

# World Records

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## Men Outdoor

Discipline	Progression	Perf	Wind	Competitor	DOB	Country	Venue	Date
<b>100 Metres</b>	↑	9.58	+0.9	<b>Usain BOLT</b>	21 AUG 1986	JAM	Olympiastadion, Berlin (GER)	16 AUG 2009
<b>200 Metres</b>	↑	19.19	-0.3	<b>Usain BOLT</b>	21 AUG 1986	JAM	Olympiastadion, Berlin (GER)	20 AUG 2009
<b>400 Metres</b>	↑	43.03		<b>Wayde VAN NIEKERK</b>	15 JUL 1992	RSA	Estádio Olímpico, Rio de Janeiro (BRA)	14 AUG 2016
<b>800 Metres</b>	↑	1:40.91		<b>David RUDISHA</b>	17 DEC 1988	KEN	Olympic Stadium, London (GBR)	09 AUG 2012
<b>1000 Metres</b>	↑	2:11.96		<b>Noah NGENY</b>	02 NOV 1978	KEN	Rieti (ITA)	05 SEP 1999
<b>1500 Metres</b>	↑	3:26.00		<b>Hicham EL GUERROUJ</b>	14 SEP 1974	MAR	Stadio Olimpico, Roma (ITA)	14 JUL 1998
<b>One Mile</b>	↑	3:43.13		<b>Hicham EL GUERROUJ</b>	14 SEP 1974	MAR	Stadio Olimpico, Roma (ITA)	07 JUL 1999
<b>2000 Metres</b>	↑	4:44.79		<b>Hicham EL GUERROUJ</b>	14 SEP 1974	MAR	Olympiastadion, Berlin (GER)	07 SEP 1999
<b>3000 Metres</b>	↑	7:20.67		<b>Daniel KOMEN</b>	17 MAY 1976	KEN	Rieti (ITA)	01 SEP 1996
<b>5000 Metres</b>	↑	12:35.36		<b>Joshua CHEPTEGEI</b>	12 SEP 1996	UGA	Stade Louis II, Monaco (MON)	14 AUG 2020
<b>5 Kilometres</b>	↑	12:49		<b>Berihu AREGAWI</b>	28 FEB 2001	ETH	Barcelona (ESP)	31 DEC 2021
<b>10,000 Metres</b>	↑	26:11.00		<b>Joshua CHEPTEGEI</b>	12 SEP 1996	UGA	Estadio de Atletismo del Turia, Valencia (ESP)	07 OCT 2020
<b>10 Kilometres</b>	↑	26:24		<b>Rhonex KIPRUTO</b>	12 OCT 1999	KEN	Valencia (ESP)	12 JAN 2020
<b>One Hour</b>	↑	21330		<b>Mo FARAH</b>	23 MAR 1983	GBR	Boudewijnstadion, Bruxelles (BEL)	04 SEP 2020
<b>Half Marathon</b>	↑	57:31		<b>Jacob KIPLIMO</b>	14 NOV 2000	UGA	Lisboa (POR)	21 NOV 2021
<b>Marathon</b>	↑	2:01:09		<b>Eliud KIPCHOGE</b>	05 NOV 1984	KEN	Berlin (GER)	25 SEP 2022
<b>50 Kilometres</b>	↑	2:40:13		<b>Stephen MOKOKA</b>	31 JAN 1985	RSA	Gqeberha (RSA)	06 MAR 2022
<b>50 Kilometres</b>	↑	2:38:43 *		<b>CJ ALBERTSON</b>	11 OCT 1993	USA	San Francisco, CA (USA)	08 OCT 2022
<b>100 Kilometres</b>	↑	6:09:14		<b>Nao KAZAMI</b>	09 APR 1983	JPN	Lake Saroma (JPN)	24 JUN 2018
<b>100 Kilometres</b>	↑	6:05:35 *		<b>Aleksandr SOROKIN</b>	30 SEP 1981	LTU	Vilnius (LTU)	14 MAY 2023
<b>3000 Metres Steeplechase</b>	↑	7:53.63		<b>Saif Saaeed SHAHEEN</b>	15 OCT 1982	QAT	Boudewijnstadion, Bruxelles (BEL)	03 SEP 2004
<b>3000 Metres Steeplechase</b>	↑	7:52.11 *		<b>Lamecha GIRMA</b>	26 NOV 2000	ETH	Stade Charléty, Paris (FRA)	09 JUN 2023
<b>110 Metres Hurdles</b>	↑	12.80	+0.3	<b>Aries MERRITT</b>	24 JUL 1985	USA	Boudewijnstadion, Bruxelles (BEL)	07 SEP 2012

<b>400 Metres Hurdles</b>	↑	45.94		<b>Karsten WARHOLM</b>	28 FEB 1996	 NOR	National Stadium, Tokyo (JPN)	03 AUG 2021
<b>High Jump</b>	↑	2.45		<b>Javier SOTOMAYOR</b>	13 OCT 1967	 CUB	Salamanca (ESP)	27 JUL 1993
<b>Pole Vault</b>	↑	6.22 (i)		<b>Armand DUPLANTIS</b>	10 NOV 1999	 SWE	Maison des Sports, Clermont-Ferrand (FRA)	25 FEB 2023
<b>Long Jump</b>	↑	8.95	+0.3	<b>Mike POWELL</b>	10 NOV 1963	 USA	National Stadium, Tokyo (JPN)	30 AUG 1991
<b>Triple Jump</b>	↑	18.29	+1.3	<b>Jonathan EDWARDS</b>	10 MAY 1966	 GBR	Ullevi Stadium, Göteborg (SWE)	07 AUG 1995
<b>Shot Put</b>	↑	23.37		<b>Ryan CROUSER</b>	18 DEC 1992	 USA	Hayward Field, Eugene, OR (USA)	18 JUN 2021
<b>Shot Put</b>	↑	23.56 *		<b>Ryan CROUSER</b>	18 DEC 1992	 USA	Drake Stadium, Los Angeles, CA (USA)	27 MAY 2023
<b>Discus Throw</b>	↑	74.08		<b>Jürgen SCHULT</b>	11 MAY 1960	 GDR	Neubrandenburg (GDR)	06 JUN 1986
<b>Hammer Throw</b>	↑	86.74		<b>Yuriy SEDYKH</b>	11 JUN 1955	 URS	Neckarstadion, Stuttgart (GER)	30 AUG 1986
<b>Javelin Throw</b>	↑	98.48		<b>Jan ŽELEZNÝ</b>	16 JUN 1966	 CZE	Jena (GER)	25 MAY 1996
<b>Decathlon</b>	↑	9126		<b>Kevin MAYER</b>	10 FEB 1992	 FRA	Stade Pierre Paul Bernard, Talence (FRA)	16 SEP 2018
<b>20,000 Metres Race Walk</b>	↑	1:17:25.6h		<b>Bernardo SEGURA</b>	11 FEB 1970	 MEX	Fana (NOR)	07 MAY 1994
<b>20 Kilometres Race Walk</b>	↑	1:16:36		<b>Yusuke SUZUKI</b>	02 JAN 1988	 JPN	Nomi (JPN)	15 MAR 2015
<b>30,000 Metres Race Walk</b>	↑	2:01:44.1h		<b>Maurizio DAMILANO</b>	06 APR 1957	 ITA	Cuneo (ITA)	03 OCT 1992
<b>50,000 Metres Race Walk</b>	↑	3:35:27.2h		<b>Yohann DINIZ</b>	01 JAN 1978	 FRA	Reims (FRA)	12 MAR 2011
<b>50 Kilometres Race Walk</b>	↑	3:32:33		<b>Yohann DINIZ</b>	01 JAN 1978	 FRA	Letzigrund, Zürich (SUI)	15 AUG 2014
<b>4x100 Metres Relay</b>	↑	36.84		Jamaica		 JAM	Olympic Stadium, London (GBR)	11 AUG 2012
<b>4x200 Metres Relay</b>	↑	1:18.63		Jamaica		 JAM	T. Robinson Stadium, Nassau (BAH)	24 MAY 2014
<b>4x400 Metres Relay</b>	↑	2:54.29		United States		 USA	Gottlieb-Daimler Stadion, Stuttgart (GER)	22 AUG 1993
<b>4x800 Metres Relay</b>	↑	7:02.43		Kenya		 KEN	Boudewijnstadion, Bruxelles (BEL)	25 AUG 2006
<b>4x1500 Metres Relay</b>	↑	14:22.22		Kenya		 KEN	T. Robinson Stadium, Nassau (BAH)	25 MAY 2014
<b>Road Relay</b>	↑	1:57:06		Kenya		 KEN	Chiba (JPN)	23 NOV 2005
<b>Distance Medley Relay</b>	↑	9:15.50		United States		 USA	T. Robinson Stadium, Nassau (BAH)	03 MAY 2015

## Legend

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