

World Records and other performances by Yiannis Kouros

Παγκόσμια ρεκόρ και άλλες επιδόσεις του Γιάννη Κούρου

1. 100K Road Performances:

6:25:06 Torhout Belgium 22/6/85
6:43:34 Duluth Minnesota USA 27/10/90
6:54:41 Torhout Belgium 20-21/6/86
6:54:43 (s in 24h) N.Y. USA 7/11/84
6:56:46 Shepparton Vic. AUS 15/9/96
7 :14 :00 TorhoutBelg 23/6/2001
7:14:35 Traralgon Vic. AUS 5/4/98
7:15:TorhoutBelg 21/6/2002
7:24:51 (s in 24h) Basel SWI 2/5/98
7:44:06 Sacramento CA USA 12/2/94

2. 100K Track Performances:

(All splits during longer events)

6:56:25 (s in 48h) Montauban FRA 15/3/85
7:05:01 (s in 24h) San Giovanni Lupatoto IT 22/9/01 M55
7:09:54 (s in 24h) Olympic P. Vic. AUS 4-5/8/90
7:15:00 (s in 24h) Adelaide AUS 4/10/98
7:18:46 (s in 24h) Coburg Vic. AUS 8/4/95
7:21:01 (s in 24h) Coburg Vic. AUS 13/4/96±
7:23:54 (s in 24h) Canberra AUS 2/3/97
7:26:32 (s in 48h) Surgeres FRA7/5/95-
7:31:27 (s in 24h) Coburg Vic. AUS 8-9/5/99
7:37:36 (s in 48h) Surgeres FRA 3/5/96
8:09:34 (s in 24h) San Giovanni Lupatoto IT 25/9/99 M40
9:04:07 (s in 48h) Skovde SWE 26/8/12 M55

3. 12h Road Performances:

162.543/101m0y (s in 24h) N.Y. USA 7/11/1984 160.934/100m (s
in 24h) N.Y. USA 27/9/1985
154.083 km (s in 24h) Basel SWI 2/5/98
..../91.12m (s in 24h) Toledo USA 19/9/99
140.000 km (s in 48h) Gols (AUT) 2/5/08 M50
139.000 km (s in 24h) Ciserano (BG) (ITA) 19/4/08 M50

136.534 km (s in 24h) Steenbergen (NED) 12/5/13 M55

127.984 km Berlin (GER) 14/7/12 M55

4. 12h Track Performances:

162.400km/100m1602y (s in 48h) Montauban FRA 15/3/85

161.800km/100m946y (s in 24h) Adelaide AUS 4/10/97

159.600km (s in 24h) Olympic P. Vic. AUS 4-5/8/90

159.094km (s in 24h) San Giovanni Lupatoto (VR) (ITA) 22/9/01

158.623km/98m992y (s in 24h) Canberra AUS 2/3/97

158.000km** (158.3)(157.200-600km**) (s in 24h) Coburg Vic.
AUS13/4/96±

156.800km (s in 24h) Taipei (TPE) 2/3/02

156.400km (s in 24h) Coburg Vic. AUS 8-9/4/95

155.620km/96m1228y (s in 48h) Surgeres FRA 6-7/5/95

153.509km (s in 48h) Surgeres FRA 3-4/5/96

150.950km (s in 24h) Coburg Vic. AUS 8-9/5/99

144.872km (s in 24h) San Giovanni Lupatoto (VR) (ITA) 23/9/00

143.183km (s in 24h) San Giovanni Lupatoto (VR) (ITA) 25/9/99

5. 24h Track Performances:

303.506km/188m1038y (s in 24h) Adelaide AUS 4-5/10/97

295.030km/183m568y (s in 24h) Canberra AUS 2-3/3/97

294.504km/182m1753y Coburg Vic. AUS 13-4/4/96

293.704/182m878y) Coburg Vic. AUS /4/97

285.362km/177m555y (s in 48h) Surgeres FRA 6-7/5/95

285.304km/177m161y (s in 48h) Surgeres FRA 3-4/5/96

284.070 km Taipei (TPE) 3/3/02 M45

283.600km/176m388y (s at 22h57:30 during 48h) Montauban FRA
15-16/3/85

282.981km/175m471y Coburg Vic. AUS 8-9/4/95

280.469km/174m484y Olympic Park Vic. AUS 4-5/8/90

275.828 km San Giovanni Lupatoto (VR) (ITA) 23/9/01 M45

270.220 km (s in 48h) Surgeres (FRA) 29/5/04 M45

267.510 km (s in 48h) Surgeres (FRA) 3/5/03 M45

266.180km Coburg Vic. AUS 12-13/4/97 M40

265.683km Verona Italy 23-24/9/00

262.668km/163m377y (s in 6-day race) N.Y. USA 2-3/7/84

262.324 km Verona Italy 25-26/9/99 M40

261.478 km (s in 48h) Surgeres (FRA) 5/5/02 M45

258.817km/160m552y(257.817km?) Wyong NSW AUS 26-27/1/91

254.400 km (s in 6d) Colac, VIC (AUS) 21/11/05 M45
251.229km Coburg Vic. AUS 8-9/5/99
248. km*/154m176y (s in 6-day race) Colac Vic. AUS 11/84
242. km* (s in 6-day race) Colac Vic. AUS 19/11/00
240.000 km (s in 6d) Buckeye, AZ (USA) 30/12/05 M45
218.900 km Ottawa, ON (CAN) 30/9/12 M55
213.274 km (s in 48h) Skövde (SWE) 25/8/12 M55

6. 24h Road Performances:

290.221km /180m589y Basel SWI 2-3/5/98
286.463km/178m0y N.Y. USA 28-29/9/1985 284.853km/177m0y N.Y.
USA 7-8/11/1984
277.416km Sylvania, OH (USA) 15/9/02 M45
273.500km/ (s in Sydn-Melb) AUS 26-27/3/87
272.200km/ (s in Sydn-Melb) AUS 4/85
269.474km Sylvania, OH (USA) 19/9/99
269.468km/167m44y Toledo Ohio USA 18-19/9/99
265.350km (s in 48h) Ronne (DEN) 24/5/08 M50 (WR in 48h)
261.054km Ciserano (BG) (ITA) 20/4/08 M50
257.000km (s in 48h) Gols (AUT)3/5/08 M50
250.612 km Wörschach (AUT) 22/7/07 M50
245.499km/150m (s at 23:30 in 1000mile attempt) N.Y. USA 5-
6/5/87
237.921 km Katowice (POL) 9/9/12 M55
236.000km /146m1140y Montmany PQ CAN 27-28/7/87
231.745km/144m (s in 1000mile) N.Y. USA 20-21/5/88
231.609 km Steenbergen (NED) 12/5/13 M55
228.527km/142m0y Westport N.Y. USA 11/7/87
225.000km/139m1430y Montmany PQ CAN 19-20/7/86

7. 24h Indoor Performances:

272.800km/169m897y Milton Keynes 18-19/2/89
251:064km/156m7y Deerfield Chicago 14-15/2/86 (+5 other W.R)
246.542 km (s in 48h) Brno (CZE) 29/3/08 M50
218.900 km Ottawa, ON (CAN) 30/9/12 M55

8. 48h Track Performances:

473.797km/294m710y Surgeres FRA 3-5/5/96 overall WR & M40
470.781km/292m932y Surgeres FRA 6-8/5/95
452.270km/281m48y Montauban FRA 15-17/3/85

443.638km Surgeres (FRA) 30/5/04 M45
438.813km Surgeres (FRA) 4/5/03 M45
436.702km Surgeres (FRA) 5/5/02 M45
432.400 km (s in 6d) Colac, VIC (AUS) 22/11/05 m45
429.014km/266m1016y (s in 6d) N.Y. USA 2-4/7/84 422.829km
Surgeres FRA 2-4/5/97
422.400km/262m385y (s in 6d) Colac Vic. AUS 26-28/11/84
420. km*(s in 6d) Colac Vic. AUS 19-21/11/00
413.500km (s in 3d) Buckeye, AZ (USA) 31/12/05 M45
404.432km Surgeres FRA 1-3/6/00
371.500km Skövde (SWE) 26/8/12 M55
312.305km Buenos Aires (ARG) 2/11/14 M55

9. 48h Road Performances:

463.000km/287m1223y (s in Sydn-Melb) AUS 17-19/4 /85
460km (s in Sydn-Melb) AUS 26-28/3/87
433.095km Ronne (DEN) 25/5/08 M50
422.630km Gols (AUT) 4/5/08 M50
408.773km/254m0y (s in 1000mile) N.Y. USA 20-23/5/88

10. 48h Indoor Performances:

408.010km Brno (CZE) 30/3/08 M50

11. 3 Days (72h) Track Performances:

591.000km*/ 367m405y* (s in 6d) Colac Vic. AUS 26-29/11/84
575.351km/357m892y (s in 6d) N.Y. USA 2-5/7/84
520.500km Buckeye, AZ USA 29/12/05-1/1/06

12. 3days (72h) Road Performances:

642.000km/398m1619y Sydney-Melbourne AUS 26-29/3/87
571.317km/355m (s in 1000mile) N.Y. USA 20-23/5/88

13. 6 Days Track Performances:

1038.850km Colac Vic. AUS 20-26/11/2005 overall WR & M45-50
1023.200km/635m1385y Colac Vic. AUS 26/11-2/12/84
1022.868km/635m1023y N.Y. USA 2-8/7/84
801.600km Colac Vic. AUS 19-25/11/00 M40-45
758.800km Hallsberg. SWE 20-26/7/08 M50

14. 6 Days Road Performances:

1060km/658m1150y (stopped at 5:14:47 Sydn-Melb) 26/3-1/4/87
1028.938km (s in 1000mile) New York, N.Y. USA 20-26/5/88
1016km/631m551y (stopped at 5:19:14 Sydn-Melb) 17-23/3/88
1011km/628m363y (stopped at 5:02:27 Sydn-Melb) 18-24/5/89
1008km/626m602y (stopped at 5:23:55:00 Sydn-Melb) 17-23/5/90
960km/596m908y (stopped at 5:05:07:00 Sydn-Melb) 12-17/4/85
885.391km Phoenix, A.Z. USA 3/1/14 M55

15. 1.000 miles Road Performance

10d:10h:30':36'' Queens N.Y. USA / 20-30/5/88

**1070km/664m1526y (stopped at 5:07:00:00 Sydn-Melb) 4/91 (own race
against competitors of Sydn-Melb)