

# DOM - Dominican Republic



Last update: 15 Apr 2024

## DECATHLON - Records & Best Performances

Special collaboration of Arisnel Rodríguez Sosa (ATFS)

Ideal total: **8,248** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	7762 (4099/3663)				José Miguel Paulino	San Salvador ESA	04.07.2023	
	11.05/+0.4 - 7.43/-0.3 - 12.89 - 2.01 - 49.09 // 14.99/+1.1 - 54.46 - 4:27.04							
100m	10.51			973	Martín I. Cedeño	Santo Domingo	30.05.2014	6,837
LJ	7.54	-0.1		945	José Miguel Paulino	Santiago CHI	30.10.2023	7,588
SP	14.08			733	Juan Carlos de la Cruz	Xalapa MEX	24.11.2014	7,182
HJ	2.06			859	Domingo Reyes	Santo Domingo	30.05.2014	6,674
400m	48.68			876	José Miguel Paulino	C. Guatemala GUA	12.05.2017	7,126
<b>Day 2</b>	4099				José Miguel Paulino	San Salvador ESA	03.07.2023	7,762
	11.05/+0.4 - 7.43/-0.3 - 12.89 - 2.01 - 49.09							
110mH	14.63			895	Juan Carlos de la Cruz	Santo Domingo	31.05.2014	7,425
	14.63	+1.2		895	Juan Carlos de la Cruz	Ottawa CAN	18.06.2016	7,128
DT	40.42			673	Juan Carlos de la Cruz	Ottawa CAN	20.06.2015	7,504
PV	4.60			790	Juan Carlos de la Cruz	Ottawa CAN	20.06.2015	7,504
JT	60.14			740	Leandro López	Santo Domingo	05.04.2009	6,768
1500m	4:27.04			764	José Miguel Paulino	San Salvador ESA	04.07.2023	7,762
<b>Day 2</b>	3665				José Miguel Paulino	La Romana	15.04.2023	7,746
	14.93/+0.5 - 39.15 - 4.50 - 57.61 - 4:37.18							
<b>Runs</b>	3336				José Miguel Paulino	Santo Domingo	17.06.2017	7,518
	10.85/+1.5 - 48.94 - 14.97/+1.2 - 4:33.05							
<b>Jumps</b>	2495				José Miguel Paulino	La Romana	15.04.2023	7,746
	7.49/-0.4 - 2.00 - 4.50							
<b>Throws</b>	2084				José Miguel Paulino	Santo Domingo	13.04.2018	7,334
	13.67 - 40.35 - 57.74							

## HEPTATHLON - Records & Best Performances

Ideal total: **6,356** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	5860 (3383/2477)				Juana Castillo	Ponce PUR	28.05.2006	
	14.10/0.0 - 1.66 - 13.09 - 25.07/-0.6 // 5.92/-0.5 - 43.64 - 2:13.46							
100mH	13.72	+0.9		1,018	Juana Castillo	Santo Domingo	08.07.2006	5,766
HJ	1.81			991	Juana Castillo	Cartagena COL	26.07.2006	5,664
SP	13.36			751	Juana Castillo	Santo Domingo	08.07.2006	5,766
200m	24.52	+0.7		931	Judith Méndez	Santo Domingo	07.08.2003	5,783
<i>Hand timing</i>	24.2			939	Francia Manzanillo	Medellín COL	28.04.2012	5,337
<b>Day 1</b>	3440				Judith Méndez	Santo Domingo	07.08.2003	5,783
	14.10/+1.3 - 1.65 - 13.34 - 24.52/+0.7							
LJ	6.09			877	Ana Jasmín Lorenzo	Durham NC USA	12.05.2005	5,282
JT	50.26			865	Estefanía García	Lusternau AUT	12.06.2016	5,483
800m	2:13.46			915	Juana Castillo	Ponce PUR	28.05.2006	5,860
<b>Day 2</b>	2477				Juana Castillo	Ponce PUR	28.05.2006	5,860
	5.92/-0.5 - 43.64 - 2:13.46							
<b>Runs</b>	2766				Judith Méndez	Santo Domingo	08.08.2003	5,783
	14.10/+1.3 - 24.52/+0.7 - 2:16.56							
<b>Jumps</b>	1732				Ana Jasmín Lorenzo	Durham NC USA	12.05.2005	5,282
	1.70 - 6.09							
<b>Throws</b>	1558				Yesi Tejeda	S. de los Caballeros	12.04.2024	5,421
	13.19 - 47.83							

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