

**World ultramarathon records (World Best Performances, compiled by Fredrik Elinder January 7, 2015)**

			<u>Results</u>	<u>Name</u>	<u>Born</u>	<u>Country</u>	<u>Venue</u>	<u>Dates</u>
<b>Women</b>								
50 km	Road		3.08.39	Frith van der Merwe	1964	RSA	Claremont; RSA	25.3.1989
6 hours	Track	<sup>1</sup>	83 200	Norimi Sakurai	1971	JPN	Verone; ITA	27.9.2003
100 km	Road		6.33.11	Tomoe Abe	1971	JPN	Lake Saroma; JPN	25.6.2000
12 hours	Track		147 600	Ann Trason	1960	USA	Hayward; USA	3-4.8.1991
100 miles	Road		13.47.41	Ann Trason	1960	USA	New York; USA	4.5.1991
24 hours	Track		255 303	Mami Kudo	1964	JPN	Taipei; TPE	10-11.12.2011
48 hours	Track		397 103	Sumie Inagaki	1966	JPN	Surgères; FRA	21-23.5.2010
6 days	Track		883 631	Sandra Barwick	1949	NZL	Campbelltown; NZL	18-24.11.1990
1000 km	Road	<sup>2</sup>	7d 16.08.37	Paula Mairer	1959	AUT	New York; USA	16-24.9.2002
1000 miles	Road		12d 14.38.40	Sandra Barwick	1949	NZL	New York; USA	16-28.10.1991
<b>Men</b>								
50 km	Road		2.43.38	Thompson Magawana	1959	RSA	Claremont; RSA	12.4.1988
6 hours	Track	<sup>1</sup>	97 200	Donald Ritchie	1944	GBR	London; GBR	28.10.1978
100 km	Track	<sup>3</sup>	6.10.20	Donald Ritchie	1944	GBR	London; GBR	28.10.1978
100 miles	Track		11.28.03	Oleg Kharitonov	1968	RUS	London; GBR	20.10.2002
12 hours	Track		163 785	Zach Bitter	1986	USA	Phoenix; USA	14.12.2013
24 hours	Track		303 506	Yiannis Kouros	1956	GRE	Adelaide; AUS	4-5.10.1997
48 hours	Track		473 495	Yiannis Kouros	1956	GRE	Surgères; FRA	3-5.5.1996
1000 km	Track	<sup>4</sup>	5d 16.17.00	Yiannis Kouros	1956	GRE	Colac; AUS	26.11-2.12.1984
6 days	Track		1 036 800	Yiannis Kouros	1956	GRE	Colac; AUS	20-26.11.2005
1000 miles	Road		10d 10.30.36	Yiannis Kouros	1956	GRE	New York; USA	20-30.5.1988

*Note 1: Split time in a 100-km race*

*Note 2: Split time in a 700-miles race*

*Note 3: Takahiro Sunada keeps the IAAF world (road) record in 6.13.33*

*Note 4: Split time in a 6-days race*