

IAAF WORLD RECORDS

as at 1st January 2011

WOMEN

EVENT	PERF.	WIND	ATHLETE	MF	PLACE	DATE
TRACK EVENTS						
100m	10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, USA	16 Jul 88
200m	21.34	1.3	Florence GRIFFITH-JOYNER	USA	Seoul, KOR	29 Sep 88
400m	47.60		Marita KOCH	GDR	Canberra, AUS	6 Oct 85
800m	1:53.28		Jarmila KRATOCHVÍLOVÁ	TCH	München, FRG	26 Jul 83
1000m	2:28.98		Svetlana MASTERKOVA	RUS	Bruxelles, BEL	23 Aug 96
1500m	3:50.46		Yunxia QU	CHN	Beijing, CHN	11 Sep 93
1 Mile	4:12.56		Svetlana MASTERKOVA	RUS	Zürich, SUI	14 Aug 96
2000m	5:25.36		Sonia O'SULLIVAN	IRL	Edinburgh, GBR	8 Jul 94
3000m	8:06.11		Junxia WANG	CHN	Beijing, CHN	13 Sep 93
5000m	14:11.15		Tirunesh DIBABA	ETH	Oslo, NOR	6 Jun 08
10,000m	29:31.78		Junxia WANG	CHN	Beijing, CHN	8 Sep 93
20,000m	1:05:26.6		Tegla LOROUPE	KEN	Borgholzhausen, GER	3 Sep 00
1 Hour	18.517		Dire TUNE	ETH	Ostrava, CZE	12 Jun 08
25,000m	1:27:05.9		Tegla LOROUPE	KEN	Mengerkirchen, GER	21 Sep 02
30,000m	1:45:50.0		Tegla LOROUPE	KEN	Warstein, GER	6 Jun 03
3000m Steeplechase	8:58.81		Gulnara GALKINA-SAMITOVA	RUS	Beijing, CHN	17 Aug 08
100m Hurdles	12.21	0.7	Yordanka DONKOVA	BUL	Stara Zagora, BUL	20 Aug 88
400m Hurdles	52.34		Yuliya PECHONKINA	RUS	Tula, RUS	8 Aug 03
FIELD EVENTS						
High Jump	2.09		Stefka KOSTADINOVA	BUL	Roma, ITA	30 Aug 87
Pole Vault	5.06		Elena ISINBAEVA	RUS	Zurich, SUI	28 Aug 09
Long Jump	7.52	1.4	Galina CHISTYAKOVA	URS	Leningrad, URS	11 Jun 88
Triple Jump	15.50	0.9	Inessa KRAVETS	UKR	Göteborg, SWE	10 Aug 95
Shot Put	22.63		Natalya LISOVSKAYA	URS	Moskva, URS	7 Jun 87
Discus Throw	76.80		Gabriele REINSCH	GDR	Neubrandenburg, GDR	9 Jul 88
Hammer Throw	78.30		Anita WLODARCZYK	POL	Bydgoszcz, POL	6 June 2010
Javelin Throw	72.28		Barbora ŠPOTÁKOVÁ	CZE	Stuttgart, GER	13 Sep 08
COMBINED EVENTS						
Heptathlon	7291		Jackie JOYNER-KERSEE [12.69, 1.86, 15.80, 22.56, 7.27, 45.66, 2:08.51]	USA	Seoul, KOR	23/24 Sep 88
Decathlon	8358		Austra SKUJYTE [12.49, 46.19, 3.10, 48.78, 57.19, 14.22, 6.12, 16.42, 1.78, 5:15.86]	LTU	Columbia, USA	14/15 Apr 05
RACE WALKING (Track)						
10,000m	41:56.23		Nadezhda RYASHKINA	URS	Seattle, USA	24 Jul 90
20,000m	1:26:52.3		Olimpiada IVANOVA	RUS	Brisbane, AUS	6 Sep 01
RELAY RACES						
4x100m	41.37		Silke GLADISCH, Sabine RIEGER, Ingrid AUERSWALD, Marlies GÖHR	GDR	Canberra, AUS	6 Oct 85
4x200m	1:27.46		LaTasha JENKINS, LaTasha COLANDER-RICHARDSON, Nanceen PERRY, Marion JONES	USA	Philadelphia, USA	29 Apr 00
4x400m	3:15.17		Tatyana LEDOVSKAYA, Olga NAZAROVA, Mariya PINIGINA, Olga BRYZGINA	URS	Seoul, KOR	1 Oct 88
4x800m	7:50.17		Nadezhda OLIZARENKO, Lyubov GURINA, Lyudmila BORISOVA, Irina PODYALOVSKAYA	URS	Moskva, URS	5 Aug 84
ROAD RACES						
10km	30:21		Paula RADCLIFFE	GBR	San Juan, PUR	23 Feb 03
15km	46:28		Tirunesh DIBABA	ETH	Nijmegen, NED	15 Nov 09
20km	1:02:57		Lornah KIPLAGAT	NED	Udine, ITA	14 Oct 07
Half Marathon	1:06:25		Lornah KIPLAGAT	NED	Udine, ITA	14 Oct 07
25km	1:19:53		Mary Jepkosgei KEITANY	KEN	Berlin, GER	9 May 10
30km	1:38:49		Mizuki NOGUCHI	JPN	Berlin, GER	25 Sep 05
Marathon	2:15:25		Paula RADCLIFFE	GBR	London, GBR	13 Apr 03
100km	6:33:11		Tomoe ABE	JPN	Lake Saroma, JPN	25 Jun 00
Road Relay [42.195km]	2:11:41		Jiang BŌ, Dong YANMEI, Zhao FENGTING, Ma ZAIJIE, Lan LIXIN, Lin NA	CHN	Beijing, CHN	28 Feb 98
RACE WALKING (Road)						
20km	1:25:41		Olimpiada IVANOVA	RUS	Helsinki, FIN	7 Aug 05