

International Association for Ultra Multievents (IAUM)

Outdoor

Updated by MS : 29.11.2012

Categories

- ICOSATHLON -

Official Order of Events

Records of

NETHERLANDS

- 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**

- 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, WOMEN Under 14 (U 14)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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'** (0,6 kg)
- 13, **200 m**
- 14, **Pole Vault'**
- 15, **3 000 m**
- 16, **400 m Hurdles** (76,2 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

2,	WOMEN Under 16 (U 16)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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) ≥ 1999
- 18, **1 500 m'**
- 19, **Triple Jump**
- 20, **10 000 m**

Decathlon'

Decathlon' One-Day

Icosathlon

Icosathlon One-Day

3,	WOMEN Under 18 (U 18)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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

Icosathlon

Icosathlon One-Day

4, WOMEN Under 20 (U 20)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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'** (84,0 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

Icosathlon

Icosathlon One-Day

5, WOMEN Under 23 (U 23)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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'** (84,0 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

Icosathlon

Icosathlon One-Day

6.	WOMEN	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
1,	100 m'	13,75	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
2,	Long Jump'	4,64	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
3,	200 m Hurdles (76,2 cm)	34,23	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
4,	Shot Put' (4 kg)	9,14	Karin van Ham	17.02.1978	WOM	NED		18.09.2010	Delft NED
5,	5 000 m	23:15,82	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
6,	800 m	2:46,73	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
7,	High Jump'	1,35	Karin van Ham	17.02.1978	WOM	NED		18.09.2010	Delft NED
8,	400 m'	69,04	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
9,	Hammer Throw (4 kg)	18,11	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
10,	3 000 m Steeplech. (76,2 cm)	16:07,55	Linda Rutten	16.02.1984	WOM	NED		18.09.2010	Delft NED
11,	100 m Hurdles' (84,0 cm)	17,87	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
12,	Discus Throw' (1 kg)	23,78	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
13,	200 m	29,31	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
14,	Pole Vault'	1,80	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
15,	3 000 m	13:17,14	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
16,	400 m Hurdles (76,2 cm)	82,83	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
17,	Javelin Throw' (600 g)	28,42	Karin van Ham	17.02.1978	WOM	NED		19.09.2010	Delft NED
18,	1 500 m'	6:11,67	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
19,	Triple Jump	8,66	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
20,	10 000 m	56:03,4	Linda Rutten	16.02.1984	WOM	NED		19.09.2010	Delft NED
	Decathlon'	4098	Linda Rutten	16.02.1984	WOM	NED		18-19.09.2010	Delft NED
	Decathlon' One-Day								
Icosathlon Icosathlon One-Day									

7.	WOMEN More 35 (W 35)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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' (84,0 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								
Icosathlon Icosathlon One-Day									

8, WOMEN More 40 (W 40)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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

Icosathlon

Icosathlon One-Day

9, WOMEN More 45 (W 45)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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

Icosathlon

Icosathlon One-Day

10,	WOMEN More 50 (W 50)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 55 (W 55)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 60 (W 60)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 65 (W 65)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 70 (W 70)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 75 (W 75)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 80 (W 80)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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,	WOMEN More 85 (W 85)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
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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
