

International Association for Ultra Multievents (IAUM)

Outdoor

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Categories

- ICOSATHLON -

Official Order of Events

- 1, **WOMEN Under 14**
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- 8, **WOMEN More 40**
- 9, **WOMEN More 45**
- 10, **WOMEN More 50**
- 11, **WOMEN More 55**
- 12, **WOMEN More 60**
- 13, **WOMEN More 65**
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- 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 the

WORLD

- 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>
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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
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
1,	100 m'	15,1	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
2,	Long Jump'	4,19	Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
3,	200 m Hurdles (76,2 cm)	36,3	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
4,	Shot Put' (4 kg)	6,44	Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
5,	5 000 m	19:21,4	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
6,	800 m	2:30,5	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
7,	High Jump'	1,21	Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
8,	400 m'	66,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02.10.2004	Laitila/Uusikaupunki
9,	Hammer Throw (4 kg)	18,86	Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
10,	3 000 m Steeplech. (76,2 cm)	11:50,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
11,	100 m Hurdles' (76,2 cm)	20,6	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
12,	Discus Throw' (1 kg)	15,65	Jonna Karasmaa	14.12.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
13,	200 m	30,5	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
14,	Pole Vault'	2,1	Jonna Karasmaa	14.12.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
15,	3 000 m	11:22,2	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
16,	400 m Hurdles (76,2 cm)	75,4	Anna Karrila	24.01.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
17,	Javelin Throw' (600 g)	17,83	Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
18,	1 500 m'	5:22,6	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
19,	Triple Jump	9,08	Anna Karrila	24.01.1988	U 18	FIN		03.10.2004	Laitila/Uusikaupunki
20,	10 000 m	42:10,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
	Decathlon'	2985	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02-03.10.2004	Laitila/Uusikaupunki
	Decathlon' One-Day	2784	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
	Icosathlon	8226	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		02-03.10.2004	Laitila/Uusikaupunki
	Icosathlon One-Day	7825	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN

4.	WOMEN Under 20 (U 20)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
1,	100 m'	13,43	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
2,	Long Jump'	4,91	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
3,	200 m Hurdles (76,2 cm)	31,40	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
4,	Shot Put' (4 kg)	9,10	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
5,	5 000 m	19:21,4	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
6,	800 m	2:30,00	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
7,	High Jump'	1,4	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
8,	400 m'	63,69	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
9,	Hammer Throw (4 kg)	30,37	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
10,	3 000 m Steeplech. (76,2 cm)	11:50,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
11,	100 m Hurdles' (84,0 cm)	17,96	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
12,	Discus Throw' (1 kg)	21,42	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
13,	200 m	27,35	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
14,	Pole Vault'	2,30	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
15,	3 000 m	11:22,2	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
16,	400 m Hurdles (76,2 cm)	70,92	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
17,	Javelin Throw' (600 g)	23,35	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
18,	1 500 m'	5:22,20	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
19,	Triple Jump	9,53	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
20,	10 000 m	42:10,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
	Decathlon'	4834	Kelly Rodmell	26.11.1985	U 20	GBR		03-04.04.2004	Melbourne AUS
	Decathlon' One-Day	4439	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
	Icosathlon	11090	Kelly Rodmell	26.11.1985	U 20	GBR		03-04.04.2004	Melbourne AUS
	Icosathlon One-Day	10275	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN

5.	WOMEN Under 23 (U 23)	Perf	Athlete	DoB	Ctg	Nat	Flg	Date	Venue
1,	100 m'	13,24	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
2,	Long Jump'	5,00	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
3,	200 m Hurdles (76,2 cm)	31,40	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
4,	Shot Put' (4 kg)	9,10	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
5,	5 000 m	19:12,20	Anne Rajaniemi	11.05.1983	U 23	FIN		03.09.2005	Ylistaro FIN
6,	800 m	2:25,28	Antje Bock	30.01.1982	U 23	GER		07.08.2004	Scheessel GER
7,	High Jump'	1,52	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
8,	400 m'	61,62	Antje Bock	30.01.1982	U 23	GER		07.08.2004	Scheessel GER
9,	Hammer Throw (4 kg)	30,37	Kelly Rodmell	26.11.1985	U 20	GBR		03.04.2004	Melbourne AUS
10,	3 000 m Steeplech. (76,2 cm)	11:50,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
11,	100 m Hurdles' (84,0 cm)	17,70	Anja Tognotti	30.01.1976	U 23	GER		20.06.1998	Göppingen GER
12,	Discus Throw' (1 kg)	21,42	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
13,	200 m	27,35	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
14,	Pole Vault'	2,30	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
		2,30	Antje Bock	30.01.1982	U 23	GER		08.08.2004	Scheessel GER
15,	3 000 m	11:15,45	Anne Rajaniemi	11.05.1983	U 23	FIN		04.09.2005	Ylistaro FIN
16,	400 m Hurdles (76,2 cm)	70,92	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
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'	5:22,20	Kelly Rodmell	26.11.1985	U 20	GBR		04.04.2004	Melbourne AUS
19,	Triple Jump	9,64	Anja Tognotti	30.01.1976	U 23	GER		21.06.1998	Göppingen GER
20,	10 000 m	42:10,7	<i>h</i> Anna Karrila	24.01.1988	U 18	FIN		27.08.2005	Riihimäki FIN
	Decathlon'	4834	Kelly Rodmell	26.11.1985	U 20	GBR		03-04.04.2004	Melbourne AUS
	Decathlon' One-Day	4439	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN
	Icosathlon	11090	Kelly Rodmell	26.11.1985	U 20	GBR		03-04.04.2004	Melbourne AUS
	Icosathlon One-Day	10275	Kelly Rodmell	26.11.1985	U 20	GBR		25.05.2003	Helsinki FIN

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
