

RUSSIA RECORDS

ATHLETICS

Men

100 m	10.5	Suldin, Sergey	48	Saratov	1973	Nalchik
	10.5	Bychkov, Sergey	62	Moskou	10.07.87	Moskou
200 m	21.6	Suldin, Sergey	48	Saratov	1973	Nalchik
400 m	48.59	Ukhanov, Pavel	80	Ekaterinburg	09.01.05	Melbourne / AUS
800 m	1:50.6	Tihonov, Viacheslay	65	Zlatoust	11.07.87	Moskou
1.000 m	2:34.0	Dvomikov, Gennagiy	35	Sverdlovsk	1962	Kazan
1.500 m	3:53.3	Kovtun, Konstantin	61	Moskou	1981	Riazan
1 mile	4:25.65	Skurihin, Ivan	72	Tiumen	18.05.96	Wuppertal
3.000 m	8:39.41	Davydov, Iuriy	62	Moskou	29.06.90	München / GER
5.000 m	14:37.51	Yakubovskiy, Vladislav	79	Moskou	04.07.07	Moskou
10.000 m	30:23.6	Sougoniaev, Alexandre	74	Ekaterinburg	28.05.99	S.-Peterburg
10 km	30:57	Yakubovskiy, Vladislav	79	Moskou	17.10.04	Moskou
20 km	1:04:11	Yakubovskiy, Vladislav	79	Moskou	29.09.05	Korolev
Half marathon	1:05:20	Sougoniaev, Alexandre	74	Ekaterinburg	2000	Sheliabinsk
30 km	1:46:54	Boytsov, Alexandre	37	Moskou	1971	Donetsk / UKR
Marathon	2:30:05	Sougoniaev, Alexandre	74	Ekaterinburg	1997	Tiumen
110 m hurdles	15.4	Alesin, Mihail	59	Leningrad	1985	München / GER
400 m hurdles	54.6	Svidynovich, Iuriy	53	Leningrad	1978	Orel
3.000 m steeplechase	9:14.99	Yakubovskiy, Vladislav	79	Moskou	20.07.03	Tallinn / ES"
High jump	2.07	Landar, Aleksey	87	S.-Peterburg	10.07.07	Sofia / BUL
Pole vault	4.70	Alesin, Mihail	59	Leningrad	27.06.84	Leningrad
Long jump	7.12	Iakovlev, Aleksey	76	S.-Peterburg	09.01.05	Melbourne / AUS
Triple jump	15.69	Gurov, Iev	30	Moskou	1959	Leningrad
Shot put	16.87	Ostapenkov, Artur	63	Leningrad	03.07.88	Himki
Discus	56.02	Ostapenkov, Artur	63	Leningrad	04.07.88	Himki
Hammer	46.50	Bgan, Maksim	88	Surgut	16.06.07	Sheboksary
Javelin	67.30	Zaugolnov, Viktor	47	Saransk	1975	Essentuki
Decathlon	7.002	Alesin, Mihail	59	Leningrad	1981	Orel
4 x 100 m	41.77	National relay			14.07.07	Sofia / BUL
		Tsybizov, Kirill 86 – Ukhanov, Pavel 80 – Iakovlev, Aleksey 76 – Timonin, Sergey 85				
4 x 400 m	3:16.81	National relay			14.07.07	Sofia / BUL
		Lvov, Maxim 83 – Silaev, Aleksey 81 – Kulikov, Roman 84 – Ukhanov, Pavel 80				
10.000 m walk	42:57.6	Demanov, Viktor	42	Riazan	1973	Leningrad
20 km walk	1:21:56	Ivanov, Vasiliev	77	Sheboksary	1998	Adler
50 km walk	4:19:59	Ivanov, Vasiliev	77	Sheboksary	1997	Sheboksark

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Women

100 m	11.9	Ivanova, Nina	47	Leningrad	1968	Odessa / UKR
200 m	24.1	Zharova, Aleksadra	53	Leningrad	04.10.80	Salemo / ITA
400 m	58.44	Golovina, Ksenia	92	Novokuznetsk	09.07.07	Sofia / BUL
800 m	2:09.5	Borisova, Marina	62	Leningrad	27.06.84	Leningrad
1.500 m	4:29.0	Borisova, Marina	62	Leningrad	26.06.84	Leningrad
1 mile	5:13.82	Zhukova, Larisa	67	Ekaterinburg	28.05.94	Wuppertal / GER
3.000 m	10:13.4	Shelkovskaya, Raisa	53	Rostov	1981	Riazan
5.000 m	18:01.5	Andrevchuk, Irina	74	S.-Peterburg	23.06.01	Ekaterinburg
10.000 m	37:35.8	Andrevchuk, Irina	74	S.-Peterburg	2004	S.-Peterburg
10 km	37:02	Yakubovskaia, Olga	81	Moskou	21.10.07	Moskou
Half marathon	1:30:52	Gaynetdinova, Daria	85	Ekaterinburg	18.08.07	V.-Pyshma
30 km	2:07:32	Andrevchuk, Irina	74	S.-Peterburg	24.09.06	S.-Peterburg
Marathon	3:32:34	Gaynetdinova, Daria	85	Ekaterinburg	07.10.06	Tiumen
100 m hurdles	14.0	Ivanova Nina	47	Leningrad	1975	Vinnitsa / UKR
400 m hurdles	68.3	Kurashova, Daria	80	S.-Peterburg	24.06.01	Ekaterinburg
High Jump	1.71	Smimova, Tatiana	48	Leningrad	1969	Kiev / UKR
Pole vault	2.20	Zhibik, Alla	84	S.-Peterburg	27.07.01	Roma / ITA
Long jump	5.69	Ivanova, Nina	47	Leningrad	1969	Beograd / YUG
Triple jump	11.69	Zhukova, Ksenia	84	Kaliningrad	10.07.07	Sofia / BUL
Shot put	14.16	Lvova, Tatiana	64	Moskou	07.07.90	Washington / USA
Discus	42.08	Sementsova, Faina	39	Moskou	1973	Malmö / SWE
Hammer	35.95	Shishina, Galina	79	Penza	28.11.04	Sochi
Javelin	37.11	Zatsepina, Elena	74	S.-Peterburg	18.07.03	Tallinn / EST
Heptathlon	4.624	Kladieva, Elena	54	Moskou	1984	Orel
4 x 100 m	49.3	National relay			1973	Malmö / SWE
		Kiseleva, Nina 49 – Redkina, Antonida 41 – Zorih, Tatiana 55 – Ivanova, Nina 47				
4 x 400 m	3:57.36	National relay			14.07.07	Sofia / BUL
		Senina, Alevtina 89 – Gurova, Evgenia 87 – Erfeeva, Nelli 83 – Golovina, Ksenia 92				
5 km walk	32:44.6	Timofeeva, Olga	80	Sheboksary	13.05.95	Moskou