

Top 50 Nat. Rec. Men end 2024

1	UNITED STATES (USA)	100	9.69	1316	28523	22	1296,5
		200	19.31	1339			
		400	43.18	1314			
		800	1:41,67	1288			
		1500	3:27,65	1278			
		5000	12:46,96	1268			
		10000	26:33,84	1279			
		Marathon	2:05:38	1217			
		3000st	8:00,45	1272			
		110h	12.80	1308			
		400h	46.17	1332			
		High jump	2.40	1283			
		Pole vault	6.07	1288			
		Long jump	8.95	1347			
		Triple jump	18.21	1303			
		Shot	23.56	1350			
		Discus	71.32	1295			
		Hammer	82.71	1260			
		Javelin	91.29	1276			
		Deca	9045	1318			
		4x100	37.10	1300			
		4x400	2:54,29	1292			
2	GREAT BRITAIN & N.I (GBR)	100	9.83	1266	27766	22	1262,1
		200	19.73	1271			
		400	43.44	1296			
		800	1:41,73	1286			
		1500	3:27,79	1276			
		5000	12:53,11	1245			
		10000	26:46,57	1259			
		Marathon	2:05:11	1225			
		3000st	8:07,96	1237			
		110h	12.91	1287			
		400h	47.82	1248			
		High jump	2.38	1264			
		Pole vault	5.85	1225			
		Long jump	8.51	1257			
		Triple jump	18.29	1311			
		Shot	21.68	1237			
		Discus	68.24	1237			
		Hammer	80.26	1225			
		Javelin	91.46	1278			
		Deca	8847	1289			
		4x100	37.36	1280			
		4x400	2:55,83	1267			
3	GERMANY (GER)	100	9.99	1210	27674	22	1257,9
		200	20.02	1224			
		400	44.33	1236			
		800	1:43,65	1226			
		1500	3:31,58	1222			
		5000	12:54,70	1239			
		10000	27:21,53	1203			
		Marathon	2:04:56	1230			
		3000st	8:09,48	1230			
		110h	13.05	1260			
		400h	47.48	1265			
		High jump	2.42	1302			
		Pole vault	6.01	1271			
		Long jump	8.71	1297			
		Triple jump	17.66	1248			
		Shot	23.06	1320			
		Discus	74.08	1346			
		Hammer	83.40	1270			
		Javelin	97.76	1335			
		Deca	8961	1306			
		4x100	37.97	1233			
		4x400	2:59,86	1201			

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4	FRANCE (FRA)	100	9.86	1255	27645	22	1256,6
		200	19.80	1260			
		400	44.46	1227			
		800	1:41,61	1290			
		1500	3:28,98	1259			
		5000	12:54,97	1238			
		10000	26:58,67	1239			
		Marathon	2:03:47	1251			
		3000st	8:00,09	1274			
		110h	12.95	1279			
		400h	47.37	1271			
		High jump	2.35	1235			
		Pole vault	6.16	1314			
		Long jump	8.42	1237			
		Triple jump	18.04	1286			
		Shot	20.75	1196			
		Discus	68.90	1251			
		Hammer	82.38	1255			
		Javelin	86.11	1229			
		Deca	9126	1329			
		4x100	37.79	1246			
		4x400	2:58.45	1224			
5	SOUTH AFRICA (RSA)	100	9.82	1269	27528	22	1251,3
		200	19.69	1277			
		400	43.03	1324			
		800	1:42,69	1257			
		1500	3:31,93	1217			
		5000	12:56,67	1232			
		10000	26:50,64	1252			
		Marathon	2:06:33	1199			
		3000st	8:11,50	1221			
		110h	13.11	1248			
		400h	47.66	1256			
		High jump	2.38	1264			
		Pole vault	6.03	1277			
		Long jump	8.65	1285			
		Triple jump	17.35	1217			
		Shot	21.97	1255			
		Discus	70.32	1277			
		Hammer	80.63	1230			
		Javelin	88.75	1253			
		Deca	8398	1225			
		4x100	37.57	1264			
		4x400	2:58,12	1229			
6	CANADA (CAN)	100	9.84	1262	27508	22	1250,4
		200	19.62	1289			
		400	44.05	1255			
		800	1:41,20	1303			
		1500	3:31,71	1220			
		5000	12:47,20	1267			
		10000	26:34,14	1279			
		Marathon	2:05:36	1218			
		3000st	8:11,64	1220			
		110h	13.08	1254			
		400h	48.24	1227			
		High jump	2.40	1283			
		Pole vault	6.00	1269			
		Long jump	8.28	1207			
		Triple jump	17.29	1211			
		Shot	22.21	1269			
		Discus	67.88	1232			
		Hammer	84.38	1284			
		Javelin	84.81	1217			
		Deca	9018	1314			
		4x100	37.48	1271			
		4x400	3:02,64	1157			

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7	ITALY (ITA)	100	9.80	1276	27332	22	1242,4
		200	19.72	1272			
		400	44.75	1203			
		800	1:43,7	1224			
		1500	3:30,74	1235			
		5000	13:02,26	1212			
		10000	27:10,76	1220			
		Marathon	2:05:24	1222			
		3000st	8:08,57	1234			
		110h	13.05	1260			
		400h	47.50	1264			
		High jump	2.39	1273			
		Pole vault	5.90	1240			
		Long jump	8.47	1249			
		Triple jump	17.75	1257			
		Shot	22.95	1313			
		Discus	67.62	1227			
		Hammer	81.64	1245			
		Javelin	84.60	1215			
		Deca	8235	1204			
		4x100	37.50	1269			
		4x400	2:58,81	1218			
8	RUSSIA (RUS)	100	10.10	1172	27226	22	1237,5
		200	20.23	1190			
		400	44.60	1216			
		800	1:42,47	1264			
		1500	3:32,28	1212			
		5000	13:11,95	1178			
		10000	27:53,12	1150			
		Marathon	2:09:07	1143			
		3000st	8:15,54	1204			
		110h	12.92	1285			
		400h	48.05	1237			
		High jump	2.42	1302			
		Pole vault	6.05	1283			
		Long jump	8.56	1267			
		Triple jump	17.77	1259			
		Shot	22.24	1271			
		Discus	71.86	1305			
		Hammer	86.04	1307			
		Javelin	92.61	1288			
		Deca	8698	1268			
		4x100	38.46	1195			
		4x400	2:58,06	1230			
9	BRAZIL (BRA)	100	9.96	1221	27159	22	1234,5
		200	19.89	1245			
		400	44.29	1238			
		800	1:41,77	1285			
		1500	3:33,25	1199			
		5000	13:19,43	1153			
		10000	27:28,12	1192			
		Marathon	2:04:51	1231			
		3000st	8:14,41	1209			
		110h	13.17	1237			
		400h	46.29	1326			
		High jump	2.32	1208			
		Pole vault	6.03	1277			
		Long jump	8.40	1235			
		Triple jump	17.90	1272			
		Shot	22.61	1293			
		Discus	65.55	1202			
		Hammer	78.63	1211			
		Javelin	85.91	1227			
		Deca	8393	1224			
		4x100	37.72	1252			
		4x400	2:58,56	1222			

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10	SPAIN (ESP)	100	10.06	1186	27143	22	1233,8
		200	20.04	1220			
		400	44.69	1208			
		800	1:42,04	1277			
		1500	3:28,76	1262			
		5000	12:45,01	1275			
		10000	26:49,49	1254			
		Marathon	2:06:25	1202			
		3000st	8:05,69	1248			
		110h	13.04	1262			
		400h	48.87	1196			
		High jump	2.34	1225			
		Pole vault	5.81	1215			
		Long jump	8.56	1267			
		Triple jump	18.18	1300			
		Shot	21.47	1225			
		Discus	69.50	1262			
		Hammer	79.38	1217			
		Javelin	84.80	1213			
		Deca	8526	1243			
		4x100	38.46	1195			
		4x400	3:00,54	1191			
11	SWEDEN (SWE)	100	10.08	1179	27129	22	1233,1
		200	20.30	1178			
		400	44.56	1219			
		800	1:43,13	1242			
		1500	3:32,00	1216			
		5000	12:50,94	1253			
		10000	26:52,87	1249			
		Marathon	2:07:36	1178			
		3000st	8:05,75	1247			
		110h	13.35	1204			
		400h	47.94	1242			
		High jump	2.42	1302			
		Pole vault	6.26	1342			
		Long jump	8.44	1243			
		Triple jump	17.83	1265			
		Shot	21.33	1219			
		Discus	71.86	1305			
		Hammer	80.14	1224			
		Javelin	89.10	1256			
		Deca	8406	1226			
		4x100	38.63	1182			
		4x400	3:02,57	1158			
12	AUSTRALIA (AUS)	100	9.93	1231	27122	22	1232,8
		200	20.04	1220			
		400	44.38	1232			
		800	1:43,99	1216			
		1500	3:29,51	1252			
		5000	12:55,76	1235			
		10000	27:09,57	1222			
		Marathon	2:06:22	1203			
		3000st	8:16,22	1201			
		110h	13.29	1215			
		400h	48.28	1225			
		High jump	2.36	1245			
		Pole vault	6.06	1286			
		Long jump	8.54	1263			
		Triple jump	17.46	1228			
		Shot	21.35	1220			
		Discus	69.96	1270			
		Hammer	79.29	1217			
		Javelin	89.02	1255			
		Deca	8649	1261			
		4x100	38.12	1221			
		4x400	2:59,70	1204			

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13	NORWAY (NOR)	100	9.99	1210	27116	22	1232,5
		200	19.89	1245			
		400	44.39	1232			
		800	1:42,58	1260			
		1500	3:26,73	1292			
		5000	12:48,45	1262			
		10000	27:24,78	1197			
		Marathon	2:05:48	1214			
		3000st	8:12,05	1219			
		110h	13.42	1192			
		400h	45.94	1344			
		High jump	2.36	1245			
		Pole vault	6.00	1269			
		Long jump	8.21	1190			
		Triple jump	17.27	1209			
		Shot	21.22	1214			
		Discus	69.62	1264			
		Hammer	81.58	1244			
		Javelin	91.59	1279			
		Deca	8796	1282			
		4x100	38.96	1158			
		4x400	3:06,67	1095			
14	POLAND (POL)	100	10.00	1206	27097	22	1231,7
		200	19.98	1230			
		400	44.62	1214			
		800	1:43,22	1239			
		1500	3:30,42	1239			
		5000	13:17,69	1159			
		10000	27:53,61	1149			
		Marathon	2:07:39	1177			
		3000st	8:09,11	1232			
		110h	13.25	1222			
		400h	48.12	1233			
		High jump	2.38	1264			
		Pole vault	6.02	1274			
		Long jump	8.28	1207			
		Triple jump	17.53	1235			
		Shot	22.32	1276			
		Discus	71.84	1305			
		Hammer	83.93	1277			
		Javelin	89.55	1260			
		Deca	8566	1249			
		4x100	38.15	1219			
		4x400	2:58,00	1231			
15	NETHERLANDS (NED)	100	9.91	1238	26988	22	1226,7
		200	19.81	1258			
		400	44.48	1225			
		800	1:43,45	1233			
		1500	3:29,54	1251			
		5000	13:05,66	1200			
		10000	27:26,29	1195			
		Marathon	2:04:45	1233			
		3000st	8:04,95	1251			
		110h	13.15	1241			
		400h	48.36	1221			
		High jump	2.31	1199			
		Pole vault	5.96	1257			
		Long jump	8.29	1210			
		Triple jump	16.92	1174			
		Shot	21.62	1234			
		Discus	68.12	1236			
		Hammer	79.09	1215			
		Javelin	80.70	1180			
		Deca	8607	1255			
		4x100	37.91	1237			
		4x400	2:57,18	1245			

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16	CUBA (CUB)	100	9.90	1241	26947	22	1224,9
		200	19.63	1287			
		400	44.14	1249			
		800	1:42,85	1252			
		1500	3:35,03	1174			
		5000	13:44,8	1074			
		10000	28:48,96	1065			
		Marathon	2:10:53	1116			
		3000st	8:26,16	1160			
		110h	12.87	1294			
		400h	47.93	1243			
		High jump	2.45	1330			
		Pole vault	5.90	1240			
		Long jump	8.71	1297			
		Triple jump	18.08	1290			
		Shot	20.78	1197			
		Discus	71.06	1290			
		Hammer	78.02	1206			
		Javelin	87.20	1237			
		Deca	8654	1262			
		4x100	38.00	1230			
		4x400	2:59,13	1213			
17	UKRAINE (UKR)	100	10.07	1182	26932	22	1224,2
		200	20.00	1227			
		400	45.01	1183			
		800	1:45,08	1179			
		1500	3:30,33	1240			
		5000	13:10,78	1182			
		10000	27:59,8	1139			
		Marathon	2:07:15	1185			
		3000st	8:21,75	1178			
		110h	13.22	1227			
		400h	48.06	1236			
		High jump	2.42	1302			
		Pole vault	6.15	1311			
		Long jump	8.35	1225			
		Triple jump	17.90	1272			
		Shot	21.83	1246			
		Discus	68.88	1250			
		Hammer	86.74	1317			
		Javelin	86.12	1229			
		Deca	8709	1270			
		4x100	38.53	1190			
		4x400	3:02,35	1162			
18	BELGIUM (BEL)	100	10.06	1186	26830	22	1219,5
		200	20.13	1206			
		400	44.15	1248			
		800	1:42,43	1265			
		1500	3:31,74	1220			
		5000	12:49,71	1258			
		10000	26:52,30	1250			
		Marathon	2:03:36	1255			
		3000st	8:10,01	1228			
		110h	13.20	1231			
		400h	48.66	1207			
		High jump	2.36	1245			
		Pole vault	5.85	1225			
		Long jump	8.25	1200			
		Triple jump	17.00	1182			
		Shot	19.34	1140			
		Discus	67.26	1222			
		Hammer	71.76	1153			
		Javelin	87.35	1244			
		Deca	8519	1242			
		4x100	38.55	1188			
		4x400	2:57,75	1235			

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19	JAMAICA (JAM)	100	9.58	1356	26798	22	1218,1
		200	19.19	1359			
		400	43.93	1263			
		800	1:44,70	1192			
		1500	3:39,19	1117			
		5000	13:20,39	1150			
		10000	28:06,40	1130			
		Marathon	2:16:39	1020			
		3000st	8:52,82	1053			
		110h	12.90	1289			
		400h	47.34	1272			
		High jump	2.34	1225			
		Pole vault	5.35	1120			
		Long jump	8.69	1293			
		Triple jump	17.92	1274			
		Shot	22.31	1275			
		Discus	70.78	1285			
		Hammer	70.93	1146			
		Javelin	77.31	1146			
		Deca	8644	1260			
		4x100	36.84	1321			
		4x400	2:56,75	1252			
20	JAPAN (JPN)	100	9.95	1225	26792	22	1217,8
		200	20.03	1221			
		400	44.77	1202			
		800	1:44,80	1189			
		1500	3:35,42	1169			
		5000	13:08,40	1190			
		10000	27:18,75	1207			
		Marathon	2:04:56	1230			
		3000st	8:09,91	1228			
		110h	13.04	1262			
		400h	47.89	1245			
		High jump	2.35	1235			
		Pole vault	5.83	1220			
		Long jump	8.40	1235			
		Triple jump	17.15	1197			
		Shot	18.85	1123			
		Discus	62.59	1167			
		Hammer	84.86	1291			
		Javelin	87.60	1243			
		Deca	8308	1213			
		4x100	37.43	1274			
		4x400	2:58,33	1226			
21	SWITZERLAND (SUI)	100	10.08	1179	26787	22	1217,6
		200	19.98	1230			
		400	44.99	1184			
		800	1:42,55	1261			
		1500	3:31,75	1220			
		5000	12:50,90	1253			
		10000	27:17,29	1210			
		Marathon	2:04:40	1235			
		3000st	8:22,24	1176			
		110h	13.07	1256			
		400h	48.13	1233			
		High jump	2.33	1216			
		Pole vault	5.71	1191			
		Long jump	8.45	1245			
		Triple jump	17.13	1195			
		Shot	22.75	1301			
		Discus	64.04	1184			
		Hammer	80.51	1228			
		Javelin	82.07	1192			
		Deca	8468	1235			
		4x100	38.36	1203			
		4x400	3:02,46	1160			

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22	QATAR (QAT)	100	9.91	1238	26755	22	1216,1
		200	19.97	1233			
		400	44.09	1252			
		800	1:43,82	1221			
		1500	3:31,04	1230			
		5000	12:51,98	1249			
		10000	26:38,76	1271			
		Marathon	2:07:19	1184			
		3000st	7:53,63	1304			
		110h	13.60	1160			
		400h	46.98	1291			
		High jump	2.43	1312			
		Pole vault	5.55	1158			
		Long jump	8.13	1171			
		Triple jump	17.15	1197			
		Shot	20.54	1187			
		Discus	64.43	1188			
		Hammer	78.19	1207			
		Javelin	85.23	1221			
		Deca	7730	1140			
		4x100	39.05	1151			
		4x400	3:00,56	1190			
23	CZECH REPUBLIC (CZE)	100	10.16	1152	26672	22	1212,4
		200	20.39	1161			
		400	44.79	1200			
		800	1:44,82	1188			
		1500	3:32,49	1210			
		5000	13:24,99	1135			
		10000	27:47,90	1159			
		Marathon	2:11:57	1101			
		3000st	8:21,83	1178			
		110h	13.27	1218			
		400h	48.27	1226			
		High jump	2.37	1254			
		Pole vault	5.83	1220			
		Long jump	8.31	1215			
		Triple jump	17.53	1235			
		Shot	22.17	1267			
		Discus	71.26	1294			
		Hammer	81.28	1237			
		Javelin	98.48	1341			
		Deca	9026	1315			
		4x100	38.62	1183			
		4x400	3:00,99	1183			
24	TURKEY (TUR)	100	9.92	1234	26640	22	1210,9
		200	19.76	1266			
		400	45.51	1146			
		800	1:44,00	1215			
		1500	3:31,30	1226			
		5000	13:00,31	1218			
		10000	27:24,09	1198			
		Marathon	2:04:16	1242			
		3000st	8:17,85	1195			
		110h	13.36	1202			
		400h	47.81	1249			
		High jump	2.31	1199			
		Pole vault	5.90	1240			
		Long jump	8.09	1162			
		Triple jump	17.37	1219			
		Shot	20.81	1198			
		Discus	67.50	1225			
		Hammer	81.45	1242			
		Javelin	85.60	1224			
		Deca	7757	1144			
		4x100	37.98	1232			
		4x400	3:02,22	1164			

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25	CHINA (CHN)	100	9.83	1266	26587	22	1208,5
		200	19.88	1247			
		400	45.14	1172			
		800	1:45,66	1160			
		1500	3:36,49	1154			
		5000	13:25,14	1135			
		10000	28:08,67	1127			
		Marathon	2:06:57	1191			
		3000st	8:10,46	1226			
		110h	12.88	1293			
		400h	48.78	1201			
		High jump	2.39	1273			
		Pole vault	5.82	1218			
		Long jump	8.47	1249			
		Triple jump	17.59	1241			
		Shot	20.41	1182			
		Discus	65.16	1197			
		Hammer	77.04	1198			
		Javelin	89.15	1257			
		Deca	8290	1211			
		4x100	37.79	1246			
		4x400	3:03,55	1143			
26	PORTUGAL (POR)	100	9.86	1255	26535	22	1206,1
		200	20.01	1225			
		400	44.79	1200			
		800	1:44,91	1185			
		1500	3:30,07	1244			
		5000	13:02,86	1209			
		10000	27:12,47	1217			
		Marathon	2:06:36	1198			
		3000st	8:19,82	1186			
		110h	13.47	1183			
		400h	48.77	1201			
		High jump	2.28	1174			
		Pole vault	5.71	1191			
		Long jump	8.36	1227			
		Triple jump	18.04	1286			
		Shot	21.56	1230			
		Discus	62.01	1160			
		Hammer	76.86	1196			
		Javelin	84.78	1217			
		Deca	8213	1201			
		4x100	38.65	1181			
		4x400	3:01,89	1169			
27	KENYA (KEN)	100	9.77	1287	26487	22	1204,0
		200	20.14	1204			
		400	44.18	1246			
		800	1:40,91	1312			
		1500	3:26,34	1297			
		5000	12:39,74	1295			
		10000	26:27,85	1289			
		Marathon	2:00:35	1312			
		3000st	7:53,64	1304			
		110h	13.69	1144			
		400h	47.78	1250			
		High jump	2.30	1191			
		Pole vault	4.60	921			
		Long jump	8.12	1169			
		Triple jump	17.12	1194			
		Shot	18.19	1100			
		Discus	56.08	1102			
		Hammer	62.57	1070			
		Javelin	92.72	1289			
		Deca	7305	1096			
		4x100	38.26	1210			
		4x400	2:59,63	1205			

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28	FINLAND (FIN)	100	10.12	1165	26484	22	1203,8
		200	20.45	1152			
		400	45.49	1148			
		800	1:44,10	1212			
		1500	3:35,20	1172			
		5000	13:16,3	1163			
		10000	27:30,99	1187			
		Marathon	2:10:46	1118			
		3000st	8:10,67	1225			
		110h	13.31	1211			
		400h	49.04	1188			
		High jump	2.33	1216			
		Pole vault	5.83	1220			
		Long jump	8.27	1205			
		Triple jump	17.14	1196			
		Shot	22.09	1262			
		Discus	69.97	1270			
		Hammer	83.30	1268			
		Javelin	93.09	1292			
		Deca	8730	1273			
		4x100	38.92	1160			
		4x400	3:01,12	1181			
29	BELARUS (BLR)	100	10.27	1117	26406	22	1200,3
		200	20.63	1123			
		400	45.43	1152			
		800	1:44,43	1201			
		1500	3:35,95	1161			
		5000	13:17,66	1159			
		10000	27:41,89	1169			
		Marathon	2:10:58	1115			
		3000st	8:25,2	1164			
		110h	13.30	1213			
		400h	47.92	1243			
		High jump	2.37	1254			
		Pole vault	6.00	1269			
		Long jump	8.33	1220			
		Triple jump	17.77	1259			
		Shot	22.09	1262			
		Discus	69.44	1261			
		Hammer	84.62	1287			
		Javelin	87.53	1242			
		Deca	8735	1273			
		4x100	39.44	1122			
		4x400	3:03,78	1140			
30	HUNGARY (HUN)	100	10.08	1179	26388	22	1199,5
		200	20.11	1209			
		400	44.84	1196			
		800	1:45,39	1169			
		1500	3:35,57	1167			
		5000	13:26,96	1130			
		10000	28:01,88	1136			
		Marathon	2:10:43	1119			
		3000st	8:17,97	1194			
		110h	13.15	1241			
		400h	48.45	1217			
		High jump	2.28	1174			
		Pole vault	5.92	1246			
		Long jump	8.30	1212			
		Triple jump	17.25	1207			
		Shot	20.81	1198			
		Discus	71.70	1302			
		Hammer	84.19	1281			
		Javelin	84.98	1219			
		Deca	8554	1247			
		4x100	38.67	1179			
		4x400	3:02,09	1166			

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31	GREECE (GRE)	100	10.11	1169	26359	22	1198,1
		200	19.85	1252			
		400	45.11	1175			
		800	1:45,00	1182			
		1500	3:36,74	1151			
		5000	13:28,59	1125			
		10000	28:07,17	1129			
		Marathon	2:12:04	1099			
		3000st	8:24,01	1169			
		110h	13.33	1208			
		400h	47.82	1248			
		High jump	2.36	1245			
		Pole vault	5.91	1243			
		Long jump	8.66	1287			
		Triple jump	17.55	1237			
		Shot	21.05	1208			
		Discus	64.90	1194			
		Hammer	80.45	1228			
		Javelin	91.69	1280			
		Deca	8069	1182			
		4x100	38.61	1184			
		4x400	3:02,21	1164			
32	BULGARIA (BUL)	100	10.13	1162	26186	22	1190,3
		200	20.20	1195			
		400	45.32	1160			
		800	1:46,3	1138			
		1500	3:39,34	1115			
		5000	13:13,15	1174			
		10000	27:56,26	1145			
		Marathon	2:11:26	1108			
		3000st	8:20,87	1182			
		110h	13.33	1208			
		400h	48.48	1215			
		High jump	2.36	1245			
		Pole vault	5.82	1218			
		Long jump	8.33	1220			
		Triple jump	17.92	1274			
		Shot	21.09	1209			
		Discus	67.82	1231			
		Hammer	82.40	1255			
		Javelin	83.40	1204			
		Deca	8199	1199			
		4x100	38.99	1155			
		4x400	3:01,61	1174			
33	MEXICO (MEX)	100	10.21	1135	26163	22	1189,2
		200	20.17	1199			
		400	44.31	1237			
		800	1:43,44	1233			
		1500	3:35,27	1171			
		5000	13:07,79	1192			
		10000	27:08,23	1224			
		Marathon	2:07:19	1184			
		3000st	8:25,69	1162			
		110h	13.64	1153			
		400h	49.27	1177			
		High jump	2.31	1199			
		Pole vault	5.82	1218			
		Long jump	8.46	1247			
		Triple jump	16.99	1181			
		Shot	21.88	1249			
		Discus	63.35	1176			
		Hammer	78.68	1212			
		Javelin	81.71	1189			
		Deca	7614	1128			
		4x100	39.17	1142			
		4x400	3:02,87	1155			

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34	ESTONIA (EST)	100	10.18	1145	26159	22	1189,0
		200	20.43	1155			
		400	45.35	1158			
		800	1:45,87	1153			
		1500	3:38,59	1125			
		5000	13:17,2	1160			
		10000	27:40,61	1171			
		Marathon	2:08:53	1149			
		3000st	8:28,55	1150			
		110h	13.62	1157			
		400h	47.82	1248			
		High jump	2.30	1191			
		Pole vault	5.86	1228			
		Long jump	8.10	1164			
		Triple jump	17.35	1217			
		Shot	20.76	1196			
		Discus	73.38	1333			
		Hammer	84.40	1284			
		Javelin	90.61	1270			
		Deca	8815	1285			
		4x100	39.52	1116			
		4x400	3:06,07	1104			
35	MOROCCO (MAR)	100	10.09	1176	26144	22	1188,4
		200	20.50	1144			
		400	45.03	1182			
		800	1:43,25	1239			
		1500	3:26,00	1302			
		5000	12:49,28	1259			
		10000	26:38,08	1273			
		Marathon	2:05:12	1225			
		3000st	7:55,28	1296			
		110h	13.57	1165			
		400h	48.82	1199			
		High jump	2.21	1116			
		Pole vault	5.45	1138			
		Long jump	8.40	1235			
		Triple jump	17.37	1219			
		Shot	20.45	1184			
		Discus	59.37	1133			
		Hammer	70.73	1144			
		Javelin	76.45	1137			
		Deca	7359	1102			
		4x100	39.61	1110			
		4x400	3:02,11	1166			
36	NEW ZEALAND (NZL)	100	10.08	1179	26143	22	1188,3
		200	20.37	1166			
		400	46.09	1107			
		800	1:44,04	1214			
		1500	3:29,66	1250			
		5000	13:10,19	1184			
		10000	27:30,90	1187			
		Marathon	2:08:19	1160			
		3000st	8:09,64	1230			
		110h	13.67	1147			
		400h	49.33	1174			
		High jump	2.36	1245			
		Pole vault	5.51	1150			
		Long jump	8.05	1151			
		Triple jump	17.01	1183			
		Shot	22.90	1310			
		Discus	66.23	1210			
		Hammer	73.10	1165			
		Javelin	88.20	1248			
		Deca	8359	1220			
		4x100	38.99	1155			
		4x400	3:05,84	1108			

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37	AUSTRIA (AUT)	100	10.08	1179	26086	22	1185,7
		200	20.45	1152			
		400	45.69	1135			
		800	1:46,21	1141			
		1500	3:33,59	1194			
		5000	13:13,44	1173			
		10000	27:36,46	1178			
		Marathon	2:10:06	1130			
		3000st	8:10,83	1224			
		110h	13.14	1242			
		400h	49.33	1174			
		High jump	2.28	1174			
		Pole vault	5.77	1206			
		Long jump	8.30	1212			
		Triple jump	16.57	1142			
		Shot	21.03	1207			
		Discus	70.68	1283			
		Hammer	79.70	1220			
		Javelin	84.03	1210			
		Deca	8320	1215			
		4x100	39.16	1143			
		4x400	3:02,95	1152			
38	SAUDI ARABIA (KSA)	100	10.03	1196	26073	22	1185,1
		200	20.39	1161			
		400	43.93	1263			
		800	1:43,66	1226			
		1500	3:31,82	1219			
		5000	12:58,58	1225			
		10000	27:31,61	1186			
		Marathon	2:20:35	954			
		3000st	8:08,14	1236			
		110h	13.36	1202			
		400h	47.53	1263			
		High jump	2.21	1116			
		Pole vault	5.70	1189			
		Long jump	8.48	1251			
		Triple jump	17.07	1189			
		Shot	21.80	1244			
		Discus	65.52	1201			
		Hammer	70.96	1146			
		Javelin	77.85	1152			
		Deca	7677	1135			
		4x100	38.98	1156			
		4x400	3:02,30	1163			
39	ROMANIA (ROU)	100	10.21	1135	26071	22	1185,0
		200	20.70	1113			
		400	45.27	1163			
		800	1:44,93	1184			
		1500	3:34,13	1187			
		5000	13:15,0	1168			
		10000	27:40,06	1172			
		Marathon	2:12:30	1091			
		3000st	8:13,26	1214			
		110h	13.34	1206			
		400h	49.22	1179			
		High jump	2.40	1283			
		Pole vault	5.61	1170			
		Long jump	8.37	1229			
		Triple jump	17.81	1263			
		Shot	21.29	1217			
		Discus	68.12	1236			
		Hammer	77.60	1203			
		Javelin	86.37	1231			
		Deca	7843	1154			
		4x100	39.18	1141			
		4x400	3:04,23	1132			

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40	COLOMBIA (COL)	100	9.97	1218	26007	22	1182,1
		200	20.00	1227			
		400	43.93	1263			
		800	1:44,31	1205			
		1500	3:41,99	1080			
		5000	13:21,31	1147			
		10000	27:53,02	1150			
		Marathon	2:10:51	1117			
		3000st	8:25,66	1162			
		110h	13.27	1218			
		400h	49.90	1143			
		High jump	2.33	1216			
		Pole vault	5.51	1150			
		Long jump	8.29	1210			
		Triple jump	17.09	1191			
		Shot	19.53	1147			
		Discus	70.29	1276			
		Hammer	70.61	1143			
		Javelin	82.39	1195			
		Deca	7913	1162			
		4x100	38.66	1180			
		4x400	2:59,50	1207			
41	ALGERIA (ALG)	100	10.29	1110	25997	22	1181,7
		200	20.53	1138			
		400	45.13	1173			
		800	1:41,46	1295			
		1500	3:27,37	1282			
		5000	12:50,86	1253			
		10000	27:58,03	1142			
		Marathon	2:09:54	1133			
		3000st	8:10,23	1227			
		110h	13.37	1201			
		400h	48.39	1220			
		High jump	2.34	1225			
		Pole vault	5.50	1148			
		Long jump	8.26	1202			
		Triple jump	17.43	1225			
		Shot	19.07	1130			
		Discus	61.78	1158			
		Hammer	74.76	1179			
		Javelin	70.20	1069			
		Deca	8521	1243			
		4x100	39.89	1089			
		4x400	3:02,78	1155			
42	IRELAND (IRL)	100	10.12	1165	25994	22	1181,5
		200	20.30	1178			
		400	44.77	1202			
		800	1:44,53	1198			
		1500	3:30,42	1239			
		5000	13:01,40	1215			
		10000	27:39,55	1173			
		Marathon	2:09:15	1139			
		3000st	8:24,09	1169			
		110h	13.30	1213			
		400h	47.97	1241			
		High jump	2.30	1191			
		Pole vault	5.36	1122			
		Long jump	8.07	1157			
		Triple jump	15.89	1083			
		Shot	20.93	1203			
		Discus	67.89	1232			
		Hammer	77.80	1204			
		Javelin	82.75	1198			
		Deca	7882	1158			
		4x100	39.26	1135			
		4x400	3:01,26	1179			

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43	DENMARK (DEN)	100	10.11	1169	25971	22	1180,5
		200	20.48	1147			
		400	45.41	1154			
		800	1:41,11	1306			
		1500	3:31,17	1228			
		5000	13:22,74	1143			
		10000	27:54,76	1147			
		Marathon	2:07:51	1171			
		3000st	8:20,42	1184			
		110h	13.50	1178			
		400h	50.01	1137			
		High jump	2.28	1174			
		Pole vault	5.75	1201			
		Long jump	8.25	1200			
		Triple jump	17.01	1183			
		Shot	21.63	1234			
		Discus	61.30	1153			
		Hammer	77.02	1198			
		Javelin	81.22	1185			
		Deca	7994	1172			
		4x100	38.16	1218			
		4x400	3:07,08	1089			
44	INDIA (IND)	100	10.23	1130	25950	22	1179,5
		200	20.52	1140			
		400	45.21	1168			
		800	1:45,65	1137			
		1500	3:35,24	1171			
		5000	13:11,82	1179			
		10000	27:41,81	1159			
		Marathon	2:12:00	1100			
		3000st	8:09,91	1228			
		110h	13.41	1194			
		400h	48.80	1200			
		High jump	2.29	1183			
		Pole vault	5.31	1112			
		Long jump	8.42	1239			
		Triple jump	17.37	1219			
		Shot	21.77	1243			
		Discus	66.28	1210			
		Hammer	72.86	1163			
		Javelin	89.94	1264			
		Deca	7666	1134			
		4x100	38.89	1163			
		4x400	2:59,05	1214			
45	SLOVENIA (SLO)	100	10.13	1162	25865	22	1175,7
		200	20.47	1149			
		400	44.84	1196			
		800	1:45,15	1177			
		1500	3:39,29	1116			
		5000	13:32,8	1113			
		10000	28:32,86	1089			
		Marathon	2:11:50	1102			
		3000st	8:16,96	1198			
		110h	13.56	1167			
		400h	48.34	1222			
		High jump	2.32	1208			
		Pole vault	5.70	1189			
		Long jump	8.40	1235			
		Triple jump	16.82	1164			
		Shot	20.76	1196			
		Discus	71.86	1305			
		Hammer	82.58	1258			
		Javelin	81.13	1184			
		Deca	7718	1139			
		4x100	39.20	1140			
		4x400	3:02,70	1156			

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46	SLOVAK REPUBLIC (SVK)	100	10.13	1162	25861	22	1175,5
		200	20.24	1188			
		400	45.32	1160			
		800	1:44,94	1184			
		1500	3:39,41	1114			
		5000	13:19,40	1153			
		10000	27:42,98	1167			
		Marathon	2:09:53	1134			
		3000st	8:32,7	1133			
		110h	13.13	1244			
		400h	48,94	1193			
		High jump	2.34	1225			
		Pole vault	5.41	1131			
		Long jump	8.05	1151			
		Triple jump	17.46	1228			
		Shot	21.57	1231			
		Discus	67.20	1221			
		Hammer	81.81	1247			
		Javelin	87.66	1243			
		Deca	7799	1148			
		4x100	39.81	1095			
		4x400	3:05,72	1109			
47	KAZAKHSTAN (KAZ)	100	10.08	1179	25843	22	1174,7
		200	20.34	1172			
		400	45.25	1165			
		800	1:46,99	1115			
		1500	3:37,54	1140			
		5000	13:35,64	1105			
		10000	27:58,9	1140			
		Marathon	2:11:59	1100			
		3000st	8:24,13	1169			
		110h	13.49	1180			
		400h	48.46	1216			
		High jump	2.36	1245			
		Pole vault	5.92	1246			
		Long jump	8.16	1178			
		Triple jump	17.58	1240			
		Shot	20.95	1204			
		Discus	60.30	1142			
		Hammer	77.60	1203			
		Javelin	85.16	1220			
		Deca	8725	1272			
		4x100	39.30	1132			
		4x400	3:07,66	1080			
48	LATVIA (LAT)	100	10.18	1145	25827	22	1174,0
		200	20.41	1158			
		400	45.53	1145			
		800	1:43,67	1225			
		1500	3:37,35	1142			
		5000	13:34,2	1109			
		10000	28:19,49	1113			
		Marathon	2:14:24	1058			
		3000st	8:31,35	1138			
		110h	13.08	1254			
		400h	49.60	1160			
		High jump	2.30	1191			
		Pole vault	5.80	1213			
		Long jump	8.11	1166			
		Triple jump	17.56	1238			
		Shot	21.74	1241			
		Discus	62.00	1160			
		Hammer	80.14	1224			
		Javelin	90.73	1271			
		Deca	8312	1214			
		4x100	39.32	1131			
		4x400	3:04,30	1131			

Top 50 Nat. Rec. Men end 2024

49	LITHUANIA (LTU)	100	10.14	1159	25791	22	1172,3
		200	20.48	1147			
		400	45.73	1132			
		800	1:46,58	1129			
		1500	3:37,19	1144			
		5000	13:17,9	1158			
		10000	27:31,50	1186			
		Marathon	2:12:35	1090			
		3000st	8:22,2	1177			
		110h	13.60	1160			
		400h	50.39	1121			
		High jump	2.34	1225			
		Pole vault	5.40	1129			
		Long jump	8.15	1176			
		Triple jump	17.29	1211			
		Shot	21.10	1210			
		Discus	74.35	1351			
		Hammer	82.24	1253			
		Javelin	89.17	1257			
		Deca	8437	1231			
		4x100	39.81	1095			
		4x400	3:09.65	1050			
50	SERBIA (SRB)	100	10.34	1093	25745	22	1170,2
		200	20.70	1113			
		400	45.30	1161			
		800	1:44,75	1190			
		1500	3:34,20	1186			
		5000	13:14,78	1168			
		10000	27:58,39	1141			
		Marathon	2:13:57	1066			
		3000st	8:28,80	1149			
		110h	13.39	1197			
		400h	48.05	1237			
		High jump	2.38	1264			
		Pole vault	5.30	1110			
		Long jump	8.45	1245			
		Triple jump	17.01	1183			
		Shot	21.88	1249			
		Discus	61.94	1160			
		Hammer	67.93	1124			
		Javelin	83.34	1204			
		Deca	8275	1209			
		4x100	39.79	1096			
		4x400	2:59,95	1200			