












# World Records

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World Records

## Women Outdoor

Discipline	Progression	Perf	Wind	Competitor	DOB	Country	Venue	Date
<b>100 Metres</b>	↑	10.49	0.0	<b>Florence GRIFFITH-JOYNER</b>	21 DEC 1959	USA	Indianapolis, IN (USA)	16 JUL 1988
<b>200 Metres</b>	↑	21.34	+1.3	<b>Florence GRIFFITH-JOYNER</b>	21 DEC 1959	USA	Olympic Stadium, Jamsil, Seoul (KOR)	29 SEP 1988
<b>400 Metres</b>	↑	47.60		<b>Marita KOCH</b>	18 FEB 1957	GDR	Bruce Stadium, Canberra (AUS)	06 OCT 1985
<b>800 Metres</b>	↑	1:53.28		<b>Jarmila KRATOCHVÍLOVÁ</b>	26 JAN 1951	TCH	München (GER)	26 JUL 1983
<b>1000 Metres</b>	↑	2:28.98		<b>Svetlana MASTERKOVA</b>	17 JAN 1968	RUS	Bruxelles (BEL)	23 AUG 1996
<b>1500 Metres</b>	↑	3:49.11		<b>Faith KIPYEGON</b>	10 JAN 1994	KEN	Stadio Luigi Ridolfi, Firenze (ITA)	02 JUN 2023
<b>One Mile</b>	↑	4:12.33		<b>Sifan HASSAN</b>	01 JAN 1993	NED	Stade Louis II, Monaco (MON)	12 JUL 2019
<b>One Mile</b>	↑	4:07.64 *		<b>Faith KIPYEGON</b>	10 JAN 1994	KEN	Stade Louis II, Monaco (MON)	21 JUL 2023
<b>2000 Metres</b>	↑	5:21.56		<b>Francine NIYONSABA</b>	05 MAY 1993	BDI	Sports Park Mladost, Zagreb (CRO)	14 SEP 2021
<b>3000 Metres</b>	↑	8:06.11		<b>Junxia WANG</b>	09 JAN 1973	CHN	Beijing (CHN)	13 SEP 1993
<b>5000 Metres</b>	↑	14:05.20		<b>Faith KIPYEGON</b>	10 JAN 1994	KEN	Stade Charléty, Paris (FRA)	09 JUN 2023
<b>5 Kilometres</b>	↑	14:29 Wo		<b>Senbere TEFERI</b>	03 MAY 1995	ETH	Herzogenaurach (GER)	12 SEP 2021
<b>5 Kilometres</b>	↑	14:19 Mx		<b>Ejgayehu TAYE</b>	10 FEB 2000	ETH	Barcelona (ESP)	31 DEC 2021
<b>10,000 Metres</b>	↑	29:01.03		<b>Letesenbet GIDEY</b>	20 MAR 1998	ETH	FBK Stadium, Hengelo (NED)	08 JUN 2021
<b>10 Kilometres</b>	↑	30:01 Wo		<b>Agnes Jebet TIROP</b>	23 OCT 1995	KEN	Herzogenaurach (GER)	12 SEP 2021
<b>10 Kilometres</b>	↑	29:38 Mx *		<b>Kalkidan GEZAHEGNE</b>	08 MAY 1991	BRN	Genève (SUI)	03 OCT 2021
<b>10 Kilometres</b>	↑	29:14 Mx		<b>Yalemzerf YEHUALAW</b>	03 AUG 1999	ETH	Castellón (ESP)	27 FEB 2022
<b>One Hour</b>	↑	18930		<b>Sifan HASSAN</b>	01 JAN 1993	NED	Boudewijnstadion, Bruxelles (BEL)	04 SEP 2020
<b>Half Marathon</b>	↑	1:05:16 Wo		<b>Peres JEPCHIRCHIR</b>	27 SEP 1993	KEN	Gdynia (POL)	17 OCT 2020
<b>Half Marathon</b>	↑	1:02:52 Mx		<b>Letesenbet GIDEY</b>	20 MAR 1998	ETH	Valencia (ESP)	24 OCT 2021
<b>Marathon</b>	↑	2:14:04 Mx		<b>Brigid KOSGEI</b>	20 FEB 1994	KEN	Chicago, IL (USA)	13 OCT 2019
<b>Marathon</b>	↑	2:17:01 Wo		<b>Mary Jepkosgei KEITANY</b>	18 JAN 1982	KEN	London (GBR)	23 APR 2017
<b>50 Kilometres</b>	↑	2:59:54 Mx		<b>Desiree LINDEN</b>	26 JUL 1983	USA	Dorena Lake, Oregon (USA)	13 APR 2021

<b>50 Kilometres</b>	↑	3:00:30 Wo		<b>Emane SEIFU</b>		 ETH	Gqeberha (RSA)	26 FEB 2023
<b>100 Kilometres</b>	↑	6:33:11 Mx		<b>Tomoe ABE</b>	13 AUG 1971	 JPN	Lake Saroma (JPN)	25 JUN 2000
<b>3000 Metres Steeplechase</b>	↑	8:44.32		<b>Beatrice CHEPKOECH</b>	06 JUL 1991	 KEN	Stade Louis II, Monaco (MON)	20 JUL 2018
<b>100 Metres Hurdles</b>	↑	12.12	+0.9	<b>Tobi AMUSAN</b>	23 APR 1997	 NGR	Hayward Field, Eugene, OR (USA)	24 JUL 2022
<b>400 Metres Hurdles</b>	↑	50.68		<b>Sydney MCLAUGHLIN</b>	07 AUG 1999	 USA	Hayward Field, Eugene, OR (USA)	22 JUL 2022
<b>High Jump</b>	↑	2.09		<b>Stefka KOSTADINOVA</b>	25 MAR 1965	 BUL	Stadio Olimpico, Roma (ITA)	30 AUG 1987
<b>Pole Vault</b>	↑	5.06		<b>Yelena ISINBAYEVA</b>	03 JUN 1982	 RUS	Letzigrund, Zürich (SUI)	28 AUG 2009
<b>Long Jump</b>	↑	7.52	+1.4	<b>Galina CHISTYAKOVA</b>	26 JUL 1962	 URS	Leningrad (URS)	11 JUN 1988
<b>Triple Jump</b>	↑	15.74 (i)		<b>Yulimar ROJAS</b>	21 OCT 1995	 VEN	Štark Arena, Beograd (SRB)	20 MAR 2022
<b>Shot Put</b>	↑	22.63		<b>Natalya LISOVSKAYA</b>	16 JUL 1962	 URS	Moskva (URS)	07 JUN 1987
<b>Discus Throw</b>	↑	76.80		<b>Gabriele REINSCH</b>	23 SEP 1963	 GDR	Neubrandenburg (GDR)	09 JUL 1988
<b>Hammer Throw</b>	↑	82.98		<b>Anita WŁODARCZYK</b>	08 AUG 1985	 POL	Stadion PGE Narodowy, Warszawa (POL)	28 AUG 2016
<b>Javelin Throw</b>	↑	72.28		<b>Barbora ŠPOTÁKOVÁ</b>	30 JUN 1981	 CZE	Gottlieb-Daimler Stadion, Stuttgart (GER)	13 SEP 2008
<b>Heptathlon</b>	↑	7291		<b>Jackie JOYNER-KERSEE</b>	03 MAR 1962	 USA	Olympic Stadium, Jamsil, Seoul (KOR)	24 SEP 1988
<b>Decathlon</b>	↑	8358		<b>Austra SKUJYTĖ</b>	12 AUG 1979	 LTU	Columbia, MO (USA)	15 APR 2005
<b>10,000 Metres Race Walk</b>	↑	41:56.23		<b>Nadezhda RYASHKINA</b>	22 JAN 1967	 URS	Seattle, WA (USA)	24 JUL 1990
<b>20,000 Metres Race Walk</b>	↑	1:26:52.3h		<b>Olimpiada IVANOVA</b>	29 AUG 1970	 RUS	Brisbane (AUS)	06 SEP 2001
<b>20 Kilometres Race Walk</b>	↑	1:23:49		<b>Jiayu YANG</b>	18 FEB 1996	 CHN	Huangshan (CHN)	20 MAR 2021
<b>35 Kilometres Race Walk</b>	↑	2:37:15		<b>María PÉREZ</b>	29 APR 1996	 ESP	Poděbrady (CZE)	21 MAY 2023
<b>50 Kilometres Race Walk</b>	↑	3:59:15		<b>Hong LIU</b>	12 MAY 1987	 CHN	Huangshan (CHN)	09 MAR 2019
<b>4x100 Metres Relay</b>	↑	40.82		United States		 USA	Olympic Stadium, London (GBR)	10 AUG 2012
<b>4x200 Metres Relay</b>	↑	1:27.46		United States Blue		 USA	Philadelphia, PA (USA)	29 APR 2000
<b>4x400 Metres Relay</b>	↑	3:15.17		Soviet Union		 URS	Olympic Stadium, Jamsil, Seoul (KOR)	01 OCT 1988
<b>4x800 Metres Relay</b>	↑	7:50.17		Soviet Union		 URS	Moskva (URS)	05 AUG 1984
<b>4x1500 Metres Relay</b>	↑	16:27.02		Nike/Bowerman Track Club		 USA	Jesuit High School Track, Portland, OR (USA)	31 JUL 2020
<b>Road Relay</b>	↑	2:11:41		PR of China		 CHN	Beijing (CHN)	28 FEB 1998
<b>Distance Medley Relay</b>	↑	10:36.50		United States		 USA	T. Robinson Stadium, Nassau (BAH)	02 MAY 2015
<b>Distance Medley Relay</b>	↑	10:33.85 *(i)		United States		 USA	The Track at New Balance, Boston, MA (USA)	15 APR 2022

## Legend

\* Pending ratification. Mx: mixed gender race. Wo: women only race. (i): set indoor.