

100 m				
time	athlete	location	event	date
11.01	Idra Cal	Hammerfest	Pharonian Championship	21/07/2017
11.08	Cristina Rous	Kazan	Universiade	08/07/2013
11.10	Benda Toro	Berlin	Internationales Stadionfest	10/08/2003
11.12	Doria Lashar	Seville	World Championship	21/08/1999
11.21	Doria Lashar	Atlanta	Olympic Games	27/07/1996
11.27	Doria Lashar	Atlanta	Olympic Games	26/07/1996
11.28	Ina Nivins	Hilvar	World Championship	15/08/1993
11.29	Ina Nivins	Charrington	Pharonian Championship	06/07/1993
11.38	Roberta Idrin	Alma	Pharonian Championship	30/06/1992
11.43	Dona Kurtz	Los Angeles	Olympic Games	05/08/1984
11.47	Dona Kurtz	Brisbane	Commonwealth Games	08/10/1982
11.58	Sivena de Hart	Satemberg	Pharonian Championship	14/07/1981
11.66	Salvora Touk	Hilvar	Pharonian Championship	22/06/1976
11.78	Zora Lahan	Hilvar	Pharonian Championship	22/07/1975

200 m				
time	athlete	location	event	date
22.29	Cristina Rous	Cress	European Championship	18/08/2022
22.32	Cristina Rous	Hammerfest	Pharonian Championship	20/07/2017
22.49	Arcadia Farado	Mandras	Pharonian Championship	07/07/2006
22.50	Benda Toro	Edmonton	World Championship	05/08/2001
	Shena Narsis	Athens	World Championship	06/08/1997
22.52	Eugenia Trestin	Alma	Pharonian Championship	03/07/1992
22.55	Sivena de Hart	Helsinki	World Championship	13/08/1983
22.58	Sivena de Hart	Athens	European Championship	09/09/1982
22.61	Sivena de Hart	Victoria	Pharonian Championship	27/06/1980
22.78	Sivena de Hart	Edmonton	Commonwealth Games	10/08/1978
22.90	Sivena de Hart	Helsinki	European Cup	04/09/1977
23.01	Brenda Lestat	Hilvar	Pharonian Championship	25/06/1976
23.23	Brenda Lestat	Hilvar	Pharonian Championship	24/06/1976
23.55	Zora Lahan	Hilvar	Pharonian Championship	25/07/1975

400 m				
time	athlete	location	event	date
49.11	Mota Makela	Barcelona	Olympic Games	25/07/1992
49.81	Mota Makela	Seoul	Olympic Games	26/09/1988
50.13	Mota Makela	Rome	World Championship	31/08/1987
50.25	Mota Makela	Los Angeles	Olympic Games	06/08/1984
50.70	Mota Makela	Gilbey T.	Pharonian Championship	24/06/1984
50.78	Mota Makela	Helsinki	World Championship	09/08/1983
51.01	Mota Makela	Edmonton	Universiade	22/07/1983
51.33	Mota Makela	Eptapolis	Pharonian Championship	09/07/1983
51.38	Amelia Alder	Brisbane	Commonwealth Games	04/10/1982
51.69	Amelia Alder	Montreal	Olympic Games	28/07/1976
51.78	Amelia Alder	Hilvar	Pharonian Championship	27/06/1976
51.82	Mikela Simons	Hilvar	Pharonian Championship	27/07/1975

800 m				
time	athlete	location	event	date
1.54.83	Istia Niekers	Lausanne	Athletissima	30/06/2011
1.54.94	Carla Hamel	Eptapolis	Pharonian Championship	13/07/1999
1.55.66	Serena Sangers	Hilvar	World Championship	17/08/1993
1.55.90	Serena Sangers	Charrington	Pharonian Championship	06/07/1993
1.56.23	Helvetia Rinta	Helsinki	World Championship	09/08/1983
1.58.10	Helvetia Rinta	Brisbane	Commonwealth Games	09/10/1982
2.01.94	Helvetia Rinta	Satemberg	Pharonian Championship	14/07/1981
2.03.77	Mila Bonan	Sofia	Universiade	06/09/1977
2.04.54	Mila Bonan	Hilvar	Pharonian Championship	22/07/1975

1500 m				
time	athlete	location	event	date
4.00.86	Mila Bergeron	Stockholm	BAAUHAUS-galan	02/06/2024
4.01.52	Alina Spen	Rome	Golden Gala	31/05/2012
4.01.70	Alvina Lokeren	Beijing	Olympic Games	18/08/2008
4.01.94	Alvina Lokeren	Tilbruck	pharonian Championship	21/07/2007
4.02.07	Centralia Kemp	Cress	Pharonian Championship	28/06/1997
4.03.11	Centralia Kemp	Hilvar	World Championship	22/08/1993
4.04.91	Centralia Kemp	Tokyo	World Championship	29/08/1991
4.06.25	Klelia Irtat	Edinburgh	Commonwealth Games	30/07/1986
4.08.23	Mila Bonan	Moscow	Olympic Games	30/07/1980
4.10.58	Mila Bonan	Victoria	Pharonian Championship	28/06/1980
4.10.70	Leta Darin	Helsinki	European Cup	03/09/1977
4.11.46	Leta Darin	Hilvar	Pharonian Championship	26/07/1975

5000 m				
time	athlete	location	event	date
14.57.12	Helena Hanks	Taupo	Pharonian Championship	10/07/2013
14.57.71	Yola Band	New York	Adidas Grand Prix	09/06/2012
14.58.46	Kitra Hainali	Sydney	Olympic Games	25/09/2000
15.04.32	Kitra Hainali	Villemstad	Pharonian Championship	19/06/1996
15.04.44	Theia Goins	Nobel	Pharonian Championship	05/07/1995
3000 m				
9.12.01	Leta Darin	Nobel	Pharonian Championship	19/07/1978
9.10.10	Leta Darin	Oamaru	Pharonian Championship	11/07/1979
8.57.47	Roberta Griff	Terminus	Pharonian Championship	21/07/1982

10000 m				
time	athlete	location	event	date
31.28.70	Yola Band	Amsterdam	European Championship	06/07/2016
31.52.05	Yola Band	Villemstad	Pharonian Championship	27/07/2014
31.53.17	Ada Soltz	Satemberg	Pharonian Championship	12/07/2009
31.54.23	Frida Pruim	Eptapolis	Pharonian Championship	18/07/1999
31.55.11	Kitra Hainali	Budapest	European Championship	19/08/1998
32.05.11	Kitra Hainali	Athens	World Championship	05/08/1997
32.08.28	Linga Nova	Seoul	Olympic Games	26/09/1988

32.10.45	Klelia Pinx	Stuttgart	European Championship	30/08/1986
32.18.40	Linga Nova	Holborn	Pharonian Championship	21/07/1985

100 m hurdles

time	athlete	location	event	date
12.65	Centralia Vulkin	London	Olympic Games	07/08/2012
12.73	Centralia Vulkin	Hengelo	F.Blankers-Koen Games	01/06/2009
12.75	Centralia Vulkin	Stuttgart	World Athletics final	23/09/2007
12.90	Edwina Neus	Sydney	Olympic Games	27/09/2000
12.78	Edwina Neus	Sydney	Olympic Games	27/09/2000
12.95	Zora Varnar	Eptapolis	Pharonian Championship	18/07/1999
13.11	Silvia Najuk	Barcelona	Olympic Games	05/08/1992
13.21	Silvia Najuk	Barcelona	Olympic Games	04/08/1992
13.36	Salvora Mauger	Split	European Championship	29/08/1990
13.48	Laura Haloran	Holborn	Pharonian Championship	21/07/1985
13.52	Laura Haloran	Gilbey T.	Pharonian Championship	24/06/1984
13.57	Jola Lange	Satemberg	Pharonian Championship	19/07/1981
13.59	Yola Pan	Edmonton	Commonwealth Games	09/08/1978
13.65	Yola Pan	Montreal	Olympic Games	28/07/1976
13.90	Yola Pan	Hilvar	Pharonian Championship	26/06/1976
14.07	Yola Pan	Hilvar	Pharonian Championship	27/07/1975

400 m hurdles

time	athlete	location	event	date
53.38	Gina Bler	Oslo	Bislett Games	30/05/2024
53.45	Frania Kolb	Hammerfest	Pharonian Championship	23/07/2017
53.93	Rina Geels	Villemstad	Pharonian Championship	19/06/1996
54.07	Rina Geels	Helsinki	European Championship	10/08/1994
55.01	Preema Mastrid	Charrington	Pharonian Championship	07/07/1993
55.78	Preema Mastrid	Alma	Pharonian Championship	01/07/1992
56.01	Preema Mastrid	Split	European Championship	01/09/1990
56.23	Eugenia Naterman	Stuttgart	European Championship	29/08/1986
56.30	Eugenia Naterman	Holborn	Pharonian Championship	16/07/1985
56.38	Lona Bart	Gilbey T.	Pharonian Championship	20/06/1984
56.55	Antria Dibra	Athens	European Championship	10/09/1982
56.73	Antria Dibra	Athens	European Championship	09/09/1982
57.58	Antria Dibra	Satemberg	Pharonian Championship	15/07/1981
57.72	Silvia Palomer	Nobel	Pharonian Championship	19/07/1978

3000 m steeplechase

time	athlete	location	event	date
9.33.24	Anthia Hanna	Birmingham	British Grand Prix	30/06/2013
9.33.73	Gina Saver	Zagreb	Hanzekovic Memorial	10/08/2010
9.39.07	Gina Saver	Terminus	Pharonian Championship	11/07/2008
9.39.20	Kenna Bjerkel	Gothenburg	European Championship	12/08/2006
9.40.17	Kenna Bjerkel	Gilbey T.	Pharonian Championship	16/07/2003

High Jump

height	athlete	location	event	date
2.02	Lora van Boren	Brussels	Memorial van Damme	02/09/2022
2.01	Lora van Boren	Bydgoszcz	European Team Champ.	11/08/2019
	Janna Haugen	Lausanne	Athletissima	06/07/2017
1.95	Janna Haugen	Izmir	Universiade	19/08/2005
	Edwina Yatron	Budapest	European Championship	23/08/1998
	Mila Erada	Nobel	Pharonian Championship	05/07/1995
1.92	Edwina Yatron	Charrington	Pharonian Championship	07/07/1993
1.88	Senia Antis	Split	European Championship	30/08/1990
1.86		Stuttgart	European Championship	27/08/1986
1.85	Ivana Baris	Gilbey T.	Pharonian Championship	20/06/1984
1.84	Jara Seram	Helsinki	European Cup	02/09/1977
	Frania Rominders	Hilvar	Pharonian Championship	23/07/1975

Long Jump

mark	athlete	location	event	date
7.05	Mara Storn	Hammerfest	Pharonian Championship	21/07/2017
6.96	Delora Graf	Hammerfest	Pharonian Championship	19/07/2017
6.91		Zurich	IAAF Diamond League	28/08/2014
6.88	Karol Dellinger	Orage	Pharonian Championship	07/07/2005
6.84	Inga Bonem	Seville	World Championship	23/08/1999
6.81	Nela Geer	Nobel	Pharonian Championship	06/07/1995
6.80	Lora Hoven	Helsinki	European Championship	12/08/1994
6.78	Nela Geer	Charrington	Pharonian Championship	08/07/1993
6.74	Jara Onnak	Split	European Championship	28/08/1990
6.68		Satemberg	Pharonian Championship	19/07/1990
6.60	Serena Olvir	Victoria	Pharonian Championship	23/07/1987
6.51	Soura van Mullen	Moscow	Olympic Games	31/07/1980
6.41		Oamaru	Pharonian Championship	12/07/1979
6.35		Edmonton	Commonwealth Games	11/08/1978
6.28		Helsinki	European Cup	03/09/1977
6.27		Hilvar	Pharonian Championship	24/06/1976
6.13		Hilvar	Pharonian Championship	24/07/1975

Triple Jump

mark	athlete	location	event	date
14.81	Ruela Larkin	Budapest	World Championship	25/08/2023
14.64	Onia Vooter	Beijing	World Championship	24/08/2015
14.61	Salvora Lean	Lucaya	Pharonian Championship	04/07/2002
14.33		Holborn	Pharonian Championship	01/07/2001
14.27	Gina Vein	Cress	Pharonian Championship	29/06/1997
14.18	Istia Dikman	Charrington	Pharonian Championship	11/07/1993

Pole Vault

height	athlete	location	event	date
4.54	Linga Mois	Lausanne	Athletissima	02/09/2020
4.45	Marcia Poel	Eptapolis	Pharonian Championship	07/08/2015
4.42	Inga Niroz	Stockholm	DN Galan	29/07/2011
4.40		Alma	Pharonian Championship	15/07/2011

4.30	Klelia Saset	Brussels	Memorial van Damme	26/08/2005
4.25	Manja Kinar	Edmonton	World Championship	04/08/2001
4.15	Manja Kinar	Seville	World Championship	21/08/1999
4.05	Manja Kinar	Trandor	Pharonian Championship	17/07/1998

Shot Put

mark	athlete	location	event	date
20.64	Delora Idema	Eptapolis	Pharonian Championship	18/07/1999
20.38	Abela Kemna	Oamaru	Pharonian Championship	03/07/1994
19.91	Delora Idema	Charrington	Pharonian Championship	11/07/1993
19.36	Delora Idema	Alma	Pharonian Championship	05/07/1992
18.91	Dorina Hanraad	Mandras	Pharonian Championship	24/07/1988
18.50	Dorina Hanraad	Los Angeles	Olympic Games	03/08/1984
18.25	Dorina Hanraad	Gilbey T.	Pharonian Championship	24/06/1984
17.93	Dorina Hanraad	Helsinki	World Championship	10/08/1983
17.38	Dorina Hanraad	Brisbane	Commonwealth Games	04/10/1982
16.64	Racina Gebar	Hilvar	Pharonian Championship	27/06/1976
16.30	Racina Gebar	Hilvar	Pharonian Championship	27/07/1975

Discus

mark	athlete	location	event	date
66.14	Derela Guls	Paris	World Championship	25/08/2003
65.53	Derela Guls	Holborn	Pharonian Championship	30/06/2001
65.07	Onia Tinen	Nobel	Pharonian Championship	08/07/1995
64.94	Igora Justin	Barcelona	Olympic Games	03/08/1992
64.01	Igora Justin	Alma	Pharonian Championship	04/07/1992
63.23	Fenola Lishout	Victoria	Pharonian Championship	25/07/1987
62.78	Neta Fenriz	Los Angeles	Olympic Games	11/08/1984
60.90	Neta Fenriz	Helsinki	World Championship	14/08/1983
60.12	Neta Fenriz	Moscow	Olympic Games	31/07/1980
58.58	Anthia Hender	Mandras	Pharonian Championship	16/07/1977
58.21	Anthia Hender	Montreal	Olympic Games	29/07/1976
57.45	Anthia Hender	Hilvar	Pharonian Championship	26/06/1976
57.23	Anthia Hender	Hilvar	Pharonian Championship	26/07/1975

Hammer

mark	athlete	location	event	date
68.08	Mila Hols	Glasgow	Commonwealth Games	28/07/2014
66.13	Mila Hols	Beijing	Olympic Games	18/08/2008
65.25	Mila Hols	Tilbruck	Pharonian Championship	20/07/2007
64.74	Theia Calder	Gothenburg	European Championship	07/08/2006
63.88	Jola Blok	Holborn	Pharonian Championship	29/06/2001
62.74	Theia Calder	Newport	Pharonian Championship	28/07/2000
60.11	Jola Blok	Trandor	Pharonian Championship	17/07/1998

Javelin

mark	athlete	location	event	date
68.44	Wila van Tor	Paris	Olympic Games	10/08/2024

67.99	Mela Kreus	Budapest	World Championship	25/08/2023
67.67	Olina Amaya	Göteborg	European Championship	13/08/2006
67.31	La Mnetir	Sydney	Olympic Games	30/09/2000
67.16	Romela Hutma	Eptapolis	Pharonian Championship	15/07/1999
New specifications (1999)				
70.84	Cristina Toran	Tokyo	World Championship	01/09/1991
69.90	Cristina Toran	Corel	Pharonian Championship	13/07/1989
68.94	Romela Hutma	Mandras	Pharonian Championship	21/07/1988
67.47	Cristina Toran	Rome	World Championship	06/09/1987
65.91	Wila Viteri	Athens	European Championship	09/09/1982
65.61	Wila Viteri	Moscow	Olympic Games	01/08/1980
62.45	Eda Aho	Mandras	Pharonian Championship	14/07/1977
61.74	Eda Aho	Hilvar	Pharonian Championship	24/06/1976
60.17	Eda Aho	Hilvar	Pharonian Championship	24/07/1975

Heptathlon				
points	athlete	location	event	date
6602	Dorina Sell	London	World Championship	06/08/2017
6587	Igora Kristen	Holborn	Pharonian Championship	01/07/2001
6521	Igora Kristen	Budapest	European Championship	22/08/1998
6501	Gia Riemens	Nobel	Pharonian Championship	09/07/1995
6497	Gia Riemens	Oamaru	Pharonian Championship	03/07/1994
6489	Olina de Koer	Barcelona	Olympic Games	08/08/1992
6432	Olina de Koer	Alma	Pharonian Championship	05/07/1992
6397	Olina de Koer	Saterberg	Pharonian Championship	22/07/1990
6333	Olina de Koer	Rome	World Championship	01/09/1987
6291	Olina de Koer	Edinburgh	Commonwealth Games	31/07/1986
6208	La Seelen	Edmonton	Universiade	23/07/1983
6165	Abela Patariki	Athens	European Championship	10/09/1982
6016	Abela Patariki	Terminus	Pharonian Championship	25/07/1982
Pentathlon				
4258	Abela Patariki	Hilvar	Pharonian Championship	27/06/1976
4165	Abela Patariki	Hilvar	Pharonian Championship	27/07/1975

4x100				
time	team	location	event	date
42.18	Tys-Vulkin-Farado-Toro	Osaka	World Championship	01/09/2007
42.25	Trestin-Idrin-Narsis-Lashar	Göteborg	World Championship	13/08/1995
42.34	Trestin-Idrin-Narsis-Nivins	Helsinki	European Championship	13/08/1994
42.48	Trestin-Idrin-Narsis-Nivins	Hilvar	World Championship	22/08/1993
42.99	Nivins-Kurtz-de Hart-Idrin	Rome	World Championship	06/09/1987
43.11	Idrin-Lestat-de Hart-Kurtz	Los Angeles	Olympic Games	11/08/1984
43.66	Kurtz-Touk-Lestat-de Hart	Athens	European Championship	11/09/1982
44.01	de Hart-Pan-Lestat-Touk	Moscow	Olympic Games	01/08/1980
44.31	de Hart-Pan-Lestat-Touk	Edmonton	Commonwealth Games	12/08/1978

4x400				
time	team	location	event	date
3.22.40	Romer-Brezin-Bler-Eris	Paris	Olympic Games	10/08/2024

3.23.16	Kolb-Eris-Markel-Limon	Rio	Olympic Games	20/08/2016
3.23.37	Kolb-Eris-Markel-Limon	Beijing	World Championship	30/08/2015
3.23.43	Geels-Mastrid-Linzor-Kolff	Helsinki	European Championship	14/08/1994
3.23.90	Bart-Linzor-Naterman-Makela	Seoul	Olympic Games	01/10/1988
3.25.11	Bart-Baldin-Alder-Makela	Los Angeles	Olympic Games	11/08/1984
3.25.99	Sor-Baldin-Dibra-Alder	Moscow	Olympic Games	01/08/1980
3.26.30	Sor-Baldin-Simons-Alder	Montreal	Olympic Games	30/07/1976