

Top 50 Nat. Rec. Men / Women end 2024

1	USA	100	9.69	1316	28523	100	10.49	1296	27879	56402
		200	19.31	1339		200	21.34	1288		
		400	43.18	1314		400	48.70	1250		
		800	1:41,67	1288		800	1:54,97	1245		
		1500	3:27,65	1278		1500	3:54,99	1239		
		5000	12:46,96	1268		5000	14:19,45	1251		
		10000	26:33,84	1279		10000	30:03,82	1247		
		Marathon	2:05:38	1217		Marathon	2:18:29	1229		
		3000st	8:00,45	1272		3000st	8:57,77	1250		
		110h	12.80	1308		100h	12.20	1260		
		400h	46.17	1332		400h	50.37	1331		
		High jump	2.40	1283		High jump	2.05	1252		
		Pole vault	6.07	1288		Pole vault	5.03	1300		
		Long jump	8.95	1347		Long jump	7.49	1310		
		Triple jump	18.21	1303		Triple jump	15.12	1251		
		Shot	23.56	1350		Shot	20.76	1238		
		Discus	71.32	1295		Discus	71.46	1251		
		Hammer	82.71	1260		Hammer	80.31	1280		
		Javelin	91.29	1276		Javelin	68.11	1253		
		Deca	9045	1318		Hepta	7291	1308		
		4x100	37.10	1300		4x100	40.82	1284		
		4x400	2:54,29	1292		4x400	3:15,27	1266		
2	GER	100	9.99	1210	27674	100	10.81	1233	27578	55252
		200	20.02	1224		200	21.71	1254		
		400	44.33	1236		400	47.60	1290		
		800	1:43,65	1226		800	1:55,26	1240		
		1500	3:31,58	1222		1500	3:57,71	1217		
		5000	12:54,70	1239		5000	14:26,76	1236		
		10000	27:21,53	1203		10000	31:01,71	1195		
		Marathon	2:04:56	1230		Marathon	2:19:19	1220		
		3000st	8:09,48	1230		3000st	9:03,30	1236		
		110h	13.05	1260		110h	12.42	1231		
		400h	47.48	1265		400h	53.24	1237		
		High jump	2.42	1302		High jump	2.07	1268		
		Pole vault	6.01	1271		Pole vault	4.82	1255		
		Long jump	8.71	1297		Long jump	7.48	1308		
		Triple jump	17.66	1248		Triple jump	14.61	1210		
		Shot	23.06	1320		Shot	22.45	1303		
		Discus	74.08	1346		Discus	76.80	1305		
		Hammer	83.40	1270		Hammer	79.42	1272		
		Javelin	97.76	1335		Javelin	70.20	1278		
		Deca	8961	1306		Hepta	6985	1270		
		4x100	37.97	1233		4x100	41.37	1260		
		4x400	2:59,86	1201		4x400	3:15,92	1260		
3	GBR	100	9.83	1266	27766	100	10.83	1229	27220	54986
		200	19.73	1271		200	21.88	1239		
		400	43.44	1296		400	49.29	1228		
		800	1:41,73	1286		800	1:54,61	1252		
		1500	3:27,79	1276		1500	3:52,61	1259		
		5000	12:53,11	1245		5000	14:28,55	1233		
		10000	26:46,57	1259		10000	30:00,86	1250		
		Marathon	2:05:11	1225		Marathon	2:15:25	1261		
		3000st	8:07,96	1237		3000st	9:04,35	1233		
		110h	12.91	1287		100h	12.50	1221		
		400h	47.82	1248		400h	52.74	1253		
		High jump	2.38	1264		High jump	1.98	1201		
		Pole vault	5.85	1225		Pole vault	4.92	1276		
		Long jump	8.51	1257		Long jump	7.07	1224		
		Triple jump	18.29	1311		Triple jump	15.16	1254		
		Shot	21.68	1237		Shot	19.36	1190		
		Discus	68.24	1237		Discus	67.48	1212		
		Hammer	80.26	1225		Hammer	74.54	1227		
		Javelin	91.46	1278		Javelin	66.17	1230		
		Deca	8847	1289		Hepta	6981	1269		
		4x100	37.36	1280		4x100	41.55	1252		
		4x400	2:55,83	1267		4x400	3:19,72	1227		

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4	RUS	100	10.10	1172	27226	100	10.77	1241	27718	54944
		200	20.23	1190		200	21.87	1240		
		400	44.60	1216		400	49.11	1235		
		800	1:42,47	1264		800	1:54,81	1246		
		1500	3:32,28	1212		1500	3:52,47	1260		
		5000	13:11,95	1178		5000	14:23,75	1242		
		10000	27:53,12	1150		10000	30:23,07	1229		
		Marathon	2:09:07	1143		Marathon	2:20:47	1205		
		3000st	8:15,54	1204		3000st	8:58,81	1247		
		110h	12.92	1285		110h	12.26	1252		
		400h	48.05	1237		400h	52.34	1266		
		High jump	2.42	1302		High jump	2.07	1268		
		Pole vault	6.05	1283		Pole vault	5.06	1307		
		Long jump	8.56	1267		Long jump	7.52	1316		
		Triple jump	17.77	1259		Triple jump	15.36	1271		
		Shot	22.24	1271		Shot	22.63	1310		
		Discus	71.86	1305		Discus	73.28	1270		
		Hammer	86.04	1307		Hammer	78.80	1267		
		Javelin	92.61	1288		Javelin	70.53	1282		
		Deca	8698	1268		Hepta	7007	1272		
		4x100	38.46	1195		4x100	41.49	1254		
		4x400	2:58,06	1230		4x400	3:18,38	1238		
5	FRA	100	9.86	1255	27645	100	10.73	1249	26855	54500
		200	19.80	1260		200	21.99	1229		
		400	44.46	1227		400	48.25	1266		
		800	1:41,61	1290		800	1:56,53	1217		
		1500	3:28,98	1259		1500	3:56,69	1225		
		5000	12:54,97	1238		5000	14:43,90	1203		
		10000	26:58,67	1239		10000	31:35,81	1169		
		Marathon	2:03:47	1251		Marathon	2:24:12	1173		
		3000st	8:00,09	1274		3000st	8:58,67	1248		
		110h	12.95	1279		100h	12.31	1246		
		400h	47.37	1271		400h	53.21	1238		
		High jump	2.35	1235		High jump	1.97	1194		
		Pole vault	6.16	1314		Pole vault	4.75	1238		
		Long jump	8.42	1237		Long jump	7.05	1220		
		Triple jump	18.04	1286		Triple jump	14.69	1216		
		Shot	20.75	1196		Shot	18.69	1173		
		Discus	68.90	1251		Discus	66.73	1205		
		Hammer	82.38	1255		Hammer	75.38	1235		
		Javelin	86.11	1229		Javelin	63.54	1199		
		Deca	9126	1329		Hepta	6889	1258		
		4x100	37.79	1246		4x100	41.78	1242		
		4x400	2:58,45	1224		4x400	3:21,41	1212		
6	CAN	100	9.84	1262	27508	100	10.98	1200	26662	54170
		200	19.62	1289		200	22.36	1196		
		400	44.05	1255		400	49.91	1206		
		800	1:41,20	1303		800	1:57,01	1208		
		1500	3:31,71	1220		1500	3:56,12	1230		
		5000	12:47,20	1267		5000	14:44,12	1203		
		10000	26:34,14	1279		10000	31:13,94	1186		
		Marathon	2:05:36	1218		Marathon	2:23:12	1181		
		3000st	8:11,64	1220		3000st	9:20,58	1192		
		110h	13.08	1254		100h	12.46	1226		
		400h	48.24	1227		400h	53.26	1237		
		High jump	2.40	1283		High jump	1.99	1208		
		Pole vault	6.00	1269		Pole vault	4.85	1255		
		Long jump	8.28	1207		Long jump	6.99	1209		
		Triple jump	17.29	1211		Triple jump	14.03	1165		
		Shot	22.21	1269		Shot	20.68	1235		
		Discus	67.88	1232		Discus	62.72	1174		
		Hammer	84.38	1284		Hammer	78.62	1265		
		Javelin	84.81	1217		Javelin	64.83	1214		
		Deca	9018	1314		Hepta	6808	1247		
		4x100	37.48	1271		4x100	42.50	1210		
		4x400	3:02,64	1157		4x400	3:21,00	1215		

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6	UKR	100	10.07	1182	26932	100	10.82	1231	27136	54068
		200	20.00	1227		200	22.17	1213		
		400	45.01	1183		400	48.27	1265		
		800	1:45,08	1179		800	1:53,43	1274		
		1500	3:30,33	1240		1500	3:56,63	1226		
		5000	13:10,78	1182		5000	14:59,26	1176		
		10000	27:59,8	1139		10000	31:08,89	1190		
		Marathon	2:07:15	1185		Marathon	2:23:32	1178		
		3000st	8:21,75	1178		3000st	9:24,54	1167		
		110h	13.22	1227		110h	12.39	1235		
		400h	48.06	1236		400h	52.96	1246		
		High jump	2.42	1302		High jump	2.10	1292		
		Pole vault	6.15	1311		Pole vault	4.70	1227		
		Long jump	8.35	1225		Long jump	7.24	1258		
		Triple jump	17.90	1272		Triple jump	15.50	1282		
		Shot	21.83	1246		Shot	21.69	1274		
		Discus	68.88	1250		Discus	70.80	1245		
		Hammer	86.74	1317		Hammer	74.52	1226		
		Javelin	86.12	1229		Javelin	67.29	1244		
		Deca	8709	1270		Hepta	6832	1250		
4x100	38.53	1190	4x100	42.04	1230					
4x400	3:02,35	1162	4x400	3:21,94	1207					
8	AUS	100	9.93	1231	27122	100	11.10	1177	26882	54004
		200	20.04	1220		200	22.23	1207		
		400	44.38	1232		400	48.63	1252		
		800	1:43,99	1216		800	1:57,78	1194		
		1500	3:29,51	1252		1500	3:50,83	1273		
		5000	12:55,76	1235		5000	14:41,65	1207		
		10000	27:09,57	1222		10000	30:35,66	1218		
		Marathon	2:06:22	1203		Marathon	2:21:34	1197		
		3000st	8:16,22	1201		3000st	9:14,28	1208		
		110h	13.29	1215		100h	12.28	1250		
		400h	48,28	1225		400h	53.17	1240		
		High jump	2.36	1245		High jump	2.03	1236		
		Pole vault	6.06	1286		Pole vault	4.90	1272		
		Long jump	8.54	1263		Long jump	7.13	1236		
		Triple jump	17.46	1228		Triple jump	14.04	1166		
		Shot	21.35	1220		Shot	19.74	1199		
		Discus	69.96	1270		Discus	69.64	1234		
		Hammer	79.29	1217		Hammer	73.63	1218		
		Javelin	89.02	1255		Javelin	68.92	1263		
		Deca	8649	1261		Hepta	6695	1233		
4x100	38.12	1221	4x100	42.48	1211					
4x400	2:59,70	1204	4x400	3:23,81	1191					
9	ITA	100	9.80	1276	27332	100	11.01	1194	26594	53926
		200	19.72	1272		200	22.56	1178		
		400	44.75	1203		400	50.30	1192		
		800	1:43,7	1224		800	1:57,66	1196		
		1500	3:30,74	1235		1500	3:58,11	1214		
		5000	13:02,26	1212		5000	14:31,64	1227		
		10000	27:10,76	1220		10000	30:43,35	1211		
		Marathon	2:05:24	1222		Marathon	2:23:44	1176		
		3000st	8:08,57	1234		3000st	9:27,48	1175		
		110h	13.05	1260		100h	12.75	1189		
		400h	47.50	1264		400h	53.89	1217		
		High jump	2.39	1273		High jump	2.04	1244		
		Pole vault	5.90	1240		Pole vault	4.73	1234		
		Long jump	8.47	1249		Long jump	7.11	1232		
		Triple jump	17.75	1257		Triple jump	15.03	1243		
		Shot	22.95	1313		Shot	19.20	1186		
		Discus	67.62	1227		Discus	64.57	1211		
		Hammer	81.64	1245		Hammer	75.77	1239		
		Javelin	84.60	1215		Javelin	65.30	1220		
		Deca	8235	1204		Hepta	6379	1195		
4x100	37.50	1269	4x100	42.14	1226					
4x400	2:58,81	1218	4x400	3:23,40	1195					

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10	POL	100	10.00	1206	27097	100	10.93	1210	26781	53878
		200	19.98	1230		200	22.13	1216		
		400	44.62	1214		400	48.90	1242		
		800	1:43,22	1239		800	1:56,95	1209		
		1500	3:30,42	1239		1500	3:57,31	1220		
		5000	13:17,69	1159		5000	15:04,88	1168		
		10000	27:53,61	1149		10000	31:43,51	1163		
		Marathon	2:07:39	1177		Marathon	2:26:08	1156		
		3000st	8:09,11	1232		3000st	9:16,51	1202		
		110h	13.25	1222		110h	12.36	1239		
		400h	48.12	1233		400h	53.86	1218		
		High jump	2.38	1264		High jump	2.02	1229		
		Pole vault	6.02	1274		Pole vault	4.85	1261		
		Long jump	8.28	1207		Long jump	6.97	1205		
		Triple jump	17.53	1235		Triple jump	14.44	1197		
		Shot	22.32	1276		Shot	19.58	1195		
		Discus	71.84	1305		Discus	66.18	1199		
		Hammer	83.93	1277		Hammer	82.98	1305		
		Javelin	89.55	1260		Javelin	71.40	1293		
		Deca	8566	1249		Hepta	6672	1230		
		4x100	38.15	1219		4x100	42.61	1205		
		4x400	2:58,00	1231		4x400	3:20,53	1219		
11	NED	100	9.91	1238	26988	100	10.81	1233	26872	53860
		200	19.81	1258		200	21.63	1261		
		400	44.48	1225		400	49.26	1229		
		800	1:43,45	1233		800	1:55,54	1235		
		1500	3:29,54	1251		1500	3:51,95	1264		
		5000	13:05,66	1200		5000	14:13,42	1263		
		10000	27:26,29	1195		10000	29:06,82	1300		
		Marathon	2:04:45	1233		Marathon	2:13:44	1279		
		3000st	8:04,95	1251		3000st	9:27,38	1175		
		110h	13.15	1241		100h	12.36	1239		
		400h	48.36	1221		400h	50.95	1312		
		High jump	2.31	1199		High jump	1.95	1180		
		Pole vault	5.96	1257		Pole vault	4.55	1194		
		Long jump	8.29	1210		Long jump	6.78	1172		
		Triple jump	16.92	1174		Triple jump	13.51	1129		
		Shot	21.62	1234		Shot	20.33	1221		
		Discus	68.12	1236		Discus	70.22	1239		
		Hammer	79.09	1215		Hammer	65.79	1160		
		Javelin	80.70	1180		Javelin	60.92	1074		
		Deca	8607	1255		Hepta	6867	1255		
		4x100	37.91	1237		4x100	42.04	1230		
		4x400	2:57,18	1245		4x400	3:19,50	1228		
12	RSA	100	9.82	1269	27528	100	10.98	1200	26286	53814
		200	19.69	1277		200	22.06	1223		
		400	43.03	1324		400	49.62	1216		
		800	1:42,69	1257		800	1:54,25	1258		
		1500	3:31,93	1217		1500	3:59,92	1199		
		5000	12:56,67	1232		5000	14:44,05	1203		
		10000	26:50,64	1252		10000	30:52,51	1202		
		Marathon	2:06:33	1199		Marathon	2:22:22	1189		
		3000st	8:11,50	1221		3000st	9:54,19	1109		
		110h	13.11	1248		100h	12.49	1222		
		400h	47.66	1256		400h	53.74	1221		
		High jump	2.38	1264		High jump	2.06	1260		
		Pole vault	6.03	1277		Pole vault	4.42	1172		
		Long jump	8.65	1285		Long jump	6.93	1198		
		Triple jump	17.35	1217		Triple jump	14.05	1167		
		Shot	21.97	1255		Shot	18.17	1160		
		Discus	70.32	1277		Discus	64.87	1154		
		Hammer	80.63	1230		Hammer	66.11	1162		
		Javelin	88.75	1253		Javelin	69.35	1268		
		Deca	8398	1225		Hepta	6181	1174		
		4x100	37.57	1264		4x100	43.25	1178		
		4x400	2:58,12	1229		4x400	3:28,49	1151		

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13	BEL	100	10.06	1186	26830	100	10.92	1212	26845	53675
		200	20.13	1206		200	22.68	1168		
		400	44.15	1248		400	50.31	1191		
		800	1:42,43	1265		800	1:56,1	1224		
		1500	3:31,74	1220		1500	3:58,40	1211		
		5000	12:49,71	1258		5000	14:47,75	1196		
		10000	26:52,30	1250		10000	31:42,02	1164		
		Marathon	2:03:36	1255		Marathon	2:23:52	1177		
		3000st	8:10,01	1228		3000st	9:16,51	1202		
		110h	13.20	1231		100h	12.41	1233		
		400h	48.66	1207		400h	53.11	1242		
		High jump	2.36	1245		High jump	2.00	1215		
		Pole vault	5.85	1225		Pole vault	4.80	1250		
		Long jump	8.25	1200		Long jump	7.39	1289		
		Triple jump	17.00	1182		Triple jump	14.85	1228		
		Shot	19.34	1140		Shot	21.09	1250		
		Discus	67.26	1222		Discus	71.58	1253		
		Hammer	71.76	1153		Hammer	77.32	1253		
		Javelin	87.35	1244		Javelin	67.47	1246		
		Deca	8519	1242		Hepta	6635	1226		
4x100	38.55	1188	4x100	42.56	1207					
4x400	2:57,75	1235	4x400	3:21,85	1208					
14	CHN	100	9.83	1266	26587	100	10.79	1237	27080	53667
		200	19.88	1247		200	22.01	1227		
		400	45.14	1172		400	49.81	1209		
		800	1:45,66	1160		800	1:55,54	1235		
		1500	3:36,49	1154		1500	3:50,46	1276		
		5000	13:25,14	1135		5000	14:28,09	1234		
		10000	28:08,67	1127		10000	29:31,78	1277		
		Marathon	2:06:57	1191		Marathon	2:19:39	1217		
		3000st	8:10,46	1226		3000st	9:20,32	1193		
		110h	12.88	1293		110h	12.64	1203		
		400h	48.78	1201		400h	53.96	1214		
		High jump	2.39	1273		High jump	1.97	1194		
		Pole vault	5.82	1218		Pole vault	4.72	1231		
		Long jump	8.47	1249		Long jump	7.01	1213		
		Triple jump	17.59	1241		Triple jump	14.90	1232		
		Shot	20.41	1182		Shot	21.76	1276		
		Discus	65.16	1197		Discus	71.68	1254		
		Hammer	77.04	1198		Hammer	77.68	1257		
		Javelin	89.15	1257		Javelin	67.98	1252		
		Deca	8290	1211		Hepta	6750	1240		
4x100	37.79	1246	4x100	42.23	1222					
4x400	3:03,55	1143	4x400	3:24,28	1187					
15	ESP	100	10.06	1186	27143	100	11.06	1185	26414	53557
		200	20.04	1220		200	22.38	1194		
		400	44.69	1208		400	49.67	1214		
		800	1:42,04	1277		800	1:57,45	1200		
		1500	3:28,76	1262		1500	3:57,75	1217		
		5000	12:45,01	1275		5000	14:44,04	1203		
		10000	26:49,49	1254		10000	30:51,69	1203		
		Marathon	2:06:25	1202		Marathon	2:26:14	1155		
		3000st	8:05,69	1248		3000st	9:09,39	1220		
		110h	13.04	1262		100h	12.50	1221		
		400h	48.87	1196		400h	54.34	1202		
		High jump	2.34	1225		High jump	2.02	1229		
		Pole vault	5.81	1215		Pole vault	4.56	1196		
		Long jump	8.56	1267		Long jump	7.06	1222		
		Triple jump	18.18	1300		Triple jump	14.87	1230		
		Shot	21.47	1225		Shot	18.80	1176		
		Discus	69.50	1262		Discus	61.89	1168		
		Hammer	79.38	1217		Hammer	72.00	1201		
		Javelin	84.80	1213		Javelin	64.07	1205		
		Deca	8526	1243		Hepta	6304	1187		
4x100	38.46	1195	4x100	42.58	1207					
4x400	3:00,54	1191	4x400	3:25,25	1179					

Top 50 Nat. Rec. Men / Women end 2024

16	SWE	100	10.08	1179	27129	100	11.16	1166	26364	53493
		200	20.30	1178		200	22.69	1167		
		400	44.56	1219		400	51.13	1163		
		800	1:43,13	1242		800	1:58,77	1176		
		1500	3:32,00	1216		1500	3:56,60	1226		
		5000	12:50,94	1253		5000	14:49,95	1192		
		10000	26:52,87	1249		10000	31:08,05	1190		
		Marathon	2:07:36	1178		Marathon	2:23:41	1177		
		3000st	8:05,75	1247		3000st	9:23,96	1184		
		110h	13.35	1204		100h	12.47	1225		
		400h	47.94	1242		400h	54.15	1208		
		High jump	2.42	1302		High jump	2.08	1276		
		Pole vault	6.26	1342		Pole vault	4.83	1257		
		Long jump	8.44	1243		Long jump	6.99	1209		
		Triple jump	17.83	1265		Triple jump	14.29	1185		
		Shot	21.33	1219		Shot	19.54	1194		
		Discus	71.86	1305		Discus	65.14	1191		
		Hammer	80.14	1224		Hammer	73.31	1214		
		Javelin	89.10	1256		Javelin	61.96	1187		
		Deca	8406	1226		Hepta	7032	1275		
4x100	38.63	1182	4x100	43.61	1162					
4x400	3:02,57	1158	4x400	3:29,84	1140					
17	CZE	100	10.16	1152	26672	100	11.09	1179	26805	53477
		200	20.39	1161		200	21.97	1231		
		400	44.79	1200		400	47.99	1276		
		800	1:44,82	1188		800	1:53,28	1276		
		1500	3:32,49	1210		1500	4:01,23	1189		
		5000	13:24,99	1135		5000	15:31,15	1127		
		10000	27:47,90	1159		10000	32:08,96	1143		
		Marathon	2:11:57	1101		Marathon	2:23:44	1177		
		3000st	8:21,83	1178		3000st	9:41,73	1140		
		110h	13.27	1218		110h	12.73	1192		
		400h	48.27	1226		400h	52.83	1251		
		High jump	2.37	1254		High jump	2.00	1215		
		Pole vault	5.83	1220		Pole vault	4.80	1250		
		Long jump	8.31	1215		Long jump	6.89	1191		
		Triple jump	17.53	1235		Triple jump	15.20	1257		
		Shot	22.17	1267		Shot	22.50	1305		
		Discus	71.26	1294		Discus	74.56	1283		
		Hammer	81.28	1237		Hammer	72.47	1206		
		Javelin	98.48	1341		Javelin	72.28	1303		
		Deca	9026	1315		Hepta	6460	1204		
4x100	38.62	1183	4x100	42.98	1189					
4x400	3:00.99	1183	4x400	3:20,32	1221					
18	NOR	100	9.99	1210	27116	100	11.10	1177	26322	53438
		200	19.89	1245		200	22.58	1177		
		400	44.39	1232		400	49.85	1208		
		800	1:42,58	1260		800	1:58,10	1188		
		1500	3:26,73	1292		1500	4:00,55	1194		
		5000	12:48,45	1262		5000	14:31,07	1228		
		10000	27:24,78	1197		10000	30:13,74	1238		
		Marathon	2:05:48	1214		Marathon	2:21:06	1202		
		3000st	8:12,05	1219		3000st	9:13,35	1210		
		110h	13.42	1192		100h	12.72	1193		
		400h	45.94	1344		400h	53.91	1216		
		High jump	2.36	1245		High jump	2.01	1222		
		Pole vault	6.00	1269		Pole vault	4.70	1227		
		Long jump	8.21	1190		Long jump	6.68	1154		
		Triple jump	17.27	1209		Triple jump	13.83	1150		
		Shot	21.22	1214		Shot	17.11	1133		
		Discus	69.62	1264		Discus	69.68	1234		
		Hammer	81.58	1244		Hammer	72.10	1202		
		Javelin	91.59	1279		Javelin	69.48	1270		
		Deca	8796	1282		Hepta	6226	1179		
4x100	38.96	1158	4x100	43.94	1148					
4x400	3:06,67	1095	4x400	3:26,05	1172					

Top 50 Nat. Rec. Men / Women end 2024

19	CUB	100	9.90	1241	26947	100	11.08	1181	26452	53399
		200	19.63	1287		200	22.68	1168		
		400	44.14	1249		400	49.61	1217		
		800	1:42,85	1252		800	1:54,44	1255		
		1500	3:35,03	1174		1500	4:09,57	1129		
		5000	13:44,8	1074		5000	15:34,94	1121		
		10000	28:48,96	1065		10000	33:29,9	1082		
		Marathon	2:10:53	1116		Marathon	2:36:35	1069		
		3000st	8:26,16	1160		3000st	9:58,7	1098		
		110h	12.87	1294		100h	12.61	1207		
		400h	47.93	1243		400h	52.89	1249		
		High jump	2.45	1330		High jump	2.04	1244		
		Pole vault	5.90	1240		Pole vault	4.91	1274		
		Long jump	8.71	1297		Long jump	6.99	1209		
		Triple jump	18.08	1290		Triple jump	15.29	1265		
		Shot	20.78	1197		Shot	20.96	1245		
		Discus	71.06	1290		Discus	73.09	1268		
		Hammer	78.02	1206		Hammer	76.62	1247		
		Javelin	87.20	1237		Javelin	71.70	1296		
		Deca	8654	1262		Hepta	6742	1239		
		4x100	38.00	1230		4x100	42.89	1193		
		4x400	2:59,13	1213		4x400	3:23,21	1196		
		20	BLR	100		10.27	1117	26406		
200	20.63			1123	200	22.68	1168			
400	45.43			1152	400	50.31	1191			
800	1:44,43			1201	800	1:56,1	1224			
1500	3:35,95			1161	1500	3:58,40	1211			
5000	13:17,66			1159	5000	14:47,75	1196			
10000	27:41,89			1169	10000	31:42,02	1164			
Marathon	2:10:58			1115	Marathon	2:23:52	1177			
3000st	8:25,2			1164	3000st	9:16,51	1202			
110h	13.30			1213	110h	12.41	1233			
400h	47.92			1243	400h	53.11	1242			
High jump	2.37			1254	High jump	2.00	1215			
Pole vault	6.00			1269	Pole vault	4.80	1250			
Long jump	8.33			1220	Long jump	7.39	1289			
Triple jump	17.77			1259	Triple jump	14.85	1228			
Shot	22.09			1262	Shot	21.09	1250			
Discus	69.44			1261	Discus	71.58	1253			
Hammer	84.62			1287	Hammer	77.32	1253			
Javelin	87.53			1242	Javelin	67.47	1246			
Deca	8735			1273	Hepta	6635	1226			
4x100	39.44			1122	4x100	42.56	1207			
4x400	3:03,78			1140	4x400	3:21,85	1208			
21	BRA			100	9.96	1221	27159		100	10.91
		200	19.89	1245	200	22.47		1186		
		400	44.29	1238	400	50.62		1180		
		800	1:41,77	1285	800	1:58,27		1185		
		1500	3:33,25	1199	1500	4:07,30		1143		
		5000	13:19,43	1153	5000	15:18,85		1147		
		10000	27:28,12	1192	10000	31:47,76		1160		
		Marathon	2:04:51	1231	Marathon	2:29:17		1132		
		3000st	8:14,41	1209	3000st	9:24,38		1183		
		110h	13.17	1237	110h	12.71		1194		
		400h	46.29	1326	400h	55.15		1182		
		High jump	2.32	1208	High jump	1.92		1163		
		Pole vault	6.03	1277	Pole vault	4.87		1265		
		Long jump	8.40	1235	Long jump	7.26		1262		
		Triple jump	17.90	1272	Triple jump	14.69		1216		
		Shot	22.61	1293	Shot	19.30		1188		
		Discus	65.55	1202	Discus	65.98		1197		
		Hammer	78.63	1211	Hammer	68.35		1177		
		Javelin	85.91	1227	Javelin	62.89		1194		
		Deca	8393	1224	Hepta	6188		1175		
		4x100	37.72	1252	4x100	42.29		1133		
		4x400	2:58,56	1222	4x400	3:26,82		1165		

Top 50 Nat. Rec. Men / Women end 2024

22	SUI	100	10.08	1179	26787	100	10.89	1218	26241	53028
		200	19.98	1230		200	22.05	1223		
		400	44.99	1184		400	50.52	1184		
		800	1:42,55	1261		800	1:57,76	1194		
		1500	3:31,75	1220		1500	3:58,20	1213		
		5000	12:50,90	1253		5000	14:59,28	1176		
		10000	27:17,29	1210		10000	31:35,96	1169		
		Marathon	2:04:40	1235		Marathon	2:25:27	1162		
		3000st	8:22,24	1176		3000st	9:20,28	1193		
		110h	13.07	1256		100h	12.40	1234		
		400h	48.13	1233		400h	54.06	1211		
		High jump	2.33	1216		High jump	1.97	1194		
		Pole vault	5.71	1191		Pole vault	4.88	1268		
		Long jump	8.45	1245		Long jump	6.84	1183		
		Triple jump	17.13	1195		Triple jump	13.49	1128		
		Shot	22.75	1301		Shot	18.75	1174		
		Discus	64.04	1184		Discus	60.60	1159		
		Hammer	80.51	1228		Hammer	67.42	1171		
		Javelin	82.07	1192		Javelin	58.31	1158		
		Deca	8468	1235		Hepta	6639	1226		
		4x100	38.36	1203		4x100	42.05	1230		
		4x400	3:02,46	1160		4x400	3:25,90	1173		
23	BUL	100	10.13	1162	26186	100	10.77	1241	26690	52876
		200	20.20	1195		200	22.01	1227		
		400	45.32	1160		400	49.53	1219		
		800	1:46,3	1138		800	1:55,42	1237		
		1500	3:39,34	1115		1500	3:57,40	1219		
		5000	13:13,15	1174		5000	14:56,95	1180		
		10000	27:56,26	1145		10000	32:30,07	1129		
		Marathon	2:11:26	1108		Marathon	2:29:23	1131		
		3000st	8:20,87	1182		3000st	9:33,41	1160		
		110h	13.33	1208		110h	12.21	1259		
		400h	48.48	1215		400h	53.68	1223		
		High jump	2.36	1245		High jump	2.09	1284		
		Pole vault	5.82	1218		Pole vault	4.50	1186		
		Long jump	8.33	1220		Long jump	7.00	1211		
		Triple jump	17.92	1274		Triple jump	15.20	1257		
		Shot	21.09	1209		Shot	21.89	1281		
		Discus	67.82	1231		Discus	73.22	1269		
		Hammer	82.40	1255		Hammer	65.35	1157		
		Javelin	83.40	1204		Javelin	63.32	1198		
		Deca	8199	1199		Hepta	6658	1229		
		4x100	38.99	1155		4x100	42.29	1219		
		4x400	3:01,61	1174		4x400	3:25,81	1174		
24	ROU	100	10.21	1135	26071	100	11.30	1140	26778	52849
		200	20.70	1113		200	22.35	1197		
		400	45.27	1163		400	49.88	1207		
		800	1:44,93	1184		800	1:55,05	1244		
		1500	3:34,13	1187		1500	3:53,96	1248		
		5000	13:15,0	1168		5000	14:31,48	1227		
		10000	27:40,06	1172		10000	31:11,24	1188		
		Marathon	2:12:30	1091		Marathon	2:18:04	1233		
		3000st	8:13,26	1214		3000st	9:16,85	1201		
		110h	13.34	1206		110h	12.62	1206		
		400h	49.22	1179		400h	53.25	1237		
		High jump	2.40	1283		High jump	2.03	1236		
		Pole vault	5.61	1170		Pole vault	4.25	1143		
		Long jump	8.37	1229		Long jump	7.43	1298		
		Triple jump	17.81	1263		Triple jump	15.16	1254		
		Shot	21.29	1217		Shot	21.00	1247		
		Discus	68.12	1236		Discus	73.84	1276		
		Hammer	77.60	1203		Hammer	76.07	1242		
		Javelin	86.37	1231		Javelin	65.08	1217		
		Deca	7843	1154		Hepta	6619	1224		
		4x100	39.18	1141		4x100	44.18	1138		
		4x400	3:04,23	1132		4x400	3:25,68	1175		

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25	JPN	100	9.95	1225	26792	100	11.21	1156	25965	52757
		200	20.03	1221		200	22.88	1150		
		400	44.77	1202		400	51.75	1142		
		800	1:44,80	1189		800	2:00,45	1146		
		1500	3:35,42	1169		1500	3:59,19	1205		
		5000	13:08,40	1190		5000	14:29,18	1232		
		10000	27:18,75	1207		10000	30:48,89	1206		
		Marathon	2:04:56	1230		Marathon	2:18:59	1224		
		3000st	8:09,91	1228		3000st	9:33,93	1159		
		110h	13.04	1262		100h	12.69	1197		
		400h	47.89	1245		400h	55.34	1177		
		High jump	2.35	1235		High jump	1.96	1190		
		Pole vault	5.83	1220		Pole vault	4.48	1183		
		Long jump	8.40	1235		Long jump	6.97	1205		
		Triple jump	17.15	1197		Triple jump	14.16	1175		
		Shot	18.85	1123		Shot	18.22	1161		
		Discus	62.59	1167		Discus	59.03	1148		
		Hammer	84.86	1291		Hammer	70.51	1191		
		Javelin	87.60	1243		Javelin	67.38	1245		
		Deca	8308	1213		Hepta	5975	1152		
		4x100	37.43	1274		4x100	43.33	1174		
		4x400	2:58,33	1226		4x400	3:28,91	1147		
26	JAM	100	9.58	1356	26798	100	10.54	1286	25957	52755
		200	19.19	1359		200	21.41	1281		
		400	43.93	1263		400	48.57	1254		
		800	1:44,70	1192		800	1:55,96	1227		
		1500	3:39,19	1117		1500	3:58,77	1208		
		5000	13:20,39	1150		5000	15:07,50	1164		
		10000	28:06,40	1130		10000	36:53,89	915		
		Marathon	2:16:39	1020		Marathon	3:08:47	783		
		3000st	8:52,82	1053		3000st	9:14,09	1208		
		110h	12.90	1289		100h	12.24	1255		
		400h	47.34	1272		400h	52.42	1264		
		High jump	2.34	1225		High jump	1.97	1197		
		Pole vault	5.35	1120		Pole vault	3.40	909		
		Long jump	8.69	1293		Long jump	7.16	1242		
		Triple jump	17.92	1274		Triple jump	15.16	1254		
		Shot	22.31	1275		Shot	19.77	1200		
		Discus	70.78	1285		Discus	67.05	1208		
		Hammer	70.93	1146		Hammer	71.83	1200		
		Javelin	77.31	1146		Javelin	61.10	1180		
		Deca	8644	1260		Hepta	6527	1212		
		4x100	36.84	1321		4x100	41.02	1275		
		4x400	2:56,75	1252		4x400	3:18,71	1235		
27	TUR	100	9.92	1234	26640	100	11.25	1149	26108	52748
		200	19.76	1266		200	22.71	1165		
		400	45.51	1146		400	51.53	1149		
		800	1:44,00	1215		800	1:59,94	1155		
		1500	3:31,30	1226		1500	3:55,33	1236		
		5000	13:00,31	1218		5000	14:24,68	1241		
		10000	27:24,09	1198		10000	29:56,34	1254		
		Marathon	2:04:16	1242		Marathon	2:24:44	1168		
		3000st	8:17,85	1195		3000st	9:13,53	1210		
		110h	13.36	1202		100h	12.63	1204		
		400h	47.81	1249		400h	55.09	1184		
		High jump	2.31	1199		High jump	1.94	1174		
		Pole vault	5.90	1240		Pole vault	4.42	1172		
		Long jump	8.09	1162		Long jump	6.87	1188		
		Triple jump	17.37	1219		Triple jump	14.57	1207		
		Shot	20.81	1198		Shot	18.57	1170		
		Discus	67.50	1225		Discus	64.25	1185		
		Hammer	81.45	1242		Hammer	74.17	1223		
		Javelin	85.60	1224		Javelin	67.21	1243		
		Deca	7757	1144		Hepta	6076	1163		
		4x100	37.98	1232		4x100	44.49	1125		
		4x400	3:02,22	1164		4x400	3:29,40	1143		

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28	FIN	100	10.12	1165	26484	100	11.13	1172	26253	52737
		200	20.45	1152		200	22.39	1193		
		400	45.49	1148		400	50.14	1198		
		800	1:44,10	1212		800	1:59,41	1165		
		1500	3:35,20	1172		1500	4:02,35	1180		
		5000	13:16,3	1163		5000	14:44,72	1202		
		10000	27:30,99	1187		10000	31:12,78	1187		
		Marathon	2:10:46	1118		Marathon	2:27:26	1145		
		3000st	8:10,67	1225		3000st	9:22,77	1187		
		110h	13.31	1211		100h	12.65	1202		
		400h	49.04	1188		400h	54.40	1201		
		High jump	2.33	1216		High jump	1.97	1197		
		Pole vault	5.83	1220		Pole vault	4.85	1261		
		Long jump	8.27	1205		Long jump	6.85	1184		
		Triple jump	17.14	1196		Triple jump	14.64	1212		
		Shot	22.09	1262		Shot	18.57	1170		
		Discus	69.97	1270		Discus	67.02	1207		
		Hammer	83.30	1268		Hammer	74.85	1230		
		Javelin	93.09	1292		Javelin	64.90	1215		
		Deca	8730	1273		Hepta	6404	1198		
		4x100	38.92	1160		4x100	43.37	1172		
		4x400	3:01,12	1181		4x400	3:25,7	1175		
29	GRE	100	10.11	1169	26359	100	10.83	1229	26324	52683
		200	19.85	1252		200	22.67	1169		
		400	45.11	1175		400	50.45	1186		
		800	1:45,00	1182		800	1:59,79	1158		
		1500	3:36,74	1151		1500	4:05,63	1155		
		5000	13:28,59	1125		5000	15:04,03	1169		
		10000	28:07,17	1129		10000	31:36,16	1169		
		Marathon	2:12:04	1099		Marathon	2:33:40	1097		
		3000st	8:24,01	1169		3000st	9:30,72	1167		
		110h	13.33	1208		110h	12.64	1203		
		400h	47.82	1248		400h	52.77	1252		
		High jump	2.36	1245		High jump	2.03	1236		
		Pole vault	5.91	1243		Pole vault	4.90	1272		
		Long jump	8.66	1287		Long jump	7.03	1216		
		Triple jump	17.55	1237		Triple jump	15.32	1267		
		Shot	21.05	1208		Shot	19.10	1183		
		Discus	64.90	1194		Discus	67.72	1214		
		Hammer	80.45	1228		Hammer	72.10	1202		
		Javelin	91.69	1280		Javelin	67.51	1246		
		Deca	8069	1182		Hepta	6235	1180		
		4x100	38.61	1184		4x100	43.07	1185		
		4x400	3:02,21	1164		4x400	3:26,33	1169		
30	POR	100	9.86	1255	26535	100	11.10	1177	26132	52667
		200	20.01	1225		200	22.64	1171		
		400	44.79	1200		400	50.59	1181		
		800	1:44,91	1185		800	1:58,94	1173		
		1500	3:30,07	1244		1500	3:57,71	1217		
		5000	13:02,86	1209		5000	14:36,45	1217		
		10000	27:12,47	1217		10000	30:22,88	1229		
		Marathon	2:06:36	1198		Marathon	2:23:29	1179		
		3000st	8:19,82	1186		3000st	9:18,54	1197		
		110h	13.47	1183		100h	13.14	1141		
		400h	48.77	1201		400h	54.65	1195		
		High jump	2.28	1174		High jump	1.88	1135		
		Pole vault	5.71	1191		Pole vault	4.51	1188		
		Long jump	8.36	1227		Long jump	7.12	1234		
		Triple jump	18.04	1286		Triple jump	15.01	1242		
		Shot	21.56	1230		Shot	20.43	1225		
		Discus	62.01	1160		Discus	66.60	1203		
		Hammer	76.86	1196		Hammer	69.55	1185		
		Javelin	84.78	1217		Javelin	59.76	1169		
		Deca	8213	1201		Hepta	6230	1179		
		4x100	38.65	1181		4x100	43.85	1152		
		4x400	3:01,89	1169		4x400	3:29,38	1143		

Top 50 Nat. Rec. Men / Women end 2024

31	HUN	100	10.08	1179	26388	100	11.10	1177	26062	52450
		200	20.11	1209		200	22.71	1165		
		400	44.84	1196		400	51.50	1150		
		800	1:45,39	1169		800	1:59,46	1164		
		1500	3:35,57	1167		1500	4:01,26	1188		
		5000	13:26,96	1130		5000	15:02,00	1172		
		10000	28:01,88	1136		10000	31:40,31	1166		
		Marathon	2:10:43	1119		Marathon	2:27:31	1144		
		3000st	8:17,97	1194		3000st	9:26,59	1177		
		110h	13.15	1241		100h	12.69	1197		
		400h	48.45	1217		400h	54.02	1213		
		High jump	2.28	1174		High jump	2.00	1212		
		Pole vault	5.92	1246		Pole vault	4.57	1198		
		Long jump	8.30	1212		Long jump	6.86	1186		
		Triple jump	17.25	1207		Triple jump	14.00	1163		
		Shot	20.81	1198		Shot	19.87	1204		
		Discus	71.70	1302		Discus	66.48	1202		
		Hammer	84.19	1281		Hammer	73.44	1216		
		Javelin	84.98	1219		Javelin	64.62	1212		
		Deca	8554	1247		Hepta	6651	1228		
		4x100	38.67	1179		4x100	43.38	1172		
		4x400	3:02,09	1166		4x400	3:27,86	1156		
32	NZL	100	10.08	1179	26143	100	10.96	1204	26030	52173
		200	20.37	1166		200	22.81	1157		
		400	46.09	1107		400	51.60	1147		
		800	1:44,04	1214		800	1:58,25	1185		
		1500	3:29,66	1250		1500	4:02,20	1181		
		5000	13:10,19	1184		5000	14:45,93	1199		
		10000	27:30,90	1187		10000	30:35,54	1218		
		Marathon	2:08:19	1160		Marathon	2:25:21	1163		
		3000st	8:09,64	1230		3000st	9:32,54	1162		
		110h	13.67	1147		100h	13.10	1146		
		400h	49.33	1174		400h	55.44	1175		
		High jump	2.36	1245		High jump	1.92	1163		
		Pole vault	5.51	1150		Pole vault	4.94	1281		
		Long jump	8.05	1151		Long jump	6.68	1154		
		Triple jump	17.01	1183		Triple jump	13.91	1156		
		Shot	22.90	1310		Shot	21.24	1256		
		Discus	66.23	1210		Discus	68.52	1222		
		Hammer	73.10	1165		Hammer	74.61	1226		
		Javelin	88.20	1248		Javelin	63.26	1197		
		Deca	8359	1220		Hepta	6278	1184		
		4x100	38.99	1155		4x100	43.79	1154		
		4x400	3:05,84	1108		4x400	3:34,62	1100		
33	KAZ	100	10.08	1179	25843	100	11.09	1179	26228	52071
		200	20.34	1172		200	22.66	1170		
		400	45.25	1165		400	50.68	1178		
		800	1:46,99	1115		800	1:56,0	1226		
		1500	3:37,54	1140		1500	4:10,26	1124		
		5000	13:35,64	1105		5000	14:45,69	1200		
		10000	27:58,9	1140		10000	30:17,64	1234		
		Marathon	2:11:59	1100		Marathon	2:26:42	1151		
		3000st	8:24,13	1169		3000st	8:53,02	1262		
		110h	13.49	1180		110h	12.44	1229		
		400h	48.46	1216		400h	54.50	1198		
		High jump	2.36	1245		High jump	2.01	1222		
		Pole vault	5.92	1246		Pole vault	4.20	1135		
		Long jump	8.16	1178		Long jump	7.31	1272		
		Triple jump	17.58	1240		Triple jump	15.25	1261		
		Shot	20.95	1204		Shot	19.26	1187		
		Discus	60.30	1142		Discus	68.18	1219		
		Hammer	77.60	1203		Hammer	64.78	1153		
		Javelin	85.16	1220		Javelin	52.76	1114		
		Deca	8725	1272		Hepta	6272	1184		
		4x100	39.30	1132		4x100	42.92	1192		
		4x400	3:07,66	1080		4x400	3:30,03	1138		

Top 50 Nat. Rec. Men / Women end 2024

34	IRL	100	10.12	1165	25994	100	11.13	1172	26061	52055
		200	20.30	1178		200	22.34	1198		
		400	44.77	1202		400	49.07	1236		
		800	1:44,53	1198		800	1:58,51	1181		
		1500	3:30,42	1239		1500	3:55,86	1232		
		5000	13:01,40	1215		5000	14:41,02	1208		
		10000	27:39,55	1173		10000	30:47,59	1207		
		Marathon	2:09:15	1139		Marathon	2:22:23	1189		
		3000st	8:24,09	1169		3000st	9:28,29	1173		
		110h	13.30	1213		100h	12.62	1206		
		400h	47.97	1241		400h	54.31	1203		
		High jump	2.30	1191		High jump	1.95	1183		
		Pole vault	5.36	1122		Pole vault	4.60	1204		
		Long jump	8.07	1157		Long jump	6.68	1154		
		Triple jump	15.89	1083		Triple jump	13.62	1136		
		Shot	20.93	1203		Shot	17.06	1132		
		Discus	67.89	1232		Discus	57.60	1138		
		Hammer	77.80	1204		Hammer	73.21	1213		
		Javelin	82.75	1198		Javelin	54.92	1131		
		Deca	7882	1158		Hepta	6297	1186		
4x100	39.26	1135	4x100	43.80	1154					
4x400	3:01,26	1179	4x400	3:19,90	1225					
35	SLO	100	10.13	1162	25865	100	11.09	1179	26081	51946
		200	20.47	1149		200	22.72	1164		
		400	44.84	1196		400	51.22	1160		
		800	1:45,15	1177		800	1:55,19	1241		
		1500	3:39,29	1116		1500	4:02,13	1181		
		5000	13:32,8	1113		5000	15:01,37	1173		
		10000	28:32,86	1089		10000	31:06,63	1192		
		Marathon	2:11:50	1102		Marathon	2:27:33	1144		
		3000st	8:16,96	1198		3000st	9:06,37	1228		
		110h	13.56	1167		100h	12.59	1210		
		400h	48.34	1222		400h	55.96	1162		
		High jump	2.32	1208		High jump	2.00	1212		
		Pole vault	5.70	1189		Pole vault	4.82	1255		
		Long jump	8.40	1235		Long jump	6.78	1172		
		Triple jump	16.82	1164		Triple jump	15.08	1247		
		Shot	20.76	1196		Shot	18.10	1158		
		Discus	71.86	1305		Discus	60.11	1156		
		Hammer	82.58	1258		Hammer	71.25	1196		
		Javelin	81.13	1184		Javelin	67.16	1242		
		Deca	7718	1139		Hepta	5740	1129		
4x100	39.20	1140	4x100	43.91	1149					
4x400	3:02,70	1156	4x400	3:30,90	1131					
36	LTU	100	10.14	1159	25791	100	11.19	1160	26070	51861
		200	20.48	1147		200	22.99	1141		
		400	45.73	1132		400	50.49	1185		
		800	1:46,58	1129		800	1:56,7	1213		
		1500	3:37,19	1144		1500	4:00,24	1197		
		5000	13:17,9	1158		5000	15:28,66	1131		
		10000	27:31,50	1186		10000	32:30,48	1129		
		Marathon	2:12:35	1090		Marathon	2:25:15	1164		
		3000st	8:22,2	1177		3000st	9:26,88	1176		
		110h	13.60	1160		100h	12.87	1175		
		400h	50.39	1121		400h	54.02	1213		
		High jump	2.34	1225		High jump	2.01	1222		
		Pole vault	5.40	1129		Pole vault	4.26	1145		
		Long jump	8.15	1176		Long jump	7.20	1250		
		Triple jump	17.29	1211		Triple jump	14.43	1196		
		Shot	21.10	1210		Shot	20.27	1219		
		Discus	74.35	1351		Discus	72.14	1259		
		Hammer	82.24	1253		Hammer	66.09	1162		
		Javelin	89.17	1257		Javelin	63.98	1204		
		Deca	8437	1231		Hepta	6604	1222		
4x100	39.81	1095	4x100	43.95	1148					
4x400	3:09,65	1050	4x400	3:27,54	1159					

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37	COL	100	9.97	1218	26007	100	11.18	1162	25833	51840
		200	20.00	1227		200	22.70	1166		
		400	43.93	1263		400	49.64	1216		
		800	1:44,31	1205		800	1:59,38	1165		
		1500	3:41,99	1080		1500	4:06,99	1145		
		5000	13:21,31	1147		5000	15:26,18	1135		
		10000	27:53,02	1150		10000	32:19,59	1136		
		Marathon	2:10:51	1117		Marathon	2:25:35	1161		
		3000st	8:25,66	1162		3000st	9:42,71	1137		
		110h	13.27	1218		100h	12.89	1171		
		400h	49.90	1143		400h	54.80	1191		
		High jump	2.33	1216		High jump	1.94	1175		
		Pole vault	5.51	1150		Pole vault	4.30	1152		
		Long jump	8.29	1210		Long jump	6.93	1198		
		Triple jump	17.09	1191		Triple jump	15.31	1266		
		Shot	19.53	1147		Shot	18.03	1156		
		Discus	70.29	1276		Discus	59.43	1151		
		Hammer	70.61	1143		Hammer	69.80	1187		
		Javelin	82.39	1195		Javelin	66.70	1237		
		Deca	7913	1162		Hepta	6429	1200		
4x100	38.66	1180	4x100	43.03	1187					
4x400	2:59,50	1207	4x400	3:29,94	1139					
38	LAT	100	10.18	1145	25827	100	11.29	1141	26005	51832
		200	20.41	1158		200	22.49	1184		
		400	45.53	1145		400	50.71	1177		
		800	1:43,67	1225		800	1:58,64	1178		
		1500	3:37,35	1142		1500	4:09,8	1127		
		5000	13:34,2	1109		5000	14:47,71	1196		
		10000	28:19,49	1113		10000	30:38,78	1215		
		Marathon	2:14:24	1058		Marathon	2:22:56	1184		
		3000st	8:31,35	1138		3000st	9:27,21	1175		
		110h	13.08	1254		110h	12.90	1170		
		400h	49.60	1160		400h	55.46	1174		
		High jump	2.30	1191		High jump	1.97	1194		
		Pole vault	5.80	1213		Pole vault	4.27	1147		
		Long jump	8.11	1166		Long jump	6.92	1197		
		Triple jump	17.56	1238		Triple jump	14.76	1221		
		Shot	21.74	1241		Shot	18.75	1174		
		Discus	62.00	1160		Discus	65.06	1191		
		Hammer	80.14	1224		Hammer	73.56	1217		
		Javelin	90.73	1271		Javelin	66.18	1230		
		Deca	8312	1214		Hepta	6815	1248		
4x100	39.32	1131	4x100	44.41	1128					
4x400	3:04,30	1131	4x400	3:30,2	1137					
39	AUT	100	10.08	1179	26086	100	11.15	1168	25740	51826
		200	20.45	1152		200	22.70	1166		
		400	45.69	1135		400	50.60	1181		
		800	1:46,21	1141		800	1:56,64	1214		
		1500	3:33,59	1194		1500	4:03,02	1174		
		5000	13:13,44	1173		5000	15:10,54	1159		
		10000	27:36,46	1178		10000	32:12,33	1141		
		Marathon	2:10:06	1130		Marathon	2:30:42	1122		
		3000st	8:10,83	1224		3000st	9:46,17	1129		
		110h	13.14	1242		100h	12.82	1180		
		400h	49.33	1174		400h	55.94	1162		
		High jump	2.28	1174		High jump	1.97	1197		
		Pole vault	5.77	1206		Pole vault	4.45	1178		
		Long jump	8.30	1212		Long jump	7.09	1228		
		Triple jump	16.57	1142		Triple jump	13.75	1145		
		Shot	21.03	1207		Shot	19.21	1186		
		Discus	70.68	1283		Discus	63.28	1178		
		Hammer	79.70	1220		Hammer	61.37	1130		
		Javelin	84.03	1210		Javelin	66.06	1229		
		Deca	8320	1215		Hepta	6591	1220		
4x100	39.16	1143	4x100	43.84	1152					
4x400	3:02,95	1152	4x400	3:34,42	1101					

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40	MEX	100	10.21	1135	26163	100	11.09	1179	25662	51825
		200	20.17	1199		200	22.45	1188		
		400	44.31	1237		400	48.89	1243		
		800	1:43,44	1233		800	2:00,92	1139		
		1500	3:35,27	1171		1500	4:03,06	1174		
		5000	13:07,79	1192		5000	14:43,94	1203		
		10000	27:08,23	1224		10000	31:04,08	1194		
		Marathon	2:07:19	1184		Marathon	2:22:59	1183		
		3000st	8:25,69	1162		3000st	9:48,33	1123		
		110h	13.64	1153		100h	13.20	1135		
		400h	49.27	1177		400h	55.11	1183		
		High jump	2.31	1199		High jump	1.97	1197		
		Pole vault	5.82	1218		Pole vault	4.41	1171		
		Long jump	8.46	1247		Long jump	6.74	1165		
		Triple jump	16.99	1181		Triple jump	14.02	1164		
		Shot	21.88	1249		Shot	18.04	1157		
		Discus	63.35	1176		Discus	56.09	1127		
		Hammer	78.68	1212		Hammer	66.52	1165		
		Javelin	81.71	1189		Javelin	59.26	1165		
		Deca	7614	1128		Hepta	5786	1133		
4x100	39.17	1142	4x100	44.79	1112					
4x400	3:02,87	1155	4x400	3:27,14	1162					
41	KEN	100	9.77	1287	26487	100	11.19	1160	25291	51778
		200	20.14	1204		200	23.12	1130		
		400	44.18	1246		400	50.38	1189		
		800	1:40,91	1312		800	1:54,01	1263		
		1500	3:26,34	1297		1500	3:49,11	1288		
		5000	12:39,74	1295		5000	14:05,20	1280		
		10000	26:27,85	1289		10000	28:54,14	1312		
		Marathon	2:00:35	1312		Marathon	2:09:56	1319		
		3000st	7:53,64	1304		3000st	8:44,32	1285		
		110h	13.69	1144		100h	13.87	1056		
		400h	47.78	1250		400h	55.82	1165		
		High jump	2.30	1191		High jump	1.75	1020		
		Pole vault	4.60	921		Pole vault	3.20	849		
		Long jump	8.12	1169		Long jump	6.44	1116		
		Triple jump	17.12	1194		Triple jump	13.66	1139		
		Shot	18.19	1100		Shot	15.60	1075		
		Discus	56.08	1102		Discus	49.68	1021		
		Hammer	62.57	1070		Hammer	60.80	1127		
		Javelin	92.72	1289		Javelin	57.23	1149		
		Deca	7305	1096		Hepta	5407	1087		
4x100	38.26	1210	4x100	44.75	1114					
4x400	2:59,63	1205	4x400	3:28,94	1147					
42	DEN	100	10.11	1169	25971	100	11.32	1136	25734	51705
		200	20.48	1147		200	22.60	1175		
		400	45.41	1154		400	52.84	1104		
		800	1:41,11	1306		800	2:00,58	1143		
		1500	3:31,17	1228		1500	4:05,34	1157		
		5000	13:22,74	1143		5000	15:07,70	1163		
		10000	27:54,76	1147		10000	31:45,4	1162		
		Marathon	2:07:51	1171		Marathon	2:29:34	1130		
		3000st	8:20,42	1184		3000st	9:13,46	1210		
		110h	13.50	1178		100h	12.83	1179		
		400h	50.01	1137		400h	53.55	1227		
		High jump	2.28	1174		High jump	1.94	1175		
		Pole vault	5.75	1201		Pole vault	4.55	1194		
		Long jump	8.25	1200		Long jump	6.96	1204		
		Triple jump	17.01	1183		Triple jump	13.99	1162		
		Shot	21.63	1234		Shot	16.97	1129		
		Discus	61.30	1153		Discus	62.22	1171		
		Hammer	77.02	1198		Hammer	74.22	1223		
		Javelin	81.22	1185		Javelin	64.83	1214		
		Deca	7994	1172		Hepta	5833	1137		
4x100	38.16	1218	4x100	43.46	1169					
4x400	3:07,08	1089	4x400	3:36,20	1170					

Top 50 Nat. Rec. Men / Women end 2024

43	IND	100	10.23	1130	25950	100	11.17	1164	25688	51638
		200	20.52	1140		200	22.82	1156		
		400	45.21	1168		400	50.79	1174		
		800	1:45,65	1137		800	1:59,17	1169		
		1500	3:35,24	1171		1500	4:04,78	1161		
		5000	13:11,82	1179		5000	15:10,35	1159		
		10000	27:41,81	1159		10000	31:50,47	1158		
		Marathon	2:12:00	1100		Marathon	2:34:43	1087		
		3000st	8:09,91	1228		3000st	9:15,31	1205		
		110h	13.41	1194		100h	12.78	1185		
		400h	48.80	1200		400h	55.42	1175		
		High jump	2.29	1183		High jump	1.92	1163		
		Pole vault	5.31	1112		Pole vault	4.21	1137		
		Long jump	8.42	1239		Long jump	6.83	1181		
		Triple jump	17.37	1219		Triple jump	14.14	1173		
		Shot	21.77	1243		Shot	18.41	1166		
		Discus	66.28	1210		Discus	66.59	1203		
		Hammer	72.86	1163		Hammer	65.25	1156		
		Javelin	89.94	1264		Javelin	63.82	1202		
		Deca	7666	1134		Hepta	6211	1177		
		4x100	38.89	1163		4x100	43.37	1172		
		4x400	2:59.05	1214		4x400	3:26,89	1165		
44	EST	100	10.18	1145	26159	100	11.35	1130	25393	51552
		200	20.43	1155		200	23.05	1136		
		400	45.35	1158		400	51.91	1136		
		800	1:45,87	1153		800	2:02,1	1121		
		1500	3:38,59	1125		1500	4:11,44	1117		
		5000	13:17,2	1160		5000	15:30,84	1127		
		10000	27:40,61	1171		10000	32:47,86	1118		
		Marathon	2:08:53	1149		Marathon	2:27:04	1148		
		3000st	8:28,55	1150		3000st	9:44,20	1133		
		110h	13.62	1157		100h	12.93	1166		
		400h	47.82	1248		400h	56.56	1147		
		High jump	2.30	1191		High jump	1.96	1190		
		Pole vault	5.86	1228		Pole vault	4.55	1194		
		Long jump	8.10	1164		Long jump	6.87	1188		
		Triple jump	17.35	1217		Triple jump	14.43	1196		
		Shot	20.76	1196		Shot	18.03	1156		
		Discus	73.38	1333		Discus	65.00	1190		
		Hammer	84.40	1284		Hammer	71.50	1198		
		Javelin	90.61	1270		Javelin	63.65	1200		
		Deca	8815	1285		Hepta	6280	1184		
		4x100	39.52	1116		4x100	44.21	1137		
		4x400	3:06,07	1104		4x400	3:36,82	1081		
45	MAR	100	10.09	1176	26144	100	11.45	1112	25132	51276
		200	20.50	1144		200	23.22	1121		
		400	45.03	1182		400	51.67	1145		
		800	1:43,25	1239		800	1:56,43	1218		
		1500	3:26,00	1302		1500	3:58,84	1208		
		5000	12:49,28	1259		5000	14:32,08	1226		
		10000	26:38,08	1273		10000	31:16,94	1184		
		Marathon	2:05:12	1225		Marathon	2:21:01	1203		
		3000st	7:55,28	1296		3000st	9:20,64	1192		
		110h	13.57	1165		100h	13.44	1108		
		400h	48.82	1199		400h	52.90	1248		
		High jump	2.21	1116		High jump	1.86	1124		
		Pole vault	5.45	1138		Pole vault	4.05	1108		
		Long jump	8.40	1235		Long jump	6.55	1133		
		Triple jump	17.37	1219		Triple jump	13.75	1145		
		Shot	20.45	1184		Shot	16.60	1119		
		Discus	59.37	1133		Discus	56.94	1133		
		Hammer	70.73	1144		Hammer	68.28	1177		
		Javelin	76.45	1137		Javelin	46.06	994		
		Deca	7359	1102		Hepta	5305	1067		
		4x100	39.61	1110		4x100	46.04	1061		
		4x400	3:02,11	1166		4x400	3:33,89	1106		

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46	SRB	100	10.34	1093	25745	100	11.34	1132	25475	51220
		200	20.70	1113		200	23.28	1116		
		400	45.30	1161		400	51.89	1137		
		800	1:44,75	1190		800	1:59,90	1156		
		1500	3:34,20	1186		1500	4:04,77	1162		
		5000	13:14,78	1168		5000	15:11,25	1158		
		10000	27:58,39	1141		10000	31:29,65	1174		
		Marathon	2:13:57	1066		Marathon	2:25:23	1163		
		3000st	8:28,80	1149		3000st	10:02,24	1090		
		110h	13.39	1197		100h	12.99	1159		
		400h	48.05	1237		400h	57.55	1124		
		High jump	2.38	1264		High jump	1.98	1204		
		Pole vault	5.30	1110		Pole vault	4.25	1143		
		Long jump	8.45	1245		Long jump	7.24	1258		
		Triple jump	17.01	1183		Triple jump	14.56	1206		
		Shot	21.88	1249		Shot	18.86	1177		
		Discus	61.94	1160		Discus	63.63	1181		
		Hammer	67.93	1124		Hammer	66.41	1164		
		Javelin	83.34	1204		Javelin	65.64	1224		
		Deca	8275	1209		Hepta	5618	1118		
		4x100	39.79	1096		4x100	44.36	1130		
		4x400	2:59,95	1200		4x400	3:34,64	1099		
47	NGR	100	9.85	1259	25556	100	10.79	1237	25657	51213
		200	19.73	1271		200	21.96	1232		
		400	44.17	1247		400	49.10	1235		
		800	1:44,65	1194		800	2:02,04	1122		
		1500	3:42,85	1069		1500	4:17,1	1074		
		5000	14:15,50	972		5000	15:47,6	1100		
		10000	29:04,5	1042		10000	33:33,33	1079		
		Marathon	2:16:06	1029		Marathon	2:40:37	1030		
		3000st	8:55,78	1040		3000st	10:22,85	1041		
		110h	13.27	1218		100h	12.12	1271		
		400h	48.00	1239		400h	54.40	1201		
		High jump	2.32	1208		High jump	1.97	1197		
		Pole vault	4.60	921		Pole vault	3.80	1031		
		Long jump	8.27	1205		Long jump	7.17	1244		
		Triple jump	17.26	1208		Triple jump	14.50	1201		
		Shot	21.91	1251		Shot	18.43	1166		
		Discus	67.80	1230		Discus	64.96	1190		
		Hammer	67.45	1120		Hammer	75.49	1236		
		Javelin	82.80	1199		Javelin	58.15	1156		
		Deca	8048	1179		Hepta	6153	1171		
		4x100	37.94	1235		4x100	42.10	1228		
		4x400	2:58,68	1220		4x400	3:21,04	1215		
48	SVK	100	10.13	1162	25861	100	11.26	1147	25322	51183
		200	20.24	1188		200	23.06	1135		
		400	45.32	1160		400	51.98	1133		
		800	1:44,94	1184		800	1:58,22	1186		
		1500	3:39,41	1114		1500	4:02,99	1175		
		5000	13:19,40	1153		5000	15:43,67	1107		
		10000	27:42,98	1167		10000	32:47,24	1118		
		Marathon	2:09:53	1134		Marathon	2:33:18	1100		
		3000st	8:32,7	1133		3000st	10:34,02	1015		
		110h	13.13	1244		100h	12.72	1193		
		400h	48.94	1193		400h	54.28	1204		
		High jump	2.34	1225		High jump	1.96	1190		
		Pole vault	5.41	1131		Pole vault	4.12	1120		
		Long jump	8.05	1151		Long jump	7.01	1213		
		Triple jump	17.46	1228		Triple jump	14.51	1202		
		Shot	21.57	1231		Shot	16.96	1129		
		Discus	67.20	1221		Discus	64.00	1183		
		Hammer	81.81	1247		Hammer	76.90	1249		
		Javelin	87.66	1243		Javelin	53.07	1116		
		Deca	7799	1148		Hepta	6103	1165		
		4x100	39.81	1095		4x100	44.65	1118		
		4x400	3:05,72	1109		4x400	3:31,66	1124		

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49	UZB	100	10.31	1104	25476	100	11.04	1189	25674	51150
		200	21.04	1062		200	22.27	1204		
		400	45.37	1156		400	50.52	1184		
		800	1:47,50	1099		800	1:56,21	1222		
		1500	3:44,0	1053		1500	3:56,14	1230		
		5000	13:41,0	1087		5000	15:05,50	1167		
		10000	28:48,4	1065		10000	31:57,42	1152		
		Marathon	2:13:28	1074		Marathon	2:29:28	1130		
		3000st	8:27,51	1154		3000st	10:22,41	1042		
		110h	13.27	1218		100h	13.00	1158		
		400h	48.78	1201		400h	54.43	1200		
		High jump	2.32	1208		High jump	1.98	1204		
		Pole vault	6.02	1274		Pole vault	3.80	1031		
		Long jump	8.22	1192		Long jump	6.85	1184		
		Triple jump	17.36	1218		Triple jump	14.55	1205		
		Shot	20.81	1198		Shot	19.40	1191		
		Discus	62.46	1165		Discus	59.46	1151		
		Hammer	82.66	1259		Hammer	70.74	1193		
		Javelin	87.20	1237		Javelin	61.17	1181		
		Deca	8445	1232		Hepta	6346	1191		
		4x100	39.70	1103		4x100	43.82	1153		
		4x400	3:05,20	1117		4x400	3:33,07	1112		
50	ISR	100	10.20	1140	25601	100	11.06	1185	25533	51134
		200	19.96	1234		200	23.15	1127		
		400	45.04	1180		400	52.06	1131		
		800	1:46,83	1120		800	2:02,59	1114		
		1500	3:40,64	1098		1500	4:09,36	1130		
		5000	13:31,45	1117		5000	14:53,43	1186		
		10000	27:33,99	1182		10000	30:46,37	1208		
		Marathon	2:04:44	1234		Marathon	2:17:45	1237		
		3000st	8:24,14	1168		3000st	9:29,74	1169		
		110h	13.85	1118		110h	12.80	1183		
		400h	49.87	1145		400h	56.09	1159		
		High jump	2.36	1245		High jump	1.94	1175		
		Pole vault	5.93	1249		Pole vault	4.35	1160		
		Long jump	7.99	1138		Long jump	6.52	1129		
		Triple jump	17.20	1202		Triple jump	14.78	1223		
		Shot	19.36	1141		Shot	17.22	1136		
		Discus	62.24	1163		Discus	59.92	1154		
		Hammer	77.70	1203		Hammer	61.78	1133		
		Javelin	81.94	1191		Javelin	64.56	1211		
		Deca	7343	1101		Hepta	6031	1158		
		4x100	38.81	1169		4x100	44.79	1112		
		4x400	3:08,78	1063		4x400	3:32,99	1113		