

# International Association for Ultra Multievents (IAUM)

Outdoor

Updated by MS : 10.10.2013

## Categories

## - ICOSATHLON -

## Official Order of Events

Records of


























**NETHERLANDS**

- 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

- 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'	11.49	Roobeek Alwin	12.06.1984	U 23	NED		29.07.2006	Scheessel GER
2, Long Jump'	6.79	Lommert Marc	30.08.1984	U 23	NED		16.09.2006	Delft NED
	6.79	Wassenaar Rick	17.01.1976	MEN	NED		21.09.2002	Delft NED
3, 200 m Hurdles (76,2 cm)	25.47	Vos Siert-Jan	02.09.1983	U 23	NED		18.09.2004	Delft NED
4, Shot Put' (7,26 kg)	14.38	Wassenaar Rick	17.01.1976	MEN	NED		21.09.2002	Delft NED
5, 5 000 m	15:41.60	de Ruiter Michiel	23.07.1986	MEN	NED		20.08.2011	Lisse NED
6, 800 m	2:01.59	Cornelissen Gerard	20.06.1971	MEN	NED		21.09.2002	Delft NED
7, High Jump'	1.96	Lohuis Jasper	08.02.1981	U 23	NED		20.09.2003	Delft NED
8, 400 m'	51.54	Engels Marnix	21.01.1980	MEN	NED		15.09.2007	Leiden NED
9, Hammer Throw (7,26 kg)	35.66	Oldenmenger Alexander	09.03.1977	MEN	NED		17.09.2005	Delft NED
10, 3 000 m Steeplech. (91,4 cm)	9:39.64	de Ruiter Michiel	23.07.1986	MEN	NED		20.08.2011	Lisse NED
11, 110 m Hurdles' (106,7 cm)	15.42	Wassenaar Rick	17.01.1976	MEN	NED		22.09.2002	Delft NED
12, Discus Throw' (2 kg)	38.47	Oldenmenger Alexander	09.03.1977	MEN	NED		19.09.2010	Delft NED
13, 200 m	22.94	Lommert Marc	30.08.1984	MEN	NED		16.09.2007	Leiden NED
14, Pole Vault'	4.60	Wassenaar Rick	17.01.1976	MEN	NED		22.09.2002	Delft NED
15, 3 000 m	9:30.79	de Ruiter Michiel	23.07.1986	MEN	NED		21.08.2011	Lisse NED
16, 400 m Hurdles (91,4 cm)	58.05	Hanswijk Rik	27.03.1984	MEN	NED		21.08.2011	Lisse NED
17, Javelin Throw' (800 g) ≥ 1986	51.03	Wassenaar Rick	17.01.1976	MEN	NED		22.09.2002	Delft NED
Javelin Throw' (800 g) ≤ 1985		Vacant						
18, 1 500 m'	4:27.85	de Ruiter Michiel	23.07.1986	MEN	NED		21.08.2011	Lisse NED
19, Triple Jump	13.38	Janssen Lars	15.05.1973	MEN	NED		21.09.2003	Delft NED
20, 10 000 m	32:21.00	de Ruiter Michiel	23.07.1986	MEN	NED		21.08.2011	Lisse NED
Decathlon'	6 624	Wassenaar Rick	17.01.1976	MEN	NED		21-22.09.2002	Delft NED
Decathlon' One-Day	4 988 h	Lohuis Jasper	08.02.1981	MEN	NED		30.10.2005	Melbourne AUS
Icosathlon	12 242	Westerhof Raimo	12.10.1986	MEN	NED		14-15.09.2013	Delft NED
Icosathlon One-Day	9 841 h	van Loon Joni	26.08.1988	MEN	NED		25.05.2013	Helsinki FIN