

## INAS ATHLETICS WORLD RECORDS - WOMEN

Event	Name	Country	Result	Venue	Date
100 M	Margorzata Klemann	Poland	11.91	Zamosc, POL	05/06/11
200 M	Lisa Llorens	Australia	25.01	Canberra, AUS	00/03/04
400 M	Barbara B.Niewiedzial	Poland	56.78	Dreux, FRA	06/07/08
800 M	Barbara B.Niewiedzial	Poland	2.07.74	Bollnas, SWE	04/07/31
1.500 M	Barbara B.Niewiedzial	Poland	4.23.37	Stadskanaal, NED	12/06/28
3.000 M	Arleta Meloch	Poland	9.54.26	Grudziadz, POL	01/06/17
5.000 M	Arleta Meloch	Poland	17.18.38	Plock, POL	04/05/30
10.000 M	Arleta Meloch	Poland	36.46.34	Bielogard, POL	02/08/17
100m Hurd.(0.84)	Karolina Kucharczyk	Poland	14.90	Gävle, SWE	12/06/17
400m Hurd.(0.76)	Andreia Leite	Portugal	1.06.13	Bollnas, SWE	04/07/28
4x100m	Helena Flaszka Sabina Grzelak Bogumila Zedig Margorzata Klemann	Poland	51.24	Tunis, TUN	03/07/07
4x400m	Sabina Stenka Arleta Meloch Monika Streciwilk Barbara B.Niewiedzial	Poland	4.03.15	Bollnas, SWE	04/07/31
High Jump	Bogumila Zedig	Poland	1.68m	Budapest, HUN	04/02/28
Long Jump	Karolina Kucharczyk	Poland	6.09m	Lyon, FRA	13/07/22
Triple Jump	Mikaela Ristoski	Croatia	11.54m	Prague, CZE	13/06/16
Shot Put (4)	Ewa Durska	Poland	14.33m	Dreux, FRA	06/07/08
Discus (1)	Ewa Durska	Poland	42.26m	Manchester, ENG	29/06/08
Javelin (600)	Sirly Tiik	Estonia	39.77m	Sydney, AUS	00/10/24
Hammer (4)	Ewa Durska	Poland	46.46m	Jablonec n Nisou, CZE	09/07/07
Pentathlon	Sirly Tiik	Estonia	2902 pts	Tunis, TUN	03/07/05
Heptathlon	Karolina Kucharczyk	Poland	3919pts	Bydgoszcz, POL	11/08/11-12
3.000m Walk	Sarra Ghribi	Tunisia	16.10.20	Spala, TUN	03/03/22
5.000m Walk	Marisa Serralheiro	Portugal	26.18.68	Bollnas, SWE	04/07/27
10 Kms Walk	Maria Inacio	Portugal	1:31.41.3	Rio Maior, POR	07/04/25
Half Marathon	Arleta Meloch	Poland	1:16.13	Paris, FRA	05/03/06
Marathon	Arleta Meloch	Poland	2:39.12	Poznan, POL	11/10/16

23rd August 2013

Compiled by José Costa Pereira

INAS Athletics Director

Rua Prof. Angélica Rodrigues, 46 / Sala 7 - 4400-555 V.N.Gaia - PORTUGAL

Ph: +351-227.129.138 Fax: + 351-227.129.143 E-mail: jose.costa.pereira@inas.org