

DECASTAR 2019 - PERFORMANCES

National Record

Odile AHOUANWANOU (Benin) 6200 pts

Marthe KOALA (Burkina Faso) 6235 pts

Xénia KRIZSAN (Hungary) 6619 pts

World Best by Event in Heptathlon

High Jump: Nafissatou THIAM (BEL) 2m02

National Record by Event

Long Jump: Nafissatou THIAM (BEL) 6m67

Personal Best

Benjamin HOUGARDY (BEL) 7561 pts

Pierce LEPAGE (CAN) 8453 pts

Solène NDAMA (FRA) 6290 pts

Personal Best by Event

Odile AHOUANWANOU (BEN): 100m hurdles (13"27), 200m (24"01)

Marthe KOALA (BUR): 200m (23"79)

Xénia KRIZSAN (HUN): 100m Hurdles (13"36), 200m (24"38), Javelin Throw (53m27)

Solène NDAMA (FRA): Shot Put (13m41), Long Jump (6m38), Javelin Throw (37m29), 800m (2'11"97)

Grit SADEIKO (EST) : 100m hurdles (13"25)

Nafissatou THIAM (BEL): High Jump (2m02), Shot Put (15m41), Long Jump (6m67)

Benjamin HOUGARDY (BEL): 100m (11"13), Long Jump (7m12), High Jump (2m07), 400m (49"14)

Pierce LEPAGE (CAN): 100m (10"31), Pole Vault (5m25)

Thomas VAN DER PLAETSEN (BEL): Discus Throw (46m23), Pole Vault (5m45)

Vitaliy ZHUK (BLR): Discus Throw (47m08)

Zach ZIEMEK (USA): High Jump (2m13)

World Championships 2019 - Standards

Nafissatou THIAM (BEL)

Pierce LEPAGE (CAN)

Thomas VAN DER PLAETSEN (BEL)

Zach ZIEMEK (USA)

Olympic Games 2020 - Standards

Nafissatou THIAM (BEL)

Pierce LEPAGE (CAN)