

IAAF WORLD RECORDS

as at 1st January 2011

MEN

EVENT	PERF.	WIND	ATHLETE	MF	PLACE	DATE
TRACK EVENTS						
100m	9.58	0.9	Usain BOLT	JAM	Berlin, GER	16 Aug 09
200m	19.19	-0.3	Usain BOLT	JAM	Berlin, GER	20 Aug 09
400m	43.18		Michael JOHNSON	USA	Sevilla, ESP	26 Aug 99
800m	1:41.01		David Lekuta RUDISHA	KEN	Rieti, ITA	29 Aug 10
1000m	2:11.96		Noah NGENY	KEN	Rieti, ITA	5 Sep 99
1500m	3:26.00		Hicham EL GUERROUJ	MAR	Roma, ITA	14 Jul 98
1 Mile	3:43.13		Hicham EL GUERROUJ	MAR	Roma, ITA	7 Jul 99
2000m	4:44.79		Hicham EL GUERROUJ	MAR	Berlin, GER	7 Sep 99
3000m	7:20.67		Daniel KOMEN	KEN	Rieti, ITA	1 Sep 96
5000m	12:37.35		Kenenisa BEKELE	ETH	Hengelo, NED	31 May 04
10,000m	26:17.53		Kenenisa BEKELE	ETH	Bruxelles, BEL	26 Aug 05
20,000m	56:26.0		Haile GEBRESELASSIE	ETH	Ostrava, CZE	27 Jun 07
1 Hour	21,285		Haile GEBRESELASSIE	ETH	Ostrava, CZE	27 Jun 07
25,000m	1:13:55.8		Toshihiko SEKO	JPN	Christchurch, NZL	22 Mar 81
30,000m	1:29:18.8		Toshihiko SEKO	JPN	Christchurch, NZL	22 Mar 81
3000m Steeplechase	7:53.63		Saif Saaeed SHAHEEN	QAT	Bruxelles, BEL	3 Sep 04
110m Hurdles	12.87	0.9	Dayron ROBLES	CUB	Ostrava, CZE	12 Jun 08
400m Hurdles	46.78		Kevin YOUNG	USA	Barcelona, ESP	6 Aug 92
FIELD EVENTS						
High Jump	2.45		Javier SOTOMAYOR	CUB	Salamanca, ESP	27 Jul 93
Pole Vault	6.14		Sergey BUBKA	UKR	Sestriere, ITA	31 Jul 94
Long Jump	8.95	0.3	Mike POWELL	USA	Tokyo, JPN	30 Aug 91
Triple Jump	18.29	1.3	Jonathan EDWARDS	GBR	Göteborg, SWE	7 Aug 95
Shot Put	23.12		Randy BARNES	USA	Los Angeles, USA	20 May 90
Discus Throw	74.08		Jürgen SCHULT	GDR	Neubrandenburg, GDR	6 Jun 86
Hammer Throw	86.74		Yuriy SEDYKH	URS	Stuttgart, FRG	30 Aug 86
Javelin Throw	98.48		Ján ZELEZNY	CZE	Jena, GER	25 May 96
COMBINED EVENTS						
Decathlon	9026		Roman ŠEBRLE [10.64, 8.11, 15.33, 2.12, 47.79, 13.92, 47.92, 4.80, 70.16, 4:21.98]	CZE	Götzis, AUT	26/27 May 01
RACE WALKING (Track)						
20,000m	1:17:25.6		Bernardo SEGURA	MEX	Bergen, NOR	7 May 94
30,000m	2:01:44.1		Maurizio DAMILANO	ITA	Cuneo, ITA	3 Oct 92
50,000m	3:40:57.9		Thierry TOUTAIN	FRA	Héricourt, FRA	29 Sep 96
RELAY RACES						
4x100m	37.10		Nesta CARTER, Michael FRATER, Usain BOLT, Asafa POWELL	JAM	Beijing, CHN	22 Aug 08
4x200m	1:18.68		Michael MARSH, Leroy BURRELL, Floyd HEARD, Carl LEWIS	USA	Walnut, USA	17 Apr 94
4x400m	2:54.29		Andrew VALMON, Quincy WATTS, Harry REYNOLDS, Michael JOHNSON	USA	Stuttgart, GER	22 Aug 93
4x800m	7:02.43		Joseph Mwengi MUTUA, William YIAMPLOY, Ismael Kipngetch KOMBICH, Wilfred BUNGEI	KEN	Bruxelles, BEL	25 Aug 06
4 x 1500m	14:36.23		William Biwott TANUI, Gideon GATHIMBA, Geoffrey Kipkoech RONO, Augustine Kiprono CHOGE	KEN	Bruxelles, BEL	4 Sep 09
ROAD RACES						
10km	26:44		Leonard Patrick KOMON	KEN	Utrecht, NED	26 Sep 10
15km	41:13		Leonard Patrick KOMON	KEN	Nijmegen, NED	21 Nov 10
20km	55:21		Zersenay TADESE	ERI	Lisboa, POR	21 Mar 10
Half Marathon	58:23		Zersenay TADESE	ERI	Lisboa, POR	21 Mar 10
25km	1:11:50		Samuel Kiplimo KOSGEI	KEN	Berlin, GER	9 May 10
30km	1:27:49		Haile GEBRESELASSIE	ETH	Berlin, GER	20 Sep 09
Marathon	2:03:59		Haile GEBRESELASSIE	ETH	Berlin, GER	28 Sep 08
100km	6:13:33		Takahiro SUNADA	JPN	Lake Saroma, JPN	21 Jun 98
Road Relay 42.195km	1:57:06		Josphat Muchiri NDAMBIRI, Martin Irungu MATHATHI, Daniel Muchunu MWANGI, Mekubo MOGUSU, Onesmus NYERRE, John KARIUKI	KEN	Chiba, JPN	23 Nov 05
RACE WALKING (Road)						
20km	1:17:16		Vladimir KANAYKIN	RUS	Saransk, RUS	29 Sep 07
50km	3:34:14		Denis NIZHEGORODOV	RUS	Cheboksary, RUS	11 May 08