

MEX - Mexico



Last update: 05 Jan 2024

DECATHLON - Records & Best Performances

Special collaboration of Rodrigo Sagaón

Ideal total: **8,890** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	7614 (4188/3426)				Alejandro Cárdenas	Medellín COL	11.05.1996	
	10.2/+0.1 - 7.72/+1.3 - 12.55 - 1.74 - 46.33 // 15.73/0.0 - 38.32 - 4.40 - 57.28 - 4:52.35							
100m	10.51			973	Armando Jiménez	Ciudad Juárez	09.06.1990	6,377
<i>Hand timing</i>	10.2	+0.1		989	Alejandro Cárdenas	Medellín COL	10.05.1996	7,614
LJ	7.72	+1.3		990	Alejandro Cárdenas	Medellín COL	10.05.1996	7,614
SP	14.60			765	Román Garibay	Morelia	13.06.2015	7,382
HJ	2.13			925	Juan de Dios Vázquez	Ciudad de México	18.05.1986	6,316
400m	46.33			992	Alejandro Cárdenas	Medellín COL	10.05.1996	7,614
Day 1	4188				Alejandro Cárdenas	Medellín COL	10.05.1996	7,614
	10.2/+0.1 - 7.72/+1.3 - 12.55 - 1.74 - 46.33							
110mH	14.56			903	Armando Jiménez	Ciudad Juárez	10.06.1990	6,377
DT	44.64			759	Román Garibay	Austin USA	31.03.2016	7,446
PV	4.90			880	José Francisco Herrera	San Germán	01.08.2000	6,981
	4.90			880	Felipe de Jesús Ruiz	Monterrey	06.05.2017	7,535
JT	71.16			907	Román Garibay	Austin USA	31.03.2016	7,446
1500m	4:24.7			780	Yukihiro Minami	Walnut USA	17.04.1980	6,717
Day 2	3863				Felipe de Jesús Ruiz	Monterrey	06.05.2017	7,535
	15.53/+1.4 - 41.73 - 4.90 - 60.49 - 4:28.96							
Runs	3372				Rodrigo A. Sagaón	Toronto CAN	23.07.2015	6,659
	10.80/+1.4 - 49.00 - 14.75/+2.4 - 4:33.00							
Jumps	2376				Jorge E. Rivera	Culiacán	24.04.2013	6,863
	6.93/+0.8 - 2.11 - 4.20							
Throws	2426				Román Garibay	Austin USA	31.03.2016	7,446
	14.52 - 44.64 - 71.16							

HEPTATHLON - Records & Best Performances

Ideal total: **6,369** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	5786 (3418/2368)				Jessamyn Saucedo	Toronto CAN	25.07.2015	
	14.09/-1.7 - 1.74 - 12.16 - 25.11/+1.5 // 6.35/+1.9 - 38.51 - 2:23.97							
100mH	13.72	-0.3		1,018	Lilian Borja	León	28.04.2023	5,776
HJ	1.91			1,119	Cristina Fink	Tucson USA	30.03.1990	4,952
SP	12.80			714	Lilian Borja	Querétaro	11.06.2021	5,577
200m	24.53	+1.1		930	Jessamyn Saucedo	Monterrey	04.06.2016	5,563
Day 1	3464				Lilian Borja	Querétaro	11.06.2021	5,577
	13.98/-1.0 - 1.72 - 12.80 - 24.96/0.0							
LJ	6.35	+1.9		959	Jessamyn Saucedo	Toronto CAN	25.07.2015	5,786
JT	41.59			698	Lilian Borja	León	29.04.2023	5,776
800m	2:12.34			931	Chrystal Ruiz	Charlotte NC USA	28.07.2010	5,572
Day 2	2409				Jessamyn Saucedo	Austin USA	31.03.2016	5,781
	6.24/+2.1 - 40.04 - 2:20.46							
<i>Wind assisted</i>	2419				Chrystal Ruiz	San Angelo USA	05.04.2013	5,461
	6.32/+6.1 - 36.36 - 2:16.48							
Runs	2830				Chrystal Ruiz	Charlotte NC USA	27.05.2010	5,572
	13.84/+0.8 - 24.88/-0.4 - 2:12.34							
Jumps	1862				Jessamyn Saucedo	Toronto CAN	25.07.2015	5,786
	1.74 - 6.35/+1.9							
Throws	1393				Lilian Borja	León	29.04.2023	5,776
	12.51 - 41.59							