

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

DENMARK

- 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'	12,77 +1,3	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
2, Long Jump'	5,40	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
3, 200 m Hurdles (76,2 cm)	28,56 +2,0	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
4, Shot Put' (7,26 kg)	9,76	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
5, 5 000 m	19:34,96	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
6, 800 m	2:28,05	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
7, High Jump'	1,65	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
8, 400 m'	59,71	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
9, Hammer Throw (7,26 kg)	22,59	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
10, 3 000 m Steeplech. (91,4 cm)	12:49,90	Gunderson Poul	19.08.1966	M 45	DEN		24.08.2013	Yeovil GBR
11, 110 m Hurdles' (106,7 cm)								
12, Discus Throw' (2 kg)	29,67	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
13, 200 m	26,37 +1,3	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
14, Pole Vault'	3,60	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
15, 3 000 m	11:29,83	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
16, 400 m Hurdles (91,4 cm)	69,59	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
17, Javelin Throw' (800 g) ≥ 1986 Javelin Throw' (800 g) ≤ 1985	32,26	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
18, 1 500 m'	5:41,00	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
19, Triple Jump	11,42	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR
20, 10 000 m	43:57,42	Gunderson Poul	19.08.1966	M 45	DEN		25.08.2013	Yeovil GBR

Decathlon'

Decathlon' One-Day

Icosathlon

Icosathlon One-Day