

Top 50 Nat. Rec. Women end 2024

1	UNITED STATES (USA)	100	10.49	1296	27879	22	1267,2
		200	21.34	1288			
		400	48.70	1250			
		800	1:54,97	1245			
		1500	3:54,99	1239			
		5000	14:19,45	1251			
		10000	30:03,82	1247			
		Marathon	2:18:29	1229			
		3000st	8:57,77	1250			
		100h	12.20	1260			
		400h	50.37	1331			
		High jump	2.05	1252			
		Pole vault	5.03	1300			
		Long jump	7.49	1310			
		Triple jump	15.12	1251			
		Shot	20.76	1238			
		Discus	71.46	1251			
		Hammer	80.31	1280			
		Javelin	68.11	1253			
		Hepta	7291	1308			
		4x100	40.82	1284			
		4x400	3:15,27	1266			
2	RUSSIA (RUS)	100	10.77	1241	27718	22	1259,9
		200	21.87	1240			
		400	49.11	1235			
		800	1:54,81	1246			
		1500	3:52,47	1260			
		5000	14:23,75	1242			
		10000	30:23,07	1229			
		Marathon	2:20:47	1205			
		3000st	8:58,81	1247			
		100h	12.26	1252			
		400h	52.34	1266			
		High jump	2.07	1268			
		Pole vault	5.06	1307			
		Long jump	7.52	1316			
		Triple jump	15.36	1271			
		Shot	22.63	1310			
		Discus	73.28	1270			
		Hammer	78.80	1267			
		Javelin	70.53	1282			
		Hepta	7007	1272			
		4x100	41.49	1254			
		4x400	3:18,38	1238			
3	GERMANY (GER)	100	10.81	1233	27578	22	1253,5
		200	21.71	1254			
		400	47.60	1290			
		800	1:55,26	1240			
		1500	3:57,71	1217			
		5000	14:26,76	1236			
		10000	31:01,71	1195			
		Marathon	2:19:19	1220			
		3000st	9:03,30	1236			
		100h	12.42	1231			
		400h	53.24	1237			
		High jump	2.07	1268			
		Pole vault	4.82	1255			
		Long jump	7.48	1308			
		Triple jump	14.61	1210			
		Shot	22.45	1303			
		Discus	76.80	1305			
		Hammer	79.42	1272			
		Javelin	70.20	1278			
		Hepta	6985	1270			
		4x100	41.37	1260			
		4x400	3:15,92	1260			

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4	GREAT BRITAIN & N.I (GBR)	100	10.83	1229	27220	22	1237,3
		200	21.88	1239			
		400	49.29	1228			
		800	1:54,61	1252			
		1500	3:52,61	1259			
		5000	14:28,55	1233			
		10000	30:00,86	1250			
		Marathon	2:15:25	1261			
		3000st	9:04,35	1233			
		100h	12.50	1221			
		400h	52.74	1253			
		High jump	1.98	1201			
		Pole vault	4.92	1276			
		Long jump	7.07	1224			
		Triple jump	15.16	1254			
		Shot	19.36	1190			
		Discus	67.48	1212			
		Hammer	74.54	1227			
		Javelin	66.17	1230			
		Hepta	6981	1269			
		4x100	41.55	1252			
		4x400	3:19,72	1227			
5	UKRAINE (UKR)	100	10.82	1231	27136	22	1233,5
		200	22.17	1213			
		400	48.27	1265			
		800	1:53,43	1274			
		1500	3:56,63	1226			
		5000	14:59,26	1176			
		10000	31:08,89	1190			
		Marathon	2:23:32	1178			
		3000st	9:24,54	1167			
		100h	12.39	1235			
		400h	52.96	1246			
		High jump	2.10	1292			
		Pole vault	4.70	1227			
		Long jump	7.24	1258			
		Triple jump	15.50	1282			
		Shot	21.69	1274			
		Discus	70.80	1245			
		Hammer	74.52	1226			
		Javelin	67.29	1244			
		Hepta	6832	1250			
		4x100	42.04	1230			
		4x400	3:21,94	1207			
6	CHINA (CHN)	100	10.79	1237	27080	22	1230,9
		200	22.01	1227			
		400	49.81	1209			
		800	1:55,54	1235			
		1500	3:50,46	1276			
		5000	14:28,09	1234			
		10000	29:31,78	1277			
		Marathon	2:19:39	1217			
		3000st	9:20,32	1193			
		100h	12.64	1203			
		400h	53.96	1214			
		High jump	1.97	1194			
		Pole vault	4.72	1231			
		Long jump	7.01	1213			
		Triple jump	14.90	1232			
		Shot	21.76	1276			
		Discus	71.68	1254			
		Hammer	77.68	1257			
		Javelin	67.98	1252			
		Hepta	6750	1240			
		4x100	42.23	1222			
		4x400	3:24,28	1187			

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7	AUSTRALIA (AUS)	100	11.10	1177	26882	22	1221,9
		200	22.23	1207			
		400	48.63	1252			
		800	1:57,78	1194			
		1500	3:50,83	1273			
		5000	14:41,65	1207			
		10000	30:35,66	1218			
		Marathon	2:21:34	1197			
		3000st	9:14,28	1208			
		100h	12.28	1250			
		400h	53.17	1240			
		High jump	2.03	1236			
		Pole vault	4.90	1272			
		Long jump	7.13	1236			
		Triple jump	14.04	1166			
		Shot	19.74	1199			
		Discus	69.64	1234			
		Hammer	73.63	1218			
		Javelin	68.92	1263			
		Hepta	6695	1233			
		4x100	42.48	1211			
		4x400	3:23,81	1191			
8	NETHERLANDS (NED)	100	10.81	1233	26872	22	1221,5
		200	21.63	1261			
		400	49.26	1229			
		800	1:55,54	1235			
		1500	3:51,95	1264			
		5000	14:13,42	1263			
		10000	29:06,82	1300			
		Marathon	2:13:44	1279			
		3000st	9:27,38	1175			
		100h	12.36	1239			
		400h	50.95	1312			
		High jump	1.95	1180			
		Pole vault	4.55	1194			
		Long jump	6.78	1172			
		Triple jump	13.51	1129			
		Shot	20.33	1221			
		Discus	70.22	1239			
		Hammer	65.79	1160			
		Javelin	60.92	1074			
		Hepta	6867	1255			
		4x100	42.04	1230			
		4x400	3:19,50	1228			
9	FRANCE (FRA)	100	10.73	1249	26855	22	1220,7
		200	21.99	1229			
		400	48.25	1266			
		800	1:56,53	1217			
		1500	3:56,69	1225			
		5000	14:43,90	1203			
		10000	31:35,81	1169			
		Marathon	2:24:12	1173			
		3000st	8:58,67	1248			
		100h	12.31	1246			
		400h	53.21	1238			
		High jump	1.97	1194			
		Pole vault	4.75	1238			
		Long jump	7.05	1220			
		Triple jump	14.69	1216			
		Shot	18.69	1173			
		Discus	66.73	1205			
		Hammer	75.38	1235			
		Javelin	63.54	1199			
		Hepta	6889	1258			
		4x100	41.78	1242			
		4x400	3:21,41	1212			

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10	BELARUS (BLR)	100	10.92	1212	26845	22	1220,2
		200	22.68	1168			
		400	50.31	1191			
		800	1:56,1	1224			
		1500	3:58,40	1211			
		5000	14:47,75	1196			
		10000	31:42,02	1164			
		Marathon	2:23:52	1177			
		3000st	9:16,51	1202			
		100h	12.41	1233			
		400h	53.11	1242			
		High jump	2.00	1215			
		Pole vault	4.80	1250			
		Long jump	7.39	1289			
		Triple jump	14.85	1228			
		Shot	21.09	1250			
		Discus	71.58	1253			
		Hammer	77.32	1253			
		Javelin	67.47	1246			
		Hepta	6635	1226			
		4x100	42.56	1207			
		4x400	3:21,85	1208			
11	CZECH REPUBLIC (CZE)	100	11.09	1179	26805	22	1218,4
		200	21.97	1231			
		400	47.99	1276			
		800	1:53,28	1276			
		1500	4:01,23	1189			
		5000	15:31,15	1127			
		10000	32:08,96	1143			
		Marathon	2:23:44	1177			
		3000st	9:41,73	1140			
		100h	12.73	1192			
		400h	52.83	1251			
		High jump	2.00	1215			
		Pole vault	4.80	1250			
		Long jump	6.89	1191			
		Triple jump	15,20	1257			
		Shot	22.50	1305			
		Discus	74.56	1283			
		Hammer	72.47	1206			
		Javelin	72.28	1303			
		Hepta	6460	1204			
		4x100	42.98	1189			
		4x400	3:20,32	1221			
11	POLAND (POL)	100	10.93	1210	26781	22	1217,3
		200	22.13	1216			
		400	48.90	1242			
		800	1:56,95	1209			
		1500	3:57,31	1220			
		5000	15:04,88	1168			
		10000	31:43,51	1163			
		Marathon	2:26:08	1156			
		3000st	9:16,51	1202			
		100h	12.36	1239			
		400h	53.86	1218			
		High jump	2.02	1229			
		Pole vault	4.85	1261			
		Long jump	6.97	1205			
		Triple jump	14.44	1197			
		Shot	19.58	1195			
		Discus	66.18	1199			
		Hammer	82.98	1305			
		Javelin	71.40	1293			
		Hepta	6672	1230			
		4x100	42.61	1205			
		4x400	3:20,53	1219			

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13	ROMANIA (ROU)	100	11.30	1140	26778	22	1217,2
		200	22.35	1197			
		400	49.88	1207			
		800	1:55,05	1244			
		1500	3:53,96	1248			
		5000	14:31,48	1227			
		10000	31:11,24	1188			
		Marathon	2:18:04	1233			
		3000st	9:16,85	1201			
		100h	12.62	1206			
		400h	53.25	1237			
		High jump	2.03	1236			
		Pole vault	4.25	1143			
		Long jump	7.43	1298			
		Triple jump	15.16	1254			
		Shot	21.00	1247			
		Discus	73.84	1276			
		Hammer	76.07	1242			
		Javelin	65.08	1217			
		Hepta	6619	1224			
		4x100	44.18	1138			
		4x400	3:25,68	1175			
14	BULGARIA (BUL)	100	10.77	1241	26690	22	1213,2
		200	22.01	1227			
		400	49.53	1219			
		800	1:55,42	1237			
		1500	3:57,40	1219			
		5000	14:56,95	1180			
		10000	32:30,07	1129			
		Marathon	2:29:23	1131			
		3000st	9:33,41	1160			
		100h	12.21	1259			
		400h	53.68	1223			
		High jump	2.09	1284			
		Pole vault	4.50	1186			
		Long jump	7.00	1211			
		Triple jump	15.20	1257			
		Shot	21.89	1281			
		Discus	73.22	1269			
		Hammer	65.35	1157			
		Javelin	63.32	1198			
		Hepta	6658	1229			
		4x100	42.29	1219			
		4x400	3:25,81	1174			
15	CANADA (CAN)	100	10.98	1200	26662	22	1211,9
		200	22.36	1196			
		400	49.91	1206			
		800	1:57,01	1208			
		1500	3:56,12	1230			
		5000	14:44,12	1203			
		10000	31:13,94	1186			
		Marathon	2:23:12	1181			
		3000st	9:20,58	1192			
		100h	12.46	1226			
		400h	53.26	1237			
		High jump	1.99	1208			
		Pole vault	4.85	1255			
		Long jump	6.99	1209			
		Triple jump	14.03	1165			
		Shot	20.68	1235			
		Discus	62.72	1174			
		Hammer	78.62	1265			
		Javelin	64.83	1214			
		Hepta	6808	1247			
		4x100	42.50	1210			
		4x400	3:21,00	1215			

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16	ITALY (ITA)	100	11.01	1194	26594	22	1208,8
		200	22.56	1178			
		400	50.30	1192			
		800	1:57.66	1196			
		1500	3:58.11	1214			
		5000	14:31.64	1227			
		10000	30:43.35	1211			
		Marathon	2:23.44	1176			
		3000st	9:27.48	1175			
		100h	12.75	1189			
		400h	53.89	1217			
		High jump	2.04	1244			
		Pole vault	4.73	1234			
		Long jump	7.11	1232			
		Triple jump	15.03	1243			
		Shot	19.20	1186			
		Discus	64.57	1211			
		Hammer	75.77	1239			
		Javelin	65.30	1220			
		Hepta	6379	1195			
		4x100	42.14	1226			
		4x400	3:23.40	1195			
17	CUBA (CUB)	100	11.08	1181	26452	22	1202,4
		200	22.68	1168			
		400	49.61	1217			
		800	1:54.44	1255			
		1500	4:09.57	1129			
		5000	15:34.94	1121			
		10000	33:29.9	1082			
		Marathon	2:36:35	1069			
		3000st	9:58.7	1098			
		100h	12.61	1207			
		400h	52.89	1249			
		High jump	2.04	1244			
		Pole vault	4.91	1274			
		Long jump	6.99	1209			
		Triple jump	15.29	1265			
		Shot	20.96	1245			
		Discus	73.09	1268			
		Hammer	76.62	1247			
		Javelin	71.70	1296			
		Hepta	6742	1239			
		4x100	42.89	1193			
		4x400	3:23.21	1196			
18	SPAIN (ESP)	100	11.06	1185	26414	22	1200,6
		200	22.38	1194			
		400	49.67	1214			
		800	1:57.45	1200			
		1500	3:57.75	1217			
		5000	14:44.04	1203			
		10000	30:51.69	1203			
		Marathon	2:26:14	1155			
		3000st	9:09.39	1220			
		100h	12.50	1221			
		400h	54.34	1202			
		High jump	2.02	1229			
		Pole vault	4.56	1196			
		Long jump	7.06	1222			
		Triple jump	14.87	1230			
		Shot	18.80	1176			
		Discus	61.89	1168			
		Hammer	72.00	1201			
		Javelin	64.07	1205			
		Hepta	6304	1187			
		4x100	42.58	1207			
		4x400	3:25.25	1179			

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19	SWEDEN (SWE)	100	11.16	1166	26364	22	1198,4
		200	22.69	1167			
		400	51.13	1163			
		800	1:58,77	1176			
		1500	3:56,60	1226			
		5000	14:49,95	1192			
		10000	31:08,05	1190			
		Marathon	2:23:41	1177			
		3000st	9:23,96	1184			
		100h	12.47	1225			
		400h	54.15	1208			
		High jump	2.08	1276			
		Pole vault	4.83	1257			
		Long jump	6.99	1209			
		Triple jump	14.29	1185			
		Shot	19.54	1194			
		Discus	65.14	1191			
		Hammer	73.31	1214			
		Javelin	61.96	1187			
		Hepta	7032	1275			
		4x100	43.61	1162			
		4x400	3:29,84	1140			
20	GREECE (GRE)	100	10.83	1229	26324	22	1196,5
		200	22.67	1169			
		400	50.45	1186			
		800	1:59,79	1158			
		1500	4:05,63	1155			
		5000	15:04,03	1169			
		10000	31:36,16	1169			
		Marathon	2:33:40	1097			
		3000st	9:30,72	1167			
		100h	12.64	1203			
		400h	52.77	1252			
		High jump	2.03	1236			
		Pole vault	4.90	1272			
		Long jump	7.03	1216			
		Triple jump	15.32	1267			
		Shot	19.10	1183			
		Discus	67.72	1214			
		Hammer	72.10	1202			
		Javelin	67.51	1246			
		Hepta	6235	1180			
		4x100	43.07	1185			
		4x400	3:26,33	1169			
21	NORWAY (NOR)	100	11.10	1177	26322	22	1196,5
		200	22.58	1177			
		400	49.85	1208			
		800	1:58,10	1188			
		1500	4:00,55	1194			
		5000	14:31,07	1228			
		10000	30:13,74	1238			
		Marathon	2:21:06	1202			
		3000st	9:13,35	1210			
		100h	12.72	1193			
		400h	53.91	1216			
		High jump	2.01	1222			
		Pole vault	4.70	1227			
		Long jump	6.68	1154			
		Triple jump	13.83	1150			
		Shot	17.11	1133			
		Discus	69.68	1234			
		Hammer	72.10	1202			
		Javelin	69.48	1270			
		Hepta	6226	1179			
		4x100	43.94	1148			
		4x400	3:26,05	1172			

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22	SOUTH AFRICA (RSA)	100	10.98	1200	26286	22	1194,8
		200	22.06	1223			
		400	49.62	1216			
		800	1:54,25	1258			
		1500	3:59,92	1199			
		5000	14:44,05	1203			
		10000	30:52,51	1202			
		Marathon	2:22:22	1189			
		3000st	9:54,19	1109			
		100h	12.49	1222			
		400h	53.74	1221			
		High jump	2.06	1260			
		Pole vault	4.42	1172			
		Long jump	6.93	1198			
		Triple jump	14.05	1167			
		Shot	18.17	1160			
		Discus	64.87	1154			
		Hammer	66.11	1162			
		Javelin	69.35	1268			
		Hepta	6181	1174			
		4x100	43.25	1178			
		4x400	3:28,49	1151			
23	BELGIUM (BEL)	100	11.04	1189	26272	22	1194,2
		200	22.20	1210			
		400	49.96	1204			
		800	1:58,31	1184			
		1500	4:01,26	1188			
		5000	15:10,24	1160			
		10000	31:03,60	1194			
		Marathon	2:23:05	1182			
		3000st	9:28,47	1172			
		100h	12.71	1194			
		400h	54.33	1203			
		High jump	2.05	1252			
		Pole vault	4.54	1192			
		Long jump	6.86	1186			
		Triple jump	14.55	1205			
		Shot	17.87	1152			
		Discus	61.40	1165			
		Hammer	69.91	1187			
		Javelin	59.32	1166			
		Hepta	7013	1273			
		4x100	42.54	1208			
		4x400	3:22,12	1206			
24	FINLAND (FIN)	100	11.13	1172	26253	22	1193,3
		200	22.39	1193			
		400	50.14	1198			
		800	1:59,41	1165			
		1500	4:02,35	1180			
		5000	14:44,72	1202			
		10000	31:12,78	1187			
		Marathon	2:27:26	1145			
		3000st	9:22,77	1187			
		100h	12.65	1202			
		400h	54.40	1201			
		High jump	1.97	1197			
		Pole vault	4.85	1261			
		Long jump	6.85	1184			
		Triple jump	14.64	1212			
		Shot	18.57	1170			
		Discus	67.02	1207			
		Hammer	74.85	1230			
		Javelin	64.90	1215			
		Hepta	6404	1198			
		4x100	43.37	1172			
		4x400	3:25,7	1175			

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25	SWITZERLAND (SUI)	100	10.89	1218	26241	22	1192,8
		200	22.05	1223			
		400	50.52	1184			
		800	1:57,76	1194			
		1500	3:58,20	1213			
		5000	14:59,28	1176			
		10000	31:35,96	1169			
		Marathon	2:25:27	1162			
		3000st	9:20,28	1193			
		100h	12.40	1234			
		400h	54.06	1211			
		High jump	1.97	1194			
		Pole vault	4.88	1268			
		Long jump	6.84	1183			
		Triple jump	13.49	1128			
		Shot	18.75	1174			
		Discus	60.60	1159			
		Hammer	67.42	1171			
		Javelin	58.31	1158			
		Hepta	6639	1226			
		4x100	42.05	1230			
		4x400	3:25,90	1173			
26	KAZAKHSTAN (KAZ)	100	11.09	1179	26228	22	1192,2
		200	22.66	1170			
		400	50.68	1178			
		800	1:56,0	1226			
		1500	4:10,26	1124			
		5000	14:45,69	1200			
		10000	30:17,64	1234			
		Marathon	2:26:42	1151			
		3000st	8:53,02	1262			
		100h	12.44	1229			
		400h	54.50	1198			
		High jump	2.01	1222			
		Pole vault	4.20	1135			
		Long jump	7.31	1272			
		Triple jump	15.25	1261			
		Shot	19.26	1187			
		Discus	68.18	1219			
		Hammer	64.78	1153			
		Javelin	52.76	1114			
		Hepta	6272	1184			
		4x100	42.92	1192			
		4x400	3:30,03	1138			
27	PORTUGAL (POR)	100	11.10	1177	26132	22	1187,8
		200	22.64	1171			
		400	50.59	1181			
		800	1:58,94	1173			
		1500	3:57,71	1217			
		5000	14:36,45	1217			
		10000	30:22,88	1229			
		Marathon	2:23:29	1179			
		3000st	9:18,54	1197			
		100h	13.14	1141			
		400h	54.65	1195			
		High jump	1.88	1135			
		Pole vault	4.51	1188			
		Long jump	7.12	1234			
		Triple jump	15.01	1242			
		Shot	20.43	1225			
		Discus	66.60	1203			
		Hammer	69.55	1185			
		Javelin	59.76	1169			
		Hepta	6230	1179			
		4x100	43.85	1152			
		4x400	3:29,38	1143			

Top 50 Nat. Rec. Women end 2024

28	TURKEY (TUR)	100	11.25	1149	26108	22	1186,7
		200	22.71	1165			
		400	51.53	1149			
		800	1:59,94	1155			
		1500	3:55,33	1236			
		5000	14:24,68	1241			
		10000	29:56,34	1254			
		Marathon	2:24:44	1168			
		3000st	9:13,53	1210			
		100h	12.63	1204			
		400h	55.09	1184			
		High jump	1.94	1174			
		Pole vault	4.42	1172			
		Long jump	6.87	1188			
		Triple jump	14.57	1207			
		Shot	18.57	1170			
		Discus	64.25	1185			
		Hammer	74.17	1223			
		Javelin	67.21	1243			
		Hepta	6076	1163			
		4x100	44.49	1125			
		4x400	3:29,40	1143			
29	SLOVENIA (SLO)	100	11.09	1179	26081	22	1185,5
		200	22.72	1164			
		400	51.22	1160			
		800	1:55,19	1241			
		1500	4:02,13	1181			
		5000	15:01,37	1173			
		10000	31:06,63	1192			
		Marathon	2:27:33	1144			
		3000st	9:06,37	1228			
		100h	12.59	1210			
		400h	55.96	1162			
		High jump	2.00	1212			
		Pole vault	4.82	1255			
		Long jump	6.78	1172			
		Triple jump	15.08	1247			
		Shot	18.10	1158			
		Discus	60.11	1156			
		Hammer	71.25	1196			
		Javelin	67.16	1242			
		Hepta	5740	1129			
		4x100	43.91	1149			
		4x400	3:30,90	1131			
30	LITHUANIA (LTU)	100	11.19	1160	26070	22	1185,0
		200	22.99	1141			
		400	50.49	1185			
		800	1:56,7	1213			
		1500	4:00,24	1197			
		5000	15:28,66	1131			
		10000	32:30,48	1129			
		Marathon	2:25:15	1164			
		3000st	9:26,88	1176			
		100h	12.87	1175			
		400h	54.02	1213			
		High jump	2.01	1222			
		Pole vault	4.26	1145			
		Long jump	7.20	1250			
		Triple jump	14.43	1196			
		Shot	20.27	1219			
		Discus	72.14	1259			
		Hammer	66.09	1162			
		Javelin	63.98	1204			
		Hepta	6604	1222			
		4x100	43.95	1148			
		4x400	3:27,54	1159			

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31	HUNGARY (HUN)	100	11.10	1177	26062	22	1184,6
		200	22.71	1165			
		400	51.50	1150			
		800	1:59,46	1164			
		1500	4:01,26	1188			
		5000	15:02,00	1172			
		10000	31:40,31	1166			
		Marathon	2:27:31	1144			
		3000st	9:26,59	1177			
		100h	12.69	1197			
		400h	54.02	1213			
		High jump	2.00	1212			
		Pole vault	4.57	1198			
		Long jump	6.86	1186			
		Triple jump	14.00	1163			
		Shot	19.87	1204			
		Discus	66.48	1202			
		Hammer	73.44	1216			
		Javelin	64.62	1212			
		Hepta	6651	1228			
		4x100	43.38	1172			
		4x400	3:27,86	1156			
32	IRELAND (IRL)	100	11.13	1172	26061	22	1184,6
		200	22.34	1198			
		400	49.07	1236			
		800	1:58,51	1181			
		1500	3:55,86	1232			
		5000	14:41,02	1208			
		10000	30:47,59	1207			
		Marathon	2:22:23	1189			
		3000st	9:28,29	1173			
		100h	12.62	1206			
		400h	54.31	1203			
		High jump	1.95	1183			
		Pole vault	4.60	1204			
		Long jump	6.68	1154			
		Triple jump	13.62	1136			
		Shot	17.06	1132			
		Discus	57.60	1138			
		Hammer	73.21	1213			
		Javelin	54.92	1131			
		Hepta	6297	1186			
		4x100	43.80	1154			
		4x400	3:19,90	1225			
33	BRAZIL (BRA)	100	10.91	1214	26041	22	1183,7
		200	22.47	1186			
		400	50.62	1180			
		800	1:58,27	1185			
		1500	4:07,30	1143			
		5000	15:18,85	1147			
		10000	31:47,76	1160			
		Marathon	2:29:17	1132			
		3000st	9:24,38	1183			
		100h	12.71	1194			
		400h	55.15	1182			
		High jump	1.92	1163			
		Pole vault	4.87	1265			
		Long jump	7.26	1262			
		Triple jump	14.69	1216			
		Shot	19.30	1188			
		Discus	65.98	1197			
		Hammer	68.35	1177			
		Javelin	62.89	1194			
		Hepta	6188	1175			
		4x100	42.29	1133			
		4x400	3:26,82	1165			

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34	NEW ZEALAND (NZL)	100	10.96	1204	26030	22	1183,2
		200	22.81	1157			
		400	51.60	1147			
		800	1:58,25	1185			
		1500	4:02,20	1181			
		5000	14:45,93	1199			
		10000	30:35,54	1218			
		Marathon	2:25:21	1163			
		3000st	9:32,54	1162			
		100h	13.10	1146			
		400h	55.44	1175			
		High jump	1.92	1163			
		Pole vault	4.94	1281			
		Long jump	6.68	1154			
		Triple jump	13.91	1156			
		Shot	21.24	1256			
		Discus	68.52	1222			
		Hammer	74.61	1226			
		Javelin	63.26	1197			
		Hepta	6278	1184			
		4x100	43.79	1154			
		4x400	3:34,62	1100			
35	LATVIA (LAT)	100	11.29	1141	26005	22	1182,0
		200	22.49	1184			
		400	50.71	1177			
		800	1:58,64	1178			
		1500	4:09,8	1127			
		5000	14:47,71	1196			
		10000	30:38,78	1215			
		Marathon	2:22:56	1184			
		3000st	9:27,21	1175			
		100h	12.90	1170			
		400h	55.46	1174			
		High jump	1.97	1194			
		Pole vault	4.27	1147			
		Long jump	6.92	1197			
		Triple jump	14.76	1221			
		Shot	18.75	1174			
		Discus	65.06	1191			
		Hammer	73.56	1217			
		Javelin	66.18	1230			
		Hepta	6815	1248			
		4x100	44.41	1128			
		4x400	3:30,2	1137			
36	JAPAN (JPN)	100	11.21	1156	25965	22	1180,2
		200	22.88	1150			
		400	51.75	1142			
		800	2:00,45	1146			
		1500	3:59,19	1205			
		5000	14:29,18	1232			
		10000	30:48,89	1206			
		Marathon	2:18:59	1224			
		3000st	9:33,93	1159			
		100h	12.69	1197			
		400h	55.34	1177			
		High jump	1.96	1190			
		Pole vault	4.48	1183			
		Long jump	6.97	1205			
		Triple jump	14.16	1175			
		Shot	18.22	1161			
		Discus	59.03	1148			
		Hammer	70.51	1191			
		Javelin	67.38	1245			
		Hepta	5975	1152			
		4x100	43.33	1174			
		4x400	3:28,91	1147			

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37	JAMAICA (JAM)	100	10.54	1286	25957	22	1179,9
		200	21.41	1281			
		400	48.57	1254			
		800	1:55,96	1227			
		1500	3:58,77	1208			
		5000	15:07,50	1164			
		10000	36:53,89	915			
		Marathon	3:08:47	783			
		3000st	9:14,09	1208			
		100h	12.24	1255			
		400h	52.42	1264			
		High jump	1.97	1197			
		Pole vault	3.40	909			
		Long jump	7.16	1242			
		Triple jump	15.16	1254			
		Shot	19.77	1200			
		Discus	67.05	1208			
		Hammer	71.83	1200			
		Javelin	61.10	1180			
		Hepta	6527	1212			
		4x100	41.02	1275			
		4x400	3:18,71	1235			
38	COLOMBIA (COL)	100	11.18	1162	25833	22	1174,2
		200	22.70	1166			
		400	49.64	1216			
		800	1:59,38	1165			
		1500	4:06,99	1145			
		5000	15:26,18	1135			
		10000	32:19,59	1136			
		Marathon	2:25:35	1161			
		3000st	9:42,71	1137			
		100h	12.89	1171			
		400h	54.80	1191			
		High jump	1.94	1175			
		Pole vault	4.30	1152			
		Long jump	6.93	1198			
		Triple jump	15.31	1266			
		Shot	18.03	1156			
		Discus	59.43	1151			
		Hammer	69.80	1187			
		Javelin	66.70	1237			
		Hepta	6429	1200			
		4x100	43.03	1187			
		4x400	3:29,94	1139			
39	AUSTRIA (AUT)	100	11.15	1168	25740	22	1170,0
		200	22.70	1166			
		400	50.60	1181			
		800	1:56,64	1214			
		1500	4:03,02	1174			
		5000	15:10,54	1159			
		10000	32:12,33	1141			
		Marathon	2:30:42	1122			
		3000st	9:46,17	1129			
		100h	12.82	1180			
		400h	55.94	1162			
		High jump	1.97	1197			
		Pole vault	4.45	1178			
		Long jump	7.09	1228			
		Triple jump	13.75	1145			
		Shot	19.21	1186			
		Discus	63.28	1178			
		Hammer	61.37	1130			
		Javelin	66.06	1229			
		Hepta	6591	1220			
		4x100	43.84	1152			
		4x400	3:34,42	1101			

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40	DENMARK (DEN)	100	11.32	1136	25734	22	1169,7
		200	22.60	1175			
		400	52.84	1104			
		800	2:00,58	1143			
		1500	4:05,34	1157			
		5000	15:07,70	1163			
		10000	31:45,4	1162			
		Marathon	2:29:34	1130			
		3000st	9:13,46	1210			
		100h	12.83	1179			
		400h	53.55	1227			
		High jump	1.94	1175			
		Pole vault	4.55	1194			
		Long jump	6.96	1204			
		Triple jump	13.99	1162			
		Shot	16.97	1129			
		Discus	62.22	1171			
		Hammer	74.22	1223			
		Javelin	64.83	1214			
		Hepta	5833	1137			
		4x100	43.46	1169			
		4x400	3:36,20	1170			
41	INDIA (IND)	100	11.17	1164	25688	22	1167,6
		200	22.82	1156			
		400	50.79	1174			
		800	1:59,17	1169			
		1500	4:04,78	1161			
		5000	15:10,35	1159			
		10000	31:50,47	1158			
		Marathon	2:34:43	1087			
		3000st	9:15,31	1205			
		100h	12.78	1185			
		400h	55.42	1175			
		High jump	1.92	1163			
		Pole vault	4.21	1137			
		Long jump	6.83	1181			
		Triple jump	14.14	1173			
		Shot	18.41	1166			
		Discus	66.59	1203			
		Hammer	65.25	1156			
		Javelin	63.82	1202			
		Hepta	6211	1177			
		4x100	43.37	1172			
		4x400	3:26,89	1165			
42	UZBEKISTAN (UZB)	100	11.04	1189	25674	22	1167,0
		200	22.27	1204			
		400	50.52	1184			
		800	1:56,21	1222			
		1500	3:56,14	1230			
		5000	15:05,50	1167			
		10000	31:57,42	1152			
		Marathon	2:29:28	1130			
		3000st	10:22,41	1042			
		100h	13.00	1158			
		400h	54.43	1200			
		High jump	1.98	1204			
		Pole vault	3.80	1031			
		Long jump	6.85	1184			
		Triple jump	14.55	1205			
		Shot	19.40	1191			
		Discus	59.46	1151			
		Hammer	70.74	1193			
		Javelin	61.17	1181			
		Hepta	6346	1191			
		4x100	43.82	1153			
		4x400	3:33,07	1112			

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43	MEXICO (MEX)	100	11.09	1179	25662	22	1166,5
		200	22.45	1188			
		400	48.89	1243			
		800	2:00,92	1139			
		1500	4:03,06	1174			
		5000	14:43,94	1203			
		10000	31:04,08	1194			
		Marathon	2:22:59	1183			
		3000st	9:48,33	1123			
		100h	13.20	1135			
		400h	55.11	1183			
		High jump	1.97	1197			
		Pole vault	4.41	1171			
		Long jump	6.74	1165			
		Triple jump	14.02	1164			
		Shot	18.04	1157			
		Discus	56.09	1127			
		Hammer	66.52	1165			
		Javelin	59.26	1165			
		Hepta	5786	1133			
		4x100	44.79	1112			
		4x400	3:27,14	1162			
44	NIGERIA (NGR)	100	10.79	1237	25657	22	1166,2
		200	21.96	1232			
		400	49.10	1235			
		800	2:02,04	1122			
		1500	4:17,1	1074			
		5000	15:47,6	1100			
		10000	33:33,33	1079			
		Marathon	2:40:37	1030			
		3000st	10:22,85	1041			
		100h	12.12	1271			
		400h	54.40	1201			
		High jump	1.97	1197			
		Pole vault	3.80	1031			
		Long jump	7.17	1244			
		Triple jump	14.50	1201			
		Shot	18.43	1166			
		Discus	64.96	1190			
		Hammer	75.49	1236			
		Javelin	58.15	1156			
		Hepta	6153	1171			
		4x100	42.10	1228			
		4x400	3:21,04	1215			
45	CROATIA (CRO)	100	11.30	1140	25622	22	1164,6
		200	23.14	1128			
		400	50.78	1175			
		800	1:56,51	1217			
		1500	4:09,14	1131			
		5000	15:43,73	1107			
		10000	32:28,67	1130			
		Marathon	2:23:39	1177			
		3000st	10:02,20	1090			
		100h	12.85	1177			
		400h	56.28	1154			
		High jump	2.08	1276			
		Pole vault	4.26	1145			
		Long jump	6.68	1154			
		Triple jump	13.71	1142			
		Shot	17.89	1153			
		Discus	71.41	1251			
		Hammer	75.08	1232			
		Javelin	68.43	1257			
		Hepta	6293	1186			
		4x100	45.14	1098			
		4x400	3:34,44	1102			

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46	ISRAEL (ISR)	100	11.06	1185	25533	22	1160,6
		200	23.15	1127			
		400	52.06	1131			
		800	2:02,59	1114			
		1500	4:09,36	1130			
		5000	14:53,43	1186			
		10000	30:46,37	1208			
		Marathon	2:17:45	1237			
		3000st	9:29,74	1169			
		100h	12.80	1183			
		400h	56.09	1159			
		High jump	1.94	1175			
		Pole vault	4.35	1160			
		Long jump	6.52	1129			
		Triple jump	14.78	1223			
		Shot	17.22	1136			
		Discus	59.92	1154			
		Hammer	61.78	1133			
		Javelin	64.56	1211			
		Hepta	6031	1158			
		4x100	44.79	1112			
		4x400	3:32,99	1113			
47	SERBIA (SRB)	100	11.34	1132	25475	22	1158,0
		200	23.28	1116			
		400	51.89	1137			
		800	1:59,90	1156			
		1500	4:04,77	1162			
		5000	15:11,25	1158			
		10000	31:29,65	1174			
		Marathon	2:25:23	1163			
		3000st	10:02,24	1090			
		100h	12.99	1159			
		400h	57.55	1124			
		High jump	1.98	1204			
		Pole vault	4.25	1143			
		Long jump	7.24	1258			
		Triple jump	14.56	1206			
		Shot	18.86	1177			
		Discus	63.63	1181			
		Hammer	66.41	1164			
		Javelin	65.64	1224			
		Hepta	5618	1118			
		4x100	44.36	1130			
		4x400	3:34,64	1099			
48	PUERTO RICO (PUR)	100	11.12	1174	25434	22	1156,1
		200	22.23	1207			
		400	50.52	1184			
		800	2:01,31	1132			
		1500	4:09,92	1126			
		5000	15:46,65	1101			
		10000	32:36,03	1125			
		Marathon	2:31:10	1119			
		3000st	9:39,33	1145			
		100h	12.26	1252			
		400h	55.03	1185			
		High jump	1.83	1100			
		Pole vault	4.50	1186			
		Long jump	6.96	1204			
		Triple jump	13.53	1130			
		Shot	16.40	1113			
		Discus	56.06	1127			
		Hammer	66.57	1165			
		Javelin	62.31	1190			
		Hepta	6124	1168			
		4x100	43.43	1170			
		4x400	3:30,81	1131			

Top 50 Nat. Rec. Women end 2024

49	MOLDAVA (MDA)	100	11.58	1088	25429	22	1155,9
		200	23.54	1094			
		400	52.00	1133			
		800	1:59,3	1167			
		1500	3:57,05	1222			
		5000	15:02,12	1172			
		10000	31:42,43	1164			
		Marathon	2:27:26	1145			
		3000st	9:36,63	1152			
		100h	12.81	1182			
		400h	56.11	1158			
		High jump	1.97	1197			
		Pole vault	4.15	1126			
		Long jump	6.53	1130			
		Triple jump	14.24	1181			
		Shot	19.59	1195			
		Discus	64.42	1186			
		Hammer	75.95	1241			
		Javelin	54.37	1126			
		Hepta	6423	1200			
		4x100	45.54	1081			
		4x400	3:35,9	1089			
50	ESTONIA (EST)	100	11.35	1130	25393	22	1154,2
		200	23.05	1136			
		400	51.91	1136			
		800	2:02,1	1121			
		1500	4:11,44	1117			
		5000	15:30,84	1127			
		10000	32:47,86	1118			
		Marathon	2:27:04	1148			
		3000st	9:44,20	1133			
		100h	12.93	1166			
		400h	56.56	1147			
		High jump	1.96	1190			
		Pole vault	4.55	1194			
		Long jump	6.87	1188			
		Triple jump	14.43	1196			
		Shot	18.03	1156			
		Discus	65.00	1190			
		Hammer	71.50	1198			
		Javelin	63.65	1200			
		Hepta	6280	1184			
		4x100	44.21	1137			
		4x400	3:36,82	1081			