

WMA OUTDOOR PENTATHLON RECORDS - MEN (updated 02 January 2023)

(Scored with the WMA 2023 Age Factors)

Age			Points	long jump	javelin	200m	discus	1500m	DATE	Location
35	Franz Mayr	GER	3647	6.57 771	51.28 641	23.58 777	39.58 656	4:25.39 802	25/08/1991	Aichach, GER
40	Matthias Sunneborn	SWE	3921	7.14 (0.9) 1017	46.79 625	22.06 (2.3) 994	37.52 628	4:57.73 657	15/06/2011	Sättra, SWE
46	Thomas Stewens	GER	3762	6.13 (0.0) 840	45.84 671	24.84 (0.8) 803	35.85 642	4:43.26 806	29/09/2012	Nieder-Olm, GER
50	Matthias Sunneborn	SWE	3929	6.37 (0.9) 1017	45.70 680	23.45 (+2.8) 1002	35.48 579	5:20.97 651	16/07/2021	Visby, SWE
56	Wim Threels	NED	3756	5.41 (0.3) 828	43.77 719	25.54 (0.1) 888	29.40 503	5:03.84 818	28/07/2008	Ljubljana, SLO
60	Dieter Bartzsch	GER	4144	5.42 (1.5) 940	48.25 828	25.38 (1.3) 975	44.61 727	5:43.85 674	18/06/2000	Lage, GER
68	Wim Threels	NED	3853	5.04(-0.2) 922	38.47 714	27.49 (0.9) 874	33.37 570	5:40.12 773	27/09/2020	Stendal, GER
73	Sherwood Sagedahl	USA	3485	3.85 (-0.3) 602	35.83 674	30.37 (2.1) 731	33.43 650	5:45.96 828	02/08/2012	Lisle, USA
75	Sherwood Sagedahl	USA	3620	3.72 (-1.7) 650	32.57 704	31.12 (-0.7) 753	30.45 669	6:01.04 844	17/07/2014	Winston-Salem, USA
80	Sherwood Sagedahl	USA	3180	3.19(0.9) 561	23.81 498	33.86(-1.1) 668	24.10 592	6:20.17 861	11/07/2019	Ames, USA
85	Ted Rowan	CAN	2872	3.15 (0.0) 700	22.94 592	36.30 (2.2) 674	21.03 607	9:38.84 299	03/08/2018	Surrey, CAN
91	Ralph Maxwell	USA	2369	2.60 (1.3) 641	17.02 529	43.56 (-1.2) 514	14.60 487	11:46.48 198	11/06/2011	Raleigh, USA