

ASIAN Continental Records (as at 31st December 2024)

MEN (Olympic events)

100 m	9.83	Su Bingtian	CHN	Tokyo	01.08.2021
200 m	19.88	Xie Zhenye	CHN	London	21.07.2019
400 m	43.93	Youssef Ahmed Al-Masrahi	KSA	Beijing	23.08.2015
800 m	1:42.79	Youssef Saad Kamel	BRN	Monaco	29.07.2008
1500 m	3:29.14	Rashid Ramzi	BRN	Roma	14.07.2006
5000 m	x3) 12:51.96	Albert Rop	BRN	Monaco	19.07.2013
10000 m	26:38.76	Abdullah Ahmad Hassan	QAT	Bruxelles	05.09.2003
Marathon	2:04:43	El Hassan El Abbassi	BRN	Valencia	02.12.2018
3000 m Steeple	7:53.63	Saif Saeed Shaheen	QAT	Bruxelles	03.09.2004
110 m Hurdles	12.88	Liu Xiang	CHN	Lausanne	11.07.2006
400 m Hurdles	46.98	Abderrahmane Samba	QAT	Paris	30.06.2018
High Jump	2.43	Mutaz Essa Barshim	QAT	Bruxelles	05.09.2014
Pole Vault	6.00	Ernest John Obiena	PHI	Bergen	10.06.2023
Long Jump	8.48	Mohamed S.Al-Khuwailidi	KSA	Sotteville	02.07.2006
Triple Jump	17.59	Li Yanxi	CHN	Jinan	26.10.2009
Shot Put	21.80	Mohamed Daouda Tolo	KSA	Madrid	21.06.2024
Discus Throw	69.32	Ehsan Haddadi	IRI	Tallinn	03.06.2008
Hammer Throw	84.86	Koji Murofushi	JPN	Praha	29.06.2003
Javelin Throw	92.97	Arshad Nadeem	PAK	Paris / St Denis	08.08.2024
Decathlon	8725	Dmitriy Karpov	KAZ	Athinai	23/24.08.2004
		(10.50w; 7.81; 15.93; 2.09; 46.81 / 13.97; 51.65; 4.60; 55.54; 4:38.11)			
20 km Walk/Road	1:16:36	Yusuke Suzuki	JPN	Doha	05.10.2019
35 km Walk/Road	2:21:47	Masatora Kawano	JPN	Takahata	27.10.2024
50 km Walk/Road	3:36:06	Yu Chaohong	CHN	Nanjing	22.10.2005
4x100 m Relay	37.43	National Team	JPN	Doha	05.10.2019
		(S.Tada, K.Shiraishi, Y.Kiryu, A.H.Sani Brown)			
4x400 m Relay	2:58.33	National Team	JPN	Paris / St Denis	08.08.2024
		(Y.J.Nakajima, K.Kawabata, F.Sato, K.Sato)			

Asian Records or Best Performances in other events

300 m	32.20	Kenki Imaizumi	JPN	Saga	11.10.2024
600 m	1:15.77	Mohamed Nasir Abbas	QAT	Pretoria	01.02.2019
1000 m	2:14.72	Youssef Saad Kamel	BRN	Stockholm	22.07.2008
1 Mile	3:47.97	Dahame Najim Bashir	QAT	Oslo	29.07.2005
2000 m	4:55.57	Mohamed Sulaiman	QAT	Roma	08.06.1995
3000 m	7:30.76	Jamal Bilal Salem	QAT	Doha	13.05.2005
2 Miles	8:13.16	Rashid Ramzi	BRN	Eugene	08.06.2008
5 km / Road	13:05	Birhanu Balew	BRN	Al Khobar	09.12.2023
10 km / Road	26:57	Birhanu Balew	BRN	Valencia	14.01.2024
15 km / Road	x2) 41:53+	Abraham Cheroben	BRN	Kobenhavn	17.09.2017
15000 m/Track	43:38.2	Toshihiko Seko	JPN	Shizuoka	24.09.1983
20 km / Road	x2) 55:51+	Abraham Cheroben	BRN	Kobenhavn	17.09.2017
20000 m/Track	57:48.7	Toshihiko Seko	JPN	Odawara	11.05.1985
1 Hour	20.410 m	Seiji Kushibe	JPN	Tokyo	20.10.1996
Half-Marathon	58:40	Abraham Cheroben	BRN	Kobenhavn	17.09.2017
25 km / Road	x2) 1:13:14+	Takyuki Matsumiya	JPN	Kumamoto	27.02.2005
25000 m/Track	1:13:55.8	Toshihiko Seko	JPN	Christchurch	22.03.1981
30 km / Road	1:28:00	Takayuki Matsumiya	JPN	Kumamoto	27.02.2005
30000 m/Track	1:29:18.8	Toshihiko Seko	JPN	Christchurch	22.03.1981
50 km	2:51:27	Nao Kazami	JPN	Brasov	01.09.2019
100 km	6:06:08	Junpei Yamaguchi	JPN	Yubetsu	25.06.2023
2000 m Steeple	5:14.53	Saif Saeed Shaheen	QAT	Doha	13.05.2005
200 m Hurdles	22.55	Yoshihiro Watanabe	JPN	Itami	01.10.2017
300 m Hurdles	35.47	Yu Hashimoto	JPN	Saga	14.10.2024
5000 m Walk/Track	18:16.97	Ryo Hamanishi	JPN	Kumagaya	18.05.2024

10 km Walk/Road	37:44	Wang Zhen	CHN	Beijing	18.09.2010
10000 m Walk/Track	37:25.21	Eiki Takahashi	JPN	Inzai	14.11.2020
20000mWalk/Tr x1)	1:18:03.3	Bu Lingtang	CHN	Beijing	07.04.1994
50000m Walk/Track	3:48:13.7	Zhao Yongsheng	CHN	Fana	07.05.1994
4x200 m Relay	1:20.83	Shandong Team	CHN	Xian	23.09.2021
	1:20.83	(Wang Shengjie, Xie Yuqiang, Zhang Yaorong, Qiao Zhen)			
	1:20.83	Guangdong Team	CHN	Xian	23.09.2021
		(Su Bingtian, Zhang Ruixian, Mo Youxue, Yan Haibin)			
4x800 m Relay	7:06.66	National Team	QAT	Bruxelles	25.08.2006
		(S.M.Saeed, S.A. Al-Badri, A.Sulaiman, A.A.Kamel)			
4x1500 m Relay	15:10.77	National Team	QAT	Nassau	25.05.2014
		(Moh.Al-Garni, Moh.H.Salah, A.M.Balla, A.A.Kamal)			

WOMEN (Olympic events)

100 m	10.79	Li Xuemei	CHN	Shanghai	18.10.1997
200 m	22.01	Li Xuemei	CHN	Shanghai	22.10.1997
400 m	48.14	Salwa Eid Nasser	BRN	Doha	03.10.2019
800 m	1:55.54	Liu Dong	CHN	Beijing	09.09.1993
1500 m	3:50.46	Qu Yunxia	CHN	Beijing	11.09.1993
5000 m	14:28.09	Jiang Bo	CHN	Shanghai	23.10.1997
10000 m	29:31.78	Wang Junxia	CHN	Beijing	08.09.1993
Marathon	2:18:59	Honami Maeda	JPN	Osaka	28.01.2024
3000 m Steeple	8:44.39	Winfred Mutile Yavi	BRN	Roma	30.08.2024
100 m Hurdles	12.44	Olga Shishigina	KAZ	Luzern	27.06.1995
400 m Hurdles	53.09	Kemi Adekoya	BRN	Budapest	24.08.2023
High Jump	2.00	Nadezhda Dubovitskaya	KAZ	Almaty	08.06.2021
Pole Vault	4.72	Li Ling	CHN	Shanghai	18.05.2019
Long Jump	7.01	Yao Weili	CHN	Jinan	05.06.1993
Triple Jump	15.25	Olga Rypakova	KAZ	Split	04.09.2010
Shot Put	21.76	Li Meisu	CHN	Shijiazhuang	23.04.1988
Discus Throw	71.68	Xiao Yanling	CHN	Beijing	14.03.1992
Hammer Throw	77.68	Wang Zheng	CHN	Chengdu	29.03.2014
Javelin Throw/old	70.42	Zhang Li (I)	CHN	Tianjin	06.08.1990
Javelin Thr./new	67.98	Lu Huihui	CHN	Shenyang	02.08.2019
Heptathlon	6942	Ghada Shouaa	SYR	Götzis	25/26.05.1996
		(13.78; 1.87; 15.64; 23.78 / 6.77; 54.74; 2:13.61)			
20 km Walk/Road	1:23:49	Yang Jiayu	CHN	Huangshan	20.03.2021
35 km Walk/Road	2:38:42	Liu Hong	CHN	Wajima	16.04.2023
50 km Walk/Road	3:59:15	Liu Hong	CHN	Huangshan	09.03.2019
4x100 m Relay	42.23	Sichuan Team	CHN	Shanghai	23.10.1997
		(Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei)			
4x400 m Relay	3:24.28	Hebei Team	CHN	Beijing	13.09.1993
		(An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin)			

Asian Records or Best Performances in other events

300 m	36.79	Arie Flores	JPN	Saga	12.10.2024
600 m	1:24.84	Tharushi D.Karunaratne	SRI	Bilbao	18.06.2024
1000 m	2:35.30	Nelly Jepkosgei	BRN	Berlin	02.09.2018
1 Mile	4:17.75	Maryam Yusuf Jamal	BRN	Bruxelles	14.09.2007
2000 m	5:29.43+	Wang Junxia	CHN	Beijing	12.09.1993
	5:31.88	Maryam Yusuf Jamal	BRN	Eugene	07.06.2009
3000 m	8:06.11	Wang Junxia	CHN	Beijing	13.09.1993
2 Miles	9:13.85	Mimi Belete	BRN	Eugene	31.05.2014
10 km / Road	29:38	Kalkidan Gezahegne	BRN	Geneve	02.10.2021
15 km / Road	45:40+	Violah Jepchumba	BRN	Praha	01.04.2017
20 km / Road	1:01:50+	Violah Jepchumba	BRN	Praha	01.04.2017
20000m/Track	1:06:48.8	Izumi Maki	JPN	Amagasaki	19.09.1993
1 Hour	17:95.2	Junko Kataoka	JPN	Tokyo	01.10.1994
Half-Marathon	1:05:22	Violah Jepchumba	BRN	Praha	01.04.2017

25 km / Road	1:21:04	Desi Jisa Mokoinin	BRN	Kolkata	18.12.2022
25000 m/Track	1:33:53.4	Tamaki Okuno	JPN	Tokyo	10.10.1996
30 km / Road x2)	1:38:49+	Mizuki Noguchi	JPN	Berlin	25.09.2005
30000 m/Track	1:53:03.6	Tamaki Okuno	JPN	Tokyo	10.10.1996
50 km	3:18:34	Kaori Yoshida	JPN	Yubetsu	24.06.2018
100 km	6:33:11	Tomoe Abe	JPN	Yubetsu	25.06.2000
1500 m Steeple	4:38.6+	Winfred Mutile Yavi	BRN	Tokyo	04.08.2021
2000 m Steeple	5:54.16+	Ruth Jebet	BRN	St Denis	27.08.2016
Decathlon	7798	Irina Naumenko	KAZ	Talence	26.09.2004
	(12.58; 34.63; 3.30; 37.57; 55.91 / 14.42; 5.98; 12.51; 1.77; 4:59.03)				
5 km Walk/Road	21:05	Yang Xizhen	CHN	Taicang	08.04.2023
x2)	(20:41+	Liu Hongyu	CHN	Eisenhüttenstadt	08.05.1999)
5000 m Walk/Track	20:34.76	Liu Hong	CHN	Tianjin	16.09.2012
10 km Walk / Road	41:16	Wang Yan	CHN	Eisenhüttenstadt	08.05.1999
10000m Walk/Tr x1)	41:37.9	Gao Hongmiao	CHN	Beijing	07.04.1994
20000 m Walk/Track	1:29:32.4	Song Hongjuan	CHN	Changsha	24.10.2003
4x200 m Relay	1:32.76	National Team	CHN	Yokohama	12.05.2019
		(Liang Xiaojing, Wei Yongli, Kong Lingwei, Ge Manqi)			
4x800 m Relay	8:16.2	Liaoning Team	CHN	Shanghai	03.10.1991
		(Liu Dong, Chen Yumei, Qu Yunxia, Liu Li)			
4x1500 m Relay	18:31.18	Hitachi Team	JPN	Hitachinaka	26.05.1996
		(Ogawa, Ishizuka, Kumagai, Nakasaka)			

Notes:

- x1) the records for Men/20000 m Track Walk & Women/10000 m Track Walk were subsequently added after investigation by Yoshimasa Noguchi (these times from CHN Track Walk Champs 1994 were always wrongly included to all International publications as Road events)
- x2) + = official intermediate times (where faster than best times during races at these distances)
- x3) 12:51.96 was added as a new record, since Albert Rop was subsequently declared as eligible to compete for Bahrain with effect of 2nd Apr 2013 (for performances - acc. to the policy of the IAAF & the ASIAN AA -)

MIXED TEAM EVENT

4x400 m Relay	3:11.82	National Team	BRN	Doha	29.09.2019
		(Musa Isah, Aminat J.Odeyemi, Salwa Eid Nasser, Abbas Abubakar)			

JUNIOR MEN

100 m	x4)	10.03	Lalu Muhammad Zohri	INA/00	Osaka	19.05.2019
200 m		20.19	Phuripol Boonson	THA/06	Almaty	26.06.2022
400 m		44.27	Abdelilah Haroun	QAT/97	La Chaux-de-F.	05.07.2015
800 m		1:44.02	Bilal Mansour Ali	BRN/88	Rieti	09.09.2007
1500 m		3:31.49	Bilal Mansour Ali	BRN/88	Athinai	02.07.2007
1 Mile		3:50.90	Hamza Driouch	QAT/94	Oslo	07.06.2012
3000 m		7:47.65	Aadam Ismail Khamis	BRN/89	Alger	22.06.2006
5000 m		13:17.10	Essa Ismail Rasheed	QAT/86	Hengelo	29.05.2005
10000 m		27:21.52	Kazuma Maeda	JPN/05	Fukuroi	03.05.2024
2000 m Steeple		5:30.9+	Ryuji Miura	JPN/02	Tokyo	30.07.2021
3000 m Steeple		8:07.18	Moussa Omar Obaid	QAT/85	Athinai	24.08.2004
110 m H (99 m)		13.19	Shunsuke Izumiya	JPN/00	Nagoya	19.10.2018
110 m H (1.067 m)		13.12	Liu Xiang	CHN/83	Lausanne	02.07.2002
400 m H (0.914 m)		48.59	Havato Shimoda	JPN/05	Kawasaki	21.09.2024
High Jump		2.33	Zhu Jianhua	CHN/63	New Delhi	01.12.1982
Pole Vault		5.65	Masaki Ejima	JPN/99	Bhubaneswar	06.07.2017
Long Jump		8.31	Shi Yuhao	CHN/98	Beijing	25.06.2017
Triple Jump		17.23	Gu Junjie	CHN/85	Hefei	26.09.2004
Shot Put (6 kg)		20.63	Li Meng	CHN/93	Nanchang	21.10.2011
Shot Put (7.26 kg)		19.48	Xie Shengying	CHN/71	Shijiazhuang	25.04.1990
Discus (1.75 kg)		66.47	Mouad Mohamed Ibrahim	QAT/99	Cape Town	03.02.2018
Discus (2.0 kg)		62.36	Tulake Nuermaimaiti	CHN/82	Guangzhou	21.11.2001
Hammer (6 kg)		85.57	Moh.Ashraf Amjad Al-Saifi	KUW/95	Barcelona	14.07.2012

Hammer (7.260 kg)	76.37	Moh.Ashraf Amjad Al-Saifi	QAT/95	Doha	10.04.2013
Javelin (800 g)	86.48	Neeraj Chopra	IND/97	Bydgoszcz	23.07.2016
Decathlon	8041	Qi Haifeng	CHN/83	Busan	09/10.10.2002
(Men hurdles / impl.)		(11.09; 7.22; 13.05; 2.06; 49.09 / 14.54; 43.16; 4.80; 61.04; 4:35.17)			
10 km Walk/Road	37:44	Wang Zhen	CHN/91	Beijing	18.09.2010
10000m W/Track	39:08.23	Daisuke Matsunaga	JPN/95	Tokyo	14.12.2013
20 km Walk/Road	1:18:07	Li Gaobo	CHN/89	Cixi	23.04.2005
20000mWalk/Track	1:20:11.72	Li Gaobo	CHN/89	Wuhan	02.11.2007
35 km Walk/Road	2:31:26	Sotaro Osaka	JPN/06	Takahata	27.10.2024
50 km Walk/Road	3:41:10	Zhao Jianguo	CHN/88	Wajima	16.04.2006
4x100 m Relay	39.01	National Junior Team	JPN	Barcelona	13.07.2012
		(Oseto, Hashimoto, Cambridge, Kanamori)			
	39.01	National Junior Team	JPN	Bydgoszcz	23.07.2016
		(Takeda, Yamashita, Inuzuka, Oshima)			
4x400 m Relay	3:04.11	National Junior Team	JPN	Eugene	27.07.2014
		(Walsh, Yui, Kitagawa, Kato)			

Junior Women

100 m	11.17	Xiao Lin	CHN/78	Shanghai	18.10.1997
200 m	22.74	Edidiong Ofonime Odiong	BRN/97	Rio de Janeiro	15.08.2016
400 m	49.88	Salwa Eid Nasser	BRN/98	Bruxelles	01.09.2017
800 m	1:57.18	Wang Yuan	CHN/76	Beijing	08.09.1993
1500 m	3:51.34	Lang Yinglai	CHN/79	Shanghai	18.10.1997
3000 m	8:36.45	Ma Ningning	CHN/76	Jinan	06.06.1993
5000 m	14:39.96	Yin Lili	CHN/79	Shanghai	23.10.1997
10000 m	30:31.55	Xing Huina	CHN/84	St Denis	23.08.2003
2000 m Steeple	6:14.34	Tigist Mekonen	BRN/97	Berlin	06.09.2015
3000 m Steeple	9:10.74	Winfred Mutile Yavi	BRN//99	Monaco	20.07.2018
100 m H (0.84 m)	12.92	Sun Hongwei	CHN/79	Shanghai	18.10.1997
400 m H (0.762 m)	54.40	Wang Xing	CHN/86	Nanjing	21.10.2005
High Jump	1.95	Tatyana Efimenko	KGZ/81	Bishkek	06.10.1999
Pole Vault	4.45	Zhang Yingning	CHN/90	Changsha	29.10.2006
	4.45	Li Ling	CHN/89	Hangzhou	12.04.2008
Long Jump	6.80	Peng Fengmei	CHN/79	Chengdu	18.04.1998
Triple Jump	14.57	Huang Qiuyan	CHN/80	Shanghai	19.10.1997
Shot Put (4.0 kg)	20.02	Cheng Xiaoyan	CHN/75	Beijing	05.06.1994
Discus (1.0 kg)	66.08	Cao Qi	CHN/74	Beijing	12.09.1993
Hammer (4.0 kg)	73.24	Zhang Wenxiu	CHN/86	Changsha	24.06.2005
Javelin / new impl.	64.41	Yan Ziyi	CHN/08	Quzhou	14.09.2024
Heptathlon	6185	Shen Shengfei	CHN/81	Shanghai	17/18.10.1997
		(14.23; 1.83; 14.37; 24.13 / 5.93; 44.50; 2:17.81)			
5 km Walk/Road	21:05	Yang Xizhen	CHN/06	Taicang	08.04.2023
5000 m Walk/Track	20:37.7	Jin Bingjie	CHN/71	Hefei	03.03.1990
10 km Walk/Road	41:57	Gao Hongmiao	CHN/74	Beijing	08.09.1993
10000m Walk/Track	42:49.7	Gao Hongmiao	CHN/74	Jinan	15.03.1992
20 km Walk/Road	1:27:01	Lu Xiuzhi	CHN/93	Taicang	30.03.2012
20000mWalk/Track	1:29:32.4	Song Hongjuan	CHN/84	Changsha	24.10.2003
4x100 m Relay	44.44	Guangdong School Team	CHN	Taiyuan	16.08.2019
		(Chen Yiting, Jiang Yifan, Wang Yu, Ma Chengna)			
4x400 m Relay	3:32.59	National Junior Team	CHN	Beijing	20.08.2006
		(Chen Yumei, Wang Hui, Wen Xiuyun, Li Xueji)			

MIXED TEAM EVENT

4x400 m Relay	3:17.76	National Junior Team	IND	Cali	02.08.2022
		Sridhar,B, P.H.Mohan, Kapil, Chaudhary,R.)			

Notes:

x4) 10.01 by Yoshihide Kiryu at Hiroshima, 29th Apr 2013, is recognized as a National Junior Record; however, this result could not be recognized as a new IAAF World and ASIAN Continental Junior Record, because the wind instrument used during this meet was not up to current IAAF international standards

Youth / U 18 Boys

100 m	10.06	Phuripol Boonson	THA/06	Hangzhou	30.06.2023
200 m	20.19	Phuripol Boonson	THA/06	Almaty	26.06.2022
300 m	33.26	Yohei Ozawa	JPN/07	Saga	11.10.2024
400 m	45.58	Suleiman Abdulrahman	UAE/07	Dubai	03.05.2024
800 m	1:44.34	Bilal Mansour Ali	BRN/88	Conegliano	17.06.2005
1000 m	2:17.44	Hamza Driouch	QAT/94	Sollentuna	09.08.2011
1500 m	3:33.86	Bilal Mansour Ali	BRN/88	Milano	01.06.2005
3000 m	7:47.65	Adam Ismail Khamis	BRN/89	Alger	22.06.2006
5000 m	13:34.74	Keita Sato	JPN/04	Kanagawa	03.10.2021
10000 m	28:02.08	Adam Ismail Khamis	BRN/89	Doha	09.12.2006
2000 m Steeple	5:32.13	Kamal Ali Thamer	QAT/88	Doha	13.05.2005
3000 m Steeple	8:32.72	Chen Ming	CHN/85	Tiantai	26.10.2002
110 m H(91.4 cm)	13.12	Chen Yuanjiang	CHN/06	Shanghai	03.09.2022
400 m H	50.03	Hiroshi Kakimori	JPN/68	Ise	31.08.1985
High Jump	2.27	Huang Haiqiang	CHN/88	Marrakech	16.07.2005
Pole Vault	5.46	Masaki Ejima	JPN/99	Kitakami	07.10.2016
Long Jump	8.17	Zhang Xiaoyi	CHN/89	Chongqing	23.04.2006
Triple Jump	16.89	Gu Junjie	CHN/85	Guangzhou	24.08.2000
Shot Put (5 kg)	22.10	Wang Like	CHN/89	Huizhou	22.07.2006
Discus (1.5 kg)	68.28	Li Zedong	CHN/89	Yantai	11.10.2006
Hammer (5 kg)	85.26	Moh.Ashraf Amjad Al-Saifi	QAT/95	Rhede	20.07.2011
Javelin (700 g)	82.34	Wang Qingbo	CHN/88	Ningbo	17.05.2005
Octathlon	6232	Moh.Ahmed Al-Mannai	QAT/92	Bressanone	09.07.2009
(11.31; 7.01; 14.20; 50.29 / 14.52; 1.98; 49.44; 2:46.01)					
Decathlon	7479	Cao Wen	CHN/81	Shanghai	21/22.10.1997
Youth hurdl./impl.	(10.87; 6.88; 12.15; 1.91; 48.94 / 15.11; 38.16; 4.40; 55.80; 4:31.88)				
3000 m W/Track	11:14.80	Wang Kun	CHN/89	Yantai	11.10.2006
5000m W/Track	19:30.15	Zhang Rui	CHN/89	Yantai	11.10.2006
10000 m W/Track	39:47.20	Chen Ding	CHN/92	Bydgoszcz	11.07.2008
10 km W/Road	38:57	Li Tianlei	CHN/95	Beijing	18.09.2010
20 km W/Road	1:18:07	Li Gaobo	CHN/89	Cixi	23.04.2005
30 km W/Road	2:08:46	Wang Zhen	CHN/91	Zhengzhou	16.03.2008
50 km W/Road	3:45:46	Yu Guoping	CHN/86	Guangzhou	23.11.2001
4x100 m Relay	39.92	National Youth Team	THA	Kota Kinabalu	28.11.2024
(Pruksorranan, Nuansi, Sukkasem, Daenkhanob)					
Medley Relay	1:50.52	National Youth Team	JPN	Donetsk	14.07.2013
		(Oda, Nagata, Yamaki, Yui)			
Youth / U 18 Girls					
100 m	11.29	Chen Yujie	CHN/08	Rizhao	29.06.2024
200 m	23.03	Salwa Eid Nasser	BRN/98	Plovdiv	28.06.2015
400 m	50.01	Li Jing	CHN/80	Shanghai	18.10.1997
800 m	1:57.18	Wang Yuan	CHN/76	Beijing	08.09.1993
1000 m	2:45.98	Mai Nishiwaki	CHN/93	Singapore	22.05.2010
1500 m	3:54.52	Zhang Ling	CHN/81	Shanghai	18.10.1997
3000 m	8:36.45	Ma Ningning	CHN/76	Jinan	06.06.1993
5000 m	14:45.71	Song Liqing	CHN/80	Shanghai	21.10.1997
10000 m	31:11.26	Song Liqing	CHN/80	Shanghai	19.10.1997
2000 m St x5)	6:33.06	Maristela Parami Wasanthi	SRI/01	BuenosAires	12.10.2018
3000 m St x5)	9:57.34	Wang Juan	CHN/89	Shijiazhuang	06.08.2006
100 mH (76.2 cm)	13.20	Wu Binbin	CHN/06	Tashkent	28.04.2023
100 m H (84 cm)	13.19	Hsu Le	TPE/03	Taipei	04.12.2020
400 m H	55.30	Li Rui	CHN/79	Nanjing	26.10.1995
High Jump	1.92	Zheng Xingjuan	CHN/89	Zhongshan	24.04.2005
Pole Vault	4.45	Zhang Yingning	CHN/90	Changsha	29.10.2006
Long Jump	6.74	Lu Minjia	CHN/94	Jinan	23.10.2009
Triple Jump	14.57	Huang Qiuyan	CHN/80	Shanghai	19.10.1997

Shot Put (3 kg)	19.31	Li Xinhui	CHN/01	Zhuzhou	16.04.2018
Discus (1 kg)	60.50	Liang Yan	CHN/95	Kunshan	25.09.2012
Hammer (3 kg) x6)	68.84	Zhao Jie	CHN/02	Huludao	24.05.2019
Javelin (500g) x7)	63.69	Wang Ying	CHN/01	Jinzhou	15.05.2018
Heptathlon	6185	Shen Shengfei	CHN/81	Shanghai	17/18.10.1997
		(14.23; 1.83; 14.37; 24.13 / 5.93; 44.50; 2:17.81)			
3000 m W/Track	12:22.2	Qin Aihua	CHN/88	Yenking	04.09.2004
5000 m W/Track	21:13.16	Cui Yingxi	CHN/71	Jinan	30.10.1988
5 km W/Road	21:05	Yang Xizhen	CHN/06	Taicang	08.04.2023
10000m W/Track	42:56.09	Gao Hongmiao	CHN/74	Tangshan	27.09.1991
10 km W/Road	43:15	Li Hong	CHN/79	Zhuhai	10.03.1996
20 km W/Road	1:30:35	Zhou Tongmei	CHN/88	Cixi	23.04.2005
4x100 m Relay	44.84	National Youth Team	CHN	Weinan	19.08.2017
		(Gong Luying, Zhu Cuiwei, Tao Yanan, Feng Lulu)			
Medley Relay	2:07.61	National Youth Team	JPN	Donetsk	14.07.2013
		(Nakamura, Fujimori, Aoyama, Matsumoto)			

x5) Ruth Jebet achieved faster performances in 2013 (i.e. 6:17.33 at Manama/29 Oct 2013 & 9:40.84 at Pune/5 Oct 2013), when she was not yet eligible to compete at major International Champs/Games for Bahrain and therefore was subsequently disqualified as the winner at Pune (Asian Champs)

x6) better performance with 4 kg/Senior implement: 70.60 Zhang Wenxiu CHN/86 at Nanning/15 Apr 2003

x7) better performance with 800 g/Senior implement: 64.41 Yan Zivi CHN/08 at Quzhou/14 Sep 2024

ASIAN Indoor Records & Best Performances

MEN events

50 m	5.72	Anvar Kuchmuradov	UZB	Moskva	04.02.1994
	5.72	Vitaliy Savin	KAZ	Madrid	09.02.1995
addit.intermediate time	5.69+	Gennadiy Chernovol	KAZ	Lievin	24.02.2002
60 m	6.42	Su Bingtian	CHN	Birmingham	03.03.2018
100 m	10.41	Nobuharu Asahara	JPN	Tampere	04.02.2002
200 m	20.63	Koji Ito	JPN	Maebashi	05.03.1999
400 m	45.39	Abdelilah Haroun	QAT	Stockholm	19.02.2015
500 m	59.83	Abdelilah Haroun	QAT	Stockholm	17.02.2016
800 m	1:45.26	Youssef Saad Kamel	BRN	Valencia	09.03.2008
1000 m	2:17.06	Bilal Mansour Ali	BRN	Gent	24.02.2008
1500 m	3:36.28	Bilal Mansour Ali	BRN	Stockholm	20.02.2007
1 Mile	3:54.84	Ryuma Aoki	JPN	Boston	10.02.2024
2000 m	5:00.34	Birhanu Balew	BRN	Lievin	10.02.2019
3000 m	7:31.77	Birhanu Balew	BRN	Lievin	17.02.2022
2 Miles	8:14.71	Keita Sato	JPN	New York	11.02.2024
5000 m	13:08.41	Kieran Tuntivate	THA	Boston	12.02.2022
50 m Hurdles	6.50	Li Tong	CHN	Los Angeles	19.02.1994
addit.intermediate time	6.44+	Liu Xiang	CHN	Lievin	28.02.2004
60 m Hurdles	7.41	Liu Xiang	CHN	Birmingham	18.02.2012
High Jump	2.41	Mutaz Essa Barshim	QAT	Athlone	18.02.2015
Pole Vault	5.93	Ernest John Obiena	PHI	Berlin	23.02.2024
Long Jump	8.27	Su Xiongfeng	CHN	Nanjing	11.03.2010
Triple Jump	17.41	Dong Bin	CHN	Nanjing	29.02.2016
Shot Put	21.10	Abdelrahman Mahmoud	BRN	Gomel	29.01.2021
Weight Throw	21.89	Khalil Bedioui	QAT	Blacksburg	18.02.2022
Heptathlon	6229	Dmitriy Karpov	KAZ	Tallinn	15/16.02.2008
		(7.07; 7.21; 16.23; 2.07 / 7.99; 5.15; 2:43.69)			
5000 m Walk	19:14.00	Sergey Korepanov	KAZ	Karaganda	28.01.1995
4x200 m Relay	1:26.70	Karaganda Team	KAZ	Ust-Kamenogorsk	15.01.2018

4x400 m Relay	3:05.90	(Vit.Zems, Grigoryev, Vy.Zems, Efremov) National Team Takahashi, Osakada, Kan Karube	JPN	Maebashi	06.03.1999
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WOMEN events

50 m	6.31+	Susanthika Jayasinghe	SRI	Lievin	25.02.2001
60 m	7.09	Susanthika Jayasinghe	SRI	Stuttgart	07.02.1999
200 m	22.99	Susanthika Jayasinghe	SRI	Lisboa	09.03.2001
400 m	51.45	Kemi Adekoya	BRN	Portland	19.03.2016
800 m	2:00.78	Miho Sugimori	JPN	Yokohama	22.02.2003
1000 m	2:46.6	Geng Xiujian	CHN	Beijing	27.03.1987
1500 m	3:59.79	Maryam Yusuf Jamal	BRN	Valencia	09.03.2008
1 Mile	4:24.71	Maryam Yusuf Jamal	BRN	Birmingham	20.02.2010
2000 m	5:55.6	Liu Jianying	CHN	Beijing	18.03.1994
<u>3000 m</u>	<u>8:36.03</u>	<u>Nozomi Tanaka</u>	<u>JPN</u>	<u>Glasgow</u>	<u>02.03.2024</u>
<u>2 Miles</u>	<u>9:16.76</u>	<u>Nozomi Tanaka</u>	<u>JPN</u>	<u>New York</u>	<u>11.02.2024</u>
5000 m	15:23.87	Mikuni Yada	JPN	Boston	27.02.2022
2000 m Steeple	5:45.09	Winfred Mutile Yavi	BRN	Lievin	09.02.2021
50 m Hurdles	6.70	Olga Shishigina	KAZ	Budapest	05.02.1999
60 m Hurdles	7.82	Olga Shishigina	KAZ	Lievin	21.02.1999
High Jump	1.98	Svetlana Zalevskaya	KAZ	Samara	02.03.1996
	1.98	Nadezhda Dubovitskaya	KAZ	Beograd	19.03.2022
Pole Vault	4.70	Li Ling	CHN	Doha	19.02.2016
Long Jump	6.82	Yang Juan	CHN	Beijing	13.03.1992
Triple Jump	15.14	Olga Rypakova	KAZ	Doha	13.03.2010
Shot Put	21.10	Sui Xinmei	CHN	Beijing	03.03.1990
<u>Weight Throw</u>	<u>19.52</u>	<u>Shiloh Corrales-Nelson</u>	<u>PHI</u>	<u>Notre Dame</u>	<u>17.02.2024</u>
Discus	60.68	Chen Yang	CHN	Beijing	27.03.2020
Hammer	69.44	Luo Na	CHN	Beijing	30.05.2020
Javelin	64.34	Lu Huihui	CHN	Beijing	29.05.2020
Pentathlon	4582	Olga Rypakova	KAZ	Pattaya	10.02.2006
		(8.68; 1.88; 12.90; 6.55; 2:23.26)			
3000 m Walk	12:42.65	Yuko Sato	JPN	Osaka	11.02.1994
5000 m Walk	24:22.41	Yasmina Toksanbayeva	KAZ	Ust-Kamenogorsk	17.02.2022
4x200 m Relay	1:36.40	National Team (Tulapina, Rakhmanova, Shynazbekova, Zyabkina)	KAZ	Ust-Kamenogorsk	11.02.2017
4x400 m Relay	3:35.07	National Team (Salwa Eid Nasser, Aminat J.Odeyemi, Iman Isa Jassim, Kemi Adekoya)	BRN	Doha	21.02.2016

Notes:

+ = official intermediate times during 60 m & 60 m H (Men) resp. during 60 m (Women)