

# International Association for Ultra Multievents (IAUM)

Outdoor

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## Categories

## - ICOSATHLON -

## Official Order of Events

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

Records of



- 1, 100 m'
- 2, Long Jump'
- 3, 200 m Hurdles
- 4, Shot Put'
- 5, 5 000 m
- 6, 800 m
- 7, High Jump'
- 8, 400 m'
- 9, Hammer Throw
- 10, 3 000 m Steeplechase
- 11, 110 m Hurdles'
- 12, Discus Throw'
- 13, 200 m
- 14, Pole Vault'
- 15, 3 000 m
- 16, 400 m Hurdles
- 17, Javelin Throw'
- 18, 1 500 m'
- 19, Triple Jump
- 20, 10 000 m

## Decathlon'

## Icosathlon

6, MEN	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
1, 100 m'	11,10 <sup>+1,9</sup>	Tadahiro Hiramatsu	16.02.1985	MEN	JPN	●	11.10.2014	Katsuura JPN
2, Long Jump'	7,01	Mori Kenichi	17.09.1983	MEN	JPN	●	30.09.2006	Katsuura JPN
3, 200 m Hurdles (76,2 cm)	24,22	Kakizaki Shigenobu	28.04.1980	MEN	JPN	●	13.08.2005	Aomori JPN
4, Shot Put' (7,26 kg)	13,08	Tsuiki Ryuusuke	12.07.1976	MEN	JPN	●	13.08.2005	Aomori JPN
5, 5 000 m	15:45.31	Ban Takuma	22.12.1981	MEN	JPN	●	30.09.2006	Katsuura JPN
6, 800 m	1:59.60	Ban Takuma	22.12.1981	MEN	JPN	●	30.09.2006	Katsuura JPN
7, High Jump'	1,95	Shibamoto Kouhei	01.08.1984	U 23	JPN	●	30.09.2006	Katsuura JPN
8, 400 m'	50,42	Takeda On	10.04.1984	U 23	JPN	●	30.09.2006	Katsuura JPN
9, Hammer Throw (7,26 kg)	40,66	Kawamura Teruyuki	16.01.1980	MEN	JPN	●	30.09.2006	Katsuura JPN
10, 3 000 m Steeplech. (91,4 cm)	9:49.41	Ban Takuma	22.12.1981	MEN	JPN	●	30.09.2006	Katsuura JPN
11, 110 m Hurdles' (106,7 cm)	15,49	Kakizaki Shigenobu	28.04.1980	MEN	JPN	●	14.08.2005	Aomori JPN
12, Discus Throw' (2 kg)	42,71	Kawamura Teruyuki	16.01.1980	MEN	JPN	●	01.10.2006	Katsuura JPN
13, 200 m	23,00	Kakizaki Shigenobu	28.04.1980	MEN	JPN	●	14.08.2005	Aomori JPN
14, Pole Vault'	4,70	Kouki Someya	18.08.1988	MEN	JPN	●	12.10.2014	Katsuura JPN
15, 3 000 m	9:08.42	Ban Takuma	22.12.1981	MEN	JPN	●	01.10.2006	Katsuura JPN
16, 400 m Hurdles (91,4 cm)	57,85	Mito Hiroshi	11.04.1976	MEN	JPN	●	28.09.2008	Katsuura JPN
17, Javelin Throw' (800 g) ≥ 1986	58,87	You Koike	00.00.1989	MEN	JPN	●	12.10.2014	Katsuura JPN
Javelin Throw' (800 g) ≤ 1985		Vacant						
18, 1 500 m'	4:08.85	Ban Takuma	22.12.1981	MEN	JPN	●	01.10.2006	Katsuura JPN
19, Triple Jump	14,50	Shimada Yoshifumi	10.07.1984	MEN	JPN	●	28.09.2008	Katsuura JPN
20, 10 000 m	33:00.40 <sup>h</sup>	Ban Takuma	22.12.1981	MEN	JPN	●	01.10.2006	Katsuura JPN
Decathlon'	6 669	Kouki Someya	18.08.1988	MEN	JPN	●	11-12.10.2014	Katsuura JPN
Decathlon' One-Day	3 486	Mori Kenichi	12.12.1978	MEN	JPN	●	21.07.2007	Vienna AUT
Icosathlon	12 393	Kouki Someya	18.08.1988	MEN	JPN	●	11-12.10.2014	Katsuura JPN
Icosathlon One-Day	6 087	Fukou Shinjo	12.12.1978	MEN	JPN	●	21.07.2007	Vienna AUT