

PUR - Puerto Rico



Last update: 12 Nov 2024

DECATHLON - Records & Best Performances

HEPTATHLON - Records & Best Performances

Special collaboration of Carlos González and Dr. Pedro Aníbal Díaz (ATFS)

Ideal total: **9,423** (Using best performance by event under any condition)

Ideal total: **6,571** (Using best performance by event under any condition)

| EVENT | RECORD | | | | ATHLETE | CITY | DATE | DECA PTS. |
|-------------------|--|------|------|-------|---------------------|-------------------|------------|-----------|
| | RES. | W | REC. | PTS. | | | | |
| Decathlon | 8732 (4621/4111) | | | | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | |
| | 10.31/+1.9 - 7.77/+2.6 - 1.98 - 16.26 - 47.23 // 13.73/+0.9 - 46.00 - 5.10 - 59.28 - 4.45.59 | | | | | | | |
| 100m (W>4m/s) | 10.21 | +5.2 | | 1,044 | Ayden Owens-Delerme | Ann Arbor USA | 27.06.2021 | 7,365 |
| 100m | 10.27 | +1.2 | | 1,030 | Ayden Owens-Delerme | Walnut USA | 13.04.2022 | 8,528 |
| LJ (Hepta-Indoor) | 7.82 | | | 1,015 | Ayden Owens-Delerme | Albuquerque USA | 10.03.2023 | 6,518 |
| LJ (Hepta-Indoor) | 7.82 | | | 1,015 | Yariel Soto-Torrado | Albuquerque USA | 10.03.2023 | 6,047 |
| LJ (W>2m/s) | 7.77 | +2.6 | | 1,002 | Ayden Owens-Delerme | Walnut USA | 17.04.2024 | 8,732 |
| LJ (DNF) | 7.72 | +0.2 | | 990 | Ayden Owens-Delerme | Budapest HUN | 25.08.2023 | DNF |
| LJ (No wind info) | 7.69 | NWI | | 982 | Ray Quiñones | San Juan | 05.03.1982 | 6,859 |
| LJ | 7.66 | +1.4 | | 975 | Yariel Soto-Torrado | Austin USA | 07.06.2023 | 7,917 |
| SP | 16.26 | | | 867 | Ayden Owens-Delerme | Walnut USA | 17.04.2024 | 8,732 |
| HJ | 2.16 | | | 953 | Carlos Acosta | Santo Domingo DOM | 24.10.1980 | 6,862 |
| 400m | 45.07 | | NR | 1,056 | Ayden Owens-Delerme | Eugene USA | 23.07.2022 | 8,532 |
| Day 1 | 4621 | | | | Ayden Owens-Delerme | Walnut USA | 17.04.2024 | 8,732 |
| (W>2m/s) | 10.31/+1.9 - 7.77/+2.6 - 1.98 - 16.26 - 47.23 | | | | | | | |
| Day 1 | 4606 | | | | Ayden Owens-Delerme | Eugene USA | 23.07.2022 | 8,532 |
| (Regular wind) | 10.52/+0.8 - 7.64/+0.9 - 2.02 - 14.97 - 45.07 | | | | | | | |
| 110mH | 13.73 | +0.9 | | 1,010 | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | 8,732 |
| DT | 48.26 | | | 834 | Steven Marrero | Mayagüez | 29.07.2010 | 7,506 |
| PV (Hepta-Indoor) | 5.20 | | | 972 | Yariel Soto-Torrado | Fayetteville USA | 24.02.2024 | 6,017 |
| PV | 5.10 | | | 941 | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | 8,732 |
| JT | 64.92 | | | 812 | Luigy Llanos | San Germán | 02.08.2000 | 7,416 |
| 1500m | 4:13.02 | | | 860 | Ayden Owens-Delerme | Eugene USA | 24.07.2022 | 8,532 |
| Day 2 | 4111 | | | | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | 8,732 |
| | 13.73/+0.9 - 46.00 - 5.10 - 59.28 - 4.45.59 | | | | | | | |
| Runs | 3891 | | | | Ayden Owens-Delerme | Walnut USA | 14.04.2022 | 8,528 |
| | 10.27/+1.2 - 46.12 - 13.80/-0.3 - 4:13.17 | | | | | | | |
| Jumps | 2728 | | | | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | 8,732 |
| (W>2m/s) | 7.77/+2.6 - 1.98 - 5.10 | | | | | | | |
| Jumps | 2552 | | | | Ayden Owens-Delerme | Eugene USA | 24.07.2022 | 8,532 |
| (Regular wind) | 7.64/+0.9 - 2.02 - 4.50 | | | | | | | |
| Throws | 2381 | | | | Ayden Owens-Delerme | Walnut USA | 18.04.2024 | 8,732 |
| | 16.26 - 46.00 - 59.28 | | | | | | | |

| EVENT | RECORD | | | | ATHLETE | CITY | DATE | HEPTA PTS. |
|--------------------|---|------|------|-------|----------------|--------------------|------------|------------|
| | RES. | W | REC. | PTS. | | | | |
| Heptathlon | 6124 (3649/2475) | | | | Alysbeth Félix | Cali COL | 26.06.2016 | |
| | 13.48/+2.3 - 1.83 - 11.52 - 24.31/+3.5 // 6.28/+0.5 - 38.83 - 2:14.98 | | | | | | | |
| 100mH (W>2m/s) | 13.48 | +2.3 | | 1,053 | Alysbeth Félix | Cali COL | 25.06.2016 | 6,124 |
| 100mH | 13.54 | +0.3 | | 1,044 | Alysbeth Félix | Río de Janeiro BRA | 15.05.2016 | 5,910 |
| HJ | 1.83 | | =NR | 1,016 | Alysbeth Félix | Cali COL | 25.06.2016 | 6,124 |
| SP | 12.60 | | | 701 | Daisy Ocasio | San Juan | 13.11.1987 | 5,147 |
| 200m (W>2m/s) | 24.31 | +3.5 | | 951 | Alysbeth Félix | Cali COL | 25.06.2016 | 6,124 |
| 200m | 24.37 | -2.7 | | 945 | Alysbeth Félix | Medellín COL | 09.05.2015 | 5,810 |
| Day 1 | 3649 | | | | Alysbeth Félix | Cali COL | 25.06.2016 | 6,124 |
| (W>2m/s) | 13.48/+2.3 - 1.83 - 11.52 - 24.31/+3.5 | | | | | | | |
| Day 1 | 3585 | | | | Alysbeth Félix | Medellín COL | 24.05.2016 | 5,907 |
| | 13.55/+1.7 - 1.81 - 11.16 - 24.54/-0.1 | | | | | | | |
| LJ | 6.45 | +1.0 | | 991 | Alysbeth Félix | Desenzano ITA | 30.04.2023 | 5,737 |
| JT (Pre 1.4.1999) | 50.70 | | | 874 | Daisy Ocasio | San Juan | 25.04.1986 | 4,852 |
| JT (Post 1.4.1999) | 49.24 | | | 845 | Coralys Ortiz | San Juan | 29.05.2005 | 5,321 |
| 800m | 2:08.6 | | | 985 | Daisy Ocasio | San Juan | 14.11.1987 | 5,147 |
| Day 2 | 2513 | | | | Alysbeth Félix | Desenzano ITA | 30.04.2023 | 5,737 |
| | 6.45/+1.0 - 39.75 - 2:17.31 | | | | | | | |
| Runs | 2897 | | | | Alysbeth Félix | Cali COL | 26.06.2016 | 6,124 |
| (W>2m/s) | 13.48/+2.3 - 24.31/+3.5 - 2:14.98 | | | | | | | |
| Runs | 2867 | | | | Alysbeth Félix | Kladno CZE | 11.06.2016 | 6,003 |
| | 13.67/-0.4 - 24.49/+1.4 - 2:14.01 | | | | | | | |
| Jumps | 1953 | | | | Alysbeth Félix | Cali COL | 26.06.2016 | 6,124 |
| | 1.83 - 6.28/+0.5 | | | | | | | |
| Throws | 1546 | | | | Daisy Ocasio | San Juan | 25.04.1986 | 4,852 |
| (Pre 1.4.1999) | 12.16 - 50.70 | | | | | | | |
| Throws | 1455 | | | | Coralys Ortiz | San Juan | 29.05.2005 | 5,321 |
| (Post 1.4.1999) | 11.23 - 49.24 | | | | | | | |