

# International Association for Ultra Multievents (IAUM)

Outdoor

Updated by MS : 29.11.2012

## Categories

## - ICOSATHLON -

## 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

**GERMANY**

- 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, **100 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**

1, <b>WOMEN Under 14 (U 14)</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'</b>								
2, <b>Long Jump'</b>								
3, <b>200 m Hurdles</b> (76,2 cm)								
4, <b>Shot Put'</b> (3 kg)								
5, <b>5 000 m</b>								
6, <b>800 m</b>								
7, <b>High Jump'</b>								
8, <b>400 m'</b>								
9, <b>Hammer Throw</b> (3 kg)								
10, <b>3 000 m Steeplech.</b> (76,2 cm)								
11, <b>100 m Hurdles'</b> (76,2 cm)								
12, <b>Discus Throw'</b> (0,6 kg)								
13, <b>200 m</b>								
14, <b>Pole Vault'</b>								
15, <b>3 000 m</b>								
16, <b>400 m Hurdles</b> (76,2 cm)								
17, <b>Javelin Throw'</b> (400 g)								
18, <b>1 500 m'</b>								
19, <b>Triple Jump</b>								
20, <b>10 000 m</b>								

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

2,	<b>WOMEN Under 16 (U 16)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (0,75 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (600 g)  $\geq 1999$
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**  
Decathlon' One-Day

<b>Icosathlon</b> Icosathlon One-Day
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3,	<b>WOMEN Under 18 (U 18)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (4 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (4 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (600 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**  
Decathlon' One-Day

<b>Icosathlon</b> Icosathlon One-Day
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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'</b>	13,24	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
2,	<b>Long Jump'</b>	5,00	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
3,	<b>200 m Hurdles</b> (76,2 cm)	31,13 <sup>+0,7</sup>	Antje Bock	30.01.1982	WOM	GER		13.08.2005	Scheessel GER
4,	<b>Shot Put'</b> (4 kg)	8,71	Antje Bock	30.01.1982	U 23	GER		07.08.2004	Scheessel GER
5,	<b>5 000 m</b>	21:13,86	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
6,	<b>800 m</b>	2:25,28	Antje Bock	30.01.1982	U 23	GER		07.08.2004	Scheessel GER
7,	<b>High Jump'</b>	1,52	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
8,	<b>400 m'</b>	61,62	Antje Bock	30.01.1982	U 23	GER		07.08.2004	Scheessel GER
9,	<b>Hammer Throw</b> (4 kg)	15,89	Antje Bock	30.01.1982	WOM	GER		13.08.2005	Scheessel GER
10,	<b>3 000 m Steeplech.</b> (76,2 cm)	12:47,48	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
11,	<b>100 m Hurdles'</b> (84,0 cm)	17,52 <sup>-1,9</sup>	Antje Bock	30.01.1982	WOM	GER		14.08.2005	Scheessel GER
12,	<b>Discus Throw'</b> (1 kg)	18,61	Antje Bock	30.01.1982	U 23	GER		08.08.2004	Scheessel GER
13,	<b>200 m</b>	27,48	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
14,	<b>Pole Vault'</b>	2,30	Antje Bock	30.01.1982	U 23	GER		08.08.2004	Scheessel GER
15,	<b>3 000 m</b>	11:54,68	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
16,	<b>400 m Hurdles</b> (76,2 cm)	71,67	Antje Bock	30.01.1982	U 23	GER		08.08.2004	Scheessel GER
17,	<b>Javelin Throw'</b> (600 g)	21,21	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
18,	<b>1 500 m'</b>	5:30,94	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
19,	<b>Triple Jump</b>	9,64	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
20,	<b>10 000 m</b>	47:38,88	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
	<b>Decathlon'</b>	4697	Anja Tognotti	30.01.1976	U 23	GER		20.-21.06.1998	Göppingen GER
	Decathlon' One-Day								
<b>Icosathlon</b> 10230      Anja Tognotti      30.01.1976      U 23      GER  20.-21.06.1998      Göppingen GER Icosathlon One-Day									

7.	<b>WOMEN More 35 (W 35)</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'</b>								
2,	<b>Long Jump'</b>								
3,	<b>200 m Hurdles</b> (76,2 cm)								
4,	<b>Shot Put'</b> (4 kg)								
5,	<b>5 000 m</b>								
6,	<b>800 m</b>								
7,	<b>High Jump'</b>								
8,	<b>400 m'</b>								
9,	<b>Hammer Throw</b> (4 kg)								
10,	<b>3 000 m Steeplech.</b> (76,2 cm)								
11,	<b>100 m Hurdles'</b> (84,0 cm)								
12,	<b>Discus Throw'</b> (1 kg)								
13,	<b>200 m</b>								
14,	<b>Pole Vault'</b>								
15,	<b>3 000 m</b>								
16,	<b>400 m Hurdles</b> (76,2 cm)								
17,	<b>Javelin Throw'</b> (600 g)								
18,	<b>1 500 m'</b>								
19,	<b>Triple Jump</b>								
20,	<b>10 000 m</b>								
	<b>Decathlon'</b>								
	Decathlon' One-Day								
<b>Icosathlon</b> Icosathlon One-Day									

8,	<b>WOMEN More 40 (W 40)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (4 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (4 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (600 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**  
Decathlon' One-Day

<b>Icosathlon</b> Icosathlon One-Day
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9,	<b>WOMEN More 45 (W 45)</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>
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- 1, **100 m'**
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- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (4 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (4 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (600 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**  
Decathlon' One-Day

<b>Icosathlon</b> Icosathlon One-Day
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10,	<b>WOMEN More 50 (W 50)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (500 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

11,	<b>WOMEN More 55 (W 55)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (76,2 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (76,2 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 cm)
- 17, **Javelin Throw'** (500 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

12,	<b>WOMEN More 60 (W 60)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

13,	<b>WOMEN More 65 (W 65)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (1 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

14,	<b>WOMEN More 70 (W 70)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (0,75 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

15,	<b>WOMEN More 75 (W 75)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (0,75 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day



16,	<b>WOMEN More 80 (W 80)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (0,75 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day

17,	<b>WOMEN More 85 (W 85)</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>
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- 1, **100 m'**
- 2, **Long Jump'**
- 3, **200 m Hurdles** (68,6 cm)
- 4, **Shot Put'** (3 kg)
- 5, **5 000 m**
- 6, **800 m**
- 7, **High Jump'**
- 8, **400 m'**
- 9, **Hammer Throw** (3 kg)
- 10, **3 000 m Steeplech.** (76,2 cm)
- 11, **100 m Hurdles'** (68,6 cm)
- 12, **Discus Throw'** (0,75 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (68,6 cm)
- 17, **Javelin Throw'** (400 g)
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

**Decathlon'**

Decathlon' One-Day

**Icosathlon**

Icosathlon One-Day