

# International Association for Ultra Multievents (IAUM)

Outdoor

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## Categories

## - TETRADECATHLON -

## Official Order of Events

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

Records of

# JAPAN

- 1, **100 m Hurdles'**
- 2, **High Jump'**
- 3, **1 500 m**
- 4, **400 m Hurdles**
- 5, **Shot Put'**
- 6, **200 m'**
- 7, **100 m**
- 8, **Long Jump'**
- 9, **400 m**
- 10, **Javelin Throw'**
- 11, **800 m'**
- 12, **200 m Hurdles**
- 13, **Discus Throw**
- 14, **3 000 m**

Heptathlon'

Tetradecathlon

6, <b>WOMEN</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>100 m Hurdles'</b> (84 cm)	18,66	Moriwaki Lisako	22.10.1965	W 35	JPN	●	21.08.2004	Gateshead GBR
2, <b>High Jump'</b>	1.30	Moriwaki Lisako	22.10.1965	W 35	JPN	●	21.08.2004	Gateshead GBR
	1.30	Iwasaki Mayu	18.08.1984	U 23	JPN	●	13.08.2005	Aomori JPN
3, <b>1 500 m</b>	5:36.19	Takahashi Fumie	27.02.1981	WOM	JPN	●	11.10.2014	Katsuura JPN
4, <b>400 m Hurdles</b> (76,2 cm)	76,18	Takahashi Fumie	27.02.1981	WOM	JPN	●	13.08.2005	Aomori JPN
5, <b>Shot Put'</b> (4 kg)	8,67	Myeshita Juri	00.00.1993	WOM	JPN	●	13.08.2005	Aomori JPN
6, <b>200 m'</b>	29,54	Takahashi Fumie	27.02.1981	WOM	JPN	●	13.08.2005	Aomori JPN
7, <b>100 m</b>	14,41	Iwasaki Mayu	18.08.1984	U 23	JPN	●	14.08.2005	Aomori JPN
8, <b>Long Jump'</b>	4,28	Moriwaki Lisako	22.10.1965	W 35	JPN	●	22.08.2004	Gateshead GBR
9, <b>400 m</b>	66,53	Takahashi Fumie	27.02.1981	WOM	JPN	●	14.08.2005	Aomori JPN
10, <b>Javelin Throw'</b> (600 g) ≥ 1999	31.60	Moriwaki Lisako	22.10.1965	W 35	JPN	●	22.08.2004	Gateshead GBR
Javelin Throw' (600 g) ≤ 1998		Vacant						
11, <b>800 m'</b>	2:43.37	Takahashi Fumie	27.02.1981	WOM	JPN	●	14.08.2005	Aomori JPN
12, <b>200 m Hurdles</b> (76,2 cm)	36,17	Iwasaki Mayu	18.08.1984	U 23	JPN	●	14.08.2005	Aomori JPN
13, <b>Discus Throw</b> (1 kg)	24.20	Moriwaki Lisako	22.10.1965	W 35	JPN	●	22.08.2004	Gateshead GBR
14, <b>3 000 m</b>	12:20.22	Takahashi Fumie	27.02.1981	WOM	JPN	●	12.10.2014	Katsuura JPN
<b>Heptathlon'</b>	2 859	Moriwaki Lisako	22.10.1965	W 35	JPN	●	21-22.08.2004	Gateshead GBR
Heptathlon' One-Day		Vacant						
<b>Tetradecathlon</b>	5 392	Takahashi Fumie	27.02.1981	WOM	JPN	●	13-14.08.2005	Aomori JPN
Tetradecathlon One-Day		Vacant						