

# Ultra-Marathon National Records and Best Known Performances

Compiled by Franco Anichini

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## 100 km Men - road

World		6:13:33	Takahiro Sunada - JPN	21jun1998	Lake Saroma		
		6:10:20	Don Ritchie - GBR	28oct1978	Crystal Palace	track	
			<b>Europa</b>				
Area record		6:16:41	Jean-Paul Praet - BEL	12sep1992	Winschoten		X*
		6:10:20	Don Ritchie - GBR	28oct1978	Crystal Palace	track	
Albania	ALB	11:15:30	Jegeni Suatie	02apr2006	Podgorica		
Andorra	AND	8:11:38	Ivan Ramirez Bator	08sep2007	Winschoten		
Austria	AUT	6:57:26	Markus Thalmann	24jun2001	Wien		
Belgium	BEL	6:16:41	Jean-Paul Praet	12sep1992	Winschoten		X*
Bosnia Herzegovina	BIH	8:43:23	Zeljko Blagojevic	29mar2007	Podgorica		
Bulgaria	BUL	11:05:49	Emil Apostelov	23apr2000	Texel		
Bylarus	BLR	6:33:56	Dzmitriy Bula	16jun2006	Torhout		
Croatia	CRO	9:57:23	Kreso Levaric	12jun1999	Biel		
Czech Rep.	CZE	6:25:19	Jiri Jelinek	15oct1995	Amiens		
	CZE	6:17:56	Vaclav Kamenik	03apr1984	Grünheide		* *
Denmark	DEN	6:58:31	Jesper Kenn Olsen	09sep2000	Winschoten		

Espana	ESP	6:23:44	Jose Manuel Gonzalez Munoz	16jun2006	Torhout		
Estonia	EST	8:02:18	Peeter Kirpu	13sep1997	Winschoten		
Finland	FIN	6:56:49	Anssi Raittila	08nov2008	Tarquinia		
France	FRA	6:23:15	Pascal Fetizon	10sep2000	Winschoten		
Germany	GER	6:24:29	Kazimierz Bak	26jun1994	Lake Saroma		
Great Britain	GBR	6:24:05	Simon Pride	15may1999	Chavagnes		
		6:10:20	Don Ritchie	28oct1978	Crystal Palace	track	
Greece	GRE	6:43:34	Yiannis Kouros	27oct1990	Duluth		
Hungary	HUN	6:31:35	Janos Bogar	11apr1999	Encs		
Ireland	IRL	7:05:06	Thomas Maguire	08oct2006	Seoul		
Island	ISL	8:23:45	Sugurjon Sigurbjornsson	06jun2009	Reykjavik		
Israel	ISR	7:05:50	Teshome Hailemelkot	26aug2001	Cleder		
Italia	ITA	6:18:24	Mario Ardemagni	11sep2004	Winschoten		
Latvia	LAT	7:49:33	Andris Dudels	19apr2003	Moskva		
Liechtenstein	LIE	9:54:13	Manfred Ritter	16jun2000	Biel		
Lithuania	LTU	7:30:51	Povilas Kibildis	??jun1989	Grodno		
Luxembourg	LUX	8:41:21	Marsi Gantenbein	23apr1988	Rodenbach		
Makedonia	MKD	10:44:02	Nenad Ivanovic	02jun2006	Podgorica		
Malta	MLT	11:41:58	Victor Vella	08nov2008	Tarquinia		
Moldova	MDA	7:31:00	Alexander Ciulakov	1993	Moskva		* *
Monaco	MON	14:00:24	Jean-Claude Jeunemaitre	16jun2000	Biel		
Montenegro	MNE	7:57:09	Dragoljub Koprivica	11jul12007	Podgorica		
Nederland	NED	6:38:12	Bruno Joppen	13apr1988	Rodenbach		
Norway	NOR	6:50:15	Helge Hafsas	21oct2006	Bergen		
Poland	POL	6:22:33	Jaroslav Janicki	21oct1995	Kalisz		
Portugal	POR	6:45:28	Luis Americo Saraiva	07apr1991	Madrid		
Romania	ROM	8:19:39	Francesc & Iosif Sarosi	14jun2002	Biel		
Russia	RUS	6:20:44	Aleksey Volgin	16sep1995	Winschoten		
San Marino	RSM	11:48:53	Silvio Zonzini	24may1980	Faenza		
Serbia	SER	7:40:43	Zoran Jankovic	1995	Torhout		
Slovakia	SVK	6:56:01	Ondrej Gondas	16sep1995	Winschoten		
Slovenija	SLO	6:47:53	Miroslav Vindis	14sep2002	Winschoten		
Suisse	SUI	6:27:24	Peter Rupp	03nov1985	G�n�ve		
Sweden	SWE	6:41:50	Jonas Buud	20jun2009	Torhout		
Turkey	TUR	7:56:15	Mehmet Ali Arslan	29apr2006	Rodenbach		
Ukraina	UKR	6:25:25	Serhi Yanenko	13sep1997	Winschoten		
			<b>Asia</b>				
Area		6:13:33	Takahiro Sunada - JPN	21jun1998	Lake Saroma		
Hong Kong	HKG	8:04:59	Wai Wong-Lee	28jun2009	Lake Saroma		
Japan	JPN	6:13:33	Takahiro Sunada	21jun1998	Lake Saroma		

India	IND	8:19:34	Vinodkumar Shrinivas	15aug2009	Leipzig		
Mongolia	MGL	11:12:00	Enkhtur Nuuren	26jun2002	Lake Hovsgol		
Nepal	NEP	11:30:15	Krishna Karki	29mar2009	Pokhara		
Singapore	SIN	16:31:00	Liau Wee Bin	28jun2006	Lake Hovsgol		
South Korea	KOR	6:57:30	Kwon Yeong-Kyoo	30oct2004	Bundang		
Taiwan	TPE	7:37:02	Kuo Tzong-chin	26jun2005	Lake Saroma		
			<b>Africa</b>				
Area		6:25:07	Bruce Fordyce - RSA	04feb1989	Stellenbosch	*	
		6:26:58	Shaun Meiklejohn - RSA	26jun1994	Lake Saroma		
Botswana	BOT	7:20:12	Charles Khudube	16sep1995	Winschoten		
Egypt	EGY	7:54:46	Mahmoud Dehaise	18nov2005	Saqqara		
Ethiopia	ETH	8:17:16	Balcha Gumeda	15may1999	Chavagnes		
Kenya	KEN	8:37:15	Andrew Tumo	06oct1990	Santander		
Maroc	MAR	7:04:37	Lahcen Ahansal	14jun2002	Biel		
Namibia	NAM	7:26:21	Emil Roman	11sep2004	Winschoten		
South Africa	RSA	6:25:07	Bruce Fordyce	04feb1989	Stellenbosch	*	
		6:26:58	Shaun Meiklejohn	26jun1994	Lake Saroma		
Swaziland	SWZ	7:01:06	Tom Dlamini	06jun1993	Gaborone		
Tanzania	TAN	11:00:15	Simon Mtuy	06may2000	Sausalito		
Tunisia	TUN	6:51:28	Mohamed Magroun	1997	Saint Vit		
Zimbabwe	ZIM	9:53:35	Blessing Kavayi	04oct1997	S.Cruz de Bezana		
			<b>Oceania</b>				
Area		6:29:25	Tim Sloan - AUS	23apr1995	Ross-Richmond		
Australia	AUS	6:29:25	Tim Sloan	23apr1995	Ross-Richmond		
New Zealand	NZL	6:38:00	Russell Prince	07oct1990	Duluth		
			<b>North America</b>				
Area		6:30:11	Tom Johnson - USA	16sep1995	Winschoten		
Canada	CAN	6:33:57	Andy Jones	14dec1991	New Orleans		
United States	USA	6:30:11	Tom Johnson	16sep1995	Winschoten		
			<b>CAC</b>				
Area		6:54:27	Alfonzo Ansaldo Menezes - MEX	20apr1985	Rodenbach		
Bermuda	BER	11:51:53	Marco Zanal	30may2009	Faenza		
Cuba	CUB	7:01:40	Freddy Lopez	14may2000	La Habana		
Gautemala	GUA	10:48:02	Victor de Paz	21nov2009	Ciudad Guatemala		
Mexico	MEX	6:54:27	Alfonzo Ansaldo Menezes	20apr1985	Rodenbach		
			<b>South America</b>				

Area		6:18:09	Valmir Nunes - BRA	16sep1995	Winschoten		
Argentina	ARG	6:59:07	Oscar Alarcon	01oct2005	S.Cruz de Bezana		
Brasil	BRA	6:18:09	Valmir Nunes	16sep1995	Winschoten		
Chile	CHI	7:58:58	Erwin Valdebenito	21aug1999	Santiago		
Colombia	COL	12:18:05	Luis Alberto Sabogul	11dec2005	Bariloche		
Ecuador	ECU	8:35:03	Andres Ruperto Chacon Fierro	26sep2009	San Miguel del Monte		
Peru	PER	8:27:13	Napoleon Linares	21may1997	Faenza		
Uruguay	URU	8:10:22	Ernesto Etchazarreta	25jul1999	San Javier		
Venezuela	VEN	9:28:06	Vicente Ibarra Trino	11dec2005	Bariloche		

\* Uncertain nationality: British passport holder - South African resident. Probably not a South African citizen because would not have a British passport.

\*\* road: not measured by calibrated bicycle

X\* = sub-judice

## 100 km Women - road

World		6:33:11	Tomoe Abe - JPN	25jun2000	Lake Saroma		
			<b>Europa</b>				
Area		7:10:32	Tatyana Zhyrkova - RUS	11sep2004	Winschoten		
Austria	AUT	7:58:34	Sabine Hofer	19sep2009	Steyr		
Belgium	BEL	7:59:19	Viviane Vanderhaeghen	12sep1992	Winschoten		
Bulgaria	BUL	9:38:09	Malita Vatchkova	09mar2007	Podgorica		
Byelarus	BLR	7:53:11	Svetlana Waack	19oct1996	Rodenbach		
Croatia	CRO	7:53:48	Marija Vrajic	10nov2007	Tarquinia		
Czech Rep.	CZE	9:28:09	Alena Zakovska	20jun2009	Torhout		
	CZE	8:23:26	Vlasta Rulcova	31mar1984	Grünheide		*
Denmark	DEN	7:53:12	Anni Loenstad	16apr1994	Rodenbach		
Espana	ESP	8:27:21	Joaquina Casas	16feb1992	Palamos		
Estonia	EST	12:12:03	Pille Vennikas	16aug2003	Helsinki		
Finland	FIN	8:35:17	Maire Kukkonen	29jun1996	Hartola		
France	FRA	7:26:45	Laurence Klein-Fricotteaux	08sep2007	Winschoten		
Germany	GER	7:18:57	Birgit Lennartz	20apr1990	Hanau		
Great Britain	GBR	7:27:19	Carolyn Hunter-Rowe	08aug1993	Torhout		
Greece	GRE	12:20:14	Sofia Kasimi	31may2009	Faenza		
Hungary	HUN	7:25:21	Edit Berces	10sep2000	Winschoten		
Ireland	IRL	7:52:45	Helena Crossan	08sep2007	Winschoten		
Island	ISL	10:33:01	Elin Ruth Reed	07jun2008	Reykjavik		
Italia	ITA	7:28:00	Monica Casiraghi	19apr2003	Moskva		

Latvia	LAT	8:01:20	Svetlana Ivanova	10sep2005	Winschoten		
Liechtenstein	LIE	11:58:02	Renate Lageder	14jun2008	Biel		
Lithuania	LTU	8:33:46	Austra Kavaliauskiene	10sep2000	Winschoten		
Luxembourg	LUX	10:35:12	Simone Kayser	12jul1999	Biel		
Monaco	MON	16:15:52	Patricia Baldacchino	05jun2004	Cap d'Ail		
Montenegro	MNE	10:06:36	Sladana Pejovic	30nov2002	Podgorica		
Nederland	NED	8:36:10	Ida Verduin Boone	13sep2008	Winschoten		
Norway	NOR	7:43:27	Margrethe Logavlen	03may2008	Skive		
Poland	POL	8:37:40	Ewa Kepa	21oct1995	Kalisz		
Portugal	POR	7:34:27	Alcira Portela Lario	17jun1994	Torhout		
Russia	RUS	7:10:32	Tatyana Zhyrkova	11sep2004	Winschoten		
Serbia	SER	9:02:43	Lidija Miklos	02apr2006	Podgorica		
Slovakia	SVK	7:33:02	Anna Balosakova	15may1999	Chavagnes		
Slovenija	SLO	10:00:59	Ishan Darinka	10sep2000	Winschoten		
Suisse	SUI	7:51:35	Sonja Knöpfli	10jun2006	Biel		
Sweden	SWE	8:27:36	Maria Lundgren	08nov2008	Tarquini		
Turkey	TUR	8:43:38	Bakiye Duran	27sep2003	S.G.Lupatoto	track	
Ukraina	UKR	7:56:33	Mariya Ostrovskaya	08oct1994	Kalisz		
			<b>Asia</b>				
Area		6:33:11	Tomoe Abe - JPN	25jun2000	Lake Saroma		
India	IND	8:34:08	Ramandeep Kaur	?	unconfirmed		
Japan	JPN	6:33:11	Tomoe Abe	25jun2000	Lake Saroma		
Kazakhstan	KAZ	7:46:44	Nadezhda Gumerova	19jun1992	Torhout		
Korea	KOR	8:05:05	Kim Jung-ok	30oct2004	Bandung		
Singapore	SIN	15:07:13	Noor Huda Jaafar	09nov1991	Halifax		
Taiwan	TPE	9:17:24	Chiou Shu Jung-lu	08oct2007	Misari		
			<b>Africa</b>				
Area		7:31:47	Helena Joubert - RSA	16sep1995	Winschoten		
South Africa	RSA	7:31:47	Helena Joubert	16sep1995	Winschoten		
Tunisia	TUN	12:51:44	Yasmina Kaddachi	14apr2007	Belves		
			<b>Oceania</b>				
Area		7:40:58	Linda Meadows - AUS	18nov1995	Otago		
Australia	AUS	7:40:58	Linda Meadows	18nov1995	Otago		
New Zealand	NZL	7:56:28	Wynnie Wu-Cosgrove	05sep1998	Rotorua		
			<b>North America</b>				
Area		7:00:48	Ann Trason - USA	16sep1995	Winschoten		
Canada	CAN	8:02:59	Ashley Evans	12feb1994	Sacramento		
United States	USA	7:00:48	Ann Trason	16sep1995	Winschoten		
			<b>C.A.C.</b>				
Area		8:33:43	Marina Valencia - MEX	14oct2007	Monterrey		
Guatemala	GUA	14:44:08	Hilda Bennett Matzar	21nov2009	Ciudad Guatemala		
Mexico	MEX	8:33:43	Marina Valencia	14oct2007	Monterrey		
			<b>South America</b>				

Area		7:20:22	Maria Auxiliadora Venancio - BRA	08aug1998	Cubatao		
Argentina	ARG	9:37:10	Guillermina Fernandez	24sep1991	Gualeguaychu		
Brasil	BRA	7:20:22	Maria Auxiliadora Venancio	08aug1998	Cubatao		
Uruguay	URU	11:09:38	Mirta Hernandez	08nov2008	Tarquinia		

\* road: not measured by calibrated bicycle

## 24 hours Men road+track

world		303.306	Yiannis Kouros - GRE/AUS	04oct1997	Adelaide	track	
		290.221	Yiannis Kouros - GRE/AUS	03may1998	Basel	road	
			<b>Europa</b>				
Area		303.306	Yiannis Kouros - GRE	04oct1997	Adelaide	track	
		290.221	Yiannis Kouros - GRE	03may1998	Basel	road	
Austria	AUT	267.427	Ewald Eder	21jul2003	Wörschach	road	
Belgium	BEL	270.087	Paul Beckers	12oct2003	Uden	road	
Bosnia Herzegovina	BIH	153.367	Ostoja Vukomanovic	12jul2009	Wörschach	road	
Bulgaria	BUL	182.000	Radi Milev	27sep2009	Beograd	road	
Byelarus	BLR	254.992	Valeriy Kanarski	12oct2003	Uden	road	
Croatia	CRO	164.410	Predag Bosnjak	12jul2009	Wörschach	road	
Czech Rep.	CZE	263.144	Tomas Rusek	30aug1988	Marquette	road	
Denmark	DEN	245.578	Alex Henriksen	22may2004	Apeldoorn	road	
Espana	ESP	248.856	Jose Luis Posado Perez	28apr2002	Zamora	road	
Estonia	EST	223.918	Peeter Vennikas	06may2007	Madrid	track	
Finland	FIN	234.231	Seppo Leinonen	26may1989	Mittersill	track	
France	FRA	268.859	Alain Prual	10jul1999	Gravigny	road	
Germany	GER	276.209	Wolfgang Schwerk	09may1987	Köln	road	
Great Britain	GBR	274.480	David Dowdle	23may1982	Gloucester	track	
Greece	GRE	303.306	Yiannis Kouros	04oct1997	Adelaide	track	
Hungary	HUN	263.172	Janos Bogar	04jul1993	Szeged	road	
Ireland	IRL	248.392	Thomas Maguire	22nov2009	Monaco	road	
Island	ISL	217.745	Gunnlaugur Juliusson	25may2008	Ronne	road	
Italia	ITA	249.877	Sergio Orsi	17jul2005	Wörschach	road	
Latvia	LAT	224.087	Raimonds Senfelds	23mar2003	Riga	track	
Lithuania	LTU	205.481	Rimas Jakelaitis	24sep2006	Rockingham	road	
Luxembourg	LUX	180.414	Manuel Fisher	07may2006	Basel	road	
Makedonia	MKD	147.000	Ivan Ristov	22jun2008	Palic	road	
Moldova	MDA	187.303	Grigorii Subbota	03jun1995	Chisinau	road	
Montenegro	MNE	136.000	Nenad Ivanovic	28sep2008	Beograd	road	

Nederland	NED	261.475	Ronald Teunisse	26may1990	Apeldoorn	road	
Norway	NOR	249.361	Jon Harald Berge	19oct2008	Seoul	road	
Poland	POL	243.621	Waldemar Pedzich	08jun2008	Krakow	road	
Portugal	POR	204.111	Agostino Ferreira	04may1991	Basel	road	
Romania	ROM	118.638	Iulian Davidov	02may2008	Brive	road	
Russia	RUS	282.282	Denis Zhalybin	03sep2006	Sankt Peterburg	road	
Serbia	SER	249.533	Sladan Dragojevic	18aug1990	Elze	road	
Slovakia	SVK	270.337	Lubomir Hrmo	23sep2001	S.G.Lupatoto	track	
Slovenija	SLO	256.363	Dusan Mravlje	16jun1990	Mittersill	road	
Suisse	SUI	257.329	Hans-Peter Bronniman	05may1996	Basel	road	
Sweden	SWE	262.640	Rune Larsson	18jul1986	Honefoss	track	
Turkey	TUR	212.579	Sekru Meric	14may1989	Morlenbach	road	
Ukraina	UKR	255.680	Valerii Moskalenko	23feb1992	Podolsk	indoor	
			<b>Asia</b>				
Area		274.884	Ryoichi Sekiya - JPN	25nov2007	Soochow	track	
China	CHN	176.140	Den Riming	07may1994	Gaungzhou	track	
Hong Kong	HKG	208.687	Peter Tanner	05mar2005	Soochow	track	
India	IND	177.704	Bhardwaj Kumar Arun	04apr2009	Athina	road	
Japan	JPN	274.884	Ryoichi Sekiya	25nov2007	Soochow	track	
Kazakistan	KZK	233.395	Vladimir Seryakov	02nov1991	Odessa	track	
Korea	KOR	241.000	Lee Dong-Moon	03may2009	Seoul	track	
Singapore	SIN	182.240	Khoo Chin Poo	07may1994	Guangzhou	track	
Taiwan	TPE	244.835	Chen Chen-yu	11mar2003	Soochow	track	
Thailand	THA	137.160	Phan Sangthong	08feb2009	Amami	road	
			<b>Africa</b>				
Area		257.881	Mohamed Magroun - TUN	24oct2004	Brno	road	
Namibia	NAM	201.000	Johannes Gawaxamab	07apr2001	Johannesburg	road	
South Africa	RSA	256.400	Wally Hayward	21nov1953	Motspur Park	track	
			<b>Oceania</b>				
Area		303.306	Yiannis Kouros - AUS	04oct1997	Adelaide	track	
Australia	AUS	303.306	Yiannis Kouros	04oct1997	Adelaide	track	
New Zealand	NZL	262.585	Richard Tout	19feb1989	Milton Keynes	indoor	
			<b>North America</b>				
Area		265.932	Rae Clark - USA	20sep1990	Portland	track	
Canada	CAN	242.918	Peter Holubar	15sep1990	Ottawa	track	
United States	USA	265.932	Rae Clark	20sep1990	Portland	track	
			<b>C.A.C.</b>				
Area		190.486	Juan Antonio Bravo Ramirez - MEX	25mar2007	Monterrey	road	

Mexico	MEX	190.486	Juan Antonio Bravo Ramirez	25mar2007	Monterrey	road
			<b>South America</b>			
Area		273.828	Valmir Nunes - BRA	09mar2003	Soochow	track
Argentina	ARG	210.584	Walter Lopez	10dec2006	Puerto Madryn	road
Brasil	BRA	273.828	Valmir Nunes	09mar2003	Soochow	track
Chile	CHI	233.565	Erwin Valdebenito	07nov1998	Santiago	track
Colombia	COL	123.235	Jairo Fernandez	29apr2007	Venado Tuerto	road
Uruguay	URU	196.810	Dardo Seguro	09dec2007	San Pedro	road

\* Yiannis Kouros: double citizenship 1992-2000 GRE+AUS

## 24 hours Women road+track

world		250.106	Edit Berces - HUN	22sep2002	S.G.Lupatoto	track
			<b>Europa</b>			
Area		250.106	Edit Berces - HUN	22sep2002	S.G.Lupatoto	track
Austria	AUT	212.198	Regina Strasser	03may2009	Bergamo	road
Belgium	BEL	232.107	Angela Mertens	16oct1988	Heusden	road
Byelarus	BLR	198.630	Valentina Setrova	07sep2008	Sankt Peterburg	road
Czech Rep.	CZE	232.417	Michaela Dimitriadu	04aug2007	Kladno	road
Denmark	DEN	217.750	Anni Loenstad	07may1995	Basel	road
Espana	ESP	210.721	Rosario Munoz Olivares	06may2007	Madrid	track
Estonia	EST	162.820	Heleen Vennikas	06may2007	Madrid	track
Finland	FIN	207.210	Outi Siimes	31oct2009	Espoo	indoor
France	FRA	243.644	Anne-Cecile Fontaine	03may2009	Bergamo	road
Germany	GER	243.657	Sigrid Lomsky	02may1993	Basel	road
Great Britain	GBR	240.169	Eleanor Adams Robinson	20aug1989	Melbourne	track
Greece	GRE	163.718	Alexandra Panayotou	16dec2007	Barcelona	track
Hungary	HUN	250.106	Edit Berces	22sep2002	S.G.Lupatoto	track
Ireland	IRL	206.650	Doina Nugent	10nov1996	Niort	road
Italia	ITA	226.130	Monica Casiraghi	20apr2008	Ciserano	road
Latvia	LAT	120.716	Ieva Kurzemniece	04may2008	Basel	road
Luxembourg	LUX	217.776	Monique Muhlen	28jul2007	Drummondville	road
Makedonija	MKD	100.000	Katarina Dimovska	28sep2008	Beograd	road
Moldova	MDA	109.500	Nadea Luca	08jun2008	Chisinau	road
Nederland	NED	211.250	Annie van de Meer	12may1986	Rouen	?
Norway	NOR	211.347	Sharon Broadwell	09dec2007	Bislett	indoor
Poland	POL	211.990	Barbara Szlachetka	15jun2003	Scharnebeck	road
Romania	ROM	096.489	Loredana Wegh	13jul2008	Berlin	road
Russia	RUS	242.624	Irina Reutovich	10may1998	Moskva	track
Serbia	SER	192.000	Elvira Janosi	2001	Palic	road
Slovakia	SVK	200.144	Bozena Zatecka	13oct1991	Arcueil	track

Slovenija	SLO	136.030	Tatiana Jauk	17jul2005	Köln	road	
Suisse	SUI	203.929	Ursula Alder	14may2000	Basel	road	
Sweden	SWE	203.544	Torill Fonn Hartikainen	05may2007	Madrid	track	
Turkey	TUR	176.250	Bakiye Duran	20mar2004	Brno	indoor	
Ukraina	UKR	222.356	Nina Mitrofanova	22may2004	Apeldoorn	road	
			<b>Asia</b>				
Area		237.155	Sumie Inagaki - JPN	24oct2004	Brno	road	
China	CHN	120.693	Liu Yan	07may1994	Guangzhou	track	
Hong Kong	HKG	215.641	Wing-yee Wu	10feb1991	Hong Kong	track	
Japan	JPN	237.155	Sumie Inagaki	24oct2004	Brno	road	
Korea	KOR	223.109	Kim Jung-ok	17jul2005	Wörschach	road	
Singapore	SIN	122.310	Noor Huda Jaafar	09nov1991	Halifax	road	
Taiwan	TPE	211.375	Chiou Shu-jung	25nov2007	Soochow	track	
Thailand	THA	066.960	Joanne Ryan	08feb2009	Amami	road	
			<b>Africa</b>				
Area		188.647	Yvonne Sumner - RSA	11oct1986	Natal	road	
Namibia	NAM	133.000	Laurensia Lindugo	07apr2001	Johannesburg	road	
South Africa	RSA	188.647	Yvonne Sumner	11oct1986	Natal	track	
			<b>Oceania</b>				
Area		230.473	Wynnie Wu Cosgrove - NZL	08nov1998	Niort	road	
Australia	AUS	219.782	Helen Stanger	02apr1995	Wollongong	track	
New Zealand	NZL	230.473	Wynnie Wu Cosgrove	08nov1998	Niort	road	
			<b>North America</b>				
Area		233.816	Sue Ellen Trapp - USA	19sep1993	Sylvania	road	
Canada	CAN	211.167	Laurie McGrath	28jul2007	Drummondville	road	
USA	USA	233.816	Sue Ellen Trapp	19sep1993	Sylvania	road	
			<b>C.A.C.</b>				
Area		199.558	Sylvia Andonie - MEX	15feb1987	Houston	road	
Mexico	MEX	199.558	Sylvia Andonie	15feb1987	Houston	road	
			<b>South America</b>				
Area		224.484	Denise Paiva Lucas Campos - BRA	29nov2009	Rio de Janeiro	track	
Argentina	ARG	173.242	Luz Margarita Celeiro	10dec2006	Puerto Madryn	road	
Brasil	BRA	224.484	Denise Paiva Lucas Campos	29nov2009	Rio de Janeiro	track	
Uruguay	URU	130.860	Mirta Hernandez	2009	San Pedro	road	