



EUROPEAN RECORDS ATHLETICS



Women

100m	12.18	Grishina, Marina	88	RUS	31.07.2013	Sofia	BUL
200m	24.43	Hanne, Margareta	76	CZE	30.07.2001	Roma	ITA
400m	55.35	Tsiarentsyeva, Alina	82	BLR	31.07.2013	Sofia	BUL
800m	2:07.5	Windbrake, Rita	45	FRG	03.07.1977	Bonn	GER
1000m	2:46.8	Windbrake, Rita	45	FRG	10.07.1981	Troisdorf	GER
1500m	4:25.25	Windbrake, Rita	45	FRG	18.07.1981	Gelsenkirchen	GER
1 mile	4:59.15	Perkins, Candy	71	GBR	18.05.1997	Ashford	GBR
2000m	6:30.39	Alder-Baerens, Nele	78	GER	01.05.2003	Berlin	GER
3000m	9:40.03	Yakubovskaya, Olga	81	RUS	11.07.2008	Moscow	RUS
5000m	16:41.91	Yakubovskaya, Olga	81	RUS	28.06.2009	Moscow	RUS
10000m	35:32.35	Yakubovskaya, Olga	81	RUS	07.09.2009	Taipei	TPE
20000m		vacant					
1 hour		vacant					
25000m		vacant					
30000m		vacant					
10km	36:52	Alder-Baerens, Nele	78	GER	05.08.2006	Berlin	GER
15km	54:18	Yakubovskaya, Olga	81	RUS	08.08.2009	Moscow	RUS
20km	1:18:49	Dr. Alder-Baerens, Nele	78	GER	29.09.2013	Berlin	GER
Half marathon	1:23:01	Dr. Alder-Baerens, Nele	78	GER	29.09.2013	Berlin	GER
25km	1:38:21	Dr. Alder-Baerens, Nele	78	GER	29.09.2013	Berlin	GER
30km	1:57:54	Dr. Alder-Baerens, Nele	78	GER	29.09.2013	Berlin	GER
Marathon	2:46:07	Dr. Alder-Baerens, Nele	78	GER	29.09.2013	Berlin	GER
100km	7:29:04	Dr. Alder-Baerens, Nele	78	GER	20.08.2016	Leipzig	GER
100m hurdles	14.21	Shapoval, Yuliya	88	UKR	02.08.2013	Sofia	BUL
400m hurdles	61.62	Manninen, Emilija	81	EST	01.08.2013	Sofia	BUL
3000m steeplechase	10:34.95	Yakubovskaya, Olga	81	RUS	11.09.2009	Taipei	TPE
High jump	1.80	Karapetlian, Kristina	90	RUS	29.06.2016	Stara Zagora	BUL
Pole vault	3.30	Nechaeva, Maria	82	RUS	27.06.2016	Stara Zagora	BUL
Long jump	6.04	Grishina, Marina	88	RUS	22.07.2015	Bydgoszcz	POL
Triple jump	13.08	Hralko, Marharyta	87	BLR	02.08.2013	Sofia	BUL
Shot put	15.33	Kristoficova, Ivana	90	SVK	01.08.2013	Sofia	BUL
Discus throw	49.90	Raad, Trude	90	NOR	12.08.2011	Byrkjelo	NOR
Hammer throw	65.03	Raad, Trude	90	NOR	02.08.2015	Haugesund	NOR
Javelin throw	47.23	Uzunova, Elena	92	BUL	25.07.2015	Bydgoszcz	POL
Heptathlon	5062	Olenko, Kairit	85	EST	25.09.2008	Izmir	TUR
		14.70 - 1.64 - 12.17 - 26.66 / 5.77 - 45.85 - 2:53.77					
Decathlon		vacant					
4 x 100m	47.21	National team		RUS	25.07.2015	Bydgoszcz	POL
		Bodiakina, Elena 94 – Klimova, Oxana 90 – Grishina, Marina 88 – Golovina, Ksenia 92					
4 x 200m	1:49.84	GTSV Essen		GER	30.05.1993	Wuppertal	GER
		Koester, Elke 69 - Naber, Sonja 75 - Klein, Petra 67 - Brunke, Myriam 74					
4 x 400m	3:48.58	National team		RUS	25.07.2015	Bydgoszcz	POL
		Khaladzhan, Asya 92 – Gurova, Evgenia 87 – Chernyshova, Victoria 98 – Golovina, Ksenia 92					
4 x 800m	10:04.7	National team		FRG	01.09.1984	Berlin	GER
		Schuck, Ute 66 - Willmerdinger, Birgit 59 - Weidner, Heike 66 - Windbrake, Rita 45					
Road relay (Marathon)		vacant					
10000m walk		vacant					
20000m walk		vacant					
20km walk		vacant					

Status: 01.01.2017

Awaiting Ratification
Approved