

INAS-FID ATHLETICS WORLD RECORDS - WOMEN

Event	Name	Country	Result	Venue	Date
100 M	Margorzata Klemann	Poland	11.91	Zamosc, POL	05/06/11
200 M	Lisa Llorens	Australia	25.01	Canberra, AUS	00/03/04
400 M	Barbara B.Niewiedzial	Poland	56.78	Dreux, FRA	06/07/08
800 M	Barbara B.Niewiedzial	Poland	2.07.74	Bollnas, SWE	04/07/31
1.500 M	Barbara B.Niewiedzial	Poland	4.24.85	Bollnas, SWE	04/07/29
3.000 M	Arleta Meloch	Poland	9.54.26	Grudziadz, POL	01/06/17
5.000 M	Arleta Meloch	Poland	17.18.38	Plock, POL	04/05/30
10.000 M	Arleta Meloch	Poland	36.46.34	Bielogard, POL	02/08/17
100m Hurd.(0.84)	Karolina Kucharczyk	Poland	15.15	Jablonec n Nisou, CZE	09/07/11
400m Hurd.(0.76)	Andreia Leite	Portugal	1.06.13	Bollnas, SWE	04/07/28
4x100m	Helena Flaszka Sabina Grzelak Bogumila Zedig Margorzata Klemann	Poland	51.24	Tunis, TUN	03/07/07
4x400m	Sabina Stenka Arleta Meloch Monika Streciwilk Barbara B.Niewiedzial	Poland	4.03.15	Bollnas, SWE	04/07/31
High Jump	Bogumila Zedig	Poland	1.68m	Budapest, HUN	04/02/28
Long Jump	Lisa Llorens	Australia	5.43m	Sydney, AUS	00/10/26
Triple Jump	Maria Orsos	Hungary	11.42m	Budapest, HUN	02/07/07
Shot Put (4)	Ewa Durska	Poland	14.33m	Dreux, FRA	06/07/08
Discus (1)	Ewa Durska	Poland	42.26m	Manchester, ENG	29/06/08
Javelin (600)	Sirly Tiik	Estonia	39.77m	Sydney, AUS	00/10/24
Hammer (4)	Ewa Durska	Poland	46.46m	Jablonec n Nisou, CZE	09/07/07
Pentathlon	Sirly Tiik	Estonia	2902 pts	Tunis, TUN	03/07/05
3.000m Walk	Sarra Ghribi	Tunisia	16.10.20	Spala, TUN	03/03/22
5.000m Walk	Marisa Serralheiro	Portugal	26.18.68	Bollnas, SWE	04/07/27
10 Kms Walk	Maria Inacio	Portugal	1.31.41.3	Rio Maior, POR	07/04/25
Half Marathon	Arleta Meloch	Poland	1.16.13	Paris, FRA	05/03/06
Marathon	Arleta Meloch	Poland	2.41.19	Poznan, POL	04/10/10

10th August 2009

Compiled by José Costa Pereira

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