

International Association for Ultra Multievents (IAUM)

Outdoor

Updated by MS : 28.09.2017

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



BELGIUM

- 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'	11,91	Decraene Wouter	22.09.1983	MEN	BEL		12.09.2009	Delft NED
2, Long Jump'	6,65	Xhonneux Frédéric	11.05.1983	MEN	BEL		13.09.2014	Delft NED
3, 200 m Hurdles (76,2 cm)	25,54 _{0,1}	Xhonneux Frédéric	11.05.1983	MEN	BEL		13.09.2014	Delft NED
4, Shot Put' (7,26 kg)	13,46	Xhonneux Frédéric	11.05.1983	MEN	BEL		27.06.2015	Heiloo NED
5, 5 000 m	16:04.39	Misplon Bert	01.01.1988	MEN	BEL		30.06.2012	Turnhout BEL
6, 800 m	1:54.99	Misplon Bert	01.01.1988	MEN	BEL		30.06.2012	Turnhout BEL
7, High Jump'	1,92	Xhonneux Frédéric	11.05.1983	MEN	BEL		13.09.2014	Delft NED
8, 400 m'	52.13	Misplon Bert	01.01.1988	MEN	BEL		30.06.2012	Turnhout BEL
9, Hammer Throw (7,26 kg)	38,25	Xhonneux Frédéric	11.05.1983	MEN	BEL		27.06.2015	Heiloo NED
10, 3 000 m Steeplech. (91,4 cm)	9:48.75	Misplon Bert	01.01.1988	MEN	BEL		30.06.2012	Turnhout BEL
11, 110 m Hurdles' (106,7 cm)	15,76 _{0,1}	Xhonneux Frédéric	11.05.1983	MEN	BEL		14.09.2014	Delft NED
12, Discus Throw' (2 kg)	40,61	Xhonneux Frédéric	11.05.1983	MEN	BEL		27.06.2015	Heiloo NED
13, 200 m	24,01	Decraene Wouter	22.09.1983	MEN	BEL		13.09.2009	Delft NED
14, Pole Vault'	4,20	Decraene Wouter	22.09.1983	MEN	BEL		21.08.2011	Lisse NED
	4,20	Xhonneux Frédéric	11.05.1983	MEN	BEL		20.09.2015	Delft NED
15, 3 000 m	9:24.61	Misplon Bert	01.01.1988	MEN	BEL		01.07.2012	Turnhout BEL
16, 400 m Hurdles (91,4 cm)	58,24	Xhonneux Frédéric	11.05.1983	MEN	BEL		20.09.2015	Delft NED
17, Javelin Throw' (800 g) ≥ 1986	56,78	Xhonneux Frédéric	11.05.1983	MEN	BEL		14.09.2014	Delft NED
18, 1 500 m'	4:18.07	Misplon Bert	01.01.1988	MEN	BEL		01.07.2012	Turnhout BEL
19, Triple Jump	13,93	Xhonneux Frédéric	11.05.1983	MEN	BEL		14.09.2014	Delft NED
20, 10 000 m	35:15.07	Misplon Bert	01.01.1988	MEN	BEL		01.07.2012	Turnhout BEL
Decathlon'	6 788	Xhonneux Frédéric	11.05.1983	MEN	BEL		13-14.09.2014	Delft NED
Decathlon' One-Day	6 631	Xhonneux Frédéric	11.05.1983	MEN	BEL		27.06.2015	Heiloo NED
Icosathlon	13 099	Xhonneux Frédéric	11.05.1983	MEN	BEL		13-14.09.2014	Delft NED
Icosathlon One-Day	12 363	Xhonneux Frédéric	11.05.1983	MEN	BEL		27.06.2015	Heiloo NED