

Ultramarathon World records (World Best Performances, compiled by Fredrik Elinder January 11, 2019)

		<u>Results</u>	<u>Name</u>	<u>Born</u>	<u>Country</u>	<u>Venue</u>	<u>Dates</u>
Women							
50 km		3.08.39	Frith van der Merwe	1964	RSA	Claremont; RSA	25.3.1989
6 hours		85 492	Nele Alder-Baerens	1978	GER	Münster; GER	11.3.2017
100 km		6.33.11	Tomoe Abe	1971	JPN	Lake Saroma; JPN	25.6.2000
12 hours	¹	149 130	Camille Herron	1981	USA	Phoenix; USA	9-12.12.2017
100 miles		12.42.40	Camille Herron	1981	USA	Vienna; USA	11.11.2017
24 hours	²	259 990	Patrycja Bereznowska	1975	POL	Belfast; GBR	1-2.7.2017
48 hours		397 103	Sumie Inagaki	1966	JPN	Surgères; FRA	21-23.5.2010
6 days		883 631	Sandra Barwick	1949	NZL	Campbelltown; NZL	18-24.11.1990
1000 km	^{3,4}	7d 16.08.37	Paula Mairer	1959	AUT	New York; USA	16-24.9.2002
1000 miles		12d 14.38.40	Sandra Barwick	1949	NZL	New York; USA	16-28.10.1991
Men							
50 km		2.43.38	Thompson Magawana	1959	RSA	Claremont; RSA	12.4.1988
6 hours	⁵	97 200	Donald Ritchie	1944	GBR	London; GBR	28.10.1978
100 km		6.09.14	Nao Kazami	1983	JPN	Lake Saroma; JPN	24.6.2018
100 miles		11.28.03	Oleg Kharitonov	1968	RUS	London; GBR	20.10.2002
12 hours		163 785	Zach Bitter	1986	USA	Phoenix; USA	14.12.2013
24 hours		303 506	Yiannis Kouros	1956	GRE	Adelaïde; AUS	4-5.10.1997
48 hours		473 495	Yiannis Kouros	1956	GRE	Surgères; FRA	3-5.5.1996
1000 km	⁶	5d 16.17.00	Yiannis Kouros	1956	GRE	Colac; AUS	26.11-2.12.1984
6 days		1 036 800	Yiannis Kouros	1956	GRE	Colac; AUS	20-26.11.2005
1000 miles		10d 10.30.36	Yiannis Kouros	1956	GRE	New York; USA	20-30.5.1988

Note 1: Split time in a 24-hour race

Note 2: Pending record 262 192 m, Camille Herron 8-9.12.2018

Note 3: Split time in a 700-miles race.

Note 4: IAU notes 7d 01.28.29 for another runner but this results is inconsistent with data from DUV (8d 00.27.06) and from the 6 days results in the same race (762 427 m).

Note 5: Split time in a 100-km race

Note 6: Split time in a 6-days race