

CRC - Costa Rica

DECATHLON - Records & Best Performances

Special collaboration of Raffaele Tummolo (ITA), Sergio Molina Mora and José Luis Prendas

Ideal total: **7,790** (Using best performance by event under any condition)



EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	6663 (3408/3255)				Noah Swaby	Baton Rouge USA	12.05.2023	
	11.62/+0.4 - 6.47/0.0 - 14.42 - 1.77 - 54.17 // 18.04/+2.5 - 44.76 - 3.90 - 57.73 - 4:40.19							
100m	10.94			874	Roberto McFarlane	Guadalajara MEX	16.06.1979	6,412
LJ	6.95			802	Roberto McFarlane	Guadalajara MEX	16.06.1979	6,412
SP	14.42			754	Noah Swaby	Baton Rouge USA	11.05.2023	6,663
HJ	2.06			859	Rodolfo Madrigal	Moscow USA	18.05.1981	6,300
400m	50.33			799	Roberto McFarlane	Guadalajara MEX	16.06.1979	6,412
Day 1	3763				Roberto McFarlane	Guadalajara MEX	16.06.1979	6,412
	10.94 - 6.95 - 10.74 - 1.95 - 50.33							
110mH	16.48	NWI		680	Roberto McFarlane	Guadalajara MEX	17.06.1979	6,412
<i>Hand timing</i>	16.1	+1.7		695	Guillermo Alfaro	San Salvador ESA	22.01.1994	4,807
<i>Wind assisted</i>	16.01	+4.3		732	Roberto McFarlane	San Juan PUR	13.07.1979	6,569
DT	44.76			762	Noah Swaby	Baton Rouge USA	12.05.2023	6,663
PV	4.45			746	Rodolfo Madrigal	Moscow USA	19.05.1981	6,300
JT	57.73			704	Noah Swaby	Baton Rouge USA	12.05.2023	6,663
1500m	4:28.01			758	Oscar Alpizar	San Salvador ESA	22.01.1994	5,582
Day 2	3255				Noah Swaby	Baton Rouge USA	12.05.2023	6,663
	18.04/+2.5 - 44.76 - 3.90 - 57.73 - 4:40.19							
Runs	3020				Roberto McFarlane	Guadalajara MEX	17.06.1979	6,412
	10.94 - 50.33 - 16.48 - 4:42.2							
Jumps	2242				Rodolfo Madrigal	Moscow USA	19.05.1981	6,300
	6.23 - 2.06 - 4.45							
Throws	2220				Noah Swaby	Baton Rouge USA	12.05.2023	6,663
	14.42 - 44.76 - 57.73							

Last update: 05 Jan 2024

HEPTATHLON - Records & Best Performances

Ideal total: **5,667** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	4954 (2953/2001)				Ana María Porras	C. Guatemala GUA	14.07.2018	
	14.72/+0.5 - 1.58 - 10.65 - 26.08/+0.3 // 5.87/+1.3 - 31.50 - 2:30.52							
100mH	13.69	-0.3		1,023	Mariel Brokke	Chengdu CHN	04.08.2023	4,727
HJ	1.73			891	Alejandra Gómez	C. de Panamá PAN	16.04.2010	4,241
SP	10.65			572	Ana María Porras	C. Guatemala GUA	13.07.2018	4,954
200m	24.52	+1.9		931	Mariel Brokke	San José	06.05.2023	4,846
Day 1	3052				Ana María Porras	Managua NCA	09.12.2017	4,920
	14.62/-0.4 - 1.70 - 10.06 - 26.29/-0.4							
LJ	5.87	+1.3		810	Ana María Porras	C. Guatemala GUA	14.07.2018	4,954
JT	33.84			550	Melissa González	San José	25.06.2011	3,454
800m	2:15.18			890	Mariel Brokke	San José	07.05.2023	4,846
Day 2	2001				Ana María Porras	C. Guatemala GUA	14.07.2018	4,954
	5.87/+1.3 - 31.50 - 2:30.52							
Runs	2802				Mariel Brokke	San José	07.05.2023	4,846
	13.98/-0.1 - 24.52/+1.9 - 2:15.18							
Jumps	1552				Ana María Porras	C. Guatemala GUA	14.07.2018	4,846
	1.70 - 5.49/-2.4							
Throws	1077				Ana María Porras	C. Guatemala GUA	14.07.2018	4,846
	10.65 - 31.50							