

### National Athletics Records \_ Top 100. Women \_ Heptathlon / 31/10/2021

1	UNITED STATES (USA)	JOYNER-KERSEE Jackie	7291	62	24/09/88	1	Seoul (KOR)
2	SWEDEN (SWE)	KLÜFT Carolina	7032	83	26/08/07	1	Osaka (JPN)
3	BELGIUM (BEL)	THIAM Nafissatou	7013	94	28/05/17	1	Götzis (AUT)
4	RUSSIA (RUS)	TURCHINSKAYA Larisa	7007	65	11/06/89	1	Bryansk (RUS)
5	GERMANY (GER)	BRAUN Sabine	6985	65	31/05/92	1	Götzis (AUT)
6	GREAT BRITAIN & N.I (GBR)	ENNIS Jessica	6981	86	03/10/19	1	Doha (QAT)
7	SYRIA (SYR)	SHOUAA Ghada	6942	73	26/05/96	1	Götzis (AUT)
8	FRANCE (FRA)	BARBER Eunice	6889	74	05/06/05	1	Arles (FRA)
9	UKRAINE (UKR)	BLONSKA Lyudmyla	6832	77	26/08/07	2	Osaka (JPN)
10	LATVIA (LAT)	IKAUNIECE-ADMIDINA Laura	6815	92	28/05/17	3	Götzis (AUT)
11	CANADA (CAN)	THEISEN-EATON Brianne	6808	88	31/05/15	1	Götzis (AUT)
12	CHINA (CHN)	MA Miaolan	6750	70	12/09/93	1	Beijing (CHN)
13	CUBA (CUB)	RODRÍGUEZ Yorgelis	6742	95	27/05/18	2	Götzis (AUT)
14	AUSTRALIA (AUS)	FLEMMING Jane	6695	65	28/01/90	1	Auckland (NZL)
15	NETHERLANDS (NED)	VETTER Anouk	6689	93	05/08/21	2	Tokyo (JPN)
16	BULGARIA (BUL)	PISHTIKOVA Svetla	6658	70	31/05/92	2	Götzis (AUT)
17	HUNGARY (HUN)	KRIZSÁN Xénia	6651	93	30/05/21	1	Götzis (AUT)
18	BELARUS (BLR)	BURAGA Svetlana	6635	65	17/08/93	3	Stuttgart (GER)
19	ROMANIA (ROU)	ALEXANDRU Liliana	6619	62	02/08/92	4	Barcelona (ESP)
20	POLAND (POL)	NOWAK Malgorzata	6616	59	31/08/85	1	Kobe (JPN)
21	LITHUANIA (LTU)	NAZAROVIEŅE Remigija	6604	67	11/06/89	2	Bryansk (RUS)
22	AUSTRIA (AUT)	PREINER Verena	6591	95	30/06/19	1	Ratingen (GER)
23	JAMAICA (JAM)	GUTHRIE-GRESHAM Diane	6527	71	03/06/95	1	Knoxville (USA)
24	CZECH REPUBLIC (CZE)	KLUCINOVA Eliška	6460	88	15/06/14	1	Kladno (CZE)
25	MOLDAVA (MDA)	RATSU Lyubov	6423	61	28/08/83	1	Kichinev (MDA)
26	GHANA (GHA)	SIMPSON Margaret	6423	81	29/05/05	4	Götzis (AUT)
27	TRINIDAD & TOBAGO (TTO)	GITTENS Tyra	6418	98	14/05/21	1	College Station (USA)
28	SIERRA LEONE (SLE)	BARBER Eunice	6416	74	15/09/96	2	Talence (FRA)
29	FINLAND (FIN)	RUOTSALAINEN Satu	6404	66	27/08/91	4	Tokyo (JPN)
30	ALGERIA (ALG)	AZZIZI-KETTAB Yasmina	6392	66	27/08/91	5	Tokyo (JPN)
31	SWITZERLAND (SUI)	RUCKSTUHL Géraldine	6391	98	16/09/18	2	Talence (FRA)
32	COLOMBIA (COL)	AGUILAR Evelis Jazmin	6346	93	14/03/21	1	Ibagué (COL)
33	UZBEKISTAN (UZB)	VORONINA Ekaterina	6346	92	29/05/21	1	Tashkent (UZB)
34	BARBADOS (BAR) *	JONES Akela	6307	95	14/04/16	1	Azusa (USA)
35	SPAIN (ESP)	VICENTE María	6304	01	25/04/21	1	Lana (ITA)
36	IRELAND (IRL)	O'CONNOR Kate	6297	00	25/04/21	2	Lana (ITA)
37	ESTONIA (EST)	ŠADEIKO Grit	6280	89	28/05/17	13	Götzis (AUT)

38	NEW ZEALAND (NZL)	HENRY Joanne	6278	71	01/03/92	1	Auckland (NZL)
39	BENIN (BEN)	AHOUANWANOU Odile	6274	91	20/06/21	2	Ratingen (GER)
40	KAZAKHSTAN (KAZ)	DAVYDOVA Yelena	6272	67	14/07/87	2	Zagreb (CRO)
41	BURKINA FASO (BUR)	KOALA Marthe	6250	94	30/05/21	10	Götzis (AUT)
42	GREECE (GRE)	STRATAKI Aryiró	6235	75	28/05/06	5	Götzis (AUT)
43	PORTUGAL (POR)	GOMES Naide	6230	79	17/07/05	1	Logroño (ESP)
44	NORWAY (NOR)	MARCUSSEN Ida	6226	87	26/08/07	11	Osaka (JPN)
45	INDIA (IND)	SHOBHA Javur J.	6211	78	17/03/04	1	New Delhi (IND)
46	BRAZIL (BRA)	SPÍNOLA Vanessa	6188	90	01/07/16	1	São Bernardo do Campo (BRA)
47	ITALY (ITA)	BACHER Gertrud	6185	71	09/05/99	1	Desenzano del Garda (ITA)
48	SOUTH AFRICA (RSA)	JOSEPHS Janice	6181	82	22/03/06	5	Melbourne (AUS)
49	NIGERIA (NGR)	OSAZUWA Uhunoma	6153	87	25/06/16	1	Durban (RSA)
50	PUERTO RICO (PUR)	FELIX Alysbeth	6124	93	26/06/16	2	Cali (COL)
51	SLOVAK REPUBLIC (SVK)	SLANÍČKOVÁ Lucie	6103	88	18/06/17	6	Kladno (CZE)
52	LIECHTENSTEIN (LIE)	MARXER Manuela	6093	65	29/05/94	12	Götzis (AUT)
53	TURKEY (TUR)	ATROSHCHENKO-KYNET Anzhela	6076	70	04/06/00	13	Götzis (AUT)
54	SAINT LUCIA (LCA)	ALCIDE Makeba	6050	90	07/06/13	2	Eugene (USA)
55	ISRAEL (ISR)	GNEZDILOV Svetlana	6031	69	13/08/03	1	Tel Aviv (ISR)
56	VENEZUELA (VEN)	TOLEDO Luisarys	5989	92	26/05/19	1	Lima (PER)
57	JAPAN (JPN)	YAMASAKI Yuki	5975	95	23/05/21	1	Kitakyushu (JPN)
58	ECUADOR (ECU)	VALLECILLA Nancy	5925	57	26/05/85	9	Götzis (AUT)
59	PARAGUAY (PAR)	PIRELLI Camila	5907	89	08/08/19	4	Lima (PER)
60	THAILAND (THA)	WINATHO Wassana	5889	80	11/12/07	1	Nakhon Ratchasima (THA)
61	ICELAND (ISL)	THORSTEINSDÓTTIR Helga Margrét	5878	91	24/06/09	3	Kladno (CZE)
62	DOMINICAN REP. (DOM)	CASTILLO Juana	5860	84	28/05/06	1	Ponce (PUR)
63	ARGENTINA (ARG)	CHIAPPE Fiorella	5815	96	05/03/17	1	Buenos Aires (ARG)
64	KIRZIGHISTAN (KGZ)	KNYAZEVA Natalya	5809	64	11/06/89	11	Bryansk (RUS)
65	CHINESE TAIPEI (TPE)	MA Chun-ping	5786	71	11/10/94	3	Hiroshima (JPN)
66	MEXICO (MEX)	SAUCEDA Jessamyn	5786	89	25/07/15	8	Toronto (CAN)
67	IVORY COAST (CIV)	KOUASSI Gabriella	5766	79	17/04/12	3	Bambous (MRI)
68	GUYANA (GUY)	FLETCHER Najuma	5750	74	02/06/94	3	Boise (USA)
69	SLOVENIA (SLO)	LOPATIC Vladka	5740	68	17/05/92	8	Brescia (ITA)
70	HAITI (HAI)	JULES Vanessa	5723	91	23/05/15	4	Chula Vista (USA)
71	DENMARK (DEN)	KLEIN Dorthe B.	5722	60	28/08/83	1	Århus (DEN)
72	TUNISIA (TUN)	CHROUDI Nada	5686	87	28/04/18	7	Firenze (ITA)
73	SEYCHELLES (SEY)	LAPORTE Céline	5684	84	03/07/05	1	Saint-Cyr-sur-Loire (FRA)
74	MACEDONIA (MKD)	MIHAJLOVA Marina	5676	62	24/09/87		Latakia (SYR)
75	SAO TOME & PRINCIPE (STP)	GOMES Enezenaide	5671	79	20/08/00	4	Logroño (ESP)
76	SERBIA (SRB)	MIKHAILOVA Marina	5618	62	01/07/90	1	Ljubljana (SLO)
77	CROATIA (CRO)	KOŠČAK Klara	5615	04	02/05/21	1	Varaždin (CRO)

78	LESOTHO (LES)	TSOaeli Selloane	5590	77	14/09/11	3	Maputo (MOZ)
79	EGYPT (EGY)	ATEF Houda Mohamed	5563	95	07/07/18	3	Réduit (MRI)
80	LIBERIA (LBR) *	NEAL Maya	5555	96	09/06/18	3	Eugene (USA)
81	ALBANIA (ALB)	QERAMIXHI Alma	<b>5553</b>	63	21/06/90		Tirana (ALB)
82	KOREA (SOUTH) (KOR)	JEONG Yeon-Jin	5535	92	27/07/20		Yecheon (KOR)
83	GEORGIA (GEO)	VERSHININA Olga	5483	64	16/05/83		Tbilisi (GEO)
84	TURKMENISTAN (TKM)	FROLOVA Natalia	5449	66	11/06/88	10	Tartu (EST)
85	IRAN (IRI)	TAVAKOLI Sepideh	5443	89	04/06/15	5	Wuhan (CHN)
86	ARMENIA (ARM)	HALVERSON Allison	<b>5424</b>	<b>92</b>	<b>25/04/21</b>	<b>14</b>	Lana (ITA)
87	KENYA (KEN)	KOLA Caroline	5407	66	23/08/94		Victoria (CAN)
88	BERMUDA (BER)	SMITH Shianne	5400	85	03/05/15		Aubagne (FRA)
89	CHILE (CHI)	CASTILLO Carolina	5399	90	15/03/14		Santiago de Chile (CHI)
90	INDONESIA (INA)	NOVA Emilia	5386	95	25/08/17		Kuala Lumpur (MAS)
91	BAHAMAS (BAH)	MAJOR Carmel	5368	65	06/06/87		Baton Rouge (USA)
92	CAMEROON (CMR)	NANA DJIMOU Antoinette	5360	85	26/07/03		Narbonne (FRA)
93	TADJIKISTAN (TJK)	GRISHINA Yelena	<b>5350</b>	62	17/09/82		Frunze (KGZ)
94	VIETNAM (VIE) =	NGUYEN Thi Thu Cuc	5350	81	30/11/05		Manila (PHI)
95	PHILIPPINES (PHI)	MUROS-POSADAS Elma	5346	67	14/12/98		Bangkok (THA)
96	ST KITTS & NEVIS (SKN)	BROOKS Kieshonna	5338	98	12/05/18	5	Knoxville (USA)
97	CYPRUS (CYP)	LAMBROU-TELONI Maria	<b>5319</b>	53	04/09/84		Nicosia (CYP)
98	BOSNIA-HERZEGOVINA (BIH)	PEKMEZOVIC Mirsada	5312	57	19/09/81		Sarajevo (BIH)
99	MOROCCO (MAR)	MESKAOUI Cherifa	5305		08/08/85		Casablanca (MAR)
100	MALAYSIA (MAS)	KAMARUDDIN Norliyana	5247	91	25/08/17		Kuala Lumpur (MAS)