

International Association for Ultra Multievents (IAUM)

Outdoor

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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

USA

- 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)	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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

6.	WOMEN	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
1,	100 m'	13,97 +4,0	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
2,	Long Jump'	4,84 +1,3	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
3,	200 m Hurdles (76,2 cm)	33,19 +2,9	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
4,	Shot Put' (4 kg)	8,10	Ashley Palmer	08.03.1983	WOM	USA		11.08.2006	Albany NY. USA
5,	5 000 m	21:13,16	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
6,	800 m	2:36,40	Ashley Palmer	08.03.1983	WOM	USA		11.08.2006	Albany NY. USA
7,	High Jump'	1,43	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
8,	400 m'	65,28	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
9,	Hammer Throw (4 kg)	17,55	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
10,	3 000 m Steeplech. (76,2 cm)	13:52,1	Ashley Palmer	08.03.1983	U 23	USA		07.10.2005	Lynchburg Va. USA
11,	100 m Hurdles' (84,0 cm)	20,00 <i>h*</i>	Ashley Palmer	08.03.1983	WOM	USA		12.08.2006	Albany NY. USA
12,	Discus Throw' (1 kg)	22,75	Ashley Palmer	08.03.1983	WOM	USA		12.08.2006	Albany NY. USA
13,	200 m	29,65 -2,0	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
14,	Pole Vault'	1,83	Ashley Palmer	08.03.1983	WOM	USA		12.08.2006	Albany NY. USA
15,	3 000 m	12:34,26	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
16,	400 m Hurdles (76,2 cm)	73,8	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
17,	Javelin Throw' (600 g)	24,05	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
18,	1 500 m'	5:50,49	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
19,	Triple Jump	9,49 +0,2	Ashley Palmer	08.03.1983	WOM	USA		12.08.2006	Albany NY. USA
20,	10 000 m	48:22,6	Ashley Palmer	08.03.1983	U 23	USA		08.10.2005	Lynchburg Va. USA
	Decathlon'	4064	Ashley Palmer	08.03.1983	U 23	USA		07-08.10.2005	Lynchburg Va. USA
	Decathlon' One-Day								
Icosathlon 8878 Ashley Palmer 08.03.1983 U 23 USA  07-08.10.2005 Lynchburg Va. USA 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