

Ultra-Marathon National Records and Best Known Performances

by Franco Anichini

REVISED VERSION 31dec2012

added, corrections: please write to me!

aggiunte, correzioni: per favore, scrivetemi

additions, corrections: SVP écrivez-moi









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thanks to:

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100km men - road

| | | | | | | | | |
|-------------------|-----|---|----------|-----------------------|-----------|----------------|-------|----|
| world | | | 6:13.33 | Takahiro Sunada - JPN | 21jun1998 | Lake Saroma | road | |
| | | | 6:10.20 | Don Ritchie - GBR | 28oct1978 | Crystal Palace | track | |
| | | | | | | | | |
| | | | | Europa | | | | |
| 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 |  | 7:48.38 | Ivan Ramirez Bator | 22apr2012 | Seregno | | |
| Austria | AUT |  | 6:57.26 | Markus Thalmann | 24jun2001 | Wien | | |
| Belgium | BEL |  | 6:16.41 | Jean-Paul Praet | 12sep1992 | Winschoten | | X* |
| Bosnia Erzegovina | 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 | | |

| | | | | | | | | |
|------------------|------------|---|----------------|----------------------------|------------------|-------------------|-------|----|
| Cyprus | CYP |  | 9:00.56 | Vasilios Perikeous | 26feb2011 | Marathon | | |
| Czech Rep. | CZE |  | 6:25.19 | Jiri Jelinek | 15oct1995 | Amiens | | |
| | CZE |  | 6:17:56 | Vaclav Kamenik | 03apr1982 | Grunheide | | ** |
| Denmark | DEN |  | 6:57.35 | Kenneth Munk | 24apr2010 | Copenhagen | | |
| 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 | | |
| Gibraltar | GIB |  | 10:18.24 | Christophe Wall | 07nov2010 | Gibraltar | | un |
| Great Britain | GBR |  | 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 |  | 8:0743 | Sugurjon Sigurbjornsson | 22apr2012 | Seregno | | |
| 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 |  | 8:55.30 | Zoran Dimov | 13mar2010 | Boegrad | | |
| Malta | MLT |  | 10:49.17 | Victor Vella | 07nov2009 | 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 | | |
| Northern Ireland | NIR |  | 7:34.46 | Ian Anderson | 22jun2002 | Torhout | | |
| 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 | | |
| Scotland | SCO |  | 6:10.20 | Don Ritchie | 28oct1978 | Crystal Palace | track | |
| 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 | Généve | | ? |
| | |  | 6:37.59 | Peter Camernzind | 07jun1996 | Biel | | |
| Sweden | SWE |  | 6:28.57 | Jonas Buud | 22apr2012 | Seregno | | |

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|--------------|-----|---|----------------|-------------------------------|------------------|---------------------|-------|---|
| Turkey | TUR |  | 7:56.15 | Mehmet Ali Arslan | 29apr2006 | Rodenbach | | |
| Ukraine | UKR |  | 6:25.25 | Serhi Yanenko | 13sep1997 | Winschoten | | |
| Wales | WAL |  | 7:49.30 | Iain Ridgway | 28mar2009 | Galway | | |
| | | | | Asia | | | | |
| Area | | | 6:13.33 | Takahiro Sunada - JPN | 21jun1998 | Lake Saroma | | |
| | | | | | | | | |
| Brunei | Bru | | 15:59.31 | Allakbar Haji Gapor | 14oct2012 | Singapore | | |
| China | CHN |  | 7:14.25 | Yun Yanqiao | 25apr2009 | Beijing | trail | |
| Hong Kong | HKG |  | 7:42.16 | Keung Tsang-siu | 25apr2009 | Beijing | trail | |
| Kazakistan | KAZ |  | 7:32.50 | Vladimir Seryakov | 07sep1991 | Sankt Peterburg | | |
| Korea | KOR | | 7:16.13 | Sim Jae-duk | 08jan1969 | Jeju City | | |
| Japan | JPN |  | 6:13.33 | Takahiro Sunada | 21jun1998 | Lake Saroma | | |
| Jordan | JRD |  | 7:50.58 | Salameh Al Aqraa | 26nov2010 | Faiyum | | |
| India | IND |  | 8:19.34 | Vinodkumar Shrinivas | 15aug2009 | Leipzig | | |
| Malaysia | MAS |  | 10:44.50 | Jimmy Tee | 14oct2012 | Singapore | trail | |
| Mongolia | MGL |  | 8:58.02 | B.Dorjpalam | 11sep2010 | Bagakhangai | | |
| Nepal | NEP |  | 10:17.15 | Aite Tamang | 18feb2012 | Hong Kong | trail | |
| Philippines | PHI |  | 9:03.06 | Bolivar Alquin | 28mar2010 | Jeju | | |
| Singapore | SIN |  | 11:58.51 | Ong Kai-wei | 15oct2011 | Singapore | trail | |
| South Korea | KOR |  | 6:57.30 | Kwon Yeong-Kyoo | 30oct2004 | Bundang | | |
| Taiwan | TPE |  | 7:37.02 | Kuo Tzong-chin | 26jun2005 | Lake Saroma | | |
| Thailand | THA | | 9:28.14 | Solchel Choosakul | 04feb2012 | Bangkok | trail | |
| Vietnam | VIE | | 11:38.44 | Bien Sen Du | 26oct2011 | Reggio Emilia | | |
| | | | | Africa | | | | |
| Area | | | 6:25.07 | Bruce Fordyce - RSA | 04feb1989 | Stellenbosch | | |
| Algeria | ALG |  | 9:15.00 | Fethi Ben Sahel | 16apr2008 | Biskra | | |
| Botswana | BOT |  | 7:09.55 | Charles Khudube | 04aug1991 | Gaborone | | |
| Cabo Verde | CPV |  | 7:10.43 | Adilson Fortes Spencer Varela | 27may2012 | Firenze-Faenza | | |
| Egypt | EGY |  | 7:54.46 | Mahmoud Dehaise | 18nov2005 | Saqqara | | |
| Ethiopia | ETH |  | 8:17.16 | Balcha Gumedra | 15may1999 | Chavagnes | | |
| Kenya | KEN |  | 6:38.40 | Erick Wainaina | 26jun2011 | Lake Saroma | | |
| Maroc | MAR |  | 7:04.38 | Lahcen Ahansal | 14jun2002 | Biel | | |
| Namibia | NAM |  | 7:26.21 | Emil Roman | 11sep2004 | Winschoten | | |
| Senegal | SEN |  | 12:18.14 | Markus Faschina | 29may2010 | Faenza | | |
| 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 | | |
| Uganda | UGA |  | 8:49.11 | Samuel Lutabi | 28aug2011 | Bornholm | | |
| Zimbabwe | ZIM |  | 9:53.35 | Blessing Kavayi | 04oct1997 | S.Cruz de Bezana | | |

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|---------------|-----|---|----------|--------------------------------|-----------|----------------------|--|--|
| | | | | Oceania | | | | |
| 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 | | |
| | | | | North America | | | | |
| 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 | | |
| | | | | CAC | | | | |
| Area | | | 6:54.27 | Alfonzo Ansaldo Menezes - MEX | 20apr1985 | Rodenbach | | |
| Bermuda | BER |  | 11:51.53 | Marco Zanal | 30may2009 | Faenza | | |
| Costa Rica | CRC |  | 11:08.00 | Javier Montero Barrantes | 12dec2009 | Isla de Ometepe | | |
| Cuba | CUB |  | 7:01.40 | Freddy Lopez | 14may2000 | La Habana | | |
| Dominicana | DOM |  | 8:46.58 | Pedro Antonio Guzman Almanzar | 24sep2011 | S.Cruz de Bezana | | |
| Guatemala | GUA |  | 9:35.05 | Oscar Sunju | 28nov2010 | Ciudad Guatemala | | |
| Mexico | MEX |  | 6:54.27 | Alfonzo Ansaldo Menezes | 20apr1985 | Rodenbach | | |
| | | | | South America | | | | |
| 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 |  | 9:00.51 | Alvaro Suarez Murillo | 25sep2011 | Millau | | |
| Ecuador | ECU |  | 8:06.55 | Oscar Javier Cifuentes Escobar | 28dec2008 | Ibarra | | |
| Peru | PER |  | 8:27.13 | Napoleon Linares | 21may1997 | Faenza | | |
| Uruguay | URU |  | 8:37.43 | Fabricio Daniel Gonzalez Lopez | 24sep2011 | San Miguel del Monte | | |
| 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: unmeasured by calibrated bicycle




X* = sub-judice

100km women - road

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|---------|-----|---|---------|------------------------|-----------|-------------|--|--|
| World | | | 6:33.11 | Tomoe Abe - JPN | 25jun2000 | Lake Saroma | | |
| | | | | Europa | | | | |
| Area | | | 7:10.32 | Tatyana Zhyrkova - RUS | 11sep2004 | Winschoten | | |
| Austria | AUT |  | 7:58.34 | Sabine Hofer | 19sep2009 | Steyr | | |

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|---------------|------------|---|----------------|----------------------------|------------------|--------------------|-------|---|
| Belgium | BEL |  | 7:59.19 | Viviane Vanderhaeghen | 12sep1992 | Winschoten | | |
| Bulgaria | BUL |  | 9:38.09 | Malita Vatckochova | 09mar2007 | Podgorica | | |
| Belarus | BLR |  | 7:53.11 | Svetlana Waack | 19oct1996 | Rodenbach | | |
| Croatia | CRO |  | 7:53.48 | Marija Vrajic | 10nov2007 | Tarquinia | | |
| Czech Rep. | CZE |  | 8:28.20 | Michaela Dimitriadu | 08nov2008 | Tarquinia | | |
| | CZE | | 8:23:26 | Vlasta Rulcova | 31mar1984 | Grunheide | | * |
| Denmark | DEN |  | 7:53.12 | Anni Loenstad | 16apr1994 | Rodenbach | | |
| Espana | ESP |  | 8:27.21 | Joaquina Casas | 16feb1992 | Palamos | | |
| Estonia | EST |  | 10:39.16 | Janika Ardel | 30oct2010 | Haaja | | |
| 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 |  | 8:55.28 | Amalia Matthaiou | 18feb2012 | Beach Psatha | | |
| 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 | | |
| Israel | ISR |  | 12:27.39 | Sari Baschi | 05mar2010 | Ein Hshofet | trail | |
| 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 |  | 9:34.31 | Daniele Rasch | 12jun2010 | Biel | | |
| Monaco | MON |  | 16:15.52 | Patricia Baldacchino | 05jun2004 | Cap d'Ail | | |
| Montenegro | MNE |  | 8:11.54 | Lidija Miklos | 11jul2007 | 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 (= >Mne) | 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 Knopfli | 10jun2006 | Biel | | |
| Sweden | SWE |  | 7:35.23 | Kajsa Berg | 22apr2012 | Seregno | | |
| Turkey | TUR |  | 8:43.38 | Bakiye Duran | 27sep2003 | S.G.Lupatoto | track | |
| Ukraina | UKR |  | 7:56.33 | Mariya Ostrovskaya | 08oct1994 | Kalisz | | |
| Wales | WAL | | 8:00.37 | Emily Gelder | 27mar2011 | Perth | | |
| | | | | Asia | | | | |
| Area | | | 6:33.11 | Tomoe Abe - JPN | 25jun2000 | Lake Saroma | | |

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|-----------------|-----|---|----------|----------------------------------|-----------|------------------|-------|--|
| China | CHN |  | 8:42.14 | Xing Ruling | 25apr2009 | Beijing | trail | |
| Hong Kong | HKG |  | 13:29.24 | Olya Korzh | 18feb2012 | Hong Kong | trail | |
| 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 | | |
| Malaysia | MAS |  | 19:17.10 | Seowping Tan | 18feb2012 | Hong Kong | trail | |
| Mongolia | MGL |  | 11:02.41 | L.Otgonbayar | 11sep2010 | Bagakhangai | | |
| Philippines | PHI |  | 13:0430 | Camilla Brooks | 06mar2011 | Mariveles | trail | |
| Singapore | SIN |  | 11:18.22 | Liu Jun-yan | 13may2012 | Peking | | |
| Taiwan | TPE |  | 9:12.38 | Chia Lu-hsin | 18nov2012 | Yilan | | |
| Thailand | THA |  | 13.28.25 | Poonsup Shamarpiti | 04feb2012 | Bangkok | | |
| | | | | Africa | | | | |
| Area | | | 7:31.47 | Helena Joubert - RSA | 16sep1995 | Winschoten | | |
| Algeria | ALG |  | 11:00.00 | Ratiba Azzouz | 13apr2011 | Biskra | | |
| Senegal | SEN |  | 14:53.44 | Isabelle Konaté | 29may2011 | Faenza | | |
| | | | 14:53.44 | Keita Missira | 29may2011 | Faenza | | |
| South Africa | RSA |  | 7:31.47 | Helena Joubert | 16sep1995 | Winschoten | | |
| Tunisia | TUN |  | 12:51.44 | Yasmina Kaddachi | 14apr2007 | Belves | | |
| | | | | Oceania | | | | |
| 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 | | |
| | | | | North America | | | | |
| 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 | | |
| | | | | C.A.C. | | | | |
| 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 | | |
| Trinidad&Tobago | TRI |  | 12:04.56 | Roxanne Camacho | 20mar2011 | Long Valley Nj | | |
| | | | | South America | | | | |
| 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 | | |

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|-----------|-----|---|----------|-----------------------------|-----------|----------------|--|--|
| Ecuador | ECU |  | 11:00.12 | Elena Morocho | 25jul2010 | Cuenca | | |
| Uruguay | URU |  | 11:09.38 | Mirita Hernandez | 08nov2008 | Tarquini | | |
| Venezuela | VEN |  | 11:22.57 | Jesus Agelvis Zerpa Guillen | 13apr2012 | S.Martin Andes | | |

* road:unmeasured 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 | |
| | | | | Europa | | | | |
| Area | | | 303.306 | Yiannis Kouros - GRE | 04oct1997 | Adelaide | track | |
| | | | 290.221 | Yiannis Kouros - GRE | 03may1998 | Basel | road | |
| Austria | AUT |  | 267.427 | Ewald Eder | 21jul2003 | Worschach | road | |
| Belgium | BEL |  | 270.087 | Paul Beckers | 12oct2003 | Uden | road | |
| Bosnia Erzegovina | BIH |  | 153.367 | Ostoja Vukomanovic | 12jul2009 | Worschach | road | |
| | | | 161.500 | Sandro Selman | 21oct2000 | Uden | road | |
| Bulgaria | BUL |  | 182.000 | Radi Milev | 27sep2009 | Beograd | road | |
| Belarus | BLR |  | 254.992 | Valeriy Kanarski | 12oct2003 | Uden | road | |
| Croatia | CRO |  | 249.533 | Sladan Dragojevic | 18aug1990 | Elze | road | |
| Cypros | CYP |  | 169.000 | Andreas Papadopoulos | 09apr2011 | Athina | 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 |  | 252.250 | Jari Tomppo | 09sep2012 | Katowice | road | |
| France | FRA |  | 274.715 | Bernard Gaudin | 14nov1982 | Niort | road | |
| Germany | GER |  | 276.209 | Wolfgang Schwerk | 09may1987 | Koln | 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 | |
| Isle of Man | IOM |  | 216.329 | Benjamin Scott | 19sep2009 | Cwmbria | road | |
| Italia | ITA |  | 263.841 | Ivan Cudin | 13may2010 | Brive | road | |
| Latvia | LAT |  | 258.845 | Viktors Suborins | 09jun1984 | Jurmala | track | |
| Lithuania | LTU |  | 218.823 | Aldas Ardzijauskas | 13may2010 | Brive | road | |
| Luxembourg | LUX |  | 180.414 | Manuel Fisher | 07may2006 | Basel | road | |
| Makedonia | MKD |  | 201.000 | Zoran Dimov | 17jun2012 | 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 |  | 255.764 | Jon Harald Berge | 13may2010 | Brive | road | |
| Poland | POL |  | 254.093 | Piotr Pawel Sawicki | 09sep2012 | Katowice | road | |
| Portugal | POR |  | 204.111 | Agostino Ferreira | 04may1991 | Basel | road | |
| Romania | ROM |  | 211.565 | Vasile Frigura | 16oct2011 | Fano | road | |
| Russia | RUS |  | 282.282 | Denis Zhalybin | 03sep2006 | Sankt Peterburg | road | |
| Serbia | SER |  | 210.000 | Drago Boroja | 18jun2000 | Beograd | 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 |  | 260.180 | Valeriy Christenok | 03nov1991 | Niort | road | |
| Wales | WAL |  | 252.548 | John Pares | 13may2010 | Brive | road | |
| | | | | Asia | | | | |
| Area | | | 275.684 | Ryoichi Sekiya - JPN | 25nov2007 | Soochow | track | |
| | | | | | | | | |
| China | CHN |  | 204.258 | Cao Jin | 02dec2012 | Oslo-Bislett | indoor | |
| Hong Kong | HKG |  | 208.687 | Peter Tanner | 05mar2005 | Soochow | track | |
| India | IND |  | 177.704 | Bhardwaj Kumar Arun | 04apr2009 | Athina | road | |
| Japan | JPN |  | 275.684 | Ryoichi Sekiya | 25nov2007 | Soochow | track | |
| Kazakistan | KZK |  | 233.395 | Vladimir Seryakov | 02nov1991 | Odessa | track | |
| Korea | KOR |  | 241.200 | 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 | |
| | | | | Africa | | | | |
| Area | | | 257.881 | Mohamed Magroun -TUN | 24oct2004 | Brno | road | |
| | | | | | | | | |
| Algeria | ALG |  | 193.600 | Said Kahla | 31aug2008 | Wolfenbuttel | track | |
| Maroc | MAR |  | 202.915 | Mohamed El Yaakoubi | 29may2011 | Roche-la-Moliere | road | |
| Namibia | NAM |  | 201.000 | Johannes Gawaxamab | 07apr2001 | Johannesburg | road | |
| South Africa | RSA |  | 256.400 | Wally Hayward | 21nov1953 | Motspur Park | track | |
| Tunisia | TUN |  | 257.881 | Mohamed Magroun | 24oct2004 | Brno | road | |
| | | | | Oceania | | | | |
| 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 | |
| | | | | North America | | | | |
| Area | | | 277.543 | Mike Morton . Usa | 09sep2012 | Katowice | road | |

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|---------------|-----|---|----------------|---|------------------|------------------|--------------|
| Canada | CAN |  | 242.918 | Peter Holubar | 15sep1990 | Ottawa | track |
| United States | USA |  | 277.543 | Mike Morton | 09sep2012 | Katowice | road |
| | | | | C.A.C. | | | |
| Area | | | 190.486 | Juan Antonio Bravo Ramirez - MEX | 25mar2007 | Monterrey | road |
| Mexico | MEX |  | 190.486 | Juan Antonio Bravo Ramirez | 25mar2007 | Monterrey | road |
| | | | | South America | | | |
| Area | | | 273.828 | Valmir Nunes - BRA | 09mar2003 | Soochow | track |
| Argentina | ARG |  | 225.622 | Pablo Barnes | 28nov2010 | Buenos Aires | track |
| 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 Segurola | 09dec2007 | San Pedro | road |

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

24 hours Women road+track

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|---------------|------------|---|----------------|--------------------------|------------------|---------------------|--------------|
| world | | | 255.303 | Mami Kudo | 11dec2011 | Taipei | track |
| | | | | Europa | | | |
| 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 |
| Belarus | BLR |  | 198.630 | Valentina Setrova | 07sep2008 | Sankt Peterburg | road |
| Croatia | CRO |  | 202.490 | Veronika Jusirsic | 13may2010 | Brive | road |
| Czech Rep. | CZE |  | 244.232 | Michaela Dimitriadu | 09sep2012 | Katowice | road |
| Denmark | DEN |  | 217.750 | Anni Loenstad | 07may1995 | Basel | road |
| Espana | ESP |  | 226.518 | Cristina Gonzalez | 09sep2012 | Katowice | road |
| Estonia | EST |  | 162.820 | Heleen Vennikas | 06may2007 | Madrid | track |
| Finland | FIN |  | 213.699 | Outi Siimes | 13may2010 | Brive | road |
| France | FRA |  | 243.644 | Anne-Cecile Fontaine | 03may2009 | Bergamo | road |
| Germany | GER |  | 243.657 | Sigrid Lomsky | 02may1993 | Basel | road |
| Great Britain | GBR |  | 247.076 | Lizzy Hawker | 02oct2011 | Anglesey | road |
| Greece | GRE |  | 163.718 | Alexandra Panayotou | 16dec2007 | Barcelona | track |
| Hungary | HUN |  | 250.106 | Edit Berces | 22sep2002 | S.G.Lupatoto | track |
| Ireland | IRL |  | 229.346 | Ruthann Sheahan | 09sep2012 | Katowice | road |
| Italia | ITA |  | 231.390 | Monica Casiraghi | 13may2010 | Brive | road |
| Latvia | LAT |  | 222.000 | Tamara Merzlikina | 27may1989 | Mittersill | road |
| Luxembourg | LUX |  | 217.776 | Monique Muhlen | 28jul2007 | Drummondville | road |
| Makedonija | MKD |  | 100.000 | Katarina Dimovska | 28sep2008 | Beograd | road |

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|---------------|-----|---|---------|--------------------------|-----------|---------------|--------|--|
| Moldova | MDA |  | 109.500 | Nadea Luca | 08jun2008 | Chisinau | road | |
| Montenegro | MNE |  | 181.000 | Lidija Miklos | 17jun2012 | Palic | road | |
| Nederland | NED |  | 218.759 | Leonie van den Haak | 12nov2011 | Aulnat | road | |
| Norway | NOR |  | 211.347 | Sharon Broadwell | 09dec2007 | Bislett | indoor | |
| Poland | POL |  | 220.676 | Aleksandra Niwinska | 18sep2011 | Katowice | 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 |  | 200.411 | Bozena Zatecka | 13oct1991 | Arcueil | track | |
| Slovenija | SLO |  | 136.030 | Tatiana Jauk | 17jul2005 | Koln | road | |
| Suisse | SUI |  | 206.907 | Denise Zimmermann | 13may2012 | Basel | road | |
| Sweden | SWE |  | 229.890 | Anna Grundhal | 09sep2012 | Katowice | road | |
| Turkey | TUR |  | 176.250 | Bakiye Duran | 20mar2004 | Brno | indoor | |
| Ukraina | UKR |  | 222.356 | Nina Mitrofanova | 22may2004 | Apeldoorn | road | |
| | | | | Asia | | | | |
| Area | | | 255.303 | Mami Kudo - Jpn | 11dec2011 | Taipei | track | |
| | | | | | | | | |
| China | CHN |  | 120.693 | Liu Yan | 07may1994 | Guangzhou | track | |
| Hong Kong | HKG |  | 215.641 | Wing-yee Wu | 10feb1991 | Hong Kong | track | |
| Japan | JPN |  | 255.303 | Mami Kudo | 11dec2011 | Taipei | track | |
| Korea | KOR |  | 223.109 | Kim Jung-ok | 17jul2005 | Worschach | 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 | |
| | | | | Africa | | | | |
| 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 | |
| | | | | Oceania | | | | |
| Area | | | 230.473 | Wynnie Wu Cosgrove - NZL | 08nov1998 | Niort | road | |
| | | | | | | | | |
| Australia | AUS |  | 224.885 | Sharon Scholz | 13may2010 | Brive | road | |
| New Zealand | NZL |  | 230.473 | Wynnie Wu Cosgrove | 08nov1998 | Niort | road | |
| | | | | North America | | | | |
| Area | | | 240.385 | Connie Gardner - Usa | 09sep2012 | Katowice | road | |
| | | | | | | | | |
| Canada | CAN |  | 211.167 | Laurie McGrath | 28jul2007 | Drummondville | road | |
| United States | USA |  | 240.385 | Connie Gardner | 09sep2012 | Katowice | road | |
| | | | | C.A.C. | | | | |
| Area | | | 199.558 | Sylvia Andonie - MEX | 15feb1987 | Houston | road | |

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|-----------|-----|---|---------|----------------------------------|-----------|--------------------|-------|--|
| Mexico | MEX |  | 199.558 | Sylvia Andonie | 15feb1987 | Houston | road | |
| | | | | South America | | | | |
| Area | | | 213.181 | Maria Auxiliadora Venancio - BRA | 11dec2005 | Sao Caetano do Sul | road | |
| | | | 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 |  | 139.486 | Mirita Hernandez | 20mar2011 | San Pedro | road | |