **WOMEN More 45**
- 10, **WOMEN More 50**
- 11, **WOMEN More 55**
- 12, **WOMEN More 60**
- 13, **WOMEN More 65**
- 14, **WOMEN More 70**
- 15, **WOMEN More 75**
- 16, **WOMEN More 80**
- 17, **WOMEN More 85**
- 18, **WOMEN More 90**
- 19, **WOMEN More 95**
- 20, **WOMEN More 100**

Records of

**AFGHANISTAN**

- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'**
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'**
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw**
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

**Tetradecathlon**

1, <b>WOMEN Under 14 (U 14)</b>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day

2,	<b>WOMEN Under 16 (U 16)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day
















<b>Tetradecathlon</b> Tetradecathlon One-Day
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3,	<b>WOMEN Under 18 (U 18)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg) ≥ 2012  
**Shot Put'** (4 kg) ≤ 2011
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg) ≥ 2012  
**Weight Throw** (9,06 kg) ≤ 2011
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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4, <b>WOMEN Under 20 (U 20)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	9,96	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
2, <b>Long Jump'</b>	2,99	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
3, <b>800 m</b>	3:07,89	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
4, <b>Shot Put' (4 kg)</b>	4,79	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
5, <b>400 m</b>	80,49	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
6, <b>High Jump'</b>								
7, <b>3 000 m</b>	16:17,19	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
8, <b>60 m Hurdles' (84,0 cm)</b>	14,30	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
9, <b>Pole Vault'</b>								
1 000 m' <i>(during 1 500 m)</i>	4:51,6	<i>h</i> Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
10, <b>1 500 m</b>	7:12,23	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
11, <b>Weight Throw (9,08 kg)</b>	5,06	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
12, <b>200 m</b>	35,18	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
13, <b>Triple Jump</b>	7,13	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
14, <b>5 000 m</b>	30:59,77	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
<b>Heptathlon'</b> Heptathlon' One-Day	909	<i>ph</i> Amini Yalda	08.07.1999	U 20	AFG		08-09.04.2017	Helsinki FIN
<b>Tetradecathlon</b> Tetradecathlon One-Day	1.905	Amini Yalda	08.07.1999	U 20	AFG		08-09.04.2017	Helsinki FIN

5, <b>WOMEN Under 23 (U 23)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	9,96	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
2, <b>Long Jump'</b>	2,99	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
3, <b>800 m</b>	3:07,89	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
4, <b>Shot Put' (4 kg)</b>	4,79	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
5, <b>400 m</b>	80,49	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
6, <b>High Jump'</b>								
7, <b>3 000 m</b>	16:17,19	Amini Yalda	08.07.1999	U 20	AFG		08.04.2017	Helsinki FIN
8, <b>60 m Hurdles' (84,0 cm)</b>	14,30	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
9, <b>Pole Vault'</b>								
1 000 m' <i>(during 1 500 m)</i>	4:51,6	<i>h</i> Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
10, <b>1 500 m</b>	7:12,23	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
11, <b>Weight Throw (9,08 kg)</b>	5,06	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
12, <b>200 m</b>	35,18	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
13, <b>Triple Jump</b>	7,13	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
14, <b>5 000 m</b>	30:59,77	Amini Yalda	08.07.1999	U 20	AFG		09.04.2017	Helsinki FIN
<b>Heptathlon'</b> Heptathlon' One-Day	909	<i>ph</i> Amini Yalda	08.07.1999	U 20	AFG		08-09.04.2017	Helsinki FIN
<b>Tetradecathlon</b> Tetradecathlon One-Day	1.905	Amini Yalda	08.07.1999	U 20	AFG		08-09.04.2017	Helsinki FIN



<u>8, WOMEN More 40 (W 40)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (4 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 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**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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<u>9, WOMEN More 45 (W 45)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (4 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 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**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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<u>10, WOMEN More 50 (W 50)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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<u>11, WOMEN More 55 (W 55)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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<u>12</u>	<u>WOMEN More 60 (W 60)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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<u>13</u>	<u>WOMEN More 65 (W 65)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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14, <b>WOMEN More 70 (W 70)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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15, <b>WOMEN More 75 (W 75)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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16, <b>WOMEN More 80 (W 80)</b>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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17, <b>WOMEN More 85 (W 85)</b>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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