

International Association for Ultra Multievents (IAUM)

Outdoor

Updated by MS : 10.10.2013

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

NORWAY

- 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'	13.06 ^{+0,5}	Zapf-Gilje Reidar	17.11.1951	M 50	NOR		07.10.2005	Lynchburg USA
2, Long Jump'	5.23	Zapf-Gilje Reidar	17.11.1951	M 50	NOR		22.05.2004	Helsinki FIN
3, 200 m Hurdles (76,2 cm)	31.48 ^{+1,8}	Zapf-Gilje Reidar	17.11.1951	M 50	NOR		07.10.2005	Lynchburg USA
4, Shot Put' (7,26 kg)	8.20	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
5, 5 000 m	18:17.40	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
6, 800 m	2:21.90	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
7, High Jump'	1.51	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
8, 400 m'	59.83	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
9, Hammer Throw (7,26 kg)	17.31	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
10, 3 000 m Steeplech. (91,4 cm)	11:38.39	Brunes Audun	04.06.1987	MEN	NOR		20.08.2011	Lisse NED
11, 110 m Hurdles' (106,7 cm)	34.42	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
12, Discus Throw' (2 kg)	22.91	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
13, 200 m	26.63	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
14, Pole Vault'	3.00	Zapf-Gilje Reidar	17.11.1951	M 50	NOR		08.10.2005	Lynchburg USA
15, 3 000 m	10:38.51	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
16, 400 m Hurdles (91,4 cm)	71.98	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
17, Javelin Throw' (800 g) ≥ 1986	35.44	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
Javelin Throw' (800 g) ≤ 1985		Vacant						
18, 1 500 m'	4:55.31	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
19, Triple Jump	10.92	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
20, 10 000 m	39:32.50	Brunes Audun	04.06.1987	MEN	NOR		21.08.2011	Lisse NED
Decathlon'	3 346	Brunes Audun	04.06.1987	MEN	NOR		20-21.08.2011	Lisse NED
Decathlon' One-Day		Vacant						
Icosathlon	7 899	Brunes Audun	04.06.1987	MEN	NOR		20-21.08.2011	Lisse NED
Icosathlon One-Day		Vacant						