

HON - Honduras

DECATHLON - Records & Best Performances

Special collaboration of Carlos Clemente (ESA) and Raffaella Tummolo (ITA)

Ideal total: **7,543** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	DECA PTS.
	RES.	W	REC.	PTS.				
Decathlon	6690 (3662/3028)				Darwin Colón	San Pedro Sula	28.06.2008	
	11.22/-0.5 - 6.82 - 12.91 - 1.80 - 50.54 // 14.98/+0.9 - 38.18 - 3.40 - 49.12 - 5:08.00							
100m	10.95	-1.4		872	Darwin Colón	Toluca MEX	19.07.2008	6,555
LJ	7.03			821	Darwin Colón	Toluca MEX	19.07.2008	6,555
SP	13.12			675	Darwin Colón	San José CRC	24.06.2011	6,519
HJ	1.94			749	Darwin Colón	Toluca MEX	19.07.2008	6,555
400m	50.42			795	Darwin Colón	San José CRC	24.06.2011	6,519
Day 1	3766				Darwin Colón	Toluca MEX	19.07.2008	6,555
	10.95/-1.4 - 7.03 - 12.90 - 1.94 - 53.43							
110mH	14.88	-1.4		864	Darwin Colón	Cartagena COL	26.07.2006	6,220
DT	42.70			720	Darwin Colón	C. Guatemala GUA	13.06.2009	6,279
PV	4.10			645	Jorge Flores	San Salvador ESA	22.01.1994	5,873
JT	49.12			576	Darwin Colón	San Pedro Sula	28.06.2008	6,690
1500m	4:17.9			826	Luis Daniel Flores	Tegucigalpa	20.12.1993	6,028
Day 2	3028				Darwin Colón	San Pedro Sula	28.06.2008	6,690
	14.98/+0.9 - 38.18 - 3.40 - 49.12 - 5:08.00							
Runs	2969				Darwin Colón	San Pedro Sula	28.06.2008	6,690
	11.22/-0.5 - 50.54 - 14.98/+0.9 - 5:08.00							
Jumps	2027				Darwin Colón	Toluca MEX	20.09.2008	6,555
	7.03 - 1.94 - 3.40							
Throws	1866				Darwin Colón	San Pedro Sula	28.06.2008	6,690
	12.91 - 38.18 - 49.12							

© 2025 Designed by Nestor Calixto, exclusively for DecaAmerica

<https://DecaAmerica.net/>

<https://www.facebook.com/groups/DecaAmerica>



Last update: 22 Jan 2025

HEPTATHLON - Records & Best Performances

Ideal total: **4,560** (Using best performance by event under any condition)

EVENT	RECORD				ATHLETE	CITY	DATE	HEPTA PTS.
	RES.	W	REC.	PTS.				
Heptathlon	4139 (2674/1465)				Denisse Reyes	Nacogdoches USA	05.04.2019	
	14.99/+0.2 - 1.47 - 8.85 - 26.09/+1.2 // 5.28/+1.1 - 29.27 - 2:59.99							
100mH <i>DNF</i>	14.88	+1.7		858	Denisse Reyes	Natchitoches USA	03.05.2019	<i>DNF</i>
100mH <i>NWI</i>	14.97	<i>nwi</i>		846	Denisse Reyes	San José CRC	29.12.2020	3,923
100mH	14.99	+0.2		843	Denisse Reyes	Nacogdoches USA	04.04.2019	4,139
HJ	1.53			655	María A. Castejón	Managua NCA	30.07.2021	3,734
SP <i>DNF</i>	9.30			484	Denisse Reyes	Natchitoches USA	03.05.2019	<i>DNF</i>
SP	8.85			454	Denisse Reyes	Nacogdoches USA	04.04.2019	4,139
200m <i>DNF</i>	25.88	-0.1		808	Denisse Reyes	Natchitoches USA	03.05.2019	<i>DNF</i>
200m	26.09	+1.2		789	Denisse Reyes	Nacogdoches USA	04.04.2019	4,139
Day 1	2674				Denisse Reyes	Nacogdoches USA	04.04.2019	4,139
	14.99/+0.2 - 1.47 - 8.85 - 26.09/+1.2							
LJ <i>DNF</i>	5.44	0.0		683	Denisse Reyes	Natchitoches USA	04.05.2019	<i>DNF</i>
LJ	5.28	+1.1		637	Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
JT	29.27			463	Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
800m	2:36.86			609	Stephanie Hernández	San Salvador ESA	29.06.2024	3,162
Day 2	1465				Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
	5.28/+1.1 - 29.27 - 2:59.99							
Runs	1997				Denisse Reyes	San José CRC	28.12.2020	3,923
	14.97/ <i>nwi</i> - 26.44/+0.7 - 2:57.17							
Runs	1997				Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
	14.99/+0.2 - 26.09/+1.2 - 2:59.99							
Jumps	1225				Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
	1.47 - 5.28/+1.1							
Throws	917				Denisse Reyes	Nacogdoches USA	05.04.2019	4,139
	8.85 - 29.27							