

PAN - Panama



Last update: 07 Dec 2023

DECATHLON - Records & Best Performances

Special collaboration of Raffaella Tummolo (ITA)

Ideal total: **7,537** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	7043 (3680/3363)				Antonio Morales	Fairfax USA	21.05.1999	
	11.45/+2.0 - 6.82/+1.3 - 11.30 - 1.98 - 50.39 // 15.77 - 32.94 - 4.75 - 46.06 - 4:34.45							
100m	11.07			845	Ricardo Ford	C. Panamá	26.02.1973	5,583
LJ	6.82	-1.3		771	Antonio Morales	Fairfax USA	20.05.1999	7,043
SP	11.60			582	Máximo Vargas	C. Panamá	06.03.1970	4,530
HJ	2.03			831	Antonio Morales	Río de Janeiro BRA	20.05.2000	6,098
400m	49.82			823	Antonio Morales	Río de Janeiro BRA	20.05.2000	6,098
Day 1	3680				Antonio Morales	Fairfax USA	20.05.1999	7,043
	11.45/+2.0 - 6.82/+1.3 - 11.30 - 1.98 - 50.39							
110mH	15.52	+1.1		788	Antonio Morales	Philadelphia USA	24.04.2002	6,804
DT	36.84			601	Carlos Pretelt	C. Panamá	27.02.1973	5,443
PV	4.75			834	Antonio Morales	Fairfax USA	21.05.1999	7,043
JT	46.06			531	Antonio Morales	Fairfax USA	21.05.1999	7,043
<i>Old Javelin model</i>	57.08			694	Rodolfo Méndez	San Salvador ESA	30.11.1977	5,331
1500m	4:26.41			768	Antonio Morales	Philadelphia USA	26.04.2000	6,918
Day 2	3363				Antonio Morales	Fairfax USA	21.05.1999	7,043
	15.77 - 32.94 - 4.75 - 46.06 - 4:34.45							
Runs	3035				Antonio Morales	Fairfax USA	21.05.1999	7,043
	11.45/+2.0 - 50.39 - 15.77 - 4:34.45							
<i>Wind assisted</i>	3077				Antonio Morales	Philadelphia USA	26.04.2000	6,918
	11.19/+4.5 - 50.71 - 16.22/-1.6 - 4:26.41							
Jumps	2390				Antonio Morales	Fairfax USA	21.05.1999	7,043
	6.82/+1.3 - 1.98 - 4.75							
Throws	1618				Antonio Morales	Fairfax USA	21.05.1999	7,043
	11.30 - 32.94 - 46.06							
<i>Old Javelin model</i>	1695				Carlos Pretelt	C. Panamá	27.02.1973	5,443
	11.14 - 36.84 - 46.68							

HEPTATHLON - Records & Best Performances

Ideal total: **5,075** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	4998 (3051/1947)				Irina Ambulo	Santiago DOM	01.07.1986	
	15.12/-0.5 - 1.61 - 10.14 - 24.44 // 5.16/-1.2 - 30.62 - 2:17.66							
<i>Unknown details</i>	5364				Irina Ambulo	San Juan PUR	25.04.1986	
	15.29 - - - 10.69 - - - -							
100mH	15.12	-0.5		826	Irina Ambulo	Santiago DOM	30.06.1986	4,998
HJ	1.61			747	Irina Ambulo	Santiago DOM	30.06.1986	4,998
SP	10.69			575	Irina Ambulo	San Juan PUR	25.04.1986	5,364
200m	24.44			939	Irina Ambulo	Santiago DOM	30.06.1986	4,998
Day 1	3051				Irina Ambulo	Santiago DOM	30.06.1986	4,998
	15.12/-0.5 - 1.61 - 10.14 - 24.44							
LJ	5.16			603	Irina Ambulo	Mayagüez PUR	24.11.1986	4,920
LJ	5.16	-1.2		603	Irina Ambulo	Santiago DOM	01.07.1986	4,998
JT	31.02			496	Irina Ambulo	Mayagüez PUR	24.11.1984	4,920
800m	2:15.3			889	Irina Ambulo	Mayagüez PUR	24.11.1984	4,920
Day 2	1988				Irina Ambulo	Mayagüez PUR	24.11.1984	4,920
	5.16 - 31.02 - 2:15.3							
Runs	2621				Irina Ambulo	Santiago DOM	01.07.1986	4,998
	15.12/-0.5 - 24.44 - 2:17.66							
Jumps	1350				Irina Ambulo	Santiago DOM	01.07.1986	4,998
	1.61 - 5.16/-1.2							
Throws	1027				Irina Ambulo	Santiago DOM	01.07.1986	4,998
	10.14 - 30.62							

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