

WMA INDOOR PENTATHLON RECORDS - MEN



				Points	hurdles	long jump	shot put	high jump	1000m		
M 35	Óscar González Garrido	37	ESP	4057	8.33	7.03	13.43	1.93	2:48.50	25/03/2014	Budapest, HUN
					900	886	731	758	782		
M 40	Mattias Sunneborn	42	SWE	4361	8.38	7.27	12.84	1.84	2:47.78	22/03/2013	San Sebastian, ESP
					949	1053	745	758	856		
M 45	Óscar González Garrido	46	ESP	4260	8.74	6.41	11.72	1.86	2:58.16	05/03/2023	Antequera, ESP
					932	920	722	868	818		
M 50	Jose Antonio Urena Vano	51	ESP	4341	8.84	5.95	13.32	1.66	2:54.12	23/03/2018	Madrid, ESP
					962	888	813	749	929		
M 55	Mattias Sunneborn	55	SWE	4503	8.77	5.93	12.47	1.63	3:11.24	31/01/2026	Sollentuna, SWE
					1056	992	819	803	894		
M 60	Rolf Geese	60	GER	4216	9.15	5.14	12.68	1.48	3:19.26	11/03/2004	Sindelfingen, GER
					984	845	822	731	834		
M 65	Klemens Grißmer	65	GER	4360	9.64	5.48	11.64	1.56	4:02.57	24/03/2017	Daegu, KOR
					967	1086	820	925	562		
M 70	Valdis Cela	70	LAT	4241	10.35	4.75	10.69	1.51	3:48.51	23/03/2018	Madrid, ESP
					867	932	724	973	745		
M 75	Rolf Geese	75	GER	4009	10.54	3.96	10.37	1.32	4:00.49	27/03/2019	Toruń, POL
					935	741	784	813	736		
M 80	Willi Klaus	80	GER	3854	12.53	3.82	10.00	1.29	4:20.14	27/03/2019	Toruń, POL
					726	823	721	878	706		
M 85	Willi Klaus	85	GER	3664	14.06	3.29	8.87	1.21	5:00.47	21/3/2024	Toruń, POL
					696	767	722	868	611		
M 90	Ralph Maxwell	92	USA	2915	15.97	2.54	7.24	1.00	7:03.83	16/03/2012	Bloomington, USA
					722	608	668	661	257		

(Scored with WMA 2023 Age Factors)

01 March 2026